



GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II

Capacity building and skills enhancement initiatives: Life Skills (Yoga, physical fitness, health and hygiene)

Session: 2021-2022

Sr.no	Name of the Programme	Date	Number of Students Enrolled	Host Department
1	Seminar on Social Values(Astt Prof Sandhya Vats)	25-10-21	42	Department of Computer Science
2	INTERNATIONAL DAY OF PERSONS WITH DISABILITIES	3rd DECEMBER 2021	79	Department of Science
3	Literary Event on Occasion of Women's Day	11 March, 2022	42	Department of English
4	Importance of Time Management	05Oct ,2021	20	Department of Science
5	Health benefits of yoga in daily life	15-3-2022	40	Department of History
6	INTERNATIONAL DAY OF HAPPINESS	20TH MARCH 2022	30	Department of Library and Information Science
7	World water day	22/3/22	45	Department of Library and Information Science
8	Celebrating World Health Day	7th April 2022	15	Department of Commerce
9	Program on awareness about Drug Abuse	22 April,2022	97	Department of Library and Information Science
10	Anxiety, Depression, Tolerance and Stress among Working and Non Working Women	28 April, 2022	47	Department of English



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11	Seminar on Health & Hygiene	2-May-22	54	Department of Computer Science
12	LEADERSHIP SKILLS DEVELOPMENT PROGRAMME	21/5/2022	19	Department of Library and Information Science
13	One Day Workshop on Yoga	16th August 2022	28	Department of Commerce

GURU NANAK COLLEGE BUDHLADA

DEPARTMENT OF POLITICAL SCIENCE

SESSION 2021-2022

1. Nature of Activity : Life skills

Name of Activity: Seminar on Social Values (Asth Prof Sandhya Vats)

Date: : 25-10-21

No of Participants: 42

Description Teaching students good values and responsibility help them to think from others' perspective and help others. It might also help them to know their purpose in life and what good things they need to do for others in society. Moral values help people to be more selfless and put the needs of others before themselves. Motive of this event was not only to make students good professional but also good human beings. This seminar was delivered to students by Assistant Professor Sandhya Vats, from the department of Computer Science, Guru Nanak College, Budhlada.



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Seminar on Social Values

25-10-2021
SADHYA VATS
ASSISTANT PROFESSOR



Budhlada, Punjab, India
WHM9+4JR, budhlada, Punjab 151502, India
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Long 75.7464588°
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Guru Nanak College Budhlada Seminar on Social Values:(25-10-21)			
S.No	Roll no	Name	Contact NO
1	10504	MANPREET KAUR	9815379834
2	10512	MAMTA KAUR	8246230647
3	10513	GURDEEP SINGH	7814892918
4	10514	KHUSHPREET SINGH	9877289100
5	10515	RAMANDEEP KAUR	9463617024
6	10517	ASHISH KUMAR	9056706080
7	10518	RAJWINDER SINGH	9914913476
8	10551	GAGANDEEP SHARMA	8528887914
9	10552	SEEMA KAUR	9815791164
10	1901	GAURI	8168208875
11	1902	ARSHDEEP KAUR	9855379302
12	1904	MANDEEP KAUR	8725942729
13	1905	LOVEPREET KAUR	8264437702
14	1906	GAGANDEEP KAUR	6284368646
15	1907	HARWINDER KAUR	8968446442
16	1908	PAYAL GOYAL	7986235954
17	1909	DIMPLE SHARMA	6280182514
18	1910	SUKHPREET KAUR	6284480735
19	1911	GURWINDER KAUR	9023690099
20	801	GURDHIYAN SINGH	9023149298
21	802	HUSANPREET SHARMA	9463921675
22	803	PRINKA RANI	7347251877
23	804	JYOTI	6280814719
24	805	ISHAN TANEJA	9915438053
25	806	MOHIT SHARMA	7087768980
26	807	DAVINDER SHARMA	9501105767
27	808	ANMOL KUMAR	7056065636
28	809	INDERJEET KAUR	9463333865
29	810	BUTA SINGH	9872302170
30	811	JASPREET SINGH	7009778925
31	813	GURLOVELEEN SINGH	9872665163
32	2015	PARNEET KAUR	7814218429
33	2016	LOVEPREET KAUR	8360305587
34	2017	MANPREET KAUR	7327927987
35	2018	SUKHBIR SINGH	7657826005
36	2019	GURJEET SINGH	7497873092
37	2022	SANDEEP SINGH	9041801896
38	2023	GURWINDER SINGH	7888780273
39	2025	GURPREET SINGH	9056657500
40	2026	GURPREET SINGH	9780595904
41	2027	KIRANJEET KAUR	7009823123
42	2028	MANJEET KAUR	8295096115


Principal, B.A. B.S.
Guru Nanak College
Budhlada (Mansa.)



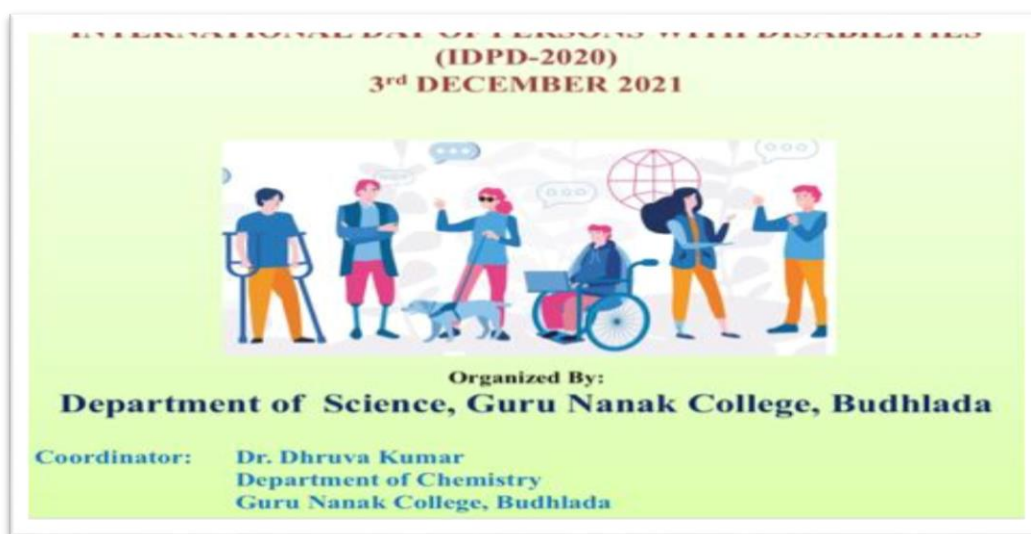
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2. **Name of Activity:** INTERNATIONAL DAY OF PERSONS WITH DISABILITIES (IDPD-2020) 3rd DECEMBER 2021-

Department of Science, Guru Nanak College, Budhlada Department of science organizes various activities and event for students to make them socially active in continuation to that department organized an online event on the occasion of "International Day of Persons With Disabilities (IDPD-2021)." In which teachers of science department has shared their views regarding disable persons with students that they are also an essential part of our society and in this world. They must have same rights to grow and rise in their career and future. We must support them in every step of their life whenever we got a chance to serve them we must do it with a lot of passion and we must encourage them. Many students has participated in this online event and shared their views on IDPD-2021 3rd December 2021.

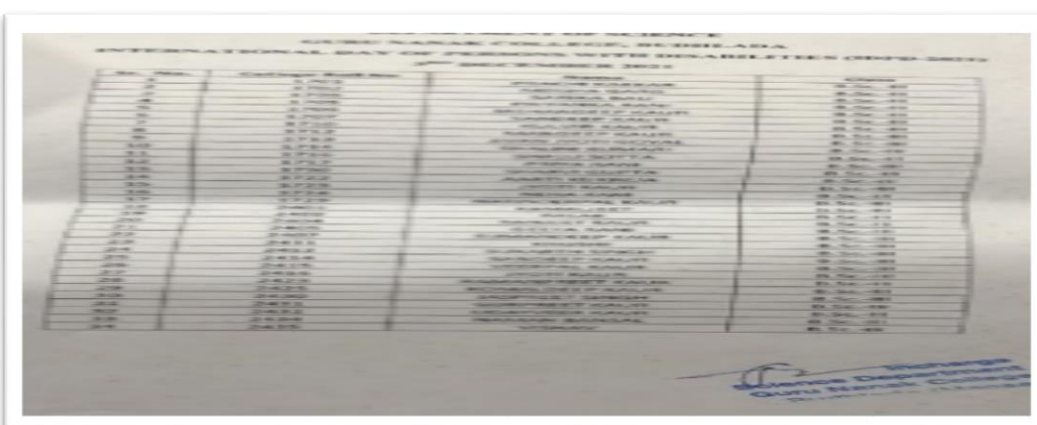
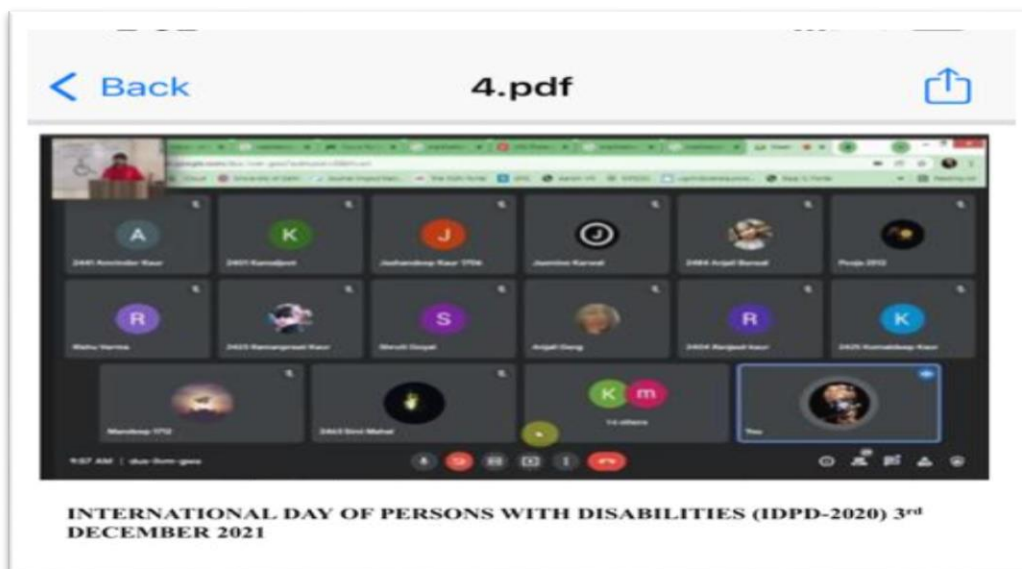




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3. Activity Name: Literary Event on Occasion of Women's Day

Date of Activity: 11 March, 2022

Description of Activity: The aim of the activity is to motivate the students to give output of their inner skills they inspired to participate in it so that they can identify their talent or can go ahead with it in life. They come to know that they can use this skill professionally. Students felt so much motivated and felt happy to participate in it.

No. of participant details with attendance: 42 Photographs:

P.G. Department of English
Guru Nanak College Budhlada
in collaboration with
Anti-Sexual Harassment Cell
organises

Literary Event
on
Occasion of Women's Day
11 March, 2022 | 10:30 AM

Events

- Essay Writing ✓
- Slogan Writing ✓
- Poetry Writing ✓
- Poster Making ✓
- Rangoli Making ✓

Helpline:
Prof. Amandeep Kaur
Incharge Literati Club
98768-29778

Convenor
Prof. Amandeep Kaur
Incharge Literati Club

Hod
Dr. Rupinderjeet Kaur
P.G. Dept. of English

Principal
Dr. Kuldip Singh Bal
GNC Budhlada

All the Modules of Participation Should be Tributed to Women's Day.

Organisers
Dr. Gurjasjeet Kaur
Dr. Sheetal Bajaj
Dr. Goldy Rani
Prof. Kawaljeet Kaur
Prof. Amandeep Kaur
Prof. Narinder Singh





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4. Name of Activity: Importance of Time Management -05Oct ,2021

Participants:20

Resource Person: Dr. Shanti Kumar

Description: On 05Oct 2021, to aware the students about the importance of Time Management, the Deptt of Political Science conducted an informative guest lecture of Dr. Shanti Kumar (Commerce Deptt) of Guru Nanak College Budhlada. In this lecture, they tell the students about the importance of time management in every sphere of life and how they can excel in their studies by managing it properly. They also tell the students about the ways to manage it properly in simple and smooth ways. In the end, they also resolve the queries of students about its implementation, practice etc.





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Workshop: Agriculture departments organize one day workshop under capacity development programme on “Protected cultivation management for the cucumber”, dated on 08/09/2021. Purpose of the programme is to make them self-capable for the crop management in playhouse and develop skill.

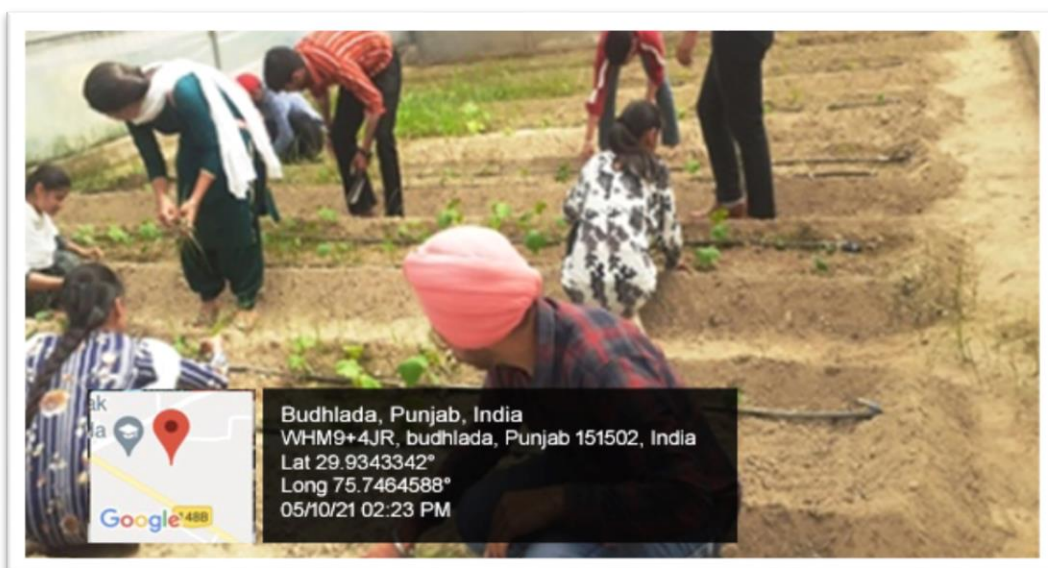
Hand on training on: “Protected Cultivation Management For The Cucumber”. By Er. Dilip Kumar Ojha (Assistant Professor, Department of Agriculture) Dr. Sravan Kumar (Assistant Professor, Department of Agriculture) Training Session



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Attendance

Class:- B.Sc (Agn) - III			
S.No.	Roll No.	Name	Signature
01	9523	Chandhej Singh	Chandhej Singh
02	9534	Hardeep Singh	Hardeep Singh
03	9507	Jinderpal Singh	Jinderpal Singh
04	9511	Sukhpreet Singh	Sukhpreet Singh
5	9522	Ranjitpal Singh	Ranjitpal Singh
6	9531	Mohit Garg	Mohit Garg
7	9541	Gurdeep Singh	Gurdeep Singh
8	9501	Ramandeep Singh	Ramandeep Singh
9	9538	Jaswinder Singh	Jaswinder Singh
10	9506	Satguru Singh	Satguru Singh
11	9532	Gurpreet Singh	Gurpreet Singh
12	9505	Maninder Singh	Maninder Singh
13	9528	Arman Singh	Arman Singh
14	9530	Abhin Singh	Abhin Singh
15			

Class B.Sc (Agn) - IV			
S.No.	Roll No.	Name	Signature
1.	14007	Sukhpreet Kaur	Sukhpreet Kaur
2.	14004	Harmanpreet Kaur	Harmanpreet Kaur
3.	9606	Ramandeep Kaur	Ramandeep Kaur
4.	14005	Sukhdeep Kaur	Sukhdeep Kaur
5.	9605	Susanjit Kaur	Susanjit Kaur
6.	14010	Parvinder Kaur	Parvinder Kaur
7.	9601	Harjeet Singh	Harjeet Singh
8.	9620	Jaswinder Singh	Jaswinder Singh
9.	9619	Gurwinder Singh	Gurwinder Singh

Dilip Kumar Arora
 Assistant Professor
 Department of Agr.



5. One Day Capacity Building Programme

Date:-15-3-2022

Time:-11:30 am

No. of participants:- 40

Resource person:- prof Gurpreet Kaur phy.edu.Deptt.

Topic:- Health benefits of yoga in daily life Speaker told the students Yoga is a spiritual mental and physical Practice that has been Around Since ages with time people have discovered a number of health benefits Associated with yoga yoga does were then Burning calories and strengthening muscles ,It is a workout which Inovdes both body and mind Through regular yoga one can boost their Body immunity and strength the development rate.Similarly when you immunity system is a strengthened,You can lead a different life Completely full of peace thus When you make yoga an important part of your life you will start Practicing It daily on your own The ultimate goal of yoga is Moksha (Liberation)Though the exact definition of what From this takes Depends on the philosophical or theological system with which it is conjugated

Impact :-

Yoga can help with this by Reducing stress and adding Confidence to help poor work culture mind You are clearer and produce Sense of peace .Many students find that yoga helps us with Controlling Emotions and increases the ability Deal with the students that are frustrating .





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Attendance - Sheet					15/3/2022
One Day Capacity Building Programme					
Topic: Health Benefits of Yoga in daily life					
Sr No	Class	Roll No	Student Name	Signature	
1	B.A.1	6059	Simerdeep Kaur	Simerdeep Kaur	
2	B.A.1	6068	Amanjot Kaur	Amanjot Kaur	
3	B.A.1	6070	Jyoti Kaur	Jyoti Kaur	
4	B.A.1	6069	Rajveer Kaur	Rajveer Kaur	
5	B.A.1	6053	Harnamjeet Kaur	Harnamjeet Kaur	
6	B.A.1	6080	Gat Rani	Gat Rani	
7	B.A.1	6084	Kamaljit Kaur	Kamaljit Kaur	
8	B.A.1	6046	Amanjot Kaur	Amanjot Kaur	
9	B.A.1	6079	Sukhdeep Kaur	Sukhdeep Kaur	
10	B.A.1	6067	Riya Devi	Riya Devi	
11	B.A.1	6063	Harnampreet Kaur	Harnampreet Kaur	
12	B.A.1	6085	Jatinder Kaur	Jatinder Kaur	
13	B.A.(I)	6048	Rahampreet Kaur	Rahampreet Kaur	
14	B.A.(I)	6050	Khushbreet Kaur	Khushbreet Kaur	
15	B.A.-I	6105	Harnamjeet Kaur	Harnamjeet Kaur	
16	B.A.-I	6106	Harnampreet Kaur	Harnampreet Kaur	
17	B.A.-I	6107	Noor Kaur	Noor Kaur	
18	B.A.-I	6084	Sukhinder Kaur	Sukhinder Kaur	
19	B.A.-I	6047	Jyoti Kaur	Jyoti Kaur	
20	B.A.-I	6083	Veerpal Kaur	Veerpal Kaur	



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Attendance - Sheet					15/3/2022
Sr No	Class	Roll No	Student Name	Signature	
1	P.A.I	6528	Kamalpreet Singh	Kamalpreet Singh	
2	B.A-I	6716	Akashdeep Singh	Akashdeep Singh	
3	B.A-I	6784	Ravinder Singh	Ravinder Singh	
4	B.A-I	6585	Abhishek Gang	Abhishek Gang	
5	B.A-I	6601	Gurmeet Singh	Gurmeet Singh	
6	BA-I	6574	Satinder Singh	Satinder Singh	
7	BA-I	6596	Karnveet Singh	Karnveet Singh	
8	BA-I	6598	Sumit Madan	Sumit	
9	BA-I	6572	Prince Gang	Prince Gang	
10	BA-I	6558	Arshdeep Singh	Arshdeep Singh	
11	BA-I	6584	Kushdeep Singh	Kushdeep Singh	
12	BA-I	6605	Amrit Kumar	Amrit Kumar	
13	BA-I	6058	Meharjit Kaur	Meharjit Kaur	
14	BA-I	6090	Sukhinder Kaur	Sukhinder Kaur	
15	BAI	6592	Lovepreet Singh	Lovepreet Singh	
16	BAI	6073	Harjot Kaur	Harjot Kaur	
17	BAI	6057	Manjot Kaur	Manjot Kaur	
18	B.A.I	6082	Jaswinder Kaur	Jaswinder Kaur	
19	B.A.I	6094	Harmandeep Kaur	Harmandeep Kaur	
20	B.A.I	6095	Jaspreet Kaur	Jaspreet Kaur	

6. INTERNATIONAL DAY OF HAPPINESS 20TH MARCH 2022

Department of Science, Guru Nanak College, Budhlada Department of science organizes various activities and event for students to make them happy, healthy and responsible. "INTERNATIONAL DAY OF HAPPINESS" is celebrated by Department of Science on 20TH MARCH 2022. On the occasion of this day students of B.Sc. 2nd Year class prepare their own portrait and then they try to recognize each other the portrait. The event was full of fun and student enjoyed a lot. This types of activities help them to overcome from the pressure of studies and examinations. Happiness is most essential element of everyone's life without it life become hell. So "Be happy and make other happy".



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INTERNATIONAL DAY OF HAPPINESS 20TH MARCH 2022

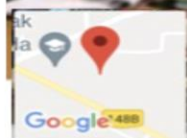


Organized By:
Department of Science, Guru Nanak College, Budhlada

Coordinator: **Dr. Dhruva Kumar**
Department of Chemistry
Guru Nanak College, Budhlada



INTERNATIONAL DAY OF HAPPINESS
20TH MARCH 2022



Budhlada, Punjab, India
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Long 75.7464588°
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INTERNATIONAL DAY OF HAPPINESS
20TH MARCH 2022



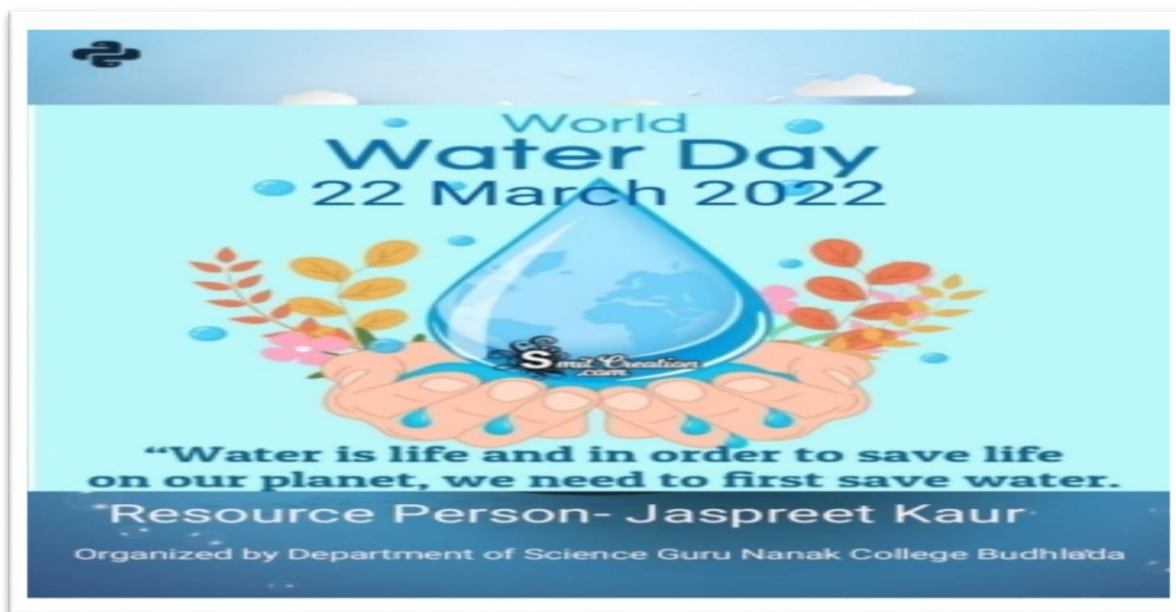
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7. Name of Activity: World water day

Department of Science Guru Nanak College Budhlada celebrated world water day. This Activity is host by Jaspreet Kaur working as a assistance professor in department of physics . This activity is conducted in offline mode . By This activity students learn many things like value of water, importance of water. Prof. Jaspreet Kaur explained the students how to conserve the water by various innovative ideas. All the students are really thankful to the department for organizing such a event.





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World
2022 Water
Day



Budhlada, Punjab, India

Guru Nanak College Budhlada, Budhlada, Punjab 151502, India

Lat 29.93325°

Long 75.56761°

22/03/22 10:44 AM

Attendance Form Activity				
Activity	World Water Day			
Date	22/03/2022			
Sr. No.	Name of Student	Class	Roll No.	Remarks
1	Bhaya	B.Sc-III	2412	
2	Ramkaran	B.Sc-III	2451	
3	Vandana	B.Sc-III	2433	
4	Harpreet	B.Sc-III	2433	
5	Gurpreet	B.Sc-III	2433	
6	Jasdeep	B.Sc-III	2433	
7	Kayana	B.Sc-III	2426	
8	Rohini	B.Sc-III	2510	
9	Jaspreet	B.Sc-III	2452	
10	Gulshree	B.Sc-III	2507	
11	Kamraj	B.Sc-III	2504	
12	Anjali	B.Sc-III	2453	
13	Kanya	B.Sc-III	2428	
14	Mandeep	B.Sc-III	2454	
15	Salak	B.Sc-III	2402	
16	Khushi	B.Sc-III	2411	
17	Sandeep	B.Sc-III	2414	
18	Madhvi	B.Sc-III	2430	
19	Anamika	B.Sc-III	2441	
20	Soril	B.Sc-III	2482	
21	Sahil	B.Sc-III	2514	
22	Jaspreet	B.Sc-III	2430	
23	Gurpreet	B.Sc-III	2454	
24	Khushi	B.Sc-III	2411	
25	Sandeep	B.Sc-III	2414	
26	Madhvi	B.Sc-III	2430	
27	Anamika	B.Sc-III	2441	
28	Soril	B.Sc-III	2482	
29	Sahil	B.Sc-III	2514	
30	Jaspreet	B.Sc-III	2430	
31	Gurpreet	B.Sc-III	2454	
32	Khushi	B.Sc-III	2411	
33	Sandeep	B.Sc-III	2414	
34	Madhvi	B.Sc-III	2430	
35	Anamika	B.Sc-III	2441	
36	Soril	B.Sc-III	2482	
37	Sahil	B.Sc-III	2514	
38	Jaspreet	B.Sc-III	2430	
39	Gurpreet	B.Sc-III	2454	
40	Khushi	B.Sc-III	2411	
41	Sandeep	B.Sc-III	2414	
42	Madhvi	B.Sc-III	2430	
43	Anamika	B.Sc-III	2441	
44	Soril	B.Sc-III	2482	
45	Sahil	B.Sc-III	2514	

Incharge
Science Department
Guru Nanak College
Budhlada (Mans)



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NAAC - SSR - Cycle - II

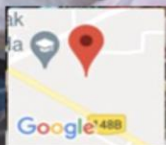
GURU NANAK COLLEGE, BUDHLADA				
Department of Science				
Name of Event: International Day of Happiness				
Date: 24/04/2022				
SR. No.	Roll No.	Student Name	Class	Signature
1.	20533	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
2.	21171	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
3.	21179	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
4.	2180	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
5.	2185	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
6.	2182	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
7.	2813	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
8.	2808	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
9.	2809	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
10.	2814	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
11.	2766	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
12.	2759	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
13.	2756	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
14.	2828	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
15.	2752	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
16.	8858	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
17.	3859	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
18.	3823	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
19.	3827	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
20.	3814	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
21.	3802	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
22.	2169	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
23.	2910	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
24.	2753	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
25.	2197	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
26.	2771	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
27.	2828	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
28.	2817	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
29.	2768	Jaspreet Kaur	B.Sc II	Jaspreet Kaur
30.	2138	Jaspreet Kaur	B.Sc II	Jaspreet Kaur

Incharge
Science Department
Guru Nanak College
Budhlada (Mansa)

8. Activity: Celebrating World Health Day

Dated: 7th April 2022

Department of commerce and management with the collaboration of NSS department celebrate World Health Day on seventh April 2022. The keynote speaker of this lecture was Dr Shanti Kumar the assistant professor of commerce, he shared the various tips to maintain and follow the healthy lifestyle with the students. Total 74 students attended this lecture.



Budhlada, Punjab, India
WHM9+4JR, budhlada, Punjab 151502, India
Lat 29.9343342°
Long 75.7464588°
07/05/22 02:23 PM



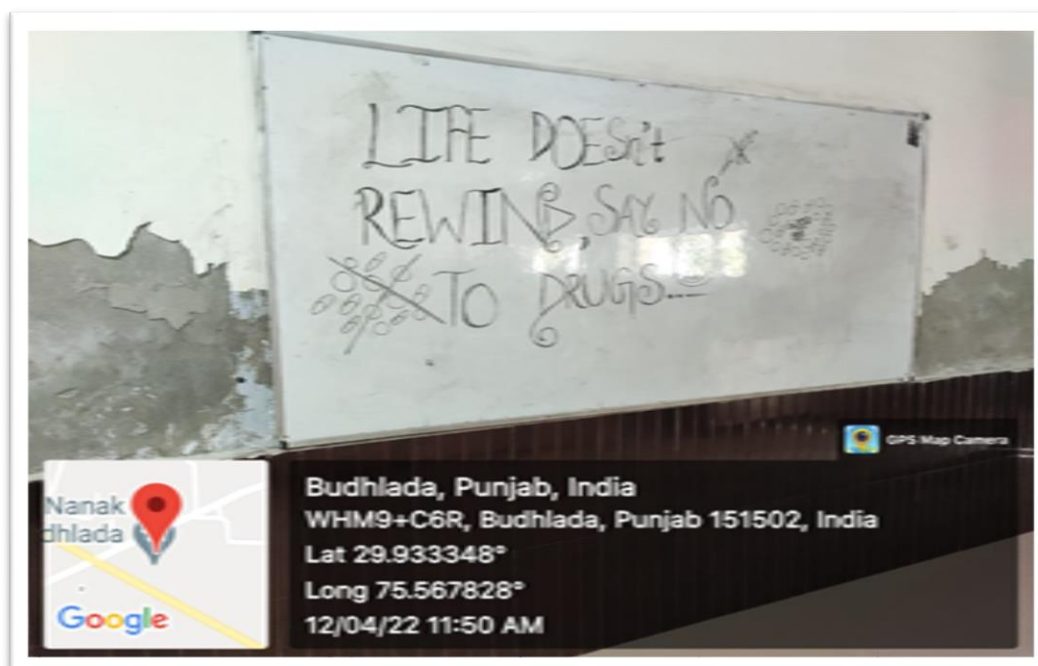
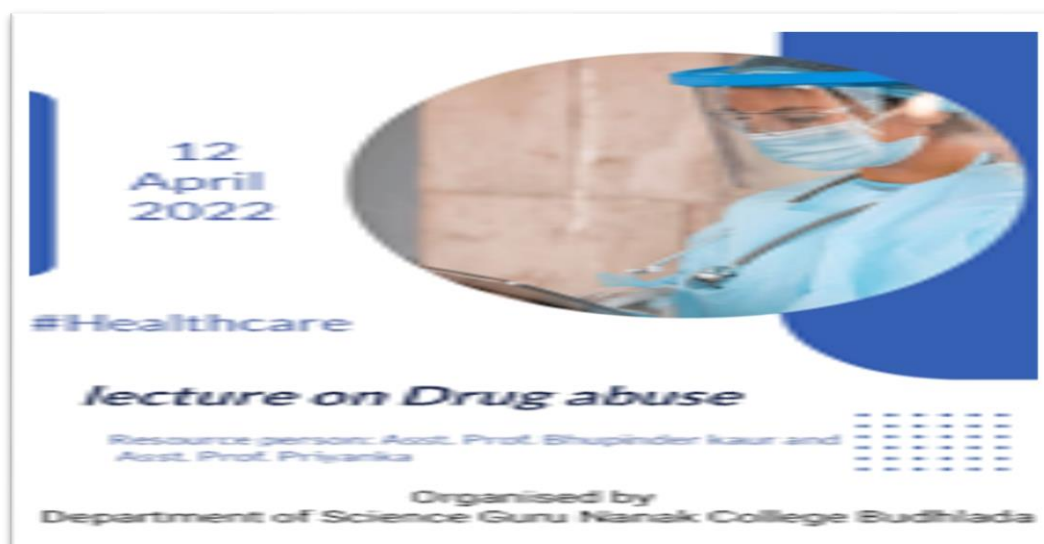
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9. Program on awareness about Drug Abuse

Department of Science Guru Nanak College Budhlada organized a program on awareness about Drug Abuse. This lecture is host by Assist. Prof. Priyanka Rani From Department of Zoology and Prof. Bhupinder Kaur through Google meet. This program has given very informative knowledge on Drug and its bad effects on health. All the students are really thankful to the department for organizing such a event which is very helpful program for all the students.





GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II



Guru Nanak College Budhlada
Department of Science

Activity 1 - *Assessment of Progress on Doing (100%)*
Resource Person - *Dr. J. K. Rani, Dr. J. K. Rani, Dr. J. K. Rani* 12 April 2022

Sr. No.	College Roll No.	Name	Signature	Remarks
1	2202	AKASHDEEP RAM	Akash	
2	2203	LOVEPREET SINGH	Lovepreet	
3	2204	NISHA	Nisha	
4	2205	HARPREET KAUR	Harpreet	
5	2206	MADHAV GARG	Madhav	
6	2207	GAGANDEEP SINGH	Gagandeep	
7	2208	MANDEEP KAUR	Mandeep	
8	2214	SUKHVEER SINGH	Sukhveer	
9	2215	SAGANPREET KAUR	Saganpreet	
10	2216	DIPTANSHU SINGLA	Diptanshu	
11	2217	KHUSHPREET SINGH	Khushpreet	
12	2218	NAVJOT KAUR	Navjot	
13	2221	SIMRAN SHARMA	Simran	
14	2223	SANDEEP KAUR	Sandeep	
15	2226	PALAK RANI	Palak	
16	2227	MADHAV SETIA	Madhav	
17	2228	ASARPREET KAUR	Asarpreet	
18	2751	KARAMVEER SINGH	Karamveer	
19	2752	GAGANPREET SINGH	Gaganpreet	
20	2753	KARANPREET KAUR	Karanpreet	
21	2754	SHIVANI	Shivani	
22	2755	SUKHPREET KAUR	Sukhpreet	
23	2756	REENA KAUR	Reena	
24	2758	GURPREET KAUR	Gurpreet	
25	2759	KHUSHDEEP KAUR	Khushdeep	
26	2760	PARNEET KAUR	Parneet	
27	2763	MANPREET KAUR	Manpreet	
28	2764	VERPAL KAUR	Verpal	
29	2766	KHUSHPREET KAUR	Khushpreet	
30	2767	SIMRAN KAUR	Simran	
31	2768	RAJNEESH KUMAR	Rajneesh	
32	2769	GURPREET SINGH	Gurpreet	
33	2770	ANU	Anu	
34	2771	SIMRANJEET KAUR	Simranjeet	
35	2774	PALLAVI SINGLA	Pallavi	
36	2775	AMANDEEP KAUR	Amandeep	
37	2776	MANPREET KAUR	Manpreet	
38	2777	JASHANPREET KAUR	Jashanpreet	
39	2778	SAGAR KUMAR	Sagar	
40	2779	JASPREET KAUR	Jaspreet	
41	2780	SIMARJEET KAUR	Simarjeet	
42	2781	MUSKAN	Muskan	
43	2782	GURPYAR SINGH	Gurpyar	
44	2783	GURPREET KAUR	Gurpreet	
45	2785	ANKITA RANI	Ankita	
46	2786	KRITIKA SINGLA	Kritika	
47	2787	GURPREET SINGH	Gurpreet	
48	2788	GURJOT SINGH	Gurjot	
49	2789	RANVEER SINGH ROSHA	Ranveer	
50	2791	HARMEET KAUR	Harmeet	
51	2792	MANPREET SINGH	Manpreet	
52	2794	JASPREET SINGH	Jaspreet	



GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II

53	2797	ANMOLDEEP SINGH GILL		
54	2798	KAMALPREET KAUR		
55	2802	PRINCE KUMAR		
56	2804	LOVEPREET KAUR		
57	2808	LOVEPREET KAUR		
58	2809	YOGITA		
59	2810	GURSEWAK SINGH		
60	2811	SUMIT KUMAR		
61	2813	NEHA		
62	2814	PRIYA RANI		
63	2817	GURPREET SINGH		
64	2818	VEERPAL KAUR		
65	2819	SONIKA RANI		
66	2820	BHAWNA RANI		
67	2822	HARPREET KAUR		
68	2823	GAGANDEEP SINGH		
69	2824	LAKSHDEEP SINGH		
70	2825	ISHA		
71	2828	SHARRY SINGLA		
72	2829	MANDEEP KAUR		
73	2830	GURSIMRAN SINGH		
74	2831	GURPREET SINGH		
75	2833	SIMRAN		
76	2834	CHANDAN GOYAL		
77	2835	NAVDEEP KAUR		
78	2837	AANCHAL GARG		
79	2841	MANPREET SINGH		
80	2842	KULDEEP KAUR		
81	2843	RAMANDEEP KAUR		
82	2844	ABHISHEK KUMAR		
83	2845	AMANJOT KAUR		
84	2847	ARASHDEEP SINGH		
85	2848	ASHALY		
86	2849	NAVEEN		
87	2850	NIKHIL KUMAR		
88	2851	RAMANDEEP KAUR		
89	2852	ANMOL KAUR		
90	2853	DIYA RANI		
91	2854	AKASHDEEP SINGH		
92	2855	JASPREET SINGH		
93	2856	BHAWANDEEP SINGH		
94	2858	RAMANDEEP KAUR		
95	2859	BALWINDER SINGH		
96	2860	TASHU		
97	2862	ANSHIKA SARDANA		

Science Department
Guru Nanak College
Budhlada 147001





GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II

07/04/2022

Sr. No.	Name of Student	Class	Roll No.	Remarks
1	Harpreet Kaur	B.com(H) I	9150	Good
2	Sukhpreet Kaur	B.com(H) I	9138	Very Good
3	Amandeep Kaur	B.com(H) I	9134	Good
4	Amanpreet Kaur	B.com(H) I	9143	Good
5	Gurpreet Kaur	B.com(H) I	9162	Good
6	Ramandeep Kaur	B.com(H) I	9112	Good
7	Ramandeep Kaur	B.com(H) I	9120	Good
8	Manika Garg	B.com(H) I	9163	Good
9	Abha Singh	B.com(H) I	9179	Good
10	Gurpreet Kaur	B.com(H) I	12302	Good
11	Sonia	B.com(H) I	9125	Very Good
12	Amandeep Kaur	B.com(H) I	9144	Good
13	Amandeep Kaur	B.com(H) I	10007	Good
14	Chandpreet Kaur	B.com(H) I	10012	Good
15	Harpreet Kaur	B.com(H) I	10019	Good
16	Harpreet Kaur	B.com(H) I	10018	Good
17	Harpreet Kaur	B.com(H) I	10024	Good
18	Harpreet Kaur	B.com(H) I	10026	Very Good
19	Amandeep Singh	B.com(H) I	10021	Very Good
20	Harpreet Singh	B.com(H) I	10010	Excellent
21	Rajpreet Singh	B.com(H) I	10016	Excellent
22	Rajpreet Singh	B.com(H) I	10014	Excellent
23	Gaganpreet Singh	B.com(H) I	10022	Excellent
24	Harpreet Singh	B.com(H) I	9173	Excellent
25	Gurpreet Singh	B.com(H) I	9146	Excellent
26	Anu Kaur	B.com(H) I	9231	—
27	Simran Kaur	B.com(H) I	9286	—
28	Simran Kaur	B.com(H) I	9229	—
29	Yash	B.com(H) I	9075	—
30	Abha Singh	B.com(H) I	9024	Good
31	Ramandeep Kaur	B.com(H) I	9020	—
32	Yash	B.com(H) I	9019	—
33	Yash	B.com(H) I	9003	—
34	Ramandeep Kaur	B.com(H) I	9004	Good
35	Ramandeep Kaur	B.com(H) I	9038	—
36	Harpreet Singh	B.com(H) I	9084	—
37	Gurpreet Singh	B.com(H) I	9013	Good
38	Sukhpreet Singh	B.com(H) I	9014	—

10. Activity Name: Anxiety, Depression, Tolerance and Stress among Working and Non Working Women

Recourse Person Name & Designation: Dr. Abha Singh, Assistant Professor in Psychology

Date of Activity: 28 April, 2022

Description of Activity: The aim of this webinar was to prepare students to face difficulties in life. It increases their confidence. They learn to avoid depression. The reasons of depression has discussed in this webinar. This webinar remained beneficial for working and non working women they felt beneficial to attend this Webinar.

No. of participant details with attendance: 47 Photographs

Guru Nanak College Budhlada
 Personality Development, Stress Management and Time Management Cell

National Webinar on level of anxiety, Depression, Tolerance and Stress among Working and Non Working Women 28 April, 2022

In Collaboration of PG Department of English

Cell Convenor : Dr. Sheetal Bajaj
Cell Members : Dr. Baljinder Kaur, A.P Navjot Kaur and Simri Kaur

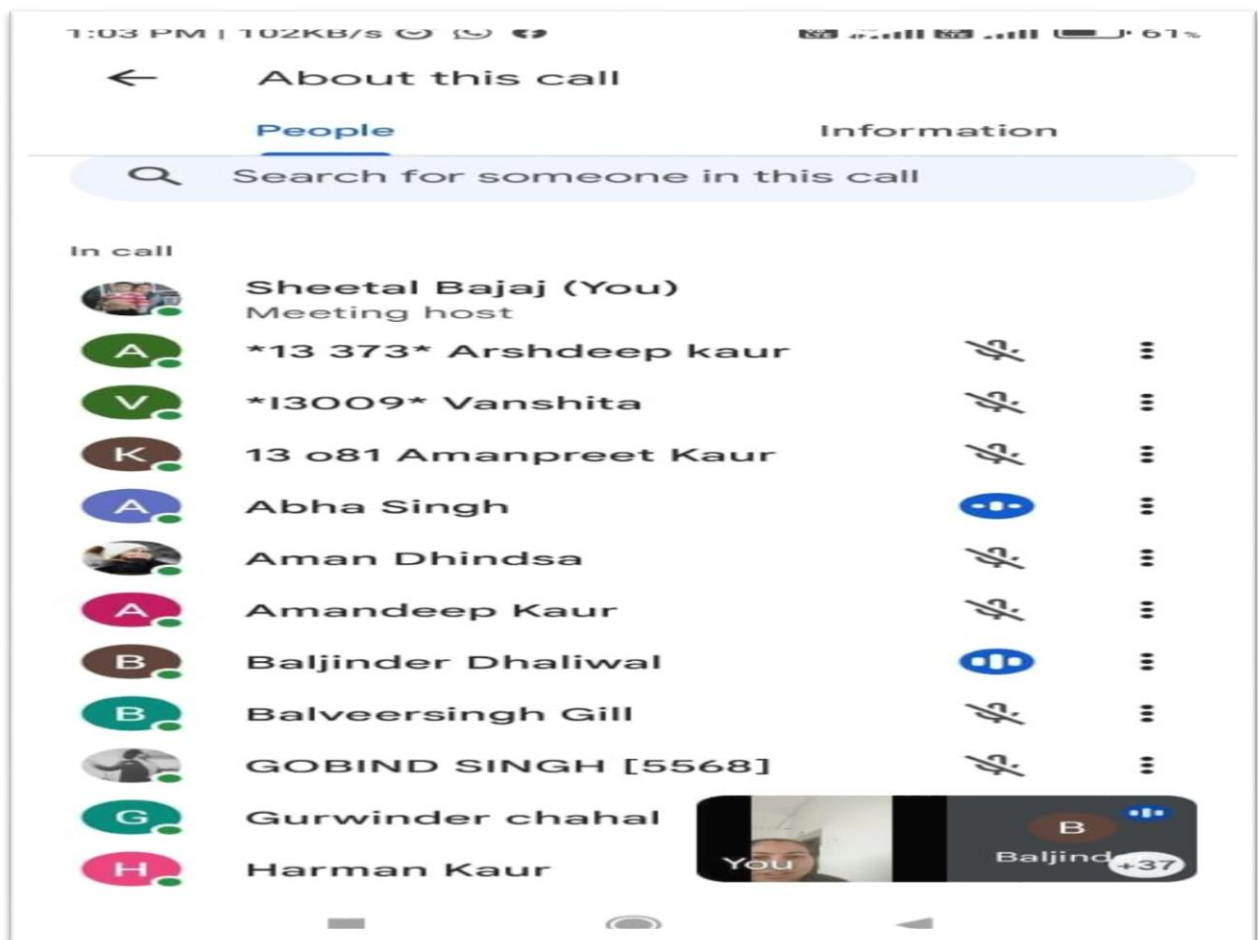
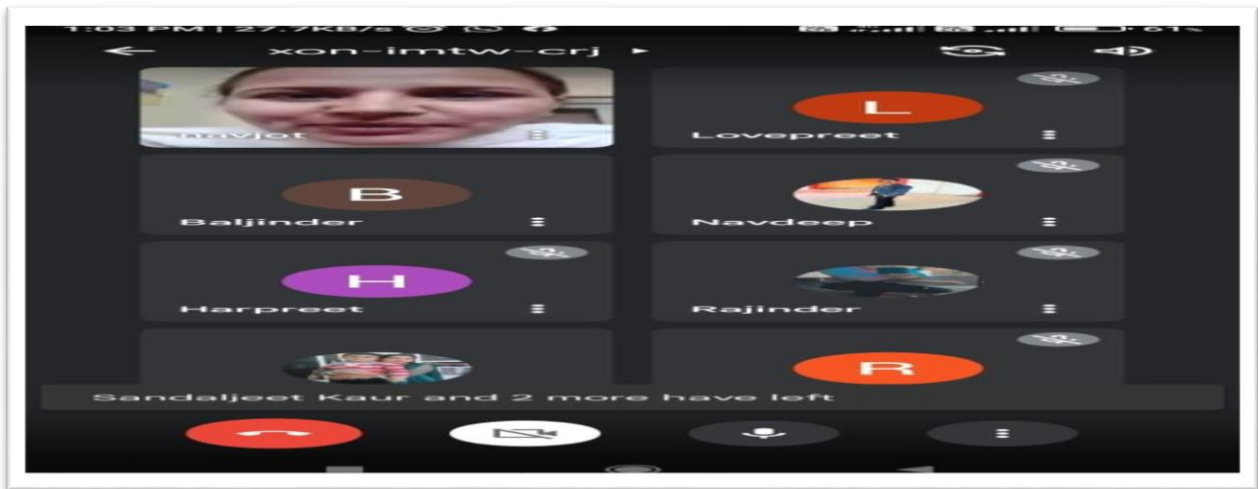
Dr. Abha Singh (Asst. Prof. Psychology)



GURU NANAK COLLEGE BUDHLADA

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11.

Nature of Activity : Lifeskills

Name of Activity: Seminar on Health & Hygiene

Date: 2-May-22

No of Participants: 54

Description: The students were informed about the advantages of healthy eating, balanced diet, food pyramid and the various nutrients found in the food items. The students also took a pledge to eat only healthy food and stay away from junk food. They were also demonstrated the proper way of washing the hands and brushing the teeth. This seminar was delivered to students by Assistant Professor Geetu Singla, from the department of Computer Science, Guru Nanak College, Budhlada.

Brochure:



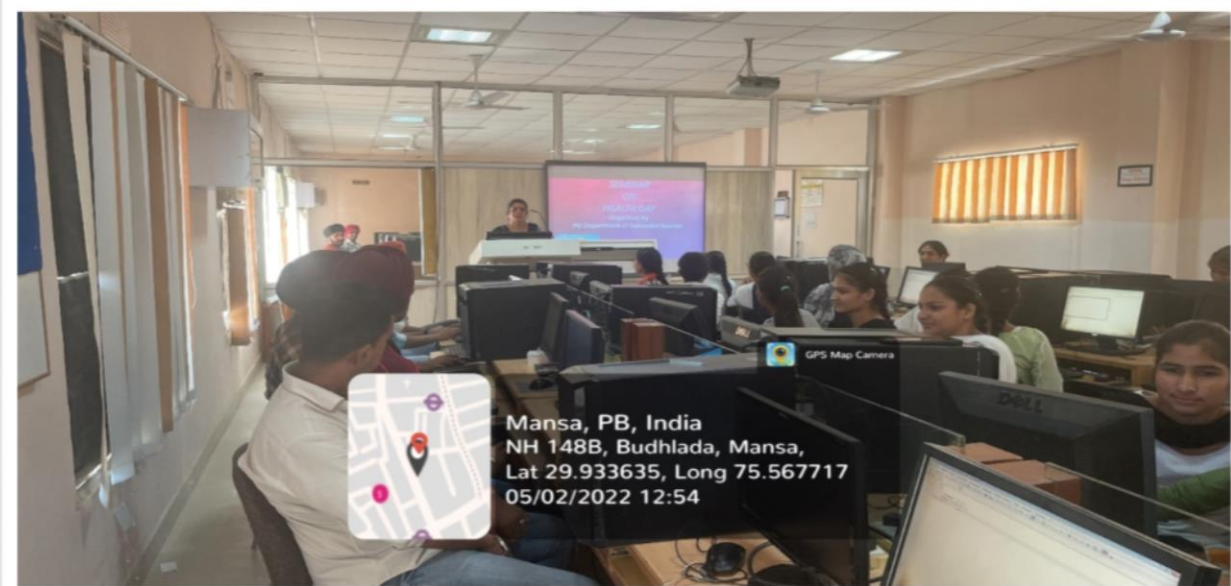
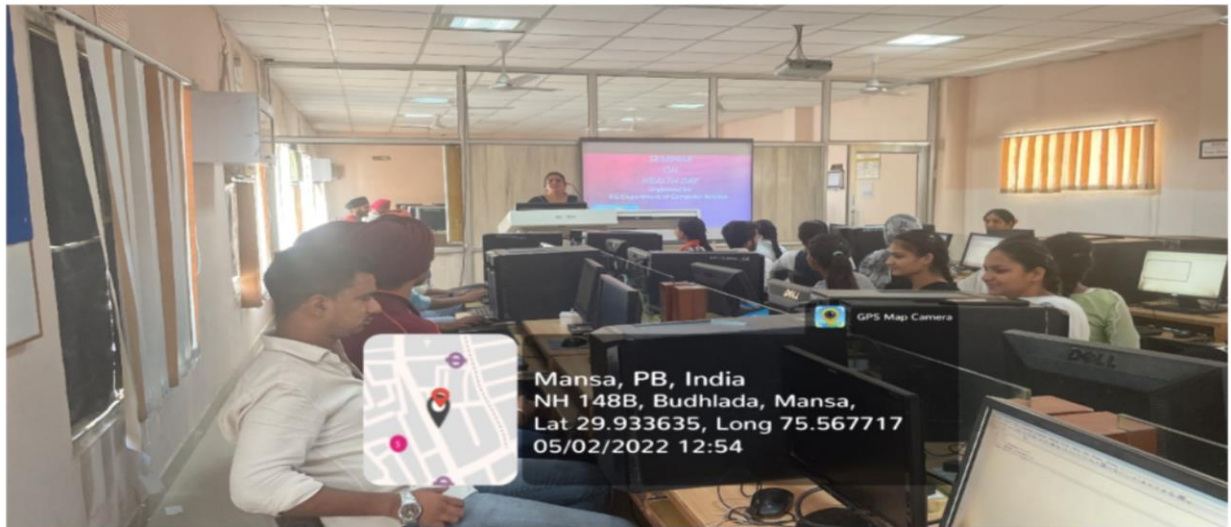


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Photographs:





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Student List:

Guru Nanak College Budhlada				
Seminar on Health Day: (2-May-22)				
S. No	Roll no	Name	Class	Contact NO
1	1157	HARJEET SINGH	BCA-1	8264702315
2	1158	LADHI SINGH	BCA-1	8727962373
3	1159	BEENA GOYAL	BCA-1	8699506810
4	1161	HARPREET KAUR	BCA-1	7696419989
5	1163	RAJVEER KAUR	BCA-1	7009618799
6	1164	HARMANPREET KAUR	BCA-1	9872412826
7	1165	AMRITPAL KAUR	BCA-1	7340867758
8	1169	SIMRANDEET KAUR	BCA-1	7814008553
9	1171	TAGHI KAUR	BCA-1	9876784974
10	1172	YAMAN	BCA-1	7082603277
11	1175	ARSHDEEP SINGH	BCA-1	9671292600
12	16101	PARDEEP SINGH	BVOC(CS)-1	6284035093
13	16102	AKASHDEEP SINGH	BVOC(CS)-1	9877006950
14	16103	LANKARAN SINGH	BVOC(CS)-1	8427231089
15	16104	OSHIEN GARG	BVOC(CS)-1	9815096474
16	16105	SEHAHPREET KAUR	BVOC(CS)-1	7901871158
17	16106	HARASHPREET KAUR	BVOC(CS)-1	6290875339
18	16107	HANISH BANSAL	BVOC(CS)-1	9878298231
19	16108	MOHIT GARG	BVOC(CS)-1	8699611625
20	16109	YASH	BVOC(CS)-1	8699281587
21	16110	NAHEMI KUMAR	BVOC(CS)-1	9872711963
22	1001	RAJNISH GARG	BCA-3	9876671226
23	1003	AMRITPAL KAUR	BCA-3	8289061044
24	1004	KULDEEP KUMAR	BCA-3	9872387609
25	1005	JETVAN KUMAR	BCA-3	9872387609
26	1006	SANDEEP KAUR	BCA-3	9463880068
27	1007	ARSHIPREET KAUR	BCA-3	9844311768
28	1008	SUKRACHIN SINGH	BCA-3	9781166164
29	1009	MOHIT	BCA-3	9872714361
30	1901	GAURI	MCA-1	8168208875
31	1902	ARSHDEEP KAUR	MCA-1	9855179302
32	1904	MANDEEP KAUR	MCA-1	8725942729
33	1905	LOVEPREET KAUR	MCA-1	8264437702
34	1906	GAGANDEEP KAUR	MCA-1	6284568646
35	1907	HARWINDER KAUR	MCA-1	8968446442
36	1908	PAYAL GOYAL	MCA-1	7986233954
37	801	GURDEHYAN SINGH	MISC(LE)	9023149798

Hope
Depd. of Comp. Sci.
Guru Nanak College
Budhlada (Werna)

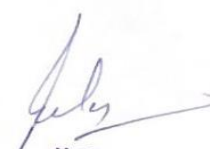


GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II

38	802	HUSANPREET SHARMA	MSC(LE)	9463921675
39	803	PRINKA RANI	MSC(LE)	7347251877
40	804	JYOTI	MSC(LE)	6280814719
41	805	ISHAN TANEJA	MSC(LE)	9915438053
42	806	MOHIT SHARMA	MSC(LE)	7087768980
43	807	DAVINDER SHARMA	MSC(LE)	9501105767
44	808	ANMOL KUMAR	MSC(LE)	7056065636
45	809	INDERJEET KAUR	MSC(LE)	9463333865
46	10504	MANPREET KAUR	MSC(IT)-1	9815379834
47	10512	MAMTA KAUR	MSC(IT)-1	8246230647
48	10513	GURDEEP SINGH	MSC(IT)-1	7814892918
49	10514	KHUSHPREET SINGH	MSC(IT)-1	9877289100
50	10515	RAMANDEEP KAUR	MSC(IT)-1	9463617024
51	10517	ASHISH KUMAR	MSC(IT)-1	9056706080
52	10518	RAJWINDER SINGH	MSC(IT)-1	9914913476
53	10551	GAGANDEEP SHARMA	MSC(IT)-2	8528887914
54	10552	SEEMA KAUR	MSC(IT)-2	9815791164

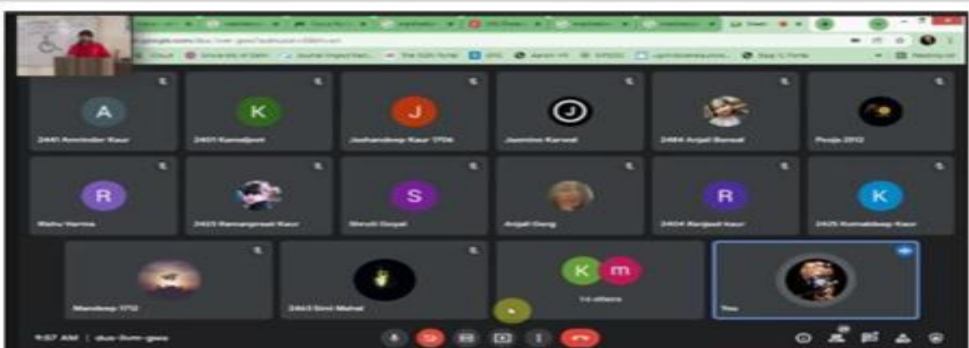

Hestu
Dept. of Comp. Sci.
Guru Nanak College
Budhlada (Hestu)

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INTERNATIONAL DAY OF PERSONS WITH DISABILITIES (IDPD-2020) 3rd DECEMBER 2021



GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II

DEPARTMENT OF SCIENCE
GURU NANAK COLLEGE, BUDHLADA
INTERNATIONAL DAY OF PERSONS WITH DISABILITIES (DDP-2021)
3RD DECEMBER 2021

Sl. No.	College Roll No.	Name	Class
1	3703	POOJA KARKAR	B.Sc. - III
2	3702	POOJA KARKAR	B.Sc. - III
3	3705	SARBA BAU	B.Sc. - III
4	3708	PRIVANKA KANE	B.Sc. - III
5	3709	ASHANDEEP KAUR	B.Sc. - III
6	3707	SANDEEP KAUR	B.Sc. - III
7	3710	POOJA KARKAR	B.Sc. - III
8	3712	MANDEEP KAUR	B.Sc. - III
9	3714	AMAR JYOTI GOYAL	B.Sc. - III
10	3716	SHARPE KUMARI	B.Sc. - III
11	3716	SMALL SOTTA	B.Sc. - III
12	3717	PRINIA DANG	B.Sc. - III
13	3720	SHARPE KUMARI	B.Sc. - III
14	3722	ARTI KUMAR	B.Sc. - III
15	3723	JYOTI KUMAR	B.Sc. - III
16	3724	PRINIA KANE	B.Sc. - III
17	3725	MANDEEP KAUR	B.Sc. - III
18	2401	KAMALJEET	B.Sc. - III
19	2402	PALAK	B.Sc. - III
20	2404	KAMALJEET	B.Sc. - III
21	2405	DEEPA KANE	B.Sc. - III
22	2407	SIMRANDEEP KAUR	B.Sc. - III
23	2411	KHUSHI	B.Sc. - III
24	2414	SUKRUTH SINGH	B.Sc. - III
25	2414	SANDEEP KAUR	B.Sc. - III
26	2415	VERPAL KAUR	B.Sc. - III
27	2416	JYOTI KUMAR	B.Sc. - III
28	2423	KAMALJEET KAUR	B.Sc. - III
29	2425	KOMALDEEP KAUR	B.Sc. - III
30	2430	JASPREET SINGH	B.Sc. - III
31	2431	SURBHEET KAUR	B.Sc. - III
32	2432	KONVIR KAUR	B.Sc. - III
33	2434	MANAV SANSAL	B.Sc. - III
34	2435	VISHAV	B.Sc. - III

Incharge
Science Department
Guru Nanak College
Budhlada (Mansa)

35	2436	SONIA KANE	B.Sc. - III
36	2436	SONIA KANE	B.Sc. - III
37	2436	SONIA KANE	B.Sc. - III
38	2436	SONIA KANE	B.Sc. - III
39	2436	SONIA KANE	B.Sc. - III
40	2436	SONIA KANE	B.Sc. - III
41	2436	SONIA KANE	B.Sc. - III
42	2436	SONIA KANE	B.Sc. - III
43	2436	SONIA KANE	B.Sc. - III
44	2436	SONIA KANE	B.Sc. - III
45	2436	SONIA KANE	B.Sc. - III
46	2436	SONIA KANE	B.Sc. - III
47	2436	SONIA KANE	B.Sc. - III
48	2436	SONIA KANE	B.Sc. - III
49	2436	SONIA KANE	B.Sc. - III
50	2436	SONIA KANE	B.Sc. - III
51	2436	SONIA KANE	B.Sc. - III
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63	2436	SONIA KANE	B.Sc. - III
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65	2436	SONIA KANE	B.Sc. - III
66	2436	SONIA KANE	B.Sc. - III
67	2436	SONIA KANE	B.Sc. - III
68	2436	SONIA KANE	B.Sc. - III
69	2436	SONIA KANE	B.Sc. - III
70	2436	SONIA KANE	B.Sc. - III

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Science Department
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Budhlada (Mansa)



GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II

12. GURU NANAK COLLEGE BUDHLADA DEPARTMENT OF LIBRARY & INFORMATION SCIENCE ORGANIZED LEADERSHIP SKILLS DEVELOPMENT PROGRAMME ON 21/5/2022

The Department of Library & Information Science organized Special Lecture on “Leadership Skills Development” among the students. Dr. Baljinder Kaur, Assistant Professor, Department of Library & Information Science, Punjabi University Patiala, delivered a very informative Lecture on Leadership Skills Development”. She explained the role of leadership and qualities of Leadership for better organization and smooth functioning of an institution. In the beginning of the programme, Prof. Harvinderjit Singh, Assistant professor and Head, Department of Library & Information Science, given brief introduction of the programme and presented the well come address. In the end of the programme Dr. Inderjeet Singh, Assistant Professor, Department of Library & Information Science presented the vote of thanks.





GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II

Students' Attendance

Sr. no	Name	Class	Signature
1	Nirmal Kaur	B. Lib	Nirmal K.
2	Lonepreet Kaur	B. Lib	Lonepreet Kaur
3	Ragwinder Kaur	B. Lib	Ragwinder Kaur
4	Amrjeet Kaur	B. Lib	Amrjeet Kaur
5	Sarbjit Kaur	B. Lib	Sarbjit Kaur
6	Ramandeep Kaur	B. Lib	Ramandeep Kaur
7	Ramandeep Kaur	B. Lib	Ramandeep Kaur
8	Amandeep Kaur	B. Lib	Amandeep Kaur
9	Harinder Singh	B. Lib. Sci	Harinder Singh
10.	Harinder Singh	B. Lib. Sci	Harinder Singh
11.	Bhupinder Singh	B. Lib	Bhupinder Singh
12.	Jeevan Kaur	B. Lib	Jeevan Kaur
13.	Jagdeep Singh	B. Lib	Jagdeep Singh
14	Amrpreet Singh	B. Lib	Amrpreet Singh
15.	Kuldeep Kaur	B. Lib	Kuldeep Kaur
16	Hardeep Singh	B. Lib	Hardeep Singh
17	Lonepreet Singh	B. Lib	Lonepreet Singh
18	Balwinder Singh	B. Lib	Balwinder Singh
19	Rekha Rani	B. Lib	Rekha Rani



GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II

13.Activity: One Day Workshop on Yoga

Date:-16th August 2022

On 16th August 2022, Department of Commerce & Management organized a One Day workshop on YOGA. Assistant Professor Dr.Neena Brar and Ramanjeet Kaur were the Yoga instructor and they gave number of Yoga lessons to students to follow a healthy lifestyle. Total 28 students were participated in this one day workshop.





GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II

One Day Workshop on YOGA
Department of Commerce & Management
Guru Nanak College, Budhlada
Date: 16th August, 2022

Yoga Instructor: Dr. Neena Brar & Ramanjeet Kaur, Assistant Professor

Sr. No.	Name of Student	Class	Roll No.	Remarks
1.	Deepak Garg	B.com(hons)	9005	Excellent
2.	Hussanpreet Kaur	B. Com (hons)		Excellent
3.	Kulwinder Kaur	B. Com (hons)	9009	Excellent
4.	Krushnakant Kaur	B. Com (hons)	9004	Excellent
5.	Chetha	B. Com (hons)	9006	Excellent
6.	Sulbharaj Singh	B. Com (hons)	9022	Excellent
7.	Abhinav Singh			Excellent
8.	Harbhajan Singh	B.B.A		Excellent
9.	Sharmistha Singh	B. Com (H)	9011	Excellent
10.	Deepanshu Kumar Bhatnagar	B. Com (H)	9037	Excellent
11.	Yash Garg	B. Com	9033	Good
12.	Arundeep Singh	B. Com (H)	9032	Good
13.	Jaspreet Singh	B. Com (H)	9033	Good
14.	Jaspreet Singh	B. Com (H)	9034	Good
15.	Abhishek Singh	B. Com (H)	9040	Good
16.	HARPREET SINGH	B. Com (H)	9039	Good
17.	Kamalpreet Singh	B.COM	9013	Excellent
18.	Wahamandeep Singh	B.B.A	908	Excellent
19.	Deepak Garg	B. Com		Excellent
20.	Gurpreet Kaur	B. Com (H)	9003	Excellent
21.	Simranpreet Kaur	B. Com (H)		Excellent
22.	Dilpreet Kaur	B.B.A	9802	Good
23.	Ramandeep Kaur	B. Com (H)		Excellent
24.	Ramandeep Kaur	B. Com (H)		Fine
25.	Harmandeep Kaur	B. Com (H)	9029	Good
26.	Ramandeep Kaur	B. Com	9004	Good
27.	Ramandeep Kaur	B. Com (H)	9059	Good
28.	Gurwinder Kaur	B. Com (H)	9019	Very good
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Head
Comm. & Mgt.
Guru Nanak College
(Budhlada)



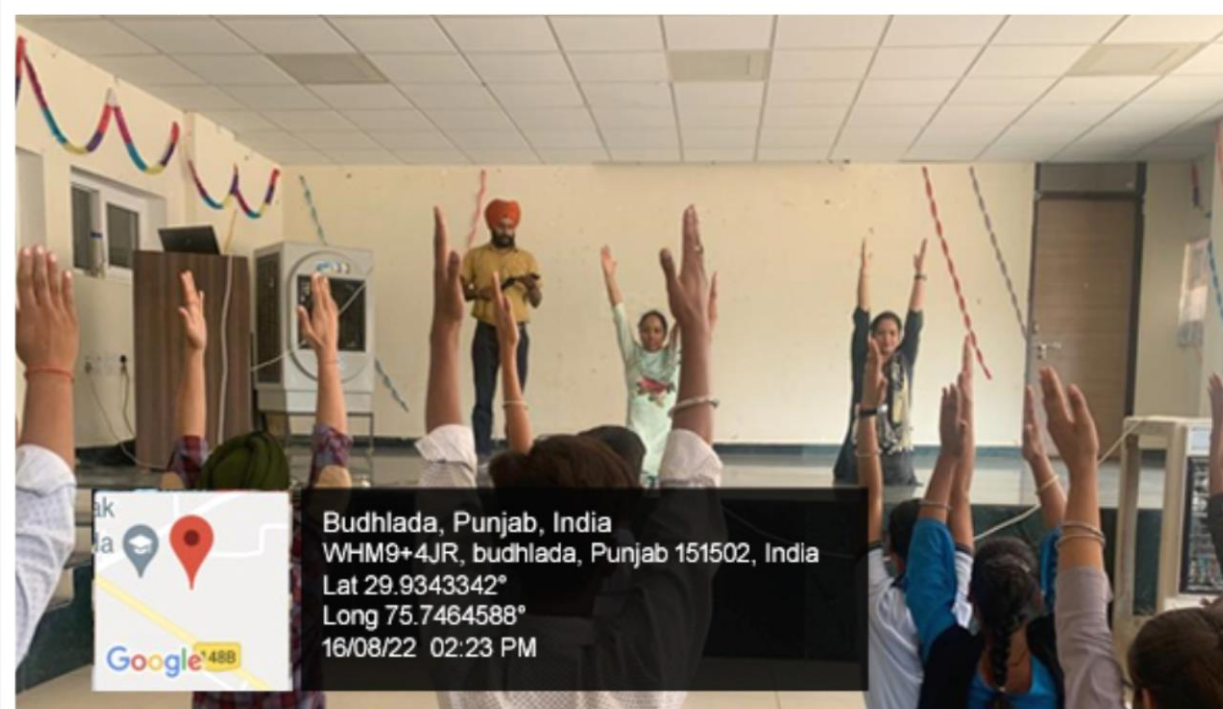
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GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II





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