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N. T. 19

# MOTIVATIONAL LECTURE

03.12.2019

मोटिवेशनल लैक्चर

03/12/2019

दिनांक 03/12/2019 को सेमिनार हॉल में 11:00 बजे शिक्षक और शिक्षक-नरकर्मियों के लिए मोटिवेशनल लैक्चर कार्यक्रम का आयोजन किया गया। इस कार्यक्रम में मुख्य वक्ता के रूप में एडवोकेट सुरेश पी. अग्रवाल, और पूर्व प्राचार्य (सरस्वती विद्या मंदिर) महेन्द्र कुमार सिंह उपस्थित थे। कार्यक्रम में महाविद्यालय के निम्नांकित सदस्यों की उपस्थिति रही -

अग्रवाल

03/12/19

03/12/19

Randey, IAC (Coordinator) 3/12/19

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3/12/19

~~03.12.2019~~

~~Raksh~~  
31/12/2019

Mol Usmanuddin 03/12/19

Rishay @asa 13/12/19

Amish Mehta  
Laksh Charan Sharma

Chandan Kumar

Indra Mani Singh

Rabita Kumari

~~Prab~~

~~Amit~~

Harjinder 02/12/2019

~~03.12.19~~

~~Prab~~  
02/12/19

~~Vishal~~  
3/12/19

~~Prab~~

5/12/19

# SAHAJ YOGA

09.11.2019

09/11/19.

"सहजयोग," द्वारा स्वयं को जानो कार्यक्रम

आज दिनांक 09/11/19 को सहज योग संस्था द्वारा रामगढ़ महाविद्यालय रामगढ़ के सभागार में सहजयोग द्वारा स्वयं को जानो, कार्यक्रम का आयोजन किया गया। समिति की ओर से श्रीमती शुचि अग्रवाल, अनुपम पांडेय, श्रीमती बबीता, श्रीमती गौरी, श्री विजय और श्री श्रीमती ने सहजयोग का अर्थ और जीवन में उसके व्यावहारिक उपयोग पर प्रकाश डाला। कार्यक्रम में निम्नलिखित सदस्यों की उपस्थिति रही-

Nandey (I & AC Coordinator) 9/11/19	Prasad 09/11/19	9/11/2019
9/11/19	9/11/19	9/11/19
9/11/2019	9/11/19	9/11/19
9/11/2019	9/11/19	9/11/19
9/11/19	9/11/2019	9/11/19
9/11/19	9/11/2019	9/11/19
9/11/19	9/11/2019	9/11/19
9/11/19	9/11/2019	9/11/19

~~Amir~~ 15.11.2019

~~Rafael~~  
9/11/2019

Md Usmanuddin 9/11/19

Rishan 0202/9/11/19

Suresh Mahto  
Larkhi Charan Swarni

Chandan Kumar

Indra Muni Singh

Babity Juman

~~Q. Badi~~

~~Ahla~~

Amir 11/19

~~Rafael~~  
9/11/19

~~Riya~~  
9/11/19

~~Amir~~

Amir  
9/11/19

**COMPUTER TRAINING****25.01.2020**

A Computer training programme was organised on 25.01.2020 in the Seminar Hall of Ramgarh College. Mr. Prem Chand Mahla Asst. Prof. Department of Computer Science and Technology Radha Krishna University and Mr. Rakesh Roshan hal (Computer Operator Ramgarh College) gave detailed description on the proper use of MS EXCEL, MS EXCESS, use of Internet and other applications of computer. The meeting was presided over by Dr. Mithlesh Kumar Singh Principal Ramgarh College. The following members were present in the meeting.

- |     |                      |                        |                         |
|-----|----------------------|------------------------|-------------------------|
|     | Rakesh<br>25/1/2020  | Prem Chand<br>25/01/20 | Principal<br>25/01/2020 |
| 01. | Shankar 25-1-20      |                        |                         |
| 02. | Jyoti 25-1-20        |                        |                         |
| 03. | Pooja<br>25-1-20     |                        |                         |
| 04. | Vijay<br>25/01/20    |                        |                         |
| 05. |                      |                        |                         |
| 06. | Sanku 25.01.2020     |                        |                         |
| 07. | Bishan Kumar         |                        |                         |
| 08. | Suresh Mahla         |                        |                         |
| 09. | Lakshmi Charan Swami |                        |                         |
| 10. | Chandan Kumar        |                        |                         |
| 11. | Jyoti Mani Singh     |                        |                         |
| 12. | Babita Kumari        |                        |                         |
| 13. | Arpit                |                        |                         |

14. ~~State~~

15. Muhammad Siddiq 25/01/20

16. Haris Khan 25/01/2020

17. Ali

18.

# STRESS MANAGEMENT

## 25.02.2020

Stress Management :- A stress management session was organised for the teaching and non teaching staff of Ramgarh College, Ramgarh on 25.02.2020.

Stress is a perpetual determinant in the progress of an individual. This was the motto behind organising this session. The session was presided over by the Principal Dr. M.K. Singh.

The following members were present in the meeting.

Principal  
25/2/2020

Prasad  
25.2.20

Prasad  
25/2/2020

Prasad  
25/2/2020  
Kandari (IAC Coordinator)  
25/02/2020

Prasad  
25.2.20

Prasad  
25/02/2020

Prasad  
25/2/2020

Prasad  
25/02/20

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25/02/2020

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25/2/20

Prasad  
25/2/2020

Prasad  
25/02/20

Prasad  
25/2/2020

Prasad  
25.02.2020

Prasad  
25/02/2020

Prasad  
25/2/20

~~25/02/2020~~

~~Kabir 25/2/2020~~

~~Bishan Chauhan 25/02/20~~

~~Suresh Malwa~~

~~Lakhe Charan Swami~~

~~Chandam Kumar~~

~~Prabha Mani Singh~~

~~Babita Kumari~~

~~Prash~~

~~Mah~~

~~Md. Usman Uddin 25/02/20~~

~~Prashant 25/02/2020~~

~~25.2.20~~

~~Vijay 25/02/20.~~

~~Prashant 25.2.20~~

~~Prashant 25-2-20~~

25/2/20