

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



Supporting Document

2023-24

3.4.4.1 Total number of students participating in extension activities conducted in collaboration with industry, community and Non-Government Organizations such as Swachh Bharat, AIDS awareness, Gender issue etc. year wise during the year 2023-24

Dr. Maneeta Kahlon

Principal

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

3.4.4.1 Total number of students participating in extension activities conducted in collaboration with industry , community and Non-Government Organizations such as Swachh Bharat , AIDS awareness, Gender issue etc. year wise during the year 2023-24

Name of the activity	Organizing unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
World Cycle day		NSS, Red cross Society	2023	28
Participated in Quiz Competition		NSS, Red cross Society	2023	45
Integrate and Encourage Yoga through Life pledge		NSS, Red cross Society	2023	107
Organized Yoga Session for students		NSS, Red cross Society	2023	23
Organized yoga session for Non-Teaching as well as supporting staff		NSS, Red cross Society	2023	18
International Day against Drug Abuse and Illicit Trafficking		NSS, Red cross Society	2023	35
Registration drive		NSS, Red cross Society	2023	200
Organ Donation Day		NSS, Red cross Society	2023	103
Meri Matti Mera Desh” in the context of Gram Panchayat		NSS, EBSB, Red cross Society	2023	17
Panch Pran Pledge		NSS, Red cross Society	2023	77
Maati Anthem		NSS, Department of Music, Red cross Society	2023	62
Partition Horrors Remembrance Day		NSS, Red cross Society	2023	62
Face painting competition		NSS, Red cross Society	2023	12
Observed Two minute silence		NSS, Red cross Society	2023	62
Online pledge under Meri Maati Mera Desh Programme		NSS, Red cross Society	2023	157

Teej Celebrations at GNKCW		NSS, Red cross Society, EBSB	2023	1030
RASHTRIYA POSHAN MAAH 2023 FIRST WEEK		NSS, Red cross Society	2023	110
RASHTRIYA POSHAN MAAH 2023 SECOND WEEK		NSS,Home Science, UBA, Red Cross Society	2023	27
RASHTRIYA POSHAN MAAH 2023 THIRD WEEK		NSS, Red cross Society	2023	58
RASHTRIYA POSHAN MAAH 2023 FOURTH WEEK		NSS, Red cross Society	2023	48
Cleanliness drive under Roshni		NSS, Red cross Society, EBSB	2023	187
GNKCW celebrates World Environment Day		NCC	2023	25
Workshop on India's Presidency of G20		NCC	2023	35
World Blood Donor Day		NCC	2023	48
International Yoga Day		NCC	2023	49
NCC cadets observes International Day against Drug Abuse and Illicit Trafficking		NCC	2023	35
NCC wing of the college hold a Rank Ceremony		NCC	2023	11
NCC Cadets attended ATC-38		NCC	2023	22
Cadet attended PDLS		NCC	2023	1
Cadet attended Mountaineering Camp		NCC	2023	1
Celebrated Kargil Vijay Diwas		NCC	2023	39
NCC Enrollment Session 2023-24		NCC	2023	57
Fire safety training		NCC	2023	32
Independence Day		NCC	2023	19

Uniform Distribution		NCC	2023	16
A Cleanliness Drive under 'Puneet Sagar Abhiyan'		NCC	2023	30
The Swachhata Hi Seva		NCC	2023	32
Gandhi Jayanti		NCC	2023	39
PRE TRAINING CAPSULE FOR RDC	3PB Girls Bn NCC	NCC	2023	4
PRE RDC-1 TRAINING CAMP		NCC	2023	4
EK BHARAT SHRESHTHA BHARAT-(EBSB-1)		NCC	2023	2
PRE RDC-2 TRAINING CAMP		NCC	2023	1
NCC Cadets attended CATC-52		NCC	2023	15
Communal Harmony Week		NCC	2023	22
NCC Day		NCC	2023	25
Constitution Day		NCC	2023	153
Armed Forces Flag Day		NCC	2023	21
Vijay Diwas		NCC	2023	17
International Day against Drug Abuse and Illicit Trafficking		Youth Club and the Red Ribbon Club	2023	35
World Hepatitis Day		Youth Club and the Red Ribbon Club	2023	66
Member Registration Drive		Youth Club and the Red Ribbon Club	2023	78
Awareness Drive & Marathon		Youth Club and the Red Ribbon Club	2023	5
International Youth Day		Youth Club and the Red Ribbon Club	2023	69
World First Aid Day		Youth Club and the Red Ribbon Club	2023	12

World Rose Day for the welfare of cancer patients		Youth Club and the Red Ribbon Club	2023	36
National Cancer Awareness Day		Youth Club and the Red Ribbon Club	2023	51
National Sports Day		NSS and Red cross Society	2023	67
World AIDS Day		Youth Club and the Red Ribbon Club	2023	4
Awareness Rally on Road Safety		NSS, Red cross Society, EBSB	2024	79
National Youth Day		NSS Unit and NCC , Red cross Society	2024	196
Voter Awareness Activities at GNKCW		NSS Unit, along with the Departments of Home Science, Hindi and Fashion Designing	2024	12
Safety and Traffic rules Awareness Week at GNKCW	Children Traffic Training Park, Model Town, Ludhiana	NSS Unit, EBSB Club, and Red Cross Society	2024	83
Participated in an enlightening online quiz		NSS, Red cross Society, EBSB	2024	149
Republic Day		NCC Wing, Departments of Political Science & Hindi, NSS Unit, Red Cross Society, EBSB Club, Red Ribbon & Youth Club	2024	311
Seminar on Mental Wellness at GNKCW	Dr. Jaspreet Gumber, MBBS and MD, Neuro Psychiatry	Department of Psychology in collaboration with NSS Unit, Red Cross Society and EBSB Club	2024	70
Eye Check-up Camp at GNKCW	Lions Club and ASG Hospital, Ludhiana	NSS, Red cross Society	2024	242

National Martyrs' Day Observed at GNKCW		NSS Unit, NCC Wing, Ek Bharat Shresth Bharat Club, Red Cross Society, Red Ribbon Club and the Department of Hindi	2024	173
Free Blood Test Camp at GNKCW	Lions Club, Ludhiana	NSS, Red cross Society, NCC, Red Ribbon, Youth Club, EBSB	2024	538
National Dengue Day		NSS, Red cross Society and NCC Wing, EBSB	2024	49
National Anti-Terrorism Day		NSS Unit, Red Cross Society, EBSB Club	2024	81
Motivational lecture on National Youth Day in collaboration with 3 PB Girls Bn, NCC Ludhiana.		NCC	2024	43
Participated in the live telecast of the honorable Prime Minister's speech.		NCC	2024	63
Millet Awareness Lecture		NCC	2024	78
Indian Army Day		NCC	2024	43
Organized a rally on Road Safety week on National Youth Day.		NCC	2024	48
Cadets participated in the District Level Republic Day parade.		NCC	2024	5
Conduct of NCC 'B' & 'C' certificate exams.		NCC	2024	18
NCC wing in collaboration with 3PB,Girls BN,Ludhiana observed World Water Day	3PB,Girls BN,Ludhiana	NCC	2024	39
Two cadets participated in Yuva Sangam program.		NCC	2024	2
Celebrated 133rd Birth Anniversary of Dr. B.R Ambedkar		NCC	2024	52
Farewell party		NCC	2024	42

World Earth Day		NCC	2024	47
Thal Sena Camp		NCC	2024	25
World Leprosy Day		Youth Club and the Red Ribbon Club	2024	60
World Cancer Day		Youth Club and the Red Ribbon Club	2024	55
World TB Day		Youth Club and the Red Ribbon Club	2024	45


Dr. Maneeta Kahlon

Principal

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

**COMBINED
CLUB REPORTS**



GURU NANAK KHALSA COLLEGE FOR WOMEN

Gujarkhan Campus, Model Town, Ludhiana-141002, Punjab

Half Yearly Report on the activities of



Youth Club and Red Ribbon Club

(June 2023 to December 2023)

Phone: 0161-2424668

eMail: gnkcwldh1@rediffmail.com

Website: www.gnwldh.com

Preamble

The **Youth Club** of our college is an instrument in developing self-confidence and life skills among students. The club organizes activities that offer opportunities to interact with peers and learn new skills.

The **Red Ribbon Club (RRC)** is a sub-body of the Youth Club and is an international symbol of HIV/AIDS awareness. The club aims to provide a platform for youth to contribute towards the control and prevention of HIV/ AIDS as well as promote voluntary blood donation among youth.

The Youth Club and Red Ribbon Club operate under the guidelines of the Directorate of Youth Services, Ludhiana, the Government of Punjab.

Objectives of the Club are to:

- Educate youth with correct, concise, and adequate information and heighten their level of awareness about HIV AIDS, STI, and other related issues, thus eliminating myths and misconceptions.
- Enable youth to identify and understand situations of exploitation and abuse.
- Sensitize the youth regarding the care and support needs of people affected with HIV AIDS and instill in them the spirit to reduce the stigma and discrimination against them.
- Create and train among the youth a cadre of peer educators for spreading awareness about HIV- AIDS and its prevention in the community.
- Promote Voluntary non-remunerated Blood Donation among youth

Red Ribbon Club Advisory committee

1	Patron	Dr. Maneeta Kahlon, Principal
2	RRC Coordinators	Dr. Nidhi Assistant Professor and Head Department of Business Management Ms. Daisy Wadhwa Assistant Professor and Head Department of Computer Science and Applications
3	Student Champions	- Rudakshi Ghatore (BBA- III, 212704) - Hritika Singh (BCA- II, 221911)

List of activities conducted by the Youth Club and the Red Ribbon Club

The activities performed by the Youth Club and Red Ribbon Club during the semester from June 2023 to December 2023:

S.No.	Date	Activity	Resource Person	Brief Report
1	June 26, 2023	International Day against Drug Abuse and Illicit Trafficking	-	<ul style="list-style-type: none"> - Discussion - Pledge-Ceremony - Play
2	July 28, 2023	World Hepatitis Day	Dr. Nidhi and Ms. Daisy Wadhwa, Club coordinators	Awareness Lecture
3	August 7, 2023	Member Registration Drive	Dr. Nidhi and Ms. Daisy Wadhwa, Club coordinators	<ul style="list-style-type: none"> - Enroll student volunteers for the academic session 2023- 2024 - Elect Student Champions, the student representatives from different streams of the college - Elicit interactions between student volunteers for the current and past sessions
4	August 11, 2023	Awareness Drive & Marathon	-	<ul style="list-style-type: none"> - Awareness drive on HIV/ AIDS and Drug abuse - Marathon Run
5	August 12, 2023	International Youth Day	Principal Dr. Maneeta Kahlon	<ul style="list-style-type: none"> - Awareness Lecture - Discussion
6	September 12, 2023	World First Aid Day	-	<ul style="list-style-type: none"> - Sensitization Drive on Basic First Aid skills

7	September 22, 2023	World Rose Day for the welfare of cancer patients	Dr. Nidhi and Ms. Daisy Wadhwa, Club coordinators	<ul style="list-style-type: none"> - Awareness talk by the Club Coordinators - Movie screening on Cancer
8	October 4, 2023	District Level Advocacy Meeting of Red Ribbon Clubs	-	<ul style="list-style-type: none"> - Information about the objectives and forthcoming activities of the Red Ribbon Club during the academic session 2023 - 2024 - Grant cheque of Rs. 7000 given to support the activities
9	November 2, 2023	State Level Capacity Building workshop State- Level Drama and Reel-making competitions	Ms. Pavan Rekha (Joint director, PSACS) and Dr. Harinder Bir (Deputy Director, PSACS)	153 nodal officers of Red Ribbon Clubs of various colleges of Punjab participated in the workshop
10	November 8, 2023	National Cancer Awareness Day	Principal Dr. Maneeta Kahlon	Interactive presentation on various aspects of Cancer awareness
11	December 1, 2023	World AIDS Day	-	Coordinators and volunteers attended State Level Function organized by NACO



Ludhiana, Punjab, India
Model Town, Ludhiana, GNIMT Lane, Prithm Nagar, Model Town, Ludhiana, Punjab
141002, India
Lat 30.88664°
Long 75.84373°
26/06/23 12:31 PM GMT +05:30



Ludhiana, Punjab, India
Model Town, Ludhiana, GNIMT Lane, Prithm Nagar, Model Town, Ludhiana, Punjab
141002, India
Lat 30.886688°
Long 75.843709°
26/06/23 12:32 PM GMT +05:30



Ludhiana, Punjab, India
Model Town, Ludhiana, GNIMT Lane, Prithm Nagar, Model Town, Ludhiana, Punjab
141002, India
Lat 30.886731°
Long 75.843641°
26/06/23 12:54 PM GMT +05:30

Links to the social media posts: [Facebook](#), [Instagram](#)

Date: July 28, 2023

Activity: Awareness Lecture on World Hepatitis Day

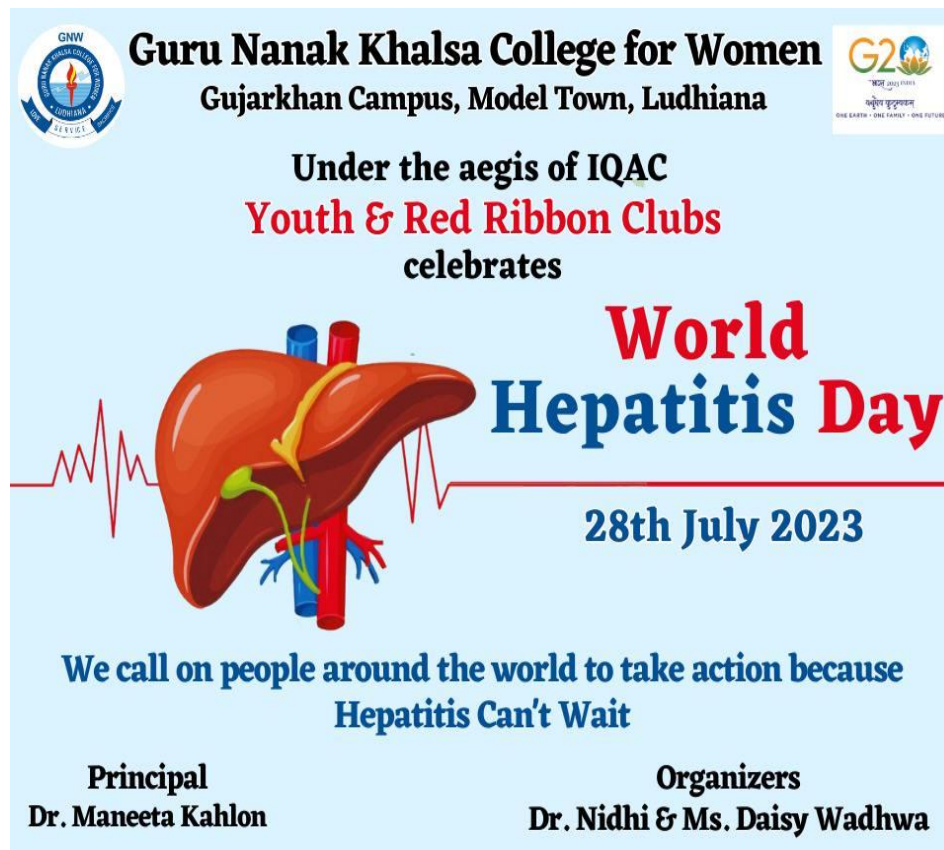
Activity Details:

Under the aegis of the Internal Quality Assurance Cell, the Youth and the Red Ribbon Club of Guru Nanak Khalsa College for Women, Model Town, Ludhiana organized an awareness lecture on the occasion of World Hepatitis Day on July 28, 2023.

The Club Coordinators, Dr. Nidhi and Ms. Daisy Wadhwa shed light on the significance of World Hepatitis Day and the importance of preventing and controlling this global health concern. Students were informed about the different types of Hepatitis, its symptoms, and the necessary steps to mitigate its impact on individual and community health.

Principal, Dr. Maneeta Kahlon informed that through this awareness lecture, we hope to instill a sense of responsibility and commitment to health among our college community and beyond. Our efforts align with the global mission to eliminate Hepatitis by promoting awareness, early detection, and proper management.

Photographs of the event:





Press Coverage

हेपेटाइटिस को रोकने और नियंत्रित करने की जानकारी दी



प्रिंसिपल डा. मनीता काहलों मुख्य वक्ता को
सम्मानित करते हुए • सौ. कालेज

जासं, लुधियाना : गुरु नानक खालसा
कालेज फार वूमैन माडल टाउन के
युवा और रेड रिबन क्लब ने विश्व
हेपेटाइटिस दिवस पर जागरूकता
व्याख्यान किया। क्लब समन्वयक डा.
निधि और डेजी वाधवा ने हेपैटाइटिस
को रोकने और नियंत्रित करने के
महत्व पर प्रकाश डाला। उन्होंने
विद्यार्थियों को हेपेटाइटिस के प्रकार,
इसके लक्षणों और प्रभाव कम करने
के बारे में बताया।

Links to the social media posts: [Facebook](#), [Instagram](#)

Date: August 7, 2023

Activity: Member Registration Drive

Activity Details:

The Youth & Red Ribbon Clubs of the college conducted a member registration drive on August 7, 2023. 79 students of the college participated in this drive. Dr. Nidhi and Ms. Daisy Wadhwa, the club coordinators informed the students about the objectives of the club and the activities undertaken by the clubs during the past academic sessions. Rudakshi (BBA-III) and Hritika Singh (BCA-II) were appointed as Student Champions of Youth and Red Ribbon Clubs.

The college Principal, Dr. Maneeta Kahlon urged the student volunteers to adopt the SAM principles of Sensitization, Awareness, and Motivation to create awareness in the community about HIV/AIDS, TB, drug abuse, and other related issues.

List of students registered as [members of Youth and Red Ribbon Clubs](#) for the session 2023- 2024.

Photographs of the event:

The poster is set against a light orange background. At the top left is the GNW logo, a circular emblem with a torch and the text 'GURU NANAK KHALSA COLLEGE FOR WOMEN LUDHIANA' and 'LOVE SERVICE'. To the right of the logo, the college name 'Guru Nanak Khalsa College for Women' is written in a large, bold, blue font, with 'Model Town, Ludhiana' in a smaller blue font below it. The text 'Under the aegis of the Internal Quality Assurance Cell' is centered in a smaller black font. Below this, 'Youth & Red Ribbon Clubs' is written in a large, bold, blue font with a drop shadow. Underneath, the word 'organize' is in a smaller black font, followed by 'Student Registration & Induction Program' in a bold blue font. The date and time 'On August 7, 2023 at 10:30 am' and the location 'in the Seminar Hall' are centered in black. On the left side, there is a graphic of three hands holding a heart. On the right side, there is a red ribbon graphic. At the bottom, there are two columns of text: 'Principal Dr. Maneeta Kahlon Chief Patron' on the left and 'Dr. Nidhi Sharma & Ms. Daisy Wadhwa Club Coordinators' on the right. A decorative wavy line is at the very bottom.

GNW
Guru Nanak Khalsa College for Women
Model Town, Ludhiana

Under the aegis of the Internal Quality Assurance Cell
Youth & Red Ribbon Clubs
organize
Student Registration & Induction Program

On August 7, 2023 at 10:30 am
in the Seminar Hall

Principal Dr. Maneeta Kahlon
Chief Patron

Dr. Nidhi Sharma & Ms. Daisy Wadhwa
Club Coordinators





Links to social media posts: [Facebook](#), [Instagram](#)

Date: August 11, 2023


Activity: Awareness Drive & Marathon

Activity Details:

Volunteers of Youth and Red Ribbon Clubs of Guru Nanak Khalsa College for Women, Ludhiana participated in an awareness drive on HIV/ AIDS and Drug abuse on August 11, 2023. During this awareness program, a marathon run was organized at SCD Government College, Ludhiana by the Directorate of Youth Services, Ludhiana in collaboration with Punjab State AIDS Control Society. The marathon started from SCD Government College at 6:00am and concluded at Guru Nanak Stadium. The following students participated in this event:

1. Rupinder Kaur B.Com- 2nd Year/ 221126
2. Sonali Rai B.Com- 3rd Year/ 211063
3. Deepshikha B.Com- 3rd Year/211069
4. Ishmeet Kaur BCA- 2nd Year/ 221922
5. Sameepya Sharma BCA- 2nd Year/ 221935

Photographs of the event:



Guru Nanak Khalsa College for Women

Gujarkhan Campus, Model Town,
LUDHIANA-141 002,
Ph. : 0161-2424668, 2772561
Fax : 0161-2424668
Email : gnkewidth1@rediffmail.com
Web : gnwidth.com

Ref. No. Youth Club

Dated 10/02/2023

Assistant Director
Directorate of Youth Services
Ludhiana

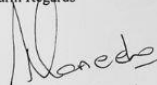
Subject: List of students participating in Marathon event on August 11, 2023

Dear Madam/ Sir

Please find below the details of the students participating in the Marathon event being organized for the Red Ribbon Clubs of the district on August 11, 2023:

S.No.	Name of the student	Class/ Roll No.	Father's Name
1	Rupinder Kaur	B.Com- 2 nd Year/ 221126	Dharminder Singh
2	Sonali Rai	B.Com- 3 rd Year/ 211063	Rajnish Rai
3	Deepshikha	B.Com- 3 rd Year/ Year/211069	Babu Lal
4	Ishmeet Kaur	BCA- 2 nd Year/ 221922	Gurnam Singh
5	Sameepya Sharma	BCA- 2 nd Year/ 221935	Sanjeev Kumar Sharma

Warm Regards



Dr. Maneeta Kahlon
Principal

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





Links to social media posts: [Facebook](#), [Instagram](#)

Date: August 12, 2023

Activity: International Youth Day celebrations

Activity Details:

Under the aegis of the Internal Quality Assurance Cell, the Youth and Red Ribbon Clubs of Guru Nanak Khalsa College for Women, Model Town, Ludhiana marked International Youth Day with great enthusiasm and purpose today. This significant event centered around the theme 'Green Skills for Youth: Towards a Sustainable World', reflecting the college's commitment to fostering environmental consciousness and sustainable practices among the youth.

The event featured a thought-provoking awareness lecture by the esteemed college Principal, Dr. Maneeta Kahlon, who served as the resource person for the occasion. Dr. Kahlon's lecture delved into the importance of nurturing eco-friendly skills and behaviors among the young generation, as a crucial step towards creating a more sustainable and environmentally responsible global community.

Students from various disciplines participated enthusiastically in the event, showcasing their dedication to the theme through creative presentations, and discussions. The celebration was a platform for them to exchange ideas, learn about sustainable practices, and pledge their commitment to a greener future.

Photographs of the event:

The poster features the GNW logo at the top left, which includes the text 'GURU NANAK KHALSA COLLEGE FOR WOMEN', 'LUDHIANA', 'SERVICE', 'LOVE', and 'WISDOM'. The main title reads 'Guru Nanak Khalsa College for Women, Model Town, Ludhiana'. Below this, it states 'Under the aegis of the Internal Quality Assurance Cell' and 'Youth & Red Ribbon Clubs celebrate'. The central focus is the 'United Nations INTERNATIONAL YOUTH DAY' logo, with 'INTERNATIONAL' in green and 'YOUTH DAY' in large, textured green letters. To the right, it says '2023 GREEN SKILLS FOR YOUTH'. The event details are 'On August 12, 2023 at 10:30 am in the Seminar Hall'. At the bottom, a green banner lists 'Principal Dr. Maneeta Kahlon, Chief Patron' and 'Dr. Nidhi Sharma & Ms. Daisy Wadhwa, Club Coordinators'. The background has a light green and white color scheme with decorative circles at the bottom.



Links to social media posts: [Facebook](#), [Instagram](#)

Date: September 12, 2023

Activity: World First Aid Day

Activity Details:

Under the aegis of IQAC, Youth and Red Ribbon Clubs of the college observed World First Aid Day on September 12, 2023. World First Aid Day is celebrated on the second Saturday of September every year and this year it falls on September 9. The rationale behind this day is to educate people about the vital role that first aid plays in tackling medical emergencies and encourage them to come forward when a situation arises. The theme of World First Aid Day 2023 is “First Aid in the Digital World.”

An awareness drive was conducted on the campus to sensitize the club members about basic first aid skills in case of minor or serious illness or injury, with care provided to preserve life and prevent the condition from worsening, until medical services arrive. They were made aware of basic medicines, antiseptics, bandages, and other medical tools that can be used in case of emergency situations.

The college Principal, Dr. Maneeta Kahlon highlighted the importance of generating awareness on such basic first aid skills that can prove to be very important and useful in case of medical emergencies before the arrival of medical aid.

Photographs of the event:

GNW
GURU NANAK KHALSA COLLEGE FOR WOMEN
LUDHIANA
SERVICE

G20
भारत 2023 INDIA
वैश्विक कुटुंबम्
ONE EARTH • ONE FAMILY • ONE FUTURE

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

Under the aegis of IQAC
Youth & Red Ribbon Club
organizes

WORLD FIRST AID DAY ❤️
9th September, 2023

First Aid in the Digital World

Principal
Dr. Maneeta Kahlon

Organizer
Dr. Nidhi Sharma
Ms. Daisy Wadhwa



Links to social media posts: [Facebook](#), [Instagram](#)

Date: September 22, 2023

Activity: World Rose Day for the welfare of cancer patients

Activity Details:

Under the aegis of the IQAC, the Youth and Red Ribbon Clubs, observed World Rose Day, dedicated to the welfare of cancer patients. The event aimed to raise awareness about cancer and express solidarity with those battling this formidable disease.

The event was coordinated by the club coordinators, Dr. Nidhi Sharma and Ms. Daisy Wadhwa, who informed students about the significance of World Rose Day and the importance of supporting cancer patients and their families. They emphasized the need for empathy, compassion, and solidarity in the fight against cancer. As part of the event, a short movie on cancer was screened, shedding light on the challenges faced by cancer patients and their caregivers. The film also highlighted the importance of early detection and prevention in the battle against cancer.

Principal Dr. Maneeta Kahlon expressed her heartfelt support for the event, stating, “Cancer is a disease that affects millions of people worldwide. It is our moral responsibility to stand by those who are fighting this battle and extend our support to them. World Rose Day reminds us to be compassionate and empathetic towards cancer patients and their families. I applaud the Youth and Red Ribbon Clubs for organizing this event and educating our students about the importance of solidarity in the face of adversity.”

Photographs of the event:





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

Ludhiana
Punjab
India

2023-09-22(Fri) 10:52(am)

32°C
90°F

Press Coverage

जीएनकेसीडब्ल्यू में विश्व गुलाब दिवस मनाया

जागरण संवाददाता, लुधियाना : गुरु नानक खालसा कालेज फार वूमैन (जीएनकेसीडब्ल्यू) माडल टाउन के यूथ और रेड रिबन क्लब ने कैंसर रोगियों के कल्याण के लिए समर्पित विश्व गुलाब दिवस मनाया। कैंसर के बारे में जागरूकता बढ़ाने और इस भयानक बीमारी से जूझ रहे लोगों के साथ एकजुटता व्यक्त करने के लिए इस दिन मनाया गया। कार्यक्रम का समन्वयन क्लब समन्वयक डा. निधि शर्मा और डेजी वाधवा ने किया। उन्होंने कैंसर के खिलाफ लड़ाई में सहानुभूति, करुणा और एकजुटता की आवश्यकता पर जोर दिया। प्रिंसिपल डा. मनीता काहलों ने इस कार्यक्रम के आयोजन और हमारे छात्रों को विपरीत परिस्थितियों में एकजुटता के महत्व के बारे में शिक्षित करने के लिए यूथ और रेड रिबन क्लब की सराहना की।



जीएनकेसी में इस बारे में जानकारी देती
प्रिंसिपल डा. मनीता काहलों • सौ. कालेज

Links to social media posts: [Facebook](#), [Instagram](#)

Date: October 4, 2023

Activity: District Level Advocacy Meeting of Red Ribbon Clubs

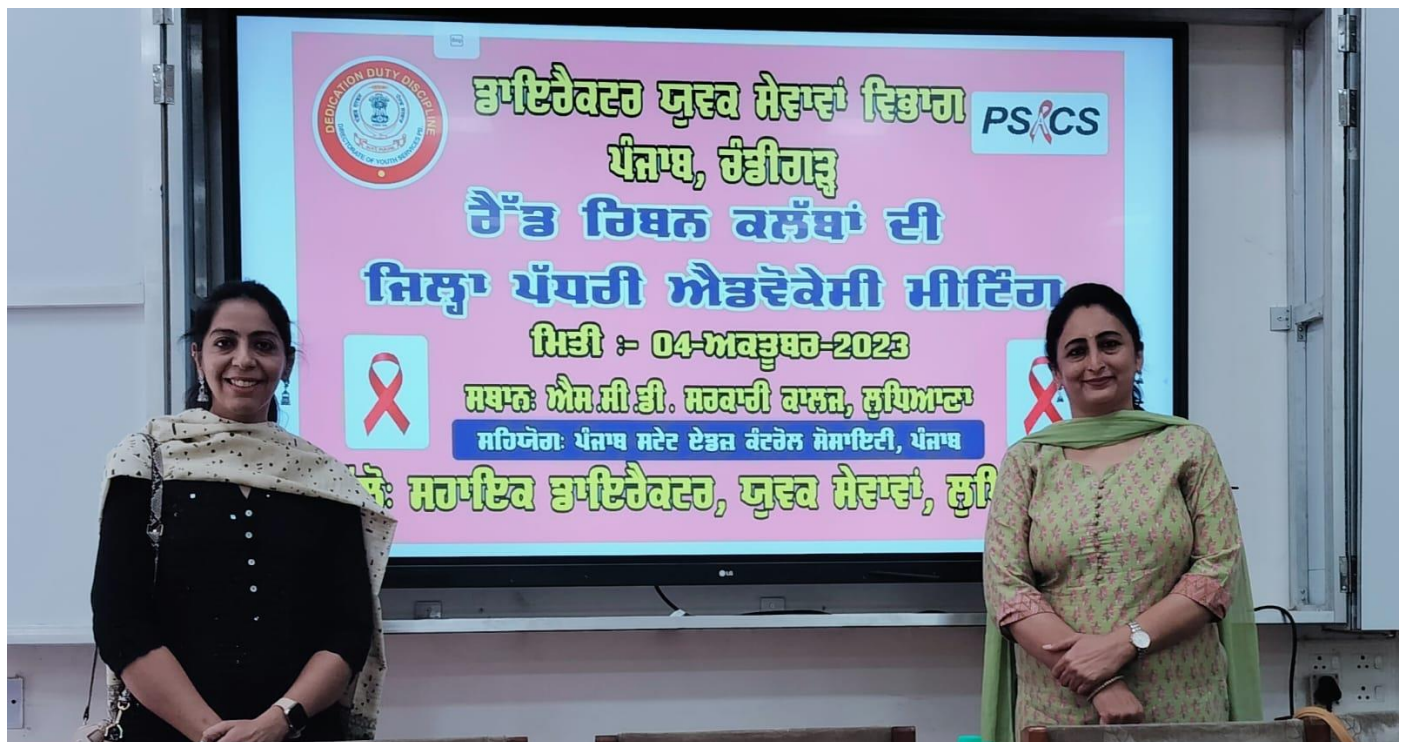
Activity Details:

The Directorate of Youth Services, Ludhiana, hosted a District Level Advocacy Meeting of Red Ribbon Clubs on October 4, 2023 at SCD Government College, Ludhiana. The meeting was attended by Dr. Nidhi Sharma and Ms. Daisy Wadhwa, Coordinators of the Red Ribbon Club of the college as well as by two peer educators, Hritika Singh (BCA 3rd Semester) and Ravneet Kaur (BCA 3rd Semester), the student representatives of Red Ribbon Club.

The primary goal of the meeting was to disseminate essential information about the objectives and forthcoming activities of the Red Ribbon Clubs during the academic session 2023 - 2024.

During the event a grant cheque amounting to Rs. 7000 was provided by the Directorate of Youth Services. This financial support aims to bolster the initiatives and activities planned by the Red Ribbon Club, reinforcing the commitment to educating the youth about HIV/AIDS, tuberculosis, drug-abuse and voluntary blood donation.

Photographs of the event:





Links to social media posts: [Facebook](#), [Instagram](#)

Date: November 2, 2023

Activity: Director Youth Services Punjab organizes State Level Capacity Building workshop at GNKCW

Activity Details:

Director Youth Services Punjab in collaboration with Punjab State Aids Control Society organized a State Level Workshop at Guru Nanak Khalsa College for women, Gujarkhan Campus, Model Town today. Ms. Pavan Rekha (Joint director, PSACS) and Dr. Harinder Bir (Deputy Director, PSACS) were the Guests of Honour. Other dignitaries present on the occasion were Mr. Kulwinder Singh (Assistant Director Youth Services Punjab), Mrs. Rupinder Kaur (Assistant Director Youth Services Punjab), Mr. Davinder Singh and Mr. Jagtar Singh. Principal Dr. Maneeta Kahlon welcomed all dignitaries to the campus. 153 nodal officers of Red Ribbon Clubs of various colleges of Punjab participated in the workshop.

The event was convened by Dr. Nidhi Sharma and Ms. Daisy Wadhwa, Coordinators of Red Ribbon Club of the college.

Photographs of the event:







निदेशक युवा सेवा पंजाब जीएनकेसीडब्ल्यू में नाटक और रील मेकिंग प्रतियोगिताओं का आयोजन



लुधियाना/यूटर्न/2 नवंबर। निदेशक युवा सेवाएं पंजाब ने पंजाब राज्य एड्स नियंत्रण सोसायटी के सहयोग से आज गुरु नानक खालसा कॉलेज फॉर वुमेन, गुजरखान कैम्पस, मॉडल टाउन में राज्य स्तरीय कार्यशाला का आयोजन किया।

सुश्री पवन रेखा और डॉ. हरिंदर बीर सम्मानित अतिथि थे। इस अवसर पर उपस्थित अन्य गणमान्य व्यक्ति श्री कुलविंदर सिंह रूपिंदर कौर, श्री दविंदर सिंह और श्री जगतार सिंह थे। प्रिंसिपल डॉ. मनीता काहलों ने परिसर में सभी गणमान्य व्यक्तियों का

स्वागत किया। कार्यशाला में विभिन्न महाविद्यालयों के रेड रिबन क्लबों के 153 शिक्षकों ने भाग लिया।

इसके अंतर्गत विभिन्न महाविद्यालयों के रेड रिबन क्लबों ने नाटक प्रतियोगिता एवं रील मेकिंग प्रतियोगिता में भाग लिया। इन प्रतियोगिताओं का मूल्यांकन सुश्री पवन रेखा डॉ. हरिंदर बीर और श्री राजिंदर राजा द्वारा किया गया। कार्यशाला के दौरान एचआईवी/एड्स रोकथाम अधिनियम 2017 और एचआईवी/एड्स नियंत्रण पर एक विस्तार व्याख्यान दिया गया।

जीएनकेसीडब्ल्यू में नाटक और रील मेकिंग प्रतियोगिताओं का आयोजन

लास्ट लाईन न्यूज़ लुधियाना निदेशक युवा सेवाएं पंजाब ने पंजाब राज्य एड्स नियंत्रण सोसायटी के सहयोग से आज गुरु नानक खालसा कॉलेज फॉर वुमेन, गुजरखान कैंपस, मॉडल टाउन में राज्य स्तरीय कार्यशाला का आयोजन किया। सुश्री पवन रेखा (संयुक्त निदेशक, पीएसएसीएस) और डॉ. हरिंदर बीर (उप निदेशक, पीएसएसीएस) सम्मानित अतिथि थे। इस अवसर पर उपस्थित अन्य गणमान्य व्यक्ति श्री कुलविंदर सिंह (सहायक निदेशक युवा सेवाएं

पंजाब), श्रीमती रूपिंदर कौर (सहायक निदेशक युवा सेवाएं पंजाब), श्री दविंदर सिंह और श्री जगतार सिंह थे। प्रिंसिपल डॉ.



मनीता काहलों ने परिसर में सभी गणमान्य व्यक्तियों का स्वागत किया। कार्यशाला में विभिन्न महाविद्यालयों के रेड रिबन क्लबों के 153 शिक्षकों ने भाग लिया।

इसके अंतर्गत विभिन्न महाविद्यालयों के रेड रिबन क्लबों ने नाटक प्रतियोगिता एवं रील मेकिंग प्रतियोगिता में भाग लिया। इन प्रतियोगिताओं का मूल्यांकन सुश्री पवन रेखा (संयुक्त निदेशक, पीएसएसीएस), डॉ. हरिंदर बीर (उप निदेशक, पीएसएसीएस) और श्री राजिंदर राजा द्वारा किया गया। कार्यशाला के दौरान एचआईवी/एड्स रोकथाम अधिनियम 2017 और एचआईवी/एड्स नियंत्रण पर एक विस्तार व्याख्यान दिया गया। दोनों प्रतियोगिताओं के परिणाम इस प्रकार रहे।

Links to social media posts: [Facebook](#), [Instagram](#)

Date: November 8, 2023

Activity: National Cancer Awareness Day

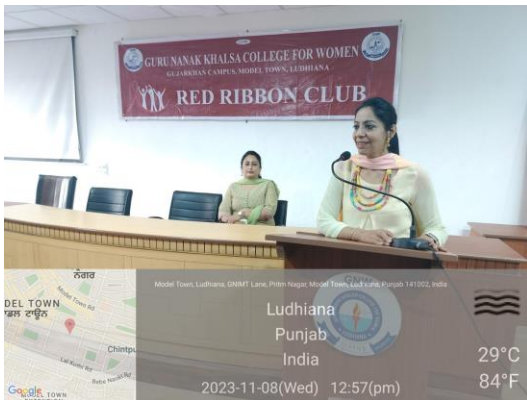
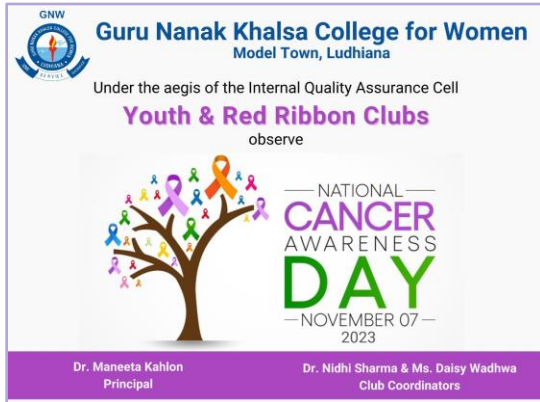
Activity Details:

Under the aegis of the Internal Quality Assurance Cell, the Youth and Red Ribbon Clubs of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, organized a lecture on the occasion of National Cancer Awareness Day, which is observed on November 7. The event aimed to educate and raise awareness about the critical issues surrounding cancer prevention and care.

The lecture was graced by the presence of Principal Dr. Maneeta Kahlon, who served as the distinguished resource person for the event. Her insightful and informative presentation provided valuable insights into the various aspects of cancer awareness and its significance in our society. She emphasized that this event will serve as a significant step towards building a community that is well-informed and proactive in the fight against cancer.

The event was impeccably coordinated by Dr. Nidhi Sharma and Ms. Daisy Wadhwa, who ensured that the attendees were engaged and informed about the importance of early detection, prevention, and the available support for those affected by cancer.

Photographs of the event:



Press Coverage

जीएनकेसीडब्ल्यू में राष्ट्रीय कैंसर जागरूकता दिवस मनाया गया

लास्ट लाईन न्यूज़ लुधियाना

आंतरिक गुणवत्ता आश्वासन सेल के तत्वावधान में, गुरु नानक खालसा कॉलेज फॉर वुमन, मॉडल टाउन, लुधियाना के यूथ और रेड रिबन क्लब ने राष्ट्रीय कैंसर जागरूकता दिवस के अवसर पर एक जागरूकता व्याख्यान का आयोजन किया, जो 7 नवंबर, 2023 को हुआ। इस आयोजन का उद्देश्य कैंसर की रोकथाम और देखभाल से जुड़े महत्वपूर्ण मुद्दों के बारे में शिक्षित करना और जागरूकता बढ़ाना था। व्याख्यान में प्रिंसिपल डॉ. मनीता काहलों की उपस्थिति रही, जिन्होंने इस आयोजन के लिए विशिष्ट संसाधन व्यक्ति के रूप में कार्य किया। उनकी अंतर्दृष्टिपूर्ण और

जानकारीपूर्ण प्रस्तुति ने कैंसर जागरूकता के विभिन्न पहलुओं



और हमारे समाज में इसके महत्व पर बहुमूल्य अंतर्दृष्टि प्रदान की। उन्होंने इस बात पर जोर दिया कि यह आयोजन एक ऐसे समुदाय के निर्माण की दिशा में एक महत्वपूर्ण कदम के रूप में काम करेगा जो कैंसर के खिलाफ लड़ाई में अच्छी

तरह से सूचित और सक्रिय है। कार्यक्रम का समन्वयन डॉ. निधि शर्मा और डेजी वाधवा द्वारा किया गया, जिन्होंने यह सुनिश्चित किया कि उपस्थित लोगों को कैंसर से प्रभावित लोगों के लिए शीघ्र पता लगाने, रोकथाम और उपलब्ध सहायता के महत्व के बारे में जानकारी दी गई।

Cancer awareness day observed

Under the aegis of its internal quality assurance cell, the Youth and Red Ribbon Clubs of Guru Nanak Khalsa College for Women, Model Town, organised an awareness lecture to mark National Cancer Awareness Day which is observed on November 7 in India every year. The event aimed to educate and raise awareness about the critical issues surrounding cancer prevention and care. Principal

Maneeta Kahlon's insightful and informative presentation provided valuable insights into the various aspects of cancer awareness and its significance in the society. The event was coordinated by Nidhi Sharma and Daisy Wadhwa, who ensured that the attendees were informed about the importance of early detection, prevention, and the support available for those affected by cancer.



कैंसर जागरूकता दिवस दौरान विद्यार्थियों के नाल प्रिंसिपल डॉक्टर मनीता काहलॉ, डा. निधि शर्मा अਤੇ डेजी वाधवा। असीत उमशौर

गुरु नानक खालसा कालਜ ਵਿਖੇ ਰਾਸ਼ਟਰੀ ਕੈਂਸਰ ਜਾਗਰੂਕਤਾ ਦਿਵਸ ਮਨਾਇਆ

ਲੁਧਿਆਣਾ, 8 ਨਵੰਬਰ (ਜਸਵਿੰਦਰ ਸਿੰਘ) - ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਅਸ਼ੂਰੇਂਸ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ, ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫ਼ਾਰ ਵੁਮੈਨ ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੇ ਯੂਥ ਅਤੇ ਰੇਡ ਰਿਬਨ ਕਲੱਬਾਂ ਨੇ ਰਾਸ਼ਟਰੀ ਕੈਂਸਰ ਜਾਗਰੂਕਤਾ ਦਿਵਸ ਦੇ ਮੌਕੇ 'ਤੇ ਇੱਕ ਜਾਗਰੂਕਤਾ ਲੈਕਚਰ ਕਰਵਾਇਆ ਗਿਆ। ਸਮਾਗਮ ਦਾ ਉਦੇਸ਼ ਕੈਂਸਰ ਦੀ ਰੋਕਥਾਮ ਤੇ ਦੇਖਭਾਲ ਦੇ ਆਲੇ ਦੁਆਲੇ ਦੇ ਗੰਭੀਰ ਮੁੱਦਿਆਂ ਬਾਰੇ ਸਿੱਖਿਆ ਤੇ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨਾ ਸੀ। ਲੈਕਚਰ ਵਿੱਚ ਪ੍ਰਿੰਸਿਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਵਿਸ਼ੇਸ਼ ਸ਼ਰਤ ਵਿਅਕਤੀ ਵਜੋਂ ਸੇਵਾ ਨਿਭਾਈ। ਉਨ੍ਹਾਂ ਦੀ ਸੂਝ-ਬੂਝ ਤੇ ਜਾਣਕਾਰੀ ਭਰਪੂਰ ਪੇਸ਼ਕਾਰੀ ਨੇ ਕੈਂਸਰ ਜਾਗਰੂਕਤਾ ਦੇ ਵੱਖ-ਵੱਖ ਪਹਿਲੂਆਂ ਤੇ ਸਾਡੇ ਸਮਾਜ ਵਿੱਚ ਇਸਦੀ ਮਹੱਤਤਾ ਬਾਰੇ ਕੀਮਤੀ ਸਮਝ ਪ੍ਰਦਾਨ ਕੀਤੀ। ਉਨ੍ਹਾਂ ਨੇ ਚੇਰ ਦੇ ਕੇ ਕਿਹਾ ਕਿ ਇਹ ਸਮਾਗਮ ਇੱਕ ਅਜਿਹੇ ਭਾਈਚਾਰੇ ਦੇ ਨਿਰਮਾਣ ਵੱਲ ਇੱਕ ਮਹੱਤਵਪੂਰਨ ਕਦਮ ਵਜੋਂ ਕੰਮ ਕਰੇਗਾ ਜੋ ਕੈਂਸਰ ਦੇ ਵਿਰੁੱਧ ਲੜਾਈ ਵਿੱਚ ਚੰਗੀ ਤਰ੍ਹਾਂ ਜਾਣੂ ਤੇ ਸਰਗਰਮ ਹੈ। ਸਮਾਗਮ ਦਾ ਸੰਚਾਲਨ ਡਾ. ਨਿਧੀ ਸ਼ਰਮਾ ਤੇ ਡੇਜੀ ਵਾਧਵਾ ਦੁਆਰਾ ਕੀਤਾ ਗਿਆ ਜਿਨ੍ਹਾਂ ਨੇ ਇਹ ਯਕੀਨੀ ਬਣਾਇਆ ਕਿ ਕੈਂਸਰ ਤੋਂ ਪ੍ਰਭਾਵਿਤ ਲੋਕਾਂ ਲਈ ਪਛਾਣ, ਰੋਕਥਾਮ ਤੇ ਉਪਲਬਧ ਸਹਾਇਤਾ ਦੀ ਮਹੱਤਤਾ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿੱਤੀ ਜਾਵੇ।

Links to social media posts: [Facebook](#), [Instagram](#)

Date: December 1, 2023

Activity: World AIDS Day

Activity Details:

Dr. Nidhi Sharma and Ms. Daisy Wadhwa, the Nodal officers of Red Ribbon Club along with the four student volunteers, Varonica Jindal, Harpreet Kaur, Neelu and Yukti attended the State Level function to observe World AIDS Day organized by National AIDS Control Organization on December 1, 2023.

Photographs of the event:



Guru Nanak Khalsa College for Women

Gujarkhan Campus, Model Town,
LUDHIANA-141 002.
Ph. : 0161-2424668, 2772561
Fax : 0161-2424668
Email : gnkcwldh1@rediffmail.com
Web : gnwldh.com

Ref. No. *Youth club file*

Dated *21-11-2023*

List of students for World AIDS Day Function organized by NACCO on December 1, 2023
at Casa La Baron, Ludhiana

S.No.	Roll No.	Name of the Student	Father's Name	Class
1	23-2605	HARPREET KAUR	MOHINDER SINGH	PGDCA
2	23-2606	NEELU	DHARAMVEER	PGDCA
3	23-2610	YUKTI	RAKESH KUMAR	PGDCA
4	23-2612	VARONICA JINDAL	SURESH JINDAL	PGDCA

Red Ribbon Club Nodal Officers

1. Dr. Nidhi Sharma
2. Ms. Daisy Wadhwa

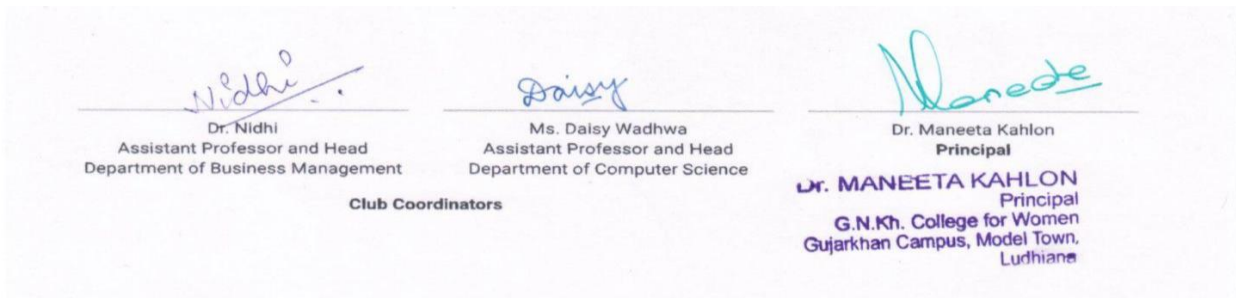
Dr. Maneeta Kahlon

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





Links to social media posts: [Facebook](#), [Instagram](#)





GURU NANAK KHALSA COLLEGE FOR WOMEN

Gujarkhan Campus, Model Town, Ludhiana-141002, Punjab

Half Yearly Report on the activities of



Youth Club and Red Ribbon Club

(January 2024 to May 2024)

Phone: 0161-2424668

eMail: gnkcwldh1@rediffmail.com

Website: www.gnwdh.com

Preamble

The **Youth Club** of our college is an instrument in developing self-confidence and life skills among students. The club organizes activities that offer opportunities to interact with peers and learn new skills.

The **Red Ribbon Club (RRC)** is a sub-body of the Youth Club and is an international symbol of HIV/AIDS awareness. The club aims to provide a platform for youth to contribute towards the control and prevention of HIV/ AIDS as well as promote voluntary blood donation among youth.

The Youth Club and Red Ribbon Club operate under the guidelines of the Directorate of Youth Services, Ludhiana, the Government of Punjab.

Objectives of the Club are to:

- Educate youth with correct, concise, and adequate information and heighten their level of awareness about HIV AIDS, STI, and other related issues, thus eliminating myths and misconceptions.
- Enable youth to identify and understand situations of exploitation and abuse.
- Sensitize the youth regarding the care and support needs of people affected with HIV AIDS and instill in them the spirit to reduce the stigma and discrimination against them.
- Create and train among the youth a cadre of peer educators for spreading awareness about HIV- AIDS and its prevention in the community.
- Promote Voluntary non-remunerated Blood Donation among youth

Red Ribbon Club Advisory committee

1	Patron	Dr. Maneeta Kahlon, Principal
2	RRC Coordinators	Dr. Nidhi Assistant Professor and Head Department of Business Management Ms. Daisy Wadhwa Assistant Professor and Head Department of Computer Science and Applications
3	Student Champions	- Rudakshi Ghatore (BBA- III, 212704) - Hritika Singh (BCA- II, 221911)

List of activities conducted by the Youth Club and the Red Ribbon Club

The activities performed by the Youth Club and Red Ribbon Club during the semester from January 2024 to May 2024:

S.No.	Date	Activity	Resource Person	Brief Report
1	January 12, 2024	National Youth Day	Dr. Madhu Dhawan, Head of the Department of Sociology	<ul style="list-style-type: none">- Lecture on community engagement- Visit to Swami Vivekananda Ashram
2	January 25, 2024	Republic Day celebrations	-	<ul style="list-style-type: none">- Pledge ceremony- Nukkad Natak
3	January 29, 2024	World Leprosy Day	Principal Dr. Maneeta Kahlon	<ul style="list-style-type: none">- Awareness Lecture
4	February 5, 2024	World Cancer Day	-	Student presentations to educate peers about the various facets of cancer prevention and early detection
5	March 23, 2024	Martyrdom Day	-	<ul style="list-style-type: none">- Cycle Rally- Seminar- Nukkad Natak
6	March 30, 2024	World TB Day	Club Coordinators	<ul style="list-style-type: none">- Awareness Session
7	April 3, 2024	Free Blood Test Camp	-	Students, Teaching, and Non-Teaching staff members participated in the camp

Details of activities conducted by the Youth Club and the Red Ribbon Club

Date: January 12, 2024

Activity: National Youth Day

Activity Details:

Under the aegis of IQAC, the Department of Sociology, NSS unit, Youth & Red Ribbon clubs, Red Cross Society, and NCC wing of GNKCW celebrated National Youth Day.

A Lecture was organized on community engagement by Dr. Madhu, emphasizing the importance of raising awareness about community engagement to promote respect for elders. During this occasion, students visited Swami Vivekananda Ashram, Model Town, Ludhiana. This activity aimed to cultivate a harmonious community environment where the youth and the elderly coexist, learn from each other, and contribute to societal development. This event was conducted under the guidance of Dr. Madhu Dhawan, Head Department of Sociology and NSS Programme Officer Ms. Satwant Kaur. In the freezing weather, students from department and different clubs distributed warm socks and eatables to the residents.

Principal, Dr. Maneeta Kahlon appreciated this great effort and encouraged the students to acknowledge the contributions of our elders.

Photographs of the event:



Press coverage of the event:

अच्छा नागरिक और योग्य युवा बनने का किया आग्रह



लुधियाना। गुरु नानक खालसा कॉलेज फॉर वुमन गुजरखान कैंपस ने आंतरिक गुणवत्ता आश्वासन सेल के तत्वावधान में राष्ट्रीय युवा दिवस मनाया। कर्नल आरएस चौहान, कमांडिंग ऑफिसर, 3 पीबी गर्ल्स बटालियन, एनसीसी लुधियाना ने कैडेटों को एक प्रेरक व्याख्यान दिया। उन्होंने छात्रों से सभी राष्ट्रीय गतिविधियों में भाग लेकर अपने राष्ट्र के अच्छा नागरिक और योग्य

युवा बनने का आग्रह किया। कॉलेज प्रिंसिपल डॉ. मनीता काहलों और एएनओ लेफ्टिनेंट सुखजीत कौर के साथ बैठक हुई। समाजशास्त्र विभाग, एनएसएस इकाई, रेड रिबन क्लब और यूथ क्लब, रेड क्रॉस सोसाइटी और एनसीसी विंग ने डॉ. मधु धवन ने बुजुर्गों के साथ सामुदायिक जुड़ाव पर एक जागरूकता व्याख्यान किया। छात्राओं ने स्वामी विवेकानंद आश्रम, मॉडल टाउन का भी दौरा किया।

Date: January 25, 2024

Activity: Republic Day celebrations

Activity Details:

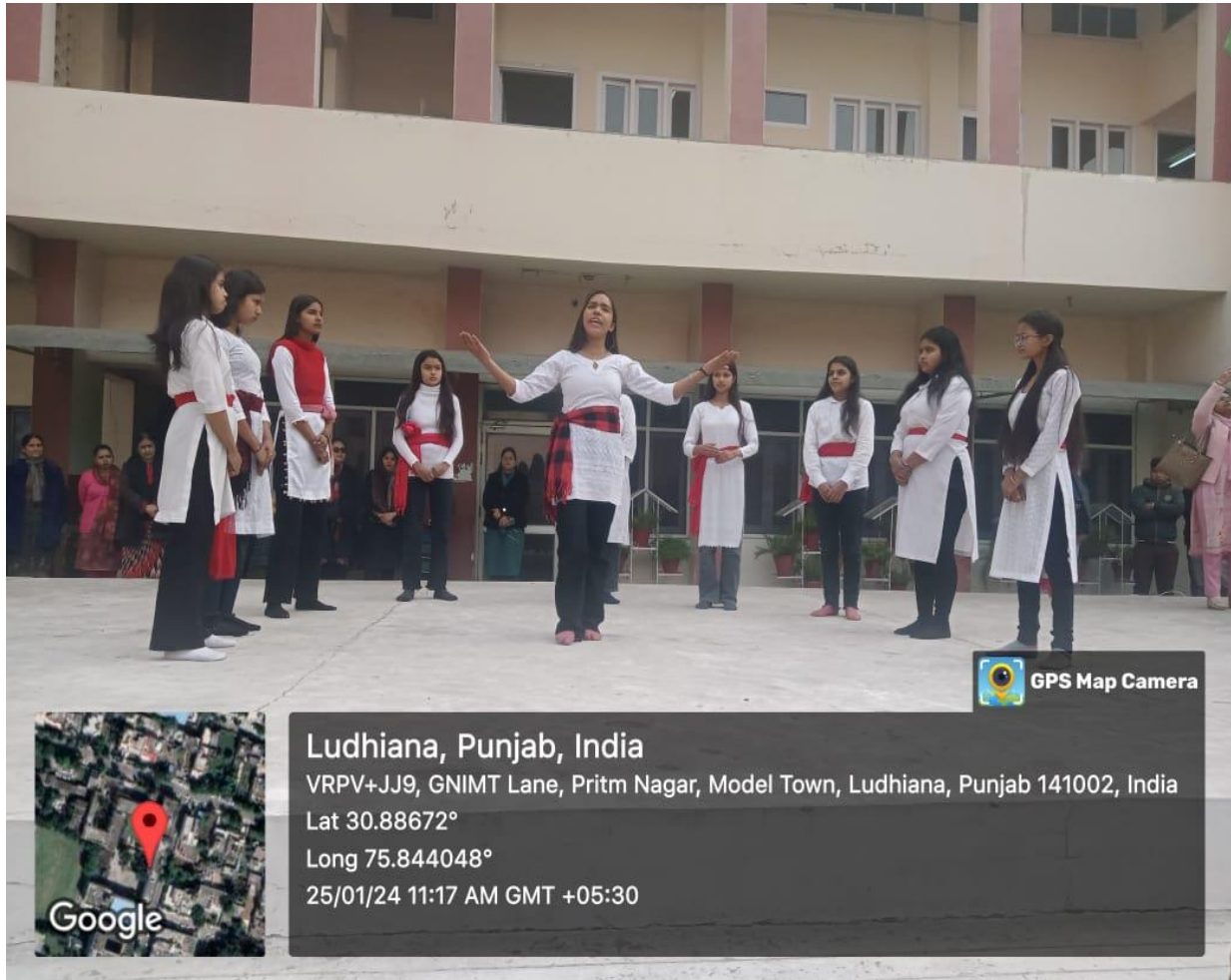
Under the aegis of IQAC, the NCC Wing, Department of Political Science, Hindi, NSS, Red Cross Society, EBSB, Red Ribbon & Youth Club of Guru Nanak Khalsa College for Women, Model Town, Ludhiana celebrated Republic Day on 25th January, 2024. The event commenced with the solemn recitation of the National Anthem and the Quality Bharat Pledge, showcases a collective commitment to a progressive and responsible India. The Department of Hindi presented a thought-provoking Nukkad Natak on the theme "Viksit Bharat". A total number of 311 students along with faculty members participated in this event. College Principal Dr. Maneeta Kahlon in her address emphasized the democratic heritage of India, providing historical context and underscoring the nation's role as the mother of democracy.

Photographs of the event:





Ludhiana, Punjab, India
VRPV+JJ9, GNIMT Lane, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India
Lat 30.886713°
Long 75.844032°
25/01/24 11:14 AM GMT +05:30



Ludhiana, Punjab, India
VRPV+JJ9, GNIMT Lane, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India
Lat 30.88672°
Long 75.844048°
25/01/24 11:17 AM GMT +05:30

Press coverage of the event:



ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਗਣਤੰਤਰ ਦਿਵਸ ਮਨਾਉਂਦੇ ਹੋਏ ਐਨ.ਸੀ.ਸੀ. ਕੈਡਿਟ, ਵਿਦਿਆਰਥੀ ਤੇ ਅਧਿਆਪਕ ।
ਤਸਵੀਰ-ਸੇਵਕ ਸਿੰਘ

ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ

ਲੁਧਿਆਣਾ, 25 ਜਨਵਰੀ (ਜਸਵਿੰਦਰ ਸਿੰਘ)-ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸ਼ੋਰੇਂਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਐਨ.ਸੀ.ਸੀ. ਵਿੰਗ, ਰਾਜਨੀਤੀ ਸ਼ਾਸਤਰ ਵਿਭਾਗ ਅਤੇ ਹਿੰਦੀ ਵਿਭਾਗ ਅਤੇ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ, ਮਾਡਲ ਟਾਊਨ, ਲੁਧਿਆਣਾ ਦੇ ਸਮੂਹ ਕਲੱਬਾਂ ਨੇ ਕਾਲਜ ਕੈਂਪਸ ਵਿਚ ਗਣਤੰਤਰ ਦਿਵਸ ਮਨਾਇਆ। ਸਮਾਗਮ ਦੀ ਸ਼ੁਰੂਆਤ ਰਾਸ਼ਟਰੀ ਗੀਤ ਦੇ ਗਾਇਨ ਨਾਲ ਹੋਈ, ਜੋ ਇਕ ਪ੍ਰਗਤੀਸ਼ੀਲ ਅਤੇ ਜ਼ਿੰਮੇਵਾਰ ਭਾਰਤ ਪ੍ਰਤੀ ਸਮੂਹਿਕ ਵਚਨਬੱਧਤਾ ਨੂੰ ਦਰਸਾਉਂਦੀ ਹੈ। ਹਿੰਦੀ ਵਿਭਾਗ ਨੇ 'ਵਿਕਸ਼ਿਤ ਭਾਰਤ' ਵਿਸ਼ੇ 'ਤੇ ਵਿਚਾਰ-ਪ੍ਰਕ ਨੁੱਕੜ ਨਾਟਕ ਪੇਸ਼ ਕੀਤਾ। ਇਸ ਸਮਾਗਮ ਵਿਚ ਫੈਕਲਟੀ ਮੈਂਬਰਾਂ ਸਮੇਤ ਕੁੱਲ 311 ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਭਾਗ ਲਿਆ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਆਪਣੇ ਸੰਬੋਧਨ ਵਿਚ ਭਾਰਤ ਦੀ ਜਮਹੂਰੀ ਵਿਰਾਸਤ, ਇਤਿਹਾਸਕ ਸੰਦਰਭ ਪ੍ਰਦਾਨ ਕਰਦੇ ਹੋਏ ਅਤੇ ਲੋਕਤੰਤਰ ਦੀ ਮਾਂ ਵਜੋਂ ਦੇਸ਼ ਦੀ ਭੂਮਿਕਾ ਨੂੰ ਰੇਖਾਂਕਿਤ ਕੀਤਾ।

Date: January 29, 2024

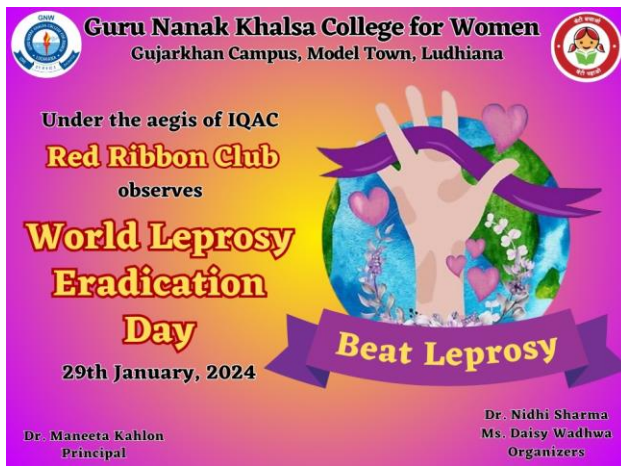
Activity: World Leprosy Day

Activity Details:

The Red Ribbon Club of Guru Nanak Khalsa College for Women, Model Town, Ludhiana organized an awareness lecture on January 29, 2024 to mark World Leprosy Day. The event aimed to shed light on Leprosy, the often misunderstood and stigmatized health condition.

The college Principal, Dr. Maneeta Kahlon was the resource person for the lecture. Dr. Kahlon shared insights into leprosy, dispelling myths and fostering a deeper understanding of the disease among the attendees. She informed that World Leprosy Day serves as a crucial platform to combat the stigma surrounding leprosy and promote early detection and treatment. Dr. Maneeta Kahlon emphasized that this initiative by Red Ribbon Club not only contributes to this global effort but also aims to empower students with knowledge to dispel misconceptions surrounding leprosy.

Photographs of the event:



Press coverage of the event:



ਪ੍ਰਿੰਸੀਪਲ ਡਾਕਟਰ ਮਨੀਤਾ ਕਾਹਲੋਂ ਕੁਸ਼ਟ ਰੋਗ ਬਾਰੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਜਾਣਕਾਰੀ ਦਿੰਦੇ ਹੋਏ। ਅਜੀਤ ਤਸਵੀਰ

ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਵਿਸ਼ਵ ਕੁਸ਼ਟ ਰੋਗ ਦਿਵਸ ਮਨਾਇਆ

ਲੁਧਿਆਣਾ, 29 ਜਨਵਰੀ (ਜਸਵਿੰਦਰ ਸਿੰਘ)-ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸੋਸ਼ੀਏਸ਼ਨ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ, ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੇ ਰੈਡ ਰਿਬਨ ਕਲੱਬ ਵਲੋਂ ਵਿਸ਼ਵ ਕੁਸ਼ਟ ਰੋਗ ਦਿਵਸ ਦੇ ਸਬੰਧ ਵਿਚ ਜਾਗਰੂਕਤਾ ਲੈਕਚਰ ਦਾ ਪ੍ਰਬੰਧ ਕੀਤਾ ਗਿਆ। ਇਵੈਂਟ ਦਾ ਉਦੇਸ਼ ਕੁਸ਼ਟ ਰੋਗ ਅਕਸਰ ਗਲਤ ਸਮਝਿਆ ਜਾਂਦਾ ਹੈ ਅਤੇ ਕਲੰਕਿਤ ਸਿਹਤ ਸਥਿਤੀ 'ਤੇ ਰੋਸ਼ਨੀ ਪਾਉਣਾ ਸੀ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਕੋਹੜ ਬਾਰੇ ਜਾਣਕਾਰੀ ਸਾਂਝੀ ਕੀਤੀ, ਮਿੱਥਾਂ ਨੂੰ ਦੂਰ ਕੀਤਾ ਅਤੇ ਹਾਜ਼ਰੀਨ ਵਿਚ ਇਸ ਬਿਮਾਰੀ ਬਾਰੇ ਡੂੰਘੀ ਸਮਝ ਪੈਦਾ ਕੀਤੀ। ਉਨ੍ਹਾਂ ਦੱਸਿਆ ਕਿ ਵਿਸ਼ਵ ਕੁਸ਼ਟ

ਰੋਗ ਦਿਵਸ ਕੋਹੜ ਦੇ ਆਲੇ-ਦੁਆਲੇ ਦੇ ਕਲੰਕ ਦਾ ਮੁਕਾਬਲਾ ਕਰਨ ਅਤੇ ਜਲਦੀ ਪਤਾ ਲਗਾਉਣ ਤੇ ਇਲਾਜ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਲਈ ਇਕ ਮਹੱਤਵਪੂਰਨ ਪਲੇਟਫਾਰਮ ਵਜੋਂ ਕੰਮ ਕਰਦਾ ਹੈ। ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਜ਼ੋਰ ਦੇ ਕੇ ਕਿਹਾ ਕਿ ਰੈਡ ਰਿਬਨ ਕਲੱਬ ਦੁਆਰਾ ਇਹ ਪਹਿਲਕਦਮੀ ਨਾ ਸਿਰਫ ਇਸ ਵਿਸ਼ਵਵਿਆਪੀ ਯਤਨ ਵਿਚ ਯੋਗਦਾਨ ਪਾਉਂਦੀ ਹੈ, ਬਲਕਿ ਕੋਹੜ ਬਾਰੇ ਗਲਤ ਧਾਰਨਾਵਾਂ ਨੂੰ ਦੂਰ ਕਰਨ ਲਈ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਗਿਆਨ ਨਾਲ ਸਸ਼ਕਤ ਕਰਨਾ ਵੀ ਹੈ। ਇਸ ਸਮਾਗਮ ਦਾ ਸੰਚਾਲਨ ਰੈਡ ਰਿਬਨ ਕਲੱਬ ਦੇ ਕੋਆਰਡੀਨੇਟਰ ਡਾ. ਨਿਧੀ ਸ਼ਰਮਾ ਅਤੇ ਡੇਜ਼ੀ ਵਧਵਾ ਨੇ ਕੀਤਾ।

Date: February 5, 2024

Activity: World Cancer Day

Activity Details:

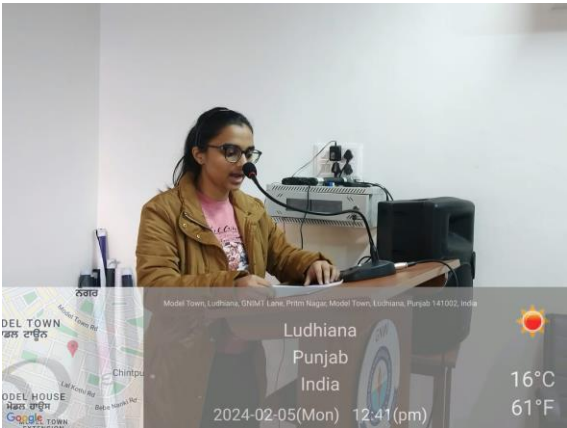
Under the aegis of the Internal Quality Assurance Cell and in commemoration of World Cancer Day, the Red Ribbon Club of Guru Nanak Khalsa College for Women in Model Town, Ludhiana, undertook a significant initiative to raise awareness about cancer among students on February 5, 2024. The club, known for its commitment to health and community welfare, organized informative presentations to educate students about the various facets of cancer prevention and early detection.

Dr. Nidhi Sharma and Ms. Daisy Wadhwa, coordinators of the Red Ribbon Club, orchestrated this impactful event. The presentations covered crucial aspects of cancer, including risk factors, preventive measures, and the importance of early diagnosis. The initiative aimed to empower students with knowledge, fostering a proactive approach towards their health.

College Principal Dr. Maneeta Kahlon expressed her thoughts on the occasion, stating, "It is imperative for educational institutions to play a role in creating awareness about health issues like cancer. Our students are the torchbearers of tomorrow, and educating them about preventive measures can contribute significantly to a healthier society."

Photographs of the event:







Press coverage of the event:

GNKCW

In commemoration of World Cancer Day, the Red Ribbon Club of Guru Nanak Khalsa College for Women (GNKCW), Model Town, Ludhiana, raised awareness about cancer among students. The club members shared presentations to educate the students about the disease. They also spread awareness about its prevention and the difference that early detection could make in treatment. Dr Nidhi Sharma and Daisy Wadhwa, coordinators of the Red Ribbon Club, orchestrated the event.

स्टूडेंट्स को कैंसर की रोकथाम के बारे में किया शिक्षित



लुधियाना। आंतरिक गुणवत्ता समन्वयक डॉ. निधि शर्मा और डेजी आशवासन सेल ने विश्व कैंसर दिवस वाधवा ने कार्यक्रम का संचालन के उपलक्ष्य में गुरु नानक खालसा किया। इस पहल का उद्देश्य छात्रों को कॉलेज फॉर वुमेन, मॉडल टाउन में ज्ञान के साथ सशक्त बनाना रहा। रेड रिबन क्लब ने सोमवार को छात्रों को कैंसर की रोकथाम के बारे में कॉलेज प्रिंसिपल डॉ. मनीता काहलों ने स्वास्थ्य मुद्दों के बारे में शिक्षित किया। रेड रिबन क्लब की जागरूकता निभाना जरूरी है।

Date: March 23, 2024

Activity: Martyrdom Day

Activity Details:

Under the aegis of Internal Quality Assurance Day, NSS, NCC, Ek Bharat Shresth Bharat Club, Red Cross Society, Red Ribbon Club and the Department of Hindi of Guru Nanak Khalsa College for Women, Gujarkhan Campus observed martyrdom day of Shaheed Bhagat Singh, Rajguru, and Sukhdev on March 23, 2024. A multitude of activities marked the day, including a spirited cycle rally and a thought-provoking seminar where the esteemed principal, Madam, shared her poignant reflections on the significance of martyrdom. Mrs. Satwant Kaur, the NSS program officer, encouraged students to uphold the ideals of sacrifice and patriotism. Additionally, students actively participated by voicing their sentiments.

The Department of Hindi organized a 'Nukkad Natak' in the college campus to pay homage to the martyrs who fought for the freedom, glory, welfare and progress of India. This whole 'Natak' was dedicated to remembering the young freedom warriors who sacrificed their lives in the struggle for their country's independence.

Photographs of the event:





Press coverage of the event:



ਜੀਐੱਨਕੇਸੀਡਬਲਯੂ ਵਿਖੇ ਸਾਈਕਲ ਰੈਲੀ ਨੂੰ ਰਵਾਨਾ ਕਰਨ ਮੌਕੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੌਂ ਤੇ ਹੋਰ। ਪੰਜਾਬੀ ਜਾਗਰਣ

ਸਾਈਕਲ ਰੈਲੀ ਕੱਢ ਮਨਾਇਆ ਸ਼ਹੀਦੀ ਦਿਹਾੜਾ

ਸਟਾਫ ਪ੍ਰਤੀਨਿਧ, ਲੁਧਿਆਣਾ : ਗੁਰੂ ਨਾਨਕ ਕਾਲਜ ਕਾਲਜ ਲੜਕੀਆਂ ਹੁੱਜਰਖਾਨਾ ਕੈਂਪਸ ਦੇ ਹਿੰਦੀ ਵਿਭਾਗ, ਐੱਨਐੱਸਐੱਸ, ਐੱਨਸੀਸੀ, ਏਕ ਭਾਰਤ ਸ਼੍ਰੇਣੀ ਭਾਰਤ ਕਲੱਬ, ਰੈੱਡ ਕਰਾਸ ਸੁਸਾਇਟੀ, ਰੈੱਡ ਰਿਬਨ ਕਲੱਬ ਅਤੇ ਹਿੰਦੀ ਵਿਭਾਗ ਵੱਲੋਂ ਸ਼ਹੀਦ ਭਗਤ ਸਿੰਘ, ਰਾਜਗੁਰੂ ਅਤੇ ਸੁਖਦੇਵ ਦਾ ਸ਼ਹੀਦੀ ਦਿਹਾੜਾ ਕਾਲਜ ਕੈਂਪਸ 'ਚ ਮਨਾਇਆ ਗਿਆ। ਇਸ ਮੌਕੇ ਬਹੁਤ ਸਾਰੀਆਂ ਗਤੀਵਿਧੀਆਂ ਕਰਵਾਈਆਂ ਗਈਆਂ, ਜਿਸ 'ਚ ਸਾਈਕਲ

ਰੈਲੀ ਅਤੇ 'ਕ ਵਿਚਾਰ-ਪ੍ਰੇਰਕ ਸੈਮੀਨਾਰ ਵੀ ਸ਼ਾਮਲ ਸੀ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੌਂ ਨੇ ਸ਼ਹਾਦਤ ਦੀ ਮਹੱਤਤਾ ਬਾਰੇ ਆਪਣੇ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਵਿਚਾਰ ਸਾਂਝੇ ਕੀਤੇ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਸਾਨੂੰ ਸਾਰਿਆਂ ਨੂੰ ਸ਼ਹੀਦਾਂ ਦੇ ਦਰਸਾਏ ਮਾਰਗ 'ਤੇ ਚੱਲ ਕੇ ਉਨ੍ਹਾਂ ਦੇ ਸੁਪਨਿਆਂ ਨੂੰ ਸਾਕਾਰ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਐੱਨਐੱਸਐੱਸ ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ ਸਤਵੰਤ ਕੌਰ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਕੁਰਬਾਨੀ ਅਤੇ ਦੇਸ਼ ਭਗਤੀ ਦੇ ਆਦਰਸ਼ਾਂ ਨੂੰ ਕਾਇਮ ਰੱਖਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ। ਇਸ ਤੋਂ

ਇਲਾਵਾ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਸਰਗਰਮੀ ਨਾਲ ਹਿੱਸਾ ਲੈ ਕੇ ਆਪਣੀਆਂ ਭਾਵਨਾਵਾਂ ਨੂੰ ਪ੍ਰਗਟ ਕੀਤਾ। ਹਿੰਦੀ ਵਿਭਾਗ ਵੱਲੋਂ ਭਾਰਤ ਦੀ ਆਜ਼ਾਦੀ, ਸ਼ਾਨ, ਭਲਾਈ ਅਤੇ ਤਰੱਕੀ ਲਈ ਲੜਨ ਵਾਲੇ ਸ਼ਹੀਦਾਂ ਨੂੰ ਸ਼ਰਧਾਂਜਲੀ ਭੇਟ ਕਰਨ ਲਈ ਕਾਲਜ ਕੈਂਪਸ 'ਚ ਨੁੱਕੜ ਨਾਟਕ ਦੀ ਪੇਸ਼ਕਾਰੀ ਕੀਤੀ ਗਈ। ਇਹ ਨਾਟਕ ਉਨ੍ਹਾਂ ਨੌਜਵਾਨ ਆਜ਼ਾਦੀ ਯੋਧਿਆਂ ਨੂੰ ਸਮਰਪਿਤ ਸੀ, ਜਿਨ੍ਹਾਂ ਨੇ ਦੇਸ਼ ਦੀ ਆਜ਼ਾਦੀ ਦੇ ਸੰਘਰਸ਼ 'ਚ ਆਪਣੀਆਂ ਜਾਨਾਂ ਕੁਰਬਾਨ ਕੀਤੀਆਂ।

Date: March 30, 2024

Activity: World Tuberculosis Day

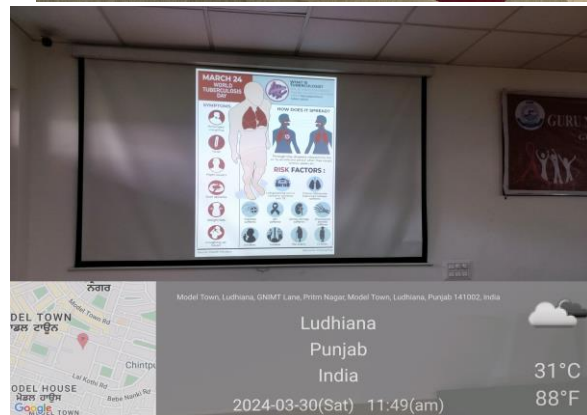
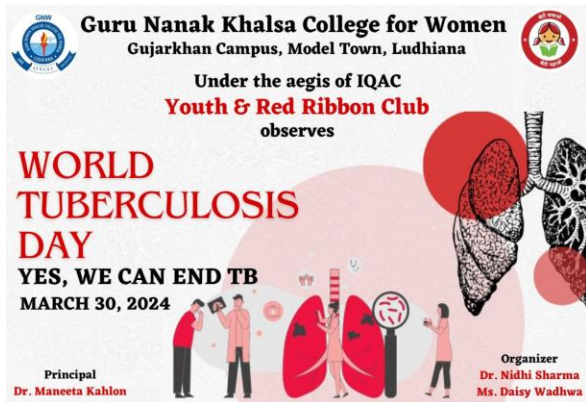
Activity Details:

Under the aegis of the Internal Quality Assurance Cell, the Red Ribbon Club of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, organized an awareness session to mark the World Tuberculosis Day, observed annually on 24th March.

The club coordinators, Dr. Nidhi Sharma and Ms. Daisy Wadhwa, led the informative session to raise awareness about tuberculosis (TB), its causes, prevention methods, and available cures. The event aimed to educate students about this global health issue and encourage proactive measures to combat TB.

The club coordinators informed the primary causes of TB, including bacterial infection through airborne droplets, and discussed preventive measures such as maintaining good hygiene, ensuring proper ventilation, and promoting a healthy lifestyle. Furthermore, the coordinators shed light on the importance of early detection and proper treatment to control the spread of TB and minimize its impact on individuals and society. In her statement, the college Principal, Dr. Maneeta Kahlon, emphasized the college's commitment to promoting health awareness among students and the community and encouraged everyone to actively participate in initiatives aimed at eradicating diseases like TB.

Photographs of the event:





Press coverage of the event:



ਜੀਐੱਨਕੇਸੀਡਬਲਯੂ ਵਿਖੇ ਵਿਸ਼ਵ ਟੀਬੀ ਦਿਵਸ ਮਨਾਉਣ ਸਮੇਂ ਦਿਖਾਈ ਦੇ ਰਹੇ ਅਧਿਆਪਕ ਤੇ ਹੋਰ । ਪੰਜਾਬੀ ਜਾਗਰਣ

ਟੀਬੀ ਦੀ ਬਿਮਾਰੀ ਸਬੰਧੀ ਕੀਤਾ ਜਾਗਰੂਕ

ਪੁਨੀਤ ਬਾਵਾ, ਲੁਧਿਆਣਾ : ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੇ ਹੈਂਡ ਰਿਬਨ ਕਲੱਬ ਨੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਅਸ਼ੋਰੈਂਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਵਿਸ਼ਵ ਤਪਦਿਕ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ, ਜਿਸ ਦੌਰਾਨ ਇੱਕ ਜਾਗਰੂਕਤਾ ਸੈਸ਼ਨ ਕੀਤਾ ਗਿਆ। ਕਲੱਬ ਦੇ ਕੋਆਰਡੀਨੇਟਰ ਡਾ. ਨਿਧੀ ਸ਼ਰਮਾ ਅਤੇ ਡੇਜ਼ੀ ਵਾਧਵਾ ਨੇ ਤਪਦਿਕ (ਟੀਬੀ), ਇਸਦੇ ਕਾਰਨਾਂ, ਰੋਕਥਾਮ ਦੇ ਤਰੀਕਿਆਂ ਅਤੇ ਉਪਲਬਧ ਇਲਾਜਾਂ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨ ਲਈ ਜਾਣਕਾਰੀ ਭਰਪੂਰ ਸੈਸ਼ਨ ਦੀ ਅਗਵਾਈ ਕੀਤੀ। ਪ੍ਰੋਗਰਾਮ ਦਾ ਉਦੇਸ਼ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇਸ ਵਿਸ਼ਵਵਿਆਪੀ ਸਿਹਤ ਮੁੱਦੇ ਬਾਰੇ ਸਿੱਖਿਅਤ ਕਰਨਾ ਅਤੇ ਟੀਬੀ ਨਾਲ ਲੜਨ ਲਈ ਕਿਰਿਆਸ਼ੀਲ ਉਪਾਵਾਂ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨਾ ਸੀ। ਕਲੱਬ ਦੇ ਕੋਆਰਡੀਨੇਟਰਾਂ ਨੇ ਟੀਬੀ ਦੇ

ਮੁੱਢਲੇ ਕਾਰਨਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿੱਤੀ, ਜਿਸ ਵਿੱਚ ਹਵਾ ਵਿੱਚੋਂ ਨਿਕਲਣ ਵਾਲੀਆਂ ਬੂੰਦਾਂ ਰਾਹੀਂ ਬੈਕਟੀਰੀਆ ਦੀ ਲਾਗ ਸ਼ਾਮਲ ਹੈ ਅਤੇ ਰੋਕਥਾਮ ਦੇ ਉਪਾਵਾਂ ਜਿਵੇਂ ਕਿ ਚੰਗੀ ਸਫਾਈ ਬਣਾਈ ਰੱਖਣ, ਸਹੀ ਹਵਾਦਾਰੀ ਨੂੰ ਯਕੀਨੀ ਬਣਾਉਣਾ ਅਤੇ ਇੱਕ ਸਿਹਤਮੰਦ ਜੀਵਨ ਸ਼ੈਲੀ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਬਾਰੇ ਚਰਚਾ ਕੀਤੀ ਗਈ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਕੋਆਰਡੀਨੇਟਰਾਂ ਨੇ ਟੀਬੀ ਦੇ ਫੈਲਣ ਨੂੰ ਨਿਯੰਤਰਿਤ ਕਰਨ ਅਤੇ ਵਿਅਕਤੀਆਂ ਤੇ ਸਮਾਜ 'ਤੇ ਇਸ ਦੇ ਪ੍ਰਭਾਵ ਨੂੰ ਘੱਟ ਕਰਨ ਲਈ ਜਲਦੀ ਖੋਜ ਅਤੇ ਸਹੀ ਇਲਾਜ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਚਾਨਣਾ ਪਾਇਆ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੌਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਸਮਾਜ ਵਿੱਚ ਸਿਹਤ ਜਾਗਰੂਕਤਾ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਲਈ ਕਾਲਜ ਦੀ ਵਚਨਬੱਧਤਾ 'ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ ।

Date: April 3, 2024

Activity: Free Blood Testing Camp

Activity Details:

Under the aegis of the Internal Quality Assurance Cell, Guru Nanak Khalsa College for Women, Model Town, Ludhiana, organized a free blood testing camp in collaboration with the Lions Club Ludhiana Creative in commemoration of World Health Day

Photographs of the event:



Press coverage of the event:



Nidhi

Dr. Nidhi
Assistant Professor and Head
Department of Business Management

Daisy

Ms. Daisy Wadhwa
Assistant Professor and Head
Department of Computer Science

Maneeta

Dr. Maneeta Kahlon
Principal

Club Coordinators

GURU NANAK KHALSA COLLEGE FOR WOMEN



MODEL TOWN, LUDHIANA



REPORT ON NCC ACTIVITIES June-December 2023 (ODD SEMESTER)

Dr. Maneeta Khalon
Principal
Dr. MANEETA KAHLON
Principal
G.N.Kh. College for Women
Gujarkhan Campus, Model Town,
Ludhiana
Phone: 0161-2424668

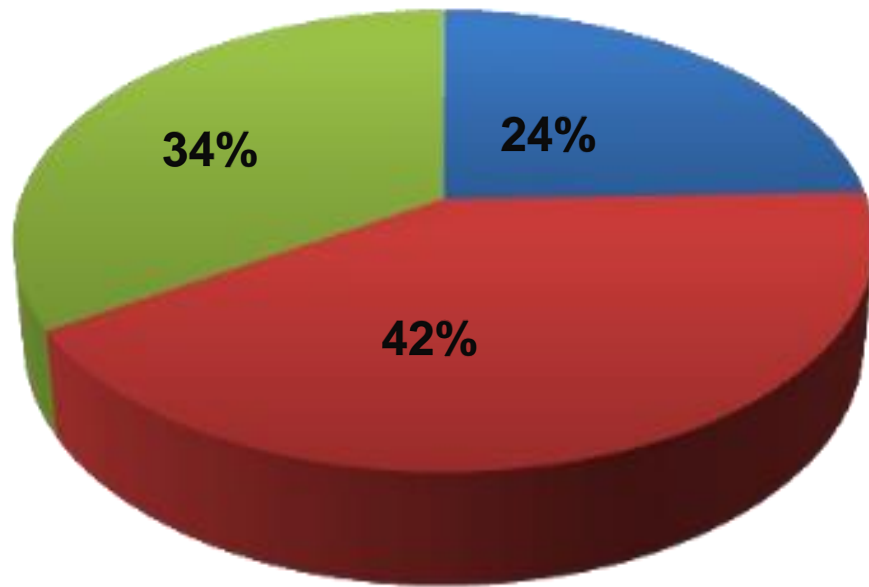
Lt. Sukhjot Kaur
ANO
(Lt. Sukhjot Kaur)
ANO
GNKCW Model
Ludhiana
E-mail: gnkcwldh1@rediffmail.com

Ms. Asha

Website: www.gnwdh.com

Total Enrolled Cadets 2023-24

● 1st Year ● 2nd Year ● 3rd Year



Senior under Officer- Sonali Rai

Under Officer- Divya Sharma

List of activities conducted by the National Cadet Corps (NCC)

The activities performed by the NCC wing during the Odd Semester:

S. NO.	Date	Action taken	Organized by
1.	5 JUNE,2023	GNKCW celebrates World Environment Day	NCC Wing & Department of Political Science under IQAC
2.	6 JUNE,2023	Workshop on India's Presidency of G20	NCC Wing in collaboration with 3 Punjab Girls Battalion, Ludhiana
3.	13 JUNE,2023	World Blood Donor Day observed at GNKCW	NCC Wing & Department of Political Science under IQAC
4.	21 JUNE,2023	International Yoga Day	3 PB (G) , BN , Ludhiana

5.	26 JUNE 2023	NCC cadets observes International Day against Drug Abuse and Illicit Trafficking	NCC Wing, Women Development Cell, Red Ribbon Club & Buddy under IQAC
6.	27 JUNE,2023	NCC wing of the college hold a Rank Ceremony	NCC Wing under IQAC
7.	4 JULY-13 JULY,2023	NCC Cadets attended ATC-38	3PB Girls Battalion, Ludhiana
8.	15 JULY-24 JULY,2023	Cadet attended PDLs	NCC HQ Ludhiana
9.	1 JULY-26 JULY,2023	Cadet attended Mountaineering Camp	PHHP&C Directorate

10.	26 JULY,2023	Celebrated Kargil Vijay Diwas	NCC Wing & Department of Political Science under IQAC
11.	3 AUGUST, 2023	NCC Enrollment Session 2023-24	3 PB (G) , BN , Ludhiana
12.	11 AUGUST,2023	Fire safety training	Under IQAC
13.	12 AUGUST,2023	Celebrated Independence Day	NCC Wing- 3PB Girls Battalion, Ludhiana, and Department of Hindi under IQAC
14.	12 AUGUST,2023	Uniform Distribution	NCC Wing under IQAC

15.	16 AUGUST,2023	A Cleanliness Drive under 'Puneet Sagar Abhiyan'	NCC Wing, 3PB Girls Battalion, Ludhiana
16.	26 SEPTEMBER, 2023	The Swachhata Hi Seva	NCC Ludhiana HQ, 3 PB Girls Bn NCC Ludhiana
17.	Monday October 02, 2023	To organize activities to mark Gandhi Jayanti	NCC Wing, NSS Unit, SES REC and all other Clubs/Committees under IQAC
18.	3 OCTOBER-13 OCTOBER ,2023	PRE TRAINING CAPSULE FOR RDC	NCC Ludhiana HQ, 3 PB Girls Bn NCC Ludhiana
19.	19 OCTOBER- 28 OCTOBER 2023	PRE RDC-1 TRAINING CAMP	NCC HQ Ludhiana

20.	21 OCTOBER- 1 NOVEMBER,2023	EK BHARAT SHRESHTHA BHARAT-(EBSB- 1)	NCC Directorate Delhi
21.	2 NOVEMBER-11 NOVEMBER,2023	PRE RDC-2 TRAINING CAMP	NCC HQ Ludhiana
22.	2 NOVEMBER-11 NOVEMBER,2023	NCC Cadets attended CATC-52	3 PB Girls Bn NCC Ludhiana
23.	23 NOVEMBER, 2023	Communal Harmony Week	NCC Wing ,internal Quality Assurance Cell, and Department of Political Science
24.	25 NOVEMBER, 2023	NCC DAY	NCC wing under IQAC

25.	25 NOVEMBER, 2023	Constitution Day	NCC wing and Departments of Public Administration and Political Science under IQAC
26.	7 DECEMBER 2023	Armed Forces Flag Day	NCC wing under IQAC
27.	16 DECEMBER 2023	Vijay Diwas	NCC wing and Department of Political Science under IQAC

Cadets Celebrated World Environment Day

Under the aegis of IQAC, the NCC wing of Guru Nanak Khalsa College for Women, Ludhiana celebrated 'World environment day'. On this day, students pledged to collectively work towards protecting Mother Nature. With the aim that multiple small steps can bring in a major change, students also planted a plant, to contribute in making our planet greener and healthier. More than 25 cadets took part in this activity. This activity was conducted under the guidance of Ms. Asha, Care taker officer of NCC. She also organized an awareness lecture to promote environmental consciousness among students.

Links to the social media posts

1. <https://www.facebook.com/gnwludhiana/posts/pfbid0ybFjktDjNs8RUaxoLm1miMkqtEk72en7mjiQxEp5gZ1PaFqu1bmxtgmFrSbVQFoFI>

2. https://www.instagram.com/p/CtGklruPa_s/?igshid=NzJjY2FjNWJiZg==



Workshop on India's Presidency of G20

NCC Wing of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, in collaboration with 3 Punjab Girls Battalion, Ludhiana organized a one day Awareness Workshop on India's Presidency of G20 under the banner of Azadi Ka Amrit Mahotsav on 6th of June, 2023. The objective of the workshop is to spread awareness among NCC Cadets and students about the rising stature of India as knowledge Hub of the Globe. Total 35 cadets along with faculty members participated in this workshop. Madam Principal Dr. Maneeta Kahlon, while speaking on the occasion she apprised the students about the role and responsibility of India as the host of this year's G20 Summit. She said this year's theme of G20 "One Earth, One Family, One Future" will set the tone for 2023 Infrastructural Agenda under the Indian G20 Presidency. The whole event was conducted under the supervision of Ms. Asha, the NCC care taker.

Links to the social media posts

1. <https://www.facebook.com/gnwludhiana/posts/pfbid036YErGkM3Tz9scnJ1VZNmCokpCrKuLatiUmfEXCJmShdevw8w7TtD9nkJpuQwfUTkl>

2. <https://www.instagram.com/p/CtJKVREveYT/?igshid=NzJjY2FjNWJiZg==>



World Blood Donor Day

Cadets observed World Blood Donor Day on June 13, 2023. Blood Donor Day serves as a reminder of the critical need for blood donation and the profound impact it can have on saving lives. On this occasion, 48 cadets took part in Poster Making competition to spread awareness about the blood donation. This activity was conducted by NCC Care taker officer Ms. Asha.

Madam Principal, Dr. Maneeta Kahlon encouraged the Cadets to donate blood as this single noble gesture can save lives and create a million smiles. As young minds and future leaders, it is important for all of us to understand the significance of blood donation and actively participate in spreading awareness.

Links to the social media posts

1. <https://www.facebook.com/gnwludhiana/posts/pfbid02ChoLGKvYTK4q9AfMuFzuwBT7ERJCM46puJKHdXitP7jhfgyxDaFMxzgz45yFQ74dl>

2. <https://www.instagram.com/p/Ctf8ZjLv9yK/?igshid=MTc4MmM1YmI2Ng==>



International Yoga Day

Cadets celebrated International Yoga Day on June 21, 2023, as per the directives of Ministry of Education, Government of India, under the theme 'Vasudhaiva Kutumbakam'. 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. The event was coordinated by Ms. Asha, Care taker officer of the NCC unit and Dr. Neetu Prakassh and Mrs. Satwant Kaur, Program Officers of the NSS unit. Madam Principal, Dr. Maneeta Kahlon the 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.

Links to the social media posts

1. <https://www.facebook.com/gnwludhiana/posts/pfbid02i4PZyWH5yKwHKAuMuKsu32hsqz9CKzHdP2YRKskUHLva1qbZ3EB1D2Rmtq5qPPC31>

2. <https://www.instagram.com/p/Ct3DFibxqXR/?igshid=MTc4MmM1YmI2Ng==>



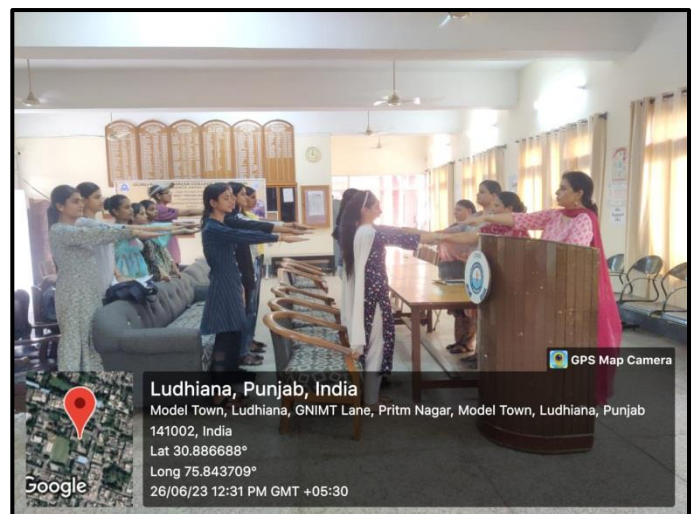
International Day of Drug Abuse and Illicit Trafficking

Cadets observed International Day of Drug Abuse and Illicit Trafficking. A seminar was conducted on June 26, 2023. The primary objective of the seminar is to provide a platform for students and staff members to come together and share knowledge, experiences, and strategies to effectively combat drug abuse and illicit drug trafficking. By gathering today, a pledge was taken to demonstrate our commitment to addressing this global challenge and explore ways to prevent drug abuse, promote treatment and recovery. The students also organized a play on the effects of the growing menace of drugs in the college grounds. This play serves as a wake-up call, urging society to recognize the impact of drug abuse on the youth and take collective action to address this pressing issue. Madam Principal, Dr. Maneeta Kahlon encouraged the students to raise awareness, take action and build their future free from the devastating effects of drug abuse and illicit trafficking.

Links to the social media posts

1. <https://www.facebook.com/gnwludhiana/posts/pfbid02G82FahN13FPCBCeiCGVko2Vn2HDucCMRGYNYZ4fhpQ46wRwpN3hWYvGNWoG9Lqe9l>

2. https://www.instagram.com/p/Ct_J2EuN6jU/?igshid=MTc4MmM1YmI2Ng==





Rank Ceremony

Under the aegis of IQAC, the NCC wing of the college hold a Rank Ceremony for awarding ranks to the outstanding NCC cadets on June 27, 2023. The college Madam Principal Dr. Maneeta Kahlon and Ms. Asha (CTO) awarded ranks to the following cadets:

- Senior under officer - Sonali Rai
- Under officer - Divya Sharma
- Company Quarter Master Sergeant - Radhika Sharma
- Sergeant - Muskan
- Corporal - Nandni/Deepshikha
- Lance corporal - Kumkum / Sampeeya

Ms. Asha (CTO) also selected some executive members to increase the ability of leadership qualities and work together with discipline on the bases of aim of the NCC 'Unity and Discipline'. Following are the Executive Members of NCC:-

1. Neetu (2nd year)
2. Palvi (2nd year)
3. Ishmeet (2nd year)

4. Sarita (3rd year)

5. Bhumika (3rd year)

Madam Principal, Dr. Maneeta Kahlon congratulated the cadets for their achievements and motivated them to take up careers in defence forces

Links to the social media posts

1. <https://www.facebook.com/gnwludhiana/posts/pfbid0x9qDDaV8y1GeQ1Q4QcWZVPaykiBu5iWT8zZcMSVudmBEVth72wYRVKsgX7xjRiCMI>

2. <https://www.instagram.com/p/CuGeAvOxRUh/?igshid=MTc4MmM1YmI2Ng==>

3. <https://www.instagram.com/p/CuGeUS1xAyB/?igshid=MTc4MmM1YmI2Ng==>



NCC Cadets attended ATC-38

3 Punjab Girls BN NCC Ludhiana organized a 10-day ATC-38 camp at Khalsa College for Women Ludhiana from July 04 to July 13, 2023. About 384 cadets from different institutions attended this camp. Total 22 cadets of NCC from 2nd and 3rd Year attended this camp. On the final day of the camp, a prize distribution ceremony was held during which medals were awarded to the cadets who excelled in the camp. Out of 22 cadets total 14 cadets achieve medals.

Links to the social media posts

1. <https://www.facebook.com/gnwludhiana/posts/pfbid02RX7LcGJtzQuh6JTmPh7k1drUyOnLkqaTfs6ZsdKC77BcxGGkBiUHAofZ26q9yZ6vl>

2. <https://www.instagram.com/p/CvZHyCZRBQ1/?igshid=MTc4MmMlYmI2Ng==>





NCC Cadet attended PDLs

NCC SUO Sonali Rai attended Personality Development and Life Skills Camp at Lovely Professional University, Phagwara from July 15 to July 24, 2023. Principal Dr. Maneeta Kahlon Congratulated for this achievement





Guru Nanak Khalsa College for Women

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Web : gnwidh.com

Ref. No. NCC file

Dated 28/6/2023

Commanding officer

3 Pb Girls Bn NCC

Ludhiana

Subject: PERSONALITY DEVELOPMENT AND LIFE SKILLS COURSES 2023 (PDLS) CAPSULE

The following student of our college will participate in personality development and life skills courses 2023 (PDLS) capsule for SD/SW cadet conducted under aegis of 2 Pb (G) Bn NCC/NCC GP HQ, Jalandhar during catc-21 from 15 July to 24 July 2023 at LPU, Phagwara.

S.No	Reg. No	Rank	Name of Cadet	Father's Name	DOB	UNIT	Contact	Name of Institute
1	PB/SW/A/21/167598	S.U.O	Sonali Rai	Rajnish Rai	11/03/2003	3 Pb (G) Bn NCC, Ludhiana	6284700346	GNKCW

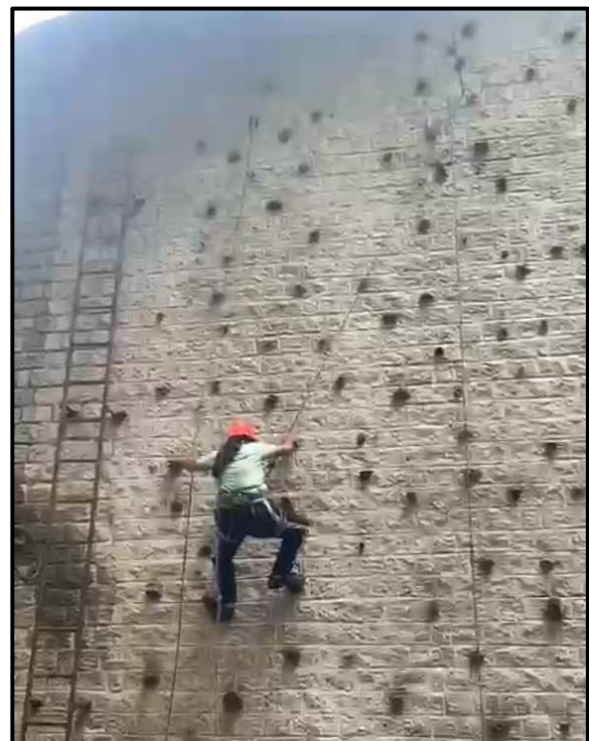
Yours Sincerely

Dr. Maneeta Kaur
Principal
G.N. Khalsa College for Women,
Model Town, LUDHIANA.

Ms. Asha
C.T.O

NCC Cadet attended Mountaineering Camp

CQMS Radhika Sharma attended the basic Mountaineering Camp at Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports (ABVIMAS), Manali from July 01 to July 26, 2023. During the training, the students were divided into different groups. She was selected as a group leader of her group in this camp, she participated in numerous activity including Rock climbing, River crossing, rappelling, artificial wall climbing, Hight gain 14000 ft., Snow craft and ice craft.



Kargil Vijay Diwas

Cadets Celebrated 24th Kargil Vijay Diwas on July 26, 2023. This day is celebrated on 26 July every year in honour of the Kargil War's Heroes. A number of activities were organized in the campus. Principal, Faculty members and NCC Cadets of the college observed 2 minute silence in remembrance of Kargil Martyrs. Posters were made by the cadets and candles were lit in memory of the soldiers who fought Kargil war. These activities were conducted under the supervision of CTO Ms. Asha of the college. **Links to the social media posts**

1. <https://www.facebook.com/gnwludhiana/posts/pfbid02Ndgyu72C89kV2Dgd1n3amDEXKSVDAAoPh5Ye9Y6xT6LiFko7ogiCNaWcLAqdbpSwjl>

2. <https://www.instagram.com/p/CvWdVbax7Z3/?igshid=MTc4MmM1YmI2Ng==>



NCC Enrollment Session 2023-24

On August 03, 2023 NCC Enrollment Session was conducted for the selection of First Year students as NCC cadets. This session was conducted under the supervision of Col. R.S Chauhan, Commanding Officer from 3 Punjab Girls Bn NCC. 57 first year students of different streams participated in the enrollment drive for filling 13 available vacancies. The selection procedure was carried out by the Unit officials SM Janak Raj and GCI Ritu Kharb which was divided into two stages including a physical test and an interview. Principal Dr. Maneeta Kahlon and Ms. Asha (CTO) welcomed the new cadets and apprised them about the rules and objectives of NCC. **Links to the social media posts**

1. <https://www.facebook.com/gnwludhiana/posts/pfbid036LhMdcEnYia5miAAaQJ8BVmaXuDw9PbfYMHhjmq38VicSKnc6Bt3T1ZTbFJg3bYCI>

2. <https://www.instagram.com/p/CvhGRhvRWqX/?igshid=MTc4MmM1YmI2Ng==>



Fire Safety Training

The Fire safety training provided support staff and NCC cadets with the knowledge to react confidently and safety in the fire workplace. Total 32 cadets participated in this training session . They taught workers and cadets how to prevent themselves from fire.The training session was conducted under the guidance of the College Principal, Dr. Maneeta Kahlon.

Links to the social media posts

<https://www.facebook.com/gnwludhiana/posts/pfbid02hGSXxwPiNywV3A1N5vZuveTHpPGvEUrvELZX4RgyEmpstaHeqC9oa2eGneH8fh2pl>



Independence Day

NCC Wing and Department of Hindi celebrated Independence Day under the theme "Meri Maati Mera Desh" on August 12, 2023. On this event, Principal Dr. Maneeta Kahlon, CTO Ms. Asha, and NCC Cadets took a pledge and remembered the sacrifices of freedom fighters. Total 19 cadets participated in this activity. Principal Dr. Maneeta Kahlon explained that the independence which we have received is the result of struggles and sacrifices of our freedom fighters and we pay our deepest homage to them.

Links to the social media posts

1.

<https://www.facebook.com/gnwludhiana/posts/pfbid02EeYGRzuKDe87udbV8Q7jSVb6Xp5icyq3bENfDsM52aEVTKYws4TFp6PaSe5sBcxWl>

2.

<https://www.instagram.com/p/CwCMuvIRaTT/?igshid=MTc4MmM1YmI2Ng==>



Uniform Distribution

Under the aegis of 3 PB Girls Bn NCC Ludhiana, 16 uniforms were distributed among the NCC cadets of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Ludhiana in the presence of Principal Dr. Maneeta Kahlon and CTO Ms. Asha. **Links to the social media posts**

https://www.instagram.com/p/Cv_1STaRZzW/?igshid=MTc4MmM1YmI2Ng==



A Cleanliness Drive under 'Puneet Sagar Abhiyan'

Cadets observed International Youth Day under 'Puneet Sagar Abhiyaan' at Sidhwan Canal (Dugri Bridge). In keeping with the vision of 'Swatchh Bharat Abhiyan', National Cadet Corps has initiated a nationwide campaign 'Puneet Sagar Abhiyaan' to clean the water bodies from plastic and other waste. To keep the water body clean and safe, cadets removed the plastic and other waste material. This drive to clean the canal was carried out by 30 cadets. Ms. Asha (CTO) from the college NCC wing and Unit staff Hav. Surjit Kumar accompanied the cadets during the drive.

In addition, Debate Competition was also held on the topic "Role of youth in Environment protection" on August 16, 2023. 15 cadets participated in this activity. **Links to the social media posts**

1.

<https://www.facebook.com/gnwludhiana/posts/pfbid02heHUGQu3QovdJLFtycKsFdLhy6toFAKZf9BFQ8oXw5RJV2gJCuiiBqG6we7DZwt2l>

2.

<https://www.instagram.com/p/CwCcvSGRagW/?igshid=MTc4MmM1YmI2Ng==>

3.

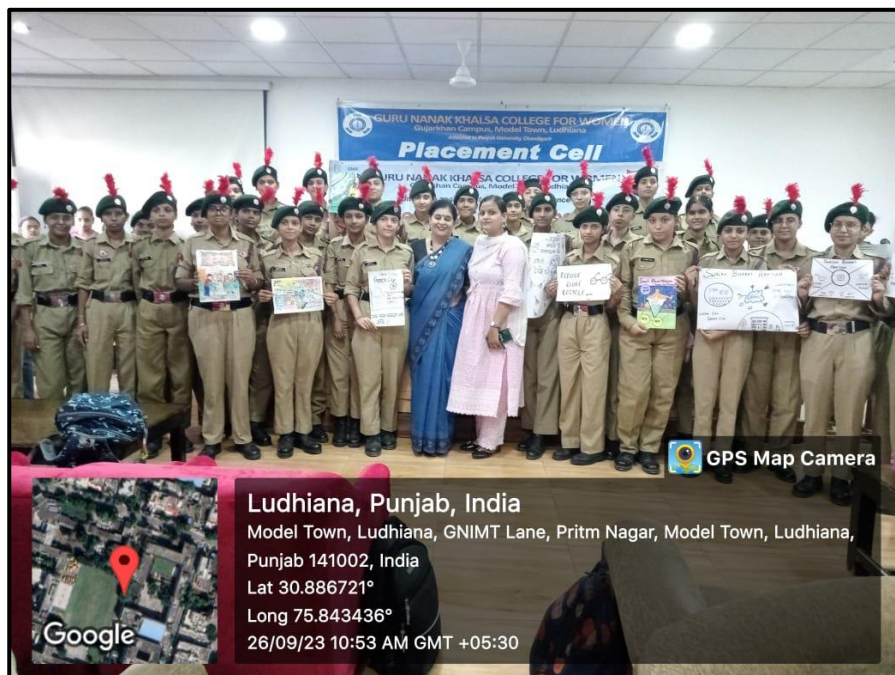
<https://www.instagram.com/p/CwCc1RNx8OC/?igshid=MTc4MmM1YmI2Ng==>





Swachhata Hi Seva

Under the aegis of IQAC, NCC Ludhiana HQ, 3 PB Girls Bn NCC Ludhiana NCC wing of college organized “The Swachhata Hi Seva “(SHS) campaign is a nationwide initiative aimed at promoting cleanliness and hygiene across India. Under the banner of this campaign, a cleanliness drive was organized at Guru Nanak Khalsa College for Women Model Town ,Ludhiana on September 22,2023. The objective was to create awareness about cleanliness and engage the youth in contributing to a cleaner and healthier environment. A total of 32 enthusiastic NCC cadets from the college participated in the cleanliness drive. Cadets were participated in slogan writing ,poster making and rally. The whole activity was conducted under the guidance of CTO Ms. Asha .





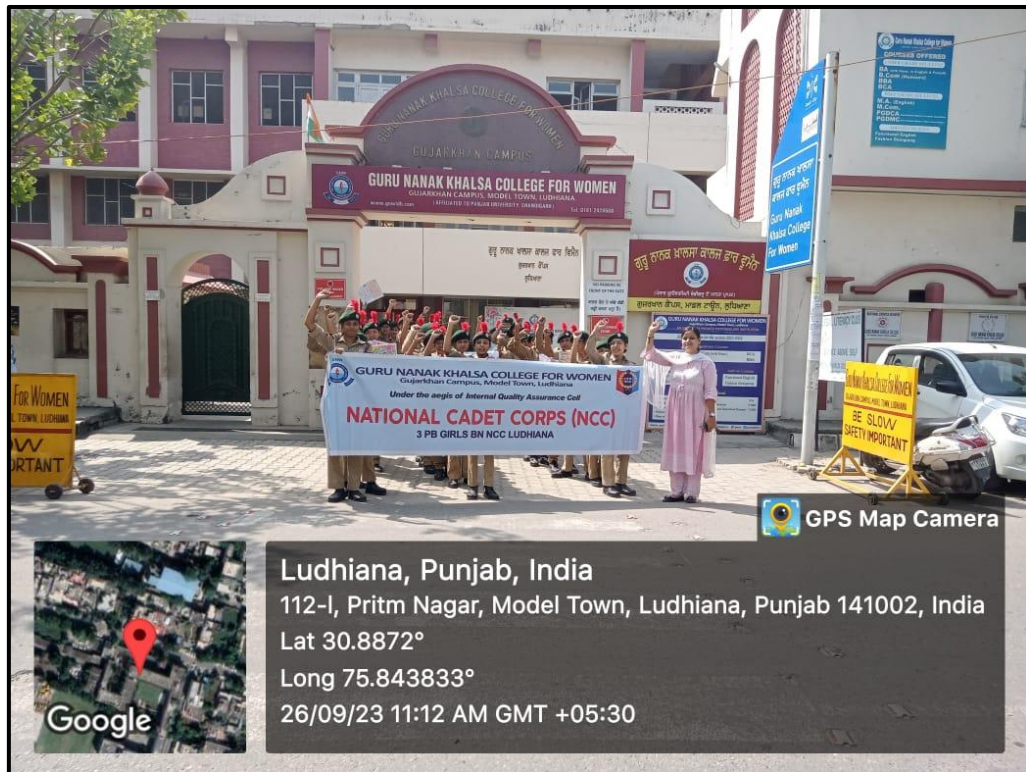
Ludhiana, Punjab, India

135-r, Model Town, P N B Road, Model Town, Pritm Nagar, Model Town,
Ludhiana, Punjab 141002, India

Lat 30.887257°

Long 75.843671°

26/09/23 11:13 AM GMT +05:30



Ludhiana, Punjab, India

112-l, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India

Lat 30.8872°

Long 75.843833°

26/09/23 11:12 AM GMT +05:30

Activity on the occasion of Gandhi Jayanti

A number of activities were organized in the college on the occasion of Gandhi Jayanti.

A Swachhta Rally was organized by NCC Cadets of the college on Oct 2nd, 2023. Total 39 cadets participated in this activity. Madam Principal Dr. Maneeta Kahlon highly appreciated the efforts of the participants. She emphasized that organizing such events on Gandhi Jayanti is not only a fitting tribute to the Father of the Nation but also aligns with his vision of a clean and hygienic India. **Links to the social media posts**

1.

<https://www.facebook.com/gnwludhiana/posts/pfbid04dMGj4LiSZNjDj6DcXLVyXZhGFEUt5Saki3Hb1oioPtk6jLyPrQzZhbrsrs7MsBkl>

2.

<https://www.instagram.com/p/Cx4y4L0R7Dp/?igshid=MTc4MmM1YmI2Ng==>

3.

<https://www.facebook.com/gnwludhiana/posts/pfbid0vooLUA2XVbR6uGB7dk6xTr3N4JoeUB8r7222YqnMMZVGRMhap18VLH44LdLpb8Lxl>

4.

<https://www.instagram.com/p/Cx4zo3kxmaG/?igshid=MTc4MmM1YmI2Ng==>

5.

<https://www.instagram.com/p/Cx40PGmRqL9/?igshid=MTc4MmM1YmI2Ng==>

6.

<https://www.facebook.com/gnwludhiana/posts/pfbid02gioEEEmxNvmXKyJ2tfHh5ffE4SPMAKXLJ7k6F5XiV5L6hJ8Fho7SbZhmHecJKBSzWl>

7.

<https://www.facebook.com/gnwludhiana/posts/pfbid0BwjvJdEv62gtKhiJin4cAs6LxhyXtHsonju6YbtCsJaHLAn8F85cYbsSCGfc6LhXl>

8.

<https://www.instagram.com/p/Cx43UC6R9rc/?igshid=MTc4MmM1YmI2Ng==>

9.

<https://www.facebook.com/gnwludhiana/posts/pfbid026VFPU57tEy9YNTk3uoySFxMc1L6WKEMuGR5pdArHeCWsbv22JLPPhzXBUxR8NLaxl>

10.

<https://www.instagram.com/p/Cx44vTpRBpi/?igshid=MTc4MmM1YmI2Ng==>

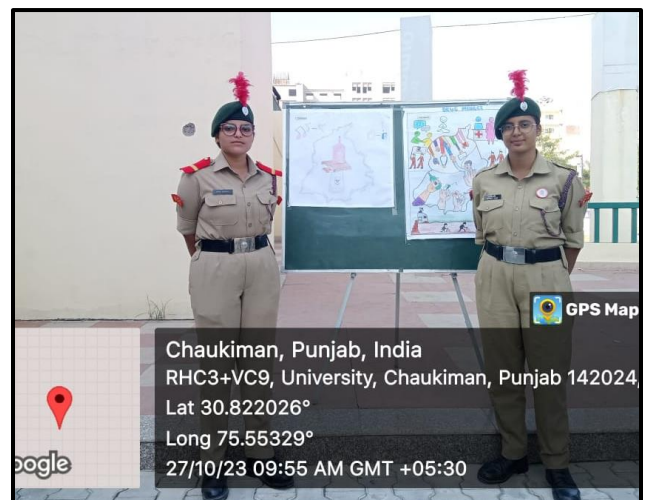
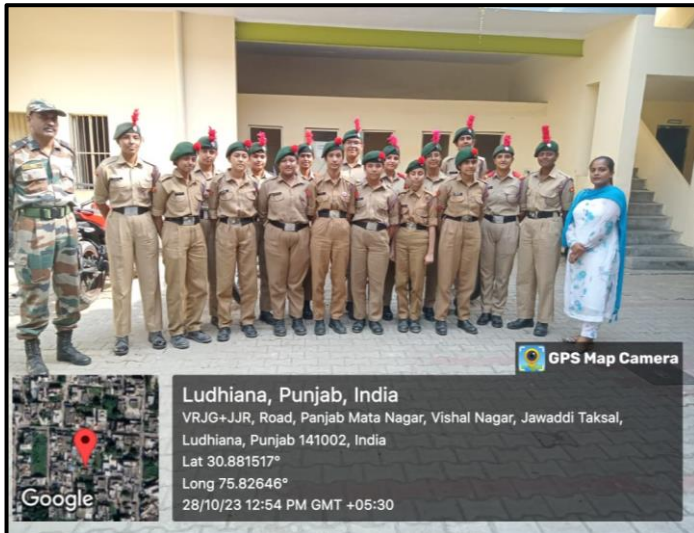


PRE TRAINING CAPSULE FOR RDC

Under the aegis of IQAC, NCC Ludhiana HQ, 3 PB Girls Bn NCC Ludhiana organized a 10-days PRE TRAINING CAPSULE FOR RDC at KVM School,Civil Lines, from 03 to 13 October, 2023. Total 04 cadets were attended this training Capsule.The training was conducted under the supervision of Commandant Col Rakesh Singh Chauhan.

PRE RDC-1 TRAINING CAMP

NCC Ludhiana HQ, organized a 10-days PRE RDC-1 TRAINING CAMP at CT UNIVERSITY, LUDHIANA from 19 to 28 October, 2023. Under Officer Divya Sharma and Cadet Ishmeet of college Ncc wing were attended this Camp.Activities:- flag area, best cadet selection ,cultural. Dr.Maneeta Kahlon, Principal congratulated the cadets for their outstanding efforts.



EK BHARAT SHRESHTHA BHARAT- (EBSB-1)

DGNCC Delhi organized EK BHARAT SHRESHTHA BHARAT-(EBSB-1) at AP&T Wef 21 oct to 01 nov 2023 . Lcpl Sameepya Sharma and Lcpl Muskan were selected for this camp.

Links to the social media posts

1. <https://www.facebook.com/gnwludhiana/posts/pfbid0Mb9wvo827ceRoza3MV98hdEckw55pfz6o5ah47ZU5dYEjZKvEi4rEsomefRdmfzQHI>

2. <https://www.facebook.com/gnwludhiana/posts/pfbid0Mb9wvo827ceRoza3MV98hdEckw55pfz6o5ah47ZU5dYEjZKvEi4rEsomefRdmfzQHI>





NCC Cadets attended CATC-52

3 PB Girls Bn NCC Ludhiana organized a 10-days Combined Annual Training Camp at GHG Khalsa college, Gurusar Sudhar from 02 to 11 November, 2023. Under the guidance of Camp Commandant Col. Rakesh Singh Chuahan. Total 15 cadets and CTO Ms, Ahsa of GNKCW attended this camp. During this camp cadets participated in different competitions including, slogan writing, poster making, group dance, group singing, tug of war, 100 meter race, throw ball etc. Under Officer Divya Sharma was also selected for PRE RDC-2 TRAINING CAMP. Dr. Maneeta Kahlon, Principal congratulated the cadet for her outstanding achievement. **Links to the social media posts**

<https://www.instagram.com/p/Cznc0QjxOCF/?igsh=ajV5eXUwcHJ5NDJm>

<https://www.instagram.com/p/CzncuheRNuL/?igsh=MWh5MW0yZjV4eGcxZg==>





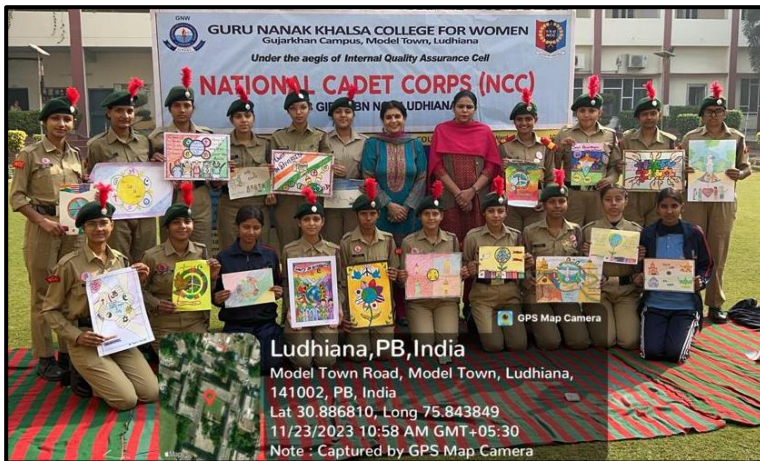
Observed Communal Harmony Week

NCC Wing and Department of Political Science of Guru Nanak Khalsa College for women organized poster making competition on 23rd November ,2023 in observance of Communal Harmony Week Total 22 cadets took this opportunity to showcase their skills , passion and ideas on Communal Harmony and National Integration through their posters. ANO Lt. Sukhjit kaur educating the cadets about the significance of Communal Harmony Week.

Links to the social media posts

1. https://www.instagram.com/p/Cz-p9jCxsXF/?img_index=1

2. <https://www.facebook.com/gnwLudhiana/posts/pfbid02cRAzAhmXc6DbUmRG81J2kK2sk8JvhXKZFaSw88Z75VKjXqK1mUh82Bp2ASFYW6sil>



Celebrated NCC Day

NCC Day celebrated at GNKCW ,Under the aegis of Internal Quality Assurance Cell, the NCC Wing of Guru Nanak Khalsa College for Women, Model Town celebrated National Cadets Corps (NCC) Day on November 25, 2023.On this occasion Cadets along with College Principal Dr. Maneeta Kahlon and ANO Lt. Sukhjot Kaur took pledge to preserve national unity, promote religious harmony, and development of the community as a whole. Cadets also paid tribute to the brave martyrs who laid down their lives for the country. 25 cadets actively participated in the event.

Links to the social media posts

1.<https://www.facebook.com/gnwludhiana/posts/pfbid02mb8xRJvLjFBiZdFXPsFgJmPff1STV4qvUFHHnrjneUHpgzzmQx4d3Mf28XRCDxmul>

2.https://www.instagram.com/p/C0LSny5xOuy/?img_index=1



Constitution Day Celebrated

Cadets celebrated Constitution Day also known as Law Day and Samvidhan Diwas on 25th Nov, 2023. This day was observed to commemorate the adoption of the Constitution of India on November 26, 1949. Lt. Sukhjit Kaur HOD, Department of Political Science delivered a lecture on 'Constitutional values and fundamentals of the Indian Constitution' to aware the students regarding the values and significance of the Indian constitution. Dr. Parveen Arora, Department of Public Administration also highlighted the guiding principles of the Constitution. The Preamble of the Indian Constitution was read after that. 108 students and 45 college lecturers also read the preamble on the Mygov portal and received an e-certificate. Principal Dr. Maneeta Kahlon stressed that the purpose of commemorating this day is to remind students of the special qualities of the Indian constitution and to reaffirm and re-orient them toward its ideals

Links to the social media posts

1. <https://www.facebook.com/gnwLudhiana/posts/pfbid0Ef9MzYRog7UkweYWLAXbn4D2T8vnB4ooyLKCqTDhVZSX1DUixit6EaVsNZP5sUSdl>
2. https://www.instagram.com/p/COLY61qRyox/?img_index=1



Armed Forces Flag Day

Cadets Observed Armed Forces Flag Day on December 7, 2023. This day is observed every year in remembrance of the fallen warriors and active military personnel who valiantly defend our nation's boundaries and dignity. Veterans and warriors who have given their lives in defense of the security and integrity of our nation are honored. ANO Lt. Sukhjit Kaur informed the students about the importance of the day in our lives as well as the sacrifices made by our armed forces. Twelve students along with faculty took part in this activity. Principal Dr. Maneeta Kahlon highlighted the significance of marking the day as "Flag Day." She further added that this day is dedicated towards commemorating the courage of servicemen as well as collecting welfare funds through distribution of flags from the citizens to assist the rehabilitation of ex-servicemen in need and dependents of martyrs.

Links to the social media posts

1. <https://www.facebook.com/gnwludhiana/posts/pfbid0bvTbnrgmzCsSuorrai67S6fTQezmHYc8ekPMYRtuMhL5gqD3GXECQMPvAd4eSoCil>

2. https://www.instagram.com/p/C0i5jNYxc9x/?next=%2F&img_index=1



Cadets celebrated Vijay Diwas

Cadets celebrated Swarnim Vijay Diwas to commemorate the victory of the Indian Armed forces over Pakistan in the 1971 Indo-Pak war. History was created on this day with the liberation of Bangladesh in just 13 days. At the same time, it is also a celebration of sheer grit determination, valour and professionalism of the Armed Forces. ANO Lt. Sukhjot Kaur and Ms. Asha highlighted the students about the significance of December 16, 1971. A video was also shared with the students to sensitize them about the importance of the day. While interacting with the students Principal Dr. Maneeta Kahlon emphasized that the battle of 1971 was the victory of humanity and peace over injustice. **Links to the social media posts**

<https://www.instagram.com/p/C1BfM5Exvgs/?igsh=cTQwY3NnN3Yzdjh3>



Press Clippings



ਏਨਸੀਸੀ ਕੈਡੇਟ ਨੇ ਕੈਂਪ ਮੇਂ ਜੀਤੇ ਪੁਰਸਕਾਰ

ਜਾਸੰ, ਲੁਧਿਆਣਾ : ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੁਮਨ, ਗੁਜਰਖਾਨ ਕੈਂਪਸ ਮਾਡਲ ਟਾउन ਕੇ ਏਨਸੀਸੀ ਕੈਡੇਟ ਨੇ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੁਮਨ ਸਿਵਿਲ ਲਾਡੰਸ ਮੇਂ ਆਯੋਜਿਤ ਵਸ ਦਿਵਸੀਯ ਏਟੀਸੀ-38 ਸ਼ਿਵਿਰ ਮੇਂ ਵਿਭਿੰਨ ਪੁਰਸਕਾਰ ਜੀਤਕਰ ਕਾਲਜ ਕਾ ਨਾਮ ਰੋਸ਼ਾਨ ਕਿਆ। ਨੂਯ

ਮੇਂ ਭੂਮਿਕਾ, ਚਰਿਤਾ, ਤਾਨਿਆ, ਸੰਪੀਯਾ, ਗੁਰਪੀਤ, ਸ਼ਿਗਾਨੀ ਔਰ ਪਲਲਵੀ ਨੇ ਸਵਰਯ ਜੀਤਾ। ਪਲਲਵੀ, ਸੰਪੀਯਾ ਔਰ ਝੁਝਮੀਤ ਨੇ ਗਲੀਬਾਲ ਮੇਂ ਰਜਤ ਪਦਕ ਜੀਤਾ ਜਬਕਿ ਸਾਨ੍ਯਾ, ਨੀਤੂ ਯਾਦਵ ਔਰ ਨੀਤੂ ਦਿਵਾਕਰ ਨੇ ਰਸਸਾਕਸ਼ੀ ਮੇਂ ਦੂਸਰਾ ਸਥਾਨ ਹਾਸਿਲ ਕਿਆ। ਨਮ੍ਰਤਾ ਨੇ ਸਲੋਗਨ ਰਾਡਟਿੰਗ ਮੇਂ ਗੋਲਡ ਮੇਡਲ ਜੀਤਾ।



ਵਿਜੇਤਾ ਏਨਸੀਸੀ ਕੈਡੇਟ ਪ੍ਰਿੰਸਿਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਕੇ ਸਾਥ • ਈ. ਠਾਲੋਜ

ਸੋਨਾਲੀ ਰਾਏ ਨੇ ਸਰਵੋਤਮ ਕੈਂਪਰ ਦਾ ਐਵਾਰਡ ਜਿੱਤਿਆ



ਸਰਵੋਤਮ ਕੈਂਪਰ ਦਾ ਪੁਰਸਕਾਰ ਪ੍ਰਾਪਤ ਕਰਦੀ ਹੋਈ ਸੋਨਾਲੀ ਰਾਏ।

ਲੁਧਿਆਣਾ: ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸ਼ਰੈਂਸ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ, ਯੁਵਕ ਭਲਾਈ ਵਿਭਾਗ ਪੰਜਾਬ ਯੂਨੀਵਰਸਿਟੀ, ਚੰਡੀਗੜ੍ਹ ਵੱਲੋਂ ਲਾਏ ਗਏ 7 ਦਿਨਾਂ ਯੂਥ ਲੀਡਰਸ਼ਿਪ ਕੈਂਪ ਵਿੱਚ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵਿਮੈਨ, ਗੁਜਰਖਾਨ ਕੈਂਪਸ ਦੇ ਐਨਸੀਸੀ ਵਿੰਗ ਦੇ ਚਾਰ ਕੈਡਿਟਾਂ ਨੇ ਹਿੱਸਾ ਲਿਆ। ਕੈਂਪ ਵਿੱਚ ਕਾਲਜਾਂ ਦੇ 80 ਤੋਂ ਵੱਧ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਹਿੱਸਾ ਲਿਆ। ਇਸ ਕੈਂਪ ਵਿੱਚ ਯੋਗਾ ਸੈਸ਼ਨ, ਲੀਡਰਸ਼ਿਪ ਬਾਰੇ ਲੈਕਚਰ ਅਤੇ ਕਈ ਗਤੀਵਿਧੀਆਂ ਅਤੇ ਮੁਕਾਬਲੇ ਸ਼ਾਮਲ ਸਨ। ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਕਈ ਦਿਨਾਮ ਪ੍ਰਾਪਤ ਕੀਤੇ। ਸੋਨਾਲੀ ਰਾਏ ਨੇ ਇਲੈਕਿਉਸ਼ਨ, ਐਕਰਿੰਗ ਅਤੇ ਇੰਗਲਿਸ਼ ਹੈਂਡ ਰਾਈਟਿੰਗ ਮੁਕਾਬਲਿਆਂ ਵਿੱਚ ਦੂਜਾ ਸਥਾਨ ਲੈਣ ਦੇ ਨਾਲ ਸਰਵੋਤਮ ਕੈਂਪਰ ਦਾ ਪੁਰਸਕਾਰ ਜਿੱਤਿਆ। ਕੈਂਪ ਦੌਰਾਨ ਉਪ ਕੁਲਪਤੀ ਡਾ. ਰੇਣੂ ਵਿੰਗ ਵੱਲੋਂ ਸਾਰੇ ਕੈਡਿਟਾਂ ਨੂੰ ਸਨਮਾਨਿਤ ਕੀਤਾ ਗਿਆ। ਕਾਲਜ ਪ੍ਰਿੰਸਿਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਕੈਡਿਟਾਂ ਨੂੰ ਉਨ੍ਹਾਂ ਦੀਆਂ ਪ੍ਰਾਪਤੀਆਂ ਲਈ ਵਧਾਈ ਦਿੱਤੀ। ਖੇਤਰੀ ਪ੍ਰਤੀਨਿਧ

ਕਾਰਗਿਲ ਵਿਜੇ ਦਿਵਸ ਮਨਾਇਆ



ਕਾਲਜ ਵਿਚ ਮਨਾਏ ਗਏ ਕਾਰਗਿਲ ਦਿਵਸ ਮੌਕੇ ਐਨ.ਸੀ.ਸੀ ਕੈਡਿਟ ਨਾਲ ਅਧਿਆਪਕ। ਅਜੀਤ ਤਸਵੀਰ

ਲੁਧਿਆਣਾ, 26 ਜੁਲਾਈ (ਤਮਨਾ ਕੋਰ)- ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੁਮਨ, ਗੁਜਰਖਾਨ ਕੈਂਪਸ, ਮਾਡਲ ਟਾਉਨ, ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸ਼ਰੈਂਸ ਸੈੱਲ (ਆਈ.ਕਿ.ਓ.ਏ.ਸੀ.) ਦੀ ਅਗਵਾਈ ਹੇਠ ਐਨ.ਸੀ.ਸੀ. ਵਿੰਗ ਨੇ ਐੱਜ ਕਾਲਜ ਕੈਂਪਸ ਵਿਚ 24ਵਾਂ ਕਾਰਗਿਲ ਵਿਜੇ ਦਿਵਸ ਮਨਾਇਆ। ਇਹ ਦਿਨ ਹਰ ਸਾਲ 26 ਜੁਲਾਈ ਨੂੰ ਕਾਰਗਿਲ ਯੁੱਧ ਦੇ ਨਾਇਕਾਂ ਦੇ ਸਨਮਾਨ ਵਿਚ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ, ਦੇ ਦੋਰਾਨ ਗਤੀਵਿਧੀਆਂ ਕਰਵਾਈਆਂ ਜਾਂਦੀਆਂ ਹਨ। ਇਸ ਮੌਕੇ ਕਾਲਜ ਦੇ ਪ੍ਰਿੰਸਿਪਲ, ਵੈਕਲਟੀ ਮੈਂਬਰਾਂ ਅਤੇ ਐਨ.ਸੀ.ਸੀ. ਕੈਡਿਟਾਂ ਨੇ ਕਾਰਗਿਲ ਦੇ ਸ਼ਹੀਦਾਂ ਦੀ ਯਾਦ ਵਿਚ 2 ਮਿੰਟ ਦਾ ਮੇਨ ਰੌਖਿਆ। ਇਸ ਮੌਕੇ ਕੈਡਿਟਾਂ ਵੱਲੋਂ ਪੋਸਟਰ ਬਣਾਏ ਗਏ ਅਤੇ ਕਾਰਗਿਲ ਜੰਗ ਲੜਨ ਵਾਲੇ ਸੈਨਿਕਾਂ ਦੀ ਯਾਦ ਵਿਚ ਮੋਮਬੱਤੀਆਂ ਜਗਾਈਆਂ ਗਈਆਂ। ਇਹ ਗਤੀਵਿਧੀਆਂ ਕਾਲਜ ਦੀ ਐਨ.ਸੀ.ਸੀ. ਕੋਅਰਡੇਕਰ ਸ਼੍ਰੀਮਤੀ ਆਸ਼ਾ ਦੀ ਦੇਖ-ਰੇਖ ਹੇਠ ਕਰਵਾਈਆਂ ਗਈਆਂ। ਇਸ ਮੌਕੇ ਪ੍ਰਿੰਸਿਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਸ਼ਾਹੀਆਂ ਹਥਿਆਰਬੰਦ ਸੈਨਾਵਾਂ ਅਤੇ ਸਮੂਹ ਭਾਰਤੀਆਂ ਲਈ ਇਸ ਦਿਨ ਦੀ ਮਹੱਤਤਾ ਬਾਰੇ ਚਾਨਣਾ ਪਾਇਆ।

NCC DAY CELEBRATIONS

Under the aegis of the Internal Quality Assurance Cell, the NCC Wing of Guru Nanak Khalsa College for Women, Model Town, celebrated National Cadets Corps Day on the college campus today. On this occasion, cadets along with Principal Dr Maneeta Kahlon and Associate NCC Officer Lt Sukhjit Kaur pledged to preserve national unity, promote religious harmony and development of the community as a whole. The cadets also paid tribute to the brave martyrs who have laid down their lives in service of the country.



जीएनकेसीडब्ल्यू में शपथ लेते कैडेट्स व प्रिंसिपल डा. मनीता काहलॉन • सी. कालेज

गुरु नानक खालसा कालेज फार वूमेन में एनसीसी दिवस मनाया

जागरण संवाददाता, लुधियाना : एनओ लेफ्टिनेंट सुखजीत कौर के आंतरिक गुणवत्ता आश्वासन सेल के तत्वावधान में गुरु नानक खालसा कालेज फार वूमेन माडल टाउन की एनसीसी विंग ने कालेज परिसर में राष्ट्रीय कैडेट कोर (एनसीसी) दिवस मनाया। इस अवसर पर कालेज प्रिंसिपल डा. मनीता काहलॉन और साथ कैडेटों ने राष्ट्रीय एकता को बनाए रखने, धार्मिक सद्भाव को बढ़ावा देने और समग्र रूप से समुदाय के विकास की शपथ ली। कैडेटों ने देश के लिए अपने प्राण न्यौछावर करने वाले वीर शहीदों को शी श्रद्धांजलि दी।

NCC cadets pledge to promote harmony

Under the aegis of its internal quality assurance cell, the NCC wing of Guru Nanak Khalsa College for Women, Model Town, celebrated National Cadet Corps (NCC) Day on campus. The cadets, along with college principal Maneeta Kahlon and ANO Lt Sukhjit Kaur, pledged to preserve national unity, promote religious harmony, and development of the community. On the occasion, the cadets also

paid tribute to the brave martyrs who laid down their lives for the country.

Constitution Day observed at GNKCW

Under the aegis of its internal quality assurance cell, the departments of public administration and political science and the NCC wing, Guru Nanak Khalsa College for Women celebrated Constitution Day. Lt Sukhjit Kaur, head of political science department delivered a lecture on the fundamentals of the Indian constitution. As many as 108 students and 45 college lecturers read the preamble on the Mygov portal and received an e-certificate.

जीएनकेसीडब्ल्यू में संविधान दिवस मनाया



स्वर्णभूमि टाइम्स न्यूज, लुधियाना (मल्होत्रा): आंतरिक गुणवत्ता आश्वासन सेल के तत्वावधान में गुरु नानक खालसा कालेज फार वूमेन, लुधियाना के लोक प्रशासन और राजनीति विज्ञान विभाग और एनसीसी विंग ने संविधान दिवस मनाया, जिसे कानून दिवस और संविधान दिवस के रूप में भी जाना जाता है। यह दिन 26 नवंबर, 1949 को भारत के संविधान को अपनाने के उपलक्ष्य में मनाया गया। राजनीति विज्ञान विभाग की एचओडी लेफ्टिनेंट सुखजीत कौर ने छात्रों को भारतीय संविधान के मूल्यों और महत्व के बारे में जागरूक करने के लिए 'भारतीय संविधान के संवैधानिक मूल्य और बुनियादी सिद्धांत' पर व्याख्यान दिया। लोक प्रशासन विभाग की एचओडी डॉ. परवीन अरोड़ा ने भी संविधान के मार्गदर्शक सिद्धांतों पर प्रकाश डाला। इसके बाद भारतीय संविधान की प्रस्तावना पढ़ी गई। 108 छात्रों और 45 कॉलेज व्याख्याताओं ने भी Mygov पोर्टल पर प्रस्तावना पढ़ी और ई-प्रमाणपत्र प्राप्त किया। प्रिंसिपल डॉ. मनीता काहलॉन ने जोर देकर कहा कि इस दिन को मनाने का उद्देश्य छात्रों को भारतीय संविधान के विशेष गुणों की याद दिलाना और उन्हें इसके आदर्शों की ओर फिर से उन्मुख करना है।

ARMED FORCES FLAG DAY

Ludhiana: The NCC Wing of Guru Nanak Khalsa College for Women, Model Town, Ludhiana observed the Armed Forces Flag Day in the college campus. Associate NCC Officer (ANO) Lt Sukhjit Kaur informed the students about the importance of this day. She also spoke about the various sacrifices that are made by the armed forces for the sake of national security. Principal Maneeta Kahlon said this day was dedicated to celebrating the courage of servicemen. She also said they were raising funds from the citizens to assist in the rehabilitation of ex-servicemen and dependents of martyrs through distributing flags to them. TNS



GURU NANAK KHALSA COLLEGE FOR WOMEN
MODEL TOWN, LUDHIANA



**REPORT
ON
NCC ACTIVITIES
JAN – May 2024
(EVEN SEMESTER)**

Dr. Maneeta Kahlon
Principal

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

Lt. Sukhjot Kaur

Associate NCC Officer
(Lt. Sukhjot Kaur)
ANO
GNKCW Model Town
Ludhiana

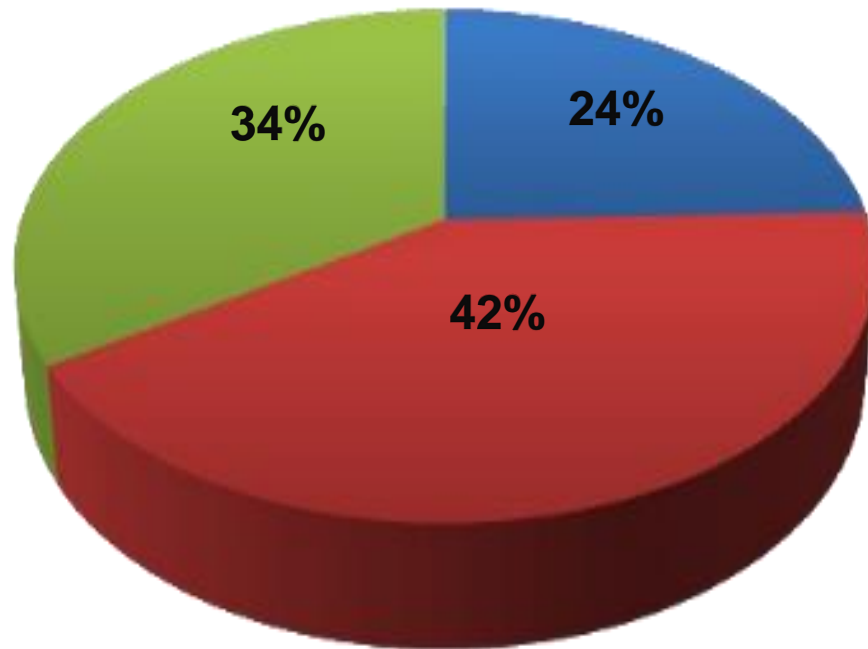
Phone: 0161-2424668

E-mail: gncwldh1@rediffmail.com

Website: www.gnwldh.com

Total Enrolled Cadets 2023-24

● 1st Year ● 2nd Year ● 3rd Year



Senior under Officer- Sonali Rai

Under Officer- Divya Sharma

List of activities conducted by the National Cadet Corps (NCC)

The activities performed by the NCC wing during the Even Semester:

S. NO	Date	Action taken	Social Media Links
1.	January 12, 2024	Motivational lecture on National Youth Day in collaboration with 3 PB Girls Bn, NCC Ludhiana.	1. https://www.facebook.com/gnwludhiana/posts/pfbid0tpRU1vGSPKWfejsdkDYDYYE6nJmQaRqR4yv2n9jgsmnT9YqdAYi2oiW7XjfnEaBal 2. https://www.instagram.com/p/C2B7J7Yxizc/?next=%2F&img_index=1 3. https://www.instagram.com/p/C2B7PNoRfHR/?next=%2F&img_index=1
2.	January 12, 2024	Participated in the live telecast of the honorable Prime Minister's speech.	1. https://www.facebook.com/gnwludhiana/post/s/pfbid02zU3xxhaA4eEhBvy91RZs4LS6Q1ku88vZD4JKSf6kgLEBMAmsdbs69TJ2nyxW2vAnl 2. https://www.instagram.com/p/C2B78hJx2Za/?next=%2F&img_index=1
3.	January 12, 2024	Millet Awareness Lecture.	1. https://www.facebook.com/gnwludhiana/post/s/pfbid02ReQmHzndekgJ8uV1m6CHfqPD2qXMaSL6WobTt2YqCFkVw7yJS85j3DAowU5M3W4ul 2. https://www.instagram.com/p/C2CCy7ZxA14/?next=%2F&img_index=1
4.	January 15, 2024	Celebrated Indian Army Day	https://www.instagram.com/p/C2Jl_poRGTE/?igsh=MWJyczBsYTJqbWd2cA==
5.	January 15, 2024	Organized a rally on Road Safety week on National Youth Day.	1. https://www.facebook.com/gnwludhiana/post/s/pfbid0YVVB2ETCRD6am5QzPNHota3D1BqNA456renTjJv5bDcWbFikKszvKLmsAYNF4appel 2. https://www.instagram.com/p/C2J5VlnRWNI/?next=%2F&img_index=1

6.	January 25, 2024	Celebrated Republic Day.	<ol style="list-style-type: none"> 1. https://www.facebook.com/gnwludhiana/post/s/pfbid0bJmvtsU1yz8HJ66qYuiM83x6xeZJc3ooSEA739NWaxfuN2G82XRX176ZdWbEY4KEI 2. https://www.instagram.com/p/C2hER-fxi7R/?igsh=cGgwbXQ5OG15eGNx 3. https://www.instagram.com/p/C2hEZZGxQOo/?igsh=NGs3cHJuZDdybmp2 4. https://www.instagram.com/p/C2hJpi0Rz89/?next=%2F&img_index=1
7.	January 26, 2024	Cadets participated in the District Level Republic Day parade.	https://www.instagram.com/p/C2txwE8RMXD/?igsh=MWQ5Z2xneTM4MWpvaQ==
8.	March 3 & 10, 2024	Conduct of NCC 'B' & 'C' certificate exams .	<ol style="list-style-type: none"> 1. https://www.facebook.com/gnwludhiana/post/s/pfbid02mrEgXZenR1sBewo7BoUsVGdbUaDyPd8TThStyhAo5SggUmp2Sbz1wa2GTv9yU7tvI 2. https://www.facebook.com/gnwludhiana/post/s/pfbid02hCRpxr3Kgj3Ck8Jb747WY9HbvYbVxY6L2DYed9dyfq91sS8pkmgUJiUKBrNGwpWwI
9.	March 22, 2024	NCC wing in collaboration with 3PB,Girls BN,Ludhiana observed World Water Day	
10.	From March 26, 2024, to April 1, 2024	Two cadets participated in Yuva Sangam program.	<ol style="list-style-type: none"> 1. https://www.facebook.com/gnwludhiana/post/s/pfbid0fUAuY8yaA6biuE6BvrC9GZ2g97gn6hkFwJD9XLkefoF23L2nnvtP6cU7h6cGJNsbI 2. https://www.instagram.com/p/C5htM3mRrbO/?next=%2F&img_index=1
11.	April 15, 2024	Celebrated 133rd Birth Anniversary of Dr. B.R Ambedkar	<ol style="list-style-type: none"> 1. https://www.instagram.com/p/C5xuSRcx8sq/?igsh=MXZhdXgzN2Z2NzV5YQ== 2. https://www.facebook.com/gnwludhiana/post/s/pfbid02hCRpxr3Kgj3Ck8Jb747WY9HbvYbVxY6L2DYed9dyfq91sS8pkmgUJiUKBrNGwpWwI
12.	April 15, 2024	Farewell party	<ol style="list-style-type: none"> 1. https://www.instagram.com/p/C5zz4dAR-J/?igsh=MjEzenhvaHg1OTRi 2. https://www.instagram.com/p/C5zzTIVRtPv/?next=%2F&img_index=1 3. https://www.instagram.com/p/C5zztOARPOY/?next=%2F&img_index=1 4. https://www.instagram.com/p/C5zz4dAR-J/?next=%2F&img_index=1

			5. https://www.instagram.com/p/C5zz-jKx1BU/?next=%2F&img_index=1 •
13.	April 22, 2024	World Earth Day	1. https://www.instagram.com/p/C6FxA21xJh5/?next=%2F&img_index=1 2. https://www.instagram.com/p/C6Fw7DcRhE1/?next=%2F&img_index=1 3. https://www.facebook.com/gnwludhiana/post/s/pfbid03Nd2STrtGJfe7HDqnBLh4CzCnRsntds1RKhZThXFsuK8wdSERhKHbqP9sqq5Xt3vl
14	May 16, 2024	Observed National Dengue Day	https://www.instagram.com/p/C7BbwNqRBwT/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFIZA==
15.	May 13th to 20 th 2024.	Thal Sena Camp	https://www.instagram.com/p/C7V5HyixwFY/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA== https://www.facebook.com/gnwludhiana/posts/pfbid02Bn9nebKnVpqWTkdHFAX3EJLfKPwSxwYj6WQfuCG8jgQsBsitiXVL8iNaJ7L1gyEql

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1.Motivational Lecture on National Youth Day

Col. R.S. Chauhan, the Commanding Officer of 3 PB Girls Battalion, NCC Ludhiana, gave a motivational lecture on National Youth Day at GNKCW, Ludhiana on January 12, 2024. This provided an opportunity for the cadets to gain insights, guidance, and motivation from a seasoned military leader. Discussions included aspects of discipline, leadership, and the role of youth in nation-building. He urged the cadets to be good citizens and worthy youth of their nation by participating in all national activities. Total 43 cadets participated in this Lecture.





2. Participated in the live telecast of the honorable Prime Minister's speech

Under the aegis of the Internal Quality Assurance Cell, the National Service Scheme (NSS), and the National Cadet Corps (NCC) actively participated in the live telecast of the honorable Prime Minister's speech on January 12, 2024, during the inauguration of the 27th National Youth Festival and organization of special events on the same day to commemorate National Youth Day. This collective effort reflects a commitment to youth development and engagement, showcasing a holistic approach to fostering community, patriotism, and active participation among the youth.

Photograph of the event:



3. Millet Awareness Lecture

Under the aegis of Internal Quality Assurance Cell, NSS, NCC wing and Department of Home Science of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana, organized Millet Awareness Lecture on January 12, 2024. On this occasion students were made aware about the importance of millets as good source of protein, micronutrients and phytochemicals and are better cereals than wheat and rice. Total 78 students participated in the event.

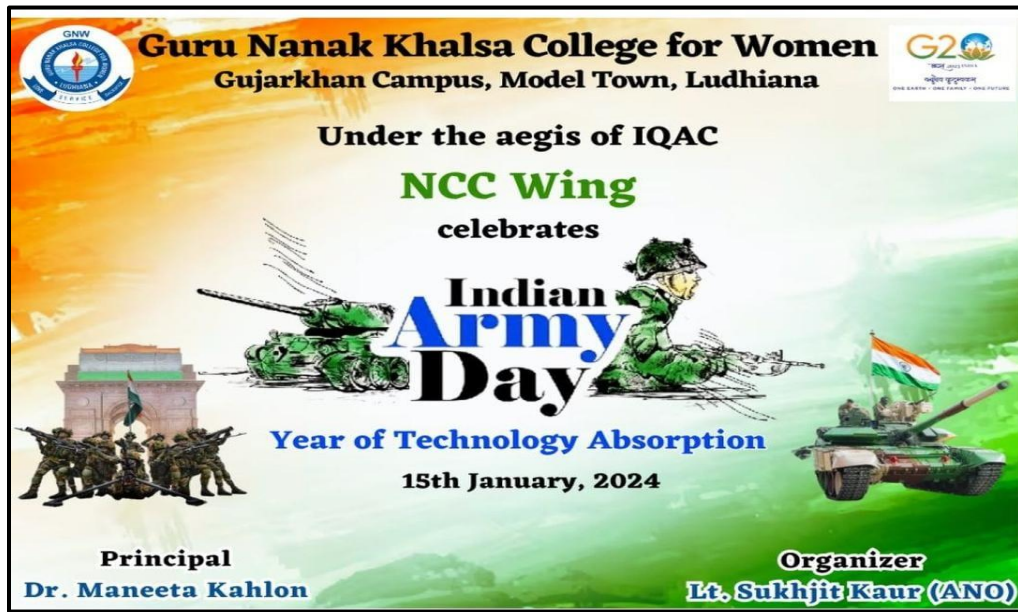
Photograph of the event:



4. Indian Army Day

Under the aegis of Internal Quality Assurance Cell, the NCC Wing in collaboration with Department of Political Science of Guru Nanak Khalsa College for Women, Model Town, celebrated Indian Army Day on January 15, 2024. Students participated in a rally and Seminar on the theme 'Year of Technology Absorption'. Cadets showcased discipline, commitment, and fervor, reflecting their respect for the Indian Army. Unit staff Hav. Mandeep Singh made the cadets aware the cadets about the significance of the day.

Photograph of the event:



5. Awareness Rally on Road Safety

Under the celebration of National Youth Day, Road Safety week was observed from January 11 to January 17, 2024. Students and volunteers of NSS unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Ludhiana were sensitized and made aware of traffic rules and how to protect not only one's own life and well-being but also the safety of others on the road. Under this on January 15, 2024 a rally was organized from college to Children Traffic Training Park, Model Town, Ludhiana.

Photograph of the event:

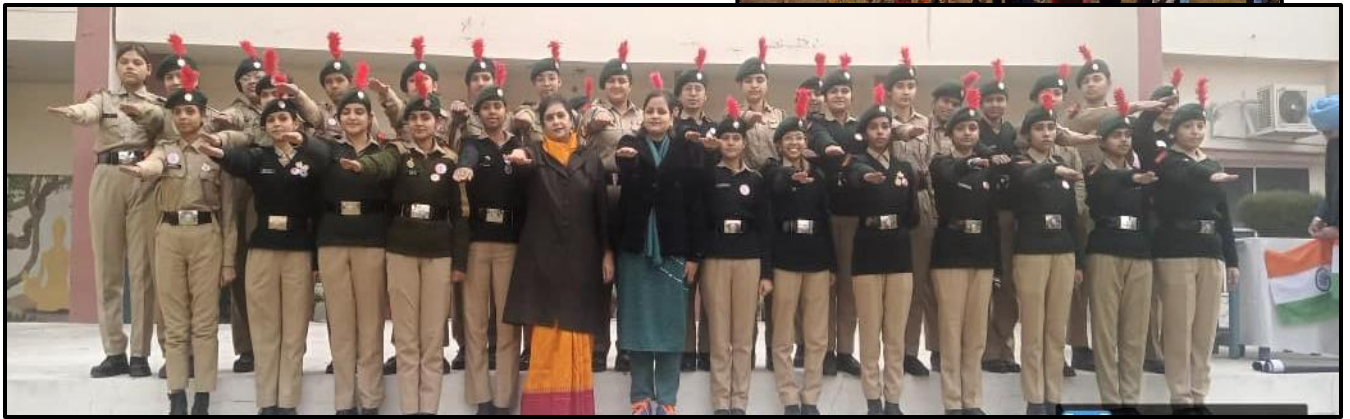


6. Republic Day

Under the aegis of IQAC, the NCC Wing, NSS, Red Cross Society, EBSB, Red Ribbon & Youth Club of Guru Nanak Khalsa College for Women, Model Town, Ludhiana celebrated Republic Day on 25th January, 2024 on the theme '**India- The Mother of Democracy and Viksit Bharat**'. The event commenced with the solemn recitation of the National Anthem and the Quality Bharat Pledge, and showcases a collective commitment to a progressive and responsible India. A total number of 311 students along with faculty members participated in this event.

Photograph of the event:





7. Student achievements for the month of January 2024

Five NCC cadets of GNKCW, Lcpl Sameepya Sharma, Cadet Shivani Bharti, Neetu, Palvi and Aakshi Singh participated in the District Level Republic Day parade on January 26, 2024 held at Punjab Agricultural University, Ludhiana. On this event, Punjab Chief Minister Sh. Bhagwant Mann unfurled the Tricolor and took a salute at the march past.

Photograph of the event:



8.NCC 'B' & 'C' certificate exams

NCC 'B' & 'C' certificate exams were conducted on March 3 & 10, 2024 respectively. 20 cadets of the college appeared for 'B' certificate examination while 18 cadets undertook 'C' certificate NCC examination.

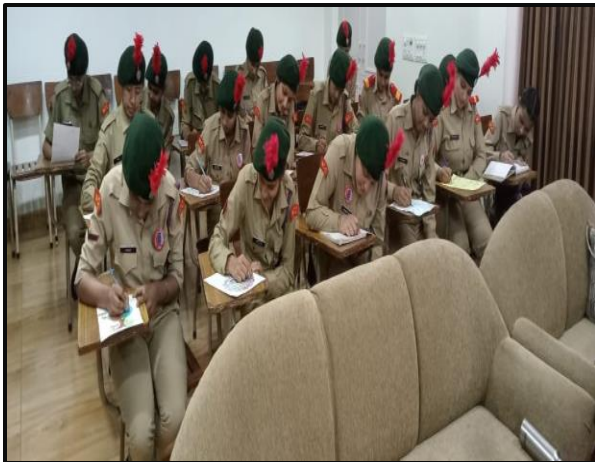
Photograph of the event:



9. World Water Day observed at GNKCW

Focus on the theme 'Leveraging Water for Peace', World Water Day was Celebrated by the Water management team of Guru Nanak Khalsa College for Women, under MGNCRE, Ministry of Education, Government of India on March 22, 2024. Awareness lecture was conducted in order to sensitize students regarding the various actions that can be taken to tackle the water and sanitation crisis. Lecture also emphasized on the value of fresh water for the environment and its need for sustainable development. A poster making competition was organized in which students from different classes participated.

Photograph of the event:



10. Yuva Sangam Program

Our two cadets, Neelam Yadav and Madhu Kumari, traveled to Jharkhand as part of the Yuva Sangam program, which is part of the Ministry of Education's (MoE) Ek Bharat Shrestha Bharat project, which aims to encourage youth empowerment and cross-cultural engagement throughout the country. Central University, Bathinda Punjab, arranged educational and cultural exchange excursions to Jharkhand from March 26, 2024, to April 1, 2024, as part of Yuva Sangam Phase IV. IIM Ranchi, the nodal institution from Jharkhand in charge of overseeing the Punjab Contingent Visit to Jharkhand.



11. Celebrated 133rd Birth Anniversary of Dr. B.R Ambedkar

NCC Wing of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, celebrated 133rd Birth Anniversary of National Hero Dr. B.R Ambedkar on April 15, 2024 to commemorate the memory of Dr. B. R. Ambedkar, the principal architect of the Constitution of India and social reformer. A special assembly was conducted to commemorate his teachings and works by Lt. Sukhjot Kaur. Total 52 students and cadets along with faculty members participated in this activity.



12. Farewell Party

NCC wing organized a farewell party on 15th April 2024. During the event, the college Principal Dr. Maneeta Kahlon, ANO Lt.Sukhjot Kaur and Ms Asha presented trophies to the cadets and also awarded merit certificates to cadets who had shown exceptional dedication and excellence over the past three years.



13. World Earth Day

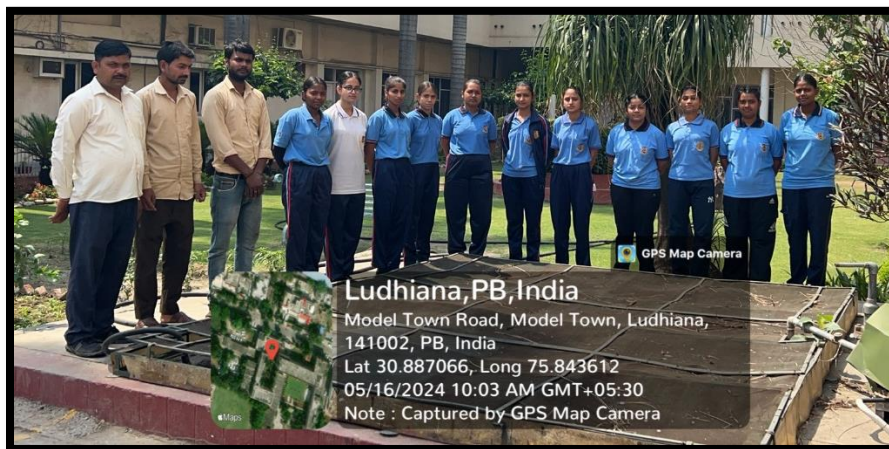
Under the aegis of IQAC, NCC cadets celebrated World Earth Day on the theme of 'Plants vs plastic' in which students marked a unique idea by growing plants from the waste plastic articles ie. Bottles, plates Glasses, Bowls etc. A Road rally was also organised to save the earth and water for next generation under the supervision of Lt. Sukhjot Kaur.



14. Observed National Dengue Day

Under the auspices of Internal Quality Assurance Cell, NSS and NCC wings of Guru Nanak Khalsa College for Women observed National Dengue Day in the college campus today. The event was dedicated to educating students and volunteers about the significance of Dengue Day, emphasizing its importance in raising awareness about the prevention and control of dengue fever.

By actively participating in such initiatives, students not only gain valuable knowledge about dengue prevention but also become ambassadors for spreading awareness in their communities. Principal Dr. Maneeta Kahloon graced the occasion with her presence and delivered an insightful address to the students. She educated the students about the causes, symptoms, and ways to prevent dengue fever. This involved teaching them how to get rid of places where mosquitoes breed, like stagnant water, and how to safeguard against mosquito bites by using nets and repellents. This activity was conducted under the supervision of NSS Program Officer, Mrs. Satwant Kaur, and ANO, Mrs. Sukhjit Kaur.



15. Thal Sena Camp

Under the aegis of the NCC Group HQ Ludhiana, the 3 PB (Girls) Battalion, NCC Ludhiana, conducted a training program for the selection of SW cadets for Thal Sena Camp 2024 at GNKCW, Ludhiana from 13th May to 20th May 2024. Twenty-five cadets from six institutions participated in this.



Press Clippings



गुरु नानक खालसा कालेज फॉर वूमन, गुज्जरखान कैम्पस ने कालेज परिसर में राष्ट्रीय युवा दिवस मनाया। इस मौके कर्नल आर.एस. चौहान, कमांडिंग ऑफिसर, 3 पीबी गल्स बटालियन, एनसीसी लुधियाना ने कैडेटों ने हिस्सा लिया। विद्यार्थियों ने सभी राष्ट्रीय गतिविधियों में भाग लेकर अपने राष्ट्र के अच्छे नागरिक और योग्य युवा बनने का आग्रह किया। कालेज प्रिंसिपल डॉ. मनीता काहलौं और एनओ लेफ्टिनेंट सुखजीत कौर ने शिरकत की। इसके बाद समाजशास्त्र विभाग, एनएसएस इकाई, रेड रिबन क्लब और यूथ क्लब, रेड क्रॉस सोसायटी और एनसीसी विंग ने डॉ. मधु धवन ने स्वामी विवेकानन्द आश्रम, मॉडल टाऊन लुधियाना का भी दौरा किया।

13-01-2024 Dainik Savera Page 6 Column 3



लुधियाना। गुरु नानक खालसा कॉलेज फॉर वुमन गुज्जरखान कैम्पस ने आंतरिक गुणवत्ता आश्वासन सेल के तत्वावधान में राष्ट्रीय युवा दिवस मनाया। कर्नल आरएस चौहान, कमांडिंग ऑफिसर, 3 पीबी गल्स बटालियन, एनसीसी लुधियाना ने कैडेटों को एक प्रेरक व्याख्यान दिया। उन्होंने छात्रों से सभी राष्ट्रीय गतिविधियों में भाग लेकर अपने राष्ट्र के अच्छा नागरिक और योग्य

युवा बनने का आग्रह किया। कॉलेज प्रिंसिपल डॉ. मनीता काहलौं और एनओ लेफ्टिनेंट सुखजीत कौर के साथ बैठक हुई। समाजशास्त्र विभाग, एनएसएस इकाई, रेड रिबन क्लब और यूथ क्लब, रेड क्रॉस सोसाइटी और एनसीसी विंग ने डॉ. मधु धवन ने बुजुर्गों के साथ सामुदायिक जुड़ाव पर एक जागरूकता व्याख्यान किया। छात्राओं ने स्वामी विवेकानंद आश्रम, मॉडल टाउन का भी दौरा किया।

14-01-2024 Dainik Bhaskar Page 4 Column 4



लुधियाना के जीएनकेसीडब्ल्यू में राष्ट्रीय युवा दिवस पर आयोजित गतिविध में प्रिंसिपल डा. मनीता काहलौं मेहमान को सम्मानित करते हुए सी. कालेज

जागरण संवाददाता, लुधियाना : गुरु नानक खालसा कालेज फॉर वूमन गुज्जरखान कैम्पस में राष्ट्रीय युवा दिवस मनाया। कर्नल आरएस चौहान, कमांडिंग ऑफिसर, 3 पीबी गल्स बटालियन एनसीसी लुधियाना ने कैडेटों को प्रेरक व्याख्यान दिया। उन्होंने छात्रों से सभी राष्ट्रीय गतिविधियों में भाग लेकर अपने राष्ट्र के अच्छे नागरिक और योग्य युवा बनने का आग्रह किया। इसके बाद प्रिंसिपल डा. मनीता काहलौं और एनओ लेफ्टिनेंट सुखजीत कौर के साथ बैठक हुई। डॉ. मधु धवन द्वारा बुजुर्गों के साथ जुड़ाव पर जागरूकता व्याख्यान का आयोजन किया।

14-01-2024 Dainik Jagran Page 2 Column 3



जी.एन.के.सी.डब्ल्यू. में भारतीय सेना दिवस पर रैली निकाले कैडेट्स।

सवेरा न्यूज/रजनी (लुधियाना): इंटरनल क्वालिटी एश्योरेंस सेल के तत्वावधान में मॉडल टाऊन स्थित गुरु नानक खालसा कालेज फॉर वूमन के राजनीति विज्ञान विभाग के सहयोग से एनसीसी विंग ने कालेज परिसर में भारतीय सेना दिवस मनाया। विद्यार्थियों ने रैली निकाली और सैमीनार में भाग लिया। कैडेट्स ने भारतीय सेना के प्रति अपने सम्मान को दर्शाते हुए अनुशासन, प्रतिबद्धता और उत्साह का प्रदर्शन किया। यूनिट स्टाफ हवलदार मनदीप सिंह ने कैडेट्स को दिन के महत्व के बारे में जागरूक किया। प्रिंसिपल डॉ. मनीता काहलौं ने कैडेट्स के बीच गर्व और कृतज्ञता की भावना को बढ़ावा देने के लिए सशस्त्र बलों द्वारा किए गए बलिदानों के बारे में बात की।

16-01-2024 Dainik Savera Page 4 Column 1

भारतीय सेना के प्रति प्रतिबद्धता का प्रदर्शन



लुधियाना। आंतरिक गुणवत्ता आश्वासन सेल के तत्वावधान में मॉडल टाउन स्थित गुरु नानक खालसा कॉलेज फॉर वुमेन (जीएनकेसीडब्ल्यू) में सोमवार को एन.सी.सी. विंग ने भारतीय सेना दिवस मनाया। छात्रों ने प्रौद्योगिकी अवशोषण का वर्ष विषय पर एक रैली निकाली और सेमिनार में भाग लिया। भारतीय सेना के प्रति प्रतिबद्धता का प्रदर्शन किया। यूनिट स्टाफ हवलदार, मनदीप सिंह ने कैडेटों को दिन के महत्व के बारे में जागरूक किया। प्रिंसिपल डॉ. मनीता काहलों ने सशस्त्र बलों द्वारा किए गए बलिदानों के बारे में बात की।

16-01-2024 Dainiok Bhaskar Page 2 Column 1



रैली में भाग लेते हुए एन.सी.सी. कैडेट्स।

एन.सी.सी. विंग ने मनाया भारतीय सेना दिवस

लुधियाना, 15 जनवरी (बिक्की): मॉडल टाउन स्थित गुरु नानक खालसा कॉलेज फॉर वुमेन के राजनीति विज्ञान विभाग के सहयोग से एन.सी.सी. विंग ने आज कॉलेज परिसर में भारतीय सेना दिवस मनाया। छात्राओं ने 'प्रौद्योगिकी अवशोषण का वर्ष' विषय पर एक रैली और सेमिनार में भाग लिया। कैडेट्स ने भारतीय सेना के प्रति

अपने सम्मान को दर्शाते हुए अनुशासन, प्रतिबद्धता और उत्साह का प्रदर्शन किया। यूनिट स्टाफ हवलदार मनदीप सिंह ने कैडेटों को दिन के महत्व के बारे में जागरूक किया। प्रिंसिपल डॉ. मनीता काहलों ने कैडेट्स के बीच गर्व और कृतज्ञता की भावना को बढ़ावा देने के लिए सशस्त्र बलों द्वारा किए गए बलिदानों के बारे में अवगत करवाया।

16-01-2024 Punjab Kesari Page 4 Column 2



GNKCW celebrates Indian Army Day

Under the aegis of internal quality assurance cell, the NCC wing, in collaboration with department of political science of Guru Nanak Khalsa College for Women, Model Town, celebrated Indian Army Day on campus. Students participated in a rally and attended a seminar on the theme 'Year of technology absorption'. Unit staff Mandeep Singh apprised cadets of the significance of the day. Principal Maneeta Kahlon spoke about the sacrifices made by the Armed Forces to foster a sense of pride and gratitude among the cadets.

18-01-2024 The Times of India Page 2 Column 8

Ludhiana Kesari
Jan 16, 2024 (IST)

पंजाब केसरी



रैली में भाग लेते हुए एन.सी.सी. कैडेट्स।

एन.सी.सी. विंग ने मनाया भारतीय सेना दिवस

लुधियाना, 15 जनवरी (बिक्की): मॉडल टाउन स्थित गुरु नानक खालसा कॉलेज फॉर वुमेन के राजनीति विज्ञान विभाग के सहयोग से एन.सी.सी. विंग ने आज कॉलेज परिसर में भारतीय सेना दिवस मनाया। छात्राओं ने 'प्रौद्योगिकी अवशोषण का वर्ष' विषय पर एक रैली और सेमिनार में भाग लिया। कैडेट्स ने भारतीय सेना के प्रति

अपने सम्मान को दर्शाते हुए अनुशासन, प्रतिबद्धता और उत्साह का प्रदर्शन किया। यूनिट स्टाफ हवलदार मनदीप सिंह ने कैडेटों को दिन के महत्व के बारे में जागरूक किया। प्रिंसिपल डॉ. मनीता काहलों ने कैडेट्स के बीच गर्व और कृतज्ञता की भावना को बढ़ावा देने के लिए सशस्त्र बलों द्वारा किए गए बलिदानों के बारे में अवगत करवाया।

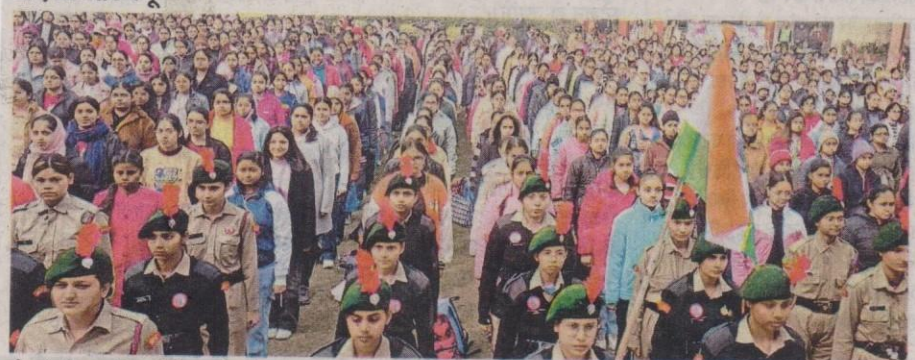


ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਗਣਤੰਤਰ ਦਿਵਸ ਮਨਾਉਂਦੇ ਹੋਏ ਐਨਐਸੀ ਕੈਡਟ, ਵਿਦਿਆਰਥੀ ਤੇ ਅਧਿਆਪਕ ।
ਤਸਵੀਰ-ਸੇਵਕ ਸਿੰਘ

ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ

ਲੁਧਿਆਣਾ, 25 ਜਨਵਰੀ (ਜਸਵਿੰਦਰ ਸਿੰਘ)-ਇਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸ਼ਰੇਂਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਐਨ.ਸੀ.ਸੀ. ਵਿੰਗ, ਰਾਜਨੀਤੀ ਸ਼ਾਸਤਰ ਵਿਭਾਗ ਅਤੇ ਹਿੰਦੀ ਵਿਭਾਗ ਅਤੇ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ, ਮਾਡਲ ਟਾਊਨ, ਲੁਧਿਆਣਾ ਦੇ ਸਮੂਹ ਕਲੱਬਾਂ ਨੇ ਕਾਲਜ ਕੈਂਪਸ ਵਿਚ ਗਣਤੰਤਰ ਦਿਵਸ ਮਨਾਇਆ। ਸਮਾਗਮ ਦੀ ਸ਼ੁਰੂਆਤ ਰਾਸ਼ਟਰੀ ਗੀਤ ਦੇ ਗਾਇਨ ਨਾਲ ਹੋਈ, ਜੋ ਇਕ ਪ੍ਰਗਤੀਸ਼ੀਲ ਅਤੇ ਸ਼ਿੱਖੇਵਾਰ ਭਾਰਤ ਪ੍ਰਤੀ ਸਮੂਹਿਕ ਵਚਨਬੱਧਤਾ ਨੂੰ ਦਰਸਾਉਂਦੀ ਹੈ। ਹਿੰਦੀ ਵਿਭਾਗ ਨੇ 'ਵਿਕਸਿਤ ਭਾਰਤ' ਵਿਸ਼ੇ 'ਤੇ ਵਿਚਾਰ-ਪ੍ਰੇਰਕ ਨੁੱਕੜ ਨਾਟਕ ਪੇਸ਼ ਕੀਤਾ। ਇਸ ਸਮਾਗਮ ਵਿਚ ਫੈਕਲਟੀ ਮੈਂਬਰਾਂ ਸਮੇਤ ਕੁੱਲ 311 ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਭਾਗ ਲਿਆ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਆਪਣੇ ਸੰਬੰਧਨ ਵਿਚ ਭਾਰਤ ਦੀ ਜਮਹੂਰੀ ਵਿਰਾਸਤ, ਇਤਿਹਾਸਕ ਸੰਦਰਭ ਪ੍ਰਦਾਨ ਕਰਦੇ ਹੋਏ ਅਤੇ ਲੋਕਤੰਤਰ ਦੀ ਮਾਂ ਵਜੋਂ ਦੇਸ਼ ਦੀ ਭੂਮਿਕਾ ਨੂੰ ਰੇਖਾਕਿਤ ਕੀਤਾ।

ਜੀਐਨਕੇਸੀਡਕਯੂ



ਜੀਐਨਕੇਸੀਡਕਯੂ ਮੈਂ ਗਯਾਂਤਰ ਦਿਵਸ ਦੇ ਮੌਕੇ ਪਰ ਸਪੇਸ਼ਲ ਏਸੈਂਬਲੀ ਆਯੋਜਿਤ ਕੀ ਗਈ। ਇਸ ਦੌਰਾਨ ਸਮੀ ਨੇ ਰਾਸ਼ਟਰੀ ਗਾਨ ਗਾਯਾ। ● ਸੀ. ਜੀਐਨਕੇਸੀਡਕਯੂ



6-01-2024 Dainik Savera Page 4 Column 1



GNKCW

The NCC wing, department of political science, Hindi and all clubs of Guru Nanak Khalsa College for Women celebrated Republic Day on campus. Students of the college took 'Quality Bharat Pledge'. The department of Hindi presented a 'nukkad natak' on the theme 'Viksit Bharat'. A total number of 311 students along with faculty members participated in the event. College principal Manee-ta Kahlon spoke about the democratic heritage of India, underscoring the nation's role as the mother of democracy.

26-01-2024 Punjab Kesari Page 2 Column2 29-01-2024 The Times of India Page Column2



ਜੀਐਨਕੇਸੀਡਬਲਯੂ ਵਿਖੇ ਮੁਫਤ ਖੂਨ ਜਾਂਚ ਕੈਂਪ ਦੌਰਾਨ ਦਿਖਾਈ ਦੇ ਰਹੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ.ਮਨੀਤਾ ਕਾਹਲੋਂ, ਲਾਇਨਜ਼ ਕਲੱਬ ਲੁਧਿਆਣਾ ਕ੍ਰਿਏਟਿਵ ਦੇ ਅਹੁਦੇਦਾਰ ਤੇ ਹੋਰ। ਪੰਜਾਬੀ ਜਾਗਰਤ

ਮੁਫਤ ਖੂਨ ਜਾਂਚ ਕੈਂਪ ਲਾਇਆ

ਸਟਾਫ ਪ੍ਰਤੀਨਿਧ, ਲੁਧਿਆਣਾ : ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਵੱਲੋਂ ਇੰਟਰਨਲ ਡਾਇਲਟੀ ਐਸੋਸੀਏਸ਼ਨ ਦੀ ਅਗਵਾਈ ਹੇਠ ਵਿਸ਼ਵ ਸਿਹਤ ਦਿਵਸ ਨੂੰ ਸਮਰਪਿਤ ਮੁਫਤ ਖੂਨ ਜਾਂਚ ਕੈਂਪ ਲਾਇਆ ਗਿਆ। ਇਹ ਕੈਂਪ ਲਾਇਨਜ਼ ਕਲੱਬ ਲੁਧਿਆਣਾ ਕ੍ਰਿਏਟਿਵ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਲਾਇਆ ਗਿਆ। ਲਾਇਨਜ਼ ਕਲੱਬ ਦੇ ਪ੍ਰਧਾਨ ਪਰਵੀਨ ਗੁਪਤਾ, ਕਲੱਬ ਦੇ ਮਜ਼ਾਨੀ ਮੁਕੇਸ਼ ਮਟਕਣ, ਮੋਹਨ ਲਾਲ ਜਿੰਦਲ, ਦੀਪ ਅਮਨ ਸਿੰਘ, ਜੇਐਸ ਬਹਿਲ, ਸੰਜੀਵ ਖੇੜਾ, ਪਰਮਜੀਤ ਸਿੰਘ, ਅਸ਼ੀਸ਼ ਗੋਇਲ ਆਦਿ ਹਾਜ਼ਰ ਸਨ। ਇਸ ਪਹਿਲਕਦਮੀ 'ਚ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਅਧਿਆਪਕਾਂ ਵੱਲੋਂ ਵੀ ਉਤਸ਼ਾਹੀ ਸ਼ਮੂਲੀਅਤ ਦੇਖਣ ਨੂੰ

ਮਿਲੀ। ਐਨਐਸਐਸ ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ ਸਤਵੰਤ ਕੌਰ ਦੀ ਅਗਵਾਈ 'ਚ ਕੈਂਪ ਦਾ ਉਦੇਸ਼ ਕਾਲਜ ਦੇ ਹਿਸੇਦਾਰਾਂ 'ਚ ਸਵੈਸੇਵੀ ਤੇ ਸਮਾਜਿਕ ਜ਼ਿੰਮੇਵਾਰੀ ਦੀ ਭਾਵਨਾ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਦੇ ਹੋਏ ਸਮਾਜ 'ਚ ਮਹੱਤਵਪੂਰਨ ਸਿਹਤ ਸੇਵਾਵਾਂ ਪ੍ਰਦਾਨ ਕਰਨਾ ਸੀ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ.ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਇਸ ਸਾਰਥਕ ਗਤੀਵਿਧੀ 'ਚ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਸਰਗਰਮ ਭਾਗੀਦਾਰੀ ਲਈ ਪੁਰਾ ਸਹਿਯੋਗ ਦਿੱਤਾ। ਉਨ੍ਹਾਂ ਸਿਹਤ ਜਾਗਰੂਕਤਾ ਵਧਾਉਣ ਤੇ ਸਮਾਜ ਭਲਾਈ 'ਚ ਯੋਗਦਾਨ ਪਾਉਣ ਲਈ ਅਜਿਹੇ ਸਮਾਗਮਾਂ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਉਜਾਗਰ ਕੀਤਾ। ਇਹ ਸਹਿਯੋਗੀ ਯਤਨ ਕਾਲਜ ਦੀ ਵਿਸਤ੍ਰਿਤ ਸਿਖਿਆ ਪ੍ਰਤੀ ਸਮਰਪਣ ਤੇ ਸਮਾਜ ਦੀ ਸੇਵਾ ਲਈ ਇਸਦੀ ਵਚਨਬੱਧਤਾ ਨੂੰ ਦਰਸਾਉਂਦਾ ਹੈ।

ਜੀਐਨਕੇਸੀਡਬਲਯੂ ਮੈਂ ਰਕਤ ਪਰੀਖਣ ਸ਼ਿਵਿਰ ਲਗਾਇਆ

ਜਾਸ, ਲੁਧਿਆਣਾ : ਆੰਤਰਿਕ ਗੁਣਵਤਾ ਆਰਵਾਸਨ ਸੇਲ ਦੇ ਤਵਾਥਾਨ ਮੈਂ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ (ਜੀਐਨਕੇਸੀਡਬਲਯੂ) ਮਾਡਲ ਟਾਊਨ ਨੇ ਵਿਸ਼ਵ ਸਵਾਸਥ ਥਿਵਸ ਦੇ ਤਪਲਕਸ਼ ਮੈਂ ਲਾਯੰਸ ਕਲਬ ਲੁਧਿਆਣਾ ਕ੍ਰਿਏਟਿਵ ਦੇ ਸਹਯੋਗ ਸੇ ਏਕ ਮੁਪਤ ਰਕਤ ਪਰੀਕਸ਼ਣ ਸ਼ਿਵਿਰ ਕਾ ਆਯੋਜਨ ਕੀਯਾ। ਇਸ ਅਕਸਰ ਪਰ ਲਾਯੰਸ ਕਲਬ ਕੇ ਅਥਯਕਸ਼ ਪਰਵੀਨ ਗੁਪਤਾ, ਕੋਥਾਥਯਕਸ਼ ਮੁਕੇਸ਼ ਮਟਕਨ, ਮੋਹਨ ਲਾਲ ਜਿੰਦਲ, ਦੀਪ ਅਮਨ

ਸਿੰਘ, ਜੇਐਸ ਬਹਲ, ਸੰਜੀਵ ਖੇੜਾ, ਪਰਮਜੀਤ ਸਿੰਘ ਵ ਆਸ਼ੀਥ ਗੋਯਲ ਤਪਸਥਿਥ ਥੇ। ਏਨਏਏਏ ਕਾਰਥਕਰਮ ਅਥਿਕਾਰੀ ਸਤਵੰਤ ਕੋਰ ਢਵਾਰਾ ਨਿਰਦੇਸ਼ਿਤ ਸ਼ਿਵਿਰ ਕਾ ਤਢੇਸ਼ਯ ਕਾਲੇਜ ਕੇ ਹਿਥਥਾਰਕੋਂ ਕੇ ਥੀਚ ਸਵਯੰਸੇਥਾ ਆੳਰ ਸਾਮਾਜਿਕ ਜਿਮੇਢਾਰੀ ਕੀ ਥਾਥਨਾ ਕੋ ਢਢਾਥਾ ਢੇਨਾ ਥਾ। ਪ੍ਰਿੰਸਿਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਇਸ ਸਾਰਥਕ ਗਤਿਥਿਥਿ ਮੈਂ ਓਯੳਰੋਂ ਕੀ ਸਕ੍ਰਿਥਯ ਥਾਗੀਢਾਰੀ ਕੇ ਲਿਏ ਪੂਰ੍ਥ ਸਮਥੰਨ ਢਿਖਾਯਾ।



ਜੀਐਨਕੇਸੀਡਬਲਯੂ ਮੈਂ ਰਕਤ ਪਰੀਕਸ਼ਣ ਸ਼ਿਵਿਰ ਕੇ ਢੋਰਾਨ ਮੳਜੂਢ ਡਾਕਟਰੋਂ ਕੀ ਟੀਮ ਸੀ। ਕਾਲੇਜ

ਜੀਐਨਕੇਸੀਡਬਲਯੂ ਮੈਂ ਰਕਤਦਾਨ ਸ਼ਿਵਿਰ ਕਾ ਆਯੋਜਨ

ਸਕੇਰਾ ਨ੍ਯੂਜ/ਰਜਨੀ

ਲੁਧਿਆਣਾ, 3 ਅਪ੍ਰੈਲ : ਆੰਤਰਿਕ ਗੁਣਵਤਾ ਆਰਵਾਸਨ ਸੇਲ ਕੇ ਤਵਾਥਾਥਾਨ ਮੈਂ, ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲੇਜ ਫੳਰ ਵਿਮੈਨ, ਮੳਡਲ ਟਾਊਨ, ਲੁਧਿਆਣਾ ਨੇ ਵਿਸ਼ਵ ਸਵਾਸਥ ਥਿਵਸ ਕੇ ਤਪਲਕਸ਼ ਮੈਂ ਲਾਯੰਸ ਕਲਬ ਲੁਧਿਆਣਾ ਕ੍ਰਿਏਟਿਵ ਕੇ ਸਹਯੋਗ ਸੇ ਏਕ ਮੁਪਤ ਰਕਤ ਪਰੀਕਸ਼ਣ ਸ਼ਿਵਿਰ ਕਾ ਆਯੋਜਨ ਕੀਯਾ। ਇਸ ਅਕਸਰ ਪਰ ਲਾਯੰਸ ਕਲਬ ਕੇ ਵਿਥਿਨ ਸਢਸਥ ਅਥਯਕਸ਼ ਪਰਵੀਨ ਗੁਪਤਾ, ਕਲਬ ਕੇ

ਕੋਥਾਥਯਕਸ਼ ਮੁਕੇਸ਼ ਮਟਕਨ, ਮੋਹਨ ਲਾਲ ਜਿੰਦਲ, ਦੀਪ ਅਮਨ ਸਿੰਘ, ਜੇਐਸ ਬਹਲ, ਸੰਜੀਵ ਖੇੜਾ, ਪਰਮਜੀਤ ਸਿੰਘ ਆੳਰ ਆਸ਼ੀਥ ਗੋਯਲ ਤਪਸਥਿਥ ਥੇ। ਇਸ ਪਹਲ ਮੈਂ ਵਿਢਾਥਿਥੋਂ ਆੳਰ ਸ਼ਿਕਸ਼ਕੋਂ ਢੋਨੋਂ ਕੀ ਸਮਾਨ ਰੂਪ ਸੇ ਤਲਸਾਹਪੂਰ੍ਥ ਥਾਗੀਢਾਰੀ ਢੇਖੀ ਗਈ। ਏਨਏਏਏ ਕਾਰਥਕਰਮ ਅਥਿਕਾਰੀ ਸਤਵੰਤ ਕੋਰ ਢਵਾਰਾ ਨਿਰਦੇਸ਼ਿਤ, ਸ਼ਿਵਿਰ ਕੇ ਤਢੇਸ਼ਯ ਪਰ ਪ੍ਰਕਾਸ਼ ਡਾਲਾ ਗਯਾ। ਪ੍ਰਿੰਸਿਪਲ ਡੳ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਵਿਢਾਥਿਥੋਂ ਕੀ ਸਕ੍ਰਿਥ ਥ ਥਾਗੀਢਾਰੀ ਕੇ ਸਰਾਹਨਾ ਕੀ।



ਜੀਐਨਕੇਸੀਡਬਲਯੂ ਮੈਂ ਆਯੋਜਿਤ ਰਕਤਦਾਨ ਸ਼ਿਵਿਰ ਮੈਂ ਹਿਸਸਾ ਲੇਢੇ ਏਨਸੀਸੀ ਕੈਢੇਟ, ਪ੍ਰਿੰਸਿਪਲ ਵ ਅਥਯ।

ਜੀਐਨਕੇਸੀਡਬਲਯੂ ਮੈਂ ਅੰਥੇਡਕਰ ਜਯੰਤੀ ਮਨਾਈ



ਲੁਧਿਆਣਾ| ਆੰਤਰਿਕ ਗੁਣਵਤਾ ਆਰਵਾਸਨ ਸੇਲ ਕੇ ਤਵਾਥਾਥਾਨ ਮੈਂ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲੇਜ ਫੳਰ ਵੂਮੈਨ, ਜੀਐਨਕੇਸੀਡਬਲਯੂ ਗੁਜਰਕਾਨ ਕੈਂਪਸ, ਮੳਡਲ ਟਾਊਨ ਕੇ ਰਾਜਨੀਥਿ ਵਿਢਾਨ ਵਿਥਾਥਾ ਆੳਰ ਏਨਸੀਸੀ ਵਿੰਗ ਨੇ 15 ਅਪ੍ਰੈਲ ਕੋ ਰਾਸ਼ਟ੍ਰੀਯ ਨਾਯਕ, ਥਾਰਥ ਕੇ ਸੰਥਿਥਾਨ ਕੇ ਪ੍ਰਮੁਖ ਵਾਸ੍ਤੁਕਾਰ ਆੳਰ ਸਮਾਜ ਸੁਢਾਰਕ ਡੳ. ਥੀਆਰ ਅੰਥੇਡਕਰ ਕੀ ਸਮ੍ਰਿਥਿ ਮੈਂ ਤਨਕੋ 133ਵੀਂ ਜਯੰਤੀ ਮਨਾਈ ਗਈ। ਲੇਫਿਟਨੈਂਟ ਸੁਖਜੀਥ ਕੋਰ ਨੇ ਤਨਕੀ ਸ਼ਿਕਸ਼ਾਓਂ ਆੳਰ ਕਾਰਯੋਂ ਕੀ ਸਮ੍ਰਿਥਿ ਮੈਂ ਏਕ ਵਿਸ਼ੇਸ਼ ਸਥਾ ਆਯੋਜਿਥ ਕੀ ਗਈ। ਇਸ ਗਤਿਥਿਥਿ ਮੈਂ ਸੰਕਾਥਯ ਸਢਸਥਯੋਂ ਸਹਿਥ ਕੁਲ 52 ਓਯੳਰੋਂ ਨੇ ਥਾਗ ਲਿਯਾ। ਪ੍ਰਿੰਸਿਪਲ ਡੳ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਸਮਾਜ ਮੈਂ ਮਢਾਨ ਨੇਥਾ ਕੇ ਯੋਗਢਾਨ ਪਰ ਢਹਮੂਲ੍ਯ ਅੰਤਢ੍ਰਿਸ਼ਿਥ ਸਾਢਾ ਕੀ। ਤਨਹੋਂਨੇ ਓਯੳਰੋਂ ਕੋ ਤਨਕੇ ਨਕਸ਼ੇ ਕਢਮ ਪਰ ਓਲਨੇ ਆੳਰ ਅਪਨੇ ਲਕਸ਼ ਕੋ ਪ੍ਰਾਪਤ ਕਰਨੇ ਆੳਰ ਸਮਾਜ ਕੇ ਤਲਥਾਨ ਕੇ ਲਿਏ ਤਨਕੇ ਮੂਲ੍ਯੋਂ ਕੋ ਅਪਨੇ ਜੀਥਨ ਮੈਂ ਅਪਨਾਨੇ ਕੇ ਲਿਏ ਪ੍ਰੇਰਿਥ ਕੀਯਾ।



GURU NANAK KHALSA COLLEGE FOR WOMEN

GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA

Half Yearly Report

On



NSS and Red Cross Society Activities



JUNE 2023 - DEC 2023

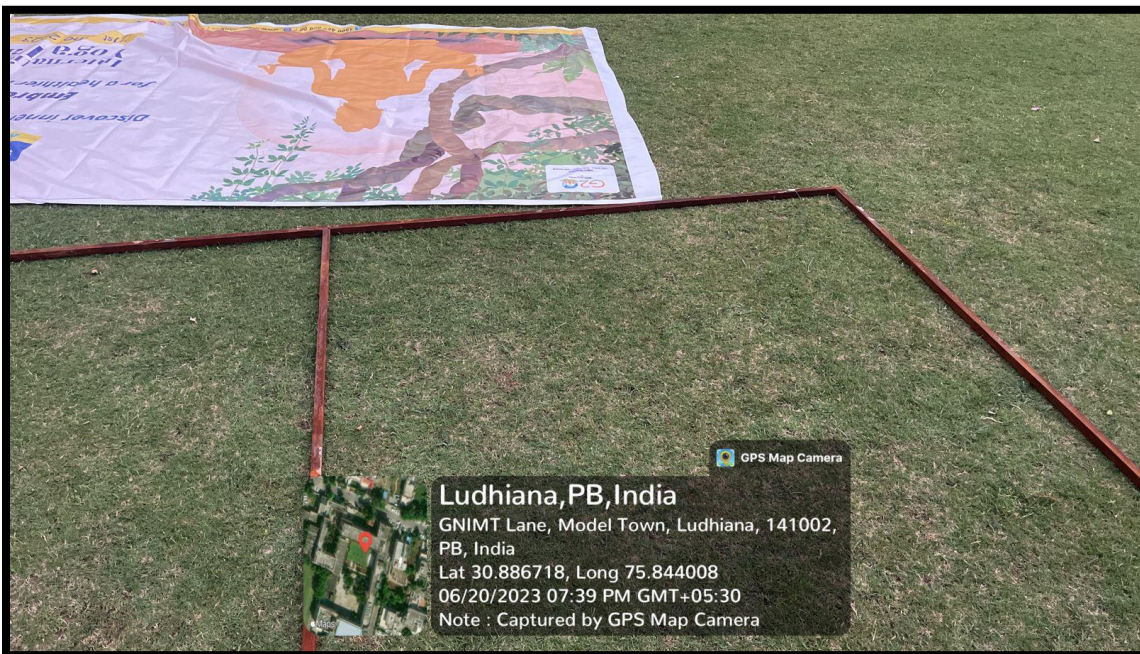
Satsant Kaur
NSS Programme Officers

Maneeta Kahlon
Dr. Maneeta Kahlon
Principal

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

PREPARATION OF YOGA DAY

Preparations were diligently undertaken for Yoga Day on June 20, 2023, at Guru Nanak Khalsa College for Women in Model Town, Ludhiana. Among the arrangements, a vibrant banner was displayed in the college premises to commemorate the significance of Yoga Day. This visually captivating display aimed not only to celebrate the practice of yoga but also to encourage active participation and engagement from students, faculty, and the broader community. The banner served as a powerful symbol, signaling the college's commitment to promoting holistic well-being and fostering a culture of health-consciousness among its members.



1. To observe World Cycle day

World Cycle Day was observed in the college campus on June 03, 2023. It is celebrated annually on June 3 to promote the benefits of cycling and raise awareness about the importance of bicycles as a sustainable mode of transportation. Total 28 volunteers participated in the cycle rally along with two program Officers, Dr. Neetu Prakash and Mrs. Satwant Kaur.

Madam Principal Dr. Maneeta Kahlon encouraged and motivated the students to participate in such activities for a healthy lifestyle.



PRESS CLIPPINGS



ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਵਿਸ਼ਵ ਸਾਈਕਲ ਦਿਵਸ ਮਨਾਉਣ ਸਮੇਂ ਕਾਲਜ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ, ਵਿਦਿਆਰਥੀ ਤੇ ਹੋਰ। ਅਜੀਤ ਤਸਵੀਰ

ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਵਿਸ਼ਵ ਸਾਈਕਲ ਦਿਵਸ ਮਨਾਇਆ

ਲੁਧਿਆਣਾ, 3 ਜੂਨ (ਪੁਨੀਤ ਬਾਵਾ)- ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸ਼ਰੈਂਸ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਕਾਲਜ ਦੀ ਐਨ.ਐਸ.ਐਸ. ਯੂਨਿਟ ਨੇ ਅੱਜ ਕਾਲਜ ਕੈਂਪਸ ਵਿਚ ਵਿਸ਼ਵ ਸਾਈਕਲ ਦਿਵਸ ਮਨਾਇਆ। ਸਾਈਕਲਿੰਗ ਦੇ ਲਾਭਾਂ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਅਤੇ ਆਵਾਜਾਈ ਦੇ ਟਿਕਾਊ ਢੰਗ ਵਜੋਂ ਸਾਈਕਲਾਂ ਦੀ ਮਹੱਤਤਾ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨ ਲਈ ਹਰ ਸਾਲ 3 ਜੂਨ ਨੂੰ ਮਨਾਇਆ ਜਾਂਦਾ ਵਿਸ਼ਵ ਸਾਈਕਲ ਦਿਵਸ ਮਹੱਤਵਪੂਰਨ ਹੈ ਕਿਉਂਕਿ ਵਿਸ਼ਵ ਸਿਹਤ ਸੰਗਠਨ ਸਿਹਤ ਅਤੇ ਵਾਤਾਵਰਣ ਲਈ ਇਸ ਦੇ ਲਾਭਾਂ ਲਈ ਸਾਈਕਲਿੰਗ ਨੂੰ ਸਰਗਰਮੀ ਨਾਲ ਉਤਸ਼ਾਹਿਤ ਕਰਦਾ ਹੈ। ਸਾਈਕਲਿੰਗ ਨੂੰ

ਇਕ ਸਿਹਤਮੰਦ ਗਤੀਵਿਧੀ ਮੰਨਿਆ ਜਾਂਦਾ ਹੈ ਜੋ ਸਰੀਰਕ ਗਤੀਵਿਧੀ ਨੂੰ ਵਧਾਉਂਦਾ ਹੈ, ਗੈਰ-ਸੰਚਾਰੀ ਬਿਮਾਰੀਆਂ ਨੂੰ ਘਟਾਉਂਦਾ ਹੈ। ਜਦੋਂ ਵਾਤਾਵਰਣ ਦੀ ਗੱਲ ਆਉਂਦੀ ਹੈ ਤਾਂ ਇਹ ਹਵਾ ਅਤੇ ਸ਼ੋਰ ਪ੍ਰਦੂਸ਼ਣ ਨੂੰ ਵੀ ਘਟਾਉਂਦਾ ਹੈ। ਵਿਸ਼ਵ ਸਿਹਤ ਸੰਗਠਨ ਸਾਈਕਲਿੰਗ ਨੂੰ ਟਿਕਾਊ ਵਿਕਾਸ ਟੀਚਿਆਂ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨ ਦੇ ਸਾਧਨ ਵਜੋਂ ਮਾਨਤਾ ਦਿੰਦਾ ਹੈ। ਸਾਈਕਲ ਰੈਲੀ ਵਿਚ ਦੋ ਪ੍ਰੋਗਰਾਮ ਅਫ਼ਸਰ ਡਾ: ਨੀਤੂ ਪ੍ਰਕਾਸ਼ ਅਤੇ ਸਤਵੰਤ ਕੌਰ ਸਮੇਤ ਕੁੱਲ 28 ਵਲੰਟੀਅਰਾਂ ਨੇ ਭਾਗ ਲਿਆ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਿਹਤਮੰਦ ਜੀਵਨ ਸ਼ੈਲੀ ਲਈ ਅਜਿਹੀਆਂ ਗਤੀਵਿਧੀਆਂ ਵਿਚ ਭਾਗ ਲੈਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।

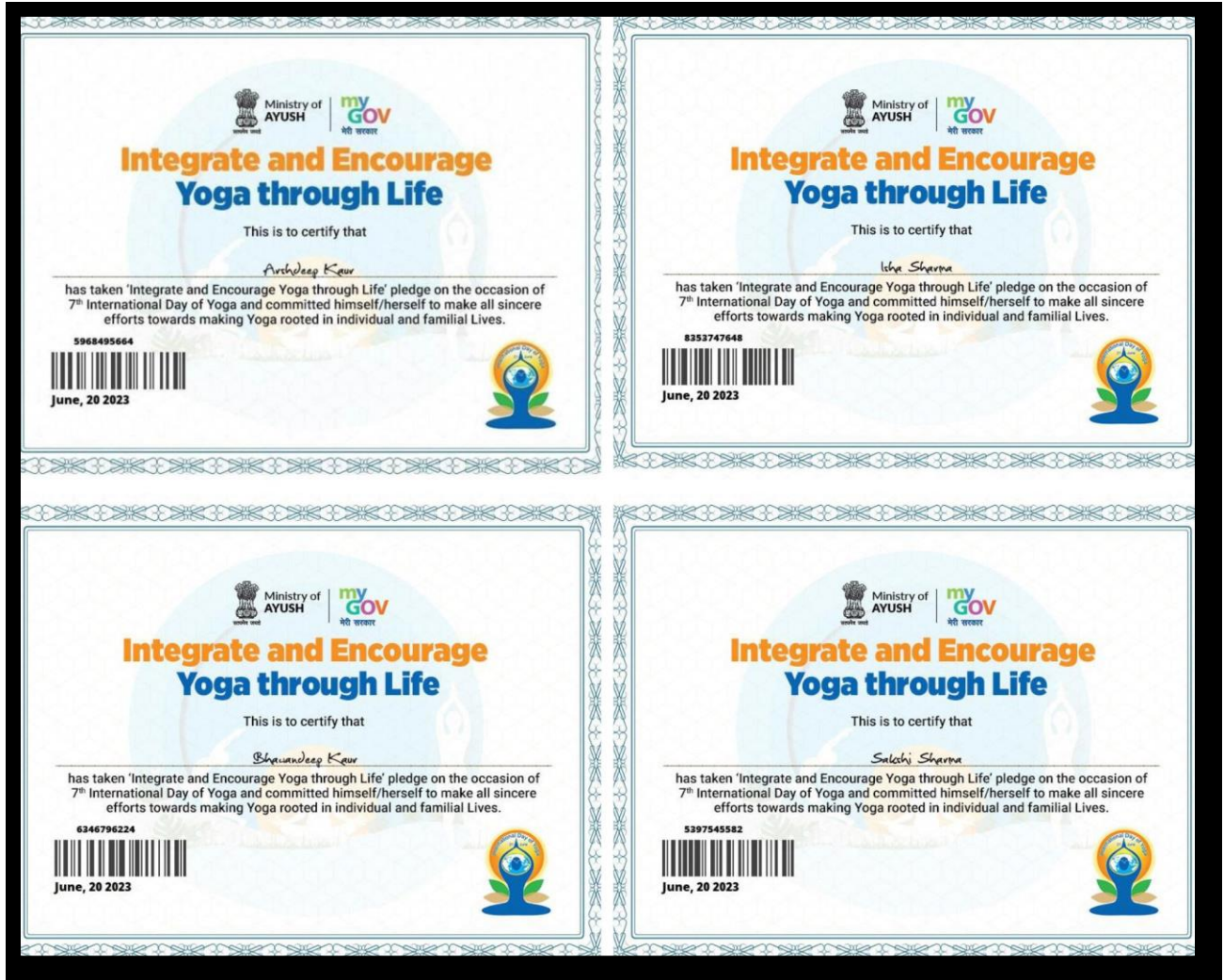
2. Participated in Quiz Competition

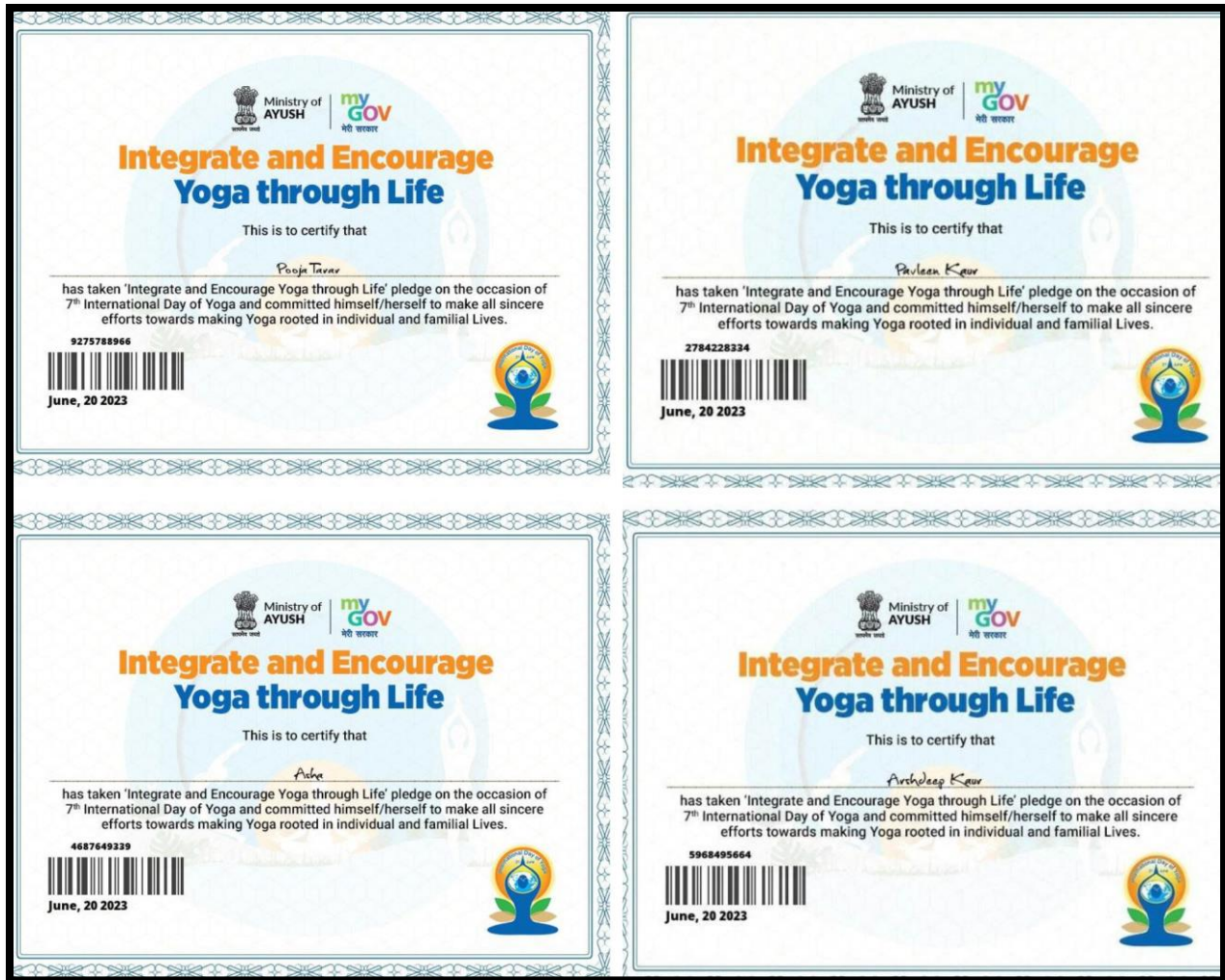
The staff and students of GNKCW participated in Quiz Competition to commemorate on the occasion of International Day of Yoga on mygov web portal to remind people across the globe about the benefits of Yoga, and to build enduring public interest in Yoga by highlighting its importance and contributions to public health on June 21, 2023.



3. Integrate and Encourage Yoga through Life pledge

The staff and students of GNKCW undertook 'Integrate and Encourage Yoga through Life' pledge on the occasion of International Day of Yoga on mygov web portal to consciously make all sincere efforts towards making yoga rooted in individual and familial lives on June 21,2023.





Organized Yoga Session for students

Under the aegis of IQAC, NCC Unit, NSS Wing of Guru Nanak Khalsa College for Women, Ludhiana celebrated International Yoga Day on June 21, 2023, as per the directives of Ministry of Education, Government of India, under the theme 'Vasudhaiva Kutumbakam'. 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. The event was coordinated by Ms. Asha, Care taker officer of the NCC unit and Dr. Neetu Prakassh and Mrs. Satwant Kaur, Program Officers of the NSS unit.

Principal, Dr. Maneeta Kahlon the 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.



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

Under the aegis of IQAC
National Cadet Corps (NCC) Wing & NSS Unit
 celebrate



International Day of Yoga
 21 June




Yoga for Vasudhaiva Kutumbakam



Principal
Dr. Maneeta Kahlon

NSS Programme Officers
Dr. Neetu Prakash
Mrs. Satwant Kaur

NCC Officers
Lt. Sukhjot Kaur (ANO)
Ms. Asha (CTO)





4. Organized yoga session for Non-Teaching as well as supporting staff

GNKCW organized a rejuvenating yoga session for Non-Teaching as well as supporting staff on the auspicious occasion of International day of Yoga on June 21, 2023. Our esteemed staff members gathered to embark to experience the restorative effects of yoga, promoting physical flexibility, mental clarity, and a sense of overall well-being.

Principal, Dr. Maneeta Kahlon, encouraged staff members to cultivate inner calmness, mindfulness, and a sense of renewal.





PRESS CLIPPINGS

**ਜੀ.ਐਨ.ਕੇ.ਸੀ.ਡਬਲਯੂ. ਵਿਖੇ
 ਅੰਤਰਰਾਸ਼ਟਰੀ ਯੋਗ ਦਿਵਸ ਮਨਾਇਆ**

-ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਫ਼ਾਰ ਵੁਮੈਨ ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਂਬੈਸੈਂਸ ਸੈੱਲ, ਐਨ.ਸੀ.ਸੀ. ਯੂਨਿਟ, ਐਨ.ਐਸ.ਐਸ. ਵਿੰਗ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਾਲਜ ਕੈਂਪਸ ਵਿਖੇ ਭਾਰਤ ਸਰਕਾਰ ਦੇ ਸਿੱਖਿਆ ਮੰਤਰਾਲਾ ਦੇ ਨਿਰਦੇਸ਼ਾਂ ਬੀਮ ਦੇ ਤਹਿਤ 'ਵਸੁਧੈਵ ਕੁਟੁੰਬਕਮ' ਅੰਤਰਰਾਸ਼ਟਰੀ ਯੋਗ ਦਿਵਸ ਮਨਾਇਆ। ਇਸ ਦੌਰਾਨ ਵਿਦਿਆਰਥੀਆਂ 'ਚ ਯੋਗ ਦੇ ਅਨੇਕ ਲਾਭਾਂ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨ ਅਤੇ ਸਰੀਰਕ, ਮਾਨਸਿਕ ਅਤੇ ਅਧਿਆਤਮਿਕ ਤੰਦਰੁਸਤੀ ਲਈ ਇਸਦੀ ਸੰਪੂਰਨ ਪਹੁੰਚ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਲਈ ਇਕ ਯੋਗ ਸੈਸ਼ਨ ਵੀ ਕਰਵਾਇਆ। ਸਮਾਗਮ ਦਾ ਸੰਚਾਲਨ ਐਨ.ਸੀ.ਸੀ. ਯੂਨਿਟ ਦੀ ਕੋਅਰ ਟੋਕਰ ਅਫ਼ਸਰ ਸ਼੍ਰੀਮਤੀ ਆਸ਼ਾ ਅਤੇ ਐਨ.ਐਸ.ਐਸ. ਯੂਨਿਟ ਦੇ ਪ੍ਰੋਗਰਾਮ ਅਫ਼ਸਰ ਡਾ. ਨੀਤੂ ਪ੍ਰਕਾਸ਼ ਅਤੇ ਸ਼੍ਰੀਮਤੀ ਸ਼ਤਵੰਤ ਕੌਰ ਨੇ ਕੀਤਾ। ਇਸ ਮੌਕੇ ਪ੍ਰਿੰਸੀਪਲ, ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਯੋਗ ਦੇ ਮੁੱਖ ਫ਼ਾਇਦਿਆਂ ਨੂੰ ਰੇਖਾਕਿਤ ਕਰਦਿਆਂ ਦੱਸਿਆ ਕਿ ਕਿਵੇਂ ਨਿਯਮਿਤ ਯੋਗ ਅਭਿਆਸ ਤਣਾਅ ਦੇ ਪੱਧਰ, ਸਰੀਰ ਦੀ ਵਿਆਪਕ ਸ਼ੁੱਧਤਾ ਨੂੰ ਘਟਾ ਸਕਦਾ ਹੈ ਅਤੇ ਸਿਹਤਮੰਦ ਦਿਲਾਂ ਵਿਚ ਯੋਗਦਾਨ ਪਾਉਂਦਾ ਹੈ।



ਲੁਧਿਆਣਾ ਦੇ ਜੀਐਨਕੇਸੀਡਬਲਯੂ ਮੈਂ ਅੰਤਰਰਾਸ਼ਟਰੀ ਯੋਗ ਦਿਵਸ ਦੇ ਮੌਕੇ ਧਰ ਐਨਸੀਸੀ ਕੈਡੇਟਸ ਨੇ ਯੋਗ ਦੀ ਵਿਭਿੰਨ ਗਤਿਵਿਧੀਆਂ ਸਮੇਂ ਛਿੱਲ੍ਹਾ ਲਿਆ। ਭਲੇ ਦੌਰਾਨ ਉਨ੍ਹਾਂ ਯੋਗ ਕੋ ਯੋਗ ਮੇਂ ਹਰ ਦਿਨ ਅਪਨਾਨੇ ਕਾ ਧਰਮ ਭੀ ਲਿਆ। ● ਡਾ. ਸਕੂਲ

5. International Day against Drug Abuse and Illicit Trafficking

NSS Unit of Guru Nanak Khalsa College for Women in Ludhiana celebrated the International Day against Drug Abuse and Illicit Trafficking on June 26, 2023 by creating a video highlighting various activities that inspire you to follow a healthy lifestyle to raise awareness about the importance of staying away from drugs and promoting well-being.

The video showcased various activities like World Environment Day, International Yoga Day, World Food Safety Day, World Blood Donor Day, and Drug Abuse. These events and issues are all crucial in their own right and contribute to a healthier and safer society.

Dr. Maneeta Kahlon, Principal inspired the students to follow a healthy lifestyle so that together, we can create a world where drug abuse and illicit trafficking have no place.

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

Under the aegis of IQAC
WDC, NCC Wing, Red Ribbon Club & Buddy Group
observes
**International Day against Drug Abuse and
Illicit Trafficking**
on June 26, 2023

NO DRUGS

**Together, we can tackle
the world drug problem!**

Principal
Dr. Maneeta Kahlon

The poster includes the college logo on the top left, the G20 logo on the top right, and a central cluster of 18 hexagonal icons representing various substances and drug-related activities such as smoking, pills, syringes, and chemical structures.



6. Registration drive


NSS unit of Guru Nanak Khalsa College for Women organized registration drive for enrolling students as NSS volunteers on August 2, 2023. NSS Program Officers Dr. Neetu Prakash and Mrs. Satwant Kaur discussed with the students the importance of NSS, various activities which NSS unit performed last year and future events too. Principal Dr. Maneeta Kahlon encouraged the students to join and participate in community service activities.





7. GNKCW Observes Organ Donation Day

Under the aegis of Internal Quality Assurance Cell, NSS unit of Guru Nanak Khalsa College for Women, Ludhiana observed Organ Donation Day in the college on August 03, 2023. This day is observed to raise awareness about the importance of donating organs after death to save more lives. NSS Program Officers Dr. Neetu Prakash and Mrs. Satwant Kaur discussed with the students about the importance of organ donation. NSS volunteers took pledge on online as well as offline mode. Principal Dr. Maneeta Kahlon encouraged the students for organ donation to contribute towards the noble cause of society.



The poster features a central illustration of a hand holding a heart, with various organs (kidney, liver, heart, lungs, stomach) depicted inside the heart. The background is a gradient of light blue and green. Logos for GNW, G20, and the 75th anniversary of India's independence are present in the top corners. A yellow banner at the bottom right contains the text 'TO RAISE AWARENESS ON ORGAN DONATION'.

GNW
GURU NANAK KHALSA COLLEGE FOR WOMEN
LUDHIANA

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

G20
भारत 2023 (INDIA)
संयुक्त राष्ट्रसंघ
ONE EARTH - ONE FAMILY - ONE FUTURE

Under the aegis of IQAC
NSS Unit
observes

75
आज़ादी का
अमृत महोत्सव

**Aangdaan
Mahotsav**
on August 03, 2023

**TO RAISE AWARENESS ON
ORGAN DONATION**

Principal
Dr. Maneeta Kahlon

NSS Programme Officers
Dr. Neetu Prakash
Mrs. Satwant Kaur



PRESS CLIPPINGS

अंगदान करने के महत्व के बारे में बताया



लुधियाना|आंतरिक गुणवत्ता आश्वासन सेल के तत्वावधान में गुरु नानक खालसा कॉलेज फॉर वुमेन जीएनकेसीडब्ल्यू की एनएसएस इकाई ने कॉलेज परिसर में अंग दान दिवस मनाया। यह दिन अधिक जिंदगियां बचाने के लिए मृत्यु के बाद अंग दान करने के महत्व के बारे में जागरूकता बढ़ाने के लिए मनाया जाता है। एनएसएस कार्यक्रम अधिकारी डॉ. नीतू प्रकाश और सतवंत कौर ने छात्राओं से अंगदान के महत्व पर चर्चा की। एनएसएस स्वयंसेवकों ने ऑनलाइन और ऑफलाइन मोड पर शपथ ली। प्रिंसिपल डा. मनीता काहलों ने छात्रों को समाज के नेक काम में योगदान देने के लिए अंग दान के लिए प्रोत्साहित किया।

8. Meri Matti Mera Desh

The NSS Unit and Ek Bharat Shreshtha Bharat organized a number of activities under the aegis of Internal Quality Assurance Cell to mark Pre-Independence celebrations in the college premises.

“Meri Matti Mera Desh” in the context of Gram Panchayat

- Committed to the cause of “Greener and Sustainable Earth” and, fortifying the celebration of 77 years of India’s independence, the UBA cell of the college in conjunction with the Eco Club, NCC, EBSB and NSS unit of the college, undertook dual celebration of the annual tree plantation festival of Van Mahotsav and 75th year of India’s independence under the caption “Azadi Ka Amrit Mahotsav”. A Tree Plantation cum plan distribution drive was organized on August 09, 2023 as a part of the Gram Sabha agenda of the village Bhila. The drive commenced with the plantation of saplings by the area councilor along with the local of the village community.

Dr. Balbir Kaur, Mrs. Gagneet Pal Kaur of the UBA Cell and NSS Programme Officer, Dr. Neetu Prakash anchored and executed the entire program. About 100 Indigenous saplings of plants having medicinal and ornamental importance were planted in and around the village premises. The saplings comprised Kaner, Chandani (single and double), Tecoma, Cupressus, Jatropha, Palms, Tulsi, safed Musli, Khus, Kadi Patta. The activity drew an overwhelming appreciation from the village councilor and the residents who were excited to be a part of the plantation drive.

Principal Dr. Maneeta Kahlon encouraged and motivated the students to be a part of such drives. This will benefit the community as well as the environment in the coming future.





- NSS Unit of the college celebrated Pre-Independence day under the campaign of “Meri maati mera Desh”. Panch Pran Pledge was taken by the volunteers of NSS Unit on August 12, 2023. The volunteers took the Panch Pran Pledge, while understanding the significance and committing themselves to contribute towards India’s growth story in making in the age of Amrit Kaal. A video was also prepared for Panch Pranch Pledge.



- NSS Unit in collaboration with Department of Music sang Maati Anthem with full enthusiasm to mark Independence Day celebrations on August 14, 2023.



- Partition Horrors Remembrance Day was also observed reminding us of the need to remove the poison of social divisions, disharmony and further strengthen the spirit of oneness, social harmony and human empowerment. An exhibition on Partition Horrors Remembrance Day was also shown to the volunteers on August 14, 2023.



- Face painting competition in collaboration with Department of Fashion Designing was organized on the theme of Independence Day to spread the message of patriotism, feeling of love and devotion towards our country. Twelve students from various streams participated in the competition.



- Two minute silence was also observed by volunteers in the remembrance of freedom fighters. Principal Dr. Maneeta Kahlon appreciated the students for their efforts. She mentioned that spirit of patriotism should be kept alive, and feeling of oneness and unity should be imbibed among Indian.



- NSS volunteers took online pledge under Meri Maati Mera Desh Programme



PRESS CLIPPINGS



9. Teej Celebrations at GNKCW

Under the aegis of Internal Quality Assurance Cell, NSS unit and Ek Bharat Shreshtha Bharat Club of Guru Nanak Khalsa College for Women organized an exhibition that showcased Punjabi cultural and heritage items on August 22, 2023. . The chief guest on the occasion was Renowned Folk Singer Sukhi Brar. She inaugurated an exhibition of Punjabi cultural and heritage items organized by the college. Exhibitions like these are excellent platforms to celebrate and share the rich traditions and history of Punjab with a broader audience. When many items are displayed, it creates a comprehensive experience for attendees to explore and learn about various aspects of the culture and heritage. Such exhibitions not only educate and inform but also provide an opportunity for cultural exchange and appreciation. Attendees can gain insights into the values, practices, and aesthetics that define Punjabi culture. No. Of volunteers participated: 145

PHOTOGRAPHS







Ludhiana, PB, India

Model Town Road, Model Town, Ludhiana,
141002, PB, India

Lat 30.886842, Long 75.843870

08/22/2023 01:50 PM GMT+05:30

Note : Captured by GPS Map Camera

10.National Sports Day

As per UGC guidelines regarding celebrations of National Sports Day from 21st August to 29th August 2023, the department of Physical Education and NSS Unit of Guru Nanak Khalsa College for Women, Ludhiana has organized week long events from 24th August 2023.

The National Sports Day is celebrated every year on 29th August to commemorate the birthday of Hockey legend major Dhyan Chand. In 2019, the National Sports Day saw a grand launch of the Fit India mission by the hon'ble Prime Minister of India to inculcate the culture of sports and fitness in the country. The theme for this year celebrations is "Sports as an enabler for fit and inclusive society."

A number of events like Rope jumping, walk race, 100mtr race, Lemon race, Basketball competition, badminton Competition, Kho - Kho competition and Tug of war were organized under the guidance of Mrs. Parminder Kaur, Assistant Professor, Department of Physical Education.

Principal Dr. Maneeta Kahlon appreciated the efforts of the department to encourage students to participate in sports and fitness events and instill positivity and harmony in society.

Day 1: Rope jumping, walk race, 100mtr race 24/08/2023





Day 2: Basketball 25/08/2023



Day 3: Badminton 26/08/2023



Day 4: chess competition 28/08/2023



Day 5: Yoga and Tug of War|29/08/2023



FIT INDIA PLEDGE

- Fit India Pledge was taken by the volunteers of NSS on August 29, 2023 to celebrate National Sports Day



PRIZE DISTRIBUTION 29/08/2023

Prizes were given to the winners on the last day of the week long celebrations i.e August 29, 2023.





PRESS CLIPPINGS



गुरु नानक खालसा कालेज फॉर वूमैन के शारीरिक शिक्षा विभाग ने सप्ताह भर चलने वाले कार्यक्रमों का आयोजन किया। हाकी के दिग्गज मेजर ध्यानचंद के जन्मदिन के उपलक्ष्य में आयोजित होने वाले कार्यक्रम में का विषय था फिट और समावेशी समाज के लिए एक समर्थक के रूप में खेल। परमिंदर कौर, सहायक प्रोफेसर, शारीरिक शिक्षा विभाग के मार्गदर्शन में रस्सी कूद, पैदल दौड़, 100 मीटर दौड़, नीबू दौड़, बास्केटबाल प्रतियोगिता, बैडमिंटन प्रतियोगिता, खो-खो प्रतियोगिता और रस्साकशी जैसी कई प्रतियोगिताएं आयोजित की गईं। सप्ताह भर चलने वाले समारोह के अंतिम दिन विजेताओं को पुरस्कार दिए गए। प्रिंसीपल डा. मनीता काहलों ने विद्यार्थियों को खेल और फिटनेस कार्यक्रमों में भाग लेने के लिए प्रोत्साहित किया, (मध्य) डी.ए.सी.

11.RASHTRIYA POSHAN MAAH 2023 celebrations at GNKCW

Thematic Rashtriya Poshan Maah, 2023 is celebrated in the college from September 7, 2023.

The theme of the first week of September (From September 1-5) is sensitization and awareness of importance of Celebrating Poshan Maah every year in college Campus.

Various activities are organized on the above theme by IQAC and NSS, Unit of the college in collaboration with Department of Home Science and Swachta Pakhwada and UBA under the guidance of Programme Officers Dr. Neetu Prakash (Dept. of Business Mgmt & Commerce) and Ms. Satwant Kaur (Dept. of Computer Science & Applications), Department of Public administration and

Nodal officer(UBA) Dr.Balbir Kaur, Librarian and Dr Parveen Arora,Nodal officer (Swacchata mission)The activities are organized by Department of Home Science.

Day1, (September 1, 2023)

12 students of the college visited Kakowal Village along with medical camp organized by Doctors form Shiv Ram Hospital, Ludhiana and made aware of malnutrition and poshtik ahaar for children and adolescents to the mothers who visited the camp for checkups.

Principal Dr. Maneeta Kahlon congratulated the students and staff members for celebrating Poshan drive in the month of September 2023, which is a great way to promote awareness and action on nutrition and Health and raise awareness about the importance of nutrition in our community.



Day 2 (September 5, 2023)

On the occasion of Teacher's day get together, 64 staff members were made aware about the basic theme of Poshan Maah 2023, i.e. malnutrition, nutrition during special conditions- (adolescent, pregnancy and lactation) and Poshan Pakhwara i.e. 'Anna Shree.'



Day 3 (October 8, 2023)

34 students of NSS and Home Science were made aware about Poshan Maah and Poshan Pakhwara and took E Poshan pledge by My Govt app. They got their respective certificates of Pledge participation.

The theme of the Second week of September (From September 09-15) is to find out the degree of malnutrition and to fight back the symptoms by introducing millet meals.





Day 4, (September 12, 2023)

12 students of the college visited Govt High school and primary school, Village Kheri, Jhameri, and lecture is delivered to adolescents on nutritional benefits of using millets.

Students also measured the weight and hight of the preprimary school children (3-6 years) and primary school children (6-9 years) with weighing balance and standardized anthropomorphic scales.

Day 5 (September 15, 2023)

An Inter Class millet recipe competition was organized in Department of Home Science. 15 students tried their art of moulding different flavors colors and texture in millet dishes. They used different millets to make mouthwatering sweet and savory delights.

The competition was judged by Mrs. Prabhjot Kaur (Head, Dept. Of Punjabi and Dr. Balbir Kaur, (Librarian)

Result of Recipie competition:

1st prize - Harpreet Kaur, Class BA 2nd year, Roll No. 22115

2nd prize - Palak, Class BCA-1st year, Roll No.231901

3rd prize - Varinda, Class BA1st year, Roll No. 23199

Principal, Dr. Maneeta Kahlon appreciated each participant for their efforts and enlightened them about 'Shree Anna' is Called a Super Food because of presence more nutritional value, thus translating to as "the honored grain" or "the mother of all grains".



The theme of the Third week of September (From September 16-25) fights nutritional deficiencies and advancement of diet through millets.

Day 6, (September 19, 2023) 43 students of the college gathered in seminar hall and were shared the link of Poshan Quiz by my Gov app

Students solved 10 questions in time period of 120 seconds. Auto generated E certificates were issued on their emails, which were shared by the students.





Day 7 (September 25, 2023)

Millets stall was organized in collaboration with Millet expert Ms. Ritu Aggarwal from 'Healthy and Yummy Baker' under the guidance of Man of Millets - Dr. Khadar Vali. Staff members and Students of different classes tasted and purchased different millet healthy dishes. She explained the importance of using different millets.

Principal Dr. Maneeta Kahlon appreciated Ms. Annu Aggarwal for her efforts and enlightening students about different types of millets as Super Foods to fight back malnourished women, children and adolescents.



Gurukul Khalsa College for Women
Gujarkhan Campus, Model Town, Ludhiana

NSS UNIT

HOME SCIENCE ASSOCIATION
OF
GURU NANAK KHALSA COLLEGE FOR WOMEN

TEACHER'S ON LEAV

Sl. No.	NAME
1	Dr. Maneeta Kahlon
2	Dr. Balbir Kaur
3	Dr. Balbir Kaur
4	Dr. Balbir Kaur
5	Dr. Balbir Kaur

VRPV+JJ9, GNIMT Lane, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India

Ludhiana
Punjab
India

2023-09-25(Mon) 11:47(AM)

33°C
91°F

Pal Chowk
OPPO Service Center
MODEL TOWN
ਮਾਡਲ ਟਾਊਨ
Chintpurni Mata Mandir
Lal Kothi Rd
Bebe Nanaki Rd
MODEL TOWN EXTENSION
ਮਾਡਲ ਟਾਊਨ ਫਿਰਕਾ
ਬਲਾਕ C
Google

The theme of the Fourth week of September (From September 26-30) is to grow millet micro greens and to celebrate NSS day on September 24, 2023.

Day 8, (September 26, 2023) 16 students of the college gathered near the central lawn and sowed millets in pots. The pots were nurtured with water and manure under shade for 2 days to enhance sprouting and then kept under Sun for developing first cotyledons into tiny shoots.



Day 9 (September 27, 2023)

NSS Day was celebrated on September 27, 2023 by distributing biscuits to Elementary school children of Guru Nanak Khalsa Gujarkhan Girls School, Model Town, Ludhiana. 32 students participated in the activity.



Day 10 (September 30, 2023)

The millets which were grown into micro greens on September 26, 2023 were collected and were used in making sandwiches in practical period by the students

Principal Dr. Maneeta Kahlon guided the students to relish the natural aroma and flavor of the micro greens for making healthy buns and salads to enhance nutritive value of Indian diets. She also prescribed to carry forward health and welfare services thus improving life and living conditions by distribution of nutritious edibles to most vulnerable group of malnutrition who are mostly children of age group of 5 to 6 years.



12. Bhai Ghanaiya ji Birth Anniversary celebrated at GNKCW

Under the aegis of the Internal Quality Assurance Cell, NSS Unit, Ek Bharat Shrestha Bharat Club and Department of Music of Guru Nanak Khalsa College for Women, Model Town, Ludhiana celebrated Bhai Ghanaiya ji Birth Anniversary on September 20, 2023. The students of NSS and Music Department sung devotional songs in the memory of Bhai Ghanaiya ji. The students were also sensitized about the teaching and good deeds of Bhai Ghanaiya ji. He was a devotee of Guru Gobind Singh Ji and was actively involved in serving the needy and downtrodden.

Principal Dr Maneeta Kahlon motivated the students to follow the foot steps of Bhai Ghanaiya ji



13. Gandhi Jayanti

- Internal Quality Assurance Cell of Guru Nanak Khalsa College for Women, in collaboration with NCC, NSS, Swachhta and all other Clubs/Committees celebrated Gandhi Jayanti in the college campus on October 2,2023. It was followed by Debate competition in which students of various classes expressed their views on “India will be able to achieve its mission of Swachhta by 2047” Principal Dr. Maneeta Kahlon motivated the students to pay tribute to Mahatma Gandhi by following the principles of truth, non-violence and social harmony in their lives.



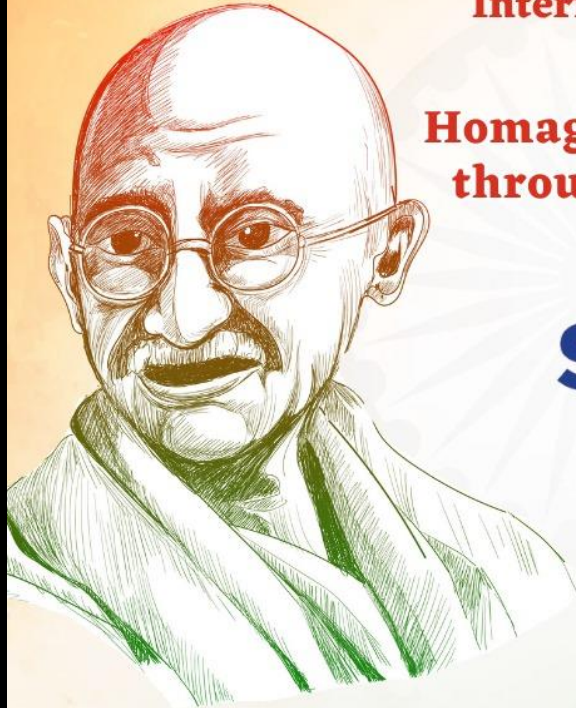


Guru Nanak Khalsa College for Women
Gujarkhan Campus, Model Town, Ludhiana



Internal Quality Assurance Cell
pays

Homage to Mahatma Gandhi Ji
through Swachhta Campaign



Swachhata
Hi Seva

on 2nd October, 2023

Principal
Dr. Maneeta Kahlon



- Students highlighted their thoughts on the “Significance of keeping the surroundings Clean” through Essay writing competition.



- A Swachhta run was also organized by NSS Unit of the college and a Swachhta Rally was also organized by NCC Cadets of the college.



- A seminar on importance of Swachhta was conducted for the students and faculty members.





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

Ludhiana
Punjab
India

2023-10-02(Mon) 10:26(am)

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PRESS CLIPPINGS

स्वच्छता के महत्व पर प्रकाश डाला

लुधियाना। गुरु नानक ख़ालसा कॉलेज फॉर वुमेन के आंतरिक गुणवत्ता आश्वासन सेल ने एनसीसी, एनएसएस, स्वच्छता और अन्य सभी क्लबों/ मितियों के सहयोग से आज कॉलेज परिसर में गांधी जयंती मनाई। इस अवसर पर अनेक गतिविधियों कराई गईं।

14.Organized a seminar on Khadi Awareness

A seminar to raise awareness about Khadi, handloom and other local products and to bolster “*Atam Nirbhar Bharat Abhiyan*” was organized on October 27, 2023 in the college. The activity was conducted as a part of “Khadi Mahotsav” to be observed by UGC from October 02, 2023 to October 31, 2023.

Dr. Shikha Bajaj explained the making of Khadi with the help of a video and promoted use of Khadi, Handloom, Handicraft and village industries. Teachers of the college took pledge to use Khadi products.

Madam Principal Dr. Maneeta Kahlon appreciated the beauty of beautiful Indian craft and motivated everyone to make use of Khadi products.



The poster features a background of a blue and white checkered Khadi fabric. In the top left corner is the GNW logo, and in the top right is the G20 logo. The central text is arranged in a hierarchy, starting with the college name and location, followed by the organizing department and unit, the seminar title, and the date. At the bottom, the names of the principal, NSS programme officers, and organizers are listed. A green-bordered inset image on the right shows hands working on a handloom with colorful threads.

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

Under the aegis of IQAC
Department of Fashion Designing
in collaboration with NSS Unit
organizes
Seminar on Awareness
of Khadi
on
27th October 2023

Principal
Dr. Maneeta Kahlon

NSS Programme Officers
Dr. Neetu Prakash
Mrs. Satwant Kaur

Organizers
Dr. Shikha Bajaj
Mrs. Yukti Khurana



PRESS CLIPPINGS

खादी उत्पादों के उपयोग का लिया संकल्प

लुधियाना। आंतरिक गुणवत्ता आश्वासन सेल के तत्वावधान में गुरु नानक खालसा कॉलेज फॉर वुमन मॉडल टाउन के फैशन डिजाइनिंग विभाग और एनएसएस इकाई ने खादी, हथकरघा और अन्य स्थानीय उत्पादों के बारे में जागरूकता बढ़ाने व आत्मनिर्भर भारत अभियान को बढ़ावा देने के लिए सेमिनार करवाया गया। यह गतिविधि यूजीसी ने 2 से 31 अक्टूबर तक मनाए जाने वाले खादी महोत्सव के भाग के रूप में करवाई गई। डॉ. शिखा बजाज ने वीडियो की मदद से खादी बनाने के बारे में बताया। साथ ही खादी, हथकरघा, हस्तशिल्प और ग्रामोद्योग के उपयोग को बढ़ावा दिया। कॉलेज के शिक्षकों ने खादी उत्पादों का उपयोग करने का संकल्प लिया। प्रिंसिपल डॉ. मनीता काह्लों ने खूबसूरत भारतीय शिल्प की सुंदरता की सराहना की।

ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੁਮੈਨ ਵਿਖੇ ਖਾਦੀ ਜਾਗਰੂਕਤਾ ਸੈਮੀਨਾਰ

ਲੁਧਿਆਣਾ, 27 ਅਕਤੂਬਰ (ਜਸਵਿੰਦਰ ਸਿੰਘ)–ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਅਸ਼ੂਰੈਂਸ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੁਮੈਨ ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੇ ਫੈਸ਼ਨ ਡਿਜ਼ਾਈਨਿੰਗ ਵਿਭਾਗ ਤੇ ਐਨਐਸਐਸ ਯੂਨਿਟ ਨੇ ਖਾਦੀ, ਹੈਂਡਲੂਮ ਤੇ ਹੋਰ ਸਥਾਨਕ ਉਤਪਾਦਾਂ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨ ਅਤੇ 'ਆਤਮ ਨਿਰਭਰ ਭਾਰਤ ਅਭਿਆਨ' ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਲਈ ਇਕ ਸੈਮੀਨਾਰ ਦਾ ਆਯੋਜਨ ਕੀਤਾ। ਇਹ ਗਤੀਵਿਧੀ ਯੂ. ਜੀ. ਸੀ. ਦੁਆਰਾ 2 ਅਕਤੂਬਰ ਤੋਂ 31 ਅਕਤੂਬਰ

ਤੱਕ ਮਨਾਏ ਜਾਣ ਵਾਲੇ 'ਖਾਦੀ ਮਹੋਤਸਵ' ਦੇ ਹਿੱਸੇ ਵਜੋਂ ਆਯੋਜਿਤ ਕੀਤੀ ਗਈ ਸੀ। ਡਾ. ਸ਼ਿਖਾ ਬਾਜਾਜ ਨੇ ਇਕ ਵੀਡੀਓ ਦੀ ਮਦਦ ਨਾਲ ਖਾਦੀ ਬਣਾਉਣ ਬਾਰੇ ਦੱਸਿਆ ਅਤੇ ਖਾਦੀ, ਹੈਂਡਲੂਮ, ਹੈਂਡੀਕ੍ਰਾਫਟ ਤੇ ਗ੍ਰਾਮੀਣ ਉਦਯੋਗਾਂ ਦੀ ਵਰਤੋਂ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ। ਕਾਲਜ ਦੇ ਅਧਿਆਪਕਾਂ ਨੇ ਖਾਦੀ ਉਤਪਾਦਾਂ ਦੀ ਵਰਤੋਂ ਕਰਨ ਦਾ ਪ੍ਰਣ ਲਿਆ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਸੁੰਦਰ ਭਾਰਤੀ ਸ਼ਿਲਪਕਾਰੀ ਦੀ ਸ਼ਲਾਘਾ ਕੀਤੀ ਤੇ ਖਾਦੀ ਉਤਪਾਦਾਂ ਦੀ ਵਰਤੋਂ ਕਰਨ ਲਈ ਸਾਰਿਆਂ ਨੂੰ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।

Teachers pledge to use 'khadi' products

Under the aegis of the internal quality assurance cell, the department of fashion designing and the NSS unit of Guru Nanak Khalsa College for Women, Model Town, held a seminar to raise awareness about 'khadi', handloom and other local products to bolster 'Atam Nirbhar Bharat Abhyan'. The activity was conducted as a part of 'Khadi Mahotsav' being observed by the UGC from October 2 to 31. Shikha Bajaj explained the making of 'khadi' with the help of a video and promoted its use. Teachers pledged to use 'khadi' products.

SEMINAR TO BOLSTER USE OF LOCAL ITEMS

Under the aegis of the Internal Quality Assurance Cell, the department of fashion designing and national service scheme unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana organised a seminar to raise awareness about khadi, handloom and other local products and to bolster the "Atam Nirbhar Bharat Abhyan". The activity was conducted as a part of "Khadi Mahotsav" which is to be observed by University Grant Commission (UGC) from October 2 to October 31. Dr Shikha Bajaj, resource person, explained the making of khadi with the help of a video and promoted the use of khadi, handloom, handicraft and village industries. Teachers of the college pledged to use khadi products. TNS

15.National Unity Day observed at GNKCW

Under the aegis of IQAC, the NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana observed National Unity Day on October 31, 2023 to pay tribute to veteran freedom fighter Sardar Vallabhbhai Patel.

The students were also sensitized about the ideas of unity of Sardar Vallabhbhai Patel. The day is celebrated to mark the birth anniversary of Sardar Vallabhbhai Patel who had a major role in the political integration of India. He was dubbed "Sardar" (chief) for his leadership skills in leading the country through the struggle for independence and most notably during the integration of the princely states and the India-Pakistan War of 1947. Principal Dr. Maneeta Kahlon urged the students to follow the footsteps of great leader.



16. Annual Diwali programme DAY-2

Under the aegis of Internal Quality Assurance Cell in departments of Home Science Fashion Designing and Fine Arts celebrated “Roshni”, its Annual Diwali programme on November 09, 2023 in collaboration with Women Development cell and NSS unit.

Under 'Earn while you Learn' scheme, students as young entrepreneurs showcased their skills by setting up exhibition cum sale of cakes and chocolates, nail treatments, candles, planters and many more. Various stalls were set up for celebrating spirit of woman folk pioneering small ventures on the festival of lights.

These activities were organized by Mrs. Shikha Kalra, Dr. Shikha Bajaj, Mrs. Harpreet kaur, Mrs. Amarpreet, Mrs. Yukti khurana and Mrs. Balwinder from Departments of Home Science, Fashion designing and Fine arts.



17. Cleanliness drive under Roshni

- Under the aegis of IQAC, NSS, NCC and EBSB club of Guru Nanak Khalsa College for Women, Model Town Ludhiana organized cleanliness drive under Roshni on the occasion of Diwali on November 09, 2023.
- Volunteers of NSS unit cleaned the college campus to celebrate clean and green Diwali.



18. Promoting Roshni Eco Diwali

Under the aegis of IQAC, NSS, NCC and EBSB club of Guru Nanak Khalsa College for Women, Model Town Ludhiana, promoting Roshni Eco Diwali on November 10, 2023.



19. Diwali Exhibition at GNKCW

As a part of "Roshni", the Annual Diwali program of the college, a two-day exhibition-cum-sale being organized in college under the aegis of Internal Quality Assurance Cell (IQAC) in collaboration with Women Development cell and NSS unit.

A number of stalls and counters showcasing the items prepared by the college students have been set up by Departments of Home Science, Fashion Designing and Fine Arts.

The college Principal, Dr. Maneeta Kahlon highlighted that through this program the college is spreading the message of being 'Vocal for Local' this festive season. This is also an opportunity for students to build up their entrepreneurial skills under the 'Earn while you learn' scheme of the college.



PRESS CLIPPINGS



SR.NO	NAME OF ACTIVITY	DATE
1	Observed World Cycle day	June 03,2023
2	Participated in Quiz Competition	June 21,2023
3	Integrate and Encourage Yoga through Life pledge	June 21, 2023.
4	Organized Yoga Session for students	June 21, 2023.
5	Organized yoga session for Non-Teaching as well as supporting staff	June 21, 2023.
6	International Day against Drug Abuse and Illicit Trafficking	June 26, 2023
7	Registration drive	August 2, 2023.
8	GNKCW Observes Organ Donation Day	August 03, 2023.
9	Meri Matti Mera Desh	
	<ul style="list-style-type: none"> • Meri Matti Mera Desh” in the context of Gram Panchayat 	August 09, 2023
	<ul style="list-style-type: none"> • Panch Pran Pledge 	August 12, 2023
	<ul style="list-style-type: none"> • Maati Anthem 	August 14, 2023
	<ul style="list-style-type: none"> • Partition Horrors Remembrance Day 	August 14, 2023.
	<ul style="list-style-type: none"> • Face painting competition 	August 14, 2023.
	<ul style="list-style-type: none"> • Observed Two minute silence 	August 14, 2023
	<ul style="list-style-type: none"> • Online pledge under Meri Maati Mera Desh Programme 	August 14, 2023
10	Teej Celebrations at GNKCW	August 22, 2023.
11	National Sports Day	
	<ul style="list-style-type: none"> • Day 1: Rope jumping, walk race, 100mtr race 	August 24, 2023
	<ul style="list-style-type: none"> • Day 2: Basketball 	August 25, 2023
	<ul style="list-style-type: none"> • Day 3: Badminton • 	August 26, 2023
	<ul style="list-style-type: none"> • Day 4: chess competition. • 	August 28,2023
	<ul style="list-style-type: none"> • Day 5: Yoga and Tug of War 	August 29,2023
	<ul style="list-style-type: none"> • Fit India Pledge 	August 29, 2023
	<ul style="list-style-type: none"> • Prize Distribution 	August 29, 2023

12	RASHTRIYA POSHAN MAAH 2023 celebrations at GNKCW	September 2023
13	Cleanliness drive under Roshni	November 09, 2023
14	Bhai Ghanaiya ji Birth Anniversary celebrated at GNKCW	September 20, 2023
15	Gandhi Jayanti	October 2,2023
16	National Unity Day observed at GNKCW	October 31, 2023
17	Organized a seminar on Khadi Awareness	October 27 ,2023
18	Annual Diwali programme	November 09, 2023.
19	Cleanliness drive under Roshni	November 09, 2023.
20	Promoting Roshni Eco Diwali	November 10, 2023



GURU NANAK KHALSA COLLEGE FOR WOMEN

GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA

Half Yearly Report

On



NSS and Red Cross Society Activities



January 2024 - May 2024

Patwant kaur

Nss Programme Officers

Maneeta

Dr. Maneeta Kahlon
Principal

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

Awareness Rally on Road Safety

Under the celebration of National Youth Day, Road Safety week was observed from January 11 to January 17, 2024. Students and volunteers of NSS unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Ludhiana were sensitized and made aware of traffic rules and how to protect not only one's own life and well-being but also the safety of others on the road. Under this on January 15, 2024 a rally was organized from college to Children Traffic Training Park, Model Town, Ludhiana.

The spirited presence of students and volunteers painted a lively picture as the rally progressed. Beyond the visual spectacle, the event aimed to drive home the message of responsible road behavior and the profound impact it can have on our community.

Madam Principal Dr. Maneeta Kahlon encouraged students to become conscientious road users, contributing to the creation of a secure and considerate community.





Ludhiana, Punjab, India
234r, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India
Lat 30.887077°
Long 75.843764°
15/01/24 10:36 AM GMT +05:30



Ludhiana, Punjab, India
234R, near Kosmos, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India
Lat 30.887307°
Long 75.843584°
15/01/24 10:40 AM GMT +05:30



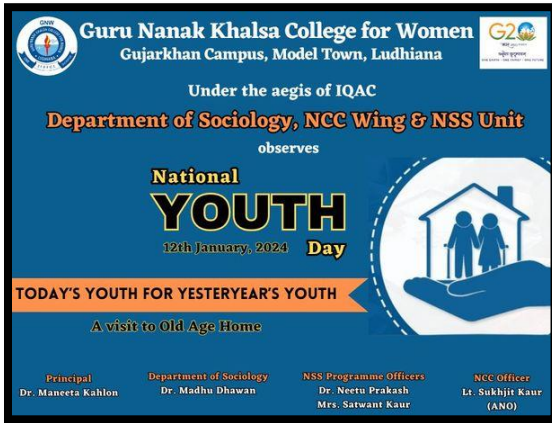
National Youth Day

- Under the aegis of IQAC, the Department of Sociology, NSS unit, Youth & Red Ribbon clubs, Red Cross Society, and NCC wing of GNKCW celebrated National Youth Day on January 12, 2024.
A Lecture was organized on community engagement by Dr. Madhu, emphasizing the importance of raising awareness about community engagement to promote

respect for elders. During this occasion, students visited Swami Vivekananda Ashram, Model Town, Ludhiana. This activity aimed to cultivate a harmonious community environment where the youth and the elderly coexist, learn from each other, and contribute to societal development. This event was conducted under the guidance of Dr. Madhu Dhawan, Head Department of Sociology and NSS Programme Officer Ms. Satwant Kaur. In the freezing weather, students from department and different clubs distributed warm socks and eatables to the residents.

- Principal, Dr. Maneeta Kahlon appreciated this great effort and encouraged the students to acknowledge contributions of our elders.
- Under the aegis of Internal Quality Assurance Cell (IQAC), students associated with the National Service Scheme (NSS) and National Cadet Corps (NCC) actively engaged in an online youth pledge during the commemoration of National Youth Day. Their participation underscored a shared commitment to wholeheartedly contribute dedicated service to the nation.
Principal Dr. Maneeta Kahlon encouraged the students to participate in such activities.
- Under the aegis of the Internal Quality Assurance Cell, the National Service Scheme (NSS), and the National Cadet Corps (NCC) actively participated in the live telecast of the honorable Prime Minister's speech on January 12, 2024, during the inauguration of the 27th National Youth Festival and organization of special events on the same day to commemorate National Youth Day. This collective effort reflects a commitment to youth development and engagement, showcasing a holistic approach to fostering community, patriotism, and active participation among the youth.
Principal Dr. Maneeta Kahlon encouraged the cadets and volunteers to participate in such type of activities.
- Awareness Rally on Road Safety: Under the celebration of National Youth Day, Road Safety week was observed from January 11 to January 17, 2024. Students and volunteers of NSS unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Ludhiana were sensitized and made aware of traffic rules and how to protect not only one's own life and well-being but also the safety of others on the road. Under this on January 15, 2024 a rally was organized from college to Children Traffic Training Park, Model Town, Ludhiana.
The spirited presence of students and volunteers painted a lively picture as the rally progressed. Beyond the visual spectacle, the event aimed to drive home the message of responsible road behavior and the profound impact it can have on our community.
Madam Principal Dr. Maneeta Kahlon encouraged students to become conscientious road users, contributing to the creation of a secure and considerate community.
- Under the aegis of Internal Quality Assurance Cell, NSS, NCC wing and Department of Home Science of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana, organized Millet Awareness Lecture on January 12, 2024. On this occasion students were made aware about the importance of millets as good source of protein, micronutrients and phytochemicals and are better cereals than wheat and rice.

Total 78 students participated in the event. Principal, Dr. Maneeta Kahlon encouraged the students for taking the initiative to introduce millets to healthy eating and sustainable choices.





Voter Awareness Activities at GNKCW

- Under the instructions from District Administration, Internal Quality Assurance Cell of Guru Nanak Khalsa College for Women in collaboration with NSS Unit, Departments of Home Science, Hindi and Fashion Designing, an awareness program was organized as part of SVEEP (Systematic Voters' education and Electoral Participation Program) in the college campus January 16, 2024. SVEEP is the flagship program of the Election commission of India for voter education, spreading voter awareness and promoting voter literacy in India.
- Students participated in number of activities such as Elocution, Mehandi Designing and Nukkad Natak to enhance awareness about the electoral process. This program was attended by Sh. Balwant Singh (Nodal SVEEP cum Master Trainer), Mr. Shashi Kant (Sector Officer), and Mr. Vishal Kumar (Booth Level Officer, Mr. Ranjot Singh (Booth Level Officer) and Mr. Ghan Sham (Booth Level Officer)
- Principal Dr. Maneeta Kahlon motivated the students to be a part of this initiative taken by the Election Commission of India and participate in the electoral process.





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

Ludhiana
Punjab
India

20°C
68°F

2024-01-16(Tue) 12:18(PM)



497AMX, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India

Ludhiana
Punjab
India

18°C
64°F

2024-01-16(Tue) 12:02(PM)





55-I, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India

Ludhiana
Punjab
India



18°C

64°F

2024-01-16(Tue) 11:58(AM)



Ludhiana, Punjab, India

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

Lat 30.886922°

Long 75.843374°

16/01/24 12:25 PM GMT +05:30

GPS Map Camera



PRESS CLIPPINGS



Ludhiana Kesari

Jan 17, 2024 (IST)

ਪੰਜਾਬ ਕੇਸਰੀ

जी.एन.के.सी.डब्ल्यू. में विभिन्न गतिविधियों के द्वारा मतदान करने के लिए किया जागरूक

लुधियाना, 16 जनवरी (विक्की)
: माडल टाऊन गुरु नानक खालसा कॉलेज फॉर वुमन गुज्जरखां कैंपस में एन.एस.एस. यूनिट, गृह विज्ञान, हिंदी और फैशन डिजाइनिंग विभागों के सहयोग से स्वीप व्यवस्थित मतदाता शिक्षा और चुनावी भागीदारी कार्यक्रम के हिस्से के रूप में एक जागरूकता कार्यक्रम आयोजित किया गया। स्वीप भारत में मतदाता शिक्षा, मतदाता जागरूकता फैलाने और मतदाता साक्षरता को बढ़ावा देने के लिए भारत के चुनाव आयोग का प्रमुख कार्यक्रम है।

चुनावी प्रक्रिया के बारे में जागरूकता बढ़ाने के लिए छात्रों ने भाषण, मेहेंदी डिजाइनिंग और नुक्कड़



प्रिंसिपल डॉ. मनीता काहलों के साथ एक्टिविटी में भाग लेने वाली छात्राएं और स्टाफ।

नाटक जैसी कई गतिविधियों में भाग लिया। इस कार्यक्रम में बलवंत सिंह नोडल स्वीप सह मास्टर ट्रेनर, शशि कांत सेक्टर ऑफिसर, विशाल कुमार बूथ लेवल ऑफिसर, रणजोत सिंह बूथ लेवल ऑफिसर और घन शाम

बूथ लेवल ऑफिसर ने भाग लिया। प्रिंसिपल डॉ. मनीता काहलों ने विद्यार्थियों को भारत चुनाव आयोग द्वारा की गई इस पहल का हिस्सा बनने और चुनावी प्रक्रिया में भाग लेने के लिए प्रेरित किया।

Road Safety and Traffic rules Awareness Week at GNKCW

Under the aegis of Internal Quality Assurance Cell, NSS, EBSB club, and Red Cross Society of Guru Nanak Khalsa College for Women organized a lecture on road safety and traffic rules awareness in the college campus on January 18, 2024.

ASI Rajesh Kumar and ASI Gurcharan Singh, Police Station, Model Town, Ludhiana were the resource persons. The main motive of this lecture was to spread awareness regarding traffic rules and Road safety and causes of road accidents.

A compelling call to action resonated from the officials as they urged all students to conscientiously follow traffic rules, not only as a means to prevent accidents but also as a testament to their commitment to being responsible citizens.

Principal Dr. Maneeta Kahlon lent her support by encouraging students to integrate these practices into their daily lives. Emphasizing the importance of cultivating a sense of responsibility while driving, she underscored the role each individual plays in averting mishaps on the road.



PRESS CLIPPINGS



Participating in an enlightening online quiz on traffic rules

The dedicated volunteers of the NSS Unit at Guru Nanak Khalsa College for Women in Model Town, Ludhiana, gained valuable insights by actively participating in an enlightening online quiz on January 19, 2024. This quiz was thoughtfully crafted to heighten awareness about traffic rules, with the overarching goal of fostering safer roads and streets in India. The emphasis was on imparting knowledge about accident prevention and minimizing injuries on the road. Within this post, samples of the online quiz certificates, showcasing the volunteers' commitment are shared.

Principal Dr. Maneeta Kahlon, in her leadership role, wholeheartedly encourages the volunteers to conscientiously adhere to these rules. It reflects a shared commitment towards creating a safer and more responsible road environment.



Republic Day

Under the aegis of IQAC, the NCC Wing, Department of Political Science, Hindi, NSS, Red Cross Society, EBSB, Red Ribbon & Youth Club of Guru Nanak Khalsa College for Women, Model Town, Ludhiana celebrated Republic Day on 25th January, 2024. The event commenced with the solemn recitation of the National Anthem and the Quality Bharat Pledge, showcases a collective commitment to a progressive and responsible India. The Department of Hindi presented a thought-provoking Nukkad Natak on the theme "Viksit Bharat". A total number of 311 students along with faculty members participated in this event. College Principal Dr. Maneeta Kahlon in her address emphasized the democratic heritage of India, providing historical context and underscoring the nation's role as the mother of democracy.



PRESS CLIPPINGS



Seminar on Mental Wellness at GNKCW

Under the aegis of IQAC, Department of Psychology in collaboration with NSS Unit, Red Cross Society and EBSB Club of Guru Nanak Khalsa College for Women organized Seminar on Mental Wellness on January 31, 2024.

On this occasion, Dr. Jaspreet Gumber, MBBS and MD, Neuro Psychiatry was the resource person. He serves as a Consultant Psychiatrist at Gumber's Neuropsychiatric Clinic on Chimney Road in Shimlapuri, Ludhiana, consultant psychiatrist at Baba Deep Singh Charitable Hospital, Model Town, Ludhiana as well as at Shree Raghunath Hospital, Aggar Nagar, Ludhiana. Additionally, he contributes as a visiting Consultant Psychiatrist at Manukhta Di Sewa Society in Village Hassanpur, Ludhiana.

Students of Psychology Department prepared a 'Psychodrama', to show how therapy works. Students showcased therapies such as CBT, Gestalt Therapy, Behaviour Therapy, REBT, Psychoanalytical techniques and many more. Later Dr. Jaspreet Singh Gumber told students about various disorders such as Anxiety, Depression, Schizophrenia, Addiction of drugs or alcohol and many more. Dr. Jaspreet shared ways to cope up with everyday stress and how to maintain good mental health. Head of Psychology Department, Ms. Kusha Mehra, highlighted the importance of decluttering one's mind and mental wellness. Principal of the college, Dr. Maneeta Kahlon motivated students to focus on their mental health and should consult a doctor or a counsellor for help.

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

Under the aegis of IQAC
Department of Psychology, NSS, Red Cross Society & EBSB
organizes
Seminar
UNDER MENTAL WELLNESS MONTH
on
MAINTAINING GOOD MENTAL HEALTH

Date: 31st January, 2024
Time: 10:30 am
Venue: Seminar Hall

Resource Person
Dr. Jaspreet Singh
MBBS, MD
Neuro- Psychiatry

Dr. Maneeta Kahlon
Principal

Ms. Kusha
Department of Psychology

Dr. Neetu Prakash
Mrs. Satwant Kaur
NSS Programme Officers





PRESS CLIPPING



Eye Check-up Camp at GNKCW

Under the aegis of Internal Quality Assurance Cell, the NSS unit, Red Cross Society, and Women Development Cell of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, organized an eye check-up camp on March 07, 2024 that demonstrates a strong commitment to the well-being of both students and staff members in the college campus today. Celebrating International Women's Day with such a practical and beneficial event shows a dedication to the empowerment and health of women in the community.

In partnership with esteemed allies such as the Lions Club and ASG Hospital, renowned for their unwavering commitment to healthcare excellence, the college facilitated a comprehensive eye care program. Over 242 participants, including both teaching and non-teaching staff as well as students, actively engaged in the eye camp. The staff of the Hospital generously shared their expertise, providing valuable insights on eye care to all participants, thereby contributing significantly to raising awareness among our college community. Moreover, the sponsorship by the Lions Club and their provision of spectacles at reasonable rates, as well as free spectacles to needy students, highlights the tangible impact of such initiatives in addressing the needs of individuals with eye-related issues. The various members of lions club are Parveen Gupta, President of the Club Mohan Jindal, Deep Aman Singh, J.S Behl, Sanjeev Khara, Paramjit Singh, Mukesh Kumar, Jagdeep Singh and Sunil Sharma. This camp was organized under the guidance of NSS Programme Officer Mrs. Satwant Kaur.

Principal, Dr. Maneeta Kahlon encouragement and gratitude towards the club and hospital further acknowledge their valuable contribution to the event.



Guru Nanak Khalsa College for Women

Gujarkhan Campus, Model Town, Ludhiana



**Free Eye
Checkup Camp &
Awareness Lecture**



Under the aegis of IQAC
**NSS Unit, Red Cross Society and
Women Development Cell**

in Collaboration with
**Lions Club Ludhiana Creative
& ASG Eye Care Hospital**

observes
**INTERNATIONAL
WOMEN'S DAY**

07 March, 2024

**Dr. Maneeta Kahlon
Principal**

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







PRESS CLIPPINGS

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ਜੀਐਨਕੇਸੀਡਬਲਯੂ ਵਿਖੇ ਕੈਂਪ ਚੌਰਾਨ ਮਹਿਮਾਨਾਂ ਤੇ ਡਾਕਟਰਾਂ ਨਾਲ ਦਿਖਾਈ ਦੇ ਰਹੇ ਕਾਲਜ ਦੀ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੌਂ ਤੇ ਹੋਰ। ਪੰਜਾਬੀ ਜਾਗਰਣ

ਜੀਐਨਕੇਸੀਡਬਲਯੂ ਵਿਖੇ ਲਾਇਆ ਅੱਖਾਂ ਦਾ ਜਾਂਚ ਕੈਂਪ

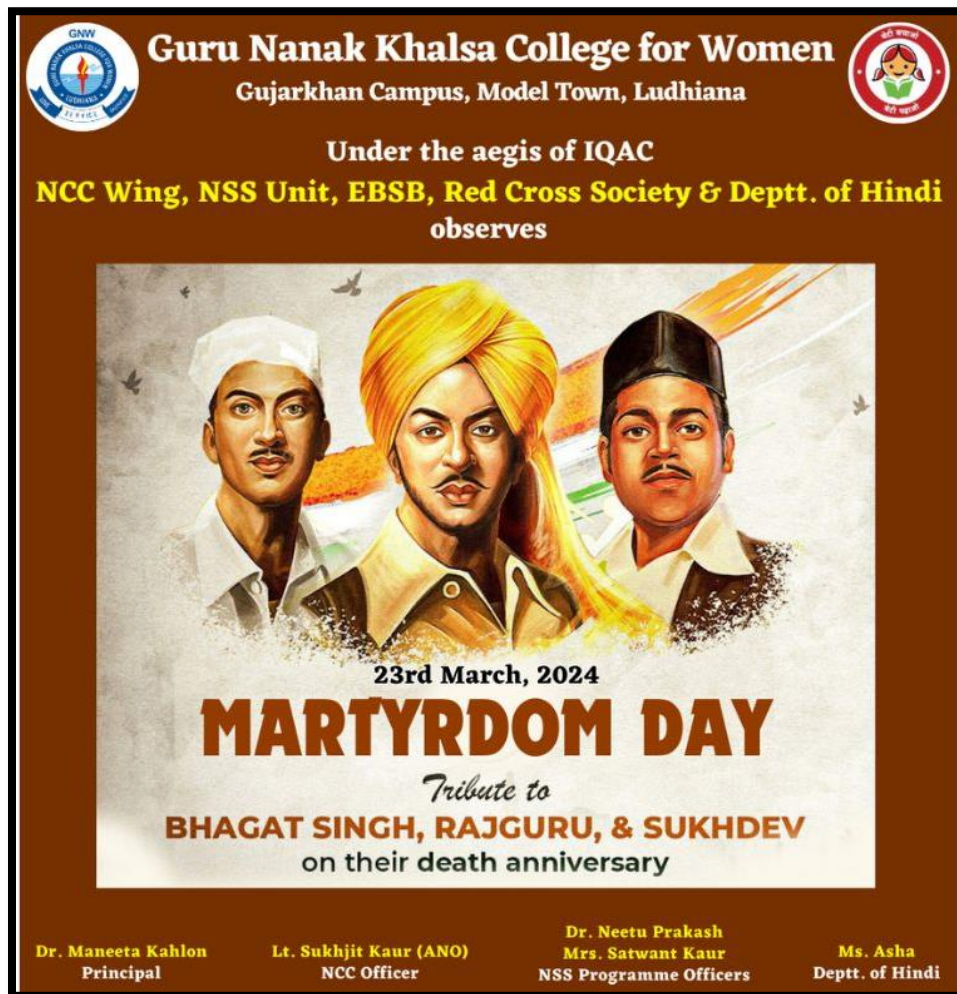
ਪੁਨੀਤ ਬਾਵਾ, ਲੁਧਿਆਣਾ

ਦੇ ਨਾਲ-ਨਾਲ ਵਿਦਿਆਰਥੀਆਂ ਸਮੇਤ 242 ਤੋਂ ਵੱਧ ਡਾਕਟਰਾਂ ਨੇ ਅੱਖਾਂ ਦੇ ਕੈਂਪ 'ਚ ਸਰਗਰਮੀ ਨਾਲ ਹਿੱਸਾ ਲਿਆ। ਹਸਪਤਾਲ ਦੇ ਸਟਾਫ਼ ਨੇ ਸਾਰੇ ਡਾਕਟਰਾਂ ਨੂੰ ਅੱਖਾਂ ਦੀ ਦੇਖਭਾਲ ਬਾਰੇ ਜਾਗਰੂਕ ਕੀਤਾ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਲਾਇਨਜ਼ ਕਲੱਬ ਦੁਆਰਾ ਸਪਾਂਸਰਸ਼ਿਪ ਅਤੇ ਚਿੱਠੀ ਵੱਲੋਂ ਵਾਜਬ ਦਰਾਂ 'ਤੇ ਐਨਕਾਂ ਦਾ ਪ੍ਰਬੰਧ, ਲੌਕਵੈੱਦ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਮੁਫਤ ਐਨਕਾਂ ਦਿੱਤੀਆਂ ਗਈਆਂ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੌਂ ਨੇ ਆਏ ਮਹਿਮਾਨਾਂ ਤੇ ਡਾਕਟਰਾਂ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ।

ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਦੇ ਡਾਇਰੈਕਟਰ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੌਂ ਦੀ ਅਗਵਾਈ ਹੇਠ ਐਨਐੱਸਐੱਸ ਯੂਨਿਟ, ਕੈਂਪ ਕਰਾਸ ਸੁਸਾਇਟੀ ਵੱਲੋਂ ਲਾਇਨਜ਼ ਕਲੱਬ ਅਤੇ ਏਐਸਜੀ ਹਸਪਤਾਲ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਅੱਖਾਂ ਦਾ ਜਾਂਚ ਕੈਂਪ ਲਗਾਇਆ ਗਿਆ। ਇਹ ਕੈਂਪ ਐਨਐੱਸਐੱਸ ਪ੍ਰੋਗਰਾਮ ਅਫ਼ਸਰ ਸਤਵੰਤ ਕੌਰ ਦੀ ਅਗਵਾਈ ਹੇਠ ਲਗਾਇਆ ਗਿਆ। ਟੀਚਿੰਗ ਅਤੇ ਨਾਨ-ਟੀਚਿੰਗ ਸਟਾਫ਼

NATIONAL MARTYRS' DAY Observed at GNKCW

Under the aegis of Internal Quality Assurance Day, NSS, NCC, Ek Bharat Shresth Bharat Club, Red Cross Society, Red Ribbon Club and the Department of Hindi of Guru Nanak Khalsa College for Women, Gujarkhan Campus observed martyrdom day of Shaheed Bhagat Singh, Rajguru, and Sukhdev on March 23, 2024. A multitude of activities marked the day, including a spirited cycle rally and a thought-provoking seminar where the esteemed principal, Madam, shared her poignant reflections on the significance of martyrdom. Mrs. Satwant Kaur, the NSS program officer, encouraged students to uphold the ideals of sacrifice and patriotism. Additionally, students actively participated by voicing their sentiments. The Department of Hindi organized a 'Nukkad Natak' in the college campus to pay homage to the martyrs who fought for the freedom, glory, welfare and progress of India. This whole 'Natak' was dedicated to remembering the young freedom warriors who sacrificed their lives in the struggle for their country's independence



The poster is for National Martyrs' Day at Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana. It features portraits of Bhagat Singh, Rajguru, and Sukhdev. The text includes the college name, the date (23rd March, 2024), and the names of the organizers: Dr. Maneeta Kahlon (Principal), Lt. Sukhjot Kaur (ANO), NCC Officer, Dr. Neetu Prakash and Mrs. Satwant Kaur (NSS Programme Officers), and Ms. Asha (Deptt. of Hindi).

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

Under the aegis of IQAC
NCC Wing, NSS Unit, EBSB, Red Cross Society & Deptt. of Hindi
observes

23rd March, 2024
MARTYRDOM DAY
Tribute to
BHAGAT SINGH, RAJGURU, & SUKHDEV
on their death anniversary

Dr. Maneeta Kahlon
Principal

Lt. Sukhjot Kaur (ANO)
NCC Officer

Dr. Neetu Prakash
Mrs. Satwant Kaur
NSS Programme Officers

Ms. Asha
Deptt. of Hindi











PRESS CLIPPINGS



ਜੀਐੱਨਕੇਸੀਡਬਲਯੂ ਵਿਖੇ ਸਾਈਕਲ ਰੈਲੀ ਨੂੰ ਰਵਾਨਾ ਕਰਨ ਮੌਕੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਤੇ ਹੋਰ। ਪੰਜਾਬੀ ਜਾਗਰਦ

ਸਾਈਕਲ ਰੈਲੀ ਕੱਢ ਮਨਾਇਆ ਸ਼ਹੀਦੀ ਦਿਹਾੜਾ

ਸਟਾਫ ਪ੍ਰਤੀਨਿਧ, ਲੁਧਿਆਣਾ : ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਗੁਜਰਖਾਨਾ ਕੈਂਪਸ ਦੇ ਹਿੰਦੀ ਵਿਭਾਗ, ਐੱਨਐੱਸਐੱਸ, ਐੱਨਸੀਸੀ, ਏਕ ਭਾਰਤ ਸ਼੍ਰੇਣੀ ਭਾਰਤ ਕਲੱਬ, ਰੈੱਡ ਕਰਾਸ ਸੁਸਾਇਟੀ, ਰੈੱਡ ਰਿਬਨ ਕਲੱਬ ਅਤੇ ਹਿੰਦੀ ਵਿਭਾਗ ਵੱਲੋਂ ਸ਼ਹੀਦ ਭਗਤ ਸਿੰਘ, ਰਾਜਗੁਰੂ ਅਤੇ ਸੁਖਦੇਵ ਦਾ ਸ਼ਹੀਦੀ ਦਿਹਾੜਾ ਕਾਲਜ ਕੈਂਪਸ 'ਚ ਮਨਾਇਆ ਗਿਆ। ਇਸ ਮੌਕੇ ਬਹੁਤ ਸਾਰੀਆਂ ਗਤੀਵਿਧੀਆਂ ਕਰਵਾਈਆਂ ਗਈਆਂ, ਜਿਸ 'ਚ ਸਾਈਕਲ ਰੈਲੀ ਅਤੇ 'ਕ ਵਿਚਾਰ-ਪ੍ਰੇਰਕ ਸੈਮੀਨਾਰ ਵੀ ਸ਼ਾਮਲ ਸੀ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਸ਼ਹਾਦਤ ਦੀ ਮਹੱਤਤਾ ਬਾਰੇ ਆਪਣੇ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਵਿਚਾਰ ਸਾਂਝੇ ਕੀਤੇ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਸਾਨੂੰ ਸਾਰਿਆਂ ਨੂੰ ਸ਼ਹੀਦਾਂ ਦੇ ਦਰਸਾਏ ਮਾਰਗ 'ਤੇ ਚੱਲ ਕੇ ਉਨ੍ਹਾਂ ਦੇ ਸੁਪਨਿਆਂ ਨੂੰ ਸਾਕਾਰ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਐੱਨਐੱਸਐੱਸ ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ ਸਤਵੰਤ ਕੌਰ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਕੁਰਬਾਨੀ ਅਤੇ ਦੇਸ਼ ਭਗਤੀ ਦੇ ਆਦਰਸ਼ਾਂ ਨੂੰ ਕਾਇਮ ਰੱਖਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਸਰਗਰਮੀ ਨਾਲ ਹਿੱਸਾ ਲੈ ਕੇ ਆਪਣੀਆਂ ਭਾਵਨਾਵਾਂ ਨੂੰ ਪ੍ਰਗਟ ਕੀਤਾ। ਹਿੰਦੀ ਵਿਭਾਗ ਵੱਲੋਂ ਭਾਰਤ ਦੀ ਆਜ਼ਾਦੀ, ਸ਼ਾਨ, ਭਲਾਈ ਅਤੇ ਤਰੱਕੀ ਲਈ ਲੜਨ ਵਾਲੇ ਸ਼ਹੀਦਾਂ ਨੂੰ ਸ਼ਰਧਾਂਜਲੀ ਭੇਟ ਕਰਨ ਲਈ ਕਾਲਜ ਕੈਂਪਸ 'ਚ ਨੌਕਰ ਨਾਟਕ ਦੀ ਪੇਸ਼ਕਾਰੀ ਕੀਤੀ ਗਈ। ਇਹ ਨਾਟਕ ਉਨ੍ਹਾਂ ਨੌਜਵਾਨ ਆਜ਼ਾਦੀ ਯੋਧਿਆਂ ਨੂੰ ਸਮਰਪਿਤ ਸੀ, ਜਿਨ੍ਹਾਂ ਨੇ ਦੇਸ਼ ਦੀ ਆਜ਼ਾਦੀ ਦੇ ਸੰਘਰਸ਼ 'ਚ ਆਪਣੀਆਂ ਜਾਨਾਂ ਕੁਰਬਾਨ ਕੀਤੀਆਂ।

Free Blood Test Camp at GNKCW

Under the aegis of the Internal Quality Assurance Cell, Guru Nanak Khalsa College for Women, Model Town, Ludhiana, organized a free blood testing camp in collaboration with the Lions Club Ludhiana Creative in commemoration of World Health Day on April 03, 2024. The various members of lions club present on the occasion were Parveen Gupta, President of the Club, Mukesh Matkan Treasurer of the club, Mohan Lal Jindal, Deep Aman Singh, J.S Behl, Sanjeev Khara, Paramjit Singh, and Ashish Goel. This initiative saw enthusiastic participation from both students and teachers alike.

Guided by the NSS Programme Officer Mrs. Satwant Kaur, the camp aimed to extend crucial healthcare services to the community while fostering a spirit of volunteerism and social responsibility among the college's stakeholders.

Principal, Dr. Maneeta Kahlon showed full support for the students' active participation in this meaningful activity. She highlighted the importance of such events in raising health awareness and contributing to community welfare. This collaborative effort reflects the college's dedication to comprehensive education and its commitment to serving society.



Guru Nanak Khalsa College for Women

Gujarkhan Campus, Model Town, Ludhiana



Under the aegis of IQAC

NSS Unit, EBSB & Red Cross Society

in Collaboration with

Lions Club Ludhiana Creative

organize

BLOOD TEST CAMP

to celebrate

WORLD HEALTH DAY

03 April, 2024



Dr. Maneeta Kahlon
Principal

My health, my right

Dr. Neetu Prakash
Mrs. Satwant Kaur
NSS Programme Officers





PRESS CLIPPINGS

जीएनकेसीडब्ल्यू में रक्त परीक्षण शिविर लगाया

जासं, लुधियाना: आंतरिक गुणवत्ता आश्वासन सेल के तत्वावधान में गुरु नानक खालसा कालेज फार वूमन (जीएनकेसीडब्ल्यू) माडल टाउन ने विश्व स्वास्थ्य दिवस के उपलक्ष्य में लायंस क्लब लुधियाना क्रिएटिव के सहयोग से एक मुफ्त रक्त परीक्षण शिविर का आयोजन किया। इस अवसर पर लायंस क्लब के अध्यक्ष परवीन गुप्ता, कोषाध्यक्ष मुकेश मटकन, मोहन लाल जिंदल, दीप अमन सिंह, जेएस बहल, संजीव खेड़ा, परमजीत सिंह व आशीष गोयल उपस्थित थे। एनएसएस कार्यक्रम अधिकारी सतवंत कौर द्वारा निर्देशित शिविर का उद्देश्य कालेज के हितधारकों के बीच स्वयंसेवा और सामाजिक जिम्मेदारी की भावना को बढ़ावा देना था। प्रिंसिपल डा. मनीता काहलौं ने इस सार्थक गतिविधि में छात्रों की सक्रिय भागीदारी के लिए पूर्ण समर्थन दिखाया।

जीएनकेसीडब्ल्यू में रक्त परीक्षण शिविर के दौरान मौजूद डाक्टरों की टीम • सौ. कालेज



ਜੀਐੱਨਕੇਸੀਡਬਲਯੂ ਵਿਖੇ ਮੁਫਤ ਖੂਨ ਜਾਂਚ ਕੈਂਪ ਦੌਰਾਨ ਦਿਖਾਈ ਦੇ ਰਹੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ.ਮਨੀਤਾ ਕਾਹਲੋਂ, ਲਾਇਨਜ਼ ਕਲੱਬ ਲੁਧਿਆਣਾ ਕ੍ਰਿਏਟਿਵ ਦੇ ਅਹੁਦੇਦਾਰ ਤੇ ਹੋਰ। ਪੰਜਾਬੀ ਜਾਗਰਣ


ਮੁਫਤ ਖੂਨ ਜਾਂਚ ਕੈਂਪ ਲਾਇਆ


ਸਟਾਫ ਪ੍ਰਤੀਨਿਧ, ਲੁਧਿਆਣਾ : ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਵੱਲੋਂ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸ਼ਰੈਂਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਵਿਸ਼ਵ ਸਿਹਤ ਦਿਵਸ ਨੂੰ ਸਮਰਪਿਤ ਮੁਫਤ ਖੂਨ ਜਾਂਚ ਕੈਂਪ ਲਾਇਆ ਗਿਆ। ਇਹ ਕੈਂਪ ਲਾਇਨਜ਼ ਕਲੱਬ ਲੁਧਿਆਣਾ ਕ੍ਰਿਏਟਿਵ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਲਾਇਆ ਗਿਆ। ਲਾਇਨਜ਼ ਕਲੱਬ ਦੇ ਪ੍ਰਧਾਨ ਪਰਵੀਨ ਗੁਪਤਾ, ਕਲੱਬ ਦੇ ਖਜ਼ਾਨਚੀ ਮੁਕੇਸ਼ ਮਟਕਟ, ਮੋਹਨ ਲਾਲ ਜਿੰਦਲ, ਦੀਪ ਅਮਨ ਸਿੰਘ, ਜੇਐਸ ਬਹਿਲ, ਸੰਜੀਵ ਖੇੜਾ, ਪਰਮਜੀਤ ਸਿੰਘ, ਅਸ਼ੀਸ਼ ਗੋਇਲ ਆਦਿ ਹਾਜ਼ਰ ਸਨ। ਇਸ ਪਹਿਲਕਦਮੀ 'ਚ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਅਧਿਆਪਕਾਂ ਦੋਵਾਂ ਦੀ ਹੀ ਉਤਸ਼ਾਹੀ ਸ਼ਮੂਲੀਅਤ ਦੇਖਣ ਨੂੰ


ਮਿਲੀ। ਐੱਨਐੱਸਐੱਸ ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ ਸਤਵੰਤ ਕੌਰ ਦੀ ਅਗਵਾਈ 'ਚ ਕੈਂਪ ਦਾ ਉਦੇਸ਼ ਕਾਲਜ ਦੇ ਹਿੱਸੇਦਾਰਾਂ 'ਚ ਸਵੈਸੇਵੀ ਤੇ ਸਮਾਜਿਕ ਜ਼ਿੰਮੇਵਾਰੀ ਦੀ ਭਾਵਨਾ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਦੇ ਹੋਏ ਸਮਾਜ 'ਚ ਮਹੱਤਵਪੂਰਨ ਸਿਹਤ ਸੇਵਾਵਾਂ ਪ੍ਰਦਾਨ ਕਰਨਾ ਸੀ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ.ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਇਸ ਸਾਰਥਕ ਗਤੀਵਿਧੀ 'ਚ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਸਰਗਰਮ ਭਾਗੀਦਾਰੀ ਲਈ ਪੂਰਾ ਸਹਿਯੋਗ ਦਿੱਤਾ। ਉਨ੍ਹਾਂ ਸਿਹਤ ਜਾਗਰੂਕਤਾ ਵਧਾਉਣ ਤੇ ਸਮਾਜ ਭਲਾਈ 'ਚ ਯੋਗਦਾਨ ਪਾਉਣ ਲਈ ਅਜਿਹੇ ਸਮਾਗਮਾਂ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਉਜਾਗਰ ਕੀਤਾ। ਇਹ ਸਹਿਯੋਗੀ ਯਤਨ ਕਾਲਜ ਦੀ ਵਿਸਤ੍ਰਿਤ ਸਿੱਖਿਆ ਪ੍ਰਤੀ ਸਮਰਪਣ ਤੇ ਸਮਾਜ ਦੀ ਸੇਵਾ ਲਈ ਇਸਦੀ ਵਚਨਬੱਧਤਾ ਨੂੰ ਦਰਸਾਉਂਦਾ ਹੈ।

NATIONAL DENGUE DAY observed at GNKCW

Under the auspices of Internal Quality Assurance Cell, NSS and NCC wings of Guru Nanak Khalsa College for Women observed National Dengue Day in the college campus on May 16, 2024. The event was dedicated to educating students and volunteers about the significance of Dengue Day, emphasizing its importance in raising awareness about the prevention and control of dengue fever. By actively participating in such initiatives, students not only gain valuable knowledge about dengue prevention but also become ambassadors for spreading awareness in their communities. Principal Dr. Maneeta Kahloon graced the occasion with her presence and delivered an insightful address to the students. She educated the students about the causes, symptoms, and ways to prevent dengue fever. This involved teaching them how to get rid of places where mosquitoes breed, like stagnant water, and how to safeguard against mosquito bites by using nets and repellents. This activity was conducted under the supervision of NSS Program Officer, Mrs. Satwant Kaur, and ANO, Mrs. Sukhjt Kaur.


Guru Nanak Khalsa College for Women
 Cujarkhan Campus, Model Town, Ludhiana
 Under the aegis of IQAC
NCC wing, NSS Unit & EBSB Club
 observes





NATIONAL DENGUE DAY
16th May, 2024
Dengue Prevention: Our Responsibility for a Safer Tomorrow

Dr. Maneeta Kahlon Principal **Mrs. Satwant Kaur** NSS Programme Officer **Lt. Sukhjit Kaur (ANO)** NCC Officer



PRESS CLIPPINGS

ਡੇਂਗੂ سے बचाव संबंधी दी जानकारी

जलवायु संशोधन, लुधियाना : डेङ्गू के कारणों, लक्षणों और बचाव के तरीकों के बारे में जानकारी देकर ही अपने बचाव-साधनों के लिए तैयार होना चाहिए। यह प्रतिष्ठित एनएसएस स्वास्थ्य अभियंता सचिन खेर और एनएसएस, लुधियाना और डेङ्गू से बचाव के बारे में जानकारी दे रहे हैं।



डेङ्गू से बचाव के लिए लोगों को डेङ्गू से बचाव के बारे में जानकारी देना चाहिए।

ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ (ਲੜਕੀਆਂ) ਵਿਖੇ ਰਾਸ਼ਟਰੀ ਡੇਂਗੂ ਦਿਵਸ ਮਨਾਇਆ

ਲੁਧਿਆਣਾ, 17 ਮਈ (ਫ਼ਾ. ਤਰਲੋਚਨ ਸਿੰਘ)–ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਅਕੈਡਮੀ ਸੈਲ ਦੀ ਸਰਪ੍ਰਸਤੀ ਹੇਠ ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਫ਼ਾਰ ਯੂਮੈਨ ਦੇ ਐਨ.ਐਸ.ਐਸ. ਅਤੇ ਐਨ.ਸੀ.ਸੀ. ਵਿੰਗਾਂ ਵਲੋਂ ਐੱਜ ਕਾਲਜ ਕੈਂਪਸ ਵਿੱਚ ਰਾਸ਼ਟਰੀ ਡੇਂਗੂ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ। ਇਹ ਸਮਾਗਮ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਵਲੰਟੀਅਰਾਂ ਨੂੰ ਡੇਂਗੂ ਦਿਵਸ ਦੀ ਮਹੱਤਤਾ ਬਾਰੇ ਜਾਗਰੂਕ ਕਰਨ ਅਤੇ ਡੇਂਗੂ ਬੁਖਾਰ ਦੀ ਰੋਕਥਾਮ, ਨਿਯੰਤਰਨ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨ ਤੇ ਇਸ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਜ਼ੋਰ ਦੇਣ ਲਈ ਸਮਰਪਿਤ ਸੀ। ਇਸ ਮੌਕੇ ਕਾਲਜ ਪਿੰ. ਡਾ. ਮਨੀਰਾ ਕਾਹਲੋਂ ਵਲੋਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਡੇਂਗੂ ਬੁਖਾਰ ਦੇ ਕਾਰਨਾਂ, ਲੱਛਣਾਂ ਅਤੇ ਰੋਕਥਾਮ ਦੇ ਤਰੀਕਿਆਂ ਬਾਰੇ ਜਾਗਰੂਕ ਕੀਤਾ ਗਿਆ। ਇਹ ਪ੍ਰੋਗਰਾਮ ਐਨ ਐਸ ਐਸ ਪ੍ਰੋਗਰਾਮ ਅਫ਼ਸਰ ਸਤਵੰਤ ਕੌਰ ਅਤੇ ਏ.ਐਨ.ਓ. ਸੁਖਜੀਤ ਕੌਰ ਦੀ ਨਿਗਰਾਨੀ ਹੇਠ ਕਰਵਾਇਆ ਗਿਆ।



ਹਿੰਦੁਸਤਾਨ ਫਾਸਟ ਨਿਊਜ਼

ਖਬਰ ਓਹੀ ਜੋ ਹੋਵੇ ਸਹੀ

ਇਸ਼ਤਿਹਾਰ ਅਤੇ
ਖਬਰਾਂ ਲਵਾ ਲਈ
ਸੰਪਰਕ ਕਰੋ
MR.RAVI, 82840-86968
ਪੱਤਰਕਾਰਾਂ ਦੀ ਲੋੜ ਹੈ

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GNKCW ਵਿਖੇ ਰਾਸ਼ਟਰੀ ਡੋਂਗੂ ਦਿਵਸ ਮਨਾਇਆ

ਲੁਧਿਆਣਾ 16 ਮਈ, 2024
(ਬਿਊਰੋ ਰਿਪੋਰਟ)

ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸ਼ੋਰੈਂਸ ਸੈੱਲ, ਦੀ ਸ ਰਪ੍ਰਸਤੀ ਹੇਠ, ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ ਦੇ, ਐਨਐਸਐਸ ਅਤੇ ਐਨਸੀਸੀ ਵਿੰਗਾਂ, ਨੇ ਅੱਜ ਕਾਲਜ ਕੈਂਪਸ ਵਿੱਚ ਨੈਸ਼ਨਲ ਡੋਂਗੂ ਦਿਵਸ ਮਨਾਇਆ, ਇਹ ਸਮਾਗਮ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਵਲੰਟੀਅਰਾਂ ਨੂੰ ਡੋਂਗੂ ਦਿਵਸ ਦੀ ਮਹੱਤਤਾ ਬਾਰੇ ਜਾਗਰੂਕ ਕਰਨ ਅਤੇ ਡੋਂਗੂ ਬੁਖਾਰ ਦੀ ਰੋਕਥਾਮ ਅਤੇ ਨਿਯੰਤਰਣ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨ ਲਈ ਇਸ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਜ਼ੋਰ ਦੇਣ ਲਈ ਸਮਰਪਿਤ ਸੀ, ਅਜਿਹੀਆਂ ਪਹਿਲਕਦਮੀਆਂ ਵਿੱਚ ਸਰਗਰਮੀ ਨਾਲ ਭਾਗ ਲੈ ਕੇ, ਵਿਦਿਆਰਥੀ ਨਾ ਸਿਰਫ਼ ਡੋਂਗੂ ਦੀ ਰੋਕਥਾਮ ਬਾਰੇ ਵੱਡਮੁੱਲੀ ਜਾਣਕਾਰੀ ਹਾਸਲ ਕਰਦੇ ਹਨ, ਸਗੋਂ ਆਪਣੇ ਭਾਈਚਾਰਿਆਂ ਵਿੱਚ ਜਾਗਰੂਕਤਾ ਫੈਲਾਉਣ ਦੇ ਰਾਜਦੂਤ ਵੀ ਬਣਦੇ ਹਨ



ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਆਪਣੀ ਹਾਜ਼ਰੀ ਨਾਲ ਇਸ ਮੌਕੇ ਨੂੰ ਨਿਹਾਲ ਕੀਤਾ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇੱਕ ਸੰਖੇਪ ਭਾਸ਼ਣ ਦਿੱਤਾ, ਉਨ੍ਹਾਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਡੋਂਗੂ ਬੁਖਾਰ ਦੇ ਕਾਰਨਾਂ, ਲੱਛਣਾਂ ਅਤੇ ਰੋਕਥਾਮ ਦੇ ਤਰੀਕਿਆਂ ਬਾਰੇ ਜਾਗਰੂਕ ਕੀਤਾ, ਇਸ ਵਿੱਚ ਉਹਨਾਂ ਨੂੰ ਇਹ ਸਿਖਾਇਆ ਗਿਆ

ਕਿ, ਉਹਨਾਂ ਥਾਵਾਂ ਤੋਂ ਕਿਵੇਂ ਛੁਟਕਾਰਾ ਪਾਉਣਾ ਹੈ ਜਿੱਥੇ ਮੱਛਰ ਪੈਦਾ ਹੁੰਦੇ ਹਨ, ਜਿਵੇਂ ਕਿ ਖੜ੍ਹੇ ਪਾਣੀ, ਅਤੇ ਜਾਲਾਂ ਅਤੇ ਭਜਾਉਣ ਵਾਲੀਆਂ ਦਵਾਈਆਂ ਦੀ ਵਰਤੋਂ ਕਰਕੇ ਮੱਛਰ ਦੇ ਕੱਟਣ ਤੋਂ ਕਿਵੇਂ ਬਚਣਾ ਹੈ ਇਹ ਗਤੀਵਿਧੀ ਐਨ.ਐਸ.ਐਸ. ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ ਸ਼੍ਰੀਮਤੀ ਸਤਵੰਤ ਕੌਰ ਅਤੇ ਏ.ਐਨ.ਓ. ਸੁਖਜੀਤ ਕੌਰ ਦੀ ਨਿਗਰਾਨੀ ਹੇਠ ਕਰਵਾਈ ਗਈ।

GNKCW organizes National Anti-Terrorism Day

Under the aegis of IQAC, NSS, Red Cross Society, EBSB Club of Guru Nanak Khalsa College for Women in Ludhiana organized an event to observe National Anti-Terrorism Day on May 21, 2024. The purpose of this event was to raise awareness about the global issue of terrorism and to emphasize the importance of unity in combating it.

The NSS Program Officer discussed the objectives of National Anti-Terrorism Day, highlighting the need for unity and awareness in combating terrorism. The event provided a platform for meaningful discussions about the impact of terrorism and the collective responsibility we all share in building a safer and more peaceful world.

Principal, Dr. Maneeta Kahlon, emphasized the role of education in fostering a culture of peace and understanding. She may have encouraged students to actively engage in initiatives that promote harmony and tolerance within their communities.



The poster features a yellow and red background. On the left, there is a graphic of a person in a black balaclava holding a rifle, crossed out by a red circle with a diagonal slash. The words "ANTI TERRORISM" are written in a curved path around this graphic. At the top left is the GNW logo, and at the top right is a circular logo with a girl reading a book. The central text reads: "Under the aegis of IQAC", "NSS Unit, EBSB, Red Cross Society", "observes", "National Anti-Terrorism Day", and "18th May, 2024". At the bottom, it lists "Dr. Maneeta Kahlon, Principal" and "Mrs. Satwant Kaur, NSS Programme Officer".

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

Under the aegis of IQAC
NSS Unit, EBSB, Red Cross Society
observes
National Anti-Terrorism Day
18th May, 2024

Dr. Maneeta Kahlon
Principal

Mrs. Satwant Kaur
NSS Programme Officer





Sr. No	Name of Activity	Date
1	National Youth Day	January 12, 2024
2	Awareness Rally on Road Safety	January 15, 2024
3	Voter Awareness Activities at GNKCW	January 16, 2024
4	Safety and Traffic rules Awareness Week at GNKCW	January 18, 2024
5	Participating in an enlightening online quiz	January 19, 2024
6	Republic Day	January 25, 2024
7	Seminar on Mental Wellness at GNKCW	January 31, 2024
8	Eye Check-up Camp at GNKCW	March 07, 2024
9	NATIONAL MARTYRS' DAY Observed at GNKCW	March 23, 2024
10	Free Blood Test Camp at GNKCW	April 03, 2024
11	NATIONAL DENGUE DAY observed at GNKCW	May 16, 2024
12	GNKCW organizes National Anti-Terrorism Day	May 21, 2024