Name of the Event: International Yoga Day

Date & Venue: 21st June, 2017 GHG Khalsa College Gurusar Sudhar.

No of Cadets: 53

Objective & Aim of the Event: The Aim of the activity was to enhance the mental and physical level of students by involving them in the socio-physical activities.

Description: International Yoga Day was celebrated at JGF School with great enthusiasm by practicing yoga and under the guidance of Mr. Rohit Gupta. The common yoga protocol as adopted by AYUSH was followed. The cadet, 115 of them belonging to neighbouring colleges were made aware about its various benefits.

Output: The Students and participants felt motivated after the event and learnt about how to overcome stress and improve concentration. The motives of the organized activity were achieved.
1. (a) **Name of the Event:** International Yoga Day

**Date & Venue:** 21 June, 2021, Through Google Meet

**No of Cadets:** 30

**Objective & Aim of the Event:** The main objective behind this observation is to make this ancient practice popular among the present generation of people who are unaware of its benefits.

**Description:** The NCC Cadets spread the message of healthy lifestyle by taking an online pledge that everyone will be gentle towards oneself & will do Yoga for better health. The Cadets also made videos in which they demonstrated various Asanas for physical health, mental health & peace. The Cadets performed yoga Asanas with their family members on the theme ‘Yoga from Home, Yoga with Family’. An online yoga quiz competition was also held which witnessed participation of the Cadets of all the units. The yoga videos were also shared on social sites to spread awareness about yoga among the general masses.

**Output:** The NCC cadets and other participants felt motivated after the event and learnt how to overcome stress and improve concentration.
2. TEACHER'S DAY CELEBRATION (2016-17)
2. (a) TEACHER'S DAY CELEBRATION (2017-18)
2. (b) TEACHER'S DAY CELEBRATION (2018-19)

TEACHER'S DAY CELEBRATION
(5 SEPTEMBER 2018)

NATIONAL VOTERS’ DAY
(25 JANUARY 2019)
2. (c) TEACHER'S DAY CELEBRATION (2019-20)

TEACHER'S DAY CELEBRATIONS
3. Event Report

Name of the Event: International Literacy Day

Date & Venue: 8/09/2019, G.H.G Khalsa college, Gurusar Sudhar

No of Cadets: 50

Objective & Aim of the Event: The aim of this activity is to promote the importance of education as a right rather than a privilege.

Description: The NCC cadets celebrated the International Literacy day at the village Sadhar which is also the adopted village. NCC cadets encouraged the villages and discussed the quality and importance of education for girls.

Output: The Students actively participated in the event and expressed their view.
International Literacy Day Celebration
(8 Sep, 2016)
UNESCO celebrated the 50th anniversary of International Literacy Day on 8th Sep 2016 under the banner "Reading the Past, Writing the Future".

B.A.B.Ed students and staff members of the Department decided to promote the day by underlining the significance of literacy. Poster Making Expo - Exhibition was organised. The programme was held to improve the reading and writing skills among the students. Dr. Baldevinderpal Singh (Vice-Principal) was guest of the Day. All the staff members of different departments were also present to motivate the students.
3.(b) INTERNATIONAL LITERACY DAY CELEBRATION
Literacy Day Celebration
(8 Sep 2017) Total Ptc - 201
UNESCO celebrated the 51st International Literacy Day on 8th Sep 2017 under the banner “Literacy in a digital world”

B.A. BEd students and staff members of the department decided to promote the Day by underlining the significance of literacy. Poster making competition was held with the main aim to look what kind of literacy skills do people need to navigate increasingly digitally mediated societies.
3. (d) INTERNATIONAL LITERACY DAY CELEBRATION
3.(e) INTERNATIONAL LITERACY DAY CELEBRATION
3.(f) INTERNATIONAL LITERACY DAY CELEBRATION

GHG Khalsa College, Guwahati, celebrated International Literacy Day on September 8, 2018. It was celebrated, underlining the banerathon programme targeting the youth of Sad ("Literacy and multilingualism").

B.A. B.Ed. students and staff members of the department decided to promote the day by underlining the significance of literacy chart making competition was held with the aim to remind students of the current status of adult literacy and learning.

P Students 231

Result of poster making competition

1. Amanojit B.A. B.Ed. 3rd Sem
2. Ekamjit Kumar 5th Sem
3. Khushbu Gupta 3rd Sem
4. Navjot Kaur 3rd Sem

Judgement by

Prof. Harishan Kumar (H.O.D. B.Ed Dept.)
3.(g) INTERNATIONAL LITERACY DAY CELEBRATION
3.(h) INTERNATIONAL LITERACY DAY CELEBRATION

WORLD LITERACY DAY (8 SEPTEMBER 2018)

EDUCATION QUIZ (22 SEPTEMBER 2018)

SEMINAR ON 'VIGILANCE AWARENESS WEEK (1 NOVEMBER 2018) IN ASSOCIATION WITH INDIAN OVERSEAS BANK
4. BIRTH ANNIVERSARY OF SHAHEED BHAGAT SINGH

Youth Empowerment Day
Pledge taking Ceremony
(Dedicated to Shaheed Bhagat Singh, Rajguru & Sukhdev)
(23 March 2018)

Chief Minister of Punjab Captain Amrinder Singh leading the Pledge Taking Ceremony at Khatkarh Kalan to create awareness and stop the use and spread of Drugs in Punjab. Raikot Sub- Division Magistrate Dr. Kanna Thind, Principal Dr. S.S Deol, SP Navneet Singh Bains and officers, staff, students and youth of area.
4. (a) BIRTH ANNIVERSARY OF SHAHEED BHAGAT SINGH
5. NATIONAL MATHEMATICS DAY
5. (a) NATIONAL MATHEMATICS DAY

Poster making competition (2017-18)
5. (b) NATIONAL MATHEMATICS DAY

Power Point Presentation (2017-18)
5. (c) NATIONAL MATHEMATICS DAY
Poster Making Competition (2018-19)

5. (d) NATIONAL MATHEMATICS DAY
5. (e) NATIONAL MATHEMATICS DAY

- The host knows where the car is, but is supposed to open a door without knowing.
- The host opens the green door and a goat is behind it.
- You are given the option to change your choice to the blue door.
- What is the probability that the prize is behind the blue door given that the prize is not behind the green door?
Extension Lecture (2019-20)

5. (f) NATIONAL MATHEMATICS DAY
Quiz Competition (2019-20)

5. (g) NATIONAL MATHEMATICS DAY
Power point Competition (2019-20)

5. (h) NATIONAL MATHEMATICS DAY
5. (i) WORLD MATHEMATICS DAY

EVENT REPORT

Date & Venue: 22 December, 2020 (G.H.G. Khalsa College, Gurusar Sadhar)

Objective & Aim of the Event:
- Appreciate the different aspects of mathematics
- Be able to understand how mathematics has evolved from the time period
- Acquire a good understanding of some elementary mathematical concepts
- Get an insight into the various problems of mathematics

Description: Post Graduate Department of Mathematics organized an extension lecture on 22 December, 2020 in order to celebrate National Mathematics Day. The lecture was delivered by Dr. Harish Garg from Thapar University. The topic of extension lecture was fundamental of optimization technique. He explained method to solve Linear programming problem especially using Simplex method. All the student of U.G. & P.G. Classes actively participated in the conversation with guest.

Outcome:
- Students will demonstrate a working knowledge of selected topics in optimization
- Students will be able to solve problems, including applications of mathematics in optimization
- Students will abstract real world problems and frame them through a mathematical lens

Principal (Signature & Name of Event In-charge)
G.H.G. Khalsa College
Gurusar Sadhar (Ludhiana)
Guest lecture by Dr Harish Garg, Thapar Institute of Engineering and Technology, University of Patiala on the occasion of celebration of National Mathematics Day
6. WORLD CANCER DAY

Department of Zoology Poster Making Competition

World Cancer Day Celebration; on 4th February - Poster Competition of Science Departments.


EVENT REPORT

Name of the Event: National Cancer Awareness Day
Date & Venue: 7 Nov. 2020, Social Media Platforms
No of Cadets: 25

Objective & Aim of the Event: To raise the awareness of cancer and encourage its prevention.

Description: Union Health Minister Dr. Harsh Vardhan first announced NCA Day in SEP 2014. In this connection NCC unit of the college conducted a virtual class activity on 7th NOV 2020. Through WhatsApp, Instagram, Facebook and other social media platforms the NCC cadets create cancer awareness among society.

Output: It was everyone’s energy and involvement that made the activity meaningful.
Event Report

Name of the Event: NCC Week (Rally)

Date & Venue: 18th Nov, 2016, G.H.G Khalsa college, Gurusar Sudhar

No of Cadets: 70

Objective & Aim of the Event: National Cadets Corps (NCC) Day is celebrated every year on the fourth Sunday in the month of November.

Description: On 18th Nov, 2016 a rally was taken by the NCC cadets in the nearby area to spread awareness about various social evils particularly AIDS in lives with the World AIDS Awareness Day.

Output: The NCC Cadets actively participated in the event and expressed their views.
Event Report

**Name of the Event:** Aids Awareness Rally and Red Ribbon Day

**Date & Venue:** 25th Jan, 2018, GHG Khalsa College Gurusar Sudhar.

**No of Cadets:** 50

**Objective & Aim of the Event:** The red ribbon is the universal symbol of awareness and support for people living with HIV.

**Description:** Red Ribbon Day was celebrated by the NCC, NSS and Red Ribbon club of the college by taking out the awareness rally for the residents of the Sadhar region. The student’s ideated awareness through posters and slogans on this day. The rally was followed by a pledge taking ceremony to celebrate the ‘Voter Day’. This ceremony was followed by a Nukad Natak ‘DASTAK’ on women safety and environment by the peoples’ Art group from Patiala.

**Output:** It has become one of the most widely recognized international health days and a key opportunity to raise awareness. NCC cadets participated in this event with great enthusiasm.
AIDS DAY

CELEBRATION

The zoology department celebrated 'Aids Day' by organising a poster competition. The students presented posters depicting preventing measures against aids, symptoms of disease and how we can make our society aware about the disease. Most of the posters were self-explanatory. The students of other departments also visited the venue and enriched themselves. Rajan of B.Sc III got first position, Jaskirat Singh grewal of B.Sc III scored 2nd position and Harleen of B.Sc III begged 3rd position.
7. (c) WORLD AIDS AWARENESS DAY
7. (d) WORLD AIDS AWARENESS DAY
7. (e) WORLD AIDS AWARENESS DAY
7. (f) WORLD AIDS AWARENESS DAY
7. (g) WORLD AIDS AWARENESS DAY
7. (h) WORLD AIDS AWARENESS DAY
Name of the Event: Aids Day Celebration (Poster competition)

Date & Venue: 1st Dec. 2020 Online mode

Objective & Aim of the Event:

Acquired immuno deficiency syndrome (AIDS) is a chronic, potentially life-threatening condition caused by human immune deficiency virus (HIV). The main aim of this activity was to make students aware of causes, symptoms and preventive measures to be adopted against the dread ful disease i.e. AIDS.

Description:

Biological society celebrated Aids day by organising interclass poster competition of B.Sc. Medical students on 1st Dec. 2020. Nineteen students presented posters by online mode. Most of the posters were self-explanatory depicting symptoms and causes of disease. The students laid down stress on different preventive measures to be adopted against this dreadful disease. The posters were evaluated and awarded prizes.

Outcome:

The posters were shared with all the students for wider circulation so that the aim of the activity could be achieved.

Principal
G.H.G Khalsa College
Gurusar Sadhar (Ludhiana)

Gurpreet Kaur Deol
Signature & Name of Event In-change
7. (j) WORLD AIDS DAY

AIDS DAY CELEBRATION (1st Dec)

beautiful Nineteen Students of B.Sc. Medical
preparing posters depicting causes, symptoms and
preventive measures of AIDS. The posters were
sent online. Following is the list of students who
participated in poster competition.

- Indeepet kaur B.Sc I 02
- Harmanpreet kaur B.Sc I 03
- Nanpreet kaur B.Sc I 07
- Rubinder kaur B.Sc I 16
- Avneet kaur B.Sc I 18
- Damandeep kaur B.Sc I 403
- Sanampreet kaur B.Sc I 401
- Saejjeet kaur B.Sc II 410
- Gagandeep kaur B.Sc I 412
- Sanilosh kumar B.Sc I 405
- Arshdeep kaur B.Sc I 414
- Jaspreet Hunjan B.Sc II 413
- Rajdeep Chhiman B.Sc III 102
- Prabkhot kaur B.Sc II 706
- Sandeep kaur B.Sc II 717
- Jasmeen kaur B.Sc III 704
- Jashanpreet kaur B.Sc III 713
- Manjot kaur B.Sc III 707
- Sumanpreet kaur B.Sc III 708

The results of poster competition was as under:

- Rupinder kaur B.Sc I (1st Position)
- Harmanpreet kaur B.Sc I (3)
- Sanampreet kaur B.Sc II (4/01)
- Manjot kaur B.Sc III (707)
- Sumanpreet kaur B.Sc III (708)

Consolation Prize:
- Arshdeep B.Sc I 414
- Jaspreet B.Sc II 413
- Sanilosh B.Sc I 405
- Rajdeep B.Sc III 702
- Prabkhot B.Sc III 706

Sandeep B.Sc III 703
7. (k) WORLD AIDS DAY

EVENT REPORT

Name of the Event: Aids Day Celebration (Poster competition)

Date & Venue: 1st Dec. 2020 Online mode

Objective & Aim of the Event:

Acquired immuno deficiency Syndrome (AIDS) is a chronic, potentially life threatening condition caused by human immuno deficiency virus (HIV). The main aim of this activity was to make students aware of causes, symptoms and preventive measures to be adopted against the dreadful disease i.e. AIDS.

Description:

Biological society celebrated Aids day by organising interclass poster competition of B.Sc Medical students on 1st Dec 2020. Nineteen students presented posters by Online mode. Most of the posters were self explanatory depicting symptoms and causes of disease. The students laid down stress on different preventive measures to be adopted against this dreadful disease. The posters were evaluated and awarded prizes.

Outcome:

The posters were shared with all the students for wider circulation so that the aim of the activity could be achieved.

G.H.G. Khalsa College

Gurusar Sadhar (Ludhiana)

Signature & Name of Event In-change
7. (I) WORLD AIDS DAY

BIOLOGICAL SOCIETY (DEPARTMENT OF BOTANY & ZOOLOGY)

Name of the event: Poster Making Competition (To celebrate Aids Day)
Venue: Online Mode
Dated: 01.12.2020

Signature & Name of Event In-charge: GURPREET KAUR DEOL

G.H.G Khalsa College
Gurusar Sadhar (Ludhiana)
INTERNATIONAL WOMEN'S DAY

Woman is the creator of the world. As it is suggested by the UNO that 8 March will be celebrated as the international women's day world-wide. To promote the agenda of UNO, the Department of Social Sciences organised a celebration of women's day. Elocution competition was held on the theme: Are men jealous of women's success or not? Prof. Vishavpreet Kaur welcomed the chief guest of the function Dr. S.S. Deol and gave her views on the theme of 2018. Principal Dr. S.S. Deol motivated the students to participate in the social activities and appreciated this effort. He also signifies the importance of women in one's life. All participants gave their valuable views on the topic. In the end, a token of love was given to the principal. Thank you speech was given by Dr. Balwinderpal Sir and prizes were given to all the participants.
8. (a) INTERNATIONAL WOMEN’S DAY
INTERNATIONAL WOMEN'S DAY

As a mark of empowerment of women and a felt need for joint endeavours towards gender equality, the Department of Social Sciences celebrated International Women's Day on 8th March 2019. Prof. Jaswant Singh was the chief guest of the day. A welcome speech was given by Prof. Vishavpreet and she discussed about the theme of the day. Principal Prof. Jaswant Singh emphasized the new heights achieved by women beyond their stereotypical roles. He remarked that the society has made notable progress in the area of women's rights and reducing the gender gap. Ravinder Kaur and Priyanka Garg conducted the stage. Almost 15 students presented speeches, poems, posters, and songs. Prizes were given to all the participants.

Theme - 'Balance for Better'
8. (c) INTERNATIONAL WOMEN'S DAY
8. (d) INTERNATIONAL WOMEN'S DAY
The Women Cell of the college organized a lecture on the theme ‘Nutrition, fitness and Prevention of Anemia’ for the girl students and the female staff to celebrate International Women’s Day on 8th March 2021. Principal Prof. Jaswant Singh threw some light on the history of the day and shared that the day is celebrated to acknowledge the achievements of women and to promote gender equality.

Dr. Paramjit Kaur, Head, Department of Psychology, spoke on various aspects of women empowerment, its importance and measures that can be taken to empower girls and women. She started her talk accentuating on Women empowerment is aimed for the creation of environment where women can live fearlessly, independently and have equal opportunities. She spoke on various Challenges involved in attaining women empowerment and highlighted the shocking facts about the status of women in current times. She quoted recently reported incidents such as Hathras case, Nirbaya case etc, pointing towards hurdles in empowering women.

Head, Department of Biotechnology Prof. Shikha Jain while presenting on the theme laid stress on the importance of the balanced diet in the life of a woman and the dietary sources of the nutrients. She delved further into the details of special dietary requirements of women during the stages of pregnancy and breastfeeding. She also expressed concerns over the prevalence of iron-deficiency anemia among women and advised on the ways to prevent it. She while divulging on the importance of fitness prescribed the regime including walking, running, exercise and yoga and the need to adopt the same to lead a healthy and disease-free life.
Women's Day was celebrated in the College on 8th March 2021. An Online Seminar was planned by the Women Cell due to the prevalence of COVID-19 Pandemic.

The programme was initiated by Prof. Shikha Jain and Prof Jaswant Singh (Principal) gave light on the importance of women and their sacrifice in society. Thereafter Prof. Shikha Jain (HOD Biotechnology) created awareness among the participants regarding nutrition, health and fitness of the female populace. Dr. Paramjit Kaur (HOD Psychology) spoke on various aspects of women empowerment, challenges and hurdles being faced by the women in society.

There were more than a hundred participants including teachers and non-teaching female staff members and students as well. The webinar was also attended by some local participants. The conclusion of the seminar was followed with a healthy discussion.

[Signature]
Prof. Shikha Jain

[Signature]
Dr. Paramjit Kaur

[Signature]
Principal
G.H.G. Khalsa College
Gurusar Sadhar (Ludhiana)
8. (g) INTERNATIONAL WOMEN'S DAY
9. WORLD CONSUMER RIGHTS DAY CELEBRATION
9.(a) WORLD CONSUMER RIGHTS DAY CELEBRATION

World Consumer Rights Day Celebration

Lectures, Chart Competition and awareness Rally were main activities of the day
10. INDEPENDENCE DAY CELEBRATION

Celebration of Independence Day
An Initiative of NSS Units

YAAD KARO QURBANI

YAAD KARO QURBANI

Freedom Fight
8th AUG 1948
G.N.G. KHALSA COLLEGE

Freedom Fight
8th AUG 1948
G.N.G. KHALSA COLLEGE

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EVENT REPORT

Name of the Event: Independence Day Celebration.

Date & Venue: 15/08/2020, G.H.G Khalsa college, Gurusar Sadhar.

Objective & Aim of the Event: The aim of the activity was to enhance the mental and physical level of participants by involving them in the socio-physical activities organised by NSS group of the college.

Description: G.H.G Khalsa College with assistance of the NSS team organized the independence day celebration. Following Covid-19 protocols the numbers of participants were limited.

Output: The students and participants felt motivated after the event. The motives of the organized activity were achieved.

No of Participants: 20
This first Basant Panchami event was celebrated on 11th Feb, 2016. Near about 110 students and teachers participated in this festival. Mr. Kapil Sharma gave an extension lecture and demonstration on voice techniques.
The "Basant Utsav" was celebrated on 1st Feb, 2017 by the department of music. Principal Surinder Singh ji gave extensive lecture on Gurbani Raags and performance of the same. Teachers and students all together 80 participants experienced the depth of Raags.
Basant Utsav was being celebrated by the department of music on 5th Feb 2018. The world famous playback and Punjabi singer Sh. Sandeep Sikander ji gave an extension lecture and demonstrated on different singing styles. It was a great opportunity for students to hear live a legendary artist.
This year the Basant Utsav was dedicated to the 555th birth anniversary of Guru Nanak Dev Ji. Prof. Dr. Amanpreet Singh gave a lecture on Raags of Guru Nanak Dev Ji and performed the shabads. Nearly 200 participants (teachers and students) graced the occasion.
On 15 February, 2020, on the occasion of Basant, Prof. Dr. Nirecita Singh from Punjabi University of Patiala gave an extension lecture on traditional music of Punjab and demonstrated different singing styles of Punjab with her singing. She focused on the Raags which have been used in folk music. Both the teachers and students enjoyed her performance. 40 participants were present at this event of music society.

Hand of Department
EVENT REPORT

Name of the Event: Basant Utsav

Date & Venue: 16th February 2021, Department of Music Vocal

Objectives & Aim of the Event:

To worship Goddess Sarawati who is goddess of wisdom, knowledge and art

Description: Basant Utsav is celebrated by department of music every year. Where performance is done by famous personalities but due to Covid-19 pandemic, this year it was celebrated by few students as they visited department & offered prayers to Goddess Saraswati on this occasion.

Outcome: Students celebrated this festival with great devotion.
Department of Music Celebrated R.D. Burman Day

Good Music is a food for mind. Students of Department Presented their talent in the form of Songs & Ghazals

Basant Utsav - Department of Music

Principal Sukhwant Singh, a Wellknown Sangeet Ustaad presented his lecture and performed.

A Trip and Educational Visit to Gur - Shabad Sangeet Academy Jawadi Taksaal
13. GURPURAB CELEBRATION

Gurpurab Celebration at Mata Ganga Girls Hostel
13.(a) GURPURAB CELEBRATION

Gurpurab Celebration at Mata Ganga Girls Hostel
13.(b) GURPURAB CELEBRATION

Shri Guru Nanak Dev Ji Birthday at Mata Ganga Girls Hostel
Great Philanthropist and Ex-President of G.H.G. Khalsa Colleges Governing Council, Late S. Bakhtawar Singh Ji Gill was remembered and paid homage through an inter college Gurbani Gyan Competition: Dr. Amarpreet Singh Deol (Gurmat Bhawan, Mullanpur, Ludhiana) was honoured for doing selfless social welfare work by Sardar Manjit Singh Gill President & others. Sardarni Mohinder Kaur Ji Gill honoured the winners and Doctors’ Team of Medical Camp.
Dr. Harpal Singh Pannu, Professor Punjabi University, Patiala, was the Chief Guest.
Shri Amrit Nagpal, Vice President, DMC&H, Ludhiana was the Guest of Honour
S. Bakhtawar Singh Gill Memorial
Inter-College Gurbani Gayan Competition

Great Philanthropist and Ex-President of G.H.G. Khalsa Colleges Governing Council, Late S. Bakhtawar Singh Ji Gill was remembered and paid homage through an inter college Gurbani Gyan Competition: Dr. Amarpreet Singh Deol (Gurmat Bhawan, Mullanpur, Ludhiana) was honoured for doing selfless social welfare work by Sardar Manjit Singh Gill President & others. Sardarni Mohinder Kaur Ji Gill honoured the winners and Doctors’ Team of Medical Camp.
15. BOOKS EXHIBITION
15.(a) BOOKS EXHIBITION
15.(c) BOOKS EXHIBITION
16. WORLD FOOD DAY

4th Oct 2016

B-voe students celebrated World Food Day at Food Processing Laboratory. (40 participants)

CLIMATE IS CHANGING

IF YOU ATE TODAY THANK A "FARMER"

FOOD AND AGRICULTURE MUST TOO

RAW FOOD DIETS WHATS TRUE, WHATS NOT

Food for the body is not enough. There must be food for the soul.

Food Technology

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16.(a) WORLD FOOD DAY
16. (b) WORLD FOOD DAY
16. (c) WORLD FOOD DAY
16. (d) WORLD FOOD DAY
16. (e) WORLD FOOD DAY
16. (f) WORLD FOOD DAY
16. (g) WORLD FOOD DAY
EVENT REPORT

Name of the Event: POSTER PRESENTATION
Date and Venue: 20th October 2020, Online Mode

Objective & Aim of the Event:
1. To develop creativity among students and encourage them to develop extra-curricular skills.

Description: The students of B.Voc FPQM department prepare many posters on the eve of World Food Day indicating the importance of food in our lives, how we can grow by eating healthy food and how our actions of today will have an impact on our lives in future.

Outcome: It helped making students more creative.
ENV Day was celebrated on 13/8/16. Members of Biological Society planted more than hundred trees including species of Cassia, Gulmohar, fruit trees, Mango, Jaman and Guava.
An extension lecture was also organized. Prof. Dr. Swinder Sandhu, Department of Plant Breeding and Genetics, P.A.U. Ludhiana, delivered an exhaustive lecture on “ENV pollution and food security in India”.
On June 5th, world environment day was celebrated on the college campus. The tree plantation was carried out by the various staff members in the college premises. The students were motivated to plant trees around their homes and various other approachable areas.
On June 5th, World Environment Day was celebrated on the college campus.

The students were encouraged to plant trees around the college premises.

17.(c) WORLD ENVIRONMENT DAY
World Environment Day
(June 5th, 2021)

The World Environment Day is celebrated every year on 5th June to raise global awareness to take positive environmental action to protect nature and the planet earth. It is a day that reminds everyone on the planet to get involved in environment friendly activities.

Keeping this aim of in view, Eco-club organise tree plantation drive on this day. They plant a sapling in the college premises. Principal Prof. Jaswinder Singh Goraya motivated all to plant trees in their approachable areas.

Eco-club Members

G.H.G Khalsa College
Gurusar Sadhar (Ludhiana)
Principal
# INTERNATIONAL WEBINAR

**HEALTH & WELLNESS: RELEVANCE & IMPORTANCE DURING COVID-19**

**ORGANIZED BY**

INTERNAL QUALITY ASSURANCE CELL & DEPARTMENT OF PHYSICAL EDUCATION

G.H.G. KHALSA COLLEGE, GURUSAR SADHAR, (LUDHIANA)

IN COLLABORATION WITH PHYSICAL EDUCATION FOUNDATION OF INDIA

ON

**JULY 13-14, 2020**

## SCHEDULE

### Day-1: July 13, 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9:50 to 10:00 am</td>
<td>Assembly through virtual presence</td>
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| 10:00 to 10:06 am | Welcome address Prof. J.S. Goraya  
Principal, GHG Khalsa College Gurusar Sadhar |
| 10:05 to 10:10 am | Introduction of the theme by Dr. Manohar Lal  
Professor, G.H.G. Khalsa College, Gurusar Sadhar |
| 10:10 to 10:20 am | Inaugural Address by Chief Guest Prof. Nagesh Thakur  
UGC Member and Dean Faculty of Engineering and Technology H. P. University, Shimla |
| 10:20 to 10:30 am | Key Note address by Distinguished Guest Lt Gen Jagbir Singh Cheema  
Vice-Chancellor, Maharaja Bhupinder Singh Punjab Sports University, Patiala |

### Technical Session-I

| Time          | Title: Synchronous and Asynchronous Platform: Yoga in the New Normal  
Speaker: Dr. M.A. Rosita A. Hernani  
Associate Professor in Kinesthetic Department, Quality Assurance Officer School of Science, Normal University Cebu, Philippines |
|---------------|-----------------------------------------------------------------|
| Technical Session-II | Chairperson: **Dr. Neeru Malik**  
Fellow, PU Chandigarh  
Dean Design and Fine Arts, PU Chd  
Associate Professor, Dev Samaj College of Education, Sec-36B Chandigarh |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| **11:00 to 11:30 am** | **Topic:** **Physical Fitness and Wellness**  
**Speaker:** **Dr. Gurdeep Singh**  
Former Joint Secretary (Sports) AIU & Head, Department of Physical Education  
SGGSCC, Delhi University  
**Chairperson:** **Dr. Yashveer Singh**  
Deputy Director, Physical Education & Sports, DAV University, Jalandhar |
| Technical Session-III | **Topic:** **Role of Nutrition in the Strengthening of Immune System**  
**Speaker:** **Dr. Sanjay Sharma**  
Assistant Professor, Deptt. of Physical Education Himachal Pradesh University, Shimla  
**Chairperson:** **Dr. Amandeep Singh**  
Assistant Professor & In-charge University Campus Sports, G. N. D. University, Amritsar |
| **11:30 to 12:00 Noon** | **Topic:** **Exercise and Immunity**  
**Speaker:** **Dr. Nishan Singh Deol**  
Professor and Head, Department of Physical Education, Punjabi University, Patiala  
**Chairperson:** **Dr. Pravin Sharma**  
Professor and Coordinator, Department of Physical Education, G.H.G Khalsa College, Gurusar Sadhar |
| Paper Presentation Session | **Topic:** **Effects of Practicing Yoga on the Health Factors of Bengali Women**  
**Presenter:** **Dr. Sandip Sankar Ghosh**  
**Chairperson:** **Dr. Manohar Lal**  
Professor and Coordinator, Department of Physical Education, G.H.G Khalsa College, Gurusar Sadhar |
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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| 12:40 to 12:50 pm  | **Topic:** Mental Health & Wellness  
**Presenter:** Kapil Sethi  
Pupil Teacher, B.C.M. College of Education, Ludhiana  
**Chairperson:** Dr. Manohar Lal |
| Day-2: July 14, 2020 | Technical Session-I  
Title: Protein and Exercise: Understanding the Most Fascinating Nutrient  
**Speaker:** Dr. Rakesh Tomar  
Professor and Head, King Fahd University of Petroleum and Minerals, Saudi Arabia  
**Chairperson:** Dr. Rakesh Malik  
Deputy Director of Sports  
Panjab University, Chandigarh |
| 10:00 to 10:30 am  | Technical Session-II  
**Topic:** Personal Fitness: Improving Health through exercise  
**Speaker:** Dr. Gurmeet Singh  
Professor and Chairman, Department of Physical Education, Panjabi University, Chandigarh  
**Chairperson:** Dr. Rina Poonia  
Associate Professor & Deputy Director, Manipal University, Jaipur |
| 10:30 to 11:00 am  | Technical Session-III  
**Topic:** Mental Health and wellness  
**Speaker:** Dr. Monika Verma  
Professor and Head, Department of Physical Education, Ch. Devi Lal University Sirsa  
**Chairperson:** Dr. Neelam Sharma  
Professor and COD, Department of Physical Education, Lovely Professional University, Phagwara |
| 11.30 to 12.00 Noon | Technical Session-IV  
**Topic:**  
**Speaker:** Dr. Baljinder Singh Bal  
Research Award with Major & Minor Project (U.G.C), Department of Physical...
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<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
<th>Chairperson</th>
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<tr>
<td>12:00 to 12:10 pm</td>
<td>Topic: <strong>Sports and Lifestyle</strong></td>
<td>Presenter: Dr. Rakesh Malik</td>
<td>Chairperson: Dr. Mohd. Salim Javed</td>
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<td>Deputy Director of Sports Panjab University, Chandigarh</td>
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<td>12:10 to 12:20 pm</td>
<td>Topic: <strong>Allocation of Mental disorder for better Mental Health in Covid-19 Era: A Systematic Review</strong></td>
<td>Presenter: Dr. Anshul Thapa</td>
<td>Chairperson: Dr. Mohd. Salim Javed</td>
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<td>Assistant Professor, Govt College PG-11</td>
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<td>12:20 to 12:30 pm</td>
<td>Topic: <strong>Women Health and Fitness: Relevance and Importance During COVID-19</strong></td>
<td>Presenter: Dr. Neeru Malik</td>
<td>Chairperson: Dr. Mohd. Salim Javed</td>
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<td>Fellow, PU Chandigarh Dean Design and Fine Arts, PU Chd Associate Professor, Dev Samaj College of Education, Sec-36B Chandigarh</td>
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<td>12:30 to 12:40 pm</td>
<td>Topic: <strong>Influence of lower body maximum strength and power abilities on the performance of women javelin throw</strong></td>
<td>Presenter: Mr. Paramveer Singh</td>
<td>Chairperson: Dr. Mohd Salim Javed</td>
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<td>Athletics Coach, NSNIS, Patiala</td>
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<td>12:40 to 12:50 pm</td>
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<td>12:50 to 12:55 pm</td>
<td>Vote of Thanks</td>
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EVENT REPORT

Name of the Event: Republic day celebration.

Date & Venue: 26/01/2021, G.H.G Khalsa college, Gurusar Sadhar.

Objective & Aim of the Event: The Aim of the activity was to enhance the mental and physical level of participants involving them in the socio-physical activities organised by NSS group of the college.

Description: G.H.G Khalsa College with assistance of the NSS team organized the Republic Day Celebration. Following Covid-19 protocols the number of participants was limited.

Output: The participants felt motivated after the event. The motives of the organized activity were achieved.

No of Participants: 20
Name of the Event: Kargil Vijay Diwas
Date & Venue: 26th July, 2020, Through Google Meet
No of Cadets: 20
Objective & Aim of the Event: The aim of the activity was to evoke a sense of responsibility among the NCC cadet through this drive.
Description: On 26th July ‘Kargil Vijay Diwas’ was celebrated by the college NCC cadets with full patriotic fervor. NCC cadets were connected through online mode. Pledge was taken by them and various cadets expressed their views on Kargil Diwas.
Output: The NCC Cadets saluting the grit and valor of those who defended India and expressed Indians’ everlasting debt to those who never returned.

NCC In-Charge

Principal
G.H.G. College
Gurusar Sadhar (Ludhiana)
EVENT REPORT

Name of the Event: Sketch Making Competition on birthday of Dr. Ambedkar ji

Date & Venue: April 14, 2021 Zoom Platform (online)

Objectives & Aim of the Event:

1. To develop the Aesthetic sense of the students.
2. To develop the sense of respect for the great leaders of the country.

Description: Indian Constitution framer, Dr. B.R Ambedkar’s birthday was celebrated. On this occasion, a sketch making competition was organized by the department of education. Different types of sketches were prepared by the students. 30 students participated in the event. Prizes were given to the winners. 1st prize bagged by Yasmeen, 2nd by Jasnoor Singh and 3rd by Mohit. Principal, Prof. Jaswant Singh Goraya appreciated all the participants and congratulated the winners. Ms. Kanwaljit Kaur gave a vote of thanks at the end of the occasion.

Outcome: The students participated with grand enthusiasm.

Signature & Name of Event In-charge

Kanwaljit Kaur

Principal

G.H.G Khalsa College

Gurusar Sadhar (Ludhiana)
EVENT REPORT

Name of the Event: Poster Making Competition on Earth Day
Date & Venue: April 22, 2021  Zoom platform (online)

Objectives & Aim of the Event:
1. To develop creativity in the students.
2. To develop the sense of appreciation.

Description: On Earth Day, a poster making competition was organized by the department of education. Theme of the competition was to Save Earth and Life. The students participated in the competition enthusiastically. The winners of the competition were Navneet Kaur (first prize), Khushbu Gupta (second position) and Gurmanjot Kaur (third prize). Principal, Prof. Jaswant Singh Goraya appreciated all the participants and congratulated the winners. Ms. Kanwaljit Kaur gave a vote of thanks at the end of the occasion.

Outcome: Such competitions boost the confidence of the students.

Signature & Name of Event In-charge

Principal
G.H.G Khalsa College
Gurusar Sadhar (Ludhiana)
23. BOOKS DAY

EVENT REPORT

Name of the Event: Poem Writing Competition on Books Day
Date & Venue: April 23, 2021 Zoom Platform (online)
Objectives & Aim of the Event:
1. To enable the students to appreciate the poem.
2. To enable them to understand the thought and imagination contained in the poem.
3. To appreciate the rhyme & rhythm and style of the poem.

Description: A poem writing competition on books day was celebrated by the department of education. The theme of the competition was importance of books in the library. Almost 30 students participate in the competition. 1st prize bagged by Jasnoor Singh and Bhajneet Kaur, 2nd prize by Yasmeen and Navneet Kaur and 3rd prize by Simranjit Kaur and Khushbu Gupta. Principal, Prof. Jaswant Singh Goraya appreciated all the participants and congratulated the winners. Ms. Kanwaljit Kaur gave a vote of thanks at the end of the occasion.

Outcome: Creative thinking develops in the students. They start think critically and esthetically.

Signature & Name of Event In-charge
Kanwaljit Kaur

Principal
G.H.G Khalsa College
Gurusar Sadhar (Ludhiana)
EVENT REPORT

Name of the Event: Power Point Presentation on International Labour Day
Date & Venue: May 1, 2021 Zoom platform (online)
Objectives & Aim of the Event:
1. To give respect to the labourers.
2. To aware them about their rights.
Description: International Labour Day is a celebration in the honour of labourers and the working classes. Power Point Competition was organized by department of education. The theme of the competition was present scenario of labors. 30 students participated in the event. The students participated in the event with great zeal and enthusiasm. In this event, 1st prize bagged by Jasnoor singh, 2nd prize bagged by Navneet kaur and 3rd prize by Khushbu Gupta.
Outcome: The students got knowledge about preparing PPT and presentation of PPT.
EVENT REPORT (2020-21)

Name of the Event: Poster Making Competition on Mental Health

Date & Venue: 21.05.2021, GHG Khalsa College, Gurusar Sadhar, Ldh.

No Of Students: 17

Objective and Aim of the Event: To acquaint students with Importance of Mental Health and wellbeing for a healthy life.

Description: A poster Making Competition was organised to create an awareness regarding the importance of a good Mental Health in people. Students prepared posters projecting various causes of mental illnesses.

Output: The students were encouraged to promote the issue of mental illness and rehabilitation.