



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

Guru Nanak College Sukhchainana Sahib, Phagwara

Best Practice of the Institution for the year 2019-20

1. Best Practices –I

2. Title of the Practice: - Publication of Souvenir, In celebration of the 50th anniversary of the college

3. Goal: - An effort to commemorate the 550th birth anniversary of Nanak Dev Ji by publishing a souvenir on the completion of such an extended journey of 50 years by the college. It aimed to review the working style, achievements, aims, objectives, goals, etc. of the college on its 50th anniversary.

4. Context: - A gift handling the history and present of the college was published to mark the golden jubilee year of the college. The souvenir has been published in the Punjabi language. The memorable moments of the 50 years' journey of the college have been presented through pictures. The complete details of the staff are given along with their photographs. It has emerged as an excellent reference source for the students to search and study the college.

5. The Practice: - A gift was published in the session 2019-20 to commemorate the 550th incarnation of Nanak Dev Ji on the occasion of the 50th anniversary of the college.

- The souvenir features a total of 38 pages.
- The color scheme, the style of writing used in the souvenir, the photographic arrangement of historical memories of the college is simply applaudable.
- From page 1 to page 9 are messages of eminent personalities.
- Pages 10 to 25 are adorned with the pictures of the staff, surroundings, special guests, achievements of the scholars including each and every activity organized by the college.
- From page 26 to 28, information about each cell of the college is given in written as well as pictorial form.
- Pages 31 and 32 offer a panoramic view of various programs organized in the college campus.
- Details about the collaborators are given on page 33.
- On pages 34 and 35, information about all the tutorial institutions of Guru Hargobind Education Council, Palahi is given.
- Page 3 cites the achievements of the college, published in various newspapers.

6. Evidence: - The unveiling ceremony was headed by Union Minister of State for Commerce and Industry, Som Prakash. In addition to this, the chairman of Jagat Singh Palahi Memorial Trust and son of the late Mr. Jagat Singh Palahi, Mr. Jagtar Singh Bains came from Canada to attend this ceremony. The President of the College Management Committee, Mr. Jatinderpal Singh Palahi, on behalf of the college Management Committee congratulated the college faculty on the completion of this noteworthy task and expressed his gratitude to Mr. Som Prakash to be a part of this occasion.

The problem encountered and resources required: - Publishing any source isn't a simple task. To do this task a committee was constituted under the able guidance of Dr. Sawinder Singh. This committee, with its diligence and dedication, explored the 50 years old history of the college and gathered valuable information. The most difficult and challenging task was the way to place the maximum amount of information on a limited number of pages.



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Guru Nanak College Sukhchainana Sahib, Phagwara

1. Best Practices –II

2. Title of the Practice: - Football Tournament by Jagat Singh Football Academy dedicated to the 550th birth anniversary of Guru Nanak Dev Ji

3. Goal: - The institution earnestly motivates students to explore their strengths and talents in the field of sports activities. Sports activities help the students in developing physical skills, teamwork spirit, and stronger time management skills. These activities also boost their fitness and give them an opportunity to develop and exhibit their particular skill in the non-academic arena. Apart from giving education, the institution aims to induce physical, social, recreational, and cultural values among the students.

4. Context: - The institution goes with beliefs in the proverb “To me, it doesn't matter how good you are. Sport is all about playing and competing”. Theoretical knowledge is enhanced when a co-curricular activity related to the content taught is organized. Mental development of the personality is achieved to a great extent, in the classroom but aesthetic development like character building, physical development, fitness, and many more are backed up by sports activities only. Athletics is the best representative of a nation's spirit and character as sports activities in this category involve attributes like courage, stamina, and coordinated efficiency. It is believed that in these cynical days of doubt and indecision, only sports can best keep alive the spirit of vitality and enterprise. It is a vital character builder for the young generation.

5. The Practice: - During the academic session 2019-20, the college organized a football tournament dedicated to the 550th birth anniversary of Guru Nanak Dev Ji.

- The college had organized the tournament from 5th to 8th February in which pool matches were held on February 5 and 6 at Guru Hargobind Stadium of the college.
- The semi-finals and final were held at Sri Guru Hargobind Khalsa Senior Secondary School, Palahi. Eight teams participated in this tournament. The teams which participated are-

1. Guru Nanak Dev University Amritsar.
2. Panjab University Chandigarh.
3. Punjabi University Patiala.
4. Sant Baba Bhag Singh University
5. Jagat Singh Palahi Football Academy
6. International Football Club Phagwara.
7. S.A.S.J Football Club Phagwara
8. Doaba Football Club Mehtianna.

Note: - Apart from these, two show matches were also played between the girl teams.

6. Evidence: - The tournament was inaugurated by Jathedar Sarwan Singh Kular Member Shiromani Gurdwara Parbandhak Committee, Sanjeev Kumar Retired Chief Engineer, and Retired Coach (BSF), Sham Kumar in the presence of the core committee of the college, Principal, Staff members, and students. In the first match of the tournament, Guru Nanak Dev University defeated Punjabi University Patiala by 4-0 and in the second match, Punjab University Chandigarh defeated Sant Baba Bhag Singh University to enter the semifinals. At the start of the second day, in a show match for girls, Lovely Professional University defeated S. Jagat Singh Palahi Football Academy by 4-0.



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In the third pool match of the tournament, S. Jagat Singh Palahi Football Academy (Guru Nanak College, Sukhchainana Sahib, Phagwara) defeated Sahibzada Ajit Singh Football Academy Sarhali by 4-0 to secure a place in the semi-finals. In the fourth match, International Football Club Phagwara beat Doaba Football Club Mehtiana by 1-0 in extra time.

The final match of the tournament was played on February 8 at Guru Hargobind Khalsa Senior Secondary School Palahi Sports Stadium. In this match, S. Jagat Singh Palahi Football Academy defeated Guru Nanak Dev University, Amritsar, and got a cash prize of Rs 31,000 and a trophy. The runner up team was awarded Rs. 21,000. The organizing committee of Guru Nanak College organized this tournament and exhorted the students to maintain their fitness and brighten their future by performing well in sports.

Problem encountered and resources required: - It becomes tough to cope up with academics as well as sports activities. Secondly, college has meager funds to bear the expenditure.

(Dr. Gurdev Singh)

Principal

Principal
G.N.College Sukhchainana Sahib
Phagwara