



NEWSLETTER

KAMLA NEHRU COLLEGE FOR WOMEN, PHAGWARA

VOL- I (2021)



Affiliated by Guru Nanak Dev University, Amritsar
Re-Accredited with Grade 'A++' by NAAC(3.55/4.00 CGPA)

Star College Status by DBT, New Delhi COLLEGE WITH POTENTIAL FOR EXCELLENCE BY UGC, NEW DELHI

Session 2020-21 amid Covid-19

Academic session 2020-21 began under the nationwide lockdown due to Coronavirus pandemic. As a consequence of which new teaching-learning platform emerged known as Virtual Classes. Kamla Nehru College for Women also adopted e-learning approach to minimize the academic loss and stress on the students. To avoid all-in-person contact in college, Covid -19 protocol suggested by Guru Nanak Dev University regarding classes and examinations were followed strictly.

Learned Discourse

On March 31, 2021, Dr. Neeti, Head Department of Psychology, had an honor to be the chairperson of technical session at International conference on 'Changing Paradigms of Individual and Society: Conflicts, Negotiations and Growth' organized by DAV University, Jalandhar. Fourteen research papers were presented, which were analyzed and briefed by the chairperson.



Dear Readers,

I feel proud and ecstatic to bring the first issue of KNCW newsletter. This is a joint effort of our dedicated faculty and students. This issue is a compendium of the activities and achievements of the college for the session 2020-21. I attribute this success to the blessings of the Almighty with inspiration and guidance from our committed and cooperative management committee.



Dr. (Mrs.) Savinder Pal

Principal

Bidding Adieu to the Family Members of KNC

Superannuation is an occasion to feel proud of after having dedicated one's life to the welfare of an institution. It is a time which is to be reminisced, celebrated and appreciated. Ms. Manju Ahluwalia (HOD English) attained this blessed moment after rendering her commendable services for a period of over 38 years. Ms. Anuradha (HOD English) has also successfully culminated her professional journey after completing her tenure of 38 years.

Joining event of Madam Principal

Dr. Savinder Pal joined KNCW Phagwara on March 13, 2021. Formal welcome ceremony was organized on March 15, 2021, in the presence of the college governing council Mr. Dheeraj Sardana (President), Mr. Harivansh Mehta (General Secretary), Mr. Ramesh Jain (Joint Secretary), Mr. Baldev Raj Sharma (Member) and Ms. Kusum Verma (Member).



Central Association Committee

The representative body of the students popularly known as CA team of the college was formed virtually on April 14, 2021, following a given stringent criteria for selection. Newly selected team consists of Head Girl Meghna, Vice Head Girl Khushi, Secretary Pooja Banga and Vice Secretary Amandeep along with a team of 8 students as PRO.



Participation of Students in Extra co-curricular activities

Online competitions were organized by various departments. Students participated in all the competitions enthusiastically despite being physically distanced. They brought laurels to the college by winning various inter-college and intra-college competitions.

| Date | Student | Competition (EVENT) | Position | Organized by |
|-------------------------|--------------------------|---|---------------|---|
| April 5, 2021 | Simpreet Saggoo | Online painting competition on the theme "SAFE HOLI UNDER THE FEAR OF COVID". | First | PG Department of Commerce, KNCW |
| April 9, 2021 | Jaspreet Kaur | Online Event "Meri Awaz Meri Pehchan" | First | Department of Punjabi and Department of Hindi, KNCW |
| April 22, 2021 | Priyanka Tiwari | Online inter-college and inter-school poster making competition on the theme of COVID-19 | Second | NCC and NSS |
| April 22, 2021 | Harleen Kaur | Online inter-college and inter-school poster making competition on the theme of COVID-19 | Third | NCC and NSS |
| April 22, 2021 | 35 Students Participated | Inter- Class Online slogan writing competition on the "Theme Women Empowerment" | Participation | Department of English , KNCW |
| May 7, 2021 | Ms. Komal | GST Drive | First | PG Department of Commerce, KNCW |
| June 1, 2021 | Simpreet Saggoo | Online Quiz Competition to commemorate the 400 th Birth anniversary of Guru Teg Bahadur Ji | First | GNDU College, Narot Jaimal Singh |
| June 5, 2021 | Navjot Kaur | Online Slogan Writing competition on World Environment day | First | Science Department, KNCW |
| June 5, 2021 | Gurpreet Kaur | Online Potted Plant competition on World Environment day | First | NSS and NCC, KNCW |
| June 5, 2021 | Nitika Sharma | Online Poster Making online competition on World Environment day | First | Fine Arts department, NCC and NSS, KNCW |
| June 7, 2021 | Shivani | PPT Presentation | Participation | HMV College , Jalandhar |
| June 7, 2021 | Harleen Kaur | Online competition on 'Punjabi Culture and Heritage' | First | Fine Arts Department, KNCW |
| June 7, 2021 | Sonali | Online competition on 'Punjabi Culture and Heritage' | Second | Fine Arts Department ,KNCW |
| 15th and 16th June 2021 | Ms. Simranjeet | Online Inter-college Cultural Festival "Golden Spirits 2021" | First | S.L. Bawa D.A.V College, Batala |

An Investment in Knowledge pays the Best Interest – Benjamin Franklin

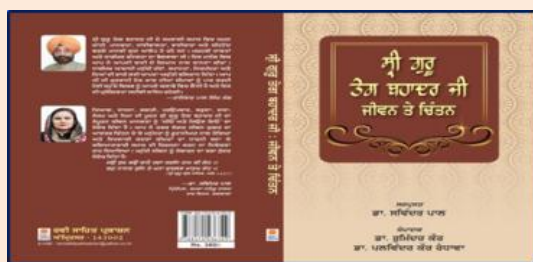
Faculty Development Programme

With the collaborative efforts of the IQAC and the Department Of Computer Science, a seven day Faculty Development Programme (FDP) was organized from April 22, 2021 to April 29, 2021. The theme of the program was "Use of Computers in an Educational Setup". This program was organized by the Faculty members of the Department of Computer Science- Ms. Anjali Walia, Ms. Swati and Ms. Jaskiranjit. The topics covered during this 7 day program were: E-certificates, Google forms, MS-Word-Typing and Fonts, making of Brochures, Power Point Presentations.



Book Publication

A book on Guru Teg Bahadur Ji's Life and Sacrifices was published under the able guidance of Principal Dr. Savinder Pal. The title of the book is "Shree Guru Teg Bahadur Ji: Jeevan Te Chintan" ISBN No.81-7143-672. The book was edited by Dr. Ruminder Kaur (Head Department of Punjabi) and Dr. Palwinder Kaur Randhawa from the department of Punjabi.



IQAC (Internal Quality Assurance Cell)

On March 26, 2021, IQAC meeting was held to discuss the process of submission of AQAR for 2020-21. IQAC arranged for a webinar on the issue of "Effective Governance and Leadership for Higher Education Institute" on May 5, 2021. Dr. Mohinder Kaur Grewal Former Principal Govt. College for Girls, Ludhiana was the resource person. On June 5, 2021, Webinar on the topic of "Uses of IPR Research Business and Industry" where Dr. Lachman Das Singla, Director, Human resource management Guru Angad Dev Veterinary and Animal Science University was the resource person.



Virtual Annual Alumni Meet – 2021

A Virtual Annual Alumni Meet was organized on May 23, 2021. The meet was attended by more than 75 college alumni settled in the country and different parts of world like London, Australia, Canada etc. The Alumni were so excited and reminiscent that they wished that they could soon get together physically in the College Campus. They were of the view that they have reached their present stature due to their Alma Mater. Alumni recalled their college memories and there were lot of nostalgic moments.



Personal Hygiene day in Collaboration with JAYCEE group of Phagwara

On 28 May, 2021, PG department of commerce in association with the JAYCEE CLUB, Phagwara celebrated International Personal Hygiene Day. Sanitary napkins were distributed among female peons and sweepers of the college.

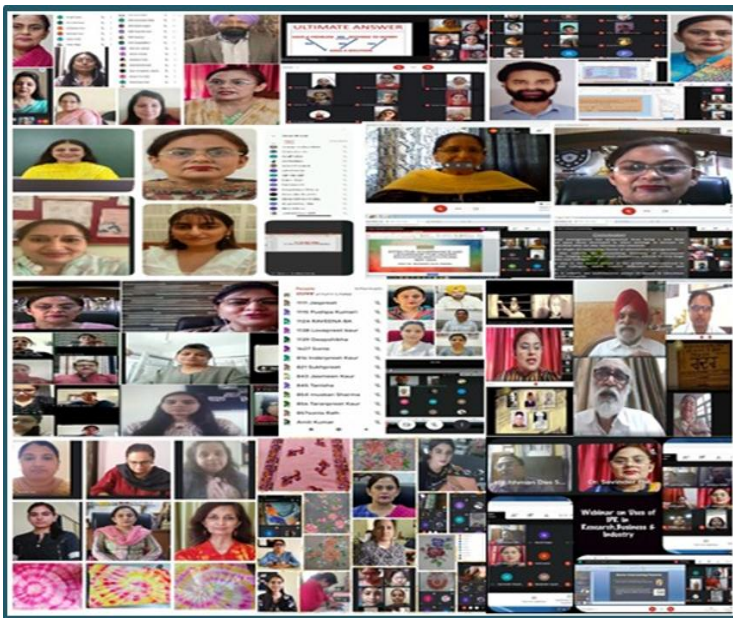


Work Hard in Silence, Let your Success be your Noise - Frank Ocean

Webinars

The use of modern technology for education is fast becoming the next big thing. Students have also become more and more diverse in their learning situations. To provide a good knowledge building platform to students, the College hosts webinars in all the subjects by inviting personalities of great eminence from various fields as resource persons.

| Date | Webinar's Topic | Resource Person | Organizing Department |
|-------------------------------|---|--|--------------------------------------|
| April 12, 2021 | Career Opportunities in the Music subject | Prof. Rampal Banga, Assistant Professor, Guru Nanak National College, Doraha | Music |
| April 17, 2021 | Covid kisani Sangarsh Atte Punjabi Kavita | Dr. Sardul Singh Aujla, Head Punjabi Deptt.. DIPS College Dhillawan Kapurthala | Punjabi |
| April 19, 2021 | The Importance of Communication Skills in the Current Scenario | Prof. Deepti Gupta, Former Chairperson Deptt.. Of English, PU Chandigarh | English |
| April 30, 2021 | 'Mathematical Modeling with Different Equations | Dr. Renu Bajaj, Deptt.. Of Mathematics, PU Chandigarh | Mathematics |
| April 30, 2021 | 'Tie & Dye' | Mrs. Ritu ,Professor Trainer of Fevicryl Company | Home Science and Fashion Designing |
| May 1, 2021 | Shri Guru Tegh Bahadur Ji ki Vaani ki Prasangikta | Dr. Kulwinder Singh, Associate Prof. Hindu Kanya College, Kapurthala | Hindi |
| Ma 3, 2021 | Freedom of Speech and Expression in the Age of Misinformation | Dr. Rubal Kanozia, Assistant Professor (JMC), Central University of Punjab, Bathinda | JMC and PG Dept of Political science |
| May 4, 2021 | "GST Drive" | CA Sonia Arora, Chairperson of Jalandhar Branch of NIRC of ICAI | Commerce |
| May 5, 2021 | Effective Governance and Leadership for Higher Education Institutes | Dr. Mohinder Kaur Grewal Former Principal Govt. College for Girls Ludhiana | IQAC |
| May 8, 2021 | Women and Gender Legal Rights in India | Dr. Jaspreet Kaur, Assistant Professor, Swami Prem Anand Mahavidyalaya, Mukerian | Legal Literacy Cell |
| May 10, 2021 | Behaviorism- A Theoretical and Practical Perspective | Dr. Vimble Chopra, Assistant Prof, Kamla Nehru College of Education for Women, Phagwara | Psychology |
| May 13, 2021 | 'Free Electron Theory of Metals' | Dr. Sukhwinder Singh, Department of Physics, Government College for Girls, Ludhiana | Physics |
| May 15, 2021 | Combating Pandemic Stress | Dr. Davinder Singh Johal, Associate Professor, Dept of Psychology GNDU, Amritsar | Psychology |
| May 19, 2021 | 'Rodents on Vectors for Disease Transmission' | Dr. Neena Singla, Head Department of Zoology, Punjab Agricultural University, Ludhiana | Zoology |
| May 22, 2021 | Three Farm Bill's and India's Rural Economy | Dr. Inderpreet Kaur , Angad Dev Veterinary and Animal Science University, Ludhiana | Economics |
| May 26, 2021 | 'Importance of Milk and Milk Products in Diet | Dr. Veena, Assistant Professor in the Department of Dairy Chemistry at Guru Angad Dev Veterinary and Animal Sciences University, Ludhiana | Chemistry |
| May 29, 2021 | Environmental Mutagens: Consequences and Remediation | Dr. Jatinder Kaur, Associate Professor and Head, Department of Botanical and Environmental Sciences, GNDU, Amritsar | Botany |
| June 3, 2021 and June 4, 2021 | Purse Making, Free Hand Painting, Block and Stencil Printing | Ms Monica , Assistant Professor , KNCW and Ms Taranjeet, Fashion Designer | Fashion Designing |
| June 5, 2021 | Uses of IPR Research in Business and Industry | Dr. Lachman Das Singla, Director, Human resource management, Guru Angad Dev veterinary and Animal Science University | IQAC |
| June 12, 2021 | Importance of Library Services during the COVID – 19 Pandemic | Dr. Gurjit Kaur, Asst. Information Officer, Punjab State Council of Science Technology, Chandigarh and Mr. Bhupinder Singh Library & Information Asst. Nava Nalanda Central Library Thapar University, Patiala | Library Cell |
| June 17, 2021 | CPBFI Awareness Session | Mr. Kanwaljit Singh, Bajaj Financial Services Ltd. | Placement cell |



Inauguration of Virtual Library

On 21st June, 2021, a Virtual Library was inaugurated. This pivotal achievement was accomplished under the stewardship of Principal Dr. Savinder Pal and able guidance of Mr. Dheeraj Sardana, President, College Governing Council. Former college Principal Mrs. Kusum Verma also sent an appreciating note on this occasion.



International Yoga Day

On 21st June, 2021, International Yoga Day was celebrated by Youth Welfare Club, NSS, NCC and department of Physical Education under the aegis of Ministry of Youth Affairs and Sports. Ms. Preeti Yoga trainer from Jalandhar was the resource person. She gave live demonstration of various Asana. Students and teachers participated with full enthusiasm in this virtual session to mark International Yoga Day.



KNC's Contribution in the service of humanity

On 28 June, 2021, Join Hands Club along with Youth Welfare Club, NCC and NSS initiated a joint effort to contribute necessities at local Guru Nanak Netraheen and Bridh Ashram. Food, Fruits, Biscuits, Masks and Clothes were distributed among the residents of the Ashram.



Membership of Board of Studies

- Dr. Neeti, appointed as member of Board of Studies, Department of Psychology, GNDU, Amritsar for the session (2020-2022).
- Ms. Anjali, appointed as member of Board of Studies, Department of Engineering & Technology, GNDU Amritsar for the session (2020-2022).



Education is the most powerful weapon which you can use to change the world – Nelson Mandela

Star Performers (Academic Achievements)

Online teaching, physical distancing are the new challenges faced by student during Covid period, but nothing comes in the way of determination, dedication and focus. This has been proved by the galaxy of our bright stars; they faced the challenge and emerged victorious by achieving university merit positions.

| Name | Class | University Position | Photographs |
|-----------------|--------------------------------------|---------------------|---|
| Preeti | M.A. Economics 3rd Sem | 1 st |  |
| Amandeep Kaur | B.C.A. 3rd Sem | 2nd |  |
| Priyanka Bhanot | B.C.A. 3rd Sem | 6th |  |
| Harman Kaur | B.Voc. (Beauty and Wellness) 5th Sem | 1st |  |
| Rashneet Kaur | B.Voc (Beauty and Wellness) 5th Sem | 2nd |  |
| Mamta | B.Voc. (Beauty and Wellness) 5th Sem | 3rd |  |
| Priyanka Sharma | B.Voc. (Beauty and Wellness) 5th Sem | 3rd |  |
| Amrinder Kaur | B.Voc. (Beauty and Wellness) 3rd Sem | 1st |  |
| Jasmeen | B.Voc. (Beauty and Wellness) 3rd Sem | 3rd |  |
| Kirandeep | B.Voc. (Beauty and Wellness) 3rd Sem | 5th |  |
| Disha | B.Voc. (Beauty and Wellness) 3rd Sem | 5th |  |

Failure is Success if We learn from it – Malcolm Forbes

International Workshops/Seminars/Webinars attended by Teachers

On January 22, 2021, Ms. Kamlesh, Head Deptt. of History attended online meeting of Board of Studies at GNDU, Amritsar.

- On February 15, 2021, Ms. Kamlesh, Head Deptt. of History attended RDC for P. HD at GNDU, Amritsar.
- On 31st March, Dr. Priyanka Aeri, Deptt. of Home Science, attended Conference “Stress due to prevailing conditions of Covid-19” at D.A.V. University, Jalandhar.
- From April 5 to April 12, 2021, Ms. Gurpreetpal Kaur, from the Deptt. of Commerce, attended workshop on “Innovations in Teaching-Learning” at G.H.G. Harparkash College of Education for Women, Sidhwan Khurd.
- On April 14, 2021, Dr. Rinka, Head Deptt. of Political Science, participated in National Webinar on “Dr. Ambedkar and Making of Indian Constitution” organized by Dr. Ambedkar Studies Centre, J.C. DAV College, Dasuya.
- On April 18, 2021, Dr. Rinka, Head Deptt. of Political Science, participated in International Webinar on “Heritage Management and Sustainable Heritage” organized by Centre for Sustainable Habitat of GNDU Amritsar.
- From April 22 to April 25, 2021, Ms. Kamlesh, Head Deptt. of History, attended webinar on the occasion of 400th Birth Anniversary of Shri Guru Teg Bahadur Ji at Babbar Akali Memorial Khalsa College, Garhshankar.
- On May 22nd, Aman Lata, Head Deptt. of English, attended 1 day workshop on “Understanding Cultural Nuances in translationslation” organized by Post Graduate Department of English, SCD Government College, Ludhiana.
- On May 22nd, 2021, Mrs. Aman Lata, Head Deptt. of English participated in International Webinar on
 - “Translation” Conducted by G.G.N. Khalsa College, on May 25, 2021.
 - On June 4, 2021, Dr. Priyanka Aeri, Deptt. of Home Science attended National Webinar on “My Research Journey- Rudderless and Hectic yet Cool and Calm ” organized by GGN Institute of Management & Technology, Ludhiana.
 - On June 5, 2021, Dr. Priyanka Aeri attended a National Webinar on “Cyber Security in the Era of Digital Transformation” organized by GGN Institute of Management & Technology, Ludhiana.
 - On 5th June 2021, Dr. Rinka, Head Deptt. of History, participated in International Webinar on “Sustainable Urban Environment in the Post –COVID World” organized by Centre for Sustainable Habitat G.N.D.U., Amritsar.
 - From June 7 to June 12, 2021, Ms. Gurpreetpal Kaur, Deptt. of Commerce attended online Short term Training FDP on the topic “Strategic Planning for Higher Education Institutions: Challenges, Tools and Techniques” at Model Institute of Engineering and Technology, Kot Bhalwal, Jammu.
 - On June 9 2021, Mrs. Aman Lata, Head Deptt. Of English attended an interaction with Padma Shri Mohamed Ali Begh on “Introduction to Film and Theatre” held by SCD Government College, Ludhiana
 - On June 15, 2021 Dr. Palwinder Kaur Randhawa from the Deptt. of Punjabi, attended Webinar on Sri Guru Teg Bahadur and Gurmukhi Source, organized by Sri Guru Teg Bahadur national Integration chair Punjabi University, Patiala in collaboration with department of Punjab Historical Studies Punjabi University Patiala.



Virtual Projects of NSS

The motto of NSS “NOT ME BUT YOU” reflects and upholds the need for selfless service of society. The volunteer of KNCW always strives for the upliftment of the society by participating in various community awareness programs.

- On Jan 8, 2021 NSS Volunteers joined online live celebration on “Indian Youth from Across the Globe”.
- On Jan 11, 2021 NSS Volunteers attended the Online Inaugural Ceremony of National Youth Parliament Festival.
- Members of Central association and N.S.S in Collaboration with Phagwara Environment Association on Jan 31, 2021 organized a Workshop in which Dr. Vanita Chahal presented a paper and Ms. Anuradha was the Chief Guest.
- Essay Writing Competition was organized on March 7, 2021 on the topic “Azadi ka Amrit Mohatsav
- Women’s Day was celebrated on March 8, 2021 in which virtual lecture was delivered on “How to boost energy with Nutritious diet” by Dr. Priyanka Aeri from the deptt of Home Science.
- Online Lecture on “Nutritional Needs During Adolescence” was organized on March 30, 2021 in which Dr. Renu Verma, who is Nutritionist and clinical Dietitian at Jalandhar, was the speaker.
- “Poshan Pakhwada 2021” was celebrated by NSS from March 21 to March 31, 2021. In which online Inter-College Competitions were organized.
- On April 22, 2021 Earth Day was organized in which tree plantation was done and saplings were distributed to NSS Volunteers.
- Virtual meet was organized on June 3, 2021 from 3:30 to 5:00 P.M. with Functioning Secretary of NSS Chandigarh, Himachal and Punjab.
- World Environment Day was organized on June 5, 2021 in which NSS Volunteers and NCC Cadets planted trees.





NCC (EKTA AUR ANUSHASAN)

- On March 9, 2021, N.C.C., N.S.S. and Youth Welfare Club celebrated 'Women Day' wherein, Dr. Palwinder Kaur and Dr. Priyanka Aeri presented their paper.
- On April 7, 68 Cadets Attended Pariksha Pe Charcha.
- On April 13, 2021, Plants were distributed to NCC CADETS by Dr. Savinder Pal, principal to create Environment awareness by making the surroundings green.
- On April 15, under the supervision and guidance of Col. Yogesh Bharadwaj, 8 Punjab Battalion NCC Phagwara, the NCC cadets participated in a cleanliness drive.
- On April 20, 2021, the NCC cadets conducted a street play named 'No to Single Use Plastic' in relation to the Swacchh Bharat Abhiyan.
- On June 2, 2021 cadets registered themselves on Central digital forum of NCC and shared their activities on it.
- On June 5, 2021 World Environment Day Celebrated. Cadets planted saplings in the surrounding areas of the college campus.
- On June 8, 2021 NCC organized online competition of Poster Making, Slogan Writing and Collage Making to signify the importance of the Environment Day.



Virtual farewell to the Outgoing Students

Taking care of the sensitivity of Covid period, Madam Principal decided to bid farewell to the outgoing students in the virtual mode. The first virtual farewell was organized on June 24, 2021 by the department of Commerce followed by all the other departments such as Deptt. of Computer Science, Deptt. of Cosmetology, Deptt of Sciences and Deptt. Of Humanities which ended on June 30, 2021. Students enthusiastically participated and enjoyed the various cultural activities as well as games during virtual sessions. Madam Principal graced the occasions with her benign presence as the guest of honor.



KNC Family



Newsletter Committee: Ms. Sandeep Nandra
Ms. Anjali Walia
Ms. Swati