



Guru Nanak College Budhlada

Distt. Mansa-151502

Under the Management of S.G.P.C., Sri Amritsar Sahib

Affiliated to Punjabi University, Patiala

NAAC Accreditation 'A' Grade

Selected Under 'Star College Scheme' by DBT, GOI

Promoting Heritage, Culture, Sports and Social Values among the Students

Objectives of the Practice: To enable the students to have better understanding of heritage, cultural diversity and social values through participation in various cultural activities and to instill the spirit of sportsmanship among the students.

The Context: Now a days, the youngsters are virtually on the verge of getting victimized of various evils such as drugs, individualism, violence, materialism, greed, decline of social and moral values, decline of responsibility etc. The life has become so busy that now people hardly find any time for arts, hobbies, leisure time activities and physical activities. To keep the youth away from the alarming threats of the new millennium and channelize their energy towards the right direction the institute is very inclined to promote the heritage, culture, sports and social values among the students.

The Practice It is the need of the hour to inculcate and associate the students with culture, heritage, social and moral values so that they can play a significant role in the development of the society. The students participate in various activities and programmes organized by the college and other institutes. All the related activities, in this regard, are planned by the college before the beginning of the session and are included in the Academic Calendar of the college. All the students are encouraged, motivated, guided and trained by the faculty to participate in these activities. The institute is aware that education is not just confined to academics but the focus must be on overall personality development, confidence building, discipline along with to sensitize the students towards the culture, sports, heritage, social and moral values. The college has formed Youth Welfare Department, Department of Sports and Physical Education, various clubs, societies and committees to for the organization of all the scheduled activities in an effective way. The institute has State-of-the-art infrastructure to accomplish its aims in this regard. The students are motivated to participate in various cultural and heritage related activities. The students are selected on the basis of trials and talent hunts. The birth anniversaries of martyrs, social workers, religious personalities and national leaders are celebrated by organizing the above said activities to make students aware about our culture and heritage. Various forums such as clubs, societies and committees organize activities such as poster making, speech, essay writing, painting, slogan writing and singing competitions on various national and state level occasions. The college students participate in various social, moral and religious activities and competitions conducted by other institutes. The college students participate in university, state and national level Youth Festivals and won Gold, Silver and Bronze medals in numerous activities. The departments arrange charity events and the students along with faculty visit local Awdut Ghar and other places to distribute clothes, eatables, shoes etc. among the needy. This type of visits and charity events make students aware about the problems of other people. The participants of the activities are rewarded in various college functions.

Evidence of Success:

- All the departments conduct numerous activities to celebrate important days such as Women Day, Independence Day, Mother's Day, Youth Day, Yoga Day etc. to make students aware about social and moral responsibilities.

- The institute has established a Spiritual Library and park to inculcate social and moral values among the students. The spiritual library is well stocked with books of different religions and biographies of religious persons.
- College was made Covid Isolation Centre by the administration during the Covid-19.
- P. G. Department of Computer Science organized one day trip to Sri Amritsar Sahib for students and faculty to promote cultural and social awareness among them on 20 March 2021.
- P. G. Department of Computer Science organized online seminar on “Universal Values and Diversities” to promote moral and social ethics among the students on 22 March 2021.
- Department of Food Processing conducted an online lecture on “Promoting Heritage and Culture” on 1 Oct 2020. The lecture was delivered by DR. Harjinder Kaur.
- P. G. Dept of English organized a lecture on “Human Values in Society” on 20 Nov 2020 and the resource person was Prof Ramandeep Kaur.
- Students of P. G. Dept of English visited Awdhoot Ashram and provided free food to the needy on 25 Feb 2021.
- P. G. Department of Punjabi organized an online discussion on “Importance of Values in Student Life” on 28 Sept 2020. Prof Gurdeep Singh discussed the basics of human values in detail with students.
- P. G. Department of Punjabi organized online discussion on “Major Efforts to Control the Effects of Covid-19” on 7 Sept 2020. The faculty discussed with students the effects of Covid-19 on economic, social and cultural life of common man.
- P. G. Department of Punjabi has started a movement “Main Imandar Han” (A free books service) in March 2021 to promote the importance of honesty, ethical, moral and social values among the students.
- Department of Agriculture organized an orientation to promote socio-economic diversities entitled “Regional and Socio-Economic Diversity” on 18 Feb 2021.
- Department of Agriculture organized awareness programme during Covid-19 and made people aware about the preventive measures for covid-19 and why to wear masks. Free masks were distributed at the villages Tahlian and Chular Khurad by the students and faculty. The objective of the programme was to make students aware about our social responsibilities.
- Department of Agriculture organized an online lecture “Role of Sports Activity in Life” to motivate students’ participation in sports. The lecture was delivered by Astd. Prof. Ramandeep Singh.
- Department of Agriculture organized one day webinar “Changing Social Norms and Values in life” to promote Social Values among the students. The lecture was delivered by DR. Nisha Mann on 27 Sept 2020.
- Department of Agriculture conducted one day Interdepartmental visit in collaboraton with P. G. Dept of History to spread awareness regarding the traditional agricultural tools under the title “Cultural and Heritage Awareness Programme” on 6 March 2021.
- P. G. Dept of Music organized a workshop on Thumri Gayan- Concept and Forms on 26 Feb 2021. The resource person of the workshop was DR. Kamal Rani.
- A lecture on “Need and Significance of Youth Welfare in Preservation of Classical Musical Arts” was organized by P. G. Dept of Music on 24 Oct 2020 to promote classical music among the students.
- “Keertan Darbar on Gurpurab of Sri Guru Nanak Dev Ji” was organized by P. G. Dept of Music to promote the philosophy of Sri Guru Nanak Dev ji in the present day life.

- P. G. Dept of Music organized Singing Competition dedicated to Gangu Bai Hungal on 5 March 2021.
- P. G. Dept of Music conducted two days workshop on Classical Music Instruments to make students aware about the role of classical music in culture preservation.
- P. G. Dept. of Commerce and Management conducted webinar on “Heritage Preservation and Development” on 23 Oct 2020.
- P. G. Dept. of Commerce and Management organized a guest lecture on Sports Injuries and use of Supplements in Sports. The Lecture was given by Astt Prof Gurpreet Kaur on 1 March 2021.
- Students of P. G. Dept of Fashion Designing and P. G. Dept of English along with NSS distributed free masks in the area and the students felt the significance of social responsibility.
- Faculty and Students of P. G. Dept of Fashion Designing distributed free food among the needy to promote moral and ethical values.
- P. G. Dept of History conducted online lecture “Punjab Heritage: History of Folk Dance Bhangra” by DR. Jasmer Malik on 6 Oct 2020.
- College NCC wing Department of Physical Education and Sports celebrated “Fit India Movement” to promote physical fitness and Sports among students.
- Department of Physical Education and Sports organized an interdepartmental guest lecture on “Sports Management” on 23 Feb 2021. The lecture was delivered by Astt Prof Simranjit Singh.
- Department of Physical Education and Sports organized Intramural Tournament in college campus for the game SEPAKTACRAW on 27 March 2021.

Problems Encountered: Due to Covid-19 no offline sports and cultural programmes and events were conducted by State/Center organizations and universities. So the college students couldn't participate in many sports and cultural activities during the session 2020-21, even then the institute tried to conduct these activities in online and offline mode at college level.