

GURU NANAK COLLEGE, BUDHLADA WOMEN EMPOWERMENT CELL

Session: 2023-24

Name of Activity: Workshop on vocational skills

Dated: 11th & 12th October, 2023

Description:

Department of Commerce with collaboration of Department of Fashion and Technology organized a workshop on vocational skills amongst girls students on 11th & 12th October, 2023. These workshops is to equip participants with the technical skills necessary to enhance their employability and encourage entrepreneurial endeavors. Department of commerce and management collaboration with Fashion and Technology Department conducted this workshop on inculcating vocational skills amongst girls students like Rangoli, Pranda, Pakhi etc.

Photographs :





GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

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Attendance of Students:

Guru Nanak College, Budhlada

Women Empowerment Cell

Date: 11th October, 2023

Session: 2023-24

Event: Workshop on vocational skills

Sr. No.	Name of Student	Class	Signature
1.	Muskan	B.A. II	Muskan
2.	Muskan Kaur	B.A. II	Muskan
3.	Simranpreet Kaur	B.A. II	Simranpreet Kaur
4.	Pardeep Kaur	B.A. II	Pardeep Kaur
5.	Veerpal Kaur	B.A. II	Veerpal Kaur
6.	Veerpal Kaur	B.A. II	Veerpal Kaur
7.	Simranpreet Kaur	B.A. II	Simranpreet Kaur
8.	Simranpreet Kaur	B.A. II	Simranpreet Kaur
9.	Noorpreet Kaur	B.A. II	Noorpreet Kaur
10.	Sandeep Kaur	B.A. II	Sandeep Kaur
11.	Pranshu	M.Sc. II	Pranshu
12.	Anita Kaur	B.A. II	Anita Kaur
13.	Karima	M.Sc. II	Karima
14.	Sukhvir Kaur	M.Sc. II	Sukhvir Kaur
15.	Gagandeep Kaur	M.Sc. II	Gagandeep Kaur
16.	Pooja Kaur	M.Sc. II	Pooja Kaur
17.	Anjali	M.Sc. II	Anjali
18.	Amrinder Kaur	B.A. II	Amrinder Kaur
19.	Muskan	B.A. II	Muskan
20.	Doni Kaur	B.A. II	Doni Kaur
21.	Sushma Kaur	M.Sc. II	Sushma Kaur
22.	Simranpreet Kaur	M.Sc. II	Simranpreet Kaur
23.	Simranpreet Kaur	B.A. II	Simranpreet Kaur
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Signature

Sl. No.	Name	Class	Signature
1	Nirmal Kaur	B.Com (H) II	Nirmal Kaur
2	Pardeep Kaur	B.Com (H) II	Pardeep Kaur
3	Anjali	B.Com (H) II	Anjali
4	Pardeep Kaur	B.Com (H) II	Pardeep Kaur
5	Rishi Kaur	B.Com (H) II	Rishi Kaur
6	Narita Sultana	B.Com (H) II	Narita Sultana
7	Sukhpreet Kaur	B.Com (H) II	Sukhpreet Kaur
8	Harpreet Kaur	B.Com (H) II	Harpreet Kaur
9	Gurpreet Kaur	B.Com (H) II	Gurpreet Kaur
10	Anita Kaur	B.Com (H) II	Anita Kaur
11	Kajal Sharma	B.Com (H) II	Kajal Sharma
12	Gagandeep Kaur	B.Com (H) II	Gagandeep Kaur
13	Manpreet Kaur	B.Com (H) II	Manpreet Kaur
14	Sandeep Kaur	B.Com (H) II	Sandeep Kaur
15	Anshu Kaur	B.Com (H) II	Anshu Kaur
16	Gagan	B.Com (H) II	Gagan
17	Sandeep Kaur	B.Com (H) II	Sandeep Kaur
18	Simran Kaur	B.Com (H) II	Simran Kaur
19	Sapna Kaur	B.Com (H) II	Sapna Kaur
20	Jashanpreet Kaur	B.Com (H) II	Jashanpreet Kaur
21	Simranpreet Kaur	B.Com (H) II	Simranpreet Kaur
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Guru Nanak College, Budhlada			
Workshop on vocational skill			
Date: 12 th October, 2023			
Sr. No.	Name	Class	Signature
1.	Nirmal Kaur	B.Com (H) II	Nirmal Kaur
2.	Pardeep Kaur	B.Com (H) II	Pardeep Kaur
3.	Anjali	B.Com (H) II	Anjali
4.	Pardeep Kaur	B.Com (H) II	Pardeep Kaur
5.	Rubi Kaur	B.Com (H) II	Rubi Kaur
6.	Najia Sultana	B.Com (H) II	Najia Sultana
7.	Simranpreet Kaur	B.Com (H) II	Simranpreet Kaur
8.	Simranpreet Kaur	B.Com (H) II	Simranpreet Kaur
9.	Simranpreet Kaur	B.Com (H) II	Simranpreet Kaur
10.	Anita Kaur	B.Com (H) II	Anita Kaur
11.	Kajal Sharma	B.Com (H) II	Kajal Sharma
12.	Gagandeep Kaur	B.Com (H) II	Gagandeep Kaur
13.	Simranpreet Kaur	B.Com (H) II	Simranpreet Kaur
14.	Simranpreet Kaur	B.Com (H) II	Simranpreet Kaur
15.	Anushka Kaur	B.Com (H) II	Anushka Kaur
16.	Anushka Kaur	B.Com (H) II	Anushka Kaur
17.	Anushka Kaur	B.Com (H) II	Anushka Kaur
18.	Simranpreet Kaur	B.Com (H) II	Simranpreet Kaur
19.	Sapna Kaur	B.Com (H) II	Sapna Kaur
20.	Simranpreet Kaur	B.Com (H) II	Simranpreet Kaur
21.	Simranpreet Kaur	B.Com (H) II	Simranpreet Kaur
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GURU NANAK COLLEGE , BUDHLADA WOMEN EMPOWERMENT CELL Session: 2023-24

Name of Activity: Mehndi Competition

Dated: 31st October, 2023

Description:

Women Empowerment Cell organized a Mehndi Competition for the girls students to enhance the skills on 31st October, 2023. The motive was to make them more impressive and confident about their skills

Rules and regulations:

- ✓ Mehndi design should be creative and unique.
- ✓ Mehndi design should be portrayed on one hand till elbow.
- ✓ Mehndi design must cover one hand and also must be covering both side of palm.
- ✓ The participants need to bring their own materials (Mehndi cones & other materials).
- ✓ A team must have 2 participants, one artist and the other is subject (Model).
- ✓ Time duration to complete the Mehndi will be one hour. No extra time will be provided.
- ✓ Judging will be based on overall appearance, creativity and design.

Mehndi, otherwise known as henna, is a paste associated with positive spirits and good luck. This competition was organised to seek and develop the traditional values among them. Students enthusiastically participated in the competition. They displayed their artistic designs through an array of mehendi on their hands. Some were old and common but some designs were unique and trendy. The aim of this competition was not merely to see the drawing skills of the students but also the creativity of the students and their way of representation which will in turn improve the overall personality of student. Students created beautiful designs in different themes. Mehendi reflects the rich Indian culture bringing together the knowledge of medicinal herbs with many lovely sentiments and beliefs. It is said that the deeper colour of the Mehendi on the hands symbolises the profound love. In some communities, the darkness of the Mehendi indicates the strength of the relationship



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Attendance of Students:

Guru Nanak College, Budhlada

Women Empowerment Cell

Date: 31st October, 2023
Event: Mehndi Competition

Session: 2023-24

Sr. No.	Name of Student	Class	Signature
1	Nancy	B.com(H) II	Nancy
2	Husanpreet Kaur	B.com(H) II	Husanpreet K
3	Vandana Rai	B.com(H) II	Vandana
4	Vijayanka Garg	M.com II	Vijayanka
5	Nandee Kaur	B.A. II	Nandee Kaur
6	Ricky Kaur	B.A. II	Ricky Kaur
7	Gurwinder Kaur	B.com(H) II	Gurwinder Kaur
8	Amandeep Kaur	"	Amandeep Kaur
9	Ravinder K.	"	Ravinder Kaur
10	Kajrat K.	"	Kajrat K.
11	Kusprao Kaur	"	Kusprao K.
12	Manisha	"	Manisha
13	Rupinder Kaur	"	Rupinder K.
14	Rajveer Kaur	M.Sc. II	Rajveer K.
15	Gaganpreet K.	"	Gaganpreet K.
16	Manpreet K.	"	Manpreet K.
17	Mandeep Kaur	"	Mandeep Kaur
18	Raman	"	Raman
19	Harinder Kaur	"	Harinder K.
20	Amritpal Kaur	"	Amritpal K.
21	Renunder Kaur	"	Renunder K.
22	Harjit Kaur	"	Harjit K.
23	Gurjit Kaur	"	Gurjit K.
24	Prashant Kaur	B.com. II	Prashant K.
25	Daljeet Kaur	"	Daljeet K.
26	Gurjit Kaur	"	Gurjit K.
27	Manpreet Kaur	"	Manpreet K.
28	Dilpreet K.	"	Dilpreet K.
29	Diljit Kaur	"	Diljit K.
30	Jaspreet K.	"	Jaspreet K.

SKaur



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Session: 2023-24

Name of Activity: **Rangoli Competition**

Dated: 08 November, 2023

Description:

Engaging in the competition allowed girl students to express their artistic abilities and creativity through the medium of Rangoli, enhancing their artistic skills. Those who worked in groups learned the value of teamwork, cooperation, and effective communication while creating their Rangolis. It helps the students to remain in close touch with their culture and motivate the students to perform and outshine their skills.

Photographs :





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Attendance of Students:

Guru Nanak College, Budhlada

Women Empowerment Cell

Date: 8th Nov, 2023

Session: 2023-24

Event: Rangoli Competition

Sr. No.	Name of Student	Class	Signature
1.	Khushpreet Kaur		Khushpreet Kaur
2.	Sarbjit Kaur		Sarbjit Kaur
3.	Jasmeen Kaur		Jasmeen Kaur
4.	Jasmin Kaur		Jasmin Kaur
5.	Ramandeep Kaur		Ramandeep Kaur
6.	Khushpreet Kaur		Khushpreet Kaur
7.	Gurleen Kaur		Gurleen Kaur
8.	Satveer Kaur		Satveer Kaur
9.	Ashdeep Kaur		Ashdeep Kaur
10.	Jaspreet Kaur		Jaspreet Kaur
11.	Ramandeep Kaur		Ramandeep Kaur
12.	Rashmi Kaur		Rashmi Kaur
13.	Mandeep Kaur		Mandeep Kaur
14.	Ashmeen Kaur		Ashmeen Kaur
15.	Swarn Kaur		Swarn Kaur
16.	Rajveer Kaur		Rajveer Kaur
17.	Ramandeep Kaur		Ramandeep Kaur
18.	Harman Kaur		Harman Kaur
19.	Ramandeep Kaur		Ramandeep Kaur
20.	Ashdeep Kaur		Ashdeep Kaur
21.	Amandeep Kaur		Amandeep Kaur
22.	Parveen Kaur		Parveen Kaur
23.	Korah Kaur		Korah Kaur
24.	Harpreet Kaur		Harpreet Kaur
25.	Sahib Kaur		Sahib Kaur
26.	Ramandeep Kaur		Ramandeep Kaur
27.	Rashmi Kaur		Rashmi Kaur
28.	SATVEER Kaur		SATVEER Kaur
29.	Khushi Kaur		Khushi Kaur
30.	Seema		Seema

Spaw

GURU NANAK COLLEGE , BUDHLADA WOMEN EMPOWERMENT CELL

Session: 2023-24

Name of Activity: Lecture on Women Day

Dated: 08 March, 2024

Description: A Lecture on Women Day was organized by Department of Fashion and Technology. Though there has been a massive change in the position of Women, but still it needs a lot. A woman is still not able to express her feelings freely and boldly. She is being dominated by various powerful segments of the society and lags behind. An answer to all these questions is that a woman is not empowered yet. She is living in the age of darkness and ignorance. In view of this scenario, Guru Nanak College, Budhlada formed Women Empowerment Cell to strengthen the girl students and make them confident and powerful by making them aware of their rights, so that they could grab respectable position in the society.

Photographs :







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Attendance of Students:

Guru Nanak College, Budhlada

Women Empowerment Cell

Date: 8th March, 2024 Session: 2023-24

Event: Lecture on Women Day

Sr. No.	Name of Student	Class	Signature
1.	Karnalpreet Kaur	M.S.C.FT	Karnalpreet Kaur
2.	Amrita Kaur	M.S.C.FT	Amrita Kaur
3.	Sumandeep Kaur	BA 2nd	Sumandeep Kaur
4.	Sumandeep Kaur	BA 2nd	Sumandeep Kaur
5.	Hardeep Kaur	M.S.C.FT	Hardeep Kaur
6.	Preet Kaur	M.S.C.FT	Preet Kaur
7.	Ratinder Kaur	M.S.C.FT	Ratinder Kaur
8.	Rimpy Kaur	M.S.C.FT	Rimpy Kaur
9.	Harpreet Kaur	M.S.C.FT	Harpreet Kaur
10.	Vishakha	M.S.C.FT	Vishakha
11.	Anshdeep Kaur	M.S.C.FT	Anshdeep Kaur
12.	Jasvinder Kaur	M.S.C.FT	Jasvinder Kaur
13.	Amandeep Kaur	M.S.C.FT	Amandeep Kaur
14.	Jaspreet Kaur	M.S.C.FT	Jaspreet Kaur
15.	Harpreet Kaur	M.S.C.FT	Harpreet Kaur
16.	Amandeep Kaur	BA - D	Amandeep Kaur
17.	Rajni Bala	M.S.C.FT	Rajni Bala
18.	Amandeep Kaur	BA 2nd	Amandeep Kaur
19.	Monika	M.S.C.FT	Monika
20.	Jaspreet Kaur	M.S.C.FT	Jaspreet Kaur
21.	Ashdeep Kaur	BA 2nd	Ashdeep Kaur
22.	Manpreet Kaur	BA 2nd	Manpreet Kaur
23.	Manpreet Kaur	BA 2nd	Manpreet Kaur
24.	Pooja Kaur	BA 2nd	Pooja Kaur
25.	Pooja Kaur	BA 2nd	Pooja Kaur
26.	Pooja Kaur	BA 2nd	Pooja Kaur
27.	Pooja Kaur	BA 2nd	Pooja Kaur
28.	Pooja Kaur	BA 2nd	Pooja Kaur
29.	Pooja Kaur	BA 2nd	Pooja Kaur
30.	Pooja Kaur	BA 2nd	Pooja Kaur

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GURU NANAK COLLEGE , BUDHLADA WOMEN EMPOWERMENT CELL

Session: 2023-24

Name of Activity: Counseling

Dated: 22nd March, 2024

Description:

Counseling for women's issues by Assistant Professor Neelam Rani (Department of fashion and technology) addresses all concerns women face across all important phases of life. Together, our counselors will work with you and help you identify your specific emotions, focus on self-empowerment, and inspire you as a powerful female.

Counseling services for women encompass everything from general mental health to specific challenges related to the female gender.

The goal of women's counseling is not only to relieve immediate anxiety and strength but also to empower women by enhancing their self-awareness, strengthening coping mechanisms, and promoting personal growth and well-being. By addressing issues through a gender-sensitive lens, women's counseling helps individuals navigate the complexities of their roles and identities in society. Whether it's through face-to-face sessions or online counseling platforms, this specialized service is designed to support women in achieving healthier, more fulfilling lives.

Photographs :





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Attendance of Students:

Sr. No.	Name of Student	Class	Signature
1.	Jaspreet Kaur	B.A.II	Jaspreet Kaur
2.	Amritpal Kaur	M.Sc.I	Amritpal Kaur
3.	Anurag Kaur	M.Sc.I	Anurag Kaur
4.	Jaspreet Kaur	B.A.II	Jaspreet Kaur
5.	Jaspreet Kaur	B.A.II	Jaspreet Kaur
6.	Jaspreet Kaur	B.A.II	Jaspreet Kaur
7.	Jasveer Kaur	B.A.II	Jasveer Kaur
8.	Dilpreet Kaur	M.Sc.I	Dilpreet Kaur
9.	Evea Rani	M.Sc.I	Evea Rani
10.	Gagandeep Kaur	M.Sc.I	Gagandeep Kaur
11.	Prabhat Kaur	M.Sc.I	Prabhat Kaur
12.	Khushpreet Kaur	B.A.II	Khushpreet Kaur
13.	Khushpreet Kaur	B.A.II	Khushpreet Kaur
14.	Khushpreet Kaur	B.A.II	Khushpreet Kaur
15.	Khushpreet Kaur	M.Sc.I	Khushpreet Kaur
16.	Kamalpreet Kaur	B.A.II	Kamalpreet Kaur
17.	Kamalpreet Kaur	B.A.II	Kamalpreet Kaur
18.	Kamalpreet Kaur	B.A.II	Kamalpreet Kaur
19.	Jyoti Kaur	M.Sc.I	Jyoti Kaur
20.	Khushpreet Kaur	B.A.II	Khushpreet Kaur
21.	Khushpreet Kaur	B.A.II	Khushpreet Kaur
22.	Amandeep Kaur	BA-II	Amandeep Kaur
23.	Lashmi Kaur	BA-II	Lashmi Kaur
24.	Lashmi Kaur	BA-II	Lashmi Kaur
25.	Mandeep Kaur	B.A.II	Mandeep Kaur
26.	Mandeep Kaur	B.A.II	Mandeep Kaur
27.	Malika Kaur	B.A.II	Malika Kaur
28.	Malika Kaur	B.A.II	Malika Kaur
29.	Mahideep Kaur	BA II	Mahideep Kaur
30.	Lovepreet Kaur	BA II	Lovepreet Kaur

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