



1. Red ribbon Club marathon on dated 10/09/2024

Nahan, September 10th, 2024: A marathon aimed at spreading awareness about HIV/AIDS was successfully organized in Nahan by the District Administration in collaboration with the Department of Health and Family Welfare. The event witnessed active participation from students, youth, and various educational institutions across Sirmaur district. Sirmaur Chief Medical Officer, Dr. Ajay Pathak, flagged off the marathon and emphasized the importance of youth awareness in preventing the spread of HIV/AIDS. He highlighted that proper education, safe practices, and responsible behavior are essential to control the rising cases of HIV infection. The marathon saw enthusiastic participation from students of Government Post Graduate College Nahan, Government Polytechnic Nahan, and other institutions. **A total of five students from Government College Sangrah also participated in the event.** In the boys' category, TTI-Bahedar secured the first position, followed by Manoj Kumar from Government College Sangrah, while Govind from Paonta Sahib stood third.





Sirmaur district runs for AIDS awareness

PANKAJ SHARMA

NAHAN, SEPTEMBER 10
Sirmaur Chief Medical Officer Dr Ajay Pathak emphasised the importance of youth awareness in preventing the spread of HIV/AIDS. Addressing participants at a marathon event organised in Nahan on Tuesday, Dr Pathak highlighted that the youth play a crucial role in controlling the spread of these diseases.

He added that unsafe sexual practices and the use of shared syringes were the key factors contributing to the rise of HIV/AIDS cases.

The marathon was organised by the Department of Health and Family Welfare in collaboration with the AIDS Control Society. The marathon began at the Chogan ground, passed through Naya Bazaar, Villa Round and concluded at Chogan. Members of Red Ribbon Clubs from across the district, along with students from various educational institutions, participated in the event.

Dr Pathak flagged off the marathon, encouraging the participants to prioritise their health and avoid risky behaviours. He stressed the



Sirmaur Chief Medical Officer Dr Ajay Pathak flags off a marathon in Nahan on Tuesday.

need for young people to avoid unsafe sexual relationships and warned against the growing trend of drug use, which could lead to the transmission of life-threatening diseases such as HIV, sexually transmitted infections (STIs) and hepatitis.

Dr Pathak also mentioned that similar marathons were being held across other districts of Himachal Pradesh to raise awareness about HIV and AIDS prevention among

the youth.

In the boys' marathon, Shubham from ITI-Bogdhar secured the first place, followed by Manoj Kumar from Government College Sangraha and Om Prakash from ITI-Nahan. Consolation prizes were awarded to Vishal from Bharli Government College and Rahul Rana from Paonta Sahib Government Polytechnic.

In the girls' marathon, Kamini from Paonta Sahib

Government Polytechnic stood first, Anjana from Renukaji Government College finished second and Shweta Thakur bagged the third position. Shivani Chauhan from Sangraha Government College and Bhoomika from Bharli Government College were awarded consolation prizes.

The winners received cash prizes of Rs 2,500, Rs 2,000 and Rs 1,500, respectively. Dr Veena Sangal, District

Programme Officer of AIDS Control Programme, praised the work of Red Ribbon Clubs in spreading awareness about HIV and AIDS. She urged the youth to continue supporting awareness campaigns and thanked the participants for their active involvement in the event.

Block Medical Officer Dr Monisha Agarwal, Medical Officer Dr Anupama and others were also present on the occasion.

मैराथन में आई.टी.आई. बोगधार का शुभम प्रथम, संगड़ाह कालेज का मनोज कुमार द्वितीय और आई.टी.आई. नाहन का ओम प्रकाश तीसरे स्थान पर रहा। भरली कालेज के विशाल और राजकीय बहुतकनीकी संस्थान पांवटा साहिब के राहुल राणा को सांत्वना पुरस्कार मिला। लड़कियों में राजकीय बहुतकनीकी संस्थान पांवटा साहिब की कामिनी प्रथम, रेणुकाजी कालेज की अंजना द्वितीय तथा श्वेता ठाकुर तृतीय रही। संगड़ाह कालेज की शिवानी चौहान और भरली कालेज की भूमिका ने सांत्वना

आईटीआई बोगधार के शुभम प्रथम, राजकीय महाविद्यालय संगड़ाह के मनोज कुमार द्वितीय तथा आईटीआई नाहन के ओम प्रकाश तीसरे स्थान पर रहे। जबकि लड़कियों के मैराथन में राजकीय बहुतकनीकी संस्थान पांवटा साहिब की कामिनी ने प्रथम, राजकीय महाविद्यालय रेणुकाजी की अंजना ने द्वितीय तथा राजकीय महाविद्यालय रेणुका जी की श्वेता ठाकुर ने तृतीय स्थान हासिल किया। दोनों वर्ग से प्रथम विजेता को 2500 रुपये, द्वितीय विजेता को 2000 रुपये तथा तृतीय विजेता को 1500 रुपये का नकद पुरस्कार मिला।

2. R&D & Innovation/Institutional Visit:-

The Internal Quality Assurance Cell (IQAC) of Government College Sangraha organized a collaborative and consultative meeting with the IQAC team of Shri Guru Gobind Singh Ji College, Paonta Sahib on 19th November 2024. *The meeting aimed to strengthen inter-institutional cooperation, exchange effective strategies for research promotion, and cultivate a robust research and development environment within both campuses. The session focused on fostering research culture among faculty and students, encouraging innovation, and enhancing academic inquiry.* It was held under the chairpersonship of Dr. Meenu Bhaskar, Principal, Government College Sangraha, who welcomed the visiting team and emphasized the significance of research-driven academic growth in modern higher education. The meeting was coordinated by



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Dr. Jagdish Chand, IQAC Coordinator, Government College Sangrah, and co-facilitated by **Dr. Vibhav Kumar Shukla, Principal Shri Guru Gobind Singh Ji College, Paonta Sahib**, along with Dr. Vivek Negi, IQAC Convener. They were accompanied by faculty members Dr. Sandeep and Dr. Ramoul from Paonta Sahib. From Government College Sangrah, the meeting was effectively managed by Dr. Jagdish Chand with the support of **Prof. Sandeep Kumar, IQAC Co-Coordinator**, who assisted in ensuring the smooth and productive conduct of the proceedings. The discussion collectively highlighted the need to empower faculty and students through research training, collaborative projects, and a supportive academic ecosystem.



interdisciplinary projects, and developing mechanisms for documentation, publication, and dissemination of research outcomes. The representatives deliberated on the need for systematic orientation programmes, skill-based workshops, and knowledge-sharing platforms to strengthen academic quality.

A key highlight of the interaction was the mutual agreement to encourage **joint research initiatives, faculty exchange, student research guidance, and collaborative extension activities**. The visiting team shared insights into their working model for research motivation, while the host institution presented its ongoing efforts in fostering academic excellence through seminars, capacity-building programmes, and community-oriented activities. Both colleges expressed the intention to develop short-term collaborative modules focusing on innovation, critical thinking, and experiential learning. In her remarks, **Dr. Meenu Bhaskar, Principal, Government College Sangrah**, appreciated the efforts of both IQAC teams and stated that such academic collaborations are essential for maintaining institutional vibrancy. She highlighted the significance of continual evaluation, policy-level improvements, and the integration of contemporary educational practices to enhance teaching-learning outcomes. She also encouraged faculty members to make optimal use of such partnerships for achieving the long-term academic goals of the institution.

Dr. Vivek Negi, in his concluding remarks, expressed gratitude for the warm welcome and hospitality extended by Government College Sangrah. He emphasized the need to create sustainable channels of academic cooperation and reiterated that collaborative engagements contribute significantly to institutional development in emerging educational landscapes. He further assured that Shri Guru Gobind Singh Ji College is committed to supporting joint initiatives that promote research, innovation, and quality enhancement. The meeting concluded with a vote of thanks presented by **Prof. Sandeep Kumar**, who acknowledged the valuable contributions of both institutions and highlighted the relevance of inter-IQAC collaboration in strengthening higher education systems. He affirmed that the discussions held during the meeting will pave the way for fruitful academic partnerships and improved student-centric outcomes. Overall, the collaborative IQAC meeting proved to be highly productive and insightful. It not only reinforced the importance of academic cooperation but also laid the foundation for future joint ventures aimed at promoting research excellence, innovation, and institutional growth.

Dr. Jagdish Chand
IQAC Coordinator

Mr. Sandeep Kumar
IQAC Co-Coordinator

Meenu Bhaskar
Principal
Govt. College Sangrah
Distt. Sirmour H P



3 . Quiz Competition with the Collaboration of GC Sarahan, Pachchad Sirmour

An online quiz competition was successfully organized on the occasion of Earth Day through the collaborative efforts of the NSS Unit of Government College Sangrah and the NSS Unit of Government College Sarahan Pachhad, District Sirmaur. The primary objective of this event was to spread awareness among students about environmental conservation, sustainability, and the significance of protecting our planet. The competition witnessed enthusiastic participation from both institutions. Approximately 19 students from Government College Sarahan Pachhad actively participated in the quiz, while a significant number of students from Government College Sangrah also took part in the event. The quiz was conducted in an online mode, ensuring smooth coordination and participation from both colleges. The questions were based on themes such as environmental protection, climate change, biodiversity, and sustainable practices, which helped enhance the knowledge and awareness of the participants. The event was conducted successfully with great enthusiasm and discipline. It not only promoted environmental awareness but also encouraged healthy academic interaction between the students of both colleges.

The detailed list of participants is attached along with this report.



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Date: 18-4-2025

To

The Principal
Government College Sangrah
District Sirmour, Himachal Pradesh

Subject: Permission for Organizing Online Quiz Competition on Earth Day and Invitation to GC Sarahan Pachhad

Respected Ma'am,

I hope this letter finds you in good health. I would like to seek your kind permission to organize an online quiz competition on the occasion of Earth Day on 22nd April 2025, under the banner of the NSS Unit, Government College Sangrah. The objective of this activity is to create awareness among students regarding environmental conservation, sustainability, and the importance of protecting our planet. Further, it is proposed to invite the NSS Unit of Government College Sarahan Pachhad, District Sirmour, to participate in this quiz competition in order to promote inter-college academic interaction and healthy competition among students. The event will be conducted in online mode, ensuring smooth participation and coordination. All necessary arrangements will be made by the NSS Unit of this institution.

I kindly request you to grant permission for organizing the above-mentioned activity and allow us to extend an invitation to Government College Sarahan Pachhad for their participation.

Thanking you in anticipation.

Yours sincerely,

NSS Programme Officer
Government College Sangrah
District Sirmour, Himachal Pradesh

Principal
Principal
Govt. College Sangrah
Distt. Sirmour H P



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List of Participants

Timestamp	Email Address	Score	Name and Class Roll No.	Class and Whatsapp No.	1. When is Earth Day celebrated globally?	2. What was the first year Earth Day was celebrated? 3. Who is known as the founder of Earth Day?
4/22/2025 20:04:22	sandeepchauhan694@gi	12 / 21	Sumit kumar	Ba 2nd year	April 22	1970 Gaylord Nelson
4/22/2025 20:15:11	vishalkadiyana@gmail.co	9 / 21	Vishal 22521001	Ba 3rd year 8894623218	April 22	1980 Gaylord Nelson
4/22/2025 20:16:11	sunilkukarpaller1985@gi	9 / 21	Pooja kumari 24513001	9805895862	April 22	1970 Gaylord Nelson
4/22/2025 20:18:08	ns1697984@gmail.com	15 / 21	Nidhi	M.A. 2nd Sem., 9015238447	March 22	1970 Gaylord Nelson
4/22/2025 20:20:58	sushantsharma2804@gr	12 / 21	Sushant sharma 2352041	2 year 7807345086	April 22	1970 Gaylord Nelson
4/22/2025 20:21:36	shalini19346@gmail.com	19 / 21	Shalini thakur 2353019	8679919346	April 22	1970 Gaylord Nelson
4/22/2025 20:22:16	c6088214@gmail.com	15 / 21	22540921	B a 3rd year no. 6230706621	April 22	1970 Gaylord Nelson
4/22/2025 20:24:02	rohit944643@gmail.com	8 / 21	Rohit Kumar,24521025	BA first year	April 22	1970 Gaylord Nelson
4/22/2025 20:25:03	kareena2495455@gmail	16 / 21	Kareena,22689002	B.A. 3rd year,7876780411	April 22	1970 Gaylord Nelson
4/22/2025 20:25:14	nishugaming6777@gma	19 / 21	Rajnish 24549015	B.A 1stYear 6230337720	April 22	1970 Gaylord Nelson
4/22/2025 20:25:28	surajkanwal281@gmail.co	14 / 21	22522202	70185 18805	April 22	1970 Gaylord Nelson
4/22/2025 20:28:19	tamannachauhan716@g	16 / 21	23521053	8626833285	April 22	1970 Gaylord Nelson
4/22/2025 20:30:44	jyoti777s10march@gma	19 / 21	Jyoti Sharma,23553012	B.A.2nd year,8627912925	April 22	1970 Gaylord Nelson
4/22/2025 20:35:36	monikasharmasm106@g	9 / 21	23521054	BA 2ND year 8628082294	April 22	1970 Gaylord Nelson
4/22/2025 20:36:22	apniduniya0420@gmail.co	19 / 21	Manish Chauhan class roll nur	9015450420	April 22	1970 Gaylord Nelson
4/22/2025 20:39:43	asha.in.nic@gmail.com	17 / 21	Aryan sharma 24553005	BA 1st year	April 22	1970 Gaylord Nelson
4/22/2025 20:43:57	ankita2322006@gmail.co	19 / 21	Ankita Sharma and 23521015	B.A.2nd year and 8580484924	April 22	1970 Gaylord Nelson
4/22/2025 20:48:52	jc6258013@gmail.com	14 / 21	Ritika 22549013	BA 3rd year 9816715345	April 22	1970 Gaylord Nelson
4/22/2025 20:53:15	anshikabhardwaj151@gr	17 / 21	24549007	B.A1st year and 8627081968	March 22	1970 Gaylord Nelson
4/22/2025 20:53:39	nakshi06rise@gmail.com	14 / 21	Sunakshi	BA 2nd year	April 22	1970 Gaylord Nelson
4/22/2025 20:54:17	ankitaandher90@gmail.co	14 / 21	22522005	Ba3rd year 9317125977	April 22	1970 Gaylord Nelson
4/22/2025 21:04:32	vishalshakurp79@gmail	19 / 21	VISHAL THAKUR 1221970189	3rd year 9816244677	April 22	1970 Gaylord Nelson
4/22/2025 21:05:22	minakshibharan77@gme	19 / 21	Minakshi	Ba 3rd year. 7876576377	April 22	1970 Gaylord Nelson
4/22/2025 21:27:22	nihaibaunal@gmail.com	17 / 21	Nihal - 22623010	Ba11rd year_7807346203	April 22	1970 Gaylord Nelson
4/22/2025 21:38:22	sharmamonika63939@g	10 / 21	Monika 21506008	BA 3rd year 9317703807	April 22	1970 Gaylord Nelson
4/22/2025 22:00:49	thakurashima37@gmail.co	17 / 21	Ashima thakur (22305)	B.A. 3rd (7807184145)	April 22	1970 Gaylord Nelson
4/22/2025 22:11:24	reetukashyap366@gmail	6 / 21	Reetu 22207	Ba 3rd year 6230319251	April 22	1970 Gaylord Nelson
4/22/2025 22:17:47	gautamsneha712@gmai	16 / 21	Sneha Gautam 22265	BA 3rd year 8894363362	April 22	1970 Gaylord Nelson
4/22/2025 22:20:14	nikhil9171ks@gmail.co	12 / 21	Name: Nikhil roll number: 2417	Ba 1st year 9317103588	April 22	1970 Gaylord Nelson
4/22/2025 22:20:15	varshasharma913@gme	11 / 21	Varsha 23248	8988464143	April 25	1965 Gaylord Nelson



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4/22/2025 22:20:15	varishasharma913@gmail	11 / 21	Varsha 23248	8988464143	April 25	1965	Gaylord Nelson
4/22/2025 22:30:12	neetikasm22@gmail.com	18 / 21	Neetika 22269	Ba 3rd year,7876747993	April 22	1970	Gaylord Nelson
4/22/2025 22:30:12	priyanshchauhanmohra	18 / 21	Priyanshu 22549033	6230873876	April 22	1970	Gaylord Nelson
4/22/2025 22:44:49	mkmanoj1543@gmail.cc	8 / 21	22521002	8988289049	April 22	1975	Gaylord Nelson
4/22/2025 23:04:25	kalpanasm24@gmail.coi	13 / 21	Kalpna kashyap,2421004	B.com 1st year,8988265426	April 22	1970	Gaylord Nelson
4/22/2025 23:33:32	sharmam64651@gmail.c	19 / 21	22506026	BA 3rd year 6230520970	April 22	1970	Gaylord Nelson
4/23/2025 6:00:37	seema71918@gmail.cor	5 / 21	23230	Ba2nd year 7651076583	March 22	1965	Al Gore
4/23/2025 6:50:42	gs0588425@gmail.com	17 / 21	Geeta Sharma ,B.A. first year	7876585730	April 22	1970	Gaylord Nelson
4/23/2025 6:53:54	mkd71382@gmail.com	19 / 21	23553004	7876758763	April 22	1970	Gaylord Nelson
4/23/2025 7:15:07	bharatsinghania994@gr	8 / 21	Bharat Bhushan 24538010	Ba 1st year 7807324685	April 25	1965	Rachel Carson
4/23/2025 7:28:44	archanasharma8124@gr	2 / 21	Archana 23228	B.A 2nd year 9459984897	April 21	1975	Greta Thunberg
4/23/2025 7:30:33	archanasharma8124@gr	6 / 21	Archana 23228	B.A 2nd year 9459984897	April 22	1970	Gaylord Nelson
4/23/2025 7:35:09	anjanathakur88252@gm	17 / 21	Anjana Thakur, 23263	B.A2nd year,9459278574	April 22	1970	Gaylord Nelson
4/23/2025 7:57:52	meenasharma54573@gr	14 / 21	Khushi Sharma . 23210	Ba2nd .. 7876654573	April 22	1970	Gaylord Nelson
4/23/2025 8:16:39	sharmaamita086@gmail	17 / 21	Amita Sharma ,2421002	8988258278	April 22	1970	Gaylord Nelson
4/23/2025 8:38:23	jagatpandit63871@gmai	11 / 21	2415001	7876583229	April 22	1970	Gaylord Nelson
4/23/2025 9:15:57	priyakashyap59501@gm	18 / 21	Priya 23232	9317701944	April 22	1970	Gaylord Nelson
4/23/2025 9:15:59	pawanbawa186@gmail.c	12 / 21	Pawan,22289	7807686881	April 22	1970	Rachel Carson
4/23/2025 9:18:52	ac2043999@gmail.com	13 / 21	Aashima 23233	B.A 2nd year 9015234528	April 22	1970	Gaylord Nelson
4/23/2025 9:22:13	priyakashyap59501@gm	19 / 21	Priya 23232	9317701944	April 22	1970	Gaylord Nelson
4/23/2025 10:19:10	thakursanjana341@gma	11 / 21	Sanjana	6230267151	April 22	1970	Gaylord Nelson
4/23/2025 12:02:16	pradeepjabrog2003@gm	11 / 21	Pradeep	7876822904	April 22	1980	Gaylord Nelson
4/23/2025 14:36:41	saritaninta09@gmail.cor	16 / 21	Sarita 2415040	9317955416	April 22	1970	Gaylord Nelson
4/23/2025 14:39:21	sheetalthakur12112@gm	6 / 21	Sheetal kumari 2417026	1st year	April 22	1975	Gaylord Nelson
4/24/2025 17:55:15	kumarvinay22537@gmai	17 / 21	Vinay kumar, roll no. 24522001	BA 1st year, Wh.no 981676717	April 22	1970	Gaylord Nelson
4/24/2025 18:01:00	sonikakadiyana2006@gr	16 / 21	Sonika roll no. 23521005	BA 2nd year, 9816850206	April 22	1970	Gaylord Nelson



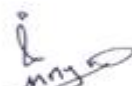
4. Career and Counselling Session

Career Guidance Session Report (Focused on Prof. Ashok Thakur)



On October 18, 2024, Government College Sangrah organized an insightful career guidance session for NSS volunteers with the objective of providing clarity and direction regarding future academic and professional opportunities. The session prominently featured **Prof. Ashok Thakur**, Assistant Professor of Economics at Government College Dadahu,

Renuka. Prof. Ashok Thakur delivered a comprehensive and thought-provoking lecture on “Strategies Regarding the Career for an Undergraduate Student.” His session focused on guiding students through the complexities of career planning at the undergraduate level. He emphasized the importance of identifying suitable career paths based on individual interests and abilities, while also highlighting the need to develop relevant skills alongside academic learning. During his address, he provided practical insights into higher education opportunities, competitive examinations, and various career options available after graduation. He also encouraged students to make effective use of their college years by engaging in skill development, internships, and self-improvement activities. His guidance helped students understand how to plan systematically for their future and make informed career decisions. The session proved to be highly beneficial and inspiring for NSS volunteers. Prof. Thakur’s experience-based guidance motivated students to approach their academic journey with greater focus, discipline, and determination. The event reflected the institution’s commitment to nurturing student potential through meaningful mentorship and career-oriented initiatives.


NSS Program Officer


Principal
Govt. College Sangrah
Distt. Sirmour H P