



MULTI-FACULTY POSTGRADUATE INSTITUTION

GURU NANAK KHALSA COLLEGE FOR WOMEN

GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA-141002

CODE OF CONDUCT PROGRAMMES

2024-25



Dr. Maneeta Kahlon
Principal

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

Mrs. Seema Dua
Coordinator,
Code of Conduct Committee

CODE OF CONDUCT

PROGRAMMES AND ACTIVITIES

2024-25
ODD SEMESTER

The College has prescribed code of conduct that is uploaded on the college website. Students as well as teaching and non-teaching staff are regularly made aware of this code of conduct through various meetings and communications. Additionally the code of Conduct Committee along with other departments and clubs organises several activities and seminars aimed at fostering moral and ethical values among students. and sensitize them about various social, economic and environmental issues.

June 03, 2024

Meeting with the non-teaching and supporting staff regarding the code of conduct of the college

Under the aegis of the IQAC, Madam Principal Dr. Maneeta Kahlon conducted a meeting with the non-teaching and supporting staff of the college on June 3, 2024. The primary objective of this meeting was to raise awareness about the college's code of conduct.

During the meeting, Madam Principal outlined the key aspects of the code of conduct, emphasizing the importance of professionalism, integrity, and ethical behavior in the workplace. The discussion included detailed explanations of the expected standards for behavior, interactions with students and colleagues, and adherence to college policies.

She also highlighted specific scenarios to illustrate proper conduct, addressing common issues and providing guidance on handling various situations appropriately. This session provided an opportunity for the non-teaching and supporting staff to ask questions and seek clarifications. Madam Principal also reminded the staff of the importance of everyone's contribution in upholding the college's reputation and fostering a culture of mutual respect and cooperation.

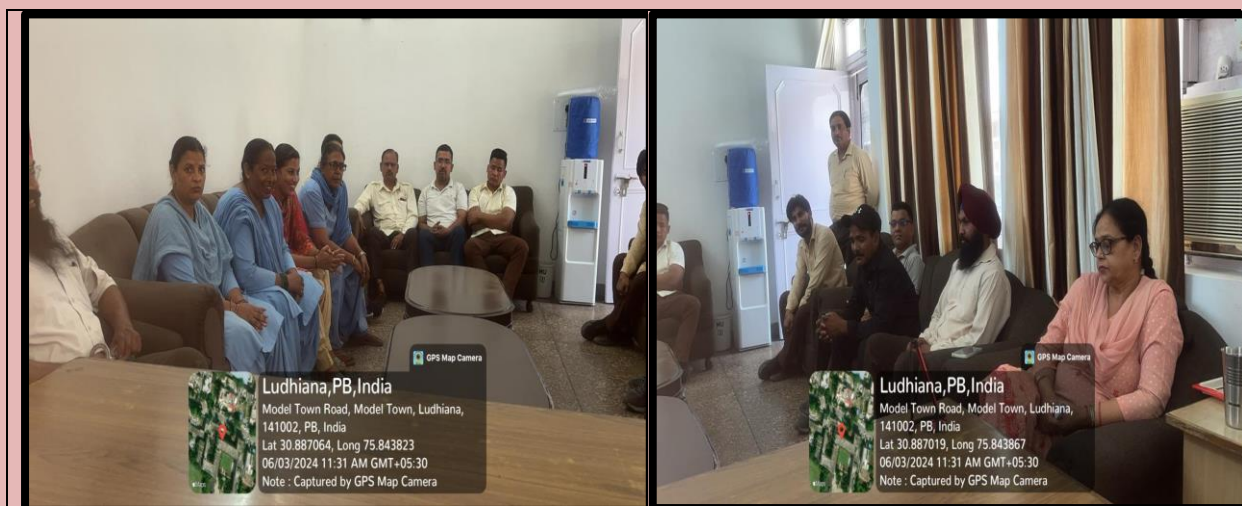
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July 16, 2024

Organize an Induction Program for the first year UG students

The college organized an induction program for the first year UG students of the college on July 16, 2024. Its primary objective was to acquaint them with the college code of conduct. During the programme, students were introduced to the ethical standards, behavioral expectations, and regulations that define the college environment. The important aspects such as the value of discipline, punctuality, respect for diversity, and responsible use of resources were also discussed. Students were thoroughly briefed on the minimum attendance requirement and examination-related rules and regulations to ensure clarity and compliance. Leave policies were also explained to ensure students understand the procedure to take leave. Students were acquainted with the New Education policy (NEP) which has been introduced in Panjab University colleges during the current year. Students were also introduced to their mentors and assured that they would have a supportive environment in the campus. They were encouraged to approach their mentors for any queries or concerns. Madam Principal Dr. Maneeta Kahlon warmly welcomed the new students to the college campus, assuring them that they will find a positive environment conducive to their growth and development.

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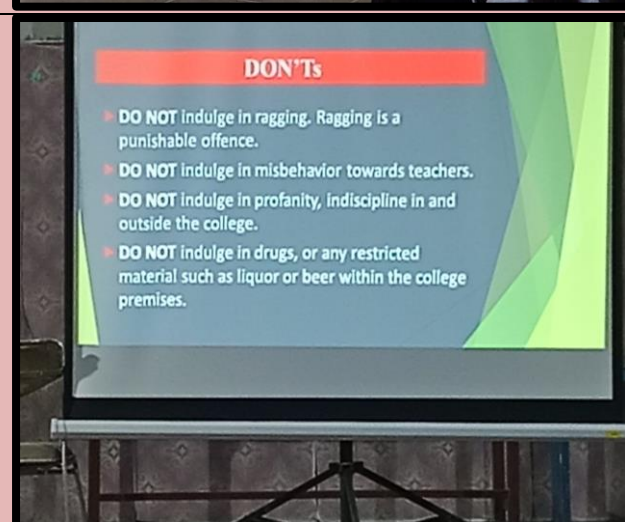
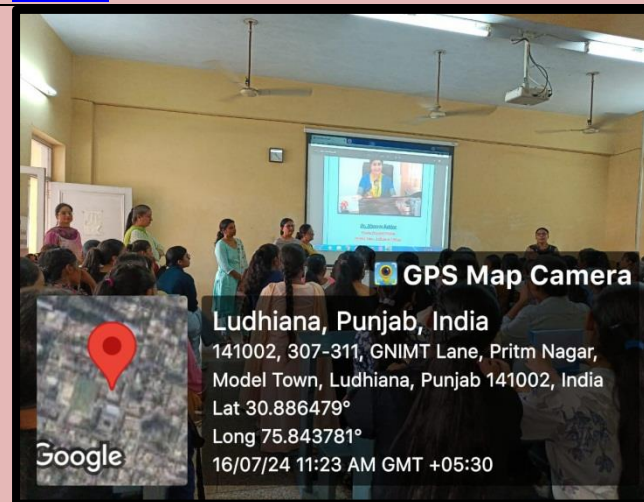
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July 16, 2024

Code of conduct meeting with the staff

A staff meeting was held on July 16, 2024. Madam Principal Dr. Maneeta Kahlon began the meeting by extending a warm welcome to the new staff members. This introduction helps in integrating new members into the college community and familiarizes them with the leadership. One of the primary agendas of the meeting was to discuss the academic calendar for the upcoming odd semester. Important dates such as the commencement of classes, examination duration, holidays, and special events planned for the semester were discussed to ensure that all faculty members must be aware of the timeline and can plan their teaching and research activities accordingly. Issues and challenges associated with the National Education Policy (NEP) were also discussed and teachers were encouraged to prepare themselves for these challenges. Another important aspect covered in the meeting was the college code of conduct. Madam Principal apprised the staff members with the prescribed rules, regulations, and ethical standard behavior of faculty members within the college premises. She ensured the staff members that the college promotes a positive environment which is conducive to learning and professional growth.

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August 01, 2024

To conduct a mentor-mentee meet

A mentoring meet was held in the college on August 1, 2024. The mentoring meet was convened by Dr. Madhu Dhawan and Mrs. Manpreet Kaur. Mentors emphasized the importance of maintaining 75% attendance, adhering to the college's code of conduct, and completing the anti-ragging form. Students were advised to follow the college's social media platforms for updates. Students were informed that mobile phones are not allowed during lectures, and they must keep the campus clean and free of litter. The mentors addressed student queries and concerns during the meeting.

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August 12, 2024

Observe Anti-Ragging Day

The college organized an observance of Anti-Ragging Day on August 12, 2024, aimed at raising awareness among students about the serious issue of ragging and its detrimental effects. The event, held in the college premises, featured an orientation program followed by a screening of an anti-ragging movie.

The orientation program led by the Nodal Officer of the Discipline and Anti-Ragging Committee, Dr. Punpreet Kaur, focused on educating students about the importance of maintaining a ragging-free campus. The session provided insights into the legal implications of ragging, the psychological impact it can have on victims, and the strict measures in place to prevent such activities within the college.

To further sensitize the students, an impactful anti-ragging movie was screened, highlighting real-life cases and the long-term consequences of ragging on individuals and society.

Madam Principal Dr. Maneeta Kahlon emphasized the college's commitment to ensuring a safe and supportive environment for all students. She encouraged students to report any incidents of ragging immediately and assured them of the college's full support in taking necessary action.

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31-08-2024 Punjabi Jagran Page 3 Column 3

August 13, 2024

Organize an extension lecture for the students

An impactful Extension Lecture on “Humanity: a gateway to happiness” was organised by Code of Conduct Committee on August 13, 2024. The objective of this lecture was to integrate moral education with academic learning, a goal that the college strives to achieve through such initiatives.

Dr. Supriya Khanna from Krishna Hospital, Model Town, Ludhiana, graced the occasion as the resource person. Dr. Khanna delivered a thought-provoking lecture emphasizing that when we practice humanity- by showing compassion, helping those in need, and fostering relationships- we create a more fulfilling and joyous life for ourselves and others. She also emphasized that moral values like contentment, endurance, righteousness, equanimity, and truthfulness are crucial for success in life.

Dr. Khanna's discourse extended beyond mere theory, encouraging students to introspect and evaluate their lives through the lens of these humanitarian principles. For this she shared with the students a link of the 10th International Humanity Olympiad, an initiative by the SatyugDarshan Trust (Regd) This Olympiad provides a unique platform for students to assess their understanding and practice of moral and ethical values. She urged the students to participate in this Olympiad to introspect themselves.

The lecture, meticulously organized by Mrs. Seema Dua, Co-ordinator of the Code of Conduct Committee, was attended by 78 students.

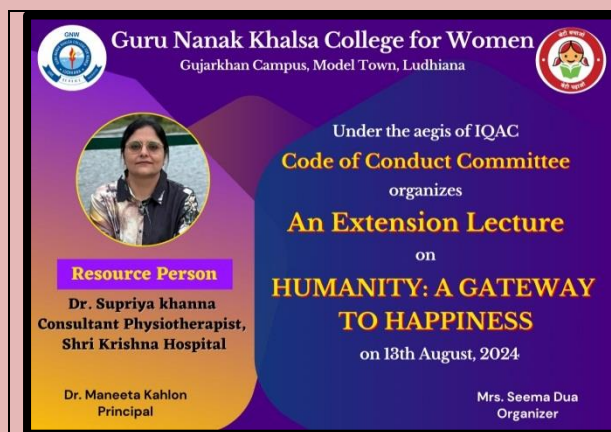
Madam Principal Dr. Maneeta Kahlon expressed her deep appreciation for Dr. Khanna's insightful lecture. She highlighted the significance of nurturing moral and ethical values among students as not only to make them successful individuals but also responsible citizens and compassionate human beings.

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जीएनकेसीडब्ल्यू में नैतिक शिक्षा पर विस्तार व्याख्यान

जागरण संवाददाता, लुधियाना : गुरु नानक खालसा कॉलेज फॉर वुमन (जीएनकेसीडब्ल्यू) गुजरखाना कैम्पस माडल टाउन में 'मानवता: खुशी का प्रवेश द्वार' को लेकर व्याख्यान का आयोजन किया। इस व्याख्यान का उद्देश्य नैतिक शिक्षा को अकादमिक शिक्षा के साथ एकीकृत करना था। कृष्णा अस्पताल माडल टाउन से डा. सुप्रिया खन्ना मुख्य वक्ता रही। डा. खन्ना ने इस बात पर जोर दिया कि संतोष, धैर्य, धार्मिकता, समता और सच्चाई जैसे नैतिक मूल्य जीवन में सफलता के लिए महत्वपूर्ण हैं। छात्रों को 10वें अंतरराष्ट्रीय मानवता ओलंपियाड में भाग लेने के लिए प्रेरित किया गया, जो सत्ययुगदर्शन



जीएनकेसीडब्ल्यू में आयोजित व्याख्यान के दौरान प्रिंसिपल डा. मनीता काहलौ व अन्य • सौ. कॉलेज

ट्रस्ट (पंजीकृत) की एक पहल है। प्रिंसिपल डा. मनीता काहलौ ने डा. खन्ना के ज्ञानवर्धक व्याख्यान के लिए गहरी सराहना व्यक्त की।

14-08-2024 Dainik Jagran Page 2 Column 2

स्टूडेंट्स को समझाया रिश्तों का महत्व

लुधियाना (विक्की): गुरु नानक खालसा कॉलेज फॉर वुमन गुजरखाना कैम्पस माडल टाउन में 'मानवता: खुशी का प्रवेश द्वार' का आयोजन किया गया। कृष्णा अस्पताल, माडल टाउन से डॉ. सुप्रिया खन्ना ने संसाधन व्यक्ति के रूप में शोभा बढ़ाई। डॉ. खन्ना ने इस बात पर जोर दिया कि जब हम मानवता का अभ्यास करते हैं—करुणा दिखाकर, जरूरतमंदों की मदद करके और रिश्तों को बढ़ावा देकर हम अपने और दूसरों के लिए अधिक पूर्ण और आनंदमय जीवन बनाते हैं।



14-08-2024 Punjab Kesari Page 2 Column 4

August 21, 2024

To observe National Senior Citizens Day

The college observed National Senior Citizens Day on August 21, 2024 by hosting a Community outreach Day. This initiative aimed to connect students with senior citizens in the community, fostering intergenerational relationships and showing appreciation for the contributions and wisdom of our elders. As part of the outreach effort, students of BA 1st year and 2nd year visited Swami Vivekananda Ashram, Model Town Ludhiana. During the visit, Students engaged in one-on-one conversations with inmates and distributed hand towels to them. In this heartwarming event students performed a selection of classic songs, Bhajans, and popular tunes that resonate with senior citizens. The performances were meant not only to entertain but also to evoke cherished memories, creating a lively and joyful atmosphere.

Madam Principal Dr. Maneeta Kahlon emphasised that this day holds an immense significance in our lives. She urged that there is time to appreciate the incredible contributions, wisdom, and experiences of our senior citizens. Today is not just a day of celebration, but a day of reflection and connection—an opportunity to bridge the gap between generations and learn from one another.

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22-08-2024 The Times of India Page 2 Column 1

22-08-2024 Punjabi Jagran Page 4 Column 1

August 30, 2024

To host a Motivational Lecture on “Life of Women”

The college organized an enlightening motivational lecture on the theme “Life of Women.” The event was designed to impart wisdom on living a meaningful and fulfilling life to the students.

The session was graced by BK sister Jyotsna, a distinguished member of the Brahma Kumaris organization, the only organization in the world which is run by women. In her address, she underscored that the organization’s focus is not on promoting any specific caste, creed, or religion but on the spiritual purification of the soul. She inspired students to embrace a life of contentment, emphasizing that the learning phase is the most precious stage of life, where self-awareness and personal growth take center stage. BK sister Jyotsna identified ignorance as the primary cause of unhappiness, urging the students to awaken their inner selves. She also shed light on the inherent strength and power within women, which she believes is often overlooked. She advocated for a balanced integration of masculinity and femininity within every individual, encouraging students to embody both care and strength in their lives. During the lecture students were engaged in ten minutes meditation exercise.

BK sister Vijay also motivated students to spread goodness and kindness in the world and to enlighten ourselves and preserve our loving nature.

Madam Principal Dr. Maneeta Kahlon expressed her heartfelt thanks to BK Jyotsna for her thought-provoking lecture. She further motivated the students to engage in self-discovery and to build the resilience needed to achieve success in their lives.

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31-08-2024 Punjabi Jagran Page 4 Column 5



31-08-2024 Dainik Savaera Page 4 Column 1

September 04, 2024

To celebrate Parkash Purab of Guru Granth Sahib Ji

The college celebrated Parkash Purab of Guru Granth Sahib Ji on September 4, 2024, with devotion and unity.

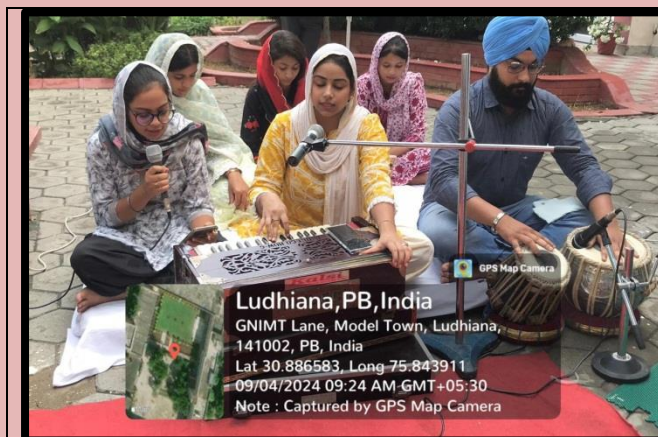
The event started with a prayer session, where students, teachers, and staff came together to recite hymns. The whole atmosphere was filled with the peaceful and spiritual sounds of Gurbani.

Madam Principal Dr. Maneeta Kahlon congratulated everyone on this special day and encouraged them to follow the path shown by the Almighty. She also highlighted the college's commitment to promoting unity, compassion, and knowledge among its students and the wider community.

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September 28, 2024

Code of conduct meeting of staff

Under the aegis of the Internal Quality Assurance Cell (IQAC) of Guru Nanak Khalsa College For Women, Gujarkhan Campus, Model Town, Ludhiana, a staff meeting was held on 28th September, 2024. The key objective of the meeting was to brief the faculty members on the code of conduct and professional ethics to be followed during the upcoming Mid Semester Examinations, scheduled to begin on 30th September, 2024.

The meeting was conducted by Madam Principal Dr. Maneeta Kahlon. In her address she underscored the critical role of the staff in ensuring the smooth and fair conduct of the examinations. She reminded teachers of the necessity to maintain strict vigilance throughout the examination period and to foster a disciplined environment. She instructed that teachers must report to their designated centres on time to ensure the smooth commencement and conduct of the examinations.

Additionally, she advised teachers to refrain from using mobile phones during exam duty. This directive is aimed at maintaining a professional and distraction-free environment, ensuring that invigilators remain focused on their responsibilities, such as supervising students and promptly addressing any examination-related issues.

She emphasized that these instructions are critical for preserving the integrity of the examination process, and all teachers are expected to comply with them fully. The significance of practicing integrity and professionalism at all levels was the central theme of this meeting.

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October 30- November 03, 2024

Observance of Vigilance Awareness Week

Under the aegis of the Internal Quality Assurance Cell, the Department of Political Science, and the NCC Wing of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, conducted a series of activities from October 30 to November 3, 2024, in observance of Vigilance Awareness Week. The week commenced with a significant pledge ceremony centered on the theme “Culture of Integrity for Nation's Prosperity.” This event underscored the importance of ethical values and accountability in building a better society. Highlighting the week's activities, college Principal Dr. Maneeta Kahlon delivered an inspiring lecture on the 'Culture of Integrity.' In her address, she encouraged students and staff to recognize their responsibilities in nurturing a culture that prioritizes ethical conduct, thereby contributing to the nation's overall prosperity. A total twenty eight students along with faculty participated in this event.

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

Under the aegis of IQAC
Department of Political Science & NCC Wing
observes
Vigilance Awareness Week
30th October 2024 - 3rd November 2024
on the theme
Culture of Integrity for Nation's Prosperity
on October 28, 2024

Principal
Dr. Maneeta Kahlon

NCC Officer
LT. Sukhjot Kaur (ANO)



ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਚ ਵਿਜੀਲੈਂਸ ਹਫ਼ਤਾ ਮਨਾਇਆ

ਲੁਧਿਆਣਾ, 4 ਨਵੰਬਰ (ਸ਼ੁੱਧ ਅਗਨੀਹੋਤਰੀ): ਇੰਟਰਨਲ ਕਮਾਲੀਟੀ ਅਫ਼ੀਰੇਸ ਸੋਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ, ਮਾਡਲ ਟਾਊਨ, ਲੁਧਿਆਣਾ ਦੇ ਮੈਨੇਜਿੰਗ ਫਿੰਗ ਅਤੇ ਰਾਜਨੀਤੀ ਸ਼ਾਸਤਰ ਵਿਭਾਗ ਵਲੋਂ 30 ਅਕਤੂਬਰ ਤੋਂ 3 ਨਵੰਬਰ ਤਕ ਵਿਜੀਲੈਂਸ ਹਫ਼ਤਾ ਮਨਾਇਆ ਗਿਆ। ਕਾਲਜ ਰੋਪਸ ਵਿਚ ਵੱਖ-ਵੱਖ ਗਤੀਵਿਧੀਆਂ ਕਰਵਾਈਆਂ ਗਈਆਂ। ਸਮਾਗਮ ਦੀ ਸ਼ੁਰੂਆਤ ਵਿਚ ਸਹੇ ਚੁੱਕ ਸਮਾਗਮ ਕਰਵਾਇਆ ਗਿਆ ਜਿਥੇ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਫੈਕਲਟੀ ਨੇ ਦੇਸ਼ ਦੀ ਖੁਸ਼ਹਾਲੀ ਦੀ ਨੀਂਹ ਵਜੋਂ ਅਖੰਡਤਾ ਦੇ ਸੰਕਿਆਚਾਰ ਨੂੰ ਉਤਸ਼ਾਹਤ ਕਰਨ ਲਈ ਵਚਨਬੱਧ ਕੀਤਾ। ਕੁਲ 35 ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਇਸ ਪਹਿਲਕਦਮੀ ਵਿਚ ਸਰਗਰਮੀ ਨਾਲ ਹਿੱਸਾ ਲਿਆ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਅਖੰਡਤਾ ਦੇ ਸੰਕਿਆਚਾਰ ਬਾਰੇ ਭਾਸ਼ਣ ਦਿੱਤਾ।

ਖਾਲਸਾ ਕਾਲਜ 'ਚ ਵਿਜੀਲੈਂਸ ਹਫ਼ਤਾ ਮਨਾਇਆ

ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ 'ਚ ਵਿਜੀਲੈਂਸ ਸਪਤਾਹ ਦੌਰਾਨ ਸਹੇ ਚੁੱਕੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਨਾਲ ਹੋਰ।

ਸਟਾਫ਼ ਪ੍ਰਤੀਨਿਧ, ਪੰਜਾਬੀ ਜਾਗਰਣ-ਲੁਧਿਆਣਾ : ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੁਧਿਆਣਾ (ਜੀਐਨਕੇਸੀਕਲਜ਼) ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਕਮਾਲੀਟੀ ਅਫ਼ੀਰੇਸ ਸੋਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਮੈਨੇਜਿੰਗ ਫਿੰਗ ਤੇ ਰਾਜਨੀਤੀ ਸ਼ਾਸਤਰ ਵਿਭਾਗ ਵਲੋਂ ਵਿਜੀਲੈਂਸ ਹਫ਼ਤਾ ਮਨਾਇਆ ਗਿਆ, ਜਿਸ ਦੌਰਾਨ ਵੱਖ-ਵੱਖ ਸਰਗਰਮੀਆਂ ਕਰਵਾਈਆਂ ਗਈਆਂ। ਸਮਾਗਮ ਦੀ ਮਹੱਤਵਪੂਰਨ ਸ਼ੁਰੂਆਤ 'ਚ ਇਕ ਸਹੇ ਚੁੱਕ ਸਮਾਗਮ ਦਾ ਪ੍ਰਬੰਧ ਕੀਤਾ ਗਿਆ ਜਿਥੇ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਫੈਕਲਟੀ ਨੇ ਦੇਸ਼ ਦੀ ਖੁਸ਼ਹਾਲੀ ਦੀ ਨੀਂਹ ਵਜੋਂ ਅਖੰਡਤਾ ਦੇ ਸੰਕਿਆਚਾਰ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਲਈ ਵਚਨਬੱਧ ਕੀਤਾ। ਕੁਲ 35 ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਇਸ ਪਹਿਲਕਦਮੀ 'ਚ ਸਰਗਰਮੀ ਨਾਲ ਹਿੱਸਾ ਲਿਆ, ਜਿਸ ਵਿਚ ਨੀਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਲਈ ਆਪਣੇ ਸਮਾਪਦ ਦਾ ਪ੍ਰਦਰਸ਼ਨ ਕੀਤਾ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਅਖੰਡਤਾ ਦੇ ਸੰਕਿਆਚਾਰ ਬਾਰੇ ਭਾਸ਼ਣ ਦਿੱਤਾ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਅਸੀਂ ਸਾਰੇ ਦੇਸ਼ ਦੀ ਖੁਸ਼ਹਾਲੀ ਦੀ ਨੀਂਹ ਵਜੋਂ ਅਖੰਡਤਾ ਦੇ ਸੰਕਿਆਚਾਰ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਲਈ ਵਚਨਬੱਧ ਹੋਣੇ ਚਾਹੀਦੇ ਹਾਂ। ਨੀਤਿਕ ਅਖੰਡਤਾ ਤੇ ਨੀਤਿਕ ਆਚਰਣੀਅਤਾ ਉਤੇ ਚੇਰ ਦਿੱਤਾ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਦੇਸ਼ ਅਤੇ ਕੌਮ ਤਾ ਹੀ ਤਰਕੀ ਕਰ ਸਕਦੀ ਹੈ ਜੇਕਰ ਨੀਤਿਕ ਅਖੰਡਤਾ ਸਿੱਖੇਵਾਈ ਨੂੰ ਤਨਦੇਹੀ, ਇਮਾਨਦਾਰੀ ਤੇ ਲਗਨ ਨਾਲ ਲਿਭਾਉਣ ਲਈ ਸਤਿਕਰੀਤ ਕਰੀਏ।

November 04, 2024

Moral Education Exam

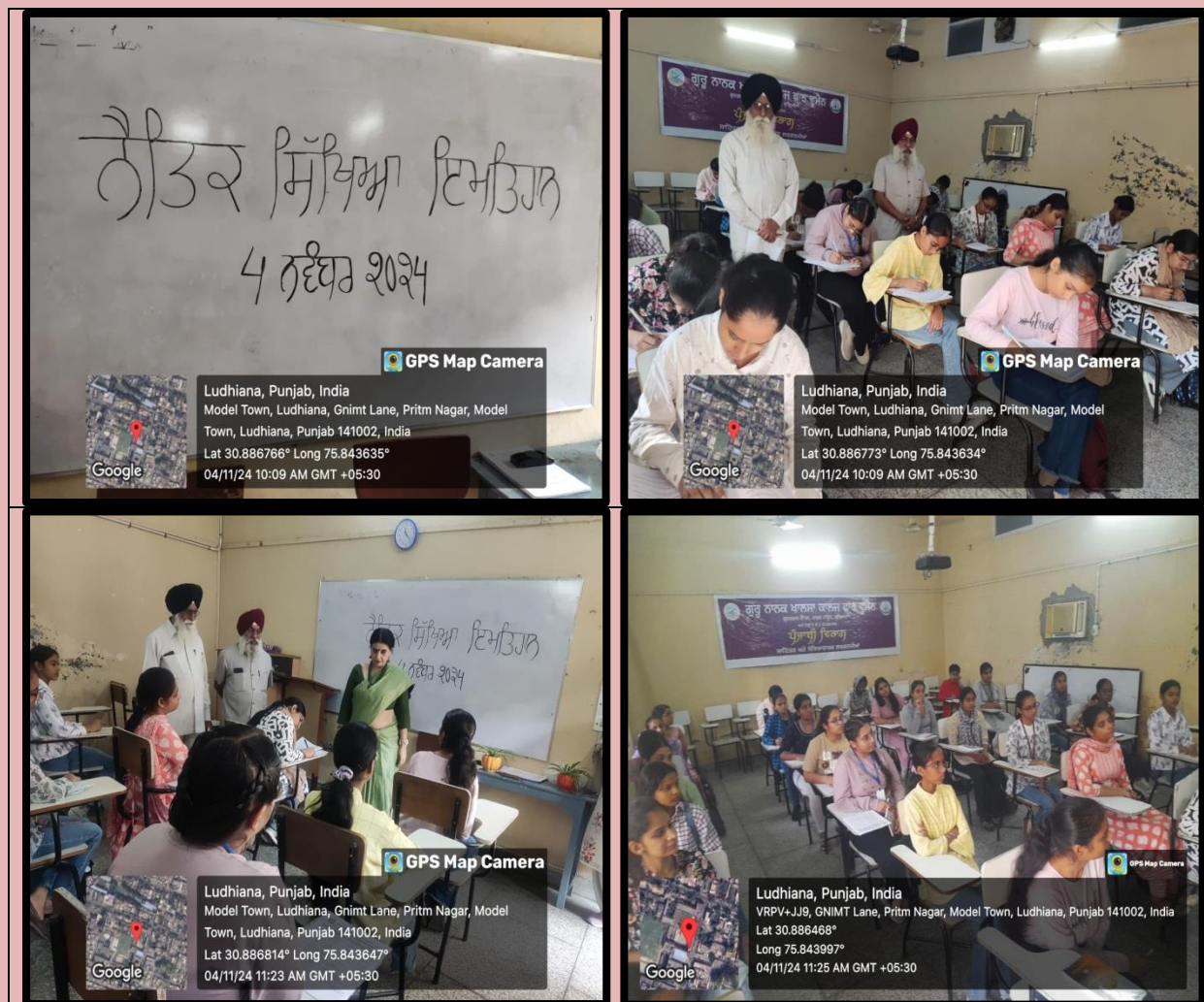
Guru Nanak Khalsa College for Women, in collaboration with the Guru Gobind Singh Study Circle, organized a "Moral Education Exam" in which 35 students participated. The purpose of this exam was to rekindle fading values and revive forgotten history among the youth, fostering an awareness of their rich cultural and religious heritage. The preparation and enthusiastic response from the students were highly praised by the College Principal, Dr. Maneeta Kahlon. She encouraged students to engage in such educational activities, which aim to deepen their understanding of the world around them and nurture their moral and cultural development.

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November 13, 2024

Staff Meeting Regarding Code of Conduct during PU semester Examination

Under the aegis of the Internal Quality Assurance Cell (IQAC) of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, a staff meeting was organized by the college's Code of Conduct Committee on 13th November, 24. The primary objective of this meeting was to brief the teaching staff on their upcoming responsibilities and duties for the University Examinations scheduled to begin on November 19th, 2024.

The meeting was conducted by the Principal, Dr. Maneeta Kahlon, along with the College Registrar, Mrs. Seema Dua.

Madam Principal addressed the faculty, emphasizing the necessity of punctuality, vigilance, and adherence to guidelines in executing their examination-related duties.

A detailed discussion was held on the college's code of conduct during the examination period. The rules were reviewed comprehensively to ensure all staff members were clear about their roles and the expectations for maintaining a secure, fair, and supportive environment for students. Teachers were encouraged to be proactive in preventing any forms of misconduct or malpractice during the exams and to support each other for smooth conduct of examinations.

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November 13, 2024

Organized a spiritual session to celebrate the Birth Anniversary of Guru Nanak Dev Ji

To celebrate the Birth Anniversary of Guru Nanak Dev Ji, the Code of Conduct Committee, in collaboration with The Art of Living Organization, Ludhiana Chapter, organized a spiritual session for students at Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana. This event was held under the aegis of the college's Internal Quality Assurance Cell in the college on November 13, 2024.

The faculty from The Art of Living Organization guided students in techniques to calm the mind, focusing on building a stress-free, value-centered society. The session commenced with stress-relieving exercises, followed by a meditation session, and concluded with divine music to foster mental tranquility.

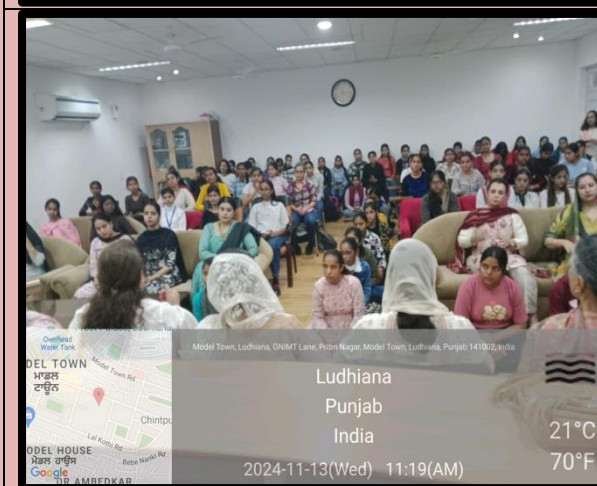
Principal Dr. Maneeta Kahlon expressed her gratitude to the visiting faculty and encouraged students to incorporate meditation into their daily routines to cultivate mental clarity and manage stress effectively.

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ਜੀਐਨਕੇ ਕਾਲਜ ਵਿਚ ਪ੍ਰਕਾਸ਼ ਪੁਰਸ਼ ਮਨਾਉਣ ਲਈ ਅਧਿਆਤਮਕ ਸੈਸ਼ਨ ਕਰਵਾਇਆ

ਲੁਧਿਆਣਾ, 14 ਨਵੰਬਰ (ਸ਼ੁੱਕਰ) ਅਰਥਾਤ 14 ਨਵੰਬਰ ਨੂੰ ਮਨਾਉਣ ਲਈ ਕੰਢ ਆਫ ਕੰਡਕਟ ਕਮੇਟੀ ਨੇ ਆਰਟ ਆਫ ਲਿਵਿੰਗ ਆਰਗੇਨਾਈਜ਼ੇਸ਼ਨ ਲੁਧਿਆਣਾ ਚੈਪਟਰ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਗੁਰੂ ਨਾਨਕ ਪਾਕਿਸਤਾਨ ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ, ਗੁਰੂਕਾਸ਼ ਪੁਰਸ਼, ਮਾਡਲ ਟਾਊਨ, ਲੁਧਿਆਣਾ ਵਿਖੇ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਅਧਿਆਤਮਕ ਸੈਸ਼ਨ ਦਾ ਆਯੋਜਨ ਕੀਤਾ। ਇਹ ਸਮਾਗਮ ਮੌਜੂਦਾ ਕਾਲਜ ਕੈਂਪਸ ਵਿੱਚ ਕਾਲਜ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸੂਰੈਂਸ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਕਰਵਾਇਆ ਗਿਆ। ਆਰਟ ਆਫ ਲਿਵਿੰਗ ਆਰਗੇਨਾਈਜ਼ੇਸ਼ਨ ਦੇ ਫੈਕਲਟੀ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਤਣਾਅ-ਮੁਕਤ, ਮੁੱਲ-ਕੇਂਦਰਿਤ ਸਮਾਜ ਦੀ ਉਸਾਰੀ 'ਤੇ ਧਿਆਨ ਕੇਂਦਰ ਕਰਦੇ ਹੋਏ, ਮਨ ਨੂੰ ਸ਼ਾਂਤ ਕਰਨ ਦੀਆਂ ਤਕਨੀਕਾਂ ਵਿੱਚ ਮਾਰਗਦਰਸ਼ਨ ਕੀਤਾ। ਸੈਸ਼ਨ ਦੀ ਸ਼ੁਰੂਆਤ ਤਣਾਅ-ਮੁਕਤ ਅਭਿਆਸਾਂ ਨਾਲ ਹੋਈ, ਉਸ ਤੋਂ ਬਾਅਦ ਇੱਕ ਧਿਆਨ ਸੈਸ਼ਨ, ਅਤੇ ਮਾਨਸਿਕ ਸ਼ਾਂਤੀ ਨੂੰ ਵਧਾਉਣ ਲਈ ਬ੍ਰਹਮ ਸੰਗਤੀ ਨਾਲ ਸਮਾਪਤ ਹੋਇਆ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਆਪੋ ਹੋਰੋ ਫੈਕਲਟੀ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਮਾਨਸਿਕ ਸਪੋਰਟਸ ਪੈਦਾ ਕਰਨ ਅਤੇ ਤਣਾਅ ਨੂੰ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਢੰਗ ਨਾਲ ਪ੍ਰਬੰਧਨ ਕਰਨ ਲਈ ਆਪਣੇ ਰੋਜ਼ਾਨਾ ਦੇ ਰੁਟੀਨ ਵਿੱਚ ਧਿਆਨ ਨੂੰ ਸ਼ਾਮਲ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।

ਰੋਜ਼ਾਨਾ ਸਪੋਕਸਮੈਨ
RozanaSpokesman.com

PRESS CLIPPINGS

Guru Nanak Khalsa College for Women
Gurukhsha Campus, Model Town, LUDHIANA-141 002.
Ph : 0161-2424668

Name of the Newspaper: **3. JALSA** Date: **14-11-24** Page No: **4** Column No: **1**

ਅਧਿਆਤਮਿਕ ਸੈਸ਼ਨ ਕਰਵਾਇਆ

ਲੁਧਿਆਣਾ, 14 ਨਵੰਬਰ (ਸ਼ੁੱਕਰ) ਅਰਥਾਤ 14 ਨਵੰਬਰ ਨੂੰ ਮਨਾਉਣ ਲਈ ਕੰਢ ਆਫ ਕੰਡਕਟ ਕਮੇਟੀ ਨੇ ਆਰਟ ਆਫ ਲਿਵਿੰਗ ਆਰਗੇਨਾਈਜ਼ੇਸ਼ਨ ਲੁਧਿਆਣਾ ਚੈਪਟਰ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਗੁਰੂ ਨਾਨਕ ਪਾਕਿਸਤਾਨ ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ, ਗੁਰੂਕਾਸ਼ ਪੁਰਸ਼, ਮਾਡਲ ਟਾਊਨ, ਲੁਧਿਆਣਾ ਵਿਖੇ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਅਧਿਆਤਮਕ ਸੈਸ਼ਨ ਦਾ ਆਯੋਜਨ ਕੀਤਾ। ਇਹ ਸਮਾਗਮ ਮੌਜੂਦਾ ਕਾਲਜ ਕੈਂਪਸ ਵਿੱਚ ਕਾਲਜ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸੂਰੈਂਸ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਕਰਵਾਇਆ ਗਿਆ। ਆਰਟ ਆਫ ਲਿਵਿੰਗ ਆਰਗੇਨਾਈਜ਼ੇਸ਼ਨ ਦੇ ਫੈਕਲਟੀ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਤਣਾਅ-ਮੁਕਤ, ਮੁੱਲ-ਕੇਂਦਰਿਤ ਸਮਾਜ ਦੀ ਉਸਾਰੀ 'ਤੇ ਧਿਆਨ ਕੇਂਦਰ ਕਰਦੇ ਹੋਏ, ਮਨ ਨੂੰ ਸ਼ਾਂਤ ਕਰਨ ਦੀਆਂ ਤਕਨੀਕਾਂ ਵਿੱਚ ਮਾਰਗਦਰਸ਼ਨ ਕੀਤਾ। ਸੈਸ਼ਨ ਦੀ ਸ਼ੁਰੂਆਤ ਤਣਾਅ-ਮੁਕਤ ਅਭਿਆਸਾਂ ਨਾਲ ਹੋਈ, ਉਸ ਤੋਂ ਬਾਅਦ ਇੱਕ ਧਿਆਨ ਸੈਸ਼ਨ, ਅਤੇ ਮਾਨਸਿਕ ਸ਼ਾਂਤੀ ਨੂੰ ਵਧਾਉਣ ਲਈ ਬ੍ਰਹਮ ਸੰਗਤੀ ਨਾਲ ਸਮਾਪਤ ਹੋਇਆ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਆਪੋ ਹੋਰੋ ਫੈਕਲਟੀ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਮਾਨਸਿਕ ਸਪੋਰਟਸ ਪੈਦਾ ਕਰਨ ਅਤੇ ਤਣਾਅ ਨੂੰ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਢੰਗ ਨਾਲ ਪ੍ਰਬੰਧਨ ਕਰਨ ਲਈ ਆਪਣੇ ਰੋਜ਼ਾਨਾ ਦੇ ਰੁਟੀਨ ਵਿੱਚ ਧਿਆਨ ਨੂੰ ਸ਼ਾਮਲ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।

Manode

November 20, 2024

Organized a guidance session for first-year undergraduate students enrolled under the New Education Policy

Under the aegis of the Internal Quality Assurance Cell (IQAC), a guidance session was organized for first-year undergraduate students enrolled under the New Education Policy to

acquaint them with the essential guidelines for the upcoming Panjab University semester examinations scheduled for December 2024.

The session, held on November 20, 2024, was conducted by Mrs. Seema Dua, Coordinator of the Code of Conduct Committee. She delivered a comprehensive briefing on the rules and regulations students must adhere to during the examinations. Emphasizing the importance of discipline, punctuality, and compliance with the university's examination norms, Mrs. Dua urged students to maintain high standards of conduct.

Detailed instructions were provided on correctly filling out the answer booklets to ensure students are well-prepared and avoid errors during the exams. Additionally, she highlighted the significance of effective time management and advised students to arrive at the examination center well in advance to ensure the smooth conduct of the examinations.

The session proved to be an informative and beneficial initiative for the students, equipping them with the necessary knowledge to confidently approach their upcoming examinations

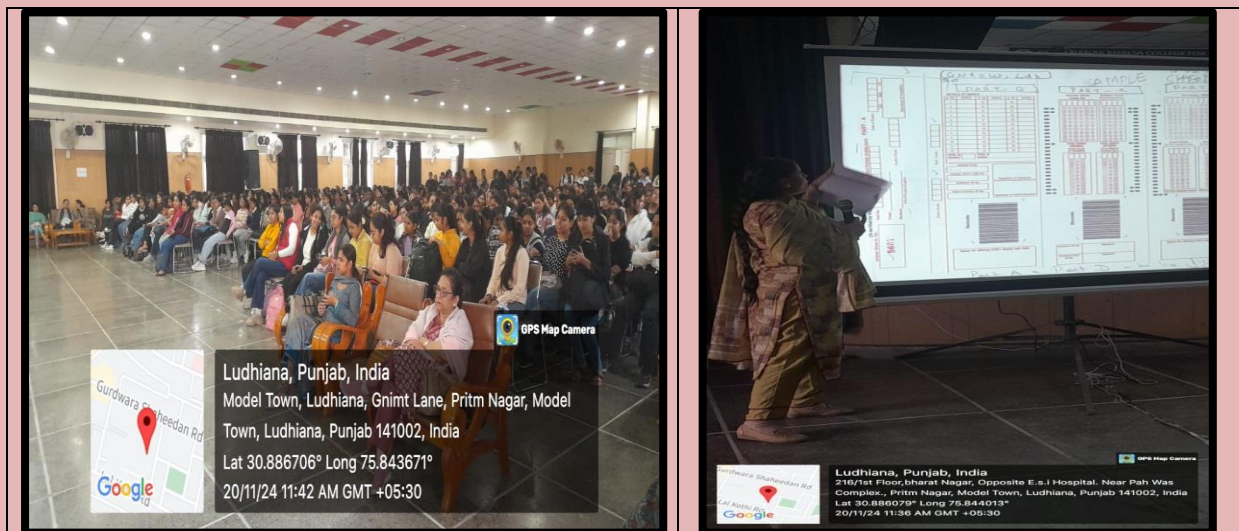
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Celebration of Sangrand every month

Religious beliefs and practices play a significant role in shaping personal moral values and sound ethical judgement. To honor this, the college celebrates Sangrand every month, fostering a sense of spiritual connection. During these celebrations, prashad is distributed to the students, encouraging the integration of moral and cultural values within the college community.

1.
<https://www.facebook.com/gnwludhiana/posts/pfbid0bLiDLP8g8GF3qgfCmjigpEAfWh744QQY3GXV9McmohSwbLQk1FpruFgLGKZZ4fxrl>
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<https://www.facebook.com/gnwludhiana/posts/pfbid0TTaMBtgKEPFQuL1cQbQEb39VFpQUV1RG7xJBYCeGtyty48fWrcQUL7hrYcT6KcUUl>
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CODE OF CONDUCT

PROGRAMMES AND ACTIVITIES

**2024-25
EVEN SEMESTER**

January 22, 2025

Meeting with members of the College Association of the college

Under the aegis of the IQAC, Guru Nanak Khalsa College for Women, Ludhiana, organized a meeting with the College Association on January 22, 2025. The meeting was attended by 58 members, including the Head Girl and Deputy Head Girls.

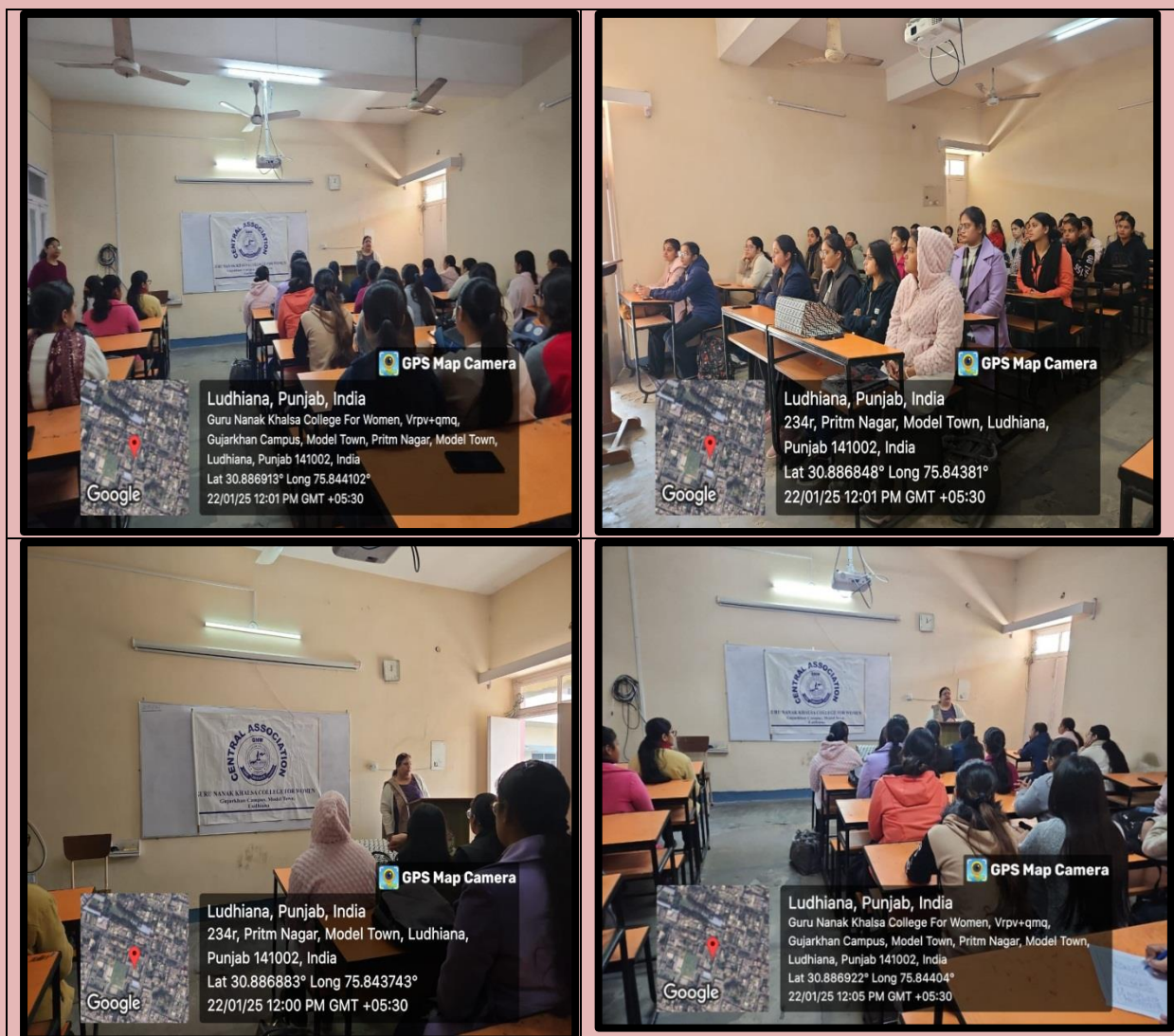
The primary agenda of the meeting was the Prof. Gurbir Singh Sarna Memorial Inter-College Competition, scheduled for February 1, 2025. Other important issues, such as sanitation, discipline, regular class attendance, and moral responsibilities toward the institution and society, were also discussed.

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March 07, 2025

Motivational lecture

Under the aegis of the Internal Quality Assurance Cell of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, the Women Development Cell and Code of Conduct Committee jointly organized a motivational lecture on March 07, 2025. The esteemed speaker of the day was S. Satnam Singh Salhopuri, Organizer of Sehaj Path Sewa Society, Amritsar.

Addressing the audience, he delivered an insightful lecture on Personality Development and Moral Values in the Light of Gurbani. He emphasized the importance of leading a righteous and disciplined life and illustrated his points with meaningful Gurbani quotes and real-life examples, offering practical guidance on the dos and don'ts of life. Furthermore, he elaborated on the negative influences that can hinder personal growth, such as ego, greed, dishonesty, and materialism. 74 students attended the lecture.

The session proved to be highly engaging and thought-provoking, leaving a lasting impact on the attendees. The event concluded with a vote of thanks, acknowledging the valuable insights shared by the speaker and the efforts of the organizing committees in fostering moral and personal development among students.

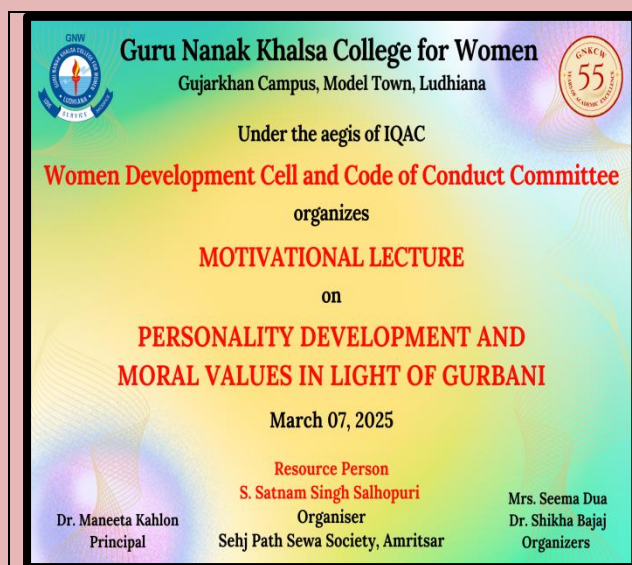
Principal Dr. Maneeta Kahlon, expressed her gratitude to the speaker and highlighted the need such motivational lectures for the students.

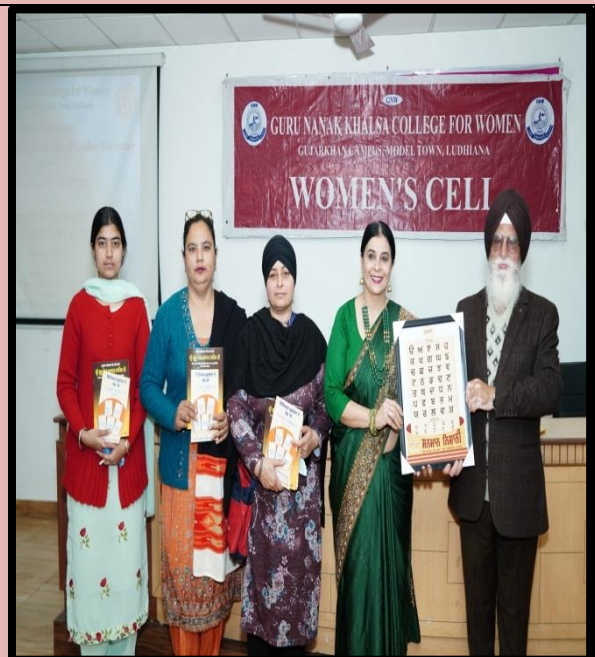
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08-03-2025 Dainik Jagran Page 4 Column 4



11-03-2025 Ajit Page 8 Column 3

March 15, 2025

Meditation and yoga session in collaboration with Art of Living

Under the aegis of Internal Quality Assurance Cell, the Code of Conduct & Professional Ethics Committee of Guru Nanak Khalsa College for Women organised a meditation and yoga session in collaboration with Art of Living in the college campus today. This activity is

being organised to encouraged participants to integrate these Indian Knowledge System practices into their daily lives for overall well-being.

The session began with stretching exercises inspired by Yoga, followed by laughing exercises based on Hasya Yoga, both promoting relaxation and emotional well-being. The session continued with meditation on soulful music, linked to Nada Yoga, emphasizing mindfulness and self-mastery, as taught in the Bhagavad Gita and Patanjali's Yoga Sutras. The facilitators—Mrs. Rajni Chawla, Mrs. Sunaina Chaudhary, Mrs. Swapan Puri, Mrs. Karamjit Kaur, and Mrs. Dolly Sidhu—highlighted the benefits of meditation for a peaceful mind and skill enhancement. The session concluded with spiritual rhymes, resonating with India's tradition of mantra chanting for inner peace.⁴⁹ faculty members attended this session.

Dr. Maneeta Kahlon, Principal, thanked the resource persons for their insightful session.

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April 25, 2025

Rehearsal for the Annual Prize Distribution Ceremony

The rehearsal for the Annual Prize Distribution Ceremony was held on April 25, 2025. Principal Dr. Maneeta Kahlon congratulated the students and briefed them on the code of conduct to be followed during the event. Students were advised to maintain discipline during Prize Distribution function

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April 26, 2025

Code of Conduct meeting on regarding the Panjab University End Semester Examinations

Under the aegis of IQAC , Code of Conduct committee held a meeting on 26th April ,25 regarding the Panjab University End Semester Examinations which are scheduled to commence on April 28, 2025, in accordance with university guidelines. The examinations are being conducted under the supervision of Madam Principal Dr. Maneeta Kahlon, who is

serving as the Controller of Examinations. Mrs. Maninder Kaur has been appointed as the Examination Coordinator.

The opening of examination centres was carried out on April 26, 2025. Dr. Neetu Prakash, Dr. Nidhi Sharma, Dr. Madhu, and Mrs. Satwant Kaur have been designated as Deputy Superintendents.

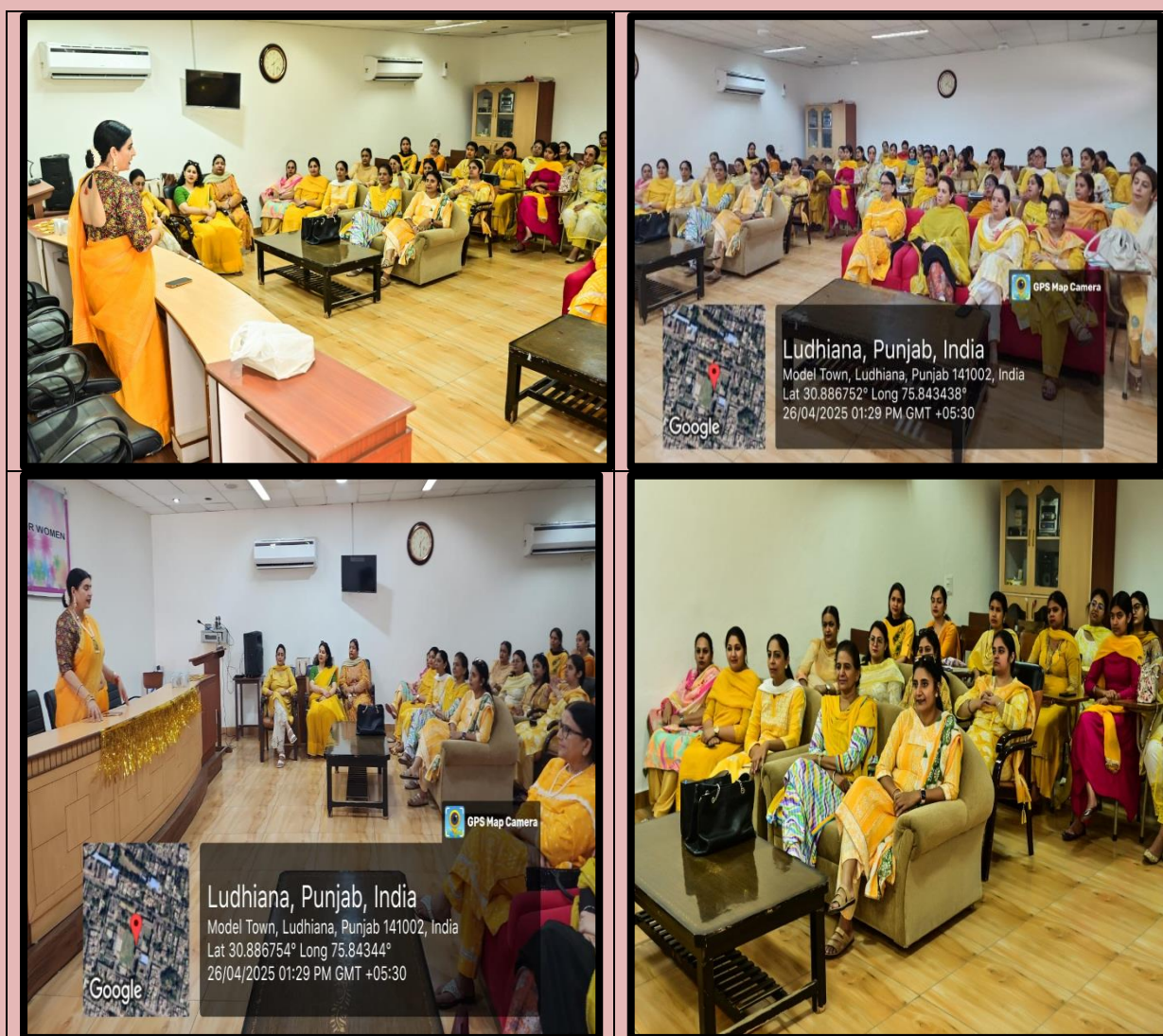
Madam Principal Dr. Maneeta Kahlon instructed all the staff members to remain vigilant throughout the examination period to ensure its smooth and fair conduct. She also instructed teachers to be punctual and to follow the university examination norms.

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Celebration of Sangrand every month

Religious beliefs and practices significantly influence the development of personal morals and ethical decision-making. In recognition of this, the college observes Sangrand each month, promoting spiritual awareness among students. As part of the celebration, prashad is shared, reinforcing the importance of cultural and moral values within the college community.

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https://www.instagram.com/p/DJoAMj7xJUc/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==





Ludhiana, Punjab, India

Gnimt Lane, Model Town, Ludhiana, 141002,
Punjab, India

Lat 30.886331, Long 75.844264

01/14/2025 10:10 AM GMT+05:30

Note : Captured by GPS Map Camera



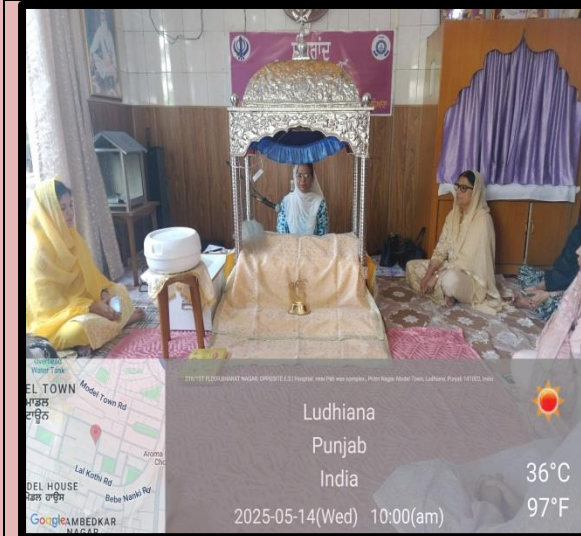
Ludhiana, Punjab, India

Gnimt Lane, Model Town, Ludhiana, 141002,
Punjab, India

Lat 30.886316, Long 75.844040

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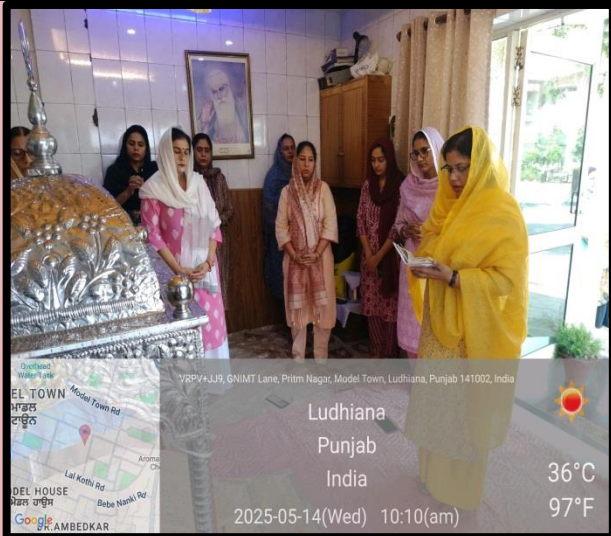


Ludhiana
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2025-05-14(Wed) 10:00(am)



Ludhiana
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