# HIM-KSHITIJ

"Bringing the Hills to Headlines"

The Bi-annual Newsletter (Dec 2024 – May 2025)



- Campus Chronicles
- Academic Achievements
- Student Creativity
- Events & Activities
- Voices & Views

Govt. Degree College Haripurdhar Distt. Sirmour (H.P.) 173032

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## GOVT. DEGREE COLLEGE-HARIPURDHAR DIST. -SIRMOUR, H.P.



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#### Newsletter from December 2024-May 2025

#### 1. Yoga and Meditation

A Yoga and Meditation session was held on 04 December 2024 at Maa Bhangayani Temple Complex, organised by Prof. Purvashi. The aim of the session was to help students improve their mental well-being and find inner peace. The session included guided meditation, yoga asanas, breathing exercises and relaxation techniques. Students took part with great interest and gave positive feedback regarding the session.



#### 2. Red Ribbon Club (RRC)

On 04 December 2024 the college observed World AIDS Day with a series of impactful activities aimed at raising awareness about HIV/AIDS and fostering empathy for those affected. The students then formed a "flash mob" in two locations i.e. the college premises and Maa Bhangayani Temple Complex which not only captivated the audience but also effectively conveyed the importance of solidarity with those suffering from HIV/AIDS. In the college premises, a symbolic red ribbon pinning ceremony was held, with faculty and students coming together to their support for those suffering from HIV/AIDS. Another highlight of the day was a human chain activity where students formed a Red Ribbon by standing in queues within the college premises.





On 30 December 2024, the RRC organised ii. reel-making competition to spread awareness about HIV/AIDS. The event brought together students, challenging them to use their creativity and storytelling skills to highlight key aspects of HIV/AIDS, such as prevention, myths versus facts importance of early detection. The competition aimed to educate students about this critical health issue while encouraging the use of social media platforms for meaningful causes. Each participating team worked tirelessly to create impactful reels that conveyed this powerful message.





#### 3. Faculty Visit to adopted School

On 05 December 2024, two faculty members from the institution visited the adopted school G.S.S.S. Diuri-Kharahan to conduct an insightful career counseling session for students. Prof. Himadri Thakur emphasized on the relationship between students and society that is vital for the growth and development of both. By engaging in social activities, students learn the importance of responsibility, team work and leadership, which are essential qualities required for making meaningful contribution to the society.

Dr. Sarita Thakur also introduced the students to a wide range of professions; including emerging fields and discussed the growing demand for skills like critical thinking, problem solving and digital literacy.





#### 4. Road Safety club Activity

to the students by the Road Safety Club on 07 December 2024. The Importance of Road Safety was explained along with a detailed description of Road Safety Rules. These rules help to control traffic and reduce accidents. Road safety is our responsibility and by following these rules and being cautious, we can not only save our lives but also the lives of others.



From 19 December 2024 to 21 December ii. 2024. the Road Safety Club Government Degree College Haripurdhar organised a series of competitions aimed at promoting awareness about Road Safety among students. The three-day event included Poster Making, Slogan Writing, and Essay Writing competitions, each focusing on different aspects of road safety to engage and educate students creatively and intellectually. December 2024, the event commenced with a Poster Making competition. Participants displayed their artistic talents by creating visually compelling posters that highlighted the importance of obeying traffic rules. The following day, on 20 December 2024, a Slogan Writing held. Students competition was enthusiastically crafted powerful catchy slogans to convey strong messages about road safety and responsible driving behavior. Finally, on 21 December 2024, an Essay Writing Competition provided a platform for students to delve deeper into the subject. Through well-researched and thought-provoking essays, participants explored the causes of road accidents, suggested preventive measures, discussed the role of public awareness in improving road safety.

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#### 5. NSS Activity

On 07 December 2024 The NSS unit of i. this Institution organised a one day special camp for the volunteers, focusing on the cleanliness of the college building, beautification of the and campus preparation for upcoming seven days camp. It was attended by all the NSS volunteers of the institution. Volunteers thoroughly cleaned the college campus, collecting waste materials and disposing them off in the designated waste pit. Flower beds were also cleaned up and watered. Volunteers collected dried up wood from the nearly forest that would be used in the upcoming camp. The students participated in the camp with dedication and passion. The camp ended with the distribution of the refreshments and an official address by Sh. Karam Dutt, officiating Principal, GDC Haripurdhar.





ii. On 10 December 2024, The NSS Unit of the College organised a one-hour session for the volunteers, focusing on the registration for the VIKSIT BHARAT QUIZ on the occasion of Human Rights Day.



iii. The NSS Unit of the College Organised the NSS Seven day Camp which started w.e.f. 12 December 2024. In the opening ceremony, the Chief Guest was Dr. Lalit K. Guleria, Principal GDC Haripurdhar. During this camp, 50 students participated who were further divided into groups for various activities from cultural programmes to social service. Swachhta Campaigns were also organised in the college campus, Maa Bhangayani Temple Complex and Haripurdhar market area. The camp also had interactive guest lectures wherein officials from police department, health department banking department gave the invaluable information and guidance the volunteers. The closing ceremony was



honoured by our worthy Principal. Dr. Lalit K. Guleria who graced the event as chief guest and Sh. Ved Prakash, Principal GC Nohradhar being the special guest. During his address Dr. Guleria praised the participants for their enthusiasm.



#### 6. Guest Lectures By CCPC

i. The CCPC organised a lecture titled "Developing Proficiency for Competitive Exams" on 10 December 2024, wherein Ms Tanya Thakur, Asst. Prof., Shoolini University, Solan underscored different competitive exams and emphasised the importance of a well-structured study plan that balances both conceptual understanding and practice. She also stressed upon the need management advising students to allocate specific hours for different subjects. Overall, this lecture served as a valuable road map for students striving to improve exam performance and ultimately achieve their goals in competitive exams.





ii. On 14 February 2025, the CCPC of the institution organised an online guest lecture on BUDGET-2025. Dr. Geeta Sharma, Assistant Professor, GGDSD College Chandigarh meticulously analyzed the key highlights of the union budget 2025. She presented a detailed breakdown of the budgetary allocation for various sectors, including Education, Healthcare, Infrastructure, Agriculture and Defence. The session was highly educational and provided students a clearer understanding National Financial Planning.





#### 7. Road Safety Activity

i. On 14 February 2025, the Road Safety Club organised a rally with the aim of educating students and the local community about the importance of road safety. During the event, students were briefed about traffic rules, first aid measures and responsible behavior in preventing road accidents. The rally began from the college premises and proceeded through the main market area of Haripurdhar. Students held placards and chanted slogans promoting safe driving practices, use of helmets, seat belts, discouraging under age driving and use of mobile phones while driving.





ii. On 20 March 2025, The Road Safety Club organised a Road Safety Pledge ceremony within the college premises. The Event aimed to create awareness among students about traffic rules and encourage them to become responsible citizens by following safety norms. The ceremony began with a brief address by the club coordinator, who emphasized the increasing number of road accidents due to negligence and violation of traffic rules. She highlighted the need for awareness, especially among the youth about safe driving practices such as wearing helmets, etc.

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#### 8. Annual Athletic Meet

19 February 2025, the college On organised the Annual Athletic Meet in the college ground and GSSS Haripurdhar ground aiming to promote physical fitness, team spirit and discipline among students. event witnessed enthusiastic The participation from a large number of students. The meet was inaugurated by the college Principal, who encouraged students to actively engage in sports along with academics. A wide range of athletic events such as 100m, 200m, long jump, high jump, relay races and shot put were organised. The college campus was filled with energy and excitement as students cheered for their peers. Winners from each were awarded medals felicitation ceremony held at the end of the day.





#### 9. Plantation drive by NSS

On 24 February 2025, the NSS Unit of GDC Haripurdhar in collaboration with ECO Club, PTA and the CSCA of the College organised a plantation drive to promote environmental conservation and sustainability. The initiative aimed to spread awareness about the importance of trees and the need to preserve nature for future generations. The event began with an inaugural address by the college Principal, who emphasized the crucial role of students and community in protecting environment. Faculty the members, students, parents and volunteers actively participated in the drive. The plantation drive not only added greenery to the campus but also instilled a sense of environmental responsibility among participants.





#### 10. Annual Prize Distribution Function-2025

Government Degree College Haripurdhar organised its Annual Prize Distribution Function with great enthusiasm on 05 March 2025. The event was graced with the esteemed presence of Sh. Vinay Kumar, Hon'ble Deputy Speaker of HP Legislative Assembly who attended the function as the Chief Guest.

The college campus was filled with excitement and celebration as students, faculty and parents gathered to mark the occasion. The function began with the warm welcome of the chief guest, followed by a cultural programme presented by the students, showcasing local traditions and talent. In his address, Sh. Vinay Kumar appreciated the academic and extracurricular achievements of the students and emphasized the importance of holistic development in education.

Meritorious students from various departments were awarded prizes for excellence in academics, sports, cultural activities and social service. The Chief Guest distributed the awards and congratulated the winners motivating them to continue striving for excellence.

The Principal of the college expressed gratitude to the chief guest and other dignitaries for their presence and support. The event concluded with the National Anthem and a vote of thanks to the chief guest. The function was a grand success, celebrating students' achievements and accomplishments.









#### 11. Women's Day Celebration

The college celebrated International Women's Day On 08 March 2025. The event aimed to honour the achievements, strengths and contribution of Women in all spheres of life. The college campus was beautifully decorated and the atmosphere was filled with energy and celebration. As part of the celebration, talented students showcased their creativity through vibrant rangoli and intricate mehandi designs. Meanwhile the mehandi corner became a where students of attraction. displayed their artistic skills with beautiful patterns. It was not just a day of festivity but also a reminder of the importance of respect and equality for women in every field.





#### 12. Lecture on World Glaucoma Week

In observance of World Glaucoma Week, Government Degree College Haripurdhar in collaboration with Health Block Sangrah, Sirmour organised a special Awareness lecture on 12 March 2025. The session aimed to educate students and staff about Glaucoma, its silent and yet serious impact on the vision and the importance of early detection and timely treatment. The lecture was delivered by Sh. Chaman Soni, a respected and experienced health educator. In his address, he explained that glaucoma is often called the silent thief of sight because it progresses without symptoms until significant vision loss occurs. The session was a great success and helped enhance understanding of this critical health issue among the youth and promoting a more conscious mindset.





## 13. Lecture promoting Anti-Drug Awareness

i. On 15 March 2025, Government Degree College Haripurdhar organised an insightful online lecture on the Topic "Understanding and Combating Drug Addiction". The session was conducted as part of the college's ongoing efforts spread awareness about the harmful impact of drug abuse among youth. The Lecture was delivered by Dr. Sangeeta Kakkar from Deptt. Of Psychology, Shoolini University, comprehensive Solan. She shared information on various aspects of drug addiction, including its symptoms, causes, psychological and physical effects and the available treatment. The session concluded with an impactful oath taking ceremony where all participants pledged to fight against the menace of drug abuse and promote a healthy drug-free lifestyle.





ii. On 20 March 2025. The Anti-Drug Committee organised an informative lecture on the consequences of Drug Addiction and especially its severe health effects. The event was conducted to raise awareness about the harmful consequences of drug abuse and to emphasize the importance of prevention, especially among the youth. The lecture was delivered by Sh. Chaman Soni, a respected Health Educator from Health Block Sangrah. In his engaging talk, he discussed about various drugs and their impact on physical and mental health. The lecture was followed by a Q/A session, where raised important questions, students showing their concern and eagerness to learn more combating about drug addiction.





#### 14. Walkathon by Red Ribbon Club

On 20 March 2025, the RRC of GDC Haripurdhar organised a walkathon to raise awareness about HIV/AIDS .The event aimed to educate students and the local community about the prevention, causes and stigmas associated with HIV/AIDS, promoting a healthier and more informed society. The walkathon was flagged off from the college campus and came back to the college gate for finishing from Haripudhar Helipad. The walkathon successfully drew attention to the ongoing fight against HIV/AIDS and helped in breaking myths and social stigma associated with the disease. It was a commendable initiative that reflected the college's commitment to promote public encouraging health awareness and responsible behavior among youth.





#### 15. OSA Meeting

An OSA Meeting at Government Degree College Haripurdhar was held on 21 March 2025, with active participation from the OSA Formation and Management Committee and alumni members. The meeting focused on two key areas i.e. increasing student's enrollment contribution of OSA in college academics The and infrastructure. discussion around strategies revolved to boost student's enrollment. The committee shared members various ideas like awareness campaigns. They also discussed practical steps such as organising tree plantation drives.



#### 16. Yoga and Meditation Session

As part of the community outreach programme, a Yoga and Meditation was successfully organised on 23 March 2025 at HP PWD Rest House, Haripurdhar .The event aimed to promote physical well being and foster a sense of unity. The programme began early on the Sunday morning with a brief introduction by the session Coordinator, Prof. Himadri Thakur, who highlighted the importance of Yoga and Meditation in maintaining a healthy lifestyle. The event saw an enthusiastic participation from both students and local residents. The serene atmosphere Haripurdhar and peaceful surroundings of the rest house provided an ideal setting for the session.



### 17. Awareness programme on Menstrual Hygiene and Women Empowerment

On 24 March 2025, a special awareness programme was organised at Government Degree College Haripurdhar by Directorate of Women and Child Development. The objective of the event was to spread awareness among female students about menstrual hygiene and various women empowerment schemes initiated by the State and Central Govt. As a significant part of the initiative, sanitary pads were distributed free of cost to the female students. The programme successfully fostered a sense of empowerment and awareness, encouraging attendees to break silence around menstrual health and pursue personal growth without societal fears. The program significant step towards promoting menstrual health and women empowerment.





## 18. Seminar on Herbs/Medicinal Plants for Nutrition and well being

On 24 March 2025, The Rhodo Eco Club in collaboration with IQAC organised a seminar on the topic "Herbs/Medicinal Plants for Nutrition and well being". The Event aimed to spread awareness about the role of medicinal plants in promoting health and Natural Healing. Dr Tara Sen, Asst. Prof. at VGC Mandi was the keynote speaker for the session.



Dr Tara Sen delivered an insightful and engaging talk emphasizing the importance of incorporating herbs and medicinal plants into our daily lives. Her presentation included examples of widely used herbs like tulsi, ashwagandha along with their benefits. The session proved to be highly informative and inspired the audience to explore the use of natural recourses for well being.



#### 19. Admission Drive by IQAC/CCPC

As an initiative of the IQAC and CCPC, the faculty members of Government Degree College Haripurdhar conducted a series of Admission Drives and Career Counseling sessions in various schools. The primary objective was to visit nearby feeding schools and interact with class 12<sup>th</sup> students and their parents, guiding them about the various academic programmes, infrastructure facilities and career prospects offered by Government Degree College Haripurdhar.



- **i.** 28-03-2025- GSSS-Korag
- ii. 29-03-2025 GSSS- Charna
- **iii.** 10-04-2025 GSSS- Haripurdhar

During the visits, the college team made short presentations and held interactive sessions with the students and their parents. The school Principals appreciated the outreach effort and welcomed more such initiatives in the future. It successfully encouraged the students to make informed decisions about educational paths and consider enrolling in GDC Haripurdhar.





#### 20. Lecture By OSA Committee

On 17 April 2025, The OSA Committee in i. collaboration with the Dept. of Political Government Degree Haripurdhar organised an insightful lecture on "Career Options in Political Science". The session was graced by Ms. Aruna, Assistant Professor of Political Science at Government College Kupvi and a proud alumna of Government Degree College Haripurdhar. She shared her academic and professional journey, highlighting challenges she faced and the determination that helped her succeed. Her lecture focused on the diverse career paths available to Political Science graduates. including opportunities in the Civil Services, Academics, public policies and research fields etc. She also provided practical tips on how students could prepare themselves for these roles, emphasizing the importance of strong analytical skills and commitment to lifelong learning. Students were deeply engaged during the session and appreciated the opportunity to interact with a former student.





ii. On 22 April 2025, a highly informative lecture on M.A. entrance and UGC NET Exams preparation was organised. The event was joint initiative of the OSA and Department Of Political Science The Keynote Speaker was Mr. Rakesh Kumar who secured AIR 01 in NET JRF (Political Science) in June 2024. He is also a distinguished alumnus of the college, making the session even more special and inspiring for the students. His personal journey from a student at Government Degree College Haripurdhar to achieving national recognition deeply motivated the attendees. The lecture helped demystify various career options and provided clarity on the steps needed to pursue them.





### 21. Post Plantation Activity by Rhodo Eco Club, GDC Haripurdhar

On 03 May 2025, the Rhodo Eco Club "Post Plantation organised a Activity" with the aim of nurturing previously planted saplings. The initiative focused on essential plant care measures, including watering, weeding and cleaning the surroundings to promote healthy plant growth. Students and faculty actively participated, working together to remove weeds and debris that could hinder plant growth. Special attention was given to ensure that the soil around each plant is aerated and moist. Through such events, the Eco Club continues to promote sustainability and ecological awareness on campus. The event concluded with a renewed commitment to environmental care.





#### 22. Workshop on IPR at GDC Haripurdhar

On 07 May 2025, the department of Commerce in collaboration with IOAC, GDC Haripurdhar organised a workshop on Intellectual Property Rights exclusively for faculty members. The workshop was conducted in both online and offline modes, allowing broader participation. Renowned keynote speakers, Prof. (Dr.) Ashish Baldi from the Department of Pharmaceutical Science and Technology, Maharaja Ranjit Singh Punjab Technical University, Bathinda and Dr. Abhishek Punia from the Department of Commerce, GJU S&T, Hisar delivered insightful sessions on various aspects of IPR. Faculty members from institutions including GDC Nohradhar, GC Ramshehar, GC Kupvi, GJU Hisar, GC Rohnat, and GC Sangrah actively engaged in the discussions. The workshop emphasized the significance of IPR in academics and research, equipping participants with essential knowledge to safeguard intellectual contributions. The event concluded with a vote of thanks and positive feedback from attendees.





### 23. Burash Utility and Training Workshop at Haripurdhar

On 13 May 2025, a workshop titled "Burash Utility and Training" was organised at helipad, Haripurdhar in collaboration with Jai Bijai Mata Swayam Sahayta Samooh, Diuri Kharan and Maa Bhangayani Social Work Community Haripurdhar. The workshop aimed at educating participants on the various uses of the Buransh. The session was led by trainer Smt. Sonu Rana, who demonstrated the process of making Buransh- based products such as relish, juice, jam and pudding. Besides, a special session on preparation of the local dish "Siddu" was also conducted. The workshop saw active participation from student members of PTA, OSA and the adopted school GSSS Korag.





### **24.** Visit of GSSS Diuri Kharan students to GDC Haripurdhar

On 13<sup>th</sup> May 2025, students from the adopted school GSSS Diuri Kharan, who had recently appeared for their Senior Secondary Examination, visited GDC The Haripurdhar. pre-admission counseling committee organised comprehensive tour of the college and also presented a detailed PPT, highlighting the programmes and academic courses, opportunities for the students, showcasing the campus and their various facilities. During the session. students were encouraged to consider seeking admission the institution for their higher education.





### 25. Educational Visit to Horticulture Farm Thyan-Bagh

The visit started with a walk to the farm from the college. On reaching the farm, a warm welcome was given by Sh. Arun Kumar, in charge of the Horticulture Farm. He began the session by explaining to the students the difference between Agriculture and Horticulture in simple terms. He told students that while deals large-scale Agriculture with cultivation of crops, Horticulture focuses growing fruits, vegetables ornamental plants. Next, students were introduced to the concept of Post Entry (PEQS) and Quarantine Sites importance in preventing the spread of plant diseases.







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