

<mark>A NEWSLETTER OF SCD GOVT COLLEGE, LUDHIANA</mark>

Dear students

It gives me immense pleasure to invite you all to take a peep into the heart of the college. Ours is a sterling institute that has reached the momentous milestone of a glorious centennial existence. It is a moment of pride for all SCDians. Our motto **Dare to Be True** has since committed itself to live unto its professed claim. It is now all set to create new trails of success stories and to



achieve new landmarks in the coming century. The world today is reshaping itself at an unprecedented pace with technology and global outlook taking the driving seat. In the current status quo, our college fully acknowledges its responsibility as the leading beacon of light in the field of education and thus is fully committed to undertake the best practices of pedagogy. For this, it intends to adopt proactive means to foster analytical thinking and multicultural orientation – both the premium qualities much needed today to ensure holistic development of a child. I fully uphold the view that there are two lasting bequests we can hope to give our children. One of these is roots and the other is wings! If parents can ensure children to be strongly rooted to their culture and values, we at SCD are fully committed to provide them wings which will enable them to soar high in life. I believe that education is a collaborative effort that involves not only professional administrators and committed teachers but also motivated students. Socrates' dictum, "Education is kindling of a flame, not the filling of a vessel," will be our motto in all our future endeavours to impart education, and no stone will be left unturned to achieve this goal.

> Dr. Dharam Singh Sandhu Principal

CAMPUS BUZZ

151st Birth Anniversary of Mahatama Gandhi Celebrated :

The college commemorated Bapu Gandhi's 151st birth anniversary by organising a tree plantation drive along with various competitions like online quiz, poster/sketch/collage making. Twenty two students participated in the online quiz. The participants were quizzed on very interesting and unknown facets of Gandhi ji's life and times. Volunteers planted trees near their homes and went on a plog run (where they picked up wrappers and other material thrown on the streets while going for a run). Students also submitted digital and hand-made posters for the competition.

An Online Oath Taking Ceremony to Fight against the Pandemic:

In compliance with the order of Government of Punjab, the college organized an oath taking ceremony to fight against the pandemic on 8th October, 2020. The students as well as teachers undertook an oath to be vigilant about the risk to themselves and their colleagues from Covid-19. They promised to take all necessary precautions to prevent the spread of this deadly virus.

Sahir Ludhianvi - Our Legendary Alumnus Commemorated:

On October 25, 2020 the alumni of the college gave a tribute to its legendry alumnus on his death anniversary. Led by Principal Dharam Singh Sandhu, some college teachers and alumni paid floral tribute to the

poet's stone memorial in the college. Randhir Kanwal (from Dhawani Musicals) reiterated Sahir's message in his hit song "Saathi haath brahaana, Saaathi re". Alumni Coordinator Brij Bhushan Goyal quoted the poet's couplets against war hysteria and communal hatred. Principal Dr. Sandhu informed that the college has earmarked a separate spot for books



written by Sahir and also written on him. Besides, the college also books maintains a botanical rose garden in the poet's name.

400th Birth Anniversary of Shri Guru Teg Bahadur Ji Celebrated:

In continuation of celebrations to mark the 400th birth anniversary of Shri Guru Teg Bahadur Ji, an essay writing competition and a poetical symposium was organised on 23rd November, 2020. Principal Dr. Dharam Singh Sandhu motivated the volunteers to learn from the teachings of Shri Guru Teg Bahadur ji. Essay writing competition was organized on the topic "Shri Guru Teg Bahadur - Hind Di Chadar." More than 25 students participated in this competition. The poetical symposium was held online on the theme "Teachings and Principles of Shri Guru Teg Bahadur Ji." Prof. Iradeep also recited a self-composed poem on the Guru's life.

State Level Seminar on Opportunities and Beneficial Schemes Held:

A state level online seminar was organised to make the youth of Punjab aware about the various opportunities and beneficial schemes offered by the Government of Punjab. The online seminar was held on 27th November, 2020. Er. Sukhwinder Singh Bindra, Chairman, Punjab Youth Development Board, was the chief guest. The webinar was attended by 500 participants on the Zoom platform and more than 1200 participants connected through live YouTube streaming. S. Bindra in his address enlightened the students about *Rozgar Yojana* scheme and other plethora of opportunities and facilities that their department ensures to provide to youth in order to keep their energy positively channelized. An interactive session followed, in which student's questions were satisfactorily and relevantly answered by S. Bindra.

Lohri Celebrated with Fervour:

January 2021 witnessed Lohri celebration at the college campus which was all the more special because it marked the completion of 100 years of the college. Keeping the safety protocol of Covid-19 pandemic in mind, a

limited number of students and staff members were allowed to attend it. Principal Dr Dharam Singh Sandhu appreciated the cultural and heritage hallmark of the function and said that Covid-19 had taught us the new definition of a real hero and hoped that with vaccination, campuses would once again



come alive with the presence of our students. The function was organised by the NSS and Students' Council under the leadership of Prof. Geetanjali and Prof Sumeet.

Youth Welfare Seminar on Guru Teg Bahadar ji:

To commemorate 400 years of Guru Teg Bahadur Ji's Parkash Purab, the college in collaboration with Youth Welfare Dept, PU Chandigarh, organized an online seminar on the bani and teachings of Shri Guru Teg Bahadur Ji on 22nd January, 2021. Dr. Nirmal Jaura delivered the opening address and introduced the chief speakers Dr.H.S.Bedi, Chancellor, Himachal Pradesh Central University, Dr. Maninder Singh, keynote speaker, along with Prof. Sanjay Kaushik and Prof. Karamjit Singh. Principal Dr. Dharam Singh Sandhu welcomed the speakers and all those who had joined. He said that Shri Guru Teg Bahadur Ji's teachings are most relevant in current situation. Prof. Raj Kumar, Vice Chancellor PU Chandigarh said that we should organize such seminars more often. Dr Manjinder Singh spoke about the philosophy of Guru Teg Bahadur ji which recognizes all religions as equal.

Inauguration of Centenary Memorial:

Aptly named **The Hundredth Milestone**, the centenary landmark, was inaugurated on 15th February, 2021 to commemorate 100 years of inception of SCD Government College, Ludhiana by Sh. Varinder Kumar Sharma, IAS, Deputy Commissioner, Ludhiana. The landmark has been installed in collaboration with Sh Vishwa Jain's Kangaro Industries Pvt. Ltd. The function was a humble attempt to pay tribute to the rich legacy that we have been endowed with in the past hundred years.

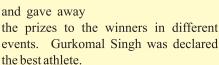
101st Annual Athletic Meet Held:

The 101st Annual Athletic Meet of the college was organised on 5th

March, 2021. Er Sukhwinder Singh Bindra, Chairman, Youth Development Board, Government of Punjab, declared the meet open. In the afternoon session Prof. Kulwant Singh, Head of the Department of Physical Education, read the annual report, highlighting the achievements of the players of the college in national and international competitions. Captain Sandeep Sandhu, Political Advisor to the CM,



presided over the function in the afternoon and gave away



International Women's Day:

International Women's Day was celebrated in the college on March 8, 2021. Principal Dr Dharam Singh Sandhu recounted the names of various Indian women who brought laurels to the nation in their respective fields. Chief Guest, Mr. Pradeep Sabharwal, Commissioner, Municipal Corporation, Ludhiana announced the installation of 60 sanitary napkin vending machines at various key points in the city as a gift to female Ludhianvis. Anmol, a student of BSc, and Shilpa, a student of MA Eco, presented a speech and a poem respectively, on women empowerment.

"Dastan-e-Ludhiana" Released:

A book on the history of Ludhiana entitled "Dastaan-e-Ludhiana," written by Mohd. Osman Rahmani Ludhianvi, covering the period from 1847 to 1947 and the role of Ludhianvis in the freedom struggle of the nation, was released on 13th March, 2021. Cabinet Minister Sh Bharat Bhushan Ashu presided over the function. Mayor S Balkar Singh Sandhu, Head Granthi of Gurdwara Dukhnivaran Sahib, S Pritpal Singh and Shahi Imam of Jama Masjid, Ludhiana, Mohd. Habibur Rahman, nephew of S Bhagat Singh, S Abhey Singh Sandhu and other eminent personalities were warmly welcomed by the Principal Dr Dharam Singh Sandhu.

Poet Darbar and National Seminar Organised:

Saluting the martyrdom of Shaheed Bhagat Singh, Rajguru and Sukhdev, the Youth Welfare Department of Panjab University Chandigarh, Punjab Commerce and Management Association and Satish Chandar Dhawan Government College, Ludhiana, joined hands to organise an international

seminar and poet darbar on 23rd March, 2021. The keynote speech at this virtual occasion was given by Padam Shri Dr. Surjit Paatar, Chairman Punjab Kala Parishad. Dr. Karamjit Singh, Vice Chancellor Jagat Guru Nanak Dev Punjab State Open University Patiala, joined as the chief guest. Apart from them about twentyfive famous poets from all over the world paid tributes to the martyrs.

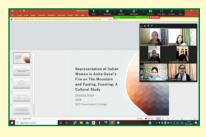
DEPARTMENTAL & OTHER ACTIVITIES

Department of English:

A Literary Quiz was organised by the Department of English on 9th

February, 2021. The participants of teams going by the names, *Elizabethans, Augustans, Victorians*, and *Moderns* had to undergo brainstorming sessions from Literary Theories to the Booker Prize winners of today in addition to specific rounds catering to the participants'





proficiency in grammar, vocabulary and visual arts. Dissertation presentations of the students of MA Sem III were also held in the month of January 2021. On this occasion, around thirty students displayed their research

acumen. Two best students were felicitated by the department for their scholarly presentations. Members of the English Literary Council were also felicitated by the head of the department and Principal Dr Sandhu for their contribution in spearheading the work of the department throughout the year.



Department of Business Innovations:

Department of Business Innovations celebrated National Commerce Day on Nov 10, 2020 in collaboration with Punjab Commerce and Management Association. Dr Raghavendra P. Tiwari was the chief guest. Inaugural address was made by Rd. S.C. Vaidya (Ex-Chairman Panjab University Chandigarh). Valedictory address was given by Dr. Karamjit Singh (Vice Chancellor, Jagat Guru Nanak Dev University, Patiala). The function was presided over by Principal Dr Dharam Singh and supervised by Prof Dr Ashwani Bhalla.

Department of Economics:

Post Graduate Department of Economics organised virtual welcome on Nov 10, 2021 for new students of M.A Sem I. An online seminar on

discussion of new farm bills was conducted on 26th November by the Head of the Dept Dr Sajla, where students were made aware of the amendments in Farm Bills and their likely impact on economy. An online caption writing contest was held in the department on 17th January, 2021. An article writing competition was held on 19th January, 2021. An online poster making competition was held on 23rd



January, 2021. The Investiture Ceremony for new Council members was held on 12th March, 2021.

Department of Hindi:

The PG Department of Hindi celebrated the birth anniversary of eminent poet Sh Jai Shankar Prasad, the pillar of Chhayavaad (Neoromanticism) on 30th January, 2021. Students read the poet's compositions and discussed the relevance of his literature. The 43rd All India Nagari Lipi Sammelan was held by the PG Department of Hindi and Research Centre of the college in collaboration with the Nagari Lipi Parishad on 27th

March, 2021. Dr Premchand Patanjali, President of Nagari Lipi Parishad, presided over the inaugural session. The keynote speaker was Dr H S Bedi, Chancellor, Central University of Himachal Pradesh. The technical nuances were discussed by Sh Lalit Bhushan(NRKS, Ghaziabad). The concluding session of the program was conducted by popular literary personality Dr Vinod Babbar. 170th issue of the quarterly research journal Nagari Sangam was also released during the conference.

Students' Council:

The Students' Council was installed under the aegis of Dean, Student Welfare, Dr Sumeet Brar and Asst. Dean Lt. (Dr) Nitin Sood. The members comprise of the representatives of various societies and toppers from all streams/departments. It is a structured partnership of teachers, students and



management which helps in running the college smoothly.

NSS Unit:

National Blood Donation Day was celebrated by the NSS Unit of the college on 1st Oct, 2020. Students were motivated for blood donation through the creative medium of slogan writing, rangoli making and card making on the theme of "Donate Blood". The aim was to spread the message of "Donate a Drop, Create a Smile."

Vigilance Awareness Week was celebrated by the NSS Wing from 27th Oct to 2nd Nov, 2020. Various competitions in the categories of essay writing, poster making and declamation under the theme 'Satark Bharat, Samriddh Bharat' were organized. Nearly 50 volunteers participated in numerous activities. In line with the government's initiatives to wean

small and marginal farmers away from stubble burning, all the students who belong to rural areas visited their nearby farms or fields on 21st October and 22nd October, 2020. They talked to farmers regarding this issue and convinced them not to burn stubble. In compliance with Government of Punjab's order, the NSS unit of the college organised an



oath taking ceremony to celebrate **Rashtriya Ekta Divas** in commemoration of the birth anniversary of Sardar Vallabhbhai Patel on 31st October, 2020. Nearly 50 NSS volunteers participated. Creative activities like poster making competition and power point presentations were also organized. NSS team created a **medicinal plant garden** near the botanical garden premises in the college on 8th Nov, 2020. Plants like Amla, Bahera, Tulsi, Moringa were planted. An essay writing competition was organized on 10th Nov, 2020 on the topic "Guru Teg Bahadur—Hind di Chadar."

NSS unit celebrated National Education Day on 11th Nov, 2020 in the

college premises by organizing a declamation contest on the topic "Girls' Education - A Lifeline to Development". The volunteers also organized a *Book Donation Camp*. Nearly 50 books were collected which have been donated to the library so that they are available to the needy students as and when required.



An online webinar on **Personality Development** was organised in collaboration with Youth for Global Peace and Transformation on 27th

December, 2020. The guest speaker Anuradha Bhatkar spoke about the ways to achieve inner peace. Nearly 120 volunteers participated in the hour-long session. NSS Unit of the college participated in a **ten-day long campaign** from 29th December, 2020 to 7th January, 2021 to aware people against throwing garbage into the **Buddha Dariya** alongside six other colleges in collaboration with the Municipal



Corporation, Ludhiana. The volunteers visited nearly 400 houses door to

door, discouraging people from throwing solid waste into the Dariya. They also created awareness regarding effective solid waste disposal management.

Red Ribbon Club:

Red Ribbon Club organised an online poster making competition on 25th Nov, 2020. The topics of this competition were AIDS and Corona. Over 40 volunteers participated. An essay writing competition was also organised on 8th Feb, 2021, the topics of which were AIDS, Myth vs Reality, Menace of Drugs and Problem of Directionless Youth. Thirty five students participated in this competition.

NCCArmy Wing:

In the training year 2020-21, cadets of NCC (Army Wing) attended the mandatory Annual Training Camp organised by 3rd Punjab NCC Battalion Ludhiana at GNE College Ludhiana. Twenty eight cadets from appeared for BEE Certificate Exam and twenty five cadets appeared for CEE Certificate Exam held in March 2021. Besides, these cadets also participated in various online activities organised by the Battalion under the dynamic leadership of CO Col B S Pundir.

NCCAir Wing:

On 25th Dec, 2020 a tree plantation drive was organised by NCC Airwing cadets at various places in the city. From 26th Dec, 2020 to 5th Jan, 2021, thirty seven cadets participated in Punjab State Government Project of Cleaning up Buddha Dariya. On 9th Jan, 2021, three NCC cadets participated in national level digital forum organized by TN NCC directorate. Almost forty NCC cadets participated in Cyclothon on January 21, 2020. It was organised by the Sports Authority of India. From 25th Jan, 2021 to 30th Jan, 2021, six cadets participated in Ek Bharat Shreshth Bharat (EBSB) phase 5 online camp organised by 4 (TN) BN NCC, Coimbatore Chennai. Further from 24th Feb, 2021 to 28th Feb, 2021, nearly thirty five cadets attended Annual Training Camp organised by No. 4 PB Air Sqn. NCC.

ACHIEVEMENTS OF STAFF

Prof Nitin Sood got commissioned as a Lieutenant. He underwent a rigorous pre-commission course from 14 Sept, 2020 to 12 Dec, 2020 at NCC Officers Training Academy, Kamptee, Nagpur (Maharashtra).



Dhuni Vigyan ate Punjabi Dhuni Viyunt, a book dealing with scientific nuances of Punjabi language, was published by **Prof Mandeep Singh**.



OFFICIAL RELEASES

Coffee Table Book Released: A Coffee Table Book, 100 Years of Nation Building – SCD Government College Ludhiana, was released on March 26, 2021. The book beautifully and comprehensively deals with the hundred-year journey of the college since its inception in 1920.

Magazine and Newsletter Released: The college newsletter Youthquake and the college magazine Sutlej were released on March 25, 2021.

Centenary Documentary on College Released: A short documentary on the college was released on March 25, 2021. It is a part of the centenary celebrations of the college and it endeavours to capture the heartbeat of the college by displaying glimpses of the college, its staff, its students and their achievements.

RETIREMENT

March 31st, 2021 marked the retirement of our beloved **Principal Dr Dharam Singh Sandhu** who has served this college with dedication since 2014. During the seven years of his tenure, the college progressed at an unprecedented pace and laid many new milestones in educational and cultural fields alike. The college will always remember his contribution and follow his guidelines in its forward march towards another successful century. We, the members of SCD family, congratulate him and wish the very best for the new innings of his life.

प्रिंसीपल डॉ. धर्म सिंह संधु हुए सेवानिवृत्त

Coffee table book on 100 yrs of SCD Govt College released

A Coffee Table Book '100
Years of Nation-BuildingSCD Government College.
Ludhiana' was released
today by Dr Karmjit Singh.
Vice-Chancellor, Jagat Guru
Nanak Park nancellor, Nanak Dev Pr Open University Dr Hand



ਲਿਸ਼ਕਾਰਾ ਟਾਈਮਜ਼ 24-12 ਪੋਸਟ ਗਰੈਜੂਏਟ ਵਿਭਾਗ ਅਤੇ ਖੋਜ ਕੇਂਦਰ ਐਸ ਸੀ ਡੀ ਸਰਕਾਰੀ ਕਾਲਜ ਦੇ ਐੱਮ ਏ ਹਿੰਦੀ ਦੇ ਚੌਥੇ ਸਮੈਸਟਰ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਮਾਰੀਆਂ ਮੱਲ 'पैनल डिस्कथन में एस.सी.डी. कॉलेज वे अभित व सौरव नैशनल लेवल के लिए वयनित

COLLEGE NOTES SCD COLLEGE STUDENTS GRAB TOP SPO

एससीडी कॉलेज के 10 से अधिक स्टूडेंट्स ने पास की युजीसी नेट



द्धियाग। एससीडी गवनंमेंट कॉलेज के 10 से अधिक स्टूडेंट्स नेट पास करने में सफल रहे। वे अब सहावक प्रोफेसर के रूप में प्राप्त करने और जुनियर सिसर्च फेलोशिप के लिए अनुदान प्राप्त लिए योग्य है। इकोनॉमिक्स डिपार्टमेंट से मुस्कान और जैसमीन, डिपार्टमेंट से जसप्रीत कौर (जेआएफ), प्रियंका चावाला (युजं भावना सचदेवा (जेआरफ), भूगोल डिपार्टमेंट से तनु और (युजीसी नेट) पास किया है। इसी प्रकार जीवनजोत कौर और विज ने हिन्दी में नेट परीक्षा पास की। प्रिंसिफल डॉ. धर्म सिंह स स्टूडेंट्स को कहा कि इन स्टूडेंट्स ने कॉलेज की शताब्दी के स्ट इतिहास में कुछ और सुनहरे एके जोड़ दिए। हिंदी विभाग के अध डॉ. अश्वनी भल्ला ने भी बधाई दी।

एस.सी.डी. कालेज में ऑनलाइन ४३ं<mark>व आखल</mark> भारतीय नागरी लिपि सम्मेलन का आयोजन



तृनिवर्सिटी का प्रतिनाधन व जीता फर्स्ट स्नरअप खिताब



ਐੱਸ.ਸੀ.ਡੀ. ਕਾਲਜ ਦੇ ਪਰਾਣੇ ਵਿਦਿਆਰਥੀ ਸ਼ਹੀਦ ਮੇਜਰ

ਸ਼ਿਵਦੇਵ ਸਿੰਘ ਸਿੱਧੂ ਤੇ ਕੈਪਟਨ ਵਿਜੈ ਸਹਿਗਲ ਨੂੰ ਸ਼ਰਧਾਂਜਲੀ ਭੇਟ





शाटपुट में मनदीप व जंप में तुषार ने मारी बाजी

विद्यार्थियों को सुरक्षित ड्राइविंग के बारे में किया जागरूक



Remembering Vivekananda on National Youth Day



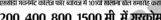
Remembering 'father' of SCD Govt College on its centenary year





सीडी गवर्नमेंट कॉलेज फॉर ब्वॉयज में 101वां सालाना खेल समारोह

200, 400, 800, 1500 मी. में गुरकोमल ने जीता गोल्ड, बेस्ट एथलीट भी चुने गए





'एस.सी.डी. कॉलेज में मनाया सडक सुरक्षा सप्ताह'

लुधियाना, 5 प (विक्की) : एस.स् सरकारी कॉलेज एस.एस. इकाई द्वार नेज में सड़क सुरक्ष



ਸਤੀਸ਼ ਚੰਦਰ ਧਵਨ ਕਾਲਜ 'ਚ ਵਿਸ਼ਵ ਰੰਗਮੰਚ ਦਿਵਸ ਮਨਾਇਆ

एन.एम.एस. इकाई द्वारा कार्लन में सड़क सुरक्षा सप्ताह मनाया। छात्रों ने अप*ध प्रहण करते हुए किंतन स्टाफ और विद्यार्था।* सड़क सुरक्षा और सुरक्षित हुए क्यार्थन करते हुए करिन स्टाफ और विद्यार्था। कार्लन प्रसिद्ध में लोगों को प्रेरित करने के लिए एक रैली में भाग लिया। कॉलेज परिसर में एक पोस्टर प्रदर्शनी के आयोजन किया के साथ-साथ एक 'सड़क सुरक्षा उपाय' दीवाय बनाई गई । धीस्टर मेकिंग प्रतियोगिता के विजेताओं को विशेष सम्मान रेते हुए सम्मानित किया गया। पन, एस. सालटियर हिशाम ने सड़क सुरक्षा और सुरक्षित डाइविंग के लिए सभी को शपथ दिलाई। प्रिंसीएल डॉ. धर्म सिंह संधु ने छात्रों को सुरक्षित डाइविंग और सड़क सुरक्षा के लिए भी निर्देशित किया।





GEMS OF SCD



SANYA BEHL UGC NET (English)



TANII UGC NET (Geography)



KAMALPREET SINGH UGC NET (Geography)



JASMINE UGC NET (Economics)



MUSKAN **UGC NET (Economics)**



PARUL SOOD UGC NET (M.Com)



PRIYANKA CHAWLA UGC NET (M.Com)



BHAWNA SACHDEVA M.Com (Sem IV) JRF



JASPREET KAUR M.Com (Sem IV) **JRF**



PRABHJOT KAUR M.A. English (Sem IV) 6th in University



DEEPAK KUMAR M.A. English (Sem IV) 8th in University



VASUDHA GUPTA M.A. English (Sem IV) 10th in University



AYUSHI TYAGI M.A. Geography (Sem II) 1st in University



RAHUL KUMAR M.A. Hindi (Sem II) 1st in University



SUMAN M.A. Hindi (Sem II) 2nd in University



HEENA M.A. Hindi (Sem II) 3rd in University



YACHNA SHARMA M.A. Hindi (Sem IV) 1st in University



RINKU KUMARI M.A. Hindi (Sem IV) 2nd in University



RAJAT SETHI M.A. Hindi (Sem IV) 7th in University



TANVI KAURA M.A. Economics (Sem IV) 2nd in University



SAKSHI SHARMA 3rd in University



RISHIKA SHARMA M.A. Economics (Sem IV) M.A. Economics (Sem IV) 4th in University



GOLDI BHAGAT M.A. Economics (Sem IV) 4th in University



POONAM RANI M.A. Economics (Sem IV) 10th in University



NAMYA JAIN M.Com (Sem IV) 3rd in University



AMIT SHARMA 3rd Prize in Panel Discussion **National Youth Festival** 2021



ANMOL SHARMA 2nd Prize in AC Bali **Declamation Contest** PU Chandigarh



GOBIND PAL 1st Prize in Inter College **Essay Writing Competition** 2020



GURKOMAL S. GILL Best Athlete 101st Annual Athletic Meet



ARYAN SAINI 4X400m Silver Jr. Open State Competition



RAJVIR SINGH 200m Gold, 400m Silver, 4x400m Silver Jr Open State Athletic Meet



AJAY KUMAR 3000m Steeple Chase Gold, 4x400m Silver



HARPAL SINGH Silver medal in Triple Jump Jr. National, Gold in Triple Jump Sr. Open Punjab, Silver in Long Jump Sr. Open Punjab