

Report

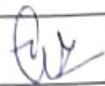
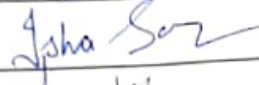
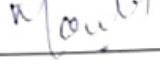
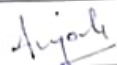

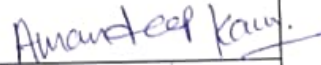





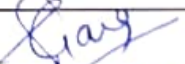
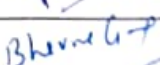
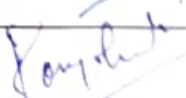
Under the benign guidance of College management and Principal Dr. Neeru Garg, Stress Management Program on theme “Women Empowerment with Meditation” was conducted in college premises on 29th April, 2024. The idea behind organizing this Programme was to inculcate meditation practice in the faculty. Meditation trainer of the programme was BK Shivani of Brahma Kumaris’ Centre, Bathinda. Faculty of SSD Girls’ College and Women’s Institute of Technology were present in the said programme. BK Shivani emphasized the need of meditation especially in the present time of mental unrest prevailing all around. This was an interactive session. All the queries were resolved by her. Adv. Sanjay Goyal (President SSDGGC) and Sh. Vikas Garg (General Secretary SSDGC) congratulated Principal Dr. Neeru Garg for successful conduction of the session. Principal Dr. Neeru Garg emphasized that expertise shared by BK Shivani and BK Samriti would indeed help in strengthening mental peace of the faculty. She also appreciated the untiring efforts of Dr. Asha Singla, Dr. Simarjeet Kaur, Ms. Amandeep Kaur, Ms. Rashmi Tewari, Ms. Seema Jain and Ms. Parveen Kaur (Women Development Cell) of the college for organizing the Stress Management Programme.



S.S.D. GIRLS' COLLEGE, BATHINDA

Women Development Cell

Empower Yourself with Meditation(29th April, 2024)

Sr. No.	Name	Subject	Signature
1	Dr. Savita Gupta	History	—
2	Dr. Pomy Bansal	Commerce	—
3	Dr. Taru Gupta	Math	
4	Mrs. Isha Sareen	Computer	
5	Mrs. Mannu Kartiki	Computer	
6	Mrs. Navjot Kaur	Computer	—
7	Mrs. Preetima Nagpal	Computer	—
8	Mrs. Anjali Garg	Computer	
9	Mrs. Asha Singla	Commerce	
10	Dr. Pooja Manchanda	Commerce	—
11	Mrs. Monika Kapoor	Office Management	
12	Dr. Simarjit Kaur	Punjabi	—
13	Ms. Amandeep Kaur	Punjabi	
14	Ms. Ratinder Kaur	Punjabi	
15	Mrs. Tripta Gupta	Political Science	—
16	Mrs. Suman Garg	Commerce	
17	Ms. Kamalpreet Kaur	Zoology	
18	Ms. Bindu Garg	Botany	—
19	Ms. Rekha Chaudhary	Computer	
20	Dr. Pooja Goswami	Music (V)	
21	Ms. Anupriya Taneja	Computer	—
22	Dr. Anju Garg	Economics	
23	Ms. Bhavna Garg	Math	
24	Ms. Romy Tuli	English	

25	Ms. Neha Bhandari	Home Mgt.	-
26	Ms. Gurminder Jeet Kaur	Punjabi	J. S. Kaur
27	Mrs. Vandana Sharma	Math	Vandana
28	Ms. Madhu Bala	Commerce	Madhu
29	Mrs. Rupinder Kaur	English	Rupinder
30	Ms. Shiza Bajaj	Commerce	-
31	Ms. Ankita	Chemistry	Ankita
32	Dr. Jyoti Rani	Home Science	Jyoti Rani
33	Ms. Divya Jindal	Computer Science	-
34	Ms. Garima	English	Garima
35	Ms. Himani	Physics	-
36	Ms. Ramandeep Kaur	English	Ramandeep
37	Ms. Nimrat Kaur	English	-
38	Ms. Manju Rani	Commerce	Manju Rani
39	Ms. Anupam	Hindi	Anupam
40	Ms. Khushpreet Kaur	Zoology- ^{Physics}	Khushpreet Kaur
41	Ms. Vanita	Botany/ Zoology	-
42	Ms. Sandeep Kaur	Math	Sandeep Kaur
43	Ms. Shally	Chemistry	-
44	Ms. Jasmeet Kaur	Commerce	Jasmeet

School Staff

1	Ms. Rashmi Tiwari	Commerce	Rashmi
2	Ms. Reeta Garg	English	Reeta
3	Ms. Harjinder Kaur	Phy. Edu.	-
4	Ms. Sumit Singla	History	-

Misc.

1	Ms. Seema Jain	Office	Seema Jain
2	Ms. Parveen Kaur	Librarian	Parveen Kaur

