



Activity File

2020-2021

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1)	TEACHERS' DAY VIRTUALLY AND WELCOMED THE NEW STUDENTS	04-September -2020

SOCIAL COHESION

ACTIVITIES

VIRTUAL RAKSHA BANDHAN

Date-03 August 2020

Arya College Girls Section celebrated the Virtual Raksha Bandhan festival under the guidance of Incharge Mrs. Suksham Ahluwalia along the students and staff members. Students prepared hand made rakhi's and conveyed their wishes through posters & slogans. Mrs. Satisha Sharma secretary APMC expressed her gratitude towards corona warriors and conveyed best wishes to the students. Principal Arya College Dr. Savita Uppal appreciated the efforts made by staff and students.





ARYA COLLEGE GIRLS SECTION
&
Internal Quality Assurance Cell
LUDHIANA

ORGANIZE

DIWALI CELEBRATION

DATE: 11.11.2020

TIME: 1:30 PM

*Happy
Diwali*

All are cordially invited to grace the occasion

MAIN FEATURES:

- RANGOLI
COMPETITION
- BEST OUT OF WASTE
- DIYA AND THALI
DECORATION
- VOCAL FOR LOCAL
POSTERS
- DISPLAY OF F.D.
ARTICLES

DEEPAWALI CELEBRATION

Arya college Girls Section and IQAC cell celebrated Deepawali in this wing. On this occasion ACMC secretary Mrs Satisha Sharma and principal Dr Savita Uppal wished Happy Diwali to students and hoped that chanting of OM mantra and lightening of earthen lamps with faith and hope will help in eradicating COVID-19. On this occasion Rangoli Competition, best out of waste, Diya and Thali decoration, posters on Vocal for the Local theme and exhibition of Fashion Designing products was arranged. The awareness of Vocal for Local was also tried to spread in common public. On this occasion IQAC co-ordinator Mrs Suksham Ahluwalia (incharge Girls Section) said that we are anxiously waiting for our chirpy students. Wearing masks girls made rangoli with rainbow colours and invited Goddess Lakshmi and prayed to Lord Ganesha to remove all obstacles. Girls celebrated Diwali with their beautifully decorated thalis and wished for corona free happy days to return.



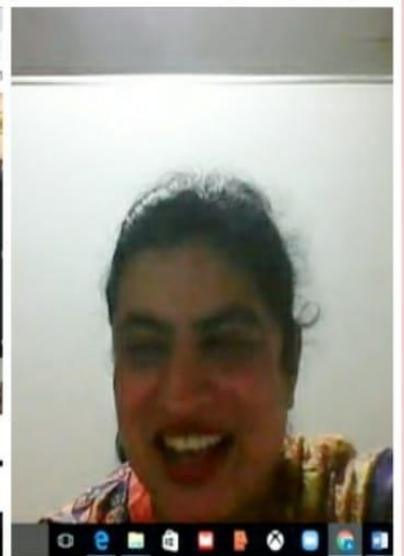
SOCIETY AND CLUB
ACTIVITIES

WEBINAR ON ' SETTING NEW GOALS

WHILE STAYING FIT IN COVID 19

LOCKDOWN PERIOD'

Arya College Internal Quality Assurance Cell and Girls Section came together to organise a Webinar on the topic 'Setting New Goals While Staying Fit in Covid 19 Lockdown Period 'on 16th June , 2020. In her inaugural address Principal Dr. Savita Uppal welcomed the eminent speakers and stressed upon the need to remain mentally strong in the difficult and depressing times. Prof. Suksham Ahluwalia, Coordinator IQAC and Incharge Girls Section, reiterated her resolve to ensure that the holistic grooming of her students should continue despite the lockdown through online platforms. Dr. Gaurav Uppal, MD DPM Gold Medalist and Consultant Psychiatrist at Sankalp Hospital, Tarn Taran and Mr. Akshat Mohindra, Global Account Manager, Cisco Systems , New Delhi, were the Resource Persons on the panel. Dr. Gaurav Uppal spoke on the topic MAINTAINING MENTAL FITNESS DURING THE STRESSFUL LOCKDOWN PERIOD. Mr. Akshat Mohindra spoke on the topic MAKING THE MOST OF THE ENFORCED LOCKDOWN- ENHANCING EMPLOYABILITY SKILLS. Two students Simarpreet Kaur and Kritika Sharma also spoke on the impact of the lockdown on the society and the environment. A lively interactive session followed the proceedings at the end. The webinar was conducted by Prof. Kumud Chawla, Organizing Secretary The Organizing Committee for the event consisted of Prof. Rekha Bhanot, Prof. Kiran Kumari, Ms Neeru and Ms Kajal Sharma The session was very well received by the students.



YOGA WEEK

Date-21 June 2020

The NSS unit and the Department of Physical Education of Arya College Girls Section Ludhiana celebrated Yoga Week from 15 th to 21st June, 2020. Students participated with great zeal and enthusiasm in this Yoga Week by performing yoga at their homes along with their family members. They sent their videos doing yoga from their homes amidst lockdown. The best twenty of these videos have been uploaded on the YouTube channel of the College. Prof. Suksham Ahluwalia Incharge Girls Section said that the week long celebrations were conducted to mark the INTERNATIONAL YOGA DAY on 21 st June, 2020. The event will come to a conclusion on Sunday with a LIVE YOGA demonstration on Facebook by Ms. Simmi Makkar, a certified yoga teacher, from 8.30-9.30am Mrs. Satisha Sharma, Secretary, ACMC and Principal Dr. Savita Uppal, congratulated the students and the faculty for their active participation.



निज भाषा पर करें अभिमान

हम सब मिलकर दे सम्मान

आर्य महाविद्यालय लुधियाना

हिन्दी व संस्कृत विभाग

की ओर से

हिन्दी दिवस के उपलक्ष्य में आयोजित समारोह

'हिन्दी भाषा की विलक्षणता'

दिनांक : 14 सितम्बर 2020

डॉ.तजिन्दर कौर
हिन्दी विभाग

डॉ.आशीश कुमार
संस्कृत विभाग

डॉ.सविता उप्पल
प्राचार्या

HINDI DIWAS

Date- 14 September 2020

Hindi Diwas was celebrated virtually in Arya College on 14 sept 2020 in which history and importance of Hindi language was discussed. On this occasion secretary APMC Mrs Satisha Sharma ji expressing her views said that Hindi is our national language and we Indians should contribute in its proliferation. Dr Savita Uppal, principal Arya College said that Hindi has now become a forceful language. Students recited relevant poems also on this occasion. Mrs Suksham Ahluwalia incharge Girls section emphasised on the usage and publicity of this language. Dr Tejinder Bhatia, of the Hindi Deptt. said that Hindi is now recognised at international level and is progressing rapidly. Dr Aashish Kumar, of the Sanskrit Deptt also expressed his views about the importance of Hindi language. He thanked all the teachers and students in making this programme a grand success.

WhatsApp Meet - gba-cfxc-yze

meet.google.com/gba-cfxc-yze

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Type here to search

13:16 14-09-2020



आर्य कॉलेज गर्ल्स सेक्शन

विश्व शांति दिवस

आइए विश्व शांति की वैदिक भावना को जन-जन तक पहुंचाएं



मुख्य वक्ता

श्रीमती सतीशा शर्मा जी

सचिव,

आर्य कॉलेज प्रबंधकीय समिति

शान्ति: कीजिये प्रभु त्रिभुवन में,
जल में, थल में और गगन में,
अन्तरिक्ष में, अग्नि पवन में,
औषधि, वनस्पति, वन, उपवन में,
सकल विश्व में अवचेतन में।
शान्ति राष्ट्र-निर्माण सृजन में,
नगर, ग्राम और भवन में
जीवमात्र के तन, मन में
और जगत के हो कण कण में॥

सूक्ष्म आहलूवालिया

वेबिनार संयोजिका

कोऑर्डिनेटर IQAC

इंचार्ज गर्ल्स सेक्शन



स्वागतीय भाषण

डॉ. सविता उप्पल

प्रिंसिपल, आर्य कॉलेज, लुधियाना

दिनांक: 22-सितंबर-2020 समय-अपराह्न 2.15 बजे

WEBINAR ON WORLD PEACE DAY

Date-22 September 2020

A webinar was organised in girls section on the eve of world peace day. As the main spokesperson APMC Secretary Mrs Satisha Sharma told us that 21st september is celebrated as world peace day in the whole world. The main purpose of this day is to dawn peace on the whole world. She said that we have to take the vedic feelings of world peace to one and all. Dr Savita Uppal , principal Arya College speaking on this occasion said that man is distancing from peace day by day in the hustle and bustle of life ,so the importance of celebrating this day is increasing even more. The webinar was organised by Mrs Suksham Ahluwalia ,incharge Girls Section and she emphasised on the message that we should play our part in taking the message of world peace in the whole world. Girls presented their poems also on this occasion. Dr Ashish Kumar of Sanskrit Deptt also expressed his views on world peace day. Concluding the seminar ,organiser Mrs Suksham Ahluwalia thanked the main spokesperson APMC secretary Satisha Sharma , Arya college principal Dr Savita Uppal and all virtually connected listeners



Arya College Girls Section

The 'International Day of Peace'
is Celebrated on
21 st September every year.




 MAMTA BHOLA



 Aman Preet



 Shivangi Gupta



ARYA COLLEGE LUDHIANA
INTERNAL QUALITY ASSURANCE CELL
&
DEPARTMENT OF MUSIC
(VOCAL & INSTRUMENTAL)

**INVITES THE Ph.D RESEARCH SCHOLARS FOR
RESEARCH PRESENTATION**

DATE & TIME :14TH OCT 2020,11:00 A.M. ONWARDS

PATRON
DR. SAVITA UPPAL
PRINCIPAL
ARYA COLLEGE, LUDHIANA

CONVENOR
MRS. SUKSHAM AHLUWALIA
COORDINATOR IQAC
&
INCHARGE GIRLS SECTION

ANALYST
PROF. PANKAJ MALA SHARMA
Renowned Scholar of Music
Panjab University, Chandigarh

REGISTRATION LINK- <https://forms.gle/D3uLuYeibjD9bWbv5>

JOINING LINK- <https://meet.google.com/wxm-impz-gao>

RULES-

- ✓ *Research scholars from any Indian university are allowed to participate.*
- ✓ *Topic can be selected by the researchers from their area of research.*
- ✓ *Presentation time should be up to 5 minutes and 2 minutes for the discussion.*
- ✓ *Candidates are required to present through PPT as well as oral description.*
- ✓ *Participation can be made in any language (Hindi, English, Punjabi etc.)*
- ✓ *Participants are required to join the meeting at 10:45 A.M.*

Organizing committee

Ms. Anuradha Sharma
Assistant Professor

Ms. Nafeesa
Assistant Professor

NATIONAL WEBINAR

Date-14 October 2020

IQAC cell Arya College and Music Deptt organised a national webinar in which more than 30 research scholars of many universities read papers on different topics. Renown Prof Pankajmala ji of punjab university presided over the function. She judged the papers presented by various scholars and praised them for their real efforts. Nodoubt research in the field of music is worth praising.

On this occasion secretary APMC Mrs Satisha Sharma ji praised the efforts of the webinar organiser IQAC Convenor Mrs Suksham Ahluwalia ji. Dr Savita Uppal .principal Arya college who herself is a celebrity in the field of music said that in this COVID-19 situation, such webinars are very useful for research scholars who get a chance to listen to others and can get benefitted.

The programme was successfully organised by Mrs Suksham Ahluwalia convenor IQAC and incharge Girls Section. She thanked Prof Dr Pankajmala and all research scholars in the end. Prof Anuradha and Prof Nafeesa of music deptt and all teachers were also present in the webinar.





ARYA COLLEGE LUDHIANA

INTERNAL QUALITY ASSURANCE CELL

&

DEPARTMENT OF HOME SCIENCE

ORGANIZE

EXTENSION LECTURE

TOPIC

BALANCED DIET

Date: 05/11/2020

Timing: 2:30 p.m.



**RESOURCE PERSON : DT. PRAPTI
ABROL
(HERO DMC HEART INSTITUTE,
LUDHIANA)**



**PATRON
DR. SAVITA
UPPAL
PRINCIPAL
ARYA COLLEGE,
LUDHIANA**

**CONVENOR
MRS. SUKSHAM
AHLUWALIA
COORDINATOR
IQAC &
INCHARGE GIRLS
SECTION**

**ORGANIZING
SECRETARY:
MS. CHESHTA
ASSISTANT PROFESSOR**

EXTENTION LECTURE ON

BALANCED DIET

Date- 5 November 2020

Under the Gyanvardhini Shrinkhla of IQAC cell of Arya College, Home science deptt of Girls Section organised a lecture on Balanced Diet. It was delivered by Dr Prapti Abrol of D.M.C. Heart Institute. Dr Savita Uppal, principal Arya College welcomed Dr Abrol and expressed her views that people are not aware of balanced diet these days. So such a lecture is going to be very beneficial. APMC Secretary Mrs Satisha Sharma also praised this effort of IQAC cell. Dr Abrol said that if we do not take balanced diet, we have to face many physical problems. Human body needs proteins, carbohydrates, calcium and vitamins minerals in a balanced amount. Only such a diet can keep us disease free and healthy.

The programme was successfully managed by IQAC Convenor Mrs Suksham Ahluwalia which benefitted the students immensely. In the end Head of deptt Miss Cheshta thanked all.



ARYA COLLEGE LUDHIANA

INTERNAL QUALITY ASSURANCE CELL

&

DEPARTMENT OF HOME SCIENCE

ORGANIZE

EXTENSION LECTURE

TOPIC

BALANCED DIET

Date: 05/11/2020

Timing: 2:30 p.m.



RESOURCE PERSON : DR. PRAPTI ABROL
(HERO DMC HEART INSTITUTE, LUDHIANA)





**ARYA COLLEGE LUDHIANA
INTERNAL QUALITY ASSURANCE CELL**

&

**DEPARTMENT OF MUSIC
(VOCAL & INSTRUMENTAL)**

**INVITES ENTERIES FOR
FOLK SONG COMPETITION**

**LAST DATE FOR SUBMISSION OF ENTERIES: 30TH OCT, 2020
RESULT DECLARATION DATE: 3RD NOV, 2020**

**PATRON
DR. SAVITA UPPAL
PRINCIPAL
ARYA COLLEGE, LUDHIANA**

**CONVENOR
MRS. SUKSHAM AHLUWALIA
COORDINATOR IQAC
&
INCHARGE GIRLS SECTION**

RULES FOR PARTICIPATION ARE:-

- Language of folk song can be Hindi, Panjabi or any other regional language.
- The students of all colleges can participate by sending their entries with a copy of Id-card.
- Duration of clip to be sent should be maximum 3 minutes to avoid disqualification.
- One participant can send only one entry.
- Use of musical instruments are allowed.
- Only vocal presentation will also be considered valid.
- Post your entries on **Whatsapp no.9023475722** till 30th October 2020 upto 5 P.M.
- All participants and winners will be awarded E-certificates.
- Decision of the judges will be final.

**ORGANIZER
Ms.Anuradha
Assistant Professor (Dept.of Music)
Mb. :9023475722**

ONLINE FOLK SONG COMPETITION

Date-7 November 2020

Music Deptt. organised an online folk song competition to keep alive the traditional music of Punjab in tough times of Covid-19. It was a sheer hard work on the part of the co-ordinator IQAC, Mrs Suksham Ahluwalia (incharge Girls Section) and Miss Anuradha that more than 25 entries were received. A.C.M.C secretary Mrs Satisha Sharma applauded this effort by saying that we should not forget our traditional songs and it is our rich culture that boosts our spirit. Dr Savita Uppal Principal Arya College adjudged the students along with staff of music Deptt. Shreya Sharma of M.C.M D.A.V. college CHD was judged as 1st, Sumanjot Kaur of Mata Ganga Khalsa College, Kotta as 2nd and Amandeep Kaur of Swami Ganga Giri Janta Girls College Raikot as 3rd. Principal Madam congratulated the winners.

ARYA COLLEGE LUDHIANA
INTERNAL QUALITY ASSURANCE CELL
&
DEPARTMENT OF MUSIC
(VOCAL & INSTRUMENTAL)

INVITES ENTERIES FOR
FOLK SONG COMPETITION

LAST DATE FOR SUBMISSION OF ENTERIES: 30th OCT, 2020
 RESULT DECLARATION DATE: 3rd NOV, 2020

PATRON	CONVENOR
DR. SAVITA UPPAL	MRS. SURSHAM AHLUWALIA
PRINCIPAL	COORDINATOR IQAC
ARYA COLLEGE, LUDHIANA	&
	INCHARGE GIRLS SECTION

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ARYA COLLEGE LUDHIANA

INTERNAL QUALITY ASSURANCE CELL

&

DEPARTMENT OF MUSIC (VOCAL & INSTRUMENTAL)

Organize

Webinar

On

TRANQUILIZATION OF MIND WITH MUSIC

Resource Person



Dr Nimita Sharma
Head of Department (Music)
G.C.G Ludhiana

PATRON

DR. SAVITA UPPAL

PRINCIPAL

ARYA COLLEGE, LUDHIANA

CONVENOR

MRS. SUKSHAM AHLUWALIA

COORDINATOR IQAC

&

INCHARGE GIRLS SECTION

DATE

09.11.20

TIME

11:00 A.M.

Organizing committee

Ms. Anuradha

Assistant professor

Ms. Nafeesa

Assistant professor

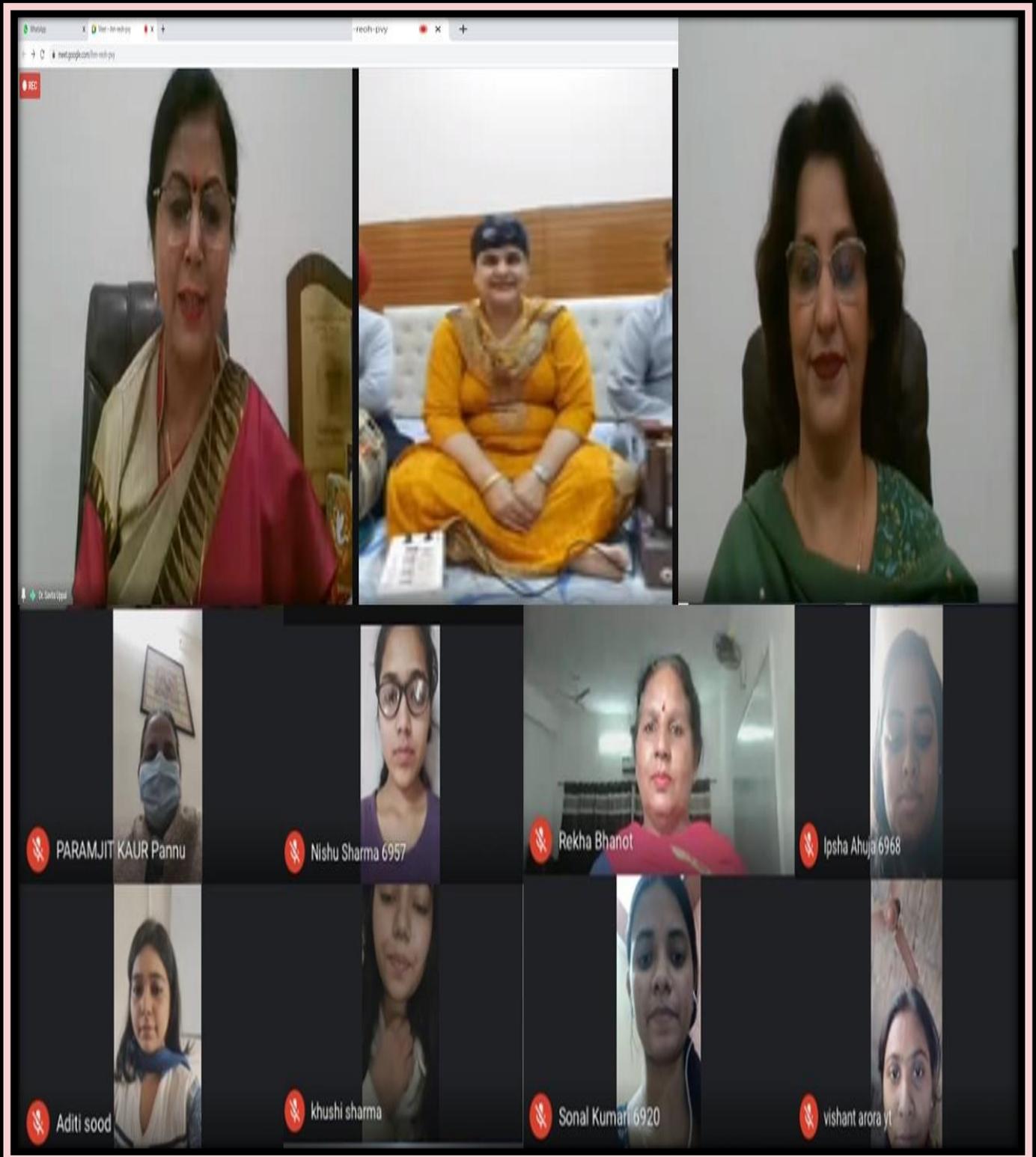
WEBINAR ON

TRANQUILISATION OF MIND WITH MUSIC

Date- 9 November 2020

IQAC cell Of Arya college in co-ordination with music department Organized an on line webinar in the series of Gyanvardhini Shrinkhla On Tranquilisation of mind with Music. It was organized by IQAC cell convenor Mrs Suksham Ahluwalia (Incharge Girls Section) and music deptt. Of Arya College. Dr Nimita Sharma of G.C.G. was the resource person on this occasion. In her lecture she said that music is a natural sedative which relaxes mind and calms it. APMC secretary Mrs Satisha Sharma congratulated IQAC Convenor Mrs Suksham Ahluwalia for choosing such an educative topic. Dr Savita Uppal, principal Arya college expressed her views by saying that isotonic waves embedded in music can be used for deep relaxation and for healing insomnia.

The webinar was concluded with a note of thanks by Miss Anuradha.





ARYA COLLEGE (GIRLS SECTION)
LUDHIANA



INTERNAL QUALITY ASSURANCE CELL

&

DEPARTMENT OF COMMERCE

ORGANIZE

INTER COLLEGE VIRTUAL POWERPOINT PRESENTATION COMPETITION

Topic For Presentation

IMPACT OF COVID 19 AND LOCKDOWN
ON VARIOUS BUSINESS SECTORS

AGRICULTURE
& FOOD
PROCESSING

E-COMMERCE

EDUCATION

TOURISM &
HOSPITALITY
SECTOR

HEALTHCARE

DEFENSE &
SECURITY

INFORMATION
TECHNOLOGY

ON: 10.11.2020 (Tuesday) TIME: 10:00 AM ONWARDS

Register At: <https://forms.gle/zGdcGGrwBfZjbnhM6>

JUDGEMENT WILL BE GIVEN BY:

PROF. RANJU SHARMA (ASSISTANT PROFESSOR DEPARTMENT OF ECONOMICS)

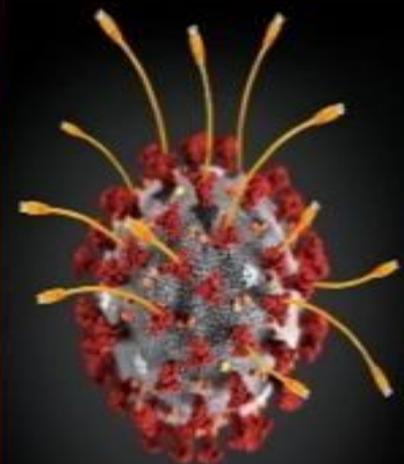
PROF. NIDHI JOSHI (HOD MATHS DEPARTMENT)

DR. SAVITA UPPAL
Principal

MRS. SUKSHAM AHLUWALIA
Coordinator IQAC & Incharge Girls Section

GUIDELINES / RULES

- ▶ Individual participation
- ▶ Participant has to choose any one business sector
- ▶ Time Limit 5-7 minutes
- ▶ No use of offensive words



Enhance your
Creativity &
Employability

E - Certificates
will be
provided to all
the participants

ORGANIZING COMMITTEE

Ms. Priya Saini
(7508628643)

Ms. Aditi Sood
(7889287756)

Ms. Mamta Bhola
(7986838526)

EFFECTS OF LOCKDOWN AND COVID -19

Date-10 November 2020

IQAC and Commerce Deptt. of Arya College Girls Section organised a virtual webinar on Effects of Covid -19 and Lockdown on I.T. sector Education, Tourism and Hospitality , E-commerce, Agriculture, Food processing and Health-care. More than 15 participants took part in the competition. On this occasion Dr Savita Uppal ,principal Arya College said that covid -19 and lockdown have adversely affected the business . Many business enterprises had to bear the brunt of this. APMC secretary Mrs Satisha Sharma applauded the efforts of IQAC cell and Commerce Deptt.

Co-ordinator of IQAC cell Mrs Suksham Ahluwalia (Incharge Girls Section) expressed her views that though covid -19 and lockdown have caused lots of losses to business ,at the same time it has opened new arenas in the field of education.

One participant in her presentation on E-commerce said that Internet has got a big boost in this scenario. Another said that food processing business is in glut.

But education sector has got many new mediums.

Prof Ranju Sharma and Prof Nidhi Joshi adjudged the students.

Sejal Sharma got 1st prize whereas Joshita Singla and Armeen Kaur were declared 2nd and 3rd respectively.

The programme was successfully conducted by Prof Aditi Sood and Prof Priya and Prof. Mamta assisted her .



ARYA COLLEGE (GIRLS SECTION)
LUDHIANA
INTERNAL QUALITY ASSURANCE CELL
&
DEPARTMENT OF COMMERCE
ORGANIZE
**INTER COLLEGE VIRTUAL POWERPOINT
PRESENTATION COMPETITION**
Topic For Presentation
IMPACT OF COVID 19 AND LOCKDOWN
ON VARIOUS BUSINESS SECTORS

A central banner with a grey background and various colored text boxes. It features the Arya College logo on the left and right. The text is arranged in a structured, top-down manner, starting with the college name and ending with the specific topic for the presentation.



RALLY ON VOCAL FOR LOCAL AND GREEN DIWALI

Date-11 November 2020

With the joint efforts of IQAC cell ,N.S.S. unit and social Entrepreneurship development and community engagement cell a rally was arranged in which students holding posters for Vocal for Local and Green Diwali tried to send this message to the public. Speaking on this occasion Dr Savita Uppal , principal Arya College said that our Prime Minister Narendra Modi ji had given this slogan for making our country self dependent according to which local products were given priority. Applauding this effort of girls APMC secretary Mrs Satisha Sharma said that this is an important issue in present times about which people should be aware .IQAC co-ordinator and Girls section Incharge Mrs Suksham Ahluwalia said that this is a concrete effort by girls to control pollution in the corona times.Dr Rajni ,incharge N.S.S. unit and member of Entrepreneurship Development and community engagement cell Dr Tejinder Bhatia were also present on this occasion.





ARYA COLLEGE GIRLS SECTION

Department of Commerce
Organizes
'Business Quiz'

Date: 10th Decemeber, 2020

Time: 11:00 a.m onwards

'Business Quiz'

Date-10 December, 2020

A 'Business Quiz' was organized by the Department of Commerce, Arya College Girls Section, Ludhiana. The Quiz aimed at involving student participation through interactive virtual meet. 15 teams participated from B.com I,II,III and answered various questions from current affairs, business studies, economics, tax laws, company law, auditing, Accounting and Financial Management. The winners of the competition were Nitika, Muskaan Kohli, Nivika, Isha and Gagandeep Kaur from B.Com III . Himani, Megha, Neetu, Jyoti and Pooja from B.Com II and there was a tie of two teams from B.Com I. Lady Incharge, Mrs. Suksham Ahluwalia congratulated the winners and inspired the students with her motivating words for more such active participation in future activities also.

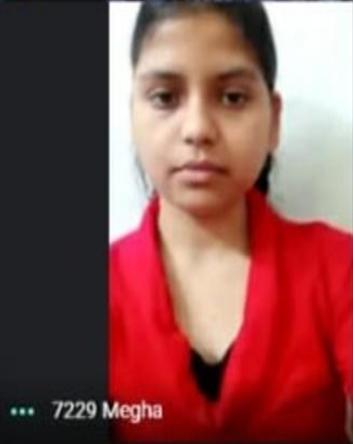


7252 Pooja mehra

7230 Neetu sharma



7207 Babita Karakoti has left the meeting



7229 Megha



7238 Jyoti Verma



ARYA COLLEGE, LUDHIANA

INTERNAL QUALITY ASSURANCE CELL

&

DEPARTMENT OF POLITICAL SCIENCE

ORGANISES

EXTENSION LECTURE

ON

PRESENT SCENARIO OF HUMAN RIGHTS

BY

RESOURCE PERSON

DR. KUNWAR ONKAR SINGH NARULA

National CHAIRMAN OF HUMAN RIGHTS PROTECTION COUNCIL

DATE :11/12/2020

TIMING:11:30 A.M.

PATRON

PRINCIPAL

DR.SAVITA UPPAL

ARYA COLLEGE,LUDHIANA

CONVENOR

MRS SUKSHAM AHLUWALIA

COORDINATOR IQAC

&

INCHARGE GIRLS SECTION

ORGANISING SECRETARY

DR.RAJNI BALA

ASSISTANT PROFESSOR

EXTENSION LECTURE CONDUCTED ON **HUMAN RIGHTS**

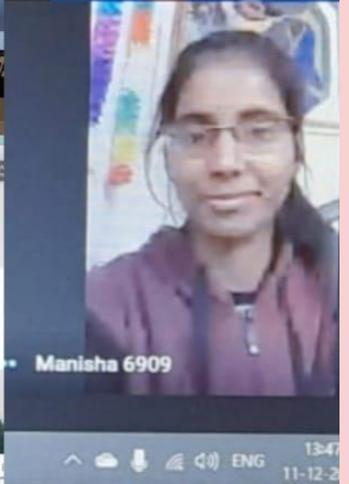
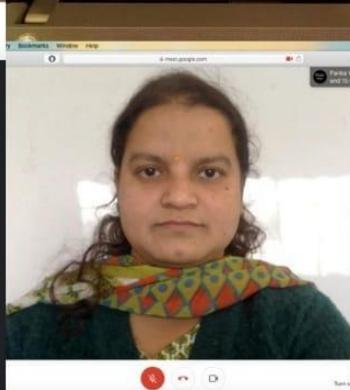
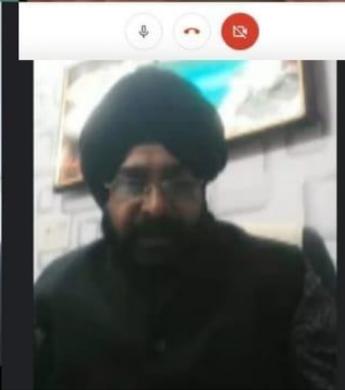
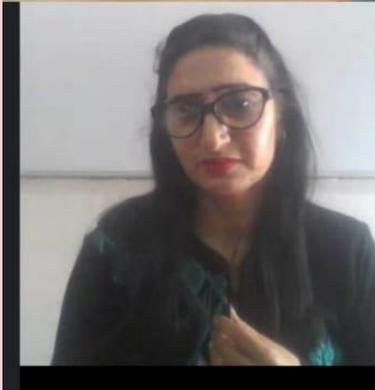
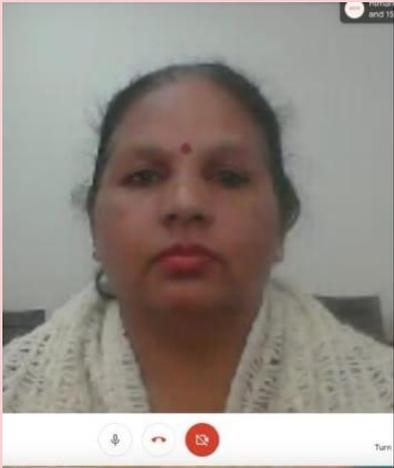
Date-11 December 2020

Arya college Girls section conducted an extension lecture under Gyanvardhini Shrinkhla under the banner of IQAC with the help of political science deptt.in which chairman of Human rights council Sh.Kunwar Onkar Singh Narula was the spokesman. More than 100 students participated in this.

Sh Narula ji said that in modern times people are throwing human rights to the winds though these are must for our personality.He explained human rights in detail. After this he answered the questions of students also.

Girls made posters also showing violation of Human rights.

Concluding the programme prof Rajni Bala thanked the main speaker by saying that our educated society should play an important part in preserving the Human rights. Dr Savita uppal, principal of Arya college and IQAC Convenor Mrs Suksham Ahluwalia praised the programme.





Arya College Girls, Section Ludhiana
Internal Quality Assurance Cell
&
P.G. Department of History
Organize
webinar

(Under Gyanvardhini Shrinkhla, a series of Knowledge Enhancing Lecture)
on

Participation of Women in National Movement

Date: 14th Dec, 2020

Time : 11:30 am



Resource Person

Dr.(Mrs.) Savinder Pal
Head, P.G. Department of History
Khalsa College For Women,
Sidhwan Khurd

Dr. Savita Uppal
Principal
&
Chairperson IQAC

Prof. Suksham Ahluwalia
Coordinator IQAC
&
Incharge Girls Section

Prof. Rekha Bhanot
Organizing Secretary

WEBINAR ON PARTICIPATION OF WOMEN IN NATIONAL MOVEMENT

Date-14 December 2020

The department of History, Arya college Girls section, Ludhiana conducted an extension lecture under Gyanvardhini Shrinkhla in collaboration with IQAC . The resource person on this occasion was Dr. Savinder Pal Head, P.G. Department of History, Khalsa College for Women, Sidhwan Khurd. Speaking on this topic she said that women have always played their part since Ancient times in different social and religious revolutions. In Modern Period of history her role in national movement has been unparalleled. She discussed the women contribution in national movement in detail. Prof Rekha Bhanot of History dept. thanked the chief spokesperson profusely. Dr. Savita Uppal, Principal Arya college and IQAC Convenor and Incharge Girls Section Mrs. Suksham Ahluwalia praised the extension lecture for adding to the knowledge of students.

REC Simran Thakur and 55 more 73 You



Dr. Savinder Pal Bajaj



Rekha Bhanot



Jyotika Chauhan



Harpreet Sharma



Sonamsingh S...



Priya_P



Shaveta Gupta 6908



Navjot Singh



vishant arora yt



Lakshi Komal



Lucky Sirswal



Parminder Kaur



Anjum Khatoon



Mohpreet Shergill



Sapna Kalyan



CHAARU SHARMA 6963

Meeting details ^



Raise hand

Turn on captions

Present now





ARYA COLLEGE LUDHIANA

INTERNAL QUALITY ASSURANCE CELL

&

DEPARTMENT OF MUSIC

(VOCAL & INSTRUMENTAL)

Organize

Inter Class PPT Presentation

On

Ragas and Talas

Date : 17th Dec, 2020

Time: 11 A.M.

PATRON

DR. SAVITA UPPAL

PRINCIPAL

ARYA COLLEGE, LUDHIANA

CONVENOR

MRS. SUKSHAM AHLUWALIA

COORDINATOR IQAC

&

INCHARGE GIRLS SECTION

Organizing Committee

Ms. Anuradha

Assistant Professor

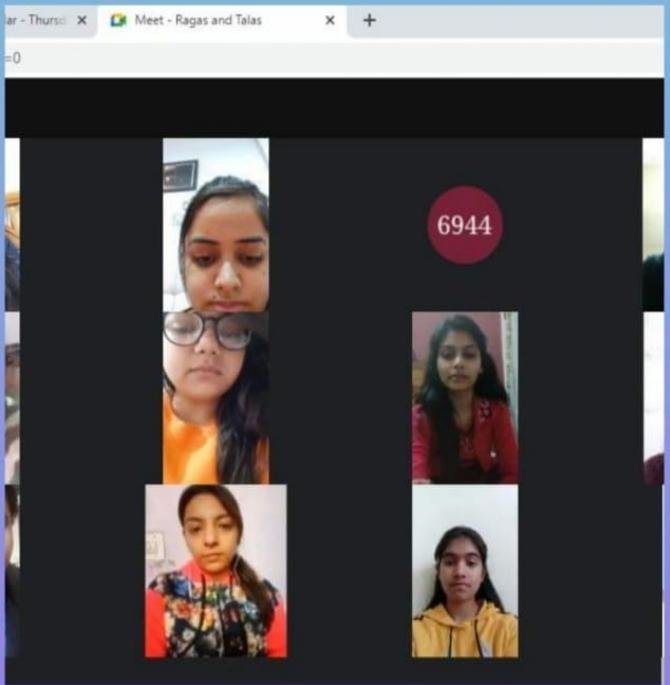
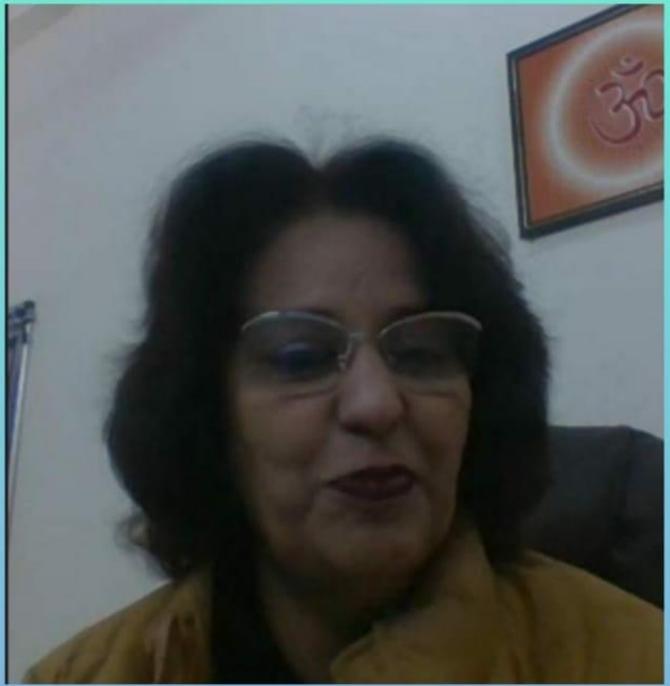
Ms. Nafeesa

Assistant Professor

POWER POINT PRESENTATION
COMPETITION ORGANISED ON RAAGS
AND TAALS

Date-17 December 2020

Arya college Girls section conducted a power point presentation competition on Raag and Taal in Music under the banner of IQAC with the help of music deptt. in which 23 students participated. In their presentation they introduced Raag Bhopali Raag Bhairav vrindavani sarang raag Aasavari raag etc .They introduced Teen taal ,Chaar taal, Jhoomara taal etc.Dr Savita uppal ,principal Arya college blessed the students and praised their music skills. Students sang the songs for energetic life against Corona Virus also . IQAC Convenor and incharge Girls section Mrs Suksham Ahluwalia praised the efforts of students. Concluding the programme Miss Anuradha Sharma of Music deptt. thanked all.





आर्य कॉलेज, लुधियाना

आई. क्यू. ए. सी.

एवं

हिंदी एवं संस्कृत विभाग द्वारा आयोजित वेबिनार

(ज्ञानवर्धिनी श्रृंखला के अंतर्गत)

"स्वामी श्रद्धानन्द जी का बलिदान दिवस"

पर आधारित निबंध लेखन प्रतियोगिता एवं डाक्यूमेंट्री फिल्म प्रदर्शन

(दिनांक २३ दिसंबर २०२०)

समय: 12:30 अपराह्न

डॉ. सविता उप्पल

प्रिंसिपल, आर्य कॉलेज एवं अध्यक्ष

आई. क्यू. ए.सी.

प्रो. सूक्ष्म आहलूवालिया

समन्वयक

आई. क्यू. ए.सी.

एवं इंचार्ज

आर्य कॉलेज गर्ल्स सेक्शन

संयोजक मंडल

डॉ. तजिंदर भाटिया

असिस्टेंट प्रोफेसर, हिंदी विभाग

डॉ. आशीष कुमार

असिस्टेंट प्रोफेसर, संस्कृत विभाग

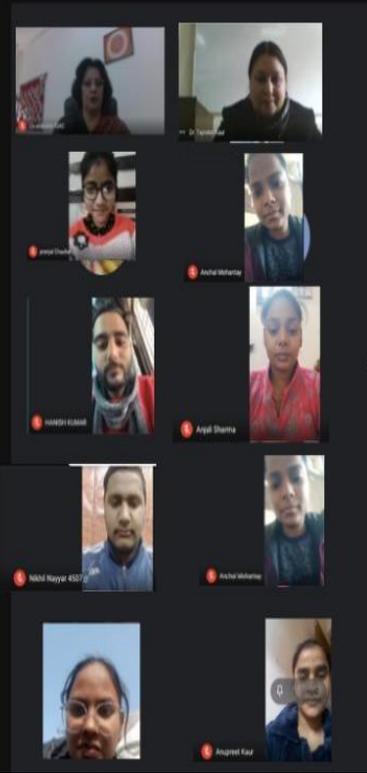
WEBINAR ON THE MARTYR DAY OF **SWAMI SHRADHANAND JI**

Date-23 December 2020

Webinar on the martyr day of Swami Shradhanand ji under the banner of IQAC in Gyanvardhini Shrinkhla with the help of hindi department. An essay writing competition was organised on Swami ji's life and sacrifice in which 30 students participated . A documentary was also shown to students about the life of Swami Shradhanand ji. In the beginning of the Webinar Mrs Satisha Sharma, secretary ACMC praised this knowledge enhancing programme and blessed the students. Dr Savita uppal, principal of Arya college said that this is a nice step to teach the students through this medium. IQAC Convenor and incharge Girls section Mrs Suksham Ahluwalia said that students will be immensely benefitted from this great personality and she briefed the teachings of Swami ji. Dr Tejinder Bhatia of Hindi deptt. and who organised this programme and adjudged the students of essay writing said that Swami ji was a great patriot who sacrificed his life for independence , education and spread of vedic religion. 1st 2nd and 3rd prize winners were given cash prize of 500 300 200 respectively. On this occasion Dr Aashish of Sanskrit deptt also expressed his views. The programme was concluded with vedic mantras.

kiran saini is presenting

Akashdeep Singh and 34 more | 47 | 2:03 PM | You





**ARYA COLLEGE GIRLS SECTION
LUDHIANA**

Internal Quality Assurance Cell

&

DEPARTMENT OF ENGLISH

ORGANIZE

**INTER COLLEGE POEM RECITATION
COMPETITION**

(Under Gyanvardhini Shrankhala, a series of Knowledge Enhancing Lectures)

DATE: 24TH DEC, 2020

TIME: 11:00am

Judge of the event



Prof Surmit Singh
H.O.D. English Department
G.T.B. National College
Dakha

Patron

**Dr. Savita
Uppal**

Principal

**Arya College
Ludhiana**

Convener

**Prof. Suksham
Ahluwalia**

Coordinator IQAC

&

Incharge Girls Section

Organizing secretary

Dr. Seema Arora
Associate Prof.

Ms. Amanpreet Kaur

Assistant Prof.

INTER COLLEGE POEM RECITATION ORGANISED

Date-24 December 2020

Online poem recitation competition under the banner of IQAC in Gyanvardhini Shrinkhla with the help of English deptt. About 25 students of 12 colleges participated in it. IQAC Convenor and Incharge Girls section Mrs Suksham Ahluwalia welcomed the judge Prof Surmit Singh H.O.D. of Dakha College and praised the efforts of students who chose relevant topics for poems. Dr Savita uppal principal Arya college said that students should make efforts to speak in English and poem recitation is a good medium for that. Prof Surmit Singh adjudged the students very well . 1st prize was bagged by Rhythm 2nd by Kanika Chaudhary and 3rd by Meha Maggo. Participation certificates were also given to all.

The programme was conducted by Prof Amanpreet Kaur and Dr Seema Arora and Prof Kumud Chawla H.O.D. English deptt thanked all the present and praised the efforts of students.

A screenshot of a Zoom meeting grid with 9 participants. The participants are arranged in a 3x3 grid. The bottom of the screen shows a file sharing bar with two files: 'Untitled 42_1080p.mp4' and '24 dec brochure.jpg'. A 'Show all' button is visible on the right side of the file bar.

Participant Name	Visual Description
Co-ordinator IQAC	Woman with dark hair, wearing a white and black patterned scarf.
Surmit Singh	Man with a long grey beard and a white turban.
Seema Arora	Woman with short dark hair and glasses, wearing a pink and black outfit.
1102 Lakshya Jain	Man with a beard, wearing a blue shirt.
Aditi Dabral	Woman with long dark hair, wearing a black top.
Kumud Chawla	Woman with long dark hair and glasses, wearing a black top.
You	Woman with long dark hair, wearing a green top and a black scarf.
Kritika Bhalla	Man with dark hair, wearing a dark blue hoodie.
7107 Jaya Arora	Woman with long dark hair, wearing a white top and a dark scarf.

File sharing bar:

- Untitled 42_1080p.mp4
- 24 dec brochure.jpg
- Show all



ARYA COLLEGE LUDHIANA

INTERNAL QUALITY ASSURANCE CELL

&

DEPARTMENT OF SOCIOLOGY

ORGANIZE

POWER POINT PRESENTATION COMPETITION

ON

PROS AND CONS OF FARMERS BILL 2020



DATE
07/01/21

TIME
11.00 A.M

PATRON

DR. SAVITA UPPAL

PRINCIPAL

ARYA COLLEGE, LUDHIANA

CONVENOR

MRS. SUKSHAM AHLUWALIA

COORDINATOR IQAC

&

INCHARGE GIRLS SECTION

Organizing Secretary
Dr Neha Chopra
Assistant Professor

POWER POINT PRESENTATION COMPETITION
ORGANISED ON PROS N CONS OF FARMER'S BILL
2020

Date-07 January 2021

A power point presentation competition on pros and cons of Farmer's Bill 2020 . Students expressed their views on this bill and discussed the advantages and disadvantages of these bills for the farmers and presented their point of view about it. Since it is the current and important issue of the present times Dr Savita uppal, principal Arya college and IQAC Convenor Mrs Suksham Ahluwalia praised the efforts of students. Concluding the programme Dr Neha Chopra of Sociology deptt thanked all.

A Google Meet grid with six participants. The top row shows 'You' (a woman in a dark jacket), 'Payal Verma' (a woman with glasses), and 'Preet Sandhu' (a woman with glasses). The middle row shows 'Komalpreet Kaur' (a woman), 'Switani' (a blue circular profile icon), and 'Tamanna Arora 6739' (a woman with glasses). The bottom row shows three smaller video thumbnails of participants. A top bar indicates '29' people, a chat icon, and the time '12:16 PM'. A notification bubble says 'Komalpreet Kaur... and 19 more'.

Meeting details ^ [lock icon]

[mute icon] [end call icon] [video off icon]

Raise hand | Turn on captions | Present now



ARYA COLLEGE GIRLS SECTION LUDHIANA

&

Internal Quality Assurance Cell

ORGANIZE

WEBINAR ON

TRAFFIC AWARENESS

DATE: 11TH JAN, 2021

TIME: 11:30am

Patron

Dr. Savita Uppal

Principal

**Arya College
Ludhiana**

Convener

**Prof. Suksham
Ahluwalia**

Coordinator IQAC

&

Incharge Girls Section

Resource Person



S. JASVIR SINGH

**Designation- Head constable
Posting- Traffic Education cell
Ludhiana**

WEBINAR ORGANISED ON TRAFFIC AWARENESS

Date:11-January -2021

A Webinar on traffic awareness under the banner of IQAC. S.Jasvir Singh Head Constable of Traffic Education Cell apprised the students about traffic awareness. He told the students that we should never cross red lights, should use seat belt and never use phone. He gave detailed information about traffic rules . IQAC Convenor Mrs Suksham Ahluwalia said that many accidents occur because people don't follow traffic rules .Dr Savita uppal principal of Arya college praised the efforts of Prof Amanpreet for organising this lecture. Concluding the programme Prof Amanpreet thanked all.

meet.google.com

REC

Mehak Marwaha ... and 39 more

You

Randev Anjali 6986

Sulekha Sharma

Pankhuri Sharma

Vandna Sharma

Neetu Kumari 6768

pranjal Chauhan

Asha Kumari

Gitanjali 6730

Kanishka Kapoor

Aanchal Mohanty

Piyush Sharma

Anupreet Kaur

Aman Preet

Pooja Kumari. 6769

Ranjit Singh Seehat

Diksha 6755

Suman Yadav

Amanpreet Kaur 6527

Saloni Thakur

vishant arora yy

Komalpreet Kaur

Vanshika Gulati

Meeting

Varanpreet Kaur6732

Jyotika Chauhan

Yashika Khera

Vanshika Gulati

Nandini Sharma

Meeting details ^

Microphone icon

Phone icon

Screen share icon

Raise hand

Turn on captions

Present now



ARYA COLLEGE (GIRLS SECTION)

LUDHIANA



Internal Quality Assurance Cell

In Collaboration with Department of Commerce

Organize

Online Skill Development Programme on

Enhancing Communication Skills



Shilpa Miglani
Training and
Placement Officer
at GNIMT, Ludhiana



Dr. Inderpreet Kaur
Asst. Prof. GNIMT,
Ludhiana

On 12-01-2021 (Tuesday) 11 AM to 12 PM

Register At:

<https://forms.gle/M3jDNGkag6JCTWRa6>

DR. SAVITA UPPAL

Principal

MRS. SUKSHAM AHLUWALIA

Coordinator IQAC & Incharge Girls Section

WEBINAR ORGANIZED ON EFFECTIVE COMMUNICATION SKILLS

Date-12-January -2021

A 'Skill Development Programme' on 'Enhancing Communication Skills' was organized by IQAC in Collaboration with Department of Commerce, Arya College Girls Section, Ludhiana on 12 January 2021. Communication being the foundation stone of employability skill was focused upon and students were enriched about its importance and how to adapt and make it an instinctive personality trait . Resource persons for the session were Mrs. shilpa Miglani Narang(Training and Placement officer) & Dr. Inderpreet Kaur (Astd. Professor in Management) from GNIMT who discussed about verbal and non-verbal communication respectively. It was well acknowledged by the students and Lady Incharge & IQAC coordinator Mrs. Susksham Ahluwalia motivated the students to become better learner and well versed communicator which indeed will groom their personalities.



ARYA COLLEGE (GIRLS SECTION)
LUDHIANA

Internal Quality Assurance Cell

In Collaboration with Department of Commerce
Organize

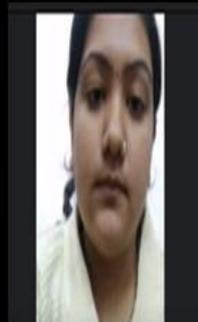
Online Skill Development Programme on
Enhancing Communication Skills

On 12-01-2021 (Tuesday) 11 AM to 12 PM

Register At:
<https://forms.gle/M3JDN0kag6JTWRA6>

DR. SAVITA UPPAL
Principal

MRS. SUKSHAM AHLUWALIA
Coordinator IQAC & Incharge Girls Section



BIRTHDAY AND
DEATH ANNIVERSARY
OF GREAT
PERSONALITIES

TEACHERS' DAY VIRTUALLY
AND
WELCOMED THE NEW STUDENTS

Date-4 September 2020

Arya College Girls Section celebrated teachers' Day on 4th Sept and at the same time welcomed the students of B.Com and B.A. Ist year. In this critical time of Covid -19, students felicitated their teachers by poems, speeches, beautiful cards and PPT's on this occasion, Principal Dr. Savita Uppal welcomed the new entrants and expressed her wish that like the old students who brought laurels to the college, these new students will also follow their footsteps and shall continue the league. Secretary ACMC, Mrs Satisha Sharma said that teachers always wish the success of their students. She blessed the new entrants and wished them all the best for the new session. Prof (Mrs.) Suksham Ahluwalia, incharge Girls Section thanked the students for their felicitation and hoped that in future college will progress by leaps and bounds. She thanked all the teachers and students and honourable secretary mam and Principal Dr. Savita Uppal for their benign presence and blessings.

