

PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A+' Grade by NAAC (Second Cycle)

INSTITUTION'S INNOVATION COUNCIL (IIC)

**EMPOWERING ENTREPRENEURS: NAVIGATING THE PATH TO
SUCCESS IN INDIA**



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN

JALANDHAR NAAC Re-accredited "A+" Grade (Second Cycle)



National Webinar on
EMPOWERING ENTREPRENEURS
Navigating the Path to Success in India

20TH APRIL, 2024 11:00 A.M.

ORGANISED BY :
P.G. DEPARTMENT OF ECONOMICS



Resource Person
DR. POOJA CHOUDHARY

Assistant Professor
Department of Economics,
Faculty of Social Sciences,
The ICFAI Foundation for Higher Education (IFHE)
(Declared as deemed-to-be university u/s 3 of the UGC Act 1956)
Accredited by NAAC with A++ and UGC recognized Autonomous Institution
Dootanapally Campus, Shankarpally Road, Hyderabad, Telangana,
Pin: 501203.

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Sh. Naresh Badhla
President

Dr. Pooja Prashar
Principal

Mrs. Renu Tandon
Vice-President IIC

Mrs. Dhya Badha Gupta
Convener

Dr. Saridopa Kaur
Co-ordinator

Dr. Renu Bala
Convener IC

Date: April 20, 2024

Time: 11:00 am

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 55

Faculty: 02

Report

Under the guidance of the Institution's Innovation Council, P.G. Department of Economics of Prem Chand Markanda S. D. College for Women, Jalandhar organized a National Webinar on "Empowering Entrepreneurs: Navigating the Path to Success in India" on 20th April 2024. The resource person of the webinar was Dr. Pooja Chaudhary, currently associated with ICFAI School of Social Sciences, Hyderabad. She started with an impressive introduction of the concept and explained the importance of entrepreneurship in driving economic growth. The webinar brought together a diverse panel of experts and industry leaders to share their expertise and experiences, empowering aspiring and existing entrepreneurs to chart their path to success. By addressing key challenges, sharing best practices, and fostering a culture of innovation and resilience, the webinar contributed to the collective effort of building a vibrant and dynamic entrepreneurial ecosystem in India. The resource person underlined the key Entrepreneurial Skills such as Creativity and Innovation, Risk-taking, decision-making, Leadership and Management, and Adaptability and Resilience needed for young entrepreneurs. Some important topics related to entrepreneurship such as Women Entrepreneurs, Leveraging Technology and Digital Platforms, and Entrepreneurial Landscape in India were also explained. Around fifty participants, comprising students and faculty members of various institutions attended the webinar. As participants reflect on the insights gained and lessons learned, it is hoped that they will be inspired to embark on their entrepreneurial journey with confidence and determination, driving economic growth and societal impact.

Key Takeaways

- The Attendees gained a deeper understanding of various aspects of entrepreneurship, such as business planning, marketing strategies, financial management, and leadership skills.
- They acquired practical knowledge and skills that are essential for starting and growing a successful business.
- The participants gained confidence and determination to overcome challenges and strive for success in their ventures.
- The webinar helped participants to make concrete action plans and strategies for their businesses and to identify key milestones, set goals, and outline steps to navigate the path to success effectively.

Objectives

A seminar on Entrepreneurship in India has several objectives tailored to the students' needs and the event's context. Here are some possible objectives:

1. **Understanding the Indian Entrepreneurial Ecosystem:** The webinar has an opportunity to provide participants with an overview of the current entrepreneurial landscape in India, including key players, trends, challenges, and opportunities.
2. **Identifying Opportunities:** Help participants identify potential business opportunities in India by exploring emerging industries, untapped markets, and areas ripe for innovation.
3. **Navigating Regulatory and Legal Frameworks:** Educate entrepreneurs on navigating the regulatory and legal frameworks governing businesses in India, including company registration, taxation, intellectual property rights, and compliance requirements.
4. **Developing Effective Marketing and Sales Strategies:** Offer guidance on devising effective marketing and sales strategies tailored to the Indian context, including understanding customer needs, competitor analysis, branding, and distribution channels.
5. **Cultivating Entrepreneurial Mindset and Skills:** Foster an entrepreneurial mindset among participants by emphasizing key traits such as resilience, creativity, adaptability, and risk-taking, and providing practical tips for developing these skills.
6. **Mitigating Risks and Failures:** Provide strategies for identifying and mitigating risks inherent in entrepreneurship, as well as coping mechanisms for dealing with failure, setbacks, and pivots along the entrepreneurial journey.
7. **Adapting to Technological Disruptions:** Discuss the implications of technological disruptions such as AI, blockchain, etc. on traditional industries in India, and strategies for entrepreneurs to adapt, innovate, and capitalize on these changes.
8. **Navigating Globalization and International Markets:** Explore opportunities for Indian entrepreneurs to expand globally, including market entry strategies, cultural considerations, and navigating international regulations and trade barriers.

Benefits

A webinar focused on empowering entrepreneurship and navigating the path to success can offer a multitude of benefits:

1. **Knowledge Enhancement:** Attendees can gain valuable insights into various aspects of entrepreneurship, including business planning, marketing strategies, financial management, and legal considerations.
2. **Inspiration and Motivation:** Hearing success stories and learning from the experiences of successful entrepreneurs can inspire and motivate attendees to pursue their entrepreneurial dreams.
3. **Skill Development:** Attendees can acquire practical skills that are essential for building and growing a successful business.
4. **Access to Resources:** Provide access to valuable resources, including tools, templates, and guides, to help entrepreneurs navigate the challenges of starting and running a business.
5. **Exposure to Innovation:** Exposure to cutting-edge innovations can spark creativity and inspire attendees to think outside the box in their entrepreneurial endeavors.
6. **Personal Growth:** Beyond business success, entrepreneurship often involves personal growth and development. The Webinar can provide valuable insights into mindset,

resilience, and overcoming failure, empowering attendees to navigate the ups and downs of the entrepreneurial journey with confidence and determination.

7. **Continued Learning and Development:** Entrepreneurship is a dynamic and evolving field, and the webinar provides opportunities for continuous learning and professional development.
8. **Cultural and Social Impact:** Empowering entrepreneurship isn't just about economic growth; it can also have a significant cultural and social impact. A webinar focused on social entrepreneurship, sustainability, or inclusive business practices can inspire attendees to create businesses that address pressing social or environmental challenges.

Therefore, the webinar serves as a celebration of innovation, creativity, and the entrepreneurial spirit.

Link for Meeting

PCM S.D College for Women Computer Science is inviting you to a scheduled Zoom meeting.

Topic: Empowering Entrepreneurs: Navigating the Path to Success in India

Time: Apr 20, 2024 11:00 AM India

Join Zoom Meeting

<https://us05web.zoom.us/j/4641828675?pwd=hC2niapD16ZioBGcaTe2vfKzNCbeNA.1&omn=86006317987>

Meeting ID: 464 182 8675

Passcode: 123456

Feedback link

<https://forms.gle/RCinJjDCiDH3hVBh6>

Organizers of this event.

Sr. no.	Name	Designation	Department
1.	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3.	Dr. Divya Budhia Gupta	Assistant Professor & HOD	Economics
4.	Dr. Sandeep Kaur	Assistant Professor	Economics
5.	Dr. Ravleen Kaur	Assistant Professor	Economics

Invitation and Gratitude letters to the Guest



Prem Chand Markanda S.D. COLLEGE FOR WOMEN

Premier Post-Graduate Institution
NEHRU GARDEN ROAD, JALANDHAR-144001

Ph. 0181-2455122, 2236122, 2453036, 2452021

Tele Fax : 0181-2236122

Website: www.pcmwd.ac.in

E-mail: info@pcmwd.ac.in

Ref. No. Edc/4344

Date 15/04/2024

Dr. Pooja Choudhary
Assistant Professor
Department of Economics
The ICFAI Foundation of Higher Education
Hyderabad

Subject: **Invitation for National Webinar**
Esteemed Madam,

I humbly apprise you that Prem Chand Markanda S.D. College for Women, Jalandhar, a venerable institution since 1972, the Department of Economics of the college is organizing a **National Webinar** on the topic **"Empowering Entrepreneurs: Navigating the path to success in India"** on 20th April, 2024 at 11.00 a.m.

The entire family of PCM S.D. College for Women, Jalandhar, fervently anticipates that your distinguished and invigorating presence, coupled with an unwavering commitment to impart erudition, would be affable enough to accede to our invitation to grace the occasion as a **Resource Person** of the National Webinar and to do justice to this intellectual platform of exchange of ideas. In all earnestness, we firmly believe that your participation will imbue this initiative with a distinguished essence, fostering an environment conducive to the exchange of profound ideas. This gathering is poised to be an intellectual catalyst, inspiring faculty members, students and researchers to explore novel avenues in academic research.

Your expeditious consent will undoubtedly contribute to the resounding success of this event, elevating it into a historic event.

Expressing gratitude in anticipation of your favorable response,

With regards

Prof. (Dr) Pooja Prashar
Principal



NAAC Re-accredited A* college (2 nd cycle)	Only women college in Jalandhar district offering four-year B.A. B.Ed integrated course.	College offers various skill oriented vocational courses
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Website: www.pcmsd.ac.in

E-mail: info@pcmsd.ac.in

Ref. No. 2024/4361

Date 20/04/2024

Dr. Pooja Choudhary
Assistant Professor
Department of Economics
The ICFAI Foundation of Higher Education
Hyderabad

Subject: Expressing gratitude for lending your precious time

Esteemed Madam

With heartfelt gratitude and in recognition of distinction in your respective field, I offer my sincerest thanks to you for accepting our invitation and enlightening us with your exceptional expertise as a Resource Person for National Webinar on "Empowering Entrepreneurs: Navigating the path to success in India" on 20th April, 2024. The event was organized by PG Department of Economics of PCM S.D. College for Women Jalandhar, an iconic institution dedicated to the cause of women empowerment through quality education, a fact testified by NAAC's A+ grade (2nd Cycle).

Your invaluable insights, shaped by years of expertise, not only illuminated the event but left an indelible mark on both the faculty and students, fostering a legacy of knowledge and inspiration. I look forward to your continued mentorship, guiding us in our pursuit of academic excellence.

With regards

Prof. (Dr) Pooja Prashar

Principal

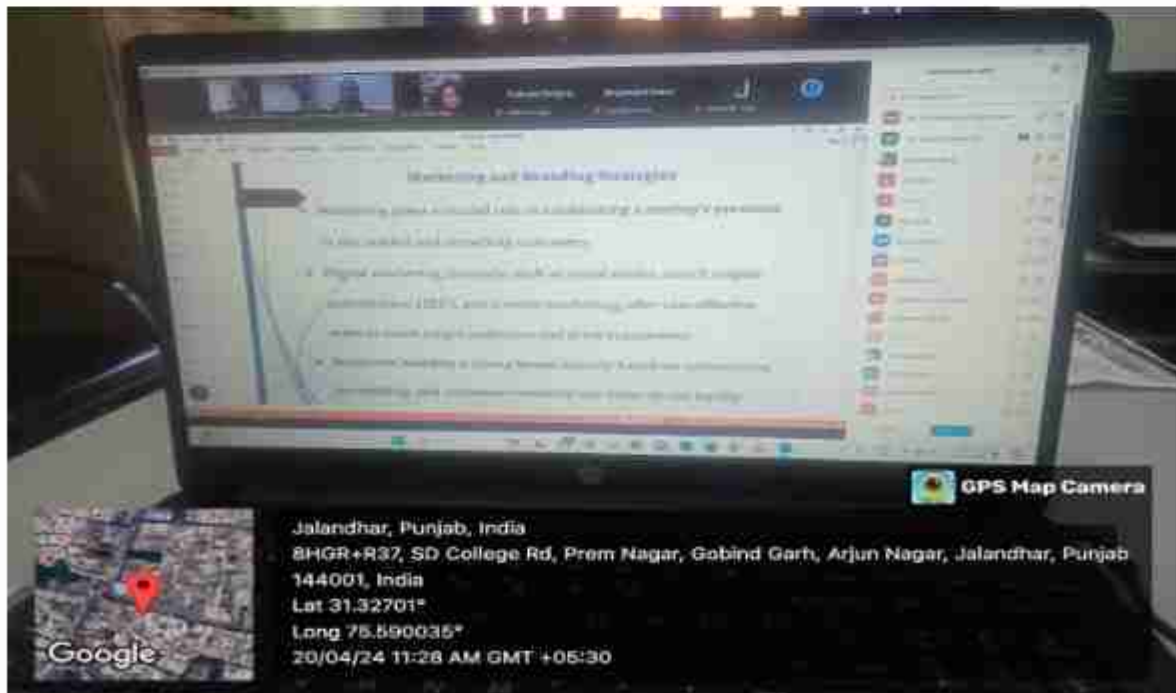


NAAC Re-accredited A+ college (2nd cycle)

Only women college in Jalandhar district offering four-year B.A. B.Ed integrated course.

College offers various skill oriented vocational courses.

Geotag Photos





Stages of Entrepreneurial Process

- > Idea Generation
- > Feasibility Analysis
- > Business Planning
- > Implementation
- > Growth and Sustainability

A presentation slide titled "Stages of Entrepreneurial Process". On the left side, there is a vertical blue line with a black arrow pointing to the right. From this line, several thin, curved black lines extend across the slide towards the right, suggesting a flow or progression. The text of the stages is positioned to the right of these lines.

11:26



4G 4G



68%



Leveraging Technology and Digital Platforms

- Technology has become a game-changer for startups, enabling them to disrupt traditional industries and scale rapidly.
- In India, the adoption of digital technologies, such as e-commerce, cloud computing, etc. has transformed the business landscape.
- Entrepreneurs must embrace technology as a strategic enabler and leverage digital platforms to reach customers, streamline operations, and drive innovation.

11:13



4G

72%



Zoom

Leave



Introduction

- Entrepreneurship refers to the act of setting up a new business so as to take advantages from new opportunities.
- The origin of the basic word "entrepreneurship" is from a French word "*Entree*" means "To enter" and "*Prendre*" means "to take" and in general sense applies to any person starting a new project or trying a new opportunity.



 Unmute

 Start video

 30 Participants

 Chat

 Reactions

 Share

11:21



4G 4G 70%



The Importance of Entrepreneurship

- Entrepreneurship plays a pivotal role in driving economic growth, fostering innovation, and creating job opportunities.
- In India, startups have emerged as key contributors to GDP growth and employment generation, particularly in sectors such as technology, e-commerce, and healthcare.

Attendance

Timestamp	Email	Full Name	Other Identifier	Other Identifier 2	Total Score	Percent Score	Passed?	Certificate ID
04/19/2024 22:52:22	Wahama 04@gmail.com	Dr. Indira Jit Indira	pm college	science	0	100%	TRUE	FOOTY-CE00001
04/19/2024 23:04:53	04@gmail.com	Diya Bhatia	Prem Chandra Maharaja S.O College for Women, Jaipur	Economics	0	100%	TRUE	FOOTY-CE00002
04/20/2024 11:51:09	aditi04@gmail.com	Aaditi Sharma	PCM SD College for Women, Jaipur	English	0	100%	TRUE	FOOTY-CE00003
04/20/2024 11:51:52	0420@gmail.com	Sakshi Dogra	Prem SD College for women Jaipur	Economics	0	100%	TRUE	FOOTY-CE00004
04/20/2024 11:52:13	0420@gmail.com	Dr. Poojan Kar Vidya	PCM SD College for Women, Jaipur	Economics	0	100%	TRUE	FOOTY-CE00005
04/20/2024 11:52:23	04@gmail.com	Dr. Sandeep Kar	PCM S.O. College for Women Jaipur	Economics	0	100%	TRUE	FOOTY-CE00006
04/20/2024 11:54:54	0420@gmail.com	Uja Joshi	PCM SD College for Women, Jaipur	English	0	100%	TRUE	FOOTY-CE00007
04/20/2024 11:54:58	0420@gmail.com	Ms. Alexander Kar	PCM S.O. College For Women, Jaipur	Punjabi	0	100%	TRUE	FOOTY-CE00008
04/20/2024 11:55:41	0420@gmail.com	Keok	PCM SD college for women	Economics	0	100%	TRUE	FOOTY-CE00009
04/20/2024 11:55:59	0420@gmail.com	Anshika	Prem.s.d.college for women	Economics	0	100%	TRUE	FOOTY-CE00010
04/20/2024 11:59:36	0420@gmail.com	Dr. Tushar Prasad Kar	(P)	Economics	0	100%	TRUE	FOOTY-CE00011
04/20/2024 11:59:55	0420@gmail.com	Nika	PCM So college for women	B.Sc economics	0	100%	TRUE	FOOTY-CE00012
04/20/2024 11:59:59	0420@gmail.com	Bhavika	PCM SD College	Economic Department	0	100%	TRUE	FOOTY-CE00013
04/20/2024 11:57:01	0420@gmail.com	Diya Arora	PCM sd college for women	BSC economic	0	100%	TRUE	FOOTY-CE00014
04/20/2024 12:01:12	0420@gmail.com	Dr. Priya Choudhary	ICFAI School of Social Sciences, FHE Hyderabad	Economics	0	100%	TRUE	FOOTY-CE00015
04/20/2024 12:01:37	0420@gmail.com	Neena Mittal	POWSD College for women	Hindi	0	100%	TRUE	FOOTY-CE00016
04/20/2024 12:02:53	0420@gmail.com	Dr. Renu Bala	POWSD COLLEGE FOR WOMEN (JALANDHAR)	History	0	100%	TRUE	FOOTY-CE00017
04/20/2024 12:03:12	0420@gmail.com	Aru Bala	Powrd college for women Jaipur	Musical	0	100%	TRUE	FOOTY-CE00018
04/20/2024 12:04:32	0420@gmail.com	Dr. Anju Bala	PCM S.O. College for Women, Jaipur	Punjabi	0	100%	TRUE	FOOTY-CE00019
04/20/2024 12:09:59	0420@gmail.com	Preeti Kumari	PCM SD College for women	Education	0	100%	TRUE	FOOTY-CE00020
04/20/2024 12:10:17	0420@gmail.com	Ms. Rajni Kapoor	PCM SD College for Women	Commerce	0	100%	TRUE	FOOTY-CE00021

Timestamp	Email	Full Name	Other Identifier	Other Identifier 2	Total Score	Percent Score	Passed?	Certificate ID
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04/22/2024 12:17:02	maljainkulk4@gmail.com	Yashika	PCM SO college for women	Economic Departments	0	100.0%	TRUE	FOOXY-CE00023
04/22/2024 12:20:13	shuchanta@gmail.com	Isha Chatter	Guru Nanak Dev University	Department of Agriculture	0	100.0%	TRUE	FOOXY-CE00024
04/22/2024 12:30:13	ajayee@gmail.com	Dr. S.J. Sengar	DAV COLLEGE JALANDHAR	Economics	0	100.0%	TRUE	FOOXY-CE00025
04/22/2024 12:55:11	sonamoyal@gmail.com	Sarna Rai	Master college (co education)	Jalandhar/EC	0	100.0%	TRUE	FOOXY-CE00026
04/22/2024 13:00:05	kapoor77@gmail.com	Geeta Kapoor	St. Solida College Co-education	Jalandhar	0	100.0%	TRUE	FOOXY-CE00027
04/22/2024 13:01:16	navdeep1@gmail.com	Navdeep Kaur	St. Solida College Co-Education	Jalandhar	0	100.0%	TRUE	FOOXY-CE00028
04/22/2024 13:20:43	adoor1@gmail.com	Aarti Kaur	St. Solida College Co-Education	Jalandhar	0	100.0%	TRUE	FOOXY-CE00029
04/22/2024 13:36:19	sonamoyal@gmail.com	Dr. Suresh Kumar Khosla	DAV College	Jalandhar Punjab	0	100.0%	TRUE	FOOXY-CE00030
04/22/2024 13:48:34	deepjain01@gmail.com	Deepa Jain	PCM SO COLLEGE FOR WOMEN	Economic	0	100.0%	TRUE	FOOXY-CE00031
04/22/2024 14:00:19	sonamoyal@gmail.com	Priya Khanna	DAV University	CBSE	0	100.0%	TRUE	FOOXY-CE00032
04/22/2024 14:11:18	kapoorpari00@gmail.com	Opansi	Prems Chaud Mahanda S.D. College For Women	Jalandhar	0	100.0%	TRUE	FOOXY-CE00033
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04/22/2024 14:14:35	shilpa0000@gmail.com	SLV	PCM SO College for women	PG Department of Commerce and Management	0	100.0%	TRUE	FOOXY-CE00035
04/22/2024 14:20:59	ashika000@gmail.com	Ashika	Prems Chaud Mahanda S.D. College for women	Jalandhar	0	100.0%	TRUE	FOOXY-CE00036
04/22/2024 15:14:00	shyamsika@gmail.com	Arshi	P.C.M S.D college for women	Jalandhar	0	100.0%	TRUE	FOOXY-CE00037
04/22/2024 15:12:25	sonamoyal@gmail.com	Arshi	Post grad college for women	Bareilly	0	100.0%	TRUE	FOOXY-CE00038
04/22/2024 15:13:02	shreyas1300@gmail.com	Chandni yada	PCM SO college for women	Bec economic	0	100.0%	TRUE	FOOXY-CE00039
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Timestamp	Email	Full Name	Other identifier	Other identifier 2	Total Score	Percent Score	Passed?	Certificate ID
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04/20/2024 16:42:45	harvishah54@gmail.com	Harvish kaur	St. Soldier College Co-Education Jalandhar	JMC	0	100.0%	TRUE	POCKTY-CE000042
04/20/2024 17:41:54	k3340216@gmail.com	Khushi	PCM S.D college	ECONOMICS department	0	100.0%	TRUE	POCKTY-CE000043
04/20/2024 17:50:17	anhu517kumar@gmail.com	Anhu kumar	Prem chand mahanta S.D college for women Jalandhar Punjab	Economics	0	100.0%	TRUE	POCKTY-CE000044
04/20/2024 18:20:39	koms101300@gmail.com	Komsal	PCM at college for women	Commerce	0	100.0%	TRUE	POCKTY-CE000045
04/20/2024 18:24:39	lakansupreet@gmail.com	Supreet S.J. Talwar	Apeeya College of Fine Arts	Economics	0	100.0%	TRUE	POCKTY-CE000046
04/20/2024 19:33:17	spakar1972@gmail.com	Suresh Raj	DAV College Jalandhar	Physical Education	0	100.0%	TRUE	POCKTY-CE000047
04/20/2024 19:59:18	gillapri184@gmail.com	Aparajit kaur	PCM at College for women Jalandhar	P. G department of economic	0	100.0%	TRUE	POCKTY-CE000048
04/20/2024 21:27:50	manishkaur03@gmail.com	Manisha	PCM SD college for women	Economics	0	100.0%	TRUE	POCKTY-CE000049
04/20/2024 21:58:45	santhikapoo03@gmail.com	Pooja	PCM S.D College For Women Jalandhar	Economics	0	100.0%	TRUE	POCKTY-CE000050
04/21/2024 9:58:32	outprachi@gmail.com	Prachi Dutt	PCM SD College for women	Economics department	0	100.0%	TRUE	POCKTY-CE000051
04/21/2024 10:48:14	indrakal17yad@gmail.com	Dr Indu Tyagi	PCM S. D. College for Women, Jalandhar	English	0	100.0%	TRUE	POCKTY-CE000052
04/22/2024 12:42:44	kaur312sharmita@gmail.com	Manmeet kaur	PCMSD College for women	Home science	0	100.0%	TRUE	POCKTY-CE000053
04/22/2024 16:49:45	prya indrapriya@gmail.com	Cashmi Priya Mahajan	PCM SD College For Women Jalandhar	PG Department of Commerce and Management	0	100.0%	TRUE	POCKTY-CE000054

Social Media Promotional link

<https://www.facebook.com/pcmsd.ac.in/posts/pfbid0ZonNyF5n9FPNorsJRwGSBsNgrSnJ5hF3T4JQ2MAASRxuCmfzpLeDNQ8nS3NCvroJl>

Promotional link on Instagram <https://www.instagram.com/p/C58sMiPhxzC/>

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SESSION ON SELF DEFENCE EXERCISE AND TECHNIQUES **ACTIVITY REPORT**



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR NAAC Re-accredited "A+" Grade (Second Cycle)



Session on
**SELF DEFENCE EXERCISE
AND TECHNIQUES**

Organised By
DEPARTMENT OF PHYSICAL EDUCATION

5TH APRIL 2024 11:40 A.M.

VENUS: YOGA HALL

PCMSD.AC.IN

Sh. Naresh Buthia President	Dr. Pooja Prashar Principal	Mrs. Renu Tandon Vice-President IIC	Dr. Renu Bala Convener IIC	Ms. Manpreet Kaur Ms. Harvinder kaur Incharges
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Session on: **SESSION ON SELF DEFENCE EXERCISE AND TECHNIQUES**

Date: April 5, 2024

Time: 11:40 am

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 55

Faculty: 02

About the event:

The Department of Physical Education and Sports at PCM S.D. College for Women, Jalandhar, organized a comprehensive session on Self-Defence Exercises and Techniques under the banner of the Institution's Innovation Council. The session aimed to empower female students with essential skills to protect themselves in various situations. The session commenced with an informative lecture highlighting the significance of self-defense in today's world. It emphasized the need for women to be proactive in ensuring their safety and well-being. An experienced teacher of the Physical Education department conducted live demonstrations of fundamental self-defense techniques, including strikes, blocks, and escapes. These demonstrations were interactive, allowing participants to ask questions and clarify doubts. Following the demonstrations, participants engaged in hands-on training sessions where they practiced the techniques under the guidance of skilled instructors. Each activity was carefully explained and demonstrated, ensuring that participants understood the proper form and technique. The focus was on the proper form, timing, and application of each technique. To simulate real-life situations, role-playing scenarios were enacted where participants had to apply the learned self-defense techniques. This practical exercise helped them gain confidence in their ability to defend themselves effectively. The session received positive feedback from participants, who expressed gratitude for the valuable knowledge and skills acquired. Many noted feeling more confident and empowered after the training. The Department of Physical Education reaffirmed its commitment to organizing such sessions regularly to promote women's safety and empowerment. The "Session on Self-Defense Exercise and Techniques" proved to be a resounding success in equipping female students with essential tools to protect themselves and navigate the challenges of today's world confidently.

Objectives

- **Real-World Problem Solving:** Provide students with an opportunity to experience the process of generating software solutions for real-world problems.
- **Innovation:** Encouraging students to develop new techniques, standards, or personal programming styles to enhance progress on projects.
- **Open Platform for Expression:** Create an open platform for students to express their views and ideas related to the theme 'Student Innovation'.
- **Theme-Base Problem Statements:** Present specific problem statements under the themes of Travel and Tourism, and Fitness & Sports to guide students in their project focus.
- **Evaluation Criteria:** Understanding topic, clarity, creativity, technical complexity, commercial viability, and social impact.
- **Motivation and Guidance:** Provide motivation and guidance to participants from judges and esteemed personalities to channel their energy in the right direction and establish successful careers.
- **Appreciation for Organizational Efforts:** Recognize and appreciate the efforts of the computer science department for successfully organizing the event, and fostering creativity in society.
- **Overall, the objectives aim to promote problem-solving skills, innovation, and a collaborative spirit among the students while aligning with the broader goals of the educational institution.**

Benefits:

- **Improved physical fitness-** Engaging in self-defense exercises requires physical exertion, which can lead to improved cardiovascular health, increased muscle strength, and enhanced agility and coordination.
- **Enhanced self-confidence-** Learning and practicing self-defense techniques can boost self-confidence and self-esteem. Knowing how to defend yourself in threatening situations can empower individuals and reduce feeling of vulnerability or fear.
- **Increased Awareness and Preparedness-** Self-defense training emphasizes situational awareness, teaching participants to recognize potential dangers and respond effectively. This heightened awareness can help individuals avoid dangerous situations and take proactive measures to protect themselves and others.
- **Stress Relief-** Engaging in physical activity, such as self-defense exercises, can reduce stress levels and promote mental well-being. The focus required during training can also serve as a distraction from daily worries and concerns.
- **Improved Focus and Discipline-** Learning self-defense techniques require concentration and discipline. Practicing these techniques can improve focus, attention to detail, and self-control, both in training and in other areas of life.
- **Social Interaction and Community Building-** Participating in self-defense sessions provides an opportunity for social interaction and community building. Working together with classmates or training partners fosters a sense of camaraderie and mutual support.
- **Empowerment and Personal Safety-** Perhaps the most significant benefit of self-defense training is the sense of empowerment it instills. Knowing how to protect oneself can lead to greater feelings of safety and security, especially for vulnerable populations such as women, children, and seniors.
- **Lifelong Skill Development-** Self-defense skills are valuable assets that can be applied throughout one's life. Whether faced with a potential threat in everyday life or encountering a dangerous situation unexpectedly, the ability to defend oneself can prove invaluable.
- **Self-Discipline and Respect-** Many self-defense disciplines emphasize the importance of self-discipline, respect for oneself and others, and non-violent conflict resolution. These values are often instilled through training and practice, contributing to personal growth and character development.

Organizers of this event.

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3	Mrs. Harwinder Kaur	Assistant Professor	Physical Education
4	Ms. Manpreet Kaur	Assistant Professor	Physical Education

Attendance of Participants:-



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re - accredited "A+" Grade (Second Cycle)

Name of Department/Club/ Society: PHYSICAL EDUCATION AND SPORTS

Name of Activity: A session on self defence exercise and techniques.

Time: 11:40 am

Date: 5th April 2024

S. No	Name	Class	Roll No	Signature
1.	Saloni Kangia	B.A 6 th Sem	2059	Saloni Kangia
2.	Prabhleen Kaur	B.A 6 th Sem	2047	Prabhleen Kaur
3.	Pallavi	B.A 6 th Sem	2012	Pallavi
4.	Ridhi	B.A 6 th Sem	2050	Ridhi Sharma
5.	Ravneet Kaur	B.A 6 th Sem	2029	Ravneet Kaur
6.	Nikita	B.A 6 th Sem	2028	Nikita
7.	Kamalpreet Kaur	B.A 6 th Sem	2046	Kamalpreet Kaur
8.	Madhu	B.A 6 th Sem	2022	Madhu
9.	Simpy	B.A 6 th Sem	2051	Simpy
10.	Ramandeep Kaur	B.A 6 th Sem	2030	Ramandeep Kaur
11.	Bharti	B.A 6 th Sem	2020	Bharti
12.	Jyoti Pal	B.A 6 th Sem	2014	Jyoti Pal
13.	Gunjan	B.A 6 th Sem	2019	Gunjan
14.	Muskan	B.A 6 th Sem	2035	Muskan
15.	Ritika Rani	B.A 6 th Sem	2054	Ritika Rani
16.	Simran Kaur	B.A 6 th Sem	2034	Simran Kaur
17.	Simran Sonik	MBEIT	12052	Simran Sonik
18.	Kashish	B.A 6 th Sem	2011	Kashish

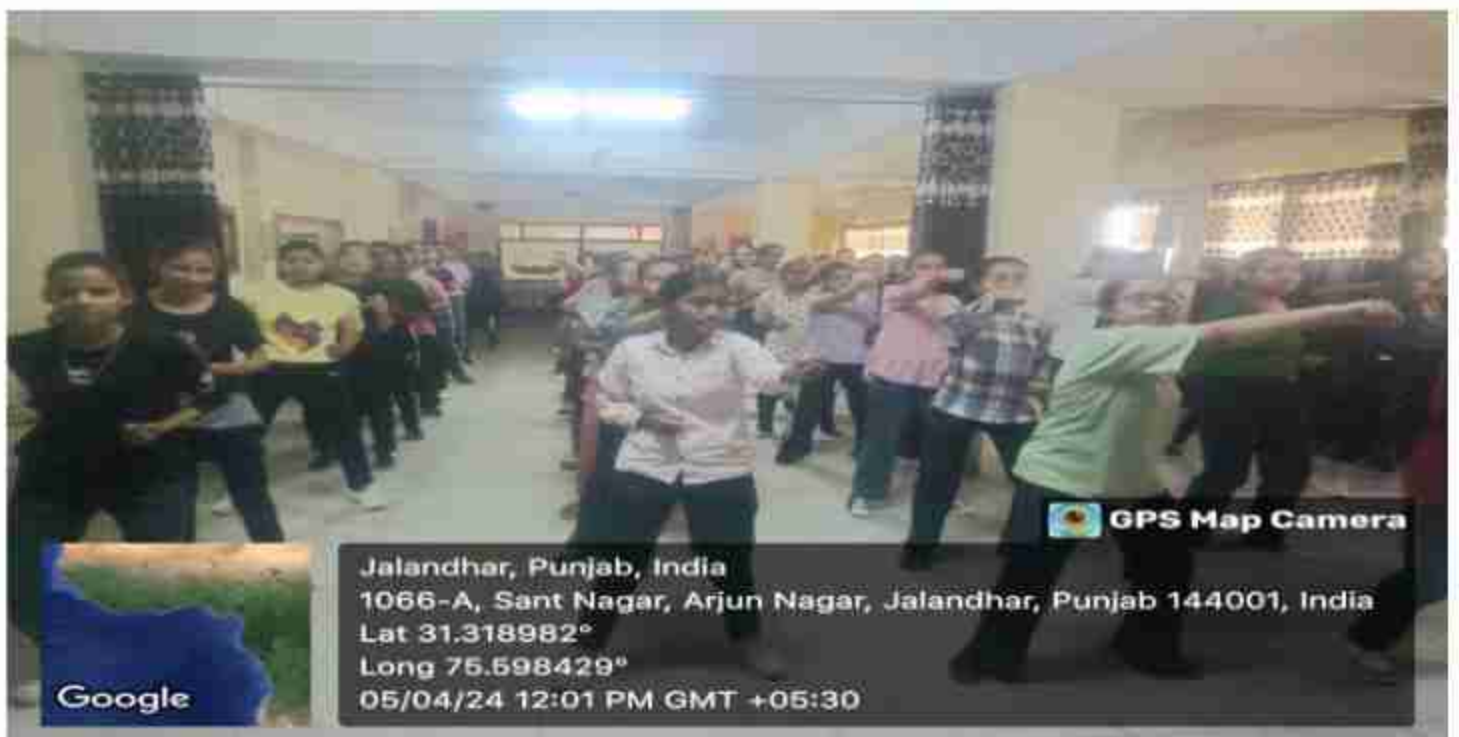
19.	Natasha	B.A 6 th Sem	2006	Natasha
20.	Riya	B.A 6 th Sem	2005	Riya
21.	Simranjit Kaur	B.Com 6 th Sem	3409	Simranjit Kaur
22.	Simranpreet Kaur	BA 6 th Sem	2001	Simranpreet Kaur
23.	Jassi Kataria	B.A 6 th Sem	2003	Jassi Kataria
24.	Dimple	B.A 6 th Sem	2043	Dimple
25.	Bhavika	B.A 6 th Sem	2024	BHAVIKA
26.	Palak	BA 6 th Sem	2041	Palak
27.	Diya Kohli	B.A 6 th Sem	2044	Diya Kohli
28.	Kausha Kumari	BA 6 th Sem	2031	Kausha
29.	Manisha	BA 6 th Sem	2013	Manisha
30.	Neha Kumari	BA 6 th Sem	2015	Neha Kumari
31.	Preeti Sharma	BA 6 th Sem	2026	Preeti Sharma
32.	Pooja	BA 6 th Sem	2016	Pooja
33.	Swasti	BA 6 th Sem	2017	Swasti
34.	Sushila	B.VOC web Desi	701	Sushila
35.	Mansi Mehra	B.VOC web Desi	709	Mansi
36.	Bhumika	BA 6 th Sem	2053	Bhumika
37.	Tamanna	BA 6 th Sem	2038	Tamanna
38.	Ishika	BA 6 th Sem	2055	Ishika
39.	Kamal	BA 6 th Sem	2057	Kamal
40.	Anjali	BA 6 th Sem	2056	Anjali
41.	Pooja Kumari	BA 6 th Sem	2058	Pooja Kumari
42.	Mansa	BA 6 th Sem	2008	Mansa
43.	Ritika	B.SC (C.S)	2702	Ritika
44.	Mansi	BA 6 th Sem	2010	Mansi
45.	Sandesh Preeti	BSC (C.S)	2701	Sandesh Preeti
46.	Ritika Sharma	BSC (C.S)	2703	Ritika Sharma
47.	Jeenat	BSC (ECO)	2201	Jeenat

48.	Yashika	BSC (eco)	2202	Yachika
49.	Diveya	BSC (eco)	2203	Diyf.
50.	Nitika	BSC (eco)	2204	Nitika
51.	Aparajit Kaur	MBEIT	12051	Aparajitka
52.	Mampreet Kaur	B.S.C (FD)	8401	Mampreet kaur
53.	Simran Kaur	BSC (FD)	8402	Simran
54.	Vanshika	BSC (F.D)	8414	Vanshika
55.	Khushi Sharma	B.com+4sem	3401	Khushi Sharma

Venue: YOGA HALL

Event Geo tag Photos:-







Social Media Promotional Link

<https://www.facebook.com/pcmsd.ac.in/posts/pfbid0vjYNrHNpILcErBWwE4YSEyJSQDEtcI2qscUQSFvwyzDIvTE1GBWh6wXi5eBSLXL11>

PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A+' Grade by NAAC (Second Cycle)

INSTITUTION'S INNOVATION COUNCIL (IIC)

WORKSHOP ON KATHAK INNOVATIVE TECHNIQUES



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
NAAC Re-accredited "A+" Grade (Second Cycle)



JALANDHAR



Department of Dance
organise

Workshop on **KATHAK INNOVATIVE TECHNIQUES**



DR. MONIKA
ASSISTANT PROFESSOR
DEPARTMENT OF DANCE
PUNJABI UNIVERSITY PATIALA

30th March 2024
11:00 AM

🌐 📷 📺 pcmsd.ac.in

Sh. Naresh Budhia
President

Dr. Pooja Prashar
Principal

Mrs. Renu Tandon
Vice-President IIC

Dr. Renu Bala
Convener IIC

Dr. Sugandhi Bhandari
HOD

Date: April 30, 2024

Time: 11:00 am

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 55

Faculty: 02

Objectives

Participating in a workshop focused on Kathak's innovative techniques can offer numerous benefits to dancers, enthusiasts, and the broader community:

1. **Skill Enhancement:** Participants have the opportunity to refine their Kathak skills, including footwork, hand gestures, rhythmic intricacies, and expression, under the guidance of experienced instructors. This leads to improved technical proficiency and artistic development.
2. **Exploration of Creativity:** The workshop encourages participants to explore creative approaches to Kathak, fostering a spirit of experimentation and innovation. Dancers learn to think outside the box, blending traditional Kathak movements with contemporary elements to create unique choreographic expressions.
3. **Cultural Preservation:** By embracing innovative techniques within Kathak, participants contribute to the preservation and promotion of this rich cultural heritage. While honoring traditional forms, they also ensure that Kathak remains relevant and dynamic in the modern era.
4. **Artistic Development:** Engaging with innovative techniques enhances participants' artistic sensibilities and expands their repertoire of movements and expressions. They learn to infuse their performances with depth, emotion, and authenticity, captivating audiences with their creativity.
5. **Cross-disciplinary Learning:** Workshops often incorporate elements from other dance forms, music genres, or artistic disciplines, providing participants with a holistic learning experience. This cross-disciplinary approach fosters a deeper understanding of diverse artistic traditions and encourages collaboration across artistic boundaries.
6. **Community Building:** Workshops bring together Kathak practitioners and enthusiasts from diverse backgrounds, fostering a sense of community and camaraderie. Participants have the opportunity to connect, share experiences, and learn from one another, enriching their understanding of Kathak and strengthening the broader dance community.
7. **Career Advancement:** For aspiring professional dancers, workshops offer valuable networking opportunities and exposure to renowned instructors and industry professionals. This can open doors to performance opportunities, collaborations, and career advancement within the field of Kathak and the performing arts industry.
8. **Personal Growth:** Beyond technical skills, workshops promote personal growth and self-discovery. Participants gain confidence, discipline, and resilience through the challenges and triumphs of the learning process, fostering a sense of fulfillment and accomplishment.

Overall, workshops on Kathak's innovative techniques serve as catalysts for artistic growth, cultural exchange, and community engagement, empowering participants to become ambassadors of this timeless art form in a rapidly changing world.

objectives:

Benefits

The objectives of a workshop on Kathak's innovative techniques typically include:

1. **Exploration of Tradition and Innovation:** Encourage participants to explore the balance between traditional Kathak techniques and innovative approaches, fostering a deeper understanding of the evolution of the art form.
2. **Skill Development:** Provide participants with opportunities to enhance their technical proficiency in Kathak, including footwork (tatkar), hand gestures (mudras), rhythmic patterns, and expression, through specialized training sessions and exercises.
3. **Creative Expression:** Stimulate participants' creativity and imagination by introducing them to new choreographic concepts, movement vocabulary, and improvisational techniques, allowing them to develop their unique artistic voices within the Kathak tradition.

4. **Cross-disciplinary Learning:** Facilitate cross-disciplinary learning experiences by integrating elements from other dance forms, music genres, or artistic disciplines into Kathak practice, encouraging participants to broaden their artistic horizons and embrace diverse influences.
5. **Cultural Exploration and Appreciation:** Deepen participants' appreciation for the cultural and historical context of Kathak by exploring its origins, stylistic variations, and significance within Indian classical dance traditions, fostering a sense of cultural pride and heritage preservation.
6. **Collaborative Learning and Exchange:** Create a collaborative learning environment where participants can exchange ideas, share experiences, and engage in dialogue with fellow dancers, instructors, and experts, promoting mutual support, learning, and growth within the Kathak community.
7. **Performance Opportunities:** Provide participants with platforms to showcase their skills and creativity through informal studio presentations, public performances, or collaborative projects, allowing them to gain valuable performance experience and feedback from peers and instructors.
8. **Personal Growth and Development:** Foster participants' personal growth and development by cultivating qualities such as self-confidence, discipline, perseverance, and resilience through the challenges and rewards of Kathak practice, empowering them to achieve their artistic and personal goals.

By addressing these objectives, a workshop on Kathak's innovative techniques aims to inspire participants to become lifelong learners, innovators, and ambassadors of this vibrant and dynamic art form, contributing to its continued evolution and relevance in the contemporary world.

Report

The Department of Dance under the banner of the Institution's Innovation Council arranged a workshop on Kathak's Innovative Techniques to explore new dimensions within the traditional Kathak dance form. Led by renowned Kathak exponent Dr. Monika, an Assistant Professor of Dance at Punjabi University Patiala. She belongs to Jaipur Gharana Kathak but has learnt Lucknow Gharana Kathak also. She is shishaya of Guru Rajindra Gangani. She gave her performances in Singapore, Malaysia, Egypt's Opera House Cairo, and attended the international tourism festival in Korat, Thailand. She gave the participants instructions on deviating from traditional Kathak motions by experimenting with fluidity, rhythm changes, and spatial dynamics. The workshop encouraged students to experiment with fusion, blending Kathak with contemporary dance forms, music genres, and visual arts. She emphasized the narrative aspect of Kathak and participants learned techniques to convey stories and emotions through expressive movements. She encouraged them to co-create choreographies and explore innovative ideas collectively.

Key Takeaways:

- Participants gained a deeper understanding of Kathak's versatility and potential for innovation.
- They developed new skills in improvisation, storytelling, and collaborative choreography.
- The workshop sparked creativity and inspired participants to push the boundaries of traditional Kathak techniques.

The workshop on Kathak's innovative techniques proved to be a stimulating platform for dancers to explore and experiment with the rich heritage of Kathak while embracing contemporary artistic expressions. It catalyzed the evolution of this classical dance form, paving the way for future innovations in Kathak performance. The workshop attracted dancers and enthusiasts eager to delve into fresh approaches to Kathak.

Organizers of this event.

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3	Dr. Sughandi Bhandari	Assistant Professor, HOD	Dance
4	Mrs. Anu Bala	Assistant Professor, HOD	Music Vocal

Invitation and Gratitude letters to the Guest

Prem Chand Markanda



S.D. COLLEGE FOR WOMEN

Premier Post-Graduate Institution
NEHRU GARDEN ROAD, JALANDHAR-144001
Ph. 0181-2455122, 2238122, 2453036, 2452021

Tel/Fax : 0181-2238122
Website: www.pcmw.ac.in
E-mail: info@pcmw.ac.in

Ref. No. Sl. / 432

Date 27/03/2024

Ms. Nirula
Assistant Professor in Dance
Punjab University
Patiala

Subject: Invitation for Lecture Demonstration
Esteemed Madam,

I humbly apprise you that Prem Chand Markanda S.D. College for Women, Jalandhar, a venerable institution since 1972, the Department of Dance of the college is organising a Workshop on 'Kathak Innovative Techniques' on 30th March, 2024 at 11.00 a.m.

The entire faculty of P.C.M. S.D. College for Women, Jalandhar, fervently anticipates that your distinguished and invigorating presence, coupled with an unwavering commitment to impart education, would be affable enough to accede to our invitation to grace the occasion as a **Resource Person** of the Workshop and to do justice to this intellectual platform of exchange of ideas.

In all earnestness, we firmly believe that your participation will imbue this initiative with a distinguished essence, fostering an environment conducive to the exchange of profound ideas. This gathering is poised to be an intellectual catalyst, inspiring faculty members, students and researchers to explore novel avenues in academic research.

Your expeditious consent will undoubtedly contribute to the resounding success of this event, elevating it into a historic event.

Expressing gratitude in anticipation of your favorable response,

With regards

Prof. (Dr) Pooja Prashar
Principal



Re-accredited A* college (2nd cycle)

Only women college in Jalandhar district offering four-year B.A. B.Ed integrated course.

College offers various skill oriented vocational courses.

Notice

Palak :-



Prem Chand Markanda
S.D. COLLEGE FOR WOMEN

Premier Post-Graduate Institution
NEHRU GARDEN ROAD, JALANDHAR-144001
Ph. 0181-2455122, 2236122, 2453636, 2452024

Tel/Fax : 0181-2229122
Website: www.pcmca.ac.in
E-mail: info@pcmw.ac.in

Ref. No. 2024/4303

Date 29/03/2024

To: Monika
Assistant Professor in Dance
Punjab University
Patiala

Subject: Expressing gratitude for lending your precious time

Esteemed Madam

With heartfelt gratitude and in recognition of distinction in your respective field, I offer my sincerest thanks to you for accepting our invitation and enlightening us with your exceptional expertise as a Resource Person for Workshop on 'Kathak Innovative Techniques' on 30th March, 2024. The event was organized by Dance Department of PCM S.D. College for Women Jalandhar, an iconic institution dedicated to the cause of women empowerment through quality education, a fact testified by NAAC's A+ grade (2nd Cycle).

Your invaluable insights, shaped by years of expertise, not only illuminated the event but left an indelible mark on both the faculty and students, fostering a legacy of knowledge and inspiration. I look forward to your continued mentorship, guiding us in our pursuit of academic excellence.

With regards



Prof. (Dr) Pooja Prashar
Principal

NAAC Re-accredited A+ college (2nd cycle)

Only women college in Jalandhar district offering four-year B.A. B.Ed integrated course.

College offers various skill oriented vocational courses

Geotag Photos



Jalandhar, Punjab, India

1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab 144001, India

Lat 31.326826°

Long 75.590581°

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GPS Map Camera

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Google

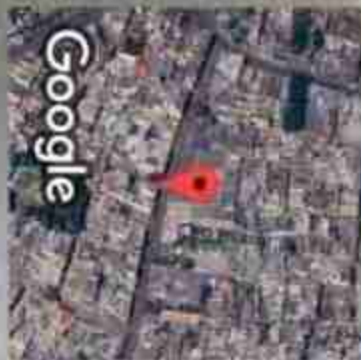


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Google



Google



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Google



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Google

Students Attendance



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re - accredited "A+" Grade (Second Cycle)

Name of Department/Club/ Society: Dance Department
Name of Activity: Workshop on 'Kathak Innovative Techniques'
Time: 11:00 A.M.
Date: 30-04-2024
Venue: Dance Department

S. No	Name	Class	Roll No	Signature
1.	Anshika	B. A. - III	1516	Anshika
2.	Priya	B. Vol. I Sem II	609	Priya
3.	Kushi	"	615	Kushi
4.	Nidhi	"	614	Nidhi
5.	Kashish	"	628	Kashish
6.	Jaswinder Kaur	BA II Sem	1083	Jaswinder K
7.	Sakshi	"	1054	Sakshi
8.	Shumika	"	1067	Shumika
9.	Susmi	"	1005	Susmi
10.	Purnima	BA (Sem II)	1056	Purnima
11.	Yuvasharan Kaur	B.A. B.Ed (Sem II)	1330	YKaur
12.	Tanvika Purohit	B.A. B.Ed (II)	1317	Tanvika
13.	Karthika Kapoor	B.A. B.Ed II	1315	Karthika Kapoor
14.	Karshika	B.A. B.Ed II	1319	Karshika
15.	Kavita	B.A. B.Ed II	1312	Kavita
16.	Sangeeta	B.A. B.Ed II	1320	Sangeeta
17.	Neha Kumari	B.A. B.Ed II	1321	Neha
18.	Jyotika	B.A. B.Ed II	1303	Jyotika

S. No	Name	Class	Roll No	Signature
17	Vidya	B.A. B.ed Sem II	1316	Vidya
20	Hocmanpreet	B.A. B.ed Sem II	1306	Hocmanpreet
21	Ravreet Kaur	BA 6 th Sem	2029	Ravreet Kaur
22	Vikram	"	2029	Vikram
23	Prachi	Ply in Cosmo	9603	Prachi
24	Shiya	B.A VI Sem	2004	Shiya
25	Samaatha	"	2018	Samaatha
26	Simran	B.Voc B.ed Sem	601	Simran
27	Geetha Badhan	Fla. Dip B.ed	9605	Geetha Badhan
28	Nandini	B.Voc Cosmo	630	Nandini
29	Mansu	B.Voc & Cosmo	608	Mansu
30	Sandeep Kaur	B.Voc & Cosmo	616	Sandeep
31	Bharti	BBF Cosmo	10005	Bharti
32	Jasmeen	B.B.F Sem II nd	10016	Jasmeen
33	Simran	B.B.F Sem II nd	10015	Simran
34	Ishita	BBF Sem II nd	10011	Ishita
35	Kanishka	B.B.F Sem II nd	10008	Kanishka
36	Riya	B.Voc Sem 4 th	655	Riya
37	Vani	B.Voc Sem 4 th	660	Vani
38	Simranjit	B.Voc Sem 4 th	658	Simran
39	Aashu	B.Voc Sem 4 th	654	Aashu
40	Pooja	B.Voc Sem 4 th	657	Pooja
41	Sanjolideep Kaur	B.Voc Sem 4 th	651	Sanjoli
42	Manisha	B.B.F Sem II nd	10006	Manisha
43	Kashish	B.Voc in Cosmo	628	Kashish
44	Kashish	BA Sem 6 th	2011	Kashish

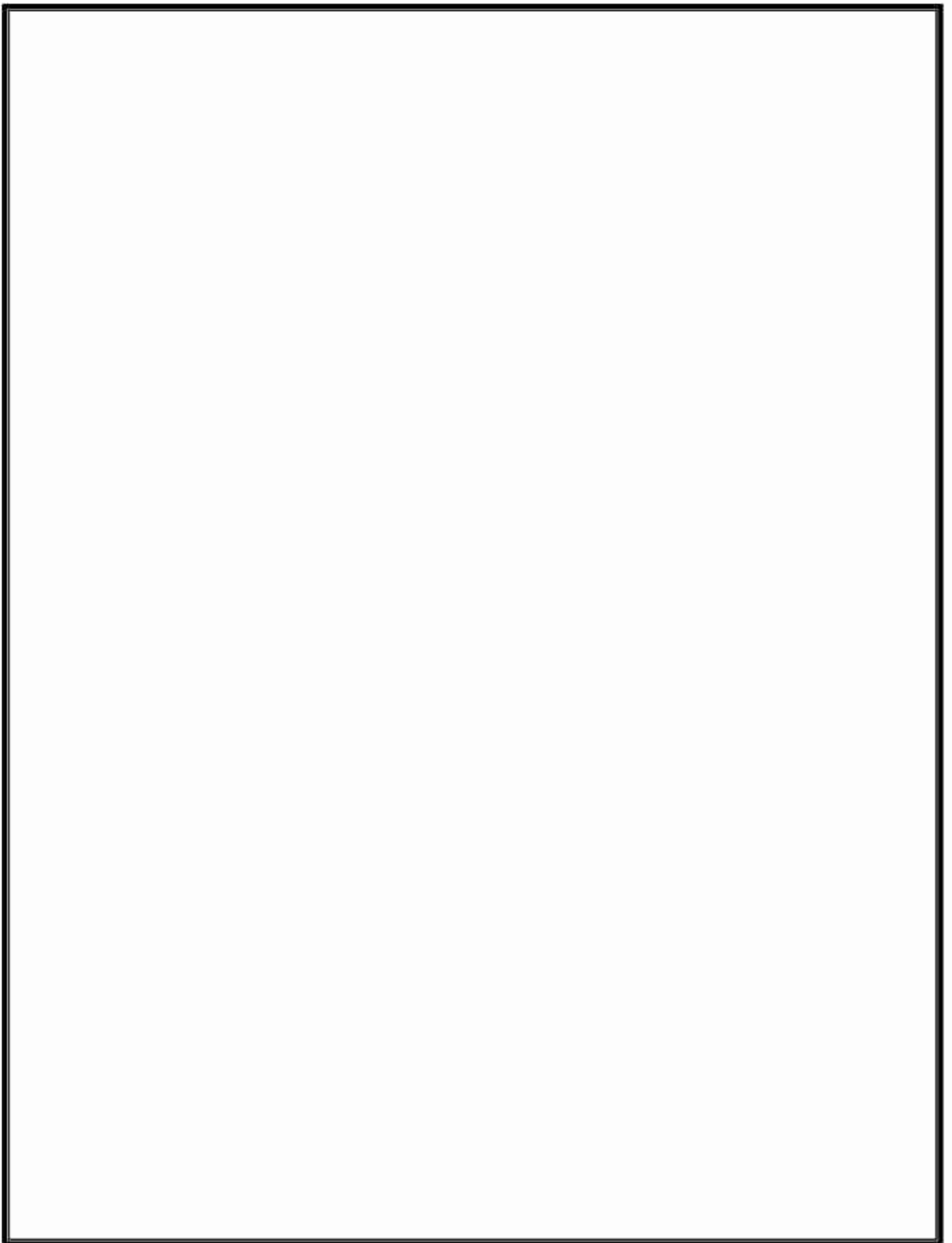
S. No	Name	Class	Roll No	Signature
45	Khushi	B. Voc. (Arts)	615	Khushi
46	Sevya	B. Voc. (Arts)	609	Sevya
47	Nishi	"	614	Nishi
48	Amiya	"	613	Amiya
49	Pallavi	"	617	Pallavi
50	Heena	"	625	Heena
51	Gagandeep	BA Sem II	1019	Gagandeep
52	Tamra	BA Sem II	1007	Tamra
53	Mehak	BA Sem II	1029	Mehak
54	Mannat	B.A Sem - II	1030	Mannat
55	Neha	B.A Sem - II	1050	Neha

Social Media Promotional link

<https://www.facebook.com/pcmsd.ac.in/posts/pfbid029pKi8mv5AkbEqPnbxSDRuLAZU3GJavEWAlWd5iPFJTWw5kCjpvOmtEFdXqOGUndFl>

Promotional link on Instagram

<https://www.instagram.com/p/C5Db7dwBs6x/>



PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A' Grade by NAAC (Second Cycle)

FOOD FEAST

ACTIVITY REPORT



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR NAAC Re-accredited "A" Grade (Second Cycle)



FOOD FEAST

Organises By
DEPARTMENT OF HOME SCIENCE

Venue: Home Science Lab

22 March 2024

11:30 A.M. - 01:00 P.M.



🌐 📱 📺 PCMSD.AC.IN

Sh. Harsh Budhia
President

Dr. Pooja Prasthar
Principal

Mrs. Renu Tandon
Vice-President IIC

Dr. Renu Bala
Convener IIC

Mrs. Mammet Kaur
Internship Activity Coordinator

Session on: **FOOD FEAST**

Date: 22 March, 2024

Time: 11:30 am

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 54

Faculty: 03

Report

The Food Feast activity held on 22nd March 2024 at PCMSD College For Women, Jalandhar was a vibrant culinary event designed to celebrate diverse cuisines and foster student community engagement. Organized by the Department of Home Science in collaboration with the Institution's Innovation Council the event aimed to showcase a wide array of delicious foods while promoting cultural exchange and culinary appreciation.

Event Highlights:

1. **Cuisine Diversity:** The Food Feast featured a diverse range of cuisines, including local delicacies, regional specialties, and options to cater to diverse dietary preferences.
2. **Food Stalls-** Various food stalls were set up, each offering unique dishes and culinary experiences. From street food favorites to gourmet delights, participants had the opportunity to explore a plethora of flavors and culinary traditions.
3. **Live Cooking Demonstrations:** Mrs. Manmeet Kaur HOD Home Science Department conducted live cooking demonstrations, sharing cooking tips, techniques, and recipes with eager attendees. These interactive sessions provided valuable insights into the art of cooking and inspired culinary creativity.
4. **Food Challenges and Contests:** Fun food challenges and contests, such as eating competitions, cooking competitions, and food trivia quizzes, added an element of excitement and friendly competition to the event, encouraging active participation and engagement.
5. **Community Engagement:** The Food Feast was a platform for fostering social interaction, networking, and community building among students, faculty, and staff. It allowed individuals from diverse backgrounds to come together, share experiences, and forge meaningful connections.

Feedback and Reflection:

The Principal, Prof. (Dr.) Pooja Prashar was invited as a special guest who carefully examined each dish, taking note of the flavors, textures, and aromas.

Feedback collected from participants highlighted the overwhelming success of the Food Feast activity. Attendees praised the delicious food offerings, engaging activities, and vibrant atmosphere, expressing appreciation for the opportunity to explore different cuisines and cultures within the college community. Suggestions for future improvements included incorporating more interactive culinary workshops, expanding the variety of vegetarian and vegan options, and enhancing communication channels to promote the event more effectively.

Conclusion:

The Food Feast activity proved to be a memorable and enriching experience, bringing together students, faculty, and staff in celebration of culinary diversity and cultural exchange. By fostering student engagement, promoting culinary appreciation, and embracing sustainability, the event exemplified the spirit of inclusivity and camaraderie within the college community.

Objectives

- **Promote Cultural Understanding:** To showcase and celebrate the rich diversity of cuisines from various cultures, fostering cultural exchange and understanding among participants.
- **Enhance Culinary Skills:** To provide attendees with opportunities to learn new cooking techniques, tips, and recipes through live demonstrations and workshops.
- **Build Community Engagement:** To create a platform for students, faculty, and staff to interact, network, and build relationships in a relaxed and enjoyable environment.
- **Encourage Healthy Eating Habits:** To offer a variety of food options that cater to different dietary preferences and promote healthy eating choices among attendees.
- **Foster Student Engagement:** To encourage active participation and engagement among students through fun challenges, contests, and interactive activities, enhancing their college experience.
- **Raise Awareness on Sustainability:** To promote eco-friendly food choices and practices, raising awareness of sustainable food consumption and its impact on the environment.

Benefits


- **Cultural Exchange:** The event promoted understanding and appreciation of diverse cultures through their cuisines, enhancing cultural awareness among participants.
- **Skill Enhancement:** Live cooking demonstrations and workshops provided attendees with practical cooking tips, techniques, and recipes, fostering culinary skills and creativity.
- **Community Building:** The Food Feast served as a platform for students, faculty, and staff to interact, network, and forge meaningful connections, strengthening the sense of community within the college.
- **Promotion of Healthy Eating:** By offering a variety of food options, including vegetarian and vegan choices, the event encouraged healthy eating habits and catered to diverse dietary preferences.
- **Engagement and Participation:** Through fun challenges, contests, and interactive sessions, the activity encouraged active participation and engagement among attendees, enhancing their overall experience.
- **Sustainability Awareness:** Emphasis on sustainability in food choices and practices promoted eco-friendly habits and awareness of environmental issues related to food consumption.

Organizers of this event.

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3	Mrs. Manmeet Kaur	Associate Professor, HOD	Home Science

GEOTAG PHOTOS




 **GPS Map Camera**



Jalandhar, Punjab, India
1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab
144001, India
Lat 31.326833°
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1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar,
Punjab 144001, India
Lat 31.326833°
Long 75.590735°
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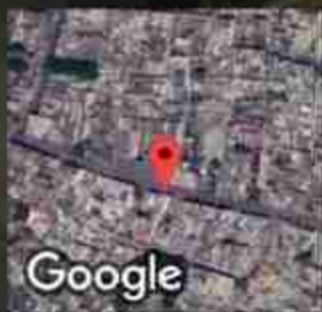
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1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar,
Punjab 144001, India
Lat 31.326833°
Long 75.590735°
22/03/24 11:59 AM GMT +05:30




 **GPS Map Camera**



Jalandhar, Punjab, India
1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar,
Punjab 144001, India
Lat 31.326833°
Long 75.590735°
22/03/24 12:00 PM GMT +05:30

Google




 **GPS Map Camera**



Jalandhar, Punjab, India
1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar,
Punjab 144001, India
Lat 31.326833°
Long 75.590735°
22/03/24 11:58 AM GMT +05:30

Google




 **GPS Map Camera**



Jalandhar, Punjab, India
1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar,
Punjab 144001, India
Lat 31.326833°
Long 75.590735°
22/03/24 11:51 AM GMT +05:30



 **GPS Map Camera**



Jalandhar, Punjab, India
1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar,
Punjab 144001, India
Lat 31.326833°
Long 75.590735°
22/03/24 11:59 AM GMT +05:30

SOCIAL MEDIA COVERAGE



ਪੰਜਾਬ ਕੋਲਜ਼ੀ 27.3.24

ਮਹਾਂਦ ਨਾਰਕੰਡਾ ਏਸ.ਡੀ. ਕਾਲੇਜ ਮੇਂ ਹੁਆ 'ਫੂਡ ਫੈਸਟੀਵਲ' ਕਾ ਆਯੋਜਨ

ਮਹਾਂਦ ਨਾਰਕੰਡਾ ਏਸ.ਡੀ. ਕਾਲੇਜ ਫੌਰ ਵੁਮੇਨ ਕੀ ਏਸਟੀਬਲਿਸ਼ਮੈਂਟ ਡਿਵੀਜ਼ਨ ਆਰਗਨਾਈਜ਼ੇਸ਼ਨ ਕੇ ਸਹਯੋਗ ਡੇ ਹੀਮ ਸਟਿੱਡ ਕਲਿਯਾਨ ਕੋ: ਸੀਕੰਨਾ ਡੇ 'ਫੂਡ ਫੈਸਟੀਵਲ' ਕਾ ਆਯੋਜਨ ਕਲਿਯਾ ਏਸ. ਮਿਲਕਾ ਡਰਾਫਟਮ ਡਿਰੀਫਲ ਡੀ. ਪੂਜਾ ਪਰਾਸ਼ਰ ਡੇ ਕਲਿਯਾ।



ਛਾਤਰਾਓਂ ਡਰਾਮ ਬਨਾਏ ਵਿਭਿੰਨ ਡਿਜ਼ਨੋ ਡੇ ਸਾਥ ਸਿ. ਡਾ. ਪੂਜਾ ਪਰਾਸ਼ਰ ਡੇ ਫੈਕਲਟੀ ਸਟਾਫ. (ਕਲਪ)

ਛਾਤਰਾਓਂ ਕੀ ਸਾਥ ਸਹਿਯੋਗ ਡੇ ਕੀ ਡਿਰੀਫਲ ਕਰਨੇ, ਨਬੀਯ ਡਰਾਮਾ ਪਰਕਾਰੇ ਸਿ ਤਕਰੀਬੀ ਕਾ ਕਰਕਾਰਾ ਡੇਨੇ, ਸਿਥਿਯੋਗੀਓਂ ਕੇ ਡੀਥ ਸਿਥਿਯ ਏਓਂ ਡਰਾਮਾ ਸਿਥਿਯ ਕੀ ਆਡਰੀਓਂ ਸੀਕੰਨੀ ਡਰਾਮਾ ਕਲਿਯਾ।

ਛਾਤਰਾਓਂ ਕੇ ਡਰੇਡਰ ਡੇ ਆਯੋਜਿਤ ਹੁਆ ਫੂਡ ਫੈਸਟੀਵਲ ਡੇ ਖ਼ਾਮ ਲੋਕਰ ਛਾਤਰਾਓਂ ਡੇ ਵਿਭਿੰਨ ਡਰਾਮਾ ਕੇ ਸਵਾਦਿਫ ਡਿਯੋਜਨ ਡੇਵਾਰ ਕਰਕੇ ਡਰਾਮਿਤ ਕਲਿਯ, ਜਿਯਕੀ ਸਬੀ ਡੇ ਡਰਾਮਾ ਸਹਾਨਾ ਡੀ ਕੀ।

ਡਾ. ਪੂਜਾ ਪਰਾਸ਼ਰ ਡੇ ਛਾਤਰਾਓਂ ਕੇ ਬਨਾਏ ਡਿਯੋਜਨੋਂ ਕੀ ਡਰਾਮਾ ਕਰਕੇ ਹੁਆ ਸਬੀ ਕੀ ਪਛਾਈ ਕੇ ਸਾਥ-ਸਾਥ ਫੂਡ ਡੇਕਿੰਗ ਸਹਿਯੋਗੀਓਂ ਡੇ ਡੀ ਨਿਰੰਤਰ ਖ਼ਾਮ ਲੋਨੇ ਕੇ ਲਿਯ ਡਰਿਲ ਕਲਿਯਾ।

ਭਰੁਤੀਕਾ 27.3.24

3-ਤਮ ਡਿ-2

ਪੀ.ਸੀ.ਐਮ.ਐਸ.ਡੀ ਕਾਲਜ ਡਰਾਮ

ਏਸਟੀ ਕਾਲੇਜ ਫੌਰ ਵੁਮੇਨ ਮੇਂ

ਸ਼ਕੀਕਾਸ਼ੀ ੨੫੨ 27.3.24

ਪੀ.ਸੀ.ਐਮ.ਐਸ.ਡੀ ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ ਦੀ ਸੰਸਥਾ ਦੀ ਇਨੋਵੇਸ਼ਨ ਕੌਂਸਲ ਨੇ ਫੂਡ ਫੀਸਟ ਦਾ ਆਯੋਜਨ ਕੀਤਾ



ਜਲੰਧਰ 25 ਮਾਰਚ (ਜੇ.ਐੱਸ. ਸੋਢੀ)- ਪੀ.ਸੀ.ਐਮ.ਐਸ.ਡੀ ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ ਵਿਖੇ ਇਨੋਵੇਸ਼ਨ ਕੌਂਸਲ ਨੇ ਹੋਮ ਸਾਇੰਸ ਵਿਭਾਗ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਾਲਜ ਦੇ ਵਿਹੜੇ ਵਿੱਚ ਫੂਡ ਫੀਸਟ ਦਾ ਆਯੋਜਨ ਕੀਤਾ। ਇਸ ਸਮਾਗਮ ਦਾ ਉਦੇਸ਼ ਹਸੋਈ ਪ੍ਰਤਿਭਾ ਨੂੰ ਪ੍ਰਦਰਸ਼ਿਤ ਕਰਨਾ, ਨਵੀਨਤਾਕਾਰੀ ਖਾਣਾ ਪਕਾਉਣ ਦੀਆਂ ਤਕਨੀਕਾਂ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨਾ ਅਤੇ ਭਾਗੀਦਾਰਾਂ ਵਿੱਚ ਪੇਸ਼ਟ ਅਤੇ ਸਿਹਤਮੰਦ ਖਾਣ ਦੀਆਂ ਆਦਤਾਂ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨਾ ਸੀ। ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਹੋਮ ਸਾਇੰਸ ਵਿਭਾਗ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਦੁਆਰਾ ਤਿਆਰ ਕੀਤੇ ਅਤੇ ਪੇਸ਼ ਕੀਤੇ ਗਏ ਵਿਭਿੰਨ ਪਕਵਾਨਾਂ ਨੂੰ ਪ੍ਰਦਰਸ਼ਿਤ ਕੀਤਾ। ਮੀਨੂ ਵਿੱਚ ਭਾਗੀਦਾਰਾਂ ਦੀ ਹਸੋਈ ਵਿਭਿੰਨਤਾ ਅਤੇ ਰਚਨਾਤਮਕਤਾ ਨੂੰ ਉਜਾਗਰ

ਕਰਦੇ ਹੋਏ, ਰਵਾਇਤੀ ਤੋਂ ਲੈ ਕੇ ਸਮਕਾਲੀ ਤੱਕ, ਵਿਭਿੰਨ ਕਿਸਮ ਦੇ ਪਕਵਾਨਾਂ ਦੀ ਵਿਸ਼ੇਸ਼ਤਾ ਹੈ। ਇਸ ਸਮਾਗਮ ਨੇ ਹਾਜ਼ਰੀਨ ਦੇ ਹਸੋਈ ਅਨੁਭਵ ਨੂੰ ਭਰਪੂਰ ਬਣਾਇਆ ਅਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਨਵੇਂ ਸੁਆਦਾਂ ਅਤੇ ਖਾਣਾ ਪਕਾਉਣ ਦੇ ਤਰੀਕਿਆਂ ਦੀ ਖੋਜ ਕਰਨ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਪੂਜਾ ਪਰਾਸਰ ਅਤੇ ਵੈਕਲਟੀ ਮੈਂਬਰਾਂ ਨੂੰ ਭਾਗੀਦਾਰਾਂ ਦੁਆਰਾ ਤਿਆਰ ਕੀਤੇ ਪਕਵਾਨਾਂ ਦੇ ਨਮੂਨੇ ਲੈਣ ਲਈ ਸੱਦਾ ਦਿੱਤਾ ਗਿਆ ਅਤੇ ਸਵਾਦ, ਪੇਸ਼ਕਾਰੀ ਅਤੇ ਅਨੁਭਵ ਬਾਰੇ ਫੀਡਬੈਕ ਦਿੱਤਾ ਗਿਆ। ਇਸ ਇੰਟਰਐਕਟਿਵ ਤੌਰ ਨੇ ਭਾਗੀਦਾਰਾਂ ਵਿੱਚ ਸਹਿਯੋਗ ਅਤੇ ਹਸੋਈ ਵਿਚਾਰਾਂ ਦੇ ਆਦਾਨ-ਪ੍ਰਦਾਨ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ ਅਤੇ ਸੰਸਥਾ ਦੇ ਅੰਦਰ ਭਾਈਚਾਰੇ ਦੀ ਭਾਵਨਾ ਨੂੰ ਵਧਾਉਣ ਵਿੱਚ ਮਦਦ ਕੀਤੀ।

ਬੀਜਾਈ ਜਾਗਣ 27.3.24



ਵਿਦਿਆਰਥਣਾਂ ਵੱਲੋਂ ਵਿਆਹ ਕੀਤੇ ਪਰਵਾਨਾਂ ਦਾ ਖਾਣਿਆ ਸੇਵਾ ਦੇਣੇ ਸਿੱਖੀਪਲ ਪ੍ਰੋ. ਪੁਸ਼ਾ ਪਸਾਰਾ ਤੋਂ ਹੋਏ। ਪੰਜਾਬੀ ਸਾਹਿਤ

ਐੱਸਡੀ ਕਾਲਜ 'ਚ ਫੂਡ ਫੀਸਟ ਕਰਵਾਇਆ

ਸੀਨੀਅਰ ਸਟਾਫ਼ ਰਿਪੋਰਟਰ, ਜਲੰਧਰ : ਪੰਜਾਬੀ ਐੱਸਡੀ ਕਾਲਜ ਵੱਲੋਂ ਯੂਨੀਵਰਸਿਟੀ ਵਿੱਚ ਵਿਦਿਆਰਥਣਾਂ ਦੇ ਖਾਣੇ ਦੇ ਖਰਚੇ 'ਚ ਫੂਡ ਫੀਸਟ ਕਰਵਾਇਆ। ਇਸ ਮੁਕਾਬਲੇ 'ਚ ਵਿੱਦਿਅਕ ਕਾਰਜਾਂ ਪ੍ਰਤਿਭਾ ਨੂੰ ਪ੍ਰਗਟ ਕਰਨ, ਨੌਵੇਂ ਪੰਜਾਬੀ ਪਾਠ ਪ੍ਰਕਾਸ਼ਿਤ ਕੀਤੇ ਅਤੇ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਤੇ ਰਾਹੀਦਾਰਾਂ 'ਚ ਹੋਏ ਤੇ ਸਿੱਖਤਮਿਤ ਖਾਣੇ ਦੀਆਂ ਆਵਾਜ਼ਾਂ ਵਾਂਗ ਸਾਹਮੁਕਤਾ ਪੈਣ ਕਰਨਾ ਸੀ। ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਨੌਵੇਂ ਸਾਹਿਤ ਵਿਕਾਸ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਵੱਲੋਂ ਵਿਕਾਸ ਕੀਤੇ ਤੇ ਪੰਜਾਬੀ ਐੱਸਡੀ ਪਰਵਾਨਾਂ ਨੂੰ ਪ੍ਰਕਾਸ਼ਿਤ ਕੀਤਾ।

ਮੌਨਿੰਗ 'ਚ ਨਾਚੀਦਾਰਾਂ ਦੀ ਰਸਿੱਖੀ ਵਿਭਿੰਨਤਾ ਤੇ ਸਮੁੱਚੇ ਮੁਕਾਬਲੇ 'ਚ ਉਸਾਰੂ ਕਾਰਜਾਂ ਕਰਾਇਆਂ ਤੇ ਨੌਵੇਂ ਸਮਾਜਿਕੀ ਭੰਗ, ਵਿਭਿੰਨ ਸਿੱਖਾਂ ਦੇ ਪਰਵਾਨਾਂ ਦੀ ਵਿਸ਼ੇਸ਼ਤਾ ਹੈ। ਇਸ ਮੁਕਾਬਲੇ ਦੇ ਸਮੇਂ ਸਿੱਖੀ ਅਨੁਭਵ ਨੂੰ ਆਪਣੇ ਆਪ ਵਿੱਚ ਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਨੌਵੇਂ ਮੁਕਾਬਲੇ 'ਚ ਖਾਣੇ ਪ੍ਰਕਾਸ਼ਿਤ ਦੇ ਰਾਹੀਦਾਰਾਂ ਦੀ ਖੋਜ ਕਰਨ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ। ਸਿੱਖੀਪਲ ਪ੍ਰੋ. ਪੁਸ਼ਾ ਪਸਾਰਾ ਤੋਂ ਹੋਏ ਸਿੱਖੀ ਸੇਵਾ ਨੂੰ ਰਾਹੀਦਾਰਾਂ ਵੱਲੋਂ ਵਿਕਾਸ ਕੀਤੇ ਪਰਵਾਨਾਂ ਦੇ ਨਮੂਨੇ ਭੇਜੇ ਸਨ। ਇਸ ਵਿੱਚ ਵਿਕਾਸ ਤੇ ਰਾਹੀਦਾਰਾਂ ਦੀ ਆਵਾਜ਼ਾਂ ਵਾਂਗ

ਵਿੱਖੀਏ ਵਿੱਚ ਸਿੱਖਾਂ। ਇਸ ਵਿੱਚ ਵਿਕਾਸਿਤੀਏ ਵਿੱਚ ਤੇ ਰਾਹੀਦਾਰਾਂ 'ਚ ਸਿੱਖੀ ਤੇ ਸਿੱਖੀ ਵਿਕਾਸ ਦੇ ਆਵਾਜ਼ ਪ੍ਰਕਾਸ਼ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ ਤੇ ਸੇਵਾ ਦੇ ਆਵਾਜ਼ਾਂ ਵਾਂਗ ਵੀ ਆਵਾਜ਼ ਨੂੰ ਪ੍ਰਕਾਸ਼ਿਤ 'ਚ ਸੇਵਾ ਕੀਤੀ। ਪ੍ਰਕਾਸ਼ ਨੌਵੇਂ ਰਾਹੀਦਾਰਾਂ, ਸਿੱਖੀਏ ਸਿੱਖ ਪ੍ਰਕਾਸ਼ ਵਿੱਚ ਆਵਾਜ਼, ਪ੍ਰਕਾਸ਼ਿਤ ਕੀਤੀ ਤੇ ਹੋਰ ਸੇਵਾ ਤੇ ਸਿੱਖੀਪਲ ਪ੍ਰੋ. ਪੁਸ਼ਾ ਪਸਾਰਾ ਤੋਂ ਨੌਵੇਂ ਸਿੱਖੀ ਆਵਾਜ਼ ਪ੍ਰਕਾਸ਼ਿਤ ਕੀਤੀ ਤੇ ਸਿੱਖੀਏ ਸਿੱਖੀ, ਸਿੱਖੀ ਵਿਕਾਸ ਪ੍ਰਕਾਸ਼ਿਤ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਲਈ ਸਿੱਖੀ ਦੇ ਆਵਾਜ਼ਾਂ ਵਾਂਗ ਕੀਤੀ।

The Tribune 27.3.24

FOOD FEAST

Institution's innovation council in collaboration with the department of home science of PCM SD College for Women held a food feast on the college premises. The event aimed to showcase culinary talents, promote innovative cooking techniques, and raise awareness about nutrition and healthy eating habits among the participants. The students displayed a diverse array of dishes prepared and presented by students of the department of home science. The menu featured a wide variety of cuisines, ranging from traditional to contemporary, highlighting the culinary diversity and creativity of the participants. The event enriched the culinary experience of the attendees and encouraged them to explore new flavours and cooking methods. Principal Pooja Prashar and faculty members were invited to sample the dishes prepared by the participants. President Naresh Budhia, senior vice-president Vinod Dada, other members of the managing committee and principal Pooja Prashar applauded the endeavours.

ATTENDANCE OF STUDENTS



Prem Chand Markanda S.D. College for Women, Jalandhar
 NAAC Re- accredited 'A' Grade (Second Cycle)

Name of Department/Club/ Society: Home Science

Name of Activity: Food Feast

Time: 11:42 a.m

Date: 22 March 2024

Venue: Home Sci Department Lab

S. No	Name	Class	Roll No	Signature
19	Pallavi	B.A Sem 6 th	2012	Pallavi
20	Nikita	" " "	2028	Nikita
21	Diya Kaur	" " "	2044	Diya Kaur
22	Pritya	B.Voc Cosmo II	609	Pritya
23	Khushi	"	615	Khushi
24	Nidhi	"	614	Nidhi
25	Heena	"	625	Heena
26	Amrita	"	613	Amrita
27	Nandini	"	630	Nandini
28	Kiran	B.Voc Cosmo II	609	Kiran
29	Zeenat	Ph Cosmo	9607	Zeenat
30	Prachi	Ph Cosmo	960	Prachi
31	Geetha Badhan	Ph Cosmo	9605	Geetha Badhan
32	Jaspreet	B.Voc Cosmo II	618	Jaspreet
33	Parvya	B.Voc Cosmo III	653	Parvya
34	Aashu	B.Voc Cosmo III	654	Aashu
35	Sanj	B.Voc Cosmo III	660	Sanj
36	Riya	B.Voc Cosmo III	655	Riya



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC B+ Accredited 'A+' Grade (Second Cycle)

Name of Department/Club/Society: ICWA Jalandhar

Name of Activity: Food Feast

Time: 11.40 a.m.

Date: 22 March 24

Venue: Home Science Department Lab

S. No	Name	Class	Roll No	Signature
1	Kachish	BA III rd Sem	2011	Kachish
2	Kamalpreet Kaur	BA III rd Sem	2007	Kamalpreet Kaur
3	Diya Khatli	BA III rd Sem	2044	Diya Khatli
4	Mamta Walia	BA IV th	1506	Mamta
5	Manisha	B.A IV th	1511	Manisha
6	Neha Giti	BA 4 th Sem	1507	Neha
7	Tamara	BA 4 th Sem	1515	Tamara
8	Palvinder Jitendra	BA 4 th Sem	1502	Palvinder
9	Preeti Sharma	B.A 2 nd Sem	1103	Preeti Sharma
10	Preety	B.A 4 th Sem	1510	Preety
11	Nitu	B.A 4 th Sem	1517	Nitu
12	Tania Rai	BA 4 th Sem	1504	Tania Rai
13	Mansi	BA 4 th Sem	1509	Mansi
14	Subant Kaur	B.Sc Eco 4 th Sem	1704	Subant
15	Ruth Bhatti	BA 4 th Sem	1513	Ruth
16	Shalini	B.A 2 nd Sem	1033	Shalini
17	Rulli	B.A 2 nd Sem	1078	Rulli
18	Mudita	BA 2 nd Sem	1095	Mudita



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re-accredited 'A+' Grade (Second Cycle)

Name of Department/Club/Society: Home Science
Name of Activity: Food Feast HSC
Food Feast
Time: 11:00
Date: 24/3/24
Venue: Home Science Department

S. No	Name	Class	Roll No	Signature
37	Prachi Dutt	BA B Ed (Sem I)	1364	Prachidutt
38	Dhruvi Khosla	BA B Ed (Sem I)	1361	Dhruvi
39	Amisha	BA B Ed (Sem I)	1362	Amisha
40	Sukhpreet Kaur	B.Voc (Completion)	610	Sukhpreet
41	Khushi Salhasani	BA Sem II	1006	Khushi
42	Rindoo	B.A Sem II	1017	Rindoo
43	Jyotsna	B.Voc (Sem I)	618	Jyotsna
44	Riya	B.A (Hons)	2005	Riya
45	Karita	B.A 2 Sem II	2035	Karita
46	Manisha	B.A 5th Sem	2013	Manisha
47	Pooja	B.A 4th Sem	2016	Pooja
48	Neha Kumari	B.A 6th Sem	2015	Neha Kumari
49	Preeti Sharma	B.A 6th Sem	2026	Preeti Sharma
50	Ramandeep Kaur	B.A 6th Sem	2030	Ramandeep Kaur
51	Muskan	B.A 6th Sem	2035	Muskan
52	Nitika	BSc Pro Sem 6	2204	Nitika
53	Ravneet Kaur	BA 6th Sem	2029	Ravneet Kaur
54	Nikita	BA 6th Sem	2028	Nikita

SOCIAL MEDIA PROMOTIONAL LINK

<https://www.facebook.com/pcmsd.ac.in/posts/pfbid02StCvVAftwwhuwjYHRoxiXUWa9LaaCDttSZ1zQJQFiVGEaHUW3f3QczGDYueFWSEW1>

SOCIAL MEDIA LINK

<https://www.facebook.com/share/p/bpSYqXdHP2YVrDZZ/?mibextid=qi2Omg>

PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A' Grade by NAAC (Second Cycle)

ACTIVITY REPORT

EXHIBITION OF BUSINESS PLAN AND LINKAGE WITH INNOVATION

AMBASSADORS/ EXPERTS FOR MENTORSHIP SUPPORT



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN, JALANDHAR
NAAC Re-accredited "A" Grade (Second Cycle)

JEWELLERY EXHIBITION

Organised
By
**INCUBATION CELL AND IIC
IN COLLABORATION WITH
PG DEPARTMENT OF
FASHION DESIGNING**

🕒 **30th March 2024**
🕒 **11:00 A.M.**

   PCMSD.AC.IN

Sh. Naresh Budhia
President

Dr. Pooja Prashar
Principal

Mrs. Renu Tandon
Incharge INCUBATION CELL
Vice-President IIC

Dr. Renu Bala
Convener IIC

Mrs. Sunita Bhatta
HOD and Team Member
of INCUBATION CELL

Topic: JEWELLERY EXHIBITION

Date: 30th March, 2024

Time: 11:00 am

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 42

Faculty: 07

Report

Jewellery holds a significant place both in the life of the public and within the broader industry. Around the world, jewellery is closely linked to customs and cultural traditions. Numerous jewellery items represent significant life events in many cultures, including marriage (wedding rings, for example), religious rites, and coming-of-age ceremonies. Jewellery is a common way for people to express themselves. It enables people to display their sense of fashion, character, and social standing. Specific jewellery styles can express one's preferences, associations, and even emotions. To exhibit and highlight innovative designs, new trends, and the latest techniques in jewellery making the Department of Fashion Designing under the direction of Institution's Innovation Council of PCM S.D. College for Women, Jalandhar, successfully organized the **Jewellery Exhibition** on 30th March 2024. The exhibition aimed to enhance the practical skills of the students in jewellery design and to give them real-world experience in presenting and marketing their creations. The exhibition showcases an exquisite collection of handcrafted jewellery designed by the talented students of the department. Numerous jewellery items, such as necklaces, earrings, bracelets, rings, and other accessories, were on display in the exhibition. With the use of a variety of materials, including beads, jewels, metals, and recycled materials, each piece showcased the designer's distinct aesthetic and inventiveness. Students demonstrated their ability to blend traditional and contemporary designs, creating innovative pieces that appealed to a broad audience. One prominent theme in this year's display was the use of eco-friendly and sustainable materials, which demonstrated the students' increased awareness of environmental issues. Principal Prof. (Dr.) Pooja Prashar along with Faculty members graced the exhibition, engaging with the students and providing insightful commentary and constructive criticism on their work. The students were inspired by this encounter and gained insight into the norms and expectations of the profession.

OBJECTIVES:

1. **Skill Development:** To enhance the practical skills of students in jewelry design through hands-on experience and real-world application.
2. **Creativity Promotion:** To foster creativity and innovation among students by encouraging them to explore and experiment with different design styles and materials.
3. **Sustainability Education:** To instill a sense of responsibility towards the environment by promoting the use of eco-friendly and sustainable materials in jewelry design.
4. **Industry Preparedness:** To prepare students for future careers in the fashion and jewelry industry by providing them with opportunities to showcase their work and receive professional feedback.
5. **Market Understanding:** To help students understand the dynamics of the fashion market, including customer preferences, trends, and effective marketing strategies.
6. **Community Engagement:** To involve the academic community in celebrating and supporting student achievements, fostering a sense of pride and accomplishment among the participants.

BENEFITS:

- 1. Skill Enhancement:** The exhibition provided students with a platform to improve their practical skills in jewellery design, including crafting, material selection, and design innovation.
- 2. Real-World Experience:** By participating in the exhibition, students gained hands-on experience in presenting and marketing their creations, essential skills for their future careers.
- 3. Creativity and Innovation:** The event encouraged students to explore and express their creativity, resulting in a unique collection of handcrafted jewellery that blended traditional and contemporary designs.
- 4. Sustainability Awareness:** The focus on eco-friendly and sustainable materials in the jewelry pieces helped raise students' awareness of environmental issues and the importance of sustainable practices in fashion.
- 5. Feedback and Learning:** The interaction with the Principal madam and faculty members provided valuable feedback and constructive criticism, helping students refine their work and understand industry expectations.
- 6. Confidence Building:** Showcasing their work in a public forum helped students build confidence in their design abilities and presentation skills.

Organizers of this event

Name	Designation	Department
Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
Dr. Renu Bala	Assistant Professor, Convener, IIC	History
Mrs. Sunita Bhalla	Associate Professor, HOD	Fashion Designing
Ms. Dolly	Assistant Professor,	Fashion Designing
Ms. Manpreet Kaur	Assistant Professor	Fashion Designing
Ms. Beenu	Assistant Professor	Fashion Designing
Ms. Prabhdeep Kaur	Assistant Professor	Fashion Designing

Facebook Promotional Link

<https://www.facebook.com/photo/?fbid=122198694884094135&set=pb.61552824057100.-2207520000>

GEOTAG PHOTOS



 **GPS Map Camera**



Jalandhar, Punjab, India
1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab
144001, India
Lat 31.32691°
Long 75.590606°
30/03/24 11:46 AM GMT +05:30



 **GPS Map Camera**

Jalandhar, Punjab, India

1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab

144001, India

Lat 31.32691°

Long 75.590606°

30/03/24 11:59 AM GMT +05:30







Facebook Promotional Link

<https://www.facebook.com/photo/?fbid=122198694884094135&set=pb.61552824057100.-2207520000>

PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

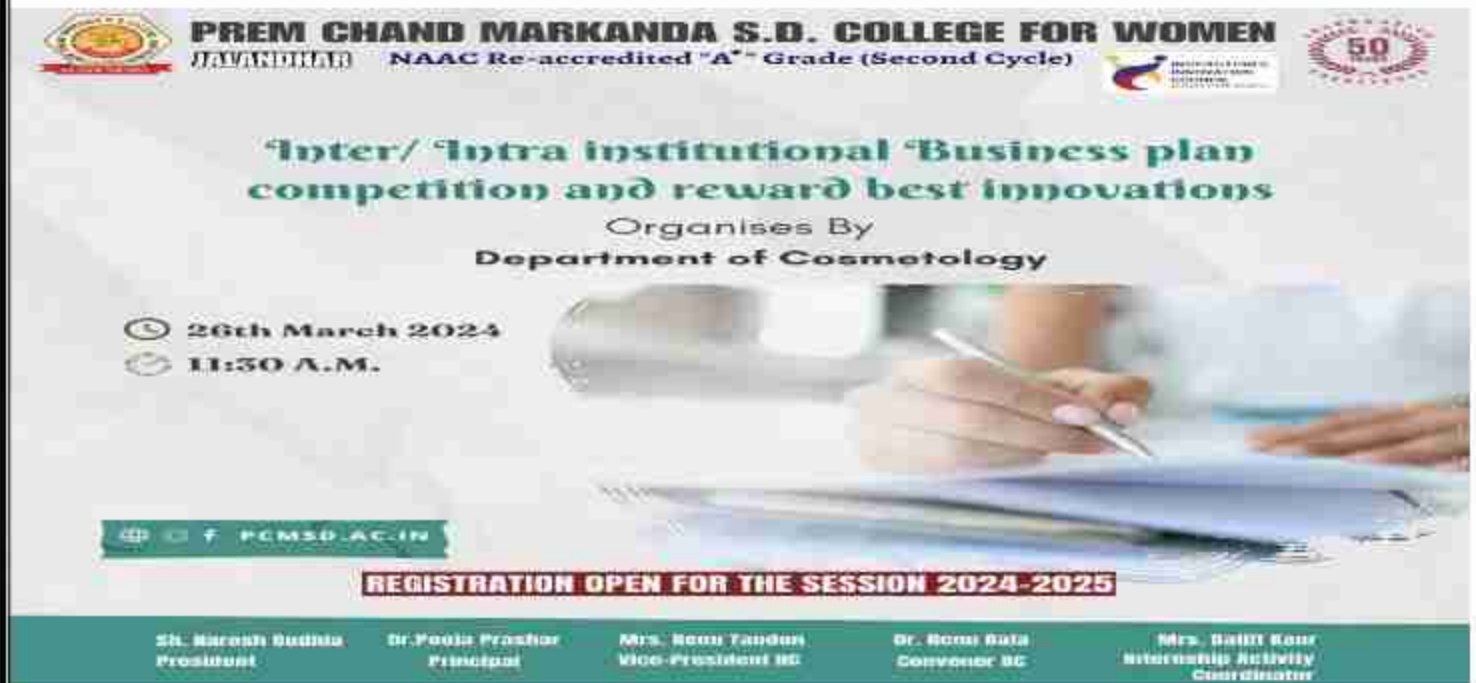
Re-Accredited with 'A⁺' Grade by NAAC (Second Cycle)

INTER / INTRA INSTITUTIONAL BUSINESS PLAN COMPETITION

AND

REWARD BEST INNOVATIONS

ACTIVITY REPORT



The image shows a promotional banner for an activity report. At the top, it features the college's name and accreditation details. The main title is 'Inter/ Intra institutional Business plan competition and reward best innovations'. Below this, it states 'Organises By Department of Cosmetology'. The date and time are listed as '26th March 2024' and '11:30 A.M.'. A social media link 'f PCM3D.AC.IN' is provided. A red banner at the bottom of the image says 'REGISTRATION OPEN FOR THE SESSION 2024-2025'. At the very bottom, a green bar lists the names and titles of the organizing staff: SN. Sarash Dandia (President), Dr. Pooja Prashar (Principal), Mrs. Renu Tandon (Vice-President BC), Dr. Renu Bala (Convener BC), and Mrs. Baljit Kaur (Internship Activity Coordinator).

PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR NAAC Re-accredited "A⁺" Grade (Second Cycle)

Inter/ Intra institutional Business plan competition and reward best innovations
Organises By
Department of Cosmetology

🕒 **26th March 2024**
🕒 **11:30 A.M.**

📧 🌐 **f PCM3D.AC.IN**

REGISTRATION OPEN FOR THE SESSION 2024-2025

SN. Sarash Dandia President
Dr. Pooja Prashar Principal
Mrs. Renu Tandon Vice-President BC
Dr. Renu Bala Convener BC
Mrs. Baljit Kaur Internship Activity Coordinator

Session on: INTER / INTRA INSTITUTIONAL BUSINESS PLAN COMPETITION AND REWARD BEST INNOVATIONS

Date: 26 March 2024

Time: 11:30 am

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 52

Faculty:06

Report

The Department of Cosmetology under the guidance of the Institution's Innovation Council of PCM SD College for Women, Jalandhar organized a day Intra Institutional Business Plan Competition on Oil Packaging Business Idea. The intra-institutional business plan competition aimed to foster innovation and entrepreneurial spirit among students by challenging them to develop a comprehensive business plan for an Oil Packaging Business Idea. The competition provided a platform for participants to showcase their business insight, creativity, and strategic thinking. Participants presented their oil packaging business ideas to a panel of judges. Presentations were limited to 5 minutes each, followed by a 5-minute question-answer session. The judging panel comprised Mrs. Rajni Kapoor and Dr. Divya Budhiya. Participants provided insights into market demand, target audience, competitive landscape, unique selling propositions of their packaging designs, sustainability measures, technological advancements detailed financial forecasts, including startup costs, operational expenses, and profit margins. The winners were announced and awarded prizes based on the judges' evaluations. Categories included Best Overall Business Plan, Most Innovative Packaging Solution, and Best Market Strategy.

Judging Criteria:

1. Innovation: Originality and creativity of the oil packaging concept.
2. Feasibility: Practicality of the business plan, including operational and financial viability.
3. Market Potential: Evidence of market demand and potential for growth.
4. Presentation Quality: Clarity, professionalism, and persuasiveness of the presentation.

The competition showcased a range of innovative ideas, from eco-friendly packaging solutions to advanced technology integrations. The intra-institutional business plan competition successfully highlighted participants' entrepreneurial skills and fostered a collaborative environment for idea generation. The event provided valuable feedback to aspiring entrepreneurs.

Winners of Competition

First - Ishita and Jaspreet B.Com Sem VI.

Second – Isha B.Voc Cosmetology.

Third - Geetika B.A. Sem VI.

Activity Name- Intra Institutional Business Plan Competition

Department- Cosmetology

Date - 26-3-2024

Time - 11:40 am

S. No.	Name	Class	Result
1	Jaspreet	B. Com. Sem VI	9.5
2	Siya	B. Com. Sem VI	9
3	Tsha	B. Com. Sem VI	9.3
4	Prachi	P.G. Diploma in BA	8
5	Geetika	P.G. Diploma in Cosme	8.5
6	Zeenat	P.G. Diploma in Cosme	8.2
7	Ishita	B.B.F	9.4
8	Simran	B.B.F	8.3
9	Jasmine	B.B.F	8.2

Judges Names

Name	Department	Remarks
Mrs. Renu Pandon	Commerce	R. Pandon
Mrs. Rajni Kapoor	Commerce	Rajni Kapoor
Mrs. Divya Bualhia	Economics	Divya

Objectives

1. **Encourage Innovation and Creativity:** Stimulate creative thinking and innovation in developing new packaging solutions for oil products.
2. **Develop Practical Business Skills:** Enhance participants' capacity to draft thorough and workable business plans by developing their practical business skills.
3. **Foster Entrepreneurial Spirit:** Encourage participants to have an entrepreneurial mindset.
4. **Promote Sustainability:** Emphasize how crucial it is to take the environment into account when designing packaging.
5. **Identify and Support Emerging Talent:** Explore and assist creative ideas and entrepreneurs who show promise.
6. **Offer Practical Experience:** Provide participants with hands-on company pitching and planning experience.

Benefits

1. **Development of Skills:** Participants obtain hands-on experience in financial modeling, market analysis, and strategic planning as part of their business planning curriculum.
2. **Experience in Entrepreneurship:** Students acquire an entrepreneurial mentality and learn how to overcome the difficulties involved in launching and running a firm.
3. **The improvement:** Judges and industry professionals provide constructive criticism to the participants.
4. **Real-World Application:** The competition allows students to apply theoretical knowledge to practical problems.
5. **Attracting Talent:** The competition can attract prospective students who are interested in business and entrepreneurship.
6. **Appreciation and Honors:** Top performers and winners might receive honors and recognition that improve their portfolios and resumes.

Organizers of this event.

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3	Mrs. Daljit Kaur	Assistant Professor, HOD	Cosmetology
4	Mrs. Rupinder Kaur	Assistant Professor	Cosmetology
5	Ms. Aashna Sharma	Assistant Professor	Cosmetology
6	Mrs. Priya	Assistant Professor	Cosmetology

GEOTAG PHOTOS





Jalandhar, PB, India

Prem Nagar Krishan Nagar, Jalandhar, 144001,
PB, India
Lat 31.326863, Long 75.590879
03/26/2024 12:23 PM GMT+05:30
Note : Captured by GPS Map Camera



Jalandhar, PB, India

Prem Nagar Krishan Nagar, Jalandhar, 144001,
PB, India
Lat 31.327209, Long 75.590478
03/26/2024 12:03 PM GMT+05:30
Note : Captured by GPS Map Camera



GPS Map Camera
Jalandhar, PB, India
Prem Nagar Krishan Nagar, Jalandhar, 144001,
PB, India
Lat 31.326948, Long 75.590922
03/26/2024 11:51 AM GMT+05:30
Note : Captured by GPS Map Camera



GPS Map Camera
Jalandhar, PB, India
Prem Nagar Krishan Nagar, Jalandhar, 144001,
PB, India
Lat 31.326991, Long 75.590694
03/26/2024 12:26 PM GMT+05:30
Note : Captured by GPS Map Camera



Prem Chand Markanda S.D. College for Women, Jalandhar

NAAC Re - accredited "A+" Grade (Second Cycle)

IIC and Incubation cell with

Name of Department/Club/ Society: Cosmetology DepartmentName of Activity: Inter/Intra Business Plan CompetitionTime: 11:40Date: 26-3-2024Venue: Room No. 14

S. No	Name	Class	Roll No	Signature
1.	Kashish	B.Voc in Cosmetology	628	Kashish
2.	Kushi	"	615	Kushi
3.	Vidhi	"	614	Vidhi
4.	Arvita	"	613	Arvita
5.	Priya	"	609	Priya
6.	Simran	"	601	Simran
7.	Zeenat	Ph. Diploma	9804	Zeenat
8.	Poochi	P.G. Diploma	9603	Poochi
9.	Greetika Badhan	P.G. Diploma	9605	Greetika Badhan
10.	Sandeep Kaur	B.VOC COSMO	616	Sandeep
11.	Kiran	B.VOC. COSMO	608	Kiran
12.	Jaspreet	B.VOC. COSMO	618	Jaspreet
13.	Sukhjeet	"	610	Sukhjeet
14.	Payal	B.VOC COSMO	657	Payal
15.	Samaira Kaur	BA Sem 6 th	2018	Samaira Kaur
16.	Shiya	BA Sem 6 th	2004	Shiya
17.	Diya Kaur	BA Sem 6 th	2044	Diya Kaur
18.	Talvira	B.A Sem 6 th	2022	Talvira



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re - accredited 'A+' Grade (Second Cycle)

Name of Department/Club/ Society: Cosmetology Deptt

Name of Activity: Inter/ Intra Business Plan

Time: 11:40 am

Date: 26/March 2024

Venue: Room 14

S. No	Name	Class	Roll No	Signature
19	Nikita	BA 6 th Sem	2038	Nikita
20	Kanika	BA 6 th Sem	2036	Kanika
21	Simsran	B.B.F Sem II nd	10015	Simsran
22	Jasmeen	B.B.F Sem II nd	10016	Jasmeen
23	Ishita	B.B.F Sem II nd	10011	Ishita
24	Madhu	B.A Sem III	2022	Madhu
25	Mansi	B.A Sem III	2010	Mansi
26	Sonia Meangjhu	B.Com (Sem 6)	3406	Sonia
27	Isha	B.Com (Sem VI th)	3407	Isha
28	Kanika	B.COM (Sem VI)	3448	Kanika
29	Jaspreet Kaur	B.Com (Sem 6)	3438	Jaspreet
30	DOLLY	B.COM (Sem 6)	3416	DOLLY
31	Khushi	B.COM (Sem 6)	3415	Khushi
32	Sakshi	B.COM (Sem 6)	3422	Sakshi
33	Rajni	B.COM (Sem 6)	3429	Rajni
34	Ekha	B.COM (Sem 6)	3432	Ekha
35	Vaishali	B.COM (Sem 6)	3404	Vaishali
36	Viya Buthi	B.COM (Sem 6)	3442	Viya



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re-accredited "A+" Grade (Second Cycle)

Name of Department/Club/ Society: Cosmetology Dept

Name of Activity: Inter/Intra Business Plan

Time: 11:40 am

Date: 26/3/24

Venue: Room no - 17

S. No	Name	Class	Roll No	Signature
37	Aashvi	B.VOC(Cosmo)	654	Aashvi
38	Riya	B.VOC(Cosmo)	655	Riya
39	Pritya	B.VOC(Cosmo)	653	Pritya
40	Arneet Kaur	B.VOC(Cosmo)	658	Arneet Kaur
41	Vani	B.VOC(Cosmo)	660	Vani
42	Kamalpreet Kaur	BA Sem VI	2007	Kamalpreet Kaur
43	Mamta Walia	B.A sem 4 th	1506	Mamta
44	Tania Rai	B.A 4 th Sem	1504	Tania Rai
45	Nitu	B.A 4 th Sem	1517	Nitu
46	Rashish	BA 6 th Sem	2011	Rashish
47	Mani She	B.A Sem 4	1511	Mani She
48	Prachi dutt	BA B.Ed (Sem 4)	1364	Prachi dutt
49	Dhruvi	BA B.Ed (Sem 4)	1361	Dhruvi
50	Anisha	B.A. B.Ed (Sem 4)	1362	Anisha
51	Riya	B.A (Hon) Sem 6	2005	Riya
52	Komal	B.A Sem II	1027	Komal

SOCIAL MEDIA PROMOTIONAL LINK

<https://www.facebook.com/share/p/29Pr3JXTCme17mgt/>

PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A+' Grade by NAAC (Second Cycle)

FROM IDEA TO IMPACT NAVIGATING THE ENTREPRENEURIAL

JOURNEY UNDER BUSINESS MODEL CANVAS

ACTIVITY REPORT



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR NAAC Re-accredited "A+" Grade (Second Cycle)

INSTITUTIONS INNOVATION COUNCIL

50 YEARS

National Seminar
on

**FROM IDEA TO IMPACT
NAVIGATING THE
ENTREPRENEURIAL
JOURNEY UNDER
BUSINESS MODEL CANVAS**

🕒 9th April 2024 , 11:00 A.M.
Organised By

DEPARTMENT OF COSMETOLOGY

Resource Person
MR. SUNIL KUMAR
Business Development Officer
NIIB Pvt.LTD, Chandigarh

Sh. Naresh Budhia
President

Dr. Pooja Prashar
Principal

Mrs. Renu Tandon
Vice-President IIC

Dr. Renu Bala
Convener IIC

Mrs. Daljit Kaur
Internship Activity Coordinator

Session on: **FROM IDEA TO IMPACT NAVIGATING THE ENTREPRENEURIAL**

JOURNEY UNDER BUSINESS MODEL CANVAS

Date: 9 April 2024

Time: 11:00 am

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 42

Faculty: 06

Report

The Business Model Canvas (BMC) is a strategic management tool used to conceptualize and innovate business models. The activity aimed to explore and enhance our department's business model, focusing on how we can better serve our students and clients while achieving our strategic objectives. To equip students with a comprehensive understanding of business operations within the cosmetology industry, the Cosmetology Department under the guidance of the Institution's Innovation Council, conducted a Business Model Canvas (BMC) activity. Mr. Sunil Kumar from NIIB Private Ltd, Chandigarh delivered detailed business knowledge, salon, and Personal development knowledge. This exercise aimed to help students grasp the essential components of a business model and apply these concepts to real-world scenarios within the cosmetology field. The Business Model Canvas activity provided cosmetology students with valuable insights into how a business operates and how strategic planning can drive success. By engaging in this activity, students gained practical experience in developing and analyzing business models, preparing them for future careers in the cosmetology industry. Moving forward, students are encouraged to apply the BMC concepts to their business ideas and projects, fostering a deeper understanding of business strategy and operational management in their professional journey.

Objectives

1. **Elucidate Business Model Structure:** To offer a succinct, unambiguous depiction of the business model, encapsulating all of its fundamental elements within a solitary graphic structure.
2. **Encourage Strategic Thinking:** To encourage strategic thinking and dialogue around different facets of the company.
3. **Enhance Communication and Alignment:** To make both internal team communication and external stakeholder alignment better.
4. **Determine Important Areas for Development:** To determine the business model's advantages, disadvantages, and potential areas for development.
5. **Encourage Business Model Innovation:** To help with the creation and evaluation of fresh approaches to current business models or their adaptations.
6. **Enable Real-Time Updates:** To allow for real-time updates and modifications as the business evolves.

Benefits

1. **Clarity and Simplicity:** The canvas breaks complicated ideas down into digestible, related parts, giving a clear, visual depiction of a business strategy. Helps stakeholders quickly understand the business model, including how it creates, delivers, and captures value.
2. **Holistic View:** It captures all critical aspects of a business model in one place, including customers, value propositions, revenue streams, and cost structure.
3. **Ease of Use:** The canvas is user-friendly and can be created and modified with minimal resources. It often uses a large visual template or digital tools that make collaboration straightforward.
4. **Facilitates Strategic Planning:** Helps businesses visualize their strategy and make informed decisions by laying out key components and their relationships.
5. **Encourages Collaboration:** The canvas is designed to be used collaboratively, making it ideal for team discussions, workshops, and brainstorming sessions.
6. **Supports Business Model Innovation:** Provides a framework for experimenting with new business models and testing different scenarios.

ORGANIZERS OF THIS EVENT

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3	Mrs. Daljit Kaur	Assistant Professor, HOD	Cosmetology
4	Mrs. Rupinder Kaur	Assistant Professor	Cosmetology
5	Ms. Aashna Sharma	Assistant Professor	Cosmetology
6	Mrs. Priya	Assistant Professor	Cosmetology

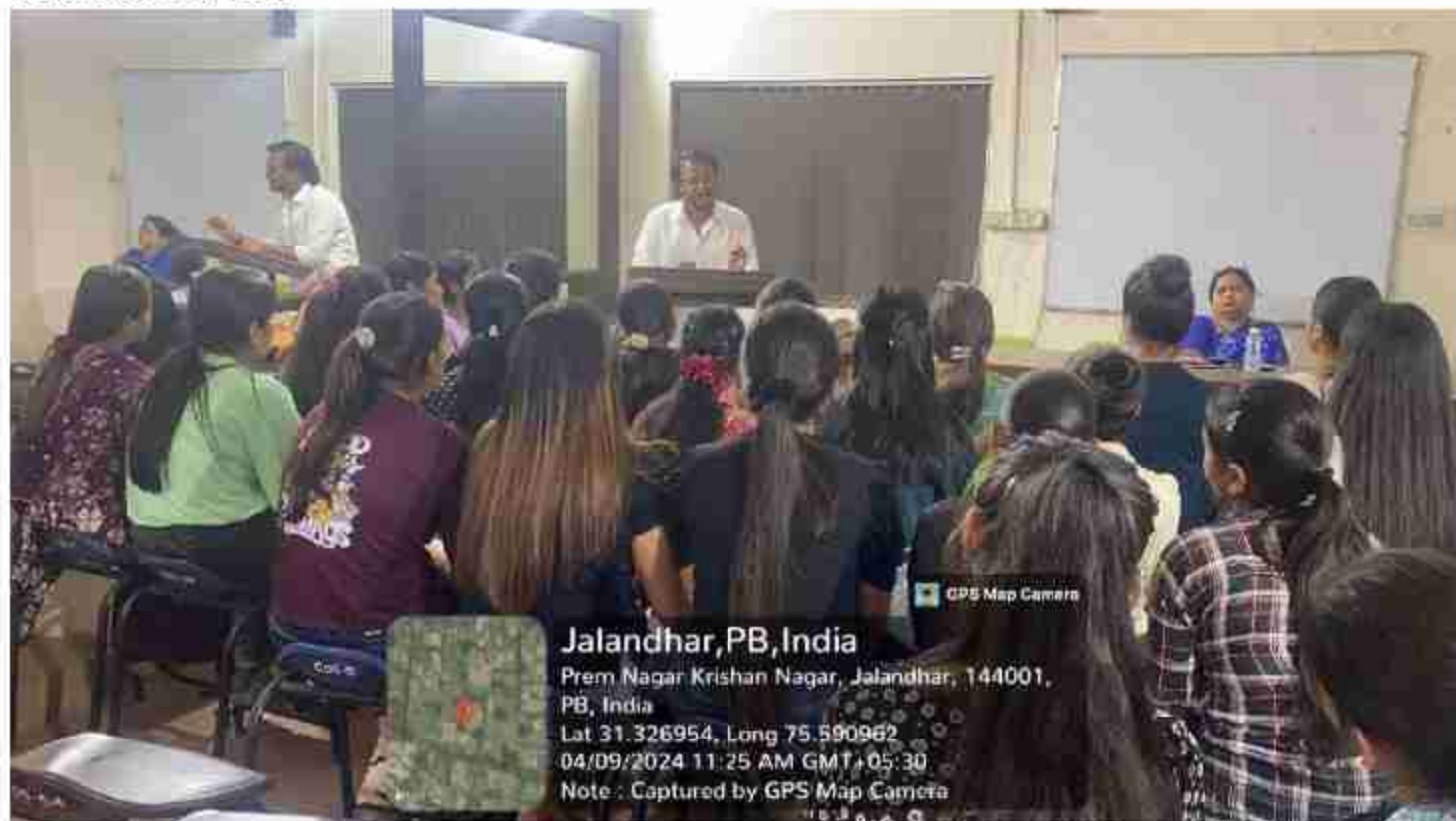
SOCIAL MEDIA PROMOTIONAL LINK

<https://www.facebook.com/pcmsd.ac.in/posts/pfbid0Uwo93RmBW5gVgLRXW9iT2CaQvfxsZeDCWSygvSpv9reeQVtpXlbJmuh9GmFrn7ndl>

INSTAGRAM PROMOTIONAL LINK

https://www.instagram.com/p/C5iRoqHB39x/?utm_source=ig_web_copy_link

GEOTAG PHOTOS





Jalandhar, PB, India

Prem Nagar Krishan Nagar, Jalandhar, 144001,
PB, India
Lat 31.327146, Long 75.590825
04/09/2024 11:20 AM GMT+05:30
Note : Captured by GPS Map Camera



Jalandhar, PB, India

Prem Nagar Krishan Nagar, Jalandhar, 144001,
PB, India
Lat 31.327153, Long 75.590704
04/09/2024 11:08 AM GMT+05:30
Note : Captured by GPS Map Camera





Jalandhar, PB, India

Prem Nagar Krishan Nagar, Jalandhar, 144001,
PB, India

Lat 31.327152, Long 75.590718

04/09/2024 11:02 AM GMT+05:30

Note : Captured by GPS Map Camera

ATTENDANCE OF STUDENTS



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re - accredited "A+" Grade (Second Cycle)

Name of Department/Club/ Society: Cosmetology

Name of Activity: National Seminar (Idea-to impact Navigating the entrepreneurial journey)

Time: 11.00 am

Date: 9-4-2024

Business Model Canvas

Venue: Cosmetology Lab.

S. No	Name	Class	Roll No	Signature
1.	Khushi	B.Voc Cosmo I	615	Khushi
2.	Amita	B.Voc Cosmo II ^{1st Sem}	613	Amita
3.	Priya	B.Voc Cosmo II	609	Priya
4.	Nidhi	B.Voc Cosmo II	614	Nidhi
5.	Heena	B.Voc Cosmo II	625	Heena
6.	Aashu	B.Voc Cosmo II ^{1st Sem}	654	Aashu
7.	Priya	B.Voc Cosmo II ^{1st Sem}	653	Priya
8.	Vani	B.Voc Cosmo II ^{1st Sem}	660	Vani
9.	Bhuti	B.B.F Cosmo II	10005	Bhuti
10.	Saloni	B.A II	1044	Saloni
11.	Simeem	B.B.F Sem II nd	10015	Simeem
12.	Jasmeen	B.B.F Sem II nd	10016	Jasmeen
13.	Ishita	B.B.F Sem II nd	10011	Ishita
14.	Greetiqa	P.G. Cosmo	9605	Greetiqa
15.	Nikita	BA 6 th Sem	2028	Nikita
16.	Kanika	BA 6 th Sem	2036	Kanika
17.	Ridhi Sharma	BA 6 th Sem	2050	Ridhi Sharma
18.	Kamalpreet Kaur	BA 6 th Sem	2046	Kamalpreet Kaur



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re - accredited 'A+' Grade (Second Cycle)

Name of Department/Club/ Society: Cosmetology
Name of Activity: National Seminar (BMC)
Time: 11:00 am
Date: 9/9/2024
Venue: Cosmetology Lab

S. No	Name	Class	Roll No	Signature
19	Jaspreet	B.Voc Cosmo	618	Jaspreet
20	Shikha	B.Voc Cosmo	610	Shikha
21	Parvinder Kaur	Diploma Cosmo		Parvinder
22	Manisha	B.B.F Sem II	10006	Manisha
23	Kanishka	B.B.F Sem II	10008	Kanishka
24	Kiran	B.Voc Cosmo	602	Kiran
25	Anshika	B.Voc Cosmo	659	Anshika
26	Aneet Kaur	B.Voc Cosmo Sem II	658	Aneet Kaur
27	Prachi	P.G. in Cosmo	9603	Prachi
28	Zeenat	P.G. in Cosmo	9607	Zeenat
29	Sheetal	P.G. in Cosmo	9608	Sheetal
30	Simran	B.Voc Cosmo	601	Simran
31	Nandini	B.Voc. Cosmo	630	Nandini
32	Pallavi	B.A Sem 6 th	2012	Pallavi
33	Samritha	B.A Sem 6 th	2018	Samritha
34	Shiya	"	2004	Shiya
35	Anamika	B.A (Sem II)	1036	Anamika
36	Meera	B.A (Sem II)	1028	Meera

PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A' Grade by NAAC (Second C

WORKSHOP ON ARTISTIC PRE-PRODUCTION

ACTIVITY REPORT



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR NAAC Re-accredited "A" Grade (Second Cycle)



Workshop on
ARTISTIC PRE- PRODUCTION

Organised By

DEPARTMENT OF FINE ART

🕒 3rd April 2024 , 12:30 P.M.



MS. MANZIL SINGH (ZURFF)
DIRECTOR EASELZ
ACADEMY OF FINE ART,
JALANDHAR

📱 🌐 📺 📺 PCMSD.AC.IN

Sh. Narush Budhia
President

Dr. Pooja Prashar
Principal

Mrs. Renu Tandon
Vice-President IIC

Dr. Renu Bala
Convener IIC

Mrs. Anita Viridi
Incharge

Session on: **WORKSHOP ON ARTISTIC PRE-PRODUCTION**

Date: April 3, 2024

Time: 12:30 pm

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 45

Faculty: 01

Report

The Fine Arts Department of P.C.M S.D College for Women under the guidance of the Institution's Innovation Council organized a Workshop on Artistic Pre-Production. The workshop aimed to provide insights into the crucial phase of art creation – the pre-production stage. Ms. Manzil Singh, a distinguished art educator and freelancer, was invited to conduct the workshop and demonstrate various techniques and strategies pertinent to this stage. Ms. Manzil Singh initiated the session by elucidating the significance of pre-production in the realm of art. She emphasized its role in laying the foundation for a successful art piece, encompassing ideation, planning, research, and conceptualization. The core of the workshop revolved around Ms. Manzil Singh's demonstration of various pre-production techniques. She illustrated different approaches to brainstorming ideas, developing sketches, and refining concepts before diving into the execution phase. Through live demonstrations, she showcased the application of these techniques in real-time scenarios, offering valuable insights into her creative process. Following the demonstration, an interactive session ensued, wherein participants actively engaged with Ms. Manzil Singh, posing questions and seeking clarification on various aspects of pre-production. Ms. Singh provided personalized guidance and feedback, fostering a conducive learning environment. To reinforce the concepts imparted during the workshop, hands-on activities were organized, allowing participants to apply the pre-production techniques discussed under Ms. Singh's guidance. This practical approach facilitated experiential learning and encouraged creative experimentation among the attendees. The workshop on "Pre-Production in Art" proved to be an enriching experience for all participants, offering them valuable insights into the essential phase of art creation. The guidance provided by Ms. Manzil Singh equipped the students with practical tools and techniques to enhance their creative process and elevate the quality of their artwork.

Objectives

Explore Subject Matter: To introduce participants to the concept of pre-production in art, focusing on the exploration of subject matter before creating a final piece.

Understand Art Materials: To familiarize participants with various drawing mediums such as graphite pencils, drawing papers, oil pastels, and poster colours.

Learn Techniques: To teach participants specific techniques for using different art materials effectively and creatively.

Combine Media: To educate participants on the possibilities and techniques of combining two or more distinct art media in a single artwork.

Professional Development: To provide participants with insights and guidance from a professional art educator and freelancer, helping them develop their artistic skills and knowledge.

Practical Application: To demonstrate the practical application of learned techniques through a live painting demonstration, reinforcing workshop content and inspiring creativity.

Benefits

Skill Development: Participants gained hands-on experience with various drawing mediums and learned techniques for using them effectively.

Historical Insight: Understanding the origins of graphite pencils provided a historical context to art materials, enhancing appreciation for traditional methods.

Material Knowledge: Detailed knowledge about using poster colours and pastel colours offered participants a deeper understanding of different colour mediums and their applications.

Creative Exploration: Exploring the combination of two distinct media encouraged participants to experiment and innovate in their artistic practices.

Professional Guidance: Ms. Manzil Singh's demonstration and insights provided professional guidance, offering participants valuable perspectives from an experienced art educator and freelancer.

Live Demonstration: The live watercolor painting demonstration showcased the practical application of techniques discussed during the workshop, reinforcing learning through visual examples.

Organizers of this event.

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3	Mrs. Anita Viridi	Assistant Professor,	Fine Arts

Invitation to the Guest



Prem Chand Markanda S.D. COLLEGE FOR WOMEN

Premier Post-Graduate Institution
NEHRU GARDEN ROAD, JALANDHAR-144001
Ph. 0181-2455122, 2236122, 2453036, 2452021

Tel/Fax : 0181-2236122
Website: www.pcmsd.ac.in
E-mail: info@pcmsd.ac.in

Ref. No. Sd/4228

Date 02/04/2024

Ms. Manzil Singh (Zurff)
Director Easelz Academy of Fine Arts
Jalandhar
Subject: **Invitation for Lecture Demonstration**
Esteemed Madam,

I humbly apprise you that Prem Chand Markanda S.D. College for Women, Jalandhar, a venerable institution since 1972, the Department of Dance of the college is organising Workshop on 'Artistic Pre Production' on 3rd April, 2024 at 12:30 pm.

The entire family of PCM. S.D. College for Women, Jalandhar, fervently anticipates that your distinguished and invigorating presence, coupled with an unwavering commitment to impart erudition, would be affable enough to accede to our invitation to grace the occasion a Resource Person of the Workshop and to do justice to this intellectual platform of exchange of ideas.

In all earnestness, we firmly believe that your participation will imbue this initiative with a distinguished essence, fostering an environment conducive to the exchange of profound ideas. This gathering is poised to be an intellectual catalyst, inspiring faculty members, students and researchers to explore novel avenues in academic research. Your expeditious consent will undoubtedly contribute to the resounding success of this event, elevating it into a historic event.

Expressing gratitude in anticipation of your favorable response,

With regards

Prof. (Dr) Pooja Prashar
Principal



NAAC Re-accredited A⁺ college (2nd cycle)

Only women college in Jalandhar district
offering four-year B.A. B.Ed integrated course.

College offers various
skill oriented vocational courses.

GEOTAG PHOTOS



GPS Map Camera



Jalandhar, Punjab, India
1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab
144001, India
Lat 31.32687°
Long 75.590658°
03/04/24 01:33 PM GMT +05:30



 GPS Map Camera



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144001, India

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Google



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144001, India
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GPS Map Camera

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144001, India
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Long 75.590658°
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Google

ATTENDANCE OF STUDENTS



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re - accredited "A+" Grade (Second Cycle)

Name of Department/Club/ Society: Fine Arts Department

Name of Activity: Workshop on Artistic Pre-Production

Time: 12:30 P.M

Date: 3rd April 2024

Venue: Fine Arts Lab

S. No	Name	Class	Roll No	Signature
01	Sakshi	B.A. Third Sem	1059	Sakshi
02	Jaswinder Kaur	B.A. Third Sem	1083	Jaswinder Kaur
03	Neha KUMARI	B.A. B.Ed Third Sem	1321	Neha Kumari
04	Kavita	B.A. B.Ed (Sem 2)	1312	Kavita
05	Jyotika	B.A. B.Ed (Sem 2)	1303	Jyotika
06	Sangeeta	B.A. B.Ed (Sem 2)	1320	Sangeeta
07	Tulsi	B.A. B.Ed (Sem 2)	1310	Tulsi
08	Anamika	B.A. B.Ed (Sem 2)	1314	Anamika
09	Gauri	B.A. (Sem 4 th)	1501	Gauri
10	Muditā	B.A. Sem-2 nd	1095	Muditā
11	Krishna	B.A. Sem VI	2042	Krishna
12	Ankita	B.A. Sem VI	2023	Ankita
13	Kusika	B.A. B.Ed Sem II	2015	Kusika Kaper
14	Lokshita	B.B.C (C/S) Sem II	2501	Lokshita
15	Anshu Kumari	B.Sc (Eco) Sem II	1205	Anshu
16	Kasak	B.Sc Eco (Sem II)	1202	Kasak
17	Kalpaua	B.Sc [C.B] Sem II	2502	Kalpaua
18	Nidhi	B.Sc [New Med] Sem II	2305	Nidhi

S. No	Name	Class	Roll No	Signature
26.	Nikita	B.A. 6 th Sem	2028	Nikita
27.	Ravneet Kaur	B.A. 6 th Sem	2029	Ravneet Kaur
28.	DHAVIKA	B.A. 6 th Sem	2029	Bhavika
29.	Ritika Sharma	Bsc (CS) 6 th Sem	2702	Ritika Sharma
30.	Komal	Bsc (N/A) Sem 6 th	354	Komal
31.	Ritika	Bsc (C.S) 6 th Sem	2702	Ritika
32.	ZIVA	Bsc (N/A) VI Sem	351	Ziya
33.	Nisha	Bsc (N/A) VI Sem	353	Nisha
34.	Sandeshi Pruthi	Bsc (C.S) VI Sem	2701	Sandeshi Pruthi
35.	Chandni	Bsc (N/A) VI Sem	1702	Chandni
36.	Harsimran Kaur	B.A. 5 th Sem	1503	Harsimran
37.	Anshika Verma	B.A. 4 th Sem	1516	Anshika Verma
38.	Dimple	B.A. VI th Sem	2043	Dimple
39.	Jassi Kotaria	B.A. VI th Sem	2003	Jassi Kotaria
40.	Jaspreet	B.Voc. Commo	618	Jaspreet
41.	Mewa	B.A. Sem V	1028	Mewa
42.	Naypreet	B.A. Sem II	1401	Naypreet
43.	Ronji	B.A. Sem II	1521	Ronji
44.	Mamcha	B.A. Sem IV	1511	Mamcha
45.	Sabana	B.A. Sem I	1019	Sabana

SOCIAL MEDIA PROMOTIONAL LINK

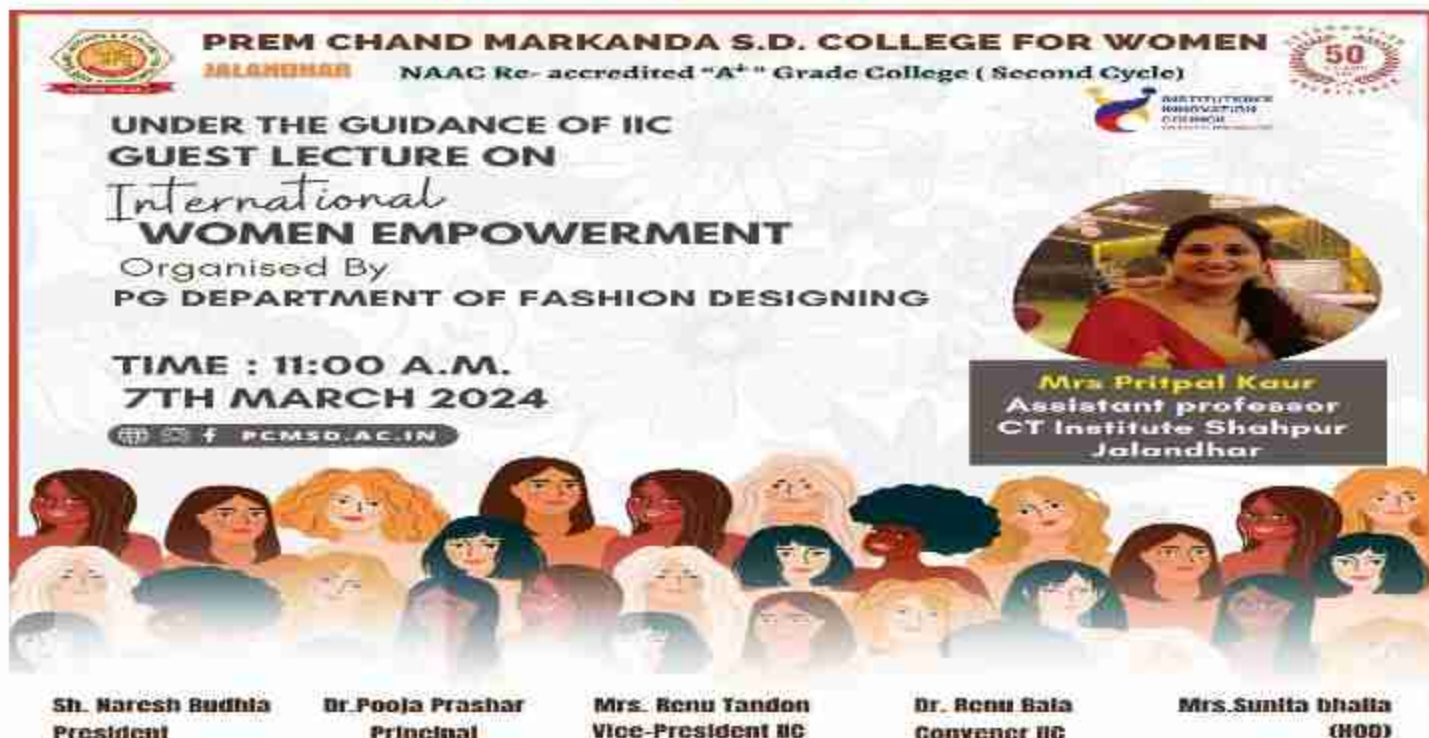
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PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A+' Grade by NAAC [Second Cycle]

GUEST LECTURE ON "INTERNATIONAL WOMEN'S DAY"



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR NAAC Re- accredited "A+" Grade College (Second Cycle)

UNDER THE GUIDANCE OF IIC
GUEST LECTURE ON
International
WOMEN EMPOWERMENT
Organised By
PG DEPARTMENT OF FASHION DESIGNING

TIME : 11:00 A.M.
7TH MARCH 2024

PCMSD.AC.IN

Mrs. Pritpal Kaur
Assistant professor
CT Institute Shahpur
Jalandhar

Sh. Naresh Budhia
President

Dr. Pooja Prashar
Principal

Mrs. Renu Tandon
Vice-President IIC

Dr. Renu Bala
Convener IIC

Mrs. Sunita Dhallia
(HOD)

Session on: **INTERNATIONAL WOMEN'S DAY**

Date: 7th March 2024

Time: 11:00 am

Duration: One Day

Vice President: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 65

Faculty: 08

Report:

The P.G. Department of Fashion Designing under the guidance of the Institution's Innovation Council organized an engaging and informative guest lecture on March 7, 2024, to mark International Women's Day. The event aimed to celebrate women's achievements address ongoing gender-related challenges, and foster discussions on advancing gender equality. The resource person of the session was Mrs. Pritpal Kaur, Assistant Professor at CT Institute Shahpur, Jalandhar. The lecture began with an overview of the history and significance of International Women's Day, emphasizing its origins, evolution, and current global observance. It highlighted significant achievements in the realm of gender equality and discussed the persisting challenges such as wage gaps, underrepresentation in leadership roles, and gender-based violence. The speaker emphasized the importance of recognizing the diverse experiences of women from different backgrounds, including race, ethnicity, socioeconomic status, and disability. A segment was dedicated to exploring how technological advancements and digital tools can support gender equality, including initiatives to bridge the digital gender divide. The lecture concluded with practical strategies for individuals and organizations to advocate for gender equality, including policy recommendations, community engagement, and personal actions. Attendees were inspired by the Guest's personal experiences and achievements, which underscored the potential for positive change and progress. The lecture provided actionable insights and recommendations for addressing gender inequality, including ways to engage in advocacy and support women's empowerment initiatives. The event significantly increased awareness about the importance of gender equality and the various challenges that women continue to face globally. Attendees provided positive feedback, noting the relevance and impact of the lecture.

Key Takeaways:

- Education is fundamental for empowering women and girls.
- Economic independence enables women to have control over their lives.
- Gender equality ensures equal rights and opportunities for all.
- Access to healthcare services is essential for women's well-being.
- Support networks and mentorship empower women to thrive.
- Ending gender-based violence is crucial for women's safety and empowerment.
- Challenging cultural norms is necessary to break barriers.

Objectives

- 1. Celebrate Women's Achievements:** Showcase the accomplishments and contributions of women in various fields, including science, politics, arts, and business.
- 2. Educate on Gender Inequality:** Provide insights into ongoing gender disparities, including issues like pay gaps, underrepresentation, and gender-based violence.
- 3. Inspire and Empower:** Encourage individuals to pursue their goals and challenge barriers, drawing inspiration from the speaker's experiences and achievements.
- 4. Foster Dialogue and Discussion:** Create a platform for open discussion about gender issues, allowing attendees to share their views, ask questions, and engage in meaningful conversations.
- 5. Promote Gender Equality:** Highlight the importance of gender equality and advocate for policies and practices that support equal opportunities for all genders.
- 6. Build Community and Network:** Provide networking opportunities for attendees with a shared interest in gender equality and women's rights.
- 7. Enhance Knowledge and Understanding:** Offer new insights and perspectives on gender issues that may not be covered in regular academic or professional settings.

9. Encourage Reflection and Self-Assessment: Encourage attendees to reflect on their attitudes and behaviors regarding gender equality and consider ways to contribute positively.

BENEFITS:

1. **Inspiration and Motivation:** Hearing from a successful and influential speaker can inspire individuals to pursue their goals and overcome challenges.
2. **Empowerment:** The lecture can empower attendees by showcasing stories of women who have made significant contributions and by offering actionable advice.
3. **Fostering Dialogue and Discussion:** The lecture creates a platform for open discussions about gender equality, allowing attendees to express their views and ask questions.
4. **Increased Engagement:** It encourages participants to engage in meaningful conversations about gender issues and consider their roles in addressing these challenges.
5. **Promotion of Gender Equality:** The lecture brings attention to ongoing gender disparities and challenges, raising awareness about the need for continued advocacy.
6. **Community Building:** The event provides a space for individuals with shared interests in gender equality to connect and network.
7. **Career Inspiration:** The lecture can provide career inspiration for those interested in working in fields related to gender equality, social justice, and advocacy.
8. **Educational Resources:** The lecture may include the distribution of relevant materials, reports, and publications that attendees can refer to later.
9. **Encouraging Future Initiatives:** The success of the lecture can inspire future events and initiatives focused on gender equality and women's rights.

Organizers of this event.

Sr. no.	Name	Designation	Department
1.	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2.	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3.	Mrs. Sunita Bhalla	Associate Professor, HOD	Fashion Designing
4.	Ms. Dolly	Assistant Professor,	Fashion Designing
5.	Ms. Manpreet Kaur	Assistant Professor	Fashion Designing
6.	Ms. Beenu	Assistant Professor	Fashion Designing
7.	Ms. Prabhdeep Kaur	Assistant Professor	Fashion Designing
8.	Mrs. Shallu	Assistant Professor	Fashion Designing

Social Media Promotional link

<https://www.facebook.com/share/p/7pEiMdsAnTzAzGZx/>

Letter of Invitation and Gratitude



Prem Chand Markanda
S.D. COLLEGE FOR WOMEN
Premier Post-Graduate Institution
NEHRU GARDEN ROAD, JALANDHAR-144001
Ph. 0181-2455122, 2236122, 2453036, 2452021

Tele Fax : 0181-2236122
Website: www.pcmsd.ac.in
E-mail: info@pcmsd.ac.in

Ref. No. edc/4354

Date 20/04/2024

Mrs. Preetpal
Assistant Professor
CT Institute
Shahpur, Jalandhar

Subject: **Invitation for Guest Lecture**

Esteemed Madam,

I humbly apprise you that Prem Chand Markanda S.D. College for Women, Jalandhar, a venerable institution since 1972. Under the guidance of IIC, the Department of Fashion Designing of the college is organising a Guest Lecture on the topic '**Women Empowerment**' on 7th March, 2024 at 11.00 a.m.

The entire family of P.C.M, S.D. College for Women, Jalandhar, fervently anticipates that your distinguished and invigorating presence, coupled with an unwavering commitment to impart erudition, would be affable enough to accede to our invitation to grace the occasion as a **Resource Person** of the Lecture and to do justice to this intellectual platform of exchange of ideas.

Your expeditious consent will undoubtedly contribute to the resounding success of this event, elevating it into a historic event.

Expressing gratitude in anticipation of your favorable response,

With regards

Prof. (Dr) Pooja Prashar
Principal





Prem Chand Markanda S.D. COLLEGE FOR WOMEN

Premier Post-Graduate Institution
NEHRU GARDEN ROAD, JALANDHAR-144001
Ph. 0181-2455122, 2236122, 2453036, 2452021

Tel/Fax : 0181-2236122
Website: www.pcmsd.ac.in
E-mail: info@pcmsd.ac.in

Ref. No. edc/4353

Date 20/04/2024

Mrs. Preetpal
Assistant Professor
CT Institute
Shahpur, Jalandhar

Subject: **Expressing gratitude for lending your precious time**

Esteemed Madam

With heartfelt gratitude and in recognition of distinction in your respective field, I offer my sincerest thanks to you for accepting our invitation and enlightening us with your exceptional expertise as a **Resource Person** for Guest Lecture on **'Women Empowerment'** on 7th March, 2024. Under the guidance of IIC, the event was organized by Fashion Designing Department of PCM S.D. College for Women Jalandhar, an iconic institution dedicated to the cause of women empowerment through quality education, a fact testified by NAAC's A+ grade (2nd Cycle).

Your invaluable insights, shaped by years of expertise, not only illuminated the event but left an indelible mark on both the faculty and students, fostering a legacy of knowledge and inspiration. I look forward to your continued mentorship, guiding us in our pursuit of academic excellence.

With regards

Prof. (Dr) Pooja Prashar
Principal



NAAC Re-accredited A+ college (2 nd cycle)	Only women college in Jalandhar district offering four-year B.A. B.Ed integrated course.	College offers various skill oriented vocational courses
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GEOTAG PHOTOS



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India
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Long 75.590684°
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Jalandhar, Punjab, India
EG-977B, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab 144001,
India
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 **GPS Map Camera**

Jalandhar, Punjab, India

EG-977-A, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab 144001, India

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Long 75.590516°

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Attendance of Students



Prem Chand Markanda S.D. College for Women, Jalandhar

NAAC He - accredited "A+" Grade (Second Cycle)

Name of Department/Club/Society: Fashion Designing

Name of Activity: "Women Empowerment"

Time: 11:00 AM

Date: 7th March 2024

Venue: Fashion Designing Lab

S. No	Name	Class	Roll No	Signature
1	Kok	BSC/FDT	8212	Kok
2	Chandani	BSC FD	8210	Chandani
3	Mansi	BSC FD	8226	Mansi
4	Vishi Grover	Bsc. f D2 Sem	8208	Vishi Grover
5	Soni Kumari	BSC FD	8201	Soni Kumari
6	Duyal	BSC FD 2 Sem	8206	Duyal
7	Pavandeep Kaur	BSC FD 2 Sem	8228	Pavandeep Kaur
8	Himangi	BSC FD 2 Sem	8207	Himangi
9	Komal	BSC FD 2 Sem	8223	Komal
10	Pooja Choudhary	BSC FD 2 Sem	8217	Pooja
11	Breeti Rani	BSC (FD) 3 Sem	8215	Breeti Rani
12	Darvinder Kaur	BSC (FD)	8211	Darvinder Kaur
13	Rukshan	BSC (FD)	8227	Rukshan
14	Sija	BSC (FD)	8224	Sija
15	Neetu	BSC (FD)	8225	Neetu
16	Simran	BSC (FD)	8203	Simran
17	Simrandeep Kaur	BSC (FD)	8202	Simrandeep Kaur
18	Suhani	BSC (FD)	8218	Suhani

S. No	Name	Class	Roll No	Signature
19	Ramandeep Kaur	BSc (FD) Sem IV	8301	Ramandeep Kaur
20	Shital	BSc (FD) Sem IV	8304	Shital
21	Jasleen	M.A. (FD) 1 st Sem	8804	Jasleen
22	Simerpreet	M.A. (FD) 4 th Sem	8851	Simerpreet
23	Anjali	M.Sc (FD) 4 th Sem	8843	Anjali
24	Kamini	UoG Diploma in (FD)	9376	Kamini
25	Manisha	B.Voc (FD) 2 nd Sem	01	Manisha
26	Manju	B.Voc (FD) 2 nd Sem	03	Manju
27	Pamna Devi	PG Diploma (FD)	9701	Pamna
28	Bhatibha	BSc (FD) Sem IV	8303	Bhatibha
29	Manju	BSc (FD) Sem IV	8306	Manju
30	Rijwana	B.Voc (FD) Sem IV	78	Rijwana
31	Poojani	B.Voc (FD) Sem IV	79	Poojani
32	Anita	B.Voc (FD) Sem IV	81	Anita
33	Neha	B.Voc (FD) Sem IV	80	Neha
34	Muskaan	B.Voc (FD) Sem IV	75	Muskaan
35	Radha	B.Voc (FD) Sem IV	76	Radha
36	Poojani	B.Voc (FD) Sem IV	83	Poojani
37	Amisha	B.Voc (FD) Sem IV	77	Amisha
38	Simerpreet	Misc (FD) Sem IV	8851	Simerpreet
39	Shelly	Misc (FD) Sem IV	8852	Shelly
40	Anjali	Misc (FD) Sem IV	8853	Anjali
41	Neha	Misc (FD) Sem IV	8854	Neha
42	Sakshi	Misc (FD) Sem IV	8855	Sakshi
43	Ramandeep Kaur	Misc (FD) Sem IV	8856	Ramandeep Kaur

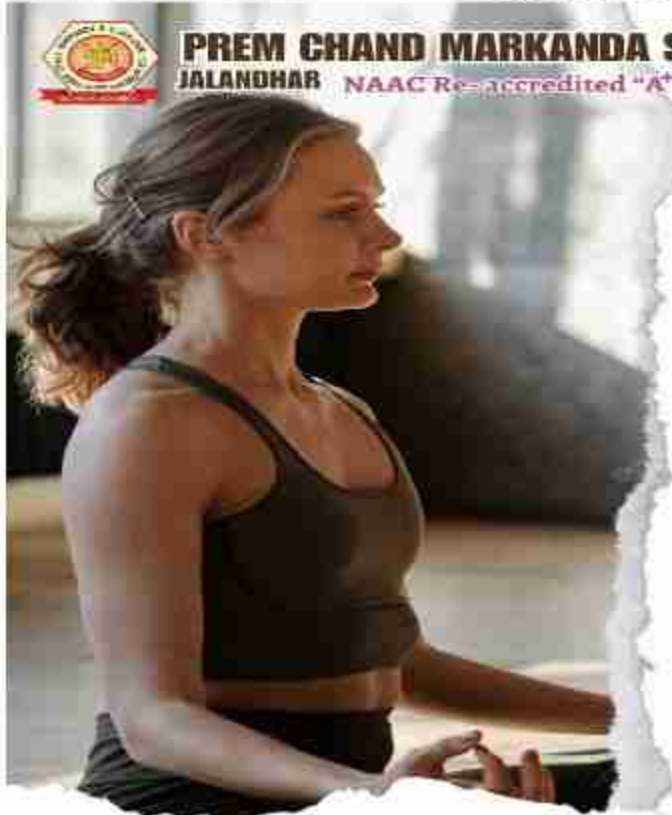
S. No	Name	Class	Roll No	Signature
44.	Jyotsna Khosla	Misc FD Sem IV	8857	Jyotsna
45.	Aditi Luthra	M.Sc FD Sem IV	8858	Aditi Luthra
46.	Baljeet Kaur	Misc FD Sem IV	8859	Baljeet Kaur
47.	Pooja	M.Sc FD Sem IV	8860	Pooja
48.	Tinkle	M.Sc FD Sem IV	8861	Tinkle Sharma
49.	Sarmeet Kaur	M.Sc FD Sem IV	8862	Sarmeet
50.	Shivani	Misc FD Sem IV	8864	Shivani
51.	Manpreet	B.Sc FD Sem VI	8401	Manpreet Kaur
52.	Simran Kunal	B.Sc FD Sem VI	8402	Simran
53.	Rupa Komari	B.Sc FD Sem VI	8403	Rupa Komari
54.	Aashiya	B.Sc FD Sem VI	8404	Aashiya
55.	Muskan	B.Sc FD Sem VI	8405	Muskan Khatwal
56.	Brechi	B.Sc FD Sem VI	8406	Brechi
57.	Dolly	B.Sc FD Sem VI	8407	Dolly
58.	Khuski	B.Sc FD Sem VI	8408	Khuski
59.	Sukhmeen	B.Sc FD Sem VI	8409	Sukhmeen Kaur
60.	Kajal	B.Sc FD Sem VI	8410	Kajal
61.	Bhanu Priya	B.Sc FD Sem VI	8411	Bhanu Priya
62.	Pallavi	B.Sc FD Sem VI	8412	Pallavi
63.	Poonam	B.Sc FD Sem VI	8413	Poonam
64.	Vanshika	B.Sc FD Sem VI	8414	Vanshika
65.	Simranjit	B.Sc FD Sem VI	8415	Simranjit Kaur

PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A+' Grade by NAAC (Second Cycle)

A SESSION ON FITNESS AND YOGA FOR OBESITY MANAGEMENT ACTIVITY REPORT



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR NAAC Re-accredited "A+" Grade College (Second Cycle)



*Department of
Physical Education*

Organises
A Session
on

**Fitness and Yoga
for
Obesity Management**

on

**DATE 18TH APRIL 2024
TIME 10.20 AM
VENUS :-YOGA HALL**

   PCMSD.AC.IN

Sh. Karesh Budhia
President

Dr. Pooja Prashar
Principal

Mrs. Renu Tandon
Vice-President IIC

Dr. Renu Bala
Convener IIC

Ms. Harvinder kaur
Ms. Manpreet kaur
Incharges

Session on: **A SESSION ON FITNESS AND YOGA FOR OBESITY MANAGEMENT**

Date: April 18, 2024

Time: 10:20 am

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 25

Faculty: 02

About the event:

In response to the growing concern about obesity and its associated health risks, a session on fitness and yoga for obesity management was organized by the Department of Physical Education and Sports under the guidance Institution's Innovation Council of PCM S.D. College for Women, Jalandhar on 18th April 2024. The session aimed to educate students about the importance of physical activity and yoga in managing obesity and promoting overall well-being. The session began with a brief introduction to the concept of obesity and its health implications. The instructor emphasized the need for a holistic approach to weight management, including regular exercise and a balanced diet. The participants engaged in a variety of fitness activities tailored to address obesity. These activities included cardiovascular exercises such as jogging, jumping jacks, and high-intensity interval training (HIIT). Strength training exercises focusing on major muscle groups were also incorporated to improve overall fitness and metabolism. Participants were informed about the various health conditions linked to obesity, including heart disease, diabetes, and hypertension. Following the fitness activities, the participants transitioned into a series of yoga poses specifically designed for obesity management. These included poses targeting the abdomen, thighs, and hips to aid in fat-burning and toning. Breathing exercises (pranayama) were integrated to enhance relaxation and reduce stress, which can contribute to overeating and weight gain. Participants learned about different types of exercises, including cardiovascular activities, strength training, and flexibility exercises. Following the fitness segment, an instructor guided participants through a series of yoga poses designed for weight management. Emphasis was placed on poses that target core strength, flexibility, and stress reduction. Participants were encouraged to practice yoga regularly to enhance their physical and mental well-being. The session on fitness and yoga for obesity management gave participants valuable insights into the importance of leading a healthy lifestyle. By promoting regular exercise and yoga practices, individuals can take proactive steps toward managing obesity and improving their quality of life. Continued education and support in this area are essential for combating the obesity epidemic and promoting healthier communities.

Objectives:

- **Education-** To educate participants about the health risks associated with obesity and the importance of adopting a healthy lifestyle.
- **Physical Activity-** To engage participants in a variety of fitness activities aimed at burning calories, improving cardiovascular health, and building strength.
- **Yoga Practice-** To introduce participants to yoga poses and breathing exercises specifically targeted at managing obesity, enhancing flexibility, and reducing stress.
- **Nutritional Guidance-** To provide practical tips and guidance on nutrition, including healthy eating habits and portion control, to support weight management efforts.

Benefits:

- **Weight Management:** Engaging in regular physical activity and yoga can help participants achieve and maintain a healthy weight by burning calories and increasing metabolism.
- **Improved Fitness:** The combination of fitness activities and yoga practice helps to improve overall fitness levels, including cardiovascular health, muscle strength, and flexibility.
- **Stress Reduction:** Yoga's emphasis on breathing techniques and mindfulness promotes relaxation, reduces stress levels, and helps prevent emotional eating, contributing to better weight management outcomes.
- **Educational Empowerment:** By providing participants with knowledge about nutrition and lifestyle habits, the session empowers them to make informed choices and take control of their health.
- **Social Support:** Participating in group fitness and yoga sessions fosters a sense of community and social support, which can enhance motivation and adherence to healthy lifestyle changes.
- **Holistic Wellness:** The holistic approach of the session addresses not only physical health but also mental and emotional well-being, promoting a balanced and sustainable approach to weight management.

Organizers of this event.

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3	Mrs. Harwinder Kaur	Assistant Professor	Physical Education
4	Ms. Manpreet Kaur	Assistant Professor	Physical Education

Attendance of Participants: -



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re-accredited 'A+' Grade (Second Cycle)

Name of Department/Club/ Society: Physical Education and sports
Name of Activity: A session on fitness and yoga for obesity management
Time: 10:20 am
Date: 18 April, 2024

S. No	Name	Class	Roll No	Signature
1.	Vanita	BA	2036	Vanita
2.	Prabhleen Kaur	B.A VI	2047	Prabhleen Kaur
3.	Sapna	BA IV	1508	Sapna
4.	Mehab	B.A Sem II	1030	Mehab
5.	Ujala	B.A Sem II	1003	Ujala
6.	Rolly	B.A Sem II	1016	Rolly
7.	Mammat	B.A Sem II	1090	Mammat
8.	sandani	B.A Sem (II)	1070	sandani
9.	Tanya	B.A Sem II	1007	Tanya
10.	Naupreet	B.A Sem II	1101	Naupreet
11.	Kajal	B.A Sem II	1071	Kajal
12.	Neha	B.A Sem II	1050	Neha
13.	Pooja	B.A Sem II	1072	Pooja
14.	Harman	B.COM Sem VI	34 27	Harman
15.	Anu Bali	4	34 26	Anu Bali
16.	Harleen Kaur	4	34 27	Harleen
17.	Esha	4	34 32	Esha
18.	Sheetal	4	34 33	Sheetal

19.	Gogandeep	BA Sem II	1019	Gogandeep
20.	Muskan	B.A Sem II	1063	Muskan
21.	Shanayid Kaur	B.A Sem II	1044	Sharan.
22.	Riya	BA 4 th Sem	1524	Riya
23.	Aastha Tiwari	B.A (2nd Sem)	1075	Aastha Tiwari
24.	Anjali Kumari	BA 2nd	1074	Anjali Kumari
25.	Poonam	BA 2nd	1108	Poonam

Venue: Yoga hall

Event Geo tag Photos:-





Jalandhar, Punjab, India
1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab
144001, India
Lat 31.326921°
Long 76.590569°
18/04/24 10:38 AM GMT +05:30



GPS Map Camera



Jalandhar, Punjab, India
1063-D, near Bank of Baroda, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar,
Punjab 144001, India
Lat 31.326973°
Long 75.590514°
18/04/24 10:41 AM GMT +05:30



GPS Map Camera



Social Media Links: - Event promoted on social media platforms namely:

Facebook -

<https://www.facebook.com/pcmsd.ac.in/posts/pfbid02j7wpjJ6SRGoYrMZXx2sqGk5ZauBspom5baKhxpJw6YE95pa7EWuthPtv7uL2WYQWl>

PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A+' Grade by NAAC [Second Cycle]

WORKSHOP ON SAREE STYLING



**PREM CHAND MARKANDA
S.D. COLLEGE FOR WOMEN, JALANDHAR**

NAAC Re-accredited "A+" Grade (Second Cycle)



P.G. DEPARTMENT OF FASHION DESIGNING

ORGANISES

Workshop

ON

SAREE STYLING

30TH MARCH, 2024 11:00 AM

MRS. MADHURI RAI
(Fashion Designer)



   pcmsd.ac.in

Sh. Naresh Budhia
President

Dr. Pooja Prashar
Principal

Mrs. Renu Tandon
Vice-President IIC

Dr. Renu Bala
Convener IIC

Ms. Sunita Bhatta
HOD

Session on: **WORKSHOP ON SAREE STYLING**

Date: 30th March 2024

Time: 11:00 am

Duration: One Day

Vice President: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 55

Faculty: 08

Report:

The P.G. Department of Fashion Designing under the guidance of the Institution's Innovation Council organized an engaging and informative workshop dedicated to the art of saree styling 30th March 2024. The event aimed to celebrate traditional attire and promote the art of draping sarees, draping techniques, styling tips, and the cultural significance of the saree in contemporary fashion among the students. The resource person for the event was Mrs. Madhuri Rai, Fashion Designer. The Experts shared valuable tips on accessorizing sarees, choosing the right fabric for different occasions, and balancing traditional elements with modern trends. The workshop included discussions on the cultural relevance of the saree in different Indian states and how it has adapted to modern fashion trends. Participants engaged in hands-on sessions where they practiced draping sarees on mannequins and themselves, guided by expert instructors. Attendees learned several draping techniques through live demonstrations. Participants gained practical experience in saree draping, improving their styling. Participants had the opportunity to ask questions and seek advice from the instructors on various saree styling concerns. Attendees developed a deeper understanding of the cultural significance of the saree and its various styles. The workshop fostered creativity, with participants experimenting with new styles and combinations. The event served as a platform for both learning and creative expression, reinforcing the department's commitment to promoting fashion education and cultural appreciation.

Key Takeaways:

- Understand and appreciate the cultural significance of sarees in Indian tradition.
- Learn practical skills in saree draping and styling for various occasions.
- Gain confidence in wearing and styling sarees, promoting self-assurance and body positivity.
- Connect with like-minded individuals and engage in cultural exchanges.
- Explore potential career paths in fashion, design, or related industries focusing on ethnic wear.

Objectives

1. Cultural Engagement: Understand the cultural significance of sarees and why they're important in Indian culture. Promote understanding and appreciation of India's diverse saree draping traditions among the youth.

2. Skill Development: Equip students with the practical skills to drape and style sarees in various traditional and contemporary ways. Get creative with your saree style and learn how to make it uniquely yours. Gain knowledge about saree fabrics, colors, and accessories, so you can pick the perfect one for any event.

3. Fashion and Design Insight: Integrate these workshops into fashion and design curricula to enhance academic offerings and provide hands-on learning opportunities.

4. Career Development: Explore potential career paths in fashion and develop valuable skills that could help in professional settings. Offer insights into saree styling as a potential career path in fashion or design. Help students develop interpersonal and presentation skills through interactive sessions.

5. Building Community: Create a sense of togetherness and inclusivity by involving students from diverse backgrounds in the workshop. Encourage mutual learning and appreciation among participants.

6. Expressing Creativity: Allow students to explore different ways of draping sarees and expressing their unique style. Empower students to personalize their saree looks based on their own tastes and backgrounds.

This workshop will teach how to use the saree as modern-day garment, incorporating personal styling and expression. The saree styling workshop promotes cultural appreciation, skill development, confidence building, community engagement, career exploration, and heritage preservation. Participants learn about sarees, develop draping and styling skills, and connect with others. The workshop celebrates diversity and contributes to cultural heritage preservation.

Benefits:

- 1. Enhanced Cultural Appreciation:** Gain a deeper understanding and appreciation of Indian culture and heritage, particularly through the exploration of sarees and their significance in different regions.
- 2. Skill Development:** Acquire practical skills in saree draping techniques, empowering individuals to confidently wear sarees for various occasions.
- 3. Boosted Confidence:** Develop confidence in personal style and presentation, as mastering saree draping can enhance self-assurance and body positivity.
- 4. Creative Expression:** Explore creativity in fashion by experimenting with different saree styles, colors, and accessories to reflect individual tastes and personalities.
- 5. Cultural Identity:** Strengthen connection to cultural identity by embracing traditional attire and incorporating it into personal fashion choices.
- 6. Career Advancement:** Gain insights into potential career paths in fashion, textile design, event management, or cultural preservation related to ethnic wear.
- 7. Cultural Competence:** Develop cultural competence skills essential for navigating diverse social and professional environments with respect and sensitivity.
- 8. Connect with others:** Meet people who share your interest traditionally, form new friendships, and engage in cultural exchanges.

Organizers of this event.

Sr. no.	Name	Designation	Department
1.	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2.	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3.	Mrs. Sunita Bhalla	Associate Professor, HOD	Fashion Designing
4.	Ms. Dolly	Assistant Professor,	Fashion Designing
5.	Ms. Manpreet Kaur	Assistant Professor	Fashion Designing
6.	Ms. Beenu	Assistant Professor	Fashion Designing
7.	Ms. Prabhdeep Kaur	Assistant Professor	Fashion Designing
8.	Mrs. Shallu	Assistant Professor	Fashion Designing

Social Media Promotional link

<https://www.facebook.com/share/p/grpLMtDW4iEXzckn/>

Gratitude letters to the Guest



Prem Chand Markanda S.D. COLLEGE FOR WOMEN

Premier Post-Graduate Institution
NEHRU GARDEN ROAD, JALANDHAR-144001

Ph. 0181-2455122, 2236122, 2453036, 2452021

Tele Fax : 0181-2236122

Website: www.pcmsd.ac.in

E-mail: info@pcmsd.ac.in

Ref. No. scdc/4352

Mrs. Madhuri
Fashion Designer
Gobindgarh Mohalla
Jalandhar

Date 20/04/2024

Subject: Award of Appreciation

Dear Madam,

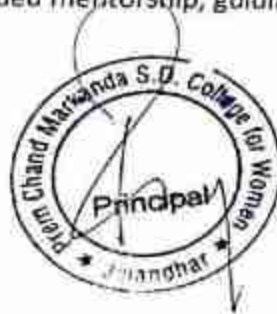
With heartfelt gratitude and in recognition of distinction in your respective field, I offer our sincerest thanks to you for accepting our invitation and enlightening us with your exceptional expertise as the fashion designer of the One day workshop on "Saree Stylist" 30th March 2024. Under the Guidance of IIC, the event was organized by the Department of Fashion Designing of PCM S.D College for Women, Jalandhar, an iconic institution dedicated to the cause of women empowerment through quality education, a fact testified by NAAC's A+ grade (2nd Cycle)

Your invaluable insights, shaped by years of expertise, not only illuminated the event but left an indelible mark both the faculty and students, fostering a legacy of knowledge and inspiration. We look forward to your continued mentorship, guiding us in our pursuit of academic excellence.

Warm regards,

Prof.(Dr) Pooja Prashar

Principal



NAAC Re-accredited A+ college (2nd cycle)

Only women college in Jalandhar district
offering four-year B.A. B.Ed integrated course.

College offers various
skill oriented vocational courses



GPS Map Camera



Jalandhar, Punjab, India

1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab 144001, India

Lat 31.326943°

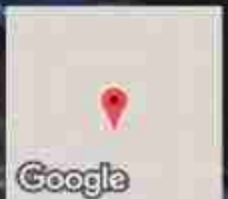
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Google



GPS Map Camera



Jalandhar, Punjab, India

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Lat 31.326918°

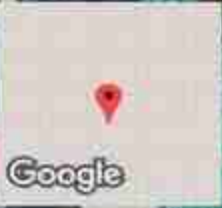
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30/03/24 01:32 PM GMT +05:30

Google



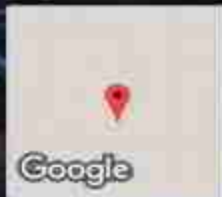
GPS Map Camera



Jalandhar, Punjab, India
980, near Bank of Baroda, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab 144001, India
Lat 31.327093°
Long 75.590521°
30/03/24 01:29 PM GMT +05:30



GPS Map Camera



Jalandhar, Punjab, India
1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab 144001, India
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GPS Map Camera

Jalandhar, Punjab, India

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Long 75.5905°

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Google



GPS Map Camera

Jalandhar, Punjab, India

1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab 144001, India

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Long 75.5905°

30/03/24 01:36 PM GMT +05:30

Google



Jalandhar, Punjab, India

1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab 144001, India

Lat 31.326943°

Long 75.5905°

30/03/24 01:37 PM GMT +05:30



Google

Attendance of Students



Prem Chand Markanda S.D. College for Women, Jalandhar

NAAC Re-accredited 'A+' Grade (Second Cycle)

Name of Department/Club/Society: Fashion Designing

Name of Activity: Salon Styling

Time: 11:00 AM

Date: 30th March, 2024

Venue: FD Lab

S. No	Name	Class	Roll No	Signature
1	Koll	BSc (FD)	8213	Koll
2	Rukhasan	BSC (FD)	8227	Rukhasan
3	Darvinder Kaur	BSC (FD)	8211	Darvinder Kaur
4	Siya	Bsc (FD)	8224	Siya
5	Simran	BSC (FD)	8203	Simran
6	Neetu	BSC (FD)	8225	Neetu
7	Simrandeep Kaur	B.Sc (FD)	8202	Simrandeep Kaur
8	Simrandeep Kaur	B.Sc Fd 2sem	8228	Simrandeep Kaur
9	Himangi	BSC Fd 2sem	8207	Himangi
10	Dwyesha	Bsc fd 2sem	8206	Dwyesha
11	Soni Kumari	Bscfd 2sem	8201	Soni Kumari
12	Komal	Bscfd 2sem	8223	Komal
13	Pooja Choudhary	BSC Fd 2sem	8217	Pooja
14	Mansi	BSC FD 2sem	8226	Mansi
15	Vishi Groover	Bsc fd 2sem	8208	Vishi Groover
16	Chandani	BSC Fd 2sem	8210	Chandani
17	Preeti Rani	B.Sc Fd 2sem	8215	Preeti Rani
18	Suhani	B.Sc fd 2sem	8214	Suhani

S. No.	Name	Class	Roll No	Signature
19	Pawandeepkaur	Bsc(FD) Sem IV	8301	Pawandeepkaur
20	Shital	BSc FD Sem IV	8304	Shital
21	Jasmeen	MSc (FD) Ind	8804	Jasmeen
22	Simranpreet	M.Sc (FD) 4 th Sem	8851	Simranpreet
23	Anjali	MSc (FD) 4 th Sem	8853	Anjali
24	Kamini	UG Diploma in (FD)	9376	Kamini
25	Manisha	B.Voc (FD) 3 rd Sem	01	Manisha
26	Manju	B.Voc (FD) 3 rd Sem	03	Manju
27	Romna Devi	P.G Diploma (FD)	9701	Romna
28	Pratibha	BSc (FD) Sem IV	8303	Pratibha
29	Manju	BSc (FD) Sem IV	8306	Manju
30	Pawandeep Kaur	BSc FD Sem IV	8301	Pawandeep Kaur
31	Amrita	BSc FD Sem IV	8302	Amrita
32	Pratibha	BSc FD Sem IV	8303	Pratibha
33	Shital	BSc FD Sem IV	8304	Shital
34	Divpriya	BSc FD Sem IV	8305	Divpriya
35	Scema	BSc FD Sem IV	8307	Scema
36	Simranpreet	MSc FD Sem IV	8851	Simranpreet
37	Shalle	MSc FD Sem IV	8852	Shalle
38	Anjali	MSc FD Sem IV	8853	Anjali
39	Neha	MSc FD Sem IV	8854	Neha
40	Sakshi	MSc FD Sem IV	8855	Sakshi
41	Ramandeep	MSc FD Sem IV	8856	Ramandeepkaur
42	Jyotsna	MSc FD Sem IV	8857	Jyotsna
43	Aditi	MSc FD Sem IV	8858	Aditi Jutha

PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A+' Grade by NAAC (Second Cycle)

INSTITUTION'S INNOVATION COUNCIL (IIC)

INDUSTRIAL VISIT TO NEW IMAGE ACADEMY



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR NAAC Re-accredited "A+" Grade (Second Cycle)



INDUSTRIAL VISIT AT NEW IMAGE ACADEMY JALANDHAR

Organises By
Department of Cosmetology

**22 MARCH 2024
10:00 P.M.**



PCMSD.AC.IN

Sh. Naresh Budhia
President

Dr. Pooja Prashar
Principal

Mrs. Renu Tandon
Vice President IIC

Dr. Renu Bala
Convener IIC

Mrs. Daljit Kaur
Internship Activity
Coordinator

Date: March 22, 2024

Time: 10:00 am

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 52

Faculty: 05

Report

The industrial visit to New Image Academy in Jalandhar was conducted to provide students with practical insights into the field of Kara Smoothing on 22 March 2024. The academy is renowned for its state-of-the-art facilities and expertise. The visit commenced with a warm welcome from the academy staff, who provided an overview of the academy's history, mission, and achievements. Students were guided through the academy's facilities. Industry experts conducted live demonstrations showcasing various techniques and tools. Students had the opportunity to engage in interactive sessions with instructors and industry professionals, where they could ask questions and seek advice on career prospects and skill development. Students interacted with alumni and professionals associated with the academy, fostering networking opportunities and gaining insights into industry trends and best practices. Witnessing the application of theoretical concepts in real projects emphasized the importance of hands-on experience in mastering skills. Observing the work ethic and professionalism of industry professionals reinforced the importance of discipline and dedication in the workplace. Learning about the latest technologies and trends highlighted the need for continuous learning and adaptation to stay relevant in the industry. Interacting with professionals provided valuable insights into career paths and opportunities, helping students make informed decisions about their future. The industrial visit to New Image Academy in Jalandhar was an enriching experience that provided students with valuable insights into Kara Smoothing. It not only complemented practical learning but also inspired students to strive for excellence in their chosen career paths—special thanks to the academy staff and industry professionals for their hospitality and informative sessions.

Objectives

- **Educational Enhancement:** To supplement theoretical knowledge with practical experience in the field of Kara Smoothing.
- **Career Exploration:** To provide students with insights into various career opportunities and paths available in the industry.
- **Industry Exposure:** To familiarize students with the workings of a professional academy and industry standards.
- **Skill Application:** To allow students to witness and understand the application of learned concepts in real-world scenarios.
- **Networking:** To create opportunities for students to network with professionals, fostering relationships for future collaborations or job prospects.
- **Inspiration:** To inspire students by showcasing the achievements and dedication of industry professionals, encouraging them to strive for excellence in their careers.

Benefits

- **Practical Insight:** Students gained hands-on experience and practical knowledge about Kara Smoothing techniques.
- **Networking Opportunities:** Interactions with alumni and industry professionals opened doors to potential career opportunities and mentorships.
- **Industry Trends:** Learning about the latest technologies and trends equipped students to stay updated and relevant in the industry.
- **Career Guidance:** Engaging with professionals provided clarity on various career paths and opportunities in the field.
- **Skill Development:** Live demonstrations and interactive sessions enhanced students' skills and understanding of the subject matter.
- **Work Ethics and Professionalism:** Observing industry professionals emphasized the importance of discipline, dedication, and professionalism in the workplace.

Organizers of this event.

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3	Mrs. Daljit Kaur	Assistant Professor, HOD	Cosmetology
4	Mrs. Rupinder Kaur	Assistant Professor	Cosmetology
5	Ms. Aashna Sharma	Assistant Professor	Cosmetology
6	Mrs. Priya	Assistant Professor	Cosmetology

Geotag Photos



Jalandhar, PB, India
Grand Trunk Road, Modern Nagar, Jalandhar,
144001, PB, India
Lat 31.317025, Long 75.588063
03/22/2024 10:50 AM GMT+05:30
Note : Captured by GPS Map Camera



Jalandhar, PB, India
Grand Trunk Road, Modern Nagar, Jalandhar,
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Note : Captured by GPS Map Camera







Jalandhar, PB, India

Grand Trunk Road, Modern Nagar, Jalandhar,
144001, PB, India

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Note: Captured by GPS Map Camera



Jalandhar, PB, India

Grand Trunk Road, Modern Nagar, Jalandhar,
144001, PB, India

Lat 31.317030, Long 75.588032
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Note: Captured by GPS Map Camera



Attendance of Students



Prem Chand Markanda S.D. College for Women, Jalandhar

NAAC Re - accredited "A+" Grade (Second Cycle)

Name of Department/Club/ Society: Cosmetology
 Name of Activity: Industrial visit
workshop on keratin smoothing
to sagal hall (visit)
 Time: 10.30 am
 Date: 22-3-2024
 Venue: New Image Beauty Academy

S. No	Name	Class	Roll No	Signature
1.	Simran	B.B.F Sem II nd	10015	Simran
2.	Jasmeen	B.B.F Sem II nd	10016	Jasmeen
3.	Ishita	B.B.F Sem I nd	10011	Ishita
4.	Hanisha	B.B.F Sem I nd	10006	Hanisha
5.	Hanishka	B.B.F Sem I nd	10008	Hanishka
6.	Bhreeti	B.B.F Sem I nd	10005	Bhreeti
7.	Chushtoo	B.B.F Sem I nd	10004	Chushtoo
8.	Heena	B.Voc (Cosmo) I nd	625	Heena
9.	Pallvi	B.Voc (Cosmo) I nd	617	Pallvi
10.	Nidhi	B.Voc (Cosmo) I nd	614	Nidhi
11.	Khushi	B.Voc (Cosmo) I nd	615	Khushi
12.	Kashish	B.Voc (Cosmo) I nd	628	Kashish
13.	Kriya	B.Voc (Cosmo) I nd	609	Kriya
14.	Amrita	B.Voc (Cosmo) I nd	613	Amrita
15.	Simran	B.Voc (cosmo) I nd	601	Simran
16.	Samarth Kaur	BA (Sem 6 th)	2008	Samarth
17.	Shiya	BA (Sem 6 th)	2004	Shiya
18.	Kamalpreet Kaur	BA (Sem 6 th)	2046	Kamalpreet Kaur



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re-accredited 'A+' Grade (Second Cycle)

Name of Department/Club/ Society: Cosmetology

Name of Activity: Industrial visit

Time: 10:30 am

Date: 22/3/21

Venue: New Image Beauty Academy

S. No	Name	Class	Roll No	Signature
19	Zeenat	PG Sem 2 nd	9607	Zeenat
20	Prachi	PG Sem 2 nd	9603	Prachi
21	Shital	PG Sem 2 nd	9608	Shital
22	Geethika Badhan	PG Sem 2 nd	9605	Geethika Badhan
23	Sanjivideep Kaur	B.Voc (Cosmo) 4 th	651	Sanjivideep Kaur
24	Aashu	B.Voc (Cosmo) 4 th	654	Aashu
25	Priya	B.Voc (Cosmo) 4 th	653	Priya
26	Simranjit	B.Voc (Cosmo) 4 th	656	Simranjit
27	Pooja	B.Voc (Cosmo) 4 th		Pooja
28	Ankita	B.Voc (Cosmo) 4 th	659	Ankita
29	Amrith Kaur	B.Voc (Cosmo) 4 th	658	Amrith Kaur
30	Vani	B.Voc (Cosmo) 4 th	660	Vani
31	Ridhi Sharma	BA 6 th Sem	2050	Ridhi
32	Pallavi	BA 6 th Sem	2012	Pallavi
33	Nikita	BA 6 th Sem	2028	Nikita
34	Mansi	B.A 6 th Sem	2010	Mansi
35	Madhu	B.A 6 th Sem	2022	Madhu
36	Kanika	B.A 6 th Sem	2036	Kanika



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re - accredited "A+" Grade (Second Cycle)

Name of Department/Club/ Society: Cosmetology
Name of Activity: Industrial Visit
Time: 10:30 am
Date: 22/3/2024
Venue: New Image Beauty Academy

S. No	Name	Class	Roll No	Signature
37	Anamika	BA BED	1314	Anamika
38	Kshitika Bhatn	BA BED	1301	Kshitika
39	Kodriha	BA BED	1319	Kodriha
40	Kusum	B.A (2)	1085	Kusum
41	Kajal	B.A (2)	1071	Kajal
42	Arijali Kumbhari	B.A (Sem-2)	1094	Arijali
43	Pooam	B.A (2)	1108	Pooam
44	Nandani	B.A (2)	1070	Nandani
45	Kamalprati Kaur	BA Sem VI	2007	Kamalprati Kaur
46	Mamta Walia	B.A Sem 4 th	1506	Mamta
47	Tania Rai	B.A Sem 4 th	1504	Tania Rai
48	Nitya	B.A Sem 4 th	1517	Nitya
49	Kashish	B.A Sem 6 th	2011	Kashish
50	Prachi dalt	BA .B.Ed Sem 4	1334	Prachidalt
51	Dhruvi	BA B.ed Sem 4	1361	Dhruvi
52	Amisha	B.A Bed Sem 4	1362	Amisha

Social Media Promotional link

https://www.facebook.com/pcmsd.ac.in/posts/pfbid0e6T3q8aVop4wQhRxZixzQKiERzUTrXZQ9cENUarRf1cfc_tzrSe72iodBUPMBaRVrl

PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A+' Grade by NAAC (Second Cycle)

INSTITUTION'S INNOVATION COUNCIL (IIC)

WORKSHOP ON AIRBRUSH BRIDAL MAKEUP



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
NAAC Re- accredited "A+" Grade College (Second Cycle) **JALANDHAR**

50

Workshop on

AIRBRUSH MAKEUP

08-03-2024
10:00 AM

 **Mr. Munish Thakur**
MAKEUP ARTIST

Sh. Naresh Budhia
President

Dr. Pooja Prashar
Principal

Mrs. Renu Tandon
Vice-President IIC

Dr. Renu Bala
Convener IIC

Mrs. Daljit Kaur
HOD
P.G. Department of cosmetology

Topic: WORKSHOP ON AIRBRUSH BRIDAL MAKEUP

Date: March 28, 2024

Time: 12:00 noon

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 51

Faculty: 06

Report

Professional makeup ensures that the bride looks stunning both in person and in photographs. High-definition makeup products and techniques are designed to withstand the scrutiny of close-up camera shots and flash photography. Brides often experience various emotions and activities on their wedding day, which can lead to sweating or tears. Professional makeup includes products designed to resist these factors, ensuring that the bride's look remains flawless. The Cosmetology Department under the guidance of the Institution's Innovation Council of PCM S.D. College for Women Jalandhar hosted a specialist session on airbrush bridal makeup methods to offer in-depth insights into makeup application at Orane Beauty Academy in Jalandhar. This event aimed to enhance the skills of students in the art of airbrush makeup, with a particular emphasis on bridal applications. The workshop provided participants with hands-on experience and insights into the latest trends and techniques in airbrush makeup, ensuring they can deliver flawless results for brides on their special day. Mr. Manish Thakur, a senior makeup artist at Orane International Academy in Jalandhar, was the workshop expert. He has collaborated on projects with several well-known Punjabi filmmakers. He imparted to students his thirteen years of expertise working in the cosmetology field. He introduced participants to the fundamentals and methods of airbrush makeup application. He gave a bridal airbrush makeup application demonstration. He offered advice on airbrush application techniques based on his real-world expertise. He gave the pupils an introduction to airbrush makeup tools and equipment. There was a thorough explanation of the durability and finish advantages of airbrush makeup for bridal applications. He gave a step-by-step demonstration of how a professional makeup artist uses an airbrush to apply foundation, contour, highlight, and eye makeup. He talked about skin tones, color selections, and finishing touches. By learning how to tailor airbrush makeup treatments to various skin kinds and tones, participants could make sure that the bride's innate beauty was accentuated by her bridal look. Participants expressed high satisfaction with the workshop, noting the practical, hands-on approach and the expertise of the instructors. The Airbrush Bridal Makeup Workshop was a successful initiative, providing valuable training and insights into airbrush makeup for bridal applications.

OBJECTIVES

- 1. Introduce the Airbrush Makeup Technique:** Educate participants on the airbrush makeup tools and equipment, such as compressors, airbrush machines, and different kinds of pigments and foundations.
- 2. Enhance Practical Skills:** Allow participants to practice airbrush methods on practice skins or live models so they may hone their skills and obtain real-world experience.
- 3. Highlight Benefits of Airbrush Makeup for Brides:** Explain the benefits of airbrush makeup for bridal applications, including its immaculate finish, resistance to tears and sweat, and long-lasting qualities.
- 4. Showcase Bridal Makeup Trends:** Educate participants about the newest styles in bridal makeup and the creative ways that airbrush techniques can be applied to create chic, contemporary appearances.
- 5. Ensure Professional Standards:** Emphasize the importance of achieving a high standard of makeup

application, including smooth, even coverage and precise detailing, to ensure a professional finish.

6. Promote Confidence and Creativity: Encourage participants to try new things and express their creativity by helping them gain confidence in their ability to apply airbrush makeup.

7. Foster Industry Knowledge and Networking: Provide details on trends and future job prospects in the airbrush makeup industry.

BENEFITS

- 1. Flawless Finish:** The even, smooth application of airbrush makeup contributes to a faultless complexion. The light mist of the foundation provides a natural, skin-like finish and aids in hiding flaws.
- 2. Long-Lasting Wear:** The durability of airbrush makeup is well-known. It is made to withstand touch-ups, fading, and smudging amid the rigors of a long wedding day.
- 3. Lightweight Feel:** Airbrush makeup feels incredibly pleasant and lightweight, even with its high level of coverage. It seems light and airy, which is a big benefit for brides who like to feel authentic.
- 4. Even Coverage:** The application can be made extremely even with the airbrush technique, which reduces the visibility of uneven skin tones and makes the makeup blend in perfectly.
- 5. Customized Coverage:** Using airbrush makeup, you can progressively increase the coverage from a subtle tint to full coverage, based on your requirements and personal preferences.
- 6. Photogenic:** Because airbrush makeup minimizes the appearance of pores and gives a flawless finish, it usually looks fantastic in pictures. It's frequently designed to function nicely with flash photography.
- 7. Minimal Product Usage:** Compared to traditional makeup applications, the airbrush method uses less product, which can be advantageous for creating a natural look without the need for thick layers.
- 8. Decreased Risk of Allergic Reactions:** Brides with sensitive skin may benefit from the hypoallergenic and sensitive skin-friendly nature of many high-quality airbrush products.
- 9. Quick Application:** Compared to conventional techniques, the airbrush technique may be applied more quickly, making it ideal for quickly getting ready on a hectic wedding day.

Organizers of this event.

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3	Mrs. Daljit Kaur	Assistant Professor	Cosmetology
4	Mrs. Rupinder Kaur	Assistant Professor	Cosmetology
5	Ms. Aashna Sharma	Assistant Professor	Cosmetology
6	Mrs. Priya	Assistant Professor	Cosmetology

Geotag Photos



Jalandhar, PB, India

Police Line, Ranjeet Nagar, Jalandhar, 144001,
PB, India

Lat 31.312870, Long 75.595342

03/28/2024 12:30 PM GMT+05:30

Note : Captured by GPS Map Camera



Jalandhar, PB, India

Police Line, Ranjeet Nagar, Jalandhar, 144001,
PB, India
Lat 31.312747, Long 75.595380
03/28/2024 12:48 PM GMT+05:30
Note : Captured by GPS Map Camera



Jalandhar, PB, India

Lyalpur Khalsa College Flyover, Modern Nagar,
Jalandhar, 144001, PB, India
Lat 31.312563, Long 75.595175
03/28/2024 01:34 PM GMT+05:30
Note : Captured by GPS Map Camera



Jalandhar, PB, India

Dashmesh Colony, Jalandhar, 144001, PB, India

Lat 31.312448, Long 75.594876

03/28/2024 01:35 PM GMT-05:30

Note: Captured by GPS Map Camera



Jalandhar, PB, India

Police Line, Ranjeet Nagar, Jalandhar, 144001,

PB, India

Lat 31.312937, Long 75.595222

03/28/2024 01:44 PM GMT-05:30

Note: Captured by GPS Map Camera



ATTENDANCE OF THE STUDENTS



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re-accredited 'A+' Grade (Second Cycle)

Name of Department/Club/ Society: Cosmetology
Name of Activity: Air brush Bridal make-up
exame - (Manvi Thakur)
Time: 11.00
Date: 28-3-2024
Venue: Orance beauty Academy

S. No	Name	Class	Roll No	Signature
1.	Jasmeen	BBF IIInd Sem	10016	Jasmeen
2.	Simran	B.BF IIInd Sem	10015	Simran
3.	Kanishka	BBF IIInd Sem	10008	Kanishka
4.	Klushboo	B.BF IIInd Sem	10004	Klushboo
5.	Manisha	BBF IIInd Sem	10006	Manisha
6.	Ishita	B.BF IIInd Sem	10011	Ishita
7.	Greetika Badhan	P.G. IIInd Sem	9605	Greetika Badhan
8.	Prachi	P.G. IIInd Sem	9603	Prachi
9.	Sandeep Kaur	B.Voc Cosmo	616	Sandeep
10.	Kiran	B.Voc Cosmo	608	Kiran
11.	Jaspreet	B.Voc Cosmo	618	Jaspreet
12.	Sukhjeet	B.Voc Cosmo	610	Sukhjeet
13.	Bharti	BBF IIInd Sem	10005	Bharti
14.	Nandini	B.Voc Cosmo	630	Nandini
15.	Zeenat	P.G. Cosmo	9607	Zeenat
16.	Simran	B.Voc Cosmo	601	Simran
17.	Mansury	B.Voc Cosmo	608	Mansury
18.	RIYA	B.Voc Cosmo	655	RIYA



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re-accredited 'A' grade (Second Cycle)

Name of Department/Club/Society: Cosmetology
Name of Activity: Anti-bush Bridal Makeup
Time: 12:00 Noon
Date: 22/3/2024
Venue: Olani Beauty Academy

S. No	Name	Class	Roll No	Signature
19.	Priya	B.Voc Cosmo	653	Priya
20.	Armeet Kaur	B.Voc Cosmo	658	Armeet Kaur
21.	Vani	B.Voc Cosmo	660	Vani
22.	Aashu	B.Voc Cosmo ¹⁰	654	Aashu
23.	Pallavi	B.A Sem 4 th	2012	Pallavi
24.	Nikita	" " "	2028	Nikita
25.	Diya Kohli	" " "	2044	Diya Kohli
26.	Sanjoli Kaur	B.Voc Cosmo IV	651	Sanjoli
27.	Radhika	B.A-B.Ed (2)	1319	Radhika
28.	Nandani	B.A (2)	1070	Nandani
29.	Anamika	B.A-B.Ed (2)	1319	Anamika
30.	Kshitika Batra	B.A BEd (2)	1301	Kshitika
31.	Nandani	B.A (2)	1070	Nandani
32.	Kajal	B.A (2)	1071	Kajal
33.	Kusum	B.A (2)	1085	Kusum
34.	Poonam	B.A (2)	1108	Poonam
35.	Anjali Kumari	B.A Sem-2	1074	Anjali
36.	Manisha	B.A Sem 4	1511	Manisha



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re-accredited 'A+' Grade (Second Cycle)

Name of Department/Club/Society: Cosmetology

Name of Activity: Air Brush Bridal Makeup

Time: 12:00

Date: 20/3/2024

Venue: Orane Beauty Academy

S. No	Name	Class	Roll No	Signature
37	Radhika	B.A.B.Ed (2)	1319	Radhika
38	Mandani	B.A (2)	1070	Mandani
39	Kajal	B.A (2)	1071	Kajal
40	Kusum	B.A (2)	1085	Kusum
41	Poonam	B.A (2)	1108	Poonam
42	Arijali Kumari	B.A (2)	1074	Arijali
43	Kamalpreet Kaur	BA Sem 5 th	2007	Kamalpreet Kaur
44	Mamta Kalia	B.A Sem 4 th	1506	Mamta
45	Tania Rai	B.A 4 th Sem	1504	Tania Rai
46	Nitu	B.A Sem 4 th	1517	Nitu
47	KASHISH	B.A Sem 6 th	2011	Kashish
48	Neha	BA Sem 5 th	1507	Neha
49	Prachi dutt	BA.B.Ed sem 4 th	1364	Prachi dutt
50	Dhruvi	B.A.B.Ed Sem 4 th	1361	Dhruvi
51	Anusha	B.A.B.Ed Sem 4 th	1362	Anusha

Social Media Promotional link

<https://www.facebook.com/photo/?fbid=122199971894094135&set=pb.61552824057100.-2207520000>

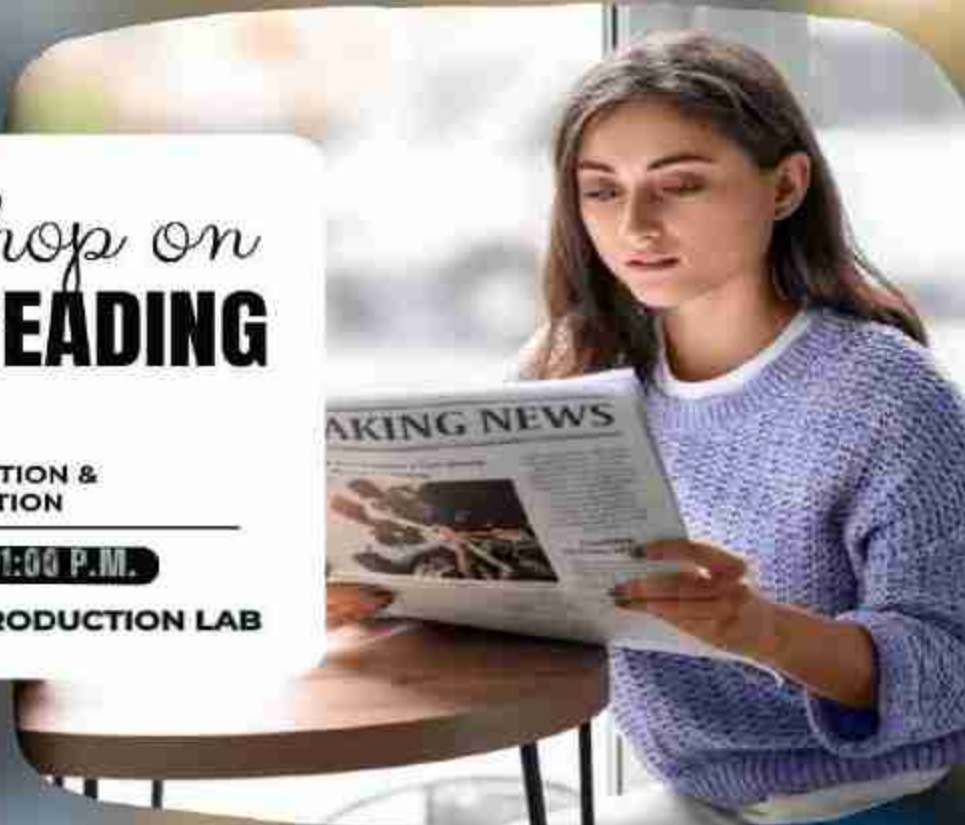
PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A+' Grade by NAAC (Second Cycle)

WORKSHOP ON NEWS READING

ACTIVITY REPORT



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR NAAC Re-accredited "A+" Grade (Second Cycle)

WOMEN'S EMPOWERMENT CELL
50 YEARS OF EXCELLENCE

Workshop on
NEWS READING

Organised By
DEPARTMENT OF
MASS COMMUNICATION &
TV VIDEO PRODUCTION

15TH APRIL, 2024 01:00 P.M.

VENUS: VIDEO PRODUCTION LAB

Sh. Naresh Budhin President	Dr. Pooja Prashar Principal	Mrs. Renu Tandon Vice-President IIC	Dr. Renu Bala Convener IIC	Ms. Priyanka Incharge
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Session on: Workshop on News Reading

Date: 15th April 2024

Time: 1:00 pm

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 50

Faculty: 01

Report

The Department of Mass Communication and TV Video Production under the guidance of the Institution's Innovation Council organized a News Reading activity to enhance its students' practical skills and capabilities. This activity was designed to simulate real-world newsroom scenarios and provide hands-on experience in news presentation and broadcasting.

Key Highlights

- **Training Session:** Initial sessions focused on theoretical aspects of news reading, including voice modulation, pronunciation, and body language.
- **Script Writing:** Students were tasked with writing news scripts based on current events and topics provided by faculty members.
- **Studio Practice:** Practical sessions in the TV studio where students practiced news reading techniques under the guidance of experienced faculty and industry professionals.
- **Peer Evaluation:** Constructive feedback sessions where students evaluated each other's performances to identify areas for improvement.
- **Final Presentations:** Each student delivered a final news reading presentation, incorporating feedback received throughout the activity.

Outcomes

1. **Enhanced Skills:** Students significantly improved articulation, pronunciation, and overall presentation skills.
2. **Confidence Building:** Increased confidence in delivering news updates in front of a camera and live audience.
3. **Teamwork:** Improved collaboration among students during the preparation and execution phases.
4. **Critical Thinking:** Better understanding of news analysis and its impact on audience perception.
5. **Professionalism:** Students demonstrated professionalism in adhering to deadlines, handling pressure situations, and maintaining composure during live broadcasts.

The News Reading activity proved a valuable learning experience for students, aligning theoretical knowledge with practical application in a simulated newsroom setting. The initiative enhanced technical skills and fostered essential qualities such as teamwork, critical thinking, and professionalism among participants. Moving forward, such activities will continue to play a crucial role in preparing students for successful careers in broadcast journalism and media communication. Overall, the initiative received positive feedback from both students and faculty, highlighting its effectiveness in bridging the gap between academic learning and practical application in mass communication and TV video production.

Objectives

1. **Skill Development:** Enhance students' proficiency in news reading and broadcasting techniques, including voice modulation, pronunciation, and delivery style.
2. **Professionalism:** Cultivate professionalism and confidence in students to effectively deliver news updates in a simulated newsroom environment.
3. **Team Collaboration:** Encourage teamwork among students by simulating the dynamics of a real newsroom where collaboration is essential for effective news delivery.
4. **Critical Analysis:** Promote critical thinking and analysis skills among students to evaluate news content and present it accurately and responsibly.

5. **Audience Engagement:** Train students to engage effectively with the audience through clear and engaging news presentation, considering audience needs and expectations.
6. **Hands-on Experience:** Provide practical, hands-on experience in news reading and broadcasting, bridging the gap between theoretical knowledge and real-world application.
7. **Career Preparation:** Prepare students for careers in broadcast journalism and media communication by equipping them with the necessary skills and confidence to excel in the field.

These objectives collectively aim to prepare students not only as competent news readers but also as versatile professionals capable of adapting to the dynamic and demanding nature of the media industry.

Benefits

1. **Skill Development:** Students enhance their news reading, broadcasting, and presentation skills, including voice modulation, pronunciation, and articulation. This prepares them for careers in broadcast journalism where clear communication is crucial.
2. **Professionalism:** Through simulated newsroom environments, students learn to maintain composure, adhere to deadlines, and handle the pressures of live broadcasting. This fosters professionalism and prepares them for real-world broadcasting scenarios.
3. **Critical Thinking and Analysis:** The activity encourages students to critically analyze news content, ensuring accuracy and relevance in their presentations. This skill is essential for responsible journalism and media communication.
4. **Teamwork and Collaboration:** Working in a simulated newsroom setting promotes teamwork and collaboration among students. They learn to coordinate with producers, editors, and fellow anchors, mimicking the collaborative nature of professional broadcasting.
5. **Audience Engagement:** Students learn to engage effectively with their audience through clear and engaging news delivery. This includes understanding audience demographics and tailoring their presentation style accordingly.
6. **Feedback and Improvement:** Regular feedback sessions from faculty and peers help students identify strengths and areas for improvement. This iterative process allows them to refine their skills and grow as broadcasters.
7. **Hands-on Experience:** The practical experience gained in the TV studio provides valuable hands-on learning, bridging the gap between theory and practice in mass communication and video production.
8. **Career Readiness:** By participating in the News Reading activity, students are better prepared for careers in broadcast journalism and media production. They gain confidence in their abilities and a deeper understanding of the industry's demands and expectations.
9. **Networking Opportunities:** Interactions with faculty, guest speakers, and industry professionals during the activity can lead to networking opportunities, internships, and future career connections.

Overall, the News Reading activity plays a crucial role in shaping well-rounded and skilled graduates who are ready to excel in the competitive field of mass communication and TV video production. It prepares them not only with technical proficiency but also with the professional demeanor and critical thinking skills necessary for success in the media industry.

ORGANIZERS OF THIS EVENT

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Kenu Bala	Assistant Professor, Convener, IIC	History
3	Ms. Priyanka	Assistant Professor	Department of Mass Communication

GEOTAG PHOTOS





PCMI S.D. COLLEGE FOR WOMEN
JALANDHAR
INSTITUTION'S INNOVATION COUNCIL
&
INCUBATION CELL

 **GPS Map Camera**



Jalandhar, Punjab, India
1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab
144001, India
Lat 31.32691°
Long 75.590606°
15/04/24 01:29 PM GMT +05:30



PCM S.D. COLLEGE FOR WOMEN
JALANDHAR
15/04/24 - 15/05/24
INSTITUTION'S INNOVATION COUNCIL
&
INCUBATION CELL

 **GPS Map Camera**



Jalandhar, Punjab, India
1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab
144001, India
Lat 31.32691°
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15/04/24 01:40 PM GMT +05:30



 **GPS Map Camera**

Jalandhar, Punjab, India
1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab
144001, India
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Long 75.590606°
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Google



ATTENDANCE OF STUDENTS



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re-accredited "A+" Grade (Second Cycle)

Name of Department/Club/ Society: TV & Video Production

Name of Activity: Workshop on News Reading

Time: 1:00 PM

Date: 15-04-24

Venue: Studio

S. No	Name	Class	Roll No	Signature
1.	Anshita	B.A - II	1015	Anshita
2.	Sonia	B.A - II	1002	Sonia
3.	Bhavana chander	B.A - Sem II	1011	Bhavana
4.	Poojima	BA (Sem 2)	1056	Poojima
5.	Shalini	BA (Sem 2)	1033	Shalini
6.	Abhiti	B.A Sem-II	1034	Abhiti
7.	Meera	B.A Sem II	1028	Meera
8.	Anamika	BA - Sem II	1056	Anamika
9.	Kasak	BA - Sem II	1010	Kasak
10.	Archana	BA Sem II	1045	Archana
11.	Nidhi	B.Sc (NM) Sem II	2305	Nidhi
12.	Jalleen Kaur	B.Sc (NM) Sem II	2303	Jalleen Kaur
13.	Nandini	B.Sc (NM) Sem II	2301	Nandini
14.	Mehak	BA Sem II	1030	Mehak
15.	Ujala	BA Sem II	1003	Ujala
16.	Rupali	B.A Sem-2	1035	Rupali
17.	Savita Kumari	B.Sc (Eco) Sem II	1206	Savita Kumari
18.	Anshu Kumari	B.Sc (Eco) Sem II	1205	Anshu Kumari



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re - accredited 'A+' Grade (Second Cycle)

Name of Department/Club/ Society: TV & Video Production
Name of Activity: Workshop on News Reading
Time: 1:00 PM
Date: 19.04.24
Venue: STUDIO

S. No	Name	Class	Roll No	Signature
18	Akshita	B.Sc (CS)	2501	Akshita
19	Karok	Bx. Eco (II)	1202	Karok
20	Muskan	B.A Sem II	1110	Muskan
21	Khushi	B.Sc (Co) Sem V	1203	Khushi
22	Neha	B.Sc (Co) II	1050	Neha
23	Sanvi Singh	B.A. Sem 2	1003	Sanvi Singh
24	Khushi Sahasrwal	B.A. Sem 2	1006	Khushi Sahasrwal
25	Pooja	M.B.E.I.T Sem 2	12002	Pooja
26	Vaishita	BA Sem 6th	2056	Vaishita
27	Tanvi	BA Sem II	1077	Tanvi
28	Mammat	BA Sem A	1050	Mammat
29	Amisha	BA BEd	1537	Amisha
30	Mehak	B.A (Sem II)	1027	Mehak
31	Amisha	B.A BEd Sem I	1362	Amisha



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re-accredited 'A+' Grade (Second Cycle)

Name of Department/Club/ Society: TV & Video Production

Name of Activity: Workshop on News Reading

Time: 1:00 PM

Date: 15-04-24

Venue: STUDIO

S. No	Name	Class	Roll No	Signature
32	Anshita	B.A -11	1015	Anshita
33	Sonia	B.A - II	1002	Sonia
34	Bhuma Chander	B.A - Sem II	1011	Bhuma
35	Purnima	BA (Sem-2)	1056	Purnima
36	Shalinee	BA (Sem 2)	1033	Shalinee
37	Abhi	B.A Sem-II	1034	Abhi
38	Meera	B-A Sem II	1028	Meera
39	Anamika	BA - Sem II	1086	Anamika
40	Kasak	BA - Sem II	1010	Kasak
41	Arshana	BA Sem II	1045	Arshana
42	Nidhi	B.Sc (NM) Sem I	2305	Nidhi
43	Jasleen Kaur	B.Sc (NM) Sem II	2302	Jasleen Kaur
44	Nandini	B.Sc (NM) Sem II	2301	Nandini
45	Mehak	BA Sem II	1030	Mehak
46	Ujala	BA Sem II	1003	Ujala
47	Rupali	BA Sem-2	1035	Rupali
48	Savita Kumari	B.Sc (Eco) Sem II	1206	Savita Kumari
49	Anshu Kumari	B.Sc (Eco) Sem II	1205	Anshu Kumari
50	Komal	B.A Sem-2	1027	Komal

SOCIAL MEDIA PROMOTIONAL LINK

<https://www.facebook.com/share/p/SdPH978R6Kylro3g/>

PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A' Grade by NAAC (Second Cycle)

WONDER OUT OF WASTE

ACTIVITY REPORT



Activity- WONDER OUT OF WASTE

Date: 9 April, 2024

Time: 9:30 am

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 02

Faculty:01

Report

The students of PCM S.D. College for Women Jalandhar participated in the **Kshitiz Fair** held at GNA University Phagwara on 9th April 2024. The theme of their activity was Wonder Out of Waste activity. It was a captivating and interactive initiative aimed at promoting environmental sustainability and creativity. The activity sought to engage fair attendees of all ages in repurposing waste materials into innovative and aesthetically pleasing artworks. Through hands-on activity, participants were encouraged to explore the concept of upcycling and unleash their creativity while contributing to waste reduction efforts. Students used cardboard, wires, newspapers, and paint to create wall hangings that ranged in complexity from easy do-it-yourself projects to elaborate creations. Live demonstrations showcased the versatility of waste materials and inspired attendees to rethink their approach to waste disposal. These types of activities fostered community engagement and collaboration by bringing together people from diverse backgrounds to work towards a common goal. Students, artists, and environmental enthusiasts alike participated in the activity, sharing ideas, experiences, and resources. Through collaboration and teamwork, attendees created beautiful artworks and built lasting connections and relationships.

Competition and Prizes: As part of the activity, a competition was organized to recognize and reward outstanding creations made from waste materials. Participants were invited to submit their artworks for evaluation by a panel of judges based on criteria such as creativity, craftsmanship, and environmental impact. Prizes were awarded to winners in various categories, fostering healthy competition and motivating participants to unleash their creativity. Our students got the second prize in **rupees 3100**.

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By providing a platform for hands-on learning, artistic expression, and environmental education, the activity demonstrated the transformative power of upcycling in addressing the global challenge of waste management. As participants walked away with newfound knowledge, skills, and inspiration, it is hoped that they will continue to champion sustainable practices in their communities and beyond.

Objectives

The Wonder Out of Waste activity in a fair offers numerous objectives

1. **Creativity and Innovation:** Encourage participants to use their creativity to transform waste materials into something useful or artistic. This can foster innovative thinking and problem-solving skills.
2. **Environmental Awareness:** Raise awareness about the importance of recycling and upcycling. By demonstrating how waste materials can be repurposed, the activity highlights the benefits of reducing landfill waste and conserving resources.
3. **Skill Development:** Provide hands-on experience with crafting and DIY projects. This can include skills such as designing, assembling, and painting, which can be both enjoyable and educational.
4. **Community Engagement:** Foster a sense of community and collaboration. Participants often work together or share ideas, which can strengthen community bonds and promote a culture of sustainability.
5. **Educational Value:** Offer educational insights into waste management, recycling processes, and environmental impact. This can be particularly valuable for younger audiences or those new to these concepts.
6. **Promotion of Sustainability:** Highlight the practical benefits of upcycling and recycling in everyday life. This can inspire participants to adopt more sustainable practices in their own lives.
7. **Fun and Entertainment:** Create a fun and engaging experience that makes learning about waste management enjoyable. This helps in maintaining interest and enthusiasm for the topic.
8. **Showcase Talent:** Provide a platform for showcasing artistic and inventive talent. Participants can display their creations and gain recognition for their skills and ingenuity.

Overall, the activity aims to blend education with creativity, making the topic of waste management both engaging and impactful.

Benefits

The Wonder Out of Waste activity in a fair offers numerous benefits, including:

1. **Environmental Awareness:** It raises awareness about environmental issues such as waste generation, pollution, and the importance of recycling and upcycling. By showcasing creative ways to repurpose waste materials, the activity educates attendees about the environmental impact of their consumption habits and encourages them to adopt more sustainable practices.
2. **Promotion of Recycling and Upcycling:** The activity promotes the principles of recycling and upcycling by demonstrating how waste materials can be transformed into valuable resources. By engaging participants in hands-on workshops and demonstrations, it empowers them to see waste in a new light and encourages them to reduce, reuse, and recycle materials in their daily lives.
3. **Creativity and Innovation:** Wonder Out of Waste fosters creativity and innovation by challenging participants to think outside the box and unleash their imagination. By working with unconventional materials and exploring new techniques, attendees have the opportunity to express themselves artistically and experiment with different forms of self-expression.
4. **Skill Development:** The activity provides opportunities for skill development and learning, particularly in areas such as arts and crafts, design, and problem-solving. Participants acquire practical skills through hands-on experience and gain confidence in their ability to create something meaningful out of seemingly ordinary materials.
5. **Community Engagement:** Wonder Out of Waste brings people together from diverse backgrounds and fosters a sense of community and camaraderie. Participants collaborate, share ideas, and learn from one another, building connections and relationships that extend beyond the confines of the fair.
6. **Promotion of Sustainable Practices:** By showcasing the beauty and potential of upcycled creations, the activity inspires attendees to embrace sustainable practices in their everyday lives. It encourages them to reconsider their consumption habits, minimize waste generation, and make more environmentally conscious choices.

- Economic Benefits:** Wonder Out of Waste promotes the concept of a circular economy where resources are used more efficiently and waste is minimized. Encouraging the reuse and repurposing of materials, it contributes to resource conservation and reduces the need for raw materials, thereby offering potential economic benefits in terms of cost savings and resource efficiency.

Overall, the Wonder Out of Waste activity in a fair catalyzes positive change, empowering individuals to become agents of environmental sustainability and fostering a culture of creativity, innovation, and community engagement.

PHOTOS







SOCIAL MEDIA PROMOTIONAL LINK

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PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A+' Grade by NAAC (Second Cycle)

AN ORIENTATION SESSION AND EXPERT TALK TITLED "EXPLORING THE AVENUES AND NEED OF VENTURE CAPITAL FOR EMERGING ENTREPRENEURS"

ACTIVITY REPORT



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR NAAC Re-accredited "A+" Grade (Second Cycle)



10TH APRIL, 2024 12:00 A.M.



Resource Person

DR. NAMITA KALRA
Vice-President, GU-IIC
Assistant Professor, GBS
GNA University, Phagwara

www.pcmcd.ac.in

Sh. Naresh Budhia
President

Dr. Pooja Prashar
Principal

Mrs. Renu Tandon
Vice-President IIC

Dr. Renu Bala
Convener IIC

Session on: AN ORIENTATION SESSION AND EXPERT TALK TITLED "EXPLORING THE AVENUES AND NEED OF VENTURE CAPITAL FOR EMERGING ENTREPRENEURS"

Date: 10 April 2024

Time: 12:00 Noon

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 52

Faculty: 02

Report

On 10th April, 2024, PCM S.D. College for Women under the guidance of the Institution's Innovation Council hosted an orientation session and expert talk titled "Exploring the Avenues and Need of Venture Capital for Emerging Entrepreneurs." This event aimed to provide students with a comprehensive understanding of venture capital (VC), its significance for emerging entrepreneurs, and the various opportunities it presents. The orientation session commenced with an introduction to the importance of venture capital in the modern business landscape. The key speaker of the talk was Dr. Namita Kalra, Vice President, GU-IIC at GNA University, Phagwara. Key topics covered by expert included:

- **Basics of Venture Capital:** An overview of what venture capital is, including its definition, sources, and how it differs from other forms of financing such as loans or angel investments.
- **Stages of Venture Capital Investment:** Explanation of various funding stages, from seed funding to Series A, B, and beyond.
- **Process of Securing VC:** A step-by-step guide on how startups can approach and secure venture capital funding, including preparing a pitch deck, business plan, and understanding investor expectations.

The expert shared invaluable insights on:

- **Current Trends in Venture Capital:** Analysis of recent trends and changes in the venture capital landscape, including emerging sectors and investment patterns.
- **Challenges and Opportunities:** These are common challenges faced by startups seeking venture capital and the opportunities that arise from successful investment.
- **Case Studies:** Real-world examples of startups that have successfully navigated the venture capital process, including their strategies and outcomes.
- **Q&A Session:** An interactive session where students could ask questions and engage in discussions with the expert.

Key Takeaways

- **Understanding VC:** Students understood how venture capital works and its significance for startups.
- **Practical Insights:** The expert's talk provided practical advice on securing funding and leveraging venture capital to grow a business.
- **Networking Opportunities:** Students had the chance to connect with the expert and other attendees, fostering potential collaborations and mentorship opportunities.

- **Inspiration:** Success stories and expert advice inspired students to consider entrepreneurship and explore venture capital as a viable funding option.

The feedback collected from participants indicated that the session was highly informative and engaging. Students appreciated the practical insights and the opportunity to interact with a seasoned venture capitalist. Many expressed interest in pursuing further learning opportunities related to entrepreneurship and venture capital. The orientation session and expert talk on "Exploring the Avenues and Need of Venture Capital for Emerging Entrepreneurs" provided commerce students with valuable knowledge and inspiration. The event successfully met its objectives, equipping students with the information they need to explore venture capital and consider entrepreneurial ventures.

Objectives

1. **Introduce the Concept of Venture Capital (VC):** To provide a clear understanding of what venture capital is, including its definition, key features, and how it differs from other forms of funding.
2. **Demystify the Venture Capital Process:** To outline the steps involved in securing venture capital, from initial pitch to funding.
3. **Highlight the Importance of VC for Startups:** To emphasize the critical role of venture capital in enabling innovation and growth for emerging businesses.
4. **Provide Real-World Insights:** To offer practical knowledge through case studies and examples of successful startups that have benefited from venture capital.
5. **Foster Entrepreneurial Thinking:** To inspire and encourage students to consider entrepreneurship as a career path and explore how venture capital can support their business ideas.
6. **Facilitate Interaction with Industry Experts:** To create opportunities for students to engage with experienced venture capitalists and entrepreneurs.
7. **Enhance Understanding of Current Trends:** To update students on current trends and emerging opportunities within the venture capital landscape.
8. **Build Networking Opportunities:** To provide a platform for students to connect with potential mentors, peers, and industry professionals.

By achieving these objectives, the session aims to equip students with a solid foundation in venture capital, inspire entrepreneurial thinking, and provide practical insights and networking opportunities to support their future endeavors.

Benefits

The orientation session and expert talk titled "Exploring the Avenues and Need of Venture Capital for Emerging Entrepreneurs" offer several key benefits for participants, particularly for commerce students and aspiring entrepreneurs. Here are the primary benefits:



- 1. Enhanced Understanding of Venture Capital:** Participants gain a clear and comprehensive understanding of venture capital, including its definition, purpose, and process.
- 2. Practical Insights into Securing Funding:** Students learn practical steps and strategies for securing venture capital, including preparing effective pitch decks and understanding investor expectations.
- 3. Inspiration for Entrepreneurial Ventures:** Exposure to success stories and real-world examples can inspire students to pursue their entrepreneurial ventures.
- 4. Networking Opportunities:** The event provides valuable networking opportunities with industry experts, venture capitalists, and fellow students.
- 5. Awareness of Current Trends and Opportunities:** Participants gain insights into the latest trends and emerging opportunities within the venture capital landscape.
- 6. Improved Pitching Skills:** Students learn how to craft compelling pitches and business plans that are attractive to venture capitalists.
- 7. Clarity on the Role of Venture Capital:** The session clarifies how venture capital supports the growth of startups and its role in the broader entrepreneurial ecosystem.
- 8. Increased Confidence:** Gaining knowledge and practical advice boosts students' confidence in their ability to seek and manage venture capital.
- 9. Educational Enrichment:** The session adds to the students' academic and practical knowledge base, complementing their coursework with real-world insights.
- 10. Encouragement of Innovative Thinking:** Exposure to innovative ideas and successful case studies encourages students to think creatively and explore novel solutions in their entrepreneurial pursuits.

Overall, the orientation session and expert talk offer a range of benefits that equip students with the essential knowledge, practical skills, and motivation needed to explore venture capital and pursue entrepreneurial endeavors effectively.

Organizers of this event.

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History

Invitation Letter to Expert



Prem Chand Markanda
S.D. COLLEGE FOR WOMEN
Premier Post-Graduate Institution
NEHRU GARDEN ROAD, JALANDHAR-144001
Ph. 0181-2455122, 2235122, 2453036, 2452021
Tele Fax : 0181-2236122
Website: www.pcmw.ac.in
E-mail: info@pcmwd.ac.in

Ref. No. SLC/4328 Date 08/04/2024

Dr. Narmita Kainr,
Assistant Professor
GNA University

Subject: Invite for Orientation Session and Expert Talk on "Exploring the avenues and need of Venture Capital for emerging entrepreneurs"

Esteemed Madam,

I humbly appreciate you that Prem Chand Markanda S.D. College for Women, Jalandhar, a venerable institution since 1972, the institution's Innovation Council of the college is organising an Orientation Session and Expert Talk on "Exploring the avenues and need of Venture Capital for emerging entrepreneurs" on 10th April, 2024 at 12.30 noon onwards.

The entire family of P.C.M. S.D. College for Women, Jalandhar, fervently anticipates that your distinguished and invigorating presence, coupled with an unwavering commitment to impart wisdom, would be affable enough to accede to our invitation to grace the occasion as a **Resource Person** of the Expert Talk and to do justice to this intellectual platform of exchange of ideas.

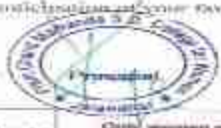
In all earnestness, we fervently believe that your participation will imbue this initiative with a distinguished essence, fostering an environment conducive to the exchange of profound ideas. This gathering is poised to be an intellectual odyssey, engaging faculty members, students and researchers to explore novel avenues in academic pursuits.

Your expeditious assent will undoubtedly contribute to the resounding success of this event, elevating it into a historic event.

Expressing gratitude in anticipation of your favorable response.

With regards,

Prof. (Dr.) Pooja Prakash
Principal



Principal

NAAC Re-accredited A+ college (2nd cycle)	Only women college in Jalandhar district offering four-year B.A., B.Ed integrated course.	College offers various skill-based vocational courses.
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Letter of Gratitude to Expert



Prem Chand Markanda S.D. COLLEGE FOR WOMEN

Premier Post-Graduate Institution
NEHRU GARDEN ROAD, JALANDHAR-144001
Ph. 0181-2455122, 2236122, 2453036, 2452021

Tele Fax : 0181-2236122
Website: www.pcmsd.ac.in
E-mail: info@pcmsd.ac.in

Ref. No. sdce/4332

Date. 10/04/2024

Dr. Nahita Kalra
Vice President, GU-IIC
Assistant Professor, GBS
GNA University, Phagwara

Subject:- Expressing Gratitude for Lending your Precious Time

Esteemed Madam,

With heartfelt gratitude and in recognition of distinction in your respective field, I offer my sincerest thanks to you for accepting our invitation and enlightening us with your exceptional expertise as the Guest for Orientation Session and Expert talk on " Exploring the avenues and need of Venture Capital for Emerging Entrepreneurs on "10 April" 2024 at 12:00 noon. The event was organized by Institution's Innovation Council of PCM S.D. College for Women, Jalandhar, an iconic institution dedicated to the cause of women empowerment through quality education, a fact testified by NAAC's A+ grade (2nd Cycle).

Your invaluable insights, shaped by years of expertise, not only illuminated the event but left an indelible mark on both the faculty and students, fostering a legacy of knowledge and inspiration. I look forward to your continued mentorship, guiding us in our pursuit of academic excellence.

Warm regards,

Dr. Pooja Prashar
Principal
PCM S.D. College for Women
Jalandhar



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College offers various
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GEOTAG PHOTOS



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PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A' Grade by NAAC (Second Cycle)

WORKSHOP ON STILL PHOTOGRAPHY
ACTIVITY REPORT



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR NAAC Re-accredited "A" Grade (Second Cycle)

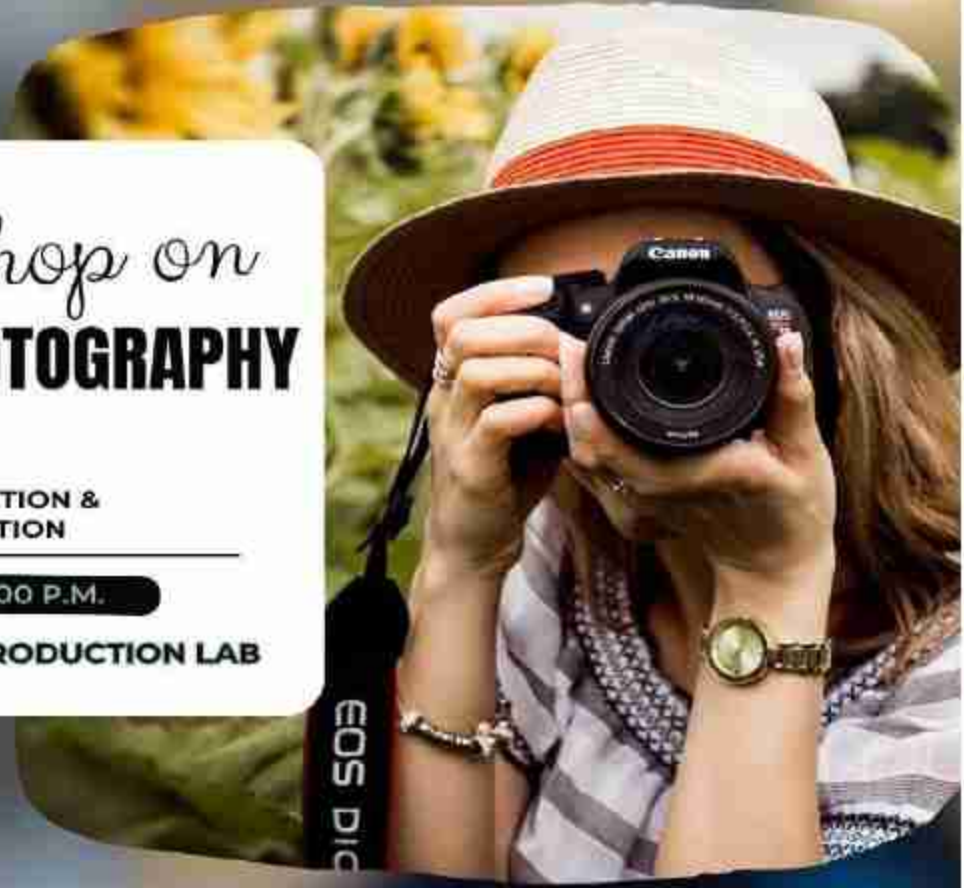


Workshop on
STILL PHOTOGRAPHY

Organised By
**DEPARTMENT OF
MASS COMMUNICATION &
TV VIDEO PRODUCTION**

12 APRIL, 2024 01:00 P.M.

VENUS: VIDEO PRODUCTION LAB



Sh. Maresh Budhia
President

Dr. Pooja Prashar
Principal

Mrs. Renu Tandon
Vice-President IIC

Dr. Renu Bala
Convener IIC

Ms. Priyanka
Incharge

Session on: Workshop on Still Photography

Date: 12 April 2024

Time: 1:00 pm

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 52

Faculty: 02

Report

A workshop on Still Photography was conducted by the Department of Mass Communication and TV Video Production under the Institution's Innovation Council's banner at PCM SD College for Women Jalandhar. The workshop aimed to impart essential skills and techniques in capturing compelling still images, catering to both amateur enthusiasts and aspiring professionals in the field of photography.

Key Highlights

1. **Introduction to Still Photography:** The workshop began with an overview of the fundamentals of still photography, emphasizing the importance of composition, lighting, and subject matter. Participants were introduced to various types of cameras and lenses suitable for different types of photography.
2. **Hands-on Practical Sessions:** Practical sessions formed a significant part of the workshop, allowing participants to apply theoretical knowledge in real time. They experimented with different lighting setups, angles, and composition techniques under the guidance of experienced photographers.
3. **Technical Aspects:** Detailed discussions were held on technical aspects such as aperture, shutter speed, ISO settings, and white balance. Participants learned how these settings affect the outcome of photographs and practiced adjusting them on their cameras.
4. **Editing and Post-Processing:** An introduction to post-processing techniques was provided, focusing on enhancing photographs using software like Adobe Lightroom and Photoshop. Participants learned basic editing skills to refine their images and bring out their artistic vision.
5. **Guest Speaker Sessions:** Renowned photographers were invited to share their experiences and insights into the world of still photography. They showcased their portfolios and discussed the creative process behind their acclaimed works, inspiring participants to explore different genres and styles.
6. **Critique and Feedback:** Participants had the opportunity to receive constructive feedback on their work from both instructors and peers. This session encouraged discussion and learning from each other's perspectives, fostering a supportive and collaborative environment.

Overall, the Still Photography workshop was a resounding success, achieving its goal of equipping participants with essential skills and knowledge to excel in the art of capturing compelling still images. It provided a platform for learning, creativity, and networking among photography enthusiasts. In conclusion, the workshop on Still Photography served as an enriching experience for all involved, fostering a passion for photography and equipping participants with the tools to explore and excel in this creative field.

Objectives

1. **Skill Development:** To improve participants' understanding of and competence with basic photography concepts, including exposure, composition, lighting, and camera settings.
2. **Hands-on Experience:** To give participants a hands-on, practical experience where they may use their academic knowledge in real-world situations while being guided by knowledgeable instructors.
3. **Technical Knowledge:** To instruct participants on the technical aspects of photography gear, such as lenses, cameras, and accessories, and how to get the most out of them under different lighting circumstances.
4. **Artistic Vision:** To foster and expand participants' artistic vision and inventiveness to produce powerful and memorable images.
5. **Understanding of Photography Genres:** To expose participants to several photography genres (such as macro, landscape, and portrait) and techniques unique to each, allowing them to specialize and pursue their preferences.
6. **Post-Processing Skills:** To increase participants' abilities to edit and improve their photos by teaching them fundamental post-processing and editing skills using programs like Adobe Lightroom or Photoshop.
7. **Feedback and Critique:** To give participants the chance to get helpful criticism on their work from peers and instructors, therefore promoting the development and advancement of their photographic abilities.

8. **Networking and Community Building:** To provide a forum where members can meet others who share their interests, exchange stories, and develop connections within the photography community.
9. **Career Development:** Help those who want to work in the field of photography by offering advice on opportunities in the field, portfolio building, and career choices.
10. **Inspiration and Motivation:** To motivate attendees by presenting the work of seasoned photographers, hearing about their experiences, and highlighting the potential of photography as a vocation and art form.

Overall, a workshop on Still Photography aims to equip participants with practical skills, technical knowledge, artistic inspiration, and networking opportunities that contribute to their growth and development as photographers.

Benefits

Participating in a workshop on Still Photography offers numerous benefits that contribute to both personal and professional growth for enthusiasts and aspiring photographers alike. Here are some key benefits:

1. **Skill Development:** Workshops offer practical learning experiences where attendees may pick up and hone fundamental photography skills including composition, lighting, and camera settings. Both technical proficiency and creative vision are enhanced by this real-world experience.
2. **Expert Guidance:** Workshops are frequently led by seasoned educators and photographers who provide insightful commentary, advice, and tailored critique. Participants can acquire knowledge that would take significantly longer to acquire through self-study by learning directly from professionals.
3. **Networking Opportunities:** Workshops unite people who are passionate about photography and have similar interests. Making connections with instructors and other participants through networking can result in chances for mentorship, collaboration, and exposure to various viewpoints and approaches.
4. **Inspiration and Creativity:** During workshops, participants can expand their creative horizons and be inspired by being exposed to a variety of photographic genres and styles. Viewing other people's photographs and getting helpful criticism might inspire fresh concepts and methods for taking pictures.
5. **Hands-On Practice:** Workshops usually involve hands-on activities that allow participants to put their theoretical knowledge to use immediately. This practical experience is essential for consolidating knowledge and building confidence in photography methods.
6. **Feedback and Critique:** Participants can better understand their skills and areas for progress with the support of constructive criticism from peers and instructors. Critique sessions promote growth and introspection, creating a nurturing atmosphere for learning.
7. **Access to Equipment and Resources:** Some workshops provide participants access to specific tools or software so they can try things out. With this access, photographers can experiment with new tools and methods that they might not otherwise be able to.
8. **Career Advancement:** Workshops can give anyone who want to work in photography a strong foundation of information and abilities. Gaining real-world experience and expanding one's network can lead to freelancing work or employment prospects.
9. **Personal Growth:** Beyond merely imparting technical knowledge, courses can foster a lifetime enthusiasm for photography, increase self-assurance, and enhance problem-solving skills.

Organizers of this event.

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3	Ms. Priyanka	Assistant Professor	Department of Mass Communication and TV Video

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ATTENDANCE OF STUDENTS



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re-accredited 'A+' Grade (Second Cycle)

Name of Department/Club/Society: TV & VIDEO PRODUCTIONS
Name of Activity: STILL PHOTOGRAPHY
Time: 1:00 Pm
Date: 12-04-24
Venue: STUDIO

S. No	Name	Class	Roll No	Signature
1	Sania Singh	B.A. Sem-2	1008	Sania Singh
2	Pratyaksh	B.A Sem-2	1038	Pratyaksh
3	Jasminakanta	BA II Sem	1083	Jasminakanta
4	Surbhi	BA II Sem	1005	Surbhi
5	Neha	B.A Sem	1050	Neha
6	Anshita	B.A Sem-11	1015	Anshita
7	Purnima	BA Sem-11	1056	Purnima
8	Shalini	BA Sem-11	1033	Shalini
9	Ujala	B.A Sem 11	1003	Ujala
10	Mehak	B.A Sem II	1030	Mehak
11	Savitakumari	B.Sc (eco) Sem I	1206	Savitakumari
12	Mehak	Bsc Eco (Sem II)	1207	Mehak
13	Anshu Kumari	Bsc (Eco) Sem II	1205	Anshu Kumari
14	Anshika	Bsc Eco Sem 2	1204	Anshika
15	Aakshita	BSC (E) Sem 2	12501	Aakshita
16	Kalpna	Bsc [E.S] Sem II	12502	Kalpna
17	Karoke	Bsc Eco Sem II	1202	Karoke



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re-accredited 'A+' Grade (Second Cycle)

Name of Department/Club/ Society: TV & Video Production
Name of Activity: STILL PHOTOGRAPHY
Time: 1:00 PM
Date: 12-04-24
Venue: STUDIO

S. No	Name	Class	Roll No	Signature
18.	Sonia	B.A II	1002	Sonia
19.	Tamra	B.A-II	1007	Tamra
20.	Bindu	B.A - II	1017	Bindu
21.	Shweta Kushwal	B.com Sem IV	3239	Shweta
22.	Bhavika	B.A 6 th Sem	2024	Bhavika
23.	Shreya Sharma	B.com Sem 2	3021	Shreya
24.	Pooja Kaur	B.A 6 th Sem	2047	Pooja
25.	Pooja	M.B.E.T Sem 2	12002	Pooja
26.	Kushish	BA Sem 6 th	2011	Kushish
27.	Vanita	BA Sem 6 th	2036	Vanita
28.	Piyankshi Kaushal	B.Voc (FT)	02	Piyankshi
29.	Bhumnika	B.A Sem I	1069	Bhumnika
30.	Tanvi	B.A Sem II	1077	Tanvi
31.	Bhionka	B.A Sem II	1004	Bhionka
32.	Mannat	B.A Sem II	1020	Mannat
33.	Khushi Sabharwal	B.A (Sem - II)	1006	Khushi
34.	Mehak	B.A (Sem - I)	1029	Mehak
35.	Amisha	B.A B.E.D (Sem I)	1362	Amisha



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC No - Accredited 'A+' Grade (Second Cycle)

Name of Department/Club/ Society: TV & VIDEO PRODUCTIONS
Name of Activity: STILL PHOTOGRAPHY
Time: 1:00 PM
Date: 12-04-24
Venue: STUDIO

S. No	Name	Class	Roll No	Signature
36.	Dhruvi	B.A.Ed (Sem-4)	1361	Dhruvi
37.	Sakshita	B.B.C (Sem 2)	2501	Sakshita
38.	Mehab	BA (Sem 2)	1030	Mehab
39.	Ujala	B.A (Sem 2)	1003	Ujala
40.	Rally	B.A Sem - 2	1016	Rally
41.	Muskan	B.A Sem II	1063	Muskan
42.	Tansa	BA Sem II	1057	Tansa
43.	wandani	B.A Sem (2)	1070	wandani
44.	Mehak	BA Sem II	1029	Mehak
45.	Prianka	B.A Sem II	1004	Prianka
46.	Hannat	B.A Sem II	1020	Hannat
47.	Sirsooran Kaur	B.Com Sem II	3017	Sirsooran
48.	Jasraj Jain	B.Com (A) Sem 2	3018	Jasraj Jain
	Sandhya Gupta	B.Com (R) Sem 2	3008	Sandhyagupta
49.	Surankumari	B.Com (R) Sem 2	3027	Surankumari
50.	Anita	B.Com (R) Sem 2	3020	Anita
51.	Sonakshi	B.Com (R) Sem 2	3039	Sonakshi
52.	Garima Jaisrath	B.A B.Ed (Sem 4)	1355	Garima Jaisrath

SOCIAL MEDIA PROMOTIONAL LINK

<https://www.facebook.com/share/p/FoGgnxMV48C1NYaL/>

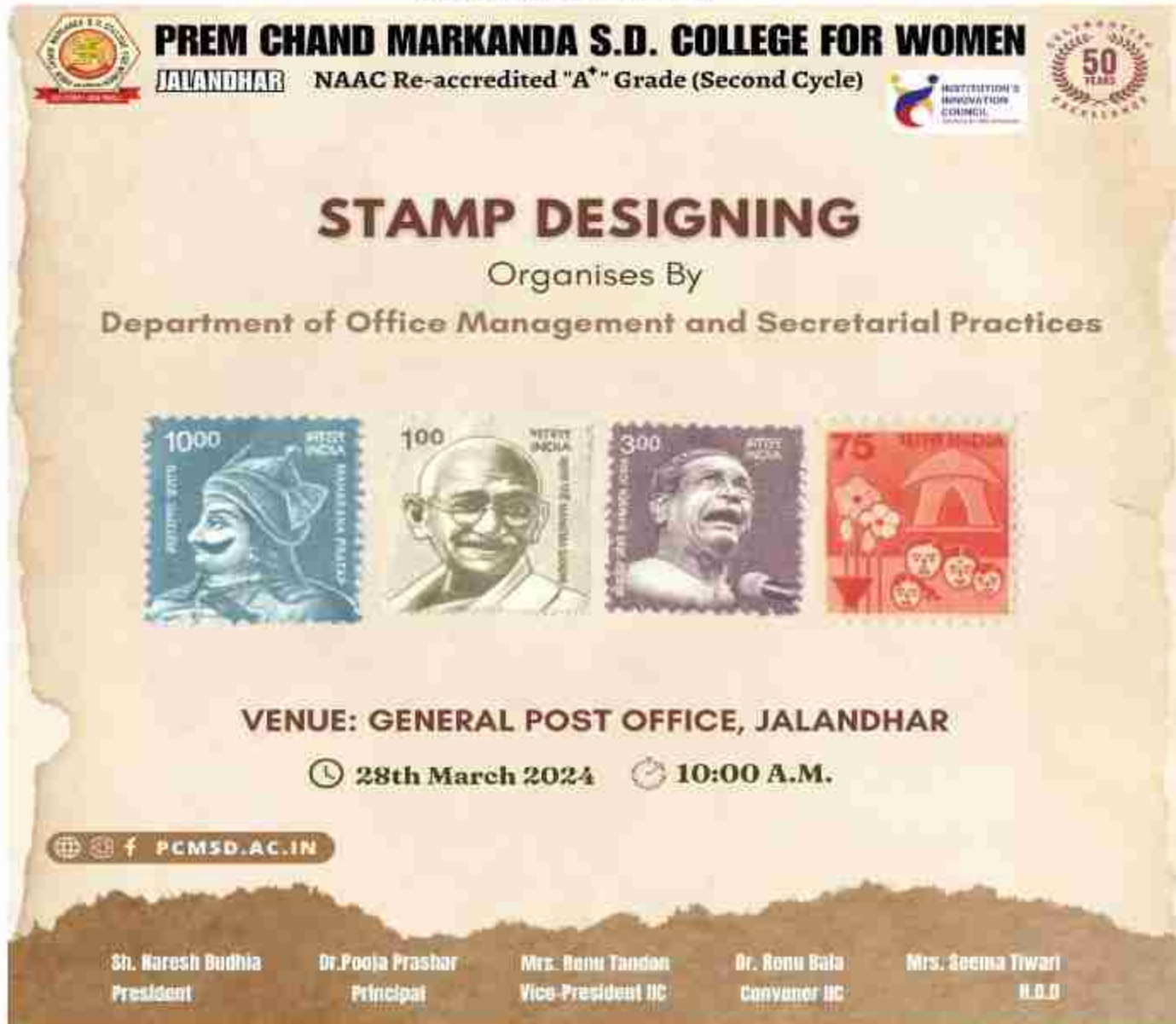
PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A⁺' Grade by NAAC (Second Cycle)

STAMP DESIGNING

ACTIVITY REPORT



The banner features a light beige background with a torn-paper edge effect. At the top left is the college logo, and at the top right is a circular '50 YEARS' anniversary seal. The central text is in bold, dark brown and black fonts. Below the text is a row of four Indian postage stamps: a blue 1000 stamp with a woman's face, a green 100 stamp with Mahatma Gandhi, a purple 300 stamp with a man's face, and a red 75 stamp with a temple gopuram. At the bottom, there is a row of five faculty names and titles.

PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR NAAC Re-accredited "A⁺" Grade (Second Cycle)

INSTITUTION'S INNOVATION COUNCIL

STAMP DESIGNING
Organises By
Department of Office Management and Secretarial Practices

VENUE: GENERAL POST OFFICE, JALANDHAR
🕒 28th March 2024 🕒 10:00 A.M.

🌐 📱 📧 PCMSD.AC.IN

Sh. Naresh Budhia President	Dr. Pooja Prashar Principal	Mrs. Renu Tandon Vice-President IIC	Dr. Renu Bala Convener IIC	Mrs. Seema Tiwari H.O.D
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Session on: Stamp Designing

Date: 28th March 2024

Time: 10:00 am

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 22

Faculty: 01

Report

Report

The Department of Office Management and Secretarial Practices under the guidance of the Institution's Innovation Council of PCM S D D College for Women, Jalandhar, successfully organized a Stamp designing activity at the General Post Office in Jalandhar on 28th March 2024. The event aimed to engage participants in the creative process of designing stamps, fostering appreciation for philately, and promoting postal services awareness. The event commenced at 10:00 AM with a warm welcome extended to all participants, including students, philatelists, and community members. Following the introduction, participants were provided with the necessary materials and briefed on the significance of stamp designing in preserving cultural heritage and commemorating significant events. Under the guidance of experienced philatelists and designers, participants immersed themselves in the creative process, expressing their ideas and artistic skills on the provided canvases. The themes ranged from historical landmarks to cultural symbols, showcasing the diverse heritage of Jalandhar and India at large. Throughout the activity, lively discussions and exchanges of ideas enriched the creative atmosphere, fostering collaboration and learning among participants. The Stamp Designing activity was a resounding success, inspiring creativity, promoting cultural appreciation, and strengthening community engagement. Such initiatives contribute significantly to fostering a deeper understanding and appreciation of philately and postal services in our society.

Objectives

The objectives of organizing a stamp designing activity at the General Post Office under the Department of Office Management and Secretarial Practices could include:

- **Promoting Creativity:** Encouraging participants to showcase their artistic skills and creativity in designing stamps.
- **Cultural Promotion:** Creating stamps that reflect the cultural heritage, traditions, landmarks, or significant events of the region or country.
- **Educational Outreach:** Providing an educational opportunity for participants to learn about the history and significance of postage stamps and their role in communication.
- **Community Engagement:** Engaging with the local community and fostering a sense of participation and pride in contributing to the postal service.
- **Skill Development:** Offering a platform for participants to enhance their design, drawing, and conceptualization skills.
- **Promotion of Postal Services:** Generating public interest in postal services and highlighting the importance of stamps for communication and cultural expression.
- **Celebrating Special Occasions:** Designing stamps for commemorating special occasions such as national holidays, anniversaries, or significant cultural events.
- **Networking Opportunities:** Providing a platform for interaction and networking among participants, postal service representatives, and other stakeholders in the community.
- **Public Relations:** Enhancing the public image and visibility of the Department of Office Management and Secretarial Practices through involvement in community-oriented activities.
- **Fostering Innovation:** Encouraging innovative and unique designs that capture the attention of stamp collectors and the general public, thereby adding value to the postal service.

By achieving these objectives, the stamp designing activity can contribute to the overall goals of the Department of Office Management and Secretarial Practices and help promote the cultural and communicative significance of postage stamps.

Benefits

Organizing a stamp designing activity at the General Post Office under the Department of Office Management and Secretarial Practices can bring about several benefits:

- **Enhanced Creativity:** The activity fosters creativity among participants as they conceptualize and design stamps, leading to the creation of unique and captivating designs.
- **Cultural Promotion:** Stamps designed during the activity can promote the cultural heritage, traditions, and landmarks of the region, serving as a visual representation of the community's identity.
- **Educational Value:** Participants gain knowledge about the history and significance of postage stamps, as well as the process involved in stamp design and production, thereby enhancing their understanding of postal services.
- **Community Engagement:** The activity encourages community involvement and participation, fostering a sense of belonging and pride among participants and the general public.
- **Skill Development:** Participants have the opportunity to develop and refine various skills such as design, drawing, creativity, and communication, which can be valuable in both personal and professional contexts.
- **Promotion of Postal Services:** The designed stamps serve as promotional materials for the postal service, attracting attention and generating interest among stamp collectors and the general public.
- **Increased Visibility:** By organizing such a creative and community-oriented activity, the Department of Office Management and Secretarial Practices can enhance its visibility and reputation, showcasing its commitment to innovation and engagement.
- **Networking Opportunities:** The activity provides a platform for networking and collaboration among participants, postal service representatives, local artists, and other stakeholders, fostering connections and partnerships.
- **Public Relations:** Successfully organizing the stamp designing activity demonstrates the department's proactive approach to engaging with the community and contributing positively to public perception and relations.
- **Contribution to Revenue:** If the designed stamps are produced and sold, they can contribute to the revenue of the postal service, further supporting its operations and initiatives.

Overall, organizing a stamp-designing activity at the General Post Office yields numerous benefits, ranging from cultural promotion and community engagement to skill development and revenue generation.

Organizers of this event.

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3	Mrs. Seema Tiwari	Assistant Professor, HOD	Office Management and Secretarial Practices

SOCIAL MEDIA PROMOTIONAL LINK

<https://www.facebook.com/pcmsd.ac.in/posts/pfbid02QVQAwaQLzLtcH1eImemwqTMHQ2QzKNukmyLpV7oZA4HHWHseLi6zFwBq5MYVrrhDI>

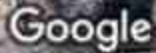
GEOTAG PHOTOS





 GPS Map Camera

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144001, India
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Long 75.581777°
28/03/24 10:49 AM GMT +05:30

 Google



 GPS Map Camera



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Google



Jalandhar, Punjab, India
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144001, India
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GPS Map Camera

Google



GPS Map Camera



Jalandhar, Punjab, India
231-A, Nehru Garden Rd, Master Tara Singh Nagar,
Jalandhar, Punjab 144001, India
Lat 31.323045°
Long 75.581698°
28/03/24 10:10 AM GMT +05:30

ATTENDANCE OF STUDENTS



Prem Chand Markanda S.D. College for Women, Jalandhar
 NAAC Be - accredited 'A+' Grade (Second Cycle)

Name of Department/Club/ Society: Picnic office Management & Societal Activities
 Name of Activity: Visit to Greenest Post office
 Time: 10:00 Am
 Date: 28-3-2024
 Venue: Greenest Post Box office.

S. No	Name	Class	Roll No	Signature
1	Jyoti Pal	B.A Sem- VI	2014	Jyoti Pal
2	Simran	"	2019	
3	Himani	"	2027	Himani
4	Palak Singh	"	2032	Palak
5	Palak	"	2041	Palak
6	Dimple	"	2043	Dimple
7	Jshika	"	2055	Jshika
8	Anjali	"	2056	Anjali
9	Komal	"	2057	Komal
10	Pooja Kumari	"	2058	Pooja
11	Mansi	B.A Sem- IV	1509	Mansi
12	Anshika Verma	"	1516	Anshika Verma
13	Lovedeep	B.A Sem- VI	2022	Lovedeep
14	Simran	"	2034	Simran
15	Jsha Kumari	B.A Sem- II	1052	Jsha Kumari
16	Nitasha	B.A Sem- VI	2006	Nitasha
17	Nikita	B.A Sem- VI	2002	Nitika
18	Ravneet Kaur	B.A Sem- VI	2029	Ravneet
19	Ridhi Sharma	"	2050	Ridhi
20	Jashanpreet Kaur	"	1560	Jashan
21	Bhanka	"	2024	Bhanka
22	Shiya	"	2004	Shiya

SOCIAL MEDIA COVERAGE

<https://punjabnewschannel.com/pcm-s-d-college-for-women-organizes-a-workshop-on-stamp-collection-and-design/>

PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A' Grade by NAAC (Second Cycle)

A SESSION ON KEEPING RECORD OF OFFICE WORK

ACTIVITY REPORT



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR NAAC Re-accredited "A" Grade (Second Cycle)



A SESSION ON

Keeping record of office work

Organises By

**Department of
Office Management and
Secretarial Practices**

🕒 **15th April 2024**

🕒 **11:00 A.M.**



Sh. Naresh Budhia
President

Dr. Pooja Prashar
Principal

Mrs. Renu Tandon
Vice-President IIC

Dr. Renu Bala
Convener IIC

Mrs. Seema Tiwari
H.O.D

Session on: **A SESSION ON KEEPING RECORD OF OFFICE WORK**

Date: 15th April, 2024

Time: 11:30 am

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 28

Faculty: 01

Report

In pursuit of optimizing office productivity and maintaining organizational efficiency, a dedicated session was conducted by the Department of Office Management and Secretarial Practices under the guidance of the Institution's Innovation Council of PCM S.D.D College for Women, Jalandhar, to emphasize the importance of meticulous record-keeping in the workplace. The primary objective of the session was to underscore the significance of maintaining accurate records of office work, elucidating its pivotal role in enhancing productivity, facilitating decision-making, and ensuring compliance with organizational protocols and regulations.

Key Discussion Points:

- **Importance of Record-Keeping:** Emphasized the fundamental role of record-keeping in documenting crucial information, tracking progress, and preserving institutional memory.
- Highlighted its significance in facilitating transparency, accountability, and auditability within the organization.

Types of Records:

- Identified various types of records encompassing financial transactions, project timelines, employee attendance, client interactions, and legal documentation.
- Stressed the need for customized record-keeping systems tailored to the specific requirements of different departments and functions.

Best Practices:

- Advocated for standardized formats, clear labeling, and consistent updating of records to mitigate errors and ensure accessibility.
- Encouraged the adoption of digital tools and automation technologies to streamline record-keeping processes and minimize manual intervention.

Data Security and Confidentiality:

- Addressed concerns regarding data privacy and security, emphasizing the implementation of robust encryption protocols, access controls, and regular backups.

Training and Compliance:

- Proposed regular training sessions to educate employees on record-keeping policies, procedures, and compliance requirements.
- Advocated for periodic audits and reviews to assess the effectiveness of record-keeping practices and identify areas for improvement.

The session on office work record-keeping catalyzed the fostering of a culture of diligence, precision, and accountability within the organization. By instilling a greater awareness of the importance of meticulous record-keeping practices, it is poised to enhance operational efficiency, mitigate risks, and bolster organizational resilience in the face of evolving challenges. Moving forward, sustained emphasis on continuous improvement and adaptation to emerging technologies will be indispensable in maintaining the integrity and relevance of record-keeping processes in the digital age.

Objectives

Certainly, here are some objectives for a session on keeping records of office work:

- **Highlighting the Importance:** One of the primary objectives is to underscore the significance of keeping accurate and detailed records in the office environment. This involves explaining how meticulous record-keeping contributes to organizational efficiency, decision-making processes, and compliance with regulations.
- **Educating on Best Practices:** The session should aim to educate participants about the best practices in record-keeping. This includes discussing methods for organizing records effectively, utilizing appropriate tools and software, and establishing consistent protocols for documenting various types of information.
- **Enhancing Awareness of Legal and Regulatory Requirements:** Another objective is to increase awareness of the legal and regulatory requirements related to record-keeping. This involves familiarizing participants with relevant laws, industry standards, and data protection regulations that govern the handling and retention of records.
- **Promoting Accountability and Transparency:** The session should seek to promote a culture of accountability and transparency within the organization by emphasizing the role of record-keeping in tracking performance, monitoring progress, and ensuring accountability at all levels.
- **Encouraging Participation and Engagement:** It's important to encourage active participation and engagement during the session to ensure that participants understand the importance of record-keeping and feel motivated to implement effective practices in their day-to-day work.
- **Providing Practical Guidance:** Participants should come away from the session with practical guidance on how to improve their record-keeping processes. This might include tips on organizing digital files, maintaining paper records, implementing version control, and conducting regular audits.
- **Empowering Students:** Finally, the session should aim to empower students to take ownership of their record-keeping responsibilities. This involves providing them with the knowledge tools, and support they need to effectively manage records in their respective roles.

By addressing these objectives, a session on keeping records of office work can help equip employees with the skills and understanding necessary to maintain accurate, organized, and compliant records, ultimately contributing to the overall efficiency and success of the organization.

Benefits

Several benefits can arise from a session focused on keeping records of office work:

- **Enhanced Efficiency:** By educating students on the importance of keeping records and providing them with the necessary tools and techniques, a session can lead to more efficient workflows. Clear protocols and standardized practices ensure that information is captured accurately and accessible when needed, reducing time spent searching for documents or clarifying details.
- **Improved Decision-Making:** Accurate and comprehensive records provide valuable insights to inform decision-making processes. With proper record-keeping, managers and decision-makers can access historical data, performance metrics, and other relevant information, enabling them to make more informed and strategic decisions.
- **Increased Accountability:** Clear record-keeping practices promote accountability within the organization. When responsibilities, actions, and decisions are documented, individuals are held accountable for their work. This fosters a culture of transparency and responsibility, where employees understand the importance of their contributions and the impact of their actions.
- **Facilitated Compliance:** Many industries and organizations are subject to regulatory requirements and standards regarding record-keeping. A session on record-keeping ensures that employees are aware of these regulations and understand their compliance responsibilities. This reduces the risk of non-compliance penalties and legal issues.
- **Preservation of Institutional Knowledge:** Effective record-keeping preserves institutional knowledge within the organization. By documenting processes, procedures, and past experiences, valuable insights are retained even as employees come and go. This ensures continuity and prevents the loss of critical information when key personnel leave the organization.
- **Enhanced Communication and Collaboration:** Clear and accessible records facilitate communication and collaboration among team members. When information is well-documented and easily retrievable, colleagues can work more effectively together, share insights, and build upon each other's contributions.
- **Risk Management:** Proper record-keeping is essential for risk management. By maintaining accurate records of transactions, agreements, and other important information, organizations can mitigate risks such as disputes, errors, and misunderstandings. In the event of a legal challenge or audit, comprehensive records provide evidence to support the organization's position.
- **Improved Customer Service:** For organizations that interact with customers or clients, keeping thorough records is essential for providing excellent customer service. Access to past interactions, preferences, and purchase history enables employees to personalize interactions, anticipate needs, and resolve issues efficiently.

- **Cost Savings:** Efficient record-keeping practices can result in cost savings for the organization. By reducing time spent on administrative tasks, minimizing errors and redundancies, and avoiding penalties for non-compliance, businesses can operate more efficiently and allocate resources more effectively.


Overall, a session focused on keeping records of office work can lead to numerous benefits for organizations, including improved efficiency, better decision-making, increased accountability, and enhanced compliance. By investing in training and resources to support effective record-keeping practices, organizations can position themselves for long-term success.

Organizers of this event.

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3	Mrs. Seema Tiwari	Assistant Professor, HOD	Office Management and Secretarial Practices

GEOTAG PHOTOS



 GPS Map Camera



Jalandhar, Punjab, India
12, Old Jawar Nagar, Gobind Garh, Ramesh colony, Jalandhar, Punjab 144001,
India
Lat 31.326784°
Long 75.590858°
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GPS Map Camera



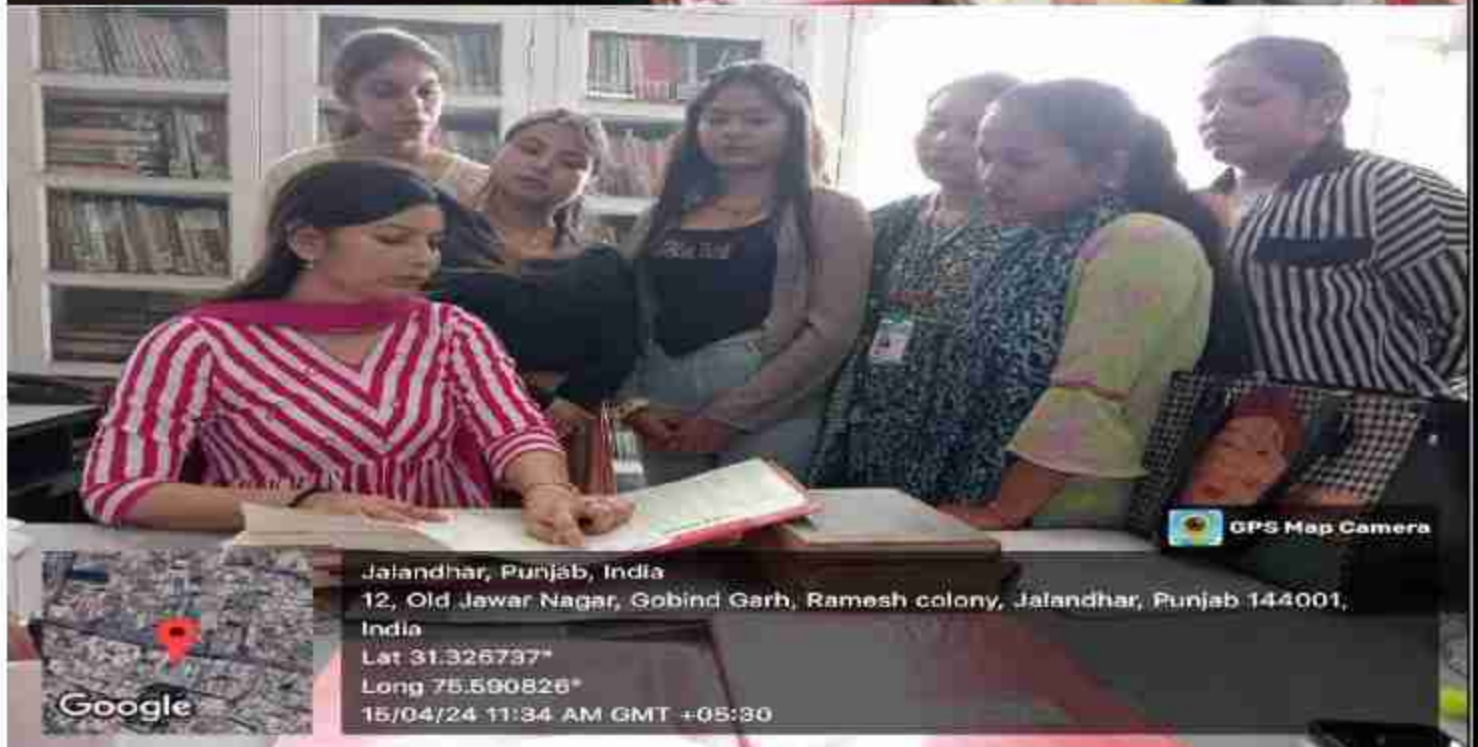
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GPS Map Camera



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GPS Map Camera



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GPS Map Camera



Jalandhar, Punjab, India
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GPS Map Camera



Jalandhar, Punjab, India
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Long 75.590823°
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GPS Map Camera



Jalandhar, Punjab, India
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India
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Long 75.590818°
15/04/24 11:40 AM GMT +05:30

ATTENDANCE OF STUDENTS



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re - accredited "A+" Grade (Second Cycle)

Name of Department/Club/ Society: Personnel office Mgt + Secretarial Practice

Name of Activity: A Seminar on Keeping Record of office work.

Time: 11:00 AM

Date: 2-15-4-2024

Venue: Library

S. No	Name	Class	Roll No	Signature
1)	Anjali	B.A 6th sem	2056	Anjali
2	Pooja Kumari	B.A 6th Sem	2058	Pooja
3	Komal	B.A 6th sem	2057	Komal
4	Palak	B.A 6th Sem	2041	Palak
5	Chanti	B.A II Sem	1034	Chanti
6	Meera	B.A II Sem	1028	Meera
7	Lakshita	B.S.C II sem	2501	Lakshita
8	Bani	B.A Sem II	1023	Bani
9	Manisha	B.A Sem II	1041	Manisha
10	Jaswinder B.		1088	Jaswinder
11	Rishi Gill	B.A Sem VI	2002	Rishi Gill
12	Mansi	B.A Sem - IV	1509	Mansi
13	Anshika	"	1516	Anshika
14	Gagandeep	"	1519	Gagandeep
15	Jaswinder	B.A Sem - II	1087	Jaswinder
16	Deepanshi	"	1015	Deepanshi
17	Komalpreet Kaur	B.A Sem - 4	3202	Komal
18	Nitasha	B.A Sem - 6	2006	Nitasha

SOCIAL MEDIA PROMOTIONAL

LINKFACEBOOK LINK

<https://www.facebook.com/pcmsd.ac.in/posts/pfbid0V7C6svRhu1aj1xCB1TvS5cFsE9MVqjC37vpC4rXSRrRPDUhzGKHQHY8qrsxm1vJ9l>

INSTAGRAM LINK

<https://www.instagram.com/p/C5xtHsuBix0/>

PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN,
JALANDHAR

Re-Accredited with 'A+' Grade by NAAC (Second Cycle)

ADVANCED MS-EXCEL WORKSHOP
ACTIVITY REPORT



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR CITY (PB.)



NAAC RE-ACCREDITED "A+" GRADE (SECOND CYCLE)

**PG Department of Computer Science & IT in collaboration
with PG Department of Commerce & Management
is going to organise**

Workshop on
Hands-On Training: Advance MS-Excel
in association with
O7 Solutions (IT Company)

 **Venue-**
IT BLOCK



2nd-5th

April, 2024

09 : 00 A.M-11 : 00 A.M

Sh. Naresh Budhia
President

Dr. Pooja Prashar
Principal

   **pcmsd.ac.in**

Designed by
MLB/Prerna (BCA Sem V)

Date: April 2-5, 2024

Time: 11:00 am

Duration: Four Days

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 157

Faculty: 07

About the event:

The Hands-on Training: Advanced MS-Excel workshop is designed to equip participants with advanced skills in Microsoft Excel, a crucial tool for data analysis and management in various professional settings. This event focuses on practical, hands-on learning, enabling attendees to deepen their understanding of Excel's advanced features and functionalities.

Participants will delve into topics such as advanced formulas and functions, data visualization techniques using charts and graphs, pivot tables, macros, and automation. Through interactive sessions and guided exercises, attendees will learn how to streamline workflows, analyze complex datasets, and make informed business decisions more efficiently.

Led by experienced Excel instructors named Ms. Shivani Sharma and Ms. Diksha Rana offers a supportive learning environment where participants can ask questions, share insights, and collaborate with peers. By the end of the event, attendees will have gained valuable skills and confidence to leverage Excel's advanced capabilities effectively in their professional endeavors, enhancing their productivity and problem-solving abilities.

Objectives:

1. Master advanced Excel formulas and functions for complex data manipulation.
2. Learn advanced data visualization techniques using charts, graphs, and conditional formatting.
3. Understand how to analyze and interpret data using pivot tables and slicers.
4. Explore methods for managing and cleaning large datasets efficiently.
5. Gain proficiency in using Excel's advanced data analysis tools, such as Goal Seek and Solver.
6. Develop skills in automating repetitive tasks through macros and VBA (Visual Basic for Applications).
7. Enhance proficiency in handling multi-dimensional data models and relationships.
8. Discover techniques for collaborating and sharing Excel workbooks securely.
9. Learn best practices for error handling and troubleshooting in Excel.
10. Apply advanced Excel skills to real-world scenarios and business challenges through hands-on exercises and case studies.

Benefits

1. Enhanced proficiency in Excel: Participants will develop advanced skills that are invaluable for both personal and professional use.
2. Increased productivity: Mastery of advanced Excel features allows for more efficient data analysis and management.
3. Improved decision-making: A deeper understanding of Excel's capabilities enables more informed and data-driven decision-making processes.

4. **Career advancement:** Proficiency in advanced Excel is highly sought after in many industries, providing opportunities for career growth and advancement.
5. **Time savings:** Participants will learn techniques to automate repetitive tasks, saving time and increasing overall efficiency.
6. **Better data visualization:** Advanced data visualization techniques help in presenting complex information in a clear and understandable manner.
7. **Competitive edge:** Acquiring advanced Excel skills gives participants a competitive advantage in the job market.
8. **Streamlined workflows:** Mastery of Excel's advanced features leads to streamlined workflows and improved business processes.
9. **Problem-solving abilities:** Participants will develop critical thinking and problem-solving skills through hands-on exercises and real-world applications.
10. **Confidence:** Mastering advanced Excel instills confidence in handling complex data analysis tasks and challenges.

Organizers of this event.

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3	Mrs. Alka Sharma	Assistant Professor, HOD	Commerce
4	Mrs. Shivani	Assistant Professor, HOD	IT
5	Dr. Lovely Sharma	Assistant Professor	IT
6	Dr. Kuljit Kaur	Assistant Professor	Commerce
7	Mrs. Shikha Puri	Assistant Professor	Commerce

- Event Photos:

Day 1: 2nd April, 2024.



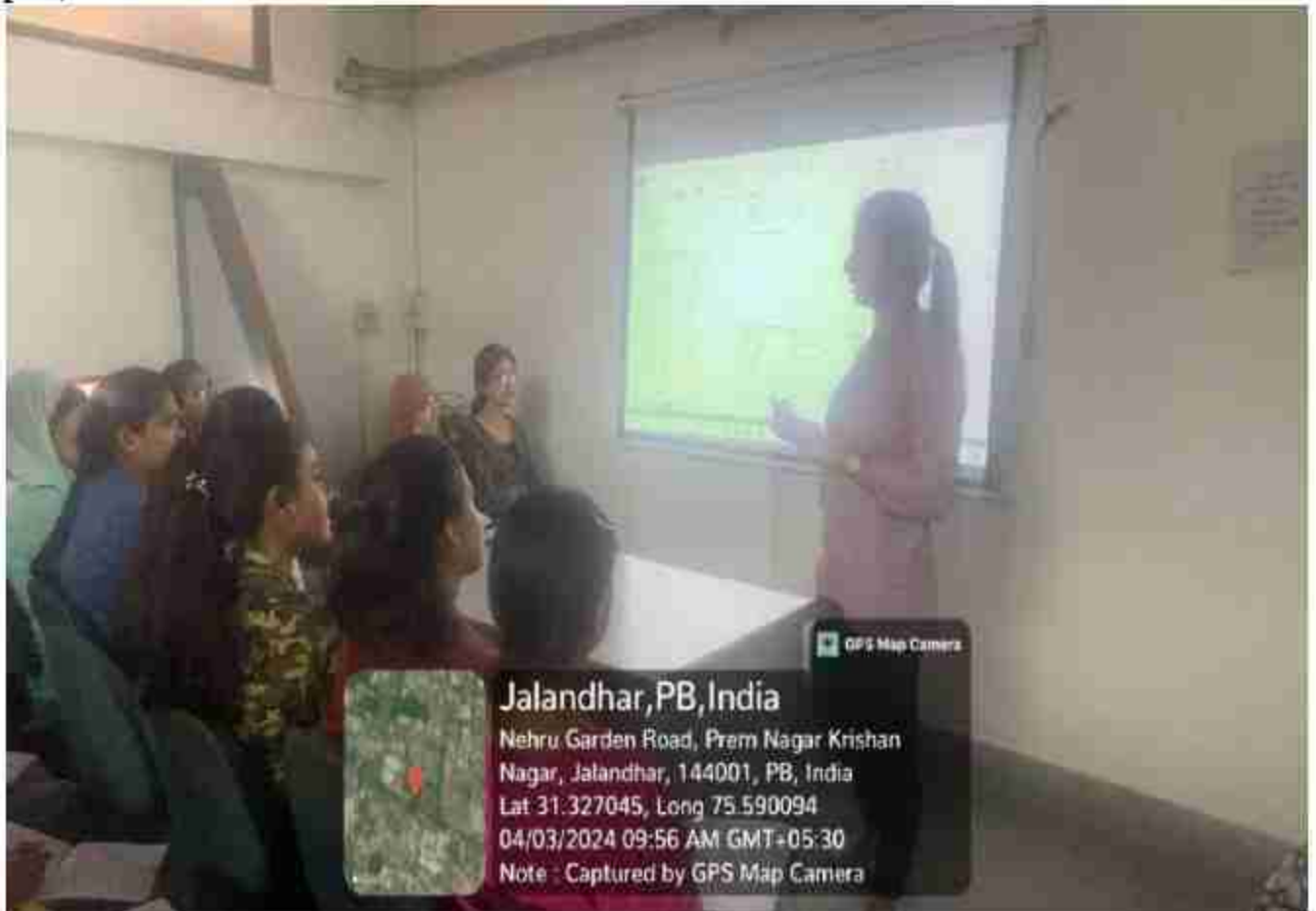
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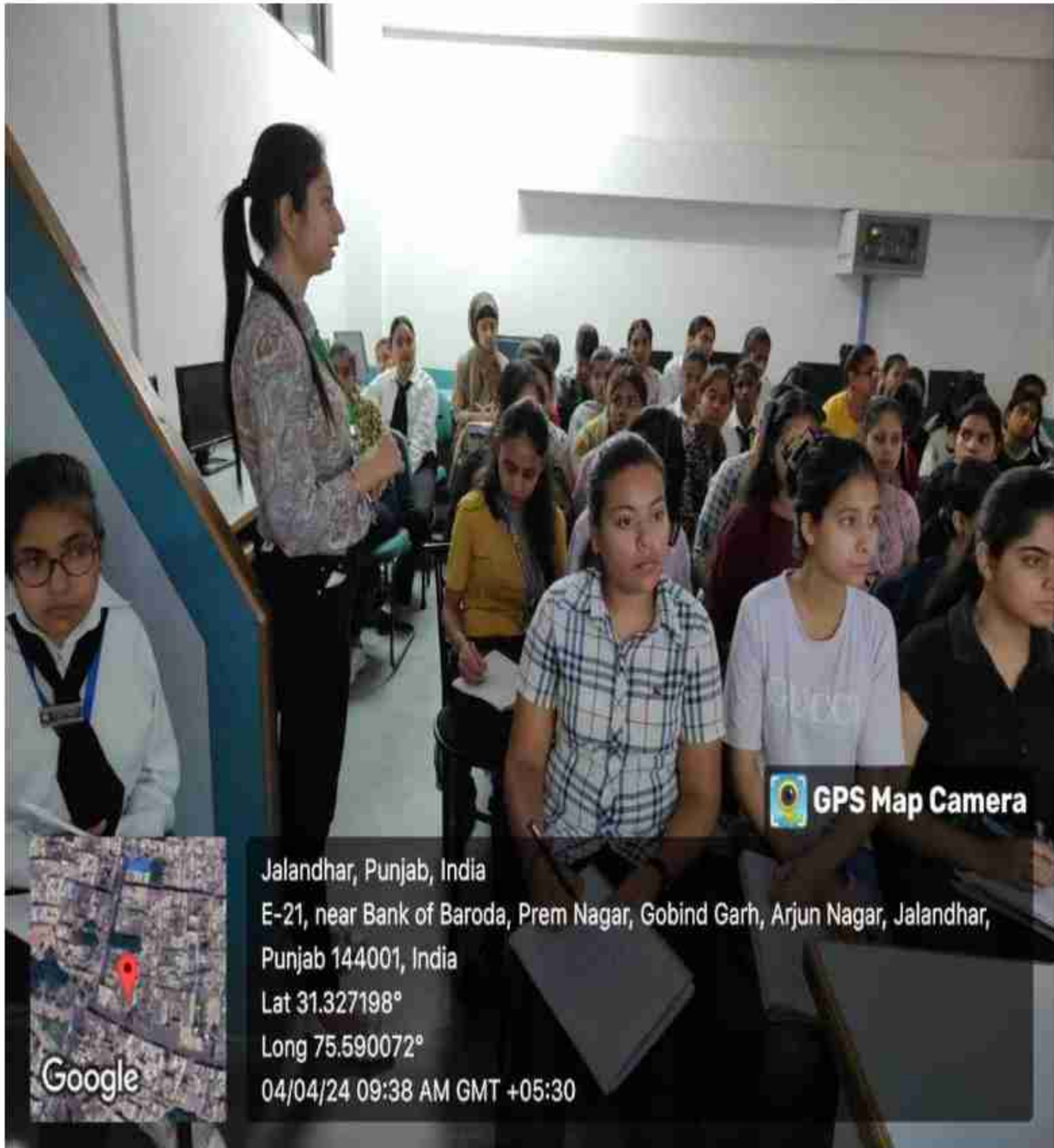



Day 2: 3rd April, 2024





Day 3: 4th April, 2024




 **GPS Map Camera**

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Punjab 144001, India
Lat 31.327198°
Long 75.590072°
04/04/24 09:38 AM GMT +05:30





 **GPS Map Camera**

Jalandhar, Punjab, India
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Punjab 144001, India
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Long 75.590072°
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04/04/24 09:35 AM GMT +05:30



Day 4: 5th April, 2024



List of Participants:**B. Com Sem – IV**

SRNO.	ROLLNO.	STUDENT'SNAME
1.	3202	Kamalpreet Kaur
2.	3203	Anshika Sharma
3.	3207	Palak
4.	3208	Palak
5.	3209	Shreya
6.	3211	Sneha
7.	3212	Gurdev Kaur
8.	3215	Sanjana
9.	3217	khwahish
10.	3219	Yashika Sharma
11.	3220	Sneha
12.	3221	Damini thakur
13.	3222	Vaishnawi
14.	3223	Simple
15.	3224	Chahat Ghai
16.	3225	Malika
17.	3226	Gurleen Kaur
18.	3227	Vidhi Mohan
19.	3228	Kashish
20.	3229	Himanshi
21.	3230	Harman
22.	3231	Tamanna
23.	3232	Pooja
24.	3235	Kumkum
25.	3236	Prabhjot Kaur
26.	3239	Shweta Kushwaha
27.	3241	Neha
28.	3242	Rukanshu Abrol
29.	3243	Garima
30.	3244	Babli
31.	3245	Srishti
32.	3246	Tanu
33.	3249	Kashish Sehdev
34.	3252	Ekta

B. Com Sem - VI

SR.NO	ROLL NO.	STUDENT'S NAME
1	3401	Khushi Sharma
2	3404	Vaishali
3	3405	Jyoti Kumari
4	3406	Sonia Meangrhay
5	3407	Isha
6	3412	Ginni
7	3413	Surbhi
8	3414	Sanya
9	3415	Khushi Bhardwaj
10	3416	Dolly
11	3417	Diksha
12	3418	Sachi Sharma
13	3419	Shivani Verma
14	3420	Parmeet
15	3421	Siya
16	3422	Sakshi
17	3423	Kimpreet Kaur
18	3424	Shivani Kaushal
19	3425	Bhawna
20	3426	Anu Bali
21	3427	Harman
22	3429	Rajni Kumari
23	3431	Kesar
24	3432	Esha
25	3433	Sheetal
26	3435	Simran
27	3438	Jaspreet Kaur
28	3439	Simran
29	3441	Aditi Goel
30	3442	Priya Puthi
31	3443	Shruti
32	3444	Sakshi
33	3446	Sapna
34	3447	Swani Maidh
35	3448	Konika

B. Com (Financial Services) Sem – IV

SR.NO	ROLLNO.	STUDENT'S NAME
1	302	Komal
2	303	Silvi
3	305	Dipanshi

M.Com Sem - IV

SR.NO	ROLLNO.	STUDENT'S NAME
1	8756	Riya Sharma
2	8757	Muskan
3	8758	Namrata Kalia
4	8761	Khushi Malhotra
5	8762	Harpreet Kaur
6	8763	Nikita
7	8764	Kiran Bala

M.Com Sem - II

SR.NO	ROLLNO.	STUDENT'S NAME
1	8701	Urvi Chauhan
2	8708	Himanshi
3	8710	Muskan Kalia
4	8711	Himani
5	8713	Manmeet Kaur
6	8723	Tanuja Parveen

BCA Semester-I

S.No	Roll no	Student name
1.	7502	Chahat
2.	7507	Bharti
3.	7513	Nisha
4.	7514	Gouri
5.	7522	Vanshika
6.	7524	Bhumi
7.	7525	Himani
8.	7527	Reena
9.	7531	Twinkle
10.	7533	Ravina
11.	7534	Kajal Kumari
12.	7538	Sneha
13.	7539	Kajal
14.	7540	Komal

BCA Semester-IV

S.no	Roll no	Student name
1	7601	Manisha
2	7602	Nitika
3	7603	Vandana
4	7604	Bhawna
5	7605	Nikhat
6	7606	Muskan Khatun
7	7607	Ekta
8	7610	Mansi
9	7611	Kamni
10	7613	Dolcy
11	7614	Deepanshi Arora

BCA Semester-VI

S.no	Roll no	Student name
1	7801	Simranjit Kaur
2	7802	Urvashi

3	7803	Tanuja
4	7804	Ishita
5	7805	Gagandeep Kaur
6	7806	Aditi Sharma
7	7807	Nitika Rana
8	7808	Sultana
9	7809	Jaskirat Kaur
10	7810	Ritu Yadav
11	7811	Bhawna
12	7812	Komal
13	7813	Harmandeep Kaur
14	7814	Puneet
15	7815	Rishita
16	7816	Ruby
17	7817	Kamaldeep Kaur

B.Voc. Web Designing & Development (IT) Semester -VI

S.no	Roll no	Student name
1	701	Sushila
2	702	Isha
3	703	Ankita
4	704	Princi
5	705	Manisha
6	706	Ankita
7	707	Mehak
8	708	Geetika Kochhar
9	709	Mansi Mehra
10	710	Jasvir Kaur
11	711	Roshni Kumari

M.Sc. (IT) Semester- I

S.no	Roll no	Student name
1.	8901	Meera
2.	8904	Ramneet Kaur

M.Sc. (Computer Science) Semester-II

S.no	Roll no	Student name
1.	8604	Parineeta
2.	8605	Vineet
3.	8606	Komal Kishor

M.Sc. (Computer Science) Semester-IV

S.no	Roll no	Student name
1.	8651	Simran

DOA Semester-II

S.no	Roll no	Student name
1.	801	Tanisha
2.	802	Komal
3.	803	Vaishali

DCA Semester-II

1.	903	Mansi
2.	905	Anjali
3.	907	Saniya Sahota
4.	908	Rishita
5.	912	Palvi Sharma

PGDCA Semester-II

1.	9003	Kritika
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MBEIT Sem – II

Sr. No.	R. No	Student Name
1	12001	Sakshi
2	12002	Pooja
3	12051	Arpanjot Kaur

B.Sc(Eco) Sem – VI

Sr. No.	R. No	Student Name
1	2203	Divya

- **Social Media Links:-** Event promoted on social media platforms namely:

1. **Facebook -**

<https://www.facebook.com/pcmsd.ac.in/posts/pfbid0BgLgACUxC1L3ccoeaZRwCxG5HjWpSUyEjqbZyphWJL6Rz6zSsq8LTJ5xLwkTzRVKl>

- **Hashtags on Facebook Social Media Platforms:**



PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A' Grade by NAAC (Second Cycle)

INSTITUTION'S INNOVATION COUNCIL (IIC)

WORKSHOP ON BRIDAL MAKEUP

PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR NAAC Re-accredited "A" Grade (Second Cycle)

Workshop on BRIDAL MAKE UP

Venue : Cosmetology lab

14 March 2024, 11:00 A.M.

Sh. Karesht Budhia President
Dr. Pooja Prashar Principal
Mrs. Renu Tandon Vice-President IIC
Dr. Renu Bala Convener IIC
Mrs. Baljit Kaur Internship Activity Coordinator

pomsd.ac.in

Topic: WORKSHOP ON BRIDAL MAKEUP

Date: March 14, 2024

Time: 11:00 am

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 50

Faculty: 06

Report

Bridal makeup is an essential aspect of a bride's wedding day look. It typically involves enhancing natural features while ensuring the makeup lasts throughout the day and looks flawless in photographs. Bridal makeup often includes primer, foundation, concealer, setting powder, eyeshadow, eyeliner, mascara, blush, highlighter, lipstick, and setting spray. It's crucial to choose makeup products and techniques that complement the bride's skin tone, dress, and personal style. Many brides opt for a professional makeup artist for their wedding day to achieve the desired look and ensure longevity. Additionally, makeup trials beforehand help brides and makeup artists collaborate on the perfect look for the big day. The Cosmetology Department organized a comprehensive workshop on bridal makeup on March 14, 2024, at the Cosmetology Lab under the guidance of the Institution's Innovation Council. The workshop aimed to provide participants with practical skills and knowledge in executing flawless bridal makeup looks. The workshop began with an overview of bridal makeup techniques, including skin preparation, foundation matching, contouring, and highlighting. Mrs. Rupinder Kaur from the same department conducted hands-on demonstrations, showcasing various bridal makeup styles, from natural to glamorous. Participants actively engaged in interactive sessions, where they could ask questions and receive personalized tips and advice from experienced professionals. The workshop also included sessions on product selection and usage, focusing on high-quality makeup products suitable for bridal makeup application. Participants had the opportunity to practice their skills under the guidance of instructors, allowing them to refine their techniques and gain confidence in executing bridal makeup looks. The workshop was a resounding success, providing valuable insights and practical skills to participants interested in pursuing careers in the beauty industry. The hands-on approach and expert guidance ensured that attendees left the workshop equipped with the knowledge and confidence to create stunning bridal makeup looks.

Objectives:

Provide Comprehensive Training: To offer participants a thorough understanding of bridal makeup techniques, including skin preparation, foundation matching, contouring, and highlighting.

Demonstrate Various Styles: To showcase a range of bridal makeup styles, allowing participants to explore and understand different looks.

Promote Quality Products: To educate participants on selecting and using high-quality makeup products suitable for bridal makeup.

Facilitate Hands-on Experience: To allow participants to practice their skills under expert guidance, enabling them to refine and enhance their techniques.

Encourage Interaction: To create an interactive learning environment where participants can ask questions, share insights, and learn from experienced professionals.

Build Confidence: To instill confidence in participants by providing them with the necessary

skills, knowledge, and practice to create stunning bridal makeup looks.

Benefits:

Skill Enhancement: Participants gained hands-on experience and practical skills in executing various bridal makeup looks, from natural to glamorous.

Expert Guidance: Attendees received personalized tips and advice from experienced professionals in the cosmetology field.

Product Knowledge: Participants learned about high-quality makeup products suitable for bridal makeup application, aiding them in making informed choices.

Interactive Learning: The workshop provided an interactive platform where participants could ask questions, share experiences, and engage with instructors.

Career Opportunities: The workshop equipped participants with valuable skills and knowledge beneficial for those interested in pursuing careers in the beauty and bridal industry.

Confidence Building: Through practice and guidance, attendees gained confidence in their abilities to execute flawless bridal makeup looks.

Organizers of this event.

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3	Mrs. Daljit Kaur	Assistant Professor, HOD	Cosmetology
4	Mrs. Rupinder Kaur	Assistant Professor	Cosmetology
5	Ms. Aashna Sharma	Assistant Professor	Cosmetology
6	Mrs. Priya	Assistant Professor	Cosmetology

Geotag Photos



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Note: Captured by GPS Map Camera



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144001, PB, India
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Jalandhar, PB, India

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144001, PB, India

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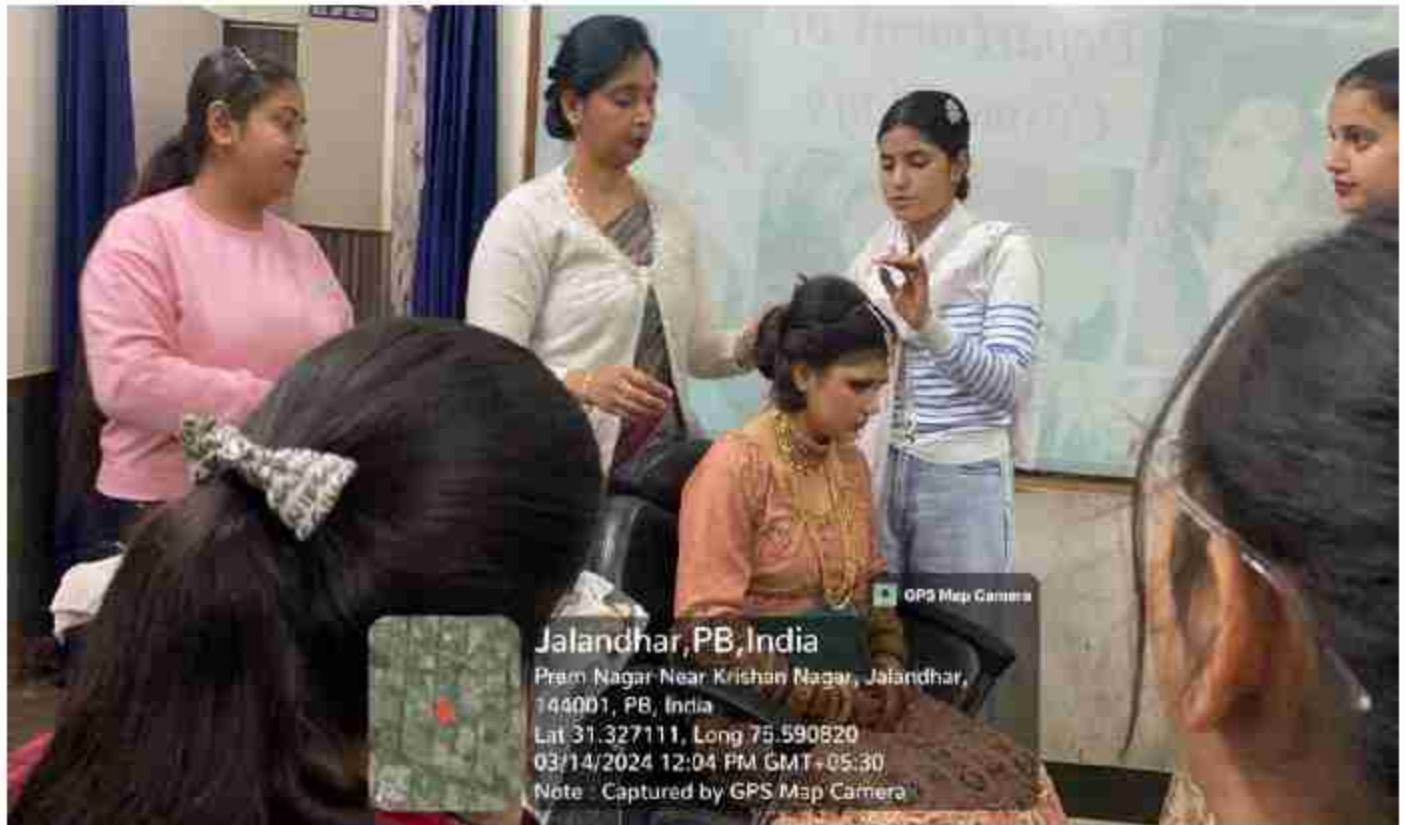
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144001, PB, India

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Attendance of Students



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re - accredited "A+" Grade (Second Cycle)

Name of Department/Club/ Society: Cosmetology
Name of Activity: workshop on Bridal make-up
(Mrs Rupinder Kaur)
Time: 10.30
Date: 14-3-2024
Venue: Cosmetology Lab.

S. No	Name	Class	Roll No	Signature
1.	Simran	B.B.F Sem II nd	10015	Simran
2.	Jasmeen	B.B.F Sem III rd	10018	Jasmeen
3.	Ishita	B.B.F Sem III rd	10010	Ishita
4.	Manisha	B.B.F Sem III rd	10006	Manisha
5.	Kanishka	B.B.F Sem III rd	10008	Kanishka
6.	Bharti	B.B.F Sem III rd	10005	Bharti
7.	Khushboo	B.B.F Sem III rd	10004	Khushboo
8.	Heena	B.Voc (Cosmo) III rd	625	Heena
9.	Pallvi	B.Voc (Cosmo) III rd	627	Pallvi
10.	Nidhi	B.Voc (Cosmo) III rd	614	Nidhi
11.	Khushi	B.Voc (Cosmo) III rd	615	Khushi
12.	Kashish	B.Voc (Cosmo) III rd	628	Kashish
13.	Pooja	B.Voc (Cosmo) III rd	609	Pooja
14.	Amita	B.Voc (Cosmo) III rd	613	Amita
15.	Simran	B.Voc (Cosmo) III rd	601	Simran
16.	Samrithi Raut	B.A (Sem I st)	2014	Samrithi Raut
17.	Shiya	BA (Sem I st)	2004	Shiya
18.	Kamalpreet Kaur	BA (Sem I st)	2046	Kamalpreet Kaur



Prem Chand Markanda S.D. College for Women, Jalandhar
 NAAC Re - accredited "A+" Grade (Second Cycle)

Name of Department/Club/ Society: Cosmetology
 Name of Activity: Workshop on Bridal Makeup
 Time: 10:30 am
 Date: 14/3/2024
 Venue: Cosmetology Lab

S. No	Name	Class	Roll No	Signature
19	Zeenat	Sem ^{2nd} Pn	9607	Zeenat
20	Prachi	Pn Sem ^{2nd}	9603	Prachi
21	Sheetal	Pn Sem ^{2nd}	9608	Sheetal
22	Greetiana Bhatnagar	Pn Sem ^{2nd}	9605	Greetiana Bhatnagar
23	Sanjideep Kaur	B.Voc Cosmo ^{4th}	651	Sanjideep Kaur
24	Aashu	B.Voc(Cosmo) ^{4th}	654	Aashu
25	Priya	B.Voc(Cosmo) ^{4th}	653	Priya
26	Simranjit	B.Voc(Cosmo) ^{4th}	656	Simranjit
27	Ankita	B.Voc(Cosmo) ^{4th}	659	Ankita
28	Payal	B.Voc(Cosmo) ^{4th}		Payal
29	Vani	B.Voc(Cosmo) ^{4th}	660	Vani
30	Arneet Kaur	B.Voc(Cosmo) ^{4th}	658	Arneet Kaur
31	Ridhi Sharma	BA ^{6th} Sem	2050	Ridhi
32	Pallavi	BA ^{6th} Sem	2012	Pallavi
33	Nikita	BA ^{6th} Sem	2028	Nikita
34	Morrai	B.A ^{6th} Sem	2010	Morrai
35	Madhu	B.A ^{6th} Sem	2022	Madhu
36	Kanita	B.A ^{6th} Sem	2036	Kanita



Prem Chand Martanda S.D. College for Women, Jalandhar
NAAC Re - accredited "A+" Grade (Second Cycle)

Name of Department/Club/ Society: Cosmetology

Name of Activity: Workshop on Bridal Makeup

Time: 10:30 am

Date: 14/2/2024

Venue: Cosmetology Lab

S. No	Name	Class	Roll No	Signature
37	Anjali Kumari	BA (Sem-2)	1074	Anjali
38	Poonam	BA (2)	1108	Poonam
39	Kusum	BA (2)	1085	Kusum
40	Nandani	B.A (2)	1070	Nandani
41	Kajal	B.A (2)	1071	Kajal
42	Nandani Tanvi Rai	B.A 4 th sem	1504	Tanvi Rai
43	Kamini preetkaur	BA sem IV	2007	Kamini preetkaur
43	Manita walia	B.A sem 4 th	1506	Manita
45	Nitu	B.A Sem 4 th	1517	Nitu
46	Kashish	BA Sem 6 th	2011	Kashish
47	Manisha	B.A sem 4	1511	Manisha
48	Prachi dutt	BA-B.Ed (sem 4)	1364	Prachi d
49	Dhruvi	B.A B.Ed (sem-4)	1361	Dhruvi
50	Amisha	BA B.Ed (Sem 4)	1362	Amisha

Social Media Promotional link

<https://www.facebook.com/pcmsd.ac.in/posts/pfbid0jAMRgsSikqqGbTN93LqDyRZXRp1Nqpr5A7US9tQZ9Uo79x3UDgr6zb5Zec9raZal>

PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A⁺' Grade by NAAC (Second Cycle)

WORKSHOP ON NRITYA ME GAYAN KA SATHAN

ACTIVITY REPORT

PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR NAAC Re-accredited "A⁺" Grade (Second Cycle)

Workshop
on
NRITYA MEIN GAYAN KA SATHAAN

Organised By
**DEPARTMENT OF MUSIC VOCAL
AND DANCE**

12TH APRIL, 2024 10:00 A.M.
VENUE: DANCE ROOM

PCMSD.AC.IN

Sh. Noresh Budhia President
Dr. Pooja Prashar Principal
Mrs. Renu Tandon Vice-President IIC
Dr. Renu Bala Convener IIC
Dr. Sugandhi Bhandari HOD (Department of Dance)
Mrs. Anu Bala HOD (Department of Music Vocal)

Session on: Workshop of Nritya Me Gayan Ka Sathan

Date: 12 April, 2024

Time: 10:00 am

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 54

Faculty: 05

Report

The Indian classical arts, with their rich heritage and tradition, epitomize the harmonious fusion of various elements, prominently music and dance. To highlight the intricate interplay between music and dance, the departments of Music Vocal, and Dance under the guidance of the Institution's Innovation Council organized a workshop on "Nriya Me Gayan Ka Sathan." In Indian classical dance forms, music serves as the soul, guiding the performance's rhythm, mood, and expression. Each dancer's movement is intricately woven with the melody, rhythm, and lyrics of the accompanying music. Through the melodic nuances and lyrical interpretations, dancers convey emotions, narratives, and spiritual themes with finesse and depth. Ragas (melodic frameworks) and talas (rhythmic cycles) form the backbone of Indian classical music and dance. Dancers often perform to specific ragas and talas, each imbued with its unique mood, tempo, and aesthetic appeal. The melodic contours of ragas evoke varied emotions, while the rhythmic patterns of talas provide a structured framework for the dancer's improvisation and synchronization. The harmonious coordination of melody, rhythm, and movement captivates the audience, transporting them to realms of beauty, emotion, and spirituality. Whether it's the graceful movements of Bharatanatyam, the vibrant expressions of Kathak, or the lyrical storytelling, the symbiotic relationship of music and dance mesmerizes and enchants spectators worldwide. This session epitomizes the inseparable bond between music and dance in Indian classical arts. Through their symbiotic relationship, music and dance transcend individual expressions, merging into a sublime form of artistic expression. Students shared their views on the topic. Dr. Sugandhi Bhandari expressed theoretical and practical knowledge about the subject and Mrs. Anu Bala expressed her views to the students. Ms. Samratha, a classical dancer of the college, of the 6th semester, performed on thumri "sab ban than ayi shyam payari re" and later she performed on Sawal Jawab and ended with *tehai* of *teental*. It was a spellbound workshop of one and a half hours fully enjoyed by the students of the dance and music vocal department.

Objectives

1. Enhanced Expressiveness: By combining singing with dance movements, the dancer aims to convey emotions, stories, and themes more effectively. Singing adds depth and richness to the performance, allowing for a more nuanced expression of artistic intent.
 2. Integration of Music and Movement: The objective is to seamlessly integrate the elements of music and movement, creating a harmonious and synchronized performance. Singing while dancing helps dancers develop a strong sense of rhythm, timing, and musicality, resulting in a cohesive and captivating presentation.
 3. Preservation of Tradition: In many classical Indian dance forms, singing has been an integral component since ancient times. One objective of incorporating singing into dance is to preserve and promote traditional practices, ensuring their continuation across generations and preserving cultural heritage.
 4. Artistic Versatility: By mastering the art of singing while dancing, performers aim to expand their artistic repertoire and versatility. This allows for greater creativity in choreography and storytelling, as well as the ability to explore a wider range of expressions and movements.
 5. Audience Engagement and Enjoyment: The primary objective is to engage and captivate the audience by offering a dynamic and multi-dimensional performance. Integrating singing into dance adds layer of interest and entertainment, enriching the audience's experience and fostering a deeper connection with the art form.
 6. Personal Growth and Artistic Development: Practicing "Nriya Me Gayan Ka Sathan" challenges dancers to develop new skills and techniques, fostering personal growth and artistic development. It encourages continuous learning and exploration, leading to greater proficiency and mastery in both singing and dancing.
 7. Spiritual and Devotional Expression: In certain classical dance forms, such as Bharatanatyam and Odissi, singing is often used as a means of expressing devotion and spirituality. Through the integration of singing into dance, performers aim to evoke a sense of bhakti (devotion) and connect with deeper spiritual themes and narratives.
- Overall, the objectives of "Nriya Me Gayan Ka Sathan" encompass artistic expression, cultural preservation, audience engagement, personal growth, and spiritual exploration, all aimed at enriching the classical Indian dance experience.

Benefits

1. **Improved Rhythmic Awareness:** Singing while dancing helps performers develop a strong sense of rhythm and timing. This synchronization between vocalization and movement enhances the overall aesthetic appeal of the performance and contributes to a more polished and professional presentation.
 2. **Cultural Preservation:** Many classical dance forms have a long-standing tradition of incorporating singing into dance. By practicing "Nritya Me Gayan Ka Sathan," performers contribute to the preservation and promotion of cultural heritage, ensuring that traditional practices continue to thrive and evolve.
 3. **Artistic Versatility:** Integrating singing into dance allows performers to showcase their versatility and artistic skills. They can explore different styles of singing and incorporate diverse musical elements into their choreography, adding variety and depth to their performances.
 4. **Audience Engagement:** Singing enhances the overall entertainment value of dance performances, captivating audiences and holding their attention throughout the show. The combination of music, movement, and vocals creates a multi-sensory experience that resonates with viewers on a deeper level.
 5. **Personal Development:** Practicing "Nritya Me Gayan Ka Sathan" challenges performers to develop proficiency in both singing and dancing. This dual focus on vocal and physical techniques fosters personal growth, discipline, and self-expression, leading to a greater sense of accomplishment and fulfillment.
 6. **Spiritual Connection:** In some classical dance forms, singing is used as a means of expressing devotion and spirituality. By integrating singing into dance, performers can tap into this spiritual dimension, connecting with deeper themes and narratives and evoking a sense of reverence and awe in the audience.
- Overall, "Nritya Me Gayan Ka Sathan" offers a range of benefits, including heightened emotional expression, improved rhythmic awareness, cultural preservation, artistic versatility, audience engagement, personal development, and spiritual connection. By embracing this practice, performers can enhance the richness and depth of their dance performances, creating memorable experiences for themselves and their audiences alike.

Organizers of this event.

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3	Dr. Sughandi Bhandari	Assistant Professor, HOD	Dance
4	Mrs. Anu Bala	Assistant Professor, HOD	Music Vocal
5	Mrs. Arupriya Seen	Assistant Professor, HOD	Music Instrument

GEOTAG PHOTOS



Jalandhar, Punjab, India
988, SD College Rd, near Madan Flour Mill, Old Jawar Nagar, Gobind Garh, Chowk,
Jalandhar, Punjab 144001, India
Lat 31.326555°
Long 75.590367°
12/04/24 11:12 AM GMT +05:30



Google



Jalandhar, Punjab, India
7, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab 144001, India
Lat 31.326546°
Long 75.590299°
12/04/24 11:20 AM GMT +05:30



Google



GPS Map Camera

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1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab 144001, India
Lat 31.326762°
Long 75.590513°
12/04/24 10:55 AM GMT +05:30



Google



GPS Map Camera

Jalandhar, Punjab, India
26-A, Doaba College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab 144001, India
Lat 31.326702°
Long 75.590301°
12/04/24 11:08 AM GMT +05:30



Google



GPS Map Camera

Jalandhar, Punjab, India
896, SD College Rd, Gobind Garh, Arjun Nagar, Jalandhar, Punjab 144001, India
Lat 31.326746°
Long 75.590473°
12/04/24 10:52 AM GMT +05:30



Google



GPS Map Camera

Jalandhar, Punjab, India
1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab 144001, India
Lat 31.326857°
Long 75.590588°
12/04/24 10:49 AM GMT +05:30



Google



GPS Map Camera



Jalandhar, Punjab, India
26-A, Doaba College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab
144001, India
Lat 31.326735°
Long 75.59033°
12/04/24 10:39 AM GMT +05:30

Google




GPS Map Camera



Jalandhar, Punjab, India
1, SD College Rd, Prem Nagar, Gobind Garh, Arjun Nagar, Jalandhar, Punjab 144001,
India
Lat 31.32682°
Long 75.590598°
12/04/24 10:37 AM GMT +05:30

Google

ATTENDANCE OF STUDENTS


Prem Chand Markanda S.D. College for Women, Jalandhar
 NAAC 'B' - accredited 'A+' Grade (Second Cycle)

Name of Department/Clubs/ Society: Culture & Music Vertical
 Name of Activity: Milpa Meen Gayan ka Satra
 Time: 10:00 A.M. To 12:15 P.M.
 Date: 12-04-2024
 Venue: Dance Department

No	Name	Class	Roll No	Signature
1	Kiran	+2	5002	Kiran
2	Anshika Verma	BA 4 th Sem	1516	Anshika Verma
3	Surbhi	BA 3 rd Sem	1005	Surbhi
4	Sakshi	BA 3 rd Sem	1039	Sakshi
5	Samritha Kaur	BA (1 st Sem)	2018	Samritha
6	Prechi	P.G. in B.A.	9603	Prechi
7	Shiya	BA (Sem 6 th)	2004	Shiya
8	Nikita	BA 6 th Sem	2028	Nikita
9	Ravneet Kaur	BA 6 th Sem	2029	Ravneet Kaur
10	Ridhi Sharma	BA 6 th Sem	2050	Ridhi
11	Riya	BA 6 th Sem	2005	Riya
12	Gagan deep Kaur	BA 4 th Sem	1525	Gagan deep Kaur
13	Kavsi	BA 4 th Sem	1509	Kavsi
14	Sunidhi	+2	5013	Sunidhi
15	Himani Mittal	BA 3 rd Year	2027	Himani
16	Palak	BA 6 th Sem	2030	Palak
17	Jashanpreet Kaur	BA 6 th Sem	1562	Jashan
18	BHAVIKA	BA 6 th Sem	2024	Bhavika



Prem Chand Markanda S.D. College for Women, Jalandhar
 NAAC Re - accredited "A+" Grade (Second Cycle)

Name of Department/Club/ Society: Dance and Music Voc

Nritya Mein Gayan Ka Sathaan

Time: 10:00 am to 12:15 am

Date: 12-04-2024

Venue: Dance Department

S. No	Name	Class	Roll No	Signature
19.	Komal	B.A 5th Sem	2057	Komal
20.	Pooja Kumari	B.A 5th Sem	2058	Pooja
21.	Arijali	B.A 5th Sem	2056	Arijali
23.	Kamalpreet Kaur	B.Com Sem-4	3202	Kamalpreet K
23	Natasha	B.A. Sem. 6 th	2006	Natasha
24	Tanya	BA B.Ed Sem 4	1352	Tanya
25	Kamalpreet Kaur	BA Sem-6 th	2007	Kamalpreet
26.	Harnoor Kaur	+2	5023	Harnoor Kaur
27.	Kavya	+2	5001	Kavya
28	Muskan	+2	5012	Muskan
29	Vanshika	+2	7012	Vanshika
30.	Jiya	+2	7005	Jiya
31.	Arijali	ad	6006	Arijali
32.	Krishna	BA Sem. VI	2042	Krishna
33.	Yuvika	+2	202, 5020	Yuvika
34.	Hansi	BA 4 th Sem	1509	Hansi
35.	Alis	+2	5009	Alis
36.	Jaspreet	BA II Sem	1083	Jaspreet

Prem Chand Markanda S.D. College for Women, Jalandhar
 NAAC Re-accredited "A+" Grade (Second Cycle)

Name of Department/Club/ Society: Dance and Music Vohal

Name of Activity: Nitya Min Gayam ka Satham

Time: 10:00 am to 12:15 am

Date: 12-04-2024

Venue: Dance Department

S. No	Name	Class	Roll No	Signature
37	Deepanshi	BA II Sem	1015	Deepanshi
38	Tanveer	+2	5018	Tanveer
39	Nitika Rana	+2	1029	Nitika
40	Yuvika	+2	5031	Huka
41	Kashish	+2	5028	Kashish
42	Kanchan	+2	5029	Kanchan
43	Vanshika	+2	5001	Vanshika
44	Tanya	+2	5002	Tanya
45	Surbhi	+2	5003	Surbhi
46	Iti	+3	5009	Iti
47	Nilakshi	BA Sem 1	1021	Nilakshi
48	Ridhi	+2	5005	Ridhi
49	Ronee	+1	4002	Ronee
50	Jasica	+1	4009	Jasica
51	Kavya	+2	5011	Kavya
52	Tarsha	+2	5026	Tarsha
53	Anjali	+2	5029	Anjali Parm
54	Jasneem	+2	5031	Jasneem

SOCIAL MEDIA PROMOTIONAL LINK

Facebook Link

<https://www.facebook.com/pcmsd.ac.in/posts/pfbid02HSXJNqzT689VuRSYsGMJMDQaJgXMbD7vkZzdHj2WKK6VRz4w1YGdRpzgrzM6ZhyGl>

Twitter Link

<https://www.instagram.com/p/C5nZWRghQaF/>

PREM CHAND MARKANDA

S.D. COLLEGE FOR WOMEN, JALANDHAR

Re-Accredited with 'A' Grade by NAAC (Second Cycle)

CANDLE-MAKING COMPETITION

ACTIVITY REPORT



PREM CHAND MARKANDA S.D. COLLEGE FOR WOMEN
JALANDHAR NAAC Re-accredited "A" Grade (Second Cycle)



Candle
MAKING COMPETITION

Organised By
DEPARTMENT OF HOME SCIENCE

Venue: Home Science Lab
03, April 2024
11:40 A.M.



Sh. Rakesh Budhia
President

Dr. Pooja Prashar
Principal

Mrs. Beenu Tandon
Vice-President IIC

Dr. Renu Bala
Convener IIC

Mrs. Manmeet Kaur
Internship Activity
Coordinator

Session on: CANDLE-MAKING COMPETITION

Date: 3rd April, 2024

Time: 11:40 am

Duration: One Day

Vice President, IIC: Mrs. Renu Tandon

Convener: Dr. Renu Bala

Students: 52

Faculty: 03

Report

Department of Home Science under the guidance of the Institution's Innovation Council of PCM S.D. College for Women, Jalandhar hosted an exhilarating candle-making competition on 3rd April, 2024, where students showcased their creativity and craftsmanship. The event not only ignited artistic expression but also fostered a sense of community and collaboration among participants. The Candle Making Competition was organized as a self-driven activity to foster creativity, teamwork, and innovation among participants. The competition saw enthusiastic participation from students of different streams each bringing their unique perspectives and ideas to the event. Participants were given access to a wide range of materials including wax, wicks, dyes, molds, and decorative elements. Participants were given a designated time frame to conceptualize and create their candles. Throughout the activity, participants demonstrated exceptional creativity and ingenuity, experimenting with different shapes, colors, and designs to craft visually stunning candles. Many contestants experimented with unconventional materials, incorporating elements like dried flowers, herbs, glitter, and even recycled materials, adding a unique flair to their creations. The candle-making competition proved to be a resounding success, fostering creativity, collaboration, and artistic expression among students. Through their imaginative designs and skillful craftsmanship, participants not only illuminated the campus with their creations but also inspired others to explore the rich and timeless art of candle-making. This event exemplified the college's commitment to promoting holistic development and nurturing the artistic talents of its student community.

Objectives

- **Promoting Creativity:** Encourage participants to explore innovative designs, techniques, and materials in candle making.
- **Skill Enhancement:** Provide a platform for participants to develop and refine their candle-making skills, from basic techniques to advanced craftsmanship.
- **Fostering Competition:** Create a friendly yet competitive environment where participants can showcase their talent and craftsmanship.
- **Community Engagement:** Bring together individuals with a shared interest in candle making, fostering a sense of community and camaraderie.
- **Educational Opportunity:** Offer learning experiences for participants to gain insights into different candle-making methods, materials, and trends.
- **Promoting Sustainability:** Encourage the use of eco-friendly practices and materials in candle making, promoting sustainability and environmental consciousness.
- **Recognition and Rewards:** Acknowledge and celebrate the achievements of participants through awards, prizes, and recognition for outstanding creativity, skill, and craftsmanship.
- **Inspiration and Motivation:** Inspire participants to pursue further exploration and experimentation in candle making, whether as a hobby or a potential career path.

Benefits

- **Creativity:** Competitors can showcase their creative talents by designing unique candles using various materials, colors, and techniques.
- **Skill Development:** Participants can learn new candle-making techniques, such as wax melting, molding, and decorating, thereby enhancing their craftsmanship skills.
- **Teamwork:** Competing in teams encourages collaboration and communication, as members work together to brainstorm ideas, delegate tasks, and execute their candle-making designs.
- **Problem-Solving:** Competitors may encounter challenges during the competition, such as technical issues or design flaws. Overcoming these obstacles fosters problem-solving skills and resilience.
- **Community Engagement:** Candle-making competitions bring people together, fostering a sense of community and camaraderie among participants, organizers, and spectators.

- **Promotion of Sustainability:** Competitions can promote eco-friendly practices by encouraging the use of sustainable materials, such as soy or beeswax, and minimizing waste in candle production.
- **Entrepreneurship:** Winning or participating in a candle-making competition can inspire individuals to pursue entrepreneurship in the candle industry, either as a hobby or a business venture.

Organizers of this event.

Sr. no.	Name	Designation	Department
1	Mrs. Renu Tandon	Associate Professor, Vice President, IIC	Commerce
2	Dr. Renu Bala	Assistant Professor, Convener, IIC	History
3	Mrs. Manmeet Kaur	Associate Professor, HOD	Home Science


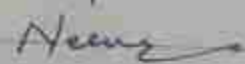
Judging Criteria

The judges of this events were Mrs. Ujla Dada Joshi (HOD, Department of English) and Dr. Neena Mittal ((HOD, Department of Hindi). They evaluated the candles based on criteria such as creativity, craftsmanship, presentation, and adherence to the theme. The first prize was awarded to Ridhi (B.A. Sem VI), Kanishka (BBF Sem II) and Mansi (B.A. Sem II) secured second position and Shalini (B.A. Sem III) got third position.

Activity Name Candle Making Competition
 Department Home Science
 Date 3/4/2024
 Time 11:40 a.m.

S. No.	Name	Class	Result
1	Ridhi	BA VI sem	I
2	Kanisha	BEP II sem	II
	Mansi	BA IV sem	II
3	Shalini	BA II sem	III

Judges Names

Name	Department	Remarks
Mrs Ujala Joshi	English	
Mrs Neena Mittal	Hindi	

GEOTAG PHOTOS





 **GPS Map Camera**



Jalandhar, Punjab, India
12, Old Jawar Nagar, Gobind Garh, Ramesh colony, Jalandhar, Punjab 144001, India
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12, Old Jawar Nagar, Gobind Garh, Ramesh colony, Jalandhar, Punjab 144001, India
Lat 31.326731°
Long 75.590738°
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12, Old Jawar Nagar, Gobind Garh, Ramesh colony, Jalandhar, Punjab 144001, India
Lat 31.326731°
Long 75.590738°
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12, Old Jawar Nagar, Gobind Garh, Ramesh colony, Jalandhar, Punjab 144001, India
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Lat 31.326731°
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03/04/24 12:04 PM GMT +05:30



ATTENDANCE OF STUDENTS



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re-accredited "A+" Grade (Second Cycle)

Name of Department/Club/ Society: Home Science
Name of Activity: Candle making competition
Time: 11:00 am
Date: 3/4/24
Venue: Home Science Lab

S. No	Name	Class	Roll No	Signature
1.	Manisha	B.A Sem 4	1511	<i>Manisha</i>
2.	Greetha Badhan	PG Sem 2	9605	<i>Greetha Badhan</i>
3.	Manmata Kalia	BA Sem 4	1506	<i>Manmata</i>
4.	Bireety	B.A Sem 4	1510	<i>Bireety</i>
5.	Tania Rai	B.A Sem 4th	1304	<i>Tania Rai</i>
6.	Nitya	B.A Sem 4th	1517	<i>Nitya</i>
7.	Samalpreet Kaur	BA Sem 4th	2007	<i>Samalpreet</i>
8.	Shikha	BBF Sem 2	10011	<i>Shikha</i>
9.	Manisha	BBF Sem 2	10006	<i>Manisha</i>
10.	Kanishka Kohli	BBF Sem 2	10008	<i>Kanishka</i>
11.	Mansi	BA Sem 1	1509	<i>Mansi</i>
12.	Riya	BA IV Sem	1524	<i>Riya</i>
13.	Nitika	BSc. Eco Sem 1	0804	<i>Nitika</i>
14.	Tamanna	BA 4th Sem	1505	<i>Tamanna</i>
15.	Supreet Kaur	BSC Eco IV	1704	<i>Supreet</i>
16.	Ruth Dhatti	BA Sem 4	1513	<i>Ruth</i>
17.	Neha Gill	B.A Sem 4	1507	<i>Neha</i>
18.	Bireety	B.A Sem	1512	<i>Bireety</i>



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re-accredited 'A+' Grade (Second Cycle)

Name of Department/Club/ Society: Home Science

Name of Activity: Candle making Competition

Time: 11:40 am

Date: 3/9/24 → 14/24

Venue: Home Science Lab

S. No	Name	Class	Roll No	Signature
19	Indumati Kaur	BA Sem IV	1002	
20	Harpreet	B.A Sem II	1076	
21	Kavita	BABEd Sem II	1312	
22	Amisha	B.A BEd Sem 4	1363	
23	Dhruvi	BABEd Sem 4	1361	
24	Prachi Dutt	BA BEd Sem 4th	1364	
25	Sehrajit Kaur	B.Ed (Comm) 2 Sem	610	
26	Khusli Sabharwal	B.A Sem II	1006	
27	Binder	B.A Sem II	1017	
28	Komal	B.A Sem II	1027	
29	Riya	B.A Sem 6	2005	
30	Manjot Kaur	B. Com Sem 2	3006	
31	Anisha	B. Com Sem 2	3040	
32	Manika	B.A 5th Sem	2013	
33	Pooja	B.A 5th Sem	2016	
34	Neha Kumari	B.A 6th Sem	2015	
35	Preeti Sharma	B.A 6th Sem	2025	
36	Ramandeep Kaur	B.A 6th Sem	2030	



Prem Chand Markanda S.D. College for Women, Jalandhar
NAAC Re-accredited 'A+' Grade (Second Cycle)

Name of Department/Club/ Society: Home Science

Name of Activity: Candle making Competition

Time: 11.00 am

Date: 3/4/23 3/4/23

Venue: Home Science Lab

S. No	Name	Class	Roll No	Signature
37	Kashish	B.A Sem 6 th	2011	Kashish
38	Diya Kohli	B.A Sem 6 th	2044	Diya Kohli
39	Kanika	B.A Sem 6 th	2036	Kanika
40	Muskan	B.A 6 th Sem	2035	Muskan
41	Jasmeen	B.B.F Sem II nd	10016	Jasmeen
42	Simran	B.B.F Sem II nd	10015	Simran
43	Riya	B.A Sem II nd	1048	Riya
44	Heena	B.Voc (Cosmo) II	625	Heena
45	Pallvi	B.Voc (Cosmo) II	617	Pallvi
46	Amrita	B.Voc (Cosmo) II	613	Amrita
47	Krushika	"	615	Krushika
48	Kashish	"	628	Kashish
49	Nidhi	"	614	Nidhi
50	Pallavi Thakur	B.A Sem 6 th	1531	Pallavi Thakur
51	Manisha	B.B.F	10006	Manisha
52	Kanishka Kohli	B.B.F	10008	Kanishka Kohli

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<https://www.facebook.com/pemsd.ac.in/posts/pfbid0HRzoWduGf8eQTMSJBrH8Wufoo1c25gSQLFnQ3E5vgJfbQJFrJt2BsCCcd3NCBkYI>