

Newsletter October to December, 2014

TREADING THE VICTORIOUS PATH IN SPORTS

- In Open Punjab State Athletics Championship held at Sangrur from 3rd - 5th October, 2014, Rajni (MA-I), Amandeep (BA-III), Ramandeep Kaur (MA-I) and Shivdeep (BA-III) clinched Gold Medal in 4x100 mts. relay race in women category. Shivdeep (BA-III) won Bronze Medal in Tripple Jump, Ramandeep Kaur got Bronze Medal in 800 mts. race. Soma Rani (10+2) bagged Silver Medal in 5 km. walk in U/20 age group and Sukhveer Kaur (BA-I) won Bronze Medal in 800 mts. in U/18 age group.
- Ludhiana District Zonal School Athletics Championship was held at Guru Nanak Public School, Sarabha Nagar, Ludhiana on 13th - 14th October, 2014. Navpreet Kaur (10+1) grabbed 2 Gold Medals in 800 mts. and 1500 mts. race. Harpreet Kaur (10+1) won Gold Medal in 400 mts. and Silver Medal in 800 mts. race. Monica (10+2) bagged Gold Medal in 5000 mts. and Silver Medal in 5 km. walk. Soma Rani (10+2) clinched Gold Medal in 5 km. walk and Silver Medal in 5000 mts. walk. Our relay team comprising of Harpreet Kaur, Navpreet Kaur, Monica and Soma Rani won Gold Medal each in 4x400 mts. relay race and Bronze Medal each in 4x400 mts. relay race.
- In Ludhiana District Inter-Zonal School Athletics Championship held at Guru Nanak Stadium Ludhiana on 17th- 18th October, 2014. Soma Rani (10+2) captured Gold Medal in 5 km. walk and Monica (10+2) won Silver Medal in 5 km. walk. Navpreet Kaur (10+1) clinched Gold Medal in 800 mts. and Silver Medal in 1500 mts. race. Harpreet Kaur, Navpreet Kaur, Monica and Soma Rani seized Gold Medal in 4x400 mts. relay race.
- Ludhiana District Women Sports Festival was held at Guru Nanak Stadium on 21st - 22nd October, 2014. In Athletics, our college athletes clinched **Overall Championship** with 7 Gold, 7 Silver and 1 Bronze Medal. Rajni (MA-I) bagged 2 Gold Medals in 400 mts. and 400 mts. Hurdles race. Shivdeep Kaur (BA-III) got 2 Gold Medals in Long Jump and 200 mts. race. Amandeep Kaur (BA-III) won 2 Gold Medals in 800 mts. and 1500 mts. race. Navpreet Kaur (10+1) won Gold Medal in 100 mts. race, Silver Medal in 200 mts. race. Sukhveer Kaur (BA-I) grabbed 2 Silver Medals in 800 mts. and 100 mts. Sukhpal Kaur (BA-II) bagged Silver Medal in 400

mts. Vipran (BA-II) won 2 Silver Medals in 100 mts. and 200 mts. race. Neelam (BA-II) won Bronze Medal in Long Jump. Sandeep Kaur (BA-III), Kulwant Kaur (BA-III), Sukhpal Kaur (BA-II), Neelam (BA-II) won Silver Medal in 4x400 mts. relay race.

- College Basketball team comprising Deepali (MBE-II), Ranbir Kaur MA-II (Pol.Sci.) Sandeep Kaur (BA-III), Ramandeep Kaur B.Sc-III (FD), Sukhpal Kaur and Gurwinder Kaur (BA-II), Manpreet Kaur, Ramandeep Kaur, Shubh Karman Dhaliwal (B.Sc-I) and Gurpreet Kaur (10+2) grabbed Bronze Medal in Ludhiana District Women Sports Festival held on 21st - 22nd October, 2014.
- Our swift swimmer Subhkarman Dhaliwal (B.Sc.-I) captured 4 Gold Medals, 2 Silver Medals in Ludhiana District Women Sports Festival held at MC Pool Ludhiana on 21st and 22nd October, 2014.
- Three Outstanding Sports girls of our college Ramandeep Kaur (MA-I English), Rajni (MA-I Pol.Sci.) and Shubh Karman Dhaliwal (B.Sc-I) were the members of Torch bearing relay Team at the opening ceremony of Punjab State Women Sports Festival held at Guru Nanak Stadium, Ludhiana from 30th October-1st November, 2014.
- Rajni (MA-I), Shivdeep Kaur (BA-III), Amandeep Kaur (MA-I), Navpreet Kaur (10+1), Sukhvir Kaur(BA-II), Vipran(BA-II) represented Ludhiana District In Punjab State Women Sports Festival held at Ludhiana from 30th October-1st November, 2014. Rajni won Bronze Medal in 400 mts. Hurdles, Shivdeep won Bronze Medal in Long Jump. Shivdeep, Rajni, Amandeep and Sukhvir Kaur won Silver Medal in 4x400 mts. relay race.
- Our sprinters Monica(10+2), Soma Rani(10+2), Navpreet Kaur(10+1) and Harpreet Kaur(10+1) represented Ludhiana District in Punjab State School Athletics Championship held at Taran Taran from 3rd-7th November, 2014 wherein Harpreet Kaur (10+1) won Silver Medal in 400 mts. race.
- Open Punjab State Judo Championship was held at Mohali from 8th-11th November, 2014. Pooja (BA-I), Simranjeet Kaur (10+1) and Ekta (10+2) grabbed Gold Medal each in 52kg, 63kg and 48kg in U/20 age group. Geeta (BA-I) clinched Silver Medal in 52kg wt. category. Simranjeet Kaur (10+2) and Manju (BA-I) bagged Bronze

Medal each in 57kg and 44kg wt. category. Pooja BA-I won Bronze Medal in 52kg wt. category in senior group.

- In Panjab University Athletics Championship held at Chandigarh from 17th–20th November, 2014. Our college won Overall Third position. Ramandeep Kaur of (MA-I) bagged 2 Gold Medals in 800 mts. and 1500 mts. race. Rajni of (MA-I) won 3 Silver and 1 Bronze Medal in 100 mts. Hurdles, 400 mts. Hurdles, 4x100 mts. relay and 4x400 mts. relay race respectively. Shivdeep Kaur (BA-III) grabbed 2 Silver Medals and 2 Bronze Medals in Tripple Jump, 4x100 mts. relay race, Long Jump and 4x400 mts. relay. Sukhviri Kaur (BA-II) got a Bronze Medal in 4x400 mts. relay race. Amandeep Kaur (BA-III) won 2 Silver Medal and 1 Bronze Medal in Heptathlon, 4x100 mts. relay and 4x400 mts. relay race respectively. Vipanjit Kaur (BA-II) won 1 Silver Medal in 4x100 mts. relay race.
- College Wrestling Team brought home 1 Gold and 5 Silver Medals in Panjab University Wrestling Championship held at Chandigarh on 21st and 22nd November, 2014. Renu (BA-I) won Gold Medal in 67kg. Manju, Sweeti, Pooja, Rinki, Seema of BA-I won Silver Medal each in 48kg, 51kg, 55kg, 59kg and 63kg weight category respectively.
- Punjab State School Judo Championship was held at Jalandhar from 27th -30th November, 2014, wherein our Judoka Kaushlya (10+1) won Gold Medal in 52kg wt. category whereas Simranjeet Kaur (10+2) won Silver Medal in 60kg wt. category. Ekta (10+2), Simranjeet Kaur (10+1), Amandeep Kaur (10+1) won Bronze Medal each in 48kg, 61kg and 44kg wt. category respectively.
- Our ace Judokas Pooja, Rinki, Sweeti, Seema of (BA-1), Ekta (10+2), Simranjeet (10+1) participated in Open Junior National Judo Championship held at Shillong from 7th – 10th December, 2014. Rinki won Bronze Medal in 63kg wt. category.
- Our Ace Swimmer Shubh Karman Dhaliwal(B.Sc-I) represented Ludhiana District in Punjab State Women Sports Festival held at Ludhiana from 30th October-1st November, 2014. She clinched 4 Gold Medals and 2 Silver Medals and Ludhiana team won **Overall Championship** with great margin. Shubh Karman Dhaliwal got selected to represent Punjab State in Women National Sports Festival going to be held in January, 2015.

CAPACIOUS COLLEGE CURRICULUM

- Rashtriya Ekta Diwas was celebrated on 30th October, 2014 to pay tributes to Sardar Patel who was instrumental in keeping India united. Pledge Taking ceremony, Run for Unity and March past was taken out by all the students of various streams of the college.
- Department of Computer Science organized a workshop on 8th November, 2014 on PHP to demonstrate dynamic websites. Ms. Rincy Dhiman and two HCL representatives were the resource persons.
- Students from PG and UG Department of Biotechnology visited the Sewage Treatment Plant at village Bhattian on 10th November, 2014 to learn the Primary and Secondary Treatment of Waste Water alongwith its effluent treatment.
- On the occasion of 125th Birth celebration of Pandit Jawahar Lal Nehru on 10th November, 2014 Mittal Pandey Scholarship of worth Rs. 6000/- each was given to 12 students of the college.
- The Parkash Utsav of Sri Guru Nanak Dev ji was celebrated with great religious fervor and reverence from 11th - 13th November, 2014.
- A one day Seminar-cum-Workshop was organized on 12th November, 2014 by Department of Biotechnology in collaboration with IBS, Kurukshetra under the supervision of Dr. S.K. Gautam.
- College students Jaspreet Kaur(BA-II), Harsangeet Kaur (B.Sc-II), Sarika (BA-III), Iti (BA-II), Swati (MBE) and Baljinder Kaur (BA-III) and Ashwjit Kaur(B.Sc-II) grabbed the coveted First Position in the competitions of Poster Making, Photography, Rangoli, Mehandi Designing and Application, Flower Arrangement and Extempore respectively. Manpreet Kaur (BA-III), Gurpreet Kaur (BA-III) and Gurbir Kaur (BA-II) clinched the Second Position in Poster Making and Collage Making competitions held at Bhutta College of Engineering and Technology, Ludhiana on 12th November, 2014.
- An industrial visit to Hero Cycles, G.T. Road, Ludhiana was organized by PG Department of Management on 19th November, 2014.
- Communal Harmony Week was observed on the college campus from 19th- 25th November, 2014 under which various inter-class competitions were organized.

- Science students from the Department of Zoology and Botany visited Nanotechnology and Electron Microscopy Laboratory at PAU Ludhiana on 21st November, 2014.
- Harpreet Kaur (MA-II Sociology) won Second Prize in Essay Writing Competition held at Guru Teg Bahadur National College, Dakha on 22th November, 2014.
- Ravneet Kaur (BA-II), Prabhjot Kaur (BCA-II) and Rajvir Kaur (BA-III) bagged Second Position in a Quiz Competition held at Guru Teg Bahadur National College Dakha on 24th November, 2014.
- Students from Department of Biotechnology enjoyed a fun filled day during their visit to Kasauli on 24th November, 2014.
- The Red Cross Wing, NCC Cades, NSS volunteers and Red Tibbon Club of the College observed International World AIDS Day on 1st December, 2014 by organizing a awareness rally.
- An outstanding NCC Cadet SUO Gurinder Kaur of BA-II had attended YEP-2014 in Bhutan at Army Cantonment area from 5th - 22nd December, 2014.
- The NSS unit celebrated World Human Rights Day on 10th December, 2014 wherein students expressed their views and thoughts on Human Rights.
- A workshop was organized by the Department of Fashion Designing on 23rd December, 2014 in collaboration with Usha Janome Automatic Sewing Machines to teach the students the new techniques of Sewing.
- Department of Fashion Designing also organized a workshop on 27th December, 2014 on the theme of 'Art & Craft' wherein the experts from the Pidilite Company exhibited innovative techniques of making Pots, key chain holders and Photo Frames.
- To celebrate the successes and accomplishments of the previous year and to welcome the New Year a get-together was organized on 27th December, 2014.

BLOOD DONATION - SUPREME SERVICE

- The Youth Red Cross Society, NSS and NCC Wing of our College organized a Voluntary Blood Donation Camp on 14th November, 2014 in collaboration with Shri Krishna Charitable Hospital, Ludhiana. Principal (Dr.) Charanjit K. Mahal and President of Guru Nanak Education Trust S. Gurbir Singh inaugurated the camp and enthused the students to become a part of this altruistic mission that would save the lives of millions. Sh. G.L. Pahwa, President and Sh. Khushbakat Rai, Gen. Secretary of Shri Krishna Charitable Hospital graced the event with their revered presence. Dr. Tejmeet Singh (Medical Superintendent / Consultant / Child Specialist & Neonatologist) and Dr. Reena Garg (Pathologist) said that the major concern these days is to arrange adequate leuco reduced blood for thalassaemic children. More than 130 students and staff members donated blood.

A GRAND WIN AT INTER-ZONAL YOUTH AND HERITAGE FESTIVAL, 2014

Continuing with the winning spree, our girls made it large at the Inter-Zonal Youth and Heritage Festival, 2014 held at DAV College, Chandigarh from 27th - 30th October, 2014. Amanpreet Kaur (MA-II Sociology) clinched the august First position in Clay Modelling and she is going to represent Panjab University at Inter-University Youth Festival, 2014 to be held at Jammu University from 14th-19th January, 2015. Jaspreet Kaur (BA-II) won the Second prize in Poster Making Competition whereas Swati (MBE) grabbed the Third prize in Mehendi Designing and Application competition.