



Sanatan Dharma College

AMBALA CANTT.HARYANA.



NAAC Accredited Grade 'A+' with CGPA 3.51 in the third cycle College with Potential for Excellence –UGC, New Delhi.

ABOUT SANATAN DHARMA COLLEGE

Our College is not only a unique educational institution of North India but also holds a pre-eminent position in the glorious past of this region. In 1916 the institution was set up in Lahore, under the dynamic leadership of Bharat Ratna Mahamana Madan Mohan Malviya ji, the backbone of Sanatan Dharma. After the partition of the country, the college was re-established in Ambala and the foundation stone of the building was laid by none other than India's first President Dr Rajender Prasad on 3 October 1951. Since then the college has witnessed the passage of great men and women through its portals. Eminent Statesmen like Dr.N N Vohra, Governor, J & K; Mrs.Sushma Swaraj, Minister of External Affairs; Sh.Anil Vij, Minister of Health & Sports, Haryana; Nobel Laureate and Nuclear Physicist, Dr. Abdus Salam; Numerous Doctors, Engineers and Academicians are a product of this institution which has withheld its traditional past while embracing the ideas of the Technological world.



**Centurial Quality
Education**



**UGC Approved
College**



**Affiliated to Kurukshetra
University, Kurukshetra**



**A+ Grade Accredited
with NAAC**

INFRASTRUCTURE

The college campus is situated on the Ambala-Jagadhri National highway and is spread in a sprawling area of 16 acres. Dr Rajender Prasad, the First President of India, laid the foundation stone of the college building in 1951. The college building is a mixture of traditional and modern architecture planned by Sh. Nand Kishore and supervised by Seth Moti Prasad ji. Over the years a number of structures have been added to the original building keeping in mind the need of the hour and the requirement of the students. Commerce and Home

Science Departments of the college were inaugurated on 4 April 1976 by the then Union

Minister for Health and Family Planning, Dr Karan Singh. Every year more classrooms, laboratories and other dimensions are added or modifications are done to the existing infrastructure. Later additions to the college include— P.G. Block, Seminar Halls, Laboratories for Department of Computer, Commerce & Electronic Block, Ground area with three stage areas for Cultural & Sports activities.



**EXPERIENCED &
HIGHLY QUALIFIED
FACULTIES**

**E- RESEARCH
RESOURCES WITH
RICH DIGITAL
LIBRARY OF BOOK
BANK FACILITY**

**MODERN
(22) LABORATORIES
WITH LATEST
TECHNOLOGY OF
AUDIO-VISUAL AIDS**

**INDOOR & OUTDOOR
SPORTS FACILITIES
SUPPORTED BY
EXPERIENCED
COACHES**

**POLLUTION FREE &
LUSH GREEN
AMBIENCE**

AUDITORIA

Wi-Fi CAMPUS

**SMART CLASS
ROOMS**

CCTV CAMERAS

SEMINAR HALLS

**NSS ROOM & NCC
ROOM**

SOLAR PANELS

PARKING FACILITY

**PLACEMENT CELL
ROOM**

HOME SCIENCE ASSOCIATION

Home Science is a unique field of knowledge. It is an interdisciplinary approach in synthesizing knowledge drawn from physical and biological sciences, social-sciences, arts and humanities has enriched its educational programmes. It caters to the present day needs of education in order to meet the rapidly changing demands of family life and the multiple roles that woman has to play in home as well professional life. The different areas of specialization also concentrate on providing suitable training to the students for various job opportunities. The trained graduates with rich experience and confidence are absorbed with the Government Organizations, International Agencies, NGOs, Food Industries, Hospitals, Textiles Industries, Restaurants Chains & Catering establishments, Health fitness clubs. They can also work as Teachers, Counsellors, Sales-managers, Apparel & Interior Designers, Entrepreneurs, Paramedical Consultants, Researchers and Field workers as Community Development Programme Officer. Thus, Home Science empowers woman personal, professional, social, entrepreneurial and economic fronts. The faculty comprises of highly qualified and experienced members, instrumental in imparting a high standard of education of its students. The faculty also participates in national and international conferences, seminars and workshops. They are also contributing in various technical and professional bodies related to Home Science.



In anticipation of the changing environment and also the changing skill sets of professionals in modern industries, the curriculum has been revised to make it more relevant, holistic, contextual, and specialized. The Home Science Association aims to prepare young girls into skilled human resources with rich moral and social values who can give their best for the national development.

MISSION

Provides scientifically planned, multi-dimensional, skill oriented, personality development courses which enable young girls to excel in areas of health, family care, community service and more importantly diverse career and professions in today's context.

- Provide education not only to acquire knowledge but also to inculcate a sound philosophy for holistic living.
- Educate young girls towards independence and equality by inculcating a sense of self-worth, integrity and purpose.
- Empower young girls to respond creatively and with a sense of responsibility to the contemporary needs of the society.
- Provide quality education and at the same time inculcate a spirit of service and dedication.

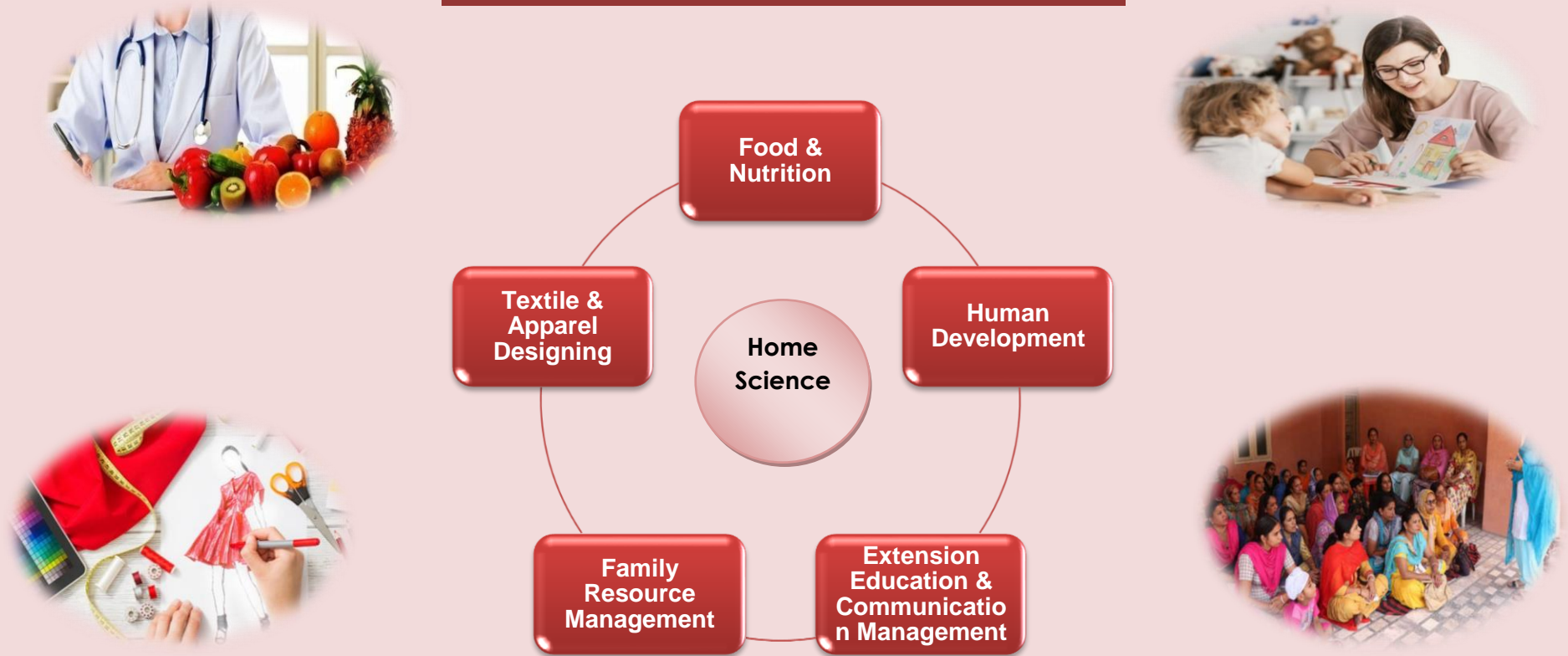


Our Strength

VISION

Train young girls to build up ideal families and motivate them to become agents of social change by stimulating their creative faculties, powers of reasoning and reflection.

CORE SUBJECTS & COURSE CONTENT



Home Science as an interdisciplinary field, it focuses on integrating relevant concepts from physical, biological, social, behavioral, agricultural and environmental sciences, encompassing essential elements for enriching individual, family and community life. It basically equips students/learners with scientific knowledge and skills needed to solve real life problems, develop entrepreneurial aptitude and ensure employability.





FOOD & NUTRITION

The Food & Nutrition subject endeavours to achieve excellence in teaching and research for outreach community, industry and institutions to ensure promotive health for all.

In the neoteric era of health & fitness with changing trends and vocationalization, there is increased awareness about health and lifestyle by prevention of several diseases with management. Foods & Nutrition subject lays emphasis on basic level to equip the students with latest skill set. The subject offer hundred percent self-employment and placement opportunities which cater to the present day demand of specialized expertise at all levels, viz. Regional, National, and at Global Level. The subject have been also diversified and updated to meet the emerging needs and challenges in the areas of Food and Nutrition. This has been achieved by giving emphasis to research, community work focusing on capacity building of various sections of population, seminars, internships, educational tours, conferences and workshops along with the course work.

Specialized courses in
sync with industry -
academia needs

Emphasizes
development of
entrepreneurial and
vocational skills

Energetic, Experienced, D
edicated
faculties, Members of
Board of studies of
Various Institutions

Focus on updating with
National and Global
issues and concerns

Practical exposure
through internships, field
visits, project work,
expert lectures,
demonstrations,
workshops and seminars

Moodle Learning
Management System
(LMS)

College Information
Management
System (CIMS)

Innovative and strong
practical base

Provides Affordable fees
structure

Career Opportunities & Placements

Private and Government Hospital

Private Clinic

Health and Fitness Centers

NGOs: Regional, National and International

Counsellors in Schools

Teaching profile in Schools and Colleges

Entrepreneurial Ventures

Hospitality and Tourism Industry

MNCs

Government Programs(ICDS,MDM etc)

Government Agencies(NIPCCD)

Catering Management Industry

Food Industry

Research and Academics



TEXTILE & APPAREL DESIGNING

The subject equips students with an understanding of design and technology in fabrics and apparel along with an appreciation of our rich textile heritage. Students undergo various design concepts with necessary proficiencies for a wide variety of careers with entrepreneurial skills and placements in apparel and textile industries.

Career Opportunities & Placements



▶ Textile & Consumer Designer

▶ Fashion Illustrators

▶ Quality Assessment Managers

▶ CAD Experts

▶ Retail Branch Managers

▶ Fashion Merchandisers

▶ Visual Merchandisers

▶ Production Assistants

▶ Academicians

▶ Entrepreneur(Self
Employment)Boutique Buisness or
Article Designer

HUMAN DEVELOPMENT & FAMILY RESOURCE MANAGEMENT

It is a multi disciplinary subject devoted to understanding the nature of human development across the life span in a culturally diverse, changing and complex world.

It focuses on contextual and systemic frameworks to the study of development and relationship processes through research, teaching and application. The students are engaged in learning about theories and principles of development, research methods, early childhood education and policy. A focus is placed on childhood and family life in Indian communities. Through intense practical knowledge and visits, the students are repeatedly sensitized to issues of diversity, disability and disadvantage so that they develop the capacity for working with children, adolescents and adults in diverse contexts. The curriculum is broad-based and interdisciplinary with a balance between classroom learning and field opportunities.

Career Opportunities & Placements

▶ Govt./private agencies/NGO working with young children, adolescents, women, elderly, social welfare, education and human development

▶ Creche/Day Care Centre

▶ Family Life Educators

▶ Elementary and Secondary Education

▶ Social Work

▶ Special Educators in schools & college

▶ In higher education As Academicians, Research Associates and Researchers.

▶ International & National Agencies like WHO, UNICEF, NIPCCD, ICCW, ICMR etc.

▶ Special Educators in Schools and Colleges

▶ Entrepreneurial Ventures



EXTENSION EDUCATION & COMMUNICATION MANAGEMENT

This subjects develops understandings and skills in culturally appropriate behavior change communication and extension strategies for promoting gender equity, social inclusion and sustainable development. Curriculum provides strong theoretical foundations and experiential learning to meet the existing market demands for trained professionals in participatory development processes and communication for sustainable change. It also create a holistic understanding between development issues, programme management, development of media and strategies for sustainable change. The students are trained in Behaviour Change Communication methodologies. They acquire professional skills in developing radio programmes and documentary films along with designing a wide range of print media. To create effective development practitioners, the key components of the curriculum are- advocacy for policy and behaviour change communication; design, monitoring and evaluation of development programmes and initiatives; and training and capacity building of different stakeholders involved in the development process.



Career Options & Several Career Opportunities are available to students in India and abroad:

DESIGN, PRODUCTION AND EVALUATION OF MEDIA: Students get placements as media developers, content developers and editors, development journalists, researchers and evaluators.

TRAINING AND RESEARCH IN DEVELOPMENT: Several students take up careers in the field of training and capacity building, social research, market

research, policy formulation and development of new media and strategies for development programmes in both government and non-government organisations.

PROGRAMME MANAGEMENT AND EVALUATION IN DEVELOPMENT SECTOR: Students who are keen on programme monitoring and evaluation, administration, human resource management, corporate communication and training take up positions in Corporate Social Responsibility initiatives of corporate houses, Government departments and national and international bilateral agencies.

EDUCATION SECTOR: Many students join careers in the Education sector as faculty either at University, college or school level.

COURSE CONTENT

SEMESTER-I

General English
Hygiene and promotive Health
Introduction to Textiles+Practical
Food Science+Practical
Introductory chemistry+Practical
Introduction to Human Development
Environmental Studies
Computer Awareness Level-I

SEMESTER-III

Nutrition in Life Cycle+Practical
Introduction to clothing construction +Practical
Family Dynamics
Household Equipments & Consumer Protection+Practical
Community Development & Extension Education-I

SEMESTER-V

Dietetics-I+Practical
Advance Apparel & Textile
Designing+Practical
Early Childhood Education
& Children with Special Needs+Practical
Housing +Practical

SEMESTER-II

Human Physiology
Pre-Natal & Infant Growth Care
Laundry Science & Finishing of Fabric+Practical
Introduction to Home management
Basic Nutrition+Practical
Nutritional Biochemistry+Practical
General English
Environmental Studies
Computer Awareness Level-I

SEMESTER-IV

Applied & Community Nutrition+Practical
Apparel Designing and Selection+Practical
Childhood and Adolescent Development +Practical
Family Resource Management
Community Development & Extension Education-II
Introductory Physics+Practical

SEMESTER VI

Dietetics-II+Practical
Traditional Textiles, Embroideries and Consumerism+Practical
Adulthood Guidance and counselling +Practical
Interior Decoration+Practical
Entrepreneurial Techniques in Home Science +Practical

- As per the rule of the Kurukshetra University, students must have the required attendance both in Theory and Practical separately of practical subjects in order to appear for per semester examinations.

ADD-ON COURSES

Make value-addition to your graduation through career-oriented professional courses.

- **Cosmetology and Beauty Care**
- **Know Your Foods**
- **Apparel Designing**
- **Basics of Interior Designing & Decoration**
- **Basics of Baking & Cookery**

❖ Add-on Courses comprises Certificate, Diploma and Advanced Diploma Courses spread over one, two and three years respectively. Examination will be held at end of the course as per university guidelines.

ADMISSION/ELIGIBILITY CRITERIA

- ✓ Admission in the Home Science Department is open to women only.
- ✓ Admission is open to all women irrespective of their race, religion, caste, color or domicile.
- ✓ Higher Secondary Certificate (10+2) with at least 40% marks in aggregate passed from CBSE/ICSE/State Board with English as one of the compulsory subject.
- ✓ Special Scholarship Schemes are also provided to the needy and meritorious students.

If the student is found to be admitted from an unrecognized Board her admission will stand cancelled.

For admission details refer to the online website: <https://www.sdcollegeambala.ac.in/>

Helpdesk no: 0171-2630283

For Online Admission Register at: <https://forms.gle/5P979VqAaLy2sDny5>

CO-CURRICULAR ACTIVITIES OF HOME SCIENCE ASSOCIATION

1	Demonstration on how to use Usha sewing machine was given by Usha Machine Company on August 10, 2019
2	Guest lecture on Balanced diet under (Poshan Abhiyan) was given by Dt. Anupreksha Rastogi, Trinity Hospital, Zirakpur on September 04, 2019.
3	A Nutrition Awareness Programme was organized on (Poshan Abhiyan) scheme under Government of India on September 05, 2019.
4	A visit to PGIMER Hospital Chandigarh was organized on September 17, 2019.
5	A Khadi Fashion show certified by Khadi and VI commission (GOI) in association with S.D. College was organized on October 01, 2019.
6	Decoration on Diya & Pot was organized on October 04, 2019
7	Fabric painting activity was organized on October 10, 2019
8	Mehendi Competition was organized for Karva-Chauth Special on October 16, 2019
9	Best out of waste competition cum exhibition was organized on October 23, 2019.
10	Handicraft decorative material preparation was done for Interior Decoration Ideas in Home Science Department November 02, 2019.
11	Event Decoration on Inter-Zonal Youth Festival was done by students with art & craft and decorative material on November 06, 2019
12	Bakery Workshop of all Bakery products was conducted by Bakery artist Ms. Geetika Arora in Food Science Laboratory on January 21, 2020
13	A visit to Counselling Centre at Civil hospital, Ambala City was organized on February 07, 2020 by Dr. Richa Sangwan.
14	State Level First Position was achieved in Rangoli Competition at Indra Gandhi P.G Mahila Mahavidhyalaya, Kaithal on February 23, 2020 by (B.Sc. Home Science III) year student Akshi Aggarwal.
15	A visit to Umeed – Counselling & Rehabilitation centre for special children was organized on February 25, 2020 by Dr. Richa Sangwan.
16	State Level Third Position was achieved by student of (B.Sc. Home Science II) year Prachi Danwar in Literary, Fine Arts & Music Carnival – Indradhanush (On The Spot Caption Writing Competition) at Kumari Vidhyavati Anand D.A.V College for Women, Karnal On February 26, 2020.
17	A visit to Old Age Home-APNA GHAR (Home for Homeless) was organised at Ambala Cantt on February 27, 2020 by Dr. Richa Sangwan.
18	Fevicryl workshop was organised of decoupage techniques on different materials by Mrs. Asha Verma (Resource person) on March 05, 2020.
19	Plantation Drive for Kitchen Garden under (Poshan Ke Liye Paudhe) was celebrated on September 03, 2020.
20	State Level Painting Competition was organized on January 24, 2021.

21	State Level Healthy Recipe Competition was organized on January 31,2021.
22	State Level Collage Making Competition was organized on February 07,2021.
23	State Level Best out of Waste was organized on February 10,2021.
24	National Level Poster Making Competition on World Food Safety Day was organized on June 07,2021.
25	Plantation of Herbal plants was done on World Nature Conservation Day July 28,2021.





A GLANCE AT OUR DISTINGUISHED ALUMNI ENTREPRENEURS

Association of Home Science endeavours to create and strengthen a lifelong bond between the college and its alumnae and foster camaraderie among them. By creating an environment whereby the alumni can support their alma mater with their work, wisdom and resources, and the accomplishments of Alumni can be recognized and celebrated. The Association encourages information sharing, networking and community work.

Alumni Names with their Start-ups & Business Plans

Names of the Alumni	Start-ups/Business
Ms. Tamana	Bakery Business
Ms. Amandeep Kaur	Beauty Products Sales Business
Ms. Manmeet Sandhu	Beauty Products Sales Business
Ms. Tanya	Beauty Products Sales Business
Ms. Anwesha	Beauty Salon
Ms. Varsha	Boutique
Ms. Ruby	Beauty Parlor
Ms. Vanshika Syan	Amour Chocolates Setup
Ms. Priyanka	Apparel Designing Setup
Ms. Twinkle	Bakery & Chocolate
Ms. Anchal Dewan	Beauty Parlor & Cookery Classes
Ms. Sparsh	Beauty Parlor & Cookery Classes
Ms. Prachi Danwer	Healthy Food Cookery Classes
Ms. Vinita	Beauty Parlor & Boutique
Ms. Navpreet Kaur	Bakery & Cookery Setup
Ms. Komal	Beauty Parlor & Boutique
Ms. Nidhi	Beauty Parlor & Boutique
Ms. Kajal	Beauty Parlor
Ms. Preeti	Beauty Parlor
Ms. Palak	Dietician
Ms. Kamya	Dietician
Ms. Rajinder Kaur	Dietician

CULTURE OF QUALITY & INNOVATION



The START-UP CELL of college works with team of mentors,co-ordinators and E-cell of students volunteers for providing the potential start-up ideas that caters the needs with both tech & non-tech solutions for various social,economic & industrial problems of the nation.



Ministry of Human Resource Development(MHRD),Govt.of India has established INSTITUTIONS'S INNOVATION CELL (IIC) to systematically foster the culture of Innovation amongst all Higher Education Institutes(HEIs).The Primary mandate of IIC is to encourage,inspire and nurture young students by supporting them to work with new ideas and transform them into prototypes while they are in their informative years.



An ENTREPRENEURSHIP DEVELOPMENT CELL (EDC) has been functioning in Sanatan Dharma College, Ambala Cantt. The cell conducts workshops/panel discussions inviting entrepreneurs from various fields to encourage and nurture entrepreneurship among students. A technology incubation center has been set up to provide infrastructure and support for budding entrepreneurs.



"A platform for encouraging filing of IPRs and patenting the products/technologies for the benefits of the Institute and thereby to society at large."IPR cell adopt a sound IP strategy,to secure IPR for a large base of highly qualified faculty and talented students of the college.College is also in the process of setting up structured processes to identify,facilitate and develop innovation.



A group of students, mostly girls in traditional Indian clothing like saris and lehengas, are performing a hula hoop routine. They are arranged in a circle, each holding a hula hoop and performing a synchronized movement. The background is a plain wall.

को मेंहन्दी लग
मनाया। महाविद्या
राजिन्द्र सिंह व
गुलाटी ने बधाई दे
होसला बढ़ाया।
अध्यापिका प्रो या
सांगवान, प्रो नि
प्रतियोगिता का
संचालन किया।

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संचालन किया।

-09-2019



एसडी कॉलेज में आहार पोषण के प्रति किया जागरूक
अबला। लगातार धर्म कॉलेज, अम्बाला छावनी में वृन्नेन सैल, होम साइन्स विभाग व प्रणयस्यस की तर्फ से पोषण अभियान चलाया गया। इस अभियान के तहत विभिन्न प्रतियोगिताओं का आयोजन किया गया। कार्यक्रम की मुख्य अतिथि पूर्व होम साइन्स विभागाध्यक्ष प्रो. नीलम आहुजा व प्राचार्य डॉ. राजेन्द्र सिंह थे। कॉलेज प्रवक्ता डॉ. नवीन गुलाटी ने बताया कि मुख्यातिथि ने होम साइन्स विभाग तथा वृन्नेन सैल के प्रतिभागियों के लगाए सभी स्टॉल पर जाकर स्वादिष्ट व्यंजनों का आनन्द लिया। उन्होंने कहा कि इस प्रकार के कार्यक्रमों के माध्यम से विद्यार्थियों को संतुलित आहार के महत्व के बारे में जानकारी मिलती है। कार्यक्रम ने लगभग 180 विद्यार्थियों ने भाग लिया। कार्यक्रम में निर्णायक मण्डल की भूमिका पूर्व अंबेजी विभागाध्यक्ष डॉ. नीना मल्होत्रा, प्रो इंदिरा यादव व डॉ परमजीत कौर ने निभाई।

[illegible]

अमरास छवणी के पुरानी कालेज में आयोजित खादी फैशन शो के दौरान भगदा प्रस्तुत करने हुए • संदीप कुमारी

एसडी कालेज में आयोजित खादी फैशन शो में अभिमन्यू मिस्टर तो मालविका बनीं मिसेज खादी



अंबाला छावनी के एसडी कलेज में आयोजित खादी फैशन शो कैटवाक करती मॉडल - अजयलक्ष्मी

अम्बाला छाविनी, 5 सितम्बर (ब्यूरो): सनातन धर्म कॉलेज में एन.एस.एस. और होम साइंस विभाग के तत्वावधान में 'पोषण अभियान' के अन्तर्गत विद्यार्थियों को स्वास्थ्य के प्रति जागरूक करने के लिए कार्यक्रम का आयोजन किया गया।

कार्यक्रम की मुख्यातिथि अनुप्रेक्षा रस्तोगी, डायटिशियन, चंडीगढ़ रही। उप-प्रधान्य में सतीश चंद खर्वाण



मुख्यातिथि अनुप्रेक्षा ने 'पोषण अभियान' स्कीम के तहत जानकारी दी और कहा कि गलत खानपान एवं अस्वस्थ जीवन शैली के कारण युवावस्था और छात्राओं को कई

अम्बाला (नस) : सनातन धर्म कॉलेज, अम्बाला छावनी के होम साइंस विभाग द्वारा बेकरी कार्यशाला लगाई गयी जिसमें केक, पेस्ट्री, मफ़ीन, दोनट एवं विभिन्न प्रकार के केक बनाने सिखाए गए। सभी रेसिपी चंडीगढ़ की बेकरी आर्टिस्ट गीतिका अरोड़ा द्वारा सिखाई गई। वर्कशॉप प्राध्यापिका प्रो. याशना बावा व डॉ. रीचा सांगवान द्वारा कराई गयी।

अंबाला-यमुनानगर

टैलेंट हंट

आज समाज नेटवर्क

[illegible]

प्रधानमंत्री ने विधानसभों को कतिपय
में होने वाली सामंजसिक एवं अन्य
गतिविधियों में बहुमहत्वपूर्ण भाग लेने के
लिए प्रोत्साहित किया। आज होने वाली
विधानसभों में वादायन्य चर्चा, चर्चा
सोने सुनिश्चित एवं न्याय की प्रतिष्ठा
रहे। जिसमें विधानसभों ने अपनी

अतिरिक्त मुख्य
‘मैथिली’



मूल्य कमरती छाया।

प्रतिभा का प्रदर्शन किया। कवि
प्रवासा ही नवीन गुणधर्मी ने बताया
प्रतिभा अन्येक्षण का प्रथम धरण
अर्थात् प्रतिभा तथा वह जिसमें पा
कला, कविता उद्धारण, प्रत्येकी
चित्रण कला प्रतिनिधित्वों



मूल्य कमती छात्रा।

इतिहासियों ने अपनी कल्पना से
उद्घाटन किया। निर्वाचक मंडल
हस्तगत विभिन्न, जो उद्घाटन, डॉ.
जैन, डॉ. विजय शर्मा, डॉ.
गुलाटी, डॉ. अजय शर्मा, डॉ. प
कोर, डॉ. सोनिया सेठी, डॉ. व



विद्येताओं को सम्मानित करते प्रिंसिपल डॉ. राजेंद्र राय व नवीन गोपाल।

हॉ निरपैर सिंह और प्रो मनीषा
विंदोरा ने निर्धार और संघ संघालन
को सुनिश्चित प्रो लैंग्विज सिंह व प्रो हीन
ने निर्धार। उन्होंने यह भी बताया कि
इस वर्ष प्रथम बार के छात्रों को प्रैक्टि
क करने के लिए हर विषय में तीन घण्टा

विशेष रूप से प्रथम वर्ष के छात्रों को दिए गए। लगभग 800 विद्यार्थियों ने करिवेय सम्पादन में प्रतिस्पर्धियों द्वारा प्रस्तुत गीतों एवं नृत्यों को अवरोध लगाया व अपने छात्रों को गूंज से उन्हें प्रोत्साहित किया।

[illegible]

अतिरिक्त मुख्य सचिव आलोक निगम ने वीसी कर दिया निर्देश
‘मैथिलीभाषा का उन्नयन हम सब का है’

पूर्व केंद्रीय मंत्री ने महेंद्र
पाल सिंग को टी शर्टां जूळि