

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

### SILVER JUBILEE CELEBRATION

To celebrate 25 years of excellence, the college organized online celebration under the esteemed guidance of worthy Principal, Dr. (Mrs.) Neeru Sharma. Dr. Jaspal Singh Sandhu, Vice Chancellor, Guru Nanak Dev University, Amritsar was the chief guest. He was accorded a formal welcome by Sh. Upkar Krishan Sharma, President, GGSDS Society. Dr. Jaspal Singh Sandhu congratulated the college family for achievements in every field of education by following the path shown by Pandit Ji. He further added that students of the college have not only established a new vision in the university, but they are also making their own identity. He said that new courses are being started by the university as per the demand of time. So that the students can avail new dimensions by taking advantage of it in future. Principal, Dr. (Mrs.) Neeru Sharma thanked worthy Chief Guest, Dr. Jaspal Singh Sandhu, by saying that university is progressing under his stewardship and his wisdom will always help us to achieve new heights in future. Sh. Upkar Krishan Sharma, President of the college, Dr. P.K. Bajaj General Secretary, Dr. Anirudh Joshi, General Secretary and Sh. Hiramani Aggarwal, Chairman of Local Managing Committee also expressed their views among the audience. Dr. P.K Bajaj appreciated the efforts done by Sh. Upkar Krishan Sharma ji for modernization of Gurdaspur College. Dr. Anirudh Joshi applauded efforts of S. Jaspal Singh Sandhu in the progress of GNDU, Amritsar. Sh. Hiramani Aggarwal highlighted the key milestones achieved by the college in 25 years. The PPT displaying the journey of Pandit Mohan Lal Ji and progress of the college was shown. A research journal 'Shodh Dhara' and 'CA Newsletter' was released to mark this gala event. The online celebration was attended by members of governing body, former principals, faculty members, CA executives and prominent alumni of the college. The Chief Guest praised the college for its tireless commitment to provide excellent education to students and congratulated the staff and management for their efforts in the development of the institution. Next to follow was a cultural extravaganza by the students of the college who won the hearts of the audience.



### ALUMNI MEET

The Alumni Association of the college organized an alumni meet 'Punar Milan, 2021'. The annual event was organized in tune with the celebrations of Silver Jubilee of the college, where alumni from last 25 years graced the event. The chief motive to organize the meet was to give the opportunity to alumnae to network with each other, teachers and to make them aware about the progress made by the college. Former Principals, Dr. (Mrs.) Neelam Sethi and Mrs. Daljinder Kaur were invited as a Chief Guest and Guest of Honor respectively. Our Alumni, Ms. Veena Arora, International Para Taekwondo athlete, Punjab State Maharaja Ranjit Singh awardee, was the keynote speaker. The event started with a welcome address by principal, Dr. (Mrs.) Neeru Sharma. She lauded the efforts of the Chief Guest, Dr. (Mrs.) Neelam Sethi in the progress of the college. She also welcomed alumni of the college as they got a chance to reconnect with their alma mater to recreate their old memories. Ms. Komal Mahajan, Head, Alumni Association presented a PPT highlighting the courses introduced in the span of 25 years, infrastructure upgraded, achievements and

placements of the star alumnae of the college. Ms. Veena Arora narrated her struggling journey to be a professional sportsperson in Taekwondo and inspired alumnae to be motivated throughout the life to excel. Dr. (Mrs.) Neelam Sethi addressed the audience regarding her experiences during her journey of 10 years as Principal and shared the tips on "How to be Successful?". The event ended with vote of thanks proposed by Madam Principal.

### NATIONAL VOTERS' DAY

On 25th January, 2021, National Voters' day was celebrated by Electoral Literacy Club in collaboration with Political Sci. Dept. and Central Association of the college. The main purpose of the National Voters' Day celebration is to encourage and facilitate maximum enrolment of the new voters. The day was celebrated to spread awareness among the voters and for promoting informal participation in the electoral process. BLO Kulwinder Singh with his team addressed the students and made them aware about an app through which they can apply for online voter card. The theme for this years' National Voters' Day is to make our voters empowered, vigilant, safe and informed. SWEEP oath was affirmed by the students. Ms. Daljinder Kaur, Head, Dept. of Pol. Science, explained the importance of Voters' day and motivated the students to vote as the ballot is stronger than the bullet. It also focused on role of the Election Commission of India in conducting smooth and safe elections since independence.



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Dr. (Mrs.) Neeru Sharma  
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### LIFE TIME ACHIEVEMENT AWARD: SH. HARBANS LAL

In continuation of Silver Jubilee celebration the college Management, Principal and staff members honoured Sh. Harbans Lal Ji, former Chairman of Pt. Mohan Lal S.D. College for women, Gurdaspur. College management and Principal acknowledged contribution of 'Bau ji' in starting this college and in its progress too. He shared his own experiences and days spent with Pandit Ji. During the ceremony, he said that the college is performing a noble deed by educating girls, as when we educate a man we educate an individual, but when we educate a woman we educate an entire family. They can fulfill their obligations towards their society with full honesty. As education is like a lamp of knowledge which illuminates their dark life and provides a bright future. He further said that Pt. Mohan Lal S.D. College is providing a healthy and sustainable culture for overall growth of the



students and he also appreciated the staff members for their industrious efforts. Madam Principal and staff members presented him a token of gratitude and thanked him for co-operation, support and wished to seek same in future too. The college family prayed for his good health, happiness and long life.

### INTERNATIONAL WEBINAR: IMPORTANCE OF MOTHER TONGUE



In order to enhance the awareness of linguistic and cultural diversity and to promote multi lingualism, language society of the college organized an international webinar on 'Importance of Mother Tongue'. Giani Santokh Singh from Australia was the key note speaker. Mrs. Punita Sehgal (Asst. Prof. in Hindi) welcomed him and Dr. Sukhwinder Kaur (Asst. Prof in Punjabi) introduced him to the audience. Giani Santokh Singh Ji said that the celebration of 'Mother Language Day' is to promote the preservation and protection of all languages used by people in the world. He further added that if we talk to a person in a language he understands, it goes to his head, but if we talk to him in his mother tongue it goes to his heart, such is the impact of mother tongue. He further added that recognizing and appreciating the different languages and cultures in the community is a way for people to grow and change. India is a diverse nation and we

should be proud of our linguistic diversity. The regional languages collaboratively make a bouquet in which every color depicts a different language. A child can easily comprehend a new language if mother language is used as a medium of teaching. At the end of event Dr. Dinesh Sharma (Asst. Prof. in English) thanked keynote speaker for sharing his valuable views with the audience. All the faculty members enthusiastically participated in the webinar. Madam Principal appreciated the efforts of Language society and thanked Giani Santokh Ji for enriching knowledge of audience.

### MUSICAL EVENT: SUR SANGAM

Open Mike Club and Music department of the college organized a musical event 'Sur Sangam' to enhance self confidence among the students in which students participated with great enthusiasm in solo songs and antakshari. The objective of the event was to fuel the learning by stimulating creative thoughts and train their minds to focus on the positive amid pandemics via music. It was an initiative to develop talents among the students and offering them the chance to switch off their monotonous routine. The event provided the opportunity to feel empowered to deal with negativity created by pandemic and participate in group activities beyond online classes. It helped to build confidence and self-esteem among students. The event also helped students to obtain useful information from each other to extend their knowledge and abilities through the cooperation.



Madam Principal appreciated the efforts of students as well as faculty members. She motivated them to explore their talents. Ms. Daljinder Kaur, Ms. Surkhab Shelly, Ms Komal and Ms. Manjot Kaur were also present.

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### THANKS GIVING AND STAFF APPRECIATION CEREMONY

In continuation of Silver Jubilee celebration 'Thanks Giving and Staff Appreciation' ceremony was organized by the college. Dr. (Mrs.) Kiran Arora founder Principal of the college was the Chief guest and Mr. M.K Sehgal, ex office supt. was the guest of honour. Local chairman Sh. Hiramani Aggarwal and members of governing body Sh. Balraj Mohan, Sh. Arvind Hastir, Sh. Gorakh Nath, Sh. Rajesh Mahajan, S. Kamaljit Singh, Dr. Paramjit Singh Bagga and Mrs. Neelam Gautam also graced the occasion. On this event, the milestone journey of the college, academic and cultural growth was represented by the power point presentation. The chief guest reminisces the beginning days of the college. She further said that S.D. provided platform to the girls to explore in curricular as well as co-curricular activities from backward and border areas. She further added that with the help of hard working, diligent, steady and energetic staff the college is growing by leaps and bounds. At the last of the event Madam Principal gave token of gratitude to the chief guest and guest of honour. She also honoured teaching and non-teaching staff of the college with appreciation certificates and mementos. Management members were also honoured by college principal. Local chairman, Sh. Hiramani Aggarwal thanked the guests.



### SEMINAR ON IMPACT OF COVID ON SCHOOL EDUCATION: CHALLENGES & SOLUTION



The college organized a seminar on Impact of COVID on School Education: Challenges and Solutions. S. Hardeep Singh, District Education Officer was the chief guest of the day. Principals from various schools attended the event. The chief guest was warmly welcomed by Madam principal and faculty members. Chief Guest said that the COVID-19 pandemic has unhinged the lives of the people across the globe. Fifty percent of students faced problem while attending online classes due to network issue and lack of sources. He further added no doubt online teaching remains the only option during the COVID, but significance of virtual classrooms cannot be ignored. At last Principal presented a vote of thanks and token of gratitude to chief guest, principals and representatives of various schools. Principal Kuljeet Singh, Dr. Rama Gandotra, Mrs. Punita Sehgal and Mrs. Vijayeta presented their views and interacted with audience. The staff members also discussed the problem faced by them during online teaching.

### FDP ON WOMEN HEALTH ISSUES:

FDP was organised on 'Women Health Issues' by FDP Committee. Dr. Sakshi Kashyap, dietician in City Hospital and Apollo Clinic Chandigarh was the resource speaker. She elaborated the topic that deals with optimal health of women with focus on the prevention, diagnosis and management of fertility disorders. Working women face many problems as eating disorder, obesity, stress and depression. She said that exercise is one of the controllable factor and it is highly effective at improving health. She further added that eating sensible meals and eliminating snacks are also significant ways to reduce many ailments. Staff members must do physical activities to improve their physical fitness, to manage their weight and spare time for their health. The aim of this FDP was to provide knowledge about healthy diet, rich in fruits and vegetables. It helped faculty members to take self-care to reduce a risk of developing colorectal cancer. She also answered queries of faculty members as well as cleared many misconceptions concerning diet and health.



### WORKSHOP ON SELF DEFENCE:

Sociology department of the college organised a webinar and workshop on Self Defence in collaboration with Alumni Association. Ms. Kanica Sharma, Assistant Gymnast coach, Indira Gandhi Stadium, New Delhi was the guest speaker. Mr. Parwinder Kumar was the guest trainer from Sashakt Taekwondo Academy, Amritsar run by our alumni Ms. Veena Arora, International Para Taekwondo athlete, Punjab State Maharaja Ranjit Singh awardee. In this event teachers and students were taught various techniques and stunts of self-defence. Many important tips were given to them to defend and protect themselves in every situation. The aim of workshop was to empower and educate girls to be bold, confident and face life courageously. The students got different self-protection tips. They got the chance to see the demonstration of self-defence techniques by the trainer which helped to boost their self-esteem. Eye gouging and foot stamps were also practiced. The main purpose of the program was to made all aware of their own hidden power to fight against any kind of attack. At the last of the event madam principal thanked Ms. Veena Arora, Ms. Kanica Sharma, and Mr. Parwinder Kumar.



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### BIRTH ANNIVERSARY OF PT. MOHAN LAL JI

Continuing Silver Jubilee celebrations, the college organized various events to commemorate the birth anniversary of great social, political reformer and an eminent educationist late (Dr.) Pt. Mohan Lal Ji, our founder father. FD department of the college designed different face masks for spreading awareness among society about usage of mask during COVID. These masks have been distributed among the elementary school students of slum areas. Central Association of the college organized project PRAYAS to celebrate the birth anniversary of Pandit ji. Incharges of Central Association and executive members visited slum areas and distributed certain useful things and eatables among the needy children. They counselled these unprivileged students to give more attention towards their studies and health. Another project ARPIT was organized by the Environment Association of the college in which 60 indoor plants were distributed to staff members. These plants were grown by stem grafting technique in the college campus.



### DISCUSSION ON WOMEN HEALTH ISSUES



Women often spend so much time helping others that they do not take time for themselves. Women's health has long been a concern for WHO but today it has become an urgent priority. On World Health Day Rotaract club organized an International webinar on 'Menstrual Health and Hygiene'. Dr. Nirvika Singh from Florida, US was the keynote speaker. She explained various precautions to be taken during the periods and dietary habits so as to enable girls to lead a healthy reproductive life in future. She solved all the queries of the students. Health club of the college in collaboration with the Naya Yug Naya Soch Welfare Society, Punjab organized a faculty development programme (FDP) on 'Breast Cancer Awareness'. Dr. Rashi Shammi gynecologist from Amandeep Hospital, Pathankot was the resource person. She apprised that it is

always better to stop something in the early stage rather than dealing with it after it takes a fatal phase. Breast cancer awareness is highly important as early detection increases more chances of doctoring the disease. Interactive session was emphasized giving faculty opportunities to engage with the keynote speaker.

### SEMINARS ON REVISED FRAMEWORK OF NAAC

The aim of the seminars was to acquaint the faculty about NAAC's revised accreditation framework, criteria wise data validation and verification of documents. A seminar on NAAC was conducted by IQAC of the college. Dr. Sandeep Chahal, Incharge IQAC, Doaba College, Jalandhar was the keynote speaker. He focused on the key areas of all seven criterias and resolved all the queries of various criterias heads. He also motivated staff for making effective future plans and implement them timely. He also discussed start-up and green practices. Another seminar was conducted by Commerce department in collaboration with Research Promotion Committee on "Intellectual Property Rights" Dr. Navdeep Kumar, Asst. Professor from Lyallpur Khalsa College Jalandhar was the keynote speaker. He enlightened the staff with his valuable insights on the topic. He gave a brief introduction on IPR and explained the various related terms such as copyrights, patents etc. Faculty members learnt how IPR provides total control over a new innovation and its creator. All the staff members participated enthusiastically.



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### AN INTERNATIONAL WEBINAR - GENETICS DISARRAY AND SARS COV-2 AND SEPTICEMIA

Department of Zoology and Health Club of the College organised an International webinar on Genetics Disarray and SARS Cov-2 and Septicemia. The keynote speaker was Dr. Gurpreet Kaur, Associate scientist, Radiant Technologies, Inc. Edmonton Alberta, Canada and Dr. Prabha Parmar, faculty, St. Mary's Group of Educational Institutions, Ahmedabad acted as resource person. Dr. Gurpreet Kaur explained vividly about genetics disorders i.e. health problem caused by the abnormalities in the genome. It can be caused by a mutation or by the environmental changes. She further added that genetic research is creating new ways to treat genetic disorders through personalized medicine. Dr. Prabha Parmar apprised about effects of CORONA on human body and also suggested some remedies regarding prevention from it.

She motivated students to use sanitizer, maintain a safe distance, wear masks and stay home if they feel unwell. Madam Principal appreciated the efforts of science faculty for arranging such lectures.



### ENVIRONMENT WEEK

The college observed Environment week from 1st June to 5th June in which Environment Association of the College organized various events such as 'Be Friendly with Birds', 'Plantation Drive', 'Bicycle Rally'. Under first event 153 students participated. Objective of this event was to develop a habit of serving food and water to the birds. It created a sense of responsibility among the students towards other living beings. For the very first time Environment Association of the college organised a Bicycle Rally. 73 participants of all age group enthusiastically joined the rally. The bicycle rally motivated the participants to save fuel and secure environment for future generation. Plantation drive was carried out in collaboration with Environment Protection Society Gurdaspur and Jai Hind Sewa Club. The target of

plantation drive was achieved by planting more than 51 saplings of various plants like Neem, Mango, Gulmohar etc. This plantation drive was a huge success that enlightened the students with substantial knowledge to save the environment. Poster making and slogan writing competition on the theme 'Ecosystem Restoration' was also organised by NSS Unit. At the end of the event Madam Principal honoured participants with mementos and certificates.

### INTERNATIONAL YOGA DAY

Since 2014, June 21st is celebrated as the International Yoga Day. Yoga is an invaluable treasure of India's ancient tradition. It embodies unity of mind and body, thought and action, restraint and fulfilment, harmony between man and nature. NSS Unit in collaboration with Physical Education & Sports Department of the college organised 'International Yoga Day'. It comprised of different events like- 'Experience of Divinity', 'Drink the Nectar of Health' and 'You are What You Eat'. Main objective of the event was to let people know about the benefits of yoga, meditation and balanced diet. Mrs. Pooja Dogra, Ms. Rajni Chandal and Ms. Jyoti Bhardwaj were the resource persons. They explained that regular physical activity is associated with improved well being. It enhanced physical, mental and spiritual health. It was an initiative to enlighten students about importance of yoga and meditation in daily life. Madam Principal honoured all three guests and congratulated the incharges for the successful events. Students enthusiastically participated in yoga Day event online and offline.



### ACTIVITIES TO ENHANCE SKILL BASED LEARNING AMONG STUDENTS

Fashion Designing Department and Cosmetology Department organised webinar on 'Overview of Hair Chemical Treatment'. Mrs. Geeta Sharma from Kamala Nehru College, Phagwara was speaker. She emphasized that hair treatment generally refer to any means of managing common hair related problems. Hair can be treated fairly easily once you have the correct product. The types of products that can be used for hair treatments range from hair masks, shampoos, conditioners, serum and hair oils. She gave hair care tips as well as she also solved the queries of the faculty and students regarding hair treatment. This Department also organised another workshop on the topic 'Latest Hair Style & Hair Extension'. Ms. Deepika Luthra from B.D Arya College, Jalandhar Cantt gave practical knowledge to students. She demonstrated about 3D hair styles and latest hair accessories for parties and



marriages. She also gave tips regarding home remedies for hair fall and dandruff. Students enjoyed the session and learned new hair coiffure.

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### PERSONALITY DEVELOPMENT PROGRAMME

Our college organized summer workshop titled 'PRAYAS' on personality Development. The workshop aimed at keeping the students engaged and provided them a platform to explore and express their creativity in different form. The summer workshop provided knowledge and training to nurture students in Meditation, Dance and Music, Recreational Games, Cooking, Communications Skills, Art & Craft, Block Printing, E-card Making, Fabric Painting, Beating Stage Fear, Career Counseling, Self Grooming and Stress Management. Madam Principal inaugurated the summer workshop. She appraised that the main aim of summer workshop is to enhance skills among students through holistic education. Alumni Ms.



Kajal Mahajan gave motivational presentation through PPT on 'Beating Stage Fear' to students. She encouraged them to participate more and more in co-curricular activities and to come out from their comfort zone. Lecture on 'Communication Skills' was presented by Dr. Dinesh Sharma, Head, English department. She discussed the importance of English language in day to day life. She taught students various tips regarding communication through learning, listening, reading and writing. Alumni Jyoti Bhardwaj was invited by the college to teach the students different kinds of snacks like Bhel, Cornflakes, Chat and Custard Balls. Students also learnt some culinary skills and tips. Recreational activities were organised by Physical Education department. Students learnt while playing the games like 'Dumb Charades' and 'Pick up first'. These types of games help students in decision making and increase their physical as well as mental strength. 'Workshop on different Styles to Wear Saree' was organised by Fashion Designing department. F.D students gave tips on saree draping. They also shared their views on skin care, Jewellery according to face and about classical style. Dance performance was presented by Ms. Pallavi, Hans Dance Academy, Gurdaspur. She also emphasised on the healing and health benefits of dance. It improves flexibility, balance and co-ordination. Ms. Pooja Dogra, motivator and educator, Delhi Public School, Gurdaspur was invited by the college. She gave motivational lecture on 'Mind's Journey towards Relaxations'. She emphasized on different ways on relaxation of mind and body like breathing exercise, a lukewarm bath, listening light music and practicing mindful meditation. Political Science department in collaboration with Jai Hind Sewa Club paid tribute to Kargil Martyrs on Kargil Vijay Divas. Col. R.K. Sharma, veteran all station, HQ, Tibri Cantt was the chief guest and Sh. Tarsem Lal, Nayab Tehsildar was the guest of honour. Principal Dr. (Mrs.) Neeru Sharma motivated the students to rekindle pride and valour of the soldiers who took part in operation Vijay. Families of martyrs were honoured by Principal Madam. Ms. Samita Khajuria motivated the students to grow more and more trees and save water. Such PDP's offers students a wonderful platform for honing their skills and talents.

### INTERNATIONAL YOGA DAY

To meet the highest standards of competence and professionalism the College organized seven short term courses on Web designing, Vedic Maths, Fundamentals of Accounting, Basic English, Yoga and Meditation, Basic stitching and Traditional Embroidery, Oil & Fabric Painting and Hair do. Purpose of these short term courses was to give students a competitive edge and also to develop oneself personally. These courses play a huge role in students' growth. The Department of Computer Science organized short term course on 'Web Designing'. The main purpose of this course is to understand the very basics of web designing. The course instructor Mr. Harpreet Singh covered the basics of HTML (Hyper Text markup Language)



and CSS (Cascade Style Sheets). The Department of Math organized short term course on 'Vedic Mathematics' by Ms Diksha. Vedic Mathematics is a collection of Techniques/Sutras to solve mathematical arithmetic's in easy and faster way. It consists of 16 Sutras (Formulae) and 13 sub-sutras (Sub Formulae) which can be used for problems involved in arithmetic, algebra, geometry, calculus, conics. 'Fundamental Accounting' was taught by Ms. Neha, Asst. Prof. in commerce. During this course, she taught the basics of Accounting both in aspects of practical as well theoretical. In Basic English, Dr. Dinesh Sharma and Ms. Raj Kumari enlightened the students about the vital role of English language in our daily life. The main aim of the course is to improve communication skills in spoken and written English. In Yoga and Meditation the course instructor Ms. Gagandeep Kaur covered the basics of different yoga postures and meditation for remaining fit & healthy. In Stitching and Embroidery instructor Ms. Jagjeet Kaur covered the basics of stitching, motifs of embroidery, quality and uses of thread. In 'Oil and Painting' course students were given practical knowledge of different styles of paintings like fabric painting, oil painting, canvas making and textures by Ms. Kirandeep Kaur. Students were guided on making canvas, mode of color contrast, landscape painting, and miniature painting. Ms. Kulwinder Kaur covered the basics of 'Hair Do'. She trained the students in different hair styles and improved their grooming skills. Students in their feedback performed various such short term courses in future too.

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### ORIENTATION PROGRAMME AND INAUGURAL HAWAN

To mark the beginning of new academic Session 2021-22. Hawan Ceremony was organized. Principal Dr. (Mrs.) Neeru Sharma welcomed the new students, blessed them and guided them to imbibe the humanistic values of diligence, punctuality and discipline to achieve success in life. Orientation programme for freshers was organized by Arts, Science, Computer and Commerce departments. The aim of the 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 sports, various clubs and societies, hostel, college, faculty and curriculum. Sh. Hiramani Aggarwal, Chairman, local management committee motivated students to be passionate in the pursuit of their goals. College principal also threw light on the importance of Hawan yagya and prayed for the world to be free from unpleasant situation, it has been facing due to COVID-19. She further stressed upon the importance of indomitable inner strength and strong character in attaining success. She wished them that their every moment in the college be an enriching one.



### TRIBUTE TO LATE (DR.) PT. MOHAN LAL JI

Shradhanjali Samaroh was organized to pay tribute to founder President of college revered Late (Dr.) Pandit Mohan Lal Ji on his 22nd death anniversary, an immortal luminary, a paradigm of perfection, a harbinger and a true karmayogi, a dedicated social and political reformer and eminent educationist. To pay homage to Pandit ji, a series of events were organized. Principal, teaching, non-teaching staff and students paid floral tributes to Pandit ji. Third Pt Mohan Lal memorial lecture was organized in the college campus. Dr. Vijay Mehta, Dean, Art and Humanities, Arni University was resource person. He delivered talk on the 'Human Values and Sustainable



students to choose right path in their life. He explained many instances from the Ramayana and Mahabharata, which left a strong impression on the minds of students. He further added we must not be afraid to take risks as all odds are not against us. We must come out of our comfort zone to increase chances of winning by being rational in dealing with circumstances as they are in the present moment. Our greatest asset is not our physical ability but it is our mental ability. Alumni Association, Central Association and Rotaract club of the college organized 'Neki ki Deewar' to help the needy persons. Stationary, eatables, soaps, shampoos, clothes and shoes were distributed. On this occasion a book dedicated to Pandit Ji 'Women Prey to Violation' written by Dr. Dinesh Sharma, Head, Department of English got released in Prarthna Sabha held at G.G.S.D College Chandigarh, by Dr. Raj Bhadur, Vice Chancellor, Baba Farid University of Health Science, Faridkot and Worthy Management.

### AWARENESS CAMPAIGN ON WOMEN SAFETY

The contribution of women to a society's transition from pre-literate to literate is undeniable. No doubt the role of women in the urban and rural work force has expanded exponentially but still women experience and face different forms of violence. This reality reduces their freedom of movement. It limits their access to essential services. The Central Association and Women Cell of the college organized a sensitisation workshop on 'Shakti app' in collaboration with Saanjh Kendra, Gurdaspur. SP Dilbagh Singh and Inspector Inderbir Kaur marked their benign presence. Madam Daljeet Kaur, Ms Minakshi, Rajinder Kaur and Arshdeep Singh were also present. SP Dilbagh Singh said that the mobile app has been developed to provide



immediate help to the women in need and all students must download the app in their phones. They taught girls about women safety and emergency contact numbers that the app user would add in the app. English department organized paper reading competition on various social evils like prostitution, dowry, drug abuse etc. 15 students participated and presented their views along with suggestions to overcome these social evils. Sociology department along with Patriotic Club of the college organized Youth Drug Awareness Program. Slogan writing and poster making competition was organized to aware the society.



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### TEACHER'S DAY CELEBRATION

On the birth anniversary of Dr. Sarvepalli Radhakrishnan, Dr. (Mrs) Neeru Sharma, Principal and Dr. Rama Gandtora, Dean Academics were honoured by Rotary Club, Gurdaspur for their contributions in education field. Teacher's day was also celebrated by the college in collaboration with Bharat Vikas Parishad. Mrs Shahla Qadri W/O Sh Mohammad Ashfaq, Worthy Deputy Commissioner, Gurdaspur and Chairperson, Red Cross Society, Gurdaspur was the Chief Guest. Sh. Sushil Sharma, Sh Hira Mani Aggarwal, Romesh Sharma, B.B Gupta, Dr. SP Singh from Bharat Vikas Parishad, Gurdaspur also graced the occasion. Our five staff members Mrs. Savita Nanda, Mrs. Money Ohri, Dr. Khushboo Aggarwal, Dr. Dinesh Sharma and Mrs Punita Sehgal were honoured by BVP for their excellent services in the field of education. Mrs. Shahla Qadri said teachers are the back bone of our society. They spearhead change by shaping and building students' personality and make them ideal citizens of the country. She said we should always be grateful to our teachers for their selfless service and dynamic support. Principal Dr. (Mrs.) Neeru Sharma said every individual member has an equal role to play and the entire staff acted as strong pillar of strength and is working constantly for the bright future of the students.



### WEBINAR ON 'INTELLECTUAL PROPERTY RIGHTS-CONCEPTS LAW AND PLAGIARISM' AND ON 'BIG DATA ANALYSIS' BY COMPUTER DEPARTMENT.

Internal Quality Assurance Cell (IQAC) of the college organised national webinar on "Intellectual Property Rights-Concepts Law and Plagiarism". Prof. K.V. Bhanu Murthy, former Dean, faculty of Commerce & Head Department of Commerce, Delhi School of Economics, and University of Delhi was the Resource Person. Principal Dr. (Mrs.) Neeru Sharma presented welcome address. The webinar was attended by more than 100 participants from all over India. Prof. Murthy in his talk said Intellectual property rights are the rights given to persons over the creations of their minds. He elaborated on patents, trademarks and copyrights. He told that strong and enforced Intellectual Property Rights protect consumers and help them to make an educated choice about the safety, reliability, and effectiveness of their purchases. Intellectual property protection is critical to fostering innovation hence without protection of ideas; businesses and individuals would not reap the full benefits of their inventions and would focus less on research and development. He said that Copyright refers to the laws that protect your ownership of property and plagiarism refers to the theft of someone's intellectual property. He emphasised on various laws to protect intellectual property and gave lively examples on usage of anti-plagiarism softwares. Dr. (Mrs.) Neeru Sharma said that Intellectual property may sound like a modern-world invention, but it has actually been around since the development of civilization. She thanked Prof. Murthy for conducting such a healthy session on concepts of IPR and its significance in modern times. Dr. Rama presented vote of thanks to keynote speaker and all participants.



Computer department of the college organized International Webinar on 'Big Data Analytics'. The keynote speaker was Mr. Parvinder Singh, Java & Big Data Technical Architect, City Bank, Toronto, Canada and former senior software engineer at google, Mountain View, CA, USA. Principal Dr. (Mrs.) Neeru Sharma welcomed the resource person. Mr. Singh conducted lively session on Big data Analytics. He told big data analytics is collecting, processing, cleaning, and analyzing large datasets that help organizations to operationalize their big data. He also talked about big data facts, big data market size worldwide, its types and sources. He elaborated on its objective, impact and challenges. He briefly discussed about Big Data analytics tools and technology. He guided students about various career opportunities in field of big data. Students asked many queries. Dr. (Mrs.) Neeru Sharma thanked resource person for enlightening students on this very important topic.

### CELEBRATION OF INTERNATIONAL DAY FOR THE PRESERVATION OF THE OZONE LAYER



National Level competition to commemorate International Day for the Preservation of the Ozone Layer-2021 under the Theme: Montreal Protocol - Keeping us, our food and vaccines Cool. The event comprised of declamation, E-Poster/Poster Making, slogan writing and powerpoint presentations various online and offline competitions including plantation drive were conducted in the college premises in order to create awareness among students about the depletion of Ozone layer and its impact on organisms that exist on earth. In E-Poster/Poster Making competition students expressed their ideas through paintings and sketches in the posters. Students display their skills at photo collage on detrimental effects of ozone depletion. Students made beautiful collage in the form of e-posters. Our college got second position. In slogan writing, Students display charts depicting slogans on Ozone Depletion. Ms.

Komal got 2nd position. Nitika got 3rd prize. Principal Dr. (Mrs.) Neeru Sharma expressed her gratitude towards the efforts of senior program Officer Ms Ravleen, ENVIS Hub, PSCST, Chandigarh, Ms Ajaybeer, IT Officer and the Ministry of Environment, Forest and Climate Change, Govt. of India for organizing this event in the college premises.



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

### SKILL BASED LEARNING

National Education Policy 2020 laid more emphasis on skill based learning. Keeping this perspective in mind students are encouraged to think smart, logically and find new ways to strengthen the concepts they are learnt through knowledge-based learning. FD department organized a workshop on 'Tie and dye' for the students. Students learnt mixing of colors, making of new colors and the process of dye. They also learnt centuries-old technique of Tie and Dye using simple kitchen ingredients that are 100% safe, skin-friendly, eco-friendly and economical. Cosmetology Departments organized workshop on 'Nail Extension and Acrylic Nails'. Ms Ranju Soni from Anamica Beauty Salon was the trainer. Home science Department organized workshop on 'Rangoli Colors' This workshop covered the demonstration of the artistic styles, designs and patterns of rangoli. Students of diploma in food production visited Hotel Golden.



Palm for workshop. They learnt about hospitality, kitchen operations management and cookery. Fine Arts Departments organized a workshop on 'Rays of colors' Ms Kulpreet kaur from B.D Arya college, Jalandhar was the trainer. Computer Department also organized an interactive programmes week

### CAREER OPPORTUNITIES INSEBI

Enactus club of commerce department organized two-days workshop on 'Financial Education for young citizens and career opportunities in SEBI' under the esteemed guidance of Principal Dr.(Mrs.) Neeru Sharma, Dr. Bhagwant Singh, an authorised member of NISM, an educational institution of SEBI acted as the resource person. He conducted workshop in 8 sessions. He talked about the core concepts of security markets, its operations and job opportunities. A quiz was conducted after this workshop and all the students participated in this quiz enthusiastically. Lastly all the sessions were summarised by Mrs. Seema Mahajan HOD, commerce department. Feedback was given by Puneet Kaur. Overall the workshop was very useful and beneficial for students to excel in their career.



### YOUTH FESTIVAL



Youth festivals refresh the mind of youngsters and provide an opportunity to show their talent. Pt. Mohan Lal S.D. College for Women, Gurdaspur was declared 2nd runner up (Third position) in the zonal youth festival of Guru Nanak Dev University in 'A' segment in which 400 students from the affiliated colleges of Tarn Taran, Pathankot and Gurdaspur districts participated in 36 items of music, theatre, dance, literature and fine arts. Our college bagged 1st position in giddha, photography and mehndi. Similarly we got 2nd place in landscape, rangoli and poetical symposium. In debate, phulkari, cartooning and collage making, we got 3rd position. Our

college student Ms Arsh from giddha team won the title as 'Giddha Queen'. Principal Dr.(Mrs.) Neeru Sharma said our girls registered an emphatic win in this festival on the basis of their own talent. She congratulated Dean ECAs, event incharges and students for their outstanding accomplishment and lauded the efforts of each and every member behind this victory.

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

### SHARING HAPPINESS WITH OTHERS

Diwali Charity Project 'Sharing happiness with others' was organized by Central Association, NSS unit and Rotaract club of the college. Aim of this project was to celebrate festival with underprivileged section of the society. College students distributed clothes, grocery, uniforms, bed sheets, sweets, candles and other valuable things to the needy people. Volunteers of NSS unit and Executive members of Central Association visited five different places : RP Aggarwal DAV Primary School, Government Primary School, SD Primary School, Preliminary Education Study Centre slum area and village Mann Kaur. They also arranged stalls of basic household things, stationery and other items outside the college for needy people. Principal

Dr.(Mrs.)Neeru Sharma reiterated that it is best way to celebrate festivals by helping others because it gives you immense happiness and satisfaction. Rotaract club of the college visited District Special Resource Centre Gurdaspur. They distributed stationery, eatables, socks, pullovers and other essentials. Madam Principal said that helping such communities boosts self-esteem, happiness and sense of well-being among students.



### MEGA LEGAL SERVICE CAMP

Under the aegis of National Legal Services Authority (NALSA), New Delhi and under the guidance of District Legal Services Authority and district administration, Mega Legal Service Camp was organized in the campus. It was an 'All India Awareness and Outreach Campaign' under the 'Azadi ka Amrit Mahotsav' to commemorate 75 years of Independence. The main objective of the camp was to make people aware of the legal schemes available under NALSA. Almost 370 people including college students, staff and outsiders benefitted from this camp. Mr. Gural Singh Pannu and Prabhdeep Singh, Panel Advocate spread awareness on various schemes undertaken by Punjab Legal Services Authorities. Blood Bank, Civil Hospital,

Gurdaspur organised Blood donation camp in the college premises in which college staff and students donated blood. Chief guest Ms. Navdeep Kaur Gill, Secretary, District Legal Services Authority, Principal Dr.(Mrs.) Neeru Sharma and S. Parminder Singh Saini, District Guidance Counsellor honored representatives from all departments, staff and students with medals and certificates. Old age pension cards and widow pension cards were distributed to needy people. Organic stalls were put up by farmers and agriculture department.

### SERIES OF GUEST LECTURES

NSS and Economics department of the college celebrated National Education Day to commemorate the birth anniversary of Maulana Abul Kalam Azad, the first Education Minister of India. S. Gurmeet Singh Bajwa, state awardee, lecturer in Chemistry from Govt. Smart School, Kalanaur delivered the lecture. S. Bajwa remembers the contributions of Maulana Azad towards nation-building. He said that education is very necessary for each and every one in order to gain knowledge. Mathematics department of the college organized a seminar on 'Boolean Algebra'. Dr. Pallavi Mahajan, Asst. Prof, Sardar Beant Singh State University was the resource person. She told the students about the importance of Boolean algebra in computers.

Punjabi department orgined a lecture on Parkash Utsav of 'Shri Guru Nank Dev Ji'. Dr. Gurcharan Gandhi, editor, Suhi Saver Magazine was the guest speaker. He explained the 'Mool Mantra' given by Sh. Guru Nanak Dev Ji. He motivated students to follow his teachings.



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

### WORLD AIDS DAY

Health and Red Ribbon Club of the college organized an awareness programme and poster making competition on World AIDS DAY. Two award winning documentaries were shown to the students to aware them about HIV AIDS. Despite some progress in the decades- long fight against HIV and AIDS, deep regional disparities persist among all populations. There is still no cure for HIV infection, only prevention is a way to protect ourselves. A poster-making competition was organized in which the students gave a message to stop all kinds of prejudices associated with AIDS. Principal Dr.(Mrs.) Neeru Sharma said that such awareness programs are essential to make the younger generation aware about the causes, symptoms, tests and treatments for treating HIV infection. She appreciated the efforts of Science department and encouraged them to organize such type of awareness programs in future also.



### PLAY PERFORMANCE ON 'ARMS AND THE MAN

English department organized a play "Arms and The Man" written by George Bernard Shaw an Anglo-Irish playwright, literary critic and novelist, to pay homage on his death anniversary. 'Arms and the Man' is romantic comedy in three acts produced in 1894 and published in 1898. The play was set in the Petkoff household in Bulgaria and satirizes romantic ideas concerning war and heroism. Students excellently portrayed the characters of the play. Palak Sobti, Surmai, Ishita, Jagdeep, Anmoldeep, Garima and Simran played the character of Raina Petkoff, Sergius Saranoff, Captain Bluntschli,



participants. All the participants were honoured by worthy President Sh. U.K. Sharma, Secretary Sh. P.K. Bajaj and Principal Dr.(Mrs.) Neeru Sharma. College management and principal also appreciated the efforts made by English department.

### WORKSHOP ON SELF DEFENCE

Sports club and Physical Education department of the college organized a workshop on 'Self Defence' in which gatka, martial art and boxing events were demonstrated. The main objective of this program was to make girl students more confident by empowering them to defend themselves in times of danger. Principal Dr. (Mrs.) Neeru Sharma said that instances of harassment against women are prevalent in our society, many of which go unreported eventually leading to heinous crimes against them. There is a pressing need to tackle such complicated situations for girls to be able to save themselves from any deleterious outcome. By preparing them for self defence, we can ensure a society brimming with powerful and strong women who can protect themselves. She appreciated the efforts of Coach S. Variam Singh, Coach Mr. Purshotam Sharma and Mrs. Gagandeep Kaur, HOD for arranging such workshop for students.

