GURU NANAK KHALSA COLLEGE FOR WOMEN MODEL TOWN, LUDHIANA



2021-22

3.4.1 - Extension activities are carried out in the neighborhood community, sensitizing students to social issues, for their holistic development, and impact thereof.

Supporting Document

Dr. MANEETA KAHLON

G.N.Kh. College for Vacmen Gujarkhan Campus, Model Town.

3.4.1 - Extension activities are carried out in the neighborhood community, sensitizing students to social issues, for their holistic development, and impact thereof during the year 2021-22

The college has one and a half NSS units under two Programme Officers, Dr. Neetu Prakash and Mrs Satwant Kaur, one NCC Army wing under ANO Lt. Sukhjit Kaur and various societies, clubs and a women cell that actively carries out various extension activities in the neighborhood community and sensitizes students towards social issues.

The *National Service Scheme (NSS)* is a popular program in India that promotes social service and community development among young students. N.S.S. Unit of our college promotes environmental protection through tree plantation, Cleanliness drive and other sustainable development programs. N.S.S. organized various environment related programs including tree plantation, slogan writing, poster making competition etc.

N.S.S. is actively involved in promoting environmental protection and sustainable development through various programs and activities. The organization seems to have a diverse range of initiatives aimed at creating awareness and taking action on important issues. Some of the environment-related programs organized by N.S.S. Unit include tree plantation drives, slogan writing competitions, poster making competitions, and activities related to waste management. These initiatives are crucial for promoting a greener and cleaner environment.

Additionally, N.S.S. Unit engages in activities related to human values and social causes. These activities include campaigns on Infant and Young Child Feeding (IYCF), Commemoration of 75th anniversary of India's freedom, promoting cleanliness (Swachhata Pakhwada), promoting a plastic-free India, and organizing health-related events like free COVID-19 vaccination camps, health check-up camps, and blood donation camps. These efforts contribute to the overall well being and development of communities.

Furthermore, N.S.S. is involved in organizing workshops, webinars, and lectures on various topics such as stress management, investor awareness, culture and tourism of Andhra Pradesh, and cyber awareness. These educational initiatives help in disseminating valuable knowledge and promoting personal growth among participants.

It's commendable that N.S.S. participates in national and international observances like Makar Sankranti, National Girl Child Day, National Martyrs' Day, World Cancer Day, World Environment Day, World Blood Donor's Day, and International Yoga Day. These events provide opportunities for people to come together, celebrate, and raise awareness about important social issues.

Overall, N.S.S.'s wide range of programs and activities reflect its commitment to environmental protection, social welfare, and community development. By organizing these initiatives, N.S.S. is making a positive impact and inspiring individuals to contribute towards a better and sustainable future. The *National Cadet Corps (NCC)* is the largest youth organization in India that aims to develop character, discipline, leadership, and a spirit of adventure among young students. The primary aim of the NCC Army Wing of the college is to create a pool of disciplined and motivated youth who are ready to serve the nation in various capacities. NCC Wing of our college organizes various programs related to environment and sustainability. The NCC's initiatives highlight the organization's

commitment to creating awareness and taking action on important issues.

Some of the programs organized by the NCC in relation to the environment and sustainability include a two-day tree plantation drive, awareness talks on World Toilet Day and International Day for Biological Diversity. These initiatives emphasize the importance of environmental conservation and the need to protect our natural resources.

The NCC also participated in national observances such as Indian Army Day, National Youth Week, National Cadets Corps (NCC) Day, Pulwama Attack Martyrs' homage, Road Safety Awareness Program, Armed Forces Flag Day, Swarnim Vijay Diwas (commemorating the victory in the 1971 war), and International Volunteer Day. These events provide opportunities for cadets to pay tribute to the armed forces, promote road safety, and engage in volunteering activities.

Overall, the NCC's involvement in various programs related to the environment and sustainability showcases its commitment to holistic development and nation-building. Through these initiatives, the NCC plays a significant role in creating awareness, fostering a sense of responsibility, and promoting a sustainable future among the cadets and the communities they serve.

Ek Bharat Shreshtha Bharat: Various activities were conducted under this club with the special aim for the promotion of culture and spread of unity The aim of this club is to establish cultural exchanges between people of different regions, as a means to further human bonding and a common approach to nation-building. Mutual understanding and trust are the foundations of India's strength and all citizens should feel culturally integrated in all corners of India. Overall, the club's efforts are aligned with the vision of creating a culturally vibrant and harmonious nation, where every citizen feels included and culturally connected. By fostering mutual understanding and promoting cultural exchanges, the initiative paves the way for a united India that celebrates its diversity while working together towards progress and development.

Unnat Bharat Abhiyan: Under this mission five villages were adopted by our college -Bihla, Jassowal, Kheri, Jhameri, Kakowal Village to work with the people of rural India in identifying development challenges and evolving appropriate solutions for accelerating sustainable growth.

Different social activities like stress management, distribution of sports kits, Armed Forces Flag Day, an awareness discussion on "Sexual Harassment & Domestic Violence against Women" etc were organised by the different clubs and cells of the college such as Red Ribbon Club, Youth Services club, Eco Club, Women's Development Cell, House of Readers, Legal Literacy Cell, Equal Opportunity Cell and Media Club.

Different social activities were also initiated by the different clubs and cells of the college such as Red Ribbon Club, Yout club, Eco Club, Women's Cell, House of Readers, Legal Literacy Cell, Equal Opportunity Cell and Media Club.

A *Youth Club* is an organization or community group specifically designed to engage and empower young people. It serves as a platform for young individuals to come together, participate in various activities, and work towards personal growth, community development, and social change.

The Youth Club and Red Ribbon Club are involved in various activities, including those related to World Leprosy Eradication Day, anti-drug e-pledge, free health check-up camps, and health awareness talks, National Youth Day, World Leprosy Eradication Day, and World Cancer Day etc.

Dr. Maneeta Kahlon

Principal

Dr. MANEETA KAHLON

G.N.Kh. College for Women Gujarkhan (,ampus, Model Toyla, Ludhiana

GURU NANAK KHALSA COLLEGE FOR WOMEN MODEL TOWN LUDHIANA

REPORT

ON

NSS ACTIVITIES

JULY 2021-SEPTEMBER 2021

(QUARTER-I)

COMMEMORATION OF 75TH ANNIVERSARY OF INDIA'S FREEDOM

- 1) NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhianaorganized various activities on Commemoration of 75thanniversary of India's freedom.
 - i) Slogan writing and poster making competition on July 22, 2021. Winner of the competition is GarimaNarula of BCOM-II sem











- ii) NSS Unit in collaboration with Department of History organized an online essay writing competition. The competition was organized to commemorate the 75th Independence Anniversary of India with special emphasis on the _Martyrs who sacrificed their lives for the freedom of India '.This online competition was held on August 3 ,2021. Twenty one (21) students participated in this. Alka Thakur, student of B.A 2nd year bagged First position and Munmun, student of B.A 2nd year bagged second position in this competition.
- iii) Volunteers sang the National Anthem to mark the 75th anniversary of India's Independence, being celebrated as 'AzadiKaAmrit Mahotsav on August 14, 2021.







iv) Flag Hoisting Ceremony was organised on independence day by NSS Unit of Guru Nanak Khalsa College for Women ,Model Town , Ludhiana



v) Volunteers took

- catch-the-rain pledge and committed herself to clean up local water resources to prepare them for rainwater harvesting this monsoon https://pledge.mygov.in/catch-the-rain/
- Fit-India-Freedom-run pledge and committed herself to the responsibility of keeping the environment and surroundings neat and clean on August 15,2021

https://pledge.mygov.in/fit-india-freedom-run/

























SWACHHATA PAKHWADA

- 1. NSS Unit of Guru Nanak Khalsa College For Women, Model Town, Ludhiana organized **SwachhataPakhwada** from August 01-15, 2021. Following activities were performed during the drive:
 - (i) Volunteers took
 - Swachh Bharat Pledge
 - Anti-LitteringPledge
 - E-WastePledge on August 11, 2021.
 - (ii) A **Poster Making Competition** was organized in which NSS Volunteers expressed their views on the topic of "**Plastic Free India**" on August 14, 2021.







Shared Swachhata video messages on social media on August 15,2021 https://www.facebook.com/106117504072876/posts/545083586842930/

2. A tree plantation drive was organized by NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana on August 21, 2021 .Saplings were planted in and around the college campus as a part of the drive.



RASHTRIYA POSHAN MAAH- 2021 CELEBRATIONS.

1. WEEK (1-7 SEPTEMBER)

Sr.no	Day	Date	Action taken	Organized by
1	Friday	September 03, 2021	Tree Plantation Drive was conducted by NSS Unit under Rashtriya Poshan Maah 2021. 150 saplings were planted in and around the college campus to highlight the importance of a clean, safe, and healthy environment.	IQAC and NSS Unit
2	Monday	September 06, 2021	The Resource Person, Dr. Gurpreet Singh, MO, RC Model Gram Dispensary, Ludhiana apprised the audience about the various phases of Covid, precautions to be taken, home isolation, and other related facts of this highly contagious disease. In the interaction that followed, he answered queries of the audience and busted many common COVID myths.	_

Thematic RashtriyaPoshanMaah, 2021 was being celebrated in Guru Nanak Khalsa College for Women, Gujarkhan campus, Ludhiana as part of 75th AzadiKaAmritMahotsav. The theme of the week (1-7 September) was **Plantation Activity as "PoshanVatika"**. Various activities were organized on the above theme

- Internal Quality Assurance Cell and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana organized an extension lecture on "Sensitization Awareness Drive for Covid Protocols" under RashtriyaPoshanMaah- 2021 celebrations.Dr. Gurpreet Singh, MO, RC Model Gram Dispensary, Ludhiana was the resource person on this occasion. He talked about the various phases of Covid, precautions to be taken, home isolation and other related facts of this deadly disease. The lecture was followed by an interactive session in which he answered the queries of the audience and busted certain myths prevalent about the disease. Principal, Dr. Maneeta Kahlon expressed her gratitude for the initiative taken by the resource person as well as NSS Unit of the college to create awareness about Covid amongst the people.
- A tree plantation drive was organized by NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Camps, Model Town, Ludhiana under RashtriyaPoshanMaah- 2021 celebrations.150 Saplings were planted in and around the college campus as a part of the drive.Principal, Dr. Maneeta Kahlon, highlighted the importance of planting more trees to keep the environment green, clean, safe and healthy.





गुरु नानक खालसा कॉलेज फॉर वुमन के परिसर में 150 पौधे लगाए



तुधियानां पुरु नानक खालसा कॉलेज फॉर युमन, गुजरखान कैंप, मॉडल टाउन की एनएसएस इकाई द्वारा राष्ट्रीय पोषण माह-2021 समारोह के तहत पौधरोपण मुहिम का आयोजन किया गया। अधियान के तहत कॉलेज परिसर और उसके आसपास 150 पीधे लगाए गए। विसियल डॉ. मनीता काहलों ने पर्वावरण को हरा-भरा, स्वच्छ, सुरक्षित और स्वस्थ रखने के लिए अधिक से अधिक पौधे लगाने को प्रेरित किया।

जी.एन.के.सी.डब्ल्यू. में एन.एस.एस. युनिट का जागरूकता अभियान



जो हुन के सी इब्ल्यू. में एन एस एस. यूनिट द्वारा मुख्याविधि को सम्मानित करते कालेज प्रिसीपल व अध्यापक।

डा. गुरप्रीत सिंह, (एम.ओ., आर.मी. किया।

लुधिवाना, 6 सितंबर (रजनी) : मॉहल ग्राम औषधालव) थे। उन्होंने गुर नानक खालसा कालेज फॉर वर्मन, कोविड के गाइडलाइन का पालन मुजरखान कैपस, मॉडल टाऊन की करते, होम आइसोलेशन और इंडरनल गुगवता एश्पोरेंस सैल और कोविड-19 को बीमारी से संबंधित पन एस एस याँनट ने राष्ट्रीय पोचन अन्य तथ्यों के बारे में बात की। माह- 2021 सम्बरोह के तहत कोखिड प्रिसीयल दा. मनीदा काहलों ने लोगों पोटोकॉल के लिए संवेदीकरण के बीच कोविश के बारे में जानरकता नागरुकता अभियान का आयोजन पैदा करने के लिए कालेज की किया। इस अवसर पर संसाधन व्यक्ति एन.एस.एस. यूनिट का धन्यवाद



सुविधाना के जीवनकेशीडबन्द की प्रीरियाल मनीता कहातों व स्टाक सदस्य पीचारोका करने के दौरान अवस्था

कालेज परिसर में किया पौधारोपण

जासं, लिवियाना : गुरु नानक खालसा कालेज कार वर्गन गुजरखान कैंगरा माहल टाउन में रीधारोपण किया गया। कालेज की ओर से राष्ट्रीय पोषण माह के तहत यह पौचारोपण किया गया । कालेज

धरिसर में इस दौरान डेंद्र रहे के करीब पीचे लगाए गए। कालेज के हर स्टाफ ने पीचे लगाने के साथ-साथ पीची की संभात की भी जिम्मेदारी ली। विस्पास मंगीता काहलों ने सभी को पैद्यारोपण करने के लिए पेरिस किया।

2. WEEK (8-15 SEPTEMBER)

Sr.	Day	Date	Action taken	Organized by
1.	Wednesday	September 08, 2021	A free COVID-19 Vaccination Camp was held in the campus in collaboration with UPHC, Model Town and DMC&H. The medical team, comprising Dr. Avinash Jindal, SMO, Ludhiana, Sister Balvir Kaur and Sister Nirlep Kaur, administered 500 doses to students, Teaching & Non-teaching Staff as well as local residents. The Programme Officers of NSS Unit, Dr. Neetu Prakash (Dept. of Business Mgmt & Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications), helped in conducting this drive.	IQAC & NSS Unit under the instructions issued by Ministry of Women and Child Development (MoWCD)
2.	Wednesday	September 8-15, 2021	Yoga sessions were conducted throughout the week by Ms. Rajveer Kaur, Assistant Professor, Department of Physical Education which included different stretching exercises as well as Yoga Aasanas in order to lead a healthy life. Ms. Shikha Kalra, Assistant Professor, Department of Home Science conducted Intraclass Recipe Competition on September 11, 2021 on the theme of —healthy diet recipes for pregnant women. Gurleen Kaur and Harleen Kaur of BA-II year won first and second position, respectively.	IQAC and NSS Unit

Thematic RashtriyaPoshanMaah, 2021 was being celebrated in Guru Nanak Khalsa College for Women, Gujarkhan campus, Ludhiana as part of 75th AzadiKaAmritMahotsav. The theme of the week (8-15 September) was Yoga and AYUSH for Nutrition. Various activities were organized on the above theme by IQAC and NSS Unit of the college in collaboration with Department of Physical Education and Department of Home Science under the guidance of Programme Officers Dr.NeetuPrakash(Dept. of Business Mgmt& Commerce) and Ms. Satwant Kaur(Dept. of Computer Science & Applications).

included different stretching exercises as well as YogAasans in order to lead a healthy life.MrsShikhaKalra, Assistant Professor, Department of Home Science conducted Intra-class Recipe Competition on September 11, 2021 on the theme of healthy diet recipes for pregnant women. Gurleen Kaur and Harleen Kaur of BA-II year got first and second position respectively.

Principal Dr. ManeetaKahlon encouraged the students to follow Yoga and Physical exercises in their daily routine to make them free from stress, anxiety and various diseases. She also encouraged the students to take healthy and nutritious diet to keep them fit and energetic.

• Yoga sessions were conducted throughout the week by MrsRajveer Kaur, Assistant Professor, Department of Physical Education which

- IQAC and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Camps, Model Town, Ludhiana in collaboration with UPHC, Model Town (Sister Balvir Kaur)and DMC & H Team (Sister Nirlep Kaur) under the able supervision of Dr. Avinash Jindal, SMO, Ludhiana organised a free Covid Vaccination Camp in the college campus today. As many as 500 doses were administered to students, Teaching & Non-teaching Staff and localites. As per the instructions issued by the MoWCD, Dr. NeetuPrakash(Dept. of Business Mgmt& Commerce) and Ms. Satwant Kaur(Dept. of Computer Science & Applications) Programme Officers of NSS Unit along with the Principal, teaching and non-teaching staff of the college helped in conducting this drive.
 - Er. Gurvinder Singh, General Secreatry and Principal, Dr. ManeetaKahlon, expressed their gratitude to the medical team in carrying out this gigantic drive in a very successful manner.
- IQAC and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Camps, Model Town, Ludhiana in collaboration with UPHC, Model Town (Sister Balvir Kaur) and DMC & H Team (Sister Nirlep Kaur) under the able supervision of Dr.Avinash Jindal, SMO, Ludhiana organised a free Covid Vaccination Camp in the college campus today. As many as 500 doses were administered to students, Teaching & Non-teaching Staff and localites. As per the instructions issued by the MoWCD, Dr.NeetuPrakash(Dept. of Business Mgmt& Commerce) and Ms. Satwant Kaur(Dept. of Computer Science & Applications) Programme Officers of NSS Unit along with the Principal, teaching and non-teaching staff of the college helped in conducting this drive.
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Covid vax camp held at GNKCW

LUDHIANA: A free Covid vaccination camp was organised at Guru Nanak Khalsa College for Women, Gujarkhan Camps, Model Town, on Wednesday. A total of 250 doses were administered to students, teaching and non-teaching staff and some local residents.

ਕੌਮੀ ਪੋਸ਼ਣ ਮਹੀਨੇ ਤਹਿਤ ਵੱਖ-ਵੱਖ ਗਤੀਵਿਧੀਆਂ

ਲੁਧਿਆਣਾ: ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵਿਮੈਨ, ਗੁਜਰਖਾਨ ਕੈਂਪਸ ਵਿੱਚ ਕੌਮੀ ਪੋਸ਼ਣ ਮਹੀਨਾ ਮਨਾਇਆ ਗਿਆ। 8 ਤੋਂ 15 ਸਤੰਬਰ ਤੱਕ ਹਫ਼ਤੇ ਦਾ ਵਿਸ਼ਾ ਪੋਸ਼ਣ ਲਈ ਯੋਗਾ ਅਤੇ ਆਯੂਸ਼ ਸੀ। ਸਰੀਰਕ ਸਿੱਖਿਆ ਵਿਭਾਗ ਅਤੇ ਗ੍ਰਹਿ ਵਿਗਿਆਨ ਵਿਭਾਗ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਾਲਜ ਦੇ ਆਈਕਿਊਏਸੀ ਅਤੇ ਐੱਨਐੱਸਐੱਸ ਯੂਨਿਟ ਵੱਲੋਂ ਉਕਤ ਵਿਸ਼ੇ 'ਤੇ ਆਧਾਰਿਤ ਕਈ ਗਤੀਵਿਧੀਆਂ ਕਰਵਾਈਆਂ ਗਈਆਂ। ਸਰੀਰਕ ਸਿੱਖਿਆ ਵਿਭਾਗ ਦੀ ਸਹਾਇਕ ਪ੍ਰੋ. ਰਾਜਵੀਰ ਕੌਰ ਵੱਲੋਂ ਪੂਰਾ ਹਫ਼ਤਾ ਯੋਗ ਸੈਸ਼ਨ ਕਰਵਾਏ ਗਏ। ਗ੍ਰਹਿ ਵਿਗਿਆਨ ਦੀ ਸਹਾਇਕ ਪ੍ਰੋਫੈਸਰ ਨੇ ਗਰਭਵਤੀ ਔਰਤਾਂ ਲਈ ਸਿਹਤਮੰਦ ਖੁਰਾਕ ਪਕਵਾਨਾਂ ਦੇ ਵਿਸ਼ੇ 'ਤੇ ਅੰਤਰ-ਜਮਾਤ ਪਕਵਾਨ ਤਿਆਰ ਕਰਨ ਦਾ ਮੁਕਾਬਲਾ ਕਰਵਾਇਆ। ਇਸ ਵਿੱਚੋਂ ਗੁਰਲੀਨ ਕੌਰ ਅਤੇ ਹਰਲੀਨ ਕੌਰ ਨੇ ਕ੍ਰਮਵਾਰ ਪਹਿਲਾ ਅਤੇ ਦੂਜਾ ਸਥਾਨ ਹਾਸਲ ਕੀਤਾ। -ਖੇਡਰੀ ਪ੍ਰਤੀਨਿਧ

योग-शारीरिक व्यायाम का पालन करने के लिए किया प्रोत्साहित

लिकाना 75वें आजादी का अमृत महोत्सव के हिस्से के रूप में विषयगत राष्ट्रीय पोषण माह गृह नानक खालसा महिला कॉलेज गुजरखां परिसर में मना रहा है। स्रप्शाह का विषय (8-15 सितंबर) पोषण के लिए योग और आयम रहा। शारीरिक शिक्षा विभाग एवं गृह विज्ञान विभाग के सहयोग से कॉलेज की आईक्यूएसी और एनएसएस इकाई की ओर से अलग-अलग गतिविधियां कराई गई। शारीरिक शिक्षा विधान की समयक प्रोपेत्सर राजवीर कौर की ओर से सप्ताहभर योग सत्र कराए गए। इसमें स्वस्थ जीवन जीने के लिए विभिन्न स्टेचिंग ठवायाम के साथ योगासन भी शामिल हो। गह विज्ञान विश्वाग की समयक यो जिएका करूतरा में राजीवली प्रक्रिकाओं के लिए स्वस्थ आहार व्यंजनों के विषय पर इंटर-क्लास रेमिपी प्रतियोगिता कराई। बीए दूसरे वर्ष की गरलीन कौर ने पहला, हरलीन और ने दूसरा स्थान हासिल किया। प्रिसियल डॉ. मनीता काहलों ने छात्रों को तनाय, चिंता और विभिन्न बोमारियों से मुक्त करने कें लिए अपनी दिनचर्या में योग और शारीरिक व्यापाम का पालन करने के लिए प्रोत्साहित किया। उन्होंने छात्रों को फिट और ऊर्जाधान बनाए रखने के लिए स्वस्थ और पीस्टिक आहार लेने के लिए भी प्रोत्साहित किया

ਕਾਲਜ 'ਚ ਕੋਵਿਡ-19 ਟੀਕਾਕਰਨ ਕੈਂਪ ਲਾਇਆ

ਲੁਧਿਆਣਾ: ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵਿਮੈਨ, ਗੁਜਰਖਾਨ ਕੈਂਪਸ, ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੀ ਆਈਕਿਯੂਏਸੀ ਅਤੇ ਐੱਨਐੱਸਐੱਸ ਯੂਨਿਟ ਨੇ ਯੂਪੀਐੱਚਸੀ, ਮਾਡਲ ਟਾਊਨ (ਬਲਵੀਰ ਕੌਰ) ਅਤੇ ਡੀਐੱਮਸੀ ਐਂਡ ਐਚ ਟੀਮ (ਨਿਰਲੇਪ ਕੌਰ) ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਾਲਜ ਵਿੱਚ ਇੱਕ ਮੁਫ਼ਤ ਕੋਵਿਡ ਟੀਕਾਕਰਨ ਕੈਂਪ ਲਗਾਇਆ। ਇਸ ਕੈਂਪ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ, ਟੀਚਿੰਗ ਅਤੇ ਨਾਨ-ਟੀਚਿੰਗ ਸਟਾਫ ਤੇ ਲੋਕਾਂ ਨੂੰ 250 ਤੋਂ ਵੱਧ ਖੁਰਾਕਾਂ ਦਿੱਤੀਆਂ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਇਸ ਵਿਸ਼ਾਲ ਮੁਹਿੰਮ ਨੂੰ ਸਫਲਤਾਪੂਰਵਕ ਨੇਪਰੇ ਚਾੜ੍ਹਨ ਵਿੱਚ ਮੈਡੀਕਲ ਟੀਮ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ। -ਖੇਤਰੀ ਪ੍ਰਰੀਨਿਧ

3. WEEK (16-23 SEPTEMBER)

Day	Date	Action taken	Organized by
Thursday	September 16-23, 2021	Activities were carried out on the theme of -Distribution of Regional Nutrition Kit to beneficiaries of Anganwadi in high burdened districts under the guidance of Programme Officers, Dr. Neetu Prakash (Dept. of Business Mgmt & Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications). Mrs. Shikha Kalra, Assistant Professor, Department of Home Science prepared the traditional dish Phirni to create awareness about the importance of nutritional recipes. The NSS volunteers distributed the nutrition kits to the children in the slum on September 21, 2021.	Unit in

Thematic RashtriyaPoshanMaah, 2021 was being celebrated in Guru Nanak Khalsa College for Women, Gujarkhan campus, Ludhiana as part of 75th AzadiKaAmritMahotsav. The theme of the week (16-23 September) was "Distribution of Regional Nutrition Kit to beneficiaries of Anganwadi in high burdened districts". Various activities were organized on the above theme by IQAC and NSS Unit of the college in collaboration with Department of Home Science under the guidance of Programme Officers Dr.Neetu Prakash (Dept. of Business Mgmt& Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications).

- MrsShikhaKalra, Assistant Professor, Department of Home Science made the traditional dish *Phirni* to make awareness about the importance of nutritional recipe.
- The NSS volunteers distributed the nutrition kits to the children of slum area on September 21, 2021. Principal Dr. ManeetaKahlon encouraged the students to follow these practices in their daily lifestyle. She also encouraged the students to take healthy and nutritious diet to keep them fit and energetic.





महिला कॉलेज में मनाया गया राष्ट्रीय पोषण माह

तुरियाना 75वें आजादी का अमृत महोत्सव के डिस्से के रूप में विषयगत राष्ट्रीय पोषण माह 2021 पुरु नानक खालसा महिला कॉलेज. गुजरखां परिसर में मनाया गया। इसका विषय उचा बोझ काले जिलों में आंगनवाड़ी के लाभाधियों को क्षेत्रीय पोषण किट का वितरण रहा। कार्यक्रम अधिकारी डॉ. नीत् प्रकाश व्यवसाय प्रबंधन और वाणिज्य विभाग और सहायक प्रोफेसर सववंत कीर कंप्यूटर विज्ञान और अनुप्रयोगों के विभाग के मार्गदर्शन में गृह विज्ञान विभाग के सहयोग से कॉलेज की आईक्पूएसी और एनएसएस इकाई द्वारा उपरोक्त विषय पर विभिन्न गतिविधियों का आयोजन किया गया। गृह विज्ञान विभाग की सहायक प्रोफेसर शिखा कालरा में पोपाहार व्यंजनों के महत्व के बारे में जागरुकता पैदा करने के लिए पारंपरिक व्यंजन किरनी तैयार की। एनएसएस स्वयंसेवको ने स्लम क्षेत्र के बच्चों को पोषण किट वितरित की। विसिपल हॉ. मनीता काहलों ने खात्रों को अपनी दैनिक जीवन शैली में इन प्रधाओं का पालन करने के लिए प्रीत्सक्ति किया।

4. Week (24-30 September)

Day	Date	Action taken	Organized by
Thursday	September 24-30, 2021	The theme of the week was "Identification of SAM children and Community Kitchen Service for them". Based on the theme, various activities were organized under the guidance of Programme Officers Dr. Neetu Prakash (Dept. of Business Mgmt & Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications). Ministry of Education and MyGov conducted a Poshan 2.0 Quiz to spread awareness regarding food and nutrition, healthy eating practices, balanced diet, importance of handwashing, etc. NSS Volunteers of our college participated in this quiz on September 25, 2021. An awareness campaign on Infant and Young Child Feeding (IYCF) was also organised under these celebrations. In addition, the importance of plants and greenery in a person's life was also explained to the students.	IQAC and NSS Unit

Thematic RashtriyaPoshanMaah, 2021 was being celebrated in Guru Nanak Khalsa College for Women, Gujarkhan campus, Ludhiana as part of 75th AzadiKaAmritMahotsav. The theme of the week (24-30 September) was "Identification of SAM children and Community Kitchen Service for them". Various activities were organized on the above theme by IQAC and NSS Unit of the college under the guidance of Programme Officers Dr.Neetu Prakash (Dept. of Business Mgmt& Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications).

- Ministry of Education and MyGov conducted a Poshan 2.0 Quiz to spread awareness regarding food and nutrition, healthy eating practices, balanced diet, importance of handwashing, etc. NSS Volunteers of our college participated in this quiz on September 25, 2021.
- An awareness campaign on Infant and Young Child Feeding (IYCF) was also organised under these celebrations. In addition, the importance of plants and greenery in a person's life was also explained to the students.

Principal Dr.ManeetaKahlon encouraged the students and applauded the efforts of the NSS volunteers who willingly tended to plants and understood the benefits of living in a clean and green campus.



स्टूडेंट्स को संतुलित भोजन खाने के लिए किया प्रेरित

लुविवाना (अमन)
मुरु मानक खालमा
कालेज कॉर पूर्मन
मुख्यस्थ्री कैपम मे
राष्ट्रीय पोषण
माह मनाया गया।
पोराम का विषय
एस.ए.एम, बच्चो
की पड़्यान और
उनके हिस्स
सामुदायिक रसीई
सेवा था।कार्यक्रम क



मार्गदरान में दलतेज कालेज में प्रीधारोपण करते स्ट्रीट्स।

की आई वयू, ए. सी. और एन. एस. एस. इकाई द्वारा उपरोक्त विषय पर विभिन्न गतिविधियों का आयोजन किया गया। शिक्षा मंत्राख्य ने भीजन और पीषण, स्वास्य भीजन प्रवाओं, संतुलित आहार, हाथ धीने के महत्व आदि के बारे में जगरसकता फैलान के लिए पीषण 2.0 विद्यज का आयोजन किया गया। प्रीग्राम में व्यक्ति के जीवन में पीची और वरिवासी के महत्व के बारे में भी बताया।

Guru Nanak Khalsa College celebrates Rashtriya Poshan Maah

LUDHIANA: Guru Nanak Khalsa College for Women, Guiarkhan Campus, celebrated Rashtriya Poshan Maah as a part of the 75th Azadi Ka Amrit Mahotsay. The IOAC and NSS unit of the college organised various activities. The ministry of education conducted a Poshan 2.0 quiz to spread awareness regarding food and nutrition, healthy eating practices, a balanced diet, and the importance of handwashing, NSS volunteers of the college participated in this quiz. An awareness campaign on Infant and Young Child Feeding (TYCF) was also organised.

FIT INDIA FREEDOM RUN

Sr. no	Day	Date	Action taken	Organized by
1	Wednesday	September 08, 2021	Fit India Freedom run was organized to celebrate —Azadi Ka Amrit Mahotsavl. Based on the concept, —It can be run anywhere, anytime!IFIT INDIA FREEDOM RUN was conceived last year to keep the imperative need of fitness active even while following the social distancing norms. Under the guidance of Dr. Neetu Prakash (Programme Officer, NSS Unit) and Ms. Satwant Kaur (Caretaker, NCC Wing) Cadets and Volunteers participated with full zeal and enthusiasm in this run.	IQAC in collaboration with NSS Unit and NCC Wing

To commemorate the 75th Independence Day - "AzadiKaAmritMahotsav", IQAC in collaboration with NSS Unit and NCC Wing of Guru Nanak Khalsa College for Women, Gujarkhan Campus, organised Fit India Freedom run on September 08, 2021. Based on the concept -It can be run anywhere, anytime! ||, FIT INDIA FREEDOM RUN was conceived last year when the entire nation started following social distancing in a new normal lifestyle, so as to keep the imperative need of fitness active even while following the social distancing norms. NCC Cadets and NSS Volunteers participated with full zeal and enthusiasm in this run.

Principal Dr. ManeetaKahlonencouraged the students to follow fitness regime in their daily routine in order to get freedom from obesity, laziness, stress, anxiety, diseases etc





'Fit India Freedom Run'

Ludhiana: To commemorate the 75th Independence Day, 'Azadi Ka Amrit Mahotsav', IQAC, in collaboration with the NSS unit and NCC wing of the Guru Nanak Khalsa College for Women, Gujarkhan Campus, organised a 'Fit India Preedom Run'. Cadets and volunteers participated with enthusiasm in the run, ps

SUMMARIZED QUARTER I REPORT

Sr. no	no Activity			
	COMMEMORATION OF 75 TH ANNIVERSARY OF INDIA"S FREEDOM			
1.	Slogan writing and poster making competition	July 22, 2021		
2.	NSS Unit in collaboration with Department of History organized an writing competition	online essay	August 3 ,2021	
3.	Volunteers sang the National Anthem to mark the 75th anniversary of Independence	of India's	August 14, 2021.	
4.	Volunteers took catch-the-rain pledge, Fit-India-Freedom-run pledge	e	August 15, 2021	
5.	Flag Hoisting Ceremony		August 16, 2021	
	SWACHHATA PAKHWADA			
6.	Volunteers took Swachh Bharat Pledge, Anti-Littering Pledge and E-V	Waste Pledge	August 11, 2021	
7.	A Poster Making Competition on -Plastic Free India.		August 14, 2021	
8.	Shared Swachhata video messages on social media		August 15,2021	
9.	A tree plantation drive		August 21, 2021	
10	RASHTRIYA POSHAN MAAH- 2021 CELEBRAT	TIONS.		
	WEEK I September 1-7, 2021			
	i. Tree plantation Drive	Septemb	per 03, 2021	
	ii. Sensitization Awareness Drive for COVID Protocols		er 06, 2021	
	WEEK II September 8-15, 2021			
	i Free COVID-19 Vaccination Camp	September 08, 2021		
	ii Yoga sessions throughout the week Septem		ber 8-15, 2021	

	iii Intra class recipe competitions	September 11, 2021
	WEEK III September 16-23, 2021	
	i Mrs. Shikha Kalra, Assistant Professor, Department of Home Science prepared the traditional dish Phirni	September 16, 2021
	ii The NSS volunteers distributed the nutrition kits to the children of slum area.	September 21, 2021.
	Week IV September 24-30, 2021	
	i NSS Volunteers participated in Poshan 2.0 quiz	
	1 NSS Volunteers participated in Poshan 2.0 quiz	September 25, 2021
	ii An awareness campaign on Infant and Young Child Feeding (IYCF) was also organised	September 30,2021
11.	Fit India Freedom Run	September 8, 2021

iii Intra class recipe competitions	September 11, 2021
WEEK III September 16-23, 2021	
 Mrs. Shikha Kalra, Assistant Professor, Department of Home Science prepared the traditional dish Phirni 	September 16, 2021
 The NSS volunteers distributed the nutrition kits to the children of slum area. 	September 21, 2021.
Week IV September 24-30, 2021	
i NSS Volunteers participated in Poshan 2.0 quiz	September 25, 2021
	September 25, 2021 September 30,2021

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NSS Programme Officer

G.M. Kh. Coffee for Women Model Town, LUICHTANA

GURU NANAK KHALSA COLLEGE FOR WOMEN MODEL TOWN LUDHIANA

REPORT

 \mathbf{ON}

NSS ACTIVITIES

OCTOBER 2021-DECEMBER 2021

(QUARTER-II)

CLEAN INDIA PROGRAMME

1. Workshop on Waste Management at GNKCW

Day	Date	Action taken	Organized by
Wednesday	October 06, 2021	The resource person, Ms. Priti Rao, a Bengaluru based eco-entrepreneur, is the founder of —Soil and Soull, an organization that is engaged in bringing awareness about sustainability Dr. Balbir Kaur, College Librarian and the coordinator of the Waste Management Committee introduced the theme of the workshop which was to educate students and provide them with an understanding of waste management issues and the best practices for waste management. Mr. Jatinder Singh Manchanda from the —Sambhavl Foundation and Ms. Nikita from —Women on Wingsl organization shared real life examples on how to deal with waste in colleges, at public places, and while travelling. Mrs. Manjit Kaur, former Principal of the college, also graced the occasion. The event was conducted under the guidance of Dr. Balbir Kaur (Librarian) and Mrs. Rajwinder Kaur (Dept. of Business Mgmt & Commerce). Volunteers and Programme Officers of NSS Unit Dr. Neetu Prakash (Dept. of Business Mgmt & Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications) also participated in this event under the Clean India Programme initiated by the Ministry Of Youth Affairs and Sports, Government of India held from October 1 - 31, 2021.	collaboration with NSS Unit and SAI

IQAC and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Ludhiana in collaboration with SAP organized an online workshop on -Waste Management under the guidance of Dr. Balbir Kaur (Librarian) and Mrs. Rajwinder Kaur (Dept. of Business Mgmt& Commerce).

Volunteers and Programme Officers of NSS Unit Dr. Neetu Prakash (Dept. of Business Mgmt& Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications) also participated in this event under the Clean India Programme initiated by the Ministry Of Youth Affairs and Sports, Government of India held from October 1 - 31, 2021.

The resource person was Ms. Priti Rao, a Bengaluru based eco-entrepreneur. She is the founder of -Soil and Soull, an organization that is engaged in bringing awareness about sustainability. Mrs. Manjit Kaur, former Principal of the college graced the occasion.

Dr. Balbir Kaur, college Librarian and the coordinator of the Waste management committee introduced the theme of the workshop which was to educate students and provide them with an understanding of waste management issues and the best practices for waste management.

Mr. Jatinder Singh Manchanda from the Sambhav Foundation and Ms. Nikita from -Women on Wings organization shared real life examples on how to deal with waste in colleges, at public places, and while travelling.

Principal, Dr. ManeetaKahlon thanked the resource persons. She emphasized that through proper waste management and by adopting the principle of zero waste, we can contribute our part as responsible citizens in saving the environment.





शून्य अपशिष्ट के सिद्धांत पर्यावरण बचाने में दे सकते हैं योगदान : डॉ. काहलों

पुरियाना गुरु नानक खालसा कॉलेज फॉर वुमन, मुजरखां कैपस की अर्द्धक्यूएसी और एनएसएस यूनिट ने सैप के सहयोग से डॉ. बलबीर कौर लाइब्रेरियन और राजविंदर कौर व्यवसाय प्रबंधन और वाणिज्य विभाग के मार्गदर्शन में अपशिष्ट प्रबंधन पर कर्कशॉप करवाई। युवा अफेयस एंड स्पोट्स मंत्रालय की तरफ से 1 से 31 अक्टूबर तक शुरू किए गए स्वच्छ भारत कार्यक्रम के तहत एनएसएस इकड़ें के स्वयंसेवकों और कार्यक्रम अफसरों डॉ. नीतृ प्रकाश व्यवसाय प्रबंधन और व्याणज्य विभाग, सतवंत कौर कंप्युटर विज्ञान और अनुप्रयोग विभाग ने भी कार्यक्रम में भाग लिखा। संसाधन व्यव्हित प्रीति एव थीं, जो बंगलुरू स्थित पर्यावरण-उद्यामी थीं। वह सीयल एंड सोल की संस्थापक हैं, जोकि संस्था है, जो स्थिरता के बारे में जागरुकता लाने में लगी है। कॉलेज पूर्व विस्थल मंजीत कौर ने शिरकत की।

Workshop on waste mgmt held

LUDHIANA: The IOAC and NSS Unit of Guru Nanak Khalsa College for Women. Gujarkhan Campus, organised an online workshop on waste management. Volunteers and programme officers of the NSS unit participated in the event under the 'Clean India Programme'. Priti Rao, a Bengalurubased eco-entrepreneur. was the resource person. Balbir Kaur, college librarian and the coordinator of the waste management committee. said the workshop aimed to make them understand waste management issues and the best disposal practices.

2. Composting Unit formed at GNKCW

Day	Date	Action taken	Organized by
Thursday	October 07, 2021	An initiative to manage the waste and reduce the carbon footprint in the college was taken by establishing a composting unit within the campus. This composting unit will utilize the waste generated in the college premises in the form of garbage, leaves, organic waste and convert it into fertilizer that will be used for nourishing the plants and nursery. Programme Officers of SAP Green Committee Dr. Balbir Kaur, Dr. Parveen Arora and Mrs. Gagneet Pal Kaur, as well as Dr. Neetu Prakash and Ms. Satwant Kaur from NSS Unit along with volunteers participated in this event under the Clean India Programme initiated by the Government of India held from October 1 - 31, 2021. Dr Karanbir Singh Gill, Scientist, Punjab Agricultural University was the Resource Person.	with SAP Committee,

IQACin collaboration with SAP, Eco Club and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Ludhiana initiated a noble attempt to manage the waste and reduce the carbon footprint by establishing composting unit. This composting unit will utilize the waste generated in the college premises in the form of garbage, leaves, organic wastage to convert it into fertilizer that will be used for fertilizing the plants and nursery.

Programme Officers of SAP Green Committee Dr. Balbir Kaur, Dr. Parveen Arora and Mrs. Gagneet Pal Kaur, as well as Dr. Neetu Prakash and Ms. Satwant Kaur from NSS Unit along with volunteers also participated in this event under the Clean India Programme initiated by the Government of India held from October 1 - 31, 2021.

Theeminent resource person was DrKaranbir Singh Gill, Scientist, Punjab Agricultural University. On this occasion, Er.Gurvinder Singh, General Secretary of the college Governing Body planted a mango sapling in the college ground.

Principal, Dr. ManeetaKahlon thanked the resource person and emphasized that through proper waste management and by adopting the principle of zero waste, we can contribute our part as responsible citizens in saving the environment.



ਪੱਤਿਆਂ ਅਤੇ ਕੂੜੇ ਤੋਂ ਤਿਆਰ ਹੋਵੇਗੀ ਖਾਦ

ਰੁਧਿਆਣਾ: ਗੁਰੂ ਨਾਨਕ ਖਾਜਸਾ ਕਾਲਜ ਵਾਰ ਵ੍ਰਮੈਨ, ਗੁਜਰਖਾਨ ਕੈਪਸ ਵਿੱਚ ਹੁਣ ਕੁੜੇ, ਪੀਂਡਆਂ ਅਤੇ ਜੀਵਕ ਰਹਿੰਦ ਖੂਹਦ ਤੋਂ ਖਾਦ ਰਿਆਰ ਹੋਇਆ ਕਰੇਗੀ। ਇਸ ਕੰਮ ਨੂੰ ਨੇਪਰੇ ਚਾੜ੍ਹਨ ਲਈ ਕਾਲਜ ਵਿੱਚ ਐਸਏਪੀ, ਈਕੋ ਕਲੱਬ ਅਤੇ ਐਨਐਸਐਸ ਯੂਨਿਟ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਆਈਕਿਊਏਸੀ ਨੇ ਕੰਪਸਟਿੰਗ ਯੂਨਿਟ ਸਥਾਪਰ ਕੀਤਾ ਗਿਆ ਹੈ। ਇਸ ਸਬੰਧੀ ਕਰਵਾਏ ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਹਿੱਸਾ ਲਿੰਦਿਆਂ ਐਸਏਪੀ ਗਗੈਨ ਕਮੇਟੀ ਦੇ ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ ਡਾ. ਬਲਬੀਰ ਕਰ, ਡਾ. ਪਰਵੀਨ ਅਰੋੜਾ ਅਤੇ ਗਗਨੀਰਪਾਲ ਕੌਰ ਦੇ ਨਾਲ ਨਾਲ ਡਾ. ਨੀੜੂ ਪ੍ਰਕਾਸ਼ ਅਤੇ ਸਤਵੰਤ ਕੌਰ ਨੇ ਦੱਸਿਆ ਕਿ ਪੀਂਤਆਂ ਅਤੇ ਕੁੜੇ ਆਦਿ ਤੋਂ ਤਿਆਰ ਹੋਣ ਵਾਲੀ ਖਾਦ ਦੀ ਵਰਤੋਂ ਪੈਦਿਆਂ ਅਤੇ ਨਰਸਰੀ ਵਿੱਚ ਲੱਗੇ ਬੂਟਿਆਂ ਨੂੰ ਪਾਉਣ ਲਈ ਵਰਤੀ ਜਾਵੇਗੀ।

One day NSS Camp on cleanliness drive

The NSS Unit of our college observed a one day Cleanliness Drive on October 18, 20121.

Our energetic volunteers took part in cleaning up every nook and corner of the college campus. Batches of 10 volunteers were allotted in the cleaning and sweeping of different areas within the college campus.









2nd Mega Covid Vaccination Camp at GNKCW

IQAC, NSS Unit, Red Ribbon Club and SAP Committee of Guru Nanak Khalsa College for Women, Gujarkhan Camps, Model Town, Ludhiana in collaboration with UPHC, Model Town (Medical Officer Dr. Gurpreet, Sister Poonam and Sister Sarabjeet) organised a free Covid Vaccination Camp in the college campus today. As many as 500 doses were administered to students, Teaching & Non-teaching Staff and localites.

Principal, Dr. Maneeta Kahlon, expressed her gratitude to SMO Dr. Avinash Jindal and the medical team in carrying out this gigantic drive in a very successful manner.

Sr.no	Day	Date	Action to be taken	Action taken
Thursday	October 21, 2021	To organize a free Covid Vaccination Camp	The college in collaboration with UPHC, Model Town (Medical Officer Dr. Gurpreet, Sister Poonam and Sister Sarabjeet) organized its 2nd Free Mega Covid Vaccination Camp. As many as 500 doses were administered to students, Teaching & Non-teaching Staff, and localites. Principal, Dr. Maneeta Kahlon, expressed her gratitude to SMO Dr. Avinash Jindal and the medical team who carried out this mega drive in a very successful manner.	IQAC, NSS Unit, Red Ribbon Club and SAP Committee in collaboration with UPHC, Model Town





Vaccination camp at
Guru Nanak Khalsa
College for Women
LUDHIANA: The IQAC, NSS
unit, Red Ribbon Club and
SAP committee of Guru
Nanak Khalsa College for
Women (GNKCW),
Gujarkhan Camps, Model
Town, Ludhiana, In
collaboration with the UPHC,
Model Town, organised a free
Covid vaccination camp on
the college campus on
Thursday, Medical officer
Gurpreet, Sister Poonducted
Sister Sex Sister Poonducted
the camp. As many as 500

Gurpreet, Sister Poonam and Sister Sarabjeet conducted the camp. As many as 500 doses were administered to students, teaching and nonteaching staff and local people. Principal Maneeta. Kahlon expressed gratitude to the SMO, Dr Avinash Jindal, and the medical team.

"Ek Bharat Shreshth Bharat" celebrated at GNKCW

Day	Date	Action taken	Organized by
Tuesday	October 26, 2021	_Ek Bharat Shreshth Bharat' was celebrated under the guidance of Programme Officers Dr. Neetu Prakash and Ms. Satwant Kaur. Mrs. Shikha Kalra, Assistant Professor, Department of Home Science prepared the traditional dish of Andhra Pradesh named Pesarattu. Andhra Pradesh is the paired state of Punjab under _Ek Bharat Shreshtha Bharat' programme which aims to enhance interaction and promote mutual understanding between people of different states/UTs through the concept of state/UT pairing.	

NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan campus, Ludhiana in collaboration with Internal Quality Assurance Cell celebrated _Ek Bharat Shreshth Bharat'. This activity is conducted under the guidance of Programme Officers Dr. Neetu Prakash and Ms. Satwant Kaur on October 26, 2021.

Mrs. Shikha Kalra, Assistant Professor, Department of Home Science prepared the traditional dish named Pesarattu of Andhra Pardesh which is the paired state of

Punjab. Ek Bharat Shreshtha Bharat programme aims to enhance interaction & promote mutual understanding between people of different states/UTs through the concept of state/UT pairing. Principal Dr. Maneeta Kahlon encouraged these types of activities which are helpful to promote a sustainable and structured cultural connect in the areas of language learning, culture, traditions & music, tourism & cuisine, sports and sharing of best practices, etc.



E-Pledge on RashtriyaEktaDiwas

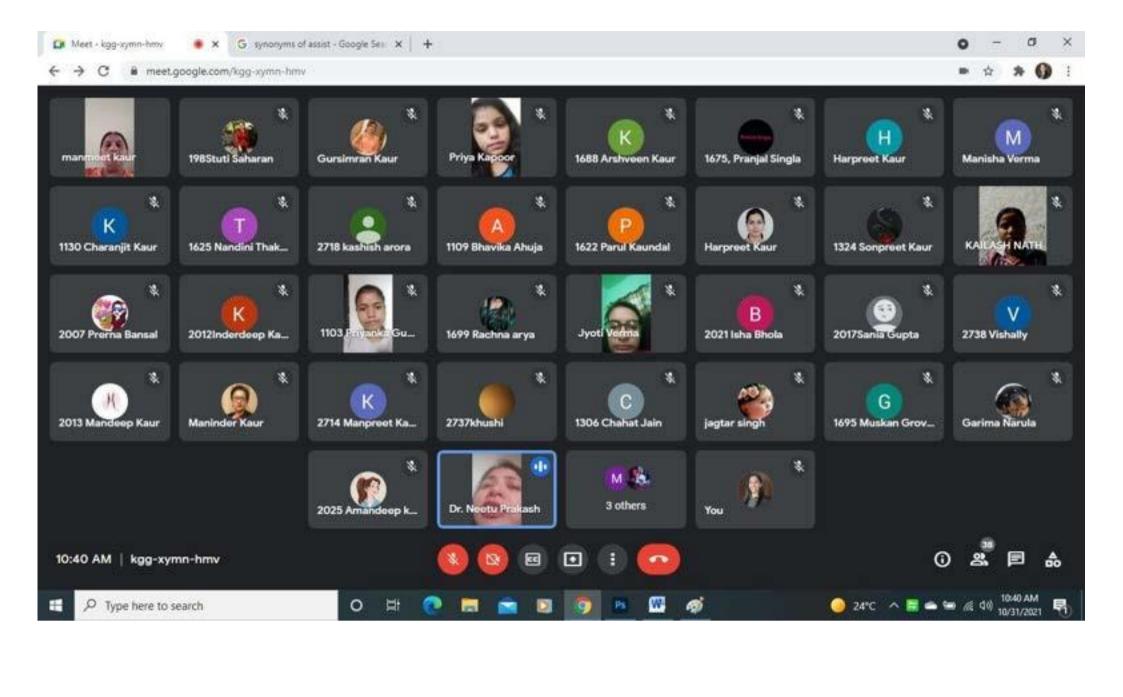
Day	Date	Action taken	Organized by
Sunday	October 31 2021	Rashtriya Ekta Diwas was celebrated by the NSS unit of the college to commemorate the birth anniversary of Sardar Vallabhbhai Patel. This year, the celebration of Rashtriya Ekta Diwas also coincides with the celebrations of 75 years of our independence. All the staff members and 69 NSS volunteers took the Rashtriya Ekta Diwas pledge in the online mode. This activity was conducted by NSS programme officers Dr. Neetu Prakash and Mrs. Satwant Kaur.	~

Under the aegis of Internal Quality Assurance Cell and NSS unit of Guru Nanak Khalsa College for Women celebrated RashtriyaEktaDiwas to commemorate the birth anniversary of SardarVallabhbhai Patel on October 31, 2021. This year, the celebration of RashtriyaEktaDiwas also coincides with the celebrations of 75 years of our independence.

All the staff members and the NSS volunteers took the RashtriyaEktaDiwas pledge in the online mode. 69 volunteers participated in this activity .This activity was conducted by NSS programme officers Dr. Neetu Prakash and Mrs. Satwant Kaur.

On this Occasion Principal, Dr. ManeetaKahlon, urged the students to follow honesty, dignity and unity in all walks of life.

NUMBER OF VOLUNTEERS PARTICIPATED: 69



Diwali Celebrations at GNKCW

Day	Date	Action taken	Organized by	Social Media links
Tuesday	November 02, 2021	An awareness lecture was organised by the NSS Unit of the college to educate students about the benefits of celebrating Eco Friendly Diwali. Students were encouraged to use earthen diyas, gift plants and use natural rangoli colors during Diwali celebrations.	IQAC and NSS Unit in collaboration with SAP Committee	https://www.instagram.com/p/CV0kyzE B2ep/?utm_medium=share_sheet
Tuesday	November 02-03, 2021	As a part of "Roshni", the Annual Diwali program of the college, a two-day exhibition-cum-sale was organized. A number of stalls and counters showcasing the items prepared by the college students like diyas, cakes, decoration pieces, paintings, book marks, journals/diaries etc. were set up. The college Principal, Dr. Maneeta Kahlon highlighted that through this program the college is spreading the message of being _Vocal for Local' this festive season. In addition, this was an opportunity for students to build up their entrepreneurial skills under the _Earn while you learn' scheme of the college. The primary objective of —Roshni was to spread the message of saving the environment by celebrating a clean, green Diwali.	Departments of Home science, Fashion Designing, Psychology, English, and Fine Arts in collaboration with NSS Unit under IQAC and SAP committee	https://www.instagram.com/p/CVxaez4B K33/?utm_medium=share_sheet 2. https://www.instagram.com/p/CVyFcYjh pfO/?utm_medium=share_sheet

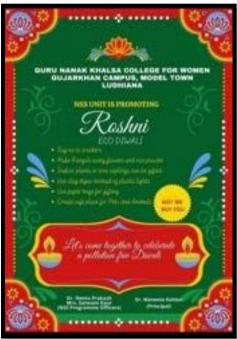
Under the aegis of Internal Quality Assurance Cell in collaboration with Swachhta Action Plan Committee (SAP), Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana celebrated –Roshnill, it's annual Diwali programme. A number of activities were being organized in order to promote the idea of Green Diwali amongst the students and faculty members.

Department of Journalism & Mass Communication organized a photography contest on the theme, -Green Diwali ||. Manmehar Kaur, Bhawna and Deepnayan won the prizes for best photographs. The theme of -Vocal for Local || was promoted through Exhibition cum Sale organized by Department of Home science, Fashion Designing and Fine Arts in collaboration with NSS Unit of the college. Stalls of Diyas, Cakes, Decoration pieces and paintings made by students and were put up under "Earn while You Learn Scheme".

An awareness lecture was organized by NSS unit and SAP Committee of the college to make the students conscious about the benefits of celebrating Eco friendly Diwali.

Principal of the college, Dr. Maneeta Kahlon appreciated the efforts of the faculty members as well as students and motivated everyone to celebrate Green Diwali.





Covid Testing at GNKCW

Day	Date	Action taken	Organized by	Social media Links
Tuesday	November 09, 2021	SAP committee and the NSS Unit of the college in collaboration with Government Dispensary, Model Town, Ludhiana set up Coronavirus Testing camp in the college campus from today onwards. A team of health officials (Mrs. Parminder Kaur, Staff Nurse, Mrs. Harminder and Mrs. Manju, Asha Workers) from UPHC, Model Town visited the college campus to collect the Swab Samples. The team made the target to collect 50 samples every day from the staff as well as from the students.	Committee and NSS Unit in collaboration with Government Dispensary, Model Town,	https://www.instagram.com/p/CWDWOn1BJrf/?utm_mediu m=share_sheet 2. https://www.instagram.com/p/CWIGqiph4sp/?utm_medium =share_sheet

Internal Quality Assurance Cell and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana in collaboration with Government Dispensary, Model Town, Ludhiana is organizing Coronavirus Testing in the campus from today onwards. A team of health officials (Mrs. Parminder Kaur, Staff Nurse and Mrs. Harminder and Mrs. Manju- Asha Workers) from UPHC, Model Town visited the college campus to collect the Swab Samples. The team will collect 50 samples every day from the staff as well as from the students.

Principal Dr. Maneeta Kahlon stressed on the need to conduct this testing which will be a safeguard for a disease free society.







Webinar on Investor Awareness at GNKCW

Day	Date	Action taken	Organized by	Social Media links
Saturday	November 13, 2021	As a part of Children's Day celebrations, a webinar on the topic "Investor Rights Awareness" was organized to inform the students regarding their rights as investors. Mr. Kanwaljeet Singh from Bajaj Finance was the resource person. This webinar was conducted under the campaign named, IEPFA-NEVSA - Niveshak Evam Vittiya Saksharta Abhiyan, initiated by the Investor Education and Protection Fund Authority under the Ministry of Corporate Affairs. The webinar was organized under the guidance of NSS Programme Officers, Dr. Neetu Prakash and Mrs. Satwant Kaur.	_	https://www.instagram.com/p/CWNxR4tF 7NH/?utm_medium=share_sheet

Internal Quality Assurance Cell and NSS unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model town, Ludhiana organized a Webinar on the topic "Investor Awareness" on November 13, 2021(on Virtual Mode) on the occasion of Children's day to educate the students regarding their rights as investors under the able guidance of NSS Programme Officers Dr. Neetu Prakash and Mrs. Satwant Kaur. This activity was done under the initiative of Investor Education and Protection Fund Authority which has aim to organize campaign named IEPFA -NEVSA -Niveshak Evam Vittiya Saksharta Abiyam. Mr. Kanwaljeet Singh from Bajaj Finance was the resource person.

The major issues highlighted in this webinar are how to make safe trading in Stock exchanges and how the investors can protect themselves from the brokers and promoters of the companies. Apart from these working of depositories and stock exchanges, process of IPO, dematerilisation, clearing corporations, role of mutual funds and SEBI in Indian Stock market were discussed.

Principal Dr. Maneeta Kahlon expressed her gratitude to the resource person for sharing his knowledge regarding investor rights and protection.







लुधियाना पुर नत्तक खालमा कॉलेज परि युमर, औरनकेसोडलप्यू पुजाराजन कैमन, संडेल टाउन को आंडरिक पुणाला आरवासन प्रकार और एनएस्सा क्षार्थ ने बाल दिवस पर कर्मुआत मोड पर को लिखिल करने के लिए निमेशक जानकात किया पर एक वर्षकार का आयोजन किया। एनएसस्सा कार्यक्रम अधिकार कर के कुमल मार्गरान में उससे को निमेशक के रूप में उनके अधिकारों के बारे में डान मिला। यह गीर्वियोध निमेशक के रूप में उनके अधिकारों के बारे में डान मिला। यह गीर्वियोध निमेशक कि संस्थान की प्रकार के लाल को गई थी। केवलकीत सिंह सिमेस प्रमान थी। वर्षकार केमें प्रमान प्रमान कर जात की गई थी। केवलकीत सिंह सिमेस प्रमान थे। वर्षकार केमें प्रमान प्रमान कर जात की गई थी। केवलकीत सिंह सिमेस प्रमान थे। वर्षकार केमें किया जाए और निवसक कर्यन्यों के उनके अध्या, आर्थिका कर सकते हैं। विप्तालियों के उनके स्थान केमें सुन करमकार के अध्या, आर्थिकों को प्रीमाण, प्रीमेदिका कोरा, में सेमें पर पर्या की गई। विस्ताल हो, मनीता प्रकारों ने समाधन वर्षका का आधार स्थान कर विस्ताल हो। मनीता प्रकारों ने समाधन वर्षका का आधार स्थान किया।

Webinar on investor awareness

LUDHIANA: : The internal quality assurance cell and NSS unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana, organised a webinar on the topic, "investor awareness". on Saturday to educate the students regarding their rights as investors. The major issues highlighted in the webinar included the ways to make safe trading in stock exchanges and how the investors can protect themselves from the brokers and promoters of the companies.

SVEEP AWARENESS CAMPAIGN

Day	Date	Action taken	Organized by	Social Media links
Saturday	November 20, 2021	A Sensitization drive was conducted by circulating a message to all NSS volunteers through their whatsapp group regarding SVEEP. The Systematic Voter's Education and Electoral Participation Program, better known as SVEEP, is the flagship program of the Election Commission of India for voter awareness and promoting voter literacy in India. Sveep's primary goal is to build and improve participation in democracy in India by encouraging all eligible citizens to vote by making an informed decision during the elections. The message that was circulated among the students on this occasion stated that voting is the fundamental basis of democracy and a single vote can prove to be a game changer. Therefore, rather than enjoying voting day as a holiday, one must vote if we truly want to contribute to the nation building process and to bring about a change. One must cast one's vote with honesty and due diligence to make India a strong and great nation which was the dream of our freedom fighters.	IQAC and NSS Unit	1. https://www.facebook.com/646575452 429581/posts/1311842715902848/?sfn sn=wiwspmo 2. https://www.instagram.com/p/CW3gL XuPYgD/?utm_medium=share_sheet

NSS unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana organized SVEEP Awareness campaign on November 20, 2021. As a part of the Systematic Voter's Education and Electoral Participation Program (SVEEP), a sensitization drive was conducted for voter awareness and promoting voter literacy.

An awareness lecture was conducted by the NSS unit of the college wherein the NSS program officers, Dr. Neetu Prakash and Mrs. Satwant Kaur informed students about voter rights and duties.

In addition, messages regarding SVEEP were circulated to all NSS volunteers through their WhatsApp group.



GURU NANAK KHALSA COLLEGE FOR WOMEN

GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA

IQAC & NSS UNIT

ORGANIZES

Sveep Awareness Campaign

on

November 20, 2021

Dr. Neetu Prakash Mrs. Satwant Kaur NSS Programme Officers Dr. Maneeta Kahlon Principal

Ek Bharat Shreshtha Bharat-Month November 2021

Day	Date	Action taken	Organized by	Social Media Links
Thursday	November 18, 2021	An activity under _Ek Bharat Shreshth Bharat' was conducted for the promotion of Punjabi language and culture under the guidance of Programme Officers Dr. Neetu Prakash and Ms. Satwant Kaur. Giddha was performed by the students in the college campus. It is a popular folk dance of women in Punjab region of India which is performed during festive or social occasions, especially during the sowing and reaping of the harvest.	Club and NSS Unit under IQAC	

Red Ribbon Club and NSS Unit of **Guru Nanak Khalsa College for Women, Gujarkhan campus, Ludhiana** in collaboration with Internal Quality Assurance Cell celebrated _Ek Bharat Shreshth Bharat'. This activity is conducted under the guidance of Programme Officers Dr. Neetu Prakash and Ms. Satwant Kaur on November 18, 2021. Giddha was performed by the students in the college campus. It is a popular folk dance of women in Punjab region of India which is performed during festive or social occasions, especially during the sowing and reaping of the harvest.

Principal Dr. Maneeta Kahlon encouraged these types of activities which are helpful to promote our mother tongue Punjabi

No. of participants: 13







सहयोग में जा. तीतु प्रकार व सतवत और अपनी युवा पीवी अपनी पंजाबी विरासत

की अध्यक्षता में करवाय गया कालेज के सुन भी खेडा जा संके।



Covid Testing Camp

Day	Date	Action taken	Organized by	Social Media links
Monday	November 29, 2021	Coronavirus Testing Camp was organized in the campus on November 29 which will continue till December 1, 2021. A team of health officials including, Dr. Gurpreet Singh, MO and Mrs. Parminder Kaur, Staff Nurse from UPHC, Model Town visited the college campus to collect the swab samples. The team will collect 50 samples each day. An extension lecture was also organized by the NSS Unit on November 29, 2021 for prevention and control of common non-communicable diseases.	O 1	1. https://www.facebook.c om/646575452429581/ posts/13122208458650 35/?sfnsn=wiwspmo 2. https://www.instagram. com/p/CW5UzMsBKiF /?utm_medium=share_s heet



GNKCW celebrates International Volunteer Day

Day	Date	Action taken	Organized by	Social media Links
Saturday	December 04, 2021	International Volunteer Day is celebrated on December 05 every year. It is an opportunity for volunteers and organizations to celebrate their efforts and promote their work among communities. To mark the day, following activities were carried out in the college on December 04: 1. The students of the college pledged to contribute towards sustainable human development. 2. An interactive lecture on fostering volunteerism was delivered by Dr. Parveen Arora, Assistant Professor, Department of Public Administration. 3. The student volunteers of the Water Management Team also pledged to promote the saving of water to maintain the continuity of life on the earth. 4. The student volunteers of the Waste Management Team pledged to promote the usage of bio enzymes instead of pesticides to increase	_	1. https://www.facebook.com/646575452429 581/posts/1314875268932926/?sfnsn=wiwspmo
		the durability of soil and to further ensure sustainable development.		

Internal Quality Assurance Cell of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana in collaboration with Swachhata Action Plan Committee (SAP), Students of NCC Wing, NSS Unit, Red Ribbon Club, Youth Club, Red Cross Society, Swachhata Police and Eco Club celebrated International Volunteer Day. This day provides a chance for vounteers and organisations to celebrates their efforts, values and promote their work among their communities. They took a pledge and performed different activities. An interactive lecture was delivered by Dr. Parveen Arora, Assistant Professor, Department of Public Administration.

Principal Dr. Maneeta Kahlon appreciated the efforts of the students. She motivated them to understand the importance and need of volunteering for social and economic development of the society.





लुधियाना पुर नानक खालसा क्षेत्रिक प्रार पुमन, पुजर खान कैपस, मीडल टाउन, लुधियाना के आंतरिक पुणवता अश्यासन सेल ने स्थवता कार्य केवना समिति (एसएपी) के सहयोग से एनस्डेसी विंग, एनएसएस पृत्रिट, रेड रिवन क्लब, यूच क्लब, रेड क्रीस, स्वच्छाता पुलिस और इको क्लब के छात्रों ने अंतरराष्ट्रीय स्ववंसेची दिखस मनाया। स्ट्रॉट्स ने शपथ ली और विभिन्न गतिविधियों को अंजाम दिया। लोक प्रशासन विभाग के सहयक प्रोफेसर डॉ. परबीन अरोहा ने इस दिन के महत्व के बारे में जानकारी दी। प्रितिमल बी. मनीता क्छलों ने छात्रों के प्रमास्त्रे की सरहता की। उन्होंने उन्हें समाज के सामाजिक और आधिक विकास के लिए स्ववंसेया के महत्व और आवश्यकता को समझने के लिए प्रेरिट किया।

अंतरराष्ट्रीय स्वयंसेवी दिवस मनाया

जगरण संवादवाता. तुषिवाना ः गुरु नानक खालसा कालेज कार वूर्यन गुजरखान केंग्रस माइल टाउन के ऑलरिक गुणवता आश्वासन सेल ने स्वव्हाता कार्य योजना समिति (एसएपी) के सहयोग से अंतर्राष्ट्रीय स्वयसेवी दिवस मनाया। इसमें एनसीसी विग, एनएसएस यूनिट, रेड रिबन वलब, यूथ वलब, रेड काल लोसपटी के बच्चों ने हिस्सा लिया।

यह दिन स्वयंसेवको और संगठनो को उनके प्रयासों, मृत्यों का जरून मनाने और अपने समुदायों के बीच अपने काम को बढ़ावा देने का अवसर प्रदान करता है। कालेज के लोक प्रशासन विभाग के सहायक प्रोक्तेसर हा. परवीन अरोडा द्वारा एक संवादात्मक व्याखान दिया। विस्थित डा. मनीज काहलों ने छात्रों के प्रयासों की सरहाना की।



तुचियाना के गुरू नानक खालका कालेज कार कूमेन में अंतरराष्ट्रीय स्वयंसंकी दिवस संस्थितन के दौरान स्टाफ सदस्य अजातरा

Lecture on Culture and tourism of Andhra Pardesh -Ek Bharat Shreshtha Bharat

Day	Date	Action taken	Organized by	Social media Links
Friday	December 17, 2021	The NSS Unit of the college organized a talk under the <i>Ek Bharat Shreshtha Bharat</i> ' program. Dr. Maneeta Kahlon, Principal of the college was the resource person. She talked about the tourism and culture of Andhra Pradesh while discussing the history of Tirupati Balaji temple, handmade silk weaving industry, the food, zoos, and Kuchipudi dance. She also highlighted the historical significance of Andhra Pradesh which was formed in 1956 on a linguistic basis. This activity was conducted under the guidance of NSS Programme Officers, Dr. Neetu Prakash and Mrs. Satwant Kaur.	IQAC and NSS Unit	1. https://www.facebook.com/64657545242 9581/posts/1322983341455452/?sfnsn=w iwspmo 2. https://www.instagram.com/p/CXlgdWJF qSY/?utm_medium=share_sheet

Under the aegis of Internal Quality Assurance Cell and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan campus, Ludhiana celebrated "Ek Bharat Shreshtha Bharat". This activity was conducted under the guidance of Programme Officers Dr. Neetu Prakash and Ms. Satwant Kaur today. "Ek Bharat Shreshtha Bharat" is the initiative announced by honorable Prime Minister Mr. Narendra Modi on October 31, 2015 on the occasion of 140th birth anniversary of Sardar Vallabhbhai Patel.

A lecture on -Culture and Tourism of Andhra Pardesh was organized.

Dr. Maneeta Kahlon, Principal of the college was the resource person. She talked about the tourism and culture of Andhra Pardesh discussing the history of Tirupati Balla Ji temple, handmade silk weaving industry, their food, zoos, Kuchipudi dance. She also highlighted the historical significant of Andhra Pradesh which was formed in 1956 on linguistic basis. The other things discussed were its capital Amravati, Tirumala and port city Visakhapatnam.

She further encouraged these types of activities which are helpful to strengthen the unity and integrity of India.







लुधियाना। पुरुनानक खालसा महिला करेतेज, गुजरखान परिसर की एनएसएस इकाई के तत्वावधान में एक भारत श्रेन्ड भारत मनाया गया। यह विविधिध कार्यक्रम अधिकारी डॉ. मीलू प्रकट्टा और सतवंत कीर के मार्गदर्शन में आयोजित की गई। इस मीके पर आंध्र प्रदेश की संस्कृति और पर्यटन पर एक व्याख्यान का आयोजन विध्या गया। विस्तिपत डॉ. मनीता काहलों रिसोर्स पर्यन रही। उन्होंने विरुपति बल्ला जी मंदिर, हस्तिनिर्मत रेशम बुनाई उद्योग, उनके भोजन, चिडियाबर, वुन्धिपुड़ी नृत्य के इतिहास पर खर्चा कर आंध्र प्रदेश के पर्यटन और संस्कृति के बारे में बात की। अस्तिन आंध्र प्रदेश के ऐतिहासिक मारत्य पर भी प्रकाश डाला। उन्होंने आंग्र इस प्रकार की गतिविधियों को प्रोतसाहित किया।

NSS Program Officers of the college to attend seven-day Orientation program

Day	Date	Action taken	Organized by		Social media Links
Friday	December	Dr. Neetu Prakash and Mrs. Satwant Kaur attended a	Chandigarh	University,	1.
	24-30, 2021	seven-day Orientation program for the NSS program	Gharuan		https://www.facebook.com/6465754524
		officers organized by Empanelled Training Institute			29581/posts/1333759557044497/?sfnsn
		and Institute for Development and Communication at			<u>=wiwspmo</u>
		Chandigarh University, Gharuan from December 24,			2.
		2021, to December 30, 2021. They were felicitated by			https://www.instagram.com/p/CYRMcZ
		the college Principal, Dr. Maneeta Kahlon on			yl5Bd/?utm_medium=share_sheet
		successful completion of the training program.			







SUMMARIZED QUARTER II REPORT

Sr. no	Activity	Date			
1.	CLEAN INDIA PROGRAMME				
	I. Workshop on Waste Management at GNKCW	October 6, 2021			
	II. Composting Unit formed at GNKCW	October 7, 2021			
2.	One day NSS Camp on cleanliness drive	October 18, 2021			
3.	2nd Mega Covid Vaccination Camp at GNKCW	October 21, 2021			
4.	Ek Bharat Shreshth Bharat was celebrated under the guidance of Programme Officers Dr. Neetu Prakash and Ms. Satwant Kaur. Mrs. Shikha Kalra, Assistant Professor, Department of Home Science prepared the traditional dish of Andhra Pradesh named Pesarattu.	October 26, 2021			
5.	E-Pledge on RashtriyaEktaDiwas	October 31, 2021			
6.	Diwali Celebrations at GN	KCW			
	I. Organize an Awareness lecture on the theme –Eco-friendly Diwali II. Organize a two day Diwali Exhibition-cum-sale under the annual	November 02, 2021 November 02-03, 2021			
7.	Diwali Program —Roshnil Covid Testing at GNKCW	November 09, 2021			
8.	As a part of Children's Day celebrations, a webinar on the topic "Investor Rights Awareness" was organized to inform	November 13, 2021			
9.	Giddha was performed under _Ek Bharat Shreshth Bharat' by the students in the college campus.	November 18, 2021			
10.	A Sensitization drive was conducted by circulating a message to all NSS volunteers through their whatsapp group regarding SVEEP.	November 20, 2021			
11.	Covid Testing Camp	November 29- December 1, 2021			
12.	International Volunteer Day is celebrated	December 04, 2021			
13.	Lecture on culture and tourism of Andhra Pardesh -Ek Bharat Shreshtha Bharat	December 17, 2021			
14.	NSS Program Officers of the college to attend seven-day Orientation program	December 24-30, 2021			

SUMMARIZED QUARTER II REPORT

Sr. no	Activity	Date		
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	 Organize a two day Diwali Exhibition-cum-sale under the annual Diwali Program "Roshni" 	November 02-03, 2021		
7.	Covid Testing at GNKCW	November 09, 2021		
8.	As a part of Children's Day celebrations, a webinar on the topic "Investor Rights Awareness" was organized to inform	November 13, 2021		
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14.	NSS Program Officers of the college to attend seven-day Orientation program	December 24-30, 2021		

Ned Broggomme Officer

G.M. Kit. College for Women, Model Town, LUDHIANA

GURU NANAK KHALSA COLLEGE FOR WOMEN MODEL TOWN LUDHIANA

REPORT

ON

NSS ACTIVITIES

JANUARY 2022-MARCH 2022

(QUARTER-III)



Online meeting for registration in National Youth Festival 2022

Day and Date	Action to be taken	Action taken	Organized by	Social media Links
Monday, January 10, 2022	NSS Program Officers to attend online meeting	Prakash and Mrs. Satwant Kaur	IQAC and NSS Unit	1. https://www.facebook.com/646575452429581/pos ts/1339153543171765/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CYnjGFArZTu/?ut m_medium=share_sheet

PHOTOGRAPHS



National Youth Festival-inauguration by PM Live Telecast

Internal Quality Assurance Cell of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana in collaboration with Department of Sociology and Swachhata Action Plan Committee (SAP), celebrated National Youth Day on January 12,2022. On this occasion tree plantation was done by the Youth Club members of the college. Celebrating the birth anniversary of Swami Vivekanand Ji, a power point presentation was also given by Dr. Madhu Dhawan on the topic –Moral Values. This topic holds special relevance in today's scenario in the context of younger generation. Principal Dr. Maneeta Kahlon along with the faculty members joined the virtual mode to be a part of inauguration ceremony of National Youth Festival to be held in Puducherry.

PHOTOGRAPHS





Organized celebrations on the campus to mark the event of Makar Sankranti

Day and Date	Action to be taken	Action taken	Organized by	Social media Links
Friday, January 14, 2022	To organize celebrations on the campus to mark the event of Makar Sankranti	Makar Sankranti was celebrated with full fervor in the college. The event started with prayers of Shri Japji Sahib Ji and Shri Chaupai Sahib Ji followed by Ardaas. Mrs. Prabhjot Kaur, HOD, Punjabi Department highlighted the importance of this day. The day marks the beginning of the harvest season when people worship new crops and share them with delight. The college Principal, Dr. Maneeta Kahlon prayed for the well-being of everyone. She shared that today is a special day of Sankranti, which is dedicated to Lord Sun. It also refers to a specific solar day in the Hindu calendar. On this auspicious day, the sun enters the zodiac sign of Capricorn or Makar which marks the end of winter months and the beginning of longer days. This is the beginning of the month of Magh. To recompense for the distinction that happens due to the revolution around the sun, every 80 years the day of Sankranti is deferred by one day. From the day of Makar Sankranti, the sun begins its northward journey or Uttarayan journey. Therefore, this festival is also known as Uttarayan. The NSS unit of the college celebrated Makar Sankranti as a part of 'Ek Bharat Shreshtha Bharat' program to convey the message of 'Unity in Diversity' throughout India. The students of the Department of Journalism and Mass Communication videographed the celebrations.	NSS Unit in collaborati-on with Department of Journalism and Mass Communication under IQAC	1. https://www.facebook.co m/646575452429581/pos ts/1340613519692434/?s fnsn=wiwspmo 2. https://www.instagram.c om/p/CYtoEn4lizt/?utm medium=share_sheet 3. https://fb.watch/ayEGEjf P3f/ 4. https://www.instagram.c om/tv/CYwcb1Ohyhw/? utm_medium=share_she et

PHOTOGRAPHS





जीएनकेसीडब्ल्यू में मकर संक्रांति समारोह मनाया



लुधियानाः गुरु नानक खालमा कॉलेज फॉर बुगन, (ऑपन केमीडकन्यू) गुजरखान कैमार, मीडल टाउन में मंत्रर संज्ञाति पूरे हचील्लाम के माथ मनई गई। कार्यक्रम की शुरुआत थी जरती महिब जी और श्री चीपाई महिब जी के पाट के साथ हा और असके बाद अरदास की गाँ। प्रभावीत कीर, विधागण्याब, पंजाबी विधाग ने इस दिन के महत्त्व पर प्रकाश दाता। यह फरान के मौसम को शुरुआत का प्रतिक है जब लोग नई फरानों की पूजा करते हैं और उन्हें खुशी के साथ सरझ करते हैं। करतेज की विस्थान हों. मनोता करतानों ने सभी को भलाई के लिए प्रार्थना की और उनमें सर्वश्राक्तमान द्वरा दिखाए गए मार्ग पर चलने का आग्रह किया। उन्होंने यह भी कामना को कि भविषय अधिक सुर्वित और स्थरम वातायरण लाएगा।

जी.एन.के.सी.डब्ल्यू. में मनाया मकर संक्राति का त्यौहार



श्री अपजी साहित जी और श्री चीवाई साहित का वाट करने अध्यावक।

लुधियाना, 14 जनवरी अरदास को गई। प्रभजीत कौर, (रजनी) : गुरु नानक खालसा विभागाध्यक्ष, पंजाबी विभाग ने इस कालेज फॉर वूमैन, गुजरखान कैपस, दिन के महत्व पर प्रकाश डाला। मॉडल वाकन में मकर संक्र हिंत कालेज की प्राचार्य हा. मनीता तपील्लास के साथ मनाई गई। कार्यक्र कातलों वे सभी की भलाई के लिए म की शुरु आत भी जपनी साहित्र प्रार्थना की और उनसे सर्वजनितमान और और की चीपाई सर्वहरू जी के जार दिसमा गए मार्ग घर चलते जर

National Girl Child Day Celebrated at GNKCW

Day and Date	Action to be taken	Action taken	Organized by	Social media Links
Monday, January 24, 2022	To celebrate National Girl Child Day	\$	NSS Unit and Department of Fine Arts under IQAC	1. https://www.facebook.com/ 646575452429581/posts/13 46549859098800/?sfnsn=w iwspmo 2. https://www.instagram.com /p/CZGuHJCleqG/?utm_me dium=share_sheet

PHOTOGRAPHS





जीएनकेसीडब्ल्यू में सेव गर्ल चाइल्ड पर इंट्रा वलास पोस्टर मेकिंग प्रतियोगिता करवाई



सामाओं ने बालिकाओं को बचाने के महत्व को दशनि वाले प्रेस्टर तैपार विद्या

व्यमन, जीएनकेसीडबल्यु गुजरखान के महत्व को दशनि कले पीस्टर परिसर के एनएसएस इकाई और तैयार किए। एनएसएस यूनिट की लितित करना विभाग ने आंतरिक और से सेव यर्न चाइल्ड विषय गुणंबला आरबासन प्रकोप्ट के पर एक सेमिनार भी आयोजिले तत्वावधान में सेव गर्ल बहान्ड किया गया। कॉलेज ने पहले ही विषय पर इंट्रा क्लास पोस्टर लडकियों की शिक्षा को बढ़ावा देने मेकिंग प्रतियोगिता आयोजित के लिए फर्ड पहल की हैं जैसे कि करके राष्ट्रीय बालिका दिवस अनाव छाजाओं, मेधावी खात्राओं, मनाया। महिलाओं की सामाजिक, समाज के कमजोर वर्गी आहि सांस्कृतिक, राजनीतिक और को शाजवृत्ति। संस्था ने विविध आर्थिक पहचान को बढ़ावा देने भाष्यमों में बालिका शिक्षा के क्षेत्र के लिए महिला एवं बाल विकास भी अपने लिए जगह बनाई है।

विदी रिपोर्टर लुक्कियाना मंत्रालय के तहल यह दिवस मनाया गया। इस मीके पर 45 गुरुनानक खालसा कॉलेज फॉर छात्राओं ने बातिकाओं को बखाने

National Voters "Day Observed at GNKCW

Day and Date	Action to be taken	Action taken	Organized by	Social media Links
Tuesday, January 25, 2022	To observe National Voters' Day	A series of activities were done in the college to observe National Voters' Day. This day is celebrated to mark the foundation of the Election Commission of India under the Systematic Voters' Education and Electoral Participation (SVEEP) Programme. A seminar was organized on the theme —Respect your voting right. Seminar Convenor, Dr. Madhu Dhawan informed the importance of voting in a democracy. A signature movement and an awareness campaign were also launched on the campus to encourage the eligible voters to cast their votes during the elections. Principal Dr. Maneeta Kahlon addressed the college staff and highlighted the importance of informed participation in the electoral process.	Literacy Club, NSS Unit, and Department of Social Sciences	1. https://www.facebook.com/6465754524295 81/posts/1347384215682031/?sfnsn=wiwsp mo 2. https://www.instagram.com/p/CZKJ043vzh g/?utm_medium=share_sheet







PRESS CLIPPINGS



राष्ट्रीय मतदाता दिवस के मौके चलाया गया हस्ताक्षर अभियान

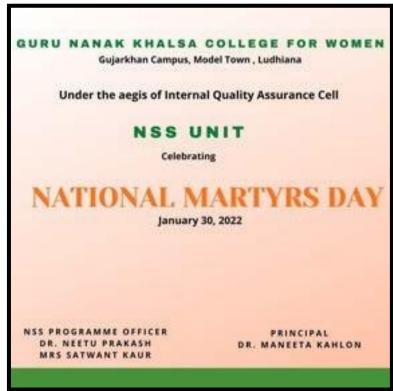
नानक खालसा कालेज परर वुमेन मतदान के अधिकार का सम्मान करें गुजरखान कैपस के आंतरिक विषय पर एक संगोध्ही करवाई गई। गुणवाला आश्वासन प्रकोच्ठ के संयोजक हा, मध् धवन ने कालेज तत्वायधान में लोगल लिटरेसी बलब, परिसर में मीजूद सभी मतदाताओं एनएसएस युनिद और सामाजिक को आगामी चुनावों के दौरान विज्ञान विभाग ने राष्ट्रीय मतदाता शांतिपूर्ण और सम्मानजनक तरीके दिवस को समर्पित गतिविधियों का से लोकतांत्रिक अधिकार का उपयोग आयोजन किया। यह दिन व्यवस्थित करने के लिए प्रोत्साहित किया। मतदाता तिक्षा और चुनावी भागीदारी मतदान के अधिकार की सरहना के (स्वीप) कार्यक्रम के तहत भारत के लिए कालेज परिसर में एक हस्तकार चनाय आयोग की नीय को चिविनत आंदोलन भी चलाया।

जागरण संवाददाता, तुधिवाना : गुरु करने के लिए मनाया जाता है। अपने

National Martyrs" Day observed by NSS volunteers of GNKCW

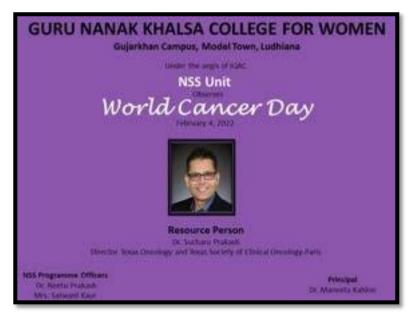
Day and Date	Action to be taken	Action taken	Organized by	Social media Links
Sunday, January 30, 2022	To observe National Martyrs' Day	National Martyrs' Day was observed in the college as Martyr's Day or <i>Shaheed Diwas</i> in the memory of Mahatma Gandhi. On this day NSS Volunteers paid homage to Gandhiji by lighting candles and observing a two-minute silence. This activity was conducted under the guidance of NSS Programme Officers, Dr. Neetu Prakash and Mrs. Satwant Kaur. On this occasion, Dr. Maneeta Kahlon, Principal GNKCW, said that we pay our homage to the martyrs who fought for the freedom, welfare, and progress of India. Further adding, she said that the Martyrs never die, they live eternally in our hearts and we should never forget their sacrifice. She highlighted that it is also a day to remember the legacy given to us by the father of our nation, Mahatma Gandhi. She urged the students to live by his ideals of truth and non-violence, simplicity, purity-of-means, and humility.	NSS Unit under IQAC	1. https://www.facebook.com/6465 75452429581/posts/1350457585 374694/?sfnsn=wiwspmo 2. https://www.instagram.com/p/C ZW- tlKvn88/?utm_medium=share_sh eet





WORLD CANCER DAY Observed at GNKCW

Day and Date	Action taken	to be	Action taken	Organized by	Social media Links
Friday, February 04, 2022	To World Day	observe Cancer	On the occasion of World Cancer Day, an informative session was organized by the college. Dr. Sucharu Prakash, Director, Texas Oncology and Texas Society of Clinical Oncology, U.S.A was the resource person. Raising awareness about the importance of preventative measures and early diagnosis of cancer, he said, —On this day, let's come together and fight this enemy called cancer. I want you to realize that as students you have the power of knowledge and the strength in numbers. Every small step that you take - diet, exercise, lifestyle modification - will make a difference and go a long way in making this world free of this terrible illness. Principal Dr. Maneeta Kahlon highlighted that the objective of this awareness campaign is to raise awareness about cancer and to encourage its prevention, detection, and treatment. The event was organized under the guidance of NSS Programme Officers Dr. Neetu Prakash and Mrs. Satwant Kaur. NSS programme officers also submittedt the Quarterly report of NSS activities to the college Principal.	NSS Unit under IQAC	1. https://www.facebook.com/646575452 429581/posts/1353617668392019/?sfn sn=wiwspmo 2. https://www.instagram.com/p/CZj986-v3M0/?utm_medium=share_sheet







PRESS CLIPPINGS

World Cancer Day

GNKCW

GNKCW
LUDHANA: The NSS unit of
Guru Nanak Khalsa College
for Women, Gujarkhan
Campus, observed World
Cancer Day on campus on
Friday. Sucharu Prakash,
attrector, Texas Society of
Clinical Oncology, USA, was
the resource person. "Every
small step that you take-diet,
exercise, lifestyle
modification-will make a
difference and go a long way
in making this world free of
this terrible illness," said
Prakash. Prakash.

GNKCW participated in Surya Namaskar project

Day and Date	Action to be taken	Action taken	Organized by	Social media Links
Monday, February 07, 2022	To ensure participation in Surya Namaskar project		NCC Wing, NSS Unit, and SAP Committee under IQAC	1. https://www.facebook.com /646575452429581/posts/1 355484438205342/?sfnsn= wiwspmo 2. https://fb.watch/b0- Get3jWy/ 3. https://www.instagram.co m/p/CZrkBRIF7JM/?utm medium=share_sheet 4. https://www.instagram.co m/tv/CZrkOZmlV- x/?utm_medium=share_sh eet





PRESS CLIPPINGS

नॉन टीचिंग स्टाफ ने सूर्य नमस्कार किया

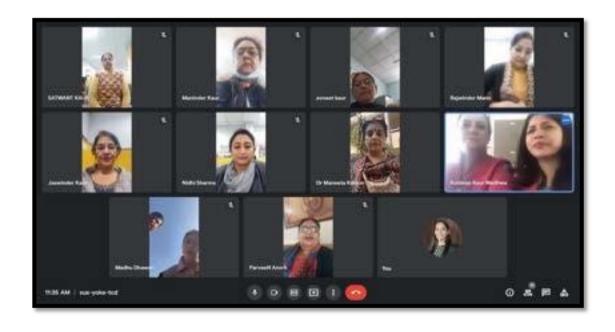


पृथ्याना। पुर नानक खालमा कॉलेज फॉर वुमन, जीएनकेसीडब्ल्यू गुजरखान कैंपस, गॉडल टाउन की एनसीसी विंग, एनएसएस यूनिट और स्वच्छता कर्य योजना (एसएपी) समिति ने आजादी का अमृत महोत्सव के एक भाग के रूप में आयोजित सूर्य नमस्कार परियोजना में हिस्सा लिया। यह परियोजना भारत की स्वतंत्रता की 75वीं वर्षगांठ पर राष्ट्रीय योगासन खेल महासंग्य के सहयोग से आयुष मंत्रालय द्वारा शुरू की गई थी। यूजीसी समन्ययक डॉ. निधि शर्मा के मार्यदर्शन में यह परियोजना 10 जनवरी से 08 फरवरी तक लगभग एक मह तक महाविद्यालय में चलती रही। कोविड प्रतिबंधों के कारण छात्रों ने पूरे महीने अपने घरों से नियमित रूप से सूर्य नमस्कार किया, जबकि छात्रावास के छात्रों ने सामूहिक रूप से कॉलेज परिसर में विधिन्न आसन किया। टीचिंग और नीम टीचिंग स्टाफ ने भी कैंपस में वई दिनो तक बड़े उत्साह के साथ सूर्य नमस्कार किया। प्रीसपल डॉ. मनीता काइलों ने हमारे दैनिक जीवन में फिटनेस के लिए योग को शामिल करने और स्वस्थ जीवन शैली को बनाए रखने के महत्व पर प्रकाश डाला।

NSS Webinar

Day and Date	Action to be taken	Action taken	Organized by	Social media Links
Monday, February 07, 2022	To attend NSS Webinar	NSS volunteers of the college attended a webinar for ensuring 100% PWD voters turn out on the poll day of the Vidhan Sabha Elections 2022. The Webinar was conducted under the directions of the Director of Youth Services, Punjab.		1. https://www.facebook.com/646575 452429581/posts/13629468307924 36/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CaJn 8x4L4x5/?utm_medium=share_she et

Number NSS Volunteers attended: 139



Free Health Check-up Camp at GNKCW

Day and Date	Action to be taken	Action taken	Organized by	Social media Links
Monday, March 07, 2022	To organize Free Health Check-up Camp	8	IQAC	1. https://www.facebook.com/permalink.ph p?story_fbid=1373656519721467&id=6 46575452429581 2. https://www.instagram.com/p/CazmLx0l wRu/?utm_source=ig_web_button_share _sheet





PRESS CLIPPINGS



ਜੀ.ਐਨ.ਕੇ.ਸੀ.ਡਬਲਯੂ. ਵਿਖੇ ਮੁਫ਼ਤ ਸਿਹਤ ਜਾਂਚ ਕੈਂਪ ਦੌਰਾਨ ਪਬੰਧਕ, ਭਾਕਟਰ ਤੇ ਹੈਰ।

ਜੀ.ਐਨ.ਕੇ.ਸੀ. ਡਬਲਯੂ. ਵਿਖੇ ਮਫਤ ਸਿਹਤ ਜਾਂਚ ਕੈਂਪ ਲਗਾਇਆ

ਹੁਤੂ ਨਾਨਕ ਖਾਨਸਾ ਕਾਨਜ ਲੜਕੀਆਂ ਨਾਲ ਮੁੱਖ ਸਿਹਤ ਮੁੱਦਿਆਂ 'ਤੇ ਚੋਰਦਾ ਕੀਤੀ। ਸਹਿਆਣਾ ਦੀ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਇਸ ਤੋਂ ਭਾਅਦ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਸਟਾਫ਼ ਅੰਗਰੇਜ਼ ਸੈੱਲ ਨੇ ਰੋਗ ਫਿਲਨ ਕਲੱਬ ਅਤੇ ਲਈ ਮੁਕਤ ਸਿਹਤ ਜਾਂਚ ਕੈਂਪ ਸਗਾਇਆ ਐਨ ਐਸ ਐਸ ਪੁਨਿਟ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਗਿਆ। ਸਾਫ਼ੀ ਗਰੀਵਿਧੀ ਦਾ ਸੰਚਾਲਨ ਵਾ ਅੱਜ ਰਾਲਜ ਕੈਪਸ ਵਿਚ ਵਿਦਿਆਰਥਣਾ ਨੀਤ ਪ੍ਰਕਾਸ਼, ਭਾ: ਨਿਧੀ ਸ਼ਰਮਾ, ਫੇਜੀ ਵਧਵਾ ਵਿਚ ਜਾਰਰਕਰਾ ਪੈਦਾ ਕਰਨ ਲਈ ਅਤੇ ਸਰਵੰਤ ਕੇਰ ਨੇ ਕੀਤਾ। ਬਾਲਜ ਲਹਿਸਆਵਾ ਵਿਚੇ 'ਤੇ ਭਾਸ਼ਣ' ਕਰਵਾਇਆ ਜਾਰਗੁਕਤਾ ਮੁਹਿੰਮ ਲਈ ਆਪਣਾ ਕੀਮਤੀ ਗਿਆ। ਅਸਬਾਈ ਹਸਪਤਾਲ ਤੋਂ ਤਾਂ. ਸਮਾਂ ਕੇਂਦਟ ਲਈ ਭਾਸ਼ਟਰਾਂ ਦਾ ਪੰਨਵਾਦ ਸੁਹਾਸਿਨੀ ਰੋਨਾ (ਓਬਸਟ੍ਰੋਫਿਕਸ ਤੇ ਕੀਤਾ ਅਤੇ ਬਿਦਿਆਰਕੀਆਂ ਨੂੰ ਲਗਾਤਾਵ

ਲੁਧਿਆਣਾ, 7 ਮਾਤਚ (ਪੁਨੀਤ ਵਾਵਾ) - (ਇੰਟਰਨਲ ਮੈਡੀਸਨ) ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਮੁਟਿਆਰਾਂ ਵਿਚ ਮਾਹਵਾਰੀ ਦੀਆਂ ਆਮ ਪਿੰਸੀਪਲ ਡਾ. ਮੁਨੀਰਾ ਕਾਰਲੇ ਨ ਗਾਇਨੀਕੋਲੋਜੀ। ਅਤੇ ਡਾ: ਅੰਕਰ ਸ਼ਰਮਾ ਸਿਹਰ ਜਾਂਚ ਕਰਵਾਉਣ ਨਹੀਂ ਪੁਰਿਤ ਕੀਤਾ।



लुधियान। गुरु नानक खालसा कॉलेज फॉर बुमन (जीएनकेसीडबल्प) वे आंतरिक गुणवत्ता आस्वासन प्रकोष्ट के तत्वावधान में रेड रिचन क्लब और एनएसएस इकाई ने कॉलेज परिसर में छात्राओं के बीच जागरूकता पैदा करने के लिए युका महिलाओं में सत्मान्य मासिक धर्म की समस्याएं पर एक वार्ता का आयोजन किया। डॉ. सुर्तासनी रैना प्रसृति और स्त्री रोग और डॉ अंकुर शर्मा आंतरिक चिकित्सा में छात्रों के साथ प्रमुख स्वास्थ्य मुद्दों पर चर्चा की। बातों के बाद छात्रों और कर्मचारियों के लिए नि:शुल्क स्थास्थ्य जांच शिवर का आयोजन किया गया। पूरी गतिविधि का संचालन डॉ. नीत् प्रकार, डॉ. निधि शर्मा, डेजी वाध्या और सर्ववंत कौर ने किया। कॉलेज की जिसपत डॉ. मनीता कड़ालों ने जागर कता अधियान के लिए अपना बहुमूल्य समय देने के लिए डॉक्टरों को धन्यखद दिया और छात्रों को नियमित स्वास्थ्य जांच के लिए जाने के लिए प्रोतस्वीत किया।

Shaheed Diwas Observed at GNKCW

	Action to be taken	Action taken	Organized by	Social media Links
,	To observe Shaheed Diwas	Martyr's Day was observed in the college under the guidance of NSS Programme Officers Dr. Neetu Prakash and Mrs. Satwant Kaur and Red Ribbon Club Coordinators Dr. Nidhi Sharma and Ms. Daisy Wadhwa. On this day, students delivered speeches on Bhagat Singh's national perspective and explained how he sacrificed his life in order to make India an independent nation. Madam Principal Dr. Maneeta Kahlon encouraged the students to get motivation from the lives of our Freedom Fighters.		1. https://www.facebook.com/permalink.php?story_fbid=1383306718756447&id=646575452429581 2. https://www.instagram.com/p/CbZjTOfrzR_/?utm_medium=share_sheet







PRESS CLIPPINGS





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SUMMARIZED QUARTER III REPORT

Sr. no	Activity	Date
1	Online meeting for registration in National Youth Festival	January 10, 2022
2	National Youth Festival-inauguration by PM Live Telecast	January 12, 2022
3	Organized celebrations on the campus to mark the event of Makar Sankranti	January 14, 2022
4	National Girl Child Day Celebrated at GNKCW	January 24, 2022
5	National Voters' Day Observed at GNKCW	January 25, 2022
6	National Martyrs' Day observed by NSS volunteers of GNKCW	January 30, 2022
7	WORLD CANCER DAY Observed at GNKCW	February 04, 2022
8	GNKCW participated in Surya Namaskar project	February 07, 2022
9	NSS Webinar for ensuring 100% PWD voters	February 07, 2022
10	Free Health Check-up Camp at GNKCW	March 07, 2022
11	Shaheed Diwas Observed at GNKCW	March 22, 2022

Dr. Neetu Prakash I lecto Cakort
Mrs. Satwant Kaur Atul Kur
NSS PROGRAMME OFFICERS

NSS Programme Officer

Dr. Maneeta Kahlon PRINCIPAL TINCIPAL G.N.Kh. College for Women

Model Town, Ludhiand

GURU NANAK KHALSA COLLEGE FOR WOMEN MODEL TOWN LUDHIANA

REPORT

ON

NSS ACTIVITIES

APRIL 2022-JUNE 2022

(QUARTER-IV)



Pariksha Pe Charcha 2022

Day and Date	Action to be taken	Action taken	Organized By	Social media Links
Friday, April 01, 2022	To organize screening of Pariksha pe Charcha	The screening of <i>Pariksha Pe Charcha 2022</i> was organized under the guidelines of University Grants Commission (UGC). The students and teachers of the college watched the LIVE streaming of Pariksha Pe Charcha 2022, the interaction of Hon'ble Prime Minister Narendra Modi with the young students today. This event was streamed LIVE from Talkatora Stadium, New Delhi at 11:00am.	and Red Ribbon Club under	https://www.facebook.co

NCC wing, NSS unit, Youth Club, and Red Ribbon Club in collaboration with IQAC of the college organized the screening of Pariksha Pe Charcha 2022, under the guidelines of the University Grants Commission (UGC). The students and teachers of the college watched the LIVE streaming of Pariksha Pe Charcha 2022, the interaction of Hon'ble Prime Minister Narendra Modi with the young students today. This event was streamed LIVE from Talkatora Stadium, New Delhi at 11:00am.





Tree Plantation Drive organised by GNKCW

Day and Date	Action to be taken	Action taken	Organized by	Social media Links
Monday, April 11- 12, 2022	To organize Two Day Tree Plantation Drive	The college organized a Tree Plantation Drive as a part of Unnat Bharat Abhiyan . On the occasion of Baisakhi, volunteers planted trees in the villages of Kakowal, Kheri and Jhmeri area. This drive was conducted under the guidance of Dr. Balbir Kaur (Unnat Bharat Abhiyaan Nodal Officer), Dr. Praveen Arora (SAP Nodal Officer), Dr. Neetu Prakash (NSS Programme Officer), and Lt. Sukhjit Kaur (ANO). Madam Principal Dr. Maneeta Kahlon mentioned that we have conducted this drive to generate sensitivity in students about environmental protection.	Swachhta Action Plan (SAP) Committee, NSS Unit, NCC wing under IQAC	1. https://www.faceb ook.com/permalin k.php?story_fbid= 139800851061960 1&id=6465754524 29581 2. https://www.instag ram.com/p/CcSzx wElcVg/?utm_sou rce=ig_web_copy link

Internal Quality Assurance Cell of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana in collaboration with Swachhta Action Plan Committee and NSS Unit of the college organised a **Tree Plantation Drive**. On the occasion of Baisakhi celebrations, volunteers planted shady trees of different kinds in the different places of villages Kheri and Jhmeri area.

The Govt. School Kheri Jhmeri also included as the part of above drive .The head of the Primary school Ms Anjali Sharma appreciated such initiatives made by the youth. Dr Parveen Arora, Nodal Officer SAP and Dr. Neetu Prakash, NSS programme officer





Blood Donation Camp organized at GNKCW

Day and Date	Action to be taken	Action taken	Organized by	Social media Links	Press Coverag e
MondayApril 18, 2022	To organize Blood Donation Camp	A Blood Donation Camp was organized in the college in collaboration with the Rotary Club of Ludhiana Midtown. This camp was conducted as a part of 'Ek Bharat, Shreshtha Bharat Abhiyaan' and under the supervision of the Blood Transfusion Department, Civil Hospital, Ludhiana. Around 50 students, as well as faculty members, donated blood to the noble cause. Dr. Neetu Prakash and Ms. Satwant Kaur (NSS program officers) and Lt. Sukhjit Kaur (ANO) helped in conducting this camp. Mr. Sunil Budhiraja, President, Rotary Club of Ludhiana Midtown, and Mr. Vishal Garg, Project Director, and RTN IBS Nanda, Secretary provided their support in organizing this camp. Mr. Rajan Kapoor and Ms. Anju Kapoor from Rotary Club also participated in the camp. Madam Principal Dr. Maneeta Kahlon motivated the staff and students to donate blood voluntarily to save the life of needy patients.	NSS Unit, and NCC Wing under IQAC in collaboration with the Rotary Club of Ludhiana Midtown and Civil	1. https://www.facebook. com/gnwludhiana/vide os/353370750157303/ 2. https://www.instagram. com/tv/CciQn_EldKr/? utm_source=ig_web_c opy_link 3. https://www.facebook. com/permalink.php?sto ry_fbid=14013309469 54024&id=646575452 429581 4. https://www.instagram. com/p/CcffChGFVwH/ ?utm_source=ig_web_copy_link 5. https://fb.watch/ctaTn_Kl8p/	Dainik Bhaskar (P4 Col 3) Dainik Savera (P6 Col 1) Ajit (P6 Col 4)

Under the aegis of Internal Quality Assurance Cell, Red Cross Society, NSS Unit and NCC Wing of Guru Nanak Khalsa College for Women, Ludhiana in collaboration with Rotary club of Ludhiana Midtown organized a Blood Donation Camp in the college campus today. This camp was conducted under the supervision of Blood Transfussion Department, Civil Hospital, Ludhiana. Around 50 students as well as faculty members donated blood for the noble cause. Dr.

Neetu Prakash & Ms. Satwant Kaur (NSS programme officer) and Lt. Sukhjit Kaur(ANO) helped in conducting this camp.Mr. Sunil Budhiraja, President, Rotary Club of Ludhiana Midtown and Mr. Vishal Garg, Project Director provided their support in organizing this camp. Mr. Rajan Kapoor and Ms. Anju Kapoor from Rotary Club also participated in the camp.

Dr. Neetu Prakash was also honoured by Rotary Club Ludhiana for organising this camp.

Principal Dr. Maneeta Kahlon motivated the staff and students to donate blood voluntarily so as to save precious life of needy patients.









PRESS CLIPPING



Dental Checkup Camp organized at GNKCW

Day and Date	Action to be taken	Action taken	Organized by	Social media Links	Press Coverage
Friday-Saturday April 22- 23, 2022	To organize a two-day free Dental Check-up Camp and Oral Hygiene Seminar	up camp and seminar on -Oral Hygiene was organized on the	NSS Unit under IQAC in collaboration with Khosla Dental Care, Ludhiana.	1. https://www.facebook .com/6465754524295 81/posts/1404433576 643761/?sfnsn=wiws pmo 2. https://www.instagra m.com/p/Ccr6pmAL Eel/?igshid=MDJmN zVkMjY=	24.04.22 Dainik Bhaskar (P2 Col 4) Dainik Jagran (P3 Col 6) 25.04.22 Ajit (P7 Col 1)

Under the aegis of Internal Quality Assurance Cell, NSS Unit of Guru Nanak Khalsa College for Women, Ludhiana organized a two days free Dental Checkup Camp and seminar on -Oral Hygiene in the college campus on April 22-23, 2022. This camp was conducted under the supervision of Dr. Amrit Khosla, Khosla Dental Care, Ludhiana. He has vast experience in numerous hospitals and dental colleges. He has attended and presented many papers at Indian Prosthodontic Society. Dr. Neetu Prakash & Ms. Satwant Kaur (NSS programme officers) helped in conducting this camp.

The camp included dental awareness talk, educating students about common dental ailments — especially stressing on tooth decay and gum diseases — and the measures used to prevent them. The students were made aware about the eating patterns and food choices which can lead to tooth decay.

The doctor checked for cavities and other possible disorders and advised students to follow healthy dental habits.

Principal Dr. Maneeta Kahlon thanked Dr. Amrit Khosla and his staff for rendering their selfless service to the college.





Workshop on Stress Management held at GNKCW

Day and Date	Action to be taken	Action taken	Organized by	Social media Links	Press Coverage
Wednesday April 27, 2022	Workshop on Stress Management	A workshop on —Stress Management" was conducted in the college as a part of the "Ek Bharat Shreshtha Bharat' program. Dr. Gurvinder Singh Atwal, BAMS, MD (Medicine), MD (Gynecology) was the resource person. He is also a member of an NGO, the HBO group. During his session, Dr. Atwal informed students about various exercises and techniques for stress and pain management. He discussed the role of naturopathy in dealing with lifestyle health issues like hypertension, diabetes, spondylitis, and back pain. This activity was convened by Red Ribbon Club coordinators, Dr. Nidhi and Ms. Daisy Wadhwa, and NSS Programme officers, Dr. Neetu Prakash and Mrs. Satwant Kaur. Madam Principal Dr. Maneeta Kahlon thanked the resource person for sharing his expertise with students. She highlighted that for a happy and healthy life, effective stress management is important.		https://www.face	29.04.22 Dainik Bhaskar (P4 Col 2) 30.04.22 Ajit (P7 Col 2)

Under the aegis of Internal Quality Assurance Cell, the Red Ribbon Club and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana organized a workshop on –Stress Managementlon April 27, 2022. This workshop was conducted as a part of _Ek Bharat Shreshtha Bharat' program. Dr. Gurvinder Singh Atwal, BAMS, MD (Medicine), MD (Gynecology) was the resource person. He is also a member of an NGO, the HBO group. During his session, Dr. Atwal informed students about various exercises and techniques for stress and pain management. He discussed the role of naturopathy in dealing with lifestyle heath issues like, hypertension, diabetes, spondylitis, and back pain. This activity was convened by Red Ribbon Club coordinators, Dr. Nidhi and Ms. Daisy Wadhwa, and NSS Programme officers, Dr. Neetu Prakash and Mrs. Satwant Kaur.

The college Principal, Dr. Maneeta Kahlon thanked the resource person for sharing his expertise with students. She highlighted that for a happy and healthy life, effective stress management is important.



PRESS CLIPPING

तनाव प्रबंधन पर कार्यशाला कराई

सिटी रिपोर्टर लुधियाना

गुरु नामक खालसा कॉलेज फॉर बुमन, गुजरखान कैंपस, मॉडल टाउन की रेड रिबन क्लब और एनएसएस युनिट ने तनाव प्रबंधन पर कार्यशाला का आयोजन किया। यह कार्यशाला 'एक भारत श्रेष्ट भारत' कार्यक्रम के तहत आयोजित की गई। डॉ. गुरविंदर सिंह अटबाल रिसोस पर्सन रहे। डॉ. अटबाल ने छात्रों को तनाव और दर्द प्रबंधन के लिए बिभिन्न अभ्यासों और तकनीकों के बारे में बताया। उन्होंने जीवनशैली से संबंधित समस्याओं जैसे उच्च रक्तचाप, मधुमेह, स्यॉन्डिलाइटिस और पीठ दर्द से निपटने में प्राकृतिक चिकित्सा की भूमिका पर चर्चा की।

College to join in "Yoga Utsav 2022"

Day and Date	Action to be taken	Action taken	Organized by	Social media Links
Month of May	College to join in _Yoga Utsav 2022'	As the upcoming 8th International Day of Yoga is falling in "Azadi Ka Amrit Mahotsav" year, the Ministry of Ayush, Government of India has proposed to observe IDY 2022 at 75 iconic sites across the country. This countdown program is already in progress and observation of IDY-2022 is gaining momentum. As a countdown to the International Day of Yoga, the NSS Unit and the NCC Wing of the college began organizing special yoga sessions for students under the 'Ek Bharat Shreshtha Bharat' program. The sessions were organized from time to time in which the students participated with full enthusiasm. Throughout the month, the need for a few minutes of Yoga during the day was emphasized upon. It was realized that yoga can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. It is an effective way of relaxation that, in turn, rejuvenates the body and the mind. Exercises for relieving stress and enhancing flexibility were extremely popular during the sessions held on campus.	NSS Unit and NCC Wing under IQAC	1. https://www.facebook.com/646575452429 581/posts/1413756725711446/?sfnsn=wiw spmo 2. https://www.instagram.com/p/CdPcfKJlRa J/?igshid=MDJmNzVkMjY= 3. https://www.facebook.com/646575452429 581/posts/pfbid0xNhuKndzvRF4Ngmr6jrV bA5QQyJqcj7oWo5WVZMjRAwAf1N8Y iZV4GcH13e68uvEl/?sfnsn=wiwspmo 4. https://www.instagram.com/p/CdlQuqiFbY X/?igshid=MDJmNzVkMjY= 5. https://www.facebook.com/646575452429 581/posts/pfbid028n6aYME2EqfznVfjYuz kaHHFQJPvRkzH9HktDkJAJBYQZuyr53 DByYvsq9kErhGil/?sfnsn=wiwspmo 6. https://www.instagram.com/p/Cd5tjialZ4S/ ?igshid=MDJmNzVkMjY= 7. https://www.facebook.com/646575452429 581/posts/pfbid0Xr2svdaeKw4CAqodeR79 pN8fKDb6cmyKJdJiQRApuQdnhb4p81Q YNQS2r4vLhe8gl/?sfnsn=wiwspmo 8. https://www.instagram.com/p/CeGm5zWlp QS/?igshid=MDJmNzVkMjY=





Cyber Jagrukta Diwas celebrated at GNKCW

Day and Date	Action to be taken	Action taken	Organized by	Social media Links	Press Coverage
Wednesd ay May 04, 2022	To observe Cyber Jagrukta Diwas	_Cyber Jagrukta Diwas' was observed on campus as per the directions from University Grants Commission (UGC). The day was observed to increase cyber hygiene awareness to combat cybercrime. Ms. Daisy Wadhwa, Head, Department of Computer Science, and Mrs. Satwant Kaur and Dr. Neetu Prakash, NSS Programme Officers, conducted a 'Cyber Security Word Search' competition. The activity was designed to make students aware of cyber security threats and the ways to combat them. While searching for words during the competition, the students learned about cyber security terms and their associated context. Navjot Kaur and Kamalpreet Kaur stood first in the competition while the team of Damanpreet Kaur and Jasleen Kaur clinched the second prize. Madam Principal Dr. Maneeta Kahlon stressed upon the need to be aware of the types of cybercrime and said that one must stay vigilant to safeguard oneself from the same.	Computer Science and Applications in collaboration with the NSS Unit under	1. https://www.facebook. com/64657545242958 1/posts/141275945247 7840/?sfnsn=wiwspmo 2. https://www.instagram .com/p/CdLjmLMFPX Q/?igshid=MDJmNzV kMjY=	Dainik Bhaskar (P4 Col 3)

Under the aegis of the Internal Quality Assurance Cell, the Department of Computer Science and Applications of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana in collaboration with the NSS Unit celebrated _Cyber Jagrukta Diwas' on May 4, 2022. As per the directions from University Grants Commission (UGC), the day was observed to increase cyber hygiene awareness to combat cybercrime.

Ms. Daisy Wadhwa, Head, Department of Computer Science, and Mrs. Satwant Kaur and Dr. Neetu Prakash, NSS Programme Officers, conducted a 'Cyber Security Word Search' competition. The activity was designed to make students aware of cyber security threats and the ways to combat them. While searching for words during the competition, the students learned about cyber security terms and their associated context. Navjot Kaur and Kamalpreet Kaur stood first in the competition while the team of Damanpreet Kaur and Jasleen Kaur clinched the second prize.

The Principal of the college, Dr. Maneeta Kahlon stressed that it is a pressing need to be aware of the types of cybercrime and one must stay vigilant to safeguard oneself from the same.



PRESS CLIPPING



तुषियान के गुरु सनक खालस कारोज की प्रश्नार करियर संचादनाओं की जनकरी लेते हुए % मी. कारोज

विद्यार्थियों ने जानी करियर की संभावनाएं

जांगरण सवाददाता, लिवाना युरु नानक खालसा कालेज कार व्योग माहल टाउन के व्यवसाय स्टारेटम में विभिन्न निकल्प के पर एक करियर परामार्ग समोदी का आयोजन किया गया। कायूटर किमागाकी प्रमुख डेजी वाचक मुख्य कालेज चिसपल वा . मनीता . वक्ता के तीर पर मौजद रही। उन्होंने छात्रों को डिजिटल कौशत के बारे में बताया जो छात्रों को

शैक्षणिक और रहावसायिक जीवन में शक्त होने के लिए अवस्थात है। पानों को उनकी डिजिटल क्षमताओं प्रवासन विभाग में 'बिजनेस मैनेजमेंट' को विक्रिसित करने के लिए उपलब्ध अध्ययन विकल्पों के बारे में भी निर्माण के लिए एक शहरीय 'किया - मार्गदर्शन किया। इस सर्गांची का सवासन राज्यसम् प्रकान विभाग की प्रमुख हा , निविद्य गर्मा ने किया । काहती ने मुख्य ववता का छात्राओं को जानवारी देने के लिए आधार 1 (1505)

Inter-College Declamation Competition at GNKCW

Inter

Day and Date	Action to be taken	Action taken	Organized by	Social media Links	Press Coverage
Friday May 27, 2022	To organize Inter-College Declamation Competition to celebrate Internationa l Day for Biological Diversity	An Inter-college Declamation competition was organized in the college, under <i>Ek Bharat Shreshtha Bharat</i> Program, to celebrate International Day for Biological Diversity. Rtn. Dr. Upinder Singh Ghai, District Governor was the Chief Guest. Rtn. Er. Lupinder Kumar, Sub Divisional Soil Conservation Officer, Jalandhar was the Guest Speaker. He stressed the importance of restoring soil cover to maintain biodiversity. Vedika of SDP College for Women, Ludhiana won the first prize. Simpreet of Guru Nanak Khalsa College for Women, Ludhiana bagged the second prize, and Anjali of Khalsa College for Women got the third prize. Damanpreet Kaur of Government College for Girls and Anmol of Khalsa College for Women won the consolation prizes. This event was organized under the guidance of Rtn. Sunil Budhiraja, President, Rotary Club of Ludhiana Midtown. The judges of the competition were Mrs. Prabhjot Kaur, Dr. Anupam Vatsyaayan and Rtn. Er. Lupinder Kumar. On this occasion, a ppt presentation was also shared by Rtn. Er. Lupinder Kumar with the students to make them aware about the means and ways of protecting the environment and conserving water. Madam Principal Dr. Maneeta Kahlon congratulated all the participants and stressed that the beauty of this earth can only be maintained by conserving biodiversity.	Eco Club, NSS Unit, and NCC Wing of the college under IQAC and Rotary Club of Ludhiana Midtown in collaboration with —Punjab Biodiversity Board and sponsored by "National Biodiversity Authority, Government of India"	1. https://www.facebook.com/646575452 429581/posts/pfbid02ppzqyGdqrsNsR wGM3Ymr2B1MoZpMUrv2JRo5bW VdBB23dt55B85NE49NSMBqRdPol/ ?sfnsn=wiwspmo 2. https://www.instagram.com/p/CeENnp uFXc8/?igshid=MDJmNzVkMjY= 3. https://www.instagram.com/p/CeEOcJ VBZ6d/?igshid=MDJmNzVkMjY= 4. https://www.instagram.com/p/CeEPF3 SBLbD/?igshid=MDJmNzVkMjY= 5. https://www.instagram.com/p/CeEPbPr h_Hk/?igshid=MDJmNzVkMjY= 6. https://www.instagram.com/p/CeEPv3 DBdvo/?igshid=MDJmNzVkMjY= 7. https://www.facebook.com/646575452 429581/posts/pfbid02MT5kZF9fXTh6 7Ejppsgb6Ax5Xh9cMzAhBCAcaidTG fqxZCWUX2Un4Vr3QqfzBmb2l/?sfns n=wiwspmo 8. https://www.instagram.com/p/CeEcve NhUDA/?igshid=MDJmNzVkMjY=	Ajit (P 7 Col 2) Dainik Bhaskar (P 4 Col 2) Dainik Jagran (P 3 Col 5) Hindustan Times (P 2 Col 4)

College

Declamation Competition was organized at Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town in collaboration with -Punjab Biodiversity Board | and sponsored by -National Biodiversity Authority, Government of India. | Under Ek Bharat Shreshtha Bharat Program, Eco Club, NSS Unit and NCC Wing of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town and Rotary Club of Ludhiana Midtown organized this Competition to celebrate International Day for Biological Diversity in the college campus today.

Rtn. Dr. Upinder Singh Ghai, District Governor was the Chief Guest. Rtn. Er. Lupinder Kumar, Sub Divisional Soil Conservation Officer, Jalandhar was the honourable speaker of Biodiversity who stressed on the importance of maintaining soil to maintain biodiversity. Vedika of SDP College for Women, Ludhiana won the first prize followed by Simpreet of Guru Nanak Khalsa College for Women, Ludhiana and Anjali of Khalsa College for Women at second and third place respectively. Damanpreet Kaur of Government College for Girls and Anmol of Khalsa College for Women won the consolation prizes. This event was organized under the guidance of Rtn. Sunil Budhiraja, President, Rotary Club, Ludhiana Midtown.

Principal Dr. Maneeta Kahlon congratulated all the participants and stressed that the beauty of this earth could only be maintained by celebrating biodiversity on the planet.





PRESS CLIPPINGS

इंटर कॉलेज भाषण प्रतियोगिता में वेदिका ने लिया पहला स्थान



तुधियाना मॉडल टाउन स्थित गुरु नानक खालसा कॉलेज फॉर वुमन (जीएनकेसीडक्ट्यू) युजरखान कैंपस में पंजाब जैव विविधता बोर्ड के सहयोग और राष्ट्रीय जैव विविधता प्राधिकरण की तरफ से प्रायंजित इंटर कॉलेज भाषण प्रतियोगिता करवाई गई। एक भारत श्रेष्ट भारत कार्यक्रम के तहत गुरु नानक खालसा कॉलेज फॉर वुमन के ईको क्लब, एनएसएस युनिट, एनसीसी विंग और रोटरी क्लब ऑफ लुधियाना मिडटाउन ने कॉलेज परिसर में अंतरराष्ट्रीय जैव विविधता दिवस मनाने के लिए प्रतियोगिता करवाई। मुख्यतिथि जिला राज्यपाल डॉ. उपिंदर सिंह घई रहे। लिपेंदर कमार माननीय वक्ता रहे। उन्होंने जैव विविधता को बनाए रखने के लिए मिडी संरक्षण के महत्व पर जोर दिया। एसडीपी कॉलेज फॉर व्यन की वेदिका ने पहला, गुरु नानक खालसा कॉलेज फॉर वुमन की सिमप्रीत और खालसा कॉलेज फॉर बुमन की अंजलि ने क्रमशः दूसरा और तीसरा स्थान हासिल किया।



ह्यु रुप्तव असाम बासन रुडवीलां विश्वे अनवार सेवार पडवीडलां हुं स्टामीटड कार्स पुर्वाचन इन सरोडा बावती है देव। अनोड समार्थ

ਜੀ. ਐਨ. ਕੇ. ਸੀ. ਡਬਲਿਊ. ਵਿਖੇ ਅੰਤਰ-ਕਾਲਜ ਘੋਸ਼ਣਾ ਮੁਕਾਬਲਾ ਕਰਵਾਇਆ

ਹੋਇਕ ਵਿਕਿਸ਼ਤਾ ਵੇਕਰ ਦੇ ਸ਼ਹਿਬੰਗ ਸਾਲ ਦੇਣਗੇ ਗਏਵ ਸ਼ਹਿਮਾਣਾ ਮਿਕਟਾਉਨ ਦੀ ਤੇ ਰਾਜ਼ਟਰੀ ਜ਼ੈਕ ਕਿਵਿੰਨਰਾ ਅਕਾਰਟੀ ਅਗਕਾਰੀ ਹੇਠ ਇਹ ਸਮਾਰਮ ਫਰਵਾਇਆ ਵਾਰਤ ਸਰਕਾਰ ਦੇ ਸ਼ਹਿਯੋਗ ਨਾਲ ਗਿਆ। ਪ੍ਰਿਸੀਪਲ ਵਾ ਮਨੀਤਾ ਕਾਰਲ : ਮਨਾਉਣ ਲਈ ਹਰ ਨਾਨਰ ਖ਼ਾਲਜਾ ਵਾਲਜ - ਉਦਰਤਾ ਨੂੰ ਬਰਕਤਾਰ ਰੱਖਿਆ ਜਾ ਸਕਦਾ ਹੈ। ਲੜਕੀਆਂ ਗੁਸ਼ਤਵਾਨ ਕੈਪਸ ਮਾਡਨ ਟਾਉਨ ह होत्र वर्तव चेत्र चेत्र चेत्र चेत्र चतिर वे भेज भी भी चिंत ने हेटवी बर्लय चाह ਸ਼ਹਿਆਣਾ ਮਿਲਟਾਉਨ ਨੇ ਇਹ ਮੁਕਾਬਨਾ gagrigwr | faxr greene (Mee ਜਿੰਘ ਘਈ ਅੱਖ ਮਹਿਮਾਨ ਵਜੋਂ ਸ਼ਾਮਿਲ ਹੋਏ। Watshes willes more the stark बजी मंत्रफ अद्याद समेपर सेव विशेशक से अञ्चलपेत क्षापे हर, ਮਿਨਾ ਨੇ ਜੇਵ ਵਿਭਿੰਨਤਾ ਨੇ ਬਣਾਈ ਹੋਵਣ ਲਈ ਮਿੱਟੀ ਦੀ ਸਾਂਭ-ਸੰਭਾਲ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਜੋਵ ਇੱਕਾ। ਐਸ. ਡੀ. ਪੀ. ਕਾਲਜ मक्कोभा मधिभारत सी बैसिका है जीवार सवार तब राजब धालमा बालस ਸਗਭੀਆਂ ਸੁਹਿਆਣਾ ਦੀ ਸਿਆਪੀਤ ਤੋਂ शहरा राजन सहयोज से जेवली

ਲੁਧਿਆਣਾ, 27 ਮਈ ਪੁਨੀਤ ਕੁਮਵਾਰ ਦੂਜੇ ਤੇ ਤੀਜੇ ਸਥਾਨ 'ਤੇ ਨਹੀਂ बाका-सब राजव धामा बामा महबादी बामा महबोधा हो राजधीत ਲੜਬੀਆਂ ਗੁੰਗਰਮਾਨ ਵਿੱਚਲ ਮਾਡਲ ਟਾਉਨ, ਕੋਰ ਤੋਂ ਬਾਲਜਾ ਕਾਲਜ ਲੜਬੀਆਂ ਦੀ विश्व भोत्रक बालन बोक्टा अवादला अल्लेस हे दिलाल दिला विशिव्या व्यवस्थित विभाग दिए अवस्थात पंतरत अस्य हो और महीम बंधीवान प्रण ਕਰਵਾਇਆ ਗਿਆਂ। ਏਸ ਭਾਰਤ ਸ਼ੁੰਕਠ ਸਾਵੇ ਭਾਗੀਵਾਰਾਂ ਨੂੰ ਵਧਾਈ ਇੱਕੀ ਕੇ ਇਸ ਭਾਵਤ ਪ੍ਰੋਗਵਾਮ ਤਹਿਤ ਵਾਲਜ ਵੈਪਲ 'ਚ ਵੀਲ 'ਤੇ ਜੋਵ ਦਿੱਤਾ ਕਿ ਧਰਤੀ 'ਤੇ ਜੈਵ ਅੰਤਰਵਾਸ਼ਟਰੀ ਮੈਵਿਕ ਵਿਰਿੰਨਤਾ ਦਿਵਸ ਵਿਰਿੰਨਤਾ ਨੇ ਮਨਾ ਕੇ ਹੀ ਇਸ ਧਰਤੀ ਦੀ

Cycle Rally on Environment Awareness by GNKCW

Day and Date	Action to be taken	Action taken	Organized by	Social media Links	Press Coverage
Monday May 30, 2022	To hold Cycle Rally on Environme nt Awareness	$\mathcal{E}^{-\gamma}$	Swachhata Action Plan (SAP) Committee in collaborati on with Department of Physical Education, NCC wing, NSS unit, and Eco Club under IQAC	1. https://www.facebook.com/64 6575452429581/posts/pfbid0 bee1Vj4h9oDgq3XjxcfvRmo VCfQ5SL9CtSEErF64xY1Dk zAZ48FGXW7DSqDupjznl/? sfnsn=wiwspmo 2. https://www.instagram.com/p/ CeLrq8hlYZ4/?igshid=MDJm NzVkMjY=	Hindustan Times (P 2 Col 5) Dainik Bhaskar (P 4 Col 1) Punjab Kesari (P 4 Col 1) Ajit (P 6 Col 4) Dainik Jagran (P 3 Col 5)

Under the aegis of Internal Quality Assurance Cell of Guru Nanak Khalsa College for Women, Model Town, Ludhiana Swachhata Action Plan (SAP) Committee, Ek Bharat shreshtha Bharat Program, Dept of Physical Education, NCC wing, NSS unit and Eco Club organized a cycle rally in the city with aim to save environment and nature. The cycle rally was flagged off by the college Principal Dr. Maneeta Kahlon. Before flagging of the rally, Dr. Maneeta Kahlon addressed the students and cadets. In her address, she said that we human beings are somewhere destroying our natural habitat slowly and slowly, these human acts will lead

to a planet with no life at point. So as youth it becomes your duty to take care of all the natural resources and our environment so that future generation can survive. More than 50 cadets and students took part in the rally which started from college and covered various important area of the city. They rallied with high spirits and enthusiasm throughout the route with display placards on environment protection on their cycles. SAP nodal officer Dr Praveen Arora, NSS officer Dr. Neetu Prakash, Mrs. Satwant Kaur, HOD Physical Education Dept. Mrs. Rajveer Kaur, Mrs. Mandeep Kaur and NCC ANO Lt. Sukhjit Kaur helped and supported the cadets and students throughout the destinated route.

College Principal, Dr. Maneeta Kahlon praise the cadets and students on successful completion of the rally and told them keep working as volunteers for their city and country on these similar emerging issues.

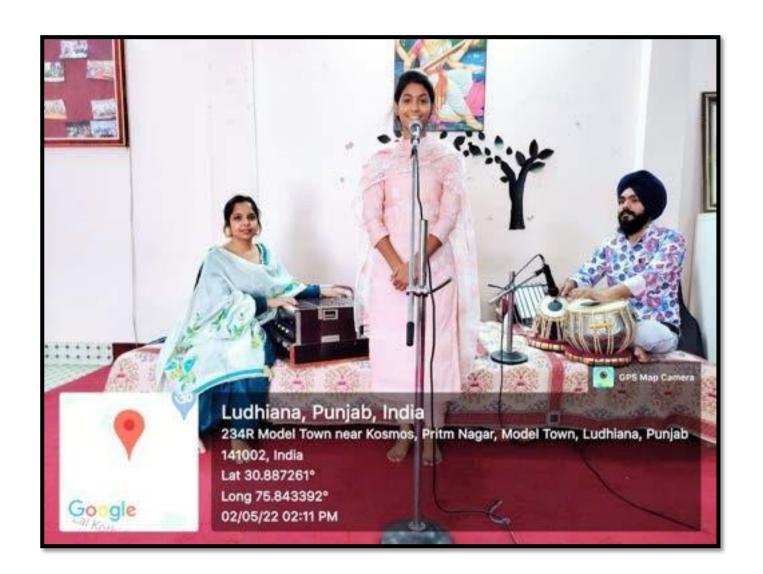


Students to recite Folk Songs of different states under Ek Bharat Shreshtha Bharat program

Day and Date	Action to be taken	Action taken	Organized by	Social media Links
Monday May 30, 2022	Students to recite Folk Songs of different states under Ek Bharat Shreshtha Bharat program		Music and NSS	1. https://www.facebook.com/646575452429581/posts/pfbid0qdxkf3uhXW7bk5U63huy7eRvvh5GHXQgCA6oeHCMVvdnQWGtPaRX383kR9WCmTzPl/?sfnsn=wiwspmo2. https://www.instagram.com/p/CeRD2wXlSfI/?igshid=MDJmNzVkMjY=







GNKCW organizes an extempore activity to celebrate World Environment Day

Day and Date	Action to be taken	Action taken	Organized by	Social media Links
June 5, 2022	Celebrate World Environme nt Day	The year 2022 is a historic milestone as it marks 50 years since the 1972 Stockholm Conference. Also, this year's motto for World Environment Day is —Only One Earth which is the same as the campaign slogan for the 1972 Stockholm Conference. 50 years on, the motto is as pertinent as ever and focuses on -Living Sustainably in Harmony with Nature Under this broad gambit, students expressed their views on a number of sub-themes including, India's Environment Policy: Opportunities and Challenges, Swachhata Action Plan Project being implemented in educational institutions, Role of individuals and community in protecting the environment. In her message, the college Principal, Dr. Maneeta Kahlon said that on World Environment Day, let us join hands to bring a positive change to make Planet Earth a much healthier, greener, and happier place to live.	Internal Quality Assurance Cell, the Department of Computer Science and Applications, Swachhata Action Plan (SAP) committee, NSS Unit, and the Youth & Red Ribbon Clubs	1. https://www.in stagram.com/p /CeYmBzblLF - /?igshid=YmM yMTA2M2Y= 2. https://www.fa cebook.com/64 657545242958 1/posts/pfbid0 2Xn7spTf2Qw CoptjMdJ45jf RaJajTLCUFU ZpAAAHyjBrf PqUuwLqyHU ZV9ggBaYMrl

Under the aegis of the Internal Quality Assurance Cell, the Department of Computer Science and Applications of the college organized an extempore activity today to celebrate World Environment Day which falls on June 5. This event was conducted in collaboration with the Swachhata Action Plan (SAP) committee, NSS Unit, and the Youth & Red Ribbon Clubs. The year 2022 is a historic milestone as it marks 50 years since the 1972 Stockholm Conference. Also, this year's motto for World Environment Day is —Only One Earth which is the same as the campaign slogan for the 1972 Stockholm Conference. 50 years on, the motto is as pertinent as ever and focuses on –Living Sustainably in Harmony with Nature Under this broad gambit, students expressed their views on a number of subthemes including, India's Environment Policy: Opportunities and Challenges, Swachhata Action Plan Project being implemented in educational institutions, Role of individuals and community in protecting the environment.

In her message, the college Principal, Dr. Maneeta Kahlon said that on World Environment Day, let us join hands to bring a positive change to make Planet Earth a much healthier, greener, and happier place to live.





Lecture on Stress Management during Exams at GNKCW

Day and Date	Action to be taken	Action taken	Organized by	Social media Links
June 06, 2022	Lecture on Stress Manageme nt	Dr. Maneeta Kahlon, Principal of the college was the resource person on the day. Dr. Maneeta Kahlon explained various methods and techniques of stress management like effective time table, healthy eating habits, remain happy & positive during preparation of the exams, constructive role of parents, etc. were very important for scoring good marks. Ma'am also said students to face the challenges of Exams with the smile and advised the students to get enough sleep to overcome the exams Stress. This activity was conducted by Dr. Neetu Prakash and Mrs. Satwant Kaur, Coordinators of Ek Bharat Shreshtha Bharat club of the college.	Internal Quality Assurance Cell, NSS unit and Ek Bharat Shreshth Bharat club	1. https://www.in stagram.com/p /CelrV5oJ0Y M/?igshid=Ym MyMTA2M2 Y= 2. https://www.fa cebook.com/64 657545242958 1/posts/pfbid0 24TvArZUHU vvagKYx6uJ8 XcReVPQKkp Ys9EteyRPhW 9gc89GxX3Hc 5T5hWSt3JRq UI/

Under the aegis of Internal Quality Assurance Cell, NSS unit and Ek Bharat Shreshth Bharat club of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana organized a special lecture on "Stress Management during Exams" on June 06, 2022.

Dr. Maneeta Kahlon, Principal of the college was the resource person on the day. Dr. Maneeta Kahlon explained various methods and techniques of stress management like effective time table, healthy eating habits, remain happy & positive during preparation of the exams, constructive role of parents, etc. were very important for scoring good marks.

Ma'am also said students to face the challenges of Exams with the smile and advised the students to get enough sleep to overcome the exams Stress.

This activity was conducted by Dr. Neetu Prakash and Mrs. Satwant Kaur, Coordinators of Ek Bharat Shreshtha Bharat club of the college.





PRESS CLIPPING

जी.एन.के.सी.डब्ल्यू. में 'परीक्षा के दौरान तनाव प्रबंधन' पर विशेष लैक्चर का आयोजन

सुधियाना, 10 जून (विक्की): आंतरिक ग्णवता आस्वासन प्रकोच्ट के तत्वावधान में



खालसा कॉलेज फॉर वमन के वारा और सकारात्मक रहना माता-एन.एस.एस. इकार्ड और 'एक भारत पिता की रचनात्मक भूमिका अवि श्रेष्ठ भारत' क्लब द्वारा 'परीक्षा के. अच्छे अंक प्राप्त करने के लिए दौरान तनाव प्रबंधन' पर एक विशेष यहत महत्वपूर्ण है।

लैक्बर का आयोजन किया। उन्होंने छात्रों को परीक्षा के

मनीता काहली रिसोर्स पर्सन थी। नींद लेने की सलाह दी। इस महितिका डॉ. मनीता काहलों ने तनाथ प्रबंधन का संचालन कॉलेज के ' एक धारत के सम्बन्ध में बताया कि प्रभाषी श्रेष्ठ भारत' बलब की समन्वयक समय स्तरिणी, स्वस्थ खाने की डॉ. नीत प्रकाश और सतवंत कीर आदतें, परीक्षा की तैयारी के दीरान द्वारा किया गया।

इस अवसर पर प्रिसीपल डॉ. तनाव को दूर करने के लिए पर्याप्त

World Blood Donor"s Day

Day and Date	Action to be taken	Action taken	Organized by	Social media Links
June 15, 2022	World Blood Donor's Day	A Pledge was taken by Principal, staff members and students of the college to donate blood regularly to serve the Nation. On this occasion, NSS Programme Officer Mrs Satwant kaur delivered a motivational lecture on the importance of the day. This activity was conducted by Dr. Neetu Prakash and Mrs. Satwant Kaur, NSS Programme Officers and Coordinators of Ek Bharat Shreshtha Bharat club of the college.	Internal Quality Assurance Cell, NSS Unit, Ek Bharat Shreshth Bharat Club and Red Cross Society	1. https://www.in stagram.com/p /Ce3m1k5Fo2 T/?igshid=Ym MyMTA2M2 Y= 2. https://www.fa cebook.com/64 657545242958 1/posts/pfbid0s djxQ3sjLsbEoJ XCezy6pAGg FYCo2cZYgB 53XUCQXUy 1YNk6jHjvhh FbyqZLhDoK1 /

Under the aegis of Internal Quality Assurance Cell, NSS Unit, Ek Bharat Shreshth Bharat Club and Red Cross Society of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana observed World Blood Donor's Day on June 15, 2022. This day is observed every year on June 14th to raise awareness of the need for safe blood for transfusion and the critical contribution made by the unpaid blood donors.

A Pledge was taken by Principal, staff members and students of the college to donate blood regularly to serve the Nation. On this occasion, NSS Programme Officer Mrs Satwant kaur delivered a motivational lecture on the importance of the day. This activity was conducted by Dr. Neetu Prakash and Mrs. Satwant Kaur, NSS Programme Officers and Coordinators of Ek Bharat Shreshtha Bharat club of the college.

Principal Dr. Maneeta Kahlon encouraged the students to take pledge to donate the blood and give a gift of life to others as this single gesture can create a million smiles. She further added that blood donation is a virtuous work and if one donates blood, he/she helps in saving the life of someone and becomes a true saviour of humanity.





PRESS CLIPPINGS

छाञों को रक्तदान करने को किया गया पोत्साहित



कॉलेज फॉर वुमन, गुजरखान कैंपस में इंटरनल क्वालिटी के महत्व के बारे में जानकारी एरपोरेंस सेल, एनएसएस यनिट, दी। इस गतिविधि का संचालन एक भारत श्रेष्ठ भारत बलब और कॉलेज के एक भारत श्रेष्ठ रेड क्रॉस मोसायटी द्वारा विश्व भारत क्लम के समन्वयक और रक्तवाता दिवस मनाया गया। एनएसएस कर्पक्रम अधिकारी कॉलेज विसिपल, स्टाफ सदस्यों डॉ. नीत् प्रकाश एवं सतवंत और स्ट्डेंट्स ने राष्ट्र की सेवा कौर द्वारा किया गया। प्रिसिपल के लिए नियमित रूप से रक्तदान औं, मनीता काइलों ने छात्रों को करने का संकल्प लिया। छात्रों रक्तदान करने और दूसरों को को यह संदेश अपने घरों और जीवन का उपहार देने का संकल्प इलाकों में फैलाने के लिए भी लेने को प्रोतनाहित किया।

कहा गया। एनएसएस कार्यक्रम अधिकारी सतवंत और ने दिन

ਵਿਸ਼ਵ ਖੁਨਦਾਨ ਦਿਵਸ ਮਨਾਇਆ

ਲਧਿਆਣਾ: ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਾਰ ਵਿਮੈਨ, ਗੁੱਜਰਖਾਨ ਕੈਂਪਸ, ਮਾਡਲ ਟਾਉਨ, ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਇੰਬਰੈਂਸ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ, ਐੱਨਐੱਜਐੱਜ ਯੂਨਿਟ, ਏਕ ਭਾਰਤ ਸ਼ੇਸ਼ਠ ਭਾਰਤ ਕਲੱਬ ਅਤੇ ਰੈੱਡ ਕਰਾਸ ਸੁਸਾਇਟੀ ਨੇ ਵਿਸ਼ਵ ਖੁਨਦਾਨ ਦਿਵਸ ਮਨਾਇਆ। ਕਾਲਜ ਦੇ ਪਿੰਗੀਪਲ, ਸਟਾਫ਼ ਮੈਂਬਰਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਵੱਲੋਂ ਦੇਸ਼ ਦੀ ਸੇਵਾ ਲਈ ਨਿਰੰਤਰ ਖੁਨਦਾਨ ਕਰਨ ਦਾ ਪ੍ਰਣ ਲਿਆ ਗਿਆ। ਇਸ ਮੋਕੇ ਐੱਨਐੱਸ.ਐੱਸ. ਪੋਗਰਾਮ ਅਫ਼ਸਰ ਸਰਵਾਰ ਕੌਰ ਨੇ ਦਿਵਸ ਦੀ ਮਹੱਤਰਾ ਬਾਰੇ ਨੈਕਾਰਰ ਦਿੱਤਾ। ਇਸ ਗਰੀਵਿਧੀ ਦਾ ਸੰਦਾਲਨ ਬਾਲਜ ਦੇ ਏਕ ਭਾਰਤ ਸ਼ੋਸ਼ਠ ਭਾਰਤ ਕਲੱਬ ਦੇ ਕੋਆਰਡੀਨੇਟਰ ਅਤੇ ਐੱਨਐੱਸਐੱਸ ਪੋਗਰਾਮ ਅਵਸਰਾਂ ਡਾ. ਨੀਰ ਪ੍ਰਕਾਸ਼ ਅਤੇ ਸਰਵੰਤ ਕੌਰ ਨੇ ਕੀਤਾ। ਪਿੱਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਰਲੋਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਖੂਨਦਾਨ ਕਰਨ ਅਤੇ ਦੂਜਿਆਂ ਨੂੰ ਜੀਵਨ ਦਾ ਰੋਹੜਾ ਦੇਣ ਦਾ ਪ੍ਰਣ ਲੈਣ ਰਈ ਪੋਰਿਤ ਕੀਤਾ। -ਖੇਰਰੀ ਪ੍ਰਗੀਨਧਾ

International Yoga Day celebrated at GNKCW

Day and Date	Action to be taken	Action taken	Organized by	Social media Links
June 21, 2022	International Yoga Day	Regular Yoga Sessions were organised for the students and Staff members of the college since April 28, 2022. The purpose of yoga is to build strength, awareness as well as harmony in both mind and body. The event was coordinated by Dr Neetu Prakash and Mrs Satwant Kaur, Program officers of NSS unit.	Assurance Cell, NSS Unit, Dept. Of Physical	1. https://www.instagram.com/p /CfEj6PvFCwa /?igshid=YmM yMTA2M2Y= 2. https://www.facebook.com/64 657545242958 1/posts/pfbid0 5DvubTXd3tw VaWou6w7gfv sv4TvGniAFE vZSKCjL4Ea1 X8cYriV5vKr gFKLKMq4xl/

Under the aegis of Internal Quality Assurance Cell, NSS Unit, Dept. Of Physical Education, NCC Wing, Youth Club and Ek Bharat Shrestha Bharat Club of Guru Nanak Khalsa College for Women, Ludhiana celebrated International Yoga Day on June 21, 2022 as per the directives of Ministry of Human Resource and Development, Government of India. Regular Yoga Sessions were organised for the students and Staff members of the college since April 28, 2022. The purpose of yoga is to build strength, awareness as well as harmony in both mind and body. The event was coordinated by Dr Neetu Prakash and Mrs Satwant Kaur, Program officers of NSS unit.

Principal of the College Dr.Maneeta Kahlon emphasized the importance of yoga in today's stressful life.



PRESS CLIPPINGS



ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸ਼ੋਰੈਂਸ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਐਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ, ਸਗੋਰਕ ਸਿੱਖਿਆ ਵਿਭਾਗ, ਐਨ. ਸੀ. ਸੀ. ਵਿੰਗ, ਯੂਥ ਕਲੱਬ ਤੇ ਏਕ ਭਾਰਤ ਉੱਤਮ ਭਾਰਤ ਕਲੱਬ ਨੇ ਮਨੁੱਖੀ ਸਰੋਤ ਤੇ ਵਿਕਾਸ ਮੰਤਰਾਲੇ ਭਾਰਤ ਸਰਕਾਰ ਦੇ ਨਿਰਦੇਸ਼ ਅਧੀਨ ਯੋਗ ਦਿਵਸ ਮਨਾਇਆ। ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਸਟਾਫ਼ ਮੈਂਬਰਾਂ ਲਈ 28 ਅਪ੍ਰੈਲ 2022 ਤੋਂ ਨਿਯਮਤ ਯੋਗਾ ਸੈਸ਼ਨ ਆਯੋਜਿਤ ਕੀਤੇ ਗਏ ਸਨ। ਯੋਗਾ ਦਾ ਉਦੇਸ਼ ਦਿਮਾਗ ਤੇ ਸਗੋਰ ਦੌਵਾਂ 'ਚ ਤਾਕਤ, ਜਾਗਰੂਕਤਾ ਦੇ ਨਾਲ-ਨਾਲ ਇਕਸੂਰਤਾ ਪੈਦਾ ਕਰਨਾ ਹੈ। ਸਮਾਗਮ ਦਾ ਸੰਚਾਲਨ ਐਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ ਦੇ ਪ੍ਰੋਗਰਾਮ ਅਫ਼ਸਰ ਡਾ. ਨੀਤੂ ਪ੍ਰਕਾਸ਼ ਤੇ ਸਤਵੰਤ ਕੌਰ ਨੇ ਕੀਤਾ। ਕਾਲਜ ਦੀ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਰਲੋਂ ਨੇ ਅੱਜ ਦੀ ਤਣਾਅ ਭਰੀ ਜ਼ਿੰਦਗੀ 'ਚ ਯੋਗਾ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ।

SUMMARIZED QUARTER IV REPORT

Sr. no	Activity	Date
1	Pariksha Pe Charcha 2022	April 01, 2022
2	Organised Tree Plantation Drive	April 11-12, 2022
3	Organised Blood Donation Camp	April 18, 2022
4	Organised Dental Check-up Camp	April 22-23, 2022
5	Workshop on Stress Management	April 27, 2022
6	College joined in _Yoga Utsav 2022'	Month of May
7	Celebrated Cyber Jagrukta Diwas	May 04, 2022
8	Inter-College Declamation Competition	May 27, 2022
9	Cycle Rally on Environment Awareness	May 30, 2022
10	Students recited Folk Songs of different states under Ek Bharat Shreshtha Bharat program	May 30, 2022
11	Celebrated World Environment Day	June 5, 2022
12	Lecture on Stress Management during Exams	June 06, 2022
13	World Blood Donor's Day	June 15, 2022
14	Celebrated International Yoga Day	June 21, 2022

NSS Programme Officer

NSS PROGRAMME OFFICERS

Dr. Neetu Prakash

Mrs. Satwant Kaur Jatuat Kaus

PRINCIPAL
Dr. Maneeta Kahlon Principal
G.N.Kh. College for Women
Model Town, Ludhiana

GURU NANAK KHALSA COLLEGE FOR WOMEN MODEL TOWN LUDHIANA

REPORT
ON
NCC ACTIVITIES
July 2021-Sept 2022 (QUARTER - I)

List of activities conducted by the National Cadet Corps (NCC).

The activities performed by the NCC wing during the quarter from July 2021 to September 2021:

			Organized
S.No	Date	Action taken	by
1	26 th July to 23 rd Oct	Officer Training by NCC care taker	Officer Training Academy, Gwalior
2	15th August,2021	Flag Hoisting Ceremony	NCC Wing
3	Sept 15 th ,2021	Induction program	NCC Wing
4	September 08, 2021	Fit India Freedom run to celebrate -Azadi Ka Amrit Mahotsavl.	IQAC in collaboration with NSS Unit and NCC Wing
5	Sept. 20, 2021	NCC enrollment session conducted.	NCC Wing

1. Officer Training by NCC care taker

NCC care taker Sukhjit Kaur went to Officer Training Academy, Gwalior for ANO training course for a period of 26th July to 23rd Oct, meanwhile Mrs Satwant Kaur took over the charge as NCC care taker.

2. Flag hoisting ceremony

Flag Hoisting Ceremony was organised on Independence day by NCC Unit of Guru Nanak Khalsa College for Women ,Model Town , Ludhiana (15th August,2021) Total 12 cadets participated in this event.



3. Induction program

Acquaint students about the nature, need, purpose and benefits of the NCC - Inform students about the role and responsibilities as a Cadet. Total 27 cadets participated in this event.

4. Fit India freedom run

Fit India Freedom run was organized to celebrate -Azadi Ka Amrit Mahotsavl. Based on the concept, -It can be run anywhere, anytime! FIT INDIA FREEDOM RUN was conceived last year to keep the imperative need of fitness active even while following the social distancing norms. Under the guidance of Dr. Neetu Prakash (Programme Officer, NSS Unit) and Ms. Satwant Kaur (Caretaker, NCC Wing) Cadets and Volunteers participated with full zeal and enthusiasm in this run. Total 33 cadets participated in this event.





'Fit India Freedom Run'
Ludhiana: To commemorate
the 75th Independence Day,
'Azadi Ka Amrit Mahotsav',
IQAC, in collaboration with
the NSS unit and NCC wing of
the Guru Nanak Khalsa College for Women, Gujarkhan
Campus, organised a 'Fit
India Freedom Run'. Cadets
and volunteers participated
with enthusiasm in the run, res

5. Enrollment Drive

NCC Cadets Enrollment Session was conducted for First Year students. The session was conducted by Subedar Jai Singh and Nb/Sub Bharpoor Singh from 3rd Punjab Girls Bn NCC under the assistance of Mrs. Satwant Kaur (NCC Caretaker) in the absence of Mrs. Sukhjit, ANO of the college, who has gone for training to Gwalior. Total 43 cadets participated in this event.







जीएनकेसीडब्ल्यू में एनसीरी कैडेट में नामांकन सन्न का आयोजन

ਕਾਲਜ ਵਿੱਚ ਐਨਐਮੀ ਕੋਵਿਟਾਂ ਦੀ ਭਵਤੀ



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Principal G.N. Kh. College for Women. Model Town, LUDHIANA.

(H. Sukhjit Kaur) GNKCW Model Town Ludhiana

GURU NANAK KHALSA COLLEGE FOR WOMEN MODEL TOWN LUDHIANA

REPORT
ON
NCC ACTIVITIES
July 2021-Sept 2022 (QUARTER - II)

S.No	Date	Action taken	Organized by	Social media Links
1	October 04- 08, 2021	Annual Training Camp (ATC-82)	3 Pb Girls Bn, NCC, Ludhiana	
2.	October 09- 15, 2021	Annual Training Camp (ATC-83)	3 Pb Girls Bn, NCC, Ludhiana	
3.	October 27, 2021.	Completion of Pre-Commission Training course of NCC by NCC incharge	OTA, Gwalior	https://www.instagram.com/p/CVIJTDo B07e/?utm_medium=share_sheet
4.	Nov 09, 2021	Visit of Officers from 3PB (G) BN NCC Ludhiana	IQAC and NCC Wing	https://www.instagram.com/p/CWDnH aphBc1/?utm_medium=share_sheet
5.	Nov 13, 2021	Handing over of uniforms to 53 NCC cadets by the college Principal Dr. Maneeta Kahlon.	IQAC and NCC Wing	https://www.instagram.com/p/CWNxR 4tF7NH/?utm_medium=share_sheet
6	Nov 18, 2021	A Road Safety Awareness Program	IQAC and SAP Committee in collaboration with NCC Wing	https://www.instagram.com/p/CWa-tkXPxJB/?utm_medium=share_sheet
7	Nov 18, 2021	Awareness talk on World Toilet Day	SAP committee and NCC Wing under IQAC	https://www.instagram.com/p/CWbOx0 TPkY5/?utm_medium=share_sheet
8	Nov 26, 2021	Celebration of National Cadets Corps (NCC) Day	IQAC and NCC Wing	https://www.instagram.com/p/CWxbTq thlzX/?utm_medium=share_sheet https://www.facebook.com/6465754524 29581/posts/1310417536045366/?sfnsn =wiwspmo
9	December 04, 2021	Celebration of International Volunteer day	NCC Wing, NSS Unit, Youth Club, Red Ribbon Club, Red Cross Society, Swachhata Police, and Eco Club in collaboration with SAP Committee under IQAC	https://www.facebook.com/6465754524 29581/posts/1314875268932926/?sfnsn =wiwspmo https://www.instagram.com/p/CXEDIrS FeaG/?utm_medium=share_sheet
10	Dec 07, 2021	17 cadets Celebration of Armed Forces Flag Day	NCC	https://www.facebook.com/6465754524 29581/posts/1316846188735834/?sfnsn =wiwspmo https://www.instagram.com/gnkcw/p/C XL- 10 PsZZ/?utm medium=share sheet

11	Dec16, 2021	Conducted celebrations on <i>Swarnim Vijay Diwas</i> which commemorates the victory of humanity and peace over injustice. 27 cadets participated in this event	NCC	https://www.facebook.com/6465754524 29581/posts/1322337188186734/?sfnsn =wiwspmo
		this event		https://www.instagram.com/p/CXi4rkJF KjK/?utm_medium=share_sheet

1. Annual Training Camp (ATC-82)

8 NCC cadets of second year attended the Annual Training Camp (ATC-82) under the assistance of Mrs. Satwant Kaur (NCC Caretaker) in the absence of Mrs. Sukhjit Kaur, ANO of the college who is undergoing training at Gwalior. This camp was organised by 3 Pb Girls Bn NCC, Ludhiana at Khalsa College for Women, Civil Lines, Ludhiana to inculcate and develop spirit of adventure, discipline, leadership, and self-confidence amongst NCC cadets.







2. Annual training Camp -83

10 NCC cadets of final year attended the Annual Training Camp (ATC-83) from October 9 to October 15, 2021 under the assistance of Mrs. Satwant Kaur (NCC Caretaker) in the absence of Mrs. Sukhjit Kaur, ANO of the college who is undergoing training at Gwalior. This camp was organised by 3 Pb Girls Bn NCC, Ludhiana and held at Khalsa College for Women, Civil Lines, Ludhiana. Swati Bhatti of BCA Semester V and Palak Bhatia of B.Com Semester I got Silver Medal in Tug of war.







3. Completion of Pre-Commission Training course of NCC by NCC incharge

The Management, Principal, Staff and Students heartily congratulated Mrs. Sukhjit Kaur, Assistant Professor in Political Science for her successful completion of Pre-Commission Training course of NCC (PRCN/SW/108) at Officers Training Academy, Gwalior. She has received the prestigious rank of Lieutenant. The training was held from July 26 to October 23, 2021. During the training, she actively participated in different sports competitions, cultural programmes, and trekking events.





4. NCC Officer"s College Visit

Officers from 3PB (G) BN NCC Ludhiana visited the college and interacted with the NCC cadets of the college. They motivated the students to work hard, actively participate in activities and perform all duties diligently as NCC cadets. This session was organized under the guidance of ANO of college, Lt. Sukhjit Kaur. Total 27 cadets participated in this event.





5. NCC cadets handed over uniforms

31 NCC cadets of the college were handed over uniforms by the college Principal Dr. Maneeta Kahlon. While distributing the uniforms, Madam Principal urged the cadets to set high ideals and develop qualities, such as leadership, discipline, character, compassion, and community service. She also advised the cadets to pursue a career in the Armed Forces. The ceremony was conducted in the presence of ANO of college, Lt. Sukhjit Kaur.





6. A Road Safety Awareness Program

A Road Safety Awareness Program was organized in collaboration with Mr. Pankaj Kumar, Road safety instructor, Children Traffic Training Park, Model Town, Ludhiana. This program was organized under the guidance of SAP coordinator, Dr. Praveen Arora and ANO, Lt. Sukhjit Kaur. During the session, the resource person apprised the students about the hazards of violating traffic rules. He also informed the students about new amendments in Motor Vehicle Act 1988 (Amended 2019), rules regarding e-challan, and laws related to juvenile driving. Total 37 cadets participated in this event.







7. An awareness talk organized to mark world Toilet day

An awareness talk was organized to mark World Toilet Day. Dr. Praveen Arora, the SAP coordinator, highlighted the importance of sanitation and hygiene for better health, safe and clean environment, better economies, and societies. Dr. Madhu Dhawan, coordinator of, Sanitation and Hygiene Team, informed students about menstrual hygiene practices. Total 11 cadets participated in this event.



8. NCC Day celebrated

National Cadets Corps (NCC) Day was celebrated by the NCC Wing. On this day, Cadets, along with Madam Principal and teachers took pledge to uphold the unity of the nation, curtail social evils such as dowry and corruption, and to contribute towards religious harmony and development of the community as a whole. All the cadets actively participated in the event. ANO Lt.Sukhjit Kaur organized the event. Total 34 cadets participated in this event.





9. International Volunteer Day Celebrated

International Volunteer Day is celebrated on December 5th every year. It is an opportunity for volunteers and organizations to celebrate their efforts and promote their work among communities. To mark the day, following activities were carried out in the college on December 04. Total 18 cadets participated in this event.

:

- 1. The students of the college pledged to contribute towards sustainable human development.
- 2. An interactive lecture on fostering volunteerism was delivered by Dr. Parveen Arora, Assistant Professor, and Department of Public Administration.
- 3. The student volunteers of the Water Management Team also pledged to promote the saving of water to maintain the continuity of life on the earth.
- 4. The student volunteers of the Waste Management Team pledged to promote the usage of bio enzymes instead of pesticides to increase the durability of soil and to further ensure sustainable development.



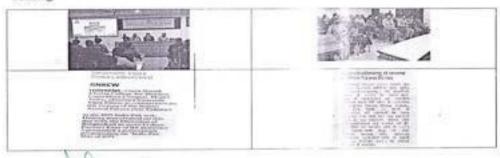
10. Armed Forces Flag Day Celebrated

NCC Wing of the college celebrated the Armed Forces II is Day with full zeal and vigour. On this day, ANO Lt. Sukhiit Kaur informed the cadets also at the importance of the Armed Forces Flag Day. The college students also contributed 5000 for the Sninik Welfare Fund. The cadets took an online pledge in the support of the Armed forces. Principal Dr. Maneeta Kahlon urged the students to contribute towards the noble cause of numbilitation of war widows. disabled defence personnel, ex-nerviceman, and their familie-



11. Vijay Diwas Celebrated

The NCC Wing of the college celebrated Swarnim Viii. Niwas to commemorate 50 years of India's victory in the 1971 Indo-Pak war. History was create on this day with the liberation of Bangladesh in just 13 days. At the same time, it is also a cold ration of the determination, valor, and professionalism of the Indian Armed Forces. ANO Lt. suichjit Koor informed the students about the significance of December 16, 1971, Parneet Kaur, a student of B.A-III (Semester V), shared her views on the "Indo-Pak War of 1971" through a parsentation. The attempt was to remember the martyrs and their sacrifices, and to strengthen the role of armed forces in nation building.



Principal G.N. Kh. College for Women, Model Town, LUDHIASA,

GNKCW Model Town Ludhiana

GURU NANAK KHALSA COLLEGE FOR WOMEN MODEL TOWN LUDHIANA

REPORT
ON
NCC ACTIVITIES
July 2021-Sept 2022 (QUARTER - III)

List of activities conducted by the National Cadet Corps (NCC).

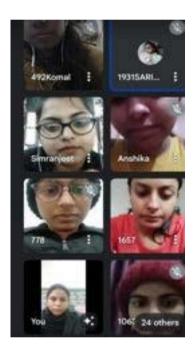
The activities performed by the NCC wing during the quarter from January 2022 to March 2022:

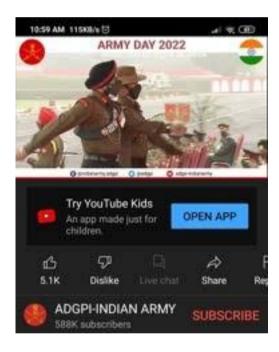
S.No	Date	Action taken	Organized by	Social media Links
1	Saturday, January 15, 2022	74th Indian Army Day celebrated	NCC Wing under IQAC	https://www.facebook.com/646575452429581/posts/1341178112969308/?sfnsn=wiwspmo2.
				https://www.instagram.com/p/CYwC6r2l3Fd/?ut m_medium=share_sheet
2.	Wednesday, January 12-16, 2022	NCC Cadets celebrated National Youth Week	NCC Wing (3PB Girls Bn Ludhiana) under IQAC	1. https://www.instagram.com/tv/CY1X8DPB-WF/?utm_medium=share_sheet
3.	Friday, February 04, 2022	Conducted online meeting on NCC Bee & Cee certificate Examination	NCC Wing under IQAC	1. https://www.facebook.com/646575452429581/po sts/1354615594958893/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CZoGGxSFEcr/?ut m_medium=share_sheet
4.	Monday, February 07, 2022	Cadets participated in Surya Namaskar project	NCC Wing, NSS Unit, and SAP Committee under IQAC	https://www.facebook.com/646575452429581/po sts/1355484438205342/?sfnsn=wiwspmo 2. https://fb.watch/b0-Get3jWy/ 3. https://www.instagram.com/p/CZrkBRIF7JM/?ut m_medium=share_sheet 4. https://www.instagram.com/tv/CZrkOZmlV- x/?utm_medium=share_sheet

5.	Monday, February	Cadets pay homage to Pulwama Attack Martyrs	NCC Wing and the Department of	1.
	14, 2022		Fine Arts under IQAC	https://www.facebook.com/646575452429581/po
				sts/1359869431100176/?sfnsn=wiwspmo
				2.
				https://www.instagram.com/p/CZ9eK5QFp95/?ut
				m_source=ig_web_button_share_sheet

1. 74th Indian Army Day celebrated

The 74th Indian Army Day was celebrated in recognition of KM Cariappa's appointment as the First Commander-in-Chief of the Indian Army. ANO of the college, Lt. Sukhjit Kaur, delivered an online lecture on the importance of the day. NCC cadets and the college students also joined the online event of Army Day Parade broadcast LIVE from the KM Cariappa Parade Ground, New Delhi. On this occasion, Principal Dr. Maneeta Kahlon paid tribute to the soldiers who have sacrificed their lives for the nation. She said that the country would always remain grateful to the courageous and committed soldiers. Total 31 cadets participated in this event.





2. NCC Cadets celebrated National Youth Week

The NCC Cadets celebrated the National Youth Festival from January 12-16, 2022. As a part of the week-long celebrations, the NCC cadets practiced yoga and meditation to keep the mind and body healthy and free from diseases. The college Principal, Dr. Maneeta Kahlon emphasized that regular incorporation of yoga and meditation relieves stress, increases body awareness, and enhances mental wellbeing. Some students, namely Tanisha (BCA-II), Komal (BA-III), Shivani (B.Com-III) shared their videos of the activities. Total 21 cadets participated in this event.





3. Conducted online meeting on NCC Bee & Cee certificate Examination

Under the guidance of the Principal Dr. Maneeta Kahlon, ANO of the college, Lt. Sukhjit Kaur, conducted an online meeting with second and third year NCC cadets regarding the NCC B and C certificate exams scheduled for February 06 and 27, 2022. During the meeting, the cadets were given instructions regarding the theory and the practical examinations. Students were also informed about the guidelines to be followed for maintaining COVID appropriate behavior at the time of examination. Further, student queries related to the examination were resolved by ANO during the meeting. Total 21 cadets participated in this event.



4. Cadets participated in Surva Namaskar project.

The college participated in the *Surya Namaskar Project*, organized as a part of *Azadi Ka Amrit Mahotsav* by the **Ministry of Ayush** in collaboration with **National Yogasana Sports Federation** on the occasion of **75th anniversary of India's Independence.** This project was carried out in college for a month from January 10 to February 08, 2022, under the guidance of UGC coordinator, Dr. Nidhi Sharma. Students performed Surya Namaskar at their homes regularly throughout the month due to COVID-19 restrictions while hostel students performed various asanas on the college campus. Teaching and non-teaching staff also participated in this activity. Principal, Dr. Maneeta Kahlon highlighted the importance of incorporating yoga in daily life for staying healthy. Total 28 cadets participated in this event.



5. Cadets pay homage to Pulwama Attack Martyrs

The Army Wing of NCC and Department of Fine Arts paid homage to the CRPF Jawans who lost their lives in Pulwama Terror Attack in 2019. Students extended their respect to the martyrs by making posters and by reciting poems. Addressing the NCC Cadets and students, Principal Dr. Maneeta Kahlon said we will always be indebted to the soldiers for risking their lives to safeguard our country. Total 41 cadets participated in this event.





GNKCW pays homage to Pulwama martyrs

LUDHIANA: The army wing of NCC and department of fine arts of Guru Nanak Khalsa College for Women.
Gujarkhan Campus, Model Town, on Monday paid homage to the CRPF jawans who lost their lives in Pulwama terror attack in

2019. Students made posters and NCC cadets recited poems in honour of the martyrs. The post-graduate department of english also observed National Women's Day to mark the 143rd birth anniversary of the Nightingale of India, Sarojini Naidu. The event was organised by Gagneet Pal Kaur, who also recited a poem. Principal Maneeta Kahlon stressed on the role played by women in freedom struggle.

कॉलेज में एनसीसी कैडेटों ने शहीदों को दी श्रद्धांजलि

सिदी रिपोर्टर | लुटिखाना

पुरु मानक खालसा कॉलेज फॉर यमन, गुजरखान कैपस, मॉडल टाउन के आंतरिक गणवत्ता आश्वासन प्रकोध्त के तत्वावधान में एनसीमी की सेना विंग और ललित कला विभाग ने 2019 में पलवामा आतंकी हमले में अपनी जान गंवाने वाले जवानों को श्रद्धांजलि दी। इस अवसर पर छात्रों ने पोस्टर बनाकर देशभवित का इजहार किया और शारीदों के सम्मान में एनसीसी कैडेटस ने कविता पाठ किया। एनसीसी कैडेटों और छात्रों को ग्रिसियल डॉ. मनीता काहलों ने संबोधित किया।

(Lt. Sukhjit Kaur) ANO GNKCW Model Town Ludhiana

Supply lan

G.H. Kh. College for Women, Model Town,LUCHSAMA.

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GURU NANAK KHALSA COLLEGE FOR WOMEN MODEL TOWN LUDHIANA

REPORT
ON
NCC ACTIVITIES
July 2021-Sept 2022 (QUARTER - I)

List of activities conducted by the National Cadet Corps (NCC).

The activities performed by the NCC wing during the quarter from April 2022 to June 2022:

Sr.	Date	Action taken	Organized	Social media Links
no			by	Social media Emiks
1	Friday, April 01, 2022	Organized screening of Pariksha pe Charcha	NCC, NSS, Youth Club and Red Ribbon Club under IQAC	1. https://www.facebook.com/permalink.php?stor y fbid=1390133231407129&id=64657545242 9581 2. https://www.instagram.com/p/CbzVMWJrLW N/?utm_medium=share_sheet
2	Thursday April 07, 2022	To organized a visit to the Bonsai Exhibition	NCC under IQAC	1. https://www.facebook.com/permalink.php?stor y_fbid=1394085187678600&id=64657545242 9581 2. https://www.instagram.com/p/CcDU8iulrZF/?u tm_source=ig_web_copy_link
3	Monday, April 11- 12, 2022	Organized Two Day Tree Plantation Drive	Swachhta Action Plan (SAP) Committee, , NCC wing under IQAC	1. https://www.facebook.com/permalink.php?stor y_fbid=1398008510619601&id=64657545242 9581 2. https://www.instagram.com/p/CcSzxwElcVg/? utm_source=ig_web_copy_link
4	Monday April 18, 2022	Organized Blood Donation Camp	Red Cross Society, NCC Wing under IQAC in collaboration with the Rotary Club of Ludhiana Midtown and Civil Hospital, Ludhiana	1. https://www.facebook.com/gnwludhiana/video s/353370750157303/ 2. https://www.instagram.com/tv/CciQn_EldKr/? utm_source=ig_web_copy_link 3. https://www.facebook.com/permalink.php?stor y_fbid=1401330946954024&id=64657545242 9581

				4. https://www.instagram.com/p/CcffChGFVwH/ https://www.instagram.com/p/CcffChGFVwH/ https://cffChGFVwH/ https://cfichgfine.com/p/ccffChGFVwH/ https://cfichgfine.com/p/ccffChgfine.com/ https://cfichgfine.com/ https://cfichgfine.com/<!--</th-->
				6. https://fb.watch/cuCjMg8X8n/ 7. https://www.facebook.com/646575452429581/ posts/1402470453506740/?sfnsn=wiwspmo 8. https://www.instagram.com/p/Ccj- HmNL6sj/?igshid=MDJmNzVkMjY=
5	Month of May	College to join in _Yoga Utsav 2022'	NCC Wing under IQAC	1. https://www.facebook.com/646575452429581/ posts/1413756725711446/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CdPcfKJlRaJ/?ig shid=MDJmNzVkMjY= 3. https://www.facebook.com/646575452429581/ posts/pfbid0xNhuKndzvRF4Ngmr6jrVbA5QQ yJqcj7oWo5WVZMjRAwAf1N8YiZV4GcH13 e68uvEl/?sfnsn=wiwspmo 4. https://www.instagram.com/p/CdlQuqiFbYX/?igshid=MDJmNzVkMjY= 5. https://www.facebook.com/646575452429581/ posts/pfbid028n6aYME2EqfznVfjYuzkaHHF QJPvRkzH9HktDkJAJBYQZuyr53DByYvsq9 kErhGil/?sfnsn=wiwspmo 6. https://www.instagram.com/p/Cd5tjialZ4S/?igs hid=MDJmNzVkMjY= 7. https://www.facebook.com/646575452429581/ posts/pfbid0Xr2svdaeKw4CAqodeR79pN8fK Db6cmyKJdJiQRApuQdnhb4p81QYNQS2r4v Lhe8gl/?sfnsn=wiwspmo 8.

	I	T		
				https://www.instagram.com/p/CeGm5zWlpQS/
				?igshid=MDJmNzVkMjY=
6	Tuesday	To distribute	NCC Wing under	1.
	May 03,	uniforms to	IQAC	https://www.facebook.com/646575452429581/
	2022	NCC Cadets	_	posts/1411257682628017/?sfnsn=wiwspmo
				2.
				https://www.instagram.com/p/CdGfH8FlvOc/?i
				gshid=MDJmNzVkMjY=
7		Awareness	NCC Wing under	https://www.instagram.com/p/Cd_FxXrFV41/?
,	Thursday	lecture on	•	igshid=MDJmNzVkMjY=
	May 26,		IQAC	Igsilid=WIDJIIINZ V KWIJ I =
	2022	_Road Safety Rules'		20.
		Rules		
				https://www.facebook.com/646575452429581/
				posts/pfbid0479VqWzEYi8tdx5YtFDxLwaPB
				bpcetP5RNfmV9tyW1mdd3Ap6cwNdbBZzhh
				vkT221/?sfnsn=wiwspmo
				21
				https://www.instagram.com/p/Cd8rAJKvasr/?u
				tm_source=ig_web_copy_link
				23
				https://www.facebook.com/646575452429581/
				posts/pfbid02TX4qLSfHfGxt3PdJmkUDshEx3
				Myds6Vn5a6FwJ5Q3Brxv6r1aZu11Xmr1bYu
				M9bul/?sfnsn=wiwspmo
				24
				https://www.instagram.com/p/CeBo0_8FkxA/?
				<u>igshid=MDJmNzVkMjY=</u>
8	Friday	To organize	NCC Wing of the	1.
	May 27,	Inter-College	college under	https://www.facebook.com/646575452429581/
	2022	Declamation	IQAC and Rotary	posts/pfbid02ppzqyGdqrsNsRwGM3Ymr2B1
		Competition	Club of Ludhiana	MoZpMUrv2JRo5bWVdBB23dt55B85NE49N
		to celebrate	Midtown in	SMBqRdPol/?sfnsn=wiwspmo
		International	collaboration with	2.
		Day for	3	https://www.instagram.com/p/CeENnpuFXc8/?
		Biological	Biodiversity	<u>igshid=MDJmNzVkMjY=</u>
		Diversity	Board∥ and	3.
			sponsored by	https://www.instagram.com/p/CeEOcJVBZ6d/
			"National	?igshid=MDJmNzVkMjY=
			Biodiversity	4.
			Authority,	https://www.instagram.com/p/CeEPF3SBLbD/
			Government of	?igshid=MDJmNzVkMjY=

9	Monday May 30, 2022	To hold Cycle Rally on Environment Awareness	NCC in collaboration with Department of hysical Education & Swachhata	5. https://www.instagram.com/p/CeEPbPrh_Hk/?i gshid=MDJmNzVkMjY= 1. https://www.facebook.com/646575452429581/ posts/pfbid0bee1Vj4h9oDgq3XjxcfvRmoVCf Q5SL9CtSEErF64xY1DkzAZ48FGXW7DSq Dupjznl/?sfnsn=wiwspmo
			Action Plan (SAP) Committee	2. <a ?igshid='MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmyz4/?igsh</th' celrq8hlyz4="" href="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY=" https:="" p="" www.instagram.com="">
10	Tuesday, June21, 2022	Celebrated International Yoga Day	NCC Wing under IQAC	https://www.instagram.com/p/CfEj6PvFCwa/?igshid=MDJmNzVkMjY=https://www.facebook.com/646575452429581/posts/pfbid028zEb8YfjMXyQtVks5x2MQui3jZQ6uKqFdtq3U2aknhQJ3STtfcR8i9xajJJVSKdDl/?sfnsn=wiwspmo
11	Friday, June24, 2022	Cadets paid homage To Maj Bhupinder Singh, MVC (posthumous)	NCC Wing under 3 PB Girls Battalion NCC Ludhiana	https://www.facebook.com/646575452429581/ posts/pfbid0KC3hky2zygvX2Pgn39Fw4kzcsoq AuTtUQuL63UTH1G7JFYLEW3qXAXHrUr N6ThsFl/?sfnsn=wiwspmo https://www.instagram.com/p/CfMUbr1BmY3/ ?igshid=MDJmNzVkMjY=

1. The screening of Pariksha Pe Charcha 2022 was organized under the guidelines of University Grants Commission (UGC).

The students and teachers of the college watched the LIVE streaming of Pariksha Pe Charcha 2022, the interaction of Hon'ble Prime Minister Narendra Modi with the young students today. This event was streamed LIVE from Talkatora Stadium, New Delhi at 11:00am. Total 18 cadets participated in this event.



2. Cadets visited the Bonsai Exhibition

Under the aegis of the Internal Quality Assurance Cell, the students visited the Bonsai Exhibition organized by Science and Technology Entrepreneurs' Park (STEP) at Guru Nanak Dev Engineering College, Ludhiana. This visit was conducted under the guidance of Dr. Parveen Arora, SAP Nodal Officer, Dr. Balbir Kaur, and Mrs. Sukhjit Kaur. Mr. Gurmukh Singh and Mr. Jasdeep Singh informed the students about the technique of planting and nurturing bonsai trees. This exhibition was also attended by the NCC cadets of the college and the college gardeners, Mr. Subhash and Mr. Amit. Madam Principal Dr. Maneeta Kahlon emphasized that such visits sensitize students about planting more trees for conserving nature. Total 17 cadets participated in this event.



3. Cadets participated in Tree Plantation Drive in adopted Village.

The college organized a Tree Plantation Drive as a part of Unnat Bharat Abhiyan. On the occasion of Baisakhi, volunteers planted trees in the villages of Kakowal, Kheri and Jhmeri area. This drive was conducted under the guidance of Dr. Balbir Kaur (Unnat Bharat Abhiyaan Nodal Officer), Dr. Praveen Arora (SAP Nodal Officer), Dr. Neetu Prakash (NSS Programme Officer), and Lt. Sukhjit Kaur (ANO). Madam Principal Dr. Maneeta Kahlon mentioned that we have conducted this drive to generate sensitivity in students about environmental protection. Total 25 cadets participated in this event.





4 .Blood Donation Camp organized in the college.

A Blood Donation Camp was organized in the college in collaboration with the Rotary Club of Ludhiana Midtown. This camp was conducted as a part of 'Ek Bharat, Shreshtha Bharat Abhiyaan' and under the supervision of the Blood Transfusion Department, Civil Hospital, Ludhiana. Around 50 students, as well as faculty members, donated blood to the noble cause. Dr. Neetu Prakash and Ms. Satwant Kaur (NSS program officers) and Lt. Sukhjit Kaur (ANO) helped in conducting this camp. Mr. Sunil Budhiraja, President, Rotary Club of Ludhiana Midtown, and Mr. Vishal Garg, Project Director, and RTN IBS Nanda, Secretary provided their support in organizing this camp. Mr. Rajan Kapoor and Ms. Anju Kapoor from Rotary Club also participated in the camp. Madam Principal Dr. Maneeta Kahlon motivated the staff and students to donate blood voluntarily to save the life of needy patients.







5. Month long celebration of the 8th International Day of Yoga

As the upcoming 8th International Day of Yoga is falling in "Azadi Ka Amrit Mahotsav" year, the Ministry of Ayush, Government of India has proposed to observe IDY 2022 at 75 iconic sites across the country. This countdown program is already in progress and observation of IDY-2022 is gaining momentum. As a

countdown to the International Day of Yoga, the NSS Unit and the NCC Wing of the college began organizing special yoga sessions for students under the 'Ek Bharat Shreshtha Bharat' program. The sessions were organized from time to time in which the students participated with full enthusiasm. Throughout the month, the need for a few minutes of Yoga during the day was emphasized upon. It was realized that yoga can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. It is an effective way of relaxation that, in turn, rejuvenates the body and the mind. Exercises for relieving stress and enhancing flexibility were extremely popular during the sessions held on campus. Total 22 cadets participated in this event.









6. Handed over uniforms to NCC Cadets

Total 21 first year NCC cadets of the college were given uniforms by Madam Principal Dr. Maneeta Kahlon. While distributing the uniforms, Madam Principal urged cadets to set high ideals and develop qualities such as leadership, discipline, character, compassion, and community service. She also advised the cadets to pursue a career in the Armed Forces.



7. Organized an awareness lecture and rally on "Road Safety Rules".

An awareness lecture on _Road Safety Rules' was organized at Children's Traffic Training Park, Ludhiana. In addition, NCC cadets and the members of the Eco Club participated in a nature walk to promote a sustainable and healthy environment. Students also planted trees at the park. An awareness campaign was launched under the motto, —Only One Earth- Save It under which a rally was taken out in the areas surrounding the college. Dr. Parveen Arora, Lt. Sukhjit Kaur (ANO), Mrs. Shikha Kalra, and Mrs. Rajni Rajpal accompanied the students for these activities. Madam Principal Dr. Maneeta Kahlon mentioned that the objective of these activities is to sensitize students and local residents about respecting the local habitat. She further emphasized that the plants growing in the parks and nature reserves near you often play an important role in preserving the local ecosystem. It was emphasized that when one is outdoors, one should protect local biodiversity by sticking to the walking path or the hiking trail and help children and pets to do the same. Total 34 cadets participated in this event.





8. Organized an Inter-college Declamation competition.

An Inter-college Declamation competition was organized in the college, under *Ek Bharat Shreshtha Bharat* Program, to celebrate International Day for Biological Diversity. Rtn. Dr. Upinder Singh Ghai, District Governor was the Chief Guest. Rtn. Er. Lupinder Kumar, Sub Divisional Soil Conservation Officer, Jalandhar was the Guest Speaker. He stressed the importance of restoring soil cover to maintain biodiversity. Vedika of SDP College for Women, Ludhiana won the first prize. Simpreet of Guru Nanak Khalsa College for Women, Ludhiana bagged the second prize, and Anjali of Khalsa College for Women got the third prize. Damanpreet Kaur of Government College for Girls and Anmol of Khalsa College for Women won the consolation prizes. This event was organized under the guidance of Rtn. Sunil Budhiraja, President, Rotary Club of Ludhiana Midtown. The judges of the competition were Mrs. Prabhjot Kaur, Dr. Anupam Vatsyaayan and Rtn. Er. Lupinder Kumar. On this occasion, a ppt presentation was also shared by Rtn. Er. Lupinder Kumar with the students to make them aware about the means and ways of protecting the environment and conserving water. Madam Principal Dr. Maneeta Kahlon congratulated all the participants and stressed that the beauty of this earth can only be maintained by conserving biodiversity. Total 26 cadets participated in this event.



9. NCC wing organized a Cycle Rally.

Under Ek Bharat Shreshtha Bharat Program, a cycle rally was organized by the college in the city with the aim to spread the message of saving the environment. The cycle rally was flagged off by Madam Principal Dr. Maneeta Kahlon. Before flagging off the rally, she addressed the students and cadets. In her address, she said that human beings are destroying the natural habitat slowly through irresponsible acts. These human acts might lead to a planet with no life at a point. So, as the youth, it is the duty of the students to take care of all the natural resources and environment so that the future generation can survive. More than 50 cadets and students took part in the rally which started from college and covered various important spots of the city. They maintained high spirits and enthusiasm throughout the route with the display of placards on environment protection on their cycles. SAP nodal officer Dr. Praveen Arora, NSS Programme officers Dr. Neetu Prakash and Mrs. Satwant Kaur, ANO Lt. Sukhjit Kaur, Head of the Department of Physical Education Mrs. Rajveer Kaur and Mrs. Mandeep Kaur guided and supported the cadets and students throughout the designated route. Madam Principal Dr. Maneeta Kahlon appreciated the cadets and students for the successful completion of the rally and urged them to contribute toward environmental protection. Total 29 cadets participated in this event.





10. NCC Wing Celebrated International Yoga Day.

Under the aegis of Internal Quality Assurance Cell, NSS Unit,Dept. Of Physical Education ,NCC,Youth Club and Ek Bharat Sreshth Bharat club of Guru Nanak Khalsa College for Women ,Ludhiana celebrated International Yoga Day on June 21,2022 as per the directives of Ministry of Human Resource and Development, Government of India. The Prime Minister of India Sri Narendra Modi in his UN address suggested the date of 21st June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world. 21st June was unanimously agreed upon by more than 176 countries in the United Nations General Assembly (UNGA), as the international day of yoga. Yoga is a physical, mental and spiritual practice originated in India. The purpose of yoga is to build strength, awareness as well as harmony in both mind and body. The event was coordinated by Dr Neetu Prakash and Mrs Satwant Kaur, Program officers of NSS unit. Principal of the College Dr.Maneeta Kahlon emphasized the importance of yoga in everyday stressful life and said all the participants will benefit from the yoga session and internalized the motto of the Day. A total 37 cadets participated in this activity.







11. NCC Cadets of GNKCW participated in the program of paying homage to Mai, Bhupinder Singh, MVC (Posthumous).

To pay homage to the braveheart, Major Bhupinder Singh, MVC (posthumous) who made the ultimate sacrifice during Indo- Pak War 1965, a programme was organized on June 24, 2022 at Nehru Rose Garden, Civil Lines, Ludhiana, by the 3 PB Girls Battalion NCC Ludhiana under the aegis of NCC GP Ludhiana (NCC DTE PHHP & Chd.). The programme was attended by Ludhiana GP Cdr Brig Jasjit Ghumman, the commanding officers of different units of Ludhiana GP and NCC officers from Ludhiana. The cadets and students of GNKCW presented a patriotic group song on this occasion. Total 9 cadets participated in this event.







(Lt. Sukhjit Kaur) ANO GNKCW Model Town Ludhiana

Supply Com

Principal G.H. Kh. College for Women, Model Youn,LUCHSAMA.

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GURU NANAK KHALSA COLLEGE FOR WOMEN

Gujarkhan Campus, Model Town, Ludhiana-141002, Punjab

Quarterly Report on the activities of



Youth Club and Red Ribbon Club

(July 2021 to September 2021)

Preamble

The **Youth Club** of our college is an instrument in developing self-confidence and life skills among students. The club organizes activities that offer opportunities to interact with peers and learn new skills.

The **Red Ribbon Club** (**RRC**) is a sub-body of the Youth Club and is an international symbol of HIV/AIDS awareness. The club aims to provide a platform for youth to contribute towards the control and prevention of HIV/AIDS as well as promote voluntary blood donation among youth.

The Youth Club and Red Ribbon Club operate under the guidelines of the Directorate of Youth Services, Ludhiana, the Government of Punjab.

Objectives of the Club are to:

- Educate youth with correct, concise, and adequate information and heighten their level of awareness about HIV AIDS, STI, and other related issues, thus eliminating myths and misconceptions.
- Enable youth to identify and understand situations of exploitation and abuse.
- Sensitize the youth regarding the care and support needs of people affected with HIV AIDS and instill in them the spirit to reduce the stigma and discrimination against them.
- Create and train among the youth a cadre of peer educators for spreading awareness about HIV-AIDS and its prevention in the community.
- Promote Voluntary non-remunerated Blood Donation among youth

Red Ribbon Club Advisory committee

1	Patron	Dr. Maneeta Kahlon, Principal	
2	RRC Coordinators	Dr. Nidhi	
		Assistant Professor and Head	
		Department of Business Management	

		Ms. Daisy Wadhwa Assistant Professor and Head Department of Computer Science and Applications
3	Student Champions	Geetika Khatri (BCA- III, 2102) Mehak Malhotra (BBA- II, 2802)

List of activities conducted by the Youth club and the Red Ribbon Club

The activities performed by the Youth Club and Red Ribbon Club during the quarter from July 2021 to September 2021:

S.No.	Date	Activity	Resource Person	Brief Report
1	September 15, 2021	Induction Program	RRC Coordinators	 Acquaint students about the nature and the purpose of the clubs' Inform students about the role and responsibilities of student volunteers
2	September 22, 2021	Enrollment Process	RRC Coordinators	 Enroll student volunteers for the academic session 2021-2022 Elect Student Champions, the student representatives from different streams of the college Elicit interactions between student volunteers for the current and the past sessions
3	September 28, 2021	District level Competitions of Red Ribbon Clubs	Chief Guest Dr. Avinash Jindal, Senior Medical Officer, Ludhiana Guest of Honor Er. Gurvinder Singh, General Secretary of the college governing body	 Competitions were organized to make youth mindful of the ill effects of drugs and to create awareness about HIV/AIDS, TB, and Blood Donation. The Chief Guest informed students about the government programs related to HIV/AIDS control.

Details of activities conducted by the Youth club and the Red Ribbon Club

Date: September 15, 2021

Activity: Induction Program

Activity Details:

Under the aegis of the Internal Quality Assurance Cell (IQAC) and under the leadership of the college Principal, Dr. Maneeta Kahlon, the coordinators of the Youth Club and Red Ribbon club conducted a session to inform students about the purpose, objectives of the clubs as well as the role and responsibilities of the student volunteers of the club. The objective of the session was to acclimatize students about the working of the clubs and the activities that are undertaken.

Photograph of the event:



Date: September 22, 2021

Activity: Enrollment Program

Activity Details:

The student members of the Youth club and the Red Ribbon club were enrolled for the session 2021-2022.

The process started by floating a Google Form for collating student details. Further, a meeting was conducted to elect student champions, that is, the student representatives of the clubs. This activity acted as an ice-breaker between the fresh entrants and the existing club members. A total of 102 students were enrolled as members of the Youth Club and Red Ribbon Club. (List of members)

Photographs of the event:





Date: September 28, 2021

Activity: District level Competitions of Red Ribbon Clubs

Activity Details:

The Directorate of Youth Services Punjab organized District level Competitions of Red Ribbon Clubs on September 28, 2021. On this occasion, Dr. Avinash Jindal, Senior Medical Officer, Ludhiana was the Chief Guest while Er. Gurvinder Singh, General Secretary of the college was the Guest of Honor. Competitions were organized to make youth mindful of the ill effects of drugs and to create awareness about HIV/AIDS, TB, and Blood Donation. The competitions were held in three different areas – Poster Making, Slogan Writing, and Quiz. A number of participants from colleges in and around Ludhiana participated in the competitions. S. Preet Kohli, Asstt Director Youth Services, (Ludhiana, Ferozepur, and Moga) and S. Davinder Singh Lotey, Assistant Director, Youth Services (Kapurthala and Hoshiarpur) were also present on the occasion. During the event, the Red Ribbon club of the college was also declared as one of the _Top 5 Best Red Ribbon Clubs' of the district.

Photographs of the event:









Links to the social media posts:

Facebook Post Link 1, Facebook Post Link 2, Instagram Post Link 1, Instagram Post Link 2

Press Coverage:



Punjabi Ajit Newspaper



*CIT HAT A THE PROPERTY OF THE

Punjabi Tribune Newspaper

Punjabi Jagran Newspaper

Dr. Nidh

Assistant Professor and Head Department of Business Management Ms. Daisy Wadhwa Assistant Professor and Head Department of Computer Science

Club Coordinators

Dr. Maneeta Kahlon

Principal Principal

G.N.Kh. College for Women

Model Town, Ludhiana



GURU NANAK KHALSA COLLEGE FOR WOMEN

Gujarkhan Campus, Model Town, Ludhiana-141002, Punjab

Quarterly Report on the activities of



Youth Club and Red Ribbon Club

(October 2021 to December 2021)

Preamble

The **Youth Club** of our college is an instrument in developing self-confidence and life skills among students. The club organizes activities that offer opportunities to interact with peers and learn new skills.

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- Create and train among the youth a cadre of peer educators for spreading awareness about HIV-AIDS and its prevention in the community.
- Promote Voluntary non-remunerated Blood Donation among youth

Red Ribbon Club Advisory committee

Dr. Maneeta Kahlon, Principal
Dr. Nidhi
Assistant Professor and Head
Department of Business Management

		Ms. Daisy Wadhwa Assistant Professor and Head Department of Computer Science and Applications
3	Student Champions	Geetika Khatri (BCA- III, 2102)Mehak Malhotra (BBA- II, 2802)

List of activities conducted by the Youth club and the Red Ribbon Club

The activities performed by the Youth Club and Red Ribbon Club during the quarter from October 2021 to December 2021:

S.No.	Date	Activity	Resource Person	Brief Report
1	October 21, 2021	Free COVID-19 Vaccination Camp	UPHC, Model Town, Ludhiana Medical Team (Medical Officer Dr. Gurpreet, Sister Poonam, and Sister Sarabjeet)	 The college in collaboration with UPHC, Model Town, Ludhiana organized its 2nd Free Mega Covid Vaccination Camp. As many as 500 doses were administered to students, Teaching & Non-teaching Staff, and localities.
2	November 15, 2021	Interaction Session	Mr. Sukhwinder Singh Bindra, Chairperson, Punjab Youth Development Board, Government of Punjab	 The college organized an interactive session for the students with Mr. Sukhwinder Singh Bindra. During his visit, he distributed sports kits among the players of the college.
3	November 18, 2021	Celebrating the month of November for the promotion of Punjabi Language and Culture	-	 To promote mother tongue, Punjabi, and Punjabi culture, a cultural show was organized. During the event, the students of the college presented _Giddha', the folk dance of Punjab.
4	December	Awareness Talk on	Club Coordinators	- To mark World AIDS Day, HIV/AIDS Awareness talk

	1, 2021	World AIDS Day		was organized in the college. - The objective was to raise awareness and knowledge about HIV.
5	December 4, 2021	International Volunteer Day	Club Coordinators	Different activities were conducted to mark International Volunteer Day.

Details of activities conducted by the Youth club and the Red Ribbon Club

Date: October 21, 2021

Activity: Free COVID-19 Vaccination Camp

Activity Details:

The college in collaboration with UPHC, Model Town (Medical Officer Dr. Gurpreet, Sister Poonam and Sister Sarabjeet) organized its 2nd Free Mega Covid Vaccination Camp. As many as 500 doses were administered to students, Teaching & Non-teaching Staff, and localities. The Principal, Dr. Maneeta Kahlon, expressed her gratitude to SMO Dr. Avinash Jindal and the medical team who carried out this mega drive in a very successful manner.





Vaccination camp at Guru Nanak Khalsa College for Women LUDHIANA: The IQAC, NSS unit, Red Ribbon Club and SAP committee of Guru Nanak Khalsa College for Women (GNKCW). Gujarkhan Camps, Model Town, Ludhiana, in collaboration with the UPHC. Model Town, organised a free Covid vaccination camp on the college campus on Thursday. Medical officer Gurpreet, Sister Poonam and Sister Sarabjeet conducted the camp. As many as 500 doses were administered to students, teaching and nonteaching staff and local people. Principal Maneeta Kahlon expressed gratitude to the SMO, Dr Avinash Jindal, and the medical team.

Links to the social media posts: Facebook, Instagram

Date: November 15, 2021

Activity: Interaction Session with Chairman, Punjab Youth Development Board, Government of Punjab

Activity Details:

Under the aegis of IQAC, the Red Ribbon Club of the college organized an interactive session of the college students with Mr. Sukhwinder Singh Bindra, Chairperson, Punjab Youth Development Board, Government of Punjab. During his visit, he distributed sports kits among the players of the college. Speaking on the occasion, Youth Icon Mr. Sukhwinder Singh Bindra highlighted the importance of sports in the physical and mental growth of an individual. He motivated students to take an active part in games and keep themselves away from drugs.





Press Coverage:



ਜੀ ਐਨ.ਕੇ ਸੀ ਡਬਲਯੂ, ਵਿਖੇ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਚੇਅਰਮੈਨ ਸਖਵਿੰਦਰ ਸਿੰਘ ਵਿੰਦਰਾ।

ਜੀ. ਐਨ. ਕੇ. ਸੀ.ਡਬਲਯੂ. ਦੇ ਚੇਅਰਮੈਨ ਬਿੰਦਰਾ ਨੇ ਕਾਲਜ ਵਿਦਿਆਰਥਣਾਂ ਨਾਲ ਵਿਚਾਰ ਚਰਚਾ ਕਰਕੇ ਸਪੋਰਟਸ ਕਿੱਟਾਂ ਵੰਡੀਆਂ

ਕਰਦਿਆਂ ਯਵ ਆਈਕਨ ਸ ਵਿੰਦਰਾ ਨੇ - ਕੀਤਾ।

ਲਹਿਆਣਾ, 15 ਨਵੰਬਰ ਘਨੀਤ ਵਿਅਕਤੀ ਦੇ ਸਰੀਵਕ ਅਤੇ ਮਾਨਸਿਕ ਬਾਵਾ)-ਗਰ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਵਿਕਾਸ ਵਿਚ ਖੇਡਾਂ ਦੀ ਮਹੱਤਰਾ ਬਾਰੇ ਸਰਕੀਆਂ (ਜੀ ਐਨ ਕੇ ਸੀ ਗਵਲਦ) ਚਾਨਣਾ ਪਾਇਆ। ਉਨ੍ਹਾਂ ਮਾਡਲ ਟਾਉਨ ਲਹਿਆਣਾ ਦੇ ਤੌੜ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਖੇਡਾ ਵਿੱਚ ਵੱਧ ਵਿਬਨ ਕਲੀਬ ਨੇ ਪੰਜਾਬ ਸਰਕਾਰ ਦੇ ਦੜ ਕੇ ਹਿੱਸਾ ਲੈਣ ਅਤੇ ਨਸ਼ੀਆਂ ਤੋਂ ਪੰਜਾਬ ਯੂਬ ਵਿਕਾਸ ਬੋਟਡ ਦੇ ਦੂਰ ਗੱਹਣ ਲਈ ਪਰਿਤ ਕੀਤਾ ਕਾਲਜ ਚੇਅਰਪਰਸਨ ਸੁਖਵਿੰਦਰ ਸਿੰਘ ਵਿੱਚਰਾ - ਗਵਰਨਿੰਗ ਬਾਡੀ ਦੇ ਜਨਰਲ ਸਕੱਤਰ ਨਾਲ ਕਾਨਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਇੰਜੀਨੀਅਰ ਗੁਰਵਿੰਦਰ ਸਿੰਘ ਨੇ ਬਿਹਾ ਇੱਕ ਵਿਚਾਰ ਚਰਚਾ ਦਾ ਸੋਸ਼ਨ ਕਿ ਖੇਡ ਗਤੀਵਿਧੀਆਂ ਵਿਚ ਭਾਰ ਲੈ ਕਰਵਾਇਆ । ਆਪਣੇ ਦੇਤੇ ਦੌਰਾਨ ਉਨ੍ਹਾਂ ਕੇ ਵਿਦਿਆਰਥੀ ਸਿਹਤਮੈਦ, ਫੋਰ ਮਕਤ ਵਾਲਜ ਦੀਆਂ ਖਿਡਾਰੀਆਂ ਨੂੰ ਖੇਡ ਜੀਵਨ ਬਰੀਰ ਕਰ ਸਕਦੇ ਹਨ। ਕਾਲਜ ਬਿੰਟਾ ਦੀ ਚੰਡੀਆਂ। ਲਮਾਦਮ ਵਿੱਚ ਪਿੰਸੀਪਲ ਡਾ. ਮਨੀਰਾ ਕਾਹਲੇ ਨੇ ਫ਼ਿਬਨ ਕਲੱਬ ਦੇ ਅਧਿਆਪਕ ਇੰਦਾਰਜ ਵਿਦਿਆਰਥੀਆਂ ਨਾਲ ਉਸਾਰ ਡਾ ਨਿਧੀ ਅਤੇ ਡੇਜ਼ੀ ਦੀ ਅਗਵਾਈ ਗੱਲਬਾਤ ਲਈ ਦੇਅਰਪਰਸਨ ਪੰਜਾਬ ਹੇਠ ਕਰਵਾਇਆ ਗਿਆ। ਸੰਬੋਧਨ ਪਰ ਵਿਕਾਸ ਬੋਟਰ ਦਾ ਹੋਨਵਾਦ

जी.एन.के.सी.डब्ल्यू. में बांटी स्पोर्ट्स किट



गुरु नानक खालना कालेज फॉर व्यन्न में खिलाड़ियों को स्पोटर्स किट देते सुखविंदर बिंदा।

तुधियाना (रजनी) : गुरु नानक खालसा कालेज फॉर वूमैन, मॉडल टाऊन के रेड रिबन क्लब ने पंजाब युवा विकास बोर्ड, पंजाब सरकार के अध्यक्ष सुखविदर सिंह बिंद्रा के साथ कालेज के विद्यार्थियों के साथ इंटरैक्टिव सैशन का आयोजन किया। इस मौके पर कालेज के खिलाड़ियों के बीच स्पोटर्स किटों का वितरण किया। यह आयोजन रैंड रिबन क्लब के प्रभारी शिक्षक डा. निचि व डेजी ने सभी का स्वागत किया। सुखविंदर सिंह बिद्रा ने व्यक्ति के शारीरिक और मानसिक विकास में खेलों के महत्व पर प्रकाश डाला। कालेज के महासचिव, इंजीनियर गुरविंदर सिंह ने कहा कि खेल गतिविधियों में भाग लेकर विद्यार्थी स्वस्थ, रोगमुक्त जीवन जी सकते हैं। कालेज की ग्रिसीपल डा., मनीता काहलों ने पंजाब युवा विकास बोर्ड का आभार व्यक्त किया।

ਬਿੰਦਰਾ ਨੇ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਦੀਆਂ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਖੇਡ ਕਿੱਟਾਂ ਵੰਡੀਆਂ

ਲੁਧਿਆਣਾ, 15 ਨਵੰਬਰ (ਰਿਕੂ)-ਪੰਜਾਬ ਯੂਥ ਡਿਵੈਲਪਮੈਂਟ ਬੋਰਡ (ਪੀ. ਵਾਈ. ਡੀ. ਬੀ.) ਦੇ ਚੇਅਰਮੈਨ ਸੁਖਵਿੰਦਰ ਸਿੰਘ ਬਿੰਦਰਾ ਨੇ ਅੱਜ ਸਥਾਨਕ ਮਾਡਲ ਟਾਊਨ ਸਥਿਤ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ (ਲੜਕੀਆਂ) ਦੀ ਵਿਦਿਆਰਥਣਾਂ ਨਾਲ ਗੱਲਬਾਤ ਕੀਤੀ ਅਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਖੇਡ ਕਿੱਟਾਂ ਵੀ ਵੰਡੀਆਂ। ਇਸ ਮੌਕ ਸੰਬੋਧਨ ਕਰਦਿਆਂ ਚੇਅਰਮੈਨ



ਕਰ ਰਹੀ ਹੈ ਅਤੇ ਇਹ ਖੇਡਾਂ ਨਸ਼ਿਆਂ ਦੀ ਲਾਹਨਤ ਨੂੰ ਜੜ੍ਹੋਂ ਪੁੱਟਣ ਲਈ ਅਹਿਮ ਰੋਲ ਅਦਾ ਕਰ ਸਕਦੀਆਂ ਹਨ। ਸ਼੍ਰੀ ਬਿੰਦਰਾ ਕਿਹਾ ਕਿ ਪੰਜਾਬ ਯੂਥ ਵਿਕਾਸ ਬੋਰਡ ਸੂਬੇ ਦੇ ਨੌਜਵਾਨਾਂ ਦੀ ਬਿਹਤਰੀ ਅਤੇ ਵਿਕਾਸ ਲਈ ਪੂਰੀ ਤਰ੍ਹਾਂ ਵਚਨਬੱਧ ਹੈ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਸੂਬਾ ਸਰਕਾਰ ਆਪਣੇ ਤੰਦਰੁਸਤ ਪੰਜਾਬ ਮਿਸ਼ਨ ਤਹਿਤ ਖੇਡਾਂ ਦੇ ਖੇਤਰ 'ਚ ਪੰਜਾਬ ਨੂੰ ਮੋਹਰੀ ਰਾਜ ਵਜੋਂ ਉਭਾਰਨ ਨੂੰ ਯਕੀਨੀ ਬਣਾਉਣ ਲਈ ਕੋਈ ਕਸਰ ਬਾਕੀ

ਬਿੰਦਰਾ ਨੇ ਕਿਹਾ ਕਿ ਪੰਜਾਬ ਸਰਕਾਰ ਮੁੱਖ ਕਾਲਜ ਦੀਆਂ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਖੇਡ ਕਿੱਟਾਂ ਦਿੰਦੇ ਹੋਏ ਚੇਅਰਮੈਨ ਬਿੰਦਰਾ, ਨਾਲ ਹੋਰ।

ਮੰਤਰੀ ਚਰਨਜੀਤ ਸਿੰਘ ਚੰਨੀ ਅਤੇ ਖੇਡ ਤੋਂ ਯੂਵਕ ਭਲਾਈ ਮੰਤਰੀ ਪ੍ਰਗਟ ਸਿੰਘ ਨਹੀਂ ਛੱਡ ਰਹੀ ਹੈ। ਇਸ ਮੌਕੇ ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਰਲੋਂ, ਕਾਲਜ ਦੀ ਯੋਗ ਅਗਵਾਈ ਹੇਠ ਖੇਡਾਂ ਨੂੰ ਪ੍ਰਵੁੱਲਿਤ ਕਰਨ ਲਈ ਹਰ ਸੰਭਵ ਉਪਰਾਲੇਂ ਪ੍ਰਬੰਧਕ ਕਮੇਟੀ ਦੇ ਅਹੁਦੇਦਾਰਾਂ ਤੋਂ ਇਲਾਵਾ ਹੋਰ ਵੀ ਹਾਜ਼ਰ ਸਨ।

Links to social media posts: Facebook, Instagram

Date: November 18, 2021

Activity: Celebrating the month of November for the promotion of Punjabi Language and Culture

Activity Details:

For the promotion of Punjabi language and culture, Giddha was performed by the students on the college campus. Principal Dr. Maneeta Kahlon highlighted that it is essential to make the youth of today aware of the rich culture and heritage of Punjab.



Press coverage:

कालेज में 'एक भारत श्रेष्ठ भारत प्रोग्राम' करवाया



वंजाबी परिधानों में तैयार कालेज की स्ट्रडेटस।

भी अध्यक्षत में करवाण गया। धालेव के साथ भी जीवा जा संके।

मुण्यान 28 नवंबर (असन) : युर को स्टुडेंट्स की तरफ में गिद्य डासकर नानक खालसा कालेज फॉर वर्मन सभी का मनोरंजन किया गया। इस मीके कुआरको कैयस में 'एक भारत क्षेत्र 'पर विसीयत दा. मनीता काटाने ने कहा भारत' प्रोग्राम करकारा गया। प्रोग्राम रैंड कि इस तरह के प्रोग्राम करवाने से हमारी रिवन करन व एन.एस.एस. बीनट के भी बीली पंजाबों को बहाचा देने के लिए इंटरनल क्वालिटी एप्टोरेंस मैल के इस खड़ के प्रोचान होते रहने चाहिए तकि सहयोग से डा. नीत् प्रकार व सतवत और अवर्त गुवा पीडी अपनी पंजानी विरासत



तुरियाना। पुरु नानक खालसा कॉलेज फॉर बुमन, जीएनकेसीडब्ल्यू गुजरखान कैपस की रेड रिबन बलब और एनएसएस थूनिट ने आंतरिक गुणवत्ता अहरवासन सेल के सहयोग से एक भारत श्रेष्ठ भारत मनाया। यह गतिविधि कार्यक्रम अधिकारी डॉ. नीतु प्रकारा और सतवंत कौर के मागंदरांन में 18 नवंबर, 2021 को आवेजित की जाती है। फॉलेज परिसर में छात्रों द्वारा गिद्दा पेश किया गया। विसिपल डॉ. सनीता कहतों ने इस प्रकार की गतिविधियों को प्रोत्साहित किया, जो हमारी मातुभाषा पंजाबी को बदावा वेने में सहायाह है।

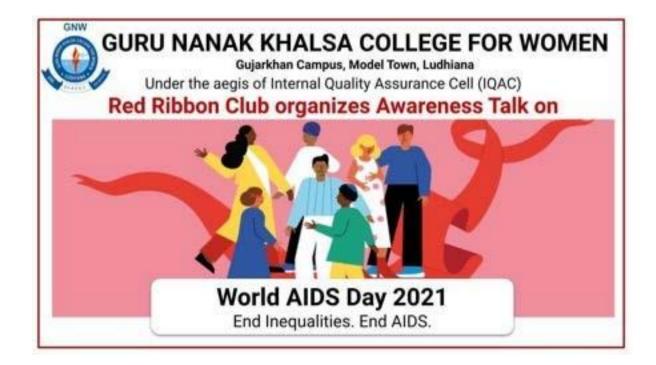
Links to social media posts: Facebook, Instagram

Date: December 1, 2021

Activity: Awareness Talk on world AIDS Day

Activity Details:

To mark World AIDS Day, the Internal Quality Assurance Cell (IQAC) and the Red Ribbon Club of Guru Nanak Khalsa College for Women, Gujarkhan Campus, organized HIV/AIDS Awareness talk. The teachers in-charge of Red Ribbon Club, Dr. Nidhi, and Ms. Daisy Wadhwa informed the students about how HIV is transmitted and the ways to prevent HIV spread. The Principal of the college, Dr. Maneeta Kahlon stressed that awareness is the key factor to keep away from this disease. She encouraged students to create awareness for the prevention of this disease.





एड्स से बचाव के लिए जागरूकता जरूरी

जासं, लुधियाना : गुरु नानक खालसा कालेज फार वूमेन गुजरखान कैंपस माडल टाउन में विश्व एड्स दिवस पर रेड रिबन क्लब ने जागरूकता वार्ता का आयोजन किया। रेड रिबन क्लब के प्रभारी शिक्षक डा. निधि और डेजी वाधवा ने छात्रों को एचआइवी को फैलने से रोकने के तरीकों के बारे में बताया। विद्यार्थियों ने नारों और पोस्टरों के जरिये माध्यम से एचआइवी/एड्स के विधिन्न पहलुओं पर अपने विचार रखे। कालेज की



लुवियाना के जीएनकेसीडब्ल्यू में एड्स जागरूकता वार्ता में मौजूद मुख्य ववता व प्रिंसिपल डा. मनीता काहलों । विज्ञाति

प्रिंसिपल डा. मनीता काहलों ने कहा कि इस बीमारी से बचने के लिए जागरकता सबसे जरूरी है।

Press Coverage:

जी .एन .के .सी .डब्ल्यू . में एच .आई .वी . एड्स जागरूकता वार्ता का आयोजन

लुधियाना, 1 दिसम्बर (विक्की): विश्व एड्स दिवस के अवसर पर, आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ (आई.क्यू.ए.सी.) और गुरु नानक खालसा कॉलेज फॉर वुमन, गुजरखान कैंपस के रैड रिबन क्लब ने एच.आई.वी. एड्स जागरूकता वार्ता का आयोजन किया। क्लब के प्रभारी शिक्षक डॉ. निधि और डेजी वधवा ने छात्रों को एच.आई.वी. के संचरण के तरीकों और उसे फैलने से रोकने के तरीकों के बारे में बताया।

इस कार्यक्रम में विद्यार्थियों ने बड़े उत्साह के साथ भाग लिया और अपने नारों तथा पोस्टरों के माध्यम से एच.आई.वी./एइस के विभिन्न पहलुओं पर विचार व्यक्त



वार्ता के दौरान मौजूद प्रिंसीपल डॉ. मनीता काहलीं और अन्य।

किए। कॉलेज की प्रिंसीपल डॉ. मनीता काहलों ने इस बात पर बल दिया कि इस बीमारी से बचने के लिए जागरूकता प्रमुख कारक है। उन्होंने छात्रों को इस बीमारी की रोकथाम के लिए जागरूकता पैदा करने के लिए प्रोत्साहित किया।

Links to social media posts: Facebook, Instagram

Date: December 4, 2021

Activity: International Volunteer Day

Activity Details:

Internal Quality Assurance Cell (IQAC) of the college in collaboration with Youth Club and Red Ribbon Club celebrated International Volunteer Day. As a part of the celebrations, the students of the college pledged to contribute towards sustainable human development. In addition, an interactive lecture on fostering volunteerism was delivered by Dr. Parveen Arora, Assistant Professor, Department of Public Administration.

Principal Dr. Maneeta Kahlon highlighted the importance of volunteering for the social and economic development of society.



Press Coverage:



लुधियाना। गुरु नानक खालसा कॉलेज फॉर बुमन, गुजर खान फेंपस, मॉडल टाउन, लुधियाना के आंतरिक गुणवत्ता आश्वासन सेल ने स्वच्छता कार्य योजना समिति (एसएपी) के सहवोग से एनसीसी विंग, एनएसएस यूनिट, रेड रिबन क्लब, यूथ क्लब, रेड कॉस, स्वच्छता पुलिस और इको कत्व के छात्रों ने अंतरराष्ट्रीय स्वयंसेवी दिवस मनाया। स्टूडेंट्स ने शप्य ली और विभिन्न गतिविधियों को अंजाम दिया। लोक प्रशासन विभाग के सहायक प्रोफेसर डॉ. परबीन अरोड़ा ने इस दिन के महत्व के बारे में जानकारी दी। प्रिंसिपल डॉ. मनीता काहलों ने छात्रों के प्रयासों की सराहना की। उन्होंने उन्हें समाज के सामाजिक और आर्थिक विकास के लिए स्वयंसेवा के महत्व और आवश्यकता को समझने के लिए प्रेरित किया।

अंतरराष्ट्रीय स्वयंसेवी दिवस मनाया

जागरण संवाददाता, लुधियाना : गुरु नानक खालसा कालेज फार वूमेन गुजरखान कैंपस माडल टाउन के आंतरिक गुणवता आश्वासन सेल ने स्वच्छता कार्य योजना समिति (एसएपी) के सहयोग से अंतर्राष्ट्रीय स्वयंसेवी दिवस मनाया। इसमें एनसीसी विंग, एनएसएस यूनिट, रेड रिबन क्लब, यूथ क्लब, रेड क्रास सोसायटी के बच्चों ने हिस्सा लिया। यह दिन स्वयंसेवकों और संगठनों को उनके प्रयासों, मूल्यों का जप्तन मनाने और अपने समुदायों के बीच अपने काम को बढ़ावा देने का अवसर प्रदान करता है। कालेज के लोक प्रशासन विभाग के सहायक प्रोफेसर डा. परवीन अरोड़ा द्वारा एक संवादात्मक व्याख्यान दिया। प्रिंसिपल डा. मनीता काहलों ने छात्रों के प्रयासों की सराहना की।



लुचियाना के गुरू नानक खालसा कालेज फार वूमेन में अंतरराष्ट्रीय स्वयंसेवी दिवस सेलिब्रेशन के दौरान स्टाफ सदस्य बजागरण

Dr. Nidhi

Assistant Professor and Head Department of Business Management Ms. Daisy Wadhwa Assistant Professor and Head

Department of Computer Science

Club Coordinators

Dr. Maneeta Kahlon Principal

Principal

G.N. Kh. College for Women, Model Town, LUDHIANA.



GURU NANAK KHALSA COLLEGE FOR WOMEN

Gujarkhan Campus, Model Town, Ludhiana-141002, Punjab

Quarterly Report on the activities of



Youth Club and Red Ribbon Club

(January 2022 to March 2022)

Preamble

The **Youth Club** of our college is an instrument in developing self-confidence and life skills among students. The club organizes activities that offer opportunities to interact with peers and learn new skills.

The **Red Ribbon Club** (**RRC**) is a sub-body of the Youth Club and is an international symbol of HIV/AIDS awareness. The club aims to provide a platform for youth to contribute towards the control and prevention of HIV/ AIDS as well as promote voluntary blood donation among youth.

The Youth Club and Red Ribbon Club operate under the guidelines of the Directorate of Youth Services, Ludhiana, the Government of Punjab.

Objectives of the Club are to:

- Educate youth with correct, concise, and adequate information and heighten their level of awareness about HIV AIDS, STI, and other related issues, thus eliminating myths and misconceptions.
- Enable youth to identify and understand situations of exploitation and abuse.
- Sensitize the youth regarding the care and support needs of people affected with HIV AIDS and instill in them the spirit to reduce the stigma and discrimination against them.
- Create and train among the youth a cadre of peer educators for spreading awareness about HIV-AIDS and its prevention in the community.
- Promote Voluntary non-remunerated Blood Donation among youth

Red Ribbon Club Advisory committee

Dr. Maneeta Kahlon, Principal
Dr. Nidhi
Assistant Professor and Head
Department of Business Management

		Ms. Daisy Wadhwa Assistant Professor and Head Department of Computer Science and Applications
3	Student Champions	Geetika Khatri (BCA- III, 2102)Mehak Malhotra (BBA- II, 2802)

List of activities conducted by the Youth club and the Red Ribbon Club

The activities performed by the Youth Club and Red Ribbon Club during the quarter from January 2022 to March 2022:

S.No.	Date	Activity	Resource Person	Brief Report
1	January 29, 2022	World Leprosy Eradication Day	Club Coordinators	- An online session to mark World Leprosy Eradication Day was organized to apprise students about the causes of leprosy, the ways in which this disease spreads, and the available treatment modalities.
2	February 23, 2022	Anti-Drug e-pledge	-	- The members of the club undertook an Anti-Drug epledge.
3	March 7, 2022	Free Health Check- up Camp and Health Awareness Talk	Dr. Suhasini Raina (Obstetrics and Gynecology) and Dr. Ankur Sharma (Internal Medicine), Aykai Hospital, Ludhiana	 The clubs organized a talk on —Common Menstrual problems in young females. A free health check-up camp was organized for students and staff of the college.
4	March 22, 2022	Martyr's Day- Shaheed Diwas	-	- Student activities were conducted to mark Martyr's Day.

Details of activities conducted by the Youth club and the Red Ribbon Club

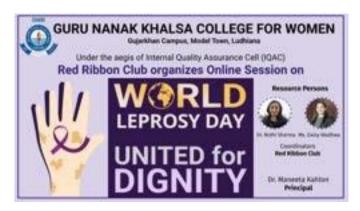
Date: January 29, 2022

Activity: World Leprosy Eradication Day

Activity Details:

The Red Ribbon Club organized an online session to mark World Leprosy Eradication Day. The session was conducted by Dr. Nidhi and Ms. Daisy Wadhwa, the Coordinators of the Red Ribbon Club. During the session, the students were apprised about the causes of leprosy, the ways in which this disease spreads, and the available treatment modalities. Furthermore, the resource persons highlighted the importance of the day in relation to India as it is observed in the memory of Mahatma Gandhi for his selfless efforts and care for the persons affected with leprosy. This online session was attended by 220 students, and the teaching, non-teaching faculty members.

Photographs of the event:









Links to social media posts: Facebook, Instagram

Date: February 23, 2022

Activity: Anti Drug e-pledge

Activity Details:

The members of the Red Ribbon Club of the college undertook an anti-drug e-pledge, –Say yes to Life, No to Drugs ||. This activity was conducted as a part of the Public Outreach Program of the Department of Narcotics Control Bureau (NCB) for raising awareness against the ill effects of drugs.

Photographs of the event:







Links to Social Media posts: Facebook, Instagram

Date: March 7, 2022

Activity: Free Health Check-up Camp and Health Awareness Talk

Activity Details:

The college organized a talk on —Common Menstrual problems in young females. Dr. Suhasini Raina (Obstetrics and Gynecology) and Dr. Ankur Sharma (Internal Medicine) from Aykai Hospital discussed major health issues with students. The talk was followed by a "Free Health Check-up Camp" for students and staff.





Press Coverage of the event:



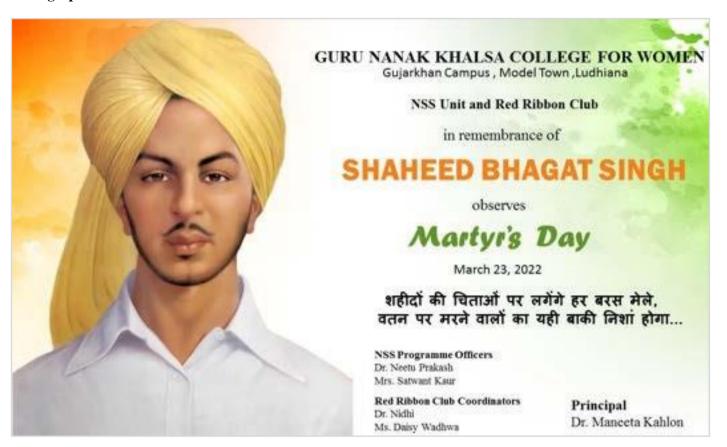
Links to social media posts: Facebook, Instagram

Date: March 22, 2022

Activity: Martyr's Day- Shaheed Diwas

Activity Details:

On this day, students delivered speeches on Bhagat Singh's national perspective and explained how he sacrificed his life in order to make India an independent nation. Principal Dr. Maneeta Kahlon encouraged the students to get motivation from the lives of our Freedom Fighters.





Press coverage of the event:





गुरु नानक खालसा कालेज : गुरु नानक खालसा कालेज फार वूमेन गुजरखान कैंपस के एनएसएस यूनिट और रेड रिबन क्लब ने बिलदानी भगत सिंह का शहीदी दिवस मनाया गया। प्रिंसिपल डा. मनीता काहलों ने छात्रों को हमारे स्वतंत्रता सेनानियों के जीवन से प्रेरणा लेने के लिए प्रोत्साहित किया। विज्ञाति

Links to social media posts: Facebook, Instagram

Dr. Nidhl

Assistant Professor and Head Department of Business Management Darry

Ms. Daisy Wadhwa Assistant Professor and Head Department of Computer Science Dr. Maneeta Kahloh

G.N.Kh. Ooliege for Women

Model Town, Ludhiana

Club Coordinators



GURU NANAK KHALSA COLLEGE FOR WOMEN

Gujarkhan Campus, Model Town, Ludhiana-141002, Punjab

Quarterly Report on the activities of



Youth Club and Red Ribbon Club

(April 2022 to June 2022)

Preamble

The **Youth Club** of our college is an instrument in developing self-confidence and life skills among students. The club organizes activities that offer opportunities to interact with peers and learn new skills.

The **Red Ribbon Club** (**RRC**) is a sub-body of the Youth Club and is an international symbol of HIV/AIDS awareness. The club aims to provide a platform for youth to contribute towards the control and prevention of HIV/ AIDS as well as promote voluntary blood donation among youth.

The Youth Club and Red Ribbon Club operate under the guidelines of the Directorate of Youth Services, Ludhiana, the Government of Punjab.

Objectives of the Club are to:

- Educate youth with correct, concise, and adequate information and heighten their level of awareness about HIV AIDS, STI, and other related issues, thus eliminating myths and misconceptions.
- Enable youth to identify and understand situations of exploitation and abuse.
- Sensitize the youth regarding the care and support needs of people affected with HIV AIDS and instill in them the spirit to reduce the stigma and discrimination against them.
- Create and train among the youth a cadre of peer educators for spreading awareness about HIV-AIDS and its prevention in the community.
- Promote Voluntary non-remunerated Blood Donation among youth

Red Ribbon Club Advisory committee

Dr. Maneeta Kahlon, Principal
Dr. Nidhi
Assistant Professor and Head
Department of Business Management

		Ms. Daisy Wadhwa Assistant Professor and Head Department of Computer Science and Applications
3	Student Champions	Geetika Khatri (BCA- III, 2102)Mehak Malhotra (BBA- II, 2802)

List of activities conducted by the Youth club and the Red Ribbon Club

The activities performed by the Youth Club and Red Ribbon Club during the quarter from April 2022 to June 2022:

S.No.	Date	Activity	Resource Person	Brief Report
1	April 1, 2022	LIVE screening of Pariksha Pe Charcha 2022	-	As per the guidelines of the University Grants Commission (UGC), the students and teachers of the college watched the LIVE streaming of Pariksha Pe Charcha 2022, the interaction of Hon'ble Prime Minister Narendra Modi with the young students.
2	April 27, 2022	Workshop on Stress Management	Dr. Gurvinder Singh Atwal, BAMS, MD (Medicine), MD (Gynecology)	The resource person informed about various exercises and techniques for stress and pain management.
3	June 4, 2022	Extempore activity to celebrate World Environment Day	-	Through this activity, students expressed their views on various issues related to environment protection.
4	June 21, 2022	International Yoga Day	-	A special yoga session was conducted for the students and staff of the college.

Details of activities conducted by the Youth club and the Red Ribbon Club

Date: April 1, 2022

Activity: LIVE screening of Pariksha Pe Charcha 2022

Activity Details:

The Youth and Red Ribbon Clubs in collaboration with IQAC of the college organized the screening of Pariksha Pe Charcha 2022, under the guidelines of the University Grants Commission (UGC). The students and teachers of the college watched the LIVE streaming of Pariksha Pe Charcha 2022, the interaction of Hon'ble Prime Minister Narendra Modi with the young students. This event was streamed LIVE from Talkatora Stadium, New Delhi at 11:00 am.









Links to social media posts: Facebook, Instagram

Date: April 27, 2022

Activity: Workshop on stress management

Activity Details:

Under the aegis of the Internal Quality Assurance Cell, the Red Ribbon Club of the college organized a workshop on —Stress Management " on April 27, 2022. Dr. Gurvinder Singh Atwal, BAMS, MD (Medicine), MD (Gynecology) was the resource person. He is also a member of an NGO, the HBO group. During his session, Dr. Atwal informed students about various exercises and techniques for stress and pain management. He discussed the role of naturopathy in dealing with lifestyle health issues like hypertension, diabetes, spondylitis, and back pain. This activity was convened by Red Ribbon Club coordinators, Dr. Nidhi and Ms. Daisy Wadhwa.





Links to Social Media posts: Facebook, Instagram

Press coverage of the event:

ਜੀ.ਐਨ.ਕੇ.ਸੀ.ਡਬਲਯੂ. ਵਿਖੇ ਕਰਵਾਈ ਵਰਕਸ਼ਾਪ

ਭਾਵਾਜ਼ਿਟੀ ਐਮੋਟੇਸ ਮੌਨ ਦੀ ਅਤਵਾਈ ਹੋਣ ਗੁਰੂ ਨਾਨਕ ਸ਼ਾਲਜਾਂ ਡੇਜੀ ਵਧਵਾਂ ਅਤੇ ਐਨ ਐਸ.ਐਸ. ਉਤਵਾਮ ਅਫਸਟ ਡਾ. ਨੀਤ ਕਾਸਜ ਨਰਗੇਆਂ ਗੁੱਜਦਵਾਨ ਰੱਖਰ ਮਾਰਨ ਵਾਉਨ ਨਵਿਆਵਾਂ। ਪਕਾਰ ਤੇ ਸਰਵੰਧ ਕੋਰ ਦੁਆਰਾ ਕੀਤਾ ਗਿਆ। ਜਾਨਜ ਪ੍ਰਿਸੰਪਨ

ਭਾਵਤ ਸੰਸ਼ਨ ਭਾਵਤ' ਪ੍ਰੋਗਵਾਮ ਦੇ ਇੱਕ ਕਵਾ ਸ਼ਰਵਾਈ ਹਨੀ। ਡਾ. ਸ਼ਰਵਿੰਦਰ ਜਿਹ भटकाम हो है और क्षेत्र केंद्रकी ਮੋਡੀਕਨ, ਐਮ.ਡੀ (ਡਾਇਨੀਕੋਲੋਜੀ) ਜ਼ਿਸ਼ਤਸ ਪਰਸ਼ਨ ਸਨ। ਉਹ ਇੱਕ क्षेत्र हो छ , क्षेत्र हो छ , छ ने मह ਕੀ ਹੈ। ਆਪਣੇ ਸੈਸ਼ਨ ਦੇਵਾਨੂੰ ਡਾ. ਅਟਵਾਲ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਤਣਾਅ ਅਤੇ ਦਰਦ ਪਰੰਤਨ ਲਈ ਵੱਖ-ਵੱਖ ਅਤਿਆਸਾਂ ਤੇ ਰਕਨੀਕਾ ਬਾਏ ਜਾਣਬਾਰੀ ਦਿੱਤੀ। ਉਲਾ ਨੇ ਜੀਵਨ ਏਣੀ ਸੰਦੇਹੀ ਜਿਹੜ ਸਮੱਗਿਆਵਾਂ ਜਿਵੇਂ ਕਿ ਹਾਈਪਵਟੇਲਜ਼ਨ, ਸ਼ਗਵ, ਸਪੰਡੀਕਾਈਟਿਸ਼ ਅਤੇ ਉੱਠ ਦੇ ਦਵਦਾ ਨਾਲ

त्रविभारत, ३० अप्रेस प्रातीत वाचा-पिटरतास आयोगर हैंग्र दिस्त वर्तन से विभारवीरिटर को तिसी व ਦ ਤੇਵ ਵਿਚਨ ਕਲੱਬ ਤੇ ਐਨ.ਐਸ.ਐਸ. ਚੁਨਿਟ ਨੇ 'ਤਟਾਅ ਡਾ. ਮਨੀਡਾ ਬਾਹਲ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨਾਲ ਆਪਣੀ ਮੁਹਾਰਤ प्रवेदार' क्ये 'ते परस्काप वाकाणी। हिन्दू बरवाराप 'तेव अभी वरत सरी विमेदम ध्वारत से प्रेरकाल बीवा।



ਨਰਿੰਨਟ 'ਚ ਨੇਚਲੰਪਰੀ ਦੀ ਭੂਪਿਤਾ ਬਾਰੂ - ਰਿਸੋਰਸ ਪਰਸਨ ਡਾ. ਗੁਰਵਿੰਦਰ ਸਿੰਘ ਅਟਵਾਲ ਨੂੰ ਤੁਟਾ ਭੇਟ ਘਰਦੇ ਪ੍ਰਿਸੀਪਲ ਚਰਚਾ ਕੀਤੀ। ਇਸ ਗੁਰਾਵਿਧੀ ਦਾ ਡਾ. ਮਨੀਤਾ ਕਾਪਲੇ, ਕੋਆਰਡੀਨੇਟਰ ਡਾ. ਨਿਧੀ। statu mede

तनाव प्रबंधन पर कार्यशाला कराई

सिटी रिपोर्टर लिययाना

गुरु नानक खालसा कॉलेज फॉर व्यम, गुजरखान कैपस. मॉडल टाउन की रेड रिबन क्तब और एनएसएस युनिट ने तनाव प्रबंधन पर कार्यशाला का आयोजन किया। यह कार्यशाला 'एक भारत श्रेष्ठ भारत' कार्यक्रम के तहत आयोजित की गई। डॉ. गुरविंदर सिंह अटबाल रिसोर्स पर्सन रहे। डॉ. अटवाल ने छात्रों को तनाव और दर्द प्रबंधन के लिए विभिन्न अभ्यासों और तकनीकों के बारे में बताया। उन्होंने जीवनशैली से संबंधित समस्याओं जैसे उच्च रक्तचाप, मधुमेह, स्यॉन्डिलाइटिस और पीठ दर्द से निपटने में प्राकृतिक चिकित्सा की भूमिका पर चर्चा की।

Date: June 4, 2022

Activity: Extempore activity to celebrate World Environment Day

Activity Details:

The Department of Computer Science and Applications and the Youth & Red Ribbon Clubs organized an extempore activity to celebrate World Environment Day which falls on June 5. The year 2022 is a historic milestone as it marks 50 years since the 1972 Stockholm Conference. Also, this year's motto for World Environment Day is —Only One Earthl which is the same as the campaign slogan for the 1972 Stockholm Conference. 50 years on, the motto is as pertinent as ever and focuses on —Living Sustainably in Harmony with Naturel. Under this broad gambit, students expressed their views on a number of sub-themes including, India's Environment Policy: Opportunities and Challenges, Swachhata Action Plan Project being implemented in educational institutions, Role of individuals and community in protecting the environment.





Links to social media posts: Facebook, Instagram

Date: June 21, 2022

Activity: International Yoga Day celebrations

Activity Details:

As per the directives of the Ministry of Education, Government of India, a special yoga session was organized for the students and staff of the college. In addition, the college has been conducting regular yoga sessions on the college campus since April 28, 2022.





Press coverage of the event:



ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸੋਫੈਸ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਐਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ, ਸਰੀਰਕ ਸਿੱਖਿਆ ਵਿਭਾਗ, ਐਨ. ਸੀ. ਸੀ. ਵਿੰਗ, ਯੂਥ ਕਲੱਬ ਤੇ ਏਕ ਭਾਰਤ ਉੱਤਮ ਭਾਰਤ ਕਲੱਬ ਨੇ ਮਨੁੱਖੀ ਸਰੋਤ ਤੇ ਵਿਕਾਸ ਮੰਤਰਾਨੇ ਭਾਰਤ ਸਰਕਾਰ ਦੇ ਨਿਰਦੇਸ਼ ਅਧੀਨ ਯੋਗ ਦਿਵਸ ਮਨਾਇਆਂ। ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਸਟਾਫ਼ ਮੈਂਬਰਾਂ ਲਈ 28 ਅਪ੍ਰੈਲ 2022 ਤੋਂ ਨਿਯਮਤ ਯੋਗਾ ਸੈਸ਼ਨ ਆਯੋਜਿਤ ਕੀਤੇ ਗਏ ਸਨ। ਯੋਗਾ ਦਾ ਉਦੇਸ਼ ਦਿਮਾਗ ਤੇ ਸਰੀਰ ਦੋਵਾਂ 'ਚ ਤਾਕਤ, ਜਾਗਰੂਕਤਾ ਦੇ ਨਾਲ-ਨਾਲ ਇਕਸੂਰਤਾ ਪੈਦਾ ਕਰਨਾ ਹੈ। ਸਮਾਗਮ ਦਾ ਸੰਚਾਲਨ ਐਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ ਦੇ ਪੁੰਗਰਾਮ ਅਫਸਰ ਡਾ. ਨੀਤੂ ਪ੍ਰਕਾਸ਼ ਤੇ ਸਤਵੰਤ ਕੌਰ ਨੇ ਕੀਤਾ। ਕਾਲਜ ਦੀ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਰਨੋਂ ਨੇ ਅੱਜ ਦੀ ਤਣਾਅ ਭਰੀ ਜ਼ਿੰਦਗੀ 'ਚ ਯੋਗਾ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ।

Links to social media posts: Facebook, Instagram

Dr. Nidhi

Assistant Professor and Head Department of Business Management Jarry

Ms. Daisy Wadhwa Assistant Professor and Head Department of Computer Science Dr. Maneeta Kahloh G.N.Kh. Oolicae for Women

Model Town, Ludhiana

Club Coordinators