# Annual Report(2019-20)

MGN College of Education has prepared professional, creative and humane teachers since its inception. Another glorious year has been added to the history of the college, which is full of curricular as well as co curricular activities. The session began on 10th July, 2019.

# INAUGURAL SESSION AND ORIENTATION PROGRAMME

In orientation programme, the students were familiarized with the teacher education profession. The students were told about content outlines, examination system, code of conduct and different activities to be carried out during the whole session. The detail of the same is as follows:

The session started with the orientation programme of M.Ed. Sem. – III that was held on 10<sup>th</sup> July, 2019. Principal Mrs. Neelu Jhanji addressed students of the new session and told them regarding the Foundation Papers. Dr. Radha Arora allotted the optional papers. Details of information regarding dissertation with special focus on data collection was provided by Dr. Ravjeet Kaur. Students were oriented towards the Internship Programme by Dr. Meharban Singh.

The orientation programme for B.Ed. Sem.-III was held on 10<sup>th</sup> July, 2019. Under this, students were oriented towards the School Internship Programme by Dr. Meharban Singh Further he laid stress on pre-practice and school experience programme along with various activities to be performed by students during their teaching practice in different schools. Dr. Kiran walia oriented regarding field engagement with community and about Paper CP FE III.

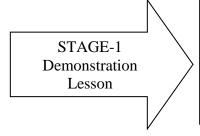
The Orientation Programme for B.Ed. Sem.-I was held from 26<sup>th</sup> August 2019 to 28<sup>th</sup> August 2019, in which the students were introduced towards the various subjects and activities of the course. Mrs Neelu Jhanji explained about Paper III- Education and Development. Dr Radha Arora oriented about Paper I- Understanding the learner and learning Process. Dr Meharban Singh oriented about Paper II Contemporary India and Education and different Pedagogy subjects. Dr. Ravjeet Kaur threw light on the Examination Scheme. Dr. Kiran Walia and Mrs. Gaganpreet Kaur elaborated about different Camps and activities taken up under NSS Camp. Dr. Pooja Arora explained about different College Clubs and their activities. Later on the

description related to cultural activities including talent hunt, co-curricular activities and youth festivals was given by Dr. Pooja Bhardwaj.

### PRACTICE TEACHING PROGRAMME

Students in the college learn to teach. A central aspect of Teacher Education Programme is the school experience programme in schools, popularly known as Teaching Practice for Student Teachers. During Teaching Practice students are given opportunities to observe experienced teachers at work and to develop practical skills, particularly in the areas of planning, teaching class-room management and organizing learning activities for pupils.

It is conducted in four stages: demonstration lessons, pre-practice stage, school experience programme- actual practice stage at practicising schools, evaluation stage Pre-practice programme was held in the College from 13.7.2019 to 18.11.2019.



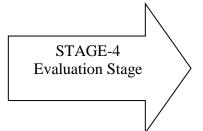
- Demonstration of composite lessons by the subject teachers.
- Demonstration of skill based micro lessons by the subject teachers

STAGE-2 Pre-Practice Stage

 Planning and delivery of five composite lessons and five micro lessons by the pupil teachers under the supervision of subject teachers.



- Planning and delivery of forty composite lessons by the pupil teachers for each pedagogy subject.
- Planning and delivery of five micro lessons by the pupil teachers under the simulated situations for each pedagogy subject
- Conducting various activities in the respective schools.



 Evaluation of composite lessons by the supervisors in the form of Discussion Lessons and final Discussion Lessons.

Demonstration lessons for composite lesson plans were delivered by the subject teachers to the students from July 19<sup>th</sup> to July 20<sup>th</sup> 2019. Demonstration lessons for Micro Lessons in various skills were also given by the teachers. During pre practice programme, from July 13<sup>th</sup> to July 18<sup>th</sup> 2018. students prepared the files regarding framing of P.K. testing questions, behavioral objectives and lesson plans of composite and micro lessons.

Different government schools were allocated for Teaching Practice, which was carried from 16<sup>th</sup> August, 2019 to 18th November, 2019(as per the directions by SCERT).. During Practice Teaching Programme, the students prepared lesson plan every day for each teaching subject. In addition to this, students also participated in the various activities carried out in the practicing schools. The activities are as follows:

- 1. Conducting and participating in Morning Assembly.
- 2. Organizing Physical Training Programme after Morning Assembly.
- 3. Delivering Lectures on social/moral/cultural issues in the Morning assembly.
- 4. Organizing different competitions i.e. Quiz, Painting, Essay Writing, Declamation, Debate etc.
- 5. Celebration of different festivals and important days during the period of teaching practice.
- 6. Maintaining Attendance Register and Stock Register.
- 7. Conducting Sports Meet.
- 8. Maintaining/Beautification of school campus.
- 9. Action Research Programme.

10.

# Second Discussion was held on 1st November, 2019.

Final Discussion was held from 18<sup>th</sup> December to 19<sup>th</sup> December, 2019.

### **MORNING ASSEMBLIES**

Morning Assemblies are most important feature of the college's co-curricular activities.

The activities are planned House wise. This session morning assemblies were organized on the following topics:

Vivekanand House • Teacher's day celebration on 05-09-2019

Gandhi House

• On the topic :Cognitive Skills: Self Awareness, Critical Thinking and Creative Thinking held on 18-02-2019

### **CELEBRATION OF IMPORTANT DAYS**

### • Celebration of Teacher's Day

Vivekananda House of the college paid tribute to teachers by organizing 'Teacher's Day' in the college campus on 5<sup>th</sup> September, 2019.

### • Celebration of Hindi Diwas

To realize the importance of Hindi and motivate the students to use and respect our mother tongue, Hindi Diwas was organized in the college premises on 14-09-2019 on the theme: "Hindi Hain Hum, Vatan Hain Hindustan Hamara". While speaking on this occasion, Principal Mrs. Neelu Jhanji said that language is not only the mode of communication, it is also the medium to understand the culture of a country. This event was organised under the supervision of Ms Surjit Kaur.

### • Celebration of N.S.S. Day

### • Celebration of World Environment Protection Day

The World Environment Protection Day was celebrated by NSS unit of the college on 26<sup>th</sup> November,2019 through tree plantation programme.

### • Celebration of Constitution Day

Constitution Day was celebrated by NSS unit of the college on 26<sup>th</sup> November,2019 by organizing an awareness rally.

### • Celebration of World AIDS Day

Red Ribbon Club of the college celebrated World AIDS Day in the college campus on 30<sup>th</sup> November, 2019.

# • Celebration of National Youth Day

Red Ribbon Club of the college celebrated National Youth Day in the college campus on 11<sup>th</sup> January, 2019.

### • Celebration of Women's Day

NSS UNIT and Women Welfare Committee of the college celebrated International Women's Day on the theme "Beti Bachao, Beti Padhao" on 8 March, 2020.

### • Celebration of World Mathematics Day

Maths club of the College celebrated National Mathematics Day in the college premises on 04-03-2020.

### • Celebration of National Safety Day

Youth Red Cross Club of the college celebrated "National Safety Day" on the theme 'Health is Wealth- keep this treasure safe' on 5 March, 2019.

### • Celebration of World Environment Day

The World Environment Day was celebrated by NSS unit of the college on 5<sup>th</sup> June,2020.

### • Celebration of International Yoga Day

Drug De-Addiction Committee of the college celebrated International Yoga day as the coordinators attended workshops conducted by MHRD and online workshop conducted by DAV College, Jalandhar.

### • Celebration of National Science Day

Science students of MGN College of Education celebrated 'National Science Day' in the College premises on 03-03-2020. On this day students of through various posters the importance of good health, various type of diseases prevailing in society and also the role of these diseases were displayed. Through various speeches the importance of National Science Day was also elaborated. While speaking on the occasion, appealed the students to leave all the superstitions and enhance their scientific temper and zeal. The event was co-ordinate by Dr.Seema Rani.

### • World Health Day Celebration

To appreciate the work of nurses and midwives, N.S.S. unit celebrated World Health Day on 7th April 2020 by sharing the message on College's official Facebook Page.

### • Celebration of World Environment Day

World Environment Day was celebrated on 5th June, 2020. A message was posted on college's official Facebook page spreading awareness regarding the protection of environment.

### • Celebration of International Yoga Day

International Yoga Day was celebrated on 21st June 2020. Students performed Yogic asanas and attended the seminar organised by DAV College to celebrate International Yoga Day.

### • Celebration of International Day against Drug Abuse and Illicit trafficking

International Day against Drug Abuse and Illicit trafficking was celebrated on 26th June 2020. Students of B.Ed. made the awareness regarding the significance of the celebration of International Day against Drug abuse and Illicit trafficking through a video.

### HIGHLIGHTS OF VARIOUS CLUBS' ACTIVITIES

### **CULTURAL CLUB ACTIVITIES**

#### • Talent Hunt

To explore the talent of youth, 'Talent Hunt Programme' was organized in the premises of M.G.N. College of Education, Jalandhar. Under this programme various competition were held under Fine Arts category (Rangoli, Landscape, Still Life Painting, Slogan writing, Collage Making, Phulkari, Clay Modeling, Poster Making, Cartooning and Sketching), Literary category (Poetical Symposium and Elocution) and Cultural category (Singing, Dancing, Skit and Mono-acting). Around 50 students participated in the various categories with full enthusiasm.

On this occasion, Milan and Arshia through their speeches and Gurwinder Kaur by her poem 'Nasha' made the youth aware regarding the menance of drug-addiction and spread awareness to stay away from this evil.

The Judgement of competitions was done by Dr.Meharban Singh, Dr.Ravjeet Kaur, Dr.Pooja Bhardwaj, Mrs.Geetanjali and Ms.Sharan. The event was coordinated by Dr.Pooja Bhardwaj, Dr.Pooja Arora and Mrs.Gaganpreet Kaur. Dr.Pooja Bhardwaj along with students Harpreet and Aashima conducted the stage. The entire event was organized under the supervision of Dr.Radha Arora.

# Result of 'Talent Hunt' function held on 09.10.2019 & 10.10.2019 is as follows: Fine Art Competition (09.10.2019)

#### Rangoli

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll	Position
				No	
1	Garima	Rajesh Kataria	B.Ed./ C	670	First
2	Sakshi	Rajesh Malhotra	B.Ed./ C	655	Second

3	Harjeet Kaur	Harwinder Singh	B.Ed./ C	681	Consolation	
3	Transcet Tkaar	That will der Billigh	D.La./ C	001		Consolution

# • Sketching

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll	Position
				No	
1	Milan Madhuri	Brahmanand	B.Ed./ B	608	First
	Mahanta	Mahanta			
2	Anshika	Ashok Kumar	B.Ed./ A	651	Consolation

# • Slogan

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll	Position
				No	
1	Jasbir Kaur	Manbudh	B.Ed./ C	664	Consolation

# • Poster Making

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll	Position
				No	
1	Anshika	Ashok Kumar	B.Ed./ C	651	First
2	Deepika	Sunil Kumar	B.Ed./ C	619	Second
3	Dheeraj	Vipan Kumar	B.Ed./ C	502	Consolation

# • Still Life

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll	Position
				No	
1	Dheeraj	Vipan Kumar	B.Ed./ D	502	First
2	Jasbir Kaur	Manbudh	B.Ed./ C	664	Consolation

# • Landscape

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll	Position
				No	
1	Sandhya Gautam	Amar Singh	B.Ed./ D	674	Consolation

# • Collage Making

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll	Position
				No	
1	Anjali Khurana	Ranjit Singh	B.Ed./ C	658	Consolation

# **Literary Competition (10.10.2019)**

# • Poetry

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll	Position
				No	
1	Ramneet	Yeshpal	B.Ed./ A	615	First
2	Shivani Passi	Aman Passi	B.Ed./ B	613	Second

# • Elocution

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll	Position
				No	
1	Kriti Khanna	Harish Khanna	B.Ed./ B	636	First
2	Milan Madhuri	Brahmanand Mahanta	B.Ed./ B	608	Second
	Mahanta				
3	Arshia Kakkar	Sumesh Kakkar	B.Ed./ D	603	Consolation

# **Cultural Competition (10.10.2019)**

# • Dance

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll	Position
				No	
1	Simranjot Kaur	Tajinder Singh	B.Ed./ D	663	First
2	Shubham Manhas	Pawan Kumar	B.Ed./ D	501	Second
3	Gurwinder Kaur	Mohinder Singh	B.Ed./ D	678	Second
4	Navneet Pansotra	Joginder Singh	B.Ed./ D	503	Consolation

# Singing

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll	Position
				No	
1	Akshita Bahri	Sandeep Bahri	B.Ed./ B	638	First
2	Navreet Kaur	Sukhwinder Singh	B.Ed./ B	612	Second
3	Neha	Vidya Sagar	B.Ed./ A	635	Consolation

# Monoacting

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll	Position
				No	
1	Arshia Kakkar	Sumesh Kakkar	B.Ed./ D	603	First
2	Navneet Pansotra	Joginder Singh	B.Ed./ D	503	Second

### • Zonal Youth Festival

Following students of our College have won positions in different events during Zonal Youth Festival of G.N.D.University, held at Lyallpur Khalsa College of Education for Women, Jalandhar from 22<sup>nd</sup> October to 24<sup>th</sup> October, 2019.

Item	Name	Father's Name	Class/ R.No	Position
Cartooning	Poshita Oberoi	Sunil Oberoi	B.Ed. Sem-III /	First
			152	
Rangoli	Bharti Chadha	Kuldip Kumar	M.Ed. Sem-III	First
		Chadha	/1002	
Phulkari	Jaspreet Kaur	Baldev Singh	B.Ed. Sem-III /155	Second
Folk Song	Harpreet Kaur	Sarabjit Singh	M.Ed. Sem-III	Second
			/1003	
Quiz	Milan Madhuri	Brahmanand	B.Ed. Sem-I / 608	Second
	Mahanta	Mahanta		
	Liview	Deep Raj	B.Ed. Sem-I / 633	
	Shubham Manhas	Pawan Kumar	B.Ed. Sem-I / 501	
Elocution	Kirat Kaur	Nishan Singh	B.Ed. Sem-III /	Third

			105	
Collage	Bharti Chadha	Kuldip Kumar	M.Ed. Sem-III	Third
making		Chadha	/1002	
Life	Milan Madhuri	Brahmanand	B.Ed. Sem-I / 608	Third
Sketching	Mahanta	Mahanta		
Slogan	Jasbir Kaur	Manbudh	B.Ed. Sem-I / 664	Third
Writing				
<b>Group Song</b>	Navreet Kaur	Sukhwinder Singh	B.Ed. Sem-I / 612	Third
	Konica Sehgal	Suresh Sehgal	B.Ed. Sem-I / 622	
	Roopinder Kaur	Avtar Singh	B.Ed. Sem-I / 616	
	Akshita Bahri	Sandeep Bahri	B.Ed. Sem-I / 638	
	Ramneet	Yeshpal	B.Ed. Sem-I / 615	
	Harpreet Kaur	Sarabjit Singh	M.Ed. Sem-III	
			/1003	

### • Doaba Youth Festival

Following students of our College have won positions in different events during Inter-College Doaba Youth Festival-2019, held at Doaba College, Jalandhar on 7<sup>th</sup> November, 2019 and won various positions:

Item	Name	Father's Name	Class/ R.No	Position
Cartooning	Poshita Oberoi	Sunil Oberoi	B.Ed. Sem-	1st
			III/152	
Rangoli	Bharti Chadha	Kuldip Kumar	M.Ed. Sem-	2 <sup>nd</sup>
		Chadha	III/1002	
Debate	Nidhi Sharma	Harinder Sharma	B.Ed. Sem-	
			III/103	3 <sup>rd</sup>
	Milan Madhuri	Brahmanand	B.Ed. Sem-I/608	
	Mahanta	Mahanta		
Gidha Team	Palakpreet Kaur	Sukhwinder Singh	B.Ed. Sem-I/659	
	Mandeep Kaur	Saroop Singh	B.Ed. Sem-I/611	3 <sup>rd</sup>
	Simranjot Kaur	Tajinder Singh	B.Ed. Sem-I/663	

	Mandeep Kaur	Harjinder Singh	B.Ed. Sem-I/606	
	Shivangi Sekhri	Harish Kumar	B.Ed. Sem-I/676	
	Shivani	Ravinder Singh	B.Ed. Sem-I/673	-
	Shivani Passi	Aman Passi	B.Ed. Sem-I/613	-
	Rimpi	Ram Lagan	B.Ed. Sem-I/626	
	Komal Rana	Kaka Singh Rana	B.Ed. Sem-I/610	
	Poonam	Rajinder Singh	B.Ed. Sem-I/671	
	Ashima	Mahinder Pal	B.Ed. Sem-I/672	
Skit	Navneet Pansotra	Joginder Singh	B.Ed. Sem-I/503	
	Shubham Manhas	Pawan Kumar	B.Ed. Sem-I/501	-
	Palak Verma	Arun Kumar	B.Ed. Sem-I/650	1
		Verma		3 <sup>rd</sup>
	Arshia Kakkar	Sumesh Kakkar	B.Ed. Sem-I/603	
	Gurwinder Kaur	Mohinder Singh	B.Ed. Sem-I/678	1
	Paramjeet Kaur	Pritpal Singh	B.Ed. Sem-I/639	-
	Arora	Arora		
Sufi Kalaam	Harpreet Kaur	Sarabjit Singh	M.Ed. Sem-	Consolation
			III/1003	
Sketching	Milan Madhuri	Brahmanand	B.Ed. Sem-I/608	Consolation
	Mahanta	Mahanta		

# • Inter-College Shabad Gayan Competition

Following students of our College have won positions in different events during **Inter-College Shabad Gayan Competition** 2019, held at D.A.N. College of Education for Women, Nawanshahr on 16<sup>th</sup> November, 2019.

Item	Name	Father's Name	Class/ R.No	Position
<b>Group Shabad</b>	Navreet Kaur	Sukhwinder Singh	B.Ed Sem-I/612	
	Ramneet	Yeshpal	B.Ed Sem-I/615	
	Konica Sehgal	Suresh Sehgal	B.Ed Sem-I/622	2 <sup>nd</sup>
	Neha	Vidya Sagar	B.Ed Sem-I/635	
	Akshita Bahri	Sandeep Bahri	B.Ed Sem-I/638	

Best	Harpreet Kaur	Sarabjit Singh	M.Ed Sem-	2 <sup>nd</sup>
Performer			III/1003	

# • Inter College Geet/Gazal and Folk Song Competition

Following students of our College have won positions in different events during Inter College Geet/Gazal and Folk Song Competition 2019, held at St. Soldier College of Education, Jalandhar on 19<sup>th</sup> November, 2019.

Item	Name	Father's Name	Class/ R.No	Position
Shabad Gayan	Harpreet Kaur	Sarabjit Singh	M.Ed Sem-	2 <sup>nd</sup>
			III/1003	
Geet/Gazal	Navreet Kaur	Sukhwinder Singh	B.Ed Sem-I/612	Consolation

# • Inter College Vedic Speech Competition

Following student of our College has won I<sup>st</sup> position in Inter College Vedic Speech Competition 2020, held at PCM S.D College for Women, Jalandhar on 15<sup>th</sup> February, 2020.

Item	Name	Father's Name	Class/ R.No	Position
Speech	Kirat Kaur	Nishan Singh	B.Ed Sem-IV/105	I <sup>st</sup>

### • Essay Writing Competition

Following students of our College have won various positions in **Essay writing competition** on the topic "**Struggle of Freedom Fighters in Indian Freedom Movement**" held on 17.02.2020.

Sr. No.	Name	Father's Name	Class/Roll No	Position
1	Meenakshi	Sh.Naresh Kumar Singla	B.EdII/ 683	First

2	Nidhi Sharma	Sh.Harinder Sharma	B.EdIV/ 103	Second
3	Navjot Kaur	Sh.Om Parkash	B.EdIV/ 127	Third
4	Chakshu	Sh.Sunil Kumar	B.EdII/ 603	Consolation

### • Inter College Competition

Students of MGN College of Education, Jalandhar participated in online competitions organised by Sant Baba Dalip Singh Memorial Khalsa College Domeli, Phagwara. Competitions held were related to Covid-19 on 22nd May 2020. Categories under which the competition were held are as following.

The following were the participants

Speech – Navjot Kaur(127, B.Ed. Sem. IV)

Handwritting – Ashima Munjal(654, B.Ed. Sem. II)

Poetical Recitation – Ramneet (615, B.Ed. Sem. II)

Painting – Rupa Johal(119, B.Ed. Sem. IV)

Poster Making – Anshika(651, B.Ed. Sem. II)

Cartooning – Poshita Oberio (152, B.Ed. Sem. IV)

Slogan Writing – Jasbir Kaur(668, B.Ed. Sem. II)

### • Organised Inter-College online Competitions for UG and PG Classes

MGN College of Education organised Inter College Competitions for UG and PG classes on 2nd June, 2020 under the following categories.

- 1. Declamation
- 2. Poetical symposium
- 3. Slogan writing
- 4. Cartooning
- 5. Poster making

Students from various colleges participated in the categories mentioned above with great enthusiasm. Following are the results:

### Results of Inter College Online Competitions

### **CARTOONING**

NAME OF	FATHER'S NAME	POSITION	INSTITUTION'S NAME
THE			
STUDENT			

Poshita	Sh. Sunil Oberoi	I	M.G.N College of Education,	
			Jalandhar	
Sonampreet Kaur	Sh. Narinder Singh	II	Sri Guru Teg Bahadur College of	
_	_		Education, Khankot, Amritsar	
Palak	Sh. Davinder Pal Singh	II	Innocent Hearts College of	
		Ι	Education, Jalandhar	

# **POSTER MAKING**

NAME OF THE STUDENT	FATHER'S NAME	POSITION	INSTITUTION'S NAME
Ramneet Kaur	Sh. Baldev Singh	I	D.A.V College Of Education for Women , Amritsar
Abhishek Sachdeva	Sh. Hari Om Sachdeva	II	Sri Guru Teg Bahadur College of Education, Khankot, Amritsar
Ritika	Sh. Surinder Pal	II I	Guru Nanak Dev University College , Ladowali Road, Jalandhar

# **SLOGAN WRITING**

NAME OF THE	<b>FATHER'S NAME</b>	POSITION INSTITUTION'S NAME	
STUDENT			
Kirti Dhawan	Sh. Ashwani	I	D.A.V College of Education For
	K. Dhawan		Women, Amritsar
Harpreet Kaur	Sh. Manohar Singh	II LLRM College of Education	
_	_		Dhudike, Moga
Manpreet Kaur	Sh. Ranvir Singh	II	D.A.N College of Education
		I	for Women, Nawanshahr
Komal Mann	Sh. Kuldeep Kumar	Consolation	Kamla Nehru College of Education,
			Phagwara

# **Declamation**

NAME OF	FATHER'S NAME	POSITIO	INSTITUTION'S NAME
THE STUDENT		N	
Davinder Kaur	Sh. Sukhbir Singh	I	D.A.VCollege of Education
			for Women, Amritsar
Chanpreet Kaur	Sh. Jagmer Singh	II	D.A.N College of Education
			for Women, Nawanshahr
Amritpal Kaur	Sh. Sewa Singh	III	Sri Guru Angad Dev College
			of Education, Khadur Sahib,
			Tarn Taran

NAME OF THE STUDENT	FATHER'S NAME	POSITION	INSTITUTION'S NAME
Meghna Sharma	Sh. Vijay Kumar Sharma	I	LLRM College of Education Dhudike, Moga
Simranjeet Kaur	Sh. Paramjit Singh	II	Sri Guru Angad Dev College of Education, Khadur Sahib, Tarn Taran
Kavita Airy	Sh. Manjit Airy	II I	D.A.N College of Education for Women, Nawanshahr

### • Inter college Online slogan writing and Poster Making Competition.

Students of MGN College of Education participated in Inter College Online Slogan Writing and Poster Making Competition organised by Shaheed Bhagat Singh College of Education on July 3, 2020 under the themes: Social distancing – Slogan writing and Post Covid-19 classrooms – Poster Making

Anjali Khurana (Roll No. 658) B.Ed. Sem II secured 2nd position in Poster Making. Jasbir Kaur (Roll No. 664) B.Ed. Sem II got consolation prize in slogan writing.

### • Inter college Declamation and Essay writing competition

Tagore College of Education for women Behrampur Road, Gurdaspur organised Inter College Declamation and Essay writing Competition on Covid-19.

The topics for Declamation were-

- Impact of COVID 19 crisis on Environment
- Impact of COVID 19 crisis on Mental Health

The topic for Essay writing was-

Post Covid 19 sanitation plan/safety measures

**Nidhi Sharma** (Roll No. 103) B.Ed. Sem IV of our college secured **IIIrd position** in Essay writing competition.

### • Inter College Online Competition

Students of MGN College of Education participated in Inter College Online Competition organised by Guru Teg Bahadur College of Education Khankot Amritsar on "Best Out of Waste" and "Collage Making on Covid-19". The competition was organised on June 19, 2020.

Milan Madhuri Mahanta (Roll No. 608), B.Ed. Sem II got IInd Position in collage making competition

### • Inter College Online Competition

Students of MGN College of Education, Jalandhar participated in online competition (Poster Making and Best out of waste) organised by SVMs college of Education, Batala. Theme of this competition was "COVID-19" organised on July 28, 2020.

The participants were:

- 1. Best out of Waste Sandhya Gautam (674, B.Ed. Sem. II)
- 2. Poster Making Jasbir Kaur (664, B.Ed. Sem. II)

### • Inter College Online Competition

Students of MGN College of Education participated in online Inter College Competitions on the theme COVID-19 organised by Kamla Nehru College of Education for women on 9th July, 2020. Competitions were held under following categories:

- 1. Declamation Contest
- 2. Chart Preparation
- 3. Handwriting Competition
- 4. Essay writing Competition

Jasbir Kaur got IIIrd Position in Chart preparation and Nidhi Sharma(Sem IV,103) got IIIrd position in Essay writing.

### • National Level Inter College online Article Competition

HMV College organised an Inter College online Article writing Competition on 'Gearing up for Post Covid World' on 20th July 2020. Nidhi Sharma of our college secured second position in this competition.

### • Inter College Online Article Writing Competition

CT Institute of Higher Studies, Shahpur organised an Inter College Online Article writing Competition on the topic.COVID-19: Impact on vulnerable sections of society on 29th July 2020. Student of our college Nidhi Sharma (Roll No. 103) of B.Ed. Sem IV participated in this competition.

### • *Digi Fest 2020*

Shahzada Nand College, Maqbool Road, Green Avenue, Amritsar organized Digi Fest 2020 on 10<sup>th</sup> July, 2020 in which student of the college Jasbir Kaur (Roll No. 664) of B.Ed. Sem II participated in Poster Making Category.

### **ART CLUB ACTIVITIES**

### • Workshop on Sketching

Art Club of M.G.N. College of Education, Jalandhar organized a Workshop on Sketching on 17-02-2020. This workshop was conducted by Mrs.Dimple Jain, Director Stepping Stone, Mr.Vinesh Jain, Chairman, Stepping Stone, Ms.Chahat Coordinator Stepping Stone and Artist Mr.Amit Zurff. During the workshop Mr.Amit demonstrated the techniques of sketching, pencil shading drawing, tones about line and sketching of different forms existing in nature like birds, animals and human figures. Students further practised the concept of light and shading and they also learnt giving the 3 dimensional effect. During the workshop, students were made aware of different tools of sketching and shading tones. The entire event was coordinated by Ms.Sharan.

# • Poster Making Competition

To Enhance the Creativity and Aesthetic Sense among the students, an online poster making competition on "Fight Against COVID-19" was organised by Art Club on 28th July 2020. This competition helped them to be aware of the safety measured to be taken to fight against Coronavirus. Among the students Muskaan Aggarwal (Roll No. 646), Meenakshi (683), Annpurna Bali (669), Jasbir Kaur (664), Garima (144) and Anmoldeep Kaur (149) had participated in the competition. A certificate of participation was given to all the participants. The entire event was coordinated by Ms.Sharan.

### CAREER AND COUNSELLING CELL

### • Workshop on Personality Development

Career and Counselling Cell of M.G.N. College of Education, Jalandhar organized a Workshop on 'Personality Development' - Resume Writing and Interview Skills for all the students in the college premises on 19-02-2020. This Workshop was conducted by Mr. Pardeep Singh, Director, IBT institute Pvt. Ltd. and Mr.Gurcharanjeet Singh, Relationship Manager, IBT.

While Speaking Mr.Pardeep Singh explained some of the key points to develop personality including communication, dressing sense, general knowledge, body language, interview skills, sense of humour, attitude, reading books and remove hesitation. Further he said that the personality development without having specific goal is useless. He also conducted some mock interviews during the Workshop to make the students prepared for facing interviews. Also, he gave a list of parts of Resume, to prepare a lucid and effective Resume. He further posed some of the frequently asked questions during the interview. This event was organized by Dr.Ravjeet Kaur and Mrs.Sakshi Sharma.

### **HEALTH CLUB**

### • Fit India Movement

Health club of the college triggered Fit India Movement from 14-02-2020 to 24-02-2020 by organizing following activities:

### Volley Ball Match

Following students of the college won the first position in **Volley Ball Match** held in our college campus on 24.02.2020. The entire event was organized by Dr.Kiran Walia, Mrs.Gaganpreet Kaur and Mr.Harkamaljit Singh.

Sr.	Name	Father's Name	Class/Roll No	Position
No.				
1	Shubham Manhas	Sh.Pawan Kumar	B.EdII/ 501	
2	Navneet Pansotra	Sh.Joginder Singh	B.EdII/ 503	First
3	Dheeraj	Sh.Vipan Kumar	B.EdII/ 502	11130
4	Ayaz Rahil	Sh.Mohammad Khan	B.EdII/ 504	

# • Inter House Badminton and Kho-Kho Competitions

Following students of the college won various positions in **Inter House Badminton and Kho-Kho Competitions** held in our college campus. The entire event was organized by Dr.Kiran Walia, Mrs.Gaganpreet Kaur and Mr.Harkamaljit Singh

# Result of Badminton Competition (on 14<sup>th</sup> & 18<sup>th</sup> February, 2020)

Name	Father's Name	Class/Roll No	Position
Girls (Doubles)			
Ritu Soni	Ashok Kumar Soni	B.EdIV/ 136 (B)	1 <sup>st</sup>
Rupa Johal	Shaminder Singh	B.EdIV/ 119 (B)	

Simranjot Kaur	Tajinder Singh	B.EdII/ 663 (A)	2 <sup>nd</sup>
Sandhya Gautam	Amar Singh	B.EdII/ 674 (A)	
Akshita Sharma	Neeraj Sharma	B.EdIV/ 132 (C)	3 <sup>rd</sup>
Manrajveer Kaur	Daljit Singh	B.EdIV/ 151 (C)	
Boys (Singles)			
Navneet Pansotra	Joginder Singh	B.EdII/ 503 (A)	1 <sup>st</sup>
Chetan Gupta	Sh.Mukesh Gupta	B.EdIV/01 (B)	2 <sup>nd</sup>
Shubham Manhas	Pawan Kumar	B.EdII/ 501 (A)	3 <sup>rd</sup>

### Result of Kho-Kho Competition (20 February, 2020)

Name of Section	House	Position
B.Ed Sec A (SemII)	Gandhi House	1 <sup>st</sup>
B.Ed Sec C (SemIV)	Rousseau House	2 <sup>nd</sup>
B.Ed Sec A (SemIV)	Plato House	3 <sup>rd</sup>

### • Celebration of World Health Day

Health Club of the college was celebrated World Health Day on 7th April, 2020 as a day to celebrate the work of nurses and midwives and remind world leaders of the critical role they play in keeping the world healthy.

### DRUG DE-ADDICTION COMMITTEE

### • Celebration of Youth Empowerment Day

Drug De-addiction Committee, DAPO, Buddy groups of The college celebrated "Youth Empowerment Day" in the college premises to commemorate the sacrifice of freedom fighter S. Bhagat singh, Remembering him on the martyrdom day of Shaheed Bhagat Singh. On this occasion, an essay writing competition was organized on the theme viz. "Get High on Grades, Not on Drugs", "The Drugs of Youth is to challenge Drugs" and "Drugs Drag you Down." The judgment of the essay writing competition was done by Geetanjali Mittu.

While speaking on the occasion, Principal Mrs. Neelu Jhanji said that the problem Drug addiction among youth of Punjab is the cause of serious concern. She further added that the Government need to involve communities and media to highlighting perils associated with the drug addiction and educating people to stand against their menace.

The following students of our College have won various positions in **Essay Writing Competition on** "Youth Empowerment Day" held on 23.03.2019, organized by Drug Deaddiction Committee in our College Campus.

Sr. No.	Name	Father's Name	Class/Roll No	Position
1	Gurleen Kaur	S.Jasbir Singh	B.EdII/ 115 (A)	First
2	Baljeet Kaur	S.Kulwinder Singh	B.EdII/ 150 (B)	Second
3	Ritu Soni	Sh.Ashok Kumar Soni	B.EdII/ 136 (B)	Third

### YOUTH RED CROSS CLUB

### • First Aid Services

Youth Red Cross Club of the college provided first aid services on annual sports meet, interhouse Badminton and Kho –Kho competitions and Volley ball match. This service was provided under the supervision of Red Cross incharges S. Maninderpal Singh and Ms. Jaspreet Kaur.

### WOMEN WELFARE COMMITTEE

### • Expert Talk on the topic 'Women Health and Hygiene – Anemia and Balanced Diet'

Women Welfare Committee of MGN College of Education, Jalandhar organized an expert talk on the topic 'Women Health and Hygiene – Anemia and Balanced Diet' by Dr.Arpana Chodha, Rural Medical Office on 11-09-2019. While speaking she made aware about what is Anemia, i.e lower level of Red Blood Cells. She further explained that Anemia is the most common blood related problem affecting one third of the total population globally, which is due to lack of nutritious food, trauma and excessive internal blood loss. She further suggested

that we should take three meals per day and take healthy snacks in between to maintain good health. She suggested to avoid fast food, frozen food and even mobile phones. She further elaborated that excessive use of mobile phones can cause fertility related problems among women. For good health, she suggested that at least sixty minutes of daily workout is must and a sound sleep is required. Further she explained that lack of knowledge about balanced diet, bad cooking and irregular deworming can lead to malnutrition and illness among females and focused on women personal hygiene which is vital to women health. She also urged that each and every educational institutions must have clean water and sanitary facility to maintain personal hygiene and stressed on breaking of taboos related to women health and hygiene. Afterwards, there was an interaction session with the female students where students took suggestions regarding their physical ailments.

### **RED RIBBON CLUB**

### • Jal Shakti Abhiyaan

N.S.S. Unit and Red Ribbon Club of M.G.N. College of Education organized "Jal Shakti Abhiyaan" from 22<sup>nd</sup> to 24<sup>th</sup> July. This Campaign was conducted in Govt. Girls High School, Gandhi Vanita Ashram, Jalandhar. During the campaign, students of the college through their lectures on topics like 'Water Conservation and Rainwater Harvesting', 'Renovation of traditional and other water bodies' and 'Reuse of water', sensitize the students towards the upcoming problem of water crisis in Punjab. Also, Poster Making competition on the theme 'Save Water', was organized in the college campus to make the students realise that saving our environment is actually saving our lives. Along with this, to spread the message to society regarding environment protection, a rally by all the students of the college was also organized in Jalandhar City.

While addressing the students, Principal Mrs.Neelu Jhanji said that we all have the responsibility to monitor the environment and maintaining ecological balance. She further added that we should use the energy, electricity and natural resources wisely to ensure sustainable development. The entire event was coordinated by Dr.Kiran Walia and Mrs.Gaganpreet Kaur.

# • Celebration Of World AIDS Day

Red Ribbon Club of M.G.N. College of Education, Jalandhar celebrated 'World AIDS Day' in the college premises on 30-11-2019. On this day, student of the college Gurleen Kaur through her speech highlighted the statistical status of HIV infections world over and reflected on the causes and effects of HIV. Shubam and Shelly through a very informative video presentation enumerated the causes, symptoms and precautions from AIDS. It also threw light on high risk body fluids, which cause AIDS and low risk body fluids, which are not the agents of HIV. Through an exhibition of posters, students were made to learn to prevent from HIV, support people with HIV and spread the message to end the HIV epidemic. The stage was conducted by Rameet Kaur. The event was coordinated by Dr.Seema Rani.

### • Celebration of National Youth Day

Red Ribbon Club of M.G.N. College of Education, Jalandhar celebrated 'National Youth Day' in the college premises on 14-01-2020. On this day, students of the college exhibited posters on the theme 'Channelize Youth Power for Nation Building', Right to Vote', 'Digital India' and 'Clean and Green India'. The purpose of this display was to make youth aware regarding their rights and duties and sensitize them towards the social issues and concerns like poverty, corruption on this day. Students also presented anecdotes of the life of S.Vivekananda.

Speaking on the day, Principal Mrs.Neelu Jhanji recalled Swami Vivekananda and encouraged the youth to learn the ideals and teachings of Vivekananda and implement them in their lives. She also said that the ideals and philosophy of Swami Vivekananda would not only help to achieve their goal in life but also would take India on the path of progress and development. The entire event was coordinated by Dr.Seema Rani.

### **MATHEMATICS CLUB**

### • Celebration of National Mathematics Day

Maths club of the College celebrated National Mathematics Day in the college premises on 07-03-2019. On this day members of the club through their PPTs, videos, mono-acting and songs depicted the misconceptions about mathematics. On this occasion Dr. Meharban Singh, Assistant Professor, shared his life experiences about how he overpowered his fear for mathematics.

While speaking on the occasion, Principal Mrs. Neelu Jhanji, said that application of mathematics has been broadly accepted in the study of science, economics and other various disciplines.

### **GUIDANCE AND COUNSELLING CELL**

### • Workshop On Personality Development

Career and Counselling Cell of M.G.N. College of Education, Jalandhar organized a Workshop on 'Personality Development' - Resume Writing and Interview Skills for all the students in the college premises on 19-02-2020. This Workshop was conducted by Mr.Pardeep Singh, Director, IBT institute Pvt. Ltd. and Mr.Gurcharanjeet Singh, Relationship Manager, IBT. While Speaking Mr.Pardeep Singh explained some of the key points to develop personality including communication, dressing sense, general knowledge, body language, interview skills, sense of humour, attitude, reading books and remove hesitation. Further he said that the personality development without having specific goal is useless. He also conducted some mock interviews during the Workshop to make the students prepared for facing interviews. Also, he gave a list of parts of Resume, to prepare a lucid and effective Resume. He further posed some of the frequently asked questions during the interview. This event was organized by Dr.Ravjeet Kaur and Mrs.Sakshi Sharma.

### NSS UNIT

### • Two weeks NSS Camp

N.S.S Unit of M.G.N College, Adarsh Nagar, Jalandhar has organized N.S.S Camp of two weeks from 22<sup>nd</sup> July, 2019 to 05 August, 2019. In order to inculcate values among the students different activities such as lectures on the topics: Save Electricity, Personal Hygiene, Save Earth and Right to Vote were organized during the camp. Along with these lectures, a rally was organized on the theme "Jal Shakti Abhiyan". During this camp, in M.G.N Khalsa Sr.Sec. School, Basti Bawa Khel and Govt. High School, Gandhi Vanita Ashram, Jalandhar, various activities such as, Painting and Essay Writing competitions and a workshop on the topic "Mannerism" were organized. Besides this, to develop the sense of social and civic responsibility, different activities were conducted by the students of B.Ed. In addition to this, visits to Deaf and

Dumb school of Red Cross Unit of Jalandhar and school for Special Children, named "Prayas" was scheduled with the objectives to identify and understand the needs and problems of community.

The closing ceremony of this camp was conducted on 05<sup>th</sup> August, 2019 in the college premises. The whole highlights of this camp was showcased with the help of different presentations and speeches. On this occasion the principal, Mrs. Neelu Jhanji emphasized on the importance of social work and also spoke about the importance of an individual as an ideal part of the community at large. The entire event was coordinated by Dr.Kiran Walia and Mrs.Gaganpreet Kaur.

### • Jal Shakti Abhiyaan

N.S.S. Unit and Red Ribbon Club of M.G.N. College of Education organized "Jal Shakti Abhiyaan" from 22<sup>nd</sup> to 24<sup>th</sup> July. This Campaign was conducted in Govt. Girls High School, Gandhi Vanita Ashram, Jalandhar. During the campaign, students of the college through their lectures on topics like 'Water Conservation and Rainwater Harvesting', 'Renovation of traditional and other water bodies' and 'Reuse of water', sensitize the students towards the upcoming problem of water crisis in Punjab. Also, Poster Making competition on the theme 'Save Water', was organized in the college campus to make the students realise that saving our environment is actually saving our lives. Along with this, to spread the message to society regarding environment protection, a rally by all the students of the college was also organized in Jalandhar City.

While addressing the students, Principal Mrs.Neelu Jhanji said that we all have the responsibility to monitor the environment and maintaining ecological balance. She further added that we should use the energy, electricity and natural resources wisely to ensure sustainable development. The entire event was coordinated by Dr.Kiran Walia and Mrs.Gaganpreet Kaur.

### • Celebration of Teej

To welcome the onset of the monsoon season, Teej festival was celebrated in the premises of M.G.N. College of Education, Jalandhar by N.S.S. Unit of the College on 02-08-19. On this day 'Cooking without Fire' and 'Mehndi' competitions were organised. In 'Cooking without Fire'

competition Ravneet and group stood first, Saisha and group got second position, Rupa and group got consolation prize for mocktail and Neha and group got consolation for pudding. In 'Mehndi' competition Pooja got first position, Nidhi stood second and Anmoldeep got third position. Judgement of these competitions were done by Dr.Radha Arora, Dr.Ravjeet Kaur and Dr.Pooja Bhardwaj. The entire event was coordinated by Dr.Kiran Walia and Mrs.Gaganpreet Kaur.

Following students of our College have won various positions in Cooking without Fire and Mehandi Competition on festival of Teej held on 02.08.2019, organized by N.S.S. Unit in our College Campus.

### **Cooking without Fire:**

Sr. No.	Group Position	
1	1	First
2	9	Second
3	3 and 8	Consolation

### **Mehandi Competition:**

Sr. No.	Name	Father's Name	Class/Roll No	Position
1	Pooja	Sh.Babu Lal Pal	B.EdIII/ 143	First
2	Nidhi Sharma	Sh.Harinder Sharma	B.EdIII/ 103	Second
3	Anmoldeep Kaur	S. Paras Singh	B.EdIII/ 149	Third

### • Celebration of NSS Day

NSS day was celebrated by NSS unit of the college on 25.09.2019. Following students of our College have won various positions in Essay writing competition on 'Plastic Waste Free India' held on the occasion of NSS Day on 25.09.2019, organized by N.S.S. Unit in our College Campus.

Sr.	Name	Father's Name	Class/Roll No	Position
No.				
1	Milan Madhuri	Sh.Brahmanand Mahanta	B.EdI/ 608	First
	Mahanta			LIISI

2	Palak Verma	Sh.Arun Kumar Verma	B.EdI/ 650	Second
3	Ashima Munjal	Sh.Jogesh Munjal	B.EdI/ 654	Third

### • Celebration of World Environment Protection Day and Constitution Day

NSS unit of M.G.N. College of Education, Jalandhar celebrated 'World Environment Protection Day' and 'Constitution day' on 27-11-2019. On this day, in order to make our environment clean and green, different medicinal plants were planted in the college premises. Also, the NSS volunteers organized an awareness rally to spread the awareness among the society regarding the provisions of equality, justice and liberty. Volunteers also displayed different posters and banners exhibiting various constitutional provisions. Both the events were coordinated by Dr.Kiran Walia and Mrs.Gaganpreet Kaur.

### • Celebration of "International Women's Day"

N.S.S. Unit of M.G.N. College of Education celebrated 'International Women's Day' in the College premises on 08-03-2020. On this day, through an exhibition of posters students of the College were sensitized towards the plight of women and atrocities faced by the female folks. Students were also informed about the laws related to women's rights and protection against violence. While speaking on this day, Principal Mrs.Neelu Jhanji said that there is need to mobilize global action to achieve gender equality and human rights of all women and girls. The entire event was co-ordinated by Dr.Kiran Walia and Mrs.Gaganpreet Kaur.

#### • Swachh Bharat Pakhwada

NSS unit of the college organized Swachh Bharat Pakhwada from 1<sup>st</sup>- 15<sup>th</sup> September, 2019. The students were directed to perform various activities in which they prepared posters, conducted lectures on healthy habits and organized slogan writing competition in their respective internship schools under the supervision of school supervisors. After all these activities a pledge was taken by the students on international youth day to keep our nation green and clean and to make India "Swacch Bharat , Khoobsurat Bharat". Along with this students enthusiastically celebrated Independence Day as well.

### • Celebration of World Environment Protection Day

The World Environment Protection Day was celebrated by NSS unit of the college on 26<sup>th</sup> November,2019 through tree plantation programme.

### • Awareness regarding CORONA

NSS unit gave awareness regarding How to save ourselves from CORONA VIRUS on 17th March, 2020. The N.S.S. unit along with De-addiction committee sensitized the population on "How to save ourselves from CORONA" through different posters on the social media i.e.-College's official Facebook Page.

### • Celebration of World Health Day

NSS unit of the college was celebrated World Health Day on 7th April, 2020 as a day to celebrate the work of nurses and midwives and remind world leaders of the critical role they play in keeping the world healthy.

### • Donwnload of Aarogya Setu App

Aarogya Setu App was downloaded by students of the college on 12th April 2020. As per the guidelines by Govt., 125 students along with teachers downloaded the Aarogya Setu App under the supervision of N.S.S. Unit.

### • Lightening of Candles

Volunteers of N.S.S. unit on 5th April, 2020 lighted the candles to express unity in fight against the novel coronavirus as per the directions to P.M.

# • Awareness regarding "To Break the spread chain of corona"

Awareness regarding "To Break the spread chain of corona" was given by NSS unit on 20th April. Students of the college prepared posters and posted in the official facebook page of the college to aware masses regarding COVID-19.

### • I Got App training

As per Government rules, 95 students and 5 teachers successfully completed training on "Basics of COVID-19" on 22nd April, 2020 with initiative of NSS unit.

### • Article on Expressing views on Pandemic Situation

Article written by Navjot, expressing pandemic situation was posted on College's official Facebook page on 23rd April.

### • Awareness regarding COVID-19

NSS Volunteer Kirat kaur helped the needy families in her village by providing them money and food on 29th April..

### • Enactment regarding Awareness of COVID-19

Kirat Kaur, through an enactment save the message regarding pandemic situation and is also posted on college official Facebook page on 6th May, 2020.

### • Celebration of World Environment Day

World Environment Day was celebrated on 5th June, 2020. A message was posted on college's official Facebook page spreading awareness regarding the protection of environment.

### • Downloaded COVA app under Mission Fateh

Students of the college downloaded COVA app under Mission Fateh on 16th June, 2020.

N.S.S. volunteers helped students to download COVA app under "Mission Fateh" as per government guidelines. Volunteers, furthermore enlightened the society by sharing the significance of usage of sanitizers and provided the guidelines to face pandemic situation, in their neighborhood.

# • Celebration of International Yoga Day

International Yoga Day was celebrated on 21st June 2020. Students performed Yogic asanas and attended the seminar organised by DAV College to celebrate International Yoga Day.

# **DRUG DE-ADDICTION COMMITTEE**

### • Seminar on Drug De-Addiction

Drug De-Addiction Committee of the college organized a Seminar on Drug De-Addiction on  $10^{th}$  October, 2019.Buddies of the college Milan and Arshia discussed the growing cases of Alchohol abuse, substance abuse among teenagers and young adults. Gurwinder kaur has shown the complete picture of Punjab sinked intodrugs through a poem.

### • Awareness regarding "Janta Curfew"

Information regarding "Janta Curfew" on 22nd March 2020 was shared on college's official Facebook Page.

### • Celebration of International Day against Drug Abuse and Illicit trafficking

International Day against Drug Abuse and Illicit trafficking was celebrated on 26th June 2020. Students of B.Ed. made the awareness regarding the significance of the celebration of International Day against Drug abuse and Illicit trafficking through a video.

### **EXTENSION LECTURES AND SEMINARS**

Under the Student Enrichment Programme, Internal Quality Assurance Cell (IQAC) of the College organized a series of Extension Lectures and invited various Eminent Resource Persons to delivered lectures for the overall development of personality of the faculty members and students.

### • Extension lecture on the topic "Life Skills in Education"

Under the Student Enrichment Programme, Internal Quality Assurance Cell (IQAC) of M.G.N. College of Education, Jalandhar organized an extension lecture on the topic "Life Skills in Education" by Dr.Kirandeep Kaur, Professor, Department of Education, Punjabi University, Patiala on 09-09-2019. While speaking, she said that society always looks upon teachers as their role model, but in the modern era that role is changing. She further emphasized that now a days youth are caught with 'Emotional Obesity', means accumulation of feelings due to lack of sharing opportunities, which lead to poor well being amongst youth. She further focused that in this era of globalization life skills like self-awareness, empathy, critical thinking, problem solving, decision making, effective communication and coping with emotions are must to instill in the present education system to ensure the overall health of the youth and society by large.

On this occasion, Principal Mrs.Neelu Jhanji conveyed her heartfelt thanks to the guest. While speaking she stressed on making life skills as the integral part of curriculum, to make learners humane and well-adjusted in society. Dr.Ravjeet Kaur conducted the stage and formally welcomed the guest.

#### • Extension Lecture on Moral Values

Internal Quality Assurance Cell (IQAC) of M.G.N. College of Education, Jalandhar organized an Extension Lecture on 'Moral Values' by S.Satnam Singh Salhopuri, Principal Bhai Kahn Singh Nabha Institute of Human Resource Department on 06-03-2020. While speaking, Satnam Singh Salhpuri said that 'Raftar', 'Guftar' and 'Dastar' are three essential components of the personality of a man. During his lecture, he urged that teachers should develop the values systems for adolescents so that they can handle pre-pressure, depression and undue stress effectively by listening and reading religious books. He further said that mere reading of religious books is not sufficient for righteous living for this we need to practice the teachings and preachings of these books in our life by making it our way of living. He further added that by doing 'Sahaj Paath' everyday, we can master our uncontrolled emotions and unwanted desires. He urged the youth to observe 'Priority', 'Patience' and 'Discipline' in their life to attain success.

On this occasion, Principal Mrs.Neelu Jhanji welcomed the guest. While speaking, she said that true religion is serving and loving the humanity and by following the path of religion we can make this globe a better place to live.On this day, Sardarni Poonam Kaur, volunteer, Sikh Helping Sikhs, was also present. This event was co-ordinated by Dr.Radha Arora, Dr.Ravjeet Kaur, Dr.Pooja Bhardwaj and Mrs.Shivani Gulati. The stage was conducted by Kirat Kaur.

# 60<sup>TH</sup> ANNUAL SPORTS MEET

M.G.N. College of Education, Jalandhar organized its 60<sup>th</sup> Annual Sports Meet on 28<sup>th</sup> February, 2020. The Chief guest of the Sports Meet was Principal Mrs.Neelu Jhanji who in her presedential remarks said that she was delighted to watch the way Sport events were organized and said that sports is so essential element and it is the vision of the College to develop and nurture the potential of the students. She emphasized that with the help of sports students can groom their personality in a comprehensive manner.

The opening ceremony of the Sports Meet was inaugurated by Mrs.Neelu Jhanji, who declared the 60<sup>th</sup> Annual Sports Meet open. In Fancy Dress Competition Bhavna Sharma stood First,

Shruti Sharma got Second position and Paramjeet Kaur stood Third. Ayaz Rahil was declared Best Athlete (Boy) & Cherry Aulakh was the Best Athlete (Girl) of the College.

More than 100 students participated in various events like 100 m race, 200 m race, long jump, shot put, relay race, obstacle race, Pillow Fighting, apple race and Tug of war. Sports events were followed by cultural events like Folk Song, Skit, Mime, Songs, Monoacting, Dances & Group Dance. Judgement of Fancy Dress Competition was done by Dr.Ravjeet Kaur and Ms.Sharan. The stage was conducted by Dr.Pooja Bhardwaj. The 60<sup>th</sup> Annual Sports meet was co-ordinated by Mrs.Gaganpreet Kaur and Mr.Harkamaljit Singh. Results of various activities is as follows:

### **Final Results (Boys)**

Game	Position	Name of Winners	Class	Roll No
100 Metre Race	First	Ayaz Rahil	B.Ed Sem II - A	504
	Second	Shubham	B.Ed Sem IV - C	05
	Third	Chetan Gupta	B.Ed Sem IV - B	01
200 Metre Race	First	Ayaz Rahil	B.Ed Sem II - A	504
	Second	Chetan Gupta	B.Ed Sem IV - B	01
	Third	Shubham Manhas	B.Ed Sem II - A	501
Shot Put	First	Chetan Gupta	B.Ed Sem IV - B	01
	Second	Shubham Manhas	B.Ed Sem II - A	501
	Third	Shubham	B.Ed Sem IV - C	05
Long Jump	First	Navneet Pansotra	B.Ed Sem II - A	503
	Second	Ayaz Rahil	B.Ed Sem II - A	504
	Third	Chetan Gupta	B.Ed Sem IV - B	01
Apple Race	First	Shubham Manhas	B.Ed Sem II - A	501
	Second	Navneet Pansotra	B.Ed Sem II - A	503

	Third	Dheeraj	B.Ed Sem II - A	502
<b>Obstacle Race</b>	First	Chetan Gupta	B.Ed Sem IV - B	01
	Second	Ajay Kumar Dev	B.Ed Sem IV - D	04
	Third	Dheeraj	B.Ed Sem II - A	502
Pillow Fighting	First	Shubham Manhas	B.Ed Sem II - A	501
	First	Navneet Pansotra	B.Ed Sem II - A	503
	Second	Dheeraj	B.Ed Sem II - A	502
	Second	Jitesh Sharma	B.Ed Sem II – A	505
	Third	Chetan Gupta	B.Ed Sem IV - B	01
	Third	Ayaz Rahil	B.Ed Sem II - A	504
Best Athlete (Boys)	First	Ayaz Rahil	B.Ed Sem II - A	504

# Final Results (Girls)

Game	Position	Name of Winners	Class	Roll No
100 Metre Race	First	Cherry Aulakh	B.Ed Sem IV - D	125
	Second	Ritu Soni	B.Ed Sem IV - B	136
	Third	Shivani	B.Ed Sem II - C	673
200 Metre Race	First	Ritu Soni	B.Ed Sem IV - B	136
	Second	Priya Arora	B.Ed Sem IV - B	160
	Third	Chakshu	B.Ed Sem II - A	602
Relay Race (4x100m)	First	Ritu Soni	B.Ed Sem IV - B	136
	First	Priya Arora	B.Ed Sem IV - B	160
	First	Monika	B.Ed Sem IV - B	179
	First	Vandana Rajak	B.Ed Sem IV - B	167
	Second	Manrajveer Kaur	B.Ed Sem IV - C	151
	Second	Amanpreet Kaur	B.Ed Sem IV - C	157
	Second	Akshita Sharma	B.Ed Sem IV - C	132
	Second	Amarjit	B.Ed Sem IV - C	191

	Third	Chakshu	B.Ed Sem II - A	602
	Third	Rimpi	B.Ed Sem II - A	626
	Third	Simranjot Kaur	B.Ed Sem II - A	663
	Third	Gurwinder Kaur	B.Ed Sem II - A	678
Shot Put	First	Rupa Johal	B.Ed Sem IV - B	119
	Second	Sandeep Kaur	B.Ed Sem IV - C	183
	Third	Kirat Kaur	B.Ed Sem IV - A	105
Long Jump	First	Cherry Aulakh	B.Ed Sem IV - D	125
	Second	Manrajveer Kaur	B.Ed Sem IV - C	151
	Third	Bhavna Sharma	B.Ed Sem IV - B	194
Three Legged Race	First	Cherry Aulakh	B.Ed Sem IV -	125
			D	
	First	Alisha Bahri	B.Ed Sem IV -	164
			D	110
	Second	Rupa Johal	B.Ed Sem IV -	119
			В	
	Second	Monika	B.Ed Sem IV -	179
			В	
	Third	Aarti Kumari	B.Ed Sem II - C	665
	Third	Kajal	B.Ed Sem II - C	679
Obstacle Race	First	Gurleen Kaur	B.Ed Sem IV -	115
Obstacle Race	THSt	Gurieen Kaui		113
	Casand	Ritu Soni	A B Ed Som IV	126
	Second	Kitu Soni	B.Ed Sem IV -	136
	Third	Ashima Manial	B.Ed Sem II - B	654
	THITU	Ashima Munjal	D.Eu Seili II - B	034
Sack Race	First	Gurwinder Kaur	B.Ed Sem II - A	678
	Second	Rupa Johal	B.Ed Sem IV -	119
			В	

	Third	Ritu Soni	B.Ed Sem IV -	136
			В	
<b>Fancy Dress</b>	First	Bhavna Sharma	B.Ed Sem IV -	194
			В	
	Second	Shruti Sharma	B.Ed Sem IV -	146
			C	
	Third	Paramjeet Kaur Arora	B.Ed Sem II - B	639
Tug of War	First	Tagore House	B.Ed Sem II - B	
	Second	Socrates House	B.Ed Sem IV –	
			В	
	Third	Rousseau House	B.Ed Sem IV -	
			C	
Best Athlete (Girls)	First	Cherry Aulakh	B.Ed Sem IV -	125
			D	

# **INTER HOUSE COMPETITIONS**

# • Inter House PowerPoint Competition

Following students of our College have won various positions in **Inter House PowerPoint**Competition held in our college campus.

# Result of PowerPoint Competition (18 November, 2019)

Name	Father's Name	Class/Roll No	Position
Priya Arora	Tajinder Kumar	B.EdI/ 605 (Tagore House)	1 <sup>st</sup>
Meenakshi	Naresh Kumar Singla	B.EdI/ 683 (Kalam House)	2 <sup>nd</sup>
Milan Madhuri	Brahmanand Mahanta	B.EdI/ 608 (Tagore House)	Consolation
Mahanta			
Ayaz Rahil	Mohammad Khan	B.EdI/ 504 (Kalam House)	Consolation

### • Inter House Slogan Writing Competition

Following students of our College have won positions in **Inter House Slogan Writing**Competition held in the College on 16.11.2019.

Item	Name	Father's Name	Class/ R.No	Position
Slogan	Sandhya Gautam	Amar Singh	B.Ed Sem-I/674	1 <sup>st</sup>
Writing	Jasbir Kaur	Manbudh	B.Ed Sem-I/664	2 <sup>nd</sup>
	Ayaz Rahil	Mohammad Khan	B.Ed Sem-I/504	3 <sup>rd</sup>
	Dheeraj	Vipan Kumar	B.Ed Sem-I/502	
	Somal Preet	Ram Saran	B.Ed Sem-I/621	Consolation
		Banger		

# • Inter House Thematic Display Board Competition

Following houses of B.Ed Sem-I our College have won various positions in **Thematic Display Board** Inter House Competition held on 05.11.2019, The entire event was coordinated by Dr. Seema Rani.

Sr. No.	Section	House	Position
1	С	Aurbindo House	First
2	D	Kalam House	Second

# • Inter House Mask Making Competition

Following students of our College have won positions in **Online Inter House Mask Making Competition** held on 30 May, 2020.

### **Result of Online Inter House Mask Making Competition:**

Name	Father's Name	Class/Roll No	Position
Garima	Sh.Manoj	B.EdIV/ 144	1 <sup>st</sup>
Poonam	Sh.Ramesh Kumar	B.EdII/ 661	2 <sup>nd</sup>
Garima	Sh.Rajesh Kataria	B.EdII/ 670	3 <sup>rd</sup>
Jayanti Juneja	Sh.Harish Kumar Juneja	B.EdIV/ 173	Consolation

**Other College Activities** 

### • 'Nanak Bagichi' Programme

In order to save environment and to ensure plantation and maintenance of 550 trees in every village of Punjab to mark the 550<sup>th</sup> birth anniversary of Guru Nanak Dev Ji, under 'Nanak Bagichi' Programme, the Government of Punjab initiative, MGN College of Education took step to plant medicinal and seasonal saplings in the College premises on 09-07-2019. The purpose of this initiative is to keep alive the dream of Guru Nanak Dev Ji to preserve and protect our environment and spreading the message of 'Save Environment' in the society.

While speaking on the occasion, Principal Mrs.Neelu Jhanji said that trees are indispensable for life and are lungs of our land, purifying the air and giving fresh strength to the mankind. She further appealed to plant more and more trees as it is our bounden duty to preserve environment. The entire event was coordinated by Dr.Pooja Bhardwaj and Dr.Seema Rani..

### • Celebration of 550th Birth Anniversary of Shri Guru Nanak Dev Ji

550th Birth Anniversary of Shri Guru Nanak Dev Ji was celebrated on 26-11-2019 in M.G.N. College of Education, Jalandhar under the guidance of Mrs.Neelu Jhanji. 'Ashtapadis' from Sukhmani Sahib Paath were enchanted on the day. On this occasion Bhai Balbir Singh Ji, Head Granthi, Gurudwara Sri Guru Singh Sabha, Model Town, shared anecdotes from the life of Guru Nanak Dev Ji. While speaking, he also focussed on inculcating values suggested by Guru Ji amongst the students to become better citizens of the society. Mesmerizing Kirtan was performed by the students of the college.

On this occasion, the college magazine 'Jiwan Jaanch' based on the life and teachings of Guru Nanak Dev Ji, was released by the Principal Mrs. Neelu Jhanji, Chief-Editor Dr. Ravjeet Kaur and the Editorial Board including Dr. Meharban Singh, Dr. Pooja Bhardwaj, Ms. Surjit Kaur and Mrs. Geetanjali Mittu alongwith students Editors. While speaking Principal Mrs. Neelu Jhanji congratulated all on the occasion of 550th Birth Anniversary of Guru Nanak Dev Ji and appealed everyone to follow the path shown by Guru Ji. After the event everyone was served with Guru Ka Langar.