

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 *AK*

Dr Geeta Kundi *GK*

Amandeep Kaur
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 College of Edu	Gita
3.	Dr. Jagminder Kaur		"	Jagminder
4.	Mrs. Harjeet Kaur	Asst & Cont. 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
13.	Anurag Kaur	+1 (Arts)	"	Anurag
14.	Yashraj Kaur	+1 (Arts)	"	Yashraj
15.	Burmeet Kaur	+1 (Arts)	"	Burmeet
16.	Gursimran Kaur	+1 (Arts)	"	Gursimran
17.	Sumandeep Kaur	+1 (Arts)	"	Sumandeep
18.	Priyanka	+1 (Arts)	"	Priyanka
19.	Rajwinder Kaur	+1 (Commerce)	"	Rajwinder
20.	Nawdeep Kaur	+1 (Commerce)	"	Nawdeep
21.	Simranpreet Kaur	+1 (Comm.)	"	Simranpreet
22.	Jagdeep Kaur	Lecturer History	Srkh G.H.G. Sec C. School	Jagdeep Kaur
23.	Jasneet Kaur Sidhu	8 th 'A'	G.H.G. Public Sch	Jasneet 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 S.	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	Gurmoor kaur	+1 science	"	Gurmoor 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	Eknoor kaur	10 th	"	Eknoor 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	Su

S-N	Name	Class	School Name	Signature
55	Diljit Kaur	+1 Art's	BKth Girls Senior 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	Jomalpreet Kaur	"	"	Jomalpreet Kaur
61	Saktham Kaur	"	"	Saktham Kaur
62	Sandeep Kaur	"	"	Sandeep Kaur
63	Rajwinder Kaur	"	"	Rajwinder Kaur
64	Ravinder Kaur	"	"	Ravinder Kaur
65	Arushpreet Kaur	11 Commerce	"	Arushpreet Kaur
66	Jasmin Kaur	"	"	Jasmin Kaur
67	Harsimran Kaur	+1 Commerce	"	Harsimran Kaur
68	Harmajot Kaur	"	"	Harmajot Kaur
69	Mehakpreet Kaur	"	"	Mehakpreet Kaur
70	Sukhmandeep Kaur	"	"	Sukhmandeep Kaur
71	Rinki	"	"	Rinki
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	Rishyanka Rajput	"	"	Rishyanka
81	Prabhjot Kaur	10th	"	Prabhjot Kaur
82	MONU	"	"	MONU
83	Sonam	10th	"	Sonam
84	Chandni	"	"	Chandni
85	Indeepit Kaur	Art Prof Subject Punjabi (Kaur)		Indeepit Kaur
86	Dr. Balwinder Kaur	Art Prof subject Punjabi (Kaur)		Balwinder 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 school	Gaganpreet Kaur
103	Amanpreet Kaur	+1 Non Medical	Sikh girls school	Amanpreet Kaur
104	Amrita	+1 Medical	Sikh girls school	Amrita
105	Lovepreet Kaur	+1 Medical	Sikh girls school	Lovepreet Kaur
106	Kheishpreet Kaur	+1 Commerce	Sikh girls school	Kheishpreet
107	Rajdeep Kaur	+1 Commerce	Sikh girls school	Rajdeep Kaur
108	Harsuman Kaur	+1 Commerce	Sikh girls school	Harsuman Kaur
109	Manpreet Kaur	+1 Commerce	Sikh girls school	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	Sukhjot Kaur	techt. in English	"	Sukhjot 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	Mrs. Gurpreet Kaur	Asst. Prof	ANKH.C.O.E	Gurpreet Kaur

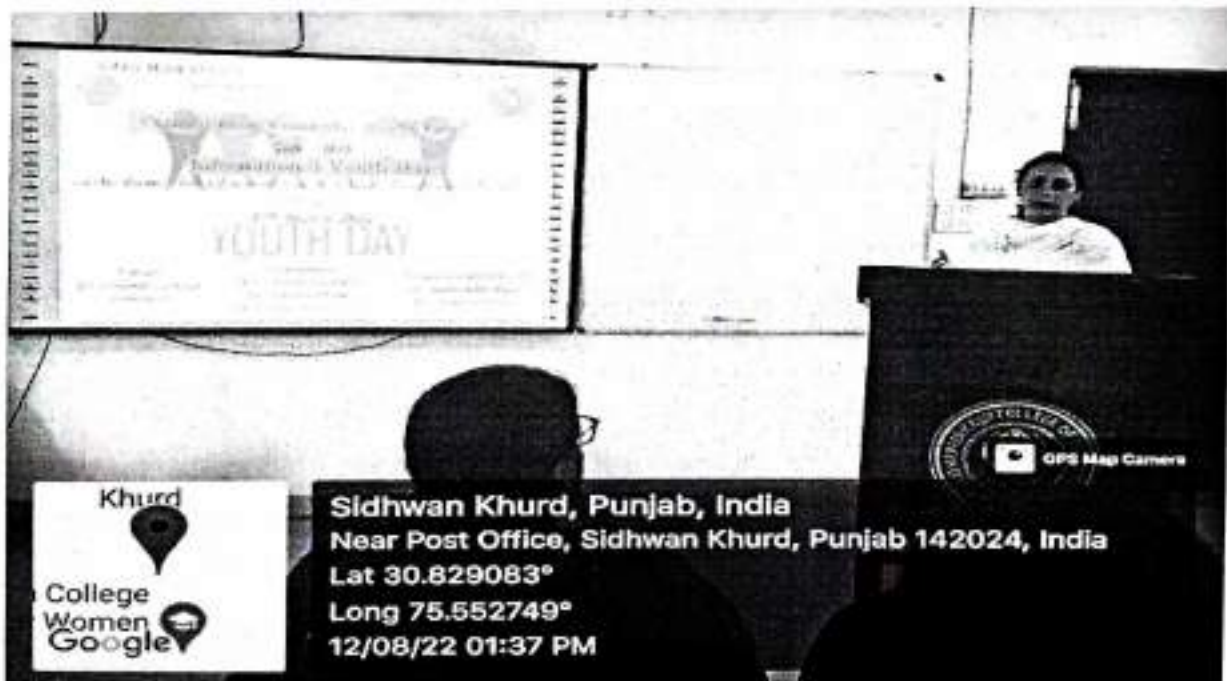
GHG HARPARKASH COLLEGE OF EDUCATION FOR WOMEN

SIDHWAN KHURD, LUDHIANA

Cultural Events Committee Report: 2022-23

International Youth Day (12th August, 2022)

Every year International Youth Day is celebrated to raise awareness of the need to ensure the engagement and participation of youth, which is essential to achieve sustainable human development. Cultural Event Committee and NSS volunteers of the college celebrated Youth Day on 12th September, 2022 on the theme 'Intergenerational Solidarity: Creating a World for All Ages'. Students presented poems related to the theme. Principal Dr. Amandeep Kaur encouraged the students to contribute in national and social development of the country by performing their duties responsibly. NSS Programme officer Dr. Jagminder Kaur highlighted the role of NSS in personality development of youth of the country.





Independence Day (August 2022)

GHG Harparkash College of Education for Women Sidhwan Khurd, Ludhiana celebrated "Azadi ka Amrit Mahotsav Week" in collaboration with the Department of Youth welfare, Panjab University Chandigarh from 8th August - 15th August 2022.

From 8th to 10th August, 2022 students and staff members participated in 'Pin A Flag, activity initiated by Ministry of Culture, Government of India on <http://harghartiranga.com>, pinned the flags and got the certificates.

On 11th August, 2022 the staff members and students of the college clicked the photographs with Tiranga and shared the photographs on their Social Media Accounts.

On 12th August, 2022 various cultural activities such as skit, choreography, patriotic songs and face painting with Tri Colour were organised in collaboration with Sikhs Girls Sen. Sec. School, Sidhwan Khurd.

On 13th August, Tree Plantation Drive was organised in the college campus the staff members and students planted the sapling around the playground.

On 14 August, students participated in poster making activity on the theme "Azadi ka Amrit Mahotsav".

On 15th August, 2022 GHG Harparkash College of Education for Women, Khalsa College for Women, and Sikhs Girls Sen. Sec. School, Sidhwan Khurd, Ludhiana Jointly Celebrated 76th Independence Day. The programme was started with flag hoisting, Principals of all three institutions Hoisted the National flag which was accompanied with National Anthem sung by students and faculty members of all three institutions. Dr Gurwinder Singh, Assistant Professor, threw some light on the history of Independence struggle. On this occasion various cultural activities were performed by the students such as Skit, Choreography, Patriotic songs, Group Song, Poems etc. Dr Ajay Kumar, Assistant Professor, made the students aware about the flag code of India. A documentary on history of flag was shown to the students.



Pinned the flags and got the Certificates 8th - 10th August, 2022



Photographs with Tiranga (11-08-2022)



Face Painting (12-08-2022)



Tree Plantation Drive 13-08-2022



Poster Making Competition 14-08-2022



Flag Hoisting Ceremony and Cultural Programme on 15 August, 2022

Teej Festival – Teeaan Da Mela (30 August, 2021)

Cultural Event Committee and NSS Unit of the College celebrated “Teej Festival” in the college campus on 30 August, 2022. On this occasion various competitions such as Teean di Rani, Raonak Mele di and Sunakkhi Mutiar were organised for the students. Dr Manjeet Kaur, Dr Sarvjeet Kaur, Dr Shally and Dr Jagminder were acted as Judges for these competitions. All the B.Ed and M.Ed, students participated in these completions. The results were announced by Dr Amandeep Kaur, Principal and congratulated the winners and all the students who have participated in this event. She also encourages the students to participated in these kinds of cultural events.



Teacher's day (5th September, 2022)

Cultural Event Committee and NSS volunteers celebrated teacher's day on 5th September, 2022. Students expressed their gratitude for the immense contribution put forth by their teachers for their development. Principal Dr. Amandeep Kaur highlighted the significance of celebrating this day; she encouraged the students to get motivation from the life of Dr. S Radhakrishnan, a great teacher and said that this day is dedicated to the teachers with the sense of respect, appreciation, encouragement and support for their devotion to their students. After that all the faculty members cut the cake and made the day more memorable.



Hindi Diwas Celebration (14th September 2022)

Cultural Event Committee and NSS Unit of the college organized Hindi Divas Celebrations on 14th September 2022. Dr. Sarvjeet Kaur, Associate Professor of the College enlightened the students about the scope, development and popularity of Hindi. She also informed the students about the job opportunities in the field of Hindi. She also explained the various posts available in Government offices and various other offices. 'Antakshri' from Hindi vocabulary was also organized by her. Principal Dr. Amandeep Kaur highlighted the significance of celebrating this day and said that this day is dedicated to the national language with the sense of respect, appreciation, encouragement and support for their devotion to the National language Hindi and she also recited the poem 'Koshish karne walon ki kabhi haar nahi hoti' written by Harivansh Rai Bachchan. NSS program officer Dr. Jagminder Kaur proposed the Vote of thanks and said that it is important to learn Hindi to reach the people of nation.



Birth Anniversary of Shaheed Bhagat Singh (28th September, 2022)

Cultural Event Committee and NSS volunteers celebrated 115th anniversary of Shaheed Bhagat Singh on 28th September, 2022 as per the directions of Higher Education Department, Govt. of Punjab. A Cycle Rally was organized in the morning. After that Symposium on 'Life and Philosophy of Shaheed Bhagat Singh' was organized in Guru Nanak Bhawan. Principal Dr. Amandeep Kaur, Dr. Shally, Associate Professor, Dr. Gurwinder Singh presented their views about various aspects of life of Shaheed Bhagat Singh. Students paid tributes to the martyr through their poems and speeches. A documentary about various events and incidents of life of Shaheed was shown to the students and staff. Dr. Navdeep Kaur, Associate Professor, Khalsa College presented Vote of thanks.



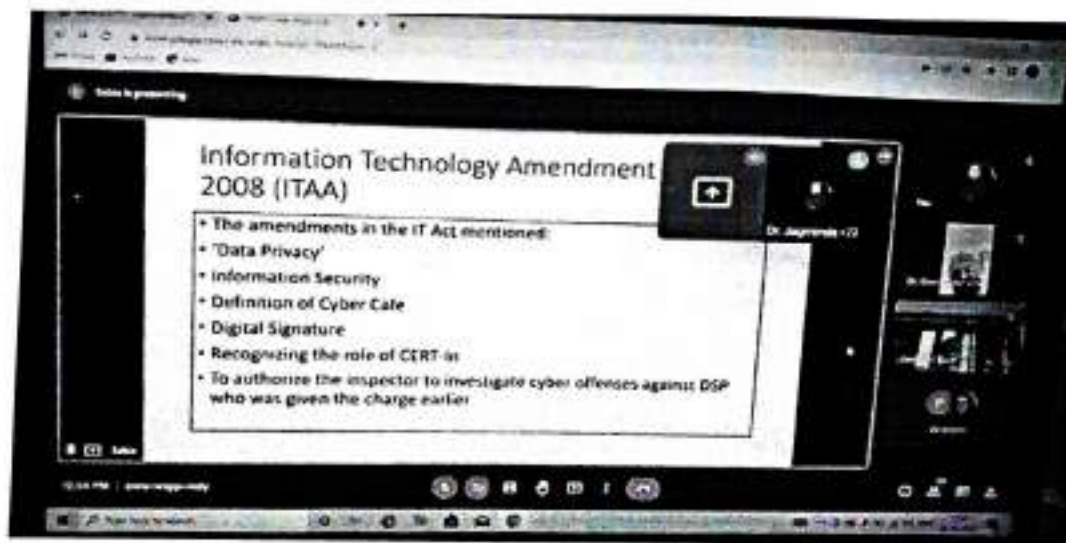
Non-Violence Day (1st October, 2022)

Cultural Event Committee and NSS unit of the college celebrated Non-violence Day on 153rd Birth Anniversary of Mahatma Gandhi on 1st October, 2022. An essay writing competition was organized to mark the occasion.



Cyber Awareness Day (6th October, 2022)

The Cultural Event Committee, IT Club and NSS Unit of the college observed Cyber Awareness Day and organized webinar on theme "Cyber Crime" on 6th October 2022. Ms. Sabia, office bearer of College IT Club acted as a resource person for this webinar. She delivered her lecture on the topic 'Cyber Crime'. In her deliberation, she emphasized on Cyber threats, Cyber-attacks, Cyber Crime and Cyber Security. In her lecture she also made aware the students about the cyber-crime increases with the technological advancement in the country. She also explains the various cause of increasing cyber-crime in day-to-day life. Ms sabia in her deliberation also talked about the measures taken by the Govt. of India to protects the people from these cyber threats and attacks. She also suggested some safety measures to tackle or protects ourself from these cyber threats and attacks. Mrs Manpreet Kaur, Assistant Professor presented a vote of thanks. Dr Gurwinder Singh, Assistant Professor, acted as moderator for this event.



National Unity Day (31st October,2022)

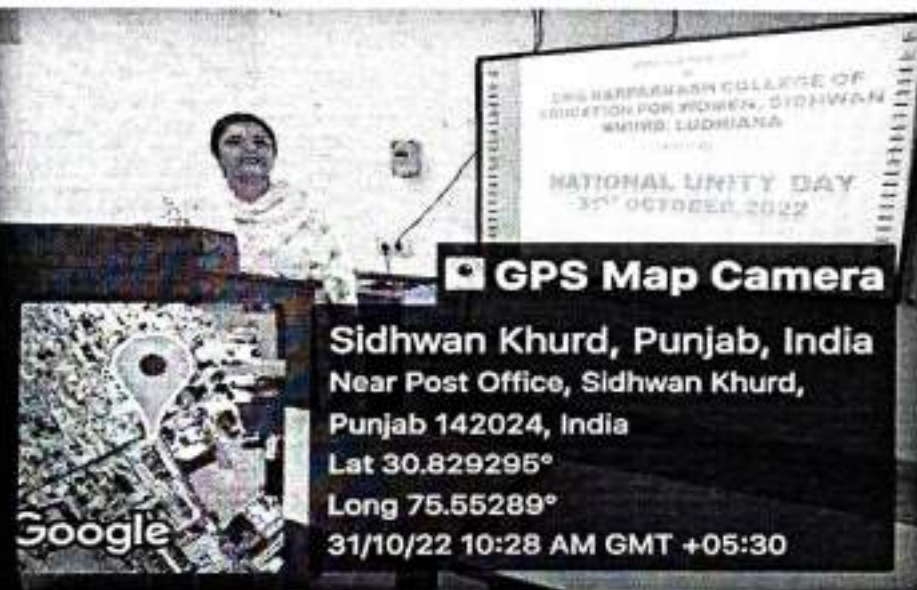
'Rashtriya Ekta Divas' was celebrated on 31st October 2022 as per the instructions of All India Council for Technical Education, University Grants Commission, New Delhi and NSS Department, Panjab University, Chandigarh. Students and staff members (teaching and non-teaching) paid tributes to Sardar Vallabh Bhai Patel, the Pioneer of National Unity. Students participated in pledge taking ceremony on the occasion of 'Rashtriya Ekta Divas'. Staff members and students pledged to be vigilant and commit to highest standards for honesty and integrity and all times and support the fight against corruption. Dr. Manjeet Kaur, Associate Professor and Dr. Jagminder Kaur, NSS Coordinator, spoke on the importance of the national unity.



GPS Map Camera

Ludhiana, Punjab, India

G.H.G.Harparkash College of Education for Women,
Sidhwan Khurd Educational institutions, Sidhwan
Khurd A premier Institute 100, yes legacy in Education,
Ludhiana, Punjab 142024, India
Lat 30.828981°
Long 75.552968°
31/10/22 09:56 AM GMT +05:30



GPS Map Camera

Sidhwan Khurd, Punjab, India

Near Post Office, Sidhwan Khurd,
Punjab 142024, India
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Long 75.55289°
31/10/22 10:28 AM GMT +05:30



GPS Map Camera

Sidhwan Khurd, Punjab, India

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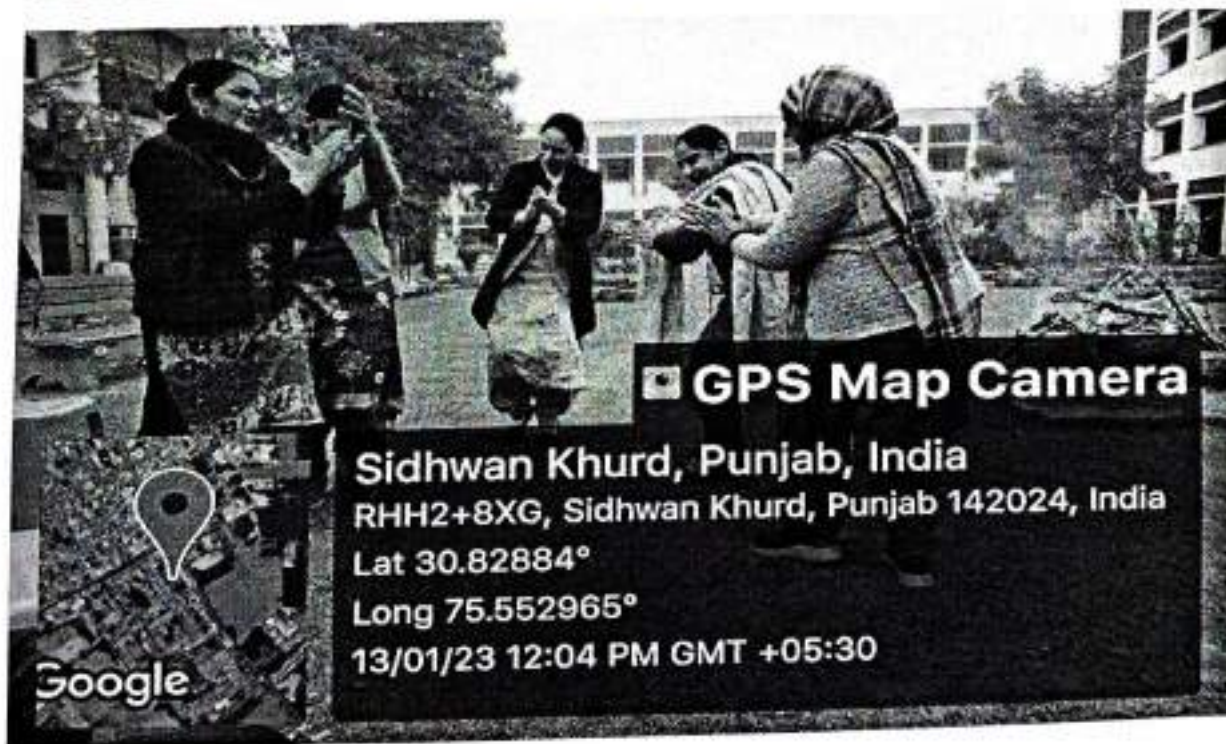
National Constitution Day (26th Nov, 2022)

NSS Unit of and Cultural Event Committee GHG Harparkash College of Education for Women, Sidhwan Khurd, Ludhiana celebrated National Constitution Day on 26th Nov, 2022. All the faculty members and students from M.Ed., B.Ed. and PG Diploma in Guidance & Counseling classes participated in this program. Program started with Preamble Reading Ceremony in the college lawn. College Principal Dr. Amandeep Kaur led the ceremony by reciting Preamble followed by the students and staff members. Dr. Shally, Associate Professor enlightened the students about the history and significance of Indian Constitution. Programme Officer of NSS Unit Dr. Jagminder Kaur while highlighting the significance of celebrating this day said that every Indian, especially teachers should follow values and duties enshrined in Indian Constitution. B.Ed. student Miss Rupinder Kaur gave a speech on Relevance of Indian Constitution in present scenario. Dr. Gurwinder Singh, Assistant Professor proposed Vote of Thanks.



LOHRI (13th January, 2023)

Cultural Event Committee and NSS Unit of the college. Festival of Lohri celebrated in the College on 13th January, 2023 in the College Campus. This event was organized by Bonfire was done in College ground. Musical and dance program was also organized in the garden. Principal, Dr. Amandeep Kaur distributed sweets to all employees and students of the College. COVID-19 protocol was followed strictly while celebrating this festival. Giddha was also performed by students on this occasion. All enjoyed the festival. 13 teachers, 20 non-teaching staff members attended the function.



G20 Youth Fortnight (15th -28th Feb, 2023)

organised following Student activities under PU G20 YOUTH FORTNIGHT (15th February 2023- 28th February 2023).

Schedule of various activities conducted

S. No.	Date	Events
1.	16.02.2023	Sports Activities
2.	20.02.2023	Poster Activities
3.	23.02.2023	Extension lecture on "Innovation in 21 st Centaury Skills"
4.	25.02.2023	Declamation
5.	27.02.2023	Cultural Activities
6.	28.02.2023	Essay Writing Competition

On 16th Feb,2023, Sports activities were organised. 52 students participated in various athletic activities. B.Ed student Amandeep Kaur Roll no. 210024 received Best Athlete Award.



On 20th Feb, 2023, Poster making competition was organised. 15 students participated in Poster making competition. B.Ed student Himani Kataria Roll no. 210013 got First Position and Jashandeep Kaur Roll no. 210001 got second Position.



On 23rd Feb, 2023, an Extension lecture on "Innovation in 21st Century Skills" was Organised by the college. Dr. Gaurav Sharma G. S. S. School for Girls Daroli Bhai, Moga was the Recourse Person of the day. In his lecture he enlightened the students about various innovative skills required in 21st century. 30 students and 12 teachers participated in the lecture.



On 25th Feb, 2023, Declamation contest was organised. 12 students participated in Declamation contest . B.Ed student Sahijpreet Kaur Roll no. 210006 First Position and Gurdeep Kaur Roll no. 210031 got second Position.



On 27th Feb, 2023, Cultural activities were organised. 35 students participated in this competition. B.Ed student Sehijpreet Kaur Roll no. 210006 got First Position, Arpan Bansal Roll No. got Second position and Sonia Rani Roll no. 210031 got third Position.





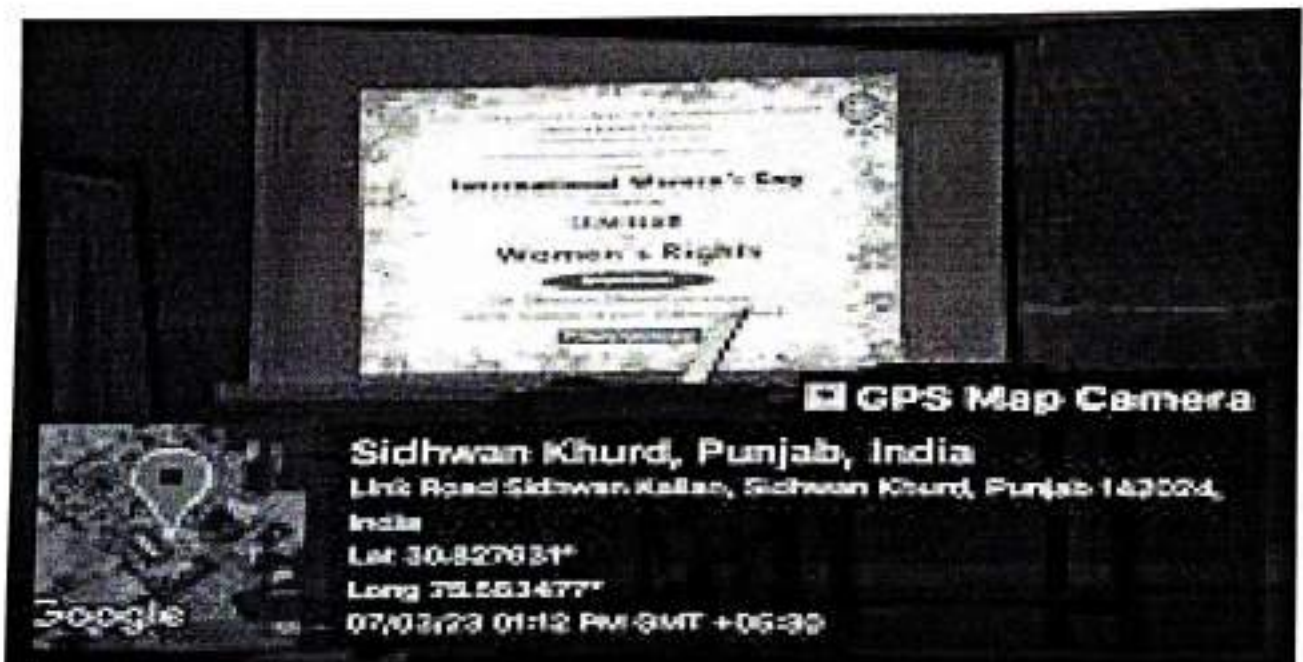
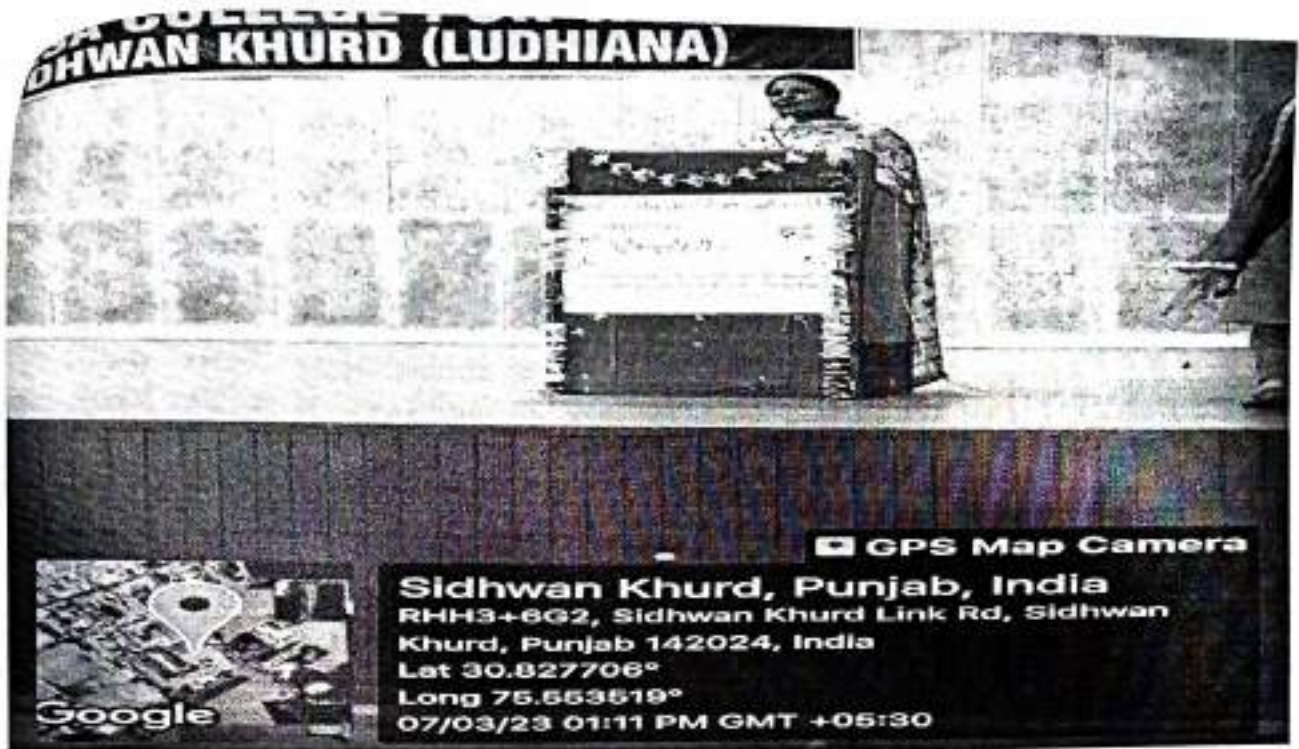
On 28th Feb,2023, Essay Writing Competition was organised. 25 students participated in this competition. B.Ed student Navdeep Kaur Roll no. 210008 First Position, P G Diploma student Ramandeep Kaur got second position and Jashandeep Kaur Roll no. 210001 got Third Position.





International Women day (7th March, 2023)

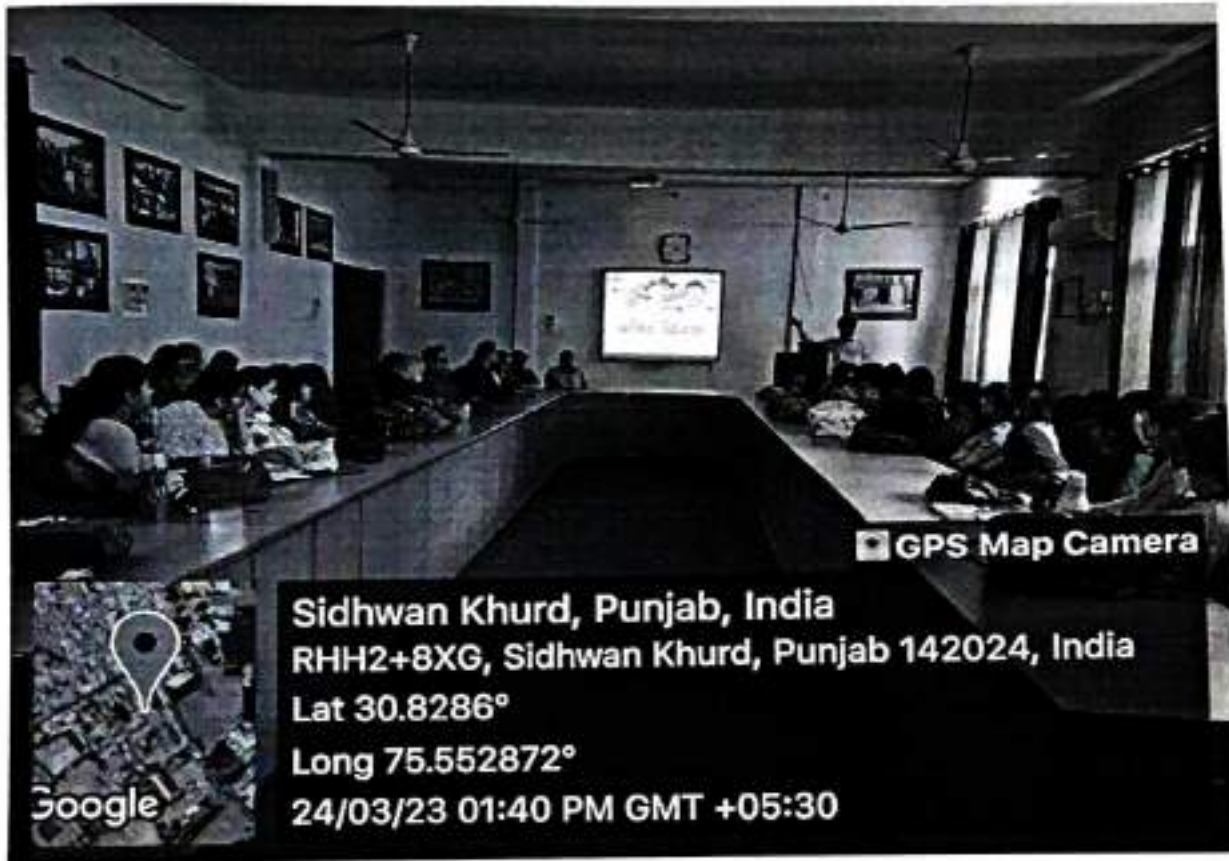
Cultural Event Committee and NSS Unit of the College organized a Seminar On 'Women Rights' to commemorate International Women day on 7th March, 2023. Resource Person of the day, Dr. Shaweta Dhand, Principal of GHG Institute of Law enlightened staff and students about various laws, acts and policies about Women rights and empowerment. She also addressed the queries of the students. Dr. Jagminder Kaur in-charge NSS and cultural event committee proposed vote of thanks.



Shaheed Bhagat Singh Martyrdom Day (24th March, 2023)

The Cultural Event Committee and NSS Unit of the College observed the Martyrdom Day of Sardar Bhagat Singh, Rajguru and Sukhdev on 24th March, 2023. The staff and students paid tributes to the great heroes of independence Dr. Gurwinder Singh (Asst. Prof.) emphasized on the philosophy behind various life events of the martyrs and enlightened about contributions made by S. Bhagat Singh

in the movement for independence. Documentary films about martyrdom of Sardar Bhagat Singh, Rajguru and Sukhdev were shown to the students. Dr. Jagminder Kaur, NSS Programme Officer presented thoughts and ideas being practiced by S. Bhagat Singh and also proposed Vote of Thanks.



Cultural Events Committee

Dr. Gurwinder Singh *Gurwinder Singh*
Dr. Jagminder Kaur *Jagminder Kaur*
Dr. Geeta Kundi *Geeta Kundi*

Principal

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


Report of Value-Added Course on Digital Literacy

GHG Harparkash College of Education for Women, Sidhwan Khurd, Ludhiana offered value added courses from 14-03-2022 to 25-03-2022. Total number of 49 students joined this Value-added course on Digital Literacy. Dr Ajay Kumar was the coordinator of this course and Mrs Manpreet Kaur, Assistant Professor GHG Harparkash College of Education for Women, was the resource person. On first day of the course Mrs Manpreet Kaur demonstrated the use of MS word, short cuts of MS word, short cut of how to create table with symbols, format print, super script and other shortcuts as well. The session was followed up by hands on practice session for students.

On the second day of this course Mrs Manpreet Kaur has given demonstration about Advanced feature of Excel like data analysis tool pack, handling data up to thousands of people. On third day students were gave hand on practice about Power Point Presentation and how to make an effective and declarative presentation. On the fourth day Mrs Manpreet Kaur made students aware about Uses of internet. On the fifth day Mrs Manpreet Kaur made students aware about Google apps such as Google forms, google docs, google sheets etc. On the sixth day Mrs Manpreet Kaur has given demonstration about development of E- Content through mix software and In-shot App on mobile. On the seventh day of this course students were made aware about Learning Management System and google classroom etc. On the eighth day of this course students were made aware about how to generate e-certificates and how to dispatch them online. On ninth day of this course students gave hand on experiences to how to create blog. Students also learned some WhatsApp web techniques. On tenth day of this course students were made aware about how to use jam board and online assessment tools in online classes.




(Dr Ajay Kumar)
Coordinator


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



G.H.G. HARPARKASH COLLEGE OF EDUCATION FOR WOMEN

NAAC RE-ACCREDITED 'A' GRADE COLLEGE WITH CGPA 3.38

VPO Sidhwan Khurd, Teh. Jagraon, Dist- Ldh, PB- 142024, IN

Schedule for Value Added Course (Digital Literacy)

Day-1 (14-03-2023)

Session	Duration	Resource Person	Activities
Session -1	9:00 A.M- 10:00 A.M	Mrs. Manpreet Kaur	Microsoft Word
Session -2	10:00 A.M- 12:00 P.M	Mrs. Manpreet Kaur	Hand on Practice

Day-2 (15-03-2023)

Session	Duration	Resource Person	Activities
Session -1	9:00 A.M- 10:00 A.M	Mrs. Manpreet Kaur	Microsoft Excel
Session -2	10:00 A.M- 12:00 P.M	Mrs. Manpreet Kaur	Hand on Practice

Day-3 (16-03-2023)

Session	Duration	Resource Person	Activities
Session -1	9:00 A.M- 10:00 A.M	Mrs. Manpreet Kaur	Microsoft Power Point
Session -2	10:00 A.M- 12:00 P.M	Mrs. Manpreet Kaur	Hand on Practice

(17-03-2023)

Session	Duration	Resource Person	Activities
Session -1	9:00 A.M- 10:00 A.M	Mrs. Manpreet Kaur	Introduction to Internet
Session -2	10:00 A.M- 12:00 P.M	Mrs. Manpreet Kaur	Hand on Practice

Day-5 (18-03-2023)

Session	Duration	Resource Person	Activities
Session -1	9:00 A.M- 10:00 A.M	Mrs. Manpreet Kaur	Understanding Google drive: Google excel, doc, slide and form
Session -2	10:00 A.M- 12:00 P.M	Mrs. Manpreet Kaur	Hand on Practice

Day-6 (20-03-2023)

Session	Duration	Resource Person	Activities
Session -1	9:00 A.M- 10:00 A.M	Mrs. Manpreet Kaur	E-Content development
Session -2	10:00 A.M- 12:00 P.M	Mrs. Manpreet Kaur	Hand on Practice

Day-7 (21-03-2023)

Session	Duration	Resource Person	Activities
Session -1	9:00 A.M- 10:00 A.M	Mrs. Manpreet Kaur	Familiar with LMS like Google Classrooms etc.
Session -2	10:00 A.M- 12:00 P.M	Mrs. Manpreet Kaur	Hand on Practice

(22-03-2023)

Session	Duration	Resource Person	Activities
Session -1	9:00 A.M- 10:00 A.M	Mrs. Manpreet Kaur	Generation of E-Certificates
Session -2	10:00 A.M- 12:00 P.M	Mrs. Manpreet Kaur	Hand on Practice

Day-9 (24-03-2023)

Session	Duration	Resource Person	Activities
Session -1	9:00 A.M- 10:00 A.M	Mrs. Manpreet Kaur	How to Create Blog?
Session -2	10:00 A.M- 12:00 P.M	Mrs. Manpreet Kaur	Hand on Practice

Day-10 (25-03-2023)

Session	Duration	Resource Person	Activities
Session -1	9:00 A.M- 10:00 A.M	Mrs. Manpreet Kaur	Use of Jam board and online Assessment Tools in online classes
Session -2	10:00 A.M- 12:00 P.M	Mrs. Manpreet Kaur	Hand on Practice

Coordinator
(Dr. Ajay Kumar)

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



Specimen Copy

G.H.G. Harparkash College of Education for Women

Sidhwan Khurd (Ludhiana), Punjab

(NAAC Re-accredited 'A' Grade College, CGPA 3.38)

Organizes

Value Added Course

on

Digital Literacy

CERTIFICATE

This is to certify that Ms. Kaistika Bansal student of

G.H.G. Harparkash College of Education for Women, Sidhwan Khurd (Ludhiana) has successfully completed Value Added Course on "Digital Literacy" from 14th March, 2023 to 25th March, 2023.

Dr. Amandeep Kaur
Principal

Dr. Ajay Kumar
Coordinator



Separate Copy

G.H.G. Harparkash College of Education for Women

Sidhwan Khurd (Ludhiana), Punjab

(NAAC Re-accredited 'A' Grade College, CGPA 3.38)

Organizes

Value Added Course


on


Digital Literacy

CERTIFICATE

This is to certify that Ms. Nanddeep Kaur student of

G.H.G. Harparkash College of Education for Women, Sidhwan Khurd (Ludhiana) has successfully completed Value Added Course on "Digital Literacy" from 14th March, 2023 to 25th March, 2023.


Dr. Amandeep Kaur
Principal


Dr. Ajay Kumar
Coordinator

GHG HARPARKASH COLLEGE OF EDUCATION FOR WOMEN, SIDHWAN KHURD (LDH)
VALUE ADDED COURSE (14.03.2023 to 25.03.2022)

Digital Literacy

Roll No.	Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6	Day-7	Day-8	Day-9	Day-10
210001	Jashandeep Kaur Gill	Jashandeep Kaur	Jashandeep Kaur	Jashandeep Kaur	Jashandeep Kaur	Jashandeep Kaur	Jashandeep Kaur	Jashandeep Kaur	Jashandeep Kaur	Jashandeep Kaur	Jashandeep Kaur
210002	Paramjit Kaur	Paramjit Kaur	Paramjit Kaur	Paramjit Kaur	Paramjit Kaur	Paramjit Kaur	Paramjit Kaur	Paramjit Kaur	Paramjit Kaur	Paramjit Kaur	Paramjit Kaur
210003	Ravneet Kaur	Ravneet Kaur	Ravneet Kaur	Ravneet Kaur	Ravneet Kaur	Ravneet Kaur	Ravneet Kaur	Ravneet Kaur	Ravneet Kaur	Ravneet Kaur	Ravneet Kaur
210004	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur
210005	Ramanjeet Kaur	Ramanjeet Kaur	Ramanjeet Kaur	Ramanjeet Kaur	Ramanjeet Kaur	Ramanjeet Kaur	Ramanjeet Kaur	Ramanjeet Kaur	Ramanjeet Kaur	Ramanjeet Kaur	Ramanjeet Kaur
210006	Sahijpreet Kaur	Sahijpreet Kaur	Sahijpreet Kaur	Sahijpreet Kaur	Sahijpreet Kaur	Sahijpreet Kaur	Sahijpreet Kaur	Sahijpreet Kaur	Sahijpreet Kaur	Sahijpreet Kaur	Sahijpreet Kaur
210007	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur
210008	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur
210009	Puneet Kaur	Puneet Kaur	Puneet Kaur	Puneet Kaur	Puneet Kaur	Puneet Kaur	Puneet Kaur	Puneet Kaur	Puneet Kaur	Puneet Kaur	Puneet Kaur
210010	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur	Sumandeep Kaur
210012	Kritika Bansal	Kritika Bansal	Kritika Bansal	Kritika Bansal	Kritika Bansal	Kritika Bansal	Kritika Bansal	Kritika Bansal	Kritika Bansal	Kritika Bansal	Kritika Bansal

210013	Himani Kataria	Himani	Himani	Himani	Himani	Himani	Himani	Himani	Himani	Himani	Himani	Himani	Himani	Himani	Himani	Himani	Himani	Himani	Himani	Himani	
210014	Gagandeep Kaur	Gagan deep	Gagan deep	Gagan deep	Gagan deep	Gagan deep	Gagan deep	Gagan deep	Gagan deep	Gagan deep	Gagan deep	Gagan deep	Gagan deep	Gagan deep	Gagan deep	Gagan deep	Gagan deep	Gagan deep	Gagan deep	Gagan deep	Gagan deep
210015	Sonia Rani	Soniq	Soniq	Soniq	Soniq	Soniq	Soniq	Soniq	Soniq	Soniq	Soniq	Soniq	Soniq	Soniq	Soniq	Soniq	Soniq	Soniq	Soniq	Soniq	Soniq
210016	Anmolpreet Kaur	Anmol preet	Anmol preet	Anmol preet	Anmol preet	Anmol preet	Anmol preet	Anmol preet	Anmol preet	Anmol preet	Anmol preet	Anmol preet	Anmol preet	Anmol preet	Anmol preet	Anmol preet	Anmol preet	Anmol preet	Anmol preet	Anmol preet	Anmol preet
210017	Ramandeep Kaur	Ramandeep	Ramandeep	Ramandeep	Ramandeep	Ramandeep	Ramandeep	Ramandeep	Ramandeep	Ramandeep	Ramandeep	Ramandeep	Ramandeep	Ramandeep	Ramandeep	Ramandeep	Ramandeep	Ramandeep	Ramandeep	Ramandeep	Ramandeep
210018	Gagandeep Kaur	Gagan	Gagan	Gagan	Gagan	Gagan	Gagan	Gagan	Gagan	Gagan	Gagan	Gagan	Gagan	Gagan	Gagan	Gagan	Gagan	Gagan	Gagan	Gagan	Gagan
210019	Amandeep Kaur	Aman	Aman	Aman	Aman	Aman	Aman	Aman	Aman	Aman	Aman	Aman	Aman	Aman	Aman	Aman	Aman	Aman	Aman	Aman	Aman
210020	Madhu Paswan																				
210021	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita
210022	Amandeep Kaur	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep
210024	Amandeep Kaur	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep	Amandeep
210026	Arpan Bansal	Arpan	Arpan	Arpan	Arpan	Arpan	Arpan	Arpan	Arpan	Arpan	Arpan	Arpan	Arpan	Arpan	Arpan	Arpan	Arpan	Arpan	Arpan	Arpan	Arpan
210025	Prinka	Prinka	Prinka	Prinka	Prinka	Prinka	Prinka	Prinka	Prinka	Prinka	Prinka	Prinka	Prinka	Prinka	Prinka	Prinka	Prinka	Prinka	Prinka	Prinka	Prinka
210028	Gaganpreet Kaur	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet	Gaganpreet
210029	Harpreet Kaur	Harpreet	Harpreet	Harpreet	Harpreet	Harpreet	Harpreet	Harpreet	Harpreet	Harpreet	Harpreet	Harpreet	Harpreet	Harpreet	Harpreet	Harpreet	Harpreet	Harpreet	Harpreet	Harpreet	Harpreet
210030	Sabia	Sabia	Sabia	Sabia	Sabia	Sabia	Sabia	Sabia	Sabia	Sabia	Sabia	Sabia	Sabia	Sabia	Sabia	Sabia	Sabia	Sabia	Sabia	Sabia	Sabia

210031	Gurdeep Kaur	Gurdeep Kaur	Gurdeep Kaur	Gurdeep Kaur	Gurdeep Kaur	Gurdeep Kaur	Gurdeep Kaur	Gurdeep Kaur	Gurdeep Kaur	Gurdeep Kaur	Gurdeep Kaur	Gurdeep Kaur	Gurdeep Kaur	Gurdeep Kaur
210032	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti
210033	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur	Manpreet Kaur
210034	Shakuntla	Shakuntla	Shakuntla	Shakuntla	Shakuntla	Shakuntla	Shakuntla	Shakuntla	Shakuntla	Shakuntla	Shakuntla	Shakuntla	Shakuntla	Shakuntla
210035	Jasvir Kaur	Jasvir Kaur	Jasvir Kaur	Jasvir Kaur	Jasvir Kaur	Jasvir Kaur	Jasvir Kaur	Jasvir Kaur	Jasvir Kaur	Jasvir Kaur	Jasvir Kaur	Jasvir Kaur	Jasvir Kaur	Jasvir Kaur
210036	Virpal Kaur	Virpal Kaur	Virpal Kaur	Virpal Kaur	Virpal Kaur	Virpal Kaur	Virpal Kaur	Virpal Kaur	Virpal Kaur	Virpal Kaur	Virpal Kaur	Virpal Kaur	Virpal Kaur	Virpal Kaur
210037	Gurjeet Kaur	Gurjeet Kaur	Gurjeet Kaur	Gurjeet Kaur	Gurjeet Kaur	Gurjeet Kaur	Gurjeet Kaur	Gurjeet Kaur	Gurjeet Kaur	Gurjeet Kaur	Gurjeet Kaur	Gurjeet Kaur	Gurjeet Kaur	Gurjeet Kaur
210038	Jiwanjot Kaur	Jiwanjot Kaur	Jiwanjot Kaur	Jiwanjot Kaur	Jiwanjot Kaur	Jiwanjot Kaur	Jiwanjot Kaur	Jiwanjot Kaur	Jiwanjot Kaur	Jiwanjot Kaur	Jiwanjot Kaur	Jiwanjot Kaur	Jiwanjot Kaur	Jiwanjot Kaur
210039	Sangeeta Dey	—	—	—	—	—	—	—	—	—	—	—	—	—
210040	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur	Navdeep Kaur
210043	Maninderjit Kaur	Maninderjit Kaur	Maninderjit Kaur	Maninderjit Kaur	Maninderjit Kaur	Maninderjit Kaur	Maninderjit Kaur	Maninderjit Kaur	Maninderjit Kaur	Maninderjit Kaur	Maninderjit Kaur	Maninderjit Kaur	Maninderjit Kaur	Maninderjit Kaur
210044	Parminder Kaur	Parminder Kaur	Parminder Kaur	Parminder Kaur	Parminder Kaur	Parminder Kaur	Parminder Kaur	Parminder Kaur	Parminder Kaur	Parminder Kaur	Parminder Kaur	Parminder Kaur	Parminder Kaur	Parminder Kaur

GHG HARPARKASH COLLEGE OF EDUCATION FOR WOMEN, SIDHWAN KHURD (LDH)
VALUE ADDED COURSE (14.03.2023 to 25.03.2022)

Digital Literacy

Roll No.	Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6	Day-7	Day-8	Day-9	Day-10
2201	Gurjot Kaur	Gurjot Kaur	Gurjot Kaur	Gurjot Kaur	Gurjot Kaur	Gurjot Kaur	Gurjot Kaur	Gurjot Kaur	Gurjot Kaur	Gurjot Kaur	Gurjot Kaur
2202	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur
2203	Rajinder Kaur	Rajinder Kaur	Rajinder Kaur	Rajinder Kaur	Rajinder Kaur	Rajinder Kaur	Rajinder Kaur	Rajinder Kaur	Rajinder Kaur	Rajinder Kaur	Rajinder Kaur
2204	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur	Harpreet Kaur
2205	Sunita Sharma	Sunita Sharma	Sunita Sharma	Sunita Sharma	Sunita Sharma	Sunita Sharma	Sunita Sharma	Sunita Sharma	Sunita Sharma	Sunita Sharma	Sunita Sharma
2206	Anita Rani	Anita Rani	Anita Rani	Anita Rani	Anita Rani	Anita Rani	Anita Rani	Anita Rani	Anita Rani	Anita Rani	Anita Rani
2208	Prachi Sood	Prachi Sood	Prachi Sood	Prachi Sood	Prachi Sood	Prachi Sood	Prachi Sood	Prachi Sood	Prachi Sood	Prachi Sood	Prachi Sood
2209	Parul Sood	Parul Sood	Parul Sood	Parul Sood	Parul Sood	Parul Sood	Parul Sood	Parul Sood	Parul Sood	Parul Sood	Parul Sood
2210	Sandeep Kaur	Sandeep Kaur	Sandeep Kaur	Sandeep Kaur	Sandeep Kaur	Sandeep Kaur	Sandeep Kaur	Sandeep Kaur	Sandeep Kaur	Sandeep Kaur	Sandeep Kaur
2211	Vasudha Marwaha	Vasudha Marwaha	Vasudha Marwaha	Vasudha Marwaha	Vasudha Marwaha	Vasudha Marwaha	Vasudha Marwaha	Vasudha Marwaha	Vasudha Marwaha	Vasudha Marwaha	Vasudha Marwaha
2213	Amandeep Kaur	Amandeep Kaur	Amandeep Kaur	Amandeep Kaur	Amandeep Kaur	Amandeep Kaur	Amandeep Kaur	Amandeep Kaur	Amandeep Kaur	Amandeep Kaur	Amandeep Kaur
2214	Divyajot Kaur	Divyajot Kaur	Divyajot Kaur	Divyajot Kaur	Divyajot Kaur	Divyajot Kaur	Divyajot Kaur	Divyajot Kaur	Divyajot Kaur	Divyajot Kaur	Divyajot Kaur
2216	Ramandeep Kaur	Ramandeep Kaur	Ramandeep Kaur	Ramandeep Kaur	Ramandeep Kaur	Ramandeep Kaur	Ramandeep Kaur	Ramandeep Kaur	Ramandeep Kaur	Ramandeep Kaur	Ramandeep Kaur



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G.H.G. HARPARKASH COLLEGE OF EDUCATION FOR WOMEN

SIDHWAN KHURD-142024 (LUDHIANA) PUNJAB (INDIA)

Govt. Aided, Affiliated to Panjab University, Chandigarh

NAAC REACCREDITED 'A' GRADE COLLEGE

Dated 07.03.2023

NOTICE

GHG Harparkash College of Education for Women is going to start two Value Added Courses i.e. Digital Literacy and Communication Skills for B.Ed-IV, M.Ed-IV and PG Diploma in Guidance and Counselling-II Semester students from 14.03.2023 to 25.03.2023.

Students have choice to opt for any of course or both the courses if they wish to wish to.

Coordinators

Dr. Shally *Shally*
Dr. Ajay Kumar *AJK*

[Signature]
Principal

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

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'

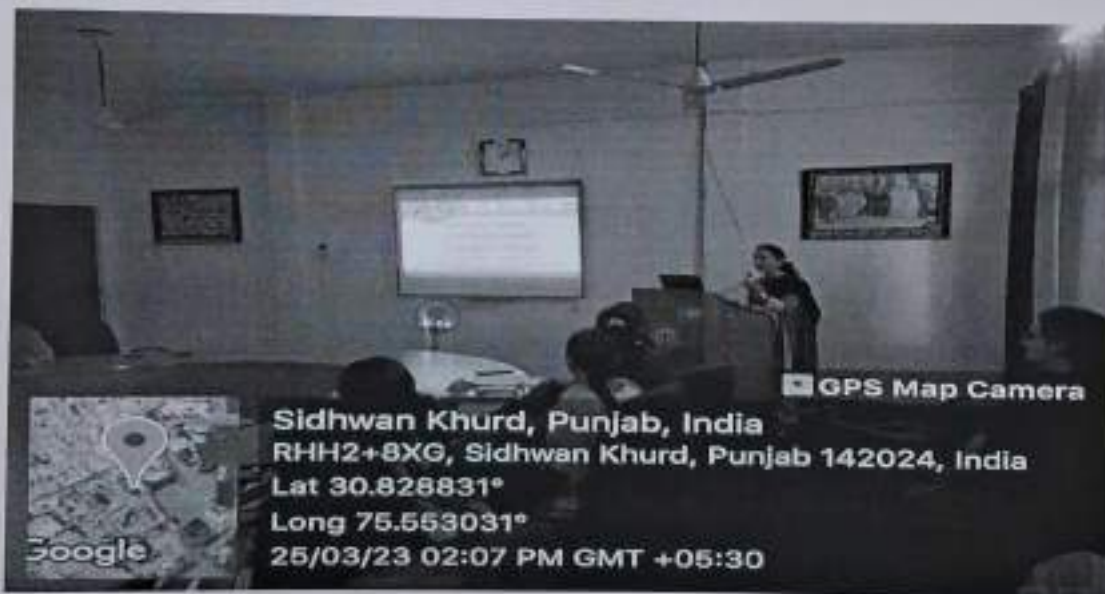
And 'Fit India Campaign' an inauguration ceremony was held. The camp was inaugurated by the principal of the college, Dr. Amandeep Kaur. The ceremony began with the lighting of the lamp by the principal of the college, along with other teachers. Programme Officer of NSS unit of the college, Dr. Jagminder 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.



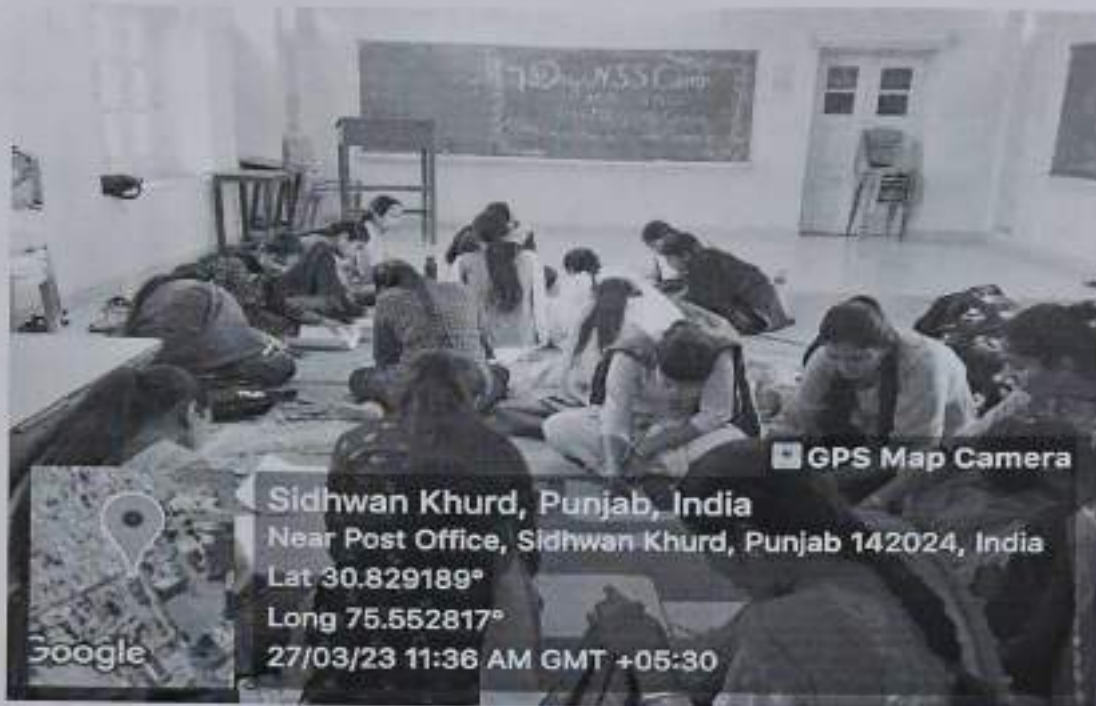
After the yoga session, the volunteers went to a slum area to donate clothes, stationary and other items to the needy ones. The students showed great empathy and compassion towards the people living in the slums.



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 Gurudwara Sahib Patshahi Chhewien, Sidhwan Kalan and students made aware the villagers about Cleanliness, Sustainable Environment, Health and Hygiene and Conservation of Water.





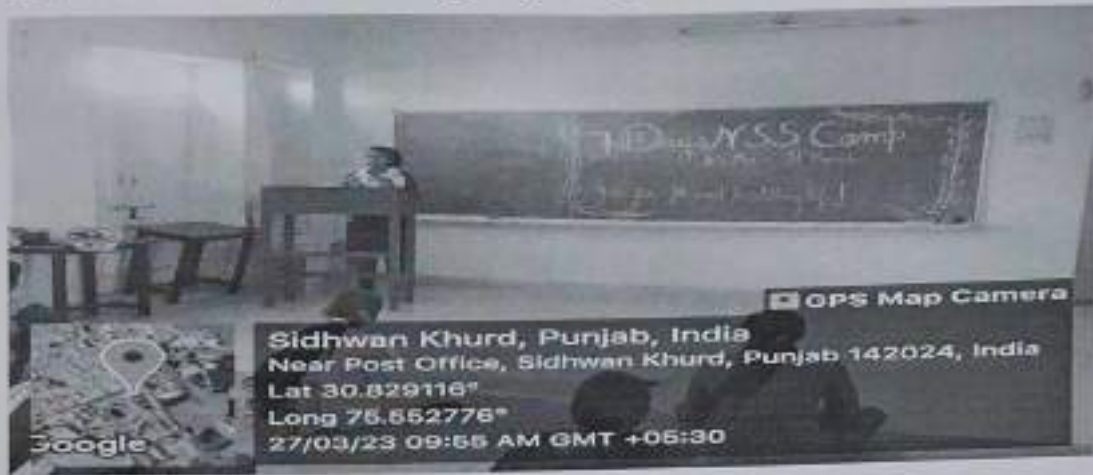
In the Valedictory Session Programme Officer Dr. Jagminder Kaur presented the Report of the Seven Days Camp. Volunteers shared their experiences about the camp in an interaction session. Vice Principal and IQAC Coordinator of the college Dr. Kiran Duggal congratulated the volunteers on completion of 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. Harpankash 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: