



GURU NANAK COLLEGE BUDHLADA

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

NAAC ACCREDITED "A++" GRADE

Capacity building and skills enhancement initiatives: Life skills

Session: 2023-24

Sr. No	Name of the capability enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
1	Talk on Reading Habit among Students on 'National Librarian Day'	12-08-2023	35	Department of Library Science
2	One day workshop on Basic Drafting	02-09-2023	17	Department of Fashion Technology and Home Science
3	Workshop on Traditional art and Preparation of Youth Festival	02-09-2023 to 06-09-2023	40	Department of Fashion Technology and Home Science
4	Guest Lecture on "Entrepreneurship in Fashion Technology"	04-09-2023	32	Department of Fashion Technology and Home Science
5	Special Lecture on Information and Literacy and skills on Life Long Learning	05-09-2023	42	Department of Library Science
6	One day workshop on "Macramé" (Knotting)	23-09-2023	22	Department of Fashion Technology and Home Science
7	One day workshop on "Screen Printing"	26-09-2023	18	Department of Fashion Technology and Home Science
8	One day workshop on "Pizza Making"	30-09-2023	23	Department of Fashion Technology and Home Science
9	Lecture on 'Yoga and Meditation' on "World Health Day"	10-10-2023	50	Department of English
10	Lecture on Environment Literacy	11-10-2023	22	Department of Library Science
11	Lecture on	12-10-2023	96	Department of



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	Professional Ethics			Computer Science
12	Lecture on 'Free Legal Service'	07-11-2023	110	Department of English
13	Seminar on How to solve problems	08-11-2023	88	Department of Computer Science
14	National E-Seminar on Healthy Diet and its impact on Health	14-12-2023		Department of Computer Science
15	lecture on Winter Diet and lifestyle according to Ayurveda	16-12-2023	140	Department of English
16	Guest lecture on Nutrition	18-01-2024	38	Department of Fashion Technology and Home Science
17	workshop on chocolate making	19-01-2024	18	Department of Fashion Technology and Home Science
18	workshop on different types of salad	20-01-2024	15	Department of Fashion Technology and Home Science
19	workshop on (Introduction to knitting)	23-01-2024	18	Department of Fashion Technology and Home Science
20	workshop on how to make street food	25-01-2024	17	Department of Fashion Technology and Home Science
21	workshop on Hand knitting	1-2-2024 to 7-2-2024	15	Department of Fashion Technology and Home Science
22	5 days Workshop on Handmade Bags (Skill Development)	03-02-2024 to 07-02-2024	40	Department of Fashion Technology and Home Science
23	importance of Spiritual feeling in Social Life	08-02-2024	35	Department of Hindi
24	Workshop on BEST OUT OF WASTE	08-02-2024	20	Department of Fashion Technology and Home Science
25	workshop on Embroidery hoops	02-03-2024	40	Department of Fashion Technology and Home Science



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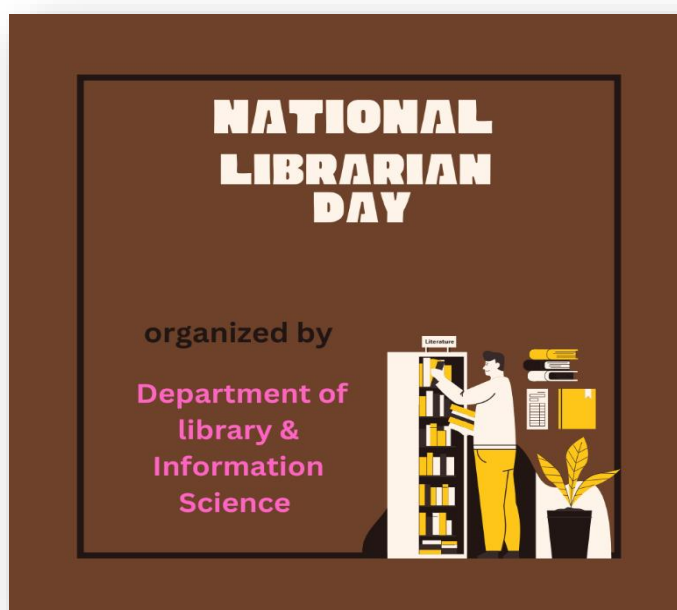
26	Awareness campaign on Healthy Lifestyle Adaptation	21-03-2024	65	Department of Science
27	How to keep your body fit and Mind healthy	23-04-2024	23	Department of Library Science
28	Healthy Body Healthy Mind	26-10-2024	35	Department of Hindi

Activity No. 1

Name of Activity: Talk on Reading Habit among Students on 'National Librarian Day'

Date of Activity: 12-08-2023

Number of Students: 21



Description: The department of Library and information Science organized a special lecture on National Librarians' Day in India. It was conducted on **August 12th** to honor the invaluable contributions of librarians in the field of education, knowledge sharing, and information dissemination. The resource person was Dr. Harvinderjit Singh, Assistant Professor & Head, Department of Library & Information Science. The date marks the birth anniversary of **Dr. S.R. Ranganathan**, a renowned Indian mathematician and library scientist, who is often referred to as the **Father of Library Science in India**. Dr. Ranganathan's pioneering work laid the foundation for modern library science in the country, and his Five Laws of Library Science have had a lasting impact on library practices worldwide. The observance of National Librarians' Day serves to recognize the critical role librarians play in facilitating access to information and promoting literacy. It acknowledges

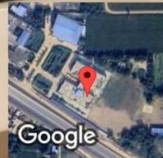


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their efforts in managing library resources, curating collections, and ensuring that people from all walks of life have access to knowledge, education, and culture.



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GURU NANAK COLLEGE, BUDHLADA

Attendance Sheet

Name of Activity: National Librarian Day
Date: 12-02-2023 Session: 2023-24

S No	Roll No	Student Name	Signature
1	8001	VIPANDEEP SACHDEVA	Vipandeep Sachdeva
2	8002	Sandeep Kaur	Sandeep Kaur
3	8003	Arshdeep Kaur	Arshdeep Kaur
4	8004	rupinder kaur	Rupinder Kaur
5	8005	amandeep singh	Amandeep Singh
6	8006	Hardev Singh	Hardev Singh
7	8007	Amanjot Kaur	Amanjot Kaur
8	8008	RAJWINDER KAUR	Rajwinder K.
9	8009	Lovepreet	Lovepreet
10	8010	Daya Singh	Daya Singh
11	8011	Khushpreet singh	Khushpreet Singh
12	8012	manpreet singh	Manpreet Singh
13	8013	AMRIK SINGH	Amrik Singh
14	8014	Amanjot Kaur	Amanjot Kaur
15	8015	Navdeep Singh	Navdeep Singh
16	8016	ravinder singh	Ravinder Singh
17	8017	MOHIT	Mohit
18	8018	gurpreet singh	Gurpreet Singh
19	8019	harjot kaur	Harjot Kaur
20	8020	DHRAMPREET SINGH	Dhrampreet Singh
21	8021	VIJAY SINGH	Vijay Singh

Head of Department


Dept. of Library & Information Science
Guru Nanak College, Budhlada (Mansa)

Activity No. 02

Name of Activity : One day workshop on Basic Drafting
Date : 02-09-2023



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Venue	:	Department of Fashion Technology and Home Science
Name of Faculty	:	Jaspreet Kaur
No. Of Participants	:	17, (B.A. 2 nd year)
Objective of activity	:	The objective of a drafting workshop in fashion is to teach students how to create a flat pattern on paper that can be used to create a garment. Drafting is a technical skill that involves taking precise measurements and using instruments like tape measures, chalk, and French curves.
Impact of Activity	:	student will be able to apply the technique of drafting to develop a cloth. Student will be able to apply the technique effectively for a desire fit in a garment. Through drafting process, student will be able to develop pattern for different size.





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Activity No. 03

Name of Activity	:	Workshop on Traditional art and Preparation of Youth Festival
Date	:	02-09-2023 to 06-09-2023
Venue	:	Department of Fashion Technology and Home Science
Name of Faculty	:	Alumni Students
No. Of Participants	:	40
Objective of activity	:	For participation in youth festival and promote the culture. The works of arts and crafts had functions of production and consumption and strong aesthetic value. Therefore, the traditional arts and crafts are not only heritage and valuable wealth left by our ancestors but also an important link in the continuous development of traditional culture.

Impact of Activity	:	Overall First Position in Zonal and Inter-Zonal in Youth Festival Cultural activities have several practical implications. By participating in such activities, the students become more passionate and confident. These activities also foster team spirit and a sense of responsibility in the students. Students learn to face challenges and find solutions to real-life problems.
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Guru Nanak College Budhlada				
Department of Fashion Technology & Home Science				
Date- 08-09-2023				
Sr. No.	Roll no.	Topic- Workshop on Traditional art and Preparation of youth festival	Class	Signature
1	9752	Sandeep K	B.VOC FT	Sandeep K
2	13449	Manpreet K	B.VOC GD	Manpreet K
3	9161	Harpreet K	B.VOC FT	Harpreet K
4	13569	Vishakh Kani	B.VOC GD	Vishakh Kani
5	9760	Amrit Kaur	B.VOC FT	Amrit Kaur
6	13568	Isha Kaur	B.VOC GD	Isha Kaur
7	9732	Sukhpreet Kaur	B.VOC FT	Sukhpreet Kaur
8	9751	Prabhat Kaur	B.VOC FT	Prabhat Kaur
9	9744	Kirandeep Kaur	B.VOC FT	Kirandeep Kaur
10	13575	Rabdeep Kaur	B.VOC GD	Rabdeep Kaur
11	13571	Jaswinder Kaur	B.VOC GD	Jaswinder Kaur
12	2687	Kamaldeep Kaur	B.VOC GD	Kamaldeep Kaur
13	13569	Soniq	B.VOC GD	Soniq
14	6009	Iyoti Kaur	B.A. II	Iyoti Kaur
15	13570	Jashnpreet	B.VOC GD	Jashnpreet
16	9731	Kamaldeep Kaur	B.VOC FT	Kamaldeep Kaur
17	9732	Harpreet Kaur	B.VOC FT	Harpreet Kaur
18	9746	Ramandeep Kaur	B.VOC FT	Ramandeep Kaur
19	3888	Manveer Kaur	D.A. I	Manveer Kaur
20	3804	Manveer Kaur	B.A. I	Manveer Kaur
21	6305	Sukhvinder Kaur	B.A. II	Sukhvinder Kaur
22	3747	Beant Kaur	B.A. I	Beant Kaur
23	3701	Kamalpreet Kaur	B.A. I	Kamalpreet Kaur
24	2611	Pinky	B.SCT	Pinky
25	3562	Hardeep Kaur	B.A.	Hardeep Kaur
26	2707	Ramandeep Kaur	B.A. - I	Ramandeep Kaur
27	6064	Kamalpreet Kaur	B.A. II	Kamalpreet Kaur
28	7048	Sarabjit Kaur	B.A.	Sarabjit Kaur
29	13525	Ramandeep Kaur	B.VOC GD	Ramandeep Kaur
30	6005	Akashdeep Kaur	B.A. II	Akashdeep Kaur
31	13553	Ramandeep Kaur	B.VOC FT	Ramandeep Kaur
32	13431	Davinder Kaur	B.A. II	Davinder Kaur
33	3747	Beant Kaur	B.A.	Beant Kaur
34	1312	Mehardeep Kaur	B.A. II	Mehardeep Kaur
35	13528	Dilpreet Kaur	B.VOC FT	Dilpreet Kaur
36	6303	Sukhvinder Kaur	B.A.	Sukhvinder Kaur
37	13510	Shivani	B.VOC GD	Shivani
38	13332	Hardeep Kaur	B.A. II	Hardeep Kaur
39	9733	Harpreet Kaur	B.VOC GD	Harpreet Kaur
40	2617	Jaspreet Kaur	B.VOC GD	Jaspreet Kaur

Activity no. 04

Name of Activity : Guest Lecture on "Entrepreneurship in Fashion Technology"

Date : 04-09-2023

Venue : Department of Fashion Technology and Home Science

Name of Faculty : Gurdas Singh, (Designer & model in "The Gargian Master Cut, Lehergaga")

No. Of Participants : 32

Objective of activity : Improve entrepreneurship skills
Increase the number of entrepreneurs



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Highlight the importance of entrepreneurship

Discuss the skills needed to be a fashion entrepreneur

Impact of Activity : A guest lecture on entrepreneurship in fashion technology could help students learn about the importance of innovation, entrepreneurship, and technology in the fashion industry

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DEPARTMENT OF FASHION TECHNOLOGY AND HOME SCIENCE

IMPROVE ENTREPRENEURSHIP SKILLS

DATE :04-09-2023

- 1 Identify your strengths and weaknesses
- 2 Set goals that are realistic and achievable.
- 3 Practice regularly
- 4 Seek feedback
- 5 Continuously learn

Organised By:
Department of Fashion technology and Home science



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Activity No. 05

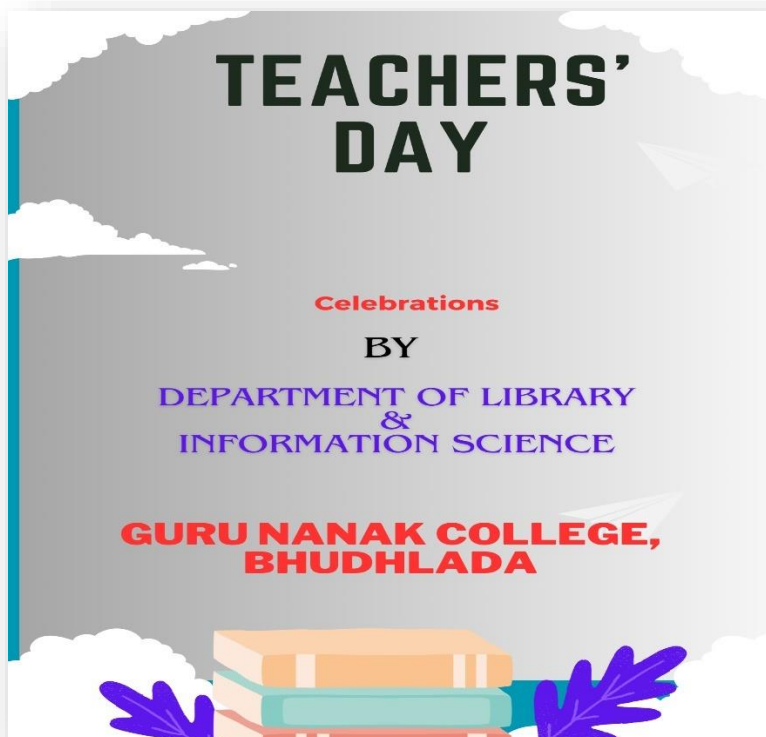
Name of Activity: Special Lecture on Information and Literacy and skills on Life Long Learning

Nature of Activity:

Date of Activity: 05-09-2023

Description: The Department of Library & Information Science organized a special programme to celebrate the **Teachers' Day**. This day marks the birth anniversary of **Dr. Sarvepalli Radhakrishnan**, the second President of India, philosopher, and educator, who believed that teachers should be revered and respected for their role in nurturing young minds and imparting knowledge. The resource person for the programme was Dr. Inderjeet Singh, Assistant Professor, Department of library & Information Science. Sir told that the celebration of Teachers' Day serves as an occasion to express gratitude and appreciation for teachers' dedication, hard work, and influence in the lives of students. It is a day when students across the country come together to show their respect for their teachers through various activities, including giving gifts, writing messages, and organizing events such as cultural programs and performances.

Brochure:





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Attendance Sheet

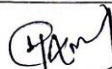
Name of Activity: Teachers' Day

Date: 05/09/2023

Session: 2023-24

Sr.no.	Name	Department	Signatures
1	Lovepreet Singh	B. Lib	Lovepreet Singh
2	VARINDER Singh	B. Lib	ਵਿੰਦਰ ਸਿੰਘ
3	JASKARAN SINGH	B. Lib	Jaskaran Singh
4	ARZU RANI	B. Lib	Arzu Rani
5	HARDEEP SINGH	B. Lib	Hardeep Singh
6	SATNAM SINGH	B. Lib	ਸਤਨਾਮ ਸਿੰਘ
7	GURWINDER SINGH	B. Lib	ਗੁਰਵਿੰਦਰ ਸਿੰਘ
8	KAMALPREET KAUR	B. Lib	Kamalpreet Kaur
9	SHIVJI KUMAR	B. Lib	Shivji Kumar
10	RAJPREET SINGH	B. Lib	ਰਾਜਪ੍ਰੀਤ ਸਿੰਘ
11	KULDEEP SINGH	B. Lib	ਕੁਲਦੀਪ ਸਿੰਘ
12	KULVEER KAUR	B. Lib	ਕੁਲਵੀਰ ਕੌਰ
13	BEANT KAUR	B. Lib	ਬੇਅੰਤ ਕੌਰ
14	NAVJOT KAUR	B. Lib	Navjot Kaur
15	PARDEEP KAUR	B. Lib	Pardeep Kaur
16	JASPREET KAUR	B. Lib	Jaspreet Kaur
17	VEERPAL KAUR	B. Lib	ਵੀਰਪਾਲ ਕੌਰ
18	MANVJOT KAUR	B. Lib	Manvjit Kaur
19	NAVDEEP DASS	B. Lib	ਨਵਦੀਪ ਦਾਸ
20	KUNAL BASAL	B. Lib	Kunal Basal
21	BANTU SINGH	B. Lib	Bantu Singh

Head of Department


Head
Dept. of Library & Information Science
Guru Nanak College, Budhlada (Mansa)



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Attendance Sheet

Name of Activity: Teachers' Day

Date: 05/09/23.....

Session: 2023-24

Sr.no.	Name	Department	Signatures
22	PARBPAL SINGH	B. Lib	Prabpal Singh
23	ARSHDEEP SINGH	B. Lib	Aashdeep Singh
24	ARSHDEEP KAUR	M. Lib	ਅਰਸ਼ਦੀਪ ਕੌਰ
25	KHUSHPREET SINGH	M. Lib	ਖੁਸ਼ਪ੍ਰੀਤ ਸਿੰਘ
26	GURPREET SINGH	M. Lib	Gurpreet Singh
27	HARDEV SINGH	M. Lib	ਹਰਦੇਵ ਸਿੰਘ
28	GURDEEP SINGH	M. Lib	Gurdeep Singh
29	NAVDEEP SINGH	M. Lib	Navdeep Singh
30	DAVINDER SINGH	M. Lib	ਦਵਿੰਦਰ ਸਿੰਘ
31	AMANJOT KAUR	M. Lib	ਅਮਨਜੋਤ ਕੌਰ
32	MUKKO KAUR	M. Lib	MUKKO KAUR
33	AMRIK SINGH	M. Lib	ਅਮਰਿਕਾ ਸਿੰਘ
34	SOURAV	M. Lib	SOURAV
35	HARJOT KAUR	M. Lib	Harjot Kaur
36	Lovepreet KAUR	M. Lib	lovepreet kaur
37	RAJWINDER KAUR	M. Lib	Rajwinder Kaur
38	JASVIR KAUR	M. Lib	Jasvir Kaur
39	AJREET KAUR	M. Lib	ਅਜੀਤ ਕੌਰ
40	KANPREET KAUR	M. Lib	ਕਨਪ੍ਰੀਤ ਕੌਰ
41	DAVINDER DASS	M. Lib	ਦਵਿੰਦਰ ਦਾਸ
42	BALJEET KAUR	M. Lib	Baljeet Kaur

Head of Department

Head
Dept. of Library & Information Science
Guru Nanak College, Budhlada (Mansa)



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Feedback:

GURU NANAK COLLEGE BUDHLADA

Department of Library and Information Science

Session:2023-24.....


Feedback Performa

Name of Activity:Teachers' Day.....

Date:05/09/2023.....

Sr.No	Name of Student	Class	Roll no.	Feedback	Signatures
1	Lovepreet Singh	Bilib	8001	Teachers provides specific details about the projects	824/3 Pur
2	JASKARAN Singh	B.lib	8003	very impressive and good style of teaching	Jaskaran
3	SHIVJI KUMAR	B.lib	8012	lectures are very good and exactly on time	Shivjit. Kumar
4	KULDEEP SINGH	B.lib	8014	motivates the students and improving their life skills	Kuldeep 822
5	BANTU SINGH	B.lib	8042	good teaching style and attractive their teaching style and skills.	Bantu Singh

HoD


Head
Dept. of Library & Information Science
Guru Nanak College, Budhlada (Mansa)



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Activity No. 06

Name of Activity	:	One day workshop on "Macramé" (Knotting)
Date	:	23-09-2023
Venue	:	Department of Fashion Technology and Home Science
Name of Faculty	:	Saroj Bala, student of M.Sc FT 1 st year
No. Of Participants	:	22
Objective of activity	:	<p>The objective of a knotting workshop includes:</p> <p>Students can learn how to tie knots that are useful in emergencies, such as rescuing people from collapsed houses.</p> <p>Students can learn about the history of knots and how they can be used for various purposes.</p> <p>Students can learn new knot-tying techniques and how to apply them to create functional objects.</p> <p>Students can learn basic knots and suturing techniques, and practice them in a simulated environment</p>
Impact of Activity	:	<p>Macramé is a fun and relaxing craft that can be suitable for anyone. Students use macramé to create a variety of items, including clothing, plant hangers, wall hangings, dream catchers, necklaces, bracelets, earrings, curtains, tablecloths, coasters, tassels, and key chains.</p>

**GURU NANAK COLLEGE BUDHLADA**

WORKSHOP ON KNOTTING (MACRAME)

DATE - 23-09-23



ORGANISED BY - DEPARTMENT OF FASHION TECHNOLOGY AND HOME SCIENCE



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Guru Nanak College Budhlada				
Department of Fashion Technology & Home Science				
Date- 23-09-2023		Topic- One day Workshop on 'Macrame' (knitting)		
Sr. No.	Roll no.	Student Name	Class	Signature
1.	9727	Lakhwinder Kaur	B.Voc FT 2nd yr	Lakhwinder K.
2.	13502	Kamalpreet	B.Voc FT 1st yr	Kamalpreet Kaur
3.	9731	Karnaldeep Kaur	B.Voc FT 2nd yr	Karnaldeep K.
4.	13503	Parneet	B.Voc FT 1st yr	Parneet
5.	9732	Sukhpreet Kaur	B.Voc FT 2nd yr	Sukhpreet K.
6.	13504	Veeral	B.Voc FT 1st yr	Veeral
7.	9733	Harpreet Kaur	B.Voc FT 2nd yr	Harpreet Kaur
8.	13505	Sandeep Kaur	B.Voc FT 1st yr	Sandeep Kaur
9.	9738	Gagandeep Kaur	B.Voc FT 2nd yr	Gagandeep K.
10.	9739	Lovepreet Kaur	B.Voc FT 2nd yr	Lovepreet K.
11.	13510	Shivani	B.Voc FT 1st yr	Shivani
12.	13511	Harwinder	B.Voc FT 1st yr	Harwinder
13.	9740	Simran Kaur	B.Voc FT 2nd yr	Simran K.
14.	9742	Khushpreet Kaur	B.Voc FT 2nd yr	Khushpreet
15.	13514	Khushpreet	B.Voc FT 1st yr	Khushpreet
16.	13516	Khushman	B.Voc FT 1st yr	Khushman
17.	9744	Kiranpreet Kaur	B.Voc FT 2nd yr	Kiranpreet K.
18.	9746	Ramandeep Kaur	B.Voc FT 2nd yr	Ramandeep Kaur
19.	13518	Simran	B.Voc FT 1st yr	Simran
20.	13521	Rimpi	B.Voc FT 1st yr	Rimpi
21.	9747	Jaspreet Kaur	B.Voc FT 2nd yr	Jaspreet K.
22.	9748	Jannat	B.Voc FT 2nd yr	Jannat
23.	13525	Parneet	B.Voc FT 1st yr	Parneet
24.	13528	Dilpreet	B.Voc (FT)	Dilpreet
25.	13530	Pardeep	B.Voc FT 1st yr	Pardeep
26.	13508	Ramandeep	B.Voc (FT)	Ramandeep

[Signature]
23/09/23

[Signature]
Head
of Fashion Tech
College
(Budhlada)



GURU NANAK COLLEGE BUDHLADA

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

NAAC ACCREDITED "A++" GRADE

Activity No. 07

- Name of Activity** : One day workshop on "Screen Printing"
- Date** : 26-09-2023
- Venue** : Department of Fashion Technology and Home Science
- Name of Faculty** : Prof. Sarbjot Kaur
- No. Of Participants** : 18
- Objective of activity** : The objective of a screen printing workshop is to teach students how to use the screen method to print onto fabric.
- Impact of Activity** : Screen printing workshops can teach students a variety of skills,
- **Mixing and loading ink:** How to mix and load ink
 - **Cleaning and prepping parts:** How to clean and prepare parts
 - **Reading and applying blueprints:** How to read and apply blueprints to screening processes

**GURU NANAK COLLEGE BUDHLADA**



FASHION TECHNOLOGY AND HOME SCIENCE DEPARTMENT
WORKSHOP ON SCREEN PRINTING
Turn your ordinary into extraordinary for daily Or shop our favourites, if you like!
 **26 SEP, 2023**

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●
●



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Guru Nanak College Budhlada				
Department of Fashion Technology & Home Science				
Date- 26-09-2023				
Sr. No.	Roll no.	Topic- One day workshop on "Screen Printing"	Student Name	Class
				Signature
1.	13508	Pavandeep	B.Voc. FT.	
2.	13510	Shivani	B.Voc FT 2nd	
3.	8092	Shikha	M.Sc. Ist	
4.	8090	Pavandeep Kaur	M.Sc. Ist	
5.	13552	Manita	B.Voc GD Ist	
6.	13588	Harshpreet Kaur	B.Voc GD Ist	
7.	13502	Kamaldeep Kaur	B.Voc GD Ist	
8.	13511	Harshpreet Kaur	B.Voc GD Ist	
9.	13521	Rimbi Kaur	B.Voc FT Ist	
10.	9727	Harshpreet Kaur	B.Voc FT Ist	
11.	9747	Harshpreet Kaur	B.Voc FT Ist	
12.	9732	Sukhpreet Kaur	B.Voc FT Ist	
13.	9740	Simran Kaur	B.Voc FT Ist	
14.	8066	Pushpreet Singh	M.Sc. Ist	
15.	8060	Kamaldeep Kaur	M.Sc. Ist	
16.	8059	Shikha	M.Sc. Ist	
17.	9738	Pavandeep K.	B.Voc FT Ist	
18.	9741	Kamaldeep Kaur	B.Voc FT Ist	
19.	9733	Harshpreet K.	B.Voc FT Ist	
20.	13525	Parineet Kaur	B.Voc FT Ist	
21.	13516	Khusham Kaur	B.Voc FT Ist	
22.	6240	Jashpreet Kaur	B.A. 2nd	
23.	6105	Jashan	B.A. 2nd	

Satinder Kaur

Dept. Of Fashion & Home Science



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Activity No. 08

Name of Activity : One day workshop on "Pizza Making"

Date : 30-09-2023

Venue : Home Science Lab

Name of Faculty : Prof. Seema Rani

No. Of Participants : 23

Description of activity : A pizza-making workshop is a class that teaches students how to make pizza, including the techniques, tools, and knowledge needed to create quality pizzas. Some workshops may be geared towards beginners, while others may be for those who want to develop their own style.

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FASHION TECHNOLOGY AND HOME SCIENCE DEPARTMENT

WORKSHOP ON COOKING

PIZZA

DATE:- 30-09-2023



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Talwandi, Punjab, India

GPS Map Camera



Talwandi, Punjab, India

WHM9+4JR, Talwandi, Budhlada, Punjab 151502, India

Lat 29.932624°

GPS Map Camera



Talwandi, Punjab, India

WHM9+4JR, Talwandi, Budhlada, Punjab 151502, India

Lat 29.932624°

GPS Map Camera



Talwandi, Punjab, India

GPS Map Camera

Guru Nanak College Budhlada				
Department of Fashion Technology & Home Science				
Date- 30-09-2023				
Sr. No.	Roll no.	Topic- One day workshop on 'Pizza Making'	Student Name	Class
1.	13503	Parneet Kaur	B.Voc.FT	Parneet Kaur
2.	13552	Manita	B.Voc.GDI	Manita
3.	13553	Kamalpreet Kaur	"	Kamalpreet Kaur
4.	13508	Ramandeep Kaur	B.Voc.FT	Ramandeep K.
5.	13588	Jashanpreet Kaur	B.Voc.GDI	Jashanpreet K.
6.	13551	Pardeep Kaur	B.Voc.GDI	Pardeep Kaur
7.	13502	Kamalpreet Kaur	B.Voc.FT	Kamalpreet
8.	13504	Veerspal Kaur	B. "	veerspal Kaur
9.	13554	Gagandeep Kaur	B.Voc.GDI	Gagandeep K.
10.	13589	Ramandeep Kaur	B.Voc.FT	Ramandeep K.
11.	13587	Manpreet Kaur	B.Voc.GDI	Manpreet
12.	13505	Sandeep Kaur	B.Voc.FT	Sandeep K.
13.	13557	Hansika	B.Voc.GDI	Hansika
14.	13510	Shivani	B.Voc.FT	Shivani
15.	13585	Raspreet Kaur	B.Voc.GDI	Raspreet
16.	13558	Rajandeep Kaur	"	Rajandeep K.
17.	13511	Harwinder Kaur	B.Voc.FT	Harwinder Kaur
18.	13583	Sukhjinder Kaur	B.Voc.GDI	Sukhjinder Kaur
19.	13533	Khushdeep Kaur	B.Voc.FT	Khushdeep
20.	13559	Jaspreet Kaur	B.Voc.GDI	Jaspreet Kaur
21.	13576	Jyoti	"	Jyoti
22.	13530	Pardeep Kaur	B.Voc.FT	Pardeep Kaur
23.	13514	Khushpreet Kaur	"	Khushpreet Kaur
24.	13529	Mehak Jot Kaur	"	Mehak Jot
25.	13564	Jasdeep Kaur	B.Voc.GDI	Jasdeep Kaur
26.	13573	Arpna Rani	B.Voc.GDI	Arpna
27.	13518	Simran	B.Voc.FT	Simran
28.	13525	Parneet Kaur	"	Parneet -

[Signature]

Head of Department

[Signature]

Head of Department



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Activity no. 09

Event Type: Guest Lecture

Event Name: Lecture on 'Yoga and Meditation' on "World Health Day"

Date: 10th October 2023

Speaker: Dr. Ramandeep Singh (Department of Physical Education)

No. Of Participants: 50

Description: A Lecture on the importance of Yoga and meditation was conducted by the Department of English in which 50 Students balance participated with great zeal and passion along with the staff members. The Keynote speaker of this lecture was Dr. Ramandeep Singh from department of Physical Education.

Impact: lecturer on yoga and meditation has a profound impact on participants, fostering physical, mental, and emotional well-being. By sharing expertise and guiding practices, the lecturer:
1. Reduces stress and anxiety: Teaching relaxation techniques and mindfulness.
2. Improves physical health: Demonstrating yoga poses for flexibility, strength, and.
3. Enhances mental clarity: Introducing meditation methods for focus and concentration.

NOTICE

Lecture on Advantages of Yoga and Meditation

Date: 06-Oct-2023

Dear All Students,

We are pleased to announce that a special lecture on the 'Advantages of Yoga and Meditation' is being organized on 10-Oct-2023 at 11:00 A.M. in Room No. 45. The lecture will be delivered by Mr. Ramandeep Singh, a renowned expert in the field.

The session will cover the benefits of yoga and meditation, their impact on our daily lives, and how we can incorporate these practices into our routine for better health and well-being.

All are cordially invited to attend this enlightening session. Your presence will contribute to the success of the event.

Thank you.

Best Regards,

Ms. Kawaljeet Kaur
(Assistant Professor, Department of English)

Head
Deptt. Of English
Guru Nanak College
Budhlada (Mansa)



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INVITATION LETTER

Dear Mr. Ramandeep Singh,

I hope this letter finds you in the best of health and spirits.

On the occasion of World Mental Health Day, we are organizing a lecture on *Advantages of Yoga and Meditation* and it is our pleasure to invite you to this enlightening event. The details of the event are as follows:

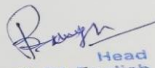
Event: World Mental Health Day Lecture
Topic: Advantages of Yoga and Meditation
Date: 10-Oct-2023
Time: 11:00 A.M.
Venue: Room No. 45

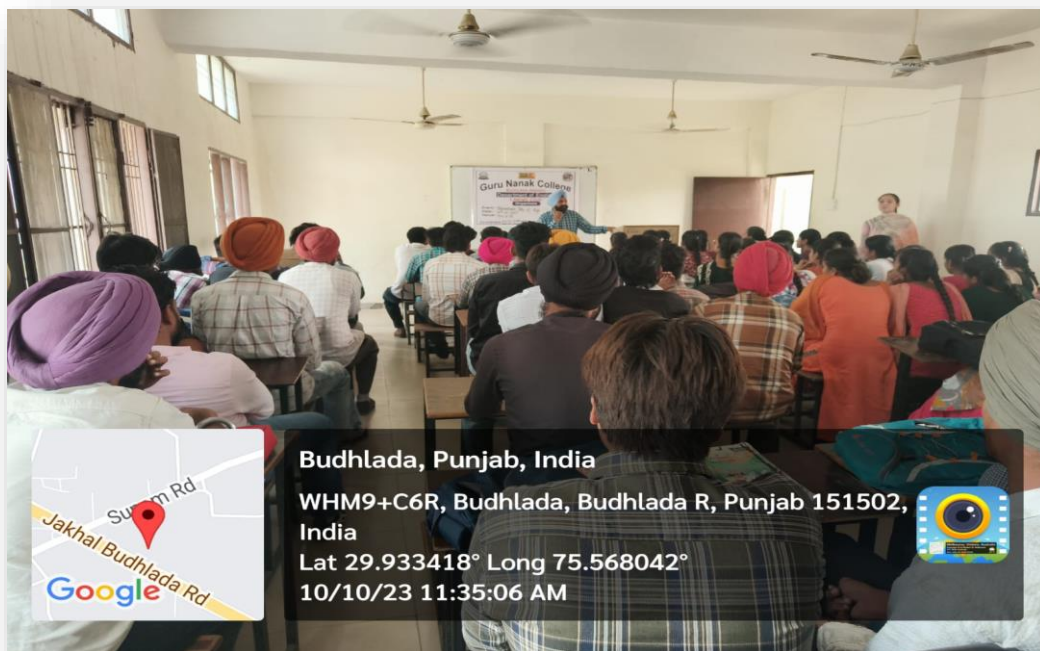
The lecture will be delivered by Mr. Ramandeep Singh, who is an expert in the field. We believe that your presence at this event will not only enrich our knowledge but also provide an opportunity for us to learn from your insights during the interactive session.

We look forward to your presence at the event.

Best Regards,

Ms. Kawaljeet Kaur
(Assistant Professor, Department of English)


Head
Deptt. Of English
Guru Nanak College
Budhlada (Mansa)



Budhlada, Punjab, India

WHM9+C6R, Budhlada, Budhlada R, Punjab 151502, India

Lat 29.933418° Long 75.568042°
10/10/23 11:35:06 AM





GURU NANAK COLLEGE BUDHLADA

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Budhlada, Punjab, India

WHM9+C6R, Budhlada R, Punjab 151502, India

Lat 29.933418° Long 75.568042°

10/10/23 11:35:37 AM

Guru Nanak College Budhlada			
Attendance Performa MST-I Subject:-English			
Lecture On "World Mental Health Day"			
Sr. No	Roll No	Student Name	Student Signature
1	13091	Komal Preet Kaur	Komal
2	13119	Anita Rani	Anita
3	13076	Jyoti	Jyoti
4	13077	Simran	Simran
5	13075	Beant Kaur	Beant Kaur
6	13074	Dishika	Dishika
7	13078	Harmandeep Kaur	Harmandeep
8	13097	Tashanpreet Kaur	Tashanpreet
9	13707	Husnpreet Kaur	Husnpreet
10	13117	Harpreet Kaur	Harpreet Kaur
11	13116	Simandeep Kaur	Simandeep
12	13100	Reetna	Reetna
13	13101	Manpreet Kaur	Manpreet Kaur
14	13121	Jaspreet Kaur	Jaspreet Kaur
15	13087	Kuldeep Kaur	Kuldeep
16			
17			
18			
19			
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22			
23			

Head
Deptt. Of English
Guru Nanak College
Budhlada (Mansa)



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Guru Nanak College Budhlada			
Attendance Performa MST-I Subject:-English			
Lecture on "World Mental Health Day (Yoga & Meditation)"			
Sr. No	Roll No	Student Name	Student Signature
1	13144	Manjinder Kaur	Manjinder Kaur
2	13186	Simran Devi	Simran Devi
3	13753	ESHU KAUR	ESHU KAUR
4	13145	Gurpreet Kaur	Gurpreet Kaur
5	60052	KARAMVEER KAUR	Karamveer Kaur
6	13786	Khushpreet Kaur	Khushpreet Kaur
7	13482	Jashanpreet Kaur	Jashanpreet Kaur
8	13151	Husanpreet Kaur	Husanpreet Kaur
9	13165	Muskan	Muskan
10	13163	Satveer Kaur	Satveer Kaur
11	13023	Gagandeep Kaur	Gagandeep Kaur
12	5260	Yogveer	Yogveer
13	5248	Prince Sharma	Prince Sharma
14	13142	Kushdeep Kaur	Kushdeep Kaur
15	13180	Sania	Sania
16	13138	Sarbjit Kaur	Sarbjit Kaur
17	5914	Jagga Singh	Jagga Singh
18	5282	Yashwinder Singh	Yashwinder Singh
19	5986	Sarbjit Singh	Sarbjit Singh
20	5909	Sarbjit Singh	Sarbjit Singh
21	60030	Sabirpreet	Sabirpreet
22	5001	Jashan Singh	Jashan Singh
23	5500	Sukhdev Singh	Sukhdev Singh
24	5162	Daljeet Singh	Daljeet Singh
25	5220	Ajay Sharma	Ajay Sharma
26	5214	Jashpreet Singh	Jashpreet Singh
27	5201	Harpreet Singh	Harpreet Singh
28	5717	Harshdeep Singh	Harshdeep Singh
29	5898	Darinder Singh	Darinder Singh
30	5184	Vakil	Vakil
31	5195	Subhdeep Singh	Subhdeep Singh
32	5224	Manpreet Singh	Manpreet Singh
33	5261	Prince Kumar	Prince Kumar
34	13071	Lovepreet Kaur	Lovepreet Kaur
35	13079	Sumanpreet Kaur	Sumanpreet Kaur
36	13085	Amandeep Kaur	Amandeep Kaur

Deptt. Of Eng
Guru Nanak Col
Budhlada (Ma



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Activity No. 10

Name of Activity: Lecture on Environment Literacy

Date of Activity: 11-10-2023

Description:

Description: The Department of Library & Information Science organized a special programme to celebrate the **Environment Day**. The resource person for the programme was Dr. JatinderSingh, Assistant Professor, Department of Science. Sir said that the celebration of Teachers' Day serves as an occasion to express gratitude and appreciation for teachers' dedication, hard work, and influence in the lives of students. It is a day when students across the country come together to show their respect for their teachers through various activities, including giving gifts, writing messages, and organizing events such as cultural programs and performances.



Pictures:



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Budhlada, Punjab, India
WHM9+4JR, budhlada, Punjab 151502, India
Lat 29.9343342°
Long 75.7464588°
11/10/2023 1:35 PM



Budhlada, Punjab, India
WHM9+4JR, budhlada, Punjab 151502, India
Lat 29.9343342°
Long 75.7464588°
11/10/2023 1:30 PM



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GURU NANAK COLLEGE, BUDHLADA

Attendance Sheet

Name of Activity: Environment Day
Date: 11/10/2023
Session: 2023-24

Sr.no.	Name	Department	Signatures
1.	Anshdeep Singh	B. lib	Anshdeep Singh
2.	Prabpal Singh	B. lib	ਪ੍ਰਾਬਪਾਲ ਸਿੰਘ
3.	Navjot Kaur	"	ਨਵਜੋਤ ਕੌਰ
4.	Jaskaran Singh	"	ਜਸਕਰਨ ਸਿੰਘ
5.	Kulveen Kaur	"	ਕੁਲਵੀਰ ਕੌਰ
6.	Lovepreet Singh	"	ਲੋਵਪ੍ਰੀਤ ਸਿੰਘ
7.	Gurwinden Singh	"	ਗੁਰਵਿੰਦਨ ਸਿੰਘ
8.	Satnam Singh	"	ਸਤਨਾਮ ਸਿੰਘ
9.	Nardeep Singh	"	ਨਰਦੇਵ ਸਿੰਘ
10.	Veerpal Kaur	"	ਵੀਰਪਾਲ ਕੌਰ
11.	Pandarp Kaur	"	ਪਰਦੇਵ ਕੌਰ
12.	Kuldeep Singh	"	ਕੁਲਦੇਵ ਸਿੰਘ
13.	JASPREET KAUR	"	ਜਸਪ੍ਰੀਤ ਕੌਰ
14.	SHIVJI KUMAR	"	ਸ਼ਿਵਜੀ ਕੁਮਾਰ
15.	MANYJOT KAUR	"	ਮਨਜੋਤ ਕੌਰ
16.	NAVDEEP DASS	"	ਨਵਦੇਵ ਦਾਸ
17.	BANTU SINGH	"	ਬੰਤੂ ਸਿੰਘ
18.	KUNAL BANSAL	"	ਕੁਨਾਲ ਬਾਂਸਲ
19.	KULDEEP SINGH	"	ਕੁਲਦੇਵ ਸਿੰਘ
20.	JATPAL SINGH	"	ਜਤਪਾਲ ਸਿੰਘ
21.	BEANT KAUR	"	ਬੇਅੰਤ ਕੌਰ
22.	RAJPREET SINGH	"	ਰਾਜਪ੍ਰੀਤ ਸਿੰਘ

Head of Department

Head
Dept. of Library & Information Science
Guru Nanak College, Budhlada (Mansa)



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GURU NANAK COLLEGE BUDHLADA

Department of Library and Information Science

Session: 2023-24

Feedback Performa

Name of Activity: Environment Day

Date: 11/10/2023

Sr. No	Name of Student	Class	Roll no.	Feedback	Signatures
1.	Varinder Singh	B.Lib	8002	Teachers provide specific details about the projects	Varinder Singh
2.	Jaspreet Kaur	B.Lib	8030	very impressive and good style of teaching	Jaspreet Kaur
3.	Kuldeep Singh	B.Lib	8014	lectures are very good and exactly on the time	Jaspreet Kaur
4.	Manjot Kaur	B.Lib	8036	Good teaching style and attractive their teaching style and skills	Manjot Kaur
5.	Nandeep Dass	B.Lib		activities the students and improving their life skills	Nandeep Dass

HoD

Head
Dept. of Library & Information Science
Guru Nanak College, Budhlada (Mansa)



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Activity No. 11

Name of Activity: Lecture on Professional Ethics

Date: 12th October 2023

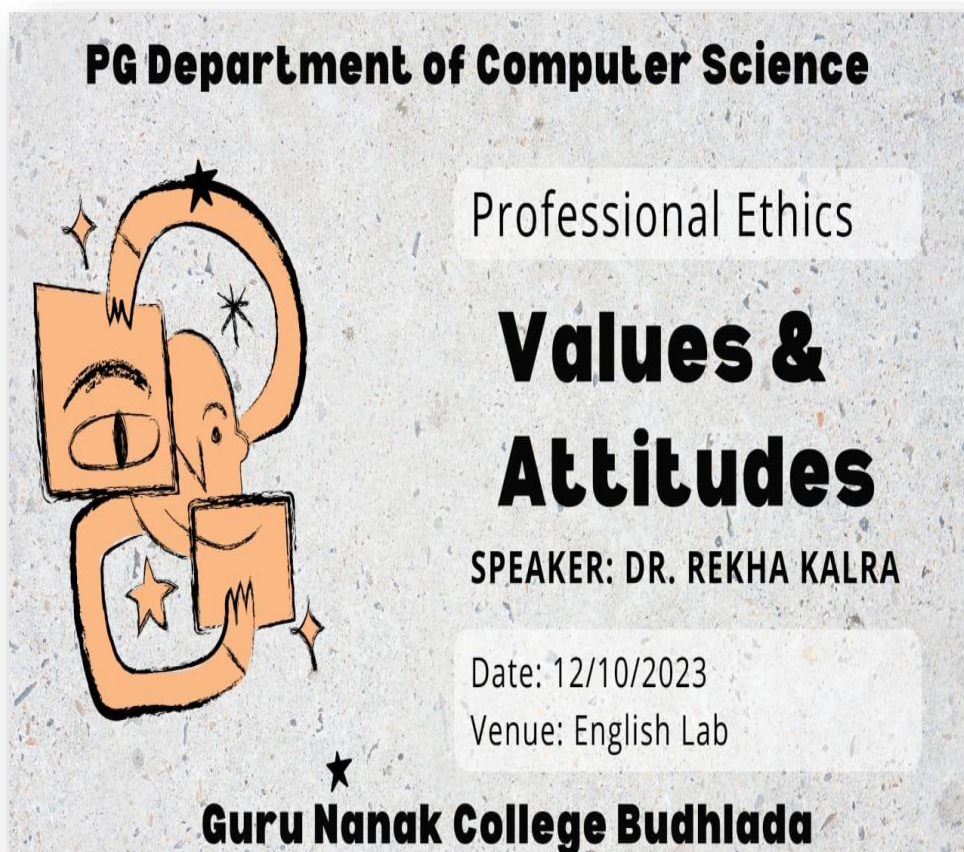
Number of Participants: 96

Keynote Speaker: Dr. Rekha Kalra

Description:

The Department of Computer Science successfully organized a Seminar on Professional Ethics on 12th October 2023. The seminar focused on the importance of maintaining high ethical standards in the professional world, particularly in the fields of technology and computer science.

A total of 96 students from various classes participated in the event, which aimed to raise awareness about ethical issues, such as data privacy, intellectual property, and responsible use of technology. The seminar emphasized how ethical behavior can build trust, foster professional relationships, and contribute to the overall development of a fair and just society.





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Department of Computer Science Notice

Date: 5-10-2023

Subject: Seminar on "Professional Ethics"

This is to inform all staff members that the Department of Computer Science is organizing a Seminar on Professional Ethics on 12h October 2023. The seminar will focus on the importance of professional ethics in the workplace, specifically within the field of technology and computer science.

Keynote Speaker: Dr Rekha Kalra

Venue: Lab 2

The following teachers are assigned duties for the smooth conduct of the event:

- AP Geetu
- AP Amandeep Kaur

All staff members are encouraged to motivate students to participate actively and support the event.


Deptt. of Comp. Sci.
Guru Nanak College
Budhlada (Mansa)

Department of Computer Science Notice

Date: 05-10-2023

Subject: Seminar on "Professional Ethics"

This is to inform all students that the Department of Computer Science is organizing a Seminar on Professional Ethics on 12h October 2023. The seminar will focus on the importance of professional ethics in the workplace, specifically within the field of technology and computer science.

Keynote Speaker: Dr Rekha Kalra

Venue: Lab 2


Deptt. of Comp. Sci.
Guru Nanak College
Budhlada (Mansa)



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ATTENDANCE SHEET			
Topic (Seminar on Professional Ethics Programme)			
Sr. No.	Roll No	Student Name	Signature
1	1112	Jasmeen Kaur	Jasmeen Kaur
2	1133	Gurpreet Singh	Gurpreet Singh
3	1115	Mehakdeep Singh	Mehakdeep Singh
4	1172	Jaman	Jaman
5	1121	Puneet	Puneet
6	10915	Kamalpreet Singh	Kamalpreet Singh
7	1163	Rajveer Kaur	Rajveer Kaur
8	10911	Shahdeep Singh	Shahdeep Singh
9	1147	Nikki Kaur	Nikki Kaur
10	1129	Amrtaaz Khan	Amrtaaz Khan
11	16104	Ashleen Garg	Ashleen Garg
12	1104	Sukhwinder	Sukhwinder
13	1105	Sameena	Sameena
14	1109	Haseeninder K	Haseeninder K
15	1159	Heena Goyal	Heena Goyal
16	10905	Amrinder Singh	Amrinder Singh
17	1125	Sanket Sharma	Sanket Sharma
18	1148	Sukhjit Kaur	Sukhjit Kaur
19	1130	Manish Kumar	Manish Kumar
20	1132	Balkar Singh	Balkar Singh
21	1135	Mehakpreet K	Mehakpreet K
22	10934	Gagandeep Kaur	Gagandeep Kaur
23	1165	Amrinder Singh	Amrinder Singh
24	1114	Jashandeep S.	Jashandeep Singh
25	16113	Harmit Kaur	Harmit Kaur
26	1124	Ashveer Chahal	Ashveer Chahal
H227	1123	Sumandeep	Sumandeep
28	1141	Harjinder Singh	Harjinder Singh
29	1164	Harmanpreet K	Harmanpreet K
30	1137	Balkar Singh	Balkar Singh
31	10901	Jasleen Singh	Jasleen Singh
32	1145	Yash	Yash
33	16130	Harjit Kaur	Harjit Kaur
34	1107	Harmander Kaur	Harmander Kaur
35	10924	Jashandeep Singh	Jashandeep Singh
36	1171	Jasjit Kaur	Jasjit Kaur
37	16115	Harjeet Singh	Harjeet Singh
38	16127	Lovepreet Kaur	Lovepreet Kaur
39	1169	Simeranpreet K	Simeranpreet K
40	1101	Kavita	Kavita
41	1112	Jasmeen	Jasmeen
42	16101	Pardeep Singh	Pardeep Singh
43	10922	Veerpreet Singh	Veerpreet Singh
44	10981	Narinder Singh	Narinder Singh
45	16120	Sukhpreet Kaur	Sukhpreet Kaur
46	10935	Sukhdeep Singh	Sukhdeep Singh
47	16108	Mohit Garg	Mohit Garg
48	1144	Parminder Singh	Parminder Singh

Head
Dept. of Comp. Sci.
Guru Nanak College
(Budhlada)



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ATTENDANCE SHEET			
Topic (Seminar on Professional Ethics Programme)			
Sr. No.	Roll No	Student Name	Signature
49	16105	Sehajpreet Kaur	Sehajpreet Kaur
50	16114	Gurpreet Singh	Gurpreet Singh
51	1102	SHIVAM DEEP	SHIVAM DEEP
52	16129	Parnet Kaur	Parnet Kaur
53	10931	Sukhi Kaur	Sukhi Kaur
54	10904	Sewasingh	Sewasingh
55	11118	JUHI SHARMA	JUHI SHARMA
56	16138	Gaurav Binwal	Gaurav Binwal
57	1954	abhishek	abhishek
58	10920	Jyoti Begam	Jyoti Begam
59	1955	Hamandeep	Hamandeep
60	16107	HANISH BANSAL	Hanish Bansal
61	10932	Rahul Arora	Rahul Arora
62	1122	happy Singh	happy Singh
63	1952	Jaspreet Kaur	Jaspreet Kaur
64	16119	Beant Kaur	Beant Kaur
65	1158	Laddi Singh	Laddi Singh
66	16133	Harish Chander	Harish Chander
67	1163	Rajveer Kaur	Rajveer Kaur
68	16135	Sonu	Sonu
69	16109	Yash	Yash
70	1953	Mohit	Mohit
71	16140	Komalpreet Kaur	Komalpreet Kaur
72	16128	Ashdeep sharma	Ashdeep sharma
73	1138	Gurpreet Singh	Gurpreet Singh
74	1142	Amritpreet	Amritpreet
75	1116	Pardab Singh	Pardab Singh
76	16116	Kumari Sangra	Kumari Sangra
77	10902	Hamandeep Singh	Hamandeep Singh
78	1161	Harpreet Kaur	Harpreet Kaur
79	1958	Gagandeep	Gagandeep
80	10919	Rajiv Kumar	Rajiv Kumar
81	1117	Harshit Singh	Harshit Singh
82	1956	Jaspal Singh	JAS PAL SINGH
83	10906	Cheenu	Cheenu
84	16136	Deepak	Deepak
85	1959	Varinderpal	Varinderpal
86	16103	Jaskaran Singh	Jaskaran Singh
87	16102	Akashdeep Singh	Akashdeep Singh
88	1963	Pardab Kaur	Pardab
89	16110	Narish Kumar	Narish
90	1123	Sumandeep Kaur	Sumandeep
91	19602	Ashwani Sharma	Ashwani sharma
92	16124	Harandeep Singh	Harandeep
93	1964	Jaspreet Singh	Jaspreet Singh
94	1107	Harinder Kaur	Harinder
95	16111	Sukhdeep Singh	Sukhdeep
96	1961	Ankur Singh	Ankur Singh

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Budhlada (Mansa)



GURU NANAK COLLEGE BUDHLADA

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NAAC ACCREDITED "A++" GRADE

Activity No : 12

Event Type: Special Lecture

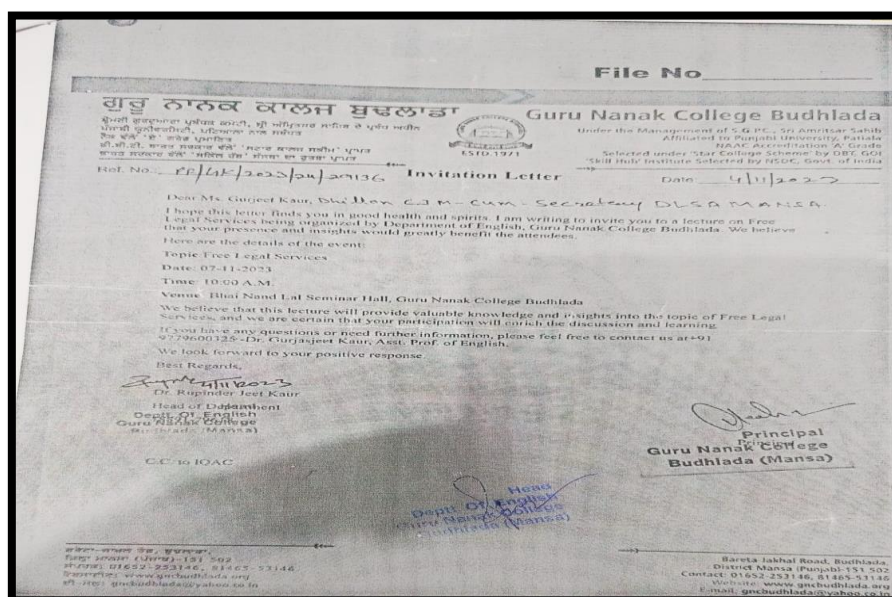
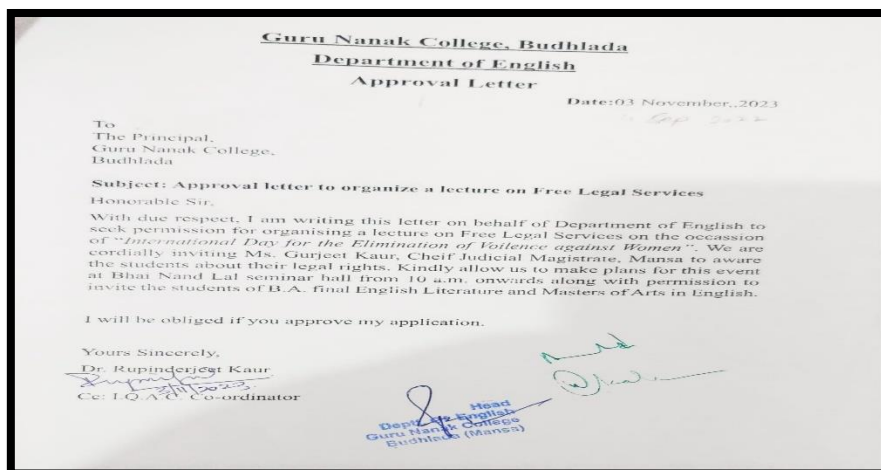
Event Name: Lecture on 'Free Legal Service'

Date: 7 November 2023

Keynote Speaker: Ms. Gurjeet Kaur Dhillon (CJM-CUM-Secretary DLSA Mansa)

No. Of Participants:110

Description: A Lecture was conducted by the department on 7 November 2023 on "Free Legal Services" on the day 'International Day for the Elimination of Violence against women'. Ms. Gurjeet Kaur Dhillon CJM-CUM-Secretary DLSA Mansa was the keynote speaker of this lecture.





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Guru Nanak College Budhlada			
Attendance Performa		Date:-	
Lecture on "Free Legal Services"			
Sr.No	Class	Class Roll NO	Student Signature
1	+2(A)	13	Jashanpreet Kaur
2	+2(B)	5	Gullab Kaur
3	+2(A)	12	Karmaljeet Kaur
4	+2(A)	14	Jaspreet Kaur
5	+2(A)	21	Kuldeep Kaur
6	+2(A)	6	Baljit Singh
7	+2(A)	35	Sikander Singh
8	+2(A)	37	Satgur Singh
9	B.A-III	6201	Ritika Rani
10	B.A-III	6233	Amanpreet K.
11			
12			
13			
14			
15			
16			
17			

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Guru Nanak College
Budhlada (Mansa)

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Guru Nanak College Budhlada			
Attendance Performa		Date:-	
Lecture on "Free Legal Services"			
Sr.No	Class	Class Roll NO	Student Signature
1	12th	51	Jashanpreet Kaur
2	12th	22	Gullab Kaur
3	12th	29	Karmaljeet Kaur
4	12th	40	Jaspreet Kaur
5	12th	7	Kuldeep Kaur
6	12th	28	Baljit Singh
7	12th	27	Sikander Singh
8	12th	17	Satgur Singh
9	12th	7	Kuldeep Kaur
10	12th	19	Ramandeep Kaur
11	B.Com I	3113	Amanpreet Kaur
12	B.Com I	3110	Jashanpreet Kaur
13	"	3129	Ramandeep Kaur
14	"	3144	Lovpreet Kaur
15	"	3147	Ramandeep Kaur
16	"	3129	Amanpreet Kaur
17	"	3109	Kuldeep Kaur
18	"	3122	Jashanpreet Kaur
19	"	3155	Sikander Singh
20	"	3148	Naveet Kaur
21	"	3153	Sandeep Singh
22	"	3165	Amanpreet Kaur
23	B.A-III	3565	Mandeep Singh
24	"	3599	Jashanpreet Kaur
25	"	3586	Ramandeep Kaur
26	"	6200	Harpinder Singh
27	"	6501	Abhishek Singh
28	"	7751	Rajinder Singh
29	"	6540	Kuldeep Singh
30	"	7702	Jati Singh
31	"	6742	Kuldeep Singh
32	"	6229	Himanshi
33	"	7702	Mandeep Singh
34	"	7126	Sahil
35	"	6099	Priyanka Rani

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Sr.No	Class	Class Roll NO	Student Signature
1	10+2	3	Aman Singh
2	10+2	1	Amandeep Singh
3	10+2	28	Harpreet Singh
4	10+2	39	Ashpreet Singh
5	10+2	20	Harpreet Singh
6	+2	34	Amandeep Singh
7	+2	29	Ramandeep Singh
8	+2	23	Lokesh Singh
9	+2	45	Lokesh Singh
10	+2	3	Amandeep Singh
11	R.A.Hnd	2794	Sumandeep
12	R.A.Hnd	2806	Vishal Kumar
13	R.A.Hnd	2815	Ashdeep
14	R.A.Hnd	2819	Amandeep
15	R.A.Hnd	2821	Amandeep
16	RSC.Hnd	2835	Amandeep Singh
17	RSC.Hnd	2844	Amandeep Singh
18	RSC.Hnd	2848	Amandeep Singh
19	RSC.Hnd	2786	Rashan
20	RSC.Hnd	2892	Rashan Singh
21	RSC.H	2753	Rahul
22	RSC.H	2766	Harpreet Singh
23	RSC.H	2770	Indyreet Kaur
24	RSC.H	2776	Ritika
25	R.VOC	9751	Rashan
26	R.VOC	9754	Harpreet Kaur
27	R.VOC	9757	Harpreet Kaur
28	R.VOC	9760	Neha
29	R.VOC	9781	Amandeep Singh
30	R.VOC	9783	Rashan Singh
31	R.VOC	9787	Siddhi
32	R.VOC	9758	Ramandeep Singh
33	R.VOC	9760	Gunika Rani
34	R.VOC	9769	Ekamveer Singh
35	R.VOC	9771	

Activity no.: 13

Name of Activity: Seminar on How to solve problems

Date: 8th November 2023

Number of Participants: 88

Keynote Speaker: AP Amandeep Kaur

Description:

The Department of Computer Science successfully organized a Seminar on How to Solve Problems on 8th November 2023. With AP Amandeep Kaur as the keynote speaker, the seminar focused on enhancing critical thinking and problem-solving skills. Through insightful discussions and real-world examples, participants gained practical strategies to approach and resolve challenges effectively. The event witnessed enthusiastic participation from 88 attendees, making it an enriching and impactful experience for all involved.



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PG DEPARTMENT OF COMPUTER SCIENCE



- HOW DO I SOLVE THE PROBLEMS?

DATE: 08/11/2023
VENUE: LAB-3



GURU NANAK COLLEGE BUDHLADA

Department of Computer Science Notice

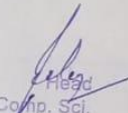
Date: 14-11-2023

Subject: Seminar on "How to solve the Problems"

This is to inform all students that the Department of Computer Science is organizing an **Seminar on "How to solve the Problems"** on 18 Nov. 2023. This seminar will provide insights into effective problem-solving techniques and strategies that can be applied in various fields.

Keynote Speaker: AP. Amandeep Kaur

Venue: Lab no - 3


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Department of Computer Science Notice

Date: 14-11-2023

Subject: Seminar on "How to solve the Problems"

This is to inform all staff members that the Department of Computer Science is organizing **Seminar on "How to solve the Problems"** on 18 Nov. 2023. This seminar will provide insights into effective problem-solving techniques and strategies that can be applied in various fields.

Keynote Speaker: AP. Amandeep Kaur

Venue: Lab no - 3

The following teachers are assigned duties for the smooth conduct of the event:

- AP. Kiranpal Kaur
- AP. Sandhya Vats

All staff members are encourage all students to attend and enhance their problem-solving skills.

[Signature]
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ATTENDANCE SHEET			
Topic: How to Solve the Problems			
Sr. No.	Roll No	Student Name	Signature
1.	17243	Aakshi	Aakshi
2.	17256	Adarsh Sharma	Adarsh
3.	17256	Gaganpreet Singh	Gaganpreet Singh
4.	18117	Karman Singh	Karman Singh
5.	17224	Jankhanshet Singh	Jankhanshet Singh
6.	17226	Veetpal Kaur	Veetpal Kaur
7.	17255	Yashdharma Kaur	Yashdharma Kaur
8.	17215	Mukund Singh	Mukund Singh
9.	17241	Rajmunde Singh	Rajmunde Singh
10.	17227	Rajkar Singh	Rajkar Singh
11.	17220	Panah	Panah
12.	17209	Hasthant Singh	Hasthant Singh
13.	17212	Amandeep Singh	Amandeep Singh
14.	17213	Yash Singh	Yash Singh
15.	17211	Amanpreet Singh	Amanpreet Singh
16.	17209	Gaganpreet Singh	Gaganpreet Singh
17.	17242	Avinash Kaur	Avinash Kaur
18.	17235	Ashdeep Kaur	Ashdeep Kaur
19.	17264	Shabbir Chahal	Shabbir
20.	17228	Gurpreet Singh	Gurpreet Singh
21.	17234	Rajpreet Singh	Rajpreet Singh
22.	1960	Ashwani Sharma	Ashwani Sharma
23.	19903	Jaspreet Singh	Jaspreet Singh
24.	1969	Mandeep Singh	Mandeep Singh
25.	19903	HARMANDEEP S.	HARMANDEEP S.
26.	1964	Jaspreet Singh	Jaspreet Singh
27.	19711	Sandeep Singh	Sandeep Singh
28.	1952	Jaspreet Singh	Jaspreet Singh
29.	1964	Ashwani Kaur	Ashwani Kaur
30.	1953	Ashwani	Ashwani
31.	1953	Amanpreet Singh	Amanpreet Singh
32.	1963	Jaspreet Kaur	Jaspreet Kaur
33.	1958	Jaspreet Kaur	Jaspreet Kaur
34.	1958	Ashwani Kaur	Ashwani Kaur
35.	1964	Jaspreet Singh	Jaspreet Singh
36.	1961	Ashwani Kaur	Ashwani Kaur
37.	19919	Rajmunde Singh	Rajmunde Singh
38.	19922	Veetpal Kaur	Veetpal Kaur
39.	19931	Sikhi Kaur	Sikhi Kaur
40.	19924	Jaspreet Singh	Jaspreet Singh
41.	19932	Rajmunde Singh	Rajmunde Singh
42.	19910	Rajmunde Singh	Rajmunde Singh
43.	19925	Sandeep Singh	Sandeep Singh
44.	19721	Amandeep Singh	Amandeep Singh

[Signature]
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ATTENDANCE SHEET			
Topic: <u>How to solve the problems</u>			
Sr. No.	Roll No	Student Name	Signature
1	1266	Balwinder Singh	Balwinder Singh
2	1239	Sukhinder Singh	Sukhinder Singh
3	1219	Vikrampreet Singh	Vikrampreet Singh
4	1277	Lovkesh Singh	Lovkesh Singh
5	1288	Harpreet Singh	Harpreet Singh
6	10960	Harsimran Kaur	Harsimran Kaur
7	10925	Satvinder Kaur	Satvinder Kaur
8	10907	Jaspreet	Jaspreet
9	1283	Sawarn Singh	Sawarn Singh
10	16101	Pandey Singh	Pandey Singh
11	16105	Shajpreet Kaur	Shajpreet Kaur
12	16114	Gurpreet Singh	Gurpreet Singh
13	16128	Arshdeep Sharma	Arshdeep Sharma
14	16129	Parnet Kaur	Parnet Kaur
15	1109	Sukhwinder Singh	Sukhwinder Singh
16	1133	Gurpreet Singh	Gurpreet Singh
17	1130	Munish Kumar	Munish Kumar
18	1113	Pashot Singh	Pashot Singh
19	1147	Nikki Kaur	Nikki Kaur
20	1129	Arusha Khan	Arusha Khan
21	1118	Julia Sharma	Julia Sharma
22	1117	Harkirat Singh	Harkirat Singh
23	1121	Puneet	Puneet
24	1131	Harpreet Kaur	Harpreet Kaur
25	16113	Hameet Kaur	Hameet Kaur
26	16100	Nazish Kaur	Nazish Kaur
27	16140	Kanwalpreet Kaur	Kanwalpreet Kaur
28	1142	Anurag Singh	Anurag Singh
29	1144	Parvinder Singh	Parvinder Singh
30	1195	Sanket Singh	Sanket Singh
31	1132	Bhaskar Singh	Bhaskar Singh
32	1122	Naylot Singh	Naylot Singh
33	16120	Supreet Kaur	Supreet Kaur
34	16136	Deepak	Deepak
35	1158	Laddi Singh	Laddi Singh
36	1163	Kamla Kaur	Kamla Kaur
37	1110	Naylot Kaur	Naylot Kaur
38	1145	VASH	VASH
39	1101	Naveeta	Naveeta
40	1116	Pooja Singh	Pooja Singh
41	1172	Xana	Xana
42	1105	Sammerna	Sammerna
43	1135	Meharpreet K.	Meharpreet K.
44	1171	Jagjeet Kaur	Jagjeet Kaur

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Activity No. 14

Name of Activity: National E-Seminar on “Healthy Diet and its impact on Health”

Date: 14th Dec. 2023

Keynote Speaker: Dr. Nitisha Sharma (Dietitian & Clinical Nutritionist)

Description:

The Department of Computer Science recently organized a one-day National E-Seminar on "Healthy Diet and Its Impact on Health" on 14th December 2023. The seminar featured Dr. Nitisha Sharma (Dietitian & Clinical Nutritionist) as the keynote speaker. The students from different classes participated in the Seminar.

This seminar focused on how choosing the right foods can benefit our health. Experts shared tips on balanced eating, the importance of nutritious foods, and how our diet affects both our body and mind over time. The event was designed to help participants understand the vital role of a healthy diet in maintaining good health. Attendees gained valuable insights into making better food choices for a healthier lifestyle. The seminar was well-received, with many staff and students joining in to learn more about the connection between diet and health.

The poster is for a "ONE DAY National E-SEMINAR" titled "Healthy Diet and Its Impact on Health". It features a background image of various fruits and vegetables. The text includes the NAAC A++ Accredited College logo, the website www.gncbudhlada.org, and the venue information: "VENUE - GOOGLE MEET LINK WILL BE PROVIDED ON TIME." The keynote speaker is Dr. Nitisha Sharma, a Dietitian & Clinical Nutritionist from SMS Medical College & Hospital Jaipur, with an internship from AIIMS, New Delhi. The date and time are "DATE 14 DEC 2023" and "TIME 12:45 onwards". The seminar is organized by the Department of Food Processing & Department of Computer Science at Guru Nanak College Budhlada. The college is under the management of SGPC Shri Amritsar Sahib, affiliated to Punjabi University, Patiala, and has Skill HUB Institute & Star College Status by Govt. of India. A speech bubble on the right says "Balance Diet, Balance Life".

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www.gncbudhlada.org

ONE DAY National E-SEMINAR

Healthy Diet and Its Impact on Health

VENUE - GOOGLE MEET LINK WILL BE PROVIDED ON TIME.

Dr. Nitisha Sharma
Dietitian & Clinical Nutritionist
(SMS Medical College & Hospital Jaipur)
Internship from AIIMS, New Delhi

DATE 14 DEC 2023
TIME 12:45 onwards

Organized by:
Department of Food Processing & Department of Computer Science

Guru Nanak College Budhlada
Under the Management of SGPC Shri Amritsar Sahib
Affiliated to Punjabi University, Patiala
Skill HUB Institute & Star College Status by Govt. of India

"Balance Diet, Balance Life"



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Department of Computer Science Notice

Date: 11-12-2024

Subject: National E-Seminar on "Healthy Diet and its impact on Health"

This is to inform all staff members that the Department of Computer Science is organizing an Day **National E-Seminar on "Healthy Diet and its impact on Health"** on 14th Dec. 2023. This is to bring to your attention the crucial role of Healthy Diet in maintaining overall Wellbeing and preventing Life style related Diseases.

Keynote Speaker: Dr. Nitisha Sharma (Dietition & Clinical Nutritionist)

The following teachers are assigned duties for the smooth conduct of the event:

- AP.Sandhya Vats
- AP Geetu
- AP Deepali

All staff members are encouraged to motivate students to participate actively and support the event.

[Signature]
Head
Deptt. of Comp. Sci.
Guru Nanak College
Budhlada (Mansa)

Department of Computer Science Notice

Date: 11-12-2024

Subject: National E-Seminar on "Healthy Diet and its impact on Health "

This is to inform all students that the Department of Computer Science is organizing an one Day **National E-Seminar on "Healthy Diet and its impact on Health "** on 14th Dec. 2023. This is to bring to your attention the crucial role of Healthy Diet in maintaining overall Wellbeing and preventing Life style related Diseases.

Keynote Speaker: Dr. Nitisha Sharma (Dietition & Clinical Nutritionist)

[Signature]
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Deptt. of Comp. Sci.
Guru Nanak College
Budhlada (Mansa)

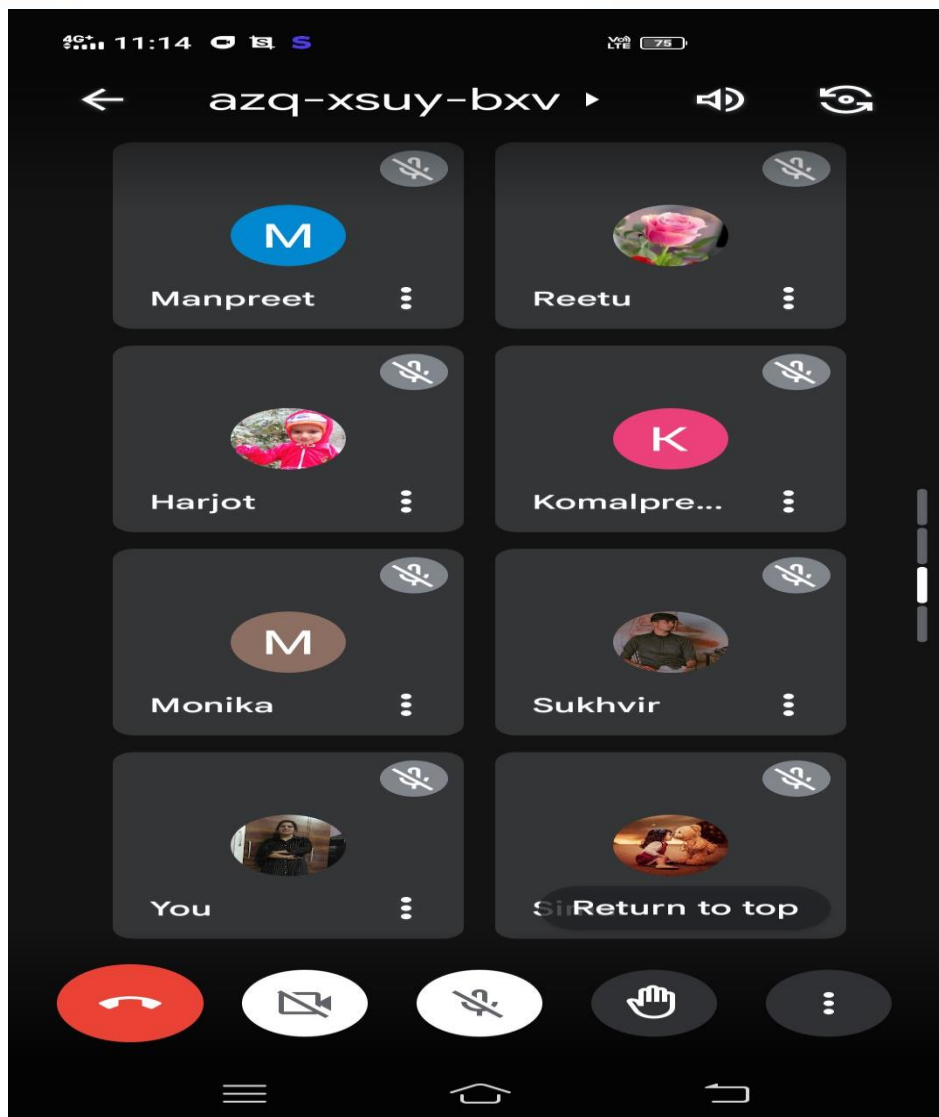
Photographs:



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Activity No. 15

Event type: - Expert Lecture

Event Name:- Winter Diet and lifestyle according to Ayurveda

Speaker:- Dr. Gaganpreet Kaur

Date:- 16 December 2023

No. Of participants:- 140

Description:- An Expert Lecture was organised by the Department of Computer Science, English and Food Processing on the topic “Winter Diet and Lifestyle according to Ayurveda” on 16 December 2023. The keynote speaker was Dr. Gaganpreet Kaur B.A.M.S. (Punjab), PGAP (NIA, Jaipur), BCTA (NIA, Jaipur), CMS (ADF). Vice principal Dr. Rekha Kalra was also there. Other faculty members and 125 students were there to attend this lecture.



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Impact:- The keynote speaker said that Ayurveda emphasises balance and harmony with nature. In winter, Ayurveda recommends adjusting diet and lifestyle to pacify the Vata dosha, which tends to be aggravated during this season. Warm, nourishing foods, herbal teas, and oil massages are suggested to maintain balance and support overall well-being. Additionally, staying hydrated and incorporating grounding practices, such as yoga and meditation, can help.

1 Day

Expert Lecture on Winter Diet and Lifestyle According to Ayurveda

DATE 16 DEC 2023
TIME 11:00 onwards

SEMINAR HALL
Bhai Nand Lal Block

Organized by:
Department of Computer Science &
Department of English
Department of Food Processing

Dr. Gaganpreet Kaur
B.A.M.S.(Punjab), PGAP (NIA, Jaipur)
BCTA (NIA, Jaipur)
CMS (ADF)

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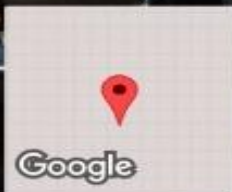




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Guru Nanak College Budhlada, Mansa

Lat -52.446532°

Long 8.620961°

16/12/23 11:55 AM GMT +05:30

GPS Map Camera



Guru Nanak College Budhlada, Mansa

Lat -52.446532°

Long 8.620961°

16/12/23 11:48 AM GMT +05:30

GPS Map Camera



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Guru Nanak College Budhlada			
Attendance Performance		Date:- 16 DEC 2023	
Lecture on winter Diet and lifestyle According to Ayurveda			
Sr.No	Class	Class Roll NO	Student Signature
1	+2 Commerce	410	Harsh Singh
2	+3 Commerce	439	Jagdeep Singh
3	+2 Commerce	408	Manpreet Singh
4	+2 Commerce	412	Amit Singh
5	+1 Arts	209	Darvinder Singh
6	+1 Arts	225	Kuldeep Singh
7	+2 Commerce	431	Khush Gupta
8	+2 Commerce	419	Ashu Singh
9	+1 Comm.	213	Dilpreet Singh
10	+1 Comm.	18	Gurvir Singh
11	+1 Comm.	17	Gurpreet Singh
12	+2 Comm.	16	Amandeep Singh
13	+3 Comm.	13	Baldev Singh
14	+1 Comm.	21	Ashpreet Singh
15	+1 Science	169	Harsh Singh
16	+1 Science	152	Harsh Singh
17	+1 Arts	207	Dilpreet Singh
18	+1 Arts	174	Jai Ram
19	+1 Arts	231	Harman Jot Singh
20	+2 Arts	356	Harmanpreet Singh
21	+2 Arts	363	Jasvir Singh
22	+2 Arts	354	Amanpreet Singh
23	+2 Sci.	559	Akshandeep Singh
24	+2 Sci.	564	Harmandeep Singh
25	+2 Sci.	569	Jagandeep Singh
26	+2 Comm.	405	Amanpreet Singh
27	+2 Science	567	Raghu Arora
28	+2 Science	554	Rishi Khan
29	B. A. II	6837	Baldev Singh
30	"	683	Ram Singh
31	"	6889	Karam Singh
32	"	6847	Darvinder Singh
33	"	6842	Harmandeep Singh
34	"	6156	Amanpreet Singh
35	"	6171	Chahat



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Guru Nanak College Budhlada			
Attendance Performa		Date:- 16 DEC 2023	
Lecture on Winter Diet & lifestyle according to			
Sr.No	Class	Class Roll NO	Student Signature
1	+2com	418	Amrit Singh
2	+1 Non-Medical	173	Rajwinder Singh
3	+1 Med	168	Ravi Singh
4	+1 N. Med	176	Sagar
5	+1 N. Med	158	Yogesh Singh
6	+1 Med	162	Jashan
7	+1 Arts	226	Sawan Mehta
8	+1 Arts	167	Harmandeep Singh
9	+2 Commerce	411	Jashandeep Singh
10	+2 Commerce	412	Sabirpreet Singh
11	+1 Arts	229	Naveed Singh
12	+1 Med	154	Tarunpreet Singh
13	+1 Med	177	Amritpal Singh
14	+1 Med	160	Jashan Singh
15	+1 med	155	Dr. Jeet Singh
16	+1 N. Med	178	Jashan
17	+1 N. Med	170	Chamkaur Singh
18	+2 N. Med	571	Rajwinder Singh
19	+2 Commerce	404	Aniket
20	+2 Arts	364	Amit Sharma
21	+2 Arts	371	Hareesh
22	+2 Arts	353	Sareef Khan
23	+2 Arts	306	Gurpreet Kaur
24	+2 Arts	305	Mandeep Kaur
25	+2 Arts	303	Manpreet Kaur
26	+2 Arts	304	Jaspreet Kaur
27	+2 Medical	515	Gunam Sharma
28	B.Sc H/Phy.	2441	Rajwinder Singh
29	"	2460	Jasdeep Singh
30	"	1710	Neha Rani
31	"	1715	Raminder Bali
32	"	2470	Priyanka
33	"	2499	Japandeep Singh
34	"	2443	Sony Singh
35	"	2456	Arshdeep Singh



GURU NANAK COLLEGE BUDHLADA

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

NAAC ACCREDITED "A++" GRADE

Guru Nanak College Budhlada			
Attendance Performa		Date:- 16 Dec 2023	
Lecture on winter Diet and Lifestyle According to Ayurveda			
Sr.No	Class	Class Roll NO	Student Signature
1	+1 Commerce	9	Jashanpreet kaur
2	+1 Commerce	28	Jyoti Sharma
3	+1 Commerce	07	Narjit Kaur
4	+2 Commerce	402	Pavinder Kaur
5	+2 Commerce	425	Jashveet kaur
6	+1 N. Medical	105	Nancy Sharma
7	+1 MEDICAL	104	Rajal
8	+1 Medical	101	Pavinder Kaur
9	H MEDICAL	103	Simarjeet Kaur
10	+1 Medical	111	Khushjit Kaur
11	+1 Commerce	3	Simran Kaur
12	+1 Comm	26	Manika
13	+ Arts	253	Sahilpreet Kaur
14	+ Arts	254	Gurpreet Kaur
15	+2 Commerce	415	Lovepreet Kaur
16	+2 Commerce	416	Khushpreet Kaur
17	+2 Commerce	426	Simran Kaur
18	+2 Commerce	417	Manisha Mami
19	+2 Commerce	423	Behajpreet Kaur
20	+2 Commerce	403	Harmarjeet Kaur
21	+2 Commerce	401	Mahi
22	+2 Medical	505	Simranjeet Kaur
23	+2 Medical	504	Jashandeep Kaur
24	+2 medical	508	Parnet Kaur
25	+2 medical	509	Manpreet Kaur
26	+2 medical	507	Lovedeep Kaur
27	+2 medical	512	Khushwant Kaur
28	+2 medical	513	Sukhmandeep Kaur
29	+2 Non Medical	506	Gagandeep Kaur
30	+2 Medical	510	Jashandeep Kaur
31	+2 Medical	514	Palakpreet Kaur
32	M.A-I	1501	Manpreet Kaur
33	M.A-I	15025	Jashanpreet Singh
34	M.A-I	1535	Amrinder Kaur
35	M.A-I	1590	Amandeep Kaur



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Guru Nanak College Budhlada
Attendance Performa Date:- 16 Dec. 2023

Lecture on Winter Diet & Lifestyle according to Ayurveda

Sr.No	Class	Class Roll NO	Student Signature
1	11 th	202	Harjot Singh
2	11 th	236	Khushdeep Singh
3	11 th	228	Ravinder Sharma
4	11 th	216	Harjot Singh
5	11 th	221	Chetan Khipal
6	11 th	211	Ansoj Singh
7	12 th	414	Anmol Singh
8	12 th	372	Jatinder Singh
9	12 th	562	Dharampal Singh
10	12 th	556	Satgur Singh
11	12 th	563	Jaspreet Singh
12	12 th	568	Gurpreet Singh
13	12 th	573	Rupchain Singh
14	12 th	352	Sunil Dutt
15	12 th	366	Mohit Singh
16	12 th	379	Satish Singh
17	12 th	358	Gurpreet Singh
18	12 th	399	Paramdeep Singh Bhachar
19	12 th	614	Gurdeep Singh
20	-	Renuka	Asst. Prof.
21	-	-	Lect.
22	Dr. Rupinder Kaur	Asst. Prof: English	
23	Asst. Prof. Amardeep	English	
24	Asst. Prof. Sukhdeep	English	
25	Asst. Prof. Sonu	English	
26	Asst. Prof. Kausajant Kaur	English	
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Activity no. 16

Name of activity: Guest lecture on Nutrition

Date: 18-1-2024

Organized by: PG Department Of Fashion Technology & Home Science

Venue: Textile lab

Name of faculty: Prof. Seema Rani

Participated by: B.voc (FT), M.sc (FT) and B.A Student

Description: Nutrition refers to the **process by which organisms obtain and utilize nutrients from the food they consume**, enabling them to grow, function, and maintain their overall health. Nutrition plays a crucial role in providing the body with the essential elements it needs to function properly.

Guest lecture on Nutrition



Mrs. Seema Rani
Assistant Professor in Home Science
GURU NANAK COLLEGE BUDHLADA
Contact No. 75892 - 90872

Date- 18-1-2024



H.O.D. Neelam Rani
Department :Fashion Designing & Home science
GURU NANAK COLLEGE BUDHLADA
Contact No. 94170-27205

TIMING- 11:00 pm – 11:30 pm

VENUE- Textile Lab



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Guru Nanak College Budhlada			
Department- Fashion Technology and Home Science			
Guest List- Nukstion		Student Attendance Sheet	Date- 18-1-2024
Sr. No.	Roll Number	Class	Signature
1	8082	M.S.C (FT)	Kamalpreet Kaur
2	8051	M.S.C (FT) II	Ramandeep Kaur
3	4888	B.A.I	Harpreet Kaur
4	4851	B.A.I	Jasmeet Kaur
5	3510	B.VOC FT II	Shiwani
6	8098	M.SC 2nd	Kamalpreet Kaur
7	8065	M.SC 2nd	Harmandeep Kaur
8	5196	B.A II	Boh Singh
9	1125	B.A-I	Pinderpal Singh
10	1116	B.A-I	Harpreet Singh
11	1117	B.A-I	Harshdeep Singh
12	8089	M.S.C FT (I)	Ranjit Kaur
13	8090	M.S.C FT (I)	Manika
14	9773	B.VOC FT Ist	Kamaldeep Kaur
15	9755	B.VOC FT Ist	Satwinder Kaur
16	9759	B.VOC FT Ist	Ranjit Kaur
17	3525	B.A Ist	Alisha
18	4906	B.A.I	Amandeep Kaur
19	3523	B.A.I	Gurpreet Kaur
20	8063	M.S.C (FT) (II)	Pinkay Kaur
21	2009	PG DCA	Lovpreet Kaur
22	2062	PG DCA	Jaspreet Kaur
23	4887	B.A-I	Nikki Kaur
24	4946	B.A-I	Sukhleen Kaur
25	8102	M.S.C (FT)	Manpreet Kaur
26	4887	B.A-I	Nikhar Kaur
27	4946	B.A-I	Sukhleen Kaur
28	3693	B.A.I	Manika Puri
29	3588	B.A.I	Khushpreet Kaur
30	2707	B.Sc I	Ramandeep Kaur
31	8663	B.Sc I	Khushpreet Sharma
32	3541	B.A I	Manpreet Kaur
33	4906	B.A.I	Harpreet Kaur
34	8054	M.S.C (FT II)	Sandeep Kaur
35	6267	B.A. III	Simran Kaur
36	6297	B.A. III	Sukhpreet Kaur
37	3624	B.A I	Khushpreet Kaur
38	3935	B.A-I	Harleen Kaur



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NAAC ACCREDITED "A++" GRADE

Activity no. 17

Name of activity: workshop on chocolate making

Date: 19-1-2024

Organized by: PG Department Of Fashion Technology & Home Science

Venue: Textile lab

Name of faculty: Prof. Sarbjot Kaur

Participated by: Teaching and Non-Teaching staff

Description: A chocolate making workshop typically teaches participants how to make chocolate, temper it, and create artistic chocolate pieces.





GURU NANAK COLLEGE BUDHLADA

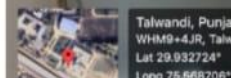
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Talwandi, Punjab, India
WHM9+4JR, Talwandi, Budhlada, Punjab 151502, India
Lat 29.932644°
Long 75.568883°
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GPS Map Camera



Talwandi, Punjab, India
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Lat 29.932724°
Long 75.568706°

GPS Map Camera



Talwandi, Punjab, India
WHM9+4JR, Talwandi, Budhlada, Punjab 151502, India
Lat 29.932644°

GPS Map Camera



Talwandi, Punjab, India
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GPS Map Camera



Talwandi, Punjab, India
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GPS Map Camera



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Guru Nanak College Budhlada			
Department- Fashion Technology and Home Science			
Teacher's Attendance Sheet			
Sr. No.	Teacher name	Designation	Signature
1	Jaspreet K	A.P	[Signature]
2	Nirveta K	Lab Asst	[Signature]
3	Dr. Sandeep Kaur	Asst. Prof.	[Signature]
4	Jaspreet Kaur	Asst. Prof.	[Signature]
5	Dr. Beatawda Kaur		[Signature]
6	Ranvinder Kaur	Asst. Prof. in F.T.	[Signature]
7	MANJULA	Asst. Prof. in F.T.	[Signature]
8	Deenuka	Asst. Prof.	[Signature]
9	Sukhvinder	Asst. Prof. in F.T.	[Signature]
10	Gurdeep Kaur	Asst. Prof.	[Signature]
11	Anam Kaur	Asst. Prof.	[Signature]
12	PIMA	Asst. Prof.	[Signature]
13	Amandeep Kaur	A.P	[Signature]
14	Meenukshi Goyal	A.P	[Signature]
15	Aneeta Kaur	Senior Asst.	[Signature]
16	Amalpreet Kaur	Sr. Asst.	[Signature]
17	Pamandeep	Asst. Prof.	[Signature]
18	Sukhdeep Kaur	Asst. Prof.	[Signature]
19			
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[Signature]
Head
Department of Fashion Technology
Guru Nanak College
Budhlada (Punjab)



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NAAC ACCREDITED "A++" GRADE

Activity no. 18

Name of activity: workshop on different types of salad

Date: 20-1-2024

Organized by: PG Department Of Fashion Technology & Home Science

Venue: Home Science lab

Name of faculty: Prof. Seema Rani

Participated by: Teaching and Non-Teaching staff

Description: There are different types of healthy veg. salads in India from east to west, north to south that are packed with nutritious and delicious too. Unlike some foods limited by region, season, or weather, salads can be enjoyed year-round, with the option to enhance the taste with.



**GURU NANAK COLLEGE
BUDHLADA**
*One day Workshop on
how to make salads*
20 JAN, 2024
*For teaching and non
teaching staff*
Timing- 10 am - 12 pm
Types of salads

- ☛ Fruit salad
- ☛ chana salad
- ☛ pasta salad
- ☛ corn salad
- ☛ green salad

Host - Seema Rani
HOD-NEELAM RANI
(DEPARTMENT OF FASHION TECHNOLOGY
AND HOME SCIENCE)

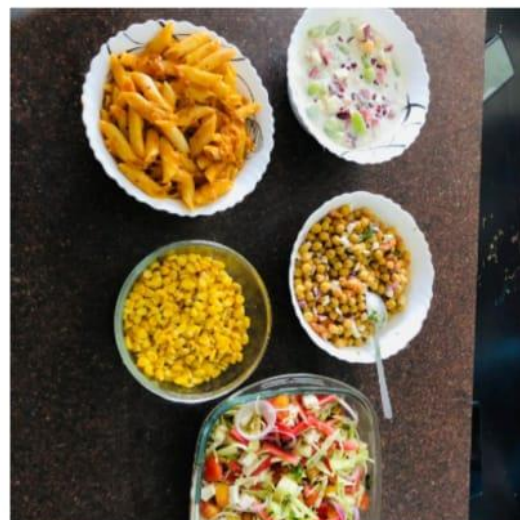
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Guru Nanak College Budhlada			
Department- Fashion Technology and Home Science			
Teacher's Attendance Sheet			
Sr. No.	Teacher name	Designation	Signature
1	Suthankam	Assist. Prof. HOD	Suthankam
2	Reenuka	Ass. Prof.	Reenuka
3	Harpreet Kaur	Assistant Prof.	Harpreet Kaur
4	Dr. Sandeep Kaur	Assistant Prof.	Dr. Sandeep Kaur
5	Dr. Baljit Kaur		Dr. Baljit Kaur
6	Dr. Gandeep Kaur	Assistant Prof.	Dr. Gandeep Kaur
7	Dr. Pooja Kaur	Asst. Prof.	Dr. Pooja Kaur
8	RITIKA	Asst. Prof.	RITIKA
9	Arvind Kaur	A.P	Arvind Kaur
10	Meenakshi Garg	A.P	Meenakshi Garg
11	Anita Kaur	Senior Assistant	Anita Kaur
12	Anand Kaur	Sen. Asst.	Anand Kaur
13	Pamandeep	Asst. Prof.	Pamandeep
14	Sachdeep Kaur	Asst. Prof.	Sachdeep Kaur
5	Nimisha Kaur	Lab Asst	Nimisha Kaur
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Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC ACCREDITED "A++" GRADE

Activity no. 19

Name of activity: workshop on (Introduction to knitting)

Date: 23-1-2024

Organized by: PG Department Of Fashion Technology & Home Science

Venue: Textile lab

Name of faculty: Prof. Sukhvir Kaur

Participated by: Teaching and Non-Teaching staff

Description: knitting workshop typically covers the basics of knitting, including how to cast on, knit, purl, and cast off.

Workshop on introduction to Knitting teaching and non-teaching staff



Assistant Professor in Fashion Technology
GURU NANAK COLLEGE BUDHLADA
Contact No. 7589389074

Date- 23-2-2024



H.O.D. Neelam Rani
Department :Fashion Designing & Home science
GURU NANAK COLLEGE BUDHLADA
Contact No. 94170-27205

TIMING- 11:00 pm – 12:30 pm
VENUE- Textile Lab



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Guru Nanak College Budhlada			
Department- Fashion Technology and Home Science			
Teacher's Attendance Sheet			
Sr. No.	Teacher name	Designation	Signature
1	Jaspreet K	A.P	
2	Nirveta K	Lab Asst	
3	Dr. Sandeep K	Asst. Prof.	
4	Jaspreet Kaur	Asst. Prof.	
5	Dr. Bindu K		
6	Ramprasad Kaur	Asst. Prof. in F.T.	
7	MANJULA	Asst. Prof. in F.T.	
8	Reenuka	Asst. Prof.	
9	Sukhv K	Asst. Prof. in F.T.	
10	Chandeep K	Asst. Prof.	
11	Anne Kaur	Asst. Prof.	
12	PMP	Asst. Prof.	
13	Amandeep K	A.P	
14	Meenakshi Goyal	A.P	
15	Aneeta K	Senior Asst.	
16	Hardeep K	Asst. Prof.	
17	Ramandeep	Asst. Prof.	
18	Sukhdeep Kaur	Asst. Prof.	
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Activity no : 20

Name of activity: workshop on how to make street food

Date: 25-1-2024

Organized by: PG Department Of Fashion Technology & Home Science

Venue: Home Science lab

Name of faculty: Prof. Seema Rani

Participated by: Teaching and Non-Teaching staff

Description: This *workshop* will help you learn and make *street-style food* that will make you drool.

GURU NANAK COLLEGE BUDHLADA

Workshop on how to make street food

25 jan 2024 Teaching and non teaching staff

Food Item

- ☛ Aloo tikki
- ☛ Methi tikki
- ☛ Gobbi tikki
- ☛ Palak tikki

TIMING-10 A.M TO 12 P.M

HOST: SEEMA RANI

HOD :NEELAM RANI
(DEPARTMENT OF FASHION TECHNOLOGY AND HOME SCIENCE)



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Guru Nanak College Budhlada			
Department- Fashion Technology and Home Science			
Teacher's Attendance Sheet			
Sr. No.	Teacher name	Designation	Signature
1	Sukhdev	Asst. Prof. in F.T.	Sukhdev
2	Nishu Kaur	Asst. Prof.	Nishu
3	Dr. Sandeep Kaur	Asst. Prof.	Sandeep
4			
5	Dr. Balinder Kaur	Asst. Prof.	Balinder
6	Gurdeep Kaur	Asst. Prof.	Gurdeep
7	Ramanpreet Kaur	Asst. Prof. in F.T.	Ramanpreet
8	MANJIVA	Asst. Professor in F.T.	Manjiva
9	Amna Kaur	Asst. Prof.	Amna
10	A.P. RIMPY	Asst. Prof.	Rimpy
11	Amrita Kaur	A.P.	Amrita
12	Meenakshi Goyal	A.P.	Meenakshi
13	Anita Dahi	Senior Asst.	Anita
14	Amritpreet Kaur	Sen. Asst.	Amritpreet
15	Ramandeep	Asst. Prof.	Ramandeep
16	Sukhdeep Kaur	Asst. Prof.	Sukhdeep
17	Reema Kaur	Asst. Prof.	Reema
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Activity no: 21

Name of activity: workshop on Hand knitting

Date: 1-2-2024 to 7-2-2024

Organized by: PG Department Of Fashion Technology & Home Science

Venue: Budhlada Village

Name of faculty: Prof. Sukhvir Kaur

Participated by: village women

Description: Hand knitting workshops can vary in their focus, length, and level of difficulty, but they often offer the opportunity to learn new techniques, troubleshoot knitting issues, and create knitted products

GURU NANAK COLLEGE BUDHLADA

**DEPARTMENT OF FASHION TECHNOLOGY AND
HOME SCIENCE**

WORKSHOP OF KNITTING

Date:01-02-2024 to07-02-2024



The knitting

Organised By: Asst.prof.Sukhvir kaur



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Department of Fashion Technology & Home Science			
Guru Nanak College Budhlada			
Workshop Attendance Sheet			
Date- 1-2-2024 to 7-2-2024		Topic- Hand knitting	Place- Budhlada Pind.
Sr. No.	Name	Feedback	Sign.
1	Kulwinder Kaur	V. Good	Kulwinder Kaur
2	Kiran Kaur	ਬਹੁਤ ਚੰਗਾ ਕੰਮ ਮਿਲਿਆ	Kiran Kaur
3	Ranji Kaur	Good	Ranji
4	Rimpy Kaur	ਬਹੁਤ ਚੰਗਾ ਕੰਮ	Rimpy
5	Jaspreet Kaur	Good	Jaspreet Kaur
6	Parmjeet Kaur	Excellent	Parmjeet Kaur
7	Karmjeet Kaur	ਫੀਮਾ	Karmjeet Kaur
8	Anwinder Kaur	ਬਹੁਤ ਫੀਮਾ	Anwinder Kaur
9	Binder Kaur		Binder Kaur
10	Parmjeet Kaur	Ugood	P Kaur
11	Soma Kaur		S.K
12	Pinkhi Ranji	ਚੰਗਾ ਕੰਮ ਹੈ	Pinkhi Ranji
13	Virpal Kaur	V. Good	Virpal Kaur
14	Veera	ਚੰਗਾ	Veera
15	Somyeet Kaur	ਬਹੁਤ ਮਿਥਣ ਵਾਲੀ ਮਿਲਿਆ	Somyeet Kaur
16			
17			
18			
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20			

Sukhvir Kaur
Incharge-

HOD-

Neelam
Deptt. Of Fashion Tech.
Guru Nanak College
Budhlada



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Activity No. 22

Name of activity: 5 days Workshop on Handmade Bags (Skill Development)

Date: 03-02-2024 to 07-02-2024

Organized by: PG Department Of Fashion Technology & Home Science

Venue: Textile Lab

Name of Student: Miss Ramandeep kaur, Student of M.Sc FT 1st year

Participated by: B.voc (FT) Students

Description: Beaded bag workshops can teach you how to create beaded bags, including the basics of beading, how to assemble a bag, and how to design and create your own beaded bags:

- **Materials:** Learn about different types of beads and materials, and where to get them
- **Techniques:** Learn basic beading techniques, such as threading and weaving beads by hand
- **Design:** Learn design principles and patterns for beaded bags, and how to create different bead mat shapes
- **Assembly:** Learn how to assemble and finish a beaded bag, including how to join different bead mats together
- **Maintenance:** Learn tips for maintaining and caring for your beaded bag
- **Other projects:** Learn how to make different products using knots, such as wallets, necklaces, bracelets, and belts

**GURU NANAK COLLEGE BUDHLADA**

**FASHION TECHNOLOGY
AND HOME SCIENCE
DEPARTMENT**

**5 DAYS
WORKSHOP
ON
HANDMADE
BAGS**

Date - 03/02/2024 to 07/02/2024
Venue Textile Lab
Time - 10 AM to 12 PM





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Talwandi, Punjab, India

WHM9+4JR, Talwandi, Budhlada, Punjab 151502, India

Lat 29.932607° Long 75.568912°

06/02/24 10:34 AM GMT +05:30



Talwandi, Punjab, India

WHM9+4JR, Talwandi, Budhlada, Punjab 151502, India

Lat 29.932607° Long 75.568912°

05/02/24 10:07 AM GMT +05:30



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Guru Nanak College Budhlada				
Department of Fashion Technology & Home Science				
Date- 07-02-2024 Topic- Workshop on Beaded Bags				
Sr. No.	Roll no.	Student Name	Class	Signature
1	13549	Manpreet K	B.VOCGD	Manpreet K
2	2687	Kamandeep Kaur	B.Sc-I (NM)	Kamandeep Kaur
3	9751	Prabh Jot Kaur	B.VOCFT	Prabh Jot Kaur
4	9160	Amrit Kaur	B.VOCFT	Amrit Kaur
5	9744	Kirandeep Kaur	B.VOCFT	Kirandeep Kaur
6	9152	SANDEEP KAUR	B.VOCFT	SANDEEP KAUR
7	13571	Jaswinder Kaur	B.VOCGD	JASWINDER K
8	9731	Kamandeep Kaur	B.VOC FT	Kamandeep Kaur
9	13575	Rabdeep Kaur	B.VOCGD	Rabdeep Kaur
10	13560	Sonia	B.VOCGD	Sonia
11	9732	Sukhpreet Kaur	B.VOCFT	Sukhpreet Kaur
12	13566	Jyoti Kaur	B.VOCGD	Jyoti Kaur
13	13569	Vishakhani Rani	B.VOCGD	Vishakhani
14	13570	Jaspreet Kaur	B.VOCGD	Jaspreet Kaur
15	9733	Manpreet Kaur	B.VOCFT	Manpreet Kaur
16	9746	Ramandeep Kaur	B.VOCFT	Ramandeep Kaur
17	3889	Manveer Kaur	D.A.II	Manveer Kaur
18	3804	Manveer Kaur	R.A.T	Manveer Kaur
19	6305	Sukhvinder Kaur	B.A.III	Sukhvinder Kaur
20	2616	Anshdeep Kaur	B.Sc.	Anshdeep
21	2459	Chhavi Kaur	B.Sc.	Chhavi
22	2606	ACKP Kaur	B.Sc.	ACKP
23	2617	Jaspreet Kaur	B.Sc.	Jaspreet
24	3747	Beant Kaur	B.A.I	Beant Kaur
25	3701	Kamandeep Kaur	B.A.I	Kamandeep
26	2611	Pinky	B.Sc.I	Pinky
27	3562	Mandeep Kaur	B.A	Mandeep Kaur
28	2707	Ramandeep Kaur	B.A.C-I	Ramandeep
29	6064	Kamandeep Kaur	B.A-II	Kamandeep
30	2048	Sarabjit Kaur	B.A	Sarabjit Kaur
31	6234	Kandeep Kaur	B.A	Kandeep Kaur
32	6305	Sukhvinder Kaur	B.A.II	Sukhvinder Kaur
33	13528	Dilpreet Kaur	B.VOCFT	Dilpreet
34	3747	Beant Kaur	B.A	Beant Kaur
35	9133	Manpreet Kaur	B.VOCFT	Manpreet Kaur
36	6019	Jyoti Kaur	B.A.III	Jyoti Kaur
37	13553	Pandeep Kaur	B.VOCFT	Pandeep Kaur
38	6005	Akashdeep	B.A.III	Akashdeep Kaur
39	13510	Shivani	B.VOCGD	Shivani
40	13525	Parnmeet Kaur	B.VOCGD	Parnmeet Kaur

Jaspreet Kaur

Nulam
Dept. Of Fashion Technology
Guru Nanak College
Budhlada



GURU NANAK COLLEGE BUDHLADA

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

NAAC ACCREDITED "A++" GRADE

Activity No. 23

विषय सामाजिक जीवन में आध्यात्मिक भावना का महत्व

विवरण विद्यार्थी जीवन में आध्यात्मिक भावनाओं का बहुत महत्व है। तकनीकी युग में भूमंडलीकरण और बाजारवाद ने मानव के रोजमर्रा जीवन को ही प्रभावित नहीं किया बल्कि उसकी संवेदना को भी समाप्त कर दिया है। विद्यार्थियों को आध्यात्मिक भावना का महत्व बताते हुए उसके उचित उपयोग पर व्याख्यान दिया गया।

वक्ता - डॉ. गुरजीत कौर

हिन्दी विभाग

गुरु नानक कॉलेज, बुढलाडा

तिथि - 8 फरवरी, 2024

उद्देश्य - विद्यार्थियों को जीवन में सर्वगुण संपन्न बनाने के लिए सामाजिक व राजनितिक पहलूओं को ध्यान में रख आध्यात्मिक भावना की ओर प्रेरित किया ताकि वह एक अच्छा जीवन जी सके और कल्याणकारी समाज का नींव रख सकें।

प्रतिभागी - 35





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NAAC ACCREDITED "A++" GRADE

Department of Hindi

Guru Nanak College, Budhlada

Event :- सामाजिक जीवन में आधुनिक मानकों का प्रभाव

Date :- 8/2/24

Sr.	Roll no.	Student Name	Class	sign
1	3525	Rajni Kaur	B.A. पंचांगी	Rajni Kaur
	2166	Anshdeep Kaur	M.A.	Anshdeep Kaur
3	1354	Mandeep Kaur	M.A. पंचांगी	Mandeep Kaur
4	12160	Baldev Singh	"	Baldev Singh
5	12167	मनदीप कौर	"	मनदीप कौर
6	2601	Gurpreet Singh	"	Gurpreet Singh
7				
8	1362	वसंत सिंह	मैम.ह. पंचांगी	वसंत सिंह
	1363	Hardeep Singh	"	Hardeep Singh
10	1364	Ranjana & Rani	"	Ranjana & Rani
11	1371	मनदीप कौर	M.A. पंचांगी	मनदीप कौर
12	4132	Ranjana Singh	"	Ranjana Singh
13	981	Sangrat Singh	"	Sangrat Singh
14				
15	1363	मनदीप सिंह	मैम.ह. पंचांगी	मनदीप सिंह
	12167	Ramandeep Kaur	M.A. II	Ramandeep Kaur
17	12168	Anshdeep Kaur	M.A. II	Anshdeep Kaur
18	12167	मनदीप कौर	M.A. II	मनदीप कौर
19	12161	Baldev Singh	M.A. II	Baldev Singh
20	1364	मनदीप कौर	मैम.ह. पंचांगी	मनदीप कौर
21	1371	Jagtar Singh		Jagtar Singh
22	1389	मनदीप सिंह	मैम.ह. पंचांगी	मनदीप सिंह
23	1380	पिंकी सिंह	मैम.ह. पंचांगी	पिंकी सिंह
24	1381	Supreet	मैम.ह. पंचांगी	Supreet
25	12117	मनदीप सिंह	M.A. II	मनदीप सिंह
26	1366	मनदीप सिंह	M.A. II	मनदीप सिंह
27	12168	मनदीप	M.A. II	मनदीप
28				
29	1382	मनदीप सिंह	मैम.ह. पंचांगी	मनदीप सिंह
30	1383	गुरमह सिंह	MA. II (Ph)	गुरमह सिंह
31	12165	Anshdeep Kaur	M.A.	Anshdeep Kaur
32	12161	Gurpreet Singh	M.A.	Gurpreet Singh
33	1387	मनदीप कौर	मैम.ह. पंचांगी	मनदीप कौर
34	1384	मनदीप सिंह	मैम.ह. पंचांगी	मनदीप सिंह
35	1385	गुरमह सिंह	मैम.ह. पंचांगी	गुरमह सिंह

Head
 Deptt. Of Hindi
 Guru Nanak College
 Budhlada (Mansa)



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

NAAC ACCREDITED "A++" GRADE

Activity no: 24

Name of activity: Workshop on BEST OUT OF WASTE

Date: 08-02-2024

Organized by: PG Department Of Fashion Technology & Home Science

Venue: Home science lab

Name of faculty: Asst. Prof. Seema Rani

Participated by: B.A 1ST students

Description: Waste management refers to the processes involved in managing waste from cradle to grave. This includes the collection, transportation, disposal/recycling and monitoring of waste materials produced as a result of human activity.

Workshop on Best out of waste



Mrs. Seema Rani
Assistant Professor in Home
Science
GURU NANAK COLLEGE
BUDHLADA
Contact No. 75892 - 90872



H.O.D. Neelam Rani
Department :Fashion Designing &
Home science
GURU NANAK COLLEGE BUDHLADA
Contact No. 94170-27205

Date- 8-2-2024

TIMING- 12:00 pm – 1:30 pm
VENUE- HOME SCIENCE LAB



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Guru Nanak College Budhlada

WORKSHOP

8 FEBRUARY 2023

Session 2023-2024

Date: 8/2/2023

Time: 12:00 to 1:30

Topic: Waste Management (Best out of best)

Sr.	Name	Class	Roll	Signature
1	Simranjeet Kaur	B.A 2ND	13001	Simranjeet Kaur
2	Ritika	B.A 2ND	13002	Ritika
3	KAMALJEET KAUR	B.A 2ND	13003	Kamaljeet Kaur
4	MANDEEP KAUR	B.A 2ND	13004	Mandeep Kaur
5	Jaspreet Kaur	B.A 2ND	13005	Jaspreet Kaur
6	KIRANDEEP KAUR	B.A 2ND	13007	Kiran
7	PRIYA DEVI	B.A 2ND	13009	Priya
8	RUPINDER KAUR	B.A 2ND	13014	Rupinder
9	GAGANDEEP KAUR	B.A 2ND	13207	Gagan
10	KARAMJEET KAUR	B.A 2ND	13068	K Kaur
11	MUSKAN	B.A 2ND	13025	Muskan
12	PARVEEN kaur	B.A 2ND	13011	Parveen
13	KAMALPREET KAUR	B.A 2ND	13024	Kamal
14	HARMANDEEP KAUR	B.A 2ND	13038	Harman
15	khushi	B.A 2ND	13208	Khushi
16	INDERJEET KAUR	B.A 2ND	13353	Inderjeet
17	kamaljit kaur	B.A 2ND	13027	kamaljit kaur
18	LOVEPREET SINGH	B.A 2ND	5168	Lovepreet Singh
19	JUGNOO	B.A 2ND	5272	Jugnoo
20	NIKHIL	B.A 2ND	5273	Nikhil
21				

INCHARGE

HEAD
Neelam Rani



GURU NANAK COLLEGE BUDHLADA

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

NAAC ACCREDITED "A++" GRADE

Activity no: 25

Name of activity: workshop on Embroidery hoops

Date: 02-3-2024

Organized by: Department of Fashion Technology & Home Science

Venue: Textile Lab

Expert : Miss Karamjeet Kaur, (Alumni Student of M.Sc FT, 2023)

Participated by: B.Voc (FT) students

Description: An embroidery hoop is a lifesaver when it comes to embroidery stitching. It keeps the fabric taut and firm helping in making the stitches lay well over the fabric.

Guru Nanak College, Budhlada
**DEPARTMENT OF FASHION
TECHNOLOGY AND HOME SCIENCE**
Date:02-03-2024
**Workshop Of Embroidery
Hoops**

Host by: Karamjeet kaur
Alumni Student

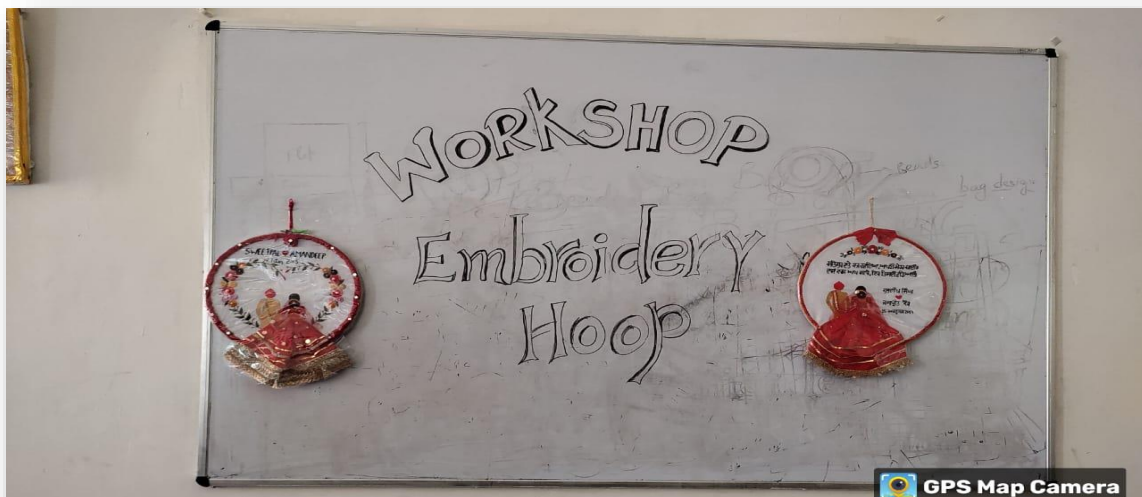
Venue: DEPARTMENT OF FASHION TECHNOLOGY



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Talwandi, Punjab, India

WHM9+4JR, Talwandi, Budhlada, Punjab 151502, India

Lat 29.932607° Long 75.568912°

02/03/24 11:20 AM GMT +05:30



Talwandi, Punjab, India

WHM9+4JR, Talwandi, Budhlada, Punjab 151502, India

Lat 29.932607° Long 75.568912°

02/03/24 11:19 AM GMT +05:30



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Guru Nanak College Budhlada				
Department of Fashion Technology & Home Science				
Date-02-03-2024 Topic- Workshop on Embroidery Hoops				
Sr. No.	Roll no.	Student Name	Class	Signature
1	9760	Amrit Kaur	B.VOC FT	Amrit Kaur
2	9761	Harpreet Kaur	B.VOC FT	Harpreet Kaur
3	13576	Jashanpreet Kaur	B.VOC FT	Jashanpreet Kaur
4	13505	Sandeep Kaur	B.VOC FT	Sandeep Kaur
5	13566	Tisha Kaur	B.VOC FT	Tisha Kaur
6	9761	PRABHUJOT Kaur	B.VOC FT	PRABHUJOT Kaur
7	13502	Kamini Preet Kaur	B.VOC FT	Kamini Preet Kaur
8	13508	Sonia K	B.VOC FT	Sonia K
9	13503	Parvaneet Kaur	B.VOC FT	Parvaneet Kaur
10	13589	Ushakshi Rani	B.VOC FT	Ushakshi Rani
11	3562	Mandeep Kaur	B.A.	Mandeep Kaur
12	13571	Jasbirinder Kaur	B.VOC FT	Jasbirinder Kaur
13	2687	Kamandeep Kaur	B.VOC FT	Kamandeep Kaur
14	13549	Mani Preet Kaur	B.VOC FT	Mani Preet Kaur
15	2048	Gurpreet Kaur	B.VOC FT	Gurpreet Kaur
16	13521	Rimpy Kaur	B.VOC FT	Rimpy Kaur
17	9759	Jaspreet Kaur	B.VOC FT	Jaspreet Kaur
18	13588	Jashnpreet Kaur	B.VOC FT	Jashnpreet Kaur
19	13564	Jashnpreet Kaur	B.A.	Jashnpreet Kaur
20	13510	Shivani	B.VOC FT	Shivani
21	13525	Parvaneet Kaur	B.VOC FT	Parvaneet Kaur
22	13589	Ramandeep Kaur	B.VOC FT	Ramandeep Kaur
23	13529	Dilpreet Kaur	B.VOC FT	Dilpreet Kaur
24	13553	Pardeep Kaur	B.A.	Pardeep Kaur
25	13533	Sukhdeep K	B.VOC FT	Sukhdeep K
26	9733	Harpreet K	B.VOC FT	Harpreet K
27	9746	Ramandeep K	B.VOC FT	Ramandeep K
28	6234	Kuldeep Kaur	B.A. final	Kuldeep Kaur
29	9731	Kamandeep K	B.VOC FT	Kamandeep K
30	3747	Beant Kaur	B.A. I	Beant Kaur
31	13529	MEHAK JOT Kaur	B.VOC FT	MEHAK JOT Kaur
32	6064	Kamandeep Kaur	B.A. II	Kamandeep Kaur
33	13530	Pardeep Kaur	B.VOC FT	Pardeep Kaur
34	13534	Kushdeep Kaur	B.VOC FT	Kushdeep Kaur
35	13511	Harwinder Kaur	B.VOC FT	Harwinder Kaur
36	3701	Kamandeep K	B.A. I	Kamandeep K
37	6018	Jashnpreet Kaur	B.A.	Jashnpreet Kaur
38	13552	Manita	B.A.	Manita
39	6052	Ramandeep Kaur	B.A.	Ramandeep Kaur
40	6078	Veerkal	B.A.	Veerkal

Sukh

Head
Dept. Of Fashion Tech.
Guru Nanak College
Budhlada (Ward)



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NAAC ACCREDITED "A++" GRADE

Activity no: 26

Date of Activity: On March 21, 2024

Awareness campaign on Healthy Lifestyle Adaptation (no. of participants = 65)

Resource

Person

(01)

Dr. Dhruva Kumar (Assistant Professor in Chemistry, GNC, Budhlada)

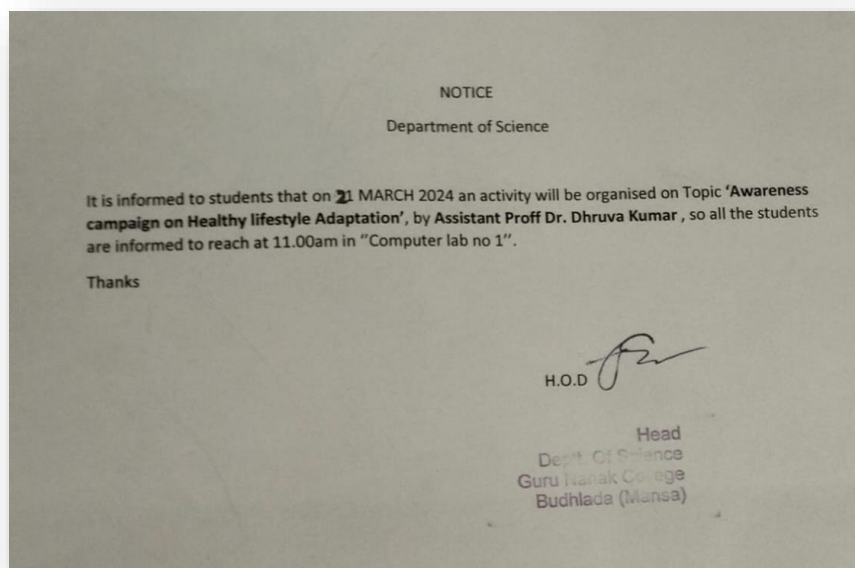
Meditation:

Meditation has been shown to offer many benefits. Although it's well known as a technique to reduce stress and anxiety, research shows that it may also help enhance your mood, promote healthy sleep patterns, and boost cognitive skills.

Meditation is the habitual process of training your mind to focus and redirect your thoughts. The popularity of meditation is increasing as more people discover its many health benefits. You can use it to increase awareness of yourself and your surroundings. Many people think of it as a way to reduce stress and develop concentration. People also use the practice to develop other beneficial habits and feelings, such as a positive mood and outlook, self-discipline, healthy sleep patterns, and even increased pain tolerance.

There are five health benefits of meditation.

1. Reduces stress
2. Controls anxiety
3. Promotes emotional health
4. Enhances self-awareness
5. Can decrease blood pressure





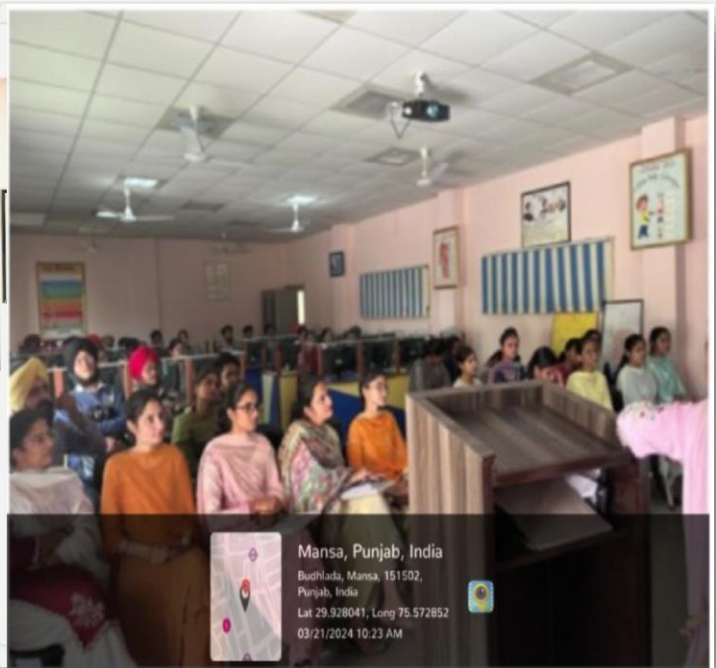
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Mansa, Punjab, India
Bachhiana Dobra Bhadra Kanakwal
Chahlan Road, Budhlada, Mansa,
151502, Punjab, India
Lat 29.933426, Long 75.567690
03/21/2024 01:24 PM



Mansa, Punjab, India
Budhlada, Mansa, 151502,
Punjab, India
Lat 29.928041, Long 75.572852
03/21/2024 10:23 AM

Guru Nanak College, Budhlada Department of Science

Date: 21 March 24

Event: Awareness campaign on Healthy Lifestyle Adaptation

Sr. No.	Name of Student	Class	Signature
1	MANMEET BALA	B.Sc (NM/M)	Manmeet
2	RAMANPREET KAUR	B.Sc (NM/M)	Ramanpreet Kaur
3	PREET KAUR	B.Sc (NM/M)	Preet Kaur
4	GAGANPREET KAUR	B.Sc (NM/M)	Gaganpreet Kaur
5	MANJEET KAUR	B.Sc (NM/M)	Manjeet Kaur
6	AMRITPAL KAUR	B.Sc (NM/M)	Amritpal Kaur
7	HAPPY SHARMA	B.Sc (NM/M)	Happy Sharma
8	SUMANDEEP KAUR	B.Sc (NM/M)	SUMANDEEP Kaur
9	AKKI KAUR	B.Sc (NM/M)	Akki Kaur
10	SIMRAN KAUR	B.Sc (NM/M)	Simran K
11	PRABHJOT KAUR	B.Sc (NM/M)	Prabhat Kaur
12	NEHA RANI	B.Sc (NM/M)	Neha Rani
13	GAGANDEEP KAUR	B.Sc (NM/M)	Gagandeep Kaur
14	RAMANDEEP KAUR	B.Sc (NM/M)	Ramandeep
15	CHANCHAL	B.Sc (NM/M)	Chanchal
16	SANDEEP KAUR	B.Sc (NM/M)	Sandeep K.
17	MANDEEP KAUR	B.Sc (NM/M)	Mandeep Kaur
18	VANDNA RANI	B.Sc (NM/M)	Vandna Rani
19	SHAINA SAHOTA	B.Sc (NM/M)	Shaina Sahota
20	KASHISH	B.Sc (NM/M)	Kashish
21	ANAMIKA	B.Sc (NM/M)	Anamika
22	DHEERJA GUPTA	B.Sc (NM/M)	Dheerja

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23	Rajveer Kaur	B.Sc (NM/M)	Rajveer K
24	Harjeet Kaur	B.Sc (NM/M)	Harjeet Kaur
25	Sukhmandeep Kaur	B.Sc (NM/M)	Sukhmandeep Kaur
26	Barinder Singh	B.Sc (NM/M)	Barinder Singh
27	Bhavneet Kaur	B.Sc (NM/M)	Bhavneet K
28	AMANDEEP KAU	B.Sc (NM/M)	Amandeep Kaur
29	TARUN JINDAL	B.Sc (NM/M)	Tarun Jindal
30	MEENAL	B.Sc (NM/M)	Meenal
31	KOMALPREET KAU	B.Sc (NM/M)	Komalpreet Kaur
32	YASHIKA GARG	B.Sc (NM/M)	Yashika Garg
33	BEANT KAU	B.Sc (NM/M)	BEANT Kaur
34	SIMRANJEET KAU	B.Sc (NM/M)	Simranjeet Kaur
35	SHARANJEET KAU	B.Sc (NM/M)	Sharanjeet Kaur
36	VEERKARAM KAU	B.Sc (NM/M)	Veerkaram Kaur
37	NEHA RANI	B.Sc (NM/M)	Neha Rani
38	AMANAT KHIPAL	B.Sc (NM/M)	Amanat
39	JASHANDEEP KAU	B.Sc (NM/M)	Jashandeep Kaur
40	SUKHANDEEP KAU	B.Sc (NM/M)	Sukhadeep Kaur
41	RAMINDER BALI	B.Sc (NM/M)	Raminder Bali
42	SUKHPREET KAU	B.Sc (NM/M)	Sukhpreet Kaur
43	REENA KAU	B.Sc (NM/M)	Reena Kaur
44	SIMRANJIT KAU	B.Sc (NM/M)	Simranjit K
45	JASMEEN KAU	B.Sc (NM/M)	Jasmeen Kaur
46	LOVELEEN	B.Sc (NM/M)	Loveleen
47	HARMANPREET KAU	B.Sc (NM/M)	Harmarpreet Kaur
48	SNEHA	B.Sc (NM/M)	Sneha
49	SUKHPREET SINGH	B.Sc (NM/M)	Sukhpreet S.

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Dept. of Science
Guru Nanak College
Budhlada (Mansa)

50	HARVINDER SHARMA	B.Sc (NM/M)	Harvinder Sharma
51	RAJVEER KAU	B.Sc (NM/M)	Rajveer Kaur
52	PARAMPAL SINGH	B.Sc (NM/M)	Parampal Singh
53	AMRITPAL KAU	B.Sc (NM/M)	Amritpal Kaur
54	YAKSHI	B.Sc (NM/M)	Yakshi
55	PRABHUOT KAU	B.Sc (NM/M)	Prabhuot
56	ARCHANDEEP KAU	B.Sc (NM/M)	Archandeep Kaur
57	JASHANPREET KAU	B.Sc (NM/M)	Jashanpreet Kaur
58	BEANT KAU	B.Sc (NM/M)	Beant K
59	DIKSA GOYAL	B.Sc (NM/M)	Diksha Goyal
60	DIMPY RANI	B.Sc (NM/M)	Dimpay
61	JASHANDEEP KAU	B.Sc (NM/M)	Jashandeep Kaur
62	ARSHDEEP SINGH	B.Sc (NM/M)	Arshdeep Singh
63	GURPREET KAU	B.Sc (NM/M)	Gurpreet Kaur
64	MANDEEP KAU	B.Sc (NM/M)	Mandeep K
65	MONINDER SINGH	B.Sc (NM/M)	Moninder Singh

Head
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Guru Nanak College
Budhlada (Mansa)



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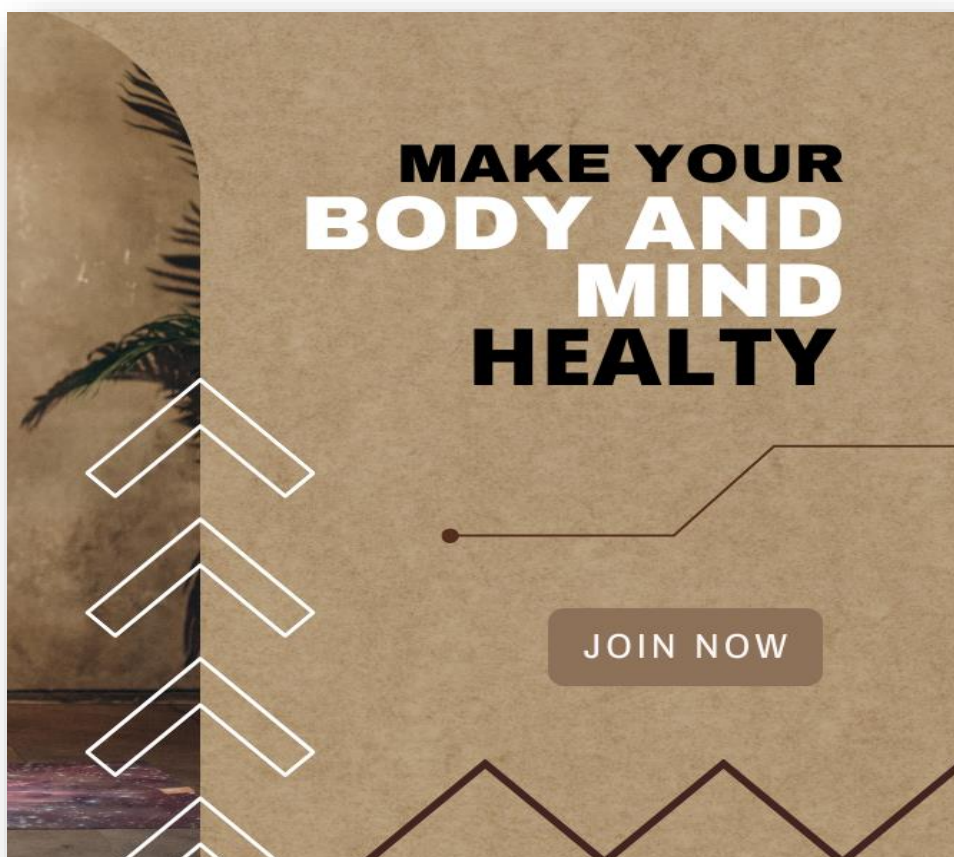
Activity No: 27

Name of Activity: How to keep your body fit and Mind healthy

Nature of Activity: The department of Library & Information Science, organized a special lecture on , “ How to keep your body fit and mind healthy”. The lecture was delivered by Assistant Professor Dharminder Singh. Sir told that maintaining a healthy body and a sharp mind is essential for leading a fulfilling and productive life. Achieving this balance requires a combination of physical activity, mental exercises, proper nutrition, and lifestyle choices. Here are some key practices to keep your body fit and your mind health. Engage in activities like walking, jogging, cycling, swimming, or strength training for at least 30 minutes a day, five times a week. Physical exercise helps maintain cardiovascular health, builds strength, improves flexibility, and boosts energy levels.

Date of Activity: 03-04-2024

Description:





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GURU NANAK COLLEGE, BUDHLADA

Attendance Sheet

Name of Activity: How to keep your body fit and mind healthy

Date: 3/04/2024

Session: 2023-24

Sr.no.	Name	Department	Signatures
1.	Narjot Kaur	Library Science	Narjot K
2.	Arzu Rani	Lib. Sci.	Ar
3.	Kulveer Kaur	Lib Sci.	Kulveer Kaur
4.	Veerpal Kaur	"	VK
5.	Kamalpreet Kaur	"	Kamal
6.	Pardeep Kaur	"	RK
7.	Jaspreet Kaur	"	Jaspreet K
8.	Vasinder Singh	"	VSingh
9.	Aashdeep Singh	"	ASingh
10.	Satnam Singh	"	SSingh
11.	Hardeep Singh	"	HSingh
12.	Nardeep Singh	"	Nardeep
13.	Kuldeep Singh	"	KS
14.	Manojot Kaur	"	Manojot K.
15.	Beant Kaur	"	Beant Kaur
16.	Gurwinder Singh	"	GS

Head of Department

Head
Dept. of Library & Information Science
Guru Nanak College, Budhlada (Mansa)



GURU NANAK COLLEGE BUDHLADA

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

NAAC ACCREDITED "A++" GRADE

Attendance:

GURU NANAK COLLEGE BUDHLADA

Department of Library and Information Science

Session: 2023-24

Feedback Performa

Name of Activity: *How to keep your body fit and mind healthy* Date: 3/04/24

Sr.No	Name of Student	Class	Roll no.	Feedback	Signatures
1.	Gurwinder Singh	B.LIB	8007	opportunities for enrichments tasks to challenges a high achieving students	<i>[Signature]</i>
2.	Hardeep Singh	B.LIB	8005	Motivate the students and improving teaching way to encourage students.	<i>[Signature]</i>
3.	Arshdeep Singh	B.LIB	8045	Explore the faster growth of mindset among the students.	Arshdeep Singh
4.	Parbpal Singh	B.LIB	8043	Proper management and improving teaching way to encourage students	Parbpal Singh
5.	Kulveer Kaur	B.LIB	8033	Provides the proper guidance regards the communication skills.	Kulveer Kaur

HoD

[Signature]
Head
Dept. of Library & Information Science
Guru Nanak College, Budhlada (Mansa)

Activity No. 28

विषय—स्वस्थ तन स्वस्थ मन

विवरण— प्रत्येक प्रकार का खेल शारीरिक, मानसिक, मनोवैज्ञानिक और बौद्धिक स्वास्थ्य के साथ गहराई से जुड़ा होता है। विद्यार्थियों में शारीरिक स्वास्थ्य सम्बन्धी चेतना पैदा करने के लिए और खेल क्रीड़ा से जोड़ने का प्रयास किया गया।

वक्ता - प्रो. रमनदीप सिंह

शारीरिक शिक्षा विभाग

गुरु नानक कॉलेज, बुढलाडा

तिथि— 26 अक्टूबर, 2023

उद्देश्य - विद्यार्थियों के भीतर प्रेरणा, साहस, अनुशासन और एकाग्रता आदि उत्पन्न करने के उन्हें खेल-क्रीड़ा के साथ जोड़ने का प्रयास ताकि वह अपने मानसिक कौशल में सुधार ला सकें।

प्रतिभागी— 35





GURU NANAK COLLEGE BUDHLADA

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Department of Hindi
Guru Nanak College, Budhlada

Event :- संस्कृत में २०२०
Date :- 26/10/2023

Sr.	Roll no.	Student Name	Class	sign
1	1381	Harman Singh	M.A. B.I	Harman Singh
2	13161	Ramandeep Kaur	M.A. Hindi	Ramandeep Kaur
3	6781	Gurwinder Singh	B.A. I	Gurwinder Singh
4	13237	Kulwinder Kaur	B.A. I	Kulwinder Kaur
5	13168	Mehar Singh	M.A. Hindi	Mehar Singh
6	6802	Mehar Singh	B.A. I	Mehar Singh
7	6808	Gurpreet Singh	B.A. I	Gurpreet Singh
8	13236	Amanpreet Kaur	B.A. I	Amanpreet Kaur
9	6804	Mehar Singh	B.A. I	Mehar Singh
10	6810	Gurpreet Singh	B.A. I	Gurpreet Singh
11	13205	Diksha	B.A. I	Diksha
12	6811	Gurpreet Singh	B.A. I	Gurpreet Singh
13	13210	Sandeep Kaur	B.A. I	Sandeep Kaur
14	6806	Harman Singh	B.A. I	Harman Singh
15	12166	Arun Kaur	B.A. I	Arun Kaur
16	13234	Hardeep Kaur	B.A. I	Hardeep Kaur
17	12171	Kishanpreet Kaur	M.A. Hindi	Kishanpreet Kaur
18	12173	Harpreet Kaur	M.A. Hindi	Harpreet Kaur
19	13202	Lovepreet Kaur	B.A. I	Lovepreet Kaur
20	1372	Mehar Singh	M.A. I	Mehar Singh
21	1373	Mehar Singh	M.A. I	Mehar Singh
22	13232	Simranjit Kaur	B.A. I	Simranjit Kaur
23	1374	Mandeep Kaur	M.A. I	Mandeep Kaur
24	6781	Gurwinder Singh	B.A. I	Gurwinder Singh
25	13219	Aman Kaur	B.A. I	Aman Kaur
26	1382	Khushpreet Singh	B.A. I	Khushpreet Singh
27	1378	Jaspreet Kaur	M.A. I	Jaspreet Kaur
28	13224	Kulwinder Kaur	B.A. I	Kulwinder Kaur
29	6742	Gurwinder Singh	B.A. I	Gurwinder Singh
30	6728	Lovepreet Singh	B.A. I	Lovepreet Singh
31	2839	Simran Kaur	B.Sc. (Hindi)	Simran Kaur
32	13209	Pooja Kaur	B.A. I	Pooja Kaur
33	6777	Lucy	B.A. I	Lucy
34	6879	Gurpreet Singh	B.A. I	Gurpreet Singh
35	2879	Harman Singh	B.Sc. I	Harman Singh

Head
Dept. Of Hindi
Guru Nanak College
Budhlada