

7.2.1 Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.

Response to 7.2.1

(A)

1. Title of the practice

Promoting entrepreneurship through Self Help Groups

2. Objectives of the practice

To inculcate and promote business skills, ethics and techniques in our students to make them self-sustainable, self-employable, enabling them to make choices without the set limitation.

3. The Context

To motivate students to take initiatives and participate in activities like Campus Bazaar, Monthly Exposition of Self -help Groups.

4. The Practice

Students are provided opportunities to show case their handcrafted products, culinary skills, etc. through these exhibitions. They are informed about the exhibitions in advance, providing them with sufficient time to prepare accordingly. The Art in Action self help group prepare fresh food during the long bazaar and food fest maintaining hygiene while preparing food.

5. Evidence of Success

During exhibition students, teachers visit the stalls; buy products, motivating the entrepreneurship initiatives. Students and staff are contended with the quality of the food served during the food fest .The food items get over by mid-noon owing to heavy demand.

6. Problems Encountered and Resources Required

Initially it was challenging to get students to participate in these periodical exhibitions. Also, owing to limited resources the quantity of food prepared by them is limited. Therefore, the demand from the students' front could not be met.

7. Resources Required: Space, tables, electrical equipment, etc

(B)

1. Title of the practice:

“Disease free body and Stress free mind” programme for the students.

2. Objectives of the Practice:

Department of physical education and self help of group named P.T. USHA under the guidance of Mrs. Namita barman is well focused to work to ensure the good mental and physical health of the students. The college is proud of this Practice of mental health and psychological wellness program as one of its best practices.

3. The Context

The relevance of the Mental Health and Psychological wellness program in the Colleges is well appreciated by the college management and parents . The SES RE Cell charge nominal fees from the students who participated and run this group and provide services to other students..

4. The Practice

P.T. USHA self help group works for Counseling Psychology takes care of the stress, strain, academic problems, mental challenges interpersonal skills, social skills etc. The SES RE CELL involves other faculty members for obtaining required information about both the expressed and potential problems of the students.

5. Evidence of success:

There has been zero reporting of cases of suicidal tendency, gender improper behaviour, ragging in the campus from the students' community.

6. Problems Encountered and resources required:

There is still a flawed perception among few of the students and guardians about the relevance and

usefulness of counseling services.

Students SHGS formed and functioning



Self help groups – Student Self-Help Group (SSHG) is a small, self-organized group of impoverished individuals who gather together to solve their common difficulties through self-help and mutual assistance. The SSHG encourages its members to save tiny amounts of money. These groups are working together for mutual help, mutual aid, or support groups, and are associations of students who help one another. A self-help group's members are united by a common condition. There are five self help groups who are working in college to attain their desired goals and sharing knowledge and skills to upgrade their business and entrepreneurial abilities to grab good exposure in business world. Self help groups are as follows:

S.D. COLLEGE FOR WOMEN, MOGA

Successful

SDG SHG
Under the aegis of
SES REC

Services offered:

- Sewing Machine
- Knitting class
- Sewing class
- Exhibition/ Merchandising class

After gaining support from SDG and using facilities of Co-Op we get good exposure in Business & Skill on Computer.

We have successfully offered services to the students from different disciplines and a sum profit of offer ed from the Services Offer ed was: **Rs. 45,000/-**

Dr. Neena Anja
Convener &
Principal

Ms. Rajni
Nodal Officer
SES & NZ Cell

Mrs. Mandee Sharma
3022, Teacher, Designing

S.D. COLLEGE FOR WOMEN, MOGA

Successful

SDG SHG
Under the aegis of
SES REC

Display Items

- Maggi chat
- Dry cakes
- Potato lollypop
- Fruit Chat
- Rajbhog
- Bhaajuri
- Mini chocolates
- Mini crumch
- Popcorns (Caramel, Chocolate)

After gaining support from SDG and using facilities of Co-Op we get good exposure in the field of Food Technology.

We have successfully offer ed products to the students from different disciplines and teachers, a sum profit was: **Rs. 35,000/-**

Dr. Neena Anja
Convener &
Principal

Ms. Rajni
Nodal Officer
SES & NZ Cell

Ms. Deepika
3022, B.N.S., Food
Processing

1. “Act genius self help group”

List of students under self-help group scheme

Sr. No.	Name of student	Class
1.	Anjali	BSC2 nd year
2.	SharandeepKaur	BSC3rd year
3.	PrabhdeepKaur	BA1 st year
4.	Amritarora	BA1 st year



3. “P.T. Usha Self- Help Group”

List of students under self-help group scheme

S. No.	Name	Class/Sem.
1.	Simranjeet	B.A 6 th Sem.
2.	Jaya Garga	B.A 6 th Sem.
3.	Mehak	B.A 6 th Sem.
4.	Beauty	B.A 6 th Sem.
5.	JashanjotKaur	B.A 6 th Sem.
6.	GagandeepKaur	B.A 6 th Sem.



4. “Art in Action group”

List of students under self-help group scheme

Sr. No.	Name of student	Class
1.	Ritika	B.VOC2 nd year
2.	EkamjotKaur	B.VOC 1 st year
3.	TanishbirKaur	B.VOC1 st year
4.	Diya	B.VOC 1 st year



“Mad Screammers”

List of students under self-help group scheme

S.No	Name of student	Class
1.	Samriddhi	M.Com.1
2.	Parneet	M.Com.1
3.	Navjot	M.Com.1
4.	Sajna	M.Com.1
5.	Monu	M.Com.1
6.	Sristhi	M.Com.1



Evidence of Success

Six SD Self Help Group was formed to attain the objectives of SES & RE Cell. Self help group from the different departments (**The Brainy Bunch, Art in Action group, P.T. Usha Self- Help Group,**

Mad Screammers) express their hidden talent in the stalls and offered goods and services to the students and teachers. They used business ethics and create test marketing in the campus and get the successful output in the end of the event. Sale counters were established in the campus and details are given below:-

Fashion Designing

GROUP A
"Act genius help self group"
List of students under self-help group scheme

Sr.No.	Name of student	Class
1.	Anjali	BSC 2 nd year
2.	Sharandeep Kaur	BSC 3 rd year
3.	Prabhdeep Kaur	BA 1 st year
4.	Amrit arora	BA 1 st year

LIST OF PRODUCTS TO BE PROPOSED

- Workshop of mural making
- Quilting making
- Machine Knitting patterns
- Merchandising fashion

SPECIFICATIONS

1. Entry fees for the proposed activities will be around 50rs
2. Stalls will be displayed in multipurpose hall and will prepare their dishes from home and some of it in Home Science and fashion designing lab.
3. This initiative will be commenced in the 4th week of January, 2022-2023.

Node Officer SESREC (Head of the Department) (Head of the Institution)
 Ms. Rajni Mrs. Mandeep sharma Dr. Neena Arora

B.Voc.(Food Processing & Quality Management

GROUP A
"ART IN ACTION"
List of students under self-help group scheme

Sr.No.	Name of student	Class
1.	Ritika	Bvoc 2 nd year
2.	Ekamjit Kaur	Bvoc 1 st year
3.	Tanishbir Kaur	Bvoc 1 st year
4.	Simranjeet kaur	Bvoc 1 st year

LIST OF PRODUCTS TO BE PROPOSED


- Dates and dry fruit balls
- Fruit jam
- Biscuits and Cookies
- Soya salad
- Rainbow Sandwich
- Cake demonstration class

SPECIFICATIONS

1. Product cost will be around 50rs each product and rest of the thing will depend on raw material.
2. Stalls will be displayed in multipurpose hall and will prepare their dishes from home and some of it in Home Science Lab.
3. This initiative will be commenced in the 4th week of January, 2022-2023.

Node Officer SESREC (Head of the Department) (Head of the Institution)
 Ms. Rajni Ms. Deepika Singla Dr. Neena Arora

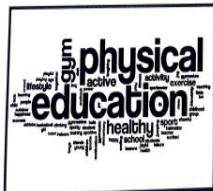
Physical Education



S.D. College for Women, Moga

Proposal for activities under rural social entrepreneurship and community engagement

Physical Education is an education which brings improvement in human performance with the help of physical activities. Physical activities range from simple walking to jogging, running, sprinting, hopping, jumping, climbing, throwing, pushing, pulling, kicking, etc. Education without physical activities is like body without soul. There is no controversy in giving due place to physical education and different forms of exercises in the total set-up of education. All teachings in human education begin with physical education. Physical education is also considered as movement education as the life begins from movement only. In general life is characterized by movement. The movement starts from the birth of a child, till the end of life. Mental, intellectual, emotional and social development of a growing child is dependent and closely related to physical development. A physically fit individual possesses a well-balanced personality which is, mentally sharp, emotionally stable and socially well-adjusted. Physical education teaches how to acquire ability to develop strength, speed, and endurance and coordination abilities. It also emphasizes on achieving social qualities, such as, empathy, cooperation, friendliness, team spirit, and respect for rules, which are essential for healthy social relations with others. In this era of technological advancement, physical education and sports are considered essential for health, fitness, wellness, vigor and strength.



Aims and objectives of Physical Education:

- The main objective of this education is to make all round development of the students. Its main goal is to develop the mental and intellectual development of the students.
- It is a means to prepare the students as a supporting element of society by which he can adjust with the society in future.
- Through this education, the art and quality of being healthy are explained to the students, because a healthy mind is formed in a healthy body.
- This education develops the emotional development of the students. It serves to bring control in their emotional aspects.
- This education is provided to develop the muscles of the students. With the help of which he remains active continuously.

Group-C
"P.T. Usha Self- Help Group"


S.No.	Name	Class/Sem.
1.	Lovepreet Kaur	B.A 3 rd Sem.
2.	Joban	B.A 3 rd Sem.
3.	Shifali Chhetry	M.Com 3 rd Sem.
4.	Beauty	B.A 5 th Sem.
5.	Simranjeet	M.Sc. IT 1 st Sem.
6.	Gagandeep Kaur	B.A 5 th Sem.


List of activities to be proposed


- ✓ Badminton Competition
- ✓ Chess Competition
- ✓ Recreational Activities (Musical Chairs)
- ✓ 7 days fitness class

SPECIFICATIONS


- Entry fees for the proposed activities will be around Rs. 10 per participants.
- Entry fees for fitness class will be Rs. 50 per students for one week course.
- These initiatives will be commenced after the 3rd week of January, 2023.


HOD Physical Education


Nodal Officer SES/SEC


Head of the Institution

Fashion Designing



**SD COLLEGE FOR WOMEN
MOGA**

presents

**ACT GENIUS HELP
GROUP SERVICES**

*COME, HURRY UP!!
JOIN US
BECOME SELF INDEPENDENT*

MURAL MAKING 27 JAN 2023
KNITTING CLASS 30 JAN 2023
QUILTING CLASS 1 FEB 2023
EXHIBITION 2 FEB 2023

VENUE: FASHIONDESIGNING LAB
MULTI PURPOSE HALL

ENTRY FEES : 30Rs

Organised by: Fashion Designing Dept.





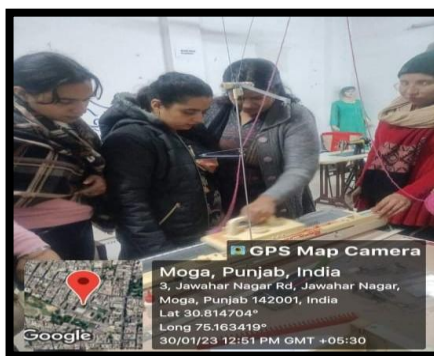
MURAL MAKING

The “Act Genius Help Group Services” of fashion designing department organized mural making classes where 20 students were participated from the various department. The entry fees for the competition was Rs.30/.



KNITTING CLASS

On the second day was organized knitting class where 20 students from the various classes participated. Students learnt how to operate knitting machines manually and digitally and also designed different articles for being self independent.



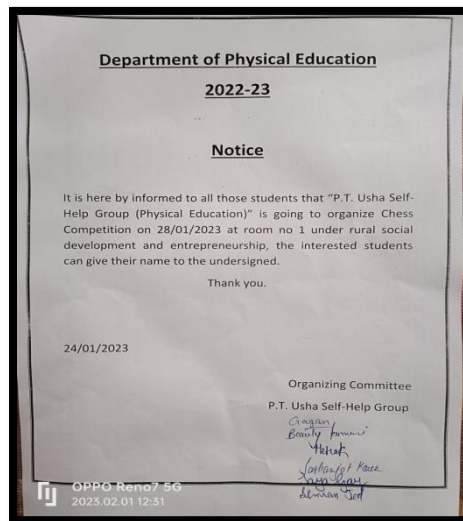
EARNINGS OF THE STUDENTS

Sr.No.	Name of student	Class	Earnings
1.	Anjali	BSC2 nd year	1200
2.	SharandeepKaur	BSC3 rd year	1800
3.	PrabhdeepKaur	BA1 st year	900
4.	Amritarora	BA1 st year	900
		Total	4800

“P.T USHA Self-help Group”

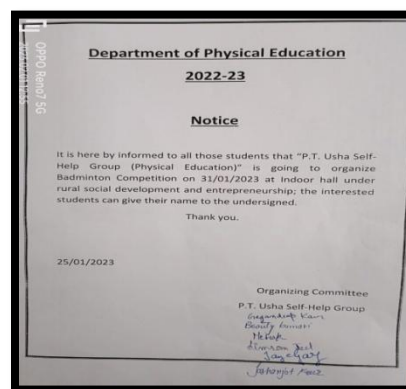
Chess Competition

The “P.T. Usha Self-help group” of physical education department organized chess competition where 16 students were participated from the various department and winners of the competition awarded with medal by the head of the institute Dr. NeenaAneja. The entry fees for the competition was Rs.20/. The winner of the competition was Ms. GagandeepKaur(1st position) Ms. Nancy (2nd position) Ms. Simranjeet (3rd position).

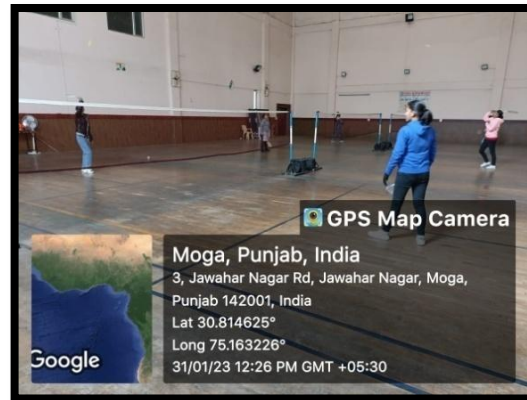
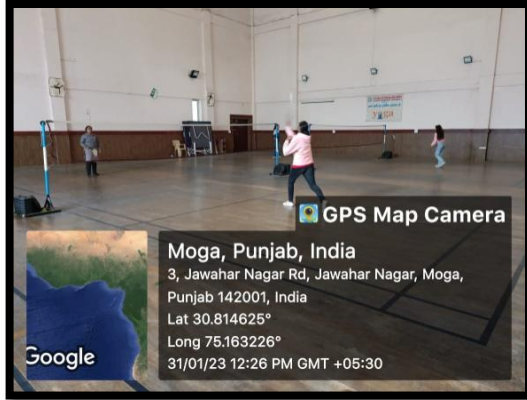


Badminton Competition

The “P.T. Usha Self-help group” organized Badminton Competition where 20 students from the various classes were participated. The Winners of the competition were awarded with Medal by the Nodal officers of the rural social entrepreneurship and community engagement. The winners are Ms. Khushboo (1st position) Ms Sonia (2nd position) and Ms. Simranjeet (3rd position).



List Of Students For Badminton Competition Under Rural Development And Entrepreneurship				
S.No.	Name	Class	Roll.No.	Entry Fees
1.)	Khushboo	B.A.3rd year	307	20/-
2.)	Muskan	B.A.3rd year	312	20/-
3.)	Khushi	B.A.3rd year	308	20/-
4.)	Pooja	B.A.3rd year	315	20/-
5.)	Harpinder	B.A.3rd year	318	20/-
6.)	Chamandeep	B.A.3rd year	333	20/-
7.)	Pooja Rani	B.A.2nd year	204	20/-
8.)	Jasmeen	B.A.2nd year	206	20/-
9.)	Gagandeep	B.A.2nd year	228	20/-
10.)	Lovepreet Kaur	B.A.2nd year	208	20/-
11.)	Amandeep Kaur	B.A.2nd year	224	20/-
12.)	Rubi	B.A.2nd year	240	20/-
13.)	Palak	B.A.2nd year	221	20/-
14.)	Sneha	B.A.1st year	118	20/-
15.)	Manpreet Kaur	B.A.1st year	128	20/-
16.)	Gun-Gun	B.A.1st year	135	20/-
17.)	Navpreet	B.A.1st year	101	20/-
18.)	Pooja	B.A.3rd year	309	20/-
19.)	Parul	B.A.3rd year	337	20/-
20.)	Ramandeep	B.A.3rd year	105	20/-



One week Workshop on Physical Fitness

“P.T. UshaSelf help Group” of Physical Education Department organized one week workshop on Physical Fitness as fitness is very important for good health.

Total participants: 30

Trainers: Mrs. Namita Barman (HOD, Phy. Edu.)

Ms.ShifaliChhetry, M.com



List Of Students For Physical Fitness Under Rural Development And Entrepreneurship				
S. No.	Name	Class	Roll No	Entry Fees
1	Priya	B.A.	212	50/-
2	Pooja	B.A.	235	50/-
3	Mandeep	B.A	207	50/-
4	Usha	B.A.	246	50/-
5	Yukta	B.VOC	202	50/-
6	Swet	B.A.	722	50/-
7	Joban	B.A	210	50/-
8	Amandeep	B.A	258	50/-
9	Palak	B.A	505	50/-
10	Lovepreet	BCA	260	50/-
11	Jaspreet	B.A.	239	50/-
12	Amandeep	B.COM	201	50/-
13	Reetu	BCA	255	50/-
14	Rupinder	B.COM	244	50/-
15	Madhu	B.COM	211	50/-
16	Nancy	B.A.	247	50/-
17	Anu	B.A.	208	50/-
18	Gagan	B.A.	228	50/-
19	Sharvi	B.A.	252	50/-
20	Deepika	BCA	325	50/-
21	Raman	B.COM	219	50/-
22	Suman	BCOM	241	50/-
23	Prerna	BCA.	336	50/-
24	Jashan	BCA.	321	50/-
25	Jaya Garg	B.A.	320	50/-
26	Simranjeet	B.A.	317	50/-
27	Roobi	BCOM	224	50/-
28	Muskan	B.A.	340	50/-
29	Ragini	B.A.	236	50/-
30	Sunidhi	B.A.	115	50/-

(1st Day of Training)



(2nd Day of Training)



(3rd Day of Training)



(4th Day of Training)



(5th Day of the Training)



(6th Day of the Training)



Art in Action Group

(B.Voc. Food processing and Quality Management)

Food Fest

The *Art in Action* self help group of B.voc FPQM department organized 3 days food fest where different kind of dishes were prepared by them in lab. Teachers and students from their respective departments visited the stalls and enjoy meals as per their own taste. Such kind of events means to unite different skills together and explore experiences among students.

S.D.COLLEGE FOR WOMEN, MOGA
A Premier Multi-Faculty Postgraduate Women Institution of the Area
Affiliated to Panjab University, Chandigarh
Re-accredited with Grade B+ by NAAC
Department Of B.Voc FPQM & SES & RE Cell
Is organizing

FOOD FEST

TRY ANY FOOD ONLY
50/-

ART IN ACTION

TIME & DATE: 12:00 PM, 30th JAN, 2023
VENUE: Multipurpose Hall
PRINCIPAL: DR.NEENA ANEJA

S. D. COLLEGE FOR WOMEN, MOGA
On 30th Jan 2023 & 1st Feb 2023 (Tue-Wed)
at Venue : Multipurpose Hall
Time : 10:30 AM

ORGANISED BY
ART IN ACTION GROUP

DEPARTMENT OF B. VOC. FPQM IN COLLABORATION WITH SES&RE CELL

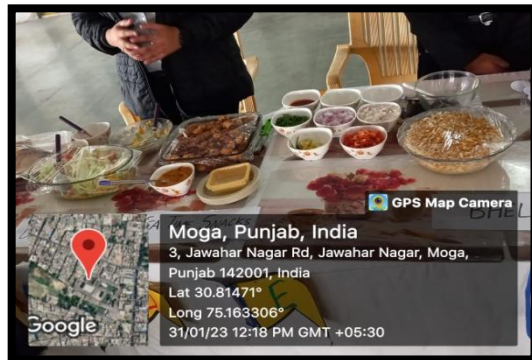
HEALTHY - HEALTHY - HEALTHY

BEST MENU

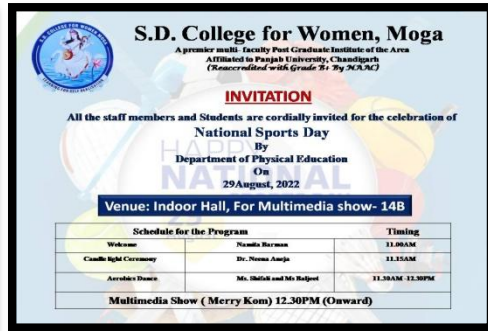
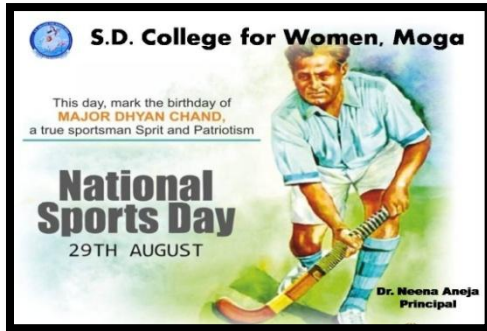
	Small	Large
• CHOCOLATE TRUFFLES	10	20
• CORN SALAD	10	20
• BUTTER SNACKS	10	20
• BAKED CHIPS	10	20
• SANDWICH	10	20
• SAHI TIKEDA	10	20
• CORN SALAD	10	20
• MINT CRESS	10	20
• MAGGIE CHAT	10	20
• DRY CAKES	10	20
• TED TIME SNACKS	10	20

HEALTHY FOOD
Foods that have a balanced nutritional content, contain fiber and substances that the body needs for the growth and development process.
Foods that have a balanced nutritional content, contain fiber and substances that the body needs for the growth and development process.

Art in Action Self Help Group Students

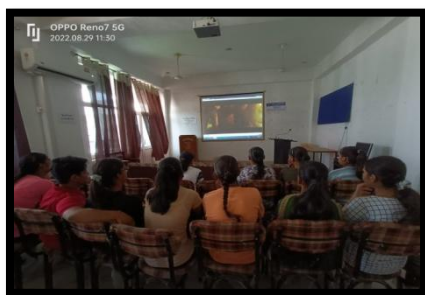


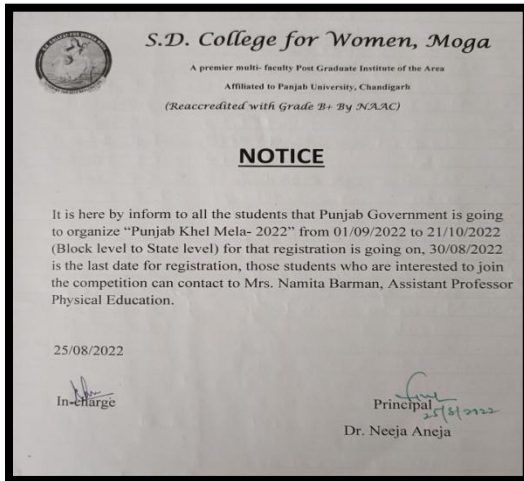
Best Practice-2



National Sports Day was celebrated in the sports hall. Students from the various departments were participated in the Aerobics activity. The class is handling by Ms Nishu, one of our Ex- Students and supervised by Md. Namita Barman, more than 50 students were participated. Madam Sushma Gupta (HOD, Commerce) lighten the candle and tribute the honor to our hockey legend Major Dhyhan Chand ji.

A multimedia show related to our Olympic medalist Merry Kom (Boxing) “Merry Kom” was also shown to the students.





State Level Competition Under Khelo-Mela Punjab -2022



Ms Shifali Chhetry, participated in state level Badminton Competition and got 1st Position(GOLD MEDAL) held at Mohali. Prof. Namita Barman Participated in state level Athletics Competition held at Sangrur.



Gold Medalist in Badminton Ms. Shifali Chhetry is honored by the College Managing Committee of the S.D. College for Women, Moga



S.D. COLLEGE FOR WOMEN, MOGA

3, Jawahar Nagar, Moga-142001

Email- moga_sdcollege@yahoo.co.in

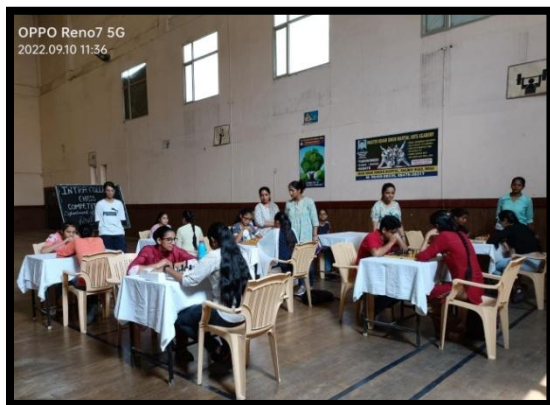
NOTICE (2022-23)

This is to inform, that **INTRA-COLLEGE CHESS COMPETITION** is going to be held on **10 September, 2022, Saturday**. Those students who are interested can give their names to in-charge till 08 September, 2022.

Date: 06 September, 2022

Mrs. Nahita Barman
(Department of Physical Education)

Dr. Neeraj Anjeja
Principal



2 ਐਤਵਾਰ, 11 ਸਤੰਬਰ 20

ਐੱਸ.ਡੀ.ਕਾਲਜ ਫਾਰ ਵੋਮੈਨ ਵੱਲੋਂ ਕਾਲਜ ਪੱਧਰ ਤੇ ਚੈਂਸ ਪ੍ਰਤੀਯੋਗਤਾ ਕਰਵਾਈ ਗਈ

ਦੇਸ ਪ੍ਰਦੇਸ ਮੋਗਾ, 10 ਸਤੰਬਰ (ਅਮਰਜੋਤ ਖ਼ਾਨ) : ਐੱਸ.ਡੀ. ਕਾਲਜ ਫਾਰ ਵੋਮੈਨ ਦੇ ਵਿਜੀਕਲ ਐਂਜੂਕੇਸ਼ਨ ਵਿਭਾਗ ਵੱਲੋਂ ਕਾਲਜ ਪੱਧਰ ਤੇ ਚੈਂਸ ਪ੍ਰਤੀਯੋਗਤਾ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ.ਨੀਨਾ ਅਨੇਜਾ ਨੇ ਵਿਭਾਗ ਦੀ ਸ਼ਲਾਘਾ ਕੀਤੀ ਤੇ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਹੌਂਸਲਾ ਅਫਜਾਈ ਕਰਦਿਆਂ ਕਿਹਾ ਕਿ ਖੇਡਾਂ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਜੀਵਨ ਵਿਚ ਅਹਿਮ ਕਿਰਦਾਰ ਨਿਭਾਉਂਦੀਆਂ ਹਨ ਕਿਉਂਕਿ ਖੇਡਾਂ ਟੀਮ ਭਾਵਨਾ ਨਾਲ ਖੇਡੀਆਂ ਜਾਂਦੀਆਂ ਹਨ ਜਿਸ ਨਾਲ ਖਿਡਾਰੀ ਇਕਜੁੱਟਤਾ ਅਤੇ ਸਹਿਯੋਗ ਵਰਗੇ ਗੁਣ ਸਿੱਖਦੇ ਹਨ। ਚੈਂਸ ਪ੍ਰਤੀਯੋਗਤਾ ਵਿਚ ਪਹਿਲਾਂ ਸਥਾਨ ਮਿਸ ਗਗਨਦੀਪ ਕੌਰ ਨੇ, ਦੂਸਰਾ ਸਥਾਨ ਮਿਸ ਨੈਨਸੀ ਨੇ ਅਤੇ ਤੀਸਰਾ ਸਥਾਨ ਮਿਸ ਸੁਨਿਧੀ ਨੇ ਪ੍ਰਾਪਤ ਕੀਤਾ। ਜੇਤੂ ਖਿਡਾਰੀਆਂ ਨੂੰ ਸਰਟੀਫਿਕੇਟ ਅਤੇ ਮੈਡਲ ਦੇ ਕੇ ਸਨਮਾਨਿਤ ਕੀਤਾ। ਇਸ ਮੌਕੇ ਮਿਸਿਜ਼ ਸੁਸਮਾ ਗੁਪਤਾ (ਮੁਖੀ ਪੋਸਟ ਗ੍ਰੈਜੂਏਟ ਕਾਮਰਸ ਵਿਭਾਗ) ਵਿਸ਼ੇਸ਼ ਤੌਰ ਤੇ ਹਾਜ਼ਰ ਸਨ।

< E-Paper

Moga 15 Sep 2022 16

ਭ੍ਰ. ਰੁਜ਼ਗਾਰ ਕੌਰ, ਡਾ. ਨਚਰਕਰ ਸਿਲ, ਕਰ ਨਹੀਂ ਸਮਝੇ। ਇਹਾਂ ਸ ਪਲਾਜ਼ਮ ਹੀਕਰ ਸਥਾਨ ਹੀਸਲ ਕਿਠਾ। ਵਠ ਚਾਰ ਵਿਠਾਥ ਡਾ. ਰਵਿ ਤਪੰਸਕਾ ਖੇ। ਹਰਥਿਕਰ ਕੌਰ ਨੇ ਭਾਜ ਡੇ ਡੇ। ਰਾਝ ਸਰ ਕੀ ਚੋਰੀ ਕੇ ਲਿਯ ਚੁਠੇ ਗਯੇ।

ਸ਼ਾਤਰੰਜ ਮੇਂ ਗਗਨਦੀਪ ਪ੍ਰਥਮ, ਨੈਂਸੀ ਰਹੀਂ ਫ਼ਿਤੀਯ

ਸੰਖ਼ਾ: **ਦੁਠਾਠੀ ਸੰਖ਼ਾ** : ਪੁਸ਼ਟੀ ਭਾਰੰਜ ਪੁਸ਼ਟੀ ਚੁਠੇ ਮੇਂ ਚਾਰੰਕਿਕ ਵਿਠਾਥ ਖਿਠਾਥ ਕੀ ਚੋਰ ਕੇ ਆਯੋਜਿਤਾ ਸ਼ਾਤਰੰਜ ਪ੍ਰਤਿਯੋਜਿਤਾ ਮੇਂ ਗਗਨਦੀਪ ਕੌਰ ਨੇ ਭਾਠੀ ਸਰ ਠੀ। ਤੁਠੀਠੇ ਪਠਠਾ ਸਥਾਨ ਹੀਸਲ ਕਿਠਾ ਠੀ, ਕਹੀਂ ਨੈਂਸੀ ਨੇ ਦੂਸਰ ਡੀਰ ਸੁਨਿਧੀ ਨੇ ਤੀਸਰਾ ਸਥਾਨ ਹੀਸਲ ਕਿਠਾ। ਸ਼ਾਤਰੰਜ ਪ੍ਰਤਿਯੋਜਿਤਾ ਮੇਂ ਕਾਠੀ ਸੰਠਾ ਮੇਂ ਡਿਠਾਠਿਠੀ ਮੇਂ ਹਿਸਾ ਲਿਠਾ। ਸ਼ਾਤਰੰਜ ਕੌਰ ਨੇ ਭਾਰੰਜ ਕੀ ਹਰ ਭਾਠੀ ਕੀ ਅਪਠੇ ਖਠ ਮੇਂ ਕਰਠੇ ਗੁਪ ਪ੍ਰਤਿਯੋਜਿਤਾ ਅਪਠੇ ਨਾਠ ਕਰ ਠੀ। ਪ੍ਰਿੰਸਿਪਲ ਡਾ.ਨੀਨਾ ਅਨੇਜਾ ਨੇ ਕਿਠਾਠੀ ਕੀ ਪੁਰਸਕਾਰ ਠੀਕਰ ਸਮਠਾਨਿਤ ਕਿਠਾ। ਇਸ ਅਠਵਸਰ ਚਰ ਸੁਠਾ ਗੁਰਾ ਪ੍ਰਮੁਠ ਸਨਾਠਕੀਠਾਰ ਵਠਿਯਠ ਵਿਠਾਥ ਖੀ ਤਪੰਸਕਾ ਠੀ।

ਪੁਸ਼ ਠੀ ਚਾਰੰਕ ਚਾਰ ਰੁਠੇਠ ਮੇਂ ਸ਼ਾਤਰੰਜ ਪ੍ਰਤਿਯੋਜਿਤਾ ਮੇਂ ਭਾਠਵ ਅਪਠੇ ਭਾਠੀ ਚਾਠਾਠੀ ਕੀ ਸਠੀਠਿਠਿਠ ਠੀਠੇ ਪ੍ਰਿੰਸਿਪਲ ਠੀਠ ਮ੠੠੠ ੪ ਮ੠੠੠ ਠੀਠਠਠ ਗੁਰੁਠ

ਐੱਸ.ਡੀ. ਕਾਲਜ ਫਾਰ ਵੋਮੈਨ ਨੇ ਸ਼ਾਤਰੰਜ ਸੁਧਾਰੀ ਕਰਵਾਈ

ਸੰਖ਼ਾ: **ਦੁਠਾਠੀ ਸੰਖ਼ਾ** : ਪੁਸ਼ਟੀ ਭਾਰੰਜ ਪੁਸ਼ਟੀ ਚੁਠੇ ਮੇਂ ਚਾਰੰਕਿਕ ਵਿਠਾਥ ਖਿਠਾਥ ਕੀ ਚੋਰ ਕੇ ਆਯੋਜਿਤਾ ਸ਼ਾਤਰੰਜ ਪ੍ਰਤਿਯੋਜਿਤਾ ਮੇਂ ਗਗਨਦੀਪ ਕੌਰ ਨੇ ਭਾਠੀ ਸਰ ਠੀ। ਤੁਠੀਠੇ ਪਠਠਾ ਸਥਾਨ ਹੀਸਲ ਕਿਠਾ ਠੀ, ਕਹੀਂ ਨੈਂਸੀ ਨੇ ਦੂਸਰ ਡੀਰ ਸੁਨਿਧੀ ਨੇ ਤੀਸਰਾ ਸਥਾਨ ਹੀਸਲ ਕਿਠਾ। ਸ਼ਾਤਰੰਜ ਪ੍ਰਤਿਯੋਜਿਤਾ ਮੇਂ ਕਾਠੀ ਸੰਠਾ ਮੇਂ ਡਿਠਾਠਿਠੀ ਮੇਂ ਹਿਸਾ ਲਿਠਾ। ਸ਼ਾਤਰੰਜ ਕੌਰ ਨੇ ਭਾਰੰਜ ਕੀ ਹਰ ਭਾਠੀ ਕੀ ਅਪਠੇ ਖਠ ਮੇਂ ਕਰਠੇ ਗੁਪ ਪ੍ਰਤਿਯੋਜਿਤਾ ਅਪਠੇ ਨਾਠ ਕਰ ਠੀ। ਪ੍ਰਿੰਸਿਪਲ ਡਾ.ਨੀਨਾ ਅਨੇਜਾ ਨੇ ਕਿਠਾਠੀ ਕੀ ਪੁਰਸਕਾਰ ਠੀਕਰ ਸਮਠਾਨਿਤ ਕਿਠਾ। ਇਸ ਅਠਵਸਰ ਚਰ ਸੁਠਾ ਗੁਰਾ ਪ੍ਰਮੁਠ ਸਨਾਠਕੀਠਾਰ ਵਠਿਯਠ ਵਿਠਾਥ ਖੀ ਤਪੰਸਕਾ ਠੀ।

Intra- College Badminton (2022-23)

S.D. COLLEGE FOR WOMEN, MOGA
 3, Jawahar Nagar, Moga-142001
 Email- moga_sdcollege@yahoo.co.in

NOTICE (2022-23)

This is to inform that **intra-college badminton competition** going to be held on **5th November, 2022, Saturday**. Those students who are interested can give their names to in charge till 3rd November, 2022.

Date: 3rd November, 2022.

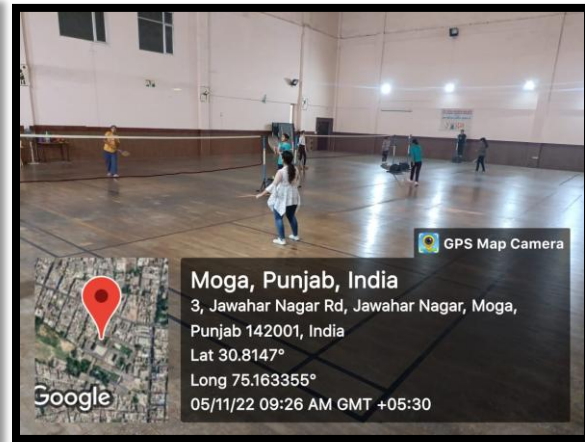
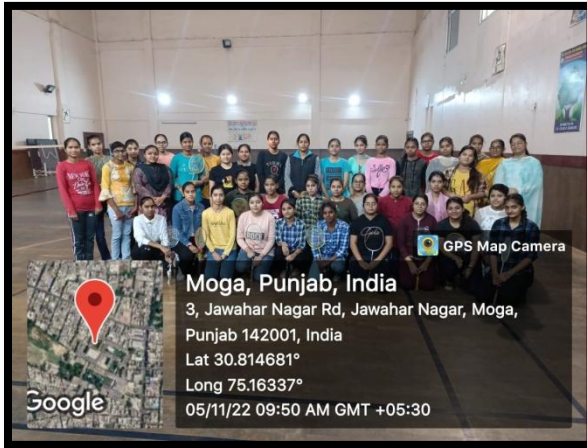
Mrs. Namita Barman
 (Department of Physical Education)

Dr. Neena Atreja
 Principal



Intra-college badminton competition was organised by the department of physical education on November 5, 2022 in which 47 students from different departments participated and Ms. Baljeet Kaur won the first position, Ms. Kanika won the second position and Ms. Shifali won the third position in the competition. Dr. Neena Aneja (principal) awarded with certificates and medals to students for their achievement.





INTER-COLLEGE BADMINTON COMPETITION (2022-23).

(14/11/2022 to 15/11/2022)

THE PROFORMA MUST BE SUBMITTED IN DUPLICATE
PANJAB UNIVERSITY SPORTS TOURNAMENT (Eligibility Performa)

Name: _____ Roll No: _____
 Address: _____
 City: _____ State: _____ Pin Code: _____
 Date: _____

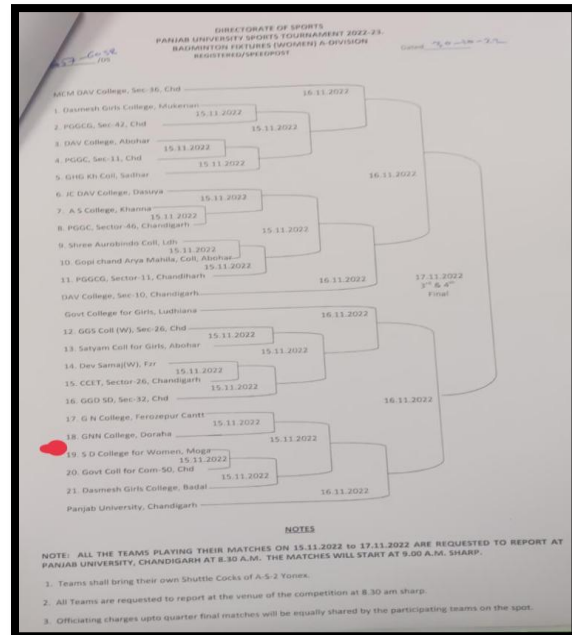
Name of the College: _____ Session 2022-23
 Name of the Class: _____
 Name of the Manager: _____
 Name of the Captain: _____
 Name of the Vice-Captain: _____

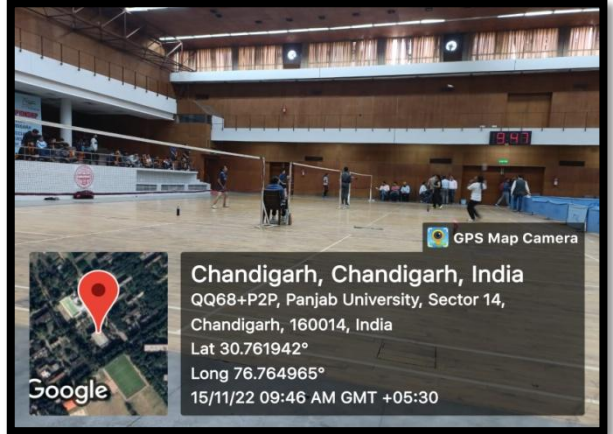
Sl. No.	Name of the Player	Father's Name (IN CAPITAL LETTERS)	Mother's Name (IN CAPITAL LETTERS)	P.I. Card Number	Date of Birth	Name of School/Institution where the player is at the present time	Recent match record after joining (10/20/2022)												Total Points	Rank	Status
							10/20/2022	11/10/2022	11/20/2022	12/10/2022	12/20/2022	01/10/2023	01/20/2023	02/10/2023	02/20/2023	03/10/2023	03/20/2023	04/10/2023			
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23															

MIGRATION CASES: Certified that Player listed at S.No. () above is a regular player. The Registrar, Panjab University, Chandigarh, has been informed of the migration of the player from the school/college mentioned above to Panjab University, Chandigarh.

Certificate:
 1. Certified that the eligibility of the student listed here as has been verified and they are eligible according to the rules of the tournament.
 2. Certified that the student mentioned above is a regular player.
 3. Certified that the student mentioned above is a regular player.
 4. Certified that the student mentioned above has been informed that they will participate in P.U. Badminton tournament.

Signature of the Principal: _____
 Signature of the Manager: _____
 Signature of the Vice-Captain: _____





INTER-COLLEGE CHESS COMPETITION

(2022-23).

DIRECTORATE OF SPORTS
PANJAB UNIVERSITY CHANDIGARH
REVISED

No. 3836-50s Dated: 3/9/2022

The Principals
All the participating colleges &
Director Campus activities

Sub: Panjab University Inter College Chess (Women & Men) Tournament 2022-23.

Dear Sir/Madam,

In continuation to the earlier letter issued by this Directorate vide No 3689-3730 dated 21-9-2022, regarding Panjab University Chess Competition schedule to be held at Dev Samaj College of Education, Chandigarh from 7-10-22 to 9-10-22 has been postponed due to administrative reason, Now Panjab University Inter College Chess (Women & Men) Tournament will be held as per the following schedule at Dev Samaj College of Education, Sector-36, Chandigarh. Participating team must report to the competition venue before 8:30 am on 12-10-22 (Women Section) and before 12:00 PM on 13-10-22 (Men Section)

1. Women Tournament 12.10.2022 to 13.10.2022 starting at 9.30 a.m.
2. Men Tournament 13.10.2022 (start at 2.00 pm) to 14.10.2022 starting at 9.30 a.m.

Participating college teams must send their eligibility proforma by 11.10.2022 positively, failing which no team will be allowed to take part in the tournament. Each member of your team must carry with him/her the latest competition/tournament identity Card duly signed by the Principal and must produce at the starting of the tournament. Teams from mofussil colleges will be accommodated at Sports Hostel, Sector-14, Panjab University, Chandigarh. Players are requested to bring their own beddings. Team in charge must stay with their teams. Security money Rs. 1000/- will be charged from each team which will be refunded after getting the clearance certificate. Principals of mofussil colleges are requested to send the authority letter along with team which consist an information regarding name and numbers of coaches/managers and students for accommodation purpose.

Teams are required to report at the venue of the competition at least 30 minutes before the start of the tournament. The Organizing Secretary reserves the right to make changes in schedule of the tournament. In the event of any dispute the decision of the Organizing Secretary shall be final. P.U. Chess (Women & Men) teams will be selected for its participation in the Inter University tournament 2022-23 during this tournament. A copy of rules for Inter College Chess tournament is enclosed herewith.

NOTE: The participating colleges will submit attested photocopies of the following certificates duly attested by the Principal of the college.

- Aadhaar Card
- 10th DMC Copy (For the Proof of D.O.B)
- 12th DMC Copy
- Graduation DMC Copy
- Post-Graduation DMC Copy (if any)
- Copy of Migration Certificate if Migrate from another University
- Certificate by the principal of concerned college regarding college return /Pupin No of their student/particpate

(Dr. Rakesh Malik)
Dy. Director Pm. Edu.

Issued to: Sh. Vikas Chamoli for information & n/a.

Ph.01636-220174, 8146588783

S. D. College for Women
3, Jawahar Nagar, Moga-142001
Email- moga_sdcollege@yahoo.co.in

Date: 08/10/2022

TO WHOM IT MAY CONCERN

It is to certify that Ms. Namita Barman, Assistant Professor in Physical Education and 5 students are hereby authorized to participate in the Inter College Chess Competition at Panjab University, Chandigarh on 12.10.2022 to 13.10.2022. The details of the students are as follows:

Name	class	Roll No.
1. Gagandeep Kaur	B.A. 5 th Sem	134
2. Sejal	M.Com 3 rd Sem	2002
3. Simran	M.Sc (IT)	3203
4. Nancy	B.A. 3 rd Sem	205
5. Tanishbir Kaur	B. Voc (FPQM) 1 st Sem	1609

Principal
S.D. College for Women
Moga

OPPO Reno7 5G
2022/10/19 15:05



INTER-COLLEGE TABLE-TENNIS COMPETITION (2022-23).

**DIRECTORATE OF SPORTS
PANJAB UNIVERSITY, CHANDIGARH**

TABLE TENNIS TOURNAMENT SCHEDULE & DRAWING 2022-23

No. US.VA-24/2022 REGISTERED/TYPE POST Date: 15-10-2022

NOTES

NOTE: Teams playing matches on 28.10.2022 and 29.10.22 are required to report at 8.30 a.m. at Multi Purpose Indoor Sports Complex, Sector 50, Chandigarh. The Matches will start at 9.30 a.m. sharp.

- All the matches will be played at Multi Purpose Indoor Sports Complex, Sector 50, Chandigarh on the date mentioned against their.
- Teams shall bring their own Table Tennis bats or bag containing Plastic Bat, handgrip and T.T. Bat.
- Teams are required to report at the venue of the competition at least 30 minutes before the start of the match.
- Walk-Out will be given in case to opposite team does not report for the match within 30 minutes of the scheduled time.
- Opposing changes up to quarter final matches will be equally shared by the participating teams on the spot.
- Rank number of each team entry with the latest tournament identity card assigned by the Principal and must be produced at the time of tournament commencement with list of players to participate. Teams from different colleges, District level, District Sports Hostel, Sector 50, Chandigarh, are encouraged. Admissions/selection and players are restricted to bring their own baggage. Teams drawings are required to bring with them. Security money Rs. 5000/- will be charged from each team which can be refunded.

OPPO Reno7 5G
2022.10.31 11:56

PB:01636-220174, 014680763

S. D. College for Women
3, Jawahar Nagar, Moga-142001
Email- moga_sdcollge@yahoo.co.in

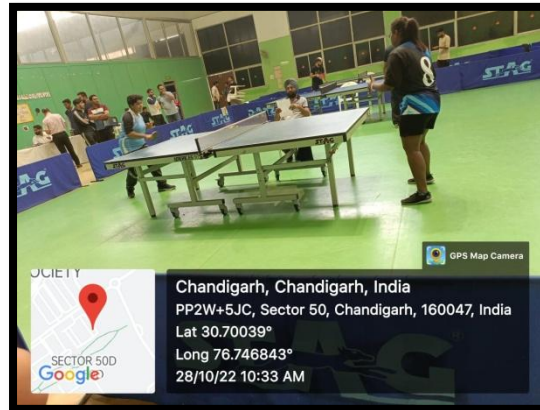
Date: 26/10/2022

TO WHOM IT MAY CONCERN

It is to certify that Ms. Namita Harman, Assistant Professor in Physical Education and 5 students are hereby authorized to participate in the Inter College Table Tennis Competition at Panjab University, Chandigarh on 28.10.2022 to 29.10.2022. The details of the students are as follows:

Name	Class	Roll No.
1. Jashanti Kaur	B.A. 3 rd Sem	321
2. Priya Sharma	P.O.D.C.A	3102
3. Yukta Chahal	B.A. 3 rd Sem	316
4. Lavanyani Kaur	B.A. 3 rd Sem	202
5. Geetika Sharma	B.A. 1 st Sem	102

Principal
S.D. College for Women
Moga



Moga District Chess Association (Punjab Chess Championship-2022)

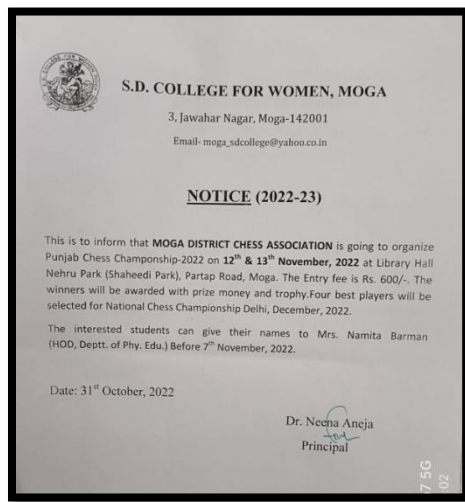
MOGA DISTRICT CHESS ASSOCIATION (REGD)

ENTRY FORM

Name of School/College: S.D. College for Women, Moga

S.No.	Name	Rating	DOB	Group	Remarks
1.	<u>Jashanti Kaur</u>		<u>07-12-2002</u>		
2.	<u>Geetika Sharma</u>		<u>31-10-2002</u>		
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21.					

Principal
S.D. College for Women
Moga



National Girl Child Day

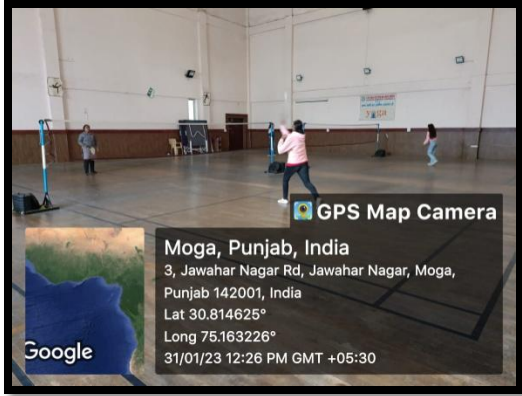
24/01/2023

Theme: Self-Defense Training for Girls

(Karate)

Total no. of students: More than 30

Expert: Ms. Lovepreet Kaur, B.A 2nd year





1. One Week Workshop on Physical Fitness

“P.T. Usha Self help Group” of Physical Education Department organized one week workshop on Physical Fitness as fitness is very important for good health. Besides feeling better mentally, exercising can help protect you from heart disease, stroke, obesity, diabetes, and high blood pressure; and it can make you look younger, increase and maintain bone density, improve the quality of your life, and may keep you from getting sick.

Total participants: 30

Trainers: Mrs. Namita Barman (HOD, Phy. Edu.)

Ms.Shifali Chhetry, M.com

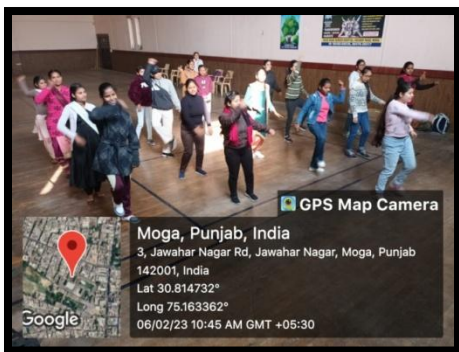
(1st Day of Training)



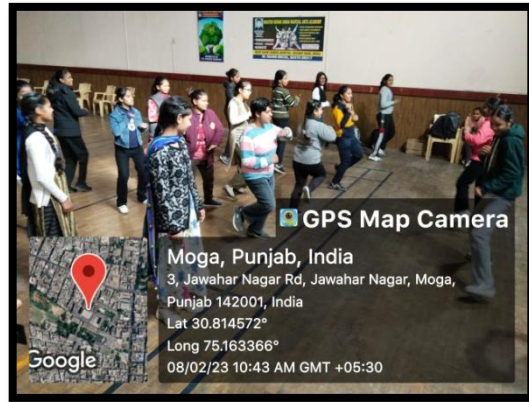
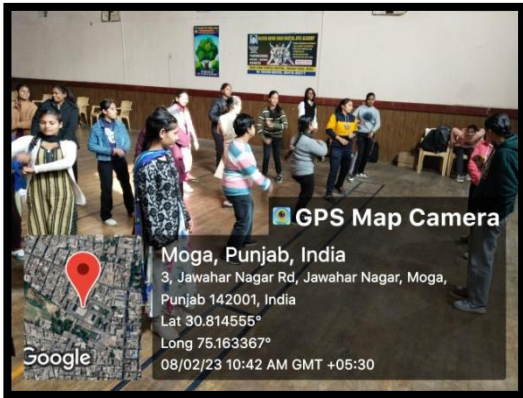
(2nd Day of Training)



(3rd Day of Training)



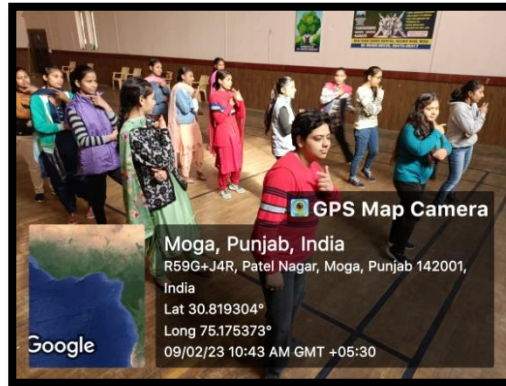
(4th Day of Training)



(5th Day of the Training)



(6th Day of the Training)



Report (G20)



Index

S.No.	Date	Topic	No. of Participants
1.	17/02/2023	Stress Management	50
2.	25/02/2023	Workshop on Yoga & Health	40
3.	27/02/2023	Workshop on Physical Fitness(Zumba Dance)	30

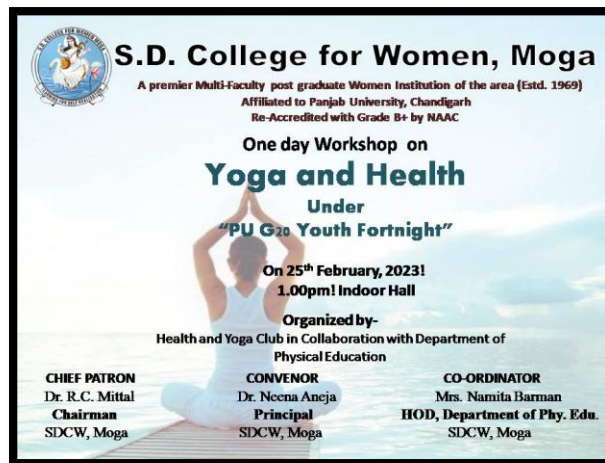
Activity No. 1.



A seminar on "Stress Management" organized by health and yoga club in collaboration with department of physical education. Madam Rajni Kaur, ICC Coordinator was the resource person of the seminar. The main purpose of the seminar is to help the students to identify the causes of the stress and provide them with practical, effective tools to avoid, reduce and manage stress- both on and off the job. Dr. Sakshi Sharma, Dr. Palvinder Kaur, Dr. Baljeet Kaur, Md. Usha and Md. Mandeep were also present in the seminar. Md Namita, ended the seminar with vote of thanks.



Activity No. 2



The poster features a central image of a woman in a white yoga outfit performing a tree pose (Vrikshasana) on a wooden deck overlooking a body of water under a blue sky. The text is arranged around this image. At the top left is the college's logo. The main title 'S.D. College for Women, Moga' is in bold black font, followed by its affiliation and accreditation details. The workshop title 'Yoga and Health' is in large blue font, with 'Under "PU G20 Youth Fortnight"' in smaller blue font below it. The date and time are listed in bold black font. The organizing body is mentioned in black font. At the bottom, three roles are listed in bold black font: Chief Patron, Convenor, and Co-ordinator, each with the name and title of the respective person.

S.D. College for Women, Moga
A premier Multi-Faculty post graduate Women Institution of the area (Estd. 1969)
Affiliated to Panjab University, Chandigarh
Re-Accredited with Grade B+ by NAAC

**One day Workshop on
Yoga and Health**
Under
"PU G20 Youth Fortnight"

**On 25th February, 2023!
1.00pm! Indoor Hall**

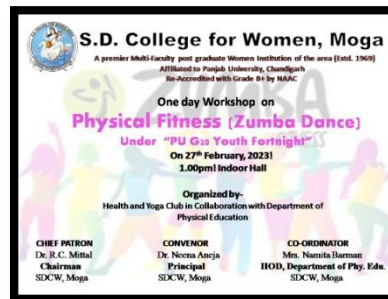
Organized by-
Health and Yoga Club in Collaboration with Department of
Physical Education

CHIEF PATRON Dr. R.C. Mittal Chairman SDCW, Moga	CONVENOR Dr. Neena Anuja Principal SDCW, Moga	CO-ORDINATOR Mrs. Namita Barman HOD, Department of Phy. Edu. SDCW, Moga
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Yoga is a physical and mental practice that involves the body, mind and spirit. The practice, which originated in India, is designed to enhance awareness, create a mind-body-spirit balance, cleanse, heal and strengthen the body, liberate the true self and, as practiced today, improve fitness. Yoga, when practiced regularly, can reduce symptoms of severe PMS, including anxiety and depression in some women. Some postures can reduce pressure on the uterus, relieving cramps, and yoga's gentle stretching can ease stiffness and tension in the lower back.



Activity No. 3

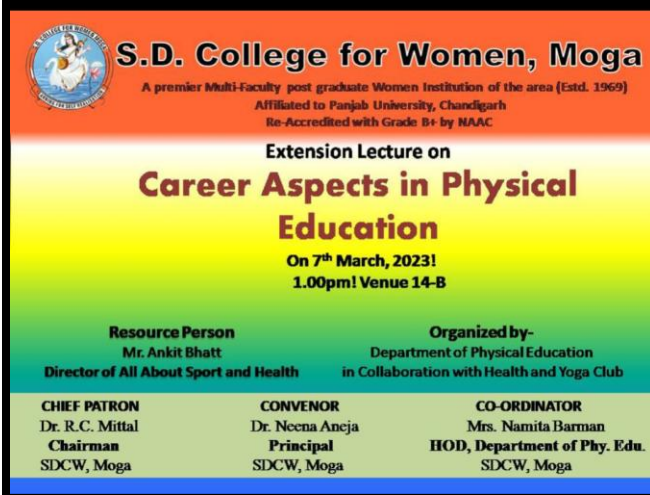


Zumba targets lots of different muscle groups at once for total body toning. Boosts your heart health. You not only get aerobic benefits (it really gets your heart rate up), you also get anaerobic benefits – the kinds that help you maintain a good cardiovascular respiratory system. Helps you de-stress.



Review and Success Story

Worthy principal Dr. Neena Aneja appreciated the efforts of the HOD, Department of Physical Education Mrs. Namita Barman to organize various activities under the “Punjab University G20 Fortnight” using their creative ideas to inculcate thrust in students to take participation for uplifting the physical and mental growth of the youth. Three activities were scheduled by the organizing committee in keeping mind about the physical and mental exercise of youth. Students actively participated in all activities.



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**Extension Lecture on
Career Aspects in Physical
Education**
On 7th March, 2023!
1.00pm! Venue 14-B

Resource Person
Mr. Ankit Bhatt
Director of All About Sport and Health

Organized by-
Department of Physical Education
in Collaboration with Health and Yoga Club

CHIEF PATRON Dr. R.C. Mittal Chairman SDCW, Moga	CONVENOR Dr. Neena Aneja Principal SDCW, Moga	CO-ORDINATOR Mrs. Namita Barman HOD, Department of Phy. Edu. SDCW, Moga
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S.D. College for Women, Moga
 A premier multi- Faculty Post Graduate Institute of the Area
 Affiliated to Panjab University, Chandigarh
 (Reaccredited with Grade B - By NAAC)

CORDIALLY INVITE YOU TO THE
ANNUAL SPORTS DAY

S.D. COLLEGE
SPORTS DAY

ANNUAL SPORTS DAY
 On Friday, 17th March 2023 at Rekhi Ram Indoor Hall
INAUGURAL : 9.30AM

INVITATION

Chief-Patron : Dr. R.C. Mittal
 Chairman, SDCW

Convener : Dr. Neena Aneja
 Principal, SDCW

Guest of Honor : Mrs. Sonia Harsh
 Principal, S.D. Girls Sen. Sec. School

VALIDICTORY CEREMONY : 2.00PM

Event Coordinator : Mrs. Namita Barnan
 HOD, Physical Education

Event Co-ordinators : Ms. Rajni Kaur
 Mrs. Ramanpreet Kaur

Students Representatives : Lovepreet, Jobhni
 Garima, Jaschanjot

MANAGEMENT, STAFF AND STUDENTS



Love
 Principal
 S.D.College for Women
 Moga