



The Science Spin

An Annual newsletter (Volume-11)

2025-26





Smt. Kamala Nehru (1899-1936)

Our vision

To blossom as one of the Leading and Most Preferred Institutes with Earnest endeavors to enhance its quality in imparting excellent education-vocational & competitive to the highest academic standards with full devotion and dedication.

Our mission

To Nurture, Nourish and Chisel our girls into a host of Well-shaped Individuals- Self-reliant, Self-sufficient and Responsible Citizens, leading to the upliftment of the society.



It is truly heartening to witness the release of the 11th volume of the annual science newsletter, The Science Spin, by the Department of Sciences, Kamla Nehru College for Women, Phagwara.

Over the years, this esteemed publication has grown into a vibrant reflection of the department's academic excellence, scientific temperament, and creative enthusiasm. Each volume stands as a celebration of innovation, inquiry, and the collective efforts of students and faculty in promoting scientific awareness beyond the classroom.

The continued publication of The Science Spin is a testimony to the department's commitment towards nurturing curiosity, critical thinking, and intellectual growth among learners. It not only showcases achievements and activities but also strengthens a culture of research and exploration within the institution.

I extend my heartfelt congratulations to the Principal, the faculty members, and the entire editorial team for their sincere dedication in bringing out yet another successful edition. I am confident that this 11th volume will continue to inspire young minds and uphold the glorious tradition of scientific learning.

Wishing The Science Spin many more milestones of success in the years ahead.

Mr. Dhiraj Sardana

President



It gives me immense pleasure to present the 11th volume of our annual science bulletin, The Science Spin, proudly curated by the Department of Sciences. With each successive edition, this bulletin continues to embody the enthusiasm, intellect, and scientific spirit that thrive within our academic community.

This new volume brings together a vibrant collection of student accomplishments, faculty contributions, insightful articles, departmental activities, and inspiring scientific developments. It beautifully reflects the culture of learning, experimentation, and innovation that resonates through our classrooms, laboratories, and beyond.

The Science Spin is more than just a publication; it is a celebration of curiosity, creativity, and the constant pursuit of knowledge. It captures the evolving journey of science and the passion of those committed to exploring its endless possibilities.

I extend my heartfelt appreciation to the entire team whose dedication, hard work, and thoughtful efforts have made this 11th volume both informative and engaging. May this bulletin continue to ignite young minds, encourage scientific thinking, and remain a proud symbol of academic excellence for years to come.

Here's to many more milestones of discovery and achievement.

Dr. Savinder Pal

Principal



It gives me great pleasure to present the new volume of The Science Spin, the annual bulletin of the Department of Science, Kamla Nehru College for Women, Phagwara. This publication reflects the academic excellence, scientific curiosity, and creative efforts of our department. I extend my sincere appreciation to all the faculty members and students whose dedication and valuable contributions have made this edition possible. I also express my heartfelt gratitude to our respected Principal for her constant encouragement, visionary leadership, and unwavering support in guiding this initiative.

I am confident that The Science Spin will continue to inspire scientific thinking and innovation among its readers.

Ms. Priyanka Mankhand
Head, Department of Sciences
(Editor)



It gives me immense pleasure to witness the release of the 11th volume of our esteemed News Bulletin, The Science Spin. With every new edition, this bulletin continues to reflect the spirit of scientific inquiry, creativity, and academic excellence that defines our department.

I express my sincere gratitude to our respected Principal, Mam, for her constant guidance, encouragement, and invaluable support. Her inspiring leadership has always motivated us to pursue such meaningful academic endeavours.

I also extend my heartfelt appreciation to all the faculty members of the department for their dedicated efforts and valuable contributions in making this volume a success.

May the 11th volume of The Science Spin continue to ignite curiosity, promote innovation, and strengthen the passion for science among its readers.

Ms. Khushi
Assistant Professor Chemistry
(Co-Editor)

DEPARTMENT OF SCIENCES

“The key to knowledge is to keep asking questions.”

Since its establishment in 2004, the Department of Sciences has evolved into a vibrant hub of education, innovation, and research. Over the years, it has earned a strong reputation for academic excellence and continues to contribute significantly to scientific progress.

The department is committed to fostering curiosity, analytical thinking, and a research-driven mindset among students. It provides a stimulating academic atmosphere that encourages exploration, creativity, and intellectual growth.

Academic Programs

Aligned with the guidelines of NEP 2020, the department offers a range of undergraduate and skill-oriented programs designed to build strong theoretical understanding along with practical expertise.

Undergraduate Degrees

B.Sc. Medical Sciences

This program focuses on life sciences, human anatomy, and medical-related subjects. It prepares students for careers in healthcare, research, and allied sectors.

B.Sc. Non-Medical Sciences

Covering core subjects such as Physics, Chemistry, and Mathematics, this course builds a solid foundation for careers in engineering, technology, and scientific research.

B.Sc. Computer Science

A modern program aimed at developing skills in programming, data science, artificial intelligence, and other emerging technological fields.

Biochemistry Add-On Programs

To complement traditional degree programs, the department also offers specialized courses in Biochemistry at different levels:

Certificate Course

Diploma Course

Advanced Diploma Course

These programs provide in-depth knowledge in areas such as biochemical processes, molecular biology, enzymology, and metabolism, thereby enhancing students' career prospects in advanced scientific and research fields.

Star College Status – Shining as a Beacon of Scientific Excellence

The Department of Sciences takes immense pride in being adorned with the prestigious Star College Status bestowed by the Department of Biochemistry. This remarkable recognition is awarded only to those institutions that demonstrate outstanding merit in scientific education, innovative practices, and research-oriented learning. It stands as a proud emblem of the department's relentless pursuit of academic distinction and scientific brilliance.

With the generous support and funding received under this esteemed scheme, the department has witnessed a transformative enhancement in its educational and research facilities, paving the way for a more dynamic and intellectually stimulating environment.

Smart Learning Spaces for Bright Minds

The department now boasts modern smart classrooms equipped with interactive digital boards, advanced audiovisual systems, and internet-enabled teaching tools, making the learning process more engaging, effective, and student-friendly.

Advanced Laboratories: Where Curiosity Meets Discovery

Sophisticated scientific instruments and upgraded laboratory infrastructure have enriched practical exposure, allowing students to explore, experiment, and innovate with greater confidence and precision.

Botanical Garden: A Living Treasure of Biodiversity

The expansion of the botanical garden with a wide variety of new plant species has created a flourishing green resource for botanical studies, environmental awareness, and conservation-based activities.

Vermiculture Unit: Nurturing Sustainability Naturally

A dedicated vermiculture unit has been established to promote eco-friendly waste management, organic compost production, and awareness regarding sustainable agricultural practices.

Greenhouse Reimagined for Research & Conservation

The reconstructed greenhouse serves as a modern center for controlled plant growth, horticultural experimentation, and conservation research, strengthening the department's commitment to environmental science.

A Milestone that Inspires the Future

The conferment of Star College Status is more than an achievement—it is a reflection of the department's vision to cultivate scientific temper, research aptitude, and innovative thinking among students. It continues to inspire us to scale greater heights in the journey of knowledge and discovery.

A Vision for the Future

The Department of Sciences is committed to shaping the future of education, innovation, and research. With a highly qualified faculty, industry collaborations, and continuous advancements, the department provides students with the skills and knowledge to encourage them to think critically, solve real-world problems, and contribute to scientific progress.

Join us in our journey of exploration, discovery, and excellence!



Left to right: - Dr. Tavisha, Ms. Isha, Ms. Priyanka (H.O.D.), Dr. Savinder Pal (Principal), Ms. Khushi, Ms. Shruti.

FACULTY OF SCIENCE DEPARTMENT

MATHEMATICS

- **Name:** Ms. Priyanka

Designation: Assistant Professor & Head of the Department

Qualification: M.Phil., M.Sc. (Hons.), B.Ed.

Area of Specialization: Differential equation, Algebra

Publications: 02 (International), 02 (National)

Seminars/Webinars/Conferences/Workshops Attended: 20 (01 International)

Email: shanaya9may2014@gmail.com



- **Name:** Ms. Heena Handa

Designation: Assistant Professor

Qualification: M.Sc. (Hons.), NET(UGC), B.Ed.

Area of Specialization: Algebra and Differential Equation

Seminars/Webinars/Conferences/Workshops Attended: 7

Email: nehapapneja.np@gmail.com



CHEMISTRY

- **Name:** Ms. Khushi

Designation: Assistant Professor

Qualification: M.Sc.(Chemistry), B.Ed.

Area of Specialization: Physical Chemistry, Medicinal Chemistry

Seminars/Webinars/Conferences/Workshops Attended: 5 (National)

Publications: 01 (National)

Email: khushi33sharda33@gmail.com



BOTANY

- **Name:** Dr. Tavisha Singh
Designation: Assistant Professor
Qualification: Ph.D., NET, M.Sc. (Hons.)
Area of Specialization: Plant Physiology
Publications: 9 (Articles), 1 (Book)
Seminars/Webinars/Conferences/Workshops Attended: 15 (5 International)
Email: tavishasingh85@gmail.com



- **Name:** Ms. Rajni
Designation: Assistant Professor
Qualification: M.Sc. (Botany),
Area of Specialization:
Seminars/Webinars/Conferences/Workshops Attended:
Email:



ZOOLOGY

- **Name:** Ms. Shruti
Designation: Assistant Professor
Qualification: M.Sc., B.Ed.
Area of Specialization:
Publications: 01 (National)
Seminars/Webinars/Conferences/Workshops Attended: 04 (National)
Email: marhiashruti@gmail.com



PHYSICS

- **Name:** Ms. Isha Bhardwaj
Designation: Assistant Professor
Qualification: M.Sc., B.Ed.
Area of Specialization: Quantum mechanics, nanotechnology
Seminars/Webinars/Conferences/Workshops Attended:
Email: ishabhardwaj913@gmail.com



“A true scientist is defined not merely by answers, but by the courage to ask meaningful questions that lead to new horizons of knowledge.”

INFRASTRUCTURE

Learning Beyond Four Walls: Empowering Science Through Practical Experience

Science is best understood not only through books and lectures, but through observation, experimentation, and direct interaction with the world around us. Recognizing this essential truth, the Department of Sciences is committed to creating an enriching academic environment where learning extends far beyond conventional classroom teaching.

By blending theoretical understanding with practical exposure, the department provides students with opportunities to explore scientific concepts in a more meaningful, engaging, and experiential manner. A wide range of modern facilities has been developed to nurture curiosity, analytical thinking, and research aptitude among learners.

Modern Laboratories - The Heart of Scientific Exploration

The department houses well-maintained, fully equipped, and technologically upgraded laboratories in the disciplines of Botany, Biochemistry, Zoology, Chemistry, and Physics. These laboratories serve as vibrant centers of experimentation where students transform scientific theories into practical understanding.

Each laboratory is thoughtfully designed to meet academic, analytical, and research requirements, enabling students to gain confidence in handling scientific apparatus and conducting experiments independently.

Specialized Laboratory Wings Include:

Botany Laboratory - Equipped for plant anatomy, taxonomy, microscopy, and specimen analysis.

Biochemistry Laboratory - Includes advanced Tissue Culture and Instrumentation sections for modern biological investigations.

Zoology Laboratory - Facilitates the study of animal diversity, physiology, and ecological interactions.

Chemistry Laboratory - Supports qualitative, quantitative, and analytical chemical experimentation.

Physics Laboratory - Furnished with precision-based instruments for various practical demonstrations and measurements.

Maths Laboratory - An innovative space where mathematical concepts are explored through models, activities, charts, and problem-solving tools, making abstract ideas more concrete and engaging.

Smart Classrooms - Where Technology Meets Teaching

To make science learning more interactive and concept-oriented, the department has introduced smart classrooms equipped with digital boards, multimedia presentations, and internet-assisted teaching tools. These technology-enabled spaces create a dynamic atmosphere where complex scientific ideas can be visualized and understood with greater clarity.

Botanical Garden - Nature as a Living Laboratory

The department's botanical garden serves as an open-air laboratory, offering students the chance to study plant diversity, medicinal species, and ecological relationships in a natural setting. It cultivates environmental sensitivity while strengthening practical botanical knowledge.

Vermiculture Unit - Lessons in Sustainability

Promoting eco-conscious scientific practices, the vermiculture unit introduces students to organic waste recycling, compost formation, and soil fertility enhancement. This facility bridges environmental science with sustainable living.

Greenhouse - A Controlled Space for Growth and Research

The greenhouse provides ideal conditions for plant propagation, conservation studies, and experimental research. It enables students to observe plant development closely and understand the influence of controlled environmental factors on growth.

Transforming Learners into Young Researchers

Through these diverse facilities, the Department of Sciences ensures that students do not remain passive recipients of knowledge but emerge as active explorers, critical thinkers, and budding researchers. By fostering practical engagement at every step, the department continues to make science education more vibrant, relevant, and impactful.



Chemistry Lab



MATHS LAB



BOTANY LAB



ZOOLOGY LAB



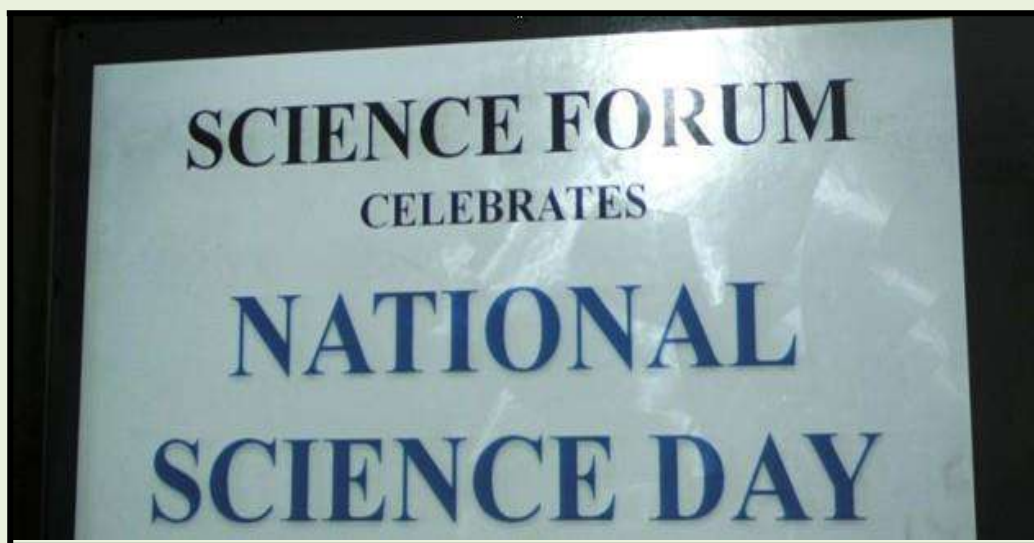
PHYSICS LAB



BIOCHEMISTRY LAB

SMART CLASSROOMS

The Department also owns one smart class room promoting digital education to students. The staff makes use of this platform and uses all interactive modules like videos and power point presentations for students. These modules are eye-catching, fast and effective. The students are also in return engrossed in digital training to harness their potential and build confidence.



BOTANICAL GARDEN

The Botanical Garden and Greenhouse provide students with valuable practical exposure to plant diversity and biological studies. The botanical garden houses a wide variety of plant species and selected microorganisms, systematically arranged according to the Bentham and Hooker classification. The greenhouse further supports plant conservation, propagation, and scientific observation under controlled conditions.



Several innovative projects are actively conducted within the botanical garden:

1. **Vermicompost Pit:**

The Vermicompost Pit is an eco-friendly initiative where organic manure is prepared using earthworms, cow dung, and plant waste. The compost produced is used in the botanical garden and campus lawns, promoting sustainable and organic farming practices.



2. **Horticultural Pit:** Horticultural pits are used for the decomposition of garden and kitchen waste into nutrient-rich compost. This organic manure helps in improving soil fertility and supports healthy plant growth.



These initiatives reflect the department's commitment to sustainability and hands-on learning, providing students with a deeper understanding of ecological and environmental principles.

Various activities carried out by the department

Co-Curricular Activities of the Department

Keeping in view the holistic development of students, the department actively encourages participation in various inter-college and intra-college co-curricular activities organized from time to time. Such activities provide students with opportunities to enhance their knowledge, creativity, confidence, and overall personality development.

SESSION 2025-26

CELEBRATION OF DAYS

1. Seminar on Justice Awareness

1. Justice Awareness Seminar was organized at Kamla Nehru College for Women, Phagwara by the Legal Literacy Cell and Red Ribbon Club on the theme “*Justice Awareness for Grassroots: Rural Information and Transparency Initiative*” to spread awareness among students about legal rights and social responsibilities. The session was conducted by Ms. Rajni Bala (Panel Advocate), who addressed important issues including personal safety, traffic rules, drug abuse, and legal support services. Students were also informed about government schemes such as free legal aid, pension support for orphaned children, and National Lok Adalat initiatives. Around 100 students participated enthusiastically, and Dr. Rinka and Ms. Priyanka successfully coordinated the event with support from faculty members.



2. Department of Science Hosts Seminar on Drug Abuse Awareness

Department of science organized an impactful seminar on the theme “*Drugs Steal Dreams: Choose a Brighter Path*” in the college Audio Visual Lab at 10:20 A.M. The seminar aimed to spread awareness among students about the harmful consequences of drug addiction and to inspire them to adopt a healthy and responsible lifestyle. The programme began with an insightful address by Dr. Rinka Janjua, who highlighted the importance of moral values in shaping a disciplined, focused, and meaningful life. Around 70 students participated enthusiastically and voiced their strong opposition to drug abuse through thought-provoking speeches. Manjoban delivered an informative presentation on the Drug De-addiction Programme, Anmol spoke passionately on Drug-Free India, Nitika expressed her views on Drug Abuse, while Manvi shared a compelling real-life example to underline the severe consequences of substance addiction.



3. Celebration of National Space Day with Enthusiasm

The Department of Science, IQAC, and Prof. Puran Singh Society celebrated National Space Day on August 23, 2025 under the theme of “Aryabhata to Gaganyaan: Ancient Wisdom to Infinite Possibilities”. The programme began with delivering an informative and engaging lecture on the remarkable journey of the Indian Space Research Organisation, tracing its major achievements and emphasizing the historic success of Chandrayaan-3’s soft landing on the Moon by Ms. Isha Bhardwaj, Assistant Professor of Physics. To make the occasion more interactive and intellectually stimulating, Poster-Making and Declamation Competitions were organized for the students. In the Poster-Making Competition, Kashish (B.Sc. Semester III), Satwinder (B.Sc. Semester III), and Manraj (B.Sc. Semester III) secured the first, second, and third positions respectively, while Muskan (B.Sc. Semester I) received the consolation prize. Similarly, in the Declamation Competition, Muskan (B.Sc. Semester V) won the first position, Kashish (B.Sc. Semester III) secured the second position, and Daya (B.Sc. Semester I) bagged the third position. Nancy Gandhi (B.Sc. Semester III) was awarded the consolation prize for her commendable participation.



4. Science Students bring Laurels with Outstanding Academic Results

Students of department of Science has once again reaffirmed its tradition of academic excellence through the exceptional performance of its B.Sc. (Medical and Non-Medical) final year students in the university examinations. Adding another feather to the institution’s cap, Kajal Kumari delivered a remarkable performance by securing 81.2% marks and earning the prestigious 14th rank in the university. Her noteworthy

accomplishment has brought immense pride and honour to the college. Further enhancing the college's glory, Sukirti Sharma passed with distinction by scoring 75.58% marks. Other meritorious students also showcased commendable academic achievements, with Vinny Banger securing 74.2%, Gurleen Kaur obtaining 72.2%, and Sarika attaining 71.08% marks. The entire college fraternity rejoiced in this proud moment, celebrating yet another significant milestone in the institution's continuing journey towards academic distinction and excellence.



5. Department of Science Observes Ozone Layer Preservation Day with Environmental Zeal

The Department of Science, in collaboration with the Red Ribbon Club and ECO Club celebrated Ozone Layer Preservation Day on September 16, 2025 under the theme of "From Science to Global Action," in which around 100 students and faculty members showed active participation. A highly informative Extension Lecture was delivered by Dr. Punit Puri, Head of the Department of Zoology, DAV College, who enlightened the audience on the scientific significance of the ozone layer, the major factors responsible for its depletion, and practical measures that can be adopted to protect it. In the Eco-Creative Plantation Drive Competition, the team comprising Muskan, Palak, Simranjeet, Madhavi, and Nancy Gandhi from B.Sc. Semester I secured the First Position. The Second Position was bagged by Gurman, Rachna, Rakhi, and Gurdeep Suman from B.Sc. Semester III, while Lavleen, Palakdeep, and Manraj from B.Sc. Semester III earned the Third Position. The Consolation Prize was awarded to Bhavani, Janvi, Harshdeep Kaur, Harleen Kaur, and Prachi Bajaj from B.Sc. Semester I.



6. Celebration of Week-long Space Revolution Day with Scientific Fervour

A week-long celebration of “*Space Revolution Day*” was organized from September 18–24, 2025, under the theme “*Innovation for India’s Better Future Space Programme,*” aiming to inspire students toward space science and innovation. The program began with the sharing of curated resources on major space missions such as Mangalyaan, Chandrayaan-3, and Aditya L1. Key highlights included a poster exhibition with participation from around 24 students and a concluding seminar by Ms. Isha Bhardwaj, Assistant Professor in Physics, focusing on the journey of ISRO, recent space reforms, and emerging opportunities in the space sector. With the participation of nearly 50 students, the event successfully fostered scientific curiosity, patriotism, and interest in STEM careers, encouraging youth to contribute to India’s growing space ambitions.



7. Department of science observes HIV/AIDS Awareness Day with Meaningful Activities

An awareness event marking HIV/AIDS Day was organized on 15th October 2025 to educate students about HIV/AIDS and encourage responsible behavior. Held in the Audio-Visual Lab, the programme featured a poster-making and declamation competition, with around 20 students participating enthusiastically to spread messages of health awareness, empathy, and social responsibility. The event was coordinated by the Red Ribbon Club team, and it successfully reinforced the importance of education and awareness in building a more informed and compassionate society.



8. Essay Writing Competition Organized to Commemorate Birth Anniversary of Sardar Vallabhbhai Patel

On the occasion of the birth anniversary of Sardar Vallabhbhai Patel, the department of science, Ek Bharat Shreshtha Bharat Club, Home Science Association, and Red Ribbon Club of Kamla Nehru College for Women, Phagwara organized an Essay Writing Competition on October 31, 2025. A total of 13 students submitted thoughtful and insightful essays reflecting upon the life, vision, leadership, and contemporary relevance of Sardar Vallabhbhai Patel's ideals. In the competition, Rupinder Kaur of B.A. Semester III secured the First Position, while Komaldeep Kaur of B.Sc. Economics Semester III bagged the Second Position. Komalpreet Kaur of B.A. Semester I earned the Third Position for her commendable performance.



9. Department of Science commemorates World AIDS Day with Awareness Programme

Red Ribbon Club and the NSS Unit of Kamla Nehru College for Women, Phagwara observed World AIDS Day on December 1, 2025 under the theme of "Overcoming Disruption, Transforming the AIDS Response". An informative Extension Lecture was organized on the occasion, where Dr. Tavisha Singh, Assistant Professor and Programme Officer of the NSS Unit, delivered an insightful session on the present-day challenges and progressive developments in the global AIDS response. Nearly 80 students attended the lecture and were sensitized about the importance of early diagnosis, safe practices, responsible behaviour, and the urgent need to eliminate discrimination against people living with HIV.



10. Department of Science celebrates National Girl Child Day with Inspiring Lecture

National Girl Child Day was celebrated on 24th January 2026 with a thought-provoking programme focused on women's empowerment and social awareness. The event featured an engaging lecture by Dr. Priyanka Aeri on "Empowering Daughters, Enriching India," highlighting the achievements of inspiring women leaders and encouraging students to break barriers and strive for excellence. Around 55 students participated actively, drawing motivation from the session. The programme successfully emphasized the importance of empowering girls and fostering a supportive environment for their growth and development.



11. Celebration of 52nd Annual Fete 2026 with Grandeur and Enthusiasm

The Departments of Science and Cosmetology of Kamla Nehru College for Women, Phagwara organized the 52nd Annual Fete 2026 on the college campus with great pomp, enthusiasm, and festive spirit. The fete was ceremoniously inaugurated by Dr. Amarjit Singh, Principal Dr. Savinder Pal, and the organizing team. The event witnessed the enthusiastic presence of more than 750 visitors, including students, faculty members, guests, and members of the local community. Numerous attractive stalls featuring delicious food items, entertaining games, creative displays, and cultural exhibits became the centre of attraction throughout the day, creating an atmosphere of celebration and togetherness. One of the most awaited attractions of the fete was the Lucky Draw, which concluded the programme on a thrilling note. Several attractive prizes were distributed on the spot, including a washing machine, LED television, air fryer, microwave oven, bicycle,

hair straightener, dinner set, griller, room heater, double-bed blanket, and hair dryer, generating great excitement among the attendees. The event was graced by the presence of several distinguished guests from reputed educational institutions, including Ms. Meenu Gupta from Government Girls Senior Secondary School, Mr. Ranjit Gogna from School of Eminence, Mr. Jagpal Singh from Shri Mahavir Jain Model Senior Secondary School, Ms. Reeta Thapar from S.D. Putri Pathshala, Mr. Pardeep Singh from Shri Mahavir Jain Model Senior Secondary School, and Mr. Vinod Kumar from School of Eminence.



12. Health Awareness Programme on World Cancer Day

World Cancer Day jointly by the EBSB Club, NSS Unit, and Red Ribbon Club. An extension lecture on “Lifestyle and Cancer Prevention” was delivered by Dr. Priyanka Aeri, who discussed cancer awareness, symptoms, risk factors, early detection, and preventive healthy lifestyle practices. A poster-making competition was also held to promote awareness creatively among students. Around 70 students and staff participated in the programme, which successfully encouraged health awareness and social responsibility through active engagement and discussion.



13. Enlightening Session on Mental Well-being

Kamla Nehru College for Women organized a session on “Mental Well-being” under the Red Ribbon Club and Stress Management Club to promote awareness of mental health

and emotional balance among students. The resource person, Veer Pratap Sardana, delivered an insightful and motivational lecture emphasizing the importance of mental well-being and social awareness. The programme began with a welcome address by Ms Khushi, and was coordinated by Ms Priyanka and Ms Khushi. Around 150 students participated in the session. The event concluded with concluding remarks appreciating the efforts of the organizing team and encouraging students to prioritize mental health and maintain a supportive campus environment.



14. Celebration of National Science Day with Enthusiasm and Academic Spirit

National Science Day was celebrated on 25th February 2026 under the theme “*Women in Science: Catalysing Viksit Bharat,*” featuring an insightful extension lecture by Dr. Rajeev Kumar (Lovely Professional University) on the role of women in national development, highlighting inspiring figures and encouraging academic excellence among students. The event witnessed participation from around 100 students and included engaging activities such as the “*Science in Canvas*” competition and “*Herb of Health*” plantation activity, where students showcased creativity and scientific understanding. The celebration successfully promoted the values of empowerment, education, and encouragement, inspiring students to contribute meaningfully to science and society.



15. Visit to Alpha Clinical Laboratory

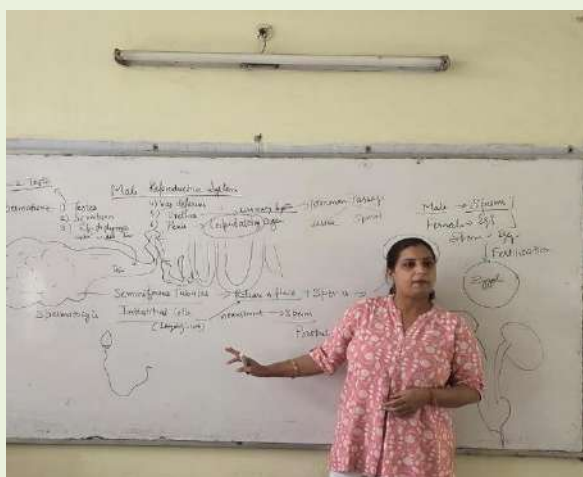
The final-year B.Sc. Medical students undertook an educational visit to Alpha Clinical Laboratory as a part of their academic curriculum under the guidance of faculty member Ms. Shruti. Upon arrival, the students were warmly welcomed by CEO and Director Dr. Puneet Saroay and Operational Manager Pankaj Paswan. The officials introduced the

students to the overall functioning of the pathology laboratory and emphasized the indispensable role of precision, hygiene, and accuracy in diagnostic testing and healthcare services. During the educational tour, the students were taken through various important sections of the laboratory, including the Hematology, Biochemistry, and Microbiology Units. They closely observed essential diagnostic procedures such as blood sample collection, specimen processing, analytical testing, and report generation. The visit served as an effective bridge between theoretical classroom learning and practical application, enabling students to gain valuable knowledge.



16. Interdisciplinary Lecture

The Science Forum and home science association successfully organized an interdisciplinary lecture on the topic “Respiratory and Reproductive Systems of Human Beings” on April 6–7, 2026, delivered by Ms. Shruti from the Department of Zoology, who shared her subject expertise with 10 students of B.A. Home Science Semester II. Through her clear explanations and interactive teaching approach, she enabled the students to develop a deeper understanding of the structure, functioning, and physiological significance of the human respiratory and reproductive systems. The programme stood as an excellent example of academic collaboration between departments and reflected the institution’s commitment to interdisciplinary learning in accordance with the spirit of the National Education Policy, which emphasizes holistic and integrated education.



17. Flower show at Science City, Kapurthala

The Science Department organized an inspiring educational field trip to Science City on February 28, 2026, beautifully combining scientific exploration with the charm of nature and creativity. Showcasing exceptional creativity and horticultural talent, the KNCW team comprising 16 students secured the 1st Prize in Flower Arrangement, 3rd Prize in Flower Potted, and two Consolation Prizes in Flower Rangoli. Hardeep and team (B.Sc. Medical Semester II) and Tanya (B.Sc. Medical Semester VI) were honoured with Tokens of Appreciation for their captivating presentations in traditional dance and folk song.



18. Celebration of National Technology Day.

The Science Department of Kamla Nehru College for Women celebrated National Technology Day on 11-05-2026 in which around 70 students were present during the celebration, out of which 25 students actively participated in Poster Making Competition titled "Colors of Innovation", and "Cyber Smart Quiz". The winners of the Poster Making Competition were Anmol (First Prize), Sukhpreet (Second Prize), Sachman Kaur (Third Prize) and Jasmeet Kaur (Consolation Prize). The winners of the Quiz Competition were Tavleen and Samiksha (First Prize), Pooja and Meenakshi (Second Prize), Ishana and Drishti (Third Prize)



19. Red Ribbon Club and Department of Science Lead Successful World Environment Day Celebration.

The Red Ribbon Club and the Department of Science celebrated World Environment Day under the theme "Inspired by Nature for Climate, Future" to promote environmental awareness and encourage sustainable practices among the youth. A variety of engaging activities were conducted, including Debate Competition, Poster Making Competition, Best

Out of Waste Activity. The programme concluded with a pledge by all participants to protect nature and work collectively for a cleaner, greener and more sustainable future.



20. World Anti-Tobacco Day Marked by Awareness Competitions and Student Participation

The Department of Science and Red Ribbon Club organized various awareness activities to mark World Anti-Tobacco Day on 30 May 2026 in the Audio Visual Lab of the college. Two competitions, Poster-Making and Declamation, were organized as part of the celebration. A total of 25 students actively participated in the competitions. Among them, 16 students participated in the Poster-Making Competition and Nine students participated in the Declamation Competition. The event was organized under the guidance of Ms. Priyanka Mankhand and Ms. Khushi, who motivated students to take an active role in promoting social awareness. The program concluded with a message encouraging everyone to say "No to Tobacco" and work together towards a healthier future.



Publications

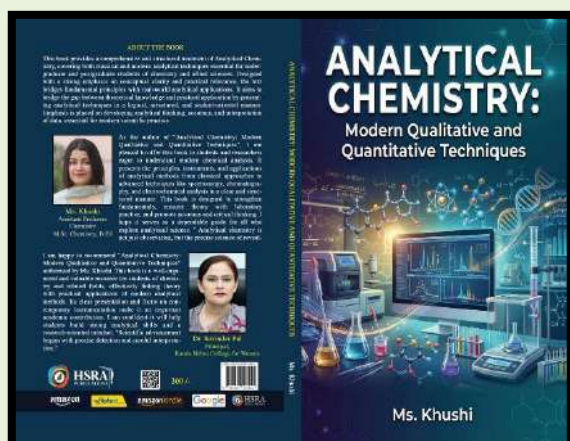
1. Book Release “Plant Science for the future: Seed to Sustainability”

A book titled *“Plant Science for the Future: Seed to Sustainability,”* authored by Dr. Tavisha Singh (Assistant Professor, Botany), was proudly released, highlighting the role of plant science in building a sustainable future from seed biology to global sustainability. The book was launched in the presence of academic dignitaries and appreciated for its focus on connecting fundamental plant research with real-world sustainability challenges. Recognized as a valuable academic resource, the publication offers meaningful insights into the significance of plant science in promoting ecological balance and sustainable development.



2. Launch of " Analytical Chemistry - Modern Qualitative and Quantitative Techniques"

Department of Sciences, celebrated a proud academic milestone with the inauguration of the book *"Analytical Chemistry - Modern Qualitative and Quantitative Techniques"*, authored by Ms. Khushi, Assistant Professor, Department of Chemistry. The book was formally inaugurated during a special ceremony held in the esteemed presence of Director Academics Dr. Savinder Pal, Officiating Principal Dr. Ruminder Kaur, faculty members, and staff.



GREEN SQUAD

The Green Squad is an enthusiastic team of B.Sc. (Medical) students committed to maintaining the botanical garden and college lawns with dedication and care. Their primary role is to ensure the well-being of plants by regularly monitoring their growth, preserving old and valuable species, and keeping the entire campus clean and green.

Beyond just maintenance, the team actively works towards enhancing the college's eco-friendly initiatives. They have taken the initiative to plant hyperaccumulators and bio remediators—special plants known for their ability to absorb pollutants and improve soil health. These efforts not only contribute to a healthier environment but also make the campus a more sustainable and beautiful place for everyone.

Through their consistent efforts, the Green Squad fosters a culture of environmental awareness and responsibility, inspiring students and staff to contribute towards a greener, cleaner, and more sustainable future.

GREEN SQUAD: Dr. Tavisha, Ms. Khushi

Sr. No.	Class	Name of Students
1.	B.Sc. (Med) Sem V	Muskan
2.	Do	Gurleen
3.	Do	Taniya
4.	B.Sc. (Med) Sem III	Kashish
5.	Do	Nancy
6.	Do	Rachna
7.	Do	Gurman
8.	B.Sc. (Med) Sem I	Bhavni
9.	Do	Prachi
10.	Do	Suhani
11.	Do	Vishaksha



ENERGY SQUAD

The **Energy Squad** is a proactive team of **B.Sc. Non-Medical and Computer Science** students dedicated to raising awareness about **energy conservation** and preventing energy wastage. They actively educate and motivate others to adopt responsible energy usage practices for a more sustainable future.

As part of their mission, the team conducts **regular inspections** across the college premises to ensure **zero energy wastage**. In a significant step towards sustainability, they have launched an **innovative project** focused on water conservation. Under this initiative, **drained water** is collected and repurposed for **secondary uses**, such as watering plants, thereby reducing unnecessary water wastage.

To further emphasize the importance of energy preservation, the **Energy Squad** also participates in global initiatives like **Earth Hour**, encouraging students and faculty to take part in reducing electricity consumption and promoting a greener, more energy-efficient campus. Through their dedicated efforts, they inspire others to adopt environmentally conscious habits and contribute to a more sustainable world.

TEACHERS INCHARGE: Ms. Isha, Ms. Heena

Sr.No.	Class	Name of Students
1.	B.Sc. (Comp. Sci.) Sem V	Jaspreet
2.	B.Sc. (Non-Med) Sem V	Kamaljeet
3.	Do	Komal
4.	B.Sc. (Non Med.) Sem III	Lavleen
5.	Do	Ekta
6.	Do	Manraj
7.	Do	Palakdeep
8.	B.Sc. (Comp. Sci.) Sem I	Daya
9.	B.Sc. (Non-Med) Sem I	Madhvi
10.	Do	Palak



Students Enrolled for Higher Studies

▣ **SESSION 2025-26**

Sr.No.	Name	Class	Institute
1.	Sukirti Sharma	M.Sc. Biotechnology (Hons)	Lovely Professional University
2.	Kajal Kumari	M.Sc. Zoology (Hons)	Lovely Professional University
3.	Vinny banger	M.Sc. Zoology (Hons)	Lovely Professional University
4.	Gurleen kaur	M.Sc Zoology (Hons)	Lovely Professional University
5.	Shaurti sood	M.Sc. Chemistry (Hons)	Lovely Professional University
6.	Simran	M.Sc. Chemistry (Hons)	Lovely Professional University
7.	Sarika	B.Ed.	Ramgharia College of Education

Workshops/Seminars/Webinars attended by Teachers

Sr.No	Name	Number of webinars/Seminars/workshops attended
1.	Mrs. Priyanka	04
2.	Ms. Khushi	04
3.	Dr.Tavisha	03
4.	Ms. Isha Bhardwaj	03

SHINING STARS OF SCIENCE DEPARTMENT **MEDICAL**



KAJAL KUMARI
MARKS: 340/400
PERCENTAGE: 85%



VINNY BANGAR
MARKS: 320/400
PERCENTAGE: 80%



GURLEEN KAUR
MARKS: 319/400
PERCENTAGE: 80%



SUKIRTI SHARMA
MARKS: 318/400
PERCENTAGE: 80%

NON-MEDICAL



NEHA
MARKS: 309/400
PERCENTAGE: 77%



SARIKA
MARKS: 308/400
PERCENTAGE: 77%

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ਪ੍ਰੋਗਰਾਮ ਦਾ ਮੁੱਖ ਉਦੇਸ਼ ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਐਚ.ਆਈ.ਵੀ./ਏਡਜ਼ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਫੈਲਾਉਣਾ ਅਤੇ ਜ਼ਿੰਮੇਵਾਰ ਤੇ ਸਾਵਧਾਨ ਵਿਹਾਰ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨਾ ਸੀ। ਇਹ ਸਮਾਗਮ ਸਵੇਰੇ 11:00 ਵਜੇ ਆਡੀਓ-ਵਿਡੀਓ ਲੇਬ ਵਿੱਚ ਆਯੋਜਿਤ ਕੀਤਾ ਗਿਆ, ਜਿਸ ਵਿੱਚ ਪੋਸਟਰ ਮੈਕਿੰਗ ਮੁਕਾਬਲਾ ਅਤੇ ਡਿਕਲੇਮੇਸ਼ਨ ਮੁਕਾਬਲੇ ਵਰਗੀਆਂ ਲਿਵਲਿਚਪ ਗਤੀਵਿਧੀਆਂ ਸ਼ਾਮਲ ਸਨ। ਕੁੱਲ 20 ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਇਨ੍ਹਾਂ ਮੁਕਾਬਲਿਆਂ ਵਿੱਚ ਭਾਗ ਲਿਆ ਅਤੇ ਆਪਣੇ ਰਚਨਾਤਮਕ ਵਿਚਾਰਾਂ ਰਾਹੀਂ ਸਿਹਤ ਜਾਗਰੂਕਤਾ, ਹਮਦਰਦੀ ਅਤੇ ਸਮਾਜਿਕ ਜ਼ਿੰਮੇਵਾਰੀ ਬਾਰੇ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਸੰਦੇਸ਼ ਪ੍ਰਸਤੁਤ ਕੀਤੇ। ਇਸ ਸੈਸ਼ਨ ਦਾ ਆਯੋਜਨ ਮਿਸ ਪ੍ਰਿਅੰਕਾ ਅਤੇ ਮਿਸ ਖੁਸ਼ੀ ਵੱਲੋਂ ਕੀਤਾ ਗਿਆ, ਜਿਨ੍ਹਾਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਐਚ.ਆਈ.ਵੀ./ਏਡਜ਼ ਬਿਲਾਫ਼ ਲੜਾਈ ਵਿੱਚ ਸਿੱਖਿਆ ਅਤੇ ਜਾਗਰੂਕਤਾ ਰਾਹੀਂ ਸਰਗਰਮ ਭਾਗੀਦਾਰੀ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ। ਕਾਲਜ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਸਵਿੰਦਰ ਪਾਲ ਨੇ ਰੈਡ ਰਿਬਨ ਕਲੱਬ ਦੇ ਯਤਨਾਂ ਦੀ ਸਰਾਹਨਾ ਕੀਤੀ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇੱਕ ਸਚੇਤ ਅਤੇ ਦਇਆਲੂ ਸਮਾਜ ਦੀ ਨਿਰਮਾਣ ਪ੍ਰਕਿਰਿਆ ਵਿੱਚ ਆਪਣਾ ਯੋਗਦਾਨ ਜਾਰੀ ਰੱਖਣ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ। ਇਹ ਸਮਾਗਮ ਸਫਲਤਾਪੂਰਵਕ ਕਾਲਜ ਦੇ ਹੋਲਿਸਟਿਕ ਸਿੱਖਿਆ ਅਤੇ ਸਮਾਜਿਕ ਭਲਾਈ ਪ੍ਰਤੀ ਸਮਰਪਣ ਨੂੰ ਦਰਸਾਉਂਦਾ ਹੈ, ਜਿਸ ਵਿੱਚ ਸਿੱਖਣ ਨੂੰ ਅਰਥਪੂਰਨ ਸਮਾਜਿਕ ਕਾਰਜ ਨਾਲ ਜੋੜਿਆ ਗਿਆ।

ਫਗਵਾੜਾ ਅਪਡੇਟ ਨਿਊਜ਼
PHAGWARA UPDATE NEWS

PHAGWARA UPDATE NEWS
 ਪ੍ਰਾਈਵੇਟ ਲਿਮਟਿਡ, ਜਾਗਦੀ ਸਾਹਗਰਵੀਹਾ ਸੀ. ਐ. ਜ਼ਰੂਰ, ਸਾਹਗਰਪੁਰਾ, ਫਗਵਾਰਾ 83606-70152, 77400-3015
 ਮਿਲੇਗੇ : @phagwaroupdatenews | Subscribe our channel - Phagwaroupdatenews
 ਫਗਵਾਰਾ 20 ਮੰਤਰ

ਨੇ ਜਲਕ ਮੋਟੇਵਾ ਵਿਭਾਗ, ਆਪੇਜਿਤ ਮੈਮਨ, ਕਪੂਰਥਲਾ ਜ਼ਿਲ੍ਹਾ

ਕਮਲਾ ਨਹਿਰੂ ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ, ਫਗਵਾੜਾ ਨੇ ਰੈਡ ਰਿਬਨ ਕਲੱਬ ਅਧੀਨ ਜ਼ਿਲ੍ਹਾ ਪੱਧਰੀ ਮੁਕਾਬਲਿਆਂ ਵਿੱਚ ਸ਼ਾਨਦਾਰ ਪ੍ਰਦਰਸ਼ਨ ਉਨ੍ਹਾਂ ਨੇ ਉਤਮਤਾ ਲਈ ਯਤਨਸ਼ੀਲ ਰਹਿਣ ਅਤੇ ਕਾਲਜ ਨੂੰ ਸ਼ਾਨ ਪ੍ਰਦਾਨ ਕਰਦੇ ਰਹਿਣ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ ਇਹ ਮਾਨਤਾ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਜੀਵੰਤ ਭਾਵਨਾ ਅਤੇ ਪ੍ਰਤਿਭਾ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਅਤੇ ਸਰਕਾਰੀ ਪਹਿਲਕਦਮੀਆਂ ਵਿੱਚ ਸਰਗਰਮ ਭਾਗੀਦਾਰੀ ਲਈ ਕਾਲਜ ਦੀ ਵਚਨਬੱਧਤਾ ਨੂੰ ਉਜਾਗਰ ਕਰਦੀ ਹੈ ਇਸ ਮੌਕੇ ਕੁਲਦੀਪ ਸਿੰਘ, ਰਮਿੰਦਰ ਕੌਰ, ਮੁਖਿਅਕ ਮੰਨਪਿੰਡ, ਭਾ ਸੁਰਮਤੀ ਸਦ ਆਦਿ ਮੌਜੂਦ ਸਨ

ਕਮਲਾ ਨਹਿਰੂ ਕਾਲਜ ਫ਼ਾਰ ਵੂਮੈਨ ਵੱਲੋਂ ਅੰਤਰਰਾਸ਼ਟਰੀ ਮਹਿਲਾ ਦਿਵਸ ਮਨਾਇਆ

[illegible]