

# **GURU NANAK KHALSA COLLEGE FOR WOMEN MODEL TOWN, LUDHIANA**



## **REPORT ON NSS AND RED CROSS SOCIETY JUNE - DECEMBER 2024**

*Maneet*  
**PRINCIPAL**

**DR. MANEETA KAHLON**  
Dr. MANEETA KAHLON  
Principal

**NSS COORDINATOR**  
*Neetu Prakash*  
**DR. NEETU PRAKASH**  
**MRS SATWANT KAUR**  
*Satwant Kaur*

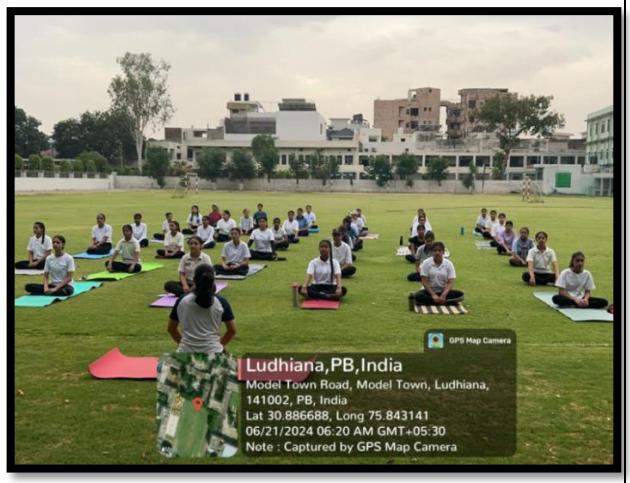
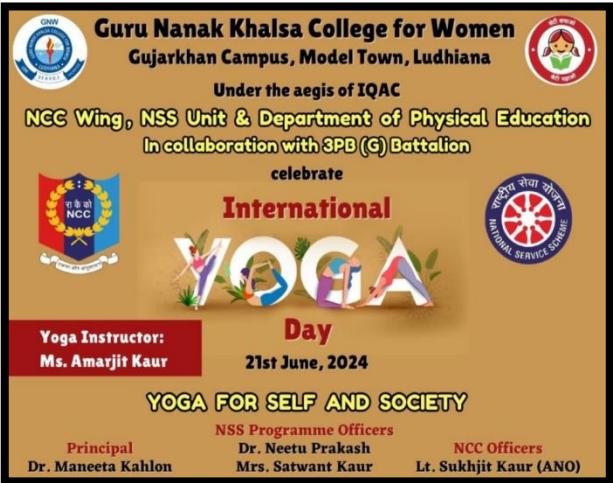
<b>Sr.no</b>	<b>Name of the Activity</b>	<b>Date</b>
1	International Yoga Day celebrated at GNKCW	June 21, 2024
2	World Environment Day 2024 <ul style="list-style-type: none"> <li>❖ World Environment Day 2024 (Part – I) Pledge</li> </ul>	June 5, 2024
	<ul style="list-style-type: none"> <li>❖ World Environment Day 2024 (Part – II) Giddha Performance</li> </ul>	June 5, 2024
	<ul style="list-style-type: none"> <li>❖ World Environment Day 2024 (Part – III) Certificates of appreciation</li> </ul>	June 5, 2024
	<ul style="list-style-type: none"> <li>❖ World Environment Day 2024 (Part – IV) Essay Writing Competition</li> </ul>	June 6, 2024
	<ul style="list-style-type: none"> <li>❖ World Environment Day 2024 (Part-V) June 05, 2024 Online Quiz Competition</li> </ul>	June 5, 2024
	<ul style="list-style-type: none"> <li>❖ World Environment Day 2024 (Part-VI) June 05, 2024 World Food Safety Day</li> </ul>	June 7, 2024
3	World Environment Day 2024 (Part-VII) Competition on Repurposing of old clothes	June 12, 2024
4	World Population Day observed at GNKCW	July 11, 2024
5	Lecture on youth-related schemes and provisions under the Union Budget 2024-25	July 26, 2024
6	Cyber Jagrukta Diwas 2024	August 7, 2024
7	Organized a number of events as a part Har Ghar Tiranga Celebration <ul style="list-style-type: none"> <li>❖ Selfies with the Tiranga</li> </ul>	August 9 - August 15, 2024
	<ul style="list-style-type: none"> <li>❖ Har Ghar Tiranga Pledge</li> </ul>	August 10, 2024
	<ul style="list-style-type: none"> <li>❖ Har Ghar Tiranga Quiz</li> </ul>	August 12, 2024
	<ul style="list-style-type: none"> <li>❖ Singing of the National Anthem</li> </ul>	August 14, 2024
	<ul style="list-style-type: none"> <li>❖ Patriotic Songs</li> </ul>	August 14, 2024
8	Organized a week-long celebration of National Sports Day <ul style="list-style-type: none"> <li>❖ Lemon Race, Walk Race, Sack Race, and Skipping Rope</li> <li>❖ Tug of War and Langadi Competition</li> <li>❖ Table Tennis</li> </ul>	August 27-30, 2024

	❖ Plank Challenge	August 30, 2024
9	Organized a blood donation and health check camp	August 6, 2024
10	#Poshan Maah WEEK 1	September 2024
	❖ Lecture on Sensitization and Awareness of Anemia Among Adolescent Girls WEEK I	September 2, 2024
	❖ Stall of Nutritious Dahi bhalla	September 06, 2024
	#Poshan Maah WEEK 2	
	❖ Growth Monitoring for Pre Primary & Primary School Children	September 11, 2024
	❖ Lecture focused on weaning and supplementary foods.	September 13, 2024
	#Poshan Maah WEEK 3	
	❖ Workshop on soft toy making	September 19, 2024
	#Poshan Maah WEEK 4	
	❖ Yoga camp	September 23, 2024
	❖ Maintained herbal and kitchen garden	September 30, 2024
11	Cyber Jagrukta Diwas	September 4, 2024
12	NSS Day Awareness Rally 2024	September 24, 2024
13	Cleanliness Drive	September 27, 2024
14	Gandhi Jayanti	October 1, 2024
15	National Voluntary Blood Donation Day	October 1, 2024
16	E-Waste collection drive as part of Diwali Event 'Roshni'	October 28, 2024
17	Rashtriya Ekta Diwas	October 31, 2024
18	Cyber Jagrukta Diwas	November 6, 2024
19	Awareness Talk on National Cancer Awareness Day	November 8, 2024
20	National Integration Week Observation 2024	November 22, 2024
21	Constitution Day Observation 2024	November 26, 2024
22	Participation in Chrysanthemum Show 2024	December 3rd and 4th, 2024
23	Human Rights Day Celebration 2024	December 10, 2024
24	Veer Bal Diwas	December 26, 2024

<b>International Yoga Day celebrated at GNKCW</b>	
<b>Organized by:</b>	IQAC, NCC Wing, NSS Wing, and Department of Physical Education
<b>Collaborators:</b>	3 PB Girls Battalion and Indian Bank, Ludhiana
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Ludhiana
<b>Date:</b>	June 21, 2024
<b>No. of students:</b>	305
<b>Social Media Links:</b>	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid0WqV4aiZg2CWGtU7fSXqrD5wdfRu19a61i9exZTsHEcjJsK2udzwEvygmmVY5c2WK1">https://www.facebook.com/gnwludhiana/posts/pfbid0WqV4aiZg2CWGtU7fSXqrD5wdfRu19a61i9exZTsHEcjJsK2udzwEvygmmVY5c2WK1</a> <a href="https://www.facebook.com/gnwludhiana/posts/pfbid0dzGJUT3hyH5yWp4FHzRVo8Xd1x91hHjba3sD3EhXBCRbN3MZAn8Tq49SQRWoyreXI">https://www.facebook.com/gnwludhiana/posts/pfbid0dzGJUT3hyH5yWp4FHzRVo8Xd1x91hHjba3sD3EhXBCRbN3MZAn8Tq49SQRWoyreXI</a>
<p>Under the aegis of Internal Quality Assurance Cell, NCC Wing, NSS Wing and Department of Physical Education of Guru Nanak Khalsa College for Women, Ludhiana in collaboration with 3 PB Girls Battalion, Indian Bank of Ludhiana celebrated International Yoga Day on 21 June, 2024 in the college campus today, as per the directives of Ministry of Education and DGNCC, Government of India under the theme, "Yoga for Self and Society".</p> <p>On this day, a yoga session was organized to raise awareness among students the numerous benefits of yoga and to promote its holistic approach for physical, mental, and spiritual well-being. A total of 305 participants, including representatives from Indian Bank and Ludhiana schools, enthusiastically joined in, showcasing strong community outreach. Madam Amarjeet, an experienced yoga instructor, led the participants through various yoga poses.</p> <p>The coordination and smooth execution of the event were ensured by Mrs. Satwant Kaur, NSS Programme Officer, Lt. Sukhjit Kaur, Associate NCC Officer, Mrs Parminder Kaur, Department of Physical Education and NCC Unit Staff SM Rakesh Kumar, Hav. Sandeep and Hav. Manjit Singh. Their oversight played a crucial role in facilitating a seamless flow of activities and maintaining high levels of participant involvement throughout the day. Principal, Dr. Maneeta Kahlon underlined the major benefits of yoga and explained how regular yoga practice may reduce levels of stress, body-wide inflammation and contributes to healthier hearts.</p>	

#### PHOTOGRAPHS







## PRESS CLIPPINGS



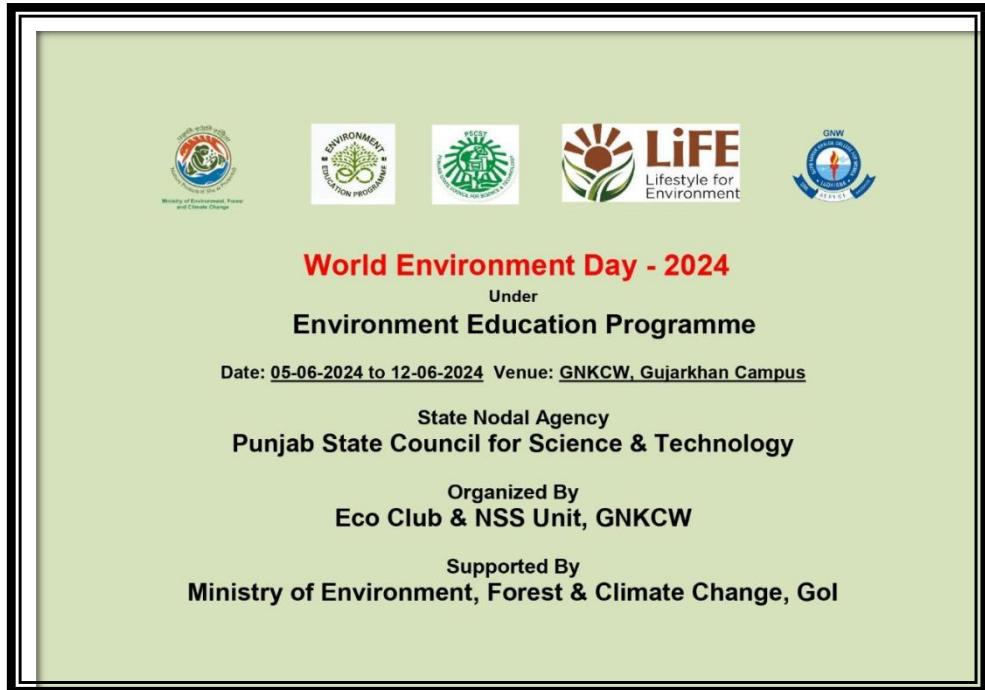


**LiFE**  
Lifestyle for Environment



Project Completion Report Format  
**under**  
Environment Education Program-2023-24

<b>Name of Organizing Agency</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Coordinator (Name, Mobile &amp; E-mail ID)</b>	Satwant Kaur 8146577597 satwant29081982@gmail.com
<b>Event Category</b>	'A'
<b>Type of Event</b>	Environmental Awareness
<b>Event Start Date</b>	June 05, 2024 to June 12, 2024
<b>Event End Date</b>	
<b>Venue/Location</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana.
<b>Event Description</b>	Detailed Report of Day 1 is given below
<b>Detail of Activities (Mention Name of Activity)</b>	1.) Giddha Performance 2.) Pledge 3.) Quiz 4.) Essay writing 5.) World Food Safety Day 6.) Competition on Repurposing of old clothes
<b>Aligned with LiFE Mission</b>	1.) Energy Saved 2.) Water Saved 3.) Single-use Plastic reduced 4.) Sustainable food systems adopted 5.) Healthy Lifestyles adopted 6.) E-Waste reduced 7.) Waste reduced 8.) Capacity Building created
<b>Target Beneficiary</b>	1.) Students 2.) Teachers
<b>No. of Students participated</b>	300
<b>No. of Teachers participated</b>	16
<b>Did all participants take LiFE Pledge</b>	Yes
<b>Photographs/Videos/Press Clippings of the event</b>	Also Sent in Google Drive.



World Environment Day 2024 (Part – I) Pledge	
<b>Organized by:</b>	Eco Club, NSS Unit, and NCC Cadets
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Date:</b>	June 5, 2024
<b>No. of students</b>	100
<b>No. of Teachers participated</b>	2
<b>Social Media Link:</b>	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid0kWZQNZ1uDGubc8R3Vr85teg_mc6GGkc3LzNfxW6Zv9Rj2T7aJ95neTxvBTeXwqSCR1">https://www.facebook.com/gnwludhiana/posts/pfbid0kWZQNZ1uDGubc8R3Vr85teg_mc6GGkc3LzNfxW6Zv9Rj2T7aJ95neTxvBTeXwqSCR1</a> <a href="https://www.instagram.com/p/C70v_Pixop2/?utm_source=ig_web_copy_link&amp;igsh=M_zRIODBiNWFIZA==">https://www.instagram.com/p/C70v_Pixop2/?utm_source=ig_web_copy_link&amp;igsh=M_zRIODBiNWFIZA==</a>
Environment Day was celebrated by taking pledge in which students from Eco Club, NSS unit and NCC cadets were participated on June 05, 2024.	
<b>Pledge</b> <p>“I pledge to use natural and eco-friendly products over plastic. I pledge that I will do everything in my capacity to spread awareness and mobilize participation towards this campaign for reducing plastic waste by less than half.”</p>	

## PHOTOGRAPHS



### World Environment Day 2024 (Part – II) June 05, 2024 Giddha Performance

<b>Organized by:</b>	Eco Club and NSS Unit
<b>Supported by:</b>	Ministry of Environment, Forest, and Climate Change, Government of India
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Date:</b>	June 5, 2024
<b>No. of students</b>	30
<b>No. of Teachers participated</b>	9
<b>Social Media Link</b>	<a href="https://www.instagram.com/p/C702Y1Ox0DU/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==">https://www.instagram.com/p/C702Y1Ox0DU/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==</a> <a href="https://www.facebook.com/gnwludhiana/posts/pfbid0qqx9riBRHEhNg73D2Mmn8CdzhvJD_VUWK86YPhP1jDkRthitq5z5BLZE7h2zKSntl">https://www.facebook.com/gnwludhiana/posts/pfbid0qqx9riBRHEhNg73D2Mmn8CdzhvJD_VUWK86YPhP1jDkRthitq5z5BLZE7h2zKSntl</a>

GNKCW Celebrates World Environment Day with Unique Giddha Performance to Raise Environmental Awareness

The Eco Club and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana organized a vibrant celebration for World Environment Day, supported by the Ministry of Environment, Forest and Climate Change, Government of India. The event was marked by a unique and engaging performance of Giddha, a traditional Punjabi folk dance, set to bolis (folk songs) centered on environmental themes.

The initiative aimed to sensitize students to the importance of protecting the environment through creative expression. The bolis highlighted critical issues such as reducing plastic waste, planting

trees, and embracing sustainable practices.

Dr. Maneeta Kahlon, Principal of the College, addressed the gathering, emphasizing the crucial role of young people in environmental conservation. She encouraged students to adopt the principles of the three R's: Reduce, Reuse, and Recycle, as part of their daily lives to help mitigate environmental challenges.

"This innovative approach of using Giddha not only celebrates our cultural heritage but also serves as a powerful medium to spread awareness about environmental issues. By incorporating environmental messages into our traditional dance, we hope to inspire our students to take concrete actions towards protecting our planet," said Dr. Kahlon.

The event witnessed enthusiastic participation from students, who expressed their commitment to the cause by pledging to reduce their plastic usage, engage in tree-planting activities, and promote sustainable practices within their communities.

GNKCW's celebration of World Environment Day underscores the college's dedication to fostering environmental education and stewardship among its students.

## PHOTOGRAPHS



## World Environment Day 2024 (Part – III) June 05, 2023 Certificates of appreciation.

<b>Organized by:</b>	Eco Club and NSS Unit
<b>Supported by:</b>	Ministry of Environment, Forest, and Climate Change, Government of India
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Date:</b>	June 5, 2024
<b>No. of students</b>	30
<b>No. of Teachers participated</b>	9

<b>Social Media Link</b>	<a href="https://www.instagram.com/p/C703pcGx6zi/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==">https://www.instagram.com/p/C703pcGx6zi/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==</a>  <a href="https://www.facebook.com/gnwludhiana/posts/pfbid02vgjHaYhpgwyoCoxFWbHKJRYZz7aD9Acd3JMfd4dQP7BuqGQDm4kPi2aVyEFARyeA1">https://www.facebook.com/gnwludhiana/posts/pfbid02vgjHaYhpgwyoCoxFWbHKJRYZz7aD9Acd3JMfd4dQP7BuqGQDm4kPi2aVyEFARyeA1</a>
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GNKCW Celebrates World Environment Day by presenting students with certificates of appreciation.

The Eco Club and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana organized a vibrant celebration for World Environment Day, supported by the Ministry of Environment, Forest and Climate Change, Government of India.

Certificates of appreciation were given to the students who participated in Giddha to spread the message of awareness of saving the environment.

## PHOTOGRAPHS



# World Environment Day 2024 (Part-IV) June 06, 2024

## Essay Writing Competition

<b>Organized by:</b>	Eco Club and NSS Unit
<b>Supported by:</b>	Ministry of Environment, Forest, and Climate Change, Government of India
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Date:</b>	June 6, 2024
<b>No. of students</b>	50
<b>No. of Teachers participated</b>	3
<b>Social Media Link</b>	<a href="https://www.instagram.com/p/C73jKxOybG0/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWF1ZA==">https://www.instagram.com/p/C73jKxOybG0/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWF1ZA==</a> <a href="https://www.facebook.com/gnwludhiana/posts/pfbid0Df3Uc7D4dK2QoNztWdH6nUZhB2zRKPKe52jckr5eSGK8ZvcTXpUXhdMBw3C5x4SDI">https://www.facebook.com/gnwludhiana/posts/pfbid0Df3Uc7D4dK2QoNztWdH6nUZhB2zRKPKe52jckr5eSGK8ZvcTXpUXhdMBw3C5x4SDI</a>

GNKCW Celebrates World Environment Day by organizing Essay Writing Competition. The Eco Club and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana, organized a vibrant celebration for World Environment Day, supported by the Ministry of Environment, Forest, and Climate Change, Government of India.

The event featured an essay writing competition, celebrating World Environment Day from June 5 to June 12, 2024, focusing on the topic of "Environmental Awareness - Issues and Challenges."

Students expressed their opinions on various issues such as environmental degradation, plastic usage, drought, climate change, etc.

Dr. Maneeta Kahlon, Principal of the College, appreciated and encouraged the students' efforts towards environmental awareness.

## PHOTOGRAPHS





## World Environment Day 2024 (Part-V) June 05, 2024

### Online Quiz Competition

<b>Organized by:</b>	Eco Club and NSS Unit
<b>Supported by:</b>	Ministry of Environment, Forest, and Climate Change, Government of India
<b>Venue:</b>	Online Platform (Google Form)
<b>Date:</b>	June 5, 2024
<b>No. of students</b>	144
<b>No. of Teachers participated</b>	2
<b>Social Media Link</b>	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid021xdT9utvATxAGai7uMHmCZHtqXJcnpM57Heoift5zdtGAWEUUWinuDCTiAPY5UH21">https://www.facebook.com/gnwludhiana/posts/pfbid021xdT9utvATxAGai7uMHmCZHtqXJcnpM57Heoift5zdtGAWEUUWinuDCTiAPY5UH21</a> <a href="https://www.instagram.com/p/C73lHKwxbSF/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==">https://www.instagram.com/p/C73lHKwxbSF/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==</a>

GNKCW Celebrates World Environment Day by organizing Online Quiz Competition The Eco Club and NSS Unit of Guru Nanak Khalsa College for Women, GujarkhanCampus, Model Town, Ludhiana, organized a vibrant celebration for WorldEnvironment Day, supported by the Ministry of Environment, Forest, and ClimateChange, Government of India. The event featured an online quiz competition on the theme “Environmental Sustainable Goals” was conducted via Google Form, with numerous students participating enthusiastically. Dr. Maneeta Kahlon, Principal of the College, motivated the students for caring aboutthe environment.

## CERTIFICATES

The image displays four screenshots of a mobile application interface for a quiz competition. Each screenshot shows a different device screen with the same quiz content. The top two screenshots are from phones, and the bottom two are from tablets. The quiz is titled "Quiz on World Environment Day - June 5th, 2024". It is organized by Sulabh-IIHH EIACP Resource Partner and the Ministry of Environment, Forest & Climate Change, Government of India. The quiz is about Land Restoration, Desertification and Drought Resilience. The total points available are 20, and the user's score is indicated in a green box. The quiz content is identical across all four devices.

**Quiz on World Environment Day - June 5th, 2024**

Total points 19/20

Sulabh-IIHH EIACP RP sponsored by Ministry of Environment, Forest and Climate Change, Govt. of India is hosting an online quiz competition to celebrate World Environment Day on June 5th, 2024. Test your knowledge of Land Restoration, Desertification and Drought Resilience and earn a certificate for participation.

**Quiz on World Environment Day - June 5th, 2024**

Total points 17/20

Sulabh-IIHH EIACP RP sponsored by Ministry of Environment, Forest and Climate Change, Govt. of India is hosting an online quiz competition to celebrate World Environment Day on June 5th, 2024. Test your knowledge of Land Restoration, Desertification and Drought Resilience and earn a certificate for participation.

**Quiz on World Environment Day - June 5th, 2024**

Total points 16/20

Sulabh-IIHH EIACP RP sponsored by Ministry of Environment, Forest and Climate Change, Govt. of India is hosting an online quiz competition to celebrate World Environment Day on June 5th, 2024. Test your knowledge of Land Restoration, Desertification and Drought Resilience and earn a certificate for participation. The competition closes on June 5th, 2024 at 10 PM IST. Join the fight to protect our planet.

Quiz on World Environment Day - June 5th, 2024

Thank you for your submission.  
If you passed you will receive a printable certificate shortly.

**View score**

Quiz on World Environment Day - June 5th, 2024

Thank you for your submission.  
If you passed you will receive a printable certificate shortly.

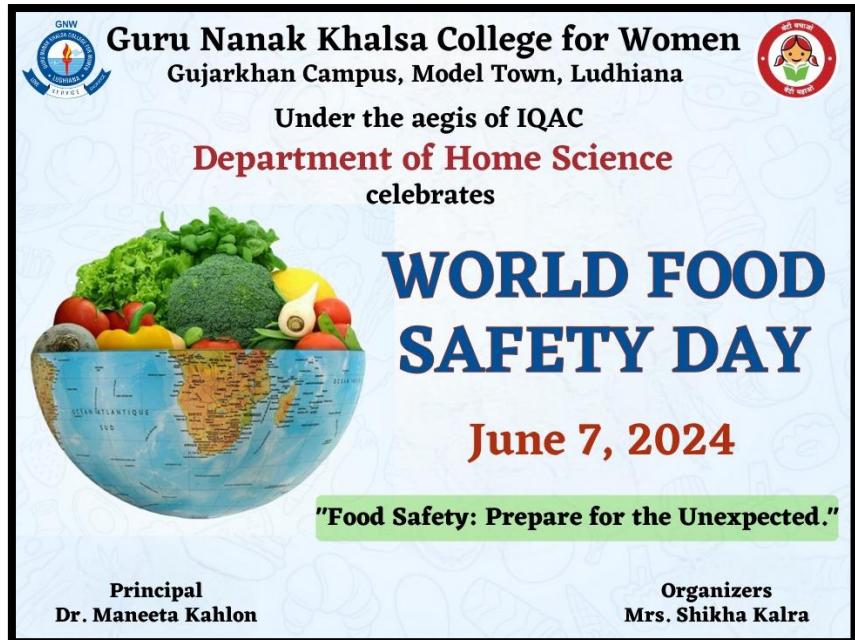
**View score**

This content is available only to users who have logged in.

<b>World Environment Day 2024 (Part-VI)</b> <b>World Food Safety Day</b>	
<b>Organized by:</b>	IQAC, Eco Club, NSS Unit, Department of Home Science in collaboration with Punjab State Council for Science and Technology
<b>Supported by:</b>	Ministry of Environment, Forest, and Climate Change, Government of India
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Date:</b>	June 7, 2024
<b>No. of students</b>	16
<b>No. of Teachers participated</b>	3
<b>Social Media links</b>	<a href="https://www.instagram.com/p/C76AtuYxPq5/?igsh=MW1xN3JxbnV4azhxbQ==">https://www.instagram.com/p/C76AtuYxPq5/?igsh=MW1xN3JxbnV4azhxbQ==</a> <a href="https://www.facebook.com/share/p/crCaNdYEhcZr127a/?mibextid=0FDknk">https://www.facebook.com/share/p/crCaNdYEhcZr127a/?mibextid=0FDknk</a>

Under the aegis of Internal Quality Assurance Cell, under the guidance of Eco club, NSS unit in collaboration with Punjab State Council for Science and Technology, supported by Ministry of Environment, forest and climate Change, Government of India, Department of Home Science Of GNKCW celebrated 'World Food Safety Day on June 7, 2024 designated as "Food Safety: Prepare for the Unexpected" as the theme for 2024. Students were demonstrated different techniques of testing food adulteration in locally available dal, tea leaves milk, ghee, spices and processed foods.

Principal Dr. Maneeta Kahlon inspired the students be vigilant while purchasing locally available raw and semi cooked items and to read carefully the label of the packaged product. She explained the effects of adulteration which includes the addition of ingredients to modify different properties of food products for economic advantage as well as color, appearance, taste, weight and shelf life of food.



## PHOTOGRAPHS



## World Environment Day (Part VII) 2024

### Competition on Repurposing of old clothes

<b>Organized by:</b>	IQAC, NSS Unit, and Fashion Designing Department
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Date:</b>	June 12, 2024
<b>No. of students</b>	9
<b>No. of Teachers participated</b>	3
<b>Social Media Link</b>	<a href="https://www.instagram.com/p/C76AtuYxPq5/?igsh=MW1xN3JxbnV4azhxbQ==">https://www.instagram.com/p/C76AtuYxPq5/?igsh=MW1xN3JxbnV4azhxbQ==</a> <a href="https://www.facebook.com/share/p/crCaNdYEhcZr127a/?mibextid=oFDknk">https://www.facebook.com/share/p/crCaNdYEhcZr127a/?mibextid=oFDknk</a>

Under the aegis of IQAC, NSS unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana in collaboration with Fashion Designing Department organized a competition on repurposing of old clothes. This event not only showcased students' creativity but also underscored the importance of sustainability in our daily lives.

On June 12, 2024, the culmination of this initiative took place through a prize distribution ceremony. Cash prizes were awarded to the talented students who demonstrated exceptional skill in crafting beautiful handbags from discarded garments. Their efforts not only breathed new life into old materials but also contributed to environmental conservation, aligning perfectly with the ethos of World Environment Day. This activity was organised by NSS Programme Officers Dr. Neetu Prakash and Mrs Satwant Kaur.

Principal Dr. Maneeta Kahlon played a pivotal role in fostering enthusiasm and support for this endeavor. Her encouragement served as a catalyst, inspiring students to explore innovative ways of contributing positively to both society and the environment.

#### PHOTOGRAPHS



## PRESS CLIPPINGS



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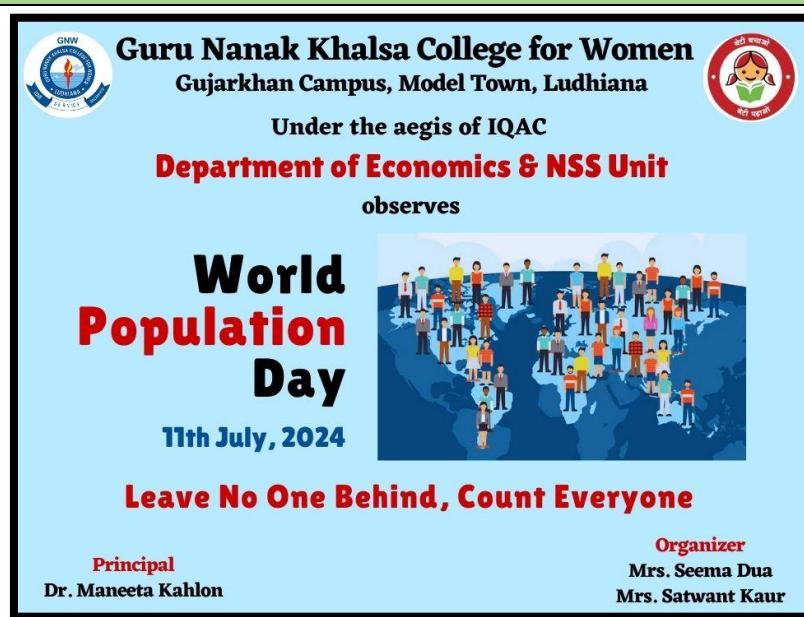
**जीएनकेसी डब्ल्यू ने पर्यावरण जागरूकता बढ़ाने के लिए अनोखे गिरा प्रदर्शन के साथ विश्व पर्यावरण दिवस मनाया**

**सुधियाना 5 जून 2024**  
(बहुरोपित)



इस पहल का जरूरत रखनानक अभियान के माध्यम से पर्यावरण के लकड़ी के मरम्मत के बारे में छात्रों का जागरूक करना था। बोलियां ने जारी किए जाने के कारण, पैड जानने वाले दिक्कत प्राप्त करने के अनावें जैसे महात्मपूर्ण दूसरी पर प्रकाश डारा। इसके बाद, मंत्री काहानी से पर्यावरण संस्कारण में युवाओं की मरम्मतपूर्ण अधिक प्रतीक दृष्टि देते हुए सभा को कम करने में मदद करने के लिए जाने देकिए जीवन के हिस्से के रूप में विश्व पर्यावरण दिवस का जश्न मनाया गया। उन्हें छात्रों को पर्यावरण चुनौतियों को कम करने के लिए अपने दैनिक जीवन के सिद्धांतों को अपनाने के लिए प्रोत्साहित किया।

<b>World Population Day observed at GNKCW</b>	
<b>Organized by:</b>	Internal Quality Assurance Cell (IQAC), Department of Economics, and National Service Scheme (NSS)
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana
<b>Date:</b>	July 11, 2024
<b>No. of students</b>	68
<b>Social Media Links</b>	<p><a href="https://www.facebook.com/gnwludhiana/posts/pfbid02SiynNyxLrnHbJEsYutZ5YPpW7YQ4eDVZ4QPrGyrhDn86Q764zBkqvS7U6C6ezCY91">https://www.facebook.com/gnwludhiana/posts/pfbid02SiynNyxLrnHbJEsYutZ5YPpW7YQ4eDVZ4QPrGyrhDn86Q764zBkqvS7U6C6ezCY91</a></p> <p><a href="https://www.instagram.com/p/C9Rm5SeSK8J/?utm_source=ig_web_copy_link&amp;igshid=MzRIODBiNWFIZA==">https://www.instagram.com/p/C9Rm5SeSK8J/?utm_source=ig_web_copy_link&amp;igshid=MzRIODBiNWFIZA==</a></p>
<p>Under the aegis of Internal Quality Assurance Cell (IQAC), the Department of Economics of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana in collaboration with the National Service Scheme (NSS), observed World Population Day with great enthusiasm in the college campus on July 11, 2024. Mrs. Seema Dua, Head of the Department of Economics, elaborated the theme of the day “leave no one behind, Count everyone”, ensuring accurate counts of all people in worldwide. She also discussed in detail the various challenges posed by overpopulation, including the strain on natural resources, increased pollution, and the pressure on public services such as healthcare and education. She emphasized the importance of family planning, sustainable development, and the need for policies that address population growth effectively.</p> <p>Principal Dr. Maneeta Kahlon, shared her perspective on the challenges of population explosion. Dr. Kahlon expressed concerns over the rapid increase in population and its implications on economic and social development</p>	



## PHOTOGRAPHS



## PRESS CLIPPINGS



## Lecture on youth-related schemes and provisions under the Union Budget 2024-25

<b>Organized by:</b>	Internal Quality Assurance Cell, NSS Unit, and Department of Commerce
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana
<b>Date:</b>	26th July 2024
<b>No. of students</b>	25
<b>Social Media Links:</b>	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid02TrWpCXEEWZucrABEqbQ9t1hRmQFccnu7SG8XJJ2LxTBEhcYJGEaRAL1ftxDFEahFl">https://www.facebook.com/gnwludhiana/posts/pfbid02TrWpCXEEWZucrABEqbQ9t1hRmQFccnu7SG8XJJ2LxTBEhcYJGEaRAL1ftxDFEahFl</a>  <a href="https://www.instagram.com/p/C94IM2Myj_Q/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==">https://www.instagram.com/p/C94IM2Myj_Q/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==</a>

Under the aegis of Internal Quality Assurance Cell, NSS Unit in collaboration with Department of Commerce of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana hosted an insightful lecture on youth-related schemes and provisions under the Union Budget 2024-25 on 26th July 2024.

Mrs. Maninder Kaur, Head of the Department of Commerce was the keynote speaker. With her extensive knowledge and experience, she explained the various schemes outlined in the budget, highlighting how these initiatives are tailored to benefit the youth. She emphasized the importance of understanding these financial provisions and encouraged

Principal, Dr. Maneeta Kahlon, addressed the students with inspiring words of advice. She urged them to be proactive in seeking opportunities and underscored the vital role that awareness and education play in shaping their futures.



## PHOTOGRAPHS



## PRESS CLIPPINGS

ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਭਾਸ਼ਣ ਦਿੰਦੇ ਕਾਮਰਸ ਵਿਡਿਗ ਦੀ ਮੁਖੀ ਮਨੀਦਰ ਕੌਰ। ਮੰਚ 'ਤੇ ਬੈਠੇ ਪ੍ਰਸ਼ੰਸਕਾਲੀਨ ਮਨੀਤਾ ਕਾਹਲੇ ਤੇ ਹੋਰ। ਪੰਜਾਬੀ ਜਾਗਰਣ

## ਬਜਟ 'ਚ ਨੌਜਵਾਨਾਂ ਨਾਲ ਸਬੰਧਤ ਯੋਜਨਾਵਾਂ ਬਾਰੇ ਦੱਸਿਆ

ਪ੍ਰਨੀਤ ਬਾਵਾ • ਪੰਜਾਬੀ ਜਾਗਰਣ

**ਲੁਧਿਆਣਾ :** ਐਨਾਕੋਸਾਂਸ ਯੂਨਿਟ ਹੁਕੂਮ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਹੁਜ਼ਰਖਣ ਕੈਨਸ ਮਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨੈਸ਼ਨਲ ਕੈਨਸ ਮਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੀ ਅਗਵਾਈ ਹੇਠ ਕਾਮਰਸ ਵਿਡਿਗ ਦੇ ਸੰਹਿਰੀਨ ਨਾਲ ਸਮਾਗਮ ਕਰਵਾਇਆ ਗਿਆ। ਇਸ ਦੌਰਾਨ ਕੇਂਦਰੀ ਬਜਟ 2024-25 ਤੱਤਿਤ ਨੌਜਵਾਨਾਂ ਨਾਲ ਸਬੰਧਤ ਯੋਜਨਾਵਾਂ ਅਤੇ ਉਪਬੰਧਾਂ ਬਾਰੇ ਭਾਸ਼ਣ ਕਰਵਾਇਆ ਗਿਆ। ਕਾਮਰਸ ਵਿਡਿਗ ਦੀ ਮੁਖੀ ਮਨੀਦਰ

ਕੌਰ ਮੈਂਬਰ ਬੁਲਾਰੇ ਸਨ। ਉਨ੍ਹਾਂ ਨੇ ਬਜਟ 'ਚ ਦਰਸਾਈਆਂ ਗਈਆਂ ਵੱਖ-ਵੱਖ ਯੋਜਨਾਵਾਂ ਦੀ ਵਿਆਖਿਆ ਕੀਤੀ। ਉਨ੍ਹਾਂ ਇਹ ਵੀ ਦੀਸਿਆ ਕਿ ਇਹ ਪਹਿਲਕਾਮੀਆਂ ਨੌਜਵਾਨਾਂ ਨੂੰ ਲਾਭ ਪ੍ਰਾਪਤ ਕਰਵਾਉਣਾ ਚਾਹੀਦਾ ਹੈ। ਉਨ੍ਹਾਂ ਨੇ ਇਨ੍ਹਾਂ ਵੱਡੀ ਪ੍ਰੀਦਿਆਂ ਨੂੰ ਸਮਝਲ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਹੋਰ ਦਿੱਤਾ ਅਤੇ ਉਤਸਾਹਿਤ ਕੀਤਾ। ਪ੍ਰਸ਼ੰਸਕਾਲੀਨ ਮਨੀਤਾ ਕਾਹਲੇ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪ੍ਰੇਰਣਾਏਕ ਸਥਦਾਨ ਲਾਲ ਸੰਖੇਪ ਯੋਜਨਾਵਾਂ ਅਤੇ ਉਪਬੰਧਾਂ ਬਾਰੇ ਭਾਸ਼ਣ ਕਰਵਾਇਆ ਗਿਆ। ਕਾਮਰਸ ਵਿਡਿਗ ਦੀ ਮੁਖੀ ਮਨੀਦਰ

ਜਲੰਧਰ 27 ਜੁਲਾਈ 2024 | 3

ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਭਾਸ਼ਣ ਦਿੰਦੇ ਕਾਮਰਸ ਵਿਡਿਗ ਦੀ ਮੁਖੀ ਮਨੀਦਰ ਕੌਰ। ਮੰਚ 'ਤੇ ਬੈਠੇ ਪ੍ਰਸ਼ੰਸਕਾਲੀਨ ਮਨੀਤਾ ਕਾਹਲੇ ਤੇ ਹੋਰ। ਪੰਜਾਬੀ ਜਾਗਰਣ

## ਬਜਟ 'ਚ ਨੌਜਵਾਨਾਂ ਨਾਲ ਸਬੰਧਤ ਯੋਜਨਾਵਾਂ ਬਾਰੇ ਦੱਸਿਆ

ਪ੍ਰਨੀਤ ਬਾਵਾ • ਪੰਜਾਬੀ ਜਾਗਰਣ

**ਲੁਧਿਆਣਾ :** ਐਨਾਕੋਸਾਂਸ ਯੂਨਿਟ ਹੁਕੂਮ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਹੁਜ਼ਰਖਣ ਕੈਨਸ ਮਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨੈਸ਼ਨਲ ਕੈਨਸ ਮਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੀ ਅਗਵਾਈ ਹੇਠ ਕਾਮਰਸ ਵਿਡਿਗ ਦੇ ਸੰਹਿਰੀਨ ਨਾਲ ਸਮਾਗਮ ਕਰਵਾਇਆ ਗਿਆ। ਇਸ ਦੌਰਾਨ ਕੇਂਦਰੀ ਬਜਟ 2024-25 ਤੱਤਿਤ ਨੌਜਵਾਨਾਂ ਨਾਲ ਸਬੰਧਤ ਯੋਜਨਾਵਾਂ ਅਤੇ ਉਪਬੰਧਾਂ ਬਾਰੇ ਭਾਸ਼ਣ ਕਰਵਾਇਆ ਗਿਆ। ਕਾਮਰਸ ਵਿਡਿਗ ਦੀ ਮੁਖੀ ਮਨੀਦਰ

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## Cyber Jagrukta Diwas 2024

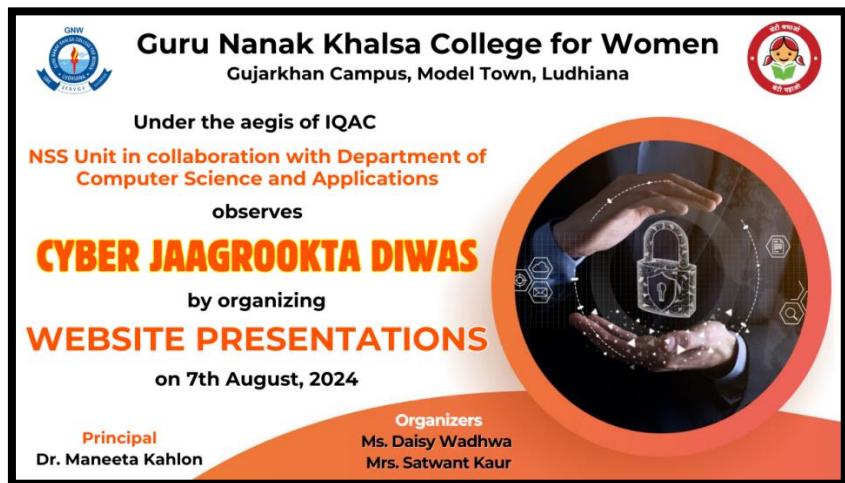
<b>Organized by:</b>	Department of Computer Science and Applications, in collaboration with NSS Unit, under the aegis of the Internal Quality Assurance Cell (IQAC)
<b>Date:</b>	August 7, 2024
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Social media Links:</b>	

Under the aegis of the Internal Quality Assurance Cell, the Department of Computer Science and Applications at Guru Nanak Khalsa College for Women, Model Town, Ludhiana, in collaboration with the NSS Unit, observed Cyber Jagrukta Diwas with great enthusiasm. The event aimed to generate awareness about the critical issue of cyber security among students.

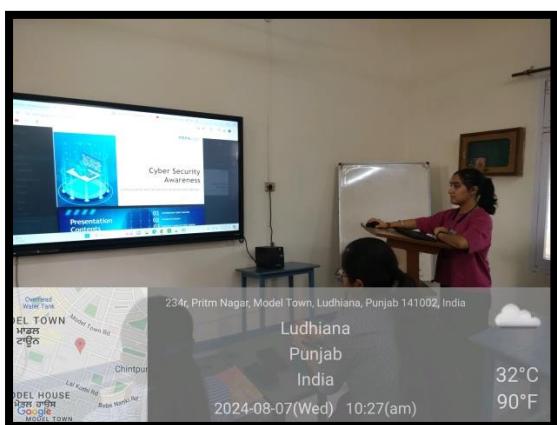
As part of the initiative, students of BCA First Semester actively participated by creating and presenting informative webpages focused on various aspects of cyber security. These webpages covered topics such as safe internet practices, recognizing and avoiding phishing attacks, securing personal information, and understanding the importance of strong passwords. The event was convened by Ms. Daisy Wadhwa and Ms. Satwant Kaur, Assistant Professors in the Department of Computer Science. They guided the students in their projects and emphasized the

importance of cyber hygiene in today's digital age.

The college Principal, Dr. Maneeta Kahlon, remarked, "In an era where our lives are increasingly intertwined with technology, it is imperative to be aware of the potential cyber threats and how to safeguard against them. Initiatives like Cyber Jagrukta Diwas are crucial in educating young minds and empowering them with the knowledge to protect themselves and others in the digital world."



## PHOTOGRAPHS



Organized a number of events as a part Har Ghar Tiranga

## Celebration (August 9 - August 15)

“Har Ghar Tiranga” campaign was initiated from August 9-15 with a variety of engaging activities. The events include:

### Selfies with the Tiranga

Organized by	NSS Unit
Date:	August 10, 2024
Venue:	Guru Nanak Khalsa College for Women, Ludhiana
Social media Links:	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid02ZREvq3pfzYNeGKRFhJPDrKeL53JAZYAsgq7cjaD12Ln2M5eVSZh7ZGVH3ZGSEiJgl">https://www.facebook.com/gnwludhiana/posts/pfbid02ZREvq3pfzYNeGKRFhJPDrKeL53JAZYAsgq7cjaD12Ln2M5eVSZh7ZGVH3ZGSEiJgl</a> <a href="https://www.instagram.com/p/C_pVnq9S6j0/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==">https://www.instagram.com/p/C_pVnq9S6j0/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==</a>

Students were invited to take selfies with the national flag to showcase their pride and involvement. This activity encouraged personal engagement and allowed students to express their patriotism.

### PHOTOGRAPHS





## Har Ghar Tiranga Pledge

Organized by	NSS Unit
Date:	August 10, 2024
Venue:	Guru Nanak Khalsa College for Women, Ludhiana
Social media Links:	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid02ZREvq3pfzYNeGKRFhJPDrKeL53JAzyAsgq7cjaD12Ln2M5eVSZh7ZGVH3ZGSEiJg1">https://www.facebook.com/gnwludhiana/posts/pfbid02ZREvq3pfzYNeGKRFhJPDrKeL53JAzyAsgq7cjaD12Ln2M5eVSZh7ZGVH3ZGSEiJg1</a> <a href="https://www.instagram.com/p/C-pVnq9S6j0/?utm_source=ig_web_copy_link&amp;igsh=MzR1ODBiNWFIA==">https://www.instagram.com/p/C-pVnq9S6j0/?utm_source=ig_web_copy_link&amp;igsh=MzR1ODBiNWFIA==</a>

Students took a pledge to honor the national flag and uphold the values of unity and patriotism. This initiative was designed to instill a sense of commitment and responsibility towards national values.



## Har Ghar Tiranga Quiz

Organized by	NSS Unit
Date:	August 12, 2024
Venue:	Online (MyGov website)
No. of students	564
Social media Links:	<p><a href="https://www.facebook.com/gnwludhiana/posts/pfbid02ZREvq3pfzYNeGKRFhJPDrKeL53JAZyAsgq7cjaD12Ln2M5eVSZh7ZGVH3ZGSEiJgl">https://www.facebook.com/gnwludhiana/posts/pfbid02ZREvq3pfzYNeGKRFhJPDrKeL53JAZyAsgq7cjaD12Ln2M5eVSZh7ZGVH3ZGSEiJgl</a></p> <p><a href="https://www.instagram.com/p/C-pVnq9S6j0/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/C-pVnq9S6j0/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p>

Students participated in a quiz hosted on the MyGov website, aimed at enhancing their knowledge and awareness of the initiative. The quiz served to educate students on the significance of the “Har Ghar Tiranga” campaign and related historical facts.



## Singing of the National Anthem

Organized by	NSS Unit
Date:	August 14, 2024

<b>Venue:</b>	Guru Nanak Khalsa College for Women, Ludhiana
<b>No. of students</b>	247
<b>Social Media Links</b>	<p><a href="https://www.facebook.com/gnwludhiana/posts/pfbid02ZREvq3pfzYNeGKRFhJPDrKeL53JAZyAsgq7cjaD12Ln2M5eVSZh7ZGVH3ZGSEiJgl">https://www.facebook.com/gnwludhiana/posts/pfbid02ZREvq3pfzYNeGKRFhJPDrKeL53JAZyAsgq7cjaD12Ln2M5eVSZh7ZGVH3ZGSEiJgl</a></p> <p><a href="https://www.instagram.com/p/C-pVnq9S6j0/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/C-pVnq9S6j0/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p>
Students gathered to sing the national anthem together, fostering a sense of collective patriotism. This activity was intended to reinforce national pride and unity through a shared experience.	

### PHOTOGRAPHS



## जीएनकेसीडल्यू



जीएनकेसीडल्यू में स्वतंत्रता दिवस सेलिब्रेशन के दौरान कालेज प्रांगण में विभिन्न सांस्कृतिक प्रस्तुत की गईं। इसमें विद्यार्थियों ने उत्साह के साथ हिस्सा लिया। ● सा. कालेज



गुरु नानक खालसा कालेज फॉर वूमेन में विभिन्न विभागों और वलबों ने स्वतंत्रता दिवस पर गतिविधियों का आयोजन किया। एन.सी.सी., एन.एस.एस. और रेड रिबन वलब के सदस्यों के साथ संगीत विभाग के छात्रों ने दर्शकों के बीच देशभक्ति की भावना पैदा करने के लिए देशभक्ति गीत गाएं। इतिहास विभाग ने विभाजन विभिन्निका समर्पण दिवस मनाने के लिए एक वृत्तचित्र का प्रदर्शन किया। हर घर तिरंगा अभियान के तहत, एन.एस.एस. इकाई ने छात्रों को अपने गौरव और भागीदारी को प्रदर्शित करने के लिए राष्ट्रीय ध्वज के साथ सेत्ती लेने के लिए आमंत्रित किया। प्रिंसिपल डा. मनीता काहलों ने सभी को स्वतंत्रता दिवस की बधाई दी।

## Patriotic Songs

<b>Organized by</b>	NSS Unit, Music Department, NCC, Youth Club, Red Ribbon Club
<b>Date:</b>	August 13, 2024
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Ludhiana
<b>No. of students</b>	65
<b>Social media Links:</b>	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid02ZREvq3pfzYNeGKRFlhJPDrKeL53JAzyAsgq7cjaD12Ln2M5eVSZh7ZGVH3ZGSEiJgl">https://www.facebook.com/gnwludhiana/posts/pfbid02ZREvq3pfzYNeGKRFlhJPDrKeL53JAzyAsgq7cjaD12Ln2M5eVSZh7ZGVH3ZGSEiJgl</a> <a href="https://www.instagram.com/p/C-pVnq9S6j0/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==">https://www.instagram.com/p/C-pVnq9S6j0/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==</a>

Students from the Music Department, in collaboration with the NSS, NCC, Youth Club, and Red Ribbon Club, performed patriotic songs to further celebrate national pride. These activities are designed to promote national pride and unity among the students. Madam Principal Dr. Maneeta Kahlon addressed the students, encouraging them to actively participate in the “Har Ghar Tiranga” celebrations.

## PHOTOGRAPHS





## Organized a week-long celebration of National Sports Day

<b>Date:</b>	August 27-30, 2024
<b>Venue:</b>	College Playground
<b>Organized By:</b>	Department of Physical Education in collaboration with NSS Unit
<b>Guided By:</b>	Mrs. Parminder Kaur, Assistant Professor, Department of Physical Education

The Department of Physical Education in collaboration with NSS Unit in accordance with UGC guidelines, organized a week-long celebration of National Sports Day from August 27-30, 2024. The theme for this year's celebration is "Sports as an Enabler for a Fit and Inclusive Society."

Under the guidance of Mrs. Parminder Kaur, Assistant Professor in the Department of Physical Education, various events such as rope jumping, walk race, sack race, lemon race, tug-of-war, langadi competition, table tennis competition, and plank challenge were conducted.

### Day 1 Highlights (August 27, 2024)

On the first day of the celebration, events such as **Lemon Race**, **Walk Race**, **Sack Race**, and **Skipping Rope** were conducted in the college playground. The following students won prizes in various races:

#### 1. Lemon Race:

- **1st Place:** Kaksi (BA 1st Year, Roll No. 24368)
- **2nd Place:** Simranjeet (BA 1st Year, Roll No. 24218)
- **3rd Place:** Kashish (B.Com 3rd Year, Roll No. 221204)

**No.of students participated: 96**

#### 1. Walk Race:

- **1st Place:** Gurleen (BCA 2nd Year, Roll No. 231907)
- **2nd Place:** Harneet Kaur (BA 3rd Year, Roll No. 22263)
- **3rd Place:** Khushbu (BA 2nd Year, Roll No. 23348)

No.of students participated: 105

1. Sack Race:

- **1st Place:** Shruti (BCA 2nd Year, Roll No. 231944)
- **2nd Place:** Usha (BA 3rd Year, Roll No. 22200)
- **3rd Place:** Palvi (BA 3rd Year, Roll No. 22305)

No.of students participated: 112

1. Skipping Rope:

- **1st Place:** Usha (BA 3rd Year, Roll No. 22200)
- **2nd Place:** Khushbu (BA 2nd Year, Roll No. 23348)
- **3rd Place:** Kashish (B.Com 3rd Year, Roll No. 221204)

No.of students participated: 93

## PHOTOGRAPHS





## Day 2 Highlights (August 28, 2024)

On Day 2, the college conducted the **Tug of War** and **Langadi Competition**, alongside various fitness activities. Students also pledged to follow a healthy lifestyle

### 1. Tug of War Results:

- **1st Position:** BCA 1st Year
- **2nd Position:** B.Com 1st Year
- **3rd Position:** BA 3rd Year

**No.of students participated: 120**

### 2. Langadi Competition Results:

#### ○ 1st Position:

- Hardeep Kaur, B.Com 3rd Year (Roll No. 22128)
- Kashish, B.Com 3rd Year (Roll No. 221204)
- Vanshika Jain, B.Com 3rd Year (Roll No. 221209)
- Shreya Puri, B.Com 3rd Year (Roll No. 221124)
- Sana Sharma, B.Com 3rd Year (Roll No. 221158)
- Amrit Kaur, B.Com 3rd Year (Roll No. 221078)

**No.of students participated: 112**

#### ○ 2nd Position:

- Neha, BA 3rd Year (Roll No. 22339)
- Gagandeep Kaur, BA 3rd Year (Roll No. 22330)
- Simranpreet Kaur, BA 3rd Year (Roll No. 22301)
- Muskan, BA 3rd Year (Roll No. 22211)
- Sanjana, BA 3rd Year (Roll No. 22212)
- Khushbu, BA 2nd Year (Roll No. 23348)

#### ○ 3rd Position:

- Ishpreet Kaur, B.Com 3rd Year (Roll No. 221148)
- Palakpreet Kaur, B.Com 3rd Year (Roll No. 221183)
- Kumari Babita, B.Com 3rd Year (Roll No. 221201)
- Arshpreet Kaur, B.Com 3rd Year (Roll No. 221205)
- Manpreet Kaur, B.Com 3rd Year (Roll No. 221222)
- Kritika, B.Com 3rd Year (Roll No. 221172)

## PHOTOGRAPHS





## Day 3 Highlights (August 29, 2024)

Day 3 featured the **Table Tennis** competition, with students showcasing their skills and determination.

### Table Tennis Competition Results:

- **1st Position:** Harnoor, BA 2nd Year (Roll No. 23117)
- **2nd Position:** Manroop, B.Com 3rd Year (Roll No. 221002)
- **3rd Position:** Jiya, BA 1st Year (Roll No. 24265)

**No. of students participated: 52**

## PHOTOGRAPHS



## Day 4 Highlights (August 30, 2024) - Part 1:

The **Plank Challenge** was one of the key events of Day 4, where students tested their endurance.

### Plank Challenge Results:

- **1st Position:** Kumari Babita, B.Com 3rd Year (Roll No. 221201)
- **2nd Position:** Simranjeet Kaur, BA 1st Year (Roll No. 24218)
- **3rd Position:** Kavita Kumari, BA 3rd Year (Roll No. 22267)

Madam Principal Dr. Maneeta Kahlon praised the department's efforts to encourage student participation in sports and fitness activities, which foster positivity and harmony in society.

Social Media Links:	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid0zyzjLbYxh23iN2bLipRFLxYLaJCD2XT5VPsNLvTEUm9yFvU8mJdj193exit0EZ63I">https://www.facebook.com/gnwludhiana/posts/pfbid0zyzjLbYxh23iN2bLipRFLxYLaJCD2XT5VPsNLvTEUm9yFvU8mJdj193exit0EZ63I</a>
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	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid021n5kt83rTpgffUNJ5p6Avagvybr7o7TuTgSxtf8BghLcKJL5t7SWh1J6uhn7F2YHI">https://www.facebook.com/gnwludhiana/posts/pfbid021n5kt83rTpgffUNJ5p6Avagvybr7o7TuTgSxtf8BghLcKJL5t7SWh1J6uhn7F2YHI</a>
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## PRESS CLIPPINGS



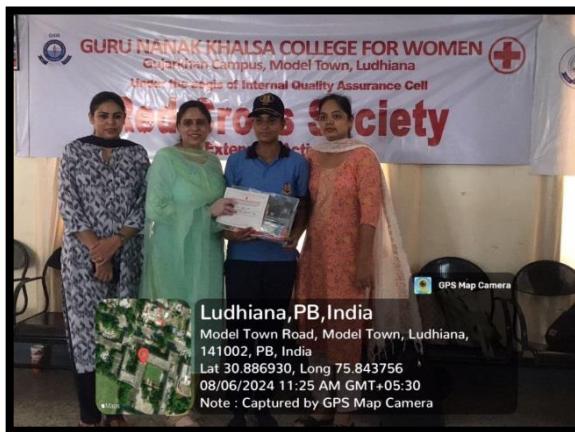
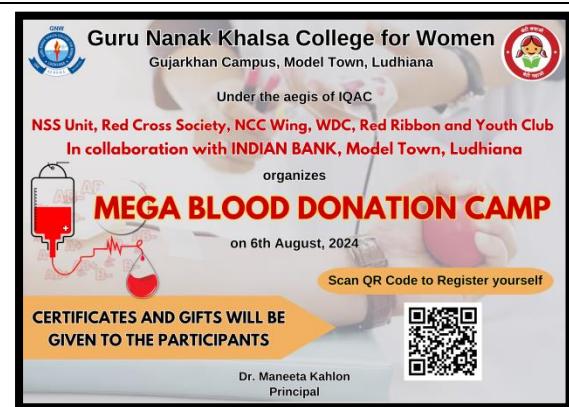
### Organized a blood donation and health check camp

Organized by:	NSS Unit, NCC Wing, Women Development Cell, Red Cross Society, Red Ribbon Club, and Youth Club under IQAC
In collaboration with:	Indian Bank
Date:	August 6, 2024
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Social Media Link	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid0V2fkW3B11DtN1zwZUA831AmCfCj3bxrRGrGfJyKoWhGsdVKFSoL6nKf1xpHG9Bl">https://www.facebook.com/gnwludhiana/posts/pfbid0V2fkW3B11DtN1zwZUA831AmCfCj3bxrRGrGfJyKoWhGsdVKFSoL6nKf1xpHG9Bl</a>  <a href="https://www.instagram.com/p/C_UlvjIyngq/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/C_UlvjIyngq/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>

A blood donation and health check camp was organized by NSS Unit, NCC Wing, Women Development Cell, Red Cross Society, Red Ribbon Club, and Youth Club under IQAC on the campus in collaboration with Indian Bank on August 6, 2024. Health assessments were conducted by Fortis Hospital, Mall Road, Ludhiana and Guru Nanak Charitable Hospital, Model Town, Ludhiana, providing valuable services to students and staff. The event witnessed enthusiastic participation from both students and staff, who came forward to donate blood for a noble cause.

Madam Principal Dr. Maneeta Kahlon commended the dedication and spirit of the students and staff. She highlighted the importance of such initiatives in fostering a sense of social responsibility and community service among the youth. She also expressed her gratitude to Indian Bank for their support and collaboration in making the event a success. To acknowledge the selfless contributions of the participants, gifts and certificates were distributed as tokens of appreciation. The students were particularly praised for their active involvement and commitment to the cause.

## PHOTOGRAPHS



## **PRESS CLIPPINGS**



बैंक के सहयोग से रक्तदान शिविर  
और स्थास्थ्य कार्यक्रम कराया गया



उद्धिष्ठाना। आंतरिक गणवता आश्वासन सेल (आईक्यूएसी) के तत्त्वावधान में गुरु नानक खालसा कॉलेज फॉर बूमन, मॉडल टाउन के एन-एस-एस, एनसीसी, महिला विकास सेल, रेड क्रॉस सोसाइटी, रेड रिबन क्लब और यूथ क्लब ने कॉलेज परिसर में बैंक के सहयोग से जाच शिविर रक्तदान और स्वास्थ्य कार्यक्रम का आयोजन किया। छात्रों और कर्मचारियों को बहुमूल्य सेवाएं प्रदान करते हुए स्वास्थ्य मल्टीकेन्स किया गया। इस कार्यक्रम में छात्रों और कर्मचारियों की उत्साहपूर्ण भागीदारी देखी गई, जो एक नेक काम के लिए रक्तदान करने के लिए अगे आए। प्रिंसिपल डॉ. मनीता काहलों ने छात्रों और कर्मचारियों के समर्पण और भावना की सराहना की। सामाजिक जिम्मेदारी और समुदायिक सेवा की भावना को बढ़ावा देने में ऐसी पहल के महत्व पर प्रकाश डाला। निष्वार्थ योगदान को स्वीकार करने के लिए प्रशंसा के प्रतीक के रूप में उपराह और प्रमाण पत्र वितरित किए गए।



ਖਨਦਾਨ ਤੇ ਸਿਹਤ ਜਾਂਚ ਕੈਪ ਦੇਰਾਨ ਹਾਜ਼ਰ ਵਿਦਿਆਰਥੀ, ਅਧਿਆਪਕ ਤੇ ਹੋਰ।

## ਮੈਡੀਕਲ ਕੈਪ ਲਗਾਇਆ

**ਸਤਾਫ ਪ੍ਰਗਤੀਨਿਧੀ ਪੰਜਾਬੀ ਜਾਗਰੂਣ,**  
**ਲੁਧਿਆਣਾ :** ਅਨੋਹਾਸੈਅਸ, ਅਨੁਸੀਸੀ, ਦੁਸ਼ਨ ਡਿੱਬੇਲੁਪਮੇਟ ਸੈਲ, ਰੈਡ ਕਰਾਸ ਸਮਾਈਟੀ, ਰੈਡ ਰਿਚਨ ਕਲੱਬ ਅਤੇ ਯੂਬ ਕਲੱਬ ਵਿੱਚ ਹੁਤ ਨਾਨਕ ਭਾਲਸਾ ਕਾਲਜ ਲਡਕੀਆਂ ਮਡਲ ਟਾਈਨ ਲੁਧਿਆਣਾ ਦੇ ਇਟਰਨੈੱਟ ਰੂਆਲਿਟੀ ਐਸੈਸੈਸ ਸੈਲ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਾਲਜ ਕੈਂਪਸ ਵਿੱਚ ਬੁਨਦਾਨ ਅਤੇ ਸਿਹਤ ਜਾਚ ਚੈਕ ਕੈਂਪ ਲਗਾਇਆ ਗਿਆ।

ਇਹ ਕੈਪ ਇੰਡੀਅਨ ਥੈਕ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਲਗਾਇਆ ਗਿਆ। ਜਿਸ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਸਟਾਫ਼ ਦੀ ਲਗਨ ਅਤੇ ਜ਼ਜ਼ਬੇ ਦੀ ਸ਼ਲਾਘਾ ਕੀਤੀ।

## POSHAN MAAH WEEKI

## **Lecture on Sensitization and Awareness of Anemia Among Adolescent Girls**

<b>Theme:</b>	Sensitization and Awareness of Anemia Among Adolescent Girls
<b>Organized by:</b>	IQAC, NSS Unit, and Department of Home Science
<b>Date:</b>	September 2, 2024
<b>No. of Students</b>	81
<b>Venue:</b>	GNKCW
<b>Social media Links:</b>	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid0pCfNt14FZboxAKGuVVyp9SJwf63tbWVhaCC94LpMhEAAHJXgL94txRgZXcQdYPRHI">https://www.facebook.com/gnwludhiana/posts/pfbid0pCfNt14FZboxAKGuVVyp9SJwf63tbWVhaCC94LpMhEAAHJXgL94txRgZXcQdYPRHI</a> <a href="https://www.instagram.com/p/C_e8RrKyLz0/?utm_source=ig_web_copy_link&amp;igshid=MzRlODBiNWFIZA==">https://www.instagram.com/p/C_e8RrKyLz0/?utm_source=ig_web_copy_link&amp;igshid=MzRlODBiNWFIZA==</a>

Thematic Rashtriya Poshan Maah, 2024 is celebrated in the college in the month of September every year.

The theme of first week of September (From September 1-7, 2024) is sensitization and awareness of Anemia among adolescent girls.

Various activities are organized on the above theme by IOAC and NSS, Unit of the college in

collaboration with Department of Home Science.

### Day1, (September 2, 2024)

81 students of the college attended a sensitization lecture by Mr. Jasbir Bhalla (Wellness Coach) on Anemia and its cure during adolescent period among girls. He also elaborated his talk about nutrients, nutrition and Nourishment of our body. Also he told about detoxification of our body. Principal Dr. Maneeta Kahlon congratulated the students for celebrating Poshan drive in the month of September 2024, with a great way to promote awareness and action on today's most prevalent disorder of Anemia among youth and raise awareness about the importance of nutrition in our diet to prevent our community from its ill effects.

### PHOTOGRAPHS



## Poshan Maah (WEEK-I)

### Stall of Nutritious Dahi bhalla

<b>Theme:</b>	Sensitization and Awareness of Anemia Among Adolescent Girls
<b>Organized by:</b>	Department of Home Science and NSS under IQAC
<b>Date:</b>	September 06, 2024
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Social media Links:</b>	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid031NiTH7g2bXRqbgndAc8eZLzZrEEKEVmtCWicpFowNgnBN3aKf4v7TbSEenQFjJwQl">https://www.facebook.com/gnwludhiana/posts/pfbid031NiTH7g2bXRqbgndAc8eZLzZrEEKEVmtCWicpFowNgnBN3aKf4v7TbSEenQFjJwQl</a> <a href="https://www.instagram.com/p/C_kdub0SQNQ/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/C_kdub0SQNQ/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>

The Department of Home Science put up a stall of Nutritious Dahi bhalla in the college campus today. On this very special occasion of celebrating Poshan Maah in the first week, 10 students prepared dal bhalla and imli chutney in the Lab combining lentils and yogurt thus providing a good balance of carbohydrates, protein, and fats, which can provide energy to do work.

Madam Principal Dr. Maneeta Kahlon encouraged the students for their efforts and mentioned that such activities are of utmost importance to enhance entrepreneurial skills among students.

### PHOTOGRAPHS



## PRESS CLIPPING



## Cyber Jagrukta Diwas

<b>Organized by:</b>	Internal Quality Assurance Cell, Department of Computer Science and Application, in collaboration with the NSS Unit of Guru Nanak Khalsa College for Women
<b>Date:</b>	September 04, 2024
<b>Venue:</b>	Guru Nanak Khalsa College for Women , Model Town, Ludhiana
<b>Social media Links:</b>	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid02UByaxpqMRMfgZZZA77dKGfMyoh9kQXpVLMmiEFzu87TVvdqVbrR6CZPvaehWnCdl">https://www.facebook.com/gnwludhiana/posts/pfbid02UByaxpqMRMfgZZZA77dKGfMyoh9kQXpVLMmiEFzu87TVvdqVbrR6CZPvaehWnCdl</a> <a href="https://www.instagram.com/p/C_fO2A5SKoB/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/C_fO2A5SKoB/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>

Under the aegis of Internal Quality Assurance Cell , Department of Computer Science and Application, in collaboration with the NSS Unit of Guru Nanak Khalsa College for Women observed Cyber Jagrukta Diwas with great enthusiasm in the college campus today.

This event was marked by active participation from both volunteers and students, who engaged in raising cyber awareness through the creation and dissemination of impactful slogans.

The creative slogans not only highlighted the significance of being vigilant online but also motivated students to adopt and advocate for best practices in maintaining online security. This initiative was conducted under the guidance of Ms. Daisy Wadhwa and Ms. Satwant,

## Assistant Professors in the Department of Computer Science

Principal Dr. Maneeta Kahlon encouraged the students and emphasized the importance of recognizing their role in promoting cyber safety.

### PHOTOGRAPHS

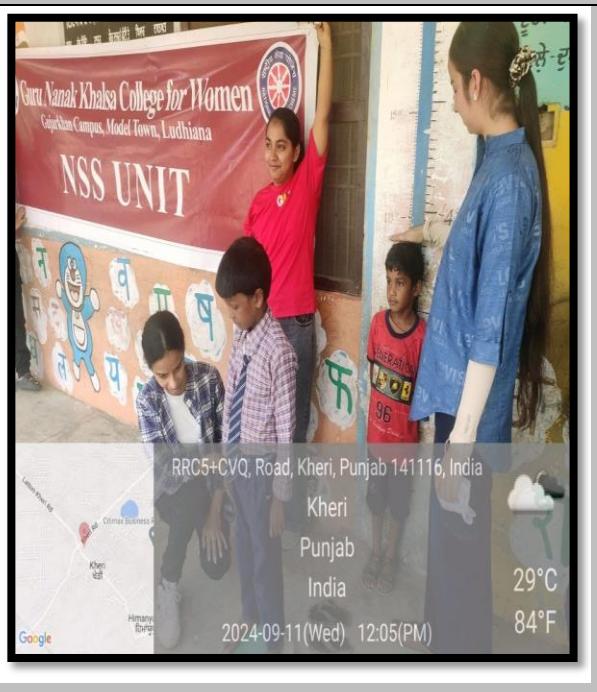
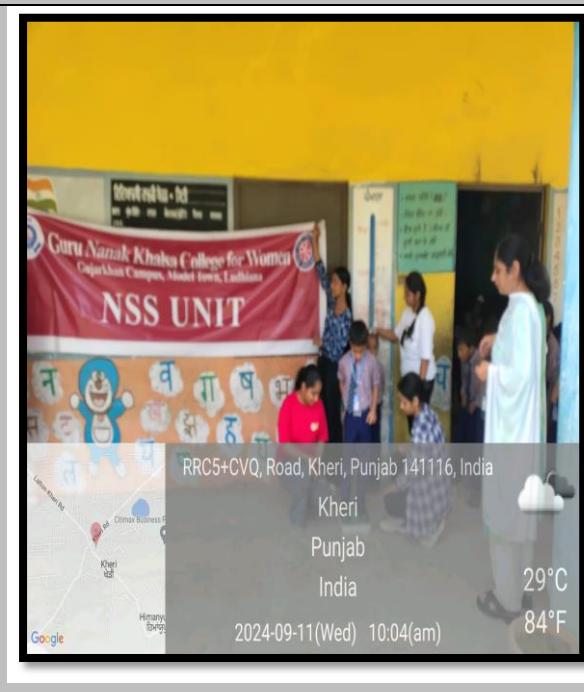
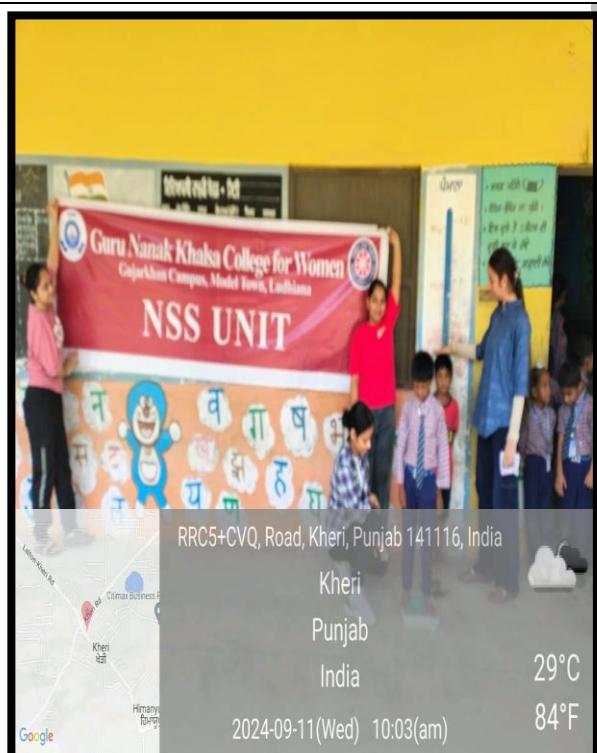


### PRESS CLIPPINGS

**ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ  
'ਚ ਕਰਵਾਇਆ ਸਮਾਗਮ**

ਸਟਾਫ ਪੱਤੀਨਿਧਿ, ਪੰਜਾਬੀ ਜਾਗਰਣ।  
ਲੁਧਿਆਣਾ : ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਦੇ ਕੰਪਿਊਟਰ ਸਾਈੰਸ ਐਂਡ ਐਪਲੀਕੇਸ਼ਨ ਵਿਡਾਗ ਨੇ ਇੰਟਰਨੈੱਟ ਕੁਆਲਿਟੀ ਐਕਾਰੈਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਐਨਾਂਸਾਂਸ ਯੂਨਿਟ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਾਲਜ ਕੈਂਪਸ ਵਿੱਚ ਸਾਈਬਰ ਜਾਗਰਣ ਦਿਵਸ ਬੜੇ ਉਤਸ਼ਾਹ ਨਾਲ ਮਨਾਇਆ ਗਿਆ। ਇਹ ਸਮਾਗਮ ਵਲੱਟੀਆਰਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਦੋਵਾਂ ਦੀ ਸਰਗਰਮ ਹਿੱਸੇਦਾਰੀ ਨਾਲ ਕੀਤਾ ਗਿਆ ਸੀ, ਜੋ ਪ੍ਰਾਵਾਸਾਲੀ ਨਾਅਵਿਆਂ ਦੀ ਰਚਨਾ ਅਤੇ ਪ੍ਰਸਾਰ ਦੁਆਰਾ ਸਾਈਬਰ ਜਾਗਰੂਕਤਾ ਵਧਾਉਣ ਵਿੱਚ ਲੱਗੇ ਹੋਏ ਸਨ। ਰਚਨਾਤਮਕ ਨਾਅਵਿਆਂ ਨੇ ਨਾ ਸਿਰਫ਼ ਆਨਲਾਈਨ ਚੈਕਸ ਰਹਿਣ ਦੇ ਮਹੱਤਵ ਨੂੰ ਉਜਾਗਰ ਕੀਤਾ, ਸਗੋਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਨਲਾਈਨ ਸੁਰੱਖਿਆ ਬਣਾਈ ਰੱਖਣ ਲਈ ਵਧੀਆ ਅਭਿਆਸਾਂ ਨੂੰ ਅਪਣਾਉਣ ਅਤੇ ਵਕਾਲਤ ਕਰਨ ਲਈ ਵੀ ਪੇਰਿਤ ਕੀਤਾ। ਇਹ ਉਪਰਾਲਾ ਕੰਪਿਊਟਰ ਸਾਈੰਸ

<b>Poshan Maah (WEEK-II)</b> <b>Growth Monitoring for Pre Primary &amp; Primary School Children</b>	
<b>Theme</b>	Complementary Feeding Practices
<b>Organized by:</b>	Department of Home Science in collaboration with the NSS unit under IQAC
<b>Date:</b>	September 11, 2024
<b>No. of students</b>	11
<b>Venue:</b>	Government school in Kheri village, Ludhiana
<b>Social media Links:</b>	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid06k5We1hX7n3zJaek9Fd_dZX9fH21xALDVK5Xg2jyo9eA1cyKHJ4tFzLvvKGDrABel">https://www.facebook.com/gnwludhiana/posts/pfbid06k5We1hX7n3zJaek9Fd_dZX9fH21xALDVK5Xg2jyo9eA1cyKHJ4tFzLvvKGDrABel</a> <a href="https://www.instagram.com/p/C_zZ4rvSEEc/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==">https://www.instagram.com/p/C_zZ4rvSEEc/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==</a>
<p>To mark the second week of Poshan Maah (September 9-14, 2024), an event focusing on growth monitoring for pre-primary school children (ages 3-6) and primary school children (ages 6-9) from a government school in Kheri village was organized. The theme of the second week was "Complementary Feeding."</p> <p>11 students from the college visited the government school and measured the weight and height of the pre-primary and primary school children using weighing scales and standardized anthropometric equipment. The teachers were also counseled on incorporating locally available high-protein food supplements into the children's midday meals.</p> <p>Madam Principal Dr. Maneeta Kahlon addressed the students, emphasizing the significance of monitoring children's growth for both their academic and mental health, contributing to their overall development in the years to come.</p>	
<b>PHOTOGRAPHS</b>	
	



## Poshan Maah (WEEK-II)

### Lecture focused on weaning and supplementary foods.

<b>Theme</b>	Complementary Feeding Practices
<b>Organized by:</b>	IQAC, NSS Unit, and Department of Home Science
<b>Date:</b>	September 13, 2024
<b>No. of students</b>	58
<b>Venue:</b>	Guru Nanak Khalsa College for Women , Model Town, Ludhiana
<b>Social media Links:</b>	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid0qx1pn8mR19zHmuFeZ1w4tYTmFTV9EWZgJjexLsXQrBTLL8642Zz6hpSQ2544Ais7l">https://www.facebook.com/gnwludhiana/posts/pfbid0qx1pn8mR19zHmuFeZ1w4tYTmFTV9EWZgJjexLsXQrBTLL8642Zz6hpSQ2544Ais7l</a> <a href="https://www.instagram.com/p/C_4p6KCSGNh/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/C_4p6KCSGNh/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>

The Rashtriya Posan Maah 2024 is celebrated at GNKCW every September. The theme for the second week of September (September 9-14, 2024) is "Complementary Feeding Practices."

During this period, various activities are organized by the IQAC and NSS Unit of the college in collaboration with the Department of Home Science.

On September 13, 2024, 58 students attended a lecture focused on weaning and supplementary foods. The session included an in-depth discussion on breastfeeding and bottle-feeding, highlighting the numerous benefits of breastfeeding for both mother and child. A comparison was made between animal milk and mother's milk.

Principal Dr. Maneeta Kahlon also shared her insights on breastfeeding. She emphasized that breastfeeding can reduce the risk of breast cancer, ovarian cancer, high blood pressure, and Type 2 diabetes. Additionally, she noted that extended breastfeeding can provide comfort and soothe the baby during times of distress.

### PHOTOGRAPHS



## Poshan Maah (WEEK-III)

### Workshop on soft toy making

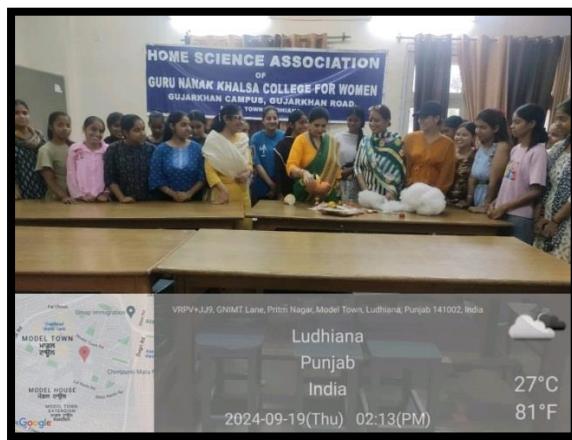
<b>Theme</b>	Nutrition as Well as Education(Poshan Bhi, Padaai Bhi)
<b>Organized by:</b>	IQAC, NSS Unit, and Department of Home Science
<b>No. of students:</b>	18
<b>Date:</b>	September 19, 2024
<b>Venue:</b>	GNKCW
<b>Social media Links:</b>	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid0qGvMnE3oXRtHS6g51Ph6aZAaS1X3ASVW264sBqgGa41Rs9g6k2hMdwYdBeBLa1QL1">https://www.facebook.com/gnwludhiana/posts/pfbid0qGvMnE3oXRtHS6g51Ph6aZAaS1X3ASVW264sBqgGa41Rs9g6k2hMdwYdBeBLa1QL1</a> <a href="https://www.instagram.com/p/DAGADvHSHbt/?utm_source=ig_web_copy_link">https://www.instagram.com/p/DAGADvHSHbt/?utm_source=ig_web_copy_link</a>

The college celebrates the thematic Rashtriya Poshan Maah every year in September. The theme for the third week of September 2024 (from September 16 to 21) is "Poshan Bhi, Padaai Bhi" (Nutrition as well as Education). Various activities were organized on this theme by the IQAC and the NSS Unit of the college, in collaboration with the Department of Home Science.

On September 19, 2024, 18 students participated in a workshop on soft toy making using stocking fruits. The students were shown how to create different nutritious fruits using poly wool, stockings, and green tape.

Principal Dr. Maneeta Kahlon encouraged the students, highlighting this creative method as an insightful way to make school children aware of the nutritional value of fruits through play. This activity aimed to promote the habit of consuming fiber-rich fruits and vegetables in their daily routines.

### PHOTOGRAPHS



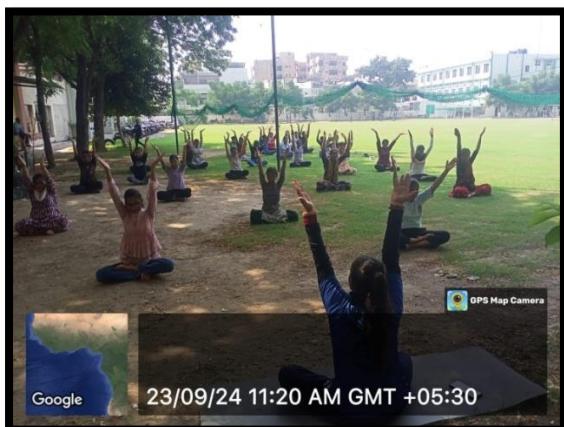
## Poshan Maah (WEEK-IV)

### Yoga camp

<b>Theme:</b>	Overall Nutrition and Wellness
<b>Organized by:</b>	IQAC, Physical Education Department, NSS Unit, and Department of Home Science
<b>Date:</b>	September 23, 2024
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>No. of students:</b>	51
<b>Social media Links:</b>	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid02M9m1v8dKAN7FrkHeqoS KLDeFMw67xo8duqG8mpJr5eDjBDP6QvUTAuAnnxShMBvZl">https://www.facebook.com/gnwludhiana/posts/pfbid02M9m1v8dKAN7FrkHeqoS KLDeFMw67xo8duqG8mpJr5eDjBDP6QvUTAuAnnxShMBvZl</a> <a href="https://www.instagram.com/p/DAQTYTAyaEU/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/DAQTYTAyaEU/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>

The college celebrates the thematic Rashtriya Poshan Maah every year in September. The theme for the fourth week of September (from September 23-28, 2024) is "Overall Nutrition." Under the aegis of the IQAC, Physical Education Department, in collaboration with the NSS Unit and the Department of Home Science, organized a yoga camp on September 23, 2024, as part of Poshan Maah to promote health awareness. Principal Dr. Maneeta Kahlon encouraged the students to maintain both their mental and physical well-being. She emphasized the importance of staying healthy through regular exercise, like yoga, and advised student to consume a nutritious diet to support overall wellness.

### PHOTOGRAPHS



## Poshan Maah (WEEK-IV)

### Maintained herbal and kitchen garden

<b>Theme:</b>	Overall Nutrition and Wellness
<b>Organized by:</b>	IQAC, NSS Unit, and Department of Home Science
<b>Date:</b>	September 30, 2024
<b>No. of students:</b>	12
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Social media Links:</b>	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid02jRVzeQPWUNDNG3f4Y7Q8imEzgfe9SnFPuPqemF3GYSrEMrZ3PxatnAdiN2T4Ucjfl">https://www.facebook.com/gnwludhiana/posts/pfbid02jRVzeQPWUNDNG3f4Y7Q8imEzgfe9SnFPuPqemF3GYSrEMrZ3PxatnAdiN2T4Ucjfl</a> <a href="https://www.instagram.com/p/DAiG1D3SzWh/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/DAiG1D3SzWh/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>

#### (WEEK-IV) Rashtriya Posan Maah 2024 Celebrations at GNKCW

The college celebrates Rashtriya Posan Maah every year in September. The theme for the fourth week of September (from September 23-28, 2024) is "Overall Nutrition." Various activities related to this theme were organized by the IQAC and NSS unit of the college, in collaboration with the Department of Home Science.

On September 30, 2024, twelve students from the college worked together to maintain the herbal and kitchen garden on the campus. The students were educated on the identification, importance, and use of organic herbs and plants in their daily lives.

Principal Dr. Maneeta Kahlon encouraged the students to explore natural methods of irrigation, manuring, and grafting to cultivate healthy plants for use in daily meals.

### PHOTOGRAPHS



NSS Day Awareness Rally 2024	
<b>Organized by:</b>	IQAC and NSS Unit
<b>Date:</b>	September 24, 2024
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Ludhiana
<b>No. of students:</b>	35
<b>Social media Links:</b>	<p><a href="https://www.facebook.com/gnwludhiana/posts/pfbid0X3LGkEg253CZj6zQxftnhUbUNotsRCnKcVsg6bpqpseQYLKP3DXxciXV7ZbRpkpxl">https://www.facebook.com/gnwludhiana/posts/pfbid0X3LGkEg253CZj6zQxftnhUbUNotsRCnKcVsg6bpqpseQYLKP3DXxciXV7ZbRpkpxl</a></p> <p><a href="https://www.instagram.com/p/DASoVD5St2D/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/DASoVD5St2D/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p>
<p>Under the aegis of IQAC, NSS Unit of Guru Nanak Khalsa College for Women in Ludhiana organized an awareness rally to celebrate NSS Day On September 24, 2024. The main goal of the rally was to promote the importance of cleanliness. It aimed to raise awareness about how cleanliness can improve our quality of life and protect the environment. The event highlighted how working together can make a positive impact on cleanliness and environmental responsibility. Principal Dr. Maneeta Kahlon addressed the students, emphasizing the importance of cleanliness and hygiene. She encouraged them to adopt clean habits not only within the college but also in their homes and communities.</p>	



## वालंटियर्स ने रैली निकालकर दिया स्वच्छता का संदेश



रैली निकालते एन.एस.एस. वालंटियर।

संवेदा न्यूज/रजनी (लुधियाना): गुरु नानक खालसा कालेज फॉर वूमैन लुधियाना की एन.एस.एस. यूनिट ने इंटरनल ब्वालिटी एश्यॉरेस सैल के नेतृत्व में एन.एस.एस. दिवस पर जागरूकता रैली का आयोजन किया। रैली का मुख्य लक्ष्य स्वच्छता के महत्व को बढ़ावा देना था। इसका उद्देश्य इस बारे में जागरूकता बढ़ाना था कि कैसे स्वच्छता हमारे जीवन की गुणवत्ता में सुधार ला सकती है और पर्यावरण की रक्षा कर सकती है। कार्यक्रम में इस बात पर प्रकाश डाला गया कि कैसे एक साथ काम करने से स्वच्छता और पर्यावरणीय जिम्मेदारी पर सकारात्मक प्रभाव पड़ सकता है। प्रिंसीपल डॉ. मनीता काहलों ने विद्यार्थियों को साफ-सफाई और स्वच्छता के महत्व पर जोर दिया। उन्होंने उन्हें न केवल कालेज के भीतर बल्कि अपने घरों और समुदायों में भी स्वच्छ आदतें अपनाने के लिए प्रोत्साहित किया।



जीएनएसएस दिवस पर रैली निकालती हुई छात्राएं। सौ. कालेज

## एनएसएस दिवस पर छात्राओं ने निकाली जागरूकता रैली

जागरण संवादाता, लुधियाना : गुरु पर्यावरणीय जिम्मेदारी पर सकारात्मक नानक खालसा कालेज फॉर वूमैन ने विद्यार्थियों प्रभाव पड़ सकता है। प्रिं. डा. मनीता काहलों ने एनएसएस इकाई ने कालेज परिसर में एनएसएस दिवस पर एक जागरूकता उद्घाटन करते हुए साफ-सफाई और स्वच्छता के महत्व पर जोर दिया। उन्होंने कहा कि उन्हें न केवल कालेज के भीतर बल्कि अपने घरों और समुदायों में भी स्वच्छ आदतें अपनाने को प्रोत्साहित करना चाहिए।

## वालम विच मनाइਆ ऐन.ऐस.ऐस दिवस

लुधियाणा, 24 सउंबर (जामाविंदर बरना सी. कि. सहाई शाडे जीवन दी सिंधि)-गुरु नानक खालसा बालम फार इमेन गुलदूँडा नुं किवें सुणर सबदी है अउ लुधियाणा दे ऐन ऐस ऐस जीनट ने वातावरण दी रैखिआ बर सबदी है। अंदूरी नुं कुआलिटी ऐसैसै मैल दी प्रिंसीपल डा. मनीता बाहलों ने अतावधी रेत ऐन बालम वैपस विच ऐन विदिआरधीआं नुं सिंचन बरदिआं सहाई ऐस ऐस दिवस मनाउट लटी एक अउ सदूँडा दी महूर्ता 'उं जेर दिंडा।' जागरूकता रैली बैंडी। रैली दा मूँख उदेस उरुं ने उरुं नुं ना मिरद बालम दे अंदर सदूँडा दी महूर्ता नुं अंगे व्हाउटुंगा सी। सरों आपणे घर अउ समाजां विच ही सदूँड इस दा उदेस इस बारे जागरूकता पैदा आदउ अपलूट लटी प्रेरित बीउ।



ऐन.ऐस.ऐस. दिवस में रैली कैच्दीआं हैंडीआं बालम दीआं विदिआरवण। असौ उमद्वार



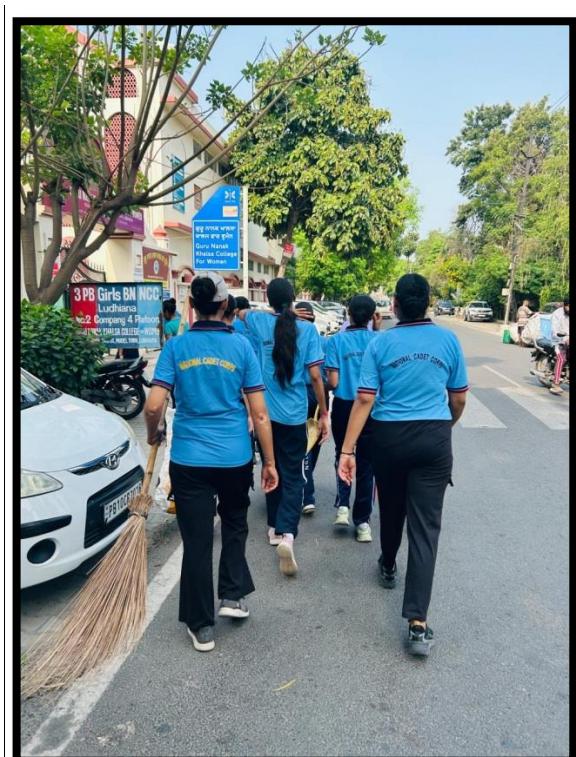
गुरु नानक खालसा बालम विच ऐन.ऐस.ऐस दिवस मनाउट सामें दिखाई दे रहे अपिआपक ते विदिआरवी। प्रिंसीपल जीवन

## गुरु नानक खालसा बालम विच ऐन.ऐस.ऐस दिवस मनाइआ

साड़ पूर्वीनिय, पंजाबी जागरण। लुधियाणा : ऐन.ऐस.ऐस एक विद्यार्थी गुरु नानक खालसा बालम लजवाई लुधियाणा दे अंदूरी भुआलिटी ऐसैसै मैल दी अतावधी रेत बालम वैपस विच ऐन.ऐस.ऐस दिवस मनाउट लटी एक जागरूकता वैसी बैंडी रैखिआ दी महूर्ता 'उं जेर महूर्ता ने विदिआरवीआं नुं सिंचन बरदिआं सहाई अउ महूर्ता दी महूर्ता 'उं जेर महूर्ता उरुं ने उरुं नुं ना मिरद बालम दे अंदर सरों आपणे घर अउ समाजां 'उं जेर महूर्ता आदउ अपलूट लटी प्रेरित बीउ।

<b>Cleanliness Drive Organized</b>	
<b>Organized by:</b>	NCC Army Wing in collaboration with NSS, Red Ribbon Club, Ek Bharat Shrestha Bharat, Youth Club, and 3 PB Girls BN, NCC Ludhiana
<b>Date:</b>	September 27, 2024
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana
<b>No. of students:</b>	17
<b>Social media Links:</b>	<p><a href="https://www.facebook.com/gnwludhiana/posts/pfbid0ZZTWgM4saxmsSXuz6BSU7uDzBVTvHfhYrkG3DjxnN73LQeiT6VBxCNGK7q2XFU8Sl">https://www.facebook.com/gnwludhiana/posts/pfbid0ZZTWgM4saxmsSXuz6BSU7uDzBVTvHfhYrkG3DjxnN73LQeiT6VBxCNGK7q2XFU8Sl</a></p> <p><a href="https://www.instagram.com/p/DAcwfduyqlf/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/DAcwfduyqlf/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a></p>
<p>Under the directions of the Directorate General of National Cadet Corps (DGNCC), Delhi, the NCC Army Wing of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town Ludhiana, In collaboration with NSS, Red Ribbon Club, Ek Bharat Shrestha Bharat, Youth club, and 3 PB, Girls BN, NCC Ludhiana organized a cleanliness drive on September 27, 2024. This initiative was part of the Swachh Bharat Diwas celebrations, on the theme "SWABHAV SWACHHATA- SANSKAR SWACHHATA" aiming to foster a culture of cleanliness and responsibility among the youth. Thirty three NCC cadets along with Principal Dr. Maneeta Kahlon, ANO Lt. Sukhjit Kaur and Unit staff Hav. Sandeep Chaudhary, participated in this drive. The cadets actively engaged in cleaning activities, collecting garbage both within the college campus and in surrounding areas.</p> <p>Principal Dr. Maneeta Kahlon expressed her pride in the cadets' enthusiasm and commitment to this vital cause. She emphasized that such initiatives play a crucial role in shaping responsible citizens.</p>	
<b>PHOTOGRAPHS</b>	





## Gandhi Jayanti

<b>Organized by:</b>	Internal Quality Assurance Cell, Department of Political Science, NCC Wing, and NSS
<b>Date:</b>	October 1, 2024
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Social media links:</b>	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid02qMqjVtM7Ja2RyPqajz29jaDVnvfiox9GwwyshPr3mKpcJQqDT7xcSbP5VxDYX1vn1">https://www.facebook.com/gnwludhiana/posts/pfbid02qMqjVtM7Ja2RyPqajz29jaDVnvfiox9GwwyshPr3mKpcJQqDT7xcSbP5VxDYX1vn1</a> <a href="https://www.instagram.com/p/DAk1KNYSrQ2/?utm_source=ig_web_copy_link&amp;igshid=MzRIODBiNWFIZA==">https://www.instagram.com/p/DAk1KNYSrQ2/?utm_source=ig_web_copy_link&amp;igshid=MzRIODBiNWFIZA==</a>
<p>Under the aegis of the Internal Quality Assurance Cell, the Department of Political Science, NCC Wing &amp; NSS of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana observed Gandhi Jayanti on October 1, 2024. This event commemorated the birth anniversary of Mahatma Gandhi, the father of the nation, and celebrated his contributions to India's freedom movement. The observance featured a thought-provoking lecture titled "Role of Gandhi ji in the Freedom Movement", delivered by Lt. Sukhjit Kaur, the Head of the Department of Political Science. The lecture provided insights into Gandhi's philosophy and strategies during the freedom struggle. College Principal Dr. Maneeta Kahlon, in her address, highlighted the significant contributions of Mahatma Gandhi, reflecting on his ideals of non-violence and civil disobedience. She also stressed the importance of 'swachhata' (cleanliness), which was one of Gandhi ji's prime agendas, urging students to embrace these values in their daily lives to contribute to a cleaner and more responsible society.</p>	
<b>PHOTOGRAPHS</b>	



## PRESS CLIPPINGS



# National Voluntary Blood Donation Day

<b>Organized by:</b>	Internal Quality Assurance Cell (IQAC), National Service Scheme (NSS), Red Cross Society, National Cadet Corps (NCC), Red Ribbon Club, and Youth Club
<b>Date:</b>	October 1, 2024
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Social media links</b>	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid031VVzNSaNriVgyCoXwpKvTujVmsBqAPzJLepKqCA42oTAnNNEwhGmGnGp95drgwyPl">https://www.facebook.com/gnwludhiana/posts/pfbid031VVzNSaNriVgyCoXwpKvTujVmsBqAPzJLepKqCA42oTAnNNEwhGmGnGp95drgwyPl</a> <a href="https://www.instagram.com/p/DAkzdbPyTJC/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==">https://www.instagram.com/p/DAkzdbPyTJC/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==</a>

Under the aegis of the Internal Quality Assurance Cell (IQAC), the National Service Scheme (NSS), the National Cadet Corps (NCC), and the Red Ribbon and Youth Club collaboratively organized a National Voluntary Blood Donation Day on October 1, 2024. The event aimed to raise awareness among students about the critical importance of blood donation and to inspire them to contribute to this life-saving cause.

Various student clubs actively participated in the initiative, engaging their peers through informative sessions designed to educate them on the benefits and need for regular blood donations. Principal Dr. Maneeta Kahlon addressed the students. She underscored the significance of blood donation as a selfless and vital act of service to humanity.

## PHOTOGRAPHS



## PRESS CLIPPINGS



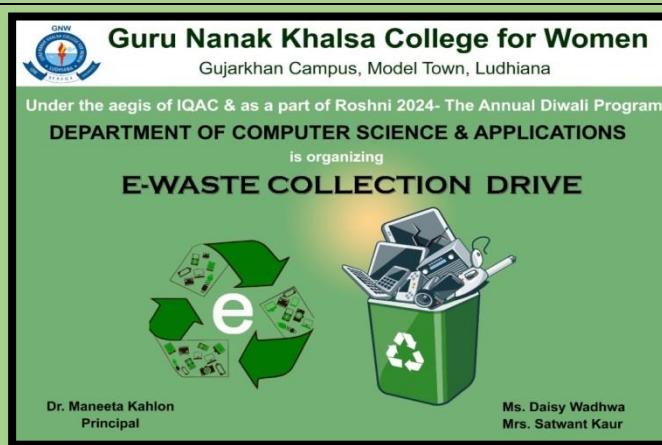
## E-Waste collection drive as part of Diwali Event ‘Roshni’

<b>Organized by:</b>	Department of Computer Science and Applications, NSS Unit
<b>Date:</b>	October 28, 2024
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Social media Links:</b>	<p><a href="https://www.facebook.com/gnwludhiana/posts/pfbid02joU78QFoBZgUycuJHdxF9ymstmWV9d4fwNLn8LyX4ntoRSRHBtkmqCbWbRiYeGY7l">https://www.facebook.com/gnwludhiana/posts/pfbid02joU78QFoBZgUycuJHdxF9ymstmWV9d4fwNLn8LyX4ntoRSRHBtkmqCbWbRiYeGY7l</a></p> <p><a href="https://www.instagram.com/p/DBsa8m6ytNR/?utm_source=ig_web_copy_link&amp;igshid=MzRIODBiNWFIZA==">https://www.instagram.com/p/DBsa8m6ytNR/?utm_source=ig_web_copy_link&amp;igshid=MzRIODBiNWFIZA==</a></p>

Under the aegis of IQAC, The Department of Computer Science and Applications in collaboration with the NSS Unit at Guru Nanak Khalsa College for Women, Model Town, Ludhiana, organized an e-waste collection drive as part of their Diwali celebration event, ‘Roshni’ on October 28, 2024. The initiative aimed to promote environmental sustainability by encouraging responsible disposal of electronic waste among students and faculty. The event was convened by the teachers of the Computer Science department.

Ms. Daisy Wadhwa, Head of Computer Department, and Ms. Satwant Kaur, NSS Programme Officer, informed the students on the environmental hazards of improper e-waste disposal and the importance of recycling and repurposing electronic devices. The event saw active participation from students, who came forward to contribute old and unused electronic items, thereby helping to reduce the environmental footprint of e-waste.

Dr. Maneeta Kahlon, Principal of the college, stated, “This e-waste collection drive reflects our commitment to fostering environmental awareness and responsibility among our students. As educators, it is essential to inculcate values that promote sustainability, and events like ‘Roshni’ provide an ideal platform to inspire positive change.”



## PHOTOGRAPHS



### Rashtriya Ekta Diwas

<b>Organized by:</b>	Internal Quality Assurance Cell (IQAC), NCC Wing, NSS Unit, Department of Political Science and History
<b>Date:</b>	October 31, 2024
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Social media Links:</b>	<a href="https://www.facebook.com/share/p/xKxw414G5Cxtjgh5/">https://www.facebook.com/share/p/xKxw414G5Cxtjgh5/</a> <a href="https://www.instagram.com/p/DB-du37yWOS/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==">https://www.instagram.com/p/DB-du37yWOS/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==</a>

Under the aegis of the Internal Quality Assurance Cell, the NCC Wing, NSS Unit, Department of Political Science and History of Guru Nanak Khalsa College for Women,

Model Town, Ludhiana, celebrated Rashtriya Ekta Diwas on October 31, 2024, with the theme "One Nation, One Vision, One India."

On this occasion, Cadet Kirandeep Kaur recited a poem reflecting the spirit of unity and national integrity, while other cadets created informative posters to promote the significance of the day. A total of thirty two students actively participated in this; the event was conducted under the supervision of Lt. Sukhjit Kaur (ANO), Unit Staff Hav. Minta Singh was also present. College Principal Dr. Maneeta Kahlon appreciated the cadets' efforts and highlighted the significance of Rashtriya Ekta Diwas in fostering unity and integrity among the citizens of India. She encouraged the students to embody the values of togetherness and patriotism in their daily lives.



## PHOTOGRAPHS



## PRESS CLIPPINGS

**ਗੁਰੂ ਨਾਨਕ ਭਾਲੂਮਾਂ ਕਾਲਜ ਵਿਖੇ ਮਨਾਇਆ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦਿਵਸ**

ਲੁਧਿਆਣਾ, 4 ਨਵੰਬਰ (ਜਸਵਿੰਦਰ ਸਿੰਘ)-ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸੋਰੈਂਸ ਸੈਲ ਨੂੰ ਪ੍ਰਭੂਲਤ ਕਰਨ ਲਈ ਜਾਣਕਾਰੀ ਭਰਪੂਰ ਪੋਸਟਰ ਬਣਾਏ। ਇਸ ਵਿਚ ਕੁਝ 32 ਦੀ ਅਗਵਾਈ ਹੋਂਦੀ ਹੈ ਗੁਰੂ ਨਾਨਕ ਭਾਲੂਮਾਂ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਸਰਗਰੀ ਨਾਲ ਭਾਗ ਕਾਲਜ ਫਾਰਮ ਵੂਮਨ ਦੇ ਅੰਨ. ਸੀ. ਸੀ. ਵਿੰਗ, ਸਾਮਗਰਮ ਲੈਂਡਰੀਨੈੱਟ ਸੁਖਜੀਤ ਅਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ, ਰਾਜਨੀਤੀ ਕੌਂਝ (ਏ. ਅੰਨ. ਏ.) ਦੀ ਨਿਗਰਾਨੀ ਹੋਣ ਸ਼ਾਸਤਰ ਤੇ ਇੰਡੀਅਸ ਵਿਡਾਗਾਂ ਵਿੱਚ ਕਰਵਾਇਆ। ਯੂਨਿਟ ਸਟਾਫ ਹੈਂਡੀ, ਮਿਟਾ ਸਿੰਘ ਵੀ ਹਜ਼ਾਰ ਸਨ। ਕਾਲਜ ਪ੍ਰੈਸ਼ੀਪਲ ਡਾ. ਵਿਸ਼ਾ ਇਕ ਰਾਸ਼ਟਰ, ਇਕ ਵਿਸ਼ਨ, ਇਕ ਮਨੀਤਾ ਕਾਹਲੇਂ ਨੇ ਕੈਡਿਟਾਂ ਦੇ ਯਤਨਾਂ ਦੀ ਸ਼ਾਮਲਾ ਕੀਤੀ ਅਤੇ ਭਾਰਤ ਦੇ ਨਾਗਰਿਕਾਂ 'ਚ ਨੇ ਏਕਤਾ ਤੇ ਰਾਸ਼ਟਰੀ ਅਖੰਡਤਾ ਦੀ ਭਾਵਨਾ ਏਕਤਾ ਅਤੇ ਅਖੰਡਤਾ ਨੂੰ ਵਧਾਉਣ ਲਈ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦਿਵਸ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਉਸਾਗਰ ਕੀਤਾ। ਇਸ ਵਿਖੇ ਏਕਤਾ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ ਹੈ। ਸਿੰਘ ਅਤੇ ਮਹੱਤਤਾ ਨੂੰ ਦਰਸਾਉਂਦੀ ਵਿਡਾਗਾਂ ਦੀ ਪ੍ਰਮੇਲ ਵਿੱਚ ਵੀ ਹੋਰ ਕੈਡਿਟਾਂ ਨੇ ਹੋਰ।



ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦਿਵਸ ਨੂੰ ਦਰਸਾਉਂਦੇ ਪੋਸਟਰ ਹੱਕ 'ਚ ਫੜ ਕੇ ਬੈਣੇ ਅੰਨ. ਸੀ. ਸੀ. ਕੈਡਿਟਸ, ਅੰਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ ਨਾਲ ਕੈਡਿਟ ਕਿਰਨਦੀਪ ਕੌਰ, ਲੈਂਡਰੀਨੈੱਟ ਸੁਖਜੀਤ ਕੌਰ, ਪ੍ਰੈਸ਼ੀਪਲ ਡਾਕਟਰ ਮਨੀਤਾ ਕਾਹਲੇਂ ਤੇ ਹੋਰ। ਅਜੇਤ ਤਸਵੀਰ

**ਲੜਕੀਆਂ ਦੇ ਕਾਲਜ 'ਚ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦਿਵਸ ਮਨਾਇਆ**

ਸਟਾਫ ਪ੍ਰਤੀਨਿਧਿ, ਪੰਜਾਬੀ ਜਾਗਰਣ, ਲੁਧਿਆਣਾ : ਐਨੇਕਸੀਸੀ ਵਿੰਗ, ਐਨੋਗੋਸ਼ੋਸ ਯੂਨਿਟ, ਰਾਜਨੀਤੀ ਸਾਮਤਰ ਤੇ ਇੰਡੀਅਸ ਵਿਡਾਗਾਂ ਗੁਰੂ ਨਾਨਕ ਭਾਲੂਮਾਂ ਕਾਲਜ ਲੜਕੀਆਂ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸੋਰੈਂਸ ਯੈਲ ਚਿੰਨ੍ਹ ਦੀ ਨਿਗਰਾਨੀ ਹੋਣ ਕਰਵਾਇਆ। ਯੂਨਿਟ ਸਟਾਫ ਹੈਂਡੀ, ਮਿਟਾ ਸਿੰਘ ਵੀ ਹਜ਼ਾਰ ਸਨ। ਇਸ ਵਿਚ ਕੁਝ 32 ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਸਰਗਰਮੀ ਨਾਲ ਭਾਗ ਲਿਆ, ਇਹ ਸਾਮਗਰਮ ਲੈਂਡਰੀਨੈੱਟ ਸੁਖਜੀਤ ਕੌਰ (ਏਨੇਕ) ਦੀ ਨਿਗਰਾਨੀ ਹੋਣ ਕਰਵਾਇਆ। ਯੂਨਿਟ ਸਟਾਫ ਹੈਂਡੀ, ਮਿਟਾ ਸਿੰਘ ਵੀ ਹਜ਼ਾਰ ਸਨ।

ਇਸ ਦੌਰਾਨ ਕਾਲਜ ਦੇ ਪ੍ਰੈਸ਼ੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੇਂ ਨੇ ਕੈਡਿਟਾਂ ਦੇ ਯਤਨਾਂ ਦੀ ਸ਼ਾਮਲਾ ਕੀਤੀ ਅਤੇ ਭਾਰਤ ਦੇ ਨਾਗਰਿਕਾਂ ਵਿੱਚ ਏਕਤਾ-ਅਖੰਡਤਾ ਨੂੰ ਵਧਾਉਣ ਲਈ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦਿਵਸ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਉਸਾਗਰ ਕੀਤਾ। ਉਸੇ ਕਿਰਾਕਿਚਰ ਖੇਤਰ ਮਹੱਤਤਾ ਨੂੰ ਪ੍ਰਭੂਲਤ ਕਰਨ ਲਈ ਜਾਣਕਾਰੀ ਦੇਣ ਵਿੱਚ ਏਕ ਬਹੁਤ ਹੀ ਦਿਆਦਾ ਜ਼ਰੂਰੀ ਹੈ।



ਜੀਅਨੇਕੇਸੀਡਲਜੂ 'ਚ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦਿਵਸ ਮਨਾਉਣ ਸਮੇਂ ਪ੍ਰਦੰਪਕ ਤੇ ਹੋਰ।

### Cyber Jagrukta Diwas

<b>Organized by:</b>	Department of Computer Science in Collaboration with NSS
<b>Date:</b>	06-11-2024
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Social media Links:</b>	<a href="https://www.facebook.com/share/p/Kdpd8rVVk21bUqso/">https://www.facebook.com/share/p/Kdpd8rVVk21bUqso/</a> <a href="https://www.instagram.com/p/DBxn290yuqO/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==">https://www.instagram.com/p/DBxn290yuqO/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==</a>

Under the aegis of IQAC, the Department of Computer Science and Applications at Guru Nanak Khalsa College for Women, Model Town, Ludhiana, observed Cyber Jagrukta Diwas, a monthly Cyber Awareness Day dedicated to promoting cyber security awareness. The event is part of a regular initiative held on the first Wednesday of every month, aimed at educating students about safe digital practices.

During the event, students from the Computer Science Department took the lead in informing their peers about essential cyber security practices to enhance digital safety. They shared

practical tips and guidance on how to protect personal information online, recognize potential cyber threats, and adopt secure habits when using technology.

Ms. Daisy Wadhwa and Ms. Harpreet Kaur, Assistant Professors in the Department of Computer Science and Applications, conducted a session on key cyber security tips, highlighting common online risks and strategies to mitigate them. They emphasized the importance of being vigilant in the digital space and maintaining good cyber hygiene.

The college community also participated in an online session organized by the University Grants Commission, which included the launch of the "Handbook on Basics of Cyber Hygiene for Higher Education Institutions" and a "Chetna Lecture on Busting Digital Arrest."

College Principal Dr. Maneeta Kahlon expressed her thoughts on the importance of cyber security awareness, stating, "In today's digital age, it is essential for our students to be well-informed about cyber threats and the measures they can take to protect themselves. Cyber Jagrukta Diwas is a significant step in empowering our students to navigate the online world safely and responsibly."

### PHOTOGRAPHS



Awareness Talk on National Cancer Awareness Day				
<b>Organized by:</b>	Red Ribbon Club, NSS Unit, Red Cross Society, under the aegis of IQAC			
<b>Date:</b>	November 8, 2024			
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana			
<b>Social media Links:</b>	<a href="https://www.facebook.com/share/p/1K7jjVu4A5/">https://www.facebook.com/share/p/1K7jjVu4A5/</a> <a href="https://www.instagram.com/p/DCGjdFAyXpY/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/DCGjdFAyXpY/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>			
<p>To observe National Cancer Awareness Day, the Red Ribbon Club, NSS Unit, and Red Cross Society, under the aegis of IQAC of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, held an awareness talk to educate students on cancer prevention and the importance of early detection. The day, observed annually in India, aims to promote awareness and proactive health practices, and it marks the birth anniversary of Madame Marie Curie, the Nobel Prize-winning scientist whose pioneering work on radioactivity has been instrumental in cancer research and treatment.</p> <p>Dr. Renu Gupta, Consultant Gynaecologist, Suman Hospital, Ludhiana, served as the resource person for the event. In her informative talk, she highlighted the significance of Cancer Awareness, discussing the symptoms, risk factors, and early detection strategies essential for improving outcomes. Dr. Renu emphasized that early screening and awareness can play a pivotal role in reducing cancer-related deaths.</p> <p>The event was coordinated by Dr. Nidhi Sharma and Ms. Daisy Wadhwa, the coordinators of Red Ribbon Club.</p> <p>The college Principal Dr. Maneeta Kahlon spoke on the necessity of creating a well-informed and health-conscious generation. "Awareness and education are vital in our fight against cancer," Dr. Kahlon stated. "By equipping our students with essential health information, we hope they will inspire positive changes in their families and communities."</p>				
 <p><b>Guru Nanak Khalsa College for Women</b> Gujarkhan Campus, Model Town, Ludhiana</p>  <p>Under the aegis of IQAC</p> <p><b>Red Ribbon Club, NSS Unit &amp; Red Cross Society</b></p> <p>observe</p>  <p><b>NATIONAL CANCER AWARENESS DAY</b></p> <p><b>Hope, Love, and Strength: Our weapons against cancer!</b></p> <p>on November 08, 2024</p> <table> <tr> <td>Principal Dr. Maneeta Kahlon</td> <td>Resource Person Dr. Renu (Suman Hospital)</td> <td>Organizers Dr. Nidhi Sharma Ms. Daisy Wadhwa</td> </tr> </table>		Principal Dr. Maneeta Kahlon	Resource Person Dr. Renu (Suman Hospital)	Organizers Dr. Nidhi Sharma Ms. Daisy Wadhwa
Principal Dr. Maneeta Kahlon	Resource Person Dr. Renu (Suman Hospital)	Organizers Dr. Nidhi Sharma Ms. Daisy Wadhwa		

## PHOTOGRAPHS



### National Integration Week Observation 2024

<b>Organized by:</b>	Internal Quality Assurance Cell (IQAC), NSS Unit, Red Cross Society, and EBSB Club
<b>Date:</b>	November 22, 2024
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Social media Links:</b>	<a href="https://www.facebook.com/share/p/14vobNZyVj/">https://www.facebook.com/share/p/14vobNZyVj/</a> <a href="https://www.instagram.com/p/DCqjb8GSa7S/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/DCqjb8GSa7S/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>

Under the aegis of the Internal Quality Assurance Cell (IQAC), NSS Unit, Red Cross Society and EBSB Club of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, observed National Integration Week on November 22, 2024. The event aimed to promote the spirit of unity, harmony, and patriotism among students, emphasizing the importance of national integration in building a cohesive society.

The session began with informative lectures by NSS Programme Officer Dr. Neetu Prakash and Mrs. Satwant, who shared their insights on the significance of National Integration, highlighting its

role in fostering social harmony and national progress. The speakers elaborated on various aspects of unity in diversity, the importance of respecting cultural differences, and the role of youth in promoting inclusive development across India. They also discussed historical and contemporary examples of national integration efforts, urging students to become active participants in creating a more unified nation.

Madam Principal Dr. Maneeta Kahlon encouraged students to be ambassadors of national integration, stressing that true unity comes from understanding and respecting the rich diversity of India.

## PHOTOGRAPHS



## PRESS CLIPPINGS



Constitution Day Observation 2024	
<b>Organized by:</b>	Internal Quality Assurance Cell (IQAC), NSS Unit, Red Cross Society, EBSB Club, Department of Public Administration, NCC Wing, and Department of Political Science
<b>Date:</b>	November 26, 2024
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Social media Links:</b>	<a href="https://www.facebook.com/share/p/17HNz8MTfq/">https://www.facebook.com/share/p/17HNz8MTfq/</a> <a href="https://www.instagram.com/p/DC0uN9WyhYR/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==">https://www.instagram.com/p/DC0uN9WyhYR/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==</a>
<p>Under the aegis of the Internal Quality Assurance Cell (IQAC), NSS Unit, Red Cross Society, EBSB Club, Department of Public Administration, and NCC Wing and Department of Political Science of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, observed Constitution Day in the college campus today. The event aimed to raise awareness among students about the significance of the Indian Constitution and its enduring relevance in shaping the nation's democratic framework.</p> <p>The program was conducted under the guidance of the NSS officers, Dr. Neetu Prakash and Mrs. Satwant Kaur, along with Associate NCC Officer, Lt. Sukhjit Kaur, who ensured the smooth execution of the activities. A key highlight of the observance was the collective taking of the Constitution Day pledge, in which all participants reaffirmed their commitment to the values of justice, equality, and liberty enshrined in the Constitution.</p> <p>Principal, Dr. Maneeta Kahlon, addressed the gathering and highlighted the crucial role of education in instilling the core values of the Constitution.</p> <p>This observance not only helped students understand the foundational principles of the Indian democracy but also encouraged them to actively participate in upholding the values of the Constitution in their everyday lives.</p>	
<b>PHOTOGRAPHS</b>	
	



## Participation in Chrysanthemum Show 2024

<b>Organized by:</b>	Internal Quality Assurance Cell, Greenery Committee of Eco Club, and NSS Unit
<b>Date:</b>	December 3rd and 4th, 2024
<b>Venue:</b>	Punjab Agricultural University, Ludhiana
<b>Social media Links:</b>	<a href="https://www.facebook.com/share/p/1EyAUpPcHP/">https://www.facebook.com/share/p/1EyAUpPcHP/</a> <a href="https://www.instagram.com/p/DDLvJxfSbmN/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==">https://www.instagram.com/p/DDLvJxfSbmN/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==</a>
<p>Under the aegis of Internal Quality Assurance Cell, Greenery Committee of Eco Club and NSS Unit of Guru Nanak Khalsa College for Women participated in the Chrysanthemum show held at Punjab Agricultural University, Ludhiana on December 03 and 04, 2024 in categories such as Decorative, Single and Semi –Double varieties of these flowers. This flower show is held in the memory of the famous Punjabi poet Bhai Veer Singh Ji. The college paid tribute to the poet by participating in this flower show. Under the able guidance of the principal, Dr. Maneeta Kahlon and Incharge of the Greenery Committee of the college, Mrs. Gagneet Pal Kaur, gardeners of the college Mr. Subhash, Mr. Amit, Mr. Nitin and the student members of the committee, the college has been able to maintain its beautiful and lush green lawns. General Secretary of the college governing body, Er. Gurvinder Singh Sarna and Madam Principal Dr. Maneeta Kahlon appreciated the efforts taken by the team and congratulated them for their endeavors.</p>	

## PHOTOGRAPHS



### Human Rights Day Celebration 2024

<b>Organized by:</b>	Department of Political Science and NSS Unit, under the aegis of the Internal Quality Assurance Cell (IQAC)
<b>Date:</b>	December 10, 2024
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Social media Links:</b>	<a href="https://www.facebook.com/share/p/1B6eq9JQBW/">https://www.facebook.com/share/p/1B6eq9JQBW/</a> <a href="https://www.instagram.com/p/DDbUI53yd-n/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==">https://www.instagram.com/p/DDbUI53yd-n/?utm_source=ig_web_copy_link&amp;igsh=MzRlODBiNWFIZA==</a>

Under the aegis of the Internal Quality Assurance Cell (IQAC), the Department of Political Science and NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, celebrated the Human Rights Day on 10th December 2024. This significant day, observed annually since 1948, commemorates the adoption of the Universal Declaration of Human Rights by the United Nations General Assembly. The theme for this year's celebration was "Our Rights, Our Future, Right Now," emphasizing the urgent need to address and protect human rights. The event was marked by a thought-provoking lecture delivered by the Head of Department Lt. Sukhjit Kaur, highlighted the relevance of human rights in today's world.

College Principal Dr. Maneeta Kahlon in her address underlined the profound significance of human rights in fostering equality, dignity, and justice for all individuals. She further emphasized the importance of raising awareness about these rights and their role in shaping a fairer and more peaceful society.

## PHOTOGRAPHS



### Veer Bal Diwas

<b>Organized by:</b>	Department of Punjabi , EBSB, Red Cross Society and NSS Unit
<b>Date:</b>	December 26, 2024
<b>Venue:</b>	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
<b>Social media Links:</b>	<a href="https://www.facebook.com/gnwludhiana/posts/pfbid02TB5gJyqLnKeYQKUvZ2FvqkcMs4rY1RszRVVQk8ECdPQGpwtSmNimHCc5T4JAdovl">https://www.facebook.com/gnwludhiana/posts/pfbid02TB5gJyqLnKeYQKUvZ2FvqkcMs4rY1RszRVVQk8ECdPQGpwtSmNimHCc5T4JAdovl</a> <a href="https://www.instagram.com/p/DECNAMsSuOO/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/DECNAMsSuOO/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>

Under the aegis of Internal Quality Assurance Cell, Department of Punjabi , EBSB, Red Cross Society and NSS Unit of Guru Nanak Khalsa College for Women observed Veer Bal Diwas in the college campus today. The day is observed annually to honour the supreme sacrifices of the Sahibzadas, the four sons of Guru Gobind Singh Ji and to uphold their legacy of justice, righteousness and unwavering courage.

Mrs. Inderjit Kaur, Assistant Professor, delivered a lecture on the teachings and martyrdom of Sahibzadas . Students and Faculty members of the college witnessed the live streaming of the Prime Minister Mr. Narendra Modi's address on Veer Bal Diwas.

Principal Dr. Maneeta Kahlon stressed that the sacrifices of Sahibzadas continue to guide us in building a just and compassionate society.

## PHOTOGRAPHS



## PRESS CLIPPINGS



जुरु नानक लिलारा कालेज फरवर दरमन का आताक गणपति आश्वासन-सेल के लिये वालान में पंजाबी विभाग, ईश्वरी-एसवी, रैड कॉर्स सोसायटी और एन-प्लस-एस इकाई ने जया कालेज परिसर में वीर बाल दिवस मनाया गया। इंद्रबीत कौर, सहयोग प्रॉफेसर साहिबजादों की शिक्षाओं और शहादत पर व्याख्यान दिया। कालेज के छायाएं और संकाय सदस्यों ने वीर बाल दिवस पर प्रधानमंत्री नंदें भोदी के संबोधन की लाइव रिप्रिमिंग देखी। प्रिंसीपल डॉ. मनीषी काहलों ने कहा कि साहिबजादों का बलिदान एक यथौपयोगी और दयालु समाज के निर्माण में हमारा मार्गदर्शन करता रहेगा।



## ਗੁਰੂ ਨਾਨਕ ਕਾਲਜ 'ਚ ਵੀਰ ਬਾਲ ਦਿਵਸ ਮਨਾਇਆ



ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੀਓਐਮ ਨਰਿਦਰ ਮੌਜੂਦੀ ਦੀ ਲਾਈਵ ਸਟਰੋਮਿਂਗ ਦਿਖਾਉਂਦੇ ਹੋਏ।  
 ਲੁਧਿਆਣਾ, 27 ਦਸੰਬਰ (ਬੁਧੀਰ ਅਗਨੀਹੋਰੀ): ਗੁਰੂ ਨਾਨਕ ਭਾਲਸਾ ਕਾਲਜ ਫਾਰ ਫ੍ਰੈਨ ਦੀ ਇਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸੋਰੈਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੋਂ, ਪ੍ਰਿਵੇਟ ਵਿਡਾਗ, ਈ ਬੀ ਐਸ ਬੀ, ਰੈਂਡ ਕਰਸਮ ਸੁਸਾਇਟੀ ਅਤੇ ਅਨੈਕਸੈਕਸ ਯੂਨਿਟ ਨੇ ਅੱਜ ਕਾਲਜ ਕੈਂਪਸ ਵਿੱਚ ਵੌਰ ਬਾਲ ਦਿਵਸ ਮਨਾਇਆ। ਇਹ ਦਿਨ ਹਰ ਸਾਲ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦੇ ਚਾਰ ਸਾਹਿਬਜ਼ਾਦਿਆਂ, ਸਾਹਿਬਜ਼ਾਦਿਆਂ ਦੀਆਂ ਮਹਾਨ ਕਰਬਾਨੀਆਂ ਦਾ ਸਨਮਾਨ ਕਰਨ ਅਤੇ ਉਨ੍ਹਾਂ ਦੀ ਨਿਆਂ, ਧਰਮਕਤਾ ਅਤੇ ਅਣੁਟ ਸਾਹਸ ਦੀ ਵਿਸਤਰ ਨੂੰ ਕਾਈ ਰੱਖਣ ਲਈ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ। ਇਦਰੀਤ ਕੌਰ, ਸਹਾਇਕ ਪੋਹੇਸਰ ਨੇ ਸਾਹਿਬਜ਼ਾਦਿਆਂ ਦੀਆਂ ਸਿੱਖਿਆਵਾਂ ਅਤੇ ਸ਼ਹਾਦਤ ਬਾਰੇ ਕੋਚਰ ਦਿੱਤਾ। ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਫੇਕਲਣੀ ਮੌਬਰਾਂ ਨੇ ਵੈਰ ਬਾਲ ਦਿਵਸ 'ਤੇ ਪ੍ਰਾਨ ਮੰਤਵ ਨੇ ਨਰਿਦਰ ਮੌਜੂਦੀ ਦੇ ਸੰਬੰਧ ਦੀ ਲਾਈਵ ਸਟਰੋਮਿਂਗ ਦਿਖਾਈ। ਪ੍ਰਿਸ਼ੋਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੌਂ ਨੇ ਜੋਰ ਦੇ ਕੇ ਕਿਹਾ ਕਿ ਸਾਹਿਬਜ਼ਾਦਿਆਂ ਦੀਆਂ ਭਰਬਾਨੀਆਂ ਸਾਨੂੰ ਇਨਸਾਫ਼ ਅਤੇ ਰਹਮਦਿਲੀ ਵਾਲੇ ਸਮਾਜ ਦੀ ਉਸਾਰੀ ਲਈ ਸੇਧ ਦਿੱਤੀਆਂ ਹਨ।

