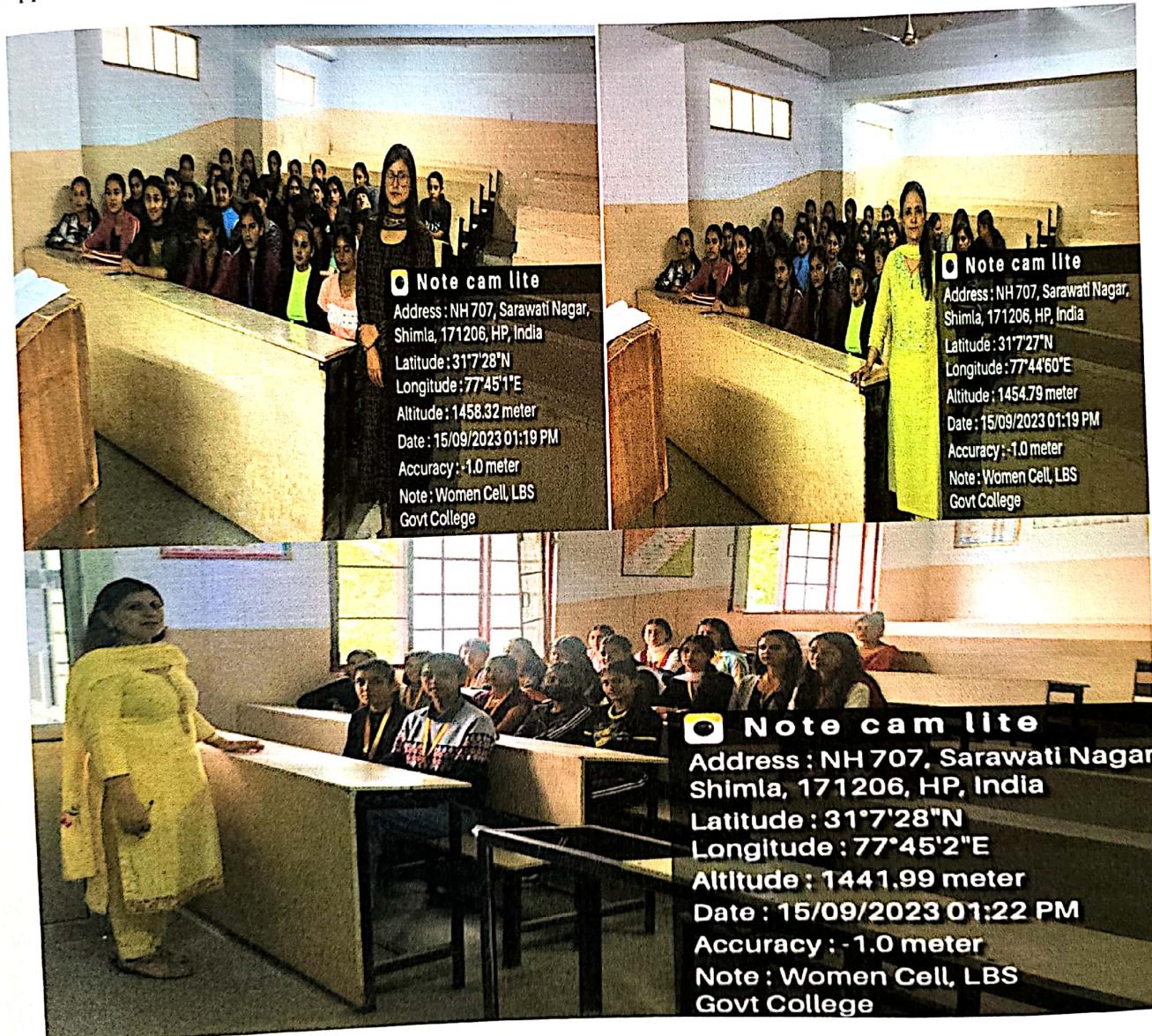


LAL BAHADUR SHASTRI GOVT.COLLEGE SARASWATI NAGAR, SHIMLA
WOMEN REDRESSAL CUM SEXUAL HARASSMENT COMMITTEE

Report on Health and Hygiene Drive

15-09-2023

Women Cell of LBS Govt. College Saraswatinagar organised a Health and Hygiene Drive on 15th September 2023. Dr Poonam Mehta was the overall Incharge of this Health and Hygiene drive. Under this drive three groups of female teachers were assigned the task of delivering a lecture to students regarding the importance of health and hygiene in our life. Asstt. Prof Vijay Laxmi and Asstt. Prof Preeti Chhatti delivered their lecture to girls of first year, Dr. Punam Chauhan and Asstt. Prof Priyanka delivered their lecture to girls of second year, Dr. Yogita Bandta and Asstt. Prof Diksha Kumari delivered their lecture to girls of final year. All of them concluded that we all should adopt personal hygiene practices and making them a part of our daily routine. By adopting such types of measures we not only protect ourselves from illness but also demonstrate responsibility towards others health and well-being. Approximately 150 girls benefitted from this drive.





Principal

LBS Govt. College Saraswatinagar

Convenor

Women Redressal Cell

15.09.2023

Attendance Sheet of IInd Year Girls

Venue: LT-2 (1:00pm-1:45pm)

'Health & Hygiene'Women Cell

S. No.	Name	Class	Roll No.	Signature
1.	Pallavi	BSC 2nd year	2102017	Pallavi
2.	Aarti	B.A 2nd year	2201024	Aarti
3.	Sheetal	BSC 2nd year	2102004	Sheetal
4.	Umeshan	B.A. 2nd year	2201117	Umeshan
5.	Ankita	B.A 2nd year	220107	Ankita
6.	Preeti	B.A 2nd Years	2201079	Preeti
7.	Britika	B.A 2nd Year	2201124	Britika
8.	Shrutika	B.A 2nd year	2201028	Shrutika
9.	NIKITA	B.A 2nd year	2201074	Nikita
10.	Raksha	B.A 2nd year	2201069	Raksha
11.	Rachna	B.A 2nd year	2201047	Rachna
12.	Anchal	B.A 2nd year	2201043	Anchal
13.	Shivani	B.A 2nd year	2201037	Shivani
14.	Aditi	B.Com 2 nd year	2203001	Aditi
15.	Angali	BSC 2nd Year	2102009	Angali
16.	Anchal	B.SC 2 nd year	2102005	Anchal
17.	Sheetal Ritika Nayi	B.Com 2 nd year	2203002	Ritika
18.	ZiTeeka	B.Sc 2nd year	2101227	ZiTeeka
19.	Pariti	B.Com 2nd year	2203008	Pariti
20.	Raksha	B.A 2nd year	2201142	Raksha
21.	Shaloni	B.A 2nd year	2201064	Shaloni
22.	Sakshi	B.A 2nd Year	2201017	Sakshi



S.No	Name	Class	Roll No.	Signature
23.	Minal	B.A 2nd year	2201051	Minal
24.	Priya Chantia	B.A 2 nd year	2201071	Priya
25.	Tamana	BA 2nd year	2201093	Tamana
26.	Kumanshi	B.A 2nd year	2201025	Kumanshi
27.	SEENU	B.A 2nd year	2201027	SEENU
28.	Nitika	B.A 2nd year	2201084	Nitika
29.	Palak	B.A 2nd year	2201039	Palak
30.	Anjali	B.e.A 2nd year	2201149	Anjali
31.	Savil Jhouta	BA 2nd year	2201061	Savil
32.	Palak Sharma	B.A. 2nd year	2201094	Palak
33.	Muskan	B.A 2nd year	2201065	Muskan
34.	Diksha	B.A 2nd year	2201066	Diksha
35.	Jaffarai	B.A 2nd year	2201067	Jaffarai
36.	Shivani	B. com 2nd y	2203009	Shivani
37.	Rouram	B. Com 2nd y	2203005	Rouram
38.	Pooja	BA 2nd year	2201015	Pooja
39.	Ranika	B.com 2nd year	2203014	Ranika
40.	Tamana	B.Com 2nd year	2203003	Tamana
41.	Kashish	BCA 2nd year	2204009	Kashish
42.	Tanya	B.C.P. 2nd year	2204006	Tanya

Roll No B.A 1st YearA * 2301123 B.A 1st yearB. Voc 1st Year

2309005

2301175 B.A 1st year

2309006

2301160 B.S.A 1st year (+217289)

2309007

2301003 B.A 1st year (+217289)

2309008

2301011 BA 1 year

2309009

2301070 BA 1st year

2309010

2301146 BA 1st year

2309011

2301072 BA 1st year

2309012

2301073 BA 1st year

2309013

2301062 BA 1st year

2309014

2301045 BA 1st year

2309015

2301119 BA 1st year

2309016

2301094 BA 1st year

2309017

2301092 BA 1st year

2309018

2301077 BA 1st year

2309019

2303015 B.com 1st year

2309020

2303011 B.com 1st year

2309021

2303006 B.com 1st year

2309022

2303063 B.com 1st year

2309023

2303017 B.com 1st year

2309024

2303007 B.com 1st year

2309025

2301064 BA 1st year

2309026

2301078 BA 1st year

2309027

2301116 BA 1st year

2309028

2301089 BA 1st year

2309029

2301125 BA 1st year

2309030

2301067 BA 1st year

2309031

2301025 BA 1st year

2309032

2301068 BA 1st year

2309033

2301040 BA 1st year

2309034

Bsc 1st year

Kashish Dilla (Bsc 1st) 2302001

Tamanna (Bsc 1st) 2302006

Tanuja (Bsc 1st) 2302007

As per
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Notice

Date: 26-09-2023

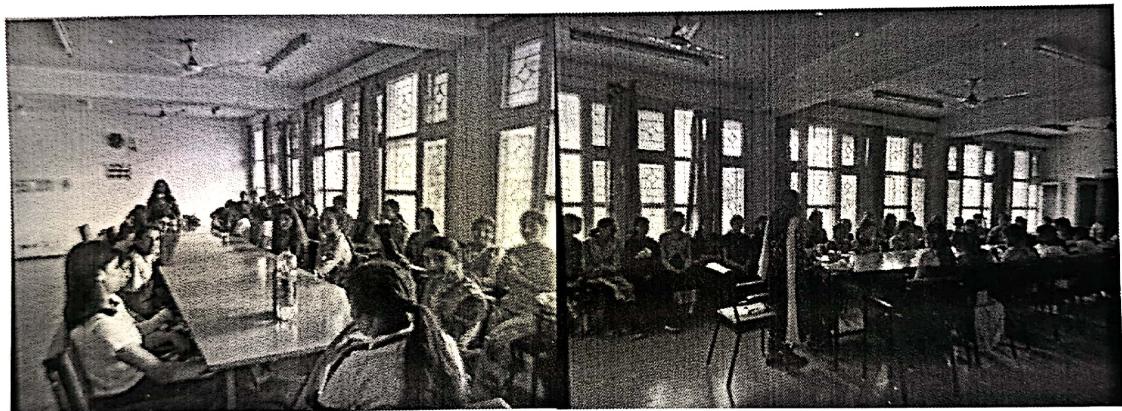
Health and Personal Hygiene Sensitization Session

All the boarders are informed that there will be an awareness session on health and personal hygiene intoday at 5:00 PM in the evening in Common Room of the hostel. All will attend the session. Mrs. Monika and Mrs. Salochna (Social Workers, TIENS) from Jubbalwill be the resource person.


Warden
Prof. Vijay Laxmi
Girls Hostel LBS Govt College Saraswatinagar

Health and Personal Hygiene Sensitization Session (26-09-223)

All the boarders are informed that there will be an awareness session on health and personal hygiene in today at 5:00 PM in the evening in Common Room of the hostel. All will attend the session. Mrs. Monika and Mrs. Salochna (Social Workers, TIENS) from Jubbal will be the resource person.




Warden
Prof. Vijay Laxmi
Girls Hostel LBS Govt College Saraswatinagar



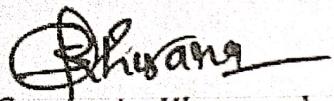
Drugs Abuse (say no to drugs)

Date 24-1-2024

LETTER OF APPRECIATION

It gives me immense pleasure to appreciate Mr- Ishan Sharma, Vill - Pujarli (Ramnagri), P.O - Mandal, Teh - Jubbal, Distt - Shimla, H.P 171216anti drugs HP for his remarkable contribution rendered during the year 2018-2023 for organizing the awareness campaign in Colleges, Schools, ITI and Panchayati Raj, institutions Villages With Students, Mahila Mandals, Nav Yuvak Mandals in the Sub Division Jubbal to fight against the emerging problem of drug abuse in the society, especially amongst the youth under Nasha mukta Bharat abhiyan Himachal Pradesh. Your dedication to such an important cause is commendable and has the potential to make a positive impact on the community.

I wish him a good luck for his future and hope that he will continue to nab the abusers and traffickers of drugs in the State whith the dedication in future also.



(Sangeeta Khurana)

state coordinator

Anti Drugs Committee H.P.

India iron lady awardee 2023

State Awardee Anti drugs

/woman Empowerment H.P.

Unit Incharge –

The Bharat Scouts & Guides H.P

Mr. Rover President - Ishan Sharma,

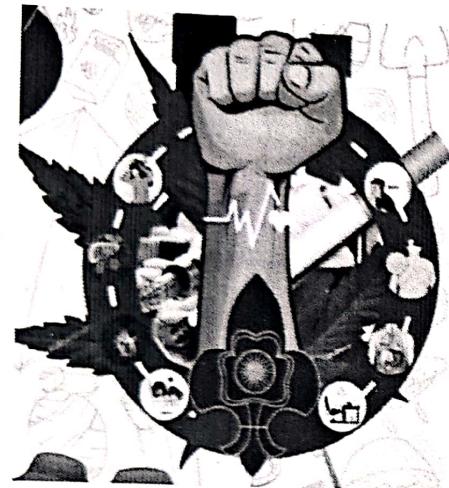
Vill - Pujarli (Ramnagri), P.O - Mandal,

Teh - Jubbal, Distt - Shimla, H.P 171216anti

drugs HP



Lal Bahadur Shastri Government Degree College Saraswati Nagar



#RISHCHAYA

A DRUG FREE VISION

Activity Report

The Bharat Scouts & Guides Unit Govt. College Sarswati Nagar

Adult Rover Leader - *Asst. Prof. Sandeep Kumar*
Adult Ranger Leader – *Asst. Prof. Vijay Laxmi*

Rover Scout Leader – *Ishan Sharma*
Ranger Scout Leader – *Priksha Sharma*

Activity 01- SEEK KNOWLEDGE OF LOCAL EXPERT

A meeting of the Rovers and Rangers of the college unit with SHO Jubbal was held on 24-11-2023 in the college seminar hall at 12:30 pm. Main agenda of the meeting was to discuss about the effects of drug abuse and prevention strategies in the society.

Source Person - Mr. Chetan Chauhan (SHO Jubbal)

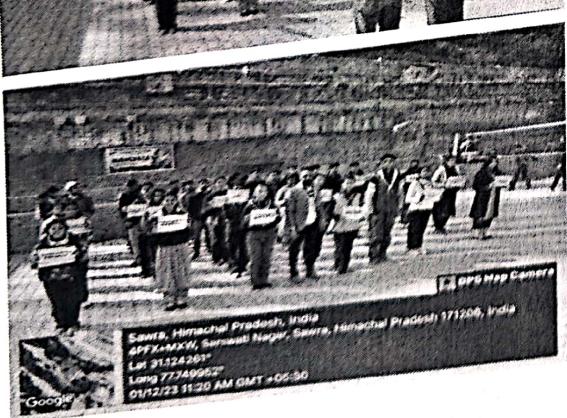
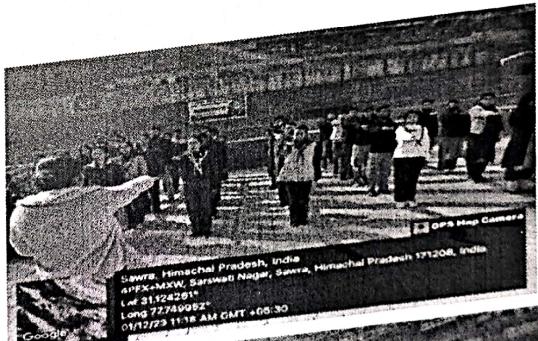


Facebook Live

<https://www.facebook.com/share/v/8uzJbNCN1rUwgwow/?mibextid=oFDknk>

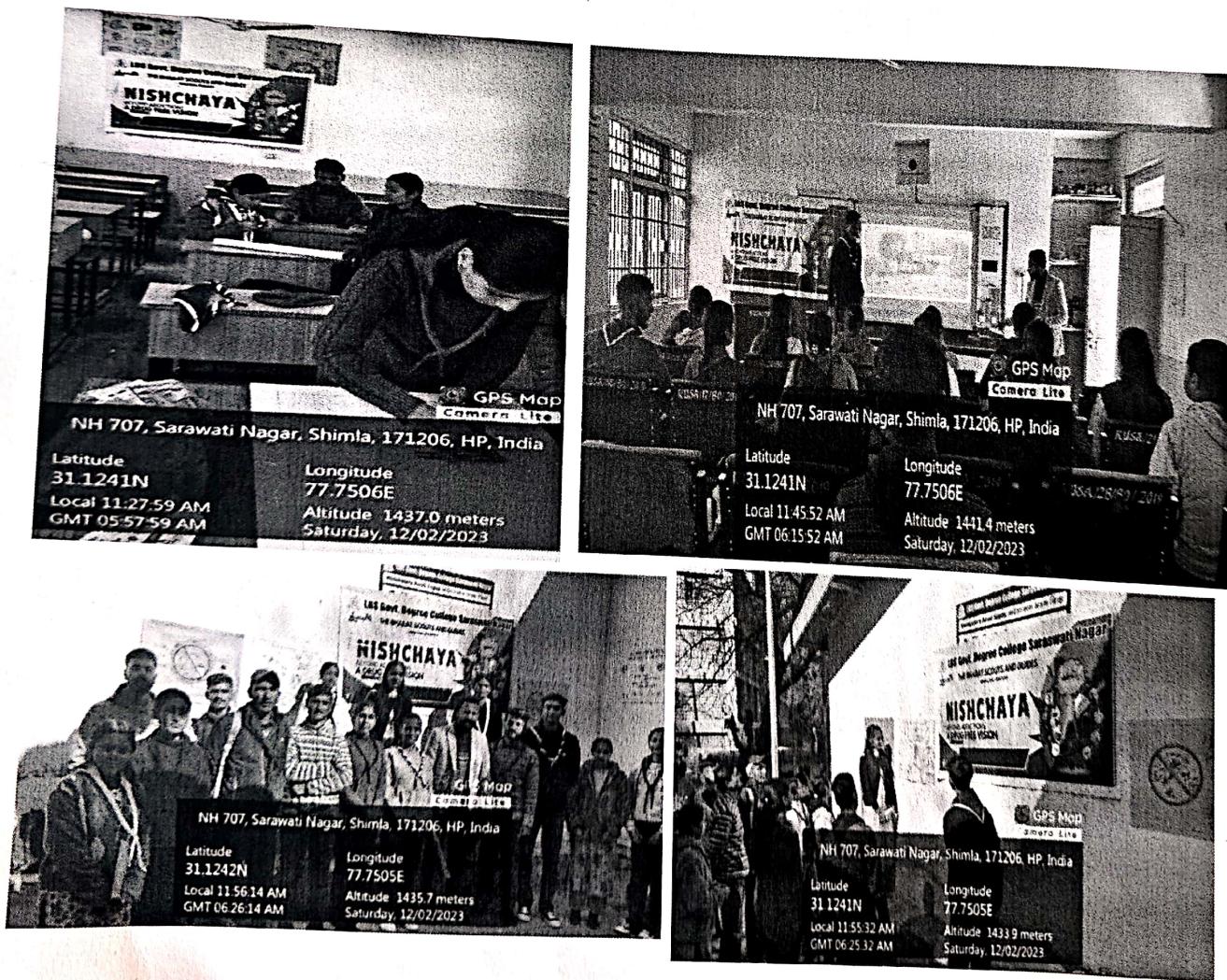
Activity 02 – PLEDGE TAKING CEREMONY

The second activity pledge taking ceremony under NISHCHAYA (A Drug Free Vision) was organized on 01/12/2023 . In which all the members of The Bharat Scouts & Guides unit of L.B.S Govt. Degree College Saraswati Nagar participated enthusiastically. And everyone took a pledge not to take a drugs, and to make the society drug free.



Activity 03 – ARTISTIC EXPRESSION FOR DRUG AWARENESS

The third activity Artistic Expression for Drug Awareness was organized on 06/12/2023. In which all the members of BSG unit of college were participated in this activity . Everyone made posters, paintings, drawings, handcrafts, powerpoint presentation and other digital art .And created awareness about not taking drugs.



Activity 04 – COMMUNITY WALK

The fourth activity community walk was organized on 12/12/2023. In which activity, four groups of unit members were formed and they went to different areas to make people aware about not taking drugs and told them about the harm caused by drug abuse. And observed the drug related activities in the society and made notes in the notebook with them.



Activity 05 – PEER EDUCATION WORKSHOP

The fifth activity Peer Education Workshop was organized on 14/12/2023. All the members of the unit participated in this activity in collaboration with **Mahila Mandal Bharot**. In this activity we had presentation material , slides, posters, handouts containing key information and through that made people aware about the harms caused by drug abuse and told about the consequences of drug abuse . And share his views on this subject with the mahila mandal womens.



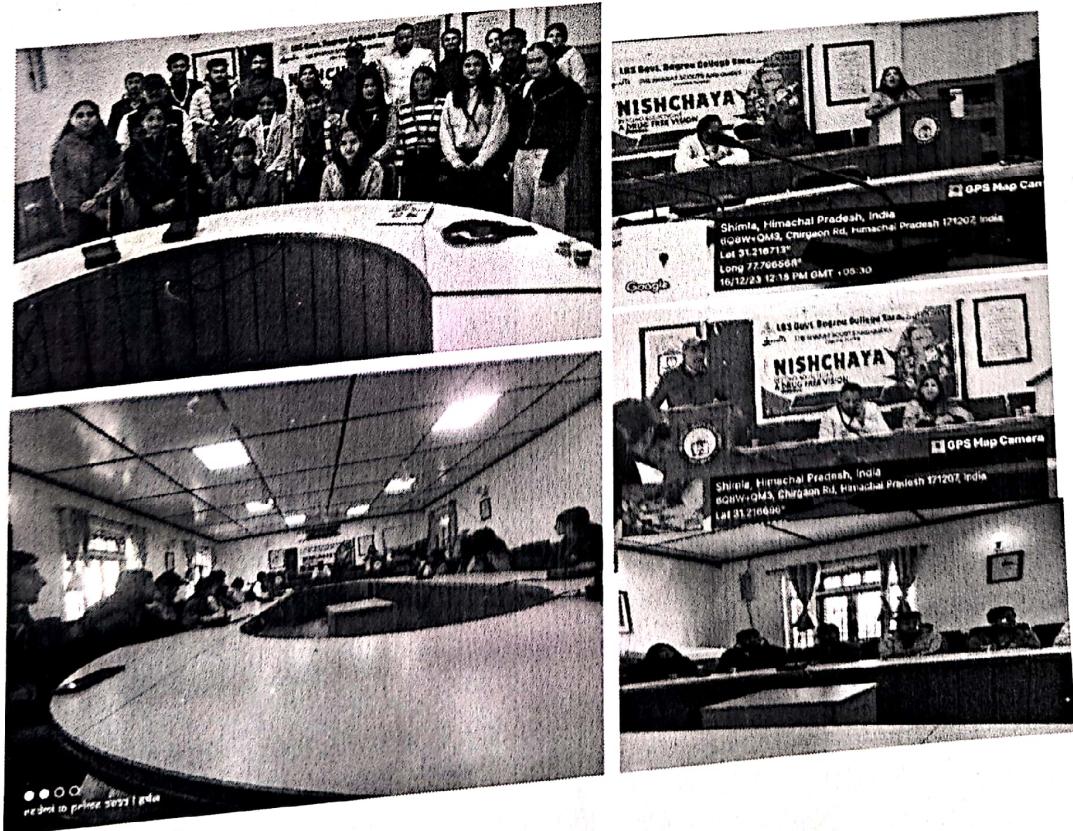
Activity 06 – COMMUNITY VISIT TO DRUG REHABILITATION CENTERS OR NGOs

Sixth activity community visit to drug rehabilitation centers or NGOs was organized on 16/12/2023. All the unit members went to the NGO and discussed with them about their working system to rescue the people trapped in drugs.

Resource Person -

Drug Cell Specialist

- Miss. Sangeeta Khurana
- Mr. Digvijay Ronie
- Mr. Narender Chauhan



Activity 07- Community Drug Awareness Campaign

The seventh activity Community Drug Awareness Campaign was organized on 17/12/2023. All of us unit members went to the public park and told people about the ill effects of drugs and made them aware not to consume drugs.



Principal
L.B.S. Govt. Degree College
Saraswati Nagar Distt. Shimla H.P.
D.D.O-214

① Aprni
Ranger Leader
(Asst Prof. Kijay Aprni)

Celebration of International Yoga Day

21-06-2023

LBS. Govt. PG. College Saraswati Nagar celebrated International Yoga Day on 21-06-2023 through online made at home. In this programme all volunteers and NSS program officers take their participation.



Yoga is an ancient practice that originated in India and has been practiced for thousands of years. It encompasses physical (Pranayama), meditation, and ethical principles to promote physical, mental and spiritual wellbeing. Yoga is known to improve flexibility, strength, balance and posture. It also promotes relaxation, stress reduction, mental clarity and overmindfulness.

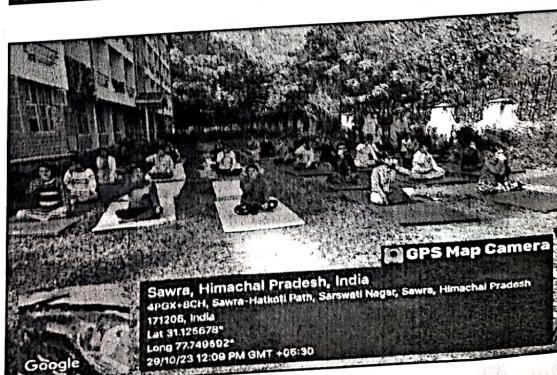
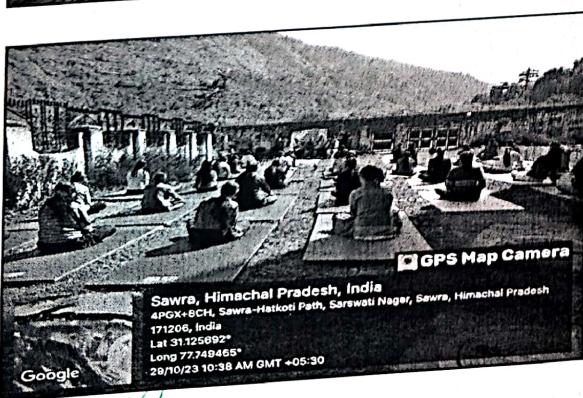
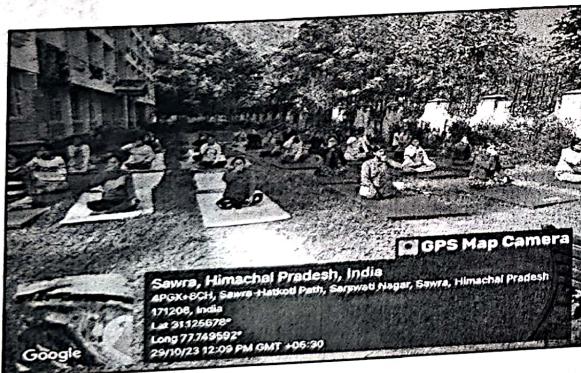
Report on Yoga Session Organized in Girls Hostel

On 29th Oct.2023, a rejuvenating yoga session was organized at the Girls Hostel LBS Govt. College Saraswati Nagar aimed at promoting physical health, mental well-being, and relaxation among the residents. The session was led by Swami Sh. KrishanDevPatanjaliYogPeethHaridwar, a certified yoga instructor with extensive experience in conducting wellness programs. The session was attended by all the residents of the hostel, ranging from beginners to those with some prior experience in yoga.

Objectives:

- To introduce the participants to basic yoga postures and breathing techniques.
- To promote physical fitness and flexibility.
- To enhance mental clarity and reduce stress through mindfulness practices.

The yoga session fostered a positive atmosphere and promoted well-being among the residents of the Girls Hostel. It served as an excellent opportunity for participants to connect with themselves and each other, enhancing their overall hostel experience.



Jhark
Principal
L.B.S. Govt. Degree College
Saraswati Nagar Distt. Shimla H.P.

ATTENDANCE REGISTER of the Remedial Classes (10)

Serial No.	NAME नाम	Rank रेण्य	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
2301004	Pawan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301006	Aryan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301018	Nehil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301095	Vipul	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301084	Anwan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301093	Hemanth	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301031	Seenu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301065	Muskan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301137	Tanisha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301098	Shruti	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301097	Swasti	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301160	Astha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301090	Nilakshi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301086	Mehak	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301067	Aakriti	D	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301089	Dikshu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301045	Nitika	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301007	Amit Kumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301132	Mageeb Jethi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301029	Rahul	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301179	Tajdar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301178	Sandeep	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301053	Deekshith Kumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301123	Ananya	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301005	Ishan Thakur	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301095	Vipul	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301006	Aryan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301148	Night	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301157	AK Shoaib	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301150	Present	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301140	Vivek	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301135	Vaam	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301067	Aakriti	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301160	Astha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2301090	All others	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	

Balance रुपये	Signature हस्ताक्षर
Rs.	P.
100	Arjun
100	Kabul
100	Amit
100	Seenu
100	Muskan
100	Shreya
100	Aastha
100	Nilakshi
100	Mehak Choudhary
100	Akash
100	Dikshu
100	Shreya
100	Amrit
100	Mukta
100	Rahul
100	Tajdar
100	Sandeep
100	Deekshith
100	Ananya
100	Ishan
100	Vipul
100	Aryam
100	Night
100	AK Shoaib
100	Present
100	Vivek
100	Vaam
100	Aakriti
100	Astha
100	Others

ATTENDANCE REGISTER of the Remedial Classes
उपस्थिति रजिस्टर

Serial No. क्रम संख्या	NAME नाम	Rank रैंक	Attendance																			
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
2301163	Riya	8	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301044	Suman	9	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301142	Palak	10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301073	Anjali	11	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301144	Divya	12	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301053	Aishwarya	13	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301134	Sanskruti	14	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301093	Hemant	15	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301043	Srishti	16	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301132	Mayuri	17	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301098	Shreya	18	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301100	Stradha	19	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301139	Karishma	20	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301129	Nimmi	21	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301125	Shriya	22	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301133	Tanuja	23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301103	Aditi	24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301063	Bhagum	25	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301137	Hrushika	26	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301160	Neetu	27	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301169	Ritesh	28	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301168	Sakshi	29	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301107	Rakesh	30	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301124	Nikita	31	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2201085	Ritik	32	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301151	Vijay Kumar	33	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301030	Sakshi Sharma	34	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301160	Sameeksha	35	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301106	Neenu	36	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301088	Rohit	37	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301074	Aditya	38	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301154	Solam	39	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2301174	Modhu Saha	40	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Amount राशि		Advance अग्रिम		Balance शेष		Signature हस्ताक्षर
Rs.	P.	Rs.	P.	Rs.	P.	
						Obaleeta
						Suman
						Palak
						Rejali
						Divya
						Adithi
						Hemant
						Srishti
						Mansi
						Shreya
						Tanuja
						Aditi
						Bhagum
						Nikita
						Ritesh
						Sakshi
						Daksh
						Neetu
						Neenu
						Samay
						Shreya
						Rejali
						Obaleeta
						Modhu Saha
						Govt. Degree College Gomti Nagar Lucknow