

Community Connect Program

Under the leadership and encouragement of Principal Dr. Amandeep Heera, the Internal Quality Assurance Cell (IQAC), in collaboration with the Department of Home Science at Babbar Akali Memorial Khalsa College, Garhshankar, initiated a Community Connect Program aimed at empowering rural women through skill development. As part of this initiative, a visit was organized to village Garhi, which has been adopted under the Unnat Bharat Abhiyan (UBA). The visit focused on skill enhancement and self-reliance for the women of the village.



A vibrant exhibition was held showcasing beautifully crafted tie-and-dye dupattas and block-printed dupattas, highlighting the creativity and potential of such artistic techniques. Prof. Jatinder Kaur, an expert in textile design, conducted a hands-on training session for the village women, teaching them the intricate skills of block painting and stencil painting. The participants learned how to

apply these techniques to fabric items like shirts, pillows, and other home textiles.

This initiative is a significant step towards women's empowerment, as it equips them with a marketable skill that can help them generate their own income. By mastering the art of textile decoration, these women can now explore self-employment opportunities and even establish small-scale businesses, thus contributing to their family income and financial independence.

The objective of the visit was also to raise awareness about influenza, preventive measures, and overall well-being among the women of the village. Dr. Kuldeep Kaur, IQAC Coordinator, conducted an interactive session where she sensitized the women about influenza, its symptoms, modes of transmission, and effective ways to protect themselves and their families. She emphasized the importance of maintaining good hygiene, proper nutrition, and timely medical care to prevent infections. Beyond physical health, the session also focused on mental well-being and stress management. Dr. Kuldeep Kaur encouraged the women to adopt a healthy lifestyle, eat nutritious food, stay stress-free, and take time for self-care. She highlighted that a positive mindset, self-care, and happiness are key to living a balanced and fulfilling life. The women actively participated in the discussion, sharing their concerns and seeking guidance on health-related issues.

One Week Martial Arts Training Program for Self

Defense of girl students

Under the able guidance of Principal Dr Amandeep Heera, Internal Quality Assurance Cell (IQAC) of .Babbar Akali Memorial Khalsa College, Garhshankar successfully organized a 7-days (24th Feb to 2 nd March 2025) Martial Arts Self-Defense Training Program to strengthen the safety and self-reliance of female students. Renowned martial arts trainer Mr. Kamal Kishore Noori provided specialized training to the students.

During this training, students were practiced self-defense techniques, physical strengthening, quick decision-making skills, and special methods to handle potentially dangerous situations. The trainer also raised awareness among students about the importance of personal safety and motivated them to enhance their inner strength and self-confidence.

Throughout the training program, students participated with great enthusiasm and energy. Daily personalized instruction, practical demonstrations, and hands-on practice helped further strengthen their understanding and skills.

At the closing ceremony of the program, Principal Dr. Amandeep Heera appreciated the contributions of the IQAC team and trainer Mr. Kamal Kishore Noori. She advised the students to continuously practice these skills and always remain vigilant.

This program proved to be highly beneficial for the students, helping them become more confident and self-reliant. It stands as a remarkable example of the college's dedicated efforts toward student safety, personality development, and holistic



education.



One Day Faculty Development Program on "Creative Art"



Under the visionary leadership of Principal Dr. Amandeep Heera, the Internal Quality Assurance Cell (IQAC) organized a one-day Faculty Development Program (FDP) on "Creative Art." Renowned expert Ms. Ritu Lal from Pidilite Jalandhar conducted an engaging session, offering hands-on experience in worli art.

The program aimed to foster stress relief through creativity while promoting a sense of camaraderie and collaboration among faculty members. The session provided an enriching platform for self-expression, innovation, and artistic exploration.

Faculty members enjoyed the immersive experience, finding it both therapeutic and inspiring. The FDP not only enhanced their creative skills but also strengthened their bond, leaving them rejuvenated and motivated.

Martial Arts Training Program for self Defense of girl students

Under the able leadership of Principal Dr. Amandeep Heera, a one-week Faculty Development Program (FDP) was organized by the Internal Quality Assurance Cell (IQAC) at Babbar Akali Memorial Khalsa College, Garhshankar—an esteemed institution functioning under the management of the Shiromani Gurdwara Parbandhak Committee (SGPC). The theme of the FDP was “The Role of Soft Skills in Achieving Academic Success and Maintaining Mental Well-being.”

The primary objective of the program was to raise awareness among teachers about the importance of soft skills and mental wellness, enabling them to perform better in both their academic and personal lives. Professors from various colleges and universities participated as guest speakers during the event.

The FDP began with an inaugural session, where Principal Dr. Amandeep Heera welcomed all the participants and guest speakers. The first day's session featured Mr. Kamal Kishore Noori, an international Taekwondo coach, who delivered a lecture focusing on strategies to maintain mental wellness and emphasized the importance of a balanced lifestyle. He also conducted a practical session demonstrating various yoga postures and effective exercises that can help improve both physical and mental health.

On the second day, Prof. Navdeep Singh acted as the resource person. He elaborated on how different books can be beneficial in personal life, highlighting the vital role of soft skills in both personal and professional development. He explained how educators can enhance their soft skills through continuous

learning, effective communication, and emotional intelligence. He also recommended reading good novels and books to refine soft skills, develop new perspectives, and foster a positive mindset.

The third day featured Dr. Surinder Kumar, Associate Professor of Computer Science at Sri Guru Tegh Bahadur Khalsa College, Sri Anandpur Sahib. He delivered an insightful lecture on the importance of soft skills in the academic domain. He stressed that effective communication, teamwork, and adaptability to new situations are essential for professional growth. Additionally, he introduced participants to important software tools like GitHub and JIRA to increase their knowledge of modern project management and version control systems.

On the fourth day, Lieutenant Manpreet Kaur from Chandigarh Engineering College, Mohali, gave an engaging lecture on stress management. She explained various exercises and techniques in detail that can help individuals maintain mental wellness and reduce stress effectively.

The fifth day's session featured Dr. Pritinder Singh from the Mathematics Department, who delivered a brilliant lecture on the topic "Mathematics: A Hidden Gem for Soft Skills." He connected the importance of mathematics beyond numbers and equations, linking it to the development of essential soft skills. He engaged participants in various interactive activities that emphasized the importance of teamwork. He also presented some interesting riddles designed to promote critical thinking.

On the final day, Dr. Bimla Jaswal, Associate Professor (Department of Commerce), SGGGS Khalsa College, Mahilpur, delivered a thoughtful and engaging lecture on time management. Using simple and relatable examples from daily life, she stressed the need for efficient time utilization. Her session provided teachers with strategic tools to effectively balance their professional and personal lives.

During the closing ceremony, Prof. Navdeep Singh from the English Department presented a vote of thanks. He appreciated the organizing team, resource persons, and participants for their significant contribution to the success of the program. Principal Dr. Amandeep Heera especially acknowledged Dr. Kuldeep Kaur, the IQAC Coordinator, and her team for their instrumental role in organizing the entire FDP. She encouraged the faculty members to continue participating in such programs in the future for their personal and institutional growth.

Throughout the week-long program, Prof. Baldeep Kaur efficiently conducted stage management duties. Faculty members such as Prof. Lakhwinderjit Kaur, Prof. Kanwar Kulwant Singh, heads of various departments, and the entire staff were actively present. Overall, the Faculty Development Program proved to be beneficial and inspiring for all participating



educators.



