

GURU NANAK KHALSA COLLEGE FOR WOMEN

MODEL TOWN, LUDHIANA



REPORT ON

NSS AND RED CROSS SOCIETY

JANUARY - MAY 2025

Maneeta
PRINCIPAL
DR. MANEETA KAHLOON
Dr. MANEETA KAHLOON
Principal
Guru Nanak Khalsa College for Women
Gujarkhan Campus, Model Town, Ludhiana

Neetu
NSS COORDINATOR
DR. NEETU PRAKASH
MRS SATWANT KAUR

Sr. No	Name of Activity	Date
1	7-Day NSS Camp	
	❖ Day 1	January 10, 2025
	❖ Day 2	January 11, 2025
	❖ Day 3	January 12, 2025
	❖ Day 4	January 13, 2025
	❖ Day 5	January 14, 2025
	❖ Day 6	January 15, 2025
	❖ Day 7	January 16, 2025
2	Road Safety Month	
	❖ Online orientation and training session on "Road Safety for Youth of Punjab."	January 22, 2025
	❖ An educational visit to the Children's Traffic Park was organized by NSS Unit on	January 31, 2025
3	International Education Day	January 24, 2025
4	lecture titled "Say No to Violence Against Women	January 27, 2025
5	Martyrs' Day	January 30, 2025
6	Safer Internet Day	February 11, 2025
7	Lecture on Safety and Security in Cyber Space	February 24, 2025
8	Lecture on "Registration and Utilization of "My Bharat Portal"	February 28, 2025
6	International Women's Day	
	❖ Workshop on 'Make up and Nail art'	March 03, 2025
	❖ Movie Screening of "Manikarnika: Queen of Jhansi "	March 5, 2025
	❖ EYE CHECK-UP CAMP	March 7, 2025
	❖ Motivational Lecture on Personality Development and Moral Values in the Light of Gurbani	March 7, 2025
	❖ Workshop on self-defense techniques	March 8, 2025
	❖ Empowering Financial Independence on International Women's Day	March 8, 2025
	❖ Celebrated "International Women's Day" in collaboration with Hero Cycle	March 8, 2025
	❖ Fit India Pledge and yoga session on International Women's Day	March 8, 2025
7	Environment Education Program-2024-25	
	❖ World Sparrow Day	March 20, 2025
	❖ World Water Day	March 22, 2025
	❖ International Day of Forests	March 21, 2025
	❖ Awareness drive on plastic free environment	March 25, 2025
8	Martyrs' Day (Shaheed Diwas)	March 22, 2025
9	Rally against Drug Abuse by organized in Ludhiana under the direction of the Chief Minister of Punjab on April 2, 2025.	April 2, 2025
10	World Health Day	April 7, 2025.
11	Poshan Pakhwada	
	❖ Sensitizing Children to Obesity Prevention Through Nutritious Cooking	April 9, 2025

	<ul style="list-style-type: none"> ❖ Assessing Malnutrition: BMI Calculations as Part of Poshan Pakhwada 2025 	April 11, 2025
	<ul style="list-style-type: none"> ❖ Earn While You Learn: Bhel Puri Stall at GNKCW for Poshan Pakhwada 	April 12,2025
	<ul style="list-style-type: none"> ❖ The workshop focused on the preparation of nutritious dishes featuring cereal-pulse combinations and fortified with vegan ingredients. 	April 19,2025
	<ul style="list-style-type: none"> ❖ Workshop on Preparing Nutrient-Enriched Recipes 	April 21, 2025
	<ul style="list-style-type: none"> ❖ Nutritional Awareness and Mid-Day Meal Evaluation under Poshan Pakhwada 2025 	April 23, 2025
12	Awareness Lecture on dengue	April 17, 2025
13	Anti-Terrorism Day	May 21, 2025
14	World Environment Day <ul style="list-style-type: none"> ❖ Pledge to minimize the use of single-use plastic ❖ Recycling of plastic water bottles ❖ Awareness campaign to reduce plastic waste 	May 24, 2025 May 28, 2025 May 29, 2025

Day 1: 7-Day NSS Camp	
Organized by:	NSS Unit
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	January 10, 2025
Total Participants:	58
Social Media Links:	https://www.facebook.com/share/p/18CcMK3N8j/ https://www.instagram.com/p/DEo-L_yYuY/?utm_source=ig_web_copy_link&igsh=MzR1ODBiNWFIZA==
<p>Under the aegis of IQAC, NSS Unit of Guru Nanak Khalsa College for Women, Ludhiana organised 7-Day NSS Camp from January 10 to January 16, 2025.</p> <p>Morning Session</p> <p>The 7-day NSS camp began with the registration of NSS volunteers. The theme of the camp, "Nasha Mukti Bharat," aimed at promoting a drug-free India, was introduced to the participants. The camp was officially inaugurated by the Principal, Dr. Maneeta Kahlon. She encouraged the volunteers to actively participate in the upcoming activities.</p> <p>To ensure the smooth functioning of the camp, various committees were formed, including the Refreshment Committee, Cultural Committee, Writing Committee, Discipline Committee, Anchoring Committee. The morning session featured the following activities:</p> <p>Pledge on Drug Abuse</p> <p>The volunteers took a solemn pledge to spread awareness about the harmful effects of drug abuse and work towards a drug-free society.</p> <p>Slogan Writing: Students wrote powerful slogans aimed at raising awareness about the dangers of drug abuse.</p> <p>Poem Recitation: Several students recited poems centred around the theme of a drug-free India.</p> <p>Refreshment: Tea and lunch were served to the volunteers during the break.</p> <p>Celebration of Hindi Diwas</p> <p>The college also celebrated Hindi Diwas in the morning. Students engaged in a group discussion about the significance of the Hindi language and its cultural importance in India.</p> <p>Evening Session</p> <p>The evening session began with a Group Discussion on Nasha Mukti Bharat, where students participated enthusiastically, discussing various ways to combat drug abuse and promote a drug-free India. The discussion provided valuable insights into how individuals and society can contribute to this cause.</p> <p>At the end of the evening session, Madam Principal, Dr. Maneeta Kahlon, addressed the students, appreciating their active participation in the day's activities. She praised their efforts in promoting the theme of the camp and encouraged them to continue their work with dedication throughout the week.</p>	

PHOTOGRAPHS





Day 2:7-Day NSS Camp

Organized by:	NSS Unit
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	January 11, 2025
Total Participants:	58
Social Media Links:	https://www.facebook.com/share/p/1A2h6hxDkf/ https://www.instagram.com/p/DEwQkz4Se2k/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFIZA== https://www.instagram.com/p/DEwQq1gyoOu/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFIZA==

Under the aegis of IQAC, NSS Unit of Guru Nanak Khalsa College for Women, Ludhiana organised 7-Day NSS Camp from January 10 to January 16, 2025.

Today NSS Volunteers attended Nasha Mukt Bharat Abhiyan at PAU Open Air Theater on January 11, 2025. The event was presided over by Panjab Governor Gulab Chand Kataria, Union Minister of Social Justice and Empowerment, Dr. Virendra Kumar and Panjab Minister of Social Justice and Empowerment, Baljit Kaur. A walkthon was also held to disseminate the message of Nasha Mukt Abhiyan.

This Abhiyan includes three pronged strategies aimed at curbing drug issues, curbing the supply of drugs through the Narcotics Control Bureau and Police, conducting outreach and Awareness initiatives and reducing the demands for drugs. The movement emphasis that it is the time for the fight against drugs to evolve into mass movements focused on Panjab particularly Ludhiana drug free.

PHOTOGRAPHS





Day 3:7-Day NSS Camp	
Organized by:	NSS Unit
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	January 12, 2025
Total Participants:	58
Social Media Links:	https://www.facebook.com/share/p/19nEf8Nw2Y/ https://www.instagram.com/p/DEwRPyCyG2w/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
<h2>Morning Session</h2> <h3>Screening of Laapata Ladies</h3> <p>On Day 3 of the NSS Camp, the morning session began with the screening of the movie Laapata Ladies for NSS (National Service Scheme) volunteers. The film focused on women empowerment, addressing the challenges and triumphs of women navigating societal expectations. It emphasized the importance of gender equality, supporting women's rights, and the role of education in breaking societal barriers. The movie inspired volunteers to understand how education can empower women and build a more equal society.</p>	
<h2>Evening Session:</h2> <h3>Community Service at Gurudwara and National Youth Day Broadcast</h3> <p>The evening session included a meaningful community service activity where NSS volunteers cleaned carpets at the Gurudwara. The students worked in teams, demonstrating strong collaboration and a sense of responsibility. Their efforts created a welcoming environment for visitors and enhanced the spiritual atmosphere of the Gurudwara. This activity reinforced the values of service and collective effort.</p> <p>Later in the evening, volunteers participated in the live broadcast of the Hon'ble Prime Minister Narendra Modi's address at Bharat Mandapam, New Delhi, marking National Youth Day, which commemorates the birth anniversary of Swami Vivekananda. During the event, the Prime Minister engaged in the Viksit Bharat Young Leaders Dialogue, inspiring over 3,000 young leaders with his vision for India's development. The address motivated the youth to play an active role in the nation's progress.</p> <p>Madam Principal's Address</p> <p>Madam Principal, Dr. Maneeta Kahlon, addressed the NSS volunteers, lauding their enthusiastic participation in both the movie screening and the evening activities. She commended their dedication to community service at the Gurudwara, emphasizing the importance of selfless service in personal growth and character building.</p>	

PHOTOGRAPHS





Day 4:7-Day NSS Camp	
Organized by:	NSS Unit
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	January 13, 2025
Total Participants:	58
Social Media Links:	<p>https://www.facebook.com/share/p/189QtFEokP/</p> <p>https://www.instagram.com/p/DEy29hayQM0/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFIZA==</p> <p>https://www.instagram.com/p/DEy3FRESAKH/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFIZA==</p>
<p>Day 4 of the NSS Camp at Guru Nanak Khalsa College for Women, Ludhiana, began with a rejuvenating Yoga Session conducted by Mrs. Parminder Kaur from the Physical Education Department. Participants actively engaged in a variety of yoga practices, including breathing exercises to enhance mindfulness and focus, stretching exercises to improve flexibility and relieve tension, and relaxation techniques to promote inner calm and overall well-being. The session aimed to instill the importance of physical fitness and mental health among the volunteers, fostering a holistic approach to well-being.</p> <p>Later, Brahma Kumaris (BK) Sister Jyotsana delivered an insightful lecture on the theme "Self-Service to Nation's Service." She emphasized the significance of self-improvement as the foundation for contributing positively to society and highlighted the interconnectedness of individual well-being and national progress. Sister Jyotsana shared practical methods to develop inner positivity, such as meditation, self-reflection, and maintaining an optimistic mindset.</p> <p>She encouraged the participants to extend their positivity by inspiring and supporting others to adopt a constructive and hopeful attitude. Sister Jyotsana highlighted the ripple effect of such actions, explaining that small acts of kindness and encouragement could lead to broader societal transformation. Through her motivational session, she inspired the attendees to recognize self-service as an essential step in building a stronger and more harmonious nation.</p> <p>In the evening session of Day 4 at the NSS Camp, Lohri was celebrated with great enthusiasm and joy. The students came together to partake in traditional Lohri dances, including the energetic Bhangra and Giddha, which are emblematic of the harvest festival. The dances were filled with vibrant energy, and the atmosphere was lively with the sounds of music and clapping.</p> <p>As part of the celebration, students enjoyed the traditional treats of moongfali (peanuts) and rewari (sesame candy), which are commonly shared during the Lohri festival. These snacks, symbolizing warmth and prosperity, added to the festive spirit, and the students bonded over the joyous occasion. The celebration provided a wonderful opportunity for everyone to experience the cultural richness of the festival while fostering camaraderie among the participants.</p> <p>Refreshments and lunch were served to the students on Day 4 of the NSS Camp at Guru Nanak Khalsa College for Women, Ludhiana, ensuring that the participants were energized and well-fed during the day's activities.</p>	

PHOTOGRAPHS







ਕਾਲਜ 'ਚ 7 ਦਿਨਾਂ ਦਾ ਐਨਐਸਐਸ ਕੈਂਪ ਜਾਰੀ

ਸਟਾਫ ਪ੍ਰੰਤੀਨਿਧਿ, ਪੰਜਾਬੀ ਜਾਗਰਣ

ਲੁਧਿਆਣਾ: ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੁਡੀਆਂ ਲੁਧਿਆਣਾ ਦੀ ਐਨਐਸਐਸ ਯੂਨਿਟ ਵੱਲ ਇੰਟਰਨਲ ਕੁਆਇਟੀ ਮੈਨੇਜਮੈਂਟ ਸੈਲ ਦੀ 'ਨਾਵਾਈ' ਹੇਠ 7 ਵੇਕਾਂ ਐਨਐਸਐਸ ਕੈਂਪ ਲੁਧਿਆਣਾ ਗਿਆ। ਕੈਂਪ ਦਾ ਵਿਸ਼ 'ਨਸ਼ੀ ਮੁਕਤੀ ਭਰਤ' ਹੈ। ਪਿਛੇ ਦਿਨ ਦੀ ਸ਼ੁਰੂਆਤ ਵੱਜਿਸਟੇਸ਼ਨ, ਕਮੇਟੀ ਗਠਨ ਤੇ ਨਾਕਿਆਂ ਦੀ ਫੁਰਵਰਤ, ਸਲੋਗਨ ਲਿਖਣ ਤੇ ਕਵਿਤਾ ਪਾਠ ਵਰਗੀਆਂ ਗਤੀਵਿਧੀਆਂ ਨਾਲ ਛੁਡ੍ਹ ਹੋਈ। ਹਿੰਦੀ ਵਿਵਸ਼ ਵੀ ਮਨਜ਼ਿਆਂ ਗਿਆ। ਦਿਨ ਦੀ ਸਮਾਪਤੀ ਨਾਕਿਆਂ ਦੀ ਰੋਕਥਾਮ ਸਬੰਧੀ ਸ਼ਾਸ਼੍ਵਰ ਚਰਚ ਨਾਲ ਹੋਈ।

ਦੂਜੇ ਦਿਨ ਪੰਜਾਬ ਦੇ ਰਾਜਪਾਲ ਗੁਰਾਂਕ ਚੰਦ ਕਟਾਈਆ ਦੀ ਪ੍ਰਾਪਨੀ ਹੇਠ ਪੀਏਂਹੁ ਵਿਖੇ 'ਨਸ਼ੀ' ਮੁਕਤ ਭਰਤ ਮੁਹੱਿਮ 'ਚ ਵਾਈਟੀਅਰ ਨੇ ਰਿਸ ਤਿਆ, ਜਿਸ 'ਚ ਵਾਕਾਂ ਦੀ ਰਿਖਾਈ ਗਈ ਤੇ ਨਾਕਿਆਂ ਦੀ ਫੁਰਵਰਤ ਹੂੰ ਕੈਕਟ ਬਾਰੇ ਵਿਚੁਨ-ਵਟਾਰਦਾ ਕੀਤਾ ਗਿਆ। ਕੀਮੇਂ ਦਿਨ 'ਚ ਵਿਡਾਮ 'ਲਾਪਤਾ' ਲੋਡੀਂਗ ਦੀ ਸਕੀਨਿੰਗ ਸ਼ਾਮਲ ਸੀ, ਜਿਸ 'ਚ ਅਤੇ ਦੋ ਦੇਵਾਂ ਦੀ ਸ਼ਾਮਲ ਸੀ।



ਬੀਕੇ ਸਿਸਟਰ ਜਾਨੇਤਸਨਾ ਨੂੰ ਸਨਮਾਨਿਤ ਕਰਦੇ ਪ੍ਰਿਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੇ ਤੋਂ ਹੋਰ।

ਪਿਆਨ ਕੇਂਦਰਿਤ ਕੀਤਾ ਗਿਆ ਸੀ। ਉਸ ਤੋਂ ਨੀਤ੍ਰ ਪ੍ਰਕਾਸ਼ ਤੇ ਸਤਵੰਤ ਕੌਰ ਦੀ ਦੇਖਿੇਖ ਥਾਨਾਂ ਇੰਕ ਗੁਰਦੁਆਰੇ ਚ ਕੀਮੀਨਿਟੀ ਹੇਠ ਇਹ ਕੈਪ ਜਾਗਰੂਕਤ, ਸ਼ਕਤੀਕਰਨ ਸੇਵਾ ਤੇ ਪ੍ਰਾਣ ਮੁੰਤਾਬੀ ਨੂੰ ਦਿਵਸ ਦੇ ਸੰਬੰਧਨ 'ਚ ਹਿੱਸਾ ਉਤਸ਼ਾਹਿਤ ਕਰਦਾ ਹੈ। ਪ੍ਰਿਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੇ ਨੇ ਐਨਐਸਐਸ ਯੂਨਿਟ ਸੰਖੇਪ ਗਤੀਵਿਧੀਆਂ ਨੂੰ ਸ਼ਾਮਲ ਕੀਤੀ।

ਉਦੇ ਦਿਨ 'ਚ ਇੱਕ ਯੋਗਾ ਸੈਸ਼ਨ, ਤੇ ਵਲੰਟੀਅਰਾਂ ਦੀ ਸਰਗਰਮ ਸ਼ਾਸ਼੍ਵਰੀਅਤ ਸੀ। ਇੱਕ ਯੋਗਾ ਸੈਸ਼ਨ, ਤੇ ਰਵਾਇਤੀ ਨਾਚ ਤੇ ਤਾਜ਼ੀਨ ਨਾਲ ਹੋਈ ਦਾ ਜ਼ਬਨ ਪੇਸ਼ ਕੀਤਾ ਗਿਆ। ਐਨਐਸਐਸ ਪ੍ਰਗਤਾਮ ਅਫਸਰਾਂ ਦੀ ਸ਼ਾਮਲ ਸੀ।

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ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਚ ਐਨਐਸਐਸ ਕੈਂਪ 'ਚ ਵੱਖ-ਵੱਖ ਗਤੀਵਿਧੀਆਂ ਆਯੋਜਤ

ਲੁਧਿਆਣਾ, 14 ਜਨਵਰੀ
(ਸੁਧੀਰ ਅਗਨੀਹੋਤਰੀ):

ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸ਼ਵਰੀਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ, ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਫੂਮੈਨ, ਲੁਧਿਆਣਾ ਦੀ ਐਨਐਸਐਸ ਯੂਨਿਟ ਵੱਲ 10 ਜਨਵਰੀ ਤੋਂ 16 ਜਨਵਰੀ, 2025 ਤੱਕ 7

ਹੋਸ਼ਾ ਐਨਐਸਐਸ ਕੈਂਪ ਲਗਾਇਆ ਜਾ ਰਿਹਾ ਹੈ, ਜਿਸ ਦਾ ਵਿਸ਼ 'ਨਸ਼ੀ' ਮੁਕਤੀ ਭਰਤ' ਹੈ। ਦਿਨ 1 ਦੀ ਸ਼ੁਰੂਆਤ, ਵੱਜਿਸਟੇਸ਼ਨ, ਕਮੇਟੀ ਗਠਨ, ਅਤੇ ਨਾਕਿਆਂ ਦੀ ਫੁਰਵਰਤ, ਸਲੋਗਨ ਲਿਖਣ ਅਤੇ ਕਵਿਤਾ ਪਾਠ ਵਰਗੀਆਂ ਨਾਲ ਸ਼ੁਰੂ ਹੋਈ। ਹਿੰਦੀ ਵਿਵਸ਼ ਵੀ ਮਨਜ਼ਿਆਂ ਗਿਆ। ਦਿਨ ਦੀ ਸਮਾਪਤੀ ਨਾਕਿਆਂ ਦੀ ਰੋਕਥਾਮ ਸਬੰਧੀ ਚਰਚਾ ਨਾਲ ਹੋਈ।

ਦੂਜੇ ਦਿਨ ਪੰਜਾਬ ਦੇ ਰਾਜਪਾਲ ਗੁਰਾਂਕ ਚੰਦ ਕਟਾਈਆ ਦੀ ਪ੍ਰਾਪਨੀ ਹੇਠ ਪੀਏਂਹੁ ਵਿਖੇ ਨਸ਼ੀ ਮੁਕਤ ਭਰਤ ਅਭਿਆਨ ਵਿੱਚ ਵਲੰਟੀਅਰਾਂ ਨੇ ਭਾਗ ਲਿਆ, ਜਿਸ ਵਿੱਚ ਵਾਕਾਂ ਦੀ ਦਿਖਾਈ ਗਈ ਅਤੇ ਨਾਕਿਆਂ ਦੀ ਫੁਰਵਰਤ ਨੂੰ ਰੋਕਣ ਬਾਰੇ ਵਿਚਾਰ ਵਟਾਂਦਰਾ ਕੀਤਾ ਗਿਆ। ਦਿਨ 3 ਵਿੱਚ ਫਿਲਮ ਲਾਪਤਾ



ਲੇਡੀਜ਼ ਦੀ ਸਕੀਨਿੰਗ ਸ਼ਾਮਲ ਸੀ, ਜਿਸ ਵਿੱਚ ਅੰਰਤਾਂ ਦੇ ਸ਼ਕਤੀਕਰਨ 'ਤੇ ਧਿਆਨ ਕੇਂਦਰਿਤ ਕੀਤਾ ਗਿਆ ਸੀ, ਇੱਕ ਯੋਗਾ ਸੈਸ਼ਨ, ਬੀਕੇ ਸਿਸਟਰ ਜਾਨੇਤਸਨਾ ਦੁਆਰਾ ਇੱਕ ਪ੍ਰਣਾਦਾਇਕ ਲੈਕਚਰ, ਅਤੇ ਰਵਾਇਤੀ ਨਾਚਾਂ ਅਤੇ ਤਾਜ਼ਗੀ ਦੇ ਨਾਲ ਲੋਹੜੀ ਦਾ ਜ਼ਬਨ ਪੇਸ਼ ਕੀਤਾ ਗਿਆ। ਐਨਐਸਐਸ ਪ੍ਰਗਤਾਮ ਅਫਸਰਾਂ ਦਾ ਨੀਤ੍ਰ ਪ੍ਰਕਾਸ਼ ਅਤੇ ਸੀਮਤੀ ਸਤਵੰਤ ਕੌਰ ਦੀ ਦੇਖ-ਰੇਖ ਹੇਠ ਇਹ ਕੈਪ ਜਾਗਰੂਕਤਾ, ਸ਼ਕਤੀਕਰਨ ਅਤੇ ਸੱਭਿਆਚਾਰਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਦਾ ਹੈ। ਪ੍ਰਿਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੇ ਨੇ ਐਨਐਸਐਸ ਯੂਨਿਟ ਅਤੇ ਵਲੰਟੀਅਰਾਂ ਦੀ ਸਰਗਰਮ ਸ਼ਸ਼੍ਵਰੀਅਤ ਨਾਲੋਂ ਲਈ ਕੀਤੇ ਯਤਨਾਂ ਦੀ ਸ਼ਾਮਲਾਂ ਗਿਆ।

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Day 5:7-Day NSS Camp	
Organized by:	NSS Unit
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	January 14, 2025
Total Participants:	58
Social Media Links:	https://www.facebook.com/share/1AeN2HQmGB/?mibextid=wwXIfr https://www.instagram.com/p/DE1VRIiyv3w/?igsh=anNseWN2dHNjdGQx https://www.instagram.com/p/DE1VaIJy15p/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
MORNING SESSION	
Physical exercise:	
<p>The fifth day of the NSS Camp began with a morning session of physical exercise, where NSS volunteers actively participated in various fitness activities. These exercises aimed to enhance physical well-being, promote a healthy lifestyle, and instill the importance of regular physical activity in their daily lives. The session was guided by trained instructors, ensuring that the participants performed the exercises correctly and efficiently. The enthusiasm and energy displayed by the volunteers set a positive tone for the rest of the day.</p>	
Maghi Sangrand celebrations :	
<p>Following the exercise session, the volunteers, along with the NSS coordinators, visited a nearby Gurdwara to partake in the Maghi Sangrand celebrations, a significant Sikh festival observed to mark the beginning of the month of Magh. The students participated in spiritual activities, including listening to kirtan (devotional hymns) and collective singing. They also engaged in prayer and seva (selfless service) as part of the celebration. The visit provided an opportunity for the volunteers to reflect on the values of humility, devotion, and community service, which are central to the spirit of NSS.</p>	
Meditation session:	
<p>A special meditation session was conducted to promote mental well-being and holistic health among the students. The session was led by Kunwar Ranjan, a renowned Mind & Meditation Expert, Happiness & Wellness Coach, and Founder of Vasudhaiv Kutumb Pariwar. He guided the volunteers through techniques aimed at relieving stress, calming the mind, and fostering positivity. Kunwar Ranjan emphasized the importance of living in the present moment and provided strategies to help students let go of their past and embrace a stress-free life.</p>	
<p>The session also featured a lecture by Acharya Dr. Lokesh Sharma, the Founder of the Nature Veda Health Institute, Ludhiana, and a prominent figure in the field of naturopathy and Ayurveda. Dr. Sharma holds several distinguished positions, including: President, Sahara Charitable Trust, Incharge, Naturopathy Ayurveda Panchkarma Department at Rehbar Hospital and Medical College, Bhawanigarh, Punjab.</p>	
<p>Dr. Sharma delivered an insightful talk on the principles of Ayurveda, explaining key concepts such as Vata, Pitta, Kapha, which represent the three fundamental doshas (body types or energies) in Ayurveda. He also introduced the students to the Ayurvedic principles of Chhad Ras (six tastes) and Katu Ras (pungent taste), elaborating on their significance in maintaining physical and mental balance. He highlighted how understanding these concepts can help individuals lead healthier and</p>	

more harmonious lives.

The session provided an enriching experience for the students, blending traditional Ayurvedic wisdom with modern stress-relief techniques. It was highly appreciated by the participants, who felt rejuvenated and inspired to incorporate these practices into their daily lives.

EVENING SESSION

Art and Craft Workshop:

On the evening of Day 5 of the NSS Camp at Guru Nanak Khalsa College for Women, Ludhiana, a creative and engaging Art and Craft Workshop was conducted by Mrs. Balwinder Kaur, a faculty member from the Department of Fine Arts. The workshop aimed to inspire students to explore their creativity while promoting the concept of recycling and sustainable practices.

During the session, students were taught to craft a variety of artistic and functional items using simple materials such as chart paper and newspapers. Under Mrs. Kaur's guidance, they learned to make:

Paper Bags – Encouraging eco-friendly alternatives to plastic bags.

Flowers – Beautiful and colorful creations that could be used for decoration.

Paper Boxes – Practical items that could serve as storage solutions or gift boxes.

The workshop also emphasized the importance of upcycling, teaching students how to repurpose waste paper into attractive and useful items. This aspect of the workshop not only honed their artistic skills but also fostered a sense of responsibility towards the environment by promoting the idea of reducing waste.

Other Activities:

After the art and craft workshop, students enjoyed various activities such as fun games, soaking up the sunny day, sharing laughter, and engaging in outdoor play. The day was filled with joy and relaxation as they bonded over team challenges, creative storytelling sessions, and even a picnic under the bright, clear skies. It was a perfect balance of creativity and recreation that left everyone with smiles and unforgettable memories

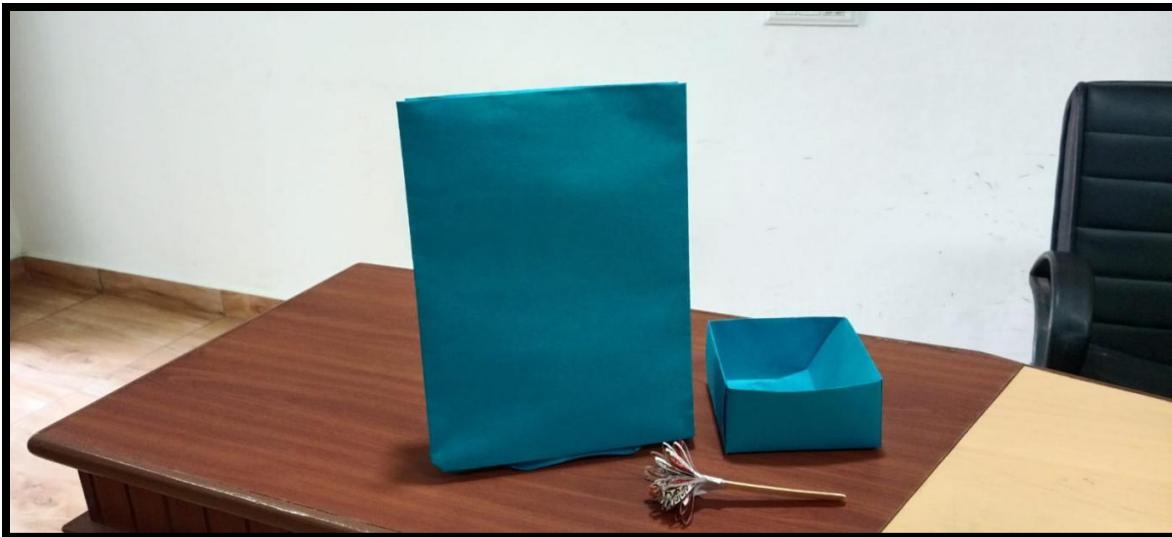
PHOTOGRAPHS











जी.एन.के.सी.डब्ल्यू में एन.एस.एस. शिविर के 5वें दिन 'नशा मुक्त भारत' के तहत करवाई रचनात्मक गतिविधियां

तुधियाना, 15 जनवरी (विवर): गुरु नानक खालसा कॉलेज फॉर विमेन के एन.एस.एस. यूनिट द्वारा आयोजित 7-दिवसीय एन.एस.एस. शिविर के 5वें दिन छात्रों ने शारीरिक फिटनेस, मानसिक शारीरि, रचनात्मकता और उत्सवों का शानदार मिश्रण अनुभव किया। इस शिविर की थीम 'नशा मुक्त भारत' है।

दिन की शुरुआत एक ऊर्जावान शारीरिक व्यायाम सत्र से हुई जिसमें स्वास्थ्य जीवनशैली को बढ़ावा दिया गया।

कुंवर रंजन, मानसिक और ध्यान विशेषज्ञ द्वारा ध्यान सत्र और डॉ. लोकेश शर्मा के आयुर्वेदिक व्याख्यान ने छात्रों को तनाव मुक्ति, सकारात्मकता और समग्र स्वास्थ्य के बारे में महत्वपूर्ण ज्ञान दिया। इसके बाद स्वयंसेवक मकर संक्रान्ति समारोह के लिए कॉलेज के गुरुद्वारा साहिब में पहुंचे। स्वयंसेवकों ने भक्ति और विनम्रता के मूल्यों को मजबूत

करते हुए कीर्तन, अरदास और सेवा में भाग लिया।

तत्पश्चात छात्रों ने बलविंदर कौर के नेतृत्व में कला और शिल्प कार्यशाला में भाग लिया। दिन का समाप्त खेलों और वंचन गतिविधियों से हुआ जो सभी को ताज़ी और खुशी से भर दिया।

एन.एस.एस. कार्क्रम अधिकारियों डॉ. नीति प्रकाश और सतवंश कौर के माननीय मैं शिविर जागरूकता, सशक्तिकरण और सांस्कृतिक मूल्यों का प्रेरित करता रहा। कॉलेज की प्रिंसीपल डॉ. मनीता काहलों ने छात्रों की सराहना करते हुए कहा कि छात्राओं ने सीखने, रचनात्मकता और समुदाय की भावना को सुंदर रूप से मिलाकर एन.एस.एस. का असली सार प्रस्तुत किया है।

Day 6:7-Day NSS Camp	
Organized by:	NSS Unit
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	January 15, 2025
Total Participants:	58
Social Media Links:	<p>https://www.facebook.com/share/p/15hetnwvMa/</p> <p>https://www.instagram.com/p/DE39u-WyhFh/?utm_source=ig_web_copy_link&igsh=MzR1ODBiNWFIZA==</p> <p>https://www.instagram.com/p/DE391uSSgkc/?utm_source=ig_web_copy_link&igsh=MzR1ODBiNWFIZA==</p> <p>https://www.instagram.com/p/DE396-VSpI7/?utm_source=ig_web_copy_link&igsh=MzR1ODBiNWFIZA==</p> <p>https://www.instagram.com/p/DE3-AoIyMcE/?utm_source=ig_web_copy_link&igsh=MzR1ODBiNWFIZA==</p>
MORNING SESSION	
Yoga Session	
<p>Day 6 of the NSS Camp at Guru Nanak Khalsa College for Women, Ludhiana, commenced with a rejuvenating yoga session led by Mrs. Parminder Kaur from the Department of Physical Education. Following the session, students were served refreshments to energize them for the day's activities.</p>	
Indian Army Day	
<p>The students celebrated Indian Army Day, paying tribute to the invaluable contributions and sacrifices of the armed forces. The celebration fostered a sense of patriotism and gratitude among the participants.</p>	
Informative Lecture on Voter Literacy	
<p>In the following session, Balwant Singh conducted an informative lecture on voter literacy, emphasizing the importance of active civic participation. He explained about an Election Quiz, conceptualized by the Chief Electoral Officer, Punjab, in collaboration with Indiastat, as part of the National Voters' Day commemoration. The quiz aimed to enhance students' understanding of electoral processes, educate them on key electoral topics, and highlight the significance of voting in a democratic society.</p>	
Lecture on Traffic Rules	
<p>The day concluded with a practical and informative lecture by Mr. Pankaj from the Children's Traffic Park, Model Town, Ludhiana. He educated the students about essential traffic rules, focusing on safe driving practices and the proper selection and use of helmets to ensure road safety. The diverse range of activities on Day 6 highlighted the camp's commitment to physical fitness, civic responsibility, and public safety, leaving a lasting impression on the participants.</p>	

EVENING SESSION

Day 6 of the NSS Camp at Guru Nanak Khalsa College for Women, Ludhiana, included a special visit by distinguished guests Dr. Parveen Goyal, NSS Coordinator at Panjab University, Chandigarh, and Dr. Sonia Sharma, NSS Programme Officer at Panjab University, Chandigarh. Their presence added immense value to the camp and served as a source of inspiration for the NSS volunteers.

During the visit, the NSS volunteers proudly displayed their handcrafted items, which included knitting, kureshia, handmade chocolates, cakes, paper bags, wall hangings, and paintings. The exhibition showcased the creativity, dedication, and skills of the students, who had put considerable effort into their work. Additionally, colorful and intricately designed rangolis added to the vibrant atmosphere and received high praise from the guests for their artistic appeal. Volunteers also showcased their talents through cultural performances, including plays and dances. These vibrant displays of creativity and teamwork brought energy to the event, fostering cultural appreciation and a sense of unity among participants.

Dr. Parveen Goyal took the opportunity to emphasize the pivotal role of NSS camps in shaping students' personalities and contributing to their overall development. He highlighted the significant weightage of these activities hold in higher education, encouraging students to actively engage in such programs. Dr. Parveen Goyal also shared insights into the symbolic importance of the NSS clap and song.

Dr. Sonia Sharma conducted an informative session, where she introduced the students to the My Bharat Portal, an essential tool for managing their achievements and career progression. She provided practical guidance on how to create and enhance their CVs on the portal and demonstrated the process of uploading routine accomplishments. This session aimed to empower students with the knowledge and tools to effectively showcase their talents and contributions, both academically and socially.

The visit by these esteemed guests not only inspired the students but also underscored the importance of NSS activities as a platform for holistic development, creative expression, and societal contribution. The students felt encouraged to continue participating actively in NSS initiatives and to utilize the tools and skills gained during the camp to enhance their personal and professional journeys.

PHOTOGRAPHS















ਕੈਪ ਦੌਰਾਨ ਆਏ ਹੋਏ ਮਹਿਮਾਨ ਨੂੰ ਸਨਮਾਨਿਤ ਕਰਦੇ ਹੋਏ ਪ੍ਰੀਸ਼ੀਪਲ
ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਅਤੇ ਹੋਰ ਸਟਾਫ। ਅਜੀਤ ਤਸਵੀਰ

ਅਜੀਤ ਤਸਵੀਰ

ਐਨ.ਐਸ.ਐਸ. ਕੈਪ ਦੰਗਾਨ ਵਿਦਿਆਰਥੀਆਂ
ਨੂੰ ਕੀਤਾ ਵੱਖ-ਵੱਖ ਵਿਸ਼ਾਂ 'ਤੇ ਜਾਗਰੂਕ

ਲੁਧਿਆਣਾ, 16 ਜਨਵਰੀ (ਜਸਵਿੰਦਰ
ਸਿੰਘ) - ਗੁਰੂ ਨਾਨਕ ਧਾਰਾ ਕਾਲਜ ਫਾਰ ਫੂਮੈਨ,
ਲੁਧਿਆਣਾ ਵਿਖੇ ਐਨਾਸ਼ਮੈਸ਼ ਕੈਪ ਦਾ ਵਾਂ
ਦਿਨ ਤੰਤਰਮੰਡੀ, ਸਿੱਖਣ, ਰਸਾਨਾਤਮਕਤਾ ਅਤੇ
ਪ੍ਰੇਰਨਾ ਦਾ ਸਮੇਲ ਸੀ। ਦਿਨ ਦੀ ਸ਼ੁਰੂਆਤ
ਪਰਮਿੰਦਰ ਕੌਰ ਦੁਆਰਾ ਯੋਗ ਸੈਨਸ਼ਨ ਨਾਲ ਕੀਤੀ
ਗਈ, ਜਿਸ ਤੋਂ ਬਾਅਦ ਵਿਦਿਆਰਥੀਆਂ ਵਿਚ
ਦੇਸ਼ ਭਾਗੀ ਦੀ ਭਾਵਵਾਨਾ ਪੈਦਾ ਕਰਦੇ ਹੋਏ ਭਾਰਤੀ
ਵੇਖ ਵਿਦਸ ਮਨਿਆਇਆ ਗਿਆ। ਬਲਵੰਤ ਸਿੰਘ
ਦੁਆਰਾ ਵੇਟਰ ਸਾਖਰਤਾ ਅਤੇ ਪੱਕਸ ਦੁਆਰਾ
ਫੈਫਿਕ ਸੁਰੱਖਿਆ ਬਾਰੇ ਜਾਣਕਾਰੀ ਭਰਪੂਰ ਲੇਕਚਰ
ਨੇ ਨਾਗਰਿਕ ਜ਼ਿੰਮੇਵਾਰੀ ਅਤੇ ਜਨਤਕ ਸੁਰੱਖਿਆ
ਤੇ ਚੇਰ ਦਿੱਤਾ। ਬਾਸ ਨੂੰ ਪੰਜਾਬ ਯੂਨੀਵਰਸਿਟੀ ਤੋਂ
ਮਹਿਸੂਨ ਡਾ. ਪਰਵੀਨ ਗੋਇਲ ਅਤੇ ਡਾ. ਸੋਨੀਆ



17-01-2025 Dainik Bhaskar Page 2 Column 4

Day 7:7-Day NSS Camp

Organized by:	NSS Unit
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	January 16, 2025
Total Participants:	58
Social Media Links:	<p>https://www.facebook.com/share/p/1B1SpS1R63/</p> <p>https://www.instagram.com/p/DE6ji23S5Gf/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWF1ZA==</p> <p>https://www.instagram.com/p/DE6job9ygM1/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWF1ZA==</p>

Morning Session

Yoga Session

On the 7th day of the NSS camp, Mrs. Parminder Kaur, a dedicated instructor from the Physical Education Department, led a comprehensive yoga session for the students. She began by introducing the various benefits of yoga, emphasizing how it helps in improving physical health, mental well-being, and overall focus. Mrs. Kaur guided the students through a series of asanas (yoga postures) that focused on flexibility, strength, and relaxation.

Meditation session

On Day 7 of the NSS Camp at Guru Nanak Khalsa College for Women, Ludhiana, Ms. Kusum and Ms. Nancy from Art of Living, Model Town, Ludhiana, conducted a meditation session. They guided students through meditation techniques and offered advice on career choices and personal growth.

EVENING SESSION

Volunteers played different games

In the evening, students participated in various games and enjoyed the warmth of the sunny day. These activities allowed them to unwind, bond with each other, and relax after the busy schedule of the NSS Camp. The games fostered teamwork and added joy to the day.

Share their experiences

Later, the students gathered to share their experiences from the seven-day NSS Camp. They reflected on the skills they had learned, the friendships they had formed, and the positive impact the camp had on their lives. Many expressed feeling inspired to contribute to society and lead a disciplined life.

Mission LiFE

Dr. Neetu Prakash, NSS Programme Coordinator, and Mrs. Satwant Kaur addressed the students about Mission LiFE (Lifestyle for Environment). They emphasized how small actions such as conserving energy, reducing waste, and using resources wisely can protect the environment. They encouraged everyone to adopt eco-friendly habits that benefit both people and nature.

The coordinators commended the students for their active participation and enthusiasm throughout the camp, motivating them to continue serving others and embodying the NSS motto, "Not Me, But You." Madam Principal, Dr. Maneeta Kahlon, also encouraged the students to participate wholeheartedly in every activity and appreciated their dedication. The evening concluded on a positive and inspiring note, leaving the students motivated to make a meaningful difference in their communities.

PHOTOGRAPHS











18-01-2025 Ajit Page 7 Column 3



18-01-2025 Rozana Spokesman Page 3 Column 1

International Education Day

Organized by:	Department of Computer Science and Applications, in collaboration with the NSS Unit
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	January 24, 2025
Social Media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid0NhXykKnA8hurJC1oNBhjQfgbWZaMZt2LxezJwpX6Ns9TygKttwQxm4XsnV2m14rl https://www.instagram.com/p/DFMqQeTyveQ/?utm_source=ig_web_copy_link&igsh=MzR1ODBiNWF1ZA==

Under the aegis of the Internal Quality Assurance Cell, the Department of Computer Science and Applications, in collaboration with the NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, celebrated International Education Day today on the theme AI in Education. The event highlighted the transformative role of Artificial Intelligence in shaping the future of learning and teaching methodologies.

PHOTOGRAPHS



Celebrated the 76th Republic Day	
Organized by:	Department of Political Science ,NCC Wing , NSS Unit, EBSB, Youth and Red Ribbon Club and Red Cross Society
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	January 25, 2025
Total Participants:	323
Social Media Links:	<p>https://www.facebook.com/gnwludhiana/posts/pfbid02rxBt7DBjbALoyNgfxkefQgkSW3r7WrVDiznegs8ChK88eskkrtrCM2gma3NNYxC11</p> <p>https://www.instagram.com/p/DFPkD2QSqkD/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==</p> <p>https://www.instagram.com/p/DFPkjdSVqI/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==</p>
<p>Under the aegis of the Internal Quality Assurance Cell (IQAC), the Department of Political Science ,NCC Wing , NSS Unit, EBSB, Youth and Red Ribbon Club and Red Cross Society of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, celebrated the 76th Republic Day with patriotic fervor and enthusiasm. The theme for this year's celebration was "Swarnim Bharat – Virasat aur Vikas" (Golden India – Heritage and Progress). The event featured an inspiring patriotic speech by Loveleen Kaur and Harjot Kaur, BA final-year students, who eloquently spoke on "Republic India and Republic Day Celebrations in Contemporary Times." Their address highlighted the enduring significance of Republic Day and the values enshrined in the Indian Constitution. The celebration concluded with the heartfelt recitation of the National Anthem, filling the atmosphere with pride and a sense of unity. College Principal, Dr. Maneeta Kahlon, in her address highlighted the need to preserve India's rich heritage while pursuing progress and development. A total of 323 students, along with faculty members, took part in the event, making it a memorable and significant occasion.</p>	

PHOTOGRAPHS





ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ
76ਵਾਂ ਗਣਤੰਤਰ ਦਿਵਸ ਮਨਾਇਆ

ਪੁਨੀਤ ਬਾਵਾ। ਪੰਜਾਬੀ ਜਾਗਰਣ ਲੁਧਿਆਣਾ : ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਦੇ ਰੈਂਡ ਕਰਾਸ ਸੁਸਾਇਟੀ ਲੁਧਿਆਣਾ ਸਿੰਟਰਨਲ ਕੁਆਲਿਟੀ ਮੈਂਬਰਸ਼ਿਪ ਮੈਲ (ਆਈਕਾਲੀਨ) ਦੀ ਅਗਵਾਈ ਹੇਠ ਰਾਜਨੀਤੀ ਸਾਸਤਰ ਵਿਭਾਗ, ਐਨੈਂਸੀਸ਼ਨਸ ਯੂਨਿਟ, ਈਚੀਐਸਵੀ, ਯੂਵਕ ਭਲਾਈ ਵਿਭਾਗ, ਯੁਵਕ ਤੇ ਰੈਂਡ ਰਿੱਥਨ ਕਲੱਬ ਵੱਲੋਂ 76ਵਾਂ ਗਣਤੰਤਰ ਦਿਵਸ ਦੇਸ਼ ਭਗਤੀ ਦੀ ਭਾਵਨਾ ਤੇ ਉਤਸ਼ਾਹ ਨਾਲ ਮਨਾਇਆ ਗਿਆ। ਇਸ ਸਾਲ ਦੇ ਜਸ਼ਨ ਦਾ ਵਿਚਾਰ "ਪਾਵਰਨੀ-ਪਾਰਤ-ਵਿਰਸਤ ਤੇ ਵਿਕਸਨ" (ਸੁਨਾਖੀ ਪਾਰਤ-ਵਿਰਸਤ ਤੇ ਤਰੰਤੀ) ਸੀ। ਇਸ ਸਾਨਾਮ 'ਚ ਥੀਏ ਦੇ ਅੰਤਿਮ ਸਾਲ ਦੀਆਂ ਵਿਦਿਆਰਥਿਣਾਂ ਲਵਲੀਨ ਕੌਰ ਤੇ ਹਰਜੈਤ ਕੌਰ ਵੱਲੋਂ ਇੱਕ ਪੇਰਲਾਦਾਈਕ ਦੇਸ਼ਬਗਤੀ ਦਾ ਭਾਸ਼ਣ ਪੇਸ਼ ਕੀਤਾ ਗਿਆ।

ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਗਣਤੰਤਰ ਦਿਵਸ ਮਨਾਉਣ ਸਮੇਂ ਪ੍ਰਸੰਸ਼ਲ, ਸਟਾਫ ਤੇ ਵਿਦਿਆਰਥੀ।

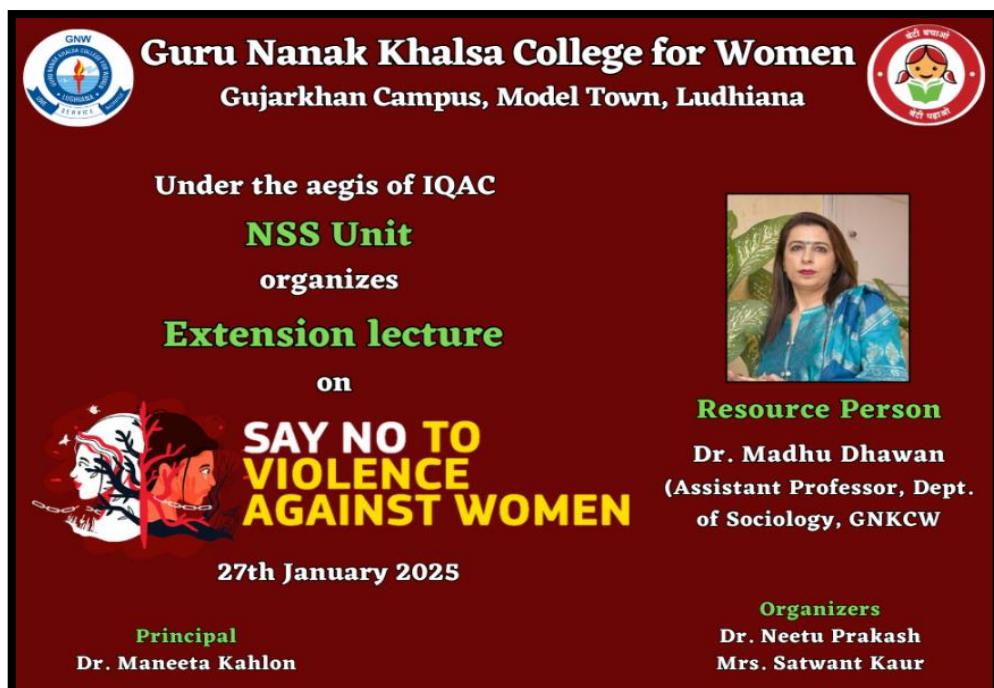
26-01-2025 Punjabi Jagran Page 2 Column 3

ਸ਼ਹਰ ਭਰ ਦੇ ਸ਼੍ਰੀਮਤੀ ਸ਼ਾਹ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਮੈਂਬਰਸ਼ਿਪ ਵਿਖੇ ਧੂਮਧਾਮ ਦੇ ਮਨਾਵਾ ਗਣਤੰਤਰ ਦਿਵਸ

ਸ਼੍ਰੀਮਤੀ ਸ਼ਾਹ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਮੈਂਬਰਸ਼ਿਪ ਵਿਖੇ ਧੂਮਧਾਮ ਦੇ ਮਨਾਵਾ ਗਣਤੰਤਰ ਦਿਵਸ

28-01-2025 Punjab Kesari Page 4 Column 3

Lecture titled "Say No to Violence Against Women"	
Organized by:	NSS Unit and Department of Sociology
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	January 27, 2025
Social Media Links:	https://www.facebook.com/share/p/14zT3sNp3R/ https://www.instagram.com/p/DFUnUBzy0Gg/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
<p>Under the aegis of the IQAC, the NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, organized a lecture titled "Say No to Violence Against Women." The session was conducted by Dr. Madhu Dhawan from the Department of Sociology. Dr. Madhu Dhawan shed light on the various forms of abuse faced by women, including physical violence, financial exploitation, mental harassment, and sexual abuse. She emphasized how these issues are deeply ingrained in society and have a profound impact on women's well-being.</p> <p>She also highlighted the challenges women faced during the COVID-19 pandemic, noting an increase in domestic violence, job losses, and heightened mental stress during this period. Furthermore, Dr. Dhawan discussed the pervasive issue of gender inequality in Indian families, where boys are often given preference over girls.</p> <p>Principal Dr. Maneeta Kahlon addressed the students and urged them to become responsible citizens who actively contribute to create a safe and respectful environment for women.</p>	



PHOTOGRAPHS

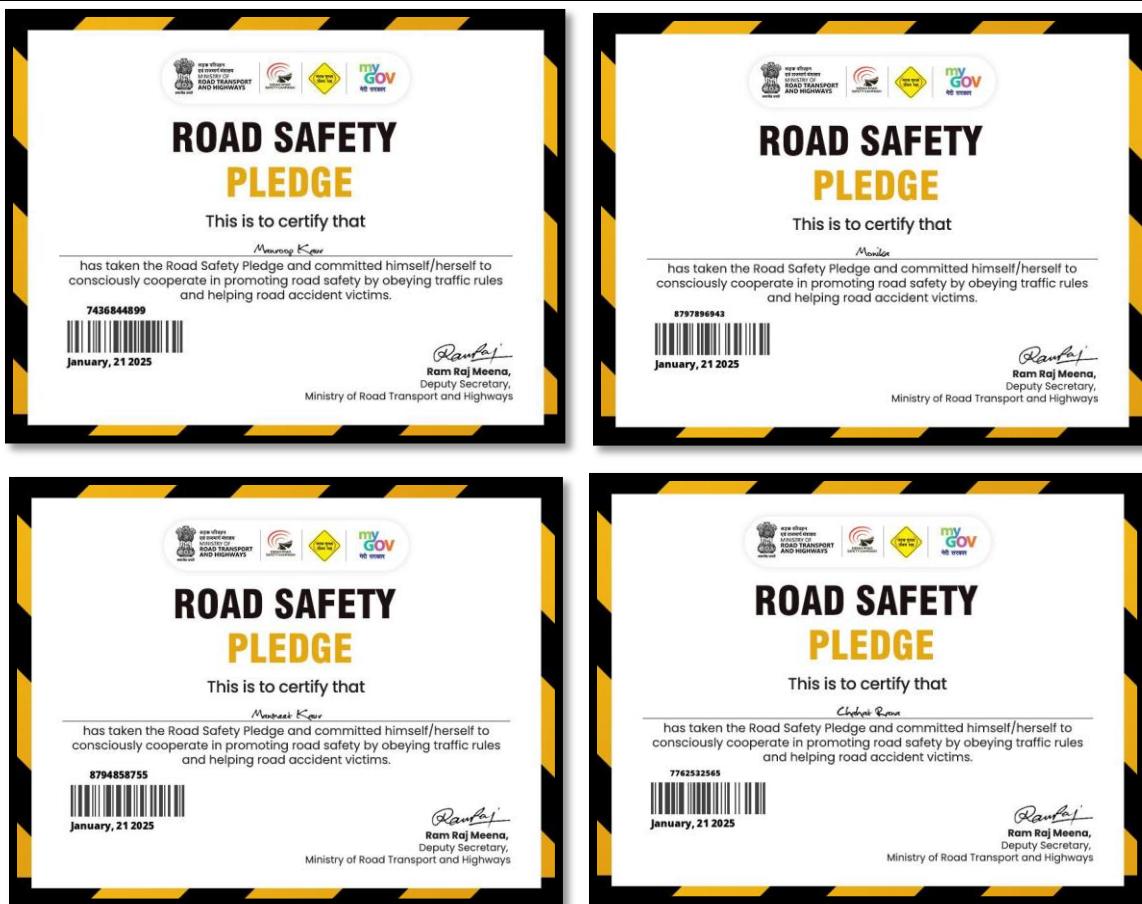


ROAD SAFETY MONTH

Road Safety Pledge and quiz

Organized by:	NSS Unit, EBSB and Red Cross Society
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	January 21, 2025
Social Media Links:	https://www.facebook.com/share/p/15zEMpWQz6/ https://www.instagram.com/p/DFHoqz0S_O9/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Under the aegis of IQAC, the NSS Unit, EBSB and Red Cross Society of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, is observing January as Road Safety Month. This initiative aims to raise awareness about the critical importance of road safety and instill responsible practices among students and the community. As part of the activities, students have taken a solemn Road Safety Pledge, committing to adhere to traffic rules and promote safety on the roads. Additionally, students are participating in the Road Safety Quiz on mygov platform, which provides an engaging platform to enhance their knowledge of road safety measures, traffic regulations, and accident prevention strategies.



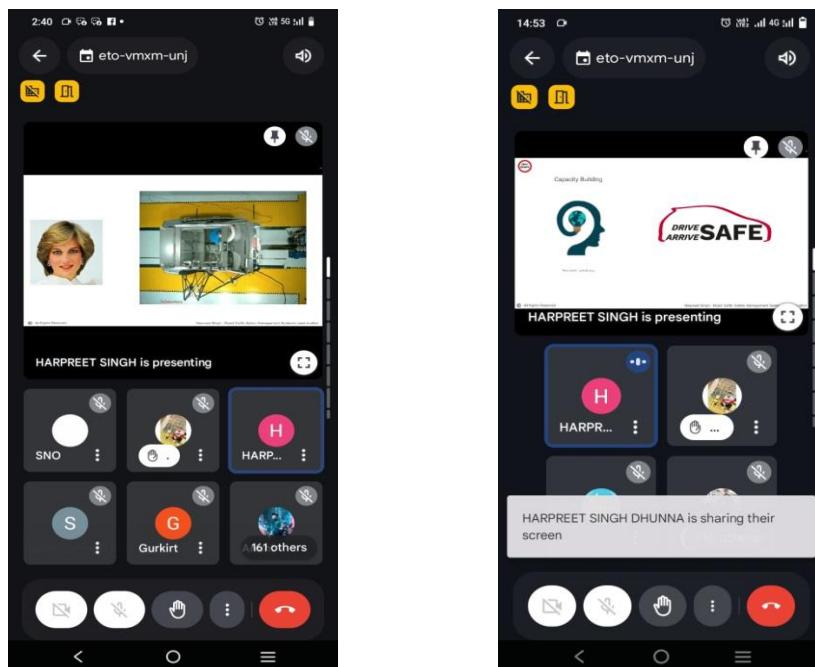




Participated in an online orientation and training session on "Road Safety for Youth of Punjab."

Organized by:	NSS Unit
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	January 22, 2025
Social Media Links:	<p>https://www.facebook.com/gnwludhiana/posts/pfbid033sPRJaDim5NwhJ1ubPpAvfZh5anzVEYu1mLyeg5K6qW2p5czaQyAzwqZcNcorbl</p> <p>https://www.instagram.com/p/DFJ4Qp2y3AF/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWF1ZA==</p>

On January 22, as part of Road Safety Month 2025, NSS Programme Officers Dr. Neetu Prakash and Mrs. Satwant Kaur, along with NSS volunteers from Guru Nanak Khalsa College for Women, Ludhiana, participated in an online orientation and training session on "Road Safety for Youth of Punjab." The session offered valuable insights into the risks and rules of road safety, helping students enhance their awareness and develop more responsible road behavior.



An educational visit to the Children's Traffic Park

Organized by:	NSS Unit
Venue:	Children's Traffic Park
Date:	January 31, 2025
Social Media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid04mvZA65kQV2gB9drJ8d61GamRp4nhHtEZLDgNwuRBkpMZ7TQcucbBY76TVuCD9Cpl https://www.instagram.com/p/DFe0hIxyTek/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Under the guidance of Internal Quality Assurance Cell, the NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, organized an educational visit to the Children's Traffic Park in Model Town, Ludhiana. The visit was led by NSS Programme Officers Dr. Neetu Prakash and Mrs. Satwant Kaur.

During the visit, students gained valuable insights into traffic rules and road safety measures. Experts Jasbir Singh (Education Cell In charge, Traffic Police), Mr. Pankaj Kumar (Safety Coordinator), and Ms. Kajal explained the importance of adhering to traffic signals, wearing helmets, using pedestrian crossings, and maintaining speed limits. They highlighted how minor mistakes on the road can lead to serious accidents and emphasized the role of responsible behavior in ensuring safety.

Principal Dr. Maneeta Kahlon commended the students for their enthusiasm in learning about road safety. She encouraged them to not only follow traffic rules for their own safety but also to become role models in promoting responsible road behavior.

PHOTOGRAPHS





Lecture on "Registration and Utilization of "My Bharat Portal"

Organized by:	NSS Unit
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	February 28, 2025
Social Media Links:	https://www.facebook.com/share/p/1BtLD9thnq/ https://www.instagram.com/p/DGpudH5yqe8/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Under the aegis of IQAC, the NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana organised an informative lecture on "Registration and Utilization of "My Bharat Portal"- a national platform that helps young people in India learn and grow through Hands on experience, practical activities, opportunities to gain real world experience, develop essential skills and meaningfully contribute to society by choosing from a variety of experiential learning programs and engaging with Industry professionals on 28th February, 2025.

The lecture was commendably delivered by Ms. Minika Bawa (Assistant Professor in Department of Business Management).

The lecture covered the steps to register on the portal along with a focus on building an effective Resume/CV. She told the importance of building a good CV to the students as it is one of the best tool through which students can showcase their skills and experience to the potential employers by updating their skills such as key achievements, academic qualifications, certifications on the portal. She highlighted the importance of such a great platform as it's a need of an hour for the youth.

Additionally, she discussed about various online learning platforms such as Coursera, Udemy, Swayam from where the students can enhance their learning by doing number of courses of their interest with a nominal fee or without paying any fee. Students had a very interactive session.

Madam Principal Dr. Maneeta Kahlon emphasized the importance of such awareness drive and stated that this lecture will make the students feel more confident about their job applications and ultimately will make them more competitive in the job market.



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



Under the aegis of IQAC
organizes
Informative Lecture
on
Registration and Utilisation
of "My Bharat Portal"

Date: 28th February, 2025
Time: 10:45 am
Venue: Seminar Hall

Dr. Maneeta Kahlon
Principal

Ms. Minika Bawa
(Assistant Professor
Department of
Business Management)
Resource Person



PHOTOGRAPHS



Martyrs' Day	
Organized by:	NSS Unit, EBSB, and Red Cross Society
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	January 30, 2025
Social Media Links:	https://www.facebook.com/share/p/1F9pZ3xjA5/ https://www.instagram.com/p/DFcVzQdyWot/?utm_source=ig_web_copy_link&igsh=MzR1ODBiNWF1ZA==
<p>Under the aegis of the Internal Quality Assurance Cell (IQAC), the NSS Unit, EBSB, and Red Cross Society of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, organized Martyrs' Day in the college campus today to honor the sacrifices of India's great freedom fighters. The event aimed to instill a sense of patriotism among students and remind them of the values upheld by those who laid down their lives for the nation.</p> <p>As part of the program, an informative session was conducted, where NSS Programme Officers, Dr. Neetu Prakash and Mrs. Satwant Kaur, enlightened students about the significance of Martyrs' Day. They spoke about the supreme sacrifices made by freedom fighters, with a special tribute to Mahatma Gandhi. The session emphasized the importance of remembering history, learning from the past, and carrying forward the ideals of truth, non-violence, and selfless service.</p> <p>The event was further graced by Principal, Dr. Maneeta Kahlon, who addressed the students with an</p>	

inspiring speech. She highlighted the role of young minds in shaping the future of the country and encouraged them to uphold the principles of justice, peace, and unity.



PHOTOGRAPHS





ਸ਼ਹੀਦੀ ਦਿਨ ਮਨਾਉਣ ਮੌਕੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸੰਬੋਧਨ ਕਰਦੇ ਹੋਏ ਪ੍ਰਿਸ਼ੰਸਾਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ। ਅਜੀਤ ਤਸਵੀਰ

ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਮਨਾਇਆ ਸ਼ਹੀਦੀ ਦਿਨ

ਲੁਧਿਆਣਾ, 31 ਜਨਵਰੀ (ਜਾਂਗੀਵਿੰਦਰ ਸਿੰਘ)-ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਲੋਰ ਵਿੰਡੇਨ ਮਾਡਲ ਟਾਊਨ, ਲੁਧਿਆਣਾ ਦੀ ਅੰਨ. ਅੰਸ. ਯੂਨਿਟ, ਈ. ਬੀ. ਅੰਸ. ਬੀ. ਤੇ ਰੈਂਡ ਕਰਾਮ ਸੁਸਾਇਟੀ ਵਲੋਂ ਇਟਰਨਲ ਕੁਆਲਿਟੀ ਅਫਸਰਾਂ ਦੀ ਅਗਵਾਈ ਹੋਨ ਅੰਜ ਕਾਲਜ ਕੈਪਸ 'ਚ ਭਾਰਤ ਦੇ ਮਹਾਨ ਆਜ਼ਾਦੀ ਪ੍ਰਲਾਟੀਆਂ ਦੀਆਂ ਕੁਰਬਾਨੀਆਂ ਨੂੰ ਸ਼ਹੀਦੀ ਦਿਨ ਦੀ ਅੰਸ਼ਰੋਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੋਨ ਅੰਜ ਕਾਲਜ ਕੈਪਸ 'ਚ ਭਾਰਤ ਦੇ ਮਹਾਨ ਆਜ਼ਾਦੀ ਪ੍ਰਲਾਟੀਆਂ ਦੀਆਂ ਕੁਰਬਾਨੀਆਂ ਨੂੰ ਸ਼ਹੀਦੀ ਦਿਨ ਮਨਾਇਆ। ਸਾਮਾਗਮ ਦਾ ਉਦੇਸ਼ ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਭਗਤੀ ਦੀ ਭਾਵਨਾ ਪੈਦਾ ਕਰਨਾ ਸੀ। ਪ੍ਰਗਰਾਮ ਦੇ ਹਿੱਸੇ ਵਜੋਂ, ਇੱਕ ਜਾਣਕਾਰੀ ਭਰਪੂਰ ਸੈਸ਼ਨ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ, ਜਿਸ ਵਿੱਚ ਅੰਜ. ਅੰਸ. ਅੰਸ. ਦੇ ਪ੍ਰਗਰਾਮ ਅਫਸਰ ਡਾ. ਨੀਤੂ ਪ੍ਰਕਾਸ਼ ਅਤੇ ਸਤਵੰਤ ਕੌਰ ਨੇ ਇਤਿਹਾਸ ਨੂੰ ਯਾਦ ਕਰਨ, ਅਤੀਤ ਤੋਂ ਸਿੱਖਣ ਅਤੇ ਸੱਚ, ਅਹੰਸਾ ਅਤੇ ਨਿਰਸ਼ਾਰਥ ਸੇਵਾ ਦੇ ਆਦਰਸ਼ਾਂ ਨੂੰ ਅੱਗੇ ਵਧਾਉਣ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ। ਇਸ ਮੌਕੇ ਪ੍ਰਿਸ਼ੰਸਾਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪ੍ਰੇਰਨਾਦਾਇਕ ਭਾਸ਼ਣ ਦੇ ਕੇ ਸੰਬੋਧਨ ਕੀਤਾ।

**ਜੀ.ਐਨ.ਕੇ.ਸੀ 'ਚ
ਮਨਾਇਆ ਸ਼ਹੀਦੀ ਦਿਵਸ**
ਲੁਧਿਆਣਾ, 31 ਜਨਵਰੀ (ਸੁਧੀਰ ਅਗਨੀਹੋਰਤੀ): ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਲੋਰ ਵਿੰਡੇਨ, ਮਾਡਲ ਟਾਊਨ, ਲੁਧਿਆਣਾ ਦੀ ਅੰਨ. ਅੰਸ. ਅੰਸ. ਯੂਨਿਟ, ਈ. ਬੀ. ਅੰਸ. ਬੀ., ਅਤੇ ਰੈਂਡ ਕਰਾਮ ਸੁਸਾਇਟੀ ਵਲੋਂ ਇਟਰਨਲ ਕੁਆਲਿਟੀ ਅੰਸ਼ਰੋਸ ਸੈਲ (ਆਜ਼ੀਕਿਊਇੱਸੀ) ਦੀ ਅਗਵਾਈ ਹੋਨ ਅੰਜ ਕਾਲਜ ਕੈਪਸ ਵਿੱਚ ਭਾਰਤ ਦੇ ਮਹਾਨ ਆਜ਼ਾਦੀ ਪ੍ਰਲਾਟੀਆਂ ਦੀਆਂ ਕੁਰਬਾਨੀਆਂ ਨੂੰ ਸ਼ਹੀਦੀ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ। ਇਸ ਸਾਮਾਗਮ ਦਾ ਉਦੇਸ਼ ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਦੇਸ਼ ਭਗਤੀ ਦੀ ਭਾਵਨਾ ਪੈਦਾ ਕਰਨਾ ਸੀ। ਪ੍ਰਗਰਾਮ ਦੇ ਹਿੱਸੇ ਵਜੋਂ, ਇੱਕ ਜਾਣਕਾਰੀ ਭਰਪੂਰ ਸੈਸ਼ਨ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ, ਜਿਸ ਵਿੱਚ ਅੰਜ. ਅੰਸ. ਅੰਸ. ਦੇ ਪ੍ਰਗਰਾਮ ਅਫਸਰ ਡਾ. ਨੀਤੂ ਪ੍ਰਕਾਸ਼ ਅਤੇ ਸਤਵੰਤ ਕੌਰ ਨੇ ਮਹੱਤਤਾ ਗਾਂਧੀ ਨੂੰ ਵਿਸ਼ੇਸ਼ ਸ਼ਰਧਾਂਜਲੀ ਦੇ ਨਾਲ ਆਜ਼ਾਦੀ ਪ੍ਰਲਾਟੀਆਂ ਦੁਆਰਾ ਦਿੱਤੀਆਂ ਮਹਾਨ ਕੁਰਬਾਨੀਆਂ ਬਾਰੇ ਗੱਲ ਕੀਤੀ। ਇਸ ਮੌਕੇ ਪ੍ਰਿਸ਼ੰਸਾਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪ੍ਰੇਰਨਾਦਾਇਕ ਭਾਸ਼ਣ ਦੇ ਕੇ ਸੰਬੋਧਨ ਕੀਤਾ।

Safer Internet Day	
Organized by:	Department of Computer Science and Applications and NSS
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	February 11, 2025
Social Media Links:	https://www.facebook.com/share/p/1Dx8hPP1o5/ https://www.instagram.com/p/DGAVGbxasqv/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFIZA==
<p>Under the aegis of the Internal Quality Assurance Cell, the Department of Computer Science and Applications of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, in collaboration with the NSS Unit, EBSB, Red Cross Society, observed Safer Internet Day under the theme "Together for a Better Internet."</p> <p>The event aimed to promote cybersecurity awareness and encourage responsible online behavior among students. As part of the initiative, Khushi Gupta and Hritika Singh, students of BCA 6th Semester delivered an insightful presentation on Cybersecurity Awareness, highlighting key aspects such as safe browsing practices, password security, phishing threats, and social media safety.</p> <p>The session was coordinated by Ms. Daisy Wadhwa and Ms. Satwant Kaur, along with the faculty of the Computer Science Department.</p> <p>Speaking on the occasion, Dr. Maneeta Kahlon, Principal of the college, emphasized the growing need for digital literacy and cybersecurity awareness in today's technology-driven world. She stated, "As internet has become an integral part of our daily lives, it is crucial for students to be aware of potential cyber threats and adopt safe online practices."</p>	



Guru Nanak Khalsa College for Women

Gujarkhan Campus, Model Town, Ludhiana



Under the aegis of IQAC

Department of Computer Science & Applications
in collaboration with NSS Unit, EBSB and Red Cross Society



observes

Safer Internet day





February 11, 2025

Dr. Maneeta Kahlon
Principal

Ms. Daisy Wadhwa
Mrs. Satwant Kaur
Organizers

TOGETHER FOR A BETTER INTERNET

PHOTOGRAPHS





13-02-2025 Rozana Spokesman Page 3 Column 3

An awareness lecture on Safety and Security in Cyber Space	
Organized by:	Department of Computer Science and Applications and NSS
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	February 24, 2025
Social Media Links:	https://www.facebook.com/share/p/1DzwWU2gHc/ https://www.instagram.com/p/DGfMKd_xyJw/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Under the aegis the Internal Quality Assurance Cell, the Department of Computer Science and Applications and NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, in collaboration with the Council of Cyber Vigilance and Security Enforcement, organized an awareness lecture on Safety and Security in Cyber Space. The session aimed to educate students about cyber threats, online safety measures, and responsible digital behavior.

Resource persons Ms. Jyoti and Ms. Bindu from the Council of Cyber Vigilance and Security Enforcement provided valuable insights into various cyber security threats, including phishing, identity theft, and online fraud. They emphasized the importance of awareness among the masses to combat cybercrime effectively and shared preventive strategies to safeguard personal and professional digital assets.

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

Addressing the gathering, Principal Dr. Maneeta Kahlon highlighted the significance of cyber awareness in today's digital world. She stated, "In an era where technology is an integral part of our lives, it is crucial for students to be well-informed about cyber safety. This session has provided them with practical knowledge to navigate the digital space securely and responsibly."

The lecture concluded with an interactive session where students raised queries regarding cyber security concerns and received expert guidance.

PHOTOGRAPHS





छात्रों को साइबर सुरक्षा के बारे में बताया



लुधियाना। मॉडल टाउन के गुरु नानक खालिसा कॉलेज फॉर बुमन के इटरनेल क्वालिटी एश्योरेंस सेल, कंप्यूटर साइंस और एप्लिकेशंस विभाग व एनएसएस यूनिट ने एनजीओ काउंसिल ऑफ कॉर्स इवर विजिलेंस एंड सिक्योरिटी एन्फोर्समेंट के साथ मिलकर साइबर स्पेस में सुरक्षा पर जागरूकता सेशन का आयोजन किया गया। इस सेशन का उद्देश्य स्ट्रॉडेंट्स को साइबर खतरों, ऑनलाइन सुरक्षा उपायों और जिम्मेदार डिजिटल व्यवहार के बारे में जानकारी देना था। काउंसिल ऑफ साइबर विजिलेंस एंड सिक्योरिटी इंफोर्मेंट से रिसोर्स पर्सन ज्योति और विद्युत ने विभिन्न साइबर सुरक्षा खतरों के बारे में बताया। उद्दीपन साइबर अपराध से प्रभावी ढंग से निपटने के लिए जनता की बीच जागरूकता के महत्व पर जोर दिया। कार्यक्रम का सम्बव्य डेजी वाधवा और सतवंत कौर ने किया। प्रिंसिपल डॉ. मनीता काहलोने ने कहा कि ऐसे युग में जहां तकनीक हमारे जीवन का अभिन्न अंग बन चकी है।

ਸਾਈਬਰ ਸਪੇਸ ਚ ਸੁਰੱਖਿਆ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਭਾਸ਼ਣ

ਪੁਨੀਤ ਬਾਬਾ, ਪੰਜਾਬੀ ਜਾਗਰਣ, ਜਾਗਰੂਕ ਕਰਨਾ ਸੀ।
ਲੁਧਿਆਣਾ ਕੇਸਲ ਆਫ ਸ

सुनु ठाठक धाया बालन डल्कीवा
सुपालांडा दे मरियन नाल ऐनीसी
बोल आह यासी विलास अल
मालिविरी दिल्लावांडा ने माईरी
साम उ चुविका वारे दिक्क जागुवार
बांडा वडावारा
दिल्लावांडा लालिती लालिती
वीपीचुरां सामीन अंडे अपीकीवी
विडावा ते ऐनीसीनो एंदू दे
मालिवांडा लालवारा विलासा
मालिवांडा लालवारा विलासा
दु यासीवा विलासावांडा ने माईरी
परवानी, लालवारा विलासा
ते विलासा विलासावांडा ने उपा
ते विलासा विलासावांडा ने उपा



25-02-2025 Dainik Bhaskar Page 3 Column 4

25-02-2025 Punjabi Jagran Page 3 Column 1

Movie Screening of "Manikarnika: Queen of Jhansi "	
Organized by:	Hindi Department , NSS Unit and Women Development Cell
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	March 5, 2025
Social Media Links:	https://www.facebook.com/share/p/1BD6gkUDA8/ https://www.instagram.com/p/DG2XwI_R7nf/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFIZA==

Guru Nanak Khalsa College for Women Hosts Movie Screening of "Manikarnika: Queen of Jhansi" Under the aegis of the Internal Quality Assurance Cell (IQAC), the Hindi Department and Women Development Cell of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, organized a movie screening of "Manikarnika: Queen of Jhansi" on March 5, 2025. As part of the BA-1 Value Added Course (VAC) under the NEP syllabus, this epic historical drama

brought to life the story of Rani Lakshmibai, the brave queen of Jhansi . The movie screening was a huge success, with students enthusiastically engaging in a post-screening discussion on the film's themes, characters, and historical significance.

During the discussion, students from the Hindi Department, including Soni Verma, Priyanka, Nandani, and Harmandeep Kaur, shared their views on the movie. The movie screening was a tribute to the bravery and resilience of women like Rani Lakshmibai, who have inspired generations with their courage and determination.

The event was conducted under the supervision of Mrs. Seema Dua, Assistant Professor , Head of the Economics Department, Ms. Asha,Assistant professor , Head of the Hindi Department and Dr. Shikha Bajaj, Assistant Professor, Department of Fashion Designing.

Principal, Dr. Maneeta Kahlon praised the initiative, saying, "Innovative teaching methods are crucial for student growth. These methods make learning fun, interactive, and prepare students for future success." .

PHOTOGRAPHS



EYE CHECK-UP CAMP

Organized by:	NSS Unit , Red Cross Society and Women Development Cell
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	March 7, 2025
Social Media Links:	https://www.facebook.com/share/p/1Ezj1HCCUk/ https://www.instagram.com/p/DG5Fl-JxIei/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Under the aegis of the Internal Quality Assurance Cell (IQAC) of 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.

PHOTOGRAPHS



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

Organized by:	NSS Unit , Women Development Cell and Code of Conduct Committee
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	March 07, 2025
Social Media Links:	https://www.facebook.com/share/p/1XZEnTx8oV/ https://www.instagram.com/p/DG5Fl-JxIei/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

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.

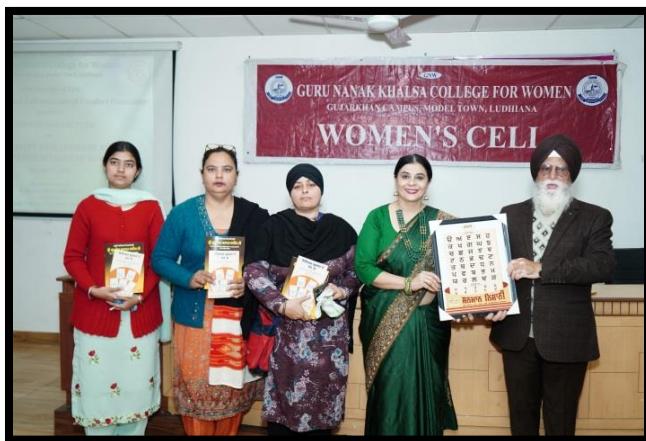
Addressing the audience, he delivered an insightful lecture on Personality Development and Moral Values in the Light of Gurbani. He emphasized the importance of leading a righteous and disciplined life and illustrated his points with meaningful Gurbani quotes and real-life examples, offering practical 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.

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.

PHOTOGRAPHS





Workshop on 'Make up and Nail art'

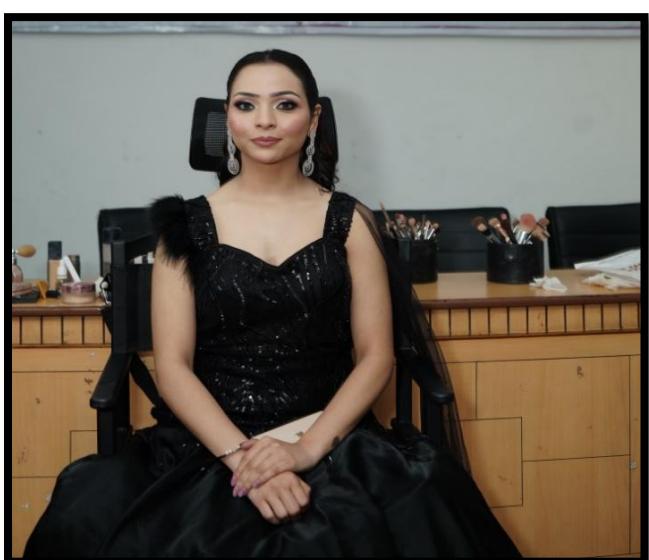
Organized by:	Women Development Cell and NSS Unit
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	March 06, 2025
Social Media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid0348Nb7WSUxoapNxe1YafSao6UygzP5kAG9Ws3TniaCJPWwqC5adMxHGTwSuqi9481 https://www.instagram.com/p/DG2ci1YRFn5/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA== https://www.instagram.com/p/DG2csAlxBKI/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Under the aegis of Internal Quality Assurance Cell, Women Development Cell of Guru Nanak Khalsa College for Women organized a workshop on 'Make up and Nail art' in collaboration with Nour Salon Academy on March 03, 2025. This workshop is being organized as a part of International Women's day Celebrations.

Students were given demonstration on basic make up, self-grooming and nail treatments by the experts. Importance and start up ideas for the field of makeup were discussed. 60 students participated in the activity and were made aware about opportunities which are available for starting small ventures. Queries of students were also answered. The activity was conducted under the guidance of Mrs. Seema Dua and Dr. Shikha Bajaj. Students had shown lot of interest in the field of self-grooming and make up.

Principal Dr. Maneeta Kahlon encouraged the students to make use of their skills to set up their own ventures in future and generate employment for many others.

PHOTOGRAPHS



Workshop on self-defense techniques

Organized by:	NCC, NSS, and the Department of Physical Education
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	March 08, 2025
Social Media Links:	https://www.facebook.com/share/p/1528kdWH7m/ https://www.instagram.com/p/DG7qjjsxwBt/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA== https://www.instagram.com/p/DG7qpxaRa6i/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Under the aegis of IQAC, the Women Development Cell of 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.

PHOTOGRAPHS





09-03-2025 Ajit Page 11 Column 1

World Water Day	
Organized by:	Water Management Committee and NSS unit
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	March 22, 2025
Social Media Links:	https://www.facebook.com/share/p/1MtnXWD5Ru/ https://www.instagram.com/p/DHpjH5BxzRg/?igsh=MXZndWljMG5mM2d6Mw==
World Water Day, with the theme "Glacier Preservation," was observed by the Water Management Committee of Guru Nanak Khalsa College for Women, under the supervision of Water Management Coordinator Dr. Kuldeep Kaur on March 22, 2025. This day was observed under the instructions of	

MGNCRE, Ministry of Education, Government of India , Punjab State Council for Science and Technology as the state implementing Agency and the Ministry of Environment, Forest and Climate Change as the supporting Agency for the Environment Education Programme.

A key focus of World Water Day is supporting the achievement of Sustainable Development Goal 6, which aims to ensure water and sanitation for all by 2030. This year, the event emphasized the crucial role that glaciers play in preserving freshwater supplies globally and highlighted the urgent need for conservation efforts in response to climate change.

The event was live-streamed online from 11:00 AM to 12:30 PM from Kot Panchayat through NITTTR Chandigarh as part of the Unnat Bharat Abhiyan. During the event, the Principal, Dr. Maneeta Kahlon, discussed the importance of protecting water sources, addressing water availability and sanitation challenges, and promoting conservation efforts.

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

Under the aegis of IQAC

Water Management Committee, NSS Unit, EBSB & Red Cross Society
observes

**World
Water
Day**

March 22, 2025

GLACIER PRESERVATION

Dr. Maneeta Kahlon
Principal

Water Management Team
Organizers



PHOTOGRAPHS



World Sparrow Day	
Organized by:	NSS Unit, EBSB, and the Red Cross Society
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	March 20, 2025.
Social Media Links:	https://www.facebook.com/share/p/1Kg5V4PbBa/ https://www.instagram.com/p/DHpfkUfx2xF/?igsh=MjdmZWFTY2xpNGdz
<p>Under the aegis of Internal Quality Assurance Cell, NSS Unit, EBSB, and the Red Cross Society, Guru Nanak Khalsa College for Women, Model Town, Ludhiana, observed World Sparrow Day on March 20, 2025. The day was celebrated annually in the college campus today.</p> <p>World Sparrow Day raises awareness about the declining population of sparrows and the urgent need for conservation. These small yet vital birds, once commonly found in urban backyards and green spaces, have seen a significant decline over the past two decades.</p> <p>The theme for 2025, "A Tribute to Nature's Tiny Messengers," emphasized the crucial role sparrows play in maintaining ecological balance and encouraged conservation efforts.</p> <p>On this occasion, Madam Principal Dr. Maneeta Kahlon engaged in a meaningful discussion with students, highlighting the importance of biodiversity and the need to take proactive steps to protect these tiny yet essential creatures.</p>	



Guru Nanak Khalsa College for Women

Gujarkhan Campus, Model Town, Ludhiana



Under the aegis of IQAC

NSS Unit
observes



World Sparrow Day



A Tribute to Nature's Tiny Messengers

March 20, 2025

Dr. Maneeta Kahlon
Principal

Dr. Neetu Prakash
Mrs. Satwant Kaur
NSS Programme Officers

PHOTOGRAPHS



Model Town, Ludhiana, GNIMT Lane, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India,
Lat: 30.886768, Long: 75.843472
20 Mar, 25, 12:17 PM, Thursday



Model Town, Ludhiana, GNIMT Lane, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India,
Lat: 30.886768, Long: 75.843472
20 Mar, 25, 12:16 PM, Thursday



जीएनके सीडल्ट्यू में विश्व चिड़िया दिवस मनाया

जगरण संस्थान, नुग्गियाम : गुरु
नवाम चालन कालिकायात्रा कार ट्रूप
बालक ट्रॉप ने विश्व चिड़िया दिवस
मनाया। इस दौरान बीरेया की छट्टी
आवायी और सरकारी की तकाल
आवायकान के बोरे में जगरणस्थल
पैलांग में। 2025 के लिये बीमा,
प्रृथक के छोटे दूसरे की भूमिकाएँ, न
पर्यावरणिक लक्ष्यों का बोरे रहने में
बीरेया की महत्वान्वयन भूमिका पर जोर
दिया गया। विश्व चिड़िया दिवस का बैठक
कालिका ने प्रत्येक के साथ एक सार्वक
रुद्धि की, जिसमें जैव विविधता के

Name of the Newspaper. दैत्य द्वारा Date 21-3-25 Page No. 2 Column No. 3

ਪ੍ਰਸਾਦ ਦੇਵ ਮਨੁੱਖ ਦੀ ਸਾਡੀ ਅਤੇ ਸ਼ਾਨ।

ਜੀਅੰਨਕੇਸੀਡਬਲਿਜ 'ਚ ਵਿਸ਼ਵ
ਚਿੜੀ ਦਿਵਸ ਮਨਾਈਆ

Name of the Newspaper 29 अक्टूबर 2015 Date 21-3-25 Page No. 4 Column No. 4

International Day of Forests

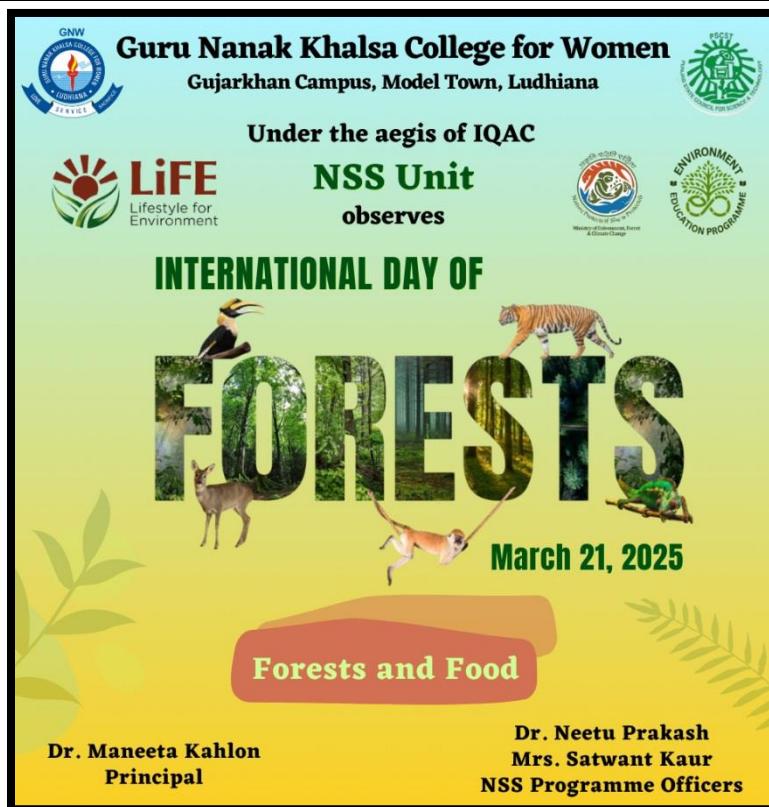
Organized by:	NSS Unit, EBSB, and the Red Cross Society
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	March 21, 2025.
Social Media Links:	https://www.facebook.com/share/p/15L5hNjq8x/ https://www.instagram.com/p/DHpiDnIxv20/?igsh=MXhrbHgzZTl0ZDk0cg==

Under the aegis of Internal Quality Assurance Cell, the NSS Unit, EBSB, and the Red Cross Society of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, observed International Day of Forests in the college campus today.

Dr. Neetu Prakash and Mrs. Satwant Kaur, NSS Programme Officers highlighted the significance of forests, emphasizing their role in sustaining life and maintaining ecological balance.

Mrs. Seema Dua, Head of the Department of Economics, shared her insights on the economic value of forests. She discussed how forests contribute to the economy by providing essential resources such as timber, medicinal plants, and employment opportunities in forestry and ecotourism.

Madam Principal, Dr. Maneeta Kahlon, engaged in a discussion with students, stressing the importance of conservation and responsible environmental practices.



PHOTOGRAPHS





Name of the Newspaper. ਸਾਬਕਾ ਸਾਹਮਣਾ Date 22-3-25 Page No. 2 Column No. 3

Martyrs' Day (Shaheed Diwas)

Organized by:	NSS Unit, EBSB, Red Cross Society, NCC, Youth and Red Ribbon Club
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	March 22, 2025.
Social Media Links:	https://www.facebook.com/share/p/18S7kubsrs/

Under the aegis of Internal Quality Assurance Cell, NSS Unit, EBSB, Red Cross Society, NCC, Youth and Red Ribbon Club of Guru Nanak Khalsa College for Women, Model Town, Ludhiana observed Martyrs' Day (Shaheed Diwas) in the college campus today. The day was dedicated to honoring the sacrifices of Shaheed Bhagat Singh, Sukhdev Thapar, and Shivaram Rajguru, who were executed by the British in 1931 for their unwavering fight for India's independence.

Students and faculty members paid tribute to these revolutionaries, reflecting on their ideals of courage, patriotism, and justice.

The activity was conducted under the guidance of NSS Programme Officers Dr. Neetu Prakash and Mrs. Satwant Kaur. Madam Principal, Dr. Maneeta Kahlon, also interacted with the students, emphasizing the significance of remembering our national heroes and preserving their legacy.



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



Under the aegis of IQAC

NSS Unit

observes

Martyrs' Day

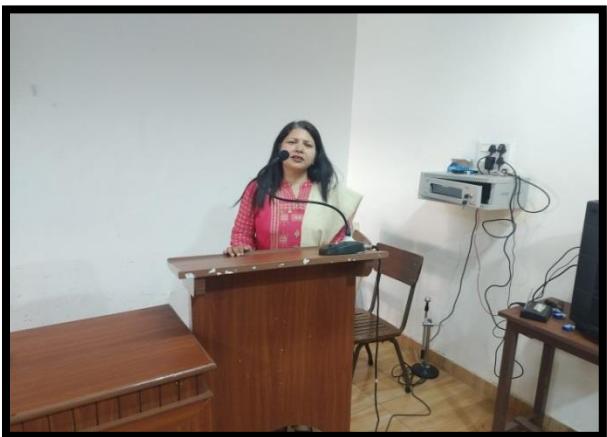
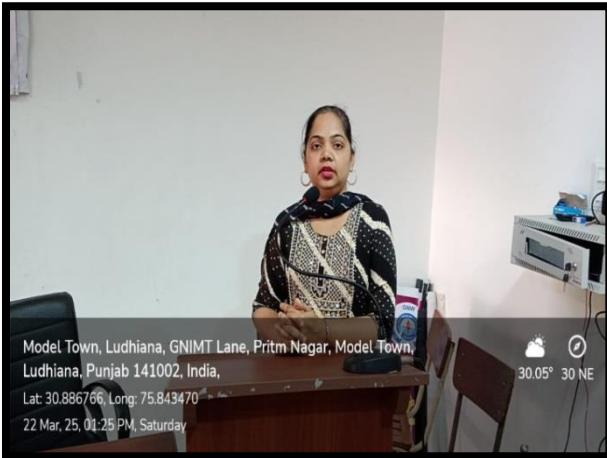
March 22, 2025



**Dr. Maneeta Kahlon
Principal**

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

PHOTOGRAPHS



Empowering Financial Independence on International Women's Day	
Organized by:	NSS Unit, Department of Physical Education
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	
Social Media Links:	<p>https://www.facebook.com/share/p/19zKsCFJp2/</p> <p>https://www.instagram.com/p/DG7tyj9RsTv/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==</p>
<p>Under the aegis of IQAC, the Women Development Cell of 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.</p> <p>As part of the celebration, an interactive session with CA Ms. Jiya Chawla was organized for students. She shared valuable insights on saving and financial management, offering practical tips to help students make informed financial decisions. Being an alumna of the college, she shared a warm bond with both faculty and students, engaging in an open discussion about common financial challenges. She also shared her vision on earnings and savings, inspiring students to strive for financial independence.</p> <p>A total of 61 students actively participated in the session.</p> <p>Principal Dr. Maneeta Kahlon graced the event and encouraged students to develop financial literacy and become self-sufficient in life.</p>	

PHOTOGRAPHS





छात्राओं को आत्मरक्षा के लिए सक्षम बनाया

लुधियाना। गुरु नानक खालसा कॉलेज फॉर वुमन में अंतर्राष्ट्रीय महिला दिवस मनाया गया। कार्यक्रम को क्वालिटी एश्योरेंस सेल और वुमन डेवलपमेंट सेल ने करवाया। 3पीबी (गलर्स) बीएन एनसीसी, एनएसएस और शारीरिक शिक्षा विभाग ने सहयोग दिया। कई गतिविधियां आयोजित हुईं। ब्लैक बेल्ट 7वीं डीएएन प्रशिक्षक शिहान कमल शर्मा ने आत्मरक्षा पर कार्यशाला ली। उन्होंने पकड़, हमले और ब्लैक से बचने की तकनीक सिखाई। जागरूकता, आत्मविश्वास और त्वरित निर्णय लेने पर जोर दिया। कार्यशाला ने छात्राओं को आत्मरक्षा के लिए सक्षम बनाया।

09-03-2025 Dainik Bhaskar Page 4 Column 3

Celebrated "International Women's Day" in collaboration with Hero Cycle	
Organized by:	NCC, NSS, and the Department of Physical Education
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	March 8, 2025
Social Media Links:	https://www.facebook.com/share/p/1YcTnUUrj/ https://www.instagram.com/p/DG7tBLSRGYp/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFIZA== https://www.instagram.com/p/DG7tFpFxR-

Under the aegis of IQAC, the Women Development Cell of 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, volunteers from Hero Cycles engaged with students through interactive games and discussions on women's fitness. They encouraged students to prioritize their health and well-being while promoting eco-friendly cycling as a sustainable and healthy mode of transportation. Principal Dr. Maneeta Kahlon graced the event and motivated students to focus on their health and fitness, emphasizing the importance of an active lifestyle.

PHOTOGRAPHS



Fit India Pledge and yoga session on International Women's Day

Organized by:	NSS Unit, Department of Physical Education
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	March 8, 2025
Social Media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid02aZRqmxHUDhA9An1zDEVFojxc9Rma6neym3ZgcoaP4ycew7GN5fUBmtuYYDwpaHTH1 https://www.instagram.com/p/DG7oDowRLCg/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Under the aegis of IQAC, NSS Unit of Guru Nanak Khalsa College for Women in Ludhiana in collaboration with Department of Physical Education celebrated International Women's Day on March 8, 2025. Students took the Fit India Pledge and took part in a yoga session. The session focused on the importance of yoga for improving physical, mental, and emotional health. The students practiced different yoga poses that helped with flexibility, strength, and stress relief. The event showed how yoga can help women stay healthy and strong.

The event was led by Dr. Neetu Prakash, Mrs. Satwant Kaur, NSS Programme Officers and Mrs. Parminder Kaur from Department of Physical Education. This event helped remind everyone how important it is to take care of our health, both physically and mentally, to empower women. During the event, Madam Principal Dr. Maneeta Kahlon talked to the students, sharing helpful tips and encouragement. She also explained and demonstrated some yoga poses to the students.

PHOTOGRAPHS



International Women's Day celebrated at Khalsa College

LUDHIANA: Guru Nanak Khalsa College for Women celebrated International Women's Day with a series of activities promoting self-defense, fitness and financial independence. A self-defense workshop by instructor Shihan Kamal Sharma taught students key survival techniques. Students also took the 'Fit India Pledge' and participated in a yoga session for physical and mental well-being. Principal Maneeta Kahlon urged students to be self-reliant and strong in today's challenging world.

09-03-2025 Hindustan Times Page 2 Column 6

Awareness drive on plastic free environment

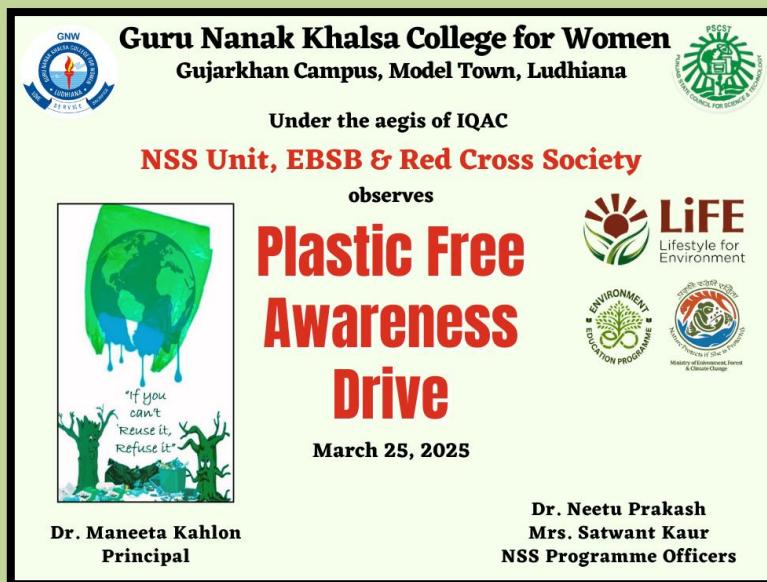
Organized by:	NSS unit, EBSB and Red Cross Society
Venue:	Guru Nanak Khalsa college for Women, Model Town , Ludhiana
Date:	March 25, 2025
Social Media Links:	https://www.facebook.com/share/p/1EEMg8MLnv/ https://www.instagram.com/p/DHpl1ikRcc0/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Under the aegis of Internal Quality Assurance Cell, NSS unit, EBSB and Red Cross Society organized an awareness drive focused on promoting a plastic-free environment in the college campus. This day was observed under the instructions of Punjab State Council for Science and Technology as the state

implementing Agency and the Ministry of Environment, Forest and Climate Change as the supporting Agency for the Environment Education Programme.

During the event, students were educated about the serious effects plastic has on our environment. They learned how plastic waste leads to pollution, harms wildlife, and takes hundreds of years to decompose. As part of the drive, students were encouraged to take a pledge to protect the environment by reducing their plastic usage and promoting awareness in their communities.

Principal, Dr. Maneeta Kahlon, also addressed the students during the event. She motivated them to actively participate in environmental protection efforts and stressed the importance of small actions taken by each individual, which can collectively make a big difference in preserving our planet.



PHOTOGRAPHS





Name of the Newspaper. ବ୍ୟାପକ ପତ୍ରିକା Date 27-3-25 Page No. 5 Column No. 2



Name of the Newspaper: ਪੰਜਾਬ ਸਾਹਮਣੇ Date 27-3-25 Page No. 4 Column No. 4

Rally against Drug Abuse by organized in Ludhiana under the direction of the Chief Minister of Punjab on April 2, 2025.	
Organized by:	NSS Unit
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	April 2, 2025
Social Media Links:	https://www.facebook.com/share/p/18nMEtpSL8/ https://www.instagram.com/p/DH-fZCSRJpu/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
<p>Under the aegis of IQAC, NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, took part in a Rally Against Drug Abuse on April 2, 2025. The rally was organized in Ludhiana under the direction of the Chief Minister of Punjab.</p> <p>The purpose of the rally was to spread awareness about the dangers of drug abuse and encourage people to stay away from addiction. NSS volunteers carried placards, chanted slogans, and actively participated to promote a drug-free lifestyle. They urged the community to choose healthier and more positive ways of living.</p> <p>Principal Dr. Maneeta Kahlon motivated the students and appreciated their efforts in spreading this important message.</p>	



PHOTOGRAPHS





World Health Day	
Organized by:	Red Ribbon Club and NSS Unit
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	April 7, 2025.
Social Media Links:	https://www.facebook.com/share/p/1AGk1XhGds/ https://www.instagram.com/p/DIIu-dlxk30/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFIZA==
<p>Under the aegis of the Internal Quality Assurance Cell, the Red Ribbon Club and NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana marked World Health Day in the college campus today. 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.</p> <p>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.</p> <p>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."</p>	

PHOTOGRAPHS



Awareness Lecture on dengue

Organized by:	Red Ribbon Club and NSS Unit
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	April 17, 2025
Social Media Links:	https://www.facebook.com/share/p/1UdCmtPDFt/ https://www.instagram.com/p/DIikrkvRb7z/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFIZA==

Under the aegis of the Internal Quality Assurance Cell, the Red Ribbon Club of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, in collaboration with the NSS Unit, organized an awareness lecture on Dengue Prevention and Control to sensitize students and staff about the rising threat of dengue and its preventive measures.

The resource person for the session was Mr. Brijinder Singh Brar from the Civil Surgeon's Office, Ludhiana. During the lecture, Mr. Brar shared insightful information on the causes behind the spread of dengue, the early signs and symptoms of the disease, and the preventive steps that individuals and communities must take to control its outbreak. The session proved to be highly informative and engaging, with active participation from students and faculty members.

The event was successfully coordinated by Dr. Nidhi Sharma and Ms. Daisy Wadhwa, Coordinators

of the Red Ribbon Club, along with Dr. Neetu Prakash and Mrs. Satwant Kaur, NSS Programme Officers.

Speaking on the occasion, Principal Dr. Maneeta Kahlon expressed her gratitude to Mr. Brijinder Singh Brar for conducting the lecture and raising awareness among students. She emphasized the importance of such initiatives in educating youth about public health concerns and empowering them to be responsible citizens.

PHOTOGRAPHS





ਲੁਧਿਆਨਾ ਕੇ ਜੀਏਨਕੇਸੀਡਲ੍ਟ੍ਰੂ ਮੈਂ ਆਧੋਜਿਤ ਕਾਰਖਨ ਕੇ ਦੌਰਾਨ ਮੁਖਾ ਵਕਤਾ ਕੇ ਸਮਾਨਿਤ ਕਰਤੀ ਪ੍ਰੀਸਿਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਵ ਅਨ੍ਯ• ਸੌ. ਕਾਲੋਜ

ਜੀਏਨਕੇਸੀਡਲ੍ਟ੍ਰੂ ਮੈਂ ਡੇਂਗੂ ਕੋ ਲੇਕਰ ਕਿਯਾ ਜਾਗਰੂਕ

ਜਾਂਚ, ਲੁਧਿਆਨਾ : ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲੋਜ (ਜੀਏਨਕੇਸੀਡਲ੍ਟ੍ਰੂ) ਮਾਡਲ ਟਾਉਨ ਮੈਂ ਵੀਰਾਵਰ ਕੋ ਰੇਡ ਰਿਬਨ ਕਲਬ ਨੇ ਏਨਏਸਏਸ ਇਕਾਈ ਕੇ ਸਹਿਯੋਗ ਸੇ ਡੇਂਗੂ ਕੀ ਰੋਕਥਾਮ ਪਰ ਜਾਗਰੂਕਤਾ ਵਾਖਾਨ ਕਾ ਆਧੋਜਨ ਕਿਯਾ। ਮੁਖਾ ਵਕਤਾ ਸਿਵਿਲ ਸਰਜਨ ਕਾਰਾਲਿਆ ਸੇ ਬਿਜਿੰਦਰ ਸਿੰਹ ਬਰਾੜ ਰਹੇ। ਵਾਖਾਨ ਮੈਂ ਬਰਾੜ ਨੇ ਡੇਂਗੂ ਕੇ ਫੇਲਨੇ ਕੇ ਕਾਰਣਾਂ, ਬੀਮਾਰੀ ਕੇ

ਸ਼ੁਰੂਆਤੀ ਸੰਕੇਤਾਂ ਆਂ ਲਕਣਾਂ ਮੇਂ ਨਿਵਾਰਕ ਕਦਮਾਂ ਕੇ ਬਾਰੇ ਮੈਂ ਜਾਨਕਾਰੀ ਸਾਡਾ ਕੀ। ਕਾਰਖਨ ਕਾ ਸੰਚਾਲਨ ਰੇਡ ਰਿਬਨ ਕਲਬ ਕੀ ਸਮਨਵਧਕ ਡਾ. ਨਿਧੀ ਸ਼ਾਰਮਾ ਆਂ ਡੇਂਗੂ ਵਾਧਵਾ ਤਥਾ ਏਨਏਸਏਸ ਕਾਰਖਨ ਅਧਿਕਾਰੀ ਡਾ. ਨੀਤੀ ਪ੍ਰਕਾਸ਼ ਆਂ ਸਤਵਾਂ ਕੌਰ ਨੇ ਕਿਯਾ। ਪ੍ਰੀਸਿਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਬਿਜਿੰਦਰ ਸਿੰਹ ਬਰਾੜ ਕਾ ਆਭਾਰ ਵਕਤ ਕਿਯਾ।

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ਡੇਂਗੂ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਭਾਸ਼ਣ ਕਰਵਾਇਆ

ਸਟਾਫ ਪ੍ਰਤੀਨਿਧਿ, ਪੰਜਾਬੀ ਜਾਗਰਣ•
ਲੁਧਿਆਣਾ : ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲੋਜ ਲੜਕੀਆਂ ਮਾਡਲ ਟਾਉਨ ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਰੂਆਲਿਟੀ ਅਫੈਲੈਸ ਮੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਰੈਡ ਰਿਬਨ ਕਲੱਬ ਨੇ ਐਨਾਮੈਸ ਮੁਨਿਟਪ ਦੇ ਸਹਿਯੋਗ ਨਾਲ, ਡੇਂਗੂ ਰੈਕਥਾਮ ਤੇ ਕੰਟੋਰਲ ਬਾਰੇ ਪਿੱਕ ਜਾਗਰੂਕਤਾ ਭਾਸ਼ਣ ਕਰਵਾਇਆ ਗਿਆ। ਤਾਂ ਜੋ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਸਟਾਫ ਨੂੰ ਡੇਂਗੂ ਦੇ ਵੱਧ ਰੋ ਖਤਰੇ ਤੇ ਇਸ ਦੇ ਰੈਕਥਾਮ ਉਪਵਾਂ ਬਚੇ ਮੈਂਵੇਦਨਸੀਲ ਬਲਾਈਆ ਜਾ ਸਕੇ। ਸੈਸ਼ਨ ਦੇ ਸਰੋਤ ਵਿਅਕਤੀ ਸਿਵਲ ਸਰਜਨ ਦਫ਼ਤਰ ਲੁਧਿਆਣਾ ਤੇ ਪਿੰਜਿੰਦਰ ਮੰਗ ਬਹਾੜ ਸਨ।

ਭਾਸ਼ਣ ਦੌਰਾਨ ਬਚੇ ਨੇ ਡੇਂਗੂ ਦੇ ਫੈਲਣ ਦੇ ਕਾਰਨਾਂ, ਖਿਮਾਰੀ ਦੇ ਸ਼ੁਰੂਆਤੀ ਸੰਕੇਤਾਂ ਤੇ ਲੱਛਣਾਂ ਤੇ ਇਸ ਦੇ ਪ੍ਰੋਗਰਾਮ ਨੂੰ ਕੰਟਰੋਲ ਕਰਨ ਲਈ ਵਿਅਕਤੀਆਂ ਤੇ ਬਾਈਚਾਰੀਆਂ ਨੂੰ ਰੁੱਕੇ ਜਾਣ ਵਾਲੇ ਰੈਕਥਾਮੀ ਕਦਮਾਂ ਬਚੇ ਸੁਝਵਾਨ ਜਾਣਕਾਰੀ ਸਾਂਝੀ ਕੀਤੀ। ਇਹ ਸੈਸ਼ਨ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਫੈਕਲਟੀ ਮੈਂਬਰਾਂ ਦੀ ਸਰਗਰਮ ਭਾਗੀਦਾਰੀ ਨਾਲ ਬਹੁਤ ਜਾਣਕਾਰੀ ਭਰਪੂਰ ਤੇ ਇਲਚਸਪ



ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲੋਜ ਲੜਕੀਆਂ ਵਿਖੇ ਸਮਾਗਮ ਦੌਰਾਨ ਬੁਲਾਰੇ ਨੂੰ ਸਨਮਾਨਿਤ ਕਰਦੇ ਪ੍ਰੀਸਿਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਤੇ ਹੋਰ। ਪੰਜਾਬੀ ਜਾਗਰਣ

ਸਾਬਤ ਹੋਇਆ। ਇਸ ਪ੍ਰੋਗਰਾਮ ਦਾ ਸਫਲਤਾਪੂਰਵਕ ਤਾਲਮੇਲ ਰੈਡ ਰਿਬਨ ਕਲੱਬ ਦੇ ਕੇਅਰਡਾਨੇਟਰ ਡਾ. ਨਿਧੀ ਸਹਾ ਤੇ ਡੇਂਸ਼ਨ ਵਾਲਾ ਨੂੰ ਜਨਤਕ ਸਿਹਤ ਸਿੰਤਵਾਂ ਬਚੇ ਮੰਖਿਅਤ ਕਰਨ ਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਜ਼ਿੰਮੇਵਾਰ ਨਾਗਰਿਕ ਬਣਨ ਲਈ ਸਸਕਤ ਬਣਾਉਣ 'ਚ ਅਜਿਹੇ ਉਪਾਲਿਆਂ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਹੋਰ ਦਿੱਤਾ।

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POSHAN PAKHWADA 2025 Celebrations at GNKCW Sensitizing Children to Obesity Prevention Through Nutritious Cooking	
Organized by:	NSS Unit and Department of Home Science
Venue:	Guru Nanak Khalsa College for Women, Ludhiana
Date:	April 09, 2025
Total Participants:	25
Social Media Links:	https://www.facebook.com/share/p/1AgCKUfsDq/ https://www.instagram.com/p/DITGyUeR79L/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFIZA==
<p>GNKCW celebrated Poshan Pakhwada 2025 with great enthusiasm, building on the success of previous years. This year's campaign focused on strengthening Social and Behaviour Change Communication (SBCC) and community mobilization to tackle pressing nutrition issues in India. As part of the celebrations, a collaborative cooking activity was organized on April 9, 2025, in the Foods Lab. Twenty-five children actively participated and were sensitized to the theme: "Healthy Lifestyle to Address Obesity in Children." Through the preparation of nutritious salads and wholesome meal dishes, the young participants learned about the importance of healthy eating habits. The event featured a range of engaging activities centered on the theme, coordinated by the Internal Quality Assurance Cell (IQAC) and NSS Unit of the college, in collaboration with the Department of Home Science. The program was conducted under the guidance of NSS Programme Officers Dr. Neetu Prakash (Department of Business Management & Commerce), Ms. Satwant Kaur (Department of Computer Science & Applications), and faculty members Mrs. Shikha Kalra and Mrs. Amarpreet Kaur from the Department of Home Science. Principal Dr. Maneeta Kahlon commended the participants for their enthusiastic involvement and encouraged them to adopt healthy lifestyles. She emphasized that nutrition should remain a top priority across communities to ensure a healthier future for all.</p>	

PHOTOGRAPHS





POSHAN PAKHWADA 2025 Celebrations at GNKCW

Assessing Malnutrition: BMI Calculations as Part of Poshan Pakhwada 2025

Organized by:	NSS Unit and Department of Home Science
Venue:	Guru Nanak Khalsa College for Women, Ludhiana
Date:	April 11, 2025
Total Participants:	21
Social Media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid02ddF2ziRCE7rus8MV4PUgDMLPSpk3LT8RmKYjHeXjGMFqZnzRji47Ny8K9AisXCXsl https://www.instagram.com/p/DIVuJwdxjDK/?utm_source=ig_web_copy_link&igsh=MzR1ODBiNWFIZA==

Poshan Pakhwada 2025 builds on the success of previous years, leveraging the power of Social and Behaviour Change Communication (SBCC) and community mobilization to address key nutritional issues in India.

As part of the initiative, 21 students were sensitized to this year's theme: "Management of Malnutrition through Implementation of the CMAM Module." On April 11, 2025, students calculated Body Mass Index (BMI) to assess the level of malnutrition among girls aged 18 to 20 years.

A range of activities based on the theme was organized by the IQAC and NSS Unit of the college, in collaboration with the Department of Home Science. The event was conducted under the guidance of NSS Programme Officers Dr. Neetu Prakash (Department of Business Management & Commerce), Ms. Satwant Kaur (Department of Computer Science & Applications), along with Mrs. Shikha Kalra and Mrs. Amarpreet Kaur from the Department of Home Science.

Principal Dr. Maneeta Kahlon encouraged each participant to calculate their weight relative to their height in order to understand their degree of leanness, which serves as an important indicator of tissue mass and overall nutritional status.

PHOTOGRAPHS



Earn While You Learn: Bhel Puri Stall at GNKCW for Poshan Pakhwada

Organized by:	NSS Unit and Department of Home Science
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	April 12, 2025
Total Participants:	19
Social Media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid0Rw3oFNQvUxy4gXvinN8kSm49Ax9NNZc4o3FebhLm6LDraZCJyRKtnS3xeVZMG9HZI https://www.instagram.com/p/DIV1ErfR-OX/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

As part of the “Earn While You Learn” initiative, the Department of Home Science, in collaboration with the NSS Unit of Guru Nanak Khalsa College for Women, Ludhiana, organized a Bhel Puri stall on April 12, 2025.

Nineteen students from the department came together to create an explosion of flavors with this sweet and savory dish, masterfully blending textures and the tantalizing aromas of tamarind and mint (pudina) chutneys. Principal Dr. Maneeta Kahlon appreciated the students for their efforts and emphasized the importance of such activities in nurturing entrepreneurial skills. She remarked that initiatives like these play a vital role in shaping visionary leaders of tomorrow.

PHOTOGRAPHS



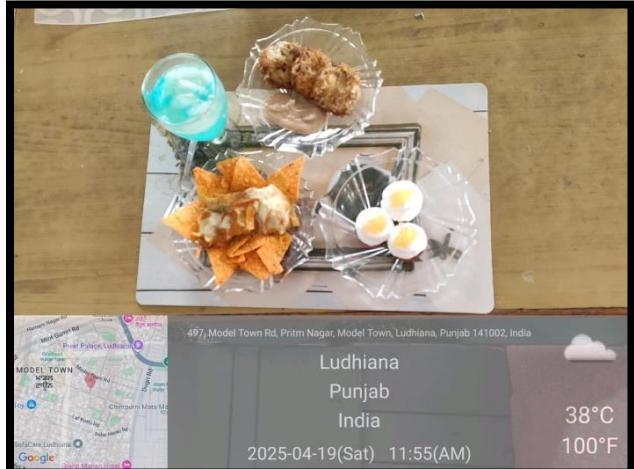
POSHAN PAKHWADA 2025 Celebrations at GNKCW The workshop focused on the preparation of nutritious dishes featuring cereal-pulse combinations and fortified with vegan ingredients.	
Organized by:	NSS Unit and Department of Home Science
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	April 19, 2025
Total Participants:	21
Social Media Links:	https://www.facebook.com/share/p/15FSf6RMJt/ https://www.facebook.com/share/p/1BvufTVCF6/ https://www.instagram.com/p/DI5agEwRnh4/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFIZA== https://www.instagram.com/p/DI5a40WRO36/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFIZA==
The Department of Home Science at Guru Nanak Khalsa College for Women, Ludhiana, in	

collaboration with the NSS Unit, organized a workshop on April 19, 2025, to celebrate Poshan Pakhwada 2025. The focus of the workshop was on preparing nutritious dishes rich in cereal-pulse combinations and fortified with vegan ingredients.

A total of 21 students from the department actively participated, preparing a variety of healthy and innovative recipes such as millet-based pulao, masala idli, paushtik omelette, salads, and vegetable lasagna.

Principal Dr. Maneeta Kahlon appreciated the students' efforts and encouraged them to continue promoting health and wellness through nutritious cooking. She emphasized the importance of recognizing the nutritional value of each dish and cultivating a deeper appreciation for balanced, wholesome meals

PHOTOGRAPHS



POSHAN PAKHWADA

Workshop on Preparing Nutrient-Enriched Recipes

Organized by:	NSS and Department of Home Science
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	April 21, 2025
Total Participants:	21
Social Media Links:	https://www.facebook.com/share/p/1CcVJW7B9j/?mibextid=wwXIf https://www.instagram.com/p/DI5a40WRO36/?igsh=MTQ1MnoxYjF2OTB1MA==

The Department of Home Science at Guru Nanak Khalsa College for Women, Ludhiana, in collaboration with the NSS Unit, conducted a workshop on April 21, 2025, as part of the Poshan Pakhwada 2025 celebrations. The workshop focused on preparing dishes with enhanced nutritional value.

A total of 21 students from the department participated enthusiastically, preparing a variety of healthy and delicious recipes including appam, pav bhaji, vegetable rolls, and a selection of nutritious puddings.

Principal Dr. Maneeta Kahlon appreciated the students' efforts and encouraged them to work together in transforming everyday meals into nutritional powerhouses. She emphasized that the art of enhancing the nutritive value of food lies in selecting the right ingredients and adopting healthy cooking methods.

PHOTOGRAPHS





POSHAN PAKHWADA

Nutritional Awareness and Mid-Day Meal Evaluation under Poshan Pakhwada 2025

Organized by:	NSS and Department of Home Science
Venue:	Guru Nanak Sr. Secondary school, Model Town, Ludhiana
Date:	April 23, 2025
Total Participants:	24
Social Media Links:	https://www.facebook.com/share/p/192MxhiV2h/ https://www.instagram.com/p/DI50vBDRGq4/?utm_source=ig_web_copy_link&igsh=MzR1ODBiNWF1ZA==

Poshan Pakhwada 2025 is built this year on the success of previous years, leveraging the power of SBCC and community mobilization to address key nutrition issues in India.

24 Students visited Guru Nanak Sr. Secondary school, Model Town, Ludhiana for a casual survey of the process of Mid-Day meal program on April 23, 2025 with the aim of combating malnutrition in the children of urban middle and lower income group. This survey was done under the theme outcomes during Poshan Pakhwada 2025-

"Management of Malnutrition through implementation of CMAM module"

The activity was organized on the above theme by IQAC and NSS, Unit of the college in collaboration with Department of Home Science under the guidance of NSS Programme Officers Dr. Neetu Prakash (Dept. of Business Mgmt & Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications) and Mrs. Shikha Kalra and Mrs. Amarpreet Kaur from Dept. Of Home Science

Principal Dr. Maneeta Kahlon appreciated each student for their participation and an initiative taken by them to create awareness among families for healthy living of their children so as to eradicate the problem of Protein Calorie malnutrition (PCM) in the child's first five years of his growth and development stage.

PHOTOGRAPHS



Anti-Terrorism Day

Organized by:	Department of Social Sciences, legal literacy Club, NSS unit, EBSB
Venue:	Guru Nanak Khalsa college for Women, Model Town , Ludhiana
Date:	May 21, 2025
Social Media Links:	https://www.facebook.com/share/p/1X8hmJeDPA/ https://www.instagram.com/p/DJ8ZTwQxOTe/?igsh=MWppdGxiZDM5Y3JzeQ==

Under the aegis of IQAC, Department of Social Sciences, legal literacy club , NSS unit, EBS observed Anti-Terrorism Day on 21st May 2025. This day was marked to raise awareness across all the sections of the people about the dangers of the terrorism and violence, and its detrimental effect on humanity. During the talk show, everybody condemned the Pahalgam terror attack and spoke the risk consequences and panic on the masses. College Principal, Dr Maneeta Kalhon addresses the students to reaffirms commitment to peace and harmony across the nation.

PHOTOGRAPHS



(DAY-I) World Environment Day Observance (May 22 – June 5, 2025)	
Organized by:	NSS Unit
Venue:	Guru Nanak Khalsa college for Women, Model Town , Ludhiana
Date:	May 24, 2025
Social Media Links:	https://www.instagram.com/p/DKOZ8B7xWpS/?igsh=MWs5OHMwbWxveW1oNw ≡ https://www.facebook.com/share/p/16fAyb4LqW/
<p>Under the aegis of IQAC, NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, is observing World Environment Day from May 22 to June 5, 2025.</p> <p>To mark the beginning of the observance, a pledge ceremony was organized on May 24, 2025 wherein NSS volunteers pledged to minimize the use of single-use plastic in their daily lives. They also committed to inspiring and educating others in their communities to embrace eco-friendly alternatives and adopt a more sustainable lifestyle.</p> <p>In her motivating address, Principal Dr. Maneeta Kahlon emphasized the urgent need for collective action against environmental degradation. She highlighted the importance of youth participation in environmental conservation and praised the efforts of the NSS volunteers.</p>	

PHOTOGRAPHS



(DAY-II) World Environment Day Observance (May 22 – June 5, 2025)

Organized by:	NSS Unit
Venue:	Guru Nanak Khalsa college for Women, Model Town , Ludhiana
Date:	May 28, 2025
Social Media Links:	https://www.instagram.com/p/DKObPNIxElg/?igsh=MWZqZzNwdTdpd2Vpdg== https://www.facebook.com/share/p/16qJ838FZF/

Under the aegis of IQAC, the NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, observed World Environment Day from May 22 to June 5, 2025. The celebration aimed to spread awareness about environmental protection and promote sustainable practices among students. As part of the observance, an eco-friendly activity was organized on May 28, 2025, where used plastic water bottles were collected and creatively repurposed into planters. This initiative encouraged students to adopt the concept of “Best Out of Waste” and promoted the importance of reusing plastic to reduce environmental pollution.

On this occasion, Principal Dr. Maneeta Kahlon shared an inspiring message with the students. She emphasized the need to protect and preserve the environment through small but impactful actions. She also highlighted the role of youth in driving positive environmental change and encouraged them to integrate eco-conscious habits into their daily lives..

PHOTOGRAPHS



(DAY-III) World Environment Day Observance (May 22 – June 5, 2025)

Organized by:	NSS Unit
Venue:	Guru Nanak Khalsa college for Women, Model Town , Ludhiana
Date:	May 29, 2025
Social Media Links:	https://www.facebook.com/share/p/1AAUkM3hYS/ https://www.instagram.com/p/DKjCP0yRgyV/?igsh=MTIxMXI3MzZnamFzMQ==

Under the aegis of IQAC, the NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, observed World Environment Day from May 22 to June 5, 2025.

As part of this green initiative, a special awareness campaign was organized on May 29, 2025. Awareness posters focusing on the urgent need to reduce plastic waste and adopt eco-conscious lifestyle choice, were shared with the students and faculty through social media platforms. Students were encouraged to:

* Use reusable bags instead of plastic carry bags

* Avoid single-use plastics such as straws, cutlery, and cups

* Choose recyclable and biodegradable products whenever possible

Principal Dr. Maneeta Kahlon highlighted the profound impact of small, everyday actions on the environment and urged students to become responsible stewards of nature.

**GURU NANAK KHALSA COLLEGE FOR WOMEN
MODEL TOWN, LUDHIANA**
NSS UNIT
Celebrates
World Environment Day

THEME: REDUCE PLASTIC WASTE AND SAVE OUR PLANET

Join the campaign to reduce plastic waste through practices like recycling correctly, avoiding single-use plastics, and using reusable items.

USE REUSABLE BAGS

To cut down on single-use plastic bags, bring reusable shopping bags. This is to reduce plastic waste significantly and promote sustainability.



AVOID SINGLE-USE PLASTICS

Refuse plastic bottles, cutlery, and straws. Reduce the massive amount of plastic waste that ends up in the seas and landfills.

**CHOOSE SUSTAINABLE
PACKAGING**

Select goods with recyclable or minimal packaging. This measure lessens plastic waste and encourages businesses to adopt eco-friendly practices.



**BRING YOUR OWN
CONTAINER**

Reduces the requirement for single-use plastic containers. Therefore, kindly use your own containers for leftovers and take-out food.



RECYCLE PROPERLY

Observe regional recycling regulations and appropriately sort recyclables.