

Pt. Mohan Lal S.D College for Women, Gurdaspur

Soft Skills

5.1.3

(2023-24)

1. 15 May 2024

A Guest Lecture on ‘ Speaking Skills’

A guest lecture on ‘ Speaking Skills’ was organised by the English department as a part of the Skill Oriented Program conducted by IQAC and Youth Club of the college. **Ms. Sandeep Kaur, Asst. Prof. in Department of English, GNDU RC Gurdaspur.** was the keynote speaker. It was an interactive session which has benefitted the students to a large extent. In her talk she has highlighted the importance of English as a medium of communication and its practical application in all spheres of life.



A Guest Lecture on ‘ Speaking Skills’

Sandeep Kaur
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

2. 14th May 2024.

Guest Lecture on 'How to Develop Personality'

A guest lecture on 'How to Develop Personality' was organised by the English department under the Skill Oriented Program conducted by IQAC and Youth club of the college. **Ms. Anika Kanwal Asst. Prof. in English from Sardar Beant Singh State University, Gurdaspur** presided over as the guest speaker. The objective of lecture was to build self confidence, enhance self esteem and improve the overall personality of the students.



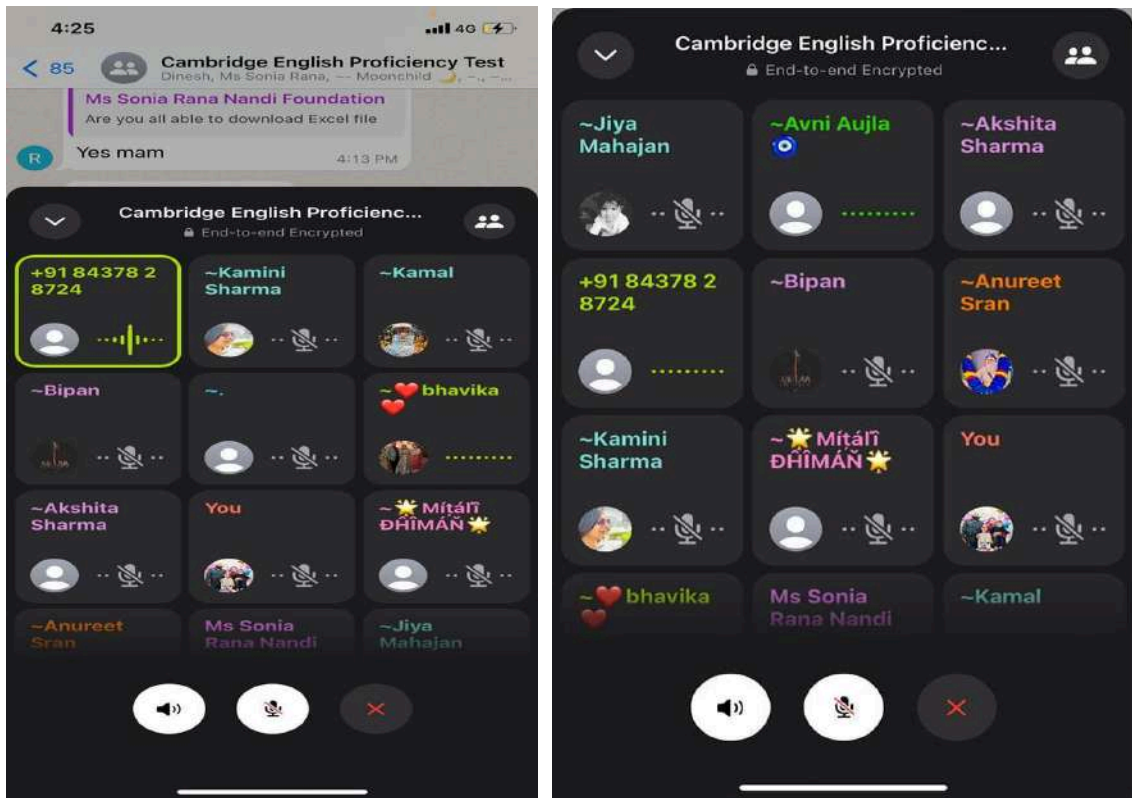
Guest Lecture on 'How to Develop Personality'


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

3. 27th March, 2024

Cambridge English Language Proficiency Test on Upskill

Cambridge English language proficiency test on Upskill: an android phone app was conducted by Career Counselling, Placement and Guidance Cell and English department of the college in association with **Naandi Foundation** under the directions of IQAC. The test comprised of Reading, Listening, writing & Speaking module. Naandi foundation conducted this test at free of cost for girl students. 150 students appeared for this test. This test was a completely mobile, remotely proctored English exam delivered on Android phones driven using artificial intelligence. Upskill tests all four skills: Reading, Listening, Speaking, and Writing.



Cambridge English Language Proficiency Test on Upskill

Naandi
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

4. 28-Feb-24

Open Discussion on the Impact of Social Media on Youth

The Open Mike Club organized an insightful Open Discussion on the Impact of Social Media on Youth, attended by 51 participants from various streams. Led by an expert panel including Dr. Neeru Sharma(Principal), Mrs. Daljinder Kaur (Vice Principal) and Dr. Rama Gandotra (IQAC Coordinator), the event aimed to foster dialogue and critical thinking among students regarding the profound implications of social media.



Open Discussion on the Impact of Social Media on Youth

Dr. Neeru Sharma
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

5. 13th February, 2024

Global Movie Day

The English Department celebrated Global Movie Day with great enthusiasm. The event featured an insightful and engaging movie titled "The Guide" and students from the final year of all streams were invited to watch it. Global Movie Day is celebrated every year to recognize the power of movies to connect, inspire and reach people around the world. The chosen movie, "The Guide", was an ideal choice, as it portrayed an intense romance to a philosophical allegory that captivated and thrilled the students.



Global Movie Day

Neeru Sharma
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

6. 3-Feb-24

National Conference on Creative Writing

The English Department, Gurdaspur organized a National Conference on Creative Writing. It was a remarkable event with Eminent Scholars **Dr Vijay Mehta, (Professor), Asian International University, Manipur, Dr Pritam Priya Goswami,(Asst. Prof.), Don Bosco University, Assam, Dr. Siddharth Satpathy, Asst. Prof., Central University, Hyderabad** serving as resource persons. They shared their insightful views on Creative Writing. The conference kicked off in hybrid mode. **Dr. Vijay Mehta** emphasized the role of language acquisition and behavioural aspects in Creative Writing. **Dr. Pritam Priya Goswami** delved into the process of Creative Writing, highlighting the importance of imagination and fantasy. **Dr Siddharth Satpathy** shared his immense knowledge of mastering the language and the vital role of social media in writing effectively.

**PTMLSD COLLEGE FOR WOMEN,
GURDASPUR**
Sister Institute of GGSDS College Sec-32 c, Chd.

NATIONAL CONFERENCE
By English Department on
CREATIVE WRITING

EMINENT ORATORS

| | | |
|---|---|---|
|  |  |  |
| Dr. Vijay Mehta | Dr. Pritam Priya Goswami | Dr. Siddharth Satpathy |
| PROFESSOR ASIAN INTERNATIONAL UNIVERSITY, MANIPUR | ASST. PROFESSOR DON BOSCO UNIVERSITY, ASSAM | ASST. PROFESSOR, CENTRAL UNIVERSITY, HYDERABAD |

Saturday, 3rd February, 2024

| | | |
|----------------------------------|-------------------------------------|---|
| Ms. Vaishali Sharma President | Dr.(Mrs.) Neeru Sharma Principal | Dr. (Mrs.) Dinesh Sharma Head, Department of English |
|----------------------------------|-------------------------------------|---|

Email- ptmlsdenglish@gmail.com
Contact-9463515921



National Conference on Creative Writing


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

7. 18 Dec 2023

Skill Development Course in Soft Skills.

Under the realm of IQAC, the English department organised a Skill development course in Soft Skills. The department has organised various types of activities to develop the soft skills of the students enrolled with the institution. These activities helped the learners to learn and acquire soft skills like Communication Skills, Presentation Skills, Written Communication, Interpersonal Skills, Creativity and Leadership etc. The course incharge **Mrs. Sakshi Saini** covered all the aspects related to the course and conducted various activities like quiz, debate, group discussion etc during the course.



PTMLSD College for Women, Gsp.
Sister Institute of GGSDS College SEC-32, Chd.
Under the realm of IQAC
English Department is organizing
**Skill Development Course in
'Soft Skills'**
Starting From : 18th December, 2023
Timing : 10:00 am to 1:00 pm
Fee: Rs. 200/-
MS. VAISHALI SHARMA
PRESIDENT
DR. (MRS.) NEERU SHARMA
PRINCIPAL
MRS. SAKSHI
INCHARGE



Skill Development Course in Soft Skills.

(Signature)
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

8. 9-Sep-23

Quiz Competition on 'Leo Tolstoy's Birthday'

English Department of Pt. Mohan Lal SD College for Women, Gurdaspur organized a quiz competition to commemorate the birthday of "Leo Tolstoy" Five students were included in all four teams. In this way, the quiz competition on the life and works of Leo Tolstoy went on for about 16 rounds and the most questions were answered by students. Team 'B' bagged first and team 'A' bagged second position.



Quiz Competition on 'Leo Tolstoy's Birthday'


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

Pt. Mohan Lal S.D College for Women, Gurdaspur
LANGUAGE AND COMMUNICATION SKILLS

5.1.3

(2023-24)

1. 10 May 2024

Presentation by Students on Parshuram Jayanti

Language Society celebrated Lord Shri Parshuram Jayanti. Pavneet, Prabhjot, Sehajpreet and Vidhi presented their views on the biography of Parshuram Ji. Video related to his life was also shown to students. Parshuram Jayanti holds a special significance in Hindu religion. Akshaya Tritiya is also celebrated on the same day.



Presentation by Students on Parshuram Jayanti

Pavneet
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

2. 24 April 2024

Slogan Writing Competition on "Importance of Punjabi Language"

Punjabi Department of the College organised a Slogan writing competition on "Importance of Punjabi Language". 16 students from different streams participated in this competition. Prizes were given to all the students.



Slogan Writing Competition on "Importance of Punjabi Language"


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

3. 11 April 2024

Inter College Poetical Recitation Competition

The Inter College Poetical Recitation Competition and Book Release were organized by the Language Society in collaboration with **Sahitya Saurabh Academy, Punjab**. The event, held under the guidance of College Principal, commenced with the release of the book "Prabhati Tara" by Shri Yashpal Sharma. Dr. Kewal Krishan Sharma, National and State Awardee, President of Sahitya Saurabh Academy, graced the occasion as the chief guest. Dr. Sukhwinder Kaur presented her paper on the novel Prabhati Tara. A total of 9 colleges participated in the literary event. Their performances were highly appreciated by the judges Dr. Dinesh Sharma and Mrs. Puneeta Sehgal. Two consolation prizes were awarded also.

**साहित्य सौरभ अकादमी**
(कला, संस्कृति, साहित्य तथा रचना)
पंडित मोहन लाल एस.डी. महिला महाविद्यालय गुरदासपुर (पंजाब)
के सहयोग से यशपाल शर्मा के पंजाबी नाटक 'प्रभाती तारा'
त्रिभाषीय कविता प्रतियोगिता आरंभ

वीरवार दिनांक : 11 अप्रैल, 2024 सत्र

स्थान:- पंडित मोहन लाल एस.डी. महिला महाविद्यालय

मुख्य अतिथि :- डॉ. परमजीत सिंह कलसी
(जिला भाषा अधिकारी गुरदासपुर)

अतिविशिष्ट अतिथि :- प्रधानाचार्य डॉ. नीरू शर्मा

विशेष अतिथि :- श्रीमति दलजिन्द्र कौर, श्रीमति आशु शर्मा

शोध पत्र वाचिका :- डॉ. सुखविन्दर कौर

मंच संचालन :- श्रीमति पुनीता सहगल, श्रीमति समिता खजूर

स्वगातकर्ता :- श्रीमती कमलेश, श्रीमति साक्षी

विशेष सहयोग :- डॉ. दिनेश शर्मा (अंग्रेजी विभागाध्यक्ष)

निवेदक :-

यशपाल शर्मा
संयोजक
Mob: 9417420396

डॉ. केवल कृष्ण शर्मा
अध्यक्ष
Mob : 9464067513



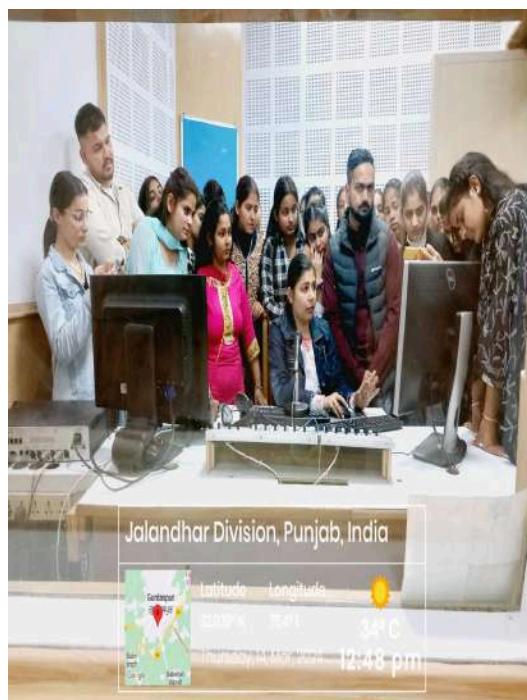
Inter College Poetical Recitation Competition


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

4. 14 March 2024

An Educational Visit to All India Radio Station, Jalandhar

An educational tour to Akashwani, All India Radio Station, Jalandhar was organized by the Social Media cell of IIC in collaboration with the Hindi and Punjabi department of the college. Total 26 students visited the radio station. The motive of this tour was to bring forth young talents by exposing them with the work culture and show production of All India Radio. Considering lots of employment opportunities in the radio field, this tour was organized for the students. An interactive session was also organized between **Transmission Executive Ms. Pratishtha Jain** and students. In this session there was a question- answer session. The students cleared their doubts related to radio profession, radio program production, voice over training and maintaining creativity in radio shows.



An Educational Visit to All India Radio Station, Jalandhar

Principal
**Pt. Mohan Lal S.D. College
for Women, Gurdaspur**

5. 24 Feb 2024

Poster Making and Slogan Making Competitions

Punjabi Department and NSS Unit of the College organised 647th Prakash Purab of Sri Guru Ravidas Das Ji. Poster making and slogan making competitions were held in which 31 students participated. These slogans and posters were judged by Mrs. Kirandeep. As many students have created posters in a very good, beautiful and artistic manner. Balpreet Kaur, Jasmin Kaur and Diya got the first position, Baljit Kaur, Simranjit Kaur, Jasleen Kaur and Amandeep Kaur got the second position, Husandeep Kaur, Devinder Kaur and Avneet Kaur got the third position.



Poster Making and Slogan Making competitions

[Signature] Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

6. 22 Jan 2024

"Pran Pratishtha" Ceremony

Sanatan Dharam Sabha, Hindi dept. and Sociology dept. of the college organized a live telecast of 'Pran Pratishtha' ceremony of Shri Ram Lalla ji in Ayodhya for the students of college. In this grand festival, the whole campus was decorated with flowers by the Youth club incharge Mrs. Paramjit Kaur. Students showcased beautiful rangoli and lit lamps on this occasion. They recited **Bhajans and bhavya Aarti of Shri Ram ji** in the hostel.



"Pran Pratishtha" Ceremony


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

7. 27 Dec 2023

International Kavi Darbar

Hindi and Punjabi department in collaboration with Punjabi Sahitya Sabha and Bhasha Vibhag, Gurdaspur organised and "international Kavi Darbar " to memorize the Sacrifice Of "Chaar sahibzaade of Guru Gobind Singh Ji "S.Gyani Santosh Singh Ji(Sydney ,Australia) was a chief guest and Dr. Paramjit Singh kalsi state awardee Bhasha officer, Gurdaspur was the Guest of honour .



International Kavi Darbar


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

8. 14 Dec 2023

Poster Making Competition

A poster making competition was conducted by the Hindi department of the college in collaboration with Rashtriya sevika Samiti Punjab on the topic "Manikarnika". 20 students participated in this competition.



Poster Making Competition


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

9. 1 Nov 2023

Punjab Day Celebration (Lectures and Documentary on Punjab)

The Punjabi Department of the college organized a seminar cum lecture on the occasion of Punjab Day. Punjab was reunited on the basis of language in 1966. The biggest contribution in this movement was Master Tara Singh and Sant Fateh Singh. Apart from this, a documentary film related to 1966 was also shown to the students. The contribution of Master Tara Singh and other political icons was also remembered. Sandeep Kaur, a student of MA third semester shared her valuable thoughts on Punjab Day.



Punjab Day Celebration (Lectures and Documentary on Punjab)

Sandeep Kaur
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

10. 14 September 2023

Slogan Writing Competition on 'Hindi Diwas'

The Hindi department in collaboration with the Ministry of Youth Affairs and Sports, Government of India and Nehru Yuva Kendra, Gurdaspur celebrated Hindi Diwas . Slogan writing competition was organised on this occasion . 18 Students and one faculty member attended the event.



Slogan Writing Competition on 'Hindi Diwas'


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

11. 31 Aug 2023

Guest Lecture on topic 'Amrita Pritam di Kavi-Samvedna'

The Post Graduate of Punjabi Department organized a guest lecture commemorating the 104th birth anniversary of Amrita Pritam. At this time, the main speaker is former professor and famous poet Dr. Suhinder Bir, School of Punjabi Studies, Guru Nanak Dev University, Amritsar was the keynote speaker. The theme of this guest lecture was "Amrita Pritam's Feminine Sensation". The main speaker, while speaking on his topic, started talking about the birth of Amrita Pritam and shed light on her personality. He said that Amrita Pritam received the gift of poetry as a gift from God.

ਸਿਸਟਰ ਇੰਸਟੀਚਿਊਟ ਆਫ ਜੀ. ਜੀ. ਡੀ. ਐਸ. ਡੀ. ਕਾਲਜ, ਸੈਕਟਰ - 32, ਚੰਡੀਗੜ੍ਹ
ਨੌਕ, ਬੰਗਲੋਰ ਦੁਆਰਾ 'ਏ' ਗ੍ਰੇਡ ਨਾਲ ਮੁੜ ਮਾਨਤਾ ਪ੍ਰਾਪਤ।

ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦੇ 104ਵੇਂ ਜਨਮ ਦਿਨ ਨੂੰ ਯਾਦ ਕਰਦਿਆਂ
ਗੈਸਟ ਲੈਕਚਰ ਦਾ ਆਯੋਜਨ

ਵੱਲੋਂ : ਪੋਸਟ ਗਰੈਜੂਏਟ ਪੰਜਾਬੀ ਵਿਭਾਗ

ਵਿਸ਼ਾ :- ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦੀ ਕਾਵਿ- ਸੰਵੇਦਨਾ
ਮਿਤੀ:-31ਅਗਸਤ,2023,ਸਮਾਂ:-10:30ਵਜੇ (ਸਵੇਰ)

ਮੁੱਖ ਵਕਤਾ
ਪ੍ਰੋ: ਸੁਹਿੰਦਰ ਬੀਰ

ਸਾਬਕਾ ਪ੍ਰੋਫੈਸਰ ਪੰਜਾਬੀ ਅਧਿਐਨ ਸਕੂਲ
ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ,ਅੰਮ੍ਰਿਤਸਰ

ਮਿਸ. ਵੈਸ਼ਾਲੀ ਸ਼ਰਮਾ ਪ੍ਰਿੰਸੀਪਲ
ਡਾ. ਪੀ. ਕੇ. ਬਜਾਜ ਸੈਕਟਰੀ
ਡਾ. ਨੀਰੂ ਸ਼ਰਮਾ ਪ੍ਰਿੰਸੀਪਲ
ਡਾ. ਸੁਖਵਿੰਦਰ ਕੌਰ ਮੁਖੀ ਪੰਜਾਬੀ ਵਿਭਾਗ
ਮਿਸਿਜ. ਹਰਜੀਤ ਕੌਰ ਪਿੰਜਿਜ. ਕਮਲੀਸ ਕਮਲੀ



Guest Lecture on topic 'Amrita Pritam di Kavi-Samvedna'


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

12. 12 Aug 2023

Guest Lecture on 'Contribution of Youth in National Progress'

Women cell and Hindi department organised a Guest lecture on "Contribution of Youth National Progress". **Smt. Gayatri Pramukh Karenahika, Rashtriya Sewika Samiti** was the Guest Speaker. She said that the role of youth in nation building is to contribute their energy, ideas, and skills to develop and improve their country, making it a better place for all.



Guest Lecture on 'Contribution of Youth in National Progress'

[Signature]
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

Pt. Mohan Lal S.D College for Women, Gurdaspur

LIFE SKILLS(YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE)

5.1.3

(2023-24)

1. 21 June 2024

International Yoga Day- Yoga for Women Empowerment

The NSS unit and Sports club of the College celebrated "International Yoga Day" in which volunteers performed various yoga asanas with their family members and sent photos to the in-charges on WhatsApp. On this occasion, Pranayama, Bhakti Asan, Namaskar Asana, Haas Asan, Chakra Asana, Padmasana, Karma Asan, Paschim Utan Asan etc. were performed by the students and their family members. The College Principal apprised that nowadays, we can easily get rid of physical and mental diseases through yoga asanas. She said that doing yoga relieves stress, increases physical and mental energy. Apart from this, doing yoga can establish balance in the body, mind and spirit.



International Yoga Day- Yoga for Women Empowerment

Principal
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

2. 28th May 2024

International Day of Action for Women Health

Health Club, Women and Sexual harassment cell organised a lecture on 'Women Health Awareness' to celebrate International Day of Action for Women Health in collaboration with Bharat Vikas Parishad. Dr. Navneet Kaur was keynote speaker. Her talk emphasised on irregular menstruation and the embarrassment felt by girls as they hesitate to share their problems with others. She also talked about PCOD, anemia, its causes and symptoms.



International Day of Action for Women Health

Navneet Kaur
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

3. 13 May 2024

Yoga and Meditation Workshop

A yoga and meditation workshop for college students (freshers) was organized by the Sports Club of the college.. The resource persons for the event were **Mr. Rohit Bharti (District Yoga Instructor)** and **Mrs. Rajni Chandal(District Yoga Instructor)** and it was a resounding success, fostering holistic well-being and mental rejuvenation among attendees. With a focus on cultivating mindfulness and inner peace, participants were engaged in a variety of yoga asanas, pranayama breathing exercises, and meditation sessions tailored to address stress faced by the students.

PTMLSD COLLEGE FOR WOMEN, GURDASPUR
SISTER INSTITUTE OF GGSDS COLLEGE SEC - 32, CHANDIGARH
Skill Oriented Program
Under the Realm of IQAC and Youth Club
Yoga, Meditation & Motivational Movie
INSTRUCTORS : MR. ROHIT BHARTI, MRS. RAJNI CHANDAL
DATE : 13TH MAY 2024
TIME:10:00 AM -12:00AM
MS. VAISHALI SHARMA
PRESIDENT
DR. (MRS.) NEERU SHARMA
PRINCIPAL
INCHARGES :- MRS. DALJINDER KAUR, DR. RAMA GANDOTRA



Yoga and Meditation Workshop


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

4. 8 May 2024

Poster Making Competition on 'World Red Cross Day'

Health Club and Red Ribbon Club organised a poster making competition on World Red Cross Day as directed by Punjab Red Cross Society, Chandigarh. Incharges of the club Mrs Gurdeep Kaur and Kamaljit also aware the students about drug abuse, environment protection and about the reuse of waste water. The students were awarded by certificates.



Poster Making Competition on 'World Red Cross Day'

[Signature]
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

5. 25th April 2024

Poster Making Competition on ‘World Malaria Day’

As directed by Asst. Director Youth Services, Gurdaspur, Red Ribbon Club of the College organized a poster making competition to aware the students about Malaria, its symptoms and preventions on ‘World Malaria Day’.



Poster making competition on ‘World Malaria Day’

[Signature]
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

6. 6th March, 2024

District-level program on HIV/AIDS, drug abuse, and promoting blood donation

Red Ribbon Club and Youth Club jointly organized a district-level program focusing on creating awareness about HIV/AIDS, drug abuse, and promoting blood donation in collaboration with Asst. Director Youth Services, Gurdaspur. The event witnessed enthusiastic participation from 16 different colleges, with a total of 76 students and approximately 20 teachers, including 14 students and their respective in-charge teachers from our college.



PTMLSD COLLEGE FOR WOMEN, GSP
SISTER INSTITUTE OF GOSSD COLLEGE SED -32 , CHANDIGARH

Dist.Level Programme on AIDS Awareness, Drug Abuse and Youth Club in Collaboration with Asstt. Director Youth Services Gsp.

Date- 6th March, 2024
Venue-PTMLSD COLLEGE ,GSP.

Org By- Red Ribbon Club and Youth club

Events

- Declaration
- Stegan Writing
- Poster Making
- Collage Making

Mrs. Valshall sharma
President

DR. P.K. Balal
Secretary

Dr. (MRS.) Nooru sharma
Principal

INCHARGES Dr. Rupinder, Mrs. Punita, Mrs. Harsha, Mrs. Gurdeep



District-level program on creating awareness about HIV/AIDS, drug abuse

Nooru
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

7. 24th February 2024,

Awareness Programme on Lymphatic Filariasis

Health club organised an Awareness programme on lymphatic filariasis as directed by the Ministry of Youth Affairs and Sports Government of India. Total 20 students along with 3 faculty members attended the lecture. Mrs Gurdeep Kaur explained about lymphatic filariasis disease, it's causes symptoms, it's other name i.e elephantiasis. Dr. Sukwinder Kaur explained about the treatment of lymphatic filariasis consist of antibiotics and ant-parasites.



Awareness Programme on Lymphatic Filariasis

Gurdeep Kaur
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

8. 12th February, 2024

Chetna series on 'Healthy Liver Healthier India, Engaging Higher Education Institutions'

Students of Science Department attended Chetna series on **Healthy Liver Healthier India, Engaging Higher Education Institutions** via live show on YouTube. The Resource persons were

1. **Dr. Shiv Kumar Sarin (senior Professor Hepatology, Director and chancellor ILBS)**
2. **Professor M.Jagadesh Kumar Chairman University Grant Commission**
3. **Dr. Kanica Kaushal, Assistant Prof. Department of Clinical Research and Epidemiology ILBS**

They explained about the functions of livers, fatty liver diseases, causes of liver cancer, diabetes due to fatty liver and liver function tests etc.



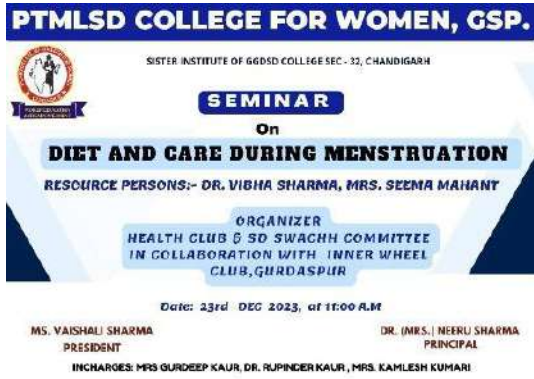
Chetna series on 'Healthy Liver Healthier India, Engaging Higher Education Institutions'

[Handwritten Signature]
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

9. 23rd December, 2023

Seminar on ‘Diet and Care during Menstruation’

Health club in collaboration with Inner Wheel Club, Gurdaspur organized a seminar on ‘Diet and Care during Menstruation’. Dr. Vibha and Mrs. Seema Mahant were the resource persons. 47 students and 7 faculty members attended this event. Sanitary Pad vending machine and an incinerator were also installed in the college campus by the guests.



Seminar on ‘Diet and Care during Menstruation’

Seema Mahant
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

10. 1 Dec 2023

Worlds Aids Day (Lecture on HIV AIDS)

The Red Ribbon Club, Health club and NSS of the college organised a lecture on World AIDS Day. Ms. Amita (Asst. Prof. Botany) delivered a talk with an aim to spread the awareness among students and to provide a comprehensive understanding of the HIV virus, its transmission, impact on the immune system, prevention strategies, symptoms, causes and preventives of the disease HIV/AIDS, the current state of research and its treatment .



Worlds Aids Day (Lecture on HIV AIDS)

Amita
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

11. 17th November, 2023

Lecture on ‘Keeping Yourself Healthy during Examination’

A motivational lecture on “keeping yourself during examination” was organized by the Physical Educational department of the college. **Coach Mr. Variam Singh** was the resource person. He explained that unmanaged stress at exam time can cause sleep disruption, headaches, and poor concentration, all of which can contribute to impaired test performance. This is especially true if you tend to suffer from test anxiety. He talked about the demerits of overconsumption of junk food.



PTMLSD COLLEGE FOR WOMEN, GSP.
SISTER INSTITUTE OF GGSDS COLLEGE SEC - 32, CHANDIGARH
RE-ACCREDITED WITH 'A+' GRADE BY NAAC, BANGALORE.

PHYSICAL EDUCATION,
FD DEPT. & COSMETOLOGY DEPT.
ORGANIZE

LECTURE
On
**KEEPING YOURSELF HEALTHY
DURING EXAMINATION**

RESOURCE PERSON:- **MR. VARIAM SINGH**
(SELF DEFENCE COACH)

Date: 17th NOV 2023, at 11:00 A.M

| | | | |
|----------------------------------|-----------------------------|--------------------------------------|------------------------------------|
| MS. VAISHALI SHARMA PRESIDENT | DR. P.K. BAJAJ SECRETARY | DR. (MRS.) NEERU SHARMA PRINCIPAL | MRS. GAGANDEEP KAUR COORDINATOR |
|----------------------------------|-----------------------------|--------------------------------------|------------------------------------|

INCHARGES: MRS. HARSHA, MRS. KULWINDER KAUR

Lecture on ‘Keeping Yourself Healthy during Examination’


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

12. 26th October-2nd November 2023

One week Workshop on Yoga and Meditation

A One week Workshop on Yoga & Meditation was organized for the students in the college by the Physical Education Department in Collaboration with CM di Yogshala, A Program started by Punjab Government. It is said that practicing yoga helps in controlling an individual's mind, body and soul. It helps manage stress and anxiety and keeps you relaxing. These sessions were taken by Ms Rajni. She explained methods of practicing them. She Demonstrated on Yoga postures, Pranayama and Meditation as effective techniques to release stress.



One week Workshop on Yoga and Meditation


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

13. 27th October, 2023

A Seminar on 'Menstrual Hygiene'

The Health Club organized a seminar on 'Menstrual Hygiene'. Dr. Navdeep Kaur (MBBS, MS/OBS, Gynae) and Dr. Harwinder, Deol Multispecialty Hospital, Gurdaspur were the resource persons. Dr. Kaur elaborated about the importance of a healthy diet during periods. She emphasised on the usage of biodegradable sanitary napkins, menstrual cups, tampons and reusable panties. Dr Harwinder said that the girls students should not feel shy or hesitant to discuss their problems related to menstruation with their parents.



Seminar on 'Menstrual Hygiene'

Navdeep
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

14. 17th October, 2023

A seminar on 'Drug Addiction-A Legal Services Initiative'

A seminar on the topic "Drug Addiction" was organized by the Legal Awareness Club and Sociology Department of the college in association with the **Legal Services Authority SAS Nagar**. **Advocate Meena Mahajan and Advocate Vaishali** were the guest speakers. Advocate Meena Mahajan said that today drug trafficking and their use has become a much discussed socio-economic and political topic in Punjab. There are some districts in Punjab which are very sensitive, of which our district Gurdaspur is one. Advocate Vaishali informed the students about Nasha Chudao helpline number and Saathi helpline numbers.



A seminar on 'Drug Addiction-A Legal Services Initiative'

Meena Mahajan
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

15. 28th September, 2023

Lecture on Anti Drug on Birth Anniversary of Shaheed Bhagat Singh

Red Ribbon and NSS celebrated the Birth Anniversary of Shaheed Bhagat Singh and organized a lecture on 'Anti-Drug' as directed by Asst. Director Youth Services, Gurdaspur. Dr. Rama Gandotra HOD Sociology was the resource person.



Lecture on Anti Drug on Birth Anniversary of Shaheed Bhagat Singh

Rama Gandotra
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

16. 26th September, 2023

Seminar on 'AIDS Awareness'

Red Ribbon Club and Sociology department in collaboration with Asst. Director Youth Services Gurdaspur organized a seminar on 'AIDS Awareness'. **Mr. Ravi Paul (Asst. Director Youth Service) and Mr. Vishal** were the resource persons. The resource persons educated the students about HIV, its transmission, prevention methods, and the importance of regular testing.



**PT. MOHAN LAL S.D. COLLEGE FOR WOMEN,
GURDASPUR**

SISTER INSTITUTE OF GGSDS COLLEGE SEC 32, CHANDIGARH
RE-ACCREDITED WITH 'A' GRADE BY NAAC, BANGLORE

**SEMINAR
ON
AIDS AWARENESS**

IN COLLABORATION WITH ASST. DIRECTOR YOUTH SERVICES,
GURDASPUR

ORG. BY :- RED RIBBON CLUB, NSS UNIT AND SOCIOLOGY
DEPARTMENT

DATE - 26TH SEPT. 2023 , TIME- 11:00 A.M

MS.VAISHALI SHARMA DR. (MRS.) NEERU SHARMA
PRESIDENT PRINCIPAL

INCHARGES - DR. RAMA GANDOTRA, DR. SUKHWINDER KAUR, MRS. GURDEEP KAUR



Seminar on 'AIDS Awareness'

Neeru Sharma
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

17. 13th September, 2023

Workshop on 'Nutritional Diet and Yoga'

The Physical Education Department organized a Workshop on "Nutritional Diet and Yoga". **Dr. Milan Mahajan** and **Miss Ritika** were the resource persons. **Dr. Milan** explained about menstruation cramps and how to get rid of those cramps through a healthy lifestyle. **Miss Ritika** suggested homemade remedies and various health related tips which students can opt for healthy and peaceful living.



Workshop on 'Nutritional Diet and Yoga'


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

18. 8th September, 2023

Nutrition Week

The Home Science department of the college celebrated nutritional week in the college campus in which various nutritional recipes were taught to students. A salad making competition was organised in order to inculcate healthy food habits and awareness regarding the choice of food among the students. The participants' creativity was revealed through the beautiful designs and patterns formed with different mouth-watering salads.



Nutrition week

Principal
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

19. 25th Aug to 1st Sept. 2023

5 days Health Checkup Camp

Health Club in collaboration with Bharat Vikas Parishad, Gurdaspur organised a 5 days Health checkup camp in college premises. Blood samples of 75 students of different streams were collected for HB tests.



5 days Health Checkup Camp


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

20. 25th August, 2023

Guest Lecture on ‘Anemia Mukat Bharat Abhiyaan’

Health Club in collaboration with **BVP Charitable Welfare Society, Gurdaspur** organised guest lecture on ‘Anemia Mukat Bharat Abhiyaan’. **Sh Raman Bahl, Chairman Pb Health Systems Corporation** was the Chief Guest of the day. Total 80 students attended this event.



Guest Lecture on ‘Anemia Mukat Bharat Abhiyaan’

Raman Bahl
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

21. 22nd July, 2023

A workshop on 'Self Defence'

Physical Department Organized One Day Workshop on "Self Defense". The self defense coach Mr. Variyam Singh guides students that it is a protection of yourself, either by fighting or discussion. He said if somebody attacked you and you responded by attacking back it is called "Self Defense", and also Demonstrated different techniques of "Self Defense".

**PTMLSD COLLEGE FOR WOMEN
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RE - ACCREDITED WITH 'A' GRADE BY NAAC, BANGLORE.

One Day workshop

On
Self Defense
By Coach S. Variam Singh

On 24th July 2023

☆ **ONLY FOR FRESHERS.**
☆ **NO FEES WILL BE CHARGED.**

DR. (MRS.) NEERU SHARMA
PRINCIPAL

Incharge
Mrs. Gagandeep



A workshop on 'Self Defence'

Neeru Sharma
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

22. 19-21st July, 2023

Personality Development Program

Three days Personality Development Programme was organised for new entrants. The motive of this programme was to boost student's confidence, instill self-esteem and helps in grooming their personality. On the first day, **Er. Sukhab Shelly and Er. Harpreet Singh from the Computer department** were the instructors and they talked about the modules of MS Office like PowerPoint, MS Word, Excel. Simultaneously, Practical training was given for creating Word document for professional work in any sector. On the second day of PDP, The lecture was organised by **Ms. Anika Kanwal, Assistant Professor (Sardar Beant Singh State University, Gurdaspur)** was the key notespeaker. She delivered her lecture on "Self Grooming" and how to enhance personality by Self confidence. **Miss Jyoti from Home Science department** delivered a lecture on basic cooking skills. Her topic "Tasty bites" was appreciated by students. She gave hands on practice in making healthy dishes. On 3rd day Ms Kiran handled Fine Arts activities. She conducted a Fine art workshop under the theme "Rush to Brush".



Personality Development Program

[Signature]
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

Pt. Mohan Lal S.D College for Women, Gurdaspur

ICT/COMPUTING SKILLS

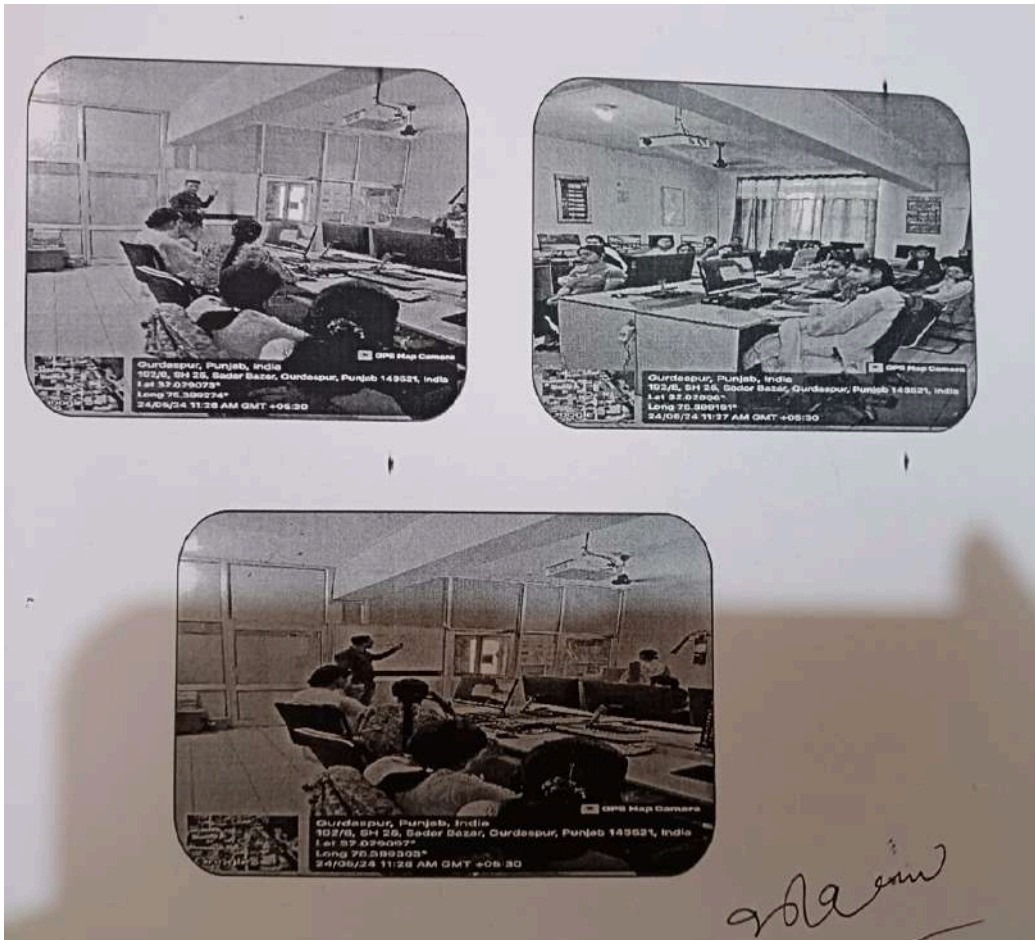
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(2023-24)

1. 24-27 May 2024

Workshop on Web Designing

A workshop on web designing was organised by the Computer Science Department which provided hands-on training in creating visually appealing and functional websites. Students learnt essential skills such as HTML and CSS to build responsive web pages. The workshop was conducted by **Mr. Ashwani Kumar, Technical Expert.**



Workshop on Web Designing

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Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

2. April 10th-11th, 2024

Two-day workshop on Prototype/Process Design and Development

The Innovation Activity Cell of the Institution's Innovation Council, in collaboration with the IT Club, organized a two-day workshop on "Prototype/Process Design and Development." **Mr. Sachin Gupta** was the resource person.. Through a combination of theoretical insights, hands-on exercises, and collaborative projects, participants gained a comprehensive understanding of prototype design and development processes.



PTMLSD COLLEGE FOR WOMEN, GSP.

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**INSTITUTION'S INNOVATION COUNCIL IN
COLLABORATION WITH IT CLUB**

WORKSHOP
On
**PROTOTYPE/PROCESS DESIGN AND
DEVELOPMENT**

RESOURCE PERSON:- MR. SACHIN GUPTA
Date: 10th,11th April 2024, at 9:30 A.M
VENUE : Lab1

MS. VAISHALI SHARMA
PRESIDENT

DR. P.K. BAJAJ
GEN SECRETARY

DR. (MRS.) NEERU SHARMA
PRINCIPAL

DR. RAVNEET KAUR
IIC CONVENER

INNOVATION ACTIVITY COORDINATOR- ER. SURKHAB SHELLY

Two-day workshop on Prototype/Process Design and Development


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur


3. 12th February - 28th Feb, 2024

Two Week Training Program on Web Development

The Computer Science Department of the college organized a comprehensive two-week web development training program aimed at providing practical experience and enhancing the skills of 31 students from the M.Sc. (CS) and BCA final year. The program was conducted by Instructor **Sachin Gupta from Hard Lines Institute**. It provided students with valuable practical experience, enhanced their technical skills, and prepared them for a career in software development.



PTMLSD COLLEGE FOR WOMEN, GSP.
SISTER INSTITUTE OF GGSDS COLLEGE SEC - 32, CHANDIGARH



TWO WEEK PROJECT TRAINING PROGRAMME
On
WEB DEVELOPMENT
BY
COMPUTER SCIENCE DEPARTMENT
RESOURCE PERSON:- **MR. SACHIN GUPTA**
Date: 12th Feb 2024 to 28th Feb, 2024
VENUE : LAB1

| | | | |
|---|------------------------------------|---|---|
| MS. VAISHALI SHARMA PRESIDENT | DR. P.K. BAJAJ SECRETARY | DR. (MRS.) NEERU SHARMA PRINCIPAL | MRS. POONAM SETH HOD, CS DEPT |
|---|------------------------------------|---|---|

PROJECT INCHARGES:- ER. SURKHAB SHELLY, MRS. POOJA SHARMA

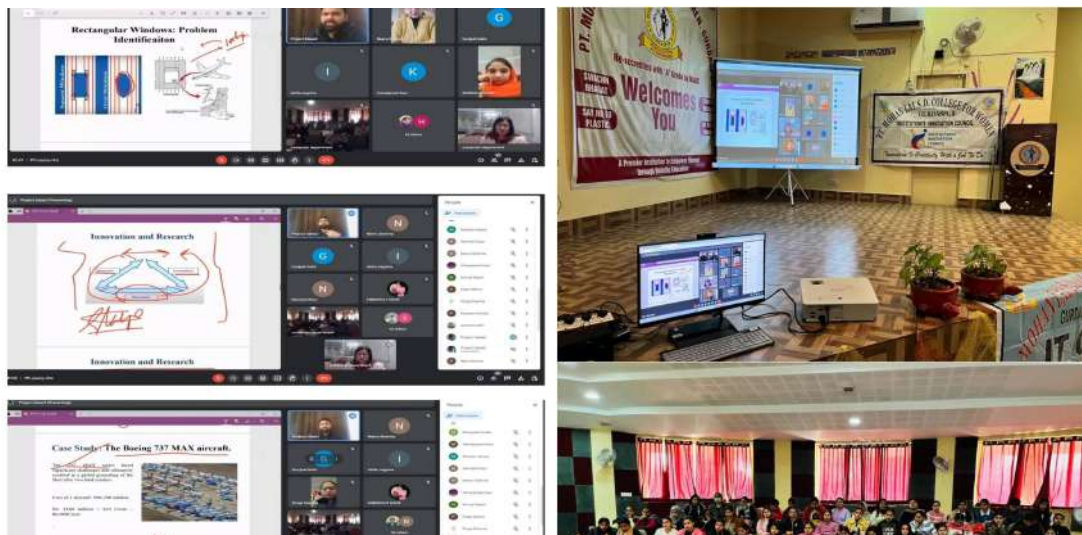
Two Week Training Program on Web Development


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

4. 9th February 2024

Process of Innovation Development, TRL, Commercialization of Lab Technologies

The Institution Innovation Council (IIC) in collaboration with the IT Club of the Computer Science Department organized a webinar on "Navigating Innovation: From Lab to Market." **Renowned engineer and innovation expert, Er. Somak Basu**, served as the resource person for the event. Over 100 students actively participated in the webinar, underscoring its significance. He guided the audience through the intricate process of innovation development, shedding light on the stages of ideation, prototyping, testing, and scaling.



Process of Innovation Development, TRL, Commercialization of Lab technologies

Neeru Sharma
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

5. January 20, 2024

Ability Enhancement Program on "Email Creation and its Operational Process"

Computer Department in collaboration with Internal Quality Assurance Cell (IQAC)

The primary objective of the Ability Enhancement Program was to provide students with comprehensive training on email creation. The program covered Email Creation, composing messages, password recovery and attachment handling. A dedicated hands-on practice session was conducted to allow students to apply their learning in a simulated email environment, enhancing their understanding and proficiency.



PTMLSD COLLEGE FOR WOMEN, GURDASPUR
SISTER INSTITUTE OF GGSDS COLLEGE SEC - 32, CHANDIGARH
RE-ACCREDITED WITH 'A' GRADE BY NAAC, BANGALORE.
WOMEN EDUCATION AND EMPOWERMENT
UNDER THE REALM OF IQAC
COMPUTER SCIENCE DEPARTMENT ORGANISING
ABILITY ENHANCEMENT PROGRAM
ON
Email Creation and its Operational Process
ON 20TH JANUARY, 2024
DR. (MRS.) NEERU SHARMA PRINCIPAL
DR. RAMA GANDOTRA CO ORDINATOR IQAC
MRS. POONAM SETH HEAD OF DEPARTMENT
PROGRAM INCHARGE : MRS. SANDEEEP KAUR GORAYA

Ability Enhancement Program on "Email Creation and its Operational Process"

Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

6. December 18th, 2023, to January 11th, 2024

Skill Development Course on Web Designing

The Computer Science Department of the college organised a skill development course on Web Designing which aimed to provide students with fundamental knowledge and practical skills in web designing, focusing on HTML and CSS. A total of twenty-five students from the Department of Computer Science actively participated in the program. **The Programme Trainer was Mr. Harpreet Singh.** The course covered the key areas like Introduction to HTML, Fundamentals of CSS, Practical exercises and hands-on sessions to reinforce learning.



Skill Development Course on Web Designing

Neeru Sharma
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

7. September 16th, 2023

Intercollege Fest TECHNOFUN 2023

The Computer Science Department hosted the much-anticipated Technofun-2K23. This Inter College Technical Fest provided a stage for young minds to exhibit their ideas and creativity to the world. **Mr. S.B. Nair, Principal of St. Kabir Public School, Gurdaspur**, graced the occasion as the Chief Guest, adding prestige to the event. The event witnessed the participation of approximately 105 students from 13 different colleges in the surrounding areas. It showcased a diverse range of technical and cultural events, creating an atmosphere of excitement and healthy competition. Various technical events such as PowerPoint Presentation, Art Gallery, Technical Quiz, Fast Message Typing and cultural events: Sell It, Sense your senses and Movie quiz were conducted. Certificates and prizes were awarded to the deserving winners from various colleges. Overall Championship Trophy was claimed by Pt. Mohan Lal S.D. College for Girls, Fatehgarh Churian.



Intercollege Fest TECHNOFUN 2023


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur