

PG department of Political Science and NCC department organised expert talk of professor Chandra Mohan Upadhyay, Principal Kalicharan PG College, Lucknow on the growth of constitutional India to celebrate "Constitution Day" under the guidance of Principal Dr. Reena Talwar on 26th Nov. 2021. In his Talk Dr. Upadhyay discussed the growth process of Indian constitution. 26 Nov 2021



कानून की जानकारी ही औरतों को घरेलू हिंसा से बचाने में मददगार : डॉ. रीना

दीनांगन् शांति देवी आर्य महिला कॉलेज के पोस्ट ग्रेजुएट राजनीतिक विभाग द्वारा औरतों पर होने वाली हिंसा का खात्मा विषय पर प्रिसिपल डॉ. रीना तलवाड़ की अध्यक्षता में वेबिनार करवाया गया। जिसमें पंजाब यूनिवर्सिटी चंडीगढ़ की डॉ. खुशबू महाजन मुख्यवक्ता थी। प्रिसिपल डॉ. रीना तलवाड़ ने कहा कि औरतों को घरेलू हिंसा से बचाव संबंधी कानूनों की जानकारी होने जरूरी है। तभी वह गदे सामाजिक बताव से बच सकती हैं। मुख्यवक्ता डॉ. खुशबू महाजन ने औरतों पर होने वाली हिंसा के बारे में कहा कि इस सामाजिक बुराई के



लिए परंपरागत रुद्धिवादी धारणाएं जिम्मेदार हैं जो औरत को समाज में हमेशा दोयम दर्जा प्रदान कर उनके अधिकारों से बचाते रहते हैं। उन्होंने कहा कि औरत को चाहिए कि वह अपने अधिकारों के प्रति जागरूक होकर इनकी प्राप्ति तक संघर्षील रहे। विभागाध्यक्ष प्रो. रणदीप धूमें ने कहा कि औरत में अपने अधिकारों को हासिल करने की चेष्टा पैदा करने के लिए उसका शिक्षित होना जरूरी है।

P.G Deptt. of Punjabi organized "Writing and Geet/Lokgeet Competition" to celebrate the anniversary of Punjabi Suba . Programme were organized under the able guidance of College Principal Dr. Reena Talwar and under the supervision of Dr. Kulwinder Kaur Chheena,HOD ,deptt. of Punjabi. Inter Classes Essay Writing competition on topic ' Philosophy of Shri Guru Nanak Dev Ji' was organized on 29th Nov,2021. On 30th Nov, inter classes Geet/Lokgeet Competition was organized by the dept.Principal Dr. Reena Talwar presided over the programme. Prof. Randeep Dhoot, Prof. Neenu Sharma, Ms. Manjot Kaur participated as judges

29th Nov,2021



The NCC and NSS department celebrated Vijay Diwas to honour the victory of Indian Army Forces over Pakistan in the 1971 war. The event was graced by the presence of Mr. Sanjay Gupta, 2nd in command-BSF, 58th Battalion BSF, Madhopur and Mr. Rajnish Kumar, Deputy Commandant, BSF, Gurdaspur.

01-Dec-2021



Dinanagar, Punjab, India

G.T Road Dinanagar , Near O.B.C bank, Chander Vihar, Dinanagar, Punjab

143531, India

Lat 32.132965°

Long 75.472802°

01/12/21 02:30 PM

Department of Psychology under the aegis of IQAC organized a webinar on the topic "Career Opportunities in Psychology" under the able guidance of Principal Dr. Reena Talwar and Dr Sonam Gupta on 4th December 2021. Dr. Zahoor Ahmed Lone, Assistant Professor, Department of Psychology, Lovely Professional University, Phagwara was the eminent speaker of the day.

04 Dec 2021

शांति देवी कॉलेज में मनोविज्ञान में करियर के अवसर विषय पर वैबीनार करवाया



Re-Accredited with "A Grade" By NAAC
College With Potential For Excellence Status By UGC
Green Champion Award by MCA (Govt. of India)

Department of Psychology

Organized

"Career Opportunities in Psychology"

On 4th December 2021, 10:00 AM

Join Zoom Meeting : <https://us02web.zoom.us/j/8470599252>



World AIDS Day was celebrated under the able guidance of Principal Dr Reena Talwar on 4th Dec.,2021.All the five Program officers Dr. Sushma Gupta, Mrs. Sunita Verma, Mrs. Sangeeta Malhotra, Mrs. Deepak Jyoti, Mrs.

Jyoti Sani along with Mrs. Meenu Gupta attended this event.Poster Making and Declamation competition was organised . An Awakening lecture to spread awareness about AIDS was delivered by Mrs. Sunita Verma , Head of Zoology Department. 04 Dec 2021



PG department of Computer Science & IT organized "Cyber Security Awareness Campaign" under the able guidance of Principal Dr. Reena Talwar and Mrs. Deepak Jyoti HOD Computer Science & IT department. This is the campaign which has been started by UGC to aware the people in this digital India where we all are using digital services. Principal Dr. Reena Talwar delivered a lecture On cybersecurity to alert the students

06-Dec-2021



PG department of Political Science under the aegis of IQAC organized an Essay writing competition on 10th December 2021 to celebrate the Human Rights Day-the day on which the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights

11-Dec-2021



Dr. Ambedkar studies Centre organised a webinar on "Sexual Harassment of

Women at Workplace": Prevention, Prohibition and Redressal on 13th Dec 2021 under the direction of Principal Dr. Reena Talwar. Mrs Navdeep Kaur Gill, Secretary, District Legal Services Authority, Gurdaspur and Advocate Prabhdeep Singh Sandhu, Member District Legal Services Authority Gurdaspur were the main speakers of this Webinar.

13 Dec 2021

शांति देवी आर्य महिला कॉलेज में सैक्युअल हैरेसमेंट ऑफ विमेन अट वर्कप्लेस पर वैबिनार करवाया

- नवदीप कौर गिल ने सैक्युअल हैरेसमेंट से संबंधित कानूनी प्रावधानों का वर्णन किया

दीनानगर, 15 दिसंबर (राजकुमार, राजीव): शांति देवी आर्य महिला कॉलेज दीनानगर में डॉक्टर अंबेडकर स्टडी सेंटर द्वारा प्रिंसिपल डा. रीना तलवाड़ की अध्यक्षता में सैक्युअल हैरेसमेंट ऑफ विमेन अट वर्कप्लेस पर वैबिनार का आयोजन किया गया। डिस्ट्रिक्ट लीगल सर्विसेज अथोरिटी गुरदासपुर के सैक्रेटरी नवदीप कौर गिल तथा डीएलएसए के सदस्य एडबोकेट प्रबद्धीप सिंह संघ इस वैबिनार के मुख्य वक्ता थे। नवदीप कौर गिल ने सैक्युअल हैरेसमेंट से संबंधित कानूनी प्रावधानों का वर्णन करते हुए, कहा कि यदि कार्य क्षेत्र में किसी के साथ



वैबिनार के दैरान मौजूद वक्ता।

भी कोई अभद्र व्यवहार होता है, या फिर अभद्र ढांग से देखा जाता है, या फिर भेदभाव किया जाता है, तो कानून में ऐसे प्रावधान हैं, जिससे महिलाओं को सुरक्षा प्रदान की जाए और दोषियों को सजा दी जा सकती है। उन्होंने सैक्युअल हैरेसमेंट एक्ट 2013 के प्रावधानों को विस्तार से बताया और छात्राओं को अपने ऑफिस का एड्रेस बताते हुए कहा कि यदि उनको कोई भी समस्या आती है, तो छात्राएं मैडम नवदीप से अपनी शिकायत दर्ज करवा

सकती हैं, और सलाह ले सकती हैं। इसके पश्चात एडबोकेट प्रबद्धीप सिंह ने भारतीय सर्विधान और इंडियन फिल कोड के अनेक प्रावधानों के बारे में बताया कि महिलाओं की सुरक्षा भारतीय सरकार के लिए सर्वोंपरि है, और इसके लिए कई तरह के कानून बनाए गए हैं, आवश्यकता जागरूकता फैलाने की है। प्रिंसिपल डा. रीना तलवाड़ ने कहा कि महिलाएं भारतीय संस्कृति में महान स्थान रखती हैं, परंतु आज के आधुनिक युग में कार्यक्षेत्र में

काम करते हुए उन्हें कई तरह की दिक्कतों का सामना करना पड़ रहा है। मीटू कैपिन भी इसी समस्या को उजागर करता है। कानून का सहारा लेकर इस तरह के अपराधों को रोका जा सकता है। वैबिनार की कोऑर्डिनेटर तथा डॉ. अंबेडकर स्टडी सेंटर की डायरेक्टर डॉ. बत्रा ने कहा कि शिक्षा के प्रसार में और सर्विधान में समानता के अधिकार ने महिलाओं को कार्य क्षेत्र में काम करने के लिए कई आवाम दिए हैं, परंतु सुरक्षित बातावरण ना होने के कारण महिलाएं कई दिक्कतों का सामना कर रही हैं, जिससे उनको शारीरिक, सामाजिक तथा मानसिक तनाव का भी सामना करना पड़ता है। इस मौके पर डॉ. अंजना मल्होत्रा ने दीपक ज्योति, प्रियंका गुप्ता, तकनीकी स्टाफ तथा कॉलेज स्टाफ का आभार व्यक्त किया।

Solemnised Hawan on the auspicious day of Makar Sankranti. The festival is considered auspicious for tenacity, worship, charity and sacrifice in the scriptures. It marks the beginning of the harvest season when people worship new crops and share them with delight

14-Jan-2022

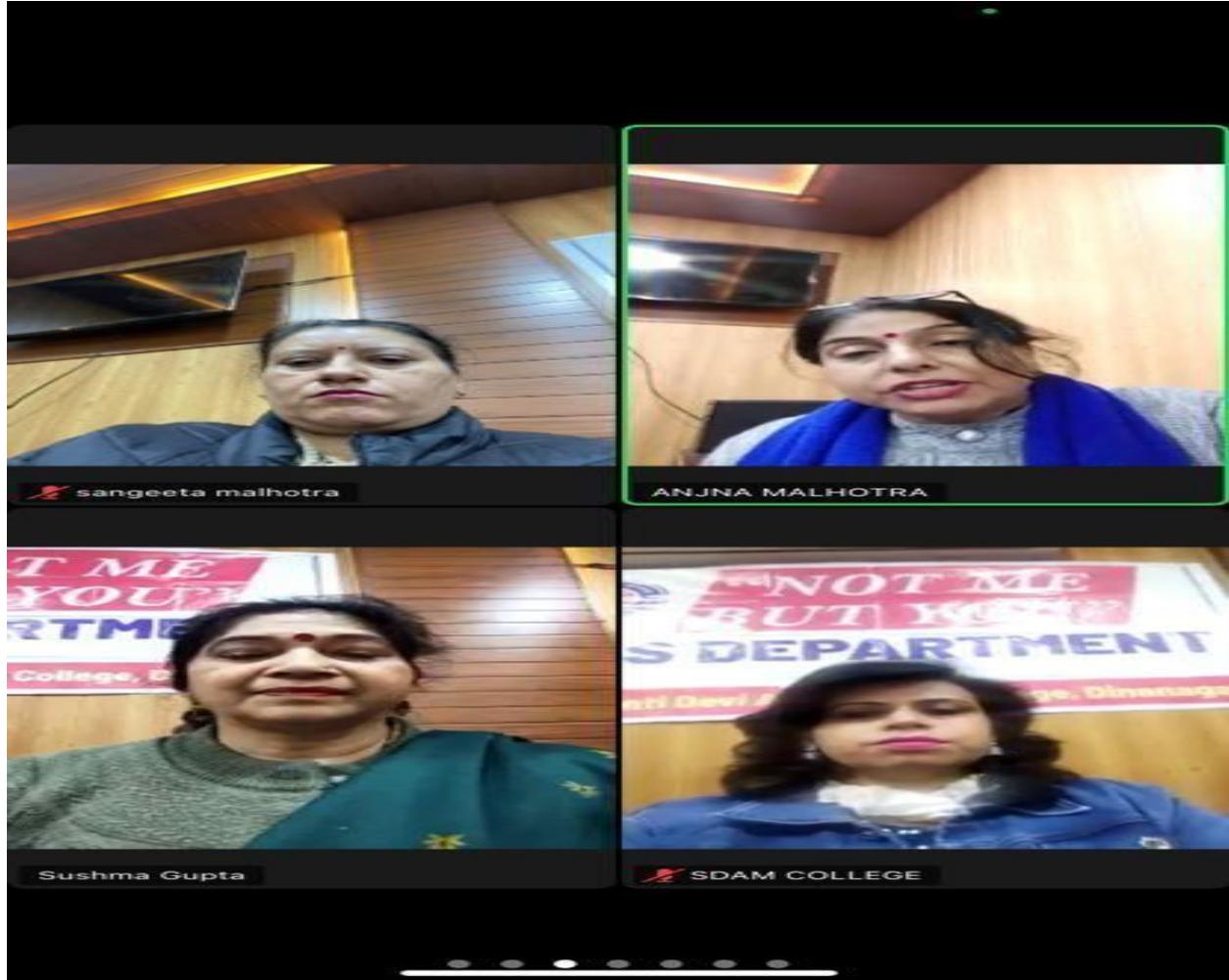


The NCC and NSS department celebrated Vijay Diwas to honour the victory of Indian Army Forces over Pakistan in the 1971 war. The event was graced by the presence of Mr. Sanjay Gupta, 2nd in command-BSF, 58th Battalion BSF, Madhopur and Mr. Rajnish Kumar, Deputy Commandant, BSF, Gurdaspur

17 Dec 2021



NSS Department organised an online webinar on Swami Vivekanand Ji's life and his Contribution for Society to celebrate National Youth Day on 12 January 2022. Dr Anjana Malhotra from Political Science Department was the main speaker. 12 Jan 2022



NSS department and Buddy Group organized a camp to register new voters above the age of 18 years under SVEEP activities in the supervision of College

Principal Dr. Reena Talwar. ELC incharge Mrs. Parveen Saini and other staff members also guided and motivated the new voters to enroll themselves through new voter helpline mobile app available on Google Store and online National voter service portal through <http://nvsp.in> link.

15 Jan 2022



NSS department organized ‘National Girl Child Day’ through online medium under the able guidance of Principal Dr. Reena Talwar

24-Jan-2022

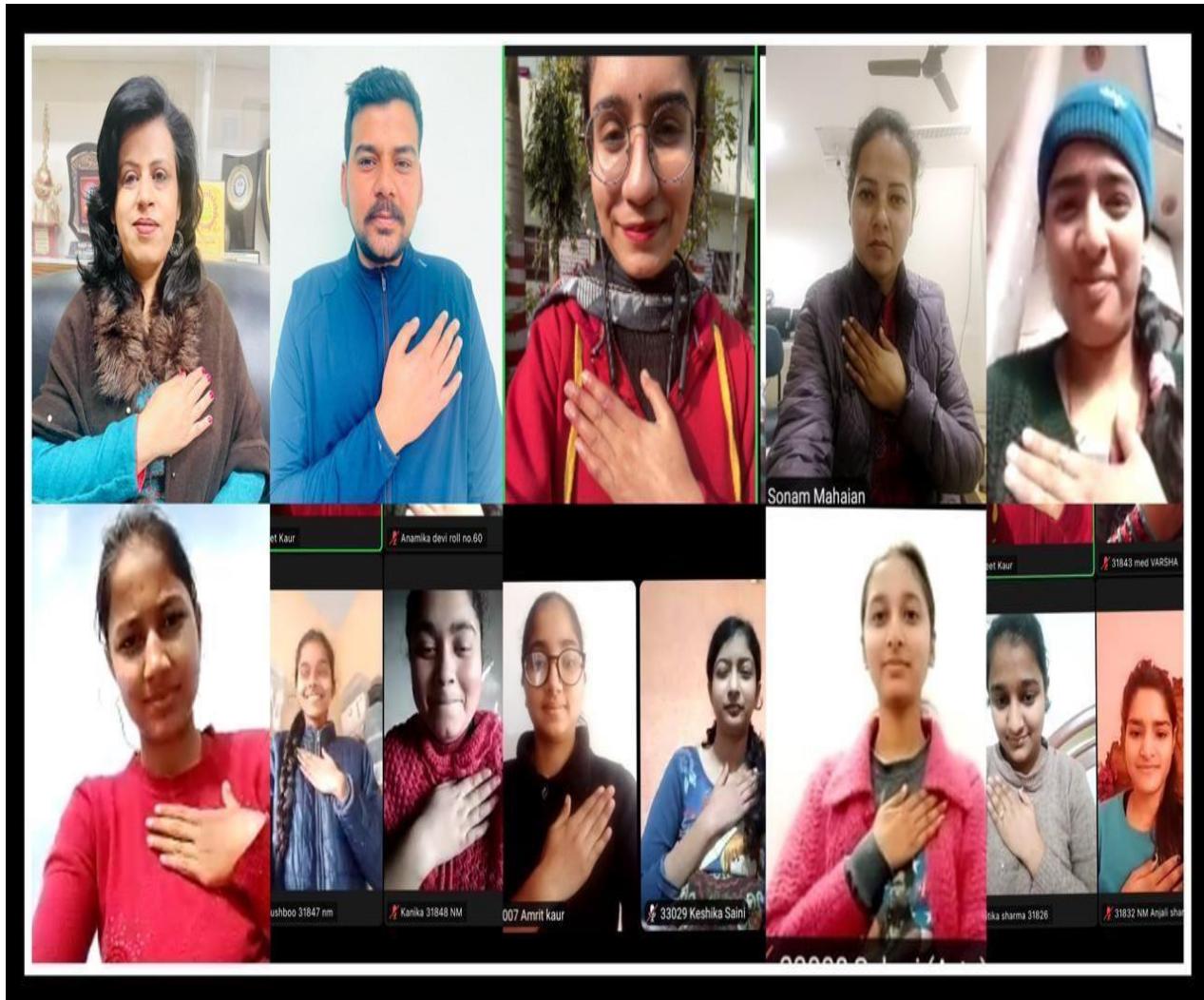


NSS department and Buddy Group celebrated “National Voters Day” in college campus. Principal Dr. Reena Talwar, staff members and students of college read out voter's pledge. Other activities like poster making and slogan writing were also organized to grace the special day. On this day new voter registrations were also done using voter helpline mobile app. 25 Jan 2022



Martyrs' Day' was celebrated under the able guidance of Principal Dr. Reena Talwar to commemorate the sacrifices of freedom fighters on 31st January,2022.

31 Jan 2022



NSS department organized a special 7 days NSS Camp at Tango Shah village under the able guidance of Principal Dr. Reena Talwar. The function started with the lightning of Vidya Jyoti by principal Dr Reena Talwar, Sarpanch of the village Tango Shah, Mrs Ranbir Kaur, and other guests that is Mrs Savita Devi, Mr gurwant Singh. 5 units of NSS in college are run under 5 program officers that is Mrs Sangeeta Malhotra (coordinator), Dr Sushma Gupta , Mrs. Sunita Verma, Mrs. Deepak Jyoti, Mrs Jyoti Saini.

12-18 Feb 2022



एसडीएम कॉलेज में आयोजित एनएसएस शिविर में चलाया गया सफाई अभियान

राजिदर संस्था
दीनानगर 15 नवंबर 2022 द्वारा देवी आर्य महिला कॉलेज दीनानगर द्वारा गर्म तर्जों शाह में आयोजित साल दिवसीय एनएसएस विशेष शिविर के तीसरे दिन सफाई अभियान के द्वारा न कॉलेज प्रांगण की सफाई और गम्भों की सेंट्रिंग जैसी विभिन्न गतिविधियों के साथ-साथ कॉलेज में फर्स्ट एड और होम नर्सिंग की कलानीतेस का आयोजन किया गया। इस शिविर की वकालतेस का आयोजन किया गया। इस शिविर की वकालतेस सोसायटी गुरुदासपुर के सचिव राजीव कुमार द्वारा एनएसएस स्वर्विदेशकों को प्राथमिक उपचार और होम नर्सिंग के बारे में भी प्रशिक्षित किया गया और विभिन्न अभ्यासों पर प्रकाश उत्तराव विवरके द्वारा व्यक्ति को अपनी जान गवाने से बचाया जा सकता है। उन्होंने बताया कि शीर्ज को अस्पताल ले जाते समय विभिन्न शर्सन, हृदय संबंधी समस्याओं के द्वारा बच्या सारथानियों वरतनी चाहिए। किसी



व्यक्ति की जान बचाने के लिए यह प्रशिक्षण बहुत उपयोगी है। प्राथमिक विकल्पा और होम नर्सिंग के द्वारा, हड्डियों और जोड़ों में चोट, फैलर, कार्डियक अरेस्ट में प्राथमिक उपचार के ऊपर भी रोगनी आती। प्रिसिपल डॉ. रीना ललवार ने कहा कि आधुनिक विश्व में प्राथमिक विकल्पा का

जान प्रत्येक नागरिक के लिए आवश्यक हो गया है। घटनाके तुरंत बाद दिए गए प्राथमिक उपचार पर और दिया और बताया कि यह इसान की जान बचाने में काफी सहाई हो सकती है।

रावी वॉयस

NSS department organized " Voter Awareness Campaign " at Tango Shah village. NSS Volunteers made a voter awareness rally at village and they gave door to door awareness to the people of the village. Villagers promised to use their vote rights very carefully

13 Feb 2022



International Mother Language Day 2022 was celebrated by PG Deptt. of Punjabi under the able guidance of Principal Dr. Reena Talwar .This Programme was organized under the supervision of HOD,Punjabi Deptt, Dr. Kulwinder Kaur Chheena

21-Feb-2022



N.S.S department organized workshop on Women Entrepreneurship and Skill Development to celebrate International Women's Day 2022, under the able guidance of Principal Dr. Reena Talwar. Various speakers during this workshop, were as follows, Mrs. Ranjit Kaur (Managing Director Waheguru , Kripa Self Help Group), Mrs. Sunita Sharma (Principal , Classic Beauty Parlour and Institute), Mrs. Milan Mahajan (Health and Wellness Consultant) .

7 March 2022



'Teacher Award Ceremony' was organised in the spacious auditorium.
Professor Lakshmikanta Chawla, Former Cabinet Minister Punjab, Senior BJP leader graced the occasion as the chief guest. Teachers of Various schools and colleges were awarded by the Chief Guest.

12-March-2022



Post Graduate department of Economics and Commerce, organised a seminar on "Consumer Rights" to celebrate 'World Consumer Rights Day'. Advocate Mr Satyan Khajuria and Advocate Ms. Harpreet Kaur were the eminent speakers. Mr Satyan Khajuria told about consumer rights and redressal machineries.

15-March-2022



**Post Graduate Department of Economics and Commerce
of
Shanti Devi Arya Mahila College, Dinanagar**
Re-Accredited with 'A' Grade By NAAC
College With Potential For Excellence Status By UGC
Green Champion Award by MGNCRE (Govt.of India)
Under the Aegis of IQAC
Organizes Seminar
on

**world
Consumer Rights Day**

On 15th March 2022
Our Eminent Speakers

Mr. Satyan Khajuria
Advocate
District Consumer Court Gurdaspur

Ms. Harpreet Kaur
Advocate
District Consumer Court Gurdaspur

Swami Sadanand Ji
President

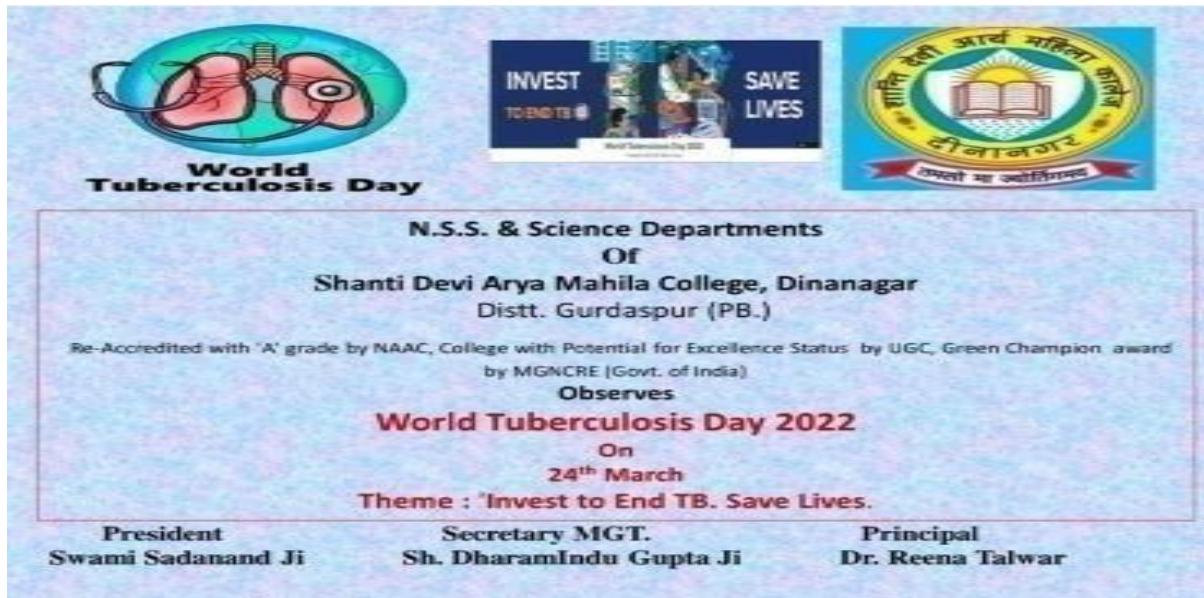
Sh.Dharam Indu Gupta
Secretary

Dr.Reena Talwar
Principal

N.S.S. & Science departments observed “ World TB Day on 24th March.

Theme of World TB Day 2022 is 'Invest to End TB. Save Lives'.

24 Mar 2022



Red Ribbon Club organised a "Nukkad Nataka" named as "Vehngi" performed by renowned "Red Arts Theatre Group" which was staged on 31st March on the topic "Importance of Teachers and Education".

31-March-2022



**N.S.S, N.C.C, Red Ribbon Club, Red Cross, Youth Welfare Departments
celebrated “World Health Day” under Ek Bharat Shreshtha Bharat (EBSB)
programme, and Organized a Blood Donation camp which was sponsored by
Red Cross Society Gurdaspur. Principal Dr. Reena Talwar welcomed the
guests i.e., D.C. Gurdaspur: Smt. Shala Qadri, Blood Transfusion Officer,
Civil Hospital Gurdaspur: Dr. Pooja and Director, Red Cross Society,
Gurdaspur:Sh. Rajiv ji by presenting them Bouquet.**

7 April 2022



Science department, under "Ek Bharat Shreshtha Bharat" club observed "World Hypertension Day" by organising "Free Medical Checkup Camp" in collaboration with ESIC 17th May, 2022. Team of doctors from ESIC distributed free medicines to needy suffering from different health issues, after medical consultancy

17 May 2022



Department of History organised an Essay Writing Competition on Anti-

Terrorism on 20th May 2022. On this occasion, the students of the department composed brilliant and thoughtful ideas through their essays. Ms. Randeep Dhoot, Head, Department of Political Science judged the competition.

20 May 2022



Science and NSS departments under " Ek Bharat shreshth Bharat mission" celebrated " International Biodiversity Day", 22nd May 2022, in collaboration with Punjab University Board, Chandigarh which was sponsored by National biodiversity authority, Government of India. Coordinator of the program was Mrs. Sunita Verma. This year, May 2022 Biodiversity Theme was "Building a shared future for all life".

22 May 2022



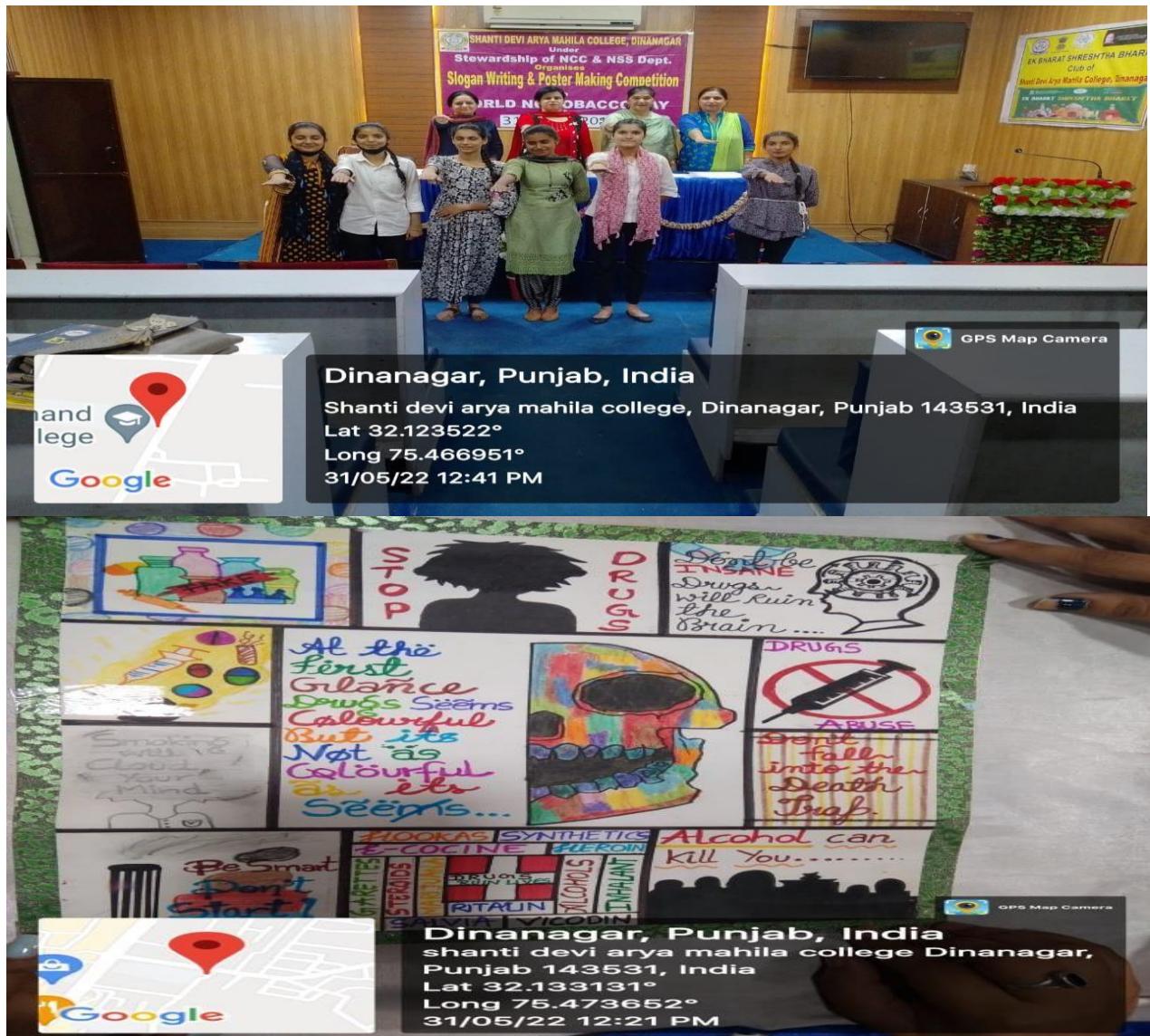
Under the Ek Bharat Shreshtha Bharat Abhiyan, a cycle rally was organized by the NCC and NSS Department to create awareness among the people to save the environment. An attempt was made to send this message through this cycle rally that if we want to save the environment, then there is a need to use the available resources judiciously.

24 May 2022



NSS and NCC departments under " Ek Bharat shreshth Bharat mission" of Govt. of India observed "World No Tobacco Day" on dated 31st May, 2022. This year, World No Tobacco Day Theme was "Tobacco threat to our environment". Seminar and Competitions of slogan writing & poster making were held and prizes were given to the winners.

31 May 2022



A cleanliness campaign was held by the NCC department near nikasi of dinanagar under the Puneet Sagar Abhiyan run by the Government of India by the Ek Bharat Shreshtha Bharat Club to create awareness among the people about the importance of clean water

15th June 2022

www.ekbharatshreshthabharatclub.org

कालेज में चलाया गया स्वच्छता अभियान

संस, दीनानगर : शांति देवी आर्य महिला कालेज के एनसीसी विभाग की ओर से एक भारत ब्रेष्ट भारत बलब द्वारा भारत सरकार द्वारा चलाए गए पुनर्नित सागर अभियान के अंतर्गत साफ पानी के महत्व के बारे में लोगों में जागरूकता लाने के लिए स्वच्छता अभियान का आयोजन किया गया। वन पंजाब गर्ल्स बटालियन एनसीसी द्वारा एनसीसी की 75वीं वर्षगांठ मनाने के लिए दिए गए कार्यक्रम के तहत यह पहला कार्यक्रम आयोजित किया गया। एनईसीसी कैडेट्स ने दियानंद मठ के पास बहते नाले की सफाई की। कैडेट्स ने प्लास्टिक इकट्ठा करके नाले की सफाई की और उस प्लास्टिक को रियूज करते हुए प्लास्टिक की इंटैं बनाई और प्लास्टिक के फुल भी बनाएं।

बेकार टायरों का पेट कर सुंदर मेज का निर्माण किया गया। इस तरह



एनसीसी के डेटों के साथ कालेज स्टाफ ● सौ. कालेज

कैडेट्स ने युवाओं को प्लास्टिक के रियूज के लिए प्रोत्साहित किया। शांति देवी आर्य महिला कालेज के अध्यक्ष स्वामी सदानन्द ने इस अभियान में शामिल होकर कैडेट्स में एक नए जोश को भर दिया। उन्होंने छात्राओं को प्रोत्साहित करते हुए कहा कि हमें अपने मन की सफाई करने की भी जरूरत है। एक बार जब हमारा मन निर्मल और स्वच्छ हो जाता है तो हम अपने आसपास विद्यमान हर वस्तु में भगवान का प्रतिबिंब देखते हैं और उन्हें साफ रखते हैं। प्रिंसिपल डा. रीना तलवार ने कहा कि यदि हमें स्वस्थ और स्वच्छ भारत का निर्माण करना है तो हमें प्लास्टिक के प्रयोग को कम करना होगा और अपने आसपास के संसाधनों को सही रूप में प्रयोग करते हुए विकास की ओर अग्रसर होने का प्रयास करना चाहिए। एनसीसी के एनओ लेफ्टिनेंट डा. अंजना मल्होत्रा ने कहा कि नदियाँ और नाले जीवन का स्रोत हैं। इनकी सफाई रखना कर्तव्य है।

NSS, NCC and Physical Education departments in collaboration with "Ek Bharat Shreshth Bharat club", celebrated International Yoga Day. Students attended one week yoga classes. Ek Bharat Shreshth Bharat club organised poster making and slogan writing competitions and gave prizes to the winners

21st June 2022

कालेज छात्राओं में पोस्टर मेकिंग और स्लोगन राइटिंग के मुकाबले करवाए



‘लकुत में देख करती हुए न्यूज़ साप्पर प्रधानहां वटी गुणीं।

जब एक संस्कृत विद्यार्थी के सहवागों ये विद्यार्थी गैरित और अस्वीकृत रूप से उन्हें बोलते थे। वे कहते थे, मात्र यह कि वे विद्यार्थी थे। इससे विद्यार्थी अपने पुराने कृत विद्या गति।

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Students and staff members participated in Shobha Yatra organised by Dayanand Math Dinanagar, to observe the Nirvana day of Maharishi Dayanand Ji and Swami Sarvanand ji.

18th Oct 2022



Diwali Mela was celebrated by Department of Fashion Designing* of this esteemed institution has organised a Diwali Mela in the college premises under the able guidance of Principal Dr. Reena Talwar. 21st Oct 2022



‘PUNJAB KHED MELA-2022’

25th Oct 2022



गुरदासपुर भास्कर 27-10-2022

शांति देवी आर्य कॉलेज की छात्राओं ने
मुकाबलों में 5 सिल्वर व 8 कांस्य मेडल जीते

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वासि देवी अपने परिवार का निवास दीक्षालू की दासियों के पास रहने में लेके दीक्षा परिवार और देवी में अवधारित विविध राज्य संसाध्य प्रतिवर्गिताओं में भागीदार प्रतिवर्गिता है। प्रतिवर्ग वा. एवं तत्त्वज्ञ ने कहा कि परिवार में अवधारित परिवार प्रतिवर्गों में कर्तव्य का दैर्घ्य न होना चाहिए।



गिरनारियों को याम्बानिल नाम से विभिन्न रूप, रीढ़ तथा वाहन

परिवार प्रमुखोंने मैं कलेज नौ टीमें ने 2 रात्रि और 4 माहों तक हाईस्कूल किए। किसीने कालान्तर ने विश्वविद्यालय और कालेज, रात्रों ने रिहायर कालान्तर, कालिंगा, नेपा, लालिका और मालिका ने कैरियर मैट्रिक्युलर कॉलेज में दीप्ति है। इसमें 10 लाखों से लाईंगों पे लिया गया

जारी रोड में हुए रोड परिवर्तनों में कलान को तीन से 3 लाख और 4 करों पाल जाने हैं। इन्हें योग्य करने के लिए, उन्होंने वराहांगे के दोनों परिवर्तन और वर्षांने भूमि, तथा वर्षांने वर्षांने के काले योग्य करने की विधि



College won '1st Runner-Up' Trophy in 'Zonal Youth Festival' at Guru Nanak Dev University from 26th to 28th October, 2022 under the able guidance of Principal Dr. Reena Talwar and Dean Dr. Kulwinder Kaur

Chheena, Coordinator Dr. Deepak Jyoti, the college participated comprehensively in 33 events and won the First Runners-Up Trophy by accumulating 118 points.

29th Oct 2022



NSS Department, Red Ribbon Club under Ek Bharat Shresht Bharat celebrated National Unity Day. Madam Principal, Staff and students took pledge to commemorate the National Unity Day. Posters on Communal Harmony and National Unity were made by students of Fine Arts

NSS Department started 7 Days Special NSS Camp from 11th January to 17th January 2023. 250 volunteers of 5 Units were enrolled to attend the camp to give their best services in the adopted village “Saidipur”.

12th Jan 2023



NSS department organized “National Girl Child Day” through online medium under the able guidance of Principal Dr. Reena Talwar

24-Jan-2023



UG & PG Departments of Library organized a workshop on “ E- Resources and its uses ”Mrs. Hardeep kaur (Librarian-PG) & Mrs. Namita Bhalla (Librarian-UG) delivered the extensive information and usage of e-resources such as e-books, e-journals, online databases, multimedia materials, and other forms of digital content and usage 22nd May, 2023



Science Department under " Ek Bharat shreshth Bharat mission" celebrated

“International Biodiversity Day” in collaboration with Punjab Biodiversity Board, Chandigarh and sponsored by National Biodiversity Authority, Govt. of India. A Seminar Dr. Sudhir Mahotra Chairman (IEE) Pathankot, Mr. Abhyas Saini, BEAT Officer, incharge Sujanpur, Madam Navneet Kaur, BEAT Officer, Incharge Sarna were the main speakers

22nd May 2023



2020-21

To celebrate the environment day on 5 june 2020 and to create awareness among the people regarding the importance of tree NCC cadets make posters organise rallies and planted trees in near by ares



As per guidelines of Ministry of Ayush, NCC organized online celebration of International Yoga Day on 21st June 2020. Theme of 6th International Yoga Day was YOGA at HOME and YOGA WITH FAMILY.



NCC cadets celebrated international day against Drugs Abuse & illicit Trafficking 26th June 2020. Cadets educated the people of their villages against this menace. Cadets made posters, slogans, wrote poems on this issue.



नशो के खिलाफ लोगों को किया अवेयर



दीनानगर | शांति देवी आर्य महिला कलेज के एनएसएस, एनसीसी व युवक भलाइ विभाग की ओर से प्रिंसिपल रत्ना शार्मा की अध्यक्षता में अंतरराष्ट्रीय नशा विरोधी दिवस मनाया गया। इसके तहत कलेज की ओर से लोगों में नशा विरोधी जागरूकता पैदा करने के लिए मुहिम चलाइ गई। इस दीरान कलेज की छात्राओं ने गांवों में जाकर सार्वजनिक स्थानों पर नशा विरोधी स्लोगन लिखे पोस्टर लगाए और लोगों का नशा विरोधी संदेश

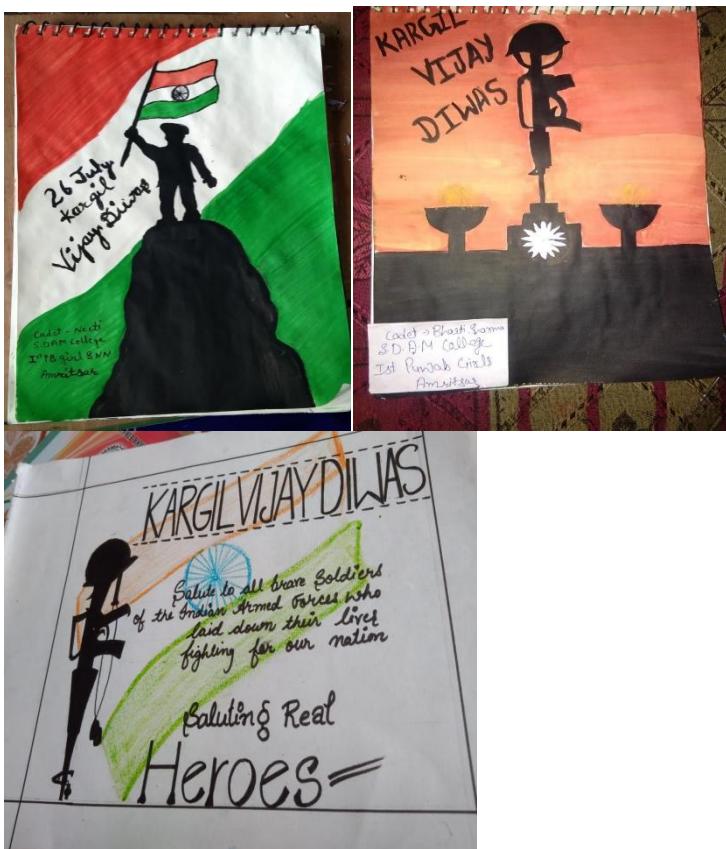


देकर जागरूक किया। प्रिंसिपल रत्ना शार्मा ने अपने संदेश में कहा कि नशा समाज के लिए कोहड़ की तरह है और यह परिवार सूपी संस्था को खोखला कर रहा है। नुकसान करने के साथ साथ परिवार, समाज व राष्ट्र के लिए भी कलंक बन जाता है। लेकिन नशा अस्त व्यक्ति नशों का त्याग कर अच्छा नागरिक बन सकता है और समाज में अच्छी भूमिका निभा सकता है।

NCC cadets celebrated world population day on 11th July 2020. cadets make posters , wrote slogans to create the awareness among the people regarding the day by day increase in population .



NSS & NCC Dept. paid homage to the Martyrs of Kargil on Kargil Vijay Diwas by lighting Candles. Cadets make posters and write slogans



- On international Youth Day, NCC Cadets visit the temple of Shaheed situated at Village Paniaar, near Gurdaspur. Cadets cleaned the temple and offered their gratitude with flowers. Kunwar Ravinder Singh Vicky, General secretary, Shaheed Parivaar Suraksha Parishad briefed about Shaheed Ranbir Singh to cadets.



- Certificate of Appreciation given to Dr. Anjna Malhotra for her exemplary service during Covid-19 crisis towards civil administration.

2019-20

CATC

23 cadets attended ATC Camp held at Mai Bhago, Polytechnic college, Majitha Road, Amritsar from 18-7-19 to 27-8 2019. Cadets won 21 Medals. Cadet Nageeta got special singer prize, second prize in quiz and runner up medal in drill test. Cadet Dipali Thakur got medal for CHM., 4 cadets got prize in dance competition. College got the second prize in scott drill. Cadet Priti got selection in TSC Ropar

KARGIL VIJAY DIWAS

College paid tribute to Kargil Martyrs by lighting white candles as a mark of respect and honour for these national Heroes on "Kargil Vijay Diwas" on their 20th anniversary.

शांति देवी आर्य महिला कालेज में कारगिल विजय दिवस मनाया

◆ स्टाफ और बच्चियों ने मोमबत्तियां जलाकर श्रद्धांजलि भेट की

दीनांगन, 27 जुलाई (राजीव, राजकुमार): स्थानीय शांति देवी आर्य महिला कालेज के एन.एस.एस और एन.सी.सी. विभाग की ओर से 1999 में कारगिल में देश की रक्षा करते हुए शहीद होने वाले महान शहीदों की याद में कारगिल विजय दिवस मनाया गया। इस मौके पर उत्तर दोनों विभागों समेत कालेज का समूह स्टाफ तथा बच्चे उपस्थित थे। सुबह की प्रार्थना से कालेज कैंपस में प्रिंसीपल रत्ना शर्मा की अध्यक्षता में एक बहुत प्रभावशाली



► मोमबत्तियां जलाकर शहीदों को श्रद्धांजलि देते शांति देवी कॉलेज के अध्यापक व छात्राएं। (राजीव)

समारोह मौके कारगिल के शहीदों को करने की कोशिश कर रहे हैं। इस मौके पर अद्वांजलि दी गई। इस मौके पर पर हिंदी विभाग मुख्या डा. पूनम एन.सी.सी. विभाग मुख्या अंजना कपूर ने कहा कि कारगिल के शहीदों को याद करके हम आज की नौजवान पीढ़ी में देश भक्ति की भावनाओं को ऊजागर

करने की कोशिश कर रहे हैं। इस मौके पर हिंदी विभाग मुख्या डा. पूनम महाजन ने कारगिल के इन शहीदों को बहुत भावपूर्ण शब्दों के माध्यम से अद्वांजलि अर्पित की। उन्होंने कारगिल युद्ध बारे तथ्यों को उपस्थित दर्शकों के

समक्ष सही ढंग से रखा। उन्होंने कहा कि शहीदों की देशभक्ति से प्रभावित होकर बहुत से नौजवान लड़के व लड़कियां सेना में भर्ती हुए हैं प्रिंसीपल डा. रत्ना शर्मा ने कहा कि हम केवल सेना में भर्ती होकर ही देशभक्ति नहीं कर सकते, बल्कि इसके साथ ही समाज में फैली बुराइयों को दूर करके भी हम देशभक्ति वाला कार्य कर सकते हैं। इस मौके पर एन.सी.सी. कैडेट कम्लजीत कौर ने भी अपने विचार पेश किए। इस मौके पर स्टाफ और बच्चियों द्वारा मोमबत्तियां जलाकर अद्वांजलि भेट की गई। इस मौके पर डा. परमजीत कौर, डा. कुलविंदर छीना, डा. सुषमा, सुनीता, संगीता मल्होत्रा, दीपक आदि उपस्थित थे।



7-26-19 10:34



7-26-19 10:18

ANO Lt. Dr. Anjna Malhotra attended 10 days TSC camp at Ropar from 31st July to 10th August.

MILITARY ATTACHMENT CAMP

Cadet Nageeta, Depali, Angita and Babita attended 15 days Military Attachment camp at Jalandhar from 16-8-19 to 30-8-19. Cadet Angita won 1st prize in 100 mt. race and 1st prize in Weapon Handling. Cadet Nageeta won 2nd prize in T-Drill. .

दैनिक भारत

शांति देवी कॉलेज के एनसीसी कैडेट्स का मिलिट्री कैंप में शानदार प्रदर्शन



योनानगर | शांति देवी आर्थ महिला कॉलेज योनानगर के एनसीसी विभाग की चार कैडेट्स ने जातीभर में आयोजित मिलिट्री अटैचमेंट कैंप में हिस्सा लिया। एनसीसी की 2 ग्राउंड बटालियन की ओर से आयोजित इस कैंप की सभी नातिविधियों में कॉलेज कैडेट्स ने शानदार प्रदर्शन किया है। अधिष्ठपत्त रत्ना शर्मा ने बताया कि कैडेट अकिता ने वेपन हैडलिंग और 200

मीटर दौड़ में प्रथम पुरस्कार हासिल किया है। जबकि अकिता, श्रीपाली, नगिता, बबीता को ड्रिल कॉर्पोरेशन में दूसरा पुरस्कार मिला है। कल्याचरल कार्यक्रम में भी कॉलेज कैडेट्स प्रथम रहीं। उन्होंने छात्राओं को सभी कैडेट्स का शानदार प्रदर्शन के लिए सम्पादित करते हुए उनके सफल जीवन की कामना की। इस मौके पर एनसीसी की एनओ लॉर्ड डॉ. अंजना मल्होत्रा भी मौजूद थीं।



ENROLLMENT OF NEW CADETS

NCC Enrollment of new cadets of the college joining NCC wing was done on 21st August , 2019. 54 cadets got enrollment in NCC.



Cadet Priti Saini participated in XXIX All India G.V. Mavalankar Shooting championship in Small Bore Rifle at Ahmedabad, Gujarat. She qualified to compete in North Zone championship.



दैनिक भास्कर

एनसीसी कैडेट प्रीति सैनी का नार्थ जोन चैपियनशिप में चयन

शांति देवी आर्य कॉलेज की स्टूडेंट्स हैं प्रीति

भास्कर संचाददाता | दीनानगर

शांति देवी आर्य महिला कॉलेज दीनानगर की एनसीसी कैडेट प्रीति सैनी का नार्थ जोन चैपियनशिप के लिए चयन हुआ है। प्रिसिपल रत्ना शर्मा और एनसीसी विभाग की एएनओ लेफिटनेंट डॉ. अंजना मल्होत्रा ने बताया कि इस प्रतियोगिता के लिए कैडेट प्रीति सैनी ने अहमदाबाद में आयोजित 29 वीं आल इंडिया जीवी मालवंकर शूटिंग चैपियनशिप इन स्माल बोर राइफल में जीत हासिल की थी, जिसमें उत्कृष्ट प्रदर्शन के आधार पर 16 अक्टूबर को दिल्ली में होने जा रही नार्थ जोन चैपियनशिप के लिए



प्रीति सैनी के साथ प्रिसिपल रत्ना शर्मा, डॉ. अंजना मल्होत्रा और डॉ. कुलविंदर कौर छीना। -भास्कर

उसका चयन किया है। उन्होंने प्रीति सैनी को प्रोत्साहित करते हुए कहा कि कोई भी लक्ष्य बड़ा नहीं होता बशतें दूँह निश्चय सही मार्गदर्शन होना चाहिए।

ऐसी उपलब्धियां स्वर्णीम अक्षरों में नाम दर्ज करने में सहायक होने के साथ दूसरों के लिए भी प्रेरणास्रोत बनती हैं। इस मौके पीआरओ डॉ. कुलविंदर कौर छीना भी मौजूद थीं।

Rally on Anti- Corruption by NCC cadets on 21-10-19

Principal Mrs. Ratna Sharma flagged off the rally in which 100 NCC cadets participated and marched from Bus Stand to Sumitra Devi School, Dinanagar to aware school students against this menace.



RD BASE CAMP

Participation of students at RD Base Camp at ITI Govt College, Ranjit Revenue, Amritsar from 3rd October to 12th October, 2019. Cadet Deepali, Ritika & Bharti were selected for RD Camp, Ropar

Swachata Abhiyan by NCC cadets in College Campus on 16th October 2019.





Rank Ceremony of NCC cadets was done on 17-10-19. Cadet Priti Saini designated as SUO, Cadet Babita UO, Cadet Depali Sergeant, Cdet Nagita, Angita and Kamal as Corporal.

NCC organized pledge taking ceremony involving all the students and teachers of the college on Rashtriya Ekta Diwas(31st October, 2019



NCC cadets celebrated Diwali with children of Leprosy Home, Dinanagar on 26-10-19. They distributed Sweets, Fruits and Candles to children.

NCC Day has been celebrated. Different sort of competitions were organized on 24th Nov, 2019. Poster making & declamation contest were organized. Rally was also organized to celebrate NCC day.



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1. NCC Department celebrated Constitution Day by organizing Poster Making, Slogan Writing and Quiz competition to celebrate Constitution Day (26th Nov, 2019)



Oath Taking on National Integration Day by NCC cadets.



1. 42 NCC cadets attended CATC Camp at Sathlani Sahib from 24th Dec, 2019 to 3rd Jan, 2020. Cadet Yogita won 1st Prize in solo dance, cadet Komalpreet won 2nd prize in rangoli, cadets won 3rd prize in quiz, 1st in group Dance & Gold Medal in Painting.



2. NCC celebrated 71st Republic Day (26th Jan, 2020) by organizing Patriotic songs competition under kind guidance of Principal Mrs. Ratna Sharma. 20 Students sung

beautiful patriotic songs. Miss Kamini, Miss Riya and Miss Chahat stood 1st, 2nd and 3rd respectively.



दैनिक भास्कर

देशभक्ति गायन मुकाबले में
कामिनी प्रथम, रिया द्वितीय



अव्वल रही छात्राओं को पुरस्कृत करते प्रिसिपल रत्ना शर्मा व अन्य।

-भास्कर

दीनानगर | शांति देवी आर्य महिला कॉलेज में राजनीति शास्त्र, रेड क्रास, एनएसएस और यूथ वेलफेयर विभाग ने गणतंत्र दिवस को समर्पित इंटर क्लास देशभक्ति गायन प्रतियोगिता प्रिसिपल रत्ना शर्मा की अध्यक्षता में करवाई। इसमें कामिनी ने प्रथम, रिया ने द्वितीय और चाहत ने तृतीय स्थान हासिल किया। डॉ. कुलविंदर कोर छीना और रणदीप धूत ने निर्णायक की भूमिका निभाई। प्रिसिपल रत्ना शर्मा ने विजेता छात्राओं को सम्मानित किया।

3. 42 Cadets appeared in Part B Exam on 9th Feb, 2020 held at DAV International School Amritsar.
4. 9 Cadets appeared in Part C Exam on 16th Feb, 2020 held at Khalsa College, Amritsar.

2018-19

ENROLLMENT OF NEW CADETS

NCC Enrollment of new cadets of the college joining NCC wing was done on 27 AUGUST 2018 . 63 cadets got enrollment in NCC.



RANK CEREMONY

Rank ceremony of the cadets were organised on 30 August 2019. Cadet Anu Bharti got the rank of senior under officer , cadet Roshni got the rank of under officer and cadet Babita , cadet Preeti Saini, Cadet naina got the rank of sargent.



CATC

Our 38 cadets attend combined annual training camp organised by 1st Pb. Girls Bn. NCC Amritsar at Mai Bhago Polytechnic College Amritsar from 18 July 2018 to 28 July 2018. In this camp Cadet Roshni got first prize in singing , Cadet Yogita Thakur got first prize in dance , Cadet Anu Bharti got prize in drill competition.

CANCER AWARENESS PROGRAM

NCC department of SDAM college organized lecture and awareness rally on 25th of August Dr. Pannu, renowned Doctor delivered lecture on awareness to prevent cancer. ANO Dr. Anjna Malhotra organized this event under the guidance of principal Mrs. Ratna Sharma. Dr. Sushma Gupta, Dr. Reena talwar, Mrs. Sunita Verma, Mrs. Jyoti Saini, Mrs Mandeep, miss gurmeet were accompanied cadets. 102 cadets participated in it.

RDC SELECTION CAMP

Cadets Anu Bharti, Preeti Saini, Shivani Sharma, Roshni Sharma, Diksha Katal and Priyanka Saini attended RDC from 10th to 19th sept. 2018 at Tibri Cantt. Gurdaspur

SWACHHTA CAMPAIGN

On the occasion of Gandhi jayanti Swachta campaign was organised in the college campus by the NCC cadets under the able guidance of ANO Lt. Dr Anjna Malhotra.90 cadets participated in this swachta campaign.



INTELLECTUAL AND AWARENESS CONCLAVE ON E- BANKING

NCC department of Sdam in collaboration with SBI dinanagar organized intellectual and awareness conclave for E- Banking on 30th October. Through this conclave cadets come to know about the safety measures while using e- banking. 87 cadets participated in this conclave.

RDC II

Cadet Anu Bharti and Preeti Saini attended pre – RDC Camp at Sathlani Sahib . Distt Amritsar from 2 to 11th Nov. 2018.

Drug deaddiction

NCC department of SDAM college organise a drug deaddiction seminar under the drug deaddiction scheme on 17 Nov. 2018 . In this 97 cadets along with college staff and NSS volunteers participated. Rally from college campus to bus stand is also organised .



RDC

Cadet Anu Bharti and Cadet Preeti Saini attended RDC camp organised at Ropar From 12 DEC 2018 to 22 DEC 2018 .

National integration camp

6 cadets namely Anu bharti, Dipali Thakur, Preeti saini, Babita sharma, Rimpi devi, Roshni attended NCC Camp at Andhra Pradesh, Guntur. Cadet Rimpi and Anu got Gold medal in Running and Essay Writing respectively from 7th to 17th January 2019

Republic day

70TH Republic day was celebrated in the college campus. All the students , college staff celebrated 70th Republic Day . The celebration starts with the march past by NCC cadets under the leadership of cadet anu bharti .

B certificate exam

11 Cadets appeared in 'B' Certificate Exam of NCC at DAV International School, Amritsar on 3rd February 2019.

1. World population day is celebrated on 11 July .the main motto of celebration is to focus attention on urgency and importance of population issues



11 July, 2021
World population day





2. Our cadets has spread awareness towards people around the city for the cleanliness





3.. This national level camp has given our cadets a leadership encouragement and articulation.







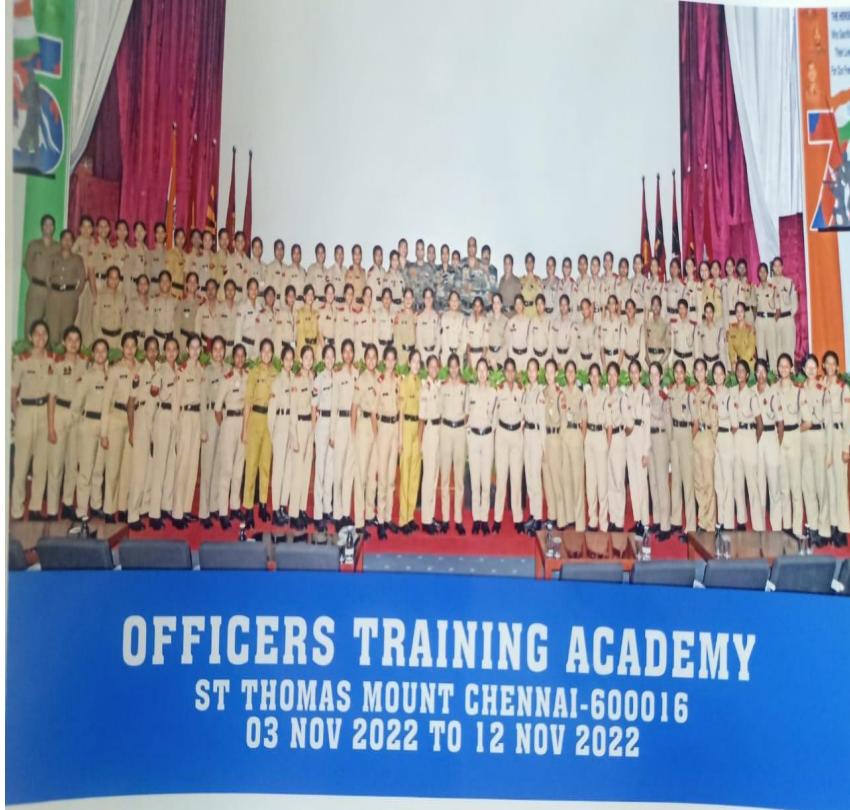


4. In the annual training camp our cadets had really performed well and came back with new learnings











5 June, 2022

Environment Programme (UNEP) and held annually on 5 June since 1973, World Environment Day is the largest global platform for environmental public outreach and is celebrated by millions of people across the world













1. On the 74th republic day ,our ncc cadets performed various activities and included themselves in parade. 





2. On the occasion of independence day our cadets from ncc took part in parade and other activities like poster making, declamation





G.T Road Dinanagar, Near O.B.C bank, Chander Vihar, Dinanagar, Punjab 143531, India

Dinanagar

Punjab

India

32°C

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2021-09-14(Tue) 11:50(AM)





3. Save Environment

We should monitor our actions and ensure that we restrict our hazardous activities so that environment can be safeguarded



CELEBRATION: 75 YEARS OF NCC



Shanti Arya Mahila College, Dinanagar
PUNJAB GIRLS NCC
AMRITSAR





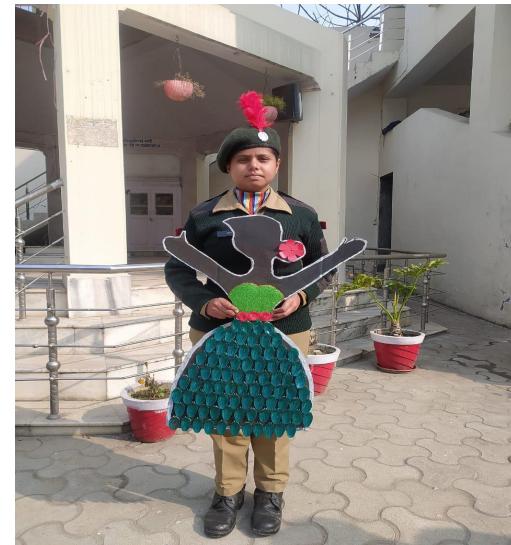




4. Our cadets have took part in the mission of save trees where they planted trees in different areas to ensure their importance for us



5. Ncc held the mission towards generating awareness for the reuses of plastic .If more plastics are being recycled, it means less are ending up in landfills.



2022-23

Principal Dr. Reena Talwar and NSS program officers(Dr Sushma Gupta, Mrs Sunita Verma, Mrs. Deepak Jyoti, Mrs Jyoti Saini, Dr. Anjna Malhotra (ANO from NCC Dept.) and NSS volunteers from *Shanti Devi Arya Mahila college Dinanagar* during ; watching online workshop program *Pariksha pe charcha* dated 1.4.2022 at 11 a.m. by Honorable Prime minister Sh. Narendra Modi ji.



N.S.S, N.C.C, Red Ribbon Club, Red Cross, Youth Welfare Departments celebrated “World Health Day” on 7.4.2022 under Ek Bharat Shreshtha Bharat (EBSB) programme, and Organized a Blood Donation camp under the able guidance of Principal Dr. Reena Talwar, which was sponsored by Red Cross Society Gurdaspur. Principal Dr. Reena Talwar welcomed the guests i.e., D.C. Gurdaspur: Smt. Shala Qadri, Blood Transfusion Officer, Civil Hospital Gurdaspur: Dr. Pooja and Director, Red Cross Society, Gurdaspur: Sh. Rajiv ji by presenting them Bouquet.

During the camp, about 70 students were registered for blood donation by Mr. Suresh Singh (Counselor) and Mrs. Gurmeet Kaur (Staff). Before blood donation, blood groups were determined and Hemoglobin estimation was done by Mr. Sunil: Lab Technician (P.H.C. Baharampur). D.C. Gurdaspur Mrs. Shala Qadri told the children that donating blood has many health benefits including improving heart health and weight control, it has a great effect on both the body and mind of the donor. She told, after donating blood, your body gets engaged in the work of completing the blood, which prompts the body's cells to make more

red blood cells. Regular blood donation stimulates the cells of the body, which improves the fitness of the body and helps in controlling blood pressure. At the same time, the thought of doing a good deed through blood donation also gives satisfaction. Principal Dr. Reena Talwar motivated the children to donate blood and told that high amount of iron in the blood can increase the risk of heart disease, but donating blood regularly can control the excess amount of iron, which is important for heart health. Blood donation is good and can prevent many types of cancers also. Principal Dr. Reena Talwar honored the guests during the blood donation camp by presenting them insignia of the college. The Blood donation camp was run under the supervision of teachers like Mrs. Randeep Dhoot, Dr. Kulwinder Kaur, Dr. Anjna Malhotra, Dr. Sushma Gupta, Mrs. Sunita Verma, Mrs. Deepak Jyoti and Mrs. Jyoti Saini.



14 Apr 2022

NSS volunteers from *Shanti Devi Arya Mahila College Dinanagar (district Gurdaspur),* doing yoga exercises.



26 Apr 2022

NSS Department organized "International Yoga Day 2022" with the guidance and cooperation of Principal Dr. Reena Talwar as per the instructions of Government of India and Guru Nanak Dev University Amritsar. As part of the countdown of 100 days of the event, each day different activities such as yoga practice, lectures on the subject of yoga, poster making competition and yoga demonstration were organized.



22 May 2022

Science and NSS Department under " Ek Bharat shreshth Bharat mission" under the able guidance of Principal Dr. Reena Talwar, celebrated " International Biodiversity Day", 22nd May 2022, in collaboration with Punjab University board, Chandigarh and sponsored by National biodiversity authority, Government of India. Coordinator of the program was Mrs. Sunita Verma. This year; May 2022 Biodiversity Theme was "Building a shared future for all life"





23 May 2022

NSS Department is feeling proud in announcing selection of NSS Volunteer Miss Kamaljeet for "National Integration Camp "being organised by Ministry of Youth Affairs to commemorate Azadi Ka Amrit Mahotsva at Chitkara University, Rajpura from 20/5/2022 to 26/5/2022. She also attended Pre RD Camp held at Jaipur in the year 2021. Principal Dr Reena Talwar congratulated NSS Deptt. and motivated Miss Kamaljeet to perform well during the camp and bring laurel to the institute.

24 May 2022

Under the Ek Bharat Shreshtha Bharat Abhiyan, a cycle rally was organized by the NCC and NSS Department to create awareness among the people to save the environment. An attempt was made to send this message through this cycle rally that if we want to save the environment, then there is a need to use the available resources judiciously. We not only have to plant more and more trees but also save water, petrol, fuel and electricity. The cycle rally was organized under the direction of Principal Dr. Reena Talwar.





31 May 2022

NSS and NCC departments under "Ek Bharat shreshth Bharat mission" of Govt. of India observed "World No Tobacco Day" on dated 31st May, 2022. This year, World No Tobacco Day Theme was "Tobacco threat to our environment". Seminar and Competitions of slogan writing & poster making were held and prizes were given to the winners.





06 Jun 2022

Under "Ek Bharat Shreshtha Bharat Mission" Departments of Science, NSS, NCC celebrated "World Environment Day" on 5th June 2022, under the able guidance of Principal Dr. Reena Talwar. She told that the main objective of celebrating this day was to make students aware about the nature and environment. She also threw light on the theme of "World Environment Day" June 2022: "Only One Earth". During this day, the tree saplings were planted in the college by Principal Dr. Reena Talwar, teachers of Science, N.S.S., N.C.C. departments and members of Ek Bharat Shreshtha Bharat Club.

14 Jun 2022

World Blood Donor's Day was celebrated on 14th June 2022 by NSS Department under the activities of Ek Bharat Shreshtha Bharat under the guidance of Principal Dr. Reena Talwar. NSS Coordinator Mrs. Sangeeta Malhotra gave lecture on importance of donating blood.



21 Jun 2022

N.S.S, N.C.C and Physical Education departments in collaboration with "Ek Bharat Shreshth Bharat club", celebrated "International Yoga Day "on 21st June 2022, under the able guidance of Principal Dr. Reena Talwar. Students of Physical Education department attended one week yoga classes under the supervision of Madam Taljinder Kaur. Ek Bharat Shreshth Bharat club organised poster makes and slogan writing competitions for NSS and NCC students and gave prizes to winners.





13 Jul 2022

NSS department celebrated VAN MAHOTSAV, under the able guidance of Principal Dr. Reena Talwar. NSS programme officers along with NSS Volunteers and staff members organised a Tree Plantation Campaign in the college campus to celebrate Van Mahotsav. Principal Dr. Reena Talwar Planted saplings in the college campus along with the volunteers and appreciated the efforts of NSS department.



08 Aug 2022

NSS ,NCC and Fine Arts Departments of Shanti Devi Arya Mahila College Dinanagar organised Poster Making and Slogan Writing competition to celebrate “ICONIC WEEK “ of

Azadi Ka Amrit Mahotsav from 8th-15th August under the able guidance of Principal Dr Reena Talwar. Madam Principal told the students that 'Har Ghar Tiranga' is an enthusiastic campaign under the aegis of 'Azadi Ka Amrit Mahotsav' to encourage people to hoist and commemorate it to mark the 75th year of India's independence.



10 Aug 2022

N.S.S. and N.C.C. Departments of Our College, Under Ek Bharat Shreshtha Bharat mission, for the celebration of independence Day, during the Iconic week 8 to 15 August 2022, under the able guidance of Principal Dr. Reena Talwar, Dr. Sushma Gupta and Mrs. Sunita Verma alongwith NSS and NCC Volunteers planted tree saplings at Dayanand mathh Dinanagar.



11 Aug 2022

NSS & Home Science Department of our College under the able guidance of Principal Dr. Reena Talwar and cooperation of Dy.Commandant Sh. Rajnish Kashyap celebrated Rakshabandhan at BSF Headquarters, Gurdaspur. NSS Coordinator Mrs. Sangeeta Malhotra and Mrs. Shelika Aggarwal along with 25 NSS Volunteers tied Pious threads on the wrists of Jawans and offered them sweets to celebrate the festival of Rakshabandhan with full zeal and enthusiasm and also did prayers for their well-being and long life. Miss Harpinder and Miss Chahat sang songs on the occasion describing the pious bond of love between brothers and sisters.





20 Aug 2022

Under Ek Bharat Shreshtha Bharat Mission NSS department celebrated “Sadbhavana Divas” on 20th August 2022 under the able guidance of Principal Dr. Reena Talwar. Sadhbhavana divas is observed nationwide on 20th August every year to commemorate the birth anniversary of former Prime Minister Shri Rajiv Gandhi. The theme of Sadhbhavana Divas is to promote national integration and communal harmony among people of all religions, languages and regions. The idea behind Sadhbhavana Diwas is to eschew violence and to promote goodwill among the people.



09 Sep 2022

NSS, RRC & Home Science Departments of Shanti Devi Arya Mahila College, Dinanagar celebrated “National Nutritional Month “under the able guidance of Principal Dr Reena Talwar. An Awakening Lecture on Holistic Nourishment was organised under the supervision of Vice Principal Dr. Sushma Gupta and NSS Coordinator Mrs. Sangeeta Malhotra . Mrs. Sangeeta Malhotra threw light on the theme of this year that was Mahila & Swasthya and Bachha and Shiksha ! She told that Government is taking a great initiative to promote such programs for the betterment of women and children the most weaker and vulnerable part of the society. Dr Dalwinder Sharma was the main speaker and he told the students about the harmful effects of junk food on human health . He suggested to include fresh fruits and vegetables in diet to have a healthy heart.





24 Sep 2022

NSS Department celebrated "NSS DAY" on 24 th September 2022, by organising Cleanliness & Environment Protection Drive in college campus under the able guidance of Principal Dr. Reena Talwar. Madam Principal suggested that to mark this special day, message for environment protection should be spread among students so that they can help the nation by participating in the projects of water conservation, energy conservation and cleanliness drives run by NSS department. NSS volunteers of college participated in this event with full enthusiasm.



27 Sep 2022

Science and NSS departments of Shanti Devi Arya Mahila College, Dinanagar under "Ek Bharat Shreshth Bharat mission" celebrated "World Environmental Health Day" under the able guidance of Principal Dr. Reena Talwar. The said departments organised an extension

lecture on 'Environmental Health' in the seminar hall on 27th Sep, 2022. Dr. Poonam Mahajan, head, Department of Hindi, was the speaker of the day. Dr. Poonam emphasised on the problems that environment is facing due to inappropriate human activities and need of environment health which will benefit every species. She also said that World Environmental Health Day inspires people to contribute towards the protection of the environment and to acknowledge the work done by environmental health workers across the globe. She deliberated on the need of tree plantation.





28 Sep 2022

NCC, NSS and Red Ribbon club of Shanti Devi Arya Mahila College Dinanagar , “Under Ek Bharat Shresht Bharat”, organised a programme to celebrate 115th Birth Anniversary of Shaheed Ajam Bhagat Singh, under the able guidance of principal Dr Reena Talwar . NCC cadets Organised a cycle rally from college to village Magrala at 7:30 in the morning and created awareness among the people of village about the ideology of Shaheed Bhagat Singh. After that in the college auditorium, a seminar was organised on life of Bhagat Singh and His Ideology. Dr. Reena Talwar told the students about the life of Shaheed Bhagat Singh Ji and how he created awareness about freedom among the common people of India at that time and he gave his life at very young age to get his country free from British Government.



29 Sep 2022

“NATIONAL NUTRITION MONTH was celebrated by NSS & Home science Department under EBSB Mission of Shanti Devi Arya Mahila College Dinanagar under the able guidance of Principal Dr. Reena Talwar and supervision of Mrs Sangeeta Malhotra (HOD , Home Science Department). According to the Theme, various activities were organised throughout the September Month to educate the women and children about value of healthy food for achieving good health. A lecture on Importance of Nutritious Food was organised by inviting

Dr Dalwinder Sharma in the college on 9th September. 2022. He guided the students about bad effects of junk food on their health and asked them to stay away from junk food and caffeinated drinks. He told them about importance of Ayurvedic immunity booster products. He asked everyone to add maximum of seasonal fruits and vegetables in their meals.





04 Oct 2022

Science, NSS and Home science Departments of Shanti Devi Arya Mahila College Dinanagar celebrated "International year of millets 2022-23" on 4th October 2022, under the able guidance of Principal Dr. Reena Talwar, under "Ek Bharat shreshth Bharat mission". An extension lecture was organised during this day. Principal Mam formally welcomed the resource persons Er. Mrs. Anku meenia and Er. Mr. Ruban Preet by presenting them potted plants. Principal ma'am threw light upon Theme of millets year 2022 - 23 that is "India's wealth, millets for Health". She told that India is the largest producer of millets in the world. She also talked about various types of millets that is Jowar, Bajra, Ragi, jhangora, Barri , kangni, kodra, which are very useful for the health and she said that millets are powerhouse of health and should be added in diet by every person.



20 Oct 2022

N.S.S Department of Shanti Devi Arya Mahila College, Dinanagar , organised Chetna rally from College to the Magrala village, under Ek Bharat shreshth Bharat mission , under the able guidance of Principal Dr. Reena Talwar, under Clean India campaign launched by Government of India on dated 20.10.2022.The NSS volunteers raised the slogans i.e., Do not burn stubble, save the earth. The main objective of this rally was to protect the environment and prevent pollution. Principal Madam told that burning stubble can cause environmental pollution as well as skin, eye and lung diseases in people. Therefore we should stop stubble burning to make the environment pure.





31 Oct 2022

NSS Department , Red Ribbon and Ek Bharat Shresht Bharat Club of Shanti Devi Arya Mahila College, Dinanagar celebrated National Unity Day on 31st October 2022 by organising various activities under the able guidance of Principal Dr. Reena Talwar. A Pledge taking ceremony was organised to commemorate the day. Madam Principal, Staff and students took pledge to commemorate the National Unity Day under the directions of Dr. Poonam Mahajan.



26 Nov 2022

In association with Red Ribbon Club, N.C.C., N.S.S. and Political Science Department, Shanti Devi Arya Mahila College, under the chairmanship of Principal Dr. Reena Talwar, celebrated 'Indian Constitution Day' on 26th November, 2022 under the campaign of 'Ek Bharat, Shrestha Bharat'. On this occasion, various activities were conducted to celebrate Indian Constitution Day. Under the supervision of A.N.O., Dr. Anjana Malhotra, N.C.C. Cadets presented group dance and poetry. N.S.S. volunteers awakened the feeling of patriotism in everyone by singing patriotic songs. N.C.C. Cadets and the students of Political Science Department explained the importance of Indian Constitution and the contribution of its chief architect Dr. B.R.Ambedkar.





10 Jan 2023

Under the able guidance of Principal Dr Reena Talwar, NSS Coordinator Mrs. Sangeeta Malhotra ,NSS Program Officers : Dr.Sushma Gupta, Mrs. Sunita Verma , Dr.Deepak Jyoti and Mrs. Jyoti Saini attended online National Level Meeting under the Chairmanship of the Director, NSS held on 10.1.2023 at 2.00PM regarding the opening of Accounts upto NSS Unit level, for the implementation of system of flow of NSS grants through the CNA system . All the Colleges were instructed to open Bank account for NSS grants in State Bank of India and further asked to give this account number to NSS Department of GNDU.

On 11 January2023 - 1st Day of 7 Days Special NSS Camp

.On the first day of the camp, volunteers started Swachhta Abhiyaan in the college campus. All the lawns and flower beds were maintained by the students and extra weeds were removed. All the Pots were cleaned for pot painting. A team of volunteers and NSS programme officers went to the adopted village Saidipur to inform the Sarpanch Mrs. Prabha Minhas about the camp activities to be done in the village. A door to door message of the camp was given by the volunteers to all the residents of village.





On 12th January, Second Day of 7-Days Special NSS Camp

A Chetna Rally was organised in Saidipur village to create awareness to stop the menace of drugs. Legal awareness Seminar was conducted in the college campus by Youth welfare & NSS departments to celebrate National Youth Day. On this occasion Mrs. Navdeep Kaur Gill Civil Judge (Sr. Division) (CJM), Secretary, District Legal Services Authority from Gurdaspur was invited as the eminent speaker of the day. Pot painting was done by volunteers in the college campus. In the afternoon session Lohri festival was celebrated in campus with full enthusiasm and zeal. Principal Dr. Reena Talwar, Civil Judge Mrs. Navdeep Kaur Gill, Sr. Parminder Singh Saini, Dist. Nodal Officer and all the staff members along with NSS volunteers lit the bonfire and recited Gayatri mantra. NSS and NCC volunteers sang traditional lohri song and did Bhangra to mark the festival of lohri . Moongfali and Rewari were offered to all the guests and volunteers.





On the 3rd day of 7- Days Special NSS Camp

The festival of Lohri was celebrated by all the NSS Volunteers and Programme officers at adopted village Saidipur under the able guidance of Principal Dr. Reena Talwar. This function was specially organised to celebrate Dheeyan Di Lohri with the help of Sarpanch Smt. Prabha Minhas, Ex-Sarpanch Sh.Bahadur Singh ji and his wife Mrs Vijay Thakur. All the villagers were well informed about celebration of Dheeyan Di Lohri by NSS volunteers . 7 newborn girls who were having their First Lohri were invited along with their families. These girls were gifted woollen sweater sets as Shagun by the Principal and staff of the college. All the villagers were motivated to respect girl child and they were advised to create awareness to stop female foeticide in the society. All the villagers enjoyed the event and were giving blessings to volunteers for organising this unique program for the first time in their village. A bonfire was lit by Mahatma Ji of Shiv Mandir and moongfali and rewaris were distributed to all the villagers. Sweet candies were given to children of village.NSS volunteers sang lohri geet and did Bhangra with women folk of village to mark the event. Mrs. Vijay Thakur gave thanks to Principal Dr. Reena Talwar and all the program officers for organising this auspicious festival in a unique way. She specially thanked Mr. Darshan Kumar Sr. Lab Attendant of the college who played the main role in organising this function as he is also resident of Saidipur Village.





On 4th day of 7 Days Special NSS camp

A workshop on Textile Printing was organised for women at adopted village Saidipur, during the morning session. Ms. Aditi and Miss Rajwinder Kaur, Assistant Professors from Fashion Designing Department were invited to organise this workshop. They gave demonstrations for block printing, Stencil printing and Tie & Dye during this workshop. Workshop was a great success. All the womenfolk was very keen to learn all these techniques because the outcome products of the workshop were very beautiful. They were happy to see the effects of Tie & Dye

on a Dupatta. Mrs. Vijay Thakur appreciated the efforts done by faculty of fashion designing Deptt. and also gave thanks to NSS program officers and volunteers for organising such a useful workshop for villagers as it can help them to become economically independent. In the afternoon session volunteers also painted the pots and tree trunks of the college campus.





On 5th Day of 7 Days Special NSS camp

A workshop of Cooking was organised for women at adopted village Saidipur, during the morning session under the able guidance of Principal Dr. Reena Talwar. As per her suggestion, Mrs. Sangeeta Malhotra , HOD-of Home Science Department organised this workshop. She prepared Amla Chutney and explained benefits of eating Amla as it is the richest source of Vitamin C ,which is an immunity booster and quite helpful to fight against corona virus. She also prepared Low Cost Nutritious Laddoos made by using ingredients which are rich in providing Protein, Energy, Iron, Calcium and Omega 3 fatty acids, which are helpful in maintaining healthy heart and strong bones. Roasted Chana, Sesame seeds, Alsi, coconut powder and jaggery was used to make these laddoos. Mrs. Sangeeta Malhotra also explained the nutritive value of lladdoos and its benefits for woman's health. She also suggested to add almonds, walnut and groundnut as alternative as per individual liking .Workshop was a great success. All the womenfolk learnt these recipes very enthusiastically. Laddoos and Amla chutney was served with bread to all the villagers, which was relished by everyone and all of them requested Mrs. Sangeeta Malhotra to organise these kinds of workshops in future also . Sarpanch of the village , Mrs. Prabha Minhas and her sister-in-law, Mrs. Vijay Thakur send special thanks to Principal madam and appreciated the efforts of NSS program officers , Mrs. Sangeeta Malhotra and Dr.Sushma Gupta for organising such a useful

workshop for villagers as it can help them to maintain good health and to boost up their immunity. Mrs. Sangeeta Malhotra Invited all the Women folk of village to attend workshops on food preservation specially designed for promoting entrepreneurship by the Home Science department of the college to be organised under the aegis of IQAC.



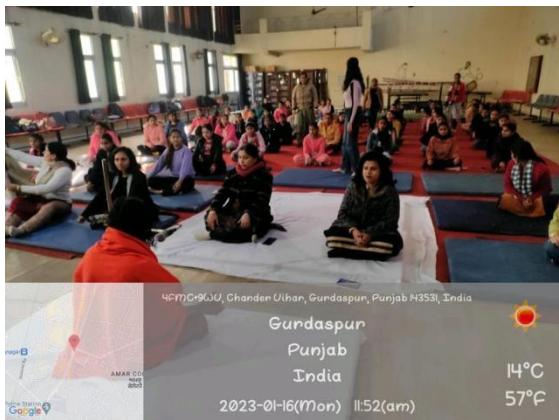


On 6th day of 7 Days Special NSS Camp

A Yoga Camp was organised by the NSS department under the able guidance of Principal Dr Reena Talwar. Swamy Yogi Raj Pramod Ji Maharaj from Patanjali Vidyapith was invited as a resource person to organise this yoga camp with the help of Dr. Param Shivam Singh from Saidipur village .Principal Dr. Reena Talwar along with NSS program officers and staff

members joined to attend this yoga camp .Swami ji Gave guidance to do different yoga Asanas by demonstrating each Mudra and explained their benefits. Kapal Bhati, Pranayam, and Singhnaadasan, Bhujangasan, Shirshasana, butterfly Asana; Dhanurasan was practised and taught by Swami Ji to all volunteers of the camp. Swami ji also explained the importance of yoga in our life. He said yoga not only improves physical strength but also enhances our mental strength. He said that Yoga has become very popular in foreign countries also as it is very beneficial for human body. Dr Reena Talwar also motivated the students to include yoga in their daily routine to lead a healthy life. She appreciated the efforts of NSS Department for organising this camp .Swami ji was honoured by Principal Madam and program officers by presenting a shawl & souvenir of the college.





On 7th Day Closing Ceremony of 7 Days Special NSS Camp

Closing ceremony was organised under the able guidance of Principal Dr Reena Talwar. As per suggestion of Principal madam NSS volunteers and programme officers collected woolen clothes for the needy persons .In the morning session students went to slum area near Singowal village to distribute woollen clothes. In the 2nd session of the day function of Closing Ceremony was organised and the Chief Guest of the function was Mr. Rajnish Kashyap, Deputy Commandant, BSF Headquarters, Gurdaspur. Guest of honours were Mrs. Vijay Thakur (Dist. Mass Media Officer) from village Saidipur and Dr. Param Shivam Thakur who were family members of Sarpanch of village Saidipur. Secretary of managing committee, Sh. Dharam Indu Gupta ji along

With members Mrs. Namita Gupta ji , Sh. Anil Gupta ji & Mrs. Anju Gupta ji enhanced the grace of function with their benign presence. A colourfull cultural programme was presented by NSS volunteers under the supervision of stage coordinator Dr. Neenu Sharma. Principal Madam welcomed the guests and threw light on the activities done during the 7 Days special NSS camp. She motivated the students to serve the Nation by providing selfless service for humanity and explained the meaning of NSS motto “NOT ME BUT YOU”. She appreciated the efforts of NSS Program officers Dr. Sushma Gupta, Mrs. Sunita Verma, Mrs. Sangeeta Malhotra, Dr. Deepak Jyoti and Mrs. Jyoti Saini to make this special camp in to a great successful event which added another feather in the cap of SDAM College. NSS Coordinator , Mrs. Sangeeta Malhotra gave the detailed report of activities done during seven days .She told that 250 volunteers of 5 NSS units attended this camp .She gave special thanks to Sarpanch Mrs. Prabha Minhas , Ex. Sarpanch Sh. Bahadur Singh and Mrs. Vijay Thakur for their cooperation to make this camp successful. Chief Guest Sh. Rajnish ji addressed the volunteers and motivated them to keep up the good work. He appreciated the noble projects taken by the students to uplift the morale of women folk of the village.Mrs.Vijay Thakur praised the activities done by volunteers and gave special thanks to Principal and program officers. Dr. Param Shivam Singh, Physiotherapist from Saidipur advised the volunteers to adopt a good posture during work and demonstrated few exercises to treat cervical pain and disc problems. All the volunteers were presented certificates in the valedictory session. 5 Best campers, Ms. Bhupinder Kaur, Ms. Kamaljeet, Ms Tanvi, Ms.Roopsi and Ms. Muskan were awarded mementoes for their outstanding services given during camp. Mementoes of the college were presented to guests by Principal Madam and members of managing committee.













25 Jan 2023

NSS department & Fine Arts Deptt. of Shanti Devi Arya Mahila College Dinanagar, under the able guidance of Principal Dr. Reena Talwar under Ek Bharat Shreshth Bharat mission celebrated “National Girl Child Day” on 24th January 2023. During this day Poster making competition was organized. The purpose of the celebration of this day was to raise awareness of the injustices that girls experience in Indian society. Principal Dr. Reena Talwar told that the main aim of the day celebration is to raise awareness of the disparities that girls are facing in a variety of areas, including legal rights, education, employment, clothing, medical care and others. She also threw light upon the slogans for National Girl Child day i.e., “Digital Generation, Our Generation, Our Time is Now—Our Rights, Our Future.”

Nodal Officers EBSB: Mrs. Sunita verma and Dr. Anjna Malhotra made the students aware about female foeticides and stressed on saving girl child. They told that when girls are educated, countries become strong and more prosperous. During this occasion, Dr. Anjna Malhotra (ANO, NCC), NSS Programme Officers: Dr. Sushma Gupta, Prof. Sunita Verma, Dr.. Deepak Jyoti, Prof. Jyoti Saini, Prof. Sonika Gupta, Dr. Sonam Gupta, Dr. Poonam, Mrs. Sheilika were also present.



ਸ਼ਾਂਤੀ ਦੇਵੀ ਆਰੀਆ ਮਹਿਲਾ ਕਾਲਜ ਵਿਖੇ
‘ਰਾਸ਼ਟਰੀ ਬਾਲੜੀ ਦਿਵਸ’ ਮਨਾਇਆ



25. Jan 2023

Shanti Devi Arya Mahila College Dinanagar, celebrated “National Voters Day” N.S.S, Red Ribbon club and Buddy group of Shanti Devi Arya Mahila College Dinanagar celebrated 13th National voters day on 25th January 2023 under the able guidance of principal Dr. Reena Talwar under sweep activities and Ek Bharat Shreshth Bharat mission. During this day pledge taking ceremony and poster making competition were organized. Principal Dr. Reena Talwar told that this year theme “Nothing like voting, I Vote for sure” is dedicated to voters which conveys individual’s feeling and aspiration towards participation in the electoral process through power of their vote. She told that “National Voters Day” is observed to commemorate the founding day of the Election Commission of India. This day celebration was chosen by the Indian government as a way to inspire young people to get involved in politics. She told that the goal of National Voters Day 2023 theme is to encourage more people to vote in elections, regardless of their age, gender, ethnicity, or other characteristics.

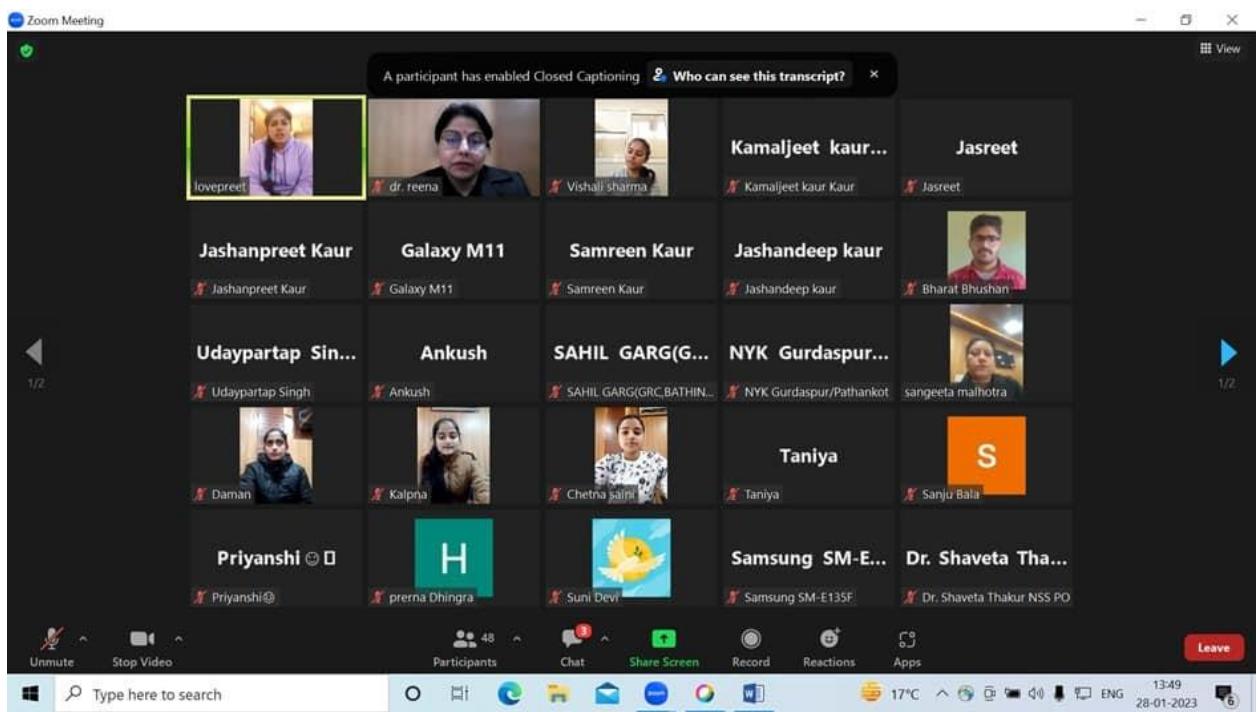
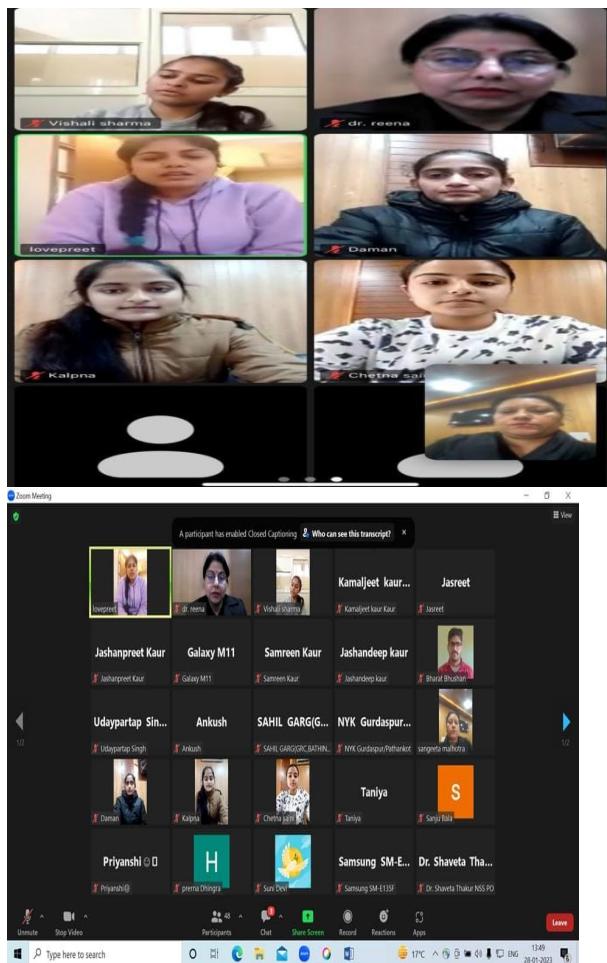
During this Occasion, Mrs. Parveen Saini (Nodal Officer Buddy group), NSS Programme Officers: Dr. Sushma Gupta, Prof. Sunita Verma (Nodal Officer EBSB), Dr. Deepak Jyoti, Prof. Jyoti Saini, Prof. Randeep, Prof. Sonika Gupta, Dr. Sonam Gupta, Dr. Poonam, Mrs. Sheilika, Ms. Pallavi, Mrs. Sonia, Ms. Dilpreet were also present.





28. Jan 2023

NSS volunteers; Ms.Chetna Saini from [B.Com](#) Sem 6th , Ms.Damanpreet Kaur from B.A. Social Science Sem 2nd and Ms. Kalpana from +2 Arts participated in District Youth Parliament held on 28.01.2023 in online mode and represented Shanti Devi Arya Mahila College,Dinanagar under the able guidance of Principal Dr. Reena Talwar and supervision of Dr. Anjana Malhotra ANO , NCC and NSS Coordinator , Mrs. Sangeeta Malhotra. They spoke on the topic of Skill Development and successfully completed their speech in given time. They highlighted the importance of skill development and its role in uplifting the economy of India. They also threw light on the various schemes and courses run by the Government of India for initiating Skill Development through education sector. In this competition Ms. Chetna Saini got 2nd Position and she will represent District Gurdaspur in State Youth Parliament. Principal Madam congratulated Ms. Chetna and both teachers. She also motivated the students to take part in such activities and to present their views and innovative ideas to create awareness among people.



3. Feb.2023

Boomy launch of Har Ghar Dhyan Campaign at Shanti Devi Arya Mahila College*

Under the roaring initiative of *Azadi Ka Amrit Mahotsav*, *Har Ghar Dhyan Campaign* was conducted by NSS Department of Shanti Devi Arya Mahila College, Dinanagar under the leadership of Principal Dr. Reena Talwar. Under the Aegis of Azadi ka Amrit Mahotsav, *Ministry of Culture* collaborated with the *Art of Living* foundation and launched a campaign "Har Ghar Dhyan" to conduct one hour introductory sessions on meditation and mental health for people from all walks of life. Taking this viewpoint into consideration, Madam Principal said that the National Mental Health Survey conducted in 2015-16 says that there are 150 million Indians suffering from mental illness. She further added that the numbers are so high because of a lack of awareness about mental illness symptoms. To increase awareness among the public, the Ministry of Culture launched Har Ghar Dhyan Campaign. The chief guest of today's function was *Ms. Kavita Khanna*, wife of former parliamentarian late *Mr Vinod Khanna* and the trustee, Art of living. She said that the meditation is a compelling answer to all the stress of today's youth which will enhance your physical and mental health. Along with her, Mr. Amitesh Marwaha and Dr. Shivankhi Manhas the instructors of The Art of living also participated. The students of the college sparkled the occasion with Ganesh Vandana and recitation of hymns. Dr. Poonam Mahajan paid Homage to late Mr. Vinod Khanna while anchoring the show. In this program, all the NSS programmers and students participated.

Watch on YouTube also





ਸ਼ਾਂਤੀ ਦੇਵੀ ਆਰੀਆ ਮਹਿਲਾ ਕਾਲਜ ਵਿਖੇ 'ਹਰ ਘਰ ਧਿਆਨ' ਪ੍ਰੋਗਰਾਮ



ਦੀਨਾਨਗਰ 2 ਫਰਵਰੀ 2023 (ਡਾ. ਮੇਸ਼ ਸਰੰਗਾਲ, ਵਰ੍ਹਣ ਸਰੰਗਾਲ) ਸਥਾਨਕ ਸ਼ਾਂਤੀ ਦੇ ਵੀ ਆਰੀਆ ਮਹਿਲਾ ਕਾਲਜ ਦੀਨਾਨਗਰ ਦੇ ਅੱਨ. ਐਸ. ਐਸ. ਵਿਭਾਗ ਵੱਲ ਪ੍ਰਿਸ਼ੀਪਲ ਡਾ: ਰੀਨਾ ਤਲਵਾੜੀ ਦੀ ਪ੍ਰਧਾਨਗੀ ਹੇਠ ਆਜ਼ਾਦੀ ਦੇ ਅੰਮ੍ਰਿਤ ਮਹਾਉਤਸਵ ਤੇ ਹਰ ਘਰ ਧਿਆਨ ਪ੍ਰੋਗਰਾਮ ਕਰਵਾਇਆ ਗਿਆ। ਯੂਜੀਸੀ ਦੇ ਨਿਰਦੇਸ਼ਾਂ ਅਨੁਸਾਰ ਸੰਸਕਿਤੀ ਮੰਤਰਾਲੇ ਨੇ ਆਰਟ ਆਫ ਲਿਵਿੰਗ ਫਾਊਂਡੇਸ਼ਨ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਇਸ ਮੁਹਿੰਮ ਦੀ ਸ਼ੁਰੂਆਤ ਕੀਤੀ, ਪ੍ਰਿਸ਼ੀਪਲ ਡਾ: ਰੀਨਾ ਤਲਵਾੜੀ ਨੇ ਦੱਸਿਆ ਕਿ 2015-16 ਵਿੱਚ ਕਰਵਾਏ ਗਏ ਰਾਸ਼ਟਰੀ ਮਾਨਸਿਕ ਸਿਹਤ ਸਰਵੇਖਣ ਅਨੁਸਾਰ 150 ਮਿਲੀਅਨ ਭਾਰਤੀ ਮਾਨਸਿਕ ਰੋਗਾਂ ਤੋਂ ਪੀੜਤ ਹਨ। ਜਾਗਰੂਕਤਾ ਦੀ ਧਾਰ ਕਾਰਨ ਇਹ ਗਿਣਤੀ ਇੰਨੀ ਜ਼ਿਆਦਾ ਹੈ, ਇਸ ਲਈ ਲੋਕਾਂ ਵਿੱਚ ਜਾਗਰੂਕਤਾ ਵਧਾਉਣ ਲਈ 'ਹਰ ਘਰ

ਧਿਆਨ ਅਭਿਆਨ' ਸ਼ੁਰੂ ਕੀਤਾ ਗਿਆ। ਇਸ ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਮੁੱਖ ਮਹਿਮਾਨ ਵਜੋਂ ਆਰਟ ਆਫ ਲਿਵਿੰਗ ਸੰਸਥਾ ਦੇ ਟਰੱਸਟੀ, ਸਾਬਕਾ ਸੰਸਦ ਮੈਂਬਰ ਸ੍ਰੀ ਵਿਨੋਦ ਖੰਨਾ ਦੀ ਪਤਨੀ ਸੀਮਤੀ ਕਵਿਤਾ ਖੰਨਾ ਨੇ ਸ਼ਿਰਕਤ ਕੀਤੀ। ਉਨ੍ਹਾਂ ਆਪਣੇ ਭਾਸ਼ਣ ਵਿੱਚ ਕਿਹਾ ਕਿ ਵਿਦਿਆਰਥਣਾਂ ਵਿੱਚ ਪੜ੍ਹਾਈ ਨੂੰ ਲੈ ਕੇ ਪੇਦਾ ਹੋਣ ਵਾਲੇ ਤਣਾਅ ਦਾ ਇੱਕ ਇੱਕ ਇਲਾਜ ਧਿਆਨ ਹੈ, ਜਿਸ ਨਾਲ ਸਰੀਰਕ ਅਤੇ ਮਾਨਸਿਕ ਸਿਹਤ ਦੀ ਪ੍ਰਾਪਤੀ ਹੁੰਦੀ ਹੈ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਸਿਮਰਨ ਕਰਨ ਨਾਲ ਸ਼ਾਂਤੀ ਮਿਲਦੀ ਹੈ ਅਤੇ ਇਹ ਭਾਵਨਾਵਾਂ ਨੂੰ ਸੰਤੁਲਿਤ ਕਰਨ ਵਿੱਚ ਮਦਦ ਕਰਦਾ ਹੈ। ਮੰਚ ਸੰਚਾਲਨ ਕਰਦਿਆਂ ਡਾ: ਪੁਨਮ ਮਹਾਜਨ ਨੇ ਸਾਬਕਾ ਸੰਸਦ ਮੈਂਬਰ ਸ੍ਰੀ ਵਿਨੋਦ ਖੰਨਾ ਜੀ ਨੂੰ ਭਾਵਪੂਰਤ ਸ਼ਰਧਾਂਜਲੀ ਵੀ ਭੇਟ ਕੀਤੀ। ਇਸ ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਐਨ ਐਸ ਐਸ ਦਾ ਸਮੂਹ ਸਟਾਫ ਅਤੇ ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ ਹਾਜ਼ਰ ਸਨ।

21. Feb.2023

The Students of NSS department, Red Ribbon club & Ek Bharat Shreshth Bharat club of Shanti Devi Arya Mahila College Dinanagar, under the able guidance of Principal Dr. Reena Talwar, participated in various competitions on dated 13-14 February 2023, held at Pt. Mohan Lal S.D College Gurdaspur, organised by Red Ribbon Club, Youth services Club, District Gurdaspur. The topics for participation were Life history of Swami Vivekananda ji, Blood

donation, Drug awareness, HIV/AIDS, TB, General knowledge and Current affairs. In poster making competition , Shayna (BA 4th semester) got first prize, In Collage making competition Sandeep Kaur (MSc FD 4th Sem) got second prize, In slogan writing competition, Kiran Preet got second prize and in Quiz competition Sharan Deep (BSc Medical 6th sem) and Aditi (BSc medical 4th sem) got third prize. In the blood donation camp, Kiranjeet B.A 6 sem and Harkirangeet B.A 1st sem donated blood also.

Principal Dr. Reena Talwar congratulated all team incharges Mrs. Sonika Gupta, Mrs. Jyoti Saini, Mrs. Sangeeta Malhotra, Dr. Anjna Malhotra, Mrs. Sunita Verma, NSS Programme officers, Dr. Sushma Gupta, Dr. Deepak Jyoti and other staff members and students of the college on this achievement.





22. Feb.2023

P. G. Dept. of Punjabi, Red Ribbon Club, EBSB Club and NSS Department of Shanti Devi Arya Mahila College Dinanagar, under the able guidance of Principal Dr. Reena Talwar celebrated International Mother Language Day. A slogan writing competition was organised under the supervision of Mrs. Sonika Gupta (HOD, Fine Arts Dept.). Beautiful slogans in Punjabi were made by volunteers to create awareness about importance of mother language of Punjab. Principal Dr. Reena Talwar motivated the volunteers to participate in such activities and congratulated the faculty members for celebrating important days in the college.



26 Apr 2023

Science, EBSB club and NSS department of Shanti Devi Arya Mahila College Dinanagar, under the able guidance of Principal Dr. Reena Talwar, organised a Seminar on 26th April 2023 on the the topics: **Anaemia and Oral Health Hygiene**. Dr. Kusum and Dr. Sukhwinder Kumar were Resource Persons from department of Health and Family Welfare, Punjab, CHC Singowal. Haemoglobin estimation camp was also organized during this day with the help of Pharmacist Smt. Nirmal and Lab technician Mr. Rashpal Singh. These events were organized under Anemia Mukt Bharat Abhiyan. Principal Dr. Reena Talwar told that the Anemia Mukt Bharat (AMB) strategy was launched in 2018 to reduce prevalence of Anemia all over India. It is an initiative of the Ministry of Health and Family Welfare (MoHFW) & United Nations Children's Fund.





31 May 2023

Red Ribbon Club and NSS Department celebrated “**World No Tobacco Day**” on 31st May, 2023 under the able patronage of Principal Dr. Reena Talwar. Every year on 31st May the World No Tobacco Day is celebrated. The day is celebrated to spread awareness about the harms of tobacco use.

The said departments held a rally from the college to Dayanand Math, Dhananagar. A lecture-cum-seminar was also delivered to the students by Dr. Sonam Gupta, Head, Department of Psychology. She talked about its detrimental effects. She said that the theme of this year’s World No Tobacco Day is ‘We need food, not tobacco’. She added that the theme is chosen to spread awareness among tobacco farmers about alternative sustainable and nutritious crops. At this juncture, Dr. Sushma Gupta, Vice Principal Madam, Mrs Sangeeta Malhotra, Mrs Sunita Verma, Dr. Deepak Jyoti, Ms. Parveen Saini, Ms. Priya Gupta were present.



2021-22

- Earth Day was celebrated on 22nd April 2021 by NSS Department under the able guidance of Director Mrs.RatnaSharma.Tree plantation was done to mark the day .P.R.O Dr.Kulwinder Kaur Chheena , NSS Program Officers, Dr.Sushma Gupta , Dr.ReenaTalwar, Mrs.SunitaVerma, Mrs.Sangeeta Malhotra and Mrs. Deepak Jyoti were present at the occasion. → 22 Apr 2021



- NSS Department of Shanti Devi Arya Mahila College Dinanagar celebrated World No Tobacco Day on 31/5/21 under the guidance of Principal Dr Mrs ReenaTalwar . Online pledge was taken by volunteers with the theme “ COMMIT TO QUIT “ → 31 May 2021



- international Yoga Day was celebrated on 21 June 2021 at SDAM College Dinanagar. NSS and physical education department of Shanti Devi Arya Mahila College Dinanagar Organised one day Online Webinar on “ Yoga for Immunity, Respiratory & Emotional well-Being “ to celebrate International Day of Yoga on 21st June 2021 in collaboration with Isha foundation under the able guidance of principal Dr.Reena Talwar.

→

21

Jun

2021



NSS & NCC Department pays homage to the Martyrs of Kargil on "Kargil Vijay Diwas". → 28 Jul

2021



- Science, NSS and NCC departments of Shanti Devi Arya Mahila College Dinanagar organised one day covid-19 vaccination camp on 7th August 2021 under the supervision of principal Dr Reena Talwar. A team of 4 members including Mrs Balwinder Kaur, Mrs Narendra Kaur, Mr Sumit Mahajan and Mr Ritik Sharma from civil hospital Dinanagar visited the college campus and vaccinated 100 members including teaching, non teaching staff and students. Mrs. Parveen Saini, incharge of this program and other staff members of college were also there to guide and motivate the students for vaccination. → 07 Aug 2021



- NCC & NSS Department organized series of activities to commemorate 75th Anniversary of Independence Day from 6th August 2021 to 13th August 2021. → 14 Aug 2021



- NSS & NCC Departments gave warm welcome to 55 BSF Jawans participating in "FIT INDIA CYCLE RALLY" along with their Officers and DIG Sh. Prabhakar Joshi ji under the able guidance of Principal Dr. Reena Talwar on 19th August 2021. These Jawans started this Rally on 15th August 2021 from

Jammu and they will reach their destination Gujarat on 2nd October 2021. → 19 Aug 2021



- NSS and Physical Education Department organised a FIT INDIA FREEDOM RUN 2.0 to commemorate AzadiKaAmritMahotsva on 30th September, 2021 under the able guidance of Principal Dr.ReenaTalwar. Dr.ReenaTalwar in her motivational speech addressed the students that “FIT INDIA FREEDOM RUN 2.0 “ is being organised by college to commemorate “ AzadiKaAmritMahotsva” to celebrate 75th Anniversary of Independence. → 30 Sep 2021



- NSS department of SDAM College Dinanagar organized "Sveep Awareness Campaign" on 23rd November 2021 under the supervision of Principal Dr.ReenaTalwar and Secretary Management, Mr.DharamIndu Gupta ji. → 23 Nov 2021



- NSS Department of Shanti Devi Arya Mahila College Dinanagar celebrated "Communal Harmony Week" from 19th to 25 th November 2021, under the able guidance of Principal Dr.ReenaTalwar . → 25 Nov 2021



The NCC and NSS Department of Shanti Devi Arya Mahila College paid tribute to the victims of Helicopter crash by taking out candle Light march on 11th Dec 2021.Under the able guidance of Principal Dr.ReenaTalwar, a condolence meeting was held on the sudden demise of India's first Chief of Defence Staff General Bipin Rawat and his wife Madam MadhulikaRawat along with other Army officers in a helicopter crash. → 11 Dec 2021



- The NCC and NSS Department celebrated Vijay Diwas on 17th Dec. 2021 under the able guidance of Principal Dr. Reena Talwar to honour the victory of Indian Army Forces over Pakistan in the 1971 war. The event was graced by the presence of Mr. Sanjay Gupta, 2nd in command-BSF, 58th Battalion BSF, Madhopur and Mr. Rajnish Kumar, Deputy Commandant, BSF, Gurdaspur. → 17 Dec 2021



- NSS Department of Shanti Devi Arya Mahila College Dinanagar organised an Online webinar on Swami VivekanandJi's life and his Contribution for Society to celebrate National Youth Day on 12 January 2022. Dr Anjana Malhotra from Political Science Department was the main speaker. → 12 Jan 2022
- NSS Department and Buddy Group of Shanti Devi Arya Mahila College Dinanagar organized a camp to register new voters above the age of 18 years under SVEEP activities in the supervision of College Principal Dr. Reena Talwar. Principal Dr. Reena Talwar told that college is progressive regarding this process since June 2021 and organized various activities like poster making and slogan writing competitions to create awareness among young voters for the importance and value of vote casting. ELC incharge Mrs. Parveen Saini and other staff members also guided and motivated the new voters to enroll themselves through new voter helpline mobile app available on Google Store and online National voter service portal through <http://nvsp.in> link. Today, the program was successfully organized with the efforts of staff members Dr.Kulwinder Kaur, NSS Program Officers Dr.Sushma Gupta Mrs SunitaVerma, Mrs.SangeetaMalhotra, Mrs. Deepak Jyoti and Mrs.Jyoti Saini and more than 300 new registrati → 15 Jan 2022



- NSS Department of Shanti Devi Arya Mahila College, Dinanagar organized “National Girl Child Day” through online medium under the able guidance of Principal Dr. Reena Talwar. → 25 Jan 2022



- NSS Department and Buddy Group of Shanti Devi Arya Mahila College Dinanagar celebrated National voters day in college campus under the supervision of college principal. Principal Dr. Reena Talwar, staff members and students of college read out voter's pledge. Other activities like poster making and slogan writing has also been organised to grace the special day. On this day new voter registrations were also done using voter helpline mobile app. The program was successfully organized with the efforts of staff members Dr. Kulwinder Kaur, Mrs. Parveen Saini, Mrs. Neenu Sharma, NSS Program Officers Dr. Sushma Gupta, Mrs. Sunita Verma, Mrs. Sangeeta Malhotra, Mrs. Deepak Jyoti and Mrs. Jyoti Saini. → 25 Jan 2022



- NSS Department of Shanti Devi Arya Mahila college Dinanagar organized a special 7 days NSS Camp from **12th February to 18th February 2022** at Tango Shah village under the able guidance of Principal

Dr.ReenaTalwar.



ਐਨਐਸਐਸ ਕੈਂਪ ਦੇ ਉਦਾਘਾਟਨ ਮੌਕੇ ਪ੍ਰੀਸੀਪਲ ਡਾ. ਰੀਨਾ ਤਲਵਾੜ ਤੇ ਹੋਰ।

ਤੰਗੋਸ਼ਾਹ ਵਿਖੇ ਚੱਲੇਗਾ ਸ਼ਾਂਤੀ ਦੇਵੀ ਕਾਲਜ ਦਾ ਐਨਐਸਐਸ ਕੈਂਪ

ਸ਼ਾਮ ਸਿੰਘ ਘੁੰਮਣ, ਦੀਨਾਨਗਰ

ਸ਼ਾਂਤੀ ਦੇਵੀ ਆਰੀਆ ਮਹਿਲਾ ਕਾਲਜ ਦੀਨਾਨਗਰ ਦੇ ਐਨਐਸਐਸ ਵਿਭਾਗ ਵੱਲੋਂ ਪਿੰਡ ਤੰਗੋਸ਼ਾਹ ਵਿਖੇ 12 ਤੋਂ 18 ਫਰਵਰੀ ਤੱਕ ਚੱਲਣ ਵਾਲਾ ਵਿਸ਼ੇਸ਼ ਸੰਤ ਦਿਨਾ ਐਨਐਸਐਸ ਕੈਂਪ ਲਗਾਇਆ ਗਿਆ। ਕਾਲਜ ਪ੍ਰੀਸੀਪਲ ਡਾ. ਰੀਨਾ ਤਲਵਾੜ ਨੇ ਦੱਸਿਆ ਕਿ ਪਿੰਡ ਦੇ ਸਰਪੰਚ ਸੁਲੱਖਣ ਸਿੰਘ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਲਾਈ ਗਏ ਇਸ ਕੈਂਪ

ਵਿੱਚ ਕਾਲਜ ਦੀਆਂ 250 ਐਨਐਸਐਸ ਕੈਡਿਟਾਂ ਭਰਾ ਲੈ ਰਹੀਆਂ ਹਨ। ਜਿਨ੍ਹਾਂ ਵੱਡੇ ਪਿੰਡ ਦੇ ਸਫ਼ਾਈ ਅਭਿਆਨ ਨਾਲ ਕੈਂਪ ਦੇ ਸ਼ਹੂਆਤ ਕੀਤੀ ਗਈ ਹੈ ਅਤੇ ਅੱਗੇ ਵੱਧੂ ਹਫ਼ਤੇ ਦੌਰਾਨ ਵੱਖ ਵੱਖ ਪ੍ਰਕਾਰ ਦੀਆਂ ਗਤੀਵਿਧੀਆਂ ਜਾਰੀ ਰਹਿਣਗੀਆਂ। ਇਹ ਮੌਕੇ ਤੇ ਐਨਐਸਐਸ ਦੇ ਪ੍ਰੇਰਾਗਾਮ ਆਈਸ ਕੋਆਡੀਨੋਟਰ ਸੰਗੀਤਾ ਮਲਹੇਤਰਾ, ਭਾਸ਼ਾਸ਼ਮਾ ਗੁਪਤਾ, ਸੁਨੀਤਾ ਵਰਮਾ, ਦੀਪ ਸਿਉਤੀ ਅਤੇ ਜਿਉਤੀ ਸੀਟੀ ਵੀ ਮੌਜੂਦ ਸਨ



- Closing ceremony of the Seven days NSS special camp dated 18th February 2022

The function started with the lightning of Vidya Jyoti by principal Dr Reena Talwar, Sarpanch of the village Tango Shah Mrs Savita Devi, and other guests that is Mr Sulakhan Singh , Mr gurwant Singh.

Principal Dr Reena Talwar made the NSS volunteers aware about yoga exercises and also praised NSS volunteers for their work during NSS camp.

5 units of NSS in college are run under 5 program officers that is Mrs Sangeeta Malhotra (coordinator), Dr Sushma Gupta , Mrs. Sunita Verma, Mrs. Deepak Jyoti, Mrs Jyoti Saini.

250 NSS Volunteers took part in various activities during these 7 days like Self Defense classes by Mr. Gurwant Singh, First Aid and Home Nursing classes by Mr. Rajeev Kumar (Secretary, Red Cross Society Gurdaspur), Art of living classes by Mr. Shailendra Mahant , Painting of pots, Cleanliness drive, Block Printing, Stencil Printing, Tie and Dye classes, Classes on making Pickles,Murabba, and Chutneys, Career Counseling classes, Chetna rally on Energy Conservation and Water Conservation to celebrate National Science Day in the month of February, Poster making competition, speech competition, tree plantation, Chetna rally to motivate people to vote and Chetna rally for not burning stubble was also taken out. During this day , Chahat performed Bhajan, Nikita and Richu Salaria performed solo dance, Harneet performed Kavita, Harpider sang folk song, Sakshi and her team performed group dance, Nikita and her team performed group dance, Lovepreet and her team performed self defense. Smt. Sangeeta Malhotra threw light on the various activities of the seven day NSS Special Camp and Lovepreet also read out the camp report on behalf of NSS Volunteers. Kamaljeet, Tanvi, Lovepreet, Anjali, Rishu, and Gurleen received the award by the Principal Dr Reena Talwar for the best performance during the 7 day NSS special camp. Principal Dr. Reena Talwar and NSS Program Officer honored the guests by giving mementos of the college.

- NSS Department of Shanti Devi Arya Mahila college Dinanagar organized " Voter Awareness Campaign " at Tango Shah village under the able guidance of Principal Dr.ReenaTalwar. NSS Volunteers made a voter awareness rally at village and they gave door to door awareness to the people of the village. Villagers promised to use their vote rights very carefully → 13 Feb 2022
- N.S.S Department of Shanti Devi Arya Mahila College, Dinanagar organized Workshop on Women Entrepreneurship and Skill Development to celebrate International Women's Day 2022, under the able guidance of Principal Dr.ReenaTalwar. Various speakers during this workshop, were as follows, Mrs.Ranjit Kaur (Managing Director Waheguru ,Kripa Self Help Group), Mrs.Sunita Sharma (Principal , Classic Beauty Parlour and Institute), Mrs. Milan Mahajan (Health and Wellness Consultant) . The program started with lightning of VidyaJyoti and welcome of guests by providing them tree saplings. 07 Mar 2022



- NSS department from Shanti Devi Arya Mahila College Dinanagar , under the able guidance of Principal Dr.ReenaTalwar, attended the finale of 3rd edition of National Youth Parliament Festival (NYPF) which was held on 10th -11th March 2022.



2020-21

To fight against this critical situation of Pandemic Of Covid -19 , The NSS Program Officers, Mrs. Sangeeta Malhotra , Mrs. Sunita Verma and Mrs. Deepak Jyoti under the able guidance of Director,Mrs. Ratna Sharma distributed Masks to 200 Inmates of Leper's Colony Dinanagar and 500 Masks for needy villagers were given to Mrs.Sulakhni Devi ,Sarpanch of village Vadda Sahowal which had been adopted by NSS Dept. of the College on 6th June 2020.

शांति देवी आर्य महिला कॉलेज ने
जखरतमंदों को मास्क बांटे



मास्क बांटवे कॉलेज स्टाफ व अन्य।

दीनानगर (राजकुमार): शांति देवी आर्य महिला कालेज के एनएसएस विभाग की ओर से कालेज प्रिंसीपल प्रो. रत्ना शर्मा के आदेशों पर कोरोना वायरस माहमारी के इस संवेदनशील समय में इस बीमारी की मात देने के लिए जरूरतमंदी को मास्क तेयर करकारवार बोटे गए। यह मास्क कालेज के फैशन डिजाइनिंग विभाग की ओर से मीनात गुजर की देखरेख में तेयर किए गए। प्रिंसीपल और रस्टाप के कुछ सदस्यों ने फिजिकल डिस्ट्रॉट्स को ध्यान में रखते हुए दीनानगर की लिंगों कालोंनी का दोर ध्यान की ओर कालोंनीयों को कुछ जरूरत की वस्तुओं के लिए 2000 मास्क भी बाटे गए। एनएसएस विभाग के संस्थान महल्लों जा, सुनीता वर्मा वीपीक ज्योति ने कालेज द्वारा गोद लिए गए बड़ा साहीबाल जाकर गवर्नर की सरपंच सुलभनी दीनी में जीमौजीरी में इस गांव के जलरस्तमंद लोगों को 500 मास्क वितरित किए। कालेज प्रिंसीपल रत्ना शर्मा के नेतृत्व वायरस के दौर में संजीदीरी से निभाए का प्रयास कर रही है। इस मोके पर कालेज में सकार काम और मौन-अनुभाव बैचलर वाम स्टार्टर्डिग्री की ओनलाइन पढ़ाई का काम सकार अध्यापन निभा रहे हैं जबकि 11 वीं और 12 वीं की ऑनलाइन कक्षाएं भी बंद रही हैं।



As per guidelines of Ministry Of Ayush, NSS and Youth Welfare Department organised online celebration of International Yoga Day. Theme of 6th International Yoga Day was YOGA @ HOME and yoga with family . Mrs. Sonia , Asst Professor in Cosmetology Department was invited for giving online training of different Yogasana to students and faculty members who joined this event at Google Meet on 21st June 2020

शांति देवी आर्य महिला कालेज में अंतर्राष्ट्रीय योग दिवस मनाया

- तलजिंदर कौर ने विभिन्न योग गुदाएं सिखाईं





Doctor's Day was celebrated By Youth welfare , NCC and NSS Departments. On this day all the doctors of Civil Hospital Singowal were honored with bouquets and college mementos by college staff members

1st July,2020



गुरदासपुर भास्कर 02-07-2020

शांति देवी आर्य कॉलेज ने डॉक्टर किए सम्मानित



दीनानगर| शांति देवी आर्य महिला कालेज दीनानगर के एनसीसी, यूथ वेलफेयर व एनएसएस विभाग की ओर से प्रिंसिपल प्रो. रत्ना शर्मा की अगुवाई में डॉक्टर्स डे पर सिविल अस्पताल दीनानगर के डॉक्टर्स का सम्मान किया गया। कॉलेज पीआरओ व डीन यूथ वेलफेयर विभाग डॉ. कुलविंदर कौर और छीना, एनसीसी विभागाध्यक्ष डॉ. अंजना कपूर और एनएसएस प्रोग्राम आफिसर डॉ. रीना तलवाड़ ने सिविल अस्पताल में जाकर सीनियर मेडिकल आफिसर डॉ. दरबार राज, डॉ. सुशील कुमार, डॉ. राज कुमार और डॉ. सुखविंदर को सहित को सम्मानित किया।

NSS & NCC Departments paid tribute to Kargil Martyrs by lighting white candles as a mark of respect and honour for these national Heroes on "Kargil Vijay Diwas" on their 20th anniversary on 26th July 2020



Vanmahotsav was celebrated by NSS Department In July & August 2020



One week awareness campaign “Jagrukta Saptah” against COVID-19 in collaboration with Dept. of District Youth Services Gurdaspur was organized. More than 200 students participated in Intra college online Quiz on COVID-19 organized by District Youth Services Gurdaspur. 23 Volunteers made Posters on Importance of Hand Sanitization, Wearing Mask and Maintaining Physical Distancing to combat Corona Virus. Pamphlets for creating awareness regarding Covid-19 provided by Deputy Commissioner, District Gurdaspur were distributed to public by staff and students at local Bus Stand, Dinanagar

29th Sept, 2020



National Communal Harmony Day Was Celebrated By NSS department In Online Mode by taking Pledge to quit from any violence against caste & Religion.



National Youth Day was celebrated by NSS Department. Mrs. Ratna Sharma gave an enlightening lecture on Importance of Makar Sakranti and National Youth Day after Hawan Yagya. On 14th Jan, 2021

महार्षि दयानंद ने महिलाओं को दिलाया अहम स्थान-प्रिंसिपल रत्न शर्मा

दीनानगर। शति देवी आर्य महिला कालेज में महार्षि दयानंद सरस्वती एं संसार शिरोमणि स्वामी सर्वानंद सरस्वती जी के निवारण उत्सव के उपलक्ष्य में भव्य समारोह का आयोजन किया गया। जिसकी अवधिकारी प्रिंसिपल रत्न शर्मा ने को जबकि मुख्य अधिकारी के तौर पर कालेज प्रबंधक कमेटी के अध्यक्ष स्वामी सदानंद जी सरस्वती एवं कालेज मैनेजर्मेंट कमेटी के संचिव धर्मेन्द्र गुरु शामिल हुए। समारोह का शुभारंभ दयानंद मठ संस्कृति विद्यालय के विद्यार्थियों की ओरसे हवन यज्ञ किया गया एवं आर्य समाज के भजनोपरेशाल कुलदीप भावकर और कालेज म्यूजिक विभाग की छात्राओं ने महार्षि जी के जीवन पर आपारित भजन प्रस्तुत कर लायाँको मंत्रमुक्त किया। स्वामी सदानंद जी ने महार्षि दयानंद सरस्वती के जीवनपर विश्वास से शोशनी डाली। उन्होंने कहा कि स्वामी जी के जीवन से समाज में महिलाएं पुरुष के बगवर कंधे से कंधा मिला हुआ शिक्षा सेवी चाहाए। उनके दिल्ली मार्ग पर चल कर कर चलती ही और हर क्षेत्र में आपनी आहम पूर्णमाण हमें अपने जीवन को साक्ष बनाने की आवश्यकता है। निषा रही है। दीनानगर क्षेत्र में जो शिक्षा का प्रसरण हुआ प्रिंसिपल रत्न शर्मा ने कहा कि महार्षि के कारण ही आज है वह महार्षि दयानंद तथा स्वामी सर्वानंद जी की देन है।



National Girl Child Day was celebrated .Mrs Rachna Sharma from Dept of Social Science, GNDU was the Eminent Speaker. All the five NSS Program officers were present at the function. Students of Fine Arts Dept made Posters on the theme of National Girl Child Day under the guidance of HOD, Fine Arts Dept. Mrs. Sonika Gupta.

24th Jan, 2021



गुरदासपुर भास्कर 28-01-2021

नेशनल गर्ट गाइड्स-डे। शांति देवी आर्य महिला कॉलेज में करवाया रेसिमानर, डॉ. रघुनाथ योर्ली-लड़कियों की उन्नति से बदल रहा समाज का नज़रिया

मासिक न्यूज़ | दीनानाम



NSS Department celebrated National Voters' Day by organizing Oath taking ceremony. Signature Campaign was done by staff and students and Intra-College poster making competition was also organized. Display of Posters on National Voters' Day was done by Fine Arts Dept. to create awareness among students.

25th Jan, 2021



Intra-College Quiz Competition, Poster Making & Slogan writing Competitions were organized By NCC & NSS Department on "Indian Constitution Day"

25th Jan,2021



Tri color Paneer Tikka with Tri color salad, Tricolor Burfi , Tricolor Sandwiches were made by NSS and Home Science Departments to celebrate 72nd Republic Day on 26th Jan, 2021



Tree Plantation at Dayanand Math was done on Martyrdom Day Of Mahatma Gandhi By NSS Department

30th Jan ,2021



गुरुदासपुर भास्कर 03-02-2021

महात्मा गांधी के बलिदान दिवस के उपलक्ष्य में छात्राओं ने पौधारोपण किया



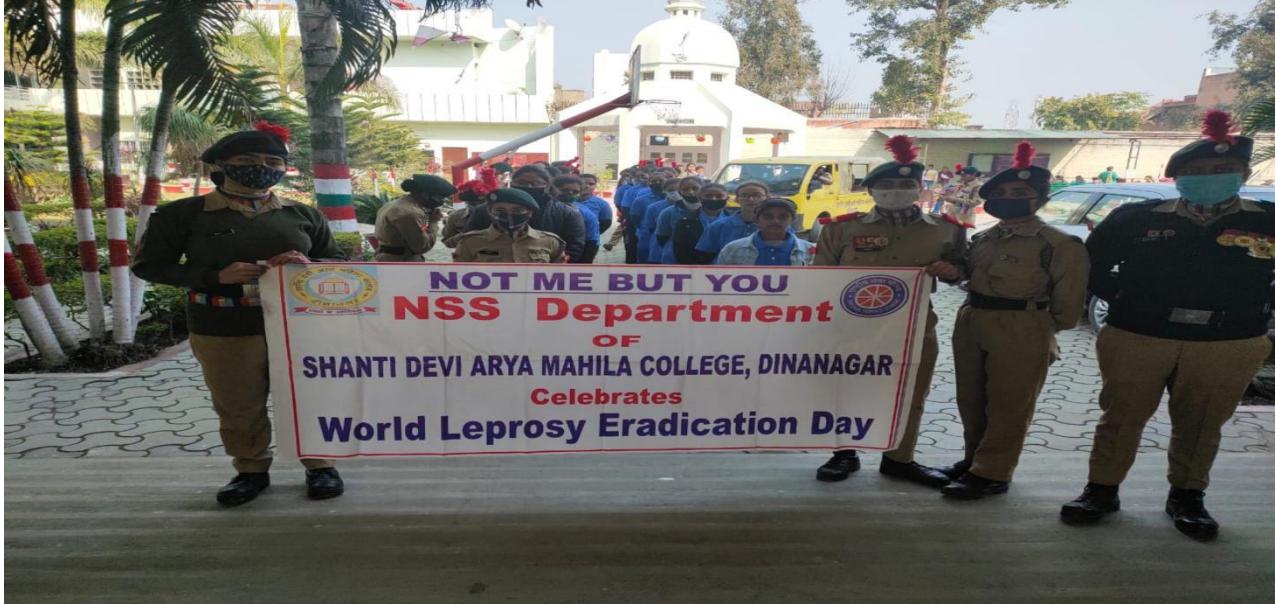
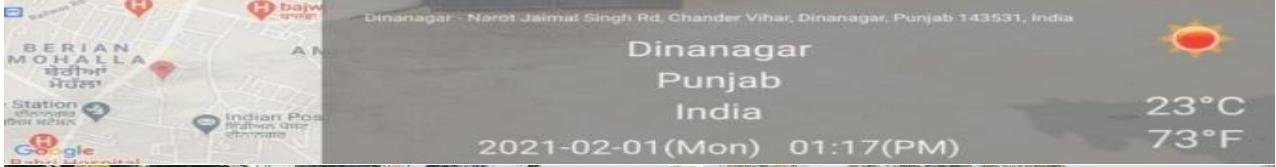
दयानंद मठ पर पौधारोपण का शुभारंभ करताते स्वामी सदानंद।

दीनानगर। शांति देवी आर्य महिला कॉलेज दीनानगर के पालिटिकल साइंस, एनएसएस और एनसीसी विभाग ने ब्रिंसिपल रत्ना शर्मा को अध्यक्षता में महात्मा गांधी का बलिदान दिवस मनाया। इस दीरान कॉलेज कैपस में छात्राओं को महात्मा गांधी के जीवन पर आधारित डॉक्यूमेंट्री फिल्म दिखाई और दयानंद मठ पर पौधारोपण किया। दयानंद मठ के अध्यक्ष

स्वामी सदानंद ने पौधारोपण का शुभारंभ किया। उन्होंने कहा कि महात्मा गांधी का जीवन हमें अहिंसा के मार्ग पर चलने को हमेशा प्रेरित करता रहेगा। इस मीके पर एनएसएस प्रोग्राम आफिसर डॉ. सुष्मा गुप्ता, सुनीता वर्मा, समीता मल्होत्रा, दीपक ज्योति, डॉ. रीना तलवाड़, रणदीप भूत, एनओ डॉ. अंजना मल्होत्रा मोजूद थे।



World Leprosy Eradication day was observed by NSS Department at Leper's Colony in Dinanagar and volunteers distributed grocery items, fruits and other eatables to the inmates.
1st Feb, 2021



NSS Department celebrated "World Cancer Awareness Day" by organizing expert talk. Dr. Ananya Babbar, Gynecologist, Babbar hospital, Gurdaspur was the main speaker of the day

4th Feb,2021

शांति देवी आर्य कॉलेज में वर्ल्ड कैंसर अवेयरनेस दिवस पर 'आय एम एंड आय विल' विषय लेक्चर, **डॉ. अनन्या बोलीं-**

डाइटिंग की बजाए हेल्दी फूड खाएं, बीमारियों से होगा बचाव

मात्राज न्यूज़ | दैनिक

शांति देवी आर्य विल्सन कॉलेज एवं कैंसर कैंपस के एस-एस-एस, संघर्ष और सेवा संकाय विषय की ओर से विभिन्न सत्त्वाशयों की अपेक्षात में कई कैंसर अवेयरनेस दिवस पर 'आय एम एंड आय विल' विषय पर एक्टोरिन संकाय का अध्योदय किया गया। विषय में भूमि रोपन कियोरुप्त हुई। अनन्या बबर कैंसर मुख्यालीक गवित हुई। विभिन्न रुप शब्दों ने महालीक वा पुण्या अभिवेदन करते हुए कह कि इस कार्यक्रम का उद्देश्य लोगों को कैंसर के प्रति जागरूक करना है। हाँ। अनन्या बबर ने कैंसर जैसी गंभीर जलसेवा बीमारी का पता लाने, शुल्कों रुक्षाधार और जागरूकता पर



मुख्यालीक डॉ. अनन्या बबर को मृति विह देवर सम्मानित करते हैं। रुप शर्मा व अन्य।

के लिए अंडर या अंडर ट्रीटमेंट लक्ष्यावध नहीं होता। हमें प्रारंभिक या डाइटिंग नहीं करनी चाहिए। बचक रहने पुरु लाना चाहिए। उन्हें कांस का गंभीर लक्ष्यावध और इंटर रोज़गर भी कैंसर का कारण हो सकते हैं। विभिन्न सत्त्वाशयों ने व्यायाम और योग नियमित रूप में करने पर जो दोनों एक बहा कि इससे जल कैंसर जैसी बीमारियों से बचाव कर सकते हैं। कालेज की ताफ से मुख्यालीक को भूमि विह देवर सम्मानित किया गया। मुरीद वर्मा ने भवा संवादान किया। इस मौके पर वैडलो डॉ. कुलदीप कौर और श्रीमा, एस-एस-एस को आठवीं प्रारंभिक महोदय, डॉ. मुख्य शुर्मा, मुरीद वर्मा, दीपक ज्वेल, डॉ. रीना तक्कड़, डॉ. अंजना मल्होदय, नीनू शर्मा, राधारप कीर बीमूदू थे।

-भास्कर

International Women day was Celebrated by NSS & Youth Welfare Dept. Principal Mrs. Ratna Sharma, Dr.Reena Talwar and Mrs. Neenu Sharma addressed the students and threw light on the importance of this day.

10th March,2021



A series of Hawan/Prayer and path were done by the staff of SDAM College in collaboration with NSS Department for the well being of all amidst alarming reports of increase in Covid-19 Cases from 20th Mar, 2021

शांति देवी आर्य कॉलेज में सरबत के भले के लिए शृंखलाबद्ध हवन शुरू

भारत न्यूज़ लीनानगर

शांति देवी आर्य महिला कॉलेज लीनानगर में प्रिसिपल रत्ना शर्मा की अध्यक्षता में सरबत की भलाई के लिए हवन की शृंखला का आरंभ किया गया है। वेद मंत्रोच्चारण के साथ प्रथम दिन संपन्न हुए यज्ञ में प्रिसिपल और स्टाफ की तरफ से आहुतिया डाल कर समस्त सूटि के लिए मांगलकामनाएं की गई। प्रिसिपल रत्ना शर्मा ने बताया कि यज्ञ को आगामी दिनों तक रोजाना किया जाएगा। इसका उद्देश्य विश्व में फैली महामारी सहित अन्य



समस्याओं के समाधान के लिए समापन पर प्रसाद बांटा गया। यहां संगीता मल्होत्रा, प्रवीण सैनी, नीनू परमात्म के समक्ष प्रार्थना करना डॉ. सुषमा गुप्ता, डॉ. कुलविंदर शर्मा, नेहा सैनी, दीपक ज्योति, है। उन्होंने पूरी दुनिया के जल्द कीर छोना, सुनीता वर्मा, डॉ. रीना कलदीप कौर, रंजु, हरदीप कौर रोग मुक्त होने की कामना की। तलवाड़, डॉ. मनीषा काहलों, मैजूद रहे।

Martyrdom day of Shaheed Bhagat Singh has been observed By NSS & NCC Departments. On this day Japuji Sahib path held at college campus.

23rd March 2021



शांति देवी आर्य महिला कालेज में जपुजी साहिब का पाठ करवाया

दीनानगर (राजीव, राजकुमार): शांति देवी आर्य महिला कालेज दीनानगर के एन.सी.सी. विभाग द्वारा प्रिंसीपल रत्ना शर्मा के निर्देशन में शहीदी दिवस मनाया गया। भगत सिंह, सुखदेव और राजगुरु की शहीदी को समर्पित जपुजी साहिब का पाठ रखा गया।

इस अवसर पर एन.सी.सी. कैडेट्स ने पोस्टर मेकिंग कंपीटिशन में बढ़-चढ़कर हिस्सा



दीनानगर में शहीदी दिवस मनाया कालेज स्टाफ।

लिया। कैडेट सोनम को पोस्टर मेकिंग में प्रथम पुरस्कार तथा कैडेट अमनदीप को द्वितीय पुरस्कार प्रदान किया गया। इस अवसर पर रत्ना शर्मा ने कहा कि भगत सिंह, सुखदेव और राजगुरु की शहीदी ने स्वतंत्रता संग्राम में नई जान पूँक दी थी। छोटी सी आयु में भगत सिंह द्वारा स्वतंत्रता संग्राम को एक नई दिशा दी गई। इनकी शहीदी एक मिसाल है कि हमें प्रवाह के साथ नहीं बहना चाहिए। यदि आपका उद्देश्य पवित्र है तो रास्ते अपने आप ही बन जाएंगे। इस अवसर पर एन.सी.सी. के ए.एन.ओ. लैप्टॉप डा. अंजना मल्होत्रा ने कहा कि भगत सिंह, सुखदेव और राजगुरु युवाओं के आदर्श हैं। विदेशी शासकों से आजादी प्राप्त करने के लिए इन्होंने संपूर्ण भारत का एकता के मूत्र में पिरोने का काम किया। आज उनके आदर्शों पर चलने की बहुत आवश्यकता है और शांति देवी कालेज की छात्राएं सदैव ही अपने शहीदों के सामने नवमस्तक हैं।

Slogan writing Competition on Poshan under Swachhata Action Plan 2021 was organized by NSS Deepartment on 25th March, 2021

स्लोगन राइटिंग में सुखमन प्रथम, रिया द्वितीय, निर्मल कौर तृतीय रहीं



भास्कर न्यूज|दीनानगर

शांति देवी आर्य महिला कॉलेज दीनानगर के एनएसएस विभाग की ओर से प्रिंसिपल रत्ना शर्मा की अध्यक्षता में पोषण पर्खवाड़ा मनाया गया। प्रिंसिपल रत्ना शर्मा ने कहा कि संतुलित व पौष्टिक का सेवन करने के लिए छात्राओं को प्रेरित करते हुए कहा कि स्वस्थ पोषण ही स्वस्थ जीवन का आधार है। जंक फूड से परहेज करना चाहिए। कोविड-19 के चलते इम्युनिटी बढ़ाने वाला भोजन लेना चाहिए। इस दौरान

स्लोगन राइटिंग कंपीटिशन भी करवाया गया। इसमें 20 छात्राओं ने हिस्सा लेते हुए प्रभावशाली संदेश युक्त स्लोगन लिखे। बीए तृतीय सेमेस्टर की छात्रा सुखमन ने प्रथम, बीएससी मेडिकल तृतीय सेमेस्टर की रिया सैनी ने द्वितीय, निर्मल कौर ने तृतीय स्थान प्राप्त किया। प्रिंसिपल ने विजेता छात्राओं को पुरस्कृत किया। यहां डॉ. कुलविंदर कौर छीना, डॉ. सुषमा गुप्ता, डॉ. रीना तलवाड़ा, सुनीता वर्मा, संगीता मल्होत्रा, रणदीप कौर, दीपक ज्योति, प्रवीण सैनी भी मौजूद थीं।

Tree plantation was done under Swachhta & Cleanliness Drive organized by NSS Department under Swachhta Action Plan on 25.3.21



Swachhta & Cleanliness Drive organized by NSS Department under Swachhta Action Plan on 25.1.21



SDAM College Dinanagar Bus Stand, Chander Vihar, Dinanagar, Punjab 143531, India

Dinanagar

Punjab

India



28°C

82°F

2021-03-25(Thu) 12:22(PM)

Tree Plantation was done to celebrate World Earth Day by NSS Department on 22.4.21



Poster Presentation was Done By NSS Department To Celebrate World No Tobacco Day on 31st May 2021





2019-20

NSS Dept. to organize Summer Internship Camp at Sahowal. Mrs. Sunita Verma gave awakening lecture to make organic compost from kitchen waste to village women.

College to pay tribute to Kargil Martyrs by lighting white candles as a mark of respect and honour for these national Heroes on "Kargil Vijay Diwas" on their 20th anniversary. Tribute to martyrs was paid by lighting candles and a lecture on brief history of the day.





शांति देवी आर्य महिला कालेज में कारगिल विजय दिवस मनाया

◆ स्टाफ और बच्चियों ने
मोमबत्तियां जलाकर
श्रद्धांजलि भेंट की

दीनानगर, 27 जुलाई (राजीव, राजकुमार): स्थानीय शांति देवी आर्य महिला कालेज के एन.एस.एस और एन.सी.सी. विभाग की ओर से 1999 में कारगिल में देश की रक्षा करते हुए शहीद होने वाले महान शहीदों की याद में कारगिल विजय दिवस मनाया गया। इस मौके पर उत्तर दोरों विभागों समेत कालेज का समूह स्टाफ तथा बच्चे उपस्थित थे। सुबह की प्रार्थना से कालेज कैंपस में प्रिंसीपल रत्ना शर्मा की अध्यक्षता में एक बहुत प्रभावशाली



► मोमबत्तियां जलाकर शहीदों को श्रद्धांजलि देते शांति देवी कालेज के अध्यापक व छात्राएं। (राजीव)

समारोह मौके कारगिल के शहीदों को करने की कोशिश कर रहे हैं। इस मौके पर हिंदी विभाग मुख्यी डा. पूनम एन.सी.सी. विभाग मुख्यी अंजना कपूर ने कहा कि कारगिल के शहीदों को याद बहुत भावपूर्ण शब्दों के माध्यम से करके हम आज की नौजवान पीढ़ी में युद्ध बारे तथ्यों को उपस्थित दर्शकों के देश भक्ति की भावनाओं को उजागर

समक्ष सही ढंग से रखा। उन्होंने कहा कि शहीदों की देशभक्ति से प्रभावित होकर बहुत से नौजवान लड़के व लड़कियां सेना में भर्ती हुए हैं। प्रिंसीपल डा. रत्ना शर्मा ने कहा कि हम केवल सेना में भर्ती होकर ही देशभक्ति नहीं कर सकते, बल्कि इसके साथ ही समाज में फैली बुराइयों को दूर करके भी हम देशभक्ति वाला कार्य कर सकते हैं। इस मौके पर एन.सी.सी कैडेट कमलजीत कौर ने भी अपने विचार पेश किए। इस मौके पर स्टाफ और बच्चियों द्वारा मोमबत्तियां जलाकर श्रद्धांजलि भेंट की गई। इस मौके पर डा. परमजीत कौर, डा. कुलविंदर छीना, डा. सुष्मा, सुनीता, संगीता मल्होत्रा, दीपक आदि उपस्थित थे।

"World Nature Conservation Day" was organized on 28th July 2019 during which declamation contest was organized and winners were awarded prizes by Principal Mrs. Ratna Sharma.

☰ **दैनिक सवेरा** अपर से ज्ञान की ओर... लाइन 3/4 Share Comment

विश्व संरक्षण दिवस पर भाषण प्रतियोगिता करवाई



► विजेता छात्रा को पुरस्कृत करते प्रिसिपल रत्ना शर्मा व अन्य।

दीनानगर (राजीव, राजकुमार) : शांति देवी आर्य महिला कालेज महाविद्यालय के साईंस और एनएसएस विभाग द्वारा प्राचार्य रत्ना शर्मा की अध्यक्षता में विश्व संरक्षण दिवस के दौरान भाषण प्रतियोगिता का आयोजन किया गया। जिसमें 200 से अधिक छात्राओं ने भाग लिया। इस आयोजन का मुख्य उद्देश्य छात्रों को प्रकृति स्रोतों के महत्व और उनके उचित प्रयोग से अवगत करवाना था। प्राचार्य ने छात्रों को प्रकृतिक आपदाओं तथा ग्लोबल वार्मिंग की हानियों के बारे में बताया और साथ ही भावी पीढ़ी के लिए स्वास्थ्य जनक वतन पर भी चर्चा की। इस मौके पर सुनीता वर्मा, डॉ सुषमा गुप्ता और रवि ने वातावरण प्रदूषण की रोकथाम के द्वारा प्रकृति के संरक्षण के महत्व के बारे में बताएं। बसु प्रतियोगिता में मिस शगुन में पहला स्थान, काजल ने दूसरा और रिया ने तीसरा स्थान ने तीसरा स्थान हासिल किया। जिन्हें रत्ना शर्मा, उप प्राचार्य प्रभजीत कौर ने विजेताओं को इनाम देकर सम्मानित किया।

Dr. Sushma Gupta, Dr. Reena Talwar, Programme Officer of NSS along with NSS Volunteers planted medicinal trees in Dayanandmathh. Swami SadanandSaraswatiJi addressed volunteers on how to protect the environment by planting trees.



25 volunteers along with NSS program officers Mrs. Sangeeta Malhotra and Mrs Deepak Jyoti under the able guidance of Principal Mrs Ratna Sharma celebrated Rakshabandhan at BSF Head Quarters Gurdaspur. Handmade rakhis were tied to jawans of BSF and sweets made by home Science students were offered to them. Principal Madam

conveyed her thanks to DIG Mr Rajesh Sharma and Dy. Comdt Mr. Nitish Dhiman for arranging the function. Students were given boxes of chocolates as token of love by BSF Jawans. Students were really grateful to Principal Madam for arranging this event.



4/4

शांति देवी आर्य महिला कॉलेज की छात्राओं ने सीमा प्रहरियों को बांधी राखी

- देश की आज-शान की रथा के साथ पंजाब की लड़कियों की रथा करने का वचन लिया




► श्रीएसएफ के अधिकारियों तथा जवानों के साथ शांति देवी कॉलेज की छात्राएं व अध्यापक तथा (दाएं) जवानों को राखी बांधती छात्राएं।

दीनानगर, 17 अगस्त (राजीव, याजकमार): शांति देवी आर्य महिला कॉलेज के एन.एस.एस. विभाग की 25 लड़कियों ने सीमा मर्लोज और दीपक ज्याति की अध्यवसाय के लौहर के विशेष मौके पर सीमाओं के रखकर्ता की राखी बांधने के लिए रवाना करते कहा कि राखी बांधने के साथ इन सीमाओं पर हमारी सबकी रक्षा करते इन बहादुर जवानों को समर्पित करते हैं, जिन्होने कठिन से कठिन परिस्थितियों से जुड़े हुए अपनी दृष्टि तन्द्री से निभाते हैं। कॉलेज की दीम ने गुरुदासपुर के बीएसएफ हैड क्वार्टर पर जाकर वह राखी बांधने वाले रकमांडट नीतीश शीमान का बहुविध प्रबोध के लिए धन्यवाद किया।

राम अदा वी। लड़कियों ने अपने हाथों से बहाई राखी जवानों के हाथों पर बांधकर उनकी लंबी आयु और शिक्षा वी कामना की। इस मौके पर प्रिंसिपल रनना शर्मा ने डी आईजी राजेश शर्मा और डिप्टी कमांडट नीतीश शीमान का बहुविध प्रबोध के लिए धन्यवाद किया।



Sadbhawana Diwas was celebrated by NSS Department in order to encourage national and international peace and harmony. Principal, Staff members and all the students took solemn pledge on this occasion that they will work for the emotional oneness and harmony of all the people of India regardless of caste, region, religion or language.

दैनिक भास्कर

- भावनात्मक एकता और आपसी सद्भाव के लिए काम करने की शपथ ग्रहण की



दीनानगर | शांति देवी आर्य महिला कॉलेज दीनानगर में प्रियिपल रतना शार्मा की अध्यक्षता में पूर्व प्रधानमंत्री स्वर्गीय राजीव गांधी की जयंती के उपलक्ष्य में स्वद्वावना दिवस मनाया। इस दीर्घान प्रियिपल, प्राध्यापक वर्ग और छात्राओं ने शपथ ग्रहण की कि मैं यह पवित्र शपथ लेती

हूं कि जाति, धर्म या भाषा की विभिन्नता के बावजूद मैं भारत के सभी लोगों की भावनात्मक एकता और सद्व्यवह के लिए काम करूँगी। इस दिवस की मनाने का उद्देश्य राष्ट्रीय एकीकरण, सद्व्यवह और शांति को बढ़ावा देना है और भारत को एक सशक्त राष्ट्र बनाना है।



Slogan writing and poster making competition was held on International Youth Day.

The results of this competition in Poster Making are 1st Ms Bharti, 2nd Ms Mehak and Ms Kamajeet got 3rd prize. In Slogan writing the prizes were 1st Preerna, 2nd Kiran and Natiksha got 3rd position.



Shot on S11 Lite
Gionee Dual Camera

Youth Welfare Department celebrated Women Equality Day under the able guidance of Mrs. Ratna Sharma and under the supervision of Dr.

Kulwinder Kaur Chheena .The eminent speaker was Dr. Neeru Sharma, Principal, Pt MohanLal S.D College for Women Gurdaspur. She spoke about the importance of this day and it's political,social and economic ramifications.



Department of Science and NSS Departments organized Blood Group Determination Camp.

दैनिक भास्कर



कैप में ब्लड ग्रुप की जांच करवाती छात्राएं।

- भास्कर

शांति देवी आर्य कॉलेज में कैप लगा छात्राओं के ब्लड ग्रुप की जांच की

भास्कर संवाददाता | दीनानगर

शांति देवी आर्य महिला कॉलेज में विज्ञान और साइंस योजना के तहत प्रिंसिपल रत्ना शर्मा की अध्यक्षता में ब्लड ग्रुप चेकअप कैप लगाया। इसमें सौ से ज्यादा छात्राओं के ब्लड ग्रुप की जांच की गई। प्रिंसिपल रत्ना शर्मा ने

कहा कि सभी के लिए अपने ब्लड ग्रुप की जानकारी होना अनिवार्य है। इसकी स्ट्रीक जानकारी होने से आपातकालीन परिस्थितियों से निपटने में मदद मिलती है। इस मौके पर डॉ. कुलविंदर कौर छीना, संगीता मल्होत्रा, दीपक ज्योति, डॉ. सुषमा गुप्ता, सुनीता वर्मा, डॉ. रीना तलवाड़ी भी मौजूद थीं।

celebrated Posan Maah by organizing lectures on Iron Deficiency-Anemia and Role of Calcium in maintaining health of women. Ms Minna Bagga specialist in Nutrition and Dietetics from S R Govt College Amritsar and Mrs Guljeet kaur Sr Dietitian from Fortis Escort Hospital, Amritsar were the main speakers.



NSS and Science Departments, organized extension lecture on " Jal Shakti Abhiyan" under Water Conservation Campaign and SwachhtaPakhwada under the guidance of MHRD, Govt. of India. The resource person was Prof. Dr. AnishDua, Dept. of Zoology, GNDU, Amritsar.





दैनिक भास्कर

स्वच्छता पर्खवाड़े के तहत शांति देवी कॉलेज में एनएसएस दिवस मनाया



स्वच्छता पर्खवाड़े के तहत कॉलेज प्रांगण में सफाई करती वालांटिवर।

दीनानगर | शांति देवी आर्य महिला कॉलेज दीनानगर के एनएसएस विभाग ने प्रिंसिपल रतना शर्मा की अध्यक्षता में स्वच्छता पर्खवाड़ा के तहत एनएसएस दिवस मनाया। प्रिंसिपल रतना शर्मा ने कहा कि इस कार्यक्रम का उद्देश्य अपने आसपास सफाई बनाए रखने के लिए प्रेरित करते हुए यह संदेश देना है कि सफाई हमें बीमारियों से दूर रख कर अच्छी सेहत प्रदान करती है।

उन्होंने अपने आसपास पानी जमा न होने देने और ज्यादा से ज्यादा पेड़ लगाने के लिए जागरूक करते हुए कहा कि गंदगी से डेंगू और मलेरिया जैसी बीमारियां फैलती हैं। इस दौरान छात्राओं ने कॉलेज प्रांगण में सफाई अभियान भी चलाया। इस मौके पीआरओ डॉ. कुलविंदर कौर छीना, संगीता मल्होत्रा, डॉ. सुषमा गुप्ता, सुनीता वर्मा और एनएसएस वालांटिवर छात्राएं भी मौजूद थीं।

NSS Department celebrated International Older Persons' Day with inmates of Oldage Home, Gurdaspur. Programme Officers DrSushma Gupta and Mrs. Sangeeta Malhotra along with 40 NSS volunteers organised a cultural program for inmates. Sunaina Thakur, Bharti ,Roshni, Prabhjot, Shivalika, Ramanjeet and Amandeep participated in speech, poem recitation, song, group and solo dance. Lunch for all the inmates was arranged by College Principal.

दैनिक भास्कर

छात्राओं ने बृद्ध आश्रम में विश्व वरिष्ठ नागरिक दिवस मनाया



ऐतिहासिक गुरुद्वारा टाहली साहिब के दर्शनार्थ पहुंचे बृद्ध आश्रम में रहने वाले बुजुर्ग।

दीनानगर | शांति देवी आर्य महिला कलेज दीनानगर के एनएसएस विभाग ने ग्रोग्राम आफिसर संगीता मल्होत्रा, सुषमा गुप्ता और लाहौरी इचाजे हरदीप कोर की अगुवाई में गुरदासपुर स्थित बृद्ध आश्रम में विश्व वरिष्ठ नागरिक दिवस मनाया। इस दौरान एनएसएस वालाटिवर्षे छात्राओं ने बृद्ध आश्रम में रहने वाले बुजुर्गों के साथ अपने पल साझा किए और उन्हें फल, मिठाई और जरूरी इस्तोमाल का

सामान भेट स्वरूप दिया। प्रिंसिपल रत्ना शार्मा की तरफ इन बुजुर्गों के लिए भारिक वात्रा का भी आयोजन कर गाहलड़ी स्थित गुरुद्वारा टाहली साहिब के दर्शनार्थ ले जाया गया। गुरुद्वारा के मैनेजर दविदर यिह, हेड ग्रंथी सबंजीत ने बुजुर्गों को सिरोपा देकर सम्मानित किया। प्रिंसिपल रत्ना शार्मा ने कहा कि बुजुर्ग हमारा सरमाया हैं। उनका मान सम्मान और देखभाल करना हमारा फर्ज है।



NSS department organized chetna rally in villages Talwandi, Tango Shah, Shaadipur, Alikhan and requested the people not to burn Parali/ Stubble and made them aware about the harmful effects like environmental pollution etc. of burning stubble.

दैनिक भास्कर

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गांवों में चेतना रैली निकाल पराली न जलाने का संदेश दिया

शांति देवी कॉलेज के एनएसएस बॉल्टियर्स ने निकाली रैली

भास्कर छावादाता | दीनानगर

शांति देवी आई महिला कॉलेज में एनएसएस विभाग ने विश्वाल रतन शम्भा की अन्वेषण में विभिन्न गांवों में लोगों को पराली न जलाने के लिए प्रेरित किया। एनएसएस प्रोग्राम आकिसमन

संघीता मल्होत्रा, दीपक ज्योति, डॉ. मुम्पा गुर्जा, मुरीता कपूर, डॉ. रेणा तलवाड़ी की अगवानी में एनएसएस वालीय छात्राओं ने गांव तलवाड़ी, तंगोशाह, मैदानपुर, अलीखां में जाइन लोगों को पराली जलाने से जातकरण को होने वाले नुकसान के बारे जास्ट किया गया। इसमें प्रयोक्तरण प्रदूषित होने के साथ धरती की उपजाऊ शक्ति भी कम होती है, और मिट्टी में याए जाने वाले कई बैक्टीरिया

और कोडे मक्कीडे खात्य हो जाते हैं जो वातावरण के लिए अच्छे माने जाते हैं। छात्राओं ने जाइनकी रैली निकाल कर परालीन संरक्षण संबंधी नरों भी लगाए। गांव तलवाड़ी के सरपंच सरजीवन कुमार, गांव तंगोशाह की सरपंच रमेश कौर, शादीपुर की सरपंच प्रभ देवी, पूर्व सरपंच स्मृति सिंह ने चेतना रैली का स्वागत करते हुए ये मध्ये गांववासियों को पराली न जलाने को प्रेरित किया।



गांवों में चेतना रैली निकाल पराली न जलाने को प्रेरित करती शांति देवी आई महिला कॉलेज की एनएसएस बॉल्टियर छात्राएं। -भास्कर



Red Ribbon Club and NSS Department Principal Mrs. Ratna Sharma organised seminar on Drug Abuse. Main speakers were Ms. Sonam Gupta Asst Prof in Psychology, Ms. Sonia Thakur Asst. Prof. in Sociology and Ms Karamveer Kaur Asst Prof in Biotechnology. Kumari Roshni presented her views in the form of a beautiful poem.



"Mahila Sammelan" was organized. Dr. Reena Talwar and Dr. Anjna Malhotra were the main speakers on this occasion. Dr. Reena expressed her views on Maharishi Dayanand: life and philosophy, Dr Anjna expressed her views on Maharishi Dayanand's contribution to women's upliftment.



NSS and NCC Department organized pledge taking ceremony involving all the students and teachers of the college.



स्लोगन राइटिंग में कोमलजीत व पोस्टर मेकिंग में मनजोत अवल

शांति देवी आर्य महिला कॉलेज में विश्व एड्स मनाया

भास्कर संवाददाता | दीनानगर

शांति देवी आर्य महिला कॉलेज दीनानगर के एनएसएस विभाग द्वारा प्रो. संगीता मल्होत्रा की देखरेख में रेड रिवन और एनसीसी विभाग के महिलोंग से प्रियंकिल रत्ना शर्मा की अध्यक्षता में विश्व एड्स दिवस मनाया गया। समाज में फैली नामुदाद एड्स बीमारी के प्रति



अवल रही छात्राओं को पुरस्कृत करते प्रियंकिल रत्ना शर्मा और अन्य।

छात्राओं में जागरूकता पैदा करने और इसकी रोकथाम के उद्देश्य से आयोजित इस कार्यक्रम दीरण मुकाबले करवाए गए। स्लोगन मेकिंग में कोमलदीप ने प्रथम, दीया पठानिया ने दूसरा, सताशी ने तृतीय स्थान प्राप्त किया। पोस्टर

मेकिंग में मनजोत प्रथम, पल्लवी द्वितीय, श्रुति तृतीय स्थान पर रही। प्रियंकिल रत्ना शर्मा ने अवल रही छात्राओं को पुरस्कृत करते हुए कहा कि सामाजिक और सरकारी स्तर पर इस बीमारी से निपटने के गवर्नर तक जागरूकता कैप लगाए जाने की जरूरत है। प्रोग्राम कोआईनेटर संगीता मल्होत्रा ने एड्स के कारणों और बचाव पर रोशनी डाली। इस मोक्ष पर डा. कुलविंदर कीर छीना, डा. सुषमा गुला, दीपक ज्योति, रणदीप धूत, नीनु शर्मा, रमा, सर्वपल्ली आदि मौजूद थे।

Commencement of 7 Days NSS Camp. On first day cleanliness drive was started and health check up camp was organized at adopted village Vadda Sahowal.





On 2nd day of NSS Camp One week Stitching & Tailoring Training programme was started for village girls at adopted village Vadda Sahowal. Door to door message for segregation of household waste was given to the villagers by the NSS Volunteers.



Dheeyan Di lohri was celebrated at adopted Village on 3rd day of NSS camp. 15 Girls who were having their first lohri were invited along with their mothers and local villagers on **Dhiyan Di Lohri**. Chief Guest of the program; Principal Mrs Ratna Sharma was honoured by Village Sarpanch Mrs. Sulakhni Devi. A cultural program was organized by NSS volunteers and villagers. Newly born Girls were gifted with woolen sweater sets. Peanuts, Rewari and popcorns were distributed to villagers present over there. Small children of village were given money for kites. NSS volunteers awakened the villagers about “**Beti Bachao Beti Padhao**.”



Hawan was solemnized by Madam Principal, Staff Members and Students. Principal Mrs. Ratna Sharma and Mrs. Poonam Mahajan from Hindi department gave an enlightening lecture on Importance of Makar Sakranti and National Youth Day after HawanYagya.



On 4th Day of camp Cleanliness and Beautification of campus was done by volunteers. Cleaning, dusting of rooms and furniture was done. Gardening was done; pots and tree trunks were painted by the students.



On 5th Day of camp a workshop on Textile printing was conducted for village women by Fashion Design and Home Science Dept. Block printing and Stencil printing was taught to village women. They made hankies, table cloth and cushion covers with block printing. Mrs. Sangeeta Malhotra and Mrs. Meenu Gupta gave training to them. At the College Campus Lecture on First-Aid and Home Nursing was organized. Mr. Rajiv Kumar, secretary, District Red Cross, Gurdaspur gave demonstrative lecture to NSS volunteers.





दैनिक भास्कर

एनएसएस कैंप में महिलाओं को शॉर्ट ब्यूटी कोर्स व कपड़ों पर छपाई की सिखलाई दी



महिलाओं को कपड़ों पर छपाई करने की सिखलाई देते मीनल गुप्ता व अन्य।

दीनानगर | शाति देवी आर्य महिला कॉलेज के एनएसएस विभाग द्वारा सात दिवसीय कैंप के पांचवें दिन रेडक्रॉस सोसायटी गुरदासपुर के सदस्य राजीव कुमार ने दुर्घटनाओं के समय डॉक्टर के आने से पूर्व रोगी को प्राथमिक सहायता देने की विधियों के बारे जानकारी दी। इसके अलावा एनएसएस वालंटियर छात्राओं गांव साहोवाल में गांव की महिलाओं को शार्ट ब्यूटी कोर्स की सिखलाई दी। होम साइंस और फैशन डिजाइनिंग विभाग की ओर से

महिलाओं को कोकोनट बर्फी सहित विभिन्न प्रकार के व्यंजन तैयार करना सिखाया। इसके अलावा शैलेंद्र महंत और मोहिनी सैनी ने आर्ट आफ लिविंग के तहत मेडिटेशन कैंप लगाया। मीनल गुप्ता ने ब्लाक प्रिंटिंग व स्टेमिल प्रिंटिंग द्वारा कपड़ों पर छपाई करने की सिखलाई दी। सोनिका महाजन की देखरेख में फाइन आर्ट्स की छात्राओं ने गुरु नानक देव जी की ओर से पर्यावरण को बचाने का संदेश गांव के गुरुद्वारा की दीवार पर चित्रित किया।

On 6th Day of NSS Camp, “A Happiness Programme by Art of living institution was organized in the college for NSS Volunteers. Mr. Shailender Mahant and Mrs. Mohini Saini both instructors of “Art of Living” gave lectures on stress management and meditation techniques were taught.



ii. At village workshop on Healthy cooking was organized by Mrs. Sangeeta Malhotra and Mrs. Meenu Gupta. Recipe of AlsiPinni and Coconut Burfi was taught to village women..



iii. Mrs Sonia, Asstt. Prof. of Cosmetology gave demonstration on skin care and Makeup.



iv. Mrs. Sonika Gupta, Asstt. Prof. of Fine Art along with students of Fine Arts painted the Wall



Closing Ceremony of 7Days Special NSS Camp was organized. Principal Mrs. Ratna Sharma ji presided over the function. Instructors of Art of Living Mr. Shailender Mahant and Mrs. Mohini Saini alongwith Sarpanch of Village Vadda Sahowal , MrsSulakhni Devi and Ex-Sarpanch Mr. Jai Harichand were invited and honoured by Principal Madam for their continuous help to make this Camp a successful event. They were given mementoes and Plants. Best NSS Volunteers were awarded with mementos. Principal Madam congratulated all the Five Units of NSS Volunteers and their Programme Officers on successful completion of the camp and appreciated the projects undertaken by them. Swachhta talk show on all aspects of swachhta-Personal, Physical, Mental, Environmental and societal were made and uploaded onthe MHRD Website.



Lecture and declamation competition on Forest Conservation was organized as per schedule of Swachhta Pakhwara.



National Girl Child Day was celebrated. Mrs. Neelam Mahant BJP Leader & Ex-Chairperson planning Board, Gurdaspur. Was the chief guest and main speaker. Among students, Miss Sunaina Thakur, Roshni and Bharti gave their Speeches on importance of celebrating this Day. Principal Mrs. Ratna Sharma presided over the function and **delivered** lecture on importance of National Girl Child Day. She **along** with NSS Programme Officers gave College memento and plants to the chief guest.



दैनिक भास्कर

26-Jan-2020

गुरदासपुर भास्कर Pa

कार्यक्रम • शांति देवी आर्य महिला कॉलेज में राष्ट्रीय बालिका दिवस मनाया
मर्यादाही लड़कियों का असली गहना : नीलम

भास्कर रंगदाता | दीनानगर

शांति देवी आर्य महिला कॉलेज दीनानगर में एनएसएस विभाग की ओर से प्रिमिपल रत्न शर्मा की अनुबंधता में राष्ट्रीय बालिका दिवस मनाया। जिसमें जिला योजना बोर्ड की पूर्व चेयरपर्सन नीलम महेत बतोर मुख्यालिय शामिल हुई।

प्रिमिपल रत्न शर्मा ने कहा कि लड़कियों को आत्मनिर्भर होने के साथ साथ मुद्रुद्ध चरित्र की स्वामिनी बनना चाहिए। तभी हम इस दिवस की सामर्थकता को स्पिष्ठ कर सकते हैं। मुख्यालिय नीलम महेत ने कहा कि हमें सरकार से चाहे जितनी भी



कार्यक्रम में मौजूद मुख्यालिय नीलम महेत, प्रिं. रत्ना शर्मा व अन्व।

योजनाओं में पर्याप्त हिस्सेदारी प्राप्त हुई है लेकिन मरीदा का निवेदन उड़ोने कहा कि आधुनिकता की दौड़ करना अत्यावश्यक है। क्योंकि यही में अंतर्भुत परिच्छमीकरण हमारी

संस्कृति का हनन कर रहा है। डॉ. प्रूपम महाजन ने मंच संचालन करते हुए कहा कि लड़कियों का शिक्षित होना एक मुद्रुद्ध समाज के साथ एक खुशहाल व विकिसित देश की आधारशिला बनता है।

इस दौरान कुमारी रोशनी, भास्ती, सुनवना ठाकुर ने अपने विचार रखते हुए छात्राओं को जागरूक होने के लिए प्रेरित किया। मुख्यालिय को कॉलेज की तरफ से स्मृति चिन्ह लेकर सम्मानित किया। इस मौके पर एनएसएस प्रोग्राम अफिसर डॉ. सुषमा गुप्ता, संगीता मल्होत्रा, सुनीता वर्मा, दीपक जौति, डॉ. रीना तलवाड़ी भी मौजूद थीं।

महिला को समाज अधिकार ही स्वस्थ समाज की नींवः डा. डिल्लो

- तुमेन ऐन इक्युल वर्ल्ड इज ऐन एनेबल्ड वर्ल्ड विषय पर अंतर्राष्ट्रीय कांफ्रेंस करवाई



कलंदवीन द्वारा, उत्तरवर्ष शिव को लाभान्वित करने विशिष्ट नाम व अन्य (काम) विशिष्ट रक्त गर्भां, कालनेत्र के साथिय धर्मनु गुम, नमित गुम, अनित गुम, मुचालिंगी शुरुत्वीत कीर और और मुचालिंगां द्वारा, कलंदवीन द्वितीय को समाप्तित करने

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ओरात को अपने अंतर्कीय को पहचानना होगा। प्रो. जरापाल ने वैज्ञानिक दृष्टिकोण से इसकी अवधिकारी प्रो. जरापाल कोरे ने कहा है कि ओरात को अपने अंतर्कीय को अपनी को विज्ञ नहीं पहचान होती वैज्ञानिक साधकीय कारण समझ नहीं पाएगा। युरो नामक देव युरीफिली की है। युरुक-प्राचीन दृष्टि ने तीनों को विज्ञान के क्षेत्र से अतिरिक्त को विद्यामान घोषियां बनायी हैं। परमार्थिक दृष्टि को इन दोनों के आधार पर बोलते हैं। डॉ. रमान शास्त्री ने तीनों की विद्यामानी को अपने विद्यामानी के तात्पार्य की तरफ ले ली है।

समानता के लिए मर्द की मानसिकता में बदलाव जरूरी कार्यक्रम के योग्यतानंदा है। इसके लिये बैठे दो काहा मार्द महिलाओं की उम्रियों के मुकुर्क डाक्टरहाउस देकर अवासा कानून के जरिए हालातों को बदला नहीं लाया जाता। अब अपेक्षा औरतों की सम्मान बदलाव लाने में असमर्पण है। अपेक्षा नियमों न बदलनी सम्मान लाने का असमर्पण पर विवाद है।

दैनिक भास्कर

09-Mar-2020
गुरदासपुर भास्कर Page

महिला को जिस दिन शवित की पहचान होगी, वही उसके सशक्तीकरण का दिन होगा : डॉ. जसपाल

भारत संग्रहालय | दीनांक

शांति देवी आर्य महिला कॉलेज दीनानगर में यूजीसी की सीधी स्कीम के तहत महिला दिवस का समर्पित युपेन एन इक्युअल वल्लै इज ऐन एनेवल्ड वल्लै' विध्य या आयोजित की गई अंतरराष्ट्रीय कांफ्रेंस के टेक्निकल सेशन की अध्यक्षता दिल्ली यूनिवर्सिटी की प्रोफेसर डॉ जसपाल कौर ने की। इसमें देश विदेश से आए विद्वानों ने खोज पत्र पेश किए। कांफ्रेंस डायरेक्टर प्रिसिपल रत्ना शर्मा ने स्वस्थ बातवरण वे प्रेणा स्वरूप विद्वानों का पौथे देकर स्वागत किया। डॉ. जसपाल कौर

कहा कि औरत को जिस दिन अपने अंदर की शक्ति की पहचान होगी वही उसके सशक्तीकरण का दिन होगा। युग नामक देव युनिवर्सिटी की डॉ. कुलजीत कौर ने टेक्नोलॉजी विज्ञान के क्षेत्र में औरतों के योगदान पर अपना खोजपत्र पेश किया। डॉ. परमिंदर कौर ने कानून के आधार पर महिलाओं के अधिकारों की वकलत की। डॉ. रचना शर्मा ने कमाकाजी व घेरेलू औरतों के मानसिक दबावको को उत्तराग किया। दिल्ली के देशवर्धक कालेज के डॉ. आशीष कुमार ने कहा कि महिला केवल समनत ही नहीं बल्कि उससे भी ऊचे रुटबे की हकदार है। नर्वें से पहचानी समाज-



मुधारक कंवलजीत नत ने कहा कि महिला और पुरुष को मिलकर औरत के अधिकारों के लिए काम करना होगा। कनाडा की हरदीप कौर ने कहा कि लड़कियों के साथ-साथ लड़कों के लिए भी सेमिनार आयोजित कर उनमें लड़कियों के प्रति व्यवहार में बदलाव लाने की भावना पैदा करनी चाहिए। अमेरिका के नवशदीप पंजकोहा ने समानता के लिए संघर्ष की जरूरत बताया। कनाडा के चरण सिंह ने यह नानक वाणी से प्रेरणा लेने को कहा। कनाडा के जनीलस्ट बरिंगांडर ने कहा कि महिलाओं के सम्मान से अनेक मसले हल हो सकते हैं। आरस्ट्रेलिया के गुरबचन जगपाल ने कहा कि समाज को अपनी मानसिकता बदलने की जरूरत है।

National Voters' Day was celebrated by Oath taking ceremony. Signature Campaign was done by staff and students and poster making competition was also organized. Display of Posters on National Voters' Day was done by Fine Arts Dept. to create awareness among students.



College celebrated 71st Republic Day by organizing Patriotic songs competition under kind guidance of Principal Mrs. Ratna Sharma. 20 Students sung beautiful patriotic songs. Miss Kamini, Miss Riya and Miss Chahat stood 1st, 2nd and 3rd respectively. Slogan writing and poster making campaign on Water Conservation was organized under SwachhtaPakhwara



World leprosy Eradication Day was celebrated. NSS volunteers along with Program Officers visited the Leprosy Colony at Dinanagar and distributed fruits to 150 inmates of the Colony. The leper's were given lecture on hygiene and sanitation. They were given instructions, how they can keep their children safe from this disease and they were also told to get their treatment done in time to eradicate this disease.



"World Cancer Awareness Day" was organized during which Dr. Surinder Kaur Pannu (Renowned Gynecologist at Gurdaspur) was the main speaker.



All the 5 NSS Program Officers- Dr. Sushma Gupta, Mrs. Sunita Verma, Mrs. Sangeeta Malhotra, Mrs. Deepak Jyoti and Dr. Reena Talwar attended Online State-level Meeting of NSS Departments of Punjab , Himachal and Chandigarh headed by Regional Director Dr Harinder Kaur and State Coordinators. In two hours long meeting Program Coordinators of different Universities shared the success stories of NSS volunteers. It was really inspirational and motivating for all.

“World Environmental Day “was celebrated in college campus by doing Hawan to purify the environment. To mark the occasion, “Tree plantation” was also done by Director Madam Mrs. Ratna Sharma along with staff members including program officers of NSS Department.



To fight against this critical situation of Pandemic Of Covid -19 , The NSS Program Officers Mrs. Sunita Verma , Mrs. Sangeeta Malhotra and Mrs. Deepak Jyoti of Shanti Devi Arya Mahila College Dinanagar under the able guidance of Director, Mrs. Ratna Sharma distributed Masks to 200 Inmates of Leper's Colony Dinanagar and 500 Masks for needy villagers were given to Mrs. Sulakhni Devi , Sarpanch of village Vadda Sahowal which has been adopted by NSS Dept. of the College for the year 2019-20. Masks were distributed among some needy women who were present on the spot by maintaining physical distancing. These Washable masks were stitched using pure cotton fabric by students of Fashion Designing Department under the supervision and guidance of Mrs. Meenu Gupta.



As per guidelines of Ministry Of Ayush, NSS and Youth Welfare Department organised online celebration of International Yoga Day. Theme of 6th International Yoga Day was YOGA @ HOME and YOGA WITH FAMILY. Mrs. Sonia, Asst Professor in Cosmetology Department was invited for giving online training of different Yogasana to students and faculty members who joined this event at Google Meet. Mrs. Sunita Verma, Mrs. Sangeeta Malhotra

Mrs. Deepak Jyoti (NSS programme Officers) played key role in organising this event and Mrs. Parveen Saini and Mrs. Neenu Sharma also attended this event at College Campus. Two Yoga trained students, Ms. Riya Kumari and Ms. Aarti also participated in this event at campus. More than 50 participants were present in online Yaga session.





2018-19

Celebration of World No Tobacco Day

NSS Department of Shanti Devi AryaMahilaCollege,

Dinanagar organised Seminar on" Say No To Drugs" , Poster Making Competition and Pledge Taking Ceremony to celebrate World No Tobacco Day . DrParanjeetKaur ,MrsSonam Gupta , MrsSunitaVerma And MrsNeenu Sharma were the main speakers of the seminar . They all gave their awakening lecture on bad effects of using drugs and tobacco and how diseases like cancer can attack the person using these in daily routine . In the Poster Making Competition 34 volunteers took part and winners were given College Mementoes. A Pledge Taking Ceremony was also organised under the guidance of Principal MrsRatnaSharma . She took pledge with All five program officers, staff members and all NSS frontiers that they will never use or promote the use of tobacco and other drugs .



Celebration of International Yoga Day

NSS department of Shanti Devi AryaMahila College Dinanagar celebrated International Yoga Day on 21 June 2018 under the able guidance of Principal MrsRatna Sharma. All the five NSS programme officers DrSushma Gupta, MrsSunitaVerma, MrsSangeetaMalhotra, Mrs Deepak Jyoti and DrReenaTalwar took the initiative and organised a yoga camp in the college premises in collaboration with physical education department. MrsTaljinderKaur of Phy . Education Department executed this event with the help of yoga team of the college. The event was held in the indoor stadium where 500 students took part in the yoga camp. Different yoga Asanas were taught to all the participants in which principal and staff members were also there. Principal MrsRatna Sharma inspired the students about adopting yoga in their lifestyle as it helps in nourishing the body and mind.



Tribute to Kargil Martyrs by lighting Candles

NSS volunteers of Shanti Devi AryaMahila College Dinanagar paid tribute to martyrs of Kargil War on 26thJuly 2018 under the able guidance of principalMrsRatna Sharma and supervision of program officers DrSushma Gupta MrsSunitaVerma, MrsSangeetaMalhotra, Mrs Deepak Jyoti and DrReenaTalwar. Principal MrsRatna Sharma in her speech told the students about the Kargil war and narrated how Indian Army got the victory in this war. She also told the students that this day is also celebrated as Vijay Diwas by the Indian Army as they won this war on 26thJuly .DrPoonamMahajan and DrAnjanaMalhotra also gave motivational speech on this occasion. She motivated the students to take part in all these activities which enhance patriotism among them and make them feel proud of Indian Army. NSS volunteers also recited Songs and poems of patriotism. Candles were also lighted to pay tribute to the martyrs of Kargil War. A candle march was organised on GT Road of Dinanagar to pay tribute to Kargil heroes.



Tree Plantation at village Taragarh and Jharoli

Mrs.SunitaVermaMrs.DeepakJyoti and MrsJyotiSaini NSS Program Officers along with NSS volunteers to visit Village Taragarh Near Dinanagar for Tree Plantation under Mrs.SunitaVermaMrs.DeepakJyoti and MrsJyotiSaini NSS Program Officers along with NSS volunteers visited Village Taragarh Near Dinanagar for Tree Plantation under NSS Dept. the Mission of Swatcsh Bharat Abiyaan-Tree Plantation 2018 with motto "Each One Plant One" .the Mission of Swatcsh Bharat Abiyaan-Tree Plantation 2018 with motto "Each One Plant One" . 7. Monday 31st July, 2018 Mrs. SangeetaMalhotra and Dr. KulwinderKaurChheena Program Officers along with NSS volunteers to plant Ornamental Medicinal And Fruit Trees at various sites of village with the help of eminent people of village. Director of Saransh Public School deliver to the lecture on Green and clean India and villagers to be told to nurture nature to save future. Mrs. SangeetaMalhotra and Dr. ReenaTalwar Program Officers along with NSS volunteers planted Ornamental Medicinal And Fruit Trees at various sites of the village with the help of eminent people of village Director of Saransh Public School delivered the lecture on Green and clean India and villagers were told to nurture nature to save future.



Tree Plantation to Celebrate Vanmahotsava

Vanmahotsva was celebrated by planting 500 plants in local area of Dinanagar . Tree Plantation was done at college ground, Dayanand Math, in Government Schools of Dinanagar and near byvillages like Taragarh, Jharoli, Gharota, Awamkha, DeedaSainian and bamiyal. Medicinal plants , fruits bearing trees and shady trees were arranged from Forest Department ofGurdaspur and Dinanagar. These trees were planted by volunteers and they also adopted these trees for their future care. Each volunteer was motivated to plant trees in their villages and homes to save the environment. The villagers were also motivated to take care of these trees.



Seminar on Cleanliness and Environment Protection under celebration of SwachhtaPakhwada 2018

NSS department of Shanti Devi AryaMahila College Dinanagar in collaboration with science department organised a Seminar on Environment protection and cleanliness was organized. Professor DrAdarsh Paul Vig from Environment and Botanical science department of GNDU was invited as a resource person. DrAdarsh Pal Vig explained in detail about the segregation Of biodegradable and organic waste. He stressed on protecting environment by involving every citizen of India . He also suggested not to use plastic to save our environment. He motivated the students for making a vermicomposting pit and gave tips for it . DrAnishDua gave Lecture on water conservation . He motivated the the volunteers to take pledge that they will not waste water .



Rally against Social Evils in Adopted village DeedaSainia

NSS department of Shanti Devi AryaMahila College Dinanagarorganised an awakening RALLY in the adopted village DeedaSainia against the social events. This rally was flagged off by DSP ShriManoj Kumar Ji along with Sarpanch of the village and eminent residents of the village. 200 students volunteers

of the NSS department took part in this Rally and hoardings and placards were made by the students against the social evils like dowry , drug abuse , female foeticide and illiteracy. Volunteers marched in every street of village and they continuously spoke slogans to make the villagers aware about theses social evils .



Celebration of Independence Day

NSS Department of Shanti Devi AryaMahila College,Dinanagarorganised slogan writing and poster making competition to celebrate Independence Day. This competition was organised on 13thAugust 2018 so that the slogans and posters made by the students can be displayed on 15thof August to motivate all the students. Winners of slogan writing and postermaking were given mementos by Principal MrsRatna Sharma and all the program officers. Students were provided with charts paints and sketch pens bye the NSS department and the posters and slogans made by them were displayed in college corridors, Barandas and on the interior walls of college. Principal MrsRatna Sharma through the light on Independence Day and told the students about the struggle of freedom fighters to achieve success in getting India free from the Britishers in 1947. She also motivated the students to be honest and disciplined citizens of India and only then they can enjoy the freedom and make their country progressive.



Workshop on Food Preservation and Textile Printing at adopted village DeedaSainia

Workshops on Preservation for village women was organised by Program Officer MrsSangeetaMalhotra (HOD), Home Science Department) at the adopted village DeedaSainia. She told the village women about importance of preserving the fruits and vegetables by using different methods. She made Amla Chutney, Apple Jam, Badam Sharbat, Lemon Pickle, Rose Sharbat and ginger lemon Squash in the workshop. All the womenfolk took keen interest and learned these recipes with full enthusiasm. They were also served the dishes made during the workshop. Program Officer MrsJyotiSaini(HOD) , Fashion Designing Department) organised workshop on Textile Printing. In which she taught the methods of Block Printing, Screen Printing and Tie & Dye . Girls of village actively took part and also made articles in the workshop. Sarpanch of the village Sh .DharampalSaini thanked Principal MrsRatnaSharma for adopting the village and appreciated the efforts of NSS volunteers and Program Officers.



Celebration of Sadbhawna Diwas

NSS department of Shanti Devi are Mahila College Dinanagar celebrated sadbhavana divas on 20 August 2018. A pledge was taken on sadbhavana divas by principal, NSS programme officers and all the staff members along with all the students and volunteers of the college. Principal MrsRatna Sharma addressed the students and told them the importance of SadbhawnaDiwas. DrAnjanaMalhotra from political science department also gave speech to students about the communal harmony. NSS programme coordinator MrsSangeetaMalhotra also addressed the students and told them about the importance of unity among the citizens of India. A peace rally was also organized on G.T. road of Dinanagar to make people aware of SadbhawnaDiwas.



Celebration of Senior Citizens Day

NSS department of Shanti Devi AryaMahila College,Dinanagar celebrated senior citizens day on 21 August 2018 under the able guidance of Principal MrsRatna Sharma and NSS coordinator MrsSangeetaMalhotra. NSS Volunteers along with programme officers MrsSangeetaMalhotra and DrSushma Gupta visited the old-age home managed by help age India at Gurdaspur where 38 inmates were living there. Eatables like fruits, biscuits and Rusks were gifted to all the inmates of Oldage Home and they were also given towels by NSS volunteers .Principal MrsRatna Sharma gave College Bus to arrange picnic for the inmates of Oldage Home. They were taken to Tahli Sahib Gurudwara at village Gahlari . All the inmates and the Manager of Oldage Home was overwhelmed by the efforts of principal MrsRatna Sharma and NSS programme officers of Shanti Devi are Mahila College Dinanagar. It was for the first time that the inmates were taken to any holy place by an institution. They blessed and thanked all the volunteers who were by their side during this picnic. All the volunteers were motivated to spend some time with their elders at home and also told that it is the moral duty of every family member to look after old people at home. Principal MrsRatna Sharma also told the students that if the old people will be looked after by the families then there will not be need of old age homes . This practise is not appreciated in our Indian culture.



One day camp on Pot painting,gardening

One day camp on 23rd August was organised at Shanti Devi AryaMahila College, Dinanagar. NSS volunteers did the cleaning of college campus. They painted pots with terracotta colour and did the cleaning of all the flower beds. Seasonal plants were planted in college lawns. Dry leaves and twigs were collected and put in the compost pit to make organic manure to be used in potted plants. Volunteers also painted the tree trunks with white paint. Flower beds were maintained with brick linings and it was also painted in terracotta paint to beautify the college gardens. Principal Mrs RatnaSarma appreciated the hard work of volunteers and NSS programme officers. She said that campaign of each one Plant one organised by NSS Department of Shanti Devi AryaMahila College Dinanagar is being appreciated by all residents of Dinanagar. Each volunteer planted plants at their home also to be the part of this campaign.





Poster making and Slogan Writing competition for Blood Donation 2018 NSS and Science department to organize blood group determination camp. NSS and Science department organized blood group determination camp during which more than 100 students got their blood group determined. Principal Mrs. RatnaSharma told that everyone must know her blood group for safe blood transfusion





One day camp on Cleanliness drive at campus

On 5.10. 2018 a cleanliness drive was organised at college campus and hostel building under swachhata plan. All the window panes and grills were cleaned by the volunteers. Terraces of all the three blocks were cleaned and garbage was disposed off in the trolley of Municipal Council near the College campus. Volunteers who were living in hostel were asked to clean the mess area and their rooms. Yagyashala was washed by volunteers. Volunteers also did the cleaning of outer boundaries of college. Best Cleaned Room Prize was announced by Principal MrsRatna Sharma. All the Volunteers were motivated for the cleanliness drive.



Celebration of Rashtriya Ekta Diwas

NSS department of Shanti Devi AryaMahila College,Dinanagar celebrated RashtriyaEktaDiwas on 31stOctober 2018. Pledge taking ceremony was organized by NSS Department. Pledge was taken by Principal MrsRatna Sharma, programme officers DrSushma Gupta, MrsSunitaVerma, MrsSangeetaMalhotra, Mrs Deepak Jyoti and DrReenaTalwar along with all the volunteers along with staff members and other students of the college. Principal MrsRatna Sharma addressed the students and told them that this day is celebrated to mark the birth anniversary of SardarVallabhbhai Patel who is known for his contribution for integration of India.



Cleaning of classroom

Cleanliness Drive in the campus and Dayanand Math was organised by NSS Volunteers of Shanti Devi AryaMahila College dinanagar under the able guidance of principalMrsRatna Sharma and supervision of NSS programme officers DrSushma Gupta MrsSunitaVerma, MrsSangeetaMalhotra, Mrs Deepak Jyoti and DrReenaTalwar. Students clean did the cleaning of classrooms, windowpanes of office and principals office .They also removed all the cob webs and did the dusting of all the classroom benches. All the labs were also cleaned by volunteers.25 volunteers went to Dayanand Math and did the mopping in the grounds and cleaned the premises of math with 2 program officers .



Seminar on “Say No To Drugs”

NCC and NSS Department to organize seminar on "Say No To Drugs" . Dr. Sonam Gupta delivered a lecture on harmful effects of drugs to human life.



World AIDS Day was celebrated to bring awareness among the students.

NSS department and Red Ribbon club of Shanti Devi AryaMahila College, Dinanagar celebrated world aids day on 1stDecember 2018. A declamation and Poster Making competition was organised by NSS department in which more than 50 volunteers participated and gave their views. MrsSunitaVerma from zoology department gave an awakening lecture on causes Of Aids and also told about protective measures to be used. She also told that there is no medicine and vaccination for this disease till date .18 Students gave speech on the given topic of AIDS. Programme officer MrsSangeetaMalhotra also put light on this topic and persuaded all the volunteers to create Awareness among the people that this disease can be avoided by adopting safety measures and she also persuaded all the volunteers that we should not hate AIDS patients and should be polite with them as this disease cannot spread by shaking hands.



Educational trip to JalianWalaBagh to celebrate National Youth Day

NSS department of Shanti Devi are you Mahila College,Dinanagar celebrated national youth day on 12thJanuary 2019 by organising one day educational trip to JallianwalaBagh, Amritsar. This year it was going to be 100 years on 13.4.2019. So this trip was organized by NSS Department to celebrate National Youth Day. 95 students Along with NSS programme officers in two college buses Visited JallianwalaBagh and SiriHarmandir Sahib at Amritsar. Mrs Monica Mahajan head of the Department of history also went with the students and she narrated the massacre of JallianwalaBagh happened on 13 April 1919. She also told them about the importance of celebrating national youth day on the birth anniversary of Swami Vivekananda ji who fought for the rights of women and played a major role in uplifting the status of women in India.



One day camp on Maintainence of flower beds

On 15th January maintenance of flowerbeds was done by NSS Volunteers with the help of College Gardner MrDarshanLal. New beds were made and seasonal saplings of winter flowers were sown. All the NSS Program officers took keen interest and instructed the volunteers about the techniques of planting the new saplings. Organic manure was also mixed in all the pots and flower beds. All the grass mowed by gardener, dry leaves and twigs were properly placed in compost pit made in the college campus and outside the college campus.



Organised Mock Test for District Youth Parliament.

NSS department of Shanti Devi AryaMahila College,Dinanagar got the privilege to organise District youth Parliament in the college campus and MrsSangeetaMalhotra was made nodal officer of District youth Parliament to be organised in the college. Principal MrsRatna Sharma took the initiative and organised this event very successfully. On 18th January a mock test for the district youth parliament was organised in which more than 300 students from different schools and colleges of district Gurdaspur participated in Screening and out of them 50 students were selected for the district youth Parliament which was to be organised on 24thJanuary 2019. This event was organised with the help of MrRavipal, Assistant director youth services department Gurdaspur and Nr Samuel Masih, Director of Nehru Yuva Kendra Gurdaspur.



National Girl Child Day

NSS department of Shanti Devi AryaMahila College,Dinanagar celebrated National Girl Child Day on 24thJanuary 2019 by organising a lecture and Poster making Competition in the college under the guidance of Principal MrsRatna Sharma.MrsNeelamMahant chairman of Punjab Planning Board and a Social worker from Gurdaspur was invited as esteemed motivational speaker to address all the NSS volunteers along with other students of the college. She was welcomed by principalMrsRatna Sharma and all the five NSS programme officers. She motivated the NSS volunteers and told them that women should know their rights and should not be weakened by any pressures of anyone. She also motivated all the girls that they should take pledge that they will not go for female foeticide in their life and will also persuade other females that they should not do female foeticide. She also stressed on BetiBachaobetipadhao scheme run by Punjab comment. She said by educating a girl while family is being educated.



National Voter's day celebrated by organizing Oath Ceremony, signature campaign and poster making camp.

NSS Department of Shanti Devi AryaMahila College Dinanagarcelebrated National Voters Day on 25th January 2019 under the able guidance of principalMrsRatna Sharma and supervision of all the five NSS programme officers. A poster making competition and Pledge taking ceremony was also organised. Principal MrsRatna Sharma, all the five NSS programme officers along with staff members and all the volunteers of NSS department took the pledge that they should make use of their voting rights and will definitely cast their vote in the coming elections. Students made beautiful posters which were displayed on the walls of corridors of the college to motivate other students about their voting rights. A Signature Campaign was also run by the college. A banner printed with voters pledge was displayed in the college assembly and all the volunteers were motivated to put their signatures on the banner and to take pledge that they will make use of their right to vote. Signature campaign was started by principal MrsRatna Sharma, all the NSS programme officers ,staff members and students of the college put their signatures on the banner .Winners of post making competitions were given mementos by Principal madam in the morning assembly.



One Day Camp on Maintenance of vermicompost, and pit

On 4th February Vermicomposting Pit was made by NSS Volunteers with the help of expert MrDarshanLal. They were motivated by DrAdarshpalVig in the seminar to segregate the waste . He also guided them about the recycling of biodegradable waste with the help of vermicomposting pit. Earthworms were brought and a pit was made. Vegetable waste was collected from Hostel mess and college canteen and it was used for the vermicomposting pit. NSS Program officers DrSushma Gupta and MrsSunitaVerma both from Science Department took active part in this activity and other program officers helped them . Principal MrsRatna Sharma appreciated all the volunteers and Program officers for this project. The manure made by vermicomposting was used for potted plants and flower beds.



One Day Camp on Cleanliness drive at campus

Cleanliness Drive in the campus and Dayanand Math was organised by NSS Volunteers of Shanti Devi AryaMahila College dinanagar under the able guidance of principalMrsRatna Sharma and supervision of NSS programme officers DrSushma Gupta MrsSunitaVerma, MrsSangeetaMalhotra, Mrs Deepak Jyoti and DrReenaTalwar. Students clean did the cleaning of classrooms, windowpanes of office and principals office .They also removed all the cob webs and did the dusting of all the classroom benches. All the labs were also cleaned by volunteers.25 volunteers went to Dayanand Math and did the mopping in the grounds and cleaned the premises of math with 2 program officers .



International women's Day DrSwaraj Grover was chief guest and social worker Manju was the Special Guest of the Day.

NSS department and youth welfare department of Shanti Devi AryaMahila College, Dinanagar celebrated International Women day on 8th March, 2019. DrSwaraj Grover and social worker MrsManju were invited as eminent speakers to motivate the girls and NSS volunteers of the college. DrSwaraj Grover in her lecture told the students that women are not less than Men, as they were not given equal status in this patriarchal system of our society. With the amendments in the human rights act women has been given equal status to men. She said today's women is marching ahead in every field. Women of India got fame at national and international levels by achieving heights in all the fields. She gave example of IndraNooyi, DrKalpanaChawla and Bachendri Pal. She motivated the students to come forward and took the pledge that they will not marry a person who will ask for dowry in the marriage and every student took this pledge happily and promised that they will become empowered with education.



