

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

SEVEN DAY NSS CAMP

Serving the motto "Not Me But You" NSS Unit of the college organized a special seven day NSS camp under the supervision of NSS Programme Officer Dr. (Mrs.) Sukhwinder Kaur and Mrs. Samita Khajuria. Sh Ram Singh, SDMBatala inaugurated the camp. The NSS unit of the college has 100 volunteers. Volunteers enthusiastically participated in the badge and oath taking ceremony. The Program officer assigned various duties to the different teams of NSS volunteers. They were adhered to comply COVID-19 precautions and motivate others to follow COVID-19 guidelines. During the camp various activities were conducted for the students which helped them in learning to confront the real life problems. NSS volunteers did cleanliness of the college, decorated display boards and painted stones. They also scoured the adopted Babowal village's school and painted angan wari centre.



Volunteers spread awareness among villagers about COVID-19 and its vaccination and distributed masks and stationery among them. Warmers, sweaters, socks and caps were also distributed to needy people. S. Amanpreet Singh, SDM Gurdaspur graced the valedictory occasion. Madam Principal acquainted the Chief Guest PCS Amanpreet Singh with the activities undertaken in the camp. SDM Gurdaspur appreciated the volunteers for their active participation. Best volunteers were awarded with certificates.

PATRIOTIC WEEK



With an aim of inculcating the spirit of patriotism among students 'Patriotic Week' was commemorated. A number of programs were conducted during this special week by Social Sciences Society. History department of the college organized essay writing competition to mark 125th birth anniversary of Netaji Subhash Chandra Bose, who sacrificed his life for the country. History department also celebrated the legend Lala Lajpat Rai's 155th birth anniversary. Students presented their views through PowerPoint presentations focusing on contribution of Lala Lajpat Rai in freedom movement. Economics department and Patriotic club of the college organized online slogan writing competition on 'Patriotism'. National Voters

Day was celebrated by Political Science Department and Electoral Literacy Club of the college. NSS club of the college celebrated National Girl Child Day and Republic Day. NSS volunteers presented PPTs and declamation competition was also organized. Sociology department commemorated Mahatma Gandhi Ji's martyr day. PPT depicting his life and a documentary was also shown to the students. Principal Dr. (Mrs.) Neeru Sharma encouraged the students to follow the principles of patriots who worked selflessly for the country and made our country proud.

SVEEP ACTIVITIES

The main aim of Systematic Voters' Education and Electoral Participation is to inform and educate people about the importance of voting. As per the directions of ECI and Hon'ble Deputy Commissioner cum District Election Officer Gurdaspur, the college has organized various SVEEP activities. National Voters' Day was celebrated by Political Science department and Electoral Literacy Club of the college. Mrs. Daljinder Kaur HOD, Political Science conducted Inter-college Quiz competition in which 837 students participated from different colleges. Students and staff took vote pledge that they must cast their vote during elections. A unique activity to assemble a



Selfie Stand' by the students with the help of SVEEP Incharges was done to motivate the youth to participate in the voting. A wall magazine displaying SVEEP activities was the centre of attraction for the young voters. BLOs distributed voter I-cards to new voters. Volunteers participated in slogan writing, poster making, declamation and Powerpoint presentations. Cosmetology department also participated by organizing mehendi and nail art competition under the SVEEP. Volunteers decorated the display boards with three colours of national flag. Principal Dr. (Mrs.) Neeru Sharma motivated students to use their right to Vote as youth's participation in political process to strengthen the Indian democracy. She also appreciated efforts of Mrs Daljinder Kaur, Mrs Punita Sehgal and Mrs Samita Khajuria.



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CELEBRATION OF NATIONAL SCIENCE DAY

To pay tribute to Dr. C.V. Raman, Science department of the college celebrated National Science Day under the theme 'Integrated approach in Science and Technology for Sustainable Future'. The chief guest of the event was Mr. S.B. Nair, Principal, Saint Kabir Senior Secondary School, Gurdaspur. Students of Science department participated in declamation and presented presentations on different topics like Biography of CV Raman, Raman Effect, Role of Women in Science, Science and myths. MR. Nair apprised that it is the need of hour to develop scientific temperament in young generation as Science is one of the most important channels of knowledge. Its primary objective is to ignite an interest in science, inspire people, especially students, to perform new experiments and make them aware of the latest developments in science and technology. Various competitions were held on this day. All students were honoured by chief guest with certificates.



INTERNATIONAL MOTHER LANGUAGE DAY



International Mother Language Day is being observed globally on February 21st to promote linguistic & cultural diversity and multi lingualism. The day was celebrated in collaboration with District Language Department Gurdaspur. Sardar Harpal Singh Sandhawalla, District Education Officer (Sr.Sec.) Gurdaspur was the chief guest. Meanwhile, poet Dr. Ravinder, an eminent ghazalgo Sulakhan Sarhadi presided the function. Madan Lal Sharma, S. Avtar Singh Sidhu, Kamaljit Singh Kamal, eminent storyteller Devinder Dedar attended the literary event as special guests. District Language Officer Dr. Paramjit Singh Kalsi explained that the languages hold strategic importance for people and can

advance the process of education and development. Shiromani Sahit Critic, Dr. Anoop Singh and eminent educationist Makhan Kuhar discussed the book 'Women Equality: Boundaries and Prospectus' and 'What to call it now' by Dr. Gurwant Singh and Gurmeet Singh Bajwa (State Awardee) respectively. Meanwhile, Biba Balwant, J.P. Kharlanwala, Mangat Chanchal, Sucha Singh Pasnawal presented their compositions. About sixty scholars were honored on this occasion. District Research Officer Rajwant Kaur thanked the guests for attending the function.

WEBINAR ON DIET AND HEALTH

The college organized webinar on 'Diet and Health'. Dietician, Gayatri Mahajan was the keynote speaker. She illustrated that balanced eating pattern is a cornerstone of health. Women, like men, should enjoy a variety of nutritious food from all of the foods groups, including whole grains, fruits, vegetables, healthy fats, low-fat dairy and protein. For healthy bones and teeth, women need to eat a variety of calcium-rich foods every day. Calcium keeps bones strong and helps to reduce the risk for osteoporosis. She explained about consuming a healthy diet throughout the life. It helps to prevent malnutrition in all its forms as well as a range of non-communicable diseases and conditions. However, increased production of processed foods, rapid urbanization and changing lifestyles have led to a shift in dietary patterns. People are now consuming more foods high in energy fats, free sugars and salt/sodium. Many people do not eat enough fruits, vegetables and other dietary fiber such as whole grains. The webinar explores importance of balance diet. Good lifestyle can prevent and treat our most chronic diseases. Madam Principal appreciated the efforts made by incharges.





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

Computer Science Department of the college organised a seven day program "Interactive Programme Week" in which students exhibited their talent. Students enthusiastically participated in PPT, E-Card, Paper Reading, Poster Making, Rangoli, Test your programming skills, Group Discussion Competitions. A lecture on Cloud Computing was arranged for students in which our prominent alumni Ms Kritika was the resource person. Students learn through their participation in the attainment of knowledge by gathering information and processing it by solving problems and articulating what they have discovered. Each activity provides students with opportunities to deepen their learning by applying concepts and articulating new knowledge. A webinar on Big Data Analytics was also organized in which concepts and articulating new knowledge. A webinar on Big Data Analytics was also organized in which Dr. Nitasha Hasteeer from Amity University, Uttar Pradesh was the resource person. In the webinar the speaker first explained some basic fundamentals to get ready students for the IT industry in the context of big data. After that, an introduction was given for some tools and techniques in Big Data like Hadoop and Map Reduce. Some clustering algorithms and its programmatic implementation were also demonstrated using a data set. At last, doubt session was conducted where students interacted with the speaker and clarified their doubts.



Martyrdom day of Bhagat Singh

Political Science, History and Hindi department of the college observed 'Shaheedi Diwas' in association with NSS unit of the college to mark the sacrifice of freedom fighters Bhagat Singh, Sukhdev Thapar, and Shivaram Rajguru. They were executed by the British for "conspiring against the Crown" Principal Dr. (Mrs.) Neeru Sharma, staff and students paid tribute to the freedom fighters. She apprised that we must learn from freedom fighter by following their ideas and fulfilling their dreams for our country. Bhagat Singh, Sukhdev and Rajguru are the source of inspiration for the youth of India. An Inter College and Inter School declamation contest was organised in

which Govt. College Gurdaspur, Shanti Devi Arya Mahila College Dinanagar, SSM College Dinanagar, Regional Campus Gurdaspur, GNDU College, Narot Jaimal Singh, Jiya Lal Mittal DAV School, Spring Field International Public School and other local schools participated enthusiastically. NSS volunteers of the college displayed posters and slogans on this occasion. Madam Principal honoured the winners and certificates were awarded to all the participants.

Celebration of International Women's Day

Youth Club and Women Cell of the college celebrated International Women's Day with empowered and well distinguished women of the Gurdaspur. Mrs. Shahla Quadri, wife of worthy Deputy Commissioner, Gurdaspur, Sh. Mohamad Ishtaq was the chief guest. Mrs. Neelam Mahant, Ex Chairman, Child Welfare Society, Dr. Surinder Kaur Pannu, Dr. Shagun Sharma, Dr. Rominder Kaler, Dr. Mahesh Oberoi and Principals of renowned schools of Gurdaspur Ms Seema Vasudev their fields., Ms Poonam Anand, Ms Vandana Vohra, Sister Francisca, Ms. Sakshi Kahlon, Ms. Kawaljeet Kaur, Ms. Sanyukta Majumdar graced the occasion and were honoured by Chief Guest Mrs. Shahla Quadri and Madam Principal for their valuable services in Chief guest Mrs. Shahla in her address appreciated the contribution of the women in the society. She said that a woman has a major role in shaping the society. Women are not less than men in any field. She further added that women can excel in field of her work if they are emotionally and spiritually strong. Madam Principal urged women to never give up on anything and to believe in one self, as self-worth begins with self-belief. She proposed vote of thanks to the chief guest and all iconic women present during the event.





Vol. 5 Issue. 1, APRIL, 2022

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National Seminar on 400th Parkash Purab of Guru Teg Bahadur Ji

To commemorate 400th parkashpurab of Guru Teg Bahadurji a national seminar on the topic 'Hind di Chadar: Guru TegBahadurji' was organized by Punjabi, Hindi and Sociology Department of the college in collaboration with SGPC, Amritsar. Dr. Sudha Jitendra, Chairperson, UGC/HRDC was the keynote speaker. Dr. Naresh Kumar, Asst. Prof. Punjabi and Dogri Dept. of Central University, Dharamshala, HP and S. Simranjit Singh, SGPC, Amritsar were the resource persons. DR. Sudha in her key-note address threw light on different aspects of Guru Ji's life. She highlighted the martyrdom by Guru Teg Bahadur Ji for the cause of social harmony of India and stressed the fact that modern India stands as a shining testimony of Guru Ji's secular vision. Dr. Naresh Kumar discussed episode from Guru Ji's life and the principles he followed. He said that guru sahib had set an unprecedented example of martyrdom to save the mankind from the evils of Mughal tyranny and promoted the religious freedom, national integration and cultural heritage of India. S. Simranjit Singh beautifully recited the lines from Gurubani and explained their meanings in simplified language. Dr. Bharatbirkaur, Dr. Harmeetkaur and Ajay singh also resented their views. Principal Dr.(Mrs.) Neerusharma said that Shri Guru TegBahadurJi made supreme sacrifice to protect the faith, belief and the rights of people. She proposed vote of thanks to the keynote speaker, other resource persons and SGPC for their support in organizing the seminar.



Series of lecture by Science Department



Science Department organized series of lectures from 25th to 27th April 2022 on different topics. On first day, Dr.MridulaAssistant Professor, BUC College Batala,was the resource person and her topic was 'Basic Introduction of the Cathode-Ray Oscilloscope'. She conducted lecture cum workshop and explained the basic concepts of CRO. She discussed the working and structure of CRO and its application through practical demonstration. Students performed their experiments under the guidance of the resource person. On second day, Lecture on 'Spectroscopy and its Applications' was delivered by Dr. Randhir Singh, Professor, Khalsa College Amritsar. He explained the Spectroscopy, its types namely UV, NMR and IR, working of spectrophotometer, selection rules, and wavelength and frequency calculations. On third day, a lecture on 'Cervical Cancer and Reproductive Health' was organised in which Prof Andhleep, Government College, Gurdaspur was the resource person. She explained the

symptoms, cure, diagnostic techniques of cervical cancer. Our students got aware about the reproductive health. She further added that with a comprehensive approach to prevent, screen and treat; cervical cancer can be eliminated as a public health problem within a generation. The series of lecture helped to explore the knowledge and also widen their horizon of understanding. Principal Dr.(Mrs.)Neeru Sharma congratulated Science faculty and encouraged them to organize such lectures in future too.

Fashion Show 'RANGREJ'

A grand and glamorous fashion show 'RANGREJ' was organized by Fashion Designing Department of the College.The beautiful and gorgeous students of FD department took part in the show as models. The ramp show was dazzling with outstanding designer works of their own. Mrs. Archana Behl, Principal of Gurdaspur Public School, was the chief guest. The judges of the show were Dr. Monika, Physiotherapist and Ms. Rupali Khosla , an entrepreneur. The fashion show was divided into four rounds. In each round the audience and the judges were able to explore a new form of creativity. The first round was the causal round. Under this round the students presented the splendor of various dresses worn on different occasions. The second round was innovative round. Students wore dresses made from waste material. The third round was the Fairy Round. In this, the girls wore silk, net, creativity of the students and further added that



the atmosphere of the fashion show become more pleasing with soothing colours presented on the ramp. She motivated students to move ahead with full confidence as success is the sum of small repeated efforts. Principal Dr. (Mrs.) Neeru Sharma appreciated the efforts of Fashion Designing department. Guests were honored with the token of gratitude. Winners were also honored with mementos, walked over the ramp with much grace and confidence. Chief guest Archana Behl appreciated the creativity of the students and further added that the atmosphere of the fashion show become more pleasing with soothing colours presented on the ramp. She motivated students to move ahead with full confidence as success is the sum of small repeated efforts.Principal Dr. (Mrs.) Neeru Sharma appreciated the efforts of Fashion Designing department. Guests were honored with the token of gratitude. Winners were also honored with mementos.

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Two months UGC/NET special classes

Competitive Cell of the college organized two months UGC/NET special classes for the final year PG students. The main objective of conducting these classes was to motivate and guide the students for appearing and cracking the UGC-NET exam. Our alumni Ms. Geetanjali was invited as chief guest to share her experiences for qualifying UGC-NET. She is placed in Wipro India Pvt. Ltd. She gave important tips to students for different competitive exams to achieve success. It's worth mentioning here that she is the first girl CS from district Gurdaspur. She has been part of Achievers Programme honored by Deputy Commissioner Gurdaspur. In- charges of the cell explain about how to fill the form, syllabus and time- management to crack the exam. Faculty members from different departments delivered lectures as per their areas of expertise. Mock-Test was conducted, in which students performed well and gained confidence. Students who got highest marks were honored and given certificates.



Career Counseling and Placement Drive



Career Counseling and Placement Cell of the college organized Career Guidance seminar in collaboration with DBEE Gurdaspur under the directions of Sh. Parshotam Singh, District Employment Generation and Training Officer. Mr. Parminder Singh Saini, District Guidance Chancellor and Mr. Gagandeep Singh Dhaliwal, Assistant Nodal officer were the main speakers. They interacted with students and motivated students to come forward and take opportunities available at DBEE office. Placement Coordinator Mrs Sandeep Kaur Goraya also addressed students for choosing the right professional opportunities and the right career in this digital age Another seminar on Career opportunity in collaboration with Gyanm Chandigarh was

also organised. Mr. Kewal Patial, Marketing Director, Gyanm Chandigarh was the key speaker. He interacted with students and elaborated on eligibility criteria and selection process of various state and national level competitive examinations. Mr. Bhuvnesh Kumar, MD, Gyanm Gurdaspur also interacted with students and advised students to attain such skills which are essential to get a job.

Energy Audit and Green Audit

A clean and healthy environment provides a conducive learning environment .Green audit and Energy audit are useful tool to determine how and where we are using the energy and water resources .R.K Electricals & Energy Audit Services, Chandigarh was entrusted the Energy Audit and Green audit of PTMLSD College for women, Gurdaspur. The purpose of this audit was to ensure that the practices followed in the campus are in accordance with the green policy adapted by the institution.

It works on several facets of the green campus including water conservation, electricity conservation, tree plantation, waste management, paperless work, mapping of biodiversity. The specific objectives of the audit are to evaluate the adequacy of the management control framework of environment sustainability as well as the degree to which the department are in compliance with the applicable regulations, policies and standards. The whole work has been carried out by R.K sharma (BEE's Energy Auditor), Mrs. Savita Sharma (Msc. Ecology Environment), Er. Varun Sharma (B.Tech, MBA, PGD), Er. Paramjeet Singh (BEE's Energy Auditor).





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Monthly Newsletter of Pt. Mohan Lal SD College for Women, Gurdaspur

World Environment Day

Environment Association and Green Club of the college organized various competitions to celebrate World Environment Day. Under the motto "Share for cleaner air" Environment Association organized different events like Rangoli, Best Out of the Waste, Photography contest, Fancy dress competition, Flex releasing and Oath taking ceremony. Worthy members of Environment Protection Society, Gurdaspur Shri Jagdish Arora Ji, S. Inderjeet Singh Bajwa and Sh. Rajinder Kumar were present in the event. In the beginning of the event posters regarding cleanliness were released in the college campus. These posters were displayed at various places like temples, gurudwaras, hospitals, schools, and other prominent areas in the city to spread awareness among society. Students from different schools participated in this event. S. Satbir Singh Bajwa, Mrs. Punita Sehgal and Mrs. Kirandeep Kaur were the judges of the different competitions. All winners and participants were honoured with trophies and certificates. Students, teacher incharges and member of Environment Protection Society took oath to protect environment.



Career Guidance

Career Counseling and Placement Cell of the college organized Career Guidance seminar in collaboration with DBEE Gurdaspur under the directions of Sh. Parshotam Singh, District Employment Generation and Training Officer. Mr. Parminder Singh Saini, District Guidance Counselor and Mr. Gagandeep Singh Dhaliwal, Assistant Nodal officer were the main speakers. They interacted with students and motivated students to come forward and take opportunities available at DBEE office. Placement Co-Ordinator Mrs. Sandeep Kaur Goraya also addressed students for choosing the right professional opportunities and the right career in this digital age. Another seminar on 'How to choose career' was also organized. Experts from PMLSD Business School, Chandigarh were the resource persons. Commerce Department of the college also organized a webinar on Investment Awareness programme (IAP) called 'Market ka Eklavya' in collaboration with NSDL and Poornatha. Mr. Dilip Sharma, the resource person interacted with the students. It was a very informative session under which students got to know about the 5-hour



programme done with assistance of NSDL, Poornatha and MADE in which students will be able to get international certification from MADE, USA after completion. Principal Dr. (Mrs.) Neeru Sharma proposed vote of thanks to the delegates and appreciated the members of Career Counseling and Placement Cell for organizing such events.

Yoga day

International Yoga Day is celebrated every year to raise the awareness worldwide about the benefits of Yoga in daily life. Yoga brings balance between body, soul, and mind. It helps us to understand the purpose of life and how to survive in the changing environment. The day was celebrated by the students and the staff of the college with great enthusiasm under the directions of NSS unit and Sports Club of the college. Yoga instructor Mr. Sanjeev Kumar and Ms. Ritu explained the importance of Yoga. They demonstrated about various Yog asanas. Students participated with full fervor and their family members too. Students also made slogans on Yoga awareness. On the same day our students participated in District level Yoga camp organized at Ghallughara Sahib, Kahnuwan organized by District Administration, Gurdaspur. Principal Dr. (Mrs.) Neeru Sharma apprised that Yoga develops inner awareness. It focuses our attention on body's abilities at the present moment. She encouraged the students to practice yoga and meditation on a regular basis for a healthy body and mind.



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UDAAN 2022

Vol. 5 Issue. 5, July 2022

Monthly Newsletter of Pt. Mohan Lal SD College for Women, Gurdaspur Personality Development Programme

Four-day PDP Programme cum hobby classes were organized by IQAC in association with Computer, Cosmetology, Home Science and English department. On first day Mr. Harpreet Singh from Computer department taught about basics of all modules of MS office package like PowerPoint, MS Word, Excel. Practical training was also given to type their resumes and to create any other word documents for professional work in any sector. On second day, baking class was arranged by Ms. Jyoti from Home Science department. She trained the students about baking. During practice students cooked white sauce pasta and rava pudding. On third day, the Cosmetology department organized a workshop on Nail art. Students were imparted knowledge of different types of tools used in nail art. On the last day of the program, Ms. Raj Kumari from English department, delivered lecture on Communication Skills. She motivated the students to communicate in English and gave important tips to communicate fluently. Principal Dr. (Mrs.) Neeru Sharma appreciated the efforts of Dr. Rama Gandotra, Dean College Development and also students for showing their interest in attending PDP and grabbed the opportunity of learning new skills.



First Aid Training Camp

The IQAC, Red Ribbon and Health Club of the college organized four days First Aid Training Camp in collaboration with Red Cross Society, Gurdaspur. Mr. Rajeev Kumar, Secretary, Red Cross Society, Gurdaspur was the trainer. Total 53 students got benefited by this first aid training camp. On first day, Mr. Rajeev gave first aid training about what to do when a person with different age group gets choaked. How to check pulse rate from wrist, heartbeat and throat. On second day he discussed about how to make triangular bandages, about measures when a person gets fainted, how to stop bleeding by using triangular bandages or any cloth when hand get separated from arm and preventive measures to stop vomiting during travelling etc. On third day he explained about types of fractures and gave knowledge about first aid training. He enlightened the students about the emergency numbers 100, 102 and 108. On fourth day he gave training about CPR in emergency condition. Mr. Rajeev Kumar also distributed first aid kits to each student and staff members. On valediction Mrs. Shahla Quadri, Chairperson Red Cross Society, Gurdaspur was the Chief Guest. She appreciated efforts of Mrs. Gurdeep HOD, Science dept. and Mr. Rajeev Kumar for this training to students.



Achievers Program

Achievers Program was organized in the campus of Pt. Mohan Lal S.D. College to honour the students who brought laurels to college in state board examinations of 10+2. Honourable Dr. Amandeep Kaur, ADC, Gurdaspur was invited as Chief Guest. Dr. P.K. Bajaj, General Secretary, Sh. Jatinder Bhatia, Finance Secretary and Sh. Hiramani Aggarwal, Chairman, Local Managing Committee also graced the occasion. Chief Guest congratulated and motivated the students on their success. Principal Dr. Neeru Sharma apprised that our 31 students secured more than 90% marks and 25 students got more than 85%. Muskan and Jaismeen got 8th rank in Punjab State Board exams. Dr. Bajaj also congratulated students and their parents and conveyed his best wishes. He said that college is stepping ahead on the footsteps of our founding father Pt. Mohan Lal Ji whose only dream was to impart quality education to girls and to empower them. Dr. (Mrs.) Neeru Sharma thanked the honourable ADC, members of governing body and parents of our junior achievers.



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UDAAN 2022

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Monthly Newsletter of Pt. Mohan Lal SD College for Women, Gurdaspur

SMRITI DIWAS OF PANDIT JI

To pay homage to Revered late (Dr.) Pandit Mohan Lal Ji on his 23rd Death Anniversary Shardhanjali Samaroh was organized in Pt. Mohan Lal S.D. College for Women, Gurdaspur. A series of events were organized. Worthy Principal madam, Faculty members and students paid floral tribute to Pandit ji. Bhajan gayan was organized by Youth Club of the college in which S. Tejinder Singh from Jalandhar recited melodious bhajans. Physical Education department and Sports club of the college organized inter college volleyball tournament which was held among four teams. Central Association and Rotaract Club arranged 'Neeki Ki Diwar' to pay homage to our founder President Pt. Mohan Lal ji. Clothes, shoes, stationery etc. were distributed among the needy people. Also, Health kits were distributed to the support staff by the Red Ribbon Club of the college. Green club and Environment Association of the college distributed plants among the staff and the students under the project 'Arpit'. Internal Quality Assurance Cell of the college organized 4th Pandit Mohan Lal memorial lecture on the topic- "Relevance of Dr. B.R. Ambedkar's Ideas for India at Present" via Google Meet. Professor Harish K. Puri, former professor of Political Science and Head, B.R Ambedkar chair, Guru Nanak Dev University, Amritsar was the keynote speaker. Dr. Puri explained about courageous struggle of Dr.B.R Ambedkar which he had to make against social injustice and disparities in society. He enlightened the audience with his insightful ideas and concluded his session by saying that respect for the dignity of the individual should be the core value of any human society.



AZADI KA AMRIT MAHOTSAV

NSS unit of the college organized a series of events on 75th celebration of India's Independence as 'Azadi ka Amrit Mahotsav'. Various activities by different departments were organized. Social Sciences department of the college organized guest lecture on 'Partition of India and status of Gurdaspur' by Prof. Raj Kumar, a great historian. He discussed about the role of Lord Mountbatten in India's partition. He mentioned that Gurdaspur was composed of four tehsils: Gurdaspur, Batala, Pathankot and Shakargarh. It was decided earlier for Gurdaspur to be part of Pakistan. But on 17th August 1947, under political pressures only Shakargarh tehsil was given to Pakistan. NSS and Patriotic Club arranged a lecture on 'Har Ghar Tiranga'. Shaurya Samman Samaroh was organized by NSS and Electoral literacy Club. Family members of martyrs were honored by honourable Brigadier Sh. Karan Singh and Madam Principal. Dr. Rama Gandotra, Dean, College Development lead the "Tiranga March" from the college campus to Kahnawan chowk. Mrs. Jyoti Saini, HOD Economics department motivated the students as well as staff members for selfie with tiranga. Mrs. Samita Khajuria incharge of Environment Association distributed plants to staff members and students under the project 'Hara Bharat Bharat'. Students of History Department presented Nukkar Natak. Students of Fashion Designing Department participated in face painting competition. Principal Dr. (Mrs.)Neeru Sharma appreciated the sincere efforts of all teachers.



ACHIEVERS PROGRAMME

Achievers Programme was organised in the campus in order to acknowledge the achievements of meritorious students. Sh. Raman Behl, Chairman, Punjab Systems Health Corporation was the chief guest. Students bring laurels to college by securing university positions, In B. Sc Sem 2nd (Med./Non-Medical) Rajwinder kaur stood 2nd, Ramandeep kaur stood 3rd, Kamini Sharma stood 4th, Vishali stood 13th and Sukhpreet kaur stood 17th in GNDU. B.Sc. Sem 4th (Med./Non-Medical) Geetika stood 6th and Sabjeet kaur stood 16th in GNDU. Total 20 students got distinctions in Sem 6th (Med./Non-Medical). BCA Sem 6th -Sandeep Kaur stood 22nd, Rajwinder stood 2nd, Navpreet Kaur stood 3rd in GNDU. B.Sc (Comp. Sc.) 2nd Sem- Gursimran kaur stood 4th in GNDU. In M.Sc (Comp. Sc.) sem 4th, 9 students got distinctions in GNDU. PGDCA 2nd Sem -Manu, Manpreet kaur, Tamanna, Kunika Mahajan got distinctions. In B. Voc Fashion Styling & Grooming 6th Sem -Kuljit kaur stood 2nd in GNDU. Bsc FD 6th sem Simranjeet Kaur, Isha, Ramanjeet kaur, kiranjot kaur got distinctions. B. A sem 2nd Monika Raina stood 61st, Ankita sharma stood 87th in GNDU. B.A 4th Sem Nidhi kumari stood 40th, Manpreet kaur stood 49th, Sakshi sharma stood 69th and Komalpreet kaur stood 78th in GNDU. B. A 6th Sem Tanya punj, Navpreet kaur and Noor mahajan got distinctions. Chief Guest congratulated the whole faculty of the college for the excellent results and emphasized to give more practical and skill based education to girl students.



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UDAAN 2022

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TECHNOFUN-2K22

Computer Science Department of the College, organized Technofun-2K22 to showcase ideas and creativity of the students. S. Avtar Singh Sidhu, Former Principal, Govt College, Gurdaspur and member of Local Managing Committee of college was the Chief guest. 92 students from surrounding 10 colleges participated in this fest. Various technical events such as Powerpoint Presentation, Art Gallery, Technical Quiz, Fast Message Typing, Sell It and Movie quiz were conducted. Certificates and prizes were awarded to all the winners. Overall championship trophy was won by Shanti Devi Arya Mahila College, Dinanagar. Techfest was started with Shabad Gayan by the students of the Music department. Er. Surkhab Shelly welcomed teachers, participants and gave introduction about the programme. Ms Jagpreet and Ms Pooja hosted technical, movie quiz and art gallery. Mr Harpreet Singh conducted fast message typing. Mrs Sandeep Kaur Goraya and Mrs. Rajni acted as Judges for the various events. The chief guest highlighted different means through which students can come up with the innovative ideas and can do remarkable things with the resources available in the country. Principal Dr.(Mrs.)Neeru Sharma applauded Mrs. Poonam Seth and faculty of Computer Science department for organising this event successfully.



SERIES OF WORKSHOPS

Alumni association of the college organized series of workshops in the campus where the alumni of the college acted as resource persons and conducted 6 different workshops hosted by different departments. These workshops were as follows:

- Workshop on E-Filing by Ms. Aashima Gupta hosted by Commerce department.
- Workshop on Communication Skills by Ms. Kandy Bhardwaj hosted by English department.
- Workshop on Tie & Dye by Ms. Himani hosted by F.D department.
- Workshop on Cartooning by Ms. Harwant kaur hosted by Fine Arts department.
- Workshop on Party Make-up by Ms. Ravneet kaur hosted by Cosmetology department.
- Workshop on Culinary by Ms. Kajal hosted by Home Science department.

Our Alumni CA Heena Mahajan was the Chief Guest of the day. All the workshops were duly conducted and resource persons were honoured with the certificates and mementos by the principal. Principal Dr. (Mrs.) Neeru Sharma acknowledged sincere efforts of Dr. Dinesh Sharma, Incharge Alumni Association for organizing this event.

SERIES OF GUEST LECTURES

The college organized PDP cum motivational lecture on 'Facing the Challenges of Life'. Think Tank of the college organized FDP cum motivational lecture on 'Women Empowerment'. Prof. Raj P. Sharma advocate from Bombay, a great motivational speaker was the keynote speaker for both events. Chemistry and Zoology Department of the college organized online webinar. Two Resource persons were invited from GGSDS, College, Chandigarh. Dr. Indu Mehta, Associate Prof., HOD, Zoology Department, and her topic was 'Biodiversity and its Importance' and Dr. Jasamrit Nayyar, Associate Prof., HOD, Chemistry Department and her topic was 'Revisiting Basic Concept of Organic Chemistry'. 100 students and science faculty participated in this webinar. Computer Science department of the college organized guest lecture on the topic 'Emerging Research Areas in Computational Sciences'. Dr. Harjot Kaur was invited as resource person. Principal Dr. (Mrs.) Neeru Sharma apprised that such lectures will help students to develop their skills and techniques.



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FDP ON 'PSYCHOLOGICAL WELL BEING OF WORKING WOMEN'

FDP committee of the college organized Faculty development programme on 'Psychological Well-being of Working Women'. Dr. Davinder Singh Johal, Associate Professor, Department of Psychology, Guru Nanak Dev University, Amritsar was the resource person. Quoting examples from daily life Dr. Johal explained the concept of well-being. It includes so many positive things i.e feeling happy, healthy, socially connected and powerful. The employee's well-being is important to every organization, due to its connection to higher productivity, dependability and overall work quality. Working women play multiple roles at work and at home while being constrained for time, which may lead to health problems, stress, anxiety, and other negative outcomes. He explained that it is pivotal for women to feel confident about the skills, abilities and knowledge which they bring to the workplace, considering the societal skepticism about their efforts and abilities to perform. He further elaborated that today, women's roles are emerging differently with new commitment and career oriented as well as their commitment to families. So, this in turn leads to stress and strain among working women. He suggested that by positively managing and supporting employees' emotional and psychological well-being, every employer can ensure that their staff performs to their potential and this allows the organizations to achieve peak performance. Madam Principal President token of gratitude to resource person and appreciated the FDP committee incharges Mrs. Jyoti Saini, Mrs. Sandeep Kaur Goraya and Mrs. Money Ohri for organising such an insightful session on this vital issue.



A REGIONAL SEMINAR ON 'CORPORATE SOCIAL RESPONSIBILITY'

PG Department of commerce organized a Regional Seminar on 'Corporate Social Responsibility' in which 49 students from 12 different colleges participated in the event enthusiastically. Students through PowerPoint presentations presented their views on the broad spectrum of given theme. All the students in a very lucid and well prepared manner elaborated the various dimensions of CSR. The few topics covered were: 'Responsibility towards stakeholders through CSR'; 'Corporate Governance'; 'Analysis of Corporate Governance Practices of ITC Ltd.'; 'Study on Green Practices of selected companies in corporate sector'; 'Green Finance'; 'A study of CSR initiative adopted by Tata Steel Co'; 'Sustainability report of Godrej Ltd.'; 'Government initiative towards CSR'; 'CSR expenditure of top 30 Indian companies' and 'An analysis and sustainable innovative business practices. Dr. Harpreet Singh Chahal, Associate Prof. in Commerce, GNDU Regional Campus, Gurdaspur was the Chief guest of the day. He said CSR is the need of the hour. The company owes a lot towards its stakeholders and hence it becomes the moral duty of the company to pay them back in any possible manner they can. Principal Dr. Neeru Sharma expressed gratitude towards the chief guest, faculty members, participants and research scholars from various institutions. She applauded the efforts of Mrs. Seema Mahajan, Head Commerce department, Mrs. Money, Dr. Khushboo, Ms. Rythema, Ms. Manbir and Ms. Sonali for their sincere efforts to arrange the seminar for students.

SARTHAK DIWALI

Under the project 'Sharing Happiness with other- Sarthak Diwali', members of Central Association celebrated Diwali at old age home and orphanage, Gurdaspur. Students spent quality time and burst firecrackers at Old Age Home along with elderly people. All Older people smiled, danced and played with students. It gives immense inner happiness to everyone. Packets of cold cream, toothpaste, toothbrush, socks, handkerchiefs, biscuits, soaps, shampoos were distributed among the children of orphanage. Sweet, candles and crackers were also distributed among the children to bring smile and happiness in their lives during such festivals. Some eatables and Quintessential were distributed among the students of Primary school of slum area. Principal Dr. (Mrs.) Neeru Sharma applauded and congratulated incharges Mrs. Samita Khajuria, Mrs. Gagandeep Kaur, Mrs. Rajni, Ms. Jagpreet Kaur and Ms. Kajal for this noble deed.



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WOMEN EDUCATION
AND EMPOWERMENT

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SERIES OF WEBINARS AND SEMINARS

English department of the College organized a webinar on the topic 'The Romantic Imagination of the British Romantic Poets: An introduction.' Dr. Dhurbajyoti Malakar, Doctoral alumnus of IIT Guwahati and Assistant Professor PUB Bongor College, was the keynote speaker. He highlighted the prolific British poets like William Wordsworth, P.B Shelley, John Keats, Scott and many more. He also enlightened the students about imagination used by British poets with a vivid description in their prominent works. **Sociology department** in association with Board of Industry Academia Partnership (BIAP) and Krishna Foundation, Bombay organized a webinar on the topic 'Social Awareness about Investments'. The resource person was Prof. Minal Gala a researcher and trade analyst. She advised to study pros and cons of every investment in a rational manner and motivated that everyone should invest a portion of income for use in future. A seminar under the campaign "Empowerment of Citizens through Legal Awareness and Outreach" regarding awareness of various schemes of NALSA and Free Legal Aid was organized. Ms. Navdeep Kaur Gill, Civil Judge (Sr. Division)/CJM-cum-Secretary DLSA, Gurdaspur was the resource person. **Punjabi & History department** of the College organized one day seminar on topic 'Understanding Punjabi Suba Movement'. The keynote speaker was Dr. Amandeep Bal (Prof. Jallianwala Bagh Chair, GNDU, Amritsar). She stated that demand of Punjab Suba was a long political movement which was run by leaders of Punjab after independence to demand a complete punjabi speaking state. College Principal and Dr. Sukhwinder Kaur also expressed their views. **Maths department** of the College organized seminar on the topic 'Mathematical Logic'. Dr. Pallavi Mahajan from SBSS University, Gurdaspur was the resource person. She explained that the logical statements are the basics of Boolean algebra. All computer programming is based on it. Complicated circuits are also simplified by it. **Political Science Department, Electoral Literacy club** and **NSS unit** of college in collaboration with Nehru Yuva Kendra, Gurdaspur organized seminar on 'Constitution Day'. Civil judge (Sr. Division) Ms. Navdeep Kaur Gill was the chief guest. Resource persons, Dr. (Mrs.) Neeru Sharma, Mrs. Daljinder Kaur and S. Harjit Singh shared their views on importance of the Constitution Day.



SERIES OF WORKSHOPS AND INDUSTRIAL VISITS

A one-day workshop on 'Use and Care of Microscope in Biology' was organized by **Botany and Zoology department**. Dr. Paramjit Bagga (Ex-Professor and Director of Punjab Agriculture University) was the guest speaker. He discussed about introduction of Biology, Laboratory methods & skills, Use & Care of Microscope and preparation of temporary slides. **FD department** of the college organized a skill based workshop on various topics like collage making, still life painting, portrait painting and cartooning. Mrs. Kulpreet Sond, was the resource person. She demonstrated various aspects of painting and students did hands on session also. The basic aim of this workshop was to inculcate experiential learning among students. **Entrepreneurship Cell and Alumni Association** of the college organized a workshop on 'How to build startups in the Food Processing Industries'. The key note speaker of the day was Mr. Baljinder Singh. He introduced the students about the new scheme PMFME by Ministry of Food processing India which focuses mainly in improving the entrepreneurial capability of women in the food processing industries. One day district level workshop was hosted by the college in collaboration with Mahatma Gandhi National Council of Rural Education to 'Promoting Social Entrepreneurship- Based Vocational Education'. Mr. Samarth Sharma consultant MGNCRE, Ministry of Education (Government of India) was the resource person. Faculty members from 26 renowned colleges attended this workshop. The **Commerce department** of the college organized a one day industrial visit to Verka Milk Plant, Gurdaspur. Students were very excited as they practically experienced the whole process. **Fashion Designing department** of the college organized one day educational visit to Swastika Embroiders, Amritsar. Students got the knowledge of automatic embroidery machines, Aari machines, working on discharge printing machines and simple automatic printing machines. **Cosmetology department** organized one day educational visit to IDH market, Amritsar for latest product knowledge of rebonding and smoothening, latest machines for waxing like double wax heater, crimping machines and original hair dummies etc.



INTER SCHOOL FEST

It has always been the endeavor of Pt. Mohan Lal S.D College for Women, Gurdaspur, to give opportunities to the students to enhance their inner talents. The programme "Beti Bachao, Beti Padhao" was organized in collaboration with Golden Palm and Bank of Baroda. Topics given for different events were related with "Beti Bachao, Beti Padhao" being thrust area of the fest. Mrs. Shahla Qadri wife Sh. Mohammad Ishaq Commissioner, Gurdaspur was the chief guest of this event. In this function 324 students from 23 schools around Gurdaspur participated enthusiastically in 32 different activities. This fest was conducted to bring out the talents in the students. Speech Competition, Debate Competition, Book Review, Choreography, Calligraphy, Poem Recitation, Slogan Writing, Poster Making, Rangoli, Group Dance, Group Bhajan-Shabad, Face Painting, Folk Dance, Fancy Dress competition were the center of attraction in this fest. Students who got first, second and third positions were honored with mementos and certificates. During this Inter-School Fest, an exhibition was organized by the FD Department and different stalls of food and eatables were set up by the Home Science Department.



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SPORTS MEET

Sh. Upkar Krishan Sharma memorial sports meet was organized in the college campus. The objective of this meet was to encourage the girl students towards sports. 230 girl students from 14 different educational institutions participated enthusiastically. The sports meet was inaugurated by the chief guest DEO Sardar Harpal Singh Ji. All students marched together as a team that showcased the discipline and their focus. Addressing the sports meet, chief guest appreciated that SD College always took such initiatives for the overall development of girl students. Various Indoor and outdoor games such as; Tug of war, Volleyball, Badminton, Ludo, Chess, Lemon Race, Tic Tac Toe etc. were organized. St. Kabir Senior Secondary School, Gurdaspur captured the overall Trophy. Principal Dr. (Mrs.) Neeru Sharma, Local Managing Committee Chairman Mr. Hiramani Aggarwal, Chief Guest District Sports Officer Sardar Sukh Chain Singh and President of Naya Yug Nai Soch Welfare Society Mr. Neeraj Gupta honored Madam Gagandeep Kaur, Incharge Physical Education and Sports department, Coach Mr. Purshotam, Mr. Devendra, Sardar Variyam Singh and participants.



CERTIFICATE COURSES



Keeping in mind the guidelines of NEP and to enhance the skills among students various certificate courses were started. English department organized certificate course on 'Soft Skills'. Soft Skills are character traits that determine how well one would handle themselves when interacting and working with the different people. During this course various domains were touched such as power point presentation on communication, group discussion, quiz competition on soft skills, movie displayed 'lord of the flies' and extension lecture on 'How to be a good speaker'. Commerce department organized certificates course in Retail Management. 35 students were enrolled for this course from the college. This course covered various topics such as basics of retail management, retail store operations, visual merchandising franchising etc. Students were engaged in various activities like: a quiz on retail management, retail exhibition, visit to retail outlet D-Mart and group discussion on best local retailing strategy. Computer Science department organized two skill development courses on C/C++ and Web Designing. 50 students were enrolled for these courses from the college. The course covered the basics of C and C++ including data types, arrays, strings, functions, structures, operators etc. Also students were engaged in various activities like: group discussion on the topic- 'Is advancement in technology good or bad?', typing speed test competition, quiz on C/C++ and web designing, a guest lecture by Ms. Priyanka Gupta, on the topic

"Computer Languages – The Driving Force of Computer Hardware" were organized. Science department organized certificate course on 'Basics of Experimental Techniques'. Students were taught the basic techniques of separation used in Chemistry laboratory like evaporation, using separating funnel, crystallization, distillation and chromatography etc. A PPT on 'Experimental techniques of separation and uses of spectrometer and simple pendulums' was displayed. A survey was conducted on consumption of electricity by various appliances used in college campus like solar lights, generator, and induction stove etc. A field visit was also organized to Keshopur Wetland. A Workshop on 'Laboratory Equipment and Techniques used in Biology' was organized. The resource person was Dr. Paramjit Singh Bagga (Ex. Professor and Director of Punjab Agriculture University).

WORLD AIDS DAY

Sociology department of the college organized a webinar on 'Current Trends in Preventing and Management of HIV on World AIDS Day'. Ms. Kanu Priya, Counsellor at Swami Vivekanand Targeted Intervention Program for users under Punjab State was the keynote speaker. The webinar was attended by 48 students. Resource person explains that HIV is a virus affecting the immune system that helps the body to fight against infections and diseases. She cleared many misconceptions about HIV. She also cleared that if by mistake non HIV patient is injected with needle, the disease can be stopped within 72 hours of treatment. NSS unit, Red Ribbon and Health Club also organized an AIDS Awareness seminar on World AIDS Day. 60 students attended this seminar. Ms. Neha delivered lecture to the students about scientific advancement for HIV treatment. She concluded that there is still a vital need to raise money, increase awareness and improve education to combat this deadly disease.



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