

## ANNUAL REPORT (2021-22)

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 was full of curricular as well as co-curricular activities. The session began on 23<sup>rd</sup> July, 2021.

### **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 orientation programme for B.Ed. Sem.-II was held on 23<sup>rd</sup> and 24<sup>th</sup> July, 2021. Under this, students were oriented towards the Paper Understanding the Learning Process by Dr Pooja Bhardwaj. Further Dr. Meharban Singh gave orientation regarding Paper Educational Technology and ICT. Dr. Pooja Arora threw light on the Paper Assessment for Learning. Dr. Kiran Walia explained about the Physical Activities conducted in the college. Mrs Geetanjali Mittu oriented regarding the Paper EPC-II- Art. S. Maninder Pal Singh oriented regarding the relevance of Paper EPC-II- Drama. Students were oriented towards the Paper FE II by Dr. Kiran Walia. Mrs. Gaganpreet Kaur explained about the variety of Games and Sports activities conducted in the college.

The Orientation Programme for B.Ed. Sem.-I was held from 29<sup>th</sup> November 2021 to 1<sup>st</sup> J December 2021, 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 Seema Rani oriented about Paper I- Understanding the learner and learning Process. Dr Pooja Arora oriented about Paper II Contemporary India and Education. Mrs Sakshi Sharma oriented regarding Paper CP III. Dr Meharban Singh explained about different Pedagogy subjects. Dr. Ravjeet Kaur threw light on the Examination Scheme. Dr. Kiran Walia elaborated about different activities taken up under NSS Camp. Mrs Geetanjali Mittu oriented regarding paper EPC- IMrs Gaganpreet Kaur 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. Dr Radhaa Arora allocated the sections and declared the time table.

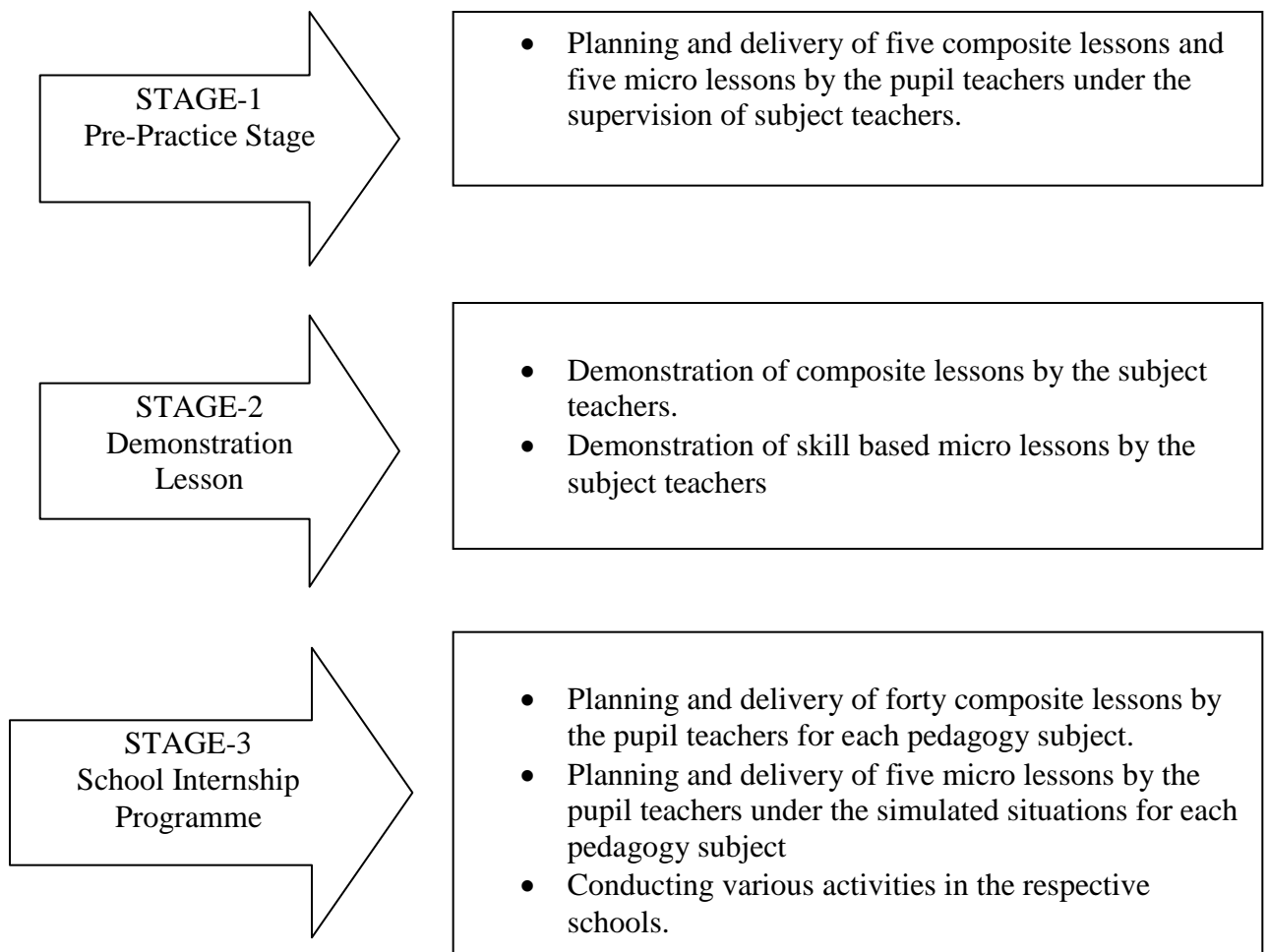
The orientation programme for B.Ed. Sem.-III (Against Sem. IV) was held on 22<sup>nd</sup> and 23<sup>rd</sup> February, 2022. Under this, students were oriented towards the Paper School Management by Mrs. Neelu Jhanji. Further Dr. Radha Arora gave curricular guidelines regarding Paper Guidance and Counselling. Dr. Meharban Singh threw light on the Paper EPC-III- Enriching Learning through ICT. Dr. Pooja Bhardwaj enlightened about content and sessional work related to Paper Inclusive Education. Dr Pooja Arora oriented regarding the Paper EPC-IV-Understanding the self. Dr Seema Rani oriented regarding the relevance of Paper Health and Physical education. Students were oriented towards the Paper Gender, School and Society by Dr. Kiran Walia. S. Harkamal Singh explained about the variety of Physical activities conducted in the college.

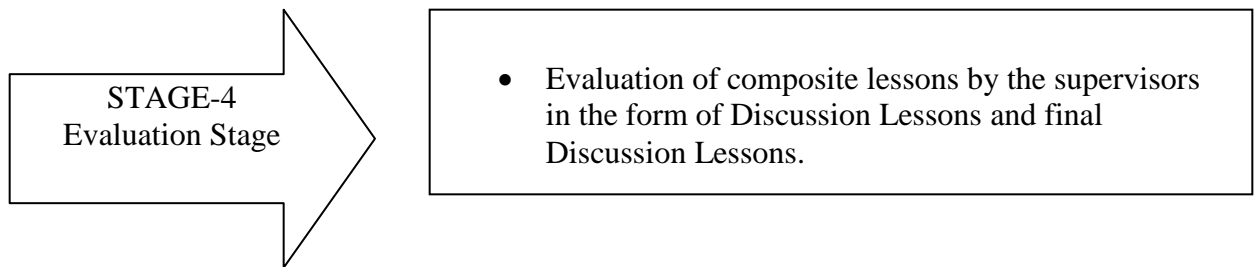
The orientation programme for B.Ed. Sem.-II was held on 9<sup>th</sup> and 11<sup>th</sup> April, 2022. Under this, students were oriented towards the Paper Understanding the Learning Process by Dr Radha Arora. Further Dr. Meharban Singh gave orientation regarding Paper Educational Technology and ICT. Dr. Pooja Arora threw light on the Paper Assessment for Learning. S. Harkamal Singh explained about the Physical Activities conducted in the college. Mrs Geetanjali Mittu oriented regarding the Paper EPC-II- Art. S. Maninder Pal Singh oriented regarding the relevance of Paper EPC-II- Drama. Students were oriented towards the Paper FE II by Mrs. Sakshi Sharma. Mrs. Gaganpreet Kaur explained about the variety of Games and Sports activities conducted in the college.

## SCHOOL INTERNSHIP 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: pre-practice stage, demonstration lessons, school experience programme- actual practice stage at practising schools and evaluation stage. Pre-practice programme was held from 21.05.2022 to 22.05.2022





Demonstration lessons for composite lesson plans were delivered by the subject teachers to the students from June 07<sup>th</sup> to 08<sup>th</sup> June 2022. Demonstration lessons for Micro Lessons in various skills were also given by the teachers. During pre practice programme, from May 21<sup>st</sup> to May 22<sup>nd</sup> 2022. Students prepared the files regarding framing of P.K. testing questions, behavioral objectives and lesson plans of composite and micro lessons. Field Engagement with Community was held from 24-05-2022 to 30-05-2022 and 24-06-2022 to 30-06-2022.

Different schools were allocated for Teaching Practice, which was carried from 23<sup>rd</sup> May, 2022 to 25<sup>th</sup> August, 2022. 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:

- Use of Teaching aids
- Use of Innovative Techniques
- Supervisory duties in Examination at respective school
- Checking of answer Scripts
- Formulation of school Time table
- Overall Good Conduct
- Maintenance of Attendance Register, result records etc.
- Organizing of a Co-Curricular activity (such as Morning Assembly, Sports Meet, Tree Plantation, Quiz etc.) and submission of report.
- Reflective journal writing.
- Correction of home work notebooks.
- Blue Print of Time Table (Class & School both)
- Blue Print of Question Paper

## 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 on the following themes for B.Ed. under various topics:

### Theme for B.Ed. Sem. II: FOSTERING VALUES FOR NATION BUILDING

#### Rousseau House

- **Role of Teachers to Inculcate National Values** held on 04-09-2021

#### Socrates House

- **Role of youth in Reshaping the Future** held on 10-09-2021

#### Plato House

- **Challenges and Issues in Fostering Values in Present Scenario** held on 13-09-2021

### Theme for B.Ed. Sem. I: CONSERVATION OF NATURAL ENVIRONMENT

#### Gandhi House

- **Energy Conservation** held on 15-02-2022

#### Tagore House

- **Waste Management** held on 24-02-2022

#### Aurobindo House

- **Water Management** held on 25-02-2022

## Theme for B.Ed. Sem. III: ROLE OF A TEACHER IN 21<sup>ST</sup> CENTURY

### Rousseau House

- Professional Values for a Teacher held on 05-04-2022

### Socrates House

- Teacher as a Social Engineer held on 08-04-2022

### Plato House

- Teacher as a Mentor and Learning Facilitator held on 12-04-2022

## CELEBRATION OF IMPORTANT DAYS

- **Celebration of Teacher's Day**

True Teachers are those, who help us think for ourselves.

These words of Dr.Sarvapalli Radhakrishnan, echoed in the premises of M.G.N. College of Education, Jalandhar as Rousseau House of the College celebrated Teacher's Day virtually on 4<sup>th</sup> September,2021. On this day, Ankita reflected on the Role of teacher suggested by Rousseau. On this day, Dr.Radhakrishnan's biography was presented in the form of a documentary. Rachita with her speech explained the role of teachers to inculcate National values. Sheetal mesmerised the audience with her beautiful song dedicated to teachers. Through a video, the current mode of teaching i.e. online teaching and the adaptation of teaching style by the teachers as per the need of pandemic situation was reflected. On this occasion, Umar Fatima dedicated her self composed poem entitled 'Inko Hum Guru Kehte Hain' to the teachers. A documentary reflecting the need to love and respect teachers was also shown. Sunali, with her speech, glorified the role of a teacher in a student's life.

While speaking on the occasion, Acting Principal Mrs.Neelu Jhanji said that teachers are inarguably the most important members of our society. She further added that teachers give students the purpose, set them up for success as citizens of our world and inspire in them a drive to do well and succeed in life. So she appealed to be grateful to the teachers for their guidance and dedication towards society. On this day, Pavleen Kaur conducted the stage. Ms.Surjit Kaur coordinated the event. All the faculty members and students of the College witnessed the event.

- **Celebration of Hindi Diwas**

Hindi Diwas was celebrated in the College premises on 14<sup>th</sup> September,2021. On this day, student of the college Priya with her speech emphasized the unifying value of Hindi as a

language. Shelly Devi, with her poem 'Hindi Hamari Shaan Hai' showed her love and respect for Hindi language as an Indian. Deeksha with her speech threw light on the historical perspective and objective of celebrating 'Hindi Diwas'. Kajal with her poem entitled "Bharat Ki Bhasha Hindi" depicted her affinity for Hindi language. Through a documentary, light was thrown on the historical and evolutionary aspect of Hindi language. Shelly Devi mesmerised the audience with her beautiful song 'Hindi Ka Parcham Uda'. Speaking on this occasion, Principal Mrs. Neelu Jhanji said that Hindi Diwas plays a significant role in reminding us that the Hindi language is one of the oldest languages across the world and every Indian should feel proud to speak in their mother tongue. On this day, Shelly Devi hosted the event. Ms. Surjit Kaur Coordinated the entire event.

- **Celebration of National Unity Day**

As per the guidelines of Ministry of Youth Affairs & Sports, Govt. of India and N.S.S. Department, G.N.D.U., Amritsar, N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated National Unity Day on 13.10.21.

- **National Unity Day**

As per the guidelines of Ministry of Youth Affairs & Sports, Govt. of India and N.S.S. Department, G.N.D.U., Amritsar, N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated National Unity Day on 30.10.21.

- **Celebration of Indian Constitution Day**

NSS Unit of MGN College of Education, Jalandhar celebrated Indian Constitution Day on 26.11.2021.

- **Celebration of World AIDS Day**

Red Ribbon Club and NSS unit of the college celebrated World AIDS Day on 01.12.21 by displaying posters regarding AIDS awareness.

- **Celebration of National Youth Day**

As per directions from Ministry of Youth Affairs and Sports and NSS Department, G.N.D.U., Amritsar, the college celebrated Swami Vivekananda's birthday as National Youth Day on 12.01.2022.

- **Celebration of National Girl Child Day**

Women Welfare Committee of the College celebrated National Girl Child Day on the theme 'Beti Bachao Desh Badhao' on 24<sup>th</sup> January, 2022.

- **Celebration of Republic Day**

In order to celebrate the Republic Day, Internal Quality Assurance Cell in collaboration with Cultural Club & NSS Unit of M.G.N. College of Education, Jalandhar has Celebrated Republic Day by organizing Poetical Recitation and Patriotic Singing Competitions in the college via online mode on 27.01.22

- **Celebration of International Mother Tongue Day**

Literary Club of M.G.N. College of Education, Jalandhar is celebrating 'International Mother Tongue Day' in the college premises on 22<sup>nd</sup> February, 2022.

- **Celebration of 'National Science Day'**

Science Club and Red Ribbon Club of the college celebrated 'National Science Day' in the college premises on 28<sup>th</sup> February, 2022.

- **Celebration of “International Women’s Day”**

N.S.S. Unit and Women Welfare Committee of the College celebrated International Women’s Day in the College premises, on the theme ‘Gender Equality Today For a Sustainable Tomorrow’ on 8<sup>th</sup> March, 2022.

- **Celebration of Shaheedi Diwas**

NSS Unit of M.G.N. College of Education, Jalandhar, observed the Shaheedi Divas on 23.03.2022 to pay reverence to Shaheed Bhagat Singh, Rajguru and Sukhdev who sacrificed their lives for the freedom, grandeur and well being of India.

- **Celebration of International Mathematics Day**

International Mathematics Day was celebrated by M.G.N. College of Education, Jalandhar through online platform on 24.03. 22.

- **Celebration of International Yoga Day and World Health Day**

Health Club and N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated World Health Day by organizing a Cycle Rally and Yoga Workshop on 07.04.22.

- **World Environment Day**

As per guidelines from the office of the Deputy Commissioner-Cum- District Election Officer, Jalandhar, NSS Unit of the College celebrated World Environment Day-2022 on 31.05.2022. The event was coordinated by Dr. Kiran Walia, program officer NSS unit.

- **World Bicycle Day**

As per guidelines from Ministry of Youth Affairs and Sports and NSS Department, G.N.D.U., under "Azadi Ka Amrut Mahotsav" NSS unit and Ek Bharat Sresth Bharat Club the college organised Cycle Rally on 02.06.2022 to celebrate World Bicycle Day. The event was coordinated by Dr. Kiran Walia, program officer NSS unit.

- **Celebration of International Yoga Day**

NSS Unit of the college celebrated International Yoga Day by organizing a Yoga workshop on 20.06.2022. This workshop was conducted by Sh.Kamal Aggarwal, President, Bhartiya Yog Sansthan, Jalandhar.

## HIGHLIGHTS OF VARIOUS CLUBS'ACTIVITIES

### CULTURAL CLUB

- **Zonal Youth Festival**

M.G.N. College of Education, Jalandhar emerged as the **second runner up** in the Zonal Youth Festival of Guru Nanak Dev University, Amritsar in the category of Zonal Youth Festival of Education Colleges. As many as 400 students from 13 affiliated education colleges of the university participated in different items of music, theatre, dance, literary and fine arts.

Students of the college participated in 21 items and won various prizes in different categories like Music, Literary, Fine Arts and Theatre. In her address Acting Principal, Mrs.Neelu Jhanji congratulated the students and teachers incharges who very passionately involved themselves in the preparation of different events and brought laurels to the college. Dr.Pooja Bhardwaj coordinated all the events of youth festival. Dr.Radha Arora was the overall incharge of the events.

Following students won different positions in G.N.D.U. Zonal Youth Festival held at Guru Nanak Dev University Campus, Amritsar on 25.10.2021 & 26.10.2021.

Item	Name	Father's Name	Class/ R.No	Position
Cartooning	Akanksha Singh	Santosh Kumar Singh	B.Ed. Sem-II/163	Second
Clay Modeling	Navinder Kaur	Gurdev Singh	B.Ed. Sem-II/146	Second
Rangoli	Riya Saddi	Ramesh Kumar Saddi	B.Ed. Sem-II/160	Second
Debate	Manjot Kaur	Tejpal Singh	B.Ed. Sem-II/151	Third
	Aishwariya	Vasudev	B.Ed. Sem-II/155	
Group Shabad	Manjot Kaur	Tejpal Singh	B.Ed.-II/151	Third
	Srishti Soni	Naveen Soni	B.Ed.-II/137	
	Sonam Saini	Sanjhi Ram Saini	B.Ed.-II/143	
	Sheetal Sharma	Surjit Kumar	M.Ed.-II/121	
	Ramandeep Kaur	Gurminder Singh	B.Ed.-II/127	
	Ekam	Ashok Kumar Khurana	B.Ed.-II/123	
Group Song	Srishti Soni	Naveen Soni	B.Ed. Sem-II/137	Third
	Jannat	Inderjit Pahwa	B.Ed. Sem-	



			II/164	
	Sheetal Sharma	Surjit Kumar	B.Ed. Sem-II/121	
	Sonam Saini	Sanjhi Ram Saini	B.Ed. Sem-II/143	
	Ramandeep Kaur	Gurminder Singh	B.Ed. Sem-II/127	
	Ekam	Ashok Kumar Khurana	B.Ed. Sem-II/123	
Geet/ Gazal	Srishti Soni	Naveen Soni	B.Ed. Sem-II/137	Third
Folk Song	Srishti Soni	Naveen Soni	B.Ed. Sem-II/137	Third
Sketching	Riya	Subash Chander	B.Ed. Sem-II/132	Third

- **Talent Hunt**

To explore the talent of youth, '**Talent Hunt Programme**' was organized in the premises of M.G.N. College of Education, Jalandhar on 10.02.2022 & 11.02.2022. Under this programme various competition were held under Fine Arts category (Rangoli, Landscape, Still Life Painting, Mehndi, Slogan writing, Collage Making, Phulkari, Clay Modeling, Poster Making, Cartooning and Sketching), Literary category (Poetical Symposium, Elocution and Debate) and Cultural category (Singing, Dancing, Acting and Fancy Dress). Around 50 students participated in the various categories with full enthusiasm. Fine Arts competitions focused the environmental themes like energy conservation, water and waste management to bring awareness amongst students regarding environmental issue. While speaking on the occasion, Principal Mrs. Neelu Jhanji said that as a teacher we need to ensure the overall development of the personality of our students and for this along with academic excellence, having skills in other fields as well is needed. She motivated all the students to participate in co-curricular activities for the harmonious development of their personality. At the end of the event, she gave away prizes to all the winners. The Judgement of competitions was done by Dr. Meharban Singh, Dr. Ravjeet Kaur and Mrs. Geetanjali Mittu. The supervision of event was done by Dr. Pooja Bhardwaj and Mr. Maninder Pal Singh. Dr. Pooja Bhardwaj along with student Geetika conducted the stage.

**Result of 'Talent Hunt' function held on 10.02.2022 & 11.02.2022**

**Fine Arts Competitions(10.02.2022)**

**Poster Making**

Sr.No	Name	Father's Name (Sh.)	Class/Section	Roll no.	Position
1	Harmanpreet Kaur	Sital Dass	B.Ed Sem I/C	623	First

2	Priyanka Bhagat	Tilak Raj	B.Ed Sem I/C	619	Second
3	Sakshi Bhambri	Sanjeev Bhambri	B.Ed Sem I/B	616	Third

### Slogan Writing

Sr.No	Name	Father's Name (Sh.)	Class/Section	Roll no.	Position
1	Renu Kapoor	Hem Raj Kapoor	B.Ed Sem I/B	679	First
2	Nancy Nagpal	Chander Parkash Nagpal	B.Ed Sem I/C	675	Second
3	Diksha	Prithi Chand	B.Ed Sem I/A	654	Third

### Rangoli

Sr.No	Name	Father's Name (Sh.)	Class/Section	Roll no.	Position
1	Sangeeta	Shankar	B.Ed Sem I/A	689	First
2	Rimple Kaur Bhamra	Gurcharan Singh Bhamra	B.Ed Sem I/B	682	Second
3	Gursimran Kaur	Gurbachan Singh	B.Ed Sem I/B	665	Third

### Collage Making

Sr.No	Name	Father's Name (Sh.)	Class/Section	Roll no.	Position
1	Inderpreet Kaur	Daljit Singh	B.Ed Sem I/A	692	Consolation

### Still life

Sr.No	Name	Father's Name (Sh.)	Class/Section	Roll no.	Position
1	Rimple Kaur Bhamra	Gurcharan Singh Bhamra	B.Ed Sem I/B	682	First
2	Gursimran Kaur	Gurbachan Singh	B.Ed Sem I/B	665	Second
3	Monu	Babu Lal	B.Ed Sem I/C	656	Consolation

### Life Sketching

Sr.No	Name	Father's Name (Sh.)	Class/Section	Roll no.	Position
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1	Noor Ala Noor	Mohd Jassimuddin	B.Ed Sem I/C	502	Consolation
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### Phulkari

Sr.No	Name	Father's Name (Sh.)	Class/Section	Roll no.	Position
1	Sangeeta	Shankar	B.Ed Sem I/A	689	Consolation

### Mehndi

(Theme: Teej/Wedding)

Sr.No	Name	Father's Name (Sh.)	Class/Section	Roll no.	Position
1	Sangeeta	Shankar	B.Ed Sem I/A	689	First
2	Sangeeta Devi	Ram Milan	B.Ed Sem I/A	693	Second
3	Inderepreet Kaur	Daljit Singh	B.Ed Sem I/A	692	Third
4	Heena Arora	Lalit Arora	B.Ed Sem I/B	666	Consolation

### Literary And Cultural Competition (11.02.2022)

#### Poetical Symposium

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll No	Position
1	Sawangeet Kaur	Narinderpal Singh	B.Ed.Sem-I/B	658	First
2	Mamta Chingotra	Dev Raj Chingotra	B.Ed.Sem-I/C	671	Second
3	Ridhika	Tejinder Kumar	B.Ed.Sem-I/B	614	Third
4	Aarti	Ashwani Kumar	B.Ed Sem-I/A	678	Consolation

#### Elocution and Debate

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll No	Position
1	Gaytri	Mohinder Paul	B.Ed.Sem-I/B	683	First

#### Fancy Dress

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll No	Position
1	Aarti	Ashwani Kumar	B.Ed.Sem-I/A	678	Consolation

### Best Actor

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll No	Position
1	Amit Aneja	Bheem Sain	B.Ed.Sem-I/A	503	First
2	Kashish	Suresh Kumar	B.Ed.Sem-I/B	605	Consolation

### Singing

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll No	Position
1	Vinod Raj	Rana Ram	B.Ed.Sem-I/C	506	First
2	Renu Kapoor	Hem Raj Kapoor	B.Ed.Sem-I/B	679	Second
3	Deeksha Sharma	Shalinder Mohan	B.Ed.Sem-I/A	668	Third

### Dancing

S.No	Name	Father's Name (Sh.)	Class/ Section	Roll No	Position
1	Sawangeet Kaur	Narinderpal Singh	B.Ed.Sem-I/A	658	First
2	Mamta Chingotra	Dev Raj Chingotra	B.Ed.Sem-I/C	671	Second
3	Renu Kapoor	Hem Raj Kapoor	B.Ed.Sem-I/B	679	Third
4	Tarunpreet Kaur	Mohinder Pal Singh	B.Ed.Sem-I/B	644	Consolation
5	Divyanshi	Mukesh Sharda	B.Ed.Sem-I/B	641	Consolation
6	Janvi Mehta	Prem Paul Mehta	B.Ed.Sem-I/A	628	Consolation

- **Online Inter College Essay Writing Competition**

The following student of our College participated in **Online Inter College Essay Writing Competition** held at Bebe Nanki University College, Mithra( Kapurthala) on 07.08.2021.

Item	Name	Class/ R.No	Position
Essay Writing	Sunali	B.Ed. Sem-II/111	Participation

Dr Pooja Bhardwaj prepared the student and coordinated the event.

- **Online Inter College Poetical Symposium Competition**

The following student of our College has won Second Position in **Inter College Online Poetical Symposium Competition to commemorate the 400<sup>th</sup> Birth Anniversary of Sri Guru Tegh Bahadar Ji**, held at Guru Nanak Dev University College, Jalandhar on 10.8.2021.

Item	Name	Father's Name	Class/ R.No	Position
Poetical	Ramneet	Sh. Yeshpal	B.Ed. Sem-IV/615	Second

Symposium				
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Dr Pooja Bhardwaj prepared the student and coordinated the event.

- **Online Inter College Poster Making Competition**

The following student of our College has won Second Position in **Inter College Online Poster Making to commemorate 75<sup>th</sup> Anniversary of India's freedom (Azadi Ka Amrut Mahotsav)**, held at D.A.V College of Education, Abohar on 12.8.2021.

Item	Name	Father's Name	Class/ R.No	Position
Poster Making	Rachita Garg	Sh.Rajender Prasad Garg	B.Ed. Sem-II/108	Second

Mrs Geetanjali prepared the students. Dr Pooja Bhardwaj coordinated the event.

- **Online Shabad Gayan Competition**

The following student of our College participated in **Online Shabad Gayan Competition** held at Gujranwala Guru Nanak Khalsa College, Ludhiana on 14.08.2021.

Item	Name	Class/ R.No	Position
Shabad Gayan	Srishti Soni	B.Ed. Sem-II/137	Participation

S. Maninder Pal Singh prepared the students. Dr Pooja Bhardwaj coordinated the event.

- **Online Inter College Poster Making Competition**

The following student of our College has won Third Position in **Inter College Online Hindi Poem and Poster Making Competition**, held at Hindu College, Amritsar on 22.09.2021.

Item	Name	Class/ R.No	Position
Poster Making Competition	Rachita Garg	B.Ed. Sem-II/108	Third
Poem Recitation	Meena	B.Ed. Sem-II/156	Participation

Dr Pooja Bhardwaj and Mrs Geetanjali prepared the students. Dr Pooja Bhardwaj coordinated the event.

- **Online Inter College Declamation Contest**

The following student of our College participated in **Online Inter College Declamation Contest** held at Gujranwala Guru Nanak Khalsa College, Ludhiana on 25.09.2021.

Item	Name	Class/ R.No	Position
Declamation	Pavleen Kaur	B.Ed. Sem-II/104	Participation

Dr Pooja Bhardwaj prepared the student and coordinated the event.

- **Online Shabad Gayan Competition**

The following students of our College participated in **Online Shabad Gayan Competition** held at Gujranwala Guru Nanak Khalsa College, Ludhiana on 21.10.2021.

Item	Name	Class/ R.No	Position
Shabad Gayan	Srishti Soni	B.Ed. Sem-II/137	Participation
Shabad Gayan	Manjot Kaur	B.Ed. Sem-II/151	Participation

S. Maninder Pal Singh prepared the students. Dr Pooja Bhardwaj coordinated the event.

- **Online Inter College Essay Writing Competition**

The following student of our College participated in **Online Inter College Essay Writing Competition** organized by Punjab State University, Patiala on 22.11.2021.

Item	Name	Class/ R.No	Position
Essay Writing	Pavleen Kaur	B.Ed. Sem-II/104	Participation

Dr Pooja Bhardwaj prepared the student and coordinated the event.

- **Online Inter College Declamation Contest**

The following student of our College participated in **Online Inter College Declamation Contest** held at Gujranwala Guru Nanak Khalsa College, Ludhiana on 13.11.2021.

Item	Name	Class/ R.No	Position
Declamation	Manjot Kaur	B.Ed. Sem-II/151	Participation

Dr Pooja Bhardwaj prepared the student and coordinated the event.

- **Online Inter College Quiz Competition**

The following student of our College participated in **Online Inter College Quiz Competition** held at Gujranwala Guru Nanak Khalsa College, Ludhiana on 18.11.2021.

Item	Name	Class/ R.No	Position
Quiz	Manjot Kaur	B.Ed. Sem-II/151	Participation

Dr Pooja Bhardwaj coordinated the event.

- **Online Shabad Gayan Competition**

The following student of our College participated in **Online Shabad Gayan Competition** held at Gujranwala Guru Nanak Khalsa College, Ludhiana on 29.11.2021.

Item	Name	Class/ R.No	Position
Shabad Gayan	Manjot Kaur	B.Ed. Sem-II/151	Participation

S. Maninder Pal Singh prepared the students. Dr Pooja Bhardwaj coordinated the event.

- **Shree Baba Harivallabh Sangeet Mahasabha**

The following students of our College performed Saraswati Vandana in 146<sup>th</sup> **Shree Baba Harivallabh Sangeet Mahasabha** held from 24.12.21 to 26.12.21.

Item	Name	Class/ R.No	Position
Saraswati Vandana	Manjot Kaur	B.Ed. Sem-II/151	Participation
	Sonam Saini	B.Ed. Sem-II/143	Participation
	Ramandeep Kaur	B.Ed. Sem-II/127	Participation
	Karan Sharma	B.Ed. Sem-II/05	Participation
	Jannat	B.Ed. Sem-II/164	Participation
	Akanksha Singh	B.Ed. Sem-II/163	Participation
	Srishti Soni	B.Ed. Sem-II/137	Participation
	Mandeep Singh	B.Ed. Sem-I/507	Participation
	Vinod Raj	B.Ed. Sem-I/506	Participation

S. Maninder Pal Singh prepared the students. Dr Pooja Bhardwaj coordinated the event.

- **Poetical Recitation and Patriotic Singing Competition**

The following students of our College have won various positions in **Poetical Recitation** and **Patriotic Singing Competition** organized by Cultural Club of the College to celebrate **Republic Day** on 28.01.2022.

Item	Name	Father's Name	Class/R.No	Position
Poetical Recitation	Meena	Sh.Vasudev	B.Ed. Sem-II/156	First
	Amit Aneja	Sh.Bheem Sain	B.Ed. Sem-I/503	Consolation
Patriotic Singing	Srishti Soni	Sh.Naveen Soni	B.Ed. Sem-II/137	First
	Mamta Chingotra	Sh.Dev Raj Chingotra	B.Ed. Sem-I/671	Second

Dr Pooja Bhardwaj and S. Maninder Pal Singh coordinated the event.

- **Cultural Events at the Closing Ceremony of 61<sup>st</sup> Annual Sports Meet**

Cultural Club of the college prepared and presented varied cultural events on the closing ceremony of 61<sup>st</sup> annual sports meet held at 09.03.22. on this day cultural events including singing and dancing along with theatrical events like mimicry and histrionics were performed. Dr Pooja Bhardwaj and S. Maninder Pal Singh coordinated the events.

- **Cultural Events at Alumni Reunion 2022**

Cultural Club of the college prepared and presented varied cultural events on the Alumni Meet held at 12.03.22. on this day cultural events including singing and dancing along with theatrical events like mimicry were performed. Dr Pooja Bhardwaj and S. Maninder Pal Singh coordinated the events.

- **Essay Writing Competition**

The following student of our College participated in **Essay Writing Competition** organized by Khusro Foundation, New Delhi an NGO on the theme “Composite Culture and Our Responsibility” on 15.03.22.

Item	Name	Class/ R.No	Position
Essay Writing	Pavleen Kaur	B.Ed. Sem-III/104	Participation

Dr Pooja Bhardwaj prepared the student and coordinated the event.

- **Holi Celebration**

Festival of Colors, Holi was celebrated with fun and fervor in the college premises on 17.03.22 by cultural club of the college. All the students along with teachers soaked with colorful gulal on their faces. Dr Pooja Bhardwaj coordinated the event.

- **Inter College Lex Glory, 2022 Competition**

The following students of our College have won various positions in **Inter College Lex Glory, 2022 Competition** held at **CT Institute of Law, South Campus, Shahpur, Jalandhar** on 19.04.2022.

Item	Name	Father's Name	Class/ R.No	Position
Rangoli	Riya Saddi	Sh.Ramesh Kumar Saddi	B.Ed Sem-III/160	First
	Bhawna Sharma	Sh.Anil Sharma	B.Ed Sem-III/115	
Singing	Srishti Soni	Sh.Naveen Soni	B.Ed Sem-III/137	Second
Mehndi	Sangeeta	Sh. Shankar	B.Ed Sem-II/689	Participation

Mrs. Geetanjali Mittu , S. Maninder Pal Singh and Ms. Mamta Rani prepared the students. Dr Pooja Bhardwaj coordinated the event.

### **ART CLUB**

- **Online Inter House T-Shirt Painting Competition**

To celebrate 75 Years of Independence, Art Club of the college organised **Online Inter House T-Shirt Painting Competition** on 14.8.2021. Following students of our College have won various positions in the same. Mrs Geetanjali Mittu coordinated the event.

### **Result of Online Inter House T-Shirt Painting Competition**

Name	Father's Name	Class/Roll No	Position
Navinder Kaur	Sh. Gurdev Singh	B.Ed.-II/ 146	First
Kirandeep Kaur	Sh. Amrik Singh	B.Ed.-II/ 129	Second
Ritika	Sh. Harish Chander	B.Ed.-II/ 172	Third



- **Diya Decoration Competition**

Following students of our College have won various positions in **Diya Decoration Competition** organized by Art Club of the College to celebrate Diwali on 03.11.2021. Mrs Geetanjali Mittu coordinated the event.

Item	Name	Father's Name	Class/R.No	Position
Diya Decoration	Rachita Garg	Sh.Rajender Prasad Garg	B.Ed. Sem-II/108	First
	Rozy	Sh.Ashok Kumar	B.Ed. Sem-II/158	Second
	Kajal	Sh.Mohan Lal	B.Ed. Sem-II/130	Third

- **Celebration of International Day of Families**

the following students of our College have won following positions in **Salad Decoration Competition** organized by Art Club to celebrate '**International Day of Families**' on 16.05.2022.

Item	Name	Father's Name	Class/ R.No	Position
Salad Decoration	Priyanka Bhagat	Sh.Tilak Raj	B.Ed Sem-II/619	First
	Noor Ala Noor	Sh.Mohd Jassimuddin	B.Ed Sem-II/502	
	Monika	Sh.Ramesh Kumar	B.Ed Sem-II/685	
	Pramila	Sh.Jatinder Kumar	B.Ed Sem-II/659	
	Gursimran Kaur	Sh.Gurbachan Singh	B.Ed Sem-II/665	Second
	Kashish	Sh.Suresh Kumar	B.Ed Sem-II/605	
	Rupinder Kaur	Sh.Harbhajan Singh	B.Ed Sem-II/664	
	Pushpa	Sh.Ratiram	B.Ed Sem-II/637	
	Anshu	Sh.Shiv Naresh	B.Ed Sem-II/638	Third
	Renu Kapoor	Sh.Hem Raj Kapoor	B.Ed Sem-II/679	
	Ridhika	Sh.Tejinder Kumar	B.Ed Sem-II/614	
	Damini Mehta	Sh.Sanjeev Mehta	B.Ed Sem-II/687	

## HEALTH CLUB

- **Inter House Badminton Competition**

The following students of our College have won various positions in **Inter House Badminton** held in our college campus organized by **Health Club** of the College. Mrs Gaganpreet Kaur coordinated the event.

### **Result of Badminton Competition on 04.03.2022 & 05.03.2022**

Name	Father's Name	Class/Roll No	Position
<b>Girls (Doubles)</b>			

Ekam Akanksha Singh	Sh.Ashok Kumar Khurana Sh.Santosh Kumar Singh	B.Ed.-III/ 123 (A) B.Ed.-III/ 163 (A)	First
Renu Kapoor Harnoorpreet Kaur	Sh.Hem Raj Kapoor Sh. Balwinder Singh	B.Ed.-I/ 679 (B) B.Ed.-I/ 630 (B)	Second
Arvinder Kaur Sheetal	Sh.Kulwant Singh Sh.Pradeep Singh	B.Ed.-III/ 144 (B) B.Ed.-III/ 102 (B)	Third
<b>Boys (Singles)</b>			
Ashish Kumar	Sh. Jagdish Raj	B.Ed.-III/ 01 (A)	First
Noor Ala Noor	Sh. Mohd Jassimuddin	B.Ed.-I/ 502 (C)	Second
Mandeep Singh	Sh.Harjeet Singh	B.Ed.-I/ 507 (A)	Third

- **Inter House Kho-Kho Competition**

**Health club of the college organized Inter House Kho-Kho on 03.03.2022.** Mrs Gaganpreet Kaur coordinated the event. Following students of our College have won various positions in **Inter House Kho-Kho Competition** held in our college campus.

**Result of Kho-Kho Competition held on 03.03.2022**

<b>Name of Section</b>	<b>House</b>	<b>Position</b>
B.Ed. Sem-III (Sec A)	Plato House	First
B.Ed. Sem-III (Sec C)	Rousseau House	Second
B.Ed. Sem-III (Sec B)	Socrates House	Third

- **Celebration of World Health Day**

Health Club and N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated World Health Day by organizing a Cycle Rally and Yoga Workshop on 07.04.22. The cycle rally began from the College and reach to Govt. Sr. Sec. School, Adarsh Nagar wherein students of the College along with teachers made the students of the school aware regarding the benefit of cycling. N.S.S. volunteers Meena and Nandini with their speeches elaborated to the school students regarding the health benefits of riding bicycle and how it helps to keep our environment clean and green. In continuation with the green practices, a planter with green plant as a token of gratitude was gifted to the school Principal Mrs.Khushdeep Kaur. Pamphlets depicting the benefits of cycling for the individual and environment were distributed to community members and also pasted on the walls of shops having good footfall. Teachers including Dr.Meharban Singh, Dr.Pooja Bhardwaj, Mrs.Shivani Gulati, S.Maninder Pal Singh and Mrs.Jaspreet Kaur and Ms.Anju, Office staff S.Amrit Pal Singh, S.Sukhdev Singh and supporting staff S.Bhulinder Singh, Sh.Govind Singh cycled during the rally along with the students.

On this day, a Yoga workshop was also conducted by Shri.Kamal Aggarwal, President, Bhartiya Yog Sansthan, Jalandhar. During the workshop, yoga for healthy spine, for thyroid problems, for diabetes management and for ensuring good mental health were practised. Students queries regarding asans for varied problems were also taken up during the workshop.

On this occasion, Principal Mrs. Neelu Jhanji gave formal vote of thanks and appealed the masses to make a routine to do yoga and get benefitted from its endless perks. The stage was conducted by Nandini. The event was coordinated by Dr. Kiran Walia, Mrs. Shivani Gulati, Geetanjali Mittu and Mrs. Gaganpreet Kaur.

## **LITERARY CLUB**

- **Punjabi Maah Celebration**

Literary Club and Alumni Association of the college celebrated "Punjabi Maah" by organized Poetical Recitation event to connect the students with Punjabi language on 17<sup>th</sup> November, 2021. This event was presided over by S. Surjit Singh Walia, President of Alumni Association of the college. On this occasion, Radhika Mehta recited her poem on the topic 'Meri Ma Boli, Meri Jaan.' Ekam with her poem 'Sadi Boli, Khushiya di Chabi' and Shampy with her poem reflected their deep rooted happiness connected with the use of Punjabi language. Radhika with her poem 'Punjabi Boli' showered her love for mother tongue Punjabi. Manjot with her poem 'Meri Boli, Meri Pachan' reflected that our identification is with our own language. Kirandeep Kaur with her poem 'Mar Rahi Meri Bhaasha' appealed to revive Punjabi language.

On this day, different alumnus virtually gave their view points about the need to revive and relive with our mother tongue Punjabi. They also presented their poems reflecting that Punjabi has a tremendous positive impact on an individual's personality. Alumnus Navreet with the beautiful song in Punjabi mesmerised the audience.

While speaking on the day, S. Surjit Singh Walia applauded the efforts of the students and said that learning in mother tongue is crucial for improving the critical thinking and it is the primary means of keeping our culture alive. On this occasion, Acting Principal, Mrs. Neelu Jhanji welcomed the guest of the day and appealed the youth to use and learn their mother tongue as well as it helps us to stay connected with our traditions, cultural values and our roots.

Dr. Meharban Singh gave the vote of thanks. Nandini conducted the stage. Dr. Meharban Singh and Mrs. Geetanjali Mittu coordinated the event.

- **Celebration of International Mother Tongue Day**

Literary Club of M.G.N. College of Education, Jalandhar is celebrating 'International Mother Tongue Day' in the college premises on 22<sup>nd</sup> February, 2022. On this day, Deeksha with her speech reflected her views on the status of mother tongue in our society. Honey, Deepika, Rajesh and Kirandeep Kaur with their poems celebrated on the current status of Punjabi language in our country and focused on the need to respect our language. Amit with his speech showered his love for Punjabi language and appealed all to use our language to preserve our Punjabi culture and tradition. Deeksha and Mandeep Singh with their melodious song in Punjabi make the audience dive into the sweetness of Punjabi language.

While speaking on the occasion, Principal Mrs. Neelu Jhanji said that Punjabi language is losing its soul due to so called modernization. She also showed her concern to conserve our rich Punjabi culture and tradition and appealed to would be teachers to keep our language and culture

alive through education. Stage was conducted by Silky. The event was coordinated by Dr.Meharban Singh.

### **EK BHARAT SRESTH BHARAT CLUB**

- **World Bicycle Day**

As per guidelines from Ministry of Youth Affairs and Sports and NSS Department, G.N.D.U., under "Azadi Ka Amrut Mahotsav" NSS unit and Ek Bharat Sresth Bharat Club the college organised Cycle Rally on 02.06.2022 to celebrate World Bicycle Day. The event was held to celebrate 75 years of India's Independence and to popularize the usage of cycling to solve the dual issues of global warming and unhealthy life style. The rally started from the college at 9.00 am. Faculty members and students of B.Ed. Sem. III participated in the event. The event was coordinated by Dr. Kiran Walia, program officer NSS unit.

- **Slogan Writing Competition under Action Plan for International Yoga Day 2022**

Ek Bharat Sresth Bharat Club and NSS Unit of M.G.N. College of Education, Jalandhar are going to organize 'Slogan Writing Competition' on the themes 'Importance of Yoga' and 'Unity in Diversity' on 06.05.2022. Following students won different position in the competition:

<b>Item</b>	<b>Name</b>	<b>Father's Name</b>	<b>Class/ R.No</b>	<b>Position</b>
Slogan Writing	Priyanka Bhagat	Sh.Tilak Raj	B.Ed Sem-II/619	First
	Rimple Kaur Bhamra	Sh.Gurcharan Singh Bhamra	B.Ed Sem-II/682	Second
	Harmanpreet Kaur	Sh.Sital Dass	B.Ed Sem-II/623	Third

### **ALUMNI ASSOCIATION**

- **Punjabi Maah Celebration**

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Dr.Meharban Singh gave the vote of thanks. Nandini conducted the stage. Dr.Meharban Singh and Mrs.Geetanjali Mittu coordinated the event.

- **Alumni Reunion, 2022**

The proud Alumni of the College got a chance to reconnect with their Alma Mater, to recreate their old memories, to interact with their faculties and to have lots of fun through Alumni Reunion, 2022, "Relive, Reconnect, Rejoice" on 12<sup>th</sup> March,2022. The event began with college Shabad. Sardar S.S Walia, President of Alumni Association welcomed the gathering. Around 100 alumnous from various sessions attended the event. The event was coordinated on both online and offline mode. Event was live streamed on Facebook as well.

On this day, the alumni interacted with the current students and had a discussion with other alumni. A beautiful video on Campus reminiscence took the audience down the lane of memories. Alumnus, Harpreet Kaur and Ivnoor mesmerised the audience with their beautiful songs. Placed Alumnus from previous session shared their experiences and filled the atmosphere with nostalgic feelings. Bhawna with her beautiful dance performance adorned the event. Along with this a special performance was given by S.Maninder Pal Singh, faculty of the College. Also, students graced the event with different singing, dancing, mimicry and Gidha performance.

On this occasion, Dr Kala Singh Gaheer, also one of the alumnus of the college gave formal vote of thanks and said that the fame of an institute is not only its administration and staff but also the achievement of its students. Principal Mrs.Neelu Jhanji appreciated the alumnus to be in continuous touch and gave her wishes to all to achieve their goals and be victorious in every sphere of life.

Hosting of the event was done by Mrs.Geetanjali Mittu. The entire event was coordinated by Mrs.Geetanjali Mittu under the supervision of Principal, Mrs.Neelu Jhanji.

### **YOUTH RED CROSS CLUB**

- **Collection of Funds for Charity**

Red Cross Club of the college collected amount from staff and students on 01-09-21 to help the families of soliders who lost their life for the nation. S. Maninder Pal Singh and Mrs. Jaspreet Kaur coordinated the event.

- **First Aid Services**

Youth Red Cross Club of the college provided first aid services on annual sports meet, inter-house Badminton and Kho –Kho competitions. This service was provided on 09<sup>th</sup> -11<sup>th</sup> March, 2022 under the supervision of Red Cross incharges S. Maninderpal Singh and Ms. Jaspreet Kaur.

- **Visit to Prayas**

Red Cross Club of the the college organized a visit to Prayas (Special School for Mentally Retarded) for the students of B.Ed. Sem. II on 28.04.2022. The pupose for this visit was to develop social awareness towards disabled students. S. Maninder Singh and Mrs Jaspreet Kaur organised the visit.

### **CAREER AND COUNSELLING CELL**

- **Workshop on Personality Development and Art of Positivism**

Career and Counselling Cell of the M.G.N. College of Education, Jalandhar organized a workshop on 'Personality Development and Art of Positivism' in the College premises on 30.04.2022. The workshop was conducted by Resource Person Mrs.Amrit Kalsi, Senior Manager, Training and Counselling HOD, Centre of Happiness and Well Being, CT University, Ludhiana. During the workshop, the resource person elaborated the real meaning of professionalism and suggested to work on inner and outer personality to match with the requirements of profession. She enumerated a few factors including appearance, thoughts and Behaviour needed for balanced personality. She further explained that our thoughts lead to our actions, actions becomes habit and the habit makes our character and decides our destiny. She also elaborated that there are seven types of thoughts including toxic, negative, waste, necessary right, positive and elevated thoughts and we need to train our mind to see the good in every situation and to develop elevated thoughts. Further, she said that control over language is necessary along with right gestures for positive outlook. At the end of he workshop students queries are addressed and solutions to their personality related problems were suggested.

While speaking on the occasion, Principal Mrs.Neelu Jhanji urged to think right to produce right actions and positive personality. Mrs.Jaspreet Kaur coordinated the stage and gave the formal vote of thanks. Dr.Ravjeet Kaur and Mrs.Jaspreet Kaur coordinated the event.

- **Visit to Career and Counselling Cell of MGN Public School, Aadarsh Nagar, Jalandhar**

Career and Counselling Cell of the the college organized a visit to Career and Counselling Cell of MGN Public School, Aadarsh Nagar, Jalandhar on 04.05.2022. Mrs. Manpreet Kaur, Counsellor of the school, oriented the students regarding the characteristics of children with varied disability including ADHD. The pupose for this visit was to develop understanding among would be teachers for effective inclusion. Dr Ravjeet Kaur and Mrs Jaspreet Kaur organised the visit.

### **WOMEN WELFARE COMMITTEE**

- **National Level Competitions**

**Internal Quality Assurance Cell and Women Welfare Committee** celebrated **75 years of India's Independence** by organizing '**National Level Online Competitions**' which include poster making, essay writing and poetical recitation on 7<sup>th</sup> August,2022. Many students participated enthusiastically in all categories of competitions. They depicted their emotions of love and respect towards India by reciting beautiful poems in videos, writing essays and preparing mesmerizing posters. Students from different states participated. . All the participants were provided with E-Certificate of participation and winners were rewarded with merit e-certificates. Result of the competitions is as follows:

### POSTER MAKING

NAME	FATHER'S NAME	INSTITUTION NAME	POSITION
Sakshi Vyas	Arun Vyas	C.T. College of Education , Jalandhar	First
Komalpreet Kaur	Gurwinder Singh	Khalsa College for Women, Amritsar	Second
Harsimran Kaur	Manmohan Singh	BCM College , Ludhiana	Third

### POETICAL RECITATION

NAME	FATHER'S NAME	INSTITUTION NAME	POSITION
Satnam Singh	Rajinder Singh	BCM College of Education, Ludhiana	First
Ankita	Ravinder	Atam Vallabh Jain College, Ludhiana	Second
Sat Sangat Singh	APS Mainee	Paradise College, Jalandhar	Third

### ESSAY WRITING

NAME	FATHER'S NAME	INSTITUTION NAME	POSITION
Ankit Shajpal	Gyaneshwar Shajpal	Arya College, Ludhiana	First
Japneet Kaur	Amarjeet Singh	B.C.M College of Education, Ludhiana	Second
Reetika Parmar	Narinder Kumar	Lyallpur Khalsa College, Jalandhar	Third
Mohd Sufiyan Khan	Mohd Mubeen Khan	Kisan PG College, Bahraich	Consolation

- **Celebration of National Girls Child Day**

Women Welfare Committee of the College celebrated National Girl Child Day on the theme 'Beti Bachao Desh Badhao' on 24<sup>th</sup> January, 2022. On this day, the new session was inaugurated by recalling the Almighty through 'Ardas'. On this day Sawangeet Kaur with her speech 'Think a World Without Girls' gave the horrible picture of declining male-female ratio and reflected on its harmful effects of the society. Tania with her poem 'Mujhe Jeene Ka Adhikar Do' saught for the equal right for the women. Rimple Kaur Bhamra with her speech 'She Can Do Anything' spoke about the contribution of women in society. Rachita Garg with her poem 'Beti Ki Pukar' appealed the society to give the due of women. Amit Aneja through his speech 'Beti Bachao Desh Badhao' reflected on the need to save girl child to make this earth a better palce to live.

Speaking on the ocaassion, Principal Mrs.Neelu Jhanji said that we need not to forget that a country that empowers women, empowers every individual. She further added by saying that only by celebrating, protecting and educating a girl child, we could empower her. On this day, Geetika Jain conducted the stage. Dr.Radha Arora and Ms.Anju coordinated the event.

- **Celebration of International Women's Day**

N.S.S. Unit and Women Welfare Committee of the College celebrated International Women's Day in the College premises, on the theme 'Gender Equality Today For a Sustainable Tomorrow' on 8<sup>th</sup> March,2022. On this day, with the exhibition of different posters, an effort was made to spread the message of gender equality and of building a society free of all gender biases, stereotypes and discriminations. Also, track and field sports events were organized for the female students. To spread the consciousness for environmental protection, plants were also distributed amongst the girls. After the events, all the girls were served with sumptuous meal.

Speaking on the occasion, Principal Mrs.Neelu Jhanji appealed to join hands to forge women's equality. Dr.Radha Arora, Dr.Kiran Walia and Ms.Anju coordinated the event.

### **RED RIBBON CLUB**

- **Celebration of World Mental Health Day**

Red Ribbon Club of the College celebrated World Mental Health Day on the theme "Stubble Burning: Hazardous to Health" on 9<sup>th</sup> October, 2021. On this day, student of the college Bhawna Sharma in her speech spoke about the importance of celebration of Mental Health Day. Aishwarya and Srishti with their poems depicted the effect of stubble burning on human life and environment. Arshia with her speech elaborated the harmful effects of stubble burning on human health and as a focal contributor of environment pollution. She also suggested various techniques to get rid of stubble. Through a video presentation by Karan the status and stats of stubble burning in India and especially in Punjab was presented. Shelly with her song, musically appealed the masses to stop burning the stubble.

While speaking on the occasion, Acting Principal Mrs.Neelu Jhanji said that stubble management is one of many complex issues that need to be taken care with utmost care. She also said that effective stubble management requires immediate attention to protect our environment and avoid health hazards among humans. She also appealed the students to make farmers aware regarding different ways to decompose stubble.



On this day, stage was conducted by Tania. The entire event was coordinated by Dr.Seema Rani.

- **Celebration of World AIDS Day**

NSS Unit along with Red Ribbon Club of the college celebrated '**World AIDS Day**' on 1<sup>st</sup> December, 2021 in the college premises to raise the public awareness 'Let's Stop HIV Together' campaign was launched. On this day, student of the college Sawangeet and Srishti Soni through her speech enumerated the causes, symptoms, treatment and precautions from AIDS. Kirandeep Kaur and Kashish with their poems depicted to save the lives of people affected from this disease. The stage was conducted by Tania. Members of Red Ribbon Club displayed the chart and poster to spread the awareness regarding HIV AIDS. This event was coordinated by Dr Seema Rani and Dr Kiran Walia.

- **Celebration of 'National Science Day'**

Red Ribbon Club of the college celebrated 'National Science Day' in the college premises on 28<sup>th</sup> February, 2022. On this day a health checkup with respect to Body Mass Index and Eyesight testing was done. Around 150 students along with teachers got tested with their B.M.I. and Eyesight. Further, diet, exercise and expert medical interventions were suggested on the basis of the testing.

On this occasion, Principal Mrs.Neelu Jhanji appealed the students to follow healthy life style and take balanced diet. The event was coordinated by Dr.Seema Rani.

- **Celebration of National Vaccination Day**

Science Club and Red Ribbon Club of the College in collaboration with Health Department, Jalandhar celebrated '**National Vaccination Day**' by organizing a vaccination camp against Covid-19 pandemic on March 16, 2022. During this camp first, second and booster dose of Covishield and Covaxin was available. Around 50 people along with students of the College got vaccinated during the camp.

On this occasion, Principal Mrs.Neelu Jhanji appreciated the efforts of the club to make masses aware regarding the importance of vaccination and serving society with such efforts. Dr.Seema Rani coordinated the event.

## **SCIENCE CLUB**

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On this occasion, Principal Mrs. Neelu Jhanji appealed the students to follow healthy life style and take balanced diet. The event was coordinated by Dr. Seema Rani.

- **Celebration of National Technology Day**

Cyber Club and Science Club of the college celebrated 'National Technology Day' in the college premises on 11.05.2022. On this day, member of Cyber Club and Science Club prepared Slogans to make the contribution of Scientists and Engineers for the development of Technology. Kashish with her speech made aware the members regarding the importance of celebration National Technology Day. Manpreet Kaur reflected on the integrated approach of Science and technology for sustainable future.

While addressing the students, Principal Mrs. Neelu Jhanji said that science and technology have made our life easier and faster. She further added that we should always ensure that the inventions and discoveries in these fields are always used for the benefits of entire human race. Dr. Seema Rani and Mrs. Shivani Gulati coordinated the event.

## **MATHEMATICS CLUB**

- **Celebration of International Mathematics Day**

International Mathematics Day was celebrated by M.G.N. College of Education, Jalandhar through online platform on 24.03. 22. On this day, Ekam with her speech, on the topic Importance of World Mathematics day, elaborated the need to celebrate this day. Riya with her powerpoint presentation, gave information regarding contributions of Mathematician in the field of Mathematics. Ekam, Pallavi and Priya with another presentation elaborated the interesting and creative ways of teaching Mathematics in order to make teaching of Mathematics easy. Ankita with her presentation shared some facts regarding Mathematics. Arvinder with a video highlighted some brain teasers.

Speaking on the occasion, Principal Mrs. Neelu Jhanji said that Mathematics could be dread for most, but still it is a subject loved by many. She further added that the basics of Maths are required everywhere and no one can imagine their lives without numbers. She also urged the need to bring revolutionary changes in the field of Mathematics teaching to get rid of

Mathematics phobia. The event was hosted by Ekam. Dr.Radha Arora and Dr Pooja Arora coordinated the event.

## **LIBRARY CLUB**

- **Book Exhibition in Collaboration with Bhasha Vibhag**

To inculcate the reading habits and to bring the literary awareness Library club of the college in collaboration with Bhasha Vibhag, Jalandhar had organized a Book Exhibition on 15.03.2022 in the college premises. Respected Principal Mrs. Neelu Jhanji had inaugurated this event. Books covering various literary themes published by the Bhasha Vibhag, Punjab was showcased in this exhibition. The sales incharge of Bhasha Vibhag, Jalandhar Shri Gagandeep Singh had provided the information about the books to the students and the staff members. Respected Principal also inspired the students on this event to bring literary awareness and keep the reading interest. All the students and staff members participated in this event with great enthusiasm and the response was very positive as many aspiring students and staff members were seen showing interest in the books and purchased the books of their choice from this exhibition. College library also purchased some good books for its readers. This exhibition was a way to inculcate and promote the reading habits and to acquaint the students with literature. All the members of the library club had put their best efforts to make this event successful.

- **Celebration of World Book and Copyright Day, 2022**

Library Club of the M.G.N. College of Education, Jalandhar celebrated 'World Book and Copyright Day 2022' in the College premises on 23.04.2022. On this day various activities like Book Exhibition, Book Hunt Competition, Book Swap Programme were organized and Oldest Book Owner Award was given. The latest purchased books were exhibited on this day to update the information of books to students and teachers. Under Book Swap Programme, students exchanged their favourite books to other students to other students to promote book reading culture. In Book Hunt Competition, team of Mamta Chingotra and Garima became the winner. The Oldest Book Owner Award was given to Ekam. Speaking on the occasion, Principal Mrs.Neelu Jhanji urged to promote reading habits as in this modern world of internet we are not spending time with the books. She also honoured the winner of Book Hunt Competition and the Oldest Book Owner. Ms.Satinderbir Kaur coordinated the event.

## **CYBER CLUB**

- **Inter House PowerPoint Competition**

Following students of our College have won positions in **Inter House PowerPoint Competition** on the theme "**Invest in our Planet**" to mark World Earth Day held on 22.04.2022. Mrs Shivani Gulati made the judgement of the completion. Mrs Sakshi Sharma Co-ordinated the event.

<b>Item</b>	<b>Name</b>	<b>Father's Name</b>	<b>Class/Roll No/House</b>	<b>Position</b>
PowerPoint	Mamta	Sh.Dev Raj Chingotra	B.Ed Sem-II/671	First

	Chingotra		(Aurobindo House)	
	Vibhu	Sh.Anil Chopra	B.Ed Sem-II/636 (Tagore House)	Second
	Gurpreet Singh Kochar	Sh.Mohinderpal Singh Kochar	B.Ed Sem-II/504 (Gandhi House)	Third
	Nancy Nagpal	Sh.Chander Parkash Nagpal	B.Ed Sem-II/675 (Aurobindo House)	

- **Celebration of National Technology Day**

Cyber Club and Science Club of the college celebrated 'National Technology Day' in the college premises on 11.05.2022 . On this day, member of Cyber Club and Science Club prepared Slogans to make the contribution of Scientists and Engineers for the development of Technology. Kashish with her speech made aware the members regarding the importance of celebration National Technology Day. Manpreet Kaur reflected on the integrated approach of Science and technology for sustainable future.

While addressing the students, Principal Mrs.Neelu Jhanji said that science and technology have made our life easier and faster. She further added that we should always ensure that the inventions and discoveries in these fields are always used for the benefits of entire human race. Dr.Seema Rani and Mrs.Shivani Gulati coordinated the event.

### **NSS UNIT**

- **Swachh Bharat Pakhwada**

As per the guidelines received, M.G.N. College of Education, Jalandhar has organised Swachh Bharat Pakhwada, International Youth Day and Independence Day from 01.08.2021 to 15.08.2021 in the different schools of Jalandhar where the B.Ed. students were having their internship and also in their neighbourhoods.

- On the occasion, various activities were organized such as:
  - Anti-Polythene Campaign – India free from ‘Single use Plastic’
  - Cleanliness Drive (Libraries, Labs, Classrooms, Playground etc.)
  - Awareness campaign through Lectures/ Discussions/ Videos/ Presentations on following topics:
    - Techniques of water conservation and rain water harvesting.
    - Renovation of traditional and other water bodies/tanks.
    - Water Shed Development.
    - Water recycling plants.
    - Efficient utilization of water at home, campus and community.
    - Harmful effects of plastics especially single use plastic.
  - Competitions like:
    - Slogan writing on Swachhta/ Water Conservation.
    - Poster making on Swachhta/ Water Conservation.

- **Swachhta Pledge**

N.S.S. volunteers have performed different activities such as cleanliness drive, anti-polythene campaign; lectures on various issues viz-a-viz. Healthy habits (like to eat healthy food, wash hands before and after meal, use washrooms, etc.) ,the importance of cleanliness, various competitions like poster competition, slogan writing competition, etc.

The different areas of the college and schools were cleaned to achieve the dream of Gandhi ji as "Swachhta" or Cleanliness was a way of life for Gandhi ji. School students were also motivated to participate in cleaning their schools in order to change in their behavior. Diverse lectures related to the Swachhta were delivered in the different schools.

- **Celebration of Van Mahotsav**

Van mahotsav was celebrated by NSS Unit on 13.08.21 by planting trees on road side. On this day students took oath to keep environment clean and green. Dr. Kiran Walia cordinated the event.

- **Interaction of Hon'ble PM with Paralympics bound Athletes**

43 NSS Volunteers of the college attended the Interaction of Hon'ble PM with Paralympics bound Athletes on 17.08.21. Dr. Kiran Walia cordinated the event.

- **Azadi Ka Amrit Mahotsav**

As per the guidelines of Ministry of Youth Affairs and Sports, Govt. of India and NSS Department of G.N.D.U, N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated 75 years of Independence by organizing various activities as given below (**13.08.2021 to 02.10.2021**):

- **E-Quiz**

- 75 Years of Independence Day was celebrated by organizing E-Quiz from 09.08.2021 to 15.08.2021 in which 393 participants from various Institutions participated.

- **Inter House Essay Writing Competition**

- Sadbhavna Divas was celebrated on 20.08.2021 by organizing Inter House 'Essay Writing Competition' on the theme "National Integration, Peace and Communal Harmony" in which 13 NSS volunteers from different houses participated. In this competition Sristi soni sttod first, Priya Khanna stood second and Sunali stood third.

- **Van Mahotsav Celebration**

- Van Mahotsav was celebrated on 20.08.2021 in which NSS volunteers of the college planted more than 60 plants in their surrounding areas.

- **Upload of Videos of Singing National Anthem**
  - More than 78 NSS volunteers and faculty members uploaded videos of singing National Anthem on the link shared by Ministry of Youth Affairs and Sports, Govt. of India and got E-Certificates.
- **Independence Day Celebration Day**
  - Independence Day was celebrated on 14.08.2021 by holding special assembly in which all the NSS volunteers were acquainted with the history of Independence followed by National Anthem.
- **FIT India Run 2.0**
  - NSS volunteers celebrated FIT India Run 2.0 under the theme 'Fitness Ki Dose, Adha Ghanta Roz' on 04.09.2021 in which many activities like running, yoga and other exercises were done by the NSS volunteers.

All the events were coordinated by Dr.Kiran Walia, ordinator NSS Unit of M.G.N. College of Education.

- **Celebration of Poshan Maah**

As per the directions from NSS Department, G.N.D.U. and Ministry of Youth Affairs and Sports, De-addiction committee and NSS Unit of the M.G.N. College of Education celebrated the Poshan Maah under the theme "Converging Towards a Healthy Walk Through Life" from 01.9.2021 to 30.9.2021 by organizing various activities as given below:-

- **Tree Plantation**
  - Tree plantation under the theme 'Poshan Vatika' was done by the NSS volunteers of the college on 07.09.2021 by planting different types of trees in their surrounding areas.
- **Healthy Recipe Competition**
  - Healthy Recipe competition was organized on 30.09.2021 in which six NSS volunteers of the college participated. In this competition, Rachita Garg, Shelly Devi and Ritika got first, second and third positions respectively.
- **Inter House E-Slogan Writing Competition**
  - Inter House E-Slogan Writing competition was held on the theme 'Health Food for Healthy Life' on 25.09.2021 to celebrate Poshan Maah and NSS day. eight participants from various houses participated in the competition. In this competition, Pallavi Sharma, Rachita Garg and Shelly Devi got first, second and consolation positions respectively.
- **One Day Webinar**

One day webinar was organized on the theme 'Healthy Food for Healthy Life' on 30.09.2021. Ms.Monisha Sikka Ex-Senior Dietician, Tagore Hospital, Jalandhar was the resource person who acquainted all the faculty members and NSS volunteers with the healthy life style followed by an interactive session with the audience. The event was coordinated by Dr.Kiran Walia.

- **Celebration of National Unity Day**

As per the guidelines of Ministry of Youth Affairs & Sports, Govt. of India and N.S.S. Department, G.N.D.U., Amritsar, N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated National Unity Day on 13.10.21 by organizing pledge taking ceremony and cleanliness drive in the college followed by distribution of refreshment to the N.S.S. volunteers. Dr. Kiran Walia coordinated the event.

- **Jan Utsav Week**

As per the guidelines of Ministry of Culture, Govt. of India and N.S.S. Department G.N.D.U., Amritsar, N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated Jan Utsav Week from 24.10.2021 to 31.10.2021 by organizing Poster Making Competition and Slogan Writing Competition on the theme "Ek Bharat Shreshta Bharat" on 27.10.2021. Further, National Unity day was celebrated by organizing pledge taking ceremony and cleanliness drive in the college on 30.10.2021 followed by distribution of refreshment to the N.S.S. volunteers. Dr. Kiran Walia coordinated the event.

- **Webinar on Buddy Groups**

College faculty including Dr Kiran Walia, Dr Seema, Mrs Surjit, Mrs. Geetanjali, and students of B.Ed. Sem. II attended a Webinar to discuss activities to make people aware against drugs on 02.09.22 organized by DPI (Colleges) Punjab. The event was coordinated by Dr.Kiran Walia.

- **Clean India Programme**

As per the guidelines of Ministry of Youth Affairs & Sports, Govt. of India and N.S.S. Department G.N.D.U., Amritsar, N.S.S. volunteers of M.G.N. College of Education, Jalandhar participated in the cleanliness drive under the Clean India Programme from 01.10.2021 to 31.10.2021. The volunteers participated whole-heartedly in the drive by cleaning the college campus and surrounding areas. The event was coordinated by Dr.Kiran Walia.

- **National Unity Day**

As per the guidelines of Ministry of Youth Affairs & Sports, Govt. of India and N.S.S. Department, G.N.D.U., Amritsar, N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated National Unity Day on 31.10.21 by organizing pledge taking ceremony and cleanliness drive in the college followed by distribution of refreshment to the N.S.S. volunteers. The event was coordinated by Dr.Kiran Walia.

- **Celebration of Indian Constitution Day**

NSS Unit of MGN College of Education, Jalandhar celebrated Indian Constitution Day on 26.11.2021. To mark the occasion NSS Volunteers expressed their views on the significance of the day through speeches and displayed an exhibition of books on Indian Constitution. Preamble was also read and shared on the social media. Refreshment was distributed at the end of the function. The event was coordinated by Dr.Kiran Walia.

- **Seven Days NSS Camp**

A seven days NSS camp was organized by M.G.N. College of Education, Jalandhar at Sangal Sohal village from 28.12.2021 to 03.01.2022, in which 50 NSS volunteers from B.Ed Sem-I and Sem-II participated. The camp was inaugurated by S.Mangal Singh ji, Sarpanch of the village. The staff of Govt. Elementary School, Sangal Sohal also joined the inaugural ceremony. During the camp volunteers conducted various activities like rally on environment protection, COVID awareness drive, food preparation, Nukad Natak, cleanliness drive, lecture on personal hygiene to school kids, tree plantation in which volunteers planted 18 all season plants. They also made the people aware about the need of waste segregation. The volunteers were also made to do physical activities during this time. The food was served each day to the volunteers. The camp was organized under the supervision of Mrs.Neelu Jhanji, Principal and was coordinated by Dr.Kiran Walia, Program Officer, NSS Unit of the College.

- **Celebration of World AIDS Day**

NSS unit of the college celebrated World AIDS Day on 01.12.21 by displaying posters regarding AIDS awareness. On this day refreshment was also distributed at the end of the event. The event was coordinated by Dr.Kiran Walia.

- **Swastha Balak-Balika Spardha**

As per guidelines received from Ministry of Youth Affairs and Sports and NSS Department of Guru Nanak Dev University, Amritsar, NSS Unit of M.G.N. College of Education, Jalandhar organised "Swastha Balak-Balika Spardha" from 08.01.2022 to 10.01.2022. E-Slogan competition on the theme "**Importance of Health and Nutrition for Children**" was organised in which 11 NSS volunteers from B.Ed. Sem-I and Sem-II participated. The event was organised under the supervision of Mrs.Neelu Jhanji, Acting Principal and was coordinated by Dr.Kiran Walia, Program Officer, NSS Unit of the College.

- **Workshop on Swachta Action Plan**

NSS Programme Officer Dr Kiran Walia attended a one day district level Cluster Workshop on Swachta Action Plan and District green in Champion Award Programme organized by Mahatma Gandha National Council of Rural Education Department of Higher Education Ministry of Education, Govt of India on 09.12.21.

- **Workshop on VENTEL Action Plan**



Dr Kiran Walia and Mrs Gaganpreet Kaur attended one day online workshop on Vocational Education Pedagogy Action Plan organized by MGNCRE, Dept. of Higher Education, Ministry of Education, Govt of India on 09.12.21.

- **Celebration of National Youth Day**

As per directions from Ministry of Youth Affairs and Sports and NSS Department, G.N.D.U., Amritsar, the college celebrated Swami Vivekananda's birthday as National Youth Day on 12.01.2022 by organising a seminar on the topic "Teachings and Philosophy of Swami Vivekananda" through virtual mode. During the program Manjot Kaur, volunteer from Semester-II gave a speech on the life of Swami ji. Shelly Devi, volunteer from B.Ed. Semester-II recited a poem, Rachita of Semester-II and Kashish of Semester-I acquainted the students with the philosophy and teachings of Swami Vivekananda. The program was organized under the guidance of Dr.Radha Arora, Associate Professor and coordinated by Dr. Kiran Walia, Program officer, NSS Unit.

- **Celebration of National Girl Child Day**

As per the guidelines received from NSS Department of Guru Nanak Dev University, Amritsar, Women Welfare Committee of the College along with NSS Unit celebrated National Girl Child Day; through virtual mode on 24.01.2022. On this occasion, through different speeches, students presented their views on contribution of women in society. Tania and Rachita Garg with their poems appeared the society to give the importance to women in every sphere. Amit Aneja through his speech Beti Bachao Desh Badhao reflected on the need to save girl child to make this earth a better place to live. The entire event was coordinated by Dr.Radha Arora and Ms.Anju under the supervision of Principal Mrs.Neelu Jhanji.

- **Celebration of Republic Day**

In order to celebrate the Republic Day, Internal Quality Assurance Cell in collaboration with Cultural Club & NSS Unit of the College has Celebrated Republic Day by organizing Poetical Recitation and Patriotic Singing Competitions in the college via online mode. Students from different sections of B.Ed. Semester I & II has participated in the Poem and Patriotic Singing Competitions. They were allowed to send the videos of poems and songs in English, Hindi and Punjabi language till 27th Jan., 2022. Their talent and participation will be appreciated by giving them e-certificates. Moreover, they have made slogans to celebrate the event. Moreover, the students have prepared Rangoli, Posters as well as Salad to add grace to the day. The events were organised so that students must understand the importance of the day and remember the martyrs of the country because of whom we are celebrating 26th January as Republic Day. Principal Mam has motivated the students for their participation. The event was coordinated by Dr.Kiran Walia.

- **Voting Awareness Campaign SVEEP**

As per the guidelines received, N.S.S Unit of M.G.N. College of Education, Jalandhar has organised Voting Awareness campaign online on **01.02.2022**. In this event Rimple Kaur, volunteer of NSS Unit, through a video has told the masses regarding the importance of voting. Moreover, she also guided regarding the eligibility of a voter. Furthermore, our another volunteer, Sawangeet Kaur has given the awareness of Voters Day and the way to vote rightly. Kashish, the volunteer has presented through a poster that "Your One Vote has Power to Change". The event was coordinated by Dr.Kiran Walia.

- **Anti Drug E-Pledge**

As per the directions received from Directorate Higher Education (C), Punjab and Dean, College Development Council, G.N.D.U., Amritsar, 65 NSS volunteers from M.G.N. College of Education, Jalandhar took "**Anti Drug E-Pledge**" using the given link on 25.02.22 and received E-Certificates. The copies of the certificates are attached herewith. The activity was done under the supervision of Mrs.Neelu Jhanji, Acting Principal and was coordinated by Dr.Kiran Walia, Program Officer, NSS Unit of the College.

- **Celebration of International Women's Day**

N.S.S. Unit and Women Welfare Committee of the College celebrated International Women's Day in the College premises, on the theme 'Gender Equality Today For a Sustainable Tomorrow' on 8<sup>th</sup> March,2022. On this day, with the exhibition of different posters, an effort was made to spread the message of gender equality and of building a society free of all gender biases, stereotypes and discriminations. Also, track and field sports events were organized for the female students. To spread the consciousness for environmental protection, plants were also distributed amongst the girls. After the events, all the girls were served with sumptuous meal. Speaking on the occasion, Principal Mrs.Neelu Jhanji appealed to join hands to forge women's equality. Dr.Radha Arora, Dr.Kiran Walia and Ms.Anju coordinated the event.

- **Celebration of International Happiness Day**

NSS Unit of the M.G.N. College of Education, Jalandhar celebrated International Day of Happiness in the College premises on 21.03.22. On this day, NSS volunteers Pavleen Kaur with her speech focused on the importance of Happiness day. Through a video the importance to steal some moments of happiness in the stressful life was emphasized. On this day students and teachers played some fun games and enjoyed the beats of music with dance moves. While speaking on the occasion, Principal Mrs.Neelu Jhanji said that we should try to find happiness in everything that we have got in our lives and make our life happiness oriented. Nandini conducted the stage. The event was coordinated by Dr.Kiran Walia, coordinated of NSS Unit of the College.

- **Celebration of Shaheedi Diwas**

NSS Unit of M.G.N. College of Education, Jalandhar, observed the Shaheedi Divas on 23.03.2022 to pay reverence to Shaheed Bhagat Singh, Rajguru and Sukhdev who sacrificed

their lives for the freedom, grandeur and well being of India. To mark the occasion, Pavleen Kaur from B.Ed. Sem-III, shared a video enlightening about life of Shaheed Bhagat Singh and also taking oath for becoming a responsible citizen of India. Shelly Devi of B.Ed. Sem-III and Kashish from B.Ed. Sem-I presented poems to give a tribute to the martyrs of our country. The videos shared by the students were uploaded on Facebook for maximum social media publicity. The activity was organised under the supervision of Mrs. Neelu Jhanji, Principal and was coordinated by Dr. Kiran Walia, Program Officer, NSS Unit of the College.

- **Pariksha Pe Charcha**

All students of the college attended PM Modi's address under the event Pariksha pe Charcha in the college premises on 01.04.22 wherein tips to handle examination stress were shared.

- **Celebration of International Yoga Day and World Health Day**

Health Club and N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated World Health Day by organizing a Cycle Rally and Yoga Workshop on 07.04.22. The cycle rally began from the College and reach to Govt. Sr. Sec. School, Adarsh Nagar wherein students of the College along with teachers made the students of the school aware regarding the benefit of cycling. N.S.S. volunteers Meena and Nandini with their speeches elaborated to the school students regarding the health benefits of riding bicycle and how it helps to keep our environment clean and green. In continuation with the green practices, a planter with green plant as a token of gratitude was gifted to the school Principal Mrs. Khushdeep Kaur. Pamphlets depicting the benefits of cycling for the individual and environment were distributed to community members and also pasted on the walls of shops having good footfall. Teachers including Dr. Meharban Singh, Dr. Pooja Bhardwaj, Mrs. Shivani Gulati, S. Maninder Pal Singh and Mrs. Jaspreet Kaur and Ms. Anju, Office staff S. Amrit Pal Singh, S. Sukhdev Singh and supporting staff S. Bhulinder Singh, Sh. Govind Singh cycled during the rally along with the students.

On this day, a Yoga workshop was also conducted by Shri. Kamal Aggarwal, President, Bhartiya Yog Sansthan, Jalandhar. During the workshop, yoga for healthy spine, for thyroid problems, for diabetes management and for ensuring good mental health were practised. Students queries regarding asans for varied problems were also taken up during the workshop.

On this occasion, Principal Mrs. Neelu Jhanji gave formal vote of thanks and appealed the masses to make a routine to do yoga and get benefitted from its endless perks. The stage was conducted by Nandini. The event was coordinated by Dr. Kiran Walia, Mrs. Shivani Gulati, Geetanjali Mittu and Mrs. Gaganpreet Kaur.

- **Celebration of Ambedkar Jayanti**

As per the directions from NSS department GNDU, NSS unit of the college celebrated Ambedkar jayanti on 14-04-22. Student of the college, Simran Kaur shared her views on life of Dr. B R Ambedkar. Kirandeep, Nandini and Meena from shared heart touching poems about Dr. Ambedkar. The day was celebrated by sharing videos on social media. The event was organised under the supervision of Principal Mrs. Neelu Jhanji and was coordinated by Dr. Kiran Walia, program officer, NSS unit.

- **Celebration of Baisakhi**

NSS unit of MGN college celebrated Baisakhi on 14-04-22. Amit Kumar from B.Ed. Sem II shared his views on the significance of the day and shared history of establishment of Khalsa panth in 1699 AD. The day was celebrated by sharing video on social media. The event was organised under the supervision of Ms Neelu Jhanji, principal and was coordinated by Dr. Kiran Walia, program officer, NSS unit.

- **Poster Painting Competition under International Yoga Day Celebration**

NSS unit of the college under International Yoga Day celebration, organized Poster Painting competition on importance of yoga held on 23-04-2022 in which Rimple Kaur, Harmanpreet Kaur and Sangeeta of B.Ed. sem III got the first, second and third positions respectively. The event was coordinated by Dr. Kiran Walia, program officer NSS unit.

- **World Bicycle Day**

As per guidelines from Ministry of Youth Affairs and Sports and NSS Department, G.N.D.U., under "Azadi Ka Amrut Mahotsav" NSS unit and Ek Bharat Sresth Bharat Club the college organised Cycle Rally on 02.06.2022 to celebrate World Bicycle Day. The event was held to celebrate 75 years of India's Independence and to popularize the usage of cycling to solve the dual issues of global warming and unhealthy life style. The rally started from the college at 9.00 am. Faculty members and students of B.Ed. Sem. III participated in the event. The event was coordinated by Dr. Kiran Walia, program officer NSS unit.

- **World Environment Day**

As per guidelines from the office of the Deputy Commissioner-Cum- District Election Officer, Jalandhar, NSS Unit of the College celebrated World Environment Day-2022 on 31.05.2022. The students of B.Ed. Sem. III celebrated the day by planting trees in the community areas and by giving awareness lectures to the school students. A cycle rally was also organized to make the community aware of the environmental threats. The event was coordinated by Dr. Kiran Walia, program officer NSS unit.

- **Slogan Writing Competition under Action Plan for International Yoga Day 2022**

Ek Bharat Sresth Bharat Club and NSS Unit of M.G.N. College of Education, Jalandhar are going to organize 'Slogan Writing Competition' on the themes 'Importance of Yoga' and 'Unity in Diversity' on 06.05.2022. Following students won different position in the competition:

Item	Name	Father's Name	Class/ R.No	Position
Slogan Writing	Priyanka Bhagat	Sh.Tilak Raj	B.Ed Sem-II/619	First
	Rimple Kaur Bhamra	Sh.Gurcharan Singh Bhamra	B.Ed Sem-II/682	Second
	Harmanpreet Kaur	Sh.Sital Dass	B.Ed Sem-II/623	Third

- **Celebration of International Yoga Day**

NSS Unit of the college celebrated International Yoga Day by organizing a Yoga workshop on 20.06.2022. This workshop was conducted by Sh.Kamal Aggarwal, President, Bhartiya Yog Sansthan, Jalandhar. During the workshop, Sh.Kamal Aggarwal explained how our body functions and the role of Yoga asans in regulating the proper functioning of the body. During the workshop, he demonstrated Yoga asans like Tadasan, Bhujang asans, Trikon asan, Shav asan, Paschinrotan Asan to keep our body, stomach, kidneys and liver fit. For increasing the immunity of our body, he practised Bhramari Paranayam, Anulom-Vilom Paranayam and Bhastrika Pranayam. While addressing the problems of the students, he suggested the proper use of yoga to overcome problems like Blood pressure, cervical, Migrain, hair loss and weight loss.

All the students and Faculty members attended the workshop. On this occasion, Principal Mrs.Neelu Jhanji welcomed the guest. While addressing the students she motivated the would be teacher and faculty members to make yoga a daily routine. The event was hosted by Shelly Devi. Mrs.Gaganpreet Kaur organized the event.

### **INTER HOUSE COMPETITIONS**

- **Inter House Thematic Display Board Competition**

The following Houses of our College have won following positions in **Inter House Thematic Display Board Competition** held in our college campus on 13.04.2022.

Sr.No	Class/Section	House	Position
1	B.Ed Sem III/Section - C	Rousseau House	First
2	B.Ed Sem III/Section - A	Plato House	Second
3	B.Ed Sem III/Section - B	Socrate House	Third

The judgement of the competition was done by Dr Ravjeet Kaur and Mrs. Gaganpreet Kaur. Mrs. Jaspreet Kaur coordinated the event.

- **Inter House On the Spot Preparation of Teaching Aids Competition**

The following students of our College have won various positions in **Inter House On the Spot Preparation of Teaching Aids Competition** held in our college campus on 18.04.2022.

Name	Father's Name	Class/ R.No	Position
Mamta Chingotra	Sh.Dev Raj Chingotra	B.Ed. Sem-II/671	First
Karan Sharma	Sh.Ajay Sharma	B.Ed. Sem-III/05	Second
Chandni	Sh.Jyoti Parkash	B.Ed. Sem-III/119	Third
Rozy	Sh.Ashok Kumar	B.Ed. Sem-III/158	Consolation

The judgement of the competition was done by Dr Radha Arora and Mrs. Gaganpreet Kaur. Mrs Surjit Kaur coordinated the event.

- **Inter House Black Board Writing and Sketching Competition**

The following students of our College have won various positions in **Inter House Black Board Writing and Sketching Competition** held in our college campus on 18.04.2022.

### **Punjabi Language**

<b>Name</b>	<b>Father's Name</b>	<b>Class/ R.No</b>	<b>Position</b>
Diksha	Sh.Prithi Chand	B.Ed Sem-II/654	First
Prabhleen	Sh.Lachhman Dass	B.Ed Sem-II/672	
Rupinder Kaur	Sh.Harbhajan Singh	B.Ed Sem-II/664	Second
Honey	Sh.Naresh Kumar	B.Ed Sem-II/640	
Kirandeep Kaur	Sh.Amrik Singh	B.Ed Sem-III/129	Third
Nandini	Sh.Narayan Sharma	B.Ed Sem-III/150	

### **Hindi Language**

<b>Name</b>	<b>Father's Name</b>	<b>Class/ R.No</b>	<b>Position</b>
Sangeeta	Sh.Shankar	B.Ed Sem-II/689	First
Upinderjit Kaur	Sh.Kanwaljit Singh	B.Ed Sem-II/639	
Shelly Devi	Sh.Madan Lal	B.Ed Sem-III/118	Second
Umar Fatima	Sh.Mohd. Tariq	B.Ed Sem-III/120	
Kashish	Sh.Suresh Kumar	B.Ed Sem-II/605	Third
Meenakshi	Sh.Raj Kumar	B.Ed Sem-II/610	

### **English Language**

<b>Name</b>	<b>Father's Name</b>	<b>Class/ R.No</b>	<b>Position</b>
Sawangeet Kaur	Sh.Narinderpal Singh	B.Ed Sem-II/658	First
Rimple Kaur Bhamra	Sh.Gurcharan Singh Bhamra	B.Ed Sem-II/682	
Mamta Chingotra	Sh.Dev Raj Chingotra	B.Ed Sem-II/671	Second
Komal	Sh.Rudal Kumar Mehta	B.Ed Sem-II/647	
Sheetal	Sh.Pradeep Singh	B.Ed Sem-III/102	Third
Riya	Sh.Subash Chander	B.Ed Sem-III/132	

The judgement of the competition was done by Dr Ravjeet Kaur and Mrs. Gaganpreet Kaur. S. Maninder Pal Singh coordinated the event.

- **Inter House PowerPoint Competition**

Following students of our College have won positions in **Inter House PowerPoint Competition** on the theme "**Invest in our Planet**" to mark World Earth Day held on 22.04.2022. Mrs Shivani Gulati made the judgement of the completion. Mrs Sakshi Sharma Co-ordinated the event.

<b>Item</b>	<b>Name</b>	<b>Father's Name</b>	<b>Class/Roll No/House</b>	<b>Position</b>
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PowerPoint	Mamta Chingotra	Sh.Dev Raj Chingotra	B.Ed Sem-II/671 (Aurobindo House)	First
	Vibhu	Sh.Anil Chopra	B.Ed Sem-II/636 (Tagore House)	Second
	Gurpreet Singh Kochar	Sh.Mohinderpal Singh Kochar	B.Ed Sem-II/504 (Gandhi House)	Third
	Nancy Nagpal	Sh.Chander Parkash Nagpal	B.Ed Sem-II/675 (Aurobindo House)	

### EXTENSION ACTIVITIES BY IQAC

Under the Student Enrichment Programme, Internal Quality Assurance Cell (IQAC) of the College organized the following activity in the college premises.

- **Webinar on Nation Building through Value Based Education**

To celebrate 75 years of Independence, M.G.N. College of Education, Jalandhar organized a webinar on the topic "Nation Building through Value Based Education: Role of a Teacher" on 05.08.21. The resource person for the webinar was Dr.Dinesh Arora, Associate Professor, P.G. Department of Political Science, D.A.V College, Jalandhar. While speaking he said that the purpose of education was to make human a true human, but still we are lagging behind to attain that aim. While elaborating the meaning of value he explained it as principle of life which tell us about what is right or wrong and lead us to the path of contentment. He also stressed that the teacher has a great role to play in developing values among students as he/she gives message of not to swerve from the path of Truth and Dharma and contribute something useful to the society. He further focused that nation building can be done through value based teaching disseminated by nation builders as value leads to character and good character leads to nation building. While speaking he considered Teacher as the most important source of nation building as enlightened human beings are created by good teachers. He concluded by saying that Teachers can change lives with just the right mix of chalk and challenges.

On this day, Principal Mrs.Neelu Jhanji welcomed the guest of the day and threw light on his academic and professional excellence. Dr.Meharban Singh hosted the event and gave vote of thanks. One of the participant, Dr.Ashok Kumar Khurana, Assistant Professor from D.A.V College, Jalandhar, raised his concern by saying that in this challenging scenario most teachers are bound to modify their values and in light of this we need to rethink about the current education system. Around 100 participants from different colleges of Punjab attended the webinar. The entire event was coordinated by Dr.Meharban Singh.

- **Poetical Recitation and Patriotic Singing Competition**

The following students of our College have won various positions in **Poetical Recitation** and **Patriotic Singing Competition** organized by Cultural Club of the College to celebrate **Republic Day** on 28.01.2022.

Item	Name	Father's Name	Class/R.No	Position
Poetical Recitation	Meena	Sh.Vasudev	B.Ed. Sem-II/156	First
	Amit Aneja	Sh.Bheem Sain	B.Ed. Sem-I/503	Consolation
Patriotic Singing	Srishti Soni	Sh.Naveen Soni	B.Ed. Sem-II/137	First
	Mamta Chingotra	Sh.Dev Raj Chingotra	B.Ed. Sem-I/671	Second

Dr Pooja Bhardwaj and S. Maninder Pal Singh coordinated the event.

- **National Level Competitions**

**Internal Quality Assurance Cell** and **Women Welfare Committee** celebrated **75 years of India's Independence** by organizing '**National Level Online Competitions**' which include poster making, essay writing and poetical recitation on 7<sup>th</sup> August,2022. Many students participated enthusiastically in all categories of competitions. They depicted their emotions of love and respect towards India by reciting beautiful poems in videos, writing essays and preparing mesmerizing posters. Students from different states participated. All the participants were provided with E-Certificate of participation and winners were rewarded with merit e-certificates. Result of the competitions is as follows:

<b>Poster Making</b>
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NAME	FATHER'S NAME	INSTITUTION NAME	POSITION
Sakshi Vyas	Arun Vyas	C.T. College of Education , Jalandhar	First
Komalpreet Kaur	Gurwinder Singh	Khalsa College for Women, Amritsar	Second
Harsimran Kaur	Manmohan Singh	BCM College , Ludhiana	Third

<b>Poetical Recitation</b>
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NAME	FATHER'S NAME	INSTITUTION NAME	POSITION
Satnam Singh	Rajinder Singh	BCM College of Education, Ludhiana	First
Ankita	Ravinder	Atam Vallabh Jain College, Ludhiana	Second
Sat Sangat Singh	APS Mainee	Paradise College, Jalandhar	Third

<b>Essay Writing</b>
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NAME	FATHER'S NAME	INSTITUTION NAME	POSITION
Ankit Shajpal	Gyaneshwar Shajpal	Arya College, Ludhiana	First
Japneet Kaur	Amarjeet Singh	B.C.M College of Education, Ludhiana	Second
Reetika Parmar	Narinder Kumar	Lyallpur Khalsa College, Jalandhar	Third
Mohd Sufiyan Khan	Mohd Mubeen Khan	Kisan PG College, Bahraich	Consolation

- **Extension Lecture On The Topic 'Effects Of Depression On Adolescents' Health'**

Under the students and faculty enrichment programme Internal Quality Assurance Cell of the College organized an extension lecture on the topic 'Effects of Depression on Adolescents' Health' on 05.04.2022. The resource person of the day was Dr.Himanshu Sareen, HOD, Psychiatry Department, PIMS, Jalandhar. While speaking, Dr.Himanshu explained the meaning of depression as a condition described as persistent sadness that leads to restlessness, disinterest and worthlessness. He further said that one out of every three persons are suffering from depression and the people with poor socio-economic status, drug addicts and teenagers have more chances for getting into depression. Further, he told that women are more prone to depression than males. While talking about the causes of depression he said that Psychosocial and Physiological factors are responsible for it. He also suggested that the talk with friends and family and intervention of medical and professional help are needed to cure depression else it will lead to disastrous results. He also emphasized to exercise and meditate regularly and have balanced diet to avoid depression. At the end of the session students' queries were also addressed by the resource person.

On this occasion, Principal Mrs.Neelu Jhanji gave formal vote of thanks to the guest and urged that it is important for would be teachers to understand their student's mental problems and guiding them well for their better future. Ms.Anju welcomed and introduced the resource person and conducted the stage. The event was coordinated by Dr.Radha Arora, Dr.Ravjeet Kaur, Dr.Pooja Bhardwaj and Mrs.Shivani Gulati.

- **Seminar on 'Writing Research Paper'**

Under the quality enrichment programme, IQAC Cell of the College of organized a seminar on 'Writing Research Paper' on 20.05.22. The resource person of the day was Dr.Vikas Kumar, Associate Professor, D.A.N. College for Women, Nawanshahr. While speaking, he explained the meaning of research as a scientific search. While explaining the steps of writing research paper, he said that the most important aspect of a research is to identify the research area. After choosing the topic, he further suggested to conduct a preliminary research to develop a thesis statement and create a research paper outline. Afterwards, he suggested that the first draft of paper need to be designed. Further, he explained various types of citations for citing the sources of research including APA citation style and MLA citation style. Finally he suggested to

write the conclusion and proofreading of final draft need to be prepared before the publication of the research paper.

On this day, Principal Mrs. Neelu Jhanji gave formal vote of thanks. Ms. Anju conducted the stage. The event was coordinated by Dr. Radha Arora, Dr. Ravjeet Kaur, Dr. Pooja Bhardwaj and Mrs. Shivani Gulati.

## OTHER COLLEGE ACTIVITIES

- **Celebration of Ardas Diwas**

To gather the blessings of the “Almighty” for the beginning of the successful and auspicious session, M.G.N. College of Education, Jalandhar organized the **Ardas Diwas virtually** on 24-01-2022 under the guidance of Mrs. Neelu Jhanji. S. Meharban Singh did the ardas. ‘Kirtan from Gurbani was enchanted on the day. With the purpose inculcating value of sympathy, calmness, service and contentment among students. On this day, mesmerizing Kirtan was performed by the students of the college. On this occasion, Principal Mrs. Neelu Jhanji along with all the staff members joined the ‘Ardas’ for the success of new session.

- **61<sup>st</sup> Annual Sports Meet**

M.G.N. College of Education, Jalandhar organized its 61<sup>st</sup> Annual Sports Meet from 7<sup>th</sup> March 2022 to 9<sup>th</sup> March, 2022. The Chief guest of the Sports Meet was Principal Mrs. Neelu Jhanji who in her presidential 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 Principal Mrs. Neelu Jhanji, who declared the 61<sup>st</sup> Annual Sports Meet open. In Fancy Dress Competition Diksha stood First, Aishwarya got Second position and Aarti stood Third and Monika got consolation prize. **Karan Sharma was declared Best Athlete (Boys) & Anshu 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, apple race and Tug of war. Sports events were followed by cultural events like Folk Song, Songs, Mimicry, Histrionics, Dances & Gidha. Judgement of Fancy Dress Competition was done by Dr. Ravjeet Kaur and Mrs. Geetanjali Mittu. The stage was conducted by Dr. Pooja Bhardwaj. The 61<sup>st</sup> Annual Sports meet was co-ordinated by Mrs. Gaganpreet Kaur and Mr. Harkamaljit Singh.

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

<b>Game</b>	<b>Position</b>	<b>Name of Winners</b>	<b>Class</b>	<b>Roll No</b>
<b>100 Meter Race</b>	First	Karan Sharma	B.Ed Sem III - A	05
	Second	Rahul Bhardwaj	B.Ed Sem III - B	03
	Third	Paras	B.Ed Sem I - C	501

<b>200 Meter Race</b>	First	Karan Sharma	B.Ed Sem III - A	05
	Second	Rahul Bhardwaj	B.Ed Sem III - B	03
	Third	Baljeet Singh	B.Ed Sem III - A	06
<b>Shot Put</b>	First	Paras	B.Ed Sem I - C	501
	Second	Karan Sharma	B.Ed Sem III - A	05
	Third	Rahul Bhardwaj	B.Ed Sem III - B	03
<b>Long Jump</b>	First	Karan Sharma	B.Ed Sem III - A	05
	Second	Ashish Kumar	B.Ed Sem III - A	01
	Third	Baljeet Singh	B.Ed Sem III - A	06
<b>Apple Race</b>	First	Rahul Bhardwaj	B.Ed Sem III - B	03
	Second	Noor Ala Noor	B.Ed Sem I - C	502
	Third	Ashish Kumar	B.Ed Sem III - A	01
<b>Obstacle Race</b>	First	Rahul Bhardwaj	B.Ed Sem III - B	03
	Second	Karan Sharma	B.Ed Sem III - A	05
	Third	Ashish Kumar	B.Ed Sem III - A	01
<b>Best Athlete (Boys)</b>	First	Karan Sharma	B.Ed Sem III - A	05

### Final Results (Girls)

<b>Game</b>	<b>Position</b>	<b>Name of Winners</b>	<b>Class</b>	<b>Roll No</b>
<b>100 Meter Race</b>	First	Akanksha Singh	B.Ed Sem III - A	163
	Second	Kirandeep Kaur	B.Ed Sem III - C	129
	Third	Prabhleen	B.Ed Sem I - A	672
		Simran Kaur	B.Ed Sem III - C	107
<b>200 Meter Race</b>	First	Anshu	B.Ed Sem I - B	638
	Second	Ridhika	B.Ed Sem I - B	614
	Third	Shweta Kumari	B.Ed Sem I - B	618
<b>Shot Put</b>	First	Rachita Garg	B.Ed Sem III - C	108
	Second	Pramila	B.Ed Sem I - C	659
	Third	Pavleen Kaur	B.Ed Sem III - C	104

<b>Long Jump</b>	First	Anshu	B.Ed Sem I - B	638
	Second	Ankita Sharma	B.Ed Sem III - C	148
	Third	Rachita Garg	B.Ed Sem III - C	108
<b>Relay Race (4x100m)</b>	First	Sukhmani	B.Ed Sem I - C	622
	First	Garima Kumari	B.Ed Sem I - C	607
	First	Anjali	B.Ed Sem I - C	606
	First	Pooja Jaswal	B.Ed Sem I - C	615
	Second	Rachita Garg	B.Ed Sem III - C	108
	Second	Nandini	B.Ed Sem III - C	150
	Second	Sheetal Sharma	B.Ed Sem III - C	121
	Second	Ankita Sharma	B.Ed Sem III - C	148
	Third	Prabhleen	B.Ed Sem I - A	672
	Third	Diksha	B.Ed Sem I - A	654
	Third	Deeksha Sharma	B.Ed Sem I - A	668
	Third	Upinderjit Kaur	B.Ed Sem I - A	639
<b>Three Legged Race</b>	First	Riya	B.Ed Sem III - B	132
	First	Jannat	B.Ed Sem III - B	164
	Second	Rachita Garg	B.Ed Sem III - C	108
	Second	Sheetal Sharma	B.Ed Sem III - C	121
	Third	Anshu	B.Ed Sem I - B	638
	Third	Pushpa	B.Ed Sem I - B	637
<b>Obstacle Race</b>	First	Renu Kapoor	B.Ed Sem I - B	679
	Second	Akanksha Singh	B.Ed Sem III - A	163
	Third	Sukhmani	B.Ed Sem I - C	622
<b>Sack Race</b>	First	Anchal	B.Ed Sem III - B	140
	Second	Sawangeet Kaur	B.Ed Sem I - B	658

	Third	Riya Saddi	B.Ed Sem III - A	160
<b>Fancy Dress</b>	First	Diksha	B.Ed Sem I - A	654
	Second	Aishwarya	B.Ed Sem III - B	155
	Third	Aarti	B.Ed Sem I - A	678
	Consolation	Monika	B.Ed Sem I - C	685
<b>Tug of War</b>	First	Plato House	B.Ed Sem-III - A	
	Second	Tagore House	B.Ed Sem-I - B	
	Third	Gandhi House	B.Ed Sem-I - A	
<b>Best Athlete (Girls)</b>	First	Anshu	B.Ed Sem I - B	638