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SHANTI DEVI ARYA MAHILA COLLEGE

Dinanagar (Distt. 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 Status by UGC, Green Champion Award by MGNCRE (Govt. of India)



Ref.No. 6936.SD/GEN

Dated.25-06-2024

Yoga and Health

21 Jun 2018: International Yoga Day was celebrated on 21 June 2018 at SDAM College Dinanagar, organized by NSS department of Shanti Devi Arya Mahila College Dinanagar.



21 Jun 2021 International Yoga Day was celebrated on 21 June 2021 at SDAM College Dinanagar. NSS and physical education department of Shanti Devi Arya Mahila College Dinanagar Organised


Principal
Shanti Devi Arya Mahila College
Dinanagar (GSP.)

☎ 01875-220344, 221382 ✉ sdamcollegednn1968@gmail.com

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one day Online Webinar on “ Yoga for Immunity, Respiratory & Emotional well-Being “ to celebrate International Day of Yoga on 21st June 2021 in collaboration with Isha foundation under the able guidance of principal Dr. ReenaTalwar.FromIsha Foundation Dr Monica Gupta played active role in organising this webinar and Miss Tayagini , Yoga Expert was the moderator of this event . More than 135 participants including volunteers and staff members of the college participated in this event and did practise of Pranayama &SimhaKriya in supervision and guidance of Shri Sadguruji . He also gave training of different respiratory exercises to be done to improve oxygen level in the bidy. These exercises were taught by keeping in mind its prime need for fighting against pandemic of Covid - 19. DrReenaTalwar thanked the members of Isha Foundation and NSS Coordinator MrsSangeeta Malhotra, Miss TaljinderKaur ,Headyhi Phy.Edu. Dept, Program Officers DrSushmaGupta ,MrsSunitaVerma , Mrs Deepak Jyoti and MrsJyoti Saini for organising this event .




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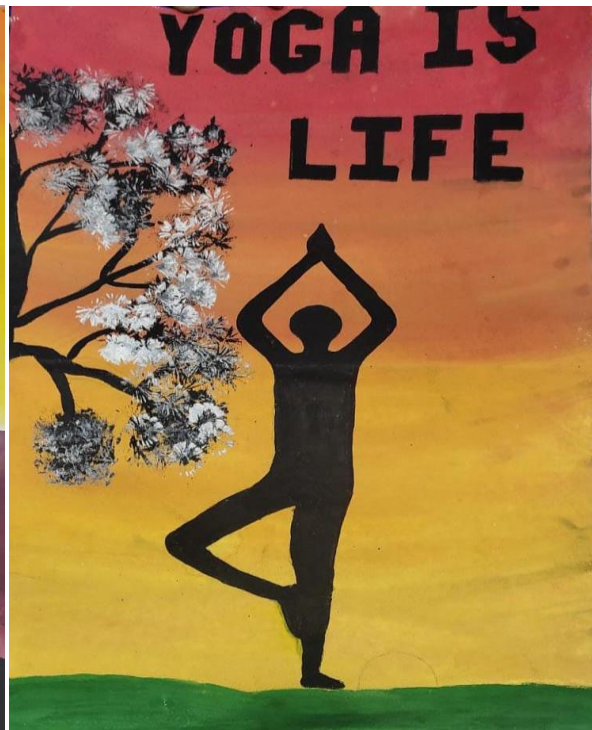
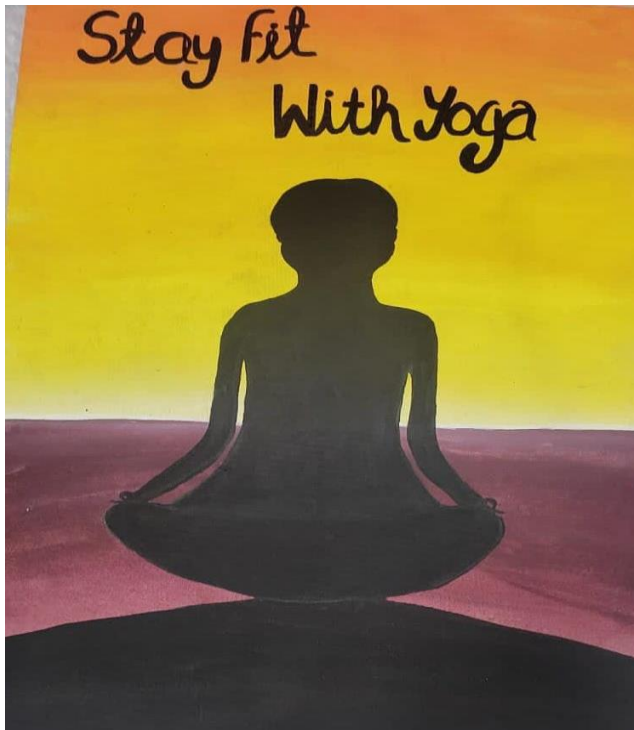
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26 Apr 2022 NSS Department organized "International Yoga Day 2022" with the guidance and cooperation of Principal Dr. Reena Talwar as per the instructions of Government of India and Guru Nanak Dev University Amritsar. As part of the count down of 100 days of the event, each day different activities such as yoga practice, lectures on the subject of yoga, poster making competition and yoga demonstration were organized.

Under this, Prof. Taljinder Kaur, the HOD Physical Education dept., gave demonstration to the students of different yogasans such as Surya Namaskar, Swastikasana, Gomukhasana, Gorakshasana, ArdhaMatsyendrasana, Yogamudrasana, Kagasana, Sarvangasana, Shirshasan, Dhanurasana,


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Trikonasana, Vrikshasana, Balasangasana, Bhujangasana, Ustrasana, Paschimottanasana, Padmasana, Vajrasana, Anulom-Vilom Pranayama, Kapalbhati Pranayama were done, in which the students participated enthusiastically. Apart from this, Principal Dr. Reena Talwar, while giving detailed information about the importance of yoga in human life to the students, said that due to the hectic routine of today, people do not have time to do yoga and exercise. But in the Corona period, people have understood the importance of yoga very well. During this time people are resorting to yoga to increase their immunity and stay stress free. If you do yoga regularly, then you can always be physically and mentally healthy. Dr. Reena Talwar, Principal of the college, while praising the NSS department for conducting yoga activities and pranayama, said that, Doing yoga regularly keeps the body, mind and soul satisfied. NSS Programme Officers: Prof. Dr. Sushma Gupta, Prof. Sunita Verma, Prof. Sangeeta Malhotra, Prof. Deepak Jyoti, Prof. Jyoti Saini and Prof. Sonika Gupta, Prof. Taljinder Kaur contributed significantly in organizing the events.




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21 Jun 2022 N.S.S , N.C.C and Physical Education departments in collaboration with "Ek Bharat Shreshth Bharat club", celebrated " International Yoga Day " on 21st June 2022 , under the able guidance of Principal Dr. ReenaTalwar . Students of Physical Education department attended one week yoga classes under the supervision of madamTaljinder Kaur. Ek Bharat Shresht Bharat club organised poster making and slogan writing competitions for NSS and NCC students and gave prizes to winners.

Principal Dr.ReenaTalwar motivated the students to adopt-yoga in their regular activities for a better lifestyle. She said that with the help of yoga one can attain physical and mental health to lead a peaceful life . She said Yoga practice is very helpful for attaining a sharp mind and healthy heart and everyone should adopt this practice. On this occasion nodal officer of Ek Bharat Shresht Bharat Club ,MrsSunitaVerma, NSS coordinator Madam Sangeeta Malhotra, NSS programme officer MrsJyoti Saini along with other staff members Mrs EktaKohli, MrsMeenu Gupta, Miss Kulwinder Kaur, Miss Bhanupriya , Miss Manpreet and Miss Priya were present .


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"International Yoga Day 2022" (1.4.2022 to 30.6.2022)

Yoga is the cornerstone of healthy human life

Ek Bharat shreshth Bharat club of Shanti Devi Arya Mahila College Dinanagar organized "International Yoga Day 2022" with the guidance and cooperation of Principal Dr. Reena Talwar as per the instructions of Government of India and Guru Nanak Dev University Amritsar. As part of the count down of 100 days of the event, each day different activities such as yoga practice, lectures on the .


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17 Jan 2023 On sixth day of 7 Days Special NSS Camp A YOGA CAMP was organised by the NSS department under the able guidance of Principal DrReenaTalwar. Swamy Yogi Raj PramodJiMaharaj from PatanjaliVidyapith was invited as a resource person to organise this yoga camp with the help of Dr. ParamShivam Singh from Saidipur village .Principal Dr. ReenaTalwar along with NSS program officers and staff members joined to attend this yoga camp .Swami ji gave guidance to do different


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yoga Asanas by demonstrating each Mudra and explained their benefits. KapalBhati ,Pranayam, and Singhnaadasan ,Bhujangasan, Shirshasana, butterfly Asana, Dhanurasan was practised and taught by Swami Ji to all volunteers of the camp . Swami ji also explained the importance of yoga in our life. He said yoga not only improves physical strength but also enhances our mental strength. And said that Yoga has become very popular in foreign countries also as it is very beneficial for human body.



21 Jun 2023:“Yoga Day Celebration” at SDAM College, Dinanagar dated 21.6.2023

N.S.S department in collaboration with Ek Bharat Shreshth Bharat club celebrated “ International Yoga Day “ on 21st June 2023 , under the able guidance of Principal Dr. ReenaTalwar as per the instructions of Government of India and Guru Nanak Dev University Amritsar.


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The theme for this year's International Day of Yoga 2023 was "Yoga for VasudhaivaKutumbakam," which beautifully encapsulates our collective aspiration for "One Earth, One Family, One Future." During this day different activities such as yoga practice, yoga demonstration, lectures on the subject of yoga, poster making competition were organised. Students also took pledge and practised different yogasans such as Surya Namaskar, Swastikasana, Gomukhasana, Gorakshasana, ArdhaMatsyendrasana, Yogamudrasana, Kagasana, Sarvangasana, Shirshasan, Dhanurasana, Trikonasana, Vrikshasana, Balasangasana, Bhujangasana, Ustrasana, Paschimottanasana, Padmasana, Vajrasana, Anulom-Vilom Pranayama, KapalbhathiPranayam. Principal Dr. ReenaTalwar, while giving detailed information about the importance of yoga in human life to the students, said that yoga increases our immunity and make us stress free. She said that doing yoga regularly, keeps the body, mind and soul satisfied. NSS Programme Officers: Prof. Dr. Sushma Gupta, Prof. SunitaVerma, Dr. Deepak Jyoti, Prof. Jyoti Saini and other staff members; Dr. Anjna Malhotra, DrKulwinder Kaur, Mrs. RandeepDhoot, Dr. Neenu Sharma, Dr. Parveen Saini, Prof. Neha Saini contributed significantly in organizing the events.


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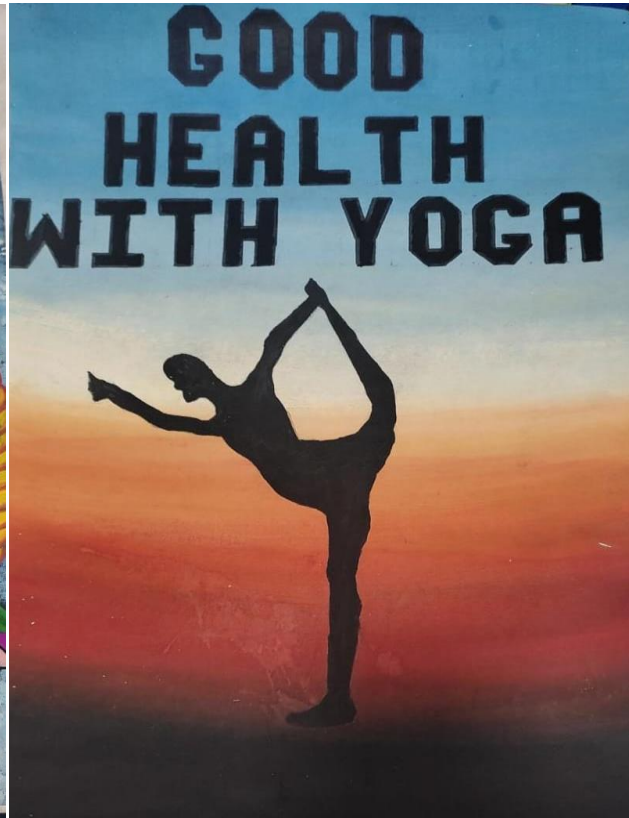
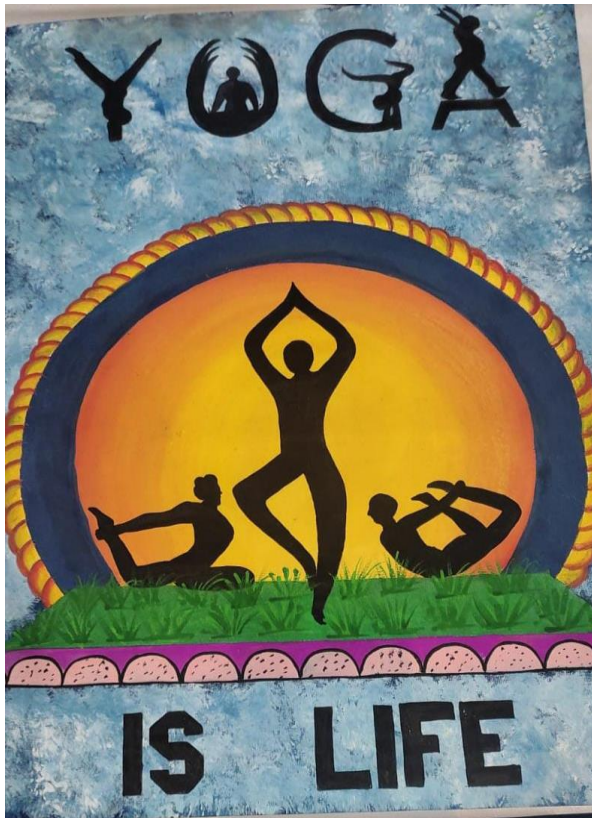
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Speech by Ms. Simran (B. A 2nd Semester) in Telugu:



Ms. Simran (B. A 2nd Semester)

Yoga Day U tube video link: <https://youtu.be/mZEw6FRzKdI>


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दैनिक सवेरा
टाइम्स

शांति देवी आर्य महिला कॉलेज में अंतर्राष्ट्रीय योग दिवस मनाया

● योग दिवस की थीम थी
'वसुदेव कुटुंबकम के सिद्धांत के
साथ-साथ वन वर्ल्ड वन हेल्थ'

सवेरा न्यूज/ राजकुमार, राजीव दीनानगर, 21 जून : शांति देवी आर्य महिला कॉलेज दीनानगर के एनएसएस विभाग और एनसीसी विभाग के एक भारत श्रेष्ठ भारत क्लब ने भारत सरकार और गुरु नानक देव विश्वविद्यालय अमृतसर के निर्देशानुसार प्रिंसिपल डा. रीना तलवाड़ के मार्गदर्शन में 21 जून को अंतर्राष्ट्रीय योग दिवस का आयोजन किया। योग दिवस की थीम वसुदेव कुटुंबकम के सिद्धांत के साथ-साथ वन वर्ल्ड वन हेल्थ थी। इस अवसर पर अलग-अलग गतिविधियां जैसे योगाभ्यास, योग विषय पर विज्ञान पोस्टर बनाने की प्रतियोगिता, योग प्रदर्शन जैसी विभिन्न गतिविधियों का आयोजन किया गया। समारोह में छात्राओं ने योगाभ्यास करने की शपथ



शांति देवी आर्य महिला कॉलेज में अंतर्राष्ट्रीय योग दिवस के दौरान उपस्थिति।

ली, इसके अंतर्गत कॉलेज द्वारा छात्राओं को अलग-अलग योगासन जैसे सूर्य नमस्कार, ताड़ासन, भुजंगासन, वज्रासन, प्राणायाम आदि करवाए गए। प्रिंसिपल डा. तलवाड़ द्वारा छात्राओं को मानवीय जीवन में योग की महत्ता संबंधी जानकारी देते हुए कहा कि इम्युनिटी बढ़ाने और तनाव मुक्त रहने के लिए योगासन का हमारे जीवन में बहुत महत्वपूर्ण योगदान है। अगर नियमित योग किया

जाए तो हम शारीरिक और मानसिक तौर से हमेशा स्वस्थ रह सकते हैं। योग हमारे शरीर और मन पर सकारात्मक प्रभाव डालता है। इस कार्यक्रम के आयोजन में डा. सुषमा गुप्ता, प्रोफेसर सुनीता वर्मा, डा. दीपक ज्योति, प्रोफेसर ज्योति सेनी, डा. अंजना मल्होत्रा, डा. कुलविंदर कौर खीना, प्रोफेसर रणदीप दूत, डा. नीनु शर्मा, डा. प्रवीण सेनी, प्रा. नेहा सेनी का योगदान रहा।

GURDASPUR / BATALA Edition
Jun 22, 2023 Page No. 2
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गुरदासपुर भास्कर 22-06-2023

शांति देवी कॉलेज में गतिविधियां करवाईं

दीनानगर | शांति देवी आर्य महिला कॉलेज दीनानगर के एनएसएस, एनसीसी विभाग और एक भारत श्रेष्ठ भारत क्लब द्वारा भारत सरकार व गुरु नानक देव विश्वविद्यालय के निर्देश पर प्रिंसिपल डॉ. रीना तलवाड़ की अध्यक्षता में अंतरराष्ट्रीय योग दिवस मनाया गया। इस वर्ष योग की थीम "वसुधैव कुटुंबकम् के सिद्धांत के साथ "वन वलर्ड, वन हेल्थ निर्धारित की गई थी। जिसके तहत योग अभ्यास, योग विषय पर व्याख्यान, पोस्टर मेकिंग प्रतियोगिता और योग प्रदर्शन जैसी विभिन्न गतिविधियां करवाई गईं। छात्राओं ने योग अभ्यास करते हुए इसे निरंतर करने की शपथ ग्रहण की। छात्राओं ने योगासन जैसे सूर्य नमस्कार, ताड़ासन, भुजंगासन,



योग करते प्रिंसिपल, स्टाफ और छात्राएं।

वज्रासन, प्राणायाम करवाए गए, जिसमें छात्राओं ने बड़ चढ़कर भाग लिया। प्रिंसिपल डॉ. रीना तलवाड़ ने छात्राओं को योग के महत्व की जानकारी देते हुए कहा कि इम्युनिटी बढ़ाने और तनावमुक्त रहने के लिए योग आसनों की हमारे जीवन में बहुत ही महत्वपूर्ण भूमिका है। अगर नियमित रूप से योग

किया जाए, तो हम शारीरिक और मानसिक तौर से हमेशा स्वस्थ रह सकते हैं। कार्यक्रम के आयोजन में डॉ. सुषमा गुप्ता, प्रो. सुनीता वर्मा, डॉ. दीपक ज्योति, प्रो. ज्योति सैनी, डॉ. अंजना मल्होत्रा, डॉ. कुलविंदर कौर छीना, प्रो. रणदीप दत्त, डॉ. नीनू शर्मा, डॉ. प्रवीण सैनी, प्रो. नेहा सैनी ने योगदान दिया।


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Sports and Health



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29th
August

**NATIONAL
SPORTS
DAY**



On National Sports Day, greetings to all the sports enthusiasts and I salute the sports stars of India, who dedicate their lives to bringing glory to the nation.

"Physical toughness and mental health are both improved by participating in sports. National Sports Day wishes to all of you."

Gold Medals and trophies do not consist of gold. They consist of hard work, consistent and right attitude.

Swami Sadanand Ji
President

Sh. Dharam Indu Gupta
Secretary

Dr. Reena Talwar
Principal


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Shanti Devi Arya Mahila College
Dinanagar (GSP.)

☎ 01875-220344, 221382 ✉ sdamcollegednn1968@gmail.com

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सुविधात
जीतने वाले अलग चीजें
नहीं करते।
ये चीजों को अलग तरह
से करते हैं।

एक कदम सच्चाई की ओर...
स्वर्णभूमि टाइम्स



पंजाब, चंडीगढ़ से प्रसारित

• वर्ष 2 | अंक 29 • कुल पृष्ठ 8 | मूल्य ₹ 3 • TM No: PUNHIN01965/1373008/6749

बायजू के इन्वेस्टर्स ने रवींद्र को बोर्ड से बाहर किया...07

सुप्रीम कोर्ट, दिल्ली
25 फरवरी 2024

यामी स्टार 'आर्टिकल-370' ने पहले दिन कमाए 5.75.08

शांति देवी कॉलेज में वार्षिक एथलेटिक मीट का शानदार आयोजन



स्वर्णभूमि टाइम्स न्यूज, दीनानगर (डॉ. रमेश सरंगल): शांति देवी आर्य महिला महाविद्यालय दीनानगर के शारीरिक शिक्षा विभाग द्वारा प्राचार्या डॉ. सुषमा गुप्ता की अध्यक्षता तथा कॉलेज प्रबंधक समिति के सचिव धर्म इन्द्र गुप्ता के मार्गदर्शन व प्रो. तलजिंदर कौर के दिशानिर्देश में वार्षिक एथलेटिक मीट का आयोजन शुक्रवार को किया गया। समारोह में कैबिनेट मंत्री लाल चंद कटारूचक्क ने मुख्यातिथि के तौर पर शिरकत की जबकि कैप्टन सुनील गुप्ता चेयरमैन पेस्को, शमशेर सिंह जिला प्रधान आम आदमी पार्टी, कुंवर रवीन्द्र सिंह विक्की जनरल सेक्टरी शहीद सैनिक परिवार सुरक्षा परिषद् विशिष्ट अतिथि रहे। प्राचार्या डॉ. सुषमा गुप्ता ने स्वागत वक्तव्य देते हुए कहा कि खेलों का हमारे जीवन में महत्वपूर्ण योगदान है, यह शारीरिक विकास के साथ-साथ मानसिक विकास भी करते हैं। तदोपरांत ध्वजारोहण, गुब्बारे उड़ाना और आतिशबाजी ने वातावरण को ऊर्जावान बना

दिया। टॉर्च लाइटिंग के साथ एथलेटिक मीट का आगाज हुआ। मुख्यातिथि ने कॉलेज के शिक्षा के क्षेत्र में अच्छे कार्यों के लिए बधाई देते हुए छात्राओं को अच्छी शिक्षा के महत्व, स्वस्थ शरीर स्वस्थ मस्तिष्क और खेलों में भाग लेने के लिए प्रोत्साहित किया। शमशेर सिंह ने कहा कि उनका इस कॉलेज के साथ बहुत पुराना रिश्ता है और लड़कियों के लिए यह कॉलेज शिक्षा के क्षेत्र का सर्वोत्तम कॉलेज है। छात्राओं के सर्वपक्षीय विकास पर विशेष ध्यान दिया जाता है। स्कीपिंग रेस में प्रथम स्थान पर तरन, द्वितीय स्थान पर नम्रता, तृतीय स्थान पर कुमाकक्षी, सैक रेस में मनजीत, भूमिका, नीकिता शर्मा, 200 मीटर रेस में नैना, आरती, नम्रता, स्पून लैमन रेस में मुस्कान, सिमरन, भारती, ट्रिपल लैंग रेस में प्रथम कोमल, रजनी द्वितीय नैना, आरती और तृतीय मनजीत, नम्रता, डक रेस में दीक्षा, पलक, पूजा, 100 मीटर रेस में साक्षी, नैना, तरन, रस्साकशी में स्पोर्ट्स टीम की छात्राएं विजेता रही। वार्षिक खेल दिवस की प्रतियोगिताओं में अध्यापिकाओं ने भी भाग लिया जिसमें रेस में प्रथम कुलविंदर कौर (पंजाबी विभाग), द्वितीय अविनाश कौर (कम्प्यूटर विभाग), तृतीय गीताजलि (कामर्स विभाग), रस्साकशी में मैडम एकता की टीम विजेता रही। कार्यक्रम के संचालन की बागडोर डॉ. पूनम महाजन (हिंदी विभागाध्यक्ष) और डॉ. नीनू शर्मा (कॉमर्स विभागाध्यक्ष) बखूबी निभाई। निर्णायक मंडल की भूमिका डॉ. परवीन सैनी एवम् उनकी टीम ने निभाई। इस अवसर पर धर्म इंदु गुप्ता, इंद्र गुप्ता, सी.एस.संभू डायरेक्टर गोविंद पब्लिक स्कूल, शारीरिक शिक्षा के विभागाध्यक्ष तलजिंदर कौर, ठाकुर भूपिंदर सिंह, पवन कुमार, नमिता गुप्ता, नवल महाजन, मानव महाजन, सतपाल शर्मा उपस्थित थे।

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Ref.No. 6936.SD/GEN

Dated.25-06-2024

Covid-19 Vaccination Camp and Health

The SDAM College, Dinanagar organised Vaccination Camp on 13th August,2021 under the supervision of Principal Dr. Reena Talwar. A team from civil hospital Dinanagar visited the college campus and vaccinated more than 200 students.

During the previous t two such programs, whole staff (teaching as well as non teaching) was vaccinated. Program Incharge Mrs. Parveen Saini and other staff members made the students aware of benefits of getting vaccination dose and motivated them for the same.



A team from civil hospital Dinanagar, Students and other staff members during Vaccination Camp


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Ref.No. 6936.SD/GEN

Dated.25-06-2024

Blood Donation and Health

BLOOD DONATION CAMP ORGANISATION TO CELEBRATE "WORLD HEALTH DAY" ON 7.4.2022

N.S.S, N.C.C, Red Ribbon Club, Youth Welfare & Red Cross Depts. Of Shanti Devi Arya Mahila College, Dinanagar
 Re-Accredited by NAAC With 'A' grade, College with Potential for Excellence Status by UGC, Green Champion award by MGNCRE (Govt. of India)
 Organise **BLOOD DONATION CAMP** In Collaboration with Red Cross Society, Gurdaspur
7th April 2022 **9.30 am**
 Venue **INDOOR STADIUM HALL**

"EK BHARAT SHRESHTHA BHARAT"

| | | | |
|---|--|---|---|
| NODAL OFFICER:NSS Mrs. Sunita Verma | NODAL OFFICER:NCC Dr. Anjna Malhotra | IQAC Coordinator Mrs. Randeep Dhoot | Dean Youth Welfare Dept. Dr. Kulwinder Kaur |
| President Swami Sadanand Ji | Secretary MGT. Sh. DharamIndu Gupta Ji | | Principal Dr. Reena Talwar |

N.S.S, N.C.C, Red Ribbon Club, Red Cross, Youth Welfare Departments of Shanti Devi Arya Mahila College Dinanagar, celebrated "World Health Day" on 7.4.2022 under Ek Bharat Shreshtha Bharat (EBSB) programme, and Organized a Blood Donation camp under the able guidance of Principal Dr. Reena Talwar, which was sponsored by Red Cross Society Gurdaspur.

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Principal Dr. Reena Talwar welcomed the guests i.e., D.C. Gurdaspur: Smt. Shala Qadri, Blood Transfusion Officer, Civil Hospital Gurdaspur: Dr. Pooja and Director, Red Cross Society, Gurdaspur: Sh. Rajiv ji by presenting them Bouquet.

During the camp, about 70 students were registered for blood donation by Mr. Suresh Singh (Counselor) and Mrs. Gurmeet Kaur (Staff).

Before blood donation, blood groups were determined and Hemoglobin estimation was done by Mr. Sunil: Lab Technician (P.H.C. Baharampur).

D.C. Gurdaspur Mrs. Shala Qadri told the children that donating blood has many health benefits including improving heart health and weight control, it has a great effect on both the body and mind of the donor. She told, After donating blood, your body gets engaged in the work of completing the blood, which prompts the body's cells to make more red blood cells. Regular blood donation stimulates the cells of the body, which improves the fitness of the body and helps in controlling blood pressure. At the same time, the thought of doing a good deed through blood donation also gives satisfaction.

Principal Dr. Reena Talwar motivated the children to donate blood and told that high amount of iron in the blood can increase the risk of heart disease, but donating blood regularly can control the excess amount of iron, which is important for heart health. Blood donation is good and can prevent many types of cancers also.

Principal Dr. Reena Talwar honored the guests during the blood donation camp by presenting them insignia of the college.


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Sec.School for Girls, Dinanagar. She explained in detail about the causes , symptoms and remedies for the treatment of Anaemia with Iron & Protein rich diet . She suggested them to include foods like milk, pulses , soya products , fruits and green vegetable , nuts & oilseeds in to their diet to treat anaemia and to stay healthy. School Principal Mrs. Rajwinder Kaur appreciated the efforts of Principal Dr Reena Talwar and NSS department for creating much needed awareness at this level. On 29 September program officers Mrs. Sangeeta Malhotra and Mrs. Sunita Verma along with 25 NSS volunteers organised a “ Healthy Child Competition “ , at Govt. Elementary School , Saidipur for the students falling in the age group of 3 to 6 years. Five healthy students were selected and were given prizes. All the students of this age group were given fruits. NSS volunteers guided each and every student to include fruits and vegetables in their daily meals, so that they can stay healthy. NSS volunteers along with both programme officers organised a Chetna rally on the main road of village Saidipur to make people aware about the Healthy diet and also told them about celebration of national nutritional month and its slogan , that is “ Sahi Potion Desh Roshan . They convinced the villagers to add healthy diet in their daily routine. Mrs Sangeeta Malhotra asked the villagers to add fruits ,vegetables ,oilseeds and millets in their daily diet to keep their heart healthy. Nodal officer of EBSB club Mrs. Sunita Verma guided them to adopt hygienic lifestyle for gaining immunity. Dr. Reena Talwar appreciated the efforts of NSS department for successfully organising all these activities.


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पोषण माह के तहत करवाए विभिन्न कार्यक्रम

संगठ सहयोगी, दीनानगर : शांति देवी आर्य महिला कालेज के आरआरसी, एनएसएस और होम साइंस विभाग की ओर से पोषण माह को मनाते हुए प्रिंसिपल डा. रीना तलवार की अध्यक्षता में विभिन्न कार्यक्रम करवाए गए। नौ सितंबर को कालेज के प्रांगण में डा. दलविंदर शर्मा का लेक्चर रखा गया। उसमें उन्होंने छात्राओं को जंक फूड का त्याग करने को कहा और पौष्टिक भोजन का सेवन करने के लिए प्रेरित किया।

प्रिंसिपल डा. रीना तलवार ने छात्राओं को सात्विक भोजन ग्रहण करने के लिए प्रेरित किया और उन्हें एक स्वस्थ जीवनशैली अपनाने के लिए कहा। उन्होंने योग को जीवन का अभिन्न हिस्सा बनाने के लिए कहा ताकि पौष्टिक



कालेज में करवाए गए कार्यक्रम के दौरान स्टाफ। ● सी. कालेज

भोजन और व्यायाम से एक स्वस्थ शरीर का निर्माण हो सके और सभी छात्राओं को वचन भी दिलाया कि वे अपने परिवारों को भी इस के बारे में शिक्षित करेंगी। होम साइंस विभागाध्यक्ष व एनएसएस कोऑर्डिनेटर संगीता मल्होत्रा ने चौधरी जय सीनियर सेकेंडरी स्कूल लड़कियां में 15 सितंबर को

छात्राओं को लेक्चर देते हुए उन्हें पौष्टिक भोजन को अपनाने के लिए प्रेरित किया। उन्होंने एनीमिया के बचाव के लिए भोजन में हरी सब्जियां, फल, दूध और मिलेट्स को शामिल करने के लिए प्रेरित किया। प्रिंसिपल राजविंदर कौर ने उनके इस प्रयास के लिए धन्यवाद किया और कालेज की प्रिंसिपल

की इस सराहनीय सहयोग के लिए प्रशंसा की। 29 सितंबर को सरकारी एलीमेंट्री स्कूल सैदीपुर में हेल्थी चाइल्ड कंपीटिशन करवाया गया, जिसमें 3-6 वर्ष की आयु के छात्र-छात्राओं ने हिस्सा लिया। पांच हेल्थी बच्चों का चुनाव करके उन्हें स्टेशनरी का सामान भेंट किया और कक्षा के सभी छात्र-छात्राओं को फल भेंट किए गए और उन्हें प्रेरित किया गया कि वह प्रतिदिन फल और सब्जी का सेवन जरूर करें। प्रो. संगीता मल्होत्रा और प्रो. सुनीता वर्मा के साथ एनएसएस के वालंटियर्स ने सैदीपुर गांव में पोषण माह के अंतर्गत चेतना रैली भी निकाली और गांव वासियों को सही पोषण देश रोशन के नारे द्वारा पौष्टिक भोजन को अपनाने के लिए प्रेरित किया।

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Dated.25-06-2024

Millets and Health

04 Oct 2022: Science, NSS and Home science Departments of Shanti Devi Arya Mahila College Dinanagar celebrated "International year of millets 2022-23" on 4th October 2022, under the able guidance of Principal Dr. ReenaTalwar, under "Ek Bharat shreshth Bharat mission". An extension lecture was organised during this day. Principal Mam formally welcomed the resource persons Er. Mrs. Ankumeenia and Er. Mr. RubanPreet by presenting them potted plants. Principal ma'am threw light upon Theme of millets year 2022 - 23 that is "India's wealth, millets for Health". She told that India is the largest producer of millets in the world. She also talked about various types of millets that is Jowar, Bajra, Ragi, jhangora, Barri ,kangni, kodra, which are very useful for the health and she said that millets are powerhouse of health and should be added in diet by every person.

Mrs. Ankumeenia told that millets are supergrains which are high in protein fibres, vitamins and minerals and has high nutritional value. She told that Millets have insoluble and soluble fibres. The insoluble fibre is called as prebiotic which helps in digestion of food in a better way.

Mrs. SunitaVerma told that Millets also control cardiovascular diseases, diabetes, removes bad cholesterol, control body weight, and blood pressure and prevent cancer.

Dr. Sushma Gupta gave a vote of thanks to the resource person Mrs. Ankumeenia and Mr. RubanPreet.

Principal Dr. ReenaTalwar honoured the guests by presenting them insignia of the college. Principal Dr. ReenaTalwar congratulated science, NSS and Home science Departments for successful organisation of the function.


Principal
Shanti Devi Arya Mahila College
Dinanagar (GSP.)

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During this function Dr. Sushma Gupta, Mrs. Sunita Verma, Mrs. Sangeeta Malhotra, Mrs. Deepak Jyoti, Mrs. Parveen Saini, Mrs. Jyoti Saini, Ms. Gurupriya, Mrs. Mamta, Ms. Pallavi were also present.




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Anjali
Principal
Shanti Devi Arya Mahila College
Dinanagar (GSP.)

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Dated.25-06-2024

India is the largest producer of millet in the world, Millets are the power house of our health: Dr. Reena

"International Year of Millet" was celebrated at Shanti Devi Arya Mahila College, Dinanagar

Dinanagar Newsline

Science, NSS and Home Science Department of Shanti Devi Arya Mahila College, Dinanagar celebrated the "International Millet Year" under the chairmanship of Principal Dr. Reena Talwar. The program was dedicated to "Ek Bharat Shrestha Bharat Mission" and an extension lecture was organized. Anku Meenia and Rubanpreet were the resource persons of the program. Principal Dr. Reena Talwar welcomed the resource persons by presenting them pots and saplings. At the beginning of



Principal Dr. Reena Talwar and others honouring Resource Person Ms Anku Meenia with a memento.

the program, the Principal spoke on the theme of Millet Year 2022-23, "India's Wealth is Millet for Health". She said India is the largest producer of millet in the world. Different types of millets like jowar, bajra, ragi, jhangora, bari, kangni and kodra varieties are very beneficial for health. In a

way, millet is a power house of health and it should be included in the diet of every person.

Resource person Anku Meenia told that Bajra is a super grain which is rich in protein fibre, vitamins and minerals and has high nutritional value. He told that millet contains

insoluble and soluble fiber. Insoluble fiber is called prebiotic which helps in better digestion of food. Prof Sunita Verma told that millet also controls heart diseases and diabetes. It regulates body weight and blood pressure by removing bad cholesterol and prevents cancer. In the end, the guests were honoured by presenting the college memento

Dr. Sushma Gupta Prof. Sangeeta Malhotra, Prof. Deepak Jyoti, Prof. Parveen Saini, Prof. Jyoti Saini, Prof. Gurpriya Saini, Prof. Mamta, Prof. Pallavi were also present on this occasion.

MENTAL HEALTH

CELEBRATION OF "WORLD MENTAL HEALTH DAY" ON 10TH OCTOBER 2022

"Enlightenment Minds" Psychology club of Shanti Devi Arya Mahila College, Dinanagar, under the able guidance of principal, Dr. Reena Talwar, celebrated "World Mental Health Day" on 10th October 2022 under "Ek Bharat Shreshth Bharat Mission" and IQAC. An extension lecture was


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delivered by Dr. Sonam Gupta, Head Psychology Department on Mental Health, focussing on the common mental health conditions like anxiety and mood disorders and suggested the ways to take care of one's mental health. A psychological testing session was also carried out on 80 students in which students were made aware of their locus of control (whether internal or external). Dr. Gupta talked about the importance of locus of control in students academic, as well as life success and failures.

NEWS AT A GLANCE

World Mental Health Day organized at SDAM College



JASPOONAM KOHLI
DINANAGAR: Under the aegis of "Ek Bharat Shreshtha Bharat" mission and "Internal Quality Assurance Cell" on behalf of "Psychology Club" in the seminar room of Shanti Devi Arya Mahila Mahavidyalaya, Dinanagar, headed by Principal Dr. Reena Talwar and under the guidance of Dr. Sonam Gupta, Head of the Department. Psychological questionnaire was successfully organized under the extension activities. On this occasion, Dr. Sonam Gupta, while giving his speech on "World Mental Health Day", made the audience aware of mental health and also gave various tips to stay healthy. During this, 80 girl students were tested to know the focus of control. Dr. Sonam Gupta, while clarifying about the locus of control, said that human beings believe that to some extent he has control over the events that happen in his life. These are of two types, internal and external. At the end of the program, Dr. Sonam Gupta thanked everyone.

छात्राओं को मानसिक सेहत के प्रति किया जागरूक

शांति देवी आर्य महिला कालेज दीनानगर में हुआ मनोवैज्ञानिक प्रश्नावली का आयोजन

संवाद करवीर, दीनानगर : शांति देवी आर्य महिला कालेज के संयोजकों कक्ष में "सहस्रकालों के एक भारत श्रेष्ठ भारत" मिशन के अर्थात् एवं "आंतरिक गुणवत्ता आश्वासन प्रकल्प" के तत्वावधान में प्रिंसिपल डा. रीना तारवार की अध्यक्षता एवं विभागाध्यक्ष डा. सोनम गुप्ता के मार्गदर्शन में विस्तारक गतिविधियों के अंतर्गत मनोवैज्ञानिक प्रश्नावली का आयोजन किया गया। डा. सोनम गुप्ता ने किस मानसिक स्वास्थ्य दिवस के उपलक्ष्य में आयोजन करवा देने हूँ, छात्राओं को मानसिक स्वास्थ्य के प्रति जागरूक किया और अस्थिर रहने के विभिन्न सूत्रों को दिा। इस दौरान लोकस आरंभ केंद्रों जन्मे के लिए 80 छात्राओं का



आयोजन के दौरान डा. सोनमगुप्ता संबोधित करते हैं।

परिष्कार किया गया।

डा. सोनम गुप्ता ने लोकस आरंभ केंद्रों के बारे में स्पष्ट करते हुए बताया कि ईमान का विकास है कि किसी हद तक उसको नियंत्रित में होने

जांमन में मिलने वाली समस्याओं और विकल्पों को तय करते हैं। ऐसे लोग भाव से ज्यादा काम को ज्यादा महत्वपूर्ण मानते हैं। दूसरी ओर बाहरी लोकस आरंभ केंद्रों वाले लोगों को लगता है कि उनके जीवन में होने वाले अधिकांश चीजें उनके हाथ में नहीं हैं बल्कि वह उनको किस्मत या भाग्य को इच्छा से ही रहते हैं।

अंत में डा. सोनम गुप्ता ने सभी का धन्यवाद करते हुए कहा कि आधुनिक युग को मांग को देखते हुए इस तरह के कार्यक्रमों का आयोजन जानकता पैदा करते हैं। इस अवसर पर सुनीता क्मां, डा. अंजना भल्लौर, डा. हिममत, कृति एवं प्रिया उपस्थित रही।


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Dated.25-06-2024

Health and Awareness about Leprosy

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.


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गुरदासपुर भास्कर 07-02-2023

कुष्ठ आश्रम में वस्त्र, राशन फल तथा अनाज भेंट किया



दीनानगर | शांति देवी आर्य महिला कॉलेज दीनानगर के एनएससी, एनएसएस, रेडक्रॉस और रैड क्रिबन क्लब की संयुक्त से प्रिंसिपल डॉ. रीना सलवाड़ की अध्यक्षता में एक भारत श्रेष्ठ भारत के तहत कुष्ठ रोग निवृत्त बनाया गया। इस दौरान एनएससी कैडेट्स और एनएसएस जॉर्नलियर्स ने स्थानीय कुष्ठ आश्रम में वस्त्र, राशन, फल तथा अनाज भेंट किया और कुष्ठ रोग मरीजों को अपना सही तरीके से उपचार करवाने के लिए प्रेरित किया। प्रिंसिपल डॉ. रीना सलवाड़ ने कहा कि लक्ष्मीयम का उपचार लेप्रोसी माइक्रोबैक्टेरियम लेपरे से होने वाली इस बीमारी के इलाज के बारे में जागरूकता बढ़ाना है। हमारा पर ध्यान केंद्रवाने से रोग को दूर किया जा सकता है। उन्होंने बताया कि हमें कार्बीहाइड्रेट

के अलावा भोजन में प्रोटीन भी लेनी चाहिए। जिससे हमारा इम्यून सिस्टम मजबूत होता है और इस बीमारियों से लड़ने की क्षमता बढ़ती है। एनएससी एनओ डॉ. अंजना मल्होत्रा ने विश्व कुष्ठ दिवस 2023 की थीम 'एन्ड नाउ, एंड लेप्रोसी' पर रोशनी डालते हुए कहा कि आधुनिक चिकित्सा के जरिए कुष्ठ रोग निवृत्त में है। लेकिन कुष्ठ रोगों में अभी भी इसके केस सामने आ रहे हैं। जागरूकता से ही इस बीमारी को खत्म किया जा सकता है। इस मौके पर रजत जॉन रणदीप हूत, डॉ. कुलविंदर कौर खीना, एनएसएस प्रोग्राम ऑफिसर्स संगीता मल्होत्रा, डॉ. सपना गंधा, सुनीता चर्मा, दीपक ज्योति, ज्योति सेनी भी मौजूद थे।


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Ref.No. 6936.SD/GEN

Dated.25-06-2024

Identification, Symptoms And Prevention of Cancer

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 (EBSB 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.


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

संवाद सहयोगी, दीनानगर : शांति देवी आर्य महिला कॉलेज के साइंस विभाग ने एक भारत श्रेष्ठ भारत के तहत प्रिंसिपल डा. रीना तलवार की अध्यक्षता में वर्ल्ड कैंसर डे मनाया। विश्व में हर साल चार फरवरी को वर्ल्ड कैंसर डे मनाया जाता है। प्रिंसिपल डा. रीना तलवार ने बताया कि वर्ल्ड कैंसर डे 2023 की थीम "क्लोज द केयर गैप" 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 का पहचान, लक्षण और रोकथाम के बारे में जागरूक



कालेज में वर्ल्ड कैंसर डे मनाते हुए स्टाफ सदस्य सी कॉलेज

करना है। सुनीता वर्मा (ईएसएसबी नोडल अफसर) ने बताया कि लाइफ स्टाइल में बदलाव, नियमित जांच और इस बीमारी के शुरुआती लक्षण को पहचान कर कैंसर जैसी जानलेवा बीमारी को मात दिया जा सकता है। उन्होंने बताया कि कई लोगों ने दवाइयों और समय पर इलाज, परहेज आदि के द्वारा इस बीमारी को मात दी है। इस दिन

डेक्लेमेशन कंटेस्ट भी करवाया गया, जिसमें स्टूडेंट्स पारुल ठाकुर, भूमिका, सिया सैनी, अंकिता, नूपुर, रमनप्रीत और साक्षी ने कैंसर की रोकथाम पर रोशनी डाल दी। इस दौरान डा. सुषमा गुप्ता (चाइस प्रिंसिपल), प्रोफेसर सुनीता वर्मा, प्रोफेसर प्रवीण सैनी प्रोफेसर ममता, प्रोफेसर पल्लवी, प्रोफेसर गुरुप्रिया आदि भी उपस्थित थे।

Anaemia and Oral Health Hygiene

26 Apr 2023: Science, EBSB club and NSS department of Shanti Devi Arya Mahila College Dinanagar, under the able guidance of Principal Dr. Reena Talwar, organised a Seminar on 26th April 2023 on the the topics: Anaemia and Oral Health Hygiene. Dr. Kusum and Dr. Sukhwinder Kumar were Resource Persons from department of Health And Family Welfare, Punjab, CHC Singawal. Haemoglobin estimation camp was also organized during this day with the help of Pharmacist Smt. Nirmal and Lab technician Mr. Rashpal Singh. These events were organized under Anemia Mukh Bharat Abhiyan. Principal Dr. Reena Talwar told that the Anemia Mukh Bharat (AMB) strategy was launched in 2018 to reduce prevalence of Anemia all over India. It is an initiative of the Ministry of Health and Family Welfare (MoHFW) & United Nations Children's Fund (UNICEF).


Principal
Shanti Devi Arya Mahila College
Dinanagar (GSP.)

11875-220344, 221382 | sdamcollegednn1968@gmail.com

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Dr. Kusum threw light upon various causes and cure of Anemia. She told that Anemia is caused by various nutritional and non-nutritional factors, the most prominent of which is iron deficiency. She stressed on three vital strategies i.e., promotion of regular consumption of foods rich in iron, provisions of iron and folate supplements in the form of tablets to the high risk groups, and identification and treatment of severely anemic cases.

Dr. Sukhwinder Kumar told that Oral health is the condition of the mouth, teeth, and orofacial structures that enable individuals to perform essential functions such as speaking, breathing and eating. Various modifiable risk factors, such as food consumption rich in sugar, poor oral hygiene, tobacco and alcohol use, lead to oral disorders. He made the students aware about various tips and techniques on how to brush properly and also gave instructions about the usage of floss and mouthwash for oral hygiene.

Principal Dr. Reena Talwar honoured the Resource persons by presenting them mementos having insignia of the college. During this day Dr. Sushma Gupta, Mrs. Sunita Verma, Dr. Anjna Malhotra, Mr. Mohit Agarwal, Mrs. Shalika Aggarwal, Ms. Sonam were also present.




Principal
Shanti Devi Arya Mahila College
Dinanagar (GSP.)

☎ 01875-220344, 221382 ✉ sdamcollegednn1968@gmail.com

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