



IQAC, NSS, NCC, R&R, Career Guidance & Counselling, Unnat Bharat Abhiyan, Eco Club and other Clubs conduct various activities, extension programs, and outreach programs



"पर्यावरण संरक्षण: शिक्षा और सहयोग का प्रतीक": 4 अगस्त, 2022

किंकरी देवी ईको क्लब द्वारा आयोजित वृक्षारोपण अभियान और 'मेरे कॉलेज के नाम पर एक पेड़' कार्यक्रम का आयोजन राजकीय विद्यालय में संवेदनशीलता की एक अच्छी मिसाल है। 4 अगस्त से 15 अगस्त तक 'मेरे कॉलेज के नाम पर एक पेड़' कार्यक्रम का आयोजन किया गया। इस प्रकार के कार्यक्रम विद्यालयों और कॉलेजों में पर्यावरण संरक्षण के महत्व को समझाने और छात्रों को प्रेरित करने का श्रेष्ठ तरीका है।

इस कार्यक्रम में **95 विद्यार्थियों** भाग लिया। यह एक अच्छा उदाहरण है कि एक समूह में मिलकर कितना बड़ा परिणाम हो



सकता है। यह न केवल पर्यावरण के लिए अच्छा है, बल्कि छात्रों के बीच सहयोग, टीमवर्क, और जिम्मेदारी की भावना को भी बढ़ावा देता है।

इस कार्यक्रम में ईको क्लब का योगदान अत्यंत महत्वपूर्ण है। ईको क्लब ने कॉलेज परिसर और आसपास के क्षेत्र में 100 से अधिक पौधे रोपे, जो पर्यावरण संरक्षण के लिए बहुत महत्वपूर्ण हैं। इसके अलावा, कॉलेज परिसर में पेड़ों के रोपण से छात्रों को पर्यावरण संरक्षण के महत्व का अनुभव होता है, और वे इसे अपने दैनिक जीवन में भी लागू करते हैं।



इस प्रकार के पर्यावरण संरक्षण के पहल का हम सभी को समर्थन करना चाहिए। यह सिर्फ पर्यावरण की सुरक्षा में मदद करता है, बल्कि छात्रों को एक साझेदारी और



जिम्मेदारी का अहसास दिलाकर उन्हें समाज में एक सक्रिय नागरिक के रूप में बढ़ावा भी प्रदान करता है। डॉ. वी.के. शुक्ला, डॉ. देव राज शर्मा (कार्यवाहक प्राचार्य), डॉ. जगदीश चंद (ईको क्लब प्रभारी) तथा श्री अजय सिंह इस अवसर पर उपस्थित थे।


Principal
Govt. College Sangrah
Distt. Sirmour H P

"Empowering Youth: Insights on AIDS and Eye Donation"

On August 31, 2022, the Career Guidance Cell organized a lecture on the occasion of **International Youth Day**, featuring Mr. Chaman Soni, the Regional Medical Officer, as the speaker. Mr. Chaman Soni delivered an insightful talk on AIDS and eye donation to the students.



The lecture aimed to educate the students about crucial health issues and social responsibilities, especially concerning AIDS awareness and eye donation. Mr.



Chaman Soni provided detailed information about the types of AIDS, preventive measures, and the importance of eye donation in saving lives and restoring vision to those in need. His talk was not only informative but also motivational, encouraging students to become socially responsible citizens.

Approximately 99 students from the college participated in the event, showing their interest and concern for these important topics. The presence of college dignitaries such as Dr. Jagdish Chand (Coordinator, Career Guidance Cell), and Prof. Ajay Kumar added significance to the event. They not only attended the lecture but also emphasized the importance of staying vigilant and aware of health-related issues.



The lecture served as a platform for students to gain valuable knowledge and insights into critical health issues while also highlighting the role of social responsibility



in youth development. It reinforced the importance of being proactive in addressing societal challenges and contributing to the welfare of the community. Overall, the event was a successful endeavour in promoting awareness and fostering a sense of responsibility among the youth.


Principal
Govt. College Sangrah
Distt. Sirmour H P

PLEDGE AGAINST DRUG ABUSE

As part of *Azadi Ka Amrit Mahotsav*, Govt. College Sangrah organized ‘**Pledge Against Drug Abuse**’ on 12th August 2022 as per the directives of the **Ministry of Social Justice & Empowerment**, Govt. of India, *Nasha Mukta Bharat Abhiyaan*. The students were made aware of the significance of the day. The oath was read by the head girl of NSS for the other students on campus at 1:30 PM. The program was coordinated by **Dr. Jagdish Chand (Coordinator of IQAC)**, Prof. Ajay Singh, Prof. Ajay Kumar, Dr. Neelam, Sh. Rajender Singh and Sh. Subhash Chand of the college. There were **38 Students** in the pledge against drug abuse.




Principal
Govt. College Sangrah
Distt. Sirmour H P



Introductory cum Induction Meeting

The Induction cum Introductory' for B.A.1st was held on 07-09-2022 in the college hall for the session 2022-23. Around **175 students** of the college participated in this function. The programme was designed to enlighten B.A.1st year students about their subject preferences and admission procedures. The ceremony was attended by all B.A. 1st year students, teachers, and other non-teaching staff. Every college instructor presented a very detail presentation about the

INTRODUCTORY AND INDUCTION MEETING

आंखों में खुशी, लबों पर हसी
गम का कहीं नाम ना हो
ये दिन लाए आपकी जिंदगी में इतनी खुशियां
जिसकी कभी शाम ना हो



significance and advantages of subjects in the future. They discussed the value of education in a student's life. Each instructor delivered a presentation on their subject from their perspective.

They provided the students with a thorough

explanation of their subjects as well as the subject's scope, which offered the students a basic sense of the disciplines they should choose. In front of the class, the process of attending classes and earning credits was explained. It was briefly described how they may



earn credits and why they should. Teachers were pleased with the answers they provided to students' many other questions and the classes of unfilled subjects. A few significant subjects were also covered, including joining clubs like the **CBCS, Career Guidance and Counselling, IQAC, NAAC, NSS, NCC,**



R&R, Red Ribbon, and Eco Club. The very advantages of joining these groups were referred to as important topic matter. According to the teachers, joining a club can help you develop strong character and communication skills with social services in addition to giving you marks in competitive tests. Teachers also provided a plethora of other information regarding discipline and study. The lives of students are greatly impacted by a variety of other factors. Students were urged to adhere to the rules and regulations discussed in the lecture in order to maintain discipline in the college. **Dr. Dev Raj Sharma (Officiating Principal), Dr. Jagdish Chand (IQAC Coordinator),** and other teaching and non-teaching staff were present on this occasion.


Principal
Govt. College SangraH
Distt. Sirmour H P

Report on Unnat Bharat Abhiyan 13-08-2022

A campaign called "*Har Ghar Tiranga*" under the aegis of *Azadi Ka Amrit Mahotsav* to encourage people to bring the Tiranga home and hoist it to commemorate India's 75th anniversary of independence. We've always had a more official, institutionalised relationship with the flag than a personal one. Bringing the flag home as a nation in our 75th year of independence symbolises both our dedication to establishing a better country and our act of personal connection to the Tiranga. Invoking a sense of patriotism in people's hearts and raising awareness of the Indian National Flag are the goals of the programme. Under the auspices of the "Har Ghar Tiranga" Azadi Ka Amrit Mahotsav, **Government College SangraH NCC, NSS, and R&R** students dispersed the national flag village-by-village. The students urged the village residents to raise the flag as part of the Har Ghar Tiranga Abhiyan. Its principal goal was to instil a sense of patriotism in the minds of the populace and to raise awareness of the great people and ideals that contributed to nation-building and independence. At the same time, the significance and deference due to the national flag were emphasised. **110 college students** took part in this programme. **Dr. Jagdish Chand**, the "Unnat Bharat Abhiyan" coordinator, and **Prof. Ajay Singh**, the co-coordinator, were present.





सिर्माूर | हिमाचल प्रदेश

संगड़ाह महाविद्यालय की पहल, गांव में जाकर वितरित किए राष्ट्रीय ध्वज

By MBM News Network • August 14, 2022

संगड़ाह, 14 अगस्त : "हर घर तिरंगा" आजादी का अमृत महोत्सव के अंतर्गत राजकीय महाविद्यालय संगड़ाह के एनसीसी, एनएसएस, आरआर के विद्यार्थियों द्वारा गांव- गांव में जाकर राष्ट्रीय ध्वज वितरित किए।

हर घर तिरंगा अभियान के तहत विद्यार्थियों द्वारा गांव के लोगों को राष्ट्रीय ध्वज फहराने के लिए प्रोत्साहित किया। इसका प्रमुख उद्देश्य लोगों के हृदय में देशभक्ति की भावना को जगाना तथा उन आदर्श व्यक्तियों एवं महापुरुषों का स्मरण करना था, जिन्होंने राष्ट्रीय निर्माण व आजादी के लिए भूमिका निभाई।



वहीं, लोगों को राष्ट्रीय ध्वज के महत्व तथा सम्मान करने के लिए जागृत किया गया। इस कार्यक्रम में महाविद्यालय के 50 बच्चों ने भाग लिया। इस दौरान "उन्नत भारत अभियान" के समन्वयक डॉ. जगदीश चन्द तथा सह - समन्वयक प्रो. अजय सिंह उपस्थित रहे।


Principal
Govt. College SangraH
Distt. Sirmour HP

"Creative Engagement: Ozone Day Poster Competition"

On September 16, 2022, the Government College Sangrah celebrated Ozone Day under the auspices of the Eco Club, featuring a poster-making competition. The competition was organized by Dr. Jagdish Chand, Assistant Professor of Geography & Coordinator of Eco Club. There were **35 students**.



Students from the Geography Department enthusiastically participated in the competition, showcasing their creativity and knowledge. The competition witnessed active involvement and keen interest from the students. After the conclusion of the competition, the judging panel announced the results. Karishma secured the first position, followed by Priyanshu in the second position, and Pooja secured the third position. The winners were felicitated for their outstanding contributions and creativity in spreading awareness about ozone conservation through their posters.



This event not only provided a platform for students to exhibit their artistic talents but also raised awareness about the importance of ozone conservation among the college community. The Eco Club's initiative in organizing such events fosters a culture of environmental consciousness and encourages active participation in sustainable practices.


Principal
Govt. College Sangrah
Distt. Sirmour H P

"Environmental Stewardship: One-Day Cleanliness Drive"

On November 30, 2022, a one-day cleanliness drive was organized under the auspices of the Eco Club at the Government College SangraH. The main area of focus for the program was the selected Kinkri Devi Park, known



for its significance as a prominent environmental concern in the SangraH region.

Kinkri Devi Park is an important green space in the area, and it was chosen as the primary location for the cleanliness drive due to its environmental significance. The aim of the program was to raise awareness among children about environmental conservation by actively involving them in cleaning the surrounding areas of the park.



Children enthusiastically participated in the cleanliness drive, actively engaging in the task of cleaning the environment. The program aimed to instill a sense of environmental consciousness and responsibility in the children, encouraging them to take ownership of their surroundings and contribute to their preservation.



The event was organized under the guidance of Dr. Jagdish Chand, the Coordinator of the Eco Club. **Approximately 105 students** from the Geography Department participated in this one-day cleanliness drive, showing their commitment to environmental stewardship and community service.

Overall, the event was a successful endeavour in promoting environmental awareness and fostering a culture of cleanliness and sustainability among the students. It demonstrated the importance of community involvement and collective action in addressing environmental challenges and preserving natural resources.

M. J.

Principal
Govt. College SangraH
Distt. Sirmour H.P.

"Celebrating Mountain Day: Poster Making Competition"

On December 11, 2022, the Government College Sangrah observed Mountain Day under the auspices of the Eco Club, featuring a poster-making competition. The competition was orchestrated by Dr. Jagdish Chand, the Coordinator of the Eco Club.



Students from the Geography Department enthusiastically participated in the competition, showcasing their creativity and passion for environmental conservation. The event aimed to raise awareness about the importance of mountains and their significance in the ecosystem. After the conclusion of the competition, the judging panel announced the results. Pallavi secured the first position, followed by Pravesh Varma in the second position, and Manoj secured the third position. Their posters effectively conveyed messages about the beauty, biodiversity, and conservation of mountains.

The competition served as a platform for students to express their artistic talents while also



highlighting the environmental importance of mountains. It encouraged students to reflect on the ecological significance of mountain ecosystems and the need for their preservation.

Overall, the event was a successful endeavour in promoting environmental awareness and fostering creativity among students. It emphasized the importance of recognizing and protecting mountain environments for the well-being of our planet. There were **Ten students** in the competition.

Principal
Govt. College Sangrah
Distt. Sirmour H.P.

"Eco Club Hosts Exciting Quiz Competition"

On December 15, 2022, the Government College Sangrah witnessed an engaging Quiz Competition organized by the Eco Club. & Career Guidance Cell Dr. Jagdish Chand, the



Coordinator of the cells, spearheaded the event, which saw enthusiastic participation from students of the college.

The distinguished guest for the event was Dr. Devaraj Sharma. The competition comprised a total

of 5 rounds, with each round featuring questions posed to the participating teams. Six teams participated in the competition, with Team E clinching the first position, Team C securing the second position, and Team B attaining the third position.



The competition was intense and intellectually stimulating,

with participants showcasing their knowledge and quick thinking skills. Dr. Devaraj Sharma awarded the winners with prizes, acknowledging their remarkable performance.

In his closing remarks, Dr. Devaraj Sharma commended the students for their active participation and encouraged them to continue participating in such competitions to further enhance their skills and knowledge.



The event not only provided a platform for academic enrichment but also fostered a spirit of healthy competition and camaraderie among the students. There were **63 students** in the quiz competition.

Mr. Z

Principal
Govt. College Sangrah
Distt. Sirmour H.P.



"Geographical Survey of Hathodabagh: Exploring Physical and Human Characteristics" : 30th November 2022

A geographical survey was conducted in the vicinity of the college at Hathodabagh to assess its physical and human characteristics. The objective of the survey was to identify the



geographical features, land use patterns, and environmental conditions of the area. The survey was conducted with the participation of **97 geography students**, under the guidance of Assistant Professor Dr. Jagdish Chand.



During the survey, Dr. Jagdish Chand provided students with information about the tools and techniques used in geography, including chains and tapes for measurement, plain table for mapping, altimeter for altitude determination, and GPS for location tracking.

The survey aimed to provide students with hands-on experience in geographical fieldwork, allowing them to apply theoretical knowledge in a practical setting. Students learned to analyse and interpret physical



features

such as terrain, vegetation, and water bodies, as well as human aspects such as settlements, infrastructure, and land use.

Through this survey, students gained valuable insights into the geographical characteristics of Hathodabagh, enhancing their understanding of the interaction between physical and human elements in the environment. The experience also fostered teamwork, critical thinking, and problem-solving skills among the students, preparing them for future endeavours in the field of geography and environmental studies.

Principal
Govt. College Sangrah
Distt. Sirmour H.P.

Six-Month Add-On Course in English Speaking and Employability Skills at Government College SangraH : 15th December 2022

Government College SangraH is conducting a six-month add-on course for third-year Bachelor of Arts (BA) students. The course focuses on English speaking and providing training for employment opportunities. Currently, **60 students** are participating in this program.



Dr. Jagdish Chand serves as the coordinator for this program, which is being run under the auspices of the Higher Education Directorate, Shimla. The aim of the course is to enhance the communication skills and employability of the students, preparing them for

the challenges of the job market. Through this course, students will receive training in English

संगड़ाह कॉलेज में शुरू हुआ छह माह का प्रशिक्षण कार्यक्रम
 संवाद न्यूज एजेंसी **उमर उजाला** संगड़ाह (सिरमौर) संगड़ाह कॉलेज में बीए तृतीय वर्ष के छात्रों के लिए एड ऑन कोर्स के माध्यम से प्रशिक्षण कार्यक्रम शुरू हुआ। यह छह माह तक चलेगा। कार्यक्रमी प्राचार्य डा. देवराज शर्मा ने इसका शुभारंभ किया। उन्होंने बताया कि इस कार्यक्रम के तहत इंग्लिश स्पीकिंग कोर्स के अलावा रोजगार प्राप्त करने के लिए प्रशिक्षित किया जाएगा। देवराज शर्मा ने बताया कि इस कार्यक्रम में 60 छात्र-छात्राएं हिस्सा ले रहे हैं। इन्हें प्रशिक्षण संबंधित पुस्तकें भी प्रदान की गईं। कार्यक्रम के समन्वयक डॉ जगदीश और प्रशिक्षक बलवंत राणा छात्रों को प्रशिक्षण प्रदान कर रहे हैं।

speaking, including grammar, vocabulary, pronunciation, and conversational skills. Additionally, they will learn about job



search strategies, resume writing, interview techniques, and professional etiquette.

The program aims to empower students with the necessary skills and confidence to succeed in various professional settings. It provides them with practical knowledge and hands-on experience to improve their prospects in the job market upon graduation. Overall, the course

endeavours to bridge the gap between academic learning and practical application, equipping students with the skills required for success in today's competitive world. It reflects the college's commitment to holistic education and the holistic development of its students.



Maz

**Principal
 Govt. College SangraH
 Distt. Sirmour H.P.**

"Free Eye Checkup Camp Organized by IQAC of GC Sangrah"

A free eye checkup camp was organized by the Internal Quality Assurance Cell (IQAC) of Government College Sangrah in collaboration with Maa Bhagwati Eye Care Centre of Haripurdhhar. The camp aimed



to provide comprehensive eye care services to the students and faculty of the college. The camp, held on 25th November 2022, saw enthusiastic participation from **108 students and faculty members**. The event commenced with a brief inauguration ceremony, where representatives from both the college and the eye care center addressed the attendees. They emphasized the importance of regular eye checkups for

maintaining good vision and overall eye health.

Following the inauguration, the participants underwent a series of screenings and tests conducted by trained optometrists from Maa Bhagwati Eye Care Centre. These screenings included visual acuity tests, refraction tests, intraocular pressure measurements, and examinations for common eye conditions such as refractive errors, cataracts, and glaucoma.



During the checkup process, the optometrists provided personalized recommendations and advice to each participant based on their test results. Those requiring further evaluation or treatment were referred to the eye care center for follow-up care.

In addition to the eye checkups, the camp also featured educational sessions on eye care and hygiene. Participants learned about the importance of maintaining good eye health through proper nutrition, regular exercise, and protective measures against eye injuries.

The free eye checkup camp proved to be a valuable initiative in promoting eye health awareness and accessibility to eye care services among the college community. It underscored the college's commitment to the well-being of its students and faculty members, ensuring that they have access to essential healthcare services for maintaining optimal vision and overall wellness. Dr. Jagdish Chand coordinated the camp.


Principal
Govt. College Sangrah
Distt. Sirmour H.P.

Eco Club's Campus Cleanliness Drive: November 29, 2022

On November 29, 2022, the Eco Club of our college organized a campus cleanliness drive, spearheaded by Dr. Jagdish Chand, the club's coordinator. A total of **101 volunteers** actively participated in this initiative.



participated in this initiative.

During the drive, volunteers diligently worked to clean various areas of the college campus. They collectively gathered litter, swept pathways, and ensured proper disposal of waste materials in designated bins.

The primary objective of the drive was to instill environmental awareness and a sense of responsibility among students and staff regarding the upkeep of a clean and hygienic campus environment. It also served as a platform to promote teamwork and community engagement.



Overall, the cleanliness drive was a resounding success, contributing to the improvement of the college campus's aesthetic appeal and reinforcing the importance of cleanliness and environmental conservation within the college community.

Mr. Z

Principal
Govt. College SangraH
Distt. Sirmour H.P.

Empowering Success: A Pragmatic Motivational Discourse by Yudhvir Tandon

On December 20, 2022, the Career Guidance Cell of Government College Sangrah organized an inspiring session titled "Empowering Success," featuring a pragmatic motivational talk delivered by renowned speaker Yudhvir Tandon. The event aimed to empower and guide students towards achieving success in both their academic and professional pursuits. Yudhvir Tandon, acclaimed for his expertise in motivational speaking, shared invaluable insights and practical strategies for personal and professional growth.



During the session, Tandon emphasized the significance of setting clear goals, fostering a positive mindset, and honing essential skills such as resilience, determination, and adaptability. Drawing from his own life experiences and success journey, he provided relatable examples and anecdotes to illustrate key principles and concepts. The discourse delved into various facets of success, highlighting the importance of self-belief, perseverance amidst challenges, and the continuous pursuit of learning and self-improvement. Tandon encouraged students to identify their passions and strengths, pursue their aspirations with unwavering dedication, and view failure as an opportunity for growth.



Moreover, the session facilitated interactive discussions and Q&A sessions, enabling students to directly engage with Tandon and seek personalized advice on various career-related queries and concerns.

Dr. Jagdish Chand, the coordinator of the Career Guidance Cell at GC Sangrah,

orchestrated the event, ensuring its smooth execution. The session witnessed enthusiastic participation from **80 students** across different classes, reflecting the widespread interest and relevance of the topic. In conclusion, the deliberation on success spearheaded by Yudhvir Tandon proved to be enlightening and empowering, leaving a profound impact on the audience. It not only inspired students to strive for excellence but also equipped them with practical insights and strategies to navigate their academic and professional journeys successfully.



M.S.

Principal
Govt. College Sangrah
Distt. Sirmour H.P.

Navigating the Pathways: Career Guidance Session on Indian Civil Services and Himachal Pradesh Administrative Services : 26-12-2022

The **Career Guidance and Counselling Cell** of Government College Sangrah organized an illuminating session aimed at providing insights into building careers in the prestigious Indian Civil Services and the Himachal Pradesh Administrative Services. Dr. Jagdish Chand, the esteemed Coordinator of the Cell, spearheaded the session with an informative and engaging approach.

Key Highlights:

Understanding the Landscape: Dr. Jagdish Chand commenced the session by elucidating the intricate landscape



of civil services in India, highlighting the significance and responsibilities associated with these esteemed positions. He provided an overview of the roles and functions performed by civil servants in shaping the nation's governance and administration.

Exploring Career Paths: Delving deeper into the career pathways,

Dr. Chand elucidated the distinct avenues available for aspiring civil servants, including the prestigious Indian Administrative Service (IAS), Indian Police Service (IPS), and Indian Foreign Service (IFS). Moreover, he shed light on the opportunities within the Himachal Pradesh Administrative Services, emphasizing the importance of serving at the state level.

Essential Skills and Qualities: Recognizing the competencies required for success in civil services, Dr. Chand outlined the essential skills and qualities expected from aspirants. He emphasized the significance of integrity, leadership, and analytical thinking in navigating the challenges of civil service examinations and duties.

Preparation Strategies: Offering invaluable guidance, Dr. Chand shared effective preparation strategies tailored to the rigorous examination patterns of civil services. He discussed the importance of comprehensive study plans, regular practice, and staying updated with current affairs to ace the examinations.

Nurturing Aspirations: Encouraging the students to nurture their aspirations, Dr. Chand motivated them to pursue their dreams with unwavering determination and dedication. He reiterated the importance of perseverance and resilience in overcoming obstacles along the journey towards civil services.

Conclusion: The career guidance session on Indian Civil Services and Himachal Pradesh Administrative Services, chaired by Dr. Jagdish Chand, proved to be an enriching experience for the **65 students** in attendance. Through insightful discussions and practical guidance, the session equipped the aspiring civil servants with the requisite knowledge and motivation to embark on their career journeys with confidence and determination.

Principal
Govt. College Sangrah
Distt. Sirmour H.P.

Tranquillity Amidst Tests: Stress Management Session for Examination Takers : 30-12-2022

In recognition of the anxiety and pressure often associated with examinations, Dr. Jagdish Chand, Coordinator of the Career Guidance Cell at Government College Sangrah, orchestrated a session aimed at equipping students with effective stress management techniques. With **104 students** in attendance, the session offered practical insights and strategies to foster tranquillity amidst academic challenges.

Key Highlights:



Understanding Stress: Dr. Jagdish Chand initiated the session by elucidating the concept of stress and its impact on academic performance. He discussed the physiological and psychological manifestations of stress, emphasizing the importance of acknowledging and addressing its effects.

Identifying Triggers: Delving deeper into stress management, Dr. Chand facilitated discussions on identifying triggers that contribute to examination-related stress. Through interactive exercises, students were encouraged to reflect on personal stressors and explore proactive approaches to mitigate their impact.

Cultivating Resilience: Empowering students with resilience-building strategies, Dr. Chand emphasized the significance of adopting a positive mindset and developing coping mechanisms to navigate academic challenges. He encouraged students to cultivate self-confidence and maintain a balanced perspective amidst the pressures of examinations.

Effective Time Management: Recognizing the role of time management in alleviating stress, Dr. Chand provided practical tips for optimizing study schedules and maximizing productivity. He underscored the importance of prioritization, goal-setting, and allocating dedicated time for relaxation and rejuvenation.

Wellness Practices: Promoting holistic well-being, Dr. Chand introduced students to relaxation techniques and wellness practices to alleviate stress and promote mental clarity. From deep breathing exercises to mindfulness meditation, students were encouraged to incorporate these practices into their daily routines.

Seeking Support: Acknowledging the importance of seeking support networks, Dr. Chand emphasized the role of peers, family, and academic mentors in providing encouragement and guidance during challenging times. He encouraged students to communicate openly about their concerns and seek assistance when needed.

Conclusion: The stress management session, spearheaded by Dr. Jagdish Chand, provided a nurturing environment for 80 students to explore effective strategies for maintaining tranquillity amidst examination pressures. Through insightful discussions and practical guidance, students were equipped with the tools and resilience necessary to navigate academic challenges with confidence and composure.

MJC

**Principal
Govt. College Sangrah
Distt. Sirmour H.P.**

Report on Career Guidance by Professor KDS Vedi of Chitkara University

On February 28, 2023, **Dr. Devraj Sharma, the Coordinator of IQAC**, conducted a comprehensive career guidance session at Govt. College Sangrah. The session was delivered by **Professor KDS Vedi** from Chitkara University and encompassed various aspects of career planning.



Career Exploration: Professor Vedi provided insights into different career paths and industries, helping students explore various options available to them based on their interests and skill sets.

Skills Assessment: The session involved an assessment of students' skills and strengths, aiding them in understanding their capabilities and potential career paths that align with their abilities.

Industry Insights: Professor Vedi shared valuable industry insights, trends, and emerging opportunities, giving students a better understanding of the current job market and future prospects.



Networking Strategies: The importance of networking in career advancement was emphasized, along with strategies for building professional connections and leveraging networking opportunities.

Career Goal Setting: The session focused on setting realistic and achievable career goals, empowering students to create a roadmap for their professional growth and development.



In the above session, there were **65 students from various classes**. Additionally, from the teaching faculty, **Dr. Jagdish Chand**, the Coordinator of Career Guidance Cell, along with **Sh. Sandeep Kumar**, **Sh. Ajay Singh**, and **Sh. Ajay Kumar** were present.

M.S.

**Principal
Govt. College Sangrah
Distt. Sirmour H.P.**

NSS Unit

Report on “Har Ghar Tiranga Aazadi ka Amrit Mahatsav: In compliance with letter No.H.E.(8)A(1)VIDHI on dated 02/08/2022 directorate of higher education following activities have been carried out in Government Degree College Sangrah under “**Har Ghar Tiranga Aazadi ka Amrit Mahatsav**”

On dated 04/08/2022 Poster making competition was organized by the government college Sangrah. In this event 16 students participated. The program was co-ordinated by assistant prof. Ajay Singh. Assist. Prof Vikram and assist. Prof Ashok were judges for the event. This event started at 11:00am. Posters made by students were evaluated by the judges. After that the names of prize winners were announce by the principal college Sangrah sh. Dev Raj Sharma. He appreciated the efforts made by students and teachers and also motivated students to participate in forth coming events.




Principal
Govt. College Sangrah
Distt. Sirmour H.P.

On dated 05/08/2022 an **ESSAY WRITING** Competition was conducted by the Govt. College Sangrah. This competition was coordinated by assist, prof. Vikram. Assist. Prof Ajay Singh and Assist, Prof. Ashok were judges for the competition. In this competition number of participant were 10. After completion of the event written scripts of the participants were evaluated by the judges and the names of the prize winners were announced by principal govt. college Sangrah sh. Dev Raj Sharma. In this competition Nishant stood first Sheetal Sharma second and Anjana Sharma third.




Principal
Govt. College Sangrah
Distt. Sirmour H.P.

RANGOLI MAKING Competition under “HAR GHAR TIRANGA” was organized on dated 06/08/2022. The program was co-ordinated by assist. Prof. Ajay Singh. Assist. Prof. Vikram, Assist prof. Ashok and Assist. Prof. Vinod were the judges. Total 28 (seven teams A, B, C, D, E, F, G) students participated in the event. The team E led by Nitika Chauhan stood first, team A led by Sapna Thakur stood second and team F led by Ritu stood third. Names of the prize winners were announced by Principal Govt. College Sangra, Sh. Dev Raj Sharma.




Principal
Govt. College SangraH
Distt. Sirmour H.P.

DECLAMATION competition was conducted on dated 08/08/2022. This programme was co-ordinated by assist Ajay Singh. Numbers of participants in the event were 10. Judges for the event were Assist. Prof. Ajay Kumar, Vikram Singh and Ashok Kumar. **Sapna Thakur** stood first, **Anita** second and **Rohit** third



QUIZ Competition was organized on dated 10/08/2022 under “**Har Ghar Tiranga Aazadi ka Amrit Mahatsav .**” The programme was Co-ordinated by assist. prof. Ajay kumar. Assist. prof. Ajay Singh, assist. Prof Ashok kumar were quiz masters. There were 12 teams out of which 04 were short listed for the Final quiz rounds. Team **D** lead by Rajeev Kumar stood first, team **B** lead by Promila stood second and team **C** lead by Nishant stood third.




Principal
Govt. College SangraH
Distt. Sirmour H.P.



TIRANGA RALLY was organized on dated 12/08/2022 by the NSS program officer assist. prof. Ajay Singh and co-ordinator of “Unnat Bharat Abhiyan” assist. prof. Jagdish Chand. Assist. prof Ajay Kumar assist. Prof Neelam and Supdtt. Sh Rajinder Chauhan were present during the event. It was decided that students would march from college to Kalimitti Sangrah. The rally of students was guided by the NCC, ROVER/RANGER and NSS volunteers. Around 250 Students of this college were participated in this rally.



**Principal
Govt. College Sangrah
Distt. Sirmour H.P.**



Campus Beautification One day Cleanliness Camp:- A one day cleanliness camp surrounding the institutional building has been organized by NSS Unit of this college and 57 NSS Volunteers were participated in this event.



**Principal
Govt. College SangraH
Distt. Sirmour H.P.**



Constitution day: with the collaboration of NCC Unit of this college NSS unit organized a quiz contest for college students regarding Constitution day on dated 26th Nov, 2022. Around 150 Students participated in this contest.



**Principal
Govt. College Sangrah
Distt. Sirmour H.P.**

Special Seven Days NSS Camp: DAY I: Inaugurated special camp on dated 24/2/2023 under the theme of *Yuva Utsaha Naya Bharat Ka*. Out of 158 volunteers 49 volunteers were registered for this camp.



DAY II: 25-02-2023: Volunteers taught drill commands as well as meditation and then went for field work around the campus building of the college. After lunch Dr. Jagdish Chand (Dept. of Geography) delivered a lecture on the topic “*Burning Environment Issues and Devasting Earth*”.



Field Word

DAY III: 26-02-2023



M. L.

Principal
Govt. College Sangraha

SHO Shri Brij Lal Mehta



Academic Session

DAY IV:



Field work



**Principal
Govt. College Sangrah
Distt. Sirmour H.P.**



DAY V:



Ms. Kamla Sharma



Academic Session:2

**Principal
Govt. College Sangrah
Distt. Sirmour H.P.**



DAY VI

Prabhat pheri



Field work

**Principal
Govt. College Sangrah
Distt. Sirmour H.P.**

Road Safety Club

Poster Making Competition: 17-9-2023: Road Safety Club of this college organized a Poster Making Competition with the theme of Road Safety in India. 23 Students of this college were participated in this competition.



Awareness Programme: 28 April, 2023: A one day awareness programme regarding traffic laws was organized by Road safety club where volunteers aware and encourage people to follow traffic laws properly.



NCC

TIRANGA RALLY was organized on dated 12/08/2022 by the ANO assist. prof. Neelam and co-ordinator of “Unnat Bharat Abhiyan” assist. prof. Jagdish Chand.. It was decided that students would march from college to Kalimitti SangraH. The rally of students was also guided by the NCC cadets





Awareness Programme of NCC Cadets: Nov 1st, 2022 Awareness regarding Laws and Drug abuse was organized for ncc cadets by ANO Mr. Sandeep Kumar. Mr. Sumit kumar and his fellow from local Police Station, Sangrah came and deliver a wonderful lecture on that topic.



**Principal
Govt. College Sangrah
Distt. Sirmour H.P.**



Duties in Legislative Assembly Election by NCC Cadets: Nov 12 , 2022 ncc cadets of this college gave responsibility by election office, Sangrah to conduct peaceful election at their home village booths.



Principal
Govt. College Sangrah
Distt. Sirmour H.P.

Constitution day: with the collaboration of NSS Unit of this college NCC unit organized a quiz contest for college students regarding Constitution day on dated 26th Nov, 2022. Around 150 Students participated in this contest.



Annual NCC Day Celebration: Nov, 28th 2022 Annual NCC day was celebrated by NCC Unit of this college in the leadership of ANO Mr. Sandeep Kumar.



ATC Camp 2022 at Eternal University Baru Sahib: Dec, 2022: NCC Cadets (Girls) were participated in 10 days camp at eternal university baru sahib. More than 30 cadets participated in this camp under the leadership of SUO Priya Chauhan.



Annual Athletic Meet: On dated 21st-22nd December, 2022 Annual Athletic Meet was organized and NCC Cadets of this institution gave their participation in various games and task. NCC Cadets of BA Third Year Shalini Pundir awarded as Best Athlete also.




Principal
Govt. College Sangrah
Distt. Sirmour H.P.

Celebration of Independence Day: 26th January, 2023 on the occasion of Independence Day of this country, Cadets of NCC unit participated in the drill and cultural function organized by SDM SangraH. 25 NCC cadets were participated in this parade.



Traffic Duty by NCC Cadets: Feb 8th to 11th 2023 NCC Cadets of BA third year Gave Traffic duty with the collaboration of Local Police Station with the permission of SHO.



Annual Prize Distribution Function: On dated 25th March, 2023 annual Prize Distribution Function was held in this institution and NCC unit had a responsibility to maintain decorum and discipline. NCC Cadet and Senior Under Officer Priya Chauhan also awarded as Best NCC Cadet. Around 420 Students were presented in this function



Rover & Ranger Unit

Nipun Camp at Rivalsar, Mandi: In the month of August, 2022 six Rover Cadets went for Nipun camp which was organized at Rivalsar, Mandi, Himachal Pradesh.




Principal
Govt. College SangraH
Distt. Sirmour H.P.