NOTICE(20/06/2023)

As directed by ministry of youth affairs and sports NSS (Girls unit) is organising International Yoga Day on 21/06/2023 at 10:30 am in the seminar hall. So all the women staff of the college is invited to participate in the yoga session.

**The Carter of the College Invited College In

9th INTERNATIONAL YOGA DAY 21-06-20

GOT RIPUDAMAN COLEFGE, NABHA

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Attendance Sheet		
Dame	Roll No	Class
1) Sardeep kaur	5649	R.A 2nd 4000
a) Nancy	5648	B.A and year B.A and year
3, Bulbul	5555	B.A 11 10
4) Suman	531	B.A 1st year
5, Ashudoepkaur 67 Hormandeep kaur	5556	B.A and year
7.) Aushdeep Kaus	5549 5664	B.A. 2nd Year.
8) Mandref kom	5682	B.AII (SOM-4) B.A. II (SOM-4)
a) Aushdeep Kawy	5650	BA. II (Sem-IV)
10) Soma (1) Isha	756	B.A - Ist year
12) Karandeep Kawa	18 9 256	/) V
13) Struinder Sign		
14) Brijesh Kuman	62v	B.A-Bath year
15) Rymin	787	BA Ist year
16) Koran	254	B.A. Ist year
17) 19 Pardeep	3907	MAD .
189 Malkit	3906 3904	M-A D
go) Iyobi	3901	MAR
21) Gurprut Bryn	5658	BAR DI. T. O
32) Haymander Sny Teacher Sny	h 5670	BATT Peacher
Lalita Jami	nusic Dept. Nisis	_ , k
Daybe Any	n hits	Desir.







OFFICE OF THE PRINCIPAL GOVT. RIPUDAMAN COLLEGE NABHA (PATIALA)

To

Co-Ordinator,

N.S.S. Department, Punjabi University,

Patiala.

Memo No ... 1155

Dated 22-06-23

Subject: Celetration of 9th International Day of Yoga (IDY) on 21.06.2023.

With reference to your letter dated 20.06.2023 our N.S.S. (Girls Unit) celebrated 9th International Yoga day on 21.06.2023. On this occasion two hours Yoga session was organized in which two yoga trainers were invited to take the session. They taught Pranayams asanas and Meditation to our students and staff members. They explained in detail the importance of yoga in our daily life to handle Physical and mental stress. Every one enthusiastically participated in this. All most 60 volunteers and teachers joined the event.

Principal,

Govt. Ripudaman College,

Nabha.

