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SHANTI DEVI ARYA MAHILA COLLEGE

DINANAGAR (Gurdaspur) -143531

Affiliated to GNDU, Amritsar | A Multi-Faculty Post-Graduate Women College

Re-Accredited by NAAC with "A" Grade | College with "Potential for Excellence" Conferred by UGC | Green Champion Award by MGNCRE

Dated...16/02/2023

Ref. No. 5850.SA/Gen

1. Dr Ashwani Bhalla,
State nodal officer, Ek Bharat shreshtha Bharat
Director, Education Department (Colleges)
2. Dr. Preet Mohinder Pal Singh
Dean College Development Council
GNDU
3. Prof. Rajnish Jain
Secretary
UGC, New Delhi
4. Director
Youth Services Punjab Yuva Bhawan, Sector 42-A, CHD
5. Programme Coordinator
NSS Deptt. GNDU, Amritsar

Subject: EBSB Report (10th January to 4th Feb. 2023)

Respected Sir/ Madam

As per your guidelines we are sending you Report of EBSB (10th January to 4th Feb. 2023) Various activities carried out by "EK Bharat Shreshtha Bharat" club of Shanti Devi Arya Mahila College, Dinanagar are as follows.

- Opening of Accounts for the implementation of system of flow of NSS grants through the CNA system upto NSS Unit level (10.1.2023)
- Lohri celebration at college & Betion Ki Lohri at village Saidipur (12.1.2023 & 13.1.2023)
- "National Road Safety Week 2023" (11 to 17 January 2023)
- Registration on ABC Portal by students (9th - 15th January 2023)
- Celebration of Youth day 24th January 2023
- Celebration of "National Girl Child Day" on 24th January 2023
- Celebration of "National Voters Day" on 25th January 2023
- Celebration of "World leprosy day" on 30.1.2023
- Celebration of "World Cancer day" on 04.2.2023

Kindly note and oblige

Regards

Principal *Keena Talwar*
Shanti Devi Arya Mahila College
Dinanagar (GSP.)

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shantidevicollege.org



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SHANTI DEVI ARYA MAHILA COLLEGE, DINANAGAR

EBSB Report: 10th January to 4th Feb. 2023

Activities Carried Out By Ek Bharat Shreshth Bharat Club

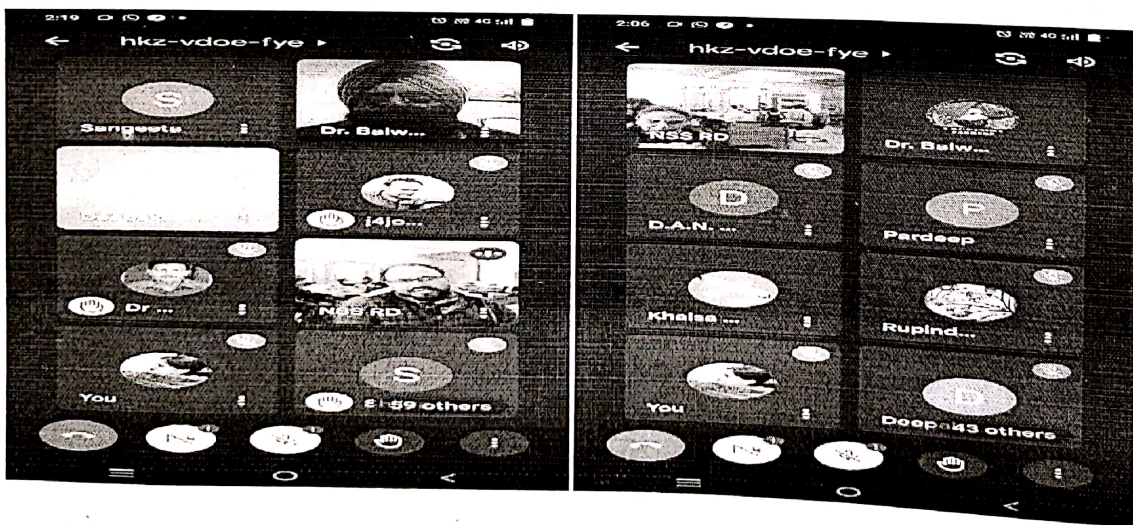
of

SHANTI DEVI ARYA MAHILA COLLEGE, DINANAGAR

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OPENING OF ACCOUNTS FOR THE IMPLEMENTATION OF SYSTEM OF FLOW OF NSS GRANTS THROUGH THE CNA SYSTEM DATED UP TO NSS UNIT LEVEL, DATED 10.1.2023

Under EBSB Mission and under the able guidance of Principal Dr Reena Talwar , NSS Program Officers Mrs. Sangeeta Malhotra , Dr.Sushma Gupta, Mrs. Sunita Verma , Dr.Deepak Jyoti and Mrs. Jyoti Saini attended online National Level Meeting under the Chairmanship of the Director, NSS held on 10.1.2023 at 2.00PM regarding the opening of Accounts upto NSS Unit level, for the implementation of system of flow of NSS grants through the CNA system . All the Colleges were instructed to open Bank account for NSS grants in State Bank of India and further asked to give this account number to NSS Department of GNDU.



Reena Talwar
Principal
Shanti Devi Arya Mahila College
Dinanagar (GSP.)

“NATIONAL ROAD SAFETY WEEK 2023” (11 TO 17 JANUARY)

Shanti Devi Arya Mahila College Dinanagar under the able guidance of principal Dr. Reena Talwar Under Ek Bharat Shreshth Bharat mission celebrated “National Road Safety Week 2023” (11 to 17 January). Principal Dr. Reena Talwar told that “National Road Safety Week” is celebrated every year from 11 to 17 January. Road safety is one of the biggest concerns in today's time. The theme for the year 2023 is 'Sadak Suraksha Jeevan Raksha'. She told that the aim to celebrate this week is to raise public awareness about traffic rules. The campaign emphasizes various measures that people should take to comply with the government's safety regulations and, as a result, keep themselves and their loved ones safe. She threw light upon preventive measures for road safety i.e., to adopt safety measures like wearing seat belt, helmet while driving and riding, not to do things like wearing make-up, combing hair or talking on the phone while driving. Road traffic safety is a method or measure that attempts to reduce the incidence of road accidents causing injury and death to people. All road users, including pedestrians, cyclists, drivers of vehicles or those using public transport should always follow the traffic rules. During this day various activities i.e., chetna rally, Pledge taking ceremony and lectures were carried out to make the students aware about various traffic rules. Mrs Sunita Verma and Dr. Anjna Malhotra (Nodal officers Ek Bharat Shreshth Bharat) made the students aware about various traffic signs which are divided into 3 categories i.e., regulatory, warning and guide signs. They told that Road safety is a matter of public health concern, and of significant importance to the government. With the goal of reducing the number of accidents due to speeding, carelessness, and drunk driving, this awareness week is organized every year. They told to students that during driving always wear a seatbelt, avoid distractions, do not cross the speed limits, service your car regularly, follow traffic signals, maintain lane discipline, be careful during bad weather and maintain a safe distance to avoid accidents.

Reena Talwar
Principal
Shanti Devi Arya Mahila College
Dinanagar (GSP.)



Principal Dr. Reena Talwar made the students aware about traffic rules



Chetna Rally to make the people aware about traffic rules

Reena Talwar
Principal
Shanti Devi Arya Mahila College
Dinanagar (GSP.)



Pledge taking ceremony to follow the traffic rules

12.1.2023: Lohri celebration at college



13.1.2023 Betion Ki Lohri at village saidipur



Reena Talwar
Principal
Shanti Devi Arya Mahila College
Dinanagar (GSP.)

REGISTRATION ON ABC PORTAL BY STUDENTS

A special camp was organized at Shanti Devi Arya Mahila College, Dinanagar under the chairmanship of Principal Dr. Reena Talwar, during which students registered on the Academic Bank of Credits portal under the supervision of Nodal Officer Mrs. Sunita Verma and created their A.B.C. Student ID. Principal Dr. Reena Talwar told that

As per the National Education Policy 2020, the Academic Bank of Credits (ABCs) is envisaged to facilitate academic mobility of students with freedom to study in higher education institutions of the country from one program to another with a suitable "credit transfer" mechanism and for obtaining Degree/Diploma/PG-Diploma etc. She said that ABC will credit the credits given by the registered institutions to the accounts of the students.

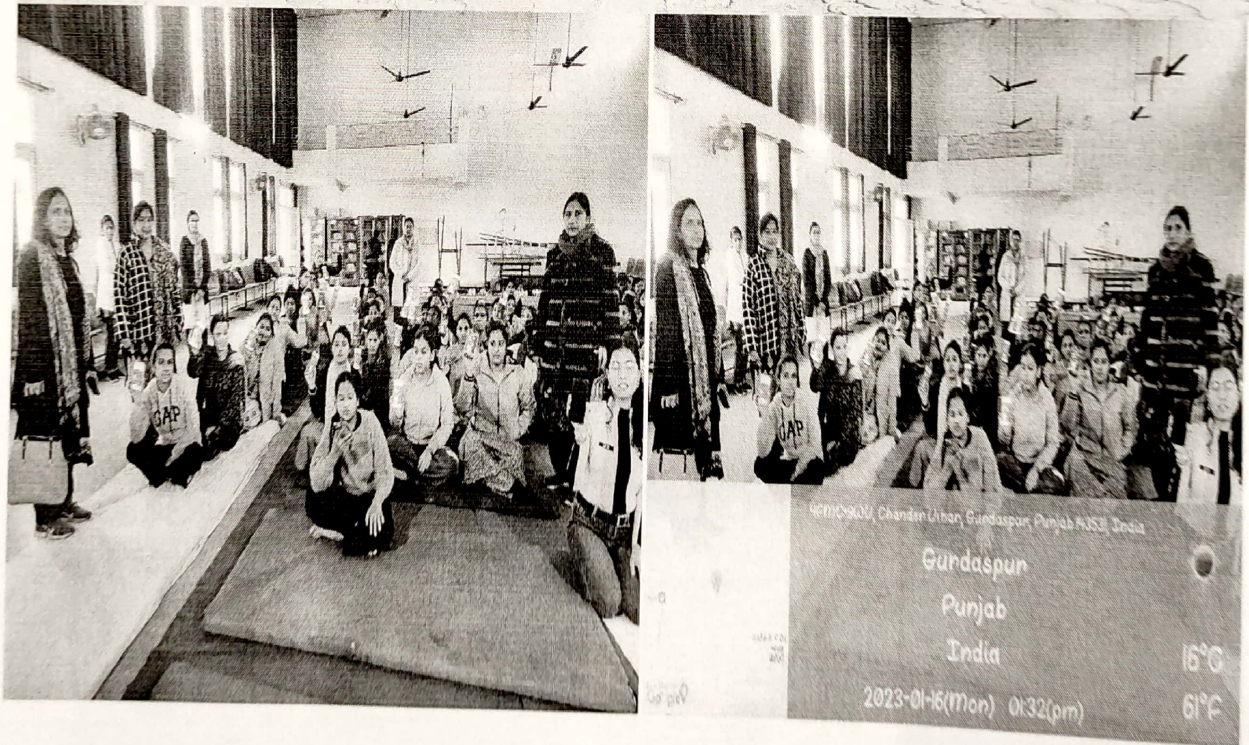
Academic Bank Credit can only be shared across institutions, not directly from the student.

Principal Dr. Reena Talwar explained the many advantages of creating ID on ABC portal such as multiple entry for students, multiple exit allowed, student credits will be stored for minimum shelf life of 7 years, transparency will improve and curriculum design and Will help create a more flexible approach to development.

Mrs. Sunita Verma told many features of creating ID on ABC portal such as allowing educational institutions to record credits and maintain their integrity, maintaining the authenticity and confidentiality of student credits, Easy credit transfer through digital mode, Faster credit identification etc.

During the camp, Nodal Officer Mrs. Sunita Verma, Dr. Sushma Gupta, Dr. Kulwinder Kaur, Mrs. Sangeeta Malhotra, Dr. Deepak Jyoti, Dr. Anjna Malhotra, Dr. Neenu Sharma, Mrs. Parveen Saini, Dr. Sonam Gupta etc., were also present.

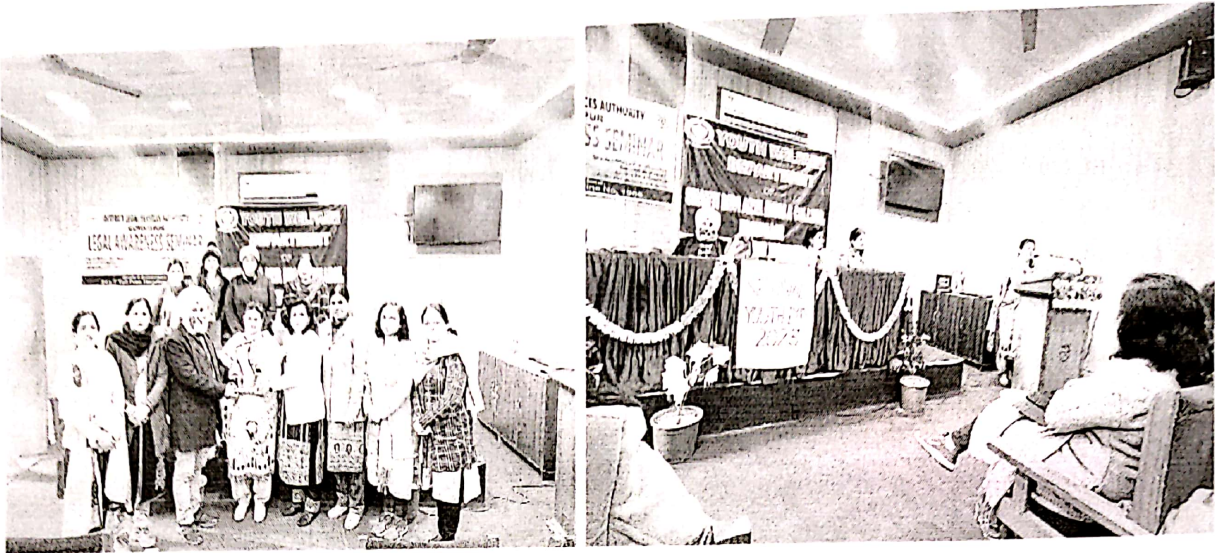
Reena Talwar
Principal
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Dinanagar (GSP.)



Students Doing Registration On ABC Portal

Keena Talwar
Principal
Shanti Devi Arya Mahila College
Dinanagar (GSP.)

YOUTH DAY CELEBRATION on Dated 24TH JANUARY 2023



CELEBRATION OF "NATIONAL GIRL CHILD DAY" ON 24TH JANUARY 2023

NSS department & Fine Arts Deptt. of Shanti Devi Arya Mahila College Dinanagar, under, the able guidance of Principal Dr. Reena Talwar under Ek Bharat Shreshth Bharat mission celebrated "National Girl Child Day" on 24th January 2023. During this day Poster making competition was organized. The purpose of the celebration of this day was to raise awareness of the injustices that girls experience in Indian society. Principal Dr. Reena Talwar told that the main aim of the day celebration is to raise awareness of the disparities that girls are facing in a variety of areas, including legal rights, education, employment, clothing, medical care and others. She also threw light upon the slogans for National Girl Child day i.e., "Digital Generation, Our Generation, Our Time is now—Our Rights, Our Future."

Nodal Officers EBSB: Mrs. Sunita verma and Dr. Anjna Malhotra made the students aware about female foeticides and stressed on saving girl child. They told that when girls are educated, countries become strong and more prosperous. During this occasion, Dr. Anjna Malhotra (ANO, NCC), NSS Programme Officers: Dr. Sushma Gupta, Prof. Sunita Verma, Dr.. Deepak Jyoti, Prof. Jyoti Saini, Prof. Sonika Gupta, Dr. Sonam Gupta, Dr. Poonam, Mrs. Sheelika were also present.

ਸ਼ਾਂਤੀ ਦੇਵੀ ਆਰੀਆ ਮਹਿਲਾ ਕਾਲਜ ਵਿਖੇ 'ਰਾਸ਼ਟਰੀ ਬਾਲਿਕਾ ਦਿਵਸ' ਮਨਾਇਆ

ਦੀਨਾਨਗਰ, 24 ਜਨਵਰੀ ਨੂੰ ਸ਼ਾਂਤੀ ਦੇਵੀ ਆਰੀਆ ਮਹਿਲਾ ਕਾਲਜ ਵਿਖੇ 'ਰਾਸ਼ਟਰੀ ਬਾਲਿਕਾ ਦਿਵਸ' ਮਨਾਇਆ ਗਿਆ। ਇਸ ਮੌਕੇ ਮੁੱਖ ਮਹਿਲਾ ਅਧਿਆਪਕਾ ਡਾ. ਰੀਨਾ ਟਲਵਰ ਨੇ ਸ਼ਿਲਪਕਾਰੀ ਮੁਕਾਬਲੇ ਦਾ ਆਯੋਜਨ ਕੀਤਾ। ਉਹਨਾਂ ਨੇ ਕਿਹਾ ਕਿ ਬਾਲਿਕਾ ਦਿਵਸ ਦੀ ਮਹਤਵਪੂਰਨਤਾ ਨੂੰ ਸਮਝਣ ਲਈ ਅਸੀਂ ਇਸ ਮੁਕਾਬਲੇ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਹੈ। ਇਸ ਮੌਕੇ ਮੁੱਖ ਮਹਿਲਾ ਅਧਿਆਪਕਾ ਡਾ. ਰੀਨਾ ਟਲਵਰ ਨੇ ਸ਼ਿਲਪਕਾਰੀ ਮੁਕਾਬਲੇ ਦਾ ਆਯੋਜਨ ਕੀਤਾ। ਉਹਨਾਂ ਨੇ ਕਿਹਾ ਕਿ ਬਾਲਿਕਾ ਦਿਵਸ ਦੀ ਮਹਤਵਪੂਰਨਤਾ ਨੂੰ ਸਮਝਣ ਲਈ ਅਸੀਂ ਇਸ ਮੁਕਾਬਲੇ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਹੈ।



ਸ਼ਾਂਤੀ ਦੇਵੀ ਆਰੀਆ ਮਹਿਲਾ ਕਾਲਜ ਦੀਨਾਨਗਰ ਵਿਖੇ 'ਰਾਸ਼ਟਰੀ ਬਾਲਿਕਾ ਦਿਵਸ' ਮਨਾਇਆ

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Reena Talwar
Principal
Shanti Devi Arya Mahila College
Dinanagar (GSP.)

CELEBRATION OF "NATIONAL VOTERS DAY" (25th January 2023)

N.S.S, Red Ribbon club and Buddy group of Shanti Devi Arya Mahila College Dinanagar celebrated 13th National voters day on 25th January 2023 under the able guidance of principal Dr. Reena Talwar under sweep activities and Ek Bharat Shreshth Bharat mission. During this day pledge taking ceremony and poster making competition were organized. Principal Dr. Reena Talwar told that this year theme "Nothing like voting, I Vote for sure" is dedicated to voters which conveys individual's feeling and aspiration towards participation in the electoral process through power of their vote. She told that "National Voters Day" is observed to commemorate the founding day of the Election Commission of India. This day celebration was chosen by the Indian government as a way to inspire young people to get involved in politics. She told that the goal of National Voters Day 2023 theme is to encourage more people to vote in elections, regardless of their age, gender, ethnicity, or other characteristics.

During this Occasion, Mrs. Parveen Saini (Nodal Officer Buddy group), Dr. Kulwinder Kaur (PRO) NSS Programme Officers: Dr. Sushma Gupta, Prof. Sunita Verma (Nodal Officer EBSB), Dr. Deepak Jyoti, Prof. Jyoti Saini, Prof. Randeep, Prof. Sonika Gupta, Dr. Sonam Gupta, Dr. Poonam, Mrs. Sheelika, Ms. Pallavi, Mrs. Sonia, Ms. Dilpreet were also present.



Reena Talwar
Principal
Shanti Devi Arya Mahila College
Dinanagar (GSP.)

CELEBRATION OF "WORLD LEPROSY DAY" on dated 30.1.2023

NCC, NSS, Red cross and Red Ribbon club of Shanti Devi Arya Mahila college Dinanagar celebrated "World leprosy day" under the able guidance of Principal Dr. Reena Talwar under Ek Bharat Shreshth Bharat mission. The main purpose of celebrating this day was to raise awareness among the people about the treatment of this disease caused by Leprosy Mycobacterium leprae. Principal Dr. Reena Talwar told that if people come forward at the primary stage of this leprosy disease and get their treatment done on time, then it can be completely cured. She told that we should eat not only carbohydrates but also proteins in our food, this strengthens the immune system and increases the ability to fight against this disease. Dr. Anjna Malhotra (ANO, NCC) threw light upon the theme of World Leprosy Day 2023 'Act Now: End Leprosy'. On this occasion, NCC Cadets and NSS Volunteers collected clothes, biscuits, fruits and food grains and donated them to the Leprosy Ashram in Dinanagar. During this occasion, Dr. Anjna Malhotra (ANO, NCC), Mrs. Randeep Dhoot (Red Cross Incharge), Dr. Kulwinder Kaur (PRO) , Dr. Neenu Sharma, NSS Program Officers Mrs. Sangeeta Malhotra (coordinator), Dr. Sushma Gupta, Mrs. Sunita Verma (EBSB Nodal Officer), Dr. Deepak Jyoti, Mrs. Jyoti Saini etc. were also present.



Principal *Reena Talwar*
 Shanti Devi Arya Mahila College
 Dinanagar (GSP.)

कुष्ठ आश्रम में वस्त्र, राशन फल तथा अनाज भेंट किया



दीनानगर। शांति देवी आर्य महिला कॉलेज दीनानगर के एनसीसी, एनएसएस, रेडक्रॉस और रेड रिबन क्लब की तरफ से प्रिंसिपल डॉ. रीना तलवार की अध्यक्षता में एक भारत श्रेष्ठ भारत के तहत कुष्ठ रोग दिवस मनाया गया। इस दौरान एनसीसी कैम्पस और एनएसएस बॉन्डरियर्स ने स्थानीय कुष्ठ आश्रम में वस्त्र, राशन, फल तथा अनाज भेंट किया और कुष्ठ रोग मरीजों को आराम पत्ती तुरीके से उपचार करवाने के लिए प्रेरित किया। प्रिंसिपल डॉ. रीना तलवार ने कहा कि कार्यक्रम का उद्देश्य लेप्रोसी माइक्रोबैक्टीरियम लेपरे से होने वाली इस बीमारी के इलाज के बारे में जागरूकता बढ़ाना है। समय पर इलाज करवाने से इस रोग को ठीक किया जा सकता है। उन्होंने बताया कि हमें कार्बोहाइड्रेट

के अलावा भोजन में प्रोटीन भी लेनी चाहिए। जिससे हमारा इम्यून सिस्टम मजबूत होता है और इस बीमारियों से लड़ने की क्षमता बढ़ती है। एनसीसी एनओ डॉ. अंजना मल्होत्रा ने विश्व कुष्ठ दिवस 2023 की थीम 'एक्ट नाउ, एंड लेप्रोसी' पर रोशनी डालते हुए कहा कि आधुनिक चिकित्सा के जरिए कुष्ठ रोग नियंत्रण में है। लेकिन कुछ क्षेत्रों में अभी भी इसके कच्चे सामने आ रहे हैं। जागरूकता से ही इस बीमारी को खत्म किया जा सकता है। इन मौके पर रेड क्रॉस इवार्ज रणवीर कुल, डॉ. कुलविंदर कौर जीना, एनएसएस प्रोग्राम ऑफिसर संगीता मल्होत्रा, डॉ. सुष्मा गुप्ता, सुनीता वर्मा, डॉ. दीपक ज्योति, ज्योति सेना भी मौजूद थे।

CELEBRATION OF "WORLD CANCER DAY" ON DATED 4.2.2023

Science Department of Shanti Devi Arya Mahila College Dinanagar celebrated "World Cancer Day" under the able guidance of Principal Dr. Reena Talwar under Ek Bharat Shreshtha Bharat mission. World Cancer Day is celebrated every year on 4 February in the world. Principal Dr. Reena Talwar told that the theme of World Cancer Day 2023 marks the second year of the "Close the Care Gap" campaign (2022-2024) to understand the disparities in cancer care and make the necessary progress to address them. It's about taking action. She told that every year about 10 million people die due to cancer and the main purpose of celebrating this day is to make people aware about the identification, symptoms and prevention of this disease. Mrs. Sunita Verma (ESB Nodal Officer) told that a deadly disease like cancer can be defeated by lifestyle changes, regular check-ups and identifying the early symptoms of this disease. A declamation contest was also organized on this day in which students Parul Thakur, Bhumika, Siya Saini, Ankita, Nupur, Ramanpreet and Sakshi threw light on cancer prevention. During this day, Dr. Sushma Gupta (Vice Principal), Prof. Sunita Verma, Prof. Parveen Saini, Prof. Mamta, Prof. Pallavi, Prof. Gurupriya etc. were also present.

Reena Talwar
Principal
Shanti Devi Arya Mahila College
Dinanagar (GSP.)

विश्व में हर साल 10 मिलियन लोगों की कैंसर से होती है मौत : डा. रीना

संगठन शहयोगी, दीनानगर : शान्ति देवी आर्य महिला कॉलेज के साइंस विभाग ने एक भारत श्रेष्ठ भारत के तहत प्रिंसिपल डा. रीना तलावार की अध्यक्षता में वर्ल्ड कैंसर डे मनाया। विश्व में हर साल चार फरवरी को वर्ल्ड कैंसर डे मनाया जाता है। प्रिंसिपल डा. रीना तलावार ने बताया कि वर्ल्ड कैंसर डे 2023 की थीम "ग्लोबल डे कैंसर रीप" अभियान (2022-2024) के दूसरे वर्ष को चिन्हित करती है, जो कैंसर देखभाल में असमानताओं को समझने और उन्हें दूर करने के लिए आवश्यक प्रगति करने के लिए कार्रवाई करने के बारे में है।

उन्होंने बताया कि हर साल करीब 10 मिलियन लोगों की मौत कैंसर के कारण होती है। इस दिन को मनाने का मुख्य उद्देश्य लोगों को इस बीमारी की पहचान, निदान और शिकथाम के बारे में जागरूक



कालेज में वर्ल्ड कैंसर डे मनाते हुए स्टाफ सदस्य शशी कालेज

करना है। सुनीता वर्मा (इंफ़रमार्सरी नोडल अफसर) ने बताया कि लाइफ स्टाइल में बदलाव, नियमित जांच और इस बीमारी के दुरुआती निदान को पहचान कर कैंसर जैसी जानलेवा बीमारी को मान लिया जा सकता है। उन्होंने बताया कि कई लोगों ने दवाइयों और समय पर इलाज, परहेज आदि के द्वारा इस बीमारी को मान लिया है। इस दिन

डेवेलोपेशन केंद्र पर भी करवाया गया, जिसमें स्टूडेंट्स पारुल ठाकुर, भूमिका, सिया मैनी, अंकिता, नूपुर, रमनप्रीत और साक्षी ने कैंसर की शिकथाम पर रोशनी डाली। इस दौरान डा. सुषमा गुप्ता (वाइस प्रिंसिपल), प्रोफेसर सुनीता वर्मा, प्रोफेसर प्रवीण सेनी, प्रोफेसर ममता, प्रोफेसर पल्लवी, प्रोफेसर गुरुप्रिया आदि भी उपस्थित थे।

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