

GHG HARPARKASH COLLEGE OF EDUCATION FOR WOMEN

Sidhwan Khurd(Ludhiana)

REPORT OF 7-DAYS NSS CAMP

on the theme

‘SWACHH BHARAT ABHIYAN’

AND

‘FIT INDIA CAMPAIGN’

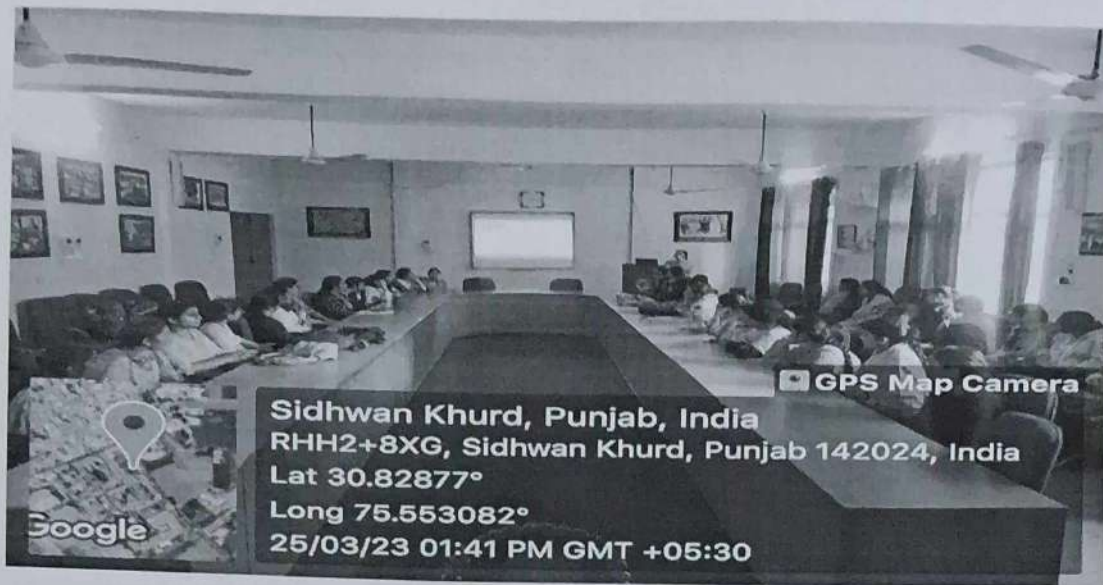
First Day (25th March, 2023)

On the first day of the NSS camp organized by GHG Harprakash College for Women, Sidhwan, on the theme ‘Swachh Bharat Abhiyan’

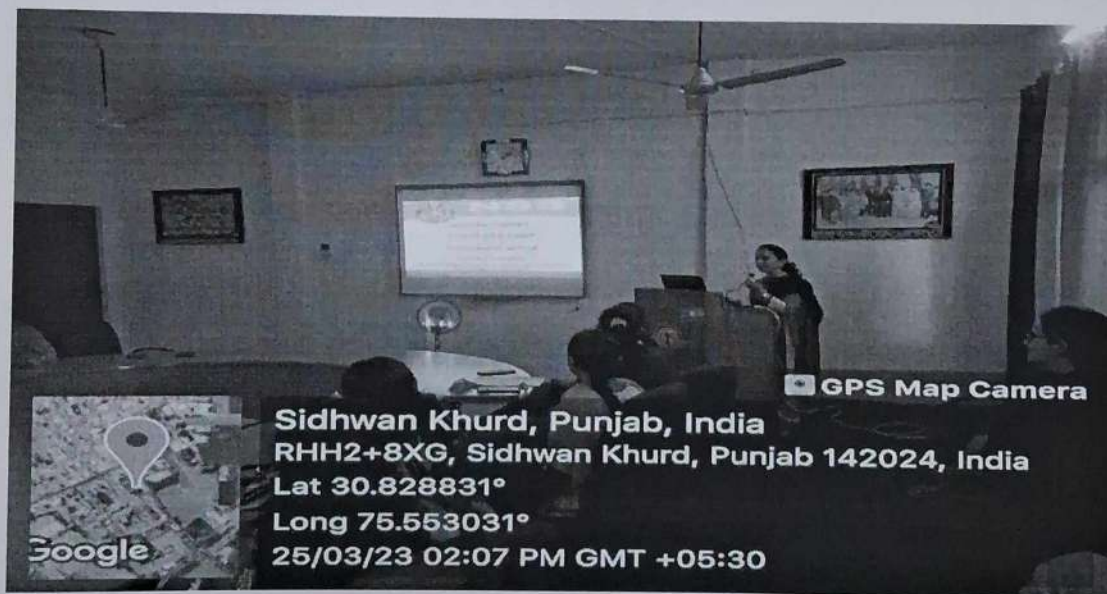
And ‘Fit India Campaign’ an inauguration ceremony was held. The camp was inaugurated by the principal of the college, Dr. Amandeep Kaur. The ceremony began with the lighting of the lamp by the principal of the college, along with other teachers. Programme Officer of NSS unit of the college, Dr. Jagminder Kaur welcomed the Principal, volunteers, staff and guests.



Dr. Jagminder Kaur, Programme Officer then gave an orientation session on NSS and its benefits. She explained how NSS can help students develop their social skills and sense of responsibility towards the community.



Principal Dr. Amandeep Kaur while greeting and addressing the volunteers encouraged them to serve the society and community. The ceremony was attended by 41 volunteers who were excited to participate in the upcoming activities.



Second Day (26th March,2023)

The second day of the NSS camp began with a yoga session led by Dr. Jagminder Kaur, Programme Officer. The students were taught various yoga asanas that would help them stay healthy and focused.



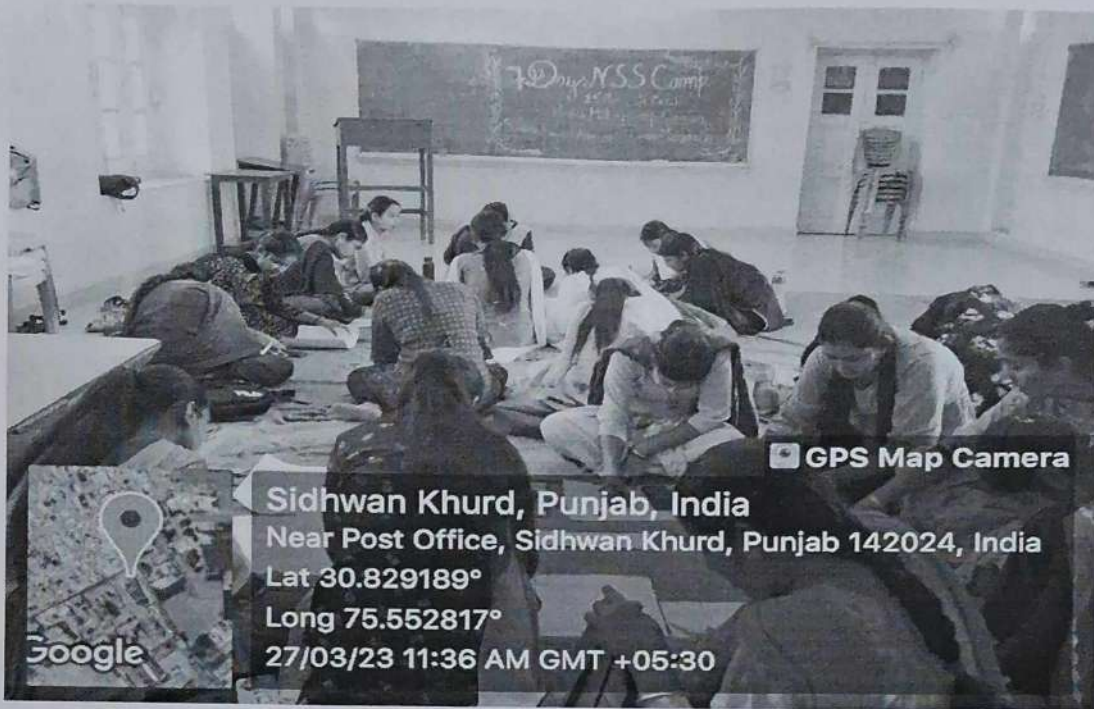
After the yoga session, the volunteers went to a slum area to donate clothes, stationary and other items to the needy ones. The students showed great empathy and compassion towards the people living in the slums.



In the afternoon session the volunteers visited the Maharaja Duleep Singh Memorial, Bassian Kothi, Raikot. The memorial is dedicated to the last King of Punjab, Maharaja Duleep Singh, and the students learned about his life and the history of the Kohinoor diamond. The visit was supervised by Dr. Jagminder Kaur.



- Prachi Sood- 1st
- Jasvir Kaur- 2nd
- Shivani- 3rd



In the afternoon session an expert talk was delivered by Dr. Gurwinder Singh, Assistant Professor on the theme 'Role of Positive Thinking in Personal Development and Achievements in Life'



Forth Day (28th March,2023)

The fourth day of the NSS camp began with Prayer and Yoga session. After that Programme Officer Dr. Jagminder Kaur conducted an orientation session about 'Swachh Bharat Abhiyan'. She acquainted the volunteers about history, mission and objectives of Swachh Bharat Abhiyan.



After the orientation session Campus Cleanliness Drive was organized, volunteers cleaned the college campus and Gurudwara Sahib of the campus. The students worked together to clean the premises and make it presentable.





Fifth Day (29th March,2023)

On the fifth day of the camp, a workshop on 'Best out of Waste' was organized to train the volunteers for making useful and decorative items from the waste. Art & Craft Instructor Mrs. Harjeet Kaur demonstrated various Flower Making, Pot Painting, File Making and embroidery skills and students were given hand-on practice for making these items.



In next session volunteers cooked and served food in the campus mess for hostel students.



In afternoon session an awareness camp about the Survey of Youth not in Formal Education/Regular Employment was organized for all volunteers. Five students were oriented about filling the Survey Form by Programme Officer. Afterwards these students provided training to other volunteers about this survey.



Sixth Day (30th March, 2023)

On the sixth day of the camp, after Prayer and Yoga session an Expert Lecture was organized on the theme 'Stress Management and Mental Health' by Dr. Sarvjeet Kaur, Associate Professor and Counsellor of the college. She explained different techniques to be used for stress management and for mental and physical well being.



In next session volunteers participated in various games, physical activities and cultural activities like dance, skit, singing etc.



In the afternoon session an Expert Talk was organized on 'The Role of Youth in Sustainable Development' by Dr. Manjeet Kaur, Associate Professor of the college. She discussed about the ways and means by which youth can contribute in achieving Sustainable Development Goals and how youth can act as Agents of Change.



Seventh Day (31th March,2023)

On last and seventh day of the camp, a Slogan Writing Competition was organized. All the volunteers took part in the competition and made slogans on the main themes of the camp 'Swachh Bharat Abhiyan' & 'Fit India Campaign' and on sub themes like 'Save Earth' Save Water. Results of the Slogan Competition are –

- Prinka (B.Ed-IV Sem.) – 1st
- Arashdeep Kaur (B.Ed-I Sem.) – 2nd
- Manpreet Kaur (B.Ed-IV Sem.) – 3rd



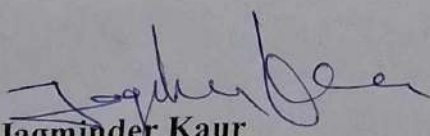
In next session volunteers along with Programme Officer and other staff members of the college visited Gurudwara Sahib at village Sidhwan Khurd to seek blessings and had Langar and performed Sewa.


After that a Rally on 'Swachh Bharat Abhiyan' & 'Fit India Campaign' was organized in the adopted village Sidhwan Kalan. The Rally was started from Gurdwara Sahib Patshahi Chhewien, Sidhwan Kalan and students made aware the villagers about Cleanliness, Sustainable Environment, Health and Hygiene and Conservation of Water.





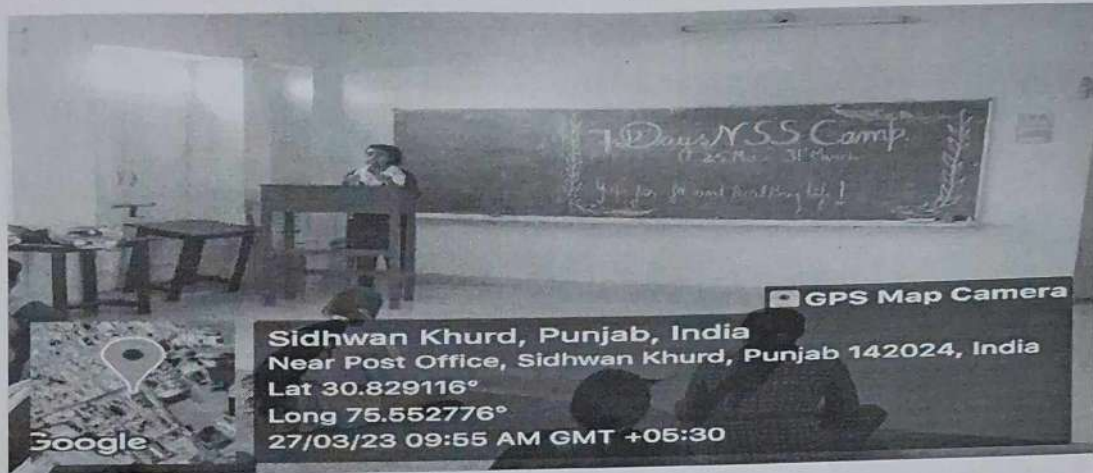
In the Valedictory Session Programme Officer Dr. Jagminder Kaur presented the Report of the Seven Days Camp. Volunteers shared their experiences about the camp in an interaction session. Vice Principal and IQAC Coordinator of the college Dr. Kiran Duggal congratulated the volunteers on completion of camp and encouraged them for social service and service of the nation. Sahijpreet Kaur (Discipline Committee), Prachi Sood (Press Committee), Kritika (Refreshment Committee), Navdeep Kaur (Cultural Committee) was honoured for their tireless services in the camp. Rupinder Kaur was selected as Best Volunteer.


Dr. Jagminder Kaur
NSS Programme Officer


Dr. Amandeep Kaur
Principal
G.H.G. Harparkash College
of Education for Women
SIDHWAN KHURD (Ldh.)

Third Day (27th March, 2023)

On the third day of the NSS camp, an expert lecture was organized on the theme 'Yoga for Healthy and Fit Life' by Ms. Harpreet Kaur, DPE, Sikh Girls Senior Secondary School, Sidhwan Khurd. She explained Pranayam and various Yoga Aasans to be performed regularly to stay fit and lead a healthy life.



After the lecture volunteers participated in a yoga session.



In next session, a poster-making competition was held on the topic of Swachh Bharat Abhiyan. The students were asked to create posters that would encourage people to keep their surroundings clean and tidy. Results of the Poster Making Competition are:

Report of Donation Camp 2022-23


Donation camp was organized by the GHG Harparkash College of education for Women Sidhwan Khurd, Ludhiana for poor residing in slum areas on 26.11.22. All the staff members and 45 students of B.Ed. M.Ed. and PG diploma in Guidance and Counselling donated various item like clothes, bags, water bottles, shoes and other essential items generously to the needy people residing in the slum areas of Jagraon. Staff and students went to the slum area in the college bus. Students and staff of the college distributed the material to the people over there. By visiting these areas, a conscious effort was made to aware students about the conditions of the people living there.



Teacher In-Charge

Dr Kiran Duggal

Dr Ajay Kumar


Dr Amandeep Kaur
Principal
G.H.G. Harparkash College
of Education for Women
SIDHWAN KHURD (LDH)

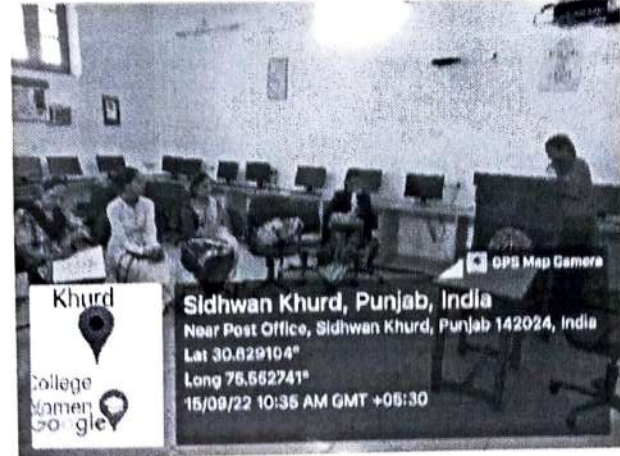
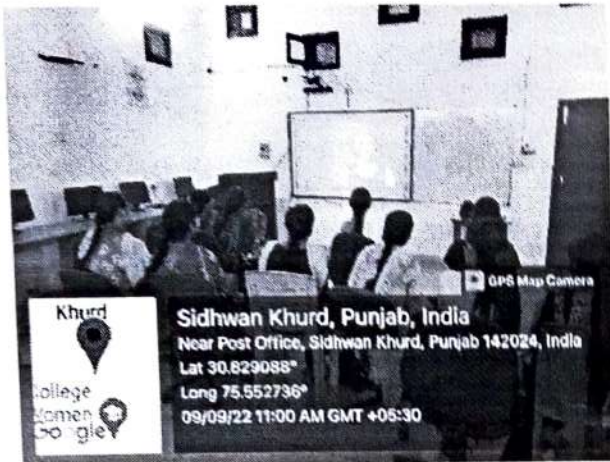
G.H.G.Harparkash College of Education for Women
Sidhwan Khurd, Ludhiana
Session 2022-2023
Report of Personality Development Programme
(8th September- 30th September, 2022)

G.H.G Harparkash College of Education for Women, Sidhwan Khurd, Ludhiana took initiative to organised PDP to enhance the overall personality with special emphasis on communication skills, interview skills and other professional competencies under the able guidance of Principal Dr. Amandeep Kaur. Coordinators of the Programmes were Mrs. Pushpinder Kaur, Dr. Shally, Mrs. Manpreet Kaur and Dr. Geeta Kundi.

The programme was open for new entrants and members of the community. The course material comprised of six modules namely Listening (Module 1&2) Conversation (Module 3), Language lab (Module 4) Speaking (Module 5) & Writing (Module 6). 15 students attended this programme.



The programme was executed as per the objectives of every module along with the activities designed. The resource persons were Mrs Pushpinder Kaur (Assoc. Prof) Dr Shally (Assoc Prof) and Mrs Navdeep Kaur (Asstt. Prof).



Coordinators

Mrs Pushpinder Kaur

Dr Shally

Dr Geeta Kundi

Mrs Manpreet Kaur

Handwritten signatures in blue ink: Pushpinder Kaur, Shally, Geeta Kundi, Manpreet Kaur.

Principal

Dr Amandeep Kaur

Principal

**G. H. G. Harparkash College
 of Education for Women
 SIDHWAN KHURD (Ldh)**

Handwritten signature in green ink: Amandeep Kaur.

Report of 8th Annual Bhai Sahib Bhai Narain Singh Ji Memorial Extension Lecture on “Save Mother Earth- Sustainable & Organic Farming” 22nd December, 2022

Bhai Sahib Narain Singh ji Memorial 8th Annual Extension Lecture on Save Mother Earth - Sustainable & Organic Farming” was organized by the Sidhwan Group of Institutions as a Tribute to the Founder of Sidhwan Institutions on 22nd December, 2022. This is the annual feature of Sidhwan Group of Institutions. The environment-related theme was decided by the Organising Committee for this extension lecture.

Extension lecture was organised in offline mode. S. Manpreet Singh Grewal, President, Natural Farmer Association, Ludhiana was the Chief Guest & resource person for this extension lecture. S. Manpreet Singh Grewal shared his vast experience of organic farming with the students and teachers of the college. He made them aware about the various opportunities available in this field and further shared about the benefits of organic farming to the mankind and environment. He also shared advanced techniques used by different countries to grow sustainable plants and also took queries from the teachers and students.

A total of 123 participants from the college and sister institutes attended the extension lecture. On this occasion, our trust member Sardar Harmail Singh Sidhu also gave valuable suggestion to protect our environment. All the principals from the sister institutes were also present on this occasion.





Eco-Club

Dr Ajay Kumar *Ajay*

Dr Geeta Kundi *Geeta*

Amandeep
Principal

Dr Amandeep Kaur
Principal
G.H.G. Harparkash College
of Education for Women
SIDHWAN KHURD (Ldh.)

Save Mother Earth

22nd December 2022

List of Participants

S. No.	Name	Designation	Name of the Institution	Signature
1.	Dr. Shally	Assoc Prof	G.H.G. Maharashtra coll of edu	Shally
2.	Dr. Gita Kulkarni	Asst. Prof.	G.H.G. Maharashtra coll of edu	Gita
3.	Dr. Jagminder Kaur		"	Jagminder
4.	Mrs. Harjeet Kaur	Asst & Genl. Sec.	"	Harjeet
5.	Dr. Sarjeet Kaur	associate prof.	"	Sarjeet
6.	Mr. Karanjit Singh	Accountant	Chaukhamba of Education	Karanjit Singh
7.	Mr. Mohinder Singh	Clerk	- do -	Mohinder
8.	Nidhi Chopra	Asst. Prof.	Khalsa College	Nidhi
9.	Gagandeep Ahluwalia	Asst. Prof.	Khalsa College	Gagandeep
10.	Dr. Jyoti Kaur	Assoc. Prof. of Zoology	KCW	Jyoti
11.	Dr. Anandjeet Kaur	Asst. Prof. of Botany	KCW	Anandjeet
12.	Narjeet Kaur	+1 (Arts)	S.G.S.C. School	Narjeet Kaur
13.	Anurag Kaur	+1 (Arts)	"	Anurag
14.	Yashpreet Kaur	+1 (Arts)	"	Yashpreet
15.	Bhuvanmeet Kaur	+1 (Arts)	"	Bhuvanmeet
16.	Gurpreet Kaur	+1 (Arts)	"	Gurpreet
17.	Simandeep Kaur	+1 (Arts)	"	Simandeep
18.	Priyanka	+1 (Arts)	"	Priyanka
19.	Rajwinder Kaur	+1 (Commerce)	"	Rajwinder Kaur
20.	Nanddeep Kaur	+1 (Commerce)	"	Nanddeep
21.	Simranpreet Kaur	+1 (Comm.)	"	Simranpreet
22.	Jagdeep Kaur	Lecturer History	Srkh Girls Sen Sec. School	Jagdeep Kaur
23.	Jasmeet Kaur Sidhu	8 th 'A'	G.H.G. Public Sch	Jasmeet Sidhu
24.	Jasleen Kaur Rai	8 th 'A'	G.H.G. Public Sch	Jasleen Rai
25.	Muskan Kaur	8 th 'A'	G.H.G. Public Sch	Muskan

1.	A Name	Class	School	Signature
26	Avnoor kaur	+1 Science	S.G.S.S. School	Avnoor kaur
27	Nisha	+1 Science	"	Nisha
28	Suman	+1 Science	"	Suman
29	Parnmeet kaur	+1 Science	"	Parnmeet kaur
30	Arabhpreet kaur	+1 science	"	Arabhpreet kaur
31	Gurmoora kaur	+1 science	"	Gurmoora kaur
32	Pooja	10 th	"	Pooja
33	Prashant Kaur Sidhu	10 th	"	Prashant Sidhu
34	Pooja	10 th	"	Pooja
35	Johanpreet kaur	10 th	"	Johanpreet
36	Mandeep kaur	10 th	"	Mandeep
37	Johanpreet kaur	10 th	"	Johanpreet K
38	Simranjit kaur	10 th	"	Simranjit k
39	Harpreet kaur	10 th	"	Harpreet
40	Eknora kaur	10 th	"	Eknora k.
41	Sukhvira kaur	10 th	"	Sukhvira k.
42	Tastandeep kaur	10 th	"	Tastandeep k.
43	Lovepreet kaur	10 th	"	Lovepreet k.
44	Simranjit kaur	10 th	"	Simranjit k.
45	Rishdeep kaur	10 th	"	Rishdeep kaur
46	Gurmanpreet kaur	10 th	"	Gurmanpreet kaur
47	Mangot kaur	10 th	" "	Mangot kaur
48	Komalpreet kaur	10 th	"	Komalpreet K.
49	Amanjot kaur	10 th	"	Amanjot k.
50	Ravleen kaur	10 th	" "	Ravleen kaur
51	Sukhmandeep kaur	10 th	" "	Sukhmandeep kaur
52	Gurpreet kaur	10 th	"	Gurpreet kaur
53	Jespreet kaur	Gb Asslt	G.H.G.H. college	(Jes)
54	Sukhvira kaur	Lab PVT	G.H.G.H. college	S

S-N	Name	Class	School Name	Signature
55	Diljit Kaur	+1 Art's	BKth Girls Sec School	Diljit Kaur
56	Prabhjot Kaur	+1 Art's	"	Prabhjot Kaur
57	Neetu	"	"	Neetu
58	Jaspreet Kaur	"	"	Jaspreet Kaur
59	Paurndeep Kaur	"	"	paurndeep kaur
60	Komalpreet Kaur	"	"	Komalpreet Kaur
61	Saktham Kaur	"	"	Saktham Kaur
62	Sandeep Kaur	"	"	Sandeep Kaur
63	Rajwinder Kaur	"	"	Rajwinder Kaur
64	Ravinder Kaur	"	"	Ravinder Kaur
65	Arshpreet Kaur	+1 Commerce	"	Arshpreet Kaur
66	Jasmin Kaur	"	"	Jasmin Kaur
67	Harsimran Kaur	+1 Commerce	"	Harsimran Kaur
68	Harmanjot Kaur	"	"	Harmanjot Kaur
69	Mehakpreet Kaur	"	"	Mehakpreet Kaur
70	Sukhmandeep Kaur	"	"	Sukhmandeep Kaur
71	Rinshi	"	"	Rinshi
72	Harmandeep Kaur	+1 Commerce	"	Harmandeep Kaur
73	Prabhjot Kaur	"	"	Prabhjot Kaur
74	Jasmeen Kaur	+1 Commerce	"	Jasmeen Kaur
75	Harleen Kaur	+1 Commerce	"	Harleen Kaur
76	Gurleen Kaur Hans	"	"	Gurleen Kaur Hans
77	Harpreet Kaur	"	"	Harpreet Kaur
78	Mehakpreet Kaur	"	"	Mehakpreet Kaur
79	Madhu	"	"	Madhu
80	Priyanka Rajput	"	"	Priyanka
81	Prabhjot Kaur	10th	"	Prabhjot Kaur
82	MONU	"	"	MONU
83	Sonam	10th	"	Sonam
84	Chandni	"	"	Chandni
85	Indeep Kaur	Art Prof Subject Punjabi (Kaur)		Indeep Kaur
86	Dr. Balwinder Kaur	Art Prof subject Punjabi (Kaur)		Balwinder Kaur

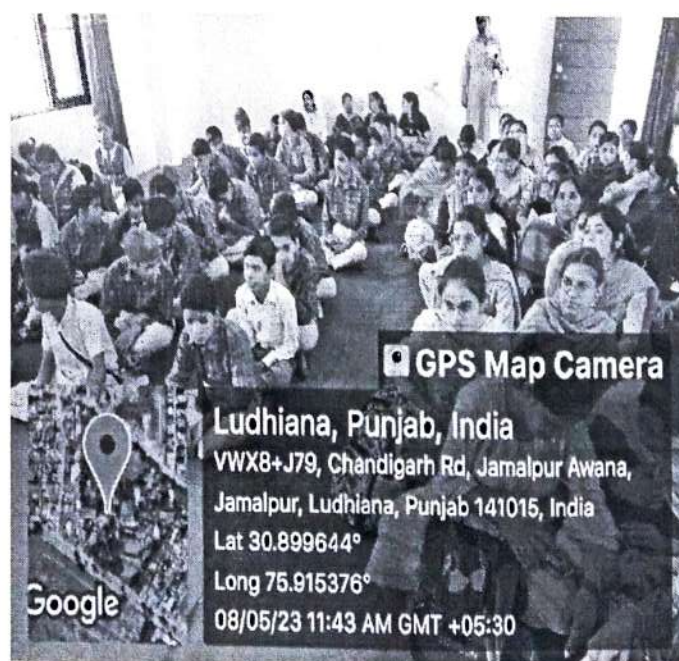
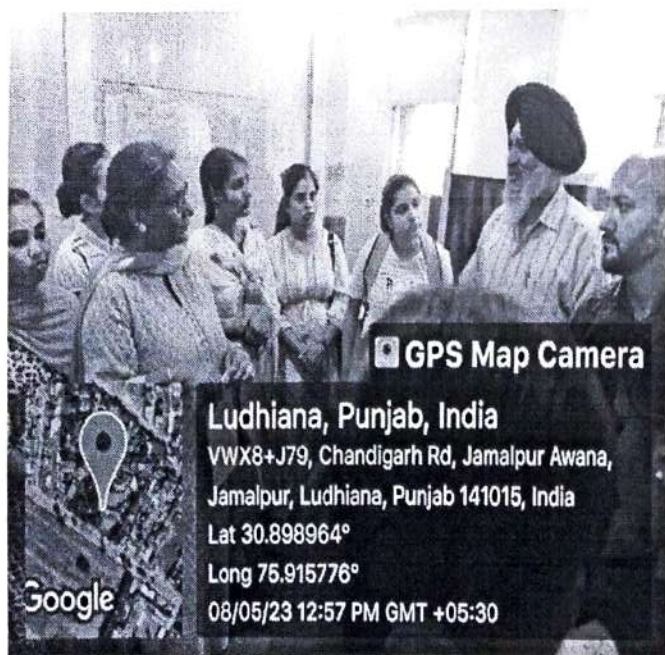
87	Gurbang Singh	8 th (A)	G. H. 5 Public school	Gurbang Singh
88	Bhauwamdeep Singh	8 th (A)	G. H. 6 Public	Bhauwamdeep Singh
89	Robampreet Singh	8 th (C)	G. H. 6 Public	Robampreet Singh
90	Sahajpreet Dhall	8 th (A)	G. H. 6 Public	Sahajpreet Dhall
91	Preet Kawal Singh	8 th (A)	G. H. 6 Public	Preet Kawal Singh
92	Harjot Singh Toss	8 th (C)	G. H. 9 Public Sen	Harjot Singh Toss

93	Name	CLASS	School	Sign
94	Manmohan Singh	8 th C	G.S.S. H. Dabhiwala	Manmohan Singh
95	Harmandeep Singh	8 th C	G.S.S. H. Dabhiwala	Harmandeep Singh
96	Gurbaz Singh	8 th C	G.H. G. Public School	Gurbaz Singh
97	Hardeep Singh	8 th C	G.S.S. H. Dabhiwala	Hardeep Singh
98	Gurpreet Kaur	Art Prof.	G.S.S. H. Dabhiwala	Gurpreet Kaur

S.No	Name	Class	School	Signature
101	Navyot Kaur	+1 Non medical	Sikh girls school	Navyot Kaur
102	Gaganpreet Kaur	+1 Non medical	Sikh girls senior	Gaganpreet Kaur
103	Amanpreet Kaur	+1 Non Medical	Sikh girls senior	Amanpreet Kaur
104	Amrita	+1 Medical	Sikh girls senior	Amrita
105	Lovepreet Kaur	+1 Medical	Sikh girls senior	Lovepreet Kaur
106	Kheishpreet Kaur	+1 Commerce	Sikh girls senior	Kheishpreet
107	Rajdeep Kaur	+1 commerce	Sikh girls senior	Rajdeep Kaur
108	Harsuman Kaur	+1 commerce	Sikh girls senior	Harsuman Kaur
109	Manpreet Kaur	+1 commerce	Sikh girls senior	Manpreet Kaur
110	Baljit Kaur	8th C	G.H.G. Public Sch	Baljit
111	Puneet Kaur	8th C	G.H.G. Public Sch	Puneet Kaur
112	Gagandeep Kaur	techt in chemistry	Sikh Girls school	Gagandeep Kaur
113	Baljinder Kaur	techt in commerce	"	Baljinder Kaur
114	Sukhjeet Kaur	techt in English	"	Sukhjeet Kaur
115	Dr. Jasdeep Kaur	Asst Prof Econ	KCW Sidhwan	Jasdeep Kaur
116	Prof. Karandeep Kaur	Asst. Prof in Polsci	KCW Sidhwan	Karandeep Kaur
117	Ashish Kumar	Asst Prof chemistry	KCW Sidhwan	Ashish Kumar
118	Dr. Paramdeep Singh	Asst. Prof. Phy. Edu	KCW Sidhwan	Paramdeep Singh
119	Prof. Hardeep Kaur	Asst. Prof. History	KCW Sidhwan	Hardeep Kaur
120	Nidhi Chopra	Asst. Prof. Physics	KCW	Nidhi Chopra
121	Gagandeep Anand	Asst. Prof	KCW	Gagandeep Anand
122	Dr. Geetanjali Arora	Asst. Prof	KCW	Geetanjali Arora
123	Ms. Gurpreet Kaur	Asst. Prof	ANK H.C.O.E	Gurpreet Kaur

G.H.G. Harparkash College of Education for Women
Sidhwan Khurd, Ludhiana
A Report on Visit to
Govt. Institute for Blind (Braille Bhawan), Jamalpur, Ludhiana
8th May, 2023

On 8th May, 2023 students of B.Ed., M.Ed. and PG Diploma in Guidance and Counselling along with teachers Dr. Manjeet Kaur and Dr. Ajay Kumar visited Govt. Institute for Blind (Braille Bhawan), Jamalpur, Ludhiana as it is part of their curriculum. A total of 37 students from the college visited the school. The school was established in the year 1968 and is managed by Tribal and Social Welfare Department. The institute is affiliated to P.S.E.B., Mohali. The school consists of Grades from 1 to 10 and is Co-educational. The school has Government building. It has got 8 classrooms for instructional purposes. All the classrooms are in good condition. It has 2 other rooms for non-teaching activities. The school has a playground. The school has a library and has 200 books in its library. The school has qualified staff with having a special degree and training to teach students with visual impairments. The main objective of the school is to make the child an acceptable and a useful citizen of the society and also to make the society aware of their moral responsibility towards their children. Students of the college interacted with the students of the Braille Bhawan with the help of their teachers and also visited the various rooms, laboratories, Braille Press, Audio Recording, and Printing Press Section etc. to understand the way of teaching learning being carried in the school.

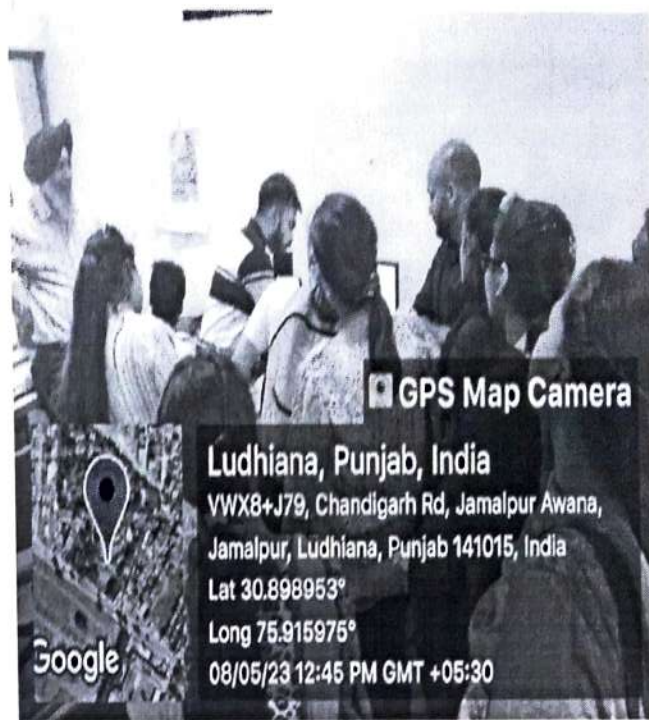




GPS Map Camera

Ludhiana, Punjab, India
VWX8+VFG, Rasila Nagar, Guru Teg Bahadur
Nagar, Ludhiana, Punjab 141010, India
Lat 30.899409°
Long 75.916231°
08/05/23 11:58 AM GMT +05:30

Google



GPS Map Camera

Ludhiana, Punjab, India
VWX8+J79, Chandigarh Rd, Jamalpur Awana,
Jamalpur, Ludhiana, Punjab 141015, India
Lat 30.898953°
Long 75.915975°
08/05/23 12:45 PM GMT +05:30

Google

Teacher Incharges

Dr. Manjeet Kaur

Dr. Geeta Kundi

Manjeet Kaur
Geeta Kundi

Principal

(Dr. Amandeep Kaur)

Amandeep Kaur
Principal

**G. H. G. Harparkash College
of Education for Women
SIDHWAN KHURD (Ld.)**

**EDUCATIONAL VISIT TO GOVT. INSTITUTE FOR BLIND
(Brail Bhawan), Jamalpur, Ludhiana**

Dated : 08.05.2023

ATTENDANCE SHEET

S. No.	Name of the Student	Class	Roll No.	Signature of the Student
1.	Kritika Bansal	B.Ed. 4 th	210012	Kritika Bansal
2.	Navdeep Kaur	B.Ed. 4 th	210008	Navdeep Kaur
3.	Ankita	B.Ed. 4 th	210021	Ankita
4.	Puneet Kaur	B.Ed. 4 th	210009	Puneet Kaur
5.	Prinka	B.Ed. 4 th	210025	Prinka
6.	Amandeep Kaur	B.Ed. 4 th	210024	Amandeep Kaur
7.	Preeti	B.Ed. 4 th	210032	Preeti
8.	Ramandeep Kaur	B.Ed. 4 th	210017	Ramandeep Kaur
9.	Amandeep Kaur	B.Ed. 4 th	210022	Amandeep Kaur.
10.	Gurdeep Kaur	B.Ed. 4 th	210031	Gurdeep Kaur
11.	Harpreet Kaur	P.G. dip	2202	H.K.
12.	Gurjot Kaur	"	2201	G
13.	Anita	"	2206	A
14.	Paranjit Kaur	B.Ed. 4 th	210002	Paranjit Kaur
15.	Sukhpreet Kaur	M.Ed. 4 th sem	210104	S
16.	Prabhjot Kaur	"	210102	P
17.	Rain	"	210101	R
18.	Sahjpreet Kaur	B.Ed. 4 th	210006	Sahjpreet K.
19.	Manpreet Kaur	B.Ed. 4 th	210007	Manpreet K.
20.	Jaswinder Kaur	B.Ed. 4 th	220028	Jaswinder K.
21.	Pinkjeet Kaur	B.Ed. 4 th	220033	Pinkjeet Kaur
22.	Prabhjot Kaur	"	220025	Prabhjot Kaur
23.	Gurpreet Kaur	"	220036	Gurpreet Kaur

