Day-1: July 13, 2020

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

Technical Session-I

<table>
<thead>
<tr>
<th>Time</th>
<th>Title: <strong>Synchronous and Asynchronous Platform: Yoga in the New Normal</strong> Speaker: <strong>Dr. M.A. Rosita A. Hernani</strong> Associate Professor in Kinesthetic Department, Quality Assurance Officer School of Science, Normal University Cebu, Philippines</th>
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<tbody>
<tr>
<td>Time</td>
<td>Session</td>
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</tr>
<tr>
<td>11:00 to 11:30 am</td>
<td>Technical Session-II</td>
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<tr>
<td>11:30 to 12:00 Noon</td>
<td>Technical Session-III</td>
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<tr>
<td>12:00 to 12:30 pm</td>
<td>Technical Session-IV</td>
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<tr>
<td>12:30 to 12:40 pm</td>
<td>Paper Presentation Session</td>
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<td>Time</td>
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<tr>
<td>12:40 to 12:50 pm</td>
<td><strong>Mental Health &amp; Wellness</strong></td>
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<tr>
<td></td>
<td><strong>Presenter:</strong> Pupil Teacher, B.C.M. College of Education, Ludhiana</td>
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<tr>
<td>12:50 pm</td>
<td><strong>Day-2: July 14, 2020</strong></td>
</tr>
<tr>
<td>10:00 to 10:30 am</td>
<td><strong>Protein and Exercise: Understanding the Most Fascinating Nutrient</strong></td>
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<td></td>
<td><strong>Title:</strong></td>
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<tr>
<td>10:30 to 11:00 am</td>
<td><strong>Personal Fitness: Improving Health through exercise</strong></td>
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<tr>
<td></td>
<td><strong>Topic:</strong></td>
</tr>
<tr>
<td>11:00 to 11:30 am</td>
<td><strong>Mental Health and wellness</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Speaker:</strong></td>
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<tr>
<td>11.30 to 12.00 Noon</td>
<td><strong>Topic:</strong></td>
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<tr>
<td></td>
<td><strong>Speaker:</strong></td>
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</table>
### Paper Presentation Session

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
<th>Chairperson</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 to 12:10 pm</td>
<td><strong>Sports and Lifestyle</strong></td>
<td><strong>Dr. Rakesh Malik</strong></td>
<td><strong>Dr. Mohd. Salim Javed</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Deputy Director of Sports Panjab University, Chandigarh</strong></td>
<td><strong>Faculty of Phy. Edu &amp; Sports, Associate Professor/Deputy Dean, GNA University, Phagwara</strong></td>
<td></td>
</tr>
<tr>
<td>12:10 to 12:20 pm</td>
<td><strong>Allocation of Mental disorder for better Mental Health in Covid-19 Era: A Systematic Review</strong></td>
<td><strong>Dr. Anshul Thapa</strong></td>
<td><strong>Dr. Mohd. Salim Javed</strong></td>
</tr>
<tr>
<td>12:20 to 12:30 pm</td>
<td><strong>Women Health and Fitness: Relevance and Importance During COVID-19</strong></td>
<td><strong>Dr. Neeru Malik</strong></td>
<td><strong>Dr. Mohd. Salim Javed</strong></td>
</tr>
<tr>
<td>12:30 to 12:40 pm</td>
<td><strong>Influence of lower body maximum strength and power abilities on the performance of women javelin throw</strong></td>
<td><strong>Mr. Paramveer Singh</strong></td>
<td><strong>Dr. Mohd. Salim Javed</strong></td>
</tr>
<tr>
<td>12:40 to 12:50 pm</td>
<td>Valedictory Address</td>
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<tr>
<td>12:50 to 12:55 pm</td>
<td>Vote of Thanks</td>
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2.

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
Objective & Aim of the Event:
1. To help the needy people in pandemic.
2. To develop awareness among people about the importance of balanced food for growth.

Description:
World Food Day is celebrated on 16th October every year across the world but we celebrated on 20th October 2020 on online mode. The theme for 2020 was 'Grow, nourish, sustain Together our actions are our future.' This year the celebrations were different as they were on online mode amidst pandemic. So, students distributed the essential commodities which are the grocery items to underprivileged living in their area in order to nourish them.
Outcome: The students helped society by providing food to needy people amidst pandemic.
**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.
5. **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.
6.

EVENT REPORT

Name of the Event : Aids Day Celebration (Poster competition)
Date & Venue : 1st Dec. 2020 Online mode

Objective & Aim of the Event:
Acquired immunodeficiency syndrome (AIDS) is a chronic, potentially life threatening condition caused by human immunodeficiency virus (HIV). The main aim of this activity was to make students aware of causes, symptoms and preventive measures to be adopted against this 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.

[Signature & Name of Event In-change]
7. AIDS DAY CELEBRATION (1st Dec)

Nineteen students of B.Sc. Medical prepared 16 posters depicting causes, symptoms and preventive measures of Aids. The posters were send online. Following is the list of students who participated in poster competition:

- Indeep kaur B.Sc. I 02
- Harmanpreet kaur B.Sc. I 03
- Nanpreet kaur B.Sc. I 07
- Rupinder kaur B.Sc. I 16
- Avneet kaur B.Sc. I 18
- Damandeep kaur B.Sc. II 403
- Sanampreet kaur B.Sc. II 401
- Sajjeet kaur B.Sc. II 410
- Gaajandeep kaur B.Sc. I 412
- Sanjosh kumar B.Sc. I 405
- Arshdeep kaur B.Sc. I 414
- Jaspreet Hunjan B.Sc. III 413
- Rajdeep Chhiman B.Sc. III 702
- Prabhjot kaur B.Sc. III 706
- Sandeep kaur B.Sc. III 717
- Jasmeen kaur B.Sc. III 704
- Tashanpreet 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, Consolidation prize)
- Harmanpreet kaur B.Sc. I (3rd position)
- Sanampreet kaur B.Sc. II (4th place)
- Manjot kaur B.Sc. III (707)
- Sumanpreet kaur B.Sc. III (708)
- Prabhjot kaur B.Sc. III (706)
EVENT REPORT

Name of the Event : Aids Day Celebration (Poster competition)
Date & Venue : 1st Dec. 2020 Online mode

Objective & Aim of the Event:
Acquired Immunodeficiency Syndrome (AIDS) is a chronic, potentially life threatening condition caused by human immunodeficiency 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
Gurugram, Sadhar (Ludhiana)

Principal

Signature & Name of Event In-change

Gurpreet Kaur Deol
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

Principal
G.H.G. Khalsa College
Gurusar Sadhar (Ludhiana)
8. 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 and understanding of some elementary mathematical concepts
- Get an insight into the various problems of mathematics

Description: Postgraduate 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 the 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 mathematical lens

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

PRINCIPAL

Signature & Name of Event In-charge
Guest lecture by Dr Harish Garg, Thapar Institute of Engineering and Technology, University of Patiala on the occasion of celebration of National Mathematics Day
9. **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
10.

EVENT REPORT

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.
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.

Signature & Name of the Event Incharge

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

[Signatures]

Prof. Shikha Jain
Dr. Paramjit Kaur

Principal
G.H.G. Khalsa College
Gurusar Sadhar (Ludhiana)
12.(c) INTERNATIONAL WOMEN DAY
13.

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)
14.

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 Gurmanjit 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

[Signature]

Principal

G.H.G Khalsa College
Gurusar Sadhar (Ludhiana)
15. 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)
16. 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.
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.
18.

EVENT REPORT

Name of the Event: World Environment Day
Date & Venue: June 5, 2021 Zoom platform (Online)

Objectives & Aim of the Event:
1. to solve the issues of the environment by implementing some positive environmental actions
2. To spread awareness about the threat to the environment due to rising pollution levels and climate change.

Description: The world environment day is celebrated to raise global awareness to take positive environmental action to protect nature and the planet earth by the department of Education. It is a day that reminds everyone on the planet to get involved in environment friendly activities. The students of the college plant trees at their homes to celebrate this day. Principal, Prof. Jaswant Singh Goraya appreciated all the participants to plant more trees

Outcome: The students became eco-friendly.

Signature & Name of Event In-charge

Kanwaljit Kaur

Principal

G.H.G Khalsa College
Gurusar Sadhar (Ludhian)
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. Jaswant Singh Goraya motivated all to plant trees in their approachable areas.

Eco-club Members

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