GURU NANAK KHALSA COLLEGE FOR WOMEN

MODEL TOWN LUDHIANA

REPORT (2021-22)







Dr. Parveen Arora (Co-ordinator) Parveen ford



Dr. Maneeta Kahlon (Principal) G.N. Kh. College for Women, Model Town, LUDHIANA.

Mrs. Rajwinder Kaur Loighundel Lt. Sukhjit Kaur Suchyit Dan

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Overview

The main aim of establishing the Eco Club was to conserve the natural resources and the natural environment to create Eco friendly environment and create awareness of biodiversity conservation and local environmental issues among children and to create a clean and green consciousness among students through various innovative methods.

Eco club plays an important role in creating environmental awareness amongst the future generation. The Main motive of the Eco Club is to nurture and teach the importance of environment to students.

Eco Club is a group of concerned students, teachers and volunteers that are committed to raising awareness about environmental issues and to reducing environmental impact as individuals, as community, and as citizens of the Nation.

Our vision

To be the best institution for protecting and creating environment awareness by educating the youth, offering programmes and resources for the students.

Eco Club's three main themes are People, Nature and culture. The Club organizes many activities like quizzes, extempore, lectures, debates, essay writing, power point presentation, drawing competition on various environmental issues.

Objectives

- To motivate the students to keep their surroundings green and clean by undertaking plantation of trees.
- To promote culture of conservation of water by minimizing the use of water.
- To maintain cleanliness in and around the campus.
- To educate students to create awareness amongst public and sanitary workers, so as to stop the indiscriminate dumping and burning of waste which causes respiratory diseases.

Major Activities

- The Eco Club along with NCC cadets and NSS volunteers of the college does its best efforts for a green campus.
- Organize seminars and special lectures on environmental issues in the College.
- Campaign against banned carry bags, use of loud speakers, banned fireworks, recycling of glass and metals, filling of water body in the adjacent area, etc.
- Organize rallies, marches, human chains at public places with a view to spread environmental awareness.
- Action based activities like tree plantation, cleanliness drives both within and outside the College campus.
- Beautifying selected road side area, public places like hospitals, government offices, places of worship, etc., with plants and put campaign boards to generate awareness.
- Plantation programme is undertaken at regular intervals through Eco-club and NSS in the college premises and also in the premises of certain Government offices, Hospitals, Temples and orphan houses.

- Removal of waste plants and thorn bushes is done by Eco club with the help of NSS volunteers and other student from time to time. The volunteers of NSS Units collect scrap materials like plastics and other trash in the college and dump it in an appropriate place.
- The Eco club of college organized and actively participated in the Swachh Bharat Programme at the Community Health.

S. No.	Name & Designation	Name of the Committee/ Duty Assigned
1.	Dr. Parveen Arora	Asst Prof. Public Administration Convener
2.	Mrs. Rajwinder kaur	Asst Prof. PG Deptt of Commerce Co-Convener & Member
3.	Mrs. Manpreet kaur	Asst Prof. PG Deptt of Commerce Member
4.	Dr. Madhu Bala	Asst Prof. Sociology Member
5.	Lt. Sukhjit Kaur (ANO)	Asst Prof. Political Science Member
6.	Ms. Avneet Kaur	BCA III Student
7.	Ms. Komal	BA III Student

CONSTITUTION OF ECO CLUB

October 07, 2021

Composting Unit in the campus

An initiative to manage the waste and reduce the carbon footprint in the college was taken by establishing a composting unit within the campus. This composting unit will utilize the waste generated in the college premises in the form of garbage, leaves, organic waste and convert it into fertilizer that will be used for nourishing the plants and nursery.

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

Dr Karanbir Singh Gill, Scientist, Punjab Agricultural University was the Resource Person.



नानक खालसा कालेज फार वूमेन एसएपी ग्रीन कमेटी के कार्यक्रम गुजरखान कैंपस के आइक्यूएसी ने अधिकारी डा. बलबीर कौर, डा. एसएपी, ईको क्लब और एनएसएस यूनिट के सहयोग से खाद इकाई एनएसएस यूनिट की डा. नीतू प्रकाश स्थापित करके कचरे के प्रबंधन और साथ इस कार्यक्रम में भाग लिया। नेक प्रयास शुरू किया। यह कंपोस्टिंग यूनिट कालेज परिसर में उत्पन्नकचर, पत्तियों, जैविक कचरे के रूप में उपयोग कर उसे उर्वरक में परिवर्तित करेगी, जिसका उपयोग पौधों और नर्सरी में







October 12, 2021

Set-up a Herbal Garden and to organize Poster-making Competition

The Greenery Management sub-committee of Swachhta Action Plan (SAP) Committee and the Eco club of the college organised a Poster-making competition and established a herbal garden in the college campus. The teachers in-charge working under SAP coordinator Dr. Parveen Arora were: Mrs. Gaganeetpal Kaur, Mrs. Harpreet Kaur, Mrs. Inderjit Kaur, Ms. Anju Kapoor, Ms. Shalini. The gardeners involved in setting up the herbal garden were Mr. Subhash, Mr. Amit and Mr. Nitin.

A poster-making competition was also organized on this occasion by members of Greenery Management Team and Water Management Team.



December 04, 2021

Organized various activities in the college to mark International Volunteer Day

International Volunteer Day is celebrated on December 05 every year. It is an opportunity for volunteers and organizations to celebrate their efforts and promote their work among communities. To mark the day, following activities were carried out in the college on December 04:

1. The students of the college pledged to contribute towards sustainable human development.

2. An interactive lecture on fostering volunteerism was delivered by Dr. Parveen Arora, Assistant Professor, Department of Public Administration.

3. The student volunteers of the Water Management Team also pledged to promote the saving of water to maintain the continuity of life on the earth.

4. The student volunteers of the Waste Management Team pledged to promote the usage of bio enzymes instead of pesticides to increase the durability of soil and to further ensure sustainable development.

1. <u>https://www.facebook.com/646575452429581/posts/1314875268932926/?sfnsn=wiwspmo</u>

- 2. https://www.instagram.com/p/CXEDIrSFeaG/?utm_medium=share_sheet
- 3. <u>https://www.facebook.com/646575452429581/posts/1315289942224792/?sfnsn=wiwspmo</u>
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- 5. <u>https://www.instagram.com/gnkcw/p/CXF6blCldqG/?utm_medium=share_sheet</u>
- 6. <u>https://www.instagram.com/p/CXF8KCyF4s1/?utm_medium=share_sheet</u>







May 15 to 26, 2022 Celebration to mark International Day for Biological Diversity Organized daily activities to celebrate International Day for Biological Diversity

As the countdown to the International Day for Biological Diversity which falls on May 22, the college planned several activities to increase the understanding and awareness of biodiversity issues among the students. These activities were sponsored by the National Biodiversity Authority, Government of India. As per the directions of the Punjab Biodiversity Board (PBB), this year's theme 'Building a shared future for all life on earth' was followed by the college. Under the guidance of Dr. Parveen Arora, SAP Nodal Officer of the college, these activities were conducted for a fortnight starting from May 15.



Vermi-Compost Pit Maintenance Drive

A drive for the maintenance of a vermi-compost pit set up in the college was initiated. The college uses its in-house compost for organic gardening and for discouraging the use of pesticides. Bird Feeders were also set up for biodiversity conservation.



A presentation on the process and benefits of vermicomposting was arranged. Dr. Parveen Arora informed students about the advantages of vermicomposting compared to traditional composting. She explained the process followed by the college in maintaining vermicomposting units and provided a demonstration of creating small vermicomposting units at home. Madam Principal Dr. Maneeta Kahlon encouraged the students to set up vermicomposting units to promote organic gardening. She further motivated the students to share this information with everyone for biodiversity conservation.



Herbal Garden Set Up

The students were informed about the conservation of rare and endemic plant species. The health benefits of in-house herbal and kitchen gardens were also discussed. Students were shown the different varieties of medicinal and aromatic plants which are grown in the college herbal garden. This garden is maintained by the students using the organic manure prepared from the vermin-composting units of the college. Madam Principal Dr. Maneeta Kahlon emphasized that the conservation of biodiversity is essential for human survival. She encouraged the students to set up herbal gardens in their homes as it is a good way to promote the use of medicinal plants for primary health care at the household level.



Conservation of Local Bird Habitat

A number of specially designed bird feeders were set up at several locations on the college campus in order to create awareness of wildlife and urban birds. Madam Principal Dr. Maneeta Kahlon highlighted that feeding our avian friends is an engaging and educational activity that helps in establishing a connection with nature. She appreciated the proactive role played by the Biodiversity Cell of the college in this regard.



Best Out of Waste

An exhibition on Best out of Waste was organized to promote the principles of reusing, reducing, and recycling waste material. Students made beautiful articles like carry bags, envelopes, file covers, wall hangings, pots, and other useful items from waste newspapers, used bottles, cans, ice cream cups and sticks, dry leaves, wool, old clothes, etc. Madam Principal Dr. Maneeta Kahlon emphasized that the objective behind this activity is to teach students the art of recycling. She added that this creative and artistic initiative will help develop the habit of upcycling old things among students.



Interactive Lecture / Quiz Competition on Conserving Bio - Diversity

An interactive lecture on conserving biodiversity was conducted by Mrs. Seema Dua, Head of the Department of Economics. She discussed issues related to biodiversity as well as the ways in which we can participate in biodiversity conservation. A quiz competition on Sustainable Biodiversity was organized.

Educational Film on Zoonotic Diseases

An educational film on Zoonotic Diseases- Concept and Prevention was also screened. During the documentary screening, Dr. Parveen Arora informed about the strategies for the control and prevention of zoonotic diseases. Madam Principal Dr. Maneeta Kahlon emphasized that by increasing our awareness and knowledge of environmental issues, we can become stewards of biodiversity conservation.





Nature Walk at PAU & College Campus

A nature walk was taken by the students on the verdant campus of Punjab Agriculture University. In addition, the Department of Computer Science and Applications organized a presentation activity on the theme of biodiversity conservation. Shivangi, Manchet Kaur, and Riya, the students of the department, expressed their views on various aspects of biodiversity.

These activities were sponsored by the National Biodiversity Authority, Government of India. Speaking on the occasion, Madam Principal Dr. Maneeta Kahlon highlighted the wealth of human health benefits that stem from experiencing nature and biodiversity. She advised students to adopt regular nature walks to reconnect with nature and reduce stress levels. She further said that Punjab Biodiversity Board is playing an important role in sensitizing students about biodiversity conservation.

Promoting Micro Greens

A virtual session on Biodiversity and Health was conducted by Mrs. Shikha Kalra, Head of the Department of Home Science. The main attraction of this meeting was the demonstration on "Growing microgreens". During her talk, Mrs. Shikha informed students about the process to be followed for planting microgreens at home and the health and nutritional benefits of microgreens. Madam Principal said that microgreens are easy to grow at home with minimal supplies, and hence, they can be a great source of daily nutritional requirements.





Tree Plantation Drive

A tree plantation drive was organized on the campus. Madam Principal Dr. Maneeta Kahlon stressed that by planting more trees, we can contribute to repairing damaged ecosystems and mitigating climate changes.





Poster-Making Competition

A poster-making competition was organized on "Building a shared future for all life," the theme of International Day for Biological Diversity. 16 students of the Department of Fine Arts participated in this competition under the guidance of Mrs. Harpreet Kaur, Head of the Department of Fine Arts, and Mrs. Balwinder Kaur, Assistant Professor. The college Principal Dr. Maneeta Kahlon appreciated the work done by students and gave them prizes.



Construction of New Vermi-Composting Pit

A new vermicomposting pit was constructed on the college campus while restoration work of the existing vermicomposting pits was carried out. Madam Principal highlighted that vermicomposting is a great way of recycling waste into valuable organic fertilizer. She added that the larger aim of this project is to promote and facilitate home composting among staff and students.



'Road Safety Rules' Campaign

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.

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May 27, 2022

Organized Inter-College Declamation Competition to celebrate International Day for Biological Diversity

अरोड़ा ने वर्मी कम्पोस्ट बनाने की प्रक्रिया के बारे में चर्चा की ।

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.

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May 30, 2022

Held Cycle Rally on Environment Awareness

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

1.https://www.facebook.com/646575452429581/posts/pfbid0bee1Vj4h9oDgq3XjxcfvRmoVCfQ5SL9CtS EErF64xY1DkzAZ48FGXW7DSqDupjznl/?sfnsn=wiwspmo 2.https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY=





Faculty Achievements





