

Extension Activities for Holistic Development

1. Celebrated International Yoga Day on 21.6.2019.

The NSS department recently organized a remarkable celebration in honor of International Yoga Day, witnessing the active participation of 85 students. The event aimed to promote the numerous physical and mental health benefits of practicing yoga. Under the guidance of experienced instructors, students learned various yoga asanas and breathing techniques to improve their overall well-being. The celebration showcased the enthusiasm and dedication of the participants, highlighting their commitment to embracing a healthy and balanced lifestyle.



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2. Fit India Movement Campaign on National Sports Day on 29.8.2019.

On the occasion of National Sports Day, NSS department organized a vibrant Fit India Movement campaign, rallying the participation of 75 enthusiastic students. The event aimed to promote a culture of fitness and well-being among students, aligning with the nationwide Fit India Movement. Through various activities including sports competitions, fitness challenges, and awareness sessions, students were encouraged to embrace an active lifestyle and prioritize physical health. The overwhelming response from participants underscores the college's commitment to fostering a healthy and active student community.



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3. PLEDGE Ceremony on Indian Constitution Day

NSS Department has Organised activity on Pledge ceremony on Indian Constitution Day on 26.11.2020 with the active participation of 50 students. The event commemorated the adoption of the Indian Constitution and reaffirmed the students' commitment to upholding its principles and values. Led by dedicated NSS volunteers, the ceremony included the recitation of relevant excerpts from the Constitution, pledge-taking, and discussions on the significance of constitutional rights and duties. Through this initiative, the NSS department aims to instill a sense of civic responsibility and awareness of constitutional principles among the student community, contributing to the promotion of democratic values and citizenship education



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4. Women's day celebration on 8.3.2020

NSS department celebrated International Women's Day with a dynamic quiz competition, drawing the participation of 85 students. Held on 8.3.2020, the competition aimed to honor the achievements and contributions of women while promoting gender equality and empowerment. Through thought-provoking questions, participants showcased their knowledge of women's history, achievements, and ongoing struggles for equality. The overwhelming turnout underscores the collective commitment to recognizing and celebrating the pivotal role of women in society.



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5. The NSS department orchestrated a vibrant Independence Day celebration on August 15, 2022, with an impressive turnout of 82 enthusiastic students. The event commemorated India's freedom struggle and honored the sacrifices of our forefathers. Led by dedicated NSS volunteers, the celebration included flag hoisting, patriotic performances, and insightful speeches highlighting the significance of independence and the role of youth in nation-building. Through this spirited gathering, the NSS department reiterates its commitment to fostering patriotism and civic engagement among students, contributing to the ethos of unity and progress in the nation.



Independence Day Celebration

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6. (75TH INDEPENDENCE DAY CELEBRATION)Our college celebrated 75th yar of independence by setting up the program”AZADI KA AMRIT MAHAOTSAV” where our 4 cadets welcomed the guests by piloting. After that Cadets& Teaching staff turned out Marching with the slogan of “VANDE MATARAM”.



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7. Women Grievance Cell of Hindu College, Amritsar has Organized a Guest Lecture on the Topic “An Overview of the Grievance Redressal Mechanism for Women Under POSH Act, 2013” on 12th October, 2023. Dr. Divya Sharma from Khalsa College of Law had delivered the lecture. The lecture was very informative.



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8. Women Grievance Cell of Hindu College, Amritsar has Organized a Lecture on 14 December, 2023 to sensitize the students regarding sexual Harassment at Workplace.



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9. REPORT ON HAWAN CEREMONY: 98TH Foundation day of Hindu College was celebrated on 25th May, 2022. As a part of celebrations, a traditional Hawan ceremony was organized in college. Foundation day is a day of remembrance, a day of honoring, a day to celebrate what has been achieved over the years and a day to look forward to what is yet to come. The programme culminated with a promise and assurance that the students and teachers would keep setting new benchmarks with every passing year and strive to strengthen the college's proud legacy with even more enhanced performance.

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10. Report of the Field Trip: Department of Geography and Tourism organized a field trip to Gobindgarh Fort on 22nd March, 2023. Dr. Sarish Khera and Miss Sukhmani Randhawa accompanied students to the field trip. A total of 22 students went on field trip to Gobindgarh Fort.

Gobindgarh Fort is a major tourist attraction and has historical importance. Gobindgarh Fort is a historic military fort located in the centre of the city of Amritsar in the Indian state of Punjab. The Fort was until recently occupied by the Indian Army, but was opened to the public on 10 February 2017. Today, the fort is being developed as a museum and theme park, as a repository of Punjab's history. Popularly known as the Bhangian da Killa (fort of the Bhangis) taken away during 18th century from Bhangi Misl of Dhillon Jats Sardars. Maharaj Ranjit Singh conquered Bhangi Misl of Dhillon Jats sardars during 18th-century, and appreciated original name supporting the 10th Sikh guru, Guru Gobind Singh. Tourists can also experience Sher-E-Punjab, Warfare Museum, Pagdi Museum, Sikh Art Museum, Architectural attractions, VR Shows, Live Performances in Gobindgarh Fort. The fort is also promoted as important tourist destination in tourism circuit of Punjab. The list of students and photographs of trip is attached herewith.



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List of Students

Sr. No	Name	Class	Roll No	Signature
1.	Tarun	+2	1808	Tarun
2.	Lovpreet	+2	1810	Lovpreet
3.	Jatin	+2	1809	Jatin
4.	Sujal	+2	1813	Sujal
5.	Ashdeep Singh	+2	1806	Ashdeep Singh
6.	Aditya Madan	+2	1814	Aditya
7.	Sujal Kumar	BA I st	3102	Sujal Kumar
8.	Srishti	BA I st	3104	Srishti
9.	Jugraj Singh	BA I st	2818	Jugraj Singh
10.	Vaibhav Arora	BA I st	2852	Vaibhav Arora
11.	Rashni	BA I st	2810	Rashni
12.	Sumita Yadav	BA III	3103	Sumita Yadav
13.	Dilshad	BA I st	2858	Dilshad
14.	Akashdeep	BA I st	2863	Akashdeep
15.	Ansh	BA I st	3305	Ansh
16.	Sahil	BA I st	3152	Sahil
17.	Shubham Kalra	BA I st	3154	Shubham Kalra
18.	Krishna Sonam	+2	1817	Krishna
19.	Pardeep	BA I st	2807	Pardeep
20.	Nitya	BA I st	2841	
21.	Kusum Pal	BA III	3107	
22.	Ansh	+2	1804	

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To.

The Principal,
Hindu College,
Amritsar.

Respected Sir, With due respect, Department of Geography
and Tourism wants to organize a excursion to
Johindgarh Fort on 22nd March 2023.

So, kindly allow and oblige.

Thanking You

Yours sincerely,

Dr. Abhishek Aggarwal
(Co-ordinator).

Dr. Varish Khare
(Convener)

Ms. Subhmani Bandhara
(Co-convener).

Dated : 18 March 2023

Allowed
Sms
18/03/2023

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11. Department of Geography and Tourism in collaboration with Department of Philosophy under Ek Bharat Shreshth Bharat organised a poster making competition and showed a documentary on 8th October 2022 to create awareness on World Rivers Day. The dignitaries present in events Mr. Sanjay Khanna, Mrs. Ritu Jaitley, Dr. Abhishek Aggarwal, Dr. Rakesh Joshi, Dr. Keshav, Dr. Deepti, Dr. Priyanka Mahajan, Dr. Sarish Khera , Mrs. Anu Kandhari and Dr. Rachna. The event emphasized on the significance and preservation of rivers in our ecosystem. Rivers are lifelines of human civilization and serve as arteries, pumping fresh water to human civilization. Rivers sustain urbanisation, industrialization, and agriculture and are also often used for fisheries, recreation, and energy resources. So, effective monitoring of river water is the most rational step for controlling the river pollution and management of water resources.



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12. Department of Philosophy in collaboration with Department of Physical Education and NCC Unit organized the practical session of Yoga for two days 20- 21 June,2022 and lectures of eminent scholars on date 20, June ,2022. The theme was 'Relevance of Physical and Mental Health among Youth' and the main guests were Dr. Damanjit Sandhu, Professor, Deptt. Of Psychology, Punjabi University, Patiala, Dr. B.B. Yadav, D.A.V. College, Head, Deptt. Of Physical Education, Asr. and Mrs. Nita, Member of Patanjali Yogapeeth, Haridwar, Mrs. Ankita, Principal, Atam Public School, Amritsar and senior teachers of Hindu Sabha School. The practical session was done by Smt. Nita and she also taught different asanas and pranayama for healthy mind. The two lectures of eminent scholars Prof. Damanjit Sandhu and Prof. B.B. Yadav were there. Prof. Damanjit Sandhu talked about Mental Health and told about different strategies to maintain mental health among Youth. Dr. B.B. Yadav discussed about physical health and emphasized on doing asanas in practical life. He also told to students that healthy mind lives in healthy body.



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13. Department of Philosophy has organized ICPR Sponsored Periodic Lectures on 'Significance of Mindfulness in Challenging World' on date 24.3.2023. Dr. Priyanka Mahajan was the master of ceremony and Prof. Anu Kandhari gave the introduction of theme. The main guests were Prof. Dr. Rajesh Kumar, Professor, School of Social Sciences, Guru Nanak Dev University, Amritsar, Dr. Gurmail Singh, Head, Department of Religious Studies, Punjabi University, Patiala and Dr. Mohabat Singh, Assistant Professor, Deptt.of Guru Nanak Dev University, Amritsar. 130 participants including faculty members and students were present there for getting the knowledge on 'Significance of Mindfulness in Challenging World'. Principal, Dr. Sanjeev Sharma welcomed all the esteemed guests. The first speaker Prof. Rajesh Kumar said that mindfulness is a mental and physical technique which helps the man to focus on the present moment and it can reduce stress, improves attention, concentration and strengthen relationships in life. The second speaker was Dr. Gurmail Singh who explained to students the hymns of Guru Granth Sahib nanak chinta mat karo and motivated students to always lead on truthful path in life. Third speaker was Dr. Mohabat Singh said that in this challenging world, man is suffering from hyper-tension, frustration and drug-addiction and also discussed about different approaches for living peaceful life and he motivated the students to stop over-thinking and stresses on the inner harmony which is pre-requisite condition to create harmonious life. At the end, Mrs. Anu kandhari, Head, Deptt. Of Philosophy, Hindu College, thanked to all esteemed scholars and inspired students that there is need to focus on the present moment for achieving the goals in life and it is possible by learning from failures and again hard word for achieving the goal. He explained to students master your mind, not let mind master you. So, there is need to focus on the present moment for living peaceful life.



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14. Report of the Seminar: Department of Geography and TTM organized a seminar on climate change on 20 February, 2023 under Y-20 Programmes. The topic of the seminar was 'Climate Change and Resource Sustainability in Punjab'. The dignitaries present in the event are Dr Sanjeev Sharma, Prof. Sanjay Khanna, Dr. Abhishekh Aggarwal, Prof. Ritu Jaitley and Ms. Sukhmani Randhawa. Dr. Sarish Khera disseminated information on climate change and its impacts on environment to students. The seminar successfully increased awareness about the severity of climate change among the participants. Attendees gained insights into the interconnectedness of environmental issues and the need for immediate action. Throughout the seminar, participants had the opportunity to engage in Q&A sessions with the speakers. This fostered a dynamic exchange of ideas and allowed for clarification on complex topics. The seminar on climate change was a resounding success, fostering a sense of responsibility and collective commitment to environmental conservation. The event served as a stepping stone toward a more sustainable and environmentally conscious campus. It is hoped that the knowledge gained and the inspiration generated during the seminar will translate into tangible actions for mitigating and adapting to the challenges posed by climate change.



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15. SEMINAR ON 'A GEOGRAPHICAL APPROACH IN EVERYDAY

LIFE:REALONOMICS

Report ON SEMINAR: Department of Geography and Tourism organized a seminar on "A GEOGRAPHICAL APPROACH IN EVERYDAY LIFE:REALONOMICS".

Dr. Satinder Kaur, Associate Professor from S. R Government college was invited to deliver a lecture on importance of geography in day to day life on 28 September 2022. The facilitator disseminated knowledge about importance of geography in day to day life

Geography is not just a subject confined to classrooms; it is a fundamental aspect of our everyday lives, influencing how we interact with our environment, understand the world around us, and make informed decisions as individuals and communities. Geography fosters global awareness and a sense of interconnectedness with the world. By understanding the spatial relationships between countries, cultures, and ecosystems, individuals can become informed global citizens, advocating for social justice, environmental sustainability, and peace. Geography influences factors such as access to healthcare, sanitation, and disease prevalence. Understanding geographic disparities in health outcomes helps policymakers identify areas in need of intervention and allocate resources effectively.

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16. A REPORT ON HERITAGE WALK

Report: Heritage walk was conducted by the Department of Geography and Tourism on 27th September, 2018 that was organized by Punjab Heritage Tourism Board. Dr SarishKhera and Miss Sukhmani Randhawa accompanied the students.

Heritage walk is a guided tour deep inside the narrow lanes and bye lanes of the 400-year-old city of Amritsar. Students get to see Katras, Akharas Bungas, Havelis, and Hatties. The walk takes students back in the time to witness town planning traditional trade and crafts being Practiced in the same place and in the same manner as has been done for centuries. The famous intricately carved wooden facades that will mesmerize you This walk is an opportunity to feel part of this beautiful, sacred, vibrating. The tour introduces visitors to fourteen beautiful locations, which begin at the Town Hall and end at the recognizable Golden Temple. Town Hall, Gurudwara Saragarhi, Qila Ahluwalia, Jalebiwala Chowk, Udasin Ashram Akhara Sangal wala, Chitta Akhara, Darshani Deori, Baba Bohar – hakurdwara Dariana Mal, Chaurasti Attari, Taksal (mint), Thakurdwara Raja TejSingh, Crawling Street, Ancient Passage, Golden Temple.



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On 28 Feb. 2020 a declamation contest was held by History department of Hindu College. The declamation was proceeded by our College in a very innovative manner. The topic of declamation was on "Struggles of Independence". The students of different streams enthusiastically participated in the declamation contest. Students efforts were appreciated by Principal Dr. Sanjeev Sharma. Certificates were given to the winners. Head of Department of History Dr. Jagdishpal Singh also share his informative views on Independence with students.

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Vice Chancellor of B.R Ambedkar Law University
Dr. Vinay Kapoor delivered a lecture on the ^(Sonapat, Haryana) topic "Relevance of uniform civil code in India".
Dr. Vinay Kapoor elaborated the constitutionally provisions of uniform in civil code. She also explained at the international level. Many countries adopted the uniform civil code. She explained ~~at~~ uniform civil code is beneficial for Indian Muslim women. Principal Dr. Sanjeev Sharma welcome the guest. Vote of thanks was given by Head of Department of History Dr. Jagdishpal Singh. More than 150 students were participated in this event.

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पत्र प्रतियोगिता के विजेताओं को सम्मानित करते आयोजक • लो कालेज

हंदू कालेज में विज्ञ प्रतियोगिता करवाई

मृतसर (वि): हिंदू कालेज में इतिहास और राजनीति विज्ञान विभाग द्वारा अंतर विभागीय विज्ञ प्रतियोगिता कराई गई। इसका उद्देश्य स्वतंत्रता नानियों के आजादी को प्राप्त करने : लिए किए संघर्ष से नई पीढ़ी को अवगत कराना था।
बीए सेमेस्टर-टू के छात्र सुजल, मता व लवप्रीत ने प्रथम स्थान प्राप्त किया। इतिहास विभाग के मुख प्रो. जगदीश पाल सिंह ने

छात्रों को आजादी के इतिहास के बारे में जानकारी दी। प्राचार्य डा. संजीव शर्मा ने विद्यार्थियों को पुरस्कृत किया।

मंच का संचालन राजनीति विज्ञान विभाग के प्रो. जगदीश कौर व इतिहास विभाग की प्रो. मनमोत कौर ने किया। कार्यक्रम में डा. सरीश खेड़ा (नोडल अधिकारी), डा. रचना, डा. सुखनंदन, डा. टीना वैत व अन्य प्राध्यापक शामिल हुए।

Quiz Competition held in Hindu College on 4 March 2023. Department of History and Political Science Collaborately organised an inter college quiz competition. The objective of this quiz was to imbibe the knowledge to young students about the Independence and their struggles. Students of different streams participated in the quiz. Head of History Department Dr. Jagdishpal Singh express his views on Independence. Principal Dr. Sanjeev Sharma congratulate the winners and distributed the prize.

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20. Celebration of Green Diwali

PG Department of Economics celebrated Green Diwali on 4th November 2021. Students of department planted pots in the college campus .



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21. Educational Trip to War Memorial on 2nd october 2018

This initiative aims to deepen students' understanding of historical events and honor the sacrifices of our armed forces. Through guided tours and interactive sessions, participants will gain insights into wartime experiences, fostering a sense of civic responsibility and cultural awareness. This excursion underscores the department's commitment to holistic education, shaping students into compassionate and informed citizens.



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Notice

Department of Biology and Environmental Sciences in collaboration with the Department of Philosophy are going to organize World Earth Day on 23 April, 2022. All are co-ordially invited in their free period.

Dated:22/04/2022

Sr. No.	Personnel	Sr. No.	Personnel
1.	Ms. Anju Mahajan (Librarian)	1.	Mrs. Jaspreet Kaur
2.	Mrs. Anshu Gupta	2.	Ms. Jaspreet Kaur
3.	Mr. Sanjay Khanna	3.	Ms. Arpita Mahajan
4.	Dr. Abhishek Aggarwal	4.	Mrs. Pooja Kapoor
5.	Dr. Rakesh Joshi	5.	Mrs. Shelly Sharma
6.	Dr. Vijay Kumar	6.	Mrs. Namita Taneja
7.	Mr. Narinderjit Singh	7.	Ms. Sakshi Madan
8.	Dr. Rama Sharma	8.	Mrs. Ruchi Sharma
9.	Mr. Neeraj Doda	9.	Ms. Chahat Kashyap
10.	Mrs. Ritu Jaitly	10.	Ms. Rajni Gupta
11.	Mr. Rajesh Anand	11.	Ms. Mansi Puri
12.	Mr. Sandeep Gupta	12.	Ms. Deepika
13.	Dr. Gurpartap Singh	13.	Ms. Sukhmani Randhawa
14.	Mrs. Navdeep Kaur	14.	Ms. Jagdish Kaur
15.	Dr. Jagdish Pal Singh	15.	Dr. Teena Vaid
16.	Mr. Anshuman Sharma	16.	Ms. Shruti Bhatia
17.	Dr. Neha Sethi	17.	Ms. Isha
18.	Dr. Monika Sharma	18.	Ms. Anu Sanan
19.	Dr. Deepti	19.	Dr. Jagdev Singh
20.	Dr. Priyanka Mahajan	20.	Ms. Manmeet Kaur
21.	Dr. Vishu Mehra	21.	Ms. Ravneet Kaur
22.	Dr. Sunny Sharma	22.	Mr. Sahil Sodhi
23.	Dr. Vishal Arora	23.	Ms. Shilpi Gupta
24.	Dr. Rahul Kumar Mudsainiyan		
25.	Dr. Sarish Khera		
26.	Dr. Vani Arora		
27.	Dr. Sukhmandan Kaur		
28.	Ms. Anu Kandhari		
29.	Dr. Ranjeet Singh Sandhu		
30.	Mrs. Manpreet Kaur		
31.	Dr. Pardeep Kaur		
32.	Mr. Krishan Kumar		
On Contract basis			
1.	Dr. Rachna Miglani		
2.	Mrs. Pooja Chawla(MGT.)		

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23. Students participated in Udaan Fest at Global Group of Institutes on 11th Nov.2022

The vibrant spirit of talent and creativity shone brightly where students showcased their skills and emerged victorious in various competitions. From exhilarating debates to captivating art displays, participants demonstrated exceptional prowess, capturing the essence of the fest's theme, "Soaring to New Heights." The event not only provided a platform for students to exhibit their talents but also fostered a sense of camaraderie and mutual respect among participants. Congratulations to all the winners and participants for their remarkable achievements, embodying the spirit of excellence and innovation.



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24. The Department of Economics recently organized an electrifying debate competition, drawing participation from enthusiastic students eager to engage in intellectual discourse on 12th October 2022. With topics ranging from contemporary societal issues to global challenges, the event provided a platform for students to articulate their perspectives with eloquence and conviction. Through spirited exchanges and compelling arguments, participants showcased their critical thinking skills and demonstrated a profound understanding of complex topics. The competition not only encouraged students to hone their oratory abilities but also fostered a culture of open dialogue and respectful exchange of ideas within the college community. Congratulations to all the participants for their exemplary performances, reflecting the department's commitment to nurturing intellectual curiosity and debate skills among students.



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