

## 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

Notice

Date 15-06-2021

All the students are informed that on 21st June 2021 NSS is going to organize a program dedicated to International Yoga Day. In this program, inter-college quiz competition will also be organized to celebrate Yoga Day through online mode. Students interested in participating in this program be sure to contact the following professors.

- 1) Prof Nardeep Singh
- 2) Dr. Ramandeep Kaur
- 3) Prof. Chamkaur Singh

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

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#### Event: Inter College Online Yoga Day Celebration And Quiz Competition

On the occasion of International Yoga Day on 21st June 2021, Yoga related activities were conducted by the NSS Department. Due to the corona pandemic, the volunteer took advantage of yoga by staying at home, giving the message of stay home, stay safe, stay healthy. Principal Professor Tarsem Chand motivated the students to make Yoga a part of their life as a healthy mind resides in a healthy body. An online inter college quiz competition was also organized on this occasion. In which students from different parts of the country, schools, colleges and universities participated. Along with this, online video making competition was also organized regarding yoga. NSS Program Officer Dr Ramandeep Kaur said that while the whole world is battling with a dreadful epidemic like corona, students are taking part in different activities sitting at home and giving the message that our future is our children, their health is the care of mother earth. is sensitive to. On this occasion, Professor Nardeep Singh, Professor Chamkaur Singh, Mr. Amit Kapoor, Mr. Raghveer Singh congratulated the students who participated in the competition.

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#### कोरोना को कमजोर करने में योग है अहम : रमनदीप

कुकान उत्पाद शिंद्र काला (सुर्शीका) : आतर्मादीय कील विकास सीके मार्थित उत्पाद शिंद्र मारावारी कालेज सुकान के एनर काल विकास कालें के कील विकास नेकारी गोर्डियोक्टर कालका में में मार्टिया नेकार गोर्डियोक्टर करना में मार्थिय में में घर की, मुश्लिक की, बाठ काल की, का सीकार की हुए बार रककर बीग का लाख उठाका वीड सीकार के, करनेन का में सिकारिय में में में मार्थिय कि का में मार्थी अपने जीवन का विकास करा क्योंकि संदर्भन को अपने जीवन का विकास करा क्योंकि संदर्भन की अपने जीवन का कि का करा करा है। इस सीके



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करण ना राज्या जान करना है। इस स्थाप अस्प्रसाहन होरा - कारोज क्रिका मुख्यकात करायात नया, जिसमें देश के अस्प्रान अस्प्रत क्रिम्मी के स्कूप्त, करनेज और शुनिवर्तियों के विद्यविद्यों ने भाग सिया। तक ही दोन के सक्ष्य में अस्प्रताहन दीविद्ये मेकिन मुख्यतात भी कनतात नया। इस स्क्रीत है, रस्पीत सिंह और डी. सम्प्रतिर सिंह, अभिन कपूर, रम्प्यतिर सिंह, सम्बीत सिंह भीनुद से।

### ਐਨ.ਐਸ.ਐਸ. ਵਿਭਾਗ ਨੇ ਅੰਤਰਰਾਸ਼ਟਰੀ ਯੋਗ ਦਿਵਸ ਮਨਾਇਆ

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