

## 7. Yoga and Meditation

In today's stressful life, yoga and meditation helps in healthy living. To inculcate the moral values in the students, meditation center under the flagship of Guru Gobind Singh Study Circle (Regd.) is established in the college. Students and Faculty members can participate in the activities conducted by the Guru Gobind Singh Study Circle (GGSSC) throughout the year. The college has also established Yoga and Fitness centre for students and staff. The students generally get together once a week (Wednesday Evening) to sit and do meditation, perform kirtan and other activities as and when planned.

- National Yoga Day Celebrated – Expert Lecture on yoga was conducted on 21<sup>st</sup> June, 2017.
- A Workshop on Meditation was organized on 21<sup>st</sup> June, 2019.

| Name of the Capability enhancement scheme     | Year of implementation | Number of students/participants enrolled | Name of the agencies involved with contact details |
|---|------------------------|--|--|
| National Yoga day Celebration<br>(21-06-2017) | 2016 - 17              | 22                                       | By Hav. Davinder Singh                             |
| Meditation Day Celebration<br>(21-06-2019)    | 2018 - 19              | 14                                       | Giani Harpal Singh ji ,<br>Fatehgarh Sahib         |

**BABA BANDA SINGH BAHADUR ENGINEERING COLLEGE,  
FATEHGARH SAHIB**

No.: 2032

Date: 20-6-2017

**OFFICE ORDER**

As per the instructions received from regulatory authorities, NSS Unit of our college is celebrating **International Day of Yoga** as per the following program:

**Wednesday, 21st June, 2017**

Assembly in Baba Ajay Singh Hostel : 6:45 am

Yoga training by Hav. Devinder Singh : 7:00 am

Followed by an expert lecture on Yoga

**Duties Assigned:**

Dr. Lakhwinder Singh, Dean (Academics), **Overall Co-ordinator**

**Sr Wardens & Wardens :**

- To motivate and ensure the students (residing in hostels) to participate in the event.

**Hav. Devinder Singh (BBSBAFPA):**

- To prepare the venue as discussed and provide training on Yoga during the event.
- S. Gurmeet Singh (Sports Trainer) will assist.

**Prof. R.S. Uppal**


- To deliver expert lecture on Yoga

**Media Team**

- To prepare news report for giving to media with photographs.

**S. Jagtar Singh**

- To cover the event through still photography.

  
Major General (Dr.) GS Lamba, VSM  
Principal  
BBSB Engineering College,  
Fatehgarh Sahib - 140 407 (Punjab) India.  
[www.bbsbec.edu.in](http://www.bbsbec.edu.in)

NOTICE

Date: 19-6-2019

A special "Meditation Workshop" is being conducted on 21 Jun 19, Friday from 11:00 AM to 12:30 PM in waiting hall of Admission Cell.

**Giani Harpal Singh Ji** has given consent to conduct the workshop.


Following committee will coordinate the event:

Dr. GS Brar  
Dr. RS Uppal  
Dr. NP Singh  
Dr. Supreet Singh  
Prof. Maninder Kaur  
Prof. Navdeep Kaur Brar

All available staff members and students are requested to attend the same.

Media Team

- To prepare news report for giving to media with photographs.
- To cover the event through high resolution still photography.
- Also to click a few photographs of participating members in front of Soft Banner (to be projected through projector at any suitable place).

  
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