

**GURU NANAK KHALSA COLLEGE FOR WOMEN  
GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA**



**Supporting Document  
(2024-2025)**

***7.1.1 Measures initiated by the Institution for the  
promotion of gender equity during the year.***

**Dr. Maneeta Kahlon  
Principal**

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

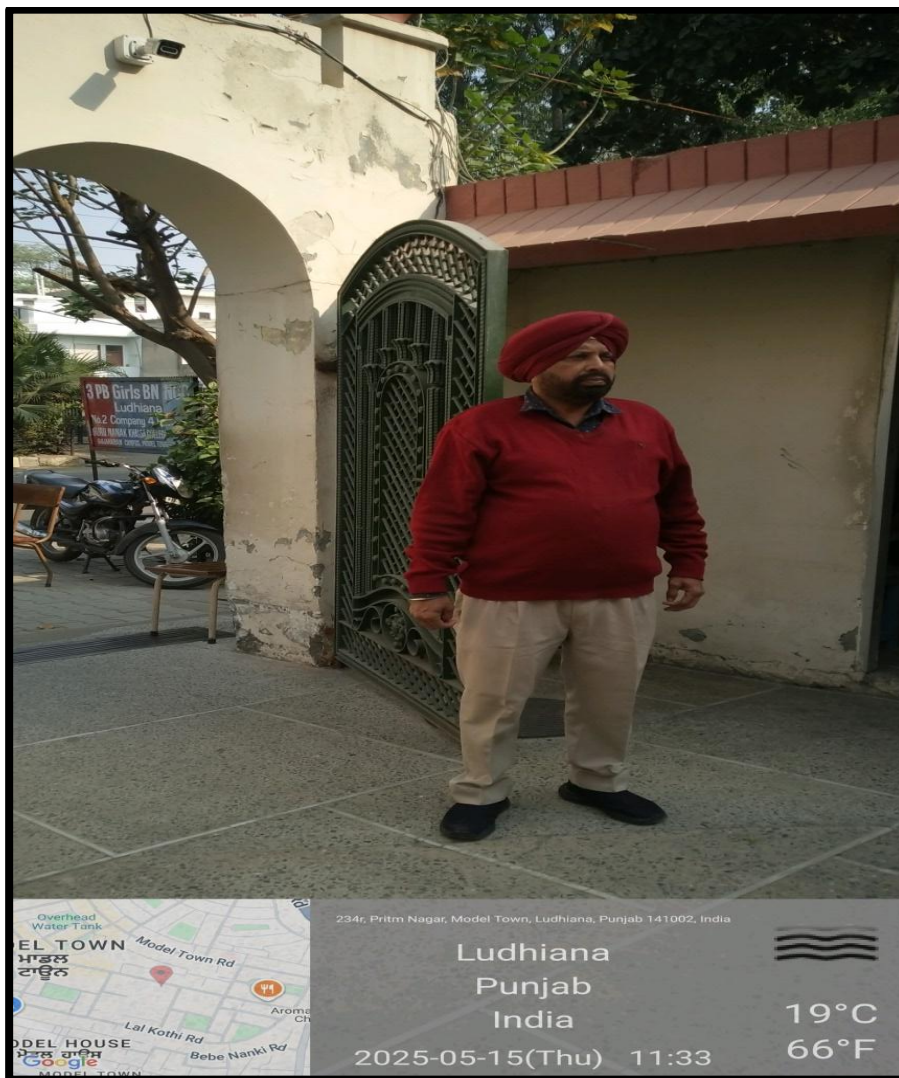
Guru Nanak Khalsa College for Women actively promotes gender awareness through a variety of programs and activities designed to create a safe, secure, and healthy campus environment. The college works to build a culture of respect and equality for women, while also providing opportunities and initiatives that empower them financially, emotionally, and psychologically, enabling their holistic growth as independent individuals.

### **Security and Safety:**

- **24/7 Security Monitoring:** To guarantee the safety of all students and employees, security officers are on campus 24 hours a day.
- **Visitor Registration System:** To improve control over who visits the campus, all visitors—including parents and guests—must register at the security counter.



**Security at College Gate**



### Security at College Gate

- **Safe Hostel Environment:** Only those with permission are permitted to enter the hostel, which has extra security measures such as restricted entry points.
- **Wellness and Health Support:** Students who are ill can rest in the medical room and receive first help if necessary. In addition to a first aid kit, the college has qualified medical personnel on standby to treat any medical crises, protecting students' health. Basic medications, bandages, and antiseptic treatments are all included in the first aid kit. In addition, students are given sanitary napkins anytime they require them. Students can use the medical area's kit for basic medical care for free.





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

Ludhiana

Punjab

India

2025-05-15(Thu) 12:32



22°C

72°F

### First Aid Box



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

Ludhiana

Punjab

India

2025-05-15(Thu) 12:34



22°C

72°F

### Sanitary Napkins



## **WOMEN DEVELOPMENT CELL**

The Women Development Cell of the college is dedicated to promote social, legal, educational and health awareness and rights amongst women. The cell has primarily been established to address women's personal and social issues and sensitize them towards the fundamentals of a healthy individual and social existence. The cell believes in the holistic development of women and advocates the principles of universal rights to education, health and sanitation as well as social, cultural and legal awareness for essential well-being. The cell comprises of faculty members from various departments of humanities, social sciences and sciences as well as the students of the college. The members of the cell are committed towards attaining its objectives of addressing various social, educational, legal and health issues amidst women as well as promoting charity work amongst the underprivileged sections of women. The principles of empowerment and inclusion of the rural, under-privileged and semi-urban strata of women through life learning skills and dissemination of education are the foundational cornerstones of the Women Development Cell.

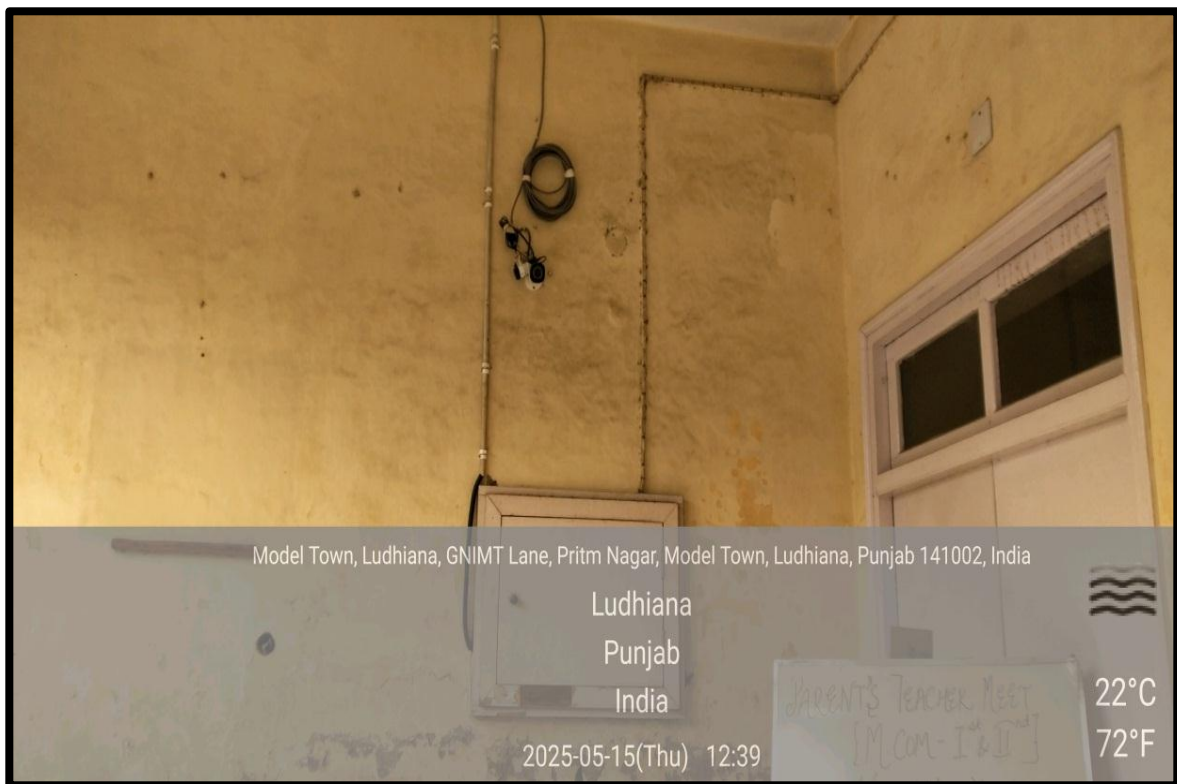




- **Leadership and Support for Women's Welfare:** A senior, self-assured and compassionate female faculty member is in charge of the Women Development Cell.
- **A Healthy Academic atmosphere:** No student complaints of sexual harassment have been made, indicating a healthy academic atmosphere.
- **Comprehensive Campus Surveillance:** CCTV cameras are installed across the college campus to monitor the hallways, administrative offices, common areas, corridors and college gates.

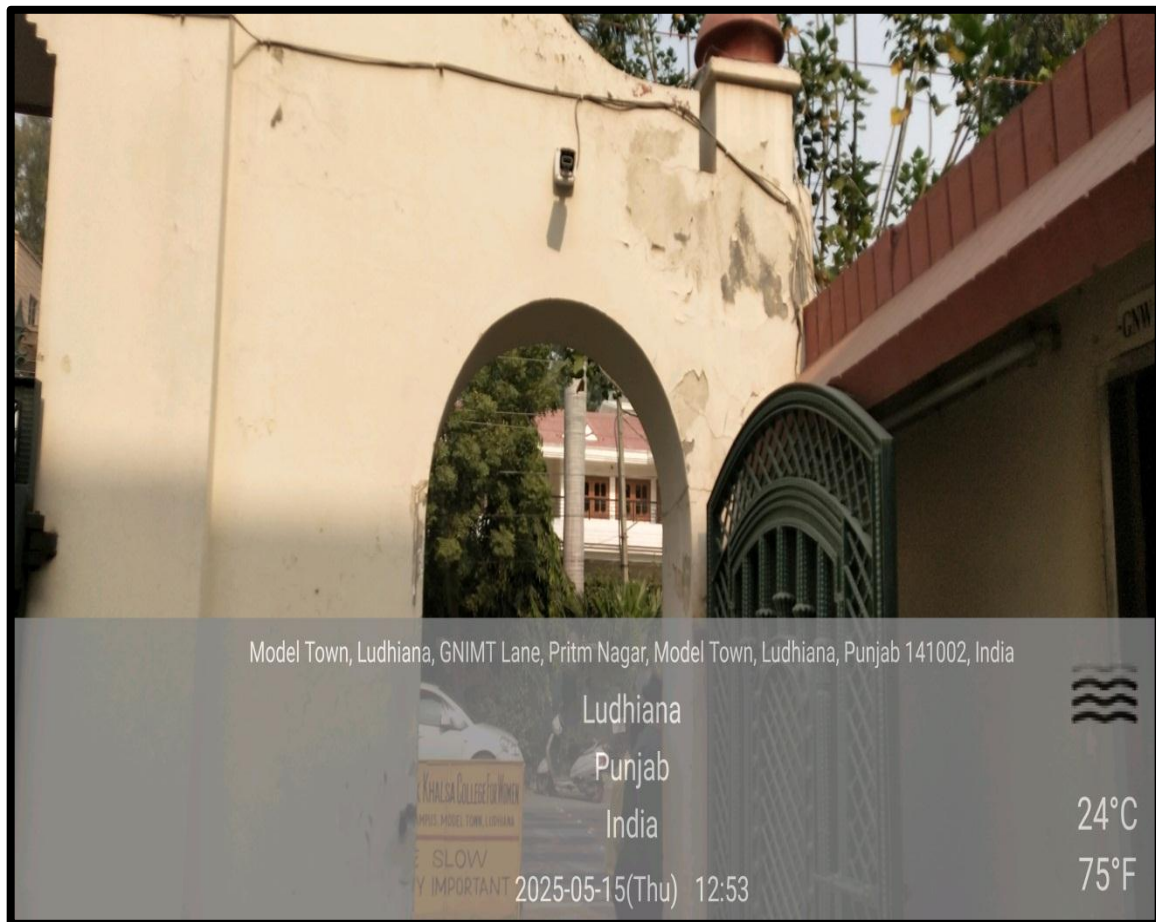


**High quality camera**



**High quality camera**



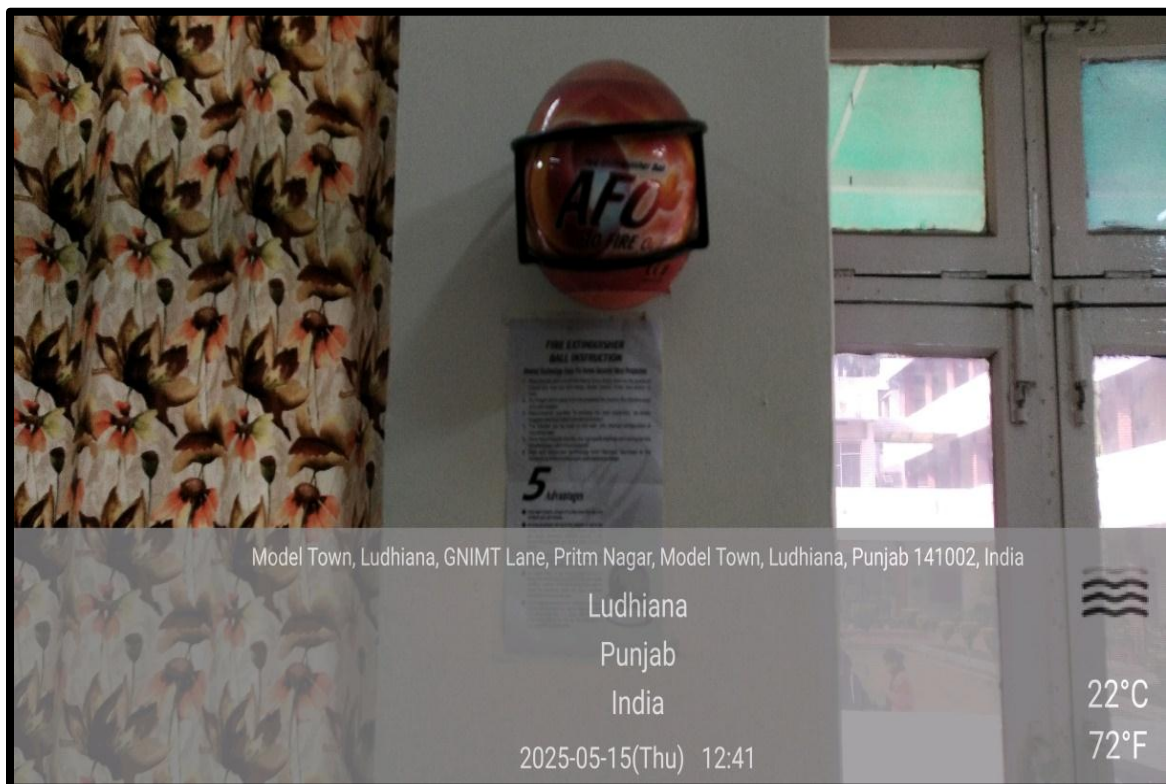


**High quality camera**

- **Proactive Faculty Support:** Teachers are proactive and attentive to the safety and security of female students.
- **Identity Verification for Campus Access:** Students are required to show their identity cards to enter the college campus.
- **Enhanced Fire Safety Measures:** Fire extinguishers are installed across the campus to improve fire safety. Students are provided training about the method and usage of fire extinguishers time to time.



**Fire extinguisher**



**Fire extinguisher**

- **Complaint Box:** Complaint boxes have been placed at the college campus so that students can voice their grievances without intimidation.



**Complaint box**

**Relationship between mentor and mentee:** By offering advice, assistance and knowledge from seasoned mentors to mentees, mentoring aims to help student's personal and professional development. For

**Mentor responsibilities:**

- ✓ Listens actively
- ✓ Serves as a positive role model
- ✓ Helps mentee set educational/career goals
- ✓ Provides encouragement for building self confidence and self-esteem
- ✓ Offers mentee constructive and meaningful advice and feedback
- ✓ Acts as a resource for information about careers
- ✓ Educates mentee on workplace expectations



### Benefits of mentoring for the mentor:

- ✓ Demonstrates expertise and shares knowledge
- ✓ Opportunity to build leadership skills
- ✓ Enhances skills in coaching, counselling, listening
- ✓ Contributes to the professional development of a student
- ✓ Gains insights and different perspectives from future members of the profession
- ✓ Gives back to the community

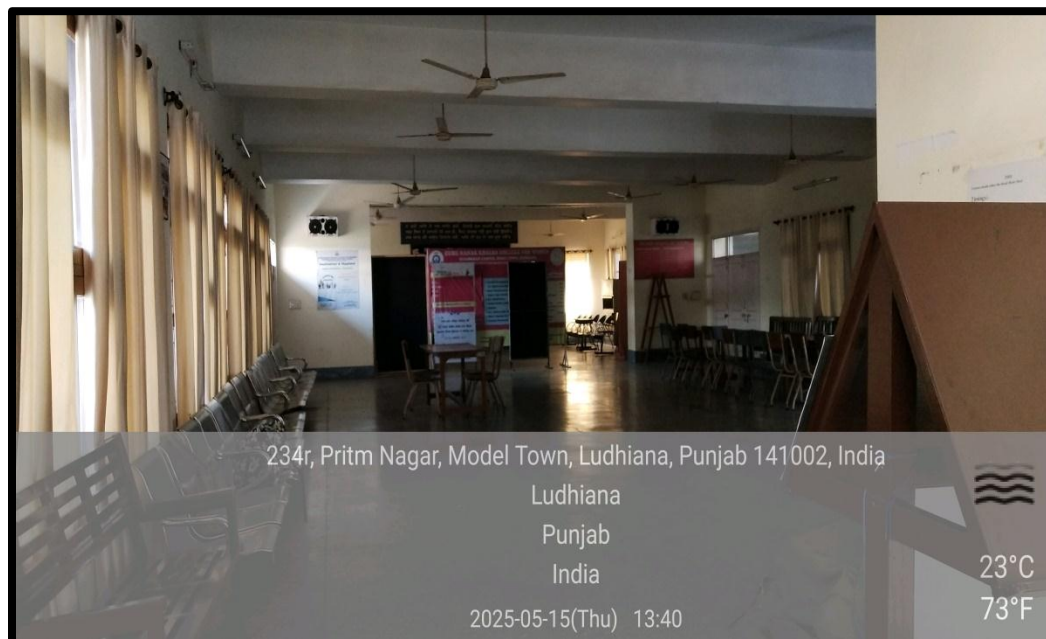


**Mentoring Meet**

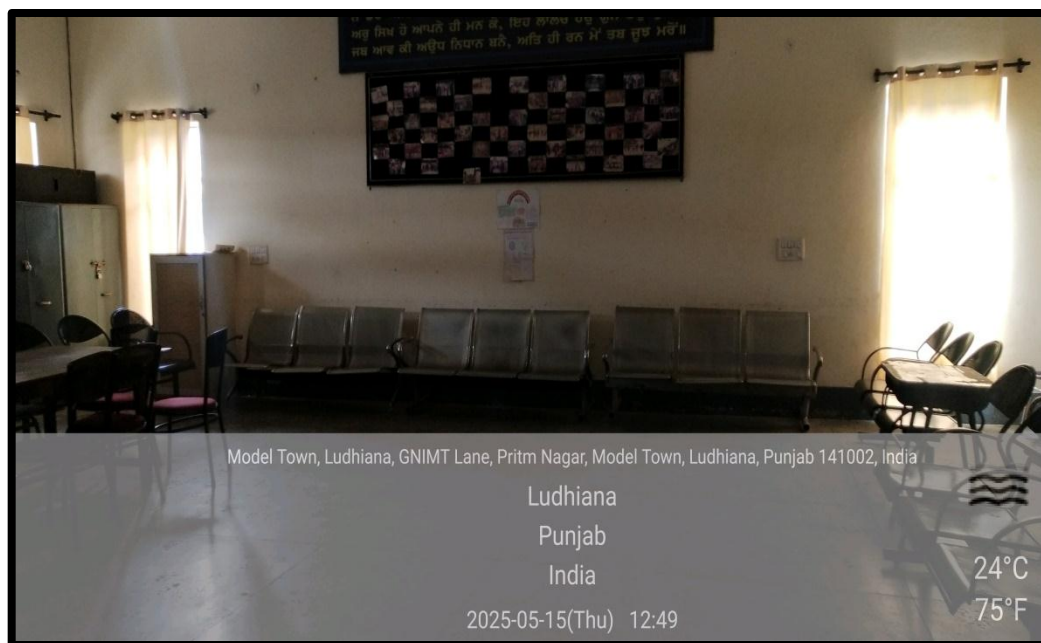


### Mentoring Meet

- **Common Hall:** The college has a huge and roomy common area for female students, where they can sit and finish any unfinished tasks during their free time.



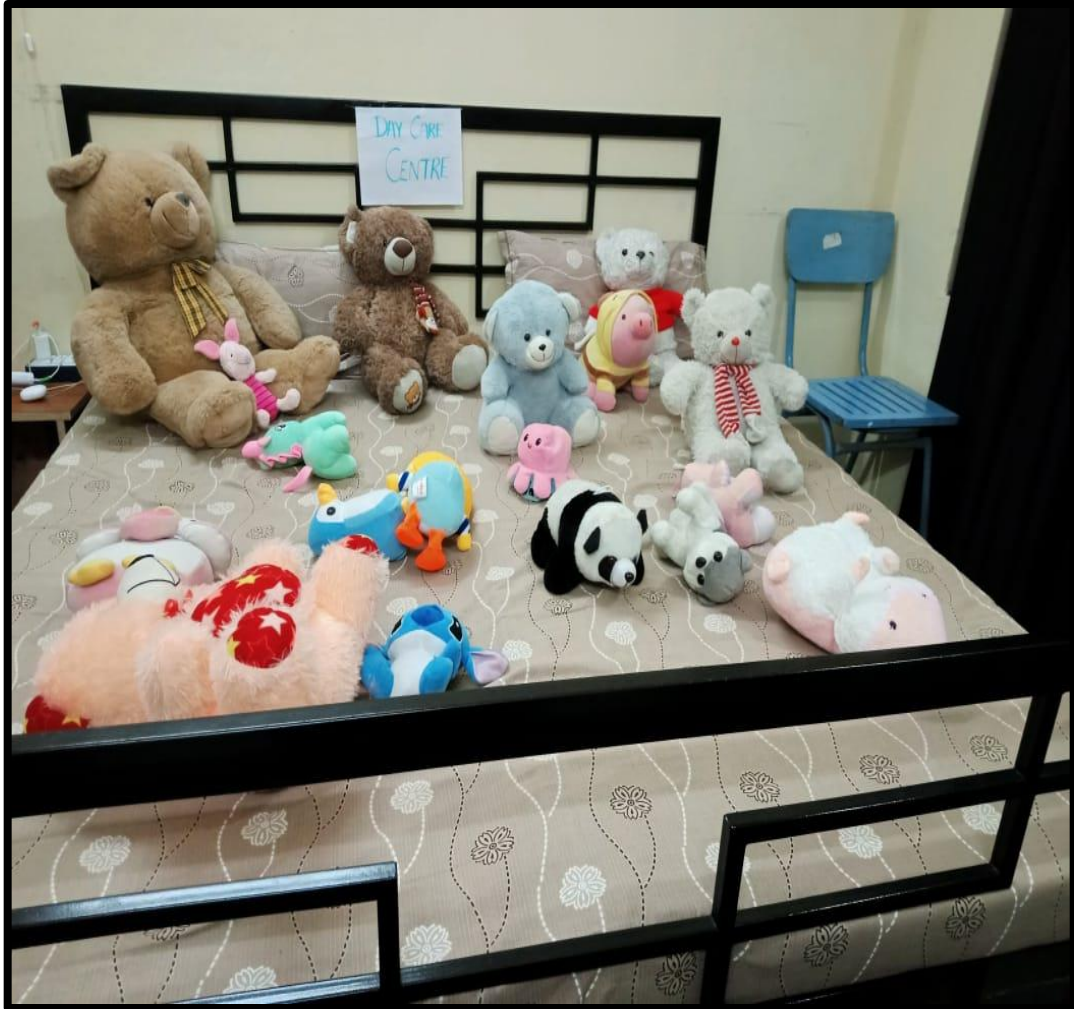
### Common Hall



**Common Hall**

- **Day care centre:** Day care centre is operational at college campus.





**Day Care Centre**



**Day Care Centre**

## **ACTIVITIES**

### **Cadets To Attend 10-Day CATC-57**

**July 2-11, 2024**

Under the guidance of NCC Headquarter Ludhiana, the 3 PB Girls Bn NCC Ludhiana organized a 10-day CATC-57 at GHG Khalsa College, Gurusar Sudhar, Ludhiana, from July 2-11, 2024. Our 17 cadets attended this camp. The achievements of our cadets in this camp are presented below:

Leadership	(1st prize)
Company senior	(1st prize)
Skit	(1st prize)
Tug of war	(1st prize)
Company senior	(2nd prize)
Mess incharge	(2nd prize)
Dance	(2nd prize)
Song	(2nd prize)
Poster	(2nd prize)

Madam Principal Dr. Maneeta Kahlon expressed her appreciation for the dedication and hard work of the cadets and encouraged them to continue striving for excellence in all their endeavors.



**NCC Cadets**









Akalgarh, PB, India

SH 13, Raikot, Akalgarh, 141106, PB, India

Lat 30.775361, Long 75.651044

07/09/2024 05:14 PM GMT+05:30

Note : Captured by GPS Map Camera



Akalgarh, PB, India

SH 13, Raikot, Akalgarh, 141106, PB, India

Lat 30.775321, Long 75.651043

07/09/2024 05:07 PM GMT+05:30

Note : Captured by GPS Map Camera





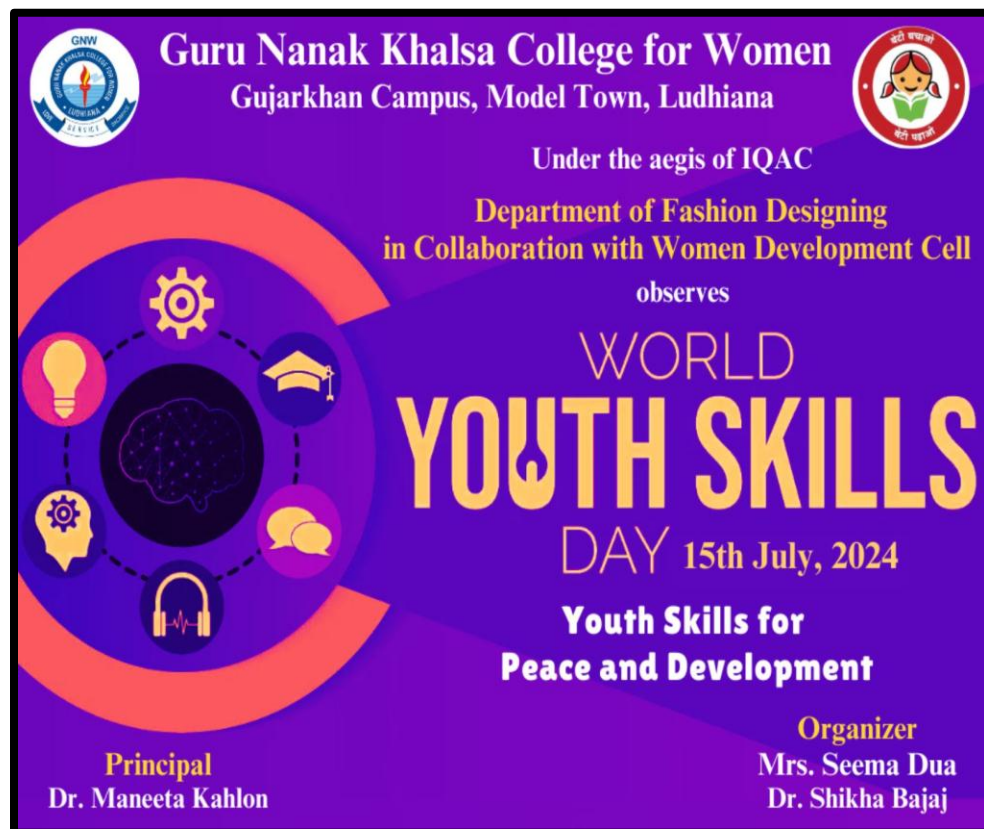


## World Youth Skills Day

**July 15, 2024**

On "World Youth Skills Day," the Guru Nanak Khalsa College for Women's Department of Fashion Designing hosted a workshop for students to strengthen their talents in partnership with the Women Development Cell. 15 students were shown how to create a variety of useful items for their homes, such as aprons, kitchen towels, handkerchiefs, table covers, table runners, and more. It was discussed how various clothing pieces were cut and patterned. Dr. Shikha Bajaj and Mrs. Seema Dua provided direction for the activities.

Madam Principal Dr. Maneeta Kahlon urged pupils to utilize little pieces of fabric at home to create lovely utilitarian items and stressed the value of skill development in addition to academic work. She added that there were many different forms of art in the world of design that were highly beneficial to the growth of prosperous and successful careers.





## Newly Admitted Students' Orientation And Induction

**July 16, 2024**

Guru Nanak Khalsa College for Women organized induction programme, for the first year UG students of the college on 16th July, 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.

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.







## National Mental Health Awareness Day

**August 07, 2024**

National Mental Health Awareness Day was celebrated in the college in collaboration with the COPE Community.

The students discussed the importance of mental health and presented short skits to raise awareness about how daily life stressors can affect one's routine and offered strategies for coping with these issues. During this interactive session, audience members shared their own methods for maintaining mental health.

Ms. Kusha Mehra, Head of the Psychology Department, also highlighted various strategies for managing stress and maintaining mental well-being.

Madam Principal Dr. Maneeta Kahlon emphasized the importance of striving for happiness over perfection and underscored that taking good care of one's mental health is crucial.



The poster is for a seminar on Mental Health Awareness. It features a central graphic of a brain with a stethoscope around it, with the words 'MENTAL HEALTH' above and 'AWARENESS' below. The text on the right side of the poster reads: 'Guru Nanak Khalsa College for Women', 'Gujarkhan Campus, Model Town, Ludhiana', 'Under the aegis of IQAC', 'Department of Psychology organizes Seminar on Mental Health Awareness', 'Date: 7th August, 2024', 'Time: 11:00 am', 'Venue: Seminar Hall'. At the bottom, it lists 'Dr. Maneeta Kahlon Principal' and 'Ms. Kusha Department of Psychology'. There are two logos: one on the top left for GNW and one on the top right for the college.

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

Under the aegis of IQAC

**MENTAL HEALTH**

**Department of Psychology**  
organizes  
**Seminar on**  
**Mental Health Awareness**

**Date: 7th August, 2024**  
**Time: 11:00 am**  
**Venue: Seminar Hall**

**Dr. Maneeta Kahlon**  
Principal

**Ms. Kusha**  
Department of Psychology











## National Handloom Day

**August 7, 2024**

The 10th National Handloom Day was celebrated in the college on August 7, 2024. The event featured an exhibition of handloom sarees, showcasing a variety of styles from different states, including Chanderi, Sambhalpuri, Ikat, Jamdani, and Kanjeevaram. The theme for National Handloom Day 2024, "Weaving Sustainable Futures," highlighted the importance of sustainable fashion and eco-friendly choices.

Students were educated about the significance of this theme and how it underscores the role of sustainable handloom practices. Additionally, a quiz contest was organized to further inform students about sustainable handloom options, with winners receiving prizes.



Madam Principal Dr. Maneeta Kahlon attended the event and encouraged students to adopt sustainable clothing habits and support the use of handloom products.



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

Under the aegis of IQAC

**Department of Fashion Designing and Home Science**  
organizes  
**Quiz Contest**  
on  
**National Handloom Day** 07 August 2024




**Honor the labor of weavers in 2024**

**Principal**  
Dr. Maneeta Kahlon

**Organizers**  
Mrs. Shikha Kalra  
Dr. Shikha Bajaj  
Mrs. Amarpreet Kaur  
Mrs. Yukti khurana







234r, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India

Ludhiana  
Punjab  
India

33°C  
91°F

2024-08-07(Wed) 12:31(pm)





496/2, Model Town Rd, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India

Ludhiana  
Punjab  
India

33°C  
91°F

2024-08-07(Wed) 12:48(pm)



## An Awareness Activity Focused On Menstrual Hygiene Practices

August 08, 2024

An awareness activity focused on menstrual hygiene practices was organized for the students on August 08, 2024. A significant CSR initiative by Niine Pvt. Ltd., Gorakhpur, Uttar Pradesh during this event was the distribution of 3000 **sanitary napkin samples** generously to the students. This initiative taken by the Women Development Cell of the college was under community outreach program.

Madam Principal Dr. Maneeta Kahlon extended her heartfelt thanks to Niine Pvt. Ltd. for their invaluable contribution. She emphasized that such initiatives significantly empower students, enabling them to pursue their education and daily activities with greater confidence and dignity.

Dr. Kahlon highlighted that the commitment to social responsibility and community welfare demonstrated by the Women Development cell is truly commendable. Such efforts not only address immediate health and hygiene needs but also foster a supportive and inclusive environment that contributes to the overall well-being and empowerment of the students.







## Meeting With The Hostel Committee

**August 22, 2024**

A hostel committee meeting was convened in the Madam Principal's office on August 22. During the meeting, the head girls and members of the hostel committee interacted with the canteen owner to address their concerns regarding food quality, pricing, and dining room schedules. The students also engaged in a discussion with Madam Principal about the general atmosphere and discipline in the hostel, expressing that they feel very happy and safe within the premises.

Additionally, they discussed the induction of new entrants into the hostel, with Madam Principal assuring them that the newcomers would be well taken care of and guided on the traditions and rituals that have been upheld over the years. The students were also reminded that ragging is strictly prohibited in the hostel, and it was noted that the new entrants are content and well-adjusted.

Madam Principal Dr. Maneeta Kahlon commended the students for their dedication to the welfare of the college campus.







## **Rashtriya Poshan Maah**

**September 1-7, 2024**

Thematic Rashtriya Poshan Maah, 2024 is celebrated in the college in the month of September every year. The theme of the first week of September (From September 1-7, 2024) is sensitization and awareness of Anemia among adolescent girls (2<sup>nd</sup> September).

81 students of the college attended a sensitization lecture by Mr. Jasbir Bhalla (Wellness Coach) on Anemia and its cure during adolescent period among girls. He also elaborated his talk about nutrients, nutrition and Nourishment of our body. Also he told about detoxification of our body

Madam Principal Dr. Maneeta Kahlon congratulated the students for celebrating Poshan drive in the month of September 2024, with a great way to promote awareness and action on today's most prevalent disorder of Anemia among youth and raise awareness about the importance of nutrition in our diet to prevent our community from its ill effects.



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



Under the aegis of IQAC

**Department of Home Science & NSS Unit**

organizes

**Workshop on Nutrition in Anaemia  
among Adolescent Girls**

on September 02, 2024

Resource Person

**Mr. Jasbir Bhalla**

(Nutrition expert at Herbalife)

Principal

Dr. Maneeta Kahlon

Organizers

Mrs. Shikha Kalra

Mrs. Amarpreet Kaur





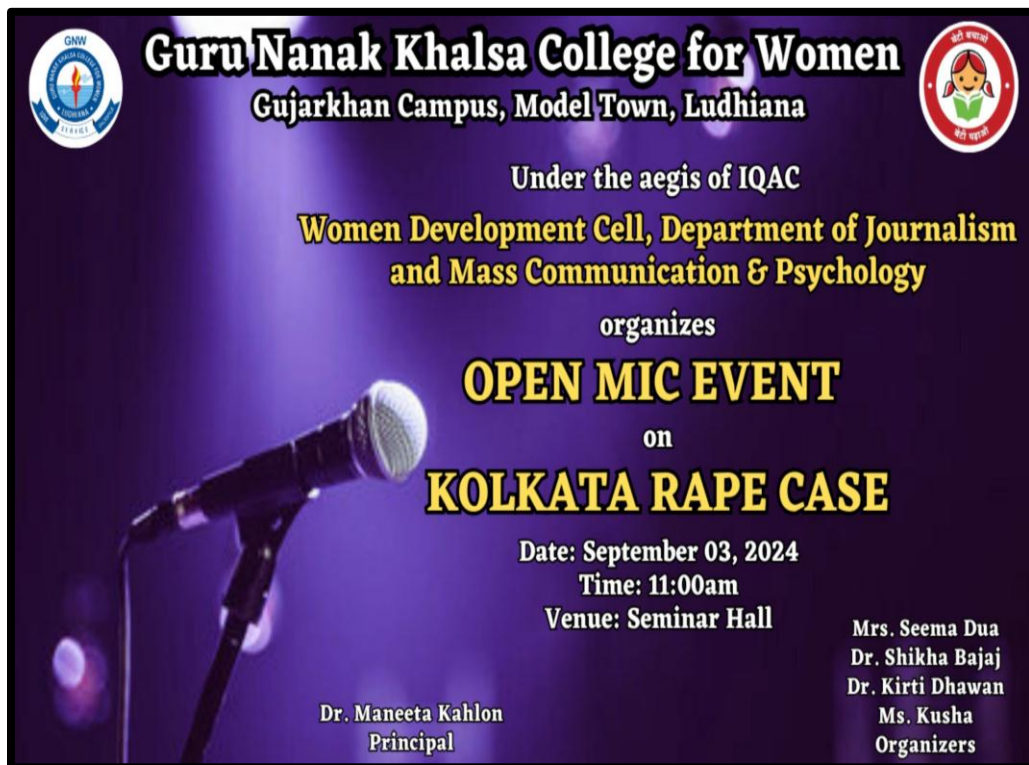
## Open Mic Session

**September 03, 2024**

The college organized an Open Mic Session for the students on the campus. This open mic session aims to provide a platform for students to voice their feelings, thoughts and demands regarding the horrific rape incident in Kolkata.

More than 20 Students from various departments of the college expressed their anger on alleged rape and murder of a trainee doctor in form of poetry and views. They also suggested various measures that should be taken to keep women safe in the society. This session was organized by Mrs. Seema Dua, Dr. Kirti Dhawan, Dr. Shikha Bajaj and Ms. Kusha Mehra.

While addressing the students, Madam Principal Dr. Maneeta Kahlon encouraged everyone to continue these important conversations beyond today as we strive for a world where every individual feels secure and respected.













## World First-Aid Day

**September 11, 2024**

The college marked World First-Aid Day with an event aimed at raising awareness among students about the importance of first aid in daily life.

The event was coordinated by Dr. Nidhi Sharma, Ms. Daisy Wadhwa, and Lt. Sukhjit Kaur, who emphasized the critical role of first aid in emergency situations, highlighting how timely assistance can save lives. They also informed the students about the basic principles of first aid and the importance of being equipped with essential first-aid skills.

To enhance the learning experience, a series of First Aid training videos were screened, demonstrating various techniques and procedures for handling common emergencies such as cuts, burns, fractures, and cardiac arrest. The visual demonstrations were well-received by the students, who showed great enthusiasm in learning these vital skills.

Addressing the gathering, Principal Dr. Maneeta Kahlon stated, "First Aid is an essential life skill that every individual should possess. Through initiatives like this, we aim to foster a sense of responsibility and preparedness among our students, equipping them to respond effectively in times of need."

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

Under the aegis of IQAC  
**RED RIBBON AND YOUTH CLUB  
& NCC UNIT**  
organizes

**World  
FIRST AID DAY**

**FIRST AID AND SPORTS**  
on 11th September, 2024

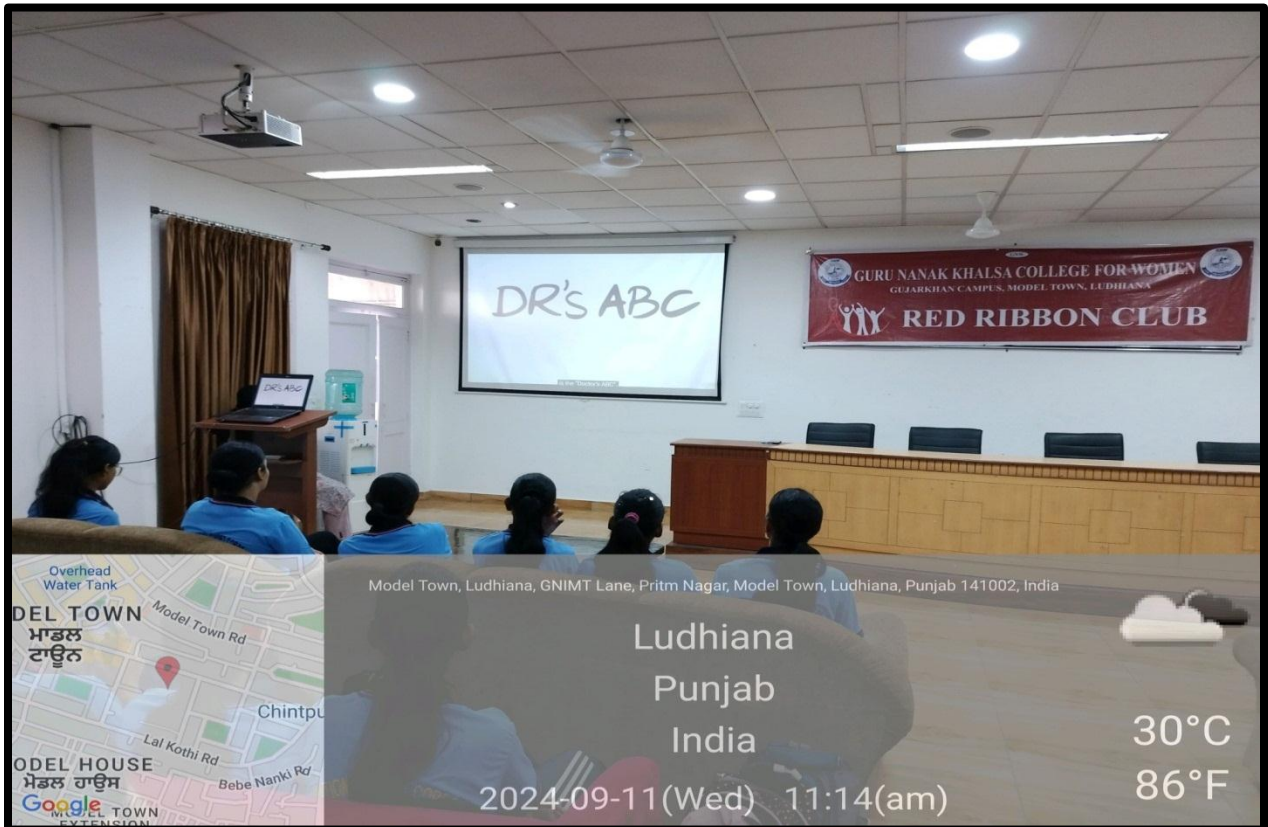
Dr. Maneeta Kahlon  
Principal

Dr. Nidhi Sharma  
Ms. Daisy Wadhwa  
RRC Coordinators

Lt. Sukhjit Kaur (ANO)  
NCC Officer







## **Raising Awareness and Sensitizing Young Minds on Various Issues**

**September 10, 2024**

The Red Ribbon Club of Guru Nanak Khalsa College for Women is actively involved in raising awareness and sensitizing young minds on various issues. One such critical concern is the rising risk of breast cancer among Indian women. As part of ongoing efforts, including seminars and lectures on breast cancer awareness and preventive measures, volunteers from the Red Ribbon Club, along with their faculty in charge, attended the Breast Cancer Awareness Event "Unite for Pinktober."

The event was organized by the Krishna Pran Breast Cancer Care Charitable Trust in collaboration with the American Oncology Institute. It took place at Guru Nanak Dev Bhawan, Ludhiana, in observance of October as Breast Cancer Awareness Month, under the guidance of the Deputy Commissioner of Ludhiana.

Mahima Chaudhry, the renowned Bollywood actress and breast cancer survivor, was the special guest of the event. She shared her personal battle with breast cancer, recounting her challenging journey and offering inspiration to other women. As a courageous single mother who faced this disease head-on, she became an epitome of strength, encouraging women to maintain high spirits and bring forth their best selves despite life's adversities.

The event saw a remarkable gathering of esteemed doctors and industrialists from the city, all united to promote the cause of creating breast cancer awareness among women. The session provided valuable insights to the students on the prevention and treatment of this life-threatening disease, while also emphasizing the importance of supporting individuals fighting the difficult battle against it.











## World Mental Health Day

**October 10, 2024**

Under the aegis of Internal Quality Assurance Cell, the Department of Psychology of Guru Nanak Khalsa College for Women, Model Town, Ludhiana celebrated World Mental Health Day in the college campus today. It is an international day observed on October 10 every year for global mental health education, awareness and advocacy against social stigma.

On this occasion, students presented a captivating skit addressing mental health concerns in the workplace, shedding light on the importance of well-being and support in professional settings. Ms. Kusha, Head of the Psychology Department highlighted the importance of mental health and connection of mind and body. The overall objective of this activity was to raise awareness of mental health issues and to mobilize efforts in support of mental health at workplace.

Principal Dr. Maneeta Kahlon emphasized the importance of prioritizing mental health and encouraged open dialogue about struggles, ensuring timely and necessary action is taken in the workplace.









## National Cancer Awareness Day

**November 08, 2024**

Red Ribbon Club Organizes Awareness Talk on National Cancer Awareness Day at GNKCW to observe National Cancer Awareness Day, the Red Ribbon Club, NSS Unit, and Red Cross Society, under the aegis of IQAC of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, held an awareness talk to educate students on cancer prevention and the importance of early detection. The day, observed annually in India, aims to promote awareness and proactive health practices, and it marks the birth anniversary of Madame Marie Curie, the Nobel Prize-winning scientist whose pioneering work on radioactivity has been instrumental in cancer research and treatment.

Dr. Renu Gupta, Consultant Gynaecologist, Suman Hospital, Ludhiana, served as the resource person for the event. In her informative talk, she highlighted the significance of Cancer Awareness, discussing the symptoms, risk factors, and early detection strategies essential for improving outcomes. Dr. Renu emphasized that early screening and awareness can play a pivotal role in reducing cancer-related deaths. The event was coordinated by Dr. Nidhi Sharma and Ms. Daisy Wadhwa, the coordinators of Red Ribbon Club.

The college Principal Dr. Maneeta Kahlon spoke on the necessity of creating a well-informed and health-conscious generation. "Awareness and education are vital in our fight against cancer," Dr. Kahlon stated. "By equipping our students with essential health information, we hope they will inspire positive changes in their families and communities."







## Women Entrepreneurship Day

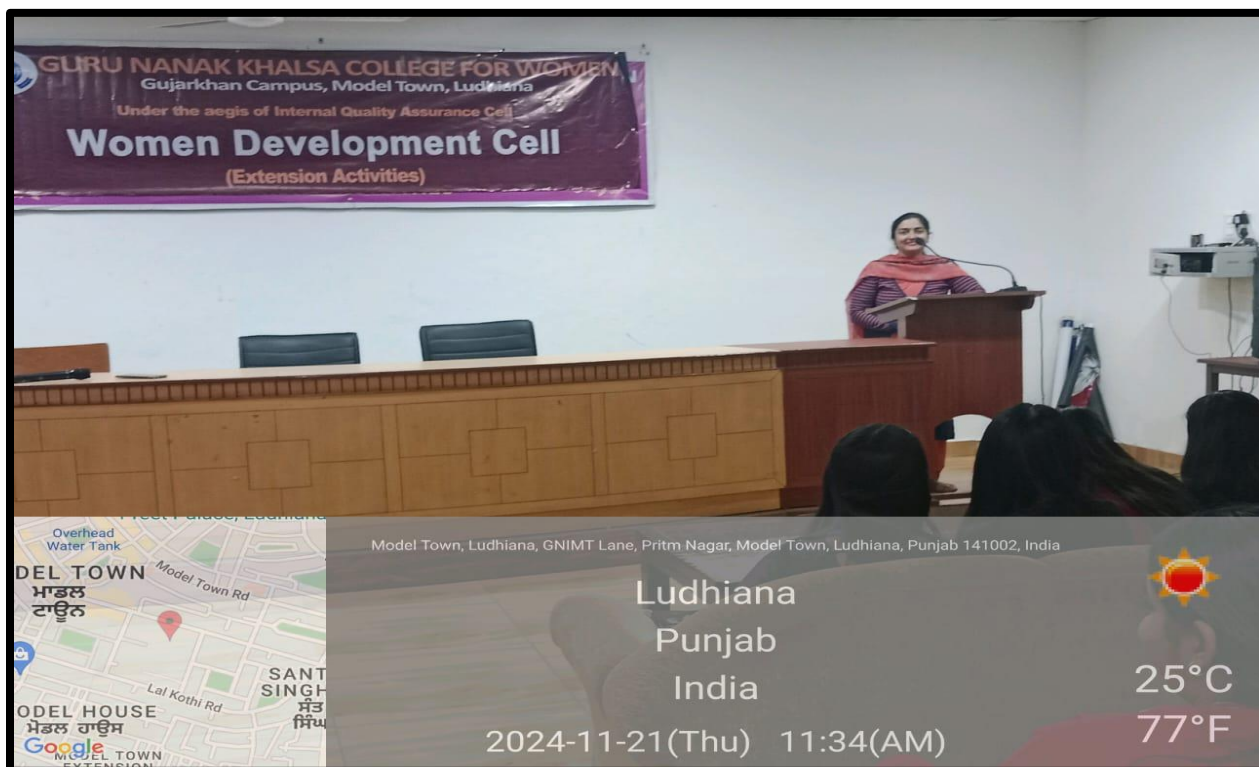
**November 19, 2024**

Under the aegis of the Internal Quality Assurance Cell, the Women Development Cell of Guru Nanak Khalsa College for Women, in collaboration with the Department of Economics, celebrated Women Entrepreneurship Day on campus today. Observed annually on November 19, this day aims to enhance the visibility of women by highlighting the challenges and obstacles that women entrepreneurs face in the modern ecosystem.

Students were informed about the various opportunities available for starting small ventures. The activity was organized under the guidance of Mrs. Seema Dua and Dr. Shikha Bajaj. The students showed great enthusiasm in learning about government schemes and the diverse opportunities in manufacturing and selling products. A total of 32 students actively participated in the event.

Principal Dr. Maneeta Kahlon encouraged students to leverage their skills to establish their own ventures in the future, emphasizing their potential to create employment opportunities for others.







## **National Consumer Rights Day**

**December 24, 2024**

Under the aegis of the Internal Quality Assurance Cell (IQAC), the Department of Economics in collaboration with Women Development Cell of Guru Nanak Khalsa College for Women, Model Town, Ludhiana organized an interactive talk to observe National Consumer Rights Day on December 24, 2024. The event highlighted the importance of consumer awareness and protection, fostering a spirit of informed decision-making faculty.

Mrs. Seema Dua, Head of the Department of Economics, shed the light on key consumer rights, responsibilities, and the evolving consumer landscape in India. She elaborated the theme of the National Consumer Rights Day 2024 “Virtual Hearings & Digital Access to Consumer Justice” which aimed at providing speedy, cost-effective and hassle free justice to the consumers and highlights the importance of digital medium and tools in ensuring that consumers can access justice in an increasingly online world. With relatable examples, Dr. Shikha Bajaj, co-coordinator of Women Development Cell emphasized the importance of being vigilant and aware as consumers in today’s fast-paced and complex market. The interactive segment allowed participants to pose questions, discuss real-life scenarios, and gain practical insights into their rights as consumers. Forty three faculty members attended this event.

Principal, Dr. Maneeta Kahlon, shared her insightful views on the significance of such initiatives. She emphasized that knowledge of consumer rights are a cornerstone of a healthy economy and urged participants to act as informed and responsible consumers. She appreciated the Department of Economics for organizing an event of such relevance and for their efforts in fostering a culture of awareness and responsibility.



# Guru Nanak Khalsa College for Women

Gujarkhan Campus, Model Town, Ludhiana



Under the aegis of IQAC  
**Department of Economics**  
in collaboration with **Women Development Cell**  
observes



**NATIONAL**  
**CONSUMER**  
**RIGHTS DAY**

**24th December, 2024**

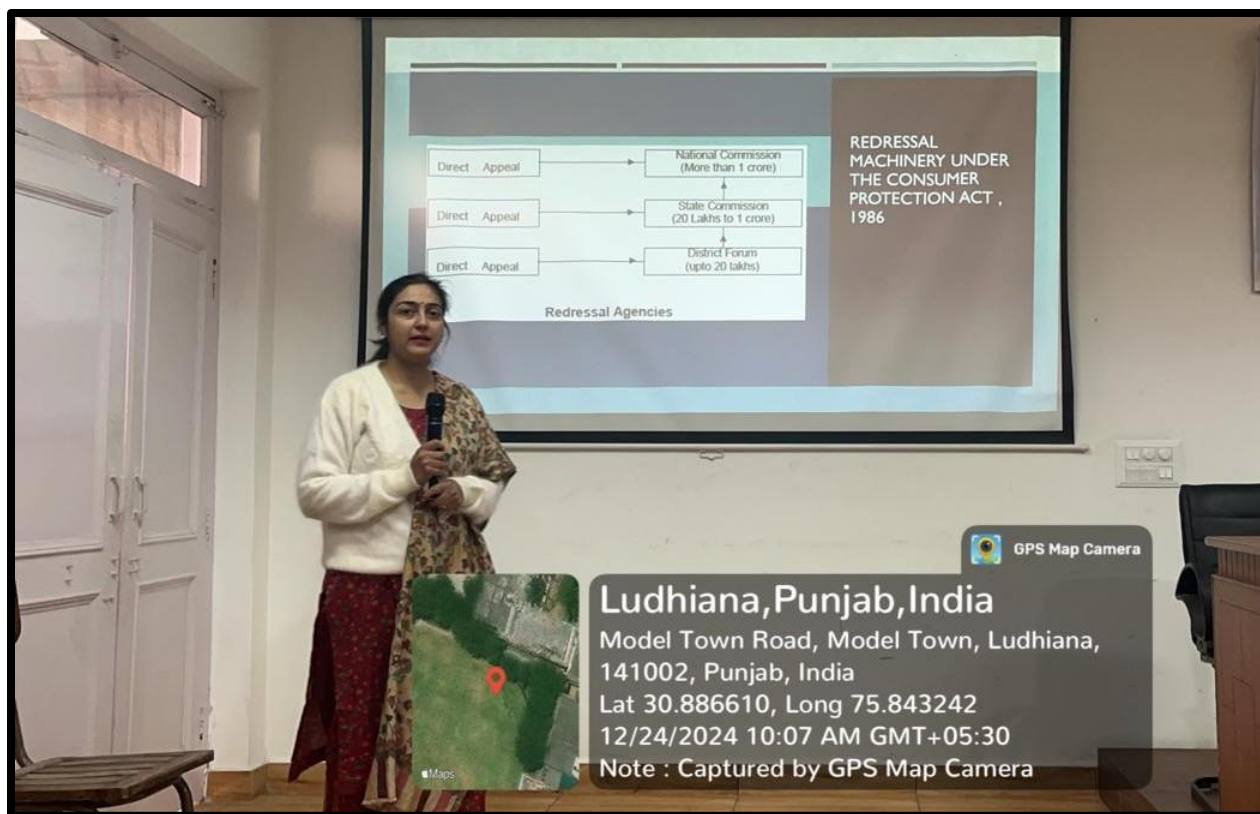
**Virtual Hearings & Digital Access to Consumer Justice**

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

**Organizers**  
**Mrs. Seema Dua**  
**Dr. Shikha Bajaj**








## **National Girl Child Day**

**January 24, 2025**

Guru Nanak Khalsa College for Women, Model Town, Ludhiana observed National Girl Child Day by The Women Development Cell and Psychology Club observed National Girl Child Day.


The students organized a short skit to raise awareness about eliminating the stigma surrounding the girl child. This was followed by an interactive session conducted by Dr. Palak Bhumbla from Fortis Hospital, Mall Road, Ludhiana. During the session, discussions focused on societal stigma and the impact of social addiction on mental health. Mrs. Seema Dua and Dr. Shikha Bajaj, coordinator of the Women Development Cell, shared their insights on empowering girls.

Ms. Kusha Mehra, Head of the Psychology Club, addressed the mental health challenges faced by girls and the influence of social media. Dr. Maneeta Kahlon also shared her perspective on social media addiction and its effects on mental health.



# Guru Nanak Khalsa College for Women

Gujarkhan Campus, Model Town, Ludhiana



Under the aegis of IQAC

**Women Development Cell & Psychology Club**

observes

## National Girl Child Day

**Mental Health related to Social Media Addiction**

**Date: 24th January, 2025**  
**Time: 12:00 onwards**  
**Venue: Seminar Hall**

**Principal**  
Dr. Maneeta Kahlon

**Resource Person**  
Dr. Palak Bhumbra  
Psychologist, Fortis Hospital

**Organizers**  
Mrs. Seema Dua  
Dr. Shikha Bajaj  
Ms. Kusha











## **International Day of Women and Girls in Science**

**February 11, 2025**

Department of Computer Science and Applications, in collaboration with the Women Development Cell of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, celebrated the International Day of Women and Girls in Science with an insightful session on this year's theme, "Unpacking STEM Careers: Her Voice in Science."

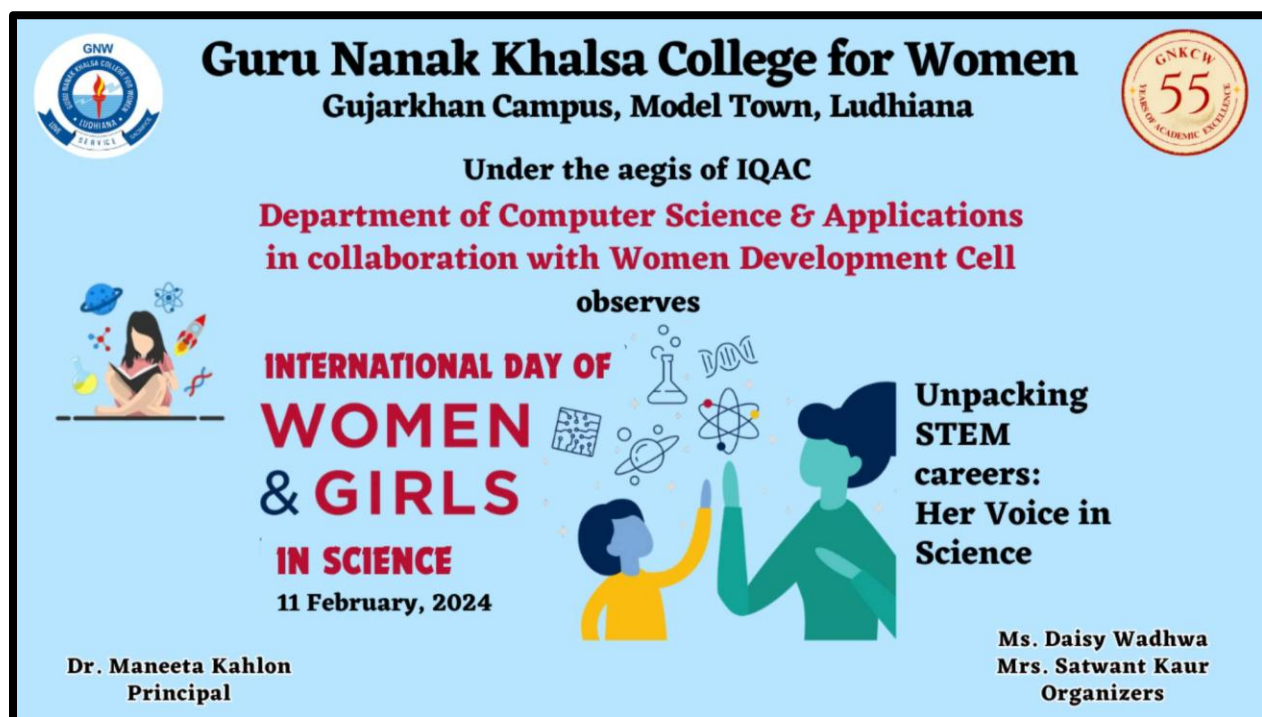
As part of a peer-teaching initiative, students of BCA 2nd semester shared their knowledge with their peers on the role of Artificial Intelligence (AI) tools in enhancing productivity. The interactive session covered, AI-powered presentation design tools, AI tools for generating audio from text, Grammar and sentence structure enhancement tools, and AI-based image generation tools.

The initiative emphasized the importance of women's participation in science and technology, emphasizing how AI can serve as a powerful tool for academic and professional growth. The



event was coordinated by Ms. Daisy Wadhwa and Ms. Satwant Kaur, along with the faculty of the Computer Science Department.

Addressing the students, Principal Dr. Maneeta Kahlon highlighted the significance of the day, stating: “Women and girls have immense potential to lead in science and technology. By equipping ourselves with AI and emerging digital tools, we are not just keeping pace with advancements but also shaping the future. Such initiatives empower our students to be confident, skilled, and innovative in their careers.”



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

Under the aegis of IQAC

**Department of Computer Science & Applications**  
in collaboration with Women Development Cell

observes

**INTERNATIONAL DAY OF  
WOMEN  
& GIRLS  
IN SCIENCE**  
11 February, 2024

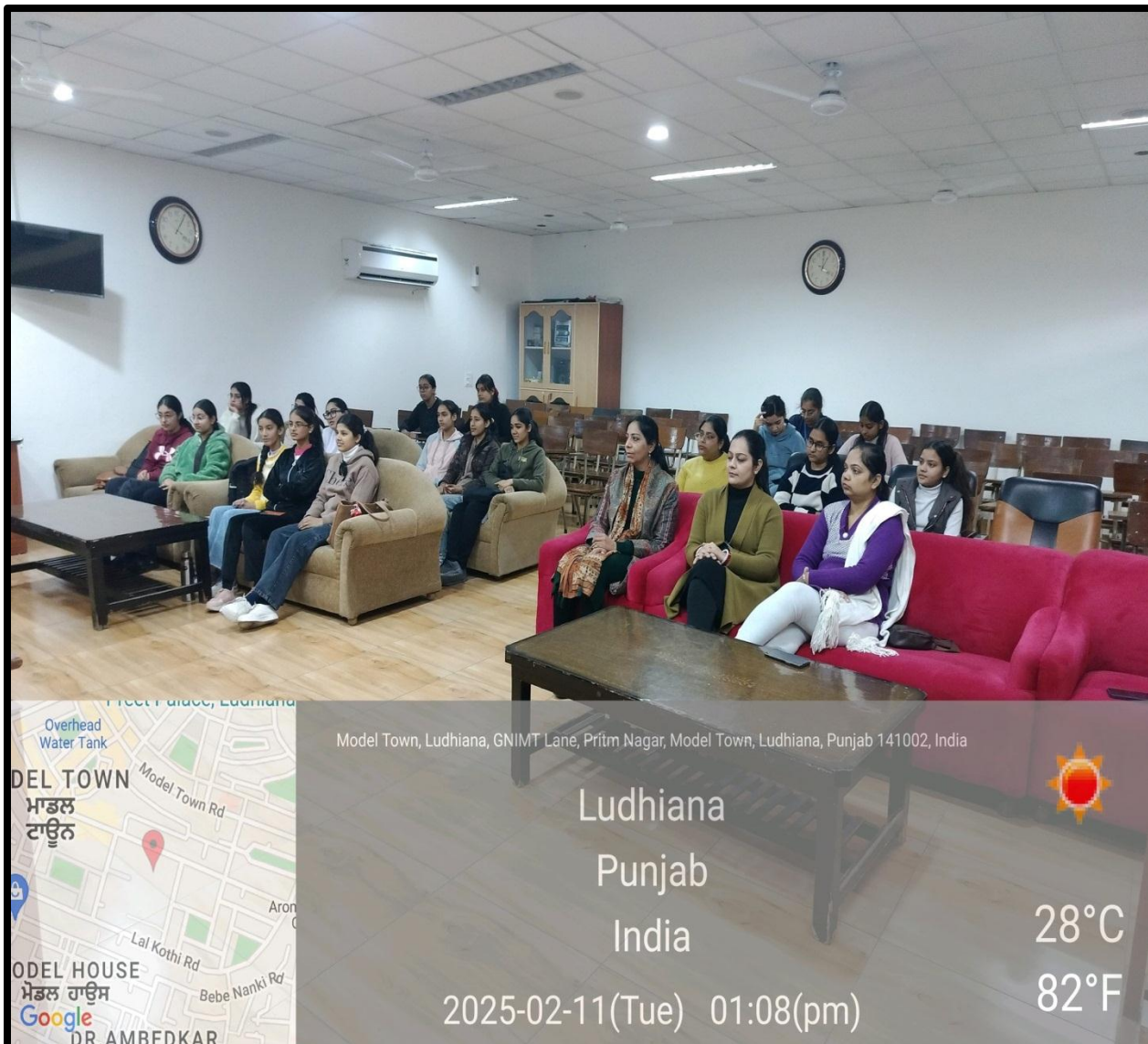
**Unpacking  
STEM  
careers:  
Her Voice in  
Science**

**Dr. Maneeta Kahlon**  
Principal

**Ms. Daisy Wadhwa**  
**Mrs. Satwant Kaur**  
Organizers







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

Ludhiana  
Punjab  
India



28°C  
82°F

2025-02-11(Tue) 01:08(pm)

## **Exhibition Cum Sale of Beautiful Outfits**

**February 14, 2025**

Under the aegis of IQAC, Department of Fashion Designing organized exhibition cum sale of beautiful outfits stitched by final year students. These includes lehengas, different types of suit sets, shararas and Kurtas. Students enthusiastically designed and developed clothing items as a part of their curriculum. Outfits were hugely liked by students and faculty members of college. 11 students participated in the activity. The activity was conducted under the guidance of Dr. Shikha Bajaj and Ms. Yukti Khurana.

Principal Dr. Maneeta Kahlon graced the event and appreciated students for their efforts and creativity. She encouraged them to become self sufficient in art of design and development as it can prove as very good income generating venture for them in future.



The poster is for an exhibition cum sale of beautiful outfits. It features a purple background with a large, stylized floral pattern. The text is in various colors and fonts, including red, white, and black. There are illustrations of people interacting with clothing racks and a podium. Logos for GNW and GNCW are present in the top corners.

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

Under the aegis of IQAC  
*Department of Fashion Designing*  
organises  
*Exhibition cum sale of Beautiful Outfits*

Date: February 14, 2025  
Venue: Fashion Designing Deptt.  
Time: 10:30 am

Principal  
Dr. Maneeta Kahlon

Organizers  
Dr. Shikha Bajaj  
Mrs. Yukti Khurana





## **Traditional (Folk) Games Event Under Indian Knowledge System**

**March 1, 2025**

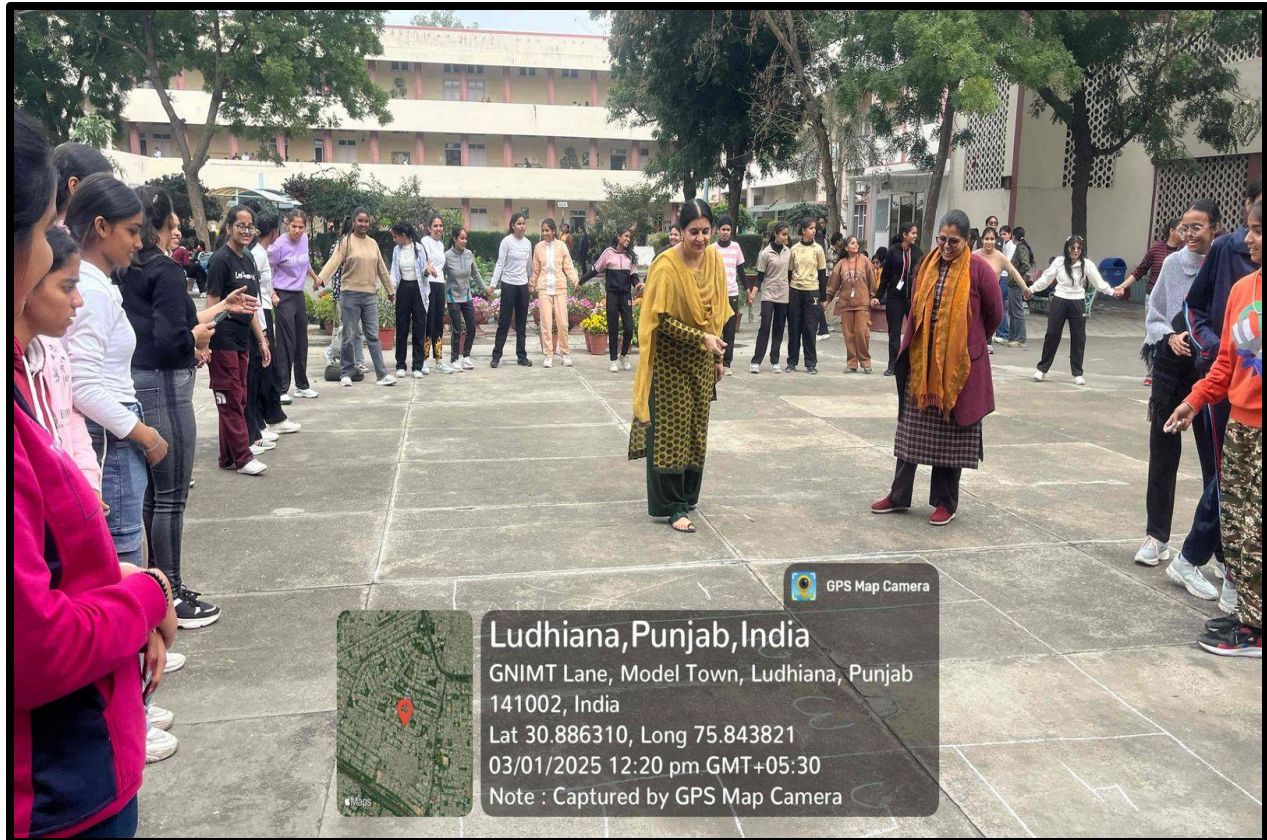
The Department of Physical Education at Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, organized a Traditional (Folk) Games event under the Indian Knowledge System on March 1, 2025.

The event featured a diverse array of traditional games, including Pithu Garam, Langdi, Kho-Kho, Posham Pa, Gulli Danda, Raja Mantri, Stepu, Rope Hopping, Kanche, and Kokla Chappaki. A total of 121 students participated, alongside the entire staff and Principal Dr. Maneeta Kahlon, all demonstrating great enthusiasm and sportsmanship.

The event was conducted under the guidance of Mrs. Parminder Kaur, Head of the Department of Physical Education.

Principal Dr. Maneeta Kahlon graced the occasion, commending the students for their dedication and encouraging them to embrace and preserve these traditional games as an essential part of their cultural heritage.





GPS Map Camera



Ludhiana, Punjab, India

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

Lat 30.886310, Long 75.843821

03/01/2025 12:20 pm GMT+05:30

Note : Captured by GPS Map Camera









## **Motivational Lecture on Personality Development and Moral Values in Light of Gurbani**

**March 07, 2025**

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.

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 for such motivational lectures for the students.













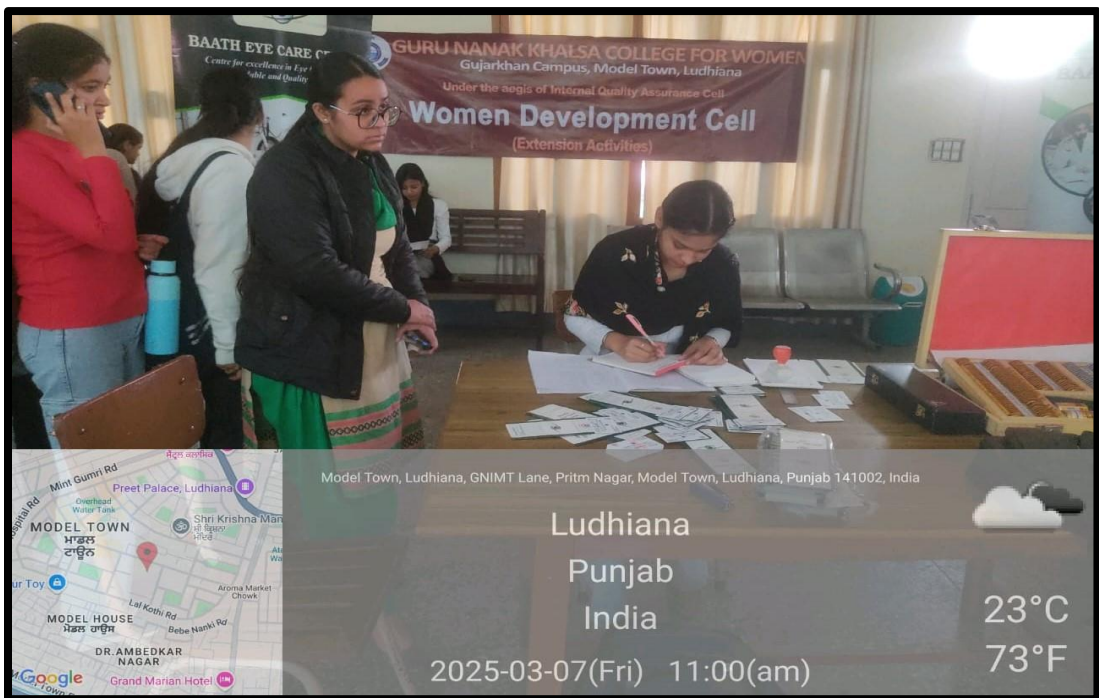
### **Eye Check-Up Camp**

**March 7, 2025**

Guru Nanak Khalsa College for Women, Model Town, Ludhiana, the Women Development Cell organized an eye check-up camp on March 7, 2025. A team of doctors from Bath Eye Care Centre, Model Town Extension, Ludhiana, conducted comprehensive eye examinations.

This initiative was part of the college's International Women's Day celebrations, reflecting a strong commitment to the empowerment and well-being of women in the community.

A total of 128 faculty members and students took advantage of this opportunity to have their eyes examined. Principal Dr. Maneeta Kahlon expressed her heartfelt gratitude to the medical team for their invaluable service and contribution to the health and welfare of the college community.







## **International Women's Day**

**March 8, 2025**

Guru Nanak Khalsa College for Women, in collaboration with 3PB (Girls) BN NCC, NSS, and the Department of Physical Education, celebrated International Women's Day on March 8, 2025. As part of the celebration, a self-defense workshop was organized for students, aimed at equipping them with essential skills to protect themselves in various situations.

The workshop was conducted by Shihan Kamal Sharma, a 7th DAN Black Belt, who guided participants through fundamental physical maneuvers, including escapes from holds, strikes, and blocks. Emphasis was placed on situational awareness, confidence, and quick decision-making. The session incorporated practical exercises to help attendees build muscle memory, along with discussions on mental preparedness.

The workshop successfully empowered participants, enhancing their ability to respond effectively in potential self-defense scenarios.

Principal Dr. Maneeta Kahlon graced the event and encouraged students to undergo physical training in self-defense, enabling them to handle any unwanted situation with confidence.







## **One Day Educational Trip to Punjoy, Bathinda**

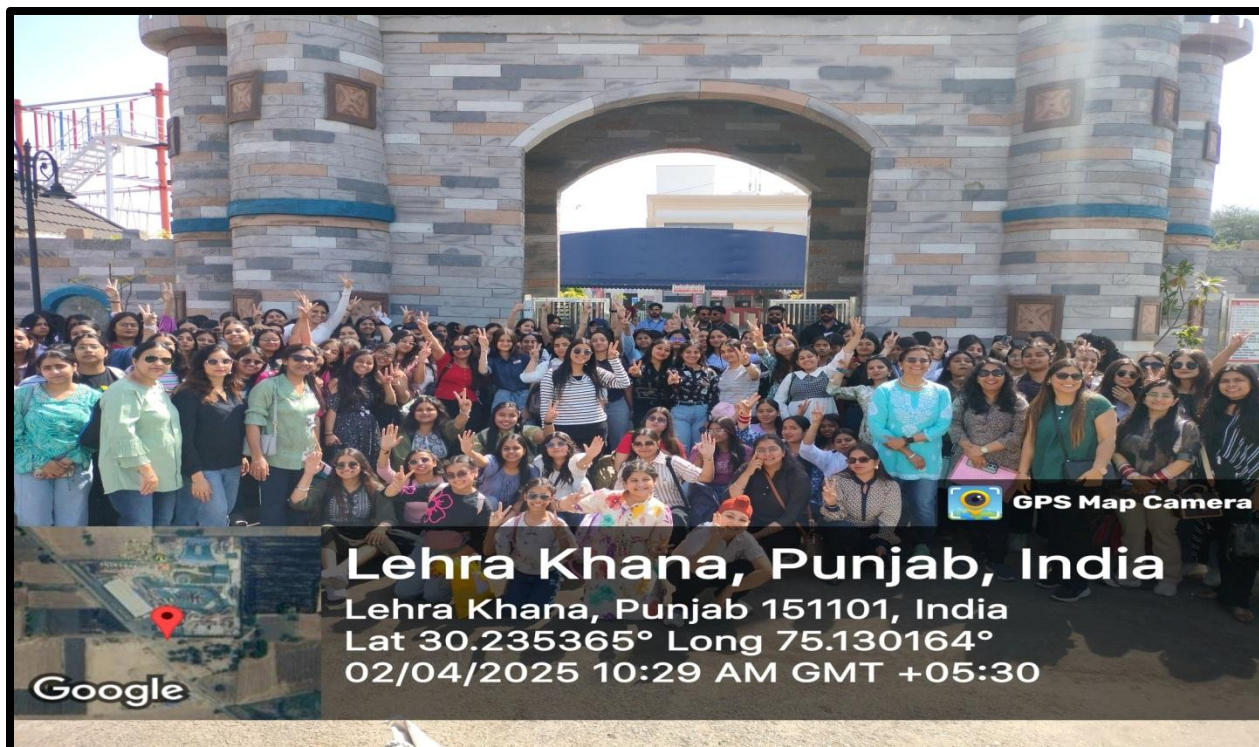
**April 2, 2025**

Guru Nanak Khalsa College for Women, Model Town, Ludhiana, successfully organized a one-day educational tour to Punjoy, Bathinda on April 2, 2025. The trip was coordinated by Mrs. Seema Dua and Dr. Kuldeep Kaur, the coordinators of Trip and Tours committee. The trip was designed to provide students with an enriching experiential learning opportunity beyond classroom education. A total of 155 students accompanied by eight faculty members, Dr. Balbir Kaur, Mrs. Surjit Kaur, Dr. Kirti Dhawan, and Mrs. Sandeep Kaur, Mrs. Baljeet Kaur, Mrs. Balwinder Kaur, Mrs. Chakshu, and Ms. Blossom Singla participated in this memorable journey.

Students enjoyed various rides at Adventure Park. They also enjoyed dance with their friends after having lunch at Punjoy, students then had a lot of fun at waterpark. They danced and splashed water over each other and enjoyed the water slides. Students enjoyed shopping and evening walk at HG Eaton Plaza which was last stop for the day. Students captured countless photos to remember the memorable experience. The smiles on their faces reflected the joy and camaraderie that the trip fostered. It was heartwarming to see students from different classes and backgrounds connecting, creating lasting memories.

Emphasizing the value of experiential learning, Principal Dr. Maneeta Kahlon stated, "Education goes beyond textbooks; real-life experiences foster critical thinking and expand perspectives. This educational trip provided our students with a rich mix of cultural, environmental, and industrial insights, deepening their understanding in a practical and enjoyable way."













## World Health Day

**April 7, 2025**

Red Ribbon Club and NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana marked World Health Day on April 7, 2025. The event was organized under the guidance of Dr. Nidhi Sharma, Dr. Neetu Prakash, and Ms. Daisy Wadhwa, who highlighted this year's WHO theme, "Healthy Beginnings, Hopeful Futures", emphasizing the critical importance of maternal and newborn health.

To create awareness among students, a documentary was screened, shedding light on the history, significance, and contemporary relevance of World Health Day. The documentary served as a powerful educational tool, drawing attention to the urgent need for better health systems that support mothers and newborns, especially in underserved communities.

Speaking on the occasion, Dr. Maneeta Kahlon, Principal of the college, stated, "World Health Day reminds us of our collective responsibility towards ensuring health equity. By focusing on

maternal and newborn health, we are not just securing the well-being of individuals but also laying the foundation for healthier generations to come."





