



# GURU NANAK KHALSA COLLEGE FOR WOMEN

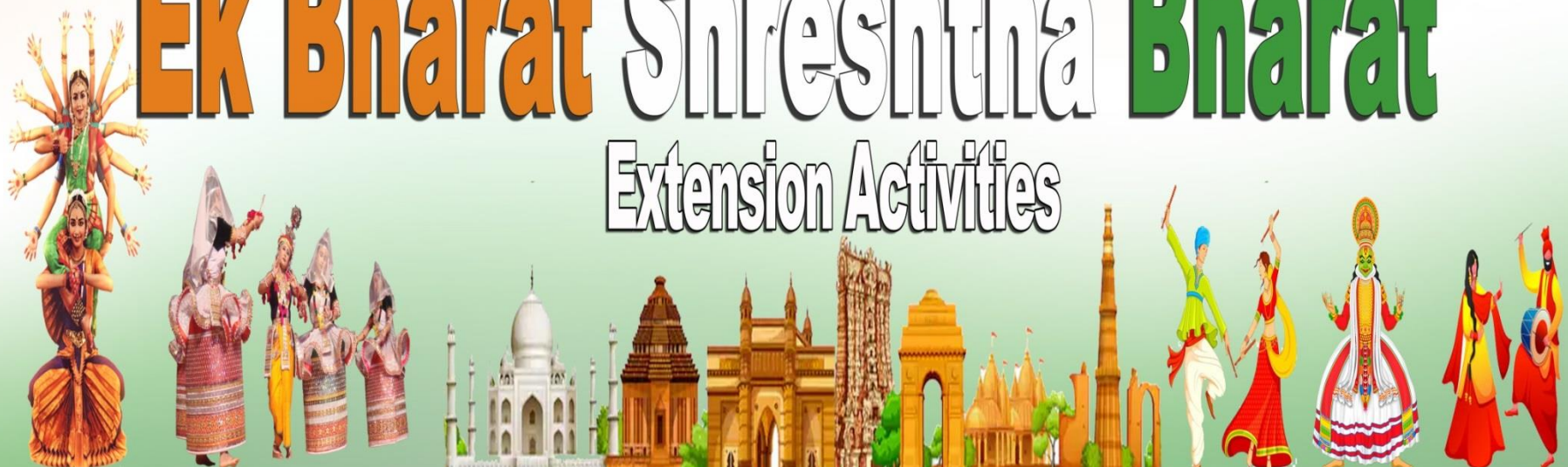
Gujarkhan Campus, Model Town, Ludhiana



Under the aegis of Internal Quality Assurance Cell

## Ek Bharat Shreshtha Bharat

Extension Activities



## From the Principal's Desk

EBSB club of Guru Nanak Khalsa College for Women, Model Town, Ludhiana has been created under the 'Ek Bharat Shreshtha Bharat' initiative of the Government of India. The ideology was proposed by the honorable Prime Minister on 31-10-2015, the birth anniversary of Sardar Vallabhbhai Patel, who is known for uniting the country as one nation. The programme aims to give a boost to the existing cultural connect between different parts of the country and enhance interaction between people living in different states. Conceptually, the idea is that each year one state should connect to any other state in India on a reciprocal basis. The knowledge of the culture, traditions and practices of different states will lead to an enhanced understanding and bonding between each other thereby strengthening the unity and integrity of India.

I believe that such an initiative to connect people in areas of culture, tourism, language, education trade etc. and citizens will be able to experience the cultural diversity of a much larger number of States/UTs while realizing that India is ONE.

*Maneeta*

Dr. Maneeta Kahlon

**PRINCIPAL**



We feel extremely privileged to be associated with the Ek Bharat Shreshtha Bharat Club of our institution. The initiative 'Ek Bharat Shreshtha Bharat' was announced by Hon'ble Prime Minister on 31st October, 2015 on the occasion of the 140th birth anniversary of Sardar Vallabhbhai Patel. Through this innovative measure, the knowledge of the culture, traditions and practices of different states & UTs will lead to an enhanced understanding and bonding between the states, thereby strengthening the unity and integrity of India. Ek Bharat Shreshtha Bharat programme aims to enhance interaction & promote mutual understanding between people of different states/UTs through the concept of state/UT pairing. The states carry out activities to promote a sustained and structured cultural connect in the areas of language learning, culture, traditions & music, tourism & cuisine, sports and sharing of best practices, etc.



Dr. Neetu Prakash  
Coordinator, EBSB Club  
Associate Professor, PG Dept. of Commerce



Mrs. Satwant Kaur  
Coordinator, EBSB Club  
Assistant Professor,  
Dept of Computer Science  
& Applications

It is important to establish cultural exchanges between people of different regions, as a means to further human bonding and a common approach to nation-building. Mutual understanding and trust are the foundations of India's strength and all citizens should feel culturally integrated in all corners of India. Students from the north-east, for example, should not feel like 'strangers in a strange land' when they arrive in Delhi, or a person from Punjab should not feel like an outsider in Kerala.

We, the Coordinators of EBSB Club assure full support, dedication and commitment towards Government to create an environment of mutual trust and confidence which promotes learning between States by sharing best practices and experiences.

## Formation of EBSB Club

Ek Bharat Shreshtha Bharat (EBSB) has been one of the major flagship programmes of the Government to bring in cultural integration of the country as a part of the vision to build a "New India by 2022". The program was launched by the Honourable Prime Minister to promote engagement amongst the people of states and union territories in the country in order to enhance mutual understanding and bonding between people of diverse cultures, thereby securing stronger unity and integrity of India. In view to fulfill the objective of the initiative, we are creating a club called "EBSB Club" with an objective:

- ❖ To CELEBRATE the Unity in Diversity of our Nation and to maintain and strengthen emotional bonds between the people of our Country;
- ❖ To PROMOTE the spirit of national integration through a deep and structured engagement between all Indian States and Union Territories
- ❖ To SHOWCASE the rich heritage and culture, customs and traditions of either State for enabling people to understand and appreciate the diversity that is India, thus fostering a sense of common identity
- ❖ TO ESTABLISH long-term engagements and,
- ❖ TO CREATE an environment which promotes learning between States by sharing best practices and experiences

### Ek Bharat Shreshtha Bharat (EBSB) Club at GNKCW

Dr. Maneeta Kahlon	: Convener and Principal
Dr. Neetu Prakash	: Nodal Officer and Coordinator
Mrs Satwant Kaur	: Coordinator
Shivangi	: member
Garima narula	: Member

## **Har Ghar Tiranga Campaign**

Under the aegis of Internal Quality Assurance Cell, Guru Nanak Khalsa College for Women, Ludhiana celebrated Har Ghar Tiranga Campaign 'Har Ghar Tiranga' is a campaign under Azadi Ka Amrit Mahotsav to encourage people to bring the Tiranga home and to hoist it to mark the 75th year of India's independence. The idea behind the initiative is to invoke the feeling of patriotism in the hearts of the people and to promote awareness about the Indian National Flag

The ministry has launched the Har Ghar Tiranga website that allows Indian citizens to pin the national flag virtually.

- On August 12, 2022 NCC , NSS and Ek Bharat Shreshth Bharat Club students recorded the short videos on Har Ghar Tiranga Campaign.
- On August 13, 2022 NCC , NSS and Ek Bharat Shreshth Bharat Club organized road rally and on Har Ghar Tiranga Campaign .Students and Cadets hoisted National Flag at their homes and took their photos.





These activities were conducted under the supervision of NSS program Officers Dr Neetu Prakash, Mrs Satwant Kaur and Lt. Sukhjit Kaur ANO.

Principal Dr Maneeta Kahlon encouraged the students to undertake these activities to bring the feeling of patriotism among themselves.

## PRESS CLIPPINGS

**शिक्षण संस्थानों में धूमधाम से मनाया स्वतंत्रता दिवस**

सवेरा न्यूज/ रजनी

लुधियाना, 13 अगस्त: स्वतंत्रता दिवस के उपलक्ष्य में शिक्षण संस्थानों में समारोह आयोजित किए गए। स्कूल परिसर में देशभक्ति के गीत गुंजे तो वहीं हर घर तिरंगा थीम पर रैलियां निकाली गईं और लोगों को झंडे बांटे गए।



गुरु नानक खालसा कालेज फॉर वूमैन में आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ ने लोगों को तिरंगा घर लाने के लिए प्रोत्साहित करने के लिए आजादी का अमृत महोत्सव के तहत हर घर तिरंगा अभियान मनाया। इस अभियान के तहत, एन.सी.सी. विंग, एन.एस.एस. यूनिट, यूथ क्लब, रेड रिबन क्लब और कालेज के एक भारत श्रेष्ठ भारत क्लब ने भारत की स्वतंत्रता के 75 वें वर्ष को चिह्नित करने के लिए एक सप्ताह तक चलने वाले समारोह के दौरान विभिन्न गतिविधियों का आयोजन किया। कालेज के एनसीसी, यूथ क्लब, रेड रिबन और एनएसएस स्वयंसेवकों ने अपने योगदान को चिह्नित करने के लिए अपने स्थान पर आभासी झंडे लगाए, राष्ट्रीय ध्वज वितरित किए, अपनी सैल्फी पोस्ट की, लघु वीडियो रिकॉर्ड किए और सड़क रैली का आयोजन किया। छात्राओं और कैडेट ने अपने घरों पर राष्ट्रीय ध्वज फहराया और उनकी तरवीरें लीं। प्रिंसीपल डा. मनीता काहलों ने विद्यार्थियों को देशभक्ति की भावना के लिए इन गतिविधियों को करने के लिए प्रोत्साहित किया।

## Poshan Maah- National Nutrition Month celebrations at GNKCW

Under the aegis of IQAC, the Department of Home Science, NSS unit, Unnat Bharat Abhiyaan Club, Ek Bharat Shreshtha Bharat Club of the college are celebrating the month of September as National Nutrition Month. As a part of this, a number of activities are being organized as the directions of Madam Principal Dr. Maneeta Kahlon and under guidance of Dr. Neetu Prakash, Mrs. Satwant Kaur, Mrs. Shikha Kalra, and Mrs. Amarpreet Kaur.

### First Week activities

#### September 3, 2022

The college students and staff pledged to be healthy and nurture our bodies with a good diet and physical activity. A documentary on malnutrition and on the use of millets to eradicate it was screened for 23 Students of Home Science Department. In addition, the students were demonstrated the process of sowing millets. Principal Dr Maneeta Kahlon emphasized on growing millets in the kitchen gardens and encouraged the use of millets in the daily diets.





**September 6, 2022**

38 Students of Home Science Department prepared highly nutritious, protein-rich Raw Banana Millet Tikkis. This power-packed recipe is beneficial to fight malnutrition.



**September 9, 2022**

42 Students of Home Science Department made nutritious Dosa using fermented batter. Principal Dr. Maneeta Kahlon emphasized that fermentation enhances the nutritive value of cereals and pulses. In addition, students examined the growth of millets grown in the college nursery. They were found to have become 4inch long saplings.

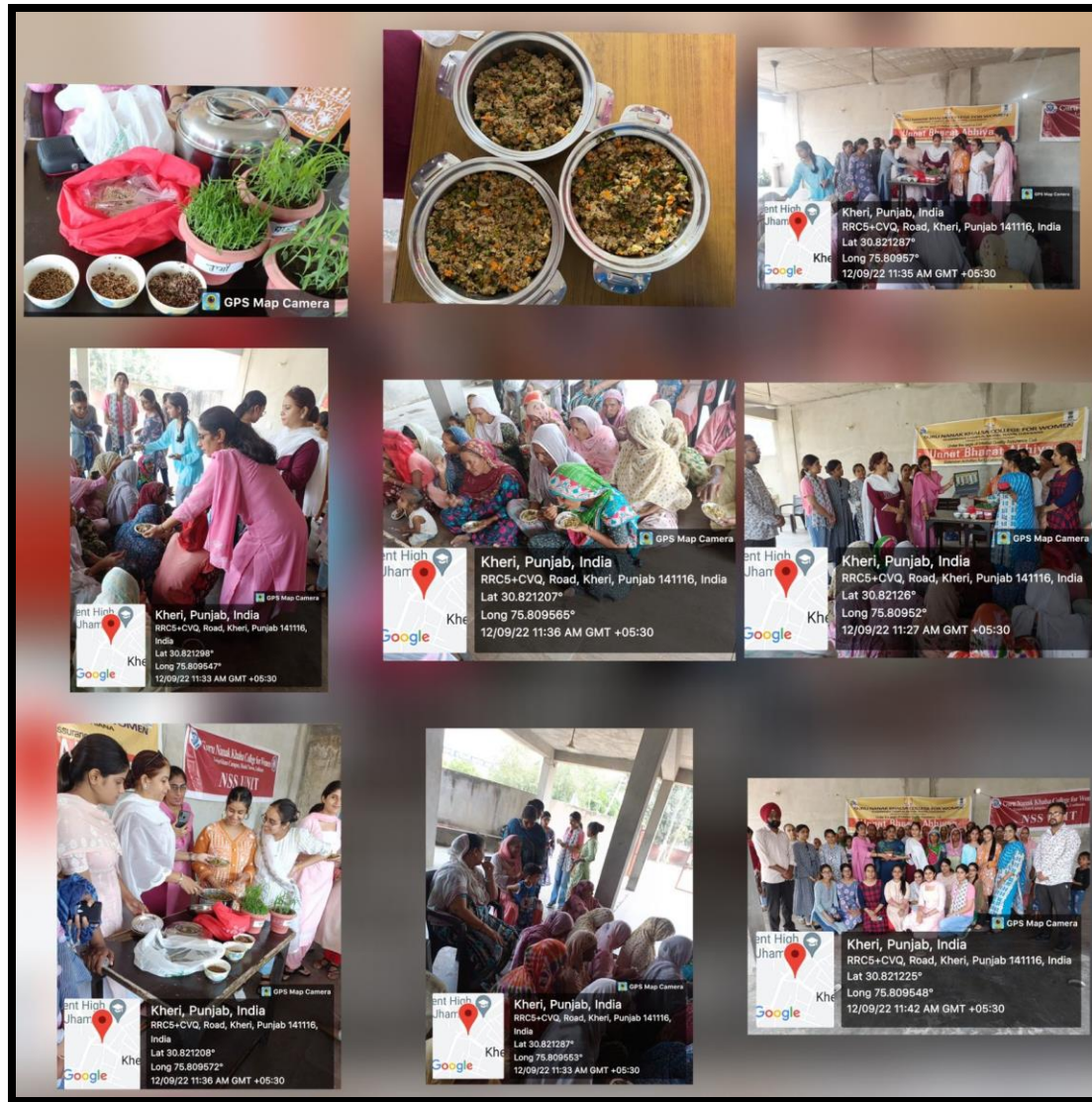
**Second Week activities****September 10**

18 Students of Home Science department along with Mrs. Shikha Kalra and Mrs. Amarpreet Kaur visited Jassowal village to explain the importance of millets in their diet by showing a documentary. This was followed by distribution of millet seeds to the rural women.

**September 12**

15 Students of Home Science Dept. along with Dr. Parveen Arora, Mrs. Shikha Kalra and Mrs. Amarpreet Kaur visited villages Kheri and Jhameri and explained the importance of millets in their diet by showing a documentary along with tasting of kodo millet khichri prepared in the lab with lots of veggies.

In addition, millet seeds were distributed to the rural women.



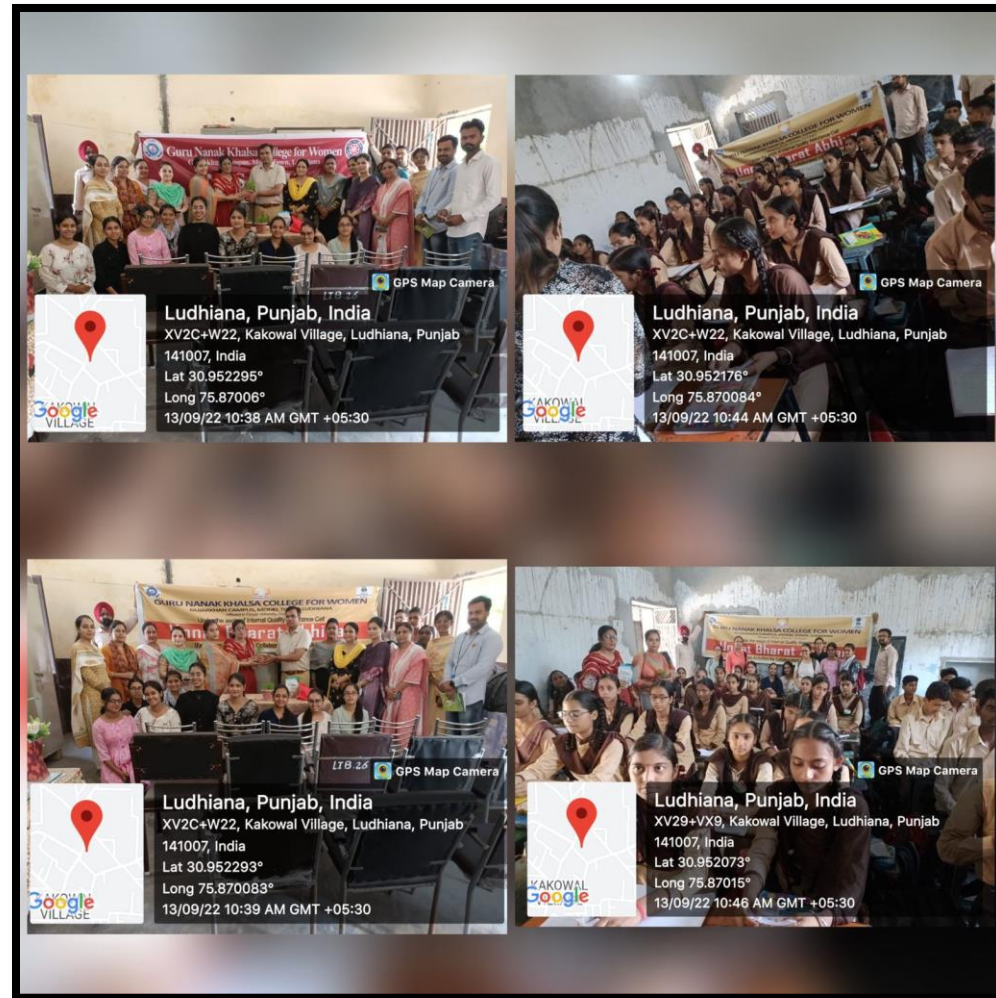






## September 13

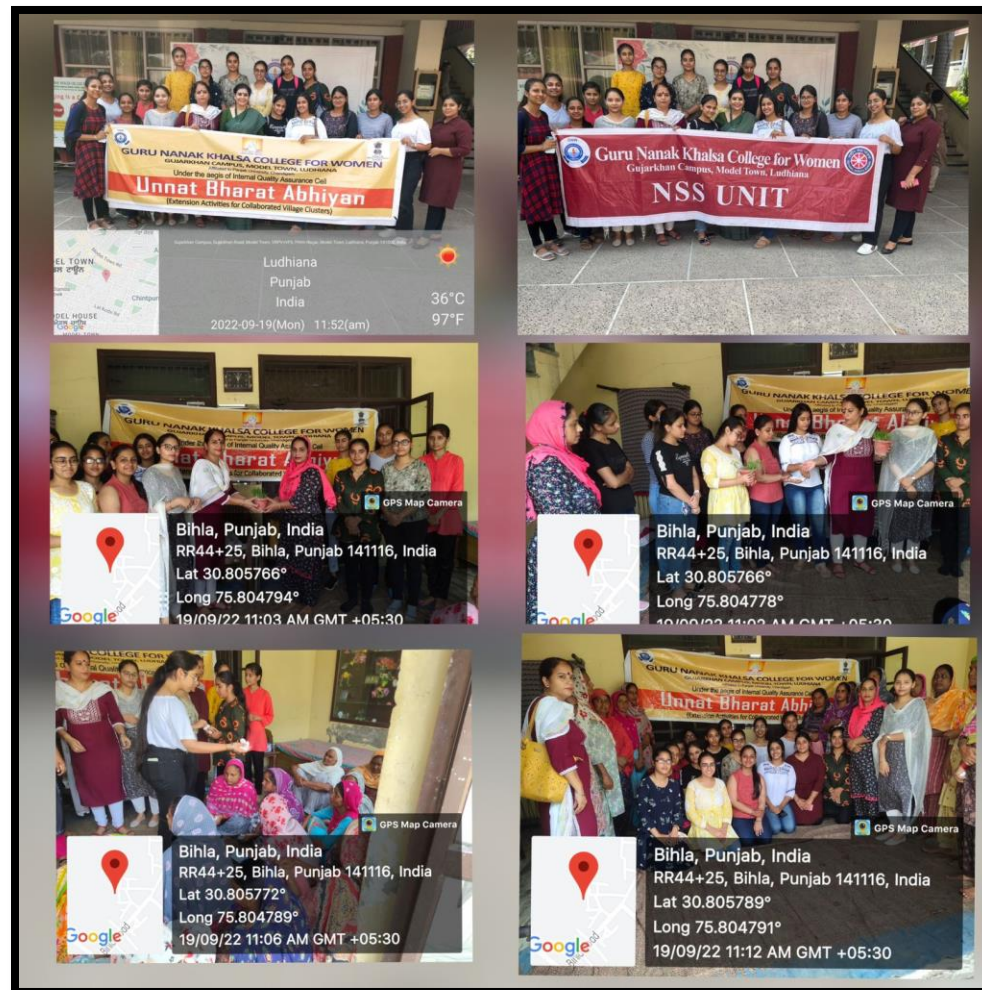
12 students along with Mrs. Shikha Kalra and Mrs. Amarpreet Kaur visited Govt. school at Kakowal village. Millet seeds were distributed to students and teachers were encouraged to grow millet microgreens in the kitchen garden as well as include millets in the mid day meal programme.



## September 19

16 students, along with Mrs. Amarpreet kaur (Dept. of Home Science) and Ms. Sandeep (Dept. of Computer Science) visited village Behila and explained the importance of millets to combat malnutrition. Millet seeds were distributed to the village women.

Principal Dr Maneeta Kahlon emphasised on growing millet microgreens and advised the students to use them in their daily diets. She also encouraged the teachers to organize more of such visits to sensitize residents about healthy eating habits.



## PRESS CLIPPINGS



लुधियाना में जीएनकेसीडब्ल्यू के वालंटियर्स राष्ट्रीय पोषण माह के तहत एक गतिविधि में हिस्सा लेते हुए कालेज

### जीएनकेसीडब्ल्यू में मनाया राष्ट्रीय पोषण माह

जासं, लुधियाना : गुरु नानक खालसा कालेज फार वूमैन गुजरखान कैम्पस माडल टाउन में गृह विज्ञान विभाग, एनएसएस इकाई, उन्नत भारत अभियान क्लब और एक भारत श्रेष्ठ भारत क्लब ने सितंबर माह को राष्ट्रीय पोषण माह के रूप में मनाया। इसके तहत कई गतिविधियों का आयोजन किया गया जिसमें लुधियाना के चार

गांवों का दौरा शामिल है। इस दौरान कालेज के छात्रों के लिए छोटा अनाज पकाने की विधि प्रतियोगिता का भी आयोजन किया गया। प्रधानाचार्य डा. मनीता काहलों ने शिक्षकों को स्वस्थ खाने की आदतों के बारे में निवासियों को जागरूक करने के लिए इस तरह के और दौरे आयोजित करने के लिए प्रोत्साहित किया।



## **GNKCW organizes Fitness Run to celebrate the 115th birth anniversary of Shaheed Bhagat Singh**

NSS Unit, NCC Wing, Ek Bharat Shrestha Bharat Club and Physical Education Department of Guru Nanak Khalsa College for Women, Model Town, Ludhiana organized a Fitness Run on September 28, 2022 on the occasion of 115th Birth Anniversary of Shaheed Bhagat Singh. The Fitness Run started from college Gate on September 28, 2022 at 7:00 AM and continued till Children Traffic Training Park Ludhiana.





## PHOTOGRAPHS







**PRESS CLIPPING**



ਜੀ.ਐਨ.ਕੇ.ਸੀ.ਡਬਲਯੂ. ਵਿਖੇ ਸ਼ਹੀਦ-ਏ-ਆਜ਼ਮ ਭਗਤ ਸਿੰਘ ਦੇ ਜਨਮ ਦਿਨ ਮੌਕੇ ਮੈਰਾਥਨ ਨੂੰ ਰਵਾਨਾ ਕਰਨ ਸਮੇਂ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਤੇ ਹੋਰ। ਅਜੀਤ-ਤਸਵੀਰ

**ਜੀ.ਐਨ.ਕੇ.ਸੀ.ਡਬਲਯੂ. ਵਿਖੇ ਸਮਾਗਮ**

ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਗੁੱਜਰਖਾਨ ਕੈਂਪਸ ਮਾਡਲ ਟਾਊਨ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸ਼ਰੈਂਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਪੰਜਾਬੀ ਵਿਭਾਗ, ਇਤਿਹਾਸ ਵਿਭਾਗ, ਏਕ ਭਾਰਤ ਸੋਫ਼ਤ ਭਾਰਤ ਕਲੱਬ, ਐਨ ਐਸ ਐਸ ਯੂਨਿਟ ਅਤੇ ਐਨ ਸੀ ਸੀ. ਵਿੰਗ ਨੇ ਸ਼ਹੀਦ-ਏ-ਆਜ਼ਮ ਸਰਦਾਰ ਭਗਤ ਸਿੰਘ ਦਾ ਜਨਮ ਦਿਨ ਕਾਲਜ ਕੈਂਪਸ ਵਿਚ ਮਨਾਇਆ। ਐਨ.ਸੀ.ਸੀ. ਕੈਂਡਿਡੇਟਾਂ ਨੇ ਇਸ ਮਹਾਨ ਸੁਤੰਤਰਤਾ ਸੈਨਾਨੀ ਦੀ ਯਾਦ ਨੂੰ ਸਮਰਪਿਤ ਵਿਟਨੈਸ ਰਨ ਵਿਚ ਭਾਗ ਲਿਆ। ਇਸ ਤੋਂ ਬਾਅਦ ਸਰਦਾਰ ਭਗਤ ਸਿੰਘ ਦੇ ਜੀਵਨ ਫ਼ਲਸਫ਼ੇ 'ਤੇ ਇਕ ਗੋਸ਼ਟੀ ਕਰਵਾਈ ਗਈ। ਸ਼੍ਰੀਮਤੀ ਸ਼ੈਲੀ ਪੰਥੀ ਸਹਾਇਕ ਪ੍ਰੋਫੈਸਰ ਐਮ.ਡੀ.ਪੀ. ਕਾਲਜ ਲੜਕੀਆਂ ਰਿਸਰਚ ਪਰਸਨ ਸਨ। ਕਾਲਜ ਕੈਂਪਸ ਵਿਚ ਵਿਦਿਆਰਥੀਆਂ ਵਲੋਂ ਯੁਵਕ ਭਲਾਈ ਕਮੇਟੀ ਵਲੋਂ ਨਿਰਦੇਸ਼ਤ ਨਾਟਕ 'ਸ਼ਹਾਦਤ' ਪੇਸ਼ ਕੀਤਾ ਗਿਆ। ਵਾਈਨ ਆਰਟਸ ਵਿਭਾਗ ਅਤੇ ਹੋਰ ਰਿਬਨ ਕਲੱਬ ਵਲੋਂ ਭਗਤ ਸਿੰਘ ਦੇ ਜਨਮ ਦਿਨ ਨੂੰ ਮਨਾਉਣ ਲਈ ਪੋਸਟਰ ਮੈਕਿੰਗ ਅਤੇ ਸਲੋਗਨ ਲਿਖਣ ਦੇ ਮੁਕਾਬਲੇ ਕਰਵਾਏ ਗਏ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਪਣੀ ਮਾਤ ਭੂਮੀ ਪ੍ਰਤੀ ਦੇਸ਼ ਭਗਤੀ ਦੀ ਭਾਵਨਾ ਪੈਦਾ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ ਅਤੇ ਇਸ ਵਿਸ਼ੇਸ਼ ਦਿਨ ਨੂੰ ਮਨਾਉਣ ਲਈ ਕੀਤੇ ਜਾ ਰਹੇ ਯਤਨਾਂ ਦੀ ਸ਼ਲਾਘਾ ਕੀਤੀ। ਮਾਸਟਰ ਤਾਰਾ ਸਿੰਘ ਕਾਲਜ ਵਿਖੇ ਸਮਾਗਮ ਮਾਸਟਰ ਤਾਰਾ ਸਿੰਘ ਮੈਮੋਰੀਅਲ ਕਾਲਜ ਲੜਕੀਆਂ ਲੁਧਿਆਣਾ ਵਿਖੇ ਕਾਲਜ ਦੇ ਐਨ ਐਸ ਐਸ. ਤੇ ਐਨ ਸੀ ਸੀ. ਅਤੇ ਯੂਥ ਕਲੱਬ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਜਨਮ ਦਿਨ ਮਨਾਇਆ ਗਿਆ। ਜਿਸ ਦੌਰਾਨ ਭਗਤ ਸਿੰਘ ਦੀ ਯਾਦ ਨੂੰ ਸਮਰਪਿਤ ਸਾਈਕਲ ਰੈਲੀ ਕੱਢੀ ਗਈ। ਭਗਤ ਸਿੰਘ ਦੇ ਜੀਵਨ 'ਤੇ ਫ਼ਲਸਫ਼ੇ ਅਤੇ ਉਨ੍ਹਾਂ ਦੀ ਆਜ਼ਾਦੀ ਸੰਗਰਾਮ ਵਿਚ ਮਹੱਤਵਪੂਰਨ ਚੋਣ ਨੂੰ ਅਗਲੀ ਪੀੜ੍ਹੀ ਤੱਕ ਪਹੁੰਚਾਉਣ ਲਈ ਸੈਮੀਨਾਰ ਕਰਵਾਇਆ ਗਿਆ। ਭਗਤ ਸਿੰਘ ਦੇ ਜੀਵਨੀ 'ਤੇ ਵਿਦਿਆਰਥਣਾਂ ਵਲੋਂ ਨੁਕਤਾ ਨਾਟਕ ਵੀ ਪੇਸ਼ ਕੀਤਾ ਗਿਆ। ਕਾਲਜ ਦੇ ਅਧਿਆਪਕ ਸਾਹਿਬਾਨ ਅਤੇ ਵਿਦਿਆਰਥਣਾਂ ਵਲੋਂ ਸ਼ਹੀਦ ਭਗਤ ਸਿੰਘ ਦੇ ਜੀਵਨ 'ਤੇ ਰੋਸ਼ਨੀ ਪਾਉਂਦਿਆਂ ਕਵਿਤਾਵਾਂ ਅਤੇ ਭਾਸ਼ਣ ਆਦਿ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਕਿਰਨਦੀਪ ਕੌਰ ਕਾਲਜ ਪ੍ਰਬੰਧਕ ਕਮੇਟੀ ਦੇ ਪ੍ਰਧਾਨ ਸਵਰਨ

### **Celebrate the spirit of 'Ek Bharat Shreshtha Bharat'**

As per the directions of University Grants Commission (UGC), the staff and students of GNKCW attended the LIVE webcast of the inaugural ceremony of the month-long Kashi-Tamil Samagam held in the amphitheater ground of the Banaras Hindu University (BHU) on November 19, 2022. The Samagam was inaugurated by the Honorable Prime Minister of India Shri Narendra Modi. It is an initiative of the central government as part of 'Azadi ka Amrit Mahotsav'.

The programme aims to celebrate the spirit of 'Ek Bharat Shreshtha Bharat' and highlight the Tamil language and culture as well as revive the cultural links between Varanasi and Tamil Nadu.









## SUMMARIZED HALF YEARLY REPORT

Sr. no	Activity	Date
1	Har Ghar Tiranaga Campaign	August 12-August 13, 2022
2	Poshan Maah- National Nutrition Month celebrations at GNKCW	September Month
3	GNKCW organizes Fitness Run to celebrate the 115th birth anniversary of Shaheed Bhagat Singh	September 28, 2022
4	Celebrate the spirit of 'Ek Bharat Shreshtha Bharat'	November 19, 2022

  
Dr. Neetu Prakash

  
Mrs. Satwant Kaur

Coordinators EBSB Club

  
Dr. Maneeta Kahlon

Principal

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