

Monthly Newsletter of Pt. Mohan Lal S.D. College For Women, Gurdaspur

NSS Camp

The NSS unit of the college has been literally on its toes by undertaking various selfless social services throughout the session. A seven day NSS camp was organized from 30th Dec to 6th Jan 2020 in the campus. The camp was inaugurated by Ms. Krishna Khanna, Educationist and Worthy Madam Principal. NSS volunteers undertook cleanliness drive in the college as well as in adopted villages Babowal and Bathwala. During the camp, they carried out a rally to create an awareness among the people against drugs, in favour of female education and to save environment. NSS volunteers visited old age home and distributed necessary things among elders.



They also visited Gurudwara and undertook the noble task of serving langar and washing utensils. During the camp, Dr.(Mrs.) Rama Gandotra delivered lecture on 'Women safety'. Ms. Kulwinder Kaur gave demonstration to women folk about skin care in the adopted village. Valedictory Session was graced by Dr. Rajesh Kumar, NSS Officer from Guru Nanak Dev University, Amritsar. He motivated the students to involve themselves with NSS for the community development. Madam Principal appreciated the efforts of Dr. Sukhwinder Kaur, Ms. Judith and Ms. Rajwinder.

Youth Leadership Camp



Youth Club of the college in collaboration with Nehru Yuva Kendra, Gurdaspur organized three day 'Youth Leadership and Community Development Camp'. During this event 40 volunteers participated. The main aim of the camp was to enhance self-confidence and teamwork among youth. The camp was inaugurated by S. Sakatar Singh Bal, SDM, Gurdaspur. He apprised that the development of the country depends on the thought process and hard work of youth. On this occasion, Mr. Pankaj Yadav, Co-ordinator of Nehru Yuva Kendra gave information about social schemes being run by Nehru Yuva Kendra. During the camp S. Amarjit Singh Purewal,

Ex. DYC Gsp., Mr. Paras Julka, Ms. Kajal, Dr. Sukhwinder Kaur, Ms. Punita Sehgal and Ms. Samita Khajuria were the resource person. On the valedictory session, Chief guest Sh. Rajesh Kakkar, DSP, Gurdaspur distributed certificates to all the participants.

Patriotic Week

Patriotic week was celebrated in the college from 23rd Jan to 30th Jan 2020 by History Dept., Pol. Science Dept., NSS Club, Language Society and Jigyasa Club in collaboration with Youth Club of the College. During this week, on 23rd January History Dept. of the college celebrated birth anniversary of Sh. Subash Chandra Bose to commemorate his contribution to India's struggle for freedom. On 25th January Political Science Dept. celebrated National Voter's Day to encourage young voters to take part in the political process. On 26th January NSS Club celebrated 'Republic Day' and conducted slogan writing competition. On 28th January Social Science Club celebrated 155th Birth anniversary of Lala Lajpat Rai to inculcate patriotism among students. On 30th January Language Society and Jigyasa Club observed 'Martyrs Day' of Mahatma Gandhi Ji by organizing declamation contest, poetical recitation and Quiz Competition. The day was observed to commemorate his contribution for the freedom, glory, welfare and progress of India. To pay homage to 'Father of the Nation' two minute silence was also observed by all students and faculty members. The aim of celebrating this week was to instill the fervor and love for our country among students.



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UDAAN
2020

VOL.2 ISSUE. 11, FEBRUARY 2020

Monthly Newsletter of Pt. Mohan Lal S.D. College For Women, Gurdaspur National Science Day

Science Department of the College celebrated 'National Science Day' in remembrance of Sir Chandrasekhara Venkata Raman for receiving the Noble Prize for discovery of Raman Effect. Various competitions like Scientific Rangoli, Poster Making, Debate and Quiz were organized. Most of the students have taken part in competitions and made this event a great success. Celebration of the day provided a platform to the students to prove their talents, bring out their creativity, face the challenges and overcome their weaknesses. The students were excited and overwhelmed to receive the appreciation certificates.



Book Exhibition

Books play a significant role in our life. Through reading, we acquire knowledge and learn a variety of new things. Library Committee of the College organized book exhibition on 12th February 2020. The event was organized in order to bring exposure to students and to cultivate the habit of reading among them. The book fair was a spectacle to watch. Books on wide range of topics were displayed. Despite the growing demand for e-books, the popularity of printing books does not seem to have gone down as students throng to the exhibition searching for their favorites. Madam Principal thanked Dr. Rama Gandotra (Incharge, Library Committee) and other members for arranging this book exhibition.

Giddha Presentation in Rashtrapati Bhawan

Students of the College brought laurels by representing Punjab at President House, Delhi on the occasion of 'Rashtrapati Bhawan Divas'. They marked their presence through their performance by presenting folk dance Giddha. The cultural programme was organized by Bhartiya Sangeet Natak Akademi, New Delhi. Performance of our Giddha team was mind blowing and was praised by the President of India. It is a matter of honour for us and also for the residents of entire Gurdaspur district. In lieu of grand success, Sh. Upkar Krishan Sharma, President, G.G.D.S.D Society, Chandigarh appreciated and offered one day Delhi Tour for the team. Team visited historical places like Humayun's Tomb, India Gate, Indira Gandhi House, Gandhi Smriti Museum and many more places. Worthy Principal expressed her special gratitude to Director, Harman Singh, Punjab Folk Art Kendra, Gurdaspur and also appreciated efforts of Mrs. Kulwinder Kaur.



Guest Lectures and Workshops

A lecture on 'Crystal Structure' was organized by Physics dept. on 1st feb. Dr. Davinder Paul Singh Head, Physics dept., Guru Nanak Dev University, Asr. was the resource person. Dr. Singh explained the various forms of crystal structure like Amorphous, Crystalline and Poly crystalline. Computer Sci. Dept. organized lecture on "Internet of Everything and Digital Marketing" by Dr. Parminder Kaur, Associate Prof. Comp. Sc. Dept. Guru Nanak Dev University, Asr. She explained a system of integrated Computing Devices, Mechanical and Digital Machines. Cosmetology dept. organized a workshop on 'Hair Cutting and Polishing' dated 18th Feb 2020. Computer Science dept. organized 5 day workshop on

'E- Learning Resources' from 8th Feb to 12th Feb. The main objective of workshop was to create accounts on LinkedIn and Slide Share.

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Three Day Personality Development Workshop

PDP aimed at developing inner and outer self of the students. Main objective of workshop was to boost confidence, improving communication skills, developing positive attitude and making students credible. It was divided into three days with interactive sessions to acquaint the students with positive attitude, self confidence, body language, interview skills, resume writing, goal setting, wardrobe planning, stress management, health, food nutrition and time management. It was inaugurated by Worthy Deputy Commissioner, Janab Mohammad Ishfaq.



Day-I



The workshop began with the most important aspect of life that is health. **Session I (Yoga and Health)** - Yoga Instructor Mrs. Tejinder Kaur was the resource person. After warm up exercises various asanas like Pranayam, Tadasana, Trikonasana, Sukhasana etc. were practised. **Session II (Innate Values)** - An another important aspect of life was explained by Prof. Raj P Sharma, a motivational speaker. He explained in detail about four dimensions of health i.e. Physical, Mental, Social and Spiritual. **Session III (Acupressure - A Way of Life)** - Ms. Shweta Mahajan, an expert in Beauty and Wellness explained that all the ailments can be cured by pressing some particular points of different body parts. She gave practical knowledge of different points to students which will help them to remain stress free.

Day-II

Second day was dedicated to the basic knowledge of diet, table manners, appearance, body language etc. which play a vital role in our life. **Session I (Healthy Diet and Table Manners)** - The session was presided over by Dr. Guljeet Kaur, Head of Clinical Nutrition, in Fortis Amritsar. She laid stress on the importance of eating healthy breakfast, to add cereals, fruits, green vegetables and liquid in our diet. **Session II (ABCD of Image Management)** - Mrs. Bhavdeep Bindra, an Internationally certified Image Consultant from Moga, was the resource person. During her session she focused on appearance, body language, communication and digital presence. She also mentioned about formal communication.



Day - III



Third day of the workshop began with the spirit of instilling confidence among students. **Session I (Effective Public Speaking Skills)** - In this session Dr. Sharad Manocha from DAV College, Jalandhar was the resource person. He emphasized on soft skills, which we can develop gradually with practice. He gave many tips to students for being an effective speaker. **Session II (Mind and Memory Skills)** - Dr Kunwar Rajeev, Associate Professor in Physics, DAV College, Jalandhar, was the resource person. He is a renowned memory master with several records and recognition like Limca Book of Records, Golden Book of World Records, India Books of World Records etc to name a few. He said that in order to allow a thing to retain permanently in our memory we have to focus on three steps, register, review and recall. **Session III (Basic Communication Skills, Resume Writing and Interview Skills)** - Dr. Reena Sharma from KMV, Jalandhar was the resource person. She explained about verbal and non-verbal communication. She guided the students about resume writing and gave tips that a candidate should follow while appearing for interview.

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COVID-19 Lockdown and Awareness Special

For most of our generation, this is for the first time we are dealing with anything as unpredictable as this Pandemic. With the ongoing Covid-19 Pandemic, as declared by World Health Organization (WHO) as a public health emergency of international concern, awareness programmes were organized by various departments of the college.

Charitable Programmes

Central Association of the college with special efforts of Ms. Samita Khajuria collected a big amount for charity and distributed grocery, vegetables, fruits, milk, masks and sanitizers to 25 poor families residing in the slum area of village Ramnagar. Rotaract Club of the college honored the real warriors of Covid-19 i.e. police, doctors, bankers and sweepers in college premises. Fashion Designing department of the college prepared cloth masks and distributed among village folk.



Awareness Programmes



Different departments of the college i.e. Computer, Commerce, Punjabi, Sociology, Maths and Fine arts collectively organized online chart making competitions to spread awareness about Corona virus. Charts made by students were pasted outside on main gate of their house. Commerce department of the college organized online debate competition on the topic "How Corona virus outbreak followed by World Wide Lockdown will give push by Robotics use in Manufacturing Industries?" Motivation Corner of the college organized a slogan writing competition. English department of the college organized online poetical symposium in which students participated enthusiastically as they got an opportunity to exhibit their talents of writing.

NSS, RSD, Chandigarh uploaded awareness messages about Covid-19 on Youtube of 15 NSS volunteers of our college. Computer department of the college organized online essay competition on the topic "How Countries are using Technology to fight Corona Virus?" in which students participated with full gusto. Home Science department of the college conducted online cooking competition. Economics department and Hindi department of the college rendered their gratitude and thanked all the respective service provider for providing their services in critical pandemic period.

As we traverse through unpredictable time, remember the inevitability of kindness is almost, always good. we can change the world & create a world of love. A world where we are kind to each other irrespective of class, race, religion. Let love and kindness be our roadmap.

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e-COMFEST

Commerce department of the College organized an online national competition 'e- COMFEST 2020' on 16th June, 2020. This competition primarily focused to explore the hidden talents of our youth. The events organized were 'Say it out Loud'(short videos) on topic 'Mask India – A way of our life in Future', Test of Knowledge(quiz) on topic 'Self Reliant India', 'Biz Arte – Business Art' (PPTs) on topic 'Work from Home – An Opportunity or a Challenge'. The response of the colleges was overwhelming and a total 308 students participated in the fest. Dr. Sanjay Patel, Asst. Prof., Central University of Rajasthan, Ajmer



acted as judge for short videos. Dr. Navdeep Gandotra, Asst. Prof. in Commerce, Lyallpur Khalsa College, Jalandhar acted as judge for PPTs. Dr. Anu Thakur, Asst. Prof., GL Bajaj Institute of Management and Research, Greater Noida, Delhi acted as judge for slogan writing. Shikha, GGSDS College Kheri Gurna, Banur, Jasmine, R.R. Bawa D.A.V College, Batala and Komal, B.D. Arya College, Jalandhar bagged 1st, 2nd and 3rd position respectively in slogan writing. In PPTs Manpreet and Amanpreet, PCM S.D. College for Women, Jalandhar, Sourabh and Pardeep from GNDU College, Sujampur and Bhagwant Mittal from K.R. Mangalam University, secured 1st, 2nd and 3rd position respectively. Sukhpinder Kaur from SSSS College of Commerce for Women, Amritsar got 1st position, Komal from Dyal Singh College, Karnal got 2nd position and Kritika from PCM S.D. College for Women, Jalandhar got 3rd position in short videos.

NATIONAL LEVEL FACULTY DEVELOPMENT PROGRAMME



A national level FDP was organized on 'International Yoga Day' on 21st June, 2020 in which 120 participants from all over India participated. Mrs. Harjee Kaur, yoga trainee Harjee Yog Sadhna, Jalandhar was the resource person. She started her session by saying that the practice of Yoga is essentially helpful for peace of mind as well as proper functioning of different systems of body to improve the immunity system. She performed and explained Surya Asasna, Vajrasna, Kapalbhathi, Anulom – Vilom and many more. Her teammates Mrs. Sonia and Mrs. Babli also gave practical demonstrations. Mrs. Harjee gave various tips on nutritious and balanced diet and answered queries of the participants regarding health issues related to gastric, thyroid,

diabetes, survival, joint pains, eye problems etc. Principal expressed her gratitude and motivated all the participants to incorporate yoga in their daily lives.

WORLD ENVIRONMENT DAY

Environment Association organised 3 days programme to celebrate World Environment Day on 5th June, 2020. Online events were organised i.e. Doodle Art, e-Poster, Video making and Collage making. Students from all streams participated with full gusto. Another activity "Share for Cleaner Air" on district level was organised for residents of district Gurdaspur. Students from different schools and colleges of Gurdaspur participated in the event. Prominent personalities like principals of different institutions, board members of various clubs and societies also participated in the event with full enthusiasm and appreciated efforts of organising team. GGSDS College Palwal, Haryana organised a national virtual contest on "How to be eco friendly during Corona virus crisis". Our 26 students participated in different event like Doodle Art, Video Clips, Photo Collage, Tree Plantation, Collage Making by recycling of waste, e-Poster etc. Our students bagged 1st position in e-Poster, 2nd position in Doodle Art and 3rd position in Tree Plantation and Video Clips.



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WEBINAR ON ONLINE TEACHING

A National Webinar on 'Online Teaching-An Opportunity or a challenge' was organised by IQAC and Department of Computer Science on 27th June 2020 in which participants from all over India participated enthusiastically. Dr. Harjot Kaur, Associate Professor, Regional campus, Gurdaspur was the resource person. She apprised how to create and implement an interactive online class. She further explained strategies that prepare us to direct online courses and training. She also talked about the essentials for teachers to know how to guide their students through online learning in order to ensure that they get the most out of the courses they take which include teaching the 4 C's communication, collaboration, creativity and critical thinking respectively. The whole session was quite informative and knowledgeable. The webinar provides the ideas for activity, project and assessment to be used in a virtual classroom to set students for success, today as well as in their future. Madam Principal congratulated computer department and IQAC for this wonderful session.



FACULTY DEVELOPMENT PROGRAMME

NAAC framework is always a matter of interest for college faculty. 'Internal Quality Assurance Cell' of the college organized 2 days online FDP on 'Planning for revised NAAC framework'. The main aim of the FDP was to ensure clarity and learn about varied practices to focus on institutional functioning for quality enhancement. Prof. Maya Salimath G., Director, Quality Assurance Cell from R.R. Institutions, Bengaluru acted as the resource person. Madam Maya explained all the 7 criterion under revised framework. She elaborated the tools and parameters to be used in the new AQAR format in such a way that the preparation of AQAR would facilitate the upcoming cycle of accreditation. She also mentioned about benefits of accreditation as it enhances capability of the institution to do better. The major topics covered in the webinar were: Introduction to all 7 criterias, IIQA, operational features of SSR & AQAR process, FAQ, review process of SSR & AQAR and feedback on AQAR. We highly appreciate her sincere efforts to create quality consciousness among faculty and for making this event a great success.



MISSION FATEH

Under the campaign "Mission Fateh" organized by Punjab Government, 'Youth Welfare Club' of the college conducted online state level competition in collaboration with 'Jai Hind Sewa Club', Gurdaspur. This competition primarily focused to explore the hidden talents of youth and rejuvenate them amid Covid pandemic. Events like poster making, hand made sanitizer, face mask design, video making and poetry recitation were organized. 231 students from different colleges across Punjab participated in different competitions. Winners of different events were honoured with Corona Warriors badges & certificates by Mr. Ishfaq Mohammad Deputy Commissioner, Gurdaspur. He also honoured College Principal and Youth Club in-charges with token of gratitude and mementos. While congratulating worthy Deputy Commissioner apprised that the campaign has been launched by Punjab Government to spread awareness about Corona virus under the "Mission Fateh". Mission Fateh campaign was launched to honour those who made excellent contribution. Under this campaign team of SD College made excellent contribution.



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Monthly Newsletter of Pt. Mohan Lal S.D. College For Women, Gurdaspur e-Science Fest

The college celebrated its glorious existence of 25 years of meritorious services to the cause of education. On this auspicious occasion Science department of the college organized online state level competition "e-Science Fest 2020" with great enthusiasm. The objective was not only to inculcate scientific temper and research aptitude but also to create teaching aids. It involves students to participate in activities, to understand the cognitive, affective and psychomotor aspects of the task. Various competitions were organized like poster making with the theme 'Nuclear Reaction' and 'Mirror and lenses', short videos with the theme 'Artificial Intelligence' and 'Robots and Automation' and powerpoint presentation on 'Environment Pollution'. The judges appreciated the creativity of participants. Worthy Principal encouraged the students to develop scientific fervour and an aptitude of research mindedness to develop the qualities of analytical and critical thinking. She honoured the winners of the event and appreciated the efforts of Science department.



Orientation Programme

The orientation programme of the session 2020-2021 for freshers was conducted online on 16th July 2020 and 17th July 2020. The aim of programme was to assimilate the students of all streams with life history of Pt. Mohan Lal ji, governing body, courses, Add-on courses, B.Voc courses, code of conduct, examination system, merits, NAAC, sports, various clubs and societies, hostel, college faculty and their curriculum. Madam principal addressed the students and told them about the importance of education. She further added that moral values are also very important in students' life as these reflect an individual character and spirituality. She inspired the teachers to be a source of inspiration for students. She gave assurance to students for helping them to realize their goals of education. She wished them that their every moment in college be enriching one. Hawan ceremony was also organized on this auspicious occasion. A motivational lecture was delivered by Dr. Dinesh Sharma (Asst. prof. in English).



Webinars

The term coined during the nineties, 'Webinar', a seminar conducted on the web with the help of internet, has become popular during Covid-19 induced lockdown period. It allows the host to present his/her views to the remote viewers who can also see and listen to the presenter and ask questions to clarify doubts. During the lockdown most of the universities and colleges organized number of international and national webinars in which our maximum faculty members participated enthusiastically to update their knowledge and also to learn new things. The biggest advantages for teaching community are online short-term courses, refresher courses and FDP's. Worthy principal and faculty members Ms. Daljinder Kaur, Dr. Rama Gandotra, Ms. Poonam Seth, Ms. Jyoti Saini, Dr. Sukhwinder Kaur, Ms. Harjeet Kalsi, Ms. Seema Mahajan, Ms. Sandeep Kaur, Ms. Money, Ms. Surkhab, Dr. Khushboo, Ms. Ravneet, Ms. Komal, Dr. Dinesh, Ms. Punita, Ms Jagjeet, Ms. Samita, Ms. Gurdeep, Ms. Kamlesh and Ms. Palwinder utilized the lockdown period productively by attending the webinars.



Monthly Newsletter of Pt. Mohan Lal S.D. College For Women, Gurdaspur Teachers' Day Celebration

Teachers' Day was celebrated in the college in collaboration with Bharat Vikas Parishad, Gurdaspur under the able stewardship of worthy Principal on 5th Sep. 2020. On this event, college principal and six faculty members of our college were honored by Bharat Vikas Parishad for their contribution in the field of education. Prof. Mohinder Kumar, President, Bharat Vikas Parishad emphasized the importance of teachers in the society. Teachers perform the noble and important role in shaping students' life. They mould their lives by inculcating positive values and chisel the potentials of young minds. Dr. Dinesh Sharma (Asst. Prof. in English) was also honored with Nation Builder Award by Rotary Club, Gurdaspur on the same day. Madam Principal reminded faculty members about the lessons of Dr. Radhakrishnan that teachers should be the best minds of this country. True teachers are those who help us think for ourselves.



Commemoration of 150th Birth Anniversary of Mahatma Gandhi



The NSS Unit of the college has been literally on its toes by undertaking various selfless social services throughout the session. NSS club of the college celebrated birthday of Mahatma Gandhi. In this event various activities highlighted the teachings of Mahatma Gandhi on Non-violence, peace, growth & development, universal brotherhood and power of truth. Essay writing competition, quiz competition, wall magazine and documentary were arranged. Quiz was conducted by Ms. Komal Mahajan (Asst. Prof. in Commerce) on participation of Gandhi Ji in freedom movement. 15 students participated in quiz. Wall magazine was displayed on life and achievements of Mahatma Gandhi. Essay writing competition was organized on teachings of Gandhi ji. NSS Programme officer Dr. Sukhwinder Kaur delivered online lecture on the life of Mahatma Gandhi. Through this event NSS volunteers conveyed the message 'Swachhta Hi Sewa' by cleaning college campus.

Health Campaign

Red Ribbon club of the college organized health campaign in collaboration with Red Ribbon Club, Gurdaspur. Assistant Director Youth conducted various activities to aware the students regarding misconceptions on COVID-19. Activities like short video making, quiz competition, poster making and slogan writing were held. 150 students participated in this event. Health club of the college in collaboration with 'Naya Yug Nayi Soch' Welfare Society, Punjab conducted webinar on the topic "Health Hygiene during pandemic". Dr. Rashi Shammi, Gynecologist from Amandeep Hospital, Pathankot was the keynote speaker. She guided the participants about precautions and necessary measures to be taken for maintaining good health and hygiene. She also explained about diet plan to increase immunity, the importance of wearing two layered mask, using sanitizer and social distancing.



Monthly Newsletter of Pt. Mohan Lal S.D. College For Women, Gurdaspur Webinar on "Choosing Chartered Accountancy as an Entrepreneur"

Commerce department of the college organized a webinar on 'Choosing Chartered Accountancy as an Entrepreneur'. Alumni of the college, CA Heena Mahajan acted as resource person. She elaborated on ICAI CA course and its eligibility criteria. She added that Common Proficiency Test (CPT) is the beginning of a career in chartered accountancy. The second stage is IPCC and the final stage is training. She discussed about the type of job roles of chartered accountant. As a chartered accountant, one deals with every facet of the organization. Since the dawn of industrial revolution, entrepreneurs have given maximum benefits to the society. 'No risk, no gain' has been and will always be the mantra of success in life. Since Covid-19 has given a blow to the jobs of masses, it is time to encash even a profession such as business. Madam principal congratulated Commerce department, Alumni Association and Enactus Club for organizing the event.



Talent Hunt "KHOJ EK PRAYAAS"

Talent Hunt 'KHOJ EK PRAYAAS' event was organized in continuation with 25th Anniversary celebrations of the college. The objective of the event was to discover the hidden talents of fresher students, to nurture the intrinsic qualities of students and to remove the fear of stage among students. 'Youth Club' and 'Central Association' of the college organized the event. Various competitions of singing, dance, music, quiz, debate, declamation, elocution, poetical recitation, fashion show, rangoli, two minute-cooking etc. were organized. The students participated enthusiastically in the event. Faculty members from various departments judged the events. Winners of the events were honoured by madam principal. She congratulated the students and encouraged them to hone their skills as these are essential for the development of overall personality of students



Investiture Ceremony of Central Association

Youth is the future of the nation. To carve out and frame positive leaders for the future, the college follows the concept of 'every student every chance'. Keeping this vision in mind students' Central Association was formed. Team comprises of head girl, vice head girl, secretary, joint secretary, finance secretary and many more. The executive members are selected on the basis of their academic excellence, communication skills and dedication towards the institution. The members of the association act as a link between the college students and college management. They maintain discipline in the campus throughout the session. They coordinate and integrate the activities of various committees /clubs in the college. Central association of the college also organized 'Thanks giving ceremony' for CA executives of the session 2019-20. Madam principal appreciated the CA members for performing commendable duties and for their valuable services rendered during their tenure.





Monthly Newsletter of Pt. Mohan Lal S.D. College For Women, Gurdaspur Webinar on Free Legal Services

Legal literacy club of the college organized a webinar on 'Free Legal Services' in collaboration with District legal services, Gurdaspur. Honorable Additional judge Rana Kanwardeep Kaur was the resource person. She apprised the students that Legal Services Authorities Act was enacted for providing free and competent legal services to the weaker sections of the society to ensure that opportunities for securing justice were not denied to any citizens by reason of economic or other disabilities. She explained different schemes including legal services to disaster victims NALSA, legal services to senior citizen and victims of acid attacks etc. Principal Dr. (Mrs.) Neeru Sharma thanked the worthy guest for enriching the knowledge of faculty and students.



Diwali Project : Sharing Happiness with Others

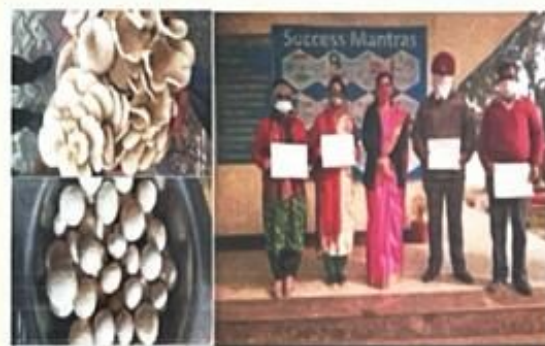
To inculcate the moral values among students, Diwali was celebrated by Central Association of the college under the project 'Sharing Happiness with Others' in collaboration with Rotaract club and NSS Club of the college. Incharges along with the students distributed clothes, grocery, fruits, blankets, shoes among senior citizens in old age Home. They also distributed ration among 25 families in slum area near Chandan Palace, Gurdaspur. Motivational corner of the college celebrated 'Green and Serene Diwali'. Students shared their views to create awareness among society to celebrate eco- friendly Diwali by avoiding LED lights, wrappers and fire crackers in order to curb pollution. District Services Legal Authority, Gurdaspur chose our college to be a part of noble cause 'Basket of care' a project of

additional judge, Ms. Rana Kanwardeep Kaur. Three clubs of the college i.e. Rotaract Club, Central Association and legal literacy Club enthusiastically contributed new clothes, bedsheets, socks, shoes and stationery items for the project.



Mushroom Cultivation in Campus

Mushroom farming has been done in campus with the help of training given by Punjab Agricultural University, Gurdaspur. Incharges of environment club got 5 day training for mushroom cultivation with an aim to train students in future. Two types of mushroom have been cultivated in campus i.e. button and oyster mushroom. In the vegetable kingdom the mushroom is ranked with the heterotrophic organisms. Mushrooms are the fruiting bodies of a fungus. Fungi are the scavengers of nature. In mushroom cultivation waste products such as chicken manure, horse manure, straw, gypsum and waste water are used to produce a high quality substrate from which the mushrooms will grow. Mushrooms are good for health. They contain few calories, but are rich in fibers, vitamins and minerals. It contain an extra amount of vitamins B2 and B3. These vitamins take care of the metabolism and the release of energy from carbohydrates, proteins and fats. Potassium, phosphorous and copper is necessary for our immune system which occur in high concentration in mushrooms.





Monthly Newsletter of Pt. Mohan Lal S.D. College For Women, Gurdaspur Lok Utsav 2020

To Promote multi-lingual and multiculturalism on Silver Jubilee year of the college, Lok Utsav 2020 was celebrated in collaboration with North Zone Cultural Center, Patiala and Punjab Folk Art Center, Gurdaspur in college premises. Folk dances of nine states were presented on this gala day. S. Barindermeet Singh Pahra, MLA, Gurdaspur was the chief guest and Tejinderpal Singh Sandhu ADC, Gurdaspur was the guest of honour. The event started by offering floral tribute to Pandit Ji by distinguished personalities. Artists from different states viz Punjab, Haryana, Gujrat, Madhya Pradesh, Maharastra, Orissa, Kashmir etc. presented folk dance of their respective states. The college giddha team amazed the audience with their fabulous and wonderful performance. S. Barindermeet Singh Pahra in his address remembered the efforts of Pandit Ji for starting the prestigious institution in this border area to promote education for female folk. He further quoted that the college is scaling heights in academics, sports and co-curricular activities. Tejinderpal Singh Sandhu apprised that the quality of educational programmes, holistic education and promotion of cultural heritage made S.D an irresistible educational destination for students. At the end of event token of appreciation was given to all guests on the occasion. Faculty members and students attended the whole event with fervor.



Series of Guest Lectures

To promote scientific temper and awareness among students, series of guest lecturers were organized by Science department of the college. Chemistry department organized a webinar on the topic 'Spectroscopy Journey from Basics to Applications'. Dr. Navneet Kaur, Asst. Prof in Chemistry, Panjab University, Chandigarh was the resource person. She explained how spectroscopy will be helpful to determine the structure of various molecules which have wider applications in medical field as well as in day to day life. Mathematics department of the college organized a webinar on 'Making Mathematics Simple and Visual using DESMOS'. Dr. Rohit of Govt. College, Ray, Kangra was the resource person. He apprised the students about drawing a straight line and other geometrical figures using DESMOS. Botany and Zoology department of the college organized a webinar on 'Climate Change'. Dr.(Mrs.) Kawaljit Kaur, Principal, Mata Gujri College, Kartarpur Sahib was the resource person. She elaborated



the causes of climate change, its effects on our planet and prevention of global warming. Such lectures help students to improve their learning in a more interactive way and present a model to ensure a match between the presentation and classroom objectives.

Environment Association: Buzzing Activities

In order to enhance the environment education among the students the Environment Club has been performing various environment activities. Environment Association of the college organized plantation of different herbal and medicinal plants species on the various occasions. Monthly plant used to be declared in every month such as tulsi, guava, amla, mint, lemon, turmeric etc. Salad Day was celebrated in the campus as salad greens are an important part of a healthy diet. Salad is year-round source of vitamin A, vitamin C and other nutrients. Mushroom farming has been promoted in campus with the help of training given by Punjab Agricultural University, Gurdaspur. Two types of mushroom are cultivated in campus i.e. button and oyster mushroom. Various online activities used to be organized with the aim to promote awareness as well as social responsibility among students. Vegetable stalls used to be organized by the association periodically which is purchased by the teachers as well as students.

