



DR.Y.S. PARMAR

GOVERNMENT PG COLLEGE NAHAN

DISTT.SIRMOUR HIMACHAL PRADESH

AQAR 2023-24

CRITERION 7

MATRIX 7.1

KEY INDICATOR 7.1.11

Institution celebrates / organizes national and international commemorative days, events and festivals

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1. Poster Making Declamation Contest on the Occasion of Kargil Vijay Divas by NCC



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COLLEGE ACTIVITY

Dated: 26 July 2023

Sr. No.	Particulars	Details	Remarks
1	Name of the Department/Unit/Agency	NCC Unit	
2	Name of the Activity	Celebration of Kargil Vijay Divas	
3	Name of Collaboration Agency (If Any)	-	
4	Number of student Participants	20 cadets	
5	Number of Teacher Participants	1	Lt. (Dr.) PANKAJ
6	Number of Guest Participants (If Any)		
7	Brief Report: NCC Unit of Dr. YS Parmar College celebrated the glorious Kargil Vijay Divas on dated 25 th July 2023. On this day cadets remembered the sacrifice of Indian Army and gave the tribute to Cpt. Vikram Batra. NCC cadets participated in poster making and declamation and theme was Kargil Vijay Divas. 20 cadets participated in the celebration of Kargil Vijay Divas.		

[Signature]
 Organizer
 (Name & Signature)
 Lt. (Dr.) PANKAJ
 ANO, NCC

Principal
 Govt. PG College
 Nahani Principal

Kargil Martyr's Day (26th Sept 2023)



Jay
Lt. (Dr.) PANKAJ
ANO, NCC

PRINCIPAL
G. C. Nahani


2. Celebration of International Youth Day by Red Ribbon Club On 12 August 2023


Red Ribbon Club

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

Report of Activities for Session: 2023-2024

1. Two Reels made by Students of Red Ribbon Club (RRC) of Dr. YSPGPGC Nahan got **2nd and 3rd positions in District Level Reel Making Competition under AIDS programme, among RRCs of District Sirmaur** held from 12th August 2023 to 31st August 2023 to commemorate International Youth Day on 12th August 2023. They got cash prizes of Rs.1000 and Rs.500 respectively.
2. On November 21, 2023 Red Ribbon Club of Dr. YSPGPGC Nahan organized **declamation contest on the theme "HIV/AIDS: Prevention, Cure and Discrimination"**.
3. On December 1, 2023 Red Ribbon Club Dr. YSPGPGC Nahan **Celebrated World AIDS Day on the theme "Let Communities lead". Teach AIDS** movie was shown and **awareness rally** was organized in Banog and Yashwant Vihar area surrounding college campus. Total 100 students and teachers took part in the awareness rally.
4. On December 9, 2023 the Red Ribbon Club of Dr. Y. S. Parmar Govt. P. G. College Nahan organized **Poster Making Competition on the Theme "HIV/AIDS Awareness"**
5. **One day Training Programme for Nodal Officer and Peer Educators of District Sirmaur** was attended by Nodal officer, Prof. Richa Kanwar and three peer educators on Dated: December 12, 2023 organized by District AIDS control society, Sirmaur.
6. On February 14, 2024, Red Ribbon Club of Dr. Y. S. Parmar Govt. P. G. College Nahan organized a **Quiz Competition on the Theme; "HIV/AIDS and Reproductive Health"**.


Richa Kanwar
Convenor RRC


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

Prize winners





3. Celebration of Independence day on 15 August 202



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GCN/NSS/Notice/2023-24/001

Date August 2023

Notice

Participation in District Level Independence Day Parade

All NSS volunteers are hereby informed that the District Level Independence Day Parade will be held on 15th August 2024 at the Historical Chogan Ground, Nahani. Volunteers from NSS Units 1 and 2 of Dr. Yashwant Singh Parmar Govt. Post Graduate College, Nahani, are invited to participate in this prestigious event.

Interested volunteers are requested to submit their names to the NSS Program Officer (PO) by 5th August 2024. Participation in this event is a great opportunity to showcase your commitment to the nation and to represent our college with pride.

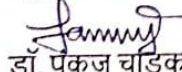
Dr. Pankaj Chandak
NSS Programme Officer


Principal

Dr YSP Govt. P.G. College Nahani

सभी एनएसएस स्वयंसेवकों को सूचित किया जाता है कि 15 अगस्त 2024 को ऐतिहासिक चौगान मैदान, नाहन में जिला स्तरीय स्वतंत्रता दिवस परेड का आयोजन किया जाएगा। डॉ. यशवंत सिंह परमार राजकीय स्नातकोत्तर महाविद्यालय, नाहन की एनएसएस इकाई 1 और 2 से जुड़े स्वयंसेवकों को इस प्रतिष्ठित कार्यक्रम में भाग लेने के लिए आमंत्रित किया है। इच्छुक स्वयंसेवक 5 अगस्त 2024 तक अपना नाम एनएसएस कार्यक्रम अधिकारी (PO) को प्रस्तुत करें। इस कार्यक्रम में भाग लेना न केवल आपके राष्ट्र के प्रति समर्पण को प्रदर्शित करने का एक अद्वितीय अवसर है, बल्कि हमारे महाविद्यालय का गर्व से प्रतिनिधित्व करने का भी है।

अधिक जानकारी के लिए कृपया एनएसएस कार्यक्रम अधिकारी से संपर्क करें।


डॉ. पंकज चंडक,
एनएसएस कार्यक्रम अधिकारी
Programme Officer
N.S.S.

Dr. Y.S. Parmar GPG College, Nahani

डॉ. यशवंत सिंह परमार राजकीय स्नातकोत्तर महाविद्यालय, नाहन
Govt. P.G. College, Nahani


Principal


प्राचार्य

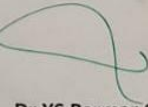
Dr Y S Parmar Govt P G College Nahan

NSS Unit

List of volunteers who will take part march past on 15th August 2023 (Independent Day) at Historic Chaugan Maidan, Nahan.

Sr. No	Name	Class	Class Roll No.
1.	Anshika	BA 2 nd year	22521034
2.	Sangeeta	BA 3 rd year	21528364
3.	Anjali	BA 2 nd year	22552013
4.	Priti	BA 2 nd year	22521068
5.	Satya Davi	BA 1 st year	23521062
6.	Raveena	BA 2 nd year	22636012
7.	Monika	BA 3 rd year	21521423
8.	Seema	BA 3 rd year	21521444
9.	Anshika chauhan	BA 2 nd year	22506015
10.	Sakshi	BA 2 nd year	22506059
11.	Shruti	BA 1 st year	23521078
12.	Raman kumar	BA 2 nd year	22506055
13.	Priyanshu	BSc 3 rd year	21453151
14.	Sandeep	BA 2 nd year	22506048
15.	Himanshu	BA 3 rd year	21521433
16.	Ishika	BA 2 nd year	22506038
17.	Vineet	BA 2 nd year	22623025
18.	Tushar	BA 2 nd year	22633040
19.	Aadarsh	BA 2 nd year	22553055
20.	Ankush	BA 3 rd year	21528378
21.	Nitika Sharma	BA 3 rd year	21621435
22.	Sandeep	BA 2 nd year	22552017
23.	Kavita	BA 1 st year	23521041
24.	Parul	BA 1 st year	23508004
25.	Aman Kumar	BA 3 rd year	21521427
26.	Jai shree Thakur	BA 3 rd year	21504937


Smt. Monika Kumari
NSS Program Officer
N.S.S.
Dr. Y.S. Parmar GPG College, Nahan


Principal
Dr YS Parmar Govt PG College
nahan



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GCN/NSS/Report/2023-24/001 Number of Volunteers 26 Date 15th August 2023
Participation of NSS Volunteers in District Level Independence Parade

Historical Chogan Ground, Nahan

(As Per NSS Activity Register Page No 64)

On the auspicious occasion of the 78th Independence Day of India, 26 dedicated volunteers from NSS Units 1 and 2 of Dr. Yashwant Singh Parmar Govt. Post Graduate College, Nahan, proudly participated in the District Level Independence Day Parade held at the Historical Chogan Ground, Nahan. The event, which witnessed the enthusiastic participation of various schools, colleges, and other organizations, was graced by the presence of prominent dignitaries, including the District Commissioner, senior officials, and local leaders. The parade began with the unfurling of the National Flag, followed by the singing of the National Anthem, instilling a sense of patriotism and pride among all present.

Our NSS volunteers, dressed in their uniforms, marched with discipline and synchronization, showcasing their commitment to the nation and the values of unity and service. The preparation for this parade involved rigorous practice sessions, where the volunteers worked tirelessly under the guidance of their program officers. Their hard work was evident in their impeccable performance during the parade. The NSS contingent was applauded by the audience for their spirit and dedication. The participation of the volunteers in this prestigious event not only highlighted the role of youth in nation-building but also demonstrated the core values of the National Service Scheme, which include selfless service, discipline, and patriotism. The event concluded with a speech by the chief guest, who praised the efforts of all participants and emphasized the importance of youth involvement in nation-building activities. Certificates of appreciation were awarded to the NSS volunteers, acknowledging their contribution to the success of the event.

Overall, the participation of the NSS volunteers from Dr. Yashwant Singh Parmar Govt. Post Graduate College, Nahan, in the District Level Independence Day Parade was a matter of great pride for the institution. It was a memorable experience that reinforced the volunteers' commitment to serving the community and the nation.

Dr. Pankaj Chandak

NSS Programme Officer

Programme Officer

N.S.S.

Dr. Y.S. Parmar GPG College, Nahan

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





4. Celebration of Teachers Day by the NSS on 5 September 2023



DR. YS PARMAR GOVT. PG COLLEGE NAHAN

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GCN/NSS/Notice/2023-24/004

Date 01st September 2023

Notice

This is to inform all NSS volunteers of Unit I and Unit II that Teacher's Day will be celebrated in the college on 5th September 2023. All volunteers are requested to assemble near the NSS office at 11:00 AM on the day of the celebration. Please bring handmade greeting cards for the respected teaching and non-teaching staff.

Dr. Pankaj Chandak
NSS Programme Officer

Principal

Dr YSP Govt. P.G. College Nahani

सूचना

सभी एनएसएस स्वयंसेवकों को सूचित किया जाता है कि शिक्षक दिवस का आयोजन महाविद्यालय में 5 सितंबर 2023 को किया जाएगा। सभी स्वयंसेवक कृपया 5 सितंबर को सुबह 11:00 बजे एनएसएस कार्यालय के पास एकत्र हों। कृपया अपने द्वारा बनाए गए शिक्षकों और गैर-शिक्षण स्टाफ के लिए हस्तनिर्मित शुभकामना पत्र अवश्य साथ लाएं।

डॉ. पंकज चांडक,
एनएसएस कार्यक्रम अधिकारी
Programme Officer
N.S.S.

Dr. Y.S. Parmar GPG College, Nahani

Principal
Dr. Yashwant Singh Parmar
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GCN/NSS/Report/2023-24/004 Number of Volunteers__ Date 05th September 2023

Teachers' Day Celebration

On 5th September 2023, the volunteers of NSS Unit I and Unit II of Dr. Yashwant Singh Parmar Government Post Graduate College, Nahan, organized a heartfelt celebration in honor of Teachers' Day. The event, held at 2:00 PM, was marked by the distribution of personalized greeting cards to the esteemed teachers of the college.

The NSS volunteers took great care in preparing these greeting cards, each one adorned with thoughtful messages and creative designs, reflecting their deep respect and admiration for their teachers. The cards served as a token of gratitude, acknowledging the unwavering guidance and support that teachers provide in shaping the lives of students.

In addition to the teachers, the volunteers also extended their appreciation to the non-teaching staff, recognizing their student-centric work and invaluable contributions to the smooth functioning of the college. Furthermore, the college helping staff, whose efforts in maintaining cleanliness and fostering a healthy environment were also acknowledged, received cards as a symbol of gratitude.

The event not only celebrated the role of teachers but also highlighted the importance of every individual in the college community who contributes to the holistic development of students. The initiative by NSS Units I & II was a testament to the strong bond between students and the entire college staff, fostering a sense of unity and appreciation within the college.


शिक्षक दिवस समारोह


5 सितंबर 2023 को, डॉ. यशवंत सिंह परमार राजकीय स्नातकोत्तर महाविद्यालय, नाहन की NSS इकाई 1 और 2 के स्वयंसेवकों ने शिक्षक दिवस के अवसर पर एक भावपूर्ण समारोह का आयोजन किया। यह कार्यक्रम दोपहर 2:00 बजे आयोजित किया गया, जिसमें महाविद्यालय के सम्मानित शिक्षकों को व्यक्तिगत शुभकामना कार्ड वितरित किए गए।

NSS स्वयंसेवकों ने इन शुभकामना कार्डों को बड़ी लगन से तैयार किया, जिनमें प्रत्येक कार्ड में उनके शिक्षकों के प्रति गहरी श्रद्धा और प्रशंसा को दर्शाने वाले संदेश और रचनात्मक डिज़ाइन थे। यह कार्ड उनके प्रति आभार की एक छोटी सी अभिव्यक्ति थे, जो शिक्षकों द्वारा छात्रों के जीवन को संवारने में दिए गए अपार मार्गदर्शन और समर्थन को मान्यता देने के लिए थे।

शिक्षकों के साथ-साथ स्वयंसेवकों ने गैर-शिक्षण कर्मचारियों के प्रति भी अपनी प्रशंसा व्यक्त की, जिन्होंने छात्र केंद्रित कार्यों और महाविद्यालय के सुचारू संचालन में महत्वपूर्ण योगदान दिया है। इसके अलावा, महाविद्यालय के सहायक कर्मचारियों, जिनके प्रयासों से महाविद्यालय में सफाई बनाए रखने और एक स्वस्थ वातावरण के निर्माण में योगदान मिलता है, को भी आभार स्वरूप कार्ड प्रदान किए गए।

यह कार्यक्रम केवल शिक्षकों की भूमिका का ही नहीं, बल्कि महाविद्यालय समुदाय के हर उस व्यक्ति के महत्व को भी उजागर करता है, जो छात्रों के सर्वांगीण विकास में योगदान करता है।

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

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





GPS Map Camera



Shimla Division, Himachal Pradesh, India
H7CV+W6J, Thaliqa Lahan, Himachal Pradesh 173001,
Long 77.293007°
Lat 30.572341°
05/9/2023 11:27 AM

2023/9/5 11:27



2023/9/5 12:45

5. A lecture on the Death anniversary of Dr. B.B lal on 10 September

6. Celebrated Hindi Pakhwada on 11 September 2023

सूचना

महाविद्यालय के सभी विद्यार्थियों को सूचित किया जाता है कि दिनांक 11/9/2023 को हिंदी विभाग द्वारा, हिंदी पखवाड़े के अवसर पर विभिन्न प्रतियोगिताएं आयोजित की जा रही हैं। इन प्रतियोगिताओं में प्रश्नोत्तरी, काव्य प्रतियोगिता, भाषण प्रतियोगिता, नारा लेखन प्रतियोगिता आयोजित की जाएगी, जिसकी रूपरेखा निम्न प्रकार से होगी।

भाषण प्रतियोगिता

विषय आधुनिक युग और हिंदी भाषा की उपयोगिता

काव्य प्रतियोगिता

स्वरचित रचनाएं कविता का विषय प्रतिभागी की स्वेच्छा पर निर्भर है।

नारा लेखन

हिंदी भाषा से संबंधित विषय पर

प्रश्नोत्तरी प्रतियोगिता हिंदी

विषय - हिंदी साहित्य, हिमाचल प्रदेश सामान्य ज्ञान

सभी इच्छुक विद्यार्थियों से अनुरोध है कि आप सभी मनोज कुमार सहायक आचार्य हिंदी और डॉक्टर हेमेंद्र के पास अपने नाम दर्ज करवा दें

सभी इच्छुक विद्यार्थियों का अंतिम चयन दिनांक 8 सितंबर 2023 को कमरा नंबर 703 में 2:00 बजे किया जाएगा। सभी विद्यार्थी अपने आलेखों के साथ उपस्थित रहें

हिंदी विभाग

राजकीय स्नातकोत्तर महाविद्यालय नाहन ।


प्राचार्य

Sr. no.	Particulars	Detail
1	Department	Hindi
2	Title of activity	Hindi Pakhavada Celebration
3	Numbers of Students Participated	79 (Seventy Nine)
4	Numbers of teacher Participated	06

Brief report:

Hindi Diwas Celebration

On dated 11.09.2024 Department of Hindi, Dr. Y.S. Parmar Govt. Post Graduate College Nahan organised Declamation, Slogan Writing, Poetry recitation and paper reading. Winners of the varios competitions were honoured by the Principal Dr. Prem Raj Bhardwaj.

दिव्य हिमाचल

शिमला, बुधवार, 13 सितंबर, 2023

पीजी कॉलेज नाहन में हिंदी पखवाड़े का आयोजन



नाहन। सिरमौर जिला के नाहन स्थित डा. वाईएस परमार राजकीय स्नातकोत्तर महाविद्यालय नाहन में हिंदी विभाग द्वारा हिंदी पखवाड़े का आयोजन किया गया। कार्यक्रम में कॉलेज के प्राचार्य डा. प्रेमराज भारद्वाज ने मुख्यातिथि के रूप में शिरकत की। इस कार्यक्रम में भाषण, नारा लेखन, पोस्टर लेखन, काव्य एवं प्रश्नोत्तरी प्रतियोगिताओं का आयोजन विद्यार्थियों के बीच किया गया। इस प्रतियोगिता में महाविद्यालय के छात्रों ने बढ़-चढ़कर भाग लिया। इस अवसर पर मुख्यातिथि डा. प्रेम भारद्वाज ने हिंदी के समक्ष आज क्या-क्या चुनौतियां हैं उससे अवगत करवाया। इस प्रतियोगिता में पायल व विशाल ने भाषण प्रतियोगिता में क्रमशः प्रथम व द्वितीय स्थान हासिल किया। पाठ लेखन में शिवम प्रथम एवं पल्लवी द्वितीय रहे। प्रश्नोत्तरी प्रतियोगिता में साक्षी, रजना प्रथम एवं सुषमा, काजल द्वितीय रही। मुख्यातिथि ने सभी विजेताओं को विशेष पुरस्कार से सम्मानित किया। इस अवसर पर हिंदी विभागाध्यक्ष प्रो. मनोज, डा. हिमंत पाल, प्रो. सविता बंसल, डा. सविता ठाकुर, प्रो. मोनिका, प्रो. रजत, प्रो. देवेंद्र, प्रो. विनोद, प्रो. चंद्रिकांत एवं डा. उत्तमा घांसे आदि भी उपस्थित रहे।

HOD

Deptt. of ^{Hindi} Commerce

G C Nahan


Principal

G C Nahan

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

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

3

Sr. No.	Name	Class	Roll No.	Signature	Contact No
1.	Pooja Chauhan	BA Ind year	23548066	Pooja	9317766306
2.	Simran	BA Ind year	23541016	Simran	7833955215
3.	Monika	BA Ind year	23548001	Monika	7876618802
4.	Kajal	"	23548007	Kajal	
5.	Sorali	"	23548048	Sorali	7876380791
6.	Anshu Thakur	"	23556009	Anshu	8894588242
7.	Nikita	"	23548005	Nikita	6230446659
8.	Sunakshi Sharma	"	23538029	Sunakshi	9317948704
9.	Sheetal	"	23548065	Sheetal	9317645263
10.	Manvi	BA ^{2nd} year	23541022	Manvi	6230172575
11.	Kachna Devi	"	23538024	Kachna	9015014716
12.	Palak Thakur	BA 2 nd year	23538030	Palak	7876922558
13.	Himani Thakur	BA 2 nd year	23503013	Himani	
14.	Acelan Thakur	BA 2 nd year	23548036	Acelan	785385875
15.	Suman Thakur	BA 2 nd year	23548020	Suman	7650018995
16.	Nikita	BA 2 nd year	23563008	Nikita	850870311
17.	Anjana	"	23503005	Anjana	9317535408
18.	Raveena	BA 1 st year	24538051	Raveena	9805692390
19.	Divya Thakur	BA 1 st year	24548027	Divya Thakur	9816453149
20.	Himani Parwar	BA 1 st year	24541004	Himani Parwar	8988078339
21.	Jyoti Sharma	BA 1 st year	24541007	Jyoti	8627947303
22.	Chandni Tomar	BA 1 st year	24541009	Chandni Tomar	8629862219
23.	Keshna	BA 1 st year	24541005	Keshna	9805828754
24.	Gul mehar	BA 1 st year	24541006	Gul mehar	6230598428
25.	Priyanka	BA 1 st year	24503007	Priyanka	7876073018
26.	Malika Devi	BA 1 st year	24548013	Malika	7876832606
27.	Taniya	BA 1 st year	24503008	Taniya	9317704672

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

2

Sr. No.	Name	Class	Roll No.	Signature	Contact No
1.	Anjali	B.A 2nd Year	22548042	Anjali	
2.	Neelam	B.A 2nd Year	22548058	Neelam	
3.	Sonali	B.A 2nd Year	22548038	Sonali	
4.	muskan Pundir	BA 2nd year	23548058	muskan	
5.	Sanjana	BA 2nd year	23548046	Sanjana	
6.	Ritika	BA 2nd year	23548024	Ritika	
7.	Teena Thakur	BA 2nd year	23541012	Teena	
8.	Simran	" " "	23541008	Simran	
9.	Ashish Thakur	BA 2nd Year	23538041	Ashish	
10.	Harsh Pundir	BA 2nd yr	23538047	Harsh	
11.	Vikas Pundir	BA 2nd year	23541021	Vikas	
12.	Himanshu Chauhan	BA 2nd yr	23548055	Himanshu	
13.	NIKHIL	B.A 2nd	23548030	Nikhil	
14.	VIVIKS	"	23548042	Viviks	
15.	Laxmi Devi	BA 2nd year	23538006	Laxmi	
16.	Aarti Devi	B.A 2nd year	23538025	Aarti	
17.	Saroj Kumari	B.A 2nd year	23538089	Saroj	
18.	Sheetal	B.A 2nd year	23538090	Sheetal	
19.	Kajal	B.A 2nd year	23548062	Kajal	
20.	Nishita Chauhan	B.A 2nd year	23538007	Nishita	9015226007
21.	Kunal	"	23548037	Kunal	
22.	Aaryam Chauhan	B.A 1st year	23528007	Aaryam	7876291120
23.	Aaryam Tomar	B.A 1st	24528041	Aaryam	
24.	Dhizerder Chauhan	BA 1st year	24538017	Dhizerder	9418756042
25.	Nishant	BA 1st yr	24538047	Nishant	8628975538
26.	Rohit Chauhan	"	24538039	Rohit	8091946425
27.	Ranit Jinta	BA 1st yr	24528011	Ranit	9317694730

7. Celebrated World Tourism Day On 27 September 2023

IOAC for Ruvel

Tourism Week Celebration Report - 2023

B.Voc (Hospitality & Tourism) – Dr. Yashwant Singh Parmar Government Post Graduation College Nahan

On the occasion of World Tourism Week Celebration B. Voc Department of Dr. Yashwant Singh Parmar Government Post Graduation College Nahan organized different activities at college level on 26 and 27 September 2023. Awareness Rally in collaboration with "National Tourism Youth Club" and was flagged by Principal Dr. Prem Raj Bhardwaj & Nodal Officer Dr. Yashpal Tomar from college campus for creating awareness of surrounding area people. At department level different activities like slogan writing, poster making, quiz competition and speech was conducted under the supervision of Nodal officer Dr. Yashpal Tomar. After the successful completion of the event there was a provision of prize distribution & refreshment for the students. Below are details for activity & schedule held for Tourism Week Celebrations:

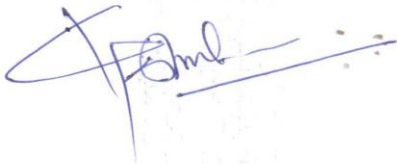
Activity & Participation Schedule

26 September 2023

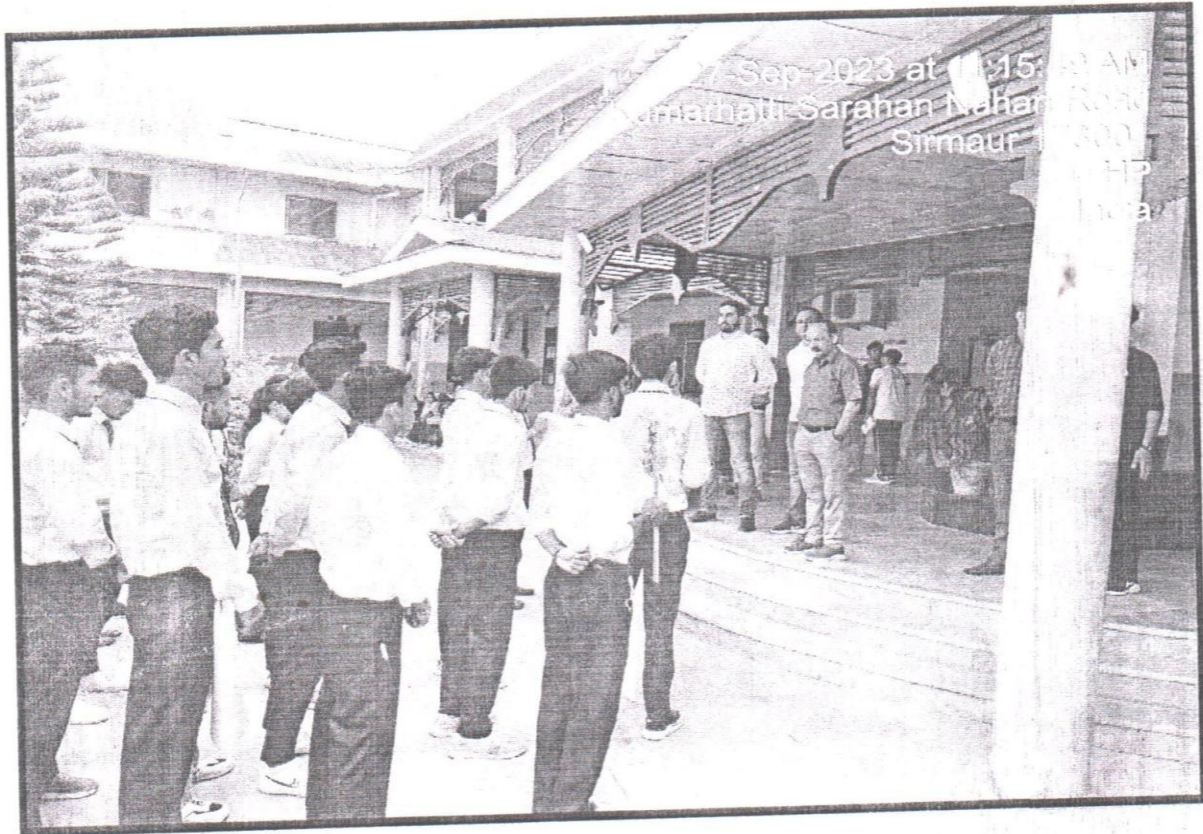
1. Slogan Writing
2. Poster Making
3. Quiz

27 September 2023

1. Awareness Rally – National Tourism Youth Club @ 11:00 AM from college campus via Banog and back to college.
2. Speech



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



Principal
Dr. Yashwant Singh Parmar

World Tourism Day - 2023 Celebration Student Activity Result

B. Voc Department - Dr. Yashwant Singh Parmar Govt. Post Graduation College Nahan

Date: 26 September 2023

Slogan Writing

1 st Position	Neha Bhardwaj	3 rd Year
2 nd Position	Abhishek	3 rd Year
3 rd Position	Saurabh	3 rd Year

Poster Making

1 st Position	Anugrah	3 rd Year
2 nd Position	Simran	2 nd Year
3 rd Position	Shivangi	2 nd Year

Quiz Competition

1 st Position	Team Shivalik
2 nd Position	Team Renukaji & Team Dhuladhar
3 rd Position	Team Churdhar


Date: 27 September 2023

Awareness Rally - National Tourism Youth Club at 11:00 AM from college campus via Banog and back to college.

Speech

1 st Position	Shruti Thakur	3 rd Year
2 nd Position	Arushi Thakur	2 nd Year
3 rd Position	Shivangi	2 nd Year




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



**Celebration of Tourism Week on 26/09/2023 (Quiz, Poster Making and Slogan Writing) by Hospitality & Tourism Students
Dr.Y.S.Parmar Govt.P.G.College Nahan**

Sr.No	Roll Number	Student Name	Stream	Level	Signature
1	23140015	Rohit Thakur	H&T	Level-4	Rohit
2	23140010	Akash	H&T	Level-4	Akash
3	23140005	Shareen Khan	H&T	Level-4	Shareen
4	23140022	Priyanshu	H&T	Level-4	Priyanshu
5	23140009	Suraj Kumar	H&T	Level-4	Suraj Kumar
6	23140028	Aman Sharma	H&T	Level-4	Aman Sharma
7	23140026	Rohit Thakur	H&T	Level-4	Rohit
8	23140021	Ayush Mehta	H&T	Level-4	Ayush Mehta
9	23140033	Ashish Kumar	H&T	Level-4	Ashish Kumar
10	23140018	Mohit	H&T	Level-4	Mohit
11	23140025	Dixit Thakur	H&T	Level-4	Dixit
12	23140001	Devansh Thakur	H&T	Level-4	Devansh Thakur
13	23140003	Gagan Deep Singh	H&T	Level-4	Gagan Deep Singh
14	23140038	Sushil Kumar	H&T	Level-4	Sushil
15	23140020	Rajneesh Panwar	H&T	Level-4	Rajneesh
16	23140044	Krish Thakur	H&T	Level-4	Krish Thakur
17	23140029	Suraj Chauhan	H&T	Level-4	Suraj
18	23140041	Yatin Sharma	H&T	Level-4	Yatin Sharma
19	23140011	Akshit Thakur	H&T	Level-4	Akshit
20	23140006	Pankaj Thakur	H&T	Level-4	Pankaj
21	23140027	Nishant	H&T	Level-4	Nishant
22	23140002	Dhruv Singh Negi	H&T	Level-4	Dhruv
23	23140037	Mandeep Singh	H&T	Level-4	Mandeep Singh
24	23140023	Pankaj Chaudhary	H&T	Level-4	Pankaj
25	23140030	Neha Thakur	H&T	Level-4	Neha Thakur
26	23140014	Yadvender	H&T	Level-4	Yadvender
27	23140017	Kartik Tomar	H&T	Level-4	Kartik Tomar
28	23140036	Abhinav Thakur	H&T	Level-4	Abhinav
29	23140032	Rohit Pundir	H&T	Level-4	Rohit Pundir
30	23140024	Anshuman Sharma	H&T	Level-4	Anshuman Sharma
31	23140016	Imran	H&T	Level-4	IMRAN
32	23140034	Nancy	H&T	Level-4	Nancy
33	23140039	Sujal Kashyap	H&T	Level-4	Sujal
34	23140008	Nikhil	H&T	Level-4	Nikhil
35	23140012	Aditya Attri	H&T	Level-4	Aditya Attri
36	23140045	Balak Ram	H&T	Level-4	Balak Ram
37	23140035	Neetu	H&T	Level-4	Neetu
38	23140042	Nikhil Thakur	H&T	Level-4	Nikhil Thakur
39	23140019	Shubham Thakur	H&T	Level-4	Shubham
40	23140004	Sujal Bhardwaj	H&T	Level-4	Sujal
41	22140012	Mohd Sakib	H&T	Level-6	Mohd Sakib
42	22140019	Aryan Thakur	H&T	Level-6	Aryan



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

43	22140027	Simran	H&T	Level-6	Simran
44	22140035	Himanshu	H&T	Level-6	Himanshu
45	22140014	Priyanshu	H&T	Level-6	Priyanshu
46	22140037	Rahul Sharma	H&T	Level-6	Rahul Sharma
47	22140026	Gaurav Thakur	H&T	Level-6	Gaurav
48	22140002	Ashish Pundir	H&T	Level-6	Ashish
49	22140023	Gagan Deep	H&T	Level-6	Gagan
50	22140033	Manoj	H&T	Level-6	Manoj
51	22140030	Yograj Thakur	H&T	Level-6	Yograj
52	22140006	Naveen Singh	H&T	Level-6	Naveen
53	22140018	Karan Dutt	H&T	Level-6	Karan
54	22140016	Tanul Sharma	H&T	Level-6	Tanul
55	22140031	Nikhil	H&T	Level-6	Nikhil
56	22140038	Abhishek	H&T	Level-6	Abhishek
57	22140034	Vishal Tomar	H&T	Level-6	Vishal
58	22140028	Shruti	H&T	Level-6	Shruti
59	22140039	Anshul Panwar	H&T	Level-6	Anshul
60	22140040	Priyanshu Thakur	H&T	Level-6	Priyanshu
61	22140025	Balbir Singh	H&T	Level-6	Balbir
62	22140011	Devansh Verma	H&T	Level-6	Devansh
63	22140021	Shivangi Gaur	H&T	Level-6	Shivangi
64	22140020	Anirudh	H&T	Level-6	Anirudh
65	22140003	Kamna	H&T	Level-6	Kamna
66	22140013	Rohit Kumar	H&T	Level-6	Rohit
67	22140008	Rohit Shrama	H&T	Level-6	Rohit
68	22140001	Aarushi Thakur	H&T	Level-6	Aarushi
69	22140007	Vijay Singh	H&T	Level-6	Vijay
70	22140017	Shubham Thakur	H&T	Level-6	Shubham
71	22140015	Saneha	H&T	Level-6	Saneha
72	22140010	Hritul Sharma	H&T	Level-6	Hritul
73	22140004	Sahil	H&T	Level-6	Sahil
74	22140029	Ravi Kumar	H&T	Level-6	Ravi
75	22140024	Shubham Kumar	H&T	Level-6	Shubham
76	21140061	Sandeep	H&T	Level-7	Sandeep
77	21140055	Prince Thakur	H&T	Level-7	Prince Thakur
78	21140035	Ankita Thakur	H&T	Level-7	Ankita Thakur
79	21140053	Nitin Thakur	H&T	Level-7	Nitin Thakur
80	21140038	Abhishek	H&T	Level-7	Abhishek
81	21140058	Riya Sharma	H&T	Level-7	Riya
82	21140041	Gaurav	H&T	Level-7	Gaurav
83	21140059	Hitesh Thakur	H&T	Level-7	Hitesh
84	21140054	Parshant Thakur	H&T	Level-7	Parshant
85	21140037	Anugrah	H&T	Level-7	Anugrah
86	21140067	Vinod Kumar	H&T	Level-7	Vinod
87	21140049	Mukesh	H&T	Level-7	Mukesh
88	21140044	Jatin Mundan	H&T	Level-7	Jatin
89	21140051	Nikhil Thakur	H&T	Level-7	Nikhil
90	21140076	Kaushal Raj	H&T	Level-7	Kaushal

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Principal
Dr. Yashwant Singh Parmar
Nahan

91	21140048	Manoj	H&T	Level-7	Manoj
92	21140060	Deepak Singh	H&T	Level-7	Deepika
93	21140034	Arshpreet Kaur	H&T	Level-7	Arshpreet
94	21140057	Ravi Prakash	H&T	Level-7	Ravi Prakash
95	21140052	Nikhil Gaur	H&T	Level-7	Nikhil
96	21140036	Anshu Tiwari	H&T	Level-7	Anshu
97	21140070	Akshay Sharma	H&T	Level-7	Akshay
98	21140068	Dinesh Kumar	H&T	Level-7	Dinesh
99	21140066	Vansh Thakur	H&T	Level-7	Vansh
100	21140064	Aditya	H&T	Level-7	Aditya
101	21140039	Mukul Chauhan	H&T	Level-7	Mukul
102	21140045	Neha Sharma	H&T	Level-7	Neha
103	21140071	Shruti Thakur	H&T	Level-7	Shruti
104	21140056	Rahul Chauhan	H&T	Level-7	
105	21140065	Kanu Priya	H&T	Level-7	Kanu Priya
106	21140042	Saurav Sharma	H&T	Level-7	






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

8. Essay Writing Competition on the topic of "Relevance of Dr. B.R Ambedhkar thought on 30 September 2023

Dr. Y. S. Parmar Govt. P.G. College Nahan, Sirmour, H.P.
E-mail: gcnahan-hp@nic.in Phone. No-01702-251107

NOTICE
12th September, 2023

This is for the information to all the students that the SC/ST Cell of the college is organising an Essay Writing Competition on the following Topics:

1. **Social Harmony** (सामाजिक समरसता)
2. **Relevance of the B. R. Ambedkar's thoughts in the modern society** (वर्तमान में भीम राव अम्बेडकर के विचारों की प्रासंगिकता)


The interested students can submit their essay on or before 30th September, 2023 to the following members of the Cell:

1. B. R. Thakur- A/P of History
2. Dr. Vineet Kumar- A/P of Zoology
3. Dr. Pankaj Chandak- A/P of History
4. Prof. Bhumika- A/P of Computer Science
5. Smt. Nisha Devi- Assist. Librarian

Terms and Conditions:

1. Medium of expression can be either Hindi or English
2. Words limit is between 3000 to 5000 words.
3. Weightage will be given to the originality of thought, logical sequence and legible handwriting.
4. Only handwritten essay will be accepted.
5. The candidate must write his/her name, class and class roll number at the end of the topic.
6. After evaluation the best three essays will be selected for prizes.


Convener
SC/ST Cell


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

Annual Report of SC/ST Cell
Session 2023-24


On 30th September, 2023, the SC/ST Cell of Dr. Y. S. Parmar Govt. P. G. College Nahan organized an Essay Writing Competition on the following topics:-

1. Social Harmony
2. Relevance of the Dr. B. R. Ambedkar's thoughts in the modern society


28 students of different classes participated in it and the panel of three members viz. Dr. Ved Prakash (A/P of Geography), Dr. Manoj Kumar (A/P of Hindi) and Prof. Rajat Thakur (A/P of Environmental Science) evaluated the scripts of the participants. Finally three participants have been declared as position holders as under and they were given prizes on 5th March, 2024 by the worthy Principal Sir.

Sr. No.	Name and Class	Position
1	Vibha Tomar, BA 3 rd , 21506268	1 st
2	Preeti, BA 3 rd , 21521488	2 nd
3	Sakshi, BA 3 rd , 22506059	3 rd

(B. R. Thakur)


Convener of SC/ST Cell

(Dr. Prem Raj Bhardwaj)


Principal
Dr. Y. S. Parmar Singh Parmar
Govt. P. G. College Nahan,
District Sirmour, HP-173001

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


SC/ST Cell

ESSAY WRITING COMPETITION

List of Participants

Sr. No.	Name	Class	Roll. No.
1	Damini	BA 1	23506014
2	Preeti	BA-3	21521488
3	Aneesh	B.Sc-2	22451054
4	Sanjay Manget	BA-2	22501050
5	Megha	BA-3	21534004
6	Vibha Tomar	BA-3	21506268
7	Savita	BA-3	21621408
8	Sakshi	BA-3	22506059
9	Anjali Rana	B. Sc-1	23453016
10	Pooja	BA-2	22506043
11	Aneesh	B.Sc-2	22451054
12	Amisha Sharma	B.Sc-2	22453022
13	Raman Kumar	B.Sc-2	22506055
14	Sanjay Manget	BA-2	22501050
15	Megha	BA-3	21534004
16	Amisha	BA-3	21521489
17	Vibha Tomar	BA-3	21506268
18	Sheetal Kumar	BA-3	21506260
19	Jaipal	BA-3	21623509
20	Hitesh Sharma	BA-3	21623525
21	Savita	BA-3	21621408
22	Abhinav Sharma	B.Sc-1	23453004
23	Anshita	B.Sc-2	22453024
24	Mehak Sharma	BA-1	23453012
25	Sakshi	BA-3	22506059
26	Poonam Kumari	BA-3	22506001
27	Pooja	BA-2	22506043
28	Mamta Kumari	BA-2	22506087



C.S.

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

9. Gandhi Jayanti was Celebrated by NSS unit of the College on 2 October 2023

क्रमांक: जि0ना0-1(2)/2023-184208
कार्यालय उपायुक्त, जिला सिरमौर स्थित नाहन 29/9/2023

दिनांक, नाहन, 29 सितम्बर, 2023

सेवा में

समस्त कार्यालयाध्यक्ष,
जिला सिरमौर स्थित नाहन ।

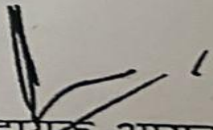
विषय:- महात्मा गाँधी जयंती 02 अक्टूबर, 2023 मनाने बारे ।

महोदय,

जैसा कि आपको विदित ही है कि जिला प्रशासन प्रत्येक वर्ष 02 अक्टूबर महात्मा गाँधी जी की जयंती का आयोजन प्रातः 06:30 बजे राजकीय वरिष्ठ माध्यमिक पाठशाला (छात्र) नाहन में महात्मा गाँधी जी की प्रतिमा पर फूल माल्यार्पण तथा शपथ उपरान्त प्रभात फेरी निकाल कर करता है तथा इसमें जिला प्रशासन को हमेशा आपका सहयोग मिलता है तथा ऐसी ही अपेक्षा भविष्य हेतु की जाती रहेगी ।

अतः आपसे अनुरोध है कि कृपया आप दिनांक 02.10.2023 को प्रातः 06:30 बजे राजकीय वरिष्ठ माध्यमिक पाठशाला(छात्र) नाहन में पधार कर कार्यक्रम की शोभा बढ़ाएँ ।

भवदीय,


सहायक आयुक्त,
उपायुक्त, सिरमौर ।



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01702-251107

GCN/NSS/Report/2023-24/012 Number of Volunteers 30 Date 2nd October 2023

Gandhi Jayanti Celebration---- Prabhat Pheri

Gandhi Jayanti was celebrated with enthusiasm by students and staff at Shamsher Senior Secondary School, Nahan on 2nd October 2023. The event commenced with paying respect to the idol of Mahatma Gandhi. Following a short function and the taking of an oath, students from various schools, **along with volunteers from the NSS Unit 1 & 2 of Dr. Yashwant Singh Parmar Govt Post Graduate College Nahan**, and other college units including NCC, R&R, and hostel students, participated in a rally (**Prabhat Pheri**) through the main city areas of Nahan. The rally aimed to spread the message of cleanliness. Approximately 30 NSS volunteers took part in this event. Refreshments were provided to the students after the rally.

नाहन में गांधी जयंती समारोह---- प्रभात फेरी

2 अक्टूबर 2023 को शमशेर सीनियर सेकेंडरी स्कूल, नाहन में गांधी जयंती धूमधाम से मनाई गई। कार्यक्रम की शुरुआत महात्मा गांधी की प्रतिमा को सम्मान अर्पित करने से हुई। एक छोटे समारोह और शपथ के बाद, विभिन्न स्कूलों के छात्र और डॉ. यशवंत सिंह परमार राजकीय स्नातकोत्तर महाविद्यालय नाहन की NSS इकाई 1 और 2 के स्वयंसेवक, साथ ही NCC, R&R और हॉस्टल छात्रों ने नाहन के मुख्य शहर क्षेत्रों में एक रैली (प्रभात फेरी) आयोजित की। इस रैली का उद्देश्य स्वच्छता का संदेश फैलाना था। इस कार्यक्रम में लगभग 30 NSS स्वयंसेवकों ने भाग लिया।

Dr. Pankaj Chandak

Prof Lakshita Thakur

NSS Programme Officers

Programme Officer

N.S.S.

Dr. Y.S. Parmar GPG College, Nahan

Principal

Dr YSP Govt. P.G. College Nahan

Principal

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





Nahan, HP, India

Kumarhatti Sarahan Nahan Road, Amarpur,

Nahan, 173001, HP, India

Lat 30.557774, Long 77.296273

10/02/2023 07:35 AM GMT+05:30

Note : Captured by GPS Map Camera

GPS Map Camera

10.NSS foundation day Celebrated on 9 October2023



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GCN/NSS/Notice/2023-24/013

Date 04th October 2023

Notice

This is to inform all NSS volunteers of Dr. Yashwant Singh Parmar Govt Post Graduate College, Nahan, that NSS Unit I and Unit II will be celebrating NSS Foundation Day on October 9, 2023, instead of September 24, 2023, which was a Sunday. The event will take place in Room No. 901 (College Hall).

Attendance is compulsory for all NSS volunteers.

सूचना

सभी NSS स्वयंसेवकों को सूचित किया जाता है कि डॉ. यशवंत सिंह परमार राजकीय स्नातकोत्तर महाविद्यालय, नाहन के NSS इकाई 1 और इकाई 2 NSS फाउंडेशन डे का आयोजन 9 अक्टूबर 2023 को किया जाएगा, जो कि 24 सितंबर 2023 (रविवार) को था। यह कार्यक्रम कक्षा नं. 901 (महाविद्यालय हॉल) में होगा। सभी NSS स्वयंसेवकों की उपस्थिति अनिवार्य है।

Dr. Pankaj Chandak

Prof Lakshita Thakur

NSS Programme Officers

Programme Officer

N.S.S.

Dr. Y.S. Parmar GPG College, Nahan

Principal

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



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GCN/NSS/Report/2023-24/013 Number of Volunteers 105 Date 9th October 2023

**Foundation Day Celebration (24th September 2023) of
National Service Scheme (NSS)**

To commemorate the Foundation Day of the National Service Scheme (NSS), a vibrant cultural programme was organized by NSS Unit 1 and Unit 2 of Dr. Yashwant Singh Parmar Govt Post Graduate College, Nahan. The event was designed to honor the legacy of NSS, celebrate its achievements, and display the diverse talents of NSS volunteers through a series of cultural performances.

The programme began with an inaugural speech by the Principal, who emphasized the significance of NSS and its positive impact on the community. The event featured a variety of dance and musical performances, including traditional, contemporary, and folk dances, which showcased the rich cultural heritage and creativity of the volunteers.

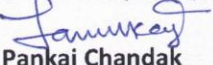
Recognitions were given to outstanding NSS volunteers and participants for their contributions and achievements. Dr. Pankaj Chandak, the NSS Programme Officer, shared the past achievements of the NSS Units through a PPT presentation, highlighting the impact and success of their initiatives.

राष्ट्रीय सेवा योजना (NSS) की स्थापना दिवस समारोह

राष्ट्रीय सेवा योजना (NSS) के स्थापना दिवस को मनाने के लिए डॉ. यशवंत सिंह परमार राजकीय स्नातकोत्तर महाविद्यालय नाहन की NSS इकाई 1 और इकाई 2 द्वारा एक जीवंत सांस्कृतिक कार्यक्रम का आयोजन किया गया। इस कार्यक्रम का उद्देश्य NSS की धरोहर को सम्मानित करना, इसके उपलब्धियों का उत्सव मनाना और NSS स्वयंसेवकों की विविध प्रतिभाओं को विभिन्न सांस्कृतिक प्रस्तुतियों के माध्यम से प्रदर्शित करना था।

कार्यक्रम की शुरुआत प्राचार्य के उद्घाटन भाषण से हुई, जिन्होंने NSS की महत्वपूर्णता और इसके समुदाय पर प्रभाव को उजागर किया। इस अवसर पर पारंपरिक, आधुनिक और लोक नृत्यों सहित विभिन्न नृत्य और संगीत प्रस्तुतियाँ दी गईं, जो स्वयंसेवकों की सांस्कृतिक विविधता और रचनात्मकता को दर्शाती हैं।

उत्कृष्ट NSS स्वयंसेवकों और प्रतिभागियों को उनके योगदान और उपलब्धियों के लिए सम्मानित किया गया। डॉ. पंकज चांडक, NSS कार्यक्रम अधिकारी ने PPT प्रस्तुति के माध्यम से NSS इकाइयों की पिछले उपलब्धियों को साझा किया, उनके पहलों के प्रभाव और सफलता को उजागर किया।


Dr. Pankaj Chandak
Prof Lakshita Thakur
NSS Programme Officers

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



Principal

Dr YSP Govt. P.G. College Nahan
Principal

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



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Sr. No.	Name	Class Roll. No.	Class	Signature
1	Aadarsh Kumar	22553055	2nd year	
2	Aakash Chauhan	22556007	2nd year	<i>Aakash</i>
-	Aaryan Saini	22130007	2nd year	<i>Aaryan</i>
3	Abhishek	23512005	1st Year	<i>Abhishek</i>
-	Ajay Sharma	22538070	2nd year	<i>Ajay</i>
4	Ajay Sharma	23521096	1st Year	<i>Ajay Sharma</i>
5	Akriti	22521036	2nd year	<i>Akriti</i>
6	Akshay	20522298	2nd year	<i>Akshay</i>
7	Aman Verma	21521427	3rd Year	<i>AKSHAY</i>
8	Amisha	23553034	1st Year	<i>AMISHA VERMA</i>
9	Amisha Chauhan	21508174	3rd Year	<i>Amisha</i>
10	Amisha Sharma	22528010	2nd year	<i>Amisha</i>
-	Anita Devi	21589022	3rd Year	<i>Anita</i>
11	Anjali	23591002	1st Year	<i>Anjali</i>
12	Anjali Kumari	21506285	3rd Year	<i>Anjali</i>
13	Anjana	23503005	1st Year	<i>Anjana</i>
-	Anjana Thakur	21553115	3rd Year	<i>Anjana</i>
14	Anjni Kumari	22552013	2nd year	<i>Anjni</i>
15	Ankita Pundir	23521075	1st Year	<i>Ankita</i>
16	Ankush	21528378	3rd Year	<i>Ankush</i>
17	Anmol Sharma	23521044	1st Year	<i>Anmol</i>
18	Anshika	22506015	2nd year	<i>Anshika</i>
19	Anshika	22521082	2nd year	<i>Anshika</i>
20	Anshika Chauhan	22521034	2nd year	<i>Anshika</i>
-	Anshita Sharma	21506252	3rd Year	<i>Anshita</i>
-	Anupriya	21451122	3rd Year	<i>Anupriya</i>
21	Archana	22506031	2nd year	<i>Archana</i>
22	Archana	22623016	2nd year	<i>Archana</i>
-	Archana Thakur	21508207	3rd Year	<i>Archana</i>
23	Ashwani Chauhan	22506066	2nd year	<i>Ashwani</i>
24	Babita	22521037	2nd year	<i>Babita</i>
25	Babli	23548026	1st Year	<i>BABLI</i>
26	Bharti Thakur	22130011	2nd year	<i>Bharti Thakur</i>
27	Chetna	21541640	3rd Year	<i>Chetna</i>
28	Dalip Singh	21521508	3rd Year	<i>Dalip Singh</i>
29	Deepak Sharma	22506040	2nd year	<i>Deepak</i>
30	Deepanshu Tomar	22512003	2nd year	<i>Deepanshu</i>
31	Devansh Singh	22451027	2nd year	<i>Devansh</i>
32	Diksha Chauhan	22521019	2nd year	<i>Diksha</i>
33	Divya Sharma	22623035	2nd year	<i>Divya</i>
34	Fakir Chand	23521001	1st Year	<i>Fakir</i>
35	Gourav	23521055	1st Year	<i>Gourav</i>
36	Gulshan	21521496	3rd Year	<i>Gulshan</i>
37	Gunjan Chauhan	22553047	2nd year	<i>Gunjan Chauhan</i>

*Janp
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 No 90*

*Dr. YS Parmar
 Govt. PG College, Nahan*

38	Harish Sharma	22521022	2nd year	(AB) dedya
39	Harsh	23521020	1st Year	Harsh
40	Harsh Tomar	22506054	2nd year	Ht
41	Himani	22506009	2nd year	Himani
42	Himanshi	23528018	1st Year	Himanshi
43	Himanshu	22521073	2nd year	(AB)
44	Himanshu Jalta	21521433	2nd Year	Himanshu
45	Inderpreet Kaur	23504010	1st Year	Inderpreet
46	Isha Sharma	23506041	1st Year	Isha
47	Ishika	22521038	2nd year	Ishika
48	Ishu	23538049	1st Year	Ishu
49	Jaishree Thakur	21504937	3rd Year	Jaishree Thakur
50	Jatin	23506039	1st Year	Jatin
51	Jaya sharma	21636823	3rd Year	Jaya sharma
52	Jyoti Sharma	21521507	3rd Year	Jyoti Sharma
53	Kalpna	22521011	2nd year	(AB)
54	Kareena	21521476	3rd Year	Kareena
55	Kartik Sharma	23532002	1st Year	Kartik
56	Kavita Devi	23521041	1st Year	Kavita
57	Khusboo	21621434	3rd Year	Khusboo
58	Khushi	22504004	2nd year	Khushi
59	Khushi	21431159	3rd Year	(AB)
60	Kim Sharma	23528036	1st Year	Kim
61	Krishna	23521088	1st Year	Krishna
62	Kumari Akshiti	21521425	3rd Year	Kumari Akshiti
63	Kumari Diksha Chauhan	22521019	2nd year	Kumari Diksha Chauhan
64	Kumkum Chauhan	23636020	1st Year	Kumkum
65	Lata Devi	21506287	3rd year	Lata
66	Mahak Sharma	22521079	2nd year	Mahak Sharma
67	Mamta Kumari	21506296	3rd Year	Mamta Kumari
68	Manisha	21521452	3rd Year	Manisha
69	Manisha Kapil	21508225	3rd Year	Manisha Kapil
70	Manisha Kumari	21506321	3rd Year	Manisha Kumari
71	Manisha Thakur	21508190	3rd Year	Manisha Thakur
72	Mehak	22130003	2nd year	Mehak
73	Minakshree	23521061	1st Year	Minakshree
74	Minakshi	22508025	2nd year	(AB)
75	Mohender singh	21521431	3rd Year	Mohender singh
76	Mohit Sharma	23538014	1st Year	Mohit Sharma
77	Mokshika Chauhan	21553123	3rd Year	Mokshika Chauhan
78	Monika	21521423	3rd Year	Monika
79	Mukesh Chauhan	21506330	3rd Year	Mukesh Chauhan
80	Muskan	21506284	3rd Year	Muskan
81	Muskan	21528333	3rd Year	Muskan
82	Muskan	21621433	3rd Year	(AB)

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—	Muskan Thakur	21556712	3rd Year	
77	Muskan Thakur	21506255	3rd Year	(AB)
78	Naveen Kumar	23556002	1st Year	Muskan Thakur
79	Neeraj	21552631	3rd year	Neeraj
80	Nikita	23548005	1st Year	Nikita
81	Nikita Devi	23503008	1st Year	Nikita
82	Nikita Kumari	22538010	2nd year	Nikita
83	Nikita sharma	22451008	2nd year	Nikita
84	Nisha Thakur	22528058	2nd year	Nisha
85	Nisha Thakur	23538019	1st Year	Nisha Thakur
86	Nishant	22558001	2nd year	Nishant
—	Nishant	21521457	3rd Year	(AB)
—	Nishant Sharma	21521451	3rd Year	(AB)
87	Nishita Chauhan	23538007	1st Year	Nishita
88	Nitika kumari	23532001	1st Year	Nitika
89	Nitika sharma	21621435	3rd Year	Nitika sharma
90	Nitika Thakur	23636023	1st Year	NITIKA
91	Nitin Chauhan	22451053	2nd year	Nitin
92	Palak	23521071	1st Year	Palak
93	Pallu	23528042	1st Year	Pallu
94	Pankaj Kumar	21512855	3rd Year	Pankaj
95	Parul	23508004	1st Year	Parul
—	Parul Thakur	21506290	3rd year	(AB)
96	Pawan	23604011	1st Year	Pawan
—	Pooja	22548050	2nd year	(AB)
—	Pooja	22636002	2nd year	(AB)
97	Poonam	23506022	1st Year	Poonam
98	Poonam Kumari	21512856	3rd Year	Poonam
99	Pradeep	22507039	2nd year	Pradeep
100	Pravesh Thakur	21521437	3rd Year	Pravesh Thakur
101	Preeti	22521014	2nd year	Preeti
102	Preeti Chauhan	22521068	2nd year	Preeti
103	Priyanka	21506329	3rd Year	Priyanka
—	Priyanka	21506327	3rd Year	(AB)
—	Priyanka	21521432	3rd Year	Priyanka
104	Priyanka	22506045	2nd year	Priyanka
105	Priyanka thakur	21507076	3rd Year	(AB)
—	Priyanshu	21453151	3rd Year	Priyanshu
106	Rahul	23521067	1st Year	Rahul
107	Raman Kumar	22506055	2nd year	Raman
108	Ranjana	21503791	3rd Year	RANJANA
109	Raveena	22636012	2nd year	RAVEENA
—	Raveena Sharma	20553517	2nd year	(AB)
111	Reeta Devi	22521028	2nd year	Reeta
112	Rekha Devi	22556011	2nd year	Rekha

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NSS Day celebration on 09/10/2023

Roll No.	Name	Registration No.	Year	Signature
113	Ritika Chauhan	21507074	3rd Year	(A.B)
114	Ritika sharma	23508001	1st Year	Ritika
115	Ritika Tomar	21521485	3rd Year	Ritika Sharma
116	Ritika Tomar	23591004	1st Year	(A)
117	Ruchika Attal	21521495	3rd Year	Ruchika
118	Sahil Negi	23522006	1st Year	Ruchika
119	Saksham Sharma	23508017	1st Year	Sahil
120	Sakshi	23532003	1st Year	Sakshi
121	Sakshi	23521045	1st Year	Sakshi
122	Sakshi	22506052	2nd year	Sakshi
123	sakshi Chauhan	22506059	2nd year	Sakshi
124	Sakshi Panwar	23534008	1st Year	Sakshi
125	Sakshi Sharma	23506019	1st year	Sakshi Panwar
126	Sandeep Kumar	21506257	3rd Year	Sakshi
127	Sandeep Kumar	22506048	2nd year	Sandeep
128	Sandhya Sharma	22552017	2nd year	Sandhya
129	Sangeeta Chauhan	21506322	3rd year	Sandhya Sharma
130	Sangeeta Tomar	21504935	3rd Year	Sangeeta
131	Sanjana	21528364	3rd Year	Sangeeta
132	Sanjana Kumari	21506303	3rd Year	Sanjana
133	Sanjay Kumar	21508228	3rd Year	Sanjana
134	Sapna	23560004	1st Year	Sanjay Kumar
135	Sarojani	21528335	3rd Year	Sapna
136	Satya Devi	23506077	1st Year	Sarojani
137	Sarita	23521062	1st Year	Satya Devi
138	Seema	23528040	1st Year	Sarita
139	Shalini Sharma	21521444	3rd Year	(A.B)
140	Shalu Devi	22508009	2nd year	Seema
141	Sheetal	22508009	2nd year	Shalini
142	Sheetal Kumari	21507046	3rd Year	Shalu
143	Sheetal Kumari	23506002	1st Year	Sheetal
144	Shivani Kapoor	21508232	3rd Year	Sheetal
145	Shruti	21506298	3rd Year	Sheetal
146	Shruti	23521078	1st Year	Shivani
147	Shweta Sharma	23506012	1st Year	Shruti
148	Simran Thakur	23636014	1st Year	Shruti
149	Sita Devi	22401012	2nd year	Shweta
150	Sujata	23521060	1st Year	Simran
151	Sujata Sharma	21506262	3rd Year	Sita Devi
152	Suman Devi	21508196	3rd Year	Sujata
153	Sunil Kumar	21508196	3rd Year	Sujata
154	Sunil Kumari	22548061	2nd year	Suman Devi
155	Sura	23521011	1st Year	Sunil Kumar
		23521037	1st Year	Sunil Kumari
		23560004	1st Year	Sura

Range
of
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Govt. P.S. College, Nahani

156	Sushma Devi	22548041	2nd year	Sushma Devi
157	Swati	22532008	2nd year	Swati
158	Tamira Bano	23512003	1st Year	Tamira
159	Tanisha	21506265	3rd Year	Tanisha
160	Tanu	23521057	1st Year	Tanu
161	Tanu Negi	22508049	2nd year	Tanu Negi
162	Teena	22538048	2nd year	Teena
163	Teena Thakur	23507045	1st Year	Teena
164	Tushar Chauhan	22538040	2nd year	Tushar
165	Urmila thakur	22532005	2nd year	Urmila Thakur
166	Usma Sayyad	22552019	2nd year	Usma
—	—	21506264	3rd Year	(AB)
167	Vandana	21528358	3rd Year	Vandana
168	Vansh	21528358	1st Year	Vansh
169	Vedika Kapil	22521057	2nd year	Vedika Kapil
170	Vidushi sharma	21528376	3rd Year	Vidushi
171	Vijaya Sharma	21636820	3rd Year	Vijaya
172	Vineet Kumar	22623025	2nd year	Vineet
—	—	21521481	3rd Year	(AB)
173	Yogesh	23521027	1st Year	Yogesh

- 174 Archana Chauhan 23536023 1st year Archana
- 175 Simran Kaur 23623023 1st year Simran
- 176 Ravina Devi 21621421 BA 3rd year Ravina
- 177 Nageeta Devi 21532539 B.A 3rd year Nageeta
- 178 Preem 23553019 BA 1st year Preem
- 179 Rohit Kumar 22532013 BA 2nd year Rohit Kumar
- 180 Samiksha Chauhan 22536005 BA 2nd year Samiksha
- 181 Saloni 23504026 B.A 1st year Saloni
- 182 Anjana 22504013 B.A 1st year Anjana
- 183 Parul 23528014 BA 1st year Parul
- 184 Pranvi 22530001 BA 2nd year Pranvi
- 185 VISHAL 2255605 BA 2nd year Vishal

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

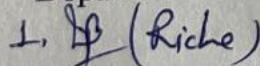
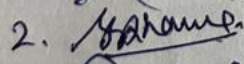
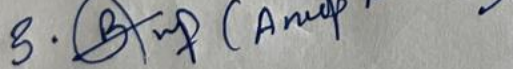
5/10/2020
 185
 [Signature]

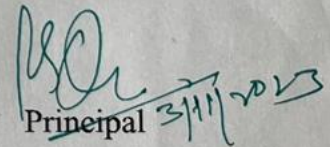
11.Chandrayaan Utsav Celebrated on 13, October 2023

Report on Chandrayaan Utsav

Department of physics, Dr. YSPGPGC Nahan celebrated 'Chandrayaan Utsav' on dated 13th October 2023 vide UGC letter No.D.O. No.2-52/2023(CPP-II) Dated 1st September 2023, to commemorate India's historic achievement of safe smooth and precise landing of Chandrayaan-3 on lunar south pole. 98 students took part in various activities organized viz. Power point presentations, sketch / poster making, skit and short films on the themes: 'India on Moon', 'New India on Moon', 'Lunar Journey of new India', 'Self Reliant India's Chandrayaan and India's Lunar Missions'. Chandrayaan Utsav started with lighting of lamp and Maa Saraswati Pooja by the Chief guest Principal Dr.P.R. Bhardwaj. Organizers of the event Prof. Richa Kanwar, Prof. Sudesh Sharma and Dr. Anup welcomed the chief guest, other faculty members, participants and students in the Chandrayaan Utsav. Beautiful presentations were presented by the students on India's Lunar Journey. Short films about the views of faculty and students of our college towards India's Chandrayaan missions were also screened. Beautiful sketches / posters on India's historic achievement, made by the students were also displayed in the hall during Chandrayaan Utsav. Skit based on India's Lunar missions viz. Chandrayaan -I, II, III and contribution of ISRO scientists was also performed by the students. Chief guest Dr. P.R. Bhardwaj motivated the students about space exploration and blessed them for their future endeavour. The function ended with a vote of thanks to the chief guest, faculty members and participants.

Department of Physics

1.  (Richa)
2.  (Sudesh Sharma)
3.  (Anup Kumar)


Principal 3/11/2023

Dr. YSPGPGC Nahan

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



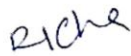
12. Declamation Contest on the Occasion Of the birth Anniversary of freedom fighter Shivanand Ramoul


13. World AIDS Day Observed by the Red Ribbon Club on 1 December 2023



Red Ribbon Club
Dr. Y. S. Parmar Govt. P. G. College Nahan
Report of Activities for Session: 2023-2024

1. Two Reels made by Students of Red Ribbon Club (RRC) of Dr. YSPGPGC Nahan got **2nd and 3rd positions in District Level Reel Making Competition under AIDS programme, among RRCs of District Sirmaur** held from 12th August 2023 to 31st August 2023 to commemorate International Youth Day on 12th August 2023. They got cash prizes of Rs.1000 and Rs.500 respectively.
2. On November 21, 2023 Red Ribbon Club of Dr. YSPGPGC Nahan organized **declamation contest on the theme "HIV/AIDS: Prevention, Cure and Discrimination"**.
3. On December 1, 2023 Red Ribbon Club Dr. YSPGPGC Nahan **Celebrated World AIDS Day on the theme "Let Communities lead". Teach AIDS** movie was shown and **awareness rally** was organized in Banog and Yashwant Vihar area surrounding college campus. Total 100 students and teachers took part in the awareness rally.
4. On December 9, 2023 the Red Ribbon Club of Dr. Y. S. Parmar Govt. P. G. College Nahan organized **Poster Making Competition on the Theme "HIV/AIDS Awareness"**
5. **One day Training Programme for Nodal Officer and Peer Educators of District Sirmaur** was attended by Nodal officer, Prof. Richa Kanwar and three peer educators on Dated: December 12, 2023 organized by District AIDS control society, Sirmaur.
6. On February 14, 2024, Red Ribbon Club of Dr. Y. S. Parmar Govt. P. G. College Nahan organized a **Quiz Competition on the Theme; "HIV/AIDS and Reproductive Health"**.


Richa Kanwar
Convenor RRC


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



Thaliga Lahan, Himachal Pradesh
H7CV+W3H, Thaliga Lahan, Himachal Pradesh
Lat 30.572275°
Long 77.292807°
09/12/23 11:24 AM GMT +05:30



V. V. Purwar Govt. P.G. College Nahan
RED RIBBON CLUB
Declamation Contest
"AIDS, Prevention, Cure & Discrimination"
21st November, 2023

Dr. YSRPGSC NAHAN
May 23 - May 27, 2023



14. Republic Day Celebration on 26 January 2024



DR. YS PARMAR GOVT. PG COLLEGE NAHAN

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COLLEGE ACTIVITY

Dated: 26-Jan-24

Sr. No.	Particulars	Details	Remarks
1	Name of the Department/Unit/Agency	NCC Unit	
2	Name of the Activity	Republic Day Parade 26th Jan. 24	
3	Name of Collaboration Agency (If Any)	District Administration Nahan	
4	Number of student Participants	37	1 Cadet S.U.O. Santosh participated in RDC, Delhi
5	Number of Teacher Participants	-	
6	Number of Guest Participants (If Any)	Dr. (Col.) Dhani Ram Shandil, Hon'ble Health & Family Welfare Minister, HP.	
7	<p>Brief Report: 37 cadet of NCC Unit of Dr. YSPGPR College Nahani participated in District level Republic Day Parade on dated 26th January 2024 at chaughan ground. which was organized by District Administration of Nahani. Sh. Dr. (Col.) Dhani Ram Shandil, Hon'ble Health & Family Welfare Minister was grace the celebrations as a chief guest.</p> <p>Note:- S.U.O. Santosh participated in Republic Day camp-2024 at Delhi.</p>		


Organizer
(Name & Signature)


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

26th Jan 24

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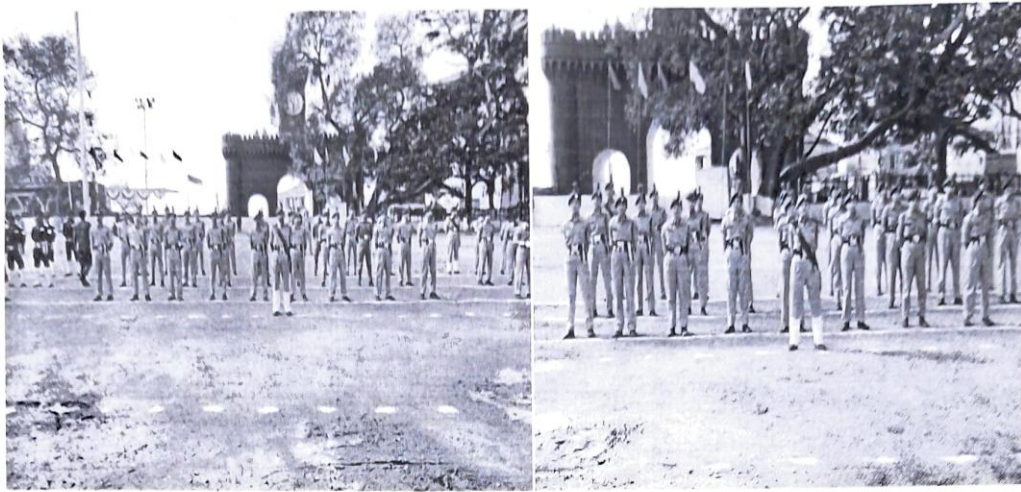
ATTENDANCE SHEET

Sr No.	Name	Class	Roll No.	Signature	Sr No.	Name	Class	Roll No.	Signature
1	Nikhil	HP21SDA 290764		Nikhil	24	Anikatan	HP21SDA Anikatan	290723	
2	Aaryan	HP21SDA 290758		Aaryan	25	Anuj	HP21SDA Anuj	290722	
3	Lawrav	HP21SDA 290763		Lawrav	26	Rajat	HP21SDA Rajat	290724	
4	Prithvi	HP21SDA 291885		Prithvi	27	Rahul	HP21SDA Rahul	290731	
5	Anjali	HP21SDA 290		Anjali	28	Sushant	HP21SDA Sushant	290726	
6	Abhishek	HP21SDA 290696		Abhishek	29	Navneet	HP21SDA Navneet	290732	
7	Kapil	290703		Kapil	30	Karan	290730		
8	Sanjay	290706		Sanjay	31	Ghata	HP23SWA Ghata	290714	
9	Rishav	290705		Rishav	32	Payal	290711		
10	Mayank	290704		Mayank	33	Preeti	290718		
11	Akhil	290697		Akhil	34	Jyotika	290710		
12	Siddhant	290708		Siddhant	35	Kalpna	290712		
13	Himanshu	290702		Himanshu	36	Ishika	290717		
14	Rashmi	HP23SWA 290688		Rashmi	37	Anchal	290715		
15	Ruksar	290690		Ruksar					
16	Ishani	290682		Ishani					
17	Shivani	290693		Shivani					
18	Suhani	290694		Suhani					
19	Palak	290684		Palak					
20	Rashi	290687		Rashi					
21	Anjali	290681		Anjali					
22	Prityamshi	290686		Prityamshi					
23	Manoranjan	HP23SDA 290692		Manoranjan					

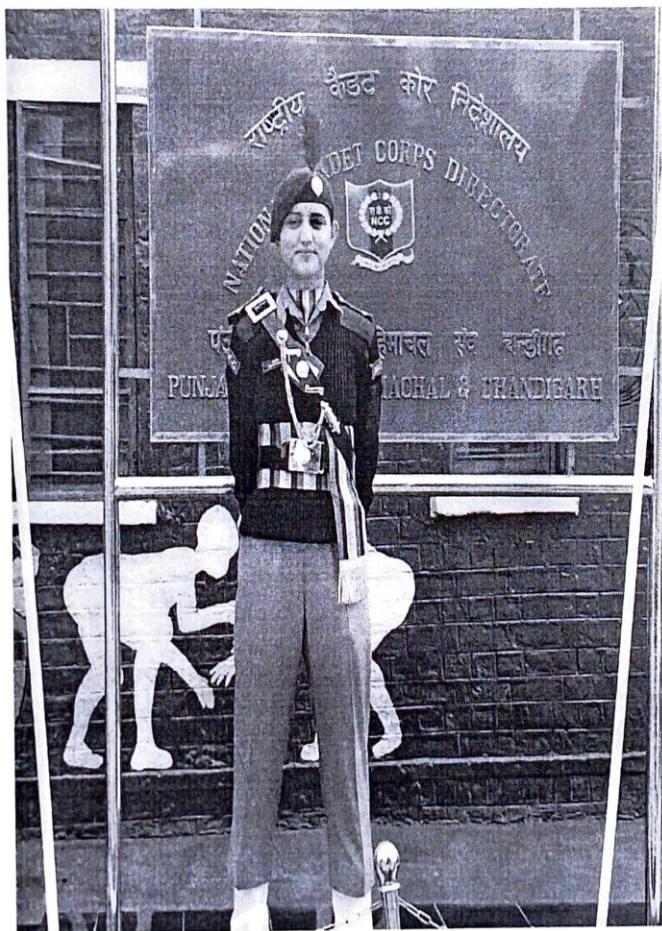
Signature of _____

Principal

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



SUO Santosh (Participated Republic Day Camp-2024, Delhi)



for
LT. (DA) PANKAJ
ANO, NCC

15. Birth Anniversary of Sarojani Naidu was Celebrated on 13 February 2023

16. Rover and Ranger Celebrated foundation day

NOTICE

Dated:- 20/02/2024

This is to inform All the unit volunteers are advise to report in the college campus to celebrate the BS&G Founder's Day on dated 22th Feb2024. Worthy Principal Dr. P.R Bhardwaj consent to Chief guest to salute the R&R flag . All to report 20/02/2024 in the office at 10:15a.m positively.

Rovers's Leader

Ranger's Leader 


Principal

Dated: 22/02/2024

Name of the Activity — BS86 Founders Day
 Name of the Unit — Rovers & Rangers Unit
 Number of ~~the~~ Student Participants — 25
 Number of ~~the~~ Teacher Participants — 02
 Number of Guest Participants — 01

Brief Report — On dated 22/02/2024, RSP Unit of Dr. Y. S. Parmar Govt. P. U. College Mahan celebrated 'Founders Day' in the College Campus.

Worthy Principal cum Group Leader Dr. Prem Raj Bhardwaj ~~and~~ hosted Scout Jleg and also ^{paid} tribute to Lord Baden Powell. Rovers leader Prof. Sudesh Sharma and Rangers leader Dr. Sarita Kumari, also ^{Informed} ~~about~~ the Rovers and Rangers volunteers the importance of Founders day and always remember the objective of Scouting 'BE PREPARED' and keep moving forward.

Rovers Leader — Abhany
 Adv. Rangers Leader — Atul

Principal
 PRINCIPAL —

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


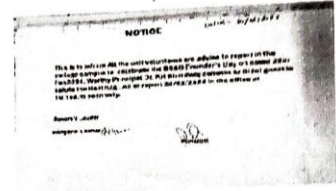



Reports of the activities performed during session 2023-24 by the Rovers and Rangers Unit of Dr. Y .S. Parmar Govt. P. G College Nahan.



Dated: 22nd Feb. 2024


R&R REPORT

Reports of the

Dated:

Sr. No.	Particulars	Details	Remarks
1	Name of the Department/Unit/Agency	<u>R&R unit</u>	
2	Name of the Activity	BS&G Founder's Day	
4	Number of student Participants	25	
<p>Brief Report:</p> <div style="display: flex; justify-content: space-around;">   </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;">   </div> <p>Dr. Y.S.Parmar Govt. P.G.College Nahan R&R unit Celebrated 'Founder's Day' in the college campus. Worthy Principal cum Group Leader, Dr.P.R.Bhardwaj was hosted scout Fleg and also paid tribute to Lord Baden Powell. Prof. Sudesh Sharma (Rover's Leader) and Dr. Sarita Kumari (Ranger's Leader) also informed the rovers and rangers volunteers the importance of Founders Day and always rember the objective of scouting 'BE PREPARED' and keep moving forward.</p> <div style="text-align: center; margin-top: 20px;">  </div>			

Rover's leader: 
 Adv. Ranger's leader: 


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

1.	Ajay Thakur	22507028	B.A. 2nd year	
2.	Swapnil	22551040	B.Sc. 2nd year	Swapnil
3.	Vikram	22556008	B.A. 2nd year	Vikram
4.	Komal	22558041	"	Komal
5.	Irappa	22508058	"	Irappa
6.	Shilpa	22542009	"	Shilpa
7.	Sheetal	23541007	B.A. 1st year	Sheetal
8.	Shweta	23548027	"	Shweta
9.	Priganka	22528022	B.A. 2nd year	Priganka
10.	Nikita	21507052	B.A. 3rd year	Nikita
11.	Himansha Thakur	22534012	B.A. 2nd year	Himansha
12.	Pawan Kumar	22506010	"	Pawan
13.	Pawan Thakur	22508041	"	Pawan
14.	Ruchi	23506048	B.A. 1st year	Ruchi
15.	Satya	23521062	"	Satya
16.	Gururam Singh	23503009	"	Gururam
17.	Lalita Tomar	23506085	"	Lalita
18.	Shweta Sharma	23636014	"	Shweta
19.	(Abhishhek)	23512003	B.A. 2nd year	Abhishhek
20.	Himanshi	23507021	B.A. 1st year	Himanshi
21.	Ankit	22570019	B.A. 2nd year	Ankit
22.	Sakshi Thakur	23621004	B.A. 1st year	Sakshi
23.	Meenakshi	23506001	B.A. 1st year	Meenakshi
	Kesham	22549010	B.A. 2nd year	Kesham
	Surjan Singh	22538032	B.A. 2nd year	Surjan

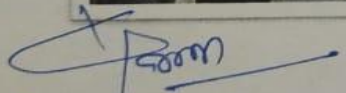

PRINCIPAL

17. Women Day Celebration on 7 March 2024

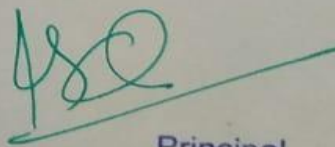
International Women's Day Celebration Report

The International Women's Day was celebrated at B.Voc Department, Dr. Yashwant Singh Parmar Government Post Graduate College, Nahan on 7th March, 2024. This event was organized one day prior in lieu of Mahashivratri festival on 8th March, 2024. The purpose of celebrating Women's Day was under the theme "Invest in women: Accelerate Progress." The event took place in the presence of Nodal Officer, Dr. Yashpal Tomar addressing the B. Voc staff on this occasion highlighting the women's role and their contribution towards the society and nation building. All female staffs were presented rose sticks and chocolates for boosting their morale towards the working place. Later on a tea party with snacks was hosted for the B. Voc staff with general discussions on improving the conditions for women working environment at college level.




Dr. Yashpal Singh
N.O. B.Voc.

Nodal Officer (B.Voc.)
Dr. Y.S.Parmar Govt. P.G. College, Nahan



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

18. International Yoga day Celebrated On 21 June 2024



DR. YS PARMAR GOVT. PG COLLEGE NAHAN

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GCN/NSS/Notice/2023-24/33

Date 20th June 2024

Notice

NSS Units 1 & 2 of Dr. Yashwant Singh Parmar Govt Post Graduate College Nahan will celebrate International Yoga Day on 21st June 2024. A special yoga session will be held at 6:30 AM in the courtyard of the women's hostel. The session will be guided by Assistant Professor of Botany, Dr. Preeti Chauhan. Please be present on time and participate in practicing various yoga asanas. All students are requested to take advantage of this opportunity and incorporate yoga into their daily lives.

डॉ यशवंतसिंह परमार राजकीय स्नातकोत्तर महाविद्यालय नाहन की राष्ट्रीय सेवा योजना इकाईयां 1 और 2 द्वारा 21 जून 2024 को अंतरराष्ट्रीय योग दिवस मनाया जाएगा। इस अवसर पर एक विशेष योगाभ्यास सत्र का आयोजन महाविद्यालय के महिला छात्रावास प्रांगण में प्रातः 6:30 बजे किया जाएगा। इस सत्र का मार्गदर्शन सहायक आचार्य वनस्पति विज्ञान डॉ प्रीति चौहान द्वारा किया जाएगा। कृपया समय पर उपस्थित होकर विभिन्न योगासनो का अभ्यास करें। सभी विद्यार्थियों से अनुरोध है कि इस अवसर का लाभ उठाएं और योग को अपने दैनिक जीवन में शामिल करें।

Dr. Pankaj Chandak
Prof Lakshita Thakur
NSS Programme Officers

Principal

Dr YSP Govt. P.G. College Nahan

Principal

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



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GCN/NSS/Report/2023-24/033 Number of Volunteers 12 Date 21th June 2024

International Yoga Day

Nahan, 21st June: On the occasion of International Yoga Day, NSS Units 1 & 2 of Dr. Yashwant Singh Parmar Govt Post Graduate College Nahan organized a yoga session at 6:30 AM in the courtyard of the women's hostel. The session was conducted under the guidance of Assistant Professor of Botany, **Dr. Preeti Chauhan**, where students and volunteers performed various yoga asanas.

During the event, the NSS Programme Officer Dr Pankaj Chandak, addressed the students, emphasizing the importance of maintaining mental and physical health in this competitive era. He urged everyone to practice yoga and pranayama regularly to stay healthy and strong.

It is also noteworthy that due to the summer vacation, many volunteers practiced yoga at home with their families and uploaded their pictures on the Government of India's My Bharat portal.


अंतरराष्ट्रीय योग दिवस

नाहन, 21 जून: डॉ यशवंतसिंह परमार राजकीय स्नातकोत्तर महाविद्यालय नाहन की राष्ट्रीय सेवा योजना (एनएसएस) इकाईयों 1 और 2 द्वारा अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में महाविद्यालय के महिला छात्रावास प्रांगण में प्रातः 6:30 बजे योगाभ्यास का आयोजन किया गया। इस कार्यक्रम का मार्गदर्शन सहायक आचार्य वनस्पति विज्ञान विभाग की डॉ प्रीति चौहान ने किया, जिसमें विद्यार्थियों और स्वयंसेवियों ने विभिन्न योगासनो का प्रदर्शन किया।

कार्यक्रम के दौरान महाविद्यालय के कार्यक्रम अधिकारी डॉ. पंकज चांडक ने विद्यार्थियों को संबोधित करते हुए इस प्रतियोगी युग में मानसिक और शारीरिक स्वास्थ्य के महत्व पर बल दिया। उन्होंने सभी से नियमित योगासन और प्राणायाम करने की अपील की ताकि वे स्वस्थ और सशक्त बने रहें।

यह भी उल्लेखनीय है कि ग्रीष्मावकाश के चलते अधिकतर स्वयंसेवियों ने अपने घरों पर ही परिजनों के साथ योगाभ्यास किया और उनकी तस्वीरें भारत सरकार के माई भारत पोर्टल पर अपलोड की।

Dr. Pankaj Chandak 
Prof Lakshita Thakur
NSS Programme Officers


Principal

Dr YSP Govt. P.G. College Nahan

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



