



# GURU NANAK KHALSA COLLEGE FOR WOMEN

GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA

Half Yearly Report

On



NSS and Red Cross Society Activities



JUNE 2023 - DEC 2023

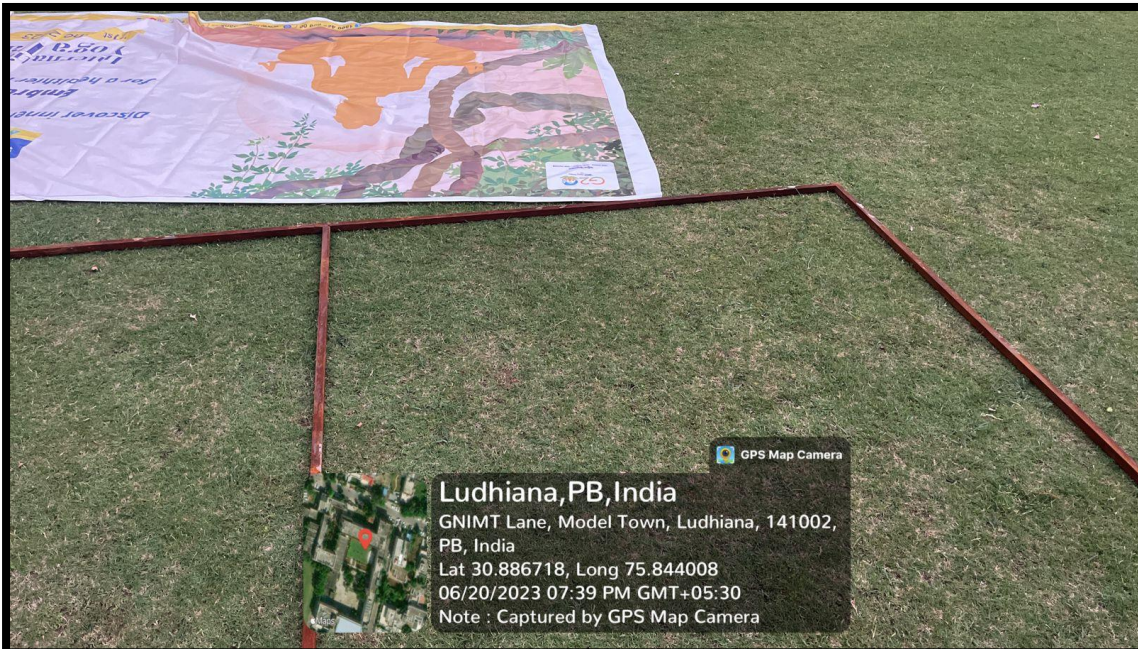
*Satwant Kaur*  
NSS Programme Officers

*Dr. Maneeta Kahlon*  
Dr. Maneeta Kahlon  
Principal

Dr. MANEETA KAHLON  
Principal  
G.N.Kh. College for Women  
Gujarkhan Campus, Model Town,  
Ludhiana

## PREPARATION OF YOGA DAY

Preparations were diligently undertaken for Yoga Day on June 20, 2023, at Guru Nanak Khalsa College for Women in Model Town, Ludhiana. Among the arrangements, a vibrant banner was displayed in the college premises to commemorate the significance of Yoga Day. This visually captivating display aimed not only to celebrate the practice of yoga but also to encourage active participation and engagement from students, faculty, and the broader community. The banner served as a powerful symbol, signaling the college's commitment to promoting holistic well-being and fostering a culture of health-consciousness among its members.





## 1. To observe World Cycle day

World Cycle Day was observed in the college campus on June 03, 2023. It is celebrated annually on June 3 to promote the benefits of cycling and raise awareness about the importance of bicycles as a sustainable mode of transportation. Total 28 volunteers participated in the cycle rally along with two program Officers, Dr. Neetu Prakash and Mrs. Satwant Kaur.

Madam Principal Dr. Maneeta Kahlon encouraged and motivated the students to participate in such activities for a healthy lifestyle.



## PRESS CLIPPINGS



ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਵਿਸ਼ਵ ਸਾਈਕਲ ਦਿਵਸ ਮਨਾਉਣ ਸਮੇਂ ਕਾਲਜ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ, ਵਿਦਿਆਰਥੀ ਤੇ ਹੋਰ। ਅਜੀਤ ਤਸਵੀਰ

# ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਵਿਸ਼ਵ ਸਾਈਕਲ ਦਿਵਸ ਮਨਾਇਆ

ਲੁਧਿਆਣਾ, 3 ਜੂਨ (ਪੁਨੀਤ ਬਾਵਾ)- ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸ਼ੋਰੈਂਸ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਕਾਲਜ ਦੀ ਐਨ.ਐਸ.ਐਸ. ਯੂਨਿਟ ਨੇ ਅੱਜ ਕਾਲਜ ਕੈਂਪਸ ਵਿਚ ਵਿਸ਼ਵ ਸਾਈਕਲ ਦਿਵਸ ਮਨਾਇਆ। ਸਾਈਕਲਿੰਗ ਦੇ ਲਾਭਾਂ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਅਤੇ ਆਵਾਜਾਈ ਦੇ ਟਿਕਾਊ ਢੰਗ ਵਜੋਂ ਸਾਈਕਲਾਂ ਦੀ ਮਹੱਤਤਾ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨ ਲਈ ਹਰ ਸਾਲ 3 ਜੂਨ ਨੂੰ ਮਨਾਇਆ ਜਾਂਦਾ ਵਿਸ਼ਵ ਸਾਈਕਲ ਦਿਵਸ ਮਹੱਤਵਪੂਰਨ ਹੈ ਕਿਉਂਕਿ ਵਿਸ਼ਵ ਸਿਹਤ ਸੰਗਠਨ ਸਿਹਤ ਅਤੇ ਵਾਤਾਵਰਣ ਲਈ ਇਸ ਦੇ ਲਾਭਾਂ ਲਈ ਸਾਈਕਲਿੰਗ ਨੂੰ ਸਰਗਰਮੀ ਨਾਲ ਉਤਸ਼ਾਹਿਤ ਕਰਦਾ ਹੈ। ਸਾਈਕਲਿੰਗ ਨੂੰ

ਇਕ ਸਿਹਤਮੰਦ ਗਤੀਵਿਧੀ ਮੰਨਿਆ ਜਾਂਦਾ ਹੈ ਜੋ ਸਰੀਰਕ ਗਤੀਵਿਧੀ ਨੂੰ ਵਧਾਉਂਦਾ ਹੈ, ਗੈਰ-ਸੰਚਾਰੀ ਬਿਮਾਰੀਆਂ ਨੂੰ ਘਟਾਉਂਦਾ ਹੈ। ਜਦੋਂ ਵਾਤਾਵਰਣ ਦੀ ਗੱਲ ਆਉਂਦੀ ਹੈ ਤਾਂ ਇਹ ਹਵਾ ਅਤੇ ਸ਼ੋਰ ਪ੍ਰਦੂਸ਼ਣ ਨੂੰ ਵੀ ਘਟਾਉਂਦਾ ਹੈ। ਵਿਸ਼ਵ ਸਿਹਤ ਸੰਗਠਨ ਸਾਈਕਲਿੰਗ ਨੂੰ ਟਿਕਾਊ ਵਿਕਾਸ ਟੀਚਿਆਂ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨ ਦੇ ਸਾਧਨ ਵਜੋਂ ਮਾਨਤਾ ਦਿੰਦਾ ਹੈ। ਸਾਈਕਲ ਰੈਲੀ ਵਿਚ ਦੋ ਪ੍ਰੋਗਰਾਮ ਅਫ਼ਸਰ ਡਾ. ਨੀਤੂ ਪ੍ਰਕਾਸ਼ ਅਤੇ ਸਤਵੰਤ ਕੌਰ ਸਮੇਤ ਕੁੱਲ 28 ਵਲੰਟੀਅਰਾਂ ਨੇ ਭਾਗ ਲਿਆ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਿਹਤਮੰਦ ਜੀਵਨ ਸ਼ੈਲੀ ਲਈ ਅਜਿਹੀਆਂ ਗਤੀਵਿਧੀਆਂ ਵਿਚ ਭਾਗ ਲੈਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।

## 2. Participated in Quiz Competition

The staff and students of GNKCW participated in Quiz Competition to commemorate on the occasion of International Day of Yoga on mygov web portal to remind people across the globe about the benefits of Yoga, and to build enduring public interest in Yoga by highlighting its importance and contributions to public health on June 21, 2023.





## Certificate of Participation

Ministry of AYUSH & MyGov Congratulate  
*Chandni*

for successfully completing the International Day of Yoga 2023 Quiz 2.0  
We acknowledge your effort.  
Keep participating...!

Ms. Kavita Gang  
Joint Secretary, Ministry of Ayush



## Certificate of Participation

Ministry of AYUSH & MyGov Congratulate  
*Esha Mittal*

for successfully completing the International Day of Yoga 2023 Quiz 2.0  
We acknowledge your effort.  
Keep participating...!

Ms. Kavita Gang  
Joint Secretary, Ministry of Ayush



## Certificate of Participation

Ministry of AYUSH & MyGov Congratulate  
*Harnetkaur*

for successfully completing the International Day of Yoga 2023 Quiz 2.0  
We acknowledge your effort.  
Keep participating...!

Ms. Kavita Gang  
Joint Secretary, Ministry of Ayush



## Certificate of Participation

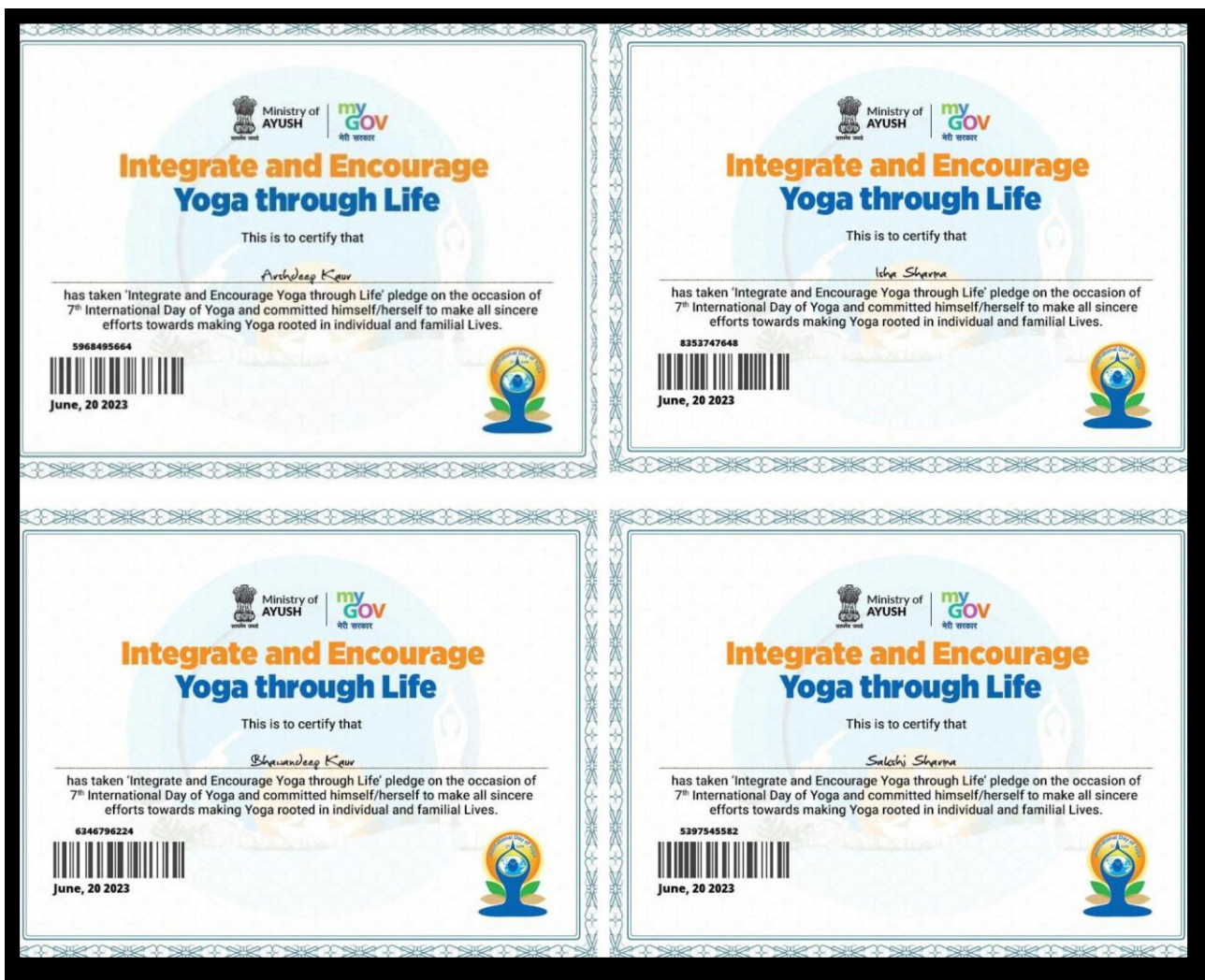
Ministry of AYUSH & MyGov Congratulate  
*Manpreet Kaur Saini*

for successfully completing the International Day of Yoga 2023 Quiz 2.0  
We acknowledge your effort.  
Keep participating...!

Ms. Kavita Gang  
Joint Secretary, Ministry of Ayush

### 3. Integrate and Encourage Yoga through Life pledge

The staff and students of GNKCW undertook 'Integrate and Encourage Yoga through Life' pledge on the occasion of International Day of Yoga on mygov web portal to consciously make all sincere efforts towards making yoga rooted in individual and familial lives on June 21,2023.





Ministry of  
AYUSH

my  
GOV  
मेरी सरकार

## Integrate and Encourage Yoga through Life

This is to certify that

*Pooja Tavar*

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7<sup>th</sup> International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

9275788966



June, 20 2023



Ministry of  
AYUSH

my  
GOV  
मेरी सरकार

## Integrate and Encourage Yoga through Life

This is to certify that

*Praveen Kaur*

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7<sup>th</sup> International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

2784228334



June, 20 2023



Ministry of  
AYUSH

my  
GOV  
मेरी सरकार

## Integrate and Encourage Yoga through Life

This is to certify that

*Anshu*

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7<sup>th</sup> International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

4687649339



June, 20 2023



Ministry of  
AYUSH

my  
GOV  
मेरी सरकार

## Integrate and Encourage Yoga through Life

This is to certify that

*Arshdeep Kaur*

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7<sup>th</sup> International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

5968495664



June, 20 2023



#### 4. Organized Yoga Session for students

Under the aegis of IQAC, NCC Unit, NSS Wing of Guru Nanak Khalsa College for Women, Ludhiana celebrated International Yoga Day on June 21, 2023, as per the directives of Ministry of Education, Government of India, under the theme 'Vasudhaiva Kutumbakam'. On this day, a yoga session was organized to raise awareness among students the numerous benefits of yoga and to promote its holistic approach for physical, mental, and spiritual well-being. The event was coordinated by Ms. Asha, Care taker officer of the NCC unit and Dr. Neetu Prakassh and Mrs. Satwant Kaur, Program Officers of the NSS unit.

Principal, Dr. Maneeta Kahlon the underlined the major benefits of yoga and explained how regular yoga practice may reduce levels of stress, body-wide inflammation and contributes to healthier hearts.

**Guru Nanak Khalsa College for Women**  
Gujarkhan Campus, Model Town, Ludhiana

Under the aegis of IQAC  
**National Cadet Corps (NCC) Wing & NSS Unit**  
celebrate

**International Day of Yoga**  
21 June

**Yoga for Vasudhaiva Kutumbakam**

**Principal**  
Dr. Maneeta Kahlon

**NSS Programme Officers**  
Dr. Neetu Prakash  
Mrs. Satwant Kaur

**NCC Officers**  
Lt. Sukhjit Kaur (ANO)  
Ms. Asha (CTO)





**Ludhiana, Punjab, India (NCC)**

VRPV+JJ9, GNIMT Lane, Pritm Nagar, Model Town, Ludhiana,

Punjab 141002, India

Lat 30.886662°

Long 75.843979°

21/06/23 07:04 AM GMT +05:30

## 5. Organized yoga session for Non-Teaching as well as supporting staff

GNKCW organized a rejuvenating yoga session for Non-Teaching as well as supporting staff on the auspicious occasion of International day of Yoga on June 21, 2023. Our esteemed staff members gathered to embark to experience the restorative effects of yoga, promoting physical flexibility, mental clarity, and a sense of overall well-being.

Principal, Dr. Maneeta Kahlon, encouraged staff members to cultivate inner calmness, mindfulness, and a sense of renewal.





## Ludhiana, Punjab, India

Model Town, Ludhiana, GNIMT Lane, Pritm Nagar, Model Town, Ludhiana, Punjab

141002, India

Lat 30.886765°

Long 75.84354°

21/06/23 11:04 AM GMT +05:30



## PRESS CLIPPINGS

**ਜੀ.ਐਨ.ਕੇ.ਸੀ.ਡਬਲਯੂ. ਵਿਖੇ  
ਅੰਤਰਰਾਸ਼ਟਰੀ ਯੋਗ ਦਿਵਸ ਮਨਾਇਆ**

ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੁਮੈਨ ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸ਼ੋਰੈਂਸ ਸੈੱਲ, ਐਨ.ਸੀ.ਸੀ. ਯੂਨਿਟ, ਐਨ.ਐਸ.ਐਸ. ਵਿੰਗ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਾਲਜ ਕੈਂਪਸ ਵਿਖੇ ਭਾਰਤ ਸਰਕਾਰ ਦੇ ਸਿੱਖਿਆ ਮੰਤਰਾਲਾ ਦੇ ਨਿਰਦੇਸ਼ਾਂ ਥੀਮ ਦੇ ਤਹਿਤ 'ਵਸੁਧੇਵ ਕੁਟੁੰਬਕਮ' ਅੰਤਰਰਾਸ਼ਟਰੀ ਯੋਗ ਦਿਵਸ ਮਨਾਇਆ। ਇਸ ਦੌਰਾਨ ਵਿਦਿਆਰਥੀਆਂ 'ਚ ਯੋਗ ਦੇ ਅਨੇਕ ਲਾਭਾਂ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨ ਅਤੇ ਸਰੀਰਕ, ਮਾਨਸਿਕ ਅਤੇ ਅਧਿਆਤਮਿਕ ਤੰਦਰੁਸਤੀ ਲਈ ਇਸਦੀ ਸੰਪੂਰਨ ਪਹੁੰਚ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਲਈ ਇਕ ਯੋਗ ਸੈਸ਼ਨ ਵੀ ਕਰਵਾਇਆ। ਸਮਾਗਮ ਦਾ ਸੰਚਾਲਨ ਐਨ.ਸੀ.ਸੀ. ਯੂਨਿਟ ਦੀ ਕੋਅਰ ਟੈਕਰ ਅਫ਼ਸਰ ਸ਼੍ਰੀਮਤੀ ਆਸ਼ਾ ਅਤੇ ਐਨ.ਐਸ.ਐਸ. ਯੂਨਿਟ ਦੇ ਪ੍ਰੋਗਰਾਮ ਅਫ਼ਸਰ ਡਾ. ਨੀਤੂ ਪ੍ਰਕਾਸ਼ ਅਤੇ ਸ਼੍ਰੀਮਤੀ ਸਤਵੰਤ ਕੌਰ ਨੇ ਕੀਤਾ। ਇਸ ਮੌਕੇ ਪ੍ਰਿੰਸੀਪਲ, ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਯੋਗ ਦੇ ਮੁੱਖ ਫ਼ਾਇਦਿਆਂ ਨੂੰ ਰੇਖਾਕਿਤ ਕਰਦਿਆਂ ਦੱਸਿਆ ਕਿ ਕਿਵੇਂ ਨਿਯਮਿਤ ਯੋਗ ਅਭਿਆਸ ਤਣਾਅ ਦੇ ਪੱਪਰ, ਸਰੀਰ ਦੀ ਵਿਆਪਕ ਸੋਜ਼ਸ਼ ਨੂੰ ਘਟਾ ਸਕਦਾ ਹੈ ਅਤੇ ਸਿਹਤਮੰਦ ਦਿਲਾਂ ਵਿਚ ਯੋਗਦਾਨ ਪਾਉਂਦਾ ਹੈ।



ਲੁਧਿਆਣਾ ਦੇ ਜੀਐਨਕੇਸੀਡਬਲਯੂ ਸੈਂ ਅੰਤਰਰਾਸ਼ਟਰੀ ਯੋਗ ਦਿਵਸ ਦੇ ਮੌਕੇ ਪਰ ਯੂਨੀਵਰਸਿਟੀ ਕੈਂਟੇਂਟਸ ਨੇ ਯੋਗ ਦੀ ਵਿਭਿੰਨ ਗਤਿਵਿਧੀਆਂ ਸੋਂ ਹਿੱਸਾ ਲਿਆ। ਇਸ ਦੌਰਾਨ ਉਨ੍ਹਾਂਨੇ ਯੋਗ ਕੋਂ ਜੀਵਨ ਸੋਂ ਹਰ ਦਿਨ ਅਪਨਾਨੇ ਕਾ ਪ੍ਰਯੋਗ ਭੀ ਲਿਆ। ●ਸੀ. ਟੁਕੂਲ

### 6. International Day against Drug Abuse and Illicit Trafficking

NSS Unit of Guru Nanak Khalsa College for Women in Ludhiana celebrated the International Day against Drug Abuse and Illicit Trafficking on June 26, 2023 by creating a video highlighting various activities that inspire you to follow a healthy lifestyle to raise awareness about the importance of staying away from drugs and promoting well-being.

The video showcased various activities like World Environment Day, International Yoga Day, World Food Safety Day, World Blood Donor Day, and Drug Abuse. These events and issues are all crucial in their own right and contribute to a healthier and safer society.

Dr. Maneeta Kahlon, Principal inspired the students to follow a healthy lifestyle so that together, we can create a world where drug abuse and illicit trafficking have no place.



## 7. Registration drive

NSS unit of Guru Nanak Khalsa College for Women organized registration drive for enrolling students as NSS volunteers on August 2, 2023. NSS Program Officers Dr. Neetu Prakash and Mrs. Satwant Kaur discussed with the students the importance of NSS, various activities which NSS unit performed last year and future events too.

Principal Dr. Maneeta Kahlon encouraged the students to join and participate in community service activities.







## **8. GNKCW Observes Organ Donation Day**

Under the aegis of Internal Quality Assurance Cell, NSS unit of Guru Nanak Khalsa College for Women, Ludhiana observed Organ Donation Day in the college on August 03, 2023. This day is observed to raise awareness about the importance of donating organs after death to save more lives. NSS Program Officers Dr. Neetu Prakash and Mrs. Satwant Kaur discussed with the students about the importance of organ donation. NSS volunteers took pledge on online as well as offline mode.

Principal Dr. Maneeta Kahlon encouraged the students for organ donation to contribute towards the noble cause of society.





**Guru Nanak Khalsa College for Women**  
Gujarkhan Campus, Model Town, Ludhiana



भारत 2023 INDIA  
एकूण वृद्धमकान  
ONE EARTH • ONE FAMILY • ONE FUTURE

Under the aegis of IQAC

**NSS Unit**  
observes



आज़ादी का  
अमृत महोत्सव



# Aangdaan Mahotsav

on August 03, 2023

**TO RAISE AWARENESS ON  
ORGAN DONATION**

**Principal**  
**Dr. Maneeta Kahlon**

**NSS Programme Officers**  
**Dr. Neetu Prakash**  
**Mrs. Satwant Kaur**



## PRESS CLIPPINGS



### 9. Meri Matti Mera Desh

The NSS Unit and Ek Bharat Shreshtha Bharat organized a number of activities under the aegis of Internal Quality Assurance Cell to mark Pre-Independence celebrations in the college premises.

- **“Meri Matti Mera Desh” in the context of Gram Panchayat**

Committed to the cause of “Greener and Sustainable Earth” and, fortifying the celebration of 77 years of India’s independence, the UBA cell of the college in conjunction with the Eco Club, NCC, EBSB and NSS unit of the college, undertook dual celebration of the annual tree plantation festival of Van Mahotsav and 75th

year of India's independence under the caption "Azadi Ka Amrit Mahotsav". A Tree Plantation cum plan distribution drive was organized on August 09, 2023 as a part of the Gram Sabha agenda of the village Bhila. The drive commenced with the plantation of saplings by the area councilor along with the local of the village community.

Dr. Balbir Kaur, Mrs. Gagneet Pal Kaur of the UBA Cell and NSS Programme Officer, Dr. Neetu Prakash anchored and executed the entire program. About 100 Indigenous saplings of plants having medicinal and ornamental importance were planted in and around the village premises. The saplings comprised Kaner, Chandani (single and double), Tecoma, Cupressus, Jatropha, Palms, Tulsi, safed Musli, Khus, Kadi Patta. The activity drew an overwhelming appreciation from the village councilor and the residents who were excited to be a part of the plantation drive.

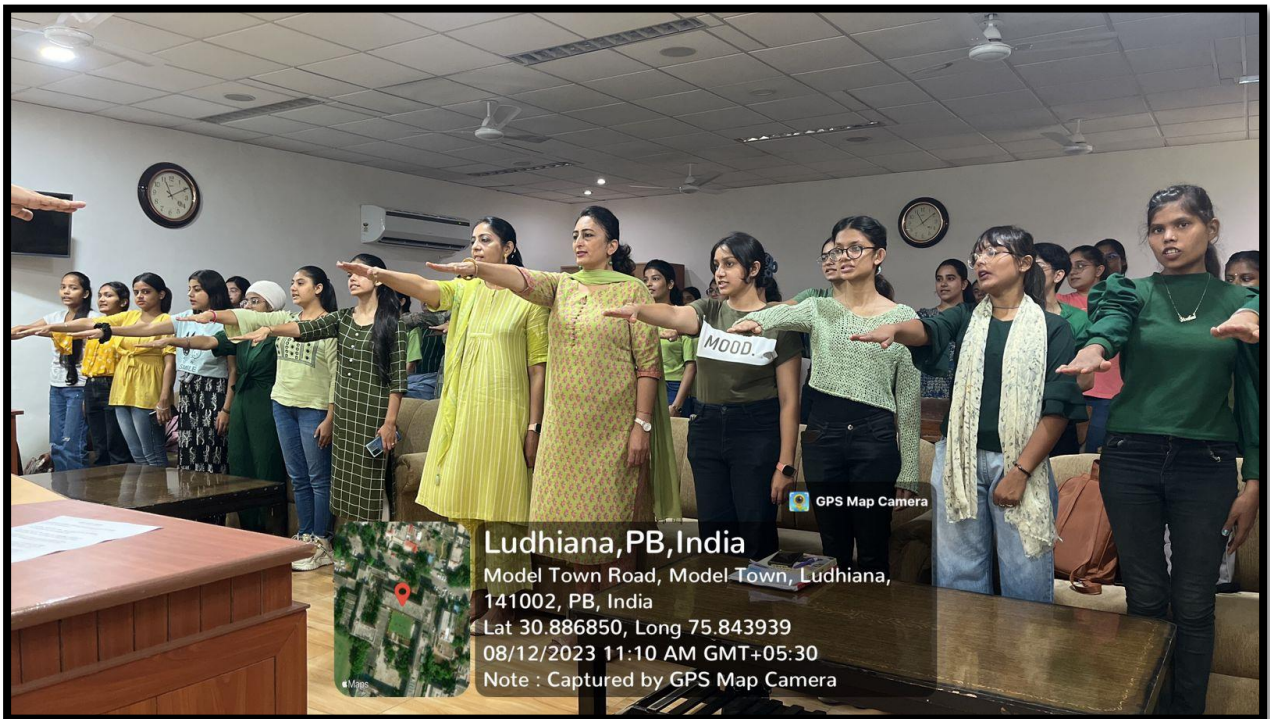
Principal Dr. Maneeta Kahlon encouraged and motivated the students to be a part of such drives. This will benefit the community as well as the environment in the coming future.







- NSS Unit of the college celebrated Pre-Independence day under the campaign of “Meri maati mera Desh”. Panch Pran Pledge was taken by the volunteers of NSS Unit on August 12, 2023. The volunteers took the Panch Pran Pledge, while understanding the significance and committing themselves to contribute towards India’s growth story in making in the age of Amrit Kaal. A video was also prepared for Panch Pranch Pledge.



- NSS Unit in collaboration with Department of Music sang Maati Anthem with full enthusiasm to mark Independence Day celebrations on August 14, 2023.

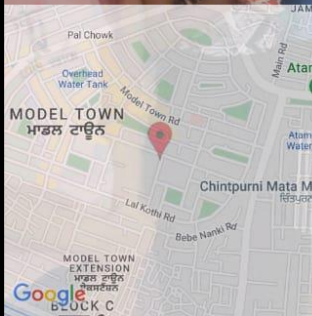
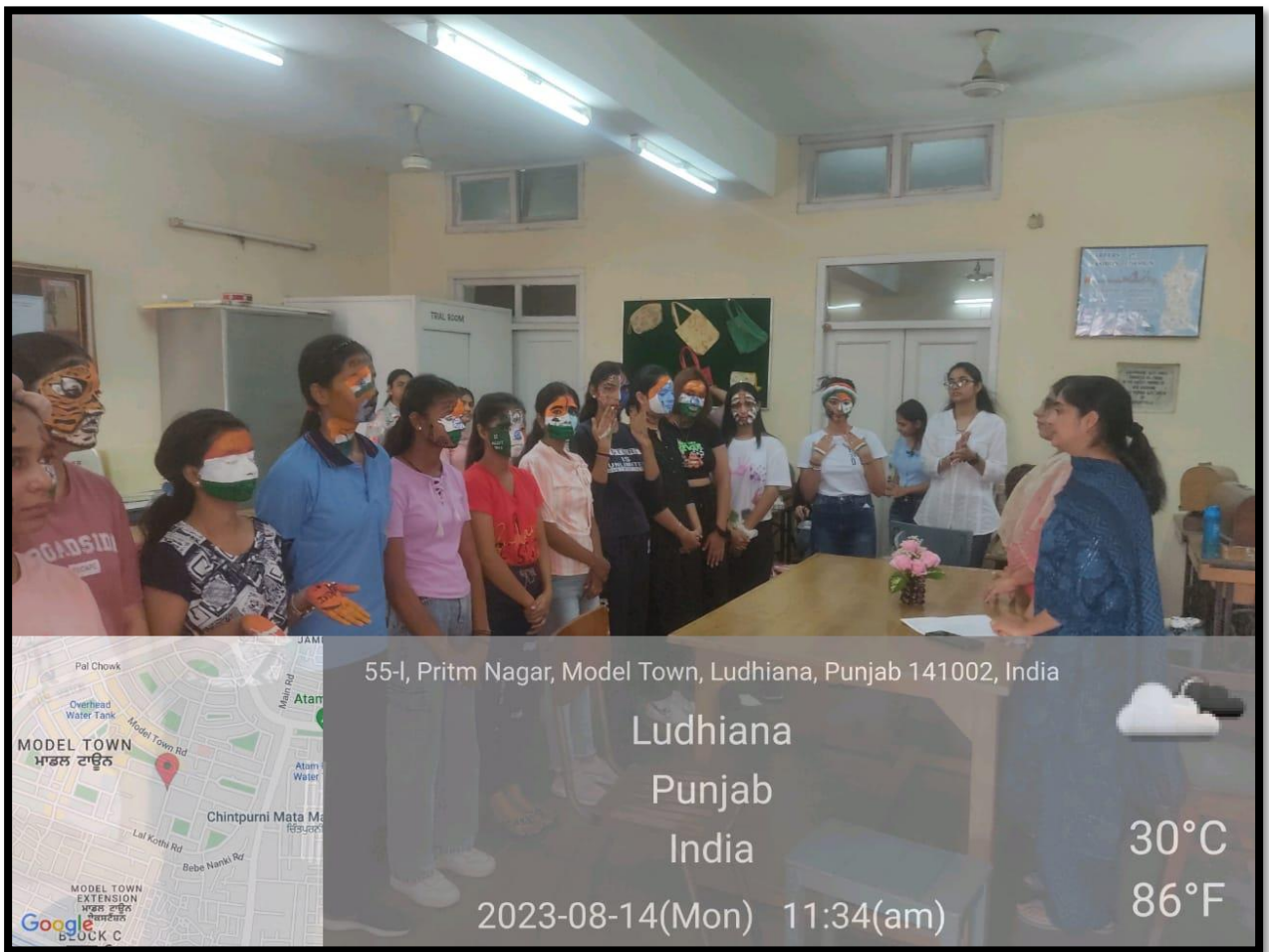


- Partition Horrors Remembrance Day was also observed reminding us of the need to remove the poison of social divisions, disharmony and further strengthen the spirit of oneness, social harmony and human empowerment. An exhibition on Partition Horrors Remembrance Day was also shown to the volunteers on August 14, 2023.



- Face painting competition in collaboration with Department of Fashion Designing was organized on the theme of Independence Day to spread the message of patriotism, feeling of love and devotion towards our country. Twelve students from various streams participated in the competition.





55-I, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India

Ludhiana

Punjab

India

2023-08-14(Mon) 11:34(am)



30°C

86°F

- Two minute silence was also observed by volunteers in the remembrance of freedom fighters. Principal Dr. Maneeta Kahlon appreciated the students for their efforts. She mentioned that spirit of patriotism should be kept alive, and feeling of oneness and unity should be imbibed among Indian.





- NSS volunteers took online pledge under Meri Maati Mera Desh Programme





## PRESS CLIPPINGS



## 10. Teej Celebrations at GNKCW

Under the aegis of Internal Quality Assurance Cell, NSS unit and Ek Bharat Shreshtha Bharat Club of Guru Nanak Khalsa College for Women organized an exhibition that showcased Punjabi cultural and heritage items on August 22, 2023. . The chief guest on the occasion was Renowned Folk Singer Sukhi Brar. She inaugurated an exhibition of Punjabi cultural and heritage items organized by the college. Exhibitions like these are excellent platforms to celebrate and share the rich traditions and history of Punjab with a broader audience. When many items are displayed, it creates a comprehensive experience for attendees to explore and learn about various aspects of the culture and heritage. Such exhibitions not only educate and inform but also provide an opportunity for cultural exchange and appreciation. Attendees can gain insights into the values, practices, and aesthetics that define Punjabi culture. No. Of volunteers participated: 145

## PHOTOGRAPHS









Ludhiana, PB, India

Model Town Road, Model Town, Ludhiana,  
141002, PB, India

Lat 30.886842, Long 75.843870

08/22/2023 01:50 PM GMT+05:30

Note : Captured by GPS Map Camera

## **11.National Sports Day**

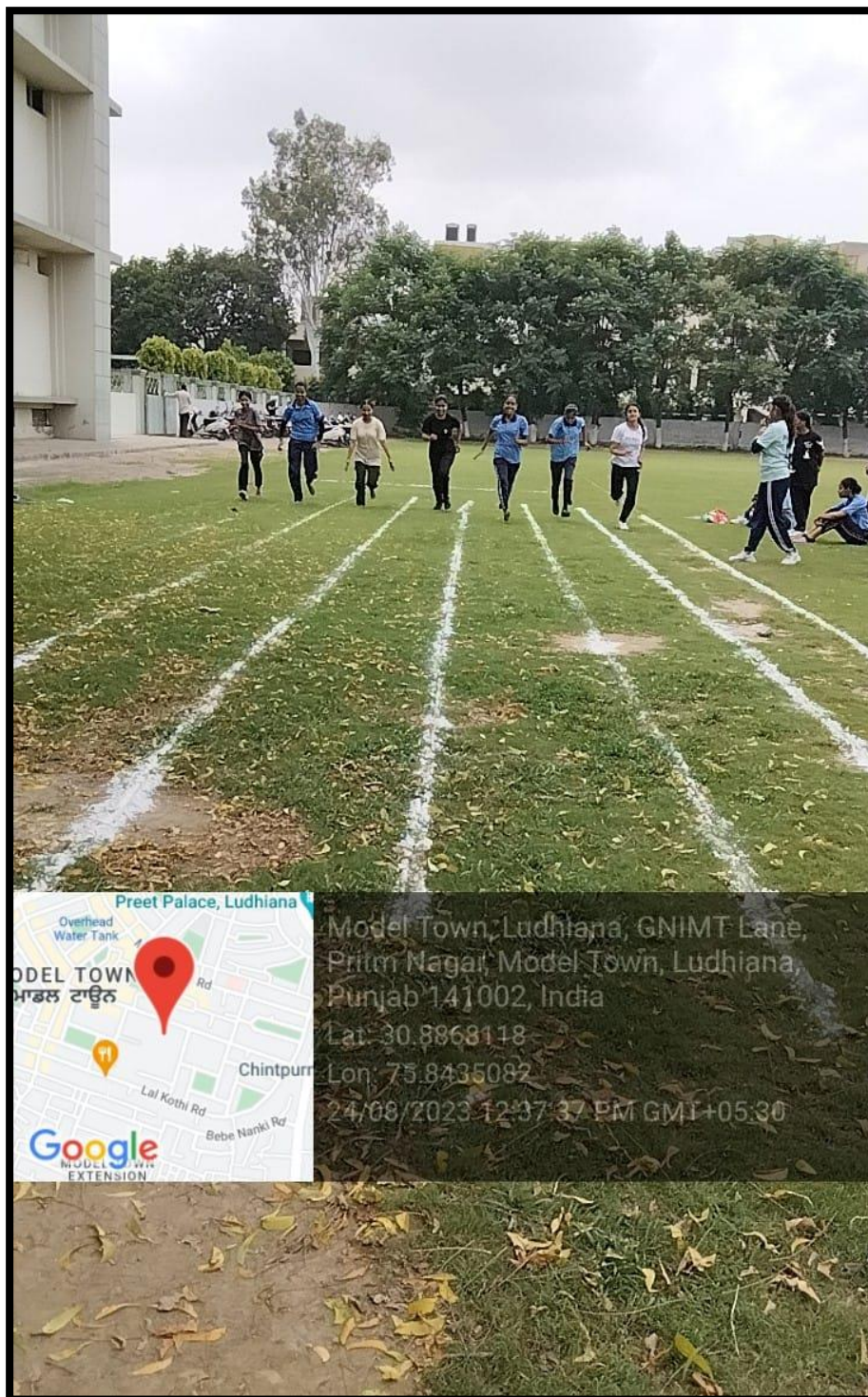
As per UGC guidelines regarding celebrations of National Sports Day from 21st August to 29th August 2023, the department of Physical Education and NSS Unit of Guru Nanak Khalsa College for Women, Ludhiana has organized week long events from 24th August 2023.

The National Sports Day is celebrated every year on 29th August to commemorate the birthday of Hockey legend major Dhyan Chand. In 2019, the National Sports Day saw a grand launch of the Fit India mission by the hon'ble Prime Minister of India to inculcate the culture of sports and fitness in the country. The theme for this year celebrations is "Sports as an enabler for fit and inclusive society."

A number of events like Rope jumping, walk race, 100mtr race, Lemon race, Basketball competition, badminton Competition, Kho - Kho competition and Tug of war were organized under the guidance of Mrs. Parminder Kaur, Assistant Professor, Department of Physical Education.

Principal Dr. Maneeta Kahlon appreciated the efforts of the department to encourage students to participate in sports and fitness events and instill positivity and harmony in society.

**Day 1: Rope jumping, walk race, 100mtr race 24/08/2023**



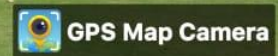


Model Town, Ludhiana, GNIMT Lane,  
Pritm Nagar, Model Town, Ludhiana,  
Punjab 141002, India

Lat: 30.8868118

Lon: 75.8435082

24/08/2023 12:42:44 PM GMT+05:30



## Ludhiana, Punjab, India

Model Town, Ludhiana, GNIMT Lane, Pritm Nagar, Model Town, Ludhiana, Punjab  
141002, India

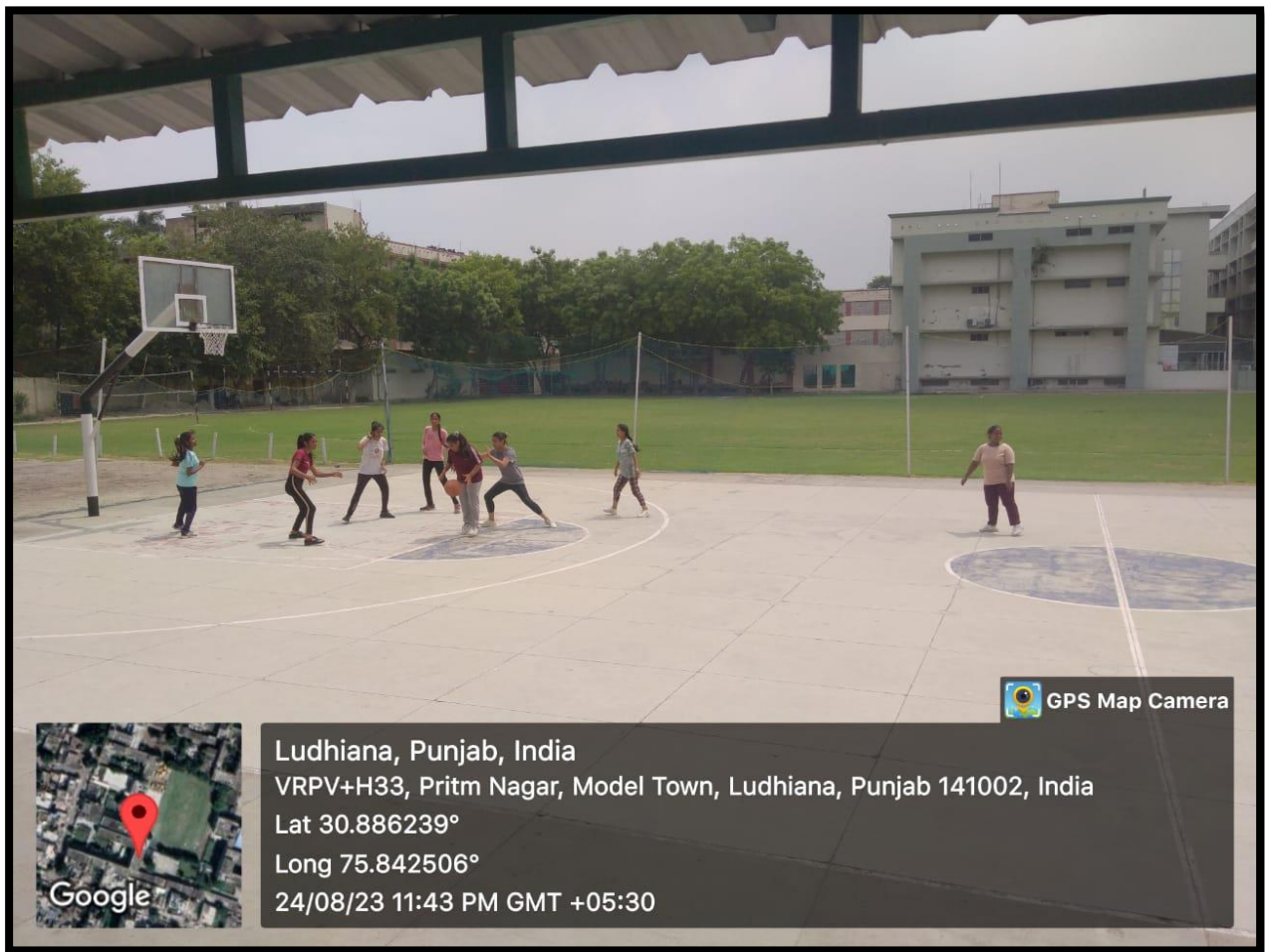
Lat 30.886876°

Long 75.843712°

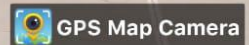
24/08/23 09:52 AM GMT +05:30

## Day 2: Basketball 25/08/2023





Ludhiana, Punjab, India  
VRPV+H33, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India  
Lat 30.886239°  
Long 75.842506°  
24/08/23 11:43 PM GMT +05:30



### Day 3: Badminton 26/08/2023



## Day 4: chess competition 28/08/2023





### Ludhiana, Punjab, India

Model Town, Ludhiana, GNIMT Lane, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India

Lat 30.886476°

Long 75.843406°

28/08/23 10:15 AM GMT +05:30

## Day 5: Yoga and Tug of War | 29/08/2023







# FIT INDIA PLEDGE

- Fit India Pledge was taken by the volunteers of NSS on August 29, 2023 to celebrate National Sports Day.





MINISTRY OF  
YOUTH AFFAIRS  
AND SPORTS  
GOVERNMENT OF INDIA

**Fit  
INDIA**



**my  
Gov**  
मेरी सरकार

# Fit India Pledge Certificate

**This is to certify that**

*Asha Singh*

has taken the Fit India Pledge to lead an active and a healthy lifestyle and will ensure to do his/her best in encouraging people to follow the same.

8937962299



August, 29 2023



MINISTRY OF  
YOUTH AFFAIRS  
AND SPORTS  
GOVERNMENT OF INDIA



# Fit India Pledge

## Certificate

**This is to certify that**

*Kritika Gupta*

has taken the Fit India Pledge to lead an active and a healthy lifestyle and will ensure to do his/her best in encouraging people to follow the same.

**6635842865**



**August, 29 2023**



MINISTRY OF  
YOUTH AFFAIRS  
AND SPORTS  
GOVERNMENT OF INDIA



# Fit India Pledge

## Certificate

**This is to certify that**

*Manmeet Kaur Bhutani*

has taken the Fit India Pledge to lead an active and a healthy lifestyle and will ensure to do his/her best in encouraging people to follow the same.

3492559238



August, 29 2023

## PRIZE DISTRIBUTION 29/08/2023

Prizes were given to the winners on the last day of the week long celebrations i.e August 29, 2023.





## PRESS CLIPPINGS



## 12.RASHTRIYA POSHAN MAAH 2023 celebrations at GNKCW

Thematic Rashtriya Poshan Maah, 2023 is celebrated in the college from September 7, 2023.

*The theme of the first week of September (From September 1-5) is sensitization and awareness of importance of Celebrating Poshan Maah every year in college Campus.*

Various activities are organized on the above theme by IQAC and NSS, Unit of the college in collaboration with Department of Home Science and Swachta Pakhwada and UBA under the guidance of Programme Officers Dr. Neetu Prakash (Dept. of Business Mgmt & Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications), ,Department of Public adminstration and Nodal

officer(UBA) Dr.Balbir Kaur, Librarian and Dr Parveen Arora,Nodal officer (Swacchata mission)The activities are organized by Department of Home Science.

**Day1, (September 1, 2023)**

12 students of the college visited Kakowal Village along with medical camp organized by Doctors form Shiv Ram Hospital, Ludhiana and made aware of malnutrition and poshtik ahaar for children and adolescents to the mothers who visited the camp for checkups.

Principal Dr. Maneeta Kahlon congratulated the students and staff members for celebrating Poshan drive in the month of September 2023, which is a great way to promote awareness and action on nutrition and Health and raise awareness about the importance of nutrition in our community.







## Day 2 (September 5, 2023)

On the occasion of Teacher's day get together, 64 staff members were made aware about the basic theme of Poshan Maah 2023, i.e. malnutrition, nutrition during special conditions- (adolescent, pregnancy and lactation) and Poshan Pakhwara i.e. 'Anna Shree.'



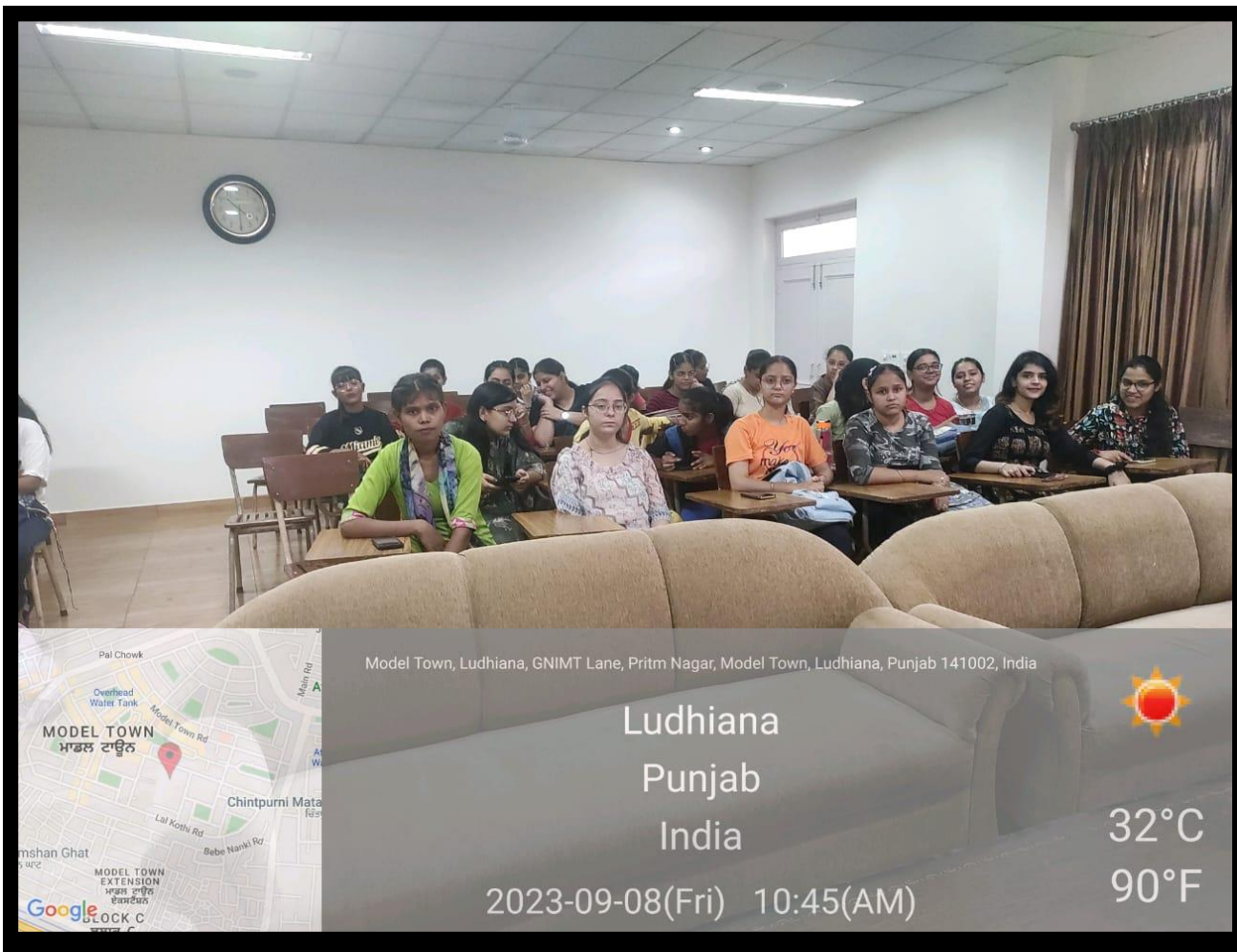


### **Day 3 (October 8, 2023)**

34 students of NSS and Home Science were made aware about Poshan Maah and Poshan Pakhwara and took E Poshan pledge by My Govt app. They got their respective certificates of Pledge participation.

*The theme of the Second week of September (From September 09-15) is to find out the degree of malnutrition and to fight back the symptoms by introducing millet meals.*







## पोषक अनाज से पोषण Nutrition Through Nutri-Cereals Pledge

### Certificate

This is to certify that

Hansika Goyal

has taken the Poshan pledge to include the Poshan Millet-based Food in a daily diet and to maintain household Nutrition Security.

4648568778



November, 14 2022



## पोषक अनाज से पोषण Nutrition Through Nutri-Cereals Pledge

### Certificate

This is to certify that

Pooja Chand

has taken the Poshan pledge to include the Poshan Millet-based Food in a daily diet and to maintain household Nutrition Security.

6997267866



September, 08 2023



पोषक अनाज से पोषण  
Nutrition Through Nutri-Cereals  
Pledge

### Certificate

This is to certify that

Priyanka

has taken the Poshan pledge to include the Poshan Millet-based Food in a daily diet and to maintain household Nutrition Security.

8496636232



September, 08 2023



पोषक अनाज से पोषण  
Nutrition Through Nutri-Cereals  
Pledge

### Certificate

This is to certify that

Tania

has taken the Poshan pledge to include the Poshan Millet-based Food in a daily diet and to maintain household Nutrition Security.

2785245472



September, 08 2023



#### **Day 4, (September 12, 2023)**

12 students of the college visited Govt High school and primary school, Village Kheri, Jhameri, and lecture is delivered to adolescents on nutritional benefits of using millets.

Students also measured the weight and height of the preprimary school children (3-6 years) and primary school children (6-9 years) with weighing balance and standardized anthropomorphic scales.

#### **Day 5 (September 15, 2023)**

An Inter Class millet recipe competition was organized in Department of Home Science. 15 students tried their art of moulding different flavors colors and texture in millet dishes. They used different millets to make mouthwatering sweet and savory delights.

The competition was judged by Mrs. Prabhjot Kaur (Head, Dept. Of Punjabi) and Dr. Balbir Kaur, (Librarian)

Result of Recipe competition:

1st prize - Harpreet Kaur, Class BA 2nd year, Roll No. 22115

2nd prize - Palak, Class BCA-1st year, Roll No. 231901

3rd prize - Varinda, Class BA 1st year, Roll No. 23199

Principal, Dr. Maneeta Kahlon appreciated each participant for their efforts and enlightened them about 'Shree Anna' is Called a Super Food because of presence more nutritional value, thus translating to as "the honored grain" or "the mother of all grains".







*The theme of the Third week of September (From September 16-25) fights nutritional deficiencies and advancement of diet through millets.*

**Day 6,** (September 19, 2023) 43 students of the college gathered in seminar hall and were shared the link of Poshan Quiz by my Gov app

Students solved 10 questions in time period of 120 seconds. Auto generated E certificates were issued on their emails, which were shared by the students.









आयुष मंत्रालय, भारत सरकार  
Ministry of Ayush  
Government of India



POSHAN  
Abhiyaan  
PIA's Governing  
Scheme for Public  
Nutrition  
सही पोषण - देश कोलन



# Certificate

## OF PARTICIPATION

MyGov and AIIA congratulate

*Kashish Chugh*

for successfully completing the **Poshan Quiz**.  
We acknowledge your efforts. Keep participating!

Professor Dr. Tanuja Nesari  
Director, All India Institute of Ayurveda



आयुष मंत्रालय, भारत सरकार  
Ministry of Ayush  
Government of India



POSHAN  
Abhiyaan  
PIA's Governing  
Scheme for Public  
Nutrition  
सही पोषण - देश कोलन



# Certificate

## OF PARTICIPATION

MyGov and AIIA congratulate

*Aisha*

for successfully completing the **Poshan Quiz**.  
We acknowledge your efforts. Keep participating!

Professor Dr. Tanuja Nesari  
Director, All India Institute of Ayurveda



आयुष मंत्रालय, भारत सरकार  
Ministry of Ayush  
Government of India



POSHAN  
Abhiyaan  
Pila Chahe Khadi,  
Scheme for Holistic  
Nutrition  
खदी पोषण - देश पोषण



my  
GOV  
मेरी सरकार

# Certificate

## OF PARTICIPATION

MyGov and All India Institute of Ayurveda

*Kashishpalta*

for successfully completing the **Poshan Quiz**.  
We acknowledge your efforts. Keep participating!

Professor Dr. Tanuja Nesari  
Director, All India Institute of Ayurveda



आयुष मंत्रालय, भारत सरकार  
Ministry of Ayush  
Government of India



POSHAN  
Abhiyaan  
Pila Chahe Khadi,  
Scheme for Holistic  
Nutrition  
खदी पोषण - देश पोषण



my  
GOV  
मेरी सरकार

# Certificate

## OF PARTICIPATION

MyGov and All India Institute of Ayurveda

*Ishtnoorkaur*

for successfully completing the **Poshan Quiz**.  
We acknowledge your efforts. Keep participating!

Professor Dr. Tanuja Nesari  
Director, All India Institute of Ayurveda



### Day 7 (September 25, 2023)

Millets stall was organized in collaboration with Millet expert Ms. Ritu Aggarwal from 'Healthy and Yummy Baker' under the guidance of Man of Millets - Dr. Khadar Vali. Staff members and Students of different classes tasted and purchased different millet healthy dishes. She explained the importance of using different millets.

Principal Dr. Maneeta Kahlon appreciated Ms. Annu Aggarwal for her efforts and enlightening students about different types of millets as Super Foods to fight back malnourished women, children and adolescents.





***The theme of the Fourth week of September (From September 26-30) is to grow millet micro greens and to celebrate NSS day on September 24, 2023.***

**Day 8,** (September 26, 2023) 16 students of the college gathered near the central lawn and sowed millets in pots. The pots were nurtured with water and manure under shade for 2 days to enhance sprouting and then kept under Sun for developing first cotyledons into tiny shoots.





**Day 9 (September 27, 2023)**

NSS Day was celebrated on September 27, 2023 by distributing biscuits to Elementary school children of Guru Nanak Khalsa Gujarkhan Girls School, Model Town, Ludhiana. 32 students participated in the activity.





### **Day 10 (September 30, 2023)**

The millets which were grown into micro greens on September 26, 2023 were collected and were used in making sandwiches in practical period by the students

Principal Dr. Maneeta Kahlon guided the students to relish the natural aroma and flavor of the micro greens for making healthy buns and salads to enhance nutritive value of Indian diets. She also prescribed to carry forward health and welfare services thus improving life and living conditions by distribution of nutritious edibles to most vulnerable group of malnutrition who are mostly children of age group of 5 to 6 years.



### 13.Bhai Ghanaiya ji Birth Anniversary celebrated at GNKCW

Under the aegis of the Internal Quality Assurance Cell, NSS Unit , Ek Bharat Shrestha Bharat Club and Department of Music of Guru Nanak Khalsa College for Women, Model Town, Ludhiana celebrated Bhai Ghanaiya ji Birth Anniversary on September 20, 2023. The students of NSS and Music Department sung devotional songs in the memory of Bhai Ghanaiya ji. The students were also sensitized about the teaching and good deeds of Bhai Ghanaiya ji. He was a devotee of Guru Gobind Singh Ji and was actively involved in serving the needy and downtrodden.

Principal Dr Maneeta Kahlon motivated the students to follow the foot steps of Bhai Ghanaiya ji






## 14. Gandhi Jayanti


- Internal Quality Assurance Cell of Guru Nanak Khalsa College for Women, in collaboration with NCC, NSS, Swachhta and all other Clubs/Committees celebrated Gandhi Jayanti in the college campus on October 2, 2023. It was followed by Debate competition in which students of various classes expressed their views on “India will be able to achieve its mission of Swachhta by 2047”

Principal Dr. Maneeta Kahlon motivated the students to pay tribute to Mahatma Gandhi by following the principles of truth, non-violence and social harmony in their lives.

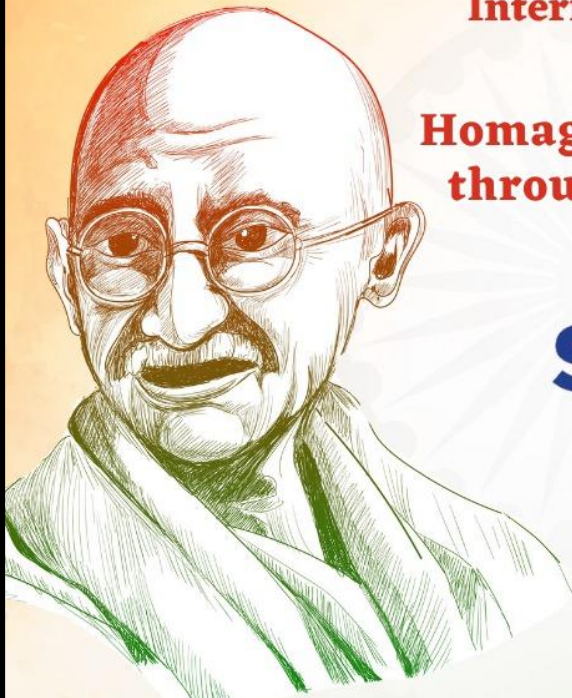





**Guru Nanak Khalsa College for Women**  
Gujarkhan Campus, Model Town, Ludhiana



**Internal Quality Assurance Cell**  
**pays**  
**Homage to Mahatma Gandhi Ji**  
**through Swachhta Campaign**

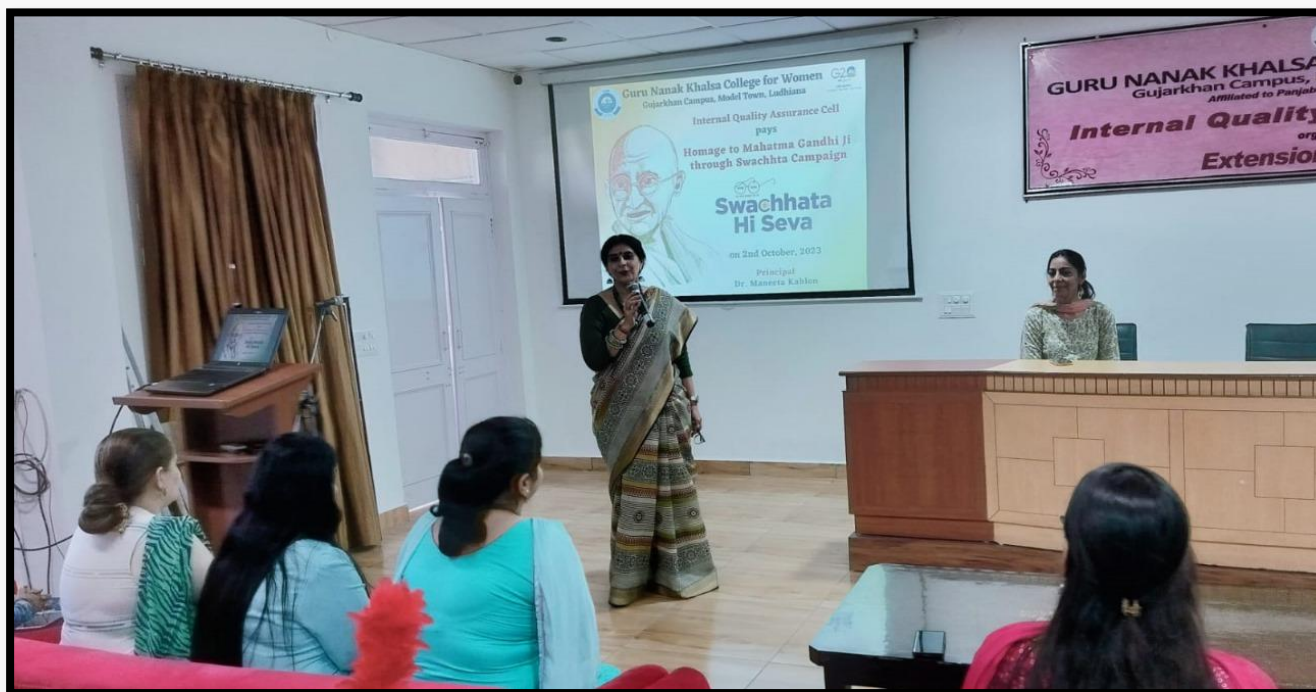




**Swachhata**  
**Hi Seva**

**on 2nd October, 2023**

**Principal**  
**Dr. Maneeta Kahlon**



- Students highlighted their thoughts on the “Significance of keeping the surroundings Clean” through Essay writing competition.



- A Swachhta run was also organized by NSS Unit of the college and a Swachhta Rally was also organized by NCC Cadets of the college.



- A seminar on importance of Swachhta was conducted for the students and faculty members.





## PRESS CLIPPINGS

### स्वच्छता के महत्व पर प्रकाश डाला

लुधियाना। गुरु नानक खालसा कॉलेज फॉर वुमेन के आंतरिक गुणवत्ता आश्वासन सेल ने एनसीसी, एनएसएस, स्वच्छता और अन्य सभी क्लबों/ मितियों के सहयोग से आज कॉलेज परिसर में गांधी जयंती मनाई। इस अवसर पर अनेक गतिविधियों कराई गईं।

## 15.Organized a seminar on Khadi Awareness

A seminar to raise awareness about Khadi, handloom and other local products and to bolster “*Atam Nirbhar Bharat Abhiyan*” was organized on October 27, 2023 in the college. The activity was conducted as a part of “Khadi Mahotsav” to be observed by UGC from October 02, 2023 to October 31, 2023.

Dr. Shikha Bajaj explained the making of Khadi with the help of a video and promoted use of Khadi, Handloom, Handicraft and village industries. Teachers of the college took pledge to use Khadi products.

Madam Principal Dr. Maneeta Kahlon appreciated the beauty of beautiful Indian craft and motivated everyone to make use of Khadi products.



**Guru Nanak Khalsa College for Women**  
Gujarkhan Campus, Model Town, Ludhiana

Under the aegis of IQAC  
**Department of Fashion Designing**  
**in collaboration with NSS Unit**  
organizes  
**Seminar on Awareness**  
**of Khadi**  
on  
**27th October 2023**

**Principal**  
Dr. Maneeta Kahlon

**NSS Programme Officers**  
Dr. Neetu Prakash  
Mrs. Satwant Kaur

**Organizers**  
Dr. Shikha Bajaj  
Mrs. Yukti Khurana



GURU NANAK KHALSA COLLEGE FOR WOMEN  
Gurukulam Campus, Model Town, Ludhiana  
Affiliated to GGS Indraprastha University, Chandigarh  
**Department of Fashion Designing**  
Under the Regis of Internal Quality Assurance Cell  
**Extension Activities**

GPS Map Camera



**Ludhiana, PB, India**

Model Town Road, Model Town, Ludhiana,  
141002, PB, India

Lat 30.886990, Long 75.843852

10/27/2023 12:43 PM GMT+05:30

Note : Captured by GPS Map Camera

## PRESS CLIPPINGS

### खादी उत्पादों के उपयोग का लिया संकल्प

लुधियाना। आंतरिक गुणवत्ता आश्वासन सेल के तत्वावधान में गुरु नानक खालसा कॉलेज फॉर वुमन मॉडल टाउन के फैशन डिजाइनिंग विभाग और एनएसएस इकाई ने खादी, हथकरघा और अन्य स्थानीय उत्पादों के बारे में जागरूकता बढ़ाने व आत्मनिर्भर भारत अभियान को बढ़ावा देने के लिए सेमिनार करवाया गया। यह गतिविधि यूजीसी ने 2 से 31 अक्टूबर तक मनाए जाने वाले खादी महोत्सव के भाग के रूप में करवाई गई। डॉ. शिखा बजाज ने वीडियो की मदद से खादी बनाने के बारे में बताया। साथ ही खादी, हथकरघा, हस्तशिल्प और ग्रामोद्योग के उपयोग को बढ़ावा दिया। कॉलेज के शिक्षकों ने खादी उत्पादों का उपयोग करने का संकल्प लिया। प्रिंसिपल डॉ. मनीता काहलॉन ने खूबसूरत भारतीय शिल्प की सुंदरता की सराहना की।

### Teachers pledge to use 'khadi' products

Under the aegis of the internal quality assurance cell, the department of fashion designing and the NSS unit of Guru Nanak Khalsa College for Women, Model Town, held a seminar to raise awareness about 'khadi', handloom and other local products to bolster 'Atam Nirbhar Bharat Abhiyan'. The activity was conducted as a part of 'Khadi Mahotsav' being observed by the UGC from October 2 to 31. Shikha Bajaj explained the making of 'khadi' with the help of a video and promoted its use. Teachers pledged to use 'khadi' products.

### SEMINAR TO BOLSTER USE OF LOCAL ITEMS

Under the aegis of the Internal Quality Assurance Cell, the department of fashion designing and national service scheme unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana organised a seminar to raise awareness about khadi, handloom and other local products and to bolster the 'Atam Nirbhar Bharat Abhiyan'. The activity was conducted as a part of "Khadi Mahotsav" which is to be observed by University Grant Commission (UGC) from October 2 to October 31. Dr Shikha Bajaj, resource person, explained the making of khadi with the help of a video and promoted the use of khadi, handloom, handicraft and village industries. Teachers of the college pledged to use khadi products. TNS

### ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੁਮੈਨ ਵਿਖੇ ਖਾਦੀ ਜਾਗਰੂਕਤਾ ਸੈਮੀਨਾਰ

ਲੁਧਿਆਣਾ, 27 ਅਕਤੂਬਰ (ਜਸਵਿੰਦਰ ਸਿੰਘ)–ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਅਸ਼ੂਰੈਂਸ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੁਮੈਨ ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੇ ਫੈਸ਼ਨ ਡਿਜ਼ਾਈਨਿੰਗ ਵਿਭਾਗ ਤੇ ਐਨਐਸਐਸ ਯੂਨਿਟ ਨੇ ਖਾਦੀ, ਹੈਂਡਲੂਮ ਤੇ ਹੋਰ ਸਥਾਨਕ ਉਤਪਾਦਾਂ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨ ਅਤੇ 'ਆਤਮ ਨਿਰਭਰ ਭਾਰਤ ਅਭਿਆਨ' ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਲਈ ਇਕ ਸੈਮੀਨਾਰ ਦਾ ਆਯੋਜਨ ਕੀਤਾ। ਇਹ ਗਤੀਵਿਧੀ ਯੂ. ਜੀ. ਸੀ. ਦੁਆਰਾ 2 ਅਕਤੂਬਰ ਤੋਂ 31 ਅਕਤੂਬਰ

ਤੱਕ ਮਨਾਏ ਜਾਣ ਵਾਲੇ 'ਖਾਦੀ ਮਹੋਤਸਵ' ਦੇ ਹਿੱਸੇ ਵਜੋਂ ਆਯੋਜਿਤ ਕੀਤੀ ਗਈ ਸੀ। ਡਾ. ਸ਼ਿਖਾ ਬਜਾਜ ਨੇ ਇਕ ਵੀਡੀਓ ਦੀ ਮਦਦ ਨਾਲ ਖਾਦੀ ਬਣਾਉਣ ਬਾਰੇ ਦੱਸਿਆ ਅਤੇ ਖਾਦੀ, ਹੈਂਡਲੂਮ, ਹੈਂਡੀਕ੍ਰਾਫਟ ਤੇ ਗ੍ਰਾਮੀਣ ਉਦਯੋਗਾਂ ਦੀ ਵਰਤੋਂ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ। ਕਾਲਜ ਦੇ ਅਧਿਆਪਕਾਂ ਨੇ ਖਾਦੀ ਉਤਪਾਦਾਂ ਦੀ ਵਰਤੋਂ ਕਰਨ ਦਾ ਪ੍ਰਣ ਲਿਆ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੌਂ ਨੇ ਸ਼ੁੱਧ ਭਾਰਤੀ ਸ਼ਿਲਪਕਾਰੀ ਦੀ ਸ਼ਲਾਘਾ ਕੀਤੀ ਤੇ ਖਾਦੀ ਉਤਪਾਦਾਂ ਦੀ ਵਰਤੋਂ ਕਰਨ ਲਈ ਸਾਰਿਆਂ ਨੂੰ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।

## 16.National Unity Day observed at GNKCW

Under the aegis of IQAC, the NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana observed National Unity Day on October 31, 2023 to pay tribute to veteran freedom fighter Sardar Vallabhbhai Patel.

The students were also sensitized about the ideas of unity of Sardar Vallabhbhai Patel. The day is celebrated to mark the birth anniversary of Sardar Vallabhbhai Patel who had a major role in the political integration of India. He was dubbed "Sardar" (chief) for his leadership skills in leading the country through the struggle for independence and most notably during the integration of the princely states and the India-Pakistan War of 1947. Principal Dr. Maneeta Kahlon urged the students to follow the footsteps of great leader.



## 17. Annual Diwali programme DAY-2

Under the aegis of Internal Quality Assurance Cell in departments of Home Science Fashion Designing and Fine Arts celebrated “Roshni”, its Annual Diwali programme on November 09, 2023 in collaboration with Women Development cell and NSS unit.

Under 'Earn while you Learn' scheme, students as young entrepreneurs showcased their skills by setting up exhibition cum sale of cakes and chocolates, nail treatments, candles, planters and many more. Various stalls were set up for celebrating spirit of woman folk pioneering small ventures on the festival of lights.

These activities were organized by Mrs. Shikha Kalra, Dr. Shikha Bajaj, Mrs. Harpreet kaur, Mrs. Amarpreet, Mrs. Yukti khurana and Mrs. Balwinder from Departments of Home Science, Fashion designing and Fine arts.



## 18.Cleanliness drive under Roshni

Under the aegis of IQAC, NSS, NCC and EBSB club of Guru Nanak Khalsa College for Women, Model Town Ludhiana organized cleanliness drive under Roshni on the occasion of Diwali on November 09, 2023.

Volunteers of NSS unit cleaned the college campus to celebrate clean and green Diwali.





Model Town, Ludhiana, GNIMT Lane, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India

Ludhiana  
Punjab  
India



27°C  
81°F

2023-11-09(Thu) 11:46(am)

## 19.Promoting Roshni Eco Diwali

Under the aegis of IQAC, NSS, NCC and EBSB club of Guru Nanak Khalsa College for Women, Model Town Ludhiana, promoting Roshni Eco Diwali on November 10, 2023.



## 20. Diwali Exhibition at GNKCW

As a part of "Roshni", the Annual Diwali program of the college, a two-day exhibition-cum-sale being organized in college under the aegis of Internal Quality Assurance Cell (IQAC) in collaboration with Women Development cell and NSS unit.

A number of stalls and counters showcasing the items prepared by the college students have been set up by Departments of Home Science, Fashion Designing and Fine Arts.

The college Principal, Dr. Maneeta Kahlon highlighted that through this program the college is spreading the message of being 'Vocal for Local' this festive season. This is also an opportunity for students to build up their entrepreneurial skills under the 'Earn while you learn' scheme of the college.





लुधियाना के जीएनकेसीडब्ल्यू में दीवाली सेलिब्रेशन के मौके पर स्टाल्स लगाए गए। प्रिंसिपल डा. मनीता काहलों की ओर से सभी स्टाल्स का दौरा किया • सौ. स्कूल

SR.NO	NAME OF ACTIVITY	DATE
1	To observe World Cycle day	June 03,2023
2	Participated in Quiz Competition	June 21,2023
3	Integrate and Encourage Yoga through Life pledge	June 21, 2023.
4	Organized Yoga Session for students	June 21, 2023.
5	Organized yoga session for Non-Teaching as well as supporting staff	June 21, 2023.
6	International Day against Drug Abuse and Illicit Trafficking	June 26, 2023
7	Registration drive	August 2, 2023.
8	GNKCW Observes Organ Donation Day	August 03, 2023.
9	Meri Matti Mera Desh	
	<ul style="list-style-type: none"> <li>Meri Matti Mera Desh” in the context of Gram Panchayat</li> </ul>	August 09, 2023
	<ul style="list-style-type: none"> <li>Panch Pran Pledge</li> </ul>	August 12, 2023
	<ul style="list-style-type: none"> <li>Maati Anthem</li> </ul>	August 14, 2023
	<ul style="list-style-type: none"> <li>Partition Horrors Remembrance Day</li> </ul>	August 14, 2023.
	<ul style="list-style-type: none"> <li>Face painting competition</li> </ul>	August 14, 2023.
	<ul style="list-style-type: none"> <li>Observed Two minute silence</li> </ul>	August 14, 2023
	<ul style="list-style-type: none"> <li>Online pledge under Meri Maati Mera Desh Programme</li> </ul>	August 14, 2023
10	Teej Celebrations at GNKCW	August 22, 2023.
11	National Sports Day	
	<ul style="list-style-type: none"> <li>Day 1: Rope jumping, walk race, 100mtr race</li> </ul>	August 24, 2023
	<ul style="list-style-type: none"> <li>Day 2: Basketball</li> </ul>	August 25, 2023
	<ul style="list-style-type: none"> <li>Day 3: Badminton</li> <li></li> </ul>	August 26, 2023
	<ul style="list-style-type: none"> <li>Day 4: chess competition.</li> </ul>	August 28,2023
	<ul style="list-style-type: none"> <li>Day 5: Yoga and Tug of War</li> </ul>	August 29,2023
	<ul style="list-style-type: none"> <li>Fit India Pledge</li> </ul>	August 29, 2023
	<ul style="list-style-type: none"> <li>Prize Distribution</li> </ul>	August 29, 2023
12	RASHTRIYA POSHAN MAAH 2023 celebrations at GNKCW	September 2023
13	Cleanliness drive under Roshni	November 09, 2023

14	Bhai Ghanaiya ji Birth Anniversary celebrated at GNKCW	September 20, 2023
15	Gandhi Jayanti	October 2,2023
16	National Unity Day observed at GNKCW	October 31, 2023
17	Organized a seminar on Khadi Awareness	October 27 ,2023
18	Annual Diwali programme	November 09, 2023.
19	Cleanliness drive under Roshni	November 09, 2023.
20	Promoting Roshni Eco Diwali	November 10, 2023