



# GURU GOBIND SINGH COLLEGE FOR WOMEN

SECTOR 26, CHANDIGARH - 160019

(Affiliated to Panjab University Chandigarh)

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



## BEST PRACTICE- I SPORTS AND WELL-BEING

*'Hand that Rocks the Cradle Rules the World'*

### 1. Evidence of Success- Number of Awards/Medals for Outstanding Performance in Sports at University/State/National / International Level

2018-19 to 2022-23

2018-19

Name of the award/ medal	Team / Individual	University/State/National/ International	Name of the student
First: AIBA Youth Women's World Boxing Championship	Individual	International	Nitu
Third: All India Inter University Volleyball Tournament	Individual	National	Kunjna Singh
First: All India Inter University Rowing 500 mt. Double Scull Tournament	Individual	National	Shreya R. Iyer
Third: All India Inter University Rowing Light Weight 2000 mtr. - Double Scull Tournament	Individual	National	Jaswinder Kaur
Second: All India Inter University Pencak Silat Tournament	Individual	National	Kiran
First: All India Inter University Rowing (500 Mt. Women Pair) Tournament	Team	National	Pooja Kumari
Third: All India Inter University Rowing (500 Mt. Women Four) Tournament	Team	National	Eastpreet Kaur, Alisha

*Jaswinder Kaur*  
Principal

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First: All India Inter University Rowing 500 M Single Scull Tournament	Individual	National	Shreya R. Iyer
Runners up: All India Inter University rowing Tournament (2000 Mt. Women Four)	Individual	National	Pooja Kumari
First: Senior State Basketball Championship	Individual	State	Payal Rawat
First: Panjab University Inter College Kayaing K2 (5000 mts.) Competition	Team	University	Anamika
First: Panjab University Inter College Boxing Tournament Boxing Bantum (54 Kg)	Individual	University	Savita
First: Panjab University Inter College Rowing Open Weight 500 M Coxless Four Tournament	Individual	University	Pooja Kumari
First: Panjab University Inter College Pencak Silat Tournament (Indoor Event) Under 60 Kg	Individual	University	Gargi
Second: Panjab University Inter College Pencak Silat Tournament (Beach Event) Above 75 Kg	Individual	University	Anisha
Second: Panjab University Inter College Kayaing K2 (1000 mts.) Competition	Individual	University	Anamika

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Second: Panjab University Inter College Wushu Taijian Event Tournament	Individual	University	Ankita
First: Panjab University Inter College Rowing Open Weight 2000 M Coxless four Tournament	Individual	University	Pooja Kumari
Third: Panjab University Inter College Pencak Silat Tournament (Beach Event) 75 Kg	Individual	University	Eastpreet Kaur
Third: Panjab University Inter College Canoeing C1 (1000mts.) Competition	Individual	University	Bhavna Tomar
First: Panjab University Inter College Boxing Tournament Boxing Heavy (+81 Kg)	Individual	University	Anisha
Third: Panjab University Inter College Pencak Silat Tournament (Beach Event) Under 60 Kg	Individual	University	Gargi
Third: Panjab University Inter College Wushu Gunshu Tournament	Individual	University	Manju
Third: Panjab University Inter College Wrestling Tournament (Under 55Kg)	Individual	University	Preeti

  
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First: Panjab University Inter College Pencak Silat Tournament (Beach Event) Under 65 Kg	Individual	University	Manju
Third: Panjab University Inter College Wushu Tournament (Below 75 Kg)	Individual	University	Diksha Vij
First:: Panjab University Inter College Kayaing K2 (15 Kmts) Competition	Team	University	Anamika
First: Panjab University Inter College Wushu Bagwazhang Event Tournament	Individual	University	Roopa
Second: Panjab University Inter College Canoeing C2 (200 mts.) Competition	Team	University	Bhavna Tomar
First: Panjab University Inter College Boxing Tournament Fly (51 Kg)	Individual	University	Gargi
Third: Panjab University Inter College Wushu Jianshu Tournament	Individual	University	Poonam
Third: Panjab University Inter College Pencak Silat Tournament (Indoor Event) Under 65 Kg	Individual	University	Manju
First: Panjab University Inter College Wushu Taji Quan Tournament	Individual	University	Ankita

  
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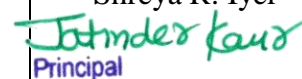
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Second: Panjab University Inter College Yachting Tournament	Team	University	Kiran Kaur
Third: Panjab University Inter College Canoeing C2 (5000mts.) Competition	Team	University	Bhavna Tomar
First: Panjab University Inter College Softball Tournament	Team	University	Kalpana, Jinnie Wong, Yashoda, Deepika
Second: Panjab University Inter-College Kabaddi Tournament	Team	University	Komal, Banti, Monika, Sakshi, Swati, Kanika, Parveen, Ritu, Aidit Pushpa
First: Panjab University Inter College Kayaing K2 (500 mts.) Competition	Team	University	Anamika
Third: Panjab University Inter College Wushu Chanquan Tournament	Individual	University	Roopa
First: Panjab University Inter College Cricket Tournament	Team	University	Yashoda, Amanjot Kaur, Issa Rani, Sakshi, Monika Pandey, Kajal
First: Panjab University Inter College Rowing Open Weight 500 M Double Scull Tournament	Individual	University	Shreya R. Iyer
First: Panjab University Inter College Rowing Light Weight 2000 M Double Scull Tournament	Individual	University	Shreya R. Iyer

  
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Second: Panjab University Inter College Wushu Daorhan Event Tournament	Individual	University	Vandana Narwal
First: Panjab University Inter College Rugby Tournament	Team	University	Bharati Sharma, Sakshi Kachi, Siksha, Neeta Devi, Jyoti, Rekha
First: Panjab University Inter College Netball Tournament	Team	University	Hema Pratap, Komal, Alisha Khan
First: Panjab University Inter College Kho-Kho Tournament	Team	University	Jyoti, Jaspreet, Savita, Kajal, Shiksha
First: Panjab University Inter College Hockey Tournament	Team	University	Priyanka, Amandeep Kaur and Rekha
Second: Panjab University Inter-College Sepak Takraw Tournament (Regu)	Team	University	Akshita Rathore, Jyoti, Neeta Devi, Shiksha Khachi
First: Panjab University Inter College Volleyball Tournament	Team	University	Sumedha Kumari, Sonia, Nancy, Kangan
First: Panjab University Inter College Basketball Tournament	Team	University	Hema Pratap, Khushman

*Jatinder Kaur*  
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2019-20

Name of the award	Team / Individual	Level of competition (University / State / National / International)	Name of the student(s)
First: National Women Hockey Tournament	Individual	International	Rashanpreet
Third: All India Inter University Kho Kho Tournament	Individual	International	Akshita Rathore
Third: North Zone Inter University Cricket Tournament	Individual	National	Kumari Shibi
Third: All India Inter University Volleyball Tournament	Individual	National	Kunjana Singh
First: All India Inter University Swimming Championship (Aquatics)	Individual	National	Deepali Attri
Third: All India Inter University Volleyball Tournament	Individual	National	Reena Kumari
Third: North Zone Inter University Basketball Championship	Individual	National	Anchal
Third: North Zone Inter University Kho Kho Tournament	Individual	national	Seema
First: 42nd Senior Punjab State Swimming Championship 2019 (50 mt Backstroke)	Individual	State	Deepali Attri
First: Senior State Basketball Championship	Individual	State	Pinki Nee Manju

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Second: Khelo India University Games (Volleyball)	Individual	State	Kunjna Singh
Second: 42nd Senior Punjab State Swimming Championship (200 Mt. Backstroke)	Individual	State	Deepali Attri
Winner: Junior State Basketball Championship	Individual	State	Dimple
First: 42nd Senior Punjab State Swimming Championship 2019 (50 mt Free Style)	Individual	State	Deepali Attri
First: 42nd Senior Punjab State Swimming Championship 2019 (100 mt Backstroke)	Individual	State	Deepali Attri
Winner: Junior State Basketball Championship	Individual	State	Sonu
First: Senior State Basketball Championship	Individual	State	Harmandeep Kaur
First: 42nd Senior Punjab State Swimming Championship 2019 (200 mt Ind Medley)	Individual	State	Deepali Attri
Winner: Senior State Basketball Championship	Individual	State	Himani Rawat
Second: Panjab University Inter College Sepak Takraw Team Qnadrat	Team	University	Ashmita, Akshita Rathore, Jyoti, Poonam Devi, Monika and Pooja
First: Panjab University Inter College Volleyball Tournament	Team	University	Kunjana, Simran, Kopal Sharma, Mannu, Taniya, Reena
First: Panjab University Inter College Swimming Tournaments (4*50 Mts. Freestyle Relay)	Individual	University	Deepali Attri
Third: Panjab University Inter College Rythmic Gymnastic (Team) Tournament	Individual	University	Jyoti, Kopal Sharma, Muskan Titla

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First: Panjab University Inter College Swimming Tournament (100 M Freestyle)	Individual	University	Deepali Attri
Two Second: Panjab University Inter College Wushu Tournament (Changquan) (Quingshu)	Individual	University	Sandhya Singh
Second: Panjab University Inter College Judo Competition (Under 63 Kg)	Individual	University	Sanyogita
First: Panjab University Rowing Light Weight 2000 M Coxless Four	Team	University	Diljot Kaur, Alisha, Eastpreet Kaur
First: Panjab University Inter College Swimming Tournament (200 Free Style)	Individual	University	Deepali Attri
First: Panjab University Inter College Netball Tournament	Team	University	Komal Thakur, Harmandeep, Princepal Kaur
Third: Panjab University Inter College Karate (Kata) Tournament	Individual	University	Shanu Rathore
Third: Panjab University Inter College Wushu (Tajijan) Tournament	Individual	University	Ankita
First: Panjab University Inter College Rowing Open Wt. 2000 M Coxless Pair Tournament	Individual	University	Eastpreet Kaur
Third: Panjab University Gatka Inter-College tournament	Individual	University	Darsift Kaur, Roopa Kumari, Sarvmeet Kaur
First: Panjab University Inter College Swimming Tournaments: 50Mts. Back Stroke	Individual	University	Deepali Attri
First: Panjab University Inter-College Hockey Tournament	Team	University	Sandeep Kaur, Monika

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Second: Panjab University Inter College Boxing Tournament (51Kg)	Individual	University	Soniya
First: Panjab University Inter College Rowing Light Weight 2000M Quadraple Four	Team	University	Ashmeet Gill, Eastpreet Kaur, Diljot Kaur
Second: Panjab University Inter College Wushu (Naanquan) (Nandao) Tournament	Individual	University	Roopa Kumari
First: Panjab University Inter College Swimming Tournament (50 M Butterfly)	Individual	University	Deepali Attri
Second: Panjab University Inter-College Sepak Takraw Team Regu Tournament	Team	University	Akshita Rathore, Seema, Bhawna, Jyoti, Ashmita, Preeti Thakur, Amanpreet Kaur, Pooja
First: Panjab University Inter College Rowing Open Wt. 500 M Coxless Pair Tournament	Team	University	Ashmeet Gill, Eastpreet Kaur
Third: Panjab University Inter College Judo Competition (Under 48 Kg)	Individual	University	Madhuri
First: Panjab University Inter College Swimming Tournaments: 400Mts. Free style	Individual	University	Deepali Attri
Second: Panjab University Inter College Taekwondo & Poomsae Tournament	Individual	University	Manvi Tyagi
First: Panjab University Inter College Cricket Tournament	Team	University	Kajal, Priya, Vanya Dogra, Nikita Nain, Parul Saini,
First: Panjab University Inter College Rowing Light Wt.500 M Coxless Four	Team	University	Eastpreet Kaur, Ashmeet Kaur

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Panjab University Inter College TBR/DBR (500 M) Competition	Team	University	Sakshi, Aidit Pushpakujur, Priya, Vaishali, Urmila Devi, Salam Chaoba Devi, Chanda Kumari, Alisha, Ashmeet Kaur Gill, Diljot Kaur, Eastpreet Kaur,
First: Panjab University Inter College Swimming Tournament (400 Mt Ind. Medley)	Individual	University	Deepali Attri
First: Panjab University Inter College Wrestling Tournament (Free Style) (Under 62 Kg)	Individual	University	Sanyogita
Third: Panjab University Inter College Soft-Tennis Tournament	Team	University	Lata Rawat, Jyoti, Ripu Daman, Mansi Pahal, Aidit Pushpa Kujur
First: Panjab University Inter College Swimming Tournament (200 Back Stroke)	Individual	University	Deepali Attri
First: Panjab University Inter College Rowing Light Weight 500 M Quadraple Four	Team	University	Alisha, Ashmeet Kaur
First: Panjab University Inter College Boxing Tournament (75 Kg)	Individual	University	Nandini Sood
Second: Panjab University Inter-College Sepak Takraw Team Qnadrat Tournament	Team	University	Ashmita, Akshita Rathore, Jyoti, Poonam Devi, Monika and Pooja
First: Panjab University Inter College Swimming Tournaments: 50Mts. Breast Stroke	Individual	University	Deepali Attri

*Jatinder Kaur*  
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## 2020-21

Name of the award/ medal	Team / Individual	Level of competition (University / State / National / International)	Name of the student(s)
First: Hockey Test Series India V/S Chile	Individual	International	Rashanpreet Kaur
First: Online Hockey Skill Competition	Individual	University	Rajani

## 2021-22

Name of the award/ medal	Team / Individual	University/State/Nati onal/ International	Name of the student
North Zone Pre Republic Day Parade	Individual	National	Pooja
First: All India Inter University Netball Tournament	Team	National	Anchal, Vidhi,Meeru,Nandni
Third: AIU Zonal Inter University Volleyball (Women) Championship	Individual	National	Itika
Third: All India Inter University Soft Tennis Tournament	Individual	National	Anamika Singh
Second: All India Inter University Sepaktakraw (Team Event) Tournament	Team	National	Pooja Sahni, Rinku
Third: North Zone Inter- University Volleyball (Women) Competition	Individual	National	Shivanshi Verma
Gold: Chandigarh State Judo Championship	Individual	State	Krishna Sen
Third: Senior State Basketball Championship	Team	State	Harmandeep Kaur,Niharika Bagga
Gold: Chandigarh State Judo Championship	Individual	State	Pooja
Third: Panjab University Inter College Judo Competition: Judo under- 63 Kg	Individual	University	Pooja

*Harmandeep Kaur*  
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Third: Panjab University Inter College Soft- Tennis Tournament	Team	University	Nandini Kashyap, Mannat, Ashu, Anamika Sharma
Second: Panjab University Inter College Basketball Tournament	Team	University	Harmandeep Kaur, Niharika
First: Panjab University Inter-College Sepaktakraw (Quad) Tournament	Team	University	Asmita, Monika, Pooja Sahni, Rinku, Riya, Sakshi Sharma
Third: Panjab University Inter College Judo Competition: Judo under-78 Kg	Individual	University	Krishna Sen
Second: Panjab University Inter College Volleyball Tournament	Team	University	Manjeet, Sadhna, Simran, Itika
First: Panjab University Inter College Boxing Championship: Boxing - 52 Kg	Individual	University	Aarti Mehra
First: Panjab University Inter College Hockey Tournament	Team	University	Meera Kumari, Rashanpreet Kaur, Harleen Kaur
Third: Panjab University Inter College Boxing Championship: Boxing - 50 Kg	Individual	University	Komal
Second: Panjab University Inter College Karate Tournament: Karate (Kata)	Individual	University	Sneha
Second: Panjab University Inter College Weight lifting Championship	Individual	University	Rajpreet Kaur
First: Panjab University Inter-College Sepaktakraw (Regu Team) Tournament	Team	University	Rinku, Pooja Sahni, Asmita, Monika, Riya, Shivani
First: Panjab University Inter College Cricket Tournament	Team	University	Rameza Begum, Sangeeta Shrivangi Yadav

*Jatinder Kaur*  
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Second: Panjab University Inter College Netball Tournament	Team	University	Nandni, Chetna, Niharika Bagga, Harmandeep
Third: Panjab University Inter College Karate Tournament: Karate (55 Kg)	Individual	University	Shanu Rathor
Third: Panjab University Inter College Rugby Tournament	Team	University	Riya, Harsukhmanjot
Second: Panjab University Inter College Taekwondo Championship	Individual	University	Manisha
Third: Panjab University Inter College Pencak Silat 65 Kg Tournament	Individual	University	Pooja
Third: Panjab University Inter College Karate Tournament: Karate (61 Kg)	Individual	University	Sneha

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2022-23

Name of the award/ medal	Team / Individual	University/State/ National/ International	Name of the student
First: 40th Golden Gloves Tournament (Serbia, Europe)	Individual	International	Ravina
Third: Khelo India Women's Volleyball League	Individual	National	Ambika
Third: Senior National Fast5 Netball Championship	Individual	National	Chetna, Dishu Bisht, Nandini, Pushpa
Gold: 5th Youth National Boxing Championship-2022	Individual	National	Ravina
Gold: 36th National Rowing Championship (W4X)- Rowing Qudraple Sculls	Individual	National	Poonam
First: Khelo India Youth Games 2022- (Boxing) 63 Kg	Individual	National	Ravina
Runner Up: All India Inter University Sepaktakraw (Women) Championship - Team Event	Team	National	Pooja Sahni, Rinku
Bronze: 36th National Rowing Championship (W2X)- Rowing Coxless Pair	Individual	National	Diljot Kaur
Third: Khelo India Women's Volleyball League	Individual	National	Priti Nayak
Bronze: 36th National Rowing Championship (W2X)- Rowing Double Scull	Individual	National	Poonam Chauhan
Third: All India Inter University Boxing Championship	Individual	National	Komal
Gold: Ist Youth Men & Women Haryana State Boxing (60-63 Kg)	Individual	State	Ravina
First: Senior State Kho-Kho Championship	Team	State	Shivani, Pavitra, Nidhi, Manisha, Kritika, Naincy, Shivani, Sakshi, and Kiranjot

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First: Panjab University Inter College Boxing Championship - Boxing-48 Kg	Individual	University	Guddi
First: Panjab University Inter-College Rowing Tournament - Rowing (2 K.M., W4)	Individual	University	Janvi
Third: Panjab University Inter College Basketball Tournament	Team	University	Niharika Bagga, Avleen, Sagal Chirag, Ankita
First: Panjab University Inter College Boxing Championship - Boxing-66 Kg	Individual	University	Mannu Nimavat
First: Panjab University Inter-College Sepaktakraw (Quad) Tournament	Team	University	Shivani Kannojiya, Shivangi, Monika, Pooja, Rinku, Sakshi Sharma
First: Panjab University Inter College Boxing Championship -Boxing-50 Kg	Individual	University	Komal
First: Panjab University Inter College Weight Lifting (+87 kg) Championship	Individual	University	Deeksha
Second: Panjab University Inter College Netball Tournament	Team	University	Ankita, Dishu Bisht
First: Panjab University Inter College Boxing Championship - Boxing-63 Kg	Individual	University	Monika
Second: Panjab University Inter College Judo Tournament-Judo (+78 Kg)	Individual	University	Krishna Sen
Second: Panjab University Inter-College Rowing Tournament - Rowing (500 M., W4X)	Team	University	Janvi
First: Panjab University Inter-College Sepaktakraw (Regu Team) Tournament	Team	University	Sukhjinder Kaur, Shivani, Soni, Sakshi Sharma, Shivani

*Sukhjinder Kaur*  
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Third: Panjab University Inter College Weight Lifting (+87 kg) Championship	Individual	University	Simranjeet Kaur
First: Panjab University Inter College Hockey Tournament	Team	University	Manju Rani, Rashanpreet Kaur, Harleen Kaur, Janvi
Second: Panjab University Inter College Boxing Championship- Boxing - 57 Kg	Individual	University	Ruchika
First: Panjab University Inter College Kho-Kho Tournament	Team	University	Sukhjinder Kaur, Soni
Third: Panjab University Inter College Roller Skating Competition-Roller Sports (10,000 Mtr)	Individual	University	Jasleen Kaur
First: Panjab University Inter-College Rowing Tournament - Rowing (2 KM., W4-)	Individual	University	Janvi
First: Panjab University Inter College Cricket Tournament	Team	University	Nikita Nain, Akshita Sharma, Mehul, Nandani Sharma, Aaradhana Bisht, Kashvee Gautam, Parul Saini, Anamika, Twinkle Pathak, Twinkle Thakur, Rameza Begum, Shivangi Yadav, Palak Rana
Third: Panjab University Inter College Handball Tournament	Team	University	Harsukhmanjot Kaur, Varsha, Priyanshu
Third: Panjab University Inter College Karate Tournament	Individual	University	Krishna Sen
Third: Panjab University Inter College Rugby Tournament	Team	University	Sakshi Sharma, Anisha, Soni, Shivani, Pooja, Tannu
Second: Panjab University Inter College Roller Skating Competition- Roller Sports (10,000 Mtr)	Individual	University	Jasleen Kaur

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2023-24

## Outstanding Achievement of our student 'Kashvee Gautam'

The Principal  
Guru Gobind Singh College for Women,  
Sector- 26, Chandigarh.

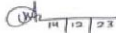
Respected Madam

It is a matter of great pride for our College that our B.A.3<sup>rd</sup> year student, Ms. Kashvee Gautam, a Cricketer, has recently become the most expensive Indian player at Women's Premier League (WPL) Auction 2024. She fetched a whopping INR 2Crore at the auction and will play for the Gujarat Giants team in the upcoming season of WPL.

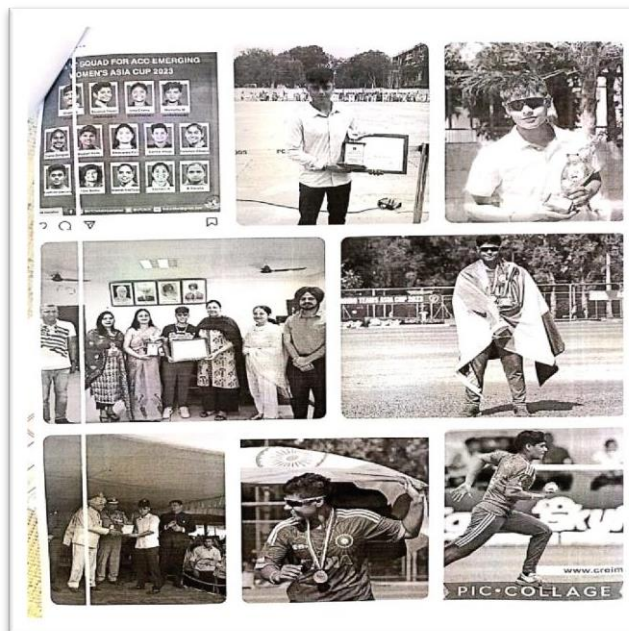
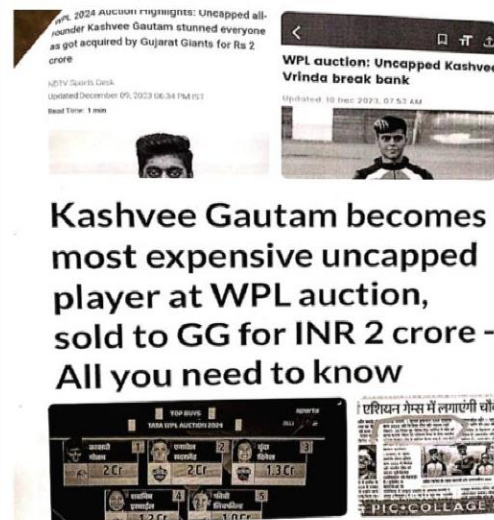
Earlier, on your strong recommendation Kashvee Gautam was honoured with the State Award on Independence Day, 2023 by UT Administration for her outstanding performance in sports.

We congratulate her on this achievement and wish her the best in her upcoming endeavours.

Yours sincerely,



(Department of Physical Education)



**Kashvee Gautam - The Most Expensive (2 Crores) Uncapped Player at WPL Auction**

  
Principal

Guru Gobind Singh College For Women  
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# GURU GOBIND SINGH COLLEGE FOR WOMEN

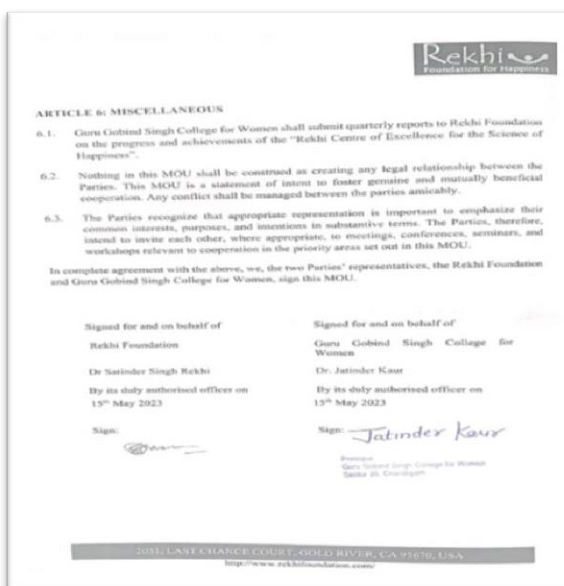
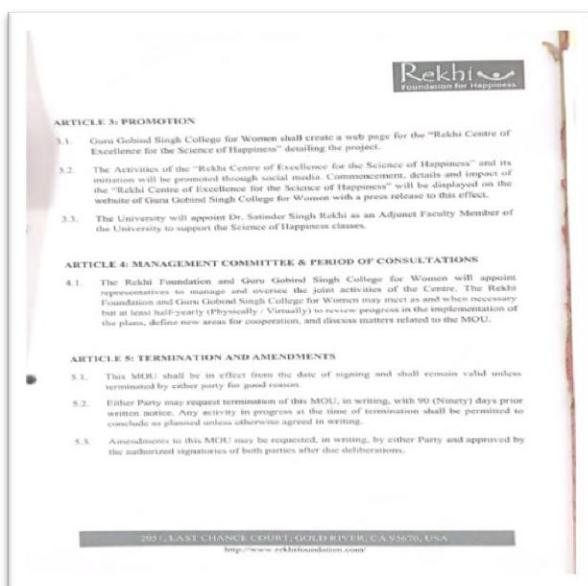
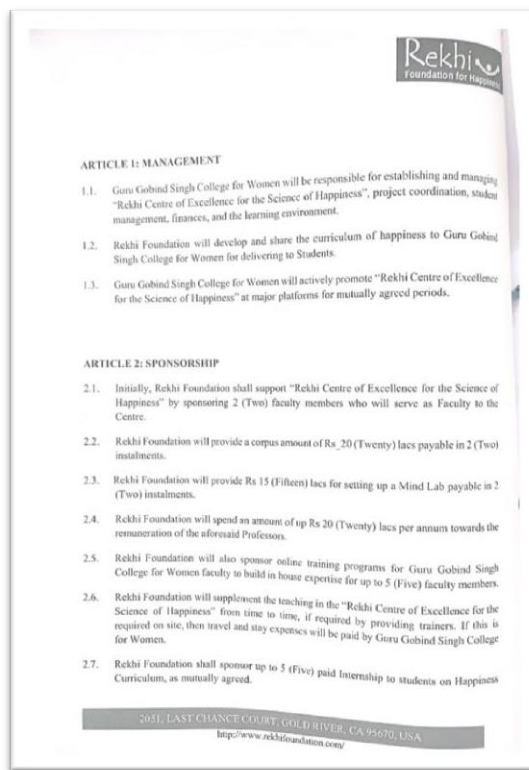
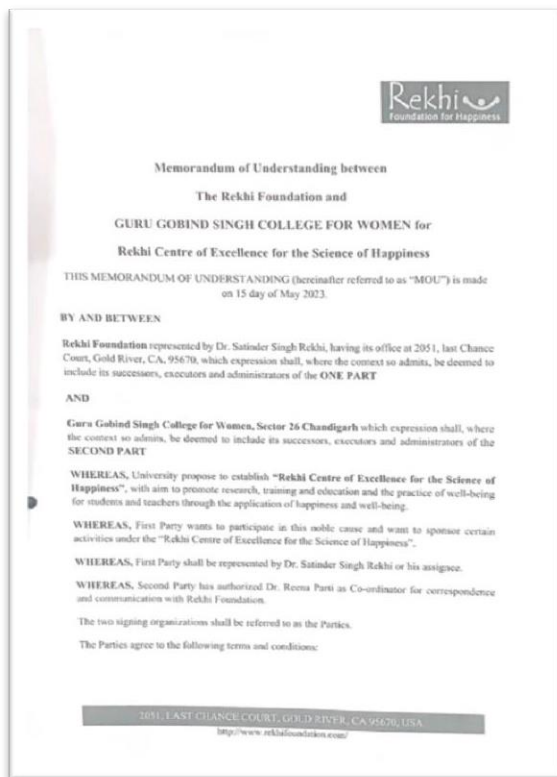
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## 2. MOU with Rekhi Foundation of Happiness (2022-23)



## MOU with Rekhi Foundation of Happiness

*Jatinder Kaur*  
Principal  
Guru Gobind Singh College For Women  
Sector 26, Chandigarh

Phone : 0172-2792757, 2791610, Website : [www.ggscw.ac.in](http://www.ggscw.ac.in), Email : [principalggscw@yahoo.in](mailto:principalggscw@yahoo.in), [principalggscw@gmail.com](mailto:principalggscw@gmail.com)



# GURU GOBIND SINGH COLLEGE FOR WOMEN

SECTOR 26, CHANDIGARH - 160019

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## Best Practice II

### Promoting Women Entrepreneurship

#### *“Earn While You Learn”*

2018-19 to 2022-23

- Learning Activities**

**1. MOUs Signed by the Institution for Entrepreneurial Development of Students**

S.No	Name	Institution/Industry with whom MOU entered	Purpose	Duration	List of Activities
<b>2018-19</b>					
1.	MOU with Panjab Digital Library	Panjab Digital Library Plot No. 1, Sector 28-A, Madhya Marg, Chandigarh, India- 160026	Student/ Faculty Exchange (Workshops/conferences/ symposia)	1 year	Visit to Panjab Digital Library
2.	MOU with Kendri Sri Guru Singh Sabha	Kendri Sri Guru Singh Sabha, Sector 28, Chandigarh	Research (Gurmat Sangeet)/Technological Upskilling/Industry Interaction	1 year	Gurmat Sangeet Samagam
3.	MOU with Law Office of S.S. Chatharth Advocate and Associates	Law Office of S. S. Chatharth Advocate and Associates #161 MES, Sector 68, Mohali, 160062	Training and Skill Development	1 year	Workshop on Business & Corporate Law
4.	Linkage with Web Liquid InfoTech	Web Liquid Info Tech SCO 114-115, 2nd Floor, Sector 34-A, Sector 34, Chandigarh, 160022	Internship	6 months	Software Testing- Manual and Automation
5.	Linkage with Piford Technologies Pvt. Ltd.	Piford Technologies Pvt. Ltd. 2nd Floor, KMG Towers, IT C-7, IT Park, Sector 67, Sahibzada Ajit Singh Nagar, Punjab 160072	Internship	6 months	Worked on Project named 'Fifa 2019' using Machine Learning with Python technology

*Jatinder Kaur*  
Principal





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6.	Linkage with Tech Webbie	Tech Webbie Office No- 602, WEMBLEY CO- OPERATIVE SOCIETY, Sector 91, Sahibzada Ajit Singh Nagar, Punjab 160062	Internship	6 months	Industrial training in PHP programming language
7.	Linkage with Logic ERP Solutions Pvt. Ltd.	Logic ERP Solutions Pvt. Ltd. E-89, Phase-8, Industrial Area, Sector 72, Sahibzada Ajit Singh Nagar, Punjab 160071	Internship	6 months	dot Net training program
8.	Linkage with Intellivate Technologies Pvt. Ltd.	Intellivate Technologies Pvt. Ltd. 001, Tower A2, Corporate Park, Sector 142, Noida, Uttar Pradesh 201305	Internship	6 months	Industrial training program
9.	Linkage with Oops Info Solutions	Oops Info Solutions SCO 80-81-82, 2nd Floor, Sector 34-A, Chandigarh, 160034.	Internship	6 months	Industrial training program

### 2019-20

1.	MOU with Infomaths Studies Pvt Ltd	Infomaths Studies Pvt. Ltd. Quiet Office No. 10, Sec. 35-A Chandigarh	Workshops/couns elling/lectures/pro gramming workshops	1 year	Interactive Session on “Career Opportunities in IT Sector”
2.	Linkage with Infowiz Software Solution	Infowiz Software Solution S.C.O 118 – 120, Sub City Center, Sector 34-A, Chandigarh, 160022.	Internship	7 months	Training in Python and Web Designing
3.	Linkage with KR Network Cloud Technologies Pvt Ltd.	KR Network Cloud Technologies Pvt. Ltd. Metro Station, C-3/207 Kanishk Complex, Near Maharaja Banquet V3S Mall, Nirman Vihar, Delhi, 110092	Internship	6 months	Training in Python and Machine Learning

*Jatinder Kaur*  
Principal

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4.	Linkage with Appworx IT Solutions Private Limited (AISPL)	Appworx IT Solutions Pvt. Ltd. Plot No 10, Rajiv Gandhi Chandigarh Technology Park, Chandigarh 160101	Internship	7 months	Internship as a Centre Manager
5.	MOU with Bulls Eye Knowledge System Private Limited	Bulls Eye Knowledge System Pvt. Ltd. SCO 90-92, Sector 8C, Madhya Marg, Chandigarh	Guidance on Career/ Personality Development and Aptitude Building	45 days	Online Campus Placement and Training under 45-day SPRUCE Program
<b>2020-21</b>					
1.	Linkage with Yugank Media	Yugank Media Tower1, 406, Runwal Greens, Mulund Goregaon Link Road, Mulund West, Mumbai 400078	Internship	2.5 months	Content writer & contributor for social media accounts
2.	Linkage with 7Shinnai Loan Consultative Service	7Shinnai Loan Consultative Service Singjamei Chingamathak Yumnam Leikai Manipur 795001 India	Internship	1 month	Data Entry Course
<b>2021-22</b>					
1.	MOU with The Institute of Chartered Accountants of India	Institute of Chartered Accountants of India ICAI Bhawan, Opp. Community Centre, Sector 35-B, Chandigarh-160022	Skill Development/Career Guidance/ Internships	1 year	Workshop on Tax Audit
2.	MOU with Infomaths Studies Pvt Ltd	Infomaths Studies Pvt. Ltd. Quiet Office No. 10, Sec. 35-A Chandigarh	Workshops/counselling/lectures/program ming workshops	1 year	Seminar on “Vedic Maths”

*Jatinder Kaur*  
Principal

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3.	MOU with UCode Soft Solutions Pvt. Ltd.	UCode Soft Solutions Pvt. Ltd. Unit No. 801, Tower B, Bestech Business Towers, Sector 66, Mohali, Punjab, India, 160062	Skill Development/Counseling/Placement Drive	1 year	Placement Drive
4.	MOU with Regional Centre for Entrepreneurship	Regional Centre for Entrepreneurship SCO 315-316, 2nd Floor, Sector 35, Chandigarh, 160022	Entrepreneurship Development Programs	1 year	Expert Talk by Mr Paramjeet Singh, Director RCED
5.	MOU with Panjab Digital Library	Punjab Digital Library Plot No. 1, Sector 28-A, Madhya Marg, Chandigarh, India- 160026	Student/ Faculty Exchange (Workshops/conferences/ symposia)	1 year	Visit to Panjab Digital Library
6.	Linkage with WhiteBox Technologies	Whitebox Technologies SCF 14, Top Floor, Sector 20-C, Chandigarh	Internship	3 months	Telcaller
7.	MOU with NYX Software Design Private Limited	NYX Software Design Pvt. Ltd. SCF 104, 2nd Floor, Phase 3B2, Mohali, 160059, Punjab, India	On-the-job Training/Placement Drive	2 years	Placement Drive - A Student placed and received laptop
8.	Linkage with Touchstone Educational LLP	Touchstone Educational LLP SCO 88-89, Bridge Market, 17C, Sector 17, Chandigarh, 160017	Internship	1 month	Soft Skills Training / Personality Development
9.	Linkage with GTL Infrastructure	GTL Infrastructure E – 9 Phase VII, SAS Nagar, Industrial Area, Mohali – 160055, Punjab, India	Internship	1 month	Knowledge Process Outsourcing
10.	MOU with Allagrionline Private Limited	Allagrionline Pvt. Ltd. F-126, Balaji Tower, 3rd Floor, S.A.S. Nagar, , Mohali, 140308	Training/Placement Drive	2 years	Placement Drive - 20 students placed

*Indira Kaur*  
Principal



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## 2022-23

1.	MOU with Anviam Solutions private limited	Anviam Solutions Pvt. Ltd. A-45, Phase VIII B, Industrial Area, Punjab, India-160059	Placement Drive/Seminars/Workshops	2 years	Placement Drive
2.	MOU with Kendri Sri Guru Singh Sabha	Kendri Sri Guru Singh Sabha, Sector 28, Chandigarh	Research (Gurmat Sangeet)/Technological Upskilling/Industry Interaction	1 year	Gurmat Sangeet Samagam
3.	MOU with Central Scientific Instruments Organisation	CSIO- Central Scientific Instruments Organisation, Sector 30-C, Chandigarh, India	Skill Development/ FDP/ Hands-on/ Practical Training/ Mentoring for Project Work	1 year	1. Workshop on Skill Development 2. Expert Lecture on National Science Day
4.	MOU with Infomaths Studies Pvt. Ltd.	Infomaths Studies Pvt. Ltd. Quiet Office No. 10, Sec. 35-A Chandigarh	Workshops/counselling/lectures/programming workshops	1 year	1. Expert Talk on Python Programming 2. Seminar on Career Counselling
5.	MOU with Chanakya Academy	Chanakya Academy SCO. 45-48, Madhya Pradesh, Sector 8-C, Chandigarh	Webinars/Talks/Guidance on Career Development	2 years	Art of Success: Seminar for Civil Services Examination
6.	MOU with UCode Soft Solutions Pvt. Ltd.	UCode Soft Solutions Pvt. Ltd. Unit No. 801, Tower B, Bestech Business Towers, Sector 66, Mohali, Punjab, India, 160062	Skill Development/Counselling/Placement Drive	1 year	Placement Drive - 3 students placed
7.	MOU with Bajaj Finserv	Bajaj Finserv 6th Floor, Bajaj Finserv Corporate Office, Off Pune-Ahmednagar Road, Viman Nagar, Pune- 411014, Maharashtra, India	Training Program/Faculty Exchange	2 years	96-hour Certificate Programme on CPBFI
8.	MOU with Panjab Digital Library	Panjab Digital Library Plot No. 1, Sector 28-A, Madhya Marg, Chandigarh, India-160026	Student/ Faculty Exchange(Workshops/conferences/symposia)	1 year	One-Day Field Trip to Panjab Digital Library

*Jatinder Kaur*  
Principal



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9.	MOU with Regional Centre for Entrepreneurship	Regional Centre for Entrepreneurship SCO 315-316, 2nd Floor, Sector 35, Chandigarh, 160022	Entrepreneurship Development Programs	1 year	Skill Development Programme
10.	MOU with Women's Indian Chamber of Commerce and Industry (WICCI)	Women's Indian Chamber of Commerce B-11/66, M.C.I.E., Delhi-Mathura Road, New Delhi-11044, India	Seminars/Conferences/Workshops	Active	Soft Skills Training
11.	MOU with Rekhi Centre of Excellence for Science of Happiness	Rekhi Centre of Excellence for Science of Happiness 2051, Last Chance Court, Gold River, CA 95670, USA	Research/ Faculty Exchange	5 years	Online Workshop on "Happy Classroom and Mind-lab Development"

*Jatinder Kaur*  
Principal

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### 2. Activities to Promote Entrepreneurial Learning

S NO	SESSION	LINK
1	2018-19	<a href="#">View</a>
2	2019-20	<a href="#">View</a>
3	2020-21	<a href="#">View</a>
4	2021-22	<a href="#">View</a>
5	2022-23	<a href="#">View</a>





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- **Earning Activities**

Activities that helped students showcase their talent and earn while learning during the period

**2018 – 2019**

**1. Value-Added Course**

Students received hands-on training in tie and dye techniques



**Value-Added course in Tie and Dye**

*Jatinder Kaur*  
Principal

Guru Gobind Singh College For Women  
Sector 26, Chandigarh



## 2. Food Stall at I.T. Fest



**Food Stall at I.T. Fest (Eatables and Baked Goods)**

*Jatinder Kaur*  
Principal

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### 3. Stalls at Biz Bash



**Stalls at Biz Bash (Tie and Dye Dupattas and Snacks)**

*Jatinder Kaur*  
Principal  
Guru Gobind Singh College For Women  
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#### 4. Cooking Demonstration



**Cooking Demonstration (Portion Cooking and Quick Healthy Dishes)**

*Jatinder Kaur*

Principal

Guru Gobind Singh College For Women

Sector 26, Chandigarh



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## 5. Art Exhibition



## Mural and Painting Exhibition

*Jatinder Kaur*  
Principal  
Guru Gobind Singh College For Women  
Sector 26, Chandigarh





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**2019-20**

### 1. Club Saksham – Installation



**Installation of the Club**

*Jatinder Kaur*  
Principal

Guru Gobind Singh College For Women  
Sector 26, Chandigarh





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## 2. Value Added Course



**Value-Added course in Tie and Dye**

*Jatinder Kaur*

Principal  
Guru Gobind Singh College For Women  
Sector 26, Chandigarh



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### 3. Diet Clinic



**Diet Clinic during Annual Blood Donation Camp**

*Jatinder Kaur*  
Principal

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#### 4. Shabad Recitation



**Students (Department of Music) Performing at SES Management Function**

*Jatinder Kaur*  
Principal  
Guru Gobind Singh College For Women  
Sector 26, Chandigarh



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## 5. Art Exhibition



### Mural and Painting Exhibition

*Jatinder Kaur*  
Principal  
Guru Gobind Singh College For Women  
Sector 26, Chandigarh





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**2020-21**

**1. Mask Making Activity**



**Mask Making Activity (3-Day Virtual Workshop)**

*Joinder Kaur*  
Principal

Guru Gobind Singh College For Women  
Sector 26, Chandigarh

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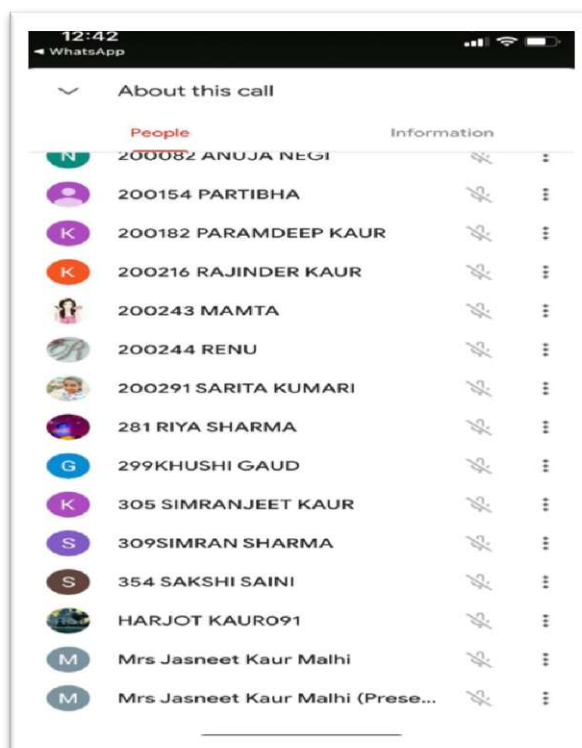
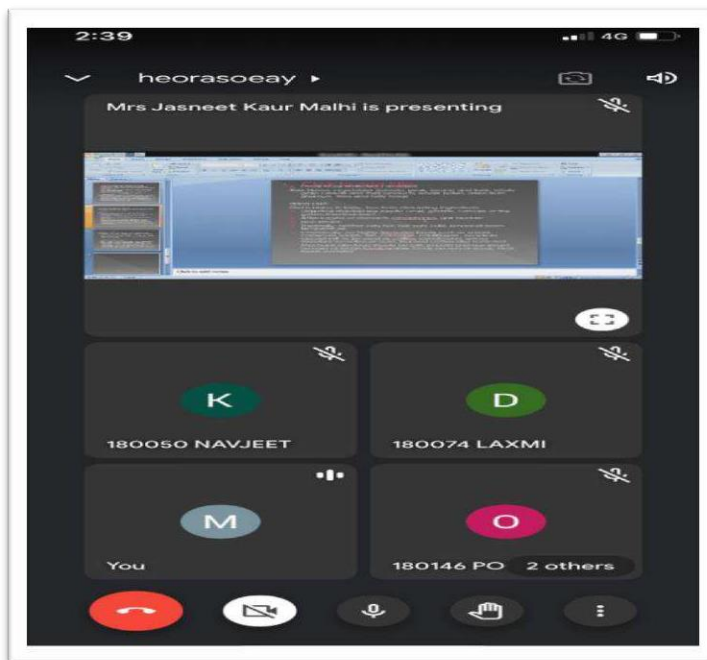
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## 2. Value added Course in Health and Wellness



*Jatinder Kaur*  
Principal  
Guru Gobind Singh College For Women  
Sector 26, Chandigarh

## Value added Course in Health and Wellness



### 3. Meals to COVID Affected



Respected Madam,

I am giving the report for the meals I had provided during the COVID lockdown under Club Saksham.

REPORT

I, Ravita, Roll no. 180157, of class BA II am a member of Club Saksham. During the COVID lockdown, I provided home cooked meals to the families of two faculty members of our college.

They were suffering from COVID and were unable to cook for themselves. The diet plan was prepared after consulting our Home Science Teacher. Possible changes and variations were also noted. The meals were prepared accordingly and delivered to their homes.

I have attached the details of the meals delivered and their cost. I received the payment from them in cash.

I am very thankful for being a part of Club Saksham. It was a wonderful learning experience for me. I was able to plan diets, cook them and also earn, all without leaving my house.

Ravita  
BA II year

*Jatinder Kaur*  
Principal

Guru Gobind Singh College For Women  
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Respected Mam,

I am giving the report for the meal I had provided during the COVID lockdown under the 'Club Saksham'.

## REPORT

I, Asha, roll no. 180028, of class BA-III. I am a member of 'Club Saksham'. During the COVID lockdown, delivered home cooked meals to the families of two faculty members of our college.

They quarantined near my house and their whole family suffering from COVID. Due to precautions they were unable to cook for themselves. So, we delivered healthy meals prepared with all precautions under the guidance of our Home Science Teacher. The meals were prepared accordingly and delivered to their home.

I have attached the detail of the meals delivered and their cost. I received the payment from them in cash.

I am very thankful for being a part of 'Club Saksham'. It was a marvellous learning experience for me. Now, I was able to plan diets, cook them and also start my own business of delivery without leaving my home.

Yash  
BA-III

I am very thankful to the college authorities for having given me the opportunity to work during the COVID lockdown and be a part of the 'Learn While you Learn' scheme.

I volunteered to provide meals to our teacher, Mrs Pooja Malhotra, and her family, who were suffering from COVID-19. Their residence was in sector 15, Chandigarh, which was very near to my home.

I was instructed to provide meals for 4 persons for a total of 5 days, 26<sup>th</sup> April to 30<sup>th</sup> April 2021.

The meals were simple and nutritious and the meal plan was prepared in consultation with our Club Saksham incharge, Jyoti M/in.

Meal plan (with variations) is described below:

Breakfast: Paneer paratha with curd

Besan chilla with greens

Oatmeal pancakes with porridge

Lunch: Rice, 2 roti

Curry (rajma, channa, soybean, egg, chicken)

Dry vegetable

Raita, salad

Dinner: Dal

Vegetable (seasonal)

Roti-3

Dessert: sabudana kheer/ rava kesari

Note: Sprouts/ tofus/ paneer to be given once a day

Use honey/ jaggery instead of white sugar

\*chicken soup was added to dinner on two days.

I was paid a total sum of Rs. 3620 by Mrs Pooja Malhotra for the meals delivered.

Regards,

*Laxmi Damai*  
LAXMI DAMAI

BA-3

ROLL NO 180074

① Mrs. Hargopal Kaur

Dates: 23, 24, 25, 26, 27 April 2021

No. of persons: 2

Meals: Breakfast - Lunch - Dinner (vegetarian)

Cost: Rs 350/day/person

Total Cost: Rs 700/day x 5 days

= Rs 3500 Total

② Mrs. Meenu Sharma

Dates: 16, 17, 18, 19 December 2020

No. of persons: 3

Meals: Lunch + Dinner

Cost: Rs 280/day/person

Total Cost: Rs 840/day x 4 days

= Rs 3360

*Jatinder Kaur*  
Principal

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③ Case I : 16-5-21 to 18-5-21

Dr. Jaswinder Kaur = 5 persons

L/D = Rs. 280 x 5 = Rs. 1400 x 3 days  
= Rs. 4200

④ Case II : 17-3-21 to 20-3-21

Dr. Ritu Dhanoo = 4 persons

B/L/D = Rs. 360 x 4 = Rs. 1440 x 4 days  
= Rs. 5600

**Meals to the COVID Affected**

*Jaswinder Kaur*

Principal

Guru Gobind Singh College For Women  
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**2021-22**

**1. Mehandi Stall**



*Jatinder Kaur*  
Principal

Guru Gobind Singh College For Women  
Sector 26, Chandigarh

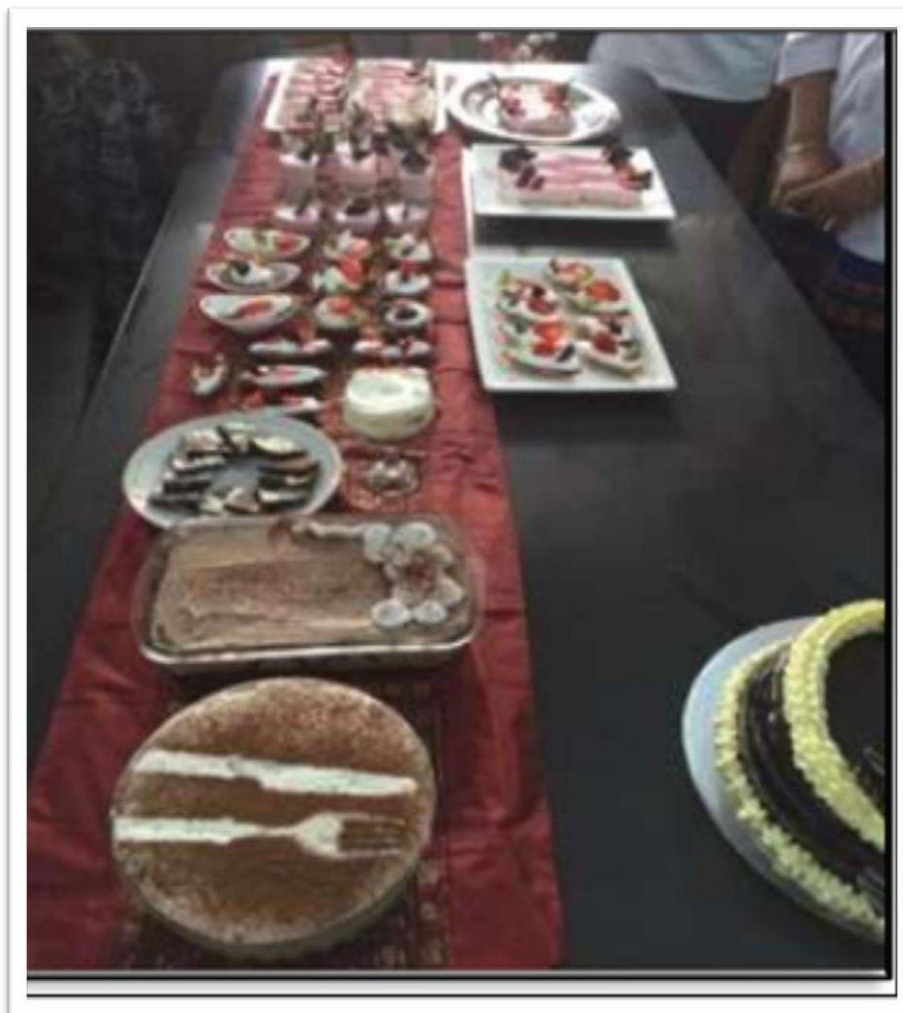




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## 2. Summer Food Festival



*Jatinder Kaur*  
Principal  
Guru Gobind Singh College For Women  
Sector 26, Chandigarh



### 3. Diwali Bonanza- Bake and Craft Stall



**Diwali Bonanza Bake Stall (Cakes/Cup-Cakes and Coconut Ladoos)**



**Diwali Bonanza Art and Craft Stall**

*Jatinder Kaur*  
Principal

Guru Gobind Singh College For Women  
Sector 26, Chandigarh





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2022-23

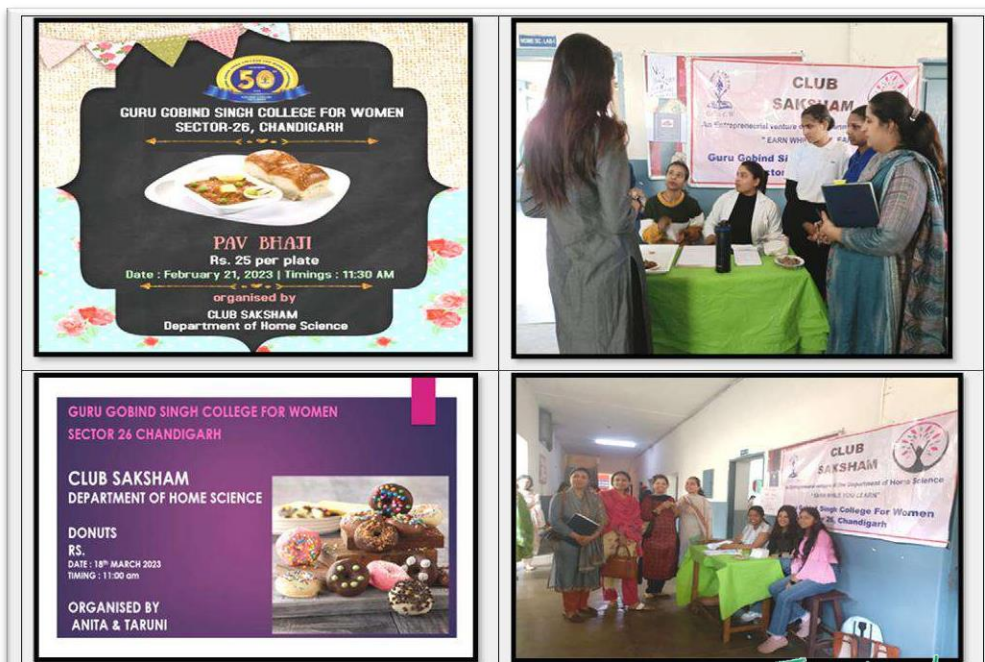
## 1. Millets Based Dishes in International Seminar on Swastha Bharat Se Sampann Bharat:

Resilience the Need of the Hour



Millets Based Dishes

## 2. Food Festival



*Indira Kaur*  
Principal

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### 3. Karigari se Karobari- Day Long Bazaar



Karigari se Karobari- Day Long Bazaar



Kala-Haat

*Jatinder Kaur*  
Principal

Guru Gobind Singh College For Women  
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Games Corner



Green Corner

*Jatinder Kaur*  
Principal

Guru Gobind Singh College For Women  
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CER NO: MGNCRE/GOI/1/VC



शिक्षा मंत्रालय  
MINISTRY OF  
EDUCATION



एकता कृतमकम्  
ONE EARTH - ONE FAMILY - ONE FUTURE



Where there is Rural Wellbeing  
there is Universal Prosperity

## CERTIFICATE OF APPRECIATION

This certificate is presented to **Guru Gobind Singh College for Women Sector 26 Chandigarh** for submitting a wonderful video on the topic "**KARIGARI (SKILL) AND KAROBARI (ENTREPRENEURSHIP)**" in the months of February 2023 and promoting Student Self Help Groups in your college. Your SSHGs activities work speaks volumes of your dedication and it is our privilege to express our gratitude and recognise the outstanding work done by the college.

I look forward to seeing your future achievements and successes!

01.03.2023

DATE

MR. SAMARTH SHARMA  
PROGRAMME COORDINATOR

Mahatma Gandhi National Council of Rural Education  
Department of Higher Education Ministry of Education  
Government of India

### Certificate of Appreciation

Principal

Guru Gobind Singh College For Women

Sector 26, Chandigarh



# GURU GOBIND SINGH COLLEGE FOR WOMEN

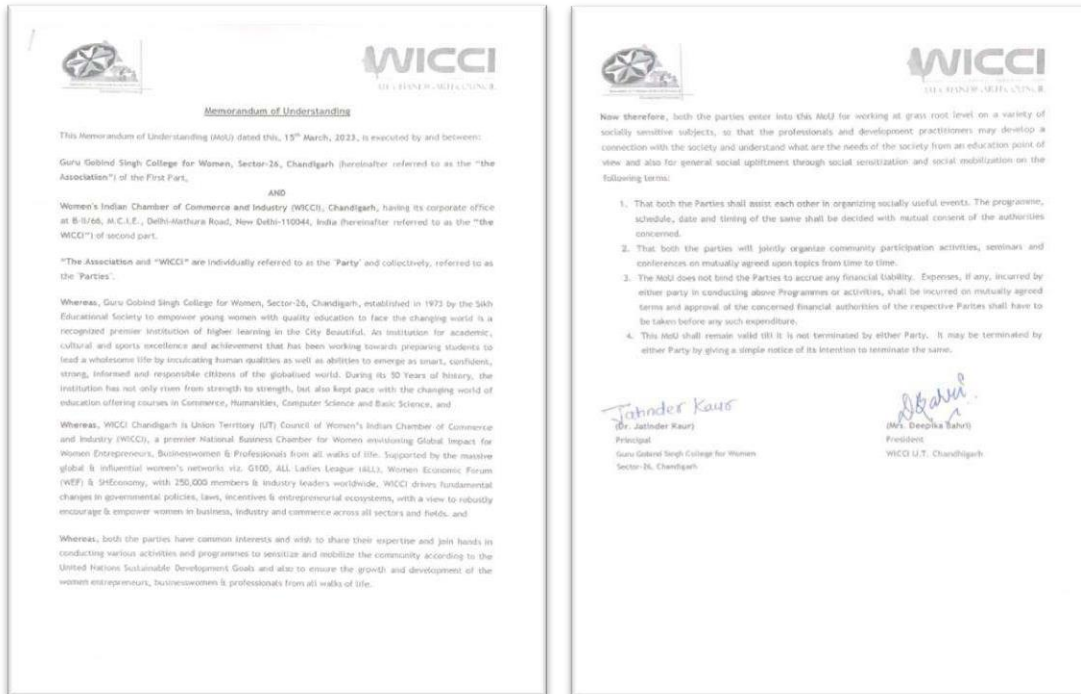
SECTOR 26, CHANDIGARH - 160019

(Affiliated to Panjab University Chandigarh)

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



## 4. MOU with WICCI



## MOU with WICCI

*Jatinder Kaur*  
Principal

Guru Gobind Singh College For Women  
Sector 26, Chandigarh

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### Excellence Award



*Jatinder Kaur*

Principal

Guru Gobind Singh College For Women

Sector 26, Chandigarh





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2023-24

## 1. Stall at Hotel Shivalik View, Chandigarh – In Collaboration with WICCI



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Guru Gobind Singh College For Women

Sector 26, Chandigarh





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## 2. Presentation of a Skit-*Maapyaan Da Pyaar*- Collaboration with WICCI



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**Golden Years**

**ASSOCIATION**

Monthly get-together was organised on 11th Nov. 2023 at Sec. 10 Auditorium of Govt. Museum and Art Gallery, attended by 130 members. A skit was performed by Guru Gobind Singh College for Women Chandigarh.



The chapter Sec. 7-8 organised their monthly meeting where some 75 member attended.



**Golden Years**

**NEWSLETTER OF CHANDIGARH SENIOR CITIZENS' ASSOCIATION (REGD.)**

(Published from January 1998 as 'The Golden Years')


Vol. 16 No. 12 ₹ 10.00 December 2023

**Chairman**  
Dr. S. P. Singh Oberoi  
9815588000

**President**  
S.S. Randhawa  
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**Secretary General**  
B.S. Bhatia  
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**Secretary Publications**  
Sudesh Pal Kaur Randhawa  
9888031186



The relationship between the soul and the body has been a topic of philosophical, religious, and scientific inquiry for centuries. This intricate interplay between the ethereal soul and the tangible body has fascinated thinkers from various disciplines, giving rise to profound debates and discussions. In this essay, we will explore the multifaceted nature of this relationship, delving into its historical evolution and contemporary interpretations. At its core, the question of the soul-body relationship centers on whether the soul and body are distinct entities or intimately connected. This debate finds its roots in ancient philosophical traditions, with Plato positing a dualistic view where the soul is immortal and eternal, while the body is material and mortal. Aristotle, on the other hand, argued for a more integrated perspective, emphasizing the interconnectedness of the soul and body, where the soul is the form of the body. Theologians from various religious traditions have also weighed in on this matter. In Christianity, for example, the concept of the soul is often tied to notions of an immortal, divine essence that transcends the physical body. The belief in the resurrection of the body, as articulated in Christian doctrine, further underscores the intricate relationship between the soul and body. In contrast, Eastern philosophies such as Buddhism and Hinduism offer different perspectives on this relationship. Buddhism teaches the doctrine of anatta, or "no-self," which challenges the existence of an eternal, unchanging soul. Instead, it emphasizes the transient nature of all things, including the self, which is seen as a dynamic interplay of elements and consciousness. Modern science has introduced its own dimension to this discourse. Neuroscience, in particular, has made significant strides in unraveling the physical underpinnings of consciousness. Research on brain function and neural networks has shed light on how mental states and emotions are closely linked to physiological processes in the brain, blurring the lines between the soul and body. Psychology, too, contributes to our understanding of the soul-body relationship. Sigmund Freud's psychoanalytic theory delves into the subconscious mind, suggesting that our thoughts, desires, and motivations are deeply rooted in the body's experiences and biology. Carl Jung's work on the collective unconscious explores the idea of a shared, archetypal dimension of the psyche that connects individuals to a broader human experience. In the realm of literature and the arts, the soul-body relationship has been a recurring theme. Shakespeare's Hamlet famously grapples with existential questions about the soul's fate and the suffering of the body. Similarly, in the world of visual arts, the depiction of the human form and its inner emotional states has been a source of inspiration for countless artists, reflecting the complex interplay between the soul's essence and the body's expression. In contemporary times, discussions about the soul and body continue to evolve. Philosophers, theologians, and scientists engage in interdisciplinary dialogues to bridge the gap between these seemingly disparate realms. Some argue that advances in fields like artificial intelligence and transhumanism raise new questions about the potential for the soul to exist outside the biological body. The relationship between the soul and body is a topic that has transcended time and disciplinary boundaries. It encompasses a rich tapestry of perspectives, from ancient philosophical dualism to modern scientific discoveries. This ongoing discourse reminds us of the enduring quest to understand the essence of human existence and the profound connection between the immaterial soul and the physical body.

Art Gallery Sector-10, Chandigarh

**Jatinder Kaur**  
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### 3. Kashvee Gautam of GGSCW-26 Becomes Most Expensive Uncapped Player and Fetched 2 crores at WPL Auction

The Principal  
Guru Gobind Singh College for Women,  
Sector-26, Chandigarh.

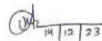
Respected Madam

It is a matter of great pride for our College that our B.A.3<sup>rd</sup> year student, Ms. Kashvee Gautam, a Cricketer, has recently become the most expensive Indian player at Women's Premier League (WPL) Auction 2024. She fetched a whopping INR 2Crore at the auction and will play for the Gujarat Giants team in the upcoming season of WPL.

Earlier, on your strong recommendation Kashvee Gautam was honoured with the State Award on Independence Day, 2023 by UT Administration for her outstanding performance in sports.

We congratulate her on this achievement and wish her the best in her upcoming endeavours.

Yours sincerely,



(Department of Physical Education)

WPL 2024 Auction Highlights: Uncapped all-rounder Kashvee Gautam stunned everyone as she got acquired by Gujarat Giants for Rs 2 crore

NDTV Sports Desk  
Updated: December 09, 2023 06:34 PM IST  
Read Time: 1 min



WPL auction: Uncapped Kashvee Vrinda break bank

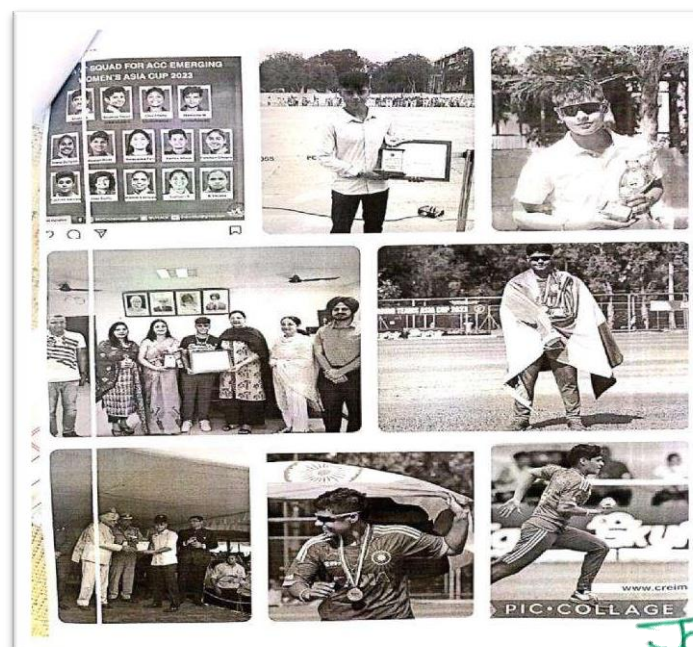
Updated: 10 Dec 2023, 07:53 AM



Kashvee Gautam becomes most expensive uncapped player at WPL auction, sold to GG for INR 2 crore - All you need to know



Rank	Player	Team	Price (INR)
1	Kashvee Gautam	Gujarat Giants	2.00 Cr
2	Vrinda Arora	Gujarat Giants	1.30 Cr
3	Shabana Khatun	Gujarat Giants	1.00 Cr
4	Shabana Khatun	Gujarat Giants	1.00 Cr
5	Shabana Khatun	Gujarat Giants	1.00 Cr



  
Principal

Guru Gobind Singh College For Women  
Sector 26, Chandigarh