



Newsletter

Vol No - 56

Khalsa College For Women

Spectrum



From The Desk of Principal

The fragrance of flowers spreads
only in the direction of the wind
But the goodness of a person
spreads in all directions.

Chankya

Dear Students,

I have always believed that the inherent goodness in us enables us to perceive goodness in others and this gives us sense that we are worthy of assigning meaning to life. Recent incidents of religious intolerance tell a tale of humankind failing in goodness. The battles of life can be best fought with tolerance, goodness and uprightness and the true test of an achiever is whether he has been successful in touching the lives of others. As you gear up for your forthcoming examinations, I wish you all the very best and hope that with diligence, sincerity and positive attitude you all would translate your aspirations into accomplishments.

Dr. (Mrs) Mukti Gill
Principal

ENTHRALLING TRINJAN FESTIVAL

Festivity adorned campus on Aug18, 2015 as Teej was celebrated with great fervor. Mrs Dolhy Guleria along with madam Sarbarinder Kaur Grewal, Manager, managing committee, graced the cultural extravaganza. Students showcased their talent in various contests as Rangoli, Phulkari, Group song, Pakhi Making, Traditional Song, etc. An exhibition presenting intricacies of Punjabi culture was put up in hall.

ALUMNI MEET

Students from various batches dating from 1969 to (2014-15) recalled fond memories at the KCW alumni meet on 28.11.15. Ms. Harpreet Kang, Dean, International, PCTE Group of institutes graced the cultural bonanza and asserted that we need to do soul searching to lead happy lives.



Memorable Moment !

GURPURAB CELEBRATIONS

To commemorate Guru Tegh Bahadur Ji's Shaheedi Divas an Akhand Paath was performed with utmost devotion. Soul rending kirtan mesmerized the sangat, Students as well as the employees of the college performed the Sewa: the cleaning of Gurudwara premises, preparation and serving of Guru Ka Langar.

DIWALI BONANZA

Festivity and fervor of the festival of lights marked the ingenious Diwali exhibition put up by the students on Nov.6, 2015. Richa Agnihotri (PPS) ACP Traffic Police and the Principal Dr. (Mrs.) Mukti Gill inaugurated the exhibition. Madam Sarbarinder Kaur, Manager, Khalsa Dewan graced the occasion. Students showcased their creative potential through an impressive 107 stalls. Innovative envelopes, captivating paintings, paper quilling items, homemade chocolates, well crafted bags, decorative handmade hangings, etc invited attention and applause.

YOUTH FESTIVAL : VARIEGATED BOUQUET

The college achievers garnered 23 (six First prizes, four second & thirteen Third prizes) at the Panjab University Youth & Heritage festival organized at Ramgarhia Girls College, Ldh. from 22nd Oct. 2015 to 25 Oct. 2015. Details are as follows:

MUSIC (INSTRUMENTAL)

The college orchestra team clinched I prize.

DRAMATICS

- Satveer Kaur (B.S.C. II) bagged I prize in histrionics.
- Praizy Kundal (B.A.I) collected I prize in mimicry.
- Nisha Pandey (B.A.III) won II prize in skit.

LITERARY ITEMS

- Arshdeep kaur fetched I prize in debate as well as elocution.
- Shreya (B.C.A. III) won individual III prize in poem recitation category.



Dazzling Achievers !

DANCE

- The college Giddha team bagged II prize.
- The Group dance team collected II prize.
- The classical dance team won individual II prize in folk dance category.
- Nitika (B.Sc II) Won individual III prize in dance category.

FINE ARTS

- Kiratpreet clinched I prize in photography category.
- The college team won III prize in installation category.

MUSIC (VOCAL)

- Simranjit Kaur picked individual II prize in ladies traditional category.

- The College Shabad team won III prize.
- Pooja won II prize in Folk song category.
- The Kawishri team won III prize.
- Subhneet Kaur collected individual III prize in kali singing.

HERITAGE EVENTS

- Baljeet Kaur bagged II prize in Rassa vattna Category.
- Shaminderjit Kaur won III prize in Tokri Making Category.
- Suman Bala collected III prize in Chhiku making Category.
- Ekjot Kaur Won III prize in Paranda making category.
- Mandeep Kaur (B.A.II) won III prize in Phulkari making.
- Jasleen kaur (M.A.I) English) won III prize in Knitting Category.
- The College heritage quiz team won III prize.
- Gurpreet Kaur (B.A.I) bagged III prize in Pakhi designing category.

INTER-ZONAL YOUTH FESTIVAL

At the Inter-Zonal Youth festival organized at Dev Samaj College for Women, Ferozepur from 5.11.15 to 8.11.15 college students bagged 3 first prizes & one third prize

- Arshdeep fetched I prize in elocution.
- Satveer Kaur clinched I prize in histrionics.
- Praizy Kundal won I prize in mimicry.



Winning Moment !

- The College orchestra team won III prize.

COLLEGE ACTIVITIES

♦ An orientation programme was conducted for the new faculty of the college on 25.7.15. The principal, Dr. (Mrs.) Mukti Gill accorded a warm welcome to the staff members and urged them to work diligently. An elaborate power point presentation familiarised them with the glorious history of the college. Teachers were sensitized towards teacher-taught relationship & encouraged to participate in academic upgradation.

♦ A selfie contest organized by Vodafone on 23.7.15 witnessed enthusiastic participation. The question answer round & talent hunt round improved the stage confidence of students. Members of students council were made conversant with 'yes, I am the change Programme ' by yes foundation ' on 12.8.15. A short film was screened to sensitize students regarding social issues and theater. Students registered themselves to participate in the serial film making challenge.

A book exhibition with the objective to usher students to the world of religious literature was organized to 6 Aug 2015 to 8 Aug 2015.

PARENTS TEACHER ASSOCIATION

Academic achievers as well as those who excelled in co-curricular activities were felicitated during the parents teacher association meet on 17.10.15.

Parents witnessed commendable talent of students through diverse performances as dance, skit, histrionics, etc.

DEPARTMENTAL ACTIVITIES

♦ Dept. of Botany steered van-mahotsav celebrations in the college on 27.7.15. Students were apprised of the significance of van mahotsav, The street play, "Jagte

Raho", enacted by students with the theme of planting more trees and be environment friendly was well received. Emphatic posters with the message, 'save trees' were put up all over the college. The principal Dr. (Mrs.) Mukti Gill, teachers of the dept. of Botany and the students planted saplings and the students pledged to save the mother earth.

♦ **Dept. of Zoology** took initiative to form Bird conservation club with the objective to accelerate and conserve bird population. The club members installed several wooden nests at various sites of the college on 4.8.15

♦ **Dept. of Chemistry** organized a mind scratching Quiz contest on 11.9.15 Eight rounds comprising beautiful & healthy chemistry round, rapidfire, audiovisual round, etc. tested the knowledge & understanding of concepts

♦ **Dept. of Physics** organized "save electricity, help the nature" awareness programme on 13.8.15. The message was conveyed through effective slogans as, "Don't be selfish, your electronics sleep too," Spare a watt save a lot" A skit was enacted by students where simple ways to conserve electricity were suggested. To impress upon the need to save resources, students pasted the stickers, "switch off when not in use" on the switch boards in the classrooms an exhibition on the occasion of International week of Science & technology was organised on 14.11.15 wherein projects of infrared imaging, theft control system, etc. were much appreciated.

♦ **Dept. of Physics** in collaboration with the Departments of **Biotechnology & Zoology** organized interactive session on empowerment through values & spirituality" on 15.9.15. Mr. E.V. Swaminathan asserted that empowerment implies maintaining ones equilibrium amidst chaos & that perfect synchronization of our thoughts, words & action pave the path to empowerment. Highlighting the significance of meditation, he stated that it improves the ability to concentrate allowing us to perform better.

♦ **Dept. of Physical Education** organized an extension lecture on 'Doping in sports' on 3 Aug, 15. Mrs. Avinash Kaur, from G.N. Narangwal College, Ludhiana apprised the students of various types of doping, effects of doping, ways to counter the effects of the same and emphasized the need of healthy living. Yoga Classes are being conducted by the department both in the mornings & evenings. The first yoga class was conducted on 5.8.15, from 6 a.m. to 7.00 a.m. in the hall whereby the yoga instructors Dr. Manu Arora & Dr. (Mrs.) Vandna Arora introduced students to the world of yoga.

♦ **Dept. of Commerce** organized an interactive session on job opportunities available in banking & insurance sector on 5 Aug, '15. Mr. Shambu Kumar Tiwari, Director IBT informed students about various upcoming job vacancies in the nationalized, private & foreign banks ranging from clerical to probationary officer posts. He elaborated upon skills required for such jobs and the session turned to be very productive. One day workshop on communication skills & interview strategies on 7.8.15 was also organised whereby Mr. Munish Dhawan, Director IMS, Ludhiana enlightened students regarding interview tips & strategies to be adopted. The workshop had three sessions focusing on logistics of interviews.

♦ **Depts. of English, Hindi & Punjabi** organized a creative writing contest on 13.08.15, to tap the latent talent of students. Students wrote on diverse topics as 'Nature Beckons', 'Women power, unleashed', "Sada Virsa Sadi Pehchan, 'Kya Bharat Azad Hai', " etc.

♦ **Dept. of Hindi and Dept. of Sanskrit** celebrated 'Hindi Diwas' on Sept. 14, 2015. A Doha Gyan Contest was organized wherein students showcased their potential by reciting dohas of Kabir, Rahim & Ravidas.

♦ **Dept. of Psychology** organized an orientation programme for the students of B.A.I year on 19.8.15. The programme with the theme, 'Stepping into Adulthood confidently' aimed at sensitising students about the issues related to adolescence and providing them information pertaining how to handle these problems at this stage. Dr. Rajeev Gupta, a renowned consultant psychiatrist made students conversant with various life skills required to deal with the challenges of life.

♦ **Dept. of Sociology** organised social Awareness drive on 14.08.15 with the objective to educate students regarding challenges as Gender Bias, Corruption &

Drug Addiction.

♦ **Dept. of Mathematics** organised an innovative maths fair on 20.10.15 & 21.10.15 wherein various models displayed illustrated complex topics in an easy manner. The director of infomaths delivered a lecture on Vedic Maths & informed students of various competitive exams.

♦ **Dept. of Political Science** organized a quiz contest on 22.8.15. Fourteen different rounds incorporating diverse spheres as history, political science, sports, science, movies etc. tested the knowledge of students. After the quiz, team of AIESEC organization interacted on Global Learning environment.

♦ **Dept. of Business Management** organized an interactive session on career options after graduation on 26.08.15, Ms. Namrata Bharti & Mr. Abhijeet Bharti from TIME institute guided students for strategic preparation required to attain the dream jobs. A mock group discussion was followed by important informational tips for improving group discussion skills.

ELOQUENCE CLUB

The eloquence club of the college has been pulsating with acuity. Three members of the eloquence club Amrita, anchored the cultural show association meet on 17th Oct. 2015. Arshdeep Kaur & Arpit, members of eloquence club participated in inter-College debate organized by Nehru Sidhant Kender Trust at Govt. College for Girls on 20th Oct. 15. They clinched the running trophy as well as individual prize with Arpit collecting II prize & Arshdeep III. Arshdeep & Arpit, brought glory to college by obtaining running trophy at inter college Debate contest at S.D.P. College for Women organized on 17.11.15. Arshdeep won individual II prize as well.

PLACEMENT CELL

The Placement Cell of the college organized one day symposium on the topic 'Industry Academic Gap' on 10 Aug, 2015. Dr. S.K. Chadha, Director, Placement Cell, P.U., Chd. emphasized the need to inculcate consistency & creativity.

Dr. Amandeep Singh Marwah, Placement officer, P.U. UIMAS, elaborated upon the development of employability skills and the need for personal audit to identify the inner potential to be employable. Mr. Adhishek Upadhaya, C.E.O. of Step-up placement enlightened students about the scope in e-commerce & e-business and requisite skills demanded by different industries. As many as 700 students attended the symposium that effectively focused on placement learning programmes.

YOUTH CLUB

International Youth Day was celebrated by the youth club of the college on 12.8.15. Students expressed their views on value oriented education & pledged to hold onto our rich traditional society values. A skit was enacted by the students which depicted the impact of erosion of values.

LEGAL LITERACY CLUB

The Legal Literacy Club of the college organized a Legal Awareness campaign on 8 Sept' 2015. In order to celebrate the international Legal Literacy Day, Dr. Khudip Kaur, Incharge, Legal Literacy club dwelt on the importance of Legal Literacy for girls as they are most vulnerable to crimes. Hinting at cyber crime, she cautioned the students while using internet. A documentary pertaining strength of a girl was also shown.

GARDENING / ECO CLUB

Members of eco club distributed saplings planted in pots as Diwali gifts on 6.11.15 spreading the message of eco-friendly Diwali.

N.S.S.: SOCIAL AWARENESS PROGRAMME

The NSS unit of the college organized an eco-friendly rally on 28.8.15. to mark the "World Nature Conservation Day". The principal, Dr. (Mrs.) Mukti Gill flagged the rally & the heads of sister institutions, Dr. Narinder Kaur, Principal, Malwa college of Education & Mrs. Inderjit Kaur, Principal, Malwa Khalsa School also participated in the rally. Students with thought provoking placards "Each one plant one" 'Plant More Trees" marched from the backstage of the college upto the open air theater. They paid homage to the missile man of India, Dr. A.P.J. Abdul Kalam & pledged to adopt his values in their lifestyle. Another eco-friendly campaign, "Say No To Plastic Bags" was organized by the NSS volunteers on 18.8.15. Volunteers made

paper bags & distributed the same to spread awareness regarding the disadvantages of plastic bags.

The NSS unit in collaboration with the dept. of Fine Arts celebrated International peace Day on 21 Sept.,15. A poster making contest with the theme of 'peace' was organized.

NCC

The NCC unit of college remains active throughout the year. Cadets participated in a rally organized to mark 'No tobacco Day' on 31.5.15. Cadets Diksha, Kiran, Vishali, & Simran were shortlisted for shooting competition & attended CATC-61 at NCC Academy, Malout from 2.6.15 to 13.6.15. Cadets participated in International yoga Day (4 June,15) at G.C.G. Ldh. Six Cadets attended TSC-Selection camp at Malout, from 15 to 24 July'15. Cadet Kiran attended CATC-62 at NCC Academy Malout (23.6.15 - 2.7.15) & cadet Neha attended paragliding selection camp (15-24 July'15). 73 cadets attended CATC from 27.7.15 to 5.8.15 at NCC Academy, Malout with ANO Paramjeet Kaur, Cadet Diksha & cadet Kiran were shortlisted & attended TSC at Malout, Ropar & Delhi. Cadet Jaroop attended Republic Day camp at NCC Academy Malout. Cadets Isha, Neha & Pragati attended Advanced Leadership Camp at NCC academy, Malout (7th sept.-18 sept'15) cadet Navkiran attended CATC-69 (8.9.15-17.9.15) & CATC-71 (3.10.15-12.10.15) at NCC academy, Malout. Twelve cadets attended CATC at NCC academy, Malout from (17.8.15-26.8.15)

RED CROSS

Eight Students along with two programme officers of Youth Red Cross unit of the college attended two day Programme organized by Indian Red Cross Society, Punjab State Branch, Chandigarh at Shri Guru Teg Bahadur Khalsa College, Anandpur Sahib from 20.9.15 to 21.9.15. An awareness rally was organized to mark the celebration of youth Red Cross Diwas. Recitation, poster marking, Group songs, First-Aid demonstration, etc. constituted the programme.

The Youth Red Cross Unit of the College, in keeping with the tradition of College, facilitated distribution of college uniform to 30 deserving students.

PROFESSIONAL UPGRADATION

4 teachers presented papers at International conferences & 9 presented papers at various National conferences. Ms. Pooja Chatly & Ms. Supreet authored a text book for BBA II Economics of Money & Banking. Ms. Prabhleen Toor co-authored a book Communications Skills.

SPORTS WORLD

The Physical Education Dept. of college remains active throughout the year.

Power Lifting

At the senior state competition held at Kapurthala on 16.8.15, sports girls collected 1 gold, 2 silver & 5 bronze medals in the equipped category and 2 silver medals in un-equipped category. Details are as under.

Equipped

Mandeep	Gold	63kg		
Harveen	Silver	63kg	Hemlata	Silver 52kg
Rajvir	Bronze	84kg	Preeti	Bronze 72kg
Rupinder	Bronze	63kg	Harjinder	Bronze 57kg
Jaspreet	Bronze	47kg		

Un-equipped

Neha	Silver	63kg	Jaspreet	Silver 47kg
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At the inter college Power lifting championship organised at Khanna (24-26 Nov. 15) the college team was adjudged overall champions.

Athletics

The college athletes bagged medals at athletes distt. Championship held at Guru Nanak Stadium. Amanpreet Kaur bagged I prize in 400 mtrs & 100 mtrs race, Anjali clinched I prize in 10,000 mtrs & 5000 mtrs, Lovejot Kaur I in Long Jump & II in Tripple Jump, Shallu won II in 100mtrs hurdles and Anjali (B.A.I) got III in 100mtrs. At the open state Athletics Championship held at Ludhiana (5 Nov. 15 to 7 Nov. 15), Amandeep, Anmol & Amanpreet bagged gold medals in 10kms.race, Hammer throw & 450mtrs. race respectively, Sukhwinder won two silver medals

in Long Jump & Tripple Jump & Amanpreet won silver in 200mtrs. race, Parveen, Lovejot, Shallu & Amanpreet won bronze medals each in 800mtrs, 1500mtrs, 1000mtrs hurdles & 4X400mtr. relay race respectively. The college athletics team earned overall championship at the inter college athletics competition.

Judo

Pardeep & Kirandeep won silver medal & bronze respectively in 78kg. category at junior National Judo competition held at Patiala from 16.10.15 to 18.10.15 Bhanvi clinched gold at Junior state Judo Competition held at Shimla from 30.10.15 to 3.11.15 & won bronze at senior state Judo competition. Deepika bagged gold in 70kg Category at senior state Judo Competition held at Delhi from 8.11.15 to 9.11.15. She collected another gold at inter-college Judo competition held at Chandigarh from 14.11.15 to 15.11.15 & the team was placed at the III Position. At the same competition, Bhanvi won silver in 44kg category Deepika & Sumiti won bronze in open weight & 52kg categories respectively, Bhanvi & Deepika have been selected for all India Inter-Unv. Camp.

Volley Ball

7 Sports girls participated in volleyball Distt. tournament organized at Guru Nanak Stadium from 29.8.15 to 30.8.15 and were placed at I rank. Six players participated in open Distt tournament held at Guru Nanak Stadium from 29.8.15 to 30.8.15 and were placed at II position. The College volleyball team bagged gold at volleyball women Distt. competition held at Guru Nanak Stadium from 3.10.15 to 4.10.15

Cycling

The cyclists Baljeet, Harpreet, Neha, Gurpreet & Gurpreet Kaur were placed at III Position at Inter-College Cycling contest organized at Ludhiana.

Softball

The College Softball team won bronze medal at senior Softball Distt. Championship held at Guru Nanak Stadium from 27.8.15 to 29.8.15. At the state Competition, organized at Guru Nanak Stadium from 5.9.15 to 6.9.15, the team clinched gold medal. Sandeep & Harjinder bagged gold medal at softball National Championship held at Chandigarh from 27.10.15 to 1.11.15.

Cricket

Samanveer, Sandeep, Shallu & Parminder got II position at u-19 inter Distt. Competition of Cricket held at Amritsar from 17.6.15 to 19.6.15 At the inter college competition held at Chandigarh from 16.10.15 to 18.10.15 the college cricket team got III position. Six players, namely Ruchi, Neha, Amandeep, Sandeep, Sayesha & Damanpreet were selected

Taekwondo

The college students won 2 gold, 2 silver and 3 bronze medals at senior state taekwondo championship held at Jalandhar from 5th to 6th Sept, 15. Shanti & Kavita bagged gold, Priyanka & Saloni silver each and Sangeeta, Jyoti & Simranpreet won bronze medals. Simranjeet, Sarabjeet, Savita, Shanti and Sangeeta bagged gold medals at Rani Lakshmi Bai Cup Distt. level competition held from 24.10.15 to 25.10.15

Wrestling

Deepika collected gold medal at senior state wrestling competition held at Guhati from 6.9.15 to 9.9.15. She has been selected for senior national competition.

Weight lifting

At the inter college weightlifting championship organised at Khanna (24.25 Nov.15) the college team was adjudged overall champions.

Baseball

The college baseball team fetched silver medal at baseball Distt. Championship held at Guru Nanak College for Women, Ldh. on 25.09.15 Six Players, Sandeep Navjot, Amandeep, Amandeep kaur, Harwinder, Rajinder & Rajpreet played at state level and won gold medal.

Hockey

The college Hockey team won silver medal at Distt. Hockey championship held at P.A.U stadium from 3.10.15 to 4.10.15.

BasketBall

Indu & Kirandeep participated in women festival competition organized at Sangrur from 17.10.15 to 19.10.15 & bagged gold medal in basketball. They along with Harpreet participated in North Zone AIU contest held at Delhi.

FAREWELLS

Ms. Renu Saini, Head, Dept. of Home science, Ms. Ruminder Grewal, Head Dept. of Economics, & Ms. Kuldeep Kaur from Dept. of Punjabi retired from college after serving college with dedication.

TRIPS & TOURS

Under the stewardship of Dr. Sukhpal Kaur & Ms. Simarjit Kaur Grewal a trip was organized to Dubai from 22 Oct,15 to 28th Oct,2015, 43 students of different streams visited the amazing Burj Khalifa, Ferrari world & Abu Dhabi city.

As many as 40 students visited Darjeeling, Kalimpong & Sikkim during the autumn break, under the stewardship of Ms. Saloni & MS. Parampreet. Students were, mesmerized with the scenic beauty of Darjeeling, Kalimpong and Gangtok enjoyed.

Dept. of Biotechnology organized an educational tour to School of Animal Biotechnology, GADVASU on 12.10.15. Dr. Dipak Deka acquainted them with Animal cell culture Lab., Co2 Bio incubator, Inverted overview microscope, etc. Another educational tour was organised to the National Institute of pharmaceutical education & Research (NIPER), Mohali on Nov 17,2015. Students were informed about Prehistoric & posthistoric health care system, Medieval & modern Pharmacy Systems. At central Instrumentation laboratory (CIL) students were made aware of various research technologies.

♦ Under the able guidance by of Ms Kamaljit Sidhu, Dept. of Botany organized a trip to forest Research Institute & Indian Military Academy, Dehradun on 11th & 2th Oct. 2015. Students visited then forest Research Institute & gained much from Pathology Museum, Social Forestry Museum, Silvi culture Museum, Timber Museum, Non Wood Forest Product Museum & entomology museum.

♦ Dept of Geography organized one day trip to P.U, Chd on 20.11.15. Students visited Geology museum, Dept of Geography, botanical garden & sports complex. Their knowledge was enriched regarding various type of rocks mineral, fossils, etc



Dubai Trip !

Compiled & Edited by Ms. Honey Walia

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