



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







Panjab university Annual Athletic Meet November (20-23, 2022)

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



Cycle Rally - September 28, 2022

ਸਧਾਰ ਕਾਲਜ ਵਿਖੇ ਸ਼ਹੀਦ ਭਗਤ ਸਿੰਘ ਜੀ ਦਾ .ਆਜ਼ਮ ਸ-ਏ-115ਵਾਂ ਜਨਮ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ ਪੰਜਾਬ ਸਰਕਾਰ ਅਤੇ ਡੀ ਦੀਆਂ ਹਦਾਇਤਾਂ ਮੁਤਾਬਕ (ਕਾਲਜਾਂ) .ਆਈ.ਪੀ.28 ਸਤੰਬਰ 2022 ਨੂੰ ਸਧਾਰ ਕਾਲਜ ਵਿਖੇ ਸ਼ਹੀਦ ਭਗਤ ਸਿੰਘ ਜੀ ਦਾ .ਆਜ਼ਮ ਸ-ਏ-115ਵਾਂ ਜਨਮ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ। ਇਹ ਦਿਵਸ ਜੀ .ਜੀ.ਐੱਚ. ਕਾਲਜ .ਐੱਡ.ਬੀ, ਡਿਗਰੀ ਕਾਲਜ ਅਤੇ ਫਾਰਮੇਸੀ ਕਾਲਜ ਵੱਲੋਂ ਸਾਂਝੇ ਤੌਰ ਤੇ ਮਨਾਇਆ ਗਿਆ। ਐਜੂਕੇਸ਼ਨ ਕਾਲਜ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾਹਰਪ੍ਰੀਤ ਸਿੰਘ ਜੀ ਨੇ .ਪਰਗਟ ਸਿੰਘ ਗਰਚਾ ਅਤੇ ਡਿਗਰੀ ਕਾਲਜ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ . ਝੰਡੀ ਦਿਖਾ ਕੇ ਸਾਈਕਲ ਰੈਲੀ ਦਾ ਆਗਾਜ਼ ਕੀਤਾ। ਸਵੇਰੇ 7:00 ਵਜੇ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਅਧਿਆਪਕਾਂ ਵੱਲੋਂ ਸਾਈਕਲ ਰੈਲੀ ਕੱਢੀ ਗਈ। ਇਹ ਰੈਲੀ ਜੀਖਾਲਸਾ ਕਾਲਜ .ਜੀ.ਐੱਚ.ਖਾਲਸਾ ਕਾਲਜ ਤੋਂ ਸ਼ੁਰੂ ਹੋ ਕੇ ਜੀ .ਜੀ.ਐੱਚ. ਆਫ਼ ਐਜੂਕੇਸ਼ਨ, ਐਕਸਚੇਂਜ ਰੋਡ ਅਤੇ ਹਲਵਾਰਾ ਏਅਰ ਫੋਰਸ ਸਟੇਸ਼ਨ ਨੇੜੇ ਨਹਿਰ ਵਾਲੇ ਪੁਲ ਤੋਂ ਹੁੰਦੀ ਹੋਈ ਅੰਤ ਵਿੱਚ ਡਿਗਰੀ ਕਾਲਜ ਵਿਖੇ ਪਹੁੰਚੀ। ਰੈਲੀ ਦਾ ਉਦੇਸ਼ ਨੌਜਵਾਨਾਂ ਵਿੱਚ ਸ਼ਹੀਦਭਗਤ ਸਿੰਘ ਜੀ ਦੇ .ਆਜ਼ਮ ਸ-ਏ-ਜੀਵਨ, ਦੇਸ਼ਭਗਤੀ-, ਵਿਚਾਰਧਾਰਾ ਅਤੇ ਕੁਰਬਾਨੀ ਪ੍ਰਤੀ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨਾ ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਆਦਰਸ਼ਾਂ ਨੂੰ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਅਪਣਾਉਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕਰਨਾ ਸੀ।





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





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

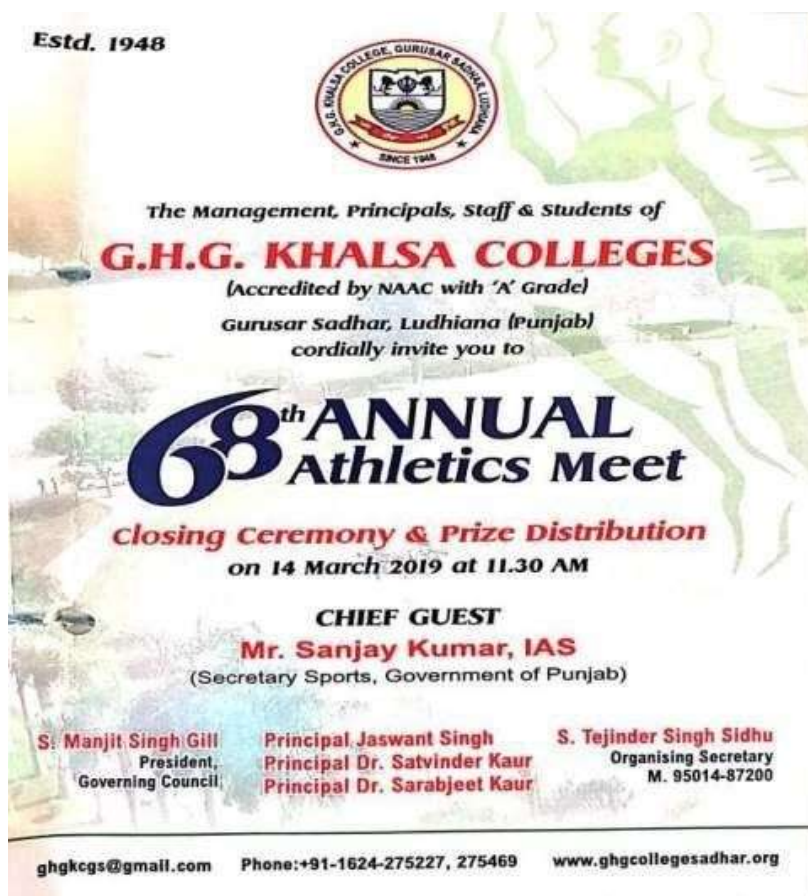
Sadhar- International Yoga day was celebrated with full enthusiasm at G.H.G Khalsa College of Education, Gurusar Sadhar on June 21, 2019. Various activities were organized on the occasion which included an awareness lecture-cum-workshop, slogan writing, music and dance competitions. The focus of the 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.



Annual Athletic Meet (March 13-14, 2019)

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
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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. Swarnjeet Singh Deol Principal Degree College Dr. Satwinder 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

[Signature]
Principal

G.K. PHULE COLLEGE
OF EDUCATION
Laxmi Nagar, Lucknow



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