



DR.Y.S. PARMAR

GOVERNMENT PG COLLEGE NAHAN

DISTT. SIRMOUR HIMACHAL PRADESH

AQAR 2022-23

CRITERION 3

MATRIX 3.4

KEY INDICATOR 3.4.3

Number of extension and outreach Programs conducted in collaboration with industry, community and Non- Government Organizations through NSS/ NCC/ Red Cross/ YRC etc., during the year 2022-23

Contents

1. CLEANLINESS DRIVE OF NATURAL RESOURCE on 13 th June 22.....	2
2. INTERNATIONAL YOGA DAY on 21 th June, 22	4
3. International Day against Drug on 26 th June 2022.....	5
4. CLEANLINESS DRIVE on July 2022	6
5. PLANTATION DRIVE IN COLLEGE on 16 th July,22.....	7
6. BEYOND THE CAMPUS PLANTATION DRIVE on 16 th July to 20 th July 2022.....	8
7. Azadi Ka Amrit Mahotsav on 6 August to 15 August 2022	9
8. International Youth Day Campaign” on 12 th August 2022 to 31 st August, 2022.....	10
9. Blood Donation Camp on 13 th August 2022	14
10. Cleanliness drive on 14 th August, 2022	16
11. Poster making competition on topic “My Vote My Right on 3 rd September 22 by Electoral Literacy Club 18	
12. RALLY ON SAVE ENVIRONMENT SAVE LIFE on 12 th September 2022.....	20
13. Mock Drill & Lecture on Disaster Management on 14 th September 22.....	22
14. Cleanliness Drive under Puneet Sagar Abhiyan at Markanda River in collaboration of 1HP(I) Coy NCC, Nahan on 30 th September,22.....	26
15. District level Swachh Bharat Abhiyan 2.0 on 1 st October 2022	27
16. Cleanliness drive in Pajhota Valley on 8 th October to 9 th October 2022	28
17. Construction of ramp along with Cleanliness drive in college on 14 th October,2022	30
18. Social service by NSS volunteers at election booths during HP legislative Assembly Election.....	36
19. Poster making and slogan writing competition for Road Safety Awareness on 21 st November, 2022 39	
20. Blood Donation Camp by NCC on 27 th November,22(NCC Day)	42
21. Awareness rally on World AIDS Day by Red Ribbon Club on 1 st December 2023	43
22. Awareness about plastic free environment in Banog village during Seven days residential Annual camp on 9 th February to 15 th February 2023	46
23. Cleanliness drive in college on 4 th March,2023	52
24. EACH ONE TEACH ONE COMMUNITY SERVICE BY CHEMICOS.....	57

1. CLEANLINESS DRIVE OF NATURAL RESOURCE on 13th June 22



DR. YS PARMAR GOVT. PG COLLEGE NAHAN
 EST. 1963 www.gcnaahan.in gcnaahan-hp@nic.in 01702-251107



COLLEGE ACTIVITY

Dated: 13 June 2022

Sr. No.	Particulars	Details	Remarks
1	Name of the Department/Unit/Agency	NCC Unit	
2	Name of the Activity	Cleanliness Drive of Natural Source 'Bawdi'	
3	Name of Collaboration Agency (If Any)	-	
4	Number of student Participants	8 Cadets	
5	Number of Teacher Participants	Lt. PANKAJ	
6	Number of Guest Participants (If Any)	-	
7	Brief Report: NCC Unit was organized a cleanliness Drive of Natural Source 'Bawdi' at Nahani Near Turpintin Factory under Puneet Sagar Abhayan. 8 Cadets participated and Lt (Dr.) Pankaj (ANo, NCC) escorted in the cleanliness Drive. Cadets clean the surrounding area of Bawdi and also white washed that Natural Source.		

Organizer
 (Name & Signature)
 ANo, NCC

Principal
 Govt. PG College
 Nahani
 Principal



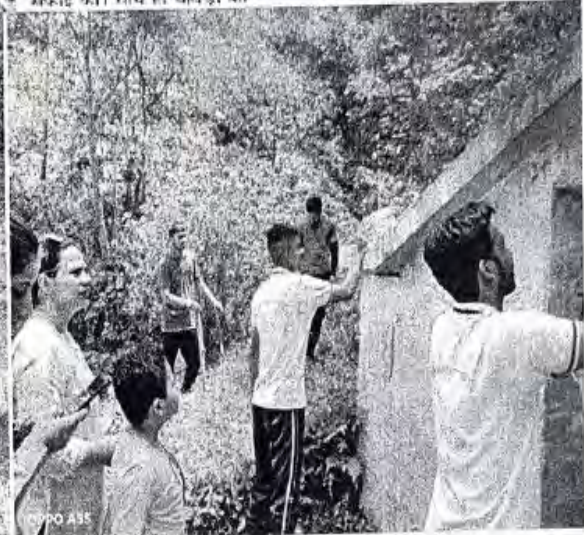
बनौंग में बावड़ी की सफाई और सफेदी करने नानन कॉलेज के एनसीसी कैडेट। सफल

एनसीसी कैडेटों ने की बावड़ी की सफाई

नाहन (सिरमौर)। डॉ. यशवंत सिंह परमार राजकीय स्नातकोत्तर महाविद्यालय नाहन की एनसीसी इकाई के कैडेटों ने बनौंग स्थित प्राकृतिक जल स्रोत की सफाई की।

भारत यात्रा की ओर से पुनित स्मारक अभियान के तहत एनसीसी एक्सेक्यूटिव ऑफिसर डॉ. पंकज के नेतृत्व में कैडेटों ने बनौंग में बावड़ी के आसपास इर्द-गिर्द झाड़ी और सफाई की। साथ ही बावड़ी की

दीवारों पर चूना भी किया। एनसीसी इकाई भविष्य में भी इस बावड़ी का संरक्षण और पानी सफाई-सफाई करेगी। स्प्रेडिंग डॉ. पंकज ने बताया कि इस क्षेत्र को पुनित स्मारक अभियान के अंतर्गत गीद लिया गया है। एकदम सफाई-सफाई पर इसकी सफाई करेगी ताकि यह प्राकृतिक जल स्रोत जीवन रहे और आसपास के लोग इसका उपयोग कर सकें। संवाद



Handwritten signature

Handwritten signature

Principal
Govt. P.G. College
Nahan

2. INTERNATIONAL YOGA DAY on 21th June, 22



DR. YS PARMAR GOVT. PG COLLEGE NAHAN

EST. 1963



www.gcnahan.in



gcnahan-hp@nic.in



01702-251107

NSS Report/2022-23/001

NSS Register Page No 47

Date 21th June 2022

Number Of Volunteers :- 60

International Yoga Day Celebration

Under the collective initiative of the NSS, NCC, and R&R units of this college, a grand celebration of International Yoga Day was organized on the college premises on the 21st of June 2022. This event was conducted in accordance with Letter Number 128 dated 12th June 2022. The program witnessed active participation from various units, with 60 volunteers and 20 teachers joining in the festivities. The inauguration of the event commenced with sessions led by esteemed yoga instructors, enlightening participants about the profound significance of yoga. The enthusiastic involvement of college students and staff members ensured the successful observance of International Yoga Day. Through various yoga asanas and pranayama exercises, participants experienced physical rejuvenation and mental tranquility.

The celebration of International Yoga Day served as a testament to the college's commitment to holistic well-being and spiritual growth. It reinforced the importance of integrating yoga into our daily lives for enhanced physical and mental health.

Dr. Pankaj Chandak
Prof. Monika
NSS P.O. Dr. YSPGPG College Nahan
Dr. Y.S. Parmar GPG College, Nahan

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

अंतरराष्ट्रीय योग दिवस समारोह

डॉ. वाई.एस. परमार राजकीय पोस्ट ग्रेजुएट कॉलेज की राष्ट्रीय सेवा योजना (NSS), एनसीसी, और आरएंडआर इकाइयों के संयुक्त पहल के तहत अंतराष्ट्रीय योग दिवस का उत्सव आयोजित किया गया। यह कार्यक्रम पत्र संख्या 128 दिनांक 12 जून 2022 के अनुसार आयोजित किया गया था। इस कार्यक्रम में विभिन्न इकाइयों से 60 स्वयंसेवकों और 20 शिक्षकों का सक्रिय भाग था। कार्यक्रम की शुरुआत विभिन्न योग प्रशिक्षकों के साथ हुई, जो योग के महत्व को समझाने में सहायक रहे। कॉलेज के छात्रों और स्टाफ सदस्यों की सक्रिय भागीदारी से अंतराष्ट्रीय योग दिवस का उत्सव सफलतापूर्वक मनाया गया। विभिन्न योग आसनों और प्राणायाम के माध्यम से पारिस्थितिक रचना को स्वस्थ बनाने के लिए सभी ने समर्थन प्रदान किया। अंतराष्ट्रीय योग दिवस के उत्सव ने हमें शारीरिक और मानसिक स्वास्थ्य को समाहित करने के लिए योग को अपनाने के महत्व को पुनः साबित किया। हम सभी सहभागियों और हिस्सेदारों का धन्यवाद करते हैं जिन्होंने इस उत्सव को सफल बनाने में योगदान किया।

डॉ. पंकज चांडक
प्रो. मोनिका
राष्ट्रीय सेवा योजना कार्यक्रम अधिकारी

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

Programme Officer
N.S.S.
Dr. Y.S. Parmar GPG College, Nahan

डॉ यशवंतसिंह परमार राजकीय पीजी कॉलेज नाहन

3. International Day against Drug on 26th June 2022

COLLEGE NAHAN (H. P.)

ER

(For resident students only)

दिव्य हिमाचल

Date of joining Hostel

Date of leaving Hostel.....

Fee concession Holder or not

Date of Admissi

शिमला, बुधवार, 21 जून, 2023

14

Identity Card



18

Principal's Initial.

नाहन । डाक्टर वाईएस परमार स्नातकोत्तर महाविद्यालय नाहन में मंगलवार को अंतरराष्ट्रीय नशा निवारण दिवस के तहत विभिन्न प्रतियोगिताओं का आयोजन किया गया। नशीली दवाओं के दुरुपयोग व अवैध तस्करी के खिलाफ इस खास दिवस के मौके पर आयोजित भाषण प्रतियोगिता में वीएससी फर्स्ट ईयर की निकिता ने प्रथम स्थान हासिल किया। जबकि पीजीडीसीए की छात्रा शिवानी ने दूसरा व वीए प्रथम वर्ष के छात्र विक्रम को तीसरा स्थान हासिल हुआ। इस अवसर पर यहां डा. अनूप कुमार, डा. रविकांत, प्रो. सुरेश, प्रो. सीआर ठाकुर, प्रो. प्रदीप ने नशे के खिलाफ छात्रों का मार्गदर्शन किया। वहीं सभी विजेता छात्रों को पुरस्कार देकर सम्मानित किया गया। प्राचार्य पीजी कालेज नाहन डा. वीना राठौर ने बताया कि नशीली दवाओं के विरुद्ध व्यापक तौर पर जागरूकता व अभियान छेड़ने की जरूरतों पर वर्तमान में बल देने की आवश्यकता है।

4. CLEANLINESS DRIVE on July 2022



DR. YS PARMAR GOVT. PG COLLEGE NAHAN
 EST. 1963 www.gcnahan.in gcnahan-hp@nic.in 01702-251107



COLLEGE ACTIVITY

Dated: 26 July 22

Sr. No.	Particulars	Details	Remarks
1	Name of the Department/Unit/Agency	NCC Unit	
2	Name of the Activity	Celebration of 'KARGIL DIWAS'	
3	Name of Collaboration Agency (If Any)	-	
4	Number of student Participants	5 At college level 28 At district level.	
5	Number of Teacher Participants	1	
6	Number of Guest Participants (If Any)	-	
7	Brief Report: NCC Unit celebrated Kargil Diwas in College campus. Five cadets were participated in poster making competition on Kargil vijay Diwas. 28 Cadets participated at district level function of Kargil Diwas. They gave their tribute to martyrs and participate in a cleanliness drive at Police ground.		


Organizer
 (Name & Signature)


Principal
 Govt. PG College
 Nahan

5. PLANTATION DRIVE IN COLLEGE on 16th July,22



DR. YS PARMAR GOVT. PG COLLEGE NAHAN

EST. 1963



www.gcnahan.in



gcnahan-hp@nic.in



01702-251107

NSS Report/2022-23/003

NSS Register Page No 48

Date 16th July 2022

Number Of Volunteers :- 06

Tree Plantation Campaign and Forest Festival

Venue: Ideal Central Jail Nahani, District Sirmaur, Himachal Pradesh

On the 16th of July 2022, a Forest Festival and Tree Plantation Campaign were organized by the Shri Satya Sai Seva Samiti at the premises of the Ideal Central Jail Nahani, District Sirmaur. In this program, 6 NSS volunteers from the NSS Unit of Dr. YSPGPG College Nahani actively participated and played significant roles in the execution of the event. Various types of plants were planted in the jail premises during the program, and an awareness Rally on the importance of tree plantation was also conducted.

During the event, the NSS volunteers demonstrated their dedication and commitment by actively participating in the plantation activities and contributing to the success of the campaign. Additionally, an awareness drive on environmental conservation was conducted, emphasizing the importance of trees and sustainable practices for a greener future.

The participation of NSS volunteers reflects their sense of responsibility towards environmental conservation and their willingness to contribute to initiatives aimed at creating a healthier and more sustainable environment.

Dr. Pankaj Chandak

Prof. Monika Kumar Programme Officer

NSS P.O. Dr. YSPGPG College Nahani

Dr. Y.S. Parmar GPG College, Nahani

Principal

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

वन महोत्सव और पौधारोपण अभियान

स्थान: आदर्श केंद्रीय कारागार नाहन, जिला सिरमौर, हिमाचल प्रदेश

16 जुलाई 2022 को श्री सत्य साई सेवा समिति द्वारा आदर्श केंद्रीय कारागार नाहन, जिला सिरमौर, हिमाचल प्रदेश के परिसर में वन महोत्सव और पौधारोपण अभियान का आयोजन किया गया। इस कार्यक्रम में एनएसएस इकाई नाहन के 6 स्वयंसेवकों ने अपनी उपस्थिति दर्ज करवाई और कार्यक्रम के क्रियान्वित करने में अपना योगदान दिया। कारागार परिसर में विभिन्न प्रकार के पौधे लगाए गए और एक जागरूकता रैली भी आयोजित किया गया, जिसमें पौधारोपण के महत्व पर चर्चा की गई। कार्यक्रम के दौरान, एनएसएस स्वयंसेवकों ने अपने समर्पण और प्रतिबद्धता का प्रदर्शन किया और पौधारोपण गतिविधियों में सक्रिय भाग लेकर कार्यक्रम की सफलता में योगदान किया। साथ ही, पर्यावरण संरक्षण के महत्व पर एक जागरूकता अभियान भी आयोजित किया गया, जिसमें पेड़ों और पर्यावरण के संरक्षण के लिए स्थायी प्रथाओं की महत्वता को जारी रखने का जोर दिया गया। एनएसएस स्वयंसेवकों की भागीदारी पर्यावरण संरक्षण के प्रति उनकी जिम्मेदारी और एक स्वस्थ और संतुलित पर्यावरण के निर्माण में उनकी इच्छा का प्रतिबिम्बित करती है।

डॉ. पंकज चांडक

प्रो. मोनिका कुमारी

राष्ट्रीय सेवा योजना कार्यक्रम अधिकारी

Programme Officer

N.S.S.

Dr. Y.S. Parmar GPG College, Nahani

Principal

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

डॉ यशवंतसिंह परमार राजकीय पीजी कॉलेज नाहन

6. BEYOND THE CAMPUS PLANTATION DRIVE on 16th July to 20th July 2022



DR. YS PARMAR GOVT. PG COLLEGE NAHAN

EST. 1967



www.gcnahan.in



gcnahan-hp@nic.in



01702-251107

NSS Report/2022-23/004

NSS Register Page No 48

Date 20th July 2022

Number Of Volunteers :- 05

Plantation Program

Location: Vikram Bagh, SFDA Unit

On July 20, 2022 a tree plantation program was organized at Vikram Bagh by the SFDA unit. Five NSS volunteers from Dr. Y.S. Parmar, Govt. P.G. College Nahan, Sirmour, H.P ensured their participation in this campaign. The goal of this campaign, as determined by SFDA, is to plant one crore trees across India. The participation of NSS volunteers in this tree plantation campaign reflects their commitment to environmental sustainability and community welfare. By actively engaging in such initiatives, they contribute to the larger goal of environmental conservation and biodiversity protection.

We extend our gratitude to the SFDA unit for organizing this campaign and providing an opportunity for NSS volunteers to contribute towards a greener and healthier environment.

Dr. Pankaj Chandak

Prof. Monika Komari

NSS P.O. Dr. YSPGPG College Nahan S.

Dr. Y.S. Parmar GPG College, Nahan

Principal

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

वृक्षारोपण कार्यक्रम

स्थान: विक्रम बाग, एसएफडी इकाई

20 जुलाई, 2022 को विक्रम बाग में एसएफडी इकाई द्वारा एक पौधारोपण कार्यक्रम आयोजित किया गया। इस कार्यक्रम में डॉ. वाईएस परमार, सरकारी पी.जी. कॉलेज नाहन, सिरमौर, एच.पी के पांच एनएसएस स्वयं सेवकों ने अपनी भागीदारी सुनिश्चित की। इस अभियान का लक्ष्य, एसएफडी द्वारा निर्धारित किया गया है, पूरे भारत में एक करोड़ पौधे लगाना है। एनएसएस स्वयं सेवकों की इस पौधारोपण अभियान में भागीदारी उनकी पर्यावरण संरक्षण और समुदाय कल्याण के प्रति उनकी प्रतिबद्धता को दर्शाती है। इस तरह के पहल में सक्रिय भागीदारी द्वारा पर्यावरण संरक्षण और जैव विविधता संरक्षण के बड़े उद्देश्य में योगदान करते हैं। हम इस अभियान का आयोजन करने वाली एसएफडी इकाई का आभार व्यक्त करते हैं और एनएसएस स्वयंसेवकों को एक हरित और स्वस्थ पर्यावरण के प्रति योगदान देने का एक अवसर प्रदान करने के लिए जिम्मेदारी की भावना को दर्शाते हैं।

डॉ. पंकज चांडक

प्रो. मोनिका कुमारी

राष्ट्रीय सेवा योजना कार्यक्रम अधिकारी

Programme Officer

N.S.S.

Dr. Y.S. Parmar GPG College, Nahan

Principal

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

डॉ यशवंतसिंह परमार राजकीय पीजी कॉलेज नाहन


7. Azadi Ka Amrit Mahotsav on 6 August to 15 August 2022

Dr. Y. S. Parmar Govt. PG .College Nahan (R&R Unit)

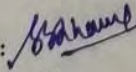
Reports of the activities performed during session 2022-23 by the Rovers and Rangers Unit of Dr. Y .S. Parmar.
Govt. P. G College Nahan.

Dated: 15th Aug, 2022

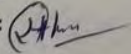
R&R REPORT

Sr. No.	Particulars	Details	Remarks
1	Name of the Department/Unit/Agency	<u>R&R unit</u>	
2	Name of the Activity	Independence day celebration	
3	Name of Collaboration Agency(If Any)	R&R, NCC & NSS	
4	Number of student Participants	05	
5	Number of Teacher Participants	05	
6	Number of Guest Participants (If Any)	01	
Brief Report : On the occasion of Independence Day celebrations on 15th August 2022, Rover / Ranger unit of the college along with other units N.S.S. and N.C.C. Participated in the Rhythmic March Past.			
			

Rover's leader:



Ranger's leader:



Principal

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

8. International Youth Day Campaign” on 12th August 2022 to 31st August, 2022

Dr. Y.S. Parmar Govt. P.G. College Nahan, Dist. Sirmour (H.P.) RED Ribbon Club

HIV Prevention Campaign i.e. August 12-31st, 2022

Theme: Intergeneration Solidarity: Creating a World for All Age

Campaign Slogan: “HIV ke Samne Hum Jhukenge Nahi”

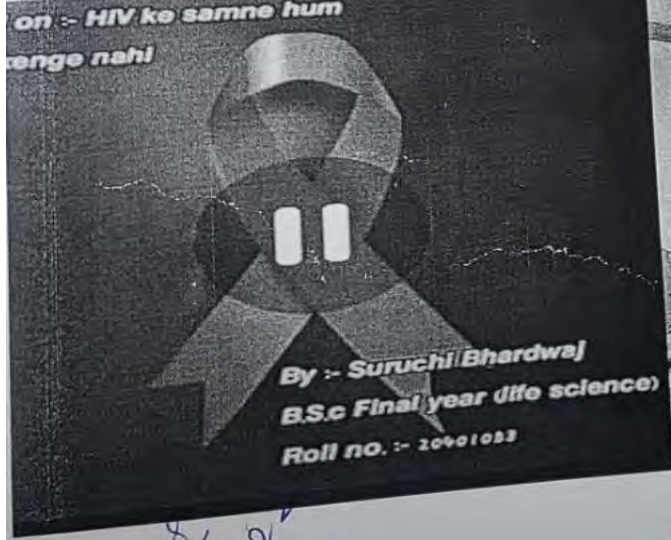
Report

HIV Prevention Campaign was organized by Red Ribbon Club , Dr. Y.S. Parmar P.G. College Nahan w.e. f. **August 12-31st, 2022** Theme: **Intergeneration Solidarity: Creating a World for All Age**. Professor Sulaxna Sharma and Dr. Vineet Kumar Assistant Professor Department of Zoology, Dr. Anup Kumar, Assistant Professor Department of Physics and Prof. Preeti Chauhan Assistant Professor Department of Botany were the organizers of the event. A large number of students participated in the event and different activities with related theme (i) HIV Prevention Rally, “HIV/AIDS Awareness”, (ii) Poster Making Competition, “Intergeneration Solidarity: Creating a world for all age”, (iii) Short Story Writing Competition, “HIV/AIDS Awareness” (iv) Reel Making and One minute Extempore and speech, “HIV ke Samne Hum Jhukenge Nahi” were organized on dated August 12th , 16th ,17th ,18th , 2022, respectively. More than 100 students of B.Sc life Science (2nd year & 3rd year) attended the same. Closing ceremony of the week was organized on 18-08-2022. Dr. Veena Rathore Principal, Dr. Y.S. Parmar Govt. P.G. College Nahan was the chief guest. Programme started with the warm welcome of the chief guest. Badge pinning was done as mark of respect to the chief guest. Posters were displayed and Reels were projected on the display screen in the department of Zoology Dr. Vikas Guleria Department of Botany and Professor Chinu Bansal Department of Physics were the judges for the aforesaid activities. Principal Dr. Veena Rathore talked on HIV prevention awareness and had a great interaction with the students. The names of the winners of the activities were announced by the chief guest. Lastly, event was ended with vote of thanks by Professor Sulaxna Sharma.

List of the winner students

- **Poster Making Competition:** 1st : Priya B.Sc. 2nd year, 2nd : Isha B.Sc. 3rd year, 3rd : Sakshi Thakur B.A. 3rd year
- **Short Story writing Competition:** 1st : Mimansha Kaushal B.Sc. 2nd year, 2nd : Saloni Sharma B.Sc. 3rd year , 3rd : Sudesh B.Sc. 3rd year
- **Reel Making:** 1st : Surichi B.Sc. 3rd year, 2nd : Saloni B.Sc. 3rd year, 3rd : Sudesh B.Sc. 3rd year
- **One minute Extempore and speech:** 1st : Saloni B.Sc. 3rd year , 2nd : Ritu B.Sc. 3rd year , 3rd : Anjali B.Sc. 3rd year

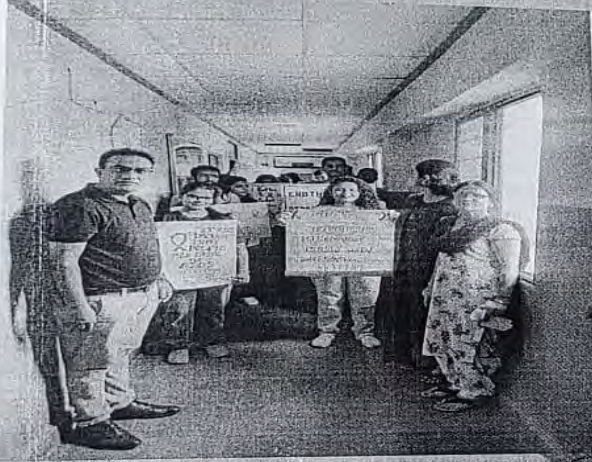
Sharma
18/8/22



Shruti
18/07/2022

Suruchi

Red Ribbon Club International Youth day ⁽¹⁾
w.e.f August 12, 2022 to August 31, 2022



Dhars
18/8/22

[Handwritten signature]



DR. YS PARMAR GOVT. PG COLLEGE NAHAN

EST. 1963

www.gcnaahan.in

gcnaahan-hp@nic.in

01702-251107



No-GCN-15/2022

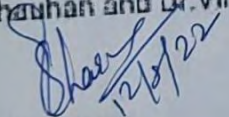
Date:- 12th Aug. 2022


NOTICE

Red Ribbon Club, Dr. Dr. Y.S. Parmar Govt. P.G. College Nahan, Dist. Sirmour (H.P.) is organizing different activities as a HIV Prevention Campaign in college campus on the occasion of International Youth Day w.e.f. August 12, 2022 to August 31, 2022. Interested students may participate in the following activities:

S.No	Name of Activity	Date	Time	Venue	Theme
1.	HIV Prevention Rally	12-08-2022	10:00 AM	College Campus	HIV /AIDS Awareness
2.	Poster Making Competition	16-08-2022	10:00 AM	Zoology Lab	Intergeneration Solidarity : Creating a world for all age
3.	Short Story Writing Competition	17-08-2022	10:00 AM	Zoology Lab	HIV /AIDS Awareness
4.	i) Real Making Competition ii) One minute Extempore and Speech	Real entries to be submitted through email id Last Date : 18-08-2022			HIV Kae Samne Hum Jhukegne Nhi

Interested students may give their names for the aforesaid activities to Prof. Preeti Chauhan and Dr. Vineet Kumar


Convener


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

9. Blood Donation Camp on 13th August 2022




DR. YS PARMAR GOVT. PG COLLEGE NAHAN
EST. 1963  www.gcnaahan.in  gcnaahan-hp@nic.in  01702-251107

NSS Report/2022-23/006 NSS Register Page No 49 Date 13th August 2022
Number Of Volunteers :- 47

Blood Donation Camp

As part of the "Har Ghar Tiranga" theme under the auspices of the Azadi Ka Amrit Mahotsav, commemorating the 75 glorious years of independent India, a blood donation camp was organized by NSS Unit of Dr. YSPGPG College Nahani in collaboration with the Rotary Club, Nahani, on August 13, 2022, at the college premises. A total of 48 NSS volunteers participated in this camp. In this camp, a total of **32 blood donors**, including teachers, students, and external individuals, contributed to the noble cause of blood donation.


Dr. Pankaj Chandak
Prof. Monika
NSS P.O. Dr. YSPGPG College Nahani
Programme Officer
Dr. Y.S. Parmar GPG College, Nahani


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

रक्तदान अभियान

स्वतंत्र भारत के 75 गौरवशाली वर्षों की स्मृति में "हर घर तिरंगा" थीम के तहत, डॉ. यू.एस. परमार सरकारी पी.जी. कॉलेज, नाहन, सिरमौर, एच.पी. के साथियों के सहयोग से रोटरी क्लब, नाहन के साथ, दिनांक 13 अगस्त 2022 को कॉलेज परिसर में रक्तदान शिविर का आयोजन किया गया। इस शिविर में कुल 48 एनएसएस स्वयंसेवक भाग लिए। इस शिविर में कुल **32 रक्तदाता** रक्तदान करने के लिए आए, जिनमें शिक्षक, छात्र और बाहरी व्यक्ति शामिल थे।

डॉ. पंकज चांडक
प्रो. मोनिका
राष्ट्रीय सेवा योजना कार्यक्रम अधिकारी
Programme Officer
N.S.S.
Dr. Y.S. Parmar GPG College, Nahani


Principal
Dr. Yashwant Singh Parmar
Principal
Govt. P.G. College, Nahani
डॉ यशवंतसिंह परमार राजकीय पीजी कॉलेज नाहन

नाहन में रक्तदाताओं ने दिखाया जोश, 32 यूनिट खून एकत्रित

उपायुक्त रामकुमार गौतम ने रक्तदान शिविर का किया शुभारंभ

संवाद न्यूज एजेंसी

रोटरी संगिनी नाहन और अमर उजाला फाउंडेशन ने लगाया शिविर

नाहन (सिरमौर)। रोटरी संगिनी नाहन और अमर उजाला फाउंडेशन ने संयुक्त रूप से डॉ.

यशवंत सिंह परमार राजकीय स्नातकोत्तर महाविद्यालय नाहन में शनिवार को रक्तदान शिविर आयोजित किया।

शिविर में महिला रक्तदाताओं ने भी आगे आकर रक्त का महादान किया।

शिविर का शुभारंभ उपायुक्त रामकुमार गौतम ने किया। उन्होंने रक्तदान करने वाले युवाओं की प्रशंसा की। उन्होंने कहा कि सभी मिलकर एक-एक जिंदगी बचाने जा रहे हैं। रक्तदान के लिए सभी को आगे आना चाहिए।

रक्तदान शिविर नाहन कॉलेज में सुबह ठीक 11:00 बजे शुरू हुआ। इस दौरान कई लोगों ने पहली बार रक्तदान करके पुण्य कमाया। शिविर में कुल 32 यूनिट रक्त एकत्रित किया गया। हालांकि इस दौरान अन्य भी कई युवाओं ने रक्तदान के लिए फार्म भरे लेकिन पिछले दिन कॉविड टीका लगने की वजह से 19 युवाओं को रक्तदान से वर्जित रहना पड़ा।

कई लड़कियों का भार कम होने से भी वह खून नहीं दे पाईं। बहरहाल, रक्त का महादान करने वाली में नाहन कॉलेज के विद्यार्थियों और स्टाफ में भारी जोश दिखा। इस अवसर पर उपायुक्त राम कुमार गौतम की धर्म पत्नी ज्योत्सना



गौतम, ब्लड बैंक की प्रभारी डॉ. निशी जसवाल, राजेश शर्मा, नाहन कॉलेज के उपप्राचार्य डॉ. प्रेम

भारद्वाज, रोटरी संगिनी की प्रधान प्रो. अंजू अग्रवाल, ममता जैन, मनीष जैन, वैशाली जैन, दीपा बसंत, निर्मला राठी, मोनिका जैन, पूनम



नाहन कॉलेज में रक्तदान शिविर के शुभारंभ मौके पर रक्तदान का महत्व बताते उपायुक्त रामकुमार गौतम। संवाद

गुप्ता, नीलम अग्रवाल, रमा रैगटा, सलानी मूद, डॉ. मरिता वंसल और स्वीटी जैन, डॉ. अनूप भाटिया, डॉ. प्रीति विशेष रूप से मौजूद रहें।

किसी की जान बचाना सबसे बड़ा धर्म, रक्तदान



दीपक अंकिता रमा रेटका नितिका पुलकित सोनिका डॉ. पंकज सेजल तोमर

नाहन। तीसरी बार रक्त दे रहे मेजर दीपक धवन ने कहा कि किसी की जान बचाना सबसे बड़ा धर्म है। जरूरतमंद व्यक्ति को खून देने के लिए सभी को आगे आना चाहिए।

पहली बार रक्त दे रही बीए द्वितीय वर्ष की छात्रा अंकिता ने कहा कि मुझे खुशी है कि मेरा खून किसी जरूरतमंद के काम आ सकेगा। मैं आगे भी रक्तदान जरूर करूंगी। छठी बार रक्त दे रही रमा रेटका ने कहा कि जरूरत मंद के हमेशा काम आना

चाहिए। मैं दो बार प्लाजमा भी दान दे चुकी हूँ।

बीए की छात्रा नितिका ठाकुर ने कहा कि मैं पहली बार रक्त दान कर रही हूँ। ऐसा करके मुझे बहुत खुशी मिल रही है। मैं आगे भी यह कार्य करूंगी।

चौथी बार रक्त दे रहे बी वाक के छात्र पुलकित ने कहा कि खून नालियों में नहीं नाड़ियों में बहना चाहिए। उन्हें खुशी है कि मेरे खून से एक जिंदगी बचेगी।

बीए फाइनल की छात्रा सोनिका

चौहान ने कहा कि मैंने पहले कई बार रक्त देने की सोची लेकिन इंजेक्शन से डर लगता था। आज पहली बार रक्त देकर मुझे बहुत खुशी मिली।

17वीं बार रक्त दे रहे डॉ. पंकज चांडक ने कहा कि रक्तदान करके मुझे हमेशा खुशी मिलती है। सभी लोगों को इस नेक कार्य में आगे आना चाहिए।

छात्रा सेजल तोमर ने कहा कि पहली बार मुझे यह अवसर मिला। आज रक्तदान कर असीम संतुष्टि मिल रही है। सजाद

10. Cleanliness drive on 14th August, 2022



DR. YS PARMAR GOVT. PG COLLEGE NAHAN
EST. 1963 www.gcnaahan.in gcnahan-hp@nic.in 01702-251107

NSS Report/2022-23/007

NSS Register Page No 49
Number Of Volunteers :-47

Date 14th August 2022

Cleaning and Ground Leveling in Preparation for Independence Day Celebration

On August 14, 2020, NSS volunteers undertook a cleanliness drive within the college premises and leveled the college ground to ensure smooth conduct of the upcoming Independence Day march past on August 15. There was remarkable enthusiasm among the volunteers regarding the preparations for Independence Day celebrations.

The initiative aimed to create a clean and conducive environment for the Independence Day festivities, reflecting the spirit of patriotism and dedication among NSS volunteers towards serving the community and nation-building.

The active participation of NSS volunteers in these activities exemplifies their commitment to social responsibility and community engagement. Through such endeavors, they continue to contribute positively to the development and welfare of society.

Dr. Pankaj Chandak
Prof. Monika

NSS P.O. Dr. YSPGPG College Nahan

Dr. Y.S. Parmar GPG College, Nahan

Programme Officer
N.S.S.

Principal

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

स्वतंत्रता दिवस की तैयारी में सफाई एवं मैदान का समतलीकरण

14 अगस्त 2022 को, एनएसएस स्वयंसेवकों ने कॉलेज परिसर में सफाई का कार्य किया और कॉलेज के मैदान को समतल किया ताकि 15 अगस्त को होने वाले स्वतंत्रता दिवस के मार्च पास्ट का सम्पन्न होना सुनिश्चित किया जा सके। स्वतंत्रता दिवस की तैयारियों को लेकर स्वयंसेवकों में विशेष उत्साह देखा गया।

इस पहल का उद्देश्य स्वतंत्रता दिवस के उत्सव के लिए एक साफ और उपयुक्त वातावरण बनाना था, जो एनएसएस स्वयंसेवकों की राष्ट्रभक्ति और समर्पण की भावना को प्रतिबिम्बित करता है।

इन कार्यों में स्वयंसेवकों की सक्रिय भागीदारी उनकी सामाजिक जिम्मेदारी और समुदाय सेवा के प्रति उनकी समर्पितता का प्रमाण है। इस तरह के प्रयासों के माध्यम से, वे समाज के विकास और कल्याण में सकारात्मक योगदान करते रहते हैं।

डॉ. पंकज चांडक

प्रो. मोनिका

राष्ट्रीय सेवा योजना कार्यक्रम अधिकारी

Programme Officer
N.S.S.

Dr. Y.S. Parmar GPG College, Nahan

Principal

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

डॉ यशवंतसिंह परमार राजकीय पीजी कॉलेज नाहन

11. Poster making competition on topic “My Vote My Right on 3rd September 22 by Electoral Literacy Club

Electoral Literacy Club Activity Report

Activity: Poster Making Competition

Date: 03/09/2022

Venue: Botany Lab (Room No.301)


Time: 11:00 am

No. of participants: 31

Organizers: Electoral Literacy Club

Electoral Literacy Club of Dr Y. S. Parmar, Government P. G. College, Nahan organised a poster making competition on topic “My Vote, My Right” on 3rd Sept., 2022 at 11:00 am in the Botany Lab (Room No- 301), 31 students from different streams participated in the competition and prepared posters on the said theme. Principal Dr. Veena Rathore was the chief guest of the event. She addressed the participants and advised them to motivate their friends, relatives and family members to cast their votes during elections. She also advised the students to motivate their classmates and other fellow students who have attained the age of 18 to make their voter card as early as possible so that they can vote during the coming elections. Dr Rajesh Trehan and Dr Vikas Guleria were present in the event as judges. Both the judges interacted with students and applauded the participants for making beautiful and relevant posters on the theme.

Nodel officer Dr. Urvashi then addressed the students and told them about importance of Voting Rights: she also congratulated the participants for taking part in the event. All the members of Electoral Literacy Club Dr. Anup, Dr. Sarita Bansal, Dr. Pankaj, Dr. Saloni Sood, Dr. Veena Tomar, Ms. Preeti, Mr. M. R. Chauhan and Ms. Deepika were present during the event. Refreshments were then served to all the participants of the events. At the end, Dr. Urvashi the nodal officer formally thanked the chief guest, judges, committee members and student participants for making the event a great success.


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

नाहन कालेज में मेरा वोट मेरा अधिकार पर बांटी जानकारी



नाहन । डा. यशवंत सिंह परमार राजकीय महाविद्यालय नाहन के इलेक्ट्रोरल लिटरैसी सेल द्वारा मेरा वोट मेरा अधिकार अभियान के तहत मतदाता जागरूकता कार्यक्रम आयोजित किया गया, जिसमें लगभग 200 विद्यार्थियों ने भाग लिया। कार्यक्रम के दौरान नोडल अधिकारी अनिल शर्मा ने विद्यार्थियों को वोट की महत्ता तथा वोटर कार्ड बनवाने व मतदान करने के बारे में जागरूक किया। इस दौरान उन्होंने विद्यार्थियों को अपना वोटर कार्ड, आधार कार्ड से लिंक करने के बारे में भी जानकारी प्रदान की और वोटर कार्ड को आधार कार्ड से जोड़ने की प्रक्रिया को वीडियो के माध्यम से भी दिखाया गया। इस अवसर पर प्राचार्य डा. वीना राठौर ने सभी विद्यार्थियों को संबोधित किया। उन्होंने 18 वर्ष पूर्ण कर चुके छात्र-छात्राओं से आह्वान किया कि वह अपना वोटर कार्ड बनवाकर अपने मताधिकार का उचित प्रयोग कर देश व प्रदेश के विकास में अपनी महत्वपूर्ण भूमिका अदा करें। इस दौरान नायब तहसीलदार निर्वाचन नारायण दास व कानूनगो हरिचंद ने भी मताधिकार के बारे में अपने विचार व्यक्त किए। इस अवसर पर इलेक्ट्रोरल लिटरैसी सेल की संचालिका डा. उर्वशी चौहान, डा. सरिता, डा. अनूप कुमार, डा. सलोनी, प्रो. दीपिका उपस्थित रहे

(Handwritten signature in green ink)



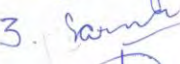

12.RALLY ON SAVE ENVIRONMENT SAVE LIFE on 12th September 2022

COLLEGE ACTIVITY

Dated: 12/09/2022

Sr. No.	Particulars	Details	Remarks
1	Name of the Department/Unit/Agency	Eco club	
2	Name of the Activity	Awareness rally on the theme "Save environment Save life" in surrounding residential area of colleg	
3	Name of Collaboration Agency (If Any)	—	
4	Number of student Participants	30	
5	Number of Teacher Participants	04	
6	Number of Guest Participants (If Any)	—	
7	Brief Report: On Sept. 12, 2022, an awareness rally was organized by Eco Club of Dr. Y.S.P.G.P.G. College Nahar in the surrounding residential area of College. Theme of the rally was "Save environment save life". Total 30 students participated in this rally and motivated people to be sensitive for their environment and contribute for its well being.		

**Organizer
(Name & Signature)**

1. 
2. 
3. 
4. 



Principal

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

Attendance Sheet

Sr. No.	Roll No.	Name	Class	Signature
1	2210630020	Ankita	BSc 2 nd year	Ankita
2)	2210630058	Tyoti	BSC 2 nd YEAR	Tyoti
3)	2210630059	Pooja Sharma	"	Pooja
4.	2210630074	Palak Preet	BSC 2 nd year	Palak
5.	2210630081	Preetika	"	Preetika
6)	2221960008	AnamBangan	"	Anam
7)	2221960013	Ananya Sharma	Bsc 2 nd year	Ananya
8)	2221960014	Anaragya	"	Ana
9)	22401035	Anjali	"	Anjali
10)	22401010	Archita	"	Archita
11)	22401011	Aryan	"	Aryan
12)	22401043	Druhti	"	Druhti
13)	22401024	Gargi	"	Gargi Tomar
14)	22401031	Komal	"	Komal
15)	22401036	Taran Tomar	Bsc 2 nd year	Taran Tomar
16)	22401034	Usha	"	Usha
17)	22401020	Widisha	Bsc 2 nd year	Widisha
18)	22401018	Manu Sharma	BSc 2 nd Year	Manu
19)	22401023	Mayank Sharma	Bsc 2 nd	Mayank
20)	22401026	Monika	B.Sc 2 nd year	Monika
21)	21401014	Mukul Thakur.	"	Mukul
22)	22401004	Pankaj	BSc. II nd	Pankaj
23	22401016	Poonam	B:SC II nd year	Poonam
24	22401015	Sanjay	B ^{sc} "	Sanjay
25.	22401029	Shifa	"	Shifa
26.	22401019	Shreya	"	Shreya
27.	22401028	Shweta	BSc 2 nd year	Shweta.
28.	22401012	Simon Thakur	"	Simon Thakur.
29.	22401037	Tamanna Thakur	BSc. 2 nd year	Tamanna
30.	22401030	Tanya Kashyap	Bsc 2 nd year	Tanya

13. Mock Drill & Lecture on Disaster Management on 14th September 22



DR. YS PARMAR GOVT. PG COLLEGE NAHAN
EST. 1963 www.gcnaahan.in gcnaahan-hp@nic.in 01702-251107

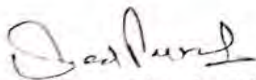
REPORT OF DISTRICT LEVEL MEGA MOCK EXERCISE


14TH SEPTEMBER 2022

With reference to letter No. SMR-DDMA (Mock Drill) DC-2022 Dated, Nahan 06/09/2022 received from Office of the Deputy Commissioner-cum-Chairman, District Disaster Management Authority (DDMA) District Sirmour at Nahan (H.P.), on dated 13-09-2022, a District Level Mega Mock Exercise on Earthquake/Landslide Disaster was organised by the District Disaster Management Authority (DDMA) District Sirmour in collaboration with 14th Battalion, National Disaster Response Force (NDRF), Regional Response Centre (RRC), Nalagarh, under the Ministry of Home Affairs, Govt. of India, in the campus of Dr. Y.S. Parmar Govt. Post Graduate College Nahan on dated 14-09-2023.

In the morning session a team of 14th Battalion, National Disaster Response Force (NDRF), Regional Response Centre (RRC), Nalagarh demonstrated the students of this institution about the different disaster situations. NCC, NSS, Rovers and Rangers volunteers actively participated in the awareness programme about disasters like earthquake, fire, accidents etc. by the NDRF team. 346 students of the institution including NCC, NSS, Rovers and Rangers volunteers along with the teaching and Non teaching members of staff of the college attended this programme.

Post lunch mock drill on 'Escaping people during fire or earthquake Disaster Situation in a Building' was carried out. Officers/officials representing various departments participated in the mock drill but the departments like Health, Police, Home Guards, Agni Shaman played a vital role in the mock drill. Programme ended with vote of thanks proposed by the representative from District Disaster Management Authority (DDMA) District Sirmour at Nahan (H.P.)


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


Principal
Principal
G.P.G. College Nahan
Dr. Yashwanth Singh Parmar
Govt. PG College Nahan



DR. YS PARMAR GOVT. PG COLLEGE NAHAN

EST. 1963



www.gcnahan.in



gcnahan-hp@nic.in



01702-251107

PHOTOGRAPHS OF DISTRICT LEVEL MEGA MOCK EXERCISE

14TH SEPTEMBER 2022



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

Principal
Dr. Yashwant Parmar
G.P.G. College Nahan



DR. YS PARMAR GOVT. PG COLLEGE NAHAN

EST.1967



www.gcnahan.in



gcnahan-hp@nic.in



01702-251107

NSS Report/2022-23/013 NSS Register Page No 52 Date 14th September 2022
Number Of Volunteers :- 150

District Disaster Management Mock Drill

Under the directive of the District Collector and DOMA Letter Number SRM-DOMA (MOCK DRILL) DC-2022/17410 dated September 6, 2022, a district-level mock drill was organized in the college premises on September 14, 2022. With the assistance of the college's Disaster Management Committee, comprising Professor Ved Prakash and Professor Devendra, over 150 NSS volunteers (out of a total of more than 300 students) were trained in disaster management by the 14th NDRF Battalion. From 4:00 to 7:00 PM, a mock drill for earthquake preparedness was demonstrated, in which NSS volunteers actively participated.

Dr. Pankaj Chandak
Prof. Monika
NSS P.O. Dr. YSPGPG College Nahani

Programme Officer
Dr. Y.S. Parmar GPG College, Nahani

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

जिला आपदा प्रबंधन मॉक ड्रिल

जिला कलेक्टर और DOMA पत्र संख्या SRM-DOMA (MOCK DRILL) DC-2022/17410 दिनांक 6 सितंबर 2022 के अनुसार, 14 सितंबर 2022 को कॉलेज परिसर में जिलास्तरीय मॉकड्रिल का आयोजन किया गया। कॉलेज की आपदा प्रबंधन समिति के प्रोफेसर वेद प्रकाश और प्रोफेसर देवेन्द्र के सहयोग से, 150 से अधिक एनएसएस स्वयंसेवकों (कुल 300 से अधिक छात्र) को आपदा प्रबंधन के 14 वीं बटालियन के जवानों ने प्रशिक्षित किया। 4:00 से 7:00 बजे तक, भूकंप के लिए मॉक ड्रिल का प्रदर्शन किया गया, जिसमें एनएसएस स्वयंसेवकों ने सक्रिय भाग लिया।

डॉ.पंकज चांडक
प्रो. मोनिका
राष्ट्रीय सेवा योजना कार्यक्रम अधिकारी

Programme Officer
N.S.S.
Dr. Y.S. Parmar GPG College, Nahani

डॉ यशवंतसिंह परमार राजकीय पीजी कॉलेज नाहन

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

नाहन कालेज में छात्रों ने सीखा आपदा प्रबंधन

मॉक ड्रिल आयोजित

नाहन, 14 सितम्बर (ब्यूरो): जिला मुख्यालय स्थित राजकीय स्नातकोत्तर महाविद्यालय में बुधवार को राष्ट्रीय आपदा प्रतिक्रिया बल की सहायता से मॉक ड्रिल का आयोजन किया गया। इसमें छात्रों को आपदा प्रबंधन का प्रशिक्षण दिया गया।

मॉक ड्रिल में एन.आर.डी.एफ., पुलिस, होम गार्ड, अग्निशमन, चिकित्सा, शिक्षा व अन्य संबंधित विभागों के अधिकारियों तथा कर्मचारियों ने हिस्सा लिया।

एन.डी.आर.एफ. के असिस्टेंट कमांडर करम सिंह, इंस्पेक्टर जगपाल, सब-इंस्पेक्टर गोविन्द मीना और सब-इंस्पेक्टर विवेक ने आपदा के समय उठाए जाने वाले विभिन्न पगों तथा जरूरी एहतियात बरतने के संबंध में विद्यार्थियों को जानकारी प्रदान की।

टेबल टॉप एक्सरसाइज को लेकर की बैठक

मॉक ड्रिल को लेकर डी.सी. कार्यालय के सभागार में डी.सी. राम कुमार गौतम की अध्यक्षता में टेबल टॉप एक्सरसाइज का आयोजन किया गया। इसमें सभी विभागों के अधिकारी उपस्थित रहे। डी.सी. ने कहा कि किसी भी प्रकार की आपदा से प्रभावी तरीके से निपटने के लिए जिला आपातकालीन संचालन केंद्र को और अधिक सक्रिय बनाए जाने की आवश्यकता

है। उन्होंने बताया कि जिला आपातकालीन संचालन केंद्र 1077 टेल फ्री नंबर उपायुक्त कार्यालय में संचालित है और अच्छे तरीके से कार्य कर रहा है। उन्होंने किसी भी आपदा की स्थिति में विभिन्न विभागों की जिम्मेदारियों पर सभी अधिकारियों के साथ चर्चा की। सहायक कमांडेंट, 14वीं वाहिनी राष्ट्रीय आपदा प्रतिक्रिया बल आर.आर.सी. नालागढ़ कर्म सिंह ने मॉक ड्रिल बारे विस्तृत जानकारी दी। बैठक में एस.पी. ओमापति जमवाल, ए.डी.सी. मनेश यादव सहित विभिन्न विभागों के अधिकारी उपस्थित रहे।



नाहन : राजकीय स्नातकोत्तर महाविद्यालय में आपदा प्रबंधन के गुर सिखाते अधिकारी। (ब्यूरो)

14. Cleanliness Drive under Puneet Sagar Abhiyan at Markanda River in collaboration of IHP(I) Coy NCC, Nahan on 30th September, 22

COLLEGE ACTIVITY

Dated: 30-09-2022

Sr. No.	Particulars	Details	Remarks
1	Name of the Department/Unit/Agency	NCC Unit	
2	Name of the Activity	Cleanliness Under Puneet Sagar Abhiyan	Markanda River
3	Name of Collaboration Agency (If Any)	IHP(I) COY, NCC Nahan	
4	Number of student Participants	41	
5	Number of Teacher Participants	2	
6	Number of Guest Participants (If Any)	-	
7	Brief Report: NCC Unit of college was organized a cleanliness drive under Puneet Sagar Abhiyan at Markanda river. In the collaboration of IHP(I) Coy NCC, Nahan, 41 cadets were participated in this cleanliness drive. Cadets cleaned the surrounding area of river and collect the garbage and dump it on the proper place.		

[Signature]
 Organizer
 (Name & Signature)

[Signature]
 PRINCIPAL
 Govt. PG College
 Nahan

15. District level Swachh Bharat Abhiyan 2.0 on 1st October 2022



DR. YS PARMAR GOVT. PG COLLEGE NAHAN

EST. 1963



www.gcnaahan.in



gcnaahan-hp@nic.in



01702-251107

NSS Report/2022-23/017 NSS Register Page No 54 Date 01st October 2022

Number Of Volunteers :- 50

Inauguration of Swachh Bharat Abhiyan 2.0

In a joint effort organized by the NSS unit of Dr. Y.S. Parmar Government P.G. College, Nahan, and the Nehru Yuva Kendra, Nahan, the Principal, Dr. Veena Rathore, inaugurated Swachh Bharat Abhiyan 2.0 by administering the cleanliness oath to students and volunteers. The event aimed to promote cleanliness and hygiene in the district of Sirmaur.

Mr. Anil Dogra, coordinator of NYK, and program officer Mr. Pankaj Chandak briefed the students about the initiatives undertaken last year and the forthcoming plans. Following this, under the leadership of Prof. Pankaj Chandak and Prof. Monika Kumari, students conducted a cleanliness drive within the college premises as part of the waste management campaign, ensuring a cleaner environment.

Dr. Pankaj Chandak

Prof. Monika

NSS P.O. Dr. YSPGPG College Nahan

Programme Officer

N.S.S.
Dr. Y.S. Parmar GPG College, Nahan

Principal

Dr. Yashwant Singh Parmar
Principal
Dr. YSPGPG College Nahan

स्वच्छ भारत अभियान 2.0 का उद्घाटन

स्वच्छ भारत अभियान 2.0 का शुभारंभ महाविद्यालय नाहन की एनएसएस यूनिट व नेहरू युवा केंद्र नाहन के संयुक्त तत्वाधान में आयोजित एक कार्यक्रम में प्राचार्य डॉक्टर वीणा राठौर ने विद्यार्थियों व स्वयंसेवकों को स्वच्छता की शपथ दिलाकर जिला सिरमौर में स्वच्छ भारत अभियान 2.0 का शुभारंभ किया। एनवाईके के संयोजक श्री अनिल डोगरा व कार्यक्रम अधिकारी श्री पंकज चांडक ने गत वर्ष व आगामी कार्ययोजना से विद्यार्थियों को अवगत करवाया। इसके पश्चात प्रोफेसर पंकज चांडक व प्रोफेसर मोनिका कुमारी के नेत्रत्व में विद्यार्थियों ने कॉलेज परिसर में कचरे के अभियान के तहत परिसर को स्वच्छ किया।

डॉ. पंकज चांडक

प्रो. मोनिका

राष्ट्रीय सेवा योजना कार्यक्रम अधिकारी

Programme Officer

N.S.S.

Dr. Y.S. Parmar GPG College, Nahan

Principal

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

डॉ यशवंतसिंह परमार राजकीय पीजी कॉलेज नाहन

16.Cleanliness drive in Pajhota Valley on 8th October to 9th October 2022



DR. YS PARMAR GOVT. PG COLLEGE NAHAN

EST.1967



www.gcnaahan.in



gcnaahan-hp@nic.in



01702-251107

NSS Report/2022-23/020 NSS Register Page No 55 Date 09th October 2022
Number Of Volunteers :- 34

Cleanliness Campaign (Under Swachh Bharat Abhiyan 2.0) in Pajhota Region

Venue:-GC Pajohta

Following the district-level competitions organized by NYK, the NSS unit of Dr. Y.S. Parmar Government P.G. College, Nahan, in collaboration with NYK Nahan, undertook a cleanliness campaign as part of Swachh Bharat Abhiyan 2.0 in the Pajhota region, particularly in the villages of Patteepateel and Jalogg. The campaign aimed to promote cleanliness and raise awareness among the villagers about the importance of cleanliness.

The NSS volunteers actively participated in cleaning activities, including waste collection, segregation, and disposal. They also engaged with the villagers to educate them about the importance of maintaining cleanliness for their health and well-being. Additionally, awareness sessions were conducted to highlight the adverse effects of littering and the benefits of a clean environment.

The collaborative effort of NSS volunteers and NYK played a significant role in making the cleanliness campaign successful. The impact of the campaign was visible as the villagers actively participated and pledged to maintain cleanliness in their surroundings. This initiative not only contributed to the cleanliness drive but also fostered a sense of responsibility towards the environment among the local communities.


This initiative underscores the commitment of NSS towards community service and environmental conservation, promoting the ideals of cleanliness and hygiene for a healthier and sustainable future.

Dr Pankaj Chandak

Prof. Monika

NSS P.O. Dr. YSPGPG College Nahan


Programme Officer
N.S.S.
Dr. Y.S. Parmar GPG College, Nahan


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

पड़ौता क्षेत्र में स्वच्छता अभियान (स्वच्छ भारत अभियान 2.0 के तहत)

NYK की जिला स्तरीय प्रतियोगिताओं के बाद नाहन महाविद्यालय की NSS इकाई व NYK नाहन के संयुक्त तत्वाधान में, पड़ौता क्षेत्र में पट्टीपटेल और जलोग गाँवों में स्वच्छता अभियान 2.0 के अंतर्गत साफ सफाई की गई। तथा गांव वासियों को भी स्वच्छता हेतु जागृत किया। यह अभियान स्वच्छता को प्रोत्साहित करने और गाँववालों को स्वच्छता के महत्व के बारे में जागरूक करने का उद्देश्य रखता था।

डॉ.पंकज चांडक

प्रो. मोनिका

राष्ट्रीय सेवा योजना कार्यक्रम अधिकारी

Programme Officer

N.S.S.

Dr. Y.S. Parmar GPG College, Nahan


Principal
Dr. Yashwant Singh Parmar
Govt. P.G. College, Nahan
प्रिन्सिपल
डॉ यशवंतसिंह परमार राजकीय पीजी कॉलेज नाहन




17. Construction of ramp along with Cleanliness drive in college on 14th October,2022

Dr. Y. S. Parmar Govt. PG .College Nahan (R&R Unit)

Reports of the activities performed during session 2022-23 by the Rovers and Rangers Unit of Dr. Y .S. Parmar. Govt. P. G College Nahan.

Dated: 16th to 21st Nov. 2022

R&R REPORT

Sr. No.	Particulars	Details	Remarks
1	Name of the Department/Unit/Agency	<u>R&R UNIT</u>	
2	Name of the Activity	Pre-RDC Camp	
3	Name of Collaboration Agency(If Any)	R&R UNIT	
4	Number of student Participants	10	
5	Number of Teacher Participants	-	
6	Number of Guest Participants (If Any)	-	
7	 <p>Brief Report:</p> <p>5 Rovers and 5 Rangers participated in Pre-R.D.C. Selection Camp organized from 16th to 21st November at State Training Center Bharat Scouts and Guides Rewalsar, Mandi out of which all five Rovers and one Ranger of the college were selected for State Parade on 26th January . In which the selected rowers are Kamal, Himanshu, Surjan, Pawan, Ajay and Ranger Tanu.</p>		

Rover's leader:

Bahamg

Ranger's leader:

Ahs

Principal

[Signature]
 Dr. Yashwant Singh Parmar
 Govt. P.G. College, Nahan



NSS Report/2022-23/021 NSS Register Page No 56 Date 14th October 2022
Number Of Volunteers :- 80

Special Cleanliness Campaign as part of Swachh Bharat Abhiyan 2.0
Before HPU Youth Festival Group-4

On 14th October, under the joint initiative of the NSS unit of Dr. Y.S. Parmar, Govt. P.G. College Nahan, and NYK Nahana, a special cleanliness campaign was organized in the college campus and surrounding areas as part of the All India Swachh Bharat Abhiyan 2.0. NSS volunteers of the college conducted a rally to spread the message of cleanliness.

During this event, NSS volunteers collected 40 bags of waste, and with the assistance of Nahana Municipal Council, the waste was appropriately disposed of. This initiative aimed to raise awareness about cleanliness and encourage active participation in maintaining cleanliness in our surroundings.

Dr Pankaj Chandak
Prof. Monika
NSS P.O. Dr. YSPGPG College Nahana

Programme Officer
N.S.S.

Principal
Dr. Yashwant Singh Parmar
Dr. YSPGPG College Nahana

विश्वविद्यालय युवा महोत्सव ग्रुप-2 से पहले विशेष स्वच्छता अभियान
(स्वच्छ भारत अभियान 2.0 के तहत)

एनएसएस, डॉ. वाईएस परमार, सरकारी पी.जी. कॉलेज नाहन, और एनवाईके नाहन के संयुक्त पहल के तहत, स्वच्छ भारत अभियान 2.0 के रूप में एक विशेष स्वच्छता अभियान का आयोजन किया गया। महाविद्यालय के एनएसएस स्वयंसेवकों ने स्वच्छता के संदेश को फैलाने के लिए रैली निकाली।

इस घटना के दौरान, एनएसएस स्वयंसेवकों ने 40 बैग कचरा एकत्र किया, और नाहन नगर परिषद की सहायता से कचरे का उचित निस्तारण किया गया। यह पहल स्वच्छता के बारे में जागरूकता बढ़ाने और हमारे आस-पास की स्वच्छता को बनाए रखने में सक्रिय भागीदारी को प्रोत्साहित करने का उद्देश्य रखती थी।

डॉ. पंकज चांडक
प्रो. मोनिका
राष्ट्रीय सेवा योजना कार्यक्रम अधिकारी

Programme Officer
N.S.S.
Dr. Y.S. Parmar GPG College, Nahana

Principal
Dr. Yashwant Singh Parmar
Govt. P.G. College Nahana

डॉ यशवंतसिंह परमार राजकीय पीजी कॉलेज नाहन





DR. YS PARMAR GOVT. PG COLLEGE NAHAN

EST. 1963



www.gcnaahan.in



gcnaahan-hp@nic.in



01702-251107

NSS Report/2022-23/012 NSS Register Page No 52 Date 13th September 2022
Number Of Volunteers :- 131

Construction of Ramp and College Cleanliness

On September 13th, due to heavy rainfall, the second entrance gate ramp at Dr. Y.S. Parmar Government P.G. College, Nahan, Sirmour, H.P was partially damaged, causing inconvenience. In response to Principal Dr. Veena Rathore's directive, NSS Officer Pankaj Chandak and Professor Monica, under their guidance, organized a team of NSS volunteers to address the issue.

The NSS volunteers successfully constructed a 4-foot ramp and completed the repair work, along with cleaning the drainage channels. Furthermore, they made special arrangements for the cleanliness of the college premises in preparation for the upcoming district-level disaster relief camp.

The proactive involvement of NSS volunteers in these activities showcases their commitment to community service and environmental conservation. Their efforts not only resolved the immediate problem but also contributed to the overall improvement of the college environment.

Dr. Pankaj Chandak
Prof. Monika
NSS P.O. Dr. YSPGPG College Nahan, S.S.
Dr. Y.S. Parmar GPG College, Nahan

Principal
Dr. Yashwantsingh Parmar
Dr. YSPGPG College Nahan

महाविद्यालय द्वितीय गेट पर रैंप निर्माण व महाविद्यालय स्वच्छता

13 सितंबर, नानहन, गत रात्रि बारिश के कारण राजकीय महाविद्यालय नहान के द्वितीय प्रवेश द्वार के आगे रैंप का दो-ढाई फीट का कटाव हो जाने के कारण भारी असुविधा उत्पन्न हो गई थी। जिसको दूर करने हेतु प्रिंसिपल डॉ वीणा राठौर के आदेशानुसार एनएसएस ऑफिसर पंकज चांडक व प्रोफेसर मोनिका के निर्देशन में नानहन महाविद्यालय के एनएसएस स्वयंसेवकों ने 4 फीट के रैंप का निर्माण कर कटाव बंद किया। साथ ही निकासी नालियों की सफाई की। इसके अलावा, आगामी जिला स्तरीय आपदा राहत शिविर के लिए कॉलेज परिसर की सफाई के लिए विशेष व्यवस्था की गई। एनएसएस स्वयंसेवकों की इन क्रियाओं में उनके समाज सेवा और पर्यावरण संरक्षण के प्रति उनकी प्रतिबद्धता का प्रदर्शन होता है। उनके प्रयासों ने न केवल तत्काल समस्या का समाधान किया बल्कि कॉलेज के परिवेश के समग्र सुधार में भी सहायक बना।

डॉ. पंकज चांडक
प्रो. मोनिका
राष्ट्रीय सेवा योजना कार्यक्रम अधिकारी
Programme Officer
N.S.S.
Dr. Y.S. Parmar GPG College, Nahan

Principal
Dr. Yashwantsingh Parmar
Dr. YSPGPG College Nahan
डॉ यशवंतसिंह परमार राजकीय पीजी कॉलेज नहान



18.Social service by NSS volunteers at election booths during HP legislative Assembly Election



DR. YS PARMAR GOVT. PG COLLEGE NAHAN
EST.1967 www.gcnaahan.in gcnaahan-hp@nic.in 01702-251107

NSS Report/2022-23/025 NSS Register Page No 58 Date 12th November 2022
Number Of Volunteers :-10

Contribution to Social Service at Election Booths during HP Legislative Assembly Elections

During the Himachal Pradesh Legislative Assembly Elections 2022, the NSS Unit of Dr. Y.S. Parmar Govt. P.G. College, Nahan, under the guidance of Shri Rajneesh (RO, Nahan) and Prof. (Dr.) Pankaj Chandak, made a significant contribution to the democratic process. On November 12, 2022, at ten election booths in Nahan constituency, NSS volunteers Nitika Thakur, Shruti, Gulshan Bharadwaj, Mohinder Singh, Vinit, Priyanka, Priyanka, Nikita Sharma, Meharunisha, and Tushar extended their assistance to voters and booth workers from 08:00 AM to 05:30 PM. Their efforts strengthened democracy by aiding voters and booth workers throughout the day.

Dr Pankaj Chandak
Prof. Monika
NSS P.O. Dr. YSPGPG College Nahan
Programme Officer
N.S.S.
Dr. Y.S. Parmar P.G. College, Nahan

Principal
Dr. Yashwant Singh Parmar
Principal
Dr. YSPGPG College Nahan

हिमाचल प्रदेश विधानसभा चुनाव में चुनाव बूथों पर समाजसेवा

हिमाचल प्रदेश विधानसभा चुनाव 2022 के दौरान, डॉ। वाईएस परमार सरकारी पी.जी. कॉलेज, नाहन की एनएसएस यूनिट ने श्री रजनीश (आरओ, नाहन) और प्रो. पंकज चांडक के मार्गदर्शन में लोकतंत्र को समर्थ बनाने में महत्वपूर्ण योगदान किया। 12 नवंबर 2022 को, नाहन विधानसभा क्षेत्र में दस चुनावी बूथों पर एनएसएस स्वयंसेवकों नितिका ठाकुर, श्रुति, गुलशन भारद्वाज, मोहिंदर सिंह, विनित, प्रियंका, दिलंका, निकिता शर्मा, मेहरुनिशा, और तुषार ने सुबह 8 बजे से शाम 5:30 बजे तक मतदाताओं और बूथ कर्मियों की सहायता की। उनके प्रयासों ने दिन भर मतदाताओं और बूथ कर्मियों को सहायता प्रदान करके लोकतंत्र को मजबूत किया।

डॉ.पंकज चांडक
प्रो. मोनिका
राष्ट्रीय सेवा योजना कार्यक्रम अधिकारी
Programme Officer
N.S.S.
Dr. Y.S. Parmar P.G. College, Nahan

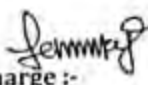
Principal
Dr. Yashwant Singh Parmar
Principal
Dr. YSPGPG College Nahan


डॉ यशवंतसिंह परमार राजकीय पीजी कॉलेज नाहन

**List of NSS Volunteers (Dr. Y.S. Parmar Govt. Post Graduate College, Nahan Distt. Sirmour,
H.P. for H.P. Vidhan Sabha Election-2022 / 2067**

11/11/22

Sr. No.	Name of the Volunteers	Class	Roll No.	Contact No.	Polling Station
1	Shruti	BA-II	21506298	8219943421	56/34 Nahan Cantt.
2	Nitika Thakur	BA-II	21522035	9015381664	56/39 Shanti Sangam-I
3	Gulshan Bhardwaj	BA-II	21521496	9805063190	56/50 Ranital
4	Mohinder Singh	BA-II	21521431	8894118994	56/48 Pucca Tank
5	Vineet	BA-I	22623025	7807586674	56/51 Katcha Tank
6	Priyanka	BA-I	22506045	8091037283	56/46 Naya Bazaar-II
7	Priyanka	BA-II	21506329	6230370382	56/40 Shanti Sangam-II
8	Nikita Sharma	BA-II	22451008	8091167946	56/50 Miyan Ka Mandir
9	Mehrunisha	BA-I	22532007	9015387723	56/62 Jagannath Mandir
10	Tushar	BA-			56/54 Balmiki Basti


NSS Incharge :-
Prof. Pankaj Chandak
Contact:- 9016021385


Returning Officer
56- AC Nahan, Distt. Sirmour, H.P.



19. Poster making and slogan writing competition for Road Safety Awareness on 21st November, 2022

Road safety is a major concern for everyone. With the increasing number of road accidents, it has become imperative to create awareness among the college students about the importance of following traffic rules and safe driving practices. The Road Safety Club organized several activities to create awareness about road safety among the students.


Poster Making and Slogan Writing Competition: The Road Safety Club organized a poster making and slogan writing competition on 21st November, 2022. Around 25 students participated in the slogan writing competition, and 20 students participated in the poster making competition. The students were asked to come up with slogans and posters that could create awareness about road safety among the people. The participants displayed their creativity, and the posters were impressive. The slogans were catchy and conveyed the importance of road safety.



Notice


All the students of the college are hereby informed that **Poster Making and Slogan Writing** competition will be organized on **dated 21-11-2022 in the Physic Lab (Science Block) at 12:30 PM** under the aegis of **Road Safety Club**. Theme for the said topic is **“Road Safety Awareness”**.

Interested students are directed to give their names to the following committee members on or before **20-11-2022**.


Dr. Ravi Kant (Nodal Officer)
Assistant Professor (Deptt. of Economics)

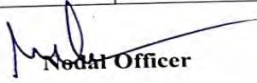
Committee Members (Road Safety Club)

1. Smt. Monika (Assistant Professor)
2. Dr. Veena Tomar (Assistant Professor)
3. Sh. Baru Ram Thakur (Assistant Professor)
4. Sh. Parvesh (Assistant Professor)
5. Sh. Madan (Lab Attendant B.Voc)

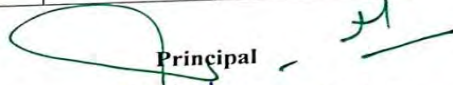

Principal
Dr. Y.S. Parmar
Govt. P.G. College Nahana
Govt. P.G. College, Nahana

Dr. Y. S. Parmar Govt. P.G. College Nahan
ROAD SAFETY CLUB
Result of Slogan Writing Competition

Sr. No.	Name	Class	Roll No	Position
1.	Ajay Kashyap	B.Com-Ist Year	22120023	First
2	Vansh	B.Com-Ist Year	22120038	Second
3.	Priya	B.A.-IInd Year	21522055	Third
4	PriyankaThakur	B.A.-IInd Year	21507056	Fourth
5	Pooja	B.A.-IIndYear	21522037	Fifth


Nodal Officer

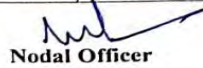
Dr. Ravi Kant
Assistant Professor
(Road Safety Club)


Principal

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

Dr. Y. S. Parmar Govt. P.G. College Nahan
ROAD SAFETY CLUB
Result of Poster Making Competition

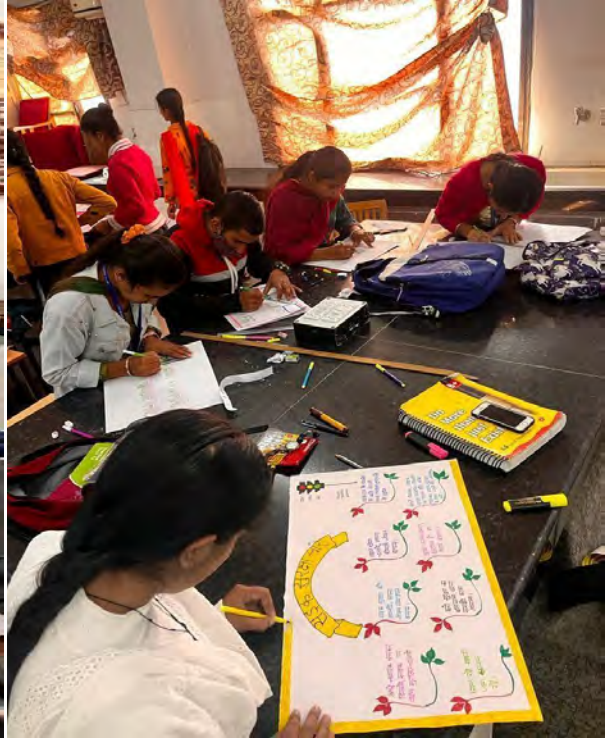
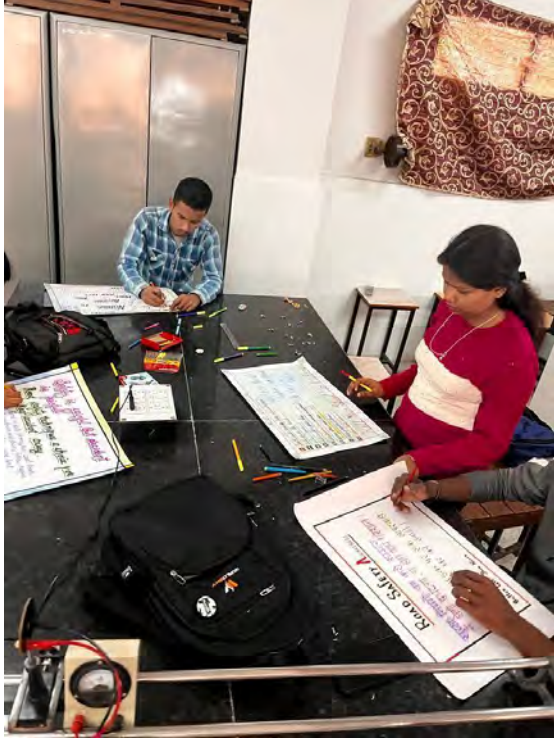
Sr. No.	Name	Class	Roll No	Position
1.	Khushi	B.Sc.-IInd Year	22451159	First
2	Manisha Chauhan	B.Sc.-IIIrd Year	20451176	Second
3.	Sampada	B.A.-IInd Year	21553173	Third
4	Aneesh Kolesh	B.Sc.-IIIrd Year	20451135	Fourth
5	Harish Sharma	B.A.-Ist Year	22521022	Fifth


Nodal Officer

Dr. Ravi Kant
Assistant Professor
(Road Safety Club)


Principal

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



20. Blood Donation Camp by NCC on 27th November, 22 (NCC Day)


COLLEGE ACTIVITY

Dated 27/11/22

Sl. No.	Particulars	Details	Remarks
1	Name of the Department/Unit/Agency	NCC	
2	Name of the Activity	Blood donation on the occasion of NCC DAY	
3	Name of Collaboration Agency (If Any)	1 HP (I) Coy NCC, NAHAN	
4	Number of student Participants	35 cadets	16 cadets donated blood.
5	Number of Teacher Participants	Lt. (Dr.) PANKAJ ANO	
6	Number of Guest Participants (If Any)	Col. Rajeev Sharma	

Brief Report: 16 cadets of NCC Unit of Dr. Y.S.P.G.P. College, Nahana donated their blood in Mega NCC blood donation camp which was organized by 1 HP (I) Coy NCC, Nahana on the occasion of NCC day on dated 27 Nov 22. 35 cadets of our college attended that celebration of NCC day. Col. Rajeev Sharma was chief guest in the mega blood donation camp. Lt. Pankaj were presented in that activity with cadets.

Participant
(Signature)


 Dr. Yashraj
 Govt. PG
 Principal
 Parnar
 Nahana

21.Awareness rally on World AIDS Day by Red Ribbon Club on 1st December 2023

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

Red Ribbon Club

Report World AIDS Day December 1 , 2022

On December 1, 2022 World AIDS Day was celebrated by RRC of Dr. Y. S. Parmar Govt. P. G. College Nahan. Students and members of RRC under the convenorship of Prof. Richa Kanwar organized an awareness rally in the college campus and adjacent area of Bonog. along with human chain formation of HIV/AIDS in the college open area. Total 48 students participated in this rally. Afterwards students were shown a movie "Teach aids" in the department of Botany. Dr. Vineet Kumar provided information to students on various aspects of HIV/AIDS in the form of Ppt. After human chain formation of HIV/AIDS in the college open area, Dr. Veena Rathour, Principal Dr. Y. S. Parmar Govt. P. G. College Nahan congratulated all the members of RRC for the successful conduction of activities.


Nodal Officer RRC


Principal

Govt. P.G. College

Nahan, Distt. Sirmour

Dec 1, 2022



विश्व
एड्स
दिवस

विश्व एड्स दिवस पर डॉ. वाईएस परमार राजकीय स्नातकोत्तर महाविद्यालय नाहन में रेड रिबन क्लब की ओर से जागरूकता रैली निकाली गई। इस मौके पर प्रोफेसर डॉ. विनीत कुमार ने पावर प्वाइंट प्रेजेंटेशन के माध्यम से विद्यार्थियों को एचआईवी एवं एड्स के बारे में विस्तार से जानकारी दी। प्राचार्य डॉ. वीना राठौर ने विद्यार्थियों को एड्स के प्रति जागरूक रहने के लिए प्रेरित किया। -संवाद

22.Awareness about plastic free environment in Banog village during Seven days residential Annual camp on 9th February to 15th February 2023

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

Seven Days Special Camp Report

(W.e.f. 09 February, 2023 to 15 February, 2023)

The NSS Units of Dr. YS Parmar Govt PG College Nahan organized a Seven days special camp w.e.f. February 09, 2023 to February 15, 2023 in which 62 volunteers took part.

The details of the volunteers is as below:

Girls = 46

Boys = 16

Total = 62

Day and Date wise Activity Report

Day-1, February 09, 2023

The inauguration ceremony was organized on the first day of the special camp. Sh. Ram Kumar Goutam, DC Sirmour had been invited as a Chief Guest on this occasion About 200 volunteers were present in the Hall. The program begin with the lightening of the lamp and MaaSarswati Vandana. NSS Programme Officer Prof. Monika Kumari formally welcome the Chief Guest and NSS Programme Officer Prof Pankaj chandak presented the detail of the activities proposed to be organized during these seven days. Sakshi Thakur and SuhaniAttri of BA 3rd Year conducted the stage. Various cultural activities preformed on this occasion. College worthy Principal Dr. Veena Rathore shared her experiences with all the volunteers and wished them all the best for the camp. In the end, worthy Chief Guest blessed the volunteers and wished them a successful Camp. After the lunch All the volunteers cleaned the rooms for the night rest. Thereafter, divided the volunteers into three groups and picked up the garbage spread in the college premises and it was disposed of properly. In the evening, after the prayer at 7 pm, Programme Officer Prof Monika Kumari shared the routine of the next seven days with the volunteers. At 8 o'clock, their bedrooms were prepared by the volunteers, in which the girls were accommodated in the new building and the boys in the Arts Block

Day-2, February 10,2023

On the second day of special camp started at 7.00 a.m. with yogic activities, in which Anulom-Vilom, Bhramari Pranayama and KapalbhathiPranayam and some aerobic exercises were performed. After that, breakfast was served. Bricks were collected for gardening in the college premises, and cleaning activity was done in the NSS office. Due to heavy shower, all the work was postponed for some time, after the rain stopped, the volunteers execute cleaning campaign and activities at Banog area with the collaboration of Municipal Corporation and the collected garbage was sent in their vehicle. After that, the volunteers came back to the college and had lunch. After a short rest, Dr. Sarita Thakur and Dr. SaloniSoodji, as resource persons, taught the characteristics of health, first aid, and apart from this, special thinking, speaking style and a- Told about the experience of success. After that, cleanliness activity was done by volunteers behind the science block and near the ground. At night cultural


Programme Officer
N.S.S.
Dr. Y.S. Parmar GPG College, Nahan


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

program and inter-letter competition was organized, in which Vivekananda House secured first position. At the eleventh hour volunteers had dinner and the report of whole day was read.

Day-3 February 11,2023

Third day of NSS camp started early at 7:10 am with Saraswati Vandana and some yogic activities were performed. At 9:00 breakfast was served to all volunteers. The main objective of this day was to visit the villages -Sain Ki Sair and Chabhah and ask the local people about their daily life activities. Information about the day's schedule was given to the volunteers by PO Pankaj Chandak respectively and Ms Lakshita Thakur Assistant Prof.Of Sociology also accompanied the NSS Team. Volunteers of the college reached the SainkiSair Panchayat at 11:00 am. Panchayat Pradhan of SainkiSairSmtRekha Devi and up-Pradhan Mr. S. Thakur made a healthy Interaction with NSS volunteers. At 1:20 pm the volunteers had lunch. After lunch Plastic and garbagewas collected by volunteers during cleanliness drive across the village. During this we found that the main problems facing by the people of Panchayat are education, agriculture and irrigation system. After having a positive and successful visit, dinner was served among the volunteers. Before going on bed report was read.

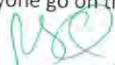
DAY- 4, February 12, 2023

The fourth day of NSS camp started with the Yoga and aerobic exercises. After the break fast, an interaction session was held, in which the volunteers threw light on the strengths and weaknesses of their fellows. After this PO Monika Kumari explain day routine to the volunteers. Volunteers are divided into three groups, beautiful flower beds were formed at the entrance area of college and the drain pipes were cleaned up. At 1:30 pm lunch served to the volunteers. At 3:00pm an interactive session were held with Mr VivekNagi, District Labour Welfare Officer Nahan. He shown his presence as a resource person in the camp and gave valuable information about labour laws.After tea break, from 5:30 pm to 6:30 pm volunteers cleaned up the college premises and wood and twigs were collected for the bonfire at night. Report was read after dinner. Thereafter, in the cultural activities were performed, the volunteers sang Pahadi and some film songs as well. During this, Prof. Rajesh Trehan was accompanied the NSS Team he recited some self-composed poems to the volunteers. At 10:30 all volunteers go to the bed.

Day-5, February 13,2023

On fifth day of seven-days special camp was started by the volunteers at 7:00 am with Suryanamaskar, Yoga, Pranayama and Bhajan. After having breakfast an interaction session was done. NSS volunteers were divided in nine groups for spreading awareness regarding plastic waste and e-waste at Banog area for supporting plastic free goal of government for survey in Banog area. Garbage was collected by volunteers across road and footpaths. A very positive interaction were take place between volunteers and people of the concerned area on the importance of Swatch Bharat Mission. After this, the garbage that was collected by the volunteers at Banog area were sent in the vehicle of Municipal council. After Lunch at 3:00 pm, DFO Simour Dr. Pradeep Sharma participated as a resource person. He explained about Ecology, Environment and watershed management. In the project work, the volunteers decorated their beds. In cultural program, volunteers present different dance forms of district Sirmour. After at 9:40 pm whole day report was presented by Mr Mohinder. At 10:00 pm everyone go on their bed.


Program Officer
J.S.S.
Dr. Y.S. Parmar Govt. College, Haryana


Principal
Dr. Yashwant Singh Parmar
Govt. P.G. College Nahar

DAY-6, February 14, 2023

On sixth day of seven-day camp begins at 7:10 a.m. As per the schedule Surya Namaskar, Yoga, Pranayama and chanting of hymns and mantras were performed. After that the volunteers had breakfast. The volunteers cooked many Sirmouri traditional recipes. As per the direction of NSS Programme Officer Prof Monika Kumari, these traditional cooked items were sold to the college faculty and students. Media persons visit college and also cover this camp in their newspaper. In noon volunteers painted beds. After lunch, the college principal Dr. Veena Rathore invited as resource person and shared her experiences with volunteers. She encouraged the volunteers by telling motivational stories. Along with this volunteers and resource person did plantation. Volunteers practiced culture activities for closing Ceremony. At 9 :30 pm whole day report was presented.

Day-7, February 15, 2023

The last day of the special camp was special in more ways than one. The chief guest of the closing ceremony was Dr. Bina Rathore, Principal of the college. The chief guest started the program by lighting the lamp at the feet of Maa Saraswati. Thereafter, program officer Monika Kumari presented the six days report. Karishma Kumari and Sakshi Thakur handled the stage. A cultural program based on Sirmauri traditional folk music theme was presented by the volunteers. Under which the volunteers gave presentations of Pudia dance, Harul dance and Gidda dance. A poem written by Akshat was presented by him. After that all the volunteers were congratulated by the chief guest for the successful completion of special camp. Best camper girl and boy were selected in the special camp. Program officer Pankaj Chandak also presented the blessing letter given by local MLA Ajay Solanki. Volunteers honoured the chief guest of closing ceremony, Principal Dr. Bina Rathore with the Kinkari Devi Award for her guidance and cooperation. All the participants of the special camp were honoured with mementos. All the helping hand fellows were also presented with mementoes. The cultural program was concluded with the national anthem. After that the volunteers served food cooked by them to all the members of college family, which was highly appreciated by all.

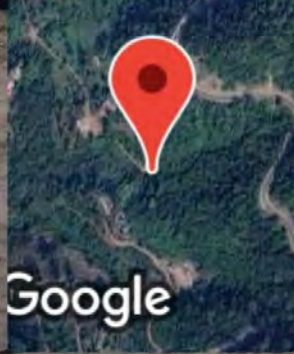
NSS Programme Officers

1. Smt. Monika Kumari
2. Pankaj chandak



Programme Officer
N.S.S.
Dr. Y.S. Parmar GPG College, Nahan


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



Thaliga Lahan, Himachal Pradesh, India

H7MW+J9P, Sangrah - Renukaji - Nahan Rd, Thaliga

Lahan, Himachal Pradesh 173001, India

Lat 30.582784°

Long 77.295755°

11/02/23 10:58 AM GMT +05:30



नाहन कालेज के स्वयंसेवियों ने जाने श्रम कानून

डाक्टर वाईएस परमार कालेज में सजा सात दिवसीय शिविर, स्वयंसेवियों ने कई गतिविधियों में लिया भाग

सिटी रिपोर्टर-नाहन

डाक्टर वाईएस परमार राजकीय स्नातकोत्तर महाविद्यालय नाहन में संचालित सात दिवसीय विशेष राष्ट्रीय सेवा योजना के आवासीय शिविर में रविवार को स्वयंसेवियों ने श्रम कानूनों व बाल श्रम व मजदूरों के हकों को जाना। जबकि एसएसएस प्रभारी प्रोफेसर मोनिका कुमारी व कार्यक्रम अधिकारी प्रोफेसर डाक्टर पंकज चांडक के नेतृत्व में बनोग क्षेत्र में स्वच्छता अभियान चलाया गया। एनएसएस के प्रभारी प्रोफेसर मोनिका कुमारी व प्रोफेसर पंकज चांडक ने बताया कि महाविद्यालय में संचालित



राष्ट्रीय सेवा योजना के शिविर में रविवार को श्रम विभाग के श्रम अधिकारी विवेक नेगी ने समन्वयक स्रोत व्यक्ति के तौर पर शिरकत की। वहीं स्वयंसेवियों को भारत में किस तरह के श्रम कानून लागू हैं, के बारे में विस्तार से जानकारी प्रदान की। वहीं, उन्होंने बाल श्रम व मजदूरों के अधिकारों के बारे में स्वयंसेवियों को अवगत करवाया। इस कड़ी में इससे पूर्व छात्रों ने बनोग क्षेत्र व महाविद्यालय परिसर में सफाई व वाटिका का निर्माण किया। जबकि संध्याकालीन दौर में रंगारंग सिरमौरी लोक गीतों पर आधारित सांस्कृतिक कार्यक्रम आयोजित



किए गए। गौर हो कि पीजी कालेज नाहन में नौ फरवरी से 15 फरवरी तक राष्ट्रीय सेवा योजना का सात दिवसीय आवासीय विशेष शिविर का आयोजन किया जा रहा

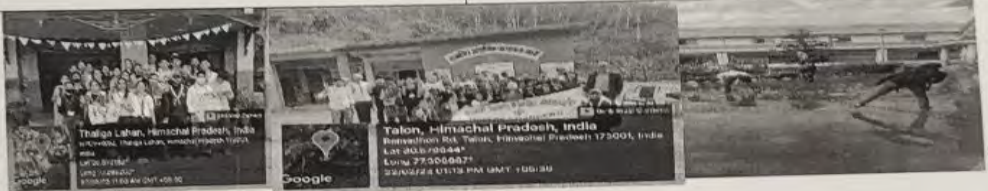
है, जिसमें महाविद्यालय के 80 स्वयंसेवी हिस्सा ले रहे हैं। बता दें कि शिविर का शुभारंभ उपायुक्त सिरमौर रामकुमार गौतम द्वारा किया गया था।

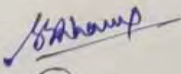
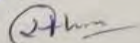
23.Cleanliness drive in college on 4th March,2023

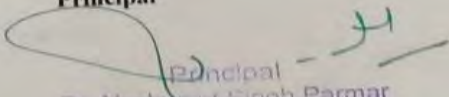
Dr. Y. S. Parmar Govt. PG .College Nahan (R&R Unit)
 Reports of the activities performed during session 2022-23 by the Rovers and Rangers Unit of Dr. Y .S. Parmar,
 Govt. P. G College Nahan.

Dated: 22/02/2023.

R&R REPORT

Sr. No.	Particulars	Details	Remarks
1	Name of the Department/Unit/Agency	<u>R&R UNIT</u>	
2	Name of the Activity	World Scout day tracking Tour	
3	Name of Collaboration Agency(IF Any)	R&R UNIT	
4	Number of student Participants	30	
5	Number of Teacher Participants	02	
6	Number of Guest Participants (If Any)		
7	 <p>Brief Report</p> <p>Dated 22/02/ 2023. On the occasion of worlds Scout Day Dr. Y.S. Parmar G.P. G. College Nahan R&R unit organized tracking tour from nahan college to govt. Primary school talo towards Ramadhon area, during this tracking tour ,the Volunteers performed different curriculum and cultural Activities with the students of the school. The school head teacher Mrs. Neelam Sharma appreciate the Participants for their different activities shared with the Students. After Tracking R&R Volunteers had done College campus cleaning drive.Respected Principal Dr. Veena Rathore appreciated the Rovers and Rangers for their excellent work.</p>		

Rover's leader: 
 Rangers Leader: 


Principal

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



COLLEGE ACTIVITY

Dated: 04 March 2023

Sr. No.	Particulars	Details	Remarks
1	Name of the Department/Unit/Agency	NCC	
2	Name of the Activity	Cleanliness Drive (Annual Day Celebration)	
3	Name of Collaboration Agency (If Any)	NSS, R&R	
4	Number of student Participants	32 cadets	
5	Number of Teacher Participants	5 Teachers	
6	Number of Guest Participants (If Any)	-	
<p>Brief Report: 32 cadets of NCC Unit participated a common cleanliness drive for Annual Day Celebration with NSS Unit and R&R Unit of College. NCC cadets clean the area surrounding Main Gate of college, ground and parking area of college.</p>			


 Organizer
 (Name & Signature)


 Principal
 Principal
 Govt. P.G. College
 Nahana



DR. YS PARMAR GOVT. PG COLLEGE NAHAN

EST. 1963

www.gcnahan.in

gcnaahan-hp@nic.in

01702-251107

NSS Report/2022-23/031 NSS Register Page No 60 Date 04th March 2023
Number Of Volunteers :-93

Joint Cleanliness Campaign

In accordance with the directives issued by the College Administration through an official letter dated 02.03.2023, a Joint Cleanliness Campaign was organized at Dr. Y.S. Parmar Government Post Graduate College, Nahan, Sirmour, H.P. on 04 March 2023, preceding the Annual Award Distribution Ceremony scheduled for 06 March 2023. The cleanliness drive aimed to ensure the cleanliness of the college premises and promote a sense of responsibility towards maintaining a clean environment. NSS, along with NCC and R&R units, actively participated in this initiative.

A total of 93 NSS volunteers were present to contribute to the cleanliness drive. Through collective efforts, various areas within the college campus were cleaned, including classrooms, corridors, and outdoor spaces. The Joint Cleanliness Campaign not only helped in maintaining the cleanliness of the college but also fostered a spirit of teamwork and civic responsibility among the volunteers. It was a successful endeavor in promoting cleanliness and hygiene within the college premises.

Dr Pankaj Chandak
Prof. Monika
NSS P.O. Dr. YSPGPG College Nahan

Programme Officer
N.S.S.
Dr. Y.S. Parmar Govt. PG College, Nahan

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

संयुक्त स्वच्छता अभियान

डॉ वाईएस परमार राजकीय पोस्ट ग्रेजुएट कॉलेज, नाहन, सिरमौर, एच.पी. के आधिकारिक पत्र दिनांक 02.03.2023 के माध्यम से जारी निर्देशों के अनुसार, 04 मार्च 2023 को महाविद्यालय परिसर में संयुक्त स्वच्छता अभियान का आयोजन किया गया। यह वार्षिक पुरस्कार वितरण समारोह से पूर्व हुआ, जो 06 मार्च 2023 को आयोजित किया जाना था। स्वच्छता अभियान का उद्देश्य महाविद्यालय परिसर की साफ-सफाई सुनिश्चित करना और साफ वातावरण के प्रति जागरूकता बढ़ाना था। इस अभियान में एनएसएस, एनसीसी और आर एंड आर इकाइयों ने सक्रिय भाग लिया।

कुल 93 एनएसएस स्वयंसेवक इस अभियान में उपस्थित थे। संयुक्त प्रयास के माध्यम से, कॉलेज के विभिन्न क्षेत्रों में सफाई की गई, जैसे कक्षाएं, गलियां, और आउटडोर स्थान। संयुक्त स्वच्छता अभियान ने केवल महाविद्यालय की साफ-सफाई को बनाए रखने में मदद की ही नहीं, बल्कि स्वयंसेवकों के बीच टीमवर्क और नागरिक जिम्मेदारी की भावना को भी प्रोत्साहित किया। यह कॉलेज परिसर में स्वच्छता और स्वच्छता को बढ़ावा देने में एक सफल प्रयास था।

डॉ. पंकज चांडक
प्रो. मोनिका
राष्ट्रीय सेवा योजना कार्यक्रम अधिकारी

Programme Officer
N.S.S.
Dr. Y.S. Parmar Govt. PG College

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

डॉ यशवंतसिंह परमार राजकीय पोस्ट ग्रेजुएट कॉलेज नाहन



NSS Report/2022-23/026 NSS Register Page No 58 Date 18th November 2022
Number Of Volunteers :-110

Cleanliness Campaign

On November 18, 2022, the NSS unit of Dr. Y.S. Parmar Govt. P.G. College, Nahani, initiated a successful cleanliness campaign within the college premises. A total of 110 volunteers actively participated in the campaign, engaging in the collection and proper disposal of waste from more than 32 bags, contributing significantly to maintaining cleanliness in the college.

The cleanliness campaign aimed to foster a sense of responsibility towards environmental conservation and promote cleanliness as a fundamental aspect of social responsibility. Through the collective efforts of NSS volunteers, various areas within the college campus were cleaned, enhancing the overall aesthetic appeal and hygiene standards.

The active involvement of volunteers in the cleanliness campaign reflects their commitment to community service and environmental sustainability. Their dedication and hard work have greatly contributed to promoting a clean and healthy environment within the college premises.

Dr Pankaj Chandak
Programme Officer
N.S.S.
NSS P.O. Dr. YSPGPG College Nahani

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

स्वच्छता अभियान

18 नवंबर 2022 को, डॉ. वाईएस परमार सरकारी पी.जी. कॉलेज, नाहन, के एनएसएस यूनिट ने महाविद्यालय परिसर में सफल स्वच्छता अभियान की शुरुआत की। कुल मिलाकर 110 स्वयंसेवकों ने 32 से अधिक बैग से कचरे का संग्रह किया और उसे उचित रूप से निस्पंदन किया, जिससे कॉलेज में स्वच्छता की वातावरण को सुनिश्चित किया गया। स्वच्छता अभियान का उद्देश्य पर्यावरण संरक्षण के प्रति जिम्मेदारी बढ़ाना और सामाजिक जिम्मेदारी के रूप में स्वच्छता को प्रोत्साहित करना था। एनएसएस स्वयंसेवकों के संयुक्त प्रयासों से, कॉलेज के अनेक क्षेत्रों को साफ किया गया, जिससे कॉलेज के वातावरण का साफ-सुथरा और स्वस्थता मानकों का उत्तम दर्जा मिला।

डॉ. पंकज चांडक
प्रो. मोनिका
राष्ट्रीय सेवा योजना कार्यक्रम अधिकारी
Programme Officer
N.S.S.
Dr. Y.S. Parmar GPG College Nahani

Principal
Dr. Yashwant Singh Parmar
Govt. P.G. College, Nahani
डॉ. यशवंतसिंह परमार राजकीय पीजी कॉलेज नाहन



24. EACH ONE TEACH ONE COMMUNITY SERVICE BY CHEMICOS

Name of the Activity/ Project: Each One to Teach One			
Name of Teacher and Department Concerned: <i>Dr. Saloni Sood Mam. (Department of Chemistry)</i>			
Name of the Student: <i>Jalmeem Kaur</i> Class: <i>IInd Year</i> Roll No.: <i>20401049</i>			
Total Days for which students were Taught: <i>10</i>			
Village and Locality where project was undertaken: <i>Badliapur, Pasrta Sahib, (173025), Simran H.P.</i>			
Day/Dated	Subject and Topic Taught	No. of Students Taught	Names of Students Taught
Day 1 <i>05-01-2023</i>	<i>Tense (English)</i>	<i>2</i>	<i>Jodhveer Singh, Gurleen Kaur</i>
Day 2 <i>06-01-2023</i>	<i>States of Matter (Chemistry)</i>	<i>4</i>	<i>Preeti, Kautik, Gurleen Kaur, Preetika</i>
Day 3 <i>08-01-2023</i>	<i>Lens [Physics]</i>	<i>3</i>	<i>Preeti, Gurleen Kaur, Preetika</i>
Day 4 <i>09-01-2023</i>	<i>Hydrogen (Chemistry)</i>	<i>5</i>	<i>Arusha, Radhika, Mehak, Gurleen Kaur, Jaspreet Kaur.</i>
Day 5 <i>10-01-2023</i>	<i>Maths (I.C.M and H.C.F)</i>	<i>4</i>	<i>Arusha, Mehak, Jaspreet Kaur, Gurleen Kaur</i>

Day 6 <i>12-01-2023</i>	<i>Plant Kingdom (Biology)</i>	<i>2</i>	<i>Simran, Gurleen Kaur</i>
Day 7 <i>13-01-2023</i>	<i>Animal Kingdom (Biology)</i>	<i>4</i>	<i>Simran, Gurleen Kaur, Jaspreet Kaur, Mehak.</i>
Day 8 <i>14-01-2023</i>	<i>Periodic Table (Chemistry)</i>	<i>6</i>	<i>Simran, Gurleen Kaur, Jaspreet Kaur, Mehak, Neha, Preeti</i>
Day 9 <i>15-01-2023</i>	<i>Polymer Chemistry</i>	<i>3</i>	<i>Tanya, Simran, Gurleen Kaur</i>
Day 10 <i>16-01-2023</i>	<i>Verb (English)</i>	<i>5</i>	<i>Tanya, Simran, Gurleen Kaur, Jaspreet Kaur, Mehak.</i>

Jalmeem Kaur
Signature of Concerned Student

Saloni
Signature of Concerned Teacher

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