



GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II

Capacity building and skills enhancement initiatives: Life Skills

(Yoga, physical fitness, health and hygiene)

Session: 2020-2021

Sr.no	Name of the Programme	Date	Number of Students Enrolled	Host Department
1	Time management skills	10-11-2020	177	Department of History
2	Lecture on Nutrition and Health Awareness	18-03-2021	33	Mrs. Shaguna Singla, Vocational Lecturer in Food Preservation Govt. Girls Sen. Sec. School, Mansa.
3	Drafting & Construction workshop	17/09/2020 to 18/09/2020	78	Ms. Neelam Rani, Assistant Professor, Department of Fashion Technology and HomeScience, Guru Nanak College, Budhlada, District Mansa (Punjab)
4	Fashion Illustration	02-11-2020 to 04-11-2020	68	Department of fashion Technology
5	Value Addition of Tomato and Amla	17-02-2021	24	Department of Agriculture
6	Online Lecture on Corona	18 feb ,2021	42	Department of Hindi
7	Health and Hygiene During Covid-19	6 Aug ,2020	16	Department of Food Processing



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NAAC - SSR - Cycle - II

Activity No. 1

Capacity Building Programme

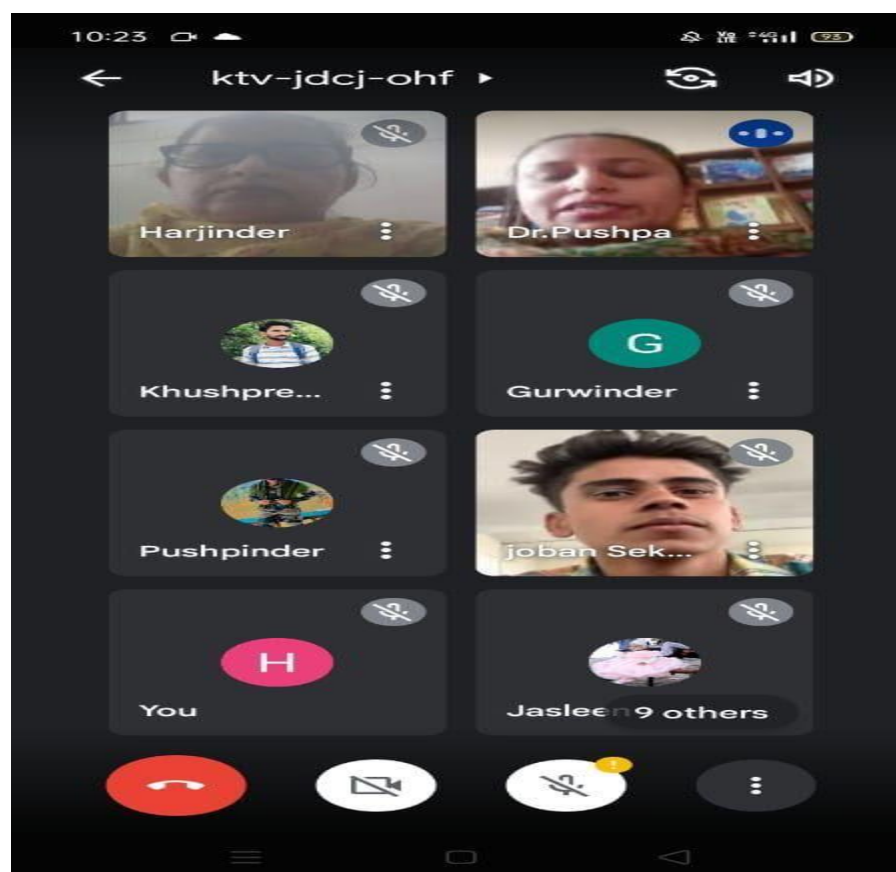
Topic: Time management skills

Date: 10 Nov, 2020

Resource person: Dr. Harjinder kaur Department of History

Guru Nanak College Budhlada

Participant: 177



Description

Time is a limited resource. Once it's gone, it's gone. We can't turn back time or make more time. To make the most of the time we have, we need to manage it effectively so we can do more of what matters in our personal and professional life.

Top 20 Time Management Tips to know about We all know that time management is the key to success but managing time is not as simple as it seems. There are hundreds of tips available that are neither realistic nor applicable. Do not worry because these Top 20 Time Management Tips will not only make it easier for you to manage time but also you will notice an improvement in your schedule.



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NAAC - SSR - Cycle - II

BA-III Session 2020-21 Subject: History			
Sr.No	ROLL NO	STUDENT NAME	Student Signature
1	4000	Amrit Singh	
2	4001	Hardeep Singh	
3	4002	Hardeep Singh	
4	4003	Hardeep Singh	
5	4004	Hardeep Singh	
6	4005	Hardeep Singh	
7	4006	Hardeep Singh	
8	4007	Hardeep Singh	
9	4008	Hardeep Singh	
10	4009	Hardeep Singh	
11	4010	Hardeep Singh	
12	4011	Hardeep Singh	
13	4012	Hardeep Singh	
14	4013	Hardeep Singh	
15	4014	Hardeep Singh	
16	4015	Hardeep Singh	
17	4016	Hardeep Singh	
18	4017	Hardeep Singh	
19	4018	Hardeep Singh	
20	4019	Hardeep Singh	
21	4020	Hardeep Singh	
22	4021	Hardeep Singh	
23	4022	Hardeep Singh	
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35	4034	Hardeep Singh	
36	4035	Hardeep Singh	
37	4036	Hardeep Singh	
38	4037	Hardeep Singh	
39	4038	Hardeep Singh	
40	4039	Hardeep Singh	
41	4040	Hardeep Singh	
42	4041	Hardeep Singh	
43	4042	Hardeep Singh	
44	4043	Hardeep Singh	
45	4044	Hardeep Singh	
46	4045	Hardeep Singh	
47	4046	Hardeep Singh	
48	4047	Hardeep Singh	
49	4048	Hardeep Singh	
50	4049	Hardeep Singh	
51	4050	Hardeep Singh	
52	4051	Hardeep Singh	
53	4052	Hardeep Singh	

Stamp
Dept. Of History
Guru Nanak College
Budhlada (Haryana)

BA-III Session 2020-21 Subject: History			
Sr.No	ROLL NO	STUDENT NAME	Student Signature
54	4053	Hardeep Singh	
55	4054	Hardeep Singh	
56	4055	Hardeep Singh	
57	4056	Hardeep Singh	
58	4057	Hardeep Singh	
59	4058	Hardeep Singh	
60	4059	Hardeep Singh	
61	4060	Hardeep Singh	
62	4061	Hardeep Singh	
63	4062	Hardeep Singh	
64	4063	Hardeep Singh	
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67	4066	Hardeep Singh	
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69	4068	Hardeep Singh	
70	4069	Hardeep Singh	
71	4070	Hardeep Singh	
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93	4092	Hardeep Singh	
94	4093	Hardeep Singh	
95	4094	Hardeep Singh	
96	4095	Hardeep Singh	
97	4096	Hardeep Singh	
98	4097	Hardeep Singh	
99	4098	Hardeep Singh	
100	4099	Hardeep Singh	
101	4100	Hardeep Singh	
102	4101	Hardeep Singh	

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BA-III Session 2020-21 Subject: History			
Sr.No	ROLL NO	STUDENT NAME	Student Signature
103	4318	Hardeep Singh	
104	4319	Hardeep Singh	
105	4320	Hardeep Singh	
106	4321	Hardeep Singh	
107	4322	Hardeep Singh	
108	4323	Hardeep Singh	
109	4324	Hardeep Singh	
110	4325	Hardeep Singh	
111	4326	Hardeep Singh	
112	4327	Hardeep Singh	
113	4328	Hardeep Singh	
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116	4331	Hardeep Singh	
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123	4338	Hardeep Singh	
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125	4340	Hardeep Singh	
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131	4346	Hardeep Singh	
132	4347	Hardeep Singh	
133	4348	Hardeep Singh	
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139	4354	Hardeep Singh	
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143	4358	Hardeep Singh	
144	4359	Hardeep Singh	
145	4360	Hardeep Singh	
146	4361	Hardeep Singh	
147	4362	Hardeep Singh	
148	4363	Hardeep Singh	
149	4364	Hardeep Singh	
150	4365	Hardeep Singh	
151	4366	Hardeep Singh	
152	4367	Hardeep Singh	
153	4368	Hardeep Singh	

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BA-III Session 2020-21 Subject: History			
Sr.No	ROLL NO	STUDENT NAME	Student Signature
154	4369	Hardeep Singh	
155	4370	Hardeep Singh	
156	4371	Hardeep Singh	
157	4372	Hardeep Singh	
158	4373	Hardeep Singh	
159	4374	Hardeep Singh	
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161	4376	Hardeep Singh	
162	4377	Hardeep Singh	
163	4378	Hardeep Singh	
164	4379	Hardeep Singh	
165	4380	Hardeep Singh	
166	4381	Hardeep Singh	
167	4382	Hardeep Singh	
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169	4384	Hardeep Singh	
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173	4388	Hardeep Singh	
174	4389	Hardeep Singh	
175	4390	Hardeep Singh	
176	4391	Hardeep Singh	
177	4392	Hardeep Singh	

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Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II

Activity no. 2

Topic: Lecture on Nutrition and Health Awareness

Organized by Department of Food Processing

Date: 18th March 2021

Name of Guest: Mrs. Shaguna Singla

Designation: Vocational Lecturer in Food Preservation Govt.

Girls Sen. Sec. School, Mansa.

Description: Lecture on Nutrition and Health Awareness was organized by Department of Food Processing. Students actively took part in this event and came to know about the health benefits of different food products like cereals, fruits and vegetables, pulses, legumes, dairy products and many more. Students also learn about the importance of balanced diet in growing stages of children.

No. of students Participated: 33

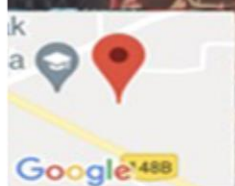




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NAAC - SSR - Cycle - II



Budhlada, Punjab, India
WHM9+4JR, budhlada, Punjab 151502, India
Lat 29.9343342°
Long 75.7464588°
18/3/21 10:2 AM



Guru Nanak College, Budhlada

Affiliated to Punjabi University, Patiala
NAAC ACCREDITED 'A' GRADE
Selected under 'star College Scheme' DBT, GOI
(Under the Management of S.G.P.C. Sri Amritsar Sahib)

LECTURE
on
Nutrition and Health Awareness
organizing by
Department of Food Processing

Timing: 11:00 AM – 12:00 PM

Date:
18th March, 2021

Co-Convener
Ms. Jaspreet Kaur
(Assistant Professor)

Convener
Dr. Sangeeta
(Head and Assistant Professor
Food Processing Department)

Chief Patron
Dr. Kuldeep Singh Bal
(Principal)



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Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II

Activity No. 3

Name of Activity: Drafting & Construction workshop 17-09-2020 to 18-09-2020(Asst. Prof.NeelamRani)

Description: Drafting is an important part of fashion designing and requires tremendous skills and

practice. Pattern drafting is where pattern pieces are drawn on paper according to body measurement which becomes the base for designers to create garments. This workshop

will introduce participantstotheessentialelementsofdraftinganddesigning.

No. of students Participated: 78

No. of students Participated: 33

Name of students:

Sr. No	Name of Student	Signature
1.	Gagandeep Singh	
2.	Guljinder Singh	
3.	Gurpreet Singh	
4.	Gurpreet Singh	
5.	Gurwinder Singh	
6.	Jagdeep Singh	
7.	Khushpreet Singh	
8.	Pritpal Singh	
9.	Vatanpreet Singh	
10.	Amandeep Kaur	
11.	Gurpreet Kaur	
12.	Sukhvir Kaur	
13.	Anupreet Kaur	
14.	Harshdeep Singh	
15.	Diyapreet Singh	
16.	Amritpal Singh	
17.	Karnjia Singh	
18.	Jaswinder Kaur	
19.	Harwinder Kaur	

20.	Bhavneet Singh	
21.	Akashdeep Singh	
22.	Shubham Verma	
23.	Gagandeep Kaur	
24.	Anmol Singh	
25.	Ramjan Singh	
26.	Varinder Singh	
27.	Himanshu Kumar	
28.	Jatinderpal Singh	
29.	Ridham	
30.	Davinder Singh	
31.	Parminder Singh	
32.	Harman	
33.	Amberdeep Singh	

Head
of Fashion Processing
Guru Nanak College
BUDHLADA

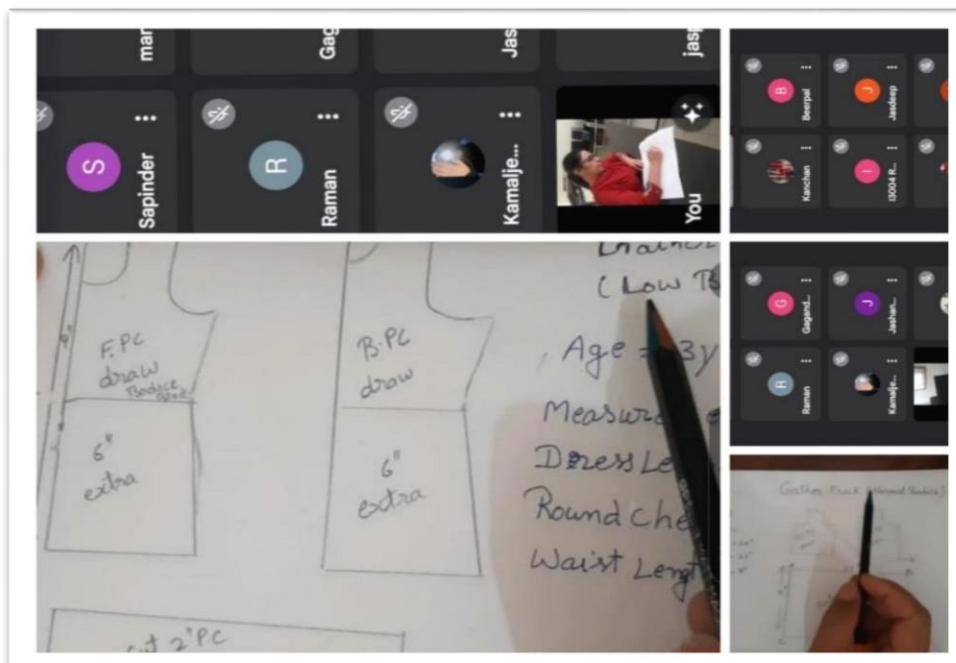
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Drafting & Construction workshop			
Date- 17-09-2020 to 18-09-2020			
Sr. No.	Class	Class Roll No.	Student's Name
1	M.Sc FT 2	8063	ARSHDEEP KAUR
2	M.Sc FT 2	8056	BALJEET KAUR
3	M.Sc FT 2	8066	DILPREET KAUR
4	M.Sc FT 2	8067	KAMALPREET KAUR
5	M.Sc FT 2	8068	LAKHVEER KAUR
6	M.Sc FT 2	8060	NEHA RANI
7	M.Sc FT 2	8053	PARAMJEET KAUR
8	M.Sc FT 2	8054	RAMANDEEP KAUR
9	M.Sc FT 2	8061	SIMARJEET KAUR
10	M.Sc FT 2	8055	SIMRANJEET KAUR
11	M.Sc FT 2	8052	SUKHDEEP KAUR
12	M.Sc FT 2	8059	YADWINDER KAUR
13	M.Sc FT 2	8051	GURDAS SINGH
14	M.Sc FT 2	8078	JASVEER KAUR
15	M.Sc FT 1	8071	rajpreet kaur
16	M.Sc FT 1	8072	Manjeet Kaur
17	M.Sc FT 1	8073	Jaspreet Kaur
18	M.Sc FT 1	8074	lovedeep kaur
19	M.Sc FT 1	8075	Hardeep kaur
20	M.Sc FT 1	8076	Kuldeep kaur
21	M.Sc FT 1	8077	Jashandeep Kaur
22	M.Sc FT 1	8078	HARPREET KAUR
23	M.Sc FT 1	8079	Rajwinder kaur
24	M.Sc FT 1	8080	Amandeep kaur
25	M.Sc FT 1	8081	MANPREET KAUR
26	M.Sc FT 1	8082	HARPREET KAUR
27	M.Sc FT 1	8083	Hardeep singh
28	M.Sc FT 1	8085	Veeral kaur
29	M.Sc FT 1	8086	Hardeep kaur
30	M.Sc FT 1	8088	SHEKHA RANI
31	B.Voc GD 2	9702	AMANDEEP KAUR
32	B.Voc GD 2	9717	ARUNDEEP KAUR
33	B.Voc GD 2	9708	DEEPAI
34	B.Voc GD 2	9714	KANCHAN GOYAL
35	B.Voc GD 2	9707	KHUSHPREET KAUR
36	B.Voc GD 2	9718	LOVEDEEP KAUR
37	B.Voc GD 2	9701	MUKADER
38	B.Voc GD 2	9705	RAJVEER KAUR
39	B.Voc GD 2	9711	SIMARJEET KAUR
40	B.Voc FT 2	9710	Simrandeep kaur
41	B.Voc FT 2	9712	NISHU KAUR
42	B.Voc FT 2	9715	PUSHPINDER SINGH
43	B.Voc FT 2	9716	HARPREET KAUR
44	B.Voc FT 1	13502	JASHANDEEP KAUR
45	B.Voc FT 1	13503	Ramandeep Kaur
46	B.Voc FT 1	13505	SONALI

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Deptt. Of Fashion Tech.
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NAAC - SSR - Cycle - II

47	B.Voc FT 3	9778	AMARJEET KAUR
48	B.Voc FT 3	9756	ARSHDEEP KAUR
49	B.Voc FT 3	9763	GURMEET KAUR
50	B.Voc FT 3	9774	HARPREET KAUR
51	B.Voc FT 3	9770	JASHANPREET KAUR
52	B.Voc FT 3	9781	KIRANPREET KAUR
53	B.Voc FT 3	9751	MANDEEP KAUR
54	B.Voc FT 3	9757	MANSI
55	B.Voc FT 3	9758	PARAMPAL KAUR
56	B.Voc FT 3	9760	PRABHJOT KAUR
57	B.Voc FT 3	9755	RAMANDEEP KAUR
58	B.Voc FT 3	9772	RAMANDEEP KAUR
59	B.Voc FT 3	9771	RANJEET KAUR
60	B.Voc FT 3	9762	SARBJOT KAUR
61	B.Voc FT 3	9752	SUKHMANDEEP KAUR
62	B.Voc GD 1	13542	Manjinder singh
63	B.Voc GD 1	13543	AMANJOT KAUR
64	B.Voc GD 1	13544	KAMALJEET KAUR
65	B.Voc GD 1	13545	komalpreet kaur
66	B.Voc GD 1	13546	SEEMA RANI
67	B.Voc GD 1	13547	KAMALJEET KAUR
68	B.Voc GD 1	13548	SAPINDER KAUR
69	B.Voc GD 1	13549	MANPREET KAUR
70	B.Voc GD 1	13550	JASPREET KAUR
71	B.Voc GD 1	13551	GAGANDEEP KAUR
72	B.Voc GD 1	13553	JASPREET BEGAM
73	B.A.2nd FD	6022	GEETA RANI
74	B.A.2nd FD	6356	LOVEJEET KAUR
75	B.A.2nd FD	6104	Ganisha garg
76	B.A.2nd FD	6133	HITESH RANI
77	B.A.2nd FD	6306	SUMANDEEP KAUR
78	B.A.2nd FD	6306	SUMANDEEP KAUR

Nee Kaur Head
Deptt. Of Fashion Tech.
Guru Nanak College
Budhlada(Mansa)

Activity No. 4

Name of Activity: Fashion Illustration(02-11-2020to04-11-2020)(Asst.Prof.Sukhvirkaur)

Description: Fashion drawing is the foundation of fashion illustration. In this workshop, students will learn how to draw fashion figures, faces, clothing, and accessories.

No. Of students Participated: 68

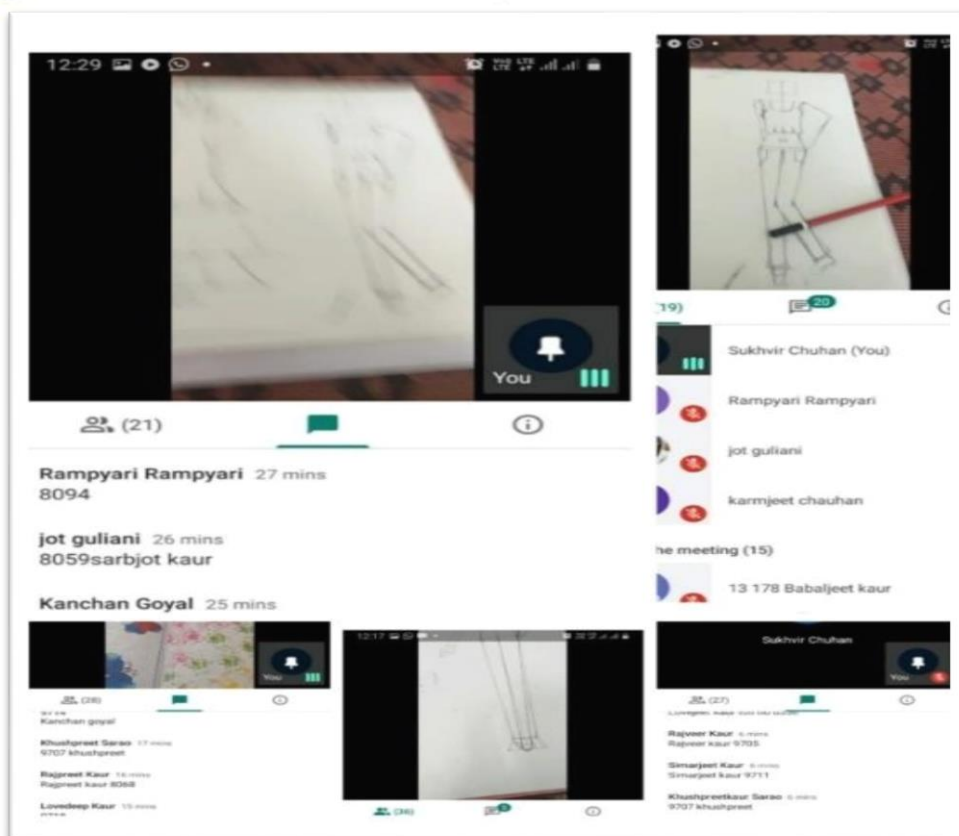




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NAAC - SSR - Cycle - II



Fashion Illustration			
Date-02-11-2020 to 04-11-2020			
Sr. No.	Class	Class Roll No.	Student's Name
1	B.Voc GD 2	9702	AMANDEEP KAUR
2	B.Voc GD 2	9717	ARUNDEEP KAUR
3	B.Voc GD 2	9708	DEEPALI
4	B.Voc GD 2	9714	KANCHAN GOYAL
5	B.Voc GD 2	9707	KHUSHPREET KAUR
6	B.Voc GD 2	9718	LOVEDEEP KAUR
7	B.Voc GD 2	9701	MUKADER
8	B.Voc GD 2	13542	Manjinder



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NAAC - SSR - Cycle - II

27	M.Sc FT 2	8068	LAKHVEER KAUR
28	M.Sc FT 2	8060	NEHA RANI
29	M.Sc FT 2	8053	PARAMJEET KAUR
30	M.Sc FT 2	8058	PRINCEDEEP KAUR
31	M.Sc FT 2	8054	RAMANDEEP KAUR
32	M.Sc FT 2	8061	SIMARJEET KAUR
33	M.Sc FT 2	8055	SIMRANJEET KAUR
34	M.Sc FT 2	8052	SUKHDEEP KAUR
35	M.Sc FT 2	8051	GURDAS SINGH
36	M.Sc FT 2	8078	JASVEER KAUR
37	B.Voc FT 2	9710	Simrandeep kaur
38	B.Voc FT 2	9715	PUSHPINDER SINGH
39	B.Voc FT 2	9716	HARPREET KAUR
40	B.Voc FT 1	13502	JASHANDEEP KAUR
41	B.Voc FT 1	13503	Ramandeep Kaur
42	B.Voc FT 1	13505	SONALI
43	B.Voc FT 3	9756	ARSHDEEP KAUR
44	B.Voc FT 3	9763	GURMEET KAUR
45	B.Voc FT 3	9774	HARPREET KAUR
46	B.Voc FT 3	9781	KIRANPREET KAUR
47	B.Voc FT 3	9751	MANDEEP KAUR
48	B.Voc FT 3	9757	MANSI
49	B.Voc FT 3	9758	PARAMPAL KAUR
50	B.Voc FT 3	9760	PRABHJOT KAUR
51	B.Voc FT 3	9755	RAMANDEEP KAUR
52	B.Voc FT 3	9772	RAMANDEEP KAUR
53	B.Voc FT 3	9771	RANJEET KAUR
54	B.Voc FT 3	9762	SARBJOT KAUR

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55	B.Voc FT 3	9752	SUKHMANDEEP KAUR
56	M.Sc FT 1	8071	rajpreet kaur
57	M.Sc FT 1	8072	Manjeet Kaur
58	M.Sc FT 1	8073	Jaspreet Kaur
59	M.Sc FT 1	8077	Jashandeep Kaur
60	M.Sc FT 1	8078	HARPREET KAUR
61	M.Sc FT 1	8079	Rajwinder kaur
62	M.Sc FT 1	8080	Amandeep kaur
63	M.Sc FT 1	8081	MANPREET KAUR
			HARPREET



Activity no. 5

One day special workshop Value addition of Tomato and Amla

Department of Agriculture

Guru Nanak College, Budhlada

Session 2020-21 dated on 17/2/2021

About Workshop:

Department of agriculture has organized one day special workshop on “**Value Addition of Tomato and Amla**” for Under graduate student of the agriculture that enhance their skill in food processing and value addition concept of fruit and vegetable.

Objectives of the above mentioned programme is to avoid post-harvest losses in these products and to generate healthy fresh products at small scale for better food services among consumers. To develop capability of food process and postharvest management among student

Workshop activity:

Process flow diagram of Chatny, sauce and pickles explanation and product development process practices like selection of fruit and vegetable like Tomato and Amla ,ingredient and process optimization, testing of final products like TSS and impotence and scope of food process concept.

Products was prepared by these items are Chatny, sauce and Pickles

Workshop Trainer: Mr. Dilip Kumar Ojha, Assistant Professor , Department of agriculture (Spcilization Post Harvest and Value addition) and Mrs. Kanchan Kumari, Assistant Professor , Department of agriculture (Specialization Food processing in Fruit and vegetables)

Activity of Workshop:





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NAAC - SSR - Cycle - II

List of Participant:

Class:- BSc (Agn) - III			
S.No.	Roll No.	Name	Signature
01	9523	Gurdeep Singh	Gurdeep Singh
02	9534	Hardeep Singh	Hardeep Singh
03	9507	Jatinderpal Singh	Jatinderpal Singh
04	9511	Sukhpreet Singh	Sukhpreet Singh
5	9522	Amritpal Singh	Amritpal Singh
6	9531	Mohit Garg	Mohit Garg
7	9541	Gurdeep Singh	Gurdeep Singh
8	9501	Ramandeep Singh	Ramandeep Singh
9	9538	Jaswinder Singh	Jaswinder Singh
10	9506	Satguru Singh	Satguru Singh
11	9532	Gurpreet Singh	Gurpreet Singh
12	9505	Maninder Singh	Maninder Singh
13	9528	Arman Singh	Arman Singh
14	9530	Sachin Singla	Sachin Singla
15			

Class BSc (Agn) - IV			
S.No.	Roll No.	Name	Signature
1.	14007	Sukhpreet Kaur	Sukhpreet Kaur
2.	14004	Harmanpreet Kaur	Harmanpreet Kaur
3.	9606	Ramandeep Kaur	Ramandeep Kaur
4.	14005	Sukdeep Kaur	Sukdeep Kaur
5.	9605	Swarajpreet Kaur	Swarajpreet Kaur
6.	14010	Parvinder Kaur	Parvinder Kaur
7.	9601	Harjeet Singh	Harjeet Singh
8.	9620	Jaswinder Singh	Jaswinder Singh
9.	9619	Gurwinder Singh	Gurwinder Singh

Activity no. 6

ऑनलाइनसंगोपठी-

कोरोनाकाह्वयािीजीवनपरप्रभ
ाव(डॉ. हजतेन्दरहसंि) हतहि-
18फरवरी,2021

हववरण-

कोरोनामिामारीकेलक्षण,

प्रभावऔरउसकेबचावितेतुहचतप्राविानहदएगए।हवद्याहि
योंकोपढाईसंबंहितआनेवालीसमस्याओंकोदूरकरनेकेहलए
सुझावहदएगए।कोरोनासेबचनेकेहलएउहचतसमयपरउपचारकरवाने
कीसलािदीगई।

प्रहतभागी-42

Attendance List			
Sr. No	Roll. No	Students Name	Signature
22	12.114	Kulwinder Kaur	Kulwinder
23	12.106	Jagtar Singh	Jagtar
24	12.118	Sanabjeet Kaur	Sanabjeet
25	12.184	Haryeet Kaur	Haryeet
26	12.163	Ritu Rani	Ritu Rani
27	12.155	Manjeet Kaur	Manjeet
28	12.166	Rajveer Kaur	Rajveer
29	12.180	Simrandeep Kaur	Simrandeep
30	12.101	Jaswinder Rani	Jaswinder
31	12.102	Beant Kaur	Beant Kaur
32	12.109	Gagandeep Kaur	Gagandeep
33	12.170	Haryeet Kaur	Haryeet
34	12.181	Kiranpal Kaur	Kiranpal
35	12.113	Sandeep Kaur	Sandeep
36	12.117	Lakshwinder Singh	Lakshwinder
37	12.165	Anandpal Kaur	Anandpal
38	12.184	Harpreet Kaur	Harpreet
39	12.171	Sonia	Sonia
40	12.115	Ramandeep Kaur	Ramandeep
41	12.108	Sulabh Kaur	Sulabh
42	12.175	Gurpreet Singh	Gurpreet

कोरोना का निवारण के लिए प्रभावित वक्ता (Dr. Jitender Singh) Department - Chemistry Attendance List (18 फरवरी, 2021)			
Sr. No	Roll. No	Students Name	Signature
1.	3595	Gurpreet Kaur	Gurpreet Kaur
2.	13069	Kuldeep Kaur	Kuldeep Kaur
3.	13401	Sandeep Kaur	Sandeep Kaur
4.	13619	Gurpreet Kaur	Gurpreet Kaur
5.	6520	Gurpreet Singh	Gurpreet
6.	6538	Chandani Singh	Chandani
7.	4039	Gurpreet Singh	Gurpreet
8.	4131	Gurpreet Singh	Gurpreet
9.	4633	Rohit	Rohit
10.	5512	Satvinder Singh	Satvinder
11.	5619	Balwinder Singh	Balwinder
12.	6135	Manpreet	Manpreet
13.	6352	Manpreet	Manpreet
14.	6793	Jasbinder Singh	Jasbinder
15.	13403	Sumandeep Kaur	Sumandeep
16.	3641	Jyoti	Jyoti
17.	4716	Shivaji Kumar	Shivaji Kumar
18.	4102	Kashav Bansal	Kashav Bansal
19.	6888	Manpreet	Manpreet
20.	6961	Ranjay Kumar	Ranjay Kumar
21.	7225	Vinod	Vinod





GURU NANAK COLLEGE BUDHLADA

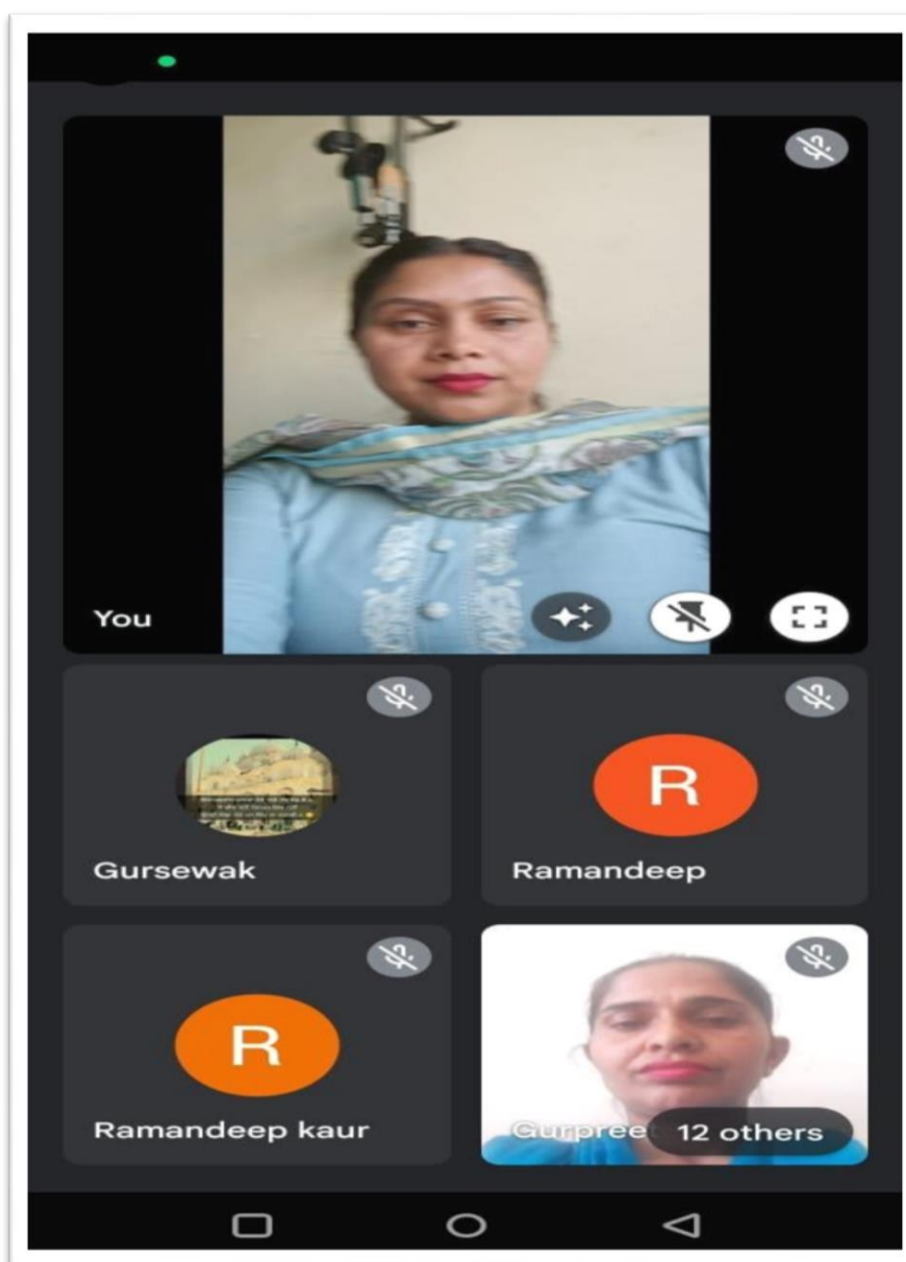
Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II

Activity No. 7

Activity Name: Special Lecture on “Health and Hygiene During Covid-19” **Date:** 6th August 2020

Description: The lecture was delivered by Dr. Sangeeta, HOD Department of Food Processing, on the Topic “Health and Hygiene During Covid-19”. The aim of the lecture was to enhance knowledge of the students about the importance of Hygiene to protect our body from diseases and help our immune system to become more robust. Hygiene and Health go hand in hand. A Nutritious diet is a prerequisite to good health.





GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC - SSR - Cycle - II

List of Students

Name	Roll No	Class
1. Gursewaksingh	12284	M.A.-II
2 .Amandeepkaur	12293	M.A.-II
3. Gagano Devi	12262	M.A.-II
4. RamandeepKaur 12202	12202	M.A.-I
5. ManpreetKaur	12268	M.A.-II
6.Amandeepkaur	12210	M.A.-I
7.RupinderKaur	12203	M.A.-I
8.SimarjitKaur	12201	M.A.-I
9.Pooja Rani	12278	M.A.-II
10.Sapna Rani	12253	M.A.-II
11.Bhushan	12290	M.A.-II
12. Jagjiwansingh	12255	M.A.-II
13.ManpreetKaur	12268	M.A.-II
14.Sukhpalkaur	12272	M.A.-II
15 ManpreetKaur	12256	M.A.-II
16.AmandeepKaur	12204	M.A.-II

Nisha

Jun
HOD