

GOVERNMENT COLLEGE ROPAR

(Affiliated To Punjabi University, Patiala)



Criterion 5

(Student Support and Progression)

Metric: 5.1.2

Capacity Development and skill Enhancement activity are organized for improving student's capability.

,

Sr. No.	Title	Page No
1.	Soft Skills	1-13
2.	Language and Communication Skills	14-23
3.	Life Skills(Yoga, Physical Fitness ,health and Hygiene	24-38

Soft Skills

Journey on Success Highway (JOSH) - Development of Leadership Skills

Office, Principal Government College Ropar

Memo No. 1991/2023/51

Date: 07-03-2023

NOTICE

Dear Students,

We are thrilled to announce that Government College Ropar is organizing a seminar on "Journey On Success Highway" to help you develop the qualities and attributes required to become effective leaders in various aspects of life.

For any further queries or additional information, please contact Prof Arvinder Kaur (Head, Home Science Department)

Session Details

Date: 14 March 2023

Venue: College Hall

Jatinder Kaur
Principal Principal
Govt. College
Government College Ropar
Ropar

Government College Ropar

Name of the Activity: Seminar on Journey on Success Highway (JOSH) - Development of Leadership Skills

Number of Student Participated: 122

Dated: 14 March 2023

Ropar, March 14, 2023 - A captivating seminar titled "Journey on Success Highway (JOSH)" was hosted by Government College Ropar, featuring distinguished speaker Mr. Sony Goyal from IIM Ahmedabad. The seminar, held on March 14th, 2023, centered around the development of essential leadership skills.

Mr. Sony Goyal, an accomplished figure from one of India's premier educational institutions, shared insights and experiences from his own journey, inspiring attendees to embark on their own paths to success. The seminar focused on the following key areas:

- **Leadership Traits:** Mr. Goyal elucidated on the attributes that define effective leadership, including communication, decision-making, empathy, and adaptability.
- **Personal Development:** The seminar emphasized the importance of continuous self-improvement as a cornerstone of successful leadership.
- **Team Dynamics:** Mr. Goyal explored the nuances of team management, fostering collaboration and harnessing diverse talents to achieve collective goals.
- **Innovation and Problem-Solving:** Attendees were encouraged to think creatively and approach challenges with an innovative mindset.
- **Vision and Goal Setting:** Mr. Goyal stressed the significance of setting clear goals and envisioning a path to achieve them.

The engaging session resonated with participants, who found Mr. Goyal's insights both practical and motivating. The seminar provided a platform for students to interact directly with a seasoned professional, posing questions and seeking guidance on various leadership-related topics.

The "Journey on Success Highway (JOSH)" seminar exemplifies Government College Ropar's dedication to offering enriching experiences beyond academics. The event concluded on a high note, leaving participants inspired and equipped with valuable leadership insights.



Students Attending the Session



Sony Goel Sir delivering the Lecture



Sony Goel Sir engaging with Students

Attendance

Attendance of JOSH Workshop 14-Mar-23

S No.	Roll No	Name	Class
1	1301	Jaskaran Singh	MA 2
2	1302	Harjeet Singh	MA 2
3	1303	Gurpreet Kaur	MA 2
4	1304	Sarpreet Kaur	MA 2
5	1305	Surinder Kaur	MA 2
6	1306	Gurpreet Kaur	MA 2
7	1307	Khimranpreet Kaur	MA 2
8	1308	Surinder Kaur	MA 2
9	1309	Sumanpreet Kaur	MA 2
10	1310	Meenu Rani	MA 2
11	1311	Neeraj	MA 2
12	1101	MANPREET KAUR	MA 2
13	1102	KIRANJEET KAUR	MA 2
14	1103	MANPREET KAUR	MA 2
15	1104	JASPREET KAUR	MA 2
16	1105	JASHANJOT SINGH	MA 2
17	1106	ARSHDEEP KAUR	MA 2
18	1107	SIMRANPREET KAUR	MA 2
19	1109	SATWINDER SINGH	MA 2
20	1110	AMANDEEP KAUR	MA 2
21	1111	VARINDER SINGH	MA 2
22	1112	KULVIR SINGH	MA 2
23	1113	ARUN KUMAR	MA 2
24	1114	ARWINDER KAUR	MA 2
25	1115	KULDEEP KAUR	MA 2
26	5833	Jyoti	BCom 3
27	5904	Harleen	BCom 3
28	5842	Shivani	BCom 3
29	5843	Vanshika	BCom 3
30	5822	Anshuman	BCom 3
31	5810	Harmanpreet	BCom 3
32	5848	Rishav	BCom 3
33	5903	Mohit	BCom 3
34	5812	Anju	BCom 3
35	5819	Jasmeen	BCom 3
36	5852	Sapna Sharma	BCom 3
37	5873	Komalpreet Kaur	BCom 3
38	5823	Mandeep Kaur	BCom 3
39	5879	Jasmanpreet Kaur	BCom 3
40	3069	Manpreet Kaur	BA 2
41	3052	Kajal Kumari	BA 2
42	3061	Shabina	BA 2
43	3015	Beant Kaur	BA 2
44	3111	Manpreet kaur	BA 2
45	3026	Veena	BA 2
46	3014	Neetu	BA 2
47	3035	Priya	BA 2

Shivani
Manpreet
Priya

48	3127	Pooja Kumari	BA 2
49	3053	Komalpreet Kaur	BA 2
50	3062	Suphvir Kur	BA 2
51	3116	Reena	BA 2
52	3445	Sanjana	BA 2
53	4217	Simranjeet Singh	BA 3
54	4128	Pardeep Kumar	BA 3
55	4195	Arshdeep Kaur	BA 3
56	4419	JYOTI KUMARI	BA 3
57	4440	SHIVANGI GUPTA	BA 3
58	4479	VIJAY KUMAR	BA 3
59	4132	Joti	BA 3
60	4268	Harpreet kaur	BA 3
61	4294	Bhumika	BA 3
62	4190	Prabhjot kaur	BA 3
63	4177	Meenakshi	BA 3
64	4188	Bandna	BA 3
65	4242	Meenu Kumari	BA 3
66	4241	Khushi	BA 3
67	4295	Harneet kaur	BA 3
68	4451	Rajinder kaur	BA 3
69	8901	HARSHDEEP KAUR	BCA 3
70	8902	ARSHDEEP SINGH	BCA 3
71	8903	PRIYA	BCA 3
72	8904	GURLEEN KAUR	BCA 3
73	8905	TANVIR KAUR	BCA 3
74	8906	DARSHPREET SINGH	BCA 3
75	8907	HARPREET KAUR	BCA 3
76	8908	HEENA	BCA 3
77	8909	KRISHNA I	BCA 3
78	8910	MANJOT KAUR	BCA 3
79	8911	PARDEEP KAUR	BCA 3
80	8912	JASMEEN KAUR	BCA 3
81	8913	KALEEM	BCA 3
82	8914	SAHIL HARISH	BCA 3
83	8915	KIRANJEET KAUR	BCA 3
84	8916	NEERAJ RATTU	BCA 3
85	8917	HARSIMRAN KAUR	BCA 3
86	7108	AJAY KUMAR	BSc 3 Med
87	7106	AKANGSHA ANAND	BSc 3 Med
88	7130	AKASHDEEP SINGH	BSc 3 Med
89	7138	AKRITI TIWARI	BSc 3 Med
90	7105	ANISHU JAMA	BSc 3 Med
91	7119	ANMOLDEEP KAUR	BSc 3 Med
92	7126	ANOOPJOT KAUR	BSc 3 Med
93	7112	ARSHDEEP SINGH	BSc 3 Med
94	7117	ARSHPREET KAUR	BSc 3 Med
95	7136	BALJEET KAUR	BSc 3 Med
96	8321	Nikita Kumari	BSc 3 Non-Med
97	8316	Gurpreet Kaur	BSc 3 Non-Med

98	8341	Gurdeep Kaur	BSc 3 Non-Med
99	8397	Manpreet Kaur	BSc 3 Non-Med
100	8327	Mandeep kaur	BSc 3 Non-Med
101	8347	Akanksha	BSc 3 Non-Med
102	8313	Ritu Rani	BSc 3 Non-Med
103	8308	Gurjeet kaur	BSc 3 Non-Med
104	8323	Ekta devi	BSc 3 Non-Med
105	8318	Kritika singh	BSc 3 Non-Med
106	8317	Harmanjeet kaur	BSc 3 Non-Med
107	8322	Reena	BSc 3 Non-Med
108	8362	Neetu Banwal	BSc 3 Non-Med
109	8386	Sonam kumari	BSc 3 Non-Med
110	8302	Prerna sharma	BSc 3 Non-Med
111	8389	Sukhpreet kaur	BSc 3 Non-Med
112	8345	Kamaljeet Kaur	BSc 3 Non-Med
113	8320	Kajal Rani	BSc 3 Non-Med
114	8303	Nisha Sharma	BSc 3 Non-Med
115	8332	Harman	BSc 3 Non-Med
116	8325	Simran	BSc 3 Non-Med
117	8310	Sonia	BSc 3 Non-Med
118	8306	Ramandeep Kaur	BSc 3 Non-Med
119	8403	Harpreet Kaur	BSc 3 Non-Med
120	8328	Arshdeep kaur	BSc 3 Non-Med
121	8352	Harpreet kaur	BSc 3 Non-Med
122	8405	Manjeet singh	BSc 3 Non-Med

Akshay
 Gaur
 Akshay
 Akshay
 Akshay

Seminar: Success Mantras for Public Speaking

Office, Principal Government College Ropar

Memo No. 190C/2023/50

Date: 06-03-2023

NOTICE

Dear Students,

We are pleased to announce that Government College Ropar is organizing a seminar on "Success Mantras for Public Speaking" This seminar aims to provide you with valuable insights and techniques to become effective and confident public speakers.

For any further queries or additional information, please contact to Prof Arvinder Kaur (Head, Home Science Department)

Details of the Seminar are as follows:

Date: 16 March 2023

Venue: Conference Hall

Jatinder Kaur
Principal
Govt. College
Ropar
Government College Ropar

Government College Ropar

Name of the Activity: Success Mantras for Public Speaking

Number of Student Participated: 93

Dated: 2 March 2021

Ropar, March 16, 2023 - A highly enriching seminar titled "Success Mantras for Public Speaking" was organized by Government College Ropar for its students. The seminar, conducted by Mr. Vasu Mohan Bhatnagar, a young professional from the National Career Service under the Ministry of Labour & Employment, Government of India, took place on March 16th, 2023.

Mr. Bhatnagar's seminar centered on honing the crucial skill of public speaking, essential for personal and professional growth. The seminar covered the following key areas:

- **Effective Communication:** Participants gained insights into the importance of clear and impactful communication in various contexts.
- **Overcoming Stage Fear:** Mr. Bhatnagar shared strategies to conquer stage fright and speak confidently in front of an audience.
- **Structuring a Speech:** The seminar delved into the art of organizing thoughts and presenting them coherently to engage listeners.
- **Body Language and Vocal Modulation:** Participants learned how to use body language and vocal variations to enhance the impact of their speeches.
- **Engaging the Audience:** Mr. Bhatnagar emphasized techniques for capturing and maintaining the audience's attention.

The seminar was highly interactive, allowing students to engage in discussions, ask questions, and practice their newfound skills through impromptu speaking exercises. Participants found Mr. Bhatnagar's insights practical and applicable to real-life situations.

The "Success Mantras for Public Speaking" seminar encapsulated Government College Ropar's dedication to nurturing well-rounded individuals prepared for various challenges in the professional world. The event concluded with students leaving inspired and empowered to communicate effectively.



Mr. Bhatnager giving the Lecture



Interaction with Students



Students Attending the Lecture

Attendance

**List of Students attended Seminar on Success Mantras for Public Speaking on 16
march 2023**

Sr.No.	Name	Roll No.	Class	
1	SONAM KUMARI	5021	BCom Sem-I	P
2	ASHISH RAWAT	2336	BA Sem-I	P
3	HARPREET SINGH	5420	BCom Sem-III	P
4	ARUNDEEP KAUR	6541	BSc Medical Sem-I	P
5	RANI KUMARI	2208	BA Sem-I	P
6	PARMVEER SINGH	3275	BA Sem-III	P
7	HIMANSHU	6535	BSc Medical Sem-I	P
8	KULWINDER KAUR	9107	BCA Sem-I	P
9	NAVNEET SINGH	2554	BA Sem-I	P
10	USHA RANI	3383	BA Sem-III	P
11	AMARJEET SINGH	2262	BA Sem-I	P
12	JASHANPREET SINGH	5112	BCom Sem-I	P
13	RAJPREET KAUR	3293	BA Sem-III	P
14	PREETI	5013	BCom Sem-I	P
15	TAJINDER SINGH	9110	BCA Sem-I	P
16	GARI DEVI	4062	BA Sem-V	P
17	HARSH KUSHAN	2188	BA Sem-I	P
18	GURSEWAK SINGH	2296	BA Sem-I	P
19	YASHPAL SINGH	2163	BA Sem-I	P
20	KULWINDER KAUR	6521	BSc Medical Sem-I	P
21	JASHANDEEP	2277	BA Sem-I	P
22	JASVINDER SINGH	2215	BA Sem-I	P
23	SAKSHI	3323	BA Sem-III	P
24	MOUSAM KUMARI	4226	BA Sem-V	P
25	MADHU	8841	BCA Sem-III	P
26	NAVROOP SINGH	2506	BA Sem-I	P
27	MUHAMMAD ABJAL	2182	BA Sem-I	P
28	RASHMI	5479	BCom Sem-III	P
29	TAMANNA	8365	BSc Non-Med. Sem-V	P
30	SIMRANJEET KAUR	5492	BCom Sem-III	P
31	ANAMIKA SHARMA	4024	BA Sem-V	P
32	RAHUL	2271	BA Sem-I	P
33	NISHA KUMARI	5462	BCom Sem-III	P
34	HARDEEP SINGH	6708	BSc Medical Sem-III	P
35	PARVEEN KAUR	5467	BCom Sem-III	P
36	SATISH KUMAR	8772	BCA Sem-I	P
37	GURCHET SINGH	4070	BA Sem-V	P
38	PARMINDER SINGH	8785	BCA Sem-I	P
39	PRABHJOT SINGH	3283	BA Sem-III	P
40	BALWINDER KAUR	3054	BA Sem-III	P
41	AVNEET KAUR	4035	BA Sem-V	P

Mahiy Sharma
Ranjit J.Sr

42	JATIN VERMA	6712	BSc Medical Sem-III	P
43	PRABHJOT KAUR	8343	BSc Non-Med. Sem-V	P
44	JASPREET KAUR	2154	BA Sem-I	P
45	POOJA	2379	BA Sem-I	P
46	SATNAM SINGH	4319	BA Sem-V	P
47	TAMANA SHARMA	2543	BA Sem-I	P
48	JASVEEN	6711	BSc Medical Sem-III	P
49	LAKHWINDER SINGH	1111	MA Punjabi Sem-III	P
50	NAVJOT KAUR	2382	BA Sem-I	P
51	MANPREET KAUR	4212	BA Sem-V	P
52	ROHIT RANA	8354	BSc Non-Med. Sem-V	P
53	AMIT KUMAR	3024	BA Sem-III	P
54	GURWINDER SINGH	4097	BA Sem-V	P
55	SEHAJGEET KAUR BAINS	2398	BA Sem-I	P
56	MANVI MANN	7933	BSc Non-Med. Sem-III	P
57	CHIRAGDEEP	2362	BA Sem-I	P
58	GURPREET SINGH	4087	BA Sem-V	P
59	ZEENAT	2350	BA Sem-I	P
60	BALJIT KAUR	3392	BA Sem-III	P
61	MILAN MEHANDI RATTA	5858	BCom Sem-V	P
62	NEELAM	2458	BA Sem-I	P
63	MANPREET KAUR	4209	BA Sem-V	P
64	SARBJEET SINGH	2013	BA Sem-I	P
65	ARSHIYA NAGI	5812	BCom Sem-V	P
66	JASHANPREET SINGH	3155	BA Sem-III	P
67	MANISH SINGH	5845	BCom Sem-V	P
68	JASMEEN KAUR	4138	BA Sem-V	P
69	VISHAVJEET SINGH	8941	BCA Sem-V	P
70	VISHAL	3411	BA Sem-III	P
71	DENASH CHOUDHARY	2402	BA Sem-I	P
72	HARSH ARORA	2532	BA Sem-I	P
73	ARSHPREET KAUR	3044	BA Sem-III	P
74	ANAMIKA KUMARI	5808	BCom Sem-V	P
75	JASKARANPREET KAUR	8829	BCA Sem-III	P
76	PRABHDEEP SINGH	2278	BA Sem-I	P
77	GURPREET SINGH	2435	BA Sem-I	P
78	HARMANPREET KAUR	2022	BA Sem-I	P
79	TARANDEEP KAUR	2034	BA Sem-I	P
80	HARLEEN KAUR	5118	BCom Sem-I	P
81	JASHANPREET SINGH	2522	BA Sem-I	P
82	AYUSH AWASTHI	4037	BA Sem-V	P
83	AJAY KUMAR	3006	BA Sem-III	P
84	GURLEEN KAUR	6529	BSc Medical Sem-I	P
85	MANSHA	3418	BA Sem-III	P
86	MUSKAN KAUR	8335	BSc Non-Med. Sem-V	P
87	HARPREET KAUR	7964	BSc Non-Med. Sem-III	P
88	JASPREET KAUR	2388	BA Sem-I	P

Handwritten signature and initials in blue ink.

89	ARSHPREET SINGH	4032	BA Sem-V	P
90	RINKI KUMARI	5481	BCom Sem-III	P
91	DALJEET KAUR	2024	BA Sem-I	P
92	SALONI	7947	BSc Non-Med. Sem-III	P
93	KIRANPREET KAUR	5438	BCom Sem-III	P

Aksing
Saur
APK
Chung

Language and Communication Skills

Everyday English Vocabulary

Office, Principal Government College Ropar

Memo No. igoc/2023/39

Date: 09-01-2023

NOTICE

Dear Students,

We are pleased to inform you that Government College Ropar is organizing a 7-day workshop on "Everyday English Vocabulary". This workshop aims to enhance your vocabulary skills, enabling you to communicate effectively in various everyday situations.

As there are limited seats available, we encourage you to register at the earliest to secure your participation. For any further queries or additional information, please Contact Prof. Natasha Kalra (Head, Post Graduate Department Of English)

Details of the workshop are as follows:

Date: 16 - 22 Jan, 2023

Venue: College Hall

Jatinder Singh
Principal
Govt. College
Ropar
Government College Ropar

Government College Ropar

Workshop Report: Everyday English Vocabulary

A week-long workshop on "Everyday English Vocabulary" was successfully conducted by the English Department at Government College Ropar from January 16th to January 22nd, 2023. The workshop aimed to enhance participants' English vocabulary skills for effective communication in everyday situations.

Throughout the workshop, participants were immersed in a rich learning environment, exploring various aspects of vocabulary expansion. The sessions were designed to be interactive and engaging, focusing on both practical and theoretical aspects of vocabulary enhancement.

The workshop covered a range of topics, including:

- **Word Selection and Usage:** Participants learned about selecting the right words for different contexts and understanding their nuances.
- **Idioms and Phrases:** The use of idiomatic expressions and common phrases in everyday conversations was explored.
- **Synonyms and Antonyms:** Techniques to find appropriate synonyms and antonyms to diversify vocabulary were discussed.
- **Collocations:** Understanding the natural pairing of words to improve fluency and coherence in speech and writing.
- **Contextual Usage:** Participants were encouraged to use new vocabulary in real-life scenarios, enhancing retention and application.
- **Word Origins and Etymology:** Exploring the origins and history of words added depth to participants' understanding.
- **Online Resources:** Introduction to digital tools and platforms for further vocabulary expansion.

Assessment Criteria:

To assess participants' understanding and retention of the workshop content, an online quiz test was conducted on the final day of the workshop. The quiz encompassed various aspects of the vocabulary learned during the workshop, evaluating participants' ability to apply their newly acquired skills.

Participants' performance in the quiz test was evaluated based on the following criteria:

- **Accuracy:** Correct identification and usage of words in various contexts.
 - **Appropriateness:** Choosing words suitable for specific situations.
 - **Depth of Understanding:** Demonstrating comprehension of word meanings, idiomatic expressions, and collocations.
 - **Application:** Using the learned vocabulary effectively in sentences.
 - **Synonyms and Antonyms:** Proper selection of synonyms and antonyms for given words.
- The "Everyday English Vocabulary" workshop underlines the college's commitment to holistic education, equipping students with essential communication skills beyond academic knowledge.



Prof Natasha giving Lecture on English Vocabulary

Attendance

List of Students attended workshop on Everyday English Vocabulary

Sr No.	Name	Roll No.	Class	
1	RAJWINDER SINGH	3298	BA Sem-III	P
2	MANJOT SINGH	4205	BA Sem-V	P
3	JASPREET KAUR	4141	BA Sem-V	P
4	KULWINDER KAUR	8840	BCA Sem-III	P
5	SAHIL ATWAL	5076	BCom Sem-I	P
6	SANAM KUMAR BHUN	7578	bc Non-Med. Sem	P
7	MANSIMRANJOT SINGH	2547	BA Sem-I	P
8	JASPREET SINGH	5836	BCom Sem-V	P
9	KOMALPREET KAUR	8838	BCA Sem-III	P
10	PRIYA	2325	BA Sem-I	P
11	VISHAL GIR	2225	BA Sem-I	P
12	SAMEER SHAH	2151	BA Sem-I	P
13	HARSHDEEP SINGH	3125	BA Sem-III	P
14	DIKSHA SHARMA	3071	BA Sem-III	P
15	NARESH CHAUHAN	5457	BCom Sem-III	P
16	AARTI	2485	BA Sem-I	P
17	MANPREET KAUR	7574	bc Non-Med. Sem	P
18	TARANPREET SINGH	5507	BCom Sem-III	P
19	GAGANDEEP	6706	bc Medical Sem	P
20	INDERPREET SINGH	3138	BA Sem-III	P
21	AKSHIT RANA	3010	BA Sem-III	P
22	MANPREET KAUR	1504	BA English Sem-	P
23	JASHANPREET SINGH	4131	BA Sem-V	P
24	ABHISHEK CHOUDHARI	3003	BA Sem-III	P
25	SUKHJIT SINGH	3359	BA Sem-III	P
26	MANISHA RANI	4202	BA Sem-V	P
27	LATA DEVI	3206	BA Sem-III	P
28	REENA	4291	BA Sem-V	P
29	PARAMJEET KAUR	2197	BA Sem-I	P
30	SANJEEV KHAN	8933	BCA Sem-V	P
31	JASPREET KAUR	8916	BCA Sem-V	P
32	AMRINDER SINGH	4022	BA Sem-V	P
33	GURPREET SINGH	3095	BA Sem-III	P
34	GURTEJ SINGH	8710	BCA Sem-I	P
35	MOHAMMAD SARIF	2528	BA Sem-I	P
36	PARAMJIT SINGH	3270	BA Sem-III	P
37	SUNNY KUMAR	8867	BCA Sem-III	P
38	KHUSHVINDER SINGH	6728	bc Medical Sem	P
39	SANJANA KAUR	5889	BCom Sem-V	P
40	ARCHANA	2415	BA Sem-I	P

Neeraj

41	DISHA DHMAN	2019	BA Sem-I	P
42	BALJEET SINGH	4040	BA Sem-V	P
43	NAVNEET KAUR	7113	Sc Medical Sem	P
44	RAJDEEP KAUR	2404	BA Sem-I	P
45	ANJALI RANI	8735	BCA Sem-I	P
46	VIKRAM	3385	BA Sem-III	P
47	PARAMJEET KAUR	3268	BA Sem-III	P
48	NAMJOT KAUR	3244	BA Sem-III	P
49	VARINDER SINGH	8747	BCA Sem-I	P
50	HARSHDEEP SINGH	2560	BA Sem-I	P
51	KARAMJIT SINGH	4157	BA Sem-V	P
52	GURWINDER SINGH	3102	BA Sem-III	P
53	GURPREET SINGH	8741	BCA Sem-I	P
54	NAVDEEP SINGH	2361	BA Sem-I	P
55	KESHAV SAIN	5841	BCom Sem-V	P
56	CHAUDHARY AMAR D	3065	BA Sem-III	P
57	TARNVIR SINGH	2344	BA Sem-I	P
58	KHUSHI	5842	BCom Sem-V	P
59	INDERJEET SINGH	3136	BA Sem-III	P
60	HIMANSHI	3134	BA Sem-III	P
61	KAJAL KUMARI	4150	BA Sem-V	P
62	MANDEEP SINGH	2328	BA Sem-I	P
63	GURJEET KAUR	5087	BCom Sem-I	P
64	MOHANJEET SINGH	2105	BA Sem-I	P
65	GURDEEP SINGH	3082	BA Sem-III	P
66	VIJAY KUMAR	2206	BA Sem-I	P
67	KARAN RAJ	2380	BA Sem-I	P
68	DEEPANSHU BAINS	2314	BA Sem-I	P
69	PARAMVEER SINGH	3271	BA Sem-III	P
70	AARVINDER SINGH	4003	BA Sem-V	P
71	KAVYA SHARMA	5435	BCom Sem-III	P
72	SIMRAN KAUR	5898	BCom Sem-V	P
73	JASKARAN SINGH	3406	BA Sem-III	P
74	SUPNA	3374	BA Sem-III	P
75	SANJANA RAWAT	4312	BA Sem-V	P
76	PAYAL	5040	BCom Sem-I	P
77	MANSHA AHUJA	5852	BCom Sem-V	P
78	PARMINDER SINGH	2343	BA Sem-I	P
79	KHUSHBOO NISHAN	4166	BA Sem-V	P
80	NAVJOT SINGH	2253	BA Sem-I	P
81	NANDINI SOKHAL	4228	BA Sem-V	P
82	LEAVLEEN KAUR	4185	BA Sem-V	P
83	SIKANDERPAL	2538	BA Sem-I	P
84	HARSHITA THAPAR	5072	BCom Sem-I	P
85	BALJINDER SINGH	2205	BA Sem-I	P

Neeraj
✓

Communication and Workplace Skills

Office, Principal Government College Ropar

Memo No. 1900/2023/48

Date: 13-02-2023

NOTICE

Dear Students,

We are excited to announce that Government College Ropar is organizing a workshop on "Communication and Workplace Skills". This workshop aims to equip you with essential skills and knowledge necessary to thrive in professional settings and enhance your employability.

Details of the workshop are as follows:

Date: 20 Feb 2023 - 2 March 2023

Duration: 10 Days

Venue: Conference Hall

Jatinder Kaur
Principal
Govt. College
Government College Ropar
Ropar

Government College Ropar

Name of the Activity: Communication and Workplace Skills

Number of Student Participated: 58

Dated: 12 Feb to 2 March 2023

A 12-day workshop on "Communication and Workplace Skills" was successfully conducted at Government College Ropar from February 20, 2023, to March 2, 2023. The workshop, led by expert Gurmeet Kaur Dhaliwal from the Centre for Investment Education and Learning, aimed to equip participants with essential communication and interpersonal skills for professional success.

The workshop covered a comprehensive syllabus, addressing various aspects of effective communication and workplace interactions. Participants were engaged in interactive sessions that delved into the following topics:

- **Communication Fundamentals:** The workshop commenced with an exploration of communication, its significance, and the challenges faced in conveying messages accurately.
- **Modes of Communication:** Different modes of communication were discussed, including verbal, non-verbal, spoken, telephonic, and written communication.
- **Listening Skills and Empathy:** Participants were introduced to active listening techniques and the importance of empathy in effective communication.
- **Non-Verbal Expression:** The workshop highlighted the significance of non-verbal cues, body language, and gestures in conveying messages.
- **Summarization Skills:** The art of summarizing complex information succinctly was taught, emphasizing clarity and brevity.

Giving and Receiving Feedback: Effective methods for providing constructive feedback and gracefully receiving it were explored.

- **Language Usage:** Proper language usage and its impact on communication effectiveness were discussed.
- **Saying and Taking 'NO':** Participants learned strategies for asserting themselves while maintaining professionalism.
- **Persuasion and Influencing Skills:** Techniques for persuading and influencing others were covered, with an emphasis on ethical practices.
- **Working in Teams and Group Discussion:** The importance of collaborative teamwork and effective group discussion techniques were highlighted.
- **Goals and Targets at the Workplace:** Understanding organizational goals and aligning personal objectives were explored.
- **Job Interview Techniques:** Techniques for successful job interviews, including demonstration sessions, were conducted.

Gurmeet Kaur Dhaliwal's expertise and engaging teaching style captivated the participants throughout the workshop. Interactive activities, role plays, and practical demonstrations enhanced the learning experience. The "Communication and Workplace Skills" workshop exemplified the

college's commitment to holistic education, equipping students with essential life skills alongside academic knowledge.



Instructor Gurmeet Dhaliwal giving training to students



Students attending the Training

Attendance of workshop on Communication and workplace skills				
Sr	Admission Class	Roll No	Student Name	Attendance
1	BCA Sem-III	8801	SAHIL HARISH	Present
2	BCA Sem-III	8802	ARSHDEEP SINGH	Present
3	BCA Sem-III	8803	RASHPINDER SINGH	Present
4	BCA Sem-III	8804	JASVIR SINGH	Present
5	BCA Sem-III	8805	HEENA	Present
6	BA Sem-V	4123	LOVEPREET SINGH	Present
7	BA Sem-V	4124	GOBIND SHARMA	Present
8	BA Sem-V	4125	DIKSHA	Present
9	BA Sem-V	4126	HARSHEEN KAUR	Present
10	BA Sem-V	4127	VANDANA KUMARI	Present
11	BA Sem-V	4128	SIMRANJIT KAUR	Present
12	BA Sem-V	4129	SIMRAN KAUR	Present
13	BA Sem-V	4130	KOMALPREET KAUR	Present
14	BA Sem-V	4131	LOVEPREET KAUR	Present
15	BA Sem-V	4132	RANJINA	Present
16	BA Sem-V	4133	MANDEEP KUMAR	Present
17	BA Sem-V	4134	SHEHZADI SAJIYA	Present
18	BA Sem-V	4135	BHUPINDER SINGH	Present
19	BA Sem-V	4161	AARTI	Present
20	BA Sem-V	4162	PAWANDEEP SINGH	Present
21	BA Sem-V	4163	GURKAMALPREET KAUR	Present
22	BA Sem-V	4164	DILPREET SINGH	Present
23	BA Sem-V	4165	MANDEEP SINGH	Present
24	BA Sem-V	4166	GURPREET SINGH	Present
25	BA Sem-V	4167	ARSHDEEP KAUR	Present
26	BA Sem-V	4168	NIRMAL SINGH	Present
27	BA Sem-V	4169	JASPREET SINGH	Present
28	BA Sem-V	4170	DHARMVEER SINGH	Present
29	BA Sem-V	4254	REENA KUMARI	Present
30	BA Sem-V	4255	JASPREET SINGH	Present
31	BA Sem-V	4256	SAHIL WALIA	Present
32	BA Sem-V	4257	BARINDER SINGH	Present
33	BA Sem-V	4258	SANDEEP SINGH	Present
34	BA Sem-V	4259	NARINDER KAUR	Present
35	BA Sem-V	4260	VISHAL SINGH	Present
36	BA Sem-V	4261	PARVEEN KAUR	Present
37	BCom Sem-III	5475	DAMANPREET SINGH	Present
38	BCom Sem-III	5476	RIYA RANI	Present
39	BCom Sem-III	5477	SUKHVEER KAUR	Present
40	BCom Sem-III	5478	BALJINDER SINGH	Present
41	BCom Sem-III	5479	YOGESH SHARMA	Present
42	BCom Sem-III	5480	RAVLEEN KAUR	Present
43	BCom Sem-III	5481	GAURAV YADAV	Present
44	BCom Sem-III	5482	YASHDEEP SINGH	Present
45	BCom Sem-III	5483	RAHUL KUMAR	Present
46	BCom Sem-III	5484	SIMRANJEET KAUR	Present
47	BCom Sem-III	5485	DILWINDER SINGH	Present
48	BCom Sem-III	5486	KARANPREET SINGH	Present
49	BCom Sem-V	5826	KULWINDER KAUR	Present
50	BCom Sem-V	5827	GURDEEP KAUR	Present
51	BCom Sem-V	5828	PAWANPREET KAUR	Present
52	BCom Sem-V	5829	TARANPREET KAUR	Present
53	BCom Sem-V	5830	TANUJ SHARMA	Present
54	BCom Sem-V	5831	JESSICA MASIH	Present
55	BCom Sem-V	5832	PRABHA SAINI	Present
56	BCom Sem-V	5833	SHIVANI YADAV	Present
57	BCom Sem-V	5834	NEETU KUMARI	Present
58	BCom Sem-V	5835	JYA SHARMA	Present

Utking
Gauri
Alon
Adhikari

Life Skills
**(Yoga, Physical Fitness, Health
and Hygiene)**

Martial Arts Training to Girl Students

Office, Principal Government College Ropar

Memo No. 1990/2021/46

Date: 05-03-2021

NOTICE

Dear Students,

We are pleased to announce that Government College Ropar is organising a "Training Workshop on Martial Arts for Girls Students" on the Occasion of International Women's Day. The aim of workshop is to empower Young Women with Self Defence Skills and promote the sense of confidence and safety.

For more details, Contact Prof. Harjit Singh (Head, Department of Physical Education)

Workshop Details:

Date: 08 March 2021

Venue: Open Air Theatre

Time: 10:00 A.M.


Principal

Government College Ropar


Martial Arts Training to Girl Students

Name of the Activity: Workshop on Martial Arts

Number of Student Participated: 78

Dated: 8 March 2021

Ropar, March 8, 2021 - Government College Ropar commemorated International Women's Day with a spirited and impactful event, hosting a martial arts workshop exclusively for girl students. The workshop, held on March 8th, 2021, aimed to empower young women with self-defense skills and promote a sense of confidence and safety.

Attended by a diverse group of girl students from various academic disciplines, the workshop featured seasoned martial arts instructors who introduced participants to fundamental techniques for self-protection. The training encompassed both physical maneuvers and psychological preparedness, imparting knowledge on thwarting potential threats, increasing awareness, and cultivating self-assurance. Enthusiastic participants praised the workshop's practical approach and its role in enhancing their confidence levels. Many students expressed gratitude for the opportunity to gain valuable skills that empower them in various aspects of life.

The event also featured inspiring talks by accomplished women, sharing their own journeys and experiences. These motivational sessions further motivated the attendees to aspire for excellence in their chosen paths.

The martial arts workshop on International Women's Day exemplifies Government College Ropar's commitment to holistic education, imparting life skills alongside academic knowledge. The event culminated on a high note, with participating students leaving with a renewed sense of empowerment and determination.



Students getting Training of Martial Arts

Attendance of Workshop on Martial Arts

Attendance of workshop on Martial Arts				
Sr. No	Class	Roll no.	Name	Attendance
1	BA Sem-I	2002	AARTI	Present
2	BA Sem-I	2012	AMANDEEP KAUR	Present
3	BA Sem-I	2016	AMANPREET KAUR	Present
4	BA Sem-I	2025	AMRIT KAUR	Present
5	BA Sem-I	2029	ANCHAL KUMARI	Present
6	BA Sem-I	2030	ANJU DEVI	Present
7	BA Sem-I	2031	ANMOLPREET KAUR	Present
8	BA Sem-I	2033	ANSHIKA	Present
9	BA Sem-I	2034	ANU	Present
10	BA Sem-I	2035	APARNA	Present
11	BA Sem-I	2063	DIKSHA CHOUDHARY	Present
12	BA Sem-I	2064	DIKSHA SHARMA	Present
13	BA Sem-I	2070	DIYA RANI	Present
14	BA Sem-I	2071	GAGANDEEP KAUR	Present
15	BA Sem-III	3060	MANISHA DEVI	Present
16	BA Sem-III	3061	SHABINA	Present
17	BA Sem-III	3062	SUKHVIR KAUR	Present
18	BA Sem-III	3063	JASHANPREET KAUR	Present
19	BA Sem-III	3064	DIKSHA	Present
20	BA Sem-III	3065	ANU KUMARI	Present
21	BA Sem-III	3067	GURWINDER KAUR	Present
22	BA Sem-III	3068	HARPREET KAUR	Present
23	BA Sem-III	3069	MANPREET KAUR	Present
24	BA Sem-III	3070	SABREEN BANO	Present
25	BA Sem-III	3071	KIRANJIT KAUR	Present
26	BA Sem-III	3074	ANJALI	Present
27	BA Sem-III	3075	SIMRANPREET KAUR	Present
28	BA Sem-III	3076	DIKSHA DEVI	Present
29	BA Sem-III	3078	TEENA SHARMA	Present
30	BA Sem-III	3079	RAMANDEEP KAUR	Present
31	BA Sem-III	3080	SANDEEP KAUR	Present
32	BA Sem-III	3081	RANJANA KUMARI	Present
33	BA Sem-III	3082	NAVDEEP KAUR	Present
34	BA Sem-III	3083	RAJNI	Present
35	BA Sem-V	4063	MANPREET KAUR	Present
36	BA Sem-V	4064	RAJIVIR KAUR	Present
37	BA Sem-V	4066	AISHRITIKA RAI	Present
38	BA Sem-V	4067	MANPREET KAUR	Present
39	BA Sem-V	4068	SHARANJEET KAUR	Present
40	BA Sem-V	4069	PAWANPREET KAUR	Present
41	BA Sem-V	4080	AMANDEEP KAUR	Present
42	BA Sem-V	4081	JASMEEN KAUR	Present
43	BA Sem-V	4082	TANNU KUMARI	Present
44	BA Sem-V	4083	SIMRANJEET KAUR	Present

Shingh

45	BCom Sem-III	5479	JASPREET KAUR	Present
46	BCom Sem-III	5480	SHWETA	Present
47	BCom Sem-III	5481	GURPREET KAUR	Present
48	BCom Sem-III	5482	SIMRAN KAUR	Present
49	BCom Sem-III	5483	ASHWANI	Present
50	BCom Sem-III	5484	HARPREET KAUR	Present
51	BCom Sem-III	5485	SIMRAN MOTON	Present
52	BCom Sem-III	5488	SAMEEKSHA CHOUDHARY	Present
53	BCom Sem-III	5490	NAVLEEN KAUR	Present
54	BCom Sem-III	5491	SATWINDER KAUR	Present
55	BCom Sem-III	5492	MADHU SHARMA	Present
56	BCom Sem-III	5495	SUMAN	Present
57	BCom Sem-III	5498	HARPREET KAUR	Present
58	BCom Sem-III	5499	JASPREET KAUR	Present
59	BCom Sem-III	5501	PRIYA	Present
60	BCom Sem-III	5502	MANISHA RANI	Present
61	BCom Sem-III	5503	JASHANPREET KAUR	Present
62	BCom Sem-III	5504	YASHIKA	Present
63	BCom Sem-III	5505	MANPREET KAUR	Present
64	BCom Sem-III	5506	SIMRAN	Present
65	BSc Medical Sem-III	6709	JANNATPREET KAUR	Present
66	BSc Medical Sem-III	6710	MANISHA	Present
67	BSc Medical Sem-III	6711	AMANPREET KAUR	Present
68	BSc Medical Sem-III	6712	TAMANNA	Present
69	BSc Medical Sem-III	6713	DISHA RANA	Present
70	BSc Medical Sem-III	6714	ANU RANA	Present
71	BSc Medical Sem-III	6715	SIMRANPREET KAUR	Present
72	BSc Medical Sem-III	6716	NEHA	Present
73	BSc Medical Sem-III	6717	NAVNEET KAUR	Present
74	BSc Medical Sem-III	6718	SIMRANJIT KAUR	Present
75	BSc Medical Sem-III	6719	SANA FATIMA	Present
76	BSc Medical Sem-III	6720	NEHA VARMA	Present
77	BSc Medical Sem-III	6721	AMRITPREET KAUR	Present
78	BSc Medical Sem-III	6722	NAVNEET KAUR	Present

Signature

Raises Awareness on Health and Menstrual Hygiene

Office, Principal Government College Ropar

Memo No. 19 AC/2021) 45

Date: 26-02-2021

NOTICE

Dear Students,

We are delighted to invite you to a special session on “**Menstrual Hygiene Awareness**”. This session aims to provide you with essential information and guidance on maintaining good menstrual hygiene practices, promoting overall well-being and misconceptions surrounding menstruation.

We are confident that this session will provide you with valuable insights and empower you to make informed choices about menstrual hygiene. If you have any further questions or require additional information, please do contact Prof Arvinder Kaur (Head, Home Science Department)

Session Details

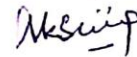
Date: 02-03-2021

Time: 10.00am

Venue: Conference Hall


Principal

Government College Ropar



Raises Awareness on Health and Menstrual Hygiene

Name of the Activity: Seminar on Health and Menstrual Hygiene

Number of Student Participated: 78

Dated: 2 Mach 2021

Ropar, 2 Mach 2021 - The Home Science Department of Government College Ropar organized a highly informative seminar aimed at promoting health and menstrual hygiene awareness among girl students. The seminar, held on 2 Mach 2021, featured distinguished gynecologist Dr. Manpreet Kaur as the keynote speaker.

With a focus on fostering holistic well-being, the seminar provided invaluable insights into various aspects of women's health. Dr. Manpreet Kaur, a renowned gynecologist, addressed the audience, delving into topics such as menstrual health, hygiene practices, and the importance of maintaining a healthy lifestyle.

The seminar addressed prevalent misconceptions and taboos surrounding menstrual health, breaking down barriers to open discussions. Dr. Kaur's expert presentation helped to dispel myths and encourage a better understanding of the biological processes, thus empowering the attendees to take charge of their health. The enthusiastic participation of the girl students reflected the seminar's relevance and impact. Interactive sessions allowed the students to engage directly with Dr. Manpreet Kaur, asking questions and seeking clarifications on various health-related concerns.

The seminar concluded with participants expressing gratitude for the informative session and pledging to prioritize their health and well-being. The event serves as a testament to Government College Ropar's commitment to holistic education, addressing crucial aspects of students' lives beyond academics.



Dr. Manpreet Kaur Addressing the students

Students attending the workshop.

Attendance

Attendance of Seminar on Awareness on health and menstrual hygiene				
sr.no	class	roll no	name	Attendance
1	BA Sem-I	2013	HARLEEN Kaur	P
2	BA Sem-I	2054	DOLLY	P
3	BA Sem-I	2164	KAMALJEET Kaur	P
4	BA Sem-I	2173	NEHA	P
5	BA Sem-I	2193	SIMRANJOT Kaur	P
6	BA Sem-I	2212	BABNEET Kaur	P
7	BA Sem-III	3117	AMANDEEP Kaur	P
8	BA Sem-III	3424	GURKAMALPREET Kaur	P
9	BA Sem-III	3425	HARPREET Kaur	P
10	BA Sem-V	4031	KAMALJIT Kaur	P
11	BA Sem-V	4033	KHUSHBOO RANI	P
12	BA Sem-V	4041	MANISHA RANI	P
13	BA Sem-V	4270	ARSHPREET Kaur	P
14	BA Sem-V	4278	GURJEET Kaur	P
15	BA Sem-V	4299	PARAMJIT Kaur	P
16	BA Sem-V	4333	SUMANPREET Kaur	P
17	BCA Sem-I	8706	GURLEEN Kaur	P
18	BCA Sem-I	8712	JASPREET Kaur	P
19	BCA Sem-I	8724	JASMEEN Kaur	P
20	BCA Sem-II	8823	SHAHEEN	P
21	BCA Sem-II	8833	GURSHARAN Kaur	P
22	BCA Sem-II	8840	JASPREET Kaur	P
23	BCA Sem-V	8902	HARSIMRAN Kaur	P
24	BCA Sem-V	8926	SANDEEP Kaur	P
25	BCA Sem-V	8928	MANISHA	P
26	BCA Sem-V	8934	ANCHAL KAPOOR	P
27	BCom Sem-	5003	AMANPREET Kaur	P
28	BCom Sem-	5007	HARPREET Kaur	P
29	BCom Sem-	5009	INDERPREET Kaur	P
30	BCom Sem-	5102	HIMANSHI SHARMA	P
31	BCom Sem-	5115	JASPREET Kaur	P
32	BCom Sem-	5121	HARJOTPREET Kaur	P
33	BCom Sem-I	5403	AMNEET Kaur	P
34	BCom Sem-I	5408	BALJINDER Kaur	P
35	BCom Sem-I	5410	CHANCHAL RANI	P
36	BCom Sem-I	5427	KAMALPREET Kaur	P
37	BCom Sem-I	5488	RISHU MOTON	P
38	BCom Sem-I	5489	SANDEEP Kaur	P
39	BCom Sem-I	5499	ARVINDER Kaur	P
40	BCom Sem-V	5811	DIPRAN	P
41	BCom Sem-V	5820	HARMAN Kaur	P
42	BCom Sem-V	5825	JASPINDER Kaur	P

Akshay

43	Com Sem-V	5829	KIRANPREET KAUR	P
44	Com Sem-V	5831	KOMAL	P
45	Com Sem-V	5896	PAWANPREET KAUR	P
46	Com Sem-V	5907	SIMRAN	P
47	Medical Se	6501	ARSHPREET KAUR	P
48	Medical Se	6518	SIMRANJEET KAUR	P
49	Medical Se	6522	KHUSHI	P
50	Medical Se	6531	MANPREET KAUR	P
51	Medical Se	6533	BALJEET KAUR	P
52	Medical Se	6535	ANOOPJOT KAUR	P
53	Medical Se	6702	ANCHAL DEVI	P
54	Medical Se	7113	PRIYA SHARMA	P
55	Non-Med. S	7503	NANCY GUPTA	P
56	Non-Med. S	7508	EKTA KUMARI	P
57	Non-Med. S	7606	SIMRANJIT KAUR	P
58	Non-Med. S	7607	AMANPREET KAUR	P
59	Non-Med. S	7612	SUMEDHA	P
60	Non-Med. S	7615	MUSKAN DEVI	P
61	Non-Med. S	7904	ARSHPREET KAUR	P
62	Non-Med. S	8304	ANJU	P
63	Non-Med. S	8305	ANMOL KAUR	P
64	Non-Med. S	8315	JASLEEN KAUR	P
65	Non-Med. S	8323	MADHU BALA	P
66	Non-Med. S	8336	RAJESHWARI DEVI	P
67	Non-Med. S	8337	RAMANDEEP KAUR	P
68	Non-Med. S	8343	SARBJEET KAUR	P
69	Non-Med. S	8368	DAMANDEEP KAUR	P
70	Non-Med. S	8400	RITIKA MAKKAR	P
71	English Se	1405	HARJEET KAUR	P
72	English Se	1409	ANNUPREET KAUR	P
73	English Ser	1503	DEEKSHA DHIMAN	P
74	Pol. Sc. Ser	1302	GURPREET KAUR	P
75	Punjabi Ser	1122	JASWINDER KAUR	P
76	IT Sem-III	7406	GURPREET KAUR	P
77	GDCA Sem	9005	RANO KAUR	P
78	GDCA Sem	9012	GURBINDER KAUR	P

Arshpreet

Government College Ropar: Yoga Camp by NSS and Red Ribbon Club



OFFICE OF THE PRINCIPAL GOVERNMENT COLLEGE ROPAR

ਦਫ਼ਤਰ ਪਿੰਸੀਪਲ ਸਰਕਾਰੀ ਕਾਲਜ ਰੋਪੜ

Email : principal.gc.ropar@gmail.com

Ph. No. 01881-222263

Affiliated to Punjabi University Patiala

ਹੁਕਮ ਨੰ: ਸਟੈਨੋ/2023/1479

ਮਿਤੀ: 17/06/23

ਜ਼ਿਲ੍ਹਾ ਆਯੁਰਵੈਦ ਅਤੇ ਯੂਨਾਨੀ ਅਫਸਰ, ਰੂਪਨਗਰ ਦੇ ਨੰ: ਡੀਏਯੂਓ (ਰੂਪਨਗਰ) 2023/884
ਮਿਤੀ 16-6-2023 ਰਾਹੀਂ 21 ਜੂਨ 2023 ਨੂੰ ਯੋਗਾ ਦਿਵਸ ਮਨਾਉਣ ਲਈ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਕਾਲਜ ਵਿਖੇ
ਮਿਤੀ 19-6-2023 ਤੋਂ 20-6-2023 ਸਵੇਰੇ 7:30 ਵਜੇ ਤੋਂ 8:30 ਵਜੇ ਤੱਕ ਯੋਗਾ ਟ੍ਰੇਨਿੰਗ ਦਿੱਤੀ ਜਾਣੀ ਹੈ।

ਉਕਤ ਸਬੰਧੀ ਕਾਲਜ ਦੇ ਐਨ.ਸੀ.ਸੀ/ ਐਨ.ਐਸ.ਐਸ/ ਰੈੱਡ ਕਰਾਸ/ ਰੈੱਡ ਰਿਬਨ ਕਲੱਬ ਦੇ
ਪ੍ਰੋਗਰਾਮ ਅਫਸਰਾਂ ਅਤੇ ਇੰਚਾਰਜਾਂ ਨੂੰ ਹਦਾਇਤ ਕੀਤੀ ਜਾਂਦੀ ਹੈ ਕਿ ਉਹ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਉਕਤ ਯੋਗਾ ਟ੍ਰੇਨਿੰਗ
ਕੈਂਪ ਵਿਚ ਭਾਗ ਲੈਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕਰਨ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਹਾਜ਼ਰੀ ਯਕੀਨੀ ਬਨਾਉਣ।

ਇਸ ਨੂੰ ਗੰਭੀਰਤਾ ਨਾਲ ਪਿਆ ਜਾਵੇ।

ਜਤਿੰਦਰ ਸਿੰਘ

(ਜਤਿੰਦਰ ਸਿੰਘ)

ਪਿੰਸੀਪਲ,

ਸਰਕਾਰੀ ਕਾਲਜ ਰੋਪੜ।

2
17/6/2023

Translated to be true copy

Government College Ropar

Order No: Steno/2023/1479

DATE: 17/06/23

As per letter from District Ayurveda and Unani Officer, Rupnagar No. DAUO (Rupnagar) 2023/884 dated 16-6-2023 We are going to celebrate Yoga Day on 21st June 2023. For this, A Yoga Camp is being organized in the College from 19-6-2023 to 20-6-2023 at 7 am to 8:30 am. In this regard, the program officers and in-charges of NCC/NSS/Red Cross/Red Ribbon Club of the college are instructed to motivate the students to participate in the above yoga training camp and ensure the attendance of the students.

Jatinder Singh

Principal,

Government College Ropar

17/6/2023

Name of the Activity: Yoga Camp

Number of Student Participated: 65

Date: 19-20th June 2023

Venue: Open Air Theatre

The National Service Scheme (NSS) and the Red Ribbon club of Government College Ropar jointly organized a transformative two-day Yoga Camp on June 19th and 20th promoting holistic well-being and fostering a healthy lifestyle.

The campus provided an ideal backdrop for the camp, offering a positive atmosphere to students. Led by experienced yoga instructors and Ayurvedic Medical Officer Dr. Varinder Mohan Pahul from District Ayurvedic and Yunani Department the camp featured a comprehensive curriculum that covered various aspects of yoga, from asanas (physical postures) to meditation and mindfulness practices.

Through interactive sessions, participants learned to cultivate a balanced mind and body. The camp not only focused on the physical benefits of yoga but also delved into its philosophical aspects, encouraging students to explore the deeper dimensions of the practice. The Yoga Camp concluded with a sense of accomplishment, as participants not only gained practical skills but also imbibed the essence of yoga's philosophy. This event focuses on nurturing well-rounded individuals and equipping them with tools for lifelong well-being.



Students doing Yoga in the Session



News Coverage of Yoga Camp



Teachers Participating in Yoga Camp

Attendance

List of Students Participated In Yoga(19-20June2023)				
Sr No.	Name	Roll No.	Class	
1	KUNAL KAUSHAL	2011	BA Sem-I	P
2	KANCHAN DEVI	7923	BSc Non-Med. Sem-III	P
3	KARANPREET SINGH	4160	BA Sem-V	P
4	ARSHDEEP SINGH	8807	BCA Sem-III	P
5	SIMRAN	6523	BSc Medical Sem-I	P
6	JASPREET SINGH	2066	BA Sem-I	P
7	SIMRAN	3390	BA Sem-III	P
8	GURWINDER SINGH	2235	BA Sem-I	P
9	NANCY BHARDWAJ	2029	BA Sem-I	P
10	SAJAN KUMAR	5887	BCom Sem-V	P
11	HARNOOR KAUR	2096	BA Sem-I	P
12	AYUSHI	7910	BSc Non-Med. Sem-III	P
13	PALAK RANA	2155	BA Sem-I	P
14	SONIA	6723	BSc Medical Sem-III	P
15	ANU KUMARI	4028	BA Sem-V	P
16	HARMANPREET KAUR	4108	BA Sem-V	P
17	GURPREET KAUR	3092	BA Sem-III	P
18	PARDEEP SINGH	2100	BA Sem-I	P
19	TARANJOT KAUR	9111	BCA Sem-I	P
20	KARAM SINGH	3174	BA Sem-III	P
21	GURJOT KAUR	5819	BCom Sem-V	P
22	TARJINDER SINGH	4360	BA Sem-V	P
23	JASHAN KHEPAR	2309	BA Sem-I	P
24	RINKEY	5880	BCom Sem-V	P
25	PINKI	3279	BA Sem-III	P
26	SUKHPREET SINGH	3363	BA Sem-III	P
27	SURINDER SINGH	2135	BA Sem-I	P
28	MANSIMRAN KAUR	5450	BCom Sem-III	P
29	GURDEEP SINGH SAINI	2433	BA Sem-I	P
30	HARPREETSINGH	4114	BA Sem-V	P
31	KHUSHPREET KAUR	4168	BA Sem-V	P
32	DILSHAN SINGH	8815	BCA Sem-III	P
33	SOHAN SINGH	3356	BA Sem-III	P
34	MUSKAN KUMARI	5859	BCom Sem-V	P
35	JASLEEN KAUR	3160	BA Sem-III	P
36	NISHA RANI	3266	BA Sem-III	P
37	HARPREET KAUR	8315	BSc Non-Med. Sem-V	P
38	ADITYA TANDON	7546	BSc Non-Med. Sem-I	P
39	ANMOL SINGH	8307	BSc Non-Med. Sem-V	P
40	ANIKET	3428	BA Sem-III	P

Asm

41	RIYA SHARMA	6536	BSc Medical Sem-I	P
42	AMIT THAKUR	3429	BA Sem-III	P
43	JASWINDER SINGH	8725	BCA Sem-I	P
44	RAVI KUMAR	8751	BCA Sem-I	P
45	SANDEEP KAUR	5043	BCom Sem-I	P
46	SIMRANPREET SINGH	4346	BA Sem-V	P
47	MANJOT SINGH	2478	BA Sem-I	P
48	SAMEER	7948	BSc Non-Med. Sem-III	P
49	PRIYA SAINI	5871	BCom Sem-V	P
50	MANVIR SINGH	3407	BA Sem-III	P
51	HARMANPREET SINGH	3116	BA Sem-III	P
52	MOHIT KUMAR	4223	BA Sem-V	P
53	PRIYANKA KUMARI	4267	BA Sem-V	P
54	GURSEWAK SINGH	2332	BA Sem-I	P
55	AMANPREET KAUR	2086	BA Sem-I	P
56	MANSIMRAN KAUR	2119	BA Sem-I	P
57	SANJNA	5486	BCom Sem-III	P
58	SANAMDEEP KAUR	4307	BA Sem-V	P
59	JASHANPREET SINGH	8745	BCA Sem-I	P
60	AJAYVEER SINGH	2396	BA Sem-I	P
61	SANDEEP THAKUR	3330	BA Sem-III	P
62	SAROJ KUMARI	5020	BCom Sem-I	P
63	REHNUMA	5005	BCom Sem-I	P
64	PREET KAUR	3420	BA Sem-III	P
65	AKASHDEEP SINGH	9112	BCA Sem-I	P

JSM