

Report

Activity	Celebration of Nation 'Independence Day'
Organising Committee	NSS Unit Dr.Sandeep Kumar Bansal (NSS Programme Officer) Prof. Ruchika Nachaal (NSS Programme Officer)
Date	August 14, 2023
Time	11.00 A.M.
Venue	College Campus
No of Participants	35 Students and 2 Teachers
Objectives of Event	To memorise the bravery and sacrifices made by our freedom fighters.

About the Event

Shree AtamVallabh Jain College celebrated the memorable day of Nation 'Independence Day' with great enthusiasm and gaiety. NSS unit of the college took an initiative under the guidance of IQAC and organised an event in the college campus. NSS volunteers of the college participated in 'HarGharTiranga' campaign. Students recited poems and patriotic song to memorise the bravery and sacrifices made by our freedom fighters. This day, which inculcates a sense of patriotism and national pride, is of great importance to all citizen. For the freedom, our Martyrs have paid a lot so we should respect this freedom and think for the growth of our country. The event concluded with National Anthem "JanaGanaMana".

Principal of the college Dr.Sandeep Kumar wished the staff members and students 'Happy Independence Day' and reminded the students that Freedom is a precious gift which comes with responsibilities.





[Handwritten Signature]
Convener



[Handwritten Signature]
Principal

List of Participants

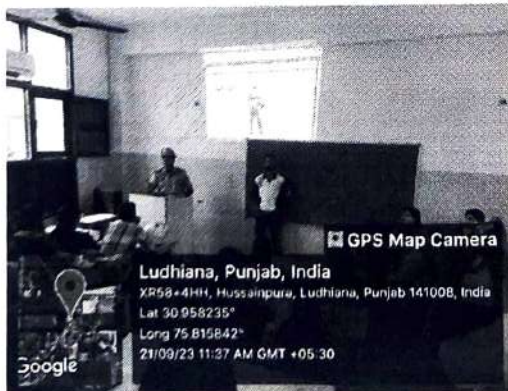
Sr.No.	Name	Class	Roll No
1.	SurmaniBamrah	BBA 1 st year	185
2.	JatinKainth	BBA 1 st year	195
3.	VarunArora	BBA 1 st year	187
4.	MaulikLoomba	BBA 1 st year	172
5.	Nitish Jain	BBA 1st year	175
6.	Riya Gupta	BBA 1 st year	181
7.	Sumansh	BBA 1st year	184
8.	BhavyaAhuja	BBA 1st year	155
9.	Maninder Singh	BBA 1st year	170
10.	Dipti	BBA 1 st year	157
11.	Dhruv	BBA 1 st year	156
12.	GauravBhardwaj	B. Com 2 nd year	1112
13.	Mannat Jain	B. Com 2 nd year	1125
14.	SakshiTiwari	B. Com 2 nd year	1150
15.	Prabhjeet Singh	B.Com 2 nd year	1135
16.	Tanisha	B.Com 2 nd year	1162
17.	Govinda	B.Com 2 nd year	1113
18.	Anjali Arora	B.Com 2 nd year	503
19.	Arshraj Sharma	B.Com 2 nd year	1009
20.	Chris Robert	B.Com 2 year	1013
21.	Anjali Arora	B.Com 2 nd year	1003
22.	Taranjeet Singh	B. Com 2 nd year	1060
23.	KhushiKanojia	B.Com 2 nd year	1031
24.	Yogesh	B. Com 3 rd year	1666
25.	ManavArora	B.Com 2 nd year	1625
26.	Rahil Sharma	BBA 1 st year	177
27.	Tamanna	BBA 2 nd year	50
28.	Atul Kumar	BBA 2 nd year	209
29.	Muhammad Irshad	B.Com 3 rd year	1618
30.	RaghavSoni	B.Com 3 rd year	1443
31.	Vishal Kumar yadav	B.Com 3 rd year	1432
32.	Jatin Sharma	B.Com 3 rd year	1427
33.	Aayush	B.Com 2 nd year	944
34.	JatinKainth	BBA 1 st year	195
35.	MANIK JINDAL	B.Com 3 rd year	1419

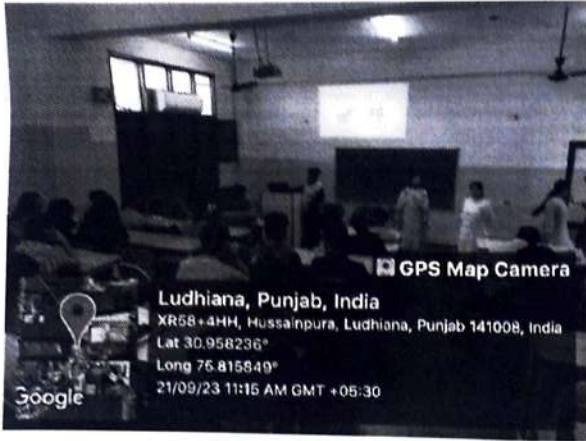
REPORT

Activity	- Road Safety and Traffic Awareness Session
Organising Committee	- Youth Club
Organising Team	- Prof. Amit Goyal and Prof. Rishu Jain
Date	- 21 st September, 2023
Time	- 11:00 am
Venues (3)	- Conference Hall, R. No. 1 and R. No. 4
No. of students	- 178 (lists attached)
No. of teachers	- Dr. Sandeep Bansal, Ms. Deepika Nanda, Ms. Preeti Jain, Ms. Avriti Tangri & Ms. Pallavi
Objective of the event	- To sensitise students regarding traffic rules

About the Event

With special emphasis to spread awareness for traffic rules and regulations, Youth Club of the college organized an interactive session on 'Road Safety and Traffic Awareness' in the college. Mr. Charanjiv Lamba, ACP Traffic, Ludhiana was the Chief guest of the event. A comprehensive and thought-provoking insight on the said had been provided by the Sh. Pankaj Kumar and Mrs. Iqbal Kaur (Trainers) of Children Traffic Training Park, Ludhiana. Students have been advised to be aware of the traffic marks, signals and lights while driving on the road. Students had been addressed to wear helmets while they drive two-wheelers. Traffic experts especially mentioned to stay focused and patient while driving as it reduces the cases of accidents at extent.





The President of College Management Committee Sh. Komal Kumar Jain along, Sh. Bhushan Jain with other members of committee and Principal of the College Dr. Sandeep Kumar eulogize the guidance program provided to the college students by the traffic unit. Youth Club of the college has been applauded for organizing such program keeping in view the utmost importance of such guidance to the students.

PRESS COVERAGE

ट्रैफिक जागरूकता और सुरक्षा पर सेशन करवाया

श्री आतम वल्लभ जैन कॉलेज में विद्यार्थियों को ट्रैफिक नियमों के प्रति जागरूक करने उद्देश्य से।

स्वदेशी च्यूथ/रजनी
लुधियाना, 21 सितंबर: श्री आतम वल्लभ जैन कॉलेज, लुधियाना के यूथ क्लब द्वारा ट्रैफिक जागरूकता एवं सुरक्षा पर एक सेशन का आयोजन किया गया। इसमें चरणजीव लाम्बा, एसीपी ट्रैफिक पुलिस सेशन में मुख्यअतिथि के रूप में उपस्थित हुए। युवश्रीत सिंह एचसी पुलिस (चिल्ड्रेन ट्रैफिक पार्क) के पंकज और इकबाल कौर (सुरक्षा प्रशिक्षक) इस सेशन के प्रमुख अतिथि थे। विद्यार्थियों को विभिन्न ट्रैफिक नियमों के बारे में जागरूकता पैपर्स पढ़ाए गए और दुर्घटनाओं से बचने के उपायों पर चर्चा की। उन्होंने विद्यार्थियों को ट्रैफिक नियमों का पालन नहीं करने के दुष्परिणामों के बारे में संज्ञापित किया। उन्होंने विद्यार्थियों को बचाव चलाते समय

श्री आतम वल्लभ जैन कॉलेज में यूथ क्लब ने युवाओं को किया जागरूक

सुर्य रखने और ध्यान केंद्रित करने की सलाह दी। विद्यार्थियों को सुरक्षा सवितों का पालन करने और दुर्घटनाओं के दौरान हेल्मेट पहनने के लिए निर्देशित किया। उन्होंने कहा कि जीवन अनमोल है और उचित सड़क सुरक्षा से हम कई लोगों की जान बचा सकते हैं। कॉलेज मैनेजिंग समिति के प्रधान संजय कुमार जैन, च्यूथ जैन मैनेजिंग कमेटी के अन्य सदस्यों एवं प्रिंसिपल डॉ. संदीप कुमार ने विद्यार्थियों को इस तरह के कार्यक्रमों को चालू रखने के लिए कॉलेज के यूथ क्लब की सराहना की और कहा कि ट्रैफिक नियमों का पालना करके ही दुर्घटनाओं से बच सकते हैं।

A session on 'Road Safety and Traffic Awareness' at Shree Atam Vallabh Jain College, Ludhiana. TRIBUNE PHOTO

SHREE ATAM VALLABH JAIN COLLEGE

Ludhiana: The youth club of Shree Atam Vallabh Jain College, Ludhiana, organised an interactive session on 'Road Safety and Traffic Awareness'. ACP (Traffic) Charanjiv Lamba was the chief guest while Pankaj Kumar and Iqbal Kaur trainer at Children Traffic Training Park were also present on the occasion. Students were advised to be aware of traffic signals, follow traffic rules like wearing helmet while driving two-wheelers. The experts told them to stay focused and patient while driving to reduce the risk of accidents.


(Amit Goyal)
Convener
Youth Club


21/9/23

Attendance Sheet

Traffic Awareness Session

21st September 2023

S. No.	Name	Roll No.	Class	Sign
1	Bhavika	1011	B.com II nd (A)	Bhavika
2	Smrta	1057	B.Com III rd (A)	Smrta
3	Rahul	1047	B.Com III rd (A)	Rahul
4)	Paateek Sharma	1030	B.Com II nd (A)	Paateek Sharma
5	Dev Verma	1067	B.com II nd (A)	Dev Verma
6)	Bijayanshu Singh	1045	B.Com II nd (A)	Bijayanshu
7	VANSH	1066	B.COM I A	Vansh
8)	Rupinder	550	B. Com I A	Rupinder
9)	Manan Naulakha	532	B. Com I A	Manan
10)	Naween	537	B. Com I A	Naween
11)	Binlesh Kumar	514	B. Com I A	Binlesh Kumar
12	Vanshika	565	B.COM I A	Vanshika
13	Diksha	519	B.COM I A	Diksha
14	Divishti	520	B.COM I A	Divishti
15	Bhumika	5103	B.COM I A	Bhumika
16	Aashima	501	B.COM I A	Aashima
17	Parvesh	542	B.COM I A	Parvesh
18	Hagan	522	B.COM I A	Hagan
19	Daman	517	B.COM I A	Daman
20	RAJAT	548	B.COM I A	Rajat
21	Divayansh	569	B.COM I A	Divayansh
22	Ekta	1015	B.COM II (A)	Ekta
23	Anju	1004	B.COM II (A)	Anju
24.	Riya	1050	B.COM II (A)	Riya

Shree Atam Vallabh Jain College, Ludhiana

Attendance Sheet

Traffic Awareness Session

21st September 2023

No.	Name	Roll No.	Class	Sign
1	Paras	650	B.Com I(B)	Paras
2	Kushal Sehgal	639	B.Com - II(B)	Kushal Sehgal
3	Manik Jain	673	B.Com - I(B)	Manik
4	Yuvraj	666	B.Com - I(B)	Yuvraj
5	Ayush	667	B.Com - I(B)	Ayush
6	Kunal Jari	637	B.COM - I(B)	Kunal Jari
7	Ashutosh Goyal	616	B.Com I(B)	Ashutosh
8	Daman	618	B.COM I(B)	Daman
9	Rampreet	657	B.Com I(B)	Rampreet
10	Aryan	614	B.Com I(B)	Aryan
11	Kalyan	631	B.Com I(B)	Kalyan
12	Jas Naub	627	B.Com I(B)	Jas Naub
13	Danish	619	B.COM I(B)	Danish
14	Aman	607	B.COM I(B)	Aman
15	Nikhil	646	B.Com I(B)	Nikhil

Shree Atam Vallabh Jain College, Ludhiana

Attendance Sheet

Traffic Awareness Session

21st September 2023

No.	Name	Roll No.	Class	Sign
1.	Tushar Sharma	252	B.B.A II	Tushar
2.	Roopam	242	B.B.A II	Roh
3.	Japreet	220	B.B.A II	Japreet
4.)	Kuldeep	229	B.B.A II	Kuldeep
5)	Lalchay	257	B.B.A II	Lalchay
6)	Himanshu Chary	217	B.B.A II	Himanshu
7)	Harmanv	213	B.B.A II	Harmanv
8)	Seswinder	223	B.B.A II	Seswinder
9)	Shrut	248	B.B.A II	Shrut
10	Madhavi	231	B.B.A II	Madhavi
11)	Aakshit Jain	215	B.B.A II	Aakshit
12)	Smrith	246	B.B.A II	Smrith
13)	AKASH	202	B.B.A II	AKASH
14)	Parvati	234	B.B.A II	Parvati

Shree Atam Vallabh Jain College, Ludhiana

Attendance Sheet

Traffic Awareness Session

21st September 2023

No.	Name	Roll No.	Class	Sign
1.	Tushar Sharma	252	B.B.A II	Tushar
2.	Roopam	242	B.B.A II	Roh
3.	Japreet	220	B.B.A II	Japreet
4.)	Kuldeep	229	B.B.A II	Kuldeep
5.)	Lalchay	257	B.B.A II	Lalchay
6.)	Himanshu Garg	217	B.B.A II	Himanshu
7.)	Harmanv	213	B.B.A II	Harmanv
8.)	Saswinder	223	B.B.A II	Saswinder
9.)	Shant	248	B.B.A II	Shant
10	Madhavi	231	B.B.A II	Madhavi
11)	Hanshit Jain	215	B.B.A II	Hanshit
12)	Smarth	246	B.B.A II	Smarth
13)	AKASH	202	B.B.A II	AKASH
14)	Parvati	234	B.B.A II	Parvati

Shree Atam Vallabh Jain College, Ludhiana

Attendance Sheet

Traffic Awareness Session

21st September 2023

No.	Name	Roll No.	Class	Sign
1.	Gurik Sagar Narula	110	BBA (I)	Gurik Sagar
2.	Jarun	135	BBA (I)	Jarun
3.	Sujal Kumar	146	BBA (I)	Sujal
4.	Tushar Singh	137	BBA (I)	Tushar Singh
5.	Krish Sharma	166	BBA-1 (B)	Krish Sharma
6.	Naman Jain	174	BBA-1 (B)	Naman Jain
7.	Nitish Jain	175	BBA-1 (B)	Nitish Jain
8.	Suraj Bhanot	133	BBA (I)	Suraj
9.	Tamanna	134	BBA-I (A)	Tamanna
10.	Divya Jain	108	BBA-I (A)	Divya Jain
11.	Jyoti Gupta	113	BBA-I (A)	Jyoti
12.	Jatin Kaur	195	BBA-1 (B)	Jatin Kaur
13.	Nikhil Mittal	126	BBA-I (A)	Nikhil
14.	Japen Jot Singh	163	BBA-1 (B)	Japen Jot
15.	Rahil Sharma	177	BBA-I (B)	Rahil Sharma
16.	Maninder Singh	170	BBA-I (A)	Maninder Singh
17.	Manjinder Singh	171	BBA-I (B)	Manjinder Singh
18.	DARUV	156	BBA-I (B)	DARUV
19.	Rovish	151	BBA-I (B)	Rovish
20.	Maulik Lamba	172	BBA-I (B)	Maulik Lamba

Attendance Sheet

Traffic Awareness Session

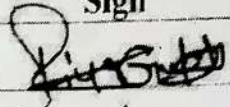
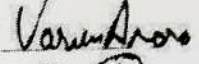

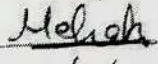

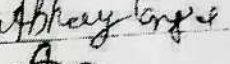


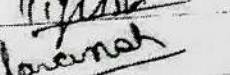
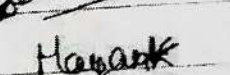
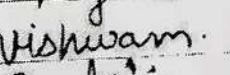

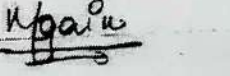

21st September 2023

No.	Name	Roll No.	Class	Sign
1.	Harshita Dager	1024	B.Com III	Harshita
2.	Taranjeet Singh	1060	B.Com III	Taranjeet
3.	Luv Sehgal	1034	B.Com III	Luv
4.	Simranjot Singh	1055	B.Com III	Simranjot
5.	Prince Kumar	1044	B.Com III	Prince
6.	Gaurav Chakra	1016	B.Com II	Gaurav
7.	Aman Sharma	188	BBA-I (B)	Aman
8.	Krishna	167	BBA-I	Krishna
9.	Raj	179	BBA-I	Raj
10.	Hardik Bansal	161	BBA-I (B)	Hardik
11.	Akshita Passi	123	BBA-I (A)	Akshita
12.	Sneha	130	BBA-I (A)	Sneha
13.	Khushi	116	BBA-I (A)	Khushi
14.	Lakshay	168	BBA-I (B)	Lakshay
15.	Prince Sehdev	176	BBA-I (B)	Prince
16.	Muskan	183	BBA-I (B)	Muskan
17.	Richa	180	BBA-I (B)	Richa
18.	Divyanshi Jain	158	BBA-I (B)	Divyanshi
19.	Susmani	185	BBA-I (B)	Susmani
20.	Manan Jain	169	BBA-I (B)	Manan
21.	Abhinav Khanna	152	BBA-I (B)	Abhinav
22.	Om Verma	127	BBA-I (A)	Om Verma
23.	Mayank DUA	121	BBA-I (A)	Mayank
24.	Tanzeel	102	BBA-I (A)	Tanzeel

Attendance Sheet

Traffic Awareness Session

21st September 2023

S. No.	Name	Roll No.	Class	Sign
1	Riya Gupta	181	B.BA 1st(B)	
2	Varun Anand	187	B.C.A 1st(B)	
3	Dipti	157	B.BA 1 st (B)	
4	Mehak	173	B.B.A-1(B)	
5	Vishvayat	141	BBA-1(A)	
6	Abhay Tangri	120	BBA-1(A)	
7	Gaurav	517	B.Com-II(A)	
8	Mainal Jain	122	B.B.A -I(B)	
9	Piyush Kapoor	194	B.B.A FT(B)	
10	Sanam Khatola	131	B.B.A-I(A)	
11	Mayank	145	B.B.A I(A)	
12	Vishwam	138	B.B.A-I(A)	
13	Smriti Verma	182	BBA-I(B)	
14	Nanya Jain	125	BBA-I(A)	

Attendance Sheet

Traffic Awareness Session

21st September 2023

S. No.	Name	Roll No.	Class	Sign
1.	Sheruti	558	B.COM-1(A)	Sheruti
2.	Purwashi	544	B.Com-1(A)	Purwashi
3.	Naina	534	B. Com (A) I st	Naina
4.	Prabjeet Tam	512	B. Com. (A) I st	Prabjeet
5.	Parth Talwar	1042	B. COM (A) II	Parth Talwar
6.	Gyantim Sharma	1019.	B. Com. A II	Gyantim
7.	JAI DUBEY	526	B. Com A I	Jai Dubey
8.	Neeraj	538	B. com A I y	Neeraj
9.	Khushi	1031	B. Com II year	Khushi
10.	Pooja	1048	B. Com II year	Pooja
11.	Ashutosh Thakur	1010	B. Com II year	Ashutosh
12.	Rachit Sharma	545	B. Com I year	Rachit
13.	Nakul Nayyar	572	B. Com I Year	Nakul
14.	Raghav Gupta	571	B. COM I Year	Raghav
15.	Akshit Aurora	525	B. Com I Year	Akshit
16.	Navdeep Singh	535	B. Com I Year A	Navdeep Singh
17.	Korish Shrivastava	1082	B. com II year	Korish
18.	Anubhav	1007	B. Com II Year	Anubhav
19.	CHRIS	1013	B. Com. II Year.	CHRIS
20.	Yugam Sehgal	1064	B. Com II Year	Yugam
21.	Naman Jain	1041	B. Com II Year	Naman Jain
22.	Yugam Sehgal Gyantim Kohli	1018	B. Com II Year	Gyantim
23.	Kanav Jood	413	B. Com - 1	Kanav
24.	Raghav Jindal	422	B. Com - 1	Raghav Jindal
25.	Sarthak Jain	438	B. Com - 1	Sarthak

Shree Atam Vallabh Jain College, Ludhiana

Attendance Sheet

Traffic Awareness Session

21st September 2023

S. No.	Name	Roll No.	Class	Sign
1	Ujjwal	253	BBA-2 nd year	Ujjwal
2	RISHITA	239	BBA-2 nd year	Rishita
3	Poojy	236	BBA-2 nd Year	Poojy
4	Khuski	225	BBA-2 year	Ques
5	Ritik	240	BBA-2 year	Ritik
6	Milan Jain	1065	B.COM - 2 Year	Milan Jain
7	Pratham Ahuja	1069	B.com-2 Year	Pratham
8	Harmay	1022	B. Com 2 year	Harmay
9	Shiva	1053	com 2 year	Shiva
10	Bhavya Jain	403	B. Com 1 year	Bhavya Jain
11	CHETAN KUNDRA	404	B. Com 1 year	CHETAN
12	PARAS	418	B. Com 1 year	PARAS
13	Divanshi Jain	407	B. Com 1 year	Divanshi
14	Anshika	401	B. Com 1 year	Anshika
15	Bhavni	402	B. Com 1 year	Bhavni
16	Tamara Ohri	432	B. Com 1 yr	Tamara
17	Vanshika Gaba	434	B. Com 1 yr	Vanshika
18	Vanshika Saini	435	B. Com 1 yr	Vanshika
19	Vedika Panna	436	B. Com 1 yr	Vedika
20	Prithvi Raj Jena	421	B. Com 1 yr	Prithvi
21	Rajeev Kochan	423	B. Com 1 yr	Rajeev
22	Paaw Jain	420	B. Com 1 yr	Paaw Jain
23	Chetanaya	405	B. Com 1 yr	Chetanaya
24	Somit Kumar	430	B. Com-P	Somit Kumar
25	Gaurvit Kumar	410	B. Com I	Gaurvit

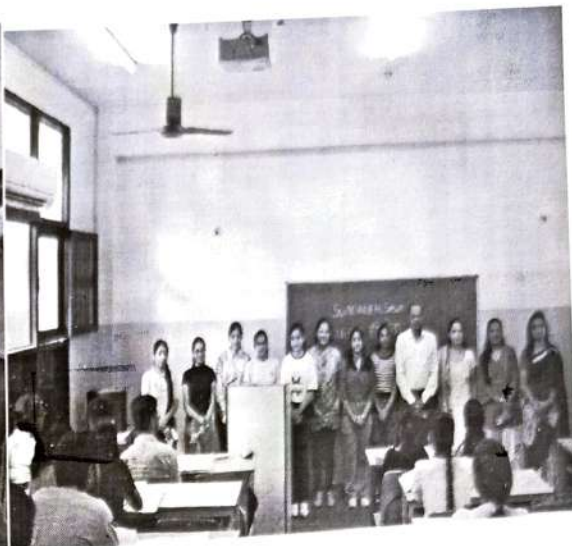
Report

Activity	Pledge Ceremony under “Swachhata Hi Seva” Campaign
Organising Committee	NSS Unit& Eco Club Dr.Sandeep Kumar Bansal (NSS Programme Officer) Prof. Ruchika Nachaal (NSS Programme Officer)
Date	September 24, 2023
Time	11.00 A.M.
Venue	College Campus
No of Participants	45 Students and 2 Teachers
Objectives of Event	To spread awareness about cleanliness in the society to adopt better sanitation and hygiene practices amongst the masses.

About The Event

NSS Unit and Eco Club of Shree AtamVallabh Jain College, Ludhiana started the “**Swachhata Hi Seva**” campaign to spread awareness about cleanliness in the society and to adopt better sanitation and hygiene practices amongst the masses. College organized the **Pledge Ceremony under the guidance of worthy Principal, Dr.Sandeep Kumar**. The Swachhta Pledge was taken by the students and staff of the college. On this occasion, Principal of the college emphasized on the need of Swachh Bharat Abhiyan. He added that a clean India would be the best tribute India can pay to Mahatma Gandhi. He exhorted the students to fulfill Gandhi ji's dream of a clean and hygienic India.

Principal Dr. Sandeep Kumar commended the efforts of all the committees involved in organizing the program. They underscored the significance of cleanliness, urging students to start practicing it at home and motivating them to inspire their family members and fellow citizens to contribute to the creation of a healthier nation




Convener


Principal

List of Participants

Sr.No.	Name	Class	Roll No
1.	SurmaniBamrah	BBA 1 st year	185
2.	JatinKainth	BBA 1 st year	195
3.	VarunArora	BBA 1 st year	187
4.	MaulikLoomba	BBA 1 st year	172
5.	Nitish Jain	BBA 1st year	175
6.	Riya Gupta	BBA 1 st year	181
7.	Sumansh	BBA 1st year	184
8.	BhavyaAhuja	BBA 1st year	155
9.	Maninder Singh	BBA 1st year	170
10.	Dipti	BBA 1 st year	157
11.	Dhruv	BBA 1 st year	156
12.	GauravBhardwaj	B. Com 2 nd year	1112
13.	Mannat Jain	B. Com 2 nd year	1125
14.	SakshiTiwari	B. Com 2 nd year	1150
15.	Prabhjeet Singh	B.Com 2 nd year	1135
16.	Tanisha	B.Com 2 nd year	1162
17.	Govinda	B.Com 2 nd year	1113
18.	Anjali Arora	B.Com 2 nd year	503
19.	Arshraj Sharma	B.Com 2 nd year	1009
20.	Chris Robert	B.Com 2 year	1013
21.	Anjali Arora	B.Com 2 nd year	1003
22.	Taranjeet Singh	B. Com 2 nd year	1060
23.	KhushiKanojia	B.Com 2 nd year	1031
24.	Yogesh	B. Com 3 rd year	1666
25.	ManavArora	B.Com 2 nd year	1625
26.	Rahil Sharma	BBA 1 st year	177
27.	Tamanna	BBA 2 nd year	50
28.	Atul Kumar	BBA 2 nd year	209
29.	Muhammad Irshad	B.Com 3 rd year	1618
30.	RaghavSoni	B.Com 3 rd year	1443
31.	Vishal Kumar yadav	B.Com 3 rd year	1432
32.	Jatin Sharma	B.Com 3 rd year	1427
33.	Aayush	B.Com 2 nd year	944
34.	JatinKainth	BBA 1 st year	195
35.	MANIK JINDAL	B.Com 3 rd year	1419
36.	Geetanshi	BBA 3 rd year	209
37.	Naveen	B.Com 3 rd year	1620
38.	Shashank	B.Com 3 rd year	1602
39.	Jatin Jain	B Com 3 rd year	1504
39.	Jatin Jain	B.Com 3 rd year	1439
40.	Vishali	B.Com 2nd year	1168
41.	Vishakha	B.Com 2 nd year	1012
42.	BhoomikaDhingra	B.Com 2 nd year	1012
42.	BhoomikaDhingra	B.Com 3rd year	1436
43.	Abhishek		

44.	JITENDER GARG	B.Com 3 rd year	1553
45.	Karanvir Singh	B.Com 3 rd year	1434

Report

Activity	Swachh Bharat Mission Under "Swachhata Hi Seva" Campaign
Organising Committee	NSS Unit & Eco Club Dr. Sandeep Kumar Bansal (NSS Programme Officer) Prof. Ruchika Nachaal (NSS Programme Officer)
Date	September 27, 2023
Time	11.00 A.M.
Venue	College Campus
No of Participants	46 Students and 5 Teachers
Objectives of Event	To raise awareness about cleanliness within society and promote improved sanitation and hygiene practices among the masses.

About the Event

NSS Unit and Eco Club of Shree Atam Vallabh Jain College in Ludhiana initiated a "Swachhata Hi Seva" campaign in alignment with the "Swachh Bharat Mission." This endeavor aimed to raise awareness about cleanliness within society and promote improved sanitation and hygiene practices among the masses. To mark this occasion, students engaged in various cleanliness activities within the college premises. Principal Dr. Sandeep Kumar stressed the importance of the Swachh Bharat Abhiyan and emphasized that a clean India would be the most fitting tribute to Mahatma Gandhi.

Principal Dr. Sandeep Kumar, commended the efforts of all the committees involved in organizing the program. They underscored the significance of cleanliness, urging students to start

practicing it at home and motivating them to inspire their family members and fellow citizens to contribute to the society.



स्वच्छता ही सेवा अभियान: कॉलेज परिसर की सफाई का काम शुरू

तुधियाना श्री आत्म वल्लभ जैन कॉलेज में प्रिंसिपल डॉ. संदीप कुमार के मार्गदर्शन में एनएसएस इकाई और इको क्लब ने स्वच्छता ही



सेवा अभियान समाज में स्वच्छता के प्रति जागरूकता फैलाने के लिए शुरू किया गया। एनएसएस स्वयंसेवकों ने कॉलेज परिसर की सफाई करने का महत्वाकांक्षी

कार्य शुरू किया। इसका मुख्य उद्देश्य लोगों को आसपास के पर्यावरण और खुद को स्वच्छ रखने के प्रति जागरूक करना रहा। प्रिंसिपल ने बताया कि स्वच्छता ही सेवा मिशन 2 अक्टूबर को प्रधानमंत्री मोदी की तरफ से राष्ट्रपिता महात्मा गांधी को श्रद्धांजलि देने के लिए शुरू किया गया। स्वच्छ भारत ही महात्मा गांधी को दी जाने वाली सबसे अच्छी श्रद्धांजलि होगी। उन्होंने छात्रों से गांधी जी का स्वच्छ भारत का सपना पूरा करने का आह्वान किया।


Convener


Principal

List of Participants

Sr.No.	Name	Class	Roll No
1.	SurmaniBamrah	BBA 1 st year	185
2.	JatinKainth	BBA 1 st year	195
3.	VarunArora	BBA 1 st year	187
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42.	BhoomikaDhingra	B.Com 2 nd year	1012

43.	Abhishek	B.Com 3rd year	1436
44.	JITENDER GARG	B.Com 3 rd year	1553
45.	Karanvir Singh	B.Com 3 rd year	1434
46.	DivyanshSaddana	B.Com 3 rd year	1513

Report

Activity	Extension lecture under the theme "Say No To Drugs"
Organising Committee	Red Ribbon, Youth Club & NSS Unit Amit Goyal (Convener) Dr. Rishu Jain (Co-Convener) Dr. Sandeep Bansal (NSS, Programme Officer) Ms. Ruchika Nachaal (NSS, Programme Officer)
Date	September 28, 2023
Time	11.00 A.M.
Venue	College Campus
No of Participants	70 Students and 4 Teachers
Objectives of Event	To raise awareness about the severe consequences of drug abuse with a focus on its impact on young individuals

About the Event

Shree Atam Vallabh Jain College in Ludhiana recently organized an extension lecture under the theme "Say No To Drugs." The Youth Club and the NSS Unit of the college spearheaded this important initiative, with respected figures like S. Paramjit Singh Panesar (Retd. Principal), S. Balwant Singh Bhikhi (Raj Puruskar Vijeta), and S. Sukhwinder Singh (Sanjh Kender Incharge, Salem Tabri) as key speakers, alongside dedicated staff. The lecture's primary objective was to raise awareness about the severe consequences of drug abuse, with a focus on its impact on young individuals. It stressed how turning to drugs can be a misguided response to depression and psychological struggles, jeopardizing critical brain development and leading to health issues such as heart disease, hypertension, and sleep disorders. Furthermore, drug use impairs decision-making abilities.



Shree Atam Vallabh Jain College, Ludhiana

Attendance Sheet

Session on Drug Abuse - In Collaboration with Punjab Police
28th September, 2023

No.	Name	Roll No.	Class	Sign
	Manik Jindal	1419	B. Com	
	Nakul Gupta	1422	B. Com 5 MB	<u>Nakul</u>
	Mokshi Kathuria	1423	B. Com 5 MB	<u>Mokshi</u>
	Shubhree	1415	B. Com 5 MB	<u>Shubhree</u>
	Gautam Jain	1420	B. Com 5 MB	<u>Gautam</u>
	Raghar Soni	1443	B. Com 5 MB	<u>Raghar Soni</u>
	Nitanshu Arora	1428	B. Com 5 MB	<u>Nitanshu</u>
	Aagam Jain	1445	B. Com 5 MB	<u>Aagam</u>
	Narajot Singh	1437	B. Com 5 MB	<u>Narajot</u>
10	Raghar Singh	1409	B. Com 5 MB	<u>Raghar Singh</u>
11	Ketan Singh	1426	B. Com 5 MB	<u>Ketan</u>
12	Jatin Sharma	1427	B. Com 5 MB	<u>Jatin</u>
13	Maulik Lombar	172	BBA 1st	<u>Maulik</u>
14	Dhruv	156	BBA 1st	<u>Dhruv</u>
15	Rahil Sharma	177	BBA 1st	<u>Rahil</u>
16	Shreyas Ahuja	155	BBA 1st	<u>Shreyas</u>
17	Jatin Kainth	195	BBA 1st	<u>Jatin</u>
18	Krishna Jaiswal	167	BBA 1st B	<u>Krishna</u>
19	Raj	179	BBA 1st B	<u>Raj</u>
20	Maninder Singh	170	BBA 1st B	<u>Maninder</u>
21	Muskan	183	BBA - 1st B	<u>Muskan</u>
22	Richa	180	BBA - 1st B	<u>Richa</u>
23	Shikha Pathak	1628	B. Com - 2nd B	<u>Shikha Pathak</u>
24	Shruti Verma	182	BBA - 1st B	<u>Shruti</u>
25	Dipti	157	BBA - 1st B	<u>Dipti</u>
26	Riya	181	BBA - 1st B	<u>Riya</u>
27	Mehak	173	BBA - 1st B	<u>Mehak</u>
28	Naman Jain	174	BBA - 1 B	<u>Naman Jain</u>
29	Divyanshi Jain	158	BBA - 1(B)	<u>Divyanshi</u>
30	Suamini	185	BBA - 1(B)	<u>Suamini</u>
31	Delit Anikta	812	BCA - 1	<u>Rohit</u>

32	Khushi Gupta	226	BBA II	Khushi
33	Parvati	234	BBA II	Parvati
34	Yuvraj Kanyal	666	B. Com I	Yuvraj
35	Keishma Sharma	635	B. Com I (B)	Keishma
36	Lovish Sharma	640	B. Com I (B)	Lovish
37	Harshika Bansal	161	BBA I (B)	Harshika
38	Keish Sharma	166	BBA I (B)	Keishma
39	Akshat Jain	175	B. B. A - I (B)	Akshat
40	Utkarsh Kumar	664	B. Com - I (B)	Utkarsh
41	Nikhil	646	B. Com - I (B)	Nikhil
42	Riati	317	BBA III	Riati
43	Amandeep Pathak	319	BBA III	Amandeep
44	Sarthak Jain	438	B. Com III (I)	Sarthak
45	Prince Sidhu	176	BBA - I (B)	Prince
46	Lakshay	168	BBA - I (B)	Lakshay

Attendance Sheet

Session on Drug Abuse - In Collaboration with Punjab Police
28th September, 2023

No.	Name	Roll No.	Class	Sign
	Himanshu	625	B.Com-I(A)	Himanshu
	Ishaan	622	B.Com-I(B)	Ishaan
	Khushnuma	632	B.Com-I(B)	Khushnuma
	Bhoomi	662	B.Com-I(B)	Bhoomi
	Kunkum	636	B.Com-I(B)	Kunkum
	Jyoti	113	BBA-I(A)	Jyoti
	Rishabh Verma	803	BCA	Rishabh
	Divya	108	BBA-I(A)	Divya
	Tamanna	134	BBA-I(A)	Tamanna
	Bhavin Kohli	402	B.Com-I(B)	Bhavin
11	Tushar Singh	137	BBA-I(A)	Tushar Singh
	Kunal Sehgal	639	B.Com-I(B)	Kunal Sehgal
	Kunal Sni	637	B.Com-I(B)	Kunal Sni
14	Paras	650	B.Com-I(B)	Paras
15	Ayush	633	B.Com-I(B)	Ayush
16	Priyank	6333	B.Com-I(B)	Priyank
17	Sujal	146	BBA-I(A)	Sujal
18	Himanshu	218	BBA-II	Himanshu
19	Tushar Sharma	252	BBA-II	Tushar
20	Tapneet Singh	220	BBA-II	Tapneet
21)	Azmaansood	206	BBA-II	Azmaansood
22)	Preeti	236	BBA-II	Preeti
23)	Samarth	246	BBA-II	Samarth
24)	Madhav	231	BBA-II	Madhav
25)	Manish Vrajak	1514	B.Com-III	Manish
26)	Saijal	245	BBA-II	Saijal
27)	Jaswinder Kaur	223	BBA-II	Jaswinder
28)	Akshara	203	BBA-II	Akshara
29	Jaskirat Singh	670	B.Com-I(B)	Jaskirat Singh
30	Abhay Tangeo	120	BBA-I(A)	Abhay

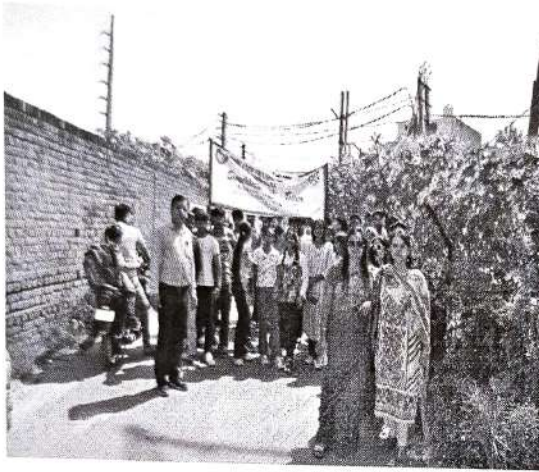
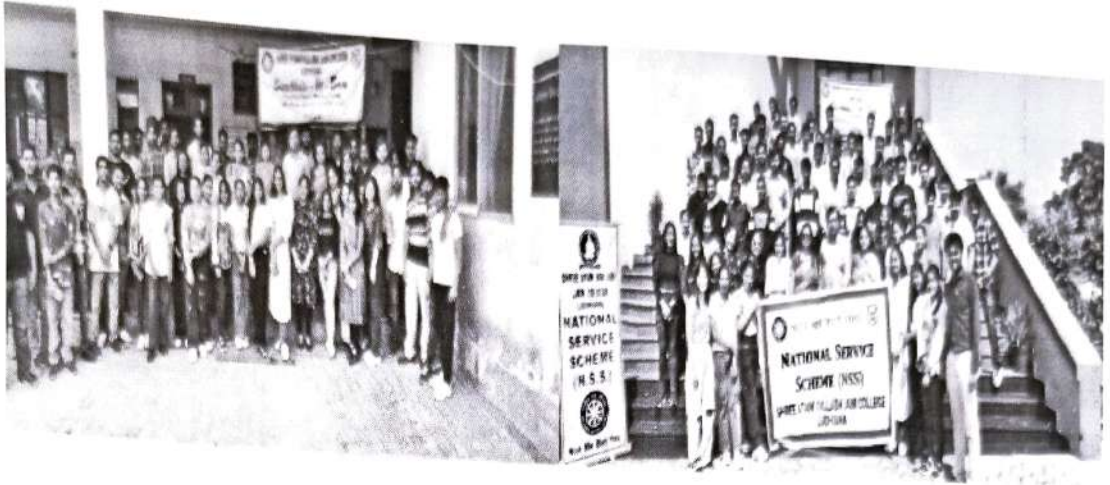
30) Romit	316	BBA - <u>III</u>	<u>Romit</u>
31) Jass	627	B.Com IB	<u>Jass</u>
32) Tarun	135	B.B.A - I	<u>Tarun</u>

Report

Activity	Awareness rally under the Campaign of " Swachhata -Hi-Seva "
Organising Committee	Red Ribbon Club, NSS Unit & Eco Club Dr.Sandeep Kumar Bansal (NSS Programme Officer) Prof. RuchikaNachaal (NSS Programme Officer)
Date	September 29, 2023
Time	11.00 A.M.
Venue	Village Hussainpura
No of Participants	60 Students and 5 Teachers
Objectives of Event	To make people aware about cleanliness and an appeal was made to bring constructive change in society.

About the Event

NSS Unit and Eco Club **ShreeAtamVallabh Jain College**, Ludhiana organised a noteworthy awareness rally under the Campaign of "**Swachhata -Hi-Seva**". This rally was organised to make people aware about cleanliness and an appeal was made to bring constructive change in society. Dr. Sandeep Kumar officially inaugurated the rally, granting his permission and extending his best wishes to the NSS unit and participants. It was a display of enthusiasm as NSS volunteers passionately chanted slogans advocating "Clean India," "Green India," and other relevant cleanliness-related themes. The rally followed a predetermined route, concluding at the college after passing through **ShriAtamVallabh Jain Public School**. Along the way, students **Khushi Gupta** and **Navya** informed the students on the significance of cleanliness and its integration into daily routines.




Convener


Principal

List of Participants

Sr.No.	Name	Class	Roll No
1.	SurmaniBamrah	BBA 1 st year	185
2.	JatinKainth	BBA 1 st year	195
3.	VarunArora	BBA 1 st year	187
4.	MaulikLoomba	BBA 1 st year	172
5.	Nitish Jain	BBA 1st year	175
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13.	Mannat Jain	B. Com 2 nd year	1125
14.	SakshiTiwari	B. Com 2 nd year	1150
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45.	Karanvir Singh	B. Com 3 rd year	1434
46.	DivyanshSaddana	B. Com 3 rd year	1513
47.	Maitree Jain	B. Com 2 nd year	1036

48.	Vanshikarai	B.Com 2nd year	1166
49.	VarunDilawar	B.Com 5 th year	1412
50.	Jaspreet Singh	B.Com 3rd year	1653
51.	Parkash Singh	B.Com 2 nd year	1132
52.	MansiThapar	B.Com 2 nd year	1038
53.	Himane Gupta	B.Com 3 rd year	1511
54.	Misha	B.Com 3 rd year	1421
55.	Ketan Sharma	B.Com 3 rd year	1552
56.	AMAN HANS	BBA 1 st year	164
57.	ShivamArora	B.Com 3 rd year	1527
58.	Sahzad Ali	B.Com 3 rd year	1524
59.	Sukhpreet Singh	B.Com 3 rd sem.	1538
60.	ChandanVerma	B.Com 3 rd year	1530

Report

Activity	Shramdaan hi Mahadaan
Organising Committee	NSS Unit Dr.Sandeep Kumar Bansal (NSS Programme Officer) Prof. RuchikaNachaal (NSS Programme Officer)
Date	October 2,2023
Time	11.00 A.M.
Venue	College Campus
No of Participants	45 Students and 2 Teachers
Objectives of Event	To give the message of Shramdaan hi Mahadaan to the people by cleaning the college campus area and used this opportunity to pay tribute to Mahatma Gandhi.

About the Event

The NSS unit of Shree AtamVallabh Jain College, under the guidance of Principal Dr. Sandeep Kumar, gave the message of Shramdaan hi Mahadaan to the people by running a cleanliness drive under Swachhata Hi Seva campaign. Under this campaign, dedicated NSS Programme officers DrSandeepBansal and Prof. RuchikaNachaal and volunteers undertook the task of cleaning the college campus area and used this opportunity to pay tribute to Mahatma Gandhi. They conveyed the powerful message that small changes in our daily routines, such as reducing single-use plastic and opting for eco-friendly alternatives can collectively create a significant impact on our environment.

The NSS volunteers meticulously collected garbage, stressing the importance of responsible waste management, including the segregation of dry waste and wet waste and proper disposal methods. They didn't limit their efforts to the college campus; they also took it upon themselves

The NSS volunteers meticulously collected garbage, stressing the importance of responsible waste management, including the segregation of dry waste and wet waste and proper disposal methods. They didn't limit their efforts to the college campus; they also took it upon themselves to spread the message of environmental cleanliness to the broader public. Furthermore, the students made a solemn commitment to maintain a clean and green campus.



स्वच्छता ही सेवा अभियान के तहत श्री आत्मवल्लभ जैन कालेज के विद्यार्थियों ने किया श्रमदान



'स्वच्छता ही सेवा' अभियान के अंतर्गत श्री आत्मवल्लभ जैन कालेज द्वारा किए श्रमदान मौके पर विद्यार्थी व स्टाफ।

लुधियाना, 3 अक्टूबर (भूपेश): श्री आत्मवल्लभ जैन कालेज के प्रिंसिपल डा. संदीप कुमार के मार्गदर्शन में कालेज की एन.एस.एस. इकाई के कार्यक्रम अधिकारी डा. संदीप बंसल और प्रो. रुचिका ननचहल ने स्वच्छता ही सेवा अभियान के तहत सफाई मुहिम चलाकर श्रमदान ही महादान का संदेश लोगों को दिया।

एन.एस.एस. स्वयं सेवकों ने इस अभियान में कालेज परिसर के क्षेत्र की सफाई करके कचरा एकत्र किया और उन्होंने महात्मा गांधी जी को यह संदेश देते हुए श्रद्धांजलि अर्पित की कि हम अपनी

आदतों में छोटे छोटे बदलाव जैसे एकल उपयोग प्लास्टिक से परहेज, गीले और सूखे कचरे को अलग करना और कचरे का उचित निपटान करके अपने समाज में सकारात्मक बदलाव ला सकते हैं। छात्राओं ने परिसर को स्वच्छ एवं हरा-भरा रखने का संकल्प भी लिया।

कालेज प्रबंधन कमेटी के प्रधान क्रोमल कुमार जैन ड्यूक के साथ समिति के अन्य सदस्यों और कालेज प्रिंसिपल ने परिसर तथा आसपास के वातावरण को स्वच्छ बनाए रखने के लिए प्रेरित किया।


Convener


Principal

List of participants

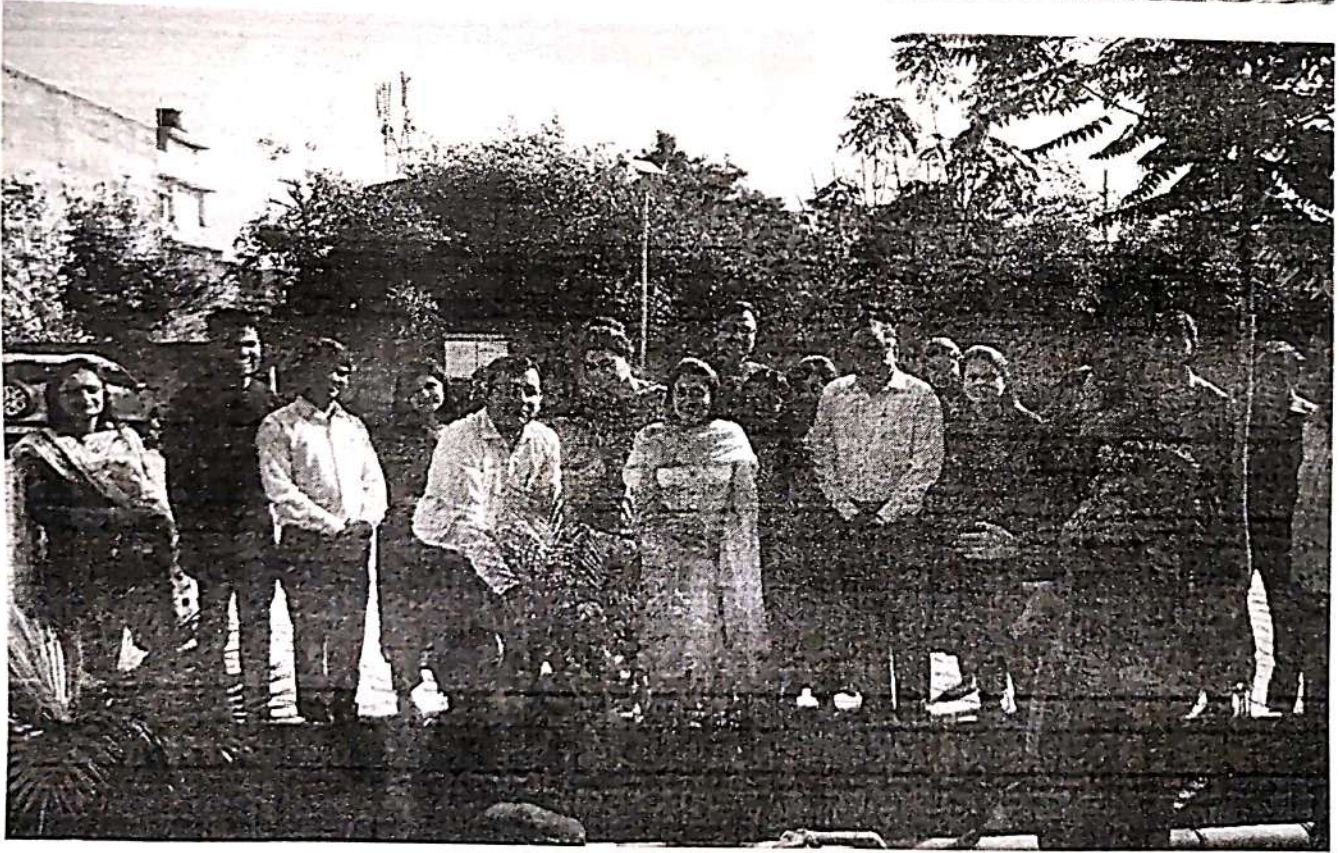
Sr.No.	Name	Class	Roll No
1.	SurmaniBamrah	BBA 1 st year	185
2.	JatinKainth	BBA 1 st year	195
3.	VarunArora	BBA 1 st year	187
4.	MaulikLoomba	BBA 1 st year	172
5.	Nitish Jain	BBA 1st year	175
6.	Riya Gupta	BBA 1 st year	181
7.	Sumansh	BBA 1st year	184
8.	BhavyaAhuja	BBA 1st year	155
9.	Maninder Singh	BBA 1st year	170
10.	Dipti	BBA 1 st year	157
11.	Dhruv	BBA 1 st year	156
12.	GauravBhardwaj	B. Com 2 nd year	1112
13.	Mannat Jain	B. Com 2 nd year	1125
14.	SakshiTiwari	B. Com 2 nd year	1150
15.	Prabhjeet Singh	B. Com 2 nd year	1135
16.	Tanisha	B. Com 2 nd year	1162
17.	Govinda	B. Com 2 nd year	1113
18.	Anjali Arora	B. Com 2 nd year	503
19.	Arshraj Sharma	B. Com 2 nd year	1009
20.	Chris Robert	B. Com 2 year	1013
21.	Anjali Arora	B. Com 2 nd year	1003
22.	Taranjeet Singh	B. Com 2 nd year	1060
23.	KhushiKanojia	B. Com 2 nd year	1031
24.	Yogesh	B. Com 3 rd year	1666
25.	ManavArora	B. Com 2 nd year	1625
26.	Rahil Sharma	BBA 1 st year	177
27.	Tamanna	BBA 2 nd year	50
28.	Atul Kumar	BBA 2 nd year	209
29.	Muhammad Irshad	B. Com 3 rd year	1618
30.	RaghavSoni	B. Com 3 rd year	1443
31.	Vishal Kumar yadav	B. Com 3 rd year	1432
32.	Jatin Sharma	B. Com 3 rd year	1427
33.	Aayush	B. Com 2 nd year	944
34.	JatinKainth	BBA 1 st year	195
35.	MANIK JINDAL	B. Com 3 rd year	1419
36.	Geetanshi	BBA 3 rd year	209
37.	Naveen	B. Com 3 rd year	1620
38.	Shashank	B. Com 3 rd year	1602
39.	Jatin Jain	B. Com 3 rd year	1504
40.	Vishali	B. Com 3 rd year	1439
41.	Vishakha	B. Com 2nd year	1168
42.	BhoomikaDhingra	B. Com 2 nd year	1012
43.	Abhishek	B. Com 3rd year	1436
44.	JITENDER GARG	B. Com 3 rd year	1553
45.	Karanvir Singh	B. Com 3 rd year	1434

Report of Green Diwali Celebration

Session:	2023-2024
Activity:	Green Diwali Celebration
Organizing Committee:	Eco club Dr. Charanjit Kaur (Convener), Dr. Shilpa (Member) Prof. Ruchika Nachaal (Member) Prof. Deepika Nanda
Date:	November 10, 2023
Time:	11:00 AM
Venue:	College Campus
No. of Participants:	76 (60 students and 16 teachers)
Objectives of the Event:	The idea behind celebration is to save the environment and participate in the initiative made towards anti-pollution measures.
About the Event:	



(Poster Making Competition)



(Plantation Drive)



(Prayer and igniting divas in the temple)





(Rangoli Competition)



(Distribution of Certificates to the winners)

In an endeavour to promote eco-friendly and sustainable practices during the festive season, the Eco Club of Shree Atam Vallabh Jain College organized a Green Diwali Celebration. The event aimed to raise awareness about the importance of environmental conservation while

26.	Rahil Sharma		
27.	Tamanna	BBA 1 st year	
28.	Atul Kumar	BBA 2 nd year	177
29.	Muhammad Irshad	BBA 2 nd year	250
30.	Raghav Soni	B.Com 3 rd year	209
31.	Vishal Kumar yadav	B.Com 3 rd year	1618
32.	Jatin Sharma	B.Com 3 rd year	1443
33.	Aayush	B.Com 3 rd year	1432
34.	Jatin Kainth	B.Com 2 nd year	1427
35.	MANIK JINDAL	BBA 1 st year	944
36.	Geetanshi	B.Com 3 rd year	195
37.	Naveen	BBA 3 rd year	1419
38.	Shashank	B.Com 3 rd year	209
39.	Jatin Jain	B.Com 3 rd year	1620
40.	Vishali	B.Com 3 rd year	1602
41.	Vishakha	B.Com 3 rd year	1504
42.	Bhoomika Dhingra	B.Com 2 nd year	1439
43.	Abhishek	B.Com 2 nd year	1168
44.	JITENDER GARG	B.Com 3 rd year	1012
45.	Karanvir Singh	B.Com 3 rd year	1436
46.	Divyansh Saddana	B.Com 3 rd year	1553
47.	Maitree Jain	B.Com 3 rd year	1434
48.	Vanshika rai	B.Com 2 nd year	1513
49.	Varun Dilawar	B.Com 2 nd year	1036
50.	Jaspreet Singh	B.Com 2 nd year	1166
51.	Parkash Singh	B.Com 3 rd year	1412
52.	Mansi Thapar	B.Com 3 rd year	1653
53.	Himane Gupta	B.Com 2 nd year	1132
54.	Misha	B.Com 2 nd year	1038
55.	Ketan Sharma	B.Com 3 rd year	1511
56.	AMAN HANS	B.Com 3 rd year	1421
57.	Shivam Arora	BBA 1 st year	1552
58.	Sahzad Ali	BBA 1 st year	164
59.	Sukhpreet Singh	B.Com 3 rd year	1527
60.	Chandan Verma	B.Com 3 rd year	1524
			1538
			1530



श्री आत्म वल्लभ जैन कालेज में हर्षोल्लास के साथ दीवाली मनाई गई • सौ. कालेज

SHREE ATAM VALLABH JAIN COLLEGE

Blending environmental awareness with community compassion, Shree Atam Vallabh Jain College celebrated a green Diwali. The festivities commenced after offering prayers at the college temple. The NSS and Youth Club demonstrated their commitment to social responsibility by visiting a slum, where they distributed clothes, eatables and candles, spreading a spirit of festive joy among the less privileged, embodying the spirit of Diwali. The Eco Club conducted activities to make students more eco-friendly. Diya Kashyap secured the first position in the poster-making competition while Nandini, Mehak, Rohit, Gun Gun and Sunny bagged the first prize in rangoli-making.

श्री आत्म वल्लभ जैन कॉलेज में ग्रीन दिवाली का आयोजन

स्वर्णभूमि टाइम्स न्यूज, लुधियाना (शान): श्री आत्म वल्लभ जैन कॉलेज में यूथ क्लब, इको क्लब एवं एन.एस.एस. यूनिट द्वारा ग्रीन दीवाली का आयोजन किया गया। दीवाली का त्योहार हम जीवन में खुशी और समृद्धि लाने के लिए मनाते हैं। उत्सव की शुरुआत मंदिर में प्रार्थना और दीप जलाकर हुई। कॉलेज के विद्यार्थी ने सभी लोग को यह संदेश दिया कि ग्रीन दीवाली मना कर हम वायु प्रदूषण को रोक सकते हैं और पटाखों के कारण होने वाले हादसों से भी बच सकते हैं। इस अवसर पर विद्यार्थीओ की रंगोली, पोस्टर मेकिंग जैसी प्रतियोगिता भी



में पौधारोपण भी किया। प्रिंसिपल, रोहित, गुनगुन, सनी की टीम ने सदस्यों एवं प्रिंसिपल डॉ संदीप स्टाफ एवं विद्यार्थीओ द्वारा गरीब रंगोली कम्पीटीशन में प्रथम एवं दीया कुमार ने के इस तरह के प्रयास की

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Convener
Convener

Principal
Principal

REPORT

- Activity** - Visit to Slum Area
- Organising Committee** - Youth Club and NSS Unit
- Organising Members** - Prof. Amit Goyal, Dr. Rishu Jain
Dr. Sandeep Bansal, Prof. Ruchika
- Date** - November 10th, 2023
- No. of Participants** - 11 Teachers and 23 students
- Objective of the Event** - To sensitize the students for their social responsibility.

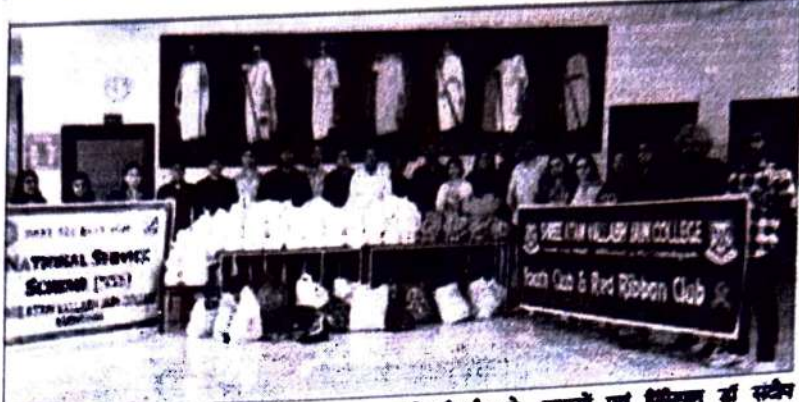
About the Event

Shree Atam Vallabh Jain College radiantly celebrated Diwali, blending environmental awareness and community compassion in a vibrant Green Diwali celebration. The NSS and Youth Club of the college demonstrated their commitment to social responsibility by visiting a nearby slum area. There, Principal of the college along with teachers and students generously distributed clothes, eatables, and candles spreading festive joy among the less privileged and embodying the spirit of Diwali. The prime motive of this move was to sensitize the students towards their social responsibility and to inculcate human values amongst them.



श्री आत्म वल्लभ जैन कॉलेज में ग्रीन दिवाली का आयोजन

सर्वांगीण कार्यक्रम शुरू, सुविधान (मान): श्री आत्म वल्लभ जैन कॉलेज में ग्रीन दिवाली का आयोजन किया गया। कार्यक्रम का आयोजन शिक्षण, शैक्षणिक एवं अख्यौज्य विभाग द्वारा किया गया। कार्यक्रम का आयोजन ग्रीन दिवाली का आयोजन करने के लिए किया गया है। कार्यक्रम का आयोजन करने में प्रमुख और अन्य सहभागी हैं। कार्यक्रम के विद्यार्थी ने सभी स्तरों को का प्रभाव दिया कि ग्रीन दिवाली का कार्यक्रम शुरू करने को एक सफल है और छात्रों के कल्याण को बढ़ावा देने में भी सफल है। इस अवसर पर विद्यार्थीओं की रंगोली, पोस्टर प्रतियोगिता जैसी प्रतियोगिता भी



में संघारोपण भी किया। प्रिंसिपल, रंगोली प्रतियोगिता में प्रथम एवं टीया स्टॉफ एवं विद्यार्थीओं द्वारा मठय रंगोली, गुनगुन, सनी की टीम ने सदस्यों एवं विद्यार्थीयों को सटीय कुपार ने के इस तरह के प्रयास की

SHREE ATAM VALLABH JAIN COLLEGE

Blending environmental awareness with community compassion, Shree Atam Vallabh Jain College celebrated a green Diwali. The festivities commenced after offering prayers at the college temple. The NSS and Youth Club demonstrated their commitment to social responsibility by visiting a slum, where they distributed clothes, eatables and candles, spreading a spirit of festive joy among the less privileged, embodying the spirit of Diwali. The Eco Club conducted activities to make students more eco-friendly. Diya Kashyap secured the first position in the poster-making competition while Nandini, Mehak, Rohit, Gun Gun and Sunny bagged the first prize in rangoli-making.


Amit Goyal
 Convener, Youth Club


Principal

Report

Activity: Red Ribbon Club District Level Inter College Competition
Theme: Aids Awareness, Blood Donation, Drug Awareness
Organized by: Directorate of Youth Services Punjab
Venue: B.C.M. College of Education, Ludhiana
Date: 24th November, 2023
No. of Participants: 2 (female)
Items of Participation: Poster Making, Slogan Writing
Convener: Dr. Manoj Arora (Cultural Affairs)
Incharge/Coach: Dr. Manoj Arora

Detail of Participants:

Sr. No.	Item	Participant's Name	Class	Position
1.	Poster Making	Tamanna Sandal	B.B.A-II	Third
2.	Slogan Writing	Samya	B.Com-I	---


Convener
Cultural Affairs


Principal

Report

Activity:	Sahibzadas' Martyrdom
Organising Team:	Cultural Affairs Committee
Members of Team:	Dr. Manoj Arora (Convener) Dr. Seema Kapoor Prof. Ramandeep Singh Prof. Ruchika Nachaal Prof. Ankush Prof. Pallavi
Date:	23 rd December, 2023
Time:	10:00 am
Venue:	College premises
No. of Participants:	58 Student Volunteers (Annexure) 21 Teachers

Objective/Importance of the Event: To pay tribute to four Sahibzadas of 10th Sikh Guru 'Shri Guru Gobind Singh Ji' and to promote awareness and understanding of Sikh culture, history, values and inclusivity among faculty, staff and students from diverse backgrounds. The event also aimed to provide an experience of selfless service and communal dining by organizing Langar on the occasion.

About the Event: Shree Atam Vallabh Jain College embraced the spirit of compassion and communal harmony on the eve of Sahibzadas' Martyrdom by organizing a heartfelt Langar distribution to the local community. In a touching display of unity, teachers and students wholeheartedly participated in this philanthropic initiative. The Langar distribution exemplifies the college's commitment to social responsibility and community engagement. Sh. Komal Kumar Jain (Duke), President of the Managing Committee and other members of college management committee commended the collective efforts, emphasizing the importance of fostering a sense of empathy and togetherness within the college and its surrounding community. Principal, Dr. Sandeep Kumar acknowledged the impactful role played by the college in instilling values beyond academia. The event not only commemorated a historical occasion but also reinforced the college's dedication to creating socially responsible citizens.

The organizing committee's efforts, the active participation of attendees, and the support from local Sikh organization contributed to the overall success of the event.

Glimpses of the Event




Convener, Cultural Affairs


Principal

Annexure

List of Student Volunteers

Sr. No.	Name	Class	Roll No.
1	Chahat Jain	BBA I	105
2	Divya Jain	BBA I	108
3	Jyoti Gupta	BBA I	113
4	Krrish Chanana	BBA I	118
5	Namit Madaan	BBA I	124
6	Tamanna	BBA I	134
7	Mayank	BBA I	145
8	Bhavya Ahuja	BBA I	155
9	Hardik Bansal	BBA I	161
10	Krish Jain	BBA I	165
11	Maninder Singh	BBA I	170
12	Naman Jain	BBA I	174
13	Raj Yadav	BBA I	179
14	Sumansh	BBA I	184
15	Varun Arora	BBA I	187
16	Jatin Kainth	BBA I	195
17	Hardik Jain	BBA II	212
18	Tamanna	BBA II	250
19	Naman Sharma	BBA III	330
20	Bhavya Jain	B.Com I	403
21	Divanshi Jain	B.Com I	407
22	Kanav Sood	B.Com I	413
23	Parminder Kaur	B.Com I	419
24	Raghav Jindal	B.Com I	422
25	Sumit Kumar	B.Com I	430
26	Aastik Madaan	B.Com I	502
27	Anjali Arora	B.Com I	503
28	Daksh Arora	B.Com I	516
29	Jashanpreet Kaur	B.Com I	528
30	Sharik Khan	B.Com I	554
31	Alok Bhardwaj	B.Com I	606
32	Pankaj Narang	B.Com I	649
33	Nandini Kapoor	B.Com II	920
34	Sukhdeep Singh	B.Com II	933

Sr. No.	Name	Class	Roll No.
35	Varun Sehgal	B.Com II	943
36	Anju	B.Com II	1004
37	Arshraj Sharma	B.Com II	1009
38	Maitree Jain	B.Com II	1036
39	Riya Kanojia	B.Com II	1050
40	Gaurav Bhardwaj	B.Com II	1112
41	Govinda	B.Com II	1113
42	Yuvam Jain	B.Com II	1127
43	Prabhjeet Singh Chalak	B.Com II	1135
44	Dev Prashar	B.Com II	1155
45	Vishakha	B.Com II	1168
46	Varun Dilawar	B.Com III	1412
47	Vishal Kumar Yadav	B.Com III	1432
48	Sukhmanjot Singh	B.Com III	1506
49	Divyansh Saddana	B.Com III	1513
50	Geetanshu Mehta	B.Com III	1523
51	Sahzad Ali	B.Com III	1524
52	Gautam Thakur	B.Com III	1529
53	Nutan	B.Com III	1544
54	Shashank	B.Com III	1602
55	Eshita Srivastava	B.Com III	1623
56	Manav Arora	B.Com III	1626
57	Yogesh	B.Com III	1666
58	Nikita	M.Com I	1709

लंगर लगाकर साहिबजादों की शहादत को याद किया



भास्कर न्यूज | लुधियाना

श्री आत्म वल्लभ जैन कॉलेज ने चार साहिबजादों की शहादत पर लंगर लगाया और उनके दिए बलिदान को याद किया गया। एकता का मार्मिक प्रदर्शन करते हुए, शिक्षकों और छात्रों ने इस परोपकारी पहल में लंगर वितरित कर समाज को इतिहास में हुए बलिदानों के प्रति जागरूक किया। इस मौके पर प्रिंसिपल डॉ. संदीप कुमार ने शहीदों को श्रद्धांजलि अर्पित करते हुए कहा कि इतना बड़ा बलिदान विश्व के इतिहास में कहीं भी देखने या सुनने को

नहीं मिला। यह हमारा कर्तव्य है कि हम अपने बच्चों को सिख इतिहास, सिख सिद्धांतों और सिख विचारधारा से जुड़ने के लिए प्रोत्साहित करें।

प्रबंध समिति के अध्यक्ष कोमल कुमार जैन और कॉलेज प्रबंधन समिति के अन्य सदस्यों और प्रिंसिपल डॉ. संदीप कुमार ने स्टाफ के सामूहिक प्रयासों की सराहना और कहा कि इस आयोजन ने न केवल एक ऐतिहासिक अवसर को याद किया, बल्कि सामाजिक रूप से जिम्मेदार नागरिक बनाने के लिए भी प्रेरित किया।

Shree Atam Vallabh Jain College, Ludhiana

Report

7 DAYS NSS CAMP (24.12.2023-30.12.2023)

On the Theme

"Swachh Bharat Abhiyan and Meri Mati Mera Desh,"

Day 1 (24.12.2023)

Inaugural Ceremony

7 Days NSS Camp was organised by NSS Unit from 24.12.2023 to 30.12.2023 on the Theme **"Swachh Bharat Abhiyan and Meri Mati Mera Desh,"**

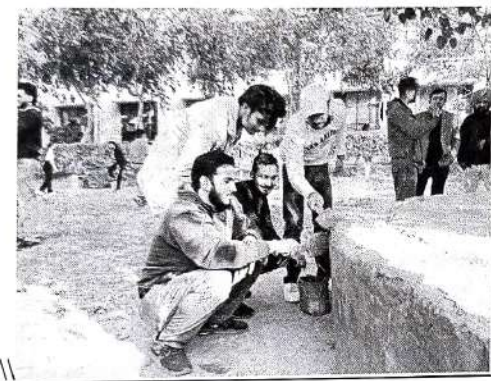
36 Boys, 13 girls and 4 Non Student volunteers participated in the camp under the guidance of worthy Principal Dr. Sandeep Kumar, Programme officers Dr. Sandeep Kumar Bansal and Ms. Ruchika Nachaal.

Embarking on a ground breaking journey towards community empowerment and comprehensive student development Camp was inaugurated by Sh. Komal Kumar Jain (Duke), President of the college management committee, other esteemed committee members and college Principal Dr. Sandeep Kumar. The camp was meticulously designed to instil a profound sense of responsibility and community engagement among dedicated student volunteers. Dr. Sandeep Kumar, the esteemed College Principal, delivered an impassioned and motivational address during the inaugural ceremony. His inaugural address underscored the National Service Scheme's profound purpose, directing youthful energy towards societal betterment. He emphasized the youth's crucial role in contributing to vital causes—donating red, spreading green, and saving blue—emphasizing their urgency. Programme Officers, Dr. Sandeep Kumar Bansal and Ms. Ruchika

Nachaal, provided valuable insights, ensuring each volunteer had a clear comprehension of their roles and responsibilities.



In pursuit of a seamless and organized approach, diverse committees were formed, showcasing the commitment to the efficient functioning of the camp. Volunteers actively participated in campus cleaning initiatives, contributing fervently to the Swachh Bharat Abhiyan. Recreational games added to the camaraderie, providing a well-deserved break for the dedicated volunteers. Additionally, their artistic talents were on display through captivating paintwork, enhancing the overall aesthetics of the college.

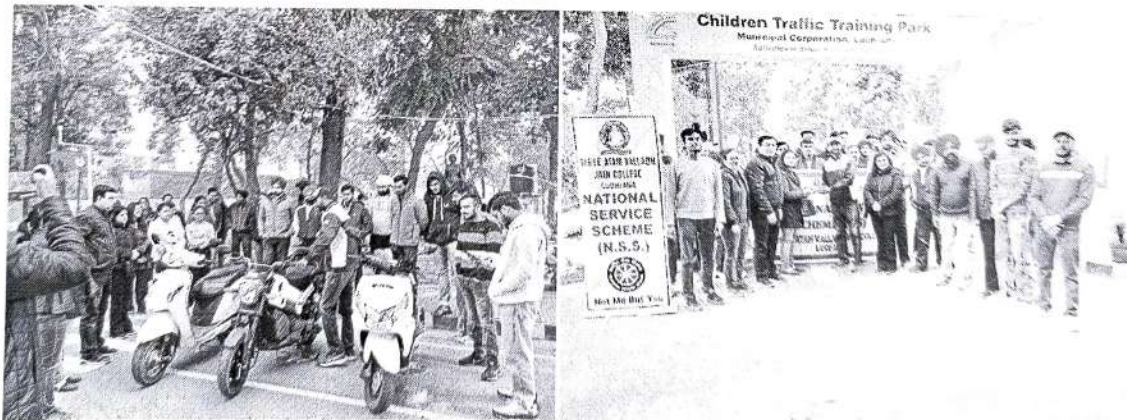
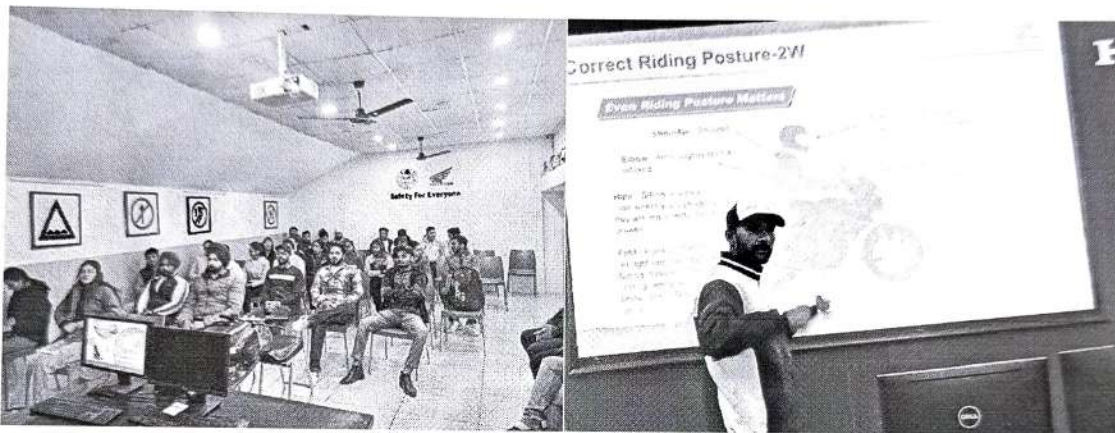


The day concluded with National Anthem.

Day 2 (25.12.2023)

Session on "Road Safety and Cyber Crime" at Traffic Park, Ludhiana

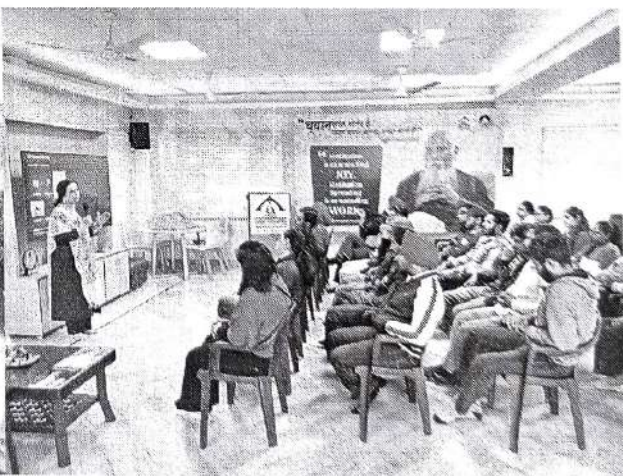
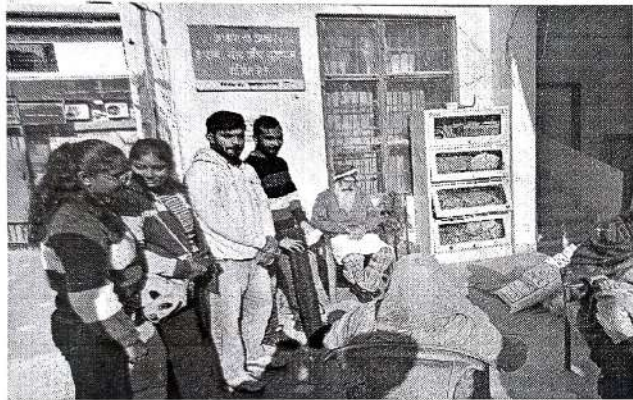
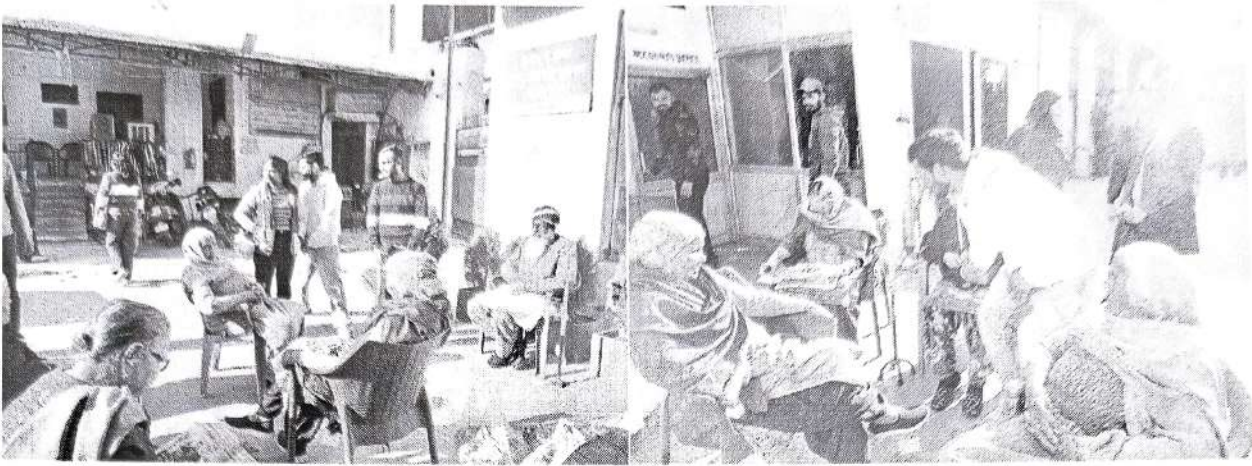
NSS camp entered its second day, characterized by a harmonious blend of education, community engagement, and mindfulness. Volunteers participated in an enlightening session on "Road Safety and Cyber Crime" at Traffic Park, Ludhiana, gaining valuable insights to enhance safety on roads and in the digital realm.



Visit to Swami Vivekanand Swarg Ashram

The spirit of community service continued as volunteers visited Swami Vivekanand Swarg Ashram, sharing nourishing food and receiving heartfelt blessings from elderly residents. The day concluded at the Swami Vivekanand Meditation Pyramid, where NSS volunteers engaged in

rejuvenating meditation to enhance their personal well being. This holistic approach encapsulated the essence of NSS values-learning, service and personal well being.





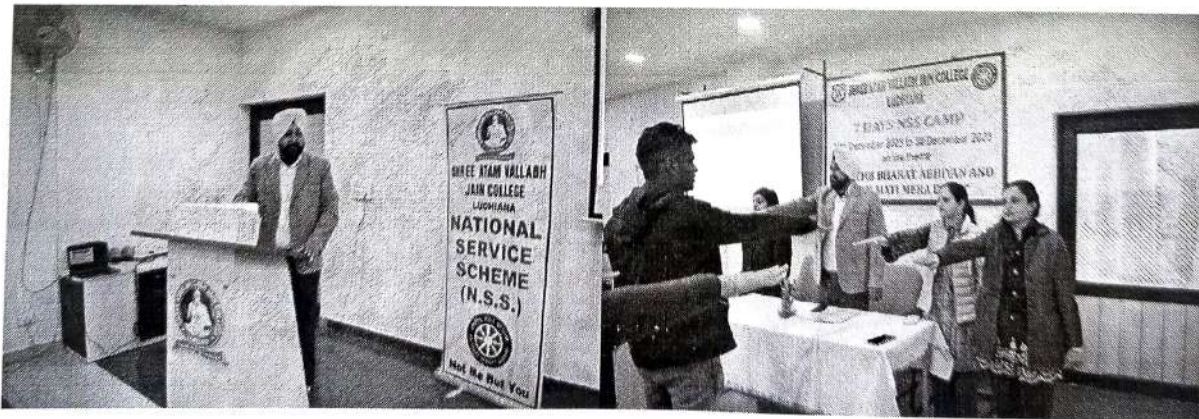
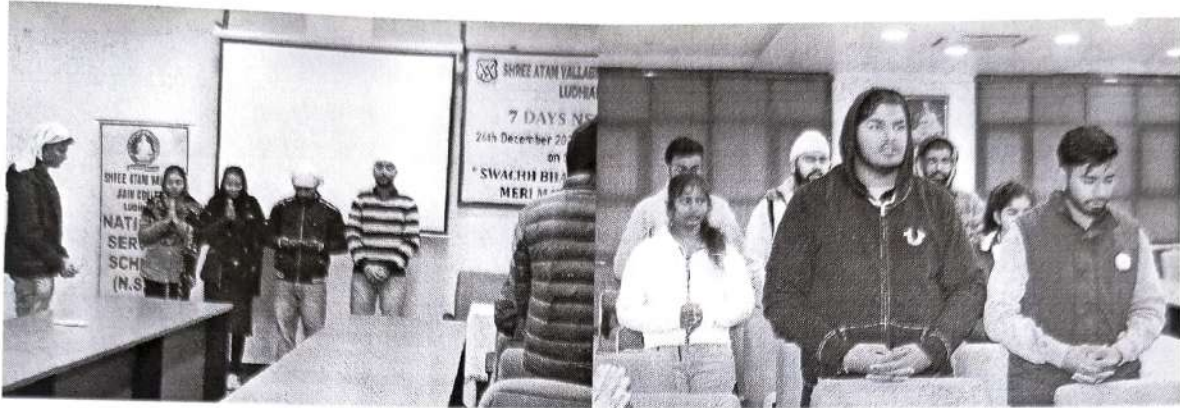
Day 3 (26.12.2023)

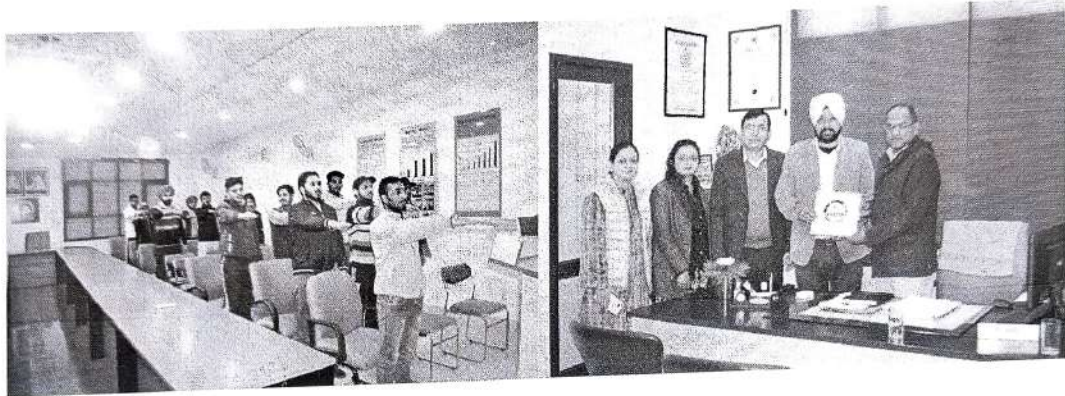
Lecture by S. Davinder Singh Lottey, Assistant Director, Youth Services, Punjab

Day 3 of the NSS camp at Shree Atam Vallabh Jain College commenced with a soulful morning prayer led by dedicated NSS volunteers. Following this, the day kicked off with refreshing warm-up exercises, setting a positive tone for the activities ahead.

A pivotal moment of the day unfolded with an enlightening lecture delivered by S. Davinder Singh Lottey, Assistant Director, Youth Services, Punjab. The focus was on safeguarding the youth from the clutches of drug addiction. Mr. Lottey passionately conveyed the importance of preserving Punjab's rich cultural heritage, emphasizing the role of students in preventing the tarnishing effects of drug abuse. After the insightful session, the students enthusiastically resumed their paintwork, showcasing their commitment to both artistic expression and community service.

Additionally, volunteers' artistic talents were on display through captivating paintwork, enhancing the overall aesthetics of the college.





The day concluded with National Anthem

Day 4 (27.12.2023)

Free medical camp in collaboration with Mohandai Oswal Hospital

Day 4 of the NSS camp at Shree Atam Vallabh Jain College began on a spiritual note with a soulful morning prayer led by devoted NSS volunteers. The day commenced with stimulating warm-up exercises that set a positive and energetic tone for the activities that lay ahead.

A significant event of the day was the organization of a free medical camp within the college premises, a collaborative effort between the NSS unit of the college and Mohandai Oswal Hospital. This initiative aimed to provide essential health services to the community, offering a range of free tests including Hb, blood sugar, blood pressure, ECG, and protein assessments. The medical camp witnessed active participation from various students, teachers, and people from the surrounding rural area, that is, Hussainpura village, underscoring the community-centric approach of the NSS camp. After the medical camp, the dedicated volunteers seamlessly transitioned back to their ongoing paintwork within the college, displaying their commitment to both community service and the improvement of their educational environment. Additionally, volunteers' artistic talents were on display through captivating paintwork, enhancing the overall aesthetics of the college.







The day concluded with National Anthem.

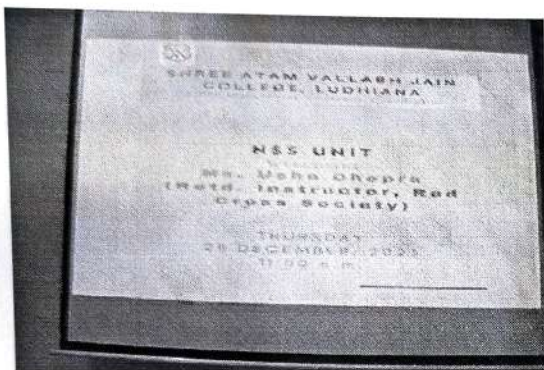
Day 5 (28.12.2023)

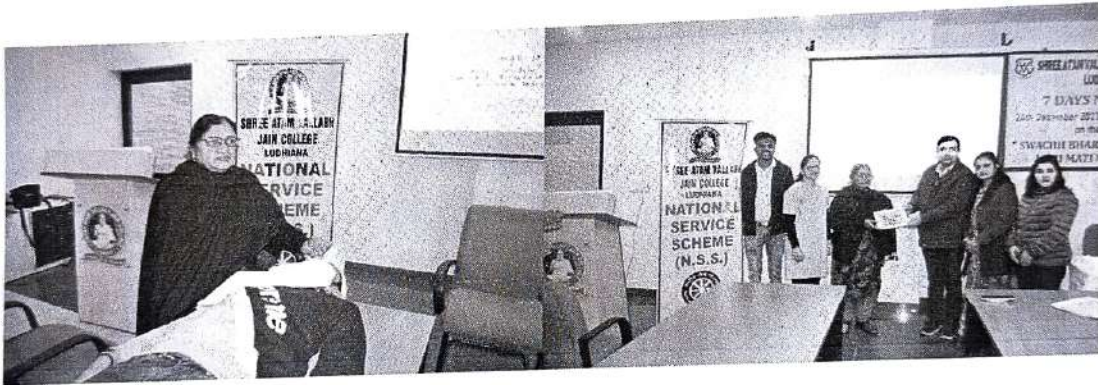
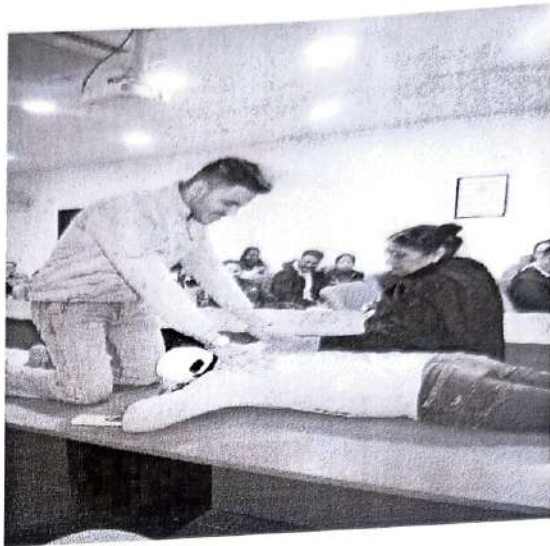
Training session on First Aid

The fifth day of the NSS camp at Shree Atam Vallabh Jain College began with a spiritually uplifting morning prayer led by devoted NSS volunteers. The day kicked off with invigorating warm-up exercises, setting a positive and energetic atmosphere for the upcoming activities.

Mrs. Usha Chopra, a retired instructor from the Red Cross Society, conducted the next training session on First Aid, emphasizing the importance of immediate attention to the sufferer. She stressed the necessity for individuals to acquire basic knowledge of first aid and cardiopulmonary resuscitation (CPR) skills. Mrs. Chopra demonstrated the application of CPR, highlighting its potential to restore breathing and restart the heart during instances of heart failure and loss of breathing. She also showcased different bandaging techniques for various fractures, providing valuable skills for temporary relief until professional help can be obtained.

Additionally, volunteers' artistic talents were on display through captivating paintwork, enhancing the overall aesthetics of the college.







The day concluded with National Anthem.

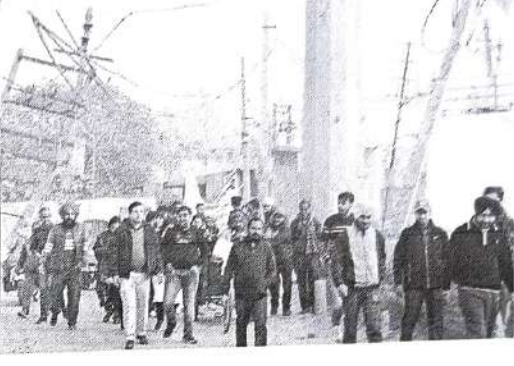
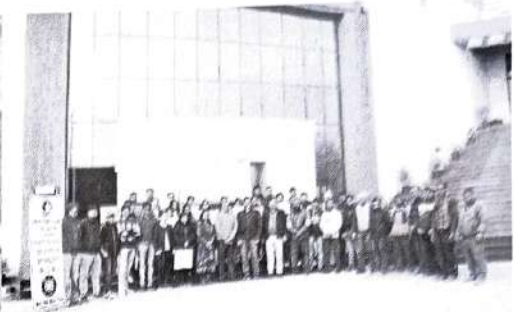
Day 6 (29.12.2023)

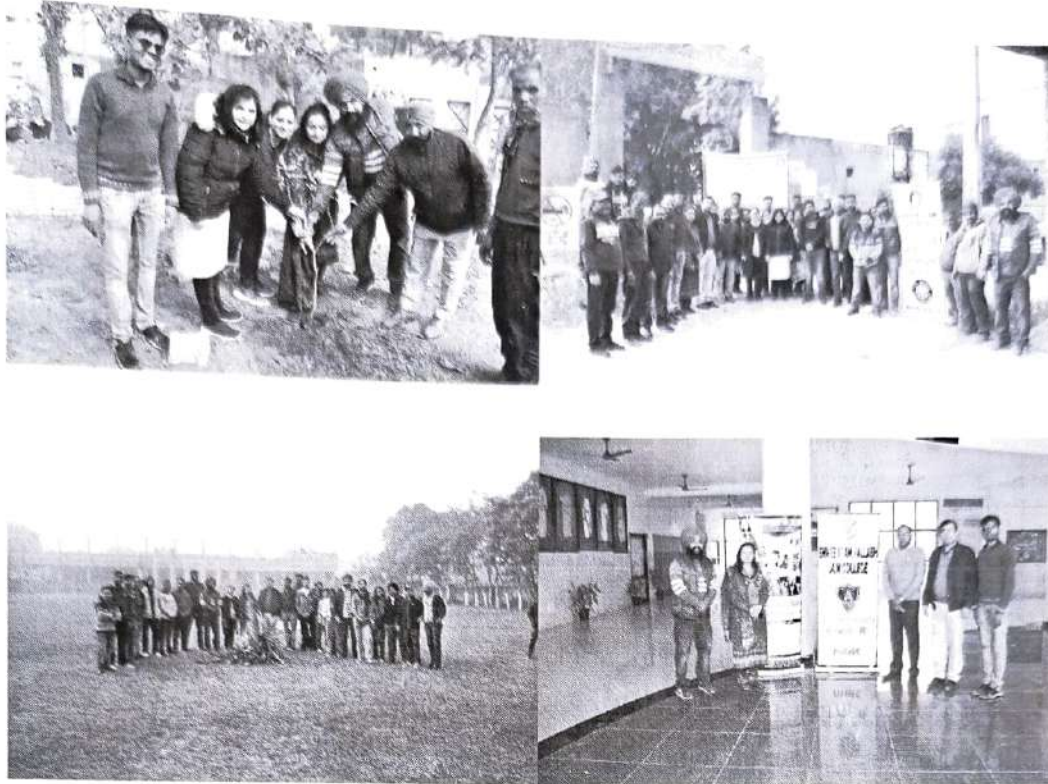
Awareness Rally to Village

The sixth day of the NSS camp at Shree Atam Vallabh Jain college unfolded with enthusiasm as volunteers commenced with morning prayers and warm up exercises, setting the stage for a day of community service. A culinary treat awaited all, with NSS volunteers showcasing their culinary skills in preparing a delicious kheer for everyone.

In adherence to the NSS motto, a spirited rally to nearby Hussainpura village was organized, where volunteers raised slogans like "Jal hi jeewan hai" (Water is life) and "Swachhta hi sewa hai" (Cleanliness is service) to instill environmental consciousness among the local populace. The rally included a visit to a village school, where volunteers actively participated in tree planting and school cleanliness initiatives. Upon returning, the volunteers lit a bonfire on the campus, creating a warm and festive atmosphere. Recreational games added to the camaraderie, providing a well-deserved break for the dedicated volunteers.







The day concluded with National Anthem.

Day 7 (30.12.2024)

Valedictory and Conclusion of Camp

Shree Atam Vallabh Jain College culminated its 7-day NSS camp with a lively closing ceremony, marking a triumphant conclusion. Principal Dr. Sandeep Kumar lauded the equal and commendable contributions of NSS volunteers and teachers, urging students to sustain their determination for future NSS events. The closing day was adorned with cultural activities, highlighted by a touching video curated by NSS volunteers, immortalizing the camp's cherished moments. Dr. Sandeep Kumar extended special recognition to the exceptional contributions of NSS program officers Dr. Sandeep K. Bansal, Ms. Ruchika Nachaal, and dedicated volunteers Dr. Kiranpreet Kaur, Ms. Deepika Nanda, Dr. Nirmaljit Singh, and Mr. Ankush. The titles of

Best Camper were bestowed upon Rohit Kumar and Nutan, while Jatin earned the title of Best Captain.

Sh. Komal Kumar Jain (Duke), President of the college management committee, alongside esteemed committee members, commended the collective effort, emphasizing its positive impact on both the campus and the community. The event stands as a testament to the hard work and commitment of the volunteers, weaving a tapestry of beautiful memories that will resonate long after the camp's conclusion.







The day concluded with National Anthem.

Programme Officer (Boys): Dr. Sandeep k. Bansal

Programme Officer (Girls): Prof. Ruchika Nachaal


Dr. Sandeep Kumar

Principal
Shree Atam Vallabh Jain College
HUSSAINPURA Ludhiana

List of Volunteers (Session 2023-24)

Dates of Seven Day and Night NSS Special Camp: 24-12-2023 to 30-12-2023

Sr. No	Name of the Volunteer	Class	Mother name	Father name	Seven Day and Night NSS Special Camp (Yes/NO)	Number of hours completed under Regular Activities in NSS (1 st April 2023 to 31 st March 2024)	Grade
1	Arushi Dhanda	BBA-1	Rashmita Dhanda	Aman Dhanda	Yes	120	A
2	Divya Jain	BBA-1	Monika Jain	Narinder Jain	Yes	120	A
3	Bhavik Jain	BBA-1	Ruchi Jain	Naveen Jain	Yes	120	A
4	Tamanna	BBA-1	Anjali	Jai Singh	Yes	120	A
5	Bhavya Ahuja	BBA-1	Poonam Ahuja	Parmod Kumar Ahuja	Yes	120	A
6	Dhruv	BBA-1	Geeta	Manjeet Kumar	Yes	120	A
7	Aman Hans	BBA-1	Priya	Monu Kumar	Yes	120	A
8	Maulik Loomba	BBA-1	Monika Loomba	Deepak Loomba	Yes	120	A
9	Sumansh	BBA-1	Hasrat	Shublakhan	Yes	120	A

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10	Khushi Gupta	BBA-11	Aarti Gupta	Dr. Sandeep Kumar	Yes	240	B
11	Tamanna	BBA-11	Sarla Devi	Jeevan Singh	Yes	120	A
12	Bhavin Kohli	B. Com. - I	Meenu Kohli	Gagan vishal	Yes	120	A
13	Abhishek	B. Com. - I	Meena	Rakesh kumar	Yes	120	A
14	Daksh Arora	B. Com. - I	Sonia Arora	Tilak Raj	Yes	120	A
15	Diksha	B. Com. - I	Amita	Rajiv kumar	Yes	120	A
16	Gautam Rana	B. Com. - I	Saroj Rani	Birbal Rana	Yes	120	A
17	Jai Dubey	B. Com. - I	Sadhana Dubey	Jagat Dubey	Yes	120	A
18	Karan Singh	B. Com. - I	Baljit Kaur	Shamsher Singh	Yes	120	A
19	Neeraj Poplay	B. Com. - I	Rita Rani	Roshan Lal	Yes	120	A
20	Rohit kumar	B. Com. - II	Meera Devi	Ramnarayan Chaurasia	Yes	240	B
21	Prabhjeet Singh Chalak	B. Com. - II	Sarabjit Kaur	Ravinder Singh	Yes	240	B
22	Shubhra Sharma	B. Com. - III	Monika Sharma	Manu Sharma	Yes	120	A
23	Mokshi Kathuria	B. Com. - III	Simran Kathuria	Tarun Kathuria	Yes	120	A
24	Jatin Sharma	B. Com. - III	Champa Devi	Desh Raj Sharma	Yes	120	A
25	Nitanshu	B. Com. - III	Poonam	Surinder	Yes	120	A
26	Samarjeet Singh Pharwaha	B. Com. - III	Kamaljit Kaur	Chattar Singh	Yes	240	B
27	Karanvir Singh	B. Com. - III	Bhupinder Kaur	Manjit Singh	Yes	240	B

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28	Abhishek	B. Com. - III	Poonam	Anil Kumar	Yes	120	A
29	Navjot Singh	B. Com. - III	Manjit Kaur	Didar Singh	Yes	120	A
30	Gaurav Rana	B. Com. - III	Binita Rana	Bir Singh Rana	Yes	120	A
31	Prinkle	B. Com. - III	Vecna Devi	Ram Gopal	Yes	120	A
32	Himane Gupta	B. Com. - III	Jini Gupta	Amrish Gupta	Yes	120	A
33	Malkit Singh	B. Com. - III	Hardeep Kaur	Jagdish Singh	Yes	120	A
34	Shivam Arora	B. Com. - III	Monica	Inderpal	Yes	120	A
35	Nutan	B. Com. - III	Anita Rani	Ramesh Kumar	Yes	120	A
36	Shruti kochar	B. Com. - III	Sonia	Subhash Chander	Yes	120	A
37	Akshay Bhardwaj	B. Com. - III	Anu Sharma	Ashok Kumar	Yes	120	A
38	Ujjawal Singla	B. Com. - III	Savita Singla	Amit Singla	Yes	120	A
39	Piyush Mehandiratta	B. Com. - III	Ina	Narinder Kumar	Yes	120	A
40	Naveen	B. Com. - III	Santosh Rani	Rakesh Kumar	Yes	240	B
41	Manav Arora	B. Com. - III	Diksha Arora	Kamal Kumar	Yes	240	B
42	Abhinav Dhiman	B. Com. - III	Om Kumari	Kamal Dev	Yes	120	A
43	Vandana	B. Com. - III	Sonia	Sanjay	Yes	240	B
44	Bhavya Jain	B. Com. - III	Geeta Jain	Parul Jain	Yes	240	B
45	Harleen Kaur	B. Com. - III	Taranjit Kaur	Mohinder Singh	Yes	120	A
46	Madhav Pamma	B. Com. - III	Neha Pamma	Amit Pamma	Yes	240	B

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47	Jaspreet Singh	B. Com. - III	Satwinder Kaur	Mahinder pal Singh	Yes	120	A
48	Aryan Mehta	B. Com. - III	Kamini Mehta	Rajiv Mehta	Yes	240	B
49	Sahil Kumar	B. Com. - III	Anita	Amit Kumar	Yes	120	A

Total No. of Volunteer: _____ 49 _____

Name of NSS Programme Officer: Dr. Sandeep K. Bansal

Signature: _____

Name of NSS Programme Officer: Prof. Ruchika Nachaal

Signature: _____

It is certified that the above NSS Volunteers are not NCC Cadets of the NCC Unit of this College/Institution.

NB
Signatures of the ANO
(with Seal)

(Signature)
Signature of the Principal
Shree Atam Vallal (with seal)
HUSSAINPURA Ludhiana

REPORT

Activity	-	Guest Lecture on Bad Effects of Drugs on Youth
Convenor	-	Dr.SandeepBansal
Organising Committee	-	Red Ribbon Club & NSS Unit
Date	-	26 th Dec. , 2023
Time	-	11 a.m
Venue	-	College Campus
No. of Participants	-	100
Objective of the event	-	To aware the volunteers regarding the bad effects of use of drugs.

Speaker - **S. Davinder Singh Lottey, Assistant Director, Youth Services, Punjab**

About the Event

Red Ribbon Club in collaboration of NSS unit of the College organized an extension lecture on “Bad Effects of Drugs on Youth” for volunteers on 26thDec. , 2023 at 11a.m.S. Davinder Singh Lottey, Assistant Director, Youth Services, Punjab was the resource person for this lecture. Resource person gave valuable inputs to volunteers through virtual session on to provide the awareness of ill and bad effects of drugs. He has discussed various types of drugs used by youngsters and showed the harmful effects of these drugs on the physical as well as the mental health of the students. He has also explained various initiatives taken by the government to control the habit of drugs. He has very nicely explained the initiative of Government to establish the drug de-addiction centers. He has advised the students to say no to drugs by creating the awareness of harmful effects of drugs.



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Principal

REPORT

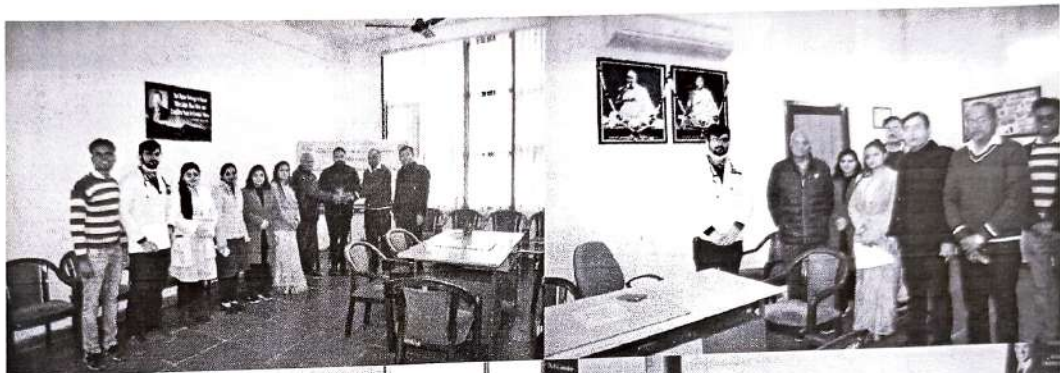
Activity	-	Free Medical check up Camp
Convenor	-	Dr. Sandeep Bansal
Organising Committee	-	Red Ribbon Club & NSS Unit
Date	-	27 th Dec. , 2023
Time	-	10 a.m to 3 pm
Venue	-	College Campus
No. of Participants	-	70
Objective of the event	-	Free medical check of volunteers and residents of Hussianpura Village

Medical Team - **Team from Mohandai Oswal Hospital**

Red Ribbon Club in collaboration of NSS unit of the college has organised a free medical check-up camp for volunteers of the college and residents of Hussianpura village.

A significant event of the day was the organization of a free medical camp within the college premises, a collaborative effort between the NSS unit of the college and Mohandai Oswal Hospital. This initiative aimed to provide essential health services to the community, offering a range of free tests including Hb, blood sugar, blood pressure, ECG, and protein assessments. The medical camp witnessed active participation from various students, teachers, and people from the surrounding rural area, that is, Hussainpura village.





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Principal

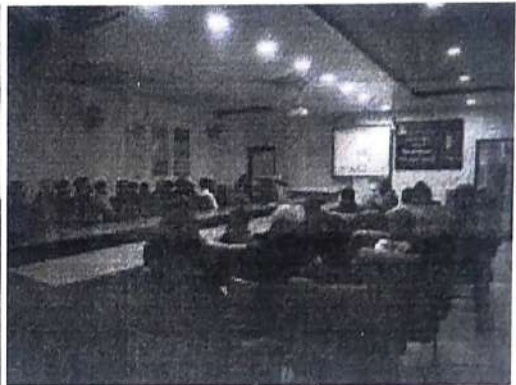
Report

Activity	Discussion on Swami Vivekananda preachings
Organising Committee	Youth Club Amit Goyal (Convener) Dr. Rishu Jain
Date	12 th January 2024
Time	11.00 AM
Venue	Conference Hall
No. of Participants	54 students and 06 teachers
Objectives of the event	To portray Swami Vivekananda's life and teachings

About the event

Shree Atam Vallabh Jain College, Ludhiana, marked 'National Youth Day' on January 12, commemorating Swami Vivekananda's birthday. Youth club of the college led by Prof. Amit Goyal and Dr. Rishu Jain under the guidance of IQAC passionately portrayed Swami Vivekananda's life and teachings. Students actively engaged in discussions, sharing insightful perspectives on integrating these teachings into their daily lives for societal upliftment. The event culminated with students collectively taking a pledge to uphold the values advocated by Swami Vivekananda. Students were also shown live telecast of Prime Minister Sh. Narendra Modi's speech on inauguration of National Youth Festival 2024.

The College Management Committee, headed by President Sh. Komal Kumar Jain (Duke) and other committee members commended the efforts put forth by the youth club and the entire college community. Dr. Sandeep Kumar, the college's principal, addressed the students, emphasizing the significance of youth empowerment and ethical leadership. The celebration not only paid homage to Swami Vivekananda's legacy but also inspired a sense of responsibility and commitment among the youth towards building a better society



Amit Goyal
Convener, Youth Club

Principal

Shree Atam Vallabh Jain College, Ludhiana

Attendance Sheet

Seminar on National youth Day

12th January, 2024

Name	Roll No.	Class	Sign
Gakshi	1150	B. Com II (B)	Gakshi
Mehak Mutreja	920 917	B. Com M.B	Mehak
Nandini Kapoor	920	B. Com M.B	Nandini Kapoor
Manav Arora	1626	B. Com - III (B)	manav
Chirag	11089	B. Com - II (B)	Chirag
Ketan Singla	1426	B. Com III MB	Ketan
Jatin Sharma	1427	B. Com III MB	Jatin
Nitanshu Arora	1428	B. Com III MB	Nitanshu
SukhJot Singh	2534	B. BA IV Sem	SukhJot
Ujjwal	253	B. BA IV Sem	Ujjwal
Rishita	230	B. BA IV sem	Rishita
Hitesh	219	B. BA IV sem	Hitesh
Aditya Vig	604	B. Com II Sem	Aditya
Princa	543	B. Com II sem	Princa
Gisita Sagal	110	BBA II Sem (A)	Gisita
Sahil Chugh	659	B. Com II Sem (B)	Sahil
Ankita	611	B. Com II Sem (B)	Ankita
Kushal Sehgal	639	B. Com I Sem (B)	Kushal Sehgal
Pushpa	1138	B. Com IV sem B	Pushpa
Gurpreet Singh	624	B. Com II sem B	Gurpreet
Maitreyee Jain	1236	B. Com III (A)	Maitreyee
Kavya	110	B. Com III (A)	Kavya
MISHA	1401	B. Com III MB	Misha
ANJAM JAIN	1400	B. Com III MB	Anjam
NAKUL GUPTA	1403	"	Nakul
DIANSHU	1410	"	Dianshu
ANUBHAV RAI	1411	"	Anubhav

Shree Atam Vallabh Jain College, Ludhiana

Attendance Sheet

Seminar on National youth Day

12th January, 2024

Name	Roll No.	Class	Sign
Adit Kumar	928	B Com (MB)	Adit Kumar
Muskan	183	BBA-I (B)	Muskan
Sarthak Jain	438	B COM-I (MB)	Sarthak
Richa Sharma	180	BBA-I (B)	Richa
Prince Sooden	176	BBA-2 (B)	Prince
Harshik Bansal	161	BBA I C (B)	Harshik Bansal
Lakshay	168	BBA I (B)	Lakshay
Mehak	173	BBA I (B)	Mehak
Krishna	167	BBA-I (B)	Krishna
Ashutosh	153	BBA-I (B)	Ashutosh
Riya	181	BBA-I (B)	Riya
Shiva	1053	B.COM II (A)	Shiva
Vishal	1618	B.COM (III) B	Vishal
Bhavika	1011	B.COM IV sem	Bhavika
Bhumika	1012	B.COM IV sem	Bhumika
Vasu	1606	B.COM III (B)	Vasu
Ujjwal	1605	B.COM III (B)	Ujjwal
Ritik	1534	B.COM-III (A)	Ritik
Rajni	1655	B.COM # (B)	Rajni
Shwam	1527	B.COM III (A)	Shwam
Sapandeep Kaur	1611	B.COM III	Sapandeep
Tanisha	1162	B.COM-III-B	Tanisha
Sadika	1145	B.COM-II-B	Sadika
Aarshraj	1009	B.COM III	Aarshraj
Gourav Bhargava	1112	B.COM II B	Gourav
Prabjeet Singh	1135	B.COM II B	Prabjeet
Himane Gupta	1511	B.COM-III (A)	Himane
Sania	1151	B.COM II (B)	Sania

Report

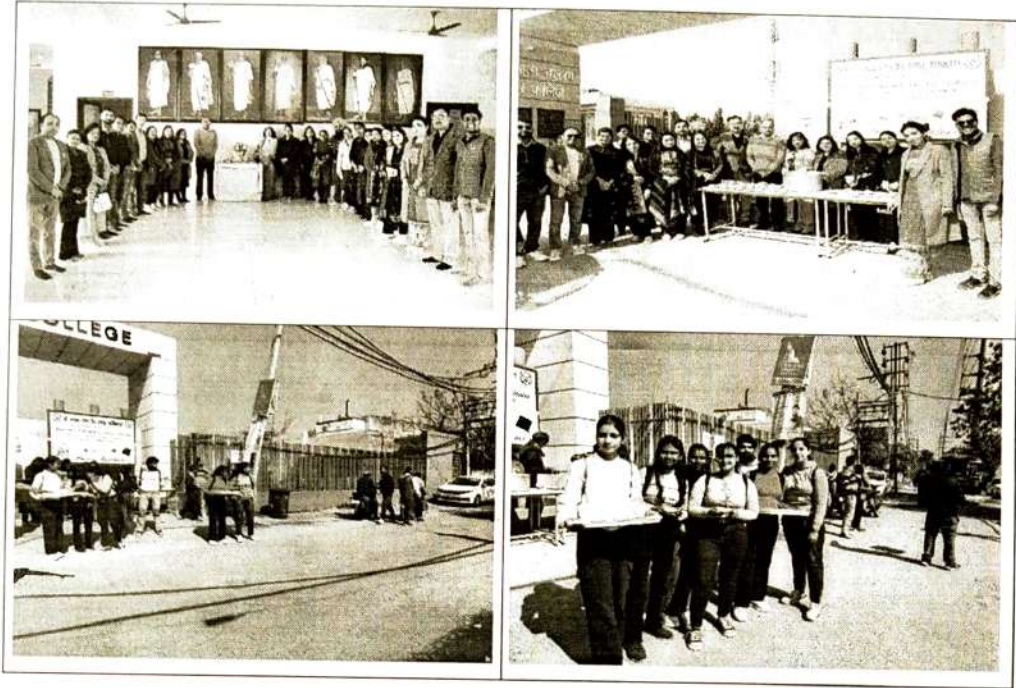
Activity:	Celebration of Basant Panchami
Organising Team:	Cultural Affairs Committee
Members of Team:	Dr. Manoj Arora (Convener) Dr. Seema Kapoor Prof. Ramandeep Singh Prof. Ruchika Nachaal Prof. Ankush Prof. Pallavi
Date:	14 th February, 2024
Time:	11:00 am
Venue:	College premises
No. of Participants:	69 Student Volunteers (Annexure) 23 Teachers

Objective/Importance of the Event: To mark the arrival of the spring season and to provide an opportunity for students to learn about the cultural significance, rituals, and traditions associated with the festival.

About the Event: The festive spirit of Basant Panchami was joyously embraced at Shree Atam Vallabh Jain College in Ludhiana, upholding a tradition of enthusiasm and reverence. Led by the college principal, Dr. Sandeep Kumar, teaching faculty, alongside the students, gathered to pay homage to Goddess Saraswati, seeking her blessings for knowledge and wisdom to be bestowed upon them and the entire institution community. To add to the festive fervour, the college staff and students went above and beyond by serving yellow sweet rice, a traditional delicacy synonymous with Basant Panchami, in the form of langar.

The Principal, Dr. Sandeep Kumar extended warm greetings to the staff, commending their efforts in orchestrating a memorable and successful celebration within the college premises. This collective effort ensured that the spirit of Basant Panchami radiated through the college, fostering a sense of unity and joy among all participants.

Glimpses of the Event



Convener, Cultural Affairs

Principal

Annexure

List of Student Volunteers

Sr. No.	Name	Class	Roll No.
1	Tanzeel Husain Khan	BBA I	102
2	Daksh Jain	BBA I	106
3	Harsh Lihal	BBA I	111
4	Kanish Gupta	BBA I	114
5	Navya Jain	BBA I	125
6	Triptjeet Kaur	BBA I	136
7	Vinesh Dawar	BBA I	142
8	Abhinav Khanna	BBA I	152
9	Dhruv	BBA I	156
10	Japan Jot Singh	BBA I	163
11	Krish Sharma	BBA I	166
12	Maulik Loomba	BBA I	172
13	Nitish Jain	BBA I	175
14	Richa Sharma	BBA I	180
15	Surmani Bamrah	BBA I	185
16	Aman Sharma	BBA I	188
17	Aarti Dunga	BBA II	201
18	Bhavya Jindal	BBA II	211
19	Japneet Singh	BBA II	220
20	Anshika	B.Com I	401
21	Chetan Kundra	B.Com I	404
22	Diya Kashyap	B.Com I	408
23	Komal	B.Com I	414
24	Parminder Kaur	B.Com I	419
25	Parv Jain	B.Com I	420
26	Rajeev Kochar	B.Com I	423
27	Udbhav Gupta	B.Com I	433
28	Bimleshkumar	B.Com I	514
29	Navdeep Singh	B.Com I	536
30	Trishan	B.Com I	562
31	Abhinav Sharma	B.Com I	603
32	Aman	B.Com I	607
33	Manmeet Kaur Kalra	B.Com I	642

Sr. No.	Name	Class	Roll No.
34	Paras	B.Com I	650
35	Samya Jain	B.Com I	660
36	Gurpreet Singh	BCA I	802
37	Geetanjali Sharma	B.Com II	906
38	Jaspreet Kaur	B.Com II	911
39	Neeru	B.Com II	921
40	Ravi Kant Sharma	B.Com II	926
41	Sunny Jasswal	B.Com II	935
42	Aayush	B.Com II	944
43	Arshraj Sharma	B.Com II	1009
44	Ekta	B.Com II	1015
45	Maitree Jain	B.Com II	1036
46	Mansi Thapar	B.Com II	1038
47	Taranjeet Singh	B.Com II	1060
48	Mannat Jain	B.Com II	1125
49	Parkash Singh	B.Com II	1132
50	Sadika	B.Com II	1145
51	Sakshi Tiwari	B.Com II	1150
52	Tanisha	B.Com II	1162
53	Nandini Ahuja	B.Com II	1171
54	Manik Jindal	B.Com III	1419
55	Misha	B.Com III	1421
56	Jatin Sharma	B.Com III	1427
57	Karanvir Singh	B.Com III	1434
58	Raghav Soni	B.Com III	1443
59	Shriya Sood	B.Com III	1503
60	Mankirat Singh	B.Com III	1507
61	Goyam Jain	B.Com III	1522
62	Shivam Arora	B.Com III	1527
63	Chandan Verma	B.Com III	1530
64	Ketan Sharma	B.Com III	1552
65	Muhammad Irshad	B.Com III	1618
66	Manav Arora	B.Com III	1625
67	Kushi Verma	B.Com III	1649
68	Reema Kumari	M.Com I	1710
69	Sakshi	M.Com II	1804

Press Coverage

SHREE ATAM VALLABH JAIN COLLEGE

The festive spirit of Basant Panchami was embraced at Shree Atam Vallabh Jain College. Principal Dr Sandeep Kumar, teaching and non-teaching staff, and the students gathered to pay homage to the Goddess Saraswati, seeking her blessings for knowledge and wisdom to be bestowed upon them and the entire institution community.

श्री आत्म वल्लभ जैन कालेज



लुधियाना के श्री आत्म वल्लभ जैन कालेज में वसंत पंचमी के मौके पर मां सरस्वती की पूजा की गई • सौ. कालेज

Report


Activity	Featuring original works (Literature) by Swami Vivekananda
Committee	Youth Club Amit Goyal (Convener) Dr. Rishu Jain
Date	21 st February, 2024
Time	12.00 PM
Venue	Seminar Hall
No. of Participants	75 students and 04 teachers
Chief Guest	Sh. Chandar Shekhar Talwar, IAS (Retd.)
Objectives	To foster holistic development & spiritual growth of students

About the Event

Youth club of SAVJC has curated a series of enlightening events in honour of Azaadi ke Amritmahotsav, paying homage to the timeless ideals of Swami Vivekananda. An exhibition cum sale featuring original works by Swami Vivekananda, in collaboration with the esteemed Ram Krishan Mission, offered students an opportunity to immerse themselves in the profound wisdom of the revered spiritual leader.


Moreover, a thought-provoking seminar on the theme "Idea of Swami Vivekananda's Ram Krishan Mission" was conducted, featuring the esteemed resource person, Sh. Chandar Shekhar Talwar, IAS (Retd.). Dr. Sandeep Kumar, the Principal of the college, emphasized the significance of such initiatives in enriching the college community's understanding of Swami Vivekananda's teachings, fostering holistic development and spiritual growth among students.


Shri Komal Kumar Jain (Duke), President of the College Management Committee, along with other esteemed committee members, commended the youth club for orchestrating these intellectually stimulating activities, recognizing their invaluable contribution to the college's academic and cultural ethos.



Shree Atam Vallabh Jain College, Ludhiana
 (Affiliated to Panjab University, Chandigarh)
 Accredited with Grade 'A' by NAAC

Youth Club
 is organizing
Exhibition of Literature
 related to
 Shri Ramakrishna-
 Vivekanand-Vedanta
 Sahitya
 on
 February 21, 2024





Amit Goyal
 Convener, Youth Club



Principal

Attendance Sheet

Seminar on 125th Anniversary of Ramakrishan Mission held on 21/02/2024

Shree Atam Vallabh Jain College, Ludhiana

S. No.	Name	Class	Roll No.	Sign.
1	Karush Gupta	BBA - 1st Year	114	Karush Gupta
2	Ruch Singh	BBA 1st year	107	Ruch Singh
3	Daksh Girdhara	BCA - Ist	805	Daksh
4	ASIT KUMAR	BCA - Ist	801	Ajit
5	Vansh Shorma	B.A - Ist	810	Vansh
6	Divyagan	BBA 1st	108	Divya
7	Tamanna	BBA-1st	134	Tamanna
8	Arunshi Dhanda	BBA-1st	104	Arunshi
9	Shivan Kanjia	B.Com Ist	557	Shivan
10	Vaibum Sinema	B.Com Ist	574	Vaibum
11	Shweta Khan	B.Com Ist	554	Shweta
12	Mohit	B.Com Ist	533	Mohit
13	Kaushik	B.Com Ist	535	Kaushik
14	Anmol Sood	B.Com Ist	506	Anmol
15	Yuvraj Kanjia	B.Com Ist	606	Yuvraj
16	Ishaan	B.Com Ist	622	Ishaan
17	Anneesh	B.COMIST	633	Anneesh
18	Kunal Soni	11	637	Kunal Soni

Attendance Sheet

Seminar on 125th Anniversary of Ramakrishan Mission held on 21/02/2024

Shree Atam Vallabh Jain College, Ludhiana

S. No.	Name	Class	Roll No.	Sign.
1.	Sita	B.com(I)	559	Sita
2.	Sheetal Panday	B.com (I)	556	Sheetal
3.	Aayushi	B.com(I)	503	Aayushi
4.	Roshni	B.com(I)	549	Roshni
5.	Anju	B.com II	1004	Anju
6.	Shruti Kocuar	B.com III	1546	Shruti
7.	Vanshika Ahuja	B.com IV	1548	Vanshika
8.	Lakshay	B.B.A-I(B)	168	Lakshay
9.	Muskan	B.B.A-I(B)	183	Muskan
10.	Prince	B.B.A-I(B)	176	Prince
11.	Hardik Bansal	B.B.A-I(B)	161	Hardik
12.	Jashanpreet Kaur	B.COM-I(A)	528	Jashanpreet
13.	Anamdeep Kaur	B.com I(A)	575	Anam
14.	Purnashi	B.com I(A)	544	Purnashi
15.	Trisham	B.com I(A)	561	Trisham
16.	Vansh Rattan	B.COM I(A)	564	Vansh Rattan
17.	Krish Sharma	BBA I(B)	166	Krish
18.	madhavi	BBA II	231	madhavi
19.	Nitish	BBA I(B)	175	Nitish
20.	Naman Jain	BBA I(B)	174	Naman
21.	Himanshu	B.COM(A)	524	Himanshu

Attendance Sheet

Seminar on 125th Anniversary of Ramakrishan Mission held on 21/02/2024

Shree Atam Vallabh Jain College, Ludhiana

S. No.	Name	Class	Roll No.	Sign.
1	Prinkle	B.com III A	1501	Prinkle
2	Nutan	B.COM - III A	1544	Nutan
3	Arshra	BBA 2nd	203	Arshra
4	Paxminder	B.Com (MB)	419	Pax
5	Diya	B.com (MB)	408	Diya
6	Dipti	BBA (I) 2sem	157	Dipti
7	Keishna	BBA (I) 2sem	167	Keishna
8	Riya	BBA (I) 2sem	181	Riya
9	Mehak	BBA (I) 2sem	173	Mehak
10	Gneha	B.Com IV Sem	1057	Gneha
11	Sailesh	B.Com VI Sem	1564	Sailesh
12	Abash Mawya	BBA IV sem	202	Abash
13	Sahil	BBA IV sem	243	Sahil
14	Shruti boyal	B.Com I B	616	Shruti
15	Sahil Sidhary	BBA 4	244	Sahil
16	Itemant	BBA - IV	216	Itemant
17	Robin	BBA - 4	241	Robin
18	Nikhil	B.Com - II Sem	539	Nikhil
19	Nandeef	B.Com - II	536	Nandeef
20	Naveen	B.Com - II	537	Naveen
21	Nilaksh	B.Com - II	523	Nilaksh

Report

Event	-	Blood Donation Camp
Organising Committee	-	Youth Club & Red Ribbon Club
Organising Members	-	Prof. Amit Goyal (Convener) Dr. Rishu Jain Dr. Sandeep Bansal
Date of the event	-	6 th March, 2024
Timing	-	9.00 AM – 2.00 PM
Venue	-	Nagina Devi Seminar Hall
No. of blood donors	-	68
Objective of the Event	-	The objective behind organizing the blood donation camp was to motivate students to donate blood and to inculcate social values amongst them.

Brief description about the event

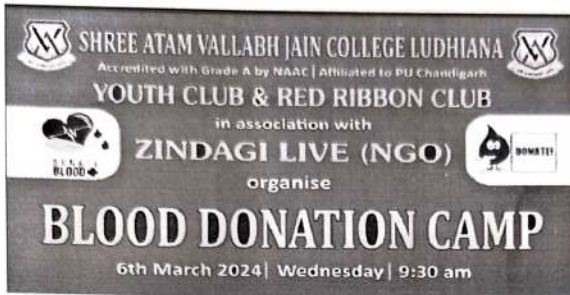
Shree Atam Vallabh Jain College, Ludhiana, organized a Blood Donation Camp on its campus. spearheaded by the Youth Club under the leadership of Prof. Amit Goyal and Dr. Rishu Jain. alongside the Red Ribbon club headed by Dr. Sandeep Bansal. This initiative was conducted in collaboration with Zindagi Live (NGO), dedicated to support thalassemia patients from economically disadvantaged backgrounds. A commendable total of approximately 68 units of blood were collected during the Camp, showcasing the impactful outcome of collective effort. Diet for donors included Fruits, juices, cheese, biscuits etc. were provided to donors.

The President of College Management Committee Sh. Komal Kumar Jain (Duke), Sh. Bhushan Kumar Jain (Admin. Secretary), Sh. Lalit Jain(Manager), Sh. Rakesh Jain (Romy) (Member), Sh. Anil Prabhat Jain (Member) along with other committee members visited the camp and encouraged the donors.

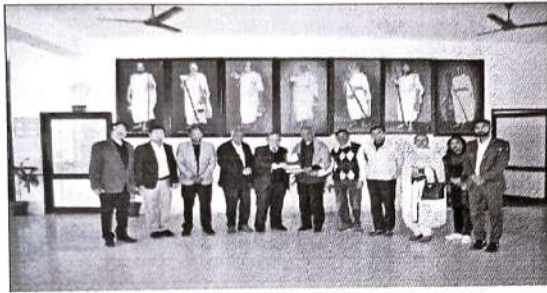
Dr. Mukesh Arora and Principal Dr. Kirandeep Kaur, Fellow, Panjab University, Chandigarh also graced the occasion with their benign presence. Dr. Sandeep Kumar, the Principal of the

college, offered words of encouragement to the donors, emphasizing the life-saving importance of blood donation. They also appreciated the efforts of the Youth Club of the College and added that such events motivate students in a positive way by teaching values of responsibility, serving humanity and selfless service.

This event not only reflects the college's dedication to social welfare but also underscores the transformative power of collaborative initiatives in addressing pressing societal needs.



Ludhiana, Punjab, India
XR89+28W, Hhessalipura, Ludhiana, Punjab 141008, India
Lat 30.960071°
Long 75.81557°
06/03/24 11:34 AM GMT +05:30



कैंप में एकत्रित किया 68 युनिट रक्त

पुढियाणा श्री आत्म वल्लभ जैन कालेज में युष् क्लब द्वारा वंदरुल क्वालिटी एशोरवत सेल के चांगी दरशन राहत रक्तदान कैंप लगाया गया। प्रो. अमिन मोव्ल और डॉ. रिशु जैन के नेतृत्व में युष् क्लब और डॉ. सदीप बबल की अध्यक्षता में एक दिवस क्लब ने इरफा गेजल किया। यह पहल जिंदगी लाइव (एनजीओ) के सहयोग से आयोजित की गई थी। कैंप में 68 युनिट रक्त एकत्रित किया गया। कैंप का मुख्य उद्देश्य लोगों को रक्तदान के प्रति जागरूक करना और यह बताया था कि रक्तदान एक महादान है। कैंप में छात्रों और शिक्षकों ने भाग लिया।

कैंप में 68 युनिट का 'रक्तदान'

पुढियाणा श्री आत्म वल्लभ जैन कालेज में युष् क्लब द्वारा वंदरुल क्वालिटी एशोरवत सेल के चांगी दरशन राहत रक्तदान कैंप लगाया गया। प्रो. अमिन मोव्ल और डॉ. रिशु जैन के नेतृत्व में युष् क्लब और डॉ. सदीप बबल की अध्यक्षता में एक दिवस क्लब ने इरफा गेजल किया। यह पहल जिंदगी लाइव (एनजीओ) के सहयोग से आयोजित की गई थी। कैंप में 68 युनिट रक्त एकत्रित किया गया। कैंप का मुख्य उद्देश्य लोगों को रक्तदान के प्रति जागरूक करना और यह बताया था कि रक्तदान एक महादान है। कैंप में छात्रों और शिक्षकों ने भाग लिया।

रक्तदान ही सच्ची मानवता की सेवा है : कोमल जैन इयूक

श्री आत्म वल्लभ जैन कालेज में युष् क्लब द्वारा वंदरुल क्वालिटी एशोरवत सेल के चांगी दरशन राहत रक्तदान कैंप लगाया गया। प्रो. अमिन मोव्ल और डॉ. रिशु जैन के नेतृत्व में युष् क्लब और डॉ. सदीप बबल की अध्यक्षता में एक दिवस क्लब ने इरफा गेजल किया। यह पहल जिंदगी लाइव (एनजीओ) के सहयोग से आयोजित की गई थी। कैंप में 68 युनिट रक्त एकत्रित किया गया। कैंप का मुख्य उद्देश्य लोगों को रक्तदान के प्रति जागरूक करना और यह बताया था कि रक्तदान एक महादान है। कैंप में छात्रों और शिक्षकों ने भाग लिया।

श्री आत्म वल्लभ जैन कालेज में रक्तदान कैंप लगाया

पुढियाणा श्री आत्म वल्लभ जैन कालेज में युष् क्लब द्वारा वंदरुल क्वालिटी एशोरवत सेल के चांगी दरशन राहत रक्तदान कैंप लगाया गया। प्रो. अमिन मोव्ल और डॉ. रिशु जैन के नेतृत्व में युष् क्लब और डॉ. सदीप बबल की अध्यक्षता में एक दिवस क्लब ने इरफा गेजल किया। यह पहल जिंदगी लाइव (एनजीओ) के सहयोग से आयोजित की गई थी। कैंप में 68 युनिट रक्त एकत्रित किया गया। कैंप का मुख्य उद्देश्य लोगों को रक्तदान के प्रति जागरूक करना और यह बताया था कि रक्तदान एक महादान है। कैंप में छात्रों और शिक्षकों ने भाग लिया।

हुसैनपुरा में लगाया रक्तदान कैंप

पुढियाणा (अनिल) : हुसैनपुरा में लगाए रक्तदान कैंप दौरान न्यू जेनरेशन वेलफेयर सोसाइटी के सदस्य प्रिंस राजा, बाबा राणा यश, अमित राम, लवप्रीत, विजय, समर, अजय व जस रक्तदान करते हुए। (गादड़ा)

Principal

Report

- Activity** - Celebration of International Women Day
(2023-24)
- Organizer** - Prof. Lata Kapoor (Convenor)
Prof. Shilpa
Prof. Avriti Tangri
- Date of event** - 08 March, 2024
- Venue** - Conference Hall and Seminar Hall of Shree Atam Vallabh Jain College,
Ludhiana.
- No. of Participants** - 100 (students and college staff.)

Objective of the event-

1. To highlight the importance of women's empowerment, gender equality, and the need to break stereotypes.
2. To appreciate the tireless efforts of female staff in the growth & development of the college.

About the event-

This report encapsulates the Women's Day celebration Organised by Women Development Cell of the college. International Women's Day is celebrated worldwide on March 8th each year to honour the social, economic, cultural, and political achievements of women. It also serves as a reminder of the ongoing need for gender equality. The Women's Day celebration at our college was a resounding success, bringing together students, teachers and staff members from diverse backgrounds to celebrate the achievements of women and advocate for gender equality. The celebration include poetry recitations and musical tributes by students, honouring the achievements and contributions of women. It served as a reminder of the progress made towards women's empowerment while also highlighting the ongoing challenges that need to be addressed.

The festivities continued with a cake-cutting ceremony followed by a sumptuous lunch, demonstrating the college's appreciation for the female staff. President of the College Management Committee, Shri Komal Kumar Jain (Duke), and other committee members, extended heartfelt congratulations to the women staff for their dedication and excellence. Principal Dr. Sandeep Kumar also joined in commending the invaluable role of women in shaping the college community. This event not only celebrated women's accomplishments but also highlighted the college's commitment to gender equality and empowerment. Shree Atam Vallabh Jain College remains dedicated to fostering an inclusive and supportive environment for all its members.



श्री आत्म वल्लभ जैन कॉलेज में अंतर्राष्ट्रीय महिला दिवस का आयोजन



स्वर्णभूमि टाइम्स न्यूज, लुधियाना (शान): श्री आत्म वल्लभ जैन कॉलेज में वुमन डेवलपमेंट सेल एवं एनएसएस द्वारा इंटरनल क्वालिटी एशोरेंस सेल के मार्ग दर्शन तहत अंतर्राष्ट्रीय महिला दिवस का आयोजन किया गया। महिलाओं की आर्थिक, राजनीतिक, सामाजिक सहित विभिन्न क्षेत्रों में भागीदारी बढ़ाने और अधिकारों के प्रति जागरूक बनाने के लिए अंतर्राष्ट्रीय महिला दिवस मनाया

जाता है। इसके साथ ही इस दिवस को मनाने के पीछे का कारण कॉलेज के विभिन्न क्षेत्रों में शुरू से अब तक के लिए महिलाओं के योगदान के लिए उनके प्रति सम्मान प्रकट करना भी है और उनके अथक प्रयासों की सराहना करना और यह बताना है कि आज की नारी किसी से पीछे नहीं है। इस अवसर पर छात्रों ने महिलाओं के प्रति सम्मान प्रकट करने के लिए कविताएं एवं गाने गाए। इस अवसर को यादगार बनाने के लिए एवं

महिलाओं को सम्मान देने के लिए कॉलेज के प्रिंसिपल द्वारा महिला स्टाफ में वेंक भी कटवाया गया और उन्हें सम्मानित भी किया गया। कॉलेज प्रबंधक कमिटी के प्रधान कोमल जैन (इयूक), मैनेजिंग कमिटी के अन्य सदस्यों एवं प्रिंसिपल डॉ. संदीप कुमार ने इस अवसर पर मुबारकबाद दी एवं महिला स्टाफ के प्रयासों की सराहना की और कहा कि समाज के हर क्षेत्र के निर्माण में महिलाओं का अतुलनीय योगदान है।

महिलाओं के प्रति प्रकट किया गया सम्मान



तुधियाना | श्री आत्म वल्लभ जैन कॉलेज में वुमन डेवलपमेंट सेल और एन.एस.एस. द्वारा इंटरनल क्वॉलिटी एशोरियम सेल के मार्ग दर्शन के तहत अंतरराष्ट्रीय महिला दिवस का आयोजन किया गया। महिलाओं की आर्थिक, राजनीतिक, सामाजिक सहित विभिन्न क्षेत्रों में भागीदारी बढ़ाने और अधिकारों के प्रति जागरूक बनाने के लिए अंतरराष्ट्रीय महिला दिवस मनाया जाता है। इसके साथ ही इस दिवस को मनाने के पीछे का कारण कॉलेज के विभिन्न क्षेत्रों में शुरू से अब तक के लिए महिलाओं के योगदान के लिए उनके प्रति सम्मान प्रकट करना भी है और उनके अथक प्रयासों की सराहना करना और यह बताना है कि आज की नारी किसी से पीछे नहीं है। इस अवसर पर छात्रों ने महिलाओं के प्रति सम्मान प्रकट करने के लिए कविताएं और गाने गाए। इस अवसर को यादगार बनाने और महिलाओं को सम्मान देने के लिए कॉलेज के प्रिंसिपल द्वारा महिला स्टाफ से क्रेक भी कटवाया गया और उन्हें सम्मानित भी किया गया।


Principal

Lab

Report

Activity:	Celebration of Maha Shivratri
Organising Team:	Cultural Affairs Committee
Members of Team:	Dr. Manoj Arora (Convener) Dr. Seema Kapoor Prof. Ramandeep Singh Prof. Ruchika Nachaal Prof. Ankush Prof. Pallavi
Date:	9 th March, 2024
Time:	10:00 am
Venue:	College premises
No. of Participants:	68 Student Volunteers (Annexure attached) 23 Teachers

Objective/Importance of the Event: To provide a platform for students and staff to engage in spiritual activities and understand the significance of the festival. It fosters a sense of unity and communal harmony by bringing together people from different backgrounds to celebrate a common tradition. It also encourages community participation and involvement in the college's cultural activities.

About the Event: Shree Atam Vallabh Jain College resonated with divine fervor as faculty and students gathered to commemorate Maha Shivratri, venerating Lord Shiva and Goddess Parvati as embodiments of purity, bliss, and peace. The sacred rituals, performed with utmost devotion, symbolized unity and spiritual awakening. Following the worship, the college extended its hospitality by distributing langar, fostering a sense of communal harmony and sharing.

The Principal, Dr. Sandeep Kumar, lauded the collective efforts that made the celebration a resounding success. Their commendation underscores the college's commitment to nurturing cultural values and fostering a sense of belonging among its members. The event exemplified the college's ethos of holistic education, blending academic pursuits with spiritual enlightenment and cultural enrichment.

Glimpses of the Event



Convener, Cultural Affairs

Principal

Annexure

List of Student Volunteers

Sr. No.	Name	Class	Roll No.
1	Deep Singh	BBA I	107
2	Harshit Saini	BBA I	112
3	Mayank	BBA I	121
4	Suraj Bhanot	BBA I	133
5	Hardik Jain	BBA I	143
6	Ruhani	BBA I	144
7	Ashutosh	BBA I	153
8	Dipti	BBA I	157
9	Rahil Sharma	BBA I	177
10	Riya Gupta	BBA I	181
11	Svyam Jain	BBA I	186
12	Sidhesh Jain	BBA I	193
13	Akash Maurya	BBA II	202
14	Hardik Jain	BBA II	212
15	Khushi Gupta	BBA II	226
16	Ekampreet Singh	BBA III	329
17	Bhavin Kohli	B.Com I	402
18	Drishti	B.Com I	409
19	Gaurvit Kumar	B.Com I	410
20	Mehakpreet Kaur	B.Com I	415
21	Prithviraj Jena	B.Com I	421
22	Shreya Goyal	B.Com I	429
23	Gungun	B.Com I	440
24	Aastik Madaan	B.Com I	502
25	Archana Kumari	B.Com I	507
26	Gautam Rana	B.Com I	523
27	Rajat Taneja	B.Com I	548
28	Samuel	B.Com I	553
29	Vanshika	B.Com I	565
30	Aditya Vig	B.Com I	604
31	Arnav Bhardwaj	B.Com I	613
32	Bhuvan Budhiraja	B.Com I	617
33	Bhoomi	B.Com I	662

Sr. No.	Name	Class	Roll No.
34	Udhav Kumar	B.Com I	664
35	Yash Gaba	BCA I	807
36	Jaspreet Kaur	B.Com II	911
37	Mehak Mutneja	B.Com II	917
38	Rohit Kumar	B.Com II	928
39	Surinderjeet Singh	B.Com II	936
40	Anjali Arora	B.Com II	1003
41	Bhoomika Dhingra	B.Com II	1012
42	Khushi Kanojia	B.Com II	1031
43	Manas Aggarwal	B.Com II	1037
44	Pooja Kumari	B.Com II	1043
45	Sneha	B.Com II	1057
46	Gaurav Bhardwaj	B.Com II	1112
47	Khushboo Tiwari	B.Com II	1120
48	Mehak	B.Com II	1126
49	Sakshi Tiwari	B.Com II	1150
50	Sujal Sharma	B.Com II	1159
51	Vanshika Rai	B.Com II	1166
52	Dipanshu Bhola	B.Com III	1410
53	Gautam Jain	B.Com III	1420
54	Nakul	B.Com III	1422
55	Nitanshu	B.Com III	1428
56	Abhishek	B.Com III	1436
57	Jatin Jain	B.Com III	1504
58	Himane Gupta	B.Com III	1511
59	Goyam Jain	B.Com III	1522
60	Geetanshu Mehta	B.Com III	1523
61	Shivam Arora	B.Com III	1527
62	Vansh	B.Com III	1528
63	Sukhpreet Singh	B.Com III	1538
64	Jitender Garg	B.Com III	1553
65	Naveen	B.Com III	1620
66	Jaspreet Singh	B.Com III	1653
67	Taniya Chhabra	M.Com I	1707
68	Divya Jain	M.Com II	1805

Press Coverage

स्वर्णभूमि टाइम्स

श्री आत्म वल्लभ जैन कालेज में महाशिवरात्रि पर लंगर वितरित किया



स्वर्णभूमि टाइम्स न्यूज, लुधियाना (शान) : श्री आत्म वल्लभ जैन कॉलेज, लुधियाना में महाशिवरात्रि के उपलक्ष्य पर लंगर वितरित कर लोगों को संदेश दिया कि लंगर की भावना साझा करने के गुण के अलावा समानता और प्रेम-कृपा भी सिखाती है। महाशिवरात्रि एक बहुत ही पवित्र और शुभ त्योहार है। कॉलेज प्रबंधन के सदस्यों, कॉलेज प्रिंसिपल, शिक्षकों और छात्रों ने भगवान शिव और देवी पार्वती की पूजा की और सभी ने सांसारिक कष्टों से छुटकारा पाने के साथ-साथ समाज की बेहतरी के लिए प्रार्थना की। छात्रों ने इस त्योहार के माध्यम से जीवन के उत्साह की भावना को दर्शाते हुए भारतीय विरासत की जीवंत परंपरा का प्रदर्शन किया। छात्रों ने जनता के बीच लंगर वितरित कर सक्रिय रूप से भाग लिया। कॉलेज मैनेजिंग समिति के प्रधान क्रोमल कुमार जैन (डयूक), समिति के अन्य सदस्यों एवन प्रिंसिपल डॉ संदीप कुमार ने महाशिवरात्रि के पर्व पर सभी को मुबारकबाद दी और कहा कि इस तरह के पर्व मनाकर हम अपनी संस्कृति से जुड़े रह सकते हैं।

REPORT ON “LIFESTYLE CHOICES FOR MENTAL AND PHYSICAL HEALTH”

Session – 2023-24

Organized by - Dr. Charanjit Kaur, Dr. Kiranpreet Kaur

Date – 20 March 2024

Time – 11:00 am to 1:00 pm

Venue – College Campus (Seminar Hall)

No. of Participants – 81 (Students), 6 (Teachers)

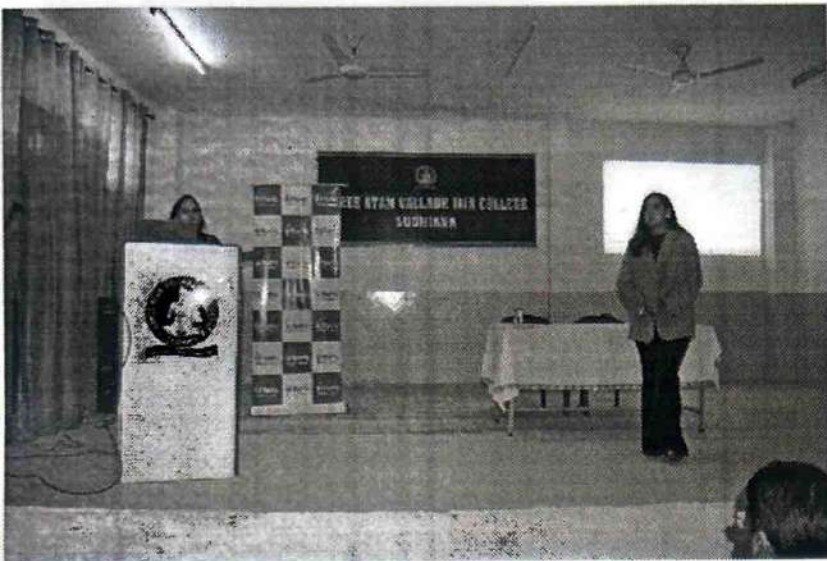
Objective of the event – To create awareness amongst students and teachers regarding healthy lifestyle choices for mental and physical well-being.

About the Event

Shree Atam Vallabh Jain College recently organized a highly enlightening guest lecture on the pivotal topic of "Lifestyle Choices for Mental and Physical Health" on 20th March 2024 at college campus. The esteemed resource person, Ms. Palak Jain Bhumbra, a Consulting Psychologist from Fortis Hospital, Ludhiana, graced the event with her profound expertise. She highlighted different lifestyle options that a person should adopt if he/she wants to lead a healthy life.

The lecture, aimed at fostering a holistic understanding of well-being, garnered commendation from various dignitaries. President of the College Management Committee, Shri Komal Kumar Jain (Duke), alongside other committee members, lauded the initiative, acknowledging its significance in promoting student welfare. Principal, Dr. Sandeep Kumar, also expressed appreciation for the event's insightful content.

This endeavour underscores the college's commitment to nurturing not just academic excellence but also the holistic development of its students. Such initiatives play a vital role in empowering individuals to make informed lifestyle choices for a healthier and happier life.



स्वस्थ जीवन शैली के विकल्पों से कम कर सकते हैं समस्याएं



भास्कर न्यूज/लुधियाना

श्री आत्म वल्लभ जैन कॉलेज में मानसिक और शारीरिक स्वास्थ्य के लिए जीवन शैली विकल्प पर एक सेशन का आयोजन किया गया। पलक जैन भूमला ने बताया कि एक स्वस्थ जीवन शैली किसी के भी जीवन के लिए फायदेमंद हो सकती है। स्वस्थ जीवन शैली विकल्पों की पहचान करके हम समस्याओं को कम कर सकते हैं। उन्होंने बताया कि प्रॉब्लम सोल्विंग स्कूल, स्ट्रेस की

पहचान करने और उन्हें प्रबंधित करने के लिए रणनीति बनाने की प्रक्रिया है, जिससे हम नकारात्मक तनाव को प्रभावी तरीके से कम कर सकते हैं। उन्होंने बताया कि तनाव, मानव जीवन का ही एक हिस्सा है और तनाव के कारणों, शरीर और दिमाग पर प्रभावों के बारे में बताया। उन्होंने तनाव को प्रभावी ढंग से प्रबंधित करने की रणनीतियों के बारे में विस्तार से बताया। डॉ. किरनप्रीत कौर और डॉ. चरणजीत कौर ने आभार व्यक्त किया।

मानसिक व शारीरिक स्वास्थ्य को लेकर सेशन करवाया

जगरण संवाददाता, लुधियाना : श्री के बारे में बताया। डा. किरनप्रीत आत्म वल्लभ जैन कॉलेज में कौर एवं डा. चरणजीत कौर ने मानसिक और शारीरिक स्वास्थ्य के लेक्चर के अंत में मुख्य अध्यक्ष द्वारा लिए जीवन शैली विकल्प एक सेशन का आयोजन किया गया। फोर्टिस अस्पताल से पलक जैन भूमला मुख्य वक्ता रही। उन्होंने विस्तार से बताया कि तनाव मानव जीवन का एक हिस्सा है और तनाव के कारणों और शरीर और दिमाग पर इसके प्रभावों



लुधियाना के श्री आत्म वल्लभ जैन कॉलेज में आयोजित कार्यक्रम में मुख्य वक्ता को सम्मानित करते प्रिंसिपल डा. संदीप कुमार • सौ कॉलेज

Manpreet Kaur

Organizers

[Signature]
Principal

Date - 20-24

Attendance of guest lectures on lifestyle choices

SNO	Roll No	Class	Name	Signature
1	231	BBA IV Sem	maadhava	<u>maadhava</u>
2	1016	B.Com IV sem	Gaurav Chhabra	<u>Gaurav</u>
3	1010	B Com - IV sem	Ashutosh Thakur	Ashutosh
4	1602	B Com VI Sem	Shashank	Shashank
5	1623	B Com VI Sem	Eshita Sinvestava	<u>Eshita</u>
6	1618	B.com VI Sem	Jeshad	<u>Jeshad</u>
7	126	BBA II Sem	Nikhil	<u>Nikhil</u>
8	145	BBA II Sem	Mayank	Mayank
9	123	BBA II Sem	Akshita	Akshita
10	130	BBA II Sem	Sheha	<u>Sheha</u>
11	116	BBA II sem	Khushi	<u>Khushi</u>
12	1126	B.com IV sem	Mehak	Mehak
13	1150	B.com. IV sem	Sakshi	Sakshi
14	1166	B.com. IV sem	vanhika	vanhika
15	1143	B.com. IV sem	Rishita	Rishita
16	1171	B.com IV sem	Nandini	Nandini
17	1125	B.com IV sem	Mannat	Mannat
18	649	B.com II sem	Parby	Parby
19	1114	B.com IV Sem	Janit Jain	<u>Janit</u>
20	1510	B.Com VI sem	Gaurav Bangia	<u>Gaurav Bangia</u>
21	1509	B.com VI sem	Vijay Jain	<u>Vijay</u>
22	146	BBA II Sem	Sujal Kumar	Sujal
23	534	B.com II Sem	Naina	Naina
24	507	B.Com II Sem	Archana	Archana
25	544	B.Com II Sem	Purvashi	<u>Purvashi</u>
26	510	B.com II Sem	Khushpreet	<u>Khushpreet</u>
27	575	B.com II Sem	Amandeep	<u>Amandeep</u>

10-3-24

Attendance of Guest lecture on Lifestyle choices

S.No	Roll No.	Class.	Name	Signature
1.	920	B.Com 4 th Sem (M '13)	Nandini Kapoor	<u>Nandini Kapoor</u>
2.	917	B.Com 4 th Sem (MB)	Mehak Mudreja	<u>Mehak Mudreja</u>
3.	105	BBA 2 nd Sem	Chahet Jain	<u>Chahet</u>
4.	136	BBA 2 nd Sem	Triptyeet Kam.	<u>Triptyeet</u>
5.	1633	B.Com 6 th Sem (B)	Vandana	<u>Vandana</u>
6.	1530	B.Com 6 th Sem (A)	Chandan	<u>Chandan</u>
7.	1635	B.Com 6 th Sem (B)	Bhavya	<u>Bhavya</u>
8.	1553	B.COM 6 th Sem (A)	Jitinder Garg	<u>Jitinder Garg</u>
9.	1552	Ketan "	Ketan Sharma	<u>Ketan Sharma</u>
10.	1420	B.Com 6 Sem	Gautam Jain	<u>Gautam Jain</u>
11.	1421	B.Com 6 Sem	Misha	<u>Misha</u>
12.	1419	B.Com 6 Sem	Manik	<u>Manik</u>
13.	1119	B.Com 4 th Sem	Kavya Jain	<u>Kavya Jain</u>
14.	180	B.B.A - 2 nd Sem (B)	Richa Sharma	<u>Richa Sharma</u>
15.	183	B.B.A - 2 nd Sem (B)	Muskan	<u>Muskan</u>
16.	161	B.B.A - 2 nd Sem (B)	Hardik Bansal	<u>Hardik</u>
17.	175	B.B.A - 2 nd Sem	Nitish Jain	<u>Nitish</u>
18.	174	BBA - 2 nd Sem	Naman Jain	<u>Naman</u>
19.	539	B.Com 2 nd Sem	Nikhil Kumar	<u>N. Khil</u>
20.	639	B.Com 2 nd Sem	Kushal Sehgal	<u>Kushal Sehgal</u>
21.	617	B.Com 2 nd Sem	Bhuvan Budhreja	<u>Bhuvan</u>
22.	633	B.Com 2 nd Sem	Suneesh	<u>Suneesh</u>
23.	653	B.Com 2 nd Sem	Piyush	<u>Piyush</u>
24.	1151	B.Com 4 Sem	Sneha	<u>Sneha</u>
25.	1158	B.Com 4 Sem	Sneha	<u>Sneha</u>
26.	1120	B.Com 4 Sem	Khushboo	<u>Khushboo</u>
27.	1101	B.COM 4 Sem	Aliti	<u>Aliti</u>
28.	1149	B.COM 4 Sem	Sakshi	<u>Sakshi</u>
29.	1168	B.COM 4 Sem	Vishakha	<u>Vishakha</u>

S.No.	Roll No.	Class	Name	Signature
1	Mani 1608	B.Com III rd	Mani	<u>Mani</u>
2.	1442	B.Com III rd	Shiwansh	<u>Shiwansh</u>
3	134	BBA - I st Year	Tamanna	<u>Tamanna</u>
4	104	BBA I st Year	ARUSHI	<u>arush</u>
5	108	BBA Ist year	Divya	<u>Divya</u>
6	113	BBA Ist year	Jyoti	<u>Jyoti</u>
7.	1626	B.Com III rd	Manav Arora	<u>Manav</u>
8	1169	B.Com II nd Year	Vivek	<u>vivek</u>
9	1621	B.Com III rd Year	<u>Vivek</u>	<u>Vivek</u>
10	1622	B.Com III rd Year	Arushi	<u>Arushi</u>
11	1627	B.Com III rd Year	Omprakash Sita	<u>OSita</u>
12	528	B.COM Ist year	Jashanpreet Kaur	<u>Jashanpreet Kaur</u>
13	559	B.COM Ist year	Sita	<u>Sita</u>

No.	Roll No.	Class	Name	Signature
1.	666	B.Com I year	Yuvraj	<u>Yuvraj</u>
2	646	B.Com I year	Nikhil	<u>Nikhil</u>
3	1017	B.Com II year	Gaurav	<u>Gaurav</u>
4	1536	B.Com IV Sem(A)	Deepak Kumar	<u>Deepak</u>
5	1537	B.Com IV Sem(A)	Shekhar Kumar	<u>Shekhar</u>
6.	169	BBA II Sem (B)	Manan Jain.	<u>Manan</u>
7	112	BBA II Sem (A)	Harshit Saini	<u>Harshit</u>
8	143	BBA II Sem(A)	Hrudick Jain	<u>Hrudick</u>
9	152	BBA II Sem(B)	Abhinav Khanna	<u>Abhinav</u>
10	142	BBA II Sem (A)	Vineesh Dawar	<u>Vineesh</u>
"	132	BBA I Sem(A)	Sarthak Sahi	<u>Sarthak</u>

REPORT

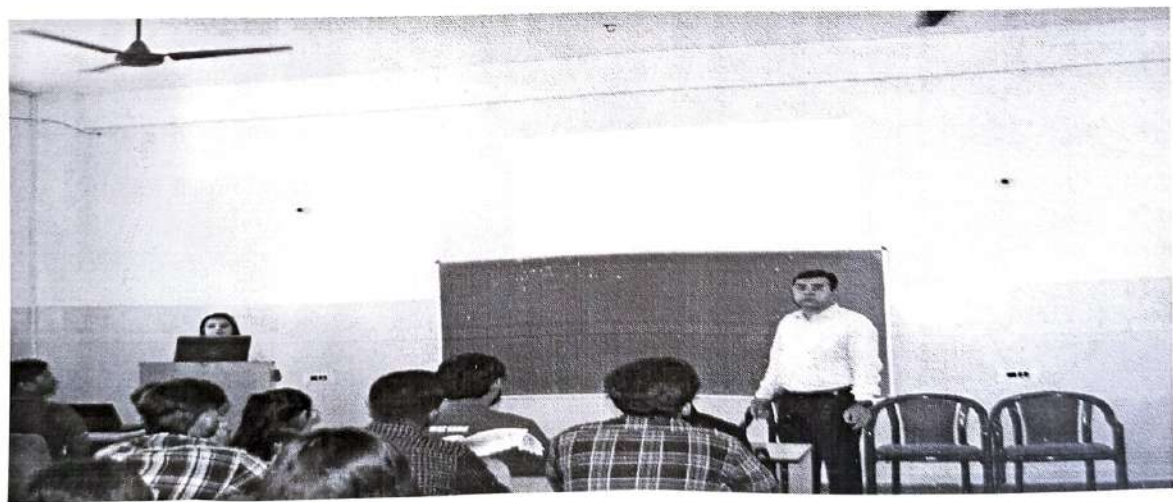
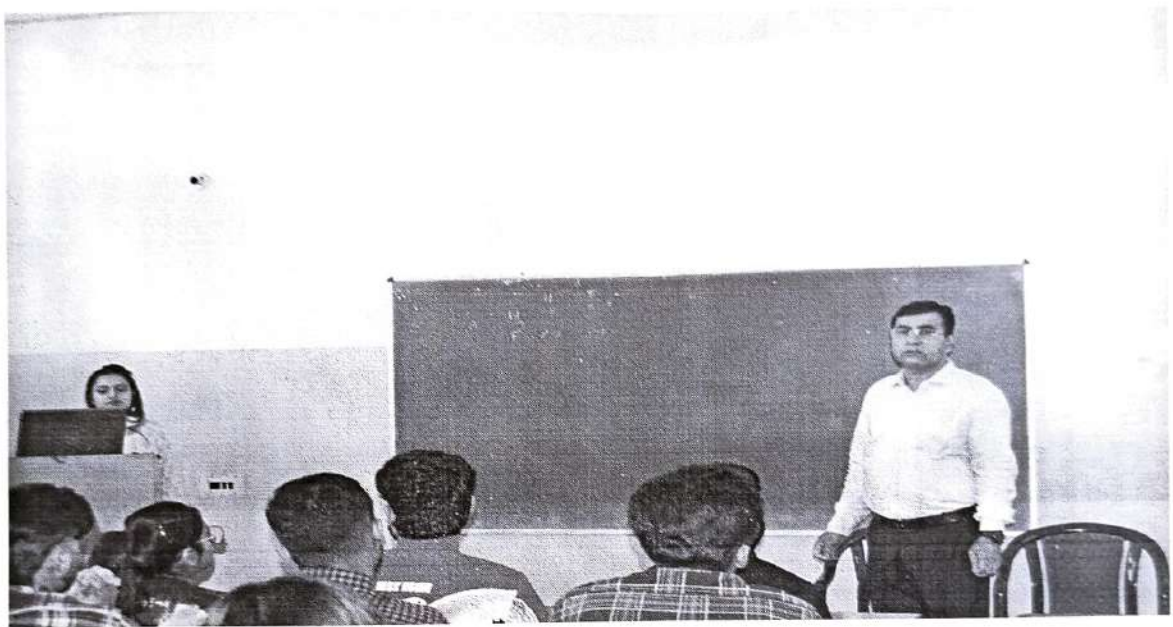
Activity	-	Voters' Awareness Campaign
Organising Team	-	NSS unit
Programme Officers	-	Dr. Sandeep K. Bansal Ms. Ruchika Nachaal
Venue	-	College Campus
Objective of the event	-	To aware the first time voters to use their right to cast vote and how to register for vote through Voters App.

Voters' Awareness Campaign at Shree Atam Vallabh Jain College Ludhiana

A voters' awareness campaign themed "**MeraPehla Vote DeshKeLiye**" for the students, organized by NSS Unit at Shree Atam Vallabh Jain College concluded on Thursday. The **First activity of campaign** was organized under the guidance of **worthy Principal Dr. Sandeep Kumar**. He emphasized the significance of elections and the pride associated with voting in the world's largest democracy. He educated young especially first-time voters to exercise this democratic privilege, stressing that every vote plays a crucial role in shaping the nation's future. He urged students specially girls to use their vote effectively and think about the choices they are making because they make a difference to the country, to the state, and to the local.



In second Activity of Campaign, NSS Programme officers – Dr. Sandeep Kumar Bansal and Prof. Ruchika Nachaal highlighted the importance of one's inaugural vote in contributing to the advancement and well-being of our nation. Students were informed about **Voter's Helpline App**. They were asked to download the App. They were also explained to get register their vote their vote through Voter Helpline App. NSS Programme officers emphasised the significance of voting as both a right and a duty.





In third activity of Campaign a **pledge taking ceremony**, under Election Awareness Programme “**MeraPehla Vote DeshkeLiye**”. This activity was organised to spread awareness among the students, the new eligible voters regarding effective participation in the electoral process. Further the pledge was taken in both Hindi and English. The session ended with a promise to exercise the right to vote to push the country ahead by appointing a responsible authority.



The President of the college management committee, Sh. Komal Kumar Jain (Duke), along with other committee members appreciated the principal for giving such valuable guidance to youth and remarkable efforts of NSS programme officers – Dr. Sandeep Kumar Bansal and Prof. Ruchika Nachaal for conducting such type of programme for youth.

'मेरा पहला वोट देश के लिए' मतदाता जागरूकता मुहिम संपन्न छात्राओं को वोट का प्रभावी ढंग से उपयोग करने व मतदाता हेल्पलाइन एप बारे बताया



लुधियाना। श्री आत्म वल्लभ जैन कालेज में एनएसएस इकाई द्वारा छात्रों के लिए आयोजित मेरा पहला वोट देश के लिए विषय पर मतदाता जागरूकता अभियान वीरवार संपन्न हुआ। अभियान की पहली गतिविधि प्रिंसिपल डॉ. संदीप कुमार के मार्गदर्शन में आयोजित की गई। उन्होंने दुनिया के सबसे बड़े लोकतंत्र में चुनावों के महत्व और मतदान से जुड़े गौरव पर जोर दिया। उन्होंने युवा विशेषकर पहली बार मतदान करने वाले मतदाताओं को इस लोकतांत्रिक विशेषाधिकार का प्रयोग करने के लिए शिक्षित किया और इस बात पर जोर दिया कि प्रत्येक वोट देश के भविष्य को आकार देने में महत्वपूर्ण भूमिका निभाता है। उन्होंने छात्रों विशेषकर लड़कियों से आग्रह किया कि वे अपने वोट का प्रभावी ढंग से उपयोग करें। अभियान की दूसरी गतिविधि में एनएसएस कार्यक्रम अधिकारी डॉ. संदीप कुमार बंसल और प्रोफेसर रुचिका नचहल ने छात्र-छात्राओं को मतदाता हेल्पलाइन एप के बारे में जानकारी दी गई। उनसे एप डाउनलोड करने को कहा गया। उन्हें वोटर हेल्पलाइन एप के माध्यम से अपना वोट पंजीकृत कराने के बारे में भी समझाया गया। एनएसएस कार्यक्रम अधिकारियों ने अधिकार और कर्तव्य दोनों के रूप में मतदान के महत्व पर जोर दिया। अभियान की तीसरी गतिविधि में चुनाव जागरूकता कार्यक्रम मेरा पहला वोट देश के लिए के तहत शपथ ग्रहण समारोह आयोजित किया गया। नए मतदाताओं के बीच जागरूकता फैलाने के लिए इस गतिविधि का आयोजन किया गया था। इसके अलावा शपथ हिंदी और अंग्रेजी दोनों में ली गई। एक जिम्मेदार प्रतिक्रिया की निर्धुनता करके देश को आगे बढ़ाने के लिए मतदान के अधिकार का प्रयोग करने के वादे के साथ शपथ समाप्त हुआ। कालेज प्रबंधन समिति के अध्यक्ष कोमल कुमार जैन ने अन्य समिति सदस्यों के साथ युवाओं को इस तरह के सख्ययान मार्गदर्शन देने के लिए प्रिंसिपल डॉ. संदीप कुमार की सराहना की और युवाओं के लिए इस प्रकार के कार्यक्रम आयोजित करने के लिए एनएसएस कार्यक्रम अधिकारियों - डॉ. संदीप कुमार बंसल और प्रोफेसर रुचिका नचहल के उत्कलखनीय प्रयासों की सराहना की।

छात्रों को मतदाता हेल्पलाइन एप के बारे में बताया



जॉस, लुधियाना: श्री आत्म वल्लभ जैन कालेज में एनएसएस इकाई द्वारा छात्रों के लिए आयोजित मेरा पहला वोट देश के लिए विषय पर मतदाता जागरूकता अभियान वीरवार को संपन्न हुआ। अभियान की प्रथम गतिविधि प्रिंसिपल डॉ. संदीप कुमार के मार्गदर्शन में आयोजित की गई। उन्होंने दुनिया के सबसे बड़े लोकतंत्र में चुनावों के महत्व और मतदान से जुड़े गौरव पर जोर दिया। उन्होंने युवा विशेषकर पहली बार मतदान करने वाले मतदाताओं को लोकतांत्रिक विशेषाधिकार का प्रयोग करने के लिए प्रशिक्षित किया। उन्होंने छात्रों, विशेषकर लड़कियों से आग्रह किया कि वह अपने वोट का प्रभावी ढंग से उपयोग करें। दूसरी गतिविधि में एनएसएस कार्यक्रम अधिकारी डॉ. संदीप कुमार लड़कियों से आग्रह किया कि वे अपने वोट का प्रभावी ढंग से उपयोग करें। अभियान की तीसरी गतिविधि में चुनाव जागरूकता कार्यक्रम 'मेरा पहला वोट देश के लिए' के तहत शपथ ग्रहण समारोह आयोजित किया गया। कालेज प्रबंधन समिति के अध्यक्ष कोमल कुमार जैन ने समिति सदस्यों के साथ युवाओं को मार्गदर्शन देने के लिए प्रिंसिपल डॉ. संदीप कुमार की सराहना की।

SHREE ATAM VALLABH JAIN COLLEGE

A voters' awareness campaign themed 'Mera Pehla Vote Desh Ke Liye' for the students organised by the NSS Unit at Shree Atam Vallabh Jain College concluded on Thursday. Dr Sandeep Kumar, principal, emphasised the significance of elections and the pride associated with voting in the world's largest democracy. He urged the first-time voters to exercise this democratic privilege, stressing that every vote plays a crucial role in shaping the country's future. He urged the students, especially girls, to vote responsibly. TNS



Dr.Sandeep k. Bansal
(Programme Officer)



Ms.Ruchika Nachaal
(Programme Officer)



(Principal) Princip
Shree Atam Vallabh Jain College
HUSSAINPURA Ludhiana

REPORT

Activity	-	Run for Health
Date	-	21 st April, 2024
Time	-	6:00 AM
Venue	-	Outside Guru Nanak Stadium Ludhiana
Organising Committee	-	Youth Club
Members	-	Prof. Amit Goyal (Convener) Prof. Rishu Jain (Co-Convener)
No. of Participants	-	Approximately 3600 (including approx. 500 students and 35 teaching and non-teaching staff members of college)
Objective of the event	-	To create awareness amongst public at large regarding health and fitness.
Chief Guest	-	Sh. Kuldeep Singh Chahal (Commissioner of Police, Ludhiana)

About the event

Youth Club of the college organized 'Run for Health' on 21st April 2024 outside Guru Nanak Stadium, in association with "Red Rock, Mahavir Udyog". It aimed at promoting a message of wellness and fitness within the community, coinciding with the birth anniversary of Lord Mahavir Ji. Sh. Kuldeep Singh Chahal, IPS, (Commissioner of Police), Ludhiana was the Chief Guest of the occasion. S. Gurpreet Singh, PPS, (Assistant commissioner of Police), Ludhiana was the guest of honour in the program. Their presence underscores the community's collective commitment to health and wellness.



Route map adopted for the run: In this event volunteers started running from Guru Nanak Stadium. The route of the run was as follows: Guru Nanak Stadium to Fountain Chowk, from there to Dandi Swami Chowk (via Prince Hostel), then towards 'main gate of KVM school' then via Tagore Nagar to Rose Garden and from there through College Road and Fountain Chowk the run will end at Guru Nanak stadium itself.



People gathered there in a massive number of more than 3600 from various schools, colleges, business concerns, corporate houses etc. from various areas of Punjab dressed in white T-shirts flooded the track. It high-spirited the arena along with the people present there. The event was filled with enthusiastic fervor of spreading the message of maintaining fitness as a lifestyle. T-shirts and refreshments were distributed among the all the participants in the event. To the winners specifically, trophies, medals, gift hampers and certificates were given. In addition these a bicycle was awarded to the overall winner. The event was sponsored by firms such as

Title sponsors- Red Rock, Mahavir Udyog, Duke, Fort Collins, Juki Sports, Vallabh Knit Kraft

Associate sponsors- Adinath Dyeing & finishing Mills, Aditya Knits Pvt. Ltd, Vijay Vallabh Hosiery Factory, J.P Homes, Suresh Tractor Company, Geekay, Chandok Arun, aecc study abroad consultant, Deekay, Kalyani Publisher, Malik Printers, Aakash Foundation.

Refreshment partners- Coca- cola, Bonn, Sehgal Astrology, Amul, Chetna Hi-Tech, and Verka Milk.



Winners were selected in four categories as three prizes in male category (Above 14 years) , three prizes in female (Above 14 years) category and three prizes in Kids (Below 14 years) category and three prizes in Senior Citizens (50 years plus). Akash Prajapati got first position in Boys Above 14, Harmeet Kaur was first in Girls above 14, Sangam Sethi got first prize in Kids below 14 and S. Balwinder Singh was declared first in the Senior citizen category.



The President of College Management Committee Sh. Komal Jain (Duke); Sh Ramesh Kumar Jain (Sr. Vice President) ; Sh Arun Jain (Vice President); Sh Bhushan Kumar Jain (Admn Secretary); Sh Manohar lal Jain (General Secretary) ; Sh Sanjay Kumar Jain (Finance Secretary); Sh Atul Jain (Manager); Sh Jatinder Jain (Joint Secretary); Sh Vinod Jain (Treasurer); Sh Amit Jain (Executive member); Sh Anil Kumar Jain (Executive Member); Sh Kiran Kumar Jain (Executive Member); Sh Lalit Jain (Executive Member); Sh Rakesh Jain (Executive Member); Sh Vikram Jain (Executive Member); Sh. Ashok Kumar Jain (Patron); Sh. Sikander Lal Jain (Chief Advisor); Sh.Vipan Kumar Jain (Member); Sh. Anil Prabhat Jain (Member); Sh.Pawan Jain (Member); Sh.Naresh Jain (Member), Principals of different schools under managing committee and Principal of the college Dr. Sandeep Kumar accentuated that such events reduce stigma related to mental illness and promote good health for all. Principal Dr. Sandeep Kumar thanked everyone present there in the event.

Vote of Thanks: Mr. Amit Goyal (Convener, Run for Health) thanked the entire team of SAVJC for their support and cooperation. He thanked Managing committee and Principal, for providing this opportunity and support for conducting such an event.

educationnotes



The overall winner felicitated with a cycle at 'run for health' held at School students during a capacity building programme for teachers.

SAVJC hosts 'run for health'

LUDHIANA: Shree Atam Vallabh Jain College organised 'run for health' outside the Guru Nanak Stadium, in association with "Red Rock, Mahavir Udyog." The chief guest of the event was Ludhiana commissioner of police Kuldeep Singh Chahal. The event was filled with enthusiastic fervour of spreading the message of maintaining fitness as a lifestyle. A cycle was awarded to the overall winner. Gift hampers and certificates were also provided to winners.

Vedas so that everybody can understand their relevance. School principal DP Guleria praised the management for giving the opportunity of witnessing such events which benefits the students and the society. Principal said the event added the sense of spirituality into the school premises.

Int'l School marks Mahavir Jayanti

LUDHIANA: Mahavir Jayanti was celebrated in International Public Senior Secondary School, Sandhu Nagar, with great fervour under the direction of managing director Baljinder Singh Sandhu.



Participants during the 'Run for Health' marathon organised on Sunday. PHOTO: HEMANSHU MALHOTRA

Over 3,000 take part in marathon

OUR CORRESPONDENT

LUDHIANA, APRIL 21
Over 3,000 participants drawn from various schools, colleges and corporate houses, along with the self-employed from across the state, took part in the 'Run for Health' marathon today. The race was organised by the youth club of Shree Atam Vallabh Jain College, in association with Red Rock and Mahavir Udyog. Held on the birth anniversary of Lord Mahavira, the

aim of the marathon was to promote the message of wellness and fitness in the community.

In the senior section, Balwinder Singh romped home victorious while in the boys (above 14) category, Akash Pragnan came out triumphant. In the girls (above 14) section, Harpreet Kaur emerged winner and in the kids (below 14) section, Sangam Sethi won the race. Trophies and hampers were awarded to the position holders, while certifi-

cates were distributed to all the participants.

Ludhiana Police Commissioner Kuldeep Singh Chahal was the chief guest on this occasion while, Gurpreet Singh, Assistant Commissioner of Police, was the guest of honour.

Komal Jain of Duke Fabrics and Dr Sandeep Kumar, principal, flagged off the run. The UGC sponsors of the event were Red Rock, Mahavir Udyog, Duke, Fort Collins, Juki Sports and Vallabh Kari Kraft.





Amit

Amit Goyal
 Convener, Youth Club

[Signature]
Principal

Report of Earth Day Celebration

Session:	2023-2024
Event Name:	Celebration of Earth Day.
Organizing Committee:	Eco Club Dr. Charanjit Kaur (Convener) Dr. Shilpa (Member) Prof. Ruchika Nachaal (Member) Prof Deepika Nanda (Member)
Date:	23 rd April, 2024
Time:	11:30 am
No of participants:	57 (40 Students and 17 teachers)
Venue:	Shri Atam Vallabh Jain Public School and College campus
Objectives of the Event:	To sensitize the issue of environment Protection among young generation.

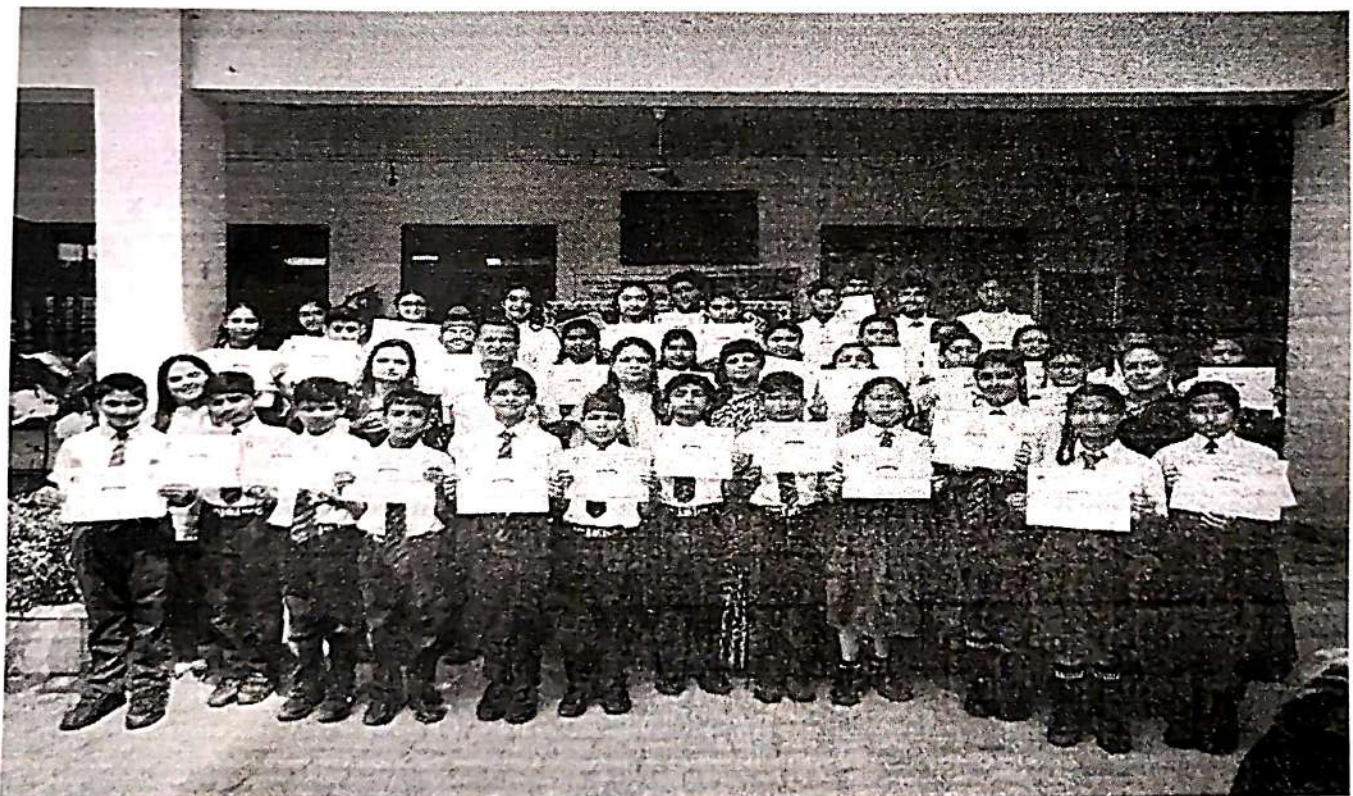
About the event:



(On the spot Writing Competition on the Theme "Say No to Plastic" at Shri Atam Vallabh Jain Public School)



(Poster Making Competition at Shri Atam Vallabh Jain Public School)



(Distribution of certificates to the winners of writing competition & poster making competition)



(Plantation Drive at Shri Atam Vallabh Jain Public School)



(Plantation inside the College Campus)

Earth Day was celebrated on April 23rd, is a significant event aimed at raising awareness about environmental issues and promoting sustainability. The Eco Club of Shree Atam Vallabh Jain College organized a series of events to commemorate Earth Day, emphasizing the importance of environmental conservation and eco-friendly practices. To kickstart the Earth Day celebrations, the Eco Club organized a plantation drive at Shri Atam Vallabh Jain Public School. Students and faculty members actively participated in planting saplings around the school premises. The initiative aimed to enhance green cover, promote biodiversity, and instill a sense of environmental responsibility among the participants. Following the plantation drive, a poster making competition was held at Shri Atam Vallabh Jain Public school. Students showcased their creativity and artistic skills by designing posters highlighting the importance of environmental conservation, sustainable living, and the detrimental effects of plastic pollution. The competition served as a platform to raise awareness and inspire action towards protecting our planet. In line with the global initiative to reduce plastic usage, an on-the-spot writing competition was organized, focusing on the theme "Say No to Plastic." Participants were tasked with composing essays or short stories advocating for the reduction, reuse, and recycling of plastic products. Through their writings, students expressed their commitment to combating plastic pollution and adopting eco-friendly alternatives. Concurrently, a plantation drive was conducted within the premises of Shree Atam Vallabh Jain College. Students, faculty, and members of the Eco Club joined hands to plant trees and ornamental plants, enhancing the aesthetic appeal of the campus while contributing to environmental conservation efforts. The plantation drive aimed to create a greener and more sustainable environment within the college campus. The laudable efforts of the Eco Club were duly acknowledged and

appreciated by the esteemed Principal, Dr. Sandeep Kumar. Their support underscores the institution's unwavering commitment to fostering a sustainable and environmentally conscious community.

Annexure

List of students who have participated in writing competition:

Sr. No.	Name of students	Class
1.	Rihaan	8 th
2.	Shrishti	8 th
3.	Vanshika	9 th
4.	Janvi	9 th
5.	Drishti	10 th
6.	Preeti	10 th
7.	Divyansh	9 th
8.	Sanjana.	10 th
9.	Adarsh	8 th
10.	Krish	8 th
11.	Gurdeep	8 th
12.	Gurinder	9 th
13.	Aryan.	9 th
14.	Khushi.	10 th
15.	Srishti	10 th
16.	Neha.	8 th
17.	Vicky	7 th
18.	Ishmeet	7 th
19.	Jyoti	8 th
20.	Pari.	8 th

List of students who have participated in poster making competition

Sr. No.	Name of Student	Class
1.	Anmol	7 th
2.	Kavya Jain	6 th
3.	Seerat	6 th
4.	Ritika	7 th
5.	Sakshi.	7 th
6.	Harshita.	7 th
7.	Suneha.	7 th
8.	Anshika.	7 th
9.	Garvita.	7 th
10.	Gauri.	10 th
11.	Priya.	10 th
12.	Rajnish	7 th
13.	Gurleen.	7 th
14.	Sukhmeet.	8 th
15.	Sukhman.	8 th
16.	Vansh.	8 th
17.	Aanchal.	8 th
18.	Manan.	6 th
19.	Aayush	6 th
20.	Pari	8 th

श्री आत्म वल्लभ जैन कॉलेज द्वारा मनाया पृथ्वी दिवस



लुधियाना/वटन/23 अप्रैल। श्री आत्म वल्लभ जैन कॉलेज, लुधियाना के इको क्लब द्वारा दुनिया भर में पर्यावरण के प्रति जागरूकता बढ़ाने के लक्ष्य के साथ पृथ्वी दिवस मनाया गया। पृथ्वी पर रहने वाले तमाम जीव-जंतुओं और पेड़-पौधों को बचाने तथा देशवासियों को पर्यावरण के प्रति जागरूक करने के लिए इस दिवस का आयोजन किया गया। इस अवसर पर कॉलेज एवं स्कूल श्री आत्म वल्लभ जैन पब्लिक के छात्रों के लिए Say No to Plastic पर पोस्टर

मेकिंग एवं लेखन प्रतियोगिता करवाई गई। विजेताओं को पुरस्कार इनाम भी वितरित किए गए। इस दिवस पर कॉलेज में कॉलेज मैनेजिंग समिति के प्रधान कोमल कुमार जैन, मैनेजिंग कमेटी के अन्य सदस्यों एवं प्रिंसिपल डॉ. सदीप कुमार ने कॉलेज एवं स्कूल में पौधारोपण करके देशवासियों को यह संदेश दिया कि धरती के लिए ही नहीं बल्कि इसना के लिए भी पेड़ बहुत आवश्यक हैं और इस संसार में पेड़ों को अहमियत को जानना बहुत ही जरूरी है।

SAVJC celebrates World Earth Day

LUDHIANA: Shree Atam Vallabh Jain College marked Earth Day. The eco club organised a plantation drive across both the college campus and Shree Atam Vallabh Public School. The activities included poster making and writing competition themed "Say No to Plastic." College management committee president Komal Kumar Jain appreciated the efforts of the club.

धरती और इंसानों के लिए आवश्यक हैं पेड़



सुधियाना। श्री आत्म वल्लभ जैन कॉलेज के इको क्लब द्वारा दुनिया भर में पर्यावरण के प्रति जागरूकता बढ़ाने के लक्ष्य के साथ पृथ्वी दिवस मनाया गया। पृथ्वी पर रहने वाले तमाम जीव-जंतुओं और पेड़-पौधों को बचाने और देशवासियों को पर्यावरण के प्रति जागरूक करने के लिए इस दिवस का आयोजन किया गया। इस अवसर पर श्री आत्म वल्लभ जैन स्कूल के छात्रों के लिए से नो टू स्टास्टिक पर पोस्टर मेकिंग और

लेखन प्रतियोगिता करवाई गई। विजेताओं को पुरस्कार इनाम भी वितरित किए गए। इस दिवस पर कॉलेज में कॉलेज मैनेजिंग समिति के प्रधान कोमल कुमार जैन, मैनेजिंग कमेटी के अन्य सदस्यों और प्रिंसिपल डॉ संदीप कुमार ने कॉलेज व स्कूल में पीधारोपण करके देशवासियों को यह संदेश दिया कि धरती के लिए ही नहीं बल्कि इंसानों के लिए भी पेड़ बहुत आवश्यक हैं और इस खजह से पेड़ों की अहमियत को जानना बहुत

ही जरूरी है। उन्होंने नागरिकों से अपील की है कि वे अपने आस-पास अधिक संख्या में पेड़ लगाए ताकि सभी साफ सूखे वातावरण में सांस ले सकें। देशवासियों को इस दिन का खास महत्व बताते हुए ज्यादा से ज्यादा पेड़ लगाने के साथ-साथ उनका सभाल सुनिश्चित करने की भी आह्वान किया। उन्होंने समाप्त करके कि आज के दिन हम अपने को पर्यावरण को बचाने का स्वामी लेना चाहिए।

Convener

Convener

Principal

Principal

Report

Activity : Celebration of World Environment Day
Organizing Team : NSS Unit and Eco Club
Programme Officers : Dr. Sandeep K. Bansal
Prof. Ruchika Nachaal
Dr. charanjit Kaur
Prof. Deepika Nanda
No. of Volunteers : 30 Students and 8 teachers
Date : 5th June , 2024

Objective of the event : The motive to celebrate the world environment Day is to mobilize individuals, communities, and organizations to participate in activities that promote environmental protection and conservation.

About the event

Shree Atam Vallabh Jain College, Ludhiana, celebrated 'World Environment Day' with initiatives led by the NSS Unit and Eco Club. The event aimed to raise awareness about the environment and inspire people to protect living beings and plants on Earth. The celebration emphasized addressing the severe environmental degradation the world is facing, such as pollution, deforestation, depletion of aquatic life, overpopulation, and global warming.

On this occasion, the college principal, teachers, and students planted trees in their respective areas. The main objective of this activity was to start contributing to Mother Earth from one's own home. After the tree plantation, everyone took a pledge to regularly care for these plants. College Principal Dr. Sandeep Kumar planted a tree and conveyed the message that trees are essential not only for the Earth but also for humans, and we should take steps to protect our environment. The students also made posters on Environment Day.

Principal Dr. Sandeep Kumar stated that the entire world is suffering from the problem of global warming, so it is everyone's responsibility to protect the environment. They appreciated the staff's efforts to raise awareness about the environment among citizens. Protecting the green environment and nature is essential because when we conserve the environment today, future generations will be able to live a healthy life. Through this tree plantation campaign, a message was conveyed to everyone that preserving nature at all costs is crucial.



पेड़, पौधे हैं लाभकारी, पर

शिक्षण संस्थानों में विश्व पर्यावरण दिवस पर समारोह

राजेश ब्यूज/राजनी, लुधियाना : शिक्षण संस्थाएँ एकट्ठीपिटी के माध्यम से विद्यार्थियों और लोगों के सामने रखी तो वहीं अध्यापकों और अतिथियों के पेड़ों की संभाल पर जोर दिया गया।



श्री आत्म वल्लभ जैन कॉलेज की एनएसएस यूनिट एवं इको क्लब द्वारा 'विश्व पर्यावरण दिवस' के मनाया गया। कालेज प्रिंसिपल, अध्यापकों एवं विद्यार्थियों ने अपने-अपने इलाके में व्यक्तिगत रूप से पेड़ लगाए। कॉलेज मैनेजिंग समिति के प्रधान कोमल कुमार जैन (इयूक), प्रि. डॉ. संदीप कुमार ने कहा कि पर्यावरण की सुरक्षा करना हम सब की जिम्मेदारी है।



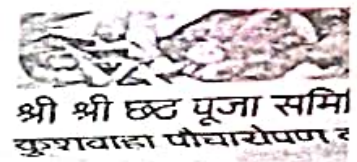
गुरु नानक खालसा कॉलेज फॉर एनएसएस यूनिट ने विश्व पर्यावरण कॉलेज की प्रिंसिपल डॉ. मनीता कर्मा की भूमिका पर जोर दिया।

अधिक पौधे
मा। इस मौके
ए गए। इसके
शैलिटी आई

में पर्यावरण के प्रति जागरूकता फैलाना है। इस दौरान अस्पताल में सर्जरी के लिए आए मरीजों को पौधे भी वितरित किये गये।

पौधारोपण कर लोगों को किया जागरूक

जागरण संवाददाता, लुधियाना : श्री आत्म वल्लभ जैन कालेज में एनएसएस यूनिट एवं इको क्लब द्वारा विश्व पर्यावरण दिवस मनाया गया। इस मौके दुनिया पर्यावरणीय गिरावट, जैसे प्रदूषण, वनों की कटाई के साथ-साथ जल की कमी, अधिक जनसंख्या, ग्लोबल वार्मिंग आदि का सामना कर रही है। कालेज प्रिंसिपल, अध्यापकों एवं विद्यार्थियों ने अपने-अपने इलाके में पेड़ लगाए व इन पौधों की नियमित देखभाल करने की शपथ ली। प्रिंसिपल डा. संदीप कुमार ने संदेश दिया कि पृथ्वी के लिए ही नहीं बल्कि इंसानों के लिए भी पेड़ बहुत आवश्यक हैं।



श्री श्री छठ पूजा समिति कुरुवाहा पौधारोपण

गांव में

जागरण संवाददाता, लुधियाना : श्री आत्म वल्लभ जैन कालेज में एनएसएस यूनिट एवं इको क्लब द्वारा विश्व पर्यावरण दिवस मनाया गया। इस मौके दुनिया पर्यावरणीय गिरावट, जैसे प्रदूषण, वनों की कटाई के साथ-साथ जल की कमी, अधिक जनसंख्या, ग्लोबल वार्मिंग आदि का सामना कर रही है। कालेज प्रिंसिपल, अध्यापकों एवं विद्यार्थियों ने अपने-अपने इलाके में पेड़ लगाए व इन पौधों की नियमित देखभाल करने की शपथ ली। प्रिंसिपल डा. संदीप कुमार ने संदेश दिया कि पृथ्वी के लिए ही नहीं बल्कि इंसानों के लिए भी पेड़ बहुत आवश्यक हैं।

अतिरिक्त अमित सरी का उद्देश्य बनाना है राज्य को 5000 पे

पौधे'

बरसात में बुड़ढा दरि

Report

Activity	:	Celebration of International Yoga Day
Organizing Team	:	NSS Unit
Programme Officers	:	Dr. Sandeep K. Bansal Prof. Ruchika Nachaal
No. of Volunteers	:	28 volunteers and 10 teachers
Date	:	21 st June, 2024
Venue	:	Online mode

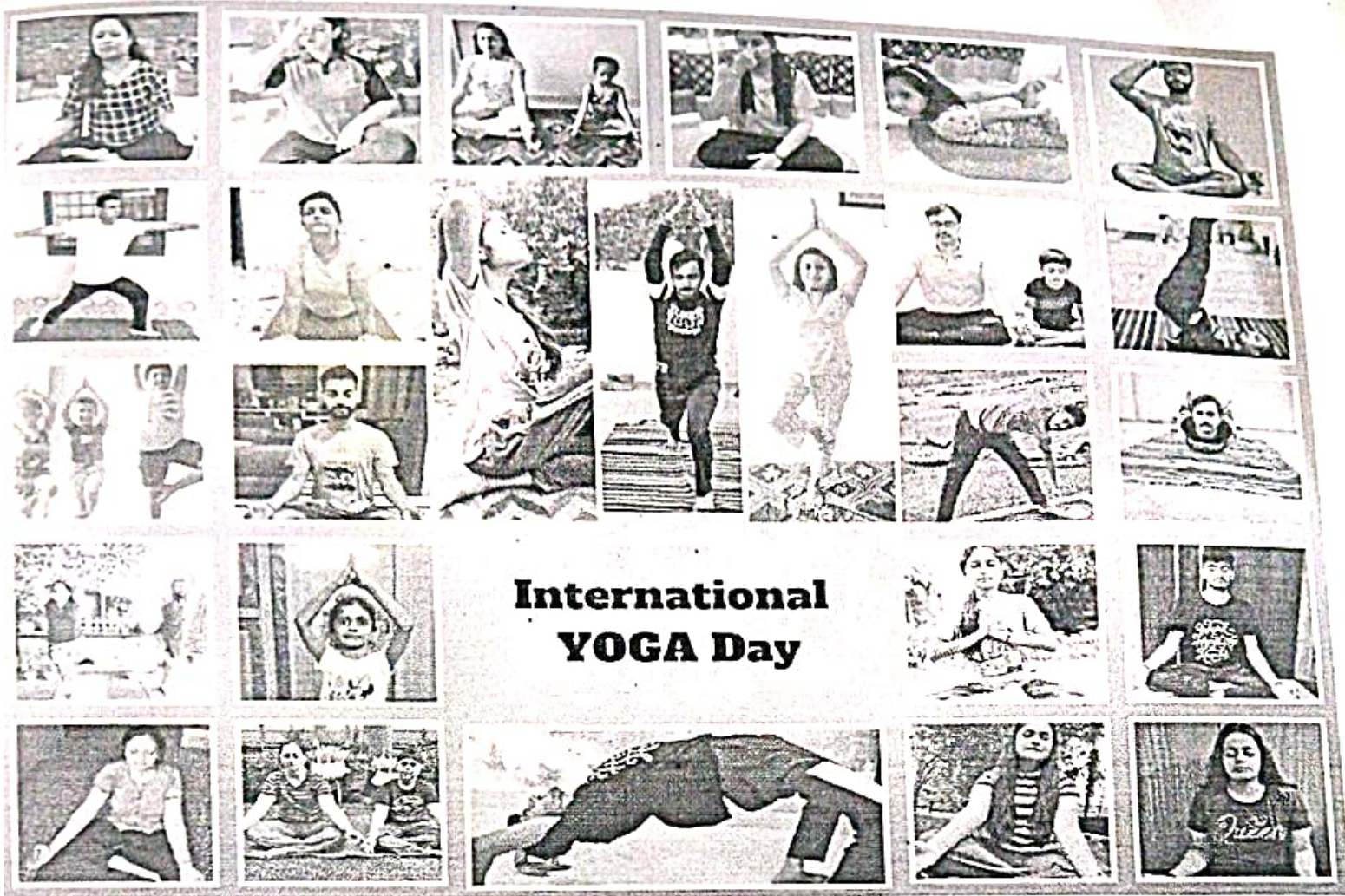
Objective of the event : The motive to celebrate the International Yoga Day is to raise awareness of the benefits of practicing yoga. The main aim of yoga is integrating the body, mind and thoughts so as to work for good ends.

About the event

Shree Atam Vallabh Jain College, Ludhiana, celebrated "Yoga with Family" on International Yoga Day. NSS unit of the college has organized "Yoga with Family" to celebrate International Yoga Day. In this event, NSS volunteers and staff members performed yoga asana at home and shared their yoga practice pictures.

Following the theme of "Yoga for Women's Empowerment and Yoga for Self and Society" by the Ministry of AYUSH, the staff and NSS volunteers pledged to make yoga a part of their lifestyle. This day is celebrated to increase fitness awareness and promote the physical, mental, and social well-being of individuals.

Yoga is important for all humans to relax their body, soul, and mind, and to establish a balance between themselves and their surroundings. Yoga promotes the spiritual health and emotional well-being of the entire family. Principal Dr. Sandeep Kumar highlighted that yoga provides solutions to many health problems and helps people worldwide elevate their physical, mental, and spiritual levels. They stated that yoga also makes our lives healthy and happy.



**International
YOGA Day**



Shree Atam Vallabh Jain College, Ludhiana

Affiliated to Panjab University, Chandigarh



Managed by Shri Atma Nand Jain School Committee

Wishes you

HAPPY

International Yoga Day

PHYSICAL, MENTAL &
SPIRITUAL WELLNESS

INCREASED
ENERGY

INCREASED
FLEXIBILITY



STRONGER IMMUNE

IMPROVED

Schoolchildren practice *asanas* virtually

SHIVANI BHAKOO

INDIAN EXPRESS

LUDHIANA, JUNE 21

Tomorrow is the International Yoga Day and adhering to directives from the Union Government, thousands of students from both government and private schools observe it. However, this time around, the state administration has requested that teachers and students at government schools celebrate the day virtually because of the extreme heatwave conditions.

This year's theme is 'Yoga for Self and Society'. Following instructions, the teachers and students observed the day starting with the Surya Namaskar followed by other *asanas*.

One of the instructors, who wished to remain anonymous, said that pupils would observe and practice the yoga *asanas* from their homes using YouTube videos to guide them through the various *asanas*. Links for these videos have been circulated among the student body. The department must then receive a Google Spreadsheet by the evening with information on the number of students who participated in and observed the Yoga Day. However, since we are not at the students' houses to verify whether or not they are genuinely watching or practicing the *asanas*, this exercise will not produce the desired outcomes.

Still, we'll follow the government's orders," the instructor added.

Meanwhile, the 10th International Yoga Diwas was observed by the district administration at Government College for Girls, Bharat Nagar Chowk.

Government College Ludhiana (East) too celebrated the day on college grounds. Deepak Chopra, principal, commended the students for participating in this activity and talked to the audience about the value of yoga in daily life and how to keep the body and mind in harmony. Warm-up exercises were conducted by Jeetamol and all students and teachers practised and performed sitting and stand-

ing *asanas*; the importance of these *asanas* was explained simultaneously.

The NSS section of Shree Atam Vallabh Jain College Ludhiana arranged Yoga with Family. During the event, NSS employees and volunteers practiced yoga at home and posted photos of themselves in the various *asanas*.

It should be noted that, in contrast to other forms of exercise, yoga has recently gained popularity among women. "It gives the body flexibility, which is of great importance. Second, practising yoga doesn't require any special tools or machinery," said Reena Malhotra, who enjoys doing it four to five times a week.

For tranquility and health



Principal