## **REPORT**

## ORIENTATION PROGRAMME

## 7nd JANUARY, 2021

OORJA - The Sports Society of Sri Guru Nanak Dev Khalsa College organised an orientation program. The event was held on 7th January 2021, it was live streamed on YouTube (<a href="https://www.youtube.com/watch?v=mgAHuL6DXJo">https://www.youtube.com/watch?v=mgAHuL6DXJo</a>) at 3 pm with a great response of around 200 participants.

The program began with welcome of the Principal Dr. Gurmohindar Singh, who addressed the students and gave them a brief introduction about the importance of sports in student's life, its role in acceptance at various organisation. Students should try to attain overall development in sports, extra-curricular activities in addition to academics and he motivated them to excel in their respective fields.

The students were then shown a brief presentation about Sports and Games in college and sports achievements by our sports alumni, Rohit Bhankar (Arjuna Award) in the field of badminton, Lalit Mathur (2016 Rio Olympics) Athlete, Rahul(ranked 3rd by the Athletics Federation in 1500 meters event) . In further presentation we discussed about events and programmes which were previously organised by Oorja Society.

At the end of the session Dr. Rajwant Singh addressed the students and interacted with them. He motivated the students to explore the above capabilities and gave them proper guidance. The students were also encouraged to participate in all activities and games that to be held.

After the motivational speech by sir there was a Q&A session where all the participants asked their queries and doubts.

The programme concluded with vote of thanks by Dr. Rajwant Singh