



**DR.Y.S. PARMAR**  
**GOVERNMENT PG COLLEGE NAHAN**  
**DISTT. SIRMOUR HIMACHAL PRADESH**

**AQAR (2023-24)**  
**CRITERION 7**

**7.1.1**

**MEASURES INITIATED BY THE INSTITUTION FOR  
THE PROMOTION OF GENDER EQUITY DURING THE  
YEAR**

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ii. <b>Adequate toilets as per students' strength: Yes</b> .....	2
iii. <b>Sanitary napkin vending machine/incinerator regularly put in use:</b> .....	4
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## **7.1 - INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES**



- a. Counseling through health/sensitization programmes organised: 05
- i. *Lecture on the topic “Mental Health and Social Health” by Dr. Uttama Pandey*



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### A Report

**Name of the Activity:** a lecture on the topic “Women Health and Hygiene”

**Date and Time:** 6<sup>th</sup> December 2023 at 11:00 am

Under the aegis of Women Development Cell “SHAKTI”, a lecture on the topic “Women Health and Hygiene” was organized in the Department of Chemistry on 6<sup>th</sup> December 2023 at 11:00 am to spread awareness among girl students regarding their general health and Hygiene related issues. Dr. Saloni Sood Assistant Professor Chemistry and member of WDC of the college explained the importance of Good Health and Hygiene for staying healthy and feel comfortable through a power point presentation. She explained that maintaining cleanliness is important throughout the body and it helps to prevent the spread of germs and diseases. At the end of the lecture students shared their views on the topic. More than 80 girl students of Science faculty were benefitted by the activity.

  
**Dr. Saloni Sood**  
(Member WDC “SHAKTI”)

  
**Dr. Uttama Pandey**  
(Convener WDC “SHAKTI”)

  
**Principal**  
Govt. P.G. College  
Nahan

# A Lecture on "Mental and Social Health"



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## ATTENDANCE SHEET

Dated 4/12/2023

Sr. No.	Name	Roll No.	Signature	Sr. No.	Name	Roll No.	Signature
1	Sonali	23548048	Sonali	27	manju	23541022	Manju
2	Andita Thakur	23556009	Andita Thakur	28	Neelam Thakur	23548036	Neelam
3	Mehak Thakur	23503006	Mehak	29	Rachna	23538024	Rachna
4	Panksha	23548018	Panksha	30	Saroj Kumari	23538089	Saroj
5	Ritika	23548024	Ritika	31	Chariti Devi	23538025	Chariti
6	Nikita	23548005	Nikita	32	Laaxmi Devi	23538006	Laaxmi
7	Jyoti	23548037	Jyoti	33	Tamanna	23541024	Tamanna
8	Sonali	23548038	Sonali	34	Aarjoo	23541025	Aarjoo
9	Muskan Pundir	23548058	Muskan	35	Harsh	22538047	Harsh
10	Sanjana	23548046	Sanjana	36	Vikrant	28541021	Vikrant
11	SUSHEEL	23538076	Susheel	37	Himanshu Chauhan	23548055	Himanshu
12	Sheetal	23548065	Sheetal	38	Teena Thakur	23541012	Teena
13	Sunakshi Sharma	23538029	Sunakshi	39	Simran	23541008	Simran
14	Kajal	23548007	Kajal	40	Ishant Sharma	23538062	Ishant
15	Monika	23548001	Monika	41	Ashish Thakur	23538041	Ashish
16	Simran	23541016	Simran	42	Suman	23548017	Suman
17	Anshu	23538021	Anshu				
18	Rajak Thakur	23538030	Rajak				
19	Savita	23538039	Savita				
20	Sheetal Chauhan	23538033	Sheetal Chauhan				
21	Tamija	22548007	Tamija				
22	Vivek	23548042	Vivek				
23	Nikhil	23548030	Nikhil				
24	Sheetal Kumari	23538090	Sheetal				
25	Nishant Chauhan	23538007	Nishant				
26	Suman Thakur	23548020	Suman				



A Lecture on "Mental and Social Health"



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**ATTENDANCE SHEET**

Dated 4/12/2023

Sr. No.	Name	Roll No.	Signature	Sr. No.	Name	Roll No.	Signature
01.	Payal Thakur	23506066	Payal	27	Sonesh	23506021	Sonesh
02.	Jyotika	23506056	Jyotika	28	Vijay	23506083	Vijay
03.	Shivani Kapoor	23506012	Shivani	29	Aman Kumar	23506045	Aman
04.	Bhawna Sharma	23506063	Bhawna	30	Nitish Parmar	23506043	Nitish Parmar
05.	Ausantika Sharma	23506038	Ausantika	31	Rajat Thakur	23506036	Rajat
06.	Tanisha Rana	23506011	Tanisha	32	HIMANSHU	23506062	Himanshu
07.	Vinakshi Sundar	23506059	Vinakshi	33.	SATIL	23506070	Satish
08.	Riya Thakur	23506004	Riya	34.	Anjali Thakur	23506029	Anjali
09.	Mansi Kapoor	23506072	Mansi	35	Poonam	23506022	Poonam
10.	Sarajani	23506077	Sarajani	36	Sheetal Sharma	23506062	Sheetal
11.	Sheetal	23506009	Sheetal	37	Muskan	23506047	Muskan
12.	Tanuja	23506005	Tanuja	38	Mehak	23503006	Mehak
13.	Swati	23506082	Swati	39.	Pranjal	23506035	Pranjal
14.	VISHAL SHARMA	23506060	Vishal	40	Sinali	23506052	Sinali
15.	Nikhil Sharma	23506084	Nikhil	41	Mehak Sharma	23506050	Mehak Sharma
16.	Vishal	23506016	Vishal				
17.	Naveen Saraswati	23506078	Naveen				
18.	Nanshiya Kundlik	23506046	Nanshiya				
19.	Ritika	23506032	Ritika				
20.	Karish Tripathi	23503012	Karish				
21.	Krish	23506064	Krish				
22.	Abhishhek	23506053	Abhishhek				
23.	Piyush	23506075	Piyush				
24.	Pritik Kumar	23506031	Pritik Kumar				
25.	Nitin	23506009	Nitin				
26.	JATIN CHAUHAN	23506039	Jatin				

# WDC Activity

Dated: 4/12/21

## REGARDING SCHOLARSHIP ATTENDANCE SHEET

A Lecture on "Mental and Social Health"

Sr. No.	Name	Class	Roll No.	Signature
1	Simran	2 year	23541016	Simran
2	Sheetal	2 year	23538090	Sheetal
3	Kunal	2nd Year	23548037	Kunal
4	Poojsha	2nd year	23548018	Pooj
5	Ritika	2nd year	23548024	Ritika
6	Muskan	2nd year	23548058	Muskan
7	Sanjana	2nd year	23548046	Sanjana
8	Smakshi Sharma	2nd year	23538029	Smakshi
9	Mehak Thakur	2nd year	23503006	Mehak
10	Amshu	2nd year	23538021	Amshu
11	Sheetal Chauhan	2nd year	23538033	Sheetal Chauhan
12	Kalok Thakur	2nd year	23538030	Kalok
13	Sarita	2nd year	23538039	Sarita
14	Himani	2nd year	23503013	Himani
15	Juman Thakur	2nd year	23548020	Juman
16	Neelam Thakur	2nd year	23548020	Neelam
17	Laxmi Devi	2nd year	23538006	Laxmi Devi
18	Rachna Devi	2nd year	23538024	Rachna
19	Saroj Kumari	2nd year	23538089	Saroj
20	Aashi Devi	2nd Year	23538025	Aashi Devi
21	Tamanna	2nd Year	23541024	Tamanna
22	Aarjoo	2nd Year	23541025	Aarjoo
23	Vikas Pundir	2nd year	23541021	Vikas
24	Vivek Sharma	2nd year	23541042	Vivek
25	Sheetal	2nd year	23541007	Sheetal
26	Teena Thakur	2nd year	23541012	Teena
27	Shweta	2nd Year	23548027	Shweta
28	Simran	2nd year	23541008	Simran
Total		111		







ii. Awareness Regarding Health and Hygiene of Females on 6<sup>th</sup> December, 2023



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COLLEGE ACTIVITY

Dated: 5-12-2023

Sr. No.	Particulars	Details	Remarks
1	Name of the Department/Unit/Agency	Women Development Cell. "SHAKTI"	
2	Name of the Activity	An awareness Lecture on "General Health and Hygiene of Women"	
3	Name of Collaboration Agency (If Any)	—	
4	Number of student Participants	Students of BA with Economics + MA Economics. (39)	
5	Number of Teacher Participants	Prof. Navdeep Kaur Shah	
6	Number of Guest Participants (If Any)	—	

**Brief Report:**  
 An awareness lecture on the topic "General Health and Hygiene of women" was organized for students of BA with Economics + MA Economics by Prof. Navdeep Kaur Shah AP Economics + a member of WDC "SHAKTI" on dated: 5/12/23 at 11:00am in the room No. - 903.  
 Prof. Navdeep discussed various methods and habits which helps to stay healthy and disease free. She explained that being disease free does not mean being healthy. A healthy woman should be physically, mentally & socially healthy. She also explained that using proper cleanliness measures for the skin & body helps to prevent germs to enter the body + stay healthy. 39 students of Economics department were benefited by the lecture.

*M. Gaur*  
 Organizer (WDC)  
 (Name & Signature)

C.S.  
*[Signature]*  
 Principal  
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B.A. III<sup>rd</sup> Year - II<sup>nd</sup> Year

WDC Activity

An Awareness Lecture on  
General Health + Hygiene  
of Women

Dated 6/12/2023

ATTENDANCE SHEET

Sr. No.	Name	Roll No.	Signature	Sr. No.	Name	Roll No.	Signature
1	Rushba Anjali	22507004	Rushba Anjali	28	Sneha Sharma	23507009	Sneha Sharma
2	Diksha	22534003	Diksha	29	Teena Thakur	23507045	Teena Thakur
3	Neha Sharma	22507022	Neha	30	Koshika	23507016	Koshika
4	Sangeeta	22507003	Sangeeta	31	Tanu	23534007	Tanu
5	Divya	20589573	Divya	32	Poojita Devi	23507040	Poojita Devi
6	Kavita	2254005	Kavita	33	Poojita Chauhan	23507006	Poojita Chauhan
7	Kanurupa	22522018	Kanurupa	34	Ruchika Arora	23522006	Ruchika Arora
8	Vishakha	22522006	Vishakha	35	Reena	23507038	Reena
9	Nitasha	22507008	Nitasha	36	Akanksha	23534004	Akanksha
10	Ritu Bharti	22522005	Ritu	37	Riya Kapoor	23554001	Riya Kapoor
11	Taruna Sharma	22507032	Taruna	38	Shweta Thakur	23540008	Shweta Thakur
12	Tshika	22534007	Tshika	39	Sakshi Thakur	23522001	Sakshi Thakur
13	Vanshika	22534014	Vanshika				
14	Akanksha	22522013	Akanksha				
15	Sneha	22522014	Sneha				
16	Ishani	22554007	Ishani				
17	Ishita	22554002	Ishita				
18	Smakshi	22507019	Smakshi				
19	Burra Thakur	22507018	Burra				
20	Muskan	22522003	Muskan				
21	Priyanshi Thakur	22540009	Priyanshi				
22	Saumya Sharma	22540003	Saumya				
23	Khushbu	22540007	Khushbu				
24	Ritika Sharma	23910007	Ritika				
25	Anjali Thakur	23910005	Anjali				
26	Deepika	23910003	Deepika				
27	Anshika Aggarwal	23910002	Anshika				

39  
Students



A Lecture on "Women's Health and Hygiene"



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**ATTENDANCE SHEET**

Dated 6/12/23

B.Sc. 1st Year

Sr. No.	Name	Roll No.	Signature	Sr. No.	Name	Roll No.	Signature
1	Archita	23451023	Archita	27	Janvi Thakur	23401002	Janvi
2	Smeha	23451011	Smeha				
3	Shivani	23451013	Shivani				
4	Harpreet	23451033	Harpreet				
5	Anjali	23453016	Anjali				
6	Shagun	23457057	Shagun				
7	Tanya	23451010	Tanya				
8	Sakshi Negi	23452008	Sakshi				
9	Seishy Chauhan	23452002	Seishy				
10	Sahjal Thakur	23452011	Sahjal				
11	Nikita Pundir	23453002	Nikita				
12	Shrueta Thakur	23451027	Shrueta				
13	Vedika	23401009	Vedika				
14	Diya	23401044	Diya				
15	Tamanna	23401007	Tamanna				
16	Diwanshi	23401059	Diwanshi				
17	Jahnuvi	23401002	Jahnuvi				
18	Shivanshi	23401053	Shivanshi				
19	Aparajita	23401051	Aparajita				
20	Nidhi Ka	23401049	Nidhi				
21	Tamisha	23401043	Tamisha				
22	Meenakshi	23401018	Meenakshi				
23	Aditi	23401016	Aditi				
24	Tanuja	23401025	Tanuja				
25	Dimple	23401017	Dimple				
26	Riya Singta	23401009	Riya				

27  
Students  
of B.Sc 1st year.

Lecture on Women's Health and Hygiene



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**ATTENDANCE SHEET**

Dated 06-12-2023

B.Sc. 2<sup>nd</sup> Year

Sr. No.	Name	Roll No.	Signature	Sr. No.	Name	Roll No.	Signature
1	Garima Thakur	22451041	Garima	27	VRINDA SHARMA	22451013	VRINDA
2	JYOTI SHARMA	21401062	Jyoti	28	Shalu	21451024	Shalu
3	Shweta	22401028	Shweta	29	Aanchal	22451039	Aanchal
4	Preeti Sharma	21401068	Preeti	30	Mehar	22451048	Mehar
5	Manu Sharma	22401018	Manu	31	Ayushi Kashyap	21451097	Ayushi
6	Krishna	22451049	Krishna	32	Sanjya Sharma	21451157	Sanjya
7	Jaiya Thakur	22451042	Jaiya	33	Simran Thakur	22401012	Simran
8	Richa Thakur	22451035	Richa	34	Shreya Thakur	22401019	Shreya
9	Amrita	22451016	Amrita	35	Tanya Kashyap	22401030	Tanya
10	Sadhna Rana	22451047	Sadhna	36	Pritika	21401060	Pritika
11	Ananya Sharma	22401005	Ananya	37	Swati	21451135	Swati
12	Anaragya	21401020	Anaragya	38	Anupriya	21451122	Anupriya
13	Ankita	21401011	Ankita	39	Aanchal	21451160	Aanchal
14	Palak	22401044	Palak				
15	Priyanshu	20401046	Priyanshu				
16	Monika	22401026	Monika				
17	Tamanna Thakur	22401037	Tamanna				
18	ARU SHARMA	22451045	Aru Sharma				
19	Aarti Sharma	22451038	Aarti				
20	Mihak Sharma	22451022	Mihak				
21	Priti	22451055	Priti				
22	Shifa	22401029	Shifa				
23	Khushi	21451159	Khushi				
24	Ayushi Chauhan	22451062	Ayushi				
25	Anshika Kashyap	22451031	Anshika				
26	Rashi Arora	22451012	Rashi				

39  
Girl Students. B.Sc. 2<sup>nd</sup> Year





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B. Sc. III<sup>rd</sup> Year.

A Lecture on "Women's Health and Hygiene"  
ATTENDANCE SHEET

Dated 06-12-2023

Sr. No.	Name	Roll No.	Signature	Sr. No.	Name	Roll No.	Signature
1.	Minakshi	20401010	<i>Minakshi</i>	/			
2.	Aditi	20401084	<i>Aditi</i>				
3.	AMISHA	21401002	<i>Amishan</i>				
4.	Monika	21401013	<i>Monika</i>				
5.	Vanshika Thakur	21401034	<i>Vanshika</i>				
6.	Shruti	21401050	<i>Shruti Thakur</i>				
7.	MITALI	21401060	<i>Mitali</i>				
8.	Jahanvi Ali	21401067	<i>Ji</i>				
9.	Muskan Thakur	20451087	<i>Muskan</i>				
10.	Priya Yadav	20451119	<i>Priya</i>				
11.	Amushika Shukla	21451065	<i>Amakun</i>				
12.	Deepika	21451128	<i>Deepika</i>				
13.	Priyal Thakur	21451154	<i>Thakur</i>				
14.	Ayushi Salota	21451146	<i>Salota</i>				

14  
Students  
of B. Sc 3<sup>rd</sup> Year

- iii. A lecture delivered by Prof. Preeti, member of WDC on “Importance of Yoga in life” on 4<sup>th</sup> December 2023



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**Women Development Cell “SHAKTI”  
Dr. Y. S. Parmar, Govt., P. G. College, Nahan**


**A Report**

On December 4th, 2024, at 11:00 a.m. the Women Development Cell (WDC) of college organized an insightful lecture on the topic “The Importance of Yoga in Life in Department of Botany. The event took place in the department’s auditorium and was attended by students, faculty members, and the lecture was delivered by Prof. Preeti. Throughout the session, the speaker explained various benefits of yoga, such as improving flexibility, enhancing concentration, reducing stress, and fostering inner peace. She also touched upon how yoga can be integrated into daily life to achieve better physical health and mental clarity. Additionally, she mentioned how regular yoga practice can help manage lifestyle diseases like hypertension, diabetes, and anxiety. The interactive session allowed the students to ask questions and share their experiences with yoga. Prof. Preeti encouraged everyone to adopt yoga as a regular part of their lives, emphasizing those even simple breathing exercises or short meditation sessions can bring significant positive changes.

The event concluded with a vote of thanks by the convener WDC, Dr. Uttama Pandey who expressed gratitude to the speaker for sharing valuable insights and motivating everyone to lead a balanced and healthy life through yoga.

Overall, the lecture was a great success, inspiring many to embrace the practice of yoga for a healthier and more harmonious life. Total 81 Students attended the lecture.

  
Dr. Uttama Pandey  
(Convener WDC)

C.S.  
  
Principal  
Govt. P. G. College  
Nahan



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## Lecture on Importance of Yoga in Life

**DR.Y.S.PARMAR GOVT P.G.COLLEGE NAHAN**

**WDC Activity**

4/12/2023

Sr. No.	Name	Class	Roll No.	Signature	Contact No
1.	Devraj	B.Sc. 3 <sup>rd</sup>	20401004	Devraj	
2.	Minkshi Thakur	"	20401010	Minkshi	
3.	Aditi	B.Sc. 3 <sup>rd</sup>	20401024	Aditi	
4.	Shivani	B.Sc. 3 <sup>rd</sup>	20401034	Shivani	
5.	Prityanshu	B.Sc. 3 <sup>rd</sup>	20401046	Prityanshu	
6.	Mimamsha	B.Sc. 3 <sup>rd</sup>	20401068	Mimamsha	
7.	Amisha	B.Sc. 3 <sup>rd</sup>	21401002	Amisha	
8.	Mouka	"	21401003	Mouka	
9.	Priyanka	"	21401018	Priyanka	
10.	Simran	"	21401021	Simran	
11.	Rishika	"	21401030	Rishika	
12.	Nandika	"	21401034	Nandika	
13.	Tshita	"	21401036	Tshita	
14.	Tanya	"	21401047	Tanya	
15.	Yashu Devi	"	21401049	Yashu Devi	
16.	Shreya	"	21401059	Shreya	
17.	Sakshi	"	21401063	Sakshi	
18.	Jahnavi Ali	"	21401067	Jahnavi	
19.	Sakshi	"	21401073	Sakshi	
20.	Mitali	"	21401060	Mitali	
21.	Preeti	"	21401068	Preeti	
22.	Yoti SHARMA	"	21401062	Yoti	
23.	Shweta	"	21401028	Shweta	
24.	Preetika	"	21401066	Preetika	
25.	Simran	"	22401012	Simran	
26.	Anasuya	"	21401020	Anasuya	
27.	Ankita	"	21401011	Ankita	
28.	Mam Shaima	"	22401018	Mam	

lecture on Importance of Yoga in life

DR.Y.S.PARMAR GOVT P.G.COLLEGE NAHAN

WDC Activity

4/12/2023

Sr. No.	Name	Class	Roll No.	Signature	Contact No
1	Musanshi	BSc III <sup>rd</sup>	23401057	[Signature]	
2	Ritika	"	23401037	[Signature]	
3	Joni	"	23401002	[Signature]	
4	Vedika	"	23401009	[Signature]	
5	Aditi	"	23401016	[Signature]	
6	Tanya	"	23401025	[Signature]	
7	Meenakshi	"	23401018	[Signature]	
8	Dimple	"	23401017	[Signature]	
9	Shivanshi	"	23401053	[Signature]	
10	Diya	"	23401044	[Signature]	
11	Tamanna	"	23401007	[Signature]	
12	Devraj	BSc 3 <sup>rd</sup>	20401004	[Signature]	
13	Minakshi Thakur	"	20401010	[Signature]	
14	Aditi	BSc 3 <sup>rd</sup>	20401024	[Signature]	
15	Shivani	BSc 3 <sup>rd</sup>	20401034	[Signature]	
16	Mimansa	BSc 3 <sup>rd</sup>	20401068	[Signature]	
17	Peiyanshu	"	20401046	[Signature]	
18	Amisha	"	20401002	[Signature]	
19	Monika	"	21401013	[Signature]	
20	Peiyanka	"	21401018	[Signature]	
21	Simran	"	21401021	[Signature]	
22	Ritika	"	21401030	[Signature]	
23	Vanshika	"	21401034	[Signature]	
24	Ishita	"	21401036	[Signature]	
25	Tanya	"	21401047	[Signature]	
26	Yashu Devi	"	21401049	[Signature]	
27	Shweta	"	21401050	[Signature]	



Lecture on "Importance of Yoga in life"

DR.Y.S.PARMAR GOVT P.G.COLLEGE NAHAN

WDC Activity

4/12/2023

Sr. No.	Name	Class	Roll No.	Signature	Contact No
1.	Taran Tomar	B.Sc Final	22401036	Taran	9816337496
2.	Palak	B.Sc Final	22401044	Palak	7832049900
3.	Monika	B.Sc Final	22401026	Monika	8219870165
4.	Tamanna Thakur	B.Sc. 3rd yr	22401037	Tamanna	8091246764
5.	Pankaj	"	22401004	PANKAJ	9015177110
6.	Mukul Thakur	"	21401014	Mukul	7876266409
7.	Ananya Sharma	"	22401005	Ananya	8219141911
8.	Mansukh Sharma	"	22401023	Mansukh	7649993866
9.	Sanjay Bhardwaj	"	22401015	Sanjay	9317609779
10.	Tanya Kashyap	"	22401030	Tanya	8580591559
11.	Shruti Thakur	"	22401019	Shruti	87876343741
12.	Komal	"	22401031	Komal	8091179172
13.	Shifa	"	22401029	Shifa	9015377490
14.	Ashita	"	22401010	Ashita	9327423252
15.	Aaryan	"	22401011	Aaryan	8091294667
16.	Aman	"	21401001	Aman	7807758427
17.	Gairima Thakur	B.Sc. 2 <sup>nd</sup>	22451041	Gairima	
18.	Jyoti Sharma	B.Sc. 2 <sup>nd</sup>	21401062	Jyoti	
19.	Krishna	22451049	(Krishna - 22451049)		
20.	Aru Sharma	22451045	Aru		
21.	Aarti Sharma	22451038	Aarti		
22.	MEHAK SHARMA	22451022	Mehak		
23.	Priji	22451055	Priji		
24.	Shifa	22401029	Shifa		
25.	Khushi	21451159	K		
26.	Ayushi Chauhan	22451062	Ayushi		



# DR. YS PARMAR GOVT. PG COLLEGE NAHAN

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01702-251107



B.C.A.

Healthy Life = Happy Life

A Lecture on General Health and Hygiene  
Related Issues  
In Women

## ATTENDANCE SHEET

Dated 6/12/2023

Sr. No.	Name	Roll No.	Signature	Sr. No.	Name	Roll No.	Signature
1	Nandini Rawat	6231960028	Nandini	27	Kanika Kashyap	24200039	Kanika
2	Soniya Negi	6231960029	Soniya	28	Riha Thakur	24200028	Riha
3	Ashika	6231960041	Ashika	30	Anchal Sharma	6231960003	Anchal
4	Soniya	6231960039	Soniya	31	Nikita	24990001	Nikita
5	Tanisha	6231960033	Tanisha	32	Deepika	24990018	Deepika
6	Ruchi	24200024	Ruchi				
7	Naina	24800037	Naina				
8	Sanjana	24200025	Sanjana				
9	Karna Thakur	24200032	Karna				
10	Suhani	24200030	Suhani				
11	Anjali	24200035	Anjali				
12	Monika	24200009	Monika				
13	Payal	24200002	Payal				
14	Dhimanishi	24200016	Dhimanishi				
15	Preeti Thakur	24200006	Preeti				
16	Sneha	24200015	Sneha				
17	Nilakshi	24200034	Nilakshi				
18	Aina Sharma	6220630001	Aina				
19	Akshita Thakur	6220630002	Akshita				
20	Sakshi	6220630009	Sakshi				
21	Mehak	6220630017	Mehak				
22	Damini	6220630008	Damini				
23	Smriti	6231960031	Smriti				
24	Ushatcha Kena	6231960035	Ushatcha				
25	Sapna	6231960030	Sapna				
26	Azamiya Thakur	24200008	Azamiya				

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Healthy Life = Happy life : A lecture on General Health and Hygiene Related Issues in Women



WDC Activity  
Beem II

ATTENDANCE SHEET

Dated 6/12/2023

Sr. No.	Name	Roll No.	Signature	Sr. No.	Name	Roll No.	Signature
1	Pranjal Sharma	23120035	<i>Pranjal</i>	27	Aman Khan	23120044	<i>Aman</i>
2	Bhawani Sharma	23120030	<i>Bhawani</i>	28	Aditya Mahiya	23120059	<i>Aditya</i>
3	Himank Pundir	23120032	<i>Himank</i>		B.COM 3 <sup>rd</sup> year		
4	Gurshoh Singh	23120004	<i>Gurshoh</i>	01	Nandini	22120006	<i>Nandini</i>
5	Aniketn Thakur	23120056	<i>Aniketn</i>	02	Shivam Pundir	22120039	<i>Shivam</i>
6	Anisha Sharma	23120025	<i>Anisha</i>	03	Naman Baid	22120008	<i>Naman</i>
7	Aarti	23120046	<i>Aarti</i>	04	Maxia	22120001	<i>Maxia</i>
8	Shalishani	22120003	<i>Shalishani</i>	05	Saloni	22120057	<i>Saloni</i>
9	Kratibha Thakur	23120072	<i>Kratibha</i>	06	Katyayni	22120050	<i>Katyayni</i>
10	Himanshi	23120018	<i>Himanshi</i>	07	Deepika	22120016	<i>Deepika</i>
11	Muskan	23120021	<i>Muskan</i>	08	Rajwinder Kaur	22120058	<i>Rajwinder</i>
12	Suhani	23120045	<i>Suhani</i>	09	Monali Thakur	22120007	<i>Monali</i>
13	Simecan	23120016	<i>Simecan</i>	10	Payal Sharma	22120017	<i>Payal</i>
14	Megha Devi	23120076	<i>Megha</i>	11	Sheetal	22120021	<i>Sheetal</i>
15	Aryam Pathare	23120001	<i>Aryam</i>	12	Anchal	22120030	<i>Anchal</i>
16	Ahrit Sharma	23120002	<i>Ahrit</i>	13	Vaishnavi	23120044	<i>Vaishnavi</i>
17	Abhilasha	23120040	<i>Abhilasha</i>	14	Asha	22120035	<i>Asha</i>
18	Vani	23120008	<i>Vani</i>	15	Sapna Thakur	22120021	<i>Sapna</i>
19	Kalpna	23120052	<i>Kalpna</i>	16	Alush Sharma	22120019	<i>Alush</i>
20	Khushbu	23120050	<i>Khushbu</i>	17	Abhishek	22120043	<i>Abhishek</i>
21	Deepa	23120026	<i>Deepa</i>	18	Sameer	22120025	<i>Sameer</i>
22	Kanupriya	23120028	<i>Kanupriya</i>	19	Jayant	22120059	<i>Jayant</i>
23	Charu Thakur	23120071	<i>Charu</i>	20	Suhani	22120026	<i>Suhani</i>
24	Harshit Tomar	23120033	<i>Harshit</i>	21	Payal	22120008	<i>Payal</i>
25	Ronak Tomar	23120049	<i>Ronak</i>	22	Vansh Sharma	22120031	<i>Vansh</i>
26	Laxmishikha Katar	23120042	<i>Laxmishikha</i>	23	Mandeep Singh	22120015	<i>Mandeep</i>
				24	Ashish Sharma	22120009	<i>Ashish</i>

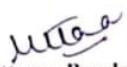




- iv. *Poster Making Competition on “Women Empowerment: Role of Women in Science” on 07.3.2024*

**Women Development Cell “SHAKTI”**  
**Dr. Y. S. Parmar, Govt., P. G. College, Nahan**  
(Activity Report-2023-24)

Women Development Cell “SHAKTI” organized a poster making competition on the theme “Women Empowerment: Role of Women in Science” on the occasion of “International Women’s Day” on 07<sup>th</sup> March, 2024. 26 students from various departments participated in the competition and prepared beautiful posters on the given theme. The competition started at 11:00 am in the Chemistry Lab 101 and 102. After the competition the convener of WDC Dr. Uttama Pandey elaborated the importance of celebrating International Women Day and also highlighted the role of women scientists in the development of the country and world as a whole. All the members of WDC were present during the competition.

  
Dr. Uttama Pandey  
(Convener WDC “SHAKTI”)

  
PRINCIPAL







v. *Gender Sensitization by department of Sociology on 15.03.2024*



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

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01702-251107

No- GCN-15/2023-

Date:- 14<sup>th</sup> March 2024


## NOTICE

This is to inform all students that Department of Sociology is organizing a couple of activities like slogan writing, photography etc. to create Gender Sensitization among students. Dr. Priyanka Verma, HOD, Department of Education will be the guest lecturer for the event. Kindly ensure your presence for the same

Date : 15/03/24

Venue : Room No 903

Time : 11.00 am

  
Dept. of Sociology

  
Principal

Dr. Y.S. Parmar

Govt. P.G. College Nahani



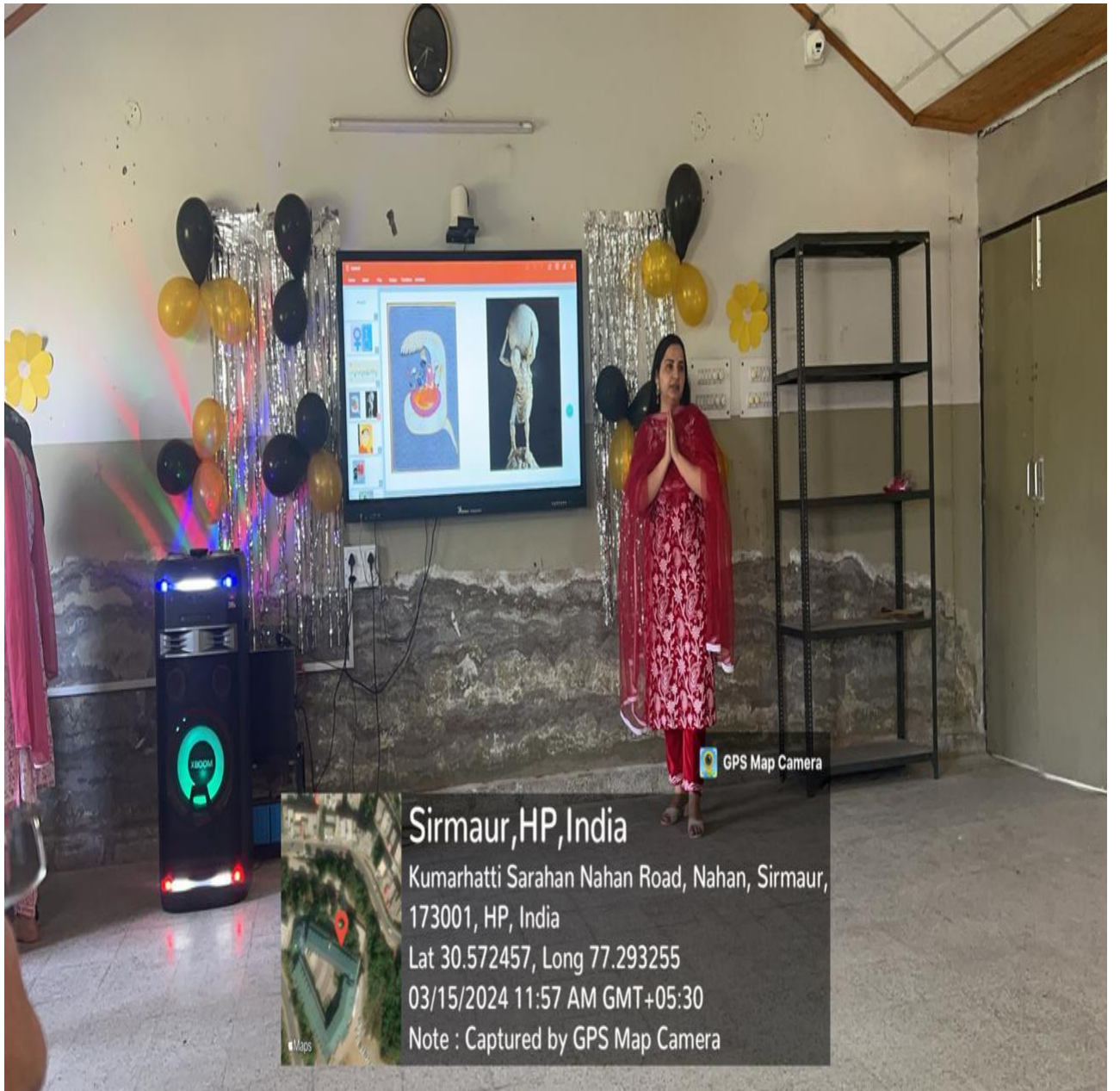


## REPORT

Department of Sociology had organised a talk on Gender Sensitization for all the students of the department to create awareness on this topic. Dr.P.R. Bhardwaj, Principal and Dr. Priyanka Verma, Head of Department, Department of Education attended the event and shared their valuable insights on the topic. Both the speakers shared multiple aspects of Gender with the audience during the event. Thereafter, *Girivaani Patrika*, which is an initiative of the BA I year students of Sociology was officially launched by the principal. About 89 students participated in the event.

  
HOD

  
Principal



**Sirmaur, HP, India**  
Kumarhatti Sarahan Nahan Road, Nahan, Sirmaur,  
173001, HP, India  
Lat 30.572457, Long 77.293255  
03/15/2024 11:57 AM GMT+05:30  
Note : Captured by GPS Map Camera



ATTENDANCE SHEET



Sr. No.	Name	Class	Roll No.	Signature
01	Aditi Thakur	BA 3 <sup>rd</sup> year	21552618	Aditi
02	Ayushi Mohil	BA 3 <sup>rd</sup> year	21521429	Ayushi
03	Anshika Thakur	BA 3 <sup>rd</sup> year	21521504	Anshika
04	Mehak Thakur	BA 3 <sup>rd</sup> year	21548718	Mehak
05	Shikha Thakur	BA 3 <sup>rd</sup> year	21521453	Shikha
06	Sneha Thakur	B.A 3 <sup>rd</sup> Year	21508203	Sneha
07	Alina	B.A 3 <sup>rd</sup> Year	21507090	Alina
08	Ayushi Tomar	B.A 1 <sup>st</sup> Year	21451123	Ayushi
09	Himani Chauhan	B.A 2 <sup>nd</sup> year	22553065	Himani
10	Kalpa Chauhan	BA 2 <sup>nd</sup> Year	22508058	Kalpa
11	Aditi Sharma	BA 1 <sup>st</sup> year	23553039	Aditi
12	Pratika Sharma	BA 1 <sup>st</sup> year	23538002	Pratika
13	Shweta	BA 1 <sup>st</sup> Year	23548027	Shweta
14	Divya	B.A 1 <sup>st</sup> Year	23548009	Divya
15	Manisha Chaudhary	B.A 1 <sup>st</sup> Year	23548035	Manisha
16	Mehak Thakur	B.A 1 <sup>st</sup> Year	23558020	Mehak Thakur
17	Ritika	BA 1 <sup>st</sup> Year	23548024	Ritika
18	Kajal	BA 1 <sup>st</sup> Year	23548007	Kajal
19	Vasudha	B.A 2 <sup>nd</sup> Year	22604010	Vasudha
20	Anshika Thakur	B.A 2 <sup>nd</sup> Year	22604002	Anshika
21	Tanu Thakur	B.A 1 <sup>st</sup> Year	23548099	Tanu
22	Kajal	B.A 1 <sup>st</sup> Year	23548003	Kajal
23	Kajal	B.A 1 <sup>st</sup> Year	23548021	Kajal
24	Ankita	BA 1 <sup>st</sup> year	23604005	Ankita
25	Mohit Kapoor	BA 1 <sup>st</sup> year	23604016	Mohit Kapoor
26	Gurudatt	B.A 1 <sup>st</sup> year	23548049	Gurudatt
27	Shabnam	B.A 3 <sup>rd</sup> Year	21536898	Shabnam
28	Swastika	B.A 3 <sup>rd</sup> year	21548694	Swastika
29	Anamika Thakur	B.A 3 <sup>rd</sup> Year	21548695	Anamika

3





ATTENDANCE SHEET

Sr. No.	Name	Class	Roll No.	Signature
30	Pooja	BA 3rd Year	21548687	Pooja
31	Danish	B.A 3rd year	21548713	Danish
32	Ashok	BA 2nd year	22548059	Ashok
33	Khushi	B-A 2nd year	22504004	Khushi
34	Mohit	B-A 3rd year	21504932	Mohit
35	Akanksha	BA 3rd Year	21504928	Akanksha
36	Shalee	BA 3rd Year	21504928	Shalee
37	Himanshi	BA	21504929	Himanshi
38	Chhaya Thakur	BA 2nd year	22504005	Chhaya
39	Babu Ram	BA 2nd year	22548017	Babu Ram
40	Alisha	BA 2nd year	22548036	Alisha
41	Ishani	BA 2nd year	22554007	Ishani
42	Rajal	BA 2nd year	22548001	Rajal
43	Manisha	BA 2nd year	22548037	Manisha
44	Mansi	BA 2nd year	22548057	Mansi
45	Monika Parmar	BA 2nd year	22604007	Monika
46	Monika Thakur	BA 2nd year	22548044	Monika
47	Palak	BA 2nd year	22554004	Palak
48	Paras	BA 2nd year	22604006	Paras
49	Pooja	BA 2nd year	22548049	Pooja
50	Rahul	BA 2nd year	22554005	Rahul
51	Rishita	BA 2nd year	22604003	Rishita
52	Pooja	BA 2nd year	22548050	Pooja
53	Pranshu	BA 3rd year	21504927	Pranshu
54	Ashu	BA 2nd year	21504936	Ashu
55	Sachin	BA 3rd year	21548703	Sachin
56	Mehak	BA 2nd year	21548718	Mehak
57	Riya	BA 3rd year	21548689	Riya
58	Yogita	BA 2nd year	21548690	Yogita

  
 C.S.  


## ATTENDANCE SHEET

Sr. No.	Name	Class	Roll No.	Signature
59	Nikhil Sharma	B.A 2nd year	22548016	Nikhil
60	Sumit	B.A 2nd year	22604005	Sumit
61	Amisha	B.A 3rd year	21548679	Amisha
62	Sheetal	B.A 3rd year	21548682	Sheetal
63	Kamaljeet Singh	B.A 2nd year	22504014	Kamaljeet
64	Tanya	B.A II nd year	22548013	Tanya
65	Soniya Thakur	B.A II nd year	22548029	Soniya
66	Anup	B.A 2nd year	22548051	Anup
67	Mansi	B.A 2nd year	22548057	Mansi
68	Neha	"	22604008	Neha
69	Niharika	B.A II nd year	22504006	Niharika
70	Priyanshu	B.A 2nd year	21504924	Priyanshu
71	Rishav	B.A 2nd year	22548002	Rishav
72	Rohini	"	22536001	Rohini
73	Sandhya	"	22504003	Sandhya
74	Sanjana	"	22548048	Sanjana
75	Sonali	B.A II nd year	22548038	Sonali
76	Suman	B.A 2nd year	22548061	Suman
77	Tamanna	B.A 2nd year	22548009	Tamanna
78	Vishakha	B.A (II year)	22548023	Vishakha
79	Vivek Kumar	B.A (II)	22604015	Vivek Kumar
80	Deepak	B.A 2nd year	22536011	Deepak
81	Neelam	B.A 2nd year	22548054	Neelam
82	AAKash	B.A 1st year	23548013	AAKash
83	AAKash P.	"	23504025	AAKash
84	Aman	"	23536030	Aman
85	Ankit	B.A 1st year	23536047	Ankit
86	Azwind	B.A 1st year	23536006	Azwind
87	Dheer	B.A 1st year	23536008	Dheer

  
 C.S.  


ATTENDANCE SHEET

Sr. No.	Name	Class	Roll No.	Signature
88.	Kajal	B.A 1st year	23548021	Kajal
89	lucky	B.A 1st year	23548054	Jucky.
Certified that refreshment has been given to 89 (Eighty Nine) students @ ₹ 25 (Twenty five) on 15/03/24 on the event of a programme on Gender Sensitization.				
1.	Lakshita Thakur	—	78	



## b. Facilities for Students

### i. **Common room for girls:** Yes

There is a well-furnished common room for girls

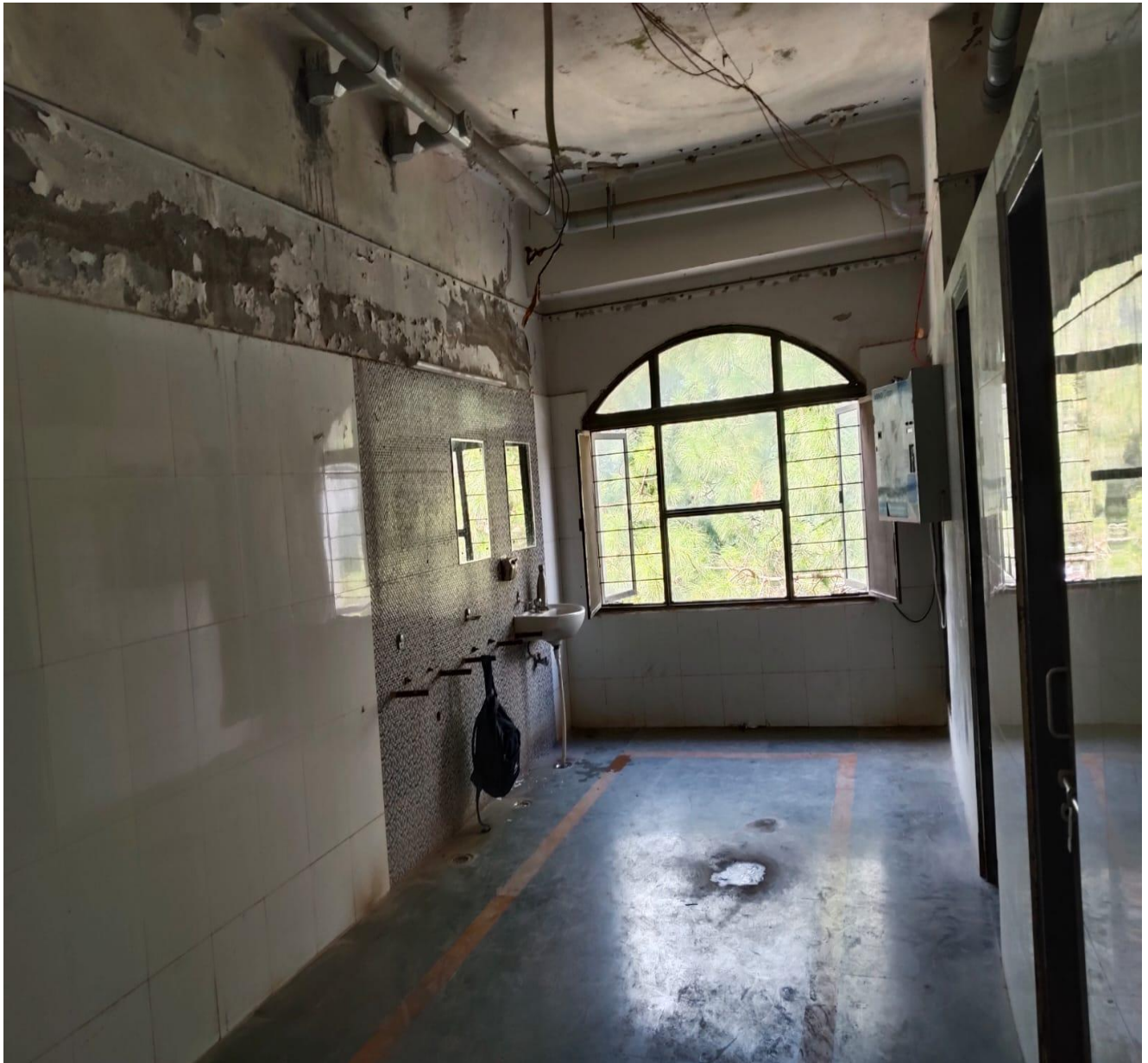






**ii. Adequate toilets as per students' strength: Yes**

There are washrooms at every floor (about 40) in the college campus for students.







**iii. Sanitary napkin vending machine/incinerator regularly put in use:**

Sanitary napkin vending machine is in regular use and installed on the 2nd floor of Arts Block near girls common room.







**iv. Women Anti Sexual harassment committee constituted as per norms:  
YES**

Internal Committee is constituted in the college as a mandated body as per Section 4.1 of UGC Guidelines (Prevention, Prohibition and Redressal of Sexual Harassment of women employees and students in higher educational institutions) Regulations, 2015 and the amendment in The Sexual Harassment of Women at Work Place (Prevention, Prohibition and Redressal) Act, 2013 dated 9<sup>th</sup> May 2016.

- (a) A Presiding Officer who shall be a woman faculty member employed at a senior level (not below a Professor in case of a university, and not below an Associate Professor or Reader in case of a college) at the educational institution, nominated by the Executive Authority;

Provided that in case a senior level woman employee is not available, the Presiding Officer shall be nominated from other offices or administrative units of the workplace referred to in sub-section 2(o);

Provided further that in case the other offices or administrative units of the workplace do not have a senior level woman employee, the Presiding Officer shall be nominated from any other workplace of the same employer or other department or organization;"

- (b) two faculty members and two non-teaching employees, preferably committed to the cause of women or who have had experience in social work or have legal knowledge, nominated by the Executive Authority;
- (c) Three students, **if the matter involves students**, who shall be enrolled at the undergraduate, master's, and research scholar levels respectively, elected through transparent democratic procedure;
- (d) one member from amongst non-government organisations or associations committed to the cause of women or a person familiar with the issues relating to sexual harassment, nominated by the Executive Authority.
- (2) At least one-half of the total members of the ICC shall be women.
- (3) Persons in senior administrative positions in the HEI, such as Vice- Chancellor, Pro Vice-Chancellors, Rectors, Registrar, Deans, Heads of Departments, etc., shall not be members of ICCs in order to ensure autonomy of their functioning.
- (4) The term of office of the members of the ICC shall be for a period of three years. HEIs may also employ a system whereby one-third of the members of the ICC may change every year.
- (5) The Member appointed from amongst the non-governmental organizations or associations shall be paid such fees or allowances for holding the proceedings of the Internal Committee, by the Executive Authority as may be prescribed.
- (6) Where the Presiding Officer or any member of the Internal Committee:
- (a) contravenes the provisions of section 16 of the Act; or
  - (b) has been convicted for an offence or an inquiry into an offence under any law for the time being in force is pending against him; or
  - (c) he has been found guilty in any disciplinary proceedings or a disciplinary proceeding is pending against him; or
  - (d) has so abused his position as to render his continuance in office prejudicial to the public interest,

such Presiding Officer or Member, as the case may be, shall be removed from the Committee and the vacancy so created or any casual vacancy shall be filled by fresh nomination in accordance with the provisions of this section."

**DR. Y. S. PARMAR, GOVT. P. G. COLLEGE, NAHAN**

**Time Table Committee**

**Science**

- 1 Dr. Rajesh Trehan (Convener)
- 2 Dr. Anoop Kumar

**Arts**

- 1 Dr. Rajan Kaushal (Convener)
- 2 Dr. Ved Prakash
- 3 Dr. Pravesh

**Commerce**

- 1 Dr. Ravi Kant Sharma

**Sports Committee**

- 1 Dr. Uttama Pandey (Convener)
- 2 Dr. Vikas Kumar Guleria
- 3 Prof. Devender
- 4 Dr. Zafar Ali
- 5 Prof. Manoj
- 6 Prof. Vinod
- 7 Prof. Lakshita
- 8 Sh. Balbir Singh (Jr. Asstt.)

**Women Development Cell**

- 1 Dr. Uttama Pandey (Convener)
- 2 Prof. Priyanka Randhava
- 3 Dr. Yashpal Singh
- 4 Dr. Saloni Sood
- 5 Prof. Navdeep Kaur Shah
- 6 Prof. Preeti
- 7 Dr. Pravesh
- 8 Prof. Lakshita Thakur
- 9 Smt. Archana Kumari (Comp. Op.)

**Tour Organizing Committee**

- 1 Dr. Sarita Bansal (Convener)
- 2 Prof. Sudesh Sharma
- 3 Prof. Monika
- 4 Dr. Zafar Ali
- 5 Dr. Vineet Kumar
- 6 Sh. Anil Kumar (LA)

**Library Committee**

- 1 Prof. Richa (Convener)
- 2 Dr. (Mrs.) Pankaj
- 3 Prof. Priyanka Randhava
- 4 Dr. Yashpal Singh
- 5 Prof. Manoj Kumar
- 6 Prof. Navdeep Kaur Shah
- 7 Prof. Preeti
- 8 Dr. Sarita Thakur
- 9 Smt. Nisha Devi (Asstt. Lib.)

**Water Supply , Drinking and Rain Water Management Committee**

- 1 Dr. Yashpal Singh (Convener)
- 2 Dr. Veena Tomar
- 3 Dr. Vineet
- 4 Dr. Pravesh Kumar
- 5 Prof. Dipika Sharma
- 6 Sh. Raj Devender Singh (Supdt)

**Internal Committee**

- 1 Prof. Priyanka Randhava - Presiding Officer
- 2 Dr. Monisha- Member- BMO Dr.Y.S.P.M C Nahan
- 3 Mrs. Neeraj Rani-- Member -Advocate
- 4 Prof. Sudesh Kumar
- 5 Dr. Saloni Sood
- 6 Prof. Preeti
- 7 Sh. Raj Devender Singh (Supdt.)
- 8 CSCA President

**CSCA Committee**

- 1 Dr. P.R. Bhardwaj (Convener)
- 2 Dr. Rajesh Trehan
- 3 Dr. Ravi Kant Sharma
- 4 Dr. Saloni Sood
- 5 Prof. Navdeep Kaur Shah
- 6 Dr. Pankaj Chandak
- 7 Sh. Balbir Singh (Clerk)

**FIRST AID Committee**

- 1 Dr. Vineet (Convener)
- 2 Sh. Ankur Kataria
- 3 Smt. Nisha Devi (Asstt. Lib.)
- 4 Sh. Chanchal Kumar (LA)



