

D.A.V. College, Malout

(Under the aegis of D.A.V. College Managing Committee, New Delhi)
(Affiliated to Panjab University, Chandigarh)

CAMPUS BUZZ

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INSIDE THIS ISSUE

01 National Sports Day

02 Fresher's Party

03 N.S.S. Day Celebration

Yoga and Physical Fitness Activities Organized on National Sports Day

Celebrating National Sports Day with Yoga and Fitness



D.A.V. College, Malout organized special Yoga and Physical Fitness Activities to celebrate National Sports Day, in accordance with the guidelines issued by 6 Punjab Battalion NCC. The initiative aimed to create awareness among students about the importance of physical fitness, mental well-being, discipline and the adoption of a healthy lifestyle.



The programme highlighted the significance of regular physical activity in maintaining a healthy body and a peaceful mind. It began with a dedicated Yoga session, during which participants practised various yogic exercises and postures to promote flexibility, concentration, balance and relaxation. The session emphasized the role of Yoga in managing stress, improving mental alertness and developing a positive outlook towards life.

Following the Yoga session, various physical fitness activities and exercises were conducted to encourage students to remain physically active and develop healthy habits. Students and NCC cadets participated enthusiastically, demonstrating discipline, coordination, teamwork and a strong commitment to physical



well-being. The activities provided an opportunity for participants to understand that fitness is not limited to sports but is an essential part of everyday life. The programme was organized under the able guidance of Dr. Rajesh Kumar, Principal, D.A.V. College, Malout, and Col. Bhupinder Singh Mann, Commanding Officer, 6 Punjab Battalion NCC. Their encouragement and support contributed to the successful conduct of the activities. The programme was coordinated and conducted by Captain (Dr.) Mukta Mutneja, Associate NCC Officer (ANO), with the active participation of NCC cadets.



The celebration reinforced the message that Yoga, regular exercise and a disciplined routine are essential for achieving physical strength, mental resilience and overall well-being. It also encouraged students to incorporate fitness activities into their daily schedules and become ambassadors of healthy living within their college and community.

The enthusiastic participation of students and NCC cadets made the programme a meaningful initiative towards nurturing a culture of fitness, discipline and wellness. The event concluded with a renewed commitment to the ideals of National Sports Day and the national vision of “Fit India, Healthy India.”

National Sports Day

Strengthening Body, Mind and Discipline Through Fitness

Fresher's Party at D.A.V. College, Malout

A Vibrant Welcome Filled with Talent, Tradition and Celebration

D.A.V. College, Malout organised a vibrant and memorable Fresher's Party to extend a warm and affectionate welcome to the newly admitted students. The celebration marked the beginning of an exciting new chapter in the academic journey of the freshers, providing them with an opportunity to interact with their seniors, showcase their talents and become an integral part of the college community. The event was organised under the dynamic leadership of Principal Dr. Rajesh Kumar and the able guidance and support of Dr. Mukta Mutneja, In-charge, EMA Department. A large number of students participated in the celebration with great enthusiasm, excitement and a spirit of togetherness.

The occasion was honoured by the gracious presence of Shri Madan Mohan Singla Ji, Managing Director, JTL Industries, as the Chief Guest. Shri Mohinder Soni Ji, Shri Ajwinder Singh Monga Ji and Shri Navneet Katiyal Ji graced the occasion as Special Guests. Dr. Madan Lal Kamra Ji, Shri Rakesh Kumar Ji, Principal, D.A.V. School, Malout, members of the Governing Body and Mr. Pahul Arora, Manager, Punjab National Bank, Malout, also enhanced the dignity and significance of the event through their esteemed presence. Their participation added prestige to the celebration and reflected the strong bond between the institution and its well-wishers.





The programme commenced with the ceremonial lighting of the lamp, symbolising the removal of darkness through knowledge, wisdom and enlightenment. This auspicious beginning was followed by a soulful devotional song that created an atmosphere of positivity and reverence. The opening ceremony reflected the institution's commitment to traditional values, cultural heritage and the holistic development of students.



The cultural programme formed the highlight of the celebration, as students presented a variety of captivating performances that showcased their creativity, confidence and artistic abilities. The stage came alive with melodious songs, energetic dance performances and vibrant cultural presentations. Each performance received an enthusiastic response from the audience, creating an atmosphere filled with joy, excitement and appreciation. The students displayed remarkable stage presence and confidence, making the celebration lively and entertaining.



The traditional Giddha performance was particularly appreciated for its vibrant presentation, rhythmic movements and reflection of Punjab's rich cultural heritage. The Rajasthani dance performance also captivated the audience with its colourful presentation, graceful movements and distinctive folk traditions. These performances added cultural diversity to the event and highlighted the importance of preserving and celebrating India's varied artistic traditions.

Beyond the entertainment and cultural presentations, the Fresher's Party provided a welcoming platform for newly admitted students to develop a sense of belonging, interact with fellow students and build lasting



friendships. Such celebrations play an important role in nurturing confidence, teamwork, creativity and mutual understanding among students. The programme also reflected the college's emphasis on creating a supportive and inclusive academic environment in which students can explore their interests and develop their personalities beyond the classroom.

Mr. Deepak Aggarwal played an instrumental role in the successful organisation and smooth conduct of the event. Mr. Ram Manoj Sharma and Madam Rimpu also extended their invaluable support and cooperation, contributing significantly to the success of the celebration. Their collective efforts ensured that the programme proceeded in an organised and memorable manner.

The celebration concluded with a heartfelt Vote of Thanks delivered by the Stage Secretary, expressing gratitude to the Chief Guest, Special Guests, members of the Governing Body, Principal, faculty members, organisers and students for their valuable presence, encouragement and contribution.

Celebrating New Beginnings with Talent, Tradition and Enthusiasm

A Joyous Welcome to the Budding Talents of Tomorrow

Inspiring Youth Through the Spirit of “Not Me, But You”



Inspiring Young Minds Through Service and Social Commitment

D.A.V. College, Malout commemorated NSS Day with great enthusiasm, highlighting the values of selfless service, social responsibility and community welfare. The highlight of the programme was an insightful lecture by Dr. Jasbir Kaur, NSS Advisor, who emphasised the significance of the NSS motto, “Not Me, But You.” She inspired students to embrace compassion, cooperation and dedication towards serving society. Principal Dr. Rajesh Kumar appreciated the efforts of the NSS team and encouraged students to actively participate in community service and social welfare initiatives. NSS Programme Officers Mr. Vicky Kalra and Mrs. Rimpu highlighted the role of NSS in developing responsible, empathetic and socially committed citizens. The programme was anchored by Ms. Bhupinder Kaur and witnessed enthusiastic participation from the teaching and non-teaching faculty, students and NSS volunteers. The celebration reinforced the spirit of volunteerism and inspired students to contribute meaningfully towards building a better society.

Instilling the Values of Empathy, Service and Nation-Building

N.S.S. Day