



CT INSTITUTE OF MANAGEMENT & I

GREATER KAILASH, G.T. ROAD, MAQSUDAN, JALANDHAR, 144-00
TEL: 5009595, 605 | +91-98146-46225
EMAIL: director.maqsudan@ctgroup.in | WEB: www.ctimit.com

Affiliated to IKG-PTU (Kapurthala) & Approved by AICTE (New Delhi)

LIFE SKILLS(YOGA, PHYSICAL FITNESS,HEALTH AND HYGINE)

Director
CT Institute of Mgt. & IT
Jalandhar



Affiliated to IKG-PTU (Kapurthala) & Approved by AICTE (New Delhi)

Date:-17-01-2023

NOTICE

All the students are hereby informed that the Centre for Career Planning & Counselling, CTIMIT, Maqsudan is going to organize the **Role of Yoga and Meditation in Personal Health** on 27-01-23 at 09:00 am. The details of the same are given below:

Name of Activity: Role of Yoga and Meditation in Personal Health

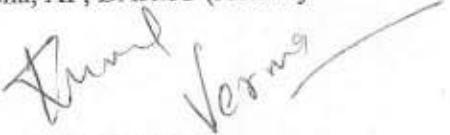
Date:27-01-23

Timing: 9:00 AM to 11:00 AM

Venue: Main lawn, CT Institute of Management & IT, Maqsudan Jalandhar

Resource Person: Ms. Deepali, Yoga trainer, Divine Yoga centre

The students are requested to enroll their name with Ms. Deeksha, AP, BAJMC (Activity Coordinator).


Dy. Director
Centre for Career Planning & Counseling

Cc:

Office of Director Campus for information

Office of Dean Academics

IQAC

All HODs

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Jalandhar



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Date: 28-01-23

ACTIVITY REPORT

Activity Name	Role of Yoga and Meditation in Personal Health
Date	27-01-23
Duration	9:00 AM to 11:00 AM
Venue	Main lawn, CT Institute of Management & IT
Organized By	Centre for Career Planning & Counselling
Coordinator Name	Ms. Deeksha, AP, BAJMC
Resource Person	Ms. Deepali, Yoga trainer, Divine Yoga centre
No. of Participants	35
Program Objective	To educate participants about the physical, mental, and emotional benefits of practicing yoga.
Program Outcome	Participants experienced the physical mental and emotional benefits of practicing yoga Participants learned various yoga postures breathing techniques
Photograph	 <p>Ms. Deepali, Yoga trainer, Divine Yoga centre along with CT Faculty performing yoga on Yoga day at Main lawn, CT Institute of Management & IT dated 27-01-23.</p>

[Handwritten signature]
Director
CT Institute of Mgt. & IT
Jalandhar



CT INSTITUTE OF MANAGEMENT & INFORMATION TECHNOLOGY

GREATER KAILASH, G.T. ROAD, MAQSUDAN, JALANDHAR, 14-008
TEL: 5009595, 605 | +91-98146-46225
EMAIL: director.maqsudan@ctgroup.in | WEB: www.ctimit.in

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PARTICIPANT LIST

EVENT NAME:- ROLE OF YOGA AND MEDITATION IN PERSONAL HEALTH

DATE:- 27-01-23

VENUE:- Main lawn, CT Institute of Management & IT, Maqsudan Jalandhar

SR. NO	REG. NO	NAME	CLASS	SIGNATURE
1	1822579	ANJALI	B.COM	Anjali
2	1822580	GAURI	B.COM	Gauri
3	1822581	GURPREET KAUR	B.COM	Gurpreet Kaur
4	1822582	HARDEEP SINGH DHUPAR	B.COM	Hardeep Singh
5	1822583	JASMIN THAKUR	B.COM	Jasmin
6	1822585	JOBANPREET KAUR	B.COM	Jobanpreet Kaur
7	1822586	KAMALJIT KATARIA	B.COM	Kamaljit
8	1822587	MANPREET SAHOTA	B.COM	Manpreet
9	1822589	NITISH JAMWAL	B.COM	Nitish
10	1822590	PRINCE	B.COM	Prince
11	1822591	PRIYA	B.COM	Priya
12	1822592	SONIA	B.COM	Sonia
13	1822595	ANMOL SINGH	B.SC MULTIMEDIA	Anmol Singh
14	1822596	ARUN	B.SC MULTIMEDIA	Arun
15	1822597	GURMANPREET SINGH	B.SC MULTIMEDIA	Gurmanpreet Singh
16	1822598	KAJAL	B.SC MULTIMEDIA	Kajal
17	1822599	KARANVIR SINGH	B.SC MULTIMEDIA	Karanvir Singh
18	1822600	NIKHIL	B.SC MULTIMEDIA	Nikhil
19	1822601	PRIYA MAHI	B.SC MULTIMEDIA	Priya Mahi

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20	1822605	SATYAM	B.SC MULTIMEDIA	<i>Satyam</i>
21	1822606	SAURAV SHARMA	B.SC MULTIMEDIA	<i>Saurav</i>
22	1822615	AARTI	BTTM	<i>Aarti</i>
23	1822616	ABHISHEK	BTTM	<i>Abhishek</i>
24	1822617	AMAN	BTTM	<i>Aman</i>
25	1822619	BALWINDER PAL	BTTM	<i>Balwinder pal</i>
26	1822620	BHUPINDER KUMAR	BTTM	<i>Bhupinder</i>
27	1822621	C.LALRUATMAWIA	BTTM	<i>C.lalruatmawia</i>
28	1822622	HEENA	BTTM	<i>Heena</i>
29	1822623	K. VANLALROCHANHLUA	BTTM	<i>Vantal</i>
30	1822624	KANNU	BTTM	<i>Kannu</i>
31	1822626	LALRUATFELA	BTTM	<i>Lalruatfela</i>
32	1822627	NC VANLALHUMHIMA	BTTM	<i>Nc van</i>
33	1822628	R KHUJI CHAKMA	BTTM	<i>R khuji</i>
34	1822629	RAVI GUPTA	BTTM	<i>Ravi</i>
35	1822630	ROHINI LAMMA	BTTM	<i>Rohini</i>

J/22,
Director
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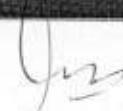


Certificate of Appreciation

This certificate is awarded to ANJALI
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
organized on 27.01.2023



Director

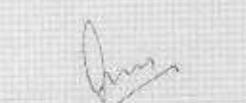


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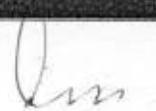


Certificate of Appreciation

This certificate is awarded to GAURI
for active and significant participation in the
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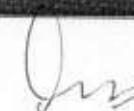


Certificate of Appreciation

This certificate is awarded to GURPREET KAUR
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
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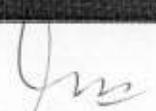


Certificate of Appreciation

This certificate is awarded to HARDEEP SINGH DHUPAR
for active and significant participation in the
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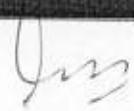


Certificate of Appreciation

This certificate is awarded to JASMIN THAKUR
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
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Certificate of Appreciation

This certificate is awarded to JOBANPREET KAUR
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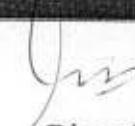


Certificate of Appreciation

This certificate is awarded to KAMALIT KATARIA
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to MANPREET SAHOTA
for active and significant participation in the
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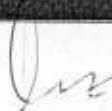


Certificate of Appreciation

This certificate is awarded to NITISH JAMWAL
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
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Certificate of Appreciation

This certificate is awarded to PRINCE
for active and significant participation in the _____
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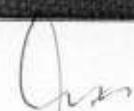


Certificate of Appreciation

This certificate is awarded to PRIYA
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
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Certificate of Appreciation

This certificate is awarded to SONIA
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to ANMOL SINGH
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
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Certificate of Appreciation

This certificate is awarded to ARUN
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
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Certificate of Appreciation

This certificate is awarded to GURMANPREET SINGH
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to KAJAL
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to KARANVIR SINGH
for active and significant participation in the
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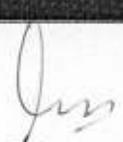


Certificate of Appreciation

This certificate is awarded to NIKHIL
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
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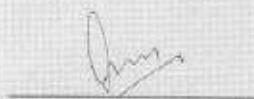


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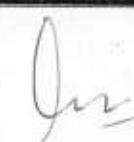


Certificate of Appreciation

This certificate is awarded to PRIYA MAHI
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
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Certificate of Appreciation

This certificate is awarded to SATYAM
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
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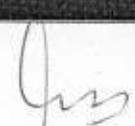


Certificate of Appreciation

This certificate is awarded to SAURAV SHARMA
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
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Certificate of Appreciation

This certificate is awarded to AARTI
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
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Certificate of Appreciation

This certificate is awarded to ABHISHEK
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
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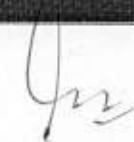


Certificate of Appreciation

This certificate is awarded to AMAN
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
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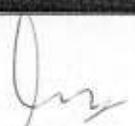


Certificate of Appreciation

This certificate is awarded to BALWINDER PAL
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
organized on 27.01.2023



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Certificate of Appreciation

This certificate is awarded to BHUPINDER KUMAR
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
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Certificate of Appreciation

This certificate is awarded to C.LALRUATMAWIA
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
organized on 27.01.2023

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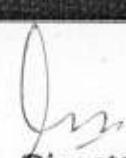


Certificate of Appreciation

This certificate is awarded to HEENA
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
organized on 27.01.2023



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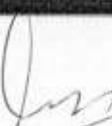


Certificate of Appreciation

This certificate is awarded to K. VANLALROCHANHLUA
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
organized on 27.01.2023



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Certificate of Appreciation

This certificate is awarded to KANNU
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
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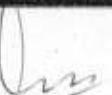


Certificate of Appreciation

This certificate is awarded to LALRUATFELA
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
organized on 27.01.2023



Director



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Certificate of Appreciation

This certificate is awarded to NC VANLALHUMHIMA
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
organized on 27.01.2023

Director

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CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to R KHUJI CHAKMA
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
organized on 27.01.2023

Director

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Certificate of Appreciation

This certificate is awarded to RAVI GUPTA
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
organized on 27.01.2023

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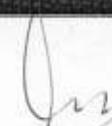


Certificate of Appreciation

This certificate is awarded to ROHINI LAMMA
for active and significant participation in the
Role of Yoga and Meditation in Personal Health
organized on 27.01.2023



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Affiliated to IKG-PTU (Kapurthala) & Approved by AICTE (New Delhi)

Date: 14-01-2022

NOTICE

All the students are hereby informed that the Centre for Career Planning & Counselling, CTIMIT, Maqsudan is going to organize the **Capability Enhancement Program on Awareness of Life skill Yoga** on 24-01-22 at 10:00 am. The details of the same are given below:

Name of Activity: Capability Enhancement Program on Awareness of Life skill Yoga

Date: 24-01-22

Timing: 10:00 AM to 11:00 AM

Venue: Conference hall, CT Institute of Management & IT, Maqsudan, Jalandhar

Resource Person: Ms. Rohini, Assistant Professor, Department of Management Studies

The students are requested to enroll their name with Ms. Neeti, Assistant Professor, Department of Management Studies

Dy. Director
Centre for Career Planning & Counseling

Cc:

Office of Director Campus for information

Office of Dean Academics

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Affiliated to IKG-PTU (Kapurthala) & Approved by AICTE (New Delhi)

Date: 25-01-22

ACTIVITY REPORT

Activity Name	Capability Enhancement Program on Awareness of Life skill Yoga
Date	24-01-22
Duration	10:00 AM to 11:00 AM
Venue	Conference hall, CT Institute of Management & IT, Maqsudan, Jalandhar
Organized By	Centre for Career Planning & Counselling
Coordinator Name	Ms. Neeti, Assistant Professor, Department of Management Studies
Resource Person	Ms. Rohini, Assistant Professor, Department of Management Studies
No. of Participants	56
Program Objective	To inform participants of the emotional, mental, and physical health advantages of yoga.
Program Outcome	Participants benefited from yoga's physical, mental, and emotional effects. Participants gained knowledge of several yoga poses and breathing exercises.

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INSTITUTE OF MANAGEMENT & IT

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Photograph
Affiliated to IKG



Ms. Rohini, Assistant Professor, Department of Management Studies along with CT Faculty performing yoga at Conference hall, CT Institute of Management & IT, Maqsudan, Jalandhar dated 24-01-22.

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PARTICIPANT LIST

EVENT:- CAPABILITY ENHANCEMENT PROGRAM ON AWARENESS OF LIFE
SKILL YOGA

DATE:-24-01-22

VENUE:-Conference Hall, CT Institute of Management & IT, Maqsudan, Jalandhar

SR. NO	REG. NO	NAME	CLASS	SIGNATURE
1	2010733	RAMANDEEP SINGH	MULTIMEDIA	Ramandeep
2	2010735	SAKSHI SHARMA	MULTIMEDIA	Sakshi
3	2010736	SANJANA	MULTIMEDIA	Sanjana
4	2010738	SOURAV CHIB	MULTIMEDIA	Sourav
5	2010739	TARUN	MULTIMEDIA	Tarun
6	1922138	ABHISHEK KHAJURIA	BTTM	Abhishek
7	1922139	ASHA RANI	BTTM	Asha
8	1922140	GURJIT KAUR	BTTM	Gurjit
9	1922141	HARMINDER SINGH	BTTM	Harminder
10	1922143	JOGESH RANA	BTTM	Jogesh
11	2010636	GANEEV KAUR	BBA	Ganeev
12	2010637	GURLEEN KAUR	BBA	Gurleen
13	2010638	HARMANPREET SINGH	BBA	Hamanpreet
14	2010640	KARTIK SHARMA	BBA	Kartik
15	2010641	MANPREET KAUR	BBA	Manpreet
16	2010714	MOHIT SHARMA	BHM (UGC)	Mohit
17	2010717	PRATHAM KAD	BHM (UGC)	Pratham

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18	2010719	RISHAB	BHM (UGC)	Rishab
19	2010720	SUKANYA	BHM (UGC)	Sukanya
20	2028683	SIMRAN	BHM (UGC)	Simran
21	2110891	AMANJOT KAUR	MBA	Amanjot
22	2110892	ANKUSH GOURI	MBA	Ankush
23	2110894	BANISHA	MBA	Banisha
24	2110896	GAURI	MBA	Gauri
25	2110898	GURPREET SINGH	MBA	Gurpreet
26	2110899	HARISH	MBA	Harish
27	2110901	HARSHITA	MBA	Harshita
28	2110904	ISHAN SINGLA	MBA	Ishan
29	2110905	JOBANPREET KAUR	MBA	Jobanpreet
30	2110906	KAMAL	MBA	Kamal
31	2110907	KAMINI GOURI	MBA	Kamini
32	2110909	KANIKA	MBA	Kanika
33	2110911	MANPREET SAHOTA	MBA	Manpreet
34	2110912	MUKESH KUMAR	MBA	Mukesh
35	2110913	MUKUL BHATIA	MBA	Mukul
36	2110914	MUSKANDEEP	MBA	(M)
37	2110915	NAVDEEP KAUR	MBA	Nav
38	2110916	NEHA KUMARI	MBA	Neha Kumari
39	2110917	PARDEEP KUMAR	MBA	Pardeep
40	2110918	PAWANA KUMARI	MBA	Pawana

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41	2110919	PRABHJIT KAUR	MBA	Prabhjit kaur
42	2110920	PREETI BAINS	MBA	Preeti
43	2110921	PRIYA	MBA	Priya
44	2110922	RIYA	MBA	Riya
45	2110924	SANJU	MBA	Sanju
46	2110925	SHILPA	MBA	Shilpa
47	2110926	SIMRAN	MBA	Simran
48	2110929	SWATI SHARMA	MBA	Swati
49	2110930	ANITA	MCA	Anita
50	2110931	CHANDNI	MCA	Chandni
51	2110933	MADHU	MCA	Madhu
52	2110934	MEHAK	MCA	Mehak
53	2110935	NAVDEEP KAUR	MCA	Navdeep
54	2110936	NIKITA	MCA	Nikita
55	2210607	AMANDEEP KAUR	MCA	Amandeep
56	2210608	AMISHA	MCA	Amisha

Director
CT Institute of Mgt. & IT
Jalandhar



Certificate of Appreciation

This certificate is awarded to RAMANDEEP SINGH
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022

Director

Director
CT Institute of Mgt. & IT
Jalandhar



Certificate of Appreciation

This certificate is awarded to SAKSHI SHARMA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022

Director

Director
CT Institute of Mgt. & IT
Jalandhar

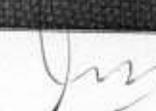


Certificate of Appreciation

This certificate is awarded to SANJANA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



Director



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CT Institute of Mgt. & IT
Jalandhar

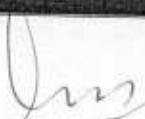


Certificate of Appreciation

This certificate is awarded to SOURAV CHIB
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



Director



Director
CT Institute of Mgt. & IT
Jalandhar

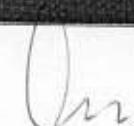


CT INSTITUTE OF MANAGEMENT & IT

Certificate of Appreciation

This certificate is awarded to TARUN
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022


Director


Director
CT Institute of Mgt. & IT
Jalandhar

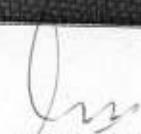


Certificate of Appreciation

This certificate is awarded to ABHISHEK KHAJURIA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



Director



Director
CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to ASHA RANI
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022

Director

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Jalandhar

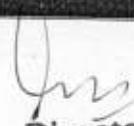


Certificate of Appreciation

This certificate is awarded to GURJIT KAUR
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



Director



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CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to HARMINDER SINGH
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022

Director

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CT Institute of Mgt. & IT
Jalandhar

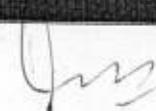


Certificate of Appreciation

This certificate is awarded to JOGESH RANA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



Director



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CT Institute of Mgt. & IT
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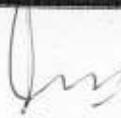


Certificate of Appreciation

This certificate is awarded to GANEEV KAUR
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



Director



Director
CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to GURLEEN KAUR
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022

Director

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CT Institute of Mgt. & IT
Jalandhar

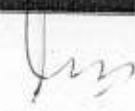


Certificate of Appreciation

This certificate is awarded to HARMANPREET SINGH
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



Director



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CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to KARTIK SHARMA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022

Director

Director
CT Institute of Mgt. & IT
Jalandhar

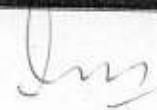


Certificate of Appreciation

This certificate is awarded to MANPREET KAUR
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



Director



Director
CT Institute of Mgt. & IT
Jalandhar

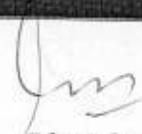


Certificate of Appreciation

This certificate is awarded to MOHIT SHARMA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



Director



Director
CT Institute of Mgt. & IT
'andhar'



Certificate of Appreciation

This certificate is awarded to PRATHAM KAD
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022

Director

Director
CT Institute of Mgt. & IT
Jalandhar

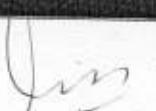


Certificate of Appreciation

This certificate is awarded to RISHAB
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



Director



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CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to SUKANYA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Director

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CT Institute of Mgt. & IT
Jalandhar

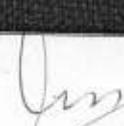


Certificate of Appreciation

This certificate is awarded to SIMRAN
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



Director



Director
CT Institute of Mgt. & IT
Ludhiana



Certificate of Appreciation

This certificate is awarded to AMANJOT KAUR
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Director



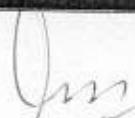
Director
CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to ANKUSH GOURI
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022


Director

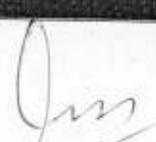

Director
CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to BANISHA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Director


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CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to GAURI
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Director

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Jalandhar

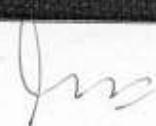


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Certificate of Appreciation

This certificate is awarded to GURPREET SINGH
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Certificate of Appreciation

This certificate is awarded to HARISH
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Director

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Director
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Certificate of Appreciation

This certificate is awarded to HARSHITA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Director

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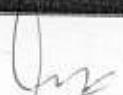


Certificate of Appreciation

This certificate is awarded to ISHAN SINGLA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



Director



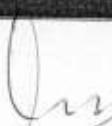
Director
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Certificate of Appreciation

This certificate is awarded to JOBANPREET KAUR
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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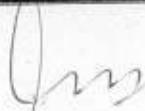


Certificate of Appreciation

This certificate is awarded to KAMAL
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Certificate of Appreciation

This certificate is awarded to KAMINI GOURI
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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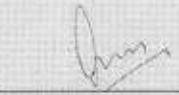
Director

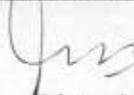
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Certificate of Appreciation

This certificate is awarded to KANIKA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Certificate of Appreciation

This certificate is awarded to MANPREET SAHOTA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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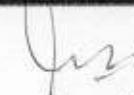


Certificate of Appreciation

This certificate is awarded to MUKESH KUMAR
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Director



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Certificate of Appreciation

This certificate is awarded to MUKUL BHATIA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Director

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Certificate of Appreciation

This certificate is awarded to MUSKANDEEP
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Certificate of Appreciation

This certificate is awarded to NAVDEEP KAUR
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Director

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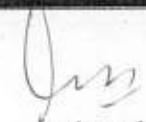


Certificate of Appreciation

This certificate is awarded to NEHA KUMARI
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



Director



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CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to PARDEEP KUMAR
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022

Director

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Certificate of Appreciation

This certificate is awarded to PAWANA KUMARI
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Director

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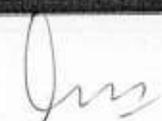


Certificate of Appreciation

This certificate is awarded to PRABHJIT KAUR
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Certificate of Appreciation

This certificate is awarded to PREETI BAINS
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Certificate of Appreciation

This certificate is awarded to PRIYA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Director

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Certificate of Appreciation

This certificate is awarded to RIYA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Director

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Certificate of Appreciation

This certificate is awarded to SANJU
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022

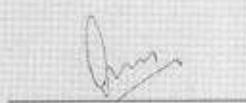
Director

Director
CT Institute of Mgt. & IT
Jalandhar

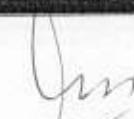


Certificate of Appreciation

This certificate is awarded to SHILPA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
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Certificate of Appreciation

This certificate is awarded to SIMRAN
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022

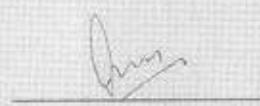
Director

Director
CT Institute of Mgt. & IT
Jalandhar

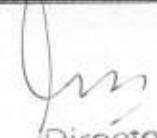


Certificate of Appreciation

This certificate is awarded to SWATI SHARMA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



Director

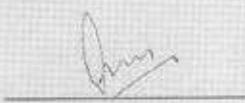


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CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to ANITA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



Director



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Certificate of Appreciation

This certificate is awarded to CHANDNI
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022

Director

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CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to MADHU
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022

Director

Director
CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to MEHAK
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022

Director

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CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to NAVDEEP KAUR
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022

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Certificate of Appreciation

This certificate is awarded to NIKITA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022

Director

Jn.
Director
CT Institute of Mgt. & IT
Jalandhar

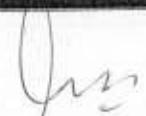


Certificate of Appreciation

This certificate is awarded to AMANDEEP KAUR
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



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CT Institute of Mgt. & IT
Jalandhar

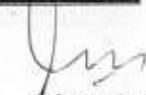


Certificate of Appreciation

This certificate is awarded to AMISHA
for active and significant participation in the
Capability Enhancement Program on Awareness of Life Skill Yoga
organized on 24.01.2022



Director



Director
CT Institute of Mgt. & IT
Jalandhar



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Date: 11-04-2021

NOTICE

All the students are hereby informed that the Centre for Career Planning & Counselling, CTIMIT, Maqsudan is going to organize the **Yoga's Holistic Impact: Nurturing Emotional and Physical Well-being** on 21-04-21 at 09:30 am. The details of the same are given below:

Name of Activity: Yoga's Holistic Impact: Nurturing Emotional and Physical Well-being

Date: 21-04-21

Timing: 9:30 AM to 11:30 AM

Venue: Conference hall, CT Institute of Management & IT, Maqsudan, Jalandhar

Resource Person: Ms. Deepali, Yoga trainer, Divine Yoga centre

The students are requested to enroll their name with Ms. Anisha Kundra, Assistant Professor, Department of Media Studies.

Anisha Kundra
Dy. Director
Centre for Career Planning & Counseling

Cc:

Office of Director Campus for information
Office of Dean Academics
IQAC
All HODs
Notice Board

Jaswinder Singh
Director
CT Institute of Mgt. & IT
Jalandhar



Affiliated to IKG-PTU (Kapurthala) & Approved by AICTE (New Delhi)

Date: 12-04-21

ACTIVITY REPORT

Activity Name	Yoga's Holistic Impact: Nurturing Emotional and Physical Well-being
Date	21-04-21
Duration	9:30 AM to 11:30 AM
Venue	Conference hall, CT Institute of Management & IT, Maqsudan, Jalandhar
Organized By	Centre for Career Planning & Counselling
Coordinator Name	Ms. Anisha Kundra, Assistant Professor, Department of Media Studies
Resource Person	Ms. Deepali, Yoga trainer, Divine Yoga centre
No. of Participants	48
Program Objective	To provide knowledge about the advantages of yoga practice for the mind, body, and soul.
Program Outcome	Those who practiced yoga benefited physically, mentally, and emotionally. A variety of yoga poses and breathing exercises were taught to participants.
Photograph	 <p>CT Faculty performing yoga at Conference hall, CT Institute of Management & IT, Maqsudan, Jalandhar dated 21-04-21.</p>

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CT Institute of Mgt. & IT
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PARTICIPANT LIST

EVENT NAME:- YOGA'S HOLISTIC IMPACT: NURTURING EMOTIONAL AND PHYSICAL WELL-BEING

DATE:- 21-04-21

VENUE:- Conference hall, CT institute of Management & IT, Maqsudan, Jalandhar

SR. NO	REG. NO	NAME	CLASS	SIGNATURE
1	2010645	PRABHJOT SINGH	BBA	Prabhjot
2	2010646	RAHUL KUMAR	BBA	Rahul
3	2010647	RUDRANSH SHARMA	BBA	Rudransh
4	2010648	AMRIT KAUR	BCA	Amrit
5	2010649	ARUSHI ARORA	BCA	Arushi
6	2010651	GARIMA	BCA	Garima
7	2010652	HIMANSHU SHRIVASTAV	BCA	Himanshu
8	2010653	JASKARN SINGH	BCA	Jaskarn
9	2010655	MONU THAPA	BCA	Monu
10	2010656	NEHA	BCA	Neha
11	2010657	PALAK	BCA	Palak
12	2010659	PRINCE	BCA	Prince
13	2010660	PRINCE KUMAR	BCA	Prince
14	2010661	RAVIKANT SHARMA	BCA	Ravikant Kumar
15	2010664	VISHAL	BCA	Vishal
16	2010705	AMRITPAL SINGH	BHM (UGC)	Amritpal

Director
CT Institute of Mgt. & IT
Jalandhar



CT INSTITUTE OF MANAGEMENT & IT

GREATER KAILASH, G.T. ROAD, MAQSUDAN, JALANDHAR, 144-008
TEL: 5009595, 605 | +91-98146-46225
EMAIL: director.maqsudan@ctgroup.in | WEB: www.ctimit.com

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17	2010706	ANMOL KUMAR	BHM (UGC)	Anmol Kumar
18	2010707	ANURAG	BHM (UGC)	Anurag
19	2010708	BHAVESH	BHM (UGC)	Bhavesh
20	2010709	DAVANSHI JASWANI	BHM (UGC)	Davanshi
21	2010710	JAI DEV	BHM (UGC)	Jai
22	2010711	KABIR BATRA	BHM (UGC)	Kabir
23	2010714	MOHIT SHARMA	BHM (UGC)	Mohit
24	2010717	PRATHAM KAD	BHM (UGC)	Pratham
25	2010719	RISHAB	BHM (UGC)	Rishab
26	2010720	SUKANYA	BHM (UGC)	Sukanya
27	2028683	SIMRAN	BHM (UGC)	Simran
28	2110891	AMANJOT KAUR	MBA	Amanjot kaur
29	2110892	ANKUSH GOURI	MBA	Ankush
30	2110894	BANISHA	MBA	Banisha
31	2110896	GAURI	MBA	Gauri
32	2110898	GURPREET SINGH	MBA	Gurpreet Singh
33	2110899	HARISH	MBA	Harish
34	2110901	HARSHITA	MBA	Harshita
35	2110904	ISHAN SINGLA	MBA	Ishan
36	2110905	JOBANPREET KAUR	MBA	Jobanpreet kaur
37	2110906	KAMAL	MBA	Kamal
38	2110907	KAMINI GOURI	MBA	Kamini Gouri
39	2110909	KANIKA	MBA	Kanika

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40	2110911	MANPREET SAHOTA	MBA	<i>Manpreet Sahota</i>
41	2110912	MUKESH KUMAR	MBA	<i>Mukesh</i>
42	2110913	MUKUL BHATIA	MBA	<i>Mukul</i>
43	2110914	MUSKANDEEP	MBA	<i>Mus Kandeep</i>
44	2110915	NAVDEEP KAUR	MBA	<i>Navdeep</i>
45	2110916	NEHA KUMARI	MBA	<i>Neha</i>
46	2110917	PARDEEP KUMAR	MBA	<i>Pardeep</i>
47	2110918	PAWANA KUMARI	MBA	<i>Pawana</i>
48	2110919	PRABHJIT KAUR	MBA	<i>P</i>

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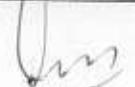


Certificate of Appreciation

This certificate is awarded to PRABHJOT SINGH
for active and significant participation in the
Yoga's Holistic Impact: Nurturing Emotional and Physical Well-being
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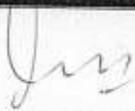


Certificate of Appreciation

This certificate is awarded to RAHUL KUMAR
for active and significant participation in the
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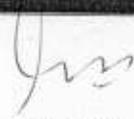


Certificate of Appreciation

This certificate is awarded to RUDRANSH SHARMA
for active and significant participation in the
Yoga's Holistic Impact: Nurturing Emotional and Physical Well-being
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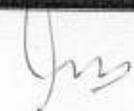


Certificate of Appreciation

This certificate is awarded to AMRIT KAUR
for active and significant participation in the
Yoga's Holistic Impact: Nurturing Emotional and Physical Well-being
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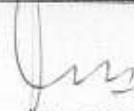


Certificate of Appreciation

This certificate is awarded to ARUSHI ARORA
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to GARIMA
for active and significant participation in the
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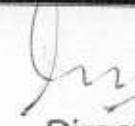


Certificate of Appreciation

This certificate is awarded to HIMANSHU SHRIVASTAV
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to JASKARN SINGH
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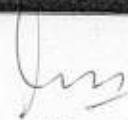


Certificate of Appreciation

This certificate is awarded to MONU THAPA
for active and significant participation in the
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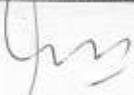


Certificate of Appreciation

This certificate is awarded to NEHA
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to PALAK
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to PRINCE
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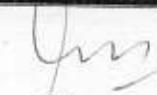


Certificate of Appreciation

This certificate is awarded to PRINCE KUMAR
for active and significant participation in the
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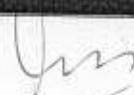
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Certificate of Appreciation

This certificate is awarded to RAVIKANT SHARMA
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Certificate of Appreciation

This certificate is awarded to VISHAL
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Certificate of Appreciation

This certificate is awarded to AMRITPAL SINGH
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Certificate of Appreciation

This certificate is awarded to ANMOL KUMAR
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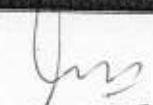


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This certificate is awarded to ANURAG
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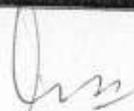


Certificate of Appreciation

This certificate is awarded to BHAVESH
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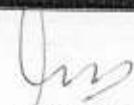


Certificate of Appreciation

This certificate is awarded to DAVANSHI JASWANI
for active and significant participation in the
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Yoga's Holistic Impact: Nurturing Emotional and Physical Well-being
This certificate is awarded to JAI DEV
for active and significant participation in the _____

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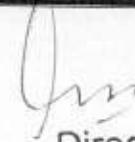


Certificate of Appreciation

This certificate is awarded to KABIR BATRA
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to MOHIT SHARMA
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Certificate of Appreciation

This certificate is awarded to PRATHAM KAD
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to RISHAB
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to SUKANYA
for active and significant participation in the
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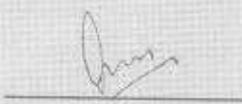
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Certificate of Appreciation

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for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to AMANJOT KAUR
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Certificate of Appreciation

This certificate is awarded to ANKUSH GOURI
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Certificate of Appreciation

This certificate is awarded to BANISHA
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Certificate of Appreciation

This certificate is awarded to GAURI
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Certificate of Appreciation

This certificate is awarded to GURPREET SINGH
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Certificate of Appreciation

This certificate is awarded to HARISH
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to HARSHITA
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Certificate of Appreciation

This certificate is awarded to ISHAN SINGLA
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to JOBANPREET KAUR
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This certificate is awarded to KAMAL
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to KAMINI GOURI
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This certificate is awarded to KANIKA
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This certificate is awarded to MANPREET SAHOTA
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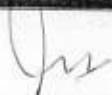


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This certificate is awarded to MUKESH KUMAR
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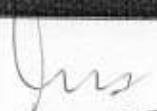


Certificate of Appreciation

This certificate is awarded to MUKUL BHATIA
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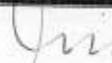


Certificate of Appreciation

This certificate is awarded to NAVDEEP KAUR
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Certificate of Appreciation

This certificate is awarded to NEHA KUMARI
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Certificate of Appreciation

This certificate is awarded to PARDEEP KUMAR
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Certificate of Appreciation

This certificate is awarded to PAWANA KUMARI
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Certificate of Appreciation

This certificate is awarded to PRABHJIT KAUR
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Date:-11-01-2020

NOTICE

All the students are hereby informed that the Centre for Career Planning & Counselling, CTIMIT, Maqsudan is going to organize the **Wellness Craft: Crafting a Healthy Lifestyle through Health and Hygiene** on 21-01-20 at 09:00 am. The details of the same are given below:

Name of Activity: Wellness Craft: Crafting a Healthy Lifestyle through Health and Hygiene

Date: 21-01-20

Timing: 9:00 AM to 11:00 AM

Venue: Conference hall, CT Institute of Management & IT, Maqsudan, Jalandhar

Resource Person: Ms.Jaspreet Kaur, Assistant Professor, Department of Computer Applications

The students are requested to enroll their name with Mr.Rajnish Kumar, Assistant Professor, Department of Management Studies.

Dy. Director
Centre for Career Planning & Counseling

Cc:

Office of Director Campus for information

Office of Dean Academics

IQAC

All HODs

Notice Board

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Date: 22-01-20

ACTIVITY REPORT

Activity Name	Wellness Craft; Crafting a Healthy Lifestyle through Health and Hygiene
Date	21-01-20
Duration	9:00 AM to 11:00 AM
Venue	Conference hall, CT Institute of Management & IT, Maqsudan,Jalandhar
Organized By	Centre for Career Planning & Counselling
Coordinator Name	Mr.Rajnish Kumar, Assistant Professor, Department of Management Studies
Resource Person	Ms.Jaspreet Kaur, Assistant Professor, Department of Computer Applications
No. of Participants	67
Program Objective	To provide knowledge about the healthy lifestyle which benefits body, soul and mind of individuals. Such Lifestyle can be created through healthy practices.
Program Outcome	Those who practiced hygienic & healthy practices benefited physically, mentally, and emotionally. A variety of healthy practices were taught to participants.

Ory
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Photograph



Ms. Jaspreet Kaur, Assistant Professor, Department of Computer Applications along with CT faculty performing healthy practices at Conference hall, CT Institute of Management & IT, Maqsudan, Jalandhar dated 21-01-20.

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PARTICIPANT LIST

EVENT NAME: - WELLNESS CRAFT: CRAFTING A HEALTHY LIFESTYLE
THROUGH HEALTH AND HYGIENE

DATE:- 21-01-20

VENUE:- Conference Hall, CT Institute of Management & IT, Maqsudan, Jalandhar

SR. NO	REG. NO	NAME	CLASS	SIGNATURE
1	1714978	ASHOK KUMAR	B.COM	Ashok
2	1714979	DIVYA RANI	B.COM	Divya
3	1714980	DOMINIC ZOSANGLIANA	B.COM	Dominic
4	1714981	F.LALMUANPUIA	B.COM	F.
5	1714982	HARISH	B.COM	Harish
6	1714983	HARJOT KAUR	B.COM	Harjot
7	1714985	JATIN ROYAL	B.COM	Jatin
8	1714986	JYOTI	B.COM	Jyoti
9	1714987	KAMAL	B.COM	Kamal
10	1714988	KAMINI GOURI	B.COM	Kamini
11	1714989	KARMPREET KAUR	B.COM	Karmpreet
12	1714991	MAMTA	B.COM	Mamta
13	1714992	MEENU MAINKA	B.COM	Meenu
14	1714993	PRIYA	B.COM	Priya
15	1714995	SAPNA	B.COM	Sapna
16	1714996	SHWETA	B.COM	Shweta
17	1714877	ABHISHEK SHARMA	BBA	Abhishek

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18	1714878	AMAN PREET KAUR	BBA	Aman
19	1714879	AMANJOT KAUR	BBA	Amanjot
20	1714880	AMIT KUMAR	BBA	Amit
21	1714881	ANKUSH GOURI	BBA	Ankush
22	1714882	GURDEEP SINGH	BBA	Gurdeep
23	1714883	GURPREET SINGH	BBA	Gurpreet
24	1714887	JASMEET KAUR	BBA	Jasmeet
25	1714888	KAPIL	BBA	Kapil
26	1714890	LOVEPREET SINGH	BBA	Lovepreet
27	1714891	MONIKA	BBA	Monika
28	1714892	OWAIS SHABIR	BBA	Owais
29	1714893	RAJAT KUMAR	BBA	Rajat
30	1714894	RAJNI	BBA	Rajni
31	1714895	RAVI PAL SINGH	BBA	Ravi Pal
32	1714896	SAIHLUPUII SAILO	BBA	Saihlupuii
33	1714899	SHANAWAZ HAMID NENGROO	BBA	Shanawaz
34	1714900	SONIA	BBA	Sonia
35	1714901	SUPREET KAUR	BBA	Supreet
36	1714902	TAJAMUL SHOWKET	BBA	Tajamul
37	1714904	ZORAMMAWIPUII	BBA	Zoramma
38	1714905	AASTHA	BCA	Aastha
39	1714906	AMANDEEP KAUR	BCA	Amandeep
40	1714907	AMIT	BCA	Amit

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41	1714908	ARPITA	BCA	Arpita
42	1714912	HARPREET KAUR	BCA	HarpreeT
43	1714913	JASIIKA	BCA	Jasi ka
44	1714914	JASKARANPREET SINGH	BCA	Jaskaranpreet
45	1714915	JOGITA	BCA	Jogiti
46	1714916	KARANPREET SINGH	BCA	Karan
47	1714918	MAMTA	BCA	Mamta
48	1714919	MANGESH	BCA	Mangesh
49	1714920	MANJIT KAUR	BCA	Manjot
50	1714921	MANPREET KAUR	BCA	(M)
51	1714922	MANPREET KAUR	BCA	Manpreet
52	1714923	MANPREET KAUR	BCA	Man
53	1714924	NAVNEET KUMAR	BCA	Navneet
54	1714925	NEHA	BCA	Neha
55	1714926	PARIKSHIT KALIA	BCA	PariKshit
56	1714927	PRIYAM DHAWAN	BCA	Priyam
57	1714929	SAHIL	BCA	Sahil
58	1714931	SANDEEP	BCA	Sandeep
59	1714932	SAPNA RAJPOOT	BCA	Sapno
60	1714934	SHAWETA	BCA	Shweta
61	1714935	SONIA	BCA	Sonia
62	1714936	SONIA	BCA	Sonia
63	1714937	SUKHPAL	BCA	Sukhpal.

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CT INSTITUTE OF MANAGEMENT & INFORMATION TECHNOLOGY

GREATER KAILASH, G.T. ROAD, MAQSUDAN, JALANDHAR, 14-008
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EMAIL: director.maqsudan@ctgroup.in | WEB: www.ctimit.in

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64	1714844	ABHINAV	BTTM	<i>Abhinav</i>
65	1714846	ANDREW LALMUANZUALA	BTTM	<i>Andrew</i>
66	1714847	ASHISH SINGH	BTTM	<i>Ash</i>
67	1714849	CHEATNA	BTTM	<i>Chetna</i>

[Handwritten signature]
Director
CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to ASHOK KUMAR
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Certificate of Appreciation

This certificate is awarded to DIVYA RANI
for active and significant participation in the _____
_____ WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Certificate of Appreciation

This certificate is awarded to DOMINIC ZOSANGLIANA
for active and significant participation in the
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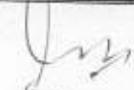


Certificate of Appreciation

This certificate is awarded to F.LALMUANPUIA
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Certificate of Appreciation

This certificate is awarded to HARISH
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to HARJOT KAUR
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to JATIN ROYAL
for active and significant participation in the
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Director


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CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to JYOTI
for active and significant participation in the
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CT INSTITUTE OF MANAGEMENT & IT

Certificate of Appreciation

This certificate is awarded to KAMAL
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Director

Yours,
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Jalandhar

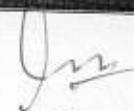


Certificate of Appreciation

This certificate is awarded to KAMINI GOURI
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to KARMPREET KAUR
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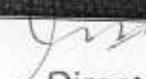


Certificate of Appreciation

This certificate is awarded to MAMTA
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Certificate of Appreciation

This certificate is awarded to MEENU MAINKA
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Director



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Certificate of Appreciation

This certificate is awarded to PRIYA
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Director

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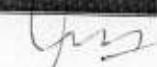


Certificate of Appreciation

This certificate is awarded to SAPNA
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Director



YPS
Director
CT Institute of Mgt. & IT
Jalandhar



Certificate of Appreciation

This certificate is awarded to SHWETA
for active and significant participation in the _____
_____ WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Director

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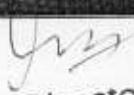


Certificate of Appreciation

This certificate is awarded to ABHISHEK SHARMA
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Director



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CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to AMAN PREET KAUR
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to AMANJOT KAUR
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to AMIT KUMAR
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to ANKUSH GOURI
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to GURDEEP SINGH
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to GURPREET SINGH
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Certificate of Appreciation

This certificate is awarded to JASMEET KAUR
for active and significant participation in the
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Director

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CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to KAPIL
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Director

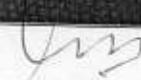
Director
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Jalandhar



Certificate of Appreciation

This certificate is awarded to LOVEPREET SINGH
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Director


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Certificate of Appreciation

This certificate is awarded to MONIKA
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Director

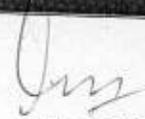
Director
CT Institute of Mgt. & JT
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Certificate of Appreciation

This certificate is awarded to OWAIS SHABIR
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to RAJAT KUMAR
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to RAJNI
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to RAVI PAL SINGH
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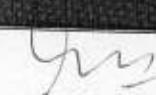


Certificate of Appreciation

This certificate is awarded to SAIHLUPUII SAILO
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Director



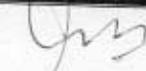
Director
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Certificate of Appreciation

This certificate is awarded to SHANAWAZ HAMID NENGROO
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Certificate of Appreciation

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for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to SUPREET KAUR
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to TAJAMUL SHOWKET
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to ZORAMMAWIPUII
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Director

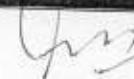

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CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to AASTHA
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to AMANDEEP KAUR
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Certificate of Appreciation

This certificate is awarded to AMIT
for active and significant participation in the
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This certificate is awarded to ARPITA
for active and significant participation in the
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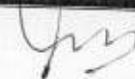
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Certificate of Appreciation

This certificate is awarded to HARPREET KAUR
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Certificate of Appreciation

This certificate is awarded to JASIKA
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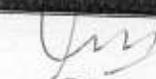


Certificate of Appreciation

This certificate is awarded to JASKARANPREET SINGH
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WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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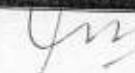


Certificate of Appreciation

This certificate is awarded to JOGITA
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to KARANPREET SINGH
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Director


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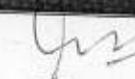


Certificate of Appreciation

This certificate is awarded to MAMTA
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Director


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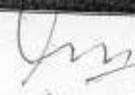


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This certificate is awarded to MANPREET KAUR
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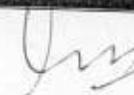


Certificate of Appreciation

This certificate is awarded to NEHA
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Director



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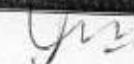


Certificate of Appreciation

This certificate is awarded to PARIKSHIT KALIA
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Director



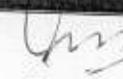
Director
CT Institute of Mgt. & IT
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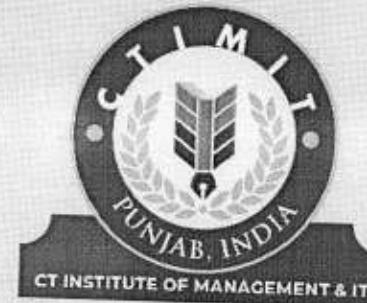


Certificate of Appreciation

This certificate is awarded to PRIYAM DHAWAN
for active and significant participation in the
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Director

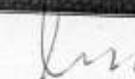

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Certificate of Appreciation

This certificate is awarded to SAHIL
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to SANDEEP
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Director

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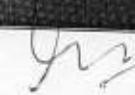


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Certificate of Appreciation

This certificate is awarded to SAPNA RAJPOOT
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to SHAWETA
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to SONIA
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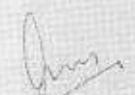
Director

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CT Institute of Mgt. & IT
Jalandhar

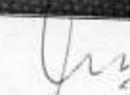


Certificate of Appreciation

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Director



Director
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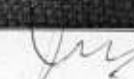


Certificate of Appreciation

This certificate is awarded to SUKHPAL
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Director



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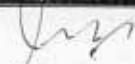


Certificate of Appreciation

This certificate is awarded to ABHINAV
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
organized on 21.01.2020



Director



Director
CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to ANDREW LALMUANZUALA
for active and significant participation in the
WellnessCraft: Crafting a Healthy Lifestyle through Health and Hygiene
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Director

Yours
Director
CT Institute of Mgt. & IT
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Certificate of Appreciation

This certificate is awarded to ASHISH SINGH
for active and significant participation in the
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Certificate of Appreciation

This certificate is awarded to CHETNA
for active and significant participation in the
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Director

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Date:-05-01-2019

NOTICE

All the students are hereby informed that the Centre for Career Planning & Counselling, CTIMIT, Maqsudan is going to organize the **HarmonyHues: Blending Yoga, Fitness, and Entrepreneurial Brilliance** on 15-01-2019 at 10:00 am. The details of the same are given below:

Name of Activity: HarmonyHues: Blending Yoga, Fitness, and Entrepreneurial Brilliance

Date: 15-01-2019

Timing: 10:00 AM to 12:00 PM

Venue: Main lawn, CT Institute of Management & IT, Maqsudan Jalandhar

Resource Person: Ms.Rachna Singh, Assistant Professor, Department of Management Studies.

The students are requested to enroll their name with Ms.Sapna Sharma, Assistant Professor, Department of Management Studies.

Dy. Director
Centre for Career Planning & Counseling

Cc:

Office of Director Campus for information

Office of Dean Academics

IQAC

All HODs

Notice Board

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INSTITUTE OF MANAGEMENT & IT

GREATER KAILASH, G.T. ROAD, MAQSUDAN, JALANDHAR, 144-050
TEL: 5009595, 605 | +91-98146-46225
EMAIL: director.maqsudan@ctgroup.in | WEB: www.ctimit.com

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Date: 16-01-19

ACTIVITY REPORT

Activity Name	HarmonyHues: Blending Yoga, Fitness, and Entrepreneurial Brilliance
Date	15-01-2019
Duration	10:00 AM to 12:00 PM
Venue	Main lawn, CT Institute of Management & IT, Maqsudan Jalandhar
Organized By	Centre for Career Planning & Counselling
Coordinator Name	Ms. Sapna Sharma, Assistant Professor, Department of Management Studies
Resource Person	Ms. Rachna Singh, Assistant Professor, Department of Management Studies
No. of Participants	65
Program Objective	To establish a harmonious union between body, mind and spirit, enabling individuals to delve into the depths of existence through personal experience.
Program Outcome	Participants benefitted from creating a state of balance between the body, mind, and spirit. People can also explore the depths of life via direct experience.

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Photograph

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elhi)

Ms.Sapna Sharma, Assistant Professor,Department of Management Studies along with CT faculty performing Yoga practices at Main lawn, CT Institute of Management & IT, Maqsudan, Jalandhar dated 15-01-2019


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PARTICIPANT LIST

**EVENT:- HARMONYHUES: BLENDING YOGA, FITNESS, AND
ENTREPRENEURIAL BRILLIANCE**

DATE:- 15-01-2019

VENUE:- Main lawn, CT Institute of Management & IT, Maqsudan Jalandhar

SR. NO	REG. NO	NAME	CLASS	SIGNATURE
1	1714978	ASHOK KUMAR	B.COM	ashok
2	1714979	DIVYA RANI	B.COM	Divya
3	1714980	DOMINIC ZOSANGLIANA	B.COM	Dominic
4	1714981	F.LALMUANPUIA	B.COM	(A)
5	1714982	HARISH	B.COM	Harish
6	1714983	HARJOT KAUR	B.COM	Harjot
7	1714985	JATIN ROYAL	B.COM	Jatin
8	1714986	JYOTI	B.COM	Jyoti
9	1714987	KAMAL	B.COM	Kamal
10	1714988	KAMINI GOURI	B.COM	Kamini
11	1714989	KARMPREET KAUR	B.COM	Karmpreet
12	1714991	MAMTA	B.COM	Mamta
13	1714992	MEENU MAINKA	B.COM	Meenu
14	1714993	PRIYA	B.COM	Priya
15	1714995	SAPNA	B.COM	Sapna
16	1714996	SHWETA	B.COM	Shweta
17	1714877	ABHISHEK SHARMA	BBA	B
18	1714878	AMAN PREET KAUR	BBA	Amanpreet

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19	1714879	AMANJOT KAUR	BBA	<i>Amanjot</i>
20	1714880	AMIT KUMAR	BBA	<i>Amit Kumar</i>
21	1714881	ANKUSH GOURI	BBA	<i>Ankush</i>
22	1714882	GURDEEP SINGH	BBA	<i>Gurdeep Singh</i>
23	1714883	GURPREET SINGH	BBA	<i>Gurpreet</i>
24	1714887	JASMEET KAUR	BBA	<i>Jasmeet</i>
25	1714888	KAPIL	BBA	<i>Kapil</i>
26	1714890	LOVEPREET SINGH	BBA	<i>Lovepreet</i>
27	1714891	MONIKA	BBA	<i>Monika</i>
28	1714892	OWAIS SHABIR	BBA	<i>Owais</i>
29	1714893	RAJAT KUMAR	BBA	<i>Rajat</i>
30	1714894	RAJNI	BBA	<i>Rajni</i>
31	1714895	RAVI PAL SINGH	BBA	<i>Ravi Pal</i>
32	1714896	SAIHLUPUII SAILO	BBA	<i>Saihlupuii</i>
33	1714899	SHANAWAZ HAMID NENGROO	BBA	<i>Shanawaz</i>
34	1714900	SONIA	BBA	<i>Sonia</i>
35	1714901	SUPREET KAUR	BBA	<i>Supreet</i>
36	1714902	TAJAMUL SHOWKET	BBA	<i>Tajamul</i>
37	1714904	ZORAMMAWIPUII	BBA	<i>Zoramma</i>
38	1714905	AASTHA	BCA	<i>Aastha</i>
39	1714906	AMANDEEP KAUR	BCA	<i>Amandeep</i>
40	1714907	AMIT	BCA	<i>Amit</i>
41	1714908	ARPITA	BCA	<i>Arpit</i>

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42	1714912	HARPREET KAUR	BCA	Harpreet
43	1714913	JASIKA	BCA	Jasi ka
44	1714914	JASKARANPREET SINGH	BCA	Jaskaran Preet
45	1714915	JOGITA	BCA	Jogita
46	1714916	KARANPREET SINGH	BCA	Karunpreet
47	1714918	MAMTA	BCA	Mamta
48	1714919	MANGESH	BCA	Mangesh
49	1714920	MANJIT KAUR	BCA	Manjot
50	1714921	MANPREET KAUR	BCA	Manpreet
51	1714922	MANPREET KAUR	BCA	Manpreet
52	1714923	MANPREET KAUR	BCA	Manpreet
53	1714924	NAVNEET KUMAR	BCA	Navneet
56	1714925	NEHA	BCA	Neha
57	1714926	PARIKSHIT KALIA	BCA	Parikshit
58	1714927	PRIYAM DHAWAN	BCA	Priyam
59	1714929	SAHIL	BCA	Sahil
60	1714931	SANDEEP	BCA	Sandeep
61	1714932	SAPNA RAJPOOT	BCA	Sapna
62	1714934	SHAWETA	BCA	Shaweta
63	1714935	SONIA	BCA	Sonia
64	1714936	SONIA	BCA	Sonia
65	1714937	SUKHPAL	BCA	Sukhpal

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Certificate of Appreciation

This certificate is awarded to ASHOK KUMAR
for active and significant participation in the
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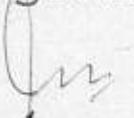
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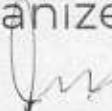

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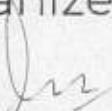


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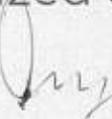
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This certificate is awarded to HARJOT KAUR
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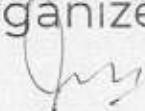

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This certificate is awarded to JATIN ROYAL
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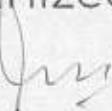
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This certificate is awarded to KAMAL
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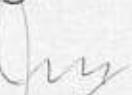


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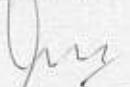
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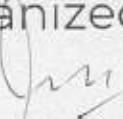


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This certificate is awarded to ABHISHEK SHARMA
for active and significant participation in the
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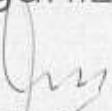

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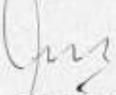
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This certificate is awarded to AMIT KUMAR
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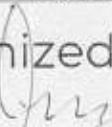

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This certificate is awarded to JASMEET KAUR
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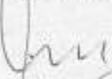
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Certificate of Appreciation

This certificate is awarded to KAPIL
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Certificate of Appreciation

This certificate is awarded to LOVEPREET SINGH
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Certificate of Appreciation

This certificate is awarded to MONIKA
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for active and significant participation in the
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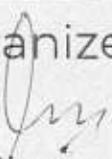

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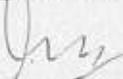

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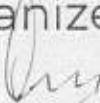


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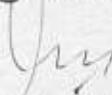


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Certificate of Appreciation

This certificate is awarded to SAIHLUPUII SAILO
for active and significant participation in the
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This certificate is awarded to SHANAWAZ HAMID NENGROO
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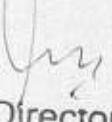
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This certificate is awarded to SUPREET KAUR
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This certificate is awarded to TAJAMUL SHOWKET
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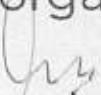
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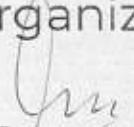
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This certificate is awarded to AMANDEEP KAUR
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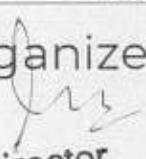


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This certificate is awarded to AMIT
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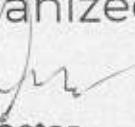


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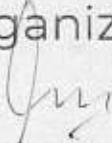

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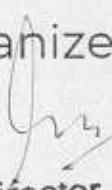

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Certificate of Appreciation

This certificate is awarded to JASKARANPREET SINGH
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Certificate of Appreciation

This certificate is awarded to JOGITA
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This certificate is awarded to KARANPREET SINGH
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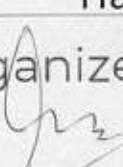
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Certificate of Appreciation

This certificate is awarded to MAMTA
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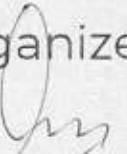
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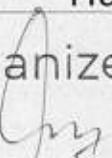
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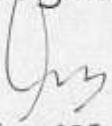
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Certificate of Appreciation

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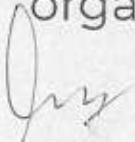

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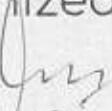


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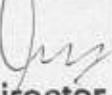
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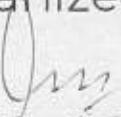


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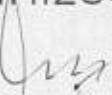


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Certificate of Appreciation

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