

Music department organized Teej festival



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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Music Department

07 Aug 2024, the department celebrated Hariyali Teej. Everyone was appareled in green and a cultural programme was organised on the occasion. Teej is celebrated on third day of Amavas in Shukla paksha according to the Hindu Calander, Teej celebrates union of Lord Shiva and Goddess Parvati, considered a sacred occasion. On this day, married women seek blessings for their husbands and family people also welcome greenery of nature, as spring brings life on the earth during this season. The function was presided over by Vice Principal Dr. Monika Khanna; she delivered a speech on Teej and talked about its significance and particularly stressed to make such occasions memorable. All staff members and volunteers were present during this time. Madam Jaspreet Kaur held the stage anchoring with her students, they recited folk songs and all the members danced in the end.

Monika Khanna
Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Red Ribbon Club is going to celebrate 'National Breast Feeding Week'



GPS Map Camera

Kapurthala, Punjab, India
99FP+H9X, Rabbit Avenue, Kapurthala, Punjab 144602, India
Lat 31.374045°
Long 75.385782°
07/08/24 11:57 AM GMT +05:30

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Report

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07 Aug 2024, Under the guidance of Principal Dr. Monika Khanna, Red Ribbon Club of the college celebrated 'National Breast-Feeding Week' by organizing lecture on the benefits of breast feeding and different methods to feed a baby. The key speaker of the lecture was Dr. Surajit Kaur (International Board Director Innerwheel Club who is also a renowned gynecologist in Kapurthala). Mrs. Praveen (President Innerwheel Club, Kapurthala), Mrs. Sonika Gupta (Past District 307), Mrs. Nisha Sood (Member Innerwheel Club) and Dr. Meena Sethi (Member Innerwheel Club) was also present. Mrs. Anita Manocha (Incharge Red Ribbon Club of the college Welcomed the worthy guests and introduced the guests to the students and staff members. Dr. Surjit Kaur explained the benefits of breast feeding and the right ways to feed baby. She also explained the tips for the fitness of breast-feeding mothers. The lecture was very informative for female students as well as female staff members. Principal Dr. Monika Khanna thanked the key speaker for such an informative lecture. A plant as a token of love was given to the Innerwheel Club by Principal Dr. Monika Khanna and Red Ribbon Club of the college. In the end, Mrs. Sunita Suman thanked the guests, Principal, staff members and students

Dr. Monika Khanna
Principal
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Eco Club organized Tree Plantation Drive



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On 12 Aug. 2024 Tree Plantation was organized by Eco Club of N.J.S.A. Government College under the Environment Education Programme (EEP) to educate students regarding protecting and preserving their environment by planting more and more trees. Tree saplings were planted in the college campus. The Eco club members encouraged students to plant trees to make their vicinity clean and green.

Monika Khanna
Principal
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NSS department organized 'Har Ghar Tiranga'



Report

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On 20 Aug 2024, Under the guidance of Vice Principal Dr. Monika Khanna NSS Department of the College conducted an activity under the program 'Har Ghar Tiranga' in which NSS volunteers participated in poster making, seminar and rally to spread awareness among the people



Principal
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Chemistry department celebrated National Space Day



Report

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23 Aug 2024, National Space Day was celebrated in the chemistry Department under the guidance of Dr. Jasmeet Sethi. Principal Dr. J P Singh, Vice Principal Dr. Monika Khanna and Prof. Happy Kumar were the chief guests. The society organised Paper Reading competition on the occasion. The principal in his address to the students, talked about the relevance of this day and also distributed prizes among the winner students. Prof. Sandeep, Madam Bimla, Madam Jaspreet Kaur and Madam Harpaljit Kaur were present during the event.



Principal
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Kapurthala

Institution Innovation Council conducted a lecture on 'Cyber Security'



Kapurthala, PB, India

Birsha Vihar, Kapurthala, 144601, PB, India

Lat 31.373319, Long 75.385394

08/29/2024 12:22 PM GMT+05:30

Note : Captured by GPS Map Camera

Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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Institution Innovation Council

29 Aug 2024, A lecture on 'Cyber Security' was organised by Dr. Jasmeet Sethi and Madam Harpaljit Kaur, Mr. Krishan Kumar Jha and Mr. Aman from Times of India were the chief guests. The students were introduced about cyber security which is a practice of protecting systems, networks and programmes from digital attacks. The cyber-attacks aim accessing, changing or destroying sensitive information or sometimes extorting sensitive information or sometimes extorting money from the user ransom. Students learnt about protection against unauthorized access to data Centre and computer system. Students were given small activity during the session for which they were rewarded with questions were also invited by the guests and they satisfied them with answers.



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Hindi department conducted Speech and Essay writing Competition to celebrate 'Hindi Divas'



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02 Sept 2024, the Hindi Department under the guidance of Principal Dr. J P Singh, celebrated 'Hindi Divas' for which they organised speech and Essay writing competition. 20 students were the participants. The winner students of the competitions got prizes.

Principal
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NSS Unit and Red Ribbon Club of the college conducted a seminar on Traffic Rules



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2 Sept. 2024, NSS Unit and Red Ribbon Club of the college conducted a seminar on Traffic Rules under the guidance of Vice Principal Dr. Monika Khanna. ASI Gurbachan Singh was the chief guest. The ASI in his address to the students, told them about traffic rules with the help of a banner, he displayed various traffic signals and told their meaning to the students. These traffic signals must be followed while driving on the road or otherwise ignorance would lead to fatal accidents. Prof. Happy Kumar, Prof. Sneh Sharma, Prof. Anita Manocha, Prof. Kulwinder Kumar Prof. Sunita Suman and students were present on the occasion.



Principal
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College celebrated Teachers Day.



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On 5 Sept 2024, NJSA Govt College Kapurthala celebrated Teachers Day. Respected Principal Dr. JP Singh, Vice Principal Dr. Monika Khanna and Dr. Jasmeet Sethi were the chief guests. The Music Department contributed with their melodious songs some students shared their views about teaching and paid their gratitude for the teachers who taught them. Teachers also shared their memories of becoming teachers. In the end of Principal Dr. J P Singh in his address to the teachers, shared his views regarding teaching and said "It is the best Profession ever".



Principal
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Book Review Function on 06.09.2024



Report

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On 6 Sept 2024, Madam Rajni Bala from zoology Department presented a review on the book 'How to Enjoy Life and Your Job' by Dale Carnegie Madam Daljit Klair from Punjabi Department reviewed the book 'Pavitar Paapi' by Nanak Singh



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Career Counselling and Guidance Cell organised Extension Lecture on the topic
“Relevance of English Language”



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12 Sept. 2024, Under the agies of Career Counselling and Guidance Cell, an Extension Lecture was held in Chemistry Department. The chief Guest the was Head of the Dreamz Academy, Mr. Prashar, who shared his views with students. He told about the relevance English Language as International language and guided the students to seek their career in English language he also pointed out the hurdles that come in the way of learning a foreign tongue and gave solution to it. Dr. Jasmeet Sethi (Convener), Madam Harpaljit Kaur, Mr. Sukhdeep Singh, Madam Bimla and Madam Sunita Suman were present on the occasion.



Principal
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Book Review Function on 14.09.2024



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14 Sept 2024, Madam Jaspreet Kaur from Music Department elaborated a book 'Sabhyachar and Punjabi Sabhyachar' coauthored by Ranjit Singh Bajwa and Veer Singh Bajwa. This is an essay book which deals with vivid customs and traditions of Punjab and how people celebrate them. Madam Sandhya Tulli reviewed the book 'The Magic' by Rhonda Byrne this book tells power of subconscious mind how we can make our life easy and happy by having positive attitude towards life.



Principal
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Eco Club of the college organised Poster making competition on the theme 'The Burning Earth'



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19 Sept 2024, Eco Club of the college is vigilant under the guidance of Dr. Jasmeet Sethi, Madam Harpaljit Kaur, and Madam Sunita Suman. A Poster making competition was organized on 14 Sept 2024, on the theme 'The Burning Earth' 25 students participated in it. students were also made acquainted with Global Warming by the teachers. On 19 Sept 2024, these Poster were displayed before judges. Principal Dr. J P Singh, Prof. Happy Kumar and Madam Harsimran Kaur who selected 5 best posters for prizes. The principal in his address to the students discussed about the threats of Global Warming and suggested them to plant more trees to cope with the global warming.



Principal
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Book Review Function on 21.09.2024



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21 Sept 2024, Madam Sonia from Economics Department sheds light on the book 'Giving' by Bill Clinton
Madam Gurwinder Kaur from Punjabi Department gave a review on the book 'Kanak Di Balli' authored by
Bahwant Gargi.



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Career Counselling and Guidance Cell organized a Work shop with SBI officials



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26 Sept 2024, A work shop with SBI officials was held by career Counselling and Guidance Cell. The Officials Ms. Jaskiran Kaur and Mr. Ashish encouraged the students to open the zero-balance account with SBI. Opening an account provides financial safety and easy access to funds. The automatic payment can be set up and bills can be paid directly from the bank account. They promoted the concept of earning while learning and instructed the students to deposit their earning in the bank where money lies safe. Thus, managing funds and assuming legal ownership is highly beneficial and offers convenience. Dr. Jasmeet Sethi and Madam Harpaljit Kaur members of the Career Counselling and Guidance Cell, were present during the occasion they also gave insight to the students regarding bank procedure.



Principal
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Career Counselling & Guidance Cell and Entrepreneurship
Promotion Cell conducted a workshop



Kapurthala, PB, India
Sultan Pur Road, Birsha Vihar, Kapurthala, 144601,
PB, India
Lat 31.373494, Long 75.385843
09/27/2024-11:15 AM GMT+05:30
Note : Captured by GPS Map Camera

Report

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27 Sept 2024, Under the guidance of Principal Dr. Jatinder Pal Singh, a workshop on entrepreneurship was organised by "Career Counselling & Guidance Cell" and "Entrepreneurship Promotion Cell" The Resource Person Mr. Paramjit Singh, twice National Awardee, as the best "Motivational Speaker" and as the best speaker on "Entrepreneurship Concept", delivered his pearls of Wisdom regarding the path to be followed for becoming a successful entrepreneur. He started on from the grass root level, explaining about the availability of jobs in our country. He said that at the onset that, it is most important to strive for a government job which can be grabbed surely, if one is determined and studies with perseverance and fortitude and achieves top academic ranks. Owing to scarcity of Government jobs, a student must have plan B for his career, that includes to develop a skill in which he/she is the best at, read about Government Schemes/loans that pave way to enhance the skill and thereafter pursue the skill as career. He cited the examples of Lovely, Chandigarh and Chitkara Universities which are very sought after in today's time but required constant Endeavours by their owners to establish the universities to their present-day peak although all the owners were from a very humble background. Mr. Singh stressed upon the fact that there is no language barrier if the target of a person is to become a successful entrepreneur. He said that many women while sitting in the comforts of their homes, are earning lavishly as entrepreneurs by managing PGs, Food joints, Gyms, Spas and Salons. He touched the aspects of "Brain Drain" too and presented a tragic picture of people going abroad with the "Donkey" Process. His lecture was so exhilarating and refreshing that both faculty as well as students lost track of time and listened very intently. Students loved his way of expression and jotted down all the important points, that he guided about Mr. Paramjit Singh was highly equilogical for Principal Dr. Jatinder Pal Singh as both have been involved in social service since a long time. Teachers and Students got inspiration from the fact that our own Principal has been teaching to underprivileged college students for free. Dr. Jasmeet Sethi presented a vote of thanks to the resource person on the behalf of Principal and Career Counselling Cell. members- Ms. Bimla, Ms. Sunita Suman, Ms. Harpaljit Kaur and Mr. Sukhdeep Singh. Were present on this occasion. Mr. Happy Kumar, Mr. Ranjit Kumar, Madam Harsimran Kaur, Madam Amita and Madam Preet Kamal Kaur also gave their valuable participation.

Principal
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English Department organised a 'Post Test' under the 'English for Work' program



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27 Sept 2024, the English department organised a 'Post Test' in which 14 students from 'British Council' participated. The test was conducted under the 'English for Work' program. It is a skill-based practice which will enhance all the four skills; reading, writing, listening, speaking among the students. Madam Bimla, Madam Jyoti Devi, Madam Vasundhra Thakur with students enrolled in the program were present.



Principal
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Book Review Function on 28.09.2024



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28 Sept. 2024, Madam Harpaljit Kaur (Chemistry Department) presented a book review on 'Rich Dad Poor Dad' by Robert T. Kiyosaki and Sharon Lechter. The book reveals how a rich person finds different means to multiply his money while a poor person remains poor because he learns to save only. Madam Jyoti Devi (English Department) presented a review on the book 'Pride and Prejudice' written by Jane Austen. The book depicts 18th century romantic story of two characters where the protagonist Elizabeth is prejudiced against Darcy because of his pride. In the end both gets happily married.



Principal
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Book Review Function on 04.10.2024



Report

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Book Review function was held in N.J.S.A Government college, Kapurthala on 4th October, 2024, Dr. Jasmeet Sethi reviewed the Historical Novel titled 'Train to Pakistan', written by the very famous writer Mr. Khushwant Singh whose experiences in 1947, Partition of India inspired him to write this most well-known book. 'Mano Majra' is a fictional village, where Sikhs and Muslims have lived together in peace for hundreds of years, receives a silent funeral train loaded with the bodies of thousands of refugees- butchered Hindus arriving from Pakistan, with their molested women and stabbed children, which symbolizes dark, barbaric and bitter truth of Partition. This is the onset of a civil war that destroys peaceful atmosphere of love and loyalty between Sikhs and Muslims and consequently dissipates into religious hate in the village. The novel also essays the love saga of a Sikh boy and a Muslim girl amidst the frenzy of chaos and violence in Mano Majra. Ms. Harpaljit Kaur who chose to review the book 'Wings of Fire' by Dr. A.P.J. Abdul Kalam. Dr. Avul Pakir Jainulabdeen Kalam usually referred to as Dr. A.P.J. Abdul Kalam was one of India's most distinguished scientists. Popularly known as People's President, he is also fondly remembered for his contribution in India's aerospace journey. His efforts in improving the standard and level of education will always be cherished. The book 'Wings of Fire' makes an extraordinary impact on readers' lives. Dr. Kalam's love for books, quest for knowledge, the character of simplicity and workaholic nature are some factors which guide readers towards the path of righteousness. Both reviewers suggested the students to visit the college library, go through both the books, grasp the valuable content, try to imbibe it and learn to practically apply the morals learnt in their day-to-day life.

Principal
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Science and Environment Society organised a Poster Making competition to celebrate International Teachers Day.



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5 Oct. 2024, 'International Teachers Day' was celebrated by the science and environment society. A Poster Making competition was organised in the Chemistry Department. Students from various streams took part in it, the winner students got prizes for their participation. Dr. Jasmeet Sethi, Madam Harpaljit Kaur, Madam Harsimran Kaur, Madam Rekha Rani, Mr. Sukhdeep Singh, Madam Sandhya Tulli, Madam Daljit Klair and Madam Neelakshi were present during the occasion.



Principal
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Book Review Function on 19.10.2024



Report

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19 Oct 2024, Dr. Jasmeet Sethi, Incharge Library, welcomed the staff members and introduced the concept of Book Review to the students. The students were told that they must visit the library, search for the books of their choice, and become aware about the author and the book. After an exhaustive reading, the student must imbibe the knowledge and values gained from the book and try to employ them in their day-to-day life. After the introduction, Mrs. Sunita Suman, Assistant Professor, Botany Department was invited to the dais to review her chosen book. Mrs. Sunita reviewed the novel "Eho Hamara Jeevna" by Dalip Kaur Tiwana. The novel is based on a strong feminist theme and reflects socio-cultural background of the back drop of the novel. The novel is based on the life of the "Bhano", a poor woman belonging to a farmer family in such a rural area of Punjab where women are treated as non- living object and sold for a petty sum of money Bhano's father too marries her off to a person "Sarban" from a nearby village, where she is sexually abused and harassed by four brothers of Sarban. Following the death of Sarban Bhano's life more pathetic and she is once again tried to be sold, which she escapes by trying to commit suicide. She is saved by a man called "Narain" who accept her as his wife. The life turns out to be better for Bhano at first but soon Sarban's infidelity strikes up and Bhano loses her mental balance after such a setback. The inhuman setup towards the women in the village is so harsh that Bhano fails to derive pleasure out of even simple goals of life. The novel depicts a heart wrenching and poignant tale of a woman's condition due to unhealthy mindset of village people of post-Independence Punjab. The novel is indeed a masterpiece in Punjabi literature and also won Sahatiya Akademi Award in 1971. The author skillfully depicts the miserable life of Bhano, . The efforts of such kind of writers have paved way to Modern Day Empowered Women. This novel was adapted into a film 2011 which was directed by famous actor Om Puri.



Principal
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N.J.S.A. Govt. College
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Red Ribbon Club and NSS unit conducted a cleanliness drive in the college



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20 October 2024, Under the guidance of principal Dr. Jatinder pal Singh, Red Ribbon Club and NSS unit of N.J.S.A. government college Kapurthala observed a cleanliness drive in the college. On this occasion, a rally was launched to aware the public regarding cleanliness.



Principal
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National Unity Day was celebrated by NCC Unit



Report

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On 30 October 2024, National Unity Day was celebrated by NCC Unit in which Cadets participated in following activities: -

(a) Pledge Taking Ceremony.

(b) Poster Making.

Best entries of poster making activity were awarded.



Principal
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Poster making competition under swachata pakhwada was organised by NSS unit



Report

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05 Nov. 2024, Poster making competition under Swachhata Pakhwada was organised by NSS unit of N.J.S.A Govt. College Kapurthala. The NSS volunteers participated in this competition actively. Prof. Ranjeet Kumar, Prof. Happy Kumar & Prof. Sneh Sharma shared their views with the students and encouraged them to maintain cleanliness in their surroundings.



Principal
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Red Ribbon Club organized an awareness rally campaign



Report

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6 Nov 2024, Under the guidance of Principal Dr. Jatinder Pal Singh, Red Ribbon Club of N.J.S.A. Government College Kapurthala organized an awareness rally campaign in the adopted Village Kokalpur as per guidelines of District Youth Services. During the rally, Students raised the slogans to protect our society from evils like Drugs, Dowry system, AIDS etc. Students also made the villagers aware regarding the methods to protect themselves from AIDS and Drugs. Assistant Director Youth Services Sr. Devinder Singh and Mr. Jashan Gill accompanied the rally in the streets of the village. The Elites of the village Kokalpur appreciated the efforts of the Red Ribbon Club and N.J.S.A. Govt. College Kapurthala.



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NCC Unit conducted Poster Making competition to celebrate NCC Day



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13 Nov. 2024, NCC Day was celebrated and a Poster Making event was conducted on Cancer Awareness. The motive was to increase understanding and knowledge about cancer risks, early detection and possible prevention measures.



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NCC Unit organized A Rally on stubble burning



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14 Nov. 2024, A Rally on stubble burning was carried out by cadets. 25 NCC Cadets of other schools under 21Pb Bn NCC also participated. Posters and Banners were displayed. The students were told that they should contribute to the development of the society by not burning straw.



Principal
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NSS Unit conducted Poster Making competition to celebrate National Unity Day



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25 Nov. 2024, A Poster making competition was held on the occasion of National Unity Day. The day encourages citizens to reflect on the importance of coming together to overcome challenges, celebrate diversity, and promote harmony. The students actively participated in it. Best entries were awarded.



Principal
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Career Counselling and Guidance Cell celebrated Samvidhan Divas



Kapurthala, Punjab, India

Sultan Pur Road, Birsha Vihar, Kapurthala,
144601, Punjab, India

Lat: 31.374114, Long: 75.385332
11/26/2024 12:13 PM GMT+05:30

Note: Captured by GPS Map Camera

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26 Nov. 2024, To celebrate Samvidhan Divas staff members of N.J.S.A Government College Kapurthala recited Preamble, the Constitution of India, the Preamble defines the Constitution, fundamental ideas and philosophy and sets out its direction and purpose. The Preamble indicates the validity behind the Constitution and provides framework and foundation principles for the Constitution. The celebration was carried out to commemorate 75 years of adaptation of the Constitution. The activity participation was attended by staff members Dr Jasmeet Sethi, Dr. Monika Khanna, Ms. Bimla, Ms. Harpaljit Kaur, Dr. Sandeep Kaur, Dr. Simranjeet Kaur, Dr. Amrit Kaur, Dr. Nishant, Mrs. Jaswinderjit Kaur, Miss Mehak and Miss Harmandeep Kaur.



Principal
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Science and Environment Society of the college celebrated Constitution Day



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The constitution day was celebrated by Science and Environment Society of the college. The program was convened by Dr Jasmeet Sethi, who delivered a lecture on the importance of 75th constitution day and explain its history. She also explained the difference between The Republic Day and the constitution day. This was followed by Madam Harpaljit Kaur who encouraged the students to bow before the morals and values and understand the duties as provided by the Constitution of India. The second activity was carried out by science and environment society which involve a pledge by the students to uphold the values of worthy constitution. Students pledged to fulfill their duties and cherish their rights as citizens of India. They also pledged to take the country to towards progress, justice and harmony. The pledge was presided over by Ms. Bimla of English department.



Principal
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Science and Environment Society organized a lecture on Skin Care



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29 Nov 2024, Science and Environment Society of the college organized lecture on skin care, Dr. Aarti Chaudhary MD Dermatology was the chief guest, she stressed that after covid-19 the skin problem are on the Rise this is after effect of virus spread and injection of vaccine to curb it. She said that even a small rash could lead to serious consequences so the patient should report to doctor. In addition, she gave various instructions to make our skin healthy such as staying hydrated, regular clean up and escape from sunlight managing stress and care about personal hygiene. At the end committee members Dr. Jasmeet Sethi and Mrs. Harpaljit kaur presented a vote of thanks to Dr. Aarti.



Principal
Principal
N.J.S.A. Govt. College
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Institution Innovation Council celebrated National Day of Listening



Report

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29 Nov.2024, Institution Innovation Council of N.J.S.A Government College Kapurthala celebrated National Day of Listening. Dr Jasmeet Sethi and Madam Harpaljit Kaur gathered the students and encouraged them to tell stories and experiences. They encouraged them to share their stories with friends and family and also record them for future generations so that they could be benefited by their cultural heritage the fact that listening is important was conveyed to the students to understand others, learn about the world and promote active listening.



Principal
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Kapurthala

Science and Environment Society organized a poster making competition



Kapurthala, Punjab, India

Sultani Pur Road, Birsha Vihar, Kapurthala,
144601, Punjab, India

Lat 31.373844, Long 75.385924

12/02/2024 12:05 PM GMT+05:30

Note - Captured by GPS Map Camera

Report

Office Principal N.J.S.A. Govt. College, Kapurthala

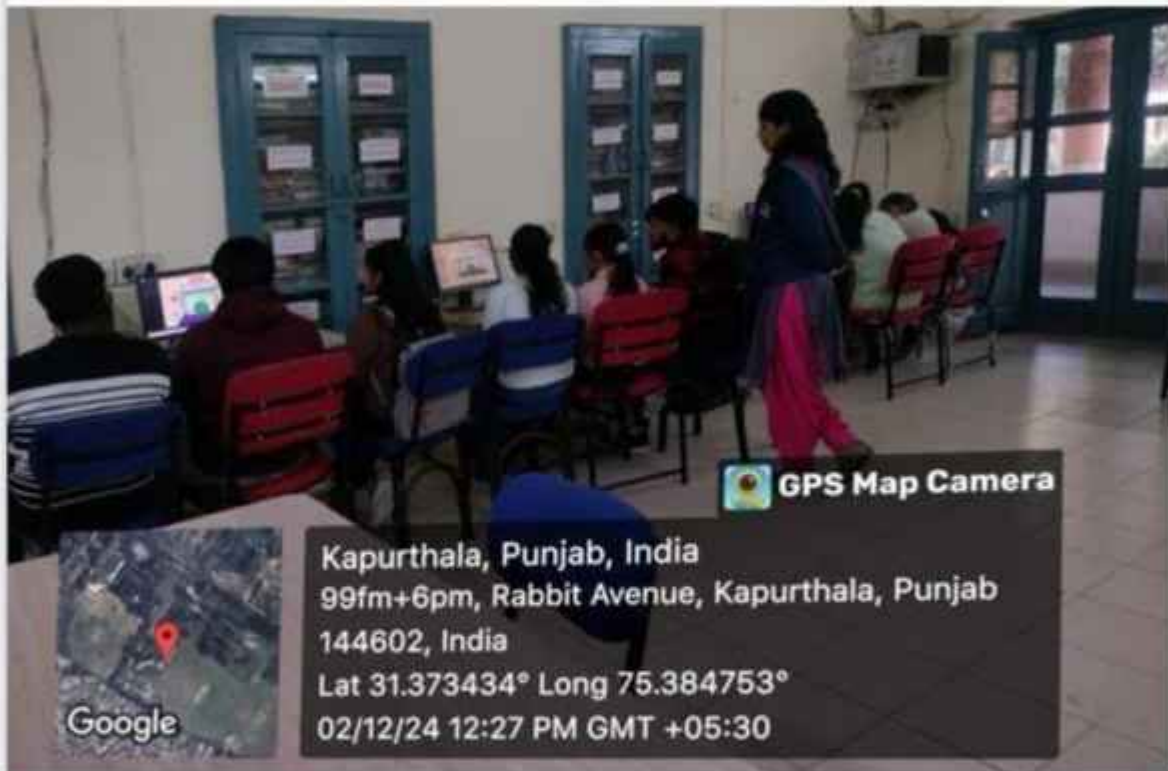
Website: www.gckpt.com
Email: gckapurthala@gmail.com

2 Dec.2024, Science and Environment Society observed National pollution control day to remember those who lost their lives in the Bhopal Gas tragedy. A poster making competition was organised to make the students aware of pollution related issues and effects of pollution in our daily life. The topic for the competition was based on the theme that the earth can be saved from pollution and global warming by stopping the pollution and planting the trees. The judges for the competition were Ms. Bhupinder and Mrs. Preet Kamal Kaur. Dr. Jasmeet and Mrs. Harpaljit Kaur, who Convened the committee, encouraged the participants to spread awareness about pollution around their neighbourhood and relations.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Institutions Innovation Council Celebrated World Computer Literacy Day



Report

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2 Dec.2024, Institutions Innovation Council of N.J.S.A Government College Kapurthala celebrated World Computer Literacy Day. The Endeavours was initiated by Council members, Dr Jasmeet Sethi, Mrs. Harpaljit Kaur, Dr. Sandeep, Mrs. Bimla and Ms. Bhupinder. Every year this day is observed to promote Digital literacy literacy and bridge the gap in access to technology. This day was started by NIIT 2001 to connect India to the globe digitally. This day emphasizes the importance of computer in the modern day and encourages the digital learning specially in women and children. The committee members joined IT, faculty Ms.Amita and Mrs. Preet Kamal Kaur to make the students learn basics of a computer.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Career Counseling & Guidance Cell organized a lecture on the topic "women sexual harassment."



Report

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3 Dec.2024, Career Counselling and Guidance Cell organize a lecture on the topic "women sexual harassment". The resource person was Mrs. Vibhuti Sharma, Assistant Defence Council who works under Legal Aid Defense Council Services. She stressed upon the fact that sexual harassment is unwanted physical verbal and sexual act that can occur in working or learning environment. The resource person informed the students about the legal cell which is established in the court of Kapurthala where a victim can file 3 complaints. Since the laws of this offence are very strict so there is a need to rise up and report against sexual offence. Dr Monika Khanna, Vice Principal, thanked the resource person. The lecture was attended by Dr. Jasmeet Sethi, Mrs. Harpaljit Kaur, Mrs. Nilakshi, Ms. Amita and Mrs. Preet Kamal Kaur.



Principal
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N.J.S.A. Govt. College
Kapurthala

Grievance Redressal Cell for the Disabled organised a Poster making competition



Kapurthala, Punjab, India
Soltan Pur Road, Birska Vihar, Kapurthala,
144601, Punjab, India
Lat 31.373957, Long 75.385818
12/03/2024 11:46 AM GMT +05:30
Note : Captured by GPS Map Camera

Report

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3 Dec. 2024, Grievance Redressal Cell for the Disabled organised a Poster making competition on the occasion "International Day of Person with Disability". The committee members, Dr Jasmeet Sethi Mrs. Harpaljit Kaur and Mrs. Nilakshi judged the students and encouraged them. The committee members designed special banners and rally was held within the college to generate the empathy for the disabled. The idea was to spread the word that disabled person should be known by his/ her ability and not disability.



Principal
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Career Counseling & Guidance Cell celebrated World Human Rights Day



Report

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10 Dec. 2024 World Human Rights Day was celebrated in N.J.S.A Govt. College Kapurthala the celebration was organised by career counselling and guidance cell of the college. At the start, the convener Dr. Jasmeet Sethi explained the importance of the day by stating in that 1948, this day was adopted as the Universal Declaration of Human Rights. The principles enshrined in the declaration relevant today as they were in 1948. Mrs. Harpaljit Kaur explained the theme for the Human Rights Day 2024, which is 'our right, our future, right now'. Mr. Ranjit Kumar from physical education deptt. and Ms. Bhupinder Kaur from Economics Deptt. further explained that with the rise of conflicts, social inequalities and environmental crisis across the world, the need to Reaffirm Universality of Human Rights has become foremost. We should make a world, where justice and equality prevail.



Principal
Principal
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Kapurthala

Career Counseling & Guidance Cell organized an Industrial Tour



Report

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26 Dec. 2024, An Industrial Tour was organised by Career Counselling and Guidance Cell as the college received a grant of Rs. 10,000 from Director Higher Education Department under Innovation and Skill Orientation program scheme. Under this scheme, career counselling and guidance cell of the college organised a one-day industrial trip to following industries of Amritsar (1) Kay Tex Pvt. Ltd. (Majitha Road Amritsar) (2) J.P. Processors Pvt. Ltd. (Majitha Road Amritsar) (3) S.G. Processors Pvt. Ltd. (Majitha Road Amritsar) Madam Nilakshi and Madam Vasundhara accompanied the students.



Principal
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Kapurthala

Lohri Festival celebrated in the college premises.



Report

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13 Jan. 2025, N.J.S.A Govt. College Kapurthala celebrated Lohri Festival in the premises of the college. As customary, a bonfire was raised in the ground, Dr. Monika Khanna Vice Principal, Dr. Jasmeet Sethi and all staff members gathered around it. Madam Jaspreet Kaur from Music Department made the occasion melodious with a traditional Lohri folk song. Later the occasion ended with the distribution of sweets and nuts.



Principal
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N.J.S.A. Govt. College
Kapurthala

NSS Unit celebrated National Youth Day



Report

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15 Jan 2025, National Youth Day was celebrated by NSS Unit of the college. A Poster Making competition was held in which students made posters of Swami Vivekanand. The convener herself talked about the life of Swami Vivekanand. Madam Anita Manocha Madam Sandeep Kaur and volunteer students were present at this time.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

NSS Unit organized a lecture on "Role of youth in preventing violence"



Report

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18 Jan 2025, Lecture on "Role of youth in preventing violence" was held by NSS Unit of the college. Prof. Ranjit Kumar lectured on the role of youth in a country and their potential to prevent all kind of violence.



Principal
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Kapurthala

Book Review Function held on 18.01.2025



Report

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18 Jan. 2025, The Book Review function was held in N.J.S.A Government college, Kapurthala. Dr. Jasmeet Sethi, the convener of Library Committee welcomed the students and teachers on the Book Review Function. She suggested the students to visit the college library, go through the books, grasp the valuable content, try to imbibe it and learn to practically apply the morals learnt in their day-to-day life...The reviewer for the function was Mrs. Vasundhra Thakur, from English Department. Mrs. Vasundhra Thakur reviewed the book titled "Ikigai: The Japanese Secret to a Long and Happy Life" by Héctor García and Francesc Miralles. "Ikigai: The Japanese Secret to a Long and Happy Life" is a thought-provoking book that delves into the concept of ikigai, a Japanese philosophy that seeks to find purpose and meaning in life. Authors Héctor García and Francesc Miralles explore the secrets of the world's longest-living people, the residents of Okinawa, Japan, and provide practical advice on how to incorporate ikigai into our daily lives. She said Ikigai. is a Japanese term that roughly translates to "reason for being" or "purpose in life." It is the intersection of five elements: what you are good at, what you love doing, what the world needs, what you can be paid for, and what you can do. The authors explore the lifestyle and habits of the Okinawan people, who are known for their longevity and happiness. They highlight the importance of a balanced diet, regular exercise, social connections, and a sense of purpose. The book provides practical advice on how to discover your ikigai, including exercises and prompts to help you identify your passions, values, and strengths. The book is well-written and easy to understand, making it accessible to a wide range of readers. The authors provide actionable tips and exercises to help readers discover their ikigai and incorporate it into their daily lives. The Members of the Library Committee, Ms. Neelakshi Missar, Ms. Mamta, Ms. Nishant and Ms. Harpaljit Kaur thanked the students. They encourage the students to go to Library and read the books in their free period.



Principal
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N.J.S.A. Govt. College
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Green Environment Cell and Science and Environment Society organized environmental rally around RCF Area



Report

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Green Environment Cell and Science and Environment Society time to time organise environmental rallies in the city of Kapurthala as well as areas in the neighbourhood of the city too. One such rally was organised on 22nd January, 2025 around RCF Area. The purpose of the rally was to make the people aware about environmental Issues and sustainable practices that we all must adopt to protect the environment and make this Earth an inhabitable place for the future generations too.



Principal
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Kapurthala

NSS Department and SVEEP conducted a pledge taking ceremony to cast vote



Report

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24 Jan. 2025, A pledge taking ceremony was conducted by NSS Department and SVEEP in which students were made aware to cast their vote fearlessly and judiciously. Vice Principal Dr. Monika Khanna, Nodal Officer Prof. Happy Kumar, Prof. Kulwinder Kumar, Prof. Ranjit Kumar and students were present during the ceremony.



Principal
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Book Review Function held on 24.01.2025



Report

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24 Jan. 2025, A book review function was organised in Room No. 30. The convener Dr. Jasmeet Sethi addressed the students, and told the vitality of books in the present scenario, she said "however students are more interested in digital media still the place of books is irreplaceable". She encouraged them to spend time in the library and acquaint themselves with knowledge. The reviewer was Ms. Bimla from English department she reviewed the book 'Untouchable' by Mulk Raj Anand is a work of fact-fiction, i.e. representing real events through a fictional lens, centered around the theme of the caste system in India. The book follows the life of a young man named Bakha, who is considered an outcast in Indian society due to his profession of being a street sweeper and a cleaner of latrines. In simpler terms, he is considered an Untouchable. The author of this novel Mulk Raj Anand was a well-educated, Cambridge graduate with a PhD in Philosophy. But because he grew up in India, interacting closely with adults and children who were from the lower castes, he had a deep understanding of their struggles. He wanted to help their community articulate their position in society, in a manner that would be respected and taken seriously by the intellectual community both in India and abroad. Personally, Anand was a firm believer in both the Gandhian and Ambedkarian philosophies – despite the two visionaries' own differences in opinion – in that, he wanted to advocate for the emancipation of the Dalit community. Mulk Raj Anand wrote this book in 1935 as a response to the regressive and oppressive caste system prevalent in India, which segregated people on the basis of their caste. Brahmin and Kshatriya castes being the most important or of highest order in society, and the Untouchables making up the lowest strata. This community was further debased by the British Raj's cunning divide and rule policy. To be sure, the caste system still plagues India in the 21st century, but this book deals with the more vicious facets of the caste system that existed at the time of writing this book and the several hundred years preceding it. 'Untouchable' follows the events in Bakha's life for a day; arising early in the morning to commit to the dirty, thankless work of cleaning the public toilets used by the upper caste Hindus. Through the day, Bakha is victim to many caste-based acts of discrimination & violence, and we see life through the eyes of an everyday street cleaner.



Principal
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'Republic Day Parade', was to be held at Guru Nanak Stadium , Kapurthala.



Report

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26 Jan 2025, twenty-five NCC cadets under the mentorship of Prof. Nidhi Kanda, from the College participated in 'Republic Day Parade', held at Guru Nanak Stadium and received momentous from DC Kapurthala. The rehearsal for which was going on with Home Gaurd and Sainik School Contingents since 21st Jan. 2025. Boys Commander Karan kumar and Girls Commander Lalita received certificates and momentous from DC, Kapurthala for participation.



Principal
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Kapurthala

Green Environment Cell and Science and Environment Society organized environmental rally around the area near Mall Road, Kapurthala



Report

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Green Environment Cell and Science and Environment Society time to time organise environmental rallies in the city of Kapurthala as well as areas in the neighbourhood of the city too. Second such rally was organised on 28.01. 25 around the area near Mall Road, Kapurthala This rally aimed at inspiring the locals regarding the concept of Reduce, Reuse & Recycle. The people promised to help in Anti littering and Anti Burning Leaves campaigns against Environmental Pollution.



Principal
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Book Review Function held on 01.02.2025



Report

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01 Feb 2025, the library committee of the college organized a book review function at 9.40 A.M. in Room No. 30. The event started with informative words of respected convener Dr. Jasmeet Sethi. She emphasized the importance of books particularly in the life of students. She acquainted the students that our library is one of the oldest ones having a rich treasure of knowledge. She inspired the students to imbibe the values from their head and brain by regularly visiting the library, use it to the maximum extent going through a large collection of books and even digital resources. The reviewer for the function was Mrs. Nidhi Kanda from Mathematics department. She reviewed the book named 'Men are from Mars, Women are from Venus' written by John Gray, an American author and relationship counselor. This book was published in USA in 1992 by the publisher Harper Collins. It is one of the highest ranked works of non-fiction of the 1990s. This book has 13 chapters in total. The book asserts that men and women are from two distinct planets-men from Mars and women are from Venus, who habitate to their own planet's society. Resultant, there exists a fundamental psychological difference between the two genders. The author has exemplified that women like to discuss with others when are in problems, while men suppress their emotions. This divergence in their behaviour can lead to resentment between them. The author suggests to have good communication during difficult times to balance their relationship such as understanding, embracing the differences of each other. The members of library committee, Mrs. Jasvinderjit Kaur, Mrs. Neelakashi Missar and Mrs. Harpaljit Kaur were present in the review function along with other faculty members. A large gathering of students gained valuable insights about this eponymous metaphor.



Principal
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Kapurthala

Eco Club has planned a visit to nearby wetland Kanjali, which falls in Distt. Kapurthala



Report

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2 Feb 2025, Eco Club of N.J.S.A Govt. College Kapurthala planned a visit to nearby wetland Kanjli, which falls in Distt. Kapurthala. Kanjli wetland is a man-made wetland that subsumes Kanjli lake. This wetland was created in 1870 by constructing the headwork across Bien River which is a tributary of Beas River. Kanjli wetland is located in Kanjli Village, surface area of which spans 184 hectares. It sustains a rich assortment of biotic community and harbours many plants, animals' species and water birds. 60 students' volunteers for the drive went to Kanjali accompanied by four staff members: Dr. Jasmeet Sethi, Ms Harpaljit Kaur, Ms. Mehak and Ms. Harman. The volunteers aimed to remove pollutants like fertilizers, pesticides, weedicides etc., this was done by ploughing the neighborhood land using spades, trowels and scud. The debris trash and waste were also removed using tools or by handpicking. The weeds were taken out and native vegetation was replanted., the endeavor gave a new look to the wetland surrounding. The visit allowed a direct on-hand experience about a vital ecosystem.


Principal
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Career Counselling and guidance Cell in collaboration with svwp Wealth Partners organized a seminar on SEBI Guidelines



Report

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06 Feb 2025, A seminar was organised by Career Counselling and guidance Cell in collaboration with svwp Wealth Partners. The Seminar was related to SEBI Guidelines. (Security Exchange Board of India). The resource person Ms. Poonam focused on financial planning and how to plan goals according to our financial needs. She stressed in the needs of over-viewing Security Markets and role of Depositories for the same. Question Answer session was held at the end of the session. About 100 students from the commerce department participated in the webinar along with the staff Members. Commerce students were greatly benefitted by it.



Principal
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Science and Environment Society organized a cleanliness drive related to 'World Wetland Day



Report

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8 Feb 2025, An Activity was carried out as an initiative by Science and Environment Society. The Convener, Dr. Jasmeet explained the concept of plogging that comes from a Swedish word 'Ploca' meaning picking up trash from the roads while Jogging. This activity helps in cleaning litter, removing trash along the roads besides improving fitness by adding bending, squatting, stretching to running. The students cleaned the vicinity area and roads linked to State Gurudwara Sahib, Kapurthala. All the teaches of the Society Dr. Jasmeet, Ms. Harpaljit, Ms. Sunita, Dr. Simran Ms. Rajni, and Ms. Anita Manocha were a part of this endeavor.



Principal
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SVEEP organized Declamation competition.



Report

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12 Feb. 2025, Declamation competition was organised by SVEEP in which students participated enthusiastically. The theme of declamation was to get your vote made and utilize it to choose our representative. Prof. Kulwinder Kumar shared his views on voting. Prof. Happy Kumar guided the students how to get registered on portal to make new vote.



Principal
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Kapurthala

SVEEP organized a Lecture to cast vote



Report

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13 Feb. 2025, A lecture was organised related to SVEEP. In which Nodal Officer, Prof. Happy Kumar addressed the students. He encouraged the students to get their vote made. He also told them how to apply for new vote through online and offline mode.



Principal
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Kapurthala

Career Counseling and Guidance Cell organized a Seminar regarding preparation of competitive exams



Report

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14 Feb 2025, A Seminar regarding preparation of competitive exams like UPSC PPSC and banking exams was organised by career counseling and Guidance Cell of N. J. S. A Govt College Kapurthala. The resource person was Mr. Tajinderjit Singh Multani, MD of Columbian Academy, Kapurthala. He explained to the students that the basic step to prepare the civil services exams from learning 9th, 10th 11th and 12th NCERT books. Most questions of Preliminary Exams. are based on the comprehensive. study of these books. Current Affairs should be understood and mugged up on the daily basis. One subject should be made strong which is the compulsory Paper of the main Exam. This is according to the individual's interest. One should have command on any one language The creative writing part should be made Strong by reading books which enhance the vocabulary. Dr. Jasmeet Sethi, Mrs. Sunita Suman, Mr. Sukhdeep Singh the members of Career Counselling Mrs. Harpaljit Kaur, Dr. Sandeep Kaur and were present during seminar. At the end, Dr. Jasmeet stressed upon the need to visit library where daily newspapers and monthly magazines are available to prepare such kinds of exams.



Principal
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Career Counseling and Guidance Cell organized a Seminar on AVGC
(Animation, Visual Effects, Gaming and Comics)



Report

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15 Feb. 2025, A seminar on AVGC (Animation, Visual Effects, Gaming and Comics) industry was organised by Career Counselling and Guidance Cell of N.J.S.A Govt. College, Kapurthala. The lecture was delivered by Arena Animation. The company was established in 1996. The company has trained over 450,000 students globally. Now, the Annual Turnover of company is 33 billion. The first resource person Mr. Musadiq, explained about latest trends and technologies in animation, Augmented reality, virtual reality, mixed reality, Motion Graphics, VFX etc. He delivered content in the form of pictures and videos to make the concept more interactive. The second resource person Mr. Nihal Choudhary, Marketing Manager of company also guided the students about career path and job opportunities in the field of Animation. He also explained various software such as Autodesk Maya, Blender, Unreal Engine, AutoCAD related to different fields of animation. The seminar highlighted the increasing demand for skilled animators in industries like gaming, film, television and digital marketing. Career Counselling team Dr. Jasmeet Sethi, Mrs. Harpaljeet Kaur, Mr. Sukhdeep Singh, Dr. Sandeep Kaur and other faculty members were present during the seminar. At the end Dr. Jasmeet Sethi concluded with a vote of thanks by appreciating the efforts of Arena Animation for sharing their knowledge and expertise.



Principal
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Book Review Function held on 15.02.2025



Report

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15 Feb 2025, The Library Committee of N.J.S.A. Government College, Kapurthala, organized a Book Review event on in Room No. 30 at 9:40 A.M. The session commenced with a warm welcome by Dr. Jasmeet Kaur, Convenor of the Library Committee. Dr. Jasmeet emphasized the significance of books in our lives, describing them as not only a storehouse of knowledge but also effective stressbusters. She highlighted the privilege of having an old and well-stocked library in the campus and encouraged students to cultivate a reading habit, and also develop a habit of community reading-if one among them starts reading, others are likely to follow. She motivated everyone to visit the library regularly and explore the treasure of books available. The book reviewed in this session was Land of Five Rivers: Short Stories by the Best-Known Writers from the Punjab, edited by the eminent author Khushwant Singh. The reviewer, Dr. Amrit Kaur from the Department of History, shared valuable insights about the book. She explained that the anthology brings together a collection of short stories written by some of the most celebrated authors from Punjab. Through these stories, the book offers a portrayal of life in Punjab, capturing its rich cultural heritage, diverse traditions, and the pain of partition. Dr. Amrit Kaur shed light on the works of prominent authors featured in the anthology, such as Amrita Pritam, Saadat Hasan Manto, Usha Mahajan, and Ajit Kaur, etc. The editor, Khushwant Singh, curated these stories to present a collage of Punjab's literary brilliance. The event was attended by members of the Library Committee, including Dr. Jasmeet Sethi (Convener), Ma'am Nishant, Ma'am Rajni Bala, Ma'am Neelakashi Missar, Ma'am Mehak, Ma'am Harpaljit Kaur, and Ma'am Mamta, along with other faculty from various Departments. The session concluded with Dr. Jasmeet Kaur thanking the reviewer, Dr. Amrit Kaur, for her in-depth and insightful review, and extending her gratitude to the audience for their enthusiastic participation in the event.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Book Review Function held on 21.02.2025



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

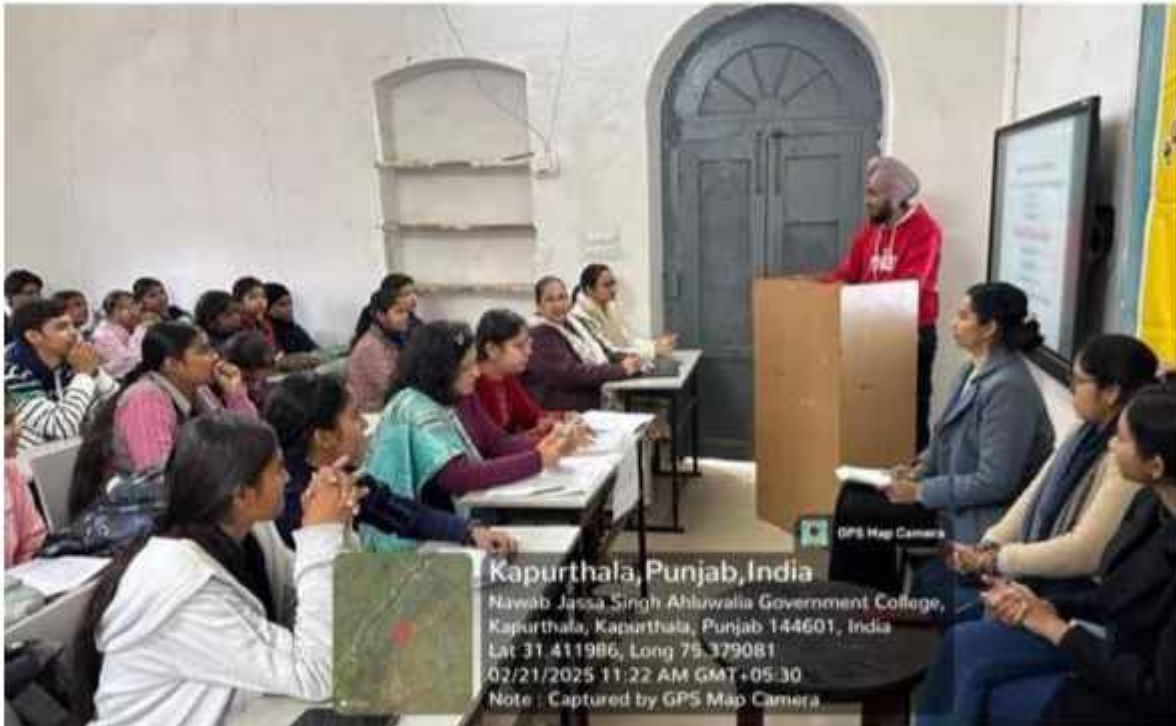
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21 Feb. 2025, The Library Committee of the college organised a Book Review Function at 9:40 am in Room No. 30. At the start, Mrs. Harpaljit Kaur, Member, Library Committee acquainted the students with the variety of comprehensive books available in the library. The reviewer for the function was Dr. Jasmeet Sethi who reviewed the book "The Power of Your Subconscious Mind" by Joseph Murphy. The writer initially, studied for Priesthood and joined Jesuits. He later was nominated as Minister of Los Angeles Divine Science Church. After sometime the author completed his doctorate in the subject of Psychology. In chapters 20 of this book, the author fuses his spiritual wisdom and scientific research to shed light on how a subconscious mind can be an influencer in our life. Our subconscious is at work 24 hours a day, for everyday which reflects on every trait of our personality. So, the subconscious mind's processing corresponds to our mindsets and thoughts which suggests that we must ward off the negative feeling from our mind so as to come out as grown persons internally. According to the reviewer, the book stresses upon the fact by imbibing the values like empathy, gratitude and humility, one can purify one's soul with all inner fears vanished. It is a great Self-Help Book that teaches the skills to control haywire thought processes. The book emphasizes the point that the universe is within us. We can attract any desirable thing by believing in it. So, one should target one's desire, gather faith which would be followed by the guidance of one's mind to explore the treasure of ability present inside. After the book review Mr. Ranjit Kumar from Physical Education Department addressed the students and threw light on one of his favorite Novel "Parsa" by Gurdial Singh which was later adapted into a Punjabi movie. A Brahmin by caste, peasant by occupation and a Gurmukh by faith, Parsa, the eponymous hero of the novel has uniquely been portrayed by the novelist. Parsa's dealing with problems of life fills the readers with hope and courage. On this occasion library committee members Ms. Neelakshi Missar and Ms. Mamta were also present along with other staff members Ms. Mehak, Ms. Harmandeep Kaur, Ms. Rajni and Mrs. Simranjeet Kaur.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Science and Environment Society organized a paper reading competition based on the theme- "Role of Science' in Development of Eco-Friendly Technologies



Report

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21 Feb 2025, Celebration of 'National Science Day' that falls on 28 Feb. On this occasion, a paper reading competition was organised based on the theme-'Role of Science' in Development of Eco-Friendly Technologies in Society'. The response of students was very enthusiastic. About 20 students participated in the event. The event started with Convener Dr. Jasmeet Sethi's introduction regarding the importance of Science Day! All the contestants stressed upon the fact that Science provides the understanding of the Natural systems and processes needed to design and implement sustainable solutions, including renewable energy sources like Solar and wind power, energy efficient building materials, waste and Management Systems and advanced water purification techniques All the processes aim at minimizing environmental impact and promoting sustainability Research technology on developing biodegradable plastics, creating bio equals, Designing 7 energy efficient appliances are on the way. On this Day all science and environment Society members Dr. Simranjit, Ms. Sunita, Ms. Harpaljit, Ms. Rajni, Ms. Mehak, Ms. Harmendeep, Ms. Anita Manocha were present who also Contributed their knowledge about the topic. Three winning prizes and one consolation prize were awarded by Ms. Anita Manocha and Ms. Mehak after the judgement.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Punjabi Department celebrated 'International Ma Boli Diwas'



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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21 Feb 2025, Punjabi Department celebrated 'International Ma Boli Diwas'. Prof. Happy Kumar, head of the Punjabi Department welcomed the chief guest Vice Principal Dr. Monika Khanna. On 7th Feb 2025, Essay writing, Story Writing and Poetry Writing was conducted. Declamation, Poetry recitation and folk song were the main attractions of the occasion. Students participated in this competition enthusiastically and received prizes too. Dr. Monika Khanna in her address to the students talked about the importance of Punjabi Language and said, how it got its worldwide recognition through native speakers and wide range of literature. Madam Harsimran Kaur handled the stage. Dr. Sandeep, Madam Nidhi Kanda, Madam Neelakshi, Madam Jyoti, Madam Daljit Klair, Madam Gurwinder Kaur along with students were present during the occasion.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Eco club visited to RCF & vicinity Areas RCF, Rail coach factory in Kapurthala



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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Eco club visit to RCF & vicinity Areas (22-02-25) RCF, Rail coach factory in Kapurthala has taken steps to become Eco friendly by using modernized techniques. Keeping this in view, Dr. Jasmeet Sethi, Ms. Harpaljit Kaur, Ms. Jyoti Devi and Dr. Sandeep Kaur took the students for a visit to RCF Campus. The visit was arranged in a bus. On entry, N.J.S.A Govt. College group witnessed an overwhelming clean and green environment. The students were amazed to see that RCF mixes plastic waste with bitumen to repair roads in RCF Township. RCF has an Environment Management Plan that focuses on reducing pollution and zero effluent discharge. The factory itself gave a clean look. The students learnt that RCF they developed environment friendly green toilets and till now, 571 Coaches have been equipped with 1390 green toilets. Massive tree plantation presents a green serene track. The factory has also won 21st Green tech Environment Award 2017 for outstanding achievements in Environment Management - The students and teachers were impressed with dynamic achievement and initiatives of RCF in the field of green Environment. RCF lake is open primarily in the late afternoon and evening. The swings and water birds with abundant fish coming on the surface to accept eatables presented an enchanty view. The teachers and students were inspired to follow the action plan of RCF management towards Green Environment.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Economics department organised a Quiz Competition on Financial Budget
2025-2026



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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25 Feb 2025, Economics department of NJSA Govt. College Kapurthala organised a Quiz Competition on Financial Budget 2025-2026. Twenty students from different streams participated in the contest. Madam Geeta Rani Madam Sandhya Tulli, Madam Bhupinder Kaur, and Madam Mamta were present during the occasion.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Psychiatric Cell organized Paper Reading activity on "Mental Health Awareness".



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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25th Feb. 2025 Paper Reading activity on "Mental Health Awareness" was organized by Psychiatric Cell of N.J.S.A. Government College, Kapurthala for B. Com and BCA students in Room No. 26 with the objective of educating students about the significance of mental health. Students participated in the Event and presented various aspects such as stress, depression, anxiety due to different circumstances in real life of human being. After each presentation, a discussion session was held where participants and faculty members shared insights, asked questions and debated key points. The event encouraged open conversation on mental health awareness. Participants found the session insightful and appreciated the opportunity to engage with paper reading on mental health. Psychiatric Cell team members and other faculty members commended the students for their thoughtful analysis. Overall, the session was very interactive and it fostered a culture of curiosity, empathy and critical analysis, highlighting the importance of mental well-being in academic and personal life.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Economics department organized Essay Writing Competition on the theme
'Better be a king at home rather than slave'



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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28 Feb 2025, Economics Department of the College organised an essay writing competition on the theme 'Better be a king at home rather than slave abroad'. 14 students from different streams participated in the contest. Madam Geeta Rani Madam Sandhya Tulli, Madam Bhupinder Kaur, and Madam Mamta were present during the occasion.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Book Review Function held on 28.02.2025



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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28 Feb 2025, The Library Committee of the college organized a book review session at 9:40 A.M. in Room No. 30. The event was presided over by Dr. Jasmeet Sethi, Convener of the Library Committee, who addressed the gathering and highlighted the significance of books in academics and individual growth in life as well. She informed students about the college library's extensive collection and motivated them to make full use of its resources for their bright future. The book reviewed in this session was 'Goden' by Munshi Premchand, a landmark work in Indian culture and history, first published in 1936. It is still acknowledged as one of the greatest Hindi novels of modern Indian literature. Madam Preeti from the Department of English, provided an insightful analysis of this renowned work. The discussion revolved around the male protagonist, Hori who is portrayed penniless and is incapable to purchase a cow due to financial crisis. The novel ultimately ends with his insatiable dreams and his tragedy. The novel delineates numerous dimensions like interpersonal relationships, love and marriage, poverty in India, various problems due to caste segregation and industrialization, exploitation and actual conditions of marginalized inhabitants, lower class, farmers and women in a particular society. At the end of the session, Dr. Jasmeet Sethi heartily thanked the reviewer for her insightful analysis, and the faculty members also expressed their appreciation for her in-depth review, which helped shed light on such an important issue.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

112th two-day Annual Sports Meet



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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01 March 2025, Nawab Jassa Singh Ahluwalia Government College, Kapurthala organised the 112th two-day Annual Sports Meet on 28 February and 1 March 2025. Students across various disciplines participated with great enthusiasm and vigor. The spirit of sportsmanship was further encouraged by the presence of the Principal, Dr. Jatinder Pal Singh. The chief guest of the event, Sardar Piara Singh Thind, Retired Deputy Superintendent of Police and a distinguished Alumnus of the college, Sardar Mangal Singh Bhandal along with Dr. Bikram Singh Virk, Prof. Aujla, Prof. Usha Shetre, Madam Sadhna Chadha, Prof. Anju Bala Prinja and Retired Principal, Saroj Bala Verma further added grace to the event with their humble presence. During his address, the principal highlighted the significance of sports in fostering a disciplined approach and a positive outlook towards life. The students proved their merit and hard work by displaying their talent in various categories such as 100 meter race (boys and girls), 200 meter race (boys and girls), 400 meter race(boys and girls), 800 meter race (boys and girls), long jump (boys and girls), triple jump(boys and girls), shot put (boys and girls), discus throw (boys and girls), Javelin throw (boys and girls), etc. The best athlete trophy for boys was awarded jointly to Manpreet Singh of BA 1 Year and Naveen of BA 2 Year while the best athlete trophy for girls to Anjali of BCA 2 Year and Pooja of B.A 1 year. The overall champion trophy was bagged by Sahibzada Ajit Singh House. Principal Dr. Jatinder Pal Singh congratulated the winners and athletes with potential. He also extended a special vote of thanks to Prof. Ranjit and Prof. Sandeep Kumar of Physical Education Department whose tireless efforts made the event a successful one. Dr. Jasmeet Sethi, Dr. Monika Khanna, Dr. Jasvinder Kaur, Prof. Sneha Sharma, Prof. Nidhi Kanda, Prof. Harsimranjit Kaur, Prof. Kulwinder Kumar and all the staff members were also present along with the students.

Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Red Ribbon Club organized a Paper Reading Competition as per guidelines of District Youth Services



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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04 March 2025, Under the guidance of Principal Dr. Jatinder Pal Singh, Red Ribbon Club of N.J.S.A Government College Kapurthala organised a Paper Reading Competition as per guidelines of District Youth Services. The topic of the competition was 'Cancer- Dreadful but Curable'. The judges were Ms. Harmandeep Kaur (Physics Department) and Ms. Rajwinder Kaur (Zoology Department). The event aimed to raise awareness about cancer, its causes, symptoms, diagnosis, treatment options, and the latest research in the field. The competition saw enthusiastic participation from students. The competition saw a total of 15 participants. The winners were:

1. First prize Mandeep Kaur (B.sc 1st Medical)
2. Second Prize - Vanshita Rekhi (B.sc 3rd Medical)
3. Third Prize - Satinder Kaur (B.sc 1st Medical)

The judges praised the participants for their in-depth research, critical thinking, and effective presentation skills. Mrs. Anita Manocha (Program Coordinator), Mrs. Sunita Suman and other faculty members were also present during the event.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

NSS Unit organized a poster making competition on the subject of Water Shed Management



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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06 March 2025, as per the instructions of Director Youth Services Chandigarh, under the guidance of the principal of the college, Dr. Jatinderpal Singh, a poster making competition was organized by the NSS unit of the college on the subject of Water Shed Management under Water Shed Management 2025. Students participated in this competition with great enthusiasm. On this occasion, NSS Convener Madam Rashmi Virk, Mr. Manjeet Singh and Madam Anita Manocha were also present.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

NSS Unit celebrated International Women's Day.



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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08 March 2025, International Women's Day was celebrated at the college under the leadership of College Principal Dr. Jatinder Pal Singh Ji, in which the Vice Principal of the college, Madam Monika Khanna, inspired women to maintain their dignity. NSS In-Charge Madam Rashmi Virk informed about the history of International Women's Day and the contribution of women in building society. Apart from this, the department also organized a poster making competition and speech competition in which the college students participated enthusiastically. On this occasion, a short film titled Juice on the topic of gender inequality was shown to the students and a group discussion was also held regarding the film.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Book Review Function held on 08.03.2025



Report

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8 March 2025, The Library Committee of the college organized a book review session at 9:40 A.M. in Room No. 30. The event was presided over by Dr. Jasmeet Sethi, Convener of the Library Committee, who addressed the gathering and highlighted the significance of books in academics and individual growth in life as well. She informed students about the college library's extensive collection and motivated them to make full use of its resources for their bright future. This review was given by Madam Gurpreet Kaur about Gustave Flaubert's 'Madame Bovary' she examines the novel's exploration of women's powerlessness in 19th-century France, primarily through the complex character of Emma Rouault. The review begins by analyzing how Emma's experiences reflect feminist themes, although she is a flawed protagonist, and then broadens its scope to explore the diverse portrayals of women within the novel. It demonstrates how male characters exert both overt and subtle forms of abuse sexual, emotional, and financial-upon the women in their lives. The analysis further delves into Emma's prescribed duties as a woman in society, her roles within marriage, and how she navigates, and often fails to conform to, conventional female expectations. Finally, the review investigates Emma's motivations for infidelity, highlighting how her betrayals extend beyond her husband to encompass societal norms and her own aspirations for a more fulfilling life. It argues that Emma's exploitation is rooted in the limited agency afforded to women of her time, while also showing how she struggles against those very limitations.



Principal
Principal
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Kapurthala

Book Review Function held on 17.03.2025



Report

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17 March 2025, The Library Committee of the college organized a book review session. The event was presided over by Dr. Jasmeet Sethi, Convener of the Library Committee, who addressed the gathering and highlighted the significance of books in academics and individual growth in life as well. She informed students about the college library's extensive collection and motivated them to make full use of its resources for their bright future. This review given by S. Manjeet Singh, Assistant Professor in English on an antiwar novel 'All Quiet on The Western Front' by Erich Maria Remarque which explores the devastating impacts of war on its participants. The review begins by analyzing the major theme of the novel which serves as a timeless reminder of the human costs of armed conflict and the need to strive for peace. Told from the first-person perspective of its protagonist, Paul Bäumer, the novel not only hints at the futility of warfare, but also suggests that combatants, although they might survive, are forever changed and scarred. In the work's inciting incident, Paul and his friends are led to believe in the heroic glory associated with war. Their teacher, Kantorek, delivers a patriotic speech that inspires them to join the army. However, as the novel's central conflict develops, they quickly realize that the reality of war differs from what they were led to believe. Training is brutal. Eighty of 150 men die within a few weeks. A cook, obsessed with military regulations, argues that he should throw out most of the food he has prepared because those men have died. Furthermore, Kemmerich's death, the result of a small and simple wound, is anything but glorious. As the plot's rising action develops, Paul gains an awareness that contradicts the nationalist theoretic that has motivated him. His experiences lead him to understand that his purpose is not a matter of glory, honor, or compassion, but is instead primarily a matter of survival. Following a particularly bloody and horrific battle, he recognizes that instinct may be more important to survival than reason. By the time that Müller takes Kemmerich's boots, Paul, unlike his friends, has determined that sentimentality, when balanced against the need to survive, has little weight. Eventually, he cannot imagine a life after the war ends: he began his young adulthood as a soldier at war and has had no experience with any other life.

Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Economics Department organized a Poster Making competition based on the theme 'Empowered women, empower the world'.



Report

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On 19 March 2025, A Poster Making competition was organised by the Economics Department based on the theme 'Empowered women, empower the world'. Students From B. A, B.Sc. actively participated and best entries were awarded.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Career Counselling and Guidance Cell organized a Resume-Writing Workshop.



Report

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19 March 2025, Resume-Writing Workshop. An activity on Resume-Writing workshop was organised by Career Counselling and guidance Cell of N.J.S.A Govt. College Kapurthala. The workshop was a structured learning experience that provided insight to the students as how to Craft an effective resume, which sets the first Impression of the interested employee to an employer. The students got equipped with the skill and Knowledge about framing an effective CV, that can reflect their strengths and capabilities, besides their academic qualifications. The students were invited to come up with the ideas of writing their CV. Dr. Jasmeet Sethi, Convenes Career Counselling and guidance cell, thanked the Resource person Mr. Rahul Sanger, MD of Visionary Learning Point - an institute. The members of the cell Mrs. Harpaljit Kaur, Ms. Mehak, Mr. Sukhdeep encouraged maximum participation by final year students who are at the onset of joining and opting for a Specific career.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Psychiatric Cell organized a Poster Making competition based on the theme Mental Health.



Report

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21 March, 2025, The Psychiatric Cell of N.J.S.A. Government College, Kapurthala organized a poster making activity on the theme Mental Health. Students across various streams participated in the activity and exhibited the significance of mental health through their posters. Under mental health, they elaborated various domains such as emotional wellness, physical wellness, social wellness and spiritual wellness. The activity was concluded with an open discussion on the factors that elevate stress, depression, anxiety and related mental illnesses among youth. The members of the organizing committee Prof. Nishant Gupta, Prof. Sandeep Singh, Prof. Harpaljit Kaur, and Prof. Preeti also shared their thought-provoking insights on maintaining sound mental health that stimulates a positive outlook towards life and assist in enhancing personal and professional advancements.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

NCC Unit organized a Poster Making competition to celebrate “World Water Day”



Report

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On 22.03.2025 World Water Day' was celebrated by NCC cadets by participating in Poster Making event & Pledge taken to reduce water wastage.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Science and Environment Society organized a Tree Plantation Drive in college



Kapurthala, Punjab, India
Sultan Pur Road, Birsha Vihar, Kapurthala, Punjab
144501, India
Lat 31.373708, Long 75.385801
03/22/2025 10:30 AM GMT+05:30
Note - Captured by GPS Map Camera

Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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22 March 2025, Tree Plantation Drive in College was organised By Science and Environment Society. To commemorate the martyrdom of Bhagat Singh, Sukhdev Thapar, Shiva Ram, Rajguru, who Played a significant role in the freedom struggle of India, for this, a sapling was planted by Mr. Ranjit Kumar, Ms. Rashmi Virk, Harsimran Kaur. Dr. Amrit Kaur and Dr. Jasmeet Sethi, the convener of the society conveyed that plant would be well looked after by the Society so that when it becomes a tree later, it would remind everybody about the sacrifice of the martyrs, on this occasion Madam Harpaljit Assisted with plantation of sapling. English Department faculty. History Department faculty, Students and gardener were present. The commemoration reflected that environment should be conserved.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Career Counselling and Guidance cell organized a lecture on the occasion of Martyrs' Day to honour Bhagat Singh, Sukhdev, Rajguru



Report

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22 March 2025, On the occasion of Martyrs' Day, a lecture was organized by Career Counselling and Guidance cell to honour Bhagat Singh, Sukhdev Rajguru, who were executed by the British Government on March 23, 1931 for their revolutionary activities related to freedom struggle. At the start of the function, Dr. Jasmeet explained the 'Martyrs' Day' and facts related to it to the students by highlighting life of S. Bhagat Singh, who died at very young age of 23, owing to his patriotism. Dr. Amrit Kaur, Assistant Professor from History Department marks the facts to Students acquainted them about the life of 3 Martyrs. She explained Durgawati Devi, fondly called as Durga Bai who played crucial role to escape him to Lahore. Mrs. Harpaljit Kaur thanked the speaker for her valuable information she invited Mr. Ranjit Kumar from Physical Education Department, who suggested students to read about life of Bhagat Singh. On this occasion, Amrit Kaur, Mrs. Harsimran, Mrs. Rashmi Virk, Ms. Neelakshi, Ms. Mamta, Ms. Mehak, Ms. Preeti, Dildar Singh, Singh, Mrs. Mr. Vipin, Ms. Jaswinderjit, Ms. Malika, Mr. Pramod Kumar, Mr. Manjeet, Mr. Jagjit Singh, And Ms. Nishant were also present.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Book Review Function held on 22.03.2025



Report

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22 March 2025, The Library Committee of N.J.S.A Government College, Kapurthala, organised a book review session. The event was presided over by Dr. Jasmeet Sethi, Convener of the Library Committee. In her opening address, Dr. Sethi highlighted the significance of books in academic and personal development. She also provided an overview of the college library's collection and encouraged students to make use of its resources. Mr. Dildar Singh from the Department of English reviewed The Prophet by Kahlil Gibran. In his review, he discussed the structure and themes of the book, focusing on the concept of the archetypal journey and exile. He elaborated on how the main speaker in the book, Almustafa, conveys a significant message to the people, as envisioned by the author. To illustrate his points, Mr. Singh referred to specific passages from the book, including the quote: "Say not, 'I have found the truth, but rather, 'I have found a truth.'" His analysis provided insight into the philosophical and literary aspects of the text. This highlights the importance of recognizing multiple perspectives, suggesting that instead of asserting absolute truth, one should acknowledge the possibility of other truths beyond one's own understanding.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Career Counselling and Guidance cell organized a Seminar on Pre-CAT Coaching Under Shat-Pratishat Mission, Punjab



Report

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A Seminar on Pre-CAT Coaching

24 March 2025, Under Shat-Pratishat Mission, Punjab, Pb. youth has launched a scheme to coach 100 girl students free of cost for CAT entrance Test. The resource person Ms. Anchal, who is an MBA from Manchester School of Business, motivated the girl students to appear for the entrance exam which is going to be held on March 30, 2025. Those who qualify the entrance exam, would have to face an online interview. Dr. Jasmeet Sethi, convener, Career Counselling and Guidance call thanked Ms. Anchal the resource person for her informative and interactive session. The girl students were greatly motivated and pledged to work hard in order to be successful. for the session Mrs. Harpaljit Kaur, Mr. Sukhdeep Sigh, Ms. Mehak Ms. Sunita Suman and Mr. Jasvinderjit Kaur were also present.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Career counseling and Guidance Cell organized an Industrial Tour to GN Industries, Alipur, Haryana



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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26 March 2025, Career counseling and Guidance Cell of N.J.S.A Govt. College Kapurthala organised an Industrial Tour to GN Industries, Alipur, Haryana. 58 students from different classes accompanied by two teachers Prof. Vipin Kumar and Prof. Jyoti Devi left for the tour at 7:30 from the college. At 2:30 we reached G N Industries. This is a small-scale industry producing 1200 gear boxes and 20 different parts for Sonalika and Swaraj Tractors. The chief Executive Mr. Harwinder Verma told us about manufacturing process. There about 17 various machines through which the gear boxes pass. The process begins with moulding of boxes in the foundry and then these raw boxes are sent to another section for drilling and tapping, these boxes pass through diverse sections finally in CMM (Co-ordinate Measuring Machine) that measures the final quality check through various angles. The industry is accommodating 85 employees. One more interesting thing we found that the company also produces 30 kg gear box which was launched in 2020, is used in small tractors used for gardens and lawns. Our students curiously asked many questions to the chief officer and they got satisfactory answers. The tour proved very inspiring and adds to the academic knowledge of the students. On our departure at 3:30 pm the company provided refreshments to students and teachers.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Career counseling and Guidance Cell organized an Industrial tour to Contour
CNC Products Pvt. Ltd, Panchkula, Haryana



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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26 March 2025, Career Counseling and Guidance Cell of N.J.S.A. Govt. College, Kapurthala organized an industrial tour to Contour CNC Products Pvt. Ltd, Panchkula, Haryana. Fifty-Two students from various departments accompanied with two teachers Mr. Manjeet Singh (Assistant Professor) and Miss Harmanjeet Kaur (Assistant Professor). The tour left from the college at 7.30 am and reached at Contour CNC Products at 2.00 pm. This is a small-scale industry that produces machining automates the operation of machine tools using programmed computer commands. The industry produces a large number of products such as Crank Case, Drop Housing, Tractor Parts, Axel Arm, Gear Case and Case Transmission. Mr. Vinod Kumar Sharma, the Production Manager informed the students about a number of precision CNC turning services such as cutting, facing, threading, knurling and boring. He further informed about the five-axis machining of complex parts and its ability to drop-off many components. Students were informed about the types of machines such as VMC and HMC. The students were so curious to learn about the machines and asked so many questions which were satisfactorily answered by the Production Manager. Thus, the tour proved extremely interesting and inspiring as well as added the academic knowledge for the students.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Career counseling and Guidance Cell organized an Industrial Tour to Krishna Auto Industries, Barwala, Haryana



Report

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26 March 2025, Industrial Tour to Krishna Auto Industries, Barwala, Haryana, was organized by Career Counselling and Guidance Cell of N.J.S.A. Government College, Kapurthala, in which Rajwinder Kaur, Assistant Professor, Zoology and Ramandeep, Assistant Professor, Geography along with 39 college students visited there. The bus departed from N.J.S.A. Govt. College Kapurthala at 8:00 AM with faculty member Dr. Rajwinder Kaur and Ramandeep. along with 39 students. The group arrived at Krishna Autos Industries, Barwala at approximately 2:00 PM. The students were warmly welcomed by the management team and given an introductory overview of the company and its operations. The students were given a detailed of the tour, where they observed various stages of automobile manufacturing, including assembly lines, quality control measures, and the role of automation in production. The students had the opportunity to interact with the workers and managers, gaining valuable insights into the practical aspects of the industry. Students were able to witness, how a major automobile manufacturing company operates, from raw material procurement to the final product. This exposure helped students understand the intricacies of industrial processes. The trip provided an excellent opportunity for students to learn about the various career paths available in the manufacturing and engineering sectors, encouraging them to explore such fields for future employment. The interaction between students from different disciplines (B.A., B. Com, M.A., and B.C.A.) fostered teamwork and encouraged a multi-disciplinary approach to problem-solving, which is crucial in the workplace. After the tour, the students were provided with refreshments and lunch at R.K. Shudh Vaishno Dhaba, where they had the opportunity to relax and enjoy their meal. The industrial trip to Krishna Autos Industries was a highly informative and enriching experience for the students of N.J.S.A. Govt. College Kapurthala. The visit allowed them to gain practical insights into the industrial sector, learn about career opportunities, and see how theory is applied in real-life situations. The trip was successfully executed with the collaboration of the faculty members, and the students returned with a broader understanding of the professional world.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Annual Prize distribution function of the college is organized



Report

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27 March 2025, the annual prize distribution function of Nawab Jassa Singh Ahluwalia Government College was organised. College Principal cum Deputy Director Higher Education Department, Dr. Jatinderpal Singh, member of Punjab State Council for Science and Technology Department and famous poet Kanwar Iqbal Singh attended as the chief guests, while Professor Kulwant Singh Aujla, who retired from the college, joined as a special guest. College Principal Dr. Jatinderpal Singh and Vice Principal Dr. Monika Khanna warmly welcomed the guests by presenting them with bouquets. During the prize distribution ceremony, principal of the college read annual report regarding the activities and the attendees were informed about the achievements made by the college in the field of education as well as sports. On this occasion, the chief guest Kanwar Iqbal Singh and Prof. Kulwant Singh Aujla honored 225 students of the college along with the college staff and the principal. Before this, Saraswati Vandana was presented by the students of the music department and folk songs were also presented during the event. The show was moderated by Prof. Happy Kumar, prof. Malika and Prof. Jaspreet Kaur. The chief guest in his address, inspired the students to keep moving forward in the field of education as well as sports and culture and he said that we should accept the future challenges and face them. On this occasion, he also recited a poem written by himself for girls. During the event Prof. Sukhpal Singh Thind, Principal Varinder Kumar, Principal Varinder Kumar, Principal Bikram Singh Virk, National Awardee Mangal Singh Bhandal, Prof. Ashu Kumar, Prof. Anju Prinja, Sarwan Singh, Jaswinder pal Ugi, Dr. Jasmeet Sethi and all staff members along with students were present.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Book Review Function held on 28.03.2025



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

Website: www.gckpt.com
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28 March 2025, A Book review was organised in Room No. 30. Dr. Jagjit Singh (Assistant Prof. Punjabi) attended as a reviewer. He reviewed the Prize-winning book 'The Old Man and Sea'. During this time the reviewer gave detailed information about the novel. He said that the main character of this novel 'Santiago' did not lose heart even in adverse circumstances. He said that Santiago is a fisherman. For the last 84 days, he could not catch a single fish. But still he did not get discouraged. His fellow fishermen make fun of him. People call him 'bad luck'. He does not care about anyone. He always gives priority to 'trying'. On the 85th day, he again takes the boat into the sea. He manages to catch a fish bigger than his boat. The reviewer said that the novel effectively portrays the mutual struggle between the fish and the fisherman. With his 'firm resolve' and 'courage', Santiago does not care about the 'odds' he faces in the 'deep sea'. The reviewer quoted Ravish Kumar and said that some wars are not fought to win, but to show that we are alive.



Principal
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Book Review Function held on 04.04.2025



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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04 April 2025, A book review event was organized under the leadership of Dr. Jasmeet Sethi. In this committee Prof. Harpaljit Kaur, Prof. Nilakshi Missar, Prof. Mehak, Prof. Mamta were present. Prof. Vipin Kumar participated as a reviewer. He reviewed the Russian novel "The First Teacher" by Gengej Aitamatov. This is a Punjabi translation of the English novel "First Teacher". Originally first published in 1989 by Raduga Publication Soviet Union. The novel is written in the first person. Duishen who is playing the role of the first teacher wants that all people should be educated but at that time no single letter has been read for seven generations. Due to this Duishen has to face a lot of troubles. There is a girl named Altanai whose distant relatives raise her and do a lot of abuse to her and don't even consider studying good but still Duishen inspired that girl to study and get a high position after studying. It happens that no one is respecting the Guru because of whom she has reached this point. This novel inspires us that without a Guru our life is like a dark room. Therefore, to acquire knowledge, one must have one or the other Guru. Those who come our way should get the respect they deserve in the society. During this event Prof. Daljit Klair, Prof. Harsimran Kaur, Prof. Jagjit Singh, Prof. Manjit Singh, Prof. Malika Mand, Prof. Gurpreet Kaur and students were present.



Principal
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Kapurthala

Science and Environment Society of the college organized a seminar and Physical Training (PT) session to mark the celebration of 'World Health Day'



Kapurthala, Punjab, India
Sultan Pur Road, Birsha Vihar, Kapurthala, Punjab
144601, India
Lat 31.373698, Long 75.385773
04/07/2025 01:09 PM GMT+05:30
Note: Captured by GPS Map Camera

Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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07 April 2025, The Science and Environment Society of the college organized a seminar and Physical Training (PT) session to mark the celebration of 'World Health Day'. The event aimed to spread awareness among students about maintaining physical and mental well-being through holistic practices. The resource person, Dr. Sandeep, from the Physical Education Department, delivered an insightful session on physical and mental health management. He highlighted practical ways to manage stress, the importance of regular physical activity such as morning walks and exercises, and the need for a balanced and nutritious diet. Dr. Sandeep also emphasized the significance of structured meals - breakfast, lunch and dinner and guided students on choosing appropriate food for each. Drawing references from ancient Sanskrit texts, he discussed traditional approaches to achieving holistic health and well-being. Another resource person, Mr. Ranjit Kumar, also from the Physical Education Department, inspired students by tracing historic milestones in health and wellness. He discussed the origin and contribution of the World Health Organization (WHO) in improving global health. He also encouraged students to engage in humanitarian work and spoke about the importance of emotional and spiritual well-being. He elaborated on the role of yoga, meditation and spiritual activities in mental health, drawing parallels with ancient practices. He further shared the story of Louis Pasteur's discovery of the rabies vaccine, highlighting how even a small incident can spark a major scientific breakthrough. At the end of the seminar, Dr. Jasmeet Sethi, Convener of the Science and Environment Society, thanked both speakers for their valuable insights. She encouraged students to incorporate the lessons learned into their daily lives and maintain a healthy balance between studies and well-being. Following the seminar, both speakers conducted a PT session where students actively participated in physical workouts and exercises recommended for daily morning routines.



Principal
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NCC Unit celebrated 'World Health Day,'



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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07 April 2025, 'World Health Day,' was celebrated by NCC Unit in the College Campus.

- (a) Pledge was taken for better health.
- (b) Paper Reading was conducted.



Principal
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N.J.S.A. Govt. College
Kapurthala

NSS Unit organize a lecture to commemorate the 135th birth anniversary of Dr. B. R. Ambedkar



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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07 April 2025, NSS Unit organized a lecture to commemorate the 135th birth anniversary of Dr. B. R. Ambedkar. The lecture was delivered by S. Manjit Singh (Assistant Professor, English). It was on the life and struggle of Dr. Bhim Rao Ambedkar in which the students were inspired to take guidance from the life of Dr. Bhim Rao Ambedkar.



Principal
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N.J.S.A. Govt. College
Kapurthala

NSS Unit celebrated "Poshan Pakhwada" from 8th April 2025 to 22nd April 2025



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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8th April 2025 to 22nd April 2025 "Poshan Pakhwada" was celebrated by the NSS unit of N.J.S.A govt. college Kapurthala. On 12th April 2025 a lecture on Balanced diet was delivered by Dr. Amrit Kaur (Assistant Professor History). A poster making competition on Balanced diet was also organised by the NSS unit of N.J.S.A govt college Kapurthala on 15th April, 2025.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

NSS Unit is going to conduct A 'Poster Making' activity



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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11 April 2025. A 'Poster Making' activity was conducted by NSS volunteers and the students to mark the 135th birth anniversary of Dr. Bhim Rao Ambedkar.



Principal
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Kapurthala

Green Environment Cell celebrated 'World Environment Day'



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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23 May 2025, Under the able guidance of Principal Madam Dr. Monika Khanna, Green Environment Cell of N.J.S.A Government College, Kapurthala celebrated 'World Environment Day'. To mark this day, Convener Dr. Jasmeet Sethi and members of Green Environment Cell planted various types of saplings in the college campus. The students and faculty members actively participated in this event. The objective of the program was to create awareness among the students regarding the environment. The celebration of this day conveyed the message that protecting the earth is a collective effort. The Principal, Dr. Monika Khanna appreciated the efforts of Green Environment Cell of the college.



Principal
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Kapurthala

NCC Unit celebrated World Environment Day



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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5 June 2025, World Environment Day was celebrated by NCC Unit in college campus by participating in Tree Plantation Activity.



Principal
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Kapurthala

NSS Unit celebrated World Environment Day



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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5 June 2025, The NSS unit of N.J.S.A govt college Kapurthala observed 'World Environment Day' under the able leadership of Principal Dr. Monika Khanna by planting various types of saplings in the college parks.



Principal
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Kapurthala

Green Environment celebrated World Environment Day



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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5 June 2025, in observance of World Environment Day, under able guidance of Dr. Jasmeet Sethi, the Green Environment Cell members, organized a tree plantation drive under the esteemed initiative "Mission Ek Ped Maa Ke Naam 2.0", launched by the Ministry of Environment, Forest and Climate Change, Government of India. Students actively participated in planting saplings of trees, symbolizing unity, environmental stewardship, and a tribute to motherhood through greenery. The objective of the initiative was to foster environmental consciousness and strengthen the human-nature relationship. The event witnessed the gracious presence and participation of Principal, Dr. Monika Khanna and Convener of Green Environment Cell Dr. Jasmeet Sethi. Other Faculty members and non-teaching staff were also present there.



Principal
Principal
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Science and Environment Society celebrated World Environment Day



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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05 June 2025, World Environment Day was celebrated at Nawab Jassa Singh Ahluwalia Government College Kapurthala under the able leadership of Principal Dr. Monika Khanna by Science and Environment Society. On this occasion, all the staff and students ran an awareness campaign for the conservation of the environment and planted various types of saplings in the college parks. Pollution has become a serious problem for our environment. To overcome this and to keep ourselves healthy, we should continue to make such efforts and become environmentally responsible citizens in our daily lives. The purpose of celebrating this day was to create awareness among the students about the environment and motivate them to conserve natural resources.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

NCC Unit organized an Awareness campaign on blood donation



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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14 June 2025, An Awareness campaign on blood donation was carried out by NCC Unit in which cadets made posters to exhibit in the college.



Principal
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Kapurthala

NSS Unit celebrated International Yoga Day



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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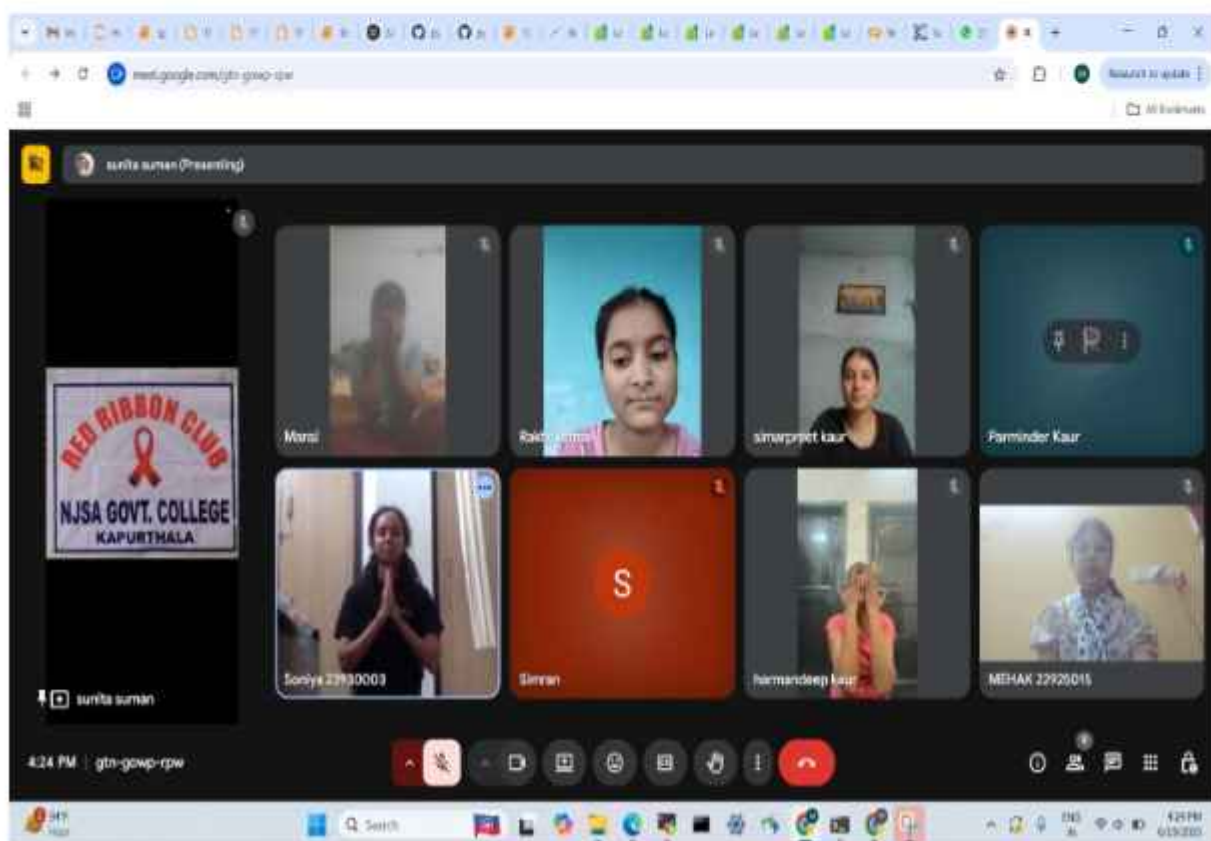
Email: gckapurthala@gmail.com

21 June 2025, International Day of Yoga was celebrated by the NSS unit of N.J.S.A Govt. College, Kapurthala. In online yoga session various Yoga Asanas were performed by college staff members and NSS Volunteers. Moreover, an offline Yoga Camp was organised in college in which yoga was practiced by NSS Volunteers and other members of Society embracing the theme "Yoga for One Earth, One Health."



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Red Ribbon Club and the Science and Environment Society organized an online yoga session to celebrate 'International Yoga Day'



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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21 June 2025, to celebrate 'International Yoga Day', the Red Ribbon Club and the Science and Environment Society organized an online yoga session under the guidance of Principal Dr. Monika Khanna and Vice Principal Dr. Jasmeet Sethi. Due to ongoing university examinations and summer holidays, the session was held through online mode to ensure maximum student participation. The session was conducted by Ms. Soniya from the Indian Institute of Technology Roorkee, who inspired the students to include yoga in their daily routine and explained its numerous physical and mental health benefits. She guided the participants through a series of yoga asanas and pranayama techniques designed to promote overall well-being. She began with Suksham Kriya (joint movement) to loosen up the body and prepare it for deeper postures. This was followed by Tadasan, a posture that helps improve posture, enhance flexibility, and increase height in growing individuals. She then introduced Katichakrasan, which involves spinal twisting and is beneficial for improving digestion and strengthening the back. Vatayanasan, another important posture, was explained for its benefits in strengthening leg muscles and improving body balance. Moving on to breathing techniques, Ms. Soniya taught Anulom Vilom, known for calming the nervous system and enhancing oxygen supply, followed by Kapal Bhati, a powerful cleansing technique that boosts metabolism and detoxifies the body. She also introduced Bhramari Pranayam, which involves humming like a bee and is effective in reducing stress and anxiety. Further, she demonstrated Sheetal and Sheetkari Pranayams, both cooling breaths that help regulate body temperature and reduce mental tension. The session concluded with the meditative practice of Om chanting, which creates a sense of inner peace and

spiritual connection. At the end of the session, Ms. Mehak, the convener of the Red Ribbon Club, expressed heartfelt gratitude to Ms. Soniya for the enriching and rejuvenating session. Mrs. Sunita Suman, Mrs. Harpaljit Kaur, Mr. Kulwinder Kumar, Mrs. Parminder Kaur, and Ms. Harmandeep Kaur were also present during the session.

Ahanshi
Principal
Principal
N.J.S.A. Govt. College
Kapurthala

NCC Unit celebrated International Day against Drug Abuse & illicit Trafficking




Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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On 26 June, 2025 International Day against Drug Abuse & illicit Trafficking was celebrated by NCC Unit participating in Poster Making activity. pledge was also taken by NCC Cadets and E-certificates were generated.


Principal
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Kapurthala

NCC Unit of college attended camp at LPU Phagwara



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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10 July 2024 Cadet Neeraj Kumar attended Camp at LPU Phagwara for the preparation of group TSC Team, further he attended Camp at Ropar from 11 July 2024 to 20 July 2024.

2 *Monika Khanna*
Principal
Principal
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Kapurthala

NCC unit celebrated 'Kargil Vijay Divas' by doing Wreath Laying Ceremony at the Station Head Quarter Kapurthala



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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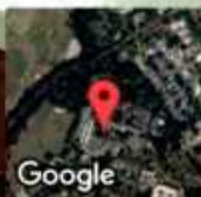
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26 July 2024, NCC unit celebrated 'Kargil Vijay Divas' by doing Wreath Laying Ceremony at the Station Head Quarter Kapurthala. For which the unit sent five Cadets to the Headquarter. Where Cadets from other colleges and schools together celebrated Vijay Divas. In the college under the mentorship of Prof. Nidhi Kada, tree plantation was done to observe this day.

Monika Khanna
Principal
Principal
N.J.S.A. Govt. College
Kapurthala

An Inter college Poster making competition and Power Point presentation competition conducted by the department of Physics, PG Govt. college for girls' sector-11 Chandigarh under the aegis of DHE, Chandigarh and IQAC,

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GPS Map Camera

Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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23 Aug 2024 Science and Environment Society of the college Participated in An Inter college Poster making competition and Power Point presentation competition conducted by the department of Physics, PG Govt. college for girls' sector-11 Chandigarh under the aegis of DHE, Chandigarh and IQAC, on 'National Space Day'. Prof. Kulwinder Kumar, (Political. Science department) and four students of our college visited the PG Govt. College for girls Chandigarh. Davinderpreet Kaur (BCA1), Amarjit Kaur (BA1), Liza (BSc NM ii) and Shivraj PGDCA participated in the competition.



Principal
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N.J.S.A. Govt. College
Kapurthala

NCC unit participated in National Camp from 2 October to 13 October 2024 in
SNIC at Kakinada (National Camp) (Andhra Pradesh)



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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2 October to 13 October 2024, Six Cadets participated in SNIC at Kakinada (National Camp) (Andhra Pradesh). On 28 October 2024, Cadets who attended National Camp were invited at Battalion Office by Adm. officer Lt. Col. Surinder Pal Singh.



Principal
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N.J.S.A. Govt. College
Kapurthala

Zonal Youth Festival 2024 organized by Guru Nanak Dev University, Amritsar
from 3.10.2024 to 5.10.2024 at University campus



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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The college students participated in Zonal Youth Festival 2024 organised by Guru Nanak Dev University, Amritsar from 3.10.2024 to 5.10.2024 at university campus. Total 25 items of the institution participated in this, in which Cartooning and Collage Making bagged first position, Group Song Second and Clay Modeling, Rangoli, Phulkari and Group Shabad bagged Third Position.



Principal
Principal
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Kapurthala

NCC unit participated in Camp from 6 October to 15 October 2024 at Ropar



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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6 October to 15 October 2024, NCC camp was held at Ropar in which Cadet Zalon Kumar was selected for pre-RDC.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Physical Education Department participated in the Inter College Competition of volleyball match at GNDU Amritsar



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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Physical Education Department

19 Oct. 2024, A volleyball match was organised between N.J.S.A Govt. College Kapurthala and Regional Campus Jalandhar. Players from our college performed well and won the match, in the Inter College Competition at GNDU Amritsar.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Physical Education Department participated in the Inter College Competition of volleyball match at GNDU Amritsar



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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Physical Education Department

21 Oct. 2024, A volleyball match was organised between N.J.S.A. Govt. College and SN COLLEGE QADIAN, where SN college won the match, in the Inter College Competition at GNDU Amritsar.



Principal
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Report

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Physical Education Department

28 Oct. 2024, Two players from N.J.S.A. Govt. College Kapurthala, participated in Karate bout at GNDU Campus in Inter College Competition.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Physical Education Department participated in INTER COLLEGE

COMPETITION of a cricket match held at N.J.S.A.Govt. Kapurthala



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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Physical education department

4th Nov. 2024, AN Inter College cricket match was organised between N.J.S.A. Government college Kapurthala and BBDM Jalandhar at N.J.S.A Govt. Kapurthala, where BBDM Jalandhar won the match.



Principal
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Kapurthala

NCC Unit participated in Camp held at DAVIET College



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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NCC Unit

18 Nov 2024 to 27 Nov 2024, five Cadets of our Institute participated in Camp at DAVIET College.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Viksit Bharat challenge (Prelims Round) held at LPU Phagwara from 25 Nov. 2024 - 10 Dec.2024



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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Career counselling and guidance cell

25 Nov. 2024 - 10 Dec.2024, Students from N.J.S.A Govt. College Kapurthala participated in Viksit Bharat young leaders Dialogue Quiz, which was the first round of the Viksit Bharat challenge (Prelims Round) Four students from our college got selected for the second round. Out of 4 participants, Simran BSc II and Rakhi Verma BSc I got selected for the PowerPoint presentation round at LPU Phagwara.



Principal
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Kapurthala

District Level Yuva Utsav :Vista function held at Hindu Kanya College
Kapurthala



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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20 Dec. 2024, District Level Yuva Utsav: Vista function was organised at Hindu Kanya College Kapurthala .17 students from N.J.S.A Government College Kapurthala participated in different activities at Yuva Utsav. Ms. Rajni Bala from Zoology department and Mrs. Jaspreet Kaur from music department helped these students to get registered and participate in different events. Students named Liza and Nivrithi (BSc Non med. II) participated in declamation contest, Ranjana (B. Sc Med. I) participated in poetry writing, Manuyuvraj (BSc Med. II) participated in mobile photography, Satinder Kaur (BSc Med 1), Nancy, kiranjit, Jyoti , Mansi (BCA 1), Mandeep Kumar (B. Com III), participated in Poster Making, Diksha Sharma participated in Solo Singing, Prabhjot Kaur (M. Com II) participated in Rangoli competition. This Yuva Utsav function provided a platform for students to exhibit their talents through a multitude of competitions and exhibitions. This function helped students to explore their creativity and imagination with full enthusiasm. Different cultural activities witnessed breathtaking vocal and instrumental performances, leaving the audience spellbound. Dance battles, theater plays, poetry recitations and fashion shows were also center of attractions to students. It was a great experience for college students to interact with other participants from different Institutions to cater to their personal and artistic growth.


Principal
Principal
N.J.S.A. Govt. College
Kapurthala

Viksit Bharat challenge (Final Round) held at Delhi from 09 Jan 2025- 12 Jan 2025



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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Career Counseling and Guidance Cell

09 Jan 2025- 12 Jan 2025, Our B. Sc Ist year Student Rakhi Verma qualified District Level Quiz Round, It was State Level Essay Writing Round and was finally selected for Power Point Presentation Session at LPU Ludhiana on December 26, 2024. She won this round too by securing a position among the top three selected Candidates and brought Medal to the College. She got selected for the final Round in Viksit Bharat Challenge at Delhi. This event required another Power Point Presentation by the student in front of Eminent Personalities and Honorable Prime minister Mr. Narendra Modi. This final event was a mega event that Started on Jan 9th, 2025 and lasted till Jan. 12th 2025. Rakhi Verma made the Institution proud as an Endeavours by Career Counselling & Guidance cell of the institution.



Principal
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Kapurthala

Army attachment camp held at Jalandhar Cantt



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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NCC Unit

18 Jan 2025 to 29 Jan 2025, Army attachment camp was held at Jalandhar Cantt. Four boys participated in it.



Principal
Principal
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Kapurthala

A district level debate competition is going to be held on 'National Voters Day'



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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25 Jan. 2025, under the guidance of DC Kapurthala a district level debate competition was held on 'National Voters Day' in which students from other colleges also participated. Assistant Nodal Officer Sardar Parmjit Singh was the chief guest. The competition was quite lively Nivriti and Ritika, BA iii sem from our college secured first position, Second Kamaljit Kaur (MA1) and Kamaljit Kaur (BA iii) from Prem kamarsar College Nadala. Neha from Ramgarhia College Phagwara got third position Prof. Ranjit Kumar and Madam Jaspreet Kaur handled the stage some teachers were also present during the occasion.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

College Participated in Republic Day Parade at New Delhi on 26.01.2025



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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26 Jan. 2025, Cadet Lalan Kumar participated in Republic Day Parade at New Delhi.



Principal
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NASSCOM Courses are run by DC Kapurthala under the scheme 'Punjab Skill Development Mission'.



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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Career Counseling and Guidance Cell

5 Feb 2025, NASSCOM Courses are run by DC Kapurthala under the scheme 'Punjab Skill Development Mission'. students from N.J.S.A College are registered in four different courses. These four courses are: -

- 1 Introduction to cyber security (30 students).
- 2 BPM E-commerce (30 students).
- 3 BPM Finance and Accounting. (30 students).
- 4 BPM Banking (30 students).

120 students are mobilized and course material is commenced with 68 students. On 5 Feb. 2025, Mr. Pranshu, Official, DC Office, Kapurthala insisted students to get register in these courses and access the content.



Principal
Principal
N.J.S.A. Govt. College
Kapurthala

'Walkathone' on 'War against Drugs' held at Guru Nanak Stadium, Kapurthala



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

Website: www.gckpt.com

Email: gckapurthala@gmail.com

25 April 2025, 'Walkathone' on 'War against Drugs' was organised at Guru Nanak Stadium, Kapurthala. Total 20 NCC cadets from our college participated in the event.



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Army Attachment camp for girl held at Army Unit in Jalandhar Cantt



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

Website: www.gckpt.org
Email: gckapurthala@gmail.com

16 June to 27 June 2025, Army Attachment camp for girls was held at Army Unit in Jalandhar Cantt. Our 4 NCC girl Cadets participated in it.



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Kapurthala

International Yoga Day held at Sainik School Kpt



Report

Office Principal N.J.S.A. Govt. College, Kapurthala

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21 June 2025, our 20 NCC cadets participated in International Yoga Day at Sainik School Kpt.



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