



# **G.H.G. KHALSA COLLEGE OF EDUCATION**

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

NAAC Accredited 'A' Grade (2<sup>nd</sup> 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) 1<sup>st</sup> Position



Tug of War ( Girls) 1<sup>st</sup> Position  
 Harman 100 m 1<sup>st</sup> Position  
 Amandeep kaur 800m 2<sup>nd</sup> Position  
 Parminder Singh Long Jump 2<sup>nd</sup> Position  
 Kamaldeep Singh Hammer throw 2<sup>nd</sup> 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

  
Principal

Degree College  
23472, Bhabha Nagar, Jalandhar  
Ph: 91000-10000  
Chairman, National & State

## 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

  
Principal

Degree College  
23472, Bhabha Nagar, Jalandhar  
Ph: 91000-10000  
Chairman, National & State

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.



*International Yoga day was celebrated with full enthusiasm at G.H.G Khalsa College of Education, Gurusar Sadhar on June 21, 2019*

G.H.G Khalsa College of Education, Guruser 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**

**G.H.G. KHALSA COLLEGE, GURUSER SADHAR LUDHIANA**  
SINCE 1948

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

**68<sup>th</sup> 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**



ਗੁਰੂ ਹਰਗੋਬਿੰਦ ਖ਼ਾਲਸਾ ਕਾਲਜ  
ਦੀ ਸਾਲਾਨਾ ਅਥਲੈਟਿਕ ਮੀਟ ਸ਼ੁਰੂ

ਭਾਰਤੀ ਸਰਕਾਰ ਨੇ 'ਕਾਨਫਰੰਸ ਸਿੰਘ ਘੋਸਟ', 'ਸ਼ਰੀਰਦਾਸ ਸਿੰਘ ਸਿੰਘਾ', 'ਪ੍ਰਭਾਤ ਸਿੰਘ ਸਿੰਘ', 'ਦਿਨੋਪਾਲ ਪਰਬੰਧ ਸਿੰਘ ਘੋਸਟ', 'ਗੁਰਦਿਤ ਕੰਧਾਰੀ' ਨੂੰ ਮੌਤ ਦਿਵਾ ਕੇ ਫਾਂਸੀ ਦੇ ਅਲਾਮਤ ਦੇ ਰਾਹ ਵਿਚ : ਘੋਸਟ ਰਿਪ ਕਾਨਫਰੰਸ ਸਿੰਘ, ਸਰਦਾਰ ਰਿਖਾਮਤ ਸਿੰਘ ਸਿੰਘਾ ਨੂੰ ਸਜ਼ਾ ਦਿੱਤੀ ਜਾਂਦੀ ਸੀ। ਇਸ ਸੇਵਾ ਕਾਲਮ ਅਭਿਨਵਿਤ ਕੌਸਲ ਨੇ ਪ੍ਰਭਾਤ ਮਾਸੀਨੀ ਸਿੰਘ ਸਿੰਘ, ਸਰਦਾਰ ਭਾਗੇਸ਼, ਭੀਮ ਸਿੰਘ, ਕਾਨਫਰੰਸ ਨੂੰ ਪ੍ਰਦਰਸ਼ਿਤ ਸਿੰਘ ਸਰਦਾਰ, ਪ੍ਰਿਥੀ, ਭਾ. ਸਰਦਾਰੀ ਸਿੰਘ ਸਿੰਘ (ਫਿਲਮ), ਪ੍ਰਿਥੀ, ਭਾ. ਸਰਦਾਰੀ ਸਿੰਘ (ਫਿਲਮ), ਪ੍ਰਿਥੀ, ਭਾ. ਸਰਦਾਰੀ ਸਿੰਘ (ਫਿਲਮ) ਦੇ ਪੇਚ-ਅਪਾਰ, ਦਿਨੋਪਾਲ ਦੇ ਪੇਚ ਪਰਬੰਧੀ ਸਿੰਘ ਸਰਦਾਰ ਭਾ.

## 68th sports meet kicks off at GHG Khalsa College

Let Gen. H. Singsler (right), director of the college, congratulate towards the other graduates guests and alumni for their special contributions and constant efforts in maintaining the foundations of the college as an institution of excellence in rural education.

ਦੈਨਿਕ ਯਾਗਰਣ (14/03/2017)

## 800 ਮੀਟਰ ਦੌੜ ਮੈਂ ਖਿਲਾੜੀਆਂ ਨੇ ਦਿਖਾਏ ਦਸ

ਮੁੱਖ ਮੁਕਾਬਲੇ ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਖਾਸ ਮੀਟ ਸ਼ੁਰੂ: 20 ਟੀਮਾਂ ਦੇ 500 ਖਿਲਾੜੀਆਂ ਨੇ ਹਿੱਸਾ ਭਾਗ

ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਮੁੱਖ ਮੁਕਾਬਲੇ ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਖਾਸ ਮੀਟ ਸ਼ੁਰੂ: 20 ਟੀਮਾਂ ਦੇ 500 ਖਿਲਾੜੀਆਂ ਨੇ ਹਿੱਸਾ ਭਾਗ



ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਮੁੱਖ ਮੁਕਾਬਲੇ ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਖਾਸ ਮੀਟ ਸ਼ੁਰੂ: 20 ਟੀਮਾਂ ਦੇ 500 ਖਿਲਾੜੀਆਂ ਨੇ ਹਿੱਸਾ ਭਾਗ

ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਮੁੱਖ ਮੁਕਾਬਲੇ ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਖਾਸ ਮੀਟ ਸ਼ੁਰੂ: 20 ਟੀਮਾਂ ਦੇ 500 ਖਿਲਾੜੀਆਂ ਨੇ ਹਿੱਸਾ ਭਾਗ

ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਮੁੱਖ ਮੁਕਾਬਲੇ ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਖਾਸ ਮੀਟ ਸ਼ੁਰੂ: 20 ਟੀਮਾਂ ਦੇ 500 ਖਿਲਾੜੀਆਂ ਨੇ ਹਿੱਸਾ ਭਾਗ

ਰਸਮੀ (16/03/2017)

## ਖਾਲਸਾ ਕਾਲਜ ਸੁਧਾਰ ਦੀ ਸਾਲਾਨਾ ਅਥਲੈਟਿਕ ਮੀਟ ਸਮਾਪਤ

ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਮੁੱਖ ਮੁਕਾਬਲੇ ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਖਾਸ ਮੀਟ ਸ਼ੁਰੂ: 20 ਟੀਮਾਂ ਦੇ 500 ਖਿਲਾੜੀਆਂ ਨੇ ਹਿੱਸਾ ਭਾਗ



ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਮੁੱਖ ਮੁਕਾਬਲੇ ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਖਾਸ ਮੀਟ ਸ਼ੁਰੂ: 20 ਟੀਮਾਂ ਦੇ 500 ਖਿਲਾੜੀਆਂ ਨੇ ਹਿੱਸਾ ਭਾਗ

ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਮੁੱਖ ਮੁਕਾਬਲੇ ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਖਾਸ ਮੀਟ ਸ਼ੁਰੂ: 20 ਟੀਮਾਂ ਦੇ 500 ਖਿਲਾੜੀਆਂ ਨੇ ਹਿੱਸਾ ਭਾਗ

ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਮੁੱਖ ਮੁਕਾਬਲੇ ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਖਾਸ ਮੀਟ ਸ਼ੁਰੂ: 20 ਟੀਮਾਂ ਦੇ 500 ਖਿਲਾੜੀਆਂ ਨੇ ਹਿੱਸਾ ਭਾਗ

ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਮੁੱਖ ਮੁਕਾਬਲੇ ਖਾਲਸਾ ਕਾਲਜ ਦੇ ਖਾਸ ਮੀਟ ਸ਼ੁਰੂ: 20 ਟੀਮਾਂ ਦੇ 500 ਖਿਲਾੜੀਆਂ ਨੇ ਹਿੱਸਾ ਭਾਗ





## ANNUAL ATHLETIC MEET SESSION ( 2018-19 )





The Management, Principals, Staff & Students of  
**G.H.G. KHALSA COLLEGES**  
 Gurukul Sadhar, Ludhiana (Punjab)  
 cordially invite you to  
**67<sup>th</sup> 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**

<p><b>S. Manjit Singh Gill</b>              President              Governing Council</p> <p><b>Prof. Tejinder Singh</b>              Org. Secretary</p>	<p><b>Dr. Swarnjeet Singh Deol</b>              Principal Degree College</p> <p><b>Dr. Satwinder Kaur</b>              Principal College of Pharmacy</p> <p><b>Dr. Sarabjeet Kaur</b>              Principal College of Education</p>
---	---

### 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  
 Gurukul Sadhar, Ludhiana









