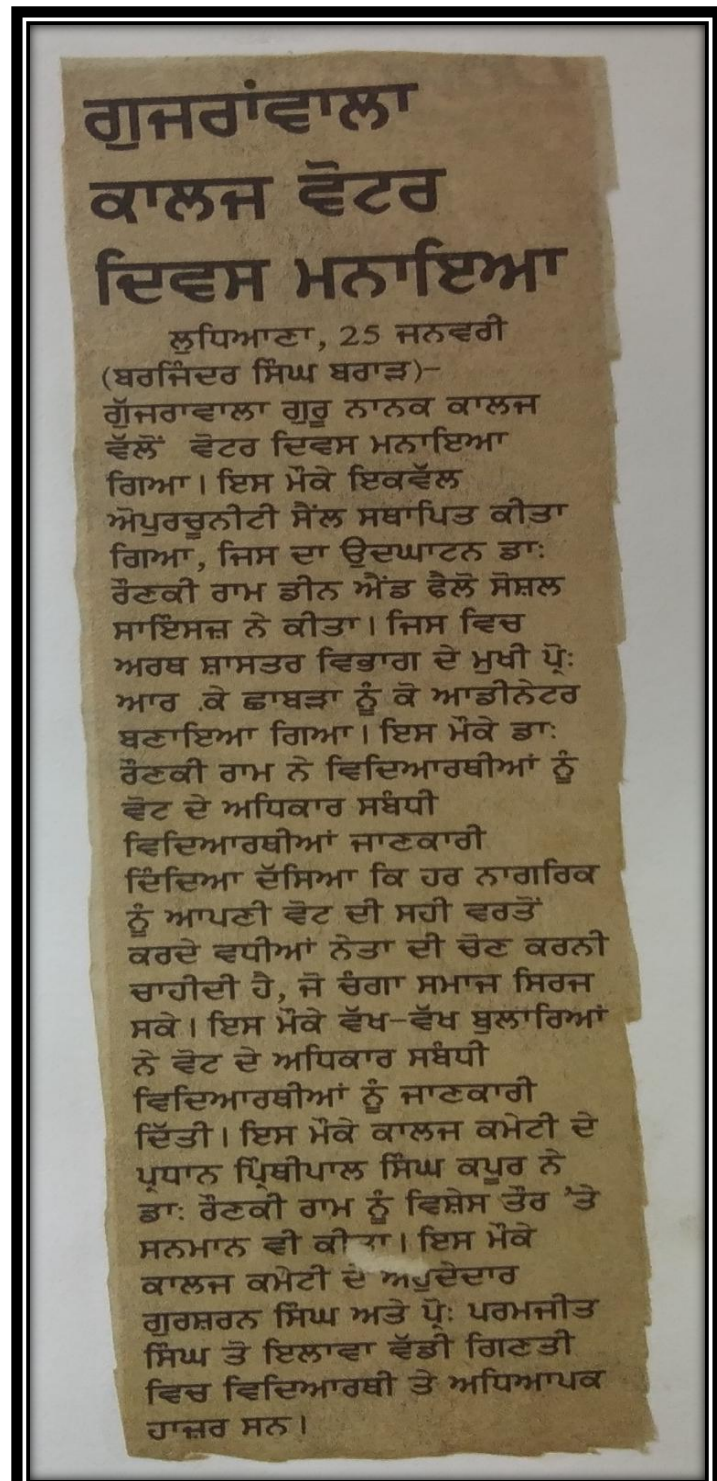
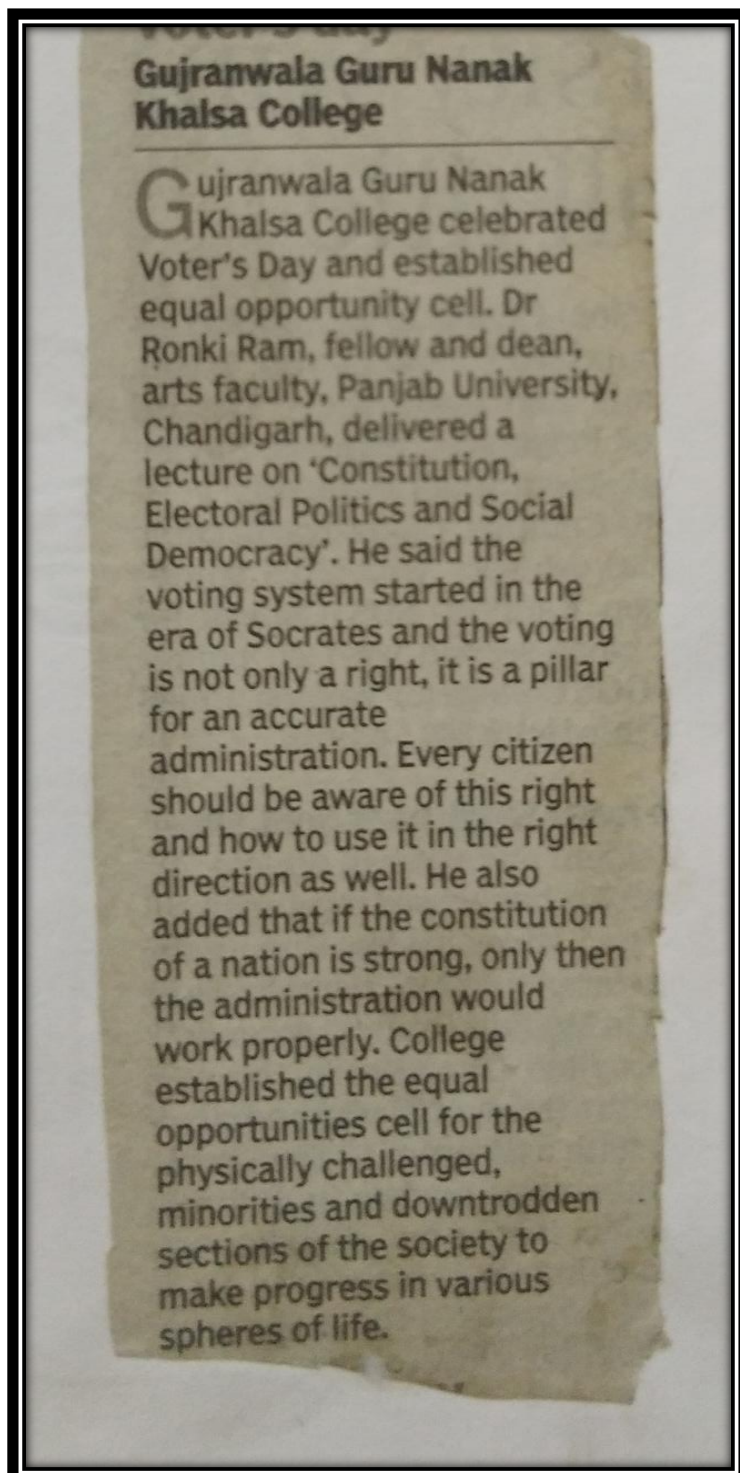


Criterion 7 - Institutional Values and Best Practices  
Gujranwala Guru Nanak Khalsa College, Ludhiana

**Report of Gender Equity  
Promotion Programs  
Organized by the Institution  
During the Last Five Years  
(2015-2020)**

# 1. Inauguration of Equal opportunity cell (25<sup>th</sup> January 2016)

On the inauguration of "Equal Opportunity Cell", Prof Raminder Chabra, Coordinator of the cell gave an inaugural speech. She made aware of the fact why this Cell was needed and how all gender, caste, economical and financial issues will be addressed. Dr. Ronki Ram, Fellow and Dean, Arts Faculty, Punjab University, Chandigarh, graced the occasion as chief guest.



# Colleges organise sessions to celebrate Voters' Day

HT Correspondent

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**LUDHIANA:** With the aim to spread awareness on voting, various colleges across the city celebrated Voters' Day on Monday.

The department of political science at the Government College for Girls organised an event and seminar to celebrate National Voter's Day on Monday. Khanna additional deputy commissioner JK Jain was the chief guest, while Harjot Kaur, PCS, was the guest of honour on the occasion.

In his presidential address, JK Jain enlightened the young minds on the importance of exercising one's right to vote. He said that India is the largest democracy in the world so it is very important that we should exercise our right to vote and shy away from our basic responsibilities.

Gujranwala Guru Nanak Khalsa College established an

## STUDENTS APPRISED ABOUT IMPORTANCE OF CASTING VOTES DURING AWARENESS PROGRAMMES AT VARIOUS COLLEGES

'Equal Opportunity Cell' on the occasion of Voters' Day on Monday.

Panjab University's art faculty fellow and dean, professor Ronki Ram, while addressing the students said that voting was pillar for an accurate administration and every citizen should use it rightly.

He further said that a nation's constitution is strong only when the administration works properly.

Speaking on the occasion, Gujranwala Khalsa Educational Council president professor Prithipal Singh Kapoor also

emphasised upon the relevance of Voters' Day.

An extension lecture on the occasion of National Voter's Day was organised at the GHG Khalsa College of Education, Gurusar Sadhar on Monday.

Department of economics head Balwinderpal Singh was the chief guest on the occasion.

Singh addressed the students on the history of 'Inclusive and Qualitative Voting', which refers to the maximum participation of the eligible individuals in the electoral process by enrolment and voting with the conscience without getting tempted by any illegal inducements offered.

He also mentioned about growing concept of 'Floating Vote', which, he said, will inculcate in new voters a commitment to democratic electoral process leading to strong democracy shaped by today's youth. Students appreciated the authorities for organising the event.



## 2. Extension Lecture on “Role of Balanced Diet” (6<sup>th</sup> February 2016)

The Equal Opportunity Cell of Gujranwala Guru Nanak Khalsa College Organized an Extension Lecture on the topic: Role of Balance diet. The female students and staff were made aware by Dr. Pooja Sharma, DMCH, Ludhiana for the benefits of balanced diet in promoting proper growth and development of the body.

# 3. Extension Lecture on "Women Empowerment" (12<sup>th</sup> February 2016)

The Equal Opportunity Cell of Gujranwala Guru Nanak Khalsa College Organized an Extension Lecture on the topic "Women Empowerment". The female students and staff were made aware of their rights through a documentary by Dr. Ritu Lahel, Director Women Empowerment Cell, Punjabi University, Patiala.



# 4. Extension Lecture on "Personality Disorders" (18<sup>th</sup> February 2016)

The Equal Opportunity Cell of Gujranwala Guru Nanak Khalsa College Organized an Extension Lecture on the topic "Personality Disorders". The female students and staff were made aware of personality disorders by Dr. B.P. Mishra, DMCH Ludhiana.

## Lecture on personality disorders organised

TRIBUNE NEWS SERVICE

LUDHIANA, FEBRUARY 18

Equal Opportunity Cell of Gujranwala Guru Nanak Khalsa College organised a lecture by Dr BP Mishra on personality disorders among the youngsters.

Dr Mishra defined the difference between nor-

mal and abnormal as a very thin line. The major symptoms of personality disorders, according to him, are negativity, blaming, habit of stealing, aggression, mood swings and tendency towards suicide.

He emphasised upon the need of being healthy, physically and mentally.

## पर्सनेल्टी डिस्ऑर्डर के बारे में दी जानकारी

जासं, लुधियाना : जीजीएन खालसा कॉलेज सिविल लाइंस में पर्सनेल्टी डिस्ऑर्डर पर इकवल अपारच्युनिटी सेल की ओर से लेक्चर आयोजित किया गया। बीपी मिश्रा ने विद्यार्थियों को इसके बारे में जानकारी दी। प्रिंसिपल अरविंदर सिंह भल्ला ने विद्यार्थियों को नार्मल और एबनार्मल डिस्ऑर्डर के बारे में बताया। डॉ. बीपी मिश्रा ने कहा कि इस बीमारी के मुख्य कारण नेगेटिविटी, ब्लेमिंग, हैबिट आफ स्टीलिंग, एग्रेसन व मूड स्विंग्स इत्यादि हैं।

## नकारात्मक सोच से रखें दूरी, रहें तनावमुक्त

लुधियाना, 18 फरवरी (मनधीर) : युवाओं में बढ़ती पर्सनालिटी समस्याओं प्रति जागरूक करता लेक्चर वीरवार को गुजरांवाला गुरु नानक खालसा कालेज में आयोजित किया गया। कालेज के इक्वल ऑपरच्युनिटी सेल की ओर से करवाए लेक्चर में डा. बी.पी. मिश्रा विशेष रूप से हाजिर रहे। डा. मिश्रा ने विद्यार्थियों को रोजाना होने वाले तनाव की मुख्य वजहों से अवगत किया। इसे कम करने के गुर भी बताए। उनसे कंपीटिशन की रेस में शामिल होने की जगह खुद की प्रतिभा को पहचानने को प्रेरित किया। पर्सनालिटी डिस्ऑर्डर पर बातचीत करते हुए उन्होंने लक्षणों पर चर्चा की, जिसमें नकारात्मक सोच, दूसरों को दोषी मानना, गुस्सा, सुसाइड के बारे में सोचना व मूड स्विंग्स को लक्षण बताया। ऐसा होने की स्थिति में तुरंत काउंसलिंग लेने की सलाह भी दी। कालेज प्रिंसिपल डा. अरविंदर सिंह ने विद्यार्थियों को तनाव से बचने की अपील की।

# 5. Women's Day Celebrations (8<sup>th</sup> March 2016)

Women Empowerment Cell of Gujranwala Guru Nanak Khalsa College celebrated the International Women's Day by organizing a seminar. Dr. Gurcharan Kaur Kocher, Sukhwinder Amrit, Asha, Aneja, Jaspreet, Kulwinder Kiran, Trilochan Lochi talked about the books written by Amrita Pritam.







## **6. Extension Lecture on “Personality Development and Identity Crisis” (11<sup>th</sup> March 2016)**

The Equal Opportunity Cell of Gujranwala Guru Nanak Khalsa College Organized an Extension Lecture on the topic “Personality Development and Identity Crisis”. The female students and staff were motivated to overcome the drawback and develop their personality by Dr. Damanpreet Kaur Sandhu, Department of Psychology, Punjabi University, Patiala.

# 7. Extension Lecture on Female foeticide (31<sup>st</sup> March 2016)

To spread awareness and to stop female foeticide the NSS unit of the College Organized an Extension Lecture on the Topic "Female Foeticide" by Dr. Shweta Gupta, Associate Professor, Department of Obst & Gynae, DMCH, Ludhiana

ये सोचने की बात है कि आज के समय में भी लोग लड़की आखिर क्यों नहीं चाहते : डॉ. गुप्ता

लुधियाना | सिविल लाइंस स्थित गुजरांवाला गुरुनानक खालसा कॉलेज के रोटरेक्ट क्लब और रेड रिबन सोसाइटी की ओर से भ्रूण हत्या विषय पर सेमिनार का आयोजन किया गया। डीएमसी के गाइनोकॉलोजी डिपार्टमेंट से डॉ. श्वेता गुप्ता ने मुख्य प्रवक्ता के तौर पर हिस्सा लिया। डॉ. गीता जालान ने मुख्य मेहमान का स्वागत किया। डॉ. गुप्ता ने कहा कि भ्रूण हत्या के बारे में तो हम सुनते हैं लेकिन आजकल बेटी पैदा होने के बाद उसकी हत्या की जा रही है जो भ्रूण हत्या से भी बुरी स्थिति है। उन्होंने कहा कि भारतीय संस्कृति में एक तरफ हम लड़की को देवी की तरह पूजते हैं। लेकिन दूसरी तरफ हमें लड़की नहीं चाहिए। उन्होंने बताया कि 2011 की जनगणना में 1000 लड़कों पर 914 लड़कियां हैं। वहीं दो दशकों में 10 मिलियन से भी ज्यादा भ्रूण हत्या हो चुकी है। शिक्षित लोग भी इस अपराध को आगे बढ़ा रहे हैं। उन्होंने स्टूडेंट्स को प्री नैटल डायग्नोस्टिक और मेडिकल टर्मिनेशन प्रेगनेंसी एक्ट के बारे में जानकारी दी। डॉ. गुप्ता ने कहा कि इस समस्या का समाधान तभी संभव है जब एटीट्यूड बदला जाए। उन्होंने कहा कि ये सोचने की जरूरत है कि लोग आखिर आज के समय में भी लड़की क्यों नहीं चाहते? कानून बने हैं लेकिन इनका पालन नहीं किया जा रहा। उन्होंने स्टूडेंट्स को दहेज के बिना शादी करने के लिए रापथ लेने के लिए कहा। प्रो. किरत ने सभी का धन्यवाद किया।

## Seminar on female foeticide

GGN Khalsa College organized a seminar on female foeticide. Dr Shweta Gupta said, "We usually hear about foeticide, but infanticide is even worse in which girls are killed after the birth. It is shameful when educated people do such acts." She motivated students to take pledge against dowry and to raise voice against female foeticide.

## जन्म के बाद कन्या को मारने की प्रवृत्ति बढ़ी : डॉ. श्वेता

असह्य संवाददाता, लुधियाना : " भारतीय संस्कृति में एक तरफ तो हम देवियों को पूजते हैं, दूसरी तरफ हम कन्या नहीं चाहते। उनके कोख में ही मार देते हैं। हम उनसे जीने का अधिकार छीन रहे हैं। अब तक हम कन्या भ्रूण हत्या की बात सुनते आ रहे थे, लेकिन जन्म के बाद कन्या की हत्या करना तो और भी खतरनाक प्रवृत्ति है। यह बढ़ती जा रही है। यह विश्व यहाँ स्थित डीएमसी अस्पताल की मायनोकोइजस्ट डॉ. श्वेता गुप्ता ने स्पष्ट की। यह खतरा की विविध लाइस स्थित डीएमसी अस्पताल कोलैज के रोटरेक्ट क्लब एवं रेड रिबन सोसाइटी की तरफ से कोलैज परिसर में "कन्या भ्रूण हत्या" विषयक सेमिनार को मुख्य प्रवक्ता के तौर पर संबोधित कर रही थीं। इससे पहले डा. गीता जालान ने उनके बारे में विद्यार्थियों को बताया। इस बीच पर कोलैज के प्रिंसिपल डा. अश्विनी मिश्र भीला उपस्थित थे। डॉ. श्वेता गुप्ता ने कहा कि ऐसे के लिए सबसे काम किए जा रहे हैं। उन्होंने एक विलक्षणक पहलु पर प्रकाश डाला

- ऐसे के लिए गर्भपात के अपराध में शिक्षित लोग लिप्त
- दो दशक में एक करोड़ गर्भपात
- छीना जा रहा है कन्याओं से जीने का अधिकार

कि 2011 की जनगणना में 1000 लड़कों पर 914 लड़कियां थीं और पिछले दो दशकों में एक करोड़ गर्भपात कर दिए गए। अर्थात् हर दो बच्चे के लिंग गर्भपात करने में इतना मतलब किए जाने वाले तरीकों एवं तकनीकों को जानते हैं। यहाँ तक कि पढ़े लिखे लोग भी इस अपराध में शामिल हैं, जो शर्म की बात है। यह एक बड़ा संकलन है कि आखिर समाज में कन्या की अपेक्षा महत्व क्यों नहीं दिया जाता। दुष्टकाल में बदलाव ही इस समस्या का समाधान है। उन्होंने विद्यार्थियों को दहेजविहीन शादी करने और कन्या भ्रूणहत्या के खिलाफ आवाज उठाने की रापथ दिखाई।

# 8. Teej Fest (11<sup>th</sup> August 2016)

Gujranwala Guru Nanak Khalsa College celebrated Teej as a symbol of 'Women Empowerment' in primarily a Boys' college. Various activities were organized like mehndi, Gidha, folk dance, western dance, singing, poetry etc. by the girl students of our college. Mrs. Sarita Tiwari graced the occasion as chief guest. She motivated the girls to follow the rich heritage of Punjabi culture.







# 9. International Women's Day (8<sup>th</sup> March 2017)

International Women's Day is celebrated in the GGN Khalsa College, Ludhiana. Hon'ble Dr. Inderjeet Kaur, President, All India Pingalwara Society, Amritsar presided over the function. Hon'ble S. Varinderjit Singh Virk, DZM, Punjab and Sind Bank, Madam Pritpal Kaur, Asian Games-1982 Gold Medallist ( Hockey), Madam H.K. Chahal (Canada) and Madam Avinash Kaur (Canada) participated in the function as the Guest of Honour.









# 10. Free Medical Checkup Camp (17<sup>th</sup> March, 2017)

NSS unit organized a free medical checkup camp in collaboration with Rotaract club and Bhai Ghanaiya Ji seva society. The eminent doctors from Dayanand Medical College and Hospital paid a free visit to the college. Dr. Rishu Bhanaut (DMC) spared her valuable time for the event. She guided the female students and female staff of the college for personal hygiene and other health issues. The female staff and female girls students got their hemoglobin checked free of cost in the camp. The honorable president of college management S. Gursharan Singh Narula inaugurated the event.







# 11. Poster Making Competition (10<sup>th</sup> February 2018)

Red Ribbon Club of GGN Khalsa College organized an inter College Poster Making Competition. Dr Arvinder Singh College Principal congratulated the prize winners.



# 12. International Women's Day (8<sup>th</sup> March 2018)

Women Empowerment Cell of Gujranwala Guru Nanak Khalsa College, Ludhiana Celebrated the International Women's day in the college campus. Principal Dr. Arvinder Singh Congratulated the whole Female staff.





# 13. Special Lecture on "Breast Cancer" (30<sup>th</sup> August 2018)

JCI Unit of Gujranwala Guru Nanak Khalsa College, Ludhiana in the association with JCI Ludhiana Queens organized a Special Lecture on "Breast Cancer". On this occasion, Dr. Bharti Uppal, Professor & Head, Department of Biochemistry, Christian Medical College (CMC), Ludhiana, Dr. Samita Sharma and Dr. Isha Agarwal shared their expert views with audience on such a sensitive issue. Large number of girl students and faculty members participated in this programme.







# 14. Rangoli Making Competition (9<sup>th</sup> March 2019)

“Rangoli making” competition was organized by Gujranwala Guru Nanak Khalsa College, Ludhiana. Principal, Dr. Arvinder Singh highlighted the importance of the colors in one's life by saying that Rangoli competition was organized to develop aesthetic sense amongst girls and to make them think and work creatively. Total number of girl students participated was 25.







# 15. Poster Making Competition (9<sup>th</sup> March 2019)

Poster making” competition was organized by Gujranwala Guru Nanak Khalsa College, Ludhiana. Principal, Dr. Arvinder Singh highlighted the importance of the colors in one's life by saying that Poster competition was organized to develop aesthetic sense amongst girls and to make them think and work creatively. Total number of girl students participated was 20.





# 16. One Day NAAC Sponsored National Seminar on "Enhancing Quality in Higher Education: Innovative Practices" (20<sup>th</sup> April 2019)

Dr. L.S. Gill, Deputy DPI talked about the efficacy in higher education institutions. He stressed on importance of IQAC, its primary aim to develop a consistent, catalytic action to improve academic and administrative performance of the institution. **He also talked about the empowering women through education & employment.** He talked about the role of education as education drives employment and leads to economic development.



# 17. Food adulteration Drive (Under Poshan Maah) (12<sup>th</sup> September 2019)

To Celebrate Poshan Maah (September) an informative lecture was organised by NSS unit of GGN Khalsa College, Ludhiana on Food adulteration. Lecture was delivered by Dr. Shivali Sharma, Assistant Professor. She talked about eating disorders and the importance of Balanced diet for the girl students. She also gave the importance of physical activity to make them fit. There was also group discussion on skipping breakfast and untimely eating.







# 18. National Seminar on 'Guru Nanak Dev Ji's Teachings' Organized by Gujranwala Khalsa Educational Council (GKEC) (2<sup>nd</sup> November 2019)

National Seminar was organized by Gujranwala Khalsa Educational Council on the occasion of 550th birth anniversary of Shri Guru Nanak Dev Ji on the topic : "Relevance of Guru Nanak teachings in 21st century". The seminar was headed by Rajya Sabha Member S.Sukhdev Singh Dhindsa. Prof Manish from Desh Bandhu College, New Delhi highlighted 'women empowerment', 'human rights' and 'freedom in religion' as the few fundamental teachings of Guru Nanak Dev Ji.





# 19. Women's Day Celebration ( 8<sup>th</sup> March 2020)

Celebrations of International Women's Day in the Gujranwala Guru Nanak Khalsa College, Ludhiana. The function was organized by the Women Empowerment Cell of Gujranwala Guru Nanak Khalsa, Ludhiana. Prof. Raminder Kaur Chhabra Graced the occasion as Chief Guest.

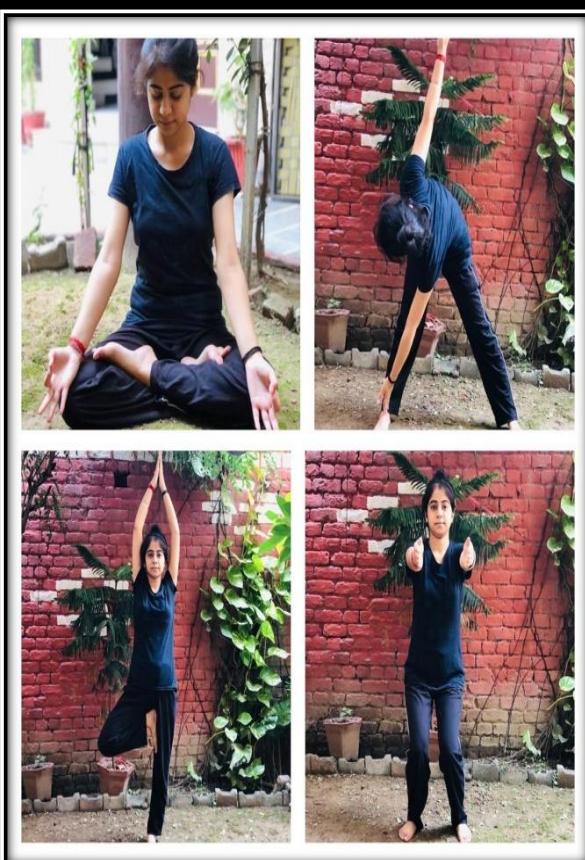




# 20. National Yoga Day (21<sup>st</sup> June 2020)

During COVID-19 Lock down period the NSS unit of Gujranwala Guru Nanak Khalsa College, celebrated the National Yoga day where the female NSS volunteers performed Yoga at their home and sent the pictures. The Female volunteers were also motivated to maintain their health by practicing yoga regularly by the NSS Programme Officer.





# 21. YuWaah “Pride of Punjab” U-report Initiative UNICEF youth Engagement Programme (20<sup>th</sup> September 2020)

As per the notice by NSS Coordinator, the NSS volunteers of GGN Khalsa College took part in the YuWaah “Pride of Punjab” U-report Initiative UNICEF youth Engagement Programme. Under this about 45 NSS volunteers (Mostly Female) took part in online survey initiated by Ministry. The motive of this event was to Build Punjabi youth’s inherent strengths – boldness, courage and entrepreneurship – over the next three years, Pride of Punjab initiative aims to connect millions of young people of Punjab across 22 districts with aspirational economic opportunities, gain relevant skills for productive lives and become change makers.

