


Circulars for the session 2020-21

1. Online Circular for the activity Fitness Activity Check your Strength held on 13/12/2020

**BABA FARID COLLEGE
OF ENGINEERING & TECHNOLOGY**
Muktsar Road, Bathinda, Punjab (India)

Organizes
**FITNESS ACTIVITY
CHECK YOUR STRENGTH**

Under **FIT
INDIA**



Participating Faculty and Students need to perform the following protocols explained in shared pdf:

- Flexibility - V Sit Reach Test
- Muscular Strength - Naukasana (Boat Pose)
- Abdominal/Core Strength - Partial Curl Up - 30 seconds
- Muscular Endurance - Push Ups for Male/Modified Push Ups for Female

While performing the fitness protocols, participants need to take a photo and submit it on the link:

2. Online Circular for the activity Unity Run held on 19/11/2020

**BABA FARID COLLEGE
OF ENGINEERING & TECHNOLOGY**
Muktsar Road, Bathinda, Punjab (India)

Organizes
UNITY RUN

Who can participate
Students as well as faculty from BFCET



Categories: 3KMs, 5KMs, 10KMs

- The distance run by participants must be collected through apps from app store like Strava tracker, Adidas Running App by Runtastic Running distance tracker +, etc.
- Proof must be submitted on the link:
<https://forms.gle/hHyBCaAFyGzhxFBAg>


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Bathinda, Punjab (India)
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3. Online Circular for the activity Stand up Comedy held on 10/11/2020

**BABA FARID COLLEGE
OF ENGINEERING & TECHNOLOGY**
Muksar Road, Bathinda, Punjab (India)


Organizes

STAND UP COMEDY



Mr. Gurjeet Singh - Theatre Artist
Semi Finalist 'Laughter Da Master', PTC PUNJABI

Join on

 Microsoft Teams

For more details : 9501115491, 9501115422

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4. Online Circular for the activity Floor Art, Rangoli & Mehndi competition held on 1/11/2020

**BABA FARID COLLEGE
OF ENGINEERING & TECHNOLOGY**
Muksar Road, Bathinda, Punjab (India)

Organizes

ONLINE CULTURAL EVENT

on

**"FLOOR ART RANGOLI &
MEHNDI" COMPETITION**



on

 Microsoft Teams

Er. Satvir Singh (AP) Cultural Coordinator
Mob. +91 95011-15502

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Bathinda, Punjab (India)

5. Online Circular for the activity Talent Hunt 2020 held on 28/10/2020



BABA FARID COLLEGE OF ENGINEERING & TECHNOLOGY
Muksar Road, Bathinda, Punjab (India)

Organizes

TALENT HUNT

Moderator

Dr. Nimisha Singh

Join on

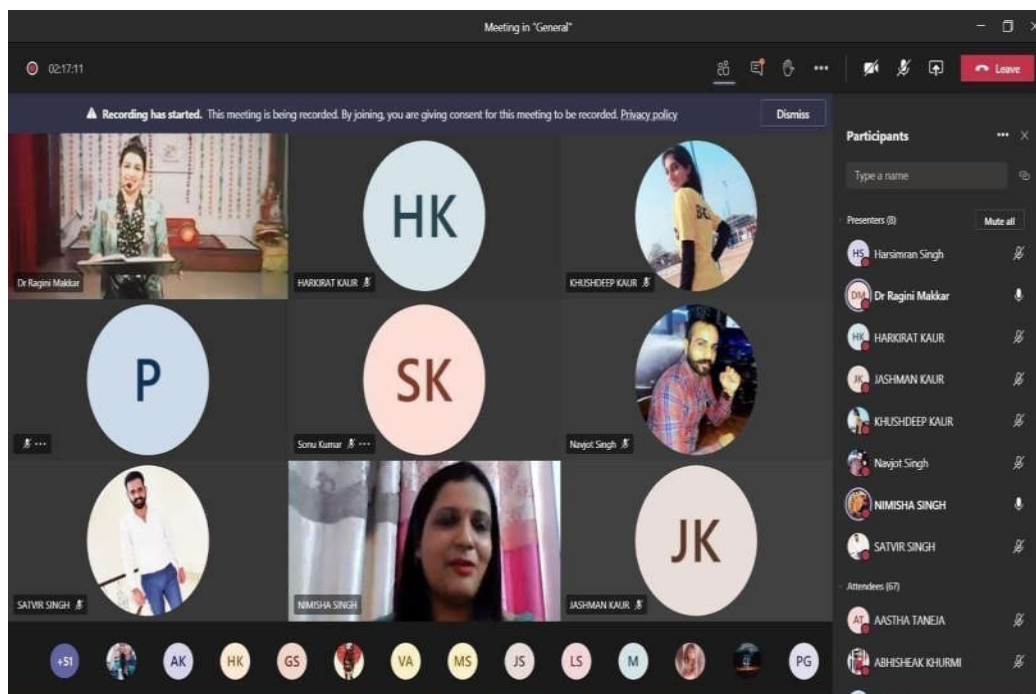

PANELIST

Guru Dr. Ragini Makkar
Winner, India's Got Talent
Director, "Naadyog",
Eminent member of the International Dance
Council UNESCO

BABA FARID GROUP OF INSTITUTIONS
Bathinda, Punjab (India)

For query contact: 9501115438, 9501115491, 9501115422, 9501115465
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6. Online Circular for the activity Dance Workshop held on 26/10/2020



Meeting in "General"

02:17:11

Recording has started. This meeting is being recorded. By joining, you are giving consent for this meeting to be recorded. Privacy policy

Participants

- Presenters (0)
- Attendees (17)

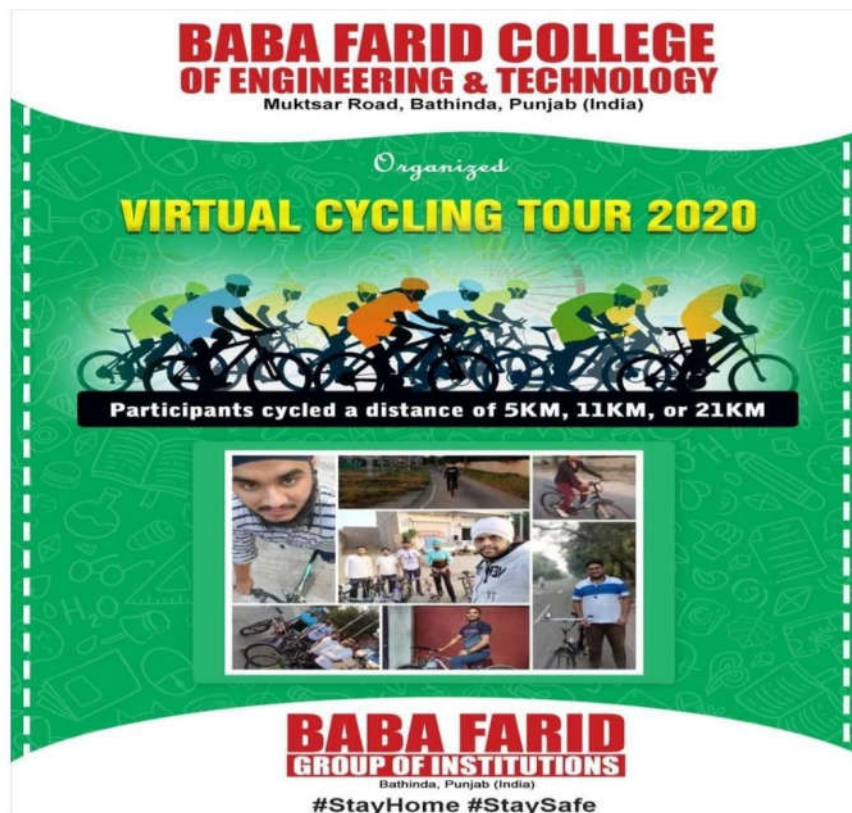
Participants list:

- Harsimran Singh
- Dr Ragini Makkar
- HARKIRAT KAUR
- JASHMAN KAUR
- KHUSHDEEP KAUR
- Navyot Singh
- SATVIR SINGH
- NIMISHA SINGH
- JASHMAN KAUR
- AK
- HK
- GS
- VA
- MS
- JS
- LS
- M
- PG
- ASTHA TANEJA
- ABHISHEAK KHURMI

7. Online Circular for the activity Webinar on Lifestyle with Yoga as regular habit held on 21/8/2020



8. Online Circular for the activity Virtual Cycling Tour 2020 held on 07/8/2020



9. Online Circular for the activity Zumba for Life: Your Way to Health & Fitness (Webinar) held on 17/8/2020

**BABA FARID COLLEGE
OF ENGINEERING & TECHNOLOGY**
Muktsar Road, Bathinda, Punjab (India)

NSS/NCC Unit & Department of Social Welfare
Organizes

WEBINAR
on

**ZUMBA FOR LIFE : YOUR WAY TO
HEALTH & FITNESS**

Moderator



Er. Ramandeep Chahal
Assistant Professor,
CSE, BFCET

Join Webinar on

 **Microsoft Teams**

**No
Registration
Fee**

PANELIST



Dr. ZIN Aarti Maheshwari
Fit India Ambassador, Skill India Certified
Fitness Trainer, International Zumba,
Aqua Zumba, Kid Zumba Instructor

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Registration link: <https://forms.gle/C4HF463pMbkGJm0V7>

E-Certificate will be provided to all the attendees

Date & Time: 17th August, 2020 | 10:00 AM