

LAL BAHADUR SHASTRI GOVERNMENT COLLEGE



Saraswati Nagar, Teh. Jubbal, Distt. Shimla, HP-171206

Email: gcsnagar25@rediffmail.com

Ph. No. 01781-238149

NAAC ACCREDITED 'B' INSTITUTION

RED RIBBON CLUB (SESSION 2025-26)

Nodal Officer: Dr Punam Chauhan

President: Miss Sakshi Soumta (B.Sc III)

Members of RRC: All the Science Students (18)

Date: August-September, 2025
Venue: College Premises

Sr.No.	Roll No.	Name	Class	Signature
1	2502009	Suman	Bsc 1st year	Suman
2	2502013	ADITI SHARMA	Bsc. " "	Aditi
3	2502001	Tamsmam	Bsc. I	Tamsmam
4	2502010	Poonam Thakur	Bsc. I	Poonam
5	2502011	MUSKAN	Bsc. I	Muskan
6	2302014	Anchal	Bsc. III	Anchal
7	2302004	Janyvi Thakur	Bsc. III	Janyvi
8	2402014	Kanika Jitla	Bsc. II	Kanika
9	2502003	Dikshant	Bsc 1st	Dikshant
10	2502002	Manat	Bsc. 1st	Manat
11	2502007	Rishabh	Bsc 1st year	Rishabh
12	2302013	Shivani	Bsc 1st year	Shivani
13	2302007	Tanuja	Bsc 1st year	Tanuja
14	2302012	Sakshi	Bsc 1st year	Sakshi
15	2302013	Shivani	Bsc 1st year	Shivani
16	2402001	Talshg	Bsc 2nd year	Talshg
17	2402004	Sakshi	B. Sc 2nd year	Sakshi
18	2402012	Nikhilish	B. Sc 2nd year	Nikhilish
19				
20				
21				
22				
23				
24				
25				

TOTAL NO. OF STUDENTS PARTICIPATED: 18

ACULTY OF SCIENCE DEPT. *Punam Chauhan*



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INTERNATIONAL YOUTH DAY (12.08.2025)

RRC celebrated International Youth Day 2025 and Anti Ragging Day on 12th August 2025 with great enthusiasm under the guidance of the Principal, Dr. Poonam Mehta. The event was coordinated by Nodal Officer Dr Punam Chauhan and Anti-Ragging Committee Convener Dr Yogita Bandta. The event was organized jointly by the Red Ribbon Club and Anti Ragging Committee. The members of Anti-Ragging Committee, Prof. Preeti Panta and Dr Sandeep Thakur were also present during the event.

The theme for International Youth Day 2025 **“Youth Empowerment for Sustainable Future”** was highlighted through activities such as online quiz and awareness pledges on anti-ragging and HIV/AIDS prevention. Such initiatives help in strengthening the youth to not only lead healthy lives themselves but also to inspire others in society to adopt safe and responsible practices.

ONLINE QUIZ COMPETITION

The purpose of online quiz competition was to spread awareness among students about the significance of youth in nation-building and social responsibility. The quiz aimed to enhance students' knowledge on themes related to youth empowerment, leadership, health, sustainable development, and the role of youth in achieving the Sustainable Development Goals (SDGs). The activity also sought to encourage critical thinking and active participation in social causes. The quiz was conducted online through Google Forms, enabling participation from students across various streams. A total of 287 students participated enthusiastically.

HIV/ AIDS AWARENESS PLEDGE

The aim of HIV/AIDS awareness pledge was to sensitize the youth about the importance of healthy living, safe practices, fight discrimination and social responsibility in preventing the spread of HIV/AIDS. The session also aimed at educating students about the causes, modes of transmission, prevention methods, and the importance of empathy towards people living with HIV/AIDS.

Anti-Ragging Committee also conducted Anti-Ragging Pledge and awareness session through the speeches of Dr Yogita Bandta and Prof. Preeti Panta and Power Point Presentation by Dr Sandeep Thakur.

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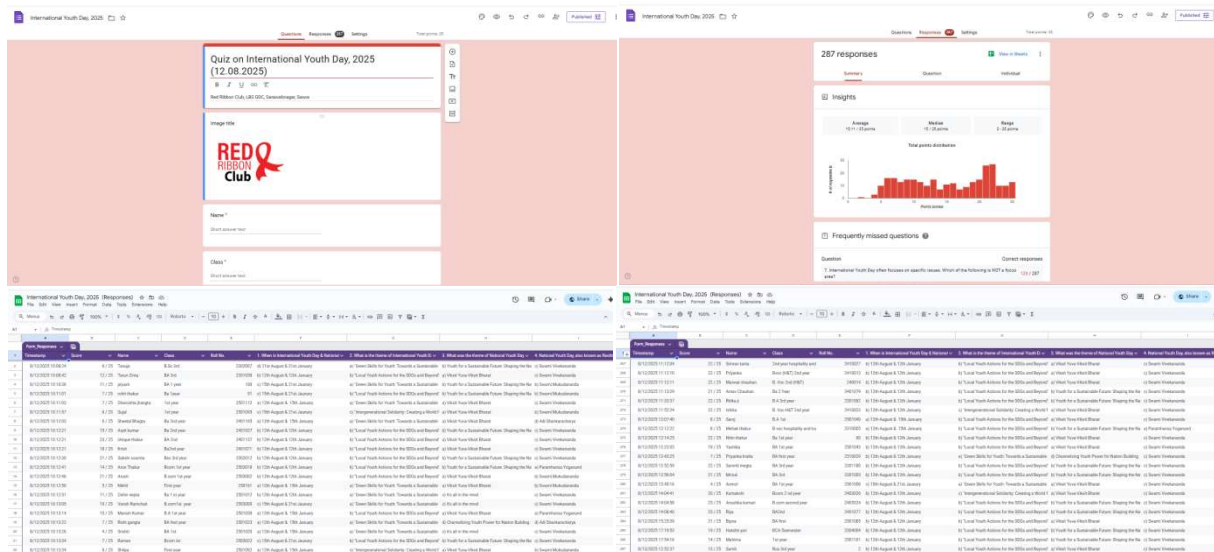
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ONLINE QUIZ ON INTERNATIONAL YOUTH DAY



Ph. No. 01781-238149

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Note cam lite
 Address : Saraswati Nagar Road,
 Sarawati Nagar, Shimla, 171206,
 Himachal Pradesh, India
 Latitude : 31.124458
 Longitude : 77.750325
 Altitude : 1429.33 meter
 Date : 12/08/2025 01:11 PM
 Accuracy : 1.0 meter
 Note : Pledge on HIV/ AIDS

Address : Saraswati Nagar Road,
Sarawati Nagar, Shimla, 171206,
Himachal Pradesh, India
Latitude : 31.124458
Longitude : 77.750325
Altitude : 1429.33 meter
Date : 12/08/2025 01:11 PM
Accuracy : -1.0 meter
Note : Pledge on HIV/ AIDS



Address: Saraswati Nagar Road,
Sarawati Nagar, Shimla, 171206,
Himachal Pradesh, India
Latitude: 31.124475
Longitude: 77.750197
Altitude: 1448.62 meter
Date: 12/08/2025 01:06 PM
Accuracy: 3.33 meter
Note: Pledge on HIV/ AIDS

RI, PAGE NO. 4

संवाद: न्याय एजेन्सी

रोडबू। सार्वजनिक कॉलेज में एंटी
निन कमेटी के डेड सिन कल ने
अंतराष्ट्रीय युवा दिवस और एंटी
निन डे पर कार्यक्रम का आयोजन
किया। कार्यक्रम में डेड सिन कल
की नेडल अधिकारी डॉ. पून
बैहान ने निधार्तियों को एड्स के
प्रति संवेदनशीलता की
गारंटी दी।

इस दौरान विद्यार्थियों को रॉबिन से दूर रहने और परिसर में सैफ्टी नक्का खाने की राय भी मिली। इस दौरान अमृतानु शिवन प्रतिवेष्टित भी कायदा, विस्फोट 272 विद्यार्थियों ने भाग लिया। एटी रॉबिन कमेटी को सर्वेयिका डॉ. योगिता कटेट ने विद्यार्थियों को रॉबिन मुक्त परिसर बनाए रखने की राय मिली।

उन्होंने कहा कि विद्यालय

दंडनीय अपराध है और इसे किसी भी परिस्थिति में माफ नहीं किया जाएगा। उन्होंने छात्रों को आपसी सहोदर, सम्मान एवं अनुशासन

राफ्त... सड़कचैनल कॉलेज में ट्रेनिंग से दूर रहने की राफ्त लेने हुए शिवाजी। स्रोत: कॉलेज प्रबंधन

[illegible]

See your doctor if you have any of the following symptoms:

अग्नी कौशिक ने 'प्रवासी' कार्यक्रम में 'चतुर्भुज' मंचावरिणी श्री अम्य।

[illegible][illegible]

अंतर्राष्ट्रीय युवा
दिवस पर कार्यक्रम
आयोजित

रोहटू, 12 अगस्त (बशनाट): लाल बहादूर शास्त्री राजकीय महाविद्यालय सरस्वती नगर (सावड़ा) में 'मंगलवार को एंटी रैपिंग कमेटी के तत्वावधान में 'एंटी रैपिंग डे' तथा 'रैड रिबन क्लब के सहयोग से 'अंतर्राष्ट्रीय युवा दिवस' का आयोजन किया गया।

४६ रिबन कलब की नोडल
अधिकारी डा. पुनम चौहान ने विद्यार्थियों
को एच.आई.वी. एड्स जागरूकता
की शपथ दिलाई और सुरक्षित जीवन
शैली अपनाने व समाज में भावियों को
दूर करने का आह्वान किया।
एंडी रैगिंग कमेटी की संयोजिका
डा. योगिता बंद्योप ने रैगिंग मुक्त परिसर
बनाने रखने की शपथ दिलाई और
कहा कि रैगिंग दंडनीय अपराध है,
जिस किसी भी परिस्थिति में सहन नहीं
करना चाहिए।

विद्यार्थियों को एडस के विरुद्ध संवेदनशीलता की शपथ दिलाई गई • जागरण

शिमला : लाल बहादुर शास्त्री राजकीय महाविद्यालय सरस्वती नगर में मंगलवार को एंटी रेगिमि कमेट्री के तत्वावधान में एंटी रेगिमि डे व रेड रिबन कलब के सहयोग से अंतरराष्ट्रीय युवा दिवस मनाया गया। इस दिन कलब की नोडल अधिकारी डा. पूनम चौहान ने विद्यार्थियों को एड्स के प्रति संवेदनशीलता की शपथ दिलाई। उन्होंने एड्स/आई.टी. एड्स के विषय पर व्याख्यान किया। उन्होंने

सुरक्षित जीवनशैली अपनाने और समाज में भांतिथों दूर करने पर बल दिया। अंतरराष्ट्रीय युवा दिवस के तहत विद्यार्थियों ने जागरूकता बढ़ाने के लिए अनालाइन विभव प्रतियोगिता आयोजित की गई। इसमें 272 विद्यार्थियों ने भाग लिया। एंटी रेगिंग कमेटी की संयोजक डा. योगिता बंदोटी ने भी रेगिंग मुक्त परिसर बनाए रखने की शपथ दिलाई और रेगिंग के

The session proved highly beneficial for students, spreading awareness about health and social responsibility.

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Sawra, Himachal Pradesh, India
4pfx+mxw, Saraswati Nagar, Sawra, Himachal Pradesh 171206, India
Lat 31.124365° Long 77.750059°
17/10/25 12:57 PM GMT+05:30
LBS GDC S Nagar Red Ribbon Club



Sawra, Himachal Pradesh, India
4pfx+mxw, Saraswati Nagar, Sawra, Himachal Pradesh 171206, India
Lat 31.124365° Long 77.750059°
17/10/25 12:57 PM GMT+05:30
LBS GDC S Nagar Red Ribbon Club



Note cam lite
Address : Saraswati Nagar Road,
Saraswati Nagar, Shimla, 171206,
Himachal Pradesh, India
Latitude : 31.124219
Longitude : 77.750527
Altitude : 1433.87 meter
Date : 17/10/2025 12:17 PM
Accuracy : 1.19 meter
Note : Red Ribbon Club



RRC TRAINING AT RVS GOVT PG COLLEGE, SEEMA (26.11.2025)

Three students Ms Sakshi (BSc III), Ms Shivani Bushari (BSc III) and Ms Mohini (BSc I) with Nodal Officer, Dr Punam Chauhan, RRC, LBSGDC Saraswati Nagar, attended 'One Day Training Program on HIV/AIDS' conducted by DDU, Rippon Hospital at Govt PG College Seema on 26th Nov 2025. The training program was hosted by Dr Ravikiran, Nodal Officer RRC, RVS Govt PG College Seema. A total of 14 Nodal Officers with three students of RRC from fourteen different Colleges/ Institutions were present during this training. Mrs Raminder, ICTC Counsellor from DDU Rippon Hospital presented Power Point Presentations on Red Ribbon Club and HIV/ AIDS. She described each and every aspect of

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the HIV/AIDS and gave estimated numbers of HIV infected people in the world and India and HIV positive cases that are on ART are 6490 till Oct, 2025 in H.P. This number has increased in HP from the last Year which is a matter of concern. In H.P. first case of HIV was detected in the Year 1991 in Hamirpur. She also told about toll free helpline number for any kind of enquiry on HIV/AIDS which is 1097 for India and in H.P. it is 104. She talked about different websites like www.sacshp.org, www.nacoonline.org and www.teach aids.org which can prove helpful to anyone to clear their doubts and get information about AIDS. She elaborated various schemes provided by H.P. Govt. to the affected/infected people. She motivated everyone to download a mobile app **NACO AIDS APP** for easy access to know and get awareness about HIV/AIDS. She effectively completed her PPT and conveyed everyone about this syndrome. Mr Rakesh Bhardwaj, from CMO Office, DDU Rippon Hospital Shimla also described about the combination of medicines given under ART and various tests taken for the detection of HIV like ELISA, Western Blot etc. Students also took active part in this presentation by asking several questions and clearing their doubts on this sensitive issue. Ms Kritika Sharma form as a State Representative of Red Ribbon Club also elaborated HIV/ AIDS to the audience. Thereafter, all the participants moved for the group photograph and then for the lunch and departed from there.



DOCTOR'S TALK ON HIV/ AIDS, HEPATITIS B & C, IRON DEFICIENCY AND WOMEN'S HEALTH & HYGIENE (28.11.2025)

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An awareness session on HIV/AIDS, Hepatitis, Iron Deficiency, and Women's Health & Hygiene was organised by the Women Cell/ICC/Prevention of Sexual Harassment Committee in collaboration with the Civil Hospital ICTC-STI, Rohru. The members of Red Ribbon Club were also present during the session. The session was chaired by the Principal of the college, Dr. Poonam Mehta, who also graced the event as the Chief Guest.

The Resource Person for the session was Dr. Kritik Mehta, accompanied by his team members, along with Dr. Monika Raina, Chairperson/Convener of the Women Cell/ICC/Prevention of Sexual Harassment Committee. Dr. Kritik Mehta, MO Incharge ICTC-STC Rohru, took charge of the session and delivered a comprehensive and meticulous lecture on all four themes. His discussion on women's health and hygiene, especially regarding iron deficiency and anaemia among women, proved to be extremely insightful and eye-opening for the female students. A voluntary testing camp for HIV and Hepatitis was also organised under the guidance of Counsellor Ms. AakshilTegta and Senior Lab Technician Mr. Amit Sharma. A total of 61 students and faculty members voluntarily participated in the testing.

SAT, 29 NOVEMBER 2025

EDITION: SHIMLA KESARI, PAGE NO. 2



Rampur (Himachal)

29-11-2025

जागरूकता सत्र आयोजित

रोहड़, 28 नवम्बर (बशनाट): लाल बहादुर शास्त्री महाविद्यालय में महिला प्रकोष्ठ/आई.सी.सी./यौन उत्पीड़न रोकथाम समिति द्वारा सिविल अस्पताल रोहड़ के आई.सी.टी.सी., एस.टी.आई. केंद्र के सहयोग से एच.आई.वी./एड्स, हैपेटाइटिस, महिलाओं में खून की कमी (एनीमिया) और स्वच्छता पर आधारित जागरूकता सत्र का आयोजन किया गया। कार्यक्रम की अध्यक्षता कालेज की प्राचार्य एवं मुख्य अतिथि डॉ. पूनम मेहता ने की। डॉ. कृतिक मेहता ने हाल के दिनों में युवाओं से जुड़े महत्वपूर्ण मुद्दों एच.आई.वी./एड्स, यौन संचारित रोग, हैपेटाइटिस तथा महिलाओं में एनीमिया पर विस्तृत जानकारी दी।

विद्यार्थियों को एचआईवी, एड्स हैपेटाइटिस के प्रति किया जागरूक

रोहड़। लाल बहादुर शास्त्री महाविद्यालय में यौन उत्पीड़न रोकथाम समिति ने सिविल अस्पताल रोहड़ के सहयोग से शुक्रवार को जागरूकता शिविर लगाया। शिविर में विद्यार्थियों को एचआईवी, एड्स, हैपेटाइटिस, महिलाओं में अंतर, शरीर में खून की कमी और स्वच्छता के प्रति जागरूक किया गया।

शिविर की अध्यक्षता प्राचार्य डॉ. पूनम मेहता ने की। सत्र की शुरुआत डॉ. मोनिका रेणा और प्रो. दीक्षा कुमारी की ओर से मुख्य अतिथि और संसाधन व्यक्ति के स्वागत के साथ हुई। प्रो. शिफाली थांडा ने स्वागत भाषण दिया। डॉ. कृतिक मेहता ने जागरूकता सत्र में कई ज्वलंत विषयों को उठाया। आईसीटीसी एसटीसी रोहड़ के प्रभारी डॉ. कृतिक मेहता ने व्याख्यान दिया। उनके व्याख्यान में महिलाओं में खून की कमी और स्वच्छता पर भी ध्यान केंद्रित किया गया।

उन्होंने न केवल छात्रों की जिज्ञासाओं का समाधान किया, बल्कि शिविर से संबंधित सवालों के जवाब भी दिए। काउंसलर आशी तेगटा और वरिष्ठ लेब तकनीशियन अमित शर्मा के मार्गदर्शन में एचआईवी/हैपेटाइटिस का कई छात्रों ने स्वीच्छक रूप से परीक्षण दिया। संवाद



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MASS AWARENESS RALLY ON HIV/AIDS (29.11.2025)

The Red Ribbon Club of LBS Government College, Saraswati Nagar successfully organized a **Mega Awareness Rally on HIV/AIDS**, aimed at sensitizing the community about the importance of HIV prevention, early diagnosis, and the elimination of stigma associated with the disease. The event was conducted in collaboration with **NSS, NCC, Rovers & Rangers, Women Cell, Anti-Drug Cell, and the Anti-Ragging Committee**, ensuring wide participation and collective institutional effort.

As part of the college's ongoing **community outreach and MoU initiatives**, two schools, **PM Shri Govt Model Senior Secondary School, Sawra** and **RP Sauhta DAV Public Senior Secondary School, Sawra** were invited to join the campaign. Students and teachers from both institutions actively participated in the rally, marching alongside the college volunteers and contributing to the overall impact and visibility of the awareness drive.

The rally proceeded through the main market area and Kainchi of Sawra, where students raised slogans promoting health awareness and social responsibility. To further strengthen the outreach, **informative**

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pamphlets on HIV/AIDS were distributed among local residents, highlighting key facts about transmission, prevention, and the importance of compassion toward affected individuals. A total of **173 students** from the college and participating schools took part in this Mega Rally, demonstrating commendable enthusiasm and commitment to social welfare. After the successful completion of the event, **refreshments were provided to all participants**, ensuring their comfort and acknowledging their active involvement in the awareness initiative. The rally not only fulfilled its objective of spreading awareness but also strengthened the spirit of collaboration between the college and local educational institutions, reinforcing the institution's dedication to community service and youth engagement.

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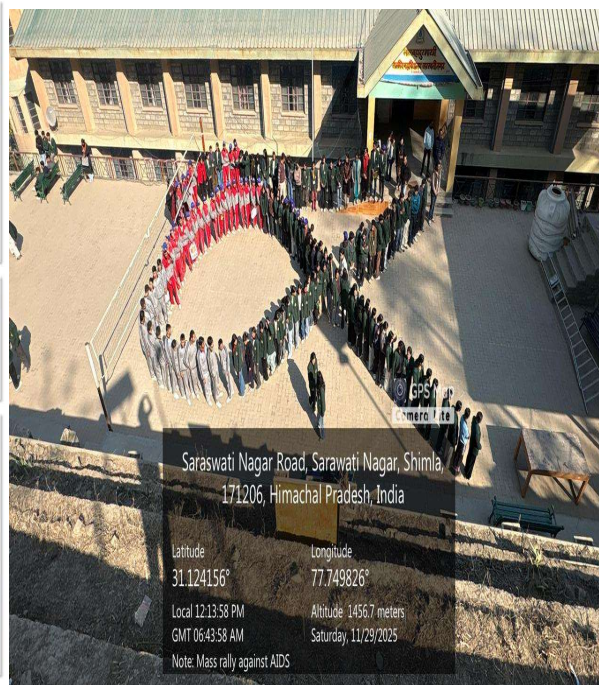
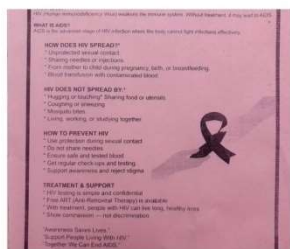
पंजाब केसरी SUN, 30 NOVEMBER 2025 EDITION: SHIMLA KESARI, PAC

विद्यार्थियों ने निकाली एड्स जागरूकता रैली

रोहड़ू, 29 नवम्बर (बशनाट): लाल बहादुर शास्त्री राजकीय महाविद्यालय सरस्वती नगर में रैड रिबन क्लब के तत्वावधान में एच.आई.वी./एड्स जागरूकता के लिए रैली निकाली गई।

डा. पुष्प चौहान नोडल अधिकारी रैड रिबन क्लब के नेतृत्व में आयोजित कार्यक्रम में कालेज की विभिन्न इकाइयों एन.एस.एस., एन.सी.सी., रोजर्स एवं रोजर्स, महिला प्रकोष्ठ, एंटी-ड्रग व एंटी-स्मॉकिंग प्रकोष्ठ ने संयुक्त रूप से भागीदारी निभाई। रैली का उद्देश्य समुदाय में एच.आई.वी./एड्स से संबंधित संक्रमण, रोकथाम उपायों और जागरूकता का संदेश प्रसारित करना रहा।

महाविद्यालय द्वारा एम.ओ.यू. के तहत अपनाए गए 2 विद्यालय पी.एम. श्री राजकीय मॉडल सीनियर सैकेंडरी स्कूल सावड़ा और आर.पी. सोहटा डी.ए.वी. पब्लिक सीनियर सैकेंडरी स्कूल के छात्र व शिक्षक भी रैली में शामिल हुए। सभी प्रतिभागियों ने जागरूकता अभियान में सक्रिय भूमिका निभाई। छात्रों ने जागरूकता पेंफलेट्स बाँटकर स्थानीय लोगों को इस अभियान से जोड़ने का प्रयास किया। करीब 160 छात्रों की सहभागिता वाली यह रैली महाविद्यालय परिसर से शुरू होकर सावड़ा बाजार तक निकाली।



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ATTENDANCE OF STUDENTS									
WORLD AIDS DAY									
1 st DECEMBER									
RED RIBBON CLUB									
GOVT COLLEGE SARASWATI NAGAR SHIMLA									
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WORLD AIDS DAY (01.12.2025)

World AIDS Day was celebrated with great enthusiasm by Red Ribbon Club of Lal Bahadur Shastri Govt College, Saraswati Nagar, under the guidance of the Principal, Dr Poonam Mehta. The theme, "Overcoming Disruption, Transforming the AIDS Response," was highlighted throughout the event. All the Science Faculty were present to grace the occasion. World AIDS Day is observed annually on 1st December every year. This is a chance for people all over the world to come together in the battle against HIV, to support those who are living with HIV, and to remember those who have passed away from an AIDS-related illness. Even while HIV continues to be a serious public health concern that affects millions of individuals globally, the global HIV response is at risk. Numerous lives are at stake as a result of the recent stagnation in HIV objective progress and resource depletion. HIV became and continues to be a global health epidemic due to several shortcomings, including division, inequality, and contempt for human rights.

To mark the occasion, a series of competitions was organized, including PowerPoint Presentation, Slogan Writing, Poster Making, and Reel Making. A total of 34 students participated in these competitions. All the Science Faculty members were also present. Winners were given mementoes and certificates by the worthy Principal, Dr Poonam Mehta. Refreshment was also distributed to the students at the end of the programme.

NAMES OF WINNERS:

1. PowerPoint Presentation

1st: Ms Poonam Thakur (BSc I)

2nd: Ms Mohini (BSc I)

3rd: Ms Tamanna (BSc I)

2. Poster Making Competition

1st: Ms Poonam Thakur (BSc I)

2nd: Ms Tanuja (BSc III)

3rd: Mr Dikshant Mokta (BSc I)

3. Slogan Writing Competition

1st: Ms Mannat (BSc I)

2nd: Ms Sneha (BA I)

3rd: Ms Trisha (BSc II)

4. Reel Making Competition

1st: Ms Janvi Thakur (BSc III)

2nd: Ms Mohini (BSc I)

3rd: Mr Nikhilesh Sethi (BSc II)

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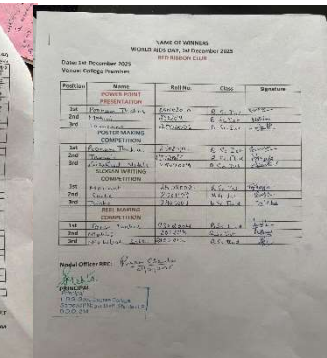
Rampur (Himachal)

02-12-2025

स्लोगन राइटिंग स्पर्धा में मन्तव्य प्रथम

रोहटुड़ा। लाल बहादुर शास्त्री राजकीय महाविद्यालय सरस्वती नगर के रैड रिबन क्लब ने विश्व एड्स दिवस पर प्रतियोगिताएं करवाई। पावर प्वाइंट प्रेजेंटेशन और पोस्टर मेकिंग में पुनम ठाकुर ने प्रथम स्थान प्राप्त किया। स्लोगन राइटिंग में मन्तव्य ने पहला स्थान हासिल किया। रील मेकिंग में जानवी ने प्रथम स्थान प्राप्त किया। विजेताओं को कार्यक्रम की मुख्य अतिथि और महाविद्यालय की छात्रा डॉ. पुनम मोहता ने स्मृति विध्वन और प्रमाणपत्र प्रदान किए। संवाद

एड्स-डै पर किया जागरूक, रैली व प्रतियोगिताएं आयोजित



BLOOD DONATION CAMP (17.02.2026)

A Blood Donation Camp was successfully organised at Lal Bahadur Shastri Government College Saraswati Nagar Sawea. The event was held under the joint aegis of Red Cross Society, Red Ribbon Club and all other units and clubs such as NSS, NCC, Rover Ranger, Women Cell, Anti Drug Cell, Road Safety Club and Anti-Ragging Cell. This blood donation camp was conducted by Dr. Manoj Ranjan and his team (07 other members) who came from the Blood Bank of Civil Hospital Rohru. Under his supervision, the entire camp was organised in an orderly and safe manner.



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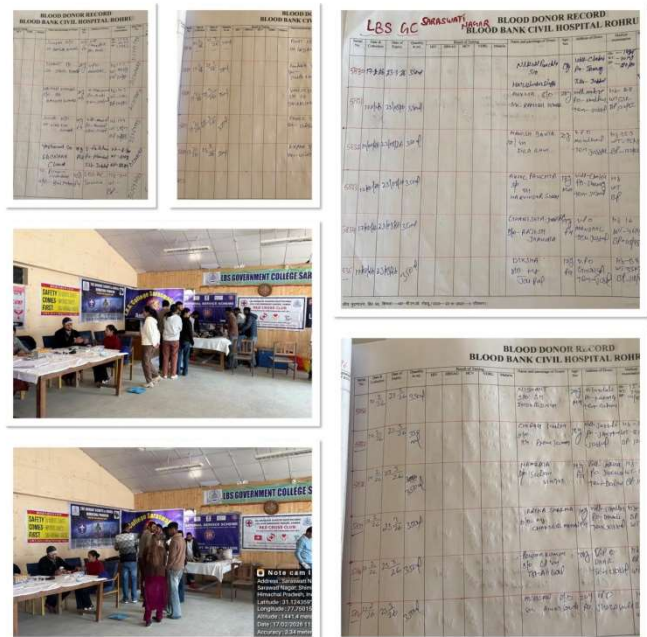
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The students of the college and few from community participated enthusiastically in the camp and contributed to this work of serving humanity. About 22 students, staff members and people from outside donated blood and showed their responsibility towards the society.

Red Ribbon Club students provided their services in checking the Hb of donors and distribution of refreshment. They also helped in managing and conducting this Donation Drive successfully.

On this occasion, the principal of the college Dr. Poonam Mehta said that blood donation is the biggest human religion and active participation of youth conveys the message of positive change in the society. The college administration expressed gratitude to all blood donors, organising committee and medical team and said that such events strengthen the social consciousness, cooperation and spirit of service among the youth. All the blood donors and volunteers were provided with refreshment from the college and certificates from the Blood Bank. The camp not only proved to be a life-giving initiative for the needy, but also encouraged the student's sense of personality building and social responsibility.





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AWARENESS LECTURE ON HIV/AIDS DURING INTERNATIONAL WOMEN'S DAY, 2026 (07.03.2026)

International Women's Day was celebrated in College on 7th March 2026, as 8th March fell on a Sunday. The programme was organized jointly by the Women's Cell and the Red Ribbon Club of the college with the objective of spreading awareness about women's rights, health, and social issues. The programme focused on the importance of women's empowerment and creating awareness among students about various issues related to women. During the session, students were informed about HIV/AIDS awareness, women empowerment, health and hygiene, and other important topics related to the well-being and safety of women. Dr Monika Raina, Convener of Women Cell emphasized the need for education, equality, and awareness in building a society where women can live with dignity and confidence. Dr Punam Chauhan, Nodal Officer, Red Ribbon Club talked about the HIV/AIDS and health & hygiene. The theme of International Women's Day 2026 was "Give To Gain", which highlights that when society invests in the empowerment and development of women, the entire community benefits. The programme reflected this theme by encouraging students to promote gender equality and develop a responsible and supportive attitude towards women in society.

The awareness programme was conducted under the guidance of Dr. Monika Raina, Convener of the Women's Cell, and Dr. Punam Chauhan, Nodal Officer of the Red Ribbon Club. Prof Preeti Panta, Dr. Sanjeev Barshetka, and Prof Pawan Kumar actively participated in organizing and conducting the programme. They interacted with the students and shared valuable insights on women's issues and health awareness. Around 61 students participated in the programme and actively listened to the discussions and awareness talks. The programme concluded with an interactive session where students shared their views and learned about the importance of gender equality and health awareness. At the end of the programme, refreshments were distributed to all the participants. The event proved to be informative and meaningful, helping students understand the importance of women's empowerment, health, and social awareness in building a progressive society.

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Rampur (Himachal)
08-03-2026

विद्यार्थियों को बताया महिला सशक्तीकरण समानता का महत्व



संवाद जयुज एजेंसी

रोहटु। लाल बहादुर शास्त्री राजकीय स्नातकोत्तर महाविद्यालय सरस्वती नगर में शनिवार को अंतरराष्ट्रीय महिला दिवस मनाया गया। कार्यक्रम का आयोजन महाविद्यालय के युवसेल एवं रेड रिबन क्लब ने संयुक्त रूप से किया। कार्यक्रम का संचालन युवसेल सेल की संयोजिका डॉ. मोनिका देवा और रेड रिबन क्लब की नोडल अधिकारी डॉ. पुष्पा चौहान के मार्गदर्शन में किया गया। इस अवसर पर डॉ. प्रीति पांडा, डॉ. संजीव भारद्वाज और प्रो. पवन कुमार का विशेष सहयोग रहा। कार्यक्रम के दौरान डॉ. मोनिका देवा ने महिलाओं के स्वास्थ्य, समाज में

युवाओं को जागरूक रहने और स्वस्थ जीवनशैली अपनाने के लिए किया प्रेरित

उनकी महत्वपूर्ण भूमिका और विभिन्न क्षेत्रों में महिलाओं की उपलब्धियों के बारे में जानकारी दी। उन्होंने विद्यार्थियों को महिला सशक्तीकरण और समानता के महत्व से भी अवगत कराया। इसी क्रम में डॉ. पुष्पा चौहान ने विद्यार्थियों को एचआईवी/एड्स, स्वरूप एवं स्वरूप से संबंधित महत्वपूर्ण जानकारी दी और युवाओं को जागरूक रहने और स्वस्थ जीवनशैली अपनाने के लिए प्रेरित किया। प्रचारार्थ डॉ. पुष्पा चौहान ने सभी को अंतरराष्ट्रीय महिला दिवस की शुभकामनाएं दीं।

Shimla Kesari
Mar 08, 2026 (IST)

पंजाब केसरी



रोहटु : एन बी एस, कालंग सरस्वती नगर में आयोजित कार्यक्रम में मौजूद छात्र-छात्राएं। (संवाद)

महिलाओं की उपलब्धियों के बारे में जानकारी दी

रोहटु, 7 मार्च (बिनामत): लाल बहादुर शास्त्री राजकीय स्नातकोत्तर महाविद्यालय सरस्वती नगर (सावड़ा) में अंतरराष्ट्रीय महिला दिवस के उपलक्ष्य में शनिवार को जागरूकता कार्यक्रम आयोजित किया गया। 8 मार्च को मनाए जाने वाले इस दिवस की इस वर्ष रविवार होने के कारण महाविद्यालय में एक दिन पहले मनाया गया। कार्यक्रम का आयोजन महाविद्यालय के युवसेल और रेड रिबन क्लब के संयुक्त तत्वावधान में किया गया। इस वर्ष महिला दिवस की वैश्विक थीम गिव टू गेट रखी गई है, जिसका संदेश है कि महिलाओं के सशक्तीकरण और समानता के लिए समाज में सहयोग, समर्थन और अवसर प्रदान करना आवश्यक है। इस अवसर पर युवसेल सेल की संयोजिका डॉ. मोनिका देवा ने विद्यार्थियों को महिलाओं के स्वास्थ्य, समाज में उनकी भूमिका और विभिन्न क्षेत्रों में उनकी उपलब्धियों के बारे में जानकारी दी। रेड रिबन क्लब की नोडल अधिकारी डॉ. पुष्पा चौहान ने एचआईवी/एड्स, स्वरूप और स्वरूप से जुड़ी महत्वपूर्ण जानकारी साझा करते हुए विद्यार्थियों को जागरूक और जिम्मेदार नागरिक बनने के लिए प्रेरित किया।



Red Ribbon Club

Roll No. 2020101

Sl. No.	Name	Roll No.	Class	Signature
1	Harpreet	2020101	11th	
2	Harpreet	2020102	11th	
3	Harpreet	2020103	11th	
4	Harpreet	2020104	11th	
5	Harpreet	2020105	11th	
6	Harpreet	2020106	11th	
7	Harpreet	2020107	11th	
8	Harpreet	2020108	11th	
9	Harpreet	2020109	11th	
10	Harpreet	2020110	11th	
11	Harpreet	2020111	11th	
12	Harpreet	2020112	11th	
13	Harpreet	2020113	11th	
14	Harpreet	2020114	11th	
15	Harpreet	2020115	11th	
16	Harpreet	2020116	11th	
17	Harpreet	2020117	11th	
18	Harpreet	2020118	11th	
19	Harpreet	2020119	11th	
20	Harpreet	2020120	11th	

Sl. No.	Name	Roll No.	Class	Signature
1	Harpreet	2020121	11th	
2	Harpreet	2020122	11th	
3	Harpreet	2020123	11th	
4	Harpreet	2020124	11th	
5	Harpreet	2020125	11th	
6	Harpreet	2020126	11th	
7	Harpreet	2020127	11th	
8	Harpreet	2020128	11th	
9	Harpreet	2020129	11th	
10	Harpreet	2020130	11th	
11	Harpreet	2020131	11th	
12	Harpreet	2020132	11th	
13	Harpreet	2020133	11th	
14	Harpreet	2020134	11th	
15	Harpreet	2020135	11th	
16	Harpreet	2020136	11th	
17	Harpreet	2020137	11th	
18	Harpreet	2020138	11th	
19	Harpreet	2020139	11th	
20	Harpreet	2020140	11th	

Sl. No.	Name	Roll No.	Class	Signature
1	Harpreet	2020141	11th	
2	Harpreet	2020142	11th	
3	Harpreet	2020143	11th	
4	Harpreet	2020144	11th	
5	Harpreet	2020145	11th	
6	Harpreet	2020146	11th	
7	Harpreet	2020147	11th	
8	Harpreet	2020148	11th	
9	Harpreet	2020149	11th	
10	Harpreet	2020150	11th	
11	Harpreet	2020151	11th	
12	Harpreet	2020152	11th	
13	Harpreet	2020153	11th	
14	Harpreet	2020154	11th	
15	Harpreet	2020155	11th	
16	Harpreet	2020156	11th	
17	Harpreet	2020157	11th	
18	Harpreet	2020158	11th	
19	Harpreet	2020159	11th	
20	Harpreet	2020160	11th	

Punam

DR PUNAM CHAUHAN
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Principal

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