

College, Ambala Cantt.

SANCTION FORM

Sir,
Sanction may kindly be accorded for organising 10-day
workshop on 'Self-defence' for the girl students
and to pay honorarium for two sessions
per day @ Rs. 500/- to the Instructor
(as per Govt. rules)

The approximate cost will be Rs. 10000/- and

Will be met out of Grant/Fund Women-Cell (Hon)

Dated 12.01.17

May be ✓

ok

Burser's Remarks



Signature

Incharge/President

Sanctioned

Principal

Administrative Sanction

12.01.17

Allowed
Dandy

Kindly grant Administrative Sanction to organize a one-day workshop on Self-Defence for the girl students of our college and pay honorarium to the Instructor as per Govt rules.

Anju

Anju Jaggal

Convener

Women Cell

Self defence workshop

Ms. Sonika conducted a one-week workshop on 'Self-defence' for girl students of the college. She taught girls various techniques of self-defence and also the need of cultivating such skills for their own and others' security. In this workshop Dr. Vijay, Asstt Prof. of Physical Education also made special contribution by delivering lectures to the students. He also helped in organising this workshop. More than 300 students participated in the workshop.

Dr. Vijay

Dr. Vijay

Dr. Vijay

vt. College, Ambala Cantt.

SANCTION FORM

Principal Sir,

Sanction may kindly be accorded for organizing a 10-day workshop on Theatre in the Women-Cell of the college and to pay the resource person for two lectures/sessions per day @ Rs.500/-

The approximate cost will be Rs. 10000/- and will be met out of Grant/Fund. Women-Cell (Honourarium)

Dated 27.08.16



Signature
Incharge / President

Women-Cell

may be allowed
Burser
27/8/16

Burser's Remarks

Sanctioned


Principal

Administrative Sanction

2016-17-0065

Approved

27/8/16

27.08.16

am,
Kindly grant Administrative Sanction to organize a 10-day Workshop on Theatre in the Women-Cell of the college in the month of September 2016.

Amrta
27/8/16

Convener

Women-Cell

G.C. A/Cantt

10 Day Workshop on Theatre

A 10-day Workshop on Theatre was organized by the Women Cell from Sept 5th to Sept 15th, 2016 in the college. The workshop was conducted by the Director Sh. Uma Shankar. She imparted skills regarding stage and theatre and at the end of the workshop the stage students were prepared to stage a street play on "Women Issues". More than 375 students participated in this event.

Seen
Shankar

Shankar
15/9/16

Date: 18

Page No.: 26.09.16

Staging of Street Play

The students who had participated in the 10-day workshop on Theatre presented a street play on Women-Issues in the college campus on Sept 20th, 2016. The effort of the students to sensitize others regarding gender issues and gender discrimination was appreciated by one and all and the same team of the students staged a play at the cancer hospital at Rukmini, Devi Hall for the cancer patients on Sept. 30th, 2016.

Amrta
30/9/16

English

Year

Prevent

Workshop on Yoga, Meditation and Naturopathy

11.2.17 to

14.02.17

A four-day workshop on "Yoga, Meditation and Naturopathy" was organized by the women-cell. Dr. Preeti, a trained Yoga teacher and Naturopath conducted this workshop.

On Feb 11th, 2017 she gave general introduction of Yoga and Yogic exercises for cervical, migraine, depression and specific diet plans.

Feb 13th, 2017, Dr. Preeti taught exercises for Detoxification and Yoga for specific body parts. The students showed ample interest and participated in this workshop with great interest and enthusiasm.

Feb 14th, 2017, the students were taught about the benefits of Yoga and fasting for healthy life. The students

College, Ambala Cantt.

SANCTION FORM

Principal Sir,

Sanction may kindly be accorded for organising a 4-day
Workshop on Yoga, Meditation and Naturopathy
in the Women-Cell and to pay the Resource person
@ Rs. 500/- for two sessions daily.

The approximate cost will be Rs. 4000/- (four thousand) and
will be met out of Grant / Fund Women-Cell (Hon)

Dated 09.02.17

Manu K...
...

Burser's Remarks

[Signature]

Signature

Incharge/ Women-Cell

Sanctioned

[Signature]
Principal

Administrative Sanction

Approved

09.02.17

Wendy

Kindly grant Administrative Sanction to conduct a 4 day
Workshop on Yoga, Meditation and Naturopathy in the Women-Cell
collaboration with the Department of Sports
from Feb 11th, 2017 as per the following schedule.

Feb 11, 2017 - General introduction of Yoga
Yogic exercises for cervical, Migraine, Depression
Specific diet plan

Feb 13, 2017 - Exercises for detoxification
Yoga for specific body body

Feb 14, 2017 - Yoga and fasting for healthy life
Yoga and Beauty

Feb 15, 2017 - Meditation for concentration and stress free life
- Tips of naturopathy for curing disease like
Diabetes, Hypertension, Acidity, Frozen shoulder,
Sciatica, Backache, knee problem, obesity.

Anju

Anju Jagpal

Convener

Women-Cell

State

who were influenced by the myth of crash diets and anorexia were taught specific yoga kriyas for beauty and maintaining a good posture and healthy body.

On Feb 15th, 2019, Dr. Preeti taught techniques of meditation for concentration and stress free life. She also gave the students and staff tips of naturally for curing diseases like Diabetes, Hypertension, Acidity, Frozen shoulder, Sciatica, Backache, knee problem and obesity.

We again acknowledge Dr. Vijay's contribution in organizing and smoothly conducting this workshop. He maintained discipline and provided the necessary material such as Dept of Sports, Multi purpose Hall and also the mattresses for the students.

This workshop brought awareness amongst the students regarding Yoga and Meditation and also coaxed them to adopt natural ways of healing and let leading a healthy life style. Around 250 students participated in this workshop.

Dr. Preeti

Dr. Vijay

Dr. Preeti

Daily Attendance Register

M.A. 1st

S.No	Name	1	2	3	4	5	6	7	8	9	10	11	12	13
21	Niti										P	P	P	P
22	Rajni Saini										P	P	P	A

Dardhman

For the month of August 2016

FINE	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14
जुलाई	.		P	P	P	P		P	P	P	P	P	P	P	P	P	END E PENDING DAY	SUNDAY
											SUNDAY			RAKHI				

For the month of September

Daily Attendance Register B.A. 10 year

S.No.	Name	1	2	3	4	5	6	7	8	9	10	11	12	13
1015	Amya Ranvi	P	P	P	P	P	P	P	P	P	P	P	P	P
1016	Ashwini Jyoti	P	P	P	P	P	P	P	P	P	P	P	P	P
1017	Rutby	P	P	P	P	P	P	P	P	P	P	P	P	P
1018	Manisha	P	P	P	P	P	P	P	P	P	P	P	P	P
1019	Nisha	P	P	P	P	P	P	P	P	P	P	P	P	P
1020	Savitri	P	P	P	P	P	P	P	P	P	P	P	P	P
1021	Karandeet	P	P	P	P	P	P	P	P	P	P	P	P	P
1022	Chaitany	P	P	P	P	P	P	P	P	P	P	P	P	P
1023	Aarati	P	P	P	P	P	P	P	P	P	P	P	P	P
1024	Vishnu	P	P	P	P	P	P	P	P	P	P	P	P	P
1025	Shubh	P	P	P	P	P	P	P	P	P	P	P	P	P
1026	Hemanti Bala	P	P	P	P	P	P	P	P	P	P	P	P	P
1027	Paramjeetkaur	P	P	P	P	P	P	P	P	P	P	P	P	P
1028	Rajwinder	P	P	P	P	P	P	P	P	P	P	P	P	P
1029	Kajal	P	P	P	P	P	P	P	P	P	P	P	P	P
1030	Rushika	P	P	P	P	P	P	P	P	P	P	P	P	P
1031	Anupreet	P	P	P	P	P	P	P	P	P	P	P	P	P
1032	Harpreet	P	P	P	P	P	P	P	P	P	P	P	P	P
1033	Kalpan	P	P	P	P	P	P	P	P	P	P	P	P	P
1034	Harvinder	P	P	P	P	P	P	P	P	P	P	P	P	P

S.No.	Name	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1035	Amya Ranvi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1036	Ashwini Jyoti	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1037	Rutby	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1038	Manisha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1039	Nisha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1040	Savitri	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1041	Karandeet	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1042	Chaitany	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1043	Aarati	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1044	Vishnu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1045	Shubh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1046	Hemanti Bala	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1047	Paramjeetkaur	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1048	Rajwinder	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1049	Kajal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1050	Rushika	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1051	Anupreet	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1052	Harpreet	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1053	Kalpan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1054	Harvinder	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

FINE
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For the month of November

14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
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Daily Attendance Register B.A. II

S.No. क्रमांक	Name नाम	1	2	3	4	5	6	7	8	9	10	11	12	13
150614	Angu Ravi	P	P					P	P	P	P	P		
1100	Jyoti	P	P					P	P	P	P	P		
1082	Ruby	P	P					P	P	P	P	P		
1130	Manisha	P	P					P	P	P	P	P		
1114	Nisha	P	P					P	P	P	P	P		
1038	Sonia	P	P					P	P	P	P	P		
1084	Karmyest	P	P					P	P	P	P	P		
1078	chetra	P	P					P	P	P	P	P		
1090	Aarti	P	P					P	P	P	P	P		
1058	Vashuli	P	P					P	P	P	P	P		
1126	Shelva	P	P					P	P	P	P	P		
1056	Ragini	P	P					P	P	P	P	P		
1181	Parvaneet	P	P					A	A	P	P	P		
1132	Rajwinder	P	P					A	A	P	P	P		
1106	Koyal	P	P					A	A	P	P	P		
1070	Khushan	P	P					A	A	P	P	P		
1119	Anampreet	P	P					P	P	P	P	P		
1152	Harpreet	P	P					P	P	P	P	P		
1019	Kalpna	P	P					P	P	P	P	P		
1028	Rangveer	P	P					P	P	P	P	P		

Sachin

Daily Attendance Register

B.Sc (N.M)

For the month of August

S.No. क्रमांक	Name नाम	1	2	3	4	5	6	7	8	9	10	11	12	13
0046	Neha	:	:	:	:	:	:	:	:	:	P	P	P	P
0048	Parvinder										P	P	P	P
0047	Abhishekh										P	P	P	P
0054	Ajay										P	P	P	P
0045	Sahil Kumar										P	P	P	P
0083	Ankur Deswal										P	P	P	P

Nardhman

14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	FINE जुर्माना	RE
		P	P	A	P	P	P	P	P	P	P	P	P	P	P				
		P	P	P	P	P	P	P	P	P	P	P	P	P	P				
		P	P	P	P	P	P	P	P	P	P	P	P	P	P				
		P	P	P	P	P	P	P	P	P	P	P	P	P	P				
		P	P	P	P	P	P	P	P	P	P	P	P	P	P				

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For the month of September

S.No.	Name	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	FINE	REMARKS
0048	Pavinder	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
0049	Abhishek	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
0054	Apny	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
0045	Sushil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
0063	Ankur	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		

Daily Attendance Register B.Sc - Non Med Regn

S.No.	Name	1	2	3	4	5	6	7	8	9	10	11	12	13
0048	Pavinder	P	P	P	P	P	P	P	P	P	P	P	P	P
0049	Abhishek	P	P	P	P	P	P	P	P	P	P	P	P	P
0054	Apny	P	P	P	P	P	P	P	P	P	P	P	P	P
0045	Sushil	P	P	P	P	P	P	P	P	P	P	P	P	P
0063	Ankur	P	P	P	P	P	P	P	P	P	P	P	P	P

Dardhman

