



G.H.G. KHALSA COLLEGE OF EDUCATION

GURUSAR SADHAR, DISTT. LUDHIANA-141104 (Estd. 1955)

NAAC Accredited 'A' Grade (2nd Cycle) (CGPA : 3.30), Permanently recognized by NCTE
A post-graduate, Grant-in-Aid, Co-education College, Affiliated to Panjab University,
Chandigarh & recognized by UGC u/s 2(f) & 12(b), Govt. of India.

Sports Activities

2017-23



**G.H.G. KHALSA COLLEGE OF EDUCATION,
GURUSAR SADHAR, LUDHIANA**

70th Annual Athletics Meet (April 06, 2023)

Annual Athletic meet of the GHG Khalsa Colleges, Gurusar Sadhar was organized on April 06, 2023. Dr. S. S. Thind (Secretary GHG Khalsa Colleges Governing Council) was chief guest on the occasion. Various Sports events like 100m race, 200m race, 400m race, 800 m race, 1500 m race, long jump, high jump, javelin throw, shot-put and tug of war were organized. **Gurjit Singh** of B.Ed. Sem. IV and **Harman Kaur** from B.Ed. Sem. IV were adjudged **best athlete** among boys and girls respectively.



Intercollege sports competition of Evening and Educational colleges (March 21-26, 2023)

Students of the college participated and won following prizes:-

Kho-Kho (Girls), Volleyball (Girls) **Bronze Medal**; Table-Tennis (Boys) **Silver medal**



Students of the college participated in annual Athletic meet of Evening and Educational colleges from November 20 to 23, 2022. Seven students of college participated in various sports events including 100m, 200m, 400m, 800m, 500m, shot-put, ,discuss throw, Javelin throw and long jump.



Panjab University Inter college swimming Competitions (October 19, 2022)

achievement of our star performer Pallavi Sejwal

1 gold in 50 mts butterfly

1 silver in 200 mts back stroke

1 bronze in 400 mts free style

Total three medals



Chandigarh, Chandigarh, India

QQ76+MMW, Panjab University, Sector 14, Chandigarh, 160014, India

Lat 30.764914°

Long 76.760884°

19/10/22 03:29 PM GMT +05:30



Cycle Rally (September 28, 2022)

ਸਧਾਰ ਕਾਲਜ ਵਿਖੇ ਸ਼ਹੀਦ-ਏ-ਆਜ਼ਮ ਸ. ਭਗਤ ਸਿੰਘ ਜੀ ਦਾ 115ਵਾਂ ਜਨਮਦਿਨ ਮਨਾਇਆ 28 ਸਤੰਬਰ 2022

ਪੰਜਾਬ ਸਰਕਾਰ ਅਤੇ ਡੀ.ਪੀ.ਆਈ. (ਕਾਲਜਾਂ) ਦੀਆਂ ਹਦਾਇਤਾਂ ਮੁਤਾਬਕ ਕਾਲਜ ਵਿਖੇ ਸ਼ਹੀਦ ਭਗਤ ਸਿੰਘ ਦੇ 115ਵੇਂ ਜਨਮ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ। ਇਹ ਦਿਨ ਜੀ.ਐੱਚ.ਜੀ-ਬੀ. ਐੱਡ. ਕਾਲਜ, ਡਿੱਗਰੀ ਕਾਲਜ ਅਤੇ ਫਾਰਮੈਸੀ ਕਾਲਜ ਵੱਲੋਂ ਸਾਂਝੇ ਤੌਰ 'ਤੇ ਮਨਾਇਆ ਗਿਆ। ਐਜੂਕੇਸ਼ਨ ਕਾਲਜ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਪਰਗਟ ਸਿੰਘ ਗਰਚਾ ਅਤੇ ਡਿੱਗਰੀ ਕਾਲਜ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਹਰਪ੍ਰੀਤ ਸਿੰਘ ਜੀ ਨੇ ਝੰਡੀ ਦਿਖਾ ਕੇ ਇਸ ਰੈਲੀ ਦਾ ਆਗਾਜ਼ ਕੀਤਾ। ਸਵੇਰ ਦੇ 7.00 ਵਜੇ ਵਿਦਿਆਰਥੀ ਅਤੇ ਅਧਿਆਪਕਾਂ ਦੁਆਰਾ ਇਹ ਸਾਈਕਲ ਰੈਲੀ ਜੀ.ਐੱਚ.ਜੀ. ਖ਼ਾਲਸਾ ਕਾਲਜ ਤੋਂ ਜੀ. ਐੱਚ. ਜੀ. ਖ਼ਾਲਸਾ ਕਾਲਜ ਆਫ਼ ਐਜੂਕੇਸ਼ਨ, ਐਕਸਚੇਂਜ ਰੋਡ ਅਤੇ ਹਲਵਾਰਾ ਏਅਰ ਫੋਰਸ ਸਟੇਸ਼ਨ ਕੋਲ ਨਹਿਰ ਵਾਲੇ ਪੁਲ ਹੁੰਦੇ ਹੋਏ ਅਖੀਰ ਵਿੱਚ ਡਿੱਗਰੀ ਕਾਲਜ ਪਹੁੰਚੀ



Khedan vatan Punjab Dian (September 21-22, 2022)

B.Ed. Students of the college performed splendidly in the Block Level competitions under "kheda Vatan Punjab Dian"

In the month of September 2022. The students participated in 21-40 age sports category.

Tug of War (Boys) 1st Position

Tug of War (Girls) 1st Position
 Harman 100 m 1st Position
 Amandeep kaur 800m 2nd Position
 Parminder Singh Long Jump 2nd Position
 Kamaldeep Singh Hammer throw 2nd Position
 Uttampreet Singh –Distt. Level-Hockey -Gold Medal
 Amandeep kaur – Distt. Level-800m Bronze Medal



NOTICE

There will be no Tg. Work on March 26, 2022. All the students and staff members should report in Degree College at 8.20 a.m. to attend Annual Athletic Meet.

It is compulsory for all the students to come in college uniform. Attendance must be taken in the beginning and end of the day by the teacher/house incharges.

Dated : 25.03.2022

[Signature]
Principal

DEGREE COLLEGE, JALANDHAR
P.O. JALANDHAR
Distt. Jalandhar

DUTY LIST

For smooth conduct of the Annual Athletic Meet of the College scheduled for March 26, 2022, duties of the Staff Members will be as under :-

Sr No.	Duties	Responsibility
1.	Stage/Decoration/Tent & Sound	1. Dr. Davinder Kaur Dhatt 2. Sh. Gurmeet Singh Hathoor 3. Sh. Jagtar Singh.
2.	Stage Announcement	1. Dr. Manu Chadha 2. Dr. Jasleen Kaur
3.	Prizes/Certificates	1. Dr. Manu Chadha 2. Dr. Ramandeep Kaur Sidhu
4.	Refreshment	1. Dr. Jasbir Kaur 2. Dr. Satveer Kaur 3. Sh. Harpal Singh
5.	Press Coverage/ Report Writing	1. Dr. Jagjit Singh 2. Dr. Mini Sharma
6.	Field & Track Judges	1. Dr. Rachhpal Singh 2. Dr. Jagjit Singh 3. Sh. Gurmeet Singh Hathur 4. Sh. Hardeep Singh
7.	Record Maintenance	1. Dr. Jasvir Kaur 2. Dr. Satveer Kaur 3. Sh. Randhir Singh 4. Sh. Tarjinder Singh
8.	March Past	House Incharges

22-03-2022

[Signature]
Principal

DEGREE COLLEGE,
P.O. JALANDHAR,
Distt. Jalandhar

[Signature]

[Signature]

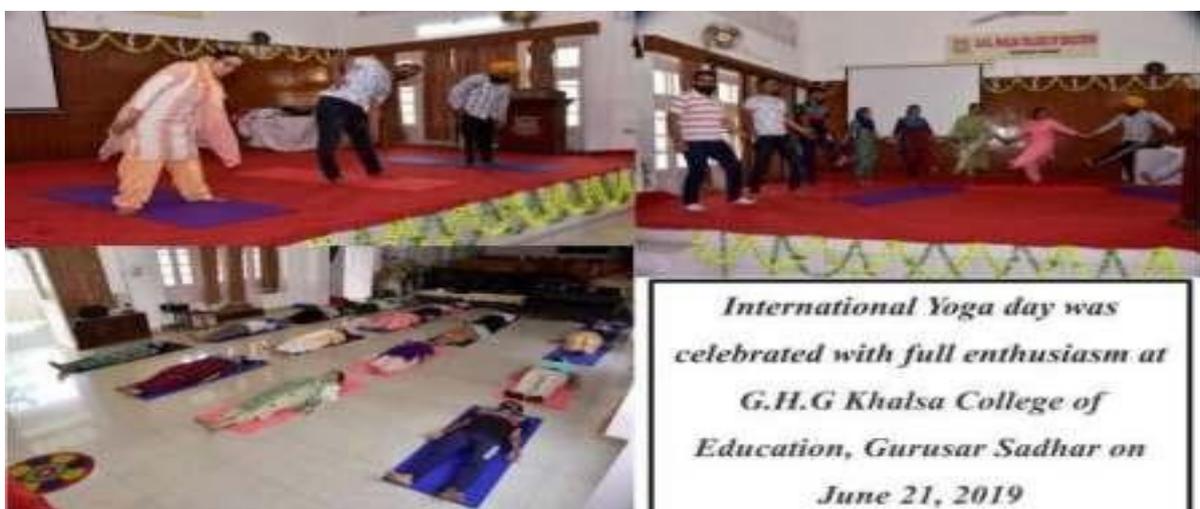
ANNUAL ATHLETIC MEET SESSION - (2021 - 22)



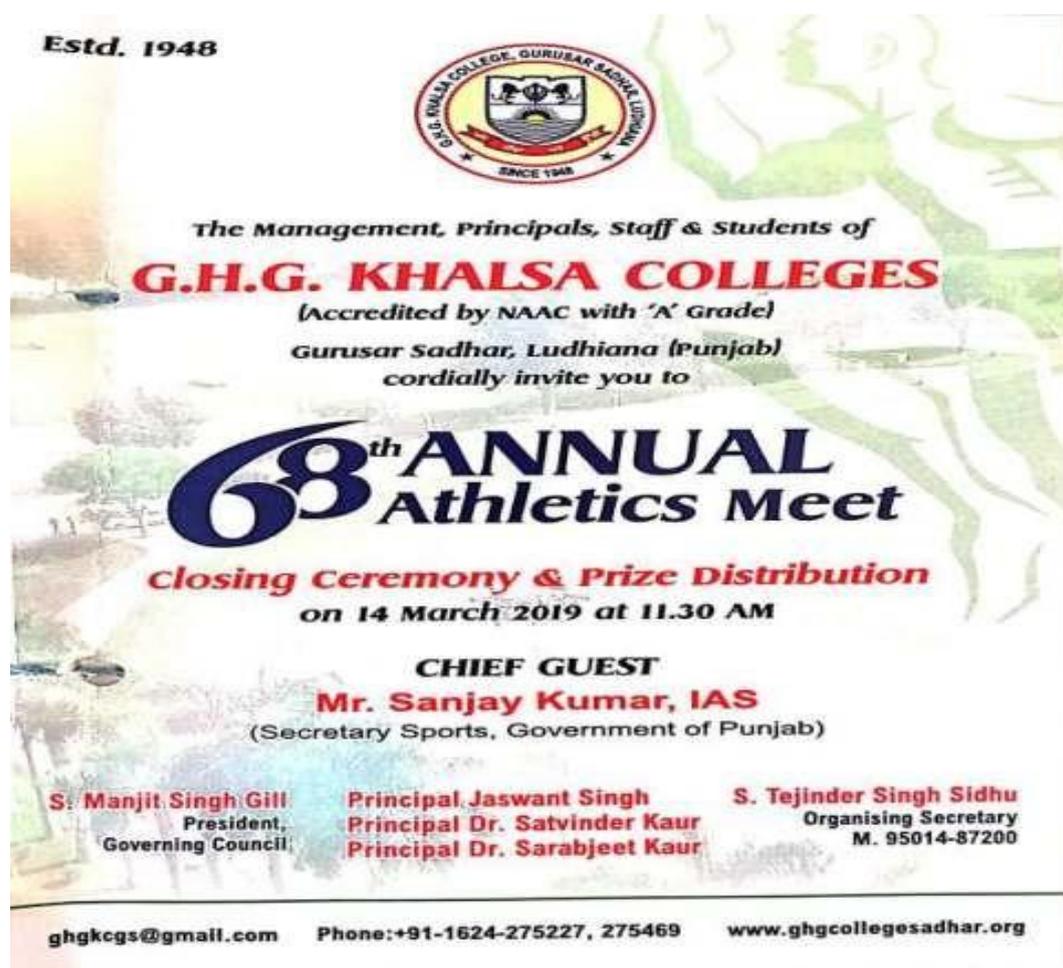
Fit India Movement- Live telecast of Fit India Movement was held in the college campus on August 29, 2019 as per the directions of DPI, Punjab. As many as 50 students and 20 faculty members watched the live telecast of the programme on Doordarshan in which the Hon'ble Prime Minister of India addressed the nation and encouraged the people of India to adopt a fit and healthy life style. The telecast of the event ended with administration of a fitness pledge to all the students and the faculty members. Students and faculty took oath to make well-meaning efforts for the health and well-being of every person around them and achieve physical fitness, mental strength and emotional equanimity.



International Yoga Day Celebrated at G.H.G Khalsa College of Education, Gurusar Sadhar- International Yoga day was celebrated with full enthusiasm at G.H.G Khalsa College of Education, Gurusar Sadhar on June 21, 2019. Various activities were organized on the occasion which included an awareness lecture-cum-workshop, slogan writing, music and dance competitions. The focus of the entire event was to aware the participants about the various benefits of practicing Yoga on a regular basis. There was a Yoga display where students and the faculty performed basic Asanas followed by Omkar Chanting. While explaining the benefits of practicing yoga, Prof. Gurmeet Singh said that Yoga helps to cure and prevent diseases and reduce mental tension. It also helps to correct body posture, improve the Immune system and maintain body weight. A slogan writing Competition was organized for all the students in which they wrote exemplary slogans about the importance of yoga. Dr. Sarbjit Kaur Ranu, Principal of the college appreciated the efforts put by students and the faculty for celebrating the International Yoga Day and also urged the participants to adopt Yoga in their daily lives.



G.H.G Khalsa College of Education, Gurusar Sadharin association with its sister institutes; G.H.G Khalsa College and College of Pharmacy organized 68th Annual Athletic Meet on March 13-14, 2019. S. Jagjit Singh Talwandi, Member Executive Committee, SGPC and Mr. Sanjay Kumar, IAS, Additional Chief Secretary, Sports and Youth Services, Govt. of Punjab were chief Guest for the opening and closing ceremony respectively of the Annual Athletic Meet. The athletes of the college participated in 100m, 200m, 400m and relay races. Other events included were shot-put, long jump and discus throw. S. Jagjit Singh Talwandi while speaking on the occasion advised the budding youngsters to aim high while staying rooted in the culture. Mr. Sanjay Kumar applauded the efforts of the students by saying that they have carved a niche for themselves in both sports as well as academic domains. Jaspreet Singh and Bhupinder Kaur of B.Ed Semester IV were declared as the best athlete among boys and girls respectively. The event was also graced by S. Bhawant Singh Ghuman, Professor, Texas University, U.S, Principal S. Harbans Singh Ghuman, Dr. S.S Thind, Secretary, Dr. H.S Brar, Registrar, Dr. Sarbjit Kaur, Principal College of Education, Dr. Satvinder Kaur, Principal College of Pharmacy and Prof. Jaswant Singh, Principal Degree College. Lt. Gen. I.S Singh (Retd.), Director, G.H.G Khalsa Colleges presented vote of thanks. Bhangra and Gidda performances by the college students added a cultural flavor to the closing ceremony.



Estd. 1948



The Management, Principals, Staff & Students of
G.H.G. KHALSA COLLEGES
(Accredited by NAAC with 'A' Grade)
Gurusar Sadhar, Ludhiana (Punjab)
cordially invite you to

**68th ANNUAL
Athletics Meet**

Closing Ceremony & Prize Distribution
on 14 March 2019 at 11.30 AM

CHIEF GUEST
Mr. Sanjay Kumar, IAS
(Secretary Sports, Government of Punjab)

S. Manjit Singh Gill
President,
Governing Council

Principal Jaswant Singh
Principal Dr. Satvinder Kaur
Principal Dr. Sarabjeet Kaur

S. Tejinder Singh Sidhu
Organising Secretary
M. 95014-87200

ghgkcs@gmail.com **Phone: +91-1624-275227, 275469** **www.ghgcollegesadhar.org**

3 ਮਾਰਚ (14/03/2017)



ਸਾਲਾਨਾ ਕਾਲਜ ਖ਼ਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਖ਼ਾਲਸੀ ਮਾ ਸਵਾਗਤ ਕਰਨ ਮੌਕੇ ਪ੍ਰਧਾਨ ਮਨਜੀਤ ਸਿੰਘ ਚਿੱਟਾ, ਪ੍ਰਿੰ. ਖ਼ਾਲਸੀ ਸਿੰਘ ਤੇ ਸ਼ੁਰੂ ਕਰਾਏ ਗਿਆ।

ਗੁਰੂ ਹਰਗੋਬਿੰਦ ਖ਼ਾਲਸਾ ਕਾਲਜ ਦੀ ਸਾਲਾਨਾ ਅਥਲੈਟਿਕ ਮੀਟ ਸ਼ੁਰੂ

ਗੁਰੂ ਹਰਗੋਬਿੰਦ ਸਿੰਘ ਖ਼ਾਲਸੀ ਕਾਲਜ (ਗੁਰੂ ਹਰਗੋਬਿੰਦ ਸਿੰਘ ਖ਼ਾਲਸੀ ਕਾਲਜ) ਦੀ ਸਾਲਾਨਾ ਅਥਲੈਟਿਕ ਮੀਟ ਸ਼ੁਰੂ ਕਰਾਏ ਗਈ। ਇਸ ਮੌਕੇ ਪ੍ਰਧਾਨ ਮਨਜੀਤ ਸਿੰਘ ਚਿੱਟਾ, ਪ੍ਰਿੰ. ਖ਼ਾਲਸੀ ਸਿੰਘ ਤੇ ਸ਼ੁਰੂ ਕਰਾਏ ਗਿਆ।

ਗੁਰੂ ਹਰਗੋਬਿੰਦ ਸਿੰਘ ਖ਼ਾਲਸੀ ਕਾਲਜ ਵਿਖੇ ਖ਼ਾਲਸੀ ਮਾ ਸਵਾਗਤ ਕਰਨ ਮੌਕੇ ਪ੍ਰਧਾਨ ਮਨਜੀਤ ਸਿੰਘ ਚਿੱਟਾ, ਪ੍ਰਿੰ. ਖ਼ਾਲਸੀ ਸਿੰਘ ਤੇ ਸ਼ੁਰੂ ਕਰਾਏ ਗਿਆ।

ਗੁਰੂ ਹਰਗੋਬਿੰਦ ਸਿੰਘ ਖ਼ਾਲਸੀ ਕਾਲਜ ਵਿਖੇ ਖ਼ਾਲਸੀ ਮਾ ਸਵਾਗਤ ਕਰਨ ਮੌਕੇ ਪ੍ਰਧਾਨ ਮਨਜੀਤ ਸਿੰਘ ਚਿੱਟਾ, ਪ੍ਰਿੰ. ਖ਼ਾਲਸੀ ਸਿੰਘ ਤੇ ਸ਼ੁਰੂ ਕਰਾਏ ਗਿਆ।

Hindustan Times (14/03/2017)

68th sports meet kicks off at GHG Khalsa College

NT Correspondent

LUCKNOW: The 68th annual athletics meet of GHG Khalsa College, Ghazipur Sadhar, kicked off on Wednesday. The students from GHG Khalsa College, GHG Khalsa College of Pharmacy, and GHG College of Education are participating in the two-day event. Jagjit Singh Talwar, a member executive committee, Shyamal Ghosh, and Parhamthak Committee, was the chief guest. He declared the meet open. Principal Jaswant Singh

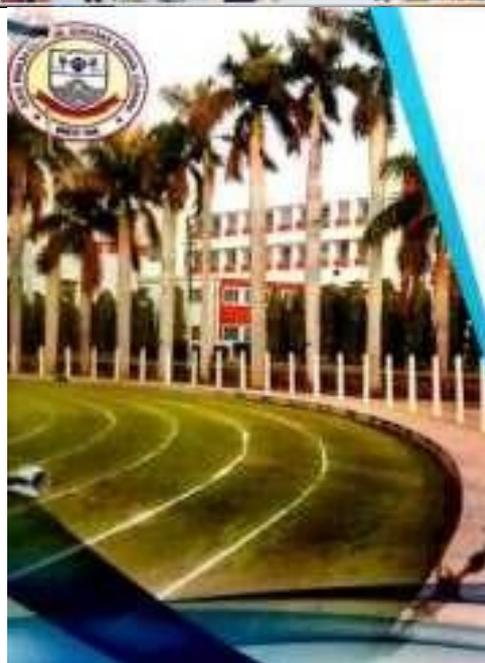
THE ANNUAL SPORTS REPORT OF THE COLLEGE WAS PRESENTED DURING THE SPORTS MEET

presented the annual sports report of the college, followed by a torch past and a flag hoisting ceremony. An alumnus, Gurneet Pal Singh Gillwan, was the guest of honour. He advised the students to aim high while staying rooted in reality. The brother's unit alumni,

Rohitwan Singh Ghuman, president, Ghazipur University, UP, and principal, Haryana Singh Gauran, announced to donate Rs 1 lakh through an endowment fund for the welfare of the college, the amount of which would increase to Rs crore over the years. Lt Gen TB Singh (retd), Director of Ghazipur expressed gratitude towards the distinguished guests and alumni for their liberal contributions and constant efforts in maintaining the traditions of excellence in residential.



ANNUAL ATHLETIC MEET SESSION (2018-19)



The Management, Principals, Staff & Students of
G.H.G. KHALSA COLLEGES
Gurusar Sadhar, Ludhiana (Punjab)
cordially invite you to
67th ANNUAL ATHLETICS MEET
to be held on Friday, 16 Feb., 2018 at 10:00am.

Mrs. Lalita Sharma
Director Incharge
SAI Regional Centre, Chandigarh
has very kindly consented to grace the occasion as
CHIEF GUEST

S. Manjit Singh Gill President Governing Council	Dr. Swaranjeet Singh Deol Principal Degree College Dr. Sahwinder Kaur Principal College of Pharmacy Dr. Sarabjeet Kaur Principal College of Education
Prof. Tejinder Singh Org. Secretary	

NOTICE

There will be no Tg. Work on 16.02.2018. All the students and staff members should report in Degree College at 8.30 a.m. to attend Annual Athletic Meet.

It is compulsory for all the students to come in college uniform. Attendance must be taken in the beginning and end of the day by the teacher/house incharges.

Dated : 15.02.2018


Principal
G.H.G. KHALSA COLLEGES
GURUSAR SADHAR, LUDHIANA
PUNJAB





