



Amazing Grace NEWSLETTER

GURU NANAK GIRLS COLLEGE, M.T., LDH.

POST GRADUATE INSTITUTE Accredited by NAAC



AFFILIATED TO PU

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From the Principal's Desk

Contentment comes when you know you've done something good for someone else, and you are not expecting anything in return

~ Bill Grosz~

Indeed, the greatest use of life is to spend it on something that will outlast it. The spirit of selfless service towards the betterment of mankind is the real joy of life. I believe, education is the strongest tool that helps in inculcating in the young individuals the warmth of sharing and giving cheerfully. Guru Nanak Girls College -the epitome of educational excellence, has always strived to impart in the young minds the art of giving. During the 46 eventful years of its existence, each day the institution has strived to raise its own bar of excellence. Today the college is imparting quality education to a whopping 5000+ girls. This is because we are committed to nurturing talent and harnessing potential to develop the global leaders of tomorrow. The first trimester began on a note of celebration and jubilation as our trailblazers captured a total number of 54 prizes at PU Zonal Youth and Heritage Festival which includes 20 First, 3 Second and 31 Third positions. Besides this, we were able to clinch 201 Top Ten University Positions in various disciplines. In sports, our student Amanjot Kaur of MA (History) semester 3rd represented India as the Captain of Indian Baseball Team at Women Baseball World Cup held at Gijang, South Korea. Not only this, the swift canoers of the college represented Panjab University at All India Inter-University Canoeing and Kayaking Championship wherein they clinched 6 Bronze Medals. Besides this, the agile sprinters of the college clinched 5 Gold, 8 Silver and 3 Bronze Medals at Open Punjab State Athletics Championship. Accomplishments of such vast stature have become an inevitable part of our Institute. With greater aplomb, we move ahead each year conquering the unconquered paths of glory.

With the choicest blessings of Almighty, the college is progressing by leaps and bounds every year. I bow my head and fold my hands in reverence and pray to the Supreme Power to keep showering His blessings so that we incessantly move on the journey of enlightening the young minds. I show my heartfelt gratitude to S. Gurbir Singh, President GNET and esteemed members of the trust for their valuable contribution in enriching the standards of education. I am appreciative of the diligent teaching and non-teaching faculty who have spelled victory saga of the institution and have earnestly backed my dedicated efforts. Lastly, a special kudos to all my dear students for their exemplary achievements.

Principal (Dr.) Charanjit K. Mahal

Recipient of National Award for Excellence in Education
Chief Co-ordinator, IGNOU Study Centre

AUDITORIUM

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VARIED VENTURES OF THE COLLEGE

- To seek the blessings of Almighty God for the commencement of Academic Session 2016-2017, Akhand Path of Sri Guru Granth Sahib was organized with religious piety and devoutness from 28th - 30th July 2016.
- An Exhibition cum sale of books was held in collaboration with Gurmat Pustak Centre from 11th - 13th August 2016.
- To create a culture of good cinema, Dainik Jagran on Jagran Film Festival, 2016 gifted a movie bonanza for the hostel students on 27th August, 2016.
- As a tribute to Dr. Radha Krishnan, a highly renowned and revered teacher, the students and staff celebrated his birthday as Teacher's Day on 5th September, 2016 with ebullience and exuberance.
- To celebrate the National Nutrition Week, Department of Home Science organized an Extension Lecture on 8th September, 2016 wherein Dr. Sanjeev Sharma, Diet and Nutrition Consultant with Ricela Group of Companies enlightened the students on the health prospects of edible oils.

A FOND VALEDICTORY CEREMONY



In an emotionally surcharged atmosphere three faculty members of the college Dr. (Mrs.) Rajwinder Kaur, Associate Prof. in Home Science, Mrs. Paramjit Gill, Associate Prof. in Punjabi and Mrs. Kamlesh Gupta, Assistant Prof. in Computer Science were given a warm send off at their superannuation on 30th April, 2016. Principal (Dr.) Charanjit K. Mahal appreciated the instrumental role performed by the diligent faculty members during their tenure in the college. President S. Gurbir Singh reiterated their commendable role and wished good luck for their future ventures.

AVOCATIONS OF NSS

- NSS unit organized a Special 7-day Camp from 1st - 7th June, 2016 on the theme 'Environment Including Preservation of Natural Resources and Conservation of Cultural/ Historical Heritage.'
- NSS volunteers organized a special Swachhta Campaign on 12th August, 2016 and took pledge for making efforts to make the college campus neat and clean.
- NSS volunteers organized a plantation drive to mark Van Mahotsav on 24th August 2016.
- NSS Unit celebrated World Physiotherapy Day on 8th September, 2016 in collaboration with Shri Krishna Charitable Hospital, Ludhiana. Physiotherapists Dr. Monika Sharma and Dr. Shaminder Kaur enlightened the students on the advantages of physical therapy.
- NSS unit and Red Ribbon Club organized a free Complete Blood Count Test (CBC) on 15th September, 2016 in collaboration with Shri Krishna Charitable Hospital, Model Town, Ludhiana.
- A 3-day free Skin Check up camp was organized by the NSS unit from 27th - 29th September 2016 wherein Dr. Anupama Rampal, Consultant Dermatologist and Cosmetologist, Deepak Hospital, Ludhiana gave tips regarding advanced skin care treatments.

EXTENSION LECTURE: BE BEAUTIFUL BE YOU

With an objective of creating awareness among the younger generation on the topic 'Be Beautiful Be You', NSS unit organized an Extension Lecture on 9th September, 2016. Principal (Dr.) Charanjit K. Mahal extended a floral reception to the Chief Guest Dr. B.S. Shah, Ex. Superintendent, DMC & H and the resource person Dr. Sheerin Shah Kathpal, Assistant Prof. in Plastic Surgery, DMC & H. Dr. Sheerin enlightened the students on the value of aesthetics and safe techniques of getting desired looks with short recovery period. The event was graced by the benign presence of Prof. (Dr.) S.S. Mahal, esteemed Member of Guru Nanak Education Trust.

WINNING LAURELS: SPORTS

- Amanjot Kaur represented India as Captain of Indian Baseball Team in Women Baseball Cup held at Gijang (South Korea) from 3rd - 11th September, 2016. She was honoured by College Principal (Dr.) Charanjit K. Mahal with cash award of Rs. 30000/-
- In Ludhiana District School Judo Championship held at Guru Nanak Stadium Ludhiana on 8th September, 2016, our Judokas clinched U/19 Championship for the 6th consecutive time with 7 Gold Medals out of total 8. Bavleen Kaur, Anu , Priya , Varsha , Madhuri , Sabina and Anjali won Gold Medal in their respective wt. categories.
- Amandeep Kaur grabbed Bronze Medal and the athletic team clinched overall 4th position in the P.U. Cross Country Championship held at P.U. Chandigarh on 3rd and 4th September, 2016.
- Shubhkarman Dhaliwal bagged 4 Gold, 4 Silver and 1 Bronze Medal in Sr. Punjab State Swimming Championship held at PAU, Ludhiana from 2nd - 4th September, 2016. She also clinched 3 Gold, 4 Silver and 2 Bronze Medals in Panjab University Swimming Championship held at Panjab University, Chandigarh from 5th - 8th September, 2016.
- In Ludhiana District Open Athletics Championship held at Guru Nanak Stadium, Ludhiana on 10th and 11th September, 2016, our college athletes won 8 Gold, 5 Silver, and 4 Bronze Medals in total. In U/18 age group, Amanpreet Kaur won 2 Gold Medals in 400 mts. and 800 mts. race each, Veena Rani clinched Silver Medal in 100 mts. race and Bronze Medal 200 mts. race. In U/20 age group Vipanjeet Kaur won Gold Medal in 100 mts. race and Silver Medal in 200 mts. race. Harpreet Kaur clinched Gold Medal in 400mts. and Bronze Medal in 200 mts. race. In 5 Km. walk Soma Rani grabbed Gold Medal while Monika clinched Silver Medal. In Open category Abhiti Sharma won Gold Medal in 400 mts, Amandeep Kaur clinched Gold Medal in 1500 mts. and Silver Medal in 800 mts. race. Rajni won 2 Gold Medals in 100 mts. hurdles and 400 mts. hurdles race. Shivdeep Kaur won Gold Medal in 200 mts. and Sukhveer Kaur won Bronze Medal in 800 mts. race.
- In Open Punjab State Athletics Championship held at Guru Nanak Stadium Ludhiana from 16th - 18th September, 2016 our College Athletes brought laurels to the Institute by winning 5 Gold, 8 Silver and 3 Bronze Medals. Vipanjit Kaur won 2 Gold Medals in 100 mts. and 400 mts. relay race, 1 Silver Medal in 100 mts. race and 1 Bronze Medal in 200 mts. race. Abhiti Sharma clinched 2 Gold Medals in 400 mts. and 100 mts. relay race each and Silver Medal in 400 mts. race. Soma Rani clinched Gold Medal in 400 mts. relay race and Bronze Medal in 800 mts. race in U/20 age group. In women section Shivdeep Kaur grabbed 2 Silver Medals in 400 mts. and 100 mts. relay race and 1 Bronze Medal in Tripple Jump. Amandeep Kaur won 2 Silver Medals in 100 mts. and 400 mts. relay race. Rajni clinched 1 Silver Medal in 100 mts. relay race and 1 Bronze Medal in 100 mts. hurdles. Sukhveer Kaur won Silver Medal in 400 mts. relay race.
- In All India Inter-University Canoeing and Kayaking Championship held at Pong Dam, Himachal Pradesh from 16th - 19th September 2016, Kajal and Baljit won 6 Bronze Medals in C-2, 200 mts, 500 mts and 1000 mts and C- 4 , 200 mts, 500 mts and 1000 mts. P.U. won the overall Second position in the Championship.
- College Chess players Shivangi, Kiranjot Kaur, Laveena, Niharika and Manjashpreet Kaur participated in Panjab University Chess Championship held at Panjab University, Chandigarh from 27th - 29th September, 2016.

WELCOME FUNCTIONS' 16

Vibrancy, colour and jubilation pervaded the Welcome functions of PG and UG faculties of Commerce, Management, Computer Science, Humanities, Fashion Designing, Science and Hostel that were held from 31st August - 3rd September 2016. A colourful extravaganza was presented by the seniors to greet the new members of the GNGC family. The medley of melodious songs, energetic dance performances, and fun-filled skits proved to be a feast for the eyes. Ms Freshers' contest was hallmark of the shows and put to test the charm, dressing sense, mental acuity, and presence of mind of the contestants. Principal (Dr.) Charanjit K. Mahal formally welcomed the new students and motivated them to inculcate positive approach and strict discipline to groom their overall personality. An efficacious Trustee of Guru Nanak Education Trust Prof. (Dr.) S. S. Mahal graced the occasions with his benign presence.

VICTORIES GALORE : PU YOUTH FEST



The adroit college girls scripted a saga of success and brought home accolades in P.U. Zonal Youth and Heritage Festival held at SDP College for Women, Ludhiana from 27th - 30th September 2016 by clinching 54 prizes in manifold activities. The dexterous girls of the college clinched as many as 20 First prizes in the category of Poem Recitation, Installation, Cartooning, Rangoli, Still life, Clay Modeling, Mitti de Khidaune, Shabad Gayan (Individual), Indian Orchestra and Ennu Making. Following them 3 Second Prizes were bagged in Tokri Making, Pakkhi Making and On the Spot Painting. The maidens of the college gave a tough competition to their contenders by capturing a humongous 31 Third positions in Naala Making, Guddian Patole, Bagh Embroidery, Sammi, Folk Instrument, Group Shabad, Elocution, Debate, Creative Writing (Poetry and Essay), Histrionics, Mimicry, Kali Gayan (Group), Kali Gayan (Individual) and Kawishri (Individual). Principal (Dr.) Charanjit K. Mahal applauded the stupendous results shown by the students. She exclaimed that the students deserve a special kudos for their exemplary efforts that has bedecked the glory of the college.

CULTURAL FEST: TEEJ 2016



The Festival of Teej, which heralds the onset of 'Saawan', was celebrated with great enthusiasm on 10th August 2016. Mrs. Anu Rai Auplish, a renowned social worker was the Chief Guest on the occasion. The enthusiastic college girls dressed themselves in colourful traditional attires and the campus was abuzz with life and activity as variety of stalls like Nail-Art, Mehndi Designing and Hair styling were put up. The rich heritage and culture of Punjab was manifested in the display exhibiting traditional articles like Bagh, Phulkari, Pakhi, Charkha, Daris etc. The spirit of Teej wafted across the campus and enthused girls displayed their competitive spirit in stage events such as Ms. Punjaban, Giddha etc. Principal (Dr.) Charanjit K. Mahal felicitated the winners and inspired the students to uphold and revere the rich culture of Punjab.

BLOOD DONATION CAMP



A Blood Donation Camp was organized by NSS Unit and Youth Red Cross Society in collaboration with Shri Krishna Charitable Hospital, Ludhiana on 6th August 2016. Sh. G.L. Pahwa, President and Sh. Khushbakat Rai Auplish, Vice President, Shri Krishna Charitable Hospital were the Chief Guests on the occasion. Principal (Dr.) Charanjit K. Mahal accorded a warm welcome to the Chief Guests of the occasion and acknowledged the exemplary efforts of one and all involved in this noble cause. President S. Gurbir Singh motivated the students to become a part of this altruistic mission. Dr. Tejmeet Singh Mahal, Medical Superintendent/ Child Specialist & Neonatologist and Dr. Reena Garg, Pathologist also graced the occasion. More than 180 students & staff members donated blood and made their contribution in the supreme benefaction. Prof. (Dr.) S.S. Mahal, Trustee, Guru Nanak Education Trust along with other dignitaries Sh. Hans Raj Girhotra, Sr. Vice President, Sh. Parmodh Sharma, Gen. Sec., Sh. Anil Sachdeva, Prachar Secretary and Sh. Shiv Nath Sharma, Senior Convener, Shri Krishna Sanatan Dharam Sabha also graced the occasion.

CAPTAIN OF INDIAN BASEBALL TEAM



It is indeed a historic moment as Amanjot Kaur of MA (History) 3rd semester brought home laurels by representing India as the captain of Indian Baseball Team at Women Baseball World Cup held at Gijang, South Korea from 3rd - 11th September, 2016. An ace champion and a passionate player, she has received several plaudits for her iconic achievements. College Principal (Dr.) Charanjit K. Mahal appreciated her achievement and bestowed her with a cash award of Rs. 30000/-.

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