

Saroop Rani Government College for Women, Amritsar

RED RIBBON CLUB

Saroop Rani Government  
College for Women,  
Amritsar

RED RIBBON CLUB

Visit to SLRM



AWARENESS ON AIDS

Venue- SLRM, Amritsar Cantt.

Date- 11/8/2018

Time- 11:30 AM

No. of Participants: 20

Visit to SLRM

Students of B. Sc (Medical) visited the SLRM (Solid- Liquid Resource Management) centre at Amritsar Cant. They interacted with the women workers of the centre and acquainted them about the myths and realities of AIDS. Pamphlets were also distributed to the workers.

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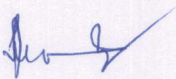
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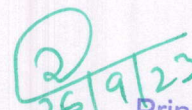

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List of Participants

Sr. No.	Roll No.	Name
1	16140001	Amrita
2	16140004	Arshdeep
3	16140006	Arshi
4	16140008	Deepanshi
5	16140009	Gurinder
6	16140033	Manjinder
7	16140034	Manmeet
8	16140032	Kulwinder
9	16140034	Manpreet
10	16140039	Mansi
11	16140041	Meha
12	16140055	Prachi
13	16140072	Shubhneet
14	16140073	Shubseerat
15	16140074	Simarnjeet
16	16140077	Sukhbir
17	16140080	Taranjeet
18	16140084	Pooja
19	16140093	Rajmandeep
20	16140095	Manika



  
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**RED RIBBON CLUB**

**No. of Participants- 05**

**Participation in District level Red Ribbon Clubs Competition**

March 8, 2019, students of B. Sc (Medical) participated in different competitions at the District Level Red Ribbon Club Competitions organised by Directorate of Youth Services, Punjab at Khalsa College, Amritsar and won prizes.



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List of Participants

Sr. No.	Name	Activity
1.	Jasleen Kaur	Debate
2.	Jasmine	Debate
3.	Komal Sharma	Debate
4.	Kirandeep Kaur	Poster Making
5.	Mishika	Poster Making

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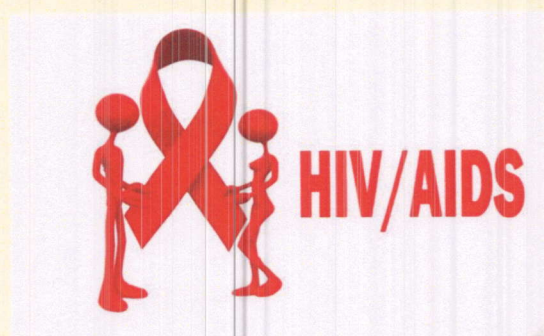
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**RED RIBBON CLUB**

**Animated Tutorial**

on



Venue- Botany Lab-I

Date- 14/10/2019

Time- 12:00 PM

No. of Participants- 48

**Animated Tutorial**

An animated tutorial on HIV/ AIDS “**HIV/AIDS- The Silent Killer**” was arranged for the students of B. Sc (Medical) Semester III on October 14, 2019 in the botany department. The tutorial was very informative.

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**List of Participants**

Sr. No.	College Roll No	Name
1.	17140002	Simranpreet
2.	17140003	Navneet
3.	17140004	Pallavi
4.	17140008	Harmeet
5.	17140009	Tania
6.	17140010	Kirandeep
7.	17140011	Ria
8.	17140012	Muskan
9.	17140014	Navjot
10.	17140015	Divya
11.	17140016	Anjali
12.	17140017	Harpinder
13.	17140018	Jatinder
14.	17140019	Gajansurup
15.	17140020	Amanpreet
16.	17140021	Lorika
17.	17140024	Annie
18.	17140025	Amandeep
19.	17140026	Amanpreet
20.	17140028	Harleen
21.	17140029	Kashish
22.	17140031	Navpreet
23.	17140036	Navjot
24.	17140037	Neha
25.	17140039	Ridham
26.	17140042	Navreet
27.	17140046	Anmol

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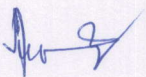
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28.	17140047	Satinder
29.	17140050	Anupreet
30.	17140051	Shivani
31.	17140053	Gursimran
32.	17140054	Umarjeet
33.	17140055	Komalpreet
34.	17140056	Gursharan
35.	17140057	Sharanjit
36.	17140060	Komalpreet
37.	17140063	Rajwinder
38.	17140067	Vaishali
39.	17140068	Pallavi
40.	17140072	Mehakpreet
41.	17140073	Mehakdeep
42.	17140078	Sanjana
43.	17140080	Rohini
44.	17140086	Swati
45.	17140087	Pawandeep
46.	17140089	Rajbir
47.	17140091	Ranbir
48.	17140093	Mansi




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RED RIBBON CLUB

**QUIZ ON  
GENERAL HEALTH & AWARENESS ON  
AIDS**



Organized By **Red Ribbon Club**  
S.R. Government College for Women, Amritsar  
On January 23, 2021  
At 4:00- 4:30 PM

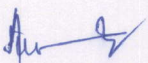
Link for the quiz will be shared in the respective WhatsApp groups at 4:00 PM

Online link-

[https://docs.google.com/forms/d/e/1FAIpQLSf90cR1-TMvYf8hm4wX-BNTj-4dQeV-Epm1ICHGZx6AarM06A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSf90cR1-TMvYf8hm4wX-BNTj-4dQeV-Epm1ICHGZx6AarM06A/viewform?usp=sf_link)

Quiz Contest

To create awareness on **General Health & AIDS**, an online quiz was conducted using Google form on 23/01/2021. A total of 62 students participated and e-certificates were issued to the qualifying (60%) participants.



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**List of Participants**

Sr. No.	Name	Class	Certificate Id
1.	Ramnik Kaur	Bsc medical	
2.	Shivanjali Sharma	Bsc.medical botany	
3.	Navpreet Kaur	B.sc Medical Sem 5	ZWZUCC-CE000004
4.	Ramandeep kaur	Bsc medical	
5.	Ramandeep Kaur	Bsc medical final year	
6.	Prabhjot kaur	Bsc Medical with botany ( 1sem)	ZWZUCC-CE000005
7.	Mishika choudhary	Bsc medical(semester5)	ZWZUCC-CE000006
8.	Vanshika Mahajan	Bsc Med CND Sem 3	
9.	Swati	Bsc Med with CND	ZWZUCC-CE000007
10.	Amisha	Bsc CND Sem 5	ZWZUCC-CE000008
11.	Sumanpreet kaur	Bsc. medical	
12.	Kirandeep kaur	Bsc med sem 5th	ZWZUCC-CE000009
13.	Neha	BSc medical	ZWZUCC-CE000010
14.	Riya sachdeva	Bsc medical	
15.	Jasleen Kaur	Bsc medical sem 5	ZWZUCC-CE000011
16.	Prabhleen kaur	Bsc medical 3rd year	ZWZUCC-CE000012
17.	Sanjana	Bsc medical 5 sem	ZWZUCC-CE000013
18.	Urja	Bsc medical with CND	ZWZUCC-CE000014
19.	Kamalpreet kaur	Bsc. Medical 5th sem	ZWZUCC-CE000015
20.	Navroop Kaur	Bsc. Medical sem 5	ZWZUCC-CE000016
21.	Priya Uppal	Bsc Medical 3rd Sem	ZWZUCC-CE000017

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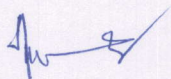
22.	Harpreet kaur	Bsc. Medical sem 3	ZWZUCC-CE000018
23.	Savroop kaur	bsc.med.sem 3rd	
24.	Sanchita Sharma	Bsc Medical	ZWZUCC-CE000019
25.	kanwaljeet kaur	Bsc med sem 5th	
26.	Harsimran kaur	Bsc med. Sem 3rd	ZWZUCC-CE000020
27.	Kawalpreet Kaur	BSc.Medical Sem 5	ZWZUCC-CE000021
28.	Navjot kaur	Bsc med sem 5	ZWZUCC-CE000022
29.	Sumanpreet kaur	BSc medical sem 5	ZWZUCC-CE000023
30.	Rajbir kaur	B. Sc medical final year	ZWZUCC-CE000024
31.	Mansimran kaur	Bsc. Medical 5th semester	ZWZUCC-CE000025
32.	Radhika	Bsc end	ZWZUCC-CE000026
33.	Navrose kaur	Bsc. medical	ZWZUCC-CE000027
34.	Mankomalpreet kaur	Bsc. Medical	ZWZUCC-CE000028
35.	Mandeep kaur	B.sc medical 5th sem	ZWZUCC-CE000029
36.	Kriti Kumari	Bsc.med sem 5	ZWZUCC-CE000030
37.	Satinder Preet Kaur	Bse medical with botany	ZWZUCC-CE000031
38.	Ramanpreet kaur	Bsc medical	ZWZUCC-CE000032
39.	Komalpreet kaur	Bsc medical	ZWZUCC-CE000033
40.	Bhavna	Bsc end 5th sem	
41.	Guneet bedi	Bsc CND 3rd year	ZWZUCC-CE000034
42.	Tavleen Kaur	B.Sc. Medical With Botany	ZWZUCC-CE000035
43.	Muskan	B.Sc Medical	ZWZUCC-CE000036
44.	Bhagwat kaur	Bsc. Medical with CND	ZWZUCC-CE000037
45.	Akemjot kaur	Bsc medical 5th sem	ZWZUCC-CE000038
46.	Jaspreet Kaur	Bsc medical	

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47.	AASHIMA	BSC-MEDICAL (5-SEM)	ZWZUCC-CE000039
48.	Amandeep kaur	B. Sc medical sem 3rd	ZWZUCC-CE000040
49.	Jagdeep kaur	Bse madical smt.5	ZWZUCC-CE000041
50.	Akshita Sharma	Bsc medical sem 5	ZWZUCC-CE000042
51.	Manjot kaur	Bsc medical 5th semester	ZWZUCC-CE000043
52.	Kiranpreet kaur	Bsc medical sem 5	ZWZUCC-CE000044
53.	Diksha	B. Sc med CND	ZWZUCC-CE000045
54.	Sunaina Devgan	Bsc medical( 5sem)	
55.	Komalpreet kaur	Bsc medical 1st year	ZWZUCC-CE000046
56.	Manpreet kaur	BSC.Medical with CND	ZWZUCC-CE000047
57.	Chanpreet kaur	Bsc medical with botany sem-1	ZWZUCC-CE000048
58.	Baljinder Kaur	Bsc CND sem3	
59.	Karanpreet kaur	B.sc med	
60.	Muskan	Bsc medical	
61.	Meghpreet Kaur	Bsc medical with botany 1st year	ZWZUCC-CE000049
62.	sumandeep kaur	bsc medical	ZWZUCC-CE000050



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ਦਫਤਰ ਸਹਾਇਕ ਡਾਇਰੈਕਟਰ, ਯੁਵਕ ਸੇਵਾਵਾਂ, ਅੰਮ੍ਰਿਤਸਰ  
(67ਬੀ, ਗਲੀ ਨੰ. 1, ਹਜ਼ੈਨਪੁਰਾ, ਨੇੜੇ ਸਿਵਾਲਾ ਫਾਟਕ)  
Email id: adys.amritsar@gmail.com, 9876267001

ਸੇਵਾ ਵਿਖੇ

ਪ੍ਰਿੰਸੀਪਲ ਸਮੂਹ ਰੈਡ ਰਿਬਨ ਕਲੱਬਜ਼,  
ਅੰਮ੍ਰਿਤਸਰ।

ਮੀਮੋ ਨੰ: ਸਡਯਸ/ਅ/2021/225-255 ਮਿਤੀ:- 30/09/2021

ਵਿਸ਼ਾ: ਜਿਲ੍ਹਾ ਪੀਐਚ ਡੀ ਰੈਡ ਰਿਬਨ ਕਲੱਬਾਂ ਦੇ ਮੁਕਾਬਲਿਆਂ ਸਬੰਧੀ।  
ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਦੇ ਸਬੰਧੀ ਅੱਪ ਜੀ ਨੂੰ ਨਿਮਰਤਾ ਸਹਿਤ ਬੇਨਤੀ ਕੀਤੀ ਜਾਂਦੀ ਹੈ ਕਿ ਵਿਭਾਗ ਵਲੋਂ ਪੰਜਾਬ ਸਟੇਟ ਏਡਜ਼ ਕੰਟਰੋਲ ਸੋਸਾਇਟੀ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਮਿਤੀ 12/10/2021 ਦਿਨ ਮੰਗਲਵਾਰ ਨੂੰ ਖਾਲਸਾ ਕਾਲਜ ਅੰਮ੍ਰਿਤਸਰ (ਕਾਮਰਸ ਵਿਭਾਗ ਦੇ ਸੈਮੀਨਾਰ ਹਾਲ) ਵਿਖੇ ਜਿਲ੍ਹਾ ਪੱਧਰੀ ਰੈਡ ਰਿਬਨ ਕਲੱਬਾਂ ਦੇ ਮੁਕਾਬਲੇ (ਕਵਿੱਜ /ਸਲੋਗਨ ਰਾਈਟਿੰਗ/ਚਾਰਟ ਮੇਕਿੰਗ) ਉਲੀਕੇ ਗਏ ਹਨ। ਮੁਕਾਬਲਿਆਂ ਸਬੰਧੀ ਹਦਾਇਤਾਂ ਐਂਟਰੀ ਫਾਰਮ ਆਦਿ ਇਸ ਪੱਤਰ ਨਾਲ ਨੱਥੀ ਹਨ। ਐਂਟਰੀ ਫਾਰਮ ਇਸ ਦਫਤਰ ਨੂੰ ਮਿਤੀ 8.10.2021 ਤੱਕ ਮੇਲ ਕਰ ਦਿਤਾ ਜਾਵੇ ਜੀ।

ਵਿਸ਼ੇਸ਼ ਨੋਟ:- 1) ਸਲੋਗਨ ਅਤੇ ਚਾਰਟ ਮੇਕਿੰਗ ਮੁਕਾਬਲੇ ਸੰਸਥਾ ਪੱਧਰ ਤੇ ਹੀ ਕਰਵਾਏ ਜਾਣ, ਉਪਰੰਤ ਪਹਿਲੀ ਅਤੇ ਦੂਸਰੀ ਪੁਸ਼ੀਸ਼ਨ ਪ੍ਰਾਪਤ ਐਂਟਰੀ ਇਸ ਮੁਕਾਬਲੇ ਲਈ ਲੈ ਕੇ ਆਈ ਜਾਵੇ ਜੀ।

2) ਖਾਲਸਾ ਦੇ ਰੈਡ ਰਿਬਨ ਕਲੱਬ ਨੇਡਲ ਅਫਸਰ ਅਤੇ ਘੱਟੋ ਘੱਟ ਤਿੰਨ ਭਾਗੀਦਾਰਾਂ ਦਾ ਇਸ ਪ੍ਰੋਗਰਾਮ ਵਿਚ ਪਹੁੰਚਣਾ ਯਕੀਨੀ ਬਣਾਇਆ ਜਾਵੇ ਜੀ।

3) ਇਸ ਸੈਸ਼ਨ ਲਈ ਰੈਡ ਰਿਬਨ ਕਲੱਬ ਲਈ ਐਨਜ਼ੋਲਮੈਂਟ ਨੇਡਲ ਅਫਸਰ ਨਾਲ ਲੈ ਕੇ ਆਉਣਗੇ।

4) ਨੇਡਲ ਅਫਸਰਾਂ ਨੂੰ ਇਸ ਮੌਕੇ ਸਰਟੀਫੀਕੇਟ ਦੇ ਕੇ ਸਨਮਾਨਿਤ ਵੀ ਕੀਤਾ ਜਾਵੇਗਾ।

Theme of the Mega Events :-

- HIV/ AIDS Awareness
- HIV -TB Awareness
- Voluntary Blood Donation Awareness
- Drug Abuse and Dependence Awareness/Buddys program
- Youth Contribution in Developing Future India.
- ਪੰਜਾਬ ਪੰਜਾਬ ਅਤੇ ਸਮਾਜਿਕ ਜ਼ਿੰਮੇਵਾਰੀ
- ਤਲੱਖ ਵਾਰੀਕਿੰਗ ਅਤੇ ਵਾਤਾਵਰਨੀ ਸਮਲੇ

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# District Level Competition

Quiz • Poster Making • Slogan Writing

**Theme**  
HIV/AIDS  
HIV/TB  
BLOOD DONATION  
DRUG AWARENESS

**Cash prizes for Quiz only**

1st - 6000/- • 2nd -3000/- • 3rd - 2000/- per team

**Venue: Khalsa college Amritsar**  
**12/10/2021. | 10 am**

Special attraction -  
Announcement of 5 Best Red  
ribbon Clubs of Amritsar

Organised by

Assistant Director Youth Services, Amritsar  
(in collaboration with Punjab state AIDS control society)

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**Saroop Rani Government College for Women, Amritsar**

**No. of Participants: 11**

**Participation in District level Red Ribbon Clubs Competition**

Students of B. Sc (Medical) Following students participated in district level organized by Directorate Youth Services Amritsar on AIDS on October 12, 2021 at Khalsa College, Amritsar. The quiz team won first prize in the competition while consolation prizes were won in slogan writing.

**List of Participants**

<b>Sr. No.</b>	<b>Activity</b>	<b>Name</b>
1	Slogan writing	Ratinder Kaur
2	Slogan writing	Jobanpreet Kaur
3	Slogan writing	Hiranya
4	Slogan writing	Sugandha
5	Quiz Competition	Harpreet
6	Quiz Competition	Komalpreet
7	Poster Making	Harnoor Preet
8	Poster Making	Damanpreet
9	Poster Making	Kirandeep
10	Poster Making	Sanchita
11	Poster Making	Diksha

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ADYS/ /

# YOUTH SERVICES PUNJAB



## DISTRICT LEVEL

### YOUTH DAY / CONVENTION / WEEK / MEGA EVENT

Certified that /Ms. Harpreet Kaur

Son/Daughter of \_\_\_\_\_

From S.R Govt. College for women, Amr.


Participated in Quiz (1st)

Held at Khalsa College Amritsar on 12-10-2021

This certificate is awarded for commendable youth activities.

*Harpreet Kaur*  
Organizing Secretary

*[Signature]*  
Assistant Director  
Youth Services, Punjab

	<p>ਪੰਜਾਬ ਐਂਡ ਸਿੰਧ ਬੈਂਕ Punjab &amp; Sind Bank ਪੰਜਾਬ ਅਤੇ ਸਿੰਧ ਬੈਂਕ (ਭਾਰਤ ਸਰਕਾਰ ਦੇ ਅਧੀਨ ਆਉਂਦੀ ਹੈ)</p>	<p>ਅਮ੍ਰਿਤਸਰ, ਸਿਟੀ ਸੇਂਟਰ ਅਮ੍ਰਿਤਸਰ - 143001 AMRITSAR CITY CENTRE BRANCH, AMRITSAR (PUNJAB) - 143 001 IFSC CODE: PSIB000465</p>	<p>ਕੇਵਲ ਤਿੰਨ ਮਾਹਾਂ ਲਈ ਵੈਲਿਡ VALID FOR THREE MONTHS ONLY</p> <table border="1" style="margin: auto;"> <tr> <td>1</td><td>2</td><td>1</td><td>0</td><td>2</td><td>0</td><td>2</td><td>1</td> </tr> <tr> <td>D</td><td>D</td><td>M</td><td>M</td><td>Y</td><td>Y</td><td>Y</td><td>Y</td> </tr> </table>	1	2	1	0	2	0	2	1	D	D	M	M	Y	Y	Y	Y
1	2	1	0	2	0	2	1												
D	D	M	M	Y	Y	Y	Y												
Pay <u>Harpreet Kaur</u>		या धारक को or Bearer																	
रुपये Rupees <u>Three thousand only</u>		₹ <u>3000/-</u>																	
खाता सं. / A/c. No. <u>04661100011123</u>		For ASSTT DIRECTOR YOUTH SERVICES																	
<p>"केवल सभी सी.बी.एस. शाखाओं में सम्मूल्य पर देय" "PAYABLE AT PAR AT ALL CBS BRANCHES ONLY"</p>		<p><i>[Signature]</i> Authorised Signatory/ies Please sign above Youth Services, Amritsar.</p>																	
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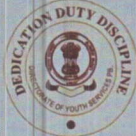
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# YOUTH SERVICES PUNJAB



## DISTRICT LEVEL

YOUTH DAY / CONVENTION / WEEK / MEGA EVENT

Certified that Ms. Komalpreet Kaur

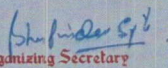
Son/Daughter of \_\_\_\_\_


From S.R Govt. College for women, Amr.


Participated in Quiz (1st)

Held at Khalsa College, Amritsar on 12-10-2021

*This certificate is awarded for commendable youth activities.*

  
**Organizing Secretary**

  
**Assistant Director**  
 Youth Services, Punjab


 पंजाब एण्ड सिंध बैंक  
**Punjab & Sind Bank**  
 ਪੰਜਾਬ ਐਂਡ ਸਿੰਧ ਬੈਂਕ  
 (भारत सरकार का उपकार / A Govt. of India Undertaking)

अमृतसर, सिटी सेंटर अमृतसर - 143001  
**AMRITSAR CITY CENTRE BRANCH, AMRITSAR (PUNJAB) - 143 001**  
 IFSC CODE: PSIB0000466

केवल तीन माह के लिए वैध  
 VALID FOR THREE MONTHS ONLY  
 12/10/2021  
 D D M M Y Y Y Y

Pay Komalpreet Kaur  
 रुपये Rupees Three thousand only


या धारक को or Bearer

₹ 3000/-  
 अदा करें

खाता नं.  
 A/c. No. 04661100011123

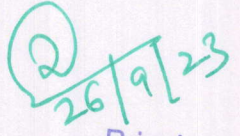
For ASSTT DIRECTOR YOUTH SERVICES

"केवल सभी सी.बी.एस. शाखाओं में सममूल्य पर देय"  
 "PAYABLE AT PAR AT ALL CBS BRANCHES ONLY"

  
 Authorized Signatory/ies  
 Please sign above  
 Asstt. Director  
 Youth Services, Punjab

⑈000142⑈ 143023005⑈ 111123⑈ 29



  
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RED RIBBON CLUB

Saroop Rani Government College  
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**RED RIBBON CLUB**

**Interactive Session**

on

**Polycystic Ovarian  
Syndrome**

**&**

**Post Menopausal  
Osteoporosis**

Venue- Multimedia

Date- 30/04/2022

Time- 12:30 PM

**No. of Participants: 71**

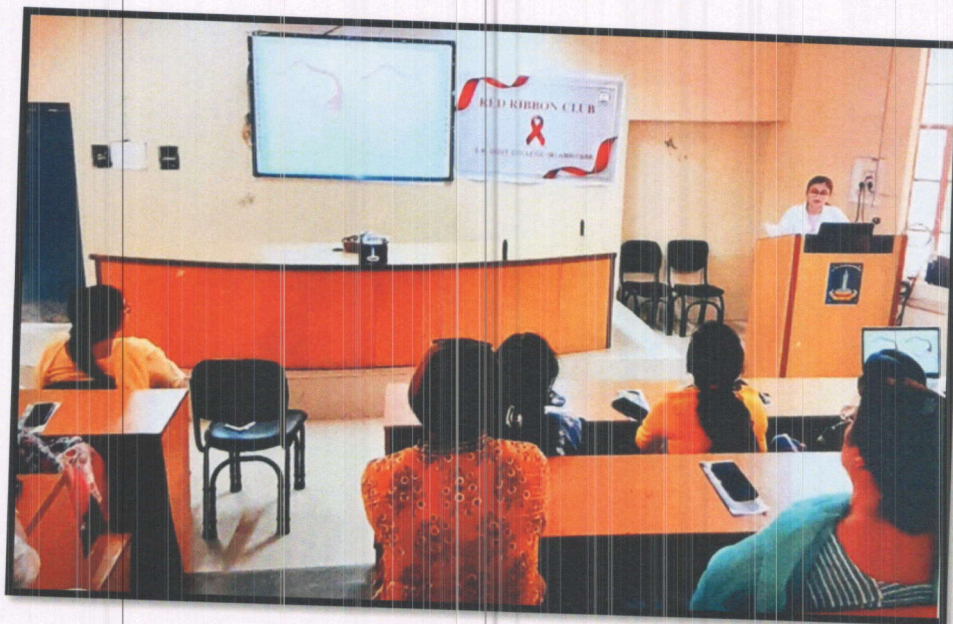
**Interactive Session**

On April 30, 2022, Red Ribbon Club and the students of B. Sc CND organized an interactive session in Multimedia on awareness among staff and students regarding the PCOS and Post-Menopausal Osteoporosis. As these problems are now frequently experienced by women but lack awareness and diet management.

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Vanshika Mahajan  
Tarleen Kaur  
Uija  
Aditi Sharma  
Batinder Kaur  
Ruhali Sharma  
Sharanjit Kaur  
Sehajdeep Kaur  
Radhika  
Sneati  
Sukhleen Kaur  
Sharanbir Kaur  
Sandeep  
Diksha  
Gurleen  
Salvi  
Rimpi  
Sandita  
Shubhpreet-

2  
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Sukhjeet Kaur

Ramandeep Kaur

Jasneet Kaur

Amandeep Kaur

Jimanpreet Kaur

Kavita

Maupreet- Kaur

Kajal

Jainma Arora

Surbhi Kapoor

Bhumnika Thapa

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Aarvia  
Anmolpreet Kaur  
Harreet Kaur  
Harmanpreet Kaur  
Harpreet Kaur  
Jasleen Kaur  
Kirandeep Kaur  
Komalpreet - Kaur  
Mehakpreet - Kaur  
Mukta Khosla  
Muskaan Sharma  
Muskandeep Kaur  
Nandika Chhara  
Navleen Kaur  
Radhika Sharma  
Sharanjit Kaur  
Simran Kaur ✓  
Sukhmanpreet Kaur  
Kritika Malhotra  
Mehak Bhegal -

Niharika

Damanpreet Kaur

Meghpreet Kaur

Sanjana Mehta

Simarjeet Kaur

Dilpreet Kaur

Satinderpreet Kaur

Shehnazpreet Kaur

Roopika Sharma

Harleen Kaur

Komalpreet Kaur

Kanshu

Tania Arora

Mehak

Mehakpreet Kaur

Harpreet Kaur

Jashanpreet Kaur

Navdeep Kaur

Aakashpreet Kaur

Lovepreet Kaur

Kiranpreet Kaur

26/9/23





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RED RIBBON CLUB

No. of Participants: 77

Poster making Competition

To create awareness about the importance of blood donation amongst students, a poster making competition was held 1<sup>st</sup> October, 2022. The students (members) of Red Ribbon Club, Youth Club and Red Cross Unit of the college actively participated in the event.



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1. Niharika
2. Damanpreet Kaur
3. Megha preet Kaur
4. Sanjana Mehta
5. Simarjeet Kaur
6. Dilpreet Kaur
7. Satinderpreet Kaur
8. Shehnaaz preet Kaur
9. Roopika Sharma
10. Harleen Kaur
11. Komalpreet Kaur
12. Kamshu
13. Tania Aurora
14. Mehak
15. Mehakpreet Kaur
16. Harpreet Kaur
17. Jashanpreet Kaur
18. Navdeep Kaur
19. Aakashpreet Kaur
20. Lovepreet Kaur
21. Kiranpreet Kaur

1. Sanjana Mehta
2. Damanpreet Kaur
3. Meghpreet Kaur
4. Roopika Sharma
5. Pavanbir Kaur
6. Hiranaya
7. Chanpreet Kaur
8. Harnoor preet Kaur
9. Vaishnavi Dragone
10. Khushi Maity
11. Sakina

Sem I

1. Simranjit Kaur
2. Kashish Sharma
3. Jasmeet Kaur
4. Jasmeet Kaur
5. Amanpreet Kaur
6. Harbinder Kaur
7. Rajbir Kaur
8. Khushpreet Kaur
9. Sharanjit Kaur
- Baljit Kaur

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1. Vaishnavi
2. Khushi Maity
3. Bakina
4. Amritpreet Kaur
5. Sunena Sharma
6. Bumanjit Kaur
7. Kashish Sharma
8. Mehakdeep Kaur
9. Jasmeet Kaur
10. Jasmeet Kaur
11. Amanpreet Kaur
12. Harpinder
13. Rajbeer
14. Khushpreet Kaur
15. Sharanjit Kaur
16. Baljit Kaur.

Sem - 6

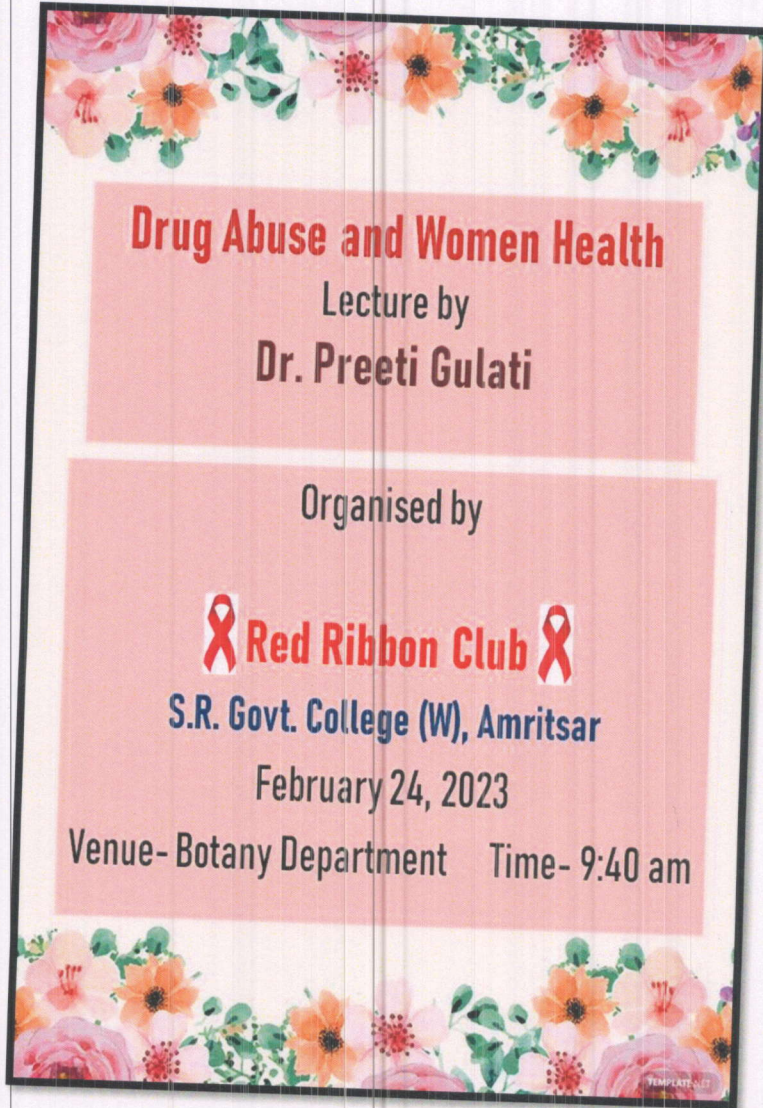
Sanjana  
Amanpreet  
Mehpreet  
Rohika Sharma  
Pavanbir  
Himanya  
Haroon  
Chanpreet  
Vaishnavi - I  
Khushi - I

Bakeena  
Bimanjeet  
Kashish Sharma  
Jasmit Kaur  
Jasmeet Kaur  
Harpinder Kaur  
Rajbir Kaur  
Khushpreet  
Sharanjit  
Baljit Kaur.

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RED RIBBON CLUB



No. of Participants: 70

Resource person- Dr. Preeti Gulati

On February 24, 2023 Red Ribbon Club organized a lecture on **Drug Abuse and Women's Health** in the Department of Zoology. Dr. Preeti Gulati from Department of Psychology, S.R. Govt. College (W), Amritsar interacted with students and shared the causes, effect of drugs, symptoms and treatment to overcome the menace of drugs and live a happy and healthy life. The students participated enthusiastically and many of their queries were answered by the expert. The lecture was attended by the students of B. Sc Medical and CND of Sem IV, VI and the faculty members from Department of Botany, Zoology and

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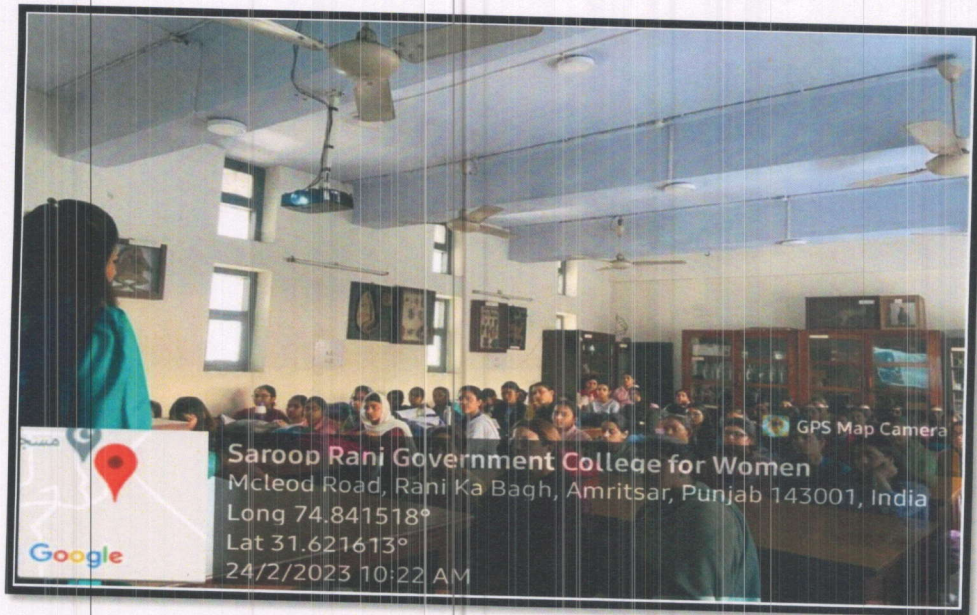
Home Science.



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LIST OF PARTICIPANTS

Activity: Red Ribbon Club, Lecture on Drug Abuse & Women's Health

Dated: 24/2/2023.

Sr. No.	Class (Sem-6)	College Roll No.	Name	Signature
1	Bsc Medical	20140015	Hiranya	Hiranya
2	BSc Med	20140048	Shahdip Kaur	Shahdip Kaur
3	BSc. Med	20140026	Tashanpreet Kaur	Tashanpreet Kaur
4	BSc. Medical	20140038	Navneet Kaur	Navneet Kaur
5	BSc Medical	20140036	Jobanpreet Kaur	Jobanpreet Kaur
6	BSc. Medical	2014 0010	Kirandeep Kaur	Kirandeep Kaur
7	BSc. Medical	20140020	Supt Kaur	Supt Kaur
8	BSc. Medical	20140059	Gurpreet Kaur	Gurpreet Kaur
9	BSc. Medical	20140073	Nandeep Kaur	Nandeep Kaur
10	BSc. Medical	20140032	Harpreet Kaur	Harpreet K.
11	BSc. Medical	20140028	Shivanjali Sharma	Shivanjali
12	BSc Medical	20140006	Rajwinder Kaur	Rajwinder Kaur
13	BSc medical	20140005	Prabhjot Kaur	Prabhjot Kaur
14	BSc Medical	20140002	Roopika Sharma	Roopika Sharma
15	BSc medical	20140003	Mehpreet Kaur	Mehpreet Kaur
16	BSc Medical	20140078	Komalpreet Kaur	Komalpreet Kaur
17	BSc Medical	20140079	Navneet Kaur	Navneet Kaur
18	BSc Medical	20140008	Kumari Archali	Kumari Archali
19	BSc Medical	20140053	Damanpreet Kaur	Damanpreet Kaur
20	BSc Medical	20140054	Dilpreet Kaur	Dilpreet Kaur
21	BSc Medical	20140052	Lovepreet Kaur	Lovepreet Kaur
22	BSc Medical	20140068	Tania	Tania
23	BSc Medical	20140055	Mehalpreet Kaur	Mehalpreet Kaur
24	BSc Medical	20140065	Komalpreet	Komalpreet Kaur
25	BSc Medical	20140016	Mehaka	Mehaka
26	BSc Medical	20140075	Amandeep K.	Amandeep K.
27	BSc Medical	20140071	Rinky	Rinky

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LIST OF PARTICIPANTS

Activity: \_\_\_\_\_

Dated: 24/2/23

Sr. No.	Class	College Roll No.	Name	Signature
28	B.Sc Med. 6 <sup>th</sup> Sem	20140060	Tania	Tania
29	B.Sc Med 6 <sup>th</sup> Sem	20140045	Vedika	Vedika
30	B.Sc Med 6 <sup>th</sup> Sem	20140041	Arashpreet Kaur	Arashpreet Kaur
31	B.Sc Med 6 <sup>th</sup> Sem	20140070	Niharika	Niharika
32	B.Sc Med 6 <sup>th</sup> Sem	20140033	Kushboo	Kushboo
33	B.Sc Med 6 <sup>th</sup> Sem	20140072	Harleen Kaur	Harleen Kaur
34	B.Sc Med 6 <sup>th</sup> Sem	20140061	Kanshu	Kanshu
35	B.Sc Med 6 <sup>th</sup> Sem	20140064	Satinderpreet Kaur	Satinderpreet Kaur
36	B.Sc Med 6 <sup>th</sup> Sem	20140050	Jyuleen Kaur	Jyuleen Kaur
37	B.Sc Med 6 <sup>th</sup> Sem	20140057	Parmeet Kaur	Parmeet Kaur
38	B.Sc Med 6 <sup>th</sup> Sem	20140031	Bani Shaha	Bani Shaha
39	B.Sc Med 6 <sup>th</sup> Sem	20140023	Mehnaz Kaur	Mehnaz Kaur
40	B.Sc Med 6 <sup>th</sup> Sem	20140004	Sanjana Mehta	Sanjana Mehta
41	B.Sc Med 6 <sup>th</sup> Sem	1211780280029	Lovpreet Sharma	Lovpreet Sharma
42	B.Sc Med 4 <sup>th</sup> Sem	1211780280003	Amritpal Kaur	Amritpal Kaur
43	B.Sc Med 4 <sup>th</sup> Sem	1211780280066	Sunidhi Sharma	Sunidhi Sharma
44	B.Sc Med 4 <sup>th</sup> Sem	1211780280038	Muskan Kaur	Muskan Kaur
45	B.Sc Med 4 <sup>th</sup> Sem	1211780280024	Kirandeep Kaur	Kirandeep Kaur
46	B.Sc Med 4 <sup>th</sup> Sem	1211780280039	Nandani	Nandani
47	B.Sc (Med) 4 <sup>th</sup> Sem	1211780280070	Tanisha Sharma	Tanisha Sharma
48	B.Sc (Med) 4 <sup>th</sup> Sem	1211780280063	Smranjit Kaur	Smranjit Kaur
49	B.Sc (Med) 4 <sup>th</sup> Sem	1211780280031	Mampruit Kaur	Mampruit Kaur
50	B.Sc (Med) 4 <sup>th</sup> Sem	1211780280022	Kajalpreet Kaur	Kajalpreet Kaur
51	B.Sc (Med) 4 <sup>th</sup> Sem	1211780280073	Vanda Sharma	Vanda Sharma
52	B.Sc (Med) 4 <sup>th</sup> Sem	1211780280076	Komalpreet Kaur	Komalpreet Kaur
53	B.Sc (Med) 4 <sup>th</sup> Sem	1211780280010	Gurpreet Kaur	Gurpreet Kaur
54	B.Sc (Med) 4 <sup>th</sup> Sem	1211780280004	Anjali	Anjali

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name

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Saroop Rani Government College for Women, Amritsar

LIST OF PARTICIPANTS

(3)

Activity: \_\_\_\_\_

Dated: 24/2/23

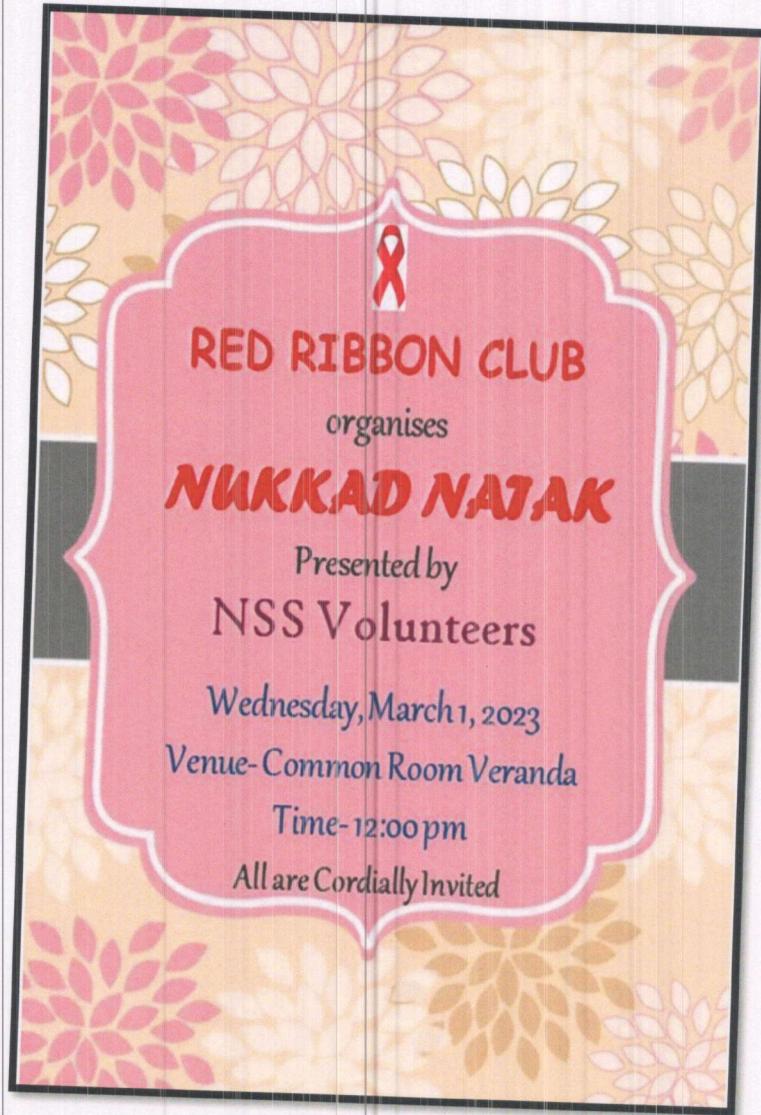
Sr. No.	Class	College Roll No.	Name	Signature
55	BSC - CN			
56	BSC - CND	20310003	Manpreet Kaur	<i>Manpreet Kaur</i>
57	BSC - CND	20310008	Amanspreet Kaur	<i>Amanspreet Kaur</i>
58	BSC - CND	20310016	Garima Arora	<i>Garima Arora</i>
59	BSC - CND	20310001	Subhi Kapoor	<i>Subhi Kapoor</i>
60	BSC - CND	20310004	Kajal Kumari	<i>Kajal</i>
61	BSC - Medical	40	Navjot Kaur	<i>Navjot Kaur</i>
62	BSC - Medical	05	Arijali Kumari	<i>Arijali Kumari</i>
63	B.Sc. Med	21	Justine	<i>Justine</i>
64	B.S. - Medical	67	Tanvika Khatun	<i>Tanvika Khatun</i>
65	BSC Medical	77	Navdeep Kaur	<i>Navdeep Kaur</i>
66	BSC Medical	35	Mehakdeep Kaur	<i>Mehakdeep Kaur</i>
67	BSC medical	06	Ankita	<i>Ankita</i>
68	Bsc medical	64	Sneha	<i>Sneha</i>
69	Bsc medical	28	Guldeep Kaur	<i>Guldeep Kaur</i>
70	Bsc medical	37	Muskan	<i>Muskan</i>
				<i>afuatti</i>

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RED RIBBON CLUB



No. of Participants: 54

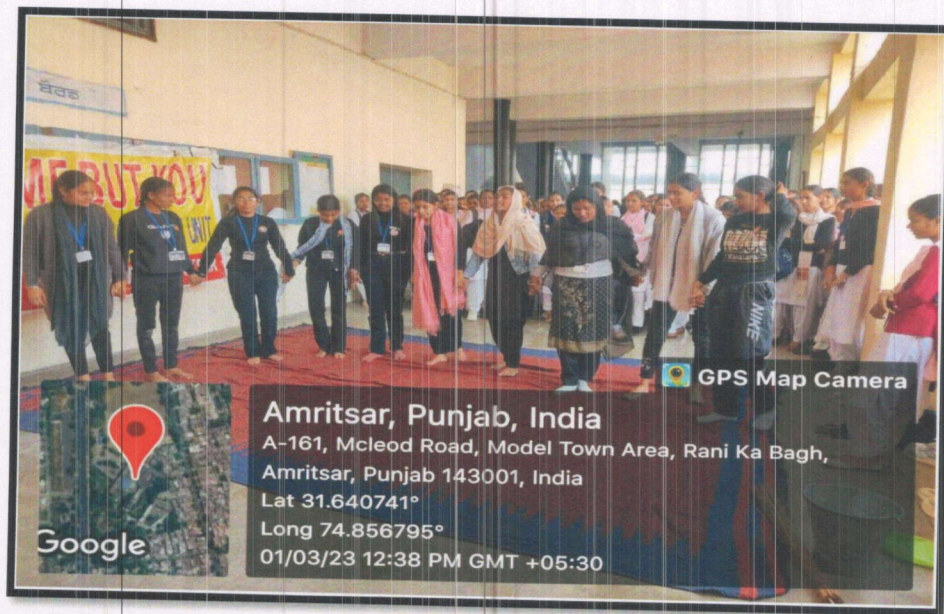
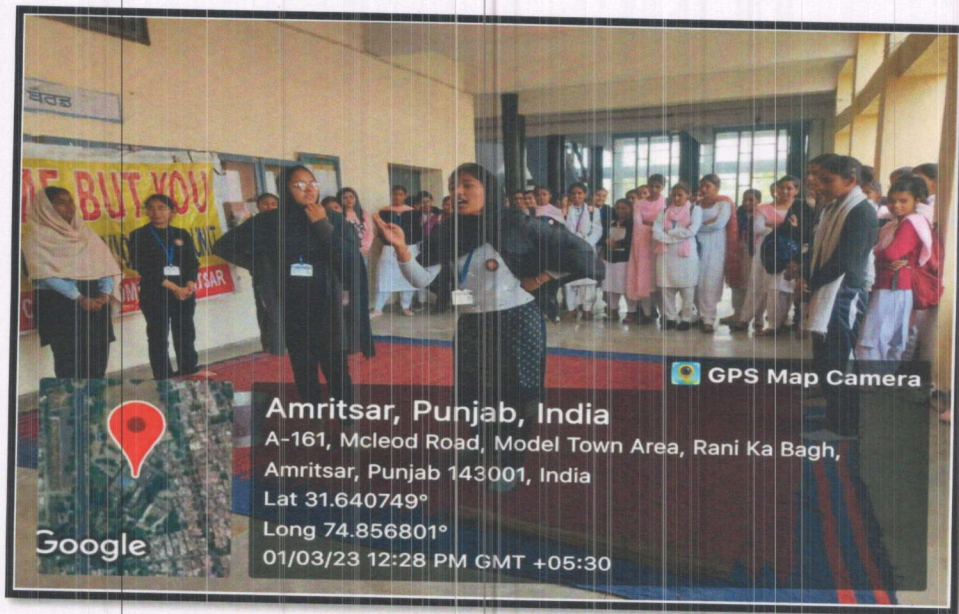
**Nukkad Natak**

Red Ribbon Club in collaboration with NSS organized a **Nukkad Natak** on **Drug Menace** on March 1, 2023. The nukkad natak was presented by NSS volunteers' in the college veranda. The students conveyed the message that how drugs bring emotional, physical and financial instability in the family and society. Students from various streams along with Madam Principal Prof. (Dr.) Daljit Kaur and the faculty members from Botany, Zoology, Commerce, Economics, Geography, English, Punjabi and Dance departments were present.

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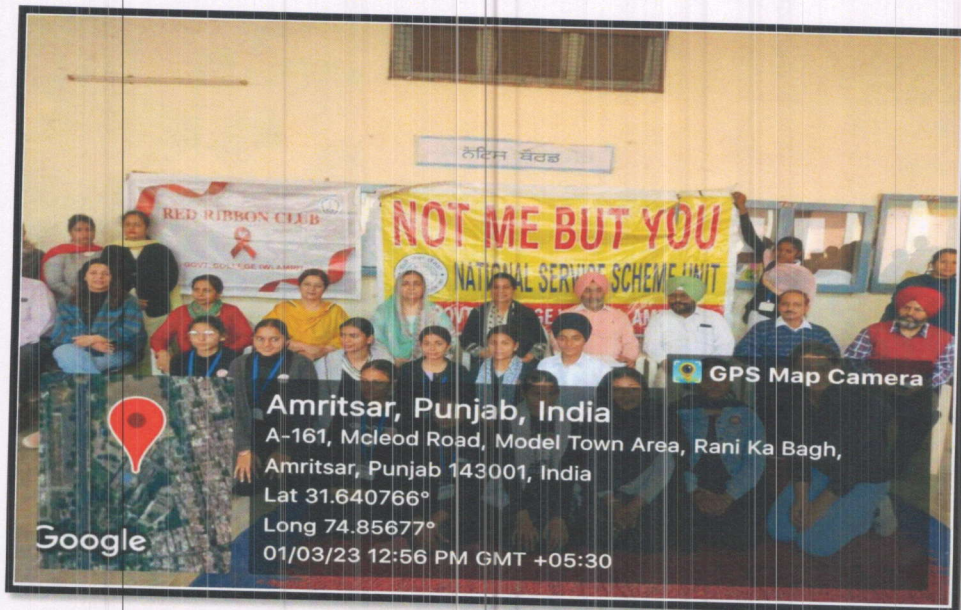
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LIST OF PARTICIPANTS

Activity: NUKKAD NATAK RED RIBBON CLUB

Dated: 01 March 2023

Sr. No.	Class	College Roll No.	Name	Signature
1.	BSc Med Sem 6	20140052	Lovepreet Kaur	Lovepreet Kaur
2.	BSc Med Sem 6	20140033	Khushboo	Khushboo
3.	BSc Med Sem 6	20140044	Harnmeet Kaur	Harnmeet Kaur
4.	BSc Med Sem 6	20140030	Sumanpreet Kaur	Sumanpreet Kaur
5.	BSc Med Sem 6	20140087	Harmandeep Kaur	Harmandeep Kaur
6.	BSc Med Sem 6	20140032	Harpreet Kaur	Harpreet Kaur
7.	BSc Med Sem 6	20140028	Shivanjali Sharma	Shivanjali
8.	BSc med Sem 6	20140037	Harmandeep Kaur	B Kaur
9.	BSc med Sem 6	20140038	Harmeet Kaur	N/Kaur
10.	BSc med 6	20140031	Pavni Dhatia	Pavni Dhatia
11.	BSc Med Sem 6	20140050	Harmandeep Kaur	Harmandeep Kaur
12.	BSc Med Sem 6	20140041	Aashpreet Kaur	Aashpreet Kaur
13.	BSc Med Sem 6	20140068	Tania	Tania
14.	BSc Med Sem 6	20140076	Manisha	Manisha
15.	BSc Med Sem 6	20140065	Komalpreet Kaur	Komalpreet Kaur
16.	BSc Med Sem 6	20140073	Nandeep Kaur	Nandeep Kaur
17.	BSc Med Sem 6	20140059	Singpreet Kaur	Singpreet Kaur
18.	BSc Med Sem 6	20140078	Komalpreet Kaur	Komalpreet Kaur
19.	BSc Med Sem 6	20140071	Rinky	Rinky
20.	BSc Med Sem 6	20140075	Harmandeep Kaur	Harmandeep Kaur
21.	BSc Med Sem 6	20140070	Niharika	Niharika
22.	BSc Med Sem 6	20140079	Navneet Kaur	Navneet Kaur
23.	BSc Med Sem 6	20140064	Satinderpreet Kaur	Satinderpreet Kaur
24.	BSc Med Sem 6	20140053	Damanpreet Kaur	Damanpreet Kaur
25.	BSc Med Sem 6	20140060	Tania	Tania
26.	BSc Med Sem 6	20140059	Dipreet Kaur	Dipreet Kaur
27.	BSc Med Sem 6	20140072	Harleen Kaur	Harleen Kaur

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Saroop Rani Government College for Women, Amritsar

LIST OF PARTICIPANTS

Activity: NUKKAD NATAK RED RIBBON CLUB

Dated: 01 March 2023

Sr. No.	Class	College Roll No.	Name	Signature
28	BSC-CND Sem 6	20310003	Manpreet Kaur	Manpreet Kaur
29	BSC-CND Sem 6	20310019	Jasmeet Kaur	Jasmeet Kaur
30	BSC-CND Sem 6	20310006	Srinoupreet Kaur	Srinoupreet Kaur
31	B-SC CND Sem 6	20310016	Garima	Garima
32	B-SC CND Sem 6	20310018	Bhagwati Kaur	Bhagwati Kaur
33	B-SC CND Sem 6	20310008	Amanpreet Kaur	Amanpreet Kaur
34	B-SC CND Sem 6	20310012	Kavita	Kavita
35	BSC CND Sem 6	20310013	Blumika Thapa	Blumika Thapa
36	BSC CND Sem 6	20310001	Shubhi Kapoor	Shubhi Kapoor
37	Bsc Med Sem 4	1211780280003	Amritpal Kaur	Amritpal Kaur
38	Bsc Med Sem 4	1211780280066	Sunidhi Sharma	Sunidhi Sharma
39	Bsc Med Sem 4	1211780280009	Lovepreet Sharma	Lovepreet Sharma
40	Bsc Med Sem 4	1211780280045	Parneet Kaur	Parneet Kaur
41	Bsc Med Sem 4	1211780280054	Rupinderjeet Kaur	Rupinderjeet Kaur
42	Bsc Med Sem 4	1211780280010	Gurpreet Kaur	Gurpreet Kaur
43	Bsc Med Sem 4	1211780280076	Komalpreet Kaur	Komalpreet Kaur
44	BSC Med Sem 4	1211780280040	Navyot Kaur	Navyot Kaur
45	B-SC Med Sem 4	1211780280053	Rupinder Kaur	Rupinder Kaur
46	B-SC Med Sem 4	1211780280031	Manpreet Kaur	Manpreet Kaur
47	B-SC Med Sem 4	1211780280035	Mehakdeep Kaur	Mehakdeep Kaur
48	B-SC Med Sem 4	1211780280049	Riyanka	Riyanka
49	Bsc Med Sem 4	1211780280068	Tanvia	Tanvia
50	B-SC Med Sem 4	1211780280070	Tanisha Sharma	Tanisha Sharma
51	Bsc Med Sem 4	1211780280039	Nandani	Nandani
52	Bsc Med Sem 4	1211780280019	Jasmitpreet Kaur	Jasmitpreet Kaur
53	Bsc Med 4 Sem	1211780280022	Kajalpreet Kaur	Kajalpreet Kaur
54	BSC Med Sem 4	1211780280026	Komalpreet Kaur	Komalpreet Kaur

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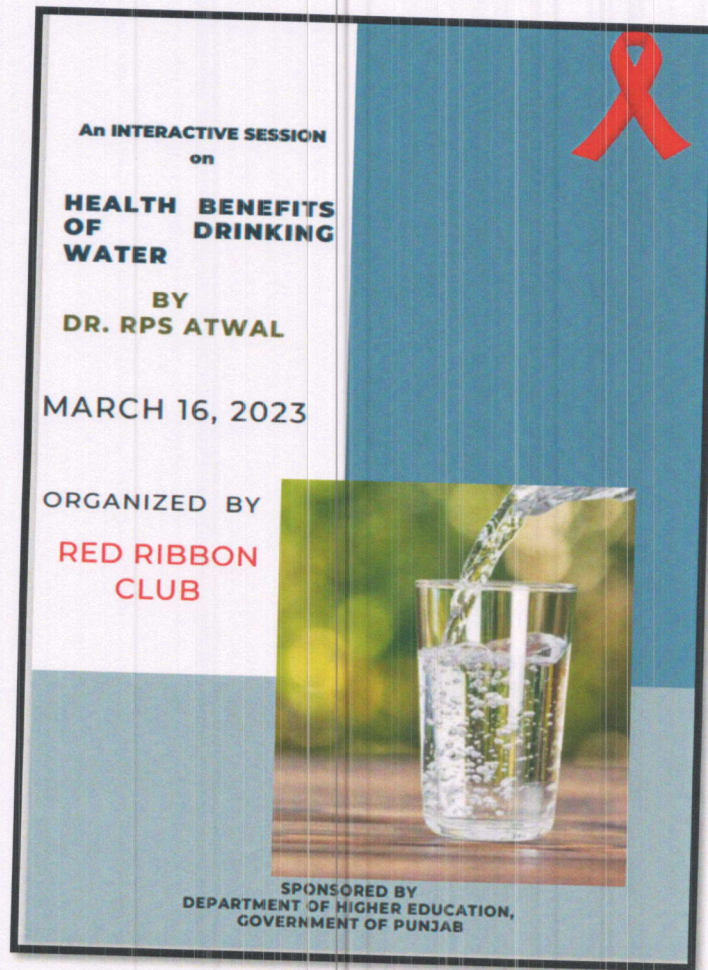
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RED RIBBON CLUB



No. of Participants: 76

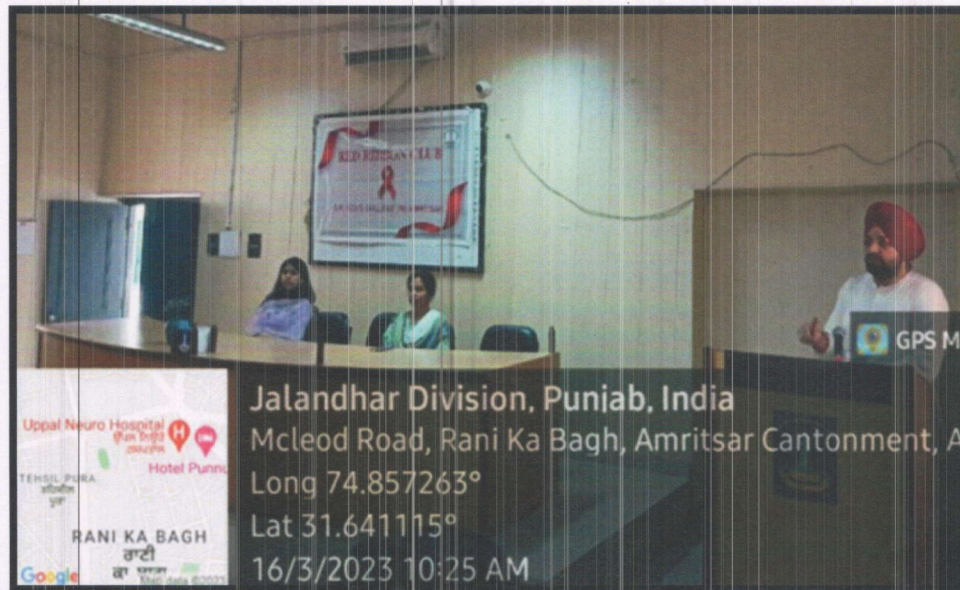
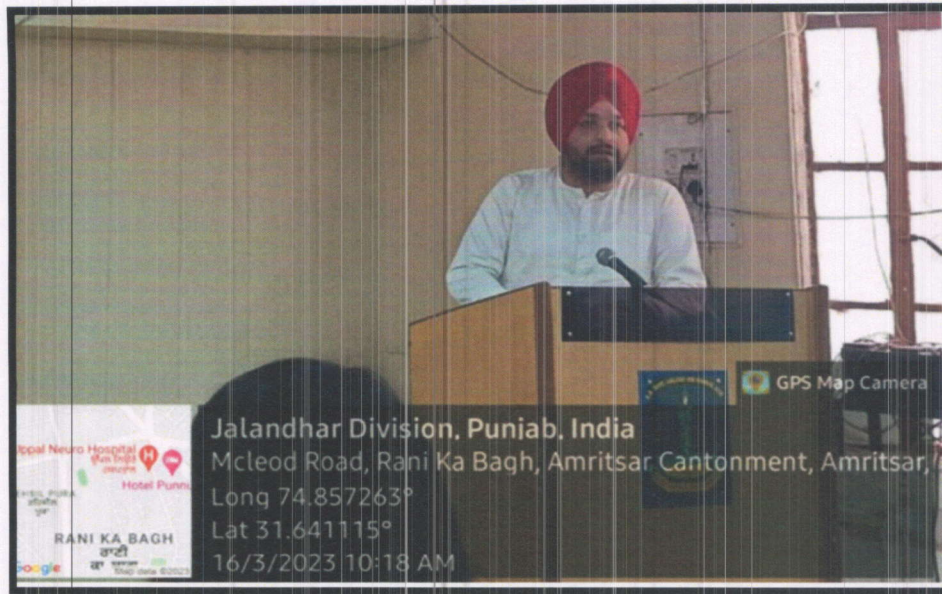
Resource Person- Dr. RPS Atwal

Red Ribbon Club hosted an interactive session on the **Health Benefits of Drinking Water** in the Multimedia on March 16, 2023. Dr. RPS Atwal, Ojas Hospital, Chheharta, Amritsar interacted with students and stressed the importance of drinking mineralized water. He said to keep the body hydrated, as deficiency of water in the body is a major cause of various ailments in the body. Thirst is the signal to drink pure water and not soft drinks, beverages etc. The quickest way to keep the body hydrated is by eating cucumbers. 70% of the body is composed of water and all cells and organs need to be hydrated, especially the brain. The human brain needs 60% more water than the body. He stressed the need to make **walking** a part of daily routine as it keeps the cells and organs hydrated and the mind distressed.

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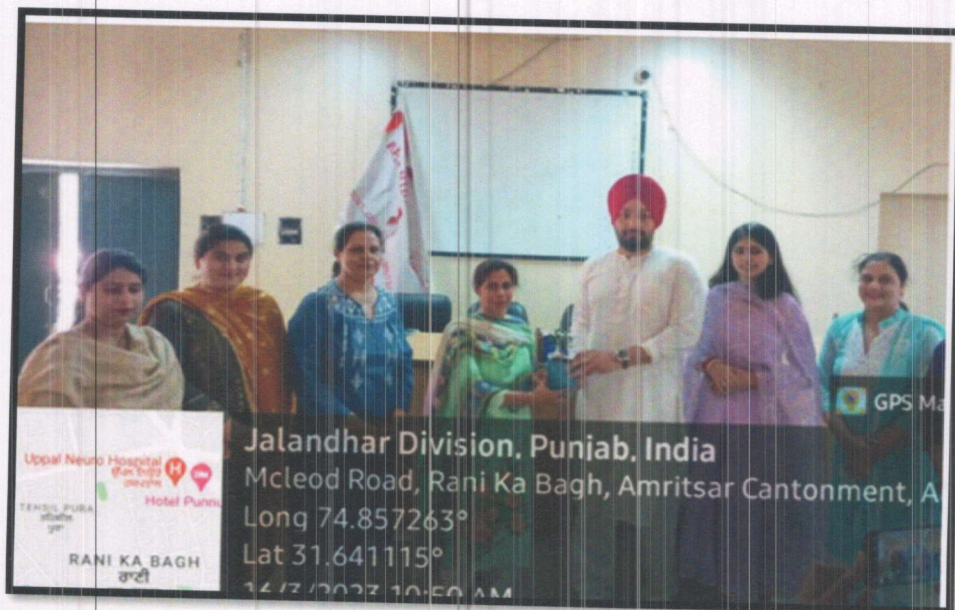
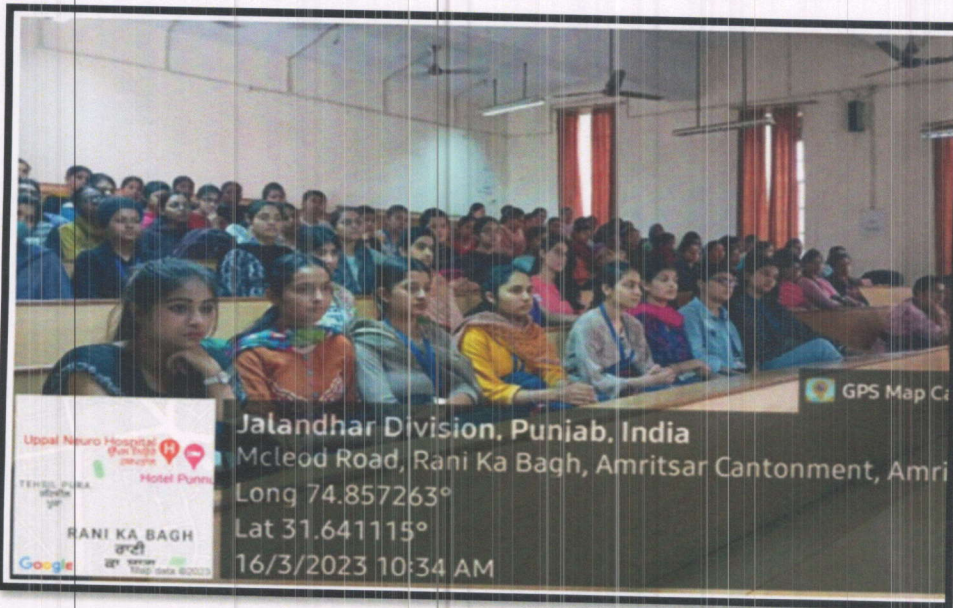
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LIST OF PARTICIPANTS

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Activity: Health Benefits of Drinking water  
Red Ribbon Club.

Dated: 16/March 2023

Sr. No.	Class	College Roll No.	Name	Signature
1.	BSc Med 4th Sem	1211780280063	Smranyat Kaur	Smranyat Kaur
2.	BSc (Med) 4th Sem	1211780280070	Tanisha Sharma	Tanisha Sharma
3.	BSc Med 4th Sem	1211780280039	Nandani	Nandani
4.	BSc Med 4th Sem	1211780280024	Kirandeep Kaur	Kirandeep Kaur
5.	BSc Med 4th Sem	1211780280022	Kajalpreet Kaur	Kajalpreet Kaur
6.	BSc Med 4th Sem	1211780280068	Tania	Tania
7.	BSc Med 4th Sem	1211780280057	Harpreet Kaur	Harpreet Kaur
8.	BSc Med 4th Sem	1211780280019	Jasmitpreet Kaur	Jasmitpreet Kaur
9.	BSc Med 4th Sem	1211780280047	Priyanka	Priyanka
10.	BSc Med 4th Sem	1211780280015	Isha	Isha
11.	BSc Med 4th Sem	1211780280037	Muskan	Muskan
12.	BSc Med 4th Sem	1211780280028	Kuldeep Kaur	Kuldeep Kaur
13.	BSc Med 4th Sem	1211780280064	Sneha	Sneha
14.	BSc Med 4th Sem	1211780280006	Anshika	Anshika
15.	BSc Med 4th Sem	1211780280049	Rajni Kaur	Rajni Kaur
16.	BSc Med 4th Sem	1211780280044	Navpreet Kaur	Navpreet Kaur
17.	BSc Med 4th Sem	1211780280051	Ramandeep Kaur	Ramandeep Kaur
18.	BSc Med 4th Sem	1211780280060	Shubdeep Kaur	Shubdeep Kaur
19.	BSc Med 4th Sem	1211780280053	Rupinder Kaur	Rupinder Kaur
20.	BSc Med Sem 4	1211780280072	Tarandeep Kaur	Tarandeep Kaur
21.	BSc Med Sem 4	1211780280035	Mehabdeep Kaur	Mehabdeep
22.	BSc Med Sem 4	1211780280041	Navpreet Kaur	Navpreet Kaur
23.	BSc Med Sem 4	1211780280014	Harpreet Kaur	Harpreet Kaur
24.	BSc Med Sem 4	1211780280077	Navdeep Kaur	Navdeep Kaur
25.	BSc Med Sem 4	1211780280074	Anmol Fani	Anmol
26.	BSc Med Sem 4	1211780280043	Navpreet Kaur	Navpreet Kaur

*[Handwritten signature]*

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+LIST OF PARTICIPANTS

Activity: \_\_\_\_\_

Dated: \_\_\_\_\_

Sr. No.	Class	College Roll No.	Name	Signature
1	Bachel Sem 4	1211780280048	Rajbir Kaur	Rajbir Kaur
2	Bachel Sem 4	1211780280075	Gurpreet Kaur	Gurpreet Kaur
3	Bachelor Sem 4	1211780280003	Amritpal Kaur	Amritpal Kaur
4	" Sem 4	1211780280066	Suridhi Sharma	Suridhi Sharma
5	" Sem 4	1211780280029	Lovepreet Sharma	Lovepreet Sharma
6	" Sem 4	1211780280045	Parneet Kaur	Parneet Kaur
7	" "	1211780280011	Gurpreet Kaur	Gurpreet Kaur
8	" "	1211780280013	Harmanpreet Kaur	Harmanpreet Kaur
9	" "	1211780280005	Anjali Kaur	Anjali Kaur
10	" "	1211780280008	Amolpreet Kaur	Amolpreet Kaur

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+LIST OF PARTICIPANTS

Activity: \_\_\_\_\_

Dated: 16 March, 2023

Sr. No.	Class	College Roll No.	Name	Signature
1	BSc Med-6	20140001	Chanpreet Kaur	chanpreet kaur
2	BSc Med-6	20140014	Harmanpreet Kaur	Harmanpreet
3	BSc Med-6	20140015	Hiranya	Hiranya
4	BSc Med-6	20140041	Anashpreet Kaur	Anashpreet Kaur
5	BSc Med-6	20140070	Niharika	Niharika
6	BSc Med-6	20190008	Kumari Archati	Kumari Archati
7	BSc med-6	20140003	Meghpreet Kaur	Meghpreet Kaur
8	BSc Med-6	20140072	Habeeb Kaur	Habeeb Kaur
9	BSc Med-6	20140061	Kanshu	Kanshu
10	BSc Med-6	20140064	Satinderpreet Kaur	Satinderpreet Kaur
11	BSc Med-6	20140057	Parnet Kaur	Parnet Kaur
12	BSc Med-6	20140050	Gurleen Kaur	Gurleen Kaur
13	BSc med-6	20140046	Ashdeep Kaur	Ashdeep Kaur
14	B-sc Med-6	20140059	Simpreet Kaur	Simpreet Kaur
15	B-sc Med-6	20140020	Supreet Kaur	Supreet Kaur
16	BSc Med-6	20140028	Shivanjali Sharma	Shivanjali
17	BSc Med-6	20140073	Mandeep Kaur	Mandeep Kaur
18	BSc Med-6	20140032	Harpreet Kaur	Harpreet Kaur
19	BSc Med-6	20140029	Parankis Kaur	Parankis Kaur
20	BSc Med-6	20140036	Jaspreet Kaur	Jaspreet Kaur
21	BSc Med-6	20140030	Harshpreet Kaur	Harshpreet Kaur
22	BSc Med-6	20140038	Navpreet Kaur	Navpreet Kaur
23	BSc CND 6	20310004	Kajal Kumari	Kajal
24	BSc CND 6	20310001	Surbhi Kapoor	Surbhi
25	BSc med-6	20140027	Hoomandeep Kaur	H.C
26	BSc Med 6	20140078	Kamalpreet Kaur	Kamalpreet Kaur
27	BSc Med 6	20140030	Simpreet Kaur	Simpreet Kaur
28	BSc med 6	20140025	Jaspreet Kaur	Jaspreet Kaur
29	BSc CND 6	20310013	Bhagwant Kaur	Bhagwant Kaur
30	BSc CND 6	20310008	Anampreet Kaur	Anampreet Kaur

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