

Newsletter

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KHALSA COLLEGE FOR WOMEN

Spectrum

Message

“Success is not how high you have climbed but how you make a positive difference to the World.”
— ROY T. BENNETT —



First and foremost, I congratulate all the achievers for making a mark academically and para-academically. All the same, each one of you needs to realize that you are blessed with amazing potential to make it big in various spheres and change the world. God has blessed us with exemplary strength to make a difference in the world with our undying spirit of tolerance and love. Let's develop a whole new ethos of human co-existence and contribute towards nation building. Pledge unflinching loyalty to nationalism and act believing that what you do makes a difference for it really does. Your commitment, integrity and secular mindset will ensure that India battles all challenges-be those economic, political, social or environmental and emerge as a nation to reckon with.

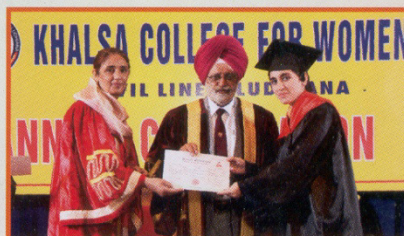
Hoping that you steer the nation towards the limitless sky !

Dr. (Mrs.) Mukti Gill
Principal

CULMINATION OF DILIGENCE 'N' CONSISTENCY

The persistence and hard work of students was felicitated on Annual Convocation held on 20 March, 2016. As many as 1131 students crossed a milestone as they were awarded with degrees. 13 students were the proud recipients of much coveted Roll of Honour for their outstanding performance in academics, sports, co-curricular activities.

The chief guest Dr. B.S.Dhillon, Vice-Chancellor, Punjab Agriculture Univ., Ldh. inspired the students to strive for excellence.



A PROUD MOMENT !



ACHIEVERS' DAY

GUERDON WELL EARNED

The 53rd Annual Prize Distribution was organised on March 5, 2016. An eminent luminary. Dr. S. S. Randhawa, Director, Guru Angad Dev University and Veterinary Sciences, Ludhiana graced the occasion. 24 College toppers of the

session 2014-2015 were presented trophies. 61 students were decorated with college colour and 55 students received Merit certificates for their outstanding performance in academics, sports and co-curricular activities. Besides, 75 students were given prizes for excelling in House Examination.

YOUTH FESTIVAL

At the North Zone, Youth Festival organised at PAU, Ldh from 15.1.16 to 18.1.16 Arshdeep Kaur & Praizy Kundal clinched II prize in Elocution & Mimicry categories respectively.



Arshdeep Kaur bagged III prize at the National Youth Festival organised at Mysore Univ. Mysore from 15.2.16 to 19.2.16.

UGC SPONSORED NATIONAL CONFERENCE

Dept. of Commerce organised a UGC sponsored National Conference on "Marketing Brand India Globally" "Opportunities & Challenges". In 24.2.16. Dr. Rajendra Bhandari, Dr. S.K. Chadha, Dr. Sanjay Modi, Dr. P Chakarvati, Dr. C. J. Singh, Dr. Singla, Dr. Manjeet Singh, Dr. Rajiv Lochan, Dr. Harsh Anand, Dr. Ashwini Bhalla, Dr. Balwinder Singh deliberated on various aspects of marketing brand India. The souvenir was also released and the conference was well attended by 192 delegates.

DEPARTMENTAL ACTIVITIES

- ❖ **Dept. of Commerce** organised a seminar on Career Upgradation and Skill Development on 12-1-16. Mr. Paarth Ashok Narang, an experienced career counsellor focussed on importance of manifestation, empowering self belief and recognising positive traits. An extension lecture on "Changing Scenario of Higher Education Abroad" was organised wherein Dr. Harminder Singh, Associate Prof., Deakin Univ., Melbourne, focussed on opportunities available in higher education at international platform.
- ❖ **Dept. of Home Science & Cosmetology** conducted a workshop on the art of facial on 15-1-16 Ms. Indra Ahluwalia from Grace Academy apprised students of various technicalities to be observed while doing facial. Students' queries were well answered. In a seminar on "Health Wellness Programme" organised on 1-3-16, Ms. Sakshi Bharti dwelt on health issues as diabetes, cholesterol, blood pressure, etc and suggested ways to deal with them.
- ❖ **Dept of Physics** organised National Graduate Physics examination conducted by Indian Association of Physics Teachers. As many as 13 students participated in the same. With the objective to utilise Solar Energy, a Solar Panel Project was installed in the college campus on 27-2-16 with its mains in the Physics laboratory. Consequently, various experiments in the laboratory are performed utilising the solar energy.
- ❖ **Dept. of Biotechnology** organised an exhibition on "Heathcare Practices Ancient to Modern Era to provide an insight into the prevalent diseases and remedial measures evolved from the Prehistoric times to those adopted in the 21st century.
- ❖ **Dept. of Botany** organised a Power Point presentation contest on 3-2-16 on diverse topics as Genetics, Plant breeding, plant physiology, Ecology and Lower Plants.
- ❖ Science Amalgam 2016 was organised by the **Depts. of Science** on 23-2-16 to

mark the celebration of Science Day. Various innovative models and posters served the purpose of inculcating scientific temper amongst students.

- ❖ **Dept. of Computer Science** and Applications organised interactive session with Mr. Amit Bhullar from HCL, CDC, a subsidiary of HCL Infosystems Ltd. on 18-1-16. He enlightened students on Java and content Management Systems. In another interactive session organised on 20-1-16. Mr. Anshu Aneja, Director, Ansh Infotech Ltd. an information Technology and Product Base Company, explained web based technologies and highlighted career options available to the students.
- ❖ A week long Faculty Development Workshop on "Computer Skills Development" was organised from 30-4-16 to 6-5-16. The workshop comprised practical sessions in Microsoft word, Power Point and use of internet and equipped the faculty members with technology based teaching.
- ❖ A Summer Training workshop on "Advanced Computer Skills" was organised from 31-5-16 to 20-6-16. Ninety one students from various streams undertook training in Visual Basic and PHP. The workshop involved comprehensive project work to prepare students to apply theoretical knowledge to a wide variety of real world problems and work out effective solutions.
- ❖ **Dept. of Political Science** invited Dr. Ronki Ram, P.U. to deliver an extension lecture on "Making Sense of Education in Contemporary Era" on 20.2.16.
- ❖ **Dept of Fashion Designing** organised a workshop regarding Pattern Making and grading on 29-1-16. Mr. Parul Aggarwal, from Pearl Academy, Delhi instructed students how to make different patterns. A fashion show "KCW Glam Girls 2016" was organised on 25-2-2016. Students presented their theme based collection in two categories i.e. traditional & Indo-western wear depicting monuments, birds etc.
- ❖ **Dept. of Punjabi** organised a Heritage Quiz on 5-2-16 testing the knowledge of students regarding Punjabi Culture. A poetical recitation competition organised on 11-2-16 was received as students recited poems on various social issues. A Seminar on "Punjabi Natak Ate Rangmanch" was organised on 9-3-16. Dr. Pali Bhupinder Singh and Dr. Nirmal Jaura from PU apprised students of different aspects of Punjabi Natak And Rangmanch.

INTER COLLEGE CONTESTS

- Manpreet, Jaspreet and Avneet bagged I prizes in Poster making, Rangoli & Face painting categories respectively at "Parwaaz", an inter-college contest organised at regional law department, Ldh. on 9-2-16. Harmeet got II prize at the same contest
- B.Sc. students won III prize in Quiz Competition and II prize in Science Dance Competition at 'Science Fiesta 2016' organised by Sanmati Govt College of Scientific Research & Education, Jagraon on 11-2-16
- Shreya Jain bagged II prize at poetical recitation contest organised at Kamla Lotia Sanathan Dharam College on 12-2-16
- Students won III prize in Model making at "Sci Carnival 2016" organised at Hans Raj Mahila Maha Vidyala on 5-2-16.
- Arshpreet and Manpreet collected I Prize in "Akhaan Bharpoor Vartalap" contest organised at Punjabi Bhavan Ldh. in 17-2-17 to commemorate Maat Bhasha Diwas.
- Manmeet Kaur & Manpreet Kaur won I prize at poem writing contest & poster making contest respectively organised at Guru Nanak Khalsa College, Gujjarkhan Campus,

Ldh. on 25-2-16

- The Group Shabad team bagged I prize at Inter-college Shabad Gyan Contest at G.H.G. Khalsa College Gurusar Sudhar on 25-2-16. Kami, Pooja and Gursafal won individual I, III & Special prize respectively at the same competition.
- At Prof.Gurbir Singh Sarna Memorial Inter-College Competition held at Guru Nanak Khalsa College for Women, Ldh. organised on 25-2-16, Sonia Passi won III prize in Logo Designing and Manisha & Gursimran won III Prize in Code Development Contest.
- Students of Dept. of Computer Science won the overall championship Trophy at "Techno-Vision", a national level inter-college competition, held at GNIMT, Ldh. on 26-2-16.
- Roohi & Tanu won I prize in Web Development, Simran bagged I prize in Logo Designing. Ruchi collected II prize in C Maestros, Nishtha and Manpreet bagged II prize in Software Development.
- Jaspreet & Ritu bagged I prize in Rangoli making category at 'Elation 2016' inter-college contest organised at Amity Bussiness School, Mohali on 5-3-16. Jasleen and Amanpreet won II prize in photography and sketching respectively and Gagandeep & Puneet won II prize in bouquet making competition at the same contest.
- Jaspreet Kaur won consolation prize in Rangoli making at a contest organised by Municipal Corporation, Ldh. on 6-3-16.

NSS : SOCIAL AWARENESS PROGRAMME

The NSS wing of the college organised a Seven Day camp with the theme "Health Public Sanitation and Personal Hygiene" from 20-12-15 to 26-12-15. A workshop in Physiotherapy, an interactive session on Gynaecological Disorders and a slogan writing contest during the camp elicited enthusiastic response. In collaboration with GLODAS (Gift of Life Organ Donation Awareness Society) an interactive session with Dr.B.S.Aulakh, from DMC Hospital was organised wherein he impressed upon the significance of organ donation.

NCC

The NCC wing of the college remained abuzz with activity. Four cadets of Air Wing along with ANO Lt.Paramjeet Kaur attended RCTC camp from 6-1-16 to 11-1-16 held at Pauri Gharwal, Uttarkhand. Nisha Pandey bagged 2nd position in group dance competition. 45 cadets attended lecture on start up India organised at Guru Nanak Khalsa College for Women on 16-1-16. Twenty cadets participated in a 5 km Mini Marathon organised by the ministry of Youth affairs. Cadet Jagroop of Army Wing & Cadet Priyanka & Ranjita of Air Wing attended RDC parade at Rajpath, Delhi. Cadet Priyanka bagged medals for cultural participation at Rashtrapati Bhawan. 4 army wing & 6 air wing cadets participated in republic day parade held at Guru Nanak Stadium. 56 Cadets attended CATC-74 camp at Malout from 2-2-16 to 11-2-16 and as many appeared for BEE certificate exam. 33 cadets appeared for the CEE certificate exam on 21.2.2016 held at CGX army complex, Ldh.

RED CROSS SOCIETY

The Red Cross unit of the college in collaboration with Fortis Hospital, Ludhiana organised a Dental and General Health Check-up camp on 5-2-16 Dr. Ritesh Sood &

Dr. Parmeet advised students to improve their dietary habits to ensure better health.

WORKSHOPS /SUMMER SCHOOL ATTENDED

- Ms. Anupama Sood, Ms. Parminder Kaur, Ms. Ritu Ahuja & Ms. Ramneek Kaur attended 7 days national workshop in "Basic in Research Methodology and Statistical Techniques" held at Khalsa Institute of Management and Technology from 24-6-16 to 30-6-16
- Ms. Sarvjit Kaur participated in the UGC Sponsored Summer School on the theme "Environmental Issues and Sustainable Development" at Punjabi Univ. Patiala from 22-6-16 to 11-7-16
- Dr. Aditi Satija participated in the UGC sponsored Summer School on the theme "Climate Change, Water Management and Economic Challenges" at Punjabi Univ. Patiala from 20-6-16 to 9-7-16
- Ms. Poonam Pathak & Ms. Shally Rani attended one day workshop in "Research Methodology In Social Sciences" held at Khalsa College for Women, Sidhwan Khurd Ldh. on 22-1-16

BOOKS PUBLISHED

Ms. Mukesh Lata authored a book titled "Misher Ragon Ki Sanrachna Va Tatvon Ka Vishleshanatmak Adhyan" with the ISBN No. 978-93-85835-31-5 in June, 2016.

LEGAL LITERACY CLUB

The Legal Literacy Club of the college organised legal awareness drive on 27-1-16 whereby issues as domestic violence, mental rapes and mental harassments were discussed and students were apprised of legal protection under Indian laws.

WOMEN CELL

The Women Cell of the college organized an extension lecture emphasising the importance of women to be self-reliant on the occasion of international woman's day. A workshop on gender sensitization was organised on 25-4-16 wherein Dr. Ritu Lehal, Head, Univ. School of Applied Mgmt., at Punjabi Univ. Patiala and Dr. Naina Sharma from Dept. of Distance Edu. Punjabi Univ. Patiala dwelt on the need to change the Social outlook and the norms set in the society.

CAREER COACHING CELL

With the objective to inculcate employability skills in students and to prepare them for various competitive exams, the career coaching cell of the college organised a seminar on "How to prepare for competitive exams for govt. jobs" on 19-1-16 Mr. Gaurav Arora, 1st Rank holder in Tehsil Welfare Officers exams and Mr. Amit Prabhu, founding Dean, Indian School of Communications & Reputation, Gurgaon dwelt on various career opportunities and courses available to pursue the same.

PLACEMENT CELL

The Placement Cell organised one day training workshop on 360° Personality Development on 9-1-16 Mr. Dilbagh Singh, Director, Brain Power Services Pvt. Ltd. enlightened students regarding emotional intelligence, communication skills, confidence building, body language, stress management etc.

PHOTOGRAPHY CLUB

Photo Vision 2016 an impressive exhibition showcasing the skills of students on topics as "Nature" and "Textures" was organised on 15-2-16 S. Ranjodh Singh, an ace artist

inaugurated the exhibition and apprised the budding photographers of various softwares available for editing various pictures.

ELOQUENCE CLUB

Members of Eloquence Club, Arshdeep and Arpit brought laurels to college by achieving the best college trophy at the inter-college debate organised by The Tribune on 9.8.16. Arshdeep bagged 1 prize was awarded cash prize of Rs.8000/-.

SPORTS WORLD

The 55th annual athletic meet was declared open on 26.2.16 by Dr. Nishan Singh Dèol, Head, Dept. of Physical Education. Punjabi University, Patiala. There was an exceptional display of potential and competitive spirit as participants strove to prove their best in



A warm welcome!

various events which included, long jump, javelin throw etc. S. Kartar Singh, Asst. Director Sports Punjab, presided over the function on the closing day of the athletic meet. The captivating display of aerobics and pulsating performance of

Giddha were well in accordance with zealous participation in several sports events. The physical education dept. continued to excel in different sports championships.

POWERLIFTING

The college powerlifting team won the championship at the powerlifting district competition. Sports girls won 5 gold medals 2 silver & 1 bronze medal. Twinkle and Taranjeet won Gold medal in 84 kg Category Neha, Mandeep and Hemlata won Gold in 72kg, 63kg & 52 kg categories. Gurdeep and Harveer won Silver medal in 72kg and 57kg categories respectively and Jaspreet Kaur won Bronze in 47 kg categories. At the open state tournament held at Chandigarh on 23-1-16, Gurdeep & Rupinderjeet won 2 gold medals each, Hemlata & Harveer bagged 1 gold & 1 silver respectively. Twinkle bagged another gold at international Power lifting Championship held at Tata Nagar from 29-12-15 to 31-12-15. Jaspreet & Mandeep won bronze medals at the same championship. Rupinderjit, Harveer & Gurdeep bagged gold medals at the Bench Press state championship held at Amritsar on 7-2-16 Gurdeep won silver, Neha & Twinkle won bronze medals each at the same championship.

SOFTBALL

Sandeep Kaur clinched gold medal at International Softball Federation & Softball Confederation of Asia held at Amritsar from 13-6-16 to 15-6-16 Sandeep and Harwinder won silver medals at AIU of Softball organised at Lovely professional Univ. Jalandhar from 8-2-16 to 11-2-16.

BASEBALL

The college baseball team clinched championship trophy at Inter-College contest organised at Khalsa College For Women, Ldh. from 19-1-16 to 22-1-16 Sandeep & Harwinder bagged gold medals at Baseball Senior National Championship held at

Maharashtra from 24-1-16 to 30-1-16 Sandeep, Rajwinder, Harwinder, Amandeep, Amandeep Kaur & Jagdeep bagged gold medal at AllU of Baseball held at Chd. from 21-2-16 to 26-2-16.

BASKETBALL

Inder, Kirandeep, Harpreet & Rajveer gained gold medals at Shaheed-e-Azam Bhagat Singh Panjab Club held at Idh. from 14-2-16 to 19-2-16 Each player was awarded Rs.25,000/-

TAEKWONDO

Priyanka, Savita, Kavita & Sarabjit won silver medals in 73kg, 49 kg & 67 kg categories respectively at Inter-College Tournament held at Chd. from 13-1-16 to 15-1-16 Jyoti & Sharna won bronze medals in 57 kg & 53 kg categories respectively.

TUG OF WAR

Gagandeep Kaur won bronze medal at National Tug-of-war Tournament held at Jalandhar from 4-3-16 to 6-3-16.

VOLLEYBALL

The College Volleyball team was placed III at inter-college competition held at Chandigarh from 14-1-16 to 17-1-16.

CROSS COUNTRY

Amandeep won bronze medal at open National Cross-Country championship held at Pune on 10-1-16 Varsha bagged gold medal at Open State Championship.

ROAD CYCLING

Gurpreet Kaur won bronze medal & received cash prize of Rs.12,000/- at Shaheed-e-Azam Bhagat Singh Panjab games held at Sangrur from 14-2-16 to 19-2-16.

ATHLETICS

Harpreet Kaur, Amandeep Kaur, Anmol & Sukhwinder were awarded cash prizes of Rs.42,000/- , Rs. 27,000/- Rs.25,000/- & Rs.12,000/- respectively at Shaheed-e-Azam Bhagat Singh Panjab games held at Sangrur from 14-2-16 to 19-2-16.

UNIVERSITY TOPPERS 2015-2016



Arshdeep Kaur
M.A.Pol.Sc.
I in Univ.



Manpreet
M.A.I (II-Sem)
Fine Arts, I in Univ.



Shafali Arora
M.Com
IV Sem.



Shaify Rani
B.Sc.IV
I in Univ.



Sheetal Rana
Bio-Tech I
I in Univ.



Nancy
BCA-I
I in Univ.



Salony
BCA III
I in Univ.



Manpreet Kaur
M.A. History-IV
II in Univ.



Aditi Shridhar
B.Sc-I (Biotech)
II in Univ.



Samridhi Jain
MA-II Fine Arts
II in Univ.



Manpreet
M.Com. Sem I
II in Univ.



Ravneet Kaur
B.Sc.-III (Biotech)
II in Univ.

UNIVERSITY TOPPERS



Tarika Jain
B.C.A-I
II in Univ.



Kulwinder
PGDCA-I Sem.
III in Univ.



Mamta Devi
M.Sc. Maths
III in Univ.



Shagun Gupta
B.Sc.I Biotech
III in Univ.



Priyanka
B.Sc.II Biotech
III in Univ.



Aarushi Jain
B.Sc. Biotech IV
III in Univ.



Tanya Arora
B.Com.II
III in Univ.



Jasleen
MA-I (Fine Arts)
IV in Univ.



Gurleen Kaur
B.Sc.II Biotech IV Sem
IV in Univ.



Chahat
BCA-III
IV in Univ.



Lovepreet Kaur
MA (Pol. Sci) I
IV in Univ.



Richa Dawar
MA-Fine Art
V in Univ.



Shipra Agg.
B.Sc. Biotech Sem-II
V in Univ.



Gurpreet Kaur
M.A. Eng.I
V in Univ.



Priyanka
B.Sc.Sem-IV
V in Univ.



Shilpa
PGDCA-I Sem
V in Univ.



Pavneet Kaur
B.Sc.-III
V in Univ.



Ruchi Jain
BCA-III
V in Univ.



Gurjot Kaur
M.Sc. IT (Sem. IV)
VI in Univ.



Manjit Kaur
B.Sc-Biotech-II
VI in Univ.



Kulwinder
PGDCA-II Sem.
VI in Univ.



Gurleen Kaur
B.Sc.Biotech Sem-III
VI in Univ.



Sarthi
B.Sc-III
VI in Univ.



Aasta Sharma
B.Sc-IV Sem.
VII in Univ.



Nitika Jain
BCA-I
VII in Univ.



Harshita
M.Sc IT-II Sem.
VII in Univ.



Gurjot Kaur
M.Sc.IT -III Sem.
VIII in Univ.



Avneet Kaur
BCA -IV Sem.
VIII in Univ.



Baljeet Kaur
MA-II(His)
VIII in Univ.



Kritika
BCA-III
VIII in Univ.



Ramanjot
MA-II Fine Arts
VIII in Univ.



Surbhi Jain
MA Fine Arts-Sem-IV
IX in Univ.



Puneet
MA Fine Arts-II Sem.
IX in Univ.



Khushboo
BCA-III
IX in Univ.



Divya Chopra
MA Pol Sci-I
X in Univ.



Jasmeet
B.Sc.(Non-Med.) Sem-IV
X in Univ.

KHALSA COLLEGE FOR WOMEN

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