

GURU NANAK KHALSA COLLEGE FOR WOMEN MODEL TOWN, LUDHIANA

REPORT ON

NSS & RED CROSS SOCIETY

JUNE 2025-DECEMBER 2025



NSS PROGRAMME OFFICERS

DR. NEETU PRAKASH
Satwant Kaur
MRS SATWANT KAUR

Maneeta
PRINCIPAL

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

Sr. No	Name of Activity	Date
1	"Ek Ped Maa Ke Naam" campaign on World Environment	June 5, 2025
2	World against Child Labour Day	June 12, 2025
3	Yoga Session	June 21, 2025
4	Online Pledge And Quiz	June 21, 2025
5	National Flag Day	July 22, 2025
6	Free Dental Check-up Camp	August 4, 2025
7	Cyber Jagrukta Diwas	August 7, 2025
8	Vegan Outreach sensitization Program	August 11, 2025
9	International Youth Day	August 12, 2025
10	World Organ Donation Day	August 13, 2025
11	Celebration of Independence Day & Har Ghar Tiranga Campaign under Azadi Ka Amrit Mahotsav	August 14, 2025
12	National Sports Day	August 29, 2025
13	Rashtriya Poshan Maah 2025 Online awareness lecture on "Importance of Nutrition Education among Today's Youth"	September 2, 2025
14	Rashtriya Poshan Maah 2025(Cooking Competition)	September 10, 2025
15	Rashtriya Poshan Maah 2025 Physical Therapy Camp	September 15, 2025
16	Rashtriya Poshan Maah 2025 Organized an "Earn While You Learn" activity	September 20, 2025
17	Cleanliness Drive Organised Under Swachhata Hi Seva Campaign	September 23, 2025
18	NSS Day	September 24, 2025
19	Birth anniversary of Mahatma Gandhi	October 1, 2025
20	Daan Utsav	October 2, 2025
21	Quiz to promote awareness about the importance of CPR (Cardiopulmonary Resuscitation)	October 13, 2025
22	Cleanliness Drive Organised as a part of Roshni under Diwali Mela	October 17, 2025
23	Rashtriya Ekta Diwas	October 30-31,2025
24	National Education Day	November 11, 2025
25	International Day of Tolerance	November 12, 2025
26	National Pollution Control Day	December 3, 2025
27	World Soil Day	December 5, 2025
29	"Gender Sensitization and Awareness on Gender-Based Violence	December 5, 2025
29	Veer Bal Diwas	December 23, 24 and December 26, 2025

"Ek Ped Maa Ke Naam" campaign on World Environment Day

Organized by: NSS unit

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: June 5, 2025

Social Media Links:

1. <https://www.facebook.com/share/p/18uzz3A3t8/>

2. https://www.instagram.com/p/DKgnb4QRCG6/?utm_source=ig_web_copy_link&igsh=MTdzOTdjZGNIYnhvNw==

Description

Under the aegis of IQAC, the NSS unit of Guru Nanak Khalsa College for Women celebrated World Environment Day on June 5, 2025, by participating in the campaign "Ek Ped Maa Ke Naam", as per the directions issued by the Department of Higher Education, Punjab Government.

World Environment Day is celebrated annually on June 5 to raise awareness and inspire action for the protection of our environment. This day provides an opportunity to educate people about the importance of environmental conservation and encourages individuals to take small yet meaningful steps toward preserving nature. Principal, Dr. Maneeta Kahlon, motivated both faculty members and students to engage in activities that contribute to the conservation of nature and the environment.



World against Child Labour Day

Organized by: NCC Wing, NSS Unit

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: June 12, 2025

Social Media Links:

1. <https://www.facebook.com/gnwludhiana/posts/pfbid02E6v2RvYbUJ7V73aUgrWcAcY34c5gMujStKqgSTpVtGhrU4QmfNndrkLNvJUnVqyal>

2. https://www.instagram.com/p/DKy3mBIRbFy/?utm_source=ig_web_copy_link&igsh=MjlrcmNhYXdrams2

Description:

Under the aegis of the Internal Quality Assurance Cell (IQAC), the NSS unit, in collaboration with the NCC wing of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana, observed World against Child Labour Day in the college campus.

This year's theme, "Progress is clear, but there's more to do: let's speed up efforts," was highlighted through various awareness initiatives. The NSS unit and NCC wing actively participated by sharing informative WhatsApp messages to raise public awareness. Teachers engaged students in meaningful deliberations and discussions on campus, focusing on ways to eliminate child labour by promoting education and encouraging children to attend school.

In addition, a collective pledge was taken by the staff and students, reaffirming their commitment to working towards a child-labour-free society.

Principal Dr. Maneeta Kahlon appreciated the efforts of the organizers and encouraged everyone to contribute meaningfully to this important cause.



YOGA SESSION

Organized by: NCC Unit, NSS Unit, and Red Ribbon Club in collaboration with Department of Physical Education

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: June 21, 2025

Social Media Links:

1. <https://www.facebook.com/gnwludhiana/posts/pfbid02QZ35ene5qY3qN7uso4Hh33cZoMZ7jn9Dw2M3k88ygACgL7vtRnpdT3ZqjjRnJ3qgl>

2. https://www.instagram.com/p/DLJk7q1xE1C/?utm_source=ig_web_copy_link&igsh=MWVveHRidDdhYnN5YQ==

3. <https://www.facebook.com/share/p/1C3gLHA331/>

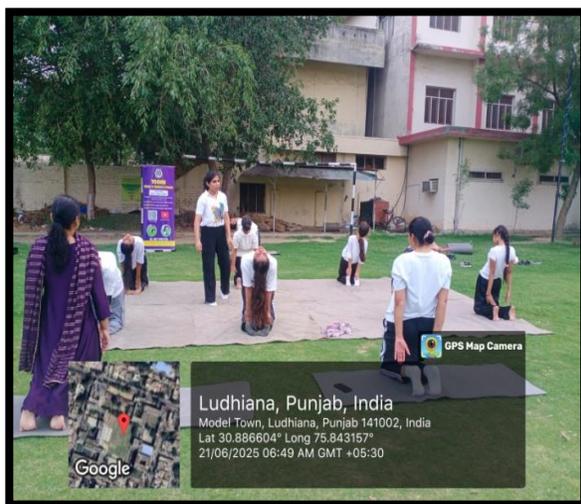
4. https://www.instagram.com/p/DLKGZfxMBr/?utm_source=ig_web_copy_link&igsh=MWQxeG84ODZoa3g3YQ==

Description:

Under the aegis of the IQAC, the NCC Unit, NSS Unit, and Red Ribbon Club in collaboration with Department of Physical Education of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, celebrated International Yoga Day on June 21, 2025. The event aimed to raise awareness about the physical, mental, and spiritual benefits of yoga and to encourage its regular practice among youth.

The day commenced with a vibrant yoga session conducted by Ms. Raj from Yogini Yoga and Bungee Studio, along with her team of experienced instructors. They guided the students through a series of yoga asanas, pranayama (breathing exercises), and meditation techniques. The session helped students understand how yoga contributes to overall well-being by promoting flexibility, strength, focus, and inner calm.

Madam Principal, Dr. Maneeta Kahlon appreciated the sincere efforts of the participating students, and faculty members for successfully organizing the event and making it impactful.





PRESS CLIPPINGS



ONLINE PLEDGE AND QUIZ

Organized by: NSS Unit

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: June 21, 2025

Social Media Links:

1. <https://www.facebook.com/gnwludhiana/posts/pfbid02QZ35ene5qY3qN7uso4Hh33cZoMZ7jn9Dw2M3k88ygACgL7vtRnpdT3ZqjjRnJ3qgl>

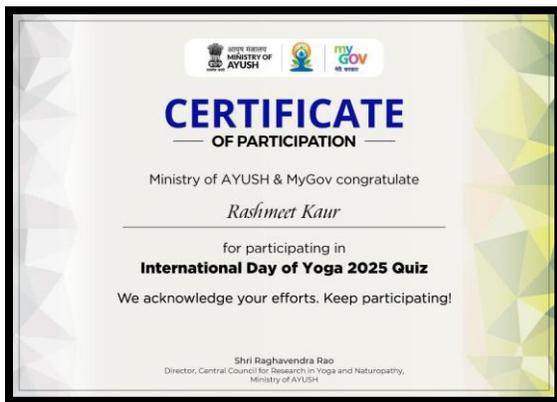
2. https://www.instagram.com/p/DLJk7q1xE1C/?utm_source=ig_web_copy_link&i_gsh=MWVveHRidDdhYnN5YQ==

3. <https://www.facebook.com/share/p/1C3gLHA331/>

4. https://www.instagram.com/p/DLKGAZfxMBr/?utm_source=ig_web_copy_link&igsh=MWQxeG84ODZoa3g3YQ==

Description:

As part of the nationwide celebration, students also participated in an online pledge and quiz hosted on the official MyGov portal. The online pledge allowed students to commit themselves to practicing yoga regularly for a healthy lifestyle, while the quiz tested their knowledge about the origin, philosophy, and significance of yoga.





National Flag Day

Organized by: NCC wing, NSS unit, Youth and Red Ribbon Club

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: July 22, 2025

Social Media Links:

1. <https://www.facebook.com/share/p/1GBVXZqJnS/2>.

2. https://www.instagram.com/p/DMZwZ9ZR4oP/?utm_source=ig_web_copy_link&igsh=MTd1eHEzeTIxd200bg==

Description:

Under the aegis of Internal Quality Assurance Cell, NCC wing, NSS Unit and Youth and Red Ribbon Club of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana celebrated National Flag Day in the college campus today. On this day, our National flag was adopted in the year 1947.

While addressing the students, Principal Dr. Maneeta Kahlon said’ “Each colour, each thread carries the legacy of countless struggles and dreams of a just, free India. May we forever rise to uphold its honour with duty, dignity and unwavering resolve”





PRESS CLIPPINGS



Free Dental Checkup Camp

Organized by: Youth Welfare Department, NCC Wing, NSS Unit, and Red Ribbon Club

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: August 4, 2025

Social Media Links:

1. <https://www.facebook.com/share/p/1A9qhUV7VD/>

2. https://www.instagram.com/p/DM9dcelReSm/?utm_source=ig_web_copy_link&igsh=MTE4b3RpaGxvMm53ZA==

3. https://www.instagram.com/p/DM9dwbaxgLn/?utm_source=ig_web_copy_link&igsh=MWtnaHlqNDRzM3g4cw==

Description:

Under the aegis of the Internal Quality Assurance Cell, the Youth Welfare Department, NCC Wing, NSS Unit, and Red Ribbon Club of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, jointly celebrated International Youth Day with great enthusiasm. The event aimed to raise awareness among students about the pivotal role of youth in shaping a sustainable future.

As part of the celebration, an online quiz on International Youth Day awareness was conducted in collaboration with the Department of Computer Science and Applications. The quiz witnessed active participation from school and college students.

Addressing the occasion, Dr. Maneeta Kahlon, Principal of the College, highlighted the importance of observing International Youth Day and emphasized this year's theme, "Local Youth Actions for the SDGs and beyond." She stated, "The youth are the driving force behind societal transformation. By channeling their creativity, energy, and commitment toward the Sustainable Development Goals, they can create positive change not only in their communities but also on a global scale. Today's celebration is a reminder that local actions can have far-reaching impact."



Ludhiana, Punjab, India
 Model Town, Ludhiana, Punjab 141002, India
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 04/08/2025 10:36 AM GMT +05:30



Ludhiana, Punjab, India
 Model Town, Ludhiana, Punjab 141002, India
 Lat 30.886716° Long 75.843591°
 04/08/2025 01:32 PM GMT +05:30



Ludhiana, Punjab, India
 Model Town, Ludhiana, Punjab 141002, India
 Lat 30.886769° Long 75.843492°
 04/08/2025 10:33 AM GMT +05:30

PRESS CLIPPINGS



Cyber Jagrukta Diwas

Organized by: NSS Unit, in collaboration with the Department of Computer Science and Applications

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: August 7, 2025

Social Media Links:

1. <https://www.facebook.com/gnwludhiana/posts/pfbid0SkqeYUbhgBPI2DaAEBYUAEhKiViGu7yUHY4AL39sUcU6ZmFEifFBaAc946b5RtMZI>

2. https://www.instagram.com/p/DNC7TclxaDB/?utm_source=ig_web_copy_link&igsh=MWdyNnJ5ZG1mYzZhMw==

Description:

Under the aegis of IQAC, the NSS Unit, in collaboration with the Department of Computer Science and Applications of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, celebrated Cyber Jagrukta Diwas on August 7, 2025.

As part of the event, students and volunteers took the Cyber Safety Pledge under the national theme “Do Your Part, Be Cyber Smart.” Through this pledge, participants expressed their commitment to being responsible digital citizens. They pledged not to share personal information like passwords, home addresses, or school details with strangers online. They promised to stay alert against suspicious links, pop-ups, and online scams that may pose security threats.

Principal Dr. Maneeta Kahlon appreciated the active participation of the students and volunteers. She commended their awareness and commitment to safe and responsible use of technology and encouraged them to continue promoting digital safety in their communities.



Vegan Outreach sensitization Program

Organized by: Dept. of Home Science in collaboration with NSS unit

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: August 11, 2025

Social Media Links:

1. <https://www.facebook.com/share/p/1ApEchFgzA/>

2. https://www.instagram.com/p/DNSCoAzxhps/?utm_source=ig_web_copy_link&igsh=MTN5OXRIOTZyaXFuYw==

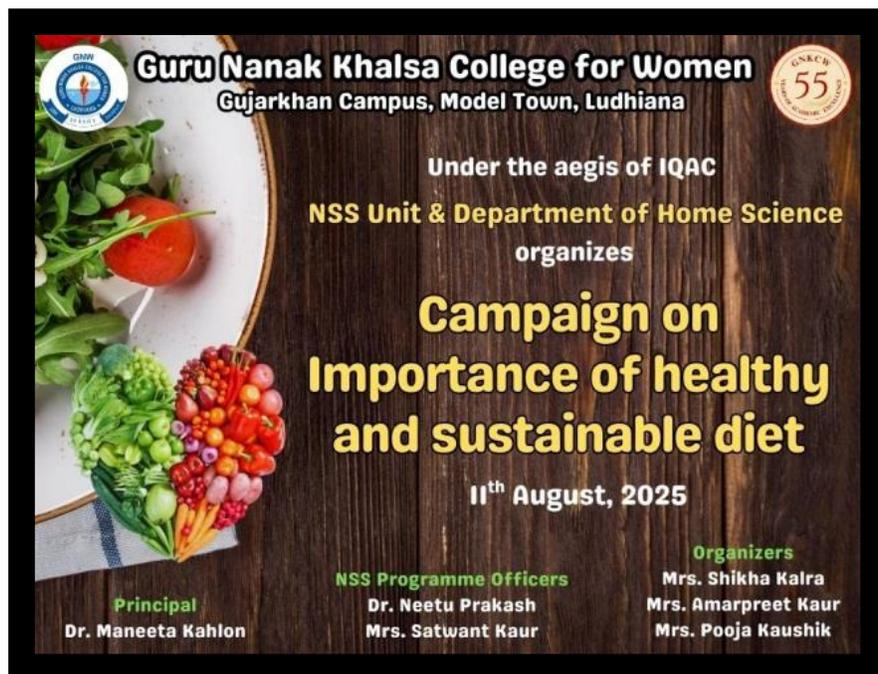
Description:

To build up a Nationwide awareness session about importance of sustainable and healthy diet among students, an awareness campaign on 'Importance of healthy and Sustainable Diet' was organized by Dept. of Home Science in collaboration with NSS unit, GNKCW under the guidance of Government of India, Ministry of Youth Affairs and Sports, Dept. of Youth Affairs (NSS session).

38 Students were sensitized about the importance of Vegan diet as assistance in maintaining Anti-Obesity initiative.

A video of recipe of Quinoa salad which excluded all animal products was showed to students to gain attention for both health and environmental dimensions, thus ensuring adequate intake of protein, Vitamin B12, Omega 3 Fatty acids, Iron, calcium and Zinc which are less abundant in plant sources.

Principal Dr. Maneeta Kahlon encouraged the students to use plant proteins which can contribute to global food equity since plant foods can feed more people than animal-based foods.





PRESS CLIPPING



International Youth Day

Organized by: Youth Welfare Department, NCC Wing, NSS Unit, and Red Ribbon Club under IQAC

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: August 12, 2025

Social Media Links:

1. <https://www.facebook.com/share/p/18ovrefP26/>

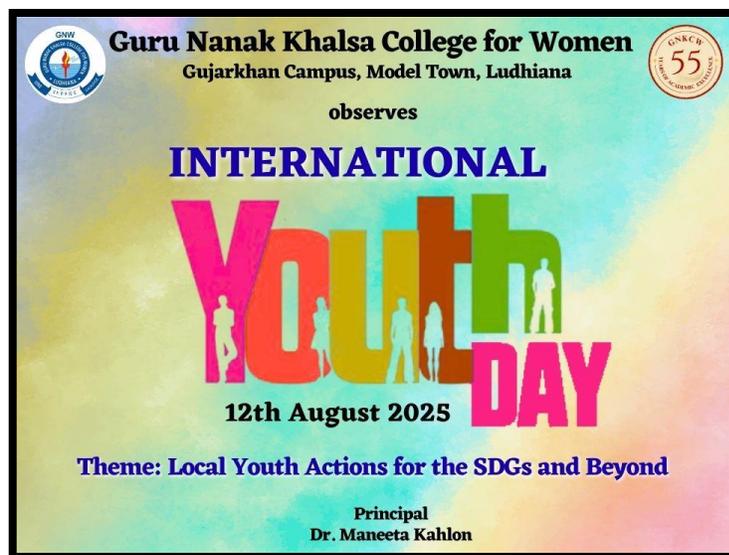
2. https://www.instagram.com/p/DNSXMyvRwF2/?utm_source=ig_web_copy_link&igsh=MWQ3aDI4dnc3bDJreg==

Description:

International Youth Day was celebrated in the college with great enthusiasm. The event aimed to raise awareness among students about the pivotal role of youth in shaping a sustainable future.

As part of the celebration, an online quiz on International Youth Day awareness was conducted in collaboration with the Department of Computer Science and Applications. The quiz witnessed active participation from school and college students.

Addressing the occasion, Dr. Maneeta Kahlon, Principal of the College, highlighted the importance of observing International Youth Day and emphasized this year's theme, "Local Youth Actions for the SDGs and Beyond." She stated, "The youth are the driving force behind societal transformation. By channeling their creativity, energy, and commitment toward the Sustainable Development Goals, they can create positive change not only in their communities but also on a global scale. Today's celebration is a reminder that local actions can have far-reaching impact."





World Organ Donation Day

Organized by: NSS Unit

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: August 13, 2025

Social Media Links:

1. <https://www.facebook.com/gnwludhiana/posts/pfbid0bwgLjB4uuZdnyQ2ZqVG8NgrdVTWEed8MTH6P4YZTyYcivMHFS9HN7GEPohywwbvBV1>

2. https://www.instagram.com/p/DNSdJzhxXcJ/?utm_source=ig_web_copy_link&igsh=MXB4MDB2anZ2NG9rZA==

Description:

Under the aegis of the Internal Quality Assurance Cell (IQAC), the NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana organized an awareness event on the occasion of World Organ Donation Day, observed annually on August 13. The day aims to promote organ donation and transplantation, raise awareness about its significance, and encourage individuals to register as organ donors.

The event at the college served to enlighten students about the life-saving impact of organ donation, while also dispelling common myths and misconceptions that often hinder individuals from becoming donors.

As part of the program, students took a pledge to support and promote the cause of organ donation. The pledge reflected their commitment to spreading awareness, addressing misconceptions, and encouraging others to consider becoming organ donors. The session also included a meaningful discussion on the importance of organ donation and the myths and misconceptions that often surround it.

Madam Principal addressed the students and encouraged them to actively participate in such initiatives that contribute to the welfare and well-being of society. She emphasized the importance of youth involvement in spreading awareness and becoming change-makers in the community.



PRESS CLIPPINGS



Celebration of Independence Day & Har Ghar Tiranga Campaign under Azadi Ka Amrit Mahotsav

Organized by: NSS Unit, NCC Wing, Red Cross Society, Youth and Red Ribbon Club

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: August 14, 2025

Social Media Links:

1. <https://www.facebook.com/gnwludhiana/posts/pfbid02Bi2zcecdGdNZsHUPoBY6KnewH7sNknAxC4R6pHUxwJ8DWWMNi4XYRUAeoX9J6RH4I>

2. https://www.instagram.com/p/DNVIAZPx71Z/?utm_source=ig_web_copy_link&igsh=dTFxdGlrBmxucGgw

3. <https://www.facebook.com/share/p/1B5aeftuTt/>

4.https://www.instagram.com/p/DNVIrxLxyBK/?utm_source=ig_web_copy_link&igsh=d2hscm41b3d5MQ==

Description:

Under the aegis of the IQAC, the NSS Unit, NCC Wing, Red Cross Society, Youth and Red Ribbon Club of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, celebrated Independence Day on August 14, 2025, in the college campus as part of the Azadi Ka Amrit Mahotsav. The event witnessed enthusiastic participation from volunteers and students.

A patriotic rally was organised, and students took a solemn pledge under the Har Ghar Tiranga campaign. Students from the Department of Music, along with members of various Clubs, presented soulful patriotic songs, stirring a deep sense of national pride among the audience.

In keeping with the spirit of the campaign, the NSS Unit encouraged students to take selfies with the national flag, symbolising their commitment and love for the nation.

Madam Principal addressed the gathering with an inspiring speech, motivating students to become responsible citizens and contribute meaningfully to the nation's progress. Her words instilled in everyone a renewed sense of patriotism and purpose.

The celebration concluded with the Principal, faculty members, and students singing the National Anthem together. The vibrant sight of students and teachers dressed in the colours of the Tiranga added a festive and proud spirit to the occasion.





National Sports Day

Organized by: Department of Physical Education in collaboration with NCC Wing & NSS Unit

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: August 29, 2025

Social Media Links:

1. <https://www.facebook.com/share/p/1EycBUEhgE/>
2. https://www.instagram.com/p/DN7tXUUEfjx/?utm_source=ig_web_copy_link&igsh=MWh5bDVqODdjazF5dA==

Description:

Guru Nanak Khalsa College for Women celebrated National Sports Day with great zeal and enthusiasm on 29th August 2025. As per the UGC guidelines, the Department of Physical Education in collaboration with NCC Wing & NSS Unit of Guru Nanak Khalsa College for Women, Ludhiana celebrated National Sports Day on 29th August 2025. The events included Badminton, Basketball, and a 100m Race, which witnessed enthusiastic participation from students across various classes.

The celebration was held to commemorate the birth anniversary of Hockey legend Major Dhyan Chand. It also served as a reminder of the Fit India Movement, launched in 2019 by the Hon'ble Prime Minister of India, to inspire the youth towards adopting a healthy and active lifestyle.

The theme for this year's celebration was: "Sports as an Enabler for a Fit and Inclusive Society."

On this occasion, Principal Dr. Maneeta Kahlon addressed the gathering and applauded the active involvement of the students. She motivated them to integrate sports and fitness into their daily routine, highlighting the role of physical activity in building discipline, teamwork, and lifelong well-being.

The event concluded on a high note, promoting sportsmanship, teamwork, and friendship, while instilling the spirit of fitness and inclusivity among the students..





RASHTRIYA POSHAN MAAH 2025

Online awareness lecture on “Importance of Nutrition Education among Today’s Youth”

Organized by: Department of Home Science in collaboration with NSS Unit

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: September 2, 2025

Social Media Links:

1. <https://www.facebook.com/share/p/1BbigynKZw/2>

2. https://www.instagram.com/p/DOp4gTzkcoZ/?utm_source=ig_web_copy_link&igsh=MmRvbnJvaHlvYXh2

Description:

Thematic Rashtriya Poshan Maah 2025 was celebrated in the college during the month of September.

The theme for the first week of September (September 1–7, 2025) was “Sensitization and Awareness on the Importance of Nutrition Education among Youth.”

Various activities were organized on this theme by IQAC and the NSS Unit of the college in collaboration with the Department of Home Science.

Day 1 (September 2, 2025):

In view of the recent flood conditions in Punjab, 95 students of the college attended a sensitization online awareness lecture on “Importance of Nutrition Education among Today’s Youth” delivered by the faculty of the Department of Home Science.

The lecture emphasized creating awareness among students about the importance of nutrition, healthy dietary habits, and the role of a balanced diet in overall growth and development.

Principal Dr. Maneeta Kahlon encouraged the students to actively celebrate the Poshan Drive in September 2025 as a meaningful way to promote awareness. She highlighted the need for proper nutrition among adolescents and school-going children, while stressing the use of locally available and affordable nutritious foods.

GNW
GURU NANAK KHALSA COLLEGE FOR WOMEN
GUJAR KHAN CAMPUS
MODEL TOWN, LUDHIANA

GURU NANAK KHALSA COLLEGE FOR WOMEN
55
ANNIVERSARY
OF ACADEMIC EXCELLENCE

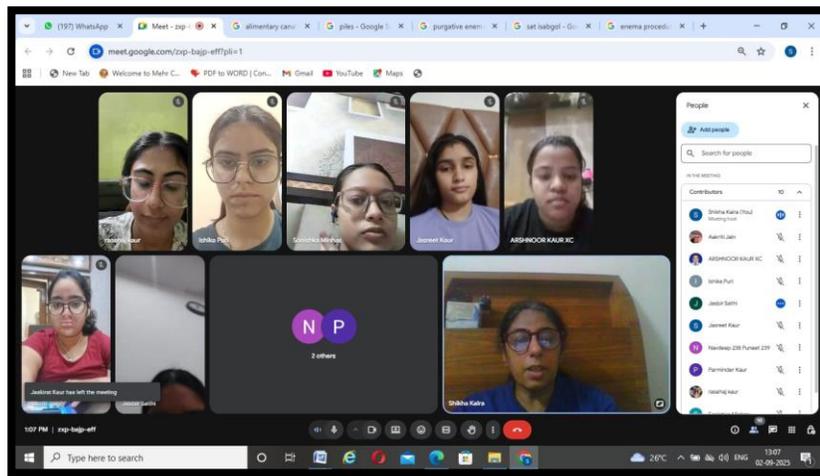
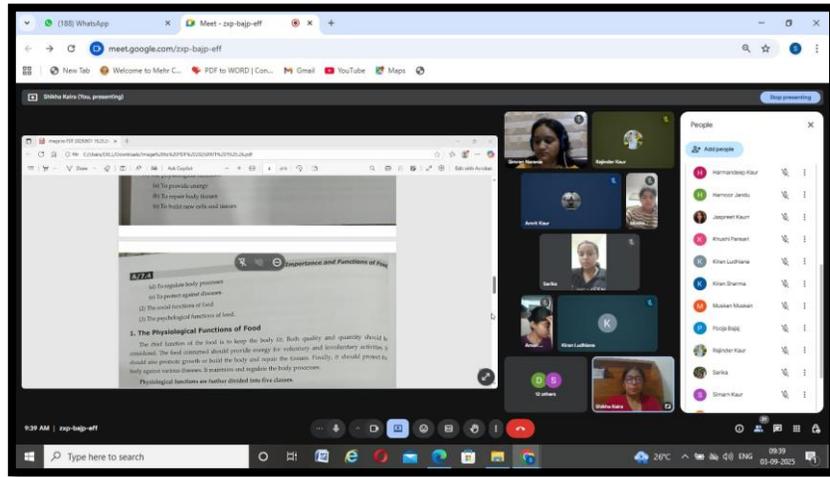
Guru Nanak Khalsa College for Women
Gujarkhan Campus, Model Town, Ludhiana

Under the aegis of IQAC
Department of Home Science and NSS Unit
celebrating
National Nutrition Month
1st September - 30th September, 2025
Eat Right for a Better Life

Dr. Maneeta Kahlon
Principal

Dr. Neetu Prakash
Mrs. Satwant Kaur
NSS Programme Officers

Mrs. Shikha Kalra
Mrs. Amarpreet Kaur
Ms. Pooja Kaushik
Organizers



Rashtriya Poshan Maah 2025 Cooking Competition

Organized by: Department of Home Science in collaboration with NSS Unit

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: September 10, 2025

Social Media Links:

1. <https://www.facebook.com/share/p/1VWxqTmdyW/>

2. https://www.instagram.com/p/DOu_ySGEVf6/?utm_source=ig_web_copy_link&igsh=MmxhZ3NhdnpHcXdo

Description:

As part of the Rashtriya Poshan Maah 2025 celebrations, a Cooking Competition was organized in the second week on September 10, 2025, by the Department of Home Science in collaboration with IQAC and the NSS Unit of GNKCW. The objective of the event was to promote nutritious, healthy, and sustainable food habits in line with the vision of Poshan Abhiyaan – “Suposhit Bharat, Saksham Bharat.” The theme of the competition was “Food Connects Us,” focusing on incorporating nutrient-rich, traditional, and locally available ingredients into daily diets.

A total of 27 participants enthusiastically took part in the competition, preparing a wide variety of innovative and wholesome dishes representing different states and communities. Recipes included cereal-based healthy snacks and fortified, immunity-boosting dishes, all of which highlighted the importance of balanced nutrition.

The dishes were evaluated by a panel of judges comprising Mrs. Manpreet Kaur (P.G. Department of Commerce) and Mrs. Seema Devi (Department of Punjabi).

The winners of the competition were:

First Prize: Sunpreet Kaur, M.Com 1st Year, Roll No. 252426

Second Prize: Kirti Malhotra, M.Com 2nd Year, Roll No. 242427

Third Prize: Hashmeet Kaur, M.A. 1st Year, Roll No. 252219

In addition, six Appreciation Prizes were also awarded.

The event successfully created awareness among students about the significance of healthy eating practices and the use of locally available superfoods. It also encouraged them to adopt sustainable dietary habits to combat malnutrition and lifestyle disorders across different communities.

Principal Dr. Maneeta Kahlon appreciated the efforts of the participants and emphasized the importance of nutrition education for youth in building a healthier nation.


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

Under the aegis of IQAC
Dept Of Home Science and NSS Unit
 organizes


Cooking Competition


on the theme 'Food Connect us'
 on 10th September, 2025

Principal
 Dr. Maneeta Kahlon

NSS Programme Officers
 Dr. Neetu Prakash
 Mrs. Satwant Kaur

Organizers
 Mrs. Shikha Kalra
 Mrs. Amarpreet Kaur
 Mrs. Pooja Kaushik



Rashtriya Poshan Maah 2025 Physical Therapy Camp

Organized by: Department of Home Science in collaboration with NSS Unit

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: September 15, 2025

Social Media Links:

1. <https://www.facebook.com/share/p/1B5rtrMkdD/>

2. https://www.instagram.com/p/DOvBXXkRtM/?utm_source=ig_web_copy_link&igsh=OXJ1czQycGF5dDRm

Description:

As part of the Rashtriya Poshan Maah celebrations, in the third week, a Physical Therapy Camp was organized at Guru Nanak Khalsa College for Women today with the objective of promoting awareness on the importance of good habits, correct posture, and healthy lifestyle practices for overall well-being. The program was conducted under the guidance of the Internal Quality Assurance Cell and NSS Unit and Dept. of Home Science in the college campus, in collaboration with qualified physiotherapists Dr. Minal Goyal (MPT Sports) and Dr. Navneet Kaur (MPT Neurology) and health professionals.

The resource persons shared valuable insights on the role of nutrition and physical activity in maintaining good health, importance of posture correction in preventing back pain, neck pain, and lifestyle-related ailments, demonstration of simple ergonomic practices for students to follow in daily life, including proper sitting, standing, and sleeping positions.

Interactive sessions were conducted where students and faculty were encouraged to clarify doubts related to posture, joint health, and physical fitness. Demonstrations of stretching, breathing techniques, and spine-friendly exercises were actively performed by participants.

Principal Dr. Maneeta Kahlon congratulated the students and organising departments for smooth conduction of this initiative of Physical therapy camp which successfully created awareness on preventive healthcare and lifestyle modification, making Poshan Maah health care more impactful and meaningful.



Guru Nanak Khalsa College for Women

Gujarkhan Campus, Model Town, Ludhiana



Under the aegis of IQAC

Department of Home Science in collaboration with NSS unit organizes

A Physical Therapy Camp

"Good habits, Good Posture, Good Life"

Date: September 15, 2025

Venue: Common Hall

Wellness Team Specialists



Dr. Minal Goyal

(MPT, Sports)

Chief Physiotherapist
Durga Mata Charitable
Hospital, Dugri Phase 1,
Urban Estate, Ludhiana



Dr. Navneet kaur

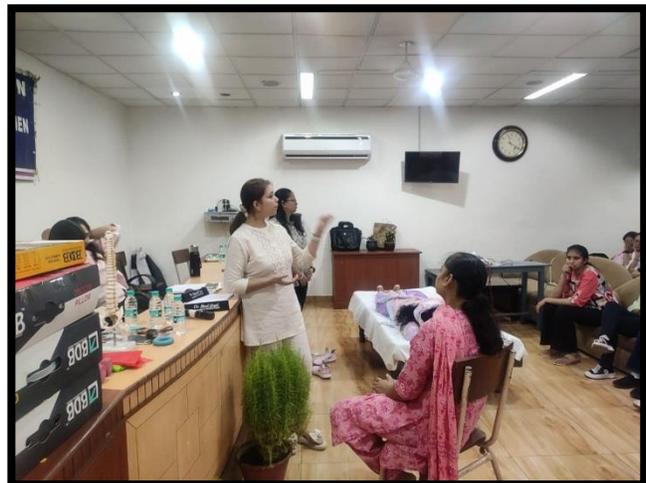
(MPT, Neurology)

Chief Physiotherapist
Durga Mata Charitable
Hospital, Dugri Phase 1,
Urban Estate, Ludhiana



Dr. Maneeta Kahlon

Principal



PRESS CLIPPINGS



Rashtriya Poshan Maah 2025 Organized an “Earn While You Learn” activity

Organized by: Department of Home Science in collaboration with NSS Unit

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: September 20, 2025

Social Media Links: <https://www.facebook.com/share/p/1BozL8UAsV/>

Description:

As part of the Rashtriya Poshan Maah 2025 celebrations, the Home Science Department in collaboration with NSS unit of our college organized an “Earn While You Learn” activity in the fourth week on September 20, 2025. Under this initiative, a Cupcakes Stall was set up on the college campus to promote healthy eating and entrepreneurial skills among students.

16 Students prepared and sold a variety of nutritious cupcakes using ingredients like whole wheat flour, jaggery blended with favours of chocolate to align with the theme of “Nutrition Awareness and Healthy Eating”. The stall was an instant success, attracting students and faculty members. The healthy cupcakes were widely appreciated for their taste, presentation topped with home made icing, and nutritional value.

The activity provided students with hands-on experience in planning, preparing, marketing, pricing, and selling the products.

Principal Dr. Maneeta Kahlon encouraged the students fore this initiative which not only included healthy food choices but also empowered students to combine their academic learning with real-life skills, making it a meaningful contribution to the Poshan Maah 2025 celebrations.

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

GNKCW
55
ANNIVERSARY

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

Under the aegis of IQAC

Earn While You Learn

Department of Home Science
organizes

Cupcake Stall

Date: September 20, 2025
Time: 10:00am
Venue: Outside Room No. 105

Coupon @
₹30/per
Cupcake

Organizers
Mrs. Shikha Kalra
Mrs. Amarpreet Kaur
Ms. Pooja Kaushik

Principal
Dr. Maneeta Kahlon



PRESS CLIPPINGS



Cleanliness Drive Organised Under Swachhata Hi Seva Campaign

Organized by: NSS Unit

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: September 23, 2025.

Social Media Links: <https://www.facebook.com/share/p/17sWPEcuSS/>

Description:

Under the aegis of IQAC, NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, organized Cleanliness Drive as part of the Swachhata Hi Seva campaign on September 23, 2025.

The drive witnessed enthusiastic participation from NSS volunteers and other students, who actively took part in cleaning the entire college campus. From classrooms and corridors to gardens and surrounding areas, students diligently worked to ensure every corner was spotless. They were also encouraged to carry the message of cleanliness beyond the campus - into their homes, neighborhoods, and public spaces promoting a sense of responsibility and civic engagement.

The campaign aimed not only to clean physical space but also to instill in students the core values of discipline, environmental awareness, and community service.

On this occasion, Principal Dr. Maneeta Kahlon addressed the students and appreciated their active involvement in the campaign. She emphasized the importance of maintaining hygiene and cleanliness as a way of life, not just an occasional activity. She further encouraged students to become ambassadors of cleanliness and sustainability in their communities.



NSS Day

Organized by: NSS Unit

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: September 24, 2025

Social Media Links: <https://www.facebook.com/share/p/17puGBSzSn/>

Description:

Under the aegis of IQAC, NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, observed NSS Day on 24th September.

The programme commenced with the students taking the NSS pledge, wherein they promised to uphold the values of service, selflessness, and social responsibility. The pledge inspired the volunteers to work with sincerity for the welfare of society and to contribute towards nation-building.

On this occasion, Principal Dr. Maneeta Kahlon appreciated the active involvement of the students in NSS activities. She motivated them to continue their efforts in community service, emphasizing that

NSS not only builds leadership qualities and discipline but also instills a deep sense of empathy and commitment towards society.



Birth anniversary of Mahatma Gandhi

Organized by: Department of Political Science, NCC Wing, and NSS Unit

Venue: Guru Nanak Khalsa College for Women, Model Town Ludhiana

Date: October 1, 2025

Social Media Links: <https://www.facebook.com/share/p/17nEht2JU7/>

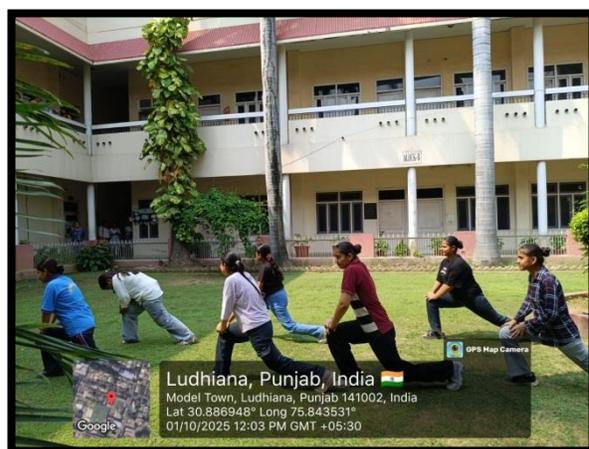
Description:

Under the aegis of IQAC, the Department of Political Science, NCC Wing, and NSS Unit of Guru Nanak Khalsa College for Women, Model Town Ludhiana, celebrated the birth anniversary of Mahatma Gandhi on 1st October, 2025.

The event included a cleanliness drive as part of Swachh Bharat Abhiyan and Swachhotsav, with active student participation in promoting environmental hygiene. Lt. Sukhjit Kaur, Head of the Department, spoke on the relevance of Gandhi's principles in today's world.

Principal Dr. Maneeta Kahlon highlighted Gandhi's legacy of self-reliance and moral integrity and encouraged students to adopt the Kaizen principle of continuous improvement.





Daan Utsav

Organized by: NSS Unit

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: October 2, 2025

Social Media Links: <https://www.facebook.com/share/p/1AkePvhDN1/>

Description:

Under the aegis of IQAC, the NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, in collaboration with the Departments of Home Science and Fashion Designing, celebrated Daan Utsav on October 2, 2025, to promote the spirit of giving and community service among students.

The event aimed to sensitize students toward the value of sharing knowledge and skills for the betterment of society. Various workshops were organized to provide hands-on learning experiences and to encourage active student participation.

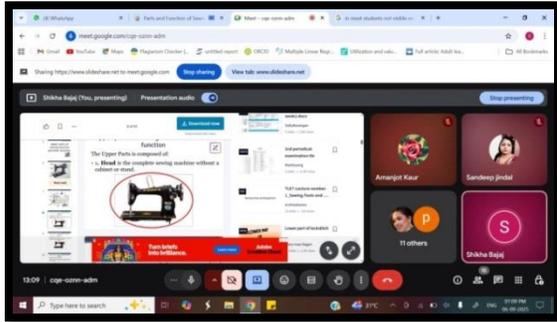
As part of the celebration, Ms. Shikha Kalra, Head of the Department of Home Science, organized a creative skill-development workshop that included several traditional and craft-based activities such as Peerhi making, Chikku making, Guddian making, Crochet work, Knitting, Naala making, Dasuti, and Pakhi making. These activities encouraged students to learn and preserve traditional household crafts while also understanding their practical and cultural significance.

Mrs. Shikha Bajaj, from the Department of Fashion Designing, conducted a demonstrative workshop in which she explained the different parts of a sewing machine and their respective functions. Students actively participated and learned how these machines can be used to create and repair garments—skills that can be both self-sustaining and helpful to others.

In addition, Ms Daisy Wadhwa and Mrs. Satwant Kaur from the Department of Computer Science and Applications conducted an online workshop on Artificial Intelligence tools, introducing participants to various AI-based platforms that can simplify tasks, enhance creativity, and promote innovation in academic and professional fields. Her session helped students understand how technology can be used responsibly and productively in today’s digital age.

The celebration concluded with Principal Dr. Maneeta Kahlon appreciating the collaborative efforts of the teachers and students. She commended their dedication in making Daan Utsav a meaningful event that combined traditional values of giving with modern learning opportunities.





Quiz to promote awareness about the importance of CPR (Cardiopulmonary Resuscitation)

Organized by: NSS Unit

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: October 13, 2025

Social Media Links: <https://www.facebook.com/share/p/1BmxvPDZYf/>

Description:

Under the aegis of IQAC, the NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, encouraged its volunteers to actively participate in a quiz organized to promote awareness about the importance of CPR (Cardiopulmonary Resuscitation) on October 13, 2025. The Ministry of Health & Family Welfare is observing a nationwide CPR Awareness Week from 13th to 17th October 2025 to spread knowledge about this crucial life-saving technique.

The quiz aimed to enhance understanding among students and motivate citizens across all sectors to learn the essential skill of CPR.

Principal Dr. Maneeta Kahlon appreciated their enthusiasm and participation in this meaningful initiative.





Cleanliness Drive Organised as a part of Roshni under Diwali Mela

Organized by: NSS Unit

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: October 17, 2025

Social Media Links: <https://www.facebook.com/share/p/17aZuwf3yL/>

Description: Under the aegis of IQAC, NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, organized Cleanliness Drive as a part of Roshni under Diwali Mela on October 17 2025.

The drive witnessed enthusiastic participation from NSS volunteers and other students, who actively took part in cleaning the entire college campus. From corridors to gardens and surrounding areas, students diligently worked to ensure every corner was spotless.

NSS volunteers encouraged to carry the message of cleanliness beyond the campus - into their homes, neighborhoods, and public spaces promoting a sense of responsibility and civic engagement.

The campaign aimed not only to clean physical space but also to instill in students the core values of discipline, environmental awareness, and community service.

On this occasion, Principal Dr. Maneeta Kahlon addressed the students and appreciated their active involvement in the campaign. She emphasized the

importance of maintaining hygiene and cleanliness as a way of life, not just an occasional activity. She further encouraged students to donate clothes and other few things from their wardrobes to the needy persons on the occasion of Diwali.



PRESS CLIPPING



ਦੀਵਾਲੀ ਦਾ ਜਸ਼ਨ ਮਨਾਉਣ ਮੌਕੇ ਕਾਲਜ ਕੈਂਪਸ ਦੀ ਸਫ਼ਾਈ ਕਰਦੇ ਹੋਏ ਵਿਦਿਆਰਥੀ। ਅਜੀਤ ਤਸਵੀਰ

ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਦੀਵਾਲੀ ਮੌਕੇ ਕੀਤੀ ਕਾਲਜ ਕੈਂਪਸ ਦੀ ਸਫ਼ਾਈ

ਲੁਧਿਆਣਾ, 17 ਅਕਤੂਬਰ (ਜਸਵਿੰਦਰ ਸਿੰਘ)—ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਫ਼ਾਰ ਵੁਮੈਨ ਦੇ ਸਾਲਾਨਾ ਦੀਵਾਲੀ ਪ੍ਰੋਗਰਾਮ “ਰੋਸ਼ਨੀ” ਦੇ ਹਿੱਸੇ ਵਜੋਂ ਕੰਪਿਊਟਰ ਸਾਇੰਸ ਅਤੇ ਐਪਲੀਕੇਸ਼ਨ ਵਿਭਾਗ ਨੇ ਐਨ.ਜੀ.ਓ. ਪਹਿਲ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਇਕ ਈ-ਕੂੜਾ ਇਕੱਠਾ ਕਰਨ ਦੀ ਮੁਹਿੰਮ ਦਾ ਪ੍ਰਬੰਧ ਕੀਤਾ। ਇਸ ਪਹਿਲ ਦਾ ਉਦੇਸ਼ ਵਾਤਾਵਰਨ ਜਾਗਰੂਕਤਾ ਫੈਲਾਉਣਾ ਅਤੇ ਜ਼ਿੰਮੇਵਾਰ ਈ-ਕੂੜੇ ਦੇ ਨਿਪਟਾਰੇ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨਾ ਸੀ। ਪਹਿਲ ਤੋਂ ਸੁਰਭੀ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਗਲਤ ਈ-ਕੂੜੇ ਦੇ ਪ੍ਰਬੰਧਨ ਦੇ ਖ਼ਤਰਿਆਂ ਅਤੇ ਟਿਕਾਉ ਰੀਸਾਈਕਲਿੰਗ ਦੀ ਜ਼ਰੂਰਤ ਬਾਰੇ ਜਾਗਰੂਕ ਕੀਤਾ। ਅਧਿਆਪਕਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਸੁਰੱਖਿਅਤ ਨਿਪਟਾਰੇ ਲਈ ਪੁਰਾਣੇ ਯੰਤਰ, ਕੇਬਲ ਅਤੇ ਸਹਾਇਕ ਉਪਕਰਨ ਦਾਨ ਕਰਕੇ ਸਰਗਰਮੀ ਨਾਲ ਯੋਗਦਾਨ ਪਾਇਆ। ਐਨ.ਐਸ.ਐਸ. ਯੂਨਿਟ ਨੇ ਕਾਲਜ ਕੈਂਪਸ ਵਿਚ ਸਫ਼ਾਈ ਮੁਹਿੰਮ ਚਲਾਈ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਸਾਰੇ ਵਿਭਾਗਾਂ ਦੇ ਯਤਨਾਂ ਦੀ ਸ਼ਲਾਘਾ ਕੀਤੀ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਵਾਤਾਵਰਨ ਅਤੇ ਸਮਾਜਿਕ ਚੇਤਨਾ ਨਾਲ ਦੀਵਾਲੀ ਮਨਾਉਣ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ।

Rashtriya Ekta Diwas

Organized by: NSS Unit, Department of History, and Department of Physical Education

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: October 30-31, 2025

Social Media Links:

Description:

Under the aegis of the Internal Quality Assurance Cell, the NSS Unit, Department of History, and Department of Physical Education of Guru Nanak Khalsa College

for Women, Model Town, Ludhiana observed Rashtriya Ekta Diwas with great enthusiasm on 30th and 31st October 2025. The event was organized to commemorate the birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India, and to reaffirm the importance of unity and integrity among students and staff.

As part of the celebration, Mrs. Sandeep from the Department of History delivered an insightful and motivational speech on the life, vision, and contribution of Sardar Vallabhbhai Patel in the integration of India.

The Department of Physical Education conducted a yoga session, emphasizing the importance of physical fitness, discipline, and mental well-being in fostering unity and balance among youth.

The event also included the Rashtriya Ekta Pledge, administered to all volunteers and participants. Through this pledge, students vowed to dedicate themselves to preserving the unity, integrity, and security of the nation.

Principal Dr. Maneeta Kahlon encouraged the students to work together in harmony and contribute positively to nation-building.



PRESS CLIPPINGS



National Education Day

Organized by: NSS Unit

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: November 11, 2025

Social Media Links:

1. <https://www.facebook.com/share/p/19uDrpcMe7/>

2. https://www.instagram.com/p/DQ8e92Okeby/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Description:

Under the aegis of IQAC, NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana observed National Education Day on 11th November 2025 to commemorate the birth anniversary of Maulana Abul Kalam Azad, India's first Education Minister and a great freedom fighter, scholar, and visionary leader.

The event aimed to highlight the significance of education in shaping individuals and building a progressive nation. During the observance, students were enlightened about the life, contributions, and ideals of Maulana Abul Kalam Azad, emphasizing his role in establishing the foundation of India's modern education system.

Principal Dr. Maneeta Kahlon addressed the students and shared her insightful views on the importance of education as a tool for empowerment, equality, and national development.



International Day of Tolerance

Organized by: Red Ribbon Club, NSS Unit, NCC Wing, and the Department of Fine Arts

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: November 12, 2025

Social Media Links:

1. <https://www.facebook.com/share/p/17X3eAq421/>

2. https://www.instagram.com/p/DREIKMykR-r/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Description:

Guru Nanak Khalsa College for Women, Model Town, Ludhiana, observed the International Day of Tolerance on November 12, 2025, ahead of the official global observance on November 16. The event was organized collaboratively by the Red Ribbon Club, NSS Unit, NCC Wing, and the Department of Fine Arts, under the aegis of the Internal Quality Assurance Cell (IQAC) of the college.

To mark the occasion, students created vibrant and meaningful rangolis that visually depicted the values of tolerance, compassion, and peaceful coexistence. Each artwork aimed to highlight the importance of dialogue, empathy, and active respect for differences, emphasizing how these principles form the foundation of a harmonious society and contribute significantly to peace and human development.

Speaking on the occasion, Principal Dr. Maneeta Kahlon expressed, “The International Day of Tolerance reminds us that embracing diversity is not just a social obligation, but a human necessity. Our students’ creative expressions reflect the spirit of unity and respect that we strive to cultivate on our campus. It is through understanding and empathy that we can build a peaceful and progressive world.”



Constitution Day

Organized by: NSS Unit, NCC Wing, Red Cross Society, EBSB Club, Department of Political Science and Public Administration

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: November 27, 2025

Social Media Links: <https://www.facebook.com/share/p/1D41hCjtN8/>

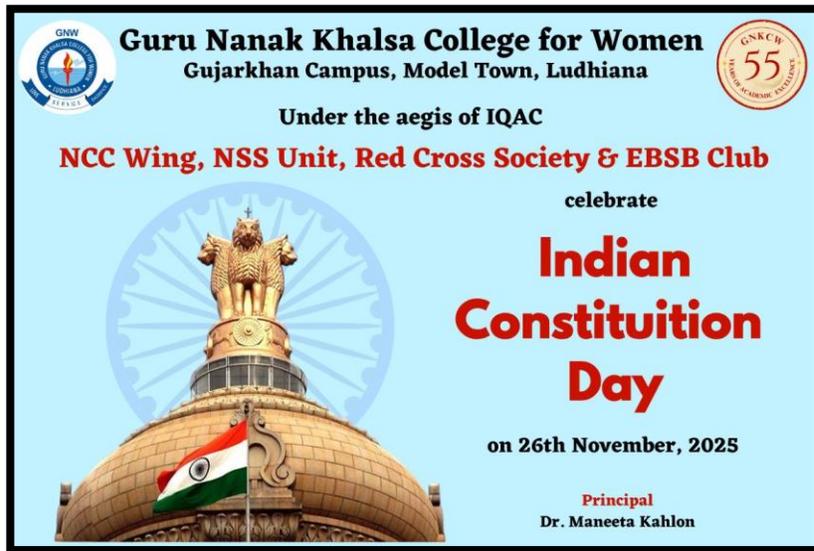
Description:

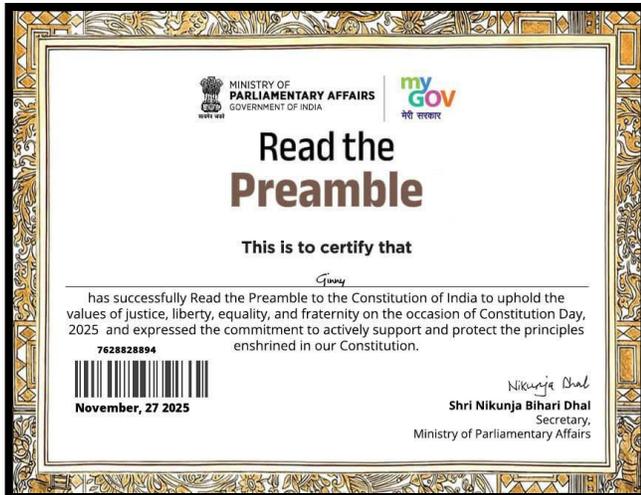
Under the aegis of the Internal Quality Assurance Cell, NSS Unit, NCC Wing, Red Cross Society, EBSB Club, the Department of Political Science and Public Administration of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, celebrated Constitution Day on November 27, 2025.

The event was organized to create awareness among students about the significance of the Indian Constitution, its core values, and its enduring relevance in shaping India's democratic framework. As part of the observance students enthusiastically took part in the online Constitution Day Quiz and Preamble Recitation on the MyGov portal, reaffirming their commitment to civic responsibility and constitutional duties.

Madam Principal, Dr. Maneeta Kahlon, addressed the gathering and highlighted the importance of understanding the Constitution as a living document that continues to

guide the nation's progress. She encouraged students to uphold constitutional values and contribute meaningfully to society.





National Pollution Control Day

Organized by: NSS Unit, EBSB Club, Red Cross Society, and the Department of Environment Science

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: December 03, 2025

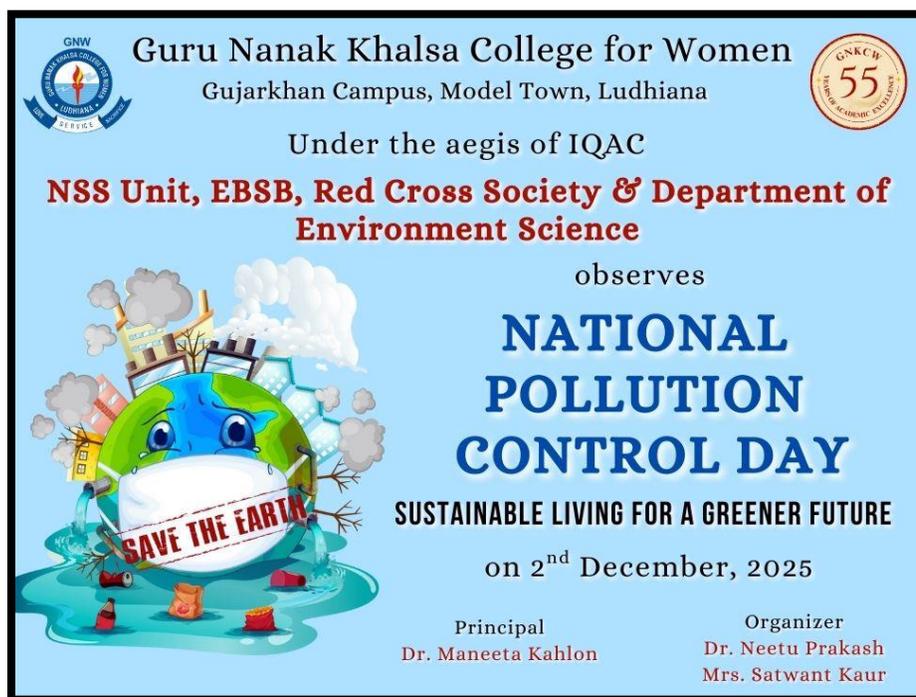
Social Media Links: <https://www.facebook.com/share/p/1G98qmMNhr/>

Description:

Under the aegis of the Internal Quality Assurance Cell, the NSS Unit, EBSB Club, Red Cross Society, and the Department of Environment Science, Guru Nanak Khalsa College for Women observed National Pollution Control Day on the college campus today. The day is commemorated every year on December 2 to honor the lives lost during the Bhopal Gas Tragedy and to raise awareness about the urgent need to curb pollution and promote safer environmental practices.

As part of the programme, Ms. Amanpreet Kaur from the Department of Environment Science delivered an insightful lecture highlighting the current pollution scenario. She discussed simple yet impactful steps individuals can take to reduce pollution and stressed the importance of responsible waste disposal and adopting sustainable habits in daily life.

Addressing the gathering, Dr. Maneeta Kahlon, Principal, emphasized the pressing need for collective responsibility in combating pollution. She underlined the vital role of the younger generation in building a cleaner and healthier future and encouraged students to actively engage in the environmental protection initiatives organized by the college.



The poster is for National Pollution Control Day 2025. It features a central illustration of a sad-looking Earth with a face, wearing a white surgical mask. The Earth is surrounded by industrial smokestacks emitting grey smoke, and a banner across its chest reads "SAVE THE EARTH". The background is light blue. Text on the poster includes the college name and location, the organizing units, the date of the event, and the names of the principal and organizers. Logos for GNW and GNKCW 55 are also present.

GNW
GURU NANAK KHALSA COLLEGE FOR WOMEN
LUDHIANA
191001
WOMEN EMPOWERMENT
SERVICE

GNKCW
55
GURU NANAK KHALSA COLLEGE FOR WOMEN
LUDHIANA

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

Under the aegis of IQAC
NSS Unit, EBSB, Red Cross Society & Department of Environment Science
observes
NATIONAL POLLUTION CONTROL DAY
SUSTAINABLE LIVING FOR A GREENER FUTURE
on 2nd December, 2025

Principal
Dr. Maneeta Kahlon

Organizer
Dr. Neetu Prakash
Mrs. Satwant Kaur



PRESS CLIPPINGS

National pollution control day observed at GNKCW



A speaker addresses students during an awareness session on National Pollution Control Day organised by the NSS Unit at Guru Nanak Khalsa College for Women, Model Town, Ludhiana.

Ludhiana: Under the aegis of the Internal Quality Assurance Cell, the NSS Unit, EBSB Club, Red Cross Society, and the Department of Environment Science, Guru Nanak Khalsa College for Women observed National Pollution Control Day on the college campus today. The day is commemorated every year on December 2 to honor the lives lost during the Bhopal Gas Tragedy and to raise awareness about the urgent need to curb pollution and promote safer environmental practices.

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Addressing the gathering, Dr. Maneeta Kahlon, Principal, emphasized the pressing need for collective responsibility in combating pollution. She underlined the vital role of the younger generation in building a cleaner and healthier future and encouraged students to actively engage in the environmental protection initiatives organized by the college.

World Soil Day

Organized by: NSS Unit, EBSB club, Red Cross Society, the Department of Environment Science and Department of public administration

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: December 5, 2025

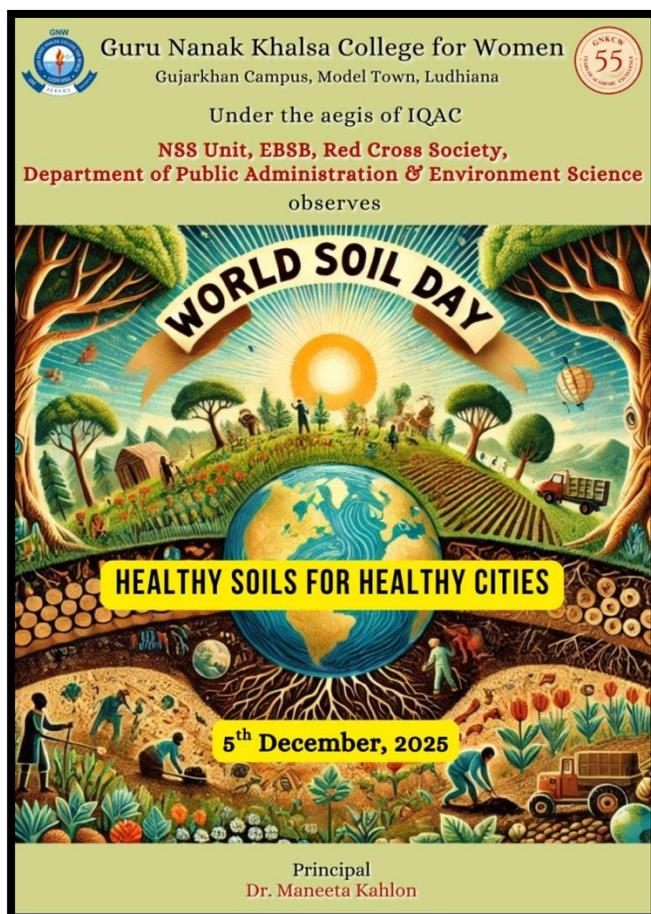
Social Media Links: <https://www.facebook.com/share/p/17wMkLXs1w/>

Description:

Under the aegis the Internal Quality Assurance Cell, the NSS Unit, EBSB club, Red Cross Society, the Department of Environment Science and Department of public administration of Guru Nanak Khalsa College for Women, celebrated World Soil Day on December 5, 2025. This day is observed globally to highlight the importance of healthy soil for sustainable agriculture, environmental balance, and the overall well-being of life on Earth. 45 participants were present in the event. The programme aimed to raise awareness about soil conservation, the threat of soil degradation, and the need to adopt practices that protect soil health for future generations.

Dr. Maneeta Kahlon, Principal of the College, addressed the gathering and emphasized the importance of preserving soil—the foundation of our food system. She encouraged taking small but meaningful steps such as reducing chemical usage, promoting organic practices, and preventing soil erosion through plantation drives.





“Gender Sensitization and Awareness on Gender-Based Violence”

Organized by: Department of Sociology, in collaboration with the NSS

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: December 5, 2025

Social Media Links: <https://www.facebook.com/share/p/1AM7KePuof/>

Description:

Under the aegis of the IQAC, the Department of Sociology, in collaboration with the NSS, organized a special programme on “Gender Sensitization and Awareness on Gender-Based Violence” on December 5, 2025. The event aimed to promote a deeper understanding of gender equality, challenge existing stereotypes, and create awareness about various forms of gender-based violence.

The session began by an insightful awareness lecture delivered by Dr. Madhu Dhawan, Department of Sociology. Dr. Dhawan highlighted the importance of recognizing gender biases embedded in everyday life and emphasized the need for educational institutions to foster a safe and inclusive environment. She explained different types of gender-based violence and discussed preventive measures, legal safeguards, and the role of society in supporting victims.

Principal Dr. Maneeta Kahlon also addressed the gathering and stressed the significance of sensitizing both staff and students to issues related to gender discrimination. She encouraged participants to adopt gender-equitable attitudes and to actively contribute to building a respectful and supportive campus culture.



Veer Bal Diwas

Organized by: NSS Unit, Red Cross Society and EBSB

Venue: Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Date: December 23, 24 and December 26, 2025

Social Media Links: <https://www.facebook.com/share/p/1AM7KePuof/>

Description: Under the aegis of the Internal Quality Assurance Cell (IQAC), the NSS Unit, Red Cross Society and EBSB observed Veer BAL Diwas in the college campus today. The programme was organised to commemorate the unparalleled courage, sacrifice, and martyrdom of Sahibzada Zorawar Singh Ji and Sahibzada Fateh Singh Ji.

To mark the occasion, an elocution competition was organised in which students actively participated and expressed their views on bravery, patriotism, and moral values. The participants highlighted the relevance of the Sahibzadas' sacrifice in contemporary society through their impactful speeches.

Principal Dr. Maneeta Kahlon, addressed the students and emphasized the timeless values of courage, faith, and righteousness demonstrated by the Sahibzadas. She motivated the students to imbibe these values in their lives and become responsible and ethical citizens.





PRESS CLIPPINGS

ਵੀਰ ਬਾਲ ਦਿਵਸ ਮਨਾਉਣ ਮੌਕੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਭਾਸ਼ਣ ਦਿੰਦੇ ਹੋਏ ਪ੍ਰਿੰਸੀਪਲ ਡਾਕਟਰ ਮਨੀਤਾ ਕਾਹਲੋਂ। ਅਜੀਤ ਤਸਵੀਰ

ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਵਿਖੇ ਵੀਰ ਬਾਲ ਦਿਵਸ ਮਨਾਇਆ

ਲੁਧਿਆਣਾ, 26 ਦਸੰਬਰ (ਜਸਵਿੰਦਰ ਸਿੰਘ)-ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਅਸੈਸਮੈਂਟ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ, ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ ਦੇ ਐੱਨਐੱਸਐੱਸ ਯੂਨਿਟ, ਰੈੱਡ ਕਰਾਸ ਸੋਸਾਇਟੀ ਅਤੇ ਈਊ ਐੱਸਬੀ ਨੇ ਅੱਜ ਕਾਲਜ ਕੈਂਪਸ ਵਿੱਚ ਵੀਰ ਬਾਲ ਦਿਵਸ ਮਨਾਇਆ। ਇਸ ਮੌਕੇ ਨੂੰ ਮਨਾਉਣ ਲਈ, ਇੱਕ ਭਾਸ਼ਣ ਮੁਕਾਬਲਾ ਕਰਵਾਇਆ ਗਿਆ ਜਿਸ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਸਰਗਰਮੀ ਨਾਲ ਹਿੱਸਾ ਲਿਆ ਅਤੇ ਬਹਾਦਰੀ, ਦੇਸ਼ ਭਗਤੀ ਅਤੇ ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਬਾਰੇ ਆਪਣੇ ਵਿਚਾਰ ਪ੍ਰਗਟ ਕੀਤੇ। ਭਾਗੀਦਾਰਾਂ ਨੇ ਆਪਣੇ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਭਾਸ਼ਣਾਂ ਰਾਹੀਂ ਸਮਕਾਲੀ ਸਮਾਜ ਵਿੱਚ ਸਾਹਿਬਜ਼ਾਦਿਆਂ ਦੀ ਕੁਰਬਾਨੀ ਦੀ ਸਾਰਥਕਤਾ ਨੂੰ ਉਜਾਗਰ ਕੀਤਾ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸੰਬੋਧਨ ਕੀਤਾ ਅਤੇ ਸਾਹਿਬਜ਼ਾਦਿਆਂ ਦੁਆਰਾ ਦਿਖਾਏ ਗਏ ਹਿੰਮਤ, ਵਿਸ਼ਵਾਸ ਅਤੇ ਧਾਰਮਿਕਤਾ ਦੇ ਸਦੀਵੀ ਮੁੱਲਾਂ 'ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ। ਉਨ੍ਹਾਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇਨ੍ਹਾਂ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਨੂੰ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਗੁਹਿਣ ਕਰਨ ਅਤੇ ਜ਼ਿੰਮੇਵਾਰ ਅਤੇ ਨੈਤਿਕ ਨਾਗਰਿਕ ਬਣਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।