

**GURU NANAK KHALSA COLLEGE FOR WOMEN
MODEL TOWN, LUDHIANA**



2021-22

3.4.3.1 Number of extension and outreach Programmes conducted in collaboration with industry, community and Non-Government Organizations through NSS/ NCC/Red Cross /YRC etc.

Supporting Document

Maneeta
Dr. MANEETA KHLON
Principal
G.N.Kh. College for Women
Gujarkhan Campus, Model Town,
Ludhiana.

3.4.3.1 Number of extension and outreach Programmes conducted in collaboration with industry , community and Non Government Organizations through NSS/ NCC/Red Cross /YRC etc., during the year 2021-22

Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
Commemoration Of 75th Anniversary Of India's Freedom		NSS	2021	89
Swachhata Pakhwada		NSS	2021	73
Rashtriya Poshan Maah- 2021 Celebrations		NSS	2021	87
Fit India Freedom Run		NSS	2021	30
Clean India Programme		NSS	2021	20
One day NSS Camp on cleanliness drive		NSS	2021	123
2nd Mega Covid Vaccination Camp at GNKCW	UPHC, Model Town, Ludhiana	NSS	2021	250
Ek Bharat Shreshth Bharat' was celebrated		NSS	2021	150
E-Pledge on RashtriyaEktaDiwas		NSS	2021	69
Diwali Celebrations at GNKCW		NSS	2021	124

Covid Testing at GNKCW	Government Dispensary, Model Town, Ludhiana	NSS,Red Ribbon Club	2021	650
Webinar on the topic "Investor Rights Awareness"	Bajaj Finance	NSS	2021	75
Giddha was performed under 'Ek Bharat Shreshth Bharat' by the students		NSS,Red Ribbon Club	2021	11
A Sensitization drive was conducted by circulating a message to all NSS volunteers through their whatsapp group regarding SVEEP		NSS	2021	150
Covid Testing Camp	UPHC, Model Town , Ludhiana	NSS	2021	100
International Volunteer Day is celebrated		NCC Wing, NSS Unit, Youth Club, Red Ribbon Club, Red Cross Society	2021	55
Lecture on culture and tourism of Andhra Pradesh -Ek Bharat Shreshtha Bharat		NSS	2021	73
Setting Herbal Garden and to organize Poster-making Competition		ECO Club	2021	50

Organized an online workshop on “Waste Management”		Waste Management Committee ,NSS	2021	87
Started a Composting Unit in the campus		IQAC in collaboration with SAP Committee, Eco Club and NSS Unit	2021	65
Induction Program for the volunteers of Youth Club and Red Ribbon Club		Youth Club and Red Ribbon Club	2021	85
Enrollment Process for Youth Club and Red Ribbon Club		Youth Club and Red Ribbon Club	2021	85
Organized activities for District level Competitions of Red Ribbon Clubs	Directorate of Youth Services, Punjab	Red Ribbon Club	2021	95
Conducted a talk on the occasion of World AIDS Day		Red Ribbon Club	2021	66
A Road Safety Awareness Program		IQAC and SAP Committee in collaboration with NCC Wing	2021	37
Awareness talk on World Toilet Day		SAP committee and NCC Wing under IQAC	2021	11

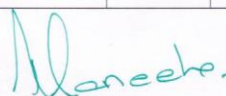
Celebration of National Cadets Corps (NCC) Day		IQAC and NCC Wing	2021	34
Celebration of Armed Forces Flag Day		NCC	2021	17
Celebrated Swarnim Vijay Diwas which commemorates the victory of humanity and peace over injustice		NCC	2021	27
National Youth Festival-inauguration by PM Live Telecast		NSS	2022	100
Organized celebrations on the campus to mark the event of Makar Sankranti		NSS	2022	29
National Girl Child Day Celebrated		NSS Unit and Department of Fine Arts under IQAC	2022	25
National Voters' Day Observed		NSS	2022	28
National Martyrs' Day observed		NSS	2022	147
World Cancer Day		NSS	2022	30
GNKCW participated in Surya Namaskar project		NSS	2022	58
NSS Webinar		NSS	2022	139

Free Health Check-up Camp	Aykai Hospital, Ludhiana	NSS, Red Ribbon Club	2022	750
Shaheed Diwas Observed		NSS, Red Ribbon Club	2022	143
Organized screening of Pariksha pe Charcha		NSS, Red Ribbon Club, Youth Club	2022	1025
Organized Two Day Tree Plantation Drive		NSS	2022	75
Organized Blood Donation Camp	Blood Transfusion Department, Civil Hospital, Ludhiana	Red Cross Society, NCC Wing under IQAC in collaboration with the Rotary Club of Ludhiana Midtown and Civil Hospital, Ludhiana	2022	50
Organized a two-day free Dental Check-up Camp and Oral Hygiene Seminar	Dr. Amrit Khosla from Khosla Dental Care, Ludhiana.	NSS	2022	310
Workshop on Stress Management		NSS, Red Ribbon Club	2022	68
College joined in 'Yoga Utsav 2022'		NSS	2022	50

Observed Cyber Jagrukta Diwas		NSS	2022	56
Organized Inter-College Declamation Competition to celebrate International Day for Biological Diversity	“Punjab Biodiversity Board” and sponsored by “National Biodiversity Authority, Government of India”	NSS,NCC,Eco Club	2022	60
Cycle Rally on Environment Awareness		NSS,NCC, Eco Club	2022	58
Students recited Folk Songs of different states under Ek Bharat Shreshtha Bharat program		NSS	2022	10
Celebrated World Environment Day		NSS, Red Ribbon Club, Youth Club	2022	100
Lecture on Stress Management		NSS,EBSB Club	2022	67
World Blood Donor’s Day		NSS,EBSB Club, Red Cross Society	2022	73
International Yoga Day		NSS,NCC,Red Ribbon Club, Youth Club,EBSB	2022	50

Observed World Leprosy Eradication Day		Red Ribbon Club	2022	36
To celebrate National Youth Day celebrated		Youth Club	2022	33
Organized a visit to the Bonsai Exhibition		NCC under IQAC	2022	17
Organized Two Day Tree Plantation Drive		Swachhta Action Plan (SAP) Committee, , NCC wing under IQAC	2022	25
74th Indian Army Day celebrated		NCC Wing under IQAC	2022	31
Took the Anti-Drug e-pledge, “Say yes to Life, No to Drugs”.		Red Ribbon Club	2022	98

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GURU NANAK KHALSA COLLEGE FOR WOMEN
MODEL TOWN LUDHIANA

REPORT

ON

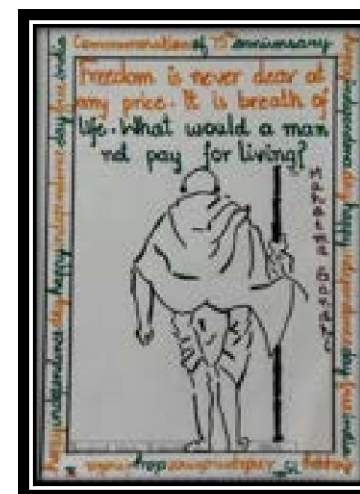
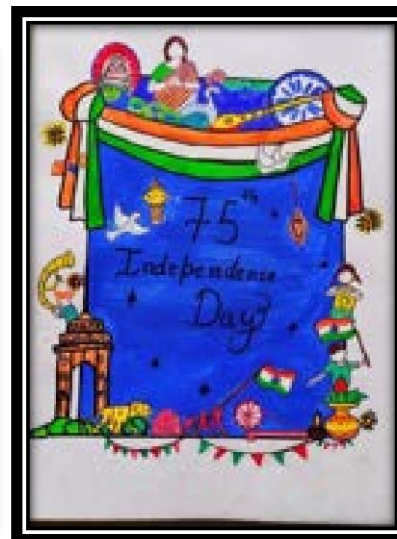
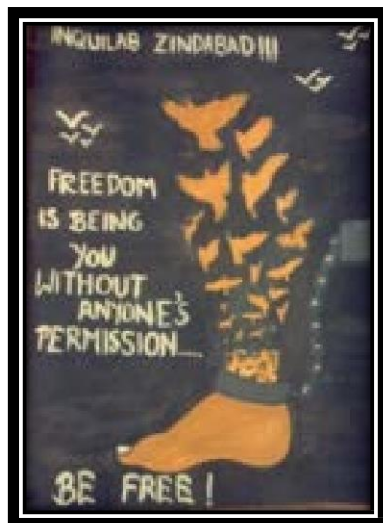
NSS ACTIVITIES

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, Ludhiana organized various activities on Commemoration of 75th anniversary of India's freedom.
- i) Slogan writing and poster making competition on July 22, 2021. Winner of the competition is Garima Narula 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.



(iii)

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.	IQAC & NSS Unit

Thematic Rashtriya Poshan Maah, 2021 was being celebrated in Guru Nanak Khalsa College for Women, Gujarkhan campus, Ludhiana as part of 75th Azadi Ka Amrit Mahotsav. The theme of the week (1-7 September) was **Plantation Activity as "Poshan Vatika"**. 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 Rashtriya Poshan Maah- 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 Rashtriya Poshan Maah- 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.



PRESS CLIPPINGS

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



सुधियाना गुरु नानक खालसा कॉलेज फॉर वुमन, गुजरखान कैम्प, मॉडल टाउन की एनएसएस इकाई द्वारा राष्ट्रीय पौधण माह-2021 समारोह के तहत पौधरोपण मुहिम का आयोजन किया गया। अभियान के तहत कॉलेज परिसर और उसके आसपास 150 पौधे लगाए गए। प्रिंसिपल डॉ. मनीता काहलों ने पर्यावरण 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. यूनिट का जागरूकता अभियान



जी.एन.के.सी.डब्ल्यू. में एन.एस.एस. यूनिट द्वारा मुख्यातिथि को सम्मानित करते कॉलेज प्रिंसिपल व अध्यापक।

सुधियाना, 6 सितंबर (रजनी) : मॉडल ग्राम औषधालय) वे। उन्होंने गुरु नानक खालसा कॉलेज फॉर वुमन, गुजरखान कैम्प, मॉडल टाउन की इंटरनेट युगवता एस्पॉरेंस सैल और एन.एस.एस. यूनिट ने राष्ट्रीय पौधण माह-2021 समारोह के तहत कोविड प्रोटोकॉल के लिए संवेदीकरण जागरूकता अभियान का आयोजन किया। इस अवसर पर संसाधन व्यक्ति डॉ. गुरप्रीत सिंह, (एम.ओ., आर.सी. कोविड के पाइडलाइन का पालन करते, सोम आइसोलेशन और कोविड-19 की बीमारी से संबंधित अन्य तथ्यों के बारे में बात की। प्रिंसिपल डॉ. मनीता काहलों ने लोगों के बीच कोविड के बारे में जागरूकता पैदा करने के लिए कॉलेज की एन.एस.एस. यूनिट का धन्यवाद किया।



सुधियाना के जी.एन.के.सी.डब्ल्यू. की प्रिंसिपल मनीता काहलों व स्टाफ सदस्य पौधरोपण करने के दौरान -03/09/21

कालेज परिसर में किया पौधारोपण

जासं, सुधियाना : गुरु नानक खालसा कॉलेज फॉर वुमन गुजरखान कैम्प मॉडल टाउन में पौधारोपण किया गया। कॉलेज की ओर से राष्ट्रीय पौधण माह के तहत यह पौधारोपण किया गया। कॉलेज

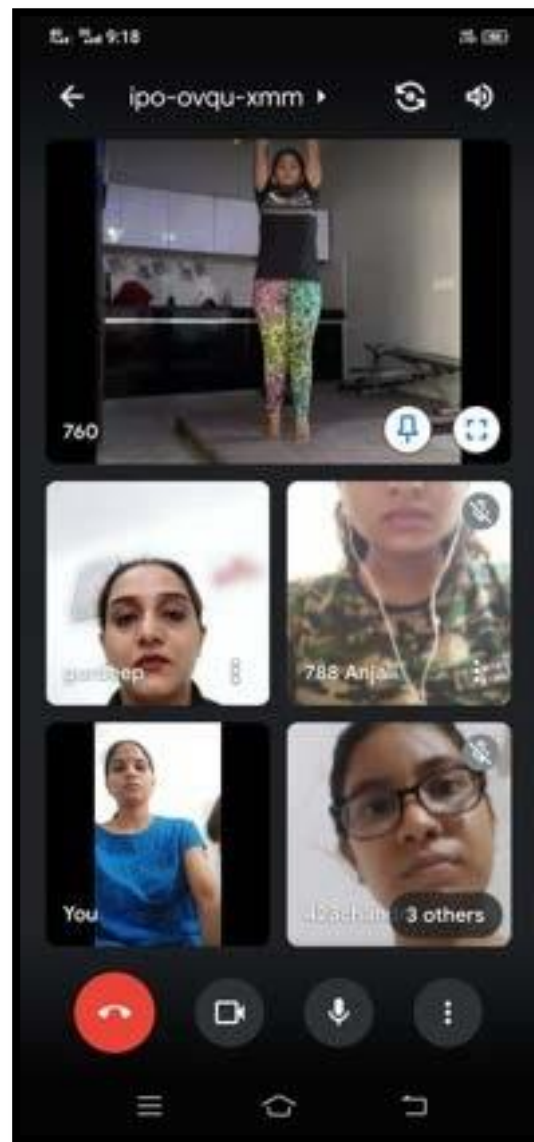
परिसर में इस दौरान डेढ़ सौ के करीब पौधे लगाए गए। कॉलेज के हर स्टाफ ने पौधे लगाने के साथ-साथ पौधों की संभाल की भी जिम्मेदारी ली। प्रिंसिपल मनीता काहलों ने सभी को पौधारोपण करने के लिए प्रेरित किया।

2. WEEK (8-15 SEPTEMBER)

Sr. no	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	<p>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.</p> <p>Ms. Shikha Kalra, 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 won first and second position, respectively.</p>	IQAC and NSS Unit

Thematic Rashtriya Poshan Maah, 2021 was being celebrated in Guru Nanak Khalsa College for Women, Gujarkhan campus, Ludhiana as part of 75th Azadi Ka Amrit Mahotsav. 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. Neetu Prakash (Dept. of Business Mgmt & Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications).

- Yoga sessions were conducted throughout the week by Mrs. Rajveer Kaur, Assistant Professor, Department of Physical Education which included different stretching exercises as well as Yoga Asanas in order to lead a healthy life. Mrs. Shikha Kalra, 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. Maneeta Kahlon 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.
- 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. Neetu Prakash (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. Gurbinder Singh, General Secretary and Principal, Dr. Maneeta Kahlon, expressed their gratitude to the medical team in carrying out this gigantic drive in a very successful manner.
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PRESS CLIPPINGS



ਕੋਵਿਡ-19 ਵੈਕਸੀਨੇਸ਼ਨ ਕੈਂਪ ਦੇ ਦੌਰਾਨ ਸੰਪੂਰਨ ਕਮਲੇਸ਼ ਸਟਾਫ਼ ਦੁਆਰਾ

ਜੀਐਨਕੇਸੀਡਬਲਯੂ ਮੈਂ ਲਗੀ ਵੈਕਸੀਨ

ਯੂਨਿਟ ਦੇ ਕਮਲੇਸ਼ ਪਰਿਸਰ ਮੈਂ ਕੋਵਿਡ ਵੈਕਸੀਨੇਸ਼ਨ ਕੈਂਪ ਦੁਆਰਾ ਸੰਪੂਰਨ ਕਮਲੇਸ਼ ਸਟਾਫ਼ ਦੁਆਰਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ। ਇਸਮੇਂ 250 ਲੋਕਾਂ ਨੇ ਵੈਕਸੀਨੇਸ਼ਨ ਲਗਵਾਇਆ।

ਯੂਨਿਟ ਦੇ ਕਮਲੇਸ਼ ਪਰਿਸਰ ਮੈਂ ਕੋਵਿਡ ਵੈਕਸੀਨੇਸ਼ਨ ਕੈਂਪ ਦੁਆਰਾ ਸੰਪੂਰਨ ਕਮਲੇਸ਼ ਸਟਾਫ਼ ਦੁਆਰਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ। ਇਸਮੇਂ 250 ਲੋਕਾਂ ਨੇ ਵੈਕਸੀਨੇਸ਼ਨ ਲਗਵਾਇਆ।

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.

ਕਾਲਜ 'ਚ ਕੋਵਿਡ-19 ਟੀਕਾਕਰਨ ਕੈਂਪ ਲਾਇਆ

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

ਕੌਮੀ ਪੋਸ਼ਣ ਮਹੀਨੇ ਤਹਿਤ ਵੱਖ-ਵੱਖ ਗਤੀਵਿਧੀਆਂ

ਲੁਧਿਆਣਾ: ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵਿਮੇਨ, ਗੁਜਰਖਾਨ ਕੈਂਪਸ ਵਿੱਚ ਕੌਮੀ ਪੋਸ਼ਣ ਮਹੀਨਾ ਮਨਾਇਆ ਗਿਆ। 8 ਤੋਂ 15 ਸਤੰਬਰ ਤੱਕ ਹਫ਼ਤੇ ਦਾ ਵਿਸ਼ਾ ਪੋਸ਼ਣ ਲਈ ਯੋਗਾ ਅਤੇ ਆਯੂਰਬ ਸੀ। ਸਰੀਰਕ ਸਿੱਖਿਆ ਵਿਭਾਗ ਅਤੇ ਗ੍ਰਹਿ ਵਿਗਿਆਨ ਵਿਭਾਗ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਾਲਜ ਦੇ ਆਈਕਿਯੂਏਸੀ ਅਤੇ ਐਨਐਸਐਸ 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 ਵਿੱਚ ਗੁਰਲੀਨ ਕੌਰ ਅਤੇ ਹਰਲੀਨ ਕੌਰ ਨੇ ਕ੍ਰਮਵਾਰ ਪਹਿਲਾ ਅਤੇ ਦੂਜਾ ਸਥਾਨ ਹਾਸਲ ਕੀਤਾ। -ਖੇਤਰੀ ਪ੍ਰਤੀਨਿਧ

ਯੋਗ-ਸ਼ਾਰੀਰਿਕ ਟ੍ਰੇਨਿੰਗ ਦਾ ਪਾਲਨ ਕਰਨੇ ਦੇ ਲਿਏ ਕੀਤਾ ਪ੍ਰੋਤਸਾਹਿਤ

ਲੁਧਿਆਣਾ: 75ਵੇਂ ਆਜ਼ਾਦੀ ਦਾ ਅਮੁੱਤ ਸਮੇਲਨ ਦੇ ਚੌਥੇ ਦਿਨ ਦੇ ਰੂਪ ਮੈਂ ਵਿਧਿਅਲ ਸਟੂਡੈਂਟ ਪੋਸ਼ਣ ਮਹੀਨੇ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵਿਮੇਨ ਗੁਜਰਖਾਨ ਪਰਿਸਰ ਮੈਂ ਮਨਾ ਕੀਤਾ ਗਿਆ। ਸਪੱਤਮ ਕਰ ਵਿਧਿ (8-15 ਸਤੰਬਰ) ਪੋਸ਼ਣ ਦੇ ਲਿਏ ਯੋਗ ਅਤੇ ਆਯੂਰਬ ਰੱਖਾ। ਸ਼ਾਰੀਰਿਕ ਵਿਭਾਗ ਅਤੇ ਗੁਰੂ ਵਿਭਾਗ ਦੇ ਸਹਿਯੋਗ ਦੇ ਕੋਲੇਜ ਕੋਲੇ ਆਈਕਿਯੂਏਸੀ ਅਤੇ ਐਨਐਸਐਸ ਯੂਨਿਟ ਕੋਲੇ ਆਈਕਿਯੂਏਸੀ ਅਤੇ ਐਨਐਸਐਸ ਯੂਨਿਟ ਦੇ ਅਲਗ-ਅਲਗ ਸਹਿਯੋਗ ਕਰਵਾਏ ਗਏ। ਸ਼ਾਰੀਰਿਕ ਵਿਭਾਗ ਕੋਲੇ ਸਹਾਇਕ ਪ੍ਰੋਫੈਸਰ ਰਾਜਵੀਰ ਕੌਰ ਕੋਲੇ ਆਈਕਿਯੂਏਸੀ ਅਤੇ ਐਨਐਸਐਸ ਯੂਨਿਟ ਦੇ ਅਲਗ-ਅਲਗ ਸਹਿਯੋਗ ਕਰਵਾਏ ਗਏ। ਇਸਮੇਂ ਸਵਿਥ ਯੋਗ ਦੇ ਲਿਏ ਵਿਭਿਨ ਸਟੂਡੈਂਟ ਯੋਗ ਦੇ ਸਵਿਥ ਯੋਗਮਨ ਖੀ ਸ਼ਾਮਿਲ ਰੱਖੇ। ਗੁਰੂ ਵਿਭਾਗ ਕੋਲੇ ਸਹਾਇਕ ਪ੍ਰੋ. ਸ਼ਿਵਾ ਕਾਲਰਾ ਨੇ ਸ਼ਾਰੀਰਿਕ ਸਹਿਯੋਗ ਦੇ ਲਿਏ ਸਵਿਥ ਯੋਗ ਦੇ ਲਿਏ ਵਿਭਿਨ ਸਟੂਡੈਂਟ ਯੋਗ ਦੇ ਸਵਿਥ ਯੋਗਮਨ ਖੀ ਸ਼ਾਮਿਲ ਰੱਖੇ। ਗੁਰੂ ਵਿਭਾਗ ਕੋਲੇ ਸਹਾਇਕ ਪ੍ਰੋ. ਸ਼ਿਵਾ ਕਾਲਰਾ ਨੇ ਸ਼ਾਰੀਰਿਕ ਸਹਿਯੋਗ ਦੇ ਲਿਏ ਸਵਿਥ ਯੋਗ ਦੇ ਲਿਏ ਵਿਭਿਨ ਸਟੂਡੈਂਟ ਯੋਗ ਦੇ ਸਵਿਥ ਯੋਗਮਨ ਖੀ ਸ਼ਾਮਿਲ ਰੱਖੇ। ਗੁਰੂ ਵਿਭਾਗ ਕੋਲੇ ਸਹਾਇਕ ਪ੍ਰੋ. ਸ਼ਿਵਾ ਕਾਲਰਾ ਨੇ ਸ਼ਾਰੀਰਿਕ ਸਹਿਯੋਗ ਦੇ ਲਿਏ ਸਵਿਥ ਯੋਗ ਦੇ ਲਿਏ ਵਿਭਿਨ ਸਟੂਡੈਂਟ ਯੋਗ ਦੇ ਸਵਿਥ ਯੋਗਮਨ ਖੀ ਸ਼ਾਮਿਲ ਰੱਖੇ। ਗੁਰੂ ਵਿਭਾਗ ਕੋਲੇ ਸਹਾਇਕ ਪ੍ਰੋ. ਸ਼ਿਵਾ ਕਾਲਰਾ ਨੇ ਸ਼ਾਰੀਰਿਕ ਸਹਿਯੋਗ ਦੇ ਲਿਏ ਸਵਿਥ ਯੋਗ ਦੇ ਲਿਏ ਵਿਭਿਨ ਸਟੂਡੈਂਟ ਯੋਗ ਦੇ ਸਵਿਥ ਯੋਗਮਨ ਖੀ ਸ਼ਾਮਿਲ ਰੱਖੇ।

3. WEEK (16-23 SEPTEMBER)

Day	Date	Action taken	Organized by
Thursday	September 16-23, 2021	<p>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).</p> <p>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.</p>	IQAC and NSS Unit in collaboration with Department of Home Science

Thematic Rashtriya Poshan Maah, 2021 was being celebrated in Guru Nanak Khalsa College for Women, Gujarkhan campus, Ludhiana as part of 75th Azadi Ka Amrit Mahotsav. 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).

- Mrs. Shikha Kalra, 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. Maneeta Kahlon 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.



PRESS CLIPPINGS

महिला कॉलेज में मनाया गया राष्ट्रीय पोषण माह

तुशियाना | 75वें आजादी का अमृत महोत्सव के हिस्से के रूप में विषयगत राष्ट्रीय पोषण माह 2021 गुरु नानक खालसा महिला कॉलेज, गुजरवाँ परिसर में मनाया गया। इसका विषय ठेका जोड़ वाले जिलों में आंगनवाड़ी के स्थापितियों को क्षेत्रीय पोषण किट का वितरण रहा। कार्यक्रम अधिकारी डॉ. नीतू प्रकाश व्यवसाय प्रबंधन और खाणज्य विभाग और सहायक प्रोफेसर सतवंत कौर कंप्यूटर विज्ञान और अनुप्रयोगों के विभाग के मार्गदर्शन में गृह विज्ञान विभाग के सहयोग से कॉलेज की आईक्यूएसी और एनएसएस इकाई द्वारा उपरोक्त विषय पर विभिन्न गतिविधियों का आयोजन किया गया। गृह विज्ञान विभाग की सहायक प्रोफेसर शिल्पा कलरा ने पोषाहार व्यंजनों के महत्व के बारे में जागरूकता पैदा करने के लिए पारंपरिक व्यंजन किटनी तैयार की। एनएसएस स्वयंसेवकों ने स्वतंत्र क्षेत्र के बच्चों को पोषण किट वितरित की। प्रिंसिपल डॉ. मनीता कालो ने छात्रों को अपनी दैनिक जीवन शैली में इन प्रथाओं का पालन करने के लिए प्रोत्साहित किया।

4. Week (24-30 September)

Day	Date	Action taken	Organized by
Thursday	September 24-30, 2021	<p>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).</p> <p>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.</p> <p>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.</p>	IQAC and NSS Unit

Thematic Rashtriya Poshan Maah, 2021 was being celebrated in Guru Nanak Khalsa College for Women, Gujarkhan campus, Ludhiana as part of 75th Azadi Ka Amrit Mahotsav. 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. Maneeta Kahlon 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.



PRESS CLIPPINGS

स्टूडेंट्स को संतुलित भोजन खाने के लिए किया प्रेरित

लुधियाना (अमन)

शुरुआत में, खालसा
कॉलेज लीडर यूनिवर्सिटी
गुजरखा कैम्पस में
राष्ट्रीय पोषण
माह मनाया गया।
प्रोग्राम का विषय
एस.ए.एम. बच्चों
की पहचान और
उनके लिए
सामुदायिक रसोई
सेवा का। कार्यक्रम के
अधिकारी डा. नील
प्रकाश के मार्गदर्शन में कॉलेज



कॉलेज में पोषण माह के स्टूडेंट्स।

की आई.व्यु.ए.सी. और एन.एस.एस. इकाई द्वारा उपरोक्त विषय पर विभिन्न
गतिविधियों का आयोजन किया गया। शिक्षा मंत्रालय ने भोजन और पोषण,
स्वस्थ भोजन प्रथाओं, संतुलित आहार, हाथ धोने के महत्व आदि के बारे में
जगरूकता फैलाने के लिए पोषण 2.0 विषय का आयोजन किया गया। प्रोग्राम
में व्यक्ति के जीवन में पौधों और हरिद्वारी के महत्व के बारे में भी बताया।

Guru Nanak Khalsa College celebrates Rashtriya Poshan Maah

LUDHIANA : Guru Nanak
Khalsa College for
Women, Gujarkhan
Campus, celebrated
Rashtriya Poshan Maah as
a part of the 75th Azadi Ka
Amrit Mahotsav. The
IQAC 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
(IYCF) 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!!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.	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. ManeetaKahlon encouraged the students to follow fitness regime in their daily routine in order to get freedom from obesity, laziness, stress, anxiety, diseases etc



PRESS CLIPPINGS

'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. ns

SUMMARIZED QUARTER I REPORT

Sr. no	Activity	Date
	COMMEMORATION OF 75TH 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 online essay writing competition	August 3 ,2021
3.	Volunteers sang the National Anthem to mark the 75th anniversary of India's Independence	August 14, 2021.
4.	Volunteers took catch-the-rain pledge, Fit-India-Freedom-run pledge	August 15, 2021
5.	Flag Hoisting Ceremony	August 16, 2021
	SWACHHATA PAKHWADA	
6.	Volunteers took Swachh Bharat Pledge, Anti-Littering Pledge and E-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 CELEBRATIONS.	
	WEEK I September 1-7, 2021	
	i. Tree plantation Drive	September 03, 2021
	ii. Sensitization Awareness Drive for COVID Protocols	September 06, 2021
	WEEK II September 8-15, 2021	
	i Free COVID-19 Vaccination Camp	September 08, 2021
	ii Yoga sessions throughout the week	September 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	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		
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11.	Fit India Freedom Run	September 8 , 2021

Neelam
NSS Programme Officer

Neelam
Principal
G.J.L. College for Women
Model Town, LUDHIANA

GURU NANAK KHALSA COLLEGE FOR WOMEN
MODEL TOWN LUDHIANA

REPORT

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	<p>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..</p> <p>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.</p> <p>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.</p> <p>Mrs. Manjit Kaur, former Principal of the college, also graced the occasion.</p> <p>The event was conducted under the guidance of Dr. Balbir Kaur (Librarian) and Mrs. Rajwinder Kaur (Dept. of Business Mgmt & Commerce).</p> <p>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.</p>	<p>IQAC in collaboration with NSS Unit and SAP Committee</p>

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. Maneeta Kahlon 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.



PRESS CLIPPINGS

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

लुधियाना। गुरु नानक खालसा कॉलेज फॉर वुमन, गुजरखाना कैम्पस की आईक्यूएसी 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 वर्कशॉप करवाई। युवा अफेयर्स एंड स्पोर्ट्स मंत्रालय की तरफ से 1 से 31 अक्टूबर तक शुरू किए गए स्वच्छ भारत कार्यक्रम के तहत एनएसएस इकाई के स्वयंसेवकों और कार्यक्रम अफसरों डॉ. नीतू प्रकाश व्यवसाय प्रबंधन और वाणिज्य विभाग, सतवंत कौर कंप्यूटर विज्ञान और अनुप्रयोग विभाग ने भी कार्यक्रम में भाग लिया। संसाधन व्यक्ति प्रीति राव थीं, जो बेंगलुरु स्थित पर्यावरण-उद्यमी थीं। वह सोशल एंड सोल की संस्थापक हैं, जोकि संस्था है, जो स्थिरता के बारे में जागरूकता लाने में लगी है। कॉलेज पूर्व डिस्ट्रिक्ट मंत्री कौर ने शिरकत की।

Workshop on waste mgmt held

LUDHIANA: The IQAC 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 Bengaluru-based 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	<p>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.</p> <p>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.</p> <p>Dr Karanbir Singh Gill, Scientist, Punjab Agricultural University was the Resource Person.</p>	IQAC in collaboration with SAP Committee, Eco Club and NSS Unit

IQAC in 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.

The eminent resource person was Dr. Karanbir 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. Maneeta Kahlon 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.



PRESS CLIPPINGS

ਪੱਤਿਆਂ ਅਤੇ ਕੂੜੇ ਤੋਂ ਤਿਆਰ ਹੋਵੇਗੀ ਖਾਦ

ਨੁਧਿਆਣਾ: ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ, ਗੁਜਰਪਾਨ ਕੰਪਸ ਵਿੱਚ ਹੁਣ ਕੂੜੇ, ਪੱਤਿਆਂ ਅਤੇ ਜੈਵਿਕ ਰਹਿੰਦ ਖੁਹਦ ਤੋਂ ਖਾਦ ਤਿਆਰ ਹੋਇਆ ਕਰੇਗੀ। ਇਸ ਕੰਮ ਨੂੰ ਨੇਪਰੇ ਚਾੜ੍ਹਨ ਲਈ ਕਾਲਜ ਵਿੱਚ ਐਸਏਪੀ, ਈਕੋ ਕਲੱਬ ਅਤੇ ਐਨਐਸਐਸ ਯੂਨਿਟ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਆਈਕਿਊਏਸੀ ਨੇ ਕੰਪੋਸਟਿੰਗ ਯੂਨਿਟ ਸਥਾਪਤ ਕੀਤਾ ਗਿਆ ਹੈ। ਇਸ ਸਬੰਧੀ ਕਰਵਾਏ ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਹਿੱਸਾ ਲੈਂਦਿਆਂ ਐਸਏਪੀ ਗਰੀਨ ਕਮੇਟੀ ਦੇ ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ ਡਾ. ਬਲਬੀਰ ਕਰ, ਡਾ. ਪਰਵੀਨ ਅਰੋੜਾ ਅਤੇ ਗਰਨੀਰਪਾਲ ਕੌਰ ਦੇ ਨਾਲ ਨਾਲ ਡਾ. ਨੀਰੂ ਪ੍ਰਕਾਸ਼ ਅਤੇ ਸਤਵੰਤ ਕੌਰ ਨੇ ਦੱਸਿਆ ਕਿ ਪੱਤਿਆਂ ਅਤੇ ਕੂੜੇ ਆਦਿ ਤੋਂ ਤਿਆਰ ਹੋਣ ਵਾਲੀ ਖਾਦ ਦੀ ਵਰਤੋਂ ਪੌਦਿਆਂ ਅਤੇ ਨਰਸਰੀ ਵਿੱਚ ਲੱਗੇ ਬੂਟਿਆਂ ਨੂੰ ਪਾਲਿਟ ਲਈ ਵਰਤੀ ਜਾਵੇਗੀ।

ਖੇਡਰੀ ਪ੍ਰੀਤਨਿਧ

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



PRESS CLIPPINGS

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 non-teaching 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	<i>‘Ek Bharat Shreshth Bharat’</i> 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 <i>‘Ek Bharat Shreshth Bharat’</i> programme which aims to enhance interaction and promote mutual understanding between people of different states/UTs through the concept of state/UT pairing.	IQAC and NSS Unit

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 Pradesh which is the paired state of Punjab. *‘Ek Bharat Shreshth 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.	IQAC and NSS Unit

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**

A grid of 33 participant tiles in a Google Meet session. The tiles are arranged in a grid with 8 columns and 4 rows. The bottom row contains 3 tiles: '2025 Amandeep k...', 'Dr. Neetu Prakash' (highlighted with a blue border), '3 others', and 'You'. Each tile shows a profile picture or a colored circle with a letter, and a name below it. The interface includes a bottom toolbar with icons for mute, video, chat, screen share, and a red phone icon. The time '10:40 AM' and meeting ID 'kgg-xymn-hmv' are displayed in the bottom left.

manmeet kaur	198Stuti Saharan	Gursimran Kaur	Priya Kapoor	1688 Arshveen Kaur	1675, Pranjali Singla	Harpreet Kaur	Manisha Verma
1130 Charanjit Kaur	1625 Nandini Thak...	2718 kashish arora	1109 Bhavika Ahuja	1622 Parul Kaundal	Harpreet Kaur	1324 Sonpreet Kaur	KAILASH NATH
2007 Purna Bansal	2012Inderdeep Ka...	1103 Priyanka Gu...	1699 Rachna arya	Jyoti Verma	2021 Isha Bhola	2017Sania Gupta	2738 Vishally
2013 Mandeep Kaur	Maninder Kaur	2714 Manpreet Ka...	2737khushi	1306 Chahat Jain	jagtar singh	1695 Muskan Grov...	Garima Narula
2025 Amandeep k...	Dr. Neetu Prakash	3 others	You				

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/CV0kyzEB2ep/?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	<ol style="list-style-type: none"> 1. https://www.instagram.com/p/CVxaez4BK33/?utm_medium=share_sheet 2. https://www.instagram.com/p/CVyFcYjhpFO/?utm_medium=share_sheet 3. https://www.facebook.com/646575452429581/posts/1295501614203625/?sfnsn=wiwspmo 4. https://www.instagram.com/p/CV0kyzEB2ep/?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 –Roshni, 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.	IQAC, SAP Committee and NSS Unit in collaboration with Government Dispensary, Model Town, Ludhiana	<ol style="list-style-type: none"> 1. https://www.instagram.com/p/CWDWOn1BJrf/?utm_medium=share_sheet 2. https://www.instagram.com/p/CWIGqjph4sp/?utm_medium=share_sheet 3. https://www.instagram.com/p/CWIHnVWhbpb/?utm_medium=share_sheet 4. https://www.instagram.com/p/CWLejambPcT/?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.



PRESS CLIPPINGS

गुरु नानक खालसा कॉलेज में कोविड परीक्षण



लुधियाना। मॉडल टाउन स्थित गुरु नानक खालसा कॉलेज परी वुमन गुजरखाना कैम्पस की आंतरिक गुणवत्ता आरवासन सेल और एनएसएस यूनिट, सरकारी औषधालय के सहयोग से मंगलवार को परिसर में कोविड परीक्षण किया गया। यूरोएचसी मॉडल टाउन से स्वास्थ्य अधिकारियों परामिंदर कौर, स्टाफ नर्स, हरमिंदर, मंजू आशा वर्कर्स की टीम ने नमूने लेने के लिए कॉलेज परिसर का दौरा किया। टीम कर्मचारियों के साथ छात्रों से भी प्रतिदिन 50 नमूने एकत्र करेगी।

जीएनकेसीडब्ल्यू में लगाया गया कोविड टेस्टिंग कैम्प

जलाल खानाबाद, लुधियाना। गुरु नानक खालसा कॉलेज परी वुमन गुजरखाना कैम्पस मॉडल टाउन में आंतरिक गुणवत्ता आरवासन सेल और एनएसएस यूनिट सहित औषधालय मॉडल टाउन के सहयोग से कोविड टेस्टिंग कैम्प का आयोजन किया गया।

यूरोएचसी मॉडल टाउन से स्वास्थ्य अधिकारियों परामिंदर कौर, हरमिंदर और मंजू आशा वर्कर्स। इस दौरान छात्रों के दौरा किए गए। प्रतिक्रिया से कठिन बहानों ने हमने को कोविड टेस्टिंग कैम्प का दौरा कर लिया है।



लुधियाना के जीएनकेसीडब्ल्यू में आयोजित - 19 कोविड कैम्प के दौरान परीक्षण के संकेतक और नमूने लेने का - विडियो

Webinar on Investor Awareness at GNKCW

Day	Date	Action taken	Organized by	Social Media links
Saturday	November 13, 2021	<p>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.</p> <p>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.</p> <p>The webinar was organized under the guidance of NSS Programme Officers, Dr. Neetu Prakash and Mrs. Satwant Kaur.</p>	IQAC and NSS unit	https://www.instagram.com/p/CWNxR4tF7NH/?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.



PRESS CLIPPINGS

निवेशक जागरूकता पर कराया वेबिनार



लुधियाना: गुरु नानक खालसा कॉलेज पॉर वूमन, जीएनकेसीडीएन्यू गुजरखान कैम्पस, मॉडल टाउन की आंतरिक गुणवत्ता आरक्षण प्रकोष्ठ और एनएसएस इकाई ने शनिदिन पर संचालित मॉड पर की निर्दिष्ट करने के लिए निवेशक जागरूकता विषय पर एक वेबिनार का आयोजन किया। एनएसएस कार्यक्रम अधिवक्ता डॉ. नीतू प्रकाश और सहसंचालक के कुशल मार्गदर्शन में छात्रों को निवेशक के रूप में उनके अधिकारों के बारे में ज्ञान मिला। यह गतिविधि निवेशक रिस्क और संरक्षण बीच संबंधों को पहल के तहत की गई थी। कंजलवती सिंह रिसेम्पर्सन थे। वेबिनार में प्रमुख मुद्दों पर प्रकाश डाला गया है कि स्टॉक एक्सचेंजों में सुरक्षित व्यापार कैसे किया जाए और निवेशक कंपनियों के दावतों और प्रमोटरों से अपनी रक्षा कैसे कर सकते हैं। डिपॉजिटरी और स्टॉक एक्सचेंजों के इन क्लियरिंग के अलावा, आईटीओ की प्रक्रिया, डीपैट्रिक्टोरेशन, फिलॉसॉफी कॉर्पोरेशन, म्यूचुअल फंड की भूमिका और भारतीय शेयर बाजार में सेबी पर चर्चा की गई। विभिन्न डॉ. मनीता फाउलॉ ने संसाधन सर्विस का उपहार व्यक्त 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. HTC

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	<ol style="list-style-type: none"> 1. https://www.facebook.com/646575452429581/posts/1311842715902848/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CW3gLXuPYgD/?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.



Gujarkhan Campus, Gujarkhan Road, Model Town, Patti Nagar, Model Town, Ludhiana, Punjab 141002, India

Ludhiana
Punjab
India

23°C
73°F

2021-11-20(Sat) 10:03(AM)

GURU NANAK KHALSA COLLEGE FOR WOMEN
GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA
IQAC & NSS UNIT
ORGANIZES
Sweep 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.	Red Ribbon Club and NSS Unit under IQAC	1. https://www.instagram.com/p/CWxfVy0h4b7/?utm_medium=share_sheet 2. https://www.facebook.com/646575452429581/posts/1310430422710744/?sfnsn=wispmo

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



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कालेज में 'एक भारत श्रेष्ठ भारत प्रोग्राम' करवाया



पंजाबी परिवारों में वैचार कालेज की स्टूडेंट्स।

सुधियाना 28 नवंबर (अमर): गुरु नानक खालसा कालेज फॉर वुमन, गुजरखान कैम्पस में 'एक भारत श्रेष्ठ भारत' प्रोग्राम करवाया गया। प्रोग्राम रेड रिबन क्लब व एनएसएस यूनिट के इंटरनल क्वॉलिटी एंजोर्स गैल के सहयोग से डॉ. नीतू प्रकाश व सतवंत कौर की अध्यक्षता में कराया गया। कालेज की स्टूडेंट्स को तरफ से गिरा डालकर सभी का मनोरंजन किया गया। इस मौके पर प्रिंसिपल डॉ. मनीता काहलौ ने कहा कि इस तरह के प्रोग्राम करवाने से हमारी नॉ चोले पंजाबी को बढ़ावा देने के लिए इस तरह के प्रोग्राम होते रहने चाहिए ताकि अक्सर युवा पीढ़ी अपनी पंजाबी विरासत के साथ भी जुड़ा जा सके।

जीएनकेसीडब्ल्यू में मनाया एक भारत श्रेष्ठ भारत



सुधियाना। गुरु नानक खालसा कालेज फॉर वुमन, जीएनकेसीडब्ल्यू गुजरखान कैम्पस की रेड रिबन क्लब और एनएसएस यूनिट ने आंतरिक गुणवत्ता आश्वासन सेल के सहयोग से एक भारत श्रेष्ठ भारत मनाया। यह कतिबिधि कार्यक्रम अधिकांसी डॉ. नीतू प्रकाश और सतवंत कौर के मार्गदर्शन में 18 नवंबर, 2021 को आयोजित की जाती है। कालेज परिसर में छात्रों द्वारा गिरा पेश किया गया। प्रिंसिपल डॉ. मनीता काहलौ ने इस प्रकार की गतिविधियों को प्रोत्साहित किया, जो हमारी मातृभाषा पंजाबी को बढ़ावा देने में सहायक है।

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.	IQAC and NSS Unit of the college, in collaboration with Government Dispensary, Model Town, Ludhiana	1. https://www.facebook.com/646575452429581/posts/1312220845865035/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CW5UzMsBKIF/?utm_medium=share_sheet



GNKCW celebrates International Volunteer Day

Day	Date	Action taken	Organized by	Social media Links
Saturday	December 04, 2021	<p>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:</p> <ol style="list-style-type: none"> 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 the durability of soil and to further ensure sustainable development. 	NCC Wing, NSS Unit, Youth Club, Red Ribbon Club, Red Cross Society, Swachhata Police, and Eco Club in collaboration with SAP Committee under IQAC	<ol style="list-style-type: none"> 1. https://www.facebook.com/646575452429581/posts/1314875268932926/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CXEDIrSFeaG/?utm_medium=share_sheet 3. https://www.facebook.com/646575452429581/posts/1315289942224792/?sfnsn=wiwspmo 4. https://www.facebook.com/646575452429581/posts/1315295585557561/?sfnsn=wiwspmo 5. https://www.instagram.com/gnkcw/p/CXF6bICldqG/?utm_medium=share_sheet 6. https://www.instagram.com/p/CXF8KCxF4s1/?utm_medium=share_sheet

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.



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अंतरराष्ट्रीय स्वयंसेवी दिवस पर कार्यक्रम कराया



लुधियाना। गुरु नानक खालसा कॉलेज फॉर वुमन, गुजर खान कैम्पस, मॉडल टाउन, लुधियाना के आंतरिक गुणवत्ता आश्वासन सेल ने स्वच्छता कार्य योजना समिति (एसएपी) के सहयोग से एनसीसी विंग, एनएसएस युनिट, रेड रिबन क्लब, युव क्लब, रेड क्रॉस, स्वच्छता फूटिस और इको क्लब के छात्रों ने अंतरराष्ट्रीय स्वयंसेवी दिवस मनाया। स्टूडेंट्स ने शपथ ली और विभिन्न गतिविधियों को अंजाम दिया। लोक प्रशासन विभाग के सहायक प्रोफेसर डॉ. परवीन अरोड़ा ने इस दिन के महत्व के बारे में जानकारी दी। प्रिंसिपल डॉ. मनीता कौहली 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

जगमग संवाददाता, लुधियाना। गुरु नानक खालसा कॉलेज फॉर वुमन गुजरखान कैम्पस मॉडल टाउन के आंतरिक गुणवत्ता आश्वासन सेल ने स्वच्छता कार्य योजना समिति (एसएपी) के सहयोग से अंतरराष्ट्रीय स्वयंसेवी दिवस मनाया। इसमें एनसीसी विंग, एनएसएस युनिट, रेड रिबन क्लब, युव क्लब, रेड क्रॉस सोसायटी के बच्चों ने हिस्सा लिया।

यह दिन स्वयंसेवकों और संगठनों को उनके प्रयासों, भुक्तियों का जश्न मनाने और अपने समुदायों के बीच अपने काम को बढ़ावा देने का अवसर प्रदान करता है। कॉलेज के लोक प्रशासन विभाग के सहायक प्रोफेसर डॉ. परवीन अरोड़ा द्वारा एक संघात्मक व्याख्यान दिया। प्रिंसिपल डॉ. मनीता कौहली ने छात्रों के प्रयासों की सराहना की।



लुधियाना के गुरु नानक खालसा कॉलेज फॉर वुमन में अंतरराष्ट्रीय स्वयंसेवी दिवस सेलिब्रेशन के दौरान स्टाफ सदस्य ● जगमग

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/646575452429581/posts/1322983341455452/?sfnsn=w_iwspmo 2. https://www.instagram.com/p/CXlgdWJFqSY/?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.





GURU NANAK KHALSA COLLEGE FOR WOMEN
Gujarkhan Campus, Model Town, Ludhiana
Under the aegis of Internal Quality Assurance Cell

NSS Unit
Organises

Lecture on: Culture and Tourism of Andhra Pradesh
UNDER EK BHARAT SHRESHTHA BHARAT
December 17, 2021

Organiser
Dr. Beeta Prakash
Mrs. Satwant Kaur


Resource Person
Dr. Maneeta Kahlon
Principal



PRESS CLIPPING



लुधियाना। गुरुनानक खालसा महिला कॉलेज, गुजरखाम परिसर की एनएसएस इकाई के तत्वावधान में एक भारत श्रेष्ठ भारत मनाया गया। यह गतिविधि कार्यक्रम अधिकारी डॉ. मोतू प्रकाश और सतवंत कौर के मार्गदर्शन में आयोजित की गई। इस मौके पर आंध्र प्रदेश की संस्कृति और पर्यटन पर एक व्याख्यान का आयोजन किया गया। प्रिंसिपल डॉ. मनीता काहलॉ रिसोर्स पर्सन रही। उन्होंने तिरुपति बल्ला जी मंदिर, इस्तनिर्मित रेशम बुनाई उद्योग, उनके भोजन, चिड़ियाखर, कुश्चिपुड़ी नृत्य के इतिहास पर बर्चा कर आंध्र प्रदेश के पर्यटन और संस्कृति के बारे में बात की। उन्होंने आंध्र प्रदेश के ऐतिहासिक महत्व पर भी प्रकाश डाला। उन्होंने आगे इस प्रकार की गतिविधियों को प्रोत्साहित किया।

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

Day	Date	Action taken	Organized by	Social media Links
Friday	December 24-30, 2021	Dr. Neetu Prakash and Mrs. Satwant Kaur attended a seven-day Orientation program for the NSS program officers organized by Empanelled Training Institute and Institute for Development and Communication at Chandigarh University, Gharuan from December 24, 2021, to December 30, 2021. They were felicitated by the college Principal, Dr. Maneeta Kahlon on successful completion of the training program.	Chandigarh University, Gharuan	1. https://www.facebook.com/646575452429581/posts/1333759557044497/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CYRMcZy15Bd/?utm_medium=share_sheet





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.	<u><i>Ek Bharat Shreshth Bharat</i></u> 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 GNKCW	
	I. Organize an Awareness lecture on the theme -Eco-friendly Diwali	November 02, 2021
	II. 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
9.	Giddha was performed under <u><i>Ek Bharat Shreshth Bharat</i></u> 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 Pradesh - <i>Ek Bharat Shreshth Bharat</i>	December 17, 2021
14.	NSS Program Officers of the college to attend seven-day Orientation program	December 24-30, 2021

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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 Pradesh - <i>Ek Bharat Shreshth Bharat</i>	December 17, 2021
14.	NSS Program Officers of the college to attend seven-day Orientation program	December 24-30, 2021

Neetu Prakash
NSS Programme Officer

Neetu Prakash
G.W. 102 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	NSS Program Officers Dr. Neetu Prakash and Mrs. Satwant Kaur attended an online meeting for registration in National Youth Festival 2022 on January 10, 2022 organized by the NSS Department. During the meeting, they were informed regarding the registration process to be followed for the National Youth Festival 2022 and also about direct submission of essays (Essay Topics: India of My Dream-Visions 2047 and Local Unsung Heroes/Freedom Fighters) by NSS volunteers on Namu App.	IQAC and NSS Unit	1. https://www.facebook.com/646575452429581/posts/1339153543171765/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CYnjGFArZTu/?utm_medium=share_sheet

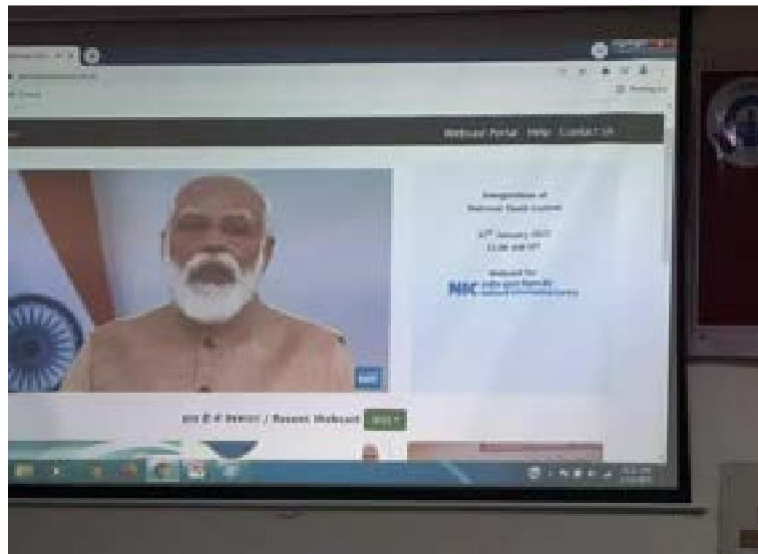
PHOTOGRAPHS



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	<p>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 '<i>Ek Bharat Shreshtha Bharat</i>' program to convey the message of 'Unity in Diversity' throughout India. The students of the Department of Journalism and Mass Communication videographed the celebrations.</p>	NSS Unit in collaborati-on with Department of Journalism and Mass Communication under IQAC	<ol style="list-style-type: none"> 1. https://www.facebook.com/646575452429581/posts/1340613519692434/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CYtoEn4lizt/?utm_medium=share_sheet 3. https://fb.watch/ayEGEjfP3f/ 4. https://www.instagram.com/tv/CYwcb1Ohyhw/?utm_medium=share_sheet

PHOTOGRAPHS



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जी.एन.के.सी.डब्ल्यू. में मकर संक्रांति समारोह मनाया



लुधियाना। गुरु नानक खालसा कॉलेज फॉर वूमन, (जी.एन.के.सी.डब्ल्यू.) गुजरखान कैम्पस, मॉडल टाउन में मकर संक्रांति पूरे हॉस्पिटलिस के साथ मनाई गई। कार्यक्रम की शुरुआत श्री जपजी साहिब जी और श्री चौधई साहिब जी के पाठ के साथ हुई और उसके बाद अरदास की गई। प्रभुजोत कौर, विभागाध्यक्ष, पंजाबी विभाग ने इस दिन के महत्व पर प्रकाश डाला। यह फसल के मौसम की शुरुआत का प्रतीक है जब लोग नई फसलों की पूजा करते हैं और उन्हें खुशी के साथ स्वागत करते हैं। कॉलेज की डिप्टी प्रिंसिपल डॉ. मनोला बरहलो ने सभी को भलाई के लिए प्रार्थना की और उनसे सर्वशक्तिमान द्वारा दिशाएं ग्रहण पर चलने का आग्रह किया। उन्होंने यह भी कहा कि भविष्य अधिक सुखित और स्वस्थ वातावरण लाएगा।

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



श्री जपजी साहिब जी और श्री चौधई साहिब का पाठ करते अध्यापक।

लुधियाना, 14 जनवरी अरदास की गई। प्रभुजोत कौर, (रजनी) : गुरु नानक खालसा विभागाध्यक्ष, पंजाबी विभाग ने इस कॉलेज फॉर वूमन, गुजरखान कैम्पस, दिन के महत्व पर प्रकाश डाला। मॉडल टाउन में मकर संक्रांति कार्यक्रम की प्राचार्य डॉ. मनोला हॉस्पिटलिस के साथ मनाई गई। कार्यक्रम बरहलो ने सभी को भलाई के लिए म को शुरुआत श्री जपजी साहिब प्रार्थना की और उनसे सर्वशक्तिमान जी और श्री चौधई साहिब जी के साथ दिशाएं ग्रहण पर चलने का

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	National Girl Child Day was celebrated in the college with an Intra Class Poster making competition on the theme _Save Girl Child'. This day was celebrated under the Ministry of Women and Child Development to promote the social, cultural, political, and economic identity of women. On this occasion, 45 students of the college prepared posters depicting the importance of saving the girl child. A seminar was also conducted by the NSS Unit on the topic —Save Girl Child. This activity was conducted under the supervision of NSS Programme Officers, Dr. Neetu Prakash and Mrs. Satwant Kaur, and Mrs. Harpreet Kaur, Department of Fine Arts. On this Occasion Principal, Dr. Maneeta Kahlon emphasized the contribution being made by girls in the fields of sports, literature, science, education.	NSS Unit and Department of Fine Arts under IQAC	1. https://www.facebook.com/646575452429581/posts/1346549859098800/?sfnsn=wiwspm0 2. https://www.instagram.com/p/CZGuHJCleqG/?utm_medium=share_sheet

PHOTOGRAPHS



PRESS CLIPPINGS

जीएनकेसीडब्ल्यू में सेव गर्ल चाइल्ड पर इंटर क्लास पोस्टर मेकिंग प्रतियोगिता करवाई



छात्राओं ने बालिकाओं को बचाने के महत्व को दर्शाने वाले पोस्टर तैयार किए।

सिटी रिपोर्टर | लुधियाना

गुरुनानक खालसा कॉलेज फॉर वूमन, जीएनकेसीडब्ल्यू गुजरखान परिसर के एनएसएस इकाई और ललित कला विभाग ने आंतरिक गुणवत्ता आश्वासन प्रकल्प के तत्कालाभन में सेव गर्ल चाइल्ड विषय पर इंटर क्लास पोस्टर मेकिंग प्रतियोगिता आयोजित करके राष्ट्रीय बालिका दिवस मनाया। महिलाओं की सामाजिक, सांस्कृतिक, राजनीतिक और आर्थिक पहचान को बढ़ावा देने के लिए महिला एवं बाल विकास

मंत्रालय के तहत यह दिवस मनाया गया। इस मौके पर 45 छात्राओं ने बालिकाओं को बचाने के महत्व को दर्शाने वाले पोस्टर तैयार किए। एनएसएस यूनिट की ओर से सेव गर्ल चाइल्ड विषय पर एक सेमिनार भी आयोजित किया गया। कॉलेज ने पहले ही लड़कियों की शिक्षा को बढ़ावा देने के लिए कई पहल की हैं जैसे कि अनाथ छात्राओं, मेधावी छात्राओं, समाज के कमजोर वर्गों आदि को छात्रवृत्ति; संस्था ने विविध माध्यमों से बालिका शिक्षा के क्षेत्र में अपने लिए जगह बनाई है।

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 rightl. 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.	Legal Literacy Club, NSS Unit, and Department of Social Sciences under IQAC	1. https://www.facebook.com/646575452429581/posts/1347384215682031/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CZKJ043vzhg/?utm_medium=share_sheet

PHOTOGRAPHS



GURU NANAK KHALSA COLLEGE FOR WOMEN
Gujranwala Campus, Model Town, Ludhiana

Under the aegis of IQAC

Legal Literacy Club, NSS & Department of Social Sciences
Organize

SEMINAR
On
"Respect Your Voting Right"

**Your
Vote
Your
Voice**

CONVENER
Dr. Madhu Dhanraj

PRINCIPAL
Dr. Manjota Kabbal



PRESS CLIPPINGS



राष्ट्रीय मतदाता दिवस के दौरान हस्ताक्षर अभियान में हिस्सा लेती स्टाफ सदस्य • विद्यार्थी

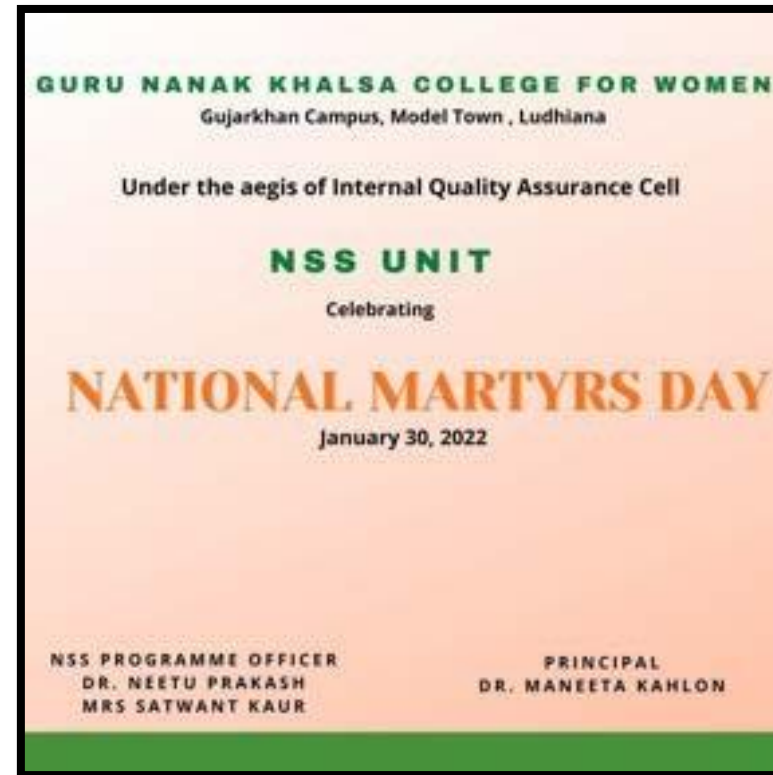
राष्ट्रीय मतदाता दिवस के मौके चलाया गया हस्ताक्षर अभियान

जगरण संस्कारदाता, तुषियाना - गुरु नानक खालसा कालेज परर युमैन गुजरखान कैम्पस के अंतरिक गुणवत्ता आसवासन प्रकॉन्ट के तत्त्वबध्दन में लीगल लिटरेसी क्लब, एनएसएस यूनिट और सामाजिक विज्ञान विभाग ने राष्ट्रीय मतदाता दिवस को समर्पित गतिविधियों का आयोजन किया। यह दिन व्यवस्थित मतदाता शिक्षा और चुनावी भागीदारी (स्वीप) कार्यक्रम के तहत भारत के चुनाव आयोग की नींव को चिह्नित करने के लिए मनाया जाता है। अपने मतदान के अधिकार का सम्मान करें विषय पर एक संगीपटी करवाई गई। संयोजक डा. मधु शर्मा ने कालेज परिसर में मौजूद सभी मतदाताओं को आगामी चुनावों के दौरान शक्तिपूर्ण और सम्मानजनक तरीके से लोकतांत्रिक अधिकार का उपयोग करने के लिए प्रोत्साहित किया। मतदान के अधिकार की सराहना के लिए कालेज परिसर में एक हस्ताक्षर अंदोलन भी चलाया।

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/646575452429581/posts/1350457585374694/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CZW-tlKvn88/?utm_medium=share_sheet

PHOTOGRAPHS



WORLD CANCER DAY Observed at GNKCW

Day and Date	Action to be taken	Action taken	Organized by	Social media Links
Friday, February 04, 2022	To observe World Cancer Day	<p>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 submitted the Quarterly report of NSS activities to the college Principal.</p>	NSS Unit under IQAC	<p>1. https://www.facebook.com/646575452429581/posts/1353617668392019/?sfns=wiwspmo</p> <p>2. https://www.instagram.com/p/CZj986-v3M0/?utm_medium=share_sheet</p>


PHOTOGRAPHS

GURU NANAK KHALSA COLLEGE FOR WOMEN
Gujarkhan Campus, Model Town, Ludhiana

Under the aegis of NSIC

NSS Unit
Observes

World Cancer Day
February 4, 2022



Resource Person
Dr. Sachin Prakash
Director, Texas Oncology and Texas Society of Clinical Oncology Path

NSS Programme Officers
Dr. Neetu Prakash
Ms. Sahani Kaur

Principal
Dr. Manveta Kohli



PRESS CLIPPINGS

World Cancer Day

GNKCW

LUDHIANA: The NSS unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, observed World Cancer Day on campus on Friday. Sucharu Prakash, director, 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.

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 <i>Surya Namaskar project</i>	The college participated in the <i>Surya Namaskar Project</i> , organized as a part of <i>Azadi Ka Amrit Mahotsav</i> 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.	NCC Wing, NSS Unit, and SAP Committee under IQAC	<ol style="list-style-type: none"> 1. https://www.facebook.com/646575452429581/posts/1355484438205342/?sfnsn=wiwspmo 2. https://fb.watch/b0-Get3jWy/ 3. https://www.instagram.com/p/CZrkBRIF7JM/?utm_medium=share_sheet 4. https://www.instagram.com/tv/CZrkOZmlV-x/?utm_medium=share_sheet

PHOTOGRAPHS



PRESS CLIPPINGS

नॉन टीचिंग स्टाफ ने सूर्य नमस्कार किया



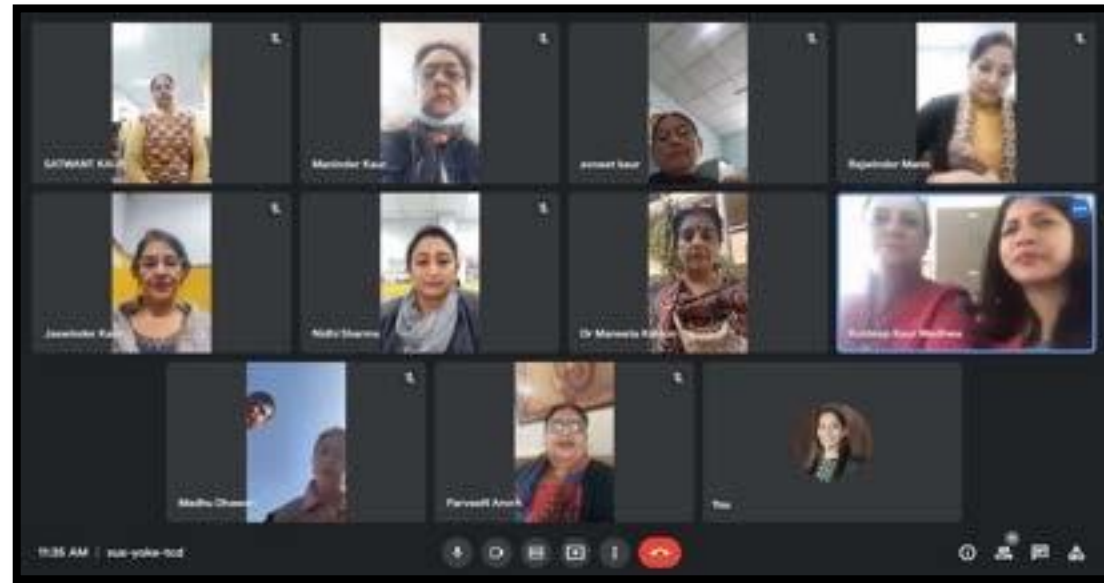
तुषिखना। गुरु नानक खालसा कॉलेज फॉर वुमन, ज़िएनकेसीडब्ल्यू गुजरखान कैम्पस, मॉडल टाउन की एनसीसी विंग, एनएसएस यूनिट और स्वच्छता कार्य योजना (एसएपी) समिति ने आजादी का अमृत महोत्सव के एक भाग के रूप में आयोजित सूर्य नमस्कार परियोजना में हिस्सा लिया। यह परियोजना भारत की स्वतंत्रता की 75वीं वर्षगांठ पर राष्ट्रीय योगासन खेल महसंग के सहयोग से आयुष मंत्रालय द्वारा शुरू की गई थी। यूजीसी समन्वयक डॉ. निधि शर्मा के मार्गदर्शन में यह परियोजना 10 जनवरी से 08 फरवरी तक लगभग एक माह 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 विभिन्न आसन किए। टीचिंग और नॉन टीचिंग स्टाफ ने भी कैम्पस में कई दिनों तक बड़े उत्साह के साथ सूर्य नमस्कार किया। प्रिंसिपल डॉ. मनीता काहलों 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.	NSS Unit under IQAC	1. https://www.facebook.com/646575452429581/posts/1362946830792436/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CaJn8x4L4x5/?utm_medium=share_sheet

Number NSS Volunteers attended: 139

PHOTOGRAPHS



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	The college organized a talk on —Common Menstrual problems in young females for the students. 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. The activity was convened by Dr. Neetu Prakash, Dr. Nidhi Sharma, Ms. Daisy Wadhwa and Mrs. Satwant Kaur. Madam Principal Dr. Maneeta Kahlon thanked the doctors for conducting the awareness drive and encouraged students to go for regular health checkups.	Red Ribbon Club and NSS unit under IQAC	<ol style="list-style-type: none"> 1. https://www.facebook.com/permalink.php?story_fbid=1373656519721467&id=646575452429581 2. https://www.instagram.com/p/CazmLx0lwRu/?utm_source=ig_web_button_share_sheet

PHOTOGRAPHS





ਜੀ.ਐਨ.ਕੇ.ਸੀ. ਡਬਲਯੂ. ਵਿਖੇ ਮੁਫਤ ਸਿਹਤ ਜਾਂਚ ਕੈਂਪ ਦੌਰਾਨ ਪ੍ਰਬੰਧਕ, ਡਾਕਟਰ ਤੇ ਹੋਰ। ਅਜੀਤ ਤਲਵੀਰ

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

ਲੁਧਿਆਣਾ, 7 ਮਾਰਚ (ਪੁਲੀਤ ਭਾਵਾ)- ਹਰੇ ਨਾਨਕ ਖਾਨਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਂਡਰੇਸ ਡੈੱਸ ਨੇ ਡੋਡਾ ਡਿਫਨ ਕਲੱਬ ਅਤੇ ਐਨ ਐਸ ਐਸ ਯੂਨਿਟ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਐੱਸ ਕਾਲਜ ਕੈਂਪਸ ਵਿੱਚ ਵਿਦਿਆਰਥਣਾਂ ਵਿੱਚ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨ ਲਈ ਮੁਫਤ ਸਿਹਤ ਜਾਂਚ ਕੈਂਪ ਲਗਾਇਆ ਗਿਆ। ਜਾਰੀ ਗਰੀਬੀ ਦਾ ਸੰਕਾਸ਼ਨ ਡਾ. ਨੀਤੂ ਪੁਕਾਰ, ਡਾ. ਨਿਧੀ ਕਰਮਾ, ਡਾ. ਡੀ. ਡੀ. ਅਤੇ ਸਰਬੰਤ ਕੋਰ ਨੇ ਕੀਤਾ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਦਰ ਨੇ ਜਾਗਰੂਕਤਾ ਮੁਹਿੰਮ ਲਈ ਆਪਣੀ ਕਮਿਟੀ ਸਮੇਂ ਬੰਦ ਨਈਂ ਡਾਕਟਰਾਂ ਦਾ ਯੋਗਦਾਨ ਕੀਤਾ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਲਗਾਤਾਰ ਸਿਹਤ ਜਾਂਚ ਕਰਵਾਉਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।

ਲੁਧਿਆਣਾ, 7 ਮਾਰਚ (ਪੁਲੀਤ ਭਾਵਾ)- ਹਰੇ ਨਾਨਕ ਖਾਨਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਂਡਰੇਸ ਡੈੱਸ ਨੇ ਡੋਡਾ ਡਿਫਨ ਕਲੱਬ ਅਤੇ ਐਨ ਐਸ ਐਸ ਯੂਨਿਟ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਐੱਸ ਕਾਲਜ ਕੈਂਪਸ ਵਿੱਚ ਵਿਦਿਆਰਥਣਾਂ ਵਿੱਚ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨ ਲਈ ਮੁਫਤ ਸਿਹਤ ਜਾਂਚ ਕੈਂਪ ਲਗਾਇਆ ਗਿਆ। ਜਾਰੀ ਗਰੀਬੀ ਦਾ ਸੰਕਾਸ਼ਨ ਡਾ. ਨੀਤੂ ਪੁਕਾਰ, ਡਾ. ਨਿਧੀ ਕਰਮਾ, ਡਾ. ਡੀ. ਡੀ. ਅਤੇ ਸਰਬੰਤ ਕੋਰ ਨੇ ਕੀਤਾ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਦਰ ਨੇ ਜਾਗਰੂਕਤਾ ਮੁਹਿੰਮ ਲਈ ਆਪਣੀ ਕਮਿਟੀ ਸਮੇਂ ਬੰਦ ਨਈਂ ਡਾਕਟਰਾਂ ਦਾ ਯੋਗਦਾਨ ਕੀਤਾ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਲਗਾਤਾਰ ਸਿਹਤ ਜਾਂਚ ਕਰਵਾਉਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।

ਨਿ:ਸ਼ੁਲਕ ਸ્ਵਾਸਥਯ ਜਾਂਚ ਸ਼ਿਵਿਰ



ਲੁਧਿਆਣਾ (ਜੀ.ਐਨ.ਕੇ.ਸੀ. ਡਬਲਯੂ.) ਦੇ ਆਰਥਿਕ ਗੁਣਕਤਾ ਆਗਵਾਸਮ ਪ੍ਰੋਜੈਕਟ ਦੇ ਤਹਿਤ ਡਿਫਨ ਕਲੱਬ ਅਤੇ ਐਨ ਐਸ ਐਸ ਯੂਨਿਟ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਐੱਸ ਕਾਲਜ ਕੈਂਪਸ ਵਿੱਚ ਵਿਦਿਆਰਥਣਾਂ ਵਿੱਚ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨੇ ਦੇ ਲਿਫ਼ ਮੁਫਤ ਸਿਹਤ ਜਾਂਚ ਕੈਂਪ ਲਗਾਇਆ ਗਿਆ। ਜਾਰੀ ਗਰੀਬੀ ਦਾ ਸੰਕਾਸ਼ਨ ਡਾ. ਨੀਤੂ ਪੁਕਾਰ, ਡਾ. ਨਿਧੀ ਕਰਮਾ, ਡਾ. ਡੀ. ਡੀ. ਅਤੇ ਸਰਬੰਤ ਕੋਰ ਨੇ ਕੀਤਾ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਦਰ ਨੇ ਜਾਗਰੂਕਤਾ ਮੁਹਿੰਮ ਲਈ ਆਪਣੀ ਕਮਿਟੀ ਸਮੇਂ ਬੰਦ ਨਈਂ ਡਾਕਟਰਾਂ ਦਾ ਯੋਗਦਾਨ ਕੀਤਾ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਲਗਾਤਾਰ ਸਿਹਤ ਜਾਂਚ ਕਰਵਾਉਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।

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Shaheed Diwas Observed at GNKCW

Day and Date	Action to be taken	Action taken	Organized by	Social media Links
Tuesday March 22, 2022	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.	NSS Unit & Red Ribbon Club	1. https://www.facebook.com/permalink.php?story_fbid=1383306718756447&id=646575452429581 2. https://www.instagram.com/p/CbZjTOfrzR_/?utm_medium=share_sheet

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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 *Neetu Prakash*
Mrs. Satwant Kaur *Satwant Kaur*
NSS PROGRAMME OFFICERS
NSS Programme Officer

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

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 <i>Pariksha pe Charcha</i>	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.	NCC, NSS, Youth Club and Red Ribbon Club under IQAC	1. https://www.facebook.com/permalink.php?story_fbid=1390133231407129&id=646575452429581 2. https://www.instagram.com/p/CbzVMWJrLWN/?utm_medium=share_sheet

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.

PHOTOGRAPHS



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. Sukhjot 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.facebook.com/permalink.php?story_fbid=1398008510619601&id=646575452429581 2. https://www.instagram.com/p/CcSxwElcVg/?utm_source=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

PHOTOGRAPHS



Blood Donation Camp organized at GNKCW

Day and Date	Action to be taken	Action taken	Organized by	Social media Links	Press Coverage
Monday April 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.	Red Cross Society, NSS Unit, and NCC Wing under IQAC in collaboration with the Rotary Club of Ludhiana Midtown and Civil Hospital, Ludhiana Video Credit: Department of Journalism and Mass Communication	<ol style="list-style-type: none"> 1. https://www.facebook.com/gnwludhiana/videos/353370750157303/ 2. https://www.instagram.com/tv/CciQn_EldKr/?utm_source=ig_web_copy_link 3. https://www.facebook.com/permalink.php?story_fbid=1401330946954024&id=646575452429581 4. https://www.instagram.com/p/CcFfChGFVwH/?utm_source=ig_web_copy_link 5. https://fb.watch/ctaTn_Kl8p/ 	19.04.22 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 Transfusion 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.

PHOTOGRAPHS



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	A two-day free Dental check-up camp and seminar on –Oral Hygiene was organized on the college campus. This camp was conducted under the supervision of Dr. Amrit Khosla from Khosla Dental Care, Ludhiana. Dr. Neetu Prakash & Ms. Satwant Kaur (NSS programme officers) convened the conduction of this activity. The camp included dental awareness talk, educating students about common dental ailments, especially stressing tooth decay and gum diseases, and the measures used to prevent them. The students were made aware of the eating patterns and food choices that can lead to tooth decay. The doctor conducted a dental check-up of staff and students and advised them to follow healthy dental habits. Madam Principal Dr. Maneeta Kahlon thanked Dr. Amrit Khosla and his staff for conducting the camp and for raising oral health awareness.	NSS Unit under IQAC in collaboration with Khosla Dental Care, Ludhiana.	1. https://www.facebook.com/646575452429581/posts/1404433576643761/?sfnsn=wiwspmo 2. https://www.instagram.com/p/Ccr6pmALeEl/?igshid=MDJmNzVkMjY=	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 Hygienell 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.

PHOTOGRAPHS



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.	Red Ribbon Club and NSS Unit under IQAC	1. https://www.facebook.com/646575452429581/posts/1407729696314149/?sfnsn=wiwspmo 2. https://www.instagram.com/p/Cc5R3MUlvtD/?igshid=MDJmNzVkMjY=	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 Management on **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 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.

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.

PHOTOGRAPHS



PRESS CLIPPING

तनाव प्रबंधन पर कार्यशाला कराई

सिटी रिपोर्टर/सुधियाना

गुरु नानक खालसा कॉलेज फॉर बुमन, गुजरखान कैम्पस, मॉडल टाउन की रैड रिबन क्लब और एनएसएस यूनिट ने तनाव प्रबंधन पर कार्यशाला का आयोजन किया। यह कार्यशाला 'एक भारत श्रेष्ठ भारत' कार्यक्रम के तहत आयोजित की गई। डॉ. गुरविंदर सिंह अटवाल 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, स्पोन्डिलाइटिस 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'	<p>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.</p> <p>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.</p> <p>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.</p>	NSS Unit and NCC Wing under IQAC	<ol style="list-style-type: none"> 1. https://www.facebook.com/646575452429581/posts/1413756725711446/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CdPcfKJIRaJ/?igshid=MDJmNzVkMjY= 3. https://www.facebook.com/646575452429581/posts/pfbid0xNhuKndzvRF4Nngmr6jrVbA5QQyJqcj7oWo5WVZMjRAwAf1N8YiZV4GcH13e68uvEl/?sfnsn=wiwspmo 4. https://www.instagram.com/p/CdlQuqiFbYX/?igshid=MDJmNzVkMjY= 5. https://www.facebook.com/646575452429581/posts/pfbid028n6aYME2EqfznVfjYuzkaHHFQJPvRkzH9HktDkJAJBYQZuyr53DByYvsq9kErhGil/?sfnsn=wiwspmo 6. https://www.instagram.com/p/Cd5tjialZ4S/?igshid=MDJmNzVkMjY= 7. https://www.facebook.com/646575452429581/posts/pfbid0Xr2svdaeKw4CAqodeR79pN8fKDb6cmyKJdJiQRAPuQdnhb4p81QYNQS2r4vLhe8gl/?sfnsn=wiwspmo 8. https://www.instagram.com/p/CeGm5zWlpQS/?igshid=MDJmNzVkMjY=

PHOTOGRAPHS



Cyber Jagrukta Diwas celebrated at GNKCW

Day and Date	Action to be taken	Action taken	Organized by	Social media Links	Press Coverage
Wednesday May 04, 2022	To observe Cyber Jagrukta Diwas	<p>‘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.</p>	Department of Computer Science and Applications in collaboration with the NSS Unit under IQAC	<p>1. https://www.facebook.com/646575452429581/posts/1412759452477840/?sfnsn=wiwspmo</p> <p>2. https://www.instagram.com/p/CdLjmLMFPXQ/?igshid=MDJmNzVkMjY=</p>	<p>05.04.22</p> <p>Dainik Bhaskar (P4 Col 3)</p>

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.

PHOTOGRAPHS



PRESS CLIPPING



तुषियमन के मुक्त सनक खलनन कालेज की छात्रा करियर संभावनन की जनवरी सेरे हुए • ली. वलरेज

विद्यार्थियों ने जानी करियर की संभावनाएं

जयपुरन संवाददाता, तुषियमन : मुक्त नानक खलनन कालेज कलर वुमेन माडल टाउन के छात्रसंघ प्रबंधन विभाग ने 'डिजिटल मैनेजमेंट स्टुडेंट्स में डिजिटल निकास के निर्माण के लिए एक संवर्धन' विषय पर एक करियर परामर्श संगोष्ठी का आयोजन किया गया। कंप्यूटर विभाग की प्रमुख डेजी वाचन मुख्या कक्षा के तीर पर मौजूद रही। उन्होंने छात्रों को डिजिटल कौशल के बारे में बताया जो छात्रों को

शैक्षणिक और व्यावसायिक जीवन में सफल होने के लिए आवश्यक है। छात्रों को उनकी डिजिटल क्षमताओं को विकसित करने के लिए उपलब्ध अवसर विषयों के बारे में भी मार्गदर्शन किया। इस संगोष्ठी का संचालन छात्रसंघ प्रबंधन विभाग की प्रमुख डॉ. निधि शर्मा ने किया। कालेज प्रिंसिपल डॉ. मनीषा काहलो ने मुख्या कक्षा का छात्रों को जनवरी देने के लिए आभार जताया।

Inter-College Declamation Competition at GNKCW

Inter

College

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 International Day for Biological Diversity	<p>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.</p> <p>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.</p> <p>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.</p> <p>Madam Principal Dr. Maneeta Kahlon congratulated all the participants and stressed that the beauty of this earth can only be maintained by conserving biodiversity.</p>	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”	<ol style="list-style-type: none"> 1. https://www.facebook.com/646575452429581/posts/pfbid02ppzqyGdqrsNsRwGM3Ymr2B1MoZpMUrv2JR05bWVdBB23dt55B85NE49NSMBqRdPol/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CeENnpuFXc8/?igshid=MDJmNzVkMjY= 3. https://www.instagram.com/p/CeEOcJVBZ6d/?igshid=MDJmNzVkMjY= 4. https://www.instagram.com/p/CeEPF3SBLbD/?igshid=MDJmNzVkMjY= 5. https://www.instagram.com/p/CeEPbPrh_Hk/?igshid=MDJmNzVkMjY= 6. https://www.instagram.com/p/CeEPv3DBdvo/?igshid=MDJmNzVkMjY= 7. https://www.facebook.com/646575452429581/posts/pfbid02MT5kZF9fXTh67Ejppsgb6Ax5Xh9cMzAhBCAcaidTGfqxZCWUX2Un4Vr3QqfzBmb2l/?sfnsn=wiwspmo 8. https://www.instagram.com/p/CeEcveNhUDA/?igshid=MDJmNzVkMjY= 	<p>28.05.22</p> <p>Ajit (P 7 Col 2) Dainik Bhaskar (P 4 Col 2) Dainik Jagran (P 3 Col 5) Hindustan Times (P 2 Col 4)</p>

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.

The poster is for an event at Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana. It features logos for GNW, PBB, and the National Biodiversity Authority. The event is an 'INTER-COLLEGE DECLAMATION COMPETITION' to celebrate the 'International Day for Biological Diversity' on Friday, May 27, 2022, at 10:30 am. It is organized by the Eco Club of GNKCW & Rotary Club of Ludhiana Midtown. The Chief Guest is Rtn. Dr. Upinder Singh Ghai, District Governor, Rotary District 3070. The Guest Speaker is Rtn. Er. Lupinder Kumar, Sub Divisional Soil Conservation Officer, Jalandhar. The event is organized in collaboration with the Punjab Biodiversity Board and sponsored by the National Biodiversity Authority, Govt. of India. The organizers are Dr. Maneeta Kahlon, Principal, GNKCW, Ludhiana, and Rtn. Sunil Budhiraja, President, Rotary Club of Ludhiana Midtown.

GNW **PBB** **INDIA**

GURU NANAK KHALSA COLLEGE FOR WOMEN
Gujarkhan Campus, Model Town, Ludhiana

Under Ek Bharat Shreshtha Bharat program
Eco Club of GNKCW & Rotary Club of Ludhiana Midtown
organize
INTER-COLLEGE DECLAMATION COMPETITION
to celebrate
International Day for Biological Diversity
on Friday, May 27, 2022 at 10:30 am

Chief Guest
Rtn. Dr. Upinder Singh Ghai
District Governor
Rotary District 3070

Guest Speaker
Rtn. Er. Lupinder Kumar
Sub Divisional Soil
Conservation Officer, Jalandhar

Organized in collaboration with "Punjab Biodiversity Board"
Sponsored by "National Biodiversity Authority, Govt. of India"

Dr. Maneeta Kahlon
Principal
GNKCW, Ludhiana

Rtn. Sunil Budhiraja
President
Rotary Club of Ludhiana Midtown

PHOTOGRAPH



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 Environment Awareness	<p>Under <i>Ek Bharat Shreshtha Bharat</i> 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.</p> <p>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.</p>	Swachhata Action Plan (SAP) Committee in collaboration with Department of Physical Education, NCC wing, NSS unit, and Eco Club under IQAC	<p>1. https://www.facebook.com/646575452429581/posts/pfbid0bee1Vj4h9oDgq3XjxcfvRmoVCfQ5SL9CtSEErF64xY1DkzAZ48FGXW7DSqDupjzn/?sfnsn=wiwspmo</p> <p>2. https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY=</p>	<p>31. 05.22</p> <p>Hindustan Times (P 2 Col 5)</p> <p>Dainik Bhaskar (P 4 Col 1)</p> <p>Punjab Kesari (P 4 Col 1)</p> <p>Ajit (P 6 Col 4)</p> <p>Dainik Jagran (P 3 Col 5)</p>

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 destined 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.

PHOTOGRAPHS



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	The college conducts several activities under the <i>Ek Bharat Shreshtha Bharat</i> program to promote the culture, language and traditions of different states. On May 30, 2022, the students of the college recited the Himachali and Punjabi folk songs as a part of this program. Simrandeep Kaur and Arshdeep Kaur sang the folk songs on the theme <i>-Hasda Panjab, Mera Khwaab Panjab</i> l. A video recording of the recital was also done on May 2, 2022. Madam Principal Dr. Maneeta Kahlon mentioned that by learning about the culture traditions, languages, cuisines, sports of different states of India, we can promote mutual understanding among people and create a sense of oneness.	Department of Music and NSS Unit under IQAC	1. https://www.facebook.com/646575452429581/posts/pfbid0qdxkf3uhXW7bk5U63huy7eRvvh5GHXQgCA6oeHCMVvdnQWGtPaRX383kR9WCmTzPl/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CeRD2wXISfl/?igshid=MDJmNzVkMjY=

PHOTOGRAPHS





Ludhiana, Punjab, India

234R Model Town near Kosmos, Pritm Nagar, Model Town, Ludhiana, Punjab

141002, India

Lat 30.887261°

Long 75.843392°

02/05/22 02:11 PM

GPS Map Camera

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 Environment Day	<p>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.</p>	<p>Internal Quality Assurance Cell, the Department of Computer Science and Applications, Swachhata Action Plan (SAP) committee, NSS Unit, and the Youth & Red Ribbon Clubs</p>	<ol style="list-style-type: none"> 1. https://www.instagram.com/p/CeYmBzblLF-/?igshid=YmMyMTA2M2Y= 2. https://www.facebook.com/646575452429581/posts/pfbid02Xn7spTf2QwCoptjMdJ45jfRaJajTLCUFUZpAAAHyjBrfPqUuwLqyHUV9ggBaYMrl/

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 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.

PHOTOGRAPHS



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 Management	<p>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.</p> <p>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.</p> <p>This activity was conducted by Dr. Neetu Prakash and Mrs. Satwant Kaur, Coordinators of Ek Bharat Shreshtha Bharat club of the college.</p>	Internal Quality Assurance Cell, NSS unit and Ek Bharat Shreshth Bharat club	<ol style="list-style-type: none"> https://www.instagram.com/p/CelrV5oJ0YM/?igshid=YmMyMTA2M2Y= https://www.facebook.com/646575452429581/posts/pfbid024TvArZUHUyvagKYx6uJ8XcReVPQKpYs9EteyRPhW9gc89GxX3Hc5T5hWSt3JRqUI/

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.

PHOTOGRAPHS



PRESS CLIPPING

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

सुधियाना, 10 जून (विश्वकी): अंतरिक गुणवत्ता आस्थासून प्रकोष्ठ के तत्वावधान में गुजरखान कैम्पस, मॉडल टाउन स्थित गुरु नानक

छालसा कॉलेज फॉर युमन के एन.एस.एस. इकाई और 'एक भारत श्रेष्ठ भारत' क्लब द्वारा 'परीक्षा के दौरान तनाव प्रबंधन' पर एक विशेष लैक्चर का आयोजन किया।

इस अवसर पर प्रिंसिपल डॉ. मनीता काहल्लो रिसेर्स पर्सन थी। डॉ. मनीता काहल्लो ने तनाव प्रबंधन के सम्बन्ध में बताया कि प्रभावी समय स्तरिणी, स्वस्थ खाने की आदतें, परीक्षा की तैयारी के दौरान



में परीक्षा के दौरान तनाव को दूर करने के लिए पर्याप्त नींद लेने की सलाह दी। इस अवसर पर डॉ. मनीता काहल्लो और अन्य

खुश और सकारात्मक रहना, माता-पिता की रचनात्मक भूमिका आदि अच्छे अंक प्राप्त करने के लिए बहुत महत्वपूर्ण हैं।

उन्होंने छात्रों को परीक्षा के दौरान तनाव को दूर करने के लिए पर्याप्त नींद लेने की सलाह दी। इस अवसर पर डॉ. मनीता काहल्लो रिसेर्स पर्सन थी। डॉ. मनीता काहल्लो ने तनाव प्रबंधन के सम्बन्ध में बताया कि प्रभावी समय स्तरिणी, स्वस्थ खाने की आदतें, परीक्षा की तैयारी के दौरान

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	<ol style="list-style-type: none"> 1. https://www.instagram.com/p/Ce3m1k5Fo2T/?igshid=YmMyMTA2M2Y= 2. https://www.facebook.com/646575452429581/posts/pfbid0sdjxQ3sjLsbEoJXCezy6pAGgFYCo2cZYgB53XUCQXUy1YNk6jHjvhhFbyqZLhDoKl/

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.

PHOTOGRAPHS



PRESS CLIPPINGS

छात्रों को रक्तदान करने को किया गया प्रोत्साहित



लुधियाना। गुरु नानक खालसा कॉलेज फॉर युमन, गुजरखान कैम्पस में इंटरनल क्वॉलिटी एंज्योरिंग सेल, एनएसएस यूनिट, एक भारत श्रेष्ठ भारत क्लब और रेड क्रॉस सोसायटी द्वारा विश्व रक्तदाता दिवस मनाया गया। कॉलेज प्रिंसिपल, स्टाफ सदस्यों और स्टूडेंट्स ने राष्ट्र की सेवा के लिए निर्णमल रूप से रक्तदान करने का संकल्प लिया। छात्रों को यह संदेश अपने घरों और इलाकों में फैलाने के लिए भी

कहा गया। एनएसएस कार्यक्रम अधिकारी सतवंत कौर ने दिन के महत्व के बारे में जानकारी दी। इस गतिविधि का संबालन कॉलेज के एक भारत श्रेष्ठ भारत क्लब के समन्वयक और एनएसएस कार्यक्रम अधिकारी डॉ. नीतू प्रकाश एवं सतवंत कौर द्वारा किया गया। प्रिंसिपल डॉ. मनीषा काहलॉ ने छात्रों को रक्तदान करने और दूसरों को जीवन का उपहार देने का संकल्प लेने को प्रोत्साहित किया।

विश्व धूनदान दिवस मनाया

लुधियाना। गुरु नानक खालसा कॉलेज फॉर विमेन, गुंजरखान कैम्पस, माडल टाउन, लुधियाना के इंटरनल क्वॉलिटी इंस्टीट्यूट की अगुआई में, ऑनऑनऑन यूनिट, एक भारत श्रेष्ठ भारत क्लब और रेड क्रॉस सोसायटी ने विश्व धूनदान दिवस मनाया। कॉलेज के प्रिंसिपल, स्टाफ प्रोफेसरों और विद्यार्थियों ने बॉल टीम की सेवा लਈ निरंतर धूनदान करने का पट लिखा। इस भेरे ऑनऑनऑन, प्रोग्राम अडसटर सतवंत कौर ने दिवस की महत्ता बारे में बतौर दिया। इस गतिविधि का संबालन कॉलेज के एक भारत श्रेष्ठ भारत क्लब के अगुआई में, ऑनऑनऑन प्रोग्राम अडसटर डॉ. नीतू प्रकाश और सतवंत कौर ने किया। प्रिंसिपल डॉ. मनीषा काहलॉ ने विद्यार्थियों को धूनदान करने और दूसरों को जीवन का उपहार देने का संकल्प लेने को प्रोत्साहित किया।

—नेतू प्रकाश

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.	Internal Quality Assurance Cell, NSS Unit, Dept. Of Physical Education, NCC Wing, Youth Club and Ek Bharat Shrestha Bharat Club	<ol style="list-style-type: none"> 1. https://www.instagram.com/p/CfEj6PvFCwa/?igshid=YmMyMTA2M2Y= 2. https://www.facebook.com/646575452429581/posts/pfbid05DvubTXd3twVaWou6w7gfySV4TvGniAFEvZSKCjL4Ea1X8cYriV5vKrgFKLKMq4xl/

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.

PHOTOGRAPHS



PRESS CLIPPINGS



ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਂਬੈਸੇਡਰ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਐਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ, ਸਰੀਰਕ ਸਿੱਖਿਆ ਵਿਭਾਗ, ਐਨ. ਸੀ. ਸੀ. ਬਿੰਗ, ਯੂਥ ਕਲੱਬ ਤੇ ਏਕ ਭਾਰਤ ਯੁੱਤਮ ਭਾਰਤ ਕਲੱਬ ਨੇ ਮਨੁੱਖੀ ਸਰੋਤ ਤੇ ਵਿਕਾਸ ਮੰਤਰਾਲੇ ਭਾਰਤ ਸਰਕਾਰ ਦੇ ਨਿਰਦੇਸ਼ ਅਧੀਨ ਯੋਗ ਦਿਵਸ ਮਨਾਇਆ। ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਸਟਾਫ ਮੈਂਬਰਾਂ ਲਈ 28 ਅਪ੍ਰੈਲ 2022 ਤੋਂ ਨਿਯਮਤ ਯੋਗ ਸੈਸ਼ਨ ਆਯੋਜਿਤ ਕੀਤੇ ਗਏ ਸਨ। ਯੋਗ ਦਾ ਉਦੇਸ਼ ਦਿਮਾਗ ਤੇ ਸਰੀਰ ਦੋਵਾਂ 'ਚ ਤਾਕਤ, ਜਾਗਰੂਕਤਾ ਦੇ ਨਾਲ-ਨਾਲ ਇਕਸੁਰਤਾ ਪੈਦਾ ਕਰਨਾ ਹੈ। ਸਮਾਗਮ ਦਾ ਸੰਚਾਲਨ ਐਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ ਦੇ ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ ਡਾ. ਨੀਤੂ ਪ੍ਰਕਾਸ਼ ਤੇ ਸਤਵੰਤ ਕੌਰ ਨੇ ਕੀਤਾ। ਕਾਲਜ ਦੀ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਔਜ ਦੀ ਭਣਾਅ ਭਰੀ ਜ਼ਿੰਦਗੀ 'ਚ ਯੋਗ 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

PRINCIPAL

Dr. Maneeta Kahlon

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:

S.No	Date	Action taken	Organized 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 Mahotsav.	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 Mahotsav|. 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. 7/6

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 एनसीसी कैडेट में नामांकन सत्र का आयोजन

एनसीसी कैडेटों का नामांकन सत्र जीएनकेसीडब्ल्यू में आयोजित किया गया। इस अवसर पर एनसीसी के अधिकारी और छात्रों के अभिभावकों का भी उपस्थित होना था।

प्रधान विधि भोतलसी विद्यालय की बहनी



प्रधान विधि भोतलसी विद्यालय की बहनी का आयोजन किया गया। इस अवसर पर विद्यार्थियों का उत्साह और भागीदारी का विशेष उल्लेख किया जा रहा है।

Maneete

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

Sukhjit Kaur
(Lt. Sukhjit Kaur)
AND
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/CVIJTDoB07e/?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/CWDnHaphBc1/?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/CWNxR4tF7NH/?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/CWatkXPxJB/?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/CWbOx0TPkY5/?utm_medium=share_sheet
8	Nov 26, 2021	Celebration of National Cadets Corps (NCC) Day	IQAC and NCC Wing	https://www.instagram.com/p/CWxbTqthlzX/?utm_medium=share_sheet https://www.facebook.com/646575452429581/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/646575452429581/posts/1314875268932926/?sfnsn=wiwspmo https://www.instagram.com/p/CXEDIrSFeaG/?utm_medium=share_sheet
10	Dec 07, 2021	17 cadets Celebration of Armed Forces Flag Day	NCC	https://www.facebook.com/646575452429581/posts/1316846188735834/?sfnsn=wiwspmo https://www.instagram.com/gnkcw/p/CXL-10PsZZ/?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/646575452429581/posts/1322337188186734/?sfnsn=wiwspmo https://www.instagram.com/p/CXi4rkJFKjK/?utm_medium=share_sheet
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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.



ਸੜਕ ਸੁਰੱਖਿਆ ਜਾਗਰੂਕਤਾ ਪ੍ਰੋਗਰਾਮ
 ਭੁਇਆਣਾ: ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵਿਮਨ ਯੂਜ਼ਰਜ਼ ਵੱਲੋਂ, ਮਾਸਕੁ
 ਟਾਈਮ ਦੇ ਅੰਗਰੇਜ਼ੀ ਕੁਆਰਟਰੀ ਅਭਿਯੋਗ ਸੇਵਾ ਦੀ ਅਠਵਾਰੀ ਹੋਰ, ਸਰੋਤਕ
 ਐਕਸ਼ਨ ਕਮਿਟੀ ਅਤੇ ਸਿਕਸ ਡੇਵਿਸ ਕੋਰ ਬੁਇਟ ਨੇ ਸੜਕ ਸੁਰੱਖਿਆ
 ਜਾਗਰੂਕਤਾ ਪ੍ਰੋਗਰਾਮ ਕਰਵਾਇਆ। ਇਹ ਪ੍ਰੋਗਰਾਮ ਵਿਸ਼ਵਕਨ ਵੈਬਿਕ ਪਾਠਕ
 ਦੇ ਹੋਰ ਸੇਵਾਈ ਇੰਟਰੈਕਟਿਵ ਪੇਸਜ ਕੁਮਾਰ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਰਵਾਇਆ
 ਗਿਆ। ਸਿਕਸ ਡੇਵਿਸ ਵਿਸ਼ਵਕਨ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਵੈਬਿਕ ਨਿਯਮਾਂ
 ਦੀ ਉੱਲੰਘਣਾ ਕਰਨ ਦੇ ਪ੍ਰਭਾਵਾਂ 'ਤੇ ਜਾਣੂ ਕਰਵਾਇਆ। ਉਨ੍ਹਾਂ ਨੇ
 ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸੇਟਰ ਵਰੀਕਲ ਐਕਟ 2008 ਦੀਆਂ ਹੋਰਿਆਂ 2019, ਦੀ
 ਚਲਾਨ ਸ਼ਰੀਰੋ ਨਿਯਮਾਂ ਅਤੇ ਨਾਕਾਨਕ ਡਰਾਈਵਿੰਗ ਨਾਲ ਸਬੰਧਤ ਕਾਨੂੰਨਾਂ ਬਾਰੇ
 ਵੀ ਜਾਣਕਾਰੀ ਦਿੱਤੀ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ, ਡਾ. ਮਹੀਤਾ ਕਾਹਲੋਂ ਨੇ ਵਿਸ਼ਵਕਨ
 ਅਤੇ ਉਨ੍ਹਾਂ ਦੀ ਟੀਮ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ। ਉਨ੍ਹਾਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਵੈਬਿਕ
 ਨਿਯਮਾਂ ਦੀ ਪਾਲਣਾ ਕਰਨ ਦੀ ਵੀ ਅਪੀਲ ਕੀਤੀ। -ਕੋਚਰੀ ਪ੍ਰਬੰਧਿਕ-

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.



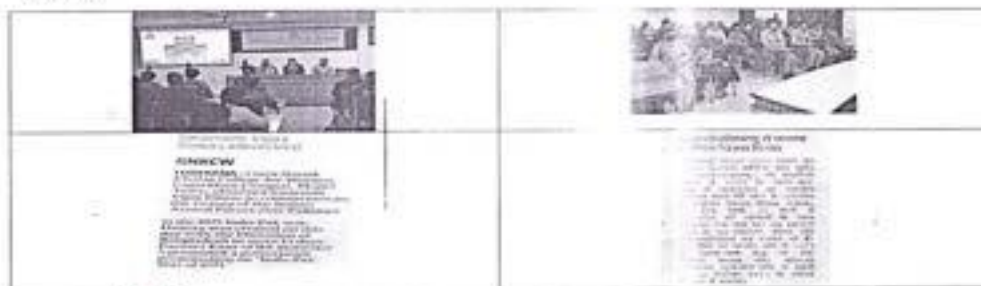
10. Armed Forces Flag Day Celebrated

NCC Wing of the college celebrated the Armed Forces Flag Day with full zeal and vigour. On this day, ANO Lt. Sukhjit Kaur informed the cadets about the importance of the Armed Forces Flag Day. The college students also contributed 5000 for the Sainik 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 rehabilitation of war widows, disabled defence personnel, ex-serviceman, and their families.



11. Vijay Diwas Celebrated

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



Maneeta

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

Sukhjit Kaur
(Lt. Sukhjit Kaur)
ANO
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).

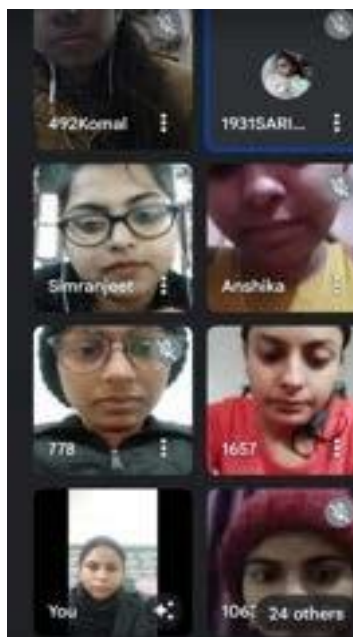
The activities performed by the NCC wing during the quarter from January 2022 to March 2022:

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=wiwspmo 2. https://www.instagram.com/p/CYwC6r2l3Fd/?utm_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.facebook.com/646575452429581/posts/1342500946170358/?sfnsn=wiwspmo 2. 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/posts/1354615594958893/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CZoGGxSFEcr/?utm_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/posts/1355484438205342/?sfnsn=wiwspmo 2. https://fb.watch/b0-Get3jWy/ 3. https://www.instagram.com/p/CZrkBRIF7JM/?utm_medium=share_sheet 4. https://www.instagram.com/tv/CZrkOZmlV-x/?utm_medium=share_sheet

5.	Monday, February 14, 2022	Cadets pay homage to Pulwama Attack Martyrs	NCC Wing and the Department of Fine Arts under IQAC	1. https://www.facebook.com/646575452429581/posts/1359869431100176/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CZ9eK5QFp95/?utm_source=ig_web_button_share_sheet
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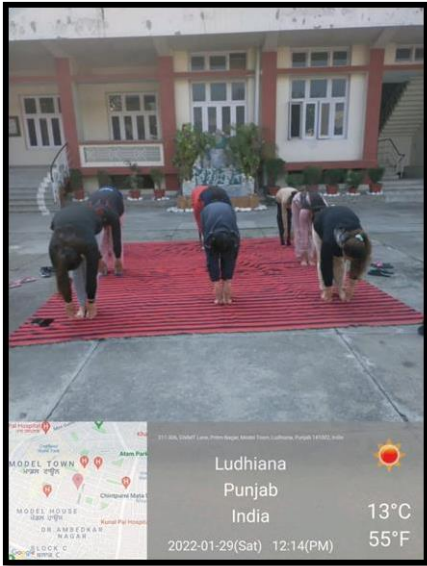
1. 74th Indian Army Day celebrated

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. Sukhjot 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.



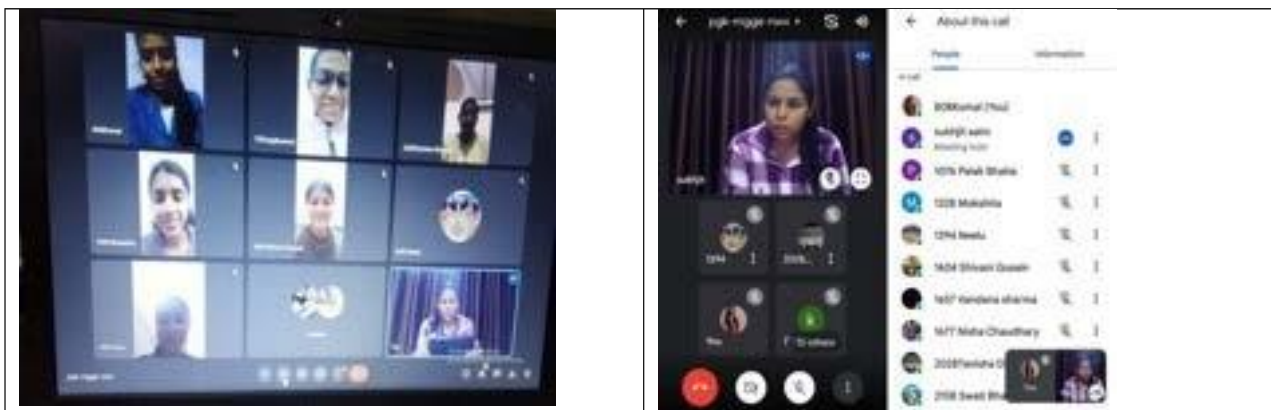
2. NCC Cadets celebrated National Youth Week

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 Surya 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

सिटी रिपोर्टर | लुधियाना

गुरु नानक खालसा कॉलेज फॉर वुमन, गुजरखान कैम्पस, मॉडल टाउन के आर्ट्स विंग गुणवत्ता आश्वासन प्रकोष्ठ के तत्वावधान में एनसीसी की सेना विंग और सलित कला विभाग ने 2019 में पुलवामा आतंकी हमले में अपनी जान गंवाने वाले जवानों को श्रद्धांजलि दी। इस अवसर पर छात्रों ने पोस्टर बनाकर देशभक्ति का इजहार किया और शहीदों के सम्मान में एनसीसी कैडेट्स ने कवित्त पढ़ किया। एनसीसी कैडेटों और छात्रों को प्रिंसिपल डॉ. मनीता काहलों ने संबोधित किया।

(Lt. Sukhjit Kaur)
ANO
GNKCW Model Town
Ludhiana

Sukhjit Kaur

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

Maneeta

**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. no	Date	Action taken	Organized by	Social media Links
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?story_fbid=1390133231407129&id=646575452429581 2. https://www.instagram.com/p/CbzVMWJrLWN/?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?story_fbid=1394085187678600&id=646575452429581 2. https://www.instagram.com/p/CcDU8iulrZF/?utm_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?story_fbid=1398008510619601&id=646575452429581 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/videos/353370750157303/ 2. https://www.instagram.com/tv/CciQn_EldKr/?utm_source=ig_web_copy_link 3. https://www.facebook.com/permalink.php?story_fbid=1401330946954024&id=646575452429581

				<p>4. https://www.instagram.com/p/CcffChGFVwH/?utm_source=ig_web_copy_link</p> <p>5. https://fb.watch/ctaTn_Kl8p/</p> <p>6. https://fb.watch/cuCjMg8X8n/</p> <p>7. https://www.facebook.com/646575452429581/posts/1402470453506740/?sfnsn=wiwspmo</p> <p>8. https://www.instagram.com/p/Ccj-HmNL6sj/?igshid=MDJmNzVkMjY=</p>
5	Month of May	College to join in 'Yoga Utsav 2022'	NCC Wing under IQAC	<p>1. https://www.facebook.com/646575452429581/posts/1413756725711446/?sfnsn=wiwspmo</p> <p>2. https://www.instagram.com/p/CdPefKJIRaJ/?igshid=MDJmNzVkMjY=</p> <p>3. https://www.facebook.com/646575452429581/posts/pfbid0xNhuKndzvRF4Ngmr6jrVbA5QQyJqcj7oWo5WVZMjRAwAf1N8YiZV4GcH13e68uvEI/?sfnsn=wiwspmo</p> <p>4. https://www.instagram.com/p/CdlQuqiFbYX/?igshid=MDJmNzVkMjY=</p> <p>5. https://www.facebook.com/646575452429581/posts/pfbid028n6aYME2EqfznVfjYuzkaHHFQJPvRkzH9HktDkJAJBYQZuyr53DBYyvsq9kErhGil/?sfnsn=wiwspmo</p> <p>6. https://www.instagram.com/p/Cd5tjjalZ4S/?igshid=MDJmNzVkMjY=</p> <p>7. https://www.facebook.com/646575452429581/posts/pfbid0Xr2svdaeKw4CAqodeR79pN8fKDb6cmyKJdJiQRAPuQdnhb4p81OYNQS2r4vLhe8gl/?sfnsn=wiwspmo</p> <p>8.</p>

				https://www.instagram.com/p/CeGm5zWlpQS/?igshid=MDJmNzVkJmY=
6	Tuesday May 03, 2022	To distribute uniforms to NCC Cadets	NCC Wing under IQAC	1. https://www.facebook.com/646575452429581/posts/1411257682628017/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CdGfH8FlvOc/?igshid=MDJmNzVkJmY=
7	Thursday May 26, 2022	Awareness lecture on ‘Road Safety Rules’	NCC Wing under IQAC	https://www.instagram.com/p/Cd_FxXrFV41/?igshid=MDJmNzVkJmY= 20. https://www.facebook.com/646575452429581/posts/pfbid0479VqWzEYi8tdx5YtFDxLwaPBbpcetP5RNfmV9tyW1mdd3Ap6cwNdbBZzhkT22l/?sfnsn=wiwspmo 21 https://www.instagram.com/p/Cd8rAJKvasr/?utm_source=ig_web_copy_link 23 https://www.facebook.com/646575452429581/posts/pfbid02TX4qLSfHfGxt3PdJmkUDShEx3Myds6Vn5a6FwJ5Q3Brxv6r1aZu11Xmr1bYuM9bul/?sfnsn=wiwspmo 24 https://www.instagram.com/p/CeBo0_8FkxA/?igshid=MDJmNzVkJmY=
8	Friday May 27, 2022	To organize Inter-College Declamation Competition to celebrate International Day for Biological Diversity	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	1. https://www.facebook.com/646575452429581/posts/pfbid02ppzqyGdqrnsNsRwGM3Ymr2B1MoZpMUrv2JR05bWVdBB23dt55B85NE49NSMBqRdPol/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CeENnpuFXc8/?igshid=MDJmNzVkJmY= 3. https://www.instagram.com/p/CeEOcJVBZ6d/?igshid=MDJmNzVkJmY= 4. https://www.instagram.com/p/CeEPF3SBLbD/?igshid=MDJmNzVkJmY=

			India	5. https://www.instagram.com/p/CeEPbPrh_Hk/?igshid=MDJmNzVkMjY=
9	Monday May 30, 2022	To hold Cycle Rally on Environment Awareness	NCC in collaboration with Department of Physical Education & Swachhata Action Plan (SAP) Committee	1. https://www.facebook.com/646575452429581/posts/pfbid0bee1Vj4h9oDgg3XjxcfvRmoVCfQ5SL9CtSEErF64xY1DkzAZ48FGXW7DSqDupjznl/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY=
10	Tuesday, June 21, 2022	Celebrated International Yoga Day	NCC Wing under IQAC	https://www.instagram.com/p/CfEj6PvFCwa/?igshid=MDJmNzVkMjY= https://www.facebook.com/646575452429581/posts/pfbid028zEb8YfjMXyQtVks5x2MQui3jZQ6uKqFdtq3U2aknhQJ3STtfcR8i9xajJJVSKdDI/?sfnsn=wiwspmo
11	Friday, June 24, 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/pfbid0KC3hky2zygvX2Pgn39Fw4kzcsqAuTtUQuL63UTH1G7JFYLEW3qXAXHrUrN6ThsFl/?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.





ਜੀ.ਐਨ.ਕੇ.ਸੀ.ਡਬਲਯੂ. ਵਿਖੇ ਕੈਂਪ ਦੌਰਾਨ ਖੂਨਦਾਨ ਕਰਨ ਵਾਲਿਆਂ ਨੂੰ ਸਨਮਾਨਿਤ ਕਰਦੇ ਹੋ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਤੋਂ ਹੋਰ। ਅਜਿਹੇ ਹਸਬੰਦ

ਖੂਨਦਾਨ ਕੈਂਪ ਲਗਾਇਆ

ਲੁਧਿਆਣਾ, 18 ਅਪ੍ਰੈਲ (ਪੁਨੀਤ ਬਾਵਾ)-ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਕਸ਼ਨ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਲੁਧਿਆਣਾ ਦੇ ਹੋਸਟ ਕਰਾਸ ਕੁਆਲਿਟੀ, ਐਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ ਤੇ ਐਨ.ਸੀ.ਸੀ. ਵਿੰਗ ਵਲੋਂ ਰੋਟਰੀ ਕਲੱਬ ਆਫ਼ ਲੁਧਿਆਣਾ ਮਿਡਟਾਊਨ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਾਲਜ ਕੈਂਪਸ 'ਚ ਖੂਨਦਾਨ ਕੈਂਪ ਲਗਾਇਆ ਗਿਆ। ਇਹ ਕੈਂਪ ਖੂਨ ਸੰਚਾਰ ਵਿਭਾਗ ਸਿਵਲ ਹਸਪਤਾਲ ਲੁਧਿਆਣਾ ਦੀ ਦੇਖ-ਰੇਖ ਹੇਠ ਲਗਾਇਆ ਗਿਆ। ਕੈਂਪ ਦੌਰਾਨ ਲਗਭਗ 50 ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਫੈਕਲਟੀ ਮੈਂਬਰਾਂ ਨੇ ਖੂਨਦਾਨ ਕੀਤਾ। ਡਾ. ਨੀਤੂ ਪ੍ਰਕਾਸ਼ ਤੇ ਸਰਬੰਤ ਕੌਰ

(ਐਨ.ਐਸ.ਐਸ. ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ) ਤੇ ਲੇਫਟੀਨੈਂਟ ਸੁਖਜੀਤ ਕੌਰ (ਏ.ਐਨ.ਓ.) ਨੇ ਕੈਂਪ ਨੂੰ ਸੰਚਾਲਿਤ ਕਰਨ 'ਚ ਮਦਦ ਕੀਤੀ। ਰੋਟਰੀ ਕਲੱਬ ਆਫ਼ ਲੁਧਿਆਣਾ ਮਿਡਟਾਊਨ ਦੇ ਪ੍ਰਧਾਨ ਸੁਨੀਲ ਬੁਧੀਰਾਜਾ ਤੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾਇਰੈਕਟਰ ਵਿਭਾਲ ਗੁਰਗ ਨੇ ਇਸ ਕੈਂਪ ਦੇ ਆਯੋਜਨ 'ਚ ਆਪਣਾ ਸਹਿਯੋਗ ਦਿੱਤਾ। ਕੈਂਪ 'ਚ ਰੋਟਰੀ ਕਲੱਬ ਤੋਂ ਰਾਜਨ ਕਪੂਰ ਤੇ ਅੰਜੂ ਕਪੂਰ ਨੇ ਵੀ ਸਿਰਕਤ ਕੀਤੀ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਸਟਾਫ਼ ਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਵੇ-ਇੰਫਾ ਨਾਲ ਖੂਨਦਾਨ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।

ਜੀ.ਐਨ.ਕੇ.ਸੀ.ਡਬਲਯੂ. ਮੈਂ ਰਕਤਦਾਨ ਫਿਰ ਲਗਾਇਆ



ਲੁਧਿਆਣਾ। ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਕਸ਼ਨ ਸੈਲ ਦੇ ਕਾਲਜ ਖਾਲਸਾ ਕਾਲਜ ਯੂਨਿਟ (ਜੀ.ਐਨ.ਕੇ.ਸੀ.ਡਬਲਯੂ.) ਦੀ ਰੋਟਰੀ ਕਲੱਬ ਆਫ਼ ਲੁਧਿਆਣਾ ਮਿਡਟਾਊਨ ਨੇ ਸੋਮਵਾਰ ਨੂੰ ਕਾਲਜ ਖਾਲਸਾ ਕਾਲਜ ਯੂਨਿਟ 'ਚ ਰਕਤਦਾਨ ਫਿਰ ਲਗਾਇਆ। ਪਹਿਲੀ ਵਾਰੀ ਡੇਰਕੋਰੇਜ ਮੈਂ ਲਗਾਇਆ ਗਿਆ। ਲਗਭਗ 50 ਲੜਕੀਆਂ ਦੇ ਸਾਥ ਸੰਕਲਪ ਸਟਾਫ਼ ਨੇ ਨੈਕ ਕਾਮ ਕੇ ਲਿਫ਼ ਰਕਤਦਾਨ ਕੀਤਾ। ਡਾ. ਨੀਤੂ ਪ੍ਰਕਾਸ਼ ਆਰ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਅਧਿਕਾਰੀ ਸਰਬੰਤ ਕੌਰ ਆਰ ਲੇਫਟੀਨੈਂਟ ਯੂਨਿਟ ਆਰ ਸੁਖਜੀਤ ਕੌਰ ਨੇ ਫਿਰ ਸੰਚਾਲਨ ਮੈਂ ਸਦਕ ਕੀਤੀ। ਇਸ ਕੈਂਪ ਦੇ ਆਯੋਜਨ ਮੈਂ ਰੋਟਰੀ ਕਲੱਬ ਆਫ਼ ਲੁਧਿਆਣਾ ਮਿਡਟਾਊਨ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਆਰ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਸਟਾਫ਼ ਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਵੇ-ਇੰਫਾ ਕਲੱਬ ਦੇ ਰਾਜਨ ਕਪੂਰ ਆਰ ਅੰਜੂ ਕਪੂਰ ਨੇ ਵੀ ਫਿਰ ਮੈਂ ਆਗ ਦਿੱਤਾ।

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.





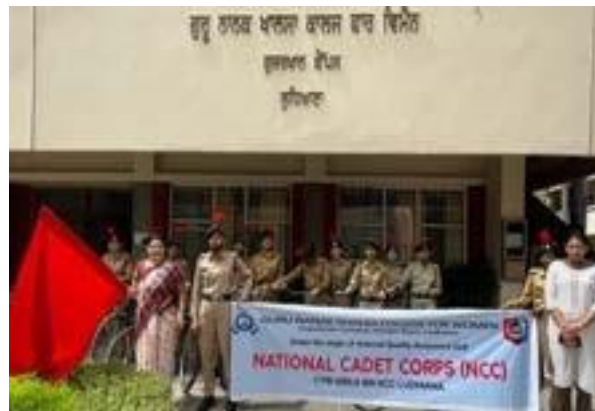
8. Organized an Inter-college Declamation competition.

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. Sukhjait 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 Shreshtha 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 Maj. 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

Sukhjit Kaur

Principal
G.N. K.R. College for Women,
Model Town, LUDHIANA.

Maneeta



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	<ul style="list-style-type: none">- 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	<ul style="list-style-type: none">- 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	<p>Chief Guest Dr. Avinash Jindal, Senior Medical Officer, Ludhiana</p> <p>Guest of Honor Er. Gurvinder Singh, General Secretary of the college governing body</p>	<ul style="list-style-type: none">- 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





Punjabi Tribune Newspaper

Punjabi Jagran Newspaper

Nidhi
Dr. Nidhi
Assistant Professor and Head
Department of Business Management

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

Club Coordinators

Dr. Maneeta Kahlon
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



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(October 2021 to December 2021)

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Red Ribbon Club Advisory committee

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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	<ul style="list-style-type: none">- 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)	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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	-	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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.

Photographs of the event:



Press coverage:

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 non-teaching 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.

Photographs of the event:







ਜੀ.ਐਨ.ਕੇ.ਸੀ.ਡਬਲਯੂ. ਵਿਖੇ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਕਿੱਟਾਂ ਵੰਡਦੇ ਚੇਅਰਮੈਨ ਸੁਖਬਿੰਦਰ ਸਿੰਘ ਬਿੰਦਰਾ। ਅਜੀਤ ਕਲਵੀਰ

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

ਲੁਧਿਆਣਾ, 15 ਨਵੰਬਰ (ਪੁਨੀਤ ਕਾਢੀ)-ਗੁਰੂ ਨਾਨਕ ਕਾਲਜ ਕਾਲਜ ਸਕੂਲੀਆਂ (ਜੀ.ਐਨ.ਕੇ.ਸੀ.ਡਬਲਯੂ.) ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੇ ਰੈੱਡ ਰਿਬਨ ਕਲੱਬ ਨੇ ਪੰਜਾਬ ਸਰਕਾਰ ਦੇ ਪੰਜਾਬ ਯੂਥ ਵਿਕਾਸ ਫੰਡ ਦੇ ਚੇਅਰਪਰਸਨ ਸੁਖਬਿੰਦਰ ਸਿੰਘ ਬਿੰਦਰਾ ਨਾਲ ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਇੱਕ ਵਿਚਾਰ ਚਰਚਾ ਦਾ ਸੈਸ਼ਨ ਕਰਵਾਇਆ। ਆਪਣੇ ਦੌਰੇ ਦੌਰਾਨ ਉਨ੍ਹਾਂ ਕਾਲਜ ਦੀਆਂ ਖਿਡਾਰੀਆਂ ਨੂੰ ਖੇਡ ਕਿੱਟਾਂ ਵੀ ਵੰਡੀਆਂ। ਸਮਾਗਮ ਰੈੱਡ ਰਿਬਨ ਕਲੱਬ ਦੇ ਅਧਿਕਾਰਤ ਵਿਚਾਰ ਚਰਚਾ ਦਾ ਨਿਯਮਿਤ ਅਤੇ ਭੋਜੀ ਦੀ ਅਗਵਾਈ ਦੌਰਾਨ ਕਰਵਾਇਆ ਗਿਆ। ਸੰਬੰਧਤ ਕਰਦਿਆਂ ਯੂਥ ਆਈਕਨ ਸ ਬਿੰਦਰਾ ਨੇ

ਵਿਅਕਤੀ ਦੇ ਸਰੀਰਕ ਅਤੇ ਮਾਨਸਿਕ ਵਿਕਾਸ ਵਿਚ ਖੇਡਾਂ ਦੀ ਮਹੱਤਤਾ ਬਾਰੇ ਚਾਨਣਾ ਪਾਇਆ। ਉਨ੍ਹਾਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਖੇਡਾਂ ਵਿੱਚ ਚੰਗੇ ਚੜ੍ਹ ਕੇ ਹਿੱਸਾ ਲੈਣ ਅਤੇ ਨਸਲੀ ਤੇ ਧਰਮ ਭੇਦ ਨਹੀਂ ਪਹਿਚ ਕੀਤਾ ਕਾਲਜ ਕਰਕਰਨਿੰਗ ਖਾਡੀ ਦੇ ਜਨਰਲ ਸਕੱਤਰ ਟਿੰਜੋਨੀਅਰ ਸੁਖਬਿੰਦਰ ਸਿੰਘ ਨੇ ਕਿਹਾ ਕਿ ਖੇਡ ਖਿਡਾਰੀਆਂ ਵਿਚ ਭਾਗ ਲੈ ਕੇ ਵਿਦਿਆਰਥੀ ਸਿਹਤਮੰਦ, ਠੰਡ ਮੁਕਤ ਜੀਵਨ ਸ਼ੈਲੀ ਕਰ ਸਕਦੇ ਹਨ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨਾਲ ਉਚਾਰੁ ਕਲੱਬ ਦਾ ਚੇਅਰਪਰਸਨ ਪੰਜਾਬ ਯੂਥ ਵਿਕਾਸ ਫੰਡ ਦਾ ਚੇਅਰਮੈਨ ਕੀਤਾ।

ਜੀ.ਐਨ.ਕੇ.ਸੀ.ਡਬਲਯੂ. ਮੈਂ ਭਾਂਟੀ ਸਪੋਰਟਸ ਕਿੱਟ



ਗੁਰੂ ਨਾਨਕ ਕਾਲਜ ਕਾਲਜ ਫੌਰ ਵੂਮੈਨ ਮੈਂ ਖਿਲਾੜੀਆਂ ਕੋ ਸਪੋਰਟਸ ਕਿੱਟ ਦੇਣੇ ਸੁਖਵਿਦਰ ਬਿੰਦਰਾ।

ਲੁਧਿਆਣਾ (ਰਜਨੀ) : ਗੁਰੂ ਨਾਨਕ ਕਾਲਜ ਕਾਲਜ ਫੌਰ ਵੂਮੈਨ, ਮੌਡਲ ਟਾਊਨ ਕੇ ਰੇਡ ਰਿਬਨ ਕਲੱਬ ਨੇ ਪੰਜਾਬ ਯੂਥ ਵਿਕਾਸ ਬੋਰਡ, ਪੰਜਾਬ ਸਰਕਾਰ ਕੇ ਅਧਿਕ ਸੁਖਵਿਦਰ ਸਿੰਘ ਬਿੰਦਰਾ ਕੇ ਸਾਥ ਕਾਲਜ ਕੇ ਵਿਦਿਆਰਥੀਆਂ ਕੇ ਸਾਥ ਡਿਟਰੇਵਿਟ ਸੈਸ਼ਨ ਕਾ ਆਯੋਜਨ ਕਿਆ। ਇਸ ਮੌਕੇ ਪਰ ਕਾਲਜ ਕੇ ਖਿਲਾੜੀਆਂ ਕੇ ਚੀਥ ਸਪੋਰਟਸ ਕਿੱਟਾਂ ਕਾ ਵਿਤਰਨ ਕਿਆ। ਯਹ ਆਯੋਜਨ ਰੇਡ ਰਿਬਨ ਕਲੱਬ ਕੇ ਪ੍ਰਭਾਰੀ ਸਿਖਕ ਡਾ. ਨਿਧਿ ਵ ਡੇਜੀ ਨੇ ਸਮੀ ਕਾ ਸਵਾਗਤ ਕਿਆ। ਸੁਖਵਿਦਰ ਸਿੰਘ ਬਿੰਦਰਾ ਨੇ ਕਵਿਕ ਕੇ ਸ਼ਾਰੀਰਿਕ ਔਰ ਮਾਨਸਿਕ ਵਿਕਾਸ ਮੇਂ ਖੇਲੋਂ ਕੇ ਮਹੱਤਵ ਪਰ ਪ੍ਰਕਾਸ਼ ਡਾਲਾ। ਕਾਲਜ ਕੇ ਮਹਾਸਚਿਵ, ਡੀਜੀਨਿਯਰ ਗੁਰਵਿੰਦਰ ਸਿੰਘ ਨੇ ਕਹਾ ਕਿ ਖੇਲ ਗਤਿਵਿਧੀਆਂ ਮੇਂ ਭਾਗ ਲੇਕਰ ਵਿਦਿਆਰਥੀ ਸੁਖ, ਰੋਗਮੁਕਤ ਜੀਵਨ ਜੀ ਸਕਦੇ ਹੈਂ। ਕਾਲਜ ਕੀ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਪੰਜਾਬ ਯੂਥ ਵਿਕਾਸ ਬੋਰਡ ਕਾ ਆਭਾਰ ਕਵਿਕ ਕਿਆ।

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 ਮੌਕੇ ਸੰਬੰਧਿਤ ਚੇਅਰਮੈਨ ਬਿੰਦਰਾ ਨੇ ਕਿਹਾ ਕਿ ਪੰਜਾਬ ਸਰਕਾਰ ਮੁੱਖ ਮੰਤਰੀ ਚਰਨਜੀਤ ਸਿੰਘ ਚੰਨੀ ਅਤੇ ਖੇਡ ਤੋਂ ਯੁਵਕ ਭਲਾਈ ਮੰਤਰੀ ਪ੍ਰਗਟ ਸਿੰਘ ਦੀ ਯੋਗ ਅਗਵਾਈ ਹੇਠ ਖੇਡਾਂ ਨੂੰ ਪ੍ਰਮੋਟਿੰਗ ਕਰਨ ਲਈ ਹਰ ਸੰਭਵ ਉਪਰਾਲੇ



ਕਾਲਜ ਦੀਆਂ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਖੇਡ ਕਿੱਟਾਂ ਦਿੰਦੇ ਹੋਏ ਚੇਅਰਮੈਨ ਬਿੰਦਰਾ, ਨਾਲ ਹੋਰ।

ਨਹੀਂ ਛੱਡ ਰਹੀ ਹੈ। ਇਸ ਮੌਕੇ ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ, ਕਾਲਜ ਪ੍ਰਬੰਧਕ ਕਮੇਟੀ ਦੇ ਅਹੁਦੇਦਾਰਾਂ ਤੋਂ ਇਲਾਵਾ ਹੋਰ ਵੀ ਹਾਜ਼ਰ ਸਨ।

ਕਰ ਰਹੀ ਹੈ ਅਤੇ ਇਹ ਖੇਡਾਂ ਨਸ਼ਿਆਂ ਦੀ ਨਾਹਨਤ ਨੂੰ ਜੜ੍ਹੋ 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 ਤੇਜ਼ਰੂਸਰ ਪੰਜਾਬ ਮਿਸ਼ਨ ਤਹਿਤ ਖੇਡਾਂ ਦੇ ਖੇਤਰ 'ਚ ਪੰਜਾਬ ਨੂੰ ਮੋਹਰੀ ਰਾਜ ਵਜੋਂ ਉਭਾਰਨ ਨੂੰ ਯਕੀਨੀ ਬਣਾਉਣ ਲਈ ਕੋਈ ਕਸਰ ਥਾਕੀ

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.

Photographs of the event:



Press coverage:

कालेज में 'एक भारत श्रेष्ठ भारत प्रोग्राम' करवाया



पंजाबी परिवारों में तैयार कालेज की स्टूडेंट्स।

सुधियाना 28 नवंबर (अमृत) : गुरु नानक खालसा कालेज फॉर वुमन गुजरखान कैम्पस में 'एक भारत श्रेष्ठ भारत' प्रोग्राम करवाया गया। प्रोग्राम रैड रिबन क्लब व एनएसएस यूनिट के इंटरनेट क्विज एंशर्स सेल के सहयोग से डॉ. नीतू प्रकाश व सतवंत कौर की अध्यक्षता में कराया गया। कालेज

की स्टूडेंट्स की तरफ से गिरा डालकर सभी का मनोरंजन किया गया। इस मौके पर प्रिंसिपल डॉ. मनीता कर्हली ने कहा कि इस तरह के प्रोग्राम करवाने से हमारी मां बोली पंजाबी को बढ़ावा देने के लिए इस तरह के प्रोग्राम होते रहने चाहिए ताकि अपने युवा पीढ़ी अपने पंजाबी विरासत के साथ भी जुड़ा जा सके।

जीएनकेसीडब्ल्यू में मनाया एक भारत श्रेष्ठ भारत



सुधियाना। गुरु नानक खालसा कालेज फॉर वुमन, जीएनकेसीडब्ल्यू गुजरखान कैम्पस की रैड रिबन क्लब और एनएसएस यूनिट ने आंतरिक गुणवत्ता आश्वासन सेल के सहयोग से एक भारत श्रेष्ठ भारत मनाया। यह गतिविधि कार्यक्रम अधिकारी डॉ. नीतू प्रकाश और सतवंत कौर के मार्गदर्शन में 18 नवंबर, 2021 को आयोजित की जाती है। कालेज परिसर में छात्रों द्वारा गिरा पेश किया गया। प्रिंसिपल डॉ. मनीता कर्हली ने इस प्रकार की गतिविधियों को प्रोत्साहित किया, जो हमारी मातृभाषा पंजाबी को बढ़ावा देने में सहायक है।

Links to social media posts: [Facebook](#), [Instagram](#)

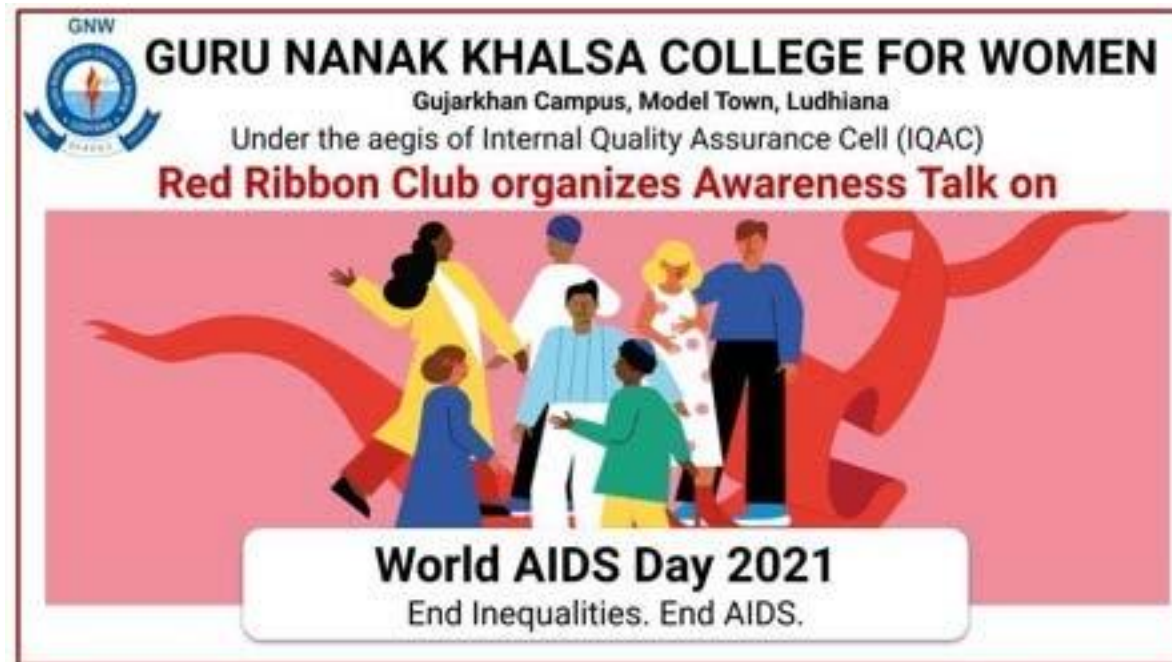
Date: December 1, 2021

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.

Photographs of the event:





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 वाघवा 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 विभिन्न पहलुओं पर अपने विचार रखे। कालेज की



लुधियाना के जीएनकेसीडब्ल्यू में एड्स जागरूकता वार्ता में मौजूद मुख्य वक्ता व प्रिंसिपल डा. मनीता काहलों • विज्ञापित

प्रिंसिपल डा. मनीता काहलों ने कहा कि इस बीमारी से बचने के लिए जागरूकता 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 रेड 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./एड्स के विभिन्न पहलुओं पर विचार व्यक्त



वार्ता के दौरान मौजूद प्रिंसीपल डॉ. मनीता काहलों 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.

Photographs of the event:



Press Coverage:

अंतरराष्ट्रीय स्वयंसेवी दिवस पर कार्यक्रम कराया



लुधियाना | गुरु नानक खालसा कॉलेज फॉर वुमन, गुजर खान कैम्पस, मॉडल टाउन, लुधियाना के आंतरिक गुणवत्ता आश्वासन सेल ने स्वच्छता कार्य योजना समिति (एसएपी) के सहयोग से एनसीसी थिंग, एनएसएस यूनिट, रेड रिबन क्लब, वुथ क्लब, रेड क्रॉस, स्वच्छता पुलिस और इको क्लब के छात्रों ने अंतरराष्ट्रीय स्वयंसेवी दिवस मनाया। स्टूडेंट्स ने राफ्त ली और विभिन्न गतिविधियों को अंजाम दिया। लोक प्रशासन विभाग के सहायक प्रोफेसर डॉ. परवीन 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

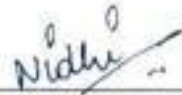
जागरण संवाददाता, लुधियाना : गुरु नानक खालसा कालेज फार वूमेन गुजरखान कैम्पस माडल टाउन के आंतरिक गुणवत्ता आश्वासन सेल ने स्वच्छता कार्य योजना समिति (एसएपी) के सहयोग से अंतरराष्ट्रीय स्वयंसेवी दिवस मनाया। इसमें एनसीसी विंग, एनएसएस यूनिट, रेड रिबन क्लब, यूथ क्लब, रेड क्रॉस सोसायटी के बच्चों ने हिस्सा लिया।

यह दिन स्वयंसेवकों और संगठनों को उनके प्रयासों, मूल्यों का जश्न 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।

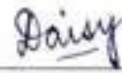


लुधियाना के गुरु नानक खालसा कालेज फार वूमेन में अंतरराष्ट्रीय स्वयंसेवी दिवस सेलिब्रेशन के दौरान स्टाफ सदस्य • जागरण

Links to social media posts: [Facebook](#), [Instagram](#)



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

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	<ul style="list-style-type: none">- 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	<ul style="list-style-type: none">- 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	-	<ul style="list-style-type: none">- The members of the club undertook an Anti-Drug e-pledge.
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	<ul style="list-style-type: none">- 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	-	<ul style="list-style-type: none">- 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.

Photographs of the event:





Luchiana
Punjab
India 25°C
2022-03-07 (Mon) 12:10 (PM) 77°F

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.

Photographs of the event:





Location: Ludhiana, Punjab, India
Temperature: 36°C / 97°F
Date and Time: 2022-03-22(Tue) 11:42(am)




Location: Ludhiana, Punjab, India
Temperature: 36°C / 97°F
Date and Time: 2022-03-22(Tue) 11:44(am)


Press coverage of the event:



Links to social media posts: [Facebook](#), [Instagram](#)


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Ms. Daisy Wadhwa
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Dr. Maneeta Kahlon **Principal**
G.N.Kh. College 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

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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.

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Red Ribbon Club Advisory committee

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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.

Photographs of the event:





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.

Photographs of the event:





Links to Social Media posts: [Facebook](#), [Instagram](#)

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 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.

Photographs of the event:





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.

Photographs of the event:





Ludhiana, Punjab, India
Model Town, Ludhiana, G.M.T. Lane, Pitim Nagar, Model
Town, Ludhiana, Punjab 141002, India
Lat 30.886893°
Long 75.843854°
25/06/22 09:39 AM

Press coverage of the event:



ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਕੜਕੀਆਂ ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸੋਸੀਏਸ਼ਨ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਐਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ, ਸਰੀਰਕ ਸਿੱਖਿਆ ਵਿਭਾਗ, ਐਨ. ਜੀ. ਸੀ. ਵਿੰਗ, ਯੂਥ ਕਲੱਬ ਤੇ ਏਕ ਭਾਰਤ ਯੂੱਤਮ 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 ਯੋਗ ਸੈਸ਼ਨ ਆਯੋਜਿਤ ਕੀਤੇ ਗਏ ਸਨ। ਯੋਗ ਦਾ ਉਦੇਸ਼ ਦਿਮਾਗ ਤੇ ਸਰੀਰ ਦੋਵਾਂ 'ਚ ਤਾਕਤ, ਜਾਗਰੂਕਤਾ ਦੇ ਨਾਲ-ਨਾਲ ਇਕਸੁਰਤਾ ਪੈਦਾ ਕਰਨਾ ਹੈ। ਸਮਾਗਮ ਦਾ ਸੰਚਾਲਨ ਐਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ ਦੇ ਪ੍ਰੋਫ਼ੈਸਰ ਅਫ਼ਸਰ ਡਾ. ਨੀਰੂ ਪ੍ਰਕਾਸ਼ ਤੇ ਸਤਵੰਤ ਕੌਰ ਨੇ ਕੀਤਾ। ਕਾਲਜ ਦੀ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਐਸ ਦੀ ਤਾਅਫ਼ ਡਰੀ ਜਿੰਦਗੀ 'ਚ ਯੋਗ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਚੇਰ ਦਿੱਤਾ।

Links to social media posts: [Facebook](#), [Instagram](#)

Nidhi
Dr. Nidhi
Assistant Professor and Head
Department of Business Management

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

Maneeta
Dr. Maneeta Kahloh
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