



# UDAAN 2024

Vol. 7 Issue - 2,  
May 2024

## Monthly Newsletter of Pt. Mohan Lal SD College for Women, Gurdaspur

### Workshops

Under the realm of IQAC and Youth Club, 'Yoga and Meditation' workshop for college students (freshers) was organized. The resource persons for the event were Mr. Rohit Bharti (District Yoga Instructor) and Mrs. Rajni Chandal (District Yoga Instructor). With a focus on cultivating mindfulness and inner peace, participants were engaged in a variety of yoga asanas, pranayama breathing exercises, and meditation sessions. The workshop served as a beacon of positivity and empowerment, inspiring participants to embrace a holistic approach to wellness and embark on a journey of self-transformation. A workshop on 'Tally' was organized by the Commerce Department in collaboration with Enactus Club. To provide in depth details of Tally ERP-9, College office Superintendent Mrs. Sweety conducted the workshop. Students were given hands-on training in the creation of company, ledgers and groups, and posting Voucher entry in Tally ERP-9, so as to create various accounting reports. The workshop proved to be very beneficial for the participants. Commerce department also organized another one day workshop on 'Requisites of Income Tax and E-filing'. Mrs. Heena Mahajan, CA and Alumnae of the college was the resource person. She discussed the basic working, types and terminology of Income Tax. After briefly discussing the history of Income Tax, the session moved on to the topic. The evolution, Functions, working, advantages and details regarding Income Tax and E-Filing were taught to the students. The whole session was a knowledgeable and an inspiring one.



### Guest Lectures

A session was organized by the Institution's Innovation Council of the college on 'How to plan for Start-up- Legal and Ethical Steps'. Mr. Parminder Singh, Start-up Initiator (Agro Stubble Management Pvt. Ltd. Gurdaspur) was the keynote speaker. He focused on what Innovation is and in which ecosystem it is most effective and gave real examples to make things easy. The main aim of this program was to help the students and faculty to become familiar with the concept of Innovation, Start-up and its ecosystem. The IIC also organized a webinar titled 'Mentoring Event: Demo Day of Business Plan,' featuring the distinguished entrepreneur Ms. Rouble as the resource person. The event aimed to provide aspiring students with practical guidance and valuable feedback on their business plans. Ms. Rouble's expertise and engaging presentation style captivated the students and broaden their knowledge. Her insights into the nuances of developing and executing a successful business plan was beneficial for the participants. Health Club and 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 the main speaker. She explained about the various health issues faced by women during different phases. The session was highly interactive.

### Skill Oriented Programmes

Skill oriented programmes are designed to provide students with practical training and hands on experience in a specific field. With this aim a lecture on 'How to Develop Personality' was organised by the English department, IQAC and Youth club of the college. Ms. Anika Kanwal Asst. prof. in English from Sardar Beant Singh State University, Gurdaspur was invited as the guest speaker. The objective of lecture was to build self-confidence, enhance self-esteem and improve overall personality of the students. Various parameters like basic introduction, body language, positive attitude, interactive skills and the level of confidence were taken care of by the speaker. Another lecture on 'Speaking Skills' was organised by the English department. Ms. Sandeep kaur, Asst. Prof., RC, Gurdaspur was the guest speaker. Her lecture focused on the importance of English as a global language and developing effective communication skills in English. Home Science department organized an event 'Cooking without Fire'. Ms. Harmanpreet, Kitchen Professional from the Grand Hotel Lalit, New Delhi was invited as an expert. The resource person taught the students about some dishes that can be prepared without fire. Fashion Designing department organized an event 'Earn while learn'. Ms Suman was invited as an expert. The resource person taught the students about different types of printings like block printing, stencil printing and free hand golden silver work. The session was highly interactive and students took active participation. Cosmetology department organised an event 'Self Grooming'. Ms. Karishma Bagga, Professional master in cosmetology from Makeover and Salon Gurdaspur was invited as an expert. The resource person let know the students about self-care, hair care, skin, clothing, face cleansing etc. 30 students participated in this workshop.



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