



SHANTI DEVI ARYA MAHILA COLLEGE DINANAGAR

5.1.3

Report of Capacity Building

(Soft Skills, Language and Communication Skills, Life Skills, ICT)





ESTD. 1968

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SHANTI DEVI ARYA MAHILA COLLEGE

Dinanagar (Distt. Gurdaspur)-143531

Affiliated to GNDU, Amritsar | A Multi-Faculty Post-Graduate Women College

Re-Accredited by NAAC with 'A' Grade

College with Potential for Excellence Status by UGC, Green Champion Award by MGNCRE (Govt. of India)



Shanti Devi Arya Mahila College, Dinanagar

5.1.2

REPORT OF CAPACITY BUILDING

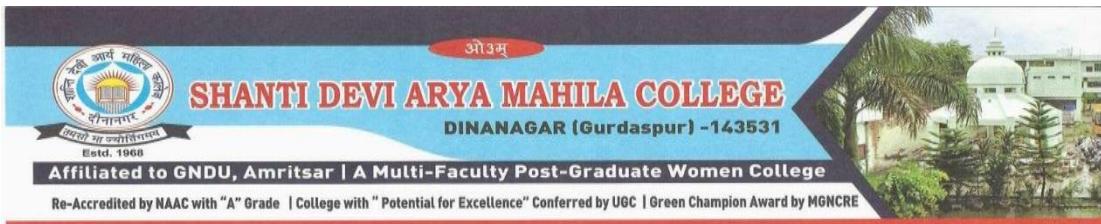
**REPORT OF
SOFT
SKILLS**

RAKHI EXHIBITION (28.08.2023)

***PG department of Fashion Designing* held a *‘Rakhi Exhibition’*, under the able guidance of Principal Dr. Reena Talwar and under the headship of Ms. Jyoti Saini, Department of Fashion Designing. **28th Aug 2023 (Monday)**.**

"This is a bond of love, a bond of togetherness; it's a thread that binds our life and our hearts. Happy Raksha Bandhan. "

Raksha Bhandan is a special occasion to celebrate the virtuous bond between a brother and a sister and is one of the deepest and noblest of all human emotions. To celebrate this auspicious bond, the PG department of Fashion Designing held a ‘Rakhi Exhibition’, under the able guidance of Principal **Dr. Reena Talwar** and under the headship of **Ms. Jyoti Saini, Department of Fashion Designing**. The eminent members of Managing Committee, Mr. Dharam Indu Gupta and Ms. Namita Gupta were the special guests. On this occasion, the students made exquisite Rakhi Platters. The teachers of the department **Ms. Meenu Gupta, Ms. Romya, Ms. Vandna, Ms. Aditi, Ms. Neena, Ms. Mohini and Ms. Rajwant** put their valuable endeavours in embellishing the gifts. The students of the department exhibit beautiful Rakhi baskets, Puja Thalis, Gift Hampers and many more things. The students as well as staff members of the institution bought these gifts of blessings which portrays the unmatched bond of love, care and respect between siblings.



Ref. No. 6061: SD/A hem

Dated. 19-8-23

Date-19-Aug-23

SHANTI DEVI ARYA MAHILA COLLEGE, DINANAGAR

CIRCULAR

'Rakhi Exhibition'

Date: 28th Aug 2023 (Monday).

Time: 11.00 AM to 1.00 PM

Organizer- P.G. deptt. of Fashion Designing.

Venue – Arts Block

All teachers and students are hereby informed that P.G. deptt. of Fashion Designing is going to organise Rakhi exhibition cum sale to enhance entrepreneurship. All teachers are requested to inform their students.

Please note & oblige.



Principal
Shanti Devi Arya Mahila College
Dinanagar (GSP.)

SHANTI DEVI ARYA MAHILA
COLLEGE, DINANAGAR

“
PG DEPARTMENT
OF FASHION
DESIGNING
”

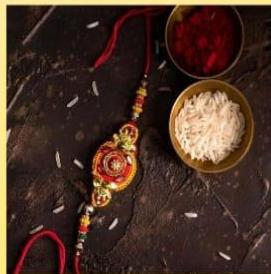
Date: 28-07-2023

ORGANISES

Raksha Bandhan

EXHIBITION CUM SALE
TO ENHANCE ENTREPRENEURSHIP

SKILLS



WORLD OZONE DAY(16th September, 2023)

Science department of SDAM College Celebrated World Ozone Day to raise awareness about 'Ozone layer depletion'. Under the aegis of " Ek Bharat Shreshtha Bharat " and the able guidance of the esteemed Principal Dr. Reena Talwar, the Science Department celebrated the * World Ozone Day* by organising *Declamation and Poster Making Competitions * on *16th September, 2023*.

DECLAMATION -

1st- Sakshi Salaria of **B.Sc** Medical Sem-3
2nd- Simranjeet of +2 science
3rd- Peehu of +2 science

POSTER MAKING -

1st - Aakansha of +1 science
2nd- Neha of **B.Sc** Sem- 3
3rd- Aarti of **B.Sc** Medical Sem -5

Ms Priya Gupta from Chemistry Department conducted the Programme. Principal madam congratulated the winners and applauded the efforts of all the faculty members of the Science department for the successful organisation of activities.







STUPENDOUS DYNAMICS OF MS. ASAVERI PAWAR'S KATHAK DANCE AT SDAM COLLEGE*

Youth Welfare Department of Shanti Devi Arya Mahila College, Dinanagar in collaboration with *District Heritage Society, Gurdaspur* arranged a *Kathak Dance* performance of *Ms. Asavari Pawar,(exponent of Lucknow Gharana) the Dancing Jewel of India*, under the able guidance of Principal Dr. Sushma Gupta, organised by *India International Rural Cultural Centre, New Delhi*. The said centre manages various programmes for the exposure of *Indian Classical Performing Arts* among young generation. In this event, *Mr. Arvind Kumar, SDM, Dinanagar* graced the occasion as an exceptional guest. Dr. Sushma Gupta, esteemed Principal madam, Mr. Dharam Indu Gupta, Secretary, Managing Committee, Mr. Anil Gupta, Ms. Namita Gupta, Ms. Anju Gupta, Prof. Raj Kumar, Secretary, District Heritage Society, Gurdaspur, Mr. Harmanjeet Singh, Program Officer, Mr. Parminder Singh Saini, District Counsellor welcomed the reputable guests. Dr. Kulwinder Kaur, Dean, Youth Welfare Department while conducting the stage, presented heartfelt greetings to all the guests. Ms. Asavari's scintillating performance enlivened with vivid facial expressions enthralled the audience. Mr. Raj Kumar put beams on the diverse initiatives took by Heritage Society. The special guest, Mr. Arvind Kumar commended the programme and inspired everyone to organise such events to make masses acquaint with their heritage.





WEB LINK

<https://www.facebook.com/share/p/SqEuBjowfJSguAY8/>

19 Oct 2023 – " Printing Tie & Dye Technique"

Department of Fashion Designing organised one day workshop on the " Tie & Dye Printing Technique" on 19th October 2023 under the able patronage of Principal Dr. Sushma Gupta and under the headship of Ms. Jyoti Saini, Department of Fashion Designing on 19th October, 2023.

The students acquired skills in making myriad of inspirational articles such as sarees, dress materials, bedsheets, frocks, tablemats, duppatas, cushioncover etc. The faculty members of this department Ms. Jyoti Saini, Ms. Meenu Gupta, Ms. Romya, MsAditi, Ms. Vandna, Ms. Rajwant and Ms. Mohani helped the students in giving their ideas the colours of gaudy life. Principal Madam Dr. Sushma Gupta applauded the teachers & the students for the brilliant workshop. The students thoroughly enjoyed the workshop. Dr. Kulwinder Kaur, PRO, Ms. RandeepDhoot, Coordinator, IQAC and Dr. Deepak Jyoti, Co-Coordinator, IQAC were also present.





WEB LINK	
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To organise workshop on Tie and Dye Technique(19th October, 2023 (Thursday)

"Dress Shabbily and they remember the dress; dress impeccably and they notice the woman."

Department of Fashion Designing of Shanti Devi Arya Mahila College, Dinanagar organised one day workshop on the "**Tie & Dye Technique**" under the able patronage of Principal Dr. Sushma Gupta and under the headship of Ms. Jyoti Saini, Department of Fashion Designing on **19th October, 2023 (Thursday)**. The students acquired skills in making myriad of inspirational articles such as sarees, dress materials, bedsheets, frocks, tablemats, duppatas, cushioncover etc. The faculty members of this department **Ms. Jyoti Saini, Ms. Meenu Gupta, Ms. Romya, Ms. Aditi, Ms. Vandhna, Ms. Rajwant and Ms. Mohani** helped the students in giving their ideas the colours of gaudy life. Principal Madam **Dr. Sushma Gupta** applauded the teachers & the students for the brilliant workshop. The students thoroughly enjoyed the workshop. **Dr. Kulwinder Kaur, PRO, Ms. Randeep Dhoot**, Coordinator, IQAC and **Dr. Deepak Jyoti**, Co-Coordinator, IQAC were also present.

**Post Graduate Department of Fashion
Designing
Under IQAC
OF
Shanti Devi Arya Mahila College,
Dinanagar**

**Organises
Tie and Dye Workshop**

Date: 19-10-2023



**Mrs Jyoti Saini
Head of Department**

**Dr. Sushma Gupta
Principal**



Ref. No. 6124-SA A/chen

Dated 10-10-23

Date-10-Oct-23

SHANTI DEVI ARYA MAHILA COLLEGE, DINANAGAR

CIRCULAR

To organise workshop on Tie and Dye

Date: 19th October, 2023 (Thursday).

Time: 11.00 AM to 2.00 PM

Organizer- P.G. deptt. of Fashion Designing.

Venue – Arts Block

All teachers and students are hereby informed that P.G. deptt. of Fashion Designing is going to organise **workshop on Tie and Dye** to enhance entrepreneurship. All FD teachers are requested to inform their students.

Please note & oblige.


Principal
Shanti Devi Arya Mahila College
Dinanagar (GSP.)



01875-220344, 221382



sdamcollegednn1968@gmail.com



shantidevicollege.org



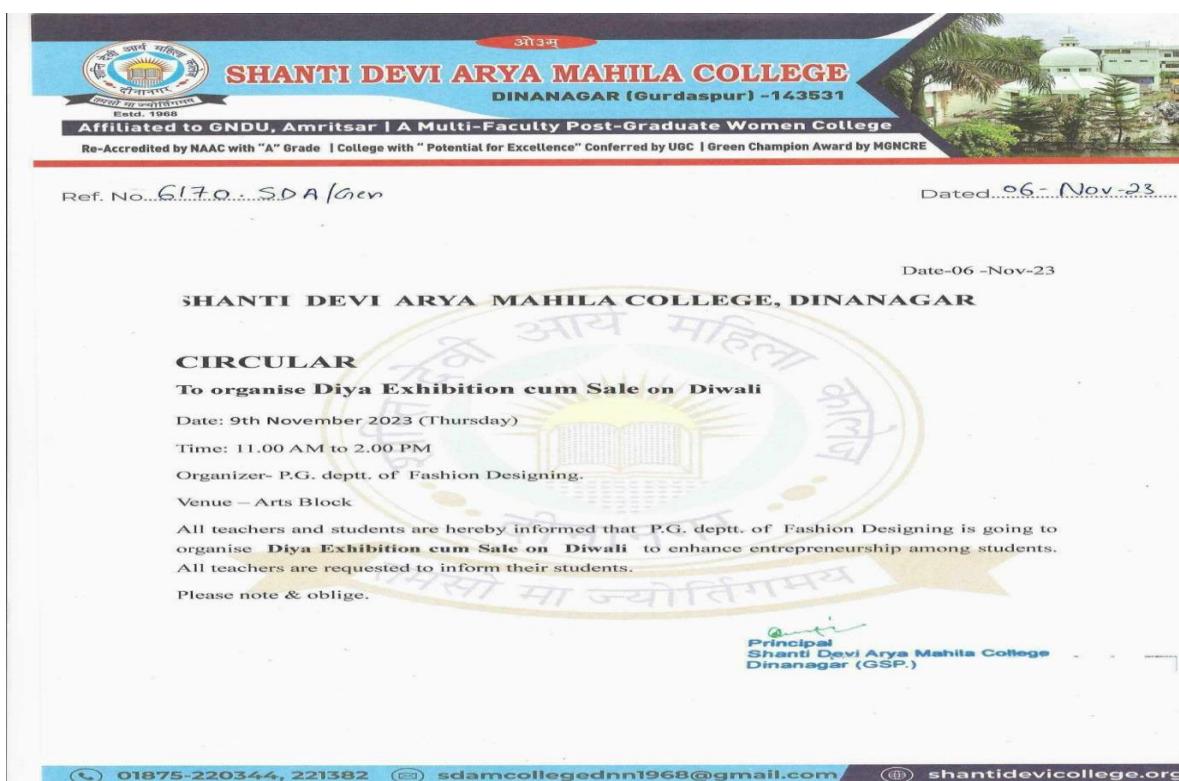
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Diya Exhibition cum Sale at Shanti Devi Arya Mahila College.

9th Nov 2023.(Thursday)

"May the divine light of Diwali fill your life with love prosperity and happiness, Happy Diwali!"

Diwali or Deepawali is the festival of lights and lamps. It is the festival of joy and happiness. On 9th November 2023, the PG Department of Fashion Designing of Shanti Devi Arya Mahila College, Dinanagar organised a Diya Exhibition cum Sale in the college premises under the able guidance of Principal **Dr. Sushma Gupta**. **Ms. Jyoti Saini**, Head, Fashion Designing Department with the efforts of her department arranged this exhibition to create the spirit of entrepreneurship in students. All the students of the said department participated in it with full enthusiasm and showcased their skills. The teachers and students of the college bought these luminous bundles of joy. Madam principal wished everyone's Diwali to be full of fun, good memories, and positive vibes. She appreciated the efforts of the head and the faculty members- Ms. Meenu, Ms. Romya, Ms. Vandhna, Ms. Rajwant, Ms. Aditi and Ms. Mohani.



**Post Graduate Department of Fashion
Designing**

Under IQAC

Of

**Shanti Devi Arya Mahila College,
Dinanagar**

Organises

Diya Exhibition

Date:09-11-2023



**Mrs Jyoti Saini
Head of Department**

**Dr. Sushma Gupta
Principal**

WEB LINK	https://www.facebook.com/share/p/J4kQ9o5w4cNweiks/

Two-Day Workshop and Exhibition on Mix Media and Abstract Art*

***"The object of art is not to reproduce reality, but to create a reality of the same intensity."**

11th and 12th April , 2024

Department of Fine Arts of Shanti Devi Arya Mahila College, Dinanagar organised a *Two-Day Workshop and Exhibition* on *"Mix Media and Abstract Art"* under the able guidance of Principal Dr. Sushma Gupta, Mr. Dharam Indu Gupta, Secretary, Managing Committee and the headship of Ms. Sonika Gupta, Department of Fine Arts on 11th and 12th April, 2024. On the first day, the department organised a workshop where the students acquired different techniques and styles of art with the use of clay, colors and texture. Ms. Sonika Gupta, head of the Department while narrating the aim of the workshop said that *"Learn and Earn.*" must truly be the core motto of these skills. On 12th April, the department hosted an Exhibition where students showcased their artistic skills in forms of different articles placed beautifully at the college corridor. At this occasion, Principal Madam while contemplating on the importance of art said that it is not just an expression of emotion but also a medium for communicating ideas. She encouraged and appreciated the superb presentation of the Fine Arts Department.



4FMC+3VM, Chander Vihar, Dinanagar, Punjab 143531, India

Dinanagar

Punjab

India

2024-04-12(Fri) 12:46(PM)

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Language and communication Skills

9th August 2023-Sanskrit Day at SDAM College, Dinanagar

WEB LINK

<https://www.facebook.com/share/p/nhNXgveKZfz2GDmF/>

Department of Sanskrit of Shanti Devi Arya Mahila College, Dinanagar celebrated Sanskrit Day, an auspicious ceremony, under the able guidance of Principal Dr. Reena Talwar. This day is an annual event focused around the ancient Indian language Sanskrit that incorporates lectures about the language and is aimed to promote its revival and maintenance. Under this banner, Speech Competition was organized. The programme commenced with the recitation of Ved Mantras. Mr. Hitesh, Head, Department of Sanskrit along with Dr. Sushma Gupta, Dr. Anjana Malhotra and Mr. Hitesh (Music Department) welcomed Madam Principal by gifting her a potted plant. She in her address discussed the scientific relevance of Sanskrit Language. She laid bare the facts of Sanskrit Language to be a perfect language for computer AI as propagated by Rick Briggs, Scientist at Nasa in his paper 'Knowledge Representation in Sanskrit and Artificial Intelligence'. Madam also emphasised on the adoption of phrases such as श्रीमद्भागवतम् and श्रीमद्भागवतम् श्रीमद्भागवतम् श्रीमद्भागवतम्. The students took active participation in presenting speeches on the *Significance of Sanskrit language in Modern World and the Traits of Sanskrit Language. The stage was conducted by Mr. Hitesh, Department of Music. Principal madam appreciated the efforts of Mr. Hitesh and organizing committee of Department of Sanskrit.





03 Aug 2023- Movie show of the novel Animal Farm written by George Orwell

Department of English organized a movie show of the novel Animal Farm written by George Orwell for the students of B.A. Sem-3 under the able guidance of Principal Dr. Reena Talwar and under the headship of Ms. Dilpreet Kaur, Department of English.

Animal Farm, an anti-utopian satire by George Orwell, published in 1945. One of Orwell's finest works, it is a political fable based on the events of Russia's Bolshevik revolution and the betrayal of the cause by Joseph Stalin. The said novel is in the curriculum of the Elective English Subject of 3rd semester. Ms. Dilpreet Kaur, Head, Department of English stated the theme of the novel which is Power can induce corruptibility. The book echoes the idea that all power can contain an element of corruptibility. The students thoroughly learned the fact that Animal Farm is a great book to learn about the power of language and how powerful it is when used to control and manipulate



9th September 2023- International Literacy Day

WEB LINK

<https://www.facebook.com/share/p/CiqbuAFL6dUDKSDb/>

Under the aegis of IQAC and the able guidance of the esteemed Principal Dr. Reena Talwar, the PG Department of English celebrated the International Literacy Day by organising a Declamation Competition on 9th September, 2023.

Declamation-

1st- Diksha of **B.Sc** Economics Sem-1

2nd- Gagandeep of B.A. SS Sem-1

3rd- Preeti of **B.Com** Sem-5

Principal madam congratulated the winners and applauded the efforts of Ms. Dilpreet Kaur, Head and the faculty of the said department.



14th October 2023-Slogan Writing and Poster Making Competitions

WEB LINK

<https://www.facebook.com/share/p/5ZHkuzu7ySAQRW7u/>

PG Department of English, under IQAC and under the leadership of esteemed principal Dr. Sushma Gupta organised Slogan Writing and Poster Making Competitions*to mark the eminence of the Birth Anniversary of Mr. A. P. j. Abdul Kalam on 14th October, 2023. The judges for the event were Dr. Kulwinder Kaur and Ms. Sonika. Many students participated in both the events.

In Slogan Writing-

1st. Shivali Katak, BA SS 1st sem

2nd- Jahanvi, +2 Arts

3rd- Sanjana, BBA 1st sem

In Poster Making-

1st- Deeksha, BA 1st sem

2nd- Dolly, BA 1st sem

3rd- Janhavi, +2 Arts and Riya BA 1st sem

Madam Principal along with the judges and faculty of English Department congratulated the winners and handed them certificates. She commended the efforts of Ms. Dilpreet Kaur, head, PG Department of English. This event also became the harbinger of the student council of the said society. The students were also honoured with the badges.





20th October 2023-Organization of "Nukkad Natak" (Akhir kado Tak)

WEB LINK

<https://www.facebook.com/share/p/vCyZT5YBXZEBwtrD/>

Red Ribbon Club, NSS and English Departments of Shanti Devi Arya Mahila College, Dinanagar organised a "Nukkad Natak" named "Akhir kado Tak" written by Mr. Jagdeep Warring performed by renowned "Red Arts Theatre Group" on 20th October, 2023 on the grave issue of Drug Addiction. The writer has written stories of various films like, Buhe Bariyan, Es Jahano Door kitte Chal Jindiye and many more. The performers are on the mission to make a bridge between students and teachers. They are critically acclaimed nationwide for their Nukkad Nataks on several issues associated with taboos and general problems. The gist of the drama on such issue was presented so comically that students got swayed by the performance. Ms. Dilpreet kaur, Head, Department of English sophisticatedly gripped the stage. Madam Principal Dr. Sushma Gupta while putting beams on the solemn issue, spoke on its disastrous consequences especially in youth. All the guests, teachers and students even took the pledge **#KickNasha** to commemorate the event. Madam Principal honoured the members of the theatre group, Mr. Gurwinder Singh, Mr. Balpreet Singh and Mr. Gurinder Singh at the end of the occasion.



12th December 2023-Celebration of Bhartia Bhasha Diwas

WEB LINK

<https://www.facebook.com/share/p/4EB9F1pMyyui9EE6/>

PG Departments of Punjabi, English and Hindi celebrated 75th Bhartia Bhasha Utsav with great vigour by organising Poster Making and Slogan Writing Competitions on 12th December, 2023. Under the able patronage of Principal Dr. Sushma Gupta, the day was observed to commemorate Janam Jayanti of Mahakavi Subramania Bharati. Dr. Kulwinder Kaur, Head, Department of Punjabi while addressing the theme ਮਹਾਕਾਵਿ ਸੁਖ੍ਰਮਾਨੀ ਭਾਰਤੀ, ਸ਼ਾਹੀ, spoke about the life and remarkable works of Mr. Bharati. She emphasised his contribution in uplifting the conditions of women in the society. Dr. Deepak Jyoti, Head, Department of Computer Science and IT and Ms. Randeep Dhoot, Head, Department of Political Science judged the competitions.

In Poster Making Competition:

1st Position- Urvi Thakur, +1 Commerce

2nd Position- Komal Salaria, +1 Commerce

3rd Position- Amreet Kaur, +1 Arts

In Slogan Writing Competition:

1st Position- Jahanvi, +2 Arts

2nd Position- Sanjana, +1 Medical

3rd Position- Sneha Thakur, +1 Commerce

The students sang songs in different languages and even played slang word game with teachers. At the end of the event, Ms. Sunita Verma, Vice Principal Mam, Dr. Kulwinder Kaur, Dr. Neenu Sharma, Dr. Sonam Gupta, Ms. Dilpreet Kaur, Ms. Rama Kapoor, Ms. Kulwinder Kaur along with the judges gave certificates and medals to the winners.





21st February 2024-Celebration of International Mother Language Day at SDAM College

WEB LINK

<https://www.facebook.com/share/p/XtiZJXet6hSRxMDQ/>

PG Department Punjabi of Shanti Devi Arya Mahila College, Dinanagar celebrated International Mother Language Day with great pomp and show under the able patronage of Principal, Dr. Sushma Gupta and Mr. Dharam Indu Gupta, Secretary, Managing Committee and the headship of Dr. Kulwinder Kaur Chheena, PG Department of Punjabi on 21st February, 2024. To mark this occasion, an Essay Writing Competition was organised on the Importance of Mother Language. The event was judged by Ms. Rukmani and Ms. Jagdish in which Saloni, Radhika and Savita Saini stood at first, second and third positions respectively. In her address, while felicitating the exceptional event, Madam Principal expressed her viewpoint that we all must be proud of our mother language Punjabi. She added that the day underscores the role of languages in promoting inclusion and achieving Sustainable Development Goals. The teachers of the department while giving an overview on the aspects of the event, stated the motto of celebrating International Mother Language Day which is ‘to

promote the preservation and protection of all languages used by peoples of the world". At the end of the event, the winners were awarded by Principal Madam and staff members.



21st March 2024- World Poetry Day Celebration

WEB LINK

<https://www.facebook.com/share/p/utRUnrtzoqYLLZrw/>

To spread the fragrance of poetry among the students, *PG Departments of English, Hindi, and Punjabi* of Shanti Devi Arya Mahila College, Dinanagar, organised an *Inter-College Poetical Recitation Contest* under the able patronage of Principal Dr. Sushma Gupta, Mr. Dharam Indu Gupta, Secretary, Managing Committee on 21st March, 2024. The event commenced by reciting Ved Mantras followed by enlightening the Divine Lamp. Madam principal, Ms. Namita Gupta and Ms. Dilpreet welcomed the judges of the event *Mr. Nek Chand, English Lecturer, Govt. Sen. Sec. School, Dinanagar and Dr. Usha Viyas, literary persona, Gurdaspur* with potted plant under green initiative. In her welcome address, Ms. Dilpreet Kaur, Head, Department of English while greetings the participants and teachers from various institutions, talked about the eminence of World Poetry Day. She added that to celebrate the day and to be remembered as a heyday the departments has organised the event. Madam principal said that poetry competition for student is just the right way for them to develop their abilities in creative writing, critical thinking, and

public speaking. A total of 30 students from more than 10 institutions of districts Pathankot and Gurdaspur participated in English, Hindi and Punjabi languages. The students recited their compositions with great zeal and enthusiasm.

The students were judged on different parameters: relevance on theme, creativity/ style and originality, harmony of words, intonation, clarity of imagination and language. The stage was well conducted by Ms. Pooja and Ms. Poonam Mahajan.

In *English* category:

First position: Kavya (Smt. Rama Chopra S.D.K.M.V College, Pathankot)

Second Position: Diksha (SDAM College, Dinanagar)

Third Position: Ishwar Deep (Pt. Mohan lal S.D College, Gurdaspur)

Consolation Prize: Jeevan Lalotra (GNDU Campus, Amritsar)

In *Hindi* category:

First position: Rajji (GNDU College, Narot Jaimal Singh)

Second Position: Samiksha (S.M.D.R.S.D College, Pathankot)

Third Position: Sakshi (SDAM College, Dinanagar)

Consolation prize: Shali (S.S.M College, Dinanagar)

In *Punjabi* Category:

First position: Rajwinder Kaur (Pt. Mohan lal S.D. College, Gurdaspur)

Second Position: Ritika (Smt. Rama Chopra S.D.K.M.V College, Pathankot)

Third Position: Tisha (S.S.M College, Dinanagar)

Consolation prize: Sukhdev (GNDU College, Narot Jaimal Singh)

The Champion Trophy was bagged by *Smt. Rama Chopra S.D.K.M.V College, Pathankot*.

The winners were awarded with trophies. The certificates were given to all the participants. The judges were honoured with mementos. Madam Principal congratulated all the winners as well as participants and encouraged them to polish their literary skills and come forward to exhibit them. She appreciated the efforts of English Department head, Ms. Dilpreet Kaur, Hindi Department Head, Dr. Poonam Mahajan, Punjabi Department Head, Dr. Kulwinder Kaur and their faculty members. At this moment, Dr. Usha felicitated three students of the college for their academic success. At the end of the event, the coordinator, Ms. Dilpreet expressed her gratitude to each and every one in making the event a grand success.



SHANTI DEVI ARYA MAHILA COLLEGE, DINANAGAR
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College With Potential For Excellence Status By UGC
Green Champion Award By MGNCRE(Govt. of India)
Accredited with "A Grade" by MGNCRE under RSIG

**PG Departments of English, Hindi & Punjabi
Under IQAC
Organize
Inter-College Poetical Recitation Contest**

Swami Sadanand Ji
President

Sh. Dharam Indu Gupta
Secretary

Dr. Sushma Gupta
Principal



22nd March 2024-Seminar on 'भारतीय भाषा समिति का विद्यार्थी विषयीकरण और विद्यार्थी विषयीकरण का विद्यार्थी विषयीकरण',

WEB LINK

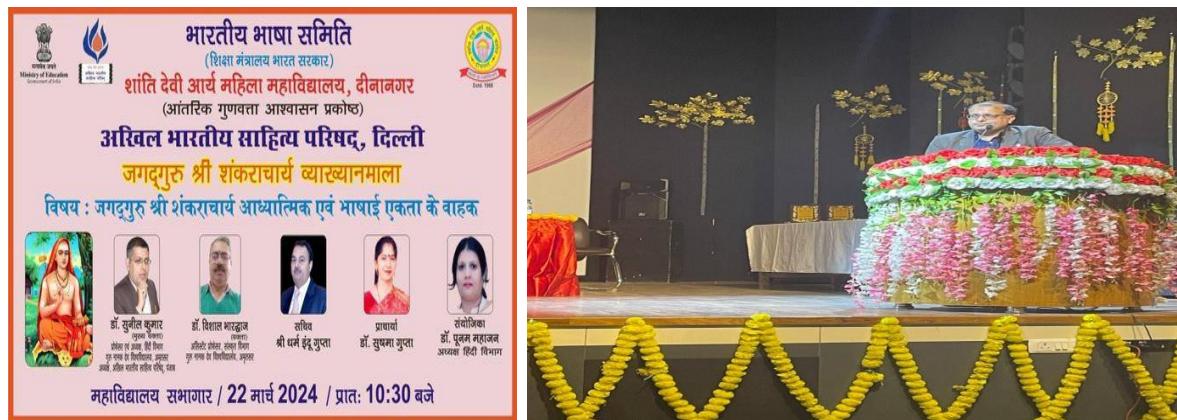
<https://www.facebook.com/share/p/97nwRKVXkrrG1pY2/>

Department of Hindi of Shanti Devi Arya Mahila College organised Jagadguru Sri Shankaracharya Seminar-cum-Lecture Series on the topic: 'भारतीय भाषा समिति का विद्यार्थी विषयीकरण और विद्यार्थी विषयीकरण का विद्यार्थी विषयीकरण' in the joint auspices of Bharatiya Bhasha Samiti, Ministry of Education, Government of India, All India Sahitya Parishad, Delhi, under the able guidance of Principal Dr. Sushma Gupta and Mr. Dharam Indu Gupta, secretary, Managing Committee on 22nd March, 2024. Dr. Sunil Kumar (Professor and Head, Hindi Department, Guru Nanak Dev University, Asr, Head, Bhartiya

Sahitya Parishad, Punjab)* was the keynote speaker and Dr. Vishal Bhardwaj (Professor, Sanskrit Department, Guru Nanak Dev University, Amritsar) was the guest speaker of this programme. Madam principal and Mr. Dharam Indu Gupta gave a floral welcome to the guests followed by enlightening of lamp and chanting of Ved Mantras.

In her welcome speech, Principal Dr. Sushma Gupta thanked the guests and signified the importance of series of programmes on such topics. First of all, an online greeting message was played by Mr. Chamu Krishna Shastri, Bhartiya Bhasha Samiti which was listened to very attentively by the students. The keynote speaker Dr. Sunil Kumar made the students aware of the complete journey of life of Jagadguru Shri Shankaracharya ji and said that he is considered to be an incarnation of Lord Shiva. His contribution is unforgettable as he spent his entire life in the propagation of Hindu religion. He added that Adi Shankaracharya travelled across the country to spread the knowledge of Vedas to the people and established four monasteries.

The Guest speaker Dr. Vishal Bhardwaj made the students aware of the teachings of Shankaracharya ji through Sanskrit shlokas. Talking about the four monasteries established by Shankaracharya ji, he said that their basis was the propagation of Vedanta. The stage was well conducted by



27th March 2024-World Theatre Day Celebrated at SDAM College

WEB LINK

<https://www.facebook.com/share/p/qaMABf3kbv1CsXe1/>

PG Department of English celebrated 'World Theatre Day' by viewing a movie screening of new Punjabi Comedy screenplay at Miraj Cinema, Gurdaspur on 27th March, 2024 under the able guidance of Principal Dr. Sushma Gupta, Mr. Dharam Indu Gupta, Secretary, Managing Committee and the headship of Ms. Dilpreet Kaur, PG Department of English. The horror comedy aimed to be a laugh-a-minute film packed with witty dialogues and general hilarity. Highlighting the eminence of the day, Madam Principal said that the day is celebrated to make people aware of the importance of the value of art form and to enable the dance and theatre communities to promote their work on a broad scale. Ms. Dilpreet Kaur narrated the theme for World Theatre Day 2024 which was 'Theatre and a Culture of Peace'. More than 60 students went to view the movie screening with Ms. Dilpreet Kaur, Ms. Sonam, Ms. Simarjit, Ms. Taljinder, Ms. Kulwinder, Ms. Abhinash and Ms. Jyoti. The students thoroughly enjoyed the movie and created memorable recollections.



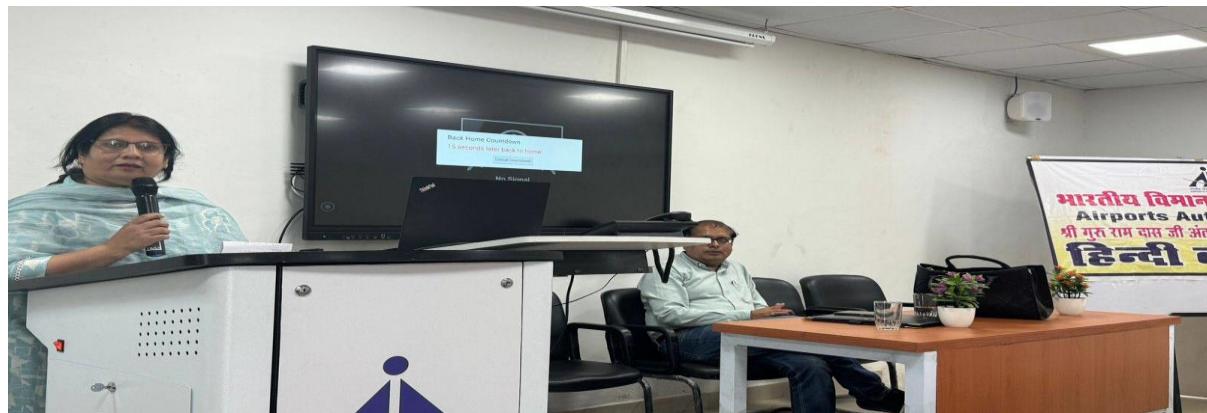
20th May 2024- Workshop on topic “Rajbasha Hindi”

WEB LINK

<https://www.facebook.com/share/p/oEYX1hgeYwcKJP4f/>

Dr. Poonam Mahajan (Head, Department of Hindi), Shanti Devi Arya Mahila College, Dinanagar, attended one day workshop on the topic "Rajbasha Hindi" organised by Airport Authority of India, Shri Guru Ram Das International Airport, Amritsar, headed by Mr. Vipin Kant Seth, Airport Director and under the able guidance of Ms. Aditi Sharma, Assistant Manager, Official Language Section on 20th May, 2024. She was given a floral welcome at the start of the event. Dr. Poonam Mahajan lucidly and effectively presented her views on "Use of Hindi in Administrative Correspondence: Problems and Solutions" as the keynote speaker, while Prof. Sunil Kumar (Dean, Faculty of Languages, Guru Nanak Dev University, Amritsar) presided over as chief guest. All the staff of the airport authority thoroughly enjoyed the session and noted down the main points. Madam Principal Dr. Sushma Gupta appreciated the efforts of Dr. Poonam Mahajan.





15th April 2024-Seminar on ‘पंजाबी का साहित्य एवं कृतिकाल’

WEB LINK

<https://www.facebook.com/share/p/bgUh5JP7LFFmNLrG/>

Post Graduate Department of Punjabi of Shanti Devi Arya Mahila College, Dinanagar, under the able patronage of Principal Dr. Sushma Gupta and the able direction of Dr. Kulwinder Kaur Chheena , Head, PG Department of Punjabi, conducted a Seminar on the topic ‘पंजाबी का साहित्य एवं कृतिकाल’ on 15th April, 2024. Dr. Naresh Kumar, Assistant Professor, Punjabi and Dogri Department, Central University of Himachal Pradesh was the eminent speaker. Dr. Sushma Gupta along with the faculty of Punjabi Department welcomed him with potted plant. In her welcome address, Dr. Kulwinder Kaur, the coordinator of the seminar, commenced the program emphasising the profound relation of Literature and Criticism. She added that Marxist criticism is one of the important trends of Punjabi criticism. According to the viewpoint of Principal Dr. Sushma Gupta, a Literary criticism enables the readers to understand the relationship between author and work and to analyse the thematic aspects within the texts. Narrating the principles of the said topic, Dr. Naresh gave an elaborated overview of the famous critics like Mr. Sant Singh Sekhon, Mr. Kishan Singh, Mr. Najam Hussain Syed, Mr. Ravinder Ravi, Dr. Harbhajan Singh Bhatia. Dr. Ramandeep Kaur said that a good work of criticism paves a way for the portrayal of literary works. All the students jotted down the crucial points and thoroughly enjoyed the seminar. At the end of the seminar, Principal Dr. Sushma Gupta, Dr. Kulwinder Kaur along with the faculty of Punjabi Department presented him the souvenir.





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SHANTI DEVI ARYA MAHILA COLLEGE

Dinanagar (Distt. Gurdaspur)-143531

ESTD. 1968

Affiliated to GNDU, Amritsar | A Multi-Faculty Post-Graduate Women College

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Shanti Devi Arya Mahila College, Dinanagar

Life Skills

(YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE, Entrepreneurship)

WORLD ENVIRONMENT DAY

World Environment Day at SDAM College

NSS Department of Shanti Devi Arya Mahila College, Dinanagar celebrated *World Environment Day* under the Mission life project and under the able guidance of Principal Dr. Reena Talwar on 5th June,2023. NSS programme officers and volunteers did various activities to commemorate the world environment day. A tree plantation campaign was organised followed by the pledge to adopt the sustainable practices to save the environment. The volunteers made impactful posters on the theme “*Save Water Save Life*” and “*Say No To Plastic*” to motivate the society to save the environment. Dr. Reena Talwar appreciated the efforts of NSS Department for organising such inspirational activities.

The banner is for an Awareness Workshop on Sustainable Practices and Mission Life at Shanti Devi Arya Mahila College, Dinanagar, Distt. Gurdaspur (Punjab). The event is held on June 4th, 2023, from 10:00 am to 11:00 am in Virtual Mode. It is organized under the aegis of MISSION LIFE initiative by the Ministry of Environment, Forest and Climate Change. The workshop is to commemorate 'World Environment Day'. Keynote speaker Mr. Samarati Sharma, Consultant, MGNCRE, GOI, will speak. Other speakers include Mrs. Jyoti Saini (Nodal Officer), Mrs. Sangeeta Malhotra (NSS Coordinator), Mrs. Vandna (Convener), and Dr. Reena Talwar (Principal). The banner features the college's logo, the 75th Azadi Ka Amrit Mahotsav logo, the G20 India 2023 logo, the LiFE logo, and the Ministry of Education logo. It is decorated with floral borders and the Indian national emblem.

Shanti Devi Arya Mahila College
Dinanagar, Distt. Gurdaspur (Punjab)
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Cordially invites you to
**AWARENESS WORKSHOP ON
SUSTAINABLE PRACTICES AND MISSION LIFE**

Virtual Mode

To Commemorate 'World Environment Day'
Under the aegis of MISSION LIFE initiative by
Ministry of Environment Forest and Climate Change

KEYNOTE SPEAKER
Mr. Samarati Sharma
Consultant, MGNCRE, GOI

**June 4th
2023**

**10:00 am
to 11:00 am**

**Mrs. Jyoti Saini
Nodal Officer** | **Mrs. Sangeeta Malhotra
NSS Coordinator** | **Mrs. Vandna
Convener** | **Dr. Reena Talwar
Principal**

www.shantidevicollege.org | [shantideviaryamahilacollege](https://www.facebook.com/shantideviaryamahilacollege)

शांति देवी आर्य महिला कालेज में मनाया विश्व पर्यावरण दिवस

सवेरा न्यूज़/राजकुमार,
राजीव

दीनानगर, 5 जून : शांति देवी आर्य महिला कालेज दीनानगर में मिशन लाइफ के प्रांगण में विश्व पर्यावरण दिवस मनाने के लिए विभिन्न गतिविधियां करवाई गई। एनएसएस विभाग के प्रोग्राम अधिकारित तथा वालटियर ने प्रिसोपल डा. रीना तलवार की अध्यक्षता में कॉलेज परिसर में पौधारोपण अधियान की शुरुआत की तथा इसे जारी रखने का प्रण भी किया, ताकि पर्यावरण को सुरक्षित किया जा सके।

छात्राओं ने से नो टू लॉस्टिक तथा सेफ बाटर, सेब लाइफ विषयों पर आधारित पोस्टर बनाकर जागरूकता अभियान चलाया। डा. नीनू शर्मा ने विश्व पर्यावरण दिवस को मनाते हुए भंड का संचालन किया तथा प्रिसोपल, स्टाफ तथा वालटियर को शपथ

GURDASPUR / BATALA Edition
Jun 6, 2023 Page No. 2
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शांति देवी आर्य महिला कॉलेज में पर्यावरण दिवस पर पौधा रोपण करते हुए।

दिलाई। डा. रीना तलवार ने कहा कि हर वर्ष 5 जून को दुनिया के तमाम देश पर्यावरण को बचाने के लिए इस दिन को मनाते हैं, क्योंकि मानव और प्रकृति का गहरा नाता है। उन्होंने कहा कि हमें जलस्तर को बचाने के लिए अधिक से अधिक पौधे लगाने चाहिए, इसी विषय पर आधारित मिशन लाइफ के अधीन पर्यावरण की सरक्षा विषय

पर समर्थ शर्मा सलाहकार एमजीएनसीआरई भारत सरकार के सहयोग से कॉलेज में ऑनलाइन वर्कशॉप लगाई। गतिविधियों में डा. सुष्मा गुप्ता, प्रोफैसर सुनीता वर्मा, प्रोफैसर संगीता मल्होत्रा, डा. दीपक ज्योति, डा. कुलविंदर कौर चीना, प्रोफैसर रणदीप दूत, डा. नीनू शर्मा आदि सम्मह स्टाफ भी जट था।



Web link:	https://shantidevicollege.org/gallery-group-image/world-environment-day-5-june-2023
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BLOOD DONATION DAY (14th June 2023)

NSS, EBSB and Science dept. of Shanti Devi Arya Mahila College Dinanagar, under "Ek Bhart shreshtha Bharat Mission" celebrated "World's Blood donation day" on dated, under the able guidance of Principal Dr. Reena Talwar. During this day a poster making competition was organised in which the students participated with great enthusiasm.

The main aim to celebrate this day was to make students aware about the discovery of the ABO blood group system by Karl Landsteiner and the importance of blood donation.

Dr. Reena Talwar threw light upon the theme of blood donation day 2023 :

"Give blood, give plasma, share life, share often." she told that, the bond of blood is stronger than anything. Blood donation can give a life to someone , One bag of blood can bring back one from the dead. We should donate blood and save lives.



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SHANTI DEVI ARYA MAHILA COLLEGE

SHANTI DEVI ARYA MAHILA COLLEGE, DINANAGAR

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Green Champion Award By MGNCRE(Govt. of India)



"Be the reason for someone's heartbeat."



"Blood
Donation Costs
You Nothing,
But It Can Mean
The World To
Someone In
Need."

14th JUNE
WORLD BLOOD
DONOR DAY

Swami Sadanand Ji
President

Sh. Dharam Indu Gupta
Secretary

Dr. Reena Talwar
Principal





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INTERNATIONAL YOGA DAY" (21.6.2023)

N.S.S department in collaboration with "Ek Bharat Shreshth Bharat club", of Shanti Devi Arya Mahila College Dinanagar, celebrated " International Yoga Day " on 21st June 2023 , under the able guidance of Principal Dr. Reena Talwar as per the instructions of Government of India and Guru Nanak Dev University Amritsar.

The theme for this year's International Day of Yoga 2023 was "Yoga for Vasudhaiva Kutumbakam," which beautifully encapsulates our collective aspiration for "One Earth, One Family, One Future."

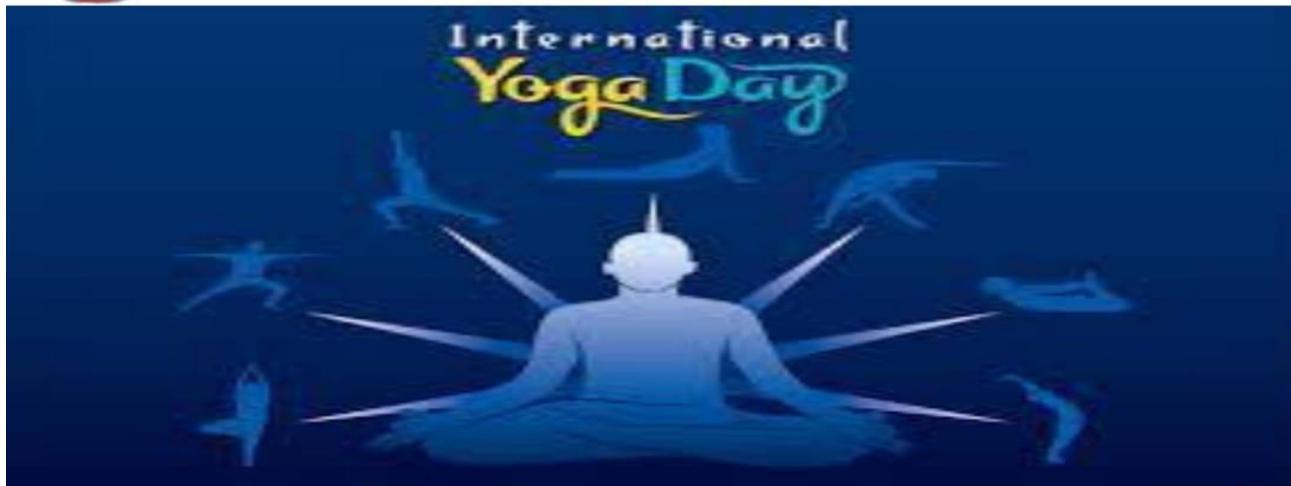
During this day different activities such as yoga practice, yoga demonstration, lectures on the subject of yoga, poster making competition were organised. Students also took pledge and practised different yogasans such as Surya Namaskar, Swastikasana, Gomukhasana, Gorakshasana, ArdhaMatsyendrasana, Yogamudrasana, Kagasana, Sarvangasana, Shirshasan, Dhanurasana, Trikonasana, Vrikshasana, Balasangasana, Bhujangasana, Ustrasana, Paschimottanasana, Padmasana, Vajrasana, Anulom-Vilom Pranayama, Kapalbhati Pranayam. Principal Dr. Reena Talwar, while giving detailed information about the importance of yoga in human life to the students, said that yoga increases our immunity and make us stress free. She said that doing yoga regularly, keeps the body, mind and soul satisfied.

NSS Programme Officers: Prof. Dr. Sushma Gupta, Prof. Sunita Verma, Dr. Deepak Jyoti, Prof. Jyoti Saini and other staff members; Dr. Anjna Malhotra, Dr Kulwinder Kaur, Mrs. Randeep Dhoot, Dr. Neenu Sharma, Dr. Parveen Saini, Prof. Neha Saini contributed significantly in organizing the events.



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"We all wish for world peace, but world peace will never be achieved unless we first establish peace within our own minds."



"Yoga is an invaluable gift of India's ancient tradition and is a holistic approach to health and well being."

Swami Sadanand Ji
President

Sh. Dharam Indu Gupta
Secretary

Dr. Reena Talwar
Principal





NATIONAL DOCTORS DAY (1 –JULY-2023)

NSS department of Shanti Devi Arya Mahila College , Dinanagar during the 4th day of Special NSS Camp, organised free Medical Camp at village new taragarh bagowal under the supervision of Mahant Ram Parkash Dass ji and under the able guidance of Principal Dr. Sushma Gupta. Various doctors (from City hospital Gurdaspur, a unit of EMC, ASR) who examined the patients were

- 1)Dr. Ria Mahajan -M.S (OBS &Gynae)
- 2)Dr. Kulpreet-M.S Orthopedic
- 3)Dr. Salman -M.D Medicine

More than 200 people got them examined during this Medical camp.

Dr. Ria Mahajan threw light upon various gynae problems i.e., Fibroids, Endometriosis, PCOS, Pelvic pain etc., and also told them about their treatment.

Dr. Kulpreet diagnosed the patients suffering from Arthritis, Fractures, Low back pain, injuries and made the people aware about treatment of these diseases.

Dr. Salman diagnosed the patients suffering from Diabetes, Influenza, heart and urinary problems and told them about their requisite treatment.

During the camp, Blood pressure of the patients was measured, Sugar Test was done and Free medicines were distributed among patients of the village

Mrs. Sonia, Administrator , City hospital Gurdaspur, Mrs Sunita (sarpanch)

Sh. Harsh Sharma (Block Congress President, Taragarh, Bhoa), Shri Rajesh Saini (Kuddha) of the Begowal village contributed in successful organisation of Medical camp.

During this day tree plantation was also carried out in the Ram Mandir of Begowal village.

During this Medical Camp, Sh. Ashwani Attri (Ex sarpanch) Sh. Suresh Kumar Bindu, Sh. Arun Sharma, Sh. Jagdish Raj (ex sarpanch), Sh. Onkar Sharma, Sh. Channu Thakur, Sh. Vicky Chauhan, Sh. Anurag Sharma, Sh. Sadhu Ram Mehra, Sh. Jagdish Mehra, Principal Dr. Sushma Gupta, and NSS programme officers i.e., Mrs. Sunita Verma, Dr. Deepak Jyoti, Mrs. Jyoti Saini were also present.

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Happy NATIONAL
DOCTORS
Day

THANKS TO ALL | DOCTORS. NURSES. HEALTHCARE WORKERS.

"This world has become a better and healthier place to live in with doctors bringing the joy of health and goodness to our lives."



"When there are tears, you are a shoulder. When there is pain, you are a medicine. When there is a tragedy, you are a hope."

Swami Sadanand Ji
President

Sh. Dharam Indu Gupta
Secretary

Dr. Reena Talwar
Principal



National Seminar on Entrepreneurship Development Through Skills at SDAM College* (4-AUG-2023)

Shanti Devi Arya Mahila College, Dinanagar in collaboration with *Entrepreneurship Development Cell* of *Higher Education Institutions* organised a seminar on *Entrepreneurship Development Through Skills* on 4th August, 2023 at 12:00 PM. The

event commenced with lighting the sacred lamp. The main speakers for the event were *Mr. Samarath Sharma, Consultant, MGNCRE (Ministry of Education)* and *Mr. Ajay Tanwar, Consultant, MGNCRE (Ministry of Education)*. Principal Madam gave a floral welcome to the guests. Mr. Samarath while presenting his PPT on the topic *Karigari (Skill) and Karobari (Entrepreneurship)*, talked about the objectives of entrepreneurship and gave a diverse viewpoint on *Self Help Group*. *Mr. Ajay* while presenting his PPT on *Generating Small Business Customers with Social Media Marketing* talked about the use of Social Media for small scale business. Madam Principal spoke about the Skill development in the process of Entrepreneurship, building the vocational and technical training framework as propagated by Ministry of Skill Development and Entrepreneurship. The guests visited the soothing ambiance spots Under the scheme *Earn While You Learn*- Art and Craft Bazaar, Cosmetology Lab, College Boutique, Exhibition Hall, Heritage Hall, College Green Areas and the disposal of Waste Management. They highly appreciated all the things. At the end of the event, the guests were bestowed with College Insignia. Principal Madam lauded the efforts of Ms. Jyoti Saini, Nodal Officer, MGNCRE, Ms. Sangeeta Malhotra, the stage conductor, the teachers of Fashion Designing department and NSS Program Officers.



Estd. 1968



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in collaboration with

ENTREPRENEURSHIP DEVELOPMENT CELL of Higher Education Institutions

Cordially invites you to attend

NATIONAL SEMINAR

on

ENTREPRENEURSHIP DEVELOPMENT THROUGH SKILLS



Mr. Samarath Sharma

Consultant, MGNCRE
(Ministry of Education)
Resource Person

**KEYNOTE
SPEAKER**



Mr. Ajay Tanwar

Consultant, MGNCRE
(Ministry of Education)
Resource Person



**August
2023**



12:00 pm

Swami Sadanand Ji
President

Sh. Dharam Indu Gupta
Secretary

Dr. Reena Talwar
Principal



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shantideviaryamahilacollege



VAN MAHAOTSAV (9-AUG TO 15- AUG-2023)

NSS department of Shanti Devi Arya Mahila College Dinanagar 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. She told the students that it is moral duty of every citizen of India to take part in this National Festival of "VAN MAHOTSAV ", by planting maximum trees . This is the only practise which can save our Mother Earth. She motivated the students to follow the Green Initiative taken by the College by organising , " Each One Plant One " campaign. Under this Green Initiative, College has already started presenting potted plants to guests in place of fresh flower bouquets . All the staff members and N.S.S. Volunteers promised to plant and look after maximum trees in their surroundings to save the environment . She also told that by planting trees we can save our valuable resources for the future generations.





MENTAL HEALTH DAY (10-OCT-2023)

World Mental Health Day at SDAM College*

Psychology Department of Shanti Devi Arya Mahila College, Dinanagar under the aegis of IQAC and the able guidance of Principal Dr. Sushma Gupta celebrated *World Mental Health Day* on 10th October, 2023. *Dr. Sonam Gupta*, Head of the Department organised the event where students of Psychology presented papers and posters on different Mental Health Issues. The students also enacted a skit which focused on the importance of emotional support from parents that can help them deal with life stresses. Principal madam appreciated the efforts of the department in spreading awareness on mental health issues.





NATIONAL GIRL CHILD DAY (11-OCT-2023)

International Girl Child Day at SDAM College*

The Departments of Home Science and the Fine Arts of Shanti Devi Arya Mahila College in collaboration with *Innerwheel Club, Gurdaspur*, celebrated *International Girl Child Day* under the able guidance of Principal Dr. Sushma Gupta on 11th October, 2023. Mrs. Sangeeta Malhotra, Head of Home Science Department, while conducting the stage told the purpose of celebrating this day. She said that this day is celebrated for providing development opportunities and giving the girls respect and rights in society. *The keynote speaker,* *Prof. Seema Mahant,* who is a dietician and social worker, told the students about the importance of a balanced diet and gave information about the nutritional elements in very simple words and inspired them to include a balanced diet in their lifestyle. Club Head and renowned social worker *Mrs. Prashansa Gupta* gave suggestions to the students to live a stress-free life to maintain their mental health. *Mrs. Sunita Sharma, Manager of Classic Salon and Institute*, inspired the students to join the

path of devotion to attain spiritual strength. Principal Madam informed the students about skill oriented courses and inspired them to acquire proficiency in manual skills so that they can be self-reliant. Under the supervision of Ms. Sonika Gupta, Head of the Department of Fine Arts, the students made and displayed posters dedicated to this day and created awareness. To commemorate this day, *Inner Wheel Club, Gurdaspur, gave scholarship to 6 college students* belonging to needy families. Madam Principal thanked the Club Head and the team and honoured them with souvenirs.





WORLD AIDS DAY* (1-DEC-2023)

World AIDS Day was observed by *Red Ribbon Club and NSS Department* of Shanti Devi Arya Mahila College, Dinanagar, on 1st December 2023, under the able direction of Principal Dr. Sushma Gupta. The objective of the programme was to create an awareness among the students about the symptoms ,causes and preventives of the pandemic disease HIV/AIDS that has taken an unprecedented number of lives.

On this occasion, a *Seminar and Poster Making Competition* was organized. In this seminar, *Dr. Parvinder Dassan, S.M.O, A.R.T. Department, Civil Hospital, Pathankot*, brilliantly portrayed the role of keynote speaker. While hosting the stage, Dr. Neenu Sharma, Head, Commerce Department, explained to the students the meaning of the theme of World AIDS Day 2023, " *Let Communities Lead.*"

Dr. Parvinder, in lucid language, made the students aware about the essentials of this disease and also committed them to spread this information to their families and different sections of the society.

She also told the students about the safety guidelines such as safe sex and to be careful while giving blood and getting injections. Principal Dr. Sushma Gupta, while addressing the students, said that if any family member or someone close to us comes into contact of this disease, then we should treat them with

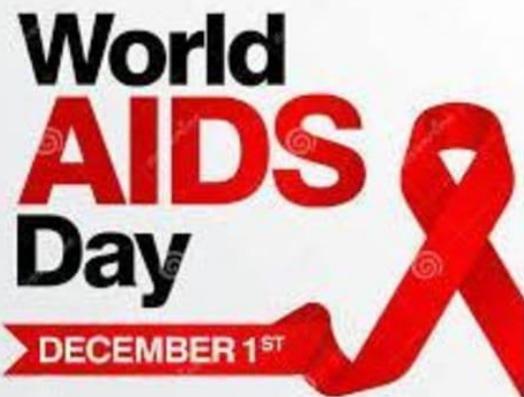
sympathy and care because this disease does not spread by taking care of AIDS patients or by shaking hands with them.

Dr. Deepak Jyoti and Dr. Neenu Sharma judged the poster making competition. In this competition, *Svini* stood *first*, *Bhumika Thakur* stood *second* and *Ashima and Vanshika* stood *third.* At the end of the program, Principal Madam gave prizes to the winning students and honored the guest with a memento. Principal Madam congratulated NSS Department Coordinator, Ms. Sangeeta Malhotra for the successful organization of this program. Ms. Jyoti Saini, Ms. Rama Kapoor and Ms. Shelika Aggarwal were also present on this occasion.

SHANTI DEVI ARYA MAHILA COLLEGE, DINANAGAR



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College With Potential For Excellence Status By UGC
Green Champion Award By MGNCRE(Govt. of India)
Accredited with "A Grade" by MGNCRE under RSIG



The theme for World AIDS Day this year is '*Let Communities Lead*', and much more than a celebration of the achievements of communities, it is a call to action to enable and support communities in their leadership roles."

Swami Sadanand Ji
President

Sh. Dharam Indu Gupta
Secretary

Dr. Sushma Gupta
Principal





18 Dec 2023- International Millets Day Celebration

WEB LINK

<https://www.facebook.com/share/p/zFZhFogpx1icNkeR/>

A workshop on Millets was organized to celebrate International Millets Day by NCC department under the able direction of Principal Dr. Sushma Gupta on 18th December, 2023. Mr. Anil Gupta of the Managing Committee was the special guest. Ms. Sangeeta Malhotra, Head, Department of Home Science, trained the NCC cadets to prepare different types of delicious dishes using Ragi, Bajra, Kangni, Kodo, Cheena, Sawa and Kutki.

Cadets learned to prepare dishes like cheela, uttapam, laddu, idli, pakoda etc. using millets. On this occasion, Principal Dr. Sushma Gupta said that millets are not only rich in nutrients but they are also climate resilient crops and have amazing nutritional properties. These grains can be grown even in less water and barren land and in adverse weather. Lieutenant Dr. Anjana Malhotra said that Millets provide nutritional security and acts as a shield against nutritional deficiency, especially among children and women. The high iron content present in it is

capable of preventing the high prevalence of anemia in women during the reproductive period and in infants in India. ANO Dr. Anjana gave special thanks to Mrs. Sangeeta Malhotra for her cooperation. At this juncture, Dr. Kulwinder Kaur, Dr. Deepak Jyoti, Ms. Sunita Verma, Dr. Sonam Gupta, Dr. Neenu Sharma and Mr. Rakesh Joshi were present.



NATIONAL GIRL CHILD DAY (24.01.2024)

Girls are the architects of change; let's celebrate their potential and nurture their dreams"

Shanti Devi Arya Mahila College, Dinanagar, celebrated "*National Girl Child Day*" under the able guidance of Mr. Dharam Indu Gupta, Secretary, Managing Committee and Principal Dr. Sushma Gupta on 24th January, 2024. To celebrate this day, the students of Fine Arts Department enthusiastically displayed their posters. Ms. Sangeeta Malhotra, Coordinator, NSS delivered an extension lecture on *"Health and Nutrition"*. She said that the day promotes equal opportunities in education, healthcare, and nutrition while raising awareness regarding the injustices that girls face. She informed the students about the first NGCD which was celebrated in 2008 with the theme "Saving our Girls: Educating our Girls". Dr. Poonam Mahajan, Head, Department of Hindi gave her views on the valuable schemes run by the Government of India namely; *Udaan Sukanya* and *Samridhi Yojna*. She intensified that the lack of knowledge of the benefits of females rights and schemes hinders the full utilisation of the schemes. Madam Principal showered her blessings on the students of the entire college and concluded by saying that empowering girls is not just a goal, it's a message for a better and more equal world. She appreciated

the efforts of Madam Sangeeta Malhotra and NSS department for the success of the event. Ms. Sunita Verma, Dr. Deepak Jyoti and Ms. Jyoti Saini were also present to mark the eminence of the day.

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WORLD WETLANDS DAY (2- FEB- 2024)

Science department of Shanti Devi Arya Mahila College Dinanagar celebrated "World Wetlands Day" with the solicitude of secretary Sh. Dharam Indu Gupta Ji and able guidance of Principal Dr. Sushma Gupta under Ek Bharat shreshth Bharat mission. Principal madam threw light upon the theme for World Wetlands Day 2024: "Wetlands and Human Wellbeing" and told that this international day is celebrated every year on 2nd February to raise awareness about the vital role of Wetlands for people and our planet. She told that wetlands play a crucial role in water purification by filtering out pollutants, absorbing nutrients, and trapping sediments.

Mrs Sunita Verma told that Wetlands, often referred to as 'nature's kidneys', are vital in maintaining the quality of water.

During this day, poster making and slogan writing competitions were held in which the Biotechnology department students i.e

Anchal, saloni, Diksha, sakshi, Tamanna, Ramanpreet Kaur, Nupur Kabotra, Chahat, Damini, Sakshi Sharma , Sunaina, Karan, Nainita, Gurpinder, Inder, Radhika, Harshika, Simran Kumari, Simran Kaur, Varsha, Neha, Kritika, Kanika, Nirjala, Sohni, Avneet Kaur, Preeti Sangral, Mehak, Shallu

participated with great enthusiasm.

Principal madam appreciated the efforts of the teachers of Science department: Prof. Sunita Verma, Dr. Parveen Saini, Prof. Mohit, Prof. Parul, Prof. Mandeep and Prof. Kajal for the success of the event.

Dr. Sonam Gupta and Dr. Anjna Malhotra were also present to mark the eminence of the day



SPORTS DAY (29 AUGUST -2024)

Physical Education Department* of Shanti Devi Arya Mahila College, Dinanagar, celebrated *National Sports Day* on 29th August, 2024 under the able patronage of Principal Dr. Sushma Gupta, Mr. Dharam Indu Gupta, Secretary, Managing Committee and the guidance of Ms. Taljinder Kaur, Head of the Department of Physical Education. *National Sports Day* is celebrated annually in India on August 29 to commemorate the birth anniversary of the legendary hockey player Major Dhyan Chand. While giving detailed information about the motive of the day, Principal Dr. Sushma Gupta emphasized that the day highlights the importance of sports and physical activities in our daily lives. Ms. Taljinder Kaur discussed this year's theme of National Sports Day 2024, which was "*Sport for the Promotion of Peaceful and Inclusive Societies*". To commemorate the occasion, the students of the department organized a fencing match. *Kajal* won the *first prize*, *Kamini* won the *second prize*, and *Taran* won the *third prize*. Ms. Priya, the cricket coach, was present to encourage the participants. Principal Dr. Sushma Gupta commended the efforts of the department.



Physical Education Department

of

SHANTI DEVI ARYA MAHILA COLLEGE DINANAGAR

Celebrates

NATIONAL

SPORTS DAY

**By Organising
Fencing Match
on AUGUST 29, 2024**



Swami Sadanand Ji
President

Sh. Dharam Indu Gupta
Secretary

Dr. Sushma Gupta
Principal



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SHANTI DEVI ARYA MAHILA COLLEGE

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Re-Accredited by NAAC with 'A' Grade
College with Potential for Excellence Status by UGC, Green Champion Award by MGNCRE (Govt. of India)



NATIONAL SCIENCE DAY(28- FEB-2024)

" *National Science Day" on 28th February, 2024* under the guidelines of State Nodal Agency: Punjab State Council for Science and Technology, catalyzed and supported by NCSTC, DST, GOI and under the solicitude of Sh. Dharam Indu Gupta, Secretary, Managing Committee and able guidance of Principal Dr. Sushma Gupta, under the supervision of Coordinator Mrs. Sunita Verma. The function started with enlightenment of Vidya Jyoti and floral welcome of Resource person Dr. Rajiv Khosla (HOD, Biotechnology Department, Doaba College, Jalandhar) by Sh. Dharam Indu Gupta and Principal madam..

Principal madam in her welcome address threw light upon the NSD 2024 theme which is 'Indigenous technologies in Viksit Bharat'. She said that the made in India approach aims to make India self reliant and reduce its dependence on imports.

Dr. Rajiv Khosla threw light upon various indigenous technologies in Viksit Bharat by giving examples like Chandrayaan 3 , Aditya L1, Truenat Assay for diagnosing tuberculosis, dengue, hepatitis etc, vaccines innovation, Aayush wellness centre, yoga for fitness etc. He said that to make India atmanirbhar there is a need for holistic education, creativity, innovation and skill development.

Mrs. Sunita Verma told that various days to observe during science carnival are

26th February 2024 : Science for Fitness

· 27th February 2024 : Girls in Science

· 28th February 2024 : NSD celebration

· 29th February 2024 : Basic Science

· 1st March 2024 : New & Emerging Technologies including AI/Machine Learning

- 2nd March 2024 : Science with Fun
- 3rd March 2024 : Mission LiFE (Lifestyle for Environment)

The department also organised Poster Making, Slogan Writing, Model Making, Poetical Recitation and Declamation competitions.

The winners of the competitions were:

In *Slogan writing* :

1st prize - Radhika Sharma (Bsc Medical Sem 2nd)

2nd prize - Priya Saini (Bsc Medical Sem 2nd)

3rd prize - Palak Paryl (Bsc Medical Sem 2nd)

In *Poster Making* :

1st prize - Palak (Bsc Medical Sem 2nd)

2nd prize - Sheetal Sharma (Bsc Non-Medical Sem 4th)

3rd prize - Nidhi Sharma (Msc IT Sem 2nd)

In *Declamationcontest* :

1st prize - Monalika

2nd prize - Disha

3rd prize - Abhi Saini

In *Model Making* :

1st prize - team Kakshi, Manpreet, Mehak

In*Poetical Recitation* :

Ist prize - Gurmeet kaur

Principal madam and Sh. Dharam Indu Gupta, Secretary, Managing Committee appreciated the efforts of Science staff and students. They awarded prizes to the winners and also honoured the chief guest by presenting him with shield having insignia of the college. At this occasion, Dr. Sonam Gupta, Mrs. Sunita Verma, Dr. Parveen Saini, Mrs. Sangeeta Malhotra, Mrs. Sonika Gupta, Mrs. Jyoti Saini, Ms. Dilpreet Kaur, Ms. Kajal, Ms. Parul, Ms. Mandeep, Ms. Priya, Mrs. Pallavi, Ms. Jasmine, Mrs. Kanika, Mr. Mohit Aggarwal, Mr. Bharat Mahajan were also present.







WORLD WILDLIFE DAY(3- MARCH-2024)

Science Department and Lotus: The Environment Club of Shanti Devi Arya Mahila College Dinanagar observed "World Wildlife Day" on 4th March 2024 under the able guidance of Principal Dr. Sushma Gupta. Principal madam told that "World Wildlife Day" is celebrated every year on 3rd March. She also threw light upon world wildlife day 2024 theme

"Connecting People and Planet: Exploring Digital Innovation in Wildlife Conservation"

Prof. Sunita Verma told that this day is observed

to celebrate wild animals and plants. She said that Every year, we recognize the unique roles and contributions of wildlife to people and the planet.

During this day

Mission LiFE (Lifestyle for Environment) pledge was also taken by college staff and students

to spread the message of importance of conserving our precious natural resources and living in harmony with nature.





Workshop on Personality Enhancement and Self-Analysis(12 -MARCH-2024)

"Create the highest and grandest Possible vision of your life because you become what you believe"

PG Library of *Shanti Devi Arya Mahila College, Dinanagar* organised a motivational workshop on *Personality Enhancement and Self-Analysis* under the able guidance of Principal Dr. Sushma Gupta and Mr. Dharam Indu Gupta, Secretary, Managing Committee and the Headship of Librarian Ms. Hardeep kaur on 12th March, 2024. In this workshop of preaching Moral Values and inculcating respect and regard for holy verses in Gurbani, *Mr Rajpal Singh* was the keynote speaker. Mr. Mohan Singh(SGPC), Mr. Tejinder Singh and Mr. Gurmukh Singh were the eminent guests. In her welcome address, while highlighting the importance of organising workshops and lectures on personality development, Madam Principal said that the Personality development grooms an individual and helps him make a mark of his/her own. Mr. Rajpal Singh, while openly explaining the teachings of *Shri Guru Granth Sahib* said that Gurbani brings together the entire humanity in the thread of unity by destroying the divisions on the basis of caste, religion, country and economy. He added that in order to enhance a personality one must change the attitude, the life will be easily changed. Mr. Singh emphasised on the importance of *Five S* in our life which are *Self Study, Skill, Scholarships, Sharing and Sehaj Path*. He briefed about his organisation which provides scholarships to students inclining towards Gurbani. He with his members of the organisation distributed pamphlets and books to raise awareness about its scholarship process.

At the end of the event, Madam Principal along either other staff members honoured Mr. Rajpal with Shawl and memento; the eminent guests with mementos. The members of the organisation also honoured Madam Principal. Madam Principal appreciated the efforts of the faculty of PG Library for organising this inspirational event.



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NO SMOKING DAY(13 –MARCH-24)

No Smoking Day is observed on the second Wednesday of March. The day is observed to spread awareness about the harmful impact of smoking. No Smoking Day, originated

in the United Kingdom in 1984 as a campaign to raise awareness about the health risks associated with smoking and to encourage smokers to quit.

The Member States of the World Health Organization created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. In 1987, the World Health Assembly passed Resolution WHA40.

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Green Champion Award By MGNCRE(Govt. of India)
Accredited with "A Grade" By MGNCRE under RSIG

NO SMOKING DAY



THEME:
"Protecting
children from
tobacco
industry
interference"



As the cigarette gets reduced to ashes while emitting smoke, you reduce your lifespan and turn to ask very soon. Stop smoking!

Swami Sadanand Ji
President

Sh. Dharam Indu Gupta
Secretary

Dr. Sushma Gupta
Principal



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NATIONAL VACCINATION DAY 9 16- MARCH-24)

Every year, National Vaccination Day is observed on March 16. National Vaccination Day 2024: Vaccines play an important role in eradicating diseases that used to be deadly at one point of time. Diseases such as Polio and Smallpox were widespread and claimed a lot of lives, till vaccination against these diseases came in. Vaccination enables us to have a better life without the risk of diseases. It also highlights the importance of getting vaccinated to keep ourselves safe and healthy. Frontline health workers, doctors and nurses work tirelessly throughout the year to ensure that we are fit and healthy. They ensure that we are properly vaccinated as well. Every year, National Vaccination Day is observed to create awareness about the importance of getting vaccinated. As we gear up to celebrate the important day for this year, here are a few facts that we should keep in mind.

Dr Edward Jenner created the world's first successful vaccine. He found out that people infected with cowpox were immune to smallpox. In May 1796, English physician Edward Jenner expands on this discovery and inoculates 8-year-old James Phipps with matter collected from a cowpox sore on the hand of a milkmaid.

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NATIONAL VACCINATION DAY

16TH MARCH, 2024



Theme:-
**'Vaccines
Work
For All'**



**Swami Sadanand Ji
President**

**Sh. Dharam Indu
Gupta
Secretary**

**Dr. Sushma Gupta
Principal**

World Oral Health Day(20-MARCH-24)

World Oral Health Day is an initiative of FDI World Dental Federation; an organization that brings together the world of dentistry with the aim of achieving optimal oral health for everyone. This year, 2024, the World Oral Health Day theme is "A HAPPY MOUTH IS... A HAPPY BODY". This theme is to increase public awareness of the significance of oral health and how it relates to general well-being. It also emphasizes providing people with the information, resources, and self-assurance they need to maintain good oral health. This theme also aims to reduce the burden of oral illnesses, which impact people's lives, economy, and health systems.

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World Oral Health Day



20 March
2024

THEME:-
'A happy
mouth is
a happy
body.'



Swami Sadanand Ji
President

Sh. Dharam Indu Gupta
Secretary

Dr. Sushma Gupta
Principal

WORLD EARTH DAY (22- APRIL-24)

F.D department & NSS department, under Environment Education Program & under guidelines of State Nodal Agency, Punjab State council for Science and Technology catalyzed and supported by NCSTC, DST, GOI, under the supervision of Principal Dr. Sushma Gupta, Management Secretary Sh. Dharm Indu Gupta, Eco club coordinator Mrs. Sunita Verma, celebrated *World Earth Day* on 22nd April 2024

by organising a *Workshop on best out of waste" and poster making competition, in which the students participated enthusiastically. The students also took a pledge to conserve the wildlife and to make the environment pollution free.

Principal madam threw light upon theme for Earth Day 2024, "Planet vs. Plastics. She told that this theme emphasizes the need for collective action to repair and heal the planet's ecosystems, combat climate change, and preserve biodiversity.

For the best out of waste activity,

Various articles made were Tin Seater, plastic bottles Pots, waste material Bags, Embroided clock, Pen stand , peacock toy, birds nest, tyres seater etc. from Waste Materials like: jute, plastic bottles, waste fabric, coconut, threads, wool, papers , colour, cardboard etc.

During this day Dr. Kulwinder Kaur (PRO), Mrs. Sunita Verma, Mrs. Randeep Dhoot, Dr. Deepak Jyoti, Dr. Parveen Saini, Dr. Neenu Sharma, Dr. Sonam Gupta, Dr. Anjna Malhotra, Mrs. Jyoti Saini, Mrs. Sangeeta Malhotra, Mrs. Meenal Gupta, Mrs. Vandana and Ms. Rajwant were also present to enhance the grace of the occasion





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WORLD ATHLETIC DAY(7-MAY-2024)

Physical Education Department* of Shanti Devi Arya Mahila College, Dinanagar celebrated *World Athletics Day* on 7th May, 2024 with great enthusiasm and fervor. Under the able guidance of Principal Dr. Sushma Gupta and the headship of Ms. Taljinder Kaur, the event aimed to promote physical fitness, sportsmanship, and a spirit of healthy competition among the students. Madam Principal while stating the purpose of the day said that the event promote the culture of sports among the students. The celebration witnessed a plethora of activities showcasing the athletic prowess of the students. Various events were organized including *Shot Put, Discuss Throw, Javelin Throw, 100m race, Badminton and Boxing.* World Athletics Day celebration was a resounding success, fostering a sense of camaraderie, sportsmanship, and healthy competition among the students. The event not only promoted physical fitness but also provided a platform for students to showcase their athletic talents and prowess.



Physical Education Department
of
Shanti Devi Arya Mahila College, Dinanagar
Under
Internal Quality Assurance Cell
Celebrates





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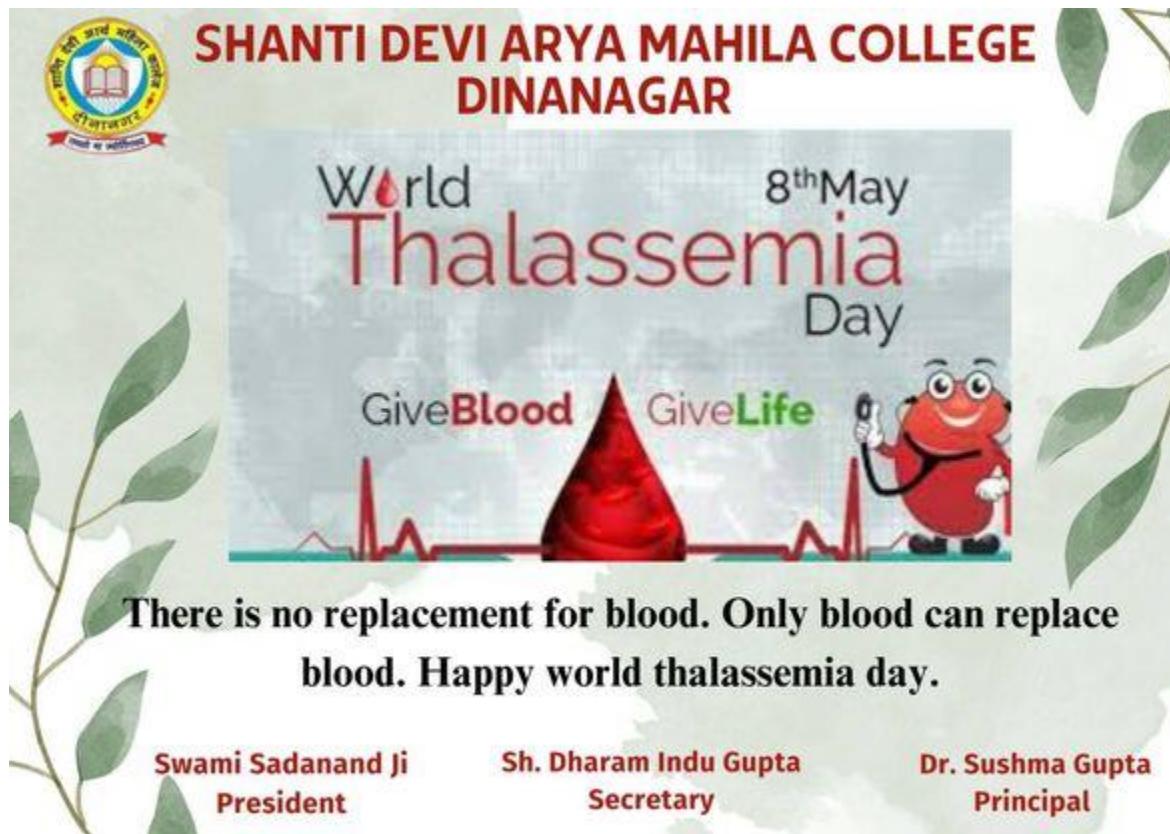
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WORLD THALASSEMIA DAY (8.5.2024)

Science department, Ek Bharat Shreshth Bharat Club and Red Ribbon Club of Shanti Devi Arya Mahila College, Dinanagar celebrated "World Thalassemia Day" on 8th May, 2024 under the able guidance of Principal Dr. Sushma Gupta and Sh. Dharam Indu Gupta, Secretary, Managing Committee. Commencing the event, Principal Madam threw light upon the theme which was "Empowering Lives, Embracing Progress: Equitable and Accessible Thalassaemia Treatment for All". She told that Thalassemia is an inherited (i.e., passed from parents to children through genes) blood disorder caused when the body doesn't make enough of a protein called hemoglobin, an important part of red blood cells. She added that there are two types of thalassemias due to mutation in genes i.e., Alpha thalassemia: when a gene or genes related to the alpha globin protein are mutated and Beta thalassemia: when similar gene defects affect production of the beta globin protein. Mrs. Sunita Verma (EBSB Coordinator) made the students aware about the difference between thalassemia minor and major. She added that mutation in one gene causes thalassemia minor causing mild signs and symptoms of anaemia and mutation in two genes cause thalassemia major, or Cooley anemia leading to moderate to severe signs and symptoms of anaemia. She told that the Primary prevention for thalassemia focuses on education and genetic counseling. These measures can help to prevent the birth of patients with thalassemia. She gave awareness by telling that Thalassemia is a treatable disorder that can be well-managed with blood transfusions, chelation therapy and Bone marrow transplantation. Principal Madam appreciated the efforts of said departments for successful organisation of the event. Dr.

Parveen Saini, Dr. Sonam Gupta, Mr. Mohit Agarwal, Mrs. Shelika were also present to enhance the grace of the occasion.





Eco Club of Shanti Devi Arya Mahila College Dinanagar in collaboration with Science department, under Environment Education Program & under guidelines of State Nodal Agency, Punjab State council for Science and Technology & MoEF&CC , under the supervision of Principal Dr. Sushma Gupta, Management Secretary Sh. Dharm Indu Gupta, Eco club coordinator Mrs. Sunita Verma, organised a workshop on vermicomposting. The main aim to organise this workshop was to make the students aware about Environment protection by making it pollution free.

Principal madam told that Vermicompost is rich in Nitrogen, Potassium, Phosphorus, other micronutrients, beneficial soil microbes, Plant Growth Hormones & Enzymes. It protects plants from pests and many diseases, helps to develop better root systems and produce higher yields. Mrs. Sunita Verma told that Vermicomposting is a process of scientifically decomposing kitchen waste, leftover greens, dried leaves, paper, Agriculture waste or any other form of organic waste

, into nutrient enriched, extremely beneficial compost or fertiliser for the soil, by using earthworms. She told that we all should adopt this technique for the protection of environment. During this Occasion Dr. Sonam Gupta, Mrs. Sunita Verma, Dr. Parveen Saini, were also present to enhance the grace of the occasion.





WORLD WATER DAY 22 March, 2024

World Water Day, held on 22 March every year since 1993, is an annual United Nations Observance focusing on the importance of freshwater. World Water Day celebrates water and raises awareness of the 2.2 billion people living without access to safe water. It is about taking action to tackle the global water crisis.

World Water Day 2024 will focus on the theme, 'Leveraging Water for Peace'. Celebrated annually on 22 March, World Water Day raises awareness and inspires action to tackle the water and sanitation crisis. World Water Day became a UN observance day in 1993.

The campaign for World Water Day, 22 March 2024, is now live. This year's theme is 'Water for Peace', which focuses on the critical role water plays in the stability and prosperity of the world.

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WORLD WATER DAY



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Swami Sadanand Ji
President

Sh. Dharam Indu Gupta
Secretary

Dr. Sushma Gupta
Principal



ICT Report 2023-24

PG Department of Computer Science and IT celebrated Internet Safer Day on 8th February, 2024 under the able guidance of Principal Dr. Sushma Gupta and Dr. Deepak Jyoti, Head, Department of Computer Science and IT. The department organised lectures on the said topic. While addressing the students, Madam Kirti said that the day is cerebrated to promote a safer Internet for all users, mainly children, and young people.

