4th August 2025- Rakhi Special sweet Making Contest

Department of Foods, Nutrition and Dietetics enthusiastically organized a *Rakhi Special Sweet Making Contest* to celebrate the festive spirit of Raksha Bandhan and encourage culinary creativity among students. Students from both UG and PG classes actively participated in the event with great zeal and enthusiasm. The participants showcased their cooking skills by preparing a variety of delicious and attractive traditional sweets such as Ghevar, Bhapa Doi, Besan ka Halwa, Besan Burfi, chocolates, and several other festive delicacies. The event was judged by respected faculty members Dr. Neena, Dr. Vandana Singh, and Dr. Priyanka Kadyan. At the end of the competition, students were awarded Ist, IInd, IIIrd, and consolation prizes for their outstanding performances.

4 August 2025 – Gift Wrapping and Thali Decoration Competition

On the occasion of Raksha Bandhan, the Department of Human Development organized a Gift Wrapping and Thali Decoration Competition. Around 15–20 students enthusiastically participated and displayed their creativity and artistic skills. The programme was conducted under the guidance of Dr. Nirupma Saini, Head of the Home Science Department, along with Dr. Vandana Singh and other faculty members. The items prepared and decorated by the participants were judged by Dr. Neena Gupta (Department of Chemistry), Dr. Vandana Singh (Department of Home Science), and Dr. Priyanka Kalyan (Department of English). In the Gift-wrapping Competition, Kriti secured first position, Satvinder Kaur second, and Mansi third position. In the Thali Decoration Competition, Vasundhara secured first position, Anisha second, and Kamalpreet Kaur third position. The programme created a festive atmosphere and encouraged creativity and participation among students.

Raksha Bandhan Festive Competitions 2025

On 4th August 2025, on the auspicious occasion of Raksha Bandhan, the Home Science Association of Guru Nanak Girls College organized a special programme filled with creativity and festive spirit. Various competitions including Rakhi Making, Shagan Envelope Making, Thali Decoration, Gift Wrapping, and Cooking Dishes were conducted with enthusiastic participation from 66 students of the Home Science and Fashion Designing Departments. The event was successfully supervised and organized by Dr. Nirupma Saini, Head of the Department, along with Dr. Vandana Singh and Mrs. Sandeep Reen, while all faculty members coordinated efficiently for the smooth conduct of the programme. After the competitions, all the prepared articles were beautifully displayed and evaluated by the honourable judges Dr. Neena Gupta, Dr. Vandana Singh, and Dr. Priyanka Kadyan. In the Rakhi Making Competition, Lubhanshi and Aayushi secured the Ist Position, Ramanpreet Kaur and Sakshi won the IInd Position, while Chahat and Sujain secured the IIIrd Position. Consolation prizes were awarded to Vani and Riya.For Shagan making envelopes, Sharanpreet Kaur secured the Ist Position, Asmita won the IInd Position, and Himanshi secured the IIIrd Position, while Jagpreet Kaur received the Consolation Prize. The programme provided students with an excellent platform to showcase their creativity, artistic skills, and festive enthusiasm.

5th August 2025 - Magic Recipe for Lactating Mothers Contest

Department of Foods, Nutrition and Dietetics successfully organized a *"Magic Recipe for Lactating Mothers Contest"* with the objective of creating awareness regarding the nutritional needs of lactating mothers and promoting healthy dietary practices. The event witnessed enthusiastic participation from students of both UG and PG classes, who displayed remarkable creativity and culinary skills. Participants prepared a wide range of nutritious, balanced, and innovative recipes specially designed for lactating mothers, including carrot idli, nutritious cutlets, vegetable pulao, healthy ladoos, burfi, and several other wholesome dishes. The dishes were evaluated by Dr. Neena, Dr. Vandana Singh, and Dr. Priyanka Kadyan on the basis of nutritional value, taste, presentation, creativity, and overall appeal. At the conclusion of the event, students were awarded Ist, IInd, IIIrd, and consolation prizes for their outstanding performances.

7th August 2025- National Handloom Day

National Handloom Day was celebrated by the Home Science Association. Where the selfie Point was decorated by the staff and students to take photographs by the other staff members (teaching and non-teaching) in traditional handloom attires (sarees and suits, etc.) to celebrate the hard work of the weavers of our country and to promote their use in day-to-day life. And Dept of Fashion Designing organized a one-day exhibition cum sale of the handloom items displayed by the Sazzi-Sawari boutique, Yamuna Nagar. The Founder and owner of Sazzi-Sawari, Mrs. Mitu Saluja, is one of the renowned designers of the Handloom Industry, YNR. Where the Director, Dr. Varinder Gandhi, and the Officiating Principal, Dr. Narinder Pal Kaur, Mrs. Babila Chauhan, Mrs. Sukhman Gandhi, Dr. Nirupama Saini, Dr. Vandana Singh, Mrs. Sandeep Kaur, purchased the handloom item on that occasion to motivate others to provide strength to this handloom sector of the textile industry.

29 August 2025 – One-Day Workshop with Special Children

The Department of Human Development organized a one-day workshop in collaboration with the UTTHAN Institution of Development and Studies at Guru Nanak Girls College for specially abled children. During the workshop, children from UTTHAN enthusiastically participated in various enjoyable and creative activities conducted by M.Sc. (Human Development) Final Year students. Activities such as drawing, painting, games, and dance were organized to encourage interaction and creativity among the children. Dr. Meenakshi from the Department of Physical Education guided the children through yoga sessions and simple physical exercises for their overall well-being. The students also demonstrated different exercises and recreational activities specially designed for the children. The workshop created a joyful and inclusive environment, allowing the children to learn, interact, and express themselves freely. The event proved to be both educational and entertaining for everyone involved.

5th September 2025 – Nutritious Golgappe and Bhelpuri Stall

Students of B.Sc. Home Science 5th Semester enthusiastically organized a *Nutritious Golgappe and Bhelpuri Stall* with the aim of promoting the concept of healthy and hygienic street food. The initiative focused on incorporating nutritious ingredients into popular snacks to encourage balanced eating habits and healthy food choices among students and visitors.The food items were prepared using wholesome ingredients such as whole grains, sprouts, boiled pulses, fresh vegetables, and hygienically prepared chutneys and fillings. Stall attracted a large number of students, teachers, and visitors, who highly appreciated the delicious taste as well as the nutritional value of the snacks served. The Golgappe Stall recorded a total cost of Rs. 1060, total sales of Rs. 1970, and earned a profit of Rs. 910. Similarly, the Bhelpuri Stall incurred a cost of Rs. 380, achieved total sales of Rs. 1165, and generated a profit of Rs. 785. The successful management of the stalls reflected the students' dedication, coordination, and practical understanding of food service management.

11th Sept 2025-Painting Talent Hunt

On 11th September 2025, the Departments of Clothing & Textiles and Fine Arts organized a "Painting Talent Hunt" competition on the theme "Role of Art in Mass Media" in the Department of Clothing & Textiles. A total of 11 students from different departments enthusiastically participated in the event and were given two hours to complete their paintings and drawings. The competition was conducted under the supervision of Mrs. Divi Pathak, Assistant Professor, Department of Fashion Designing, and Ms. Baljeet Kaur, Assistant Professor, Department of Fine Arts. After the completion of the activity, the paintings were evaluated by Mrs. Sandeep Reen, Assistant Professor, Department of Home Science, and Mr. Baljeet Kaur, Assistant Professor, Department of Fine Arts. Pragati (Roll No. 2411138), B.A. IInd Year, secured the Ist Position, while Bhumi (Roll No. 2411038), B.A. IInd Year, and Khushi (Roll No. 2311018), B.A. General IIIrd Year, won the IInd Position. Deepali (Roll No. 235007), B.Sc. B.Ed. IIIrd Year, secured the IIIrd Position, whereas Ginika (Roll No. 2352011), BFD IIIrd Year, received the Consolation Prize. The event provided a creative platform for students to express their artistic talent and understanding of the role of art in mass media.

12th September 2025 and 26th September 2025 – Nutritional Awareness Campaign

Department of Foods, Nutrition and Dietetics organized a *Nutritional Awareness Campaign* through educational visits to a rural school with the objective of spreading awareness regarding balanced nutrition, healthy eating habits, and disease prevention among school students. The campaign aimed to educate children about the importance of proper nutrition for maintaining good health and overall well-being. The first visit was conducted on 12th September 2025, during which students and faculty members interacted with school children and delivered informative sessions on topics such as anemia, balanced diet, healthy eating patterns, and the importance of consuming nutritious foods in daily life. The second visit was conducted on 26th September 2025 as a follow-up activity to reinforce the knowledge shared during the first session. During this visit, special emphasis was laid on menstrual hygiene, prevention of dengue and malaria, personal cleanliness, and awareness regarding PCOD among adolescent girls. The students used charts, posters, and interactive discussions to make the sessions more engaging and informative.

18 September 2025 – Mehndi Competition

The Department of Human Development organized a Mehndi Competition at Guru Nanak Girls College in which students from different classes participated with great enthusiasm. More than 100 girls took part in the competition and displayed their creativity through unique and intricate mehndi designs. Each participant showcased beautiful artistic patterns, reflecting talent, precision, and cultural spirit. During the event, students encouraged and appreciated one another, creating a lively and enjoyable atmosphere. The competition became highly engaging as every design was creative and visually impressive. It was a challenging task for the judges to select the winners because of the outstanding performances by all participants. After careful evaluation, the judges announced the first, second, and third prize winners.

18th Sept 2025- Rangoli Competition

Post-Graduate Department of Clothing, Textiles and Fashion Designing in collaboration with the Department of Fine Arts organized a Rangoli Competition for the 48th Zonal Youth Festival. A total of 16 students from different departments enthusiastically participated in the activity and created colourful rangolis of 3'×3' size outside the Seminar Hall and in the corridor of the Clothing & Textiles Department on themes and styles of their own choice. All participants were given a time limit of two hours to complete their rangolis. The rangolis were evaluated by Dr. Nirupama Saini, Head of the Department of Home Science, Dr. Vandana Singh, Associate Professor, Department of Home Science, and Ms. Baljeet Kaur, Assistant Professor, Department of Fine Arts. The activity was conducted under the supervision of Mrs. Sandeep Reen, Assistant Professor, Department of Home Science, and Ms. Baljeet Kaur, Assistant Professor, Department of Fine Arts, along with Ms. Mansi Sharma and Ms. Karishma, Assistant Professors, Department of Fashion Designing. Among all participants, Sonali (Roll No. 2532013), M.A. History Ist Year, secured the Ist Position, Tamanna (Roll No. 2413103), B.Com. General IInd Year, won the IInd Position, and Sunain (Roll No. 2515021), B.Com. CA Ist Year, secured the IIIrd Position. Akriti (Roll No. 3511091), B.A. General Ist Year, received the Consolation Prize. The competition provided students with an opportunity to showcase their creativity, artistic skills, and cultural expression through vibrant rangoli designs

18th sept 2025 - Celebrating Culinary Creativity and Excellence- Intercollege Competition

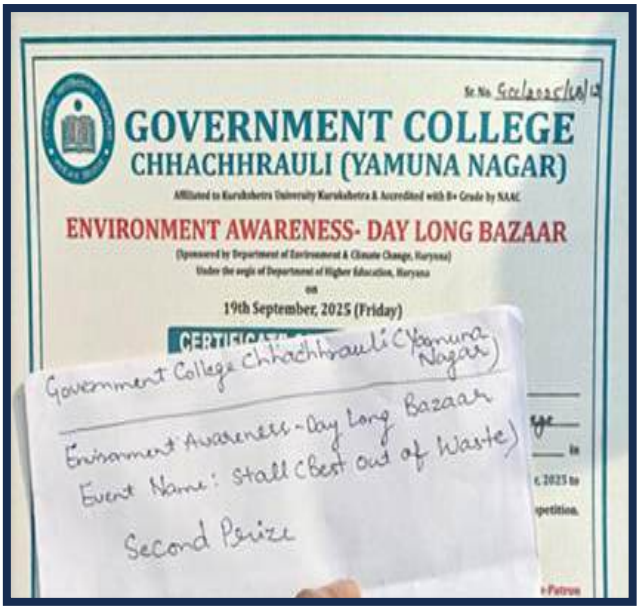
Students of the Department of Home Science participated in the National Cookery Contest organized at Mannat Haveli and brought pride to the institution. Ms. Lubhanshi, a student of B.Sc. Home Science First Year, showcased excellent culinary creativity and presentation skills during the competition. Her innovative dish and attractive display earned her the prestigious "Best Presentation Award." Ms. Sharanpreet Kaur, a student of B.Sc. Home Science Final Year, also participated enthusiastically in the event. She impressed the judges with her nutritious, healthy recipe prepared with great creativity and skill. The achievements of both students reflected their talent, dedication, and the department's encouragement towards healthy and innovative cooking practices.

19th Sept 2026- My Plate My Health

On the occasion of National Nutrition Month 2025, the Department of Foods, Nutrition and Dietetics organized an Instagram Reel Competition on the theme "My Plate My Health" in collaboration with the Indian Dietetic Association and Nutrition Society of India. The competition aimed to spread awareness regarding balanced diets, healthy eating habits, and nutritious food choices through creative social media content. Students enthusiastically participated by preparing informative and engaging reels highlighting the importance of healthy lifestyles and mindful eating. The activity encouraged students to combine creativity with nutrition education and effectively convey health messages to the public. The last date for uploading the Instagram reels was 19 September 2026. The competition provided a platform for students to showcase their communication skills, digital creativity, and awareness about nutrition for a healthier life. Prize winners were also announced and appreciated for their creativity, informative content, and impactful presentation. Prize Winners: First Prize: Tisha, Muskan, and Simran — M.Sc. FND 1st Year, Second Prize: Divya, Kajal, Harpreet, and Mansi — M.Sc. FND Final Year , Third Prize: Aastha and Meenu — M.Sc. FND 1st Year and Consolation Prize: Malika — M.Sc. FND 1st Year

19th Sept 2025- Day Long Bazaar

Post Graduate Department of Clothing, Textiles & Fashion Designing participated in the "Day Long Bazaar" organized by Government College, Chhachhrauli (YNR) under the One Day National Workshop on "Nurture the Nature" and "Environment Awareness: Day Long Bazaar," sponsored by the Department of Environment & Climate Change, Haryana, under the aegis of the Department of Higher Education, Haryana. In this event, the students prepared various handmade articles such as pouches, folders, pen stands, printed and embroidered jute bags, and other utility items by using old and waste materials to promote sustainability and encourage the concepts of reuse and recycling. Five students from the Bachelor of Fashion Designing programme, namely Harpreet (Roll No. 2552017), BFD Ist Year, Divya (Roll No. 2552016), BFD Ist Year, Riya (Roll No. 2452015), BFD IInd Year, Mehak (Roll No. 2352009), BFD IIIrd Year, and Payal (Roll No. 2352002), BFD IIIrd Year, participated in the event along with teacher in-charges Ms. Simranpreet Kaur and Ms. Mansi Sharma, Assistant Professors. The students displayed and sold their handmade products in the "Exhibition-cum-Sale" organized during the workshop. The Post Graduate Department of Clothing, Textiles & Fashion Designing of Guru Nanak Girls College, Santpura, Yamunanagar, secured the Second Prize along with a cash award of Rs. 2000/-. The prize amount was distributed among all the participating students.



20th Sept 2025- Collage Making Competition

Post Graduate Department of Clothing, Textiles & Fashion Designing in collaboration with the Department of Fine Arts organized a Collage Making Competition in Lab-I from 11:00 AM to 1:00 PM on the theme "Save Environment." A total of seven students from different departments of the college enthusiastically participated in the activity and showcased their creativity through meaningful collage presentations highlighting environmental awareness and conservation. The developed collages were evaluated by Dr. Nirupama Saini and Mrs. Sandeep Reen from the Department of Home Science. Among the participants, Sneha Sharma (Roll No. 2311077), B.A. General IIIrd Year, secured the Ist Position, while Kriti (Roll No. 2554026), B.Sc. B.Ed. Ist Year, won the IInd Position. Simran (Roll No. 2452021), B.Sc. Fashion Designing IInd Year, secured the IIIrd Position, whereas Priyanka (Roll No. 2515006), B.Com. Ist Year, received the Consolation Prize. The event was successfully conducted under the convenorship of Mrs. Sandeep Reen, with Ms. Baljeet Kaur serving as the Overall In-charge, and Ms. Karishma and Mrs. Navdeep Kaur acting as Co-ordinators. The competition provided students with an excellent platform to express their artistic ideas and spread awareness regarding environmental protection through creative artwork.

20th Sept 2025- Extension Lecture on Mental Health and Emotional Well Being Activity

The National Task Force and the Post Graduate Department of Human Development at Guru Nanak Girls College organized an extension lecture on "Mental Health and Emotional Well-Being" as part of their academic and co-curricular activities. The session was delivered by Mr. Sudhakarmar Maurya and Mrs. Alka Verma from the Emotional Enlightenment Foundation Trust, who shared valuable insights on emotional balance, stress management, and positive mental health. Mr. Gurmeet Anand, Trustee of the Foundation Trust, motivated students to prioritize mental well-being and adopt healthy emotional practices in daily life. The lecture provided practical guidance on coping with emotional challenges, improving self-awareness, and maintaining a positive outlook. An interactive question-answer session was conducted in which students enthusiastically participated, making the programme highly engaging and meaningful. Faculty members including Dr. Nirupma Saini, Dr. Vandana Singh, Mrs. Ruhi Grewal, Mrs. Namita Sharma, and Mrs. Divya Rathi actively contributed to the successful organization of the event.

20th Sept 2025- Clay Modelling Competition

Post Graduate Department of Clothing, Textiles & Fashion Designing in collaboration with the Department of Fine Arts organized a Clay Modelling Competition for the preparation and participation in the 48th Zonal Youth Festival. A total of three students from different departments of the college participated enthusiastically in the event. The participants were asked to prepare clay models on the spot on the theme "Mother & Child Love/Bond" and were given a time limit of two hours to complete their creations. The developed clay models were evaluated by Dr. Nirupama Saini and Mrs. Sandeep Reen from the Department of Home Science. The event was conducted under the supervision of Mrs. Sandeep Reen, Assistant Professor, Department of Home Science, and Ms. Divi Pathak, Assistant Professor, Department of Fashion Designing. Mrs. Sandeep Reen served as the Convenor of the event, while Ms. Baljeet Kaur, Assistant Professor, Department of Fine Arts, acted as the Co-ordinator. Among all the participants, Pragati (Roll No. 2411138), B.A. General IInd Year, secured the Ist Position, while Balvinder (Roll No. 2421006), B.Sc. Medical IInd Year, won the IInd Position. Aanchal (Roll No. 2411014), B.A. General IInd Year, and Khushi (Roll No. 2419022), B.Sc.

Computer Science IInd Year, secured the IIIrd Position. The competition provided students with a wonderful opportunity to display their creativity, imagination, and artistic skills through clay art.

27th September 2025-- Collage Making Competition under the campaign "Swachh Naari, Sanskari Parivaar"

Post Graduate Department of Clothing & Textiles and Fashion Designing organized a Collage Making Competition under the campaign "Swachh Naari, Sanskari Parivaar," launched by the Ministry of Health and Family Welfare, in Lab-I of the Department of Clothing & Fashion Designing. A total of 12 students from different departments of the college enthusiastically participated in the competition and showcased their creativity through meaningful collages related to cleanliness, women's health, and family values. The event was conducted under the convenorship of Mrs. Sandeep Reen from the Department of Home Science, while Mrs. Divi Pathak, Ms. Karishma, and Mrs. Navdeep Kaur contributed actively to make the programme successful. The developed collages were beautifully displayed and evaluated by Dr. Taranjeet Kaur from the Department of Zoology, Dr. Shelly Jain from the Department of English, and Mrs. Sandeep Kaur from the Department of Home Science. Among the participants, Prachi (Roll No. 2516006), B.Com. Ist Year, and Savleen (Roll No. 2552011), BFD Ist Year, secured the Ist Position. Divanshi (Roll No. 2325002), B.Sc. Life Science IIIrd Year, and Rajni (Roll No. 2439003), M.Sc. Software IInd Year, won the IInd Position. Priyanka (Roll No. 2515006), B.Com. Ist Year, and Nakita (Roll No. 2552023), BFD Ist Year, secured the IIIrd Position, while Chahat (Roll No. 2562001), BFD Ist Year, received the Consolation Prize. The competition provided students with an opportunity to spread awareness and express social messages creatively through collage art.

29 September 2025 – PowerPoint Presentation Competition

The Department of Human Development organized a PowerPoint Presentation Competition at Guru Nanak Girls College to enhance students' presentation and communication skills. In this programme, students prepared and presented PPTs on various academic and social topics with great enthusiasm. Each presentation was creative, informative, and well-structured, making the competition highly engaging. The participants effectively used animations, visuals, and important points to explain their topics in a clear and confident manner. The event provided students with an excellent platform to improve their public speaking and technical presentation abilities. Dr. Nirupma Saini and Dr. Vandana Singh served as the respected judges and carefully evaluated all the presentations. After detailed assessment, the judges announced the prize winners and appreciated the efforts and creativity of all participants.

9th October 2025 – Diwali Mela: Healthy Chocolates and Nutritive Golgappe Stall

On the occasion of Diwali Mela 2025, the Department of Foods, Nutrition and Dietetics organized food stalls featuring Healthy Chocolates and Nutritive Golgappe to promote healthy festive eating habits. The Healthy Chocolates Stall was managed by students of B.A. 5th Semester and B.Sc. Home Science 3rd Semester, who prepared nutritious varieties such as dates chocolates, makhana chocolates, nuts and seeds chocolates, and fruit chocolates. The stall incurred a cost of Rs. 1200, achieved total sales of Rs. 2600, and earned a profit of Rs. 1400. The Nutritive Golgappe Stall was organized by B.Sc. Home Science 5th Semester students using healthy ingredients like sprouts, beetroot, boiled pulses, and whole grains with hygienically prepared fillings and chutneys. The innovative concept of nutritious street food attracted a large number of visitors and received great appreciation. The stall recorded a total cost of Rs. 1350, total sales of Rs. 2500, and generated a profit of Rs. 1150.

9th Oct 2025 Diwali Mela

Post Graduate Deptartment. of Clothing Textile and Fashion Designing students made handmade decorative items like wall hanging, organizers, diyas, candles, pots (puja for Karwachauth), wall decor, jewellery & earrings, neckpieces, bangles, utility items (like jute bags, pen holders, pouches, shagun envelopes) and accessories (like hair pins, scrunchies) and exhibited for sale on the stall.

A special stall of Nail Art was organized by the students of BFD IIIrd year for the Karwachauth.

This event was inaugurated by the Director, ma'am of the college, Dr. Varinder Gandhi & Principal Dr. Sukhwinder Kaur, ma'am. They appreciated the efforts and work of the students and motivated them by buying articles from the stall. Ma'am congratulated the Home Science Association for this event. Many products of the students on these stalls were sold, and they also learnt the skills of entrepreneurship. The money from the sold items was distributed to the participants. The In-Charges of this event, Ms. Simranpreet Kaur, Mrs. Divi Pathak, Ms. Mansi,

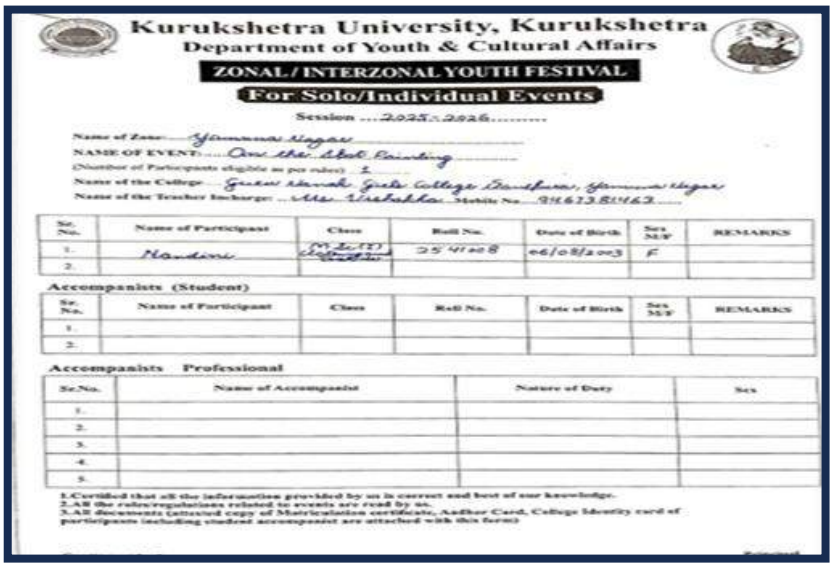
Ms. Karishma, and Mrs. Navdeep Kaur, contributed to organizing this event successfully. The overall event was conducted by the conveners Dr. Nirupma Saini, Dr. Vandana Singh, Mrs. Sandeep Kaur, Dr. Prabhjot Kaur, Mrs. Ruhi Grewal & Mrs. Charu Panwar.

1st October 2025 – Nutritive Food Stall under *Swasth Naari Sashakt Parivaar Abhiyaan*

Under the *Swasth Naari Sashakt Parivaar Abhiyaan* launched by the Ministry of Health and Family Welfare, the Department of Foods, Nutrition and Dietetics organized a *Nutritive Food Stall* on 1st October 2025 to promote awareness regarding healthy eating habits and nutritious food choices. The main objective of the stall was to encourage the consumption of wholesome snacks prepared with healthy and nutrient-rich ingredients. The stall featured innovative and nutritious food items including *Healthy Nachos* and *Desi Ghee Ladoo*, which were prepared by the students of B.Sc. Home Science 2nd Year and M.Sc. Foods, Nutrition and Dietetics (Previous Year) using nutritious ingredients and healthy cooking methods to provide a better alternative to junk food snacks.

Zonal Youth Festival (16th-18th Oct 2025)

Ms. Nandini, Student of MSc. CT Previous Yr Participated & selected for the Painting Competition in 48th Zonal Youth Festival from the GNG College and got the Recommended Award held on 16th-18th Oct. 2025.



Kurukshetra University, Kurukshetra
Department of Youth & Cultural Affairs
ZONAL / INTERZONAL YOUTH FESTIVAL
For Solo/Individual Events
Session ....2025-2026.....

Name of Zone: Yamuna Nagar
NAME OF EVENT: On the Spot Painting
(Number of Participants eligible as per rules) 1
Name of the College: Guru Nanak Girls College Bandhwa, Yamuna Nagar
Name of the Teacher Incharge: Ms. Vishakha Mobile No. 91613-81463

Sr. No.	Name of Participant	Class	Roll No.	Date of Birth	Sex M/F	REMARKS
1.	Nandini	M.Sc.(IT)	25/4108	06/08/2003	F	
2.						

Accompanists (Student)

Sr. No.	Name of Participant	Class	Roll No.	Date of Birth	Sex M/F	REMARKS
1.						
2.						

Accompanists Professional

Sr.No.	Name of Accompanist	Nature of Duty	Sex
1.			
2.			
3.			
4.			
5.			

1.Certified that all the information provided by us is correct and best of our knowledge.
2.All the rules/regulations related to events are read by us.
3.All documents (attested copy of Matriculation certificate, Aadhar Card, College Identity card of participants including student accompanist are attached with this form)

3rd-4th November 2025- District Youth Festival

Ms. Nandini, a student of M.Sc. CT 1st Yr participated in the District Youth festival 2025, dated 3rd- 4th November 2025 in Yamuna Nagar District for the Painting competition to represent the entry from GNG College and successfully achieved 3rd Position.

48वां युवा महोत्सव : ऑन द स्पॉट पेंटिंग प्रतियोगिता में गुरु नानक गर्ल्स कालेज प्रथम

■ सलोनी पवन दीवान तथा डा. ऋषि पाल बतौर अतिथि हुए उपस्थित

दैनिक हिन्दू न्यूज नेटवर्क

यमुनानगर/मेहता : संत निश्चल सिंह कॉलेज ऑफ एजुकेशन फॉर वूमेन के प्रांगण में युवा एवं सांस्कृतिक विभाग कुरुक्षेत्र विश्वविद्यालय, कुरुक्षेत्र के सौजन्य से 48वें युवा महोत्सव का आयोजन किया जा रहा है। जिसके दूसरे दिन सलोनी पवन दीवान (डिप्टी

डायरेक्टर, युवा एवं सांस्कृतिक विभाग) तथा डॉ. ऋषि पाल (अध्यक्ष, सांस्कृतिक परिषद) आज अतिथि के रूप में मौजूद रहे। महोत्सव के दूसरे दिन 4 मंचों पर लगभग 15 विधाओं का मंचन हुआ। डॉ. शैली जैन और सुसृष्टि ने मंच संचालन किया। इस अवसर पर डॉ. सुदेश शर्मा युवा और सांस्कृतिक विभाग की तरफ से पर्यवेक्षक रहे। डॉ. सलोनी पवन दीवान ने छात्रों को प्रेरित करते हुए इस बात पर जोर दिया कि उन्हें युवा महोत्सव के दौरान पूरे जोश और उत्साह के साथ प्रदर्शन करना चाहिए। कॉलेज की प्रबंधक समिति, संत निश्चल सिंह कॉलेज फॉर वूमेन के निदेशक डॉ. ए.एस. ओबेरॉय, जी.एन.जी कॉलेज की निदेशिका डॉ. वरिंदर गांधी और संत निश्चल सिंह कॉलेज फॉर वूमेन की प्राचार्या डॉ. इंदु शर्मा, जी.एन.जी कॉलेज की प्राचार्या डॉ. सुखविंदर कौर ने सभी विजेता टीमों को हार्दिक बधाई दी और उनका उत्साहवर्धन किया। कार्यक्रम के सफल संचालन में एडवाइजर डॉ. तरनदीप कौर, डॉ. रमनीत कौर, प्रो. बबिता चौहान, डॉ. अंबिका कश्यप तथा संध्या सुल्तान गांधी रहीं। संयोजिका करमजीत कौर, डॉ. गुरमीत कौर, जसप्रीत कौर और रेखा शर्मा की कार्यक्रम में महत्वपूर्ण भूमिका रही।

15th December 2025 – National Pollution Control Day Celebration

Department of Foods, Nutrition and Dietetics celebrated *National Pollution Control Day* by organizing innovative, educational, and eco-friendly activities. Activities such as the *Zero Cooking Waste Challenge* and *Repurposed and Recycled Material Activity* were organized with enthusiastic participation from students of both UG and PG classes. Under the *Zero Cooking Waste Challenge*, participants prepared innovative and nutritious recipes by utilizing food scraps and leftover ingredients, thereby promoting the concept of sustainability and waste reduction in daily life. The recipes prepared by the students included vegetable peel cutlets, fruit peel chutney, leftover roti ladoos, watermelon sabzi, and several other creative dishes. *Repurposed and Recycled Material Activity* encouraged students to creatively reuse waste materials and develop awareness regarding recycling and environmental conservation. The event successfully highlighted the importance of reducing pollution, conserving natural resources, and practicing sustainable food habits.

17th January 2026 – Entrepreneurship Cell Activity in Collaboration with Institution of Innovation Council

On the occasion of *National Startup Day*, the Department of Foods, Nutrition and Dietetics organized an *Entrepreneurship Cell Activity* in collaboration with the *Institution's Innovation Council (IIC)* to encourage entrepreneurial thinking and innovation among students. The programme was conducted with great enthusiasm and witnessed active participation from the students of B.A. 6th Semester and B.Sc. Home Science 4th Semester. The activity provided an excellent platform for students to showcase their creativity, innovative ideas, and entrepreneurial skills. During the event, students displayed attractive *Chocolate Stall* and *Ladoo Stall* featuring a variety of healthy and innovative products prepared with nutritious

ingredients. Students also presented unique startup concepts related to healthy food products, designer handmade items, and innovative business models. The activity helped students understand the basics of entrepreneurship, product marketing, customer interaction, budgeting, and business management.

17 January 2026 – National Start-Up Day Celebration

Department of Human Development organized the National Start-Up Day Celebration to encourage students to develop entrepreneurial skills, creativity, and innovation. Students of M.Sc. Previous and Final Year actively participated in the programme and enthusiastically presented their ideas. The participants showcased innovative teaching materials and business concepts through creative and practical demonstrations. Students prepared newspaper and handmade paper bags, baby albums, flash cards for different age groups and subjects, along with various working and non-working teaching models. Through these activities, students demonstrated how creative ideas and educational materials can be transformed into small business opportunities. The programme provided an excellent platform for students to express their innovative ideas, designs, and entrepreneurial abilities. The event successfully inspired students to explore self-employment opportunities and develop an entrepreneurial mindset.

17th January- National Start Up Day

Exhibition and Sale of commodities were held in the Auditorium of the college where students of the Post Graduate Department of Clothing, Textiles, and Fashion Designing displayed the following hand-made articles

Scrunchies

Kanha Dresses

Tie & Dye Dupatta

File Folder

Mirror

Handmade dresses (kurtis & Gowns)

2 Tie & Dye Dupattas were sold & total Rs. 300/- was earned by students. The event was inaugurated by the Director, Ma'am of the College, Dr. Varinder Gandhi, and Principal, Ma'am Dr. Sukhvinder Kaur. This event was overall organised by Dr. Nirupma Saini, Dr. Vandana Singh, and Mrs. Ruhi Grewal (Faculty of Home Science).

4th February 2026 – South Indian Cafeteria

The Department of Foods, Nutrition and Dietetics organized a *South Indian Cafeteria* to promote awareness about traditional Indian cuisines and culinary skills among students. The event featured a variety of popular South Indian delicacies such as Uttapam, Idli, Sambhar, and Rava Kesari, which were prepared and served by the students of M.Sc. Foods, Nutrition and Dietetics, who efficiently organized the cafeteria under the guidance of faculty members.The exhibition attracted college staff, guests, and students, who highly appreciated the taste, quality, hygiene, and attractive presentation of the food items. The activity provided students with valuable practical exposure in food preparation, menu planning, food service management, and customer interaction.

9th Feb 2026- Rangoli Competition

Post Graduate Department of Clothing Textiles, & Fashion Designing, Ms. Ginika (BFD III Yr) & Ms. Nandini (M.Sc. CT Ist Yr), participated in the Competition of Rangoli Making Organised as SYNERGY 2K26, by the Tilak Raj Chadha Institute of Management, & Technology (TIMT), Yamuna Nagar, Haryana. Ms. Karishma, Assistant Professor, accompanied the students. And Mrs. Sandeep Reen, Assistant Professor (Department of Home Science), was deputed to preside as the Jury for Management Events on Feb. 9th, 2026.

19 February 2026 – Educational Visit to Old Age Home

Students of B.Sc. and M.Sc. Final Year from the Department of Human Development visited an old age home as part of an educational trip. During the visit, students interacted warmly with the elderly residents and listened to their life experiences and valuable insights. The programme helped students understand the emotional, social, and psychological needs of senior citizens. Various recreational activities such as dance, songs, yoga, and light exercises were

organized to create a joyful atmosphere. The students actively participated in these activities and spent quality time with the residents, bringing smiles to their faces. The visit proved to be a meaningful and enriching experience for both the students and the elderly residents.

24th Feb 2026- Exhibition of Handmade Colourful articles on the Occasion of Holi

Post Graduate Department of Clothing, Textile and Fashion Designing organised a Sale cum Exhibition of Handmade Colourful articles on the Occasion of Holi outside the auditorium of the college. Various Handmade Articles like Scrunchies, Parandee (hair accessories), Hair Clips, Macrame Jewellery, Utility Pouches, Diaries, and Tie and Dye Dupattas were displayed. Herbal Colours for Holi were the accent of the event. These were made by the students. The event was inaugurated by the Director of the college, Dr. Varinder Gandhi, and Principal Dr. Sukhvinder Kaur ma'am. The items were appreciated and purchased by students and staff of the college, and a total of Rs. 2070/- was earned by the students from the sale of their items. This event was convened by Mrs. Sandeep Reen, and coordinated by Ms. Charu Panwar with the organizing team, including Mrs. Divi Pathak, Ms. Karishma, Mrs. Shilpa Rani, Mrs. Manisha Dutta & Ms. Sakshi.

8th March 2026- International Women's Day Awards 2026

On the occasion of International Women's Day on 8th March 2026, Mrs. Sandeep Reen has been selected as the winner of the I2OR International Women's Day Awards 2026, established by the International Institute of Organized Research (I2OR) and presented in collaboration with Thar Agritech Training and Consultancy Services (registered under MSME, Ministry of Micro, Small and Medium Enterprises, Government of India – UDYAM-RJ-17-0134745). Mrs. Sandeep Reen was honoured with this award by Dr. Varinder Gandhi in the auditorium of GNG College.

10th March-Online Slogan Writing Competition

On 10th March 2026, a National Level Online Slogan Writing Competition was organized by Gita Vidhya Mandir Girls College, Sonipat, Haryana, on the occasion of International Women's Day. In which Ms. Nandini (MSc. CT Ist Yr) participated and submitted her slogan online on the topic of "Salute to Women."

10th March 2026- Modelling Competition organized by DAV College for Girls (Inter college Competition)

Post Graduate Department of Clothing Textiles & Fashion Designing participated in "Pretty Powerful," the Modelling Competition organized by DAV College for Girls, Department of Fashion Designing, in collaboration with Sazzi Sawari. A total of six students from Bachelor of Fashion Designing IInd and IIIrd Year participated enthusiastically under the Indo-Western and Traditional themes. The participants included Riya (Roll No. 2452015), Lovnish (2452005), and Ginika (2352011) under the Indo-Western theme, while Manpreet Kaur (2352005), Mehak (2352009), and Mayank (2352018) showcased their talent under the Traditional theme. The students displayed confidence, creativity, and elegance through their presentations. Ms. Mayank (BFD IIIrd Yr) brought laurels to the department by winning the prestigious title of "Ms. Confident."

17 March 2026 – Educational Visit to UTTHAN, Yamuna Nagar

Around 30 students of B.Sc. Home Science and M.Sc. Home Science (Human Development) Final Year visited UTTHAN Institution of Development and Studies as part of an educational trip. During the visit, students interacted with differently abled children and observed various educational and recreational activities conducted for them. The students also worked alongside teachers to understand effective teaching methods and ways to support and educate children with special needs. Mr. Parmod Bajpai, an expert at the institution, guided the students on child behaviour management, child counselling, and handling daily behavioural issues in different situations. He also provided valuable information regarding family counselling, counselling sessions, training programmes, and internship opportunities in the field of special education. The visit helped students gain practical exposure, sensitivity, and a deeper understanding of counselling and special education practices. Overall, the educational tour proved to be highly informative, enriching, and beneficial for the students' academic and professional development.

24th March 2026- Educational Visit to National Dairy Research Institute, Karnal-

As a part of an educational trip, the PG students of the Department of Foods, Nutrition and Dietetics visited National Dairy Research Institute on 24 March 2026. During the visit, students explored various departments of the institute and gained valuable knowledge about dairy processing and research activities. They were introduced to modern technologies and advanced techniques used in the dairy industry for milk processing and product development. The students also learned about quality control measures, food safety standards, and laboratory practices followed in dairy production. Special emphasis was given to the preparation and significance of value-added dairy products. The visit provided practical exposure to industrial and research-based applications of dairy science and helped bridge the gap between theoretical and practical learning. Overall, the educational tour proved to be highly informative and enriching for the students.

1st April 2026 – Educational Visit to Red Cross Society

Fifteen students of M.Sc. Previous and Final Year from the Department of Human Development visited the Indian Red Cross Society as part of an educational trip. During the visit, Mrs. Sunita Sharma explained the functioning of the Red Cross Society and highlighted its various social welfare and community service activities. The counsellor also created awareness about HIV-related issues and provided important guidance regarding prevention, care, and counselling. Mr. Jasbir Singh explained how different programmes are monitored and evaluated, while Ms. Shilpa discussed First Aid and other health-related topics. The session gave students practical exposure to the working system of the Red Cross Society and enhanced their understanding of community health services. Overall, the educational visit proved to be highly informative, meaningful, and beneficial for the students.

3rd April 2026 – Educational Visit to FPI

The educational visit to Family Planning Institute (FPI) proved to be highly informative and beneficial for M.Sc. (Human Development) Previous and Final Year students. During the visit, students gained practical knowledge about various departments such as OPD, OT, testing services, counselling processes, and birth control measures. They also learned how health and hygiene programmes are conducted in rural areas and how awareness camps are organized for community welfare. The students were informed about the important role of volunteers in implementing field-based programmes and community outreach activities. The sessions conducted by Dr. Anjana, Ms. Shilpi, and other programme officers provided valuable insights into rural fieldwork, training, and internship opportunities. The visit helped students develop a better understanding of counselling techniques and community health services. Overall, the educational tour offered meaningful practical exposure and enriched the students' academic learning experience.

4th April 2026- Fashion Show “Everywear Har Pehnawa IV-

The Fashion Designing Department of Guru Nanak Girls College organized the Fashion Show “Everywear Har Pehnawa IV” on 04 April 2026 in the college auditorium with great enthusiasm. The event was inaugurated by Dr. Varinder Gandhi and Professor Dr. Sukhwinder Kaur in the presence of judges, faculty members, and distinguished guests. A special farewell ceremony was also held for Ms. Simranpreet Kaur in recognition of her dedicated service to the department. Program Coordinator Mrs. Sandeep Reen highlighted fashion as a reflection of culture, creativity, and innovation. Students participated enthusiastically as designers and models in various rounds including Designer Suits, Night Wear, Jacketed Saree Edit, Indo-Western, Kaftan, Trouser Ornamentation, Mughal Era, and Sustainable Clothing themes. The participants impressed the audience with their confidence, creativity, and artistic presentation. Several students were honoured with titles of Best Model and Best Designer in different rounds for their outstanding performances. The event concluded successfully under the guidance of faculty members and brought appreciation to the Fashion Designing Department for providing a vibrant platform to showcase student talent.

8th April 2026 – World Health Day Celebration (Millet Melt Station)

On the occasion of *World Health Day*, the Department of Home Science/Foods, Nutrition and Dietetics organized various health awareness activities for students and staff members to promote healthy lifestyle practices and balanced nutrition. As part of the celebration, a *Millet Meal Station* was established by the students of B.Sc. Home Science 6th Semester. The station featured nutritious and innovative millet-based food items such as *Millet Pizza* and *Ragi Brownie*, which were prepared and served hygienically by the students. The activity aimed to create awareness regarding the nutritional benefits of millets and encourage their inclusion in the daily diet as healthy alternatives to refined foods. The millet-based dishes were highly appreciated by students, staff members, and visitors for their taste, presentation, and health benefits. The event successfully promoted healthy eating habits while also enhancing the practical skills, creativity, and teamwork of the participating students.

8th April 2026 – Poster Making and Health Awareness Competition

On the occasion of World Health Day, the Department of Foods, Nutrition and Dietetics organized a Poster Making and Health Awareness Competition on the theme “Millets for Health” to spread awareness about healthy dietary practices. Students from both UG and PG classes enthusiastically participated and showcased their creativity and awareness through informative and attractive posters. The participants highlighted the nutritional benefits of millets, the importance of balanced diets, healthy lifestyles, and the role of millets in disease prevention and overall well-being. Through innovative ideas and meaningful messages, students effectively promoted the inclusion of millets in daily diets for better health and sustainable nutrition. The competition was judged by Dr. Anubha Jain and Dr. Prabhjot Kaur, who appreciated the creativity, presentation, and informative content of the posters. At the end of the event, students were awarded first, second, third, and consolation prizes for their outstanding performances and active participation.

8th April 2026 – BMI Check-up Camp and Dietary Counselling

On the occasion of World Health Day, the Department of Foods, Nutrition and Dietetics organized a BMI Check-up Camp and Dietary Counselling activity on 08 April 2026. Teachers and students actively participated in the camp, where BMI assessments were conducted to evaluate their health status. M.Sc. FND final-year students performed BMI measurements, provided dietary counselling, and prepared personalized diet charts for the participants. Students also guided individuals about BMI categories such as underweight, normal weight, and overweight, thereby creating awareness regarding healthy body weight management. The activity promoted healthy eating habits and emphasized the importance of balanced diets and regular health monitoring for overall well-being.

10th April 2026 – Extension Lecture on Counselling

The Department of Human Development organized an extension lecture on counselling in which around 100 students enthusiastically participated. Dr. Anju Bajpai was invited as the guest speaker and delivered an insightful lecture on the meaning, importance, process, and various aspects of counselling. She explained what counselling is, why it is needed, and how counselling sessions are conducted using suitable examples for better understanding. Dr. Bajpai also discussed behavioural changes in children, family-related issues, increasing cases of depression, and the day-to-day challenges faced by students and individuals. The lecture helped students understand how counselling can support emotional well-being and problem-solving in different life situations. The session concluded with an interactive discussion where students actively asked questions, shared their concerns, and received valuable guidance from the speaker.

11th April 2026 – Chocolate Workshop and Entrepreneurship Lecture

Department of Foods, Nutrition and Dietetics in collaboration with Institution of Innovation Council (IIC) organized a Chocolate Workshop and an expert lecture on entrepreneurship for the students. The session was conducted by Mr. Harinder Kamboj along with Mr. Pawandeep Singh Kamboj. The workshop focused on various chocolate preparation techniques and innovative methods of product development. The expert- Mr. Harinder Kamboj highlighted the scope of entrepreneurship in the food and nutrition sector and discussed startup development and marketing strategies. Students received practical hands-on training in chocolate making by Mr. Pawandeep Kamboj and learned about the importance of creativity and skill development. The session motivated students to explore self-employment opportunities and develop entrepreneurial skills. Overall, the workshop proved to be informative, interactive, and beneficial for the participants.

20th April 2026- National Level Online Poster Competition

Ms. Ginika, student of BFD IIIrd Yr, Sem VI, participated in the National Level online Poster Making Competition on Green Technology, held and organized by Arya Kanya Mahavidhyalay, Shahabad.

A Two-day Pidilite Workshop-27th -28th April 2026

A two-day Pidilite Workshop was organized by the Post Graduate Department of Clothing and Fashion Designing. Mrs. Sandeep Reen (Assistant Professor) served as the Convenor and Organizer of the event. During the workshop, Mrs. Binder Kaur (Instructor) gave practical demonstrations of two art forms — Mandala Art with dots and Pebble Art — to 36 UG and PG students in Fashion Designing, Clothing and Textiles, and Home Science, as well as to the department's faculty members. All the students and faculty members participated in the event with great determination and enthusiasm. They created various useful and decorative items using both art techniques. Ms. Charu Panwar, Mrs. Divi Pathak, Ms. Karishma, Mrs. Shilpa Rani, Mrs. Manisha Dutta, and Ms. Sakshi Kamboj coordinated the event and contributed significantly to making this event successful. Director of the college, Dr. Varinder Gandhi, and Principal, Dr. Sukhvinder Kaur, Congratulated to the all the Post Graduate Department of Clothing and Fashion Designing for the successful completion of the event.

28th April 2026- Workshop on Automatic Sewing Machine

A workshop on Automatic Sewing Machines was held by the Post Graduate Department of Clothing, Textile, and Fashion Designing. Mrs. Sandeep Reen, Assistant Professor and Convenor of the workshop, welcomed the students and introduced the resource persons, Mr. Maninder Pal Singh and Mr. Harsimran Singh, to all the students and faculty members. During the workshop, the experts practically demonstrated the working and functioning of the Usha Janome Automatic Dream Sewing Machine and Automatic Digital Embroidery Machine to around 30 graduate and postgraduate students, along with the faculty members of the department. The session provided practical knowledge and enhanced the technical skills of the students in the field of fashion design and textiles. The resource persons also explained how these advanced sewing and embroidery machines are highly useful and make sewing easier for fashion designing students, not only in their practical work but also in running advanced boutiques and fashion enterprises in the future. All the faculty members of the Fashion Designing Department actively participated in the workshop and appreciated the informative and practical session conducted by the experts.