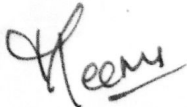


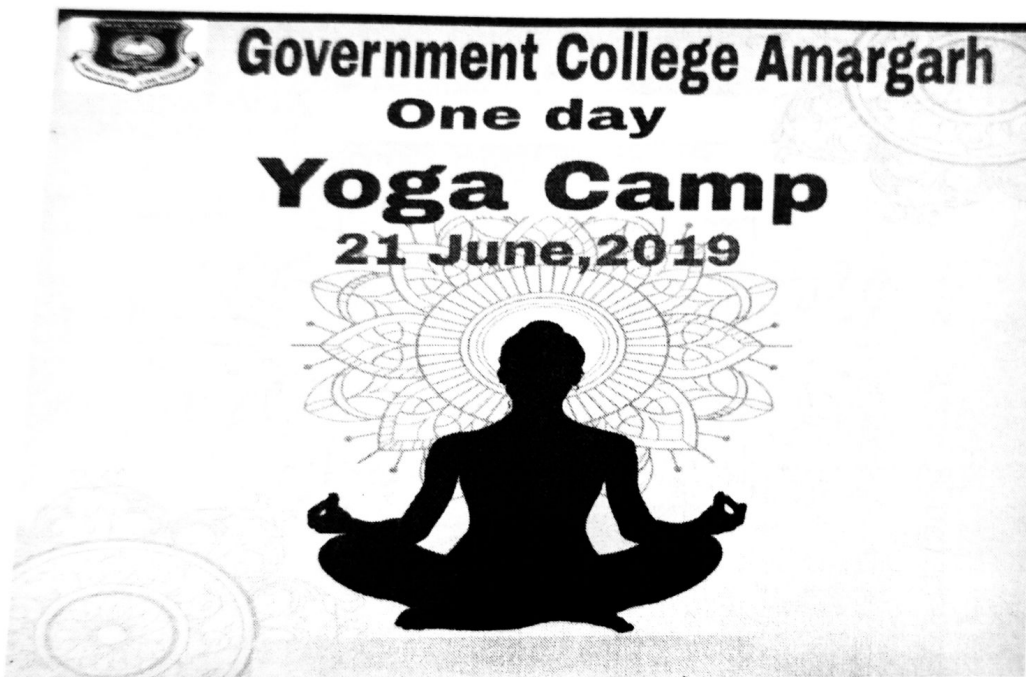
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Principal  
Govt College  
Aina, Jarh (Sangrur)

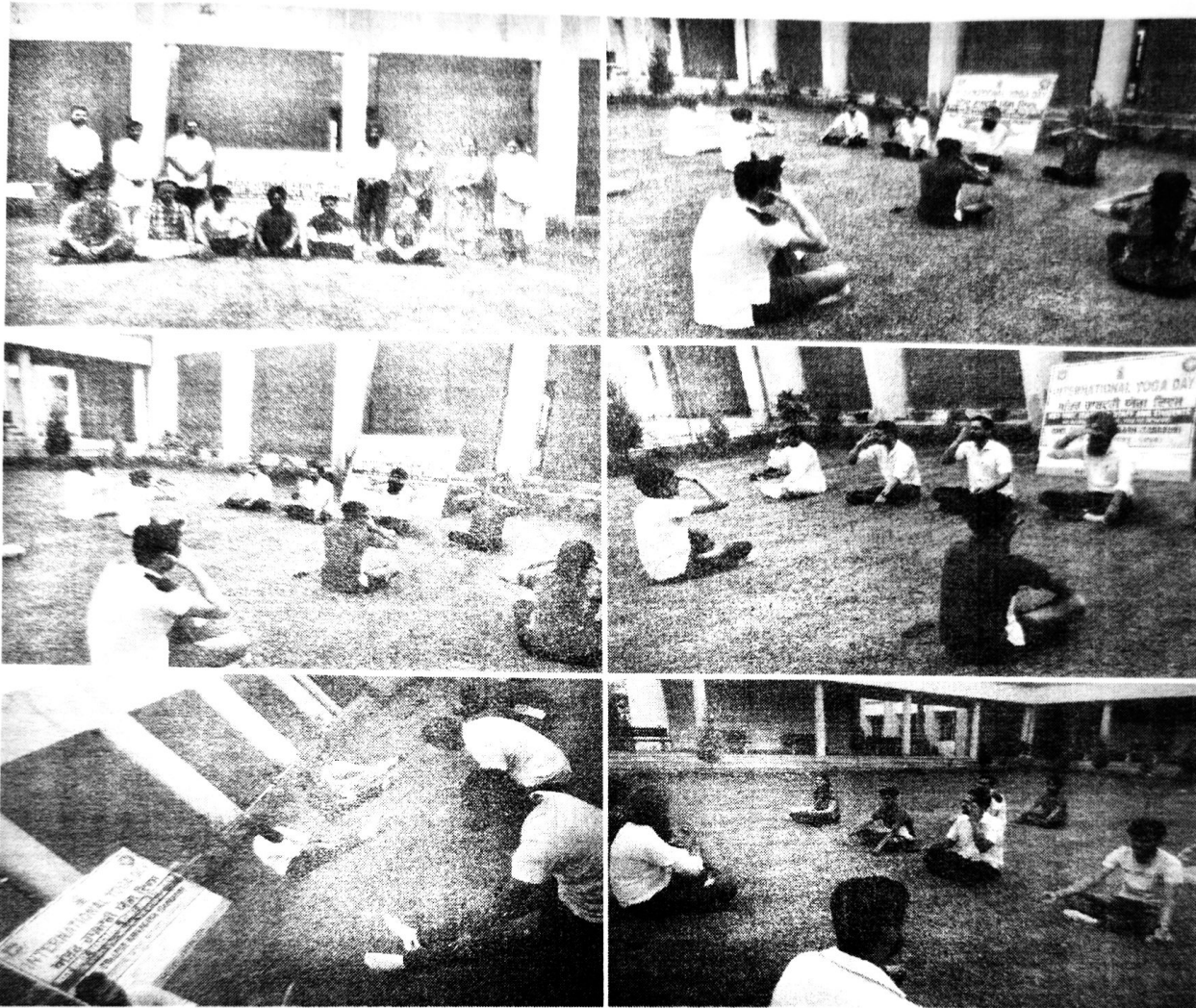
1. LIFESKILLS (YOGA, PHYSICAL FITNESS, HEALTH AND HYGINE)

ONE DAY YOGA CAMP



*seen*  
*Heenu*  
Principal  
Govt College  
Amargarh (Sangrur)

Date: 21.06.2019



## Report of Event:

One day Yoga camp was organized by NSS department. This camp was organized under the supervision of Programme Officers, Asst. Prof. Jagjit Singh Hari and Asst. Prof. Kamaljit Singh. All faculty members and NSS volunteers participated in it and performed various yoga asana. The Event began with a brief introduction on yoga. Approximately 30 students participated in the event. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system warm up exercises were taken and all the students practiced and performed sitting and standing asana, importance of these were explained simultaneously .the function ended with a vote of thanks by Prof. Jagjeet Singh Hari.

Principal

Govt. College  
Amaljari (Singrur)

## ONE DAY YOGA CAMP (Attendance)

Date -21-6-2019

Sr.no.	class	Name	Sign
1	BA Sem-I	SANDEEP KAUR	Sandeep Kaur
2	BA Sem-I	SATNAM SINGH	Satnam Singh
3	BA Sem-I	SONIA	Sonia
4	BA Sem-I	JASPREET KAUR	Jaspreet Kaur
5	BA Sem-I	PAWANDEEP SINGH	Pawandeep Singh
6	BA Sem-I	HARPREET SINGH	Harpreet S.
7	BA Sem-I	JAGDEEP KAUR	Jagdeep Kaur
8	BA Sem-I	GURJATINDER SINGH	Gurjinder S.
9	BA Sem-I	MANPREET KAUR	Manpreet Kaur
10	BA Sem-III	AMANDEEP KAUR	Amandeep Kaur
11	BA Sem-III	AMRITPAL SINGH	Amritpal Singh
12	BA Sem-III	BALJINDER KAUR	Baljinder Kaur
13	BA Sem-III	BEANT KAUR	Beant Kaur
14	BA Sem-III	CHAMKAUR SINGH	Chamkaur Singh
15	BA Sem-III	DAVINDER SINGH	Davinder Singh
16	BA Sem-III	GAGANDEEP SINGH	Gagandeep Singh
17	BA Sem-III	GURPREET KAUR	Gurpreet Kaur
18	BA Sem-III	HARDEEP KAUR	Hardeep Kaur
19	BA Sem-III	MANPREET SINGH	Manpreet Singh
20	BA Sem-III	NISHA RANI	Nisha Rani
21	BA Sem-III	POOJA RANI	Pooja Rani
22	BA Sem-V	AMANDEEP KAUR	Amandeep Kaur
23	BA Sem-V	AMANDEEP KAUR	Amandeep Kaur
24	BA Sem-V	CHARANJEET SINGH	Charanjeet Singh
25	BA Sem-V	DAVINDERJEET SINGH	Davinderjeet Singh
26	BA Sem-V	GAGANDEEP	Gagandeep
27	BA Sem-V	GURDEEP KAUR	Gurdeep Kaur
28	BA Sem-V	GURDEEP SINGH	Gurdeep Singh
29	BA Sem-V	GURPAL SINGH	Gurpal Singh
30	BA Sem-V	GURWINDER SINGH	Gurwinder S.

Principal

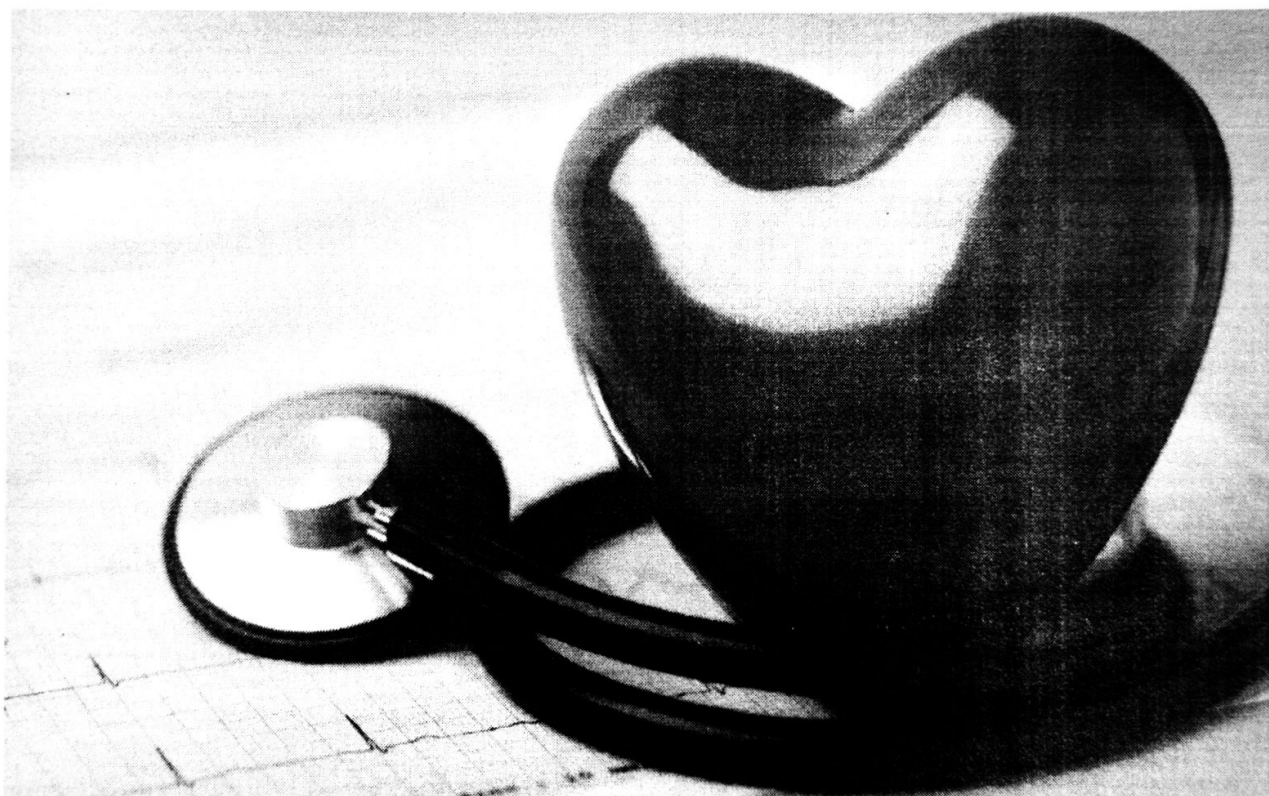
Govt College

Ama. garh (Sangru)

**ONE DAY WORKSHOP ON HEALTH AWARENESS**



**ONE DAY WORKSHOP  
ON HEALTH  
AWARENESS**



**GOVT. COLLEGE AMARGARH**  
15th July 2019  
**PLACE - Seminar Hall**

*[Signature]*  
Principal  
Govt College  
Amargarh (Sangrur)

Date: 15.07.2019



ਸਰਕਾਰੀ ਕਾਲਜ ਵਿੱਚ ਲਗਾਇਆ ਜਿਹੜਾ ਸਬੰਧੀ ਸੈਮੀਨਾਰ



ਅਮਰਗੜ 17 ਜੁਲਾਈ (ਬਿਵੇਕਾ)-ਸਰਕਾਰੀ ਕਾਲਜ ਵਿਖੇ ਮਿਸ਼ਿਪਲ ਡਾ ਮੁਹੰਮਦ ਜਮੀਲ ਦੀ ਏਮ ਟੋਕ ਹੋਣ ਤੋਂ ਪਹਿਲਾਂ ਪੰਜਾਬ ਡਾਇਗਨੋਸਟਿਕ ਸੈਮੀਨਾਰ ਕਰਵਾਇਆ ਗਿਆ। ਇਸ ਸੈਮੀਨਾਰ ਵਿੱਚ ਸਿਹਤ ਇੰਸਪੈਕਟਰ ਦੁਰਗਾ ਪ੍ਰਸਾਦ ਤੇ ਇੱਕ ਕਾਰਕੁੰਨ ਸਿੰਘ ਨੇ ਦੱਸਿਆ ਕਿ ਹਰ ਇੱਕ ਨੂੰ ਆਪਣੀ ਸਿਹਤ ਸਬੰਧੀ ਜਾਗਰੂਕ ਹੋਣ ਦੀ ਲੋੜ ਹੈ। ਆਮ ਕਾਪੜੇ ਵਿੱਚ ਆਇਆ ਹੈ ਕਿ ਪਿਛਾ ਦੇ ਲੋਕ ਬਿਮਾਰ ਹੋਣ ਨਾਲ ਚੱਲਾ ਚੁੱਕਾ ਡਾਕਟਰ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਵਿਚ ਫਸ ਜਾਂਦੇ ਹਨ। ਜਦੋਂ ਤੱਕ ਉਹ ਸਰਕਾਰੀ ਹਸਪਤਾਲ ਪਹੁੰਚਦੇ ਹਨ ਤਦੋਂ ਤੱਕ ਦੋਰ ਹੋ ਚੁੱਕੀ ਹੁੰਦੀ ਹੈ। ਇਹ ਵਿਸਥਾਰਦੇ ਮਰੀਜ਼ਾਂ ਨੂੰ ਵੇਖ ਹਸਪਤਾਲਾਂ ਵਿੱਚ ਡੋਲਿਆ ਜਾਂਦਾ ਹੈ। ਇਸ ਸੈਮੀਨਾਰ ਵਿੱਚ ਡਾ. ਮੁਹੰਮਦ ਜਮੀਲ ਨੇ ਸਰਕਾਰੀ ਹਿੱਸੇ ਦੱਸਿਆ ਕਿ ਸਰਕਾਰ ਵੱਲੋਂ ਇਸ ਬਿਮਾਰੀ ਦਾ ਇਲਾਜ ਸਾਰੇ ਹਸਪਤਾਲਾਂ ਵਿੱਚ ਮੁਫਤ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਇਸ ਸੈਮੀਨਾਰ ਡਾ ਮੁਹੰਮਦ ਜਮੀਲ ਨੇ ਕਿਹਾ ਕਿ ਅਜਿਹੇ ਪ੍ਰਘਾਤ ਸਾਰੇ ਕਾਲਜਾਂ ਤੇ ਸਕੂਲਾਂ ਵਿੱਚ ਕਰਵਾਉਣੇ ਚਾਹੀਦੇ ਹਨ ਤਾਂ ਜੋ ਵਿਦਿਆਰਥੀ ਜਾਗਰੂਕ ਹੋ ਕੇ ਆਪਣੀ ਸਿਹਤ ਸੰਭਾਲ ਸਕਣ।

A workshop was organized by the college with collaboration of CHC/PHC Amargarh. Sh. Durga Prasad (Health Inspector), Sh. Ranbeer Singh Dhandey, Sh. ParsanSingh addressed the students about the symptoms, causes and safeguards of T.B., cleanliness, proper nutrition and diet. Dr. Mohd. Jameel, the principal of the college also interacted with the students. Approximately 60 students participated in the workshop. The information imparted during the seminar served to be an eye-opener for the young students. The learning from the event would be a long way in tackling mental, physical and emotional issues. In the end, Sh. Durga Prasad (Health Inspector) answered the queries in detail raised by the audience.

*Principal*  
 Govt College  
 Amargarh (Sangrur)

## ONE DAY WORKSHOP ON HELTH AWARENESS

## Student list

15-7-2019

Sr.no.	class	Roll no.	Name	Sign
1	B.Com Sem-I	19072	SUNNY MALIK	Sunny Malik
2	B.Com Sem-I	19073	GURDEEP SINGH	Gurdeep S.
3	B.Com Sem-III	19101	ABHISHEK	Abhishek
4	B.Com Sem-III	19102	AMARJIT SINGH	Amarjit S.
5	B.Com Sem-III	19106	BHARPOOR SINGH	Bharpoor S.
6	B.Com Sem-III	19114	GAGANDEEP SINGH	Gagandeep Singh
7	B.Com Sem-III	19125	JASKARAN SINGH	Jaskaran Singh
8	B.Com Sem-III	19126	JASPREET SINGH	Jaspreet Singh
9	B.Com Sem-III	19130	KIRANDEEP KAUR	Kirandeep Kaur
10	B.Com Sem-III	19137	MALKIT SINGH	Malhit Singh
11	B.Com Sem-III	19140	MANJINDER SINGH	Manjinder S.
12	B.Com Sem-III	19147	NEERAJ KUMAR	Neeraj K.
13	B.Com Sem-III	19157	RUPINDER KAUR	Rupinder Kaur
14	B.Com Sem-III	19160	SAHILPREET SINGH	Sahilpreet S.
15	B.Com Sem-III	19162	SATINDER SINGH	Satinder Singh
16	B.Com Sem-III	19167	SUKHBIR SINGH	Sukhbir Singh
17	B.Com Sem-III	19169	VIJAY SINGH	Vijay Singh
18	B.Com Sem-III	19170	AMANJOT KAUR	Amanjot Kaur
19	B.Com Sem-III	19171	GAGANDEEP KAUR	Gagandeep Kaur
20	B.Com Sem-V	19211	GURPREET SINGH	Gurpreet S.
21	B.Com Sem-V	19214	HARJEET SINGH	Harjeet Singh
22	B.Com Sem-V	19217	JASPREET SINGH	Jaspreet Singh
23	B.Com Sem-V	19228	MANSI JOHAL	Mansi Johal
24	B.Com Sem-V	19234	PARMINDER KAUR	Parminder K.
25	B.Com Sem-V	19247	SIMRANJIT SINGH	Simranjit Singh
26	BA Sem-I	19301	ABHINASH KAUR	Abhinash K.
27	BA Sem-I	19302	AMANDEEP KAUR	Amandeep Kaur
28	BA Sem-I	19303	AMANDEEP KAUR	Amandeep K.
29	BA Sem-I	19304	AMARJEET KAUR	Amarjeet Kaur
30	BA Sem-I	19305	ARJAN SINGH	Arjan S.
31	BA Sem-I	19306	ARSHDEEP KAUR	Arshdeep Kaur
32	BA Sem-I	19307	ARSHDEEP SINGH	Arshdeep S.
33	BA Sem-I	19312	CHAMKAUR SINGH	Chamkaur Singh

Seena  
Principal

Govt College  
Aina, Jarn (Sangrur)

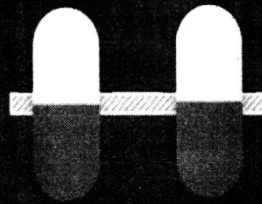
	BA Sem-I	19314	GAGANDEEP SINGH	Gagandeep S.
35	BA Sem-I	19316	GURSEWAK SINGH	Gursewak Singh
37	BA Sem-I	19318	HARPREET KAUR	Harpreet Kaur
38	BA Sem-I	19320	JASPREET KAUR	Jaspreet K.
39	BA Sem-I	19322	JASPREET SINGH	Jaspreet Singh
40	BA Sem-I	19323	JASVIR KAUR	Jasvir Kaur
41	BA Sem-I	19326	KARANVEER SINGH	Karanveer S.
42	BA Sem-I	19329	KULWINDER KAUR	Kulwinder Kaur
43	BA Sem-I	19330	KULWINDER SINGH	Kulwinder Singh
44	BA Sem-I	19332	MANJOT SINGH	Manjot S.
45	BA Sem-I	19333	MANPREET KAUR	Manpreet K.
46	BA Sem-I	19336	PARWINDER SINGH	Parwinder S.
47	BA Sem-III	19544	SAMANDEEP KAUR	Samandeep K.
48	BA Sem-III	19546	SANDEEP KAUR	Sandeep Kaur
49	BA Sem-III	19547	SATNAM SINGH	Satnam Singh
50	BA Sem-III	19551	SIMRAN KAUR	Simran Kaur
51	BA Sem-III	19555	SONIA	Sonia
52	BA Sem-III	19559	RAMANPREET KAUR	Ramanpreet K.
53	BA Sem-III	19561	SHEENA RANI	Sheena R.
54	BA Sem-V	19602	AMANDEEP KAUR	Amandeep K.
55	BA Sem-V	19604	AMRITPAL SINGH	Amritpal S.
56	BA Sem-V	19605	BALDEEP KAUR	Baldeep Kaur
57	BA Sem-V	19607	BALINDER KAUR	Balinder K.
58	BA Sem-V	19608	BEANT KAUR	Beant Kaur
59	BA Sem-V	19609	CHAMKAUR SINGH	Chamkaur S.
60	BA Sem-V	19610	DAVINDER SINGH	Davinder Singh

*Seen  
Heena*  
 Principal  
 Govt College  
 Aina, Jarn (Sangrur)



**SEMINAR ON "GET WELL SOON WITHOUT ANTIBIOTICS"**

**GOVERNMENT COLLEGE AMARGARH**



23-11-2019

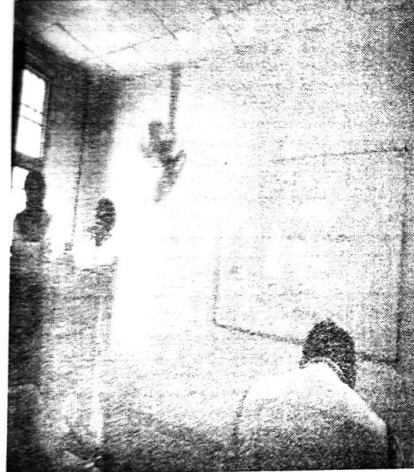
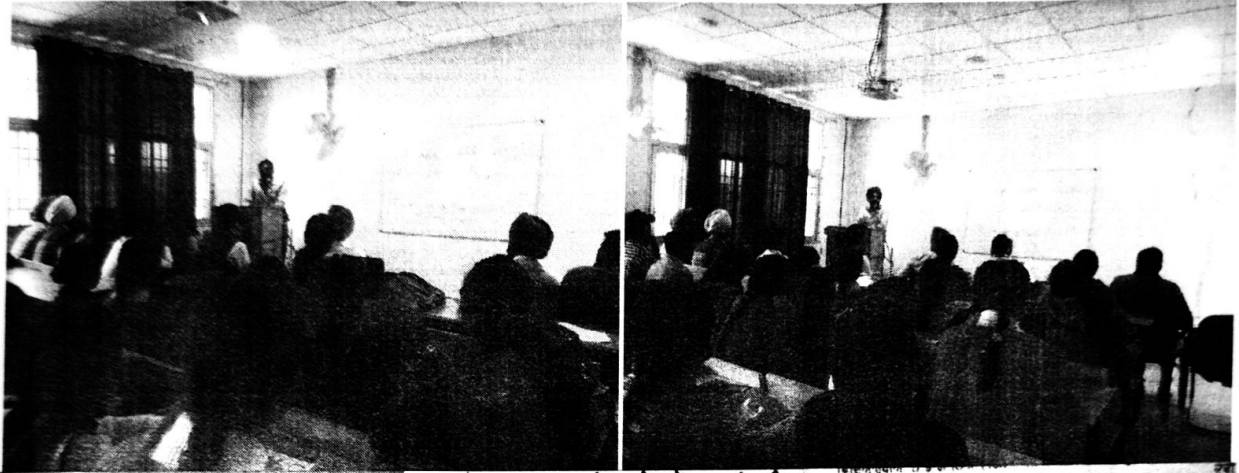
**EXTENSION  
LECTURE ON**

Get Well Soon Without Antibiotics

*S. S. Meena*  
Principal

Govt College  
Amargarh (Sangrur)

Date: 23.11.2019



**ਸਰਕਾਰੀ ਕਾਲਜ ਅਮਰਗੜ ਵਿੱਚ 'ਗੈੱਟ ਵੌਲ ਸੂਨ ਵਿਦਯੂਟ ਐਂਟੀਬਾਇਓਟਿਕਸ' ਸਬੰਧੀ ਸੈਮੀਨਾਰ ਕਰਵਾਇਆ ਗਿਆ**

ਅਮਰਗੜ, 22 ਨਵੰਬਰ  
 ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਿਹਤ ਨੂੰ ਤੀਕ ਰੱਖਣ ਵਿੱਚ  
 ਐਂਟੀਬਾਇਓਟਿਕਸ ਦੀ ਵਰਤੋਂ ਨੂੰ ਠੀਕ ਰੱਖਣ ਵਿੱਚ  
 ਸਿਹਤ ਨੂੰ ਤੀਕ ਰੱਖਣ ਵਿੱਚ  
 ਸਿਹਤ ਨੂੰ ਤੀਕ ਰੱਖਣ ਵਿੱਚ

**ਸਰਕਾਰੀ ਕਾਲਜ ਵਿਖੇ ਕਰਵਾਇਆ ਸਿਹਤ ਸਬੰਧੀ ਸੈਮੀਨਾਰ**

ਅਮਰਗੜ, 24 ਨਵੰਬਰ (ਸੁਖਜੀਵ ਸਿੰਘ ਭੰਨਾ) - ਸਰਕਾਰੀ ਕਾਲਜ ਅਮਰਗੜ ਵਿਖੇ ਪ੍ਰਿੰਸੀਪਲ ਸ਼. ਸੁਖਬੀਰ ਸਿੰਘ ਦੀ ਅਗਵਾਈ ਹੇਠ ਐੱਨ ਐੱਸ ਐੱਸ ਗਰੁੱਪ ਅਤੇ ਬੰਡੀਜ਼ ਗਰੁੱਪ ਵਲੋਂ ਇੱਕ ਸੈਮੀਨਾਰ ਕਰਵਾਇਆ ਗਿਆ। ਇਸ ਦੌਰਾਨ ਸੰਬੰਧਤ ਡਾਕਟਰਾਂ ਨੇ ਸਿਹਤ ਨੂੰ ਤੀਕ ਰੱਖਣ ਵਿੱਚ ਐਂਟੀਬਾਇਓਟਿਕਸ ਦੀ ਵਰਤੋਂ ਨੂੰ ਠੀਕ ਰੱਖਣ ਵਿੱਚ ਸਿਹਤ ਨੂੰ ਤੀਕ ਰੱਖਣ ਵਿੱਚ ਸਿਹਤ ਨੂੰ ਤੀਕ ਰੱਖਣ ਵਿੱਚ

A seminar was organized by NSS department and Buddies Group. Dr. Amritpal Singh (Medical Officer, Homeopathy) explained the harmful consequences of excessive use of antibiotics. He explained the various diseases like cancer, blood pressure etc. which may be happened due to excessive use of antibiotics. He states that the best way to treat many conditions like sore throats, coughs and colds is by drinking plenty of fluids and rest. Sh. Ranbeer Singh Dalanwal, Mass Media Officer, Sh. Durga Prasad, Health Inspector were also interacted with the students. Approximately 90 students participated in the seminar. During the seminar all the faculty members were present and Prof. Kamaljit Singh headed the program under the able supervision of Principal Sukhbir Singh.

*Sukhbir Singh*  
 Principal  
 Govt College  
 Aina, Jarn (Sangrur)

## EXTENSION LECTURE ON " GET WELL SOON WITHOUT ANTIBIOTICS"

## Student list 23-11-2019

Sr.no.	class	Roll no.	Name	Sign
1	B.Com Sem-III	19169	VIJAY SINGH	VIJAY SINGH
2	B.Com Sem-III	19170	AMANJOT KAUR	Amanjot Kaur
3	B.Com Sem-III	19171	GAGANDEEP KAUR	Gagandeep Singh
4	B.Com Sem-V	19211	GURPREET SINGH	Gurpreet Singh
5	B.Com Sem-V	19214	HARJEET SINGH	Harjeet Singh
6	B.Com Sem-V	19217	JASPREET SINGH	Jaspreet S.
7	B.Com Sem-V	19228	MANSI JOHAL	MANSI JOHAL
8	B.Com Sem-V	19234	PARMINDER KAUR	Parminder Singh
9	B.Com Sem-V	19247	SIMRANJIT SINGH	Simranjit Singh
10	BA Sem-I	19301	ABHINASH KAUR	Abhinash K.
11	BA Sem-I	19302	AMANDEEP KAUR	Amandeep K.
12	BA Sem-I	19303	AMANDEEP KAUR	Amandeep Kaur
13	BA Sem-I	19304	AMARJEET KAUR	Amarjeet K.
14	BA Sem-I	19305	ARJAN SINGH	Arjan Singh
15	BA Sem-I	19306	ARSHDEEP KAUR	Arshdeep Kaur
16	BA Sem-I	19307	ARSHDEEP SINGH	Arshdeep S.
17	BA Sem-I	19312	CHAMKAUR SINGH	Chamkaur S.
18	BA Sem-I	19314	GAGANDEEP SINGH	Gagandeep Singh
19	BA Sem-I	19316	GURSEWAK SINGH	Gursewak S.
20	BA Sem-I	19317	HARPREET KAUR	Harpreet Kaur
21	BA Sem-I	19318	HARPREET KAUR	Harpreet K.
22	BA Sem-I	19320	JASPREET KAUR	Jaspreet Singh Kaur
23	BA Sem-I	19322	JASPREET SINGH	Jaspreet S.
24	BA Sem-I	19323	JASVIR KAUR	Jasvir Kaur
25	BA Sem-I	19326	KARANVEER SINGH	Karanveer S.
26	BA Sem-I	19329	KULWINDER KAUR	Kulwinder K.
27	BA Sem-I	19330	KULWINDER SINGH	Kulwinder Singh
28	BA Sem-I	19332	MANJOT SINGH	Manjot Singh
29	BA Sem-I	19333	MANPREET KAUR	Manpreet K.
30	BA Sem-I	19336	PARWINDER SINGH	Parwinder Singh
31	BA Sem-I	19338	PAWANDEEP KAUR	Pawandeep K.
32	BA Sem-I	19339	PAWANDEEP SINGH	Pawandeep Singh
33	BA Sem-I	19341	RANVIR SINGH	Ranvir Singh
34	BA Sem-I	19343	SANDEEP KAUR	Sandeep Kaur
35	BA Sem-I	19346	SUKHVEER SINGH	Sukhveer Singh
36	BA Sem-I	19347	SUMANPREET KAUR	Sumanpreet Kaur
37	BA Sem-I	19351	BIKRAMJIT SINGH	Bikramjit S.
38	BA Sem-I	19354	HARMANPREET SINGH	Harmanpreet Singh
39	BA Sem-I	19355	KARANVEER SINGH	Karanveer S.
40	BA Sem-I	19357	SUKHPREET SINGH	Sukhpreet S.
41	BA Sem-I	19358	TANVIR SINGH	Tanvir S.
42	BA Sem-I	19360	AMANDEEP KAUR	Amandeep Kaur
43	BA Sem-I	19361	KRISHNA KAUR	Krishna Kaur
44	BA Sem-I	19362	VIRPAL KAUR	Virpal K.
45	BA Sem-I	19363	GAGANDEEP SINGH	Gagandeep Singh
46	BA Sem-I	19367	SATNAM KAUR	Satnam Kaur
47	BA Sem-I	19373	RANJIT SINGH	Ranjit S.
48	BA Sem-I	19374	VARINDER SINGH	Varinder S.
49	BA Sem-I	19378	GURJOT SINGH	Gurjot S.
50	BA Sem-I	19379	KAMALVIR SINGH	Kamalvir Singh
51	BA Sem-I	19380	SANDEEP SINGH	Sandeep S.
52	BA Sem-I	19381	SUBHJIT SINGH	Subhjit Singh
53	BA Sem-I	19382	PAL SINGH	Pal Singh

Seen  
Heena  
Principal


Govt College  
Ama, Jarn (Sangrur)

	BA Sem-III	19502	AKASHDEEP SINGH	Akashdeep S.
55	BA Sem-III	19503	AMANDEEP KAU	Amandeep K.
56	BA Sem-III	19504	AMANDEEP KAU	Amandeep K.
57	BA Sem-III	19508	DEEPI KAU	Deepi K.
58	BA Sem-III	19510	GURJATINDER SINGH	Gurjinder S.
59	BA Sem-III	19512	HARPREET SINGH	Harpreet S.
60	BA Sem-III	19513	HARWINDER SINGH	Harwinder Singh
61	BA Sem-III	19516	JAGDEEP KAU	Jagdeep K.
62	BA Sem-III	19517	JAGDEEP SINGH	Jagdeep S.
63	BA Sem-III	19519	JASPREET KAU	Jaspreet K.
64	BA Sem-III	19520	JATINDER SINGH	Jatinder S.
65	BA Sem-III	19522	KAMALJEET SINGH	Kamaljeet Singh
66	BA Sem-III	19523	KAMALPREET KAU	Kamalpreet K.
67	BA Sem-III	19525	KARANJEET KAU	Karanjeet K.
68	BA Sem-III	19526	KARNVIR SINGH	Karnvir Singh
69	BA Sem-III	19527	KOMALPREET KAU	Komalpreet K.
70	BA Sem-III	19528	MANDEEP KAU	Mandeep K.
71	BA Sem-III	19529	MANPREET KAU	Manpreet K.
72	BA Sem-III	19530	MANPREET KAU	Manpreet K.
73	BA Sem-III	19531	MANPREET KAU	Manpreet K.
74	BA Sem-III	19542	RAVINDER KAU	Ravinder K.
75	BA Sem-III	19544	SAMANDEEP KAU	Sarandeep K.
76	BA Sem-III	19546	SANDEEP KAU	Sandeep K.
77	BA Sem-III	19547	SATNAM SINGH	Satnam S.
78	BA Sem-III	19551	SIMRAN KAU	Simran K.
79	BA Sem-III	19555	SONIA	Sonia
80	BA Sem-III	19559	RAMANPREET KAU	Ramanpreet K.
81	BA Sem-III	19561	SHEENA RANI	Sheena Rani
82	BA Sem-V	19602	AMANDEEP KAU	Amandeep K.
83	BA Sem-V	19604	AMRITPAL SINGH	Amritpal S.
84	BA Sem-V	19605	BALDEEP KAU	Baldeep K.
85	BA Sem-V	19607	BALJINDER KAU	Baljinder K.
86	BA Sem-V	19608	BEANT KAU	Beant K.
87	BA Sem-V	19609	CHAMKAUR SINGH	Chamkaur S.
88	BA Sem-V	19610	DAVINDER SINGH	Davinder S.
89	BA Sem-V	19611	DILPREET SINGH	Dilpreet S.
90	BA Sem-V	19613	GAGANDEEP SINGH	Gagandeep Singh

Seen  
Heens  
Principal


Govt College  
Ama. Jarn (Sangrur)

ONE DAY YOGA CAMP



GOVT COLLEGE  
AMARGATH  
HIGHER STUDIES  
KNOWLEDGE FOR WISDOM

# Government College Amargath



**ONE DAY  
YOGA CAMP**

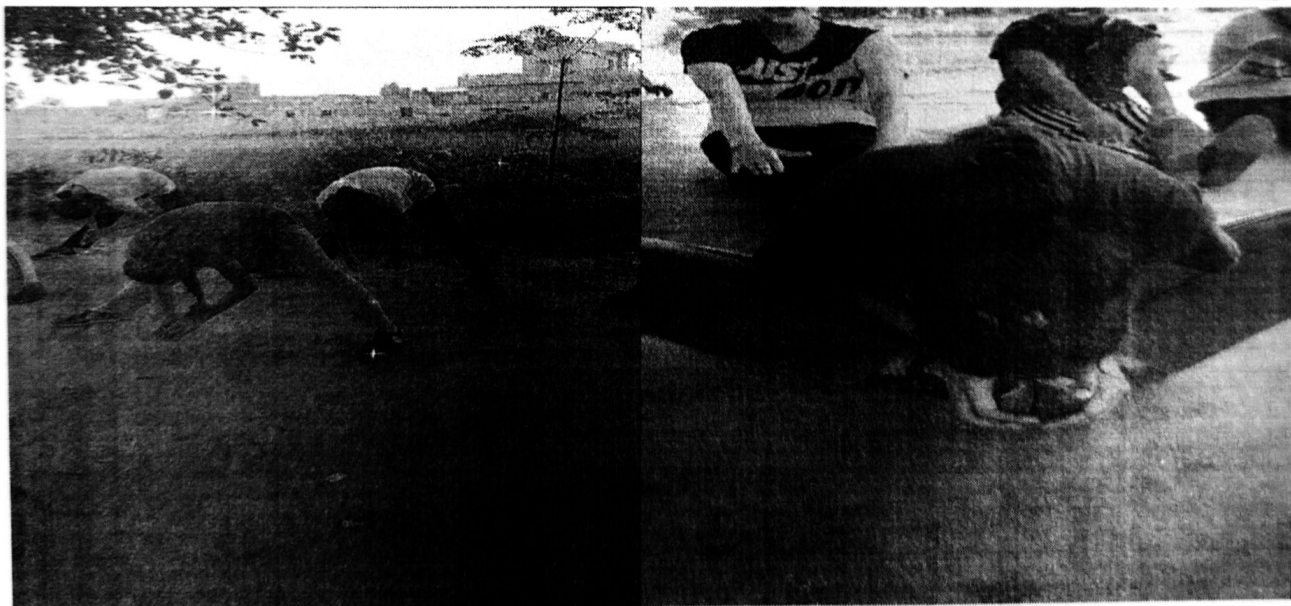
**21 June, 2021**

*S. K. Meena*  
Principal  
Govt College  
Amargath (Sangrur)

Date: 21.06.2021



**INTERNATIONAL YOGA DAY**  
**ਅੰਤਰ-ਰਾਸ਼ਟਰੀ ਯੋਗ ਦਿਵਸ**  
**NSS UNIT, TEACHERS, STAFF AND STUDENTS**  
 ਐਨ.ਐਸ.ਐਸ. ਯੂਨਿਟ, ਅਧਿਆਪਕ, ਸਟਾਫ਼ ਅਤੇ ਵਿਦਿਆਰਥੀ  
 On 21st June ਮਿਤੀ 21 ਜੂਨ  
**GOVT. COLLEGE AMARGARH (SANGRUR)**  
 ਸਰਕਾਰੀ ਕਾਲਜ ਅਮਰਗੜ੍ਹ (ਸੰਗਰੂਰ)



*Seem Heeny*  
 Principal

Govt College  
 Amargarh (Sangrur)

## ONE DAY YOGA CAMP

### Student list

21.06.2021

Sr.no.	class	Roll no.	Name	Sign
1	B.Com Sem-III	20135	MANINDER SINGH	Maninder Singh
2	B.Com Sem-III	20138	MANPREET KAUR	Manpreet Kaur
3	B.Com Sem-III	20139	MANPREET SINGH	Manpreet Singh
4	B.Com Sem-III	20160	YASH	Yash
5	B.Com Sem-V	20241	MANJINDER SINGH	MANJINDER SINGH
6	B.Com Sem-V	20247	NEERAJ KUMAR	Neeraj Kumar
7	B.Com Sem-V	20255	RUPINDER KAUR	Rupinder Kaur
8	B.Com Sem-V	20262	SUKHBIR SINGH	Sukhbir Singh
9	B.Com Sem-V	20264	VIJAY SINGH	VIJAY SINGH
10	B.Com Sem-V	20268	SATINDER SINGH	Satinder Singh
11	BA Sem-I	20301	AKASHDEEP KAUR	Akashdeep Kaur
12	BA Sem-I	20309	DALJEET KAUR	Daljeet Kaur
13	BA Sem-I	20310	DASPREET SINGH	Daspreet Singh
14	BA Sem-I	20327	KULJEET KAUR	Kuljeet Kaur
15	BA Sem-I	20330	LAKHVEER SINGH	Lakhveer Singh
16	BA Sem-I	20331	LOVEPREET KAUR	Lovepreet Kaur
17	BA Sem-I	20332	MANDEEP KAUR	Mandeep Kaur
18	BA Sem-I	20333	MANPREET KAUR	Manpreet Kaur
19	BA Sem-I	20335	MANPREET KAUR	MANPREET KAUR
20	BA Sem-III	20550	SANDEEP SINGH	Sandeep Singh
21	BA Sem-III	20552	SUBHJIT SINGH	SUBHJIT SINGH
22	BA Sem-III	20554	SUKHPREET SINGH	Sukhpreet Singh
23	BA Sem-III	20556	SUMANPREET KAUR	Sumanpreet Kaur
24	BA Sem-III	20557	TANVIR SINGH	Tanvir Singh
25	BA Sem-III	20558	VARINDER SINGH	Varinder Singh
26	BA Sem-III	20561	SATNAM KAUR	Satnam Kaur
27	BA Sem-III	20564	GURSEWAK SINGH	Gursewak Singh
28	BA Sem-V	20602	AKASHDEEP SINGH	Akashdeep Singh
29	BA Sem-V	20603	AMANDEEP KAUR	Amandeep Kaur
30	BA Sem-V	20604	AMANDEEP KAUR	Amandeep Kaur

Principal

Govt College

Amarjari (Sangrur)

## POSTER MAKING COMPETITION ON YOGA DAY



# Government College Amargarh

## Poster Making Competition on Yoga day

### 20 May, 2022



*Neeraj*

Principal

Govt College

Amargarh (Sangrur)



Date: 20.05.2022



On 20/05/2022 Poster making competition was conducted by NSS department on 'Importance of Yoga' under the able supervision of Principal Prof Meenu. 18 students participated in the poster making competition. The students are required to showcase their creativity on the social issues. The Evaluation has been done by Dr. Tejindersingh and Dr. Amandeep Vatish. The activity kept the students engaged and gave them the platform to explore their creativity and to showcase their skills. The activity saw colorful posters from the students depicting the pictures on various yoga asana.

*Meenu*  
Principal  
Govt College  
Amargarh (Sangrur)

## POSTER MAKING COMPETITION ON YOGA DAY

Student participation list    20.05.2022

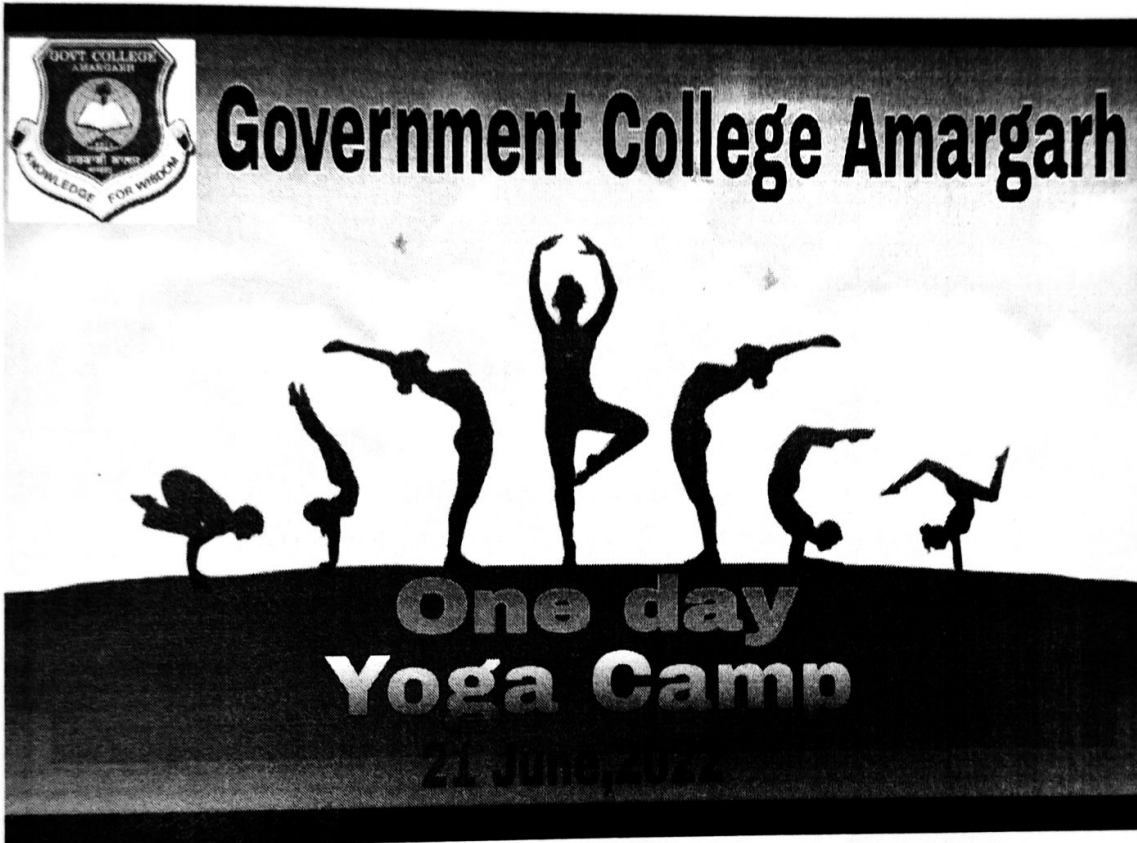
Sr.no.	class	Roll no.	Name
1	BA Sem-I	220377	HUSANDEEP SINGH
2	BA Sem-I	220378	GURSHARAN KAUR
3	BA Sem-I	220380	KULWINDER SINGH
4	BA Sem-I	220364	NAVNEET KAUR
5	BA Sem-I	220365	GAGANDEEP KAUR
6	BA Sem-I	220367	PRABHJOT KAUR
7	BA Sem-I	220369	KAMALPREET KAUR
8	BA Sem-I	220371	HARDEV SINGH
9	BA Sem-III	220609	RAMAN KUMAR
10	BA Sem-III	220610	NISHA RANI
11	BA Sem-III	220611	INDERJIT SINGH
12	BA Sem-III	220613	KAMALPREET KAUR
13	BA Sem-III	220646	RANDEEP SINGH
14	BA Sem-III	220647	RAMANPREET KAUR
15	BA Sem-III	220649	MANPREET KAUR
16	BA Sem-III	220650	JASHANPREET KAUR
17	BA Sem-V	220708	RUPINDER SINGH
18	BA Sem-V	220709	DALJEET KAUR

Husandeep S.  
Gursharan kaur  
Kulwinder Singh  
Navneet K.  
Gagandeep kaur  
Prabhjot kaur  
Kamalpreet kaur  
Hardev Singh  
Raman kumar  
Nisha Rani  
inderjit Singh  
KAMALPREET Kaur  
Randeep Singh  
Ramanpreet kaur  
Manpreet kaur  
Jashanpreet kaur  
RUPINDER SINGH  
Daljeet kaur

*Neeraj*  
Principal

Govt. College  
Aina, Jarn (Sangrur)

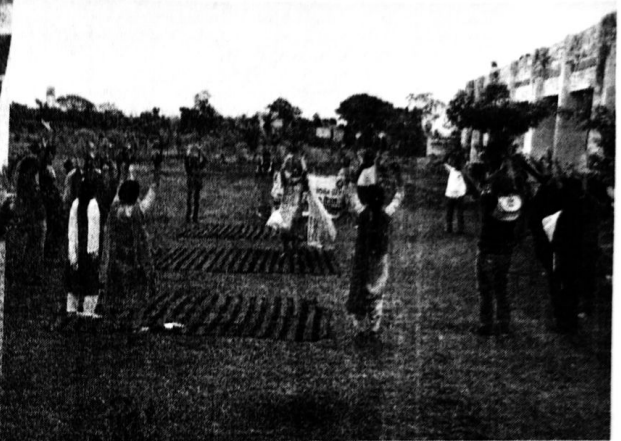
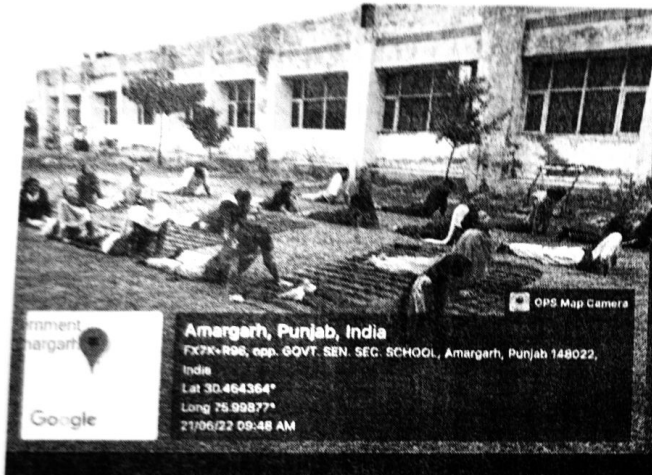
# ONE DAY YOGA CAMP



*Heens*

Principal  
Govt College  
Amargarh (Sangrur)

Date: 21.06.2022

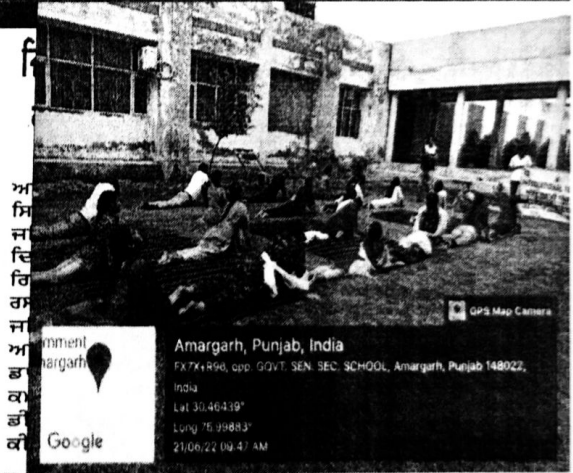


### ਸਰਕਾਰੀ ਕਾਲਜ 'ਚ ਮਨਾਇਆ ਵਿਸ਼ਵ ਯੋਗਾ ਦਿਵਸ



ਵਿਟੋ ਜੈਦਕਾ  
ਅਮਰਗੜ 21 ਜੂਨ (ਜੈਦਕਾ)- ਸਰਕਾਰੀ ਕਾਲਜ ਵਿਖੇ ਪ੍ਰਿੰਸੀਪਲ ਪ੍ਰ ਮੀਨੂੰ ਦੀ ਅਗਵਾਈ ਹੇਠ ਅੰਨ ਐਸ ਐਸ ਵਿਭਾਗ ਦੇ ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ ਡਾ ਕਮਲਜੀਤ ਸਿੰਘ, ਪ੍ਰੋ ਬਲਜੀਤ ਕੌਰ ਤੇ ਰੋਡ ਰੀਬਨ ਕਲੱਬ ਦੇ ਨੇਡਲ ਅਫਸਰ ਪ੍ਰ ਦੀਪਿਕਾ ਜਿੰਦਲ ਦੀ ਦੇਖ ਰੇਖ ਹੇਠ ਵਿਸ਼ਵ ਯੋਗਾ ਦਿਵਸ ਮਨਾਇਆ

ਗਿਆ। ਇਸ ਮੌਕੇ ਵਾਈਸ ਪ੍ਰਿੰਸੀਪਲ ਤੇਜਿੰਦਰ ਸਿੰਘ ਨੇ ਕਿਹਾ ਕਿ ਨੌਜਵਾਨ ਦੇਸ਼ ਦਾ ਭਵਿੱਖ ਹੁੰਦੇ ਹਨ। ਨੌਜਵਾਨਾਂ ਦੀ ਸਿਹਤ ਸੰਭਾਲ ਲਈ ਹਰ ਇੱਕ ਨੂੰ ਹਰ ਰੋਜ਼ ਯੋਗਾ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਮੈਡਮ ਦੀਪਿਕਾ ਜਿੰਦਲ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਵੱਖ ਵੱਖ ਯੋਗਾ ਆਸਨਾਂ ਦੀ ਜਾਣਕਾਰੀ ਦਿੰਦਿਆਂ ਯੋਗ ਕਰਵਾਏ।



On International Yoga Day one day yoga camp was organized under the guidance of Principal Prof. Meenu by NSS department in collaboration with Red Ribbon Club. Dr. Tejinder Singh (Physical Education dept.) and Asst. Prof. Deepika Jindal (Nodal Officer Red Ribbon Club) instructed the students to perform various yoga asana. All Faculties, Staff and children were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives. 50 students participated in the one day yoga camp. In the end, Dr. Tejinder Singh (Physical Education dept.) Vice- Principal gave vote of thanks to all the faculty members and students.

*Meenu*  
Principal  
Govt College  
Amargarh (Sangrur)

## ONE DAY YOGA CAMP

Student participation list

21.06.2022

Sr.no.	class	Roll no.	Name	Sign
1	BA Sem-I	210336	RANJIT SINGH	RANJIT SINGH
2	BA Sem-I	210337	ANJU DEVI	ANJU DEVI
3	BA Sem-I	210338	ARSHDEEP SINGH	ARSHDEEP SINGH
4	BA Sem-I	210340	VISHALDEEP SINGH	Vishaldeep S.
5	BA Sem-I	210342	RANVIR SINGH	Ranvir Singh
6	BA Sem-I	210345	MANVEER KAUR	Manveer K.
7	BA Sem-I	210346	JAGJIT SINGH	JAGJIT SINGH
8	BA Sem-I	210347	ATINDERPAL SINGH	ATINDERPAL SINGH
9	BA Sem-I	210348	GURSEWAK SINGH	Gursewak S.
10	BA Sem-I	210349	AJAY KUMAR	Ajay Kumar
11	BA Sem-I	210352	BEANT KAUR	Beant K.
12	BA Sem-I	210353	JASHANPREET KAUR	Jashanpreet K.
13	BA Sem-I	210357	KIRNA	KIRNA
14	BA Sem-I	210358	MANPREET KAUR	MANPREET KAUR
15	BA Sem-I	210361	SANDEEP KAUR	SANDEEP KAUR
16	BA Sem-I	210362	SARABJEET KAUR	Sarabjeet Kaur
17	BA Sem-I	210363	KAMALJEET KAUR	Kamaljeet Kaur
18	BA Sem-I	210364	GURWINDER SINGH	Gurwinder Singh
19	BA Sem-I	210368	HARDEEP KAUR	Hardeep K.
20	BA Sem-I	210369	JOTI DEVI	Joti Devi
21	BA Sem-I	210370	KAMALPREET KAUR	Kamalpreet Kaur
22	BA Sem-I	210372	AKASHDEEP SINGH	Akashdeep S.
23	BA Sem-I	210374	RAMANPREET KAUR	Ramanpreet Kaur
24	BA Sem-I	210375	MANPREET KAUR	MANPREET KAUR
25	BA Sem-I	210376	AMANPREET KAUR	Amanpreet Kaur
26	BA Sem-I	210377	GURSEWAK SINGH	Gursewak Singh
27	BA Sem-I	210378	GURBAKSHS SINGH	Gurbaksh S.
28	BA Sem-I	210379	KAMALPREET SINGH	KAMALPREET
29	BA Sem-I	210381	GURBINDER SINGH	Gurbinder Singh
30	BA Sem-I	210382	SEHIJPREET SINGH	Sehijpreet S.
31	BA Sem-I	210383	AMBERATPAL SINGH	Amberatpal Singh
32	BA Sem-I	210384	VISHAL SINGH	Vishal Singh
33	BA Sem-I	210385	RABJOT SINGH	Rabjot Singh
34	BA Sem-I	210386	INDERJIT SINGH	INDERJIT SINGH
35	BA Sem-I	210387	SANDEEP KAUR	SANDEEP KAUR
36	BA Sem-I	210390	INDERJIT SINGH	INDERJIT SINGH
37	BA Sem-I	210391	SUKHJINDER KAUR	Sukhjinder Kaur
38	BA Sem-III	210602	OMDEEP KAUR	Omdeep K.
39	BA Sem-III	210604	DASPREET SINGH	DASPREET SINGH
40	BA Sem-III	210605	JASPREET KAUR	JASPREET KAUR
41	BA Sem-III	210606	DALJEET KAUR	DALJEET KAUR
42	BA Sem-III	210607	MANPREET KAUR	MANPREET KAUR
43	BA Sem-III	210608	KULJEET KAUR	Kuljeet Kaur
44	BA Sem-III	210621	SANDEEP KAUR	Sandeep K.
45	BA Sem-III	210622	SUKHWINDER SINGH	Sukhwinder Singh
46	BA Sem-III	210623	KULDEEP KAUR	Kuldeep K.
47	BA Sem-III	210624	HARWINDER KAUR	Harwinder Kaur
48	BA Sem-III	210627	LOVEPREET KAUR	Lovepreet K.
49	BA Sem-III	210629	TANPREET KAUR	TANPREET KAUR
50	BA Sem-III	210630	KARANDEEP SINGH	Karandeep S.

*Heena*  
Principal

Govt College

Amargarh (Sangrur)

2. LANGUAGE AND COMMUNICATION SKILLS

SEMINAR ON INTERNATIONAL MOTHER LANGUAGE DAY

21-2-2019



*Seen  
Heary*

Principal  
Govt College  
Amargarh (Sangrur)

# International Mother Language Day



21<sup>st</sup> February  
Time: 10:00 AM  
Venue: Smart Class Room  
No. 14

Patron  
Dr. Mohd. Jameel (Principal)  
Main Speakers:  
• Prof. Jagjit Singh Hari  
• Prof. Kamaljit Singh  
• Prof. Baljeet Kaur  
• Prof. Gurpreet Kaur

International  
Mother  
Language  
Day

February 21



Government College, Amargarh



## Report of event:

International Mother Language Day was celebrated with great enthusiasm and zeal under the leadership of Dr. Mohd. Jameel. Govt. College, Amargarh observed Mother Language Day to promote awareness of linguistic and cultural diversity and promote multilingualism. Asst. Prof. Baljeet Kaur (Punjabi dept.) and Asst. Prof. Gurpreet Kaur (English dept.) addressed the students and explained the importance of the day. Asst. Prof. Kamaljit Singh gave a speech about the importance of Mother Language Day and about multilingualism in India. The importance of mother-tongue-based education is for the preservation of linguistic heritage, and the International Decade of Indigenous Languages has been initiated to safeguard cultural diversity. Asst. Prof. Jagjit Singh Hari gave vote of thanks. 60 students participated in this programme.

*Mohd. Jameel*  
Principal

Govt College  
Amargarh (Sangrur)

**SEMINAR ON INTERNATIONAL MOTHER LANGUAGE DAY      21-2-19**

**Student participation list**

Sr.no.	class	Roll no.	Name	Sign
1	2018-19	BA Sem-III	SUMANDEEP SINGH	Sumandeep S.
1	2018-19	BA Sem-III	BALDEEP KAUR	Baldeep Kaur
2	2018-19	BA Sem-III	DILPREET SINGH	Dilpreet Singh
3	2018-19	BA Sem-III	KIRANPREET KAUR	Kiranpreet K.
4	2018-19	BA Sem-III	GURDEEP SINGH	Gurdeep Singh
5	2018-19	BA Sem-III	PAWAN KUMAR	Pawan Kumar
6	2018-19	BA Sem-III	MANPREET SINGH	Manpreet Singh
7	2018-19	BA Sem-III	MANPREET SINGH	Manpreet Singh
8	2018-19	BA Sem-III	NISHA RANI	Nisha Rani
9	2018-19	BA Sem-III	POOJA RANI	Pooja Rani
10	2018-19	BA Sem-V	AMANDEEP KAUR	Amandeep Kaur
11	2018-19	BA Sem-V	AMANDEEP KAUR	Amandeep K.
12	2018-19	BA Sem-V	CHARANJEET SINGH	Charanjeet S.
13	2018-19	BA Sem-V	DAVINDERJEET SINGH	Davinderjeet S.
14	2018-19	BA Sem-V	GAGANDEEP	Gagandeep
15	2018-19	BA Sem-V	GURDEEP KAUR	Gurdeep Kaur
16	2018-19	BA Sem-V	GURDEEP SINGH	Gurdeep S.
17	2018-19	BA Sem-V	GURPAL SINGH	Gurpal S.
18	2018-19	BA Sem-V	GURWINDER SINGH	Gurwinder S.
19	2018-19	BA Sem-V	HARMANPREET KAUR	Harmarpreet K.
20	2018-19	BA Sem-V	HARPREET SINGH	Harpreet Singh
21	2018-19	BA Sem-V	IKWINDER SINGH	Ikwinder S.
22	2018-19	BA Sem-V	IQBALPREET KAUR	Iqbalpreet Kaur
23	2018-19	BA Sem-V	JASVEER KAUR	Jasveer K.
24	2018-19	BA Sem-V	JATINDER SINGH	Jatinder Singh

*Seen  
Steem*  
Principal

Govt College  
Amargarh (Sangrur)





	2018-19	BA Sem-V	KAMALJEET SINGH	Kamaljeet Singh
26	2018-19	BA Sem-V	KIRANDEEP KAUR	Kirandeep Kaur
27	2018-19	BA Sem-V	KULDEEP SINGH	Kuldeep Singh
28	2018-19	BA Sem-V	LAKHWINDER SINGH	Lakwinder S.
29	2018-19	BA Sem-V	MANPREET KAUR	Manpreet Kaur
30	2018-19	BA Sem-V	MITHAN RAM	Mithan Ram
31	2018-19	BA Sem-V	RAJVIR SINGH	Rajvir Singh
32	2018-19	BA Sem-V	RAMANDEEP SINGH	Ramandeep S.
33	2018-19	BA Sem-V	SATNAM SINGH	Satnam Singh
34	2018-19	BA Sem-V	SHIVROOP SINGH	Shivroop S.
35	2018-19	BA Sem-V	SIMARJEET SINGH	Simarjeet Singh
36	2018-19	BA Sem-V	SUKHVEER SINGH	Sukhveer Singh
37	2018-19	BA Sem-V	SUKHWINDER KAUR	Sukhwinder K.
38	2018-19	BA Sem-V	JASWINDER SINGH	Jaswinder Singh
39	2018-19	BA Sem-V	GURBINDER SINGH BANGARH	Gurbinder S. Bangarh
40	2018-19	BA Sem-V	JAGDEEP SINGH	Jagdeep Singh
41	2018-19	BA Sem-V	SUKHWINDER SINGH	Sukhwinder S.
42	2018-19	BA Sem-V	MANPREET KAUR	Manpreet K.
43	2018-19	BA Sem-I	RAHUL SINGH	Rahul Singh
44	2018-19	BA Sem-I	SUNITA RANI	Sumita Rani
45	2018-19	BA Sem-I	GURBACHAN SINGH	Gurbachan Singh
46	2018-19	BA Sem-I	TANVIR SINGH	Tanvir Singh
47	2018-19	BA Sem-I	SUBHJIT SINGH	Subjit Singh
48	2018-19	BA Sem-III	SUKHVIR SINGH	Sukhvir Singh
49	2018-19	BA Sem-III	SANDEEP KAUR	Sandeep
50	2018-19	BA Sem-III	RAMANDEEP KAUR	Ramandeep Kaur
51	2018-19	BA Sem-III	RAMANDEEP KAUR	Ramandeep K.
52	2018-19	BA Sem-III	RANJIT SINGH	Ranjit Singh
53	2018-19	BA Sem-III	RESHMA DEVI	Reshma Devi
54	2018-19	BA Sem-III	SUKHJOT SINGH	Sukhjot Singh
55	2018-19	BA Sem-III	SUKHWINDER SINGH	Sukhwinder Singh

seen  
Heem  
Govi College  
Ana, Jarn (Sangru)

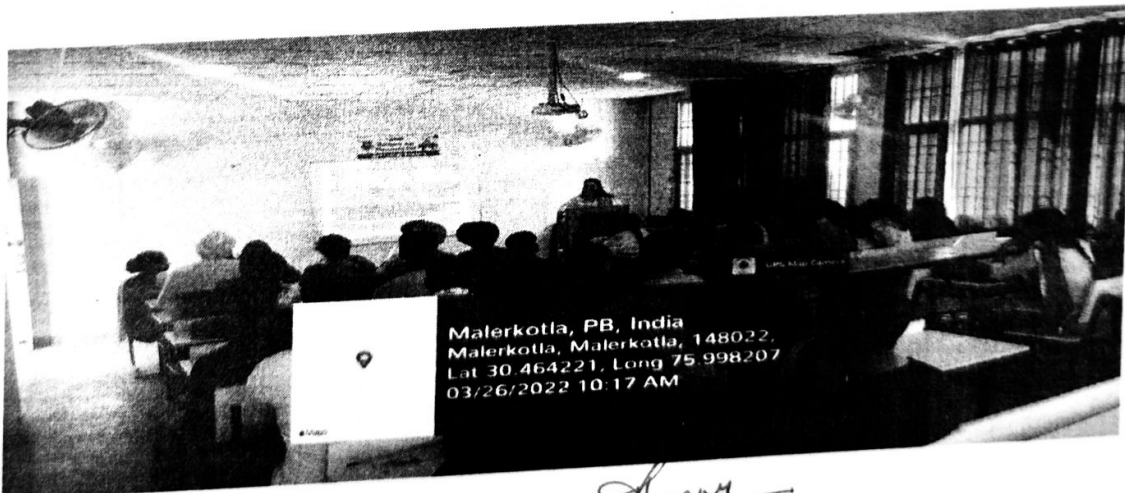
### 3. SOFT SKILLS

#### ONE DAY WORKSHOP ON SKILL BASED ADD ON COURSES


**One Day Seminar**  
 on  
**Skill Based Certificate Courses  
 & Entrepreneurship**


**Speaker**  
**Ms. Bhawna Mittal**  
**Date: 26.03.2022**  
**Venue: Smart Room No.15**

**Organized by:**  
**Career Guidance & Placement Cell**  
**Govt. College, Amargarh**



Malerkotla, PB, India  
 Malerkotla, Malerkotla, 148022,  
 Lat 30.464221, Long 75.998207  
 03/26/2022 10:17 AM

*Heena*

Principal  
 Govt College  
 Amargarh (Sangrur)



Malerkotla, PB, India  
 Malerkotla, Malerkotla, 148022,  
 Lat: 30.464553, Long: 75.988483  
 03/26/2022 11:21 AM

**ਸਰਕਾਰੀ ਕਾਲਜ ਅਮਰਗੜ ਵਿਖੇ ਕਿੱਤਾ ਮੁਖੀ ਐਡ ਆਨ-ਕੋਰਸ ਸਬੰਧੀ ਸੈਮੀਨਾਰ**



ਸਮੇਂ ਤੋਂ ਦਿਸਾ-ਨਿਰਦੇਸ਼ ਦਿੰਦੇ ਰਹਿਣ ਜੋ ਡਾਕਟਰ ਕਿੱਚ ਉਨ੍ਹਾਂ ਦੇ ਜੀਵਨ ਨੂੰ ਹੋਰ ਉੱਚਾਈਆਂ 'ਤੇ ਪਹੁੰਚ ਲਈ ਰਾਹ ਦਸੇਰੇ ਬਣਨ। ਪ੍ਰੋ. ਸੋਰਬ ਕੁਮਾਰ ਨੇ ਕਿਹਾ ਕਿ ਹਰ ਵਿਦਿਆਰਥੀ ਅੰਦਰ ਕੁੱਝ ਨਵਾਂ ਕਿੱਪਣ ਦੀ ਉਤੁਕਤਾ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ ਜੋ ਉਨ੍ਹਾਂ ਨੂੰ ਮੌਜੂਦਾ ਤੱਕ ਪਹੁੰਚਣ 'ਚ ਹੱਸਾ ਸਹਾਈ ਹੁਦੀ ਹੈ ਸ਼ਿਖਰੀ ਮੀਨੂੰ ਮਿਤਲ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਬੰਧਨ ਕਰਦਿਆਂ ਕਿਹਾ ਕਿ ਉਨ੍ਹਾਂ ਨੂੰ ਆਪਣੇ ਮਾਪਿਆਂ ਦੇ ਸੁਪਨੇ ਪੂਰੇ ਕਰਨ ਲਈ ਸਦਾ ਮਿਹਨਤ ਕਰਦੇ ਰਹਿਣਾ ਚਾਹੀਦਾ ਹੈ। ਇਸ ਮੌਕੇ ਡਾਕਟਰ ਮਿਤਲ ਨੂੰ ਬਿਸੇਸ ਤੌਰ 'ਤੇ ਸਨਮਾਨਿਤ ਕੀਤਾ ਗਿਆ। ਪ੍ਰੋ. ਸੋਨੀਆ ਕਾਂਖਡ ਵੱਲੋਂ ਆਏ ਮਹਿਮਾਨਾਂ ਦਾ ਖੇਨਕਾਦ ਕੀਤਾ ਗਿਆ ਇਸ ਮੌਕੇ ਪ੍ਰੋ. ਨਜਮਾ ਪ੍ਰਬੀਨ, ਡਾ. ਡਮਲਸੀਤ ਸਿੰਘ, ਪ੍ਰੋ. ਬਲਜੀਤ ਕੌਰ ਤੇ ਵਿਦਿਆਰਥੀ ਹਾਜ਼ਰ ਸਨ।

ਵਜੋਂ ਕਾਲਜ ਦੀ ਪੁਰਾਣੀ ਵਿਦਿਆਰਥਣ ਡਾਕਟਰ ਮਿਤਲ ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਮਾਤਾ ਮੀਨੂੰ ਮਿਤਲ ਨੇ ਵਿਸੇਸ ਤੌਰ 'ਤੇ ਬਿਰਕਤ ਕੀਤੀ। ਡਾਕਟਰ ਮਿਤਲ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਕਿੱਤਾ ਮੁਖੀ ਐਡ ਆਨ-ਕੋਰਸ ਸਬੰਧੀ ਜਾਣਕਾਰੀ ਦਿੰਦਿਆਂ ਹੁਨਰਮੰਦ ਕਿੱਤਿਆਂ ਵਿੱਚ ਹੁਜ਼ਾਰ ਹਾਸਲ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ। ਪ੍ਰੋ. ਦੀਪਿਕਾ ਸਿਦਲ ਨੇ ਕਿਹਾ ਕਿ ਅਧਿਆਪਕ ਦਾ ਫਰਜ਼ ਬਣਦਾ ਹੈ ਕਿ ਉਹ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਮੇਂ-ਸਮੇਂ 'ਤੇ ਪੰਜਾਬ ਟਾਇਮਜ਼ ਵਿੱਚੋਂ ਵਾਰ-ਵਾਰ ਅਮਰਗੜ, 26 ਮਾਰਚ (ਸੁਖਵਿੰਦਰ ਸਿੰਘ ਅਟਵਾਲ)- ਸਥਾਨਕ ਸਰਕਾਰੀ ਕਾਲਜ, ਅਮਰਗੜ ਵਿਖੇ ਪਿੰਸੀਪਲ ਪ੍ਰੋ. ਮੀਨੂੰ ਦੀ ਅਗਵਾਈ ਹੇਠ ਪਬਲਿਸਿਟੀ ਸੈਲ ਦੇ ਇਚਾਰਜ ਪ੍ਰੋ. ਦੀਪਿਕਾ ਸਿਦਲ ਅਤੇ ਪ੍ਰੋ. ਸੋਰਬ ਕੁਮਾਰ ਵੱਲੋਂ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਕੈਰੀਅਰ ਕੌਂਸਲਿੰਗ ਸਬੰਧੀ ਸੈਮੀਨਾਰ ਕਰਵਾਇਆ ਗਿਆ। ਇਸ ਸੈਮੀਨਾਰ ਵਿੱਚ ਮੁੱਖ ਮਹਿਮਾਨ

Govt . College Amargarh organized a seminar on career counseling under the worthy leadership of honourable principal Prof. Meenu. Asst. Prof. Deepika Jindal (Incharge, Career Guidance & Placement Cell) addressed the students. Ms. Bhawna Mittal (old student) interacted with students and guided them to join various skill based certificate courses. Her mother Mrs. Meenu Mittal was also present there. Ms. Bhawna Mittal explained the importance of professional add on courses. Asst. Prof. Deepika Jindal guides the students for future and Prof. Sourab told about the learning aptitude among students. 45 students participated in the seminar. During the seminar all the faculty members were present.

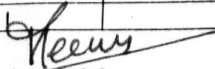
*Meenu*  
 Principal  
 Govt College  
 Amargarh (Sangrur)

## ONE DAY WORKSHOP ON SKILL BASED ADD ON COURSES

Student participation list

26-3-2022

Sr. No.	Name of the Student	Class	Roll Number	sign
1	Lakhwinder Singh	B.Com.-I	210024	Lakhwinder Singh
2	Gurdeep Singh	B.Com.-III	210216	Gurdeep Singh
3	Jaskaran Singh	B.Com.-III	210209	Jaskaran Singh
4	Parbhdeep Singh	B.Com.-I	210002	Parbhdeep Singh
5	Keshav Gupta	B.Com.-I	210039	Keshav Gupta
6	Deepak Jain	B.Com.-I	210038	Deepak Jain
7	Kaka	B.Com.-I	210004	Kaka
8	Pankaj Kumar	B.Com.-I	210066	Pankaj Kumar
9	Manpreet Singh	B.Com.-I	210027	Manpreet Singh
10	Loveneet Singh	B.Com.-I	210035	Loveneet Singh
11	Gagandeep Singh	B.A.-III	210750	Gagandeep Singh
12	Sukhpreet Singh	B.A.-III	210725	Sukhpreet Singh
13	Taranpreet Kaur	B.Com.-II	210126	Taranpreet Kaur
14	Dhanveer Kaur	B.Com.-II	210113	Dhanveer Kaur
15	Manpreet Kaur	B.Com.-II	210140	Manpreet Kaur
16	Charanjeet Kaur	B.A.-III	210739	Charanjeet Kaur
17	Gourav Gupta	B.Com.-I	210034	Gourav Gupta
18	Gursewak Singh	B.A.-III	210722	Gursewak Singh
19	Pratham Gakhar	B.Com.-I	210037	Pratham Gakhar
20	Nikhil Kumar	B.Com.-II	210117	Nikhil Kumar
21	Amandeep Kaur	B.A.-I	210318	Amandeep Kaur
22	Priyanka Dhir	B.A.-I	210301	Priyanka Dhir
23	Ramshana	B.A.-I	210305	Ramshana
24	Kirna	B.A.-I	210357	Kirna
25	Neha	B.A.-I	210313	Neha
26	Komal Kapoor	B.Com.-III	210263	Komal Kapoor
27	Ranjeet Kaur	B.A.-I	210302	Ranjeet Kaur
28	Simran Kaur	B.A.-I	210304	Simran Kaur
29	Meena Rani	B.A.-II	210656	Meena Rani
30	Sheena Rani	PGDCA	211006	Sheena Rani
31	Jaspreet Kaur	B.A.-III	210708	Jaspreet Kaur
32	Anchal	B.Com.-I	210030	Anchal
33	Sumanpreet Kaur	B.A.-I	210306	Sumanpreet Kaur
34	Simranjit Kaur	B.Com.-I	210006	Simranjit Kaur
35	Natasha Bali	B.Com.-II	210143	Natasha Bali
36	Kamalpreet Kaur	B.Com.-II	210139	Kamalpreet Kaur
37	Tamanna Dani	B.Com.-II	210108	Tamanna Dani
38	Twinkle Sharma	B.Com.-II	210127	Twinkle Sharma
39	Diwanshi Gupta	B.Com.-II	210109	Diwanshi Gupta
40	Mehak	B.Com.-I	210032	Mehak
41	Mandeep Kaur	B.Com.-I	210007	Mandeep Kaur
42	Harshdeep Singh	B.Com.-II	210111	Harshdeep Singh
43	Mohammad Yusuf	B.Com.-II	210115	Mohammad Yusuf
44	Vedansh Bansal	B.Com.-II	210104	Vedansh Bansal
45	Ashish Verma	B.com		Ashish Verma

  
 Neeru  
 Principal  
 Govt College  
 Anandgarh (Sangrur)

ONE DAY WORKSHOP ON TIME MANAGEMENT DURING EXAMS

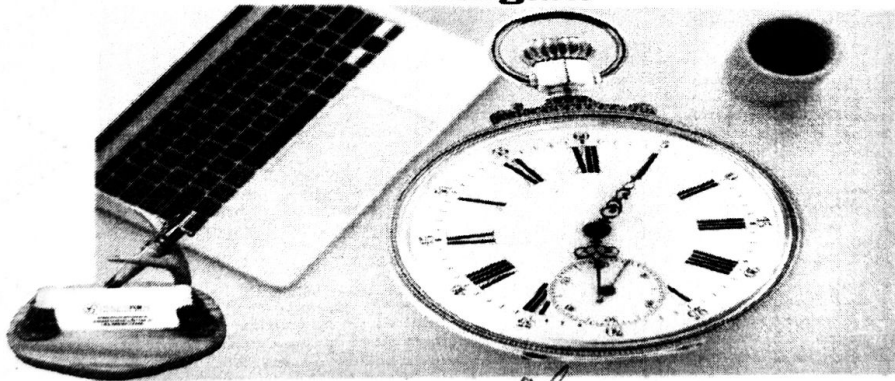
(11-06-2022)

*Time  
Management  
For the students*

**Saturday, 11/06/2022 10:00AM**

**Place: Library Hall**

**Hosted by the Govt College  
Amargarh**

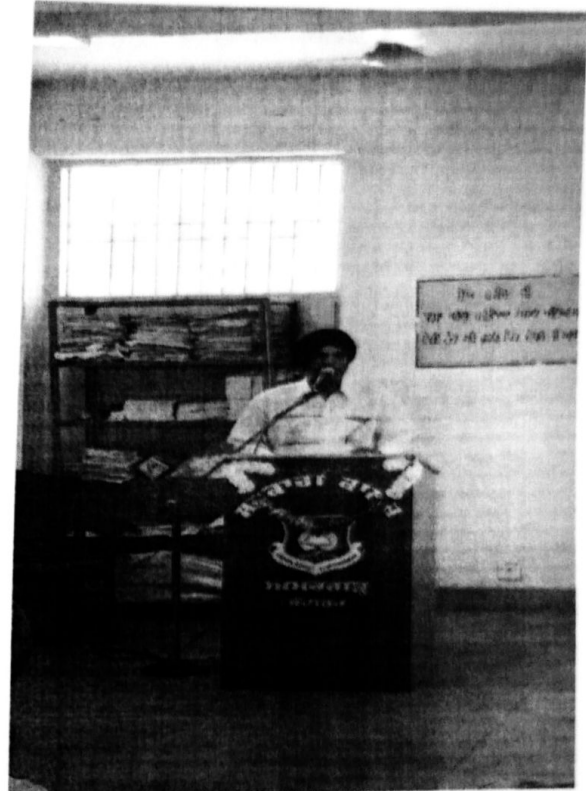
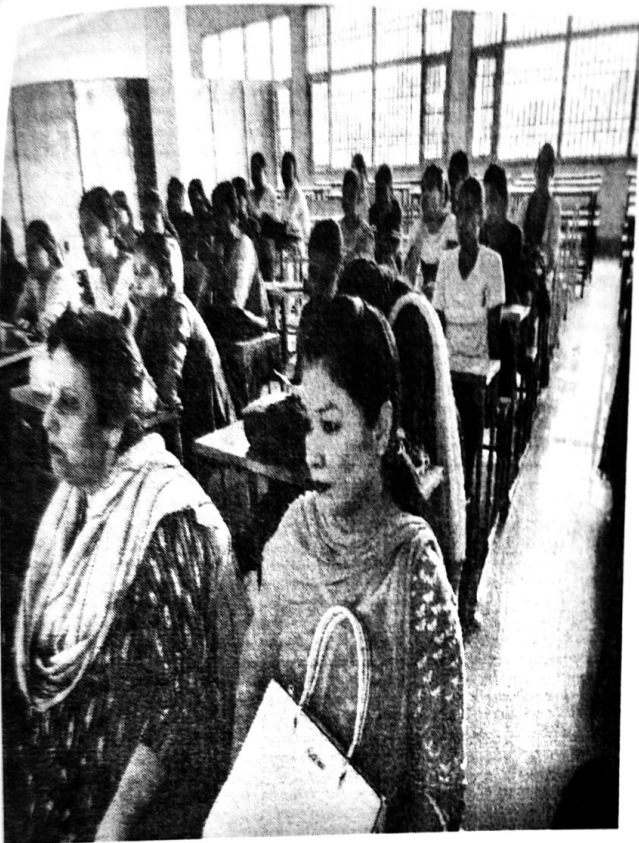


*Heera*

Principal

Govt College

Amargarh (Sangrur)



On 11 June, 2022 one day workshop has been organized at Govt College Amargarh on the topic time management during exams. Under the able supervision of Principal Prof. Meenu, Dr. Tejinder Singh Vice-Principal of the institute headed his speech by saying that time management is the key to professional success. Students all over the world learn this with time. The best students are not mandatorily those who are 'smarter', but those who use their time efficiently. If you plan days and weeks, time can be your friend, not your enemy. 75 students of the college participated in the workshop.

*Meenu*  
Principal  
Govt College  
Amargarh (Sangrur)

ONE DAY WORKSHOP ON TIME MANAGEMENT DURING EXAMS

Date: 11-6-22  
Student Participation list

1	B.Com Sem-I	210007	MANDEEP KAUR	Mandeep Kaur
2	B.Com Sem-I	210015	SIMRANPREET KAUR	SIMRANPREET Kaur
3	B.Com Sem-I	210019	ARSHPREET KAUR	Arshpreet K.
4	B.Com Sem-I	210022	SAHILDEEP SINGH	Sahildeep Singh
5	B.Com Sem-I	210068	RAJ KUMAR	Raj Kumar
6	B.Com Sem-III	210134	LOVEPREET SINGH	Lovepreet Singh
7	B.Com Sem-III	210136	GAGANDEEP SINGH	Gagandeep Singh
8	B.Com Sem-III	210143	NATASHA BALI	NATASHA BALI
9	B.Com Sem-III	210149	AMARVIR SINGH	Amarvir Singh
10	B.Com Sem-V	210215	MANINDER SINGH	Maninder Singh
11	B.Com Sem-V	210260	GURDEEP SINGH	Gurdeep Singh
12	B.Com Sem-V	210261	YASH	YASH
13	BA Sem-I	210304	SIMRAN KAUR	Simran K.
14	BA Sem-I	210306	SUMANPREET KAUR	Jaspreet Kaur
15	BA Sem-I	210309	GURPINDER SINGH	Gurpinder Singh
16	BA Sem-I	210312	RAMAN KUMAR	Ramanpreet Kaur
17	BA Sem-I	210313	NEHA RANI	Neeraj Singh
18	BA Sem-I	210314	NISHA RANI	Harpreet Kaur
19	BA Sem-I	210347	ATINDERPAL SINGH	Atinderpal Singh
20	BA Sem-I	210348	GURSEWAK SINGH	Gursewak Singh
21	BA Sem-I	210349	AJAY KUMAR	Ajay Kumar
22	BA Sem-I	210369	JOTI DEVI	Joti Devi
23	BA Sem-I	210370	KAMALPREET KAUR	Kamalpreet K.
24	BA Sem-I	210372	AKASHDEEP SINGH	Akashdeep Singh
25	BA Sem-I	210374	RAMANPREET KAUR	Ramanpreet K.
26	BA Sem-I	210375	MANPREET KAUR	Manpreet Kaur
27	BA Sem-I	210376	AMANPREET KAUR	Amanpreet K.
28	BA Sem-I	210377	GURSEWAK SINGH	Gursewak Singh
29	BA Sem-I	210378	GURBAKSHIS SINGH	Gurbakshis Singh
30	BA Sem-I	210379	KAMALPREET SINGH	Kamalpreet Singh
31	BA Sem-III	210608	KULJEET KAUR	Kuljeet Kaur
32	BA Sem-III	210610	MANPREET KAUR	Manpreet K.
33	BA Sem-III	210612	RAJVEER KAUR	Rajveer Kaur
34	BA Sem-III	210613	RAJANDEEP KAUR	Rajandeep K.
35	BA Sem-III	210614	SIMRANJIT KAUR	Simranjit K.
36	BA Sem-III	210617	LOVEPREET SINGH	Lovepreet Singh
37	BA Sem-III	210618	HARMANDEEP KAUR	Harmandeep K.
38	BA Sem-III	210619	RUPINDER SINGH	Rupinder Singh
39	BA Sem-III	210621	SANDEEP KAUR	Sandeep Kaur
40	BA Sem-III	210622	SUKHWINDER SINGH	Sukhwinder Singh
41	BA Sem-III	210623	KULDEEP KAUR	Kuldeep Kaur
42	BA Sem-III	210624	HARWINDER KAUR	Harwinder Kaur
43	BA Sem-III	210627	LOVEPREET KAUR	Lovepreet Kaur
44	BA Sem-III	210629	TANPREET KAUR	Tanpreet Kaur
45	BA Sem-III	210630	KARANDEEP SINGH	Karandeep Singh
46	BA Sem-III	210633	AKASHDEEP KAUR	Akashdeep K.
47	BA Sem-V	210704	MANJOT SINGH	Manjot Singh
48	BA Sem-V	210705	SUBHJIT SINGH	SUBHJIT Singh
49	BA Sem-V	210707	SUMANPREET KAUR	Sumanpreet K.
50	BA Sem-V	210708	JASPREET KAUR	Jaspreet Kaur
	BA Sem-V	210709	SANDEEP KAUR	SANDEEP Kaur

Principal  
Govt College  
Ama, Jarn (Sangrur)

	BA Sem-V	210712	JASVIR KAUR	Jasvir Kaur
	BA Sem-V	210715	KULWINDER KAUR	Kulwinder Kaur
	BA Sem-V	210716	SATNAM KAUR	Satnam K.
	BA Sem-V	210717	PARWINDER SINGH	P Parwinder Singh
	BA Sem-V	210718	MANPREET KAUR	Manpreet Kaur
	BA Sem-V	210719	AMARJEET KAUR	Amarjeet Kaur
57	BA Sem-V	210720	SANDEEP SINGH	Sandeep Singh
58	BA Sem-V	210721	AMANDEEP KAUR	Amandeep K.
59	BA Sem-V	210722	GURSEWAK SINGH	Gursewak Singh
60	BA Sem-V	210725	SUKHPREET SINGH	Sukhpreet Singh
61	BCA Sem-I	210805	HARDEEP SINGH	Hardeep S.
62	BCA Sem-I	210808	SUMANPREET KAUR	Sumanpreet Kaur
63	BCA Sem-I	210809	HARPREET KAUR	Harpreet K.
64	BCA Sem-I	210810	RAVINDER SINGH	Ravinder Singh
65	BCA Sem-I	210811	SUKHDEEP SINGH	Sukhdeep Singh
66	BCA Sem-III	210901	HARMEET SINGH	Harmeet Singh
67	BCA Sem-III	210902	JAGSHEER SINGH	Jagsheer Singh
68	BCA Sem-III	210906	AJAY KUMAR	Ajay Kumar
69	PGDCA Sem-I	211001	JAGJIT SINGH	Jagjit S.
70	PGDCA Sem-I	211002	MANINDER KAUR	Maninder Kaur
71	PGDCA Sem-I	211003	MANPREET KAUR	Manpreet K.
72	PGDCA Sem-I	211004	KIRANDEEP KAUR	Kirandeep Kaur
73	PGDCA Sem-I	211005	RAVINDER KAUR	Ravinder K.
74	PGDCA Sem-I	211006	SHEENA RANI	Sheena Rani
75	PGDCA Sem-I	211007	RAVINDER KAUR	Ravinder Kaur

*Heer*  
Principal

Govt College  
Amarjgarh (Sangru)