

REPORT

A National Seminar and Adi Sankaracharya Samman samaroha was held on 28-08-2019 in collaboration with S.D.COLLEGE Ambala Cantt under the Sponsorship of Haryana Sanskrit Academy. The seminar was inaugurated with the lightning of lamp and prayer to Goddess of Knowledge Ma Saraswati .The Direction of Haryana Sanskrit Academy Dr.Someshwar Dutta Sharma presided over the Seminar.Cordinator Dr.Rajendra highlighted the importance and theme of the seminar. In the beginning Dr.S.M.Mishra, Department of Sanskrit, K.U.K.was honoured.Key note speaker Dr.Vikram Viveki ,Punjab University Chandigarh explained in detail the importance of Sanskaras and he also threw light on the scientific side of the Sanskaras.Principal Dr.R.P.Singh also expressed his views on the topic and welcomed all the delegates.In the 1st Technical session Dr.Dalbir Singh,Dr.Vishal Bhardwaj G.N.D U,Amritsar,DR.Kamdev Jha Principal D.A.V.COLLEGE ,Pehowa,Dr.Seema Sharma Principal GURU NANAK KHALSA COLLEGE, Karnal were the main speakers. The second Technical session was presided over by Dr.Vibha Aggarwal Director Institute of Sanskrit and Indological Studies,K.U.K.The speakers were Dr.Pushpendra,Dr.Virendra Punjabi University, Patiala ,Dr.Divya Tripathi D.A.V.COLLEGE, Faridabad were the Resource persons.The 3rd Technical session was held under the presidentship of DR.Rajeshwar Mishra, Retd. Professor K.U.K. In the valedictory session Dr.Someshwar Dutta Sharma enlightened the delegates with his his valuable thoughts.

Proceedings

One-day National Seminar on “Role of Stakeholders Imparting Quality Higher Education”

07.11.2019

A One-day National Seminar on ‘Role of Stakeholders in Imparting Quality Higher Education’ sponsored by National Assessment and Accreditation Council (NAAC), Bengaluru, was held in Gandhi Memorial National College, Ambala Cantt on 7th November, 2019. This was under the chairmanship of Dr Rajpal Singh, Principal of the college and Dr Anju Jain, Coordinator, IQAC. 81 delegates participated in the seminar actively along with the other faculty members of the college. The seminar discussed the importance of stakeholders in higher education institutions as well as Teacher- Student cordial relations as the important basis of teaching learning process.

In his welcome address, Dr Rajpal Singh, Principal addressed the importance of innovation in teaching-learning and evaluation and the quality sustenance in Higher Education Institutions. He also discussed the various practices and technologies that could be used by Higher Education Institutions to enhance the quality of their service. In various technical sessions of the seminar, a number of participants presented their research papers. The Chief Guest was Dr R.L. Godara (Vice Chancellor, Vardhman Mahavir Open University, Rajasthan). He emphasized that education is not a knowledge of words but it is an internal intuition. By this intuition, a person could use his rationality and play an important role in establishing an ideal society. He stressed on the fact that the education was in fact a coordination between a teacher and a student based on ethics and ideals. Adding to this, Prof. Krishan Kant, Principal, Aggarwal college, Ballabgarh and Prof. Pratibha Singh, Additional Director, NAAC, New Delhi said that Higher Education begins from the base which starts from the educational institutions like colleges and universities. Dr Ashok Choudhary, Principal, M.N. College, Shahabad proved the relevance of the theme of the seminar. Dr Rahul Tehran and Dr Gurdev Singh told that the Quality Education is the demand of the present time. Other members of the College governing body were also present on the occasion. Dr. Anju Jain, Convener of the seminar presented a vote of thanks to all the members present in the seminar.

Seminar Report (13/12/2019)

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The Departments of Botany and Zoology, G.M.N. College, Ambala Cantt organised a National Seminar on 'Challenges to Biodiversity Conservation and Sustainable Development' on 13 Dec, 2019. The event was sponsored by Directorate of Higher Education, Haryana.

Dr. Raj Pal Singh, Principal, introduced the Chief Guest, Dr. Karam Singh Yadav and welcomed him to the event. He also shed light on the theme of the seminar that aimed at discussing several ideas / practices that may lead to sustainable development of natural resources in the modern era.

Thereafter, Dr. Inder Singh, the Keynote speaker, Assistant Professor, Dept of Botany, MDU, Rohtak underlined how important it is to adopt strict measures to preserve the biodiversity of the earth. In his speech, he elaborated on the several types of biodiversity hotspots spread across the world that need to be preserved in order to increase sustainability.

The Chief Guest, Sh. Karam Singh Yadav, ADM, Ambala, in his speech emphasised how important it is to conserve biodiversity today in order to enrich our future generations.

(6)

pointed out that preservation of traditional water bodies like johars will play an important role in restoring ecological balance.

In the subsequent sessions, several oral and poster presentations were held, all highlighting the necessity of eco-conservation practices.

Dr. Ram Kumar Pundir in his presentation said that microorganisms are really important when it comes to preserving biodiversity. He also talked about the applications of biotechnology in order to diagnose ecological imbalance.

Subsequently, the Chair, Dr. Anita Yadav, a specialist in molecular genetics, a member of Indian Science Congress and the co-Chair of the session, Dr. Sarita Rana, Assistant Professor, K.U.K., were welcomed by the Vice Principal, Dr. Geeta Sehwan and Dr. Meenu Rathi and Dr. Shikha Jaggi from the Departments of Botany and Zoology.

After that, several research scholars and faculty members, for example, Deepsha from Panjab University, Chandigarh presented their research papers and contributed innovative ideas to the seminar. Ikhtaq Khan in his presentation highlighted the harmful effects of pesticides on biodiversity.

Conference Report

Two Day National Conference

on

“Plagiarism and Academic Integrity in Higher Education” from February 26-27, 2020

Gandhi Memorial National College, Ambala Cantt, organized a two day National Conference on the topic ‘**Plagiarism and Academic Integrity in Higher Education**’ in collaboration with Haryana Library Association (HLA) on February 26-27, 2020 in the Seminar Hall of the Gandhi Memorial National College. The conference was sponsored by Director General Higher Education, Government of Haryana. The inaugural ceremony commenced with the lighting of the lamp before Goddess of learning – Devi Saraswati, by Dr Raj Pal Singh, Principal, Dr. N. S. Shokeen, Chief Guest of inaugural session, Prof. Trishanjit Kaur, Keynote Speaker of the Conference, Dr. Rupesh Gaur, General Secretary, HLA, Mr. Deepak Kumar, Convener and Dr. Seema Rana, Coordinator of the conference. Dr Raj Pal Singh, Principal of the college, welcomed the delegates and put an emphasis on quality work and not on volume of fake research. Mr. Deepak Kumar Convener and Librarian G.M.N. College, read out the objectives and theme of the conference. Dr. Seema Rana introduces the dignitaries to the gathering. Dr N. S. Shokeen, President HLA and Chief Guest of the conference presented brief introduction of HLA and its activities in academic field and development of libraries for the general public in large. He has laid emphasis on dissemination of information upto the last mile i.e. setting up of libraries. In this regard he made us aware that government authorities are bound to follow it and 6861 libraries will be opened soon. Prof. Trishanjit Kaur delivered keynote address and started with newspaper reports which brought the dark side of the plagiarism and forced the National and International academic bodies to curb the menace of plagiarism. She discussed the theme in detail by describing the meaning, dictionary meaning and other terms associated with the topic. She also cited the domains being affected by plagiarism. She also sensitized the gathering by letting them know that ‘Academic Wrong’ is a crime and academician should stay away from such ill practices. In the last she emphasized on self-discipline, setting examples for

others and that in case of failing, strict action must be taken. Dr. Rupesh Gaur, general secretary, HLA, felicitated retired library professionals who have put their best efforts for the uplifting of HLA. Dr. Raj Pal Singh, Principal of the College, Mr. Deepak Kumar and Dr. Seema Rana felicitated the Chief Guest, Keynote Speaker and General Secretary HLA by presenting mementos and shawls as a mark of respect and gratitude. Sh. Sajjan Singh, Associate Professor of G.M.N. College in psychology presented Vote of Thanks and requested delegates for high tea. Total 132 delegates participated in the conference.

First technical session was presided over by Chairperson, Dr. Chetan Sharma, Deputy Librarian, Kurukshetra University Kurukshetra and Mr. Rajinder Kumar, Librarian, D.A.V. College Sadhora as Co- Chairperson. Dr. Dinesh K. S., Librarian, Indian Institute of Technology, Ropar, Punjab was the resource person of the session. He delivered his talk on the topic "Plagiarism in Academic Writing." He began the talk by letting us know about the status of IIT Ropar in the publication world and various tools and techniques deployed in IIT to improve the integrity of the research works. He gave information about PDS tools like Turnitin and Grammarly tool for error free writings. He elaborated types of plagiarism, its reasons and how to avoid it. In this session three research papers were presented. Sunny Kumar from Punjabi University Patiala presented his paper on "Awareness regarding Plagiarism among the Research Scholars in Punjabi University Patiala". Second paper on the topic "Ethical Consideration in Library Leadership and Librarianship" by Sh. Surender Singh, Research Scholar, BMU Rohtak. Third paper was presented by Dr. Kaushal Chauhan from MDSD Girls College, Ambala City on the topic "Plagiarism and Academic Integrity: Prevention and Cure." After resource person's invited talk and selected research papers were presented during the first technical session, the Chairperson of the session summed up the research papers and presented the crux in front of the delegates.

After Lunch, the Second Technical Session was Chaired by Prof. Joginder Singh, Professor, Department of Library & Information Science, Kurukshetra University, Kurukshetra and Co-Chaired by Dr. Rajiv Kumar Gaba, Librarian, Janta College, Kaul. Prof. Rupak Chakarvarty, Professor, Department of Library & Information Science, Panjab University, Chandigarh was

the resource person of the session. His talk was on the topic “Demystifying the Myths and Interventions.” It was an interesting discussion wherein he started with defining of plagiarism and brought out the minute element of research dishonesty and FFF – Falsification, Fabrication and Plagiarism. He threw light on UGC Regulation of 23rd July 2018, wherein, policymakers have missed the basic definition of plagiarism. He introduced us with ShodhShudhi portal of MHRD, Turnitin features, Urkund features, and free tool Plagiarism. He made an apt difference in word and similarity index. He was of the opinion that any machine learning tools can work better with human intervention only. He cited various tools like, Citations, Citeume, ZoteroBib, Quillbot, Grammarly, etc. He laid emphasis on original thinking and innovative learning. Selected research papers were also presented during this session.

Third Technical Session was chaired by Sh. Subhash Sharma, Librarian, D. A.V. College, Ambala City and co-chaired by Sh. Pawan Kumar, Librarian, S. A. Jain College, Ambala City. Dr. Chetan Sharma, Deputy Librarian, Kurukshetra University Kurukshetra was the resource person of the session. He delivered his talk on “Plagiarism: factors and issues”. He very well elaborated on the plagiarism and critically analyzed the UGC Regulations on Plagiarism. His informative talk covered all aspects of plagiarism, its types, and outcomes, how to avoid it and various penalties existed in Indian context. Dr Mamta Jain, HOD English, Arya Girls College interacted with the delegates & students and propounded on back to honesty movement. Mrs. Rajinder Kaur, Librarian Arya Girls College, Shahabad presented her paper on “Understanding problems on plagiarism: an analytical study of research scholars of Kurukshetra University.” Sh. Mohit Garg, Assistant Librarian, IGNTU, Amarkantak, MP presented his paper on “Analysis of public interest about plagiarism and plagiarism detection on the internet: A study of Google Search data in India.” Dr. Anita Godara, Assistant Professor, Arya Girls College, delivered her talk on “Root cause of Plagiarism”

Fourth Technical session was chaired by Dr Rupesh Gaur, Librarian, I. G. N. College Ladwa, Kurukshetra and co-chaired by Mrs. Simarjit Kaur, Librarian, D. A. V. College, Pundri. Sh. Narender Kumar, Senior Assistant Librarian, GJUS&T, Hisar was the resource person of the session. He delivered his talk on “Role of UGC in curbing plagiarism.” He emphasized on the

fact that a concerned faculty is the final authority to decide on similarity of content. He deliberated on UGC regulation 2018 and discussed work excluded from plagiarism, zero tolerance policy and penalties involved. He laid emphasis on departmental academic integrity committee and IAIC. He also informed about training on the PDS tool – Turnitin. Dr. Seema Rana, Associate Professor in English from GMN College delivered her talk on the topic “Social responsibilities and social activism of writers and related issues.” She pointed out the role of writings in shaping the society.

The valedictory session started after lunch and Sh. R. D. Mehla Former Librarian, Jawaharlal Nehru Library, Kurukshetra University Kurukshetra, was the Chief Guest and Valedictory Speaker of the session. Dr. Raj Pal Singh, Principal welcomed the valedictory chief guest and Dr Ajay Kumar Arora, Rapporteur general of the conference by a bouquet. Sh. R. D. Mehla emphasized on the fair practices in the research and academics. He also threw light on the past scenario and practices of plagiarism and academic integrity. In the end, Mr. Deepak Kumar, Librarian and Convener of the conference presented vote of thanks and expressed his thanks and good wishes for one and all.

Outcome of the conference are as under:

1. To raise a voice to removal the API System in Higher Education.
2. No one can replace a teacher with the technology
3. To draft students honor code at school and college level
4. PDS are just helping tools which can used to get the similarity index and it should be used with caution.
5. Academic integrity is required at all ends and academic wrong may be discouraged.
6. UGC regulation is just a step forward but a lot more is required at policy maker levels.



Convener



Principal

GANDHI MEMORIAL NATIONAL COLLEGE, AMBALA CANTT
REPORT

Good afternoon everybody. It gives me immense pleasure to take this opportunity to welcome our guests of the valedictory session prof. Ranbir Singh, Former Dean Social Science and academics affaires, KUK, and other dignities.

Now here is the Report of the Seminar:

The two days National Seminar was organized on the topic **"Relevance of Sir chhotu Ram's Philosophy in 21st century"**. The Seminar was sponsored by Director Higher Education, Haryana. The Seminar was started with the inaugural session. The inaugural session was started with the floral welcome of the Chief Guest Dr. R.S Sharma, former Vice- Chancellor CDLU, Sirsa, Dr. Anil Rathi, Dr. Gurdev Singh and other dignities.

Dr. S.S.Nain coordinator of the Seminar presented and highlighting the theam of the Seminar.

Dr. Anil Rathi senior coordinator, Krishi vigyan kendra Sonipattttt delivered the keynote address. Being agriculture economists, he talked about the relevance of sir Chhotu Ram with relation to economics background by covering various dimensions of Sir Chhotu Ram's contribution like taxation system, railway system, Chauth system and golden acts etc. He ended his talk by declaring Chhotu ram's philosophy as universal philosophy.

The chief guest Dr, Radhey Shyam Sharma throw light on the relevance of Sir chhotu Ram's Philosophy with the reference of their efforts made by him for social reforms. He highlighted the need of quality education for students with special focus on research at college level also. He ended his talk by suggesting that teachers should read more, so that they can solve the problem of their students. He gave big massage for academic fractionating by saying that teachers said get 100 out of 100 marks.

Presidential remarks were given by Dr. Gurdev Singh President Governing body, Dr. R.S. Sharma and Anil Rathi were honor their services. Sh. Satish Moudgil presented vote of thanks in the end of inaugural session.

1st technical session was chaired by Dr. Rampal Saini, Principal D.A.V College, Karnal. Dr. Jaiveer Dhankar, chairman Chhotu Ram chair and head of department of History, MDU Rohtak was the Resource person of the session. He started his talk by saying that development activities have been ignored because of Cast and Religion consciousness. The whole society is divided for political imitation. He connected and Individualizing with the Philosophy of Sir Chhotu Ram.

The IInd technical session was chaired by Dr. Ranpal Singh Principal, D.A.V College, Sadhaura. Dr. Praveen Singh, from Dyal Singh College, was the resource person of the session. Dr. Praveen Singh talked about "Ideology, Actions and Legacy of Sir Chhotu Ram". He highlighted many misconceptions about chhotu ram ji by rising and answering many questions about him. He explained very clearly about relevance of Sir Chhotu Ram in the context of various reforms made by him at all levels like Social, Political, Economics, educational etc. He ended his talk by saying that the real tribute to Sir Chhotu Ram ji should be in the form of "Bharat rattan", So that people can know about, how grate his presently was.

Delegates deliberate on various facts of sir Chhotu Ram's life and achievements through their presentations. In the end of second technical session, presidential remarks were given by Dr. Ranpal who appreciated the active participation of the delegates in the Seminar.

On 2nd day technical session was started with Dr. Anupama Arya, Principal Arya Girls College, Ambala Cantt. and Dr. Kushal Pal, Dyal Singh Karnal as the chairmen of the session. The resource person of this session was Dr. Atul Yadav, Dr. Anupama Arya stated her talk by congregating the dept. of Political science on its achievements. She explained that nothing can be discussed with regard to social reform without Sir Chhotu Ram's Philosophy. She discussed sir chhotu Ram's life sketch in the background of Arya Samaj.

Dr. Atul Yadav as a resource person strated his delibration on chhotu Ram with reference to defence and economic conditions during Ist would war. He suggested that for full understanding of his personality one need to be the part of his character. His educational reforms can be seen in the background of micro level research about his contribution in the form of establishing various school. He ended his discussion by throwing light on various social reforms in the form of untouchability, gender, equality and Panchayati raj system etc.

Dr. Kushal Pal started his discussion by saying that the main threat to education and research is internet. Now the circumstances have been changed so the research is a big challenge today. He suggested that in order to analyses and study Sir Chhotu Ram and any other personality we need to be critical because nothing is absolute in this regard. We need to by rely on original source for research.

In the valedictory session, Dr. Kushal Pal Worthy principal formaly welcomed the guest of the session, prof. Ranbir Singh, former Dean Social Science and Academics Affairs, KUK.

Overall, the Seminar was a grate success and it provide to be a good platform for all the concerned stakeholders to exchange their ideas and insights on Sir Chhotu Ram and his revelence in the 21st century.

REPORT

Department of psychology and political science of Gandhi Memorial National College, Ambala Cantt. Organised one day interdisciplinary international webinar on 29th May 2020 in collaboration with USA based non Profit organization YARI International. In this webinar Dr. jasbir singh Lohan president YARI international was invited as resource person and Mrs. Alexandria Jessica Cuavas was invited as keynote speaker. In this webinar a galaxy of academicians, intellectuals, policy makers and scholars very actively participated from all across the world and gave deliberations on this very challenging and relevant issue. In this webinar near about 500 scholars participated from Canada, Australia, U. S., India and other parts of the world. In this webinar the resource person motivated the audiences through spreading awareness on this relevant issue. Ms. Alexandria Jassica focussed on How to make best use of lockdown period by doing creative things. Overall this webinar was a great success.

REPORT OF WEBINAR: Forensic Science- A fascinating Career

Gandhi Memorial National College, Ambala Cantt. , in collaboration with RIMT University, Mandi Gobindgarh, organized a webinar title “Forensic Science- A Fascinating Career on June 6 2020.” The event was jointly organized by Deptt of Computer and Electronics Science . Dr Mandeep Singh, Director Dean Academics, RIMT University was the key note speaker and Dr OP Jasuja, Professor and Head , Department of Forensic Science , RIMT University was the Resource Person. The program was hosted by Ms Upinder Kaur, Head Deptt of Computer Science, initiated with prayer of Goddess Saraswati.

Dr Gurdev Singh, President Governing Body welcomed the two dignitaries and stressed upon the need of organizing such fascinating career oriented webinars during time of Covid -19.

Dr RP Singh, Principal of College introduced key note speakers and resource person with warm welcome and stated “Forensic science is one of the most important aspects of any criminal investigation, as it can allow the investigating authorities to do everything from identify a suspect in a crime to determine exactly when and how a crime occurred.”

Dr Mandeep Singh, key note speaker explained how Forensic Science deals with the application of the knowledge and methodology of various disciplines of science to legal matters making use of multiple disciplines such as physics, chemistry, biology, computer science and engineering for evidence analysis.

Dr OP Jasuja , Resource Person , explained various concepts of forensic science- Forensic Biology/DNA, Forensic Odontology, Forensic Toxicology, Forensic Anthropology, Forensic Pathology and explained how career in Forensic Science is Fascinating.

SK Bathla, Head Deptt of Electronics, presented vote of thanks to dignitaries and participants.

295 teachers and students from various colleges participated, e – certificates were issued to all participants.

The program ended with national anthem.

Report

National Webinar

June 08, 2020

On June 08, 2020, GMN College Alumni Association organized a National Webinar on the theme, “Coronavirus: Myth Exploded.” The webinar was organized through various virtual platforms like Zoom App, Facebook and YouTube. More than 300 participants from across the country attended it. Principal, Dr. Raj Pal Singh welcomed Dr. Gurdev Singh, President, College Governing Body, distinguished speakers and the participants. He then introduced the President, GMN College Trust and Management Society, Keynote Speaker as well as the proud alumnus of the college, Dr. Brig. Rahul Trehan (Retd.) and Resource Person and a GMNite, Dr. Raj Kumar Sharma. While introducing the eminent speakers, Dr. Singh said the college was proud of its prestigious alumni like Dr. Rahul Trehan and Dr. R.K. Sharma who had been serving as cardiologists at Rotary Ambala Cancer and General Hospital, Ambala Cantt. and RKM Hospital, Ambala Cantt. respectively. In his Presidential address, Dr. Gurdev Singh, President, College Governing Body, said that since both COVID-19 and its causal agent, Novel Coronavirus were new to the world, it would be the responsibility of the people to be extra cautious so as to prevent the infection from spreading. He congratulated the Principal and the organizers for choosing an apt theme during the trying times of upheaval and confusion. Then, Dr. Jyoti Sorout, Organizing Secretary introduced the theme of the webinar where she informed the audience that Humankind had always had a history of pandemics like Bubonic Plague, Spanish Flu, Small Pox, COVID-19, etc. Dr. Sorout said that while living in a technology-driven world, where all sorts of information were available, it was imperative to clear the doubts of people regarding the deadly COVID-19 disease. Then, Dr. Brig. Rahul Trehan (Retd.) delivered his Keynote Address. Dr. Trehan busted various myths and rumours associated with Novel Coronavirus and COVID-19. He urged the participants not to fall prey to any misinformation during the times of distress. He also cleared the doubts of the participants regarding the spread of COVID-19 infection through pets, mosquitoes and houseflies. He advised the audience to boost the immunity by doing regular exercise/yoga and eating healthy food. He expressed his concern that it would take at least two years to develop herd immunity in a large country like India. Further, the Resource Person, Dr. Raj Kumar Sharma addressed the audience. He corroborated with the views of Dr. Trehan and

advised the audience to be follow government norms of social distancing and wearing masks in the public places. He advised the audience to follow proper hygiene and wash hands every 30 minutes for 20 seconds so as to avoid the infection of Novel Coronavirus. While responding to the queries of the participants in question answer session, Dr. Sharma urged people to consult the doctor immediately if they developed any flu like symptoms. He told them to be extra cautious regarding the symptoms of COVID-19 which might also include gastrointestinal symptoms, nausea and diarrhoea etc. Later, while giving the concluding remarks, Dr. JyotiSorout, Organizing Secretary of the webinar said that during the distressing times, prevention is better than cure and one must take precautionary measures and follow the guidelines of WHO and government to control the spread of dreaded COVID-19. In the end, Mr. SatishMoudgil, Convenor of the webinar proposed a formal vote of thanks to Dr. Brig. Rahul Trehan (Retd.), Keynote Speaker, Dr. Raj Kumar Sharma, Resource Person, Dr. Gurdev Singh, President, College Governing Body, Dr. Raj Pal Singh, Principal, Organizing Committee members including Ms. Upinderkaur, Dr. BhartiVij, Dr. JyotiSorout, Mr. ShyamRaheja and CA Ajay Dogra and all the virtual participants for making the webinar a success.

Dr. Raj Pal Singh
Principal

SatishMoudgil
In-charge,
GMN College Alumni Association

Report of Webinar organized by Department of Public Administration on 18/06/2020

Department of Public Administration, GMN College Ambala Cantt organized a webinar on the topic 'Pandemic vis a vis Environment' in collaboration with RIMT University, Mandi Gobindgarh (Punjab) on 18/06/2020. In this webinar 114 teachers, scholars and students from different academic and professional institutions participated. Dr Gursharan Singh, Dean, school of agriculture science and technology, RIMT University Mandi Gobindgarh were keynote speaker. Convenor of webinar, Dr Krishan Kumar digitally connected all the dignitaries and participants and introduced the theme of webinar. Principal of college, Dr R P Singh formally welcomed and introduced keynote speaker and other dignitaries. Dr R P Singh pointed out that organizing the webinar serves the academic purpose and for creating awareness among the society. Dr Gurdev Singh in his presidential address remarked that there is an organic relationship between man and environment. This relationship is sustained on the presumption of giving as much to the environment as mankind takes from it. Unfortunately, faulty development policies pursued by government like using a lot of land for building dams, houses, cities and mines in ecologically fragile areas are destroying wildlife habitat and polluting water bodies. Such unwise and irrational policies and actions bring disasters which cause a tremendous loss of lives and properties. He stressed on the need for pursuing a policy of sustainable development, protecting flora and fauna, maintaining ecological balance and respecting the laws for protection of environment to maintain a balance between development and environment.

Keynote speaker Dr Gursharan Singh traced the origin, reasons and growth of pandemic. He explained the difference between epidemic, pandemic and endemic. Dr Singh pointed out that environment and natural resources belongs to all. Therefore, these should be judiciously and optimally utilized for benefit of all. He stressed upon creating awareness among the masses that man can not win the nature but will have to learn to live with it. This is possible if we are able to maintain a delicate balance with environment. Failure to do so would disturb the food chain and prove disastrous for humanity. He highlighted the adverse impact of excessive use of insecticides and pesticides on the health, agriculture and ecology. Thus, there is an urgent need to adopt environment friendly agricultural practices and Government should change its policies and programmes accordingly. Agriculture has always supported the survival and growth of mankind. Therefore, best agricultural practices consistent with environment would be conducive for soil health and sustainable development. The post pandemic period have witnessed a significant decline in environmental pollution and clean rivers and other water bodies teaches the mankind that unnecessary human interference and tinkering with environment is unwarranted and harmful. Thus, environment friendly policies and actions are need of hour. On a very optimistic note, he pointed out that adversity brings opportunity. Therefore, we should introspect and utilize the opportunity to bring innovation and creativity out of it. After completion of keynote address, the participants raised the questions pertaining to pandemic and its impact which were answered by keynote speaker. Convenor of webinar, Dr Krishan Kumar presented vote of thanks. The webinar concluded by singing of national anthem.

Report of 17-06-2020

In pandemic time to highlight the Indian Culture and Tradition a seminar on Sanskrit ,Yoga and Swasthya samvardhan was held with the Academic collaboration of Haryana Sanskrit Academy, Shri Krishna Ayush Vishva vidyalya,Kurukshetra, RIMT Mandi Gobindgarh. In this webinar almost 200 participants participated. DR.MURLI DHAR PANDA DIRECTOR INTERNATIONAL SANSKRIT ACADEMY SOUTH AFRICA was key note speaker, Dr,Baldev singhV.C. AYUSH UNIVERSITY, was the chief guest,the role of honorary guest were on the sholders of Principal G.M.N.COLLEGE AMBALA CANTT and DIRECTOR RIMT DR.SOMESHWAR DUTTA DIRECTOR HARYANA SANSKRIT ACADEMY was the Resource person. Practical demonstration was given by Yoga Professor Dhanpat singh ,Chandigarh.

Report of the Webinar

'Relevance of saint literature in the era of global epidemic corona'

On 20/06/2020, a one-day international webinar on the topic 'Relevance of saint literature in the era of global epidemic corona' organized under the joint aegis of Hindi Department of Gandhi Memorial National College Ambala Cantonment and Global Hindi Research Institute. Convenor Dr. Rajendra Kumar Deswal duly started the program by contacting all the guests and participants through Vishwajaal (Internet).

The Principal of the college, Dr. Rajpal Singh while congratulating all the guests and participants in G.M.N. College said that saint literature is the invaluable heritage of the world. Discussion and propagation of truth has been the main goal of the life of the saints. It is going to strengthen the morale in this period. The saint would have been the one in whose presence we could get the ultimate happiness. Today, we ourselves are going to be benefited by the speech of Saint Gyananand ji, due to which we will get self-confidence in this period of epidemic.

Chief guest Param Pujya Mahamandleshwar Geeta Manishi Swami Gyananand Ji Maharaj said through his speech that Corona is a time of challenge and warning in which fear, apprehension, tension prevails in the mind of every human being. What will happen in the future? No one knows anything. In this environment, along with physical immunity, there is a need to strengthen mental immunity. Morale, strong-confidence, positive thinking and goodwill are like nectar for human beings, which are the nectar of saints. Can be obtained through practical experience and thinking. The firm determination given by the saints is a true ally of human beings.

The Chief Spokesperson Chancellor Dr. Harmohinder Singh Bedi in his lecture said that the divine vision of the saints and their great messages lead human beings towards positivity in this adversarial environment. Only the optimistic outlook given by them can pave our way.

Speaker Pravasi litterateur Dr. Suresh Chandra Shukla said that when the whole world is trembling due to coronavirus, then Indian saint literature will become the guide of life in the world by discharging the tradition of Vasudhaivakutumbakam in true sense.

In the presidential address, Dr. Kamaraj Sindhu said that in this dire situation, the saint's speech is the basis of a person's life. We can make our life meaningful by taking knowledge from whoever the saint is.

At the end of the program, Dr. Anish pacified the queries of the participants by asking them the questions asked by them. Dr. Ritu Gupta thanked everyone and expressed their gratitude. The webinar ended with the national anthem.

REPORT

WEBINAR: “MANAGING STRESS AND ANXIETY IN THE FAMILY DURING COVID-19 TIMES

Organized by: Department of Psychology and Alumni Association

Date: 21/06/2020

On June 21, 2020, Department of Psychology and Alumni Association organized an International webinar on the topic, “Managing Stress and Anxiety in the Family during COVID-19.” The objective of the seminar was to psychologically empower the whole community during COVID-19 spread. The mental health toll of the coronavirus pandemic has started at various levels, beyond the boundaries of age, gender, religion and nationality. It is too early to predict the scale of the impact as the countries are still struggling for social, psychological, political, and economic stability during this crisis. But the imminent threat of a potentially deadly virus is very different, psychologically. Considering the stress and anxiety, followed by depression and other mental health issues, the psychology professionals are contributing towards the well being of society at large. The rise in family stress and anxiety, and a spark in suicide cases during pandemic times need to be addressed.

Dr. Raj Pal Singh, Principal of the college welcomed the Keynote speaker, Dr. Reena Dabas, an eminent psychology professional from Singapore. Dr. Raj Pal Singh stressed about the need of such webinars during Pandemic times and blessed the members of organizing committee and speaker as a father figure on the occasion of Father’s Day. Dr. Gurdev Singh, President of GMN Governing Body appreciated the efforts of the whole team for organizing webinar on the much needed topic. He stressed that the transition towards the new normal can be facilitated with such qualitative expert talks and webinars. Dr. Jyoti Sorout, Convenor of the webinar then introduced the theme of the webinar and also mentioned about Solar Eclipse and International Yoga Day that happened to fall on the same day i.e. 21/06/2020. She said that people had been experiencing the feelings of anxiety, agony, mental trauma, frustration, alienation, psychotic fear and despair which had also resulted in development of suicidal tendency in some. She explained that since family was of utmost importance to every individual, it was necessary to create awareness among the masses for taking care of mental health

and acquire peace of mind and equanimity in themselves and their families during such distressing times of COVID-19.

In her Keynote Address, Dr.ReenaDabas, mentioned that pandemic times had changed the thinking and behaviour of people in various ways. With a vast experience in teaching, research and counseling, she gave much needed qualitative inputs on the theme of the webinar. She said that in the present situation, one needed the support and guidance of Mental Health Experts. She maintained that it was the need of the hour to adapt to the changing environment, i.e. the NEW NORMAL. She stressed on the impact of COVID-19 on college students as well as on elder members in the families. She described the ways through which one could cope with the pandemic stress and anxiety.

Dr. AnupamaSihag, Assistant Professor from Department of Psychology, G.M.N. College talked about the topic”Pandemic Sparking Suicide: COVID-19 or Mental Health”, with special reference to Sushant Singh Rathor, actor. She spoke about the myths, factors responsible, as well as signs and symptoms of suicide. Moreover, the protective and preventive factors about suicide were also discussed. This was followed by Panel discussion where some of the following questions were undertaken:

- Social distancing measures can leave older people feeling lonely. How to avoid feeling isolated during the coronavirus crisis?
- Are there any coping strategies to share with the adolescents/ young adults/ parents so that they can apply it when the going gets tough?
- What are the factors responsible for suicidal tendencies?
- Why to children face the stress of Pandemic? What can parents and caretakers do to alleviate the mental stress that the pandemic places on children?
- What is the better strategy to deal with depression, therapy or medication?
- What suggestions do you have for people in dealing with the ongoing stress and adjustments we need to make during the coming months?
- Can you share about some of the positive takeaways that people, on reflection, might recognize in themselves and in society?

The questions and queries were resolved with expertise. Dr. JyotiSorout concluded the webinar with the presentation of report wherein she summed up the suggestions of the experts that it was by keeping away from negative influences especially on social media,

doing regular exercise/yoga, practicing meditation, performing relaxation exercises, indulging in creativity with the kids and elders of the family, playing games, and establishing healthy communication with other members of the family, one could easily manage stress. In the end, a formal Vote of Thanks was proposed by Mr SatishMaudgil, Convenor Alumni Association. Mr.Moudgil thanked all the delegates who joined from various countries through zoom and other platforms like Facebook LIVE.

The webinar ended with a great success as indicated by the feedback and appreciations received from more than 2000 participants who joined through various platforms.

Dr.JyotiSorout

Convenor

Report of 25-06-2020

In pandemic time to highlight the Indian Culture and Tradition a seminar on Sanskrit ,Yoga and Swasthya samvardhan was held with the Academic collaboration of Haryana Sanskrit Academy, Shri Krishna Ayush Vishva vidyalya,Kurukshetra, Arya Girls College, Ambala Cantt. In this webinar almost 200 participants participated. DR.MURLI DHAR PANDA DIRECTOR INTERNATIONAL SANSKRIT ACADEMY SOUTH AFRICA was key note speaker, Dr,Baldev singhV.C. AYUSH UNIVERSITY, was the chief guest,the role of honorary guest were on the sholders of Principal G.M.N.COLLEGE AMBALA CANTT and PRINCIPAL Arya Girls College, Ambala Cantt. DR.SOMESHWAR DUTTA DIRECTOR HARYANA SANSKRIT ACADEMY was the Resource person. Practical demonstration was given by Yoga Professor Dhanpat singh ,Chandigarh.

A BRIEF REPORT OF THE ONLINE NATIONAL WEBINAR

TOPIC: ROLE OF MASS COMMUNICATION IN SOCIAL AND CULTURAL AWARENESS

DATE: JUNE 30, 2020.

The Department of Mass Communication of Gandhi Memorial National College Ambala Cantt organized Online National Webinar on the topic, "ROLE OF MASS COMMUNICATION IN SOCIAL AND CULTURAL AWARENESS AWARENESS" on dated June 30, 2020. This webinar organized with the collaboration of R.I.M.T. University, Mandi Gobindgarh. The principal of the college inaugurated the webinar and says in his words that in this crucial period the college continue the Research path positively and college organized successfully online webinar. After this organizing secretary Dr Amit kumar enlighten the objective of the webinar and says that this webinar organised in the proper guidance of Dr Rajpal Singh Principal of the college. The keynote speaker of the webinar was Dr Anjali Verma Chairperson, School of Mass Communication and Media Technology R.I.M.T. University Mandi Gobindgarh. She says we express our feeling with the help of the mode of mass communication. This mode increase Social Awareness. The common man express their problems through communication. She says if these communication mode is not working in society we are not able to pass our ideas with others people and not connected with culturally. She explain their ideas through T.V. serials and various examples that we connect and understand to other people and culture. In this row the Resource Person of the webinar Dr. Archana Verma Assistant Professor, School of Mass Communication and Media Technology R.I.M.T. University Mandi Gobindgarh, says that radio, television and

newspapers the social and cultural awareness working in a positive manner in the society. She says that education system is more and more effective through communication means and it is not a source of entertainment but it is an effective means of knowledge and wisdom. In the end of the webinar convener Dr. Chanderpal Punia presented a brief report of the webinar and thanks all the participants, guests and dignitaries , he thanks Mr Shyam Raheja and Mr Ajay Dogra for their technical support .

Dr. Chander Pal Punia

Webinar Convener