Government College for Girls, Ludhiana

(NAAC Accredited 'A' Grade)



CRITERION - 7

METRIC NO. 7.2.1

INDEX

S.No.	Content	Page No.
1	Initiatives Taken For Enhancing The Physical Quotient	2-9
2	Initiatives Taken For Enhancing The Emotional Quotient	10-14
3	Initiatives Taken For Enhancing The Intelligence Quotient	15-19
4	Initiatives Taken For Enhancing The Spirtual Quotient	20-26
5	Initiatives Taken For Enhancing The Social Quotient	27-38
6	Initiatives Taken For Digitalization	39-50

BEST PRACTICE 1:

PANORAMIC PROGRESSION

Initiatives Taken For Holistic Development of Students

PHYSICAL QUOTIENT

- ➤ Open gymnasium and acupressure park
- > Fitness break
- > Self defense skills: Martial arts
- > Annual sports day
- > Yoga sessions
- > Fitness run
- > Corona awareness campaign during pandemic









OPEN GYMNASIUM AND ACUPRESSURE PARK





FITNESS BREAK







SELF DEFENCE SKILLS: MARTIAL ARTS



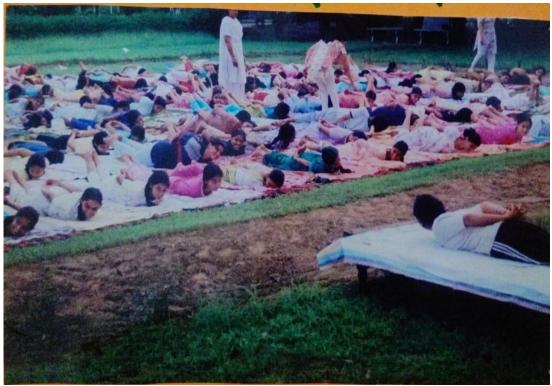






ANNUAL SPORTS DAY





YOGA SESSIONS





FITNESS RUN



CORONA AWARENESS CAMPAIGN DURING PANDEMIC

EMOTIONAL QUOTIENT

- > Dastak programme
- ➤ Complaint boxes and Grievance Redressal Cell
- **➤** Visit to senior citizen home
- ➤ Lending a helping hand during COVID

ਦਫਤਰ, ਪ੍ਰਿੰਸੀਪਲ ਸਰਕਾਰੀ ਕਾਲਜ ਲੜਕੀਆਂ, ਲੁਧਿਆਣਾ।

ਨੋਟਿਸ ਨੰਬਰ: 309

FEO.E (80/26 : 18H)

ਸਮੂਹ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਸੂਚਿਤ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਕਿ ਬਹੁਤ ਸਾਰੀਆਂ ਵਿਦਿਆਰਥਣਾਂ ਕਈ ਵਾਰ ਆਪਣੀ ਗੱਲ ਕਲਾਸ ਵਿੱਚ ਅਧਿਆਪਕਾਂ ਨਾਲ ਸਾਂਝੀ ਨਹੀ ਕਰ ਸਕਦੀਆਂ। ਕੁਝ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਪੜ੍ਹਾਈ ਸਬੰਧੀ ਦਿਕਤਾਂ ਹੁੰਦੀਆਂ ਹਨ ਜਾਂ ਕੁਝ ਵਿਦਿਆਰਥਣਾਂ ਨੇ ਕੁਝ ਸੁਝਾਅ ਆਦਿ ਦੇਣੇ ਹੁੰਦੇ ਹਨ। ਇਸ ਲਈ ਪ੍ਰਿੰਸੀਪਲ ਦਾ ਸਿੱਧੇ ਤੌਰ ਤੇ ਵਿਦਿਆਰਥਣਾਂ ਨਾਲ ਰਾਬਤਾ ਕਾਇਮ ਕਰਨਾ ਜ਼ਰੂਰੀ ਹੈ।

ਸੇ ਵਿਭਾਗ ਦੀਆਂ ਹਦਾਇਤਾਂ ਅਨੁਸਾਰ 'ਦਸਤਕ ' ਪ੍ਰੇਗਰਾਮ ਤਹਿਤ ਨਿਮਨ-ਹਸਤਾਖਰੀ ਵੱਲੋਂ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਮਿਲਣ ਲਈ ਹਰ ਰੇਜ਼ ਦੁਪਹਿਰ 12:00 ਵਜੇ ਤੋਂ ਬਾਅਦ ਦੁਪਹਿਰ 01:00 ਵਜੇ ਤੱਕ ਦਾ ਸਮਾਂ ਨਿਰਧਾਰਿਤ ਕੀਤਾ ਗਿਆ ਹੈ। ਉਕਤ ਸਮੇਂ ਦੌਰਾਨ ਵਿਦਿਆਰਥਣਾਂ ਪ੍ਰਿੰਸੀਪਲ ਦਫਤਰ ਵਿਖੇ ਆ ਕੇ ਨਿਮਨ-ਹਸਤਾਖਰੀ ਨੂੰ ਮਿਲ ਸਕਦੀਆਂ ਹਨ।

> ਸ੍ਰਿੰਸੀਪਲ, ਪ੍ਰਿੰਸੀਪਲ, ਸਰਕਾਰੀ ਕਾਲਜ ਲੜਕੀਆਂ, ਲੁਧਿਆਣਾ।



Notice regarding "DASTAK" programme initiated by the college permits the students to directly approach the principal from 12.00 to 1.00 pm to share the problems encountered by them in college.





COMPLAINT BOXES AND GRIEVANCE REDRESSAL CELL

A visit to senior citizen home

Date: 12 November, 2020

<u>Venue: Senior Citizen Home</u>, <u>Sarabha Nagar</u>, <u>ldh</u>

Rotaractors under the guidance of Dr. Madhvi
Vashishth (Club Advisor) along with Mrs.

Jaspreet and Mrs. Poonam visited old age home
on the occasion of Diwali. Following all the
Covid Protocols, the sweets, candles, rangoli
colours and fruits were handed over to the
incharge for distribution among the senior



VISIT TO SENIOR CITIZEN HOME

CHARITY BEGINS AT HOME

Date - 21 December, 2020

Venue - Nearby their homes and locality

Under the guidance of Dr. Madhvi Vashishth (Club Advisor), Mrs.

Jaspreet, Mrs. Poonam,
rotaractors along with Jasmine
(Club President) and Ekjyot Kaur
(Club secretary) organised a
charity event nearby their homes

or locality due to covid restrictions.

The members visited the needy
ones in their nearby localities and
donated clothes, food items,
stationary items and shared the
pictures in the Whatsapp group.





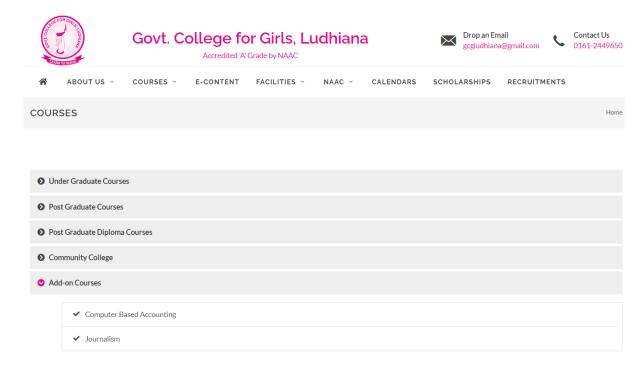




LENDING A HELPING HAND DURING COVID

INTELLIGENCE QUOTIENT

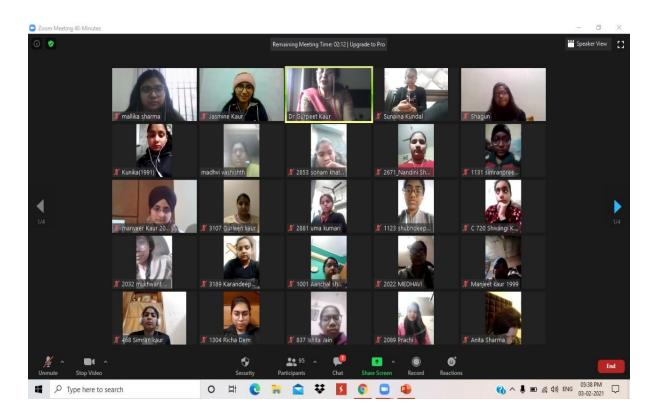
- ➤ Add-on courses, skill-based short term certificate and diploma courses
- ➤ Webinars during covid-19 pandemic
- **▶** Finishing School



Name of the Course `	Duration		
Certificate in GST Applications	6 months		
Certificate in Computer - Aided Accounting	6 months		
Certificate / Diploma in Software Development and Programming	6/12 months		
Certificate in Business Etiquettes and Professionalism	6 months		
Certificate / Diploma in Entrepreneurship, Creativity &	6/12 months		
Innovation in Business			
Certificate in Creative Writing & Content Development	6 months		
Certificate Course in Bakery & Confectionery	6 months		

ADD-ON COURSES, SKILL-BASED SHORT TERM CERTIFICATE AND DIPLOMA COURSES





WEBINARS DURING COVID-19 PANDEMIC



FINISHING SCHOOL



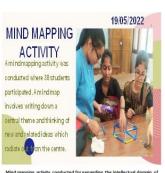
























FINISHING SCHOOL ACTIVITIES

SPIRTUAL QUOTIENT

- > "Naitik Sikhiya"- moral values examination conducted by Guru Gobind Singh study circle
- ➤ Solace zone: meditation park
- > Meditation sessions
- ➤ Mental health awareness program organised by Manojigyasa Society.
- ➤ Book exhibition at Bhai Kahn Singh library
- > State-level virtual happiness market







"NAITIK SIKHIYA"- MORAL VALUES EXAMINATION CONDUCTED BY GURU GOBIND SINGH STUDY CIRCLE







SOLACE ZONE: MEDITATION and YOGA PARK









MEDITATION SESSIONS

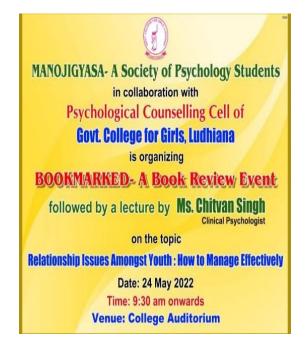


Dr. DJ Singh, consultant psychologist and former joint director, Punjab Police Training Academy, also a key note speaker motivating students to identify one's strengths and values.









MENTAL HEALTH AWARENESS PROGRAMS ORGANISED BY MANOJIGYASA SOCIETY



BOOK EXHIBITION AT BHAI KAHN SINGH LIBRARY

ਦਫਤਰ: ਪਿੰਸੀਪਲ, ਸਰਕਾਰੀ ਕਾਲਜ ਲੜਕੀਆਂ, ਲੁਧਿਆਣਾ।

ਨੋਟਿਸ ਨੰਬਰ : 295

ਮਿਤੀ: 23.06.2021

ਸਮੂਹ ਟੀਚਿੰਗ ਅਤੇ ਨਾਨ-ਟੀਚਿੰਗ ਸਟਾਫ ਨੂੰ ਸੂਚਿਤ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਕਿ ਕੱਲ੍ਹ ਮਿਤੀ 24.06.2021 ਨੂੰ ਸਵੇਰੇ 11:00 ਵਜੇ ਸਟੇਟ ਲੈਵਲ ਵਰਚੂਅਲ ਹੈਪੀਨੈੱਸ ਮਾਰਕਿਟ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਜਾ ਰਿਹਾ ਹੈ। ਸਮੂਹ ਸਟਾਫ ਮੈਂਬਰਜ਼ ਵੱਲੋਂ ਇਸ ਵਰਚੂਅਲ ਹੈਪੀਨੈੱਸ ਮਾਰਕਿਟ ਦੇ ਪ੍ਰੋਗਰਾਮ ਨੂੰ ਸ਼ੁਰੂ ਹੋਣ ਤੋਂ ਲੈ ਕੇ ਖਤਮ ਹੋਣ ਤੱਕ ਅਟੈਂਡ ਕਰਨਾ ਲਾਜ਼ਮੀ ਹੈ। ਗੈਰ-ਹਾਜ਼ਰ ਹੋਣ ਦੀ ਸੂਰਤ ਵਿੱਚ ਹੋਈ ਕਾਰਵਾਈ ਲਈ ਨਿਰੋਲ ਜਿੰਮੇਵਾਰੀ ਸਬੰਧਤ ਅਧਿਕਾਰੀ ਅਤੇ ਕਰਮਚਾਰੀ ਦੀ ਨਿੱਜੀ ਹੋਵੇਗੀ।

ਨੋਟ:- ਇਸ ਸਟੇਟ ਲੈਵਲ ਵਰਚੂਅਲ ਹੈਪੀਨੈੱਸ ਮਾਰਕਿਟ ਦਾ ਲਿੰਕ ਜੀ.ਸੀ.ਜੀ ਗਰੁੱਪ ਵਿੱਚ ਪਾ ਦਿੱਤਾ ਜਾਵੇਗਾ।

> ਸਰਕਾਰੀ ਕਾਲਜ ਲੜਕੀਆਂ, ਲੁਧਿਆਣਾ।



{ "HAPPINESS MARKET" }

Happiness lies in the joy of achievement'

for Girls (GCG) organised a virtual inter college state-level event on Happiness **

Happiness

HT Correspondent

Judhlana Bhiodustaripress com

LUDHIANA Students from different colleges and universities
shared ideas and techniques
that can be implemented to lead
a happy life duting the virtual
that can be implemented to lead
a happy life duting the virtual
controlleges and techniques
that can be implemented to lead
a happy life duting the virtual
that colleges and seed by the
Government Colleges of this
GOCO; on Thursday,
Over 23 participants attended
the event hat was organised in
association with the Puripal
Youth Development Boarda.

"Happiness lies in the Joy of
achievement" and "Creative
effort, positive mind, positive
vibes lead to positive life", were
some of the Ideas discussed during the session.

Participants showcased their
talents by performing, yoga,
zumba, and bhangra and took
part in various activities based
on themes such as "Your health



Punjab Youth Development Board chairman Sukhwinder Singh Bindra and GGG principal Sukhwinder Kaur attending the virtual inter-college event in Ludhiana on Thursday. htps//

is your most valuable asset.

Tou get more by giving more.

"A day without laughter is a day
wasted". Life is a journey so
travellight.

The winners were declared at
the end of the event. Ashmeet
Kaur. Ekjvor Kaur. Adit Dabral
from Governmehl Coffege for
Girls, Ludhana, bagged the first
prize. Shivant from Khlaisa Coflege for Women, Ludhiana,
stood second: Gurnoor Kaur,
Sahdhut from Government State
College of Education, Patiala,

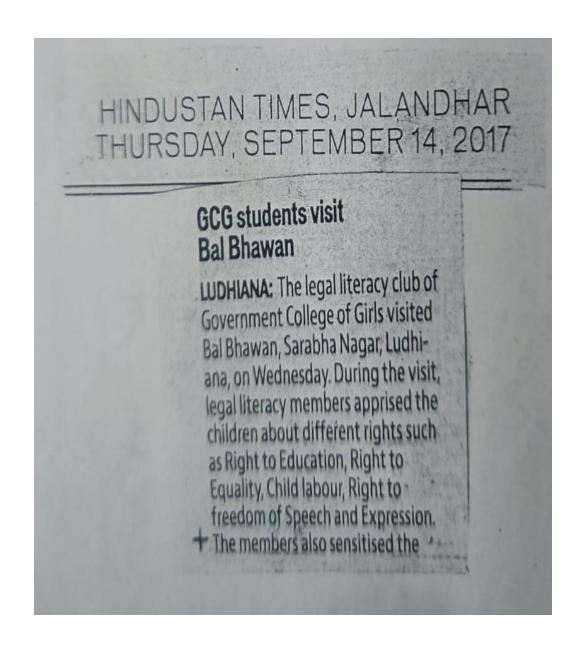
Muskan Sharma from Government Home Science College, Sector, 10, Chandigarh, and Jaskiran Kaur from Sanmatt or vernment C. 165 Science Résearch, and Education, Jagraon, won the consolation prize.

Bindra bats for "Happiness programme" in all schools, colleges Punjab Youth Development Board (PYDB) chairmán Sukh-

STATE-LEVEL VIRTUAL HAPPINESS MARKET

SOCIAL QUOTIENT

- > VISIT TO BAL BHAWAN BY GCG STUDENTS
- > ENVIRONMENT AWARENESS RALLY
- > HONOURING CLASS IV EMPLOYEES
- > FREE VACCINATION CAMPS AT THE COLLEGE
- > AWARENESS DRIVE FOR CLEANLINESS OF BUDHA DARIYA
- > VIRTUAL PLANTATION DRIVE
- > ANTI-STUBBLE BURNING DRIVE
- > MEGA PLANTATION DRIVE AT GCG
- > VISIT TO JHANDE VILLAGE FOR AWARENESS REGARDING CLEANLINESS
- > DOOR-TO-DOOR AWARENESS BY THE COLLEGE STUDENTS
 DURING COVID PANDEMIC
- > ANTI-RAGGING BANNERS DISPLAYED AT VARIOUS COLLEGE LOCATIONS TO ENSURE A RAGGING-FREE CAMPUS



VISIT TO BAL BHAWAN BY GCG STUDENTS

HINDUSTAN TIMES, CHANDIGARH FRIDAY, DECEMBER 27, 2019

GCS conducts environment awareness rally

LUDHIANA: The NSS volunteers of Government College for Girls carried out an environment awareness rally on the first day of the seven-day NSS camp. The volunteers along with the

teachers carried out an awareness drive in the areas adjoining the college to educate people about environment and cleanliness. Program officer Mandhvi said the volunteers will carry out various activities in the next six days.



ENVIRONMENT AWARENESS RALLY









HONOURING CLASS IV EMPLOYEES





FREE VACCINATION CAMP DURING PANDEMIC

GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA

BUDHA DARIYA CAMPAIGN (04.01.2021- 09.01.2021)

Program Officers- Mrs. Anita Sharma, Dr. Madhvi Vashishth and Ms. Ramanjit

NSS President- Jasmine Kaur

NSS Units-Three

AWARENESS DRIVE FOR CLEANLINESS OF BUDHA DARIYA

Awareness Campaign was carried out near colonies of Budha Dariya in collaboration with Municipal Corporation. During this pandemic of COVID-19 following the guidelines laid down by the government wearing a mask and keeping a safe distance the campaign was carried out. The people were educated by the volunteers to maintain hygiene and cleanliness around Budha Dariya. They were also asked to wear masks and clean hands regularly for the safety of themselves and their families. Total 117 volunteers participated in groups.



AWARENESS DRIVE FOR CLEANLINESS OF BUDHA DARIYA

PLANTATION DRIVE

Date: 2-5 June 2021

With the objective to spread happiness and mental well-being, Rotaract Club of GCG, Ludhiana (RID 3070) took an initiative for plantation drive from 1st June onwards through social media platform under the aegis of Principal Dr. Sukhwinder Kaur. Who in her message motivated the students to plant at least one sapling each to safeguard the environment. Project guide Dr. Madhvi Vashishth (Club Advisor) gave the message 'Hariparsad-My Buddy' meaning the plants are indespensable gift of nature and let this Hari-ka-Parsad be distributed as much as we can to each corner of earth for Ecosystem Restoration. People from around the globe participated sharing pictures, stories on instagram and by taking pledge to propagate this noble mission not today but always in every possible way alongwith Rotaractors of College, district and national level.



VIRTUAL PLANTATION DRIVE

Hindustan Times

Mega plantation drive starts at GCG

HT Correspondent

LUDHIANA: A one-week mega plantation drive kicked off at Government College for Girls under Mission Tandarust Punjab on Friday. It was inaugurated by deputy commissioner Varinder Kumar Sharma.

Sharma was accompanied by assistant commissioner Harjinder Singh Bedi. The DC said that the administration is currently running a campaign to plant 4.25 lakh saplings at vacant places this monsoon season.

He added that the major focus is on planting traditional varieties of plants, which are best suited for the state.

Exhorting residents to play a pivotal role in making Punjab clean, green and pollution-free, he said that such plantation drives are crucial as the depleting green cover is a cause for concern.

GCG principal Sukhwinder Kaur said that 2,000 saplings will be planted during this week-long drive.



The planation drive in progress at Government College for Girls, Ludhiana.





MEGA PLANTATION DRIVE AT GCG



ANTI-STUBBLE BURNING DRIVE



VISIT TO JHANDE VILLAGE FOR AWARENESS REGARDING CLEANLINESS



DOOR-TO-DOOR AWARENESS BY THE COLLEGE STUDENTS DURING COVID PANDEMIC







ANTI-RAGGING BANNERS DISPLAYED AT VARIOUS COLLEGE LOCATIONS TO ENSURE A RAGGING-FREE CAMPUS

BEST PRACTICE 2:

EMPOWERING MINDS FOR THE DIGITAL ERA

Initiatives Taken for Preparing the Students for Technology-Driven Epoch

Initiatives Taken For Digitalization:

- > ICT-enabled smart classrooms
- ➤ KOHA app and Online library attendance for staff and students: A step towards digitalization
- ➤ GCG's N-list portal available in library
- ➤ Details of online Faculty Development Programmes conducted during COVID pandemic
- **≻** GCG's Youtube channel
- > GCG's social media page
- > Smart TV's installed at various locations in campus for multiple purposes
- ➤ Webinars and activities conducted during COVID pandemic
- **➤** Online admissions















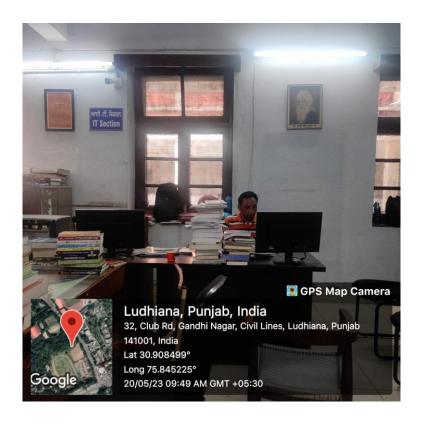
ICT-ENABLED SMART CLASSROOMS



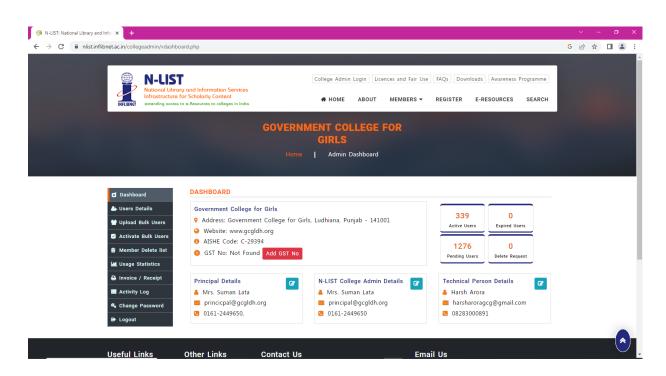




KOHA APP AND ONLINE LIBRARY ATTENDANCE FOR STAFF AND STUDENTS: A STEP TOWARDS DIGITALIZATION



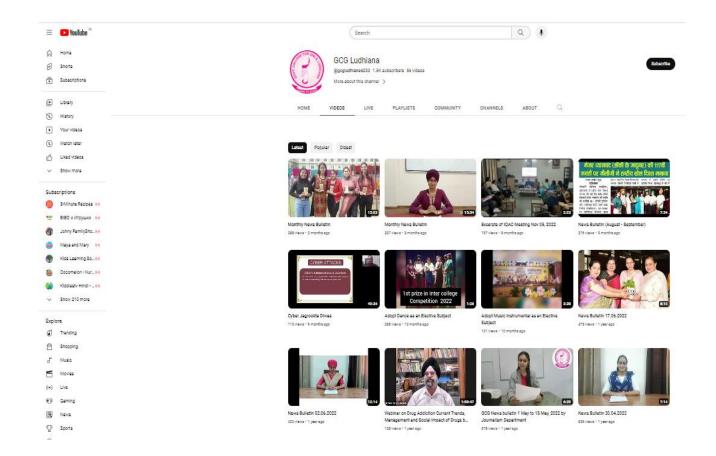
IT SECTION OF LIBRARY



GCG'S N-LIST PORTAL AVAILABLE IN LIBRARY

S.NO	FACULTY DEVELOPMENT PROGRAMME	RESOURCE PERSON	LINK
1.	Designing Effective Lessons- Understanding the Pedagogy	Dr. Pargat Singh Garcha	https://www.youtube.com/watch?v=2Eu <u>KgJu0-lM</u>
2.	Creating Rubric and Teacher Portfolio- Curating What We Do	Dr. Jayanti Dutta	Session 1: https://www.youtube.com/watch?v=Us2 AuDEX5bQ&t=554s Session 2: https://www.youtube.com/watch?v=gK 1Y4YK1IPc&t=123s
3.	How to prepare for Online Teaching: Tools & Techniques such as Google Classroom, Video Recording/E- content, LOOM, Kahoot	Dr. Tejinderpal Singh	Session 1: https://www.youtube.com/watch?v=AP 1gzoVLvAM&t=1118s Session 2: https://www.youtube.com/watch?v=gB WoaxdUOeI&t=3169s

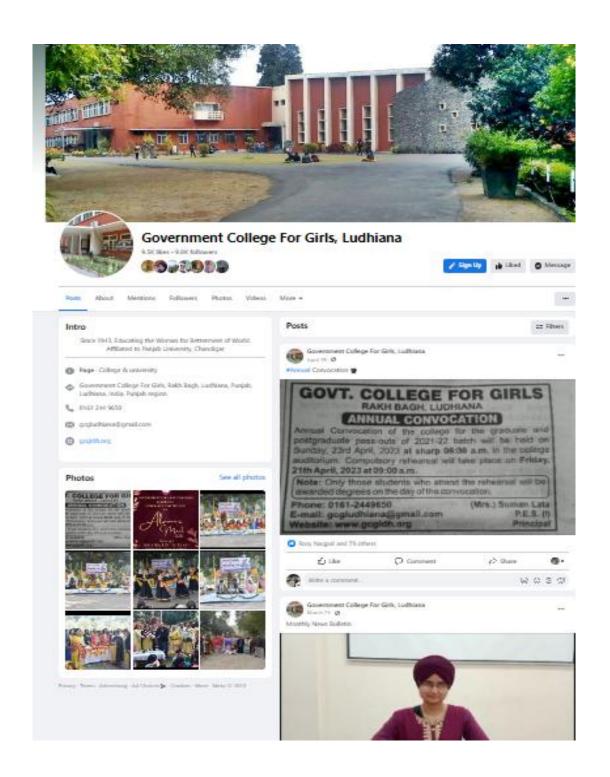
DETAILS OF ONLINE FACULTY DEVELOPMENT PROGRAMMES CONDUCTED DURING COVID PANDEMIC



LINK:

https://www.youtube.com/@gcgludhiana6233/videos

GCG'S YOUTUBE CHANNEL



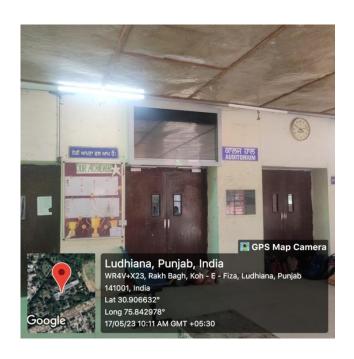
LINK:

https://www.facebook.com/GCGLdh/

GCG'S SOCIAL MEDIA PAGE







SMART TV'S INSTALLED AT VARIOUS LOCATIONS IN CAMPUS FOR MULTIPLE PURPOSES

GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA



GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA NSS Report- Gandhi Jayanti (2nd Oct, 2020)

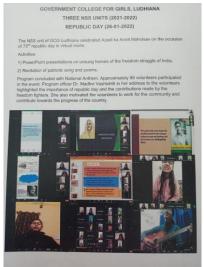


em. - Mrs. Anita Sharma, Dr. Madhvi Vashishti slong with the volunteers pledged to ra by carrying out swachhta or r localities and neighbourhood along with educating the people.

On the eve of Gandhi Jayanti, volunteers also took to Plog Run as a part of Fit India Freedom Run series near their homes.







WEBINARS AND ACTIVITIES CONDUCTED DURING **COVID PANDEMIC**

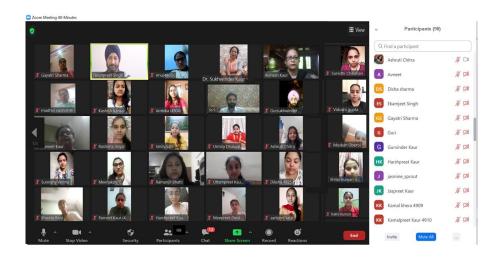
GOVERNMENT COLLEGE FOR GIRLS, LUDHIANA NSS REPORT (2020-21) National Unity Day (11-11-2020)





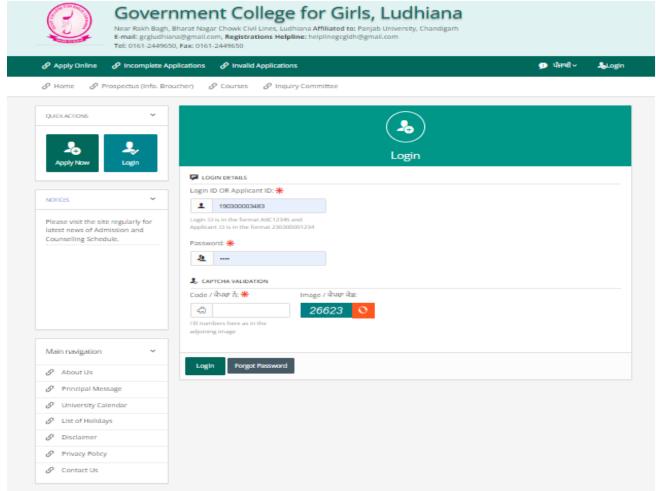
Students of GCG, Ludhiana carried out plantations at their homes on the occasion of "World Environment Day" celebrated on June 05, 2021 in response to the call given by the Principal of the college, Dr. Sukhwinder Kaur

Each One Plant One



WEBINARS AND ACTIVITIES CONDUCTED DURING COVID PANDEMIC





ONLINE ADMISSIONS