



**DR.Y.S. PARMAR**

**GOVERNMENT POST GRADUATE COLLEGE NAHAN  
DISTT. SIRMOUR HIMACHAL PRADESH**

## **CRITERION 5**

### **MATRIX 5.1**

#### **KEY INDICATOR 5.1.3**

Capacity building and skills enhancement initiatives taken by the institution include the following

1. Soft skills, 2. Language and communication skills,
3. Life skills (Yoga, physical fitness, health and hygiene), 4. ICT/computing skills

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# **I. SOFT SKILL DEVELOPMENT**

a. Graduate Add on Programme: Merchandiser

Prof. Ravinder  
Principal  
30/11/21

No. EDN-H(8)A(6)-Misc./2016  
Directorate of Higher Education (H.P.)  
Email: dhe-sml-hp@gov.in, college\_branch@rediffmail.com  
Phone No. 0177-2653120, 2653575, Ext. 221 Fax: 0177-2812882.  
Dated, Shimla-171001 the, 10<sup>th</sup> Nov, 2021

To

The Principal (s)  
1. GDC Nahan, Distt. Sirmour  
2. GDC Nadaun, Hamirpur  
3. GDC RKMV, Distt. Shimla  
4. GDC Sarkaghat, Mandi  
5. GDC Chaura Maidan, Distt. Shimla  
6. GDC Seema, Distt. Shimla  
7. GDC Ghumarwin, Bilaspur  
8. GDC Dhaliara, Kangra  
9. GDC Paonta Sahib, Distt. Sirmour  
10. GDC Amb, Distt. Una  
11. GDC Seraj at Lambathach, Distt. Mandi  
12. GDC Nalagarh, Distt. Solan  
13. GDC Dadasiba, Distt. Kangra

10 NOV 2021

Subject: - Regarding support in facilitating the implementation of Graduate Add On Programme in 13 Government Degree Colleges of Himachal Pradesh under TSP Package-07 under Asian Development Bank(ADB) assisted Flagship Training Programme.

This in reference to letter No. HPKVN/1(506)/2020 dated 30<sup>th</sup> June, 2021 received from the Managing Director, HPKVN, Shimla-9 on the subject cited above.

In this context, you are directed to coordinate and cooperate with M/s Technopak Advisor Pvt. Ltd. for project implementation so that skill development training could be conducted in the interest of the students.

(Dr. Parthod Chauhan)  
Addl. Director of Higher Education  
Himachal Pradesh.



### GRADUATE ADD ON PROGRAMME

Graduate Add on Programme in Govt. College Nahani District Sirmour, H.P. was commenced on 16<sup>th</sup> November 2021.

**Graduate Add on Programme Implemented by Indian Institute of Skill Development Training (IISD)**

**Project Sponsor:** - Asian Development Bank (ADB) assisted Flagship Training Programme

**Project Team:** - Technopak Advisor Pvt. Ltd.

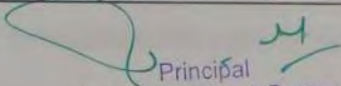
**Name of Course Introduced:** - Merchandiser

**Objectives of the Programme:** - The main objectives of this programme are below:-

- ✓ To impart skill training and quality vocational training to youth to make them highly competitive to secure livelihood with an ease.
- ✓ To establish an IT and modern technology based information system providing plethora of latest information and trends in the market for skill up-gradation.
- ✓ To frame quality assurance model to cultivate the best minds with honed up skills.
- ✓ To encourage self sufficient skill based mindset to equip the trainee with self employment zeal and entrepreneurship skills in order to explore opportunities available in the market.
- ✓ To make Youth more employable as per the market needs and trends.
- ✓ To create a single access platform for job seekers and provide guidance in self employment opportunities.
- ✓ To create tie-ups with different skill development and placement agencies in public and private sectors.

#### Implementation Plan

- The Students of B.A./B.Sc./B.Com./B.C.A. & B.Voc. final year were enrolled for training under Graduate Add on Program.
- The duration of the training period was 580 Hours  
( 540 Hours for Merchandising & 40 Hours for Soft Skills)

  
Principal  
Dr. Yashwant Singh Parmar  
Govt. P.G. College, Nahani

### WORLD YOUTH SKILL DAY ON 15<sup>TH</sup> JULY 2022

On 15<sup>th</sup> July 2022, Domain Trainer Sh. Bharat Bhushan & Ms. Amita Kumari along with 11 (Eleven) students of Add on Programme attended World Youth Skill Day programme organised by Himachal Vikas Kaushal Nigam (HPKVN) at Industrial Training Institute (ITI) Nahan. The students participated in different competitions organised by HPKVN. But in poster making competition, the posters of Add on Course students of Govt. College Nahan were judged best among all participants of different institutions.



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Photograph 1 Students of Add on Course Participated in Various Activities on the Occasion of World Youth Skill Day

### CERTIFICATE DISTRIBUTION

After assessment, 103 students were awarded certificates of Merchandiser under the banner of Ministry of Skill Development and Entrepreneurship Government of India. Out of 103 certified students, 17 students have got placement in different companies.



DEVENDER KUMAR  
NODAL OFFICER ADD ON PROGRAMME  
GOVT. POST GRADUATE COLLEGE NAHAN






PRINCIPAL  
GOVT. POST GRADUATE COLLEGE NAHAN

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Photograph 2 Students of Add on Course with Their certificates at the End of the Course

## **II. LANGUAGE AND COMMUNICATION SKILLS**

- a. Essay writing, declamation, sulekh competition during Rajbhasha Hindi Pakhwara

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EST. 1963  www.gcnahan.in  gcnahan-hp@nic.in  01702-251107

**A Report**

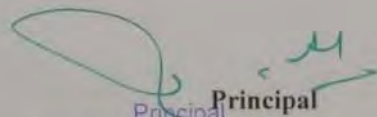
**State Level Inter College Declamation, Essay Writing and Poem Writing  
Competitions Organized by Language and Cultural Department of  
Himachal Pradesh on 13<sup>th</sup> September 2021**

State level inter college Declamation, Essay writing and Poem writing competitions were organized by Language and cultural Department of Himachal Pradesh on 13<sup>th</sup> September 2021 to celebrate "Rajbhasha Hindi Pakhwara". Students from various colleges of Himachal Pradesh participated in these competitions. Following students of Dr. Y. S. Parmar, Govt. P. G. College Nahani participated in the said competitions :

Sr. No.	Name of the student	Class	Roll No.
1	Suhani Attri (Declamation)	BA 2 <sup>nd</sup> Year	20506054
2	Manisha Chauhan (Essay writing)	BA 2 <sup>nd</sup> Year	20513210
3	Priyanshu Chauhan (Poem Writing)	BSc 2 <sup>nd</sup> Year	20453195

Suhani Attri got the first prize in declamation competition and Manisha Chauhan got first prize in Essay writing competition. Dr. Y. S. Parmar, Govt. P. G. College Nahani was declared as the overall winner of State level Inter College competitions. Winners of the competitions were awarded by Hon'ble Education Minister of HP Sh. Govind Singh Thakur.

*Mulam Singh*  
(Department of Hindi)

  
Principal  
Dr. Yashwant Singh Parmar  
Govt. P.G. College, Nahani



# हिंदी भाषा को औपचारिक न बनाएं

मंत्री गोविंद सिंह ठाकुर ने सभी से हिंदी बोलने व काम करने का किया आह्वान



दिव्य हिमाचल ब्यूरो- शिमला

हिंदी को सिर्फ औपचारिक न बनाएं ज्यादा से ज्यादा हिंदी भाषा का प्रयोग करें। शिक्षा, भाषा एवं संस्कृति मंत्री गोविंद सिंह ठाकुर ने मंगलवार को हिंदी दिवस के मौके पर आयोजित कार्यक्रम के दौरान यह बात कही। उन्होंने कहा कि पूरे देश में हिंदी दिवस मनाया जाता है। किसी भी राष्ट्र के लिए

एक सूत्र में बांधे रखने के लिए उसका संविधान, निशान तथा उसको राष्ट्रभाषा की आवश्यकता रहती है। भारत में हिंदी राष्ट्रभाषा के रूप में व्यवहार में लाई जा रही है। भाषा एवं संस्कृति विभाग द्वारा राज्यस्तरीय हिंदी दिवस पर राजभाषा पुरस्कार वितरण समारोह का आयोजन गेयटी थियेटर शिमला में किया गया। राजभाषा पुरस्कार वितरण समारोह में सर्वप्रथम राजभाषा पखवाड़ा के अंतर्गत प्रदेश के विभिन्न जिलों से आए कालेजों के

छात्रों को जिन्होंने विभिन्न प्रतियोगिताओं में भाग लिया व विजेता घोषित हुए। उन्हें मुख्यातिथि ने पुरस्कृत किया। तत्पश्चात विभिन्न विभागों से आए अधिकारी व कर्मचारियों को हिंदी में उत्कृष्ट कार्य करने के लिए सम्मानित किया गया। इन प्रतियोगिताओं में निर्णायक मंडल को भी सम्मानित किया गया।

## हिंदी निबंध में मनीषा फर्स्ट


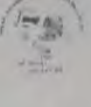
अंतरमहाविद्यालय हिंदी निबंध लेखन प्रतियोगिता में राजकीय महाविद्यालय नाहन से मनीषा ने प्रथम पुरस्कार प्राप्त किया, राजकीय महाविद्यालय, चौड़ा मैदान शिमला तमन्ना ठाकुर दूसरे स्थान पर रही, राजकीय उत्कृष्ट महाविद्यालय संजौली शिमला प्रियंका शर्मा तीसरे स्थान पर रही। राजकीय महाविद्यालय मंडी देसराज सांत्वना चौथे और राजकीय संस्कृत महाविद्यालय फगली से श्वेता शर्मा पांचवें स्थान पर रही, अंतरमहाविद्यालय हिन्दी भाषण प्रतियोगिता में सुहानी अत्री पहले स्थान पर रही। निखिल गौतम दूसरे, पूजा तीसरे और मिनावती शर्मा चौथे स्थान पर रही। अंतरमहाविद्यालय हिंदी कविता लेखन प्रतियोगिता प्रांशु आदित्य पहले, कमल चंद दूसरे, संज्ञा तीसरे, सर्वजीत कौर चौथे और ऋतिका चौहान पांचवें स्थान पर रही।

News Clipping 1 State Level Hindi Diwas Celebration at Shimla



News Clipping 2 Student of BA 2<sup>nd</sup> Year Suhani Attri Got 1<sup>st</sup> Position in State Level Declamation Competition Held in Shimla

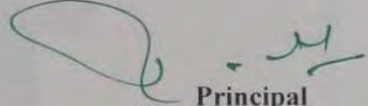
- b. Essay writing, Slogan writing, Poetry, declamation, sulekh competitions on Hindi Diwas

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**Hindi Divas Celebration**  
**By**  
**Department of Hindi**

Department of Hindi celebrated "Hindi Divas" on 15th September 2021. Various competitions like declamation, Hindi essay writing, poem writing and slogan writing were organised on Hindi divas. Ms. Molam Dolma and Dr. Himender of Hindi Department were present during the event. In declamation Ms. Suhani of BA 2nd year got the first prize, Ashish Thakur from BA 2nd year got the second price, and Mehak from BA 1st year won the third prize. In Essay writing competition Manisha Chauhan from BA 2nd year won the first prize, Ritika BA 2nd year won second price and Divya BA 2nd year got third prize. In slogan writing competition Himani from BA 3rd year got the first prize and Arun Sharma of BA 2nd year got second prize.

  
**Principal**  
Principal  
Dr. Yashwant Singh Parmar  
Govt. P.G. College, Nahani

c. Short Story (Hindi and English) writing competition

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No-GCN-15/2021 Date:- 22<sup>nd</sup> Sep. 2021

## NOTICE

This is for the information of all the students of the college that an Intra- College **SHORT STORY WRITING** competition is being organised by the Department of English in Collaboration with Department of Hindi on **29<sup>th</sup> Sept, 2021**. Prize winning entries will also be published in the college magazine 'Patal.' There will be separate prizes for Hindi and English categories. Following are the rules of the competition:

1. Participants may write the stories either in Hindi or English.
2. First line of the story will be given by the teacher.
3. Word limit of the story is 500 to 2000 words.
4. Time allotted 2 hours.
5. Sheets to write the story will be provided by the college.
6. It will be held on **29<sup>th</sup> Sept, 2021 at 2:00 p.m. at Room No 903.**
7. Participants will also be briefed about Short Story Writing before the competition for 15 minutes ( on how to write)
8. Students who are interested to participate may give their names to any of the following teachers on or before 28<sup>th</sup> Sept, 2021.

**Dr.Rajan Kaushal (Assistant Professor of English)**  
**Ms.Vrinda Shandil (Assistant Professor of English)**  
**Dr.Himender (Assistant Professor of Hindi)**

  
Principal  
Dr.Y.S.Parmar.  
Govt. P.G. College Nahan

Dr. Y.S. Parmar P.G. College Mahan, Distt. Subans  
 STORY WRITING - ENGLISH 7/10/2021  
 Competition Result

Praveen Thakur — First Prize  
 B.A. III  
 R.No. 5470

Mimansa Kaushal } — Second Prize  
 B.Sc. II  
 R.No. 20401068

Sampada } — Second Prize  
 B.A. First year  
 R.No. 21553173

Anushka Thakur — Third Prize  
 B.A. First year  
 R.No. 21508236

Organised by  
 1. *[Signature]*  
 2. Nanda Shanoli (Shanoli)  
 3. Amrita Joshi (DEPT. of CHEMISTRY)  
 (AMITA JOSHI)

Judged by  
*[Signature]*  
 (Kamala Joshi)  
 Retired Lecturer (E)  
 H.P. Govt.

CS  
*[Signature]*

डॉ० महादेव सिंह परमार स्मृतिकीर्तन महाविद्यालय नाहन  
 हिन्दी कविता श्रेष्ठत प्रतिस्पर्धा परिणाम 07/10/2021

ममता कुमारी — प्रथम पुरस्कार  
 बी.ए. प्रथम वर्ष  
 अनुक्रमिक 21506296

अर्पिता शर्मा — द्वितीय पुरस्कार  
 बी.ए. द्वितीय वर्ष  
 अनुक्रमिक - 3658

मनीषा चौहान — तृतीय पुरस्कार  
 बी.ए. द्वितीय वर्ष  
 अनुक्रमिक 20513210

आयोजक  
 1. *[Signature]*  
 2. Nanda Shanoli (Shanoli)  
 3. Amrita Joshi  
 (AMITA JOSHI)  
 DEPT. of CHEMISTRY

निर्णायक  
*[Signature]*  
 (Kamala Joshi)  
 Retired Lecturer Educat  
 H.P. Govt. Dehli

CS  
*[Signature]*



Photograph 3 Students Participating in Short Story Writing Competition

d. A lecture on "Uplifting the Quality of Life Through Literature"



**DR. YS PARMAR GOVT. PG COLLEGE NAHAN**

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01702-251107



## Report

### A lecture on "Uplifting the Quality of Life Through Literature"

Organized by: Department of Chemistry

Department of Chemistry organized a lecture on the topic "Uplifting the Quality of Life Through Literature" on 17<sup>th</sup> September, 2021 in room no.103 keeping in view all the guidelines regarding "CORONA". Dr. Rajan Kaushal (Assistant Professor English) from department of English delivered the lecture on said topic. The lecture was attended by 33 students of BSc Physical Sciences and Life Sciences. Ms. Amita Joshi welcomed and introduced Dr. Rajan Kaushal to students and made students aware of the fact that Dr. Rajan Kaushal has written a number of short stories and poems and his area of research includes English literature. Then she invited Dr. Rajan Kaushal for his lecture. Dr. Kaushal delivered very interesting lecture on "**Uplifting the Quality of Life Through Literature**" and explained that reading increases knowledge of the world, enhances memory and concentration, stimulates imagination and critical ability, enriches language, increases literacy and reduces stress and all these factors influence our life. He emphasized that students must read one chapter a day and quoted various examples of good books that promote psychological health and also show biological impacts in long term. Students were very motivated and shared their personal experiences on reading. Mimansha from B. Sc. 1<sup>st</sup> year shared how reading habits greatly influenced her writing skills. It was a new experience for the students and they were very thrilled and motivated. Dr. Saloni Sood thanked Dr. Rajan Kaushal for his valuable insight on importance of literature in our life.



Principal


Dr. Yashwant Singh Parmar  
Govt. P.G. College, Nahani




Photograph 4 Dr. Rajan Kaushal Delivering Lecture on "Uplifting the Quality of Life Through Literature"

### **III. LIFE SKILL**

- a) Hands on training to test Adulteration in common food items, Visit to the "Safety on Wheels" mobile van of FSSAI and Lecture on " Eat Right Challenge" and working of FSSAI



**Dr. Y. S. Parmar Government Post Graduate College**  
Nahan, Distt. Sirmour (HP) 173001



**A Report on  
Visit to the FSSAI mobile Van "Safety on Wheels"**

**Name of the Activity:** visit to the FSSAI mobile Van "Safety on Wheels"  
**Date:** 18<sup>th</sup> October 2021  
**Collaborating Department:** FSSAI Nahan  
**Total Number of students participated/benefitted:** 50

On 18<sup>th</sup> October 2021, 50 students of BSc 2<sup>nd</sup> and 3<sup>rd</sup> Year visited the FSSAI mobile Van "Safety on Wheels" in which students were given hands on training to check the adulteration in food items by Deputy Commissioner, FSSAI, Nahan, Dr Atul Kaistha and his team. Students checked the adulteration in various food items they brought from their homes and nearby area like milk, butter, jaggery, curd, sweets of different types, salt, sugar etc. After that Dr. Atul Kaistha interacted with students and briefed them about "Eat Right Challenge" and working of FSSAI.

**DR. YS PARMAR GOVT. PG COLLEGE NAHAN**

COLLEGE ACTIVITY

Date: 18<sup>th</sup> Oct, 2021

Sr. No.	Particulars	Result
1	Name of the Organizing Institution	Dept. of Chemistry
2	Name of the	Dr. Atul Kaistha, Deputy Commissioner, FSSAI Nahan
3	Name of the Collaborating Agency (if any)	FSSAI Nahan
4	Number of students Participated	50
5	Number of Teacher Participated	02 Dr. Atul Kaistha & Dr. Atul Kaistha
6	Number of Guest Participated (if any)	02 Dr. Atul Kaistha, Deputy Commissioner, FSSAI Nahan

**Brief Report:**  
 Chemistry has organized a visit to FSSAI mobile van in which students of B.Sc 2<sup>nd</sup> and 3<sup>rd</sup> year (B.Sc. with Chemistry) were given hands on training to identify the adulteration in food items that we use regularly in our homes. 50 students were made aware and given hands on training by Dr. Atul Kaistha and his team members. Dr. Atul Kaistha, interacted with students and also briefed them about "Eat Right Challenge" and working of FSSAI in state and India.

Principal  
Dr. Yashwant Singh Parmar  
Govt. P.G. College, Nahan



मंगलवार, 19 अक्टूबर 2021

अमर उजाला

सिरमौर



राजकीय स्नातकोत्तर महाविद्यालय नाहन में खाद्य सुरक्षा विभाग के शिविर के दौरान सहायक आयुक्त डॉ. अतुल के साथ मौजूद रसायन विभाग की छात्राएं और स्टाफ। संवाद

छात्रों ने सीगती गवाहा

शिमला, मंगलवार, 19 अक्टूबर, 2021

दिव्य हिमाचल

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## छात्रों को खाद्य पदार्थों की टेस्टिंग का प्रशिक्षण

नाहन। जिला सिरमौर में फेस्टिवल सीजन के चलते खाद्य सुरक्षा विभाग अलर्ट मोड़ पर आ गया है। लोगों के स्वास्थ्य के साथ किसी प्रकार का खिलवाड़ न हो इसके लिए जहां जिला में छापामारी की जा रही है, तो वहीं उपभोक्ताओं को जागरूक भी किया जा रहा है। इसी कड़ी में सोमवार को खाद्य सुरक्षा विभाग जिला सिरमौर द्वारा डाक्टर वाईएस परमार राजकीय स्नातकोत्तर महाविद्यालय नाहन में मोबाइल फूड टेस्टिंग वैन के माध्यम से महाविद्यालय के रसायन विभाग के छात्रों को खाद्य पदार्थों की टेस्टिंग को लेकर प्रशिक्षण दिया गया। एक दिवसीय इस कार्यक्रम की अगवाई खाद्य सुरक्षा विभाग जिला सिरमौर के सहायक आयुक्त डाक्टर अतुल कायस्थ द्वारा की गई। उनके साथ खाद्य सुरक्षा अधिकारी सुनील शर्मा व फूड एनेलिस्ट राहुल देव भी उपस्थित थे। टीम ने इस दौरान नाहन महाविद्यालय के रसायन विभाग के छात्रों को मौके पर ही बर्फी, दूध, चटनी, पनीर व अन्य खाद्य पदार्थों में किस प्रकार मिलावट को परखा जा सकता है, के बारे में मोबाइल टेस्टिंग वैन से मौके पर ही प्रशिक्षण दिया गया। इसके अलावा दुध, पनीर, सूखा दुध आदि में ग्लूकोज, यूरिया, वेजिटेबल ऑयल, डिटरजेंट आदि की मिलावट को किस प्रकार परखना है इस बारे में भी मौके पर टेस्ट के माध्यम से जानकारी दी गई।



Photograph 5 Deputy Commissioner FSSAI Dr. Atul Kaistha interacting with Students of Chemistry Department and Telling them About the “Eat Right Challenge”



Photograph 6 Students Learning the Process of Testing Adulteration in Food Items



Photograph 7 Students and Staff of Chemistry Department with FSSAI Nahan Team

## b) Chart Making Competition on "Lab Safety Rules"



Dr. Y. S. Parmar Government Post Graduate College,  
Nahan, Distt. Sirmour (HP) 173001



### A Report on "AWARENESS ABOUT LAB SAFETY RULES" (An Activity Organized by Department of Chemistry)

**Name of the Activity:** Chart making competition on "Lab Safety Rule"

**Date:** 20-10-2021

**Time:** 11:00 am

**Venue:** Chemistry Lab 101 & 102

**Total Number of students participated/benefitted:** 35

As a part of celebration of "Chemistry Week" from 17<sup>th</sup> to 23<sup>rd</sup> October, Department of Chemistry organized a chart making competition on "Lab Safety Rule" for BSc 1<sup>st</sup> year students on 20th October 2021 to make them aware of the various rules to be followed in Chemistry Lab and how they can prevent and mitigate accidents in laboratory. Students were given different topics and were asked to make charts depicting safety measures related to dress code, safety symbols, fire extinguishers use of Bunsen burners' etc. 35 students of B.Sc. 1<sup>st</sup> year participated in the competition.

PRINCIPAL

Dr. Yashwant Singh Parmar  
Govt. P.G. College, Nahan

Dr. Y. S. Parmar, Govt. P. G. College, Nahan

Class:	BSc 1 <sup>st</sup> Year	Section:	2021-22
Name of Activity:	AWARENESS ABOUT LAB SAFETY RULES		
Date:	17 <sup>th</sup> Oct to 23 <sup>rd</sup> Oct 2021		
Department:	CHEMISTRY		
Name of Teacher/ Co-ordinator:	AMITA JOSHI		
Number of Teachers Participated:	3		
Names of Teachers Participated:	AMITA JOSHI, Dr Saloni Sood Ms. Anju Aggarwal.		
Number of Students Participated:	35		

Detailed Report of the Activity:

The students of BSc 1<sup>st</sup> Year were made aware of the various rules to be followed in Chemistry Lab and how they can prevent and mitigate accidents in Laboratory. They were given different topics and asked to prepare charts depicting safety measures related to the dress code, safety symbols, fire extinguishers, burner burner use etc. The

Amrita Joshi  
27/10/2021

National Chemistry Week (17<sup>th</sup> to 23<sup>rd</sup> October 2021)

Chart Making Competition

Dated: 23/10/2021

Topic: Lab Safety Rules for Chemistry Lab

(Attendance Sheet)

List of Students Participated in the Activity:

S. No.	College Roll Number	Name	Class	Signature
1.	<del>21451072</del> 21451082	RAHUL, Kunal Sahil, Nitesh	BSc1	Kunal Sahil
2.	21401029	VIPASHA THAKUR	"	
3.	21451084	SHALU	"	Shalu
4.	21451122	ANUPRIYA	"	Kamur
5.	21401028	SHWETA	" Botany	Shweta
6.	21451136 1124, 1131	SHATI TAMAR Aarpuka, Skatini	"	
7.	21401059	SHANI	"	
8.	21401006	SHEETAL PANDIT	" Botany	Sheetal Pandit
9.		PRIYA SHARMA	"	
10.	21451135, 1122, 1123	SNATI Anupriya, Anayushi	"	Snati
11.	21401061	SHIVANI	"	Shivani
12.	<del>21451072</del>	<del>SHALU</del>	<del>"</del>	<del></del>
13.	21451128 " 1125	MEETALI DEEPIKA SHARMA	"	Sharma Meetali
14.	21401018	PRIVANKA	" Botany	Privanka
15.	21451131	SHALINI	"	Shalini
16.	21451089	TANYA	"	Tanya
17.	21451141	DEEPANSHU CHAUHAN	"	Deepanshu
18.	21401031	DEEPIKA	"	
19.	21451103	NANSINI KASHYAP	" Maths	Mandini Kashyap
20.	21451081	ASNEHA R Alister, Rupakshi	"	
21.	21451063, 67, 69, 91	ADITYA Anjan Aadarsh Rohar	"	

22.	2140/050	Shruti	BSc1 zoology	Shruti
23.	2145/065	Roma Anushika	"	Roma
24.	2140/044	Saloni	"	Saloni
25.	2145/060	Rushikesh	"	
26.	2140/013	Pritya Negi	" [BOTANY]	Pritya
27.	2140/036	Ishita Tomar	" [zoology]	Ishita
28.	2145/153	Abhinav	"	Abhinav
29.	2140/041	Sakshi Tomar	" zoology major	Sakshi
30.	2145/150	Sonika	"	Sonika
31.	2145/064	Talantjeet	"	Darshan
32.	2140/002	Amisha Chauhan	Botany major	Amisha
33.	2140/020	Analekya	Botany major	Analekya

34 2140/021 Sunam  
 35 2145/073 Umesh  
 (Co-ordinator)  
 36 2140/016 Palak Preet  
 37 2140/011 Ankita Verma

Botany major  
 Umesh  
 Botany Major  
 Botany Major  
 Antelita

Principal

c) Talk on "Traffic Rules and Safety"

**Dr. Y. S. Parmar Govt. P. G. College Nahan**

E-mail: [gcnahan-hp@nic.in](mailto:gcnahan-hp@nic.in)

Website: [www.gcnahan.in](http://www.gcnahan.in)

Tel:01702-222307

**Traffic Safety Rules - 21-09-2021**

On September 21, 2021, a joint initiative by NSS, NCC, Rover, and Ranger units invited the Deputy Superintendent of Police, Nahar, to provide information about traffic safety rules at the college. He extensively shared the traffic safety rules with the volunteers and students present from NSS, NCC, and R&R. He also urged the students to adopt these traffic safety rules. On this occasion, College Principal Dr. D.K. Bharadwaj also appealed to the students to adhere to traffic safety rules.

Principal  
Dr. Yashwant P. S. Parmar  
DYSEGPG College Nahan  
Govt. P.G.

d) SAMAJIK CHETNA ABHIYAN: 1. Disaster Management, 2. Poster Making competition 3. Yoga Practice



Photograph 1 Lecture on "Disaster Management" by Prof. Ved Prakash under Samajik Chetna Abhiyaan



e) Health Check up Camp



**DR. YS PARMAR GOVT. PG COLLEGE NAHAN**

EST. 1967



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[gcnahan-hp@nic.in](mailto:gcnahan-hp@nic.in)



01702-251107



No-GCN-15/2021

Date:- 28<sup>th</sup> Oct. 2021

### **NOTICE**

All the students of this college are informed that a Free Medical Check up Camp by SAI Hospital Nahan for the students will be organized in college campus on dated 29-10-2021 at 11:00 AM in Botany Lab.

All students to take advantage of this free checkup.

**Principal  
Govt P G College  
Nahan**



**DR. YS PARMAR GOVT. PG COLLEGE NAHAN**

EST. 1963



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01702-251107



**A Report on**  
**Health Check Up Camp by IQAC**  
**in collaboration with**  
**SAI Hospital Nahan**

A free Health Check-Up camp was organized in the college campus by IQAC in collaboration with SAI Hospital Nahan on dated 29-10-2021 at 11:00 am in the Botany lab. A team of doctors from SAI Hospital Nahan checked 97 students and all staff members of the college. Free tests for the Blood Pressure, Sugar and Hb were done by the lab technicians. The anemic students were also provided with free iron tablets.

Principal

**Principal**

Dr. Yashwant Singh Parmar  
Govt. P.G. College, Nahan

- f) HIV AIDS Awareness programme: Power point presentations and on the spot Slogan writing competition on Theme "Ending the HIV Epidemic : Equitable Access, Everyone's Voice"



**DR. YASHWANT SINGH PARMAR**

Government Post Graduate College - Nahan

Distt. Sirmour (H. P.)



Estd. in 1963

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Website: [www.gcnahan.in](http://www.gcnahan.in)

Tel: 01702-251107

No-GCN-15/2015

Date:- 16<sup>th</sup> November, 2021

## **NOTICE**

**RED RIBBON CLUB**

**"CREATING AWARENESS TOWARDS HIV/AIDS"**

All the students of B.Sc./B.A./B.Com./BCA/B.P.Ed are hereby informed that Red Ribbon Club of the College is organizing Following competitions on November 22, 2021 at 11:00 a.m. in Zoology lab:

1. On Spot Slogan Writing
2. Power Point Presentation

The theme for the competitions is "Ending the HIV Epidemic: Equitable Access Everyone's Voice"

Interested students may give their names to committee members on or before November 20, 2021

### **Terms & Conditions:**

1. Participation is open for all B. Sc. students,
2. Work should be original and creative having some message about HIV/AIDS
3. Cash prizes will be given to first three winners.

### **Organizing Committee**

1. Prof. Sulaxana Sharma, Convener
2. Dr. Anoop
3. Prof. Preeti
4. Dr. Santosh

  
Principal

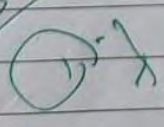
### Report

On Nov. 22, 2021, Red Ribbon Club organized Power Point Presentation and On Spot Slogan writing Competitions in Zoology Lab at 11:00 a.m. based on the theme "Ending the HIV Epidemic: Equitable Access, Everyone's Voice."  
 Following are the results :-

Sl. No.	Name of the Student	Class	Roll No.	Position
1.	Yashu	B.Sc. I year	21401049	1 <sup>st</sup>
2.	Prakashit	B.Sc. III year	1401	2 <sup>nd</sup>
3.	Deepika	B.Sc. I year	21401031	3 <sup>rd</sup>

### Power Point Presentation

Sl. No.	Name of the Student	Class	Roll No.	Position
1.	Anshika	B.Sc. III	2236	1 <sup>st</sup>
2.	Sushil	B.Sc. III	1001	2 <sup>nd</sup>
3.	Monika	B.Sc. I	21401013	3 <sup>rd</sup>

es/ 

Sular → shau →  
 Convenor  
 Red Ribbon Club  
 Dr. Ys. Parmar  
 Govt. P.G. College  
 Nahan

Principal  
 Dr. Yashwant Singh Parmar  
 Govt. P.G. College, Nahan



Photograph 8 Student Participating in "Power point Presentation" Competition on Theme "Ending The HIV Epidemic : Equitable Access, Everyone's Voice"



Photograph 9 Prof. Anju Aggarwal Announcing the Names of Prize Winners of Competition on Theme "Ending The HIV Epidemic : Equitable Access, Everyone's Voice"

- e. Drug de-addiction Campaign to spread awareness about drug abuse among students



f. MOCK DRILLS ON DISASTER MANAGEMENT



**DR. YS PARMAR GOVT. PG COLLEGE NAHAN**  
EST. 1963 [www.gcnaahan.in](http://www.gcnaahan.in) [gcnaahan-hp@nic.in](mailto:gcnaahan-hp@nic.in) 01702-251107

No-GCN-15/2015-

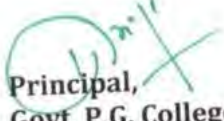
Date: - 04/04/2022

**\*NOTICE\***

In reference to the Deputy Commissioner District Sirmour at Nahan office letter No. SRM-DDMA(NDRF-14<sup>th</sup>-RRC)DC/2022-657 Dated: 02-04-2022 RRC Unit 14<sup>th</sup> Bn. NDRF, Nalagarh will visit in this college on 6<sup>th</sup> April, 2022. The team will also conduct the activities for Disaster Management in this context all the staff members are directed to attend the college on 6<sup>th</sup> April, 2022 for the same.

All the In-charges of NCC/NSS/R&R are also directed to direct the students of NCC/NSS/R&R to be present in college for these activities.

Sh. Devender Kumar, Nodal Officer Disaster Management will also directed to look after all the arrangements of the same.

  
Principal,  
Govt. P.G. College,  
Nahan, District Sirmour.



**REPORT OF THE VISIT OF 14<sup>TH</sup> Bn. NDRF TEAM : 6<sup>th</sup> April 2022**

As per letter No. SMR-DDMA (NDRF-14<sup>th</sup>-RRC) DC/657 Dated, Nahan 02/04/2022 received from Office of the Deputy Commissioner-cum-Chairman, District Disaster Management Authority (DDMA) District Sirmour at Nahan (H.P.), on dated 06-04-2022 RRC Unit, 14th Bn. NDRF, Nalagarh consisting of 30 personnel including Sh. Sagar Pal Singh (Asst. Commandant), Amar Ujjain (Inspector), Sh Anand Singh and Govind Meena (Sub-Inspectors) and other Ranks-26 visited our institution.

First of all Sh. Devender Kumar, Nodal Officer Disaster Management Team of the college welcomed Principal of the college, Dr. Dinesh Kumar Bhardwaj, Sh. Sagar Pal Singh (Asst. Commandant), Sh. Amar Ujjain (Inspector), Sh Anand Singh and Govind Meena (Sub-Inspectors) and other Ranks-26, Teaching & Non-Teaching Staff, Media Persons and Students for making their presence in this valuable training cum demonstration programme.

Sh. Amar Ujjain (Inspector) highlighted on Do's and Don'ts during disasters mainly about disasters like Earthquake, Forest Fires, Land Sliding and Snow Avalanches etc. After briefing on above said disasters Sh. Ujjain with his team practically demonstrated about Do's and Don'ts during above mentioned disasters.

On this occasion Principal, Dr. D. K. Bhardwaj, Vice Principal Dr. Prem Raj Bhardwaj, 40 Members of Teaching Staff, 9 Members of Non-Teaching Staff, 10 Civilian and 212 students were present. Overall 271 persons were benefitted by valuable information about disaster management.

After lecture and demonstration all employees and students of the college learnt many things from exhibition put up by NDRF team in the college campus. In this exhibition college family learnt about the uses of Life Boats, Concrete Cutter, Wood Cutter, Life Jacket during disaster.

At the end Disaster Management Team of the college gave vote of thanks to NDRF team for sharing most valuable information among college staff and students. This programme ended with National Anthem sung by the strength present in this function.

Nodal Officer, Disaster Management  
G.P.G. College Nahar

PRINCIPAL  
Dr. Yashwant Singh Parmar  
G.P.G. College Nahar  
Government Post Graduate  
College, Nahar



# मुसीबत के समय न फैलाएं अफरा-तफरी

## नाहन कालेज पहुंची एनडीआरएफ की 14वीं बटालियन, बताएं बचाव के उपाय

सिटी रिपोर्ट-नाहन

डाक्टर वाईएस परमार पीजी कालेज नाहन के छात्र-छात्राओं ने बुधवार को उच्च स्तरीय आपदा प्रबंधन की जानकारी हासिल की। वहीं, मॉकड्रिल के माध्यम से आपदा के दौरान मौजूदा संसाधनों से किस तरह से जानमाल को सुरक्षा करनी है के गुर भी बारीकी से जाने। दरअसल जिला सिरमौर में राष्ट्रीय आपदा मोचन बल यानी एनडीआरएफ की 14वीं बटालियन की टीम इन दिनों जिला के विभिन्न भागों में आधुनिक उपकरणों के माध्यम से प्राकृतिक व कृत्रिम आपदा से निपटने की जागरूकता व प्रदर्शन 14 दिवसीय कार्यक्रम के तहत कर रही है। इस कड़ी में



पीजी कालेज नाहन में बुधवार को एनडीआरएफ की टीम पहुंची। एनडीआरएफ टीम के सहायक कमांडेंट सागर पाल सिंह व निरीक्षक अमर उज्जैन ने छात्र-छात्राओं को भूकंप, आगजनी, बाढ़, बर्फाले तूफान जैसी विभिन्न आपदाओं से निपटने के गुर बाकायदा मॉकड्रिल के माध्यम से सिखाए हैं। एनडीआरएफ की टीम ने कालेज परिसर

में अत्याधुनिक आपदा प्रबंधन के दौरान इस्तेमाल होने वाले उपकरणों का इस दौरान प्रदर्शन किया। जिसमें मुख्य तौर पर लाइफ बोट, कंक्रीट कटर, वुड कटर इत्यादि उपकरण शामिल हैं।

एनडीआरएफ के अधिकारियों ने बताया कि आपदा के दौरान लोग अफरा-तफरी का माहौल फ़िरेट कर देते हैं। ऐसे में एनडीआरएफ अथवा बचाव की टीम को घटनास्थल पर पहुंचने में भारी दिक्कतों का सामना करना पड़ता है। लिहाजा भावी नागरिक व छात्रों से भी उन्होंने आह्वान किया कि किसी भी आपदा में हड़कंप मचाने की वजाय आपदा से निपटने के

प्राथमिकताओं पर ध्यान दिया जाना आवश्यक है। उन्होंने बताया कि भूकंप ऐसी आपदा है जिसके बारे में अभी तक पूर्वानुमान नहीं लगाया जा सकता है। वहीं पशु-पक्षियों को ही इसका पूर्वानुमान होता है। उन्होंने बताया कि भूकंप के दौरान जहां खुले में लोगों को जाना चाहिए। वहीं भवन की स्लैब गिरने के डर के चलते हमेशा कॉर्नर को प्राथमिकता देनी चाहिए। इसी तरह टीम ने बर्फाले तूफान व उसमें फंसने के दौरान किस तरह के उपाय बरते जाएं के बारे में आवश्यक जानकारी उपलब्ध करवाई। इस मौके पर यहां कालेज के प्राचार्य डाक्टर दिनेश भारद्वाज, प्रोफेसर प्रेम भारद्वाज के अलावा विद्यार्थी उपस्थित रहे।

News Clipping 5 In News Mock Drills on Disaster Management Organised in College campus

## अमर उजाला

वीरवार, 7 अप्रैल 2022

एनडीआरएफ ने छात्रों को दिए आपदा प्रबंधन के टिप्स

नाहन (सिरमौर)। राष्ट्रीय आपदा मोचन बल की 14वीं बटालियन के अधिकारियों की टीम ने बुधवार को डिग्री कॉलेज नाहन में आधुनिक उपकरणों व मॉकड्रिल के माध्यम से कॉलेज स्टाफ सहित छात्र-छात्राओं को आपदा प्रबंधन के टिप्स दिए।

एनडीआरएफ के सहायक कमांडेंट सागर पाल सिंह के नेतृत्व में टीम की सदस्यों ने खोज एवं बचाव कार्यों में इस्तेमाल किए जाने वाले आधुनिक उपकरणों जैसे लाइफबोट्स व कंक्रीट कटर, वुड कटर आदि आधुनिक उपकरणों के बारे में जागरूक किया।

सहायक कमांडेंट सागर पाल सिंह ने बताया कि एनडीआरएफ की टीम आगामी 18 अप्रैल तक सभी उपमंडल स्तर व स्कूल कॉलेजों सहित अन्य शिक्षण संस्थानों औद्योगिक शहर कालाअंब व पांवटा साहिब में लोगों को मॉकड्रिल के माध्यम से जागरूक करेगी। संवाद

News Clipping 6 In News Mock Drills on Disaster Management Organised in College campus

a. Yoga Day Celebration

NSS/NCE/R/RK Incharges to arrange to celebrate the International Day of Yoga 2022

विश्वविद्यालय अनुदान आयोग  
University Grants Commission  
(शिक्षा मंत्रालय, भारत सरकार)  
(Ministry of Education, Govt. of India)  
बहादुरशाह जफर मार्ग, नई दिल्ली-110002  
Bahadur Shah Zafar Marg, New Delhi-110002  
Ph.: 011-23236288/23239337  
Fax: 011-23258858  
E-mail: secy.ugc@nic.in

ज्ञान-विज्ञान विभूतये  
प्रो. राजनीश जैन  
सचिव  
Prof. Rajnish Jain  
Secretary

सत्यमेव जयते

Principal  
16/6/2022

Govt. Post Graduate College  
MAHAN (HP)

D.O.No.1-16/2021(Website) 14<sup>th</sup> June, 2022

Subject: International Day of Yoga (IDY) 2022 – Reg.

Respected Madam/Sir,

This is in continuation of UGC's letters and emails regarding celebration of International Day of Yoga (IDY) 2022.

In this regard, the Ministry of Ayush has planned to observe the IDY-2022 at 75 Iconic Locations across the country for which it has circulated SOP (attached) for observing IDY-2022 at these Locations.

All Higher Educational Institutions, including the selected 75 Iconic Institutions (List enclosed) are requested to follow the SOP while organizing the IDY-2022 events at their Institutions to ensure uniformity and cohesiveness with IDY-2022 celebrations across the country. The Digital resources containing detailed information for celebrating the IDY-2022 have been linked in the SOP. All HEIs are requested to utilize these digital resources.


It is also important to note that the schedule for the IDY-2022 event should be planned in such a way that the slot for watching the address of Hon'ble Prime Minister from Mysuru Palace on 21.06.2022 from 6:40AM to 7:00AM may be kept free.

Record of all participants and activities may be kept as per SOP and may kindly be shared on UGC's UAMP portal link:

- 1) [https://docs.google.com/forms/d/e/1FAIpQLSeLRaKkjHAyz-RQ2sZybhu7qK9XCH6kno\\_6r0fQjT7zXs211g/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeLRaKkjHAyz-RQ2sZybhu7qK9XCH6kno_6r0fQjT7zXs211g/viewform?usp=sf_link)
- 2) [https://docs.google.com/forms/d/e/1FAIpQLSIZCy13N4M8VawramX1s0Jn6hXakSdFbcGhXL5sJTDuLxVO38g/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSIZCy13N4M8VawramX1s0Jn6hXakSdFbcGhXL5sJTDuLxVO38g/viewform?usp=sf_link)

Looking forward to your active cooperation and support in celebrating the IDY-2022 with great fervor and enthusiasm to promote healthy physical, mental and spiritual well-being.

With kind regards,

Yours sincerely,  
  
(Rajnish Jain)

Encl: as above

To  
The Vice-Chancellors of the Universities  
The Principals of all Colleges



Photograph 8 Principal, Staff and Students of the College Performing Yoga on The Occasion of International Yoga Day in the College Campus



Photograph 9 Areal View of Yoga Day Celebration in College Campus

## **IV. ICT/COMPUTING SKILLS**

a) Cyber Crime Awareness campaign through Slogan Writing and Poster Making Competitions

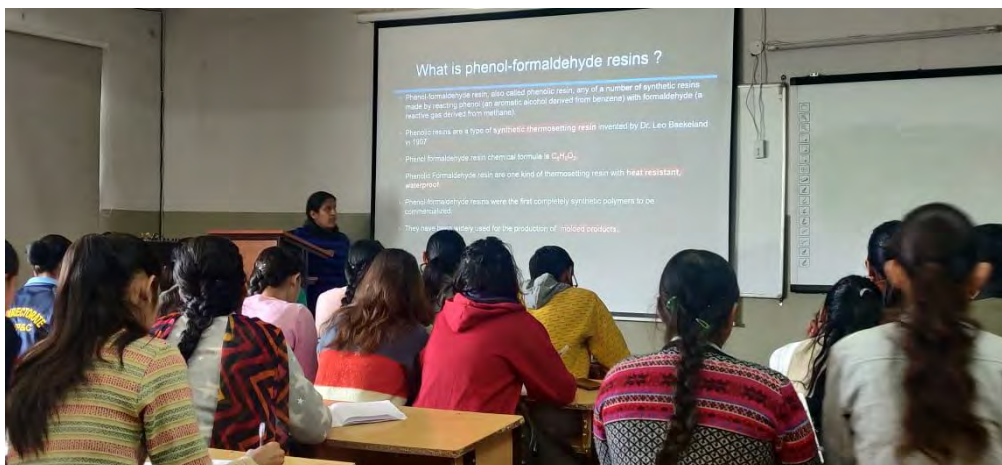
शिमला,

Name of Student..... **दिव्य हिमाचल**



नाहन। जिला सिरमौर के नाहन स्थित डा. वाईएस पर राजकीय स्नातकोत्तर महाविद्यालय नाहन में एनसीसी दिवस के अवसर पर साप्ताहिक कार्यक्रम का आयोजन किया गया। इस दौरान विभिन्न कार्यक्रम कालेज कैम्पस में आयोजित किए गए। पहले दिन राजकीय महाविद्यालय नाहन के कैम्पस में एनसीसी कैडेट्स द्वारा स्वच्छता अभियान चलाया गया है। इसके अलावा दूसरे दिन एनसीसी कैडेट्स द्वारा पर्यावरण संरक्षण पर स्लोगन लेखन किया गया। इसके अलावा तीसरे व चौथे दिन साईबर क्राइम व पोस्टर मेकिंग कार्यक्रम का आयोजन किया गया। इस अवसर पर मुख्यातिथि के रूप में राजकीय महाविद्यालय नाहन के प्राचार्य डा. दिनेश भारद्वाज ने एनसीसी कैडेट्स द्वारा नशा मुक्त भारत के उद्देश्य से निकाली गई रैली को हरी झंडी दिखाकर रवाना किया। नशे के खिलाफ निकाली गई रैली राजकीय महाविद्यालय से पूरे बनोग क्षेत्र से होते हुए वापस महाविद्यालय कैम्पस में पहुंची। इस अवसर पर एनसीसी ऑफिसर लेफ्टिनेंट पंकज ने बताया कि एनसीसी दिवस के अवसर पर विभिन्न प्रकार की गतिविधियां आयोजित की गईं, जिसमें एनसीसी प्रथम वाहिनी नाहन द्वारा पूरा सहयोग दिया गया। इस कार्यक्रम में राजकीय महाविद्यालय नाहन के एनसीसी इकाई के 86 कैडेट्स के अलावा छात्रों ने भी भाग लिया

b) Seminars through PowerPoint presentations using podium and computers



Photograph 10 Student Using Podium for Presentation



Photograph 11 Student Presenting Assigned Topic Using ICT in Chemistry Department



Photograph 12 Use of ICT by Student to Present Assigned Topic



Photograph 13 Use of ICT by Students of BCA Department