



# GURU GOBIND SINGH COLLEGE FOR WOMEN

SECTOR 26, CHANDIGARH - 160019

(Affiliated to Panjab University Chandigarh)

(Re-accredited by National Assessment & Accreditation Council, Bangalore)



## ACTIVITIES 2022-23

### GURU GOBIND SINGH COLLEGE FOR WOMEN



Winter essentials (Sweaters, Socks) and food items were distributed by Palak (President) on the behalf of Rotaract Club to poor kids in Vrindavan on December 15, 2022. It was a heart-warming gesture on her part which also encourages other members of the club to put their love and efforts together for the greater good of the society and encourage them to come forward and contribute for the betterment of the society at large.

**Ms Sukhdeep Kaur (Librarian) and Dr Anju Bala (Head, Dept of Fine Arts) are the coordinators.**

### Gender Champions' Club

Gender Champions' Club organised an Awareness Drive on 'Education for All' on November 22, 2022. 14 students participated in it and made posters on the same.

The Club organised a Special Talk on 'Why Emotional Empowerment is Important for Girls?' on November 23, 2022. Ms Aruti Nayar (Vice President of Samvedna- towards a gender equal society) was the Guest speaker of the talk. Speaking on the occasion, the speaker focused on the emotional aspect of working females prevalent in the society. The



speaker also explained the concept of women empowerment and the various dimensions and parameters associated with it. The speaker suggested some ways to change the emotional mindset for attaining goals of effective women empowerment in society.

The Club organised a **Lecture-cum-Workshop on Gender and Substance Abuse** on March 6, 2023 under the aegis of Nasha Mukta Bharat Campaign. Ms Charanjit Kaur, a Consultant, Hypnotherapist and Past Life Regression Therapist was the Resource Person.

To mark the celebrations of **International Women's Day** ten members of Gender Champions' Club wrote slogans on Gender Equality on March 9, 2023.

**Dr Anju Bala (Head, Dept of Fine Arts) is the coordinator.**

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#### DEPARTMENT OF HINDI

- To promote the use of Hindi language, the Department of Hindi organised 'Hindi Divas' with an Intra-College **Poster Making Competition**, with the theme being 'Meera Bai ke Padon ki Chitrabhiyakti'. Students portrayed their ideas with colors.



The first prize was won by Khushboo of BA III, second prize was bagged by Pallavi Sharma of BA III and Radha of BA III. The third prize was won by Jasmine of BA



III. The speaker was faced by students in choosing their mother tongue as the medium of study.

- A **Special Talk** was organised by the Departments of Hindi, English and Punjabi, jointly on March 13, 2023. Dr Ishmeet Kaur Chaudhry, Assistant Professor, Centre For English Studies, School of Language, Literature and Culture Studies, delivered an Interactive Talk on the topic '**Speaking For Myself: Women Writing And Practice**'. More than 70 Students were part of this interaction.



## DEPARTMENT OF HOME SCIENCE

- To celebrate Poshan Maah, an Expert Talk was delivered by a renowned dietician, Ms Pooja Dogra on September 8, 2022. She emphasised on the need of nutrition for women and children and advised simple lifestyle changes to promote good health.
- A **Cooking Demonstration** was conducted by Nestle to celebrate Poshan Maah on September 12, 2022. Three simple recipes using healthy ingredients were demonstrated. The demonstration was followed by a quiz session.
- An **Inter Class Competition** was held on September 16, 2022, for various categories to shortlist students for the Panjab University Youth and Heritage Festival.
- A **Value Added Course in 'Basic Stitching and Embroidery'** was conducted from September 20, 2022 to October 14, 2022. Articles such as tote bags, handbags, clutches, tray covers were made by the students using basic stitching patterns and embroidery designs.
- A **Cooking Competition** was organised on September 29, 2022 on **Cooking with Millets**, which are a good source of protein, fiber, key vitamins and minerals and have potential health benefits.
- A **Value-Added Course in 'Health and Wellness'** was conducted from January 2-30, 2023. Students were introduced to the fundamentals of health and nutrition. The objective of the course was



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- to create awareness and equip students with fundamental understanding to deal with stress for a healthy lifestyle.
- **Basant Panchmi** was celebrated on January 25, 2023 by the students with great enthusiasm. Students cooked yellow-colored dishes such as *Zarda Rice*, *Moong Dal Barfi*, *Besan Laddoo* and *Rava Kesari*.
- Students had set-up stalls of healthy millet-based dishes during the two day International Seminar organised by Department of Economics.
- The **entrepreneurial venture** of the Department, **Club Saksham**, remained active throughout the year to promote its concept of 'Earning While Learning'. The Club is associated with the Social Entrepreneurship Swachhta and Rural Engagement Cell, Mahatma Gandhi National Council of Rural Education, Government of India. Regular activities and events were held throughout the year to provide opportunities to students.
- A **Mehndi Stall** was put up on October 12, 2022 where students applied mehndi for faculty, staff and students.
- A **Diwali Bonanza Cake Stall** was organised on October 18, 2022 where a variety of cakes and cupcakes were baked by the students and then sold.
- A **Summer Food Festival** was organised in February and March 2023. Students prepared various food items and sold them for a profit.
- A day-long Bazaar, named, **Karigari se Karobari** was organised on March 18, 2023. Various stalls were put up by the budding entrepreneurs for sale of food items, gift articles, tie and dye fabrics etc. College students were queued up outside stalls to buy these articles.
- A one-day Workshop on **'Heritage, Art and Craft items'** on March 20, 2023 in SGGGS College. 15 of our students participated in the workshop and gained valuable insights into creating heritage and craft items..
- College student **Moni** of BA III won the second prize in the Cooking Competition and got a cash award of Rs. 700 in an Inter-College competition held in SGGGS College on March 11, 2023.
- An activity on **'Millets' Miracle for Health'**



was visited by the volunteers for the Nukkad Natak presentation and door to door campaigning for cleanliness

- Preparation of cultural dance.
- Day Six (March 8, 2023)**
- Day six started with prayer and morning assembly at the college ground.
- Thereafter the fifth session of the self-defense training began.
- Holi Celebrations started after that with sweets and snacks for the volunteers.
- Post Lunch a Pledge on Womens' Day was taken, followed by a pledge on cleanliness
- Thereafter Formation was made to symbolize women empowerment to celebrate Women' Day
- Cleanliness of the college lawn
- Preparations of the cultural dance continued.

Haryanvi dances.

- Thereafter Prizes were distributed to the volunteers and a Motivational speech was given by Dr Jatinder Kaur, Principal, Guru Gobind Singh College for Women, Sector 26, Chandigarh
- Lecture on Organ donation by Ms Neha Sharma (Program Officer- MOHAN Foundation)
- Post lunch chocolates were distributed to all the volunteers and a Valedictory speech was given by NSS programme officer.
- Volunteers celebrated the last day of the camp by clicking pictures and dancing
- Thereafter the volunteers distributed goodies to the needy on their way back to homes.

Ms Arshveer Kaur and Ms Savita Saini (PG Dept of Commerce) are NSS Programme Officers.



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the coveted Ms Fresher title.

To celebrate *Poshan Maah*, a PCOS Awareness Programme was held on September 28, 2022. Dr Natasha (MBBS, MD) was the Resource Person and gave an enlightening talk on the causes of PCOS and the methods of treating it.

On September 29, 2022, a **PPT Making Contest** was organised on the theme 'Women Nutrition'. The winners were:

1st Harshita BCom III

2nd Sakshi BCom II

3rd Neha Minhas BCA III

Elections are held every year to elect the **College Student Council**. This year, the elections were held on October 18, 2022 in accordance with the norms of Panjab University.



To celebrate *India's G20 Presidency*, a painting competition was organised on March 9, 2023, on the theme 'One Earth One Family One Future'. Students participated with great enthusiasm and displayed their talent through colourful posters.

On March 18, 2023, a *College Carnival* was organised in the campus. Various stalls were put up by the students for sale of eatables and craft items. There were handicrafts and gift items for purchase, alongwith fun games for the visitors. There was a music and dance area to attract and entertain the attendees.

On February 13, 2023, a *Pledge Ceremony* was organised under *Nasha Mukta Bharat Campaign*. More than 65 students took the pledge against drug abuse.

Ms Jasneet Kaur Malhi (Head, Dept of Home Science) is **Dean-Student Welfare**.





aware of the process of recruitment. They were given a link to take an online Psychometric Test which was the prior requirement for selection in the company. As many as 150 students appeared for the test and 46 students qualified the same.

The College signed MoU with two renowned companies: Bajaj Finserv in December, 2022 and Chanakya IAS Academy in March 2023.

A 96-hour Certificate Program on CPBFI was organised in collaboration with Bajaj Finserv. This program was inaugurated on January 16, 2023. The aim of the program was to fill the gap between theory and practical. The modules contain Personality Development, Communication Skills and other practical aspects of Insurance, Banking and Finance. 53 students joined the program and 42 students completed the course and were awarded certificates. The Cell also organised Seminars

to equip students with career guidance and to enhance their employability skills.

A Webinar was organised on March 7, 2023 on 'Career Opportunities for Women in RBI'. Eminent speaker for the session was Diksha Gathwal, Manager in Issue Department, RBI, Chandigarh. The Speaker made the students equipped with the opportunities available in RBI and guided them how to avail them.

Another Webinar was conducted on March 11, 2023 for final year students of all streams on 'Career Counseling for Future Readiness'. Ms Aparna Grover, a Career Counsellor and Director of Infomaths studies Pvt Ltd Chandigarh, was the Guest Speaker. She motivated, enlightened and advised the students for a brighter future in higher education.

Dr Jaspreet Kaur (Head, PG Dept of Commerce) is the coordinator.

## Ehsaas - Red Ribbon Club

An Orientation Session was held for the volunteers on September 6, 2022 to discuss the objectives of the club of educating and sensitizing youth about HIV/ AIDS/ STIs and dispel myths regarding them. New volunteers were inducted and activities for the new session were also planned.

Pink October was celebrated on October 27, 2022. Volunteers wore pink colored attire and distributed pink ribbons for generating awareness about breast cancer, importance of early identification and its symptoms.

Volunteers Kajal Gupta from BCom III and Reena Rautela from BA III, participated in the State Level Quiz Competition held on November 11, 2022, organised by Chandigarh State AIDS Control Society.

World AIDS Day was celebrated on December 1, 2022 by the volunteers. It is a day of solidarity for people around the world who are affected by HIV. Even today, it remains a public health challenge. An Awareness March was carried out by the volunteers in the campus.

A Slogan Writing Competition was



conducted on February 4, 2023 to mark World Cancer Day. It was an effort by the volunteers to raise greater awareness about cancer and to mobilise students and faculty for collective action.

On March 7, 2023, to mark the upcoming International Women's Day, a rally was carried out in the campus by the volunteers to generate awareness against Drug Abuse. Volunteers pledged to stay away from drugs and displayed posters to depict the ill effects of drug abuse.

Ms Jasneet Kaur Malhi (Head, Dept of Home Science) and Lt (Dr) Ritu Dhanoo (PG Dept of Commerce) are the coordinators.





## NSS

NSS Wing of the College has two NSS units comprising of 100 volunteers each. **Orientation of NSS Volunteers** for the session 2022-23 was held on September 16, 2022. The students were informed about various activities to be undertaken by the wing for the society in general and for the adopted village Kishangarh, Annual Camp, and various other rules and regulations to be followed by them. The session was attended by 200 volunteers enrolled for 2 units of NSS wing of the college. The students worked with zeal for the community.

During the session 2022-23, the following activities were undertaken by the NSS volunteers.

**11 volunteers celebrated Earth Day and made posters on the same theme to create awareness on saving our planet earth on April 22, 2022.**

**22 volunteers planted saplings at their respective places to mark World Environment Day on June 5, 2022. The activity was aimed at making the volunteers learn about the importance environment protection.**

Two volunteers participated in the walking activity under **Chandigarh Ungearred Program: An initiative to promote Non-Motorized Transportation** in the city with a further aim of reducing the carbon footprint and promoting Nature as well as Fitness in



and spiritual prowess that yoga has brought to the world. It plays an important role in relaxing the mind and body and boosting the immune system. 8th International Yoga Day was celebrated on June 21, 2022 by the students with great enthusiasm. A Yoga session was held in the college campus from 7-8 am by Ms Kirti. The session began with warm up exercises and *Omkar* chanting. 120 students participated and performed pranayama along with sitting and standing 'Asanas'.

To celebrate the 8th International Yoga Day, 2022 online session for 'Face Yoga' was organised on June 19, 2022. The session was conducted by Ms Sukriti Chaturvedi, International certified Advance Yoga Trainer and Face-Yoga Therapist. 35 volunteers attended the session online through Zoom meeting.

**To mark Vanmahotsav Week, 12 volunteers showed their love towards trees and hugged them on July 10, 2022.**

The NSS unit organised a rally on 'Har Ghar

## DEPARTMENT OF ECONOMICS

**A Value Added Certificate Course in Technical and Fundamental Analysis** was conducted by the Post Graduate Department of Economics. The course aimed to enhance the ability of individuals in the world of investment and equip them with the knowledge and skills required to make effective decisions about financial management. The course began on January 27, 2023, and had 70 students registered for it.

The Post Graduate Department of Economics organised a **Two-Day International Seminar** on the theme '**Swasth Bharat Se Sampan Bharat: Resilience, the Need of the Hour**' on February 17-18, 2023, under the aegis of Azadi Ka Amrit Mahotsav and sponsored by ICSSR.

**The seminar aimed at realising a healthy and self-reliant India by focusing on issues such as health, food security, infrastructure, industry,**



**sustainability, environment, and happiness, among others. It also aimed to draw attention to building the economy's capacity to fight back against ongoing health issues and economic slowdowns with a particular focus on research, innovation, and technology.**

Prof Pritam Singh, Emeritus Prof of Economics, Oxford Brookes Business School, UK; Prof Ranjit Singh Ghuman, Prof of



## NCC Army Wing

The NCC Army Wing of the College, under **1 Chandigarh Girls Battalion**, presently comprises of 106 cadets. The Wing aims to motivate the young girl cadets of the College to take up their careers in the armed forces. Apart from the regular parades of drill classes and theory classes, cadets enthusiastically participated in various activities and camps throughout the year :

Name of the Activity	Date	No. of Cadets Participated
Distribution of Sanitary pads and soaps to needy girls in Adarsh Nagar, Manimajra in collaboration with NGO Open Eyes Foundation. Around 300 sanitary napkins and 200 soaps were distributed	May 8, 2022	15
Walkathon at Rock Garden on theme 'Eat Right Eat Healthy'	May 15, 2022	16
Tree Plantation on World Environment Day	June 5, 2022	15
Cadets attended Online face yoga workshop	June 19, 2022	26
Celebration of International Yoga Day		
<input type="checkbox"/> Poster Making	June 21, 2022	16
<input type="checkbox"/> Performed Yoga Asanaas		18
Poster making on 'Effects of cigarettes and tobacco consumption'	June 22, 2022	08
Poster making and pledge on 'say no to drugs'	June 26, 2022	19
Poster Making on 'Kargil Diwas'	July 26, 2022	18
Visit to War Memorial on the occasion of Kargil Vijay Diwas	July 26, 2022	01
Celebration of 75th Independence Day	Aug 15, 2022	
<input type="checkbox"/> Pinning the flag, Poster making and Distribution of National flag, under 'Har Ghar Tiranga' program		55

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### VASUDHA-Environment Society

Registered with Chandigarh Administration Society No.CHD/Env.Soc/12, the environment society was engaged in various activities for promoting the cause of green environment. 50 Volunteers were enrolled with the society, who actively participated in various events throughout the year.

- On the occasion of World Environment Day, tree plantation was done by staff and students of the College with a week – long activity from May 30- June 5, 2022. More than 250 selfies were clicked with plants.



- Van Mahotsav was celebrated on August 8, 2022 by organizing a Tree Plantation Drive which was sponsored by Department of Environment, Chandigarh Administration. The Principal, staff and students of the college planted around 50 saplings of herbal and medicinal plants in the Herbal Garden of the College.
- An Inter-College Essay Writing Competition was organised to celebrate Akshay Urja Diwas on September 2, 2022 which was sponsored by CREST, Chandigarh Administration. The theme of the event was 'Impact of Akshay Urja in India'. Mr Sushil Dogra, Scientist, CPCC graced the occasion and delivered a Lecture on the topic 'Renewable Energy and Green Technology.'
- VASUDHA, the Environment Society in collaboration with SBI Chandigarh,





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65 volunteers organised a **Rally on Blood Donation** awareness on March 1, 2023. Volunteers made posters and raised the slogans and distributed the awareness postcards to the residents of the adopted village at kishangarh.

NSS Special Camp- March 3-9, 2023

### Day One (March 3, 2023)

- The day started with an assembly in the seminar room.
- A total of 54 volunteers participated in the special camp.
- An hour long exercise session was held.
- An Orientation was held with the volunteers wherein duties and responsibilities were assigned to them. Various committees namely discipline, hospitality, decoration, cleanliness, cultural were formed for the smooth functioning of various activities during the camp.
- A workshop on Stone Painting was organised under the guidance of Dr Anju Bala (Assistant Professor- Fine Arts)
- Post lunch, the volunteers started the rehearsals for the Nukkad Natak to be organised at adopted village - Kishangarh, and also prepared the thanks giving cards

- Post lunch a visit to Ashiana and Snehalya for girls was organised where the volunteers distributed the goodies to the children.
- Preparation of Nukkad Natak.
- Preparation of cultural dance.

### Day Three (March 5, 2023)

- Day three started with assembly and prayer at the college ground.
- After that second session of the self-defense training began.
- A competition was organised thereafter where the Volunteers made posters on cleanliness. Best three posters were announced.
- Volunteers made a formation of a healthy heart to symbolize Fit India Campaign and a pledge on the same was take thereafter.
- Post lunch volunteers prepared for the Nukkad Natak and cultural dance.
- Volunteers distributed thanks giving cards to our helpers.

### Day Four (March 6, 2023)

- Day Four started with assembly and prayer at the college ground.
- After that the third session of the self-defense training began.
- Cleanliness of the campus by the Volunteers.
- Subsequently, the volunteers attended a Lecture by Mr. Mohit Verma (Assistant Professor of Public Administration, PGGCG 42, Chandigarh) on 'How

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### NCC Navy Wing

With the motto of 'Unity & Discipline', the National Cadet Corps (NCC) plays a credible role in determining the character of the cadets by inculcating the values of patriotism, discipline and hard work. Like every year the recruitment started with one week Induction Programme. Senior cadets demonstrated the key activities and gave exposure to the new recruits. The Naval Wing encourages and motivates girl cadets to participate in adventure training and social work, as part of the holistic development of their personality.

Activities and Camps organized during the session are as follows.

Date	Event	No of Cadets
June 21, 2022	Yoga Camp	35
July 2-05, 2022	Scuba Diving	03
August 2-15, 2022	Independence Day Parade at Sector 17 Chandigarh	03
January 1-26, 2023	Republic Day Parade Practice and participation	02

### Camps Attended

Date	Event	No of Cadets
October 12-19, 2022	Annual Training Camp	14 cadets
October 14-28, 2022	AIYR-1	01
October 29 - November 05, 2022	AIYR-2	01
June 19-28, 2022	CATC	01
July 4-15, 2022	Inter Directorate Camp	01
September 29- October 16, 2022	Mavlankar Shooting Championship (Pre National Camp)	01
November 10 - December 10, 2022	National Sports Shooting Camp	01

Apart from camp based activities, cadets also learn water based activities in Sukhna Lake. Boat Pulling and Surfing are the routine part of the year around trainings.



## Gurmat Vichar Sabha



Education is not mere acquisition of knowledge through academic curriculum but also imbibing the ethical and moral values to become a complete human being. It becomes a matter of paramount importance for an educational institute that moral training should be imparted to the students to overcome the ills of modern trends of materialism, insensitivity and moral degradation among the youth. College' Gurmat Vichar Sabha strives to instill spiritual values in the mind of the students with great dedication and devotion. Following were the activities organised in 2022-23.

The inaugural day of the Academic session 2022-23 began with *Shabad Kirtan* by Bhai Lakhwinder Singh ji (Chandigarh Wale), followed by Anand Sahib Paath and Ardaas. The celebrations were accompanied by the beginning of *Sehaj path* which was performed in continuation throughout the academic session by staff members and students.

To commemorate College' glorious years in

the field of education, Gurmat Vichar Sabha and the Department of Music organised a 'Gurmat Sangeet Samagam' on February 11, 2023 under the aegis of Sikh Educational Society. The College campus resonated with melodious renditions of Gurbani Shabad Kirtan as the students and staff celebrated the College Sthapana Divas. Teams from various institutions across Punjab and Himachal Pradesh were invited to participate in the Samagam.

The programme commenced with the singing of the College Shabad and culminated with *Guru ka Langar*. The College campus echoed with the mesmerizing Gurmat Sangeet performances of the teams from Jawaddi Taksal (Ludhiana), Akal Academy, Baru Sahib (HP) and Namdhari Music Academy, Sri Bhaini Sahib, (Ludhiana).

Ms Sukhmeen Kaur (Head, Dept of Punjabi) and Dr Surinder Kaur (Head, Dept of History) are the coordinators.



## Bebe Nanaki Wall of Kindness

