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# KARMYOGI

Monthly Newsletter of GGSD College, Kheri Gurna (Banur)

## Seven-Day Self-Defense Training Workshop for Girls



The Women Empowerment Forum conducted 6th Seven-Day Self-Defense Workshop for girls from March 11 to 18, 2024. Ms. Mona, Sr. Instructor Girls Bn., NCC Chandigarh was the chief guest on the opening day. Ms. Pushpa Devi, social worker, gave important tips on crime against women. A demonstration of self-defense was given by Mr. Satwinder Singh, Director Taekwondo Institute, Patiala. During the workshop various Guest Lectures were also conducted such as Economic Empowerment through Financial Literacy of Women by Dr. Jyoti Arora, "Invest in Women: Accelerate Progress" by Dr. Sukhwinder Singh, Upliftment of skills-based education for Women and Youth leadership by Dr. Jaswinder Kaur and a short film on "Awareness about Mental Health" was screened. On the valedictory day, Lt. Col. Ravinderjit Randhawa was the chief guest. Dr. Harpreet Kaur, Director, Women's Studies Center, Punjabi University, was the guest of honor. Forty girls completed the workshop and received Certificates from Maj Gen A.K.Shori (Retd.) Chairman Governing Body, Officiating Principal Dr. Meenakshi Negi and other dignitaries.

## Screening of "Gunjan Saxena"



The Women Empowerment Forum of the College celebrated Women's Day with the theme "Invest in Women: Accelerate Progress". Dr. Jaswinder Kaur discussed the significant changes in uplifting women linking to United Nations Sustainable Development Goals. The movie 'Gunjan Saxena' was screened to motivate the girls.

## Talent Show wih MyFM



To provide students a worthy platform to showcase their talent, India's hottest radio FM station, 94.3 MY FM in association with Honda, hit the college campus on March 22, 2024. RJ Shonali and RJ Jassi were the highlights of the event. The students participated in all activities and received free movie tickets and gifts. Test rides were also provided on Honda bikes. The program ended with a DJ party.

## Extension Lecture

The Economics Department organized a guest lecture on 'Importance of Ground Water Conservation in Punjab' on March 21, 2024. The guest speaker Mr. Mukesh Aggarwal, Laboratory Head, Eco Paryavaraan Pvt. Ltd, Mohali, talked about the techniques which can be adopted for conservation of ground water.



## Saturday Activity

The Badminton and the Volleyball match was conducted in the college. Five rounds of Volleyball and Badminton Singles were held between 10 students. The students had a lot of fun.

Courses Offered: M.Com. B.Com.(Hons.) B.Com. B.B.A. B.A.  
Diploma in Computer Applications

Dr. Meenakshi Negi  
Officiating Principal

## GGSD COLLEGE, KHERI GURNA (BANUR)

(Recognised under section 2(f) of the UGC Act 1956)

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