

Govt. Degree College, Nirmand
District Kullu, H.P. - 172023



Supporting Documents

Criterion: 2

Metric: 7.i

Particular	Page Nos.
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Declamation Competition on International Women's Day	9-14

DATE :

20.7.11

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GOVT. DEGREE COLLEGE, NIRMAND
DISTRICT KULLU, H.P.

NOTICE

26-10-2023

All the girls students of this college are directed to assemble in the college lecture hall-1 at 2:30 pm to attend a lecture on "Health and Hygiene" today positively.

Resource person
Dr. Priyanka Thakur
Assistant Professor/HOD Department of English.

Participation is mandatory for all girls students.

Convenor
Career Guidance and Counselling Cell
GDC Nirmand

Principal
Govt. Degree College Nirmand
Distt. Kullu(H.P) 172023

Principal
Govt. Degree College
Nirmand, Distt. Kullu H.P.

DATE: 26-10-2023

2

Lecture Series - 1.

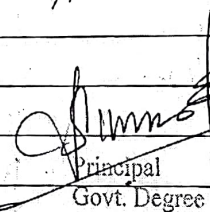
Topic: "Health & Hygiene"

Resource Person: Dr. Priyanka Thakur. ~~Dr. P.~~
HOD/A/P. Deptt. of English.

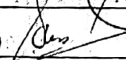
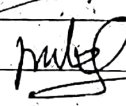
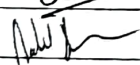
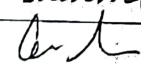
⇒ Career Guidance & Counselling Cell of the college has started Lecture Series on the various Students related issues.

Today on started a lecture on "Health & Hygiene" has been organised in the college lecture hall. & for the all girls Students of the College to make them aware about the personal health issues.

Following were present:


Principal
Govt. Degree College
Nirmand Dist. Kullu H.P.

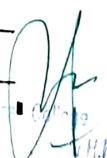
Teacher & Staff.

1. Sushma Sharma (Career) 
2. Dr. Madan Thakur. 
3. ~~Dr. P.~~ A/P Rajesh Chandra
4.  A/P Rahul Sharma
5. Dr. Gaurav Singh 
- 6.
- 7.

Students

- | | | | |
|------------------|-------------|-------|---------------|
| 1. Sarjesta | BA 1st year | 23031 | Sarjesta |
| 2. Mamta Thakur | BA 1st year | 23030 | Mamta Thakur |
| 3. Omwati Thakur | BA 1st year | 23027 | Omwati Thakur |
| 4. Jyoti Thakur | BA 1st year | 23020 | Jyoti Thakur |
| 5. Sakna Soni | BA 1st year | 23041 | Sakna Soni |
| 6. Rajkumari | BA 1st year | 23050 | Rajkumari |

Principal
Govt. Degree College
Nirmand Dist. Kullu H.P.


Principal
Govt. Degree College
Nirmand Dist. Kullu H.P.

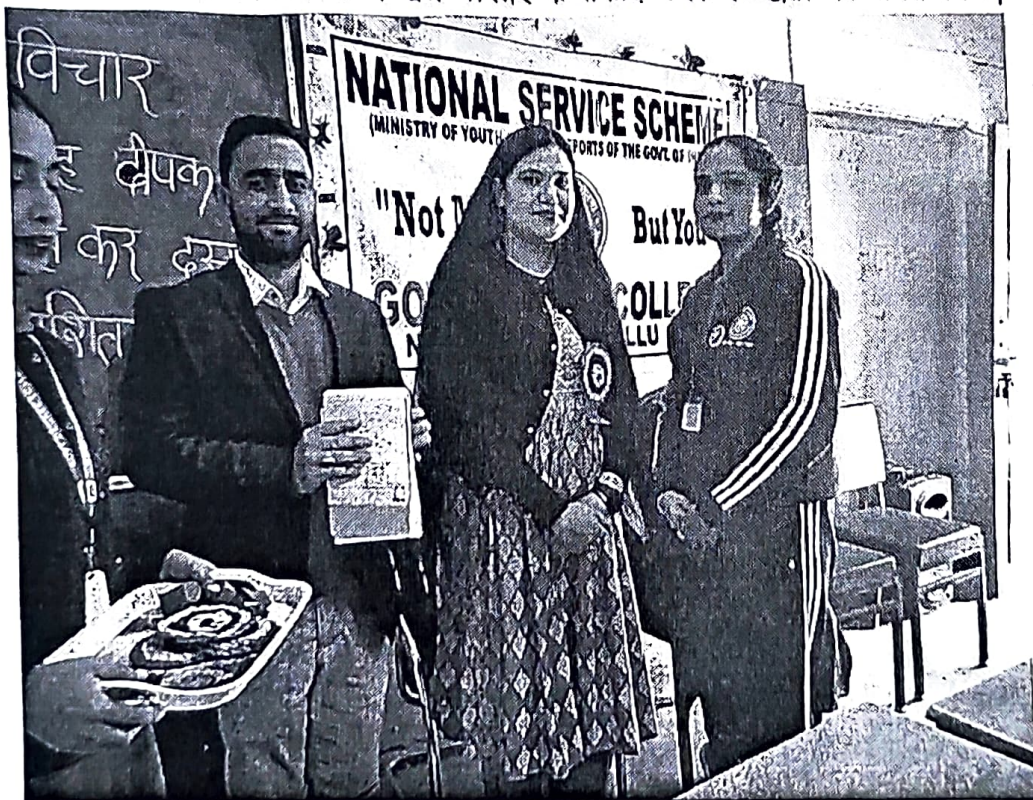
DATE :

Neeta Raj	B.A. 2 nd Year	21010	Neeta Raj
6. Tejendra	B.A. 3 rd year	21027	Tejendra
9. Sneha Devi	B.A. 3 rd year	21002	Sneha
10. Tanya Kumari	B.A. 3 rd year	21012	Tanya
11. Anchal	B.A. 3 rd year	21035	Anchal
12. Nikhita	BA 3 rd year	21042	Nikhita
13. Jeevna Thakur	BA 2 nd Year	22023	Jeevna
14. Sushreeja	BA 2 nd Year	22025	Sushreeja
15. Kisan Bala	B.A. 3 rd Year	21017	Kisan Bala
16. SNEHLATA	B.Com 1 st Year	231003	Snehlata
17. Nandita	B.A. 1 st Year	21003	Nandita
18. Preeti	BA 1 st Year	23022	Preeti
19. Kanika	BA 1 st year	23038	Kanika
20. Raksha	BA 1 st year	23004	Raksha
21. Sakshi	BA 1 st Year	23005	Sakshi
22. Sushmita	BA 2 nd year	22015	Sushmita
23. Aditika Sharma	B.A. 2 nd Year	22019	Aditika
24. Gulshan	B.A. 2 nd Year	22013	Gulshan
25. Anchal	B.A. 1 st year	23099	Anchal
26. Nishi Thakur	B.A. 1 st year	23053	Nishi
27. Sonika	B.A. 2 nd year	22034	Sonika
28. Bhumika	B.A. 2 nd year	22021	Bhumika
29. Dolly Kaushal	B.A. 2 nd year	22006	Dolly
30. Anushka	B.A. 3 rd year	21018	Anushka
31. Sonika	B.A. 3 rd year	21026	Sonika
32. Disha	BA 1 st year	23047	Disha

Principal
Govt. Degree College
Nirmand Dist. Kullu H.P.

Principal
Govt. Degree College
Nirmand Dist. Kullu H.P.

आज दिनांक 21 फरवरी 2024 को राजकीय महाविद्यालय निरमंड के राष्ट्रीय सेवा योजना के विशेष शिवर का तीसरा दिन था। जिसकी शुरुआत स्वयंसेवियों ने आज के विचार से की। आज के कार्यक्रम के मुख्य अतिथि के रूप में स्थानीय अस्पताल से डॉ. गीतान्जली आए थे, जिन्होंने स्वयंसेवियों को मानसिक और शारीरिक स्वास्थ्य के बारे में बताया। अपने वक्तव्य के दौरान उन्होंने स्वयंसेवियों को पोष्टिक आहार लेने को कहा। कार्यक्रम के अंत में कार्यक्रम के अधिकारी राहुल शर्मा ने मुख्य अतिथि का धन्यवाद करते हुए स्मृति चिन्ह प्रदान किया। लंच करने के बाद सभी स्वयंसेवियों ने खेल परिसर के सफाई करके स्वच्छता का संदेश दिया।



[Signature]
 Principal
 Govt. College
 Kullu, Dist. Kullu

[Signature]
 Principal
 Govt. College
 Nirmand, Dist. Kullu H.P.

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**Govt. Degree College, Nirmand
District Kullu, Himachal Pradesh- 172023**

Women Grievance And Redressal Cell

4 March, 2024

Special Lecture on International Women's Day-2024

This is for the information of all the students that a special lecture is being organized in the college by its Women Grievance & Redressal Cell as a part of International Women's Day celebration-2024. The detailed information of the lecture is as following:

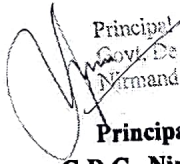
**Special Lecture by: Dr Rajan Devi Negi
Principal, G.D.C., Nirmand**


Date: 06 March, 2024

Time: 11:30 AM

Venue: Room No. 2


**Dr Priyanka Thakur
Member (Women Grievance & Redressal Cell)**


**Principal
G.D.C., Nirmand**


**Principal
Govt. Degree College
Nirmand, Distt. Kullu H.P.**

Women Grievance & Redressal Cell (G.D.C., Nirmand)
in collaboration with

Amar Ujala - Rampur office - "Aparajita
Programme" 1/2

Attendance chart for International Women's Day celebration-2024 In r/o GC Nirmand.

Date:- 06/03/2024

Sr. No	Name of the Student	Class	Class Roll No.	Univ. Reg. No.	Sign
1.	Saroj	B.A. 1st year	22017		Saroj
2.	Seema	B.A. 3rd year	21002		Seema
3.	Kamla Verma	B.A. 1st year	22037		Kamla
4.	Sushmita	B.A. 2nd	22015		Sushmita
5.	Sanjita	B.A. 1st year	22031		Sanjita
6.	Tamara Verma	B.A. 1st year	21012	21-GCNK-38	Tamara
7.	Jaiprada	B.A. 1st year	21027		Jaiprada
8.	Nikhita	B.A. 1st year	21042		Nikhita
9.	Anchal	B.A. 1st year	21035		Anchal
10.	Ramika	B.A. 1st year	21022		Ramika
11.	Neeta Raj	B.A. 1st year	21010		Neeta Raj
12.	Kiran Bala	B.A. 1st year	21017		Kiran Bala
13.	Ujjai Thakur	B.A. 1st year	23020	23-GCNK-35	Ujjai
14.	Manita Thakur	B.A. 1st year	23030	23-GCNK-34	Manita
15.	Omlata Thakur	B.A. 1st year	23027	23-GCNK-34	Omlata
16.	Priyanka Thakur	B.A. 1st year	23009		Priyanka
17.	Neha Bisht	B.A. 1st year	23040		Neha
18.	Garima	B.A. 1st year	21019		Garima
19.	Anshika	B.A. 1st year	23029		Anshika
20.	Shreeta	B.A. 1st year	21007		Shreeta
21.					
22.	Preeti	B.A. 1st year	23022		Preeti
23.	Pallvi	B.A. 1st year	23019		Pallvi
24.	Deeksha	B.A. 1st year	22041		Deeksha
25.	Sumiksha	B.A. 1st year	22001		Sumiksha
26.	Jaswanti	B.A. 1st year	23043		Jaswanti
27.	Disha	B.A. 1st year	22035		Disha
28.	Manisha Thakur	B.A. 2nd year	21029		Manisha
29.	Tara	B.A. 2nd year	22033		Tara
30.	Bhumi	B.A. 3rd year	21031		Bhumi
31.	Anushka	B.A. 3rd year	21018		Anushka
32.	Snika	B.A. 3rd year	21026		Snika
33.	Aditi	B.A. 2nd year	22019	22-GCNK-8	Aditi
34.	Gulshan	B.A. 2nd year	22013	22-GCNK-13	Gulshan
35.	Neha	B.A. 2nd year	22037	22-GCNK-10	Neha
36.	Shah Lata	B.A. 1st year	23003		Shah Lata
37.	Kanuf	B.A. 3rd year	21053		Kanuf
38.	Sujal	B.A. 2nd year	22054		Sujal
39.	Chand Kishore	B.A. 2nd year	22056		Chand
40.	Hikim	B.A. 2nd year	22022		Hikim
41.	Deepak	B.A. 1st year	23011		Deepak
42.	Sandeep Kumar	B.A. 3rd year	21009		Sandeep

Women Grievance & Redressal Cell:

1. Dr. Priyanka Thakur
2. Asst. Prof. Rajesh Kumar

Principal
Govt. Degree College
Nirmand Dist. Jammu & P.
G.D.C., Nirmand

Principal
Govt. Degree College
Nirmand, Dist. Jammu & P.

43.	Nikita	B.A 3rd year	21016		Nikita
44.	Samrati	B.A 1st year	23024		Samrati
45.	Pallavi	B.A 1st year	23023		PALLAVI
46.	Nikita Verma	B.A 1st year	23026		Nikita
47.	Madhu Bala	B.A 1st year	23019		Madhu
48.	Suman Thakur	B.A 1st year	23021		Suman
49.	Rajkumari	B.A 1st year	23050		Rajkumari
50.	Sunder Lata	BA 3rd year	21013	21-GCNK-35	Sunder Lata
51.	Shiksha Rathour	BA 1st year	23051		Shiksha
52.	Parswati	B.Com 6th year	231006		Parswati
53.	Sakshi	B.A 1st year	23002		Sakshi
54.	Disha	BA 1st year	23047		Disha
55.	Diksha	B.A 3rd year	21048		Diksha
56.	Manika	B.A 1st year	23039		Manika
57.	Senika	B.A 1st year	23049		Senika
58.	Jyoti	B.A 1st year	23006		Jyoti
59.	Payal	B.A 1st year	22009		Payal
60.	Ranjana	B.A 1st year	22020		Ranjana
61.	Karti	B.A 1st year	22003		Karti
62.	Shabnam	B.A 1st year	23001		Shabnam
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Women Grievance & Redressal Cell:

1. Dr. Poojanka Thakur for
2. Asst. Prof. Rajesh Kumar

Principal
Govt. Degree College
Nirmal, Distt. Nirmal

Principal
Govt. Degree College
Nirmal, Distt. Kullu H.P.

Govt. Degree College, Nirmand
District Kullu, Himachal Pradesh- 172023

Women Grievance And Redressal Cell

4 March, 2024

Declamation Competition

This is for the information of all the students that a Declamation competition is being organized in the college by its Women Grievance & Redressal Cell as a part of International Women's Day celebration-2024. The detailed information of the competition is as following:

Date: 06 March, 2024

Time: 11:30 AM onwards (Reporting time: 11:00 AM)

Venue: Room No. 2


Topic: "Invest in Women: Accelerate Progress"

Language: English or Hindi

Time allowed: Maximum 8 minutes

Interested students can give their names to Dr. Priyanka Thakur by 5 March, 2023 till 4:00 PM.


Dr Priyanka Thakur
Member (Women Grievance & Redressal Cell)


Principal
Govt. Degree College
Nirmand Distt. Kullu H.P.
Principal
G.D.C., Nirmand


Principal
Govt. Degree College
Nirmand, Distt. Kullu H.P.

Date: 06 March, 2024

Women Grievance And Redressal Cell
 Govt. Degree College, Nirmand (District Kullu, H.P.)
 in collaboration with "Amul Udal - Rampur Office - Aparajita Programme"

Declaration Competition

List of Participants

Sr. No.	Name	Parent's Name	Class	Class Roll No.	Univ. Reg. No.	Signature
1	Sushmeeta	Kumar Ram	B.A 2nd year	22015	22-GCNK-18	Sushmeeta
2	Shanjeeva	Mr. Pawan Kumar	B.A 1st year	23031	—	Shanjeeva
3	Kaanti Verma	Mr. Babu Kumar	B.A 1st year	23037	—	Kaanti
4	Tamara Verma	Mr. Balu Prakash	B.A 1st year	21012	21-GCNK-38	Tamara
5	Soraj	Mr. Ramesh Kumar	B.A 1st year	22017	—	Soraj
6	Verma	Mr. Bal Chandra	B.A 3rd year	21002	—	Verma
7	—	—	—	—	—	—
8	—	—	—	—	—	—
9	—	—	—	—	—	—
10	—	—	—	—	—	—

Women Grievance & Redressal Cell:

1. Dr. Priyanka Tinker
2. Mr. Prof. Rajesh Kumar

Principal

Dr. G.D.C., Nirmand
 Govt. Degree College
 Nirmand Distt. Kullu H.P.

Principal
 Govt. Degree College
 Nirmand, Distt. Kullu H.P.

Date: 6th March 2024

Women Grievance And Redressal Cell
Govt. Degree College, Nirmand (District Kulfa, H.P.)

Declaration Competition ("Invest in Women: Accelerate Progress")
In Collaboration With Amas Ujala - Kampus of the under "Sparshita
RESULT

Position	Name
First	Sanjita (GA I)
Second	Saroj (GA II)
Third	Seema (GA III)

Judges

- 1) Prof. Sarinder Sharma
- 2) Prof. Madan Thakur
- 3) Prof. Gaurav Sood

Women Grievance &
Redressal Cell:

1. Dr. Poojanka Thakur
2. Asst. Prof. Rajesh Kumar

Principal
Govt. Degree College
Nirmand Distt. Nirmand H.P.

Principal
Govt. Degree College
Nirmand, Distt. Kulfa H.P.

Women Grievance & Redressal Cell
Govt. Degree College, Nirmand
District Kullu, Himachal Pradesh- 172023

A Report on Women's Day Celebration in Collaboration with Amar Ujala Foundation's
"Aprajita: 100 Million Smiles Programme"

Women Grievance & Redressal Cell, in collaboration with Amar Ujala Foundation's "Aprajita: 100 Million Smiles Programme", organized a Special Lecture and a Declamation competition in Lecture Room No. 2 on 6 March, 2024 as a part of International Women's Day celebration in the college. The theme for the lecture and the declamation competition was according to the official theme of year—"Invest in Women: Accelerate Progress".

The special lecture was delivered by Dr Rajan Devi Negi, Principal Govt. Degree College- Nirmand, who emphasized the need of providing equal opportunities to all the genders through various social and economic reforms. The lecture highlighted the success stories of women entrepreneurs across the world and also motivated students to take active part in ending various gender gaps. A total of 62 students attended the lecture and gained insight into complexities of gender related issues.

The Bureau Head of Amar Ujala- Rampur Bushahr Circle, Sh Dharmender Bogyato, also addressed the students and explained the vision and mission of Amar Ujala Foundation's "Aprajita : 100 Million Smiles Programme". Sh. Bogyato, along with his team members—Ms. Ishika and Mr. Tilak Raj, threw light on various initiatives that are taken under Aprajita programme.

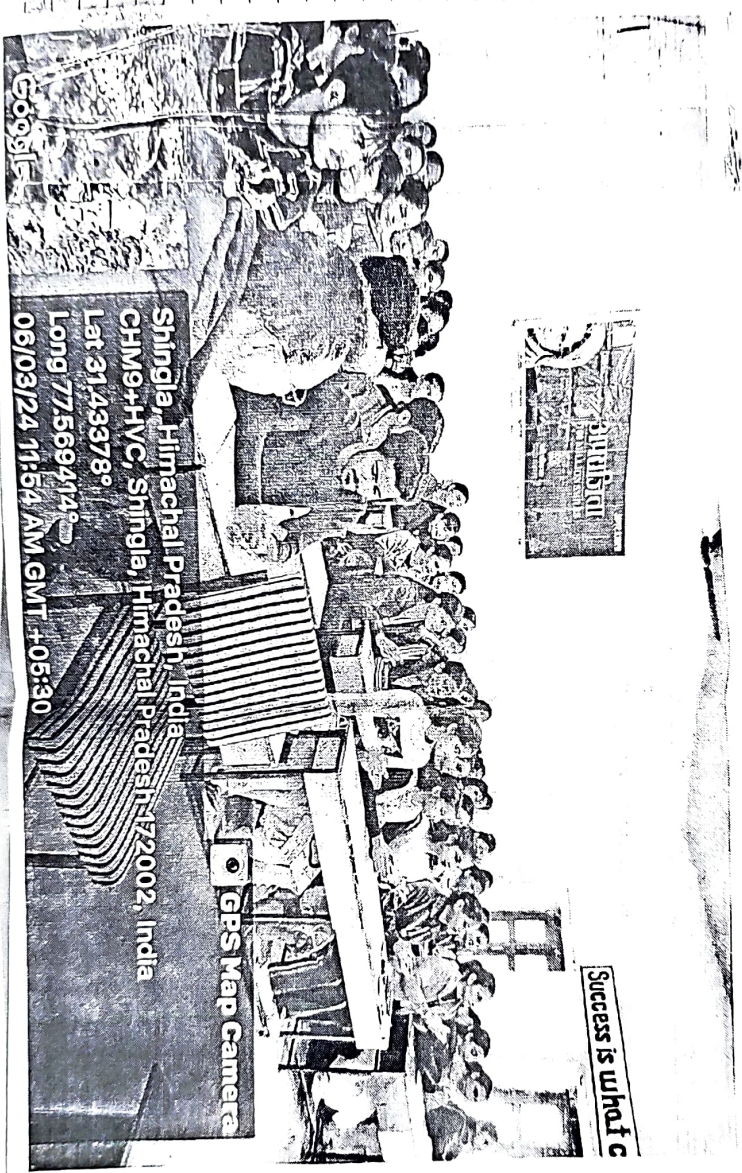
A total of six students participated in the declamation competition which was judged by Asst. Prof. Surinder Dhiman, Dr Madan Thakur and Dr. Gaurav Sood. The participants presented their views on the topic in Hindi and English. The views presented by the participants were highly appreciated by the co-organizer of the event. The first position was secured by Sanjita of B.A. 1st year, second by Saroj of B.A. 2nd year and third by Seema of B.A. 3rd year. The winners of the competition were given prizes by Amar Ujala Foundation.

Dr Rajan Devi Negi, Principal-G.D.C., Nirmand, felicitated the women members of the non-teaching staff of the college- Smt. Dev Kumari, Smt. Kaushalya and Smt. Sushma- for their sincere contribution in the smooth functioning of the college. Dr. Negi also congratulated all the participants and appreciated the efforts of the organizers for providing a platform to the students where they could express and listen to different views on gender related issues.

Women Grievance & Redressal Cell
Dr Priyanka Thakur
Asst. Prof. Rajesh Kumar

Principal
Govt. Degree College
Nirmand, Kullu H.P.
G.D.C., Nirmand

Principal
Govt. Degree College
Nirmand, Kullu H.P.



lecture of "Health & Hygiene"
(Practical)

Principal
Govt. College
Nimand, Distt. Yulu H.P.