

GURU NANAK KHALSA COLLEGE FOR WOMEN MODEL TOWN LUDHIANA

REPORT

ON

NSS ACTIVITIES

APRIL 2022-JUNE 2022

(QUARTER-IV)

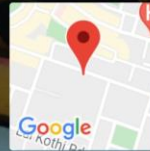
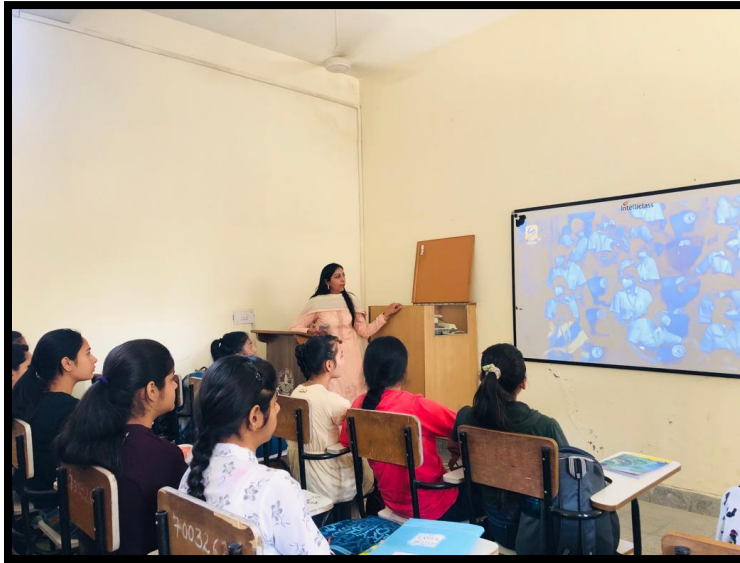


Pariksha Pe Charcha 2022

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



Ludhiana, Punjab, India

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

141002, India

Lat 30.887147°

Long 75.843572°

01/04/22 11:03 AM

GPS Map Camera

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/CcSzxwElcVg/?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. 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.	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. Sukhjot 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





PRESS CLIPPING

ਜੀ.ਐਨ.ਕੇ.ਸੀ.ਡਬਲਯੂ. ਵਿਖੇ ਕੈਂਪ ਦੌਰਾਨ ਖੂਨਦਾਨ ਕਰਨ ਵਾਲਿਆਂ ਨੂੰ ਸਨਮਾਨਿਤ ਕਰਦੇ ਹੋਏ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਤੇ ਹੋਰ। ਅਜੋਕੇ ਤਸਵੀਰ

ਖੂਨਦਾਨ ਕੈਂਪ ਲਗਾਇਆ

ਲੁਧਿਆਣਾ, 18 ਅਪ੍ਰੈਲ (ਪੁਨੀਤ ਬਾਵਾ)-ਇੰਟਰਨਲ ਰੁਆਲਿਟੀ ਐਸੋਸੀਏਸ਼ਨ ਸੋਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਲੁਧਿਆਣਾ ਦੇ ਹੋਰ ਕਰਾਸ ਸੁਸਾਇਟੀ, ਐਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ ਤੇ ਐਨ.ਸੀ.ਸੀ. ਵਿੱਚ ਵਲੋਂ ਰੋਟਰੀ ਕਲੱਬ ਨਾਲ ਕਾਲਜ ਲੁਧਿਆਣਾ '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 ਸਰਵੰਤ ਕੌਰ (ਐਨ.ਐਸ.ਐਸ. ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ) ਤੇ ਲੋਫਟੀਨੈਂਟ ਸੁਖਜੀਤ ਕੌਰ (ਏ.ਐਨ.ਓ.) ਨੇ ਕੈਂਪ ਨੂੰ ਸੰਚਾਲਿਤ ਕਰਨ 'ਚ ਮਦਦ ਕੀਤੀ। ਰੋਟਰੀ ਕਲੱਬ ਆਫ ਲੁਧਿਆਣਾ ਮਿਡਟਾਊਨ ਦੇ ਪ੍ਰਧਾਨ ਸੁਨੀਲ ਬੁੱਧੋਗਸਾ ਤੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ 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 ਸਵੈ-ਇੱਛਾ ਨਾਲ ਖੂਨਦਾਨ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।

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/Ccr6pmALEl/?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 Hygiene” in the college campus on **April 22-23, 2022** . This camp was conducted under the supervision of Dr. Amrit Khosla, Khosla Dental Care, Ludhiana. He has vast experience in numerous hospitals and dental colleges. He has attended and presented many papers at Indian Prosthodontic Society. Dr. Neetu Prakash & Ms. Satwant Kaur (NSS programme officers) helped in conducting this camp.

The camp included dental awareness talk, educating students about common dental ailments — especially stressing on tooth decay and gum diseases — and the measures used to prevent them. The students were made aware about the eating patterns and food choices which can lead to tooth decay. The doctor checked for cavities and other possible disorders and advised students to follow healthy dental habits.

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

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=w 2. https://www.instagram.com/p/Cc5R3MU1vtD/?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 | लुधियाना

गुरु नानक खालसा कॉलेज फॉर वुमन, गुजरखान कैंपस, मॉडल टाउन की रेड 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/pfbid0xNhuKndzvRF4Ngmr6jrVbA5QQyJqcj7oWo5WVZMjRAwAf1N8YiZV4GcH13e68uvEl/?sfnsn=wiwspmo 4. https://www.instagram.com/p/CdlQuqiFbYX/?igshid=MDJmNzVkMjY= 5. https://www.facebook.com/646575452429581/posts/pfbid028n6aYME2EqfznVfjYuzkaHHFQJPvRkzH9HktDkJAJBYQZuyr53DBYvsq9kErhGil/?sfnsn=wiwspmo 6. https://www.instagram.com/p/Cd5tjialZ4S/?igshid=MDJmNzVkMjY= 7. https://www.facebook.com/646575452429581/posts/pfbid0Xr2svdaeKw4CAqodeR79pN8fKDb6cmyKJdJiQRAPuQdnhb4p81QYNOS2r4vLhe8gl/?sfnsn=wiwspmo 8. https://www.instagram.com/p/CeGm5zWlpQS/?igshid=MDJmNzVkMjY=

PHOTOGRAPHS



Ludhiana, Punjab, India
VRPV+JJ9, GNIMT Lane, Pritm Nagar, Model Town, Ludhiana,
Punjab 141002, India
Lat 30.886625°
Long 75.844152°
28/04/22 02:13 PM

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	‘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.	Department of Computer Science and Applications in collaboration with the NSS Unit under IQAC	1. https://www.facebook.com/646575452429581/posts/1412759452477840/?sfnsn=wiwspmo 2. https://www.instagram.com/p/CdLjmLMFPXQ/?igshid=MDJmNzVkJmY=	05.04.22 Dainik Bhaskar (P4 Col 3)

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

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

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

PHOTOGRAPHS



PRESS CLIPPING



लुधियाना के गुरु नानक खालसा कालेज की छात्राएं करियर संभावनाओं की जानकारी लेते हुए • लो. कालेज

विद्यार्थियों ने जानी करियर की संभावनाएं

जागरण संवाददाता, लुधियाना : गुरु नानक खालसा कालेज फार वूमेन माडल टाउन के व्यवसाय प्रबंधन विभाग ने 'बिजनेस मैनेजमेंट स्टूडेंट्स में डिजिटल स्किल्स के निर्माण के लिए एक रोडमैप' विषय पर एक करियर परामर्श संगोष्ठी का आयोजन किया गया। कंप्यूटर विभाग की प्रमुख डेजी वाघवा मुख्य वक्ता के तौर 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 अध्ययन विकल्पों के बारे में भी मार्गदर्शन किया। इस संगोष्ठी का संचालन व्यवसाय प्रबंधन विभाग की प्रमुख डा. निधि शर्मा ने किया। कालेज प्रिंसिपल डा. मनीता काहलों ने मुख्य वक्ता का छात्राओं को जानकारी देने के लिए आभार जताया।

Inter-College Declamation Competition at GNKCW

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 <i>Ek Bharat Shreshtha Bharat</i> Program, to celebrate International Day for Biological Diversity. Rtn. Dr. Upinder Singh Ghai, District Governor was the Chief Guest. Rtn. Er. Lupinder Kumar, Sub Divisional Soil Conservation Officer, Jalandhar was the Guest Speaker. He stressed the importance of restoring soil cover to maintain biodiversity.</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/pfbid02ppzqyGdqrNsRwGM3Ymr2B1MoZpMUrv2JR05bWVdBB23dt55B85NE49NSMBqRdPol/?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/pfbid02MT5kZF9fXTh67EjppsGb6Ax5Xh9cMzAhBCAaidTGfQxZCWUX2Un4Vr3QqfzBmb2l/?sfnsn=wiwspmo 8. https://www.instagram.com/p/CeEcveNhUDA/?igshid=MDJmNzVkMjY= 	<p>28.05.22</p> <p>Ajit (P 7 Col 2)</p> <p>Dainik Bhaskar (P 4 Col 2)</p> <p>Dainik Jagran (P 3 Col 5)</p> <p>Hindustan Times (P 2 Col 4)</p>

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

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

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

The poster features logos for GNW, Punjab Biodiversity Board (PBB), National Biodiversity Authority (NBA), and Biodiversity Day 2022. The text is as follows:

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



PRESS CLIPPINGS

इंटर कॉलेज भाषण प्रतियोगिता में वेदिका ने लिया पहला स्थान



लुधियाना। मॉडल टाउन स्थित गुरु नानक खालसा कॉलेज फॉर वुमन (जीएनकेसीडब्ल्यू) गुजरखान कैम्पस में पंजाब जैव विविधता बोर्ड के सहयोग और राष्ट्रीय जैव विविधता प्राधिकरण की तरफ से प्रायोजित इंटर कॉलेज भाषण प्रतियोगिता करवाई गई। एक भारत श्रेष्ठ भारत कार्यक्रम के तहत गुरु नानक खालसा कॉलेज फॉर वुमन के ईको क्लब, एनएसएस यूनिट, एनसीसी विंग और रोटरी क्लब ऑफ लुधियाना मिडटाउन ने कॉलेज परिसर में अंतरराष्ट्रीय जैव विविधता दिवस मनाने के लिए प्रतियोगिता करवाई। मुख्यातिथि जिला राज्यपाल डॉ. उषिंदर सिंह घई रहे। लुपिंदर कुमार माननीय वक्ता रहे। उन्होंने जैव विविधता को बनाए रखने के लिए मिट्टी संरक्षण के महत्व पर जोर दिया। एसडीपी कॉलेज फॉर वुमन की वेदिका ने पहला, गुरु नानक खालसा कॉलेज फॉर वुमन की सिमप्रीत और खालसा कॉलेज फॉर वुमन की अंजलि ने क्रमशः दूसरा और तीसरा स्थान हासिल किया।



गुरु नानक खालसा कॉलेज लड़कीਆਂ ਵਿਖੇ ਸਮਾਗਮ ਦੌਰਾਨ ਪੜਵੀਤਆਂ ਨੂੰ ਸਨਮਾਨਿਤ ਕਰਦੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਤੇ ਹੋਰ। ਅਜੀਤ ਤਸਵੀਰ

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

ਲੁਧਿਆਣਾ, 27 ਮਈ (ਪੁਨੀਤ ਬਾਵਾ)-ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਗੁਜਰਖਾਨ ਕੈਂਪਸ ਮਾਡਲ ਟਾਊਨ ਵਿਖੇ ਅੰਤਰ ਕਾਲਜ ਘੋਸ਼ਣਾ ਮੁਕਾਬਲਾ ਕਰਵਾਇਆ ਗਿਆ। ਇਹ ਮੁਕਾਬਲਾ ਪੰਜਾਬ ਨੈਵਿਕ ਵਿਭਿੰਨਤਾ ਬੋਰਡ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਤੇ ਰਾਸ਼ਟਰੀ ਜੈਵ ਵਿਭਿੰਨਤਾ ਅਥਾਰਟੀ ਭਾਰਤ ਸਰਕਾਰ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਰਵਾਇਆ ਗਿਆ। ਏਕ ਭਾਰਤ ਸੁਸ਼ਣ ਭਾਰਤ ਪ੍ਰੋਗਰਾਮ ਤਹਿਤ ਕਾਲਜ ਕੈਂਪਸ 'ਚ ਅੰਤਰਰਾਸ਼ਟਰੀ ਨੈਵਿਕ ਵਿਭਿੰਨਤਾ ਦਿਵਸ ਮਨਾਉਣ ਲਈ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਗੁਜਰਖਾਨ ਕੈਂਪਸ ਮਾਡਲ ਟਾਊਨ ਦੇ ਈਕੋ ਕਲੱਬ ਐਨ. ਐਸ. ਯੂਨਿਟ ਤੇ ਐਨ. ਸੀ. ਸੀ. ਵਿੰਗ ਤੇ ਰੋਟਰੀ ਕਲੱਬ ਆਫ਼ ਲੁਧਿਆਣਾ ਮਿਡਟਾਊਨ ਨੇ ਇਹ ਮੁਕਾਬਲਾ ਕਰਵਾਇਆ। ਜ਼ਿਲ੍ਹਾ ਗਵਰਨਰ ਉਪਿੰਦਰ ਸਿੰਘ ਘਈ ਮੁੱਖ ਮਹਿਮਾਨ ਵਜੋਂ ਸ਼ਾਮਲ ਹੋਏ। ਇੰਜੀਨੀਅਰ ਲੁਪਿੰਦਰ ਕੁਮਾਰ ਉਪ ਮੁੱਖ ਮੁਖੀ ਸੰਭਾਲ ਅਫ਼ਸਰ ਜਲੰਧਰ ਜੈਵ ਵਿਭਿੰਨਤਾ ਦੇ ਸਨਮਾਨਯੋਗ ਬੁਲਾਰੇ ਸਨ, ਜਿਨ੍ਹਾਂ ਨੇ ਜੈਵ ਵਿਭਿੰਨਤਾ ਨੂੰ ਬਣਾਈ ਰੱਖਣ ਲਈ ਮਿਟੀ ਦੀ ਸਾਂਭ-ਸੰਭਾਲ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ। ਐਸ. ਡੀ. ਪੀ. ਕਾਲਜ ਲੜਕੀਆਂ ਲੁਧਿਆਣਾ ਦੀ ਵੈਦਿਕਾ ਨੇ ਪਹਿਲਾ ਸਥਾਨ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਲੁਧਿਆਣਾ ਦੀ ਸਿਮਰਪੀਤ ਤੇ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਦੀ ਅੰਜਲੀ

ਕੁਮਵਾਰ ਦੂਜੇ ਤੇ ਤੀਜੇ ਸਥਾਨ 'ਤੇ ਰਹੀ। ਸਰਕਾਰੀ ਕਾਲਜ ਲੜਕੀਆਂ ਦੀ ਦਮਨਪੀਤ ਕੌਰ ਤੇ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਦੀ ਅਨਮੋਲ ਨੇ ਦਿਲਾਸਾ ਇਨਾਮ ਜਿੱਤਿਆ। ਆਰ. ਟੀ. ਐਨ. ਸੁਨੀਲ ਬੁੱਧੀਰਾਜਾ ਪ੍ਰਧਾਨ ਰੋਟਰੀ ਕਲੱਬ ਲੁਧਿਆਣਾ ਮਿਡਟਾਊਨ ਦੀ ਅਗਵਾਈ ਹੇਠ ਇਹ ਸਮਾਗਮ ਕਰਵਾਇਆ ਗਿਆ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਸਾਰੇ ਭਾਗੀਦਾਰਾਂ ਨੂੰ ਵਧਾਈ ਦਿੱਤੀ ਤੇ ਇਸ ਗੱਲ 'ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ ਕਿ ਧਰਤੀ 'ਤੇ ਜੈਵ ਵਿਭਿੰਨਤਾ ਨੂੰ ਮਨਾ ਕੇ ਹੀ ਇਸ ਧਰਤੀ ਦੀ ਸੁੰਦਰਤਾ ਨੂੰ ਬਰਕਰਾਰ ਰੱਖਿਆ ਜਾ ਸਕਦਾ ਹੈ।

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/pfbid0bee1Vj4h9oDgq3XjxcfvRmoVCfQ5SL9CtSEErF64xY1DkzAZ48FGXW7DSqDupjznl/?sfnsn=wiwspmo</p> <p>2. https://www.instagram.com/p/CeLrq8hlYZ4/?igshid=MDJmNzVkJmY=</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 off 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> ”. 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/pfbid0qdxkf3uhXW7bk5U63huy7eRvvh5GHXQgCA6oeHCMVvdnQWGtPaRX383kR9WCmTzPI/?sfn=wiwspmo 2. https://www.instagram.com/p/CeRD2wXISfI/?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/pfbid024TvArZUHUvvagKYx6uJ8XcReVPQKkpYs9EteyRPhW9gc89GxX3Hc5T5hWSt3JRqU/

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

लुधियाना, 10 जून
(विक्की): आंतरिक
गुणवत्ता आश्वासन
प्रकोष्ठ के तत्वावधान में
गुजरखान कैम्पस, मॉडल
टाउन स्थित गुरु नानक



मंच पर मौजूद प्रिंसिपल डॉ. मनीता काहलौं और अन्य।

खालसा कॉलेज फॉर वुमन 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 काहलौं रिसोर्स पर्सन थी।
डॉ. मनीता काहलौं ने तनाव प्रबंधन
के सम्बन्ध में बताया कि प्रभावी
समय सारिणी, स्वस्थ खाने की
आदतें, परीक्षा की तैयारी के दौरान

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

उन्होंने छात्रों को परीक्षा के
तनाव को दूर करने के लिए पर्याप्त
नींद लेने की सलाह दी। इस गतिविधि
का संचालन कॉलेज के 'एक भारत
श्रेष्ठ भारत' क्लब की समन्वयक
डॉ. नीतू प्रकाश और सतवंत कौर
द्वारा किया गया।

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"> https://www.instagram.com/p/Ce3m1k5Fo2T/?igshid=YmMyMTA2M2Y= 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



तुधियाना। गुरु नानक खालसा कॉलेज फॉर वुमन, गुजरखान कैंपस में इंटरनल क्वालिटी एश्योरेंस 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 नियमित 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 संचालन कॉलेज के एक भारत श्रेष्ठ भारत क्लब के समन्वयक और एनएसएस कार्यक्रम अधिकारी डॉ. नीतू प्रकाश एवं सतवंत कौर द्वारा किया गया। प्रिंसिपल डॉ. मनीता काहल्लों ने छात्रों को रक्तदान करने और दूसरों को जीवन का उपहार देने का संकल्प लेने को प्रोत्साहित किया।

विश्व धूनदान दिवस मनाया

लुधਿਆਣਾ: ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵਿਮੈਨ, ਗੁੱਜਰਖਾਨ ਕੈਂਪਸ, ਮਾਡਲ ਟਾਊਨ, ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਇੰਸ਼ੋਰੈਂਸ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ, ਐੱਨ.ਐੱਸ.ਐੱਸ. ਯੂਨਿਟ, ਏਕ ਭਾਰਤ ਸ਼੍ਰੇਸ਼ਠ ਭਾਰਤ ਕਲੱਬ ਅਤੇ ਰੈੱਡ ਕਰਾਸ ਸੁਸਾਇਟੀ ਨੇ ਵਿਸ਼ਵ ਖੂਨਦਾਨ ਦਿਵਸ ਮਨਾਇਆ। ਕਾਲਜ ਦੇ ਪ੍ਰਿੰਸੀਪਲ, ਸਟਾਫ ਮੈਂਬਰਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਵੱਲੋਂ ਦੇਸ਼ ਦੀ ਸੇਵਾ ਲਈ ਨਿਰੰਤਰ ਖੂਨਦਾਨ ਕਰਨ ਦਾ ਪ੍ਰਣ ਲਿਆ ਗਿਆ। ਇਸ ਮੌਕੇ ਐੱਨ.ਐੱਸ.ਐੱਸ. ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ ਸਤਵੰਤ ਕੌਰ ਨੇ ਦਿਵਸ ਦੀ ਮਹੱਤਤਾ ਬਾਰੇ ਲੈਕਚਰ ਦਿੱਤਾ। ਇਸ ਗਤੀਵਿਧੀ ਦਾ ਸੰਚਾਲਨ ਕਾਲਜ ਦੇ ਏਕ ਭਾਰਤ ਸ਼੍ਰੇਸ਼ਠ ਭਾਰਤ ਕਲੱਬ ਦੇ ਕੋਆਰਡੀਨੇਟਰ ਅਤੇ ਐੱਨ.ਐੱਸ.ਐੱਸ ਪ੍ਰੋਗਰਾਮ ਅਫਸਰਾਂ ਡਾ. ਨੀਤੂ ਪ੍ਰਕਾਸ਼ ਅਤੇ ਸਤਵੰਤ ਕੌਰ ਨੇ ਕੀਤਾ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੌਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਖੂਨਦਾਨ ਕਰਨ ਅਤੇ ਦੂਜਿਆਂ ਨੂੰ ਜੀਵਨ ਦਾ ਤੋਹਫਾ ਦੇਣ ਦਾ ਪ੍ਰਣ ਲੈਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।

-ਖੇਤਰੀ ਪ੍ਰਤੀਨਿਧ

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"> https://www.instagram.com/p/CfEj6PvFCwa/?igshid=YmMyMTA2M2Y= https://www.facebook.com/646575452429581/posts/pfbid05DvubTXd3twVaWou6w7gfvsv4TvGniAFEvZSKCjL4Ea1X8cYriV5vKrgFKLKMq4xl/

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 ਐਸ਼ੋਰੈਂਸ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਐਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ, ਸਰੀਰਕ ਸਿੱਖਿਆ ਵਿਭਾਗ, ਐਨ. ਸੀ. ਸੀ. ਵਿੰਗ, ਯੂਥ ਕਲੱਬ ਤੇ ਏਕ ਭਾਰਤ ਉੱਤਮ ਭਾਰਤ ਕਲੱਬ ਨੇ ਮਨੁੱਖੀ ਸਰੋਤ ਤੇ ਵਿਕਾਸ 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 ਪ੍ਰੋਗਰਾਮ ਅਫ਼ਸਰ ਡਾ. ਨੀਤੂ ਪ੍ਰਕਾਸ਼ ਤੇ ਸਤਵੰਤ ਕੌਰ ਨੇ ਕੀਤਾ। ਕਾਲਜ ਦੀ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੌ ਨੇ ਅੱਜ ਦੀ ਤਣਾਅ 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

Neetu Prakash
Satwant Kaur

Maneeta

PRINCIPAL

Dr. Maneeta Kahlon

G.N.Kh. College for Women

Model Town, Ludhiana