



GOVERNMENT COLLEGE SANGRAH

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01702-248216

1. Life Skill Yoga

Govt. College Sangrah

Shaheed Bhagat Singh NSS Unit

Organizing a

Four Days Yoga Camp (Online Mode)

Google Meet

From 18th June to 21st June

Schedule:-

- 18th June: Adv. Pawan Kumar, 6:00am to 07: am (Online+Google Meet)
- 19th-20th June: Prof. Pramod Thakur, Asst. Prof. GDC Solan, 6:00am to 07: am (Online+Google Meet)
- 21st June: Dr. Meenu Bhaskar, Principal, GC Sangrah, in College Campus, 09:am-11:am (Offline)

Organizers

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- Bhramari Pranayama
- Kapalabhati
- Nadi Shodhan

Message from the Principal

Dr. Meenu Bhaskar's engaging session blended authority with empathy. In her address, she eloquently highlighted the role of yoga in cultivating discipline, emotional strength, and resilience. She motivated all present to integrate yoga as a daily ritual rather than an occasional exercise. The ceremony concluded with a collective "Om" chanting, followed by distribution of appreciation certificates and light refreshments, fostering a sense of community, gratitude, and shared achievement.

Feedback and Reflections: The feedback collected from participants was overwhelmingly positive. Many expressed gratitude for the clarity, depth, and peaceful energy of each session. Some shared how the breathing practices helped reduce anxiety, while others appreciated the balance between theory and practice.

"For the first time in weeks, I experienced a profound sense of inner calm and clarity. It felt like a much-needed pause from the chaos."
Dr. Vinod, AP Music (I)

"This camp transformed my understanding of breath. I now breathe with awareness and live with renewed optimism."
Sh. Subhash Chand, Assistant Librarian

"Yoga revealed itself not merely as physical exercise, but as a way of living with balance, intention, and peace. I'm inspired to make it a daily part of my life."
Shubham, NSS Head Boy

Each session was a reminder of the strength that lies in stillness, and the peace that emerges from breath. I feel more centered, balanced, and ready to serve with a calm mind and compassionate heart."
Sonika NSS Head Girl

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"योगः कर्मसु कौशलम्"
"Yoga is excellence in action." – Bhagavad Gita 2.50

Introduction

To mark the auspicious occasion of International Yoga Day, the Shaheed Bhagat Singh NSS Unit of Government College Sangrah hosted an enriching Four-Day Yoga Camp from 18th to 21st June 2025. Held in both online and offline formats, this remarkable event aimed at promoting holistic well-being and fostering a profound connection between mind, body, and soul through the ancient wisdom of yoga. The camp was a harmonious blend of yogic philosophy and practical execution, encouraging participants to adopt a healthier and more mindful lifestyle. Esteemed yoga gurus, committed faculty members, dedicated volunteers, and enthusiastic students collaborated to make this event an unforgettable celebration of inner peace and physical vitality.

Objectives of the Yoga Camp

- To meaningfully celebrate International Yoga Day with active community participation.
- To raise awareness about the physical, mental, and emotional benefits of yoga.
- To inculcate a consistent yogic routine among students and faculty.
- To promote India's ancient wellness heritage through practical demonstrations.

Day 1: 18th June 2025 (Online Session)

Yoga Guru: Shri Pawan Kumar
(Alumnus of GC Sangrah)

The camp commenced with an inspiring session by Shri Pawan Kumar, a proud alumnus of GC Sangrah and a passionate advocate of yogic living. His return to his alma mater as a yoga mentor was deeply motivational and marked the beginning of an enlightening journey.

Session Highlights

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- Neti Kriya:** A powerful cleansing practice that purifies the nasal passages, enhancing respiratory function and mental clarity.
- Surya Namaskar (Sun Salutation):** A dynamic sequence of twelve asanas harmonizing movement and breath to energize the body.
- Yogasanas for Digestive Health:**
 - Vajrasana:** Aids digestion and promotes calmness.
 - Pawanmuktasana:** Releases trapped gases and soothes the abdomen.
 - Uttanapadasana:** Strengthens the lower abdomen.
 - Bhujangasana:** Stimulates internal organs and enhances posture.
- Leg and Core Strengthening Asanas:**
 - Utkatasana**
 - Paschimottasana**
 - Trikonasana**

Importance and Takeaways

Shri Pawan Kumar eloquently explained the transformative effects of these practices on one's digestive health, mental peace, and energy balance. Participants expressed their appreciation for his relatable teaching style and the serene, empowering atmosphere he cultivated during the session.



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Day 2: 19th June 2025 (Online Session)



Yoga Guru: Prof. Pramod Thakur (Faculty, GC Solan)

The second day was graced by Prof. Pramod Thakur, a respected scholar and yoga practitioner. His approach focused on gentle movements, breath awareness, and mindful transitions, making yoga accessible to all age groups and fitness levels.

Session Highlights

- **Breathing Techniques:**
 - Anulom-Vilom: Alternate nostril breathing to balance energies.
 - Bhramari Pranayama: Creates inner harmony and reduces anxiety.
- **Warm-Up and Stretching:**
 - Neck rotations and bends to release tension.
 - Trunk movements and side stretches.
 - Knee and shoulder mobility exercises.
- **Advanced Breathing and Cleansing Practices:**
 - Nadi Shodhan: Purifies the nervous system.
 - Kapalabhati: Detoxifies and revitalizes the body.
- **Dhyana (Meditation):** A serene meditative conclusion for deep inner stillness.

Reflections and Impact

With calm yet confident instructions, Prof. Thakur guided participants through a gentle flow that reconnected them to the breath and body. His insights into yogic discipline and its physiological benefits left a lasting impression.

Day 3: 20th June 2025 (Online Session)

Yoga Instructor: Prof. Pramod Thakur (Continued)

Building on the previous day, Day 3 emphasized posture alignment and mindful transitions under Prof. Thakur's guidance.



- **Neti Kriya:** A powerful cleansing practice that purifies the nasal passages, enhancing respiratory function and mental clarity.
- **Surya Namaskar (Sun Salutation):** A dynamic sequence of twelve asanas harmonizing movement and breath to energize the body.
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 - Utkatasana
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Importance and Takeaways

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The concluding day was a vibrant offline celebration held at the college campus, aligned with the global observance of International Yoga Day. The event commenced at 9:00 AM and continued until 12:00 PM, filled with energetic participation and spiritual joy.

Participation Highlights

- Over 64 NSS volunteers and students.
- Full involvement of faculty and non-teaching staff.

Asanas and Breathing Practices

Core Asanas:



- **Ardha Matsyendrasana:** Improves spinal mobility.
- **Padmasana:** Encourages meditative focus.
- **Bhujangasana:** Strengthens the back.
- **Vajrasana:** Calms the mind and aids digestion.
- **Ardha Chakrasana:** Enhances balance and muscle tone.
- **Bhadrasana:** Strengthens inner thighs and pelvic region.



- **Breathing Techniques:**
 - Anulom-Vilom



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2. *Exposure cum Critical Thinking Training Programm*



Government College Sangrah has always encouraged holistic development, creativity, and active student engagement in co-curricular pursuits. In keeping with this spirit, Assistant Professor (English) **Shri Om Prakash**, an amateur fine art artist of remarkable passion and commitment, (also known as Om kant) made an exemplary contribution to the institution by conceptualizing and executing a **7-Day Art Exposure-cum-Training Programme** from 25th November 2024 to 2nd December 2024.

His initiative stands as an inspiring example of how faculty members can positively influence the learning environment beyond the boundaries of their primary academic disciplines. The programme was designed with the dual purpose of enhancing the artistic skills of students and beautifying an important space within the campus—the **Girls' Common Room**. A total of **24 students** from various streams enthusiastically participated in this hands-on training.

Additionally, the **training provided to the 24 participating students was entirely free of cost**, making this programme fully accessible to all learners regardless of their financial background. This aligns with the broader educational vision of promoting equal opportunities and nurturing talent within the student community. Many students expressed that the hands-on exposure they gained during the programme was invaluable, as it introduced them to art in a practical, engaging, and inspiring manner—something they had not previously experienced within the regular academic schedule.



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GOVT. COLLEGE SANGRAH
Department of English

NOTICE

Date: 09-11-2024

Subject: Invitation to Participate in 7-Day Art Exposure-cum-Training Programme

All students of B.A. 1st, 2nd, and 3rd Year are hereby informed that the Department of English is organizing a **7-Day Art Exposure-cum-Training Programme** aimed at providing hands-on experience in wall painting and mural art. The programme will include practical training sessions in sketching, colour application, mural design, and collaborative artwork.

Venue: Girls' Common Room, GC Sangrah

Duration: 7 Days

Time: 10am to 5 pm

Instructor: Assistant Professor of English

Students interested in learning creative art skills and participating in the beautification of the college campus are encouraged to register their names with the Department of English by **22nd of November 2024**.

No prior experience in painting is required. All necessary materials will be provided during the training.

Your active participation will not only enhance your artistic abilities but also contribute to transforming the Girls' Common Room into an inspiring space filled with student-created artwork.

For further details, contact:

[Om Prakash, Assistant Professor of English]
Department of English, GC Sangrah

All interested students are requested to participate wholeheartedly.

Om Prakash
(Department of English)
Govt. College Sangrah

In collaboration with Tagore Art Club GC Sangrah,

Om Prakash
21/11/24



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To
The Principal
Govt. College Sangrah
Simour (H.P.)

Subject: Request for Permission to Conduct a 7-Day Art Exposure-cum-Training Programme

Respected Sir/Madam,

I respectfully submit that the Department of English proposes to organize a **7-Day Art Exposure-cum-Training Programme** in collaboration with Tagore Art Club GC Sangrah, for the students of B.A. 1st, 2nd, and 3rd year. The aim of this programme is to provide students with practical exposure to mural art, wall painting techniques, sketching, and colour application, while simultaneously contributing to the beautification of the college campus.

Under this initiative, the participating students will create mural paintings and undertake wall painting work in the Girls' Common Room, which currently requires renovation and aesthetic enhancement. This activity will help transform the space into an inspiring, vibrant, and student-friendly environment.

The training will be conducted by an Assistant Professor of English who has kindly agreed to guide the students and execute the entire work as a charitable contribution, without any financial implications for the institution. All required materials will also be arranged accordingly.

The programme will not only develop the students' artistic skills but also encourage teamwork, creativity, and their involvement in campus improvement activities.

Therefore, I humbly request you to kindly grant permission to conduct this **7-Day Art Exposure-cum-Training Programme** in the Girls' Common Room of Govt. College Sangrah on dates suitable as per the college schedule.

Your approval will greatly motivate the students and support this educational and creative initiative. Thanking you in anticipation.
Yours sincerely,

(Assistant Professor of English)
Govt. College Sangrah.
Dated-09-11-2025

Om Prakash
Principal
Govt. College Sangrah

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<https://youtu.be/3ct2sTVOIb4?si=CdmdxRRPadAq4Brw>

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3. Problem Solving Ability a. (Chess Competition, 29th August 2024)



b. Quiz Competition





4. Critical Thinking: a. Articles in magazine

Critical Analysis of Kamleshwar's Novel *Kitne Pakistan* (How Many Pakistans?)

Kamleshwar's novel *Kitne Pakistan* (translated as *How Many Pakistans?*) is a powerful and thought-provoking exploration of history, partition, identity, and the never-ending cycle of division in human society. Written in an unconventional narrative style, the novel serves as a literary courtroom where history itself is on trial. Kamleshwar masterfully weaves a complex and multilayered tale, drawing from real historical events, philosophical reflections, and fictionalized accounts of historical figures. The central question that drives the novel — "*How many Pakistans have been created, and how many more will be?*" — is not limited to the literal partition of India and Pakistan but expands to examine the countless divisions created by politics, religion, class, and ideology across the world. At its core, *Kitne Pakistan* is a deep interrogation of the causes and consequences of human conflict. The novel does not simply recount the horrors of the Partition of 1947 but delves into multiple historical tragedies, including the Holocaust, the plight of the Native Americans, the colonization of Africa, and various civil wars that have shaped the modern world. By bringing together voices from different time periods — rulers, revolutionaries, common men, victims, and oppressors — Kamleshwar challenges the very notion of history as a single, linear narrative. The structure of the novel is unique and non-traditional, resembling a mosaic of narratives rather than a single, linear story. Through courtroom-style debates, the book presents different perspectives on historical injustices, forcing readers to engage critically with the complexities of human division. The judge and jury in this metaphorical trial are not confined to any one ideology; instead, Kamleshwar presents a deeply humanistic view that transcends nationalist and religious boundaries. He does not provide easy answers but compels the reader to question the very foundation of political and religious divides. A key strength of *Kitne Pakistan* lies in its ability to highlight the universality of suffering. The novel critiques power structures that thrive on separation, showing how history repeats itself with different names but similar bloodshed. Despite its heavy themes, *Kitne Pakistan* is not just a lamentation of the past but also a call for introspection. Kamleshwar urges readers to rethink the very idea of borders — both physical and psychological. He questions whether the creation of Pakistan truly ended division or simply gave rise to further fragmentation within societies. In the broader sense, he asks whether divisions based on religion, caste, and nationality serve any real purpose or merely fuel cycles of destruction. His critique is especially relevant in today's world, where conflicts based on identity politics continue to dominate global discourse. The novel's literary style is both poetic and incisive, with sharp dialogues, philosophical musings, and vivid imagery that bring historical events to life. However, its experimental structure may pose a challenge for readers unfamiliar with non-linear storytelling. The shifts in time, space, and perspective require active engagement, making *Kitne Pakistan* not just a novel but an intellectual journey. Yet, this very complexity is what makes the book so powerful — it refuses to simplify history into binaries of good and evil, instead presenting a deeply layered, morally complex exploration of human civilization. In conclusion, *Kitne Pakistan* is a landmark novel in Indian literature that goes far beyond the theme of Partition. It is an exploration of the human tendency to divide and destroy, a critique of history's selective memory, and a plea for a world that moves beyond borders and hatred. Kamleshwar's work remains as relevant today as it was when it was written, serving as a mirror to society's past and a warning for its future. Through its courtroom of history, the novel does not just ask how many Pakistans have been created but challenges us to ensure that we do not keep creating more.

Anjali Sharma, BA 1st Year, 23549006

Climate Change: A Global Crisis

Climate change is one of the most pressing challenges of our time, driven largely by human activities such as deforestation, industrial emissions, and the burning of fossil fuels. These activities release greenhouse gases like carbon dioxide and methane into the atmosphere, trapping heat and leading to rising global temperatures. The effects of climate change are already visible in the form of melting glaciers, rising sea levels, extreme weather conditions, and loss of biodiversity. Scientists warn that if immediate action is not taken, the planet could face irreversible damage. Efforts to combat climate change include the adoption of renewable energy sources like solar and wind power, reforestation projects, and policies aimed at reducing carbon emissions. The Paris Agreement, an international treaty signed by nearly every country, aims to limit global warming to below 2 degrees Celsius. However, achieving this goal requires global cooperation, technological advancements, and individual actions, such as reducing waste and conserving energy. While challenges remain, scientific research and innovations continue to provide hope for a sustainable future.

Tamanna, BA 1st year, 23521020

The Human Brain: A Complex Supercomputer

The human brain is one of the most complex and powerful organs, capable of processing vast amounts of information, controlling bodily functions, and enabling emotions, creativity, and consciousness. Composed of billions of neurons connected through synapses, the brain operates through electrical and chemical signals that allow for communication between different regions. Neuroscientists have spent decades studying brain functions, yet many mysteries remain, such as the nature of consciousness and how memories are stored and retrieved. Advances in neuroscience, including brain imaging techniques like MRI and EEG, have allowed researchers to understand disorders such as Alzheimer's, Parkinson's, and depression. Scientists are also exploring brain-computer interfaces (BCIs), which could one day enable direct communication between the brain and external devices, potentially revolutionizing medicine and technology. Despite its immense capabilities, the brain is also vulnerable to stress, aging, and disease, highlighting the importance of mental health awareness and lifestyle choices that support brain function. As research continues, the study of the brain remains a crucial field that could unlock new treatments and enhance human potential.

Shubham, BA 2nd Year,
CSCA Gen. Secretary



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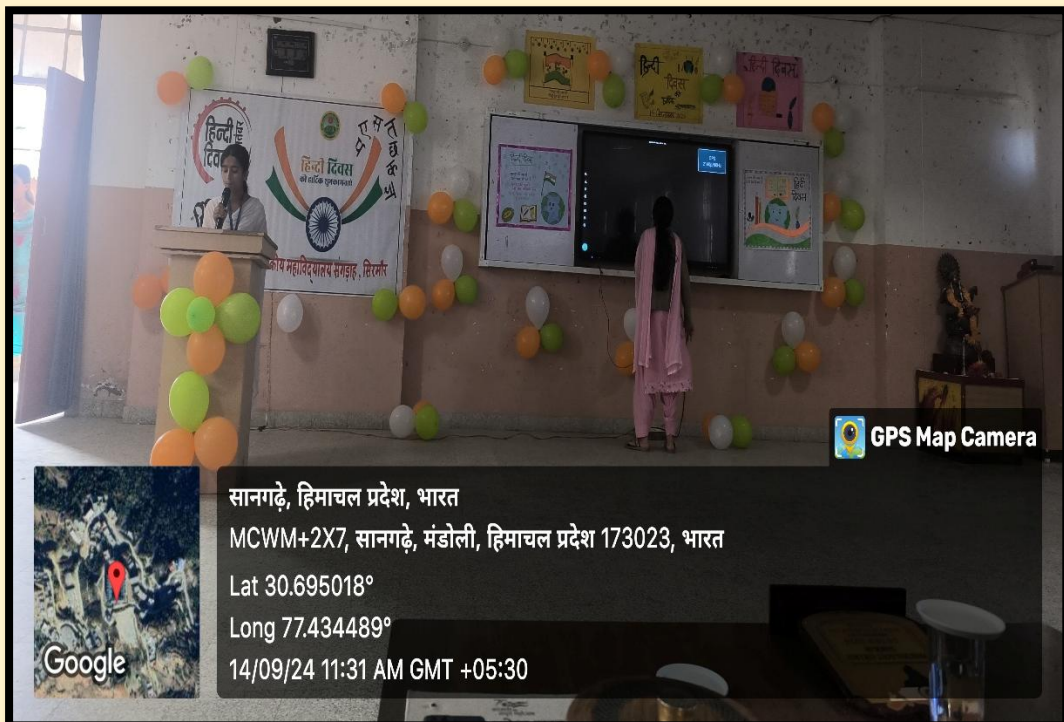
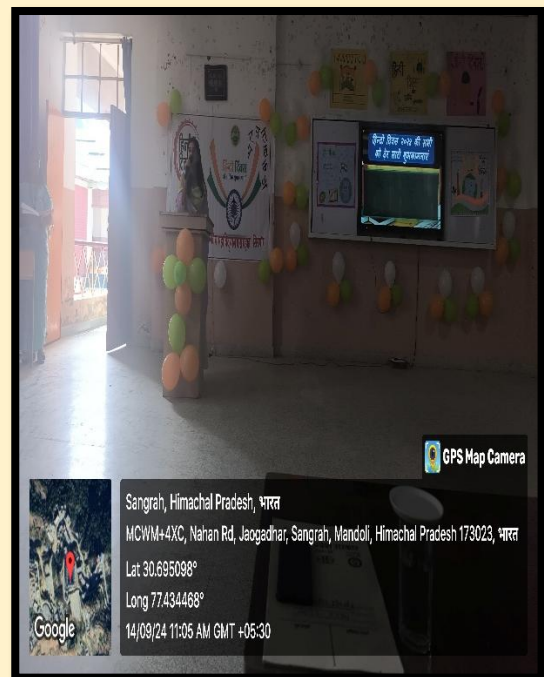


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b. Declamation Competitions:-





5. Decision Making Activities for Students

- a. Preparation of programme and student's participation:** Students of Government College Sangrah participate in various decision-making activities that help them develop leadership, responsibility, and critical thinking skills. Through group discussions, classroom tasks, and project-based learning, they learn to analyze problems and choose the best possible solutions. Different college societies like NSS, NCC, Eco Club, and the Student Council also involve students in planning events and managing tasks independently. Activities such as debates, presentations, field assignments, and community engagement programmes encourage them to think logically and make informed choices. Students are often given real-life scenarios to assess situations and take decisions as a team. Faculty mentors guide them but allow them enough freedom to explore their own ideas. These activities build confidence and communication skills while also promoting teamwork. Students learn to evaluate risks, understand consequences, and take responsibility for their actions. Overall, such decision-making activities prepare the learners for future challenges and strengthen their problem-solving abilities.





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b. Students as Committee Member/Group Leaders

CSCA

Ms. Pooam
CSCA President
Ms. Tumma
CSCA Vice President
Ms. Late Sharma
CSCA Joint Secretary
Mr. Shubham
CSCA Gen. Secretary

NSS UNIT

Nihal Chand
Head Boy
Tamu
Head Girl
Nishant Dora
Group Leader
Soren Bhatti
Group Leader
Nina
Group Leader
Sahil
Group Leader

NCC UNIT

Karisma
Senior Under Officer
Muskan, Under Officer
Pulak, Under Officer
Samanta, LPCL
Babita, EPL
Ankita, Sergeant
Muskan, President
Naldu Subject Society

Rover-Ranger Unit

Arun, Rover Head
Muskan, Ranger Head
Suraj, Head Boy
Pallavi, Head Girl

Eco Club Unit

Head Girl
Unnat Bhatti Abhiyan
Sapna, BA IIIrd Year

Red-Ribbon Club

Jyoti Bhardwaj, Head Girl
Vansh, Head Boy
Sankar, Culture Committee Leader



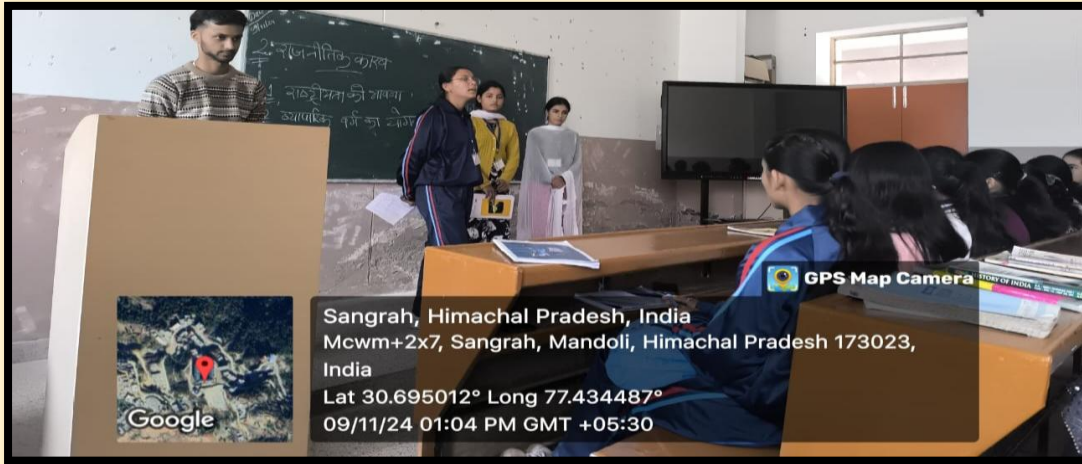
6. Effective Communication

Effective communication activities in Government College Sangrah help students improve their speaking, writing, and interpersonal skills. Through **classroom presentations, seminars, and interactive sessions**, students learn to express their ideas clearly and confidently. Group discussions and debates encourage them to listen actively and respond thoughtfully. Activities like **role-plays, interviews, and peer-to-peer conversations** strengthen their verbal communication. Writing tasks such as **reports, notices, and assignments** improve their formal and academic communication. Students also use digital platforms for presentations, which enhances their technological communication skills. Faculty members guide them to use polite language, maintain eye contact, and convey messages effectively. These activities help students reduce communication anxiety and build self-confidence. Overall, effective communication

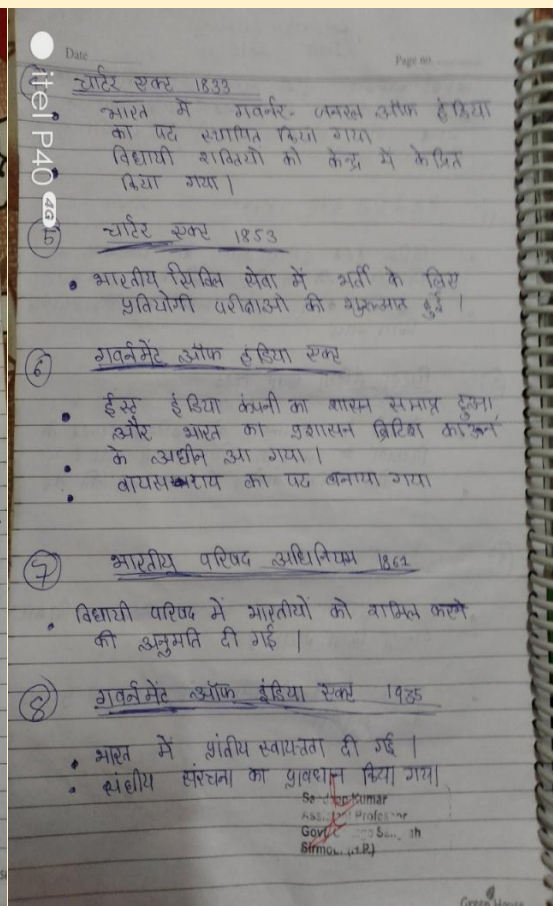
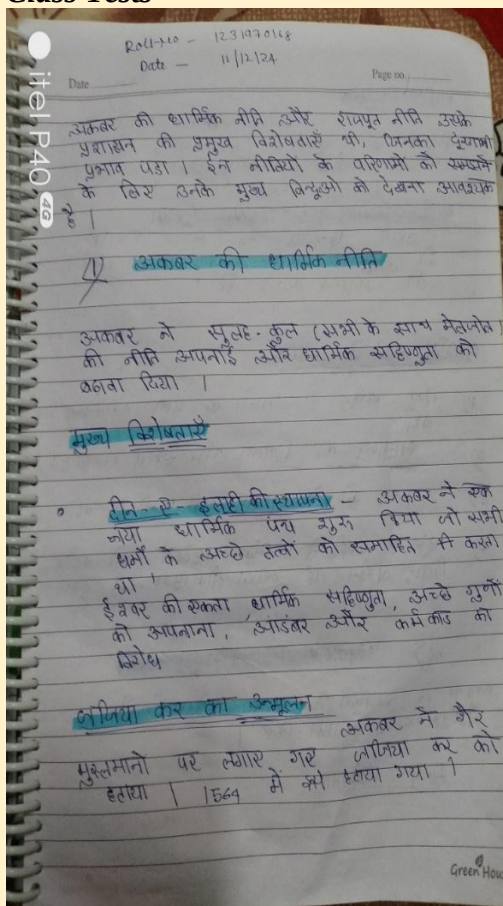


programmes prepare them for academic success, future workplace demands, and meaningful social interactions.

a. Effective Presentation through Play



b. Class Tests





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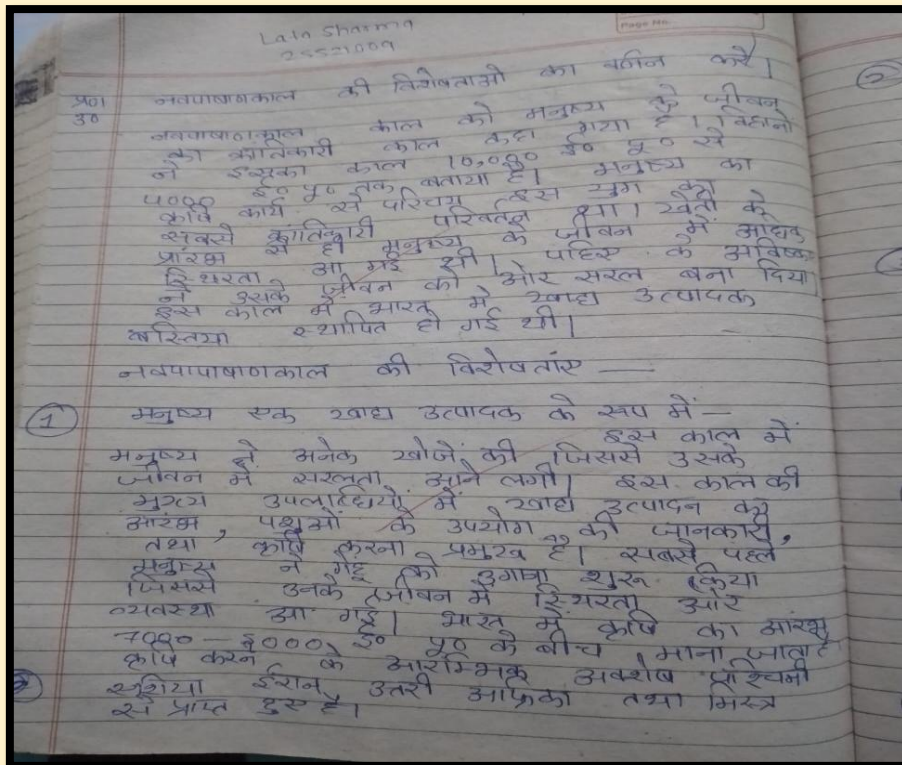
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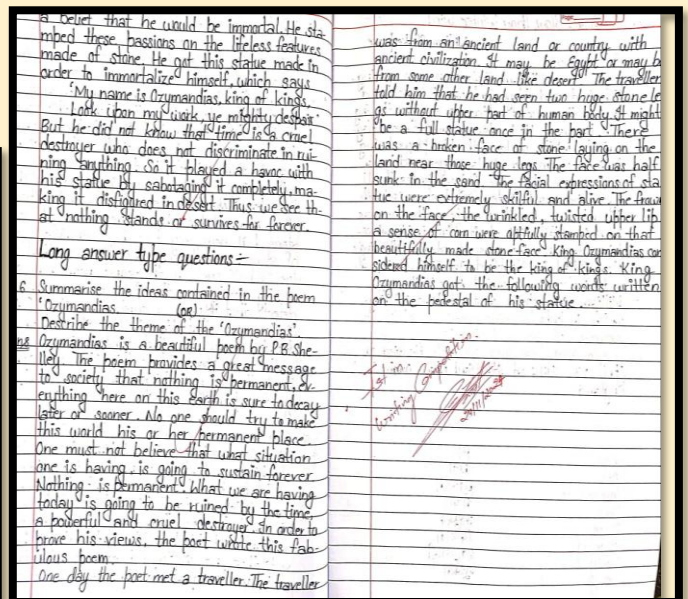
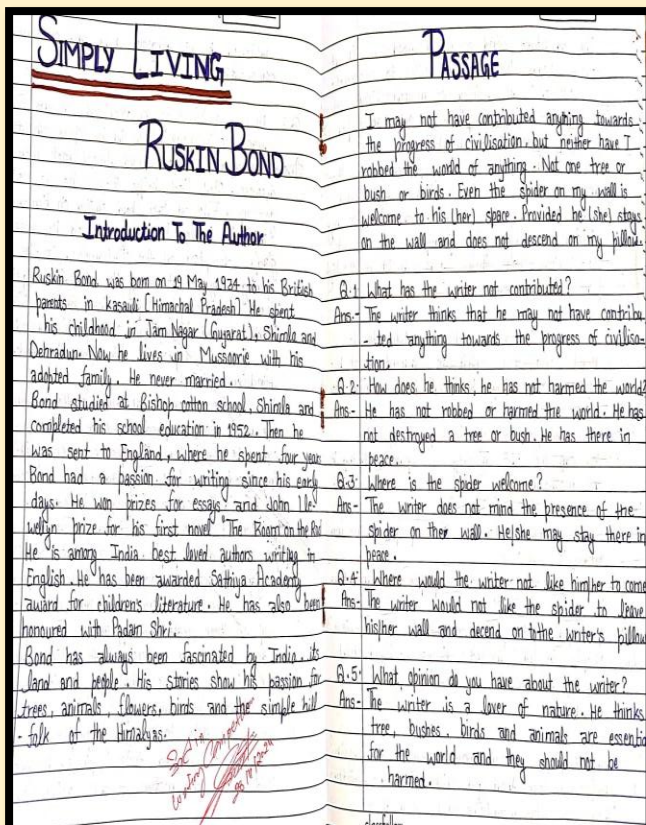
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c. Handwriting Project/Drive (11 November 2024 – 28 November 2024) The Department of English at Government College Sangraha successfully





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organized an extensive and skill-oriented **English Handwriting Project/Drive** from **11th November 2024 to 28th November 2024**, under the dedicated leadership of **Shri Om Prakash, Assistant Professor of English**. The primary objective of this drive was to enhance the handwriting skills of all enrolled students of the college and to cultivate discipline, precision, and clarity in written communication. Recognizing that handwriting is not only an essential academic tool but also a reflection of one's personality, the Department undertook this initiative to encourage students to adopt legible, aesthetically pleasing, and confident writing patterns. The programme began with an orientation session conducted by Shri Om Prakash, during which students were informed about the importance of good handwriting in examinations, official correspondence, and professional settings.

d. Poetry Symposium

The Department of English, Government College Sangrah, organized a culturally enriching and intellectually stimulating **Poetry Symposium** on **14th August 2024 at 11:30 a.m.** in the Examination Hall. The event was held under the aegis of **Mr. Om Prakash, Assistant Professor of English**, and was centered around the inspiring theme **"Hum Suman Is Upawan Ke."** This poetic gathering aimed to cultivate creativity, enhance literary appreciation, and encourage students to explore poetry as a medium of expression and



reflection.





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7. Coping With Stress

a. Art of living and Meditation session for students



b. Cultural Activities:





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c. Indoor Games:



d. Light Music



e. Field Trip



e. Picnic



f. Counselling Session for Students





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Counselling Room



Session for students



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Session on Well-being, and Stress Management during Exams

The Career Guidance and Placement Cell of Government College Sangrah organized a special session on “Well-being and Stress Management during Examinations” on 4th March 2025. The session aimed to help students maintain mental well-being and stay focused during the exam period.



The resource person, **Sh. Vinod Kumar**, Assistant Professor of Music (I), addressed the students on the importance of cultural values, emotional balance, and mindfulness during

academic stress. He emphasized the role of music, meditation, and positive lifestyle habits in reducing anxiety and improving concentration.



A total of **48 students** from various streams participated in the session. Through interactive discussions and musical demonstrations, students learned techniques

to manage stress and maintain inner calm during exams. The session was well-received and appreciated for its practical relevance and soothing impact. It concluded with a note of thanks and encouragement to implement these practices in daily life.

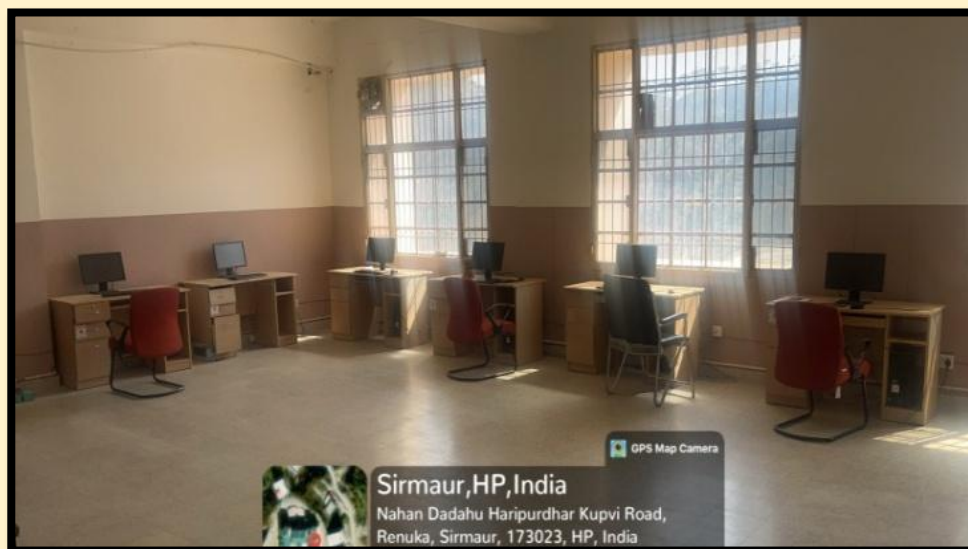
Coordinator
Career Guidance & Placement Cell

Principal
Government College Sangrah
Govt College Sangrah

8. Technical Skill

a. Use of Computer Lab:-

Computer Laboratory: The Institution has one computer lab connected with a broadband facility. Up-gradation and maintenance of the lab is done by the institute as required. Computer lab is open on all working days. Seminar Hall-cum-Video Conferencing Hall is fully equipped for 24 delegates.



b. Use of Interactive Board by Students



c. Computer Literacy Club



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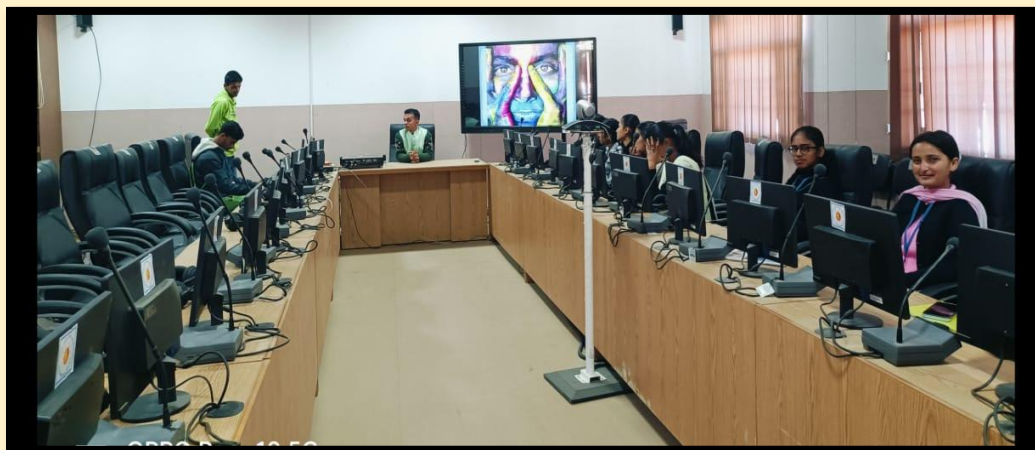
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d. Use of Language Lab



e. Use of Labs by Students





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f. Use of Digital Library



9. Professional Skill

a. Presentations skill



b. Resume Writing Activity for Students:

On 3rd December 2024, the NSS Unit of Government College Sangrah organized a Resume Writing Activity for the students to enhance their employability skills. The session was conducted by **Mr. Deep Chand, Director of HIM Educatree Institute, Sangrah**, who guided the participants on the essential components of an effective resume. He explained the importance of clear formatting, accurate information, and professional language. Students were taught how to highlight their strengths, achievements, and relevant experiences. Practical examples and sample resumes were shared to help them understand the correct structure. The resource person also discussed common mistakes students make while preparing resumes. A hands-on activity allowed students to draft their own resumes under expert supervision. The session encouraged students to focus on skill-based and job-oriented resume presentation. Overall, the event proved highly informative and beneficial, helping students prepare strong and professional resumes for future opportunities.



c. Camaal Ka Camp Certificate Training



d. Mehendi Competition for Coping with Stress on dated 18th Oct. 2024



The Department of English at Government College Sangraha organized a vibrant and culturally enriching Mehendi Art Competition on 18th October 2024, just days before the celebration of Karwa Chauth. The event was conceptualized and successfully conducted under the guidance of Mr. Om Prakash, Assistant Professor of English, whose initiative aimed not only at celebrating traditional artistic expression but also at empowering young women with a skill that holds strong entrepreneurial potential.



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competition witnessed enthusiastic participation from 45 girls, all of whom displayed remarkable creativity, dedication, and finesse in the intricate art of Mehendi design. The purpose behind hosting this



event extended far beyond a festive celebration. It was meticulously planned with a skill-development perspective, encouraging students to view Mehendi art as a means of self-reliance and income generation, especially during festive.





10. Gender Sensitization and Women Safety Programme:



संगड़ाह। राजकीय महाविद्यालय संगड़ाह में प्रिवेशन ऑफ विमेन हरासमेंट सेल ने महाविद्यालय की छात्राओं के लिए एक सत्र आयोजित किया। इसमें पीएपीएन की प्रोजेक्ट कोर्डिनेटर सुमित्रा शर्मा ने बतौर मुख्य वक्ता भाग लिया। उन्होंने घरेलू हिंसा से महिला संरक्षण विषय पर विस्तार से अपने विचार रखे। उन्होंने घरेलू हिंसा के प्रकार, उससे सुरक्षा और उसके लिए बनाए गए कानूनों और घरेलू हिंसा के प्रभावों का वर्णन किया। इस अवसर पर प्राचार्य डॉ. मीनू भास्कर ने इस सत्र के आयोजन के लिए प्रो. अंबरा देवी व महिला महिला प्राध्यापक वर्ग की सराहना की। इस अवसर पर प्रो. कविता, प्रो. पूनम और अनीता मौजूद रहीं। संवाद

A committee constituted for the selection of a **Gender Champion** typically aims to ensure fair, transparent, and inclusive processes that align with the objectives of promoting gender equality and sensitivity. The composition and role of the committee may vary depending on the institution or organization, but it generally includes members with diverse perspectives and expertise:-

Sr. No	Name of Teacher	Designation	Convener/Member
1.	Mr. Sandeep Kumar	Assistant Professor	Convener
2.	Mrs. Ambra Devi	Assistant Professor	Member
3.	Ms. Kavita Chauhan	Assistant Professor	Member
4.	Mr. Vinod Kumar	Assistant Professor	Member
5.	Ms. Anita	Clerk	Member
6.	Kareena	BA IIIrd Year	Gender Champion (Girl)
7.	Nihal Chand	BA IIIrd Year	Gender Champion (Boy)



Internal Complaint Committee for the prevention of Sexual Harassment POSH Cell Activities: 2024-25

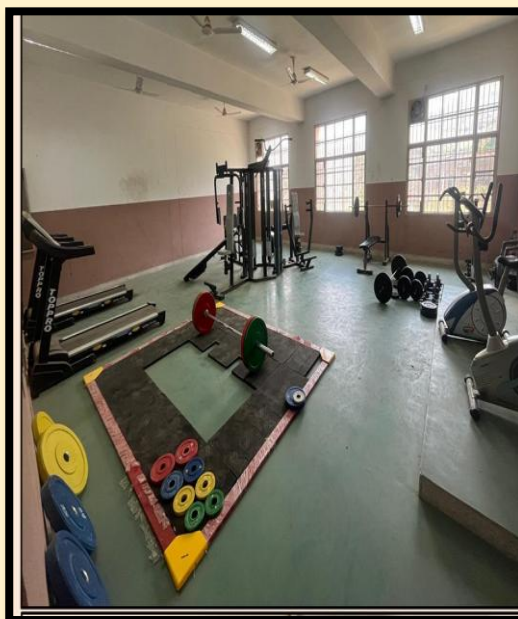
Sr. No	Name of Teacher	Designation	Convener/Member
1.	Prof. Pramoj Sharma	Assistant Professor	Convener
2.	Dr. Jagpal Singh Tomar	Assistant Professor	Member
3.	Ms. Ambra Devi	Assistant Professor	Member
4.	Ms. Kavita Chauhan	Assistant Professor	Member
5.	Ms. Poonam	Assistant Professor	Member

1. **30/08/2024:** - On 30th August, 2024 a one-day awareness camp on women's sanitation and health was organized by the Women Grievance Redressal Cell at Govt. College Sangrah for the girls students. Geeta Singh, a member of Tiens India International Health Industry Group, was present on the occasion. The students were informed about their personal hygiene and information was provided about cervical and uterine cancer. Additionally, they also informed about how to maintain personal hygiene during menstruation.



11. Physical Fitness Activities:

a. Gym facilities for Students





b. Sports Activities:

विशाल और मुस्कान रहे सर्वश्रेष्ठ खिलाड़ी

संगड़ाह कॉलेज में दो दिवसीय वार्षिक एथलेटिक खेलकूद प्रतियोगिता का आयोजन

संवाद न्यूज एजेंसी

संगड़ाह। राजकीय महाविद्यालय संगड़ाह में आयोजित दो दिवसीय वार्षिक एथलेटिक खेलकूद प्रतियोगिता शनिवार को संपन्न हो गई। इस प्रतियोगिता में छात्र एवं छात्राओं ने बढ़-चढ़कर हिस्सा लिया। यह प्रतियोगिता शारीरिक शिक्षा विभाग की ओर से आयोजित की गई। प्रतियोगिता में विशाल व मुस्कान को सर्वश्रेष्ठ खिलाड़ी के खिताफ से नवाजा गया। महाविद्यालय की प्राचार्य डॉ. मीनू भास्कर ने खेलकूद प्रतियोगिता में



संगड़ाह कॉलेज में प्रतिभागी छात्रों के साथ प्राचार्य डॉ. मीनू भास्कर। संवाद

बतौर मुख्यातिथि शिरकत की, जबकि पैरा एथलीट विरेंद्र सिंह कंड विशेष अतिथि के रूप में उपस्थित रहे। मुख्यातिथि की ओर से शुभारंभ किया तथा छात्रों की ओर से मार्च पारट करते हुए सलामी दी गई। प्राचार्य मीनू भास्कर ने खेलों के महत्व पर प्रकाश डालते हुए विद्यार्थियों से खेलों में भाग लेने की अपील की। छात्र वर्ग की 15 सौ मीटर दौड़ प्रतियोगिता में यश, रोबिन व अधिपति तथा छात्र वर्ग में महक शिवानी व करीना प्रथम, द्वितीय और तृतीय स्थान पर रही। वहीं पर 100 मीटर दौड़ के छात्र वर्ग मुकाबले में अधिपति नीरज व निहाल तथा छात्र वर्ग में करीना, रितिका व नितिका पहले, दूसरे और तीसरे स्थान पर रही। इसके अलावा छात्र वर्ग के ऊंची कूद मुकाबले में विशाल, यश व नीरज और छात्रा वर्ग में मुस्कान, बबिता व अंकित, छात्र वर्ग के गोला फेंक मुकाबला में नितिन, यश व अधिपति तथा छात्र वर्ग में मुस्कान, संगीता व तन्वी विजेता रहे। छात्र वर्ग को चक्का फेंक मुकाबले में विक्रांत, विशाल, अशुल, तथा छात्र वर्ग में मुस्कान, मीनाक्षी, मानसी, छात्र वर्ग की ट्रिपल जंप प्रतियोगिता में विशाल, नीरज, अशुल तथा छात्र वर्ग में निरमन मुस्कान व रितिका ने पहला, दूसरा और तीसरा स्थान प्राप्त किया। इस अवसर पर डॉ. देवराज शर्मा, डॉ. जगपाल तोमर, प्रो. प्रमोद शर्मा, प्रो. संदीप कुमार कलिष्ठा, प्रो. अजय, प्रो. अम्बरा देवी, प्रो. मनोज, प्रो. विनोद, प्रो. कविता, प्रो. फकिर, कॉलेज स्टाफ में राजेश शर्मा कुमारी अनीता और विनोद कुमार उपस्थित रहे। 24/02/25

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12. Environment and Disaster Management Trainings/Activities

छात्रों ने रेणुका वेटलैंड में रोपे 100 पौधे



पौधरोपण अभियान के दौरान रेणुका जी वेटलैंड परिसर में लोगों को जागरूक करते संगड़ाह कॉलेज के विद्यार्थी। संवाद

संगड़ाह। रेणुका जी वेटलैंड परिसर में राजकीय महाविद्यालय संगड़ाह के इको क्लब इकाई के छात्रों ने 100 औषधीय और जड़ी बूटी के पौधे लगाए। इस दौरान छात्रों ने झील परिसर के इर्द-गिर्द सफाई अभियान चलाकर वहां पर फैले प्लास्टिक के कचरे को एकत्रित कर एक स्थान पर नष्ट किया। इस अभियान में महाविद्यालय के 20 छात्रों ने भाग लिया। इको क्लब प्रभारी डॉ. जगदीश चंद्र ने बताया कि लोगों को वेटलैंड की महत्ता पर जागरूक भी किया गया और रैली भी निकाली। रैली के माध्यम से यहां की स्वच्छता बनाए रखने के लिए लोगों को प्रेरित भी किया। कार्यक्रम में राष्ट्रीय मिशन क्लीनिंग गंगा व भारतीय वन्य जीव संस्थान के फील्ड असिस्टेंट नवराज ठाकुर, विक्रांत शर्मा और प्रिंस गोयल भी शामिल रहे। संवाद

राजकीय महाविद्यालय संगड़ाह में मनाया राष्ट्रीय ऊर्जा संरक्षण दिवस

संगड़ाह (सिरमौर)। राजकीय महाविद्यालय संगड़ाह की एनसीसी इकाई की ओर से शनिवार को राष्ट्रीय ऊर्जा संरक्षण दिवस के उपलक्ष्य पर कार्यक्रम आयोजित किया गया। शुभारंभ महाविद्यालय प्राचार्य डॉ. मीनू भास्कर ने आयुष गार्डन में सजावटी पौधा लगाकर किया। उन्होंने छात्रों को ऊर्जा संरक्षण एवं इसका महत्व बताया। कार्यक्रम में एनसीसी के करीब तीन दर्जन छात्रों ने भाग लिया। छात्रों ने आयुष गार्डन में पहले रोपे गए पौधों की निराई-गुड़ाई की और खाली जगह पर पौधरोपण किया। इसके अलावा मिट्टी की उपजाऊ क्षमता बढ़ाने के लिए स्थानीय गांव से गोबर की खाद लाकर गार्डन में डाली। इस अवसर पर कार्यक्रम अधिकारी प्रो. कविता चौहान आदि मौजूद रहे। संवाद



संगड़ाह कॉलेज में हुए कार्यक्रम में मौजूद छात्र। संवाद

16/12/24



13. Reading and Listening Skill Improvement

a. (Library Awareness Session)





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a. Human Library Sessions for Students



b. New Papers and Magazine Reading Skill development activities



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