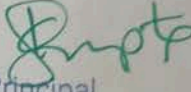


# Departmental Reports

## Home science department

On 2nd March 2023 Government College Dera Bassi under the able guidance of principal Mrs. Kamna Gupta organized a Seminar on '**Nutrition and Health benefits of Millets**'. During the introductory address, Dr. Sumita Katoch, told that our daily diet has a direct effect on our health. This seminar was organised to create awareness amongst students about a healthy life style. Dr Rachna Srivastav of the department of Community Medicine and School of Public Health PGIMER , Chandigarh motivated the students to incorporate millets in their diet. She told them about the health benefits of millets. She informed them about the multifaceted benefits of millets. She talked about the nutrition value of millets and their effect in alleviating diseases and improving overall health of humans. She further added that in the present times where diet and dietary habits have deteriorated they need to be improved and science is striving towards creating awareness about it. Dr. Sumita Katoch thanked Dr. Rachna Shrivastav, staff & the students.

  
Principal  
Principal  
Govt. College  
Govt. College Dera Bassi

## Press Note

Under the Punjab Government's scheme for Career counselling in Government Colleges of Punjab, a four day workshop on employment and Career opportunities in the field of TV production, was organised in Government College Dera Bassi on 3rd March 2023 under the able guidance of Principal, Mrs. Kamna Gupta, This workshop was organised with a view to apprise the students of the college about various job opportunities in the field of Anchoring, Hosting Programs, Interviews, News reading, News reporting, directing and video auditing and Graphic designing etc. In this workshop, the Resource Person, Mr. Agyapal Singh Randhawa a renowned Personality in the field of TV production and anchoring Doordarshan Programmers, shared his valuable experiences with the students and also enlightened them on various opportunities and prospects in this field and also how to get employment. He also told the students how to conduct an interview and be a confident and multidimensional personality. He also showed the students a documentary film about the nuances of video production.

  
Principal,  
Govt. College  
Dera Bassi

प्रेस नोट-

राजकीय महाविद्यालय, डेरा बस्ती ने आयोजित करी 'प्रतियोगी परीक्षाओं की तैयारी किस प्रकार करे' पर एक दिवसीय वर्कशॉप

आज दिनांक 13 मार्च 2023 को राजकीय महाविद्यालय, डेरा बस्ती में प्रिंसिपल श्रीमती कामना गुप्ता जी के नेतृत्व में 'प्रतियोगी परीक्षाओं की तैयारी किस प्रकार करे' विषय पर एक दिवसीय वर्कशॉप का आयोजन किया गया। इस वर्कशॉप का आयोजन 'स्कीम फॉर कैरियर काउंसलिंग इन गवर्नमेंट कॉलेज ऑफ पंजाब' के तहत राजनीति विज्ञान और लोक प्रशासन विभागों द्वारा सौंझे रूप में किया गया। इस दौरान जाकिर हुसैन जूनियर रिसर्च फेलो, लोक प्रशासन विभाग, पंजाब यूनिवर्सिटी, चंडीगढ़ द्वारा वक्ता के रूप में भाग लिया गया।

वर्कशॉप के दौरान जाकिर हुसैन जी द्वारा छात्रों से चर्चा करते हुए प्रतियोगी परीक्षाओं की योग्यताओं, तैयारी, पाठ्यक्रम, नोट्स इत्यादि के बारे में बताया गया। इसके अतिरिक्त उन्होंने विद्यार्थियों को किसी भी प्रतियोगी परीक्षा की तैयारी के पहाव, समस्या और उनके समाधान के बारे में विस्तार से बताया गया तथा छात्रों को प्रतियोगी परीक्षाओं के लिए प्रेरित होने के तरीके भी बताये। विद्यार्थियों द्वारा वर्कशॉप के दौरान वक्ता से प्रतियोगी परीक्षाओं से जुड़े सवाल पूछे गये। अंत में बाइस प्रिंसिपल डॉ सुजाता कौशल जी द्वारा वक्ता, स्टाफ मेंबर और छात्रों का धन्यवाद प्रकट किया गया। इसके साथ ही उन्होंने इस वर्कशॉप की महत्वता के बारे में बताया तथा छात्रों को जीवन और कैरियर के प्रति सजग होने के लिए कहा गया।

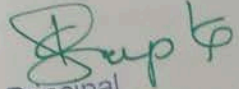
for  
13.3.2023

प्रिंसिपल  
राजकीय महाविद्यालय,  
डेरा बस्ती



## Press Note

On March, 11 2023, One day Yoga workshop was organised in Government college Dera Bassi under "**Scheme for Career Counselling in Government Colleges of Punjab**". This workshop was conducted under the able guidance of Principal Smt. Kamna Gupta. Special invitee to the workshop was Keisham Monarita, who is an International Yoga Expert and Research Scholar in Panjab University Chandigarh. During this workshop students were acquainted with the various asanas of Yoga like Suryanamaskara, Padamasan. Another highlight of the workshop was the quiz competition through which knowledge on yoga asanas was disseminated among the students. The workshop was conducted with an intent to highlight the importance of yoga in our daily life to all the participants.

  
Principal  
Govt. College (S.A.S Nagar)  
Dera Bassi  
Principal  
Govt. College Derabassi

Government College, Dera Bassi hosts workshop to empower next gen of voice artists

Dera Bassi, March 14

Government College, Dera Bassi organized a **Workshop on Voice Modulation** on **March 14, 2023**. The workshop, funded by the Government of Punjab and hosted by the Department of English, aimed at empowering students with insights into the diverse career opportunities available in the communication industry including anchoring, voice-over, and dubbing. With an emphasis on practical learning, the workshop equipped students with the essential skills needed to excel in these professions and overcome the challenges that come with them.

**Kamaldeep Kaur**, a well-known voice modulation expert and **Director (Consultancy)** at **Brand Art, SAS Nagar** was the resource person for the workshop. With over a decade of experience in the industry, Kamaldeep has worked for various news channels, including Zee, ETC Punjabi and MH 1. She has also given her voice to announcements in Punjabi at Dubai International Airport. More than **100 students** participated in the workshop.


During the workshop, Kamaldeep shared her extensive knowledge and expertise with the students, explaining the importance of voice training and how their voices could become a profession. She discussed different types of voice modulation, including voice acting, dubbing, and narration, and taught the students various techniques and exercises to improve their voice quality and clarity.

Kamaldeep also discussed the different types of equipment required to become a professional in the industry, such as microphones, headphones, and soundproof recording rooms. She explained how to identify one's voice type and niche and encouraged the students to explore different aspects of the industry to discover their unique skills and strengths.

The workshop also included a lively question-and-answer session between the students of the college and Kamaldeep.

Mrs. Savita Gupta, Head, the Department of English said that the event was a testament to the dedication of Government College, Dera Bassi and the Government of Punjab to providing high-quality education and career guidance to young students.

Other dignitaries at the event included, Dr. Navdeep Kahol, Assistant Professor (English), Mrs Salony, Assistant Professor (Geography), Dr Amarjeet Kaur, Assistant Professor (Chemistry), Mrs Navjot Kaur, Assistant Professor (Fine Arts).

  
Principal  
Govt. College  
Dera Bassi (S.A)

Two day workshop conducted by the Department of Music at the College:

A two-day workshop was conducted by the music department of the college under the able leadership of the Principal Mrs. Kamna Gupta at Government College Derabassi under the "**Scheme for Career Counseling in Government Colleges of Punjab**" on 10th and 11th March 2023. In this workshop, Mr. Sagar Sharma Research Scholar of the Music Department, Punjab University Chandigarh gave detailed information to the students about the importance of Riyaz and Kantha Sadhana in music. Along with this, he also informed the students about the history of Indian music as well as various methods of Riyaz. Dr. Sujata Kaushal faculty member of the college said that this workshop will help the students to know music more deeply. She further added that with hard work and consistent practice, students can establish their identity in the field of music. The workshop was conducted under the supervision of Prof. Mohnish Arya and Prof. Baljinder Singh of the Department of Music. The College staff and students were present on the occasion.




Principal,  
Govt. College Dera Bassi.



## Five days Beauty & Wellness Workshop

Under the Scheme for Career Counseling of the Government of Punjab, a Skill Oriented Workshop was being conducted jointly by the Department of Commerce and the Library on the subject of "Beauty & Wellness Workshop" under the able leadership of Principal Mrs. Kamana Gupta at Government College Dera Bassi. In this five- day workshop, resource person Mrs. Rajni Sodhi told that it is a skill development course which the students can learn and become self- reliant. During the workshop, the students were also trained in threading, bleaching, waxing, manicure and pedicure. Dr. Sujata Kaushal faculty member of college told the students that in order to stay healthy, we should include nutritious food, good sleep, yoga etc. in our lifestyle along with external grooming. The students showed more and more interest in this workshop.



Principal  
Govt. College  
Government College (Dera Bassi)

Dera Bassi, District SAS Nagar.



## WORKSHOPS CONDUCTED BY FINE ARTS DEPARTMENT

### ✚ Workshop on Clay Modelling (10th - 11th March, 2023)

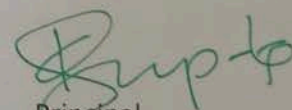
On 10th and 11th March 2023 Fine Arts Department of College organised a Clay Modelling Workshop under Punjab Government Scheme for Career Counselling, to enhance students skills by inviting renowned artist and teacher Shri. Rajendra Kumar ji ( National award winner) who demonstrated various techniques of clay modelling to the students. This event was organized under the able leadership of Principal of the College Smt. Kamna Gupta. More then 50 students of our college participated in this workshop.

### ✚ Workshop on Calligraphy (13th March, 2023)

Under the capable and competent leadership of Principal Smt. Kamna Gupta, a Calligraphy Workshop was conducted under Punjab Government Scheme for career counselling. An expert in this field Prof Gaytri Singh from Govt. College, Mohali was specially invited to impart knowledge regarding Calligraphy Skills to the students. More then 50 students learnt basic calligraphic strokes in English as well as in Punjabi.

### ✚ Workshop on Watercolor Painting (13th - 15th March, 2023)

A renowned artist Shri. Sikander Singh was invited by the Fine Arts department of Government college Derabassi under the competent leadership of Principal Smt. Kamna Gupta ,to impart his watercolor painting skills to the students under the Punjab Government scheme for Career Counselling. He shared a number of techniques, knowledge of material in this workshop which would brought a lot of improvement in the student's work. More than 50 students of our college participated in this workshop.



Principal,  
Govt. College Dera Bassi.

## Press Note

Under the Patronage of Principal Govt. College, Dera Bassi, Mrs. Kamna Gupta, two day workshop on Calligraphy organized by Department of Punjabi. In this workshop Resource Person, Smt. Dilpreet Chahal, Multimedia and Calligraphy Artist, guided the students about the nuances and technicalities of Calligraphy. She also enlightened the students about the essential and basic strokes and how to draw lines correctly and asked them to practice these things. She also told the students how handwriting is a mark of one's personality and character and is a mirror of one's psychological makeup and well-being. She also made the students aware about various prospects and career possibilities of Calligraphy in the areas of graphic designing, Fabric, Printing, Tattoo making etc.



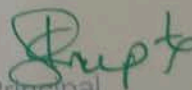
Principal,

Govt. College Dera Bassi



## Two days 'Punjabi and Hindi Calligraphy Workshop' at Government College, Derabassi

A Two Days Punjabi and Hindi Calligraphy workshop was organized jointly by the Punjabi department, Hindi Department, and the college Library at Government College Derabassi. In this workshop under the patronage of the college Principal, Mrs. Kamana Gupta, multi media artist and calligrapher Mrs. Dilpreet Chahal taught the students the artistic nuances of calligraphy. At the beginning of the workshop, the Mrs. Sujata Kaushal faculty member of college told the students that this workshop will not only connect you with the art of calligraphy and develop your skills but will also enhance your personality. She also added that students can take Calligraphy as a profession and earn handsomely. She motivated the students to get the most out of the workshop. Librarian of the College Mrs. Bhupinder Kaur introduced calligrapher Dilpreet Chahal to the students. On the first day of the workshop, Dilpreet Chahal informed the students about the essential and basic strokes for calligraphy and taught and practiced the finer points of drawing lines, creating the structure of letters. She explained that our handwriting describes personality of a person and is a mirror of our psyche. So the practice of Aukharkari (Calligraphy) gives patience, contentment, stability and peace to our mind. Along with this, she said that one can get employment in the fields of teaching, graphic designing, card designing, fabric printing, tattoo making, etc. by gaining expertise in calligraphy. College staff and students were present during the workshop. Students and some staff members participated in the workshop enthusiastically.

  
Principal  
Govt. College  
Dera Bassi (S.A.S. Nagar)  
Govt. College Dera Bassi.



## Activity Report

The Department of Commerce, Govt College Dera Bassi , organized a seminar on CA course and Return Filing (GST and Income Tax) on March 17,2023.The Resource Person ,Mr Yashpal Manocha ,a member of the Institute of Chartered Accountants of India (ICAI) interacted with students to impart knowledge of GST process and income tax returns. He interacted with students and clarified their doubts about admission to the CA course and adopting it as a profession.

*Prabhjot Kaur*

Dr. Prabhjot Kaur  
Deptt. of Commerce

*Principal*

**Principal**

**Govt. College, Dera Bassi**