

SRI GURU NANAK DEV KHALSA COLLEGE

(University of Delhi)



ADDITIONAL INFORMATION FOR 1.2.2

submitted as part of
**Annual Quality Assurance Report
2020-2021**

Add on / Certificate programs offered by the institution in 2020-21

Name of Course	Organizing Department/ Society	Page No.
Short term course on Anuvaad: Vyavahaar aur Siddhaant	<i>Department of Hindi</i>	1-9
Short term course on Business and Data Analytics	<i>Department of Economics</i>	10-17
Certificate course in French Language	<i>Department of Hindi</i>	18-26
Short term course on Computer and Punjabi Language	<i>Department of Punjabi</i>	27-39
Short term course on Holistic fitness and Wellness learning	<i>Department of Physical Education</i>	40-53
Short term course on Mindfulness and Human values	<i>Bisman society</i>	54-64

Short term course on

Anuvaad: Vyavahaar aur Siddhaant

Name of Add on /Certificate programs offered	Anvaad: Vyavahaar aur Siddhaant
Course Code (if any)	N/A
Department/ Society	Department of Hindi
Year of offering	2020-21
No. of times offered during the same year	1
Duration of course	30 Hours
Start date of course	March 4, 2021
End date of course	March 24, 2021
Number of students enrolled in the year	22
Number of students completing the course in the year	22
Link to website https://www.sgndkc.org/sk/documents/uploadedfiles/file21052021050233.pdf	

Fwd: अनुवाद कोर्स शुरू करवाने की आज्ञा हेतु

2 messages

Deep Mala <deep.mala@sgndkc.du.ac.in>
To: gurpyarsingh.c@sgndkc.du.ac.in

Tue, Mar 23, 2021 at 3:51 PM

डॉ दीपमाला

----- Forwarded message -----


From: **Deep Mala** <deep.mala@sgndkc.du.ac.in>
Date: Sat, 23 Jan, 2021, 8:20 pm
Subject: अनुवाद कोर्स शुरू करवाने की आज्ञा हेतु
To: principal 1 <principal@sgndkc.du.ac.in>

महोदय 🙏

से अनुरोध है कि पिछले सत्र की तरह इस सत्र में भी अनुवाद में सर्टिफिकेट कोर्स करवाने की अनुमति प्रदान करें।

खर्चा और फीस से संबंधित ब्यौरा यहां संलग्न पत्र में वर्णित है।

डॉ दीपमाला
सहायक प्राध्यापक
श्री गुरु नानक देव खालसा कॉलेज

 **FINAL APL TRANS COURSE.pdf**
93K

Deep Mala <deep.mala@sgndkc.du.ac.in>
To: gurpyarsingh.c@sgndkc.du.ac.in

Tue, Mar 23, 2021 at 3:51 PM

डॉ दीपमाला

----- Forwarded message -----

From: **Gurmohinder singh** <drgurmoindersingh@gmail.com>
Date: Mon, 25 Jan, 2021, 4:16 pm
Subject: Re: अनुवाद कोर्स शुरू करवाने की आज्ञा हेतु
To: <deep.mala@sgndkc.du.ac.in>, Jaswinder singh <srigurunanakdevkhalsa2015@gmail.com>

permission granted

On Sat, Jan 23, 2021 at 8:22 PM principal 1 <principal@sgndkc.du.ac.in> wrote:

[Quoted text hidden]

-

Dr. Gurmohinder Singh
Ofg. Principal
Sri Guru Nanak Dev Khalsa College
Dev Nagar, New Delhi-110005



प्रति,

ॐ

प्राचार्य

दिनांक - 23 जनवरी 2021

श्री गुरु नानक देव खालसा कॉलेज,
देव नगर, नई दिल्ली - 110005

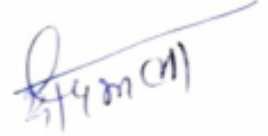
विषय - ऑनलाइन 'अनुवाद - व्यवहार एवं सिद्धांत' अतिरिक्त पाठ्यक्रम आरंभ करने की अनुमति हेतु।

महोदय,

निवेदन है कि कॉलेज का हिंदी विभाग विद्यार्थियों हेतु ऑनलाइन 'अनुवाद - व्यवहार एवं सिद्धांत' अतिरिक्त पाठ्यक्रम (एड ऑन कोर्स) आरंभ करना चाहता है। प्रस्तावित पाठ्यक्रम की अवधि 30 घंटे होगी एवं प्रतिदिन 2 घंटे कक्षाएँ ली जाएँगी। इसके लिए विशेषज्ञ व्याख्याता आमंत्रित किए जाएँगे, जिन्हें 3000/- रुपये (प्रति 2 घंटे) पारिश्रमिक प्रदान किया जाएगा। इस प्रकार पाठ्यक्रम का कुल व्यय 45,000/- रुपये होगा। पाठ्यक्रम में अध्ययन हेतु विद्यार्थियों से 2000/- रुपये (प्रति विद्यार्थी) शुल्क लिया जाएगा।

आपसे अनुरोध है कि इस अतिरिक्त पाठ्यक्रम को आरंभ करने की अनुमति प्रदान करें।

सधन्यवाद।



डॉ. दीपमाला
विभाग प्रभारी, हिंदी विभाग
श्री गुरु नानक देव खालसा कॉलेज

भारतीय अनुवाद परिषद् द्वारा आयोजित
लघु अवधि अनुवाद प्रमाण पत्र पाठ्यक्रम

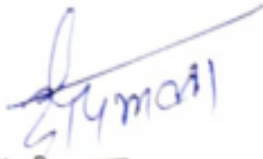
स्थान: श्री गुरु नानक देव खालसा कॉलेज , दिल्ली विश्वविद्यालय, दिल्ली
सत्र-2020-2021

(30 घंटे का पाठ्यक्रम)

क्र.सं.	दिन एवं दिनांक	समय (घंटे)	विषय	विशेषज्ञ
	04 मार्च, 2021	2 घंटे	(2 घंटे) - उद्घाटन सत्र	प्रो. पूरनचंद टंडन
1	6 मार्च, 2021	2 घंटे	अनुवाद की प्रासंगिकता और महत्व, तथा अनुवाद का वैश्विक परिपेक्ष	प्रो. पूरनचंद टंडन
2	7 मार्च, 2021	2 घंटे	कार्यालयी सहित्य का अनुवाद: प्रक्रिया, समस्याएँ, प्रशामनिक शब्दावली, टिप्पण प्रारूपण पत्रलेखन, प्रयुक्तियाँ (अवधारणा और अभ्यास)	श्री. सुनील भुटानी
3	8 मार्च, 2021	2 घंटे	अनुवाद के सिद्धांत और अनुवाद की प्रविधियां तथा अंग्रेजी-हिंदी अनुवाद की चुनौतियां	डॉ. मल्हेन्द्र सिंह
4	9 मार्च, 2021	2 घंटे	अनुवाद : स्वरूप, क्षेत्र, प्रकार और प्रक्रिया ,	डॉ. हरीश कुमार सेठी
5	10 मार्च, 2021	2 घंटे	संचार माध्यम और अनुवाद, विज्ञापन और अनुवाद , मीडिया की अवधारणा भाषा , स्वरूप, प्रकार और अनुवाद	डॉ. हरीश कुमार सेठी
6	11 मार्च, 2021	2 घंटे	सिनेमा और अनुवाद , तथा सब-टाईटलिंग एवं वॉयस ओवर और अनुवाद	डॉ. आनोक रंजन पांडे
7	12 मार्च, 2021	2 घंटे	सामाजिक संस्कृतिक मन्दर्भ और अनुवाद मुहावरे-नौकोत्तियों के अनुवाद	प्रो. पूरनचंद टंडन
8	13 मार्च, 2021	2 घंटे	पारिभाषिक शब्दावली : स्वरूप, क्षेत्र और अनुवाद, भाषा का आधुनिकीकरण और भाषा का आधुनिकीकरण और शब्दावली, निर्माण के सिद्धांत, सम्प्रदाय अनुवाद अनुवाद अभ्यास	डॉ. हरीश कुमार सेठी
9	14 मार्च, 2021	2 घंटे	राजभाषा हिंदी और अनुवाद, राजभाषा से अभिप्राय, राजभाषा के संवैधानिक प्रावधान, संघ की राजभाषा नीति , राजभाषा नियम अधिनियम आदि	श्री सुनील भुटानी
10	15 मार्च, 2021	2 घंटे	अनुवाद में रोजगार के क्षेत्र एवं अनुवाद में अर्थ का अन्वर्थ	प्रो. पूरनचंद टंडन
11	16 मार्च, 2021	2 घंटे	अंग्रेजी हिंदी अनुवाद, व्यतिरेकी विज्ञेशण और अनुवाद व्यवहार, समस्याएँ	श्रीमती सन्तोष खन्ना
12	17 मार्च, 2021	2 घंटे	बैंक, बीमा, वित्त, वाणिज्य और विधि अनुवाद	श्री कृष्ण गोपाल अग्रवाल
13	18 मार्च, 2021	2 घंटे	अनुवाद पुनरीक्षण, संपादन, मूल्यांकन। प्रयोजन मूलक हिंदी और अनुवाद	प्रो. पूरनचंद टंडन
14	19 मार्च, 2021	2 घंटे	साहित्यिक अनुवाद : स्वरूप और प्रकार , काव्यानुवाद : प्रक्रिया, प्रविधि, अभ्यास	डॉ. सुरेश सिंघल
15	20 मार्च, 2021	2 घंटे	कोश विज्ञान और अनुवाद, कोश और कम्प्यूटर, मशीनी	डॉ. हरीश कुमार सेठी

			अनुवाद, अनुवाद के तकनीकी पक्ष	
24 मार्च, 2021	2 घंटे		समापन सत्र, प्रमाण पत्र वितरण	प्रो. पूरनचंद टंडन

दिनांक :- 24/03/2021



डॉ. दीपमाला
(पाठ्यक्रम संयोजिका)
श्री गुरु नानक देव खालसा महाविद्यालय
दिल्ली विश्वविद्यालय, देव नगर,
नई दिल्ली -110005

प्रो.(डॉ.) पूरनचंद टंडन
(निदेशक, भारतीय अनुवाद परिषद)



श्री गुरु नानक देव खालसा कॉलेज

(दिल्ली विश्वविद्यालय)



हिंदी विभाग

एवं

मंथन (हिंदी साहित्य सभा)

द्वारा

भारतीय अनुवाद परिषद

के सहयोग से आयोजित

कक्षाओं का मोड
ऑनलाइन

कक्षाओं का माध्यम
गूगल मीट

आवेदन करने
की अंतिम
तिथि
24 फरवरी
2021

अनुवाद व्यवहार और सिद्धांत पाठ्यक्रम

बहुआयामी रोजगारोन्मुख पाठ्यक्रम

भाषा तथा अनुवाद के विशेषज्ञ विद्वानों द्वारा अध्यापन एवं प्रशिक्षण

- विभिन्न सरकारी तथा गैर सरकारी क्षेत्रों (हिंदी भाषा के माध्यम से कनिष्ठ या वरिष्ठ अधिकारी, रेडियो, टेलीविजन, संपादन, पत्रकारिता, सूचना प्रौद्योगिकी, हिंदी कंप्यूटर, भाषा-प्रौद्योगिकी, शिक्षण, सिनेमा, रिकॉर्डिंग, बैंक, रेलवे, रेलवे, जल-विज्ञान, तकनीक, भाषा विज्ञान आदि) में रोजगार में सहायक
- विभिन्न परीक्षाओं को उत्तीर्ण करना तथा बेहतर अंक लाने में सहायक
- रेलवे से लेकर पीएच.डी. तक के विभिन्न कॉलेजों और विश्वविद्यालयों के छात्रों के लिए उपयोगी

-फीस, अवधि, तिथि एवं आवेदन-

- पाठ्यक्रम के लिए 1999/- रुपए प्रति विद्यार्थी शुल्क निर्धारित है। यह पाठ्यक्रम कुल 30 घंटे की अवधि का होगा।
- प्रतिदिन 2 घंटे की ऑनलाइन क्लास लगेगी।
- पाठ्यक्रम 25 फरवरी से 16 मार्च 2021 तक पूरा किया जाएगा।
- आवेदन हेतु निम्न गूगल फॉर्म भरें-
<https://forms.gle/tPysgtkN39gVYGjCA>

-फीस जमा करने हेतु अकाउंट का विवरण-

पंजीकरण शुल्क का भुगतान UPI/NEFT द्वारा निम्न बैंक खाते में करें -

A/C Name - Principal, Sri Guru Nanak Dev Khalsa College

A/C No. - 08441000020329

Bank & Branch - PUNJAB & SIND BANK, 2400, Hardhyan Singh Road, Karol Bagh, New Delhi - 110005

IFSC - PSIB0000010

मांगे जाने पर फीस की रसीद/स्क्रीन शॉट देनी होगी।

अन्य जानकारी हेतु संपर्क - मो. -8368445902

तकनीकी समन्वयक

महेन्द्र प्रताप सिंह

(सहायक प्राध्यापक)

डा. मनीष ओझा

(सहायक प्राध्यापक)

अविनाश कुमार

(सहायक प्राध्यापक)

पाठ्यक्रम सयोजक

डा. दीपमाला

विभाग प्रभारी, हिंदी विभाग

श्री गुरु नानक देव खालसा कॉलेज

संरक्षक

डा. गुरमोहिंदर सिंह

प्राचार्य

श्री गुरु नानक देव खालसा कॉलेज

Acting Principal
SGND Khalsa College

(University of Delhi)

Dev Nagar, New Delhi-5

अनुवाद पाठ्यक्रम के प्रमाण पत्र हेतु प्रतिभागियों के नाम -

1. शिवम सिंह
2. प्रेरणा किरण
3. प्रीति चौधरी
4. सोनम पटेल
5. प्रेरणा मिश्रा
6. प्रार्थना पराडा
7. निधि
8. रमनदीप कौर
9. ब्रिजेन्द्र कुमार गुप्ता
10. पूजा गुप्ता
11. चेतन सिंह रावत
12. सपना दास
13. जसमीत कौर
14. तनु राठी
15. दीपशिखा
16. आर्यन पंवार
17. अजय सिंह रावत
18. पुष्कर सिंह
19. मेघा
20. शिन्ना
21. साक्षी
22. निधि शर्मा

समन्वयक

1. महेन्द्र प्रताप सिंह
2. डॉ. मनीष ओझा
3. अविनाश कुमार

Student Feedback from the Course

बुरा कुछ नहीं लगा।	बहुत अच्छी	बहुत अधिक	नो सजेशन।
सर द्वारा विषय को बहुत अच्छे से समझाया गया है।	बहुत अच्छी	बहुत अधिक	इसी प्रकार के रोचक विषय हों।
आज की कक्षा अच्छी लगी।	औसत से बेहतर	औसत से बेहतर	कोई सुझाव नहीं।
Bhot acha smjaya	बहुत अच्छी	बहुत अधिक	Nil
All good sir	बहुत अच्छी	बहुत अधिक	No sir
Bahut acha lga	बहुत अच्छी	बहुत अधिक	Issi parkar chalta rhe
सभी चीजे	औसत से बेहतर	औसत से बेहतर	No
Sir thode rudhivadi सोच के the, aur baki sab thik tha.	औसत	औसत से बेहतर	☐
Understanding	बहुत अच्छी	बहुत अधिक	.
.	बहुत अच्छी	बहुत अधिक	.
..	बहुत अच्छी	बहुत अधिक	-
..	बहुत अच्छी	बहुत अधिक	..
Sab kuch thik tha	बहुत अच्छी	बहुत अधिक	Nahi
Bahut achi	बहुत अच्छी	बहुत अधिक	Bahut achi
Bhot acha smjaya	बहुत अच्छी	बहुत अधिक	Nil
Bura kooch nhi lga	बहुत अच्छी	बहुत अधिक	No suggestions
अच्छी	बहुत अच्छी	बहुत अधिक	नहीं
Everything was perfect	औसत से बेहतर	बहुत अधिक	No suggestion
अच्छा	बहुत अच्छी	बहुत अधिक	नहीं
कोश एवम मशीनी अनुवाद	बहुत अच्छी	बहुत अधिक	नहीं
Bahut achhi	बहुत अच्छी	बहुत अधिक	Nope
Accha	बहुत अच्छी	बहुत अधिक	Accha
अच्छी	बहुत अच्छी	बहुत अधिक	नहीं
बहुत अच्छा lga	बहुत अच्छी	बहुत अधिक	ऐसे ही हो
बहुत अच्छा अनुभव रहा।	बहुत अच्छी	बहुत अधिक	बहुत अच्छा अनुभव रहा। धन्यवाद !!!
Everything is amazing and valuable for us.	बहुत अच्छी	बहुत अधिक	No sir
सर काफी अच्छे तरीके से और धैर्य से समझाते हैं।	औसत से बेहतर	औसत से बेहतर	कोई सुझाव नहीं।
Practical	बहुत अच्छी	बहुत अधिक	No
Topics aaj k sandarbh se related tha..	बहुत अच्छी	बहुत अधिक	...
☐	औसत से बेहतर	औसत से बेहतर	☐
	बहुत अच्छी	बहुत अधिक	
	बहुत अच्छी	बहुत अधिक	

Dupnala

Sum. khande et

बुरा कुछ नहीं लगा।	बहुत अच्छी	बहुत अधिक	नो सजेशन ।
सर द्वारा विषय को बहुत अच्छे से समझाया गया है।	बहुत अच्छी	बहुत अधिक	इसी प्रकार के रोचक विषय हों।
आज की कक्षा अच्छी लगी।	औसत से बेहतर	औसत से बेहतर	कोई सुझाव नहीं।
Bhot acha smjaya	बहुत अच्छी	बहुत अधिक	Nil
All good sir	बहुत अच्छी	बहुत अधिक	No sir
Bahut acha lga	बहुत अच्छी	बहुत अधिक	Issi parkar chalta rhe
सभी चीजे	औसत से बेहतर	औसत से बेहतर	No
Sir thode rudhivadi सोच के the, aur baki sab thik tha.	औसत	औसत से बेहतर	□
Understanding	बहुत अच्छी	बहुत अधिक	.
.	बहुत अच्छी	बहुत अधिक	.
-	बहुत अच्छी	बहुत अधिक	-
..	बहुत अच्छी	बहुत अधिक	..
Sab kuch thik tha	बहुत अच्छी	बहुत अधिक	Nahi
Bahut achi	बहुत अच्छी	बहुत अधिक	Bahut achi
Bhot acha smjaya	बहुत अच्छी	बहुत अधिक	Nil
Bura kooch nhi lga	बहुत अच्छी	बहुत अधिक	No suggestions
अच्छी	बहुत अच्छी	बहुत अधिक	नहीं
Everything was perfect	औसत से बेहतर	बहुत अधिक	No suggestion
अच्छा	बहुत अच्छी	बहुत अधिक	नहीं
कोश एवम् मशौनी अनुवाद	बहुत अच्छी	बहुत अधिक	नहीं
Bahut achhi	बहुत अच्छी	बहुत अधिक	Nope
Accha	बहुत अच्छी	बहुत अधिक	Accha
अच्छी	बहुत अच्छी	बहुत अधिक	नहीं
बहुत अच्छा lga	बहुत अच्छी	बहुत अधिक	ऐसे ही हो
बहुत अच्छा अनुभव रहा।	बहुत अच्छी	बहुत अधिक	बहुत अच्छा अनुभव रहा। धन्यवाद !!!
Everything is amazing and valuable for us.	बहुत अच्छी	बहुत अधिक	No sir
सर काफी अच्छे तरीके से और धैर्य से समझाते हैं।	औसत से बेहतर	औसत से बेहतर	कोई सुझाव नहीं।
Practical	बहुत अच्छी	बहुत अधिक	No
Topics aaj k sandarbh se related tha..	बहुत अच्छी	बहुत अधिक	...
□	औसत से बेहतर	औसत से बेहतर	□
	बहुत अच्छी	बहुत अधिक	
	बहुत अच्छी	बहुत अधिक	

Dupmala

Sum. Linder G

Short term course on
Business and Data Analytics

Name of Add on /Certificate programs offered	Business and Data analytics
Course Code (if any)	N/A
Department/ Society	Department of Economics
Year of offering	2020-21
No. of times offered during the same year	1
Duration of course	32 Hours
Start date of course	February 13, 2021
End date of course	March 28, 2021
Number of students enrolled in the year	51 (46 from SGND Khalsa College)
Number of students completing the course in the year	51 (46 from SGND Khalsa College)
Link to website https://www.sgndkc.org/sk/documents/uploadedfiles/file20052021010846.pdf	



SRI GURU NANAK DEV KHALSA COLLEGE
(UNIVERSITY OF DELHI)
NAAC Accredited B++
Dev Nagar, New Delhi-110005

Phone: **28729399** Fax: **011-28728909** E-mail: principal@sgndkc.du.ac.in

Ref. No. _____

Dated: 6/02/2021

NOTICE

The Department of Economics in collaboration with Internal Quality Assurance Cell is conducting a Short-Term Course on **Business and Data Analytics** for the undergraduate students.

The details of the course are mentioned in the Poster attached below. Interested students are required to fill up the registration form with the link given in the poster. The last date for registration is 10th February 2021. The classes will be held online during weekends on Google meet Platform.

For further queries contact Dr Meena Singh (Ph – 9810052621)

Ms. Sukhvinder Kaur (Ph – 9873270727)

Dr. Meena Singh
Convenor

Dr. Gurmohinder Singh
Oftg. Principal



SRI GURU NANAK DEV KHALSA COLLEGE
(University of Delhi)

DEPARTMENT OF ECONOMICS

organizes

SHORT TERM COURSE

(for Undergraduate Students)

on

BUSINESS & DATA ANALYTICS

Resource Person:

Dr. N.P. SINGH

Associate Professor
Dept. of Management
JIMS, Delhi



COURSE CONTENT

- Hands on training on MS EXCEL/SPSS
- Case Study based Approach
- Real time data base & Research Project
- Guidance for Research Paper publication
- Assignment based assessment

COURSE PRE-REQUISITES

Basic Knowledge of Statistics

JOB PROSPECTS

Research Analyst
Business Analyst
Research Associate
& many others

DETAILS

Duration: 13th Feb - 28th March
Classes on Saturday & Sunday

Course Fee: Rs.1500

LAST DATE TO REGISTER

10TH FEBRUARY 2021

For further queries, contact:

9873270727

9810052621

*For Registration, Click **HERE***

Dr. Meena Singh
CONVENOR

Dr. Gurmohinder Singh
PRINCIPAL

Week wise Plan:

Elective Course

Business and Data Analytics

Duration: 30-32 Hours

Course Instructor: Dr. Narinder Pal Singh

Week 1: We shall cover

- **Business Analytics and Data Analytics** : Definitions and Types
- **Basics of Statistics**: Brief overview of necessary statistical concepts, Sampling, Data type, degree of freedom, p-value, standard error, Estimators and Properties of a Good Estimator
- **Excel Applications**
- **Research Process**: Introduction to basics of research process-Research Problem, Literature Review and its significance, Research Objectives, Hypothesis formulation, Data Collection, Research design, Analysis and interpretation.
- **Discussion on Research Project**

Week 2: We shall cover

- **Types of Data**: Primary and secondary data sources, Time Series, Cross-sectional and Panel Data Examples.
- **Variable Types**: Dependent, independent, Control, Continuous, Categorical, Moderating, and Mediating variables.
- **Identifying Variables in objective statements**: How many variables are there in my objective statement?
- **Types and examples of Measurement Scales** –What type of data I am dealing with?
- **Types of Research Design**- Exploratory, Descriptive, Causal, Qualitative and Quantitative Research

Week 3: We shall cover

- **Primary data collection**: Measurement and Scaling, Questionnaire Designing and Sampling
- **Univariate Analysis using SPSS** - What test & technique apply?
- **Bivariate and Multivariate using SPSS**
Case studies Discussion

Week 4 and 5: We shall cover Primary Data Analysis-(Hands on Excel, SPSS)

- **Analysis in Excel**: Data Handling in excel, returns and risk calculations, Graphs and Data Analysis-Descriptive Statistics, Correlation analysis, Regression analysis
- **Transition from Excel to SPSS**- Statistical Tools for Primary Data and Secondary Data based Research, Field work, Coding, Editing of Data and Process, Validation of Fieldwork
- **Frequency Distribution and Analysis of Categorical Data using Cross Tabulation**
- **Descriptive Statistics and its significance**
- **Testing of Hypothesis** (Parametric & Non-parametric)
 - Test of difference (t, z and F tests)

- Test of association and Test of Goodness of fit
 - Chi Square Analysis
- **Test of Relationship** –correlation analysis
- **Multivariate Analysis**
- **ANOVA** -Ones Way and Two Way
- **Simple Regression and Underlying Assumptions of Regression**
- **Multiple Regression**
 - R square and Adjusted R square
 - F statistics
 - Autocorrelation
 - Multicollinearity
- **Reliability and validity**
- Doubt session on Data Collection

Week 6 & 7: We shall cover Time Series Analysis-(Hands on Excel, SPSS)

- **Introduction to Time Series:** Stationary and non-stationary data series, differencing and integrated series
 - **Testing for Stationarity:** Graphical method, ADF Test
- **Simple Classical Regression Model and OLS Estimation** - BLUE Properties
- **Multivariate Regression Model** and Deciding about the best FIT model
- **Special Cases in Classical Regression Model** – Testing linearity or Non-Linear Form of the Model
 - Testing for Autocorrelation/Serial correlation
 - Testing for Multicollinearity
 - Testing for Heteroskedasticity
- Writing quality research project- DOs and DONTs
- How to identify and publish in quality journals.
- Doubt session on Analysis and report writing

Week 8: Presentation (Mandatory-Part of Assessment)

- All the students will be required to submit a research project which can optionally be converted into research paper and published in some good journal.

Completion Report
Short Term Course (Session 2020 – 2021)
Business and Data Analytics

The Short-Term Course on *Business and Data Analytics* of 32 hours was conducted by the Department of Economics in collaboration with Internal Quality Assurance Cell. The total number of students who enrolled for the course was 51 from different colleges/institutions. The course started on 13th February 2021.

This course on “Business and Data Analytics” intends to inculcate and nurture analytical skills in students. This course covered two main components of business analytics that is descriptive analytics and predictive analytics. The students learnt various techniques available under the umbrella of this course with the help of software’s like Ms Excel and SPSS. The students were evaluated on continuous basis through quizzes assignments and test. Case study pedagogy was followed throughout the sessions. The students worked in groups and submitted a mandatory research project on real time data and the presentations were taken in the class. The interested students were offered the opportunity to improvise their work in guidance of Dr. N.P Singh and to get the research paper published in the reputed Journal.

The feedback was taken from all the students about the course and most of the students felt that the course was the relevant addon to their existing ongoing programme. The course finished on 30th March 2021 and valedictory session took on 10th April 2021.

Business and Data Analytics

Total classes 32 (Each Class is of 2 hours = 16 * 2)

S.No	Name of the Student	13-Feb	14-Feb	20-Feb	21-Feb	27-Feb	28-Feb	06-Mar	07-Mar	13-Mar	14-Mar	20-Mar	21-Mar	26-Mar	27-Mar	28-Mar	30-Jan	Total
1	Raavi Ghuman	A	A	P	P	A	A	A	A	P	P	P	P	P	P	P	A	9
2	Tarandeep	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	14
3	Sampreet Singh	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	14
4	Gursimran Kaur	P	P	P	P	P	A	A	P	A	A	P	P	P	P	P	P	11
5	Amandeep Singh Rayat	P	P	P	P	A	A	A	P	A	A	P	P	A	P	A	P	8
6	Jasneet Singh	P	P	P	A	A	P	A	A	A	P	P	P	A	A	P	P	8
7	Mansha Kaur	A	A	A	P	P	A	A	A	A	A	P	P	A	P	P	P	6
8	Ria Bhatia	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	14
9	Avrit Kapoor	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	14
10	Harmanpreet Singh	P	P	P	P	A	P	P	P	P	P	A	P	A	A	A	A	10
11	Bikramjeet Singh	P	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	4
12	Navneet Singh	A	A	A	P	A	P	P	P	P	P	P	P	P	P	P	A	11
13	Hityen	P	P	P	A	P	P	A	A	P	P	P	P	P	P	P	P	12
14	Manav Singh	P	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	13
15	Yash Tayagi	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	A	13
16	Sanchit Khurana	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	15
17	Tarandeep Singh	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	14
18	Manminder Kaur	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	15
19	Mir Dua	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	14
20	Shubham Sharma	P	P	A	P	A	P	P	P	P	P	P	P	P	P	A	A	12
21	Sabneet Kalsi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	15
22	Samrath Singh Sachdeva	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	14
23	Japneet Kaur	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	14
24	Ridhi Arora	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	13
25	Nandni Roy	P	P	A	P	A	P	P	P	P	P	P	P	P	P	P	P	13

26	Baljeet Singh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	15
27	Ajeet Singh	P	P	P	P	P	P	P	P	P	A	P	A	A	A	A	P	11
28	Dhananjay Kumar	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	12
29	Keshav Sharma	A	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	2
30	Aayush Singhal	P	P	P	P	P	P	P	P	A	A	A	A	A	A	A	A	8
31	Fatima Zaidi	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	14
32	Yusra Ali	P	A	P	P	P	A	A	P	P	P	P	P	P	P	P	A	12
33	Rasleen Kaur	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	13
34	Yash Potwar	P	P	A	P	P	P	P	P	P	A	A	P	P	P	A	A	11
35	Gagandeep Singh Bhatia	P	P	P	P	P	P	P	P	P	P	P	P	A	A	A	P	11
36	Ritik Garg	P	P	P	P	P	P	P	P	P	A	P	A	P	P	P	P	13
37	Palak	A	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	12
38	Manpreet Kaur	A	A	P	P	A	A	A	A	A	P	A	P	A	A	P	A	5
39	Kashish Chawla	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	14
40	Tavleen Kaur	A	A	P	P	P	A	A	P	P	P	P	P	P	P	P	P	11
41	Tejas Singh	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	14
42	Siddharth Sharma	P	P	P	P	P	P	P	P	P	P	A	A	A	P	A	P	11
43	Sorab Jain	P	P	P	P	P	P	P	P	P	P	P	P	A	A	A	A	12
44	Lavanya Goinka	P	P	P	P	P	P	A	P	P	P	A	A	A	P	A	P	10
45	Navpreet Singh Randhawa	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	15
46	Namanpreet Kaur	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	A	13
47	Sirjan Kaur	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	14
48	Shranya Mahalka	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	15
49	Naman Gulati	A	A	A	A	P	P	A	P	A	A	A	P	A	P	A	A	5
50	Gursimar Singh	P	A	P	P	P	A	P	P	P	A	P	P	P	P	P	P	12
51	Richu Bhalla	P	P	P	A	P	A	P	A	P	P	P	P	P	P	P	P	12

Certificate course in
French language

Name of Add on /Certificate programs offered	Certificate course in French language
Course Code (if any)	N/A
Department/ Society	Affiliated to Department of Germanic and Romance Studies, University of Delhi
Year of offering	2020-21
No. of times offered during the same year	1
Duration of course	150 Hours
Start date of course	December 21, 2020
End date of course	June 12, 2021
Number of students enrolled in the year	27 (22 from SGND Khalsa College)
Number of students completing the course in the year	24 (19 from SGND Khalsa College)
Link to website https://www.sgndkc.org/sk/documents/uploadedfiles/file23052021032629.pdf	



SRI GURU NANAK DEV KHALSA COLLEGE
(University of Delhi)
Dev Nagar, Delhi 110005

Registration open for
CERTIFICATE COURSE
in
FRENCH LANGUAGE

in collaboration with
Department of Germanic and Romance Studies
University of Delhi

ELIGIBILITY

Minimum 50% marks in 12th

**REGISTRATION
PROCESS**

Candidates have to submit relevant documents via mail to
languagecourse@sgndkc.du.ac.in

**LAST DATE OF
REGISTRATION**

November 27, 2020

Classes to begin in December in Online mode
Classes to be held three times a week between **3pm-5pm**
Certificate of completion will be provided by DGRS

For more details and for downloading the application form, visit
sgndkc.org and check NOTICES

Please read all the admission related details thoroughly before filling the form



SRI GURU NANAK DEV KHALSA COLLEGE
(University of Delhi)
DEV NAGAR, NEW DELHI-110005

Certificate Course in FRENCH Language
2020-21

In collaboration with Department of Germanic and Romance Studies (DGRS), University of Delhi

➤ **About the course**

The course is designed as a **certificate course that focusses** on teaching French language to beginners so that they are able to develop writing, reading and speaking skills. The course will prepare students to interact in French and acquire fluency with French scripts. Apart from providing knowledge to students, it will also help them in developing their personalities, intercultural competence, academic language skills as well as improve their employability skills.

➤ **Curriculum and syllabus**

The course will be conducted in collaboration with Department of Germanic and Romance Studies, University of Delhi and hence will follow the curriculum and syllabus prescribed by the Department, which will also conduct the examination for awarding the certificate.

➤ **Course Outcome**

This course is aimed to provide fundamental understanding of French language to students. On successful completion of this course, students will be able to:

- a) Develop beginner level reading, writing and speaking skills in French language
- b) Provide a foundation for students to undertake intermediate and higher level course in French language
- c) Develop intercultural competence and acquire fluency with French scripts.
- d) Improve employability skills.

Areas of employment

- Can work with historians archaeologists, translators
- Interpreter
- Content Editor - Journalism
- Bilingual Call Centre Customer Service Representative
- Instructor –French Language
- Letter translator
- Tourism
- Sales and logistics

➤ **Eligibility and admission process**

Candidates who have passed the senior secondary school examination (10+2) with atleast 50% marks are eligible to apply. Preference will be given to students/ex-students of Sri Guru Nanak Dev Khalsa College. Applicants have to fill all the details in the application form and paste a recent passport size photograph in the given space.



SRI GURU NANAK DEV KHALSA COLLEGE
(University of Delhi)
DEV NAGAR, NEW DELHI-110005

The registration process will be done online. Candidates need to **scan and mail** the following documents:

- a. Duly filled application form (mandatory)
- b. Self-attested copy of 12th class marksheet (mandatory)
- c. Self-attested copy of Graduation/Post Graduation certificate (wherever applicable)
- d. Self-attested copy of valid ID card/ Admission slip/ last semester marksheet (mandatory only for currently enrolled DU students)

The documents should be sent via email to the following ID: languagecourse@sgndkc.du.ac.in. The candidate should mention '**Application for French Certificate Course 2020**' as the subject line of the email.

Selection of candidates will be based on merit. Kindly note that candidates who are admitted to the course have to submit hard copies of the above-mentioned documents for verification within 20 days of the beginning of the course.

➤ **Important points to remember**

Total Number of seats	50
Last date of Registration	15th December, 2020
Date of display of first cut off	Will be notified on the college website after the registration process is completed.
Mode of teaching	ONLINE (until further notification from University for commencing classroom teaching)
Course fees	
a. For present SGND Khalsa students	Rs 10,000/- (course fee) + 510 /- (exam fee) + 100/- (enrolment fee)
b. For DU students	Rs 11,000/- (course fee) + 510 /- (exam fee) + 100/- (enrolment fee)
c. For others	Rs 12,000/- (course fee) + 510 /- (exam fee) + 100/- (enrolment fee)
Frequency of classes	Three times a week (2 hours each day)
Class timings	3:00 PM to 5:00 PM

Note:

1. The college reserves the right to cancel the commencement of the course if adequate seats are not filled.
2. The registration process may be completed carefully, as incomplete application forms and non-submission of the above documents via mail will lead to rejection of the application.
3. Hard copies of the mailed documents need to be submitted in college within 20 days of the beginning of the course. Admission will be confirmed only after due verification.



SRI GURU NANAK DEV KHALSA COLLEGE
(University of Delhi)
DEV NAGAR, NEW DELHI-110005

ADMISSION FORM 2020-2021

(For office use)

Course Name	: Certificate Course in French language	Form No	:
Course ID	: French/2020	Roll No	:

Personal details

Name of applicant	:	_____
DOB (dd/mm/yyyy)	:	_____
Gender	:	_____
Phone No / Mobile No	:	_____
E-mail	:	_____
Father's name	:	_____
Mother's Name	:	_____
Local Address and Pincode	:	_____

Paste recent passport
size photo

Eligibility details

Percentage marks scored in XII	:	_____
Board	:	_____
Are you currently a student in DU	:	Yes/ No
If yes, mention College/ Department	:	_____

Date:

Signature of Applicant

Date:

For Office use only

Admission is hereby granted to _____ for attending the **Certificate Course in French language** at Sri Guru Nanak Dev Khalsa College, University of Delhi

Teacher in charge/ Convenor

Administrative officer

Principal

Scan the duly filled application form and email to languagecourse@sgndkc.du.ac.in

SRI GURU NANAK DEV KHALSA COLLEGE

(UNIVERSITY OF DELHI)

DEPARTMENT OF GERMANIC & ROMANCE STUDIES

UNIVERSITY OF DELHI

DELHI - 110007

Tel: 27666426, 27667725 Ext.1296

E.mail: head@grs.du.ac.in

grs.du.in@gmail.com

Ref. M

Fik- New Courses/CRS

*Copy to Dr. Meenu
to discuss
for no date 4/17/2020*

Ref.: GRS/81/2020/4613

Dated: 24 Jan. 2020

28

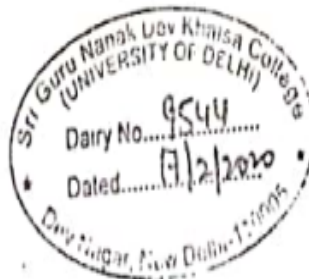
[Signature]

The Principal
Sri Guru Nanak Dev Khalsa College
University of Delhi
Dev Nagar, New Delhi-110005

Dear Sir,

This is with reference to your letter No. SCND/ADMN/19/8138 dated 20 December 2019 in regard to starting of Certificate course in French language. We can nominate teacher for the same. The remuneration of the teachers should be as per University norms. Other important guidelines are enclosed herewith for your reference.

Yours sincerely,



[Signature]

Head of Department
HOD

Dept. of Germanic & Romance Studies
University of Delhi, Delhi-7

Encl.: As above

CERTIFICATE COURSE IN FRENCH LANGAUAGE
LIST OF STUDENTS ADMITTED
2020-2021

S. No	Name of Student	Fees submitted	Documents Submitted
1	Animesh Choudhury Sanyal	Yes (10,610/-)	Yes
2	Ashar Khan	Yes (10,610/-)	Yes
3	Gaurav Joshi	Yes (10,610/-)	Yes
4	Guneet Kaur	Yes (10,610/-)	Yes
5	Gurjyot Singh	Yes (10,610/-)	Yes
6	Harjyot Singh	Yes (10,610/-)	Yes
7	Janavi Kalsi	Yes (12,610/-)	Yes
8	Jaskirat Singh	Yes (10,610/-)	Yes
9	Kamaljot Singh	Yes (10,610/-)	Yes
10	Kasturi Iyer	Yes (10,610/-)	Yes
11	Kavleen Kaur	Yes (12,610/-)	Yes
12	Mishpreet Kaur	Yes (10,610/-)	Yes
13	Naman Kaur	Yes (10,610/-)	Yes
14	Nimir Preet Kaur	Yes (10,610/-)	Yes
15	Parneet Kaur	Yes (10,610/-)	Yes
16	Prabhjot Singh	Yes (10,610/-)	Yes
17	R Bhaskar Chaitanya Rao	Yes (10,610/-)	Yes
18	Riya Bhola	Yes (11,610/-)	Yes
19	Samarjeet Singh	Yes (10,610/-)	Yes
20	Sarthak Goel	Yes (10,610/-)	Yes
21	Shruti Goswami	Yes (12,610/-)	Yes

22	Shrutika Singh	Yes (10,610/-)	Yes
23	Simarjas Singh Chawla	Yes (10,610/-)	Yes
24	Tanya Oberoi	Yes (10,610/-)	Yes
25	Taranpreet Singh	Yes (10,610/-)	Yes
26	Simardeep Singh	Yes (12,610/-)	Yes
27	Jasleen Kaur	Yes (12,610/-)	Yes

Certificate course in French Language

Summary Report

Sri Guru Nanak Dev Khalsa College, in collaboration with Department of Germanic and Romance Studies, University of Delhi, started a one year certificate course in French language so as to provide additional opportunities to the students to broaden their horizons, The certificate course focuses on teaching French language to beginners so that they are able to develop writing, reading and speaking skills in the language. The duration of the course is 150 hours and has a total intake of 50 students every year. The Department appointed Ms Samira as the guest lecturer for teaching the course.

Admissions for the first batch started in November 2020. A total of 27 students got enrolled for the course out of which 22 students were from Sri Guru Nanak Dev Khalsa College and 5 students from other institutions/ Universities. Classes began on 21 December 2020. Classes were held thrice a week, i.e. Monday, Wednesday and Friday between 4:00 pm – 6:00 pm. Since colleges were closed for physical teaching, the entire course was held in online mode on Google meet. Students were provided recording of lecture after every class.

The course was completed in the month of June 2021 and examinations for the course were held in July 2021 by the Department of Germanic and Romance Studies. At the end of the course, feedback was taken from students about the teaching learning process. The students were overall satisfied with the course as well as the writing, reading and speaking skills that they developed during the course.

Short term course on

Computer and Punjabi language

Name of Add on /Certificate programs offered	Computer and Punjabi language
Course Code (if any)	N/A
Department/ Society	Department of Punjabi
Year of offering	2020-21
No. of times offered during the same year	1
Duration of course	30 Hours
Start date of course	February 19, 2021
End date of course	March 20, 2021
Number of students enrolled in the year	54 (22 from SGND Khalsa College)
Number of students completing the course in the year	54 (22 from SGND Khalsa College)
Link to website	https://www.sgndkc.org/sk/documents/uploadedfiles/file22052021034207.pdf

Sri Guru Nanak Dev Khalsa College, Dev Nagar

University of Delhi

Department of Punjabi

offers an

add-on Short-Term Course (STC)

on

Computer and Punjabi Language

**This STC offers hands-on training for students
& Faculty and introduces them to various
aspects of computers and their use in the field
of teaching and learning Punjabi Language.**

Duration: 30 Hours (Twice a week)

Starting: Friday, 19 February, 2021

Fees : Rs. 200

**The participants will be given Certificates
on the successful completion of the Course.**

Dr. Vinay Neet Kaur
Course Coordinator
+91 9811119833

Dr. Barjinder Chauhan
Convenor
+91 9818969601

Dr. Gurmohinder Singh
Principal
+91 9811443013

ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਖਾਲਸਾ ਕਾਲਜ, ਦੇਵ ਨਗਰ

ਦਿੱਲੀ ਯੂਨੀਵਰਸਿਟੀ ਦੇ

ਪੰਜਾਬੀ ਵਿਭਾਗ

ਵਲੋਂ ਆਯੋਜਿਤ

ਐਡ-ਓਨ ਸ਼ਾਰਟ-ਟਰਮ ਕੋਰਸ

ਕੰਪਿਊਟਰ ਅਤੇ ਪੰਜਾਬੀ ਭਾਸ਼ਾ

ਇਹ ਕੋਰਸ ਕੰਪਿਊਟਰ ਦੇ ਵੱਖ-ਵੱਖ ਪਹਿਲੂਆਂ ਤੇ ਰੋਸ਼ਨੀ ਪਾਉਣ ਦੇ ਨਾਲ-ਨਾਲ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੇ ਪੜ੍ਹਨ-ਪੜ੍ਹਾਉਣ ਦੇ ਖੇਤਰ ਵਿਚ ਕੰਪਿਊਟਰ ਦੀ ਵਰਤੋਂ-ਵਿਹਾਰ ਤੋਂ ਜਾਣੂ ਕਰਵਾਏਗਾ। ਇਸ ਕੋਰਸ ਵਿਚ ਹਰ ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀ ਅਤੇ ਅਧਿਆਪਕ ਹਿੱਸਾ ਲੈ ਸਕਦੇ ਹਨ।

ਕੋਰਸ : 30 ਘੰਟੇ (ਹਫ਼ਤੇ 'ਚ ਦੋ ਵਾਰ)

ਅਰੰਭਤਾ : ਸ਼ੁਕਰਵਾਰ, 19 ਫਰਵਰੀ, 2021

ਦਾਖਲਾ ਫੀਸ : 200 ਰੁਪਏ

ਕੋਰਸ ਦੇ ਮੁਕੰਮਲ ਹੋਣ 'ਤੇ ਭਾਗੀਦਾਰਾਂ ਨੂੰ ਸਰਟੀਫਿਕੇਟ ਦਿੱਤੇ ਜਾਣਗੇ।

ਡਾ. ਵਿਨੈਨੀਤ ਕੌਰ
ਕੋਆਰਡੀਨੇਟਰ
+91 9811119833

ਡਾ. ਬਰਜਿੰਦਰ ਚੈਹਾਨ
ਕਨਵੀਨਰ
+91 9818969601

ਡਾ. ਗੁਰਮੋਹਿੰਦਰ ਸਿੰਘ
ਪ੍ਰਿੰਸੀਪਲ
+91 9811443013

ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਖ਼ਾਲਸਾ ਕਾਲਜ, ਦਿੱਲੀ ਯੂਨੀਵਰਸਿਟੀ

ਪੰਜਾਬੀ ਵਿਭਾਗ ਵਲੋਂ

ਕੰਪਿਊਟਰ ਅਤੇ ਪੰਜਾਬੀ ਭਾਸ਼ਾ

ਵਿਸ਼ੇ ਤੇ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਅਧਿਆਪਕਾਂ ਲਈ ਐਡ-ਓਨ ਸ਼ਾਰਟ-ਟਰਮ ਕੋਰਸ (ਐਸਟੀਸੀ) ਕਰਾਇਆ ਰਿਹਾ ਹੈ। ਇਹ ਕੋਰਸ ਕੰਪਿਊਟਰ ਦੇ ਵੱਖ-ਵੱਖ ਪਹਿਲੂਆਂ 'ਤੇ ਰੌਸ਼ਨੀ ਪਾਉਣ ਦੇ ਨਾਲ-ਨਾਲ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੇ ਪੜ੍ਹਣ-ਪੜ੍ਹਾਉਣ ਦੇ ਖੇਤਰ ਵਿਚ ਕੰਪਿਊਟਰ ਦੀ ਵਰਤੋਂ-ਵਿਹਾਰ ਤੋਂ ਜਾਣੂ ਕਰਵਾਏਗਾ। ਇਹ ਆਨ ਲਾਈਨ ਕੋਰਸ 30 ਘੰਟੇ ਦਾ ਹੋਵੇਗਾ ਅਤੇ ਕਲਾਸਾਂ ਹਫ਼ਤੇ ਵਿਚ ਦੋ ਵਾਰ ਆਯੋਜਿਤ ਕੀਤੀਆਂ ਜਾਣਗੀਆਂ। ਇਸ ਕੋਰਸ ਵਿਚ ਸ਼ਾਮਲ ਹੋਣ ਲਈ 200 ਰੁਪਏ ਦਾਖ਼ਲਾ ਫ਼ੀਸ ਅਦਾ ਕਰਨੀ ਲਾਜ਼ਮੀ ਹੈ ਅਤੇ ਕੋਰਸ ਦੇ ਮੁਕੰਮਲ ਹੋਣ ਤੇ ਸਰਟੀਫਿਕੇਟ ਦਿੱਤੇ ਜਾਣਗੇ। ਇਸ ਕੋਰਸ ਵਿੱਚ ਹਰ ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀ ਅਤੇ ਅਧਿਆਪਕ ਹਿੱਸਾ ਲੈ ਸਕਦੇ ਹਨ। ਰਜਿਸਟਰ ਅਤੇ WhatsApp group join ਕਰਨ ਲਈ ਹੇਠ ਲਿਖੇ ਲਿੰਕ ਤੇ ਕਲਿੱਕ ਕਰੋ :

<https://forms.gle/eUJhUyga2wCMwmLTA>

Sri Guru Nanak Dev Khalsa College, University of Delhi,

Department of Punjabi offers an add-on Short-Term Course (STC) on

“Computer and Punjabi Language”

for the Students & Teachers. This STC offers hands-on training for students & Faculty, and introduces them to various aspects of computers and their use in the field of teaching and learning Punjabi Language. The duration of this Online Course will be 30 hours and the classes will be held twice a week. All the participants are required to pay an entrance fee of Rs. 200 for joining this STC. The participants will be given Certificates on the successful completion of the Course. For registration as well as join WhatsApp group for further information click the link below:

<https://forms.gle/eUJhUyga2wCMwmLTA>

Mail to seek Approval:

The Principal,
Sri Guru Nanak Dev Khalsa College,
Dev Nagar, New Delhi-11005
Sub : **Approval for a Short-term course**

Date : 15.02.2021

Sir

Please find enclosed herewith draft of a Short-term course titled '**Computer ate Punjabi Bhasha**' to be conducted by the **Department of Punjabi** from 19th February, 2021 to 20th March, 2021. The course is primarily meant for our students though students from outside may also be welcome. A fee of Rs. 200 would be charged from the participants. Regarding payment of honorarium to the guest faculty decision would be taken later depending upon the resource generation.

Submitted for your kind approval.

Thanking You,

Vinay Neet Kaur
Course Coordinator

B. S. Chowhan
Convenor

SRI GURU NANAK DEV KHALSA COLLEGE
Department of Punjabi
COMPUTER AND PUNJABI LANGUAGE
 (Add-on Short Term Course)

S. No.	Topic	Time/Hrs	Day	Date
1.	Inauguration	3	1	19.02.21
2.	Introduction to Computers			
3.	Input and Output Devices	3	2	20.02.21
4.	Computer Memory and CPU			
5.	MS Word, Excel	3	3	26.02.21
6.	MS Power Point	3	4	27.02.21
7.	Internet	3	5	05.03.21
8.	Uses of Punjabi on Internet	3	6	06.03.21
9.	Punjabi Font, Punjabi Key-board	3	7	12.03.21
10.	Punjabi Typing, Unicode System	3	8	13.03.21
11.	Punjabi Software	3	9	19.03.21
12.	Computer Security			
13.	Presentation Valedictory	3	10	20.03.21

ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਖਾਲਸਾ ਕਾਲਜ
ਪੰਜਾਬੀ ਵਿਭਾਗ
ਕੰਪਿਊਟਰ ਅਤੇ ਪੰਜਾਬੀ ਭਾਸ਼ਾ
(ਸ਼ਾਰਟ ਟਰਮ ਕੋਰਸ)

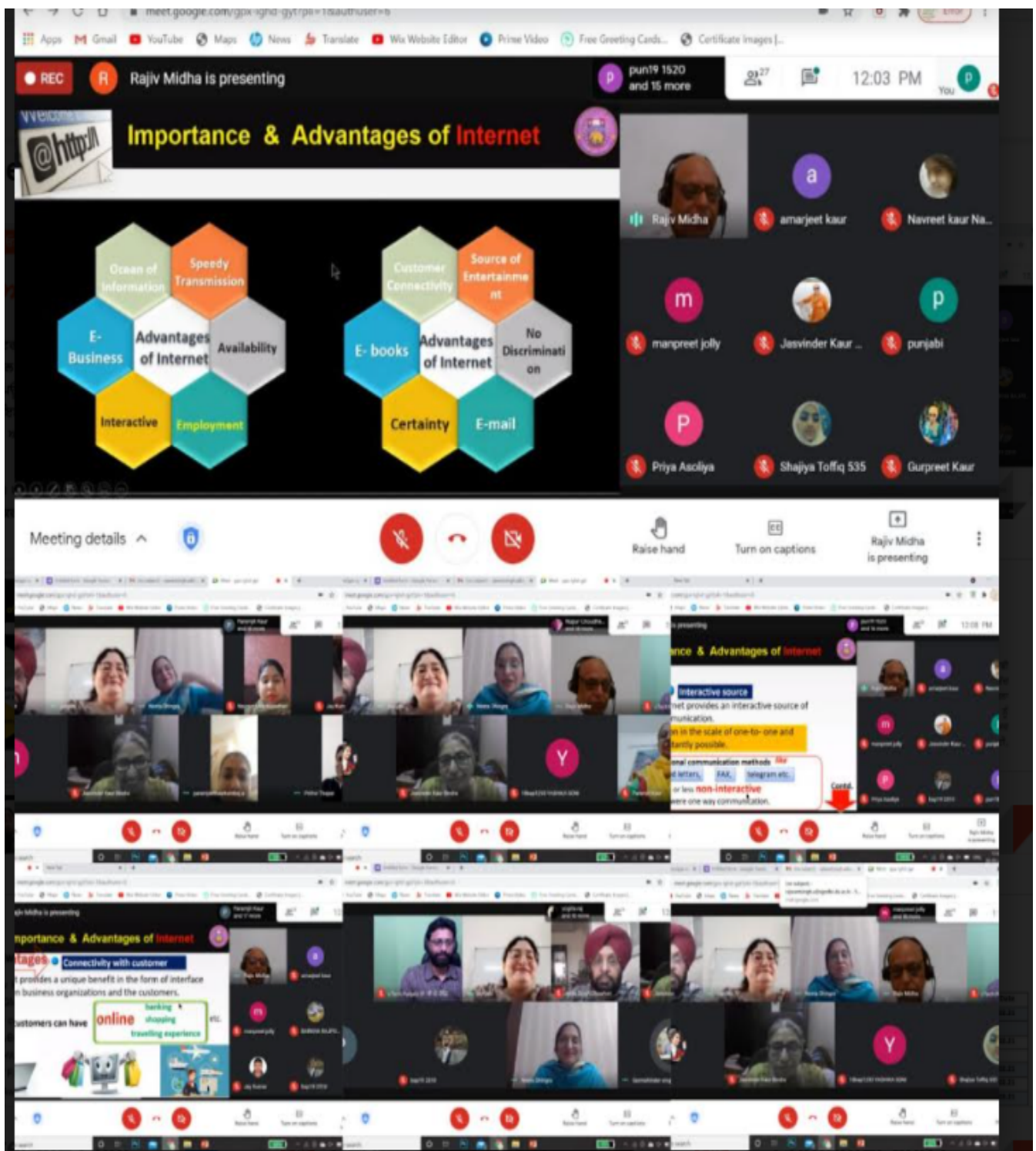
S. No.	Topic	Time/Hrs	Day	Date
1.	ਉਦਘਾਟਨ	3	1	19.02.21
2.	ਕੰਪਿਊਟਰ ਦੀ ਮੁੱਢਲੀ ਜਾਣਕਾਰੀ			
3.	ਇਨਪੁਟ ਆਉਟਪੁਟ ਯੰਤਰ	3	2	20.02.21
4.	ਕੰਪਿਊਟਰ ਮੈਮੋਰੀ ਅਤੇ CPU			
5.	ਐਮ ਐਸ ਵਰਡ, ਐਕਸੇਲ	3	3	26.02.21
6.	ਐਮ ਐਸ ਪਾਵਰ ਪੋਇੰਟ	3	4	27.02.21
7.	ਇੰਟਰਨੈੱਟ	3	5	05.03.21
8.	ਇੰਟਰਨੈੱਟ 'ਤੇ ਪੰਜਾਬੀ ਦੀ ਵਰਤੋਂ	3	6	06.03.21
9.	ਪੰਜਾਬੀ ਫੋਂਟ , ਪੰਜਾਬੀ ਕੀ-ਬੋਰਡ	3	7	12.03.21
10.	ਪੰਜਾਬੀ ਟਾਈਪਿੰਗ, ਯੂਨੀਕੋਡ ਪਰਣਾਲੀ	3	8	13.03.21
11.	ਪੰਜਾਬੀ ਸਾਫਟਵੇਅਰ	3	9	19.03.21
12.	ਕੰਪਿਊਟਰ ਸੁਰੱਖਿਆ			
13.	Presentation Valedictory	3	10	20.03.21

LIST OF PARTICIPANTS ENROLLED IN AND COMPLETED THE COURSE

1. Simran Kaur Saini
2. Nupur Choudhary
3. Dr.Simran Sethi
4. Arun
5. Navreet Kaur
6. ARSHAD KHAN
7. Mandeep Singh
8. GAGANDEEP SINGH
9. Manpreet Singh Jolly
10. Harkawal Singh
11. Jay Kumar
12. Barkha
13. Gurpreet Kaur
14. Dr Paramjit Kaur
15. Ritika Rathore
16. Gitika Batra
17. Paramjit Kaur kamboj
18. Yashika Soni
19. Shajjya Toffiq
20. MD Shakib Hussain
21. Bhavya Madan
22. Amandeep Kaur
23. Harshita Chopra
24. Neha
25. Sanya
26. Taranpreet Kaur
27. Amarjeet Kaur
28. Yogita Raj
29. Taruna Ghera
30. Jaswinder Singh
31. Ranjeet Singh
32. Gurdeep Singh
33. Manmeet Singh
34. Chahat
35. Pushkar
36. Puneetpal Singh
37. Kavita Kaur
38. Dr. Amarjeet Kaur
39. Dr. Jagjeet Kaur
40. Muskan Kaur
41. Gursharan Singh

42. Dr. Prithvi Raj Thapar
43. Dr. Sangeeta Thapar
44. Bhavneet Singh
45. Dr Rajwant Singh
46. Bhupinderpal Singh Baksi
47. Guranjan Kaur
48. Ashmeet Singh
49. Manpreet Kaur
50. Priya
51. Gagandeep Kaur
52. Jaivin Singh Bagga
53. Dr. Jasvinder Kaur Bindra
54. Dr. Manisha Batra

Of the total participants, 22 students were from Sri Guru Nanak Dev Khalsa College



Some glimpses from the course

ਕੰਪਿਊਟਰ ਤੇ ਪੰਜਾਬੀ ਭਾਸ਼ਾ

ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਪੰਜਾਬੀ ਵਿਭਾਗ ਵਲੋਂ 'ਕੰਪਿਊਟਰ ਅਤੇ ਪੰਜਾਬੀ ਭਾਸ਼ਾ' ਸੰਬੰਧੀ 30 ਘੰਟਿਆਂ ਦਾ ਇਕ ਸ਼ੋਰਟ ਟਰਮ ਕੋਰਸ ਕਰਵਾਇਆ ਗਿਆ। ਇਸ ਵਿੱਚ ਕੰਪਿਊਟਰ ਦੀ ਮੁੱਢਲੀ ਜਾਣਕਾਰੀ ਦੇ ਨਾਲ-ਨਾਲ ਇਸ ਦੀ ਤਕਨੀਕੀ ਜਾਣਕਾਰੀ ਤੇ ਵਰਤੋਂ ਕਰਨਾ ਸਿਖਾਇਆ ਗਿਆ। ਇਸ ਕੋਰਸ ਦੀ ਕਲਾਸ ਹਫ਼ਤੇ ਵਿੱਚ ਦੋ ਦਿਨ ਸ਼ੁਕਰਵਾਰ ਤੇ ਸ਼ਨੀਵਾਰ ਨੂੰ ਰੱਖੀ ਗਈ। ਕੰਪਿਊਟਰ ਦੀ ਮੁੱਢਲੀ ਤੇ ਤਕਨੀਕੀ ਜਾਣਕਾਰੀ ਤੇ ਸਿੱਖਲਾਈ ਕਾਲਜ ਦੇ ਸੀਨੀਅਰ ਪ੍ਰਾਧਿਆਪਕ ਡਾ. ਰਾਜੀਵ ਮਿੱਠਾ ਨੇ ਦਿੱਤੀ। ਜਿਸ ਵਿੱਚ ਉਨ੍ਹਾਂ ਬੁਨਿਆਦੀ ਦੇ ਨਾਲ-ਨਾਲ ਪੀਪੀਟੀ, ਐਕਸਲ ਤੇ ਵਲੱਡ ਪ੍ਰੋਸਿਸਿੰਗ ਤੇ ਇੰਟਰਨੈਟ ਬਾਰੇ ਦੱਸਿਆ।

ਇਸ ਕੋਰਸ ਵਿੱਚ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨਾਲ ਸੰਬੰਧਤ ਫੋਟੋ, ਲਿਪੀਅੰਤਰ, ਤੇ ਸਮਾਰਟ ਫੋਨ ਵਿੱਚ ਪੰਜਾਬੀ ਦੀ ਵਰਤੋਂ ਦੀ ਉਚੇਚੀ ਜਾਣਕਾਰੀ ਤੇ ਸਿਖਲਾਈ ਪਟਿਆਲਾ ਯੂਨੀਵਰਸਿਟੀ ਦੇ ਡਾ. ਸੀ. ਪੀ. ਕੰਬੋਜ ਨੇ ਦਿੱਤੀ।

ਇਸ ਕੋਰਸ ਦੀ ਵਿਸ਼ੇਸ਼ਤਾ ਇਹ ਰਹੀ ਕਿ ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਨਾਲ ਡਾ. ਭੁਪਿੰਦਰਪਾਲ ਸਿੰਘ ਬਖਸ਼ੀ, ਡਾ. ਪਰਮਜੀਤ ਕੌਰ ਤੇ ਡਾ. ਰਾਜਵੰਤ ਸਿੰਘ ਜਿਹੇ ਕਈ ਪ੍ਰਾਧਿਆਪਕਾਂ ਤੋਂ ਇਲਾਵਾ, ਦਿਆਲ ਸਿੰਘ ਕਾਲਜ ਦੇ ਡਾ. ਪ੍ਰਿਥਵੀਰਾਜ ਬਾਪਰ, ਰਾਮਾਨੁਜਮ ਕਾਲਜ ਤੋਂ ਸਿਮਰਨ ਸੇਠੀ ਤੇ ਮਾਤਾ ਸੁੰਦਰੀ ਕਾਲਜ ਤੋਂ ਡਾ. ਅਮਰਜੀਤ ਕੌਰ ਤੇ ਇਨ੍ਹਾਂ ਕਾਲਜਾਂ ਦੇ ਵਿਦਿਆਰਥੀ ਸ਼ਾਮਲ ਹੋਏ। ਇਹ ਸਾਰੀ ਜਾਣਕਾਰੀ ਤੇ ਸਿਖਲਾਈ ਐਨੀ ਦਿਲਚਸਪ ਹੁੰਦੀ ਸੀ ਕਿ ਤਿੰਨ ਘੰਟੇ ਚਲਣ ਵਾਲੀ ਕਲਾਸ ਅਕਸਰ ਉਸ ਤੋਂ ਕਾਫੀ ਸਮਾਂ ਬਾਅਦ ਵਿੱਚ ਖੱਤਮ ਹੁੰਦੀ। ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਪ੍ਰਾਧਿਆਪਕਾਂ ਨੇ ਸਿੱਖਦੇ ਹੋਏ ਪੇਸ਼ ਆਉਂਦੀਆਂ ਮੁਸ਼ਕਲਾਂ ਬਾਰੇ ਅਨੇਕਾਂ ਸਵਾਲ ਪੁੱਛੇ, ਜੋ ਸਾਰਿਆਂ ਲਈ ਹੀ ਲਾਹੇਵੰਦ ਸਾਬਤ ਹੁੰਦੇ ਸਨ। ਇਹ ਸਾਰਾ ਕੋਰਸ ਪੰਜਾਬੀ ਵਿੱਚ ਬੋਲ ਕੇ ਹੀ ਕੀਤਾ ਗਿਆ।

ਇਸ ਸਾਰੇ ਕੋਰਸ ਨੂੰ ਉਲੀਕਣ ਤੇ ਬੰਦੋਬਸਤ ਦੀ ਸਾਰੀ ਜ਼ਿੰਮੇਵਾਰੀ ਡਾ. ਵਿਨੈਨੀਤ ਕੌਰ ਨੇ ਨਿਭਾਈ। ਜਿਸ ਵਿੱਚ ਵਿਭਾਗ ਦੇ ਕਨਵੀਨਰ ਡਾ. ਬਰਜਿੰਦਰ ਚੌਹਾਨ ਤੇ ਡਾ. ਜਸਵਿੰਦਰ ਕੌਰ ਬਿੰਦਰਾ ਨੇ ਉਨ੍ਹਾਂ ਨੂੰ ਪੂਰਾ ਸਹਿਯੋਗ ਦਿੱਤਾ। ਕੋਰਸ ਦੀ ਸਫਲਤਾ ਲਈ ਕਾਲਜ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਗੁਰਮੋਹਿੰਦਰ ਸਿੰਘ ਤੇ ਆਈਕਿਊਏਸੀ ਦੇ ਡਾ. ਨੀਤੀ ਢੀਂਗਰਾ ਨੇ ਵਧਾਈ ਤੇ ਇਸ ਕੋਰਸ ਨੂੰ ਅੱਗੋਂ ਵੀ ਲਗਾਤਾਰ ਚਲਾਏ ਜਾਣ ਦੀ ਸਵੀਕ੍ਰਿਤੀ ਦਿੱਤੀ।

Short term course on Computer and Punjabi Language

Brief Report

Department of Punjabi of Sri Guru Nanak Dev Khalsa College organized a short-term course on “Computer and Punjabi Language” in February- March, 2021. The course focused on understanding the basics of computer usage with emphasis on how to use important softwares using Punjabi language.

The course started on Feb 19, 2021. The duration of the course was 30 hours and classes were held twice a week i.e. on Saturdays and Sundays. Dr. Rajiv Midha, Associate professor from the Department of Commerce and an expert in computers shared his knowledge on how to use MS office (PowerPoint Presentation, Excel, Word Programming) and Internet. Dr. CP Kamboj, Professor at Patiala University was an invited speaker and he taught the participants about how to use Punjabi Language in Smart phones.

The relevance of this course was evident by the fact that a number of faculty members also enrolled in the course. These included Dr. Bhupinderpal Singh Bakshi, Dr. Paramjeet Kaur, Dr. Rajwant Singh from SGND Khalsa College and also some teachers of other institutions like Dr. Prithviraj Thapar from Dayal Singh College, Simran Sethi from Ramanujam College, Dr. Amarjeet Kaur from Mata Sundri College along with students of their respective colleges.

Feedback was taken from students at the end of the course. Most students expressed their satisfaction with the usefulness of the course, teachers and teaching methodology. The medium of instruction was Punjabi Language only.

The course was conceptualized and designed by Dr. Vinayneet Kaur, Associate Professor of Punjabi Department. Dr. Barjinder Chauhan, convener of Punjabi Department, and Dr. Jasvinder Kaur Bindra also contributed greatly to the success of the course. Dr. Gurmohinder Singh, Principal and Dr. Neeta Dhingra, Coordinator of IQAC congratulated the organisers and they also gave permission to continue this course in future also.

Specimen of the Certificate:



Short term course on

Holistic Fitness and Wellness learning

Name of Add on /Certificate programs offered	Holistic Fitness and Wellness Learning
Course Code (if any)	N/A
Department/ Society	Department of Physical Education
Year of offering	2020-21
No. of times offered during the same year	1
Duration of course	30 Hours
Start date of course	March 1, 2021
End date of course	April 15, 2021
Number of participants enrolled in the year	103 (35 students from SGND Khalsa College)
Number of participants completing the course	103 (35 students from SGND Khalsa College)
Link to website	https://www.sgndkc.org/sk/documents/uploadedfiles/file20052021080418.pdf

Short Term Online Certificate Course

on

Holistic Fitness and Wellness Learning

a joint initiative of

IQAC and Department of Physical Education



MATA SUNDRI COLLEGE FOR WOMEN

(University of Delhi)

and



SRI GURU NANAK DEV KHALSA COLLEGE

(University of Delhi)

The course has been designed with the aim of Imparing knowledge about Physical Fitness, Personality Grooming and Dietary habits.

Course Duration - 30 Hours

Fees - INR 300

Course Commencement - 01 March,2021

For more information contact

undersigned -

9911186499, 9643465763

Registration Link - <https://forms.gle/CfsdY4i5jjg44WRi7>

Payment link -

[https://www.payumoney.com/paybypayumoney/#/430F0666](https://www.payumoney.com/paybypayumoney/#/430F066648975D1EA0D55F4FE317F30C)

[48975D1EA0D55F4FE317F30C](https://www.payumoney.com/paybypayumoney/#/430F066648975D1EA0D55F4FE317F30C)

MSCW, (DU)

Prof. Harpreet kaur

Principal

.....

MS. Charanjeet kaur

TIC, Phy.Edu. & Sports Sciences

.....

Dr. Lokesh Kumar Gupta,

Coordinator-IQAC

.....

SGNDKC, (DU)

Dr. Gurmohinder Singh

Principal

.....

Dr I. P. SINGH

Convenor, Sports Committee

.....

Dr. Rajwant Singh

TIC, Phy. Edu. & Sports Sciences

.....

Dr. Neeta Dhingra

Coordinator - IQAC



YouTube



The Principal
SGRD Khalsa College
Dev Nagar
New Delhi

15th Feb 2021

Permission Granted
Sum. Card - 41
15/2/21

Sub: Regarding Remission for Short Term Course in
Physical Education & Sports Sciences.

Respected Sir,

This is to bring to your kind notice that the Department of Physical Education & Sports Science is planning to start a Short Term Course (30 hrs) from 24th Feb 2021. Course fee of Rs 300/- (Three Hundred only) will be charged from the participants. Honorarium of Rs 1500/- (one thousand five hundred only) per class will be payable to resource person. We propose to start the course in collaboration with the Department of Physical Education & Sports Science of Mata Surinder College (University of Delhi). The expenditure involved will be shared equally by two colleges.

Kindly grant the remission for the same
Thanks & Regards.

(Dr. I.P. Singh)
Convener Sports Committee

yours faithfully

(Dr. Rajwant Singh)
Asst. Prof. Phy. Educ.
Sports

HOLISTIC FITNESS AND WELLNESS LEARNING
Short Term Online Certificate Course
Course-content

S. No.	Topic	Resources Person	Day & Date	Duration
1.	SCIENCE OF EXERCISE	Dr Sheela K.S.	Monday 01.03.2021	1.5 hrs
2.	INTRODUCTION TO ACTIVE LIFE: FITNESS	Dr Monica Dewan	Wednesday 03.03.2021	1.5 hrs
3.	INTRODUCTION TO ACTIVE LIFE: WELLNESS	Dr Monica Dewan	Thursday 04.03.2021	1.5 hrs
4.	NUTRITION	Dr Vikram singh	Monday 08.03.2021	1.5 hrs
5.	DIET	Dr Vikram singh	Wednesday 10.03.2021	1.5 hrs
6.	DIETARY GIMMICKS AND MYTHS	Dr Vikram singh	Thursday 11.03.2021	1.5 hrs
7.	BEHAVIOUR MODIFICATION	Ms. Shalini Vikrant	Saturday 13.03.2021	1.5 hrs
8.	STRESS MANAGEMENT	Mr Vipin Sareen	Monday 15.03.2021	1.5 hrs
9.	WEIGHT MANAGEMENT & GYM OPERATIONS	Dr Seema Kaushik	Wednesday 17.03.2021	1.5 hrs
10.	SUBSTANCE USE DISORDER	Prof Arvind Malik	Thursday 18.03.2021	1.5 hrs
11.	SOCIAL DEVELOPMENT THROUGH PERSONALITY DEVELOPMENT	Mr Vipin Sareen	Monday 22.03.2021	1.5 hrs
12.	SOCIAL DEVELOPMENT THROUGH COMMUNICATIVE SKILL DEVELOPMENT	Dr Pooja	Wednesday 24.03.2021	1.5 hrs

HOLISTIC FITNESS AND WELLNESS LEARNING

Short Term Online Certificate Course

Course-content

13.	SPRITUAL DEVELOPMENT THROUGH YOGA	Dr Navdeep Joshi	Thursday 25.03.2021	1.5 hrs
14.	YOGA ASANAS	Dr Navdeep Joshi	Monday 29.03.2021	1.5 hrs
15.	MEDITATION	Dr Navdeep Joshi	Wednesday 31.03.2021	1.5 hrs
16.	LIFESTYLE DISEASES	Prof Ajay Malik	Thursday 01.04.2021	1.5 hrs
17.	POSTURE AND CORRECTIVE EXERCISES	Dr Vineet	Monday 05.04.2021	1.5 hrs
18.	FIRST -AID	Dr Somya Vig	Wednesday 07.04.2021	1.5 hrs
19.	SCREENING AND HEALTH EVALUATION	Dr Benu Gupta	Thursday 08.04.2021	1.5 hrs
20.	A-Z TIPS FOR HEALTH AND WELLNESS	Dr Monica Dewan	Monday 12.04.2021	1.5 hrs

Completion Report

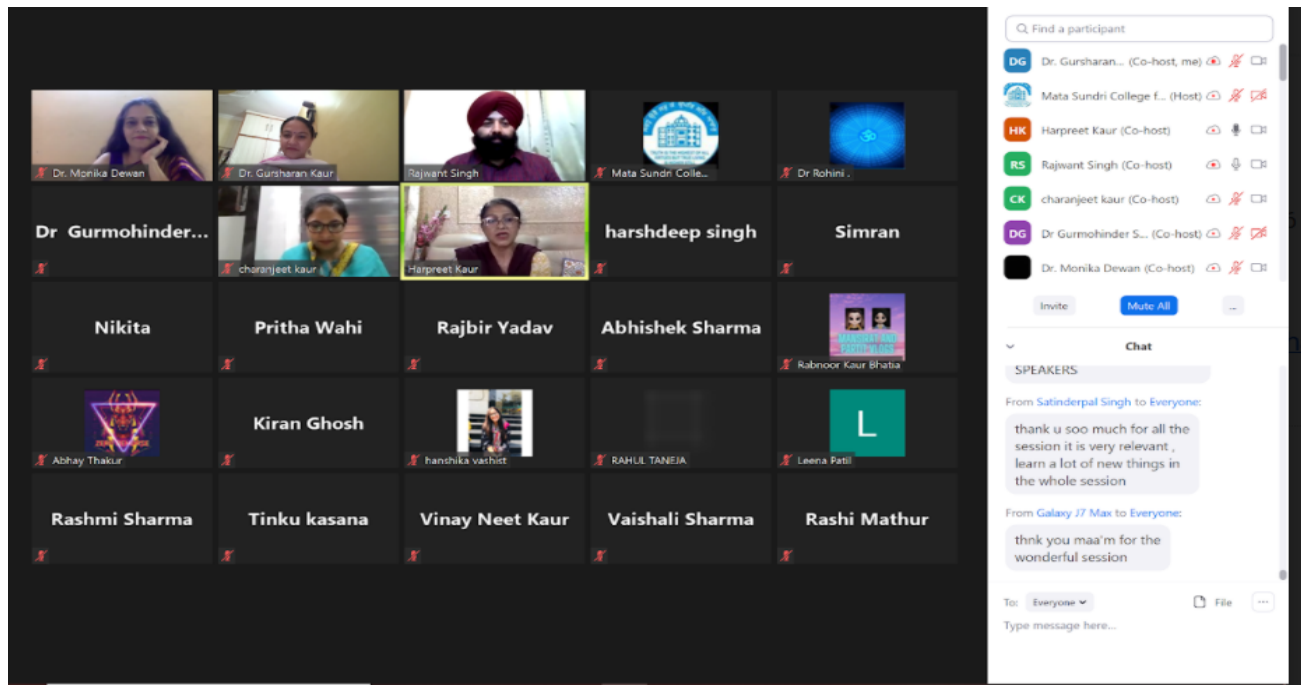
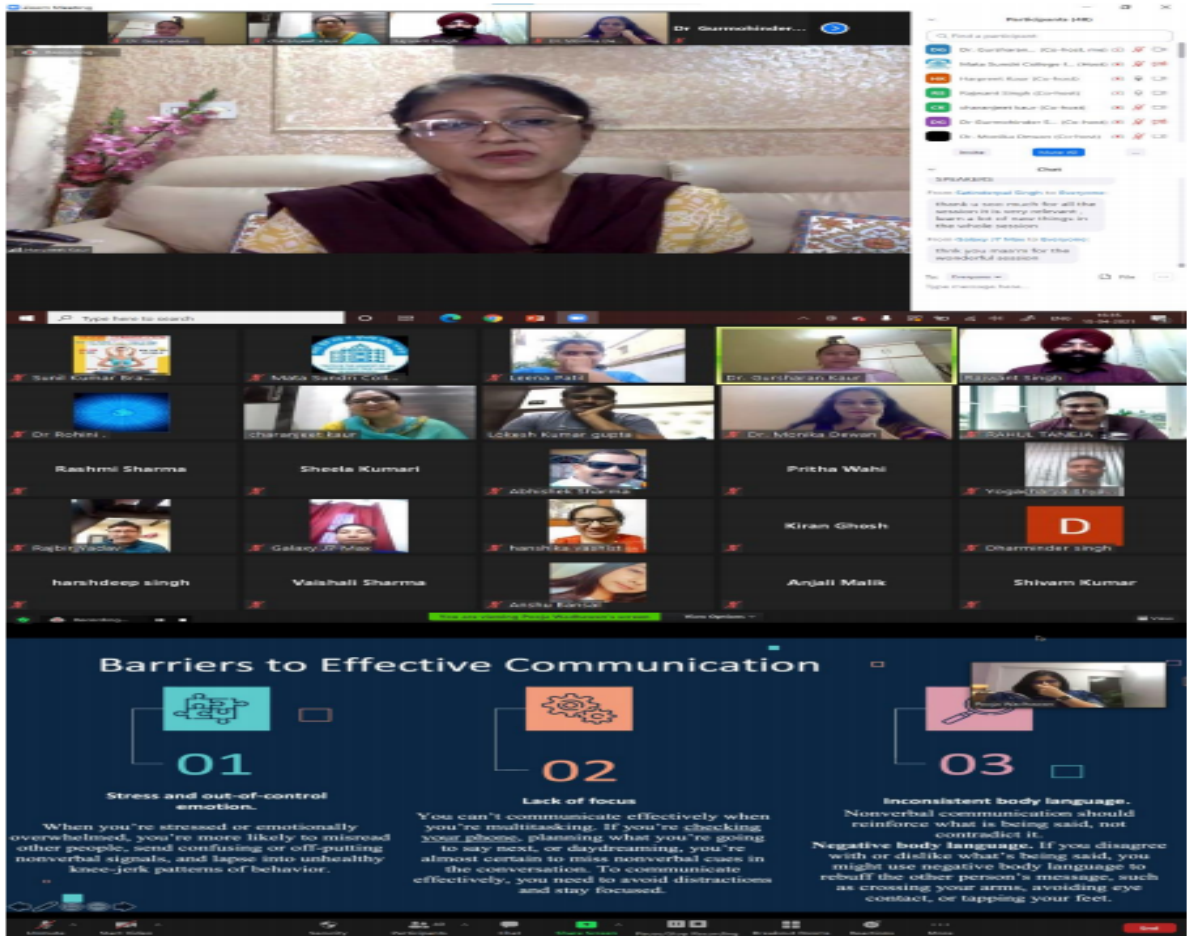
A **Short Term Online Certificate Course on Holistic Fitness and Wellness Learning** was jointly organised by the IQAC and the Department of Physical Education of Mata Sundri College for Women (University of Delhi) and Sri Guru Nanak Dev Khalsa College (University of Delhi).

The honourable **Prof. (Dr.) Harpreet Kaur**- Principal, Mata Sundri College for Women and **Prof. (Dr.) Gurmohinder Singh**- Principal, Sri Guru Nanak Dev Khalsa College were the patrons of this course. **Ms. Charanjeet Kaur**-(TIC, Dept. Phy.Edu. & Sport Science), **Dr. Lokesh Kumar Gupta**- Coordinator (IQAC) and **Dr. Gursharan Kaur**- Assistant Professor (Dept. Phy.Edu. & Sport Science) were the members of organising team of Mata Sundri College for Women. **Dr. I.P. Singh** (Convenor)Sports Committee, **Dr. Rajwant Singh** (Co-convenor) TIC Phy. Edu. & Sports Sciences and **Dr. Neeta Dhingra (Coordinator) IQAC** were the members of the organising committee of Sri Guru Nanak Dev Khalsa College.

The course was conducted with the objective of developing a more balanced lifestyle among the participants : Enhancing the fitness of the complete physical body and emotional health ; Combining methods of stress reduction, diet, traditional exercise, and sleep habits; Embracing the concept of balance between a fit looking exterior and a healthy thriving interior; Blending physical and the mental by addressing every aspect of a healthy lifestyle, including mental health; Redefining fitness and health in making the main goal to consistently improve one's overall well-being for greater health and minimized medical conditions.

The course was 20 day long with total duration of 30 hrs involving 13 eminent speakers. A total of 103 participants registered for the course out of which 97 were active participants. The content of the course included: **science of exercise; introduction to active life: fitness; introduction to active life: wellness; nutrition; diet; dietary gimmicks and myths; weight management & gym operations; behaviour modification; stress management; social development through personality development; social development through communicative skill development; spiritual development through yoga; lifestyle diseases; substance use disorder; posture and corrective exercises; first –aid; screening and health evaluation & a-z tips for health and wellness**. The sessions were conducted on zoom platform on every Monday, Wednesday and Thursday for 1.5 hrs each; commencing from 01-03-2021 till 15-04-2021.

After the course was completed the participants were assessed on the basis of a test of 50 Multiple choice questions based on the content of the course taught. According to their performance respective grades were awarded in their respective certificates. 87% participants performed outstandingly and secured highest grades. Overall, the course received good feedback and the programme was all in all a great success.



Some glimpses from the course

LIST OF PARTICIPANTS:

S.No.	Name of Participant	Email ID	Name of the College	Course & Year
1	Abhishek Sharma	mat19.1344@sgndkc.du.ac.in	Sri Guru Nanak Dev Khalsa College	Bsc Maths hors 4Sem
2	Divya Gupta	divyagupta.a@sgndkc.du.ac.in	SGND Khalsa College	
3	Aditi Gupta	aditigupta1508@gmail.com	Shivaji College	
4	Jasneet Singh	Jasneetsingh007@yahoo.in	SGND KHALSA COLLEGE,DU	BAP 6SEM, 3rd year
5	Abhi	kingabhimelech@gmail.com	SGND KHALSA	2
6	Anshu bansal	anshubansal31120@gmail.com	Mata sundri college	B.A political science Hons
7	Tinku kasana	ktinku.9915@gmail.com	Shri Guru Nanak Dev khalsa college	Bch & 2nd / 4 sem
8	Tushar chawla	tusharchawla05.tc@gmail.com	Sri Guru Nanak Dev Khalsa College	BA Program
9	Rashi Mathur	9arashimathurkvgm@gmail.com	Mata sundri college for women	Bsc.(hons). mathematics/3rd yr
10	Dharminder singh	GARRY3551@GMAIL.COM	Akal college of physical education mastuana sahib	BPE 2 nd
11	Abhay Kumar Thakur	theabhu007@gmail.com	S.G.N.D.KHALSA COLLEGE	BSc.Mathematics(hons)2nd Year
12	Anjali Malik	malikanjali250@gmail.com	Sri Guru Nanak Khalsa College	Bsc Mathematics
13	Jatin Sethi	Jatinsethi09.js@gmail.com	SGND Khalsa College	Hindi hors 2 year
14	Varun Sharma	varunsharma5211@gmail.com	SGND Khalsa College	BA Hindi Hons
15	Rishabh Modi	modirishabh425@gmail.com	SGND Khalsa College	Bsc mathematics hors. And 2nd year
16	Rabnoor Kaur Bhatia	eng19.0535@sgndkc.du.ac.in	Sri Guru Nanak Dev Khalsa College	B.A. Honours English & 2nd year
17	Nikita Rathee	nikirathee24@gmail.com	Sri Guru Nanak Dev Khalsa College	First Year Bcom hond
18	Nidhi kumari	Nidhikr0@ms.du.ac.in	Mata sundri women college	BA-Hindi &2nd year

19	Sheetal	siddharth9910110029@ms.du.ac	Mata sundri college for women	BA pol. Sci. Hon., 2nd year
20	Arpita Singh	arpitas3108@gmail.com	Mata sundri college for women	Bcom honours 2nd year
21	Sheetal	siddharth9910110029@ms.du.ac	Mata sundri college for women	BA. Pol. Sci. Hon., 2nd year
22	Kalpana bisht	kalpanabisht824@gmail.com	Mata sundri college	B.A history honours
23	Sheetal	siddharth9910110029@gmail.com	Mata sundri college for women	BA. Pol. Sci. Hon.
24	Jappreet Singh	eng19.0542@sgndkc.du.ac.in	SGND Khalsa College	Ba English Hons 2nd year
25	Kalpana bisht	kalpanabisht824@gmail.com	Mata sundri college of women	B.A history Hons
26	Satinderpal Singh	Sattidvel007@gmail.com	SGND Khalsa College	Bsc maths hons , 2nd year
27	Teghbeer Singh Lamba	teghbeersingh60@gmail.com	Sri Guru Nanak Dev Khalsa College	Bcom(prog.)1st year
28	Jatin bajaj	Jatinbajaj2002@gmail.com	SGND Khalsa College	B.sc math hons. , 2nd year
29	Abhi tanwar	terabhairaftaar420@gmail.com	Sri Guru Nanak Dev Khalsa College	1st year BA Program eng + eco
30	AARIF MAJEED	bhatarif989@gmail.com	Shri Shivaji college of physical education Amravati	PhD research scholar 2018
31	Kajal kumari	Kajalkumari4122002@gmail.com	SGND khalsa college	Hindi hons & 2nd year
32	Rahul mor	rahulmor373@gmail.com	Sri Guru Nanak Dev khalsa College	Ba program 1st year
33	Sourabh	sourabhd412@gmail.com	Sri Guru Nanak Dev khalsa college	Bachelor of Arts English Hons 2nd Year
34	Shivam Kumar	shivamkalkhandey1234@gmail.com	Sri Guru Nanak Dev Khalsa College	BA (Hons) English , First year
35	Leena Bhimmarao Patil	leenapats@gmail.com	Smt. Mathubai Garware Kanya Mahavidyalaya, Sangli.	Short Term Course

36	shilu Kumari	shilusingh2009@gmail.com	S.D MAHILA MAHA VIDYALAYA HANSI, HISAR	Health and physical Education
37	Dr Rohini Gautam	drrohinigautam@gmail.com	North MCD, Delhi	
38	Anushka Gupta	anushkagupta045@gmail.com	Mata Sundari College For Women	Bcom hons, 1st year
39	Prachi Dhama	prachidhama20jan2001@msdu.ac.in	Mata sundari college for women	BA PROGRAMME
40	Gurdeep singh	9401gurdeepsingh@gmail.com	SGND Khalsa college	Punjabi hons
41	puppy	anjali7838446424@msdu.ac.in	mata sundari college for woman	BA hindi honours
42	Mohini	sisodiamohini9@msdu.ac.in	Mata sundari college of women	B.com h 2nd year
43	Lokesh Dhankhar	ldhankhar75@gmail.com	Lokesh Dhankhar	B.Sc.(Hons.)Mathematics
44	Kiran Ghosh	kiranghosh13@gmail.com	Uttarakhand open university	Final year
45	Harshdeep Singh	harshdeep2712@gmail.com	SGTB KHALSA COLLEGE	B.Com.(H) 2nd year
46	Anuradha jha	anu.radha.keshav@gmail.com	Lady Shri ram College for women	MA polsc (final)
47	Shyamal Debnath	sdnathyog19@gmail.com	Adinath Yog&Naturopathy Fitness And Therapy Institute	D.Y.Ed & 2015
48	Simran kishore	ksimrankishore09@gmail.com	Mata sundari college for women	B.com (prog.) 2 year
49	Neha Hyanki	hyankineha01@gmail.com	Indira Gandhi institute of physical education and sports sciences	Bsc in physical education , 2nd year
50	DUSHYANT YADAV	drd39909@gmail.com	Indira Gandhi institute of physical education and sports sciences	Bsc in pe he and s 2019

51	Hanshika Vashist	vhanshika2024@gmail.com	Mata Sundri College for Women	BSc honors. Computer Science
52	Manjot Singh Nanda	ms028649@gmail.com	SGND Khalsa College	BBE 1 YEAR
53	Aditya Faraswal	adityafaraswal7@gmail.com	SGND Khalsa College	BSc(hons)Mathematics (II year)
54	Ashish Garg	mat19.1369@sgndkc.du.ac.in	SGND Khalsa College	Bsc Maths Hons, 2nd year
55	Akriti tyagi	akritityagibcp@ms.du.ac.in	Mata sundari college for women	Bcom honors
56	RAHUL TANEJA	rahultaneja0909@gmail.com	DPS	N/A
57	Abhay negi	Negiabhay61@gmail.com	SGND Khalsa College	Ba honors 2020
58	Rajbir Yadav	rajyad121997@gmail.com	Self yoga practitioner	
59	Ashneet Kaur Ahuja	ashneetpopstar@gmail.com	SGND Khalsa College	BA English honours 2nd year
60	Pritha Wahi	prithawahi25@gmail.com	Mata Sundri College	Bcom honors 2nd year
61	Archana sharma	Playerarchanasharma@gmail.com	Mata sundri college	Hindi honors 3rd year
62	Aaina Dahiya	dahiyaaina@gmail.com	Mata Sundri College for Women	English Hons 1st year
63	vaishali	vaishali8851sharma@gmail.com	Mata sundri college	history hon/2nd year
64	Aditi Sharma	sfs.aditi@gmail.com	Mata Sundri College	Bcom Hons./ 2020
65	Anshu Bandana	anshusinghrajput3331@ms.du.ac.in	Mata sundri college	B.A (1st year)
66	Priyanka negi	priyankasbh2001@gmail.com	Mata sundri college for women Delhi University	B.com honours
67	Inderpreet Singh	inderpreet.singh@sgndkc.du.ac.in	SGND Khalsa College	
68	Arshdeep Singh Sidhu	arshsidhu87@gmail.com	SGND Khalsa College	BA political science
69	Chiranshu JAIN	chiranshujain3@gmail.com	SRI GURU NANAK DEV KHALSA COLLEGE	BA PROGRAMME &3
70	Anju	ac8743073@gmail.com	Mata sundri college for women	B.A History(H) & 3rd year
71	Simran	sunitadhk68@ms.du.ac.in	Mata sundari college for women	ENGLISH HONS

72	Sakshi mishra	20502442sakshimishra@lb.du.ac.in	Lakshmbai college	B. A. Program &1st year
73	Amrinder kaur	Amrinderkaur.a@sgndkc.du.ac.in	SGND Khalsa College	
74	Rashmi Sharma	rashmisharma2kin8@gmail.com	Mata Sunderi College	Online certification course, 2021
75	Krishnam Malhotra	mat19.1361@sgndkc.du.ac.in	Sri Guru Nanak Dev Khalsa College	Bsc (hons) Mathematics 2 year
76	Sirjan paul singh	sirjanpaulsingh.a@sgndkc.du.ac.in	Sgnd khalsa college	
77	Kamal Gambhir	gambhirkamal@gmail.com	Lilawati Vidya Mandir	N/A
78	DR. RAM JI MISHRA	ramjimishra24071981@gmail.com	UNIVERSITY OF PATANJALI HARIDWAR UTTARAKAND	HOLISTIC FITNESS AND WELLNESS LEARNING 2021
79	Jasmeet kaur	jasminekaurmokha@gmail.com	Airforce school	Holistic fitness and wellness learning
80	Lakshit Shah	lakshitshah17@gmail.com	Rajdhani College	B.Com.(Hons.)
81	Adarsh Shukla	shuklaadarsh760@gmail.com	S. G. N. D khalsa college	B A [program] 3rd Year
82	Dr.Ganesh Narayanrao Kadam	dr.kadamganesh@gmail.com	College Of Agriculture Naigaon Bz. Distic NANDED	
83	Ankit Dahiya	ankitdahiya00982@gmail.com	Ankit Dahiya	Holistic fitness and wellnes course 2021
84	Abhishek Rathi	Mat19.1358@sgndkc.com	Sri guru nanak dev khalsa college	Bsc hons Mathematics
85	SAJID KHAN	sajidalwar301001@gamil.com	SGND KHALSA UNIVERSITY OF DLEHI	B.A PROGRAMME
86	Vinay Neet Kaur	vinayneet.kaur@sgnd.du.ac.c	Sri Guru Nanak Dev Khalsa College	
87	Sunil Kumar Bramhe	skbramhe9981@gmail.com	Patanjali Yogpeeth	
88	Moni Goyal	smonigoyal@gmail.com	Medical University Bhopal	
89	Dr.Jagjeet Kaur	drjagjeetkaur@gmail.com	SGND khalsa college	
90	Sukhvinder Kaur	Sukhvinder1408@gmail.com	Sri Guru Nanak Dev Khalsa College	

91	Ningthoujam Jeny	jeny.ningthoujam@gmail.com	NDMC School Navyug school sarogini nagar	2years
92	Himanshu Foujdar	Himanshufoujdar015@gmail.com	Academy of sports science research and management	B.Sc.(Hons.) sports science 2nd year
93	Dr Somanpreet Singh	drsoman1212@gmail.com	Central University of Kashmir	STC- Holistic Fitness & Wellness Learning, 2021
94	Sudhir Kumar	sk03sudhirkumar@gmail.com	Midfields Sr. Sec. School	PGT Physical Education
95	Surbaani Kaur	bap19.2272@sgndkc.du.ac.in	Sri Guru Nanak Dev Khalsa College	BAP 2nd Year
96	KARTIKA KANOJIA	kartikakanojia@gmail.com	Govt coed sss Lajpat Nagar	
97	Shivam choudhary	sc74944@gmail.com	Venketeshwara	Ba Sanskrit honours (first year)
98	Amandeep Kaur	amandeep0892@rediffmail.com	Delhi Pharmaceutical Science and Research University	B.Sc.(H) Sports Science and 2021
99	Dr.gagandeep kaur	kaurbakshi92@gmail.com	Delhi pharmaceutical university department of sports science	B.sc sports science 2021
100	Dr. Bineet Kaur	drbineetkaur@gmail.com	SGND KHALSA COLLEGE	
101	Manjit Singh	msjattri@gmail.com	IGNOU	MPS, 2 YEAR
102	Aman dagar	mat19.1365@sgndkc.du.ac.in	Sgnd khalsa College	Bsc. Maths(hons.) 2year
103	Ankur Kundliwal	Ankurkundliwal@gmail.com	J R INTERNATIONAL PUBLIC school	2021

Specimen of Certificate:

**IQAC AND DEPARTMENT OF PHYSICAL EDUCATION
OF
MATA SUNDRI COLLEGE FOR WOMEN
(UNIVERSITY OF DELHI)
&
SRI GURU NANAK DEV KHALSA COLLEGE
(UNIVERSITY OF DELHI)**



CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT

of

**SUCCESSFULLY COMPLETED THE 30hrs
ONLINE SHORT-TERM CERTIFICATE COURSE:
HOLISTIC FITNESS AND WELLNESS LEARNING
FROM 01 MARCH TO 15 APRIL 20201
AND OBTAINED A GRADE -**

PROF. (DR.) GURMOHINDER SINGH OFTG, PRINCIPAL, SGNDKC	DR. NEETA DHINGRA CONVENOR IQAC, SGNDKC	DR. INDERPREET SINGH CONVENOR SPORTS, SGNDKC	DR. RAJWANT SINGH TEACHER IN-CHARGE, SGNDKC	MS. CHARANJEET KAUR TEACHER IN-CHARGE, MSCW	DR. LOKESH KUMAR GUPTA CONVENOR IQAC, MSCW	PROF. HARPREET KAUR PRINCIPAL, MSCW
---	---	--	---	---	--	---

Short term course on

Mindfulness and Human values

Name of Add on /Certificate programs offered	Mindfulness and Human Values
Course Code (if any)	N/A
Department/ Society	Bisman society
Year of offering	2020-21
No. of times offered during the same year	1
Duration of course	35 Hours
Start date of course	February 20, 2021
End date of course	March 12, 2021
Number of students enrolled in the year	28 (26 students from SGND Khalsa College)
Number of students completing the course in the year	28 (26 students from SGND Khalsa College)
Link to website	https://www.sgndkc.org/sk/documents/uploadedfiles/file03092021020653.pdf



SRI GURU NANAK DEV KHALSA COLLEGE
(University of Delhi)



BISMAN
CENTRE FOR HUMAN VALUES

30-Hours Certificate Course
Mindfulness and Human Values
Timings: 3 pm onwards

Details of the Sessions:

<i>20th February 2021</i>	<i>Guru Nanak's Tenets and their Relevance Today</i>
<i>22nd February 2021</i>	<i>Communication Skills</i>
<i>23rd February 2021</i>	<i>Professional Ethics</i>
<i>26th February 2021</i>	<i>Concept of Sewa and its Importance</i>
<i>1st March 2021</i>	<i>Visit to Gurdwara Bangla Sahib</i>
<i>2nd March 2021</i>	<i>Problem Solving</i>
<i>5th March 2021</i>	<i>Indian Thinkers</i>
<i>8th March 2021</i>	<i>Meditation and Prayer</i>
<i>9th March 2021</i>	<i>Movie Screening Followed by Discussion</i>
<i>11th March 2021</i>	<i>Mind Management</i>
<i>12th March 2021</i>	<i>Quiz and Valedictory</i>

Dr. Gurmohinder Singh
Patron and Principal
SGND Khalsa College

Dr. Bhagwant Kour
(Convenor)

For more details contact Student Representatives:
Gurpal Kaur (9650653526)
Taranjeet Singh (8853776789).

Completion Reports

Guru Nanak's Tenets and their Relevance Today

by Dr. Bhagwant Kaur

Bisman the Centre of human values inaugurated its first session on guru nanak's Dev Ji's teachings. The session of Guru Nanak's tenants and its relevance today was held on February 20 2021 at 3 pm via online mode. The session was mainly based on the 2 topics i.e., mindfulness and the relevance of Guru Nanak dev jis teaching in today's time and how we can incorporate those teachings in our life. The session began with a welcome note by the student coordinators Gurpal and taranjeet. Then, the principal of our college Dr. Gurmohinder Singh also congratulated the society for conducting the events. Followed up by an enlightening session by the speaker, Dr. Bhagwant Kaur.

Dr. Bhagwant Kaur 1st talked about the concept of mindfulness as the mind is our valuable source so We should experience every single moment of our life. She then talked about how to live in present and let go of our past and future. She then beautifully explained the meaning and the importance of our college prayer in our lives as most of the students of our college don't know about it. She then made every student write about the teachings of Guru Nanak Dev Ji which they know or from which they aspire a lot. This exercise was followed up by a fruitful discussion in which students actively participated. At the end of the program, Dr. Bhagwant Kaur discussed the context of mindfulness and we have to be mindful and enjoy each thing we are doing. She concludes her talk by saying that if we start loving our work then we would never go to another application.

A session on communication skills

by Ms Nidhi Verma

Bisman the centre of human values conducted a session regarding communication skills on 22nd February 2021 as a part of its 30 hour certificate course on mindfulness and human values. Ms Nidhi Verma initiated a very interactive and comical session along with precised powerpoint presentation. She begin with talking about kinetics , importance of body language , contact and postures and continued talking about how body language projects your image. Also, used the example of metro to discuss about proxemics. Nidhi ma'am then talked about Chronemics. And how we can communicate through our attitude towards time . Time is an important aspect in education and relationships. The major portion of the session talked about regularly spending 30 minutes of your time with yourself so , it's okay to be selfish and spend time with yourself. Next, we talked about Silence , a major form of communication as actions speaks Louder Than words. Later in session we discussed about the three Q's IQ i.e intelligence quotient and EQ emotional quotient and SQ The Spiritual quotient .We talked about how it is really difficult to nurture the emotional quotient in us. The major take away note from the session was the SEVEN E'S of emotional health. Ma'am used various movie quotes and real life examples in order to make us understand the value of communication in our life. The session was highly interactive and and we will try to inculcate the values taught to us in session and hopefully from now on confidence will be our attire.

Problem Solving Session

by Dr. ABHISHEK SHARMA

Sri Guru Nanak Dev Khalsa College, University of Delhi, Society of BISMAN course was started three years ago by Dr. Bhagwant Kour. This year, the course is about 'Mindfulness and Human Values' and it is a 30-Hour certificate course. It commenced on 20th February 2021. The Problem Solving session was held on 2nd March by Dr. Abhishek Sharma on Google Meet, 3:00pm onwards. Dr. Abhishek Sharma is a faculty member of the English department at SGND Khalsa College. The session was attended by a large number of students and Faculty members.

The welcome note was conveyed by Dr. Bhagwant Kaur

Dr. Abhishek Sharma, started the session by explaining 'why do we need a problem-solving mind?'. He explained that there are two ways to solve a problem. Greek Civilisation and Egyptian Civilisation. In Greek Civilisation, the problem needs to be solved immediately and in Egyptian Civilisation, the problem is eternal, it will always remain there, there wouldn't be any solution for the problem. He familiarised us with a quote by Albert Einstein - "If I had an hour to solve a problem, I'd spend 55 minutes thinking about the problem and 5 minutes thinking about the solutions." which means that it's more important to spend time on the problem than its solutions. He says that a problem necessarily must have a cause and a solution to it. It doesn't exist without them both. He gave us an example of a chair and explained us what is the positive attitude to approach the problem. At the end, He taught us that it's important to ask a question to ourselves until we reach the real cause of it.

The session ended with a Q&A session with Dr. Abhishek, who answered all our questions and doubts. It was an interactive session. In the end, we learnt about - AQ: A skill common to both the domains like Critical thinking, Creative thinking, and Strategic thinking and decision making and how to approach a problem. A note of thanks was given by Dr. Bhagwant kour and Ms.Nidhi Verma.

Session on Movie Discussion

The BISMAN society of Sri Guru Nanak Dev Khalsa College, University of Delhi organised a movie discussion session of "Wonder". The session was held on 9th March, 2021 over an online video calling application, Google Meet and witnessed participation from both students and faculty. The session commenced with Dr. Bhagwant Kaur, the Convener of BISMAN, briefing the students about the purpose of the session and genre of the movie. 'Wonder' tells a story of a boy named August/ 'Auggie' (Jacob Tremblay), who was born with Treacher Collins syndrome; he has gone through 27 surgeries since birth. After years of home-schooling, Auggie is sent to a regular school by his Mom (Julia Roberts), against Auggie's Dad's (Owen Wilson) wishes. Auggie faces all types of problems that an individual experiences among a group of similar-looking people - being stared/frowned at, being accepted with doubts and suspicions, and also being bullied. However, Auggie is a tough-minded and intelligent person, and finally manages to gain genuine acceptance by most of his schoolmates and other people in the community. 'Wonder' is a simple, heartwarming and overall winsome drama with a lot of heart. It rightly delivers the message of kindness, forgiveness and the importance of self-love, which makes it a wholesome family entertainer. Movie screening was followed by a short discussion. Students and teachers were requested by Dr. Bhagwant Kaur to reflect upon the key takeaways from the movie and share them with everyone in the meeting. 'Wonder' was an eye-opener and actually made everyone wonder if they were facing the challenges put forward by life and not simply giving

up. The session inculcated an optimistic way of viewing hardships of life and was concluded on an extremely positive note with Dr. Bhagwant Kaur's closing remarks.

Session - Concept of Seva and its Importance

by Dr. Ishmeet Kaur and Ms. Sukhvinder Kaur

The BISMAN society of Sri Guru Nanak Dev Khalsa College, University of Delhi organised a session on the topic "Concept Of Seva and its Importance". The session was held on 15th March, 2021 over an online video calling application, Google Meet - with all smiles and enthusiasm beaming from behind the screens - and witnessed participation from both students and faculty members.

The event commenced with an introductory speech by Dr. Bhagwant Kaur, the Convener of BISMAN, wherein she mainly briefed the students about the topic and indulged with them in a discussion. The Guest Speaker for the event was Dr. Ishmeet Kaur Chaudhary from Gujarat University. Prof Ishmeet enlightened the participants with her views on the topic using certain real life examples which made all attendees remain active throughout the session. "An infant crying immediately after birth is a sign of the need for communication", said Dr. Ishmeet, thereby emphasising on the need to communicate well. She very well explained the meaning of "seva" in its true essence - in a broader aspect - highlighting the importance of "kirt karo", i.e., it is crucial to perform one's daily duties with a pure heart and accept the result as the mercy of Almighty. "Work is worship", said Dr. Nidhi Verma, a faculty member at Sri Guru Nanak Dev Khalsa College which helped the students further to understand the importance of fulfilling one's duties. Some other values taught by Dr. Ishmeet in this session were honesty and truthfulness, she also familiarised the students with the concept of "daswant". She concluded by answering some of the questions raised by the students. Following this, Dr. Sukhvinder Kaur, a faculty at Sri Guru Nanak Dev Khalsa college displayed a powerpoint presentation and taught the students about the meaning and importance of 'Selfless Service' which constitutes a vital part of "seva". She discussed the three ways of performing seva, i.e. through 'tan', 'man' and 'dhan'.

Session was quite interactive and both students and teachers indulged in a healthy discussion for over three hours. The program concluded with closing remarks and vote of thanks by Dr. Bhagwant Kaur.

A session on Professional Ethics

by Dr. Gita Lakhanpal

The BISMAN society of Sri Guru Nanak Dev Khalsa College, University of Delhi organised a session on " Professional Ethics ". It was held on 23 February, 2021 at 3:30 p.m. via Google Meet. Dr. Gita Lakhanpal, who is an assistant professor in Sri Guru Nanak Dev Khalsa College itself, was the resource person who guided the students regarding their skills that are required to excel in professional career. The session was attended by a large number of students and faculty members.

The session began with a welcome note by Dr. Bhagwant Kaur, followed by an enlightening session by the speaker.

Dr. Gita Lakhanpal talked about various ethical questions, which people face during their everyday lives. She first discussed about the meaning of ethics which is not only limited to the concept of moral values, but more than that, i.e. to be respectful, courteous, punctual, cooperative, trustworthy, compassionate and so on. She also talked about the importance of ethics in our day to day lives. She discussed the ways of looking at ethics in respect of discipline, moral guidelines and framework. Moreover, there were some activities conducted by her, during the break time, to make the session interactive. If we conclude, by the end of the session, we would have learnt the difference between profession and career, what is ethics and its importance, difference between personal and professional ethics, how to imbibe ethical values and process of making ethical decisions. Moreover, there was a wonderful case study given by her as an assignment.

The session ended with an interactive Q&A part in which Dr. Gita Lakhanpal took pains to address every query posed by the students. The popularity of the session can be gauged by the fact that it went on for over three hours. The programme was brought to a close with a vote of thanks by Dr. Bhagwant Kaur and Nidhi Verma.

Session on Indian Thinkers

by Mr. Gopal Krishan Arora

Bisman the centre of human values organised it's another session on 'Indian Thinkers' under the 30 hour life course on mindfulness and human values. The session on Indian thinkers was held on 5th March 2021, based on the Indian philosophers thinking on the concept of mindfulness and human values. The session began with a welcome note by Dr. Bhagwant Kaur, followed up by an enlightening session by speaker, Mr. Gopal Krishan Arora. He is an associate professor at Sri Guru Nanak Dev Khalsa College and also a secretary of the Indian Council for International Corporation and is the vice-president of Bhartiya Vidya Salahkar Samiti. Mr. Gopal Krishan Arora began his talk by giving an overview of what is nature and the power of our mind and further adds that mind and human values are interrelated to each other. He quotes a statement ' I doubt, therefore, I think, I think, therefore, I am, this is known as the Mind-body Dualism. To make the concept of 'mindfulness' clearer he quoted various famous authors and texts like Sigmund Freud, Paradise Lost, Arthur Koestler, and Mahabharata. He further talks about the concept of 'Placebo' which doesn't have real medicine or real substance as the power of the mind is used for the treatment. It was an enlightening session on the nature of thought and emotions like contentment, desire, commitment, and other core human values. The session was brought to a close with a vote of thanks by Nidhi Verma.

Session on Meditation and Prayer

by Brahma Kumaris

The BISMAM society of Sri Guru Nanak Dev Khalsa College, University of Delhi organised a session on "Meditation and Prayer". It was held on 8 march 2021 at 3:30 PM via Google meet. Sister Brahma kumaris are the part of spiritual movement who guided the student regarding the importance of meditation and prayers in our life. This session was attended by a large number of students and faculty members. The session began with a welcome note by Mrs. Nidhi Verma, followed by an enlightening session by the speaker.

Sister Brahma kumaris began the session with the meditation along with playing a religious song. She first talked about the importance of meditation, discussing its benefits as well. She then discussed about the types of thoughts that run in our minds every second i.e., Positive thoughts, negative thoughts, waste thoughts and necessary thoughts. Further, the affects of thoughts on reality were discussed, discussion regarding yoga took place, also the comparison between the soul and body was made during the session. Moreover, the session was conducted peacefully and the practice of meditation was also conducted by sister during the session.

The session ended with practice of meditation and sister also took pains to address queries posed by the student. The session was very interesting that the session went over in two hours. The programme was brought to a close with a vote of thanks by Dr. Bhagwant kaur and Gurpal.

Session on Mind Management

A session on Mind Management was conducted by Bisman Centre For Human Values on 17th March at 5:30 pm as a part of its 30 Hour Certificate course on Mindfulness and Human Values.

The session began by some introductory videos on Mindfulness shown by Dr. Bhagwant Kaur.

After that, Miss Neha Saini who is associated with the Art of Living Foundation joined the session who told us how this course helps you by targeting your specific nerves helping with your personal growth. Ms. Meena Dham was welcomed by Dr. Sukhvinder Kaur with her insightful words and telling us about the Art Of Living Foundation founded by Shri Shri Ravishankar Ji.

Ms. Meena Dham began her session by introducing us to Brain Yoga and how one could calm oneself down and relax the mind shaking our hand, our head.

Releasing our stress by massaging, putting pressure on specific points which help us relax and also used various examples to teach us about self- love. Dealing with pressure, multiple thoughts through, Narishodhan.

Narrated the story teaching us about importance to have clarity of thoughts and for that how to control our thoughts. Mastering our breath to control our brain with Pranayam, Yoga which helps our decision-making power.

At the end participants asked questions to Ms. Meena Dham about any problems or advice they would like for better mind management.

The session ended with golden advice by Ms. Meena Dham about how important it is to give time to yourself as you yourself is the most important person and rest all is just part of your life.

The session was concluded by Ms. Nidhi Verma by thanking Ms. Meena Dham on behalf of everyone for giving us the time and a new experience and knowledge that we gained from the session.

Doing BRAIN YOGA daily and by smiling even in your difficult situations could actually give us an invisible power as taught by Ms. Meena Dham.

LIST OF STUDENTS GIVEN CERTIFICATE ON COMPLETING THE COURSE

S.No	Name of the student	Programme	Institution	E mail Address
1	Urvashi Rawal	B.Com (Prog)	SGND Khalsa College	urvashirawal281@gmail.com
2	Kimaya Sharma	Grade 9, PSN	Pathways School, Noida	kimaya.sharma@pathways.in
3	Amanpreet Singh	B.Com (Prog)	SGND Khalsa College	chawlamani43@gmail.com
4	Ajeet Singh	B.Com (Prog)	SGND Khalsa College	ajeetsinghgumber123@gmail.com
5	Prerna Bansal	B.A. (H) English	SGND Khalsa College	eng18.0553@sgndkc.du.ac.in
6	Amandeep kaur	Punjabi Hons	SGND Khalsa College	amankaur11730@gmail.com
7	Kashish Chawla	B.Com (Prog)	SGND Khalsa College	bcp18.3076@sgndkc.du.ac.in
8	Palak Tagra	B.A. Programme	SGND Khalsa College	palaktagra3@gmail.com
9	Manpreet Kaur	B.Com (Prog)	SGND Khalsa College	bcp18.3027@sgndkc.du.ac.in
10	Gurpal Kaur	B.A. (H) English	SGND Khalsa College	eng18.0535@sgndkc.du.ac.in
11	Ashpreet kaur	B.A. Programme	SGND Khalsa College	ashpreet612@gmail.com
12	Divya Chopra	B.A. (H) English	School of Open Learning, DU	divyachopra2000@gmail.com
13	Inderdeep kaur	B.A. (H) English	SGND Khalsa College	eng18.0529@sgndkc.du.ac.in
14	Kajal	B.Com (Prog)	SGND Khalsa College	bcp18.3060@sgndkc.du.ac.in
15	Baljeet Singh	B.Com (Prog)	SGND Khalsa College	baljeetsingh1599@gmail.com
16	Parmeet Singh	B.Com (Prog)	SGND Khalsa College	parmeetsingh6530@gmail.com
17	Raunak Soni	B. Com (H)	SGND Khalsa College	bch19.0151@sgndkc.du.ac.in
18	Ravneek Kaur	B. Com (H)	SGND Khalsa College	bch19.0145@sgndkc.du.ac.in

19	Taranjeet Singh	B.Com (Prog)	SGND Khalsa College	taranjeet3132@gmail.com
20	Tisha Gupta	B.A. Programme	SGND Khalsa College	tishag711@gmail.com
21	Taranjeet Kaur	B.A. Programme	SGND Khalsa College	bap19.2237@sgndkc.du.ac.in
22	Tarandeep Singh Bagga	B.Com (Prog)	SGND Khalsa College	bagga.tarandeep@gmail.com
23	Charu Kaur Arora	B.A. (H) Pol Science	SGND Khalsa College	charuarora0310@gmail.com
24	Harshpreet Kaur Bagga	B.A. (H) English	SGND Khalsa College	preetkaurharsh13@gmail.com
25	Sachleen Kaur	B.A. (H) Business Eco.	SGND Khalsa College	sachleeny.29@gmail.com
26	Ramneen Rajpal	B.A. (H) Pol Science	SGND Khalsa College	ramneenrajpal01@gmail.com
27	Ansh Narang	B.Com (Prog)	SGND Khalsa College	Anshnarang13@gmail.com
28	Keerat Kaur Arora	B.A. (H) English	SGND Khalsa College	keeratarora29@gmail.com

Some glimpses of the programme



Visit to Gurudwara

Specimen of Certificate

