

Intra Department Competition- Stress Buster

The Department of Commerce organized an Intra-Departmental Competition titled "Stress Buster" on 18th September 2025, with the objective of engaging students in refreshing and healthy activities that promote relaxation and reduce dependency on mobile phones and other digital gadgets.

The event featured popular indoor games such as Carrom Board, Chess, and Ludo, which not only entertained the participants but also helped them develop concentration, patience, and strategic thinking. A large number of students actively participated and thoroughly enjoyed the experience, appreciating the initiative as a meaningful break from their daily academic routine.

The winners of this intra-departmental competition will represent the Department of Commerce in the upcoming Inter-Departmental Competition with the Department of Computer Science and Applications. The date for this event will be announced soon.

Prof. Kanwar Kulwant Singh shared his views on stress management and the importance of this event. The "Stress Buster" activity proved to be a great success in motivating students to adopt healthier recreational habits while also fostering teamwork and friendly competition among them.

We express our sincere gratitude to Dr. Amandeep Heera, Principal, Babbar Akali Memorial Khalsa College, Garhshankar, for his constant encouragement and support in organizing this program. The faculty of the department of Commerce Prof. Gurpreet Singh Kalsi, Prof. Gurjinder Kaur, Prof. Manmohan Singh, Prof. Shivani, Prof. Deepti, Prof. Ranjeet Kaur was also present.

