

Best Practices

7.2.1: Two best practices successfully implemented by the Institution

The institution has promoted student centric environment where students are mentored and guided to be achievers in lives through certain best practices.

Best Practice: 1

Holistic Development

The college has been providing various opportunities to the students for all round development so that they become efficient citizens of the country and contribute to the nation building. The institution carries out various programmes and practices in order to promote physical, mental, emotional, intellectual and spiritual development of the students.

1. Physical development: For the physical development of the students the institution has provided ample scope to get involved in various indoor and outdoor sports and games.

- An indoor hall with three badminton courts and a table tennis board.
- A multi-gym as a fitness centre which also helps in stress relieving
- A health and yoga club organizes various activities to keep oneself mentally and physically fit
- Competitions for various sports events are organized during college hour to develop the competency of the students and make a career choice.
- The NCC cadets and NSS volunteers regularly undergo rigorous physical exercise and training to keep them fit to serve the community in difficult times.

2. Mental wellbeing:

Initiatives have been taken by the institution to make students aware about the sound mental wellbeing to live a happy life.

- A counselling centre has been set up to provide counselling on mental wellbeing of the students of SDCW.
- Course on Soft Skill and Personality Development and Workshops and Seminars on soft skill and life skill have been arranged on regular basis. Such course and seminars are arranged with an aim to equip the students with confidence-building, personality development, stress-management etc.
- Talk on How to Deal with Examination Related Stress and Anxiety was organized.

- Counselling program on Soft Skills, career Planning and Opportunities on Higher Education was organized by the Department of Commerce.

3. Intellectual development:

The institution has created a vibrant academic environment to make the students grow academically and intellectually by developing critical thinking and logical understanding to make a brilliant career in future.

- Apart from Classroom teaching and interaction the students are allowed to participate in Group Discussion, Seminar presentation, quizzing etc.

Efforts are on to provide additional benefits to the students by offering Certificate Course/Add on Course. The interdisciplinary nature of these additional course make student intellectually fertile.

- To enhance the learning experience the institution has a central library with 71889 no of books, 12 no of Journals, 13 daily and weekly Newspapers, 1,99,500 e-books from INFLIBNET, 6000+ e- journals from INFLIBNET and 6,00,000 e-books through NDL and digital facilities for students.
- Civil Services Study Centre was set up to provide reading materials and training from time to time.
- Field Study and Project work done by the students help in developing critical thinking and generating innovative ideas and building team spirit. Individual teachers use innovative practice to make the classes interesting and useful. All efforts are made to make the classes relevant to the present the society.

4. Moral, Ethical and Spiritual wellbeing:

The institution has taken care of to instil moral, ethical and spiritual values in students so that they go out with certain values which would help them to become good human beings and influence others. The various departments organize different activities on such topics to motivate them to become a complete being.

BEST PRACTICE 2:

COMMUNITY ENGAGEMENT FOR ENVIRONMENTAL SAFETY:

The college has encouraged the students and faculties to get engaged in community service to uplift the condition of the needy and underprivileged. Thus, the institution can make an impact on society being helpful and useful. With that purpose the College adopted a village, Nidhawala, 20 km away from the institution. The Institution has conducted a socio-economic survey in the village to map the status of the villagers to take some developmental measures.

COMMUNITY OUTREACH SERVICE AT ADAPTED VILLAGE AND COLLEGE

Awareness programme on health issues

NSS Unit has organized an Awareness Programme on Health and Hygiene in the adopted village to make them aware about the health issues and the preventive measures. Also organized NEET SURVEY in the adapted village to make aware the women's of the society.

The NSS team of SDCW in association with Youth Red Cross organized a health and safety camps for the college students. Department of NCC and NSS arranged a clean drive awareness programme in the local area with theme "clean village and green village" and Health check up camp is also organized.

Celebration of significant Days:

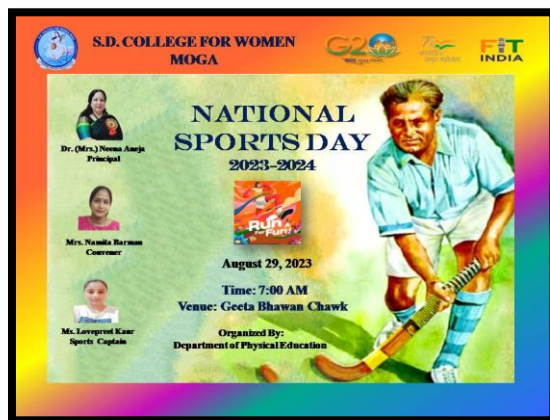
World Environment Day was celebrated in the college by planting trees and distributing saplings among local public. International Day of Girl Child was celebrated in the college campus make aware about the importance of girl child.

2. COMMUNITY SERVICE:

PLANTATION

The College organized a plantation drive at near locality park "Sahidi Park".

National Sports Day was celebrated by organizing “Run for Fun” from Geeta Bhawan Chawok to college gate. More than 50 students from various departments were participated in the activity.





Punjab Khel Mela (2023-24)

KHEDAN WATAN PUNJAB DIA 2023

PUNJAB KHEID MELA 2023

DEDICATED TO MAJOR DHYAN CHAND

Sr.	Event	Date
1	Inauguration	29-08-2023
2	Registration of Players (Block Level)	15-09-2023 to 20-09-2023
3	Registration of Players (District Level)	29-08-2023 to 10-09-2023
4	Registration of Players (State Level)	15-09-2023 to 20-09-2023
5	Dates of Block Level Tournament	01-09-2023 to 10-09-2023
6	Dates of District Level Tournament	16-09-2023 to 20-09-2023
7	Dates of State Level Tournament	01-10-2023 to 20-10-2023

Core Objectives

- Raising standard of sports
- Talent identification
- Promote the spirit of unity and communal harmony, among the citizens
- Connecting more people to sports
- Create a healthy and happy Punjab
- Competition Exposure

Identifying the Talent, Mentoring and Grooming the Talent for Competitions at National, Asian and Commonwealth Events

Aim

Create Healthy, Vibrant and Energetic Punjab.

Promoting Sports as Excellent Career Opportunity

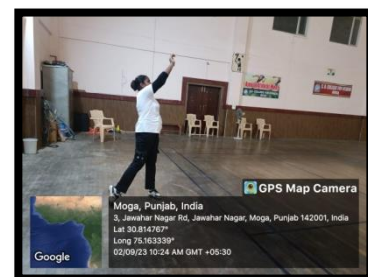
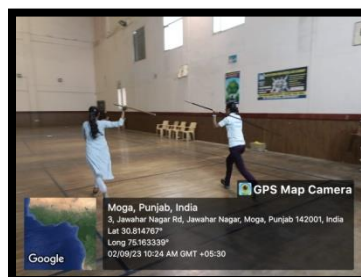
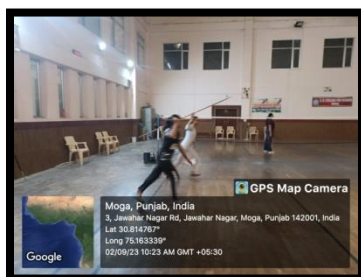
S.D. College for Women, Moga

For more details contact to
Department of Physical Education

Dr. Neena Aneja
Principal

Mrs. Namita Barman- 7814205480,
Mrs. Ramanpreet Kaur- 8283043592
Ms. Rajni - 9988727588

For Admission Contact- 01636-220174, 01636-221479



Block level Athletics Competition at Guru Nanak College Ground
(07/09/2023 to 09/09/2023)

No. of Participants: 25



District level Athletics Competition at S.S. Senior secondary School, Ghaloti, Moga.

1. 100mt: 2nd Position, Namita Barman, (selected for state meet)
2. 800mt.: Amandeep Kaur (1st position, selected for state meet)
2. Long jump: 1st position (Namita Barman, selected for state meet)
3. 1500mt: Amandeep Kaur (B.A 3rd) 1st position, selected for state meet
4. 5000mt: Pooja, BCA (1st position, selected for state meet)
5. Shot Put: Garima (1st position, selected for state meet)

Mrs. Namita Barman, Assistant Professor in Physical Education along with four students selected for State-meet which is going to be held at Jalandhar from 17/10/23 to 22/10/23.



BADMINTON: (26-09/2023 to 29/09/2023)

Competition held at Town Hall, Moga

1. Kanika Gupta, 3rd position U-21
2. Namita Barman (U-31 to 40)

Both of them were selected for State meets which is going to be held at Barnala from 10/10/23 to 15/10/23.



Chess: (26-09/2023 to 29/09/2023)

1. Simranjeet Kaur 3rd position U-21 to 30 and got selected for state level completion.
2. Rani from B.Voc (HAM) selected for state meet U-21 in Moga Chess Team.



District Basketball competition

Our Basket ball team grabbed gold medal in district level and selected for state level which will be held at PAU, Ludhiana on 10/10/23 to 15/10/23.

State Level Competition Under Khelo-Mela Punjab -2023

Moga Women's Badminton Team won Gold medal U- 31 to 40 age group, in state level competition under Khelo Watan Punjab Diya 2023 held at Barnala. Our college staff Mrs. Namita Barman, Assistant Professor in Physical Education was the member of the team.



Ms Kanika Gupta, a student of the Commerce Department won the Bronze Medal U-21 age group.



Our college basketball team participated in the state level basketball competition held at PAU, Ludhiana under khelo watan punjab diya 2023.

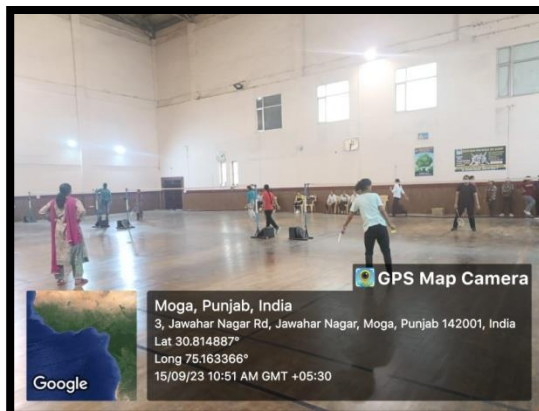




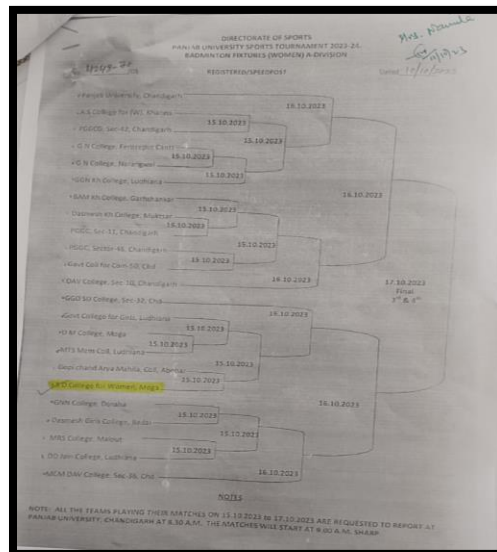
Intra- College Badminton (2023-24)

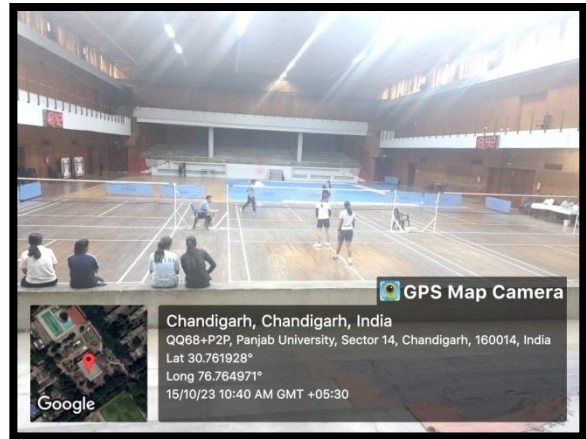
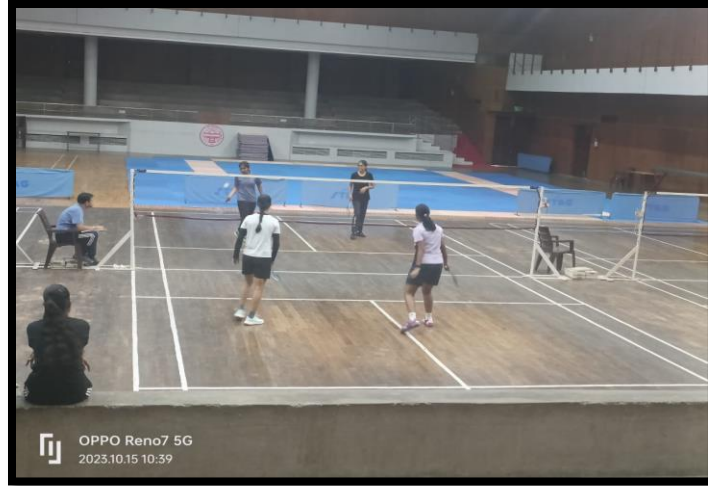
Intra-college badminton competition was organized by the department of physical education on September 15, 2023 in which 53 students from different departments participated and Ms. Kanika Gupta won the first position, Ms. Amandeep Kaur won the second position and Ms. Geetika Sharma won the third position in the competition.





INTER-COLLEGE BADMINTON COMPETITION

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INTER-COLLEGE CHESS COMPETITION

THE PROFORMA MUST BE SUBMITTED IN DUPLICATE

PANJAB UNIVERSITY SPORTS TOURNAMENT (English) Proforma

Game No. _____ Date: 12.10.2022

Player 1: _____ Player 2: _____

Result: _____

Signature of Referee: _____

Signature of Organizer: _____

Signature of Player 1: _____

Signature of Player 2: _____

Ph:01636-220174, 8146588783

S. D. College for Women

3, Jawahar Nagar, Moga-142001

Email- moga_sdcollge@yahoo.co.in

Date: 08/10/2022

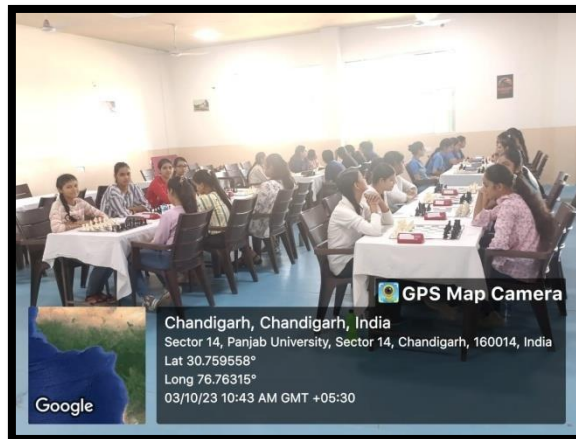
TO WHOM IT MAY CONCERN

It is to certify that Ms. Namita Barman, Assistant Professor in Physical Education and 5 students are hereby authorized to participate in the Inter College Chess Competition at Panjab University, Chandigarh on 12.10.2022 to 13.10.2022. The details of the students are as follows:

Name	Class	Roll No.
1. Gagandeep Kaur	B.A. 3 rd Sem	336
2. Serial	M.Com 1 st Sem	2062
3. Simran	M.Sc (IT)	3203
4. Nammy	B.A. 3 rd Sem	206
5. Tanishbir Kaur	B. Voc (PPQM) 1 st Sem	1609

Principal
S.D. College for Women
Moga

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2022/10/19 15:05



INTER-COLLEGE TABLE-TENNIS COMPETITION

THE PROFORMA MUST BE SUBMITTED IN DUPLICATE
PUNJAB UNIVERSITY SPORTS TOURNAMENT (Eligibility Form)

Form No. 10-10-2023
Date: 27/9/2023

Team Name: PUNJAB UNIVERSITY CHANDIGARH
Team Leader: Dr. J.S. Bhatia
Team Captain: Dr. J.S. Bhatia

Team Members:

No.	Name	Age	Gender	Position	Signature
1	Dr. J.S. Bhatia	45	Male	Team Leader	
2	Dr. J.S. Bhatia	45	Male	Team Captain	
3	Dr. J.S. Bhatia	45	Male	Team Member	
4	Dr. J.S. Bhatia	45	Male	Team Member	
5	Dr. J.S. Bhatia	45	Male	Team Member	
6	Dr. J.S. Bhatia	45	Male	Team Member	
7	Dr. J.S. Bhatia	45	Male	Team Member	
8	Dr. J.S. Bhatia	45	Male	Team Member	
9	Dr. J.S. Bhatia	45	Male	Team Member	
10	Dr. J.S. Bhatia	45	Male	Team Member	
11	Dr. J.S. Bhatia	45	Male	Team Member	
12	Dr. J.S. Bhatia	45	Male	Team Member	
13	Dr. J.S. Bhatia	45	Male	Team Member	
14	Dr. J.S. Bhatia	45	Male	Team Member	
15	Dr. J.S. Bhatia	45	Male	Team Member	
16	Dr. J.S. Bhatia	45	Male	Team Member	
17	Dr. J.S. Bhatia	45	Male	Team Member	
18	Dr. J.S. Bhatia	45	Male	Team Member	
19	Dr. J.S. Bhatia	45	Male	Team Member	
20	Dr. J.S. Bhatia	45	Male	Team Member	

Signature of Team Leader: Dr. J.S. Bhatia
Signature of Team Captain: Dr. J.S. Bhatia

DIRECTORATE OF SPORTS
PUNJAB UNIVERSITY CHANDIGARH
TABLE-TENNIS FIXTURES (WOMEN) A-DIVISION 2023-24

No. 249-78/01 REGISTERED/SPEED POST Dated: 27/9/2023

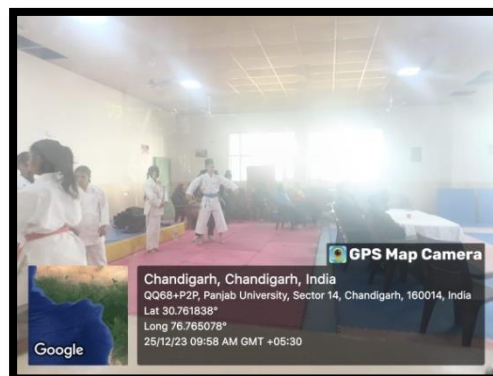
Team	Date	Time	Venue
Punjab University, Chd. (H)	10.10.2023	10.00 AM	P.U. Gymnasium Hall
Guru Nanak Coll., Ferozepur	09.10.2023	10.00 AM	P.U. Gymnasium Hall
Govt. Coll. Comm. Sec. 50, Chd.	10.10.2023	10.00 AM	P.U. Gymnasium Hall
P.G. Govt College for Girls, Sec-43, Chd.	09.10.2023	10.00 AM	P.U. Gymnasium Hall
Daimesh Kh College, Muktsar	10.10.2023	10.00 AM	P.U. Gymnasium Hall
MCM DAV, Sec-36, Chd (IV)	10.10.2023	10.00 AM	P.U. Gymnasium Hall
A.S. College, Khanna (III)	10.10.2023	10.00 AM	P.U. Gymnasium Hall
Gopi Chand Arya Mahila Coll., Abotah	09.10.2023	10.00 AM	P.U. Gymnasium Hall
P.G. Govt College, Sec-13, Chd.	10.10.2023	10.00 AM	P.U. Gymnasium Hall
S.D. College for Women, Moga	10.10.2023	10.00 AM	P.U. Gymnasium Hall
G.D. S.D. College, Sec-32, Chd (W)	10.10.2023	10.00 AM	P.U. Gymnasium Hall

NOTE: Teams playing matches on 09.10.2023 to 11.10.2023 are required to report at 9.30 a.m. at P.U. Gymnasium Hall. The Matches will start at 10.00 a.m. sharp.

- All the matches will be played at P.U. Gymnasium Hall on the date/s mentioned against each.
- Teams shall bring their own Table-Tennis Balls of Stag Premium, Plastic Ball brand/make and T.T. Bat.
- Teams are required to report at the venue of the competition at least 30 minutes before the start of the match.



INTER-COLLEGE KARATE COMPETITION



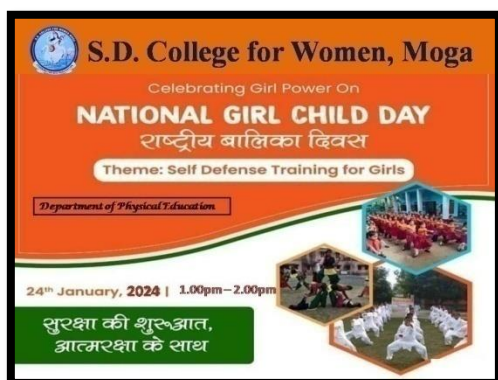
National Girl Child Day (24/01/2024)

Theme: Self-Defense Training for Girls (Karate)

And Selfiewithmom#selfiewithdaughter#

Total no. of students: More than 50

Expert: Ms. Lovepreet Kaur, B.A 3rd year



Ms Priya and Ms Smile won 1st and 2nd position in Badminton and race competition organised by Aggarwal Samaj Women Cell on Sports Day- 4th Feb 2024.



One week Workshop on Yoga (Suryanamaskar)

Date: 11/03/24 to 16/03/24

Total participants: 30



1st Day:



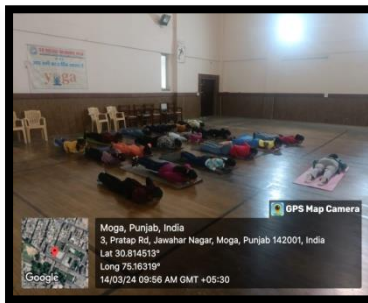
2nd Day:



3rd Day:



4th Day:



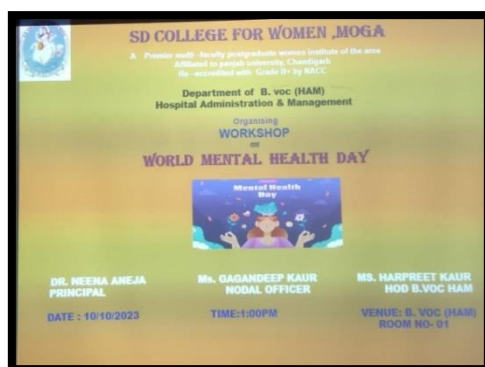
5th Day:



6th Day



World Mental Health Day(10/10/2023)



21. Lohri (13/01/2024)

ਐਸ. ਡੀ. ਕਾਲਜ ਵਿਖੇ ਲੋਹਰੀ ਦਾ ਤਿਉਹਾਰ ਮਨਾਇਆ ਗਿਆ

ਮੋਗਾ, 13 ਜਨਵਰੀ (ਅਮਰਜੋਤ ਆਨ) : ਐਸ. ਡੀ. ਕਾਲਜ ਭਾਰ ਚੋਲਨ ਮੇਲਾ ਵਿਖੇ ਲੋਹਰੀ ਦਾ ਤਿਉਹਾਰ ਮਨਾਇਆ ਗਿਆ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਨੀਨਾ ਅਨੰਜਾ ਨੇ ਸਮੂਹ ਸਟਾਫ਼ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸ਼ੁਭਕਾੰਨਿਆਂ ਦਿੱਤੀਆਂ। ਪੰਜਾਬੀ ਲੋਹਰੀ ਦੇ ਪਰੰਪਰਾਗਤ ਰਸਤੇ 'ਤੇ ਲੋਹਰੀ ਮਨਾਈ ਗਈ। ਪੰਜਾਬੀ ਲੋਹਰੀ ਦੇ ਪਰੰਪਰਾਗਤ ਰਸਤੇ 'ਤੇ ਲੋਹਰੀ ਮਨਾਈ ਗਈ।

ਪੰਤੋਂ ਹੋਰ ਸਿੱਖ ਕਾਲਜ 'ਚ ਮਨਾਈ ਲੋਹਰੀ

ਰੋਜ਼ਾਨਾ ਸਪੋਕਸਮੈਨ
RozanaSpokesman.com

Moga, Punjab, India
3, Pratap Rd, Jawahar Nagar, Moga, Punjab 142001, India
Lat 30.814722°
Long 75.163276°
13/01/24 01:18 PM GMT +05:30

Google

22. Makarshankranti (15/01/2024)

Moga, Punjab, India
3, Pratap Rd, Jawahar Nagar, Moga, Punjab 142001, India
Lat 30.814722°
Long 75.163276°
15/01/24 09:40 AM GMT +05:30

Google

ਮਕਰ ਸੰਕ੍ਰਾਂਤੀ ਮੌਕੇ ਗਾਇਤਰੀ ਮੰਤਰ ਦਾ ਜਾਪ ਕਰਵਾਇਆ

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23. Gurupurb (16/01/2024)

ਦੈਨਿਕ ਸਵੇਰਾ
ਟਾਈਮਲ

ਐਸ. ਡੀ. ਕਾਲਜ ਮੇਂ ਸ਼੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦੇ ਪ੍ਰਕਾਸ਼ ਪਰਵ ਪਾਠ ਕਰਵਾਯਾ

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ਸ਼੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦੇ ਪ੍ਰਕਾਸ਼ ਪਰਵ ਪਾਠ ਕਰਵਾਯਾ

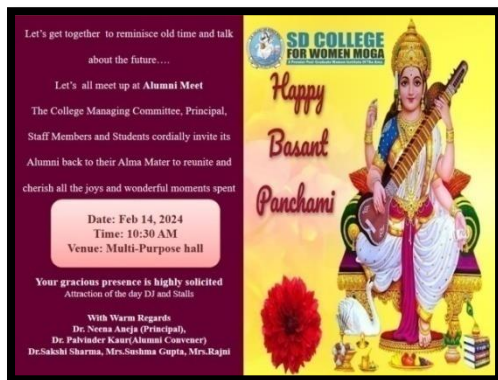
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RozanaSpokesman.com

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ਮੋਗਾ, 16 ਜਨਵਰੀ (ਅਮਰਜੋਤ ਆਨ) : ਐਸ. ਡੀ. ਕਾਲਜ ਭਾਰ ਚੋਲਨ ਮੇਲਾ ਵਿਖੇ ਲੋਹਰੀ ਦਾ ਤਿਉਹਾਰ ਮਨਾਇਆ ਗਿਆ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਨੀਨਾ ਅਨੰਜਾ ਨੇ ਸਮੂਹ ਸਟਾਫ਼ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸ਼ੁਭਕਾੰਨਿਆਂ ਦਿੱਤੀਆਂ। ਪੰਜਾਬੀ ਲੋਹਰੀ ਦੇ ਪਰੰਪਰਾਗਤ ਰਸਤੇ 'ਤੇ ਲੋਹਰੀ ਮਨਾਈ ਗਈ। ਪੰਜਾਬੀ ਲੋਹਰੀ ਦੇ ਪਰੰਪਰਾਗਤ ਰਸਤੇ 'ਤੇ ਲੋਹਰੀ ਮਨਾਈ ਗਈ।

ਰੋਜ਼ਾਨਾ ਸਪੋਕਸਮੈਨ
RozanaSpokesman.com

29. Basant Panchmi (14/02/24)



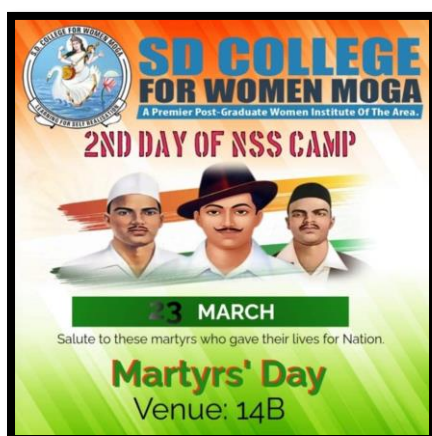
31. Industrial Visit (02/02/2024)



**32. Visit to Gomti Thapar Hospital, Moga as a part of their curriculum.
(04/03/2024)**



36. Martyr's Day (23/03/2024)



GROUP DISCUSSION

Group discussions promote a deeper understanding of a topic and increase long-term retention, also it help to increase participants' attention and help maintain their focus by involving them in the learning process. It allows students to share their views and opinions freely. They also provide opportunities for students to interact with each other and gain knowledge from each other.

Topic: “How to organize/ conduct an Intramural or Extramural Competition”.

Total no. of participants: 20

Class: B.A. 3rd Year

Date: 17/08/2023 Time: 10.30AM- 11.15AM



B.A 2ND YEAR

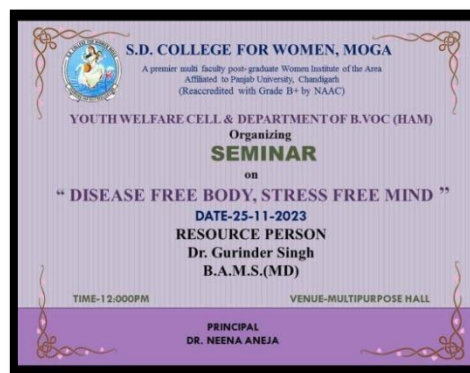
TOPIC: PERSONALITY

TOTAL NO OF STUDENTS: 15

DATE: 25/08/2023



SEMINAR ON DISEASE FREE BODY STRESSES FREE MIND



ONE DAY LONG BAZAR BY SELF HELPED STUDENTS GROUP OF COLLEGE

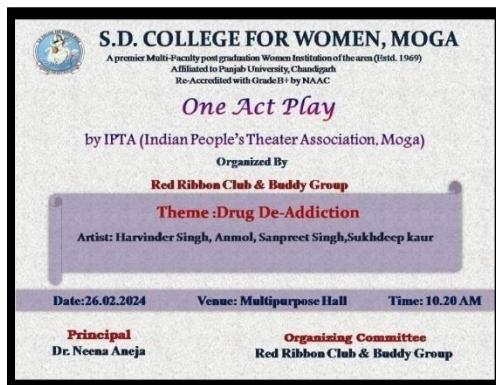


OUTDOOR ACTIVITY PARTICIPATED BY COLLEGE STUDENTS IN PUNJABI MATRA- BHASA





ONE ACT PLAY BY COLLEGE STUDENTS (NUKKAR NATAK)



INDUSTRIAL VISIT



Students Counseling





NCC AND NSS ACTIVITIES





Save Water Day



Seven Days & Nights Special NSS Camp

22 March 2024 to 28 March 2024

Day 1st of Seven Days Special NSS Camp 22 Mar. 2024 to 28 Mar. 2024



Day 5th of Seven Days Special NSS Camp 22 Mar. 2024 to 28 Mar. 2024



One Day NSS camp



Day 4th of Seven Days Special NSS Camp 22 Mar. 2024 to 28 Mar. 2024



Day 6th of Seven Days Special NSS Camp 22 Mar. 2024 to 28 Mar. 2024



