

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			Computer Science
10	Ethics			Danis at a second a f
12	Lecture on 'Free Legal Service'	07-11-2023	110	Department of English
13	Seminar on How	07-11-2023	110	
13		08-11-2023	88	Department of Computer Science
14	to solve problems  National E-	06-11-2023	00	Computer Science
14	Seminar on			
	Healthy Diet and			
	its impact on			Department of
	Health	14-12-2023		Computer Science
15	lecture on Winter	14-12-2023		Computer Science
13	Diet and lifestyle			
	according to			Department of
	Ayurveda	16-12-2023	140	English
16	1 2 32 1 0 0 0 0			Department of
	Guest lecture on			Fashion Technology
	Nutrition	18-01-2024	38	and Home Science
17				Department of
1	workshop on			Fashion Technology
	chocolate making	19-01-2024	18	and Home Science
18	workshop on			Department of
	different types of			Fashion Technology
	salad	20-01-2024	15	and Home Science
19	workshop on			Department of
	(Introduction to			Fashion Technology
	knitting)	23-01-2024	18	and Home Science
20	workshop on how			Department of
	to make street			Fashion Technology
	food	25-01-2024	17	and Home Science
21				Department of
	workshop on	1-2-2024 to 7-2-		Fashion Technology
	Hand knitting	2024	15	and Home Science
22	5 days Workshop			
	on Handmade			Department of
	Bags (Skill	03-02-2024 to		Fashion Technology
	Development)	07-02-2024	40	and Home Science
23	importance of			
	Spiritual feeling			Department of Hindi
	in Social Life	08-02-2024	35	
24	Workshop on			Department of
	BEST OUT OF			Fashion Technology
	WASTE	08-02-2024	20	and Home Science
25	workshop on			Department of
	Embroidery			Fashion Technology
	hoops	02-03-2024	40	and Home Science



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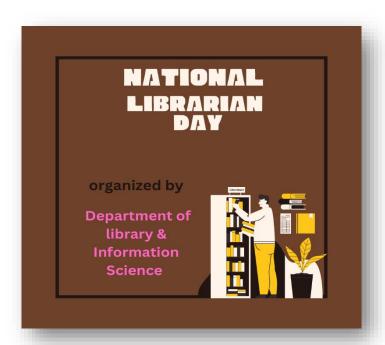
26	Awareness			
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	Adaptation	21-03-2024	65	
27	How to keep your			Donortment of
	body fit and Mind		23	Department of Library Science
	healthy	23-04-2024		Library Science
28	Healthy Body		35	Department of Hindi
	Healthy Mind	26-10-2024	33	Department 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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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<sup>nd</sup> 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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		Guru Nanak College Bu	idhlada	
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#### NAAC ACCREDITED "A++" GRADE V

**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

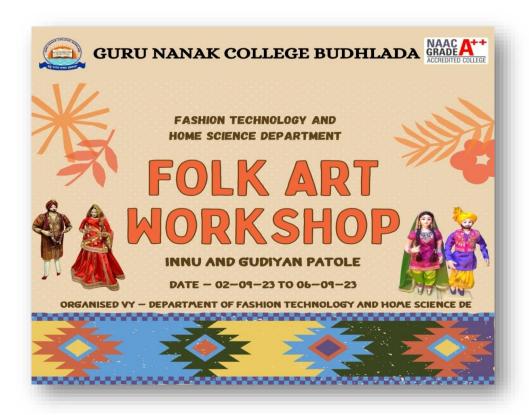
**Objective of activity**: For participation in youth festival and promote the culture.

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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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,

Lehragaga")

**No. Of Participants**: 32

**Objective of activity:** Improve entrepreneurship skills

Increase the number of entrepreneurs

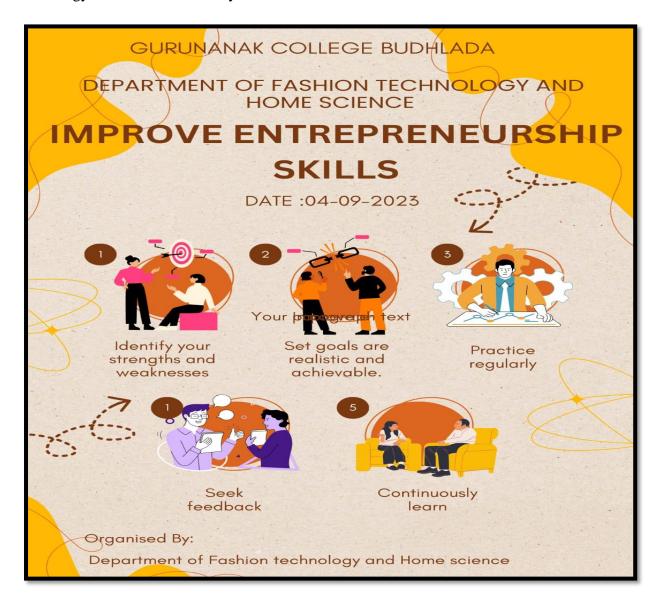


Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC ACCREDITED "A++" GRADE \

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

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NAAC ACCREDITED "A++" GRADE \

**Activity No. 05** 

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

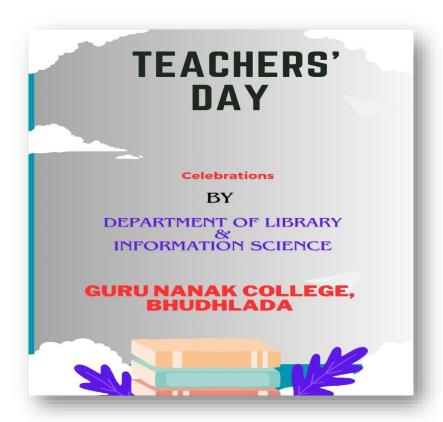
Learning

**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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# GURU NANAK COLLEGE, BUDHLADA

**Attendance Sheet** 

Name of Activity: Teachers' Day

Date: ....05/09/2023. Session: 2027-24

Sr.no.	Name	Department	Signatures
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2_	VARINDER Singh	B. Lib	हरिटे सिंग
3	JASKARAN SINGH	B. Lib	Jaskarian Siz
4	ARZU RANI	B- Lib	Arro Rani
3	HARDEEP SINGH	B. Lib	
6	SATNAM SINGH	B. Lib	Hardoop Singl
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8	KAMALPREET KAUK	B. 46	Kamalbreet K
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Head of Department

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



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NAAC ACCREDITED "A++" GRADE

# GURU NANAK COLLEGE, BUDHLADA

Attendance Sheet

Name of Activity: Teachers Day

Date: OS/09/33

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Head of Department Head

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



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

NAAC ACCREDITED "A++" GRADE V

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



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#### NAAC ACCREDITED "A++" GRADE

**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<sup>st</sup> year

No. Of Participants : 22

**Objective of activity**: The objective of a knotting workshop includes:

Students can learn how to tie knots that are useful in emergencies,

such as rescuing people from collapsed houses.

Students can learn about the history of knots and how they can be

used for various purposes.

Students can learn new knot-tying techniques and how to apply

them to create functional objects.

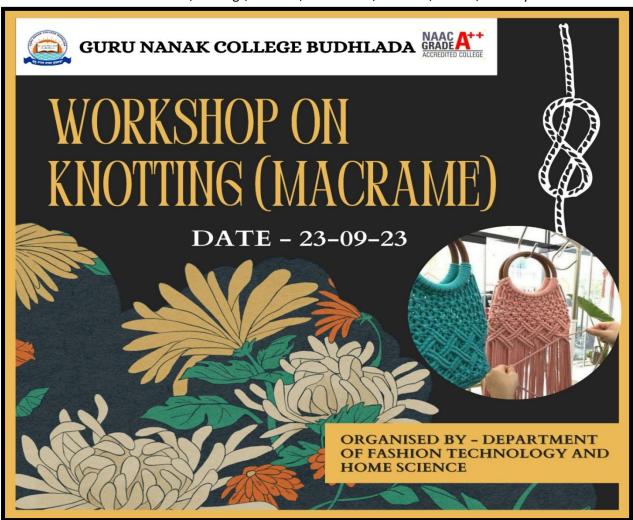
Students can learn basic knots and suturing techniques, and

practice them in a simulated environment

**Impact of Activity** : Macramé is a fun and relaxing craft that can be suitable for

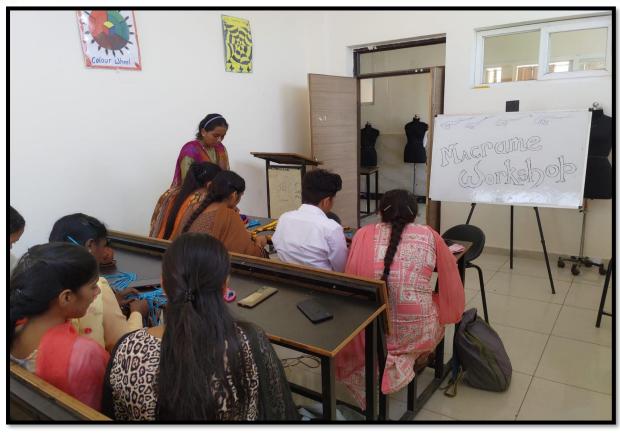
anyone. Students use macramé to create a variety of items,

including clothing, plant hangers, wall hangings, dream catchers, necklaces, bracelets, earrings, curtains, tablecloths, coasters, tassels, and key chains.





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

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#### 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



#### FASHION TECHNOLOGY AND HOME SCIENCE DEPARTMENT

### WORKSHOP ON SCREEN PRINTING

Turn your ordinary into extraordinary for daily Or shop our favourites, if you like!







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

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#### NAAC ACCREDITED "A++" GRADE V

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

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NAAC ACCREDITED "A++" GRADE

Activity no. 09

**Event Type**: Guest Lecture

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

Date: 10<sup>th</sup> 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.

NO	OTICE
Lecture on Advantage	ges of Yoga and Meditation
	*
ite: 06-Oct-2023	
ear All Students,	
e are pleased to announce that a special le editation' is being organized on 10-Oct-2 ill be delivered by Mr. Ramandeep Singh,	023 at 11:00 A.M. in Room No. 45 The lecture
ne session will cover the benefits of yoga and how we can incorporate these practices	and meditation, their impact on our daily lives, s into our routine for better health and well-being.
ll are cordially invited to attend this enlig e success of the event.	thtening session. Your presence will contribute to
hank you.	
	0
est Regards,	Head
And.	Deptt. Of English Guru Nanak College
Is. KawalisenKam	Budhlada (Mansa)



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#### NAAC ACCREDITED "A++" GRADE

#### 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 Kank (Assistant Professor, Department of English) Deptt. Of English Guru Nanak College





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



Guru Nanak College Budhlada						
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NAAC ACCREDITED "A++" GRADE

**Activity No. 10** 

Name of Activity: Lecture on Environment Literacy

**Date of Activity: 11-10-2023** 

**Description:** 

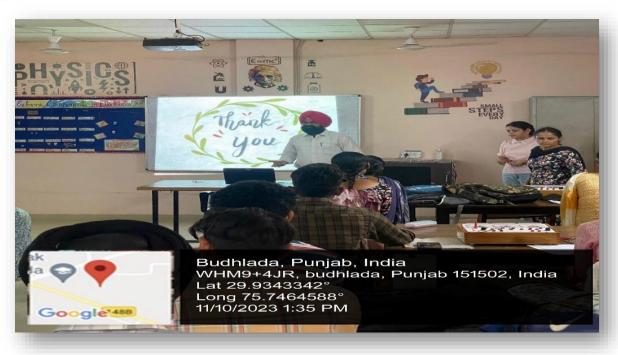
**Description:** The Department of Library & Information Science organized a special programme to celebrate the **Environment Day**. The resource person for the programme was Dr. JatinderSingh, Assistant Professor, Department of Science. Sir said that the celebration of Teachers' Day serves as an occasion 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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# GURU NANAK COLLEGE, BUDHLADA

**Attendance Sheet** 

Name of Activity: Invisionmen	to Day	
Date: 11/10/2023	O.gy	Session: 2023-24.
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Head of Department

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



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NAAC ACCREDITED "A++" GRADE \

# GURU NANAK COLLEGE BUDHLADA

Department of Library and Information Science

Session: 2023-24

Feedback Performa

Name of Activity: Envisionment Day Date: 11/10/2023

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



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

#### NAAC ACCREDITED "A++" GRADE "

**Activity No. 11** 

Name of Activity: Lecture on Professional Ethics

Date: 12th October 2023

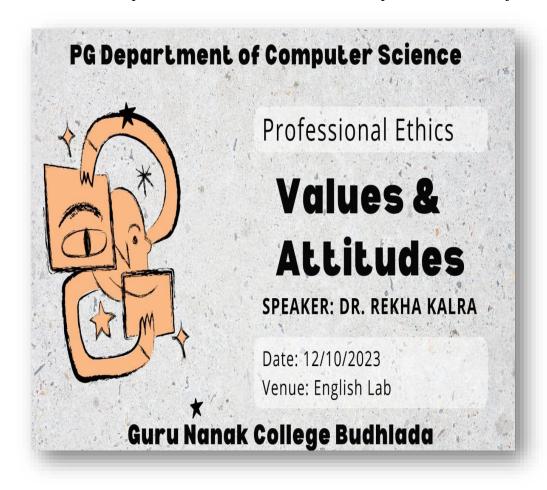
**Number of Participants: 96** 

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.





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

NAAC ACCREDITED "A++" GRADE

#### 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 12hOctober 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. o Comp. Sci. Guru Nanak College Budhlada (Mansa)



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NAAC ACCREDITED "A++" GRADE

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NAAC ACCREDITED "A++" GRADE

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**Activity No: 12** 

**Event Type: Special Lecture** 

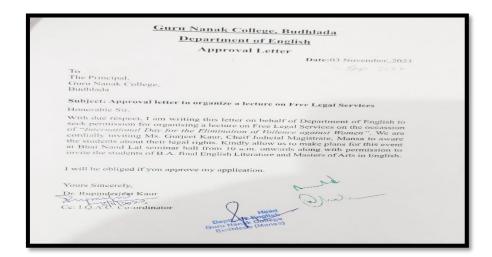
Event Name: Lecture on 'Free Legal Service'

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.







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







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

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

#### NAAC ACCREDITED "A++" GRADE

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Activity no.: 13

Name of Activity: Seminar on How to solve problems

Date:8<sup>th</sup> 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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NAAC ACCREDITED "A++" GRADE \





# - 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

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



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NAAC ACCREDITED "A++" GRADE

#### 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

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

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

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NAAC ACCREDITED "A++" GRADE N

**Activity No. 14** 

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

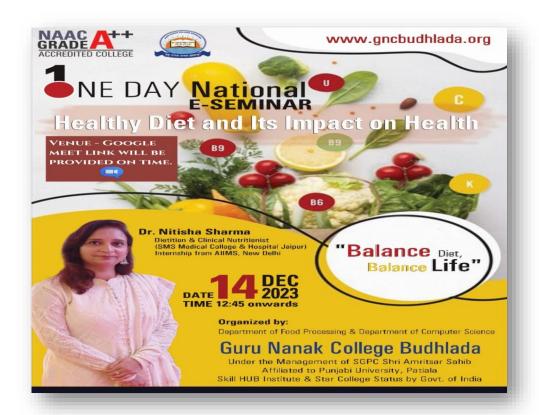
**Date:**14<sup>th</sup> Dec. 2023

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 (Dietition & 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.





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NAAC ACCREDITED "A++" GRADE N

#### 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 14<sup>th</sup> 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.

#### 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 14<sup>th</sup> 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)

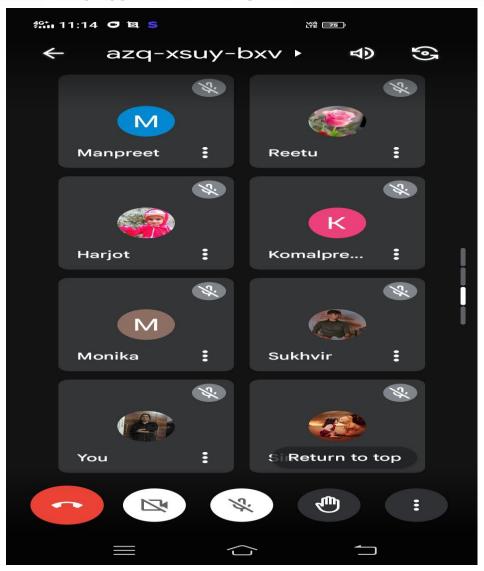
Deptt. d Comp. Sci. Guru Nanak College Budhlada (Mansa)

**Photographs:** 



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#### NAAC ACCREDITED "A++" GRADE \



**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.







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



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

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#### NAAC ACCREDITED "A++" GRADE Y

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

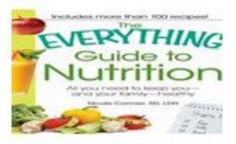
**Description:** Nutrition refers to the **process by which organisms obtain and utilize nutrients from the food they consume**, enabling them to grow, function, and maintain their overall health. Nutrition plays a crucial role in providing the body with the essential elements it needs to function properly.

# 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



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













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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.





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	Guru Na	nak College Budhlada	
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	Teache	r's Attendance Sheet	
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#### NAAC ACCREDITED "A++" GRADE N

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

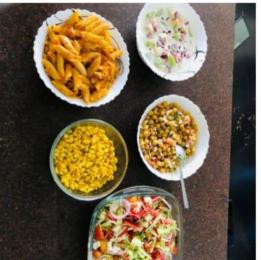
**Description:** There are different types of healthy veg. salads in India from east to west, north to south that are packed with nutritious and delicious too. Unlike some foods limited by region, season, or weather, salads can be enjoyed year-round, with the option to enhance the taste with.





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	er in Ne	mak College Budhlada	
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#### NAAC ACCREDITED "A++" GRADE N

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



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





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	Guru Nai	nak Coilege Budhlada	
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#### NAAC ACCREDITED "A++" GRADE

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

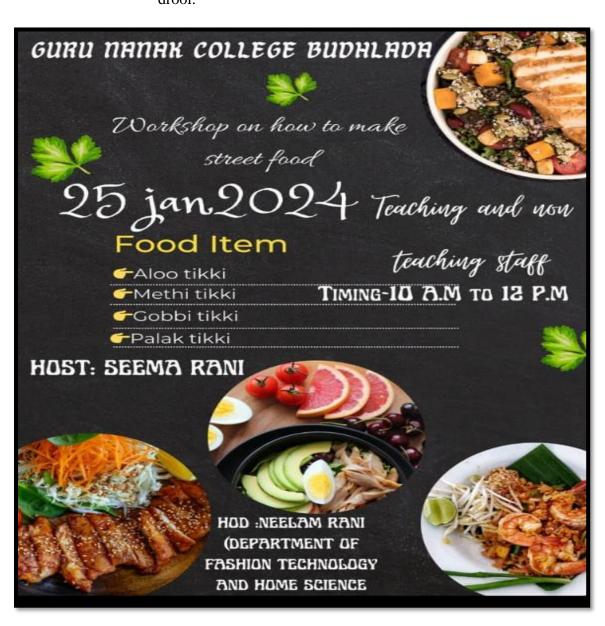
Name of faculty: Prof. Seema Rani

**Participated by:** Teaching and Non-Teaching staff

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

will make you

drool.





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	Guru Na	nak College Budhlada	
	Department- Fashio	on Technology and Home Sc	lence
	Teache	r's Attendance Sheet	
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#### NAAC ACCREDITED "A++" GRADE N

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

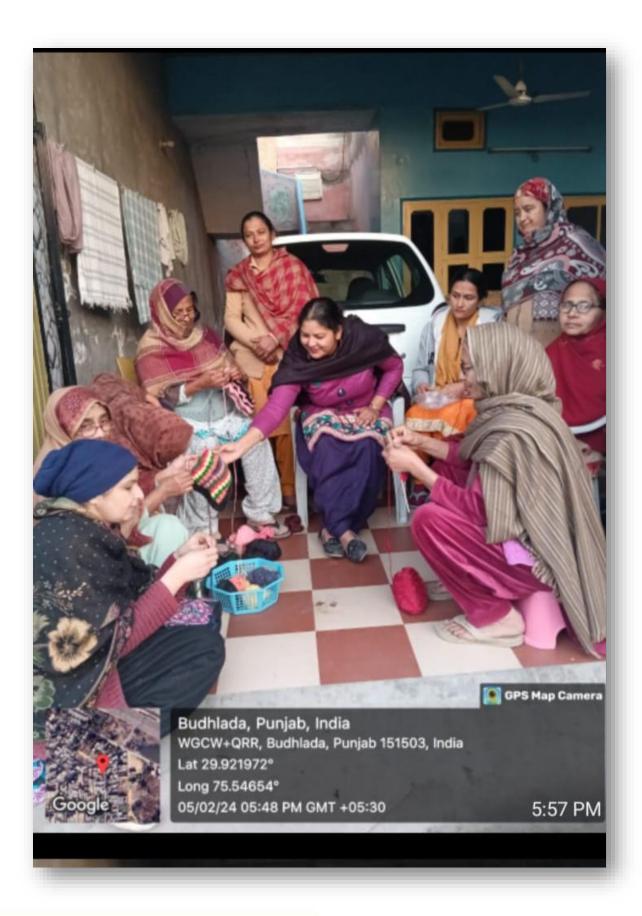
Date:01-02-2024 to07-02-2024



Organised By: Asst.prof.Sukhvir kaur



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NAAC ACCREDITED "A++" GRADE

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#### NAAC ACCREDITED "A++" GRADE \

**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 1<sup>st</sup> 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





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NAAC ACCREDITED "A++" GRADE

Activity No. 23

विषयसामाजिक 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। विद्यार्थीयों 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

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

प्रतिभागी - 35





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

■ NAAC ACCREDITED "A++" GRADE ■

Department of Hindi

Event: - HIMING wan A MIRA MAN AN AND STEET Date: 8/2/24

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Guru Nanak College Budhlada (Mansa)



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 1<sup>ST</sup> 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

Date- 8-2-2024



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

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



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





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

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	-1 1	Session	2023-2024	Time 12100 to 1:30
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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)

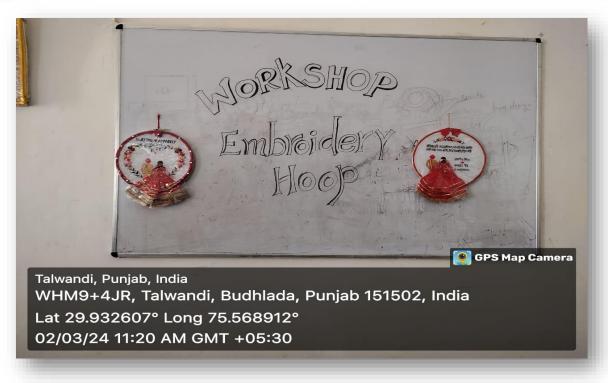
**Participated by:** B.Voc (FT) students

**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



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







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

NAAC ACCREDITED "A++" GRADE

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ate- 00	Dep	artment of Fashion Technolog		
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Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

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)

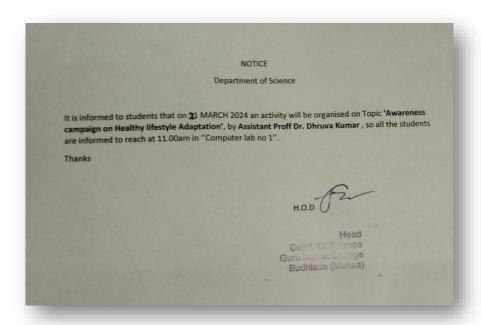
#### Meditation:

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





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



Date: 3		Department	
-	1 March 24		or science
When were			
Event:	thoseness ca	mpaign or	n Healthy lifestyle Ado
Sr. No.	Name of Student MANMEET BALA	Class	Signature
2		B.Sc (NM/M)	Mannuet
	RAMANPREET KAUR	B.Sc (NM/M)	The state of the s
3	PREET KAUR	B.Sc (NM/M)	Ramanpreet Kaux
4	GAGANPREET KAUR	B.Sc (NM/M)	freet law.
5	MANJEET KAUR	B.Sc (NM/M)	Gaganforet fays
6	AMRITPAL KAUR		Mangeet Kown
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		B.Sc (NM/M)	thony slam.
8	SUMANDEEP KAUR	B.Sc (NM/M)	
9	AKKI KAUR	B.5c (NM/M)	SUMANDEEP KIND
10	SIMRAN KAUR	B.Sc (NM/M)	- KKi Kaux
11	PRABHJOT KAUR		Simian F
12	The second secon	B.Sc (NM/M)	Prabot Kaus
	NEHA RANI	B.Sc (NM/M)	Nicha Rais
13	GAGANDEEP KAUR	B.Sc (NM/M)	
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	MANDEEP KAUR	B.Sc (NM/M)	1
18	VANDNA RANI	B.Sc (NM/M)	Mandrep taux
19	SHAINA SAHOTA	B.Sc (NM/M)	Vaidha Ran
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	ANAMIKA	B.Sc (NM/M)	A 6:
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Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC ACCREDITED "A++" GRADE

24	Rajveer Kaur	B.Sc (NM/M)	To
	Harjeet Kaur	B.Sc (NM/M)	Parver K
25	Sukhmandeep Kaur	B-Sc (NM/M)	Harrest Kaur
26	Barinder Singh		Suthmandeep tame
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28	Bhavneet Kaur	B.Sc (NM/M)	Blownestk
	AMANDEEP KAUR	B.Sc (NM/M)	1 1 1
29	TARUN JINDAL	B.Sc (NM/M)	Amandach faur
30	MEENAL	B.Sc (NM/M)	Tarun Jindal
31	KOMALPREET KAUR	B.Sc (NM/M)	Mechal
32	YASHIKA GARG	B.Sc (NM/M)	tomalgreet tom.
33	BEANT KAUR	B.Sc (NM/M)	Yashiba gay
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39	JASHANDEEP KAUR	B.Sc (NM/M)	
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42	SUKHPREET KAUR	B.Sc (NM/M)	Kaminder Bali
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54	YAKSHI	B.Sc (NM/M)	Amitpal faul
55	PRABHIOT KAUR	B.Sc (NM/M)	Packfiel
56	ARCHANDEEP KAUR	B.Sc (NM/M)	
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58	BEANT KAUR	B.Sc (NM/M)	Beant K
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61	JASHANDEEP KAUR	B.Sc (NM/M)	bushandled kaus
62	ARSHDEEP SINGH	B.Sc (NM/M)	Arshdeep singh
63	GURPREET KAUR	B.Sc (NM/M)	Gurbreit four
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Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC ACCREDITED "A++" GRADE

**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:** 





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







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

NAAC ACCREDITED "A++" GRADE T

# GURU NANAK COLLEGE, BUDHLADA

**Attendance Sheet** 

Name of Activity: How to Keep your body for and Mind Mealthy
Date: 3/04/2024.

Session: 70.27-24.

Sr.no.	Name	Department	Signatures
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3.	Kulveer Kaus	Lib Sw.	Kulveer Gan
4.	Veerfal Kaun	11	VB
5.	Kanalfreet Kous	4	Kamal
6.	Pandelp Kaus	4	RK
7.	Jasponeet Kaun	4	नम्प्रेड देव
8.	Varinder Singh	u.	Kings
9	Arshdeap sings	4	Asingh
66	Satoram Singh	lr.	Singh
11.	Handeep Sings	Υ -	715mg4
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16.	Gunwinder Singh	- 4	as
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Head of Department

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



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

NAAC ACCREDITED "A++" GRADE Y

**Attendance:** 

## GURU NANAK COLLEGE BUDHLADA

Department of Library and Information Science

Session: 2023 - 24

#### Feedback Performa

Name of Activity: Mall. to Keep your body Date: 3/04/24 fit and mind Healthy

	Name of Student	Class	Roll no.	Feedback	Signatures
1.	Gurwinder Singh	6.118	8007	obbartumitles for innichments tasks to crollengls a high achieving students	3)3/2°
2.	Hardoep Singh	Q. LTB	8005	Motivate the atudents and improving teaching way to encourage atudents.	soon
3	Arshdoop Singh	B.71B	& <b>૦</b> ૫ડ	Explore the fador growth of mindeset among the students.	Arestolet girsh
ч.	Rarbpal Singh	B.LTB	8043	Proper managmen and improving teaching way to emoownege stude	o la ch
S.	Kulueer Kaur	8.211	8025	brovides the borg guidance regal the communications on shalls.	hi Kulueu

HoD

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



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

NAAC ACCREDITED "A++" GRADE

**Activity No. 28** 

विषय-स्वस्थ तन स्वस्थ मन

विवरण प्रत्येक प्रकार का खेल शारीरिक, मानसिक, मनोवैज्ञानिक और बौद्धिक स्वास्थय के साथ गहराई से जुड़ा होता है। विद्यार्थीयों 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

उद्देशय - विद्यार्थीयों के भीतर प्रेरणा, साहस, अनुशासन और एकाग्रता आदि उत्पन्न करने के उन्हें खेल-क्रीड़ा के साथ जोड़ने का प्रयास तांकि वह अपने मानसिक कौशल में सुधार ला सके।

**प्रतिभागी**- 35





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

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8	13236	Amanboreet Kaw	B.AT	Amanpreet Kalur
9	6809	For als form	BAI	THE Poss
10	6910	Guifreet Singh	D.A.T.	Gurlreet shih
11	13205	Diksha	B.A I	Dikshe.
12	6811	Confiler Sant	BAIL	Coensus
13	13210	Sandelp kawi	B.A(I)	Sandeep Kaury
14	8806	Harman Singh	B. A 1	Harman Singo
15	12166	Ausndup Cour	M.A. I	Aushalup Cour
16 17	13234	Hardeep KaUT	BAI	Hardel kour
18	1217	Ki stamped Ich	M. A.	
	13902	Hanfortel Kain	B.A.T	Horporect hair
	1372	Lovebreet Kaus	M.A.T	nogla 32
21	1373	इति२० मिप	M.A. I	इतिरु मिप
22	13232	Simaryit Kawa	BAT	Smaryet Kaws
	1374	randech Kours	M.A.T	Mandeck Kaur
	6781	Crorwinder Sigh	B.A.TI	Grunindes Sinh
	13219	Amon Rani	BA. T	Amon Posi
26	1382	Khushpret Syl.	MA.T	Kholy of sur
27	1278	sasperent bour	M.A.I	soporut ban
28 1	13224	Kulwinden Kaun	BAI	Kaluinden Kaun
	67 92	Courjinder singh	RA T	awrind
30	8728	lovedeer Singh	BA (77)	lovedup soun
31	2839	Simuy Kaur	B.Sc1st (NK	) Simuy hour
	13209	pright Cause	13.A. 1	Priye rour.
33	877	248164	BA I	0140563
	6879	quirprost singh	3. A. A	Guspreet Sinch
5 5	2878	Brupiades Single	BSCI	"Bhuprolely
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