

"Empowerment of women leads to development of a good family, good society and ultimately, a good nation- A.P.J.ABDUL KALAAM"



GURU NANAK KHALSA COLLEGE FOR WOMEN

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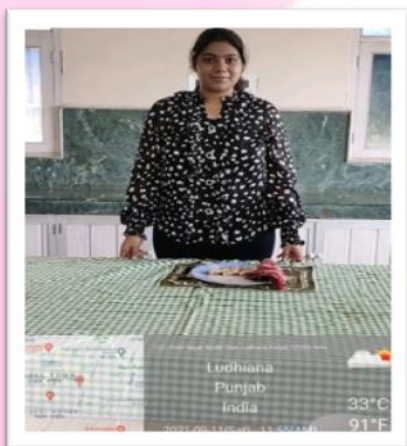
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ANNUAL REPORT ON WOMEN DEVELOPMENT CELL 2021-22



1) September 8-15, 2021

To give away the message of eating healthy diets, department of Home Science conducted Intra-class Recipe Competition on September 11, 2021 on the theme of “healthy diet recipes for pregnant women”. Gurleen Kaur and Harleen Kaur of BA-II year won first and second position, respectively.



2) September 08, 2021

A free COVID-19 Vaccination Camp was held in the campus in collaboration with UPHC, Model Town and DMC&H. The medical team, comprising Dr. Avinash Jindal, SMO, Ludhiana, Sister Balvir Kaur and Sister Nirlep Kaur, administered 500 doses to students, Teaching & Non-teaching Staff as well as local residents.



3) September 08, 2021

15 students participated in an Online Slogan Writing Competition as a part of International Literacy Day celebration. A total of 35 entries were made in three different languages: English



4) September 08, 2021

Fit India Freedom run was organized to celebrate “AzadiKaAmritMahotsav”. Based on the concept, “It can be run anywhere, anytime!” FIT INDIA FREEDOM RUN was conceived last year to keep the imperative need of fitness active even while following the social distancing norms. Under the guidance of Dr. Neetu Prakash (Programme Officer, NSS Unit) and Ms. Satwant Kaur (Caretaker, NCC Wing) Cadets and Volunteers participated with full zeal and enthusiasm in this run.



5) September 18, 2021

Under Tours and Travels, the students of Post Graduate Diploma in Mass Communication (PGDMC) along with Ms. Collin (AssttProf.Dept of JMC) attended a seminar on the Topic "Challenges to Journalism in Present Days" organised by Punjab & Chandigarh Journalists Union, Ludhiana at Guru Nanak Dev Bhawan, Ludhiana. The seminar centered around the issues of censorship, political and economic pressure, intimidation, job insecurity and attacks being faced by a journalist in the current scenario.



6) September 21, 2021

A training session for the faculty members was organized by the College Buddy Group. Dr. Harblas Heera, District Trainer from SCD Government College, Ludhiana was the resource person on this occasion. He highlighted the significance of Buddy Groups in colleges and emphasized upon traits of sharing, communication, decision making, and empathy with the students so that they can express their thoughts and problems in their respective groups.



7) September 22, 2012

One day workshop on “Best out of Waste” was conducted by Mr. Narinder Rai from VidyaMandir Social Work Art's Training Institute, New Delhi. He gave demonstrations on creative art skills in paper craft to the students. He made different ornamental items with the help of paper craft. This workshop was conducted under the guidance of Dr. Balbir Kaur (Incharge, Waste Management), Ms. Harpreet Kaur (Head, Dept of Fine Arts) and Ms. Shikha Kalra (Head, Dept. of Home Science).



8) September 22, 2021

The students of Journalism and Mass Communication under the guidance of Mrs. Kirti Loomba (Head, Dept of JMC and Ms. Collin (Asstt.Prof., Dept. of JMC) visited Punjabi Hits and Living India News Channel, Chandigarh

In an interaction with the technical staff of both the organizations, they learned about the process of telecasting News Show and Music Videos on TV as well as interviewing different personalities for TV. During their visit, an engaging session with Mr. Tahir Ahmad, Channel Head, Punjabi Hits, was also conducted. He apprised the students about various career options in the field of journalism and mass communication. Queries of the students were answered in a very effective and easy way.



9) September 30, 2021

An Awareness Discussion on “Sexual Harassment & Domestic Violence against Women” through Power point presentation was organized in which many students prepared PPTs



10) October 04, 2021

Ms Monica Dhall, Stylist Coach and Image Consultant at Espoir+ Ludhiana was the resource person for an extension Lecture on “Grooming and Art of presenting oneself.” During the session, she apprised the students on how etiquettes and grooming play an important role in building confidence of an individual. It was followed by an interactive session in which the speaker answered the queries of the students.



11) October 11, 2021

To mark "Girl Child Day" in the college, eminent personalities like Rtn. Sunil Budhiraja (President), Rtn. AttivRalli (Project Director), Rtn. RajanKapur (Convener) and Rtn. AngadKehr (Executive Board Member) visited the college for a face-to-face interaction with the students. This event was successfully conducted by Dr. Nidhi, Mrs. Punpreet, Mrs. Kirti and Ms. Daisy keeping in mind the theme “Digital generation: Our generation”. Various departments of the college organized a number of unique activities to commemorate this special day.



12) October 12, 2021

Cyber Security Awareness month was celebrated on the theme “Do Your Part. Be Cyber Smart.” Under this initiative, a number of awareness activities were conducted.



13) October 21, 2021

Talent Hunt competitions for literary items like Handwriting, Creative Writing (poem, essay, story), Poem Recitation, and Debate were held for students of all the streams. 65 students participated in Handwriting competition, 39 entries were received in Creative Writing Competition, 9 students contested in the Poem Recitation Competition, and 9 participated in the Debate. Quiz prelims were also conducted.



14) October 26, 2021

Ek Bharat Shreshth Bharat was celebrated under the guidance of Programme Officers Dr. Neetu Prakash and Ms. Satwant Kaur. Mrs. Shikha Kalra, Assistant Professor, Department of Home Science prepared the traditional dish of Andhra Pradesh named Pesarattu. Andhra Pradesh is the paired state of Punjab under 'Ek Bharat Shreshth Bharat' programme which aims to enhance interaction and promote mutual understanding between people of different states/UTs through the concept of state/UT pairing.



15) October 28, 2021

The students of the Department of Fine Arts presented their creativity by reusing and recycling the old material into new artifacts like wall hangings, diyas, worship thali and other items.



16) October 30, 2021

An interactive session in the 7th lecture was organized by the Mentoring Group and College Buddy's Group. During the Meet all the teachers with respective groups of students, discussed the importance of sanitation and hygiene. Moral values were also discussed and everyone was encouraged to buy and avoid unnecessary costly things on Diwali. Integrity Pledge was taken to sensitise students against the menace of corruption under Vigilance Awareness Week 2021 (24 th October-1st November). The activity was conducted under the supervision of Dr MadhuDhawan (coordinator) and Mrs Punpreet.



17) October 30, 2021

An Awareness Discussion on “Sexual Harassment & Domestic Violence against Women” through Power point presentation was organized in which many students prepared PPTs.



18) October 08-15, 2021

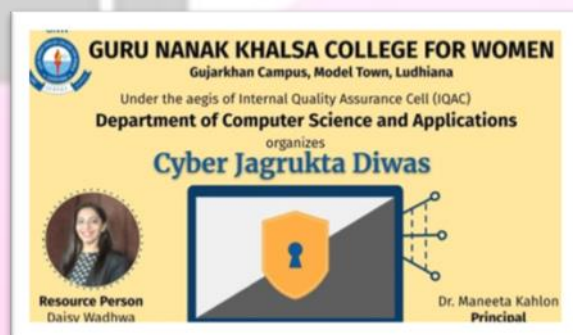
One week Book Fair was held to encourage circulation of books among the needy students. Book counters were set up outside the library where students could leave their old books to be picked and used by others. It was a convenient method to provide aid to the students belonging to the underprivileged class. This hassle-free and a no-formality endeavour saw

tremendous response and was an instant success. The Book Bank Facility is a perennial attribute of the library which is available all the year through.



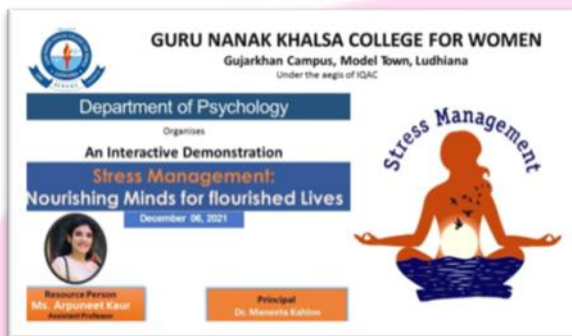
19) October 12, 2021

Cyber Security Awareness month was celebrated on the theme “Do Your Part. Be Cyber Smart.” Under this initiative, a number of awareness activities were conducted. A talk on ‘Cyber Security’ was delivered by the College Principal, Dr. Maneeta Kahlon to sensitize students and teachers about the security in the online world.



20) December 6, 2021

Internal Quality Assurance Cell (IQAC) in collaboration with the Department of Psychology organized an Interactive Demonstration on “Stress Management: Nourishing Minds for Flourished Lives”. Ms. Arpuneet Kaur, Assistant Professor, Department of Psychology was the resource person. During the session, she discussed various techniques like Meditation, Affirmations, Breathing Exercises, Positive thinking, and Diet Regulation. It was followed by a demonstration of the tools to manage stress effectively.



21) January 24, 2022

Under the aegis of Internal Quality Assurance Cell, NSS unit, and Department of Fine Arts of Guru Nanak Khalsa College for Women, Gujarkhan Campus celebrated National Girl Child Day by organizing Intra Class Poster making competition on the theme 'Save Girl Child'. This day was celebrated under the Ministry of Women and Child Development to promote the social, cultural, political, and economic identity of women. On this occasion, 45 students prepared posters depicting the importance of saving the girl child. A seminar was also conducted by the NSS Unit on the topic "Save Girl Child". This activity was conducted under the supervision of NSS Programme Officers



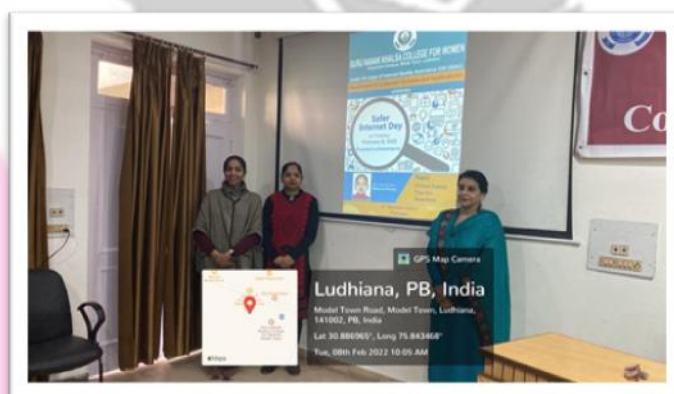
22) January 25, 2022

A series of activities were done in the college to observe National Voters' Day. This day is celebrated to mark the foundation of the Election Commission of India under the Systematic Voters' Education and Electoral Participation (SVEEP) Programme. A seminar was organized on the theme "Respect your voting right". Seminar Convenor, Dr. MadhuDhawan informed the importance of voting in a democracy. A signature movement and an awareness campaign were also launched on the campus to encourage the eligible voters to cast their votes during the elections.



23) February 08, 2022

A session to mark Safer Internet Day was organized in the college. Mrs. Satwant Kaur, Assistant Professor, who was the resource person for the day discussed 'Online Safety tips for Teachers'. She highlighted the concerns and risks associated with the online world and also suggested possible ways for making online space safer for teachers and students.



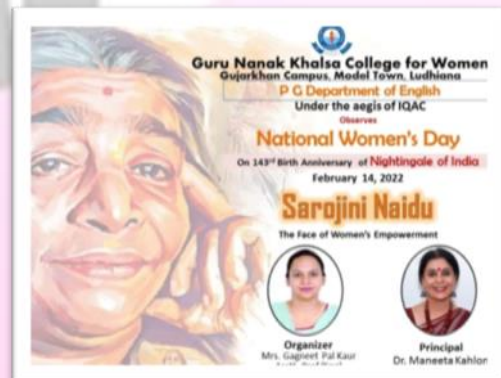
24) February 11, 2022

The International Day of Women and Girls in Science was celebrated in the college with the screening of a docu-drama titled 'Kamala: The Swadesi Nutri-Indian'. This documentary is based on the life of Dr. Kamala Sohoni, an Indian biochemist, who was the first Indian woman to receive a Ph.D. in a scientific discipline. This award-winning film has been created by the team of EMMRC.



25) February 14, 2022

National Women's Day was celebrated to mark the 143rd Birth Anniversary of the Nightingale of India, Sarojini Naidu. She was a prominent freedom fighter, poet and Human Rights Activist who wrote poems such as "Autumn Song", "To India", "Raksha Bandhan". The event was organized by Mrs. Gagneet Pal Kaur who also recited a poem on this occasion to celebrate the creativity of the author and her love for the motherland.



26) February 19, 2022

On the occasion of the United Nations' World Day of Social Justice, Dr. Praveen Arora, Assistant Professor, Department of Public Administration, informed that the day is annually observed on February 20 to encourage people to look at how social justice affects poverty eradication. She also elaborated on the theme of the day, 'Achieving Social Justice through Formal Employment'.



27) February 21, 2022

A Slogan Writing competition was organized in the college to mark “*Matribhasha Diwas.*” Mrs. Jaswinder Kaur, Head, Department of Hindi, and Mrs. Prabhjot Kaur, Head, Department of Punjabi spoke about the relevance of the mother language. Principal Dr. Maneeta Kahlon underlined the relevance of Hindi and Punjabi as languages of the masses. The use of these languages on an international level by various countries (besides India) was also emphasized upon.

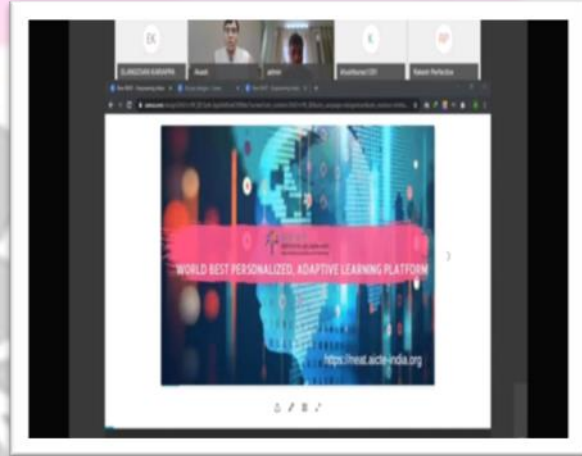
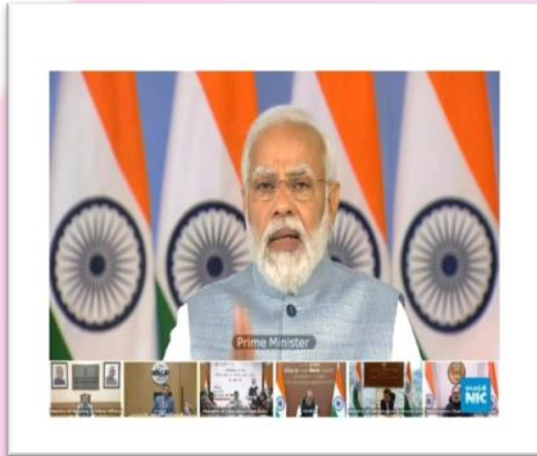


28) February 21, 2022

Faculty from the PG Department of Commerce attended the Post Budget Webinar on “Education and Skill Sector” organized by the Ministry of Education, Government of India. The main theme of the webinar was ‘Achieving *Atma Nirbharta* through the *Amrit Mantra of Digital Education and Dynamic Skilling*’. The webinar began with the welcome address by the Secretary, Higher Education and it was followed by the address of the Honorable Prime Minister of India, Shri Narendra Modi. The webinar was structured around 7 Break-away sessions on the following sub-themes:

1. Digital University: Making World Class Higher Education Accessible for All
2. The Digital Teacher: Creating Quality e-content and Virtual Labs for Inclusivity, Better Learning Outcomes and Skilling
3. Widening Reach of One Class: One Channel: Reaching Quality Digital Education to the Farthest Corner

4. India Specific Knowledge in Urban Planning and Design
5. Towards Fostering Stronger Industry-Skill Linkage
6. Developing Educational Institutions in GIFT City
7. Strengthening Industry-Skill Linkage in AVGC



29) February 23, 2022

The members of the Red Ribbon Club took the Anti-Drug e-pledge, “Say yes to Life, No to Drugs”. This activity was conducted as a part of the Public Outreach Program of the Department of Narcotics Control Bureau (NCB) for raising awareness against the ill effects of drugs.



30) February 24, 2022

Central Excise Day is celebrated to commemorate the Legislation of Central Excise and Salt Act which was formulated on February 24, 1944. To mark this day, our Resource Person, Mrs. Manpreet Kaur, Assistant Professor, highlighted the importance of paying taxes in the growth and development of the country. All the members of the staff took a pledge to pay the taxes with honesty.



31) March 07, 2022

The college organized a talk on “Common Menstrual problems in young females” for the students. Dr.Suhasini Raina (Obstetrics and Gynecology) and Dr.Ankur Sharma (Internal Medicine) from Aykai Hospital discussed major health issues with students. The talk was followed by a "Free Health Check-up Camp" for students and staff.



32) March 8, 2022

International Women’s Day 2022

As a part of International Women’s Day celebrations, a series of events were organized at GNKCW under the aegis of Internal Quality Assurance Cell. The college students and staff members pledged to create an equitable society by striking the IWD ‘Break the bias’ pose with their arms crossed. They joined in to show their commitment in calling out gender bias, smashing stereotypes, breaking inequality, and rejecting discrimination.



33) March 12, 2022

A seminar on Beauty and Wellness was organized on the campus. Mrs. Indra Ahluwalia, Founder of Grace Academy explained career prospects in the Makeup and Grooming industry. Resource persons from Grace Academy, Ms. Mansi, Ms. Benna Seth, Ms. Simran Kaur, Ms. Sandeep Kaur, and Ms. Maninder Kaur discussed with students the self-grooming techniques and the latest make-up trends. The team also demonstrated a few tips for face contouring and highlighting using make-up.



34) March 15, 2022

An Interactive Talk on the theme “Fair Digital Finance” was organized in the college to mark the “World Consumer Rights Day.” Resource Person Mrs.Rajwinder Kaur, Assistant Professor, PG Department of Commerce, discussed how Digital technologies that are reshaping payments, lending, insurance, and wealth management, are becoming a key enabler for consumers of financial services. The vision sets out questions for decision-makers from a consumer’s perspective to build a digital financial marketplace that is inclusive, safe, data protected and private, and sustainable for everyone.



March 19, 2022

One day Educational Tours to Kasauli and Chandigarh (Fun city, Mansa Devi) were organized by the college.



35) March 22, 2022

Department of Business Management organized an Industrial Visit to Jawandsons Pvt Ltd-A unit of Oster group, Ludhiana. During the visit, the students were apprised about the vision and working of the organization through a presentation and a visit to the production area. They interacted with the technical staff and learned about the process of manufacturing home furnishings. The queries of the students were answered in a very effective and easy way.



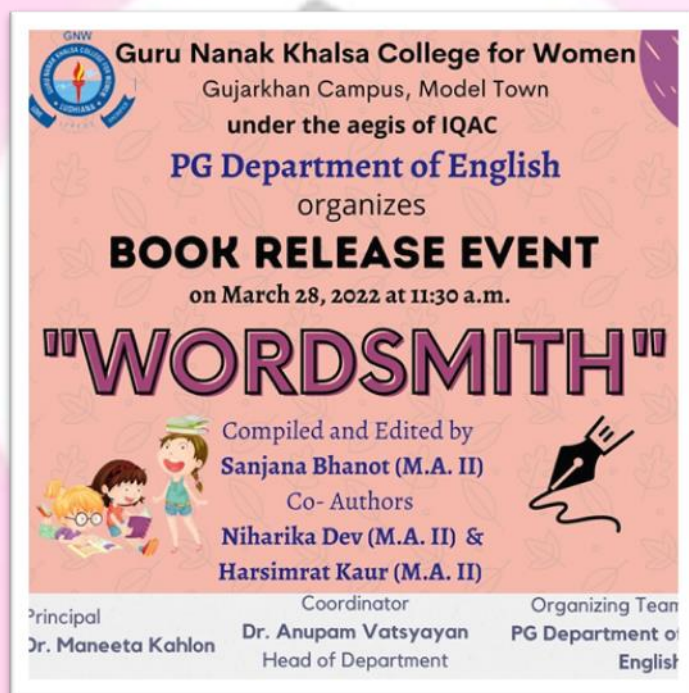
36) March 24, 2022

An Entrepreneurship Awareness Program on Self-Employment Opportunities was organized on the campus. Mr. Rajesh Kumar, Assistant Director, MSME- Development Institute, Ludhiana apprised the students about the program and schemes of the Ministry of MSME, Government of India. He also shared with the students the various loan schemes and subsidies provided by the government to promote start-ups. The other dignitaries present on the occasion were Mr. Balwinder Sidhu (Functional Manager, District Industrial Centre, Ludhiana), Mr. Sanjay Gupta (Chief Manager and Lead District Manager) and Mr. Krishan Kumar (Assistant Director, MSME, Development Institute).



37) March 28, 2022

A Book Release Event was organized by the PG Department of English for its student-authors. The book **“Wordsmith”** is compiled and edited by Sanjana Bhanot, a student of MA (English) Semester IV of the college. This is her second published work. Her first book “How to be a Successful Writer” was published in October 2021. “Wordsmith” is an anthology of poems, with contributions from 20 authors across the country. Two students of MA (English) Semester IV of the college, Niharika Dev and Harsimrat Kaur, are the co-authors of this book, which they describe as “a soulful journey into the universe of imagination and creativity.”



38) March 29, 2022

A workshop on "Employability Enhancement" was organized for the students of BBA and BCA final year. Er. Shilpa Miglani Narang, Assistant Professor cum Training and Placement Officer, Guru Nanak Institute of Management and Technology, Ludhiana was the Resource Person. She talked about various employability skills required to make the students industry ready.



39) March 29, 2022

An exhibition-cum-sale for traditional suits of Jaipur, Rajasthan was set up on campus. During the event, Dr. Shikha Bajaj, Assistant Professor in Fashion Designing, explained that these Rajasthani fabrics have been designed using block printing, and tie and dye techniques.



40) April 12, 2022

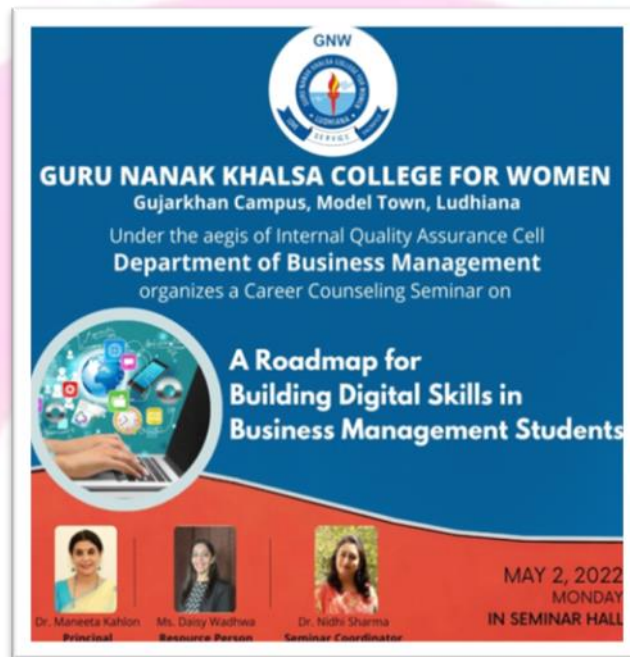
Under the aegis of Internal Quality Assurance Cell, Department of Home Science of Guru Nanak Khalsa College for Women, Gujarkhan Campus organised an activity under Earn While You Learn program. Students of the department had setup Kachaloo Chana chaat stall in the college campus today. It was organized to inculcate the spirit of working together amongst the students.



41) May 2, 2022

A seminar on Digital skills for career counselling was organized by department of Business management. Ms. Daisy Wadhwa, Head, Department of Computer Science and Applications, was the resource person for the seminar. During her talk, she informed the students about the digital skills that are essential for students to succeed in their academic and professional life. She also guided the students about the study options available to develop their digital capabilities.





42) May 4, 2022

Under the aegis of IQAC, Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana organized a lecture on Beauty and Wellness on May 4, 2022. Mr. Luvish from Orane international school of Beauty & Wellness explained the industry oriented training linked to employability and career prospects in the Makeup and Grooming industry. He also interacted with students to give hair care tips and discussed the latest trends in hair industry . The activity was facilitated by Mrs Punpreet Kaur, Assistant Professor in Commerce , Mrs Seema Devi, Assistant Professor in Punjabi.



43) May 15, 2022

International Day of Yoga was celebrated in college. Students were explained the benefits of yoga and were encouraged to indulge in the practice in their daily routines.



Dr Maneeta Kahlon
Principal

Mrs Seema Dua
Coodinator

Dr Shikha Bajaj
Co- Coodinator