



# GURU NANAK COLLEGE BUDHLADA

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC ACCREDITED "A++" GRADE

## Report of Health and Hygiene Cell

(Session: 2022-23)

**Activity:** Lecture on the importance of exercise and yoga.

**Date:** 28-08-2023

**Lecture Delivered by:** Ramandeep Singh  
Head and Assistant Professor  
Department of Physical Education

**Total no of students:** 90

Lecture on the importance of exercise and yoga was delivered by Mr. Ramandeep Singh Head and Assistant Professor Department of Physical Education. Students of Bachelor of Arts actively took part in this lecture. Mr. Ramandeep Singh aware the students about importance of doing exercise and yoga on daily basis, further he explained the side effects of doing incorrect yoga asana without expert supervision. Students and staff members participated in it and cleared their queries.





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Attendance:

Health Hygienic and Camas First At

| Sr. No. | Roll No. | Student Name     | Sign.            |
|---------|----------|------------------|------------------|
| 1       | 5047     | Sukhpreet Singh  | Sukhpreet Singh  |
| 2       | 5605     | Harvinder Singh  | Harvinder Singh  |
| 3       | 5694     | Manav Singla     | Manav Singla     |
| 4       | 5259     | AKASDEEP Singh   | Akashdeep Singh  |
| 5       | 5711     | RAVINDER SHARMA  | Ran. Shu.        |
| 6       | 5342     | ARSHDEEP SINGH   | Arshdeep Singh   |
| 7       | 5527     | SATNAM SINGH     | Satnam Singh     |
| 8       | 5094     | Khushpreet Singh | Khushpreet Singh |
| 9       | 5101     | Sumit Goyal      | Sumit Goyal      |
| 10      | 5108     | Sandeep Singh    | Sandeep Singh    |
| 11      | 13203    | Priyanka Rani    | Priyanka Rani    |
| 12      | 13393    | Preena Bansal    | Preena Bansal    |
| 13      | 13391    | Rashwinden Kaur  | Rashwinden Kaur  |
| 14      | 13361    | Jaspreet Kaur    | Jaspreet Kaur    |
| 15      | 5006     | Mandeep Singh    | M Singh          |
| 16      | 5069     | Jaspreet Singh   | JASPREET SINGH   |
| 17      | 5035     | Pardeep Singh    | Pardeep Singh    |
| 18      | 3720     | Mandeep Kaur     | Mandeep Kaur     |
| 19      | 3730     | Harjit Kaur      | Harjit Kaur      |
| 20      | 3725     | Sukhdeep Kaur    | Sukhdeep Kaur    |
| 21      | 3852     | Jaspreet Kaur    | Jaspreet Kaur    |
| 22      | 3879     | Ramneek Thind    | Ramneek Thind    |
| 23      | 3833     | Greetika Verma   | Greetika Verma   |
| 24      | 4408     | Chandeep Das     | Chandeep Das     |
| 25      | 4390     | Karishah Singh   | Karishah Singh   |
| 26      | 4589     | Arshdeep         | Arshdeep         |
| 27      | 4437     | Anshulpal Singh  | Anshulpal Singh  |
| 28      | 4455     | Harneet Singh    | Harneet Singh    |
| 29      | 3708     | Arshdeep         | Arshdeep         |
| 30      | 3705     | Manpreet Kaur    | Manpreet Singh   |
| 31      | 3718     | Parveen Kaur     | Parveen Kaur     |
| 32      | 3715     | Sukhpreet Kaur   | Sukhpreet Kaur   |
| 33      | 3709     | Indrajeet Kaur   | Indrajeet Kaur   |
| 34      | 3733     | Manpreet Kaur    | Manpreet Kaur    |
| 35      | 3716     | Mehak Rani       | Mehak Rani       |
| 36      | 3664     | Sonamjit Kaur    | Sonamjit Kaur    |
| 37      | 3663     | Nandeep Kaur     | Nandeep Kaur     |
| 38      | 3696     | Kiranjoti Kaur   | Kiranjoti Kaur   |
| 39      | 3688     | Harpreet Kaur    | Harpreet Kaur    |
| 40      | 3689     | Sonamjit Kaur    | Sonamjit Kaur    |





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| Health Hygienic and Campus First Aid Cell |          |                 |                 |
|---|----------|-----------------|-----------------|
| Sr. No                                    | Roll No. | Student Name    | Sign.           |
| 1   | 6282     | Hardeep Kaur    | Hardeep Kaur    |
| 2   | 6245     | Mandeep Kaur    | Mandeep Kaur    |
| 3   | 1319     | Sufiyeet Kaur   | Sufiyeet Kaur   |
| 4   | 6268     | Gurdeep Kaur    | Gurdeep Kaur    |
| 5   | 6294     | Manpreet Kaur   | Manpreet Kaur   |
| 6   | 6289     | Harmandeep Kaur | Harmandeep Kaur |
| 7   | 6312     | Mammi Rani      | Mammi Rani      |
| 8   | 6272     | Khushpreet Kaur | Khushpreet Kaur |
| 9   | 6265     | Manpreet Kaur   | Manpreet Kaur   |
| 10  | 6262     | Seema Kaur      | Seema Kaur      |
| 11  | 6286     | Jasviri Kaur    | Jasviri Kaur    |
| 12  | 6878     | Meena           | Meena           |
| 13  | 6250     | Joti Kaur       | Joti Kaur       |
| 14  | 6261     | Kiranjeet Kaur  | Kiranjeet Kaur  |
| 15  | 6319     | Babuljeet Kaur  | Babuljeet Kaur  |
| 16  | 6313     | Kirandeep Kaur  | Kirandeep Kaur  |
| 17  | 6316     | Amandeep Kaur   | Amandeep Kaur   |
| 18  | 6884     | Manpreet Kaur   | Manpreet Kaur   |
| 19  | 6304     | Manpreet Kaur   | Manpreet Kaur   |
| 20  | 6311     | Kamaljeet Kaur  | Kamaljeet Kaur  |
| 21  | 6279     | Kamjeet Kaur    | Kamjeet Kaur    |
| 22  | 6300     | Ramita Kaur     | Ramita Kaur     |
| 23  | 6307     | Veerpal Kaur    | Veerpal Kaur    |
| 24  | 6247     | Rajwinder Kaur  | Rajwinder Kaur  |
| 25  | 6246     | Ramandeep Kaur  | Ramandeep Kaur  |
| 26  | 7102     | Nagender Singh  | Nagender Singh  |
| 27  | 7053     | Gussewar Singh  | Gussewar Singh  |
| 28  | 7045     | Navinder        | Navinder        |
| 29  | 7078     | Akashdeep Singh | Akashdeep Singh |
| 30  | 7075     | Salim gagan     | Salim gagan     |
| 31  | 7092     | Angert Nam      | Angert Nam      |
| 32  | 7091     | Robin Kumar     | Robin Kumar     |
| 33  | 6857     | Anand Singh     | Anand Singh     |
| 34  | 7015     | Amandeep Singh  | Amandeep Singh  |
| 35  | 6987     | Longat Singh    | Longat Singh    |
| 36  | 7097     | LAKHVI SINGH    | Lakhvir Singh   |
| 37  | 6976     | Gurdat Singh    | Gurdat Singh    |
| 38  | 7145     | Bolinder Singh  | Bolinder Singh  |
| 39  | 7061     | Gurbaksh Singh  | Gurbaksh Singh  |
| 40  | 7116     | Bandeep Singh   | Bandeep Singh   |
| 41  | 7069     | Rohit Bano      | Rohit Bano      |
| 42  | 7051     | Jasbir Singh    | Jasbir Singh    |
| 43  | 6273     | Manpreet Kaur   | Manpreet Kaur   |
| 44  | 6290     | Shinderpal Kaur | Shinderpal Kaur |
| 45  | 6306     | Sumandeep Kaur  | Sumandeep Kaur  |
| 46  | 6280     | Simranpal Kaur  | Simranpal Kaur  |
| 47  | 6875     | Simpreet Kaur   | Simpreet Kaur   |
| 48  | 6287     | Sunila          | Sunila          |
| 49  | 6113     | Jasveer Kaur    | Jasveer Kaur    |
| 50  | 6076     | Pankajot Kaur   | Pankajot Kaur   |



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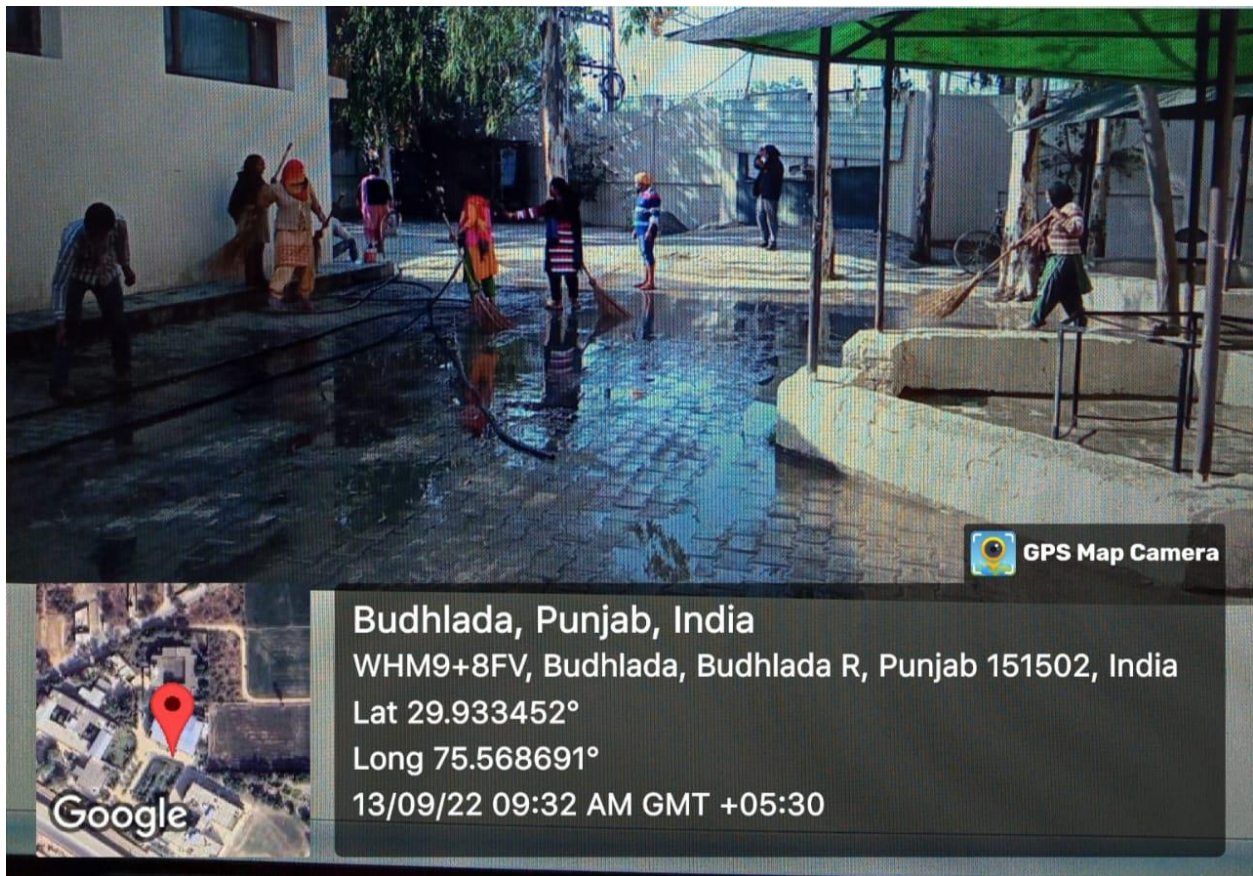
**NAAC ACCREDITED "A++" GRADE**

**Activity-**General Awareness about how to hygiene the college campus to sweeper

**Date** -13-09-2022

**Participant-** 10

**Description-** Cleanliness will help you in taking good care of your own health while also keeping the environment clean. When the environment is clean, we lead a healthy and active lifestyle. Cleanliness should not be a one-time mission, it should be a practice and a daily habit. Stay clean and stay disease-free. Better hygiene leads to better health, confidence and overall growth. Good hygiene is critical for preventing the spread of infectious diseases and helping children lead long, healthy lives.



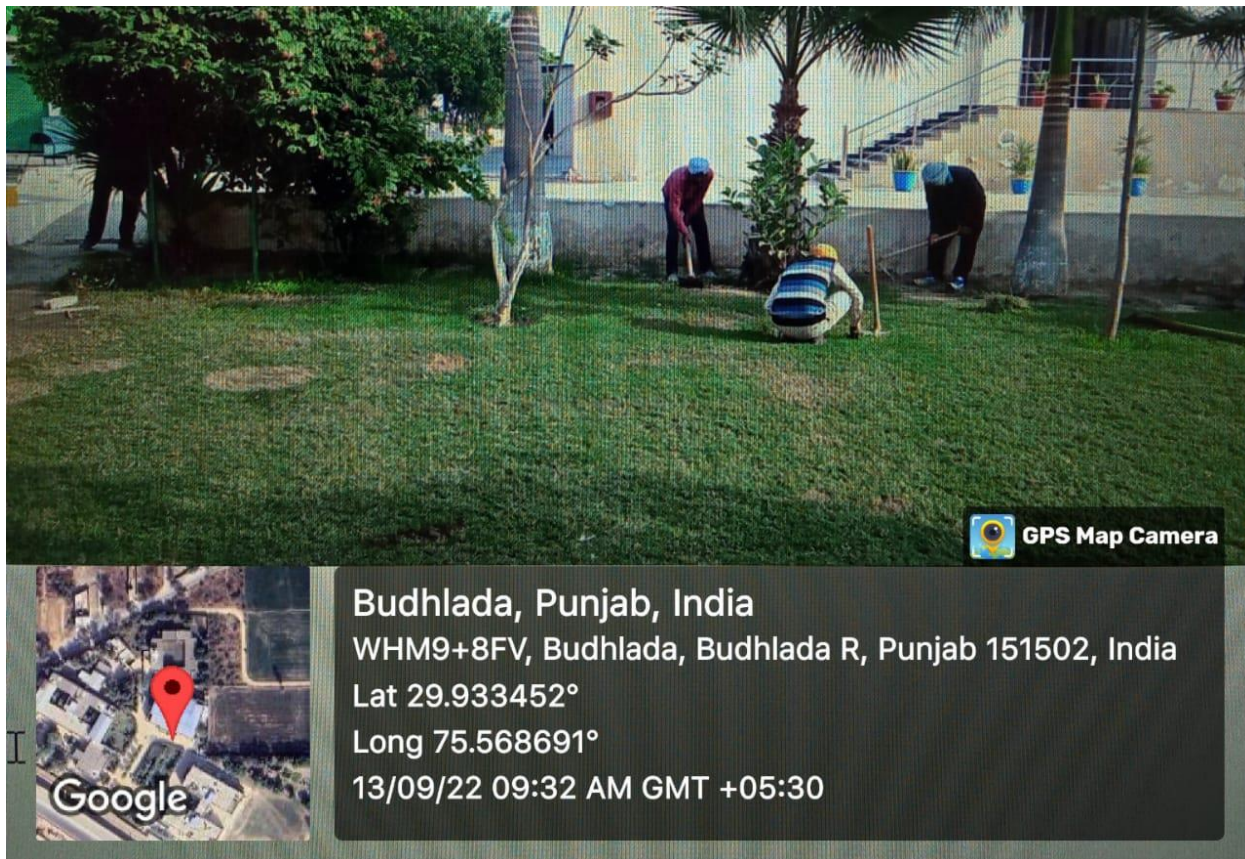




# GURU NANAK COLLEGE BUDHLADA

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**Activity-**Food Safety and Quality control

**Date-** 15/11/2022

**Participant-**65

**Description-**Food Safety: Clean, Separate, Cook, Chill. Following four simple steps at home—Clean, Separate, Cook, and Chill—can help protect you and your loved ones from food poisoning. The main objective of food safety is to protect consumers of food products from foodborne diseases or injuries related to food consumption. Foodborne illnesses are a major threat to food businesses and affect everyone all over the world as a result of inadequate food safety.





# GURU NANAK COLLEGE BUDHLADA

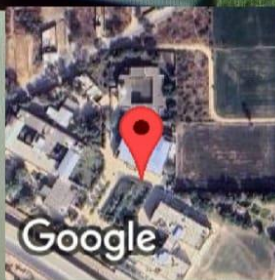
Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

NAAC ACCREDITED "A++" GRADE

## Photographs:



GPS Map Camera



Budhlada, Punjab, India

WHM9+8FV, Budhlada, Budhlada R, Punjab 151502, India

Lat 29.933418°

Long 75.568701°

15/11/22 01:45 PM GMT +05:30





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Attendance:

| Health Hygienic and Campus First Aid Cell |          |                  |                  |
|---|----------|------------------|------------------|
| Sr. No                                    | Roll No. | Student Name     | Sign.            |
| 1   | 6241     | Mamaj Kaur       | Mamaj Kaur       |
| 2   | 6203     | Sunita Kaur      | Sunita Kaur      |
| 3   | 6216     | Amandeep Kaur    | Amandeep Kaur    |
| 4   | 6244     | Kuljeet Kaur     | Kuljeet Kaur     |
| 5   | 6213     | Navjot Kaur      | Navjot Kaur      |
| 6   | 6242     | Sarbjit Kaur     | Sarbjit Kaur     |
| 7   | 6240     | Rajwinder Kaur   | Rajwinder Kaur   |
| 8   | 6202     | Babli Kaur       | Babli Kaur       |
| 9   | 6214     | Harmeet Kaur     | Harmeet Kaur     |
| 10  | 6199     | Seema Kaur       | Seema Kaur       |
| 11  | 6211     | Weenu Kaur       | Weenu Kaur       |
| 12  | 6209     | Jyoti            | Jyoti            |
| 13  | 6223     | Rajveer Kaur     | Rajveer Kaur     |
| 14  | 6861     | Amoljeet Singh   | Amoljeet Singh   |
| 15  | 6904     | Khushpreet Singh | Khushpreet Singh |
| 16  | 6873     | Mandeep Singh    | Mandeep Singh    |
| 17  | 6898     | Gurtej Singh     | Gurtej Singh     |
| 18  | 6864     | Suhani Singh     | Suhani Singh     |
| 19  | 6921     | Amal             | Amal             |
| 20  | 6867     | Tinder Singh     | Tinder Singh     |
| 21  | 6855     | Bikher Singh     | Bikher Singh     |
| 22  | 6852     | Sandeep Singh    | Sandeep Singh    |
| 23  | 6858     | Nave Singh       | Nave Singh       |
| 24  | 6891     | Harjinder Singh  | Harjinder Singh  |
| 25  | 6839     | Harbhajan Singh  | Harbhajan Singh  |
| 26  | 6970     | Jagjit Singh     | Jagjit Singh     |
| 27  | 6856     | Rajveer Singh    | Rajveer Singh    |
| 28  | 6854     | Kusum Singh      | Kusum Singh      |
| 29  | 6876     | BALJEET SINGH    | Baljeet Singh    |
| 30  | 6967     | Kavandeep Singh  | Kavandeep Singh  |
| 31  | 6883     | Harwinder Singh  | Harwinder Singh  |
| 32  | 6935     | Sukhpreet Kaur   | Sukhpreet Kaur   |
| 33  | 6880     | Harpreet Kaur    | Harpreet Kaur    |
| 34  | 6818     | Sukhpreet Kaur   | Sukhpreet Kaur   |
| 35  | 6927     | Manpreet Kaur    | Manpreet Kaur    |
| 36  | 6219     | AKKI Kaur        | AKKI Kaur        |
| 37  | 6207     | Kishandeep Kaur  | Kishandeep Kaur  |
| 38  | 6208     | Gurpreet Kaur    | Gurpreet Kaur    |
| 39  | 6239     | Dimple Kaur      | Dimple Kaur      |
| 40  | 6837     | Amandeep Kaur    | Amandeep Kaur    |
| 41  | 6836     | Rimpre Kaur      | Rimpre Kaur      |
| 42  | 6893     | Lakhwinder Singh | Lakhwinder Singh |
| 43  | 6866     | Gurtej Singh     | Gurtej Singh     |
| 44  | 6065     | Baljinder Kaur   | Baljinder Kaur   |
| 45  | 6062     | Hemraj Kaur      | Hemraj Kaur      |
| 46  | 6083     | Gurpreet Kaur    | Gurpreet Kaur    |
| 47  | 6112     | Kuldeep Kaur     | Kuldeep Kaur     |
| 48  | 6108     | Sandeep Kaur     | Sandeep Kaur     |
| 49  | 6075     | Lakhyeen Kaur    | Lakhyeen Kaur    |
| 50  | 6107     | Monika Kaur      | Monika Kaur      |



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| World Health Day |          |                     |                     |
|------------------|----------|---------------------|---------------------|
| Sr. No.          | Roll No. | Student Name        | Sign.               |
| 1                | 11168    | Yashima             | Yashima             |
| 2                | 11174    | Ravi Shankar Dixit  | Ravi Dixit          |
| 3                | 11163    | Nisha Garg          | Nisha Garg          |
| 4                | 11165    | Harjeet Kaur        | Harjeet Kaur        |
| 5                | 11160    | Manpreet            | Manpreet            |
| 6                | 11155    | Mecnu Sindal        | Mecnu Sindal        |
| 7                | 11172    | Ramandeep Kaur      | Ramandeep Kaur      |
| 8                | 11166    | Amandeep Kaur       | Amandeep Kaur       |
| 9                | 11173    | Rubel Kaur          | Rubel Kaur          |
| 10               | 11169    | Sherinderjeet Singh | Sherinderjeet Singh |
| 11               | 11170    | Ashwinder Singh     | Ashwinder Singh     |
| 12               | 11159    | Monika Garg         | Monika Garg         |
| 13               | 11177    | Lipsi               | Lipsi               |
| 14               | 11167    | Mandeep             | Mandeep             |
| 15               | 11176    | Ramandeep Gill      | Ramandeep           |
| 16               |          |                     |                     |
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**Activity:** Poster making & Essay Writing competition

**Date:** 25/01/23.

**Total no of students:** 40

Poster making competition was held in the campus on women empowerment, drug addiction, and environmental protection to spread awareness among the students. Students of different departments actively took part in this event and showed their skills through posters. The competition went successful under the supervision of Dr. Kulwant Singh and Dr. Inderjeet Singh & Dr. Gurjeet Kaur. Around 56 students participated in this event.

## Photographs:



GPS Map Camera



Budhlada, Punjab, India

WHM9+8FV, Budhlada, Budhlada R, Punjab 151502, India

Lat 29.933432°

Long 75.568702°

25/01/23 11:39 AM GMT +05:30



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GPS Map Camera



Budhlada, Punjab, India

WHM9+8FV, Budhlada, Budhlada R, Punjab 151502, India

Lat 29.933432°

Long 75.568702°

25/01/23 11:49 AM GMT +05:30





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Attendance:

| World Health Day |          |                 |                 |
|------------------|----------|-----------------|-----------------|
| Sl. No.          | Roll No. | Student Name    | Sign.           |
| 1                | 13402    | Nirbdeep Kaur   | Nirbdeep Kaur   |
| 2                | 13250    | Hajot Kaur      | Hajot Kaur      |
| 3                | 13898    | Safina Rani     | Safina Rani     |
| 4                | 13001    | Ramandeep Kaur  | Ramandeep Kaur  |
| 5                | 5081     | Jaspreet Singh  | Jaspreet Singh  |
| 6                | 5001     | Gurwinder Singh | Gurwinder Singh |
| 7                | 13251    | Sushma Rani     | Sushma Rani     |
| 8                | 13150    | Ritu Rani       | Ritu Rani       |
| 9                | 13252    | Jyoti           | Jyoti           |
| 10               | 13042    | Jaspreet Kaur   | Jaspreet Kaur   |
| 11               | 13043    | Gurpreet Kaur   | Gurpreet Kaur   |
| 12               | 13204    | Sumanpreet Kaur | Sumanpreet Kaur |
| 13               | 13203    | Rimmy           | Rimmy           |
| 14               | 5011     | GURKEET SINGH   | Gurkeet Singh   |
| 15               | 5719     | Kapil Sharma    | Kapil Sharma    |
| 16               | 5077     | Kuldeep Singh   | Kuldeep Singh   |
| 17               | 13006    | Sagardeep Kaur  | Sagardeep Kaur  |
| 18               | 13134    | Jyoti Rani      | Jyoti Rani      |
| 19               | 13088    | Ramanpreet Kaur | Ramanpreet Kaur |
| 20               | 13087    | Harpinder Kaur  | Harpinder Kaur  |
| 21               | 13084    | Rani Kaur       | Rani Kaur       |
| 22               | 13041    | Sukhi Kaur      | Sukhi Kaur      |
| 23               | 13039    | Amandeep Kaur   | Amandeep Kaur   |
| 24               | 13080    | Ramandeep Kaur  | Ramandeep Kaur  |
| 25               | 13055    | Harman Kaur     | Harman Kaur     |
| 26               | 13011    | Sukhjinder Kaur | Sukhjinder Kaur |
| 27               | 13089    | Jasleen Rani    | Jasleen Rani    |
| 28               | 3861     | Jaspreet Kaur   | Jaspreet Kaur   |
| 29               | 3777     | Ashpreet Kaur   | Ashpreet Kaur   |
| 30               | 3710     | Ramandeep Kaur  | Ramandeep Kaur  |
| 31               | 3699     | Simran Arand    | Simran Arand    |
| 32               | 3692     | Rimple          | Rimple          |
| 33               | 3679     | Pooja Kaur      | Pooja Kaur      |
| 34               | 3674     | Harpreet Kaur   | Harpreet Kaur   |
| 35               | 3708     | Kamalpreet Kaur | Kamalpreet Kaur |
| 36               | 3700     | Manpreet Kaur   | Manpreet Kaur   |
| 37               | 3701     | Beant Kaur      | Beant Kaur      |
| 38               | 3729     | Kamaljeet Kaur  | Kamaljeet Kaur  |
| 39               | 3698     | Rajkumar Kaur   | Rajkumar Kaur   |
| 40               | 3703     | Mandell Kaur    | Mandell Kaur    |