



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 15/04/2022

All the students are informed that on 20 April 2022, a yoga camp is being organized by the Yoga Club under the Student Council. Students wishing to participate in this camp should ensure to reach the main stage at 6:30 AM.

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



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Yoga Club

Objective:- This club helps to understand physical and mental control with the aim of students to keep their body and mind fit and build a healthy society. The student associated with this not only keeps the body and mind healthy, but also fills life with satisfaction, happiness and joy by taking inspiration, vigilance. The main objective of the club is to reduce stress, anxiety and negative thoughts etc which are increasing day by day in this mechanical human life activities.

Work

- ❖ Conducts yoga training classes.
- ❖ Conducts lectures on subjects like education and moral values.
- ❖ Organizes competitions related to yoga.
- ❖ Provides services like awareness programs for yoga classes to the needy people.

Activity: Yoga Camp Organized by Yoga Club

On 20 April 2022, the Yoga Club formed under the Student Council organized a Yoga Camp. In which Mr. Balwinder Bhardwaj participated as a yoga trainer. Staff members along with students participated in this camp. On this occasion, Principal Prof. Kamna Gupta praised the club members for this work and said that such activities keep the body healthy and a healthy mind resides in a healthy body. Club Incharge Prof. Dharmendra Singh, Mr. Ranjit Singh, Mr. Raghuveer Singh, other staff members and students were present on this occasion.



S.U.S. GOVT. COLLEGE SUNAM

Event: Yoga Camp by Yoga Club

Session 2021-22

20-04-2022.

S.No	Name	Class	Roll No	Mobile No	Students Signature
1.	Yash	BSC I(N.M)	1214120320034	75081-70901	Yash
2.	Amandeep Singh	BSc II (NM)	451	98767-76899	Amandeep Singh
3.	Hershpreet kaur	BSC II (NM)	414	85590-18698	Manisha Hershpreet kaur
4.	Manisha	MAI Pun.	221412124039	62805-31087	Manisha
5.	Sumanpreet kaur	MAI Pun.	221412124022	95011-21263	Sumanpreet kaur
6.	Pushpinder kaur	B.Com I	1214120010034	99140-27185	Pushpinder kaur
7.	Ishan Gautam	B.com II	952	75869-54989	Ishan Gautam
8.	Dhanupriya	B.COM II	867	9698914700	Dhanupriya
9.	Jashanpreet	BA II	3045	8427393188	Jashanpreet
10.	Tanisha sani	BA II	2559	81950-60153	Tanisha sani
11.	Garpreet Singh	BA II	2805	98887-25100	Garpreet Singh
12.	Nirmal singh	BA I	1214120410612	81058-52430	Nirmal singh
13.	Niharika dhiman	BA I	1214120410610	7888604548	Niharika dhiman
14.	NISHU kaur	BA Sem I	1214120410620	6280167197	Nishu
15.	Parwinder	BA Sem I	1214120410649	89127126845	Parwinder
16.	Vijay kumar	BA Sem I	121412041080	901126048	Vijay
17.	HAPPY kaur	BA Sem I	2500	6239747356	Happy
18.	Daljit Singh	BA sem III	2828	8105917010	Daljit Singh
19.	Gurtej Singh	BA sem III	3103	9872863628	Gurtej Singh
20.	Jyoti Rani	BSc Med. Sem V	509	9876783581	Jyoti Rani

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