

Women's day celebration

Gymnasium & Judo Hall: On the occasion of Women's day i.e. on 8 March 2021, the Department of Physical Education organized a dance and aerobic session. The session was held for all the females - teaching, non-teaching staff, and students. It was held both virtually and on-campus. The objective of the program was to rejuvenate the hardworking females of the college. The program started at 12:30 p.m. with basic warm-up exercises led by Mr. Vipin (certified aerobics trainer) on beats of Western and Punjabi music and later followed by aerobics and dance. The program was one hour long and involvement from many students and teachers both virtually and physically was seen. Later, in the presence of madam principal, Dr. Harpreet Kaur (Principal) Cake Cutting ceremony was held. The program ended with a small photo session to capture the moments.