



S.U.S. Govt. College, Sunam

Established in 1969, NAAC Accredited-Grade B (CGPA 2.72) Affiliated to: Punjabi University,
Patiala E-mail: gcsunam@gmail.com, College website: www.susgcsunam.com, Tel: 01676-220134

Extension Activities


Extension Activities done in terms of impact & sensitizing students to social issues and holistic development

107. Event: A National Web Conference on International Yoga Day

No. of Students: 35

Date: 19-06-2022

NSS Department of SUS Govt. College, Sunam and PNT Govt. College, Dosapani National organized A National Web Conference on National Yoga Day at 19th June 2022. NSS program officer Dr Ramandeep Kaur, S.U.S. Government College welcomed all the dignitaries and gave detailed information about the whole program. Dr Vinay Kumar director NSS West Bengal was the key note speaker. He awared that most of us not have healthy life, For this yoga and meditation should be a necessary part of our daily life. Smt. Kamna Gupta principal SUS Government College Sunam presided the program and said that these type of programs generate a sense of unity and should be conducted for the welfare of students and society. Dr. Ajra Parveen principal Doshapani Uttrakhand motivated the participants to include the yoga in daily life. Dr Megha Bahuguna from Dehradun the eminent speaker gave the information about different yoga assans and their benefits. Especially motivate the students to include Surya namaskar in their daily life. Shri Dinesh Chandra from Delhi give the ideas to relieve from mental stress and importance of sports and exercise in daily life. The emminent speaker Shri Mandeep Singh D.P.E Punjab gave stress to promote the sports and yoga on ground level. Madam Mayuri Gogai, Assam gave information that how yoga can relieve us from stress. Student Pooja Sharma from B.Sc Non Medical and Pragya Tiwari from Uttarakhand organised the conference very well.


Principal
S.U.S. Govt. College
Sunam (Sangrur)

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S.No	Class	Name	Students Enrollment no
1	BSc Non-Med Sem-III	ISHIKA	402
2	BSc Non-Med Sem-III	KHUSHYALI KANSAL	404
3	BSc Non-Med Sem-III	GAGANDEEP KAUR	405
4	BSc Non-Med Sem-III	POOJA SHARMA	409
5	BSc Non-Med Sem-III	TANIA	411
6	BCom Sem-III	HARPREET KAUR	859
7	BCA Sem-I	RAJINDER KAUR	1214121490037
8	BCA Sem-I	GEETIKA	1214121490014
9	BCA Sem-I	LOVPREET KAUR	1214121490026
10	MA History Sem-III	PRABHJOT KAUR	4302
11	BCA Sem-V	NANCY RANI	4825
12	BA Sem-III	JASVEER KAUR	2427
13	BA Sem-III	LOVEPREET KAUR	2428
14	BA Sem-III	JASPREET KAUR	2581
15	BA Sem-III	JOTI DEVI	2604
16	BA Sem-III	MANDEEP KAUR	2627
17	BA Sem-V	JASPREET KAUR	3488
18	BA Sem-III	SANDEEP KAUR	2651
19	BA Sem-III	PREETI	2704
20	BA Sem-I	RAMANDEEP KAUR	1214120410694
21	BA Sem-III	RUPINDER KAUR	2624
22	BA Sem-III	PARAMVIR KAUR	2681
23	BSc Non-Med Sem-III	TANIA	411
24	BSc Non-Med Sem-III	HARSHPREET KAUR	414
25	BSc Non-Med Sem-III	KHUSHPREET KAUR	417
26	BSc Medical Sem-III	SUMAN DEVI	354
27	BSc Non-Med Sem-III	HARSHPREET KAUR	414
28	BA Sem-III	RUPINDER KAUR	2624
29	BA Sem-III	KIRNA KAUR	2659
30	BA Sem-III	PARAMVIR KAUR	2681
31	BA Sem-III	JASHANPREET KAUR	2415
32	BA Sem-III	INDERJEET KAUR	2456
33	BA Sem-III	NISHU RANI	2457
34	BA Sem-III	JASPREET KAUR	2458
35	BA Sem-III	GAGANDEEP KAUR	2549