

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

**REPORT  
ON  
NCC ACTIVITIES  
April - June 2022  
(QUARTER-IV)**

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### 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. <a href="https://www.facebook.com/permalink.php?story_fbid=1390133231407129&amp;id=646575452429581">https://www.facebook.com/permalink.php?story_fbid=1390133231407129&amp;id=646575452429581</a> 2. <a href="https://www.instagram.com/p/CbzVMWJrLWN/?utm_medium=share_sheet">https://www.instagram.com/p/CbzVMWJrLWN/?utm_medium=share_sheet</a>
2	Thursday April 07, 2022	To organized a visit to the Bonsai Exhibition	NCC under IQAC	1. <a href="https://www.facebook.com/permalink.php?story_fbid=1394085187678600&amp;id=646575452429581">https://www.facebook.com/permalink.php?story_fbid=1394085187678600&amp;id=646575452429581</a> 2. <a href="https://www.instagram.com/p/CcDU8iulrZF/?utm_source=ig_web_copy_link">https://www.instagram.com/p/CcDU8iulrZF/?utm_source=ig_web_copy_link</a>
3	Monday, April 11-12, 2022	Organized Two Day Tree Plantation Drive	Swachhta Action Plan (SAP) Committee, , NCC wing under IQAC	1. <a href="https://www.facebook.com/permalink.php?story_fbid=1398008510619601&amp;id=646575452429581">https://www.facebook.com/permalink.php?story_fbid=1398008510619601&amp;id=646575452429581</a> 2. <a href="https://www.instagram.com/p/CcSzxwElcVg/?utm_source=ig_web_copy_link">https://www.instagram.com/p/CcSzxwElcVg/?utm_source=ig_web_copy_link</a>
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. <a href="https://www.facebook.com/gnwludhiana/videos/353370750157303/">https://www.facebook.com/gnwludhiana/videos/353370750157303/</a> 2. <a href="https://www.instagram.com/tv/CciQn_EldKr/?utm_source=ig_web_copy_link">https://www.instagram.com/tv/CciQn_EldKr/?utm_source=ig_web_copy_link</a> 3. <a href="https://www.facebook.com/permalink.php?story_fbid=1401330946954024&amp;id=646575452429581">https://www.facebook.com/permalink.php?story_fbid=1401330946954024&amp;id=646575452429581</a> 4. <a href="https://www.instagram.com/p/CcFfChGFVwH/?utm_source=ig_web_copy_link">https://www.instagram.com/p/CcFfChGFVwH/?utm_source=ig_web_copy_link</a> 5. <a href="https://fb.watch/ctaTn_Kl8p/">https://fb.watch/ctaTn_Kl8p/</a> 6. <a href="https://fb.watch/cuCjMg8X8n/">https://fb.watch/cuCjMg8X8n/</a> 7.

				<a href="https://www.facebook.com/646575452429581/posts/1402470453506740/?sfnsn=wiwspmo">https://www.facebook.com/646575452429581/posts/1402470453506740/?sfnsn=wiwspmo</a> 8. <a href="https://www.instagram.com/p/Ccj-HmNL6sj/?igshid=MDJmNzVkMjY=">https://www.instagram.com/p/Ccj-HmNL6sj/?igshid=MDJmNzVkMjY=</a>
5	Month of May	College to join in 'Yoga Utsav 2022'	NCC Wing under IQAC	1. <a href="https://www.facebook.com/646575452429581/posts/1413756725711446/?sfnsn=wiwspmo">https://www.facebook.com/646575452429581/posts/1413756725711446/?sfnsn=wiwspmo</a> 2. <a href="https://www.instagram.com/p/CdPcfKJIRaJ/?igshid=MDJmNzVkMjY=">https://www.instagram.com/p/CdPcfKJIRaJ/?igshid=MDJmNzVkMjY=</a> 3. <a href="https://www.facebook.com/646575452429581/posts/pfbid0xNhuKndzvRF4Ngmr6jrVbA5QQyJqcj7oWo5WVZMjRAwAf1N8YiZV4GcH13e68uvEl/?sfnsn=wiwspmo">https://www.facebook.com/646575452429581/posts/pfbid0xNhuKndzvRF4Ngmr6jrVbA5QQyJqcj7oWo5WVZMjRAwAf1N8YiZV4GcH13e68uvEl/?sfnsn=wiwspmo</a> 4. <a href="https://www.instagram.com/p/CdlQuqiFbYX/?igshid=MDJmNzVkMjY=">https://www.instagram.com/p/CdlQuqiFbYX/?igshid=MDJmNzVkMjY=</a> 5. <a href="https://www.facebook.com/646575452429581/posts/pfbid028n6aYME2EqfznVfjYuzkaHHEQJPvRkzH9HktDkJAJBYQZuyr53DBYyvsq9kErhGil/?sfnsn=wiwspmo">https://www.facebook.com/646575452429581/posts/pfbid028n6aYME2EqfznVfjYuzkaHHEQJPvRkzH9HktDkJAJBYQZuyr53DBYyvsq9kErhGil/?sfnsn=wiwspmo</a> 6. <a href="https://www.instagram.com/p/Cd5tjjalZ4S/?igshid=MDJmNzVkMjY=">https://www.instagram.com/p/Cd5tjjalZ4S/?igshid=MDJmNzVkMjY=</a> 7. <a href="https://www.facebook.com/646575452429581/posts/pfbid0Xr2svdaeKw4CAqodeR79pN8fKDb6cmYKJdJiQRApuQdnhb4p81QYNQS2r4vLhe8gl/?sfnsn=wiwspmo">https://www.facebook.com/646575452429581/posts/pfbid0Xr2svdaeKw4CAqodeR79pN8fKDb6cmYKJdJiQRApuQdnhb4p81QYNQS2r4vLhe8gl/?sfnsn=wiwspmo</a> 8. <a href="https://www.instagram.com/p/CeGm5zWlpQS/?igshid=MDJmNzVkMjY=">https://www.instagram.com/p/CeGm5zWlpQS/?igshid=MDJmNzVkMjY=</a>
6	Tuesday May 03, 2022	To distribute uniforms to NCC Cadets	NCC Wing under IQAC	1. <a href="https://www.facebook.com/646575452429581/posts/1411257682628017/?sfnsn=wiwspmo">https://www.facebook.com/646575452429581/posts/1411257682628017/?sfnsn=wiwspmo</a> 2. <a href="https://www.instagram.com/p/CdGfH8FlvOc/?igshid=MDJmNzVkMjY=">https://www.instagram.com/p/CdGfH8FlvOc/?igshid=MDJmNzVkMjY=</a>
7	Thursday May 26, 2022	Awareness lecture on 'Road Safety Rules'	NCC Wing under IQAC	<a href="https://www.instagram.com/p/Cd_FxXrFV41/?igshid=MDJmNzVkMjY=">https://www.instagram.com/p/Cd_FxXrFV41/?igshid=MDJmNzVkMjY=</a> 20. <a href="https://www.facebook.com/646575452429581/posts/pfbid0479VqWzEYi8tdx5YtFDxLwaPBbpctP5RNfmV9tyW1mdd3Ap6cwNdbBZzhh">https://www.facebook.com/646575452429581/posts/pfbid0479VqWzEYi8tdx5YtFDxLwaPBbpctP5RNfmV9tyW1mdd3Ap6cwNdbBZzhh</a>

				<a href="https://www.instagram.com/p/Cd8rAJKvasr/?utm_source=ig_web_copy_link">vkT221/?sfnsn=wiwspmo</a> 21 <a href="https://www.instagram.com/p/Cd8rAJKvasr/?utm_source=ig_web_copy_link">https://www.instagram.com/p/Cd8rAJKvasr/?utm_source=ig_web_copy_link</a> 23 <a href="https://www.facebook.com/646575452429581/posts/pfbid02TX4qLSfHfGxt3PdJmkUDshEx3Myds6Vn5a6FwJ5Q3Brxv6r1aZu11Xmr1bYuM9bul/?sfnsn=wiwspmo">https://www.facebook.com/646575452429581/posts/pfbid02TX4qLSfHfGxt3PdJmkUDshEx3Myds6Vn5a6FwJ5Q3Brxv6r1aZu11Xmr1bYuM9bul/?sfnsn=wiwspmo</a> 24 <a href="https://www.instagram.com/p/CeBo0_8FkxA/?igshid=MDJmNzVkMjY=">https://www.instagram.com/p/CeBo0_8FkxA/?igshid=MDJmNzVkMjY=</a>
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 <b>sponsored by “National Biodiversity Authority, Government of India</b>	1. <a href="https://www.facebook.com/646575452429581/posts/pfbid02ppzqyGdqrNsRwGM3Ymr2B1MoZpMUrv2JR05bWVdBB23dt55B85NE49NSMBqRdPol/?sfnsn=wiwspmo">https://www.facebook.com/646575452429581/posts/pfbid02ppzqyGdqrNsRwGM3Ymr2B1MoZpMUrv2JR05bWVdBB23dt55B85NE49NSMBqRdPol/?sfnsn=wiwspmo</a> 2. <a href="https://www.instagram.com/p/CeENnpuFXc8/?igshid=MDJmNzVkMjY=">https://www.instagram.com/p/CeENnpuFXc8/?igshid=MDJmNzVkMjY=</a> 3. <a href="https://www.instagram.com/p/CeEOcJVBZ6d/?igshid=MDJmNzVkMjY=">https://www.instagram.com/p/CeEOcJVBZ6d/?igshid=MDJmNzVkMjY=</a> 4. <a href="https://www.instagram.com/p/CeEPF3SBLbD/?igshid=MDJmNzVkMjY=">https://www.instagram.com/p/CeEPF3SBLbD/?igshid=MDJmNzVkMjY=</a> 5. <a href="https://www.instagram.com/p/CeEPbPrh_Hk/?igshid=MDJmNzVkMjY=">https://www.instagram.com/p/CeEPbPrh_Hk/?igshid=MDJmNzVkMjY=</a>
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. <a href="https://www.facebook.com/646575452429581/posts/pfbid0bee1Vj4h9oDgq3XjxcfvRmoVCfQ5SL9CtSEErF64xY1DkzAZ48FGXW7DSqDupjznl/?sfnsn=wiwspmo">https://www.facebook.com/646575452429581/posts/pfbid0bee1Vj4h9oDgq3XjxcfvRmoVCfQ5SL9CtSEErF64xY1DkzAZ48FGXW7DSqDupjznl/?sfnsn=wiwspmo</a> 2. <a href="https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY=">https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkMjY=</a>
10	Tuesday, June 21, 2022	Celebrated International Yoga Day	NCC Wing under IQAC	<a href="https://www.instagram.com/p/CfEj6PvFCwa/?igshid=MDJmNzVkMjY=">https://www.instagram.com/p/CfEj6PvFCwa/?igshid=MDJmNzVkMjY=</a> <a href="https://www.facebook.com/646575452429581/posts/pfbid028zEb8YfjMXyQtVks5x2MQui3jZQ6uKqFdtq3U2aknhQJ3STtfcR8i9xajJJVSKdDI/?sfnsn=wiwspmo">https://www.facebook.com/646575452429581/posts/pfbid028zEb8YfjMXyQtVks5x2MQui3jZQ6uKqFdtq3U2aknhQJ3STtfcR8i9xajJJVSKdDI/?sfnsn=wiwspmo</a>
11	Friday, June 24, 2022	Cadets paid homage To Maj Bhupinder Singh, MVC (posthumous)	NCC Wing under 3 PB Girls Battalion NCC Ludhiana	<a href="https://www.facebook.com/646575452429581/posts/pfbid0KC3hky2zygvX2Pgn39Fw4kzcsoqAuTtUQuL63UTH1G7JFYLEW3qXAXHrUrN6ThsFl/?sfnsn=wiwspmo">https://www.facebook.com/646575452429581/posts/pfbid0KC3hky2zygvX2Pgn39Fw4kzcsoqAuTtUQuL63UTH1G7JFYLEW3qXAXHrUrN6ThsFl/?sfnsn=wiwspmo</a> <a href="https://www.instagram.com/p/CfMUbr1BmY3/?igshid=MDJmNzVkMjY=">https://www.instagram.com/p/CfMUbr1BmY3/?igshid=MDJmNzVkMjY=</a>

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.



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. Sukhjot 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.





### 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. Sukhjot Kaur (ANO). Madam Principal Dr. Maneeta Kahlon mentioned that we have conducted this drive to generate sensitivity in students about environmental protection.



### 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. Sukhjot 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 ਹੋਏ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਤੇ ਹੋਰ। ਅਜੋਕੇ ਸਮੇਂ

## ਖੂਨਦਾਨ ਕੈਂਪ ਲਗਾਇਆ

ਲੁਧਿਆਣਾ, 18 ਅਪ੍ਰੈਲ (ਪੁਨੀਤ ਬਾਵਾ)-ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸੋਸੀਏਸ਼ਨ ਆਫ਼ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੁਧਿਆਣਾ ਦੇ ਰੈੱਡ ਕਰਾਸ ਸੁਸਾਇਟੀ, 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 ਸਤਵੰਤ ਕੌਰ

(ਐਨ.ਐਸ.ਐਸ. ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ) ਤੇ ਲੈਫਟੀਨੈਂਟ ਸੁਖਜੀਤ ਕੌਰ (ਏ.ਐਨ.ਓ.) ਨੇ ਕੈਂਪ ਨੂੰ ਸੰਚਾਲਿਤ ਕਰਨ 'ਚ ਮਦਦ ਕੀਤੀ। ਰੋਟਰੀ ਕਲੱਬ ਆਫ਼ ਲੁਧਿਆਣਾ ਮਿਡਟਾਊਨ ਦੇ ਪ੍ਰਧਾਨ ਸੁਨੀਲ ਬੁਢਿਰਾਜਾ ਤੇ ਪ੍ਰੋਜੈਕਟ ਡਾਇਰੈਕਟਰ ਵਿਸ਼ਾਲ ਗਾਂਗਾ ਨੇ ਇਸ ਕੈਂਪ ਦੇ ਆਯੋਜਨ 'ਚ ਆਪਣਾ ਸਹਿਯੋਗ ਦਿੱਤਾ। ਕੈਂਪ 'ਚ ਰੋਟਰੀ ਕਲੱਬ ਤੋਂ ਰਾਜਨ ਕਪੂਰ ਤੇ ਅੰਜੂ ਕਪੂਰ ਨੇ ਵੀ ਸ਼ਿਰਕਤ ਕੀਤੀ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਸਟਾਫ਼ ਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਵੈ-ਇੱਛਾ ਨਾਲ ਖੂਨਦਾਨ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।

## ਜੀਐਨਕੇਸੀਡਬਲਯੂ ਮੇਂ ਰਕਤਦਾਨ ਸ਼ਿਵਿਰ ਲਗਾਯਾ



ਲੁਧਿਆਣਾ। ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸੋਸੀਏਸ਼ਨ ਆਫ਼ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੁਧਿਆਣਾ ਦੇ ਰੈੱਡ ਕਰਾਸ ਸੁਸਾਇਟੀ, ਐਨ.ਐਸ.ਐਸ. ਯੂਨਿਟ ਤੇ ਐਨ.ਸੀ.ਸੀ. ਵਿੰਗ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਰੋਟਰੀ ਕਲੱਬ ਆਫ਼ ਲੁਧਿਆਣਾ ਮਿਡਟਾਊਨ ਨੇ ਸੋਮਵਾਰ ਨੂੰ ਕਾਲਜ ਪਰਿਸਰ 'ਚ ਰਕਤਦਾਨ ਸ਼ਿਵਿਰ ਲਗਾਇਆ। ਇਹ ਸ਼ਿਵਿਰ ਅਸਪਤਾਲ ਦੀ ਦੇਖ-ਰੇਖ 'ਚ ਲਗਾਇਆ ਗਿਆ। ਲਗਭਗ 50 ਛਾਤਰਾਂ ਦੇ ਸਾਥ ਸੰਕਾਧ ਸਦਸ਼੍ਰੀ ਨੇ ਨੇਕ ਕਾਮ ਕੇ ਲਿਏ ਰਕਤਦਾਨ ਕੀਤਾ। ਡਾ. ਨੀਤੂ ਪ੍ਰਕਾਸ਼ ਤੇ ਐਨ.ਐਸ.ਐਸ. ਕਾਰਜਕਰਮ ਅਧਿਕਾਰੀ ਸਤਵੰਤ ਕੌਰ ਤੇ ਲੇਫਟੀਨੈਂਟ ਐਨ.ਓ. ਸੁਖਜੀਤ ਕੌਰ ਨੇ ਸ਼ਿਵਿਰ ਸੰਚਾਲਨ 'ਚ ਮਦਦ ਕੀਤੀ। ਇਸ ਕੈਂਪ ਦੇ ਆਯੋਜਨ 'ਚ ਰੋਟਰੀ ਕਲੱਬ ਆਫ਼ ਲੁਧਿਆਣਾ ਮਿਡਟਾਊਨ ਦੇ ਪ੍ਰੇਸਿਡੈਂਟ ਸੁਨੀਲ ਬੁਢਿਰਾਜਾ ਤੇ ਪ੍ਰੋਜੈਕਟ ਡਾਇਰੈਕਟਰ ਵਿਸ਼ਾਲ ਗਾਂਗਾ ਨੇ ਸਹਿਯੋਗ ਦਿੱਤਾ। ਰੋਟਰੀ ਕਲੱਬ ਦੇ ਰਾਜਨ ਕਪੂਰ ਤੇ ਅੰਜੂ ਕਪੂਰ ਨੇ ਵੀ ਸ਼ਿਵਿਰ 'ਚ ਭਾਗ ਲਿਆ।

## 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.





## 6. Handed over uniforms to NCC Cadets

The 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.



## 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.



## 9. NCC wing organized a Cycle Rally.

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





## 10. NCC Wing Celebrated International Yoga Day.

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







# **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.



# Tributes paid to martyr of 1965 Indo-Pak War

LUDHIANA, JUNE 24

A wreath-laying ceremony was organised on Friday at Nehru Rose Garden, Civil Lines, Ludhiana, by the 3 PB Girls Battalion NCC, Ludhiana, to pay homage to Major Bhupinder Singh, Maha Vir Chakra (posthumous), who sacrificed his life in the Indo-Pak War of 1965. The programme was attended by Ludhiana Gp Cdr Brig Jasjit Ghumman, commanding offi-



A wreath-laying programme being organised at Nehru Rose Garden, Civil Lines, in Ludhiana on Friday. TRIBUNE PHOTO

cers of different unit of Ldh Gp and NCC officers of Ludhiana besides NCC Cadets.

The programme included paying of floral tributes and wreath-laying ceremony to the braveheart, patriotic songs and poems. The programme culminated with the singing of the NCC song and National Anthem.

Col Aman Yadav, Commanding Officer, 3 Punjab Girls, Ludhiana, and Maj

Sonia Soni, Adm Officer, 3 Punjab Girls, Ludhiana, have shown the gratitude of the nation towards the brave hero by organising the event.

Brig Jasjit Ghumman, Gp Cdr, Ludhiana, acknowledged the sacrifice of our valiant soldier and he also urged the cadets to remain vigilant and leave no stone unturned to ensure the safety and security of our motherland. — TNS

(Lt. Sukhjot Kaur)  
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*Maneeta*