



SARASWATI DHARA

A NEWS LETTER OF LBS
GC SARASWATI NAGAR



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Lal Bahadur Shastri Govt. College Saraswati Nagar

Principal's Message



Dr. Poonam Mehta
Principal, LBS Govt.
College Saraswati Nagar

A momentum has been created to strengthen the frame of educational arena by following a focused approach on curriculum expansion and gearing up developmental activities in the college. As educated minds have to face challenges in the global market therefore multifarious events towards personality development have been kept in mind by the dedicated staff members who deserve due appreciation and felicitation for their contribution. I acknowledge the whole hearted support of all the parents and well-wishers

without whose help any achievement would have not been possible. This is my considered opinion that a joint responsibility of the parents and teachers can guide the students to best of their destinations. The future is in the hands of present. It is said that destiny of a nation is shaped in the classroom. So let us work together towards creating a better tomorrow. May almighty bless us all.

MoU with Hateshwari Temple Committee

1st Oct 2025



On 01.10.2025, MoU was signed between LBS Govt Degree College Saraswati Nagar and Hateshwari Mata Temple. MoU was signed by Dr Poonam

Mehta, Principal of the institution and Mr Gurmeet G. Negi, SDM Jubbal & Chairman of Hateshwari Temple Committee in the presence of other temple committee members and college faculty members. Students of the institution also organised Bhajan Geet Program on the occasion of Navami in the premises of the temple. They showcased their devotion to Maa Hateshwari by singing melodious bhajans which attracted the attention of all the devotees present in the temple.



Gandhi Jayanti and Lal Bahadur Shastri Jayanti Celebration

2nd Oct 2025



On the occasion of Gandhi Jayanti and Lal Bahadur Shastri Jayanti, the NSS, NCC and Rover & Ranger Units of Lal Bahadur Shastri Government Degree College, Saraswati Nagar celebrated the day with great enthusiasm and reverence. After paying tribute to the great leaders, the NSS volunteers organized a Cleanliness Drive under the

Nonviolence Week. During the drive, volunteers actively participated in cleaning the college campus and spreading the message of cleanliness and

social responsibility. The programme was successfully conducted under the guidance of Asst. Prof. Pawan Kumar (NSS Programme Officer, Unit I),

Asst. Prof. Preeti Panta (NSS Programme Officer, Unit II), Dr. Rohit Mokta (Incharge, NCC) Asst. Prof. Priyanka and Asst. Prof. Punit Manta (Incharge, Rangers & Rovers). The event not only paid homage to the ideals of Mahatma Gandhi and Lal Bahadur Shastri Ji but also encouraged students to follow the path of simplicity, cleanliness, and service to society.

CSCA Body constitution for the Session 2025-26

4th Oct 2025

The Oath ceremony of the College Students Central Association was held at Lal Bahadur Shastri Government College, Saraswatnagar today in a very enthusiastic and dignified atmosphere. This council has been constituted in accordance with the recommendations of the State University and the Lingdoh Committee for the academic session 2025-26.



Name of the main executive body:

President: Ms Manisha (MA Hindi 1st Sem)

Vice President: Ms Janvi Thakur (BSc III)

General Secretary: Ms Anchal (BA II)

Joint Secretary: Ms Rishika Sharma (BCom I)

In addition, representatives of various departments of the college, class representatives, representatives of various units, societies and clubs and various activities were elected.

MoU with RVS Govt. PG College Seema & Pratibha Spandan

6th Oct 2025



MoU between LBS Govt. College and Pratibha Spandan with RVS Govt. College Seema signed with agenda:

*** To organize conferences, seminars, symposium, workshops, lectures, training programmes as well as other academic activities based on different themes of respective subjects for the benefit of the faculty and students as well.**

- * To promote culture, yoga, human values and ethics, Indian tradition and heritage etc. among students, faculty and community through various social activities.
- * To organize programmes for skill development of students.
- * To provide guidance and counselling to the students in various areas.
- * To organise various activities to create awareness among common public regarding environmental issues, community welfare, employability, health and education etc.

Disaster Management Demonstration

11th Oct 2025



The NCC Unit of L.B.S. Govt. P.G. College, Saraswati Nagar actively participated in a disaster management demonstration conducted by the 14th Battalion, NDRF. The event focused on safety awareness, rescue operations, and first aid techniques. NCC cadets took part in various practical activities and rescue demonstrations, showing great enthusiasm, discipline, and teamwork. College staff and

students also attended and gained valuable knowledge about disaster preparedness and emergency response.

Food Fest and Workshop on Cultural Heritage

11th Oct 2025



A two-day Food Fest and Workshop on Cultural Heritage was organized by Lal Bahadur Shastri Government Degree College, Saraswati Nagar, with the aim to preserve and promote our rich culture, tradition, and heritage. The event was jointly conducted by the Cultural Heritage Society

and the Red Cross Club of the college. Students from PM Shri Government Model Senior Secondary School, Saraswati Nagar, and Dr. R. P. Sauta DAV Senior Secondary School, Saraswati Nagar, were invited under the MoU to participate in the fest. All the three institutions set up stalls displaying a variety of traditional food items, reflecting the diverse culinary traditions of the region. The fest not only provided a platform for students to showcase their culinary skills but also encouraged them to take pride in the cultural legacy of the community. Principal, Dr Poonam Mehta, Shri Rai Singh and other delegates were also present to witness this food fest. They appreciated the students for their commendable efforts and motivated them to keep themselves rooted to our cultural and tradition. Everyone was wearing traditional attire to promote the pahadi culture and tradition.

Drug Abuse Awareness Lecture

17th Oct 2025



On 17th October 2025, a Drug Abuse Awareness Lecture was organized at Lal Bahadur Shastri Government Degree College, Saraswati Nagar, under the chairpersonship of Principal Dr. Poonam Mehta. The event was organized by the Anti-Drug Committee, convened by Dr. Sumitra Chauhan along with members Dr. Naresh Kumar, Assistant Professor Priyanka, Assistant Professor Diksha Chauhan, and Assistant Professor Punit Manta. Around 300 students and the entire faculty of the college participated enthusiastically. The students presented speeches and poems on the theme of drug abuse. The chief speaker, Mr. Utsav Bains, Special Public Prosecutor, Narcotics Control Bureau, Ministry of Home Affairs, Government of India, delivered an insightful lecture on drug awareness. Additionally, Mr. Chetan Chauhan, Station House Officer, Jubbal, spoke on drug abuse prevention. Other speakers included Mr. Rakesh Negi, Bureau Chief, Vision Himachal TV, Dr. Vaibhav, Medical Officer, CH Jubbal, and Mr. Roshan Lal Tanta, retired teacher and social worker, who shared valuable insights with the students and appealed to the youth to stay away from drugs.

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Road Safety Awareness Program

4th Nov 2025



Road Safety Awareness Program organised by Road Safety Club in the premises by conducting a quiz, slogan writing and poster making competition. In the quiz, Vansh Dulta won the first position, Akhil Panjta won the second position and Ankesh won the third position. In slogan writing, Sneha won the first position, Rohini won the second position and Shagun won the third position. In the poster making competition, Simran won the first place, Kashish Nepta won the second position and Sneha won the third position. The event was organised by Assistant Professor Pawan Kumar, Convener of Road Safety Club and members Assistant Professor Diksha Chauhan and Assistant Professor Priyanka Puharta.

HPU Inter College Table Tennis Championship

8th & 9th November 2025



Our College hosted HPU Inter College Table Tennis Championship on 8th & 9th November 2025 under the guidance of Principal Dr Poonam Mehta

Organising Secretary: Dr Digvijay Chauhan (Asst Prof, Physical Education)

Twenty teams from various colleges of HP participated in the event. Chief Guest of Opening Ceremony on 8th Nov was Mr. R. P. Nepta, Commandant HP Home Guard, 2nd Battalion. Chief Guest of Cultural Evening on 8th Nov was Mr. Gurmeet G. Negi, SDM Jubbal and Chief Guest of Closing Ceremony on 9th Nov was Dr. P. N. Chauhan, Director (Retd.), Physical Education and Youth Programme

🏆 Winning Team: Govt. College Solan

🏆 First Runner up: Govt. College Nagrota

🏆 Second Runner up: Centre of Excellence, Sanjauli

MoU with Krishi Vigyan Kendra, Rohru

15th Nov 2025



On 15th Nov 2025, LBS Govt College signed MoU with 'Krishi Vigyan Kendra, Rohru' under the able leadership and guidance of the Principal, Dr. Poonam Mehta to promote research, training, and student-centric activities in agriculture and allied scientific fields. Students from the Science

Department with Dr Punam Chauhan (Dept of Zoology) and Dr Shallu Dogra (Dept of Chemistry), visited Krishi Vigyan Kendra as a part of the MoU activities. During the educational visit, Dr. Usha Sharma, Senior Scientist & Head, KVK, along with Scientists Dr. Ajay Bragta, Dr. Nagendra Pal Butail, and Dr. Shikha Bhagta, enriched the students with valuable knowledge. They educated the students about different varieties of crops,

millets, grains, high-yielding varieties of apples, bee rearing practices (including mud and log hives), and soil testing techniques.

Online lecture on Environment and Ethics

17th Nov 2025



On 17th November 2025, an online lecture on “Environment and Ethics: Our Responsibility in a Changing Climate” was organised for the Science and Geography students of the college. The lecture was delivered by Dr. Kumari Sita, Assistant Professor, Department of Botany, Khalsa College for Women, Amritsar. The session was coordinated and organised by Assistant Professor Shefali Thanta, who ensured active participation of the students. The lecture provided valuable insights into environmental responsibility, ethical considerations, and the role of individuals in addressing the challenges posed by climate change.

Awareness Program conducted by Anti-Drug Cell

18th Nov 2025

Awareness Program conducted by Anti Drug Cell in collaboration with NSS, NCC, Rovers & Rangers and Eco Club on 18.11.2025 under the guidance of Dr Poonam Mehta, Principal of the institution. Convener, Anti Drug Cell, Dr Sumitra Chauhan with her team members Dr Shallu, Prof Diksha Chauhan, Prof Naresh Kumar, Prof Priyanka and Prof Punit Manta organised various sets of competitions and other activities like:

1. Poster making competition
2. Slogan writing competition
3. Pledge on Tobacco Free environment
4. Nukkad Natak
5. Mass Rally

The rally was conducted within the local community, where students actively participated by carrying informative placards and raising slogans highlighting the harmful effects of drug abuse and tobacco consumption. Nukkad Natak on harmful effects of tobacco/alcohol/drugs was displayed both on the college campus and at Sawra Kainchi to spread awareness among the community on large scale. This initiative helped in spreading a strong message about adopting a healthy lifestyle and taking shared responsibility to safeguard youth from addiction.



4 days Special NSS Camp

25th Nov 2025

NSS यूनिट, LBS Govt. PG College Saraswati Nagar द्वारा आयोजित विशेष शिविर की शुरुआत हुई। यह शिविर झड़ग में आयोजित नागेश्वर देवता के शांत महायज्ञ के उपलक्ष्य में लगाया गया, जिसमें NSS स्वयंसेवक सेवा व सहयोग प्रदान की। सुबह 10:00 बजे सभी स्वयंसेवक कॉलेज परिसर से नागेश्वर देवता मंदिर की ओर निकले। मंदिर पहुँचकर स्वयंसेवकों ने सर्वप्रथम नागेश्वर देवता के दर्शन और आशीर्वाद प्राप्त किया। इसके बाद सभी स्वयंसेवकों ने मंदिर परिसर एवं आसपास के क्षेत्र में स्वच्छता अभियान चलाकर सफाई कार्य में योगदान दिया।

इस कार्यक्रम में कई सम्मानित अतिथिगण एवं स्थानीय प्रतिनिधि उपस्थित रहे—

NSS कार्यक्रम अधिकारी

सहायक प्राध्यापक पवन लिटिल

सहायक प्राध्यापक प्रीति पांटा

महंत, नागेश्वर देवता मंदिर – राय लाल मैहता संस्थान मंदिर समिति के सदस्य प्रधान, ग्राम पंचायत झड़ग – श्री अशोक सारटा बीड़ीओ जुब्बल – श्री करन सिंह महिला मंडल, झड़ग

इसके अतिरिक्त, LBS Govt. PG College Saraswati Nagar से सम्मानित अध्यापक भी उपस्थित रहे—

प्राचार्य – डॉ. पूनम मेहता, डॉ. लोक राज शर्मा, डॉ. दिग्विजय चौहान, प्रवक्ता अर्चना नंदा। स्वयंसेवकों द्वारा किया गया यह सेवा कार्य समाज में स्वच्छता, सद्गुरुता और सामाजिक जिम्मेदारी की भावना को बढ़ावा देता है। आज का दिन शिविर की एक प्रेरणादायक और सफल शुरुआत के रूप में यादगार रहा।



Celebration of Constitution Day

26 Nov 2025

The Department of Political Science, LBS Government College, Saraswati Nagar, celebrated Constitution Day (Samvidhan Diwas) on 26 November 2025 under the supervision of Dr. Sanjeev Barshetka. The event witnessed



enthusiastic participation from more than 60 students and aimed at promoting awareness about the Indian Constitution, its historical significance, and the democratic principles it upholds. Constitution Day, observed every year on 26 November, marks the adoption of the Constitution of India in 1949 and serves as a reminder of the visionary efforts of the Constituent Assembly and

the enduring ideals of justice, liberty, equality and fraternity.

Visit of Primary School Students to explore the College

27th Nov 2025



Students from the neighbouring Primary School on 27th Nov 2025 along with their teachers, visited the college premises and explored various facilities such as the science labs, medical aid room, library, gym, music room, classrooms, and many more learning spaces. This school has been adopted by LBS Govt College, and the visit was

organised to inspire young learners and give them early exposure to the college environment. The children were extremely excited throughout the

visit and enjoyed every moment. They were very curious to know about the working of different instruments in the laboratories, students reading and accessing books in the library, exercises performed in the gym and music taught in the college. Their enthusiasm and eagerness to learn made the visit lively and engaging. At the end feedback was taken from the students . Overall, it was a joyful and enriching experience for both the school students and the host college.

Mega Awareness Rally on HIV/ AIDS

29th Nov 2025



The Red Ribbon Club of LBS Government College, Saraswati Nagar successfully organized a Mega Awareness Rally on HIV/AIDS in collaboration with NSS, NCC, Rovers & Rangers, Women Cell, Anti-Drug Cell and Anti-Ragging Committee of the institution. As a part of the institution's community outreach and MoU initiatives, two schools, PM Shri Government Model Senior Secondary School, Sawra and RP Sauha DAV

Public Senior Secondary School, Sawra were also invited to participate. Students and teachers from both schools actively accompanied the rally, adding strength to the awareness campaign. Pamphlets were also distributed

among the people to spread awareness about HIV/ AIDS. More than 150 students participated in this Mega Rally.

Celebration of World AIDS Day

1st Dec 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. The Nodal Officer of RRC is Dr Punam Chauhan. To mark the occasion, a series of competitions were organized, including PowerPoint Presentation, Slogan Writing, Poster Making, and Reel Making.

Winners:

1. PowerPoint Presentation

- 1st: Ms Poonam Thakur (BSc I)
- 2nd: Ms Mohini (BSc I)
- 3th: Ms Tamanna (BSc I)



2. Poster Making Competition

- 1st: Ms Poonam Thakur (BSc I)
- 2nd: Ms Tanuja (BSc III)
- 3th: Mr Dikshant Mokta (BSc I)



3. Slogan Writing Competition

- 1st: Ms Mannat (BSc I)
- 2nd: Ms Sneha (BA I)
- 3th: Ms Trisha (BSc II)



4. Reel Making Competition

- 1st: Ms Janvi Thakur (BSc III)

- 2nd: Ms Mohini (BSc I)
- 3th: Mr Nikhilesh Sethi (BSc II)

National Seminar against the Package Food Items

2nd Dec 2025



A one-day NATIONAL SEMINAR-cum-CAMPAIGN against the package food items entitled, ‘UNWRAPPING THE TRUTH’ was organised by Lal Bahadur Shastri Govt. Degree College, Saraswati Nagar in collaboration with Global Indian Scientists & Technocrats” forum (GIST) and Aahaar Kranti, a public movement launched by organisation’s like Vijnana Bharati and the GIST Forum to raise awareness about nutritional balance and the importance of local, accessible

food. The Campaign was led by Dr. Shallu Dogra, Assistant Professor of Chemistry, along with her B.Sc. Medical & Non-Medical students and was held at the PM SHREE GOVT. MODEL SR. SEC. SCHOOL, Saraswati Nagar, with a participation by over 100 students. The campaign was aimed to educate students about the hidden dangers of packed and processed foods. Through an interactive session, Dr. Dogra and the students, explained the

harmful effects of excessive intake of chemicals present in packed food and encouraged students to adopt healthier eating habits by choosing fresh, local, and home-made food as healthy and inexpensive alternative . The campaign aimed to build food-label awareness, promote safe and nutritious choices, and inspire long-term behavioural change among students and society making it a meaningful step towards a healthier community. The campaign received a huge applause and acceptance by the students and teachers.

Awareness Lecture on Prevention of Sexual Harassment

3rd Dec 2025



An Awareness Lecture was organized by the Women Cell/ICC/Prevention of Sexual Harassment Committee on 3rd December 2025 at 11:30 a.m. in the Conference Hall. The theme of the session was “Prevention and Consequences of Sexual Harassment at the Workplace.” The lecture was delivered by Dr. Vandana

Chauhan Mehta, a distinguished academician and expert in Criminal Law. Dr Mehta provided insightful guidance on the POCSO Act and elaborated on the legal, psychological, and social implications of sexual harassment. She also discussed women's rights, various forms of sexual assault, and the challenges faced by survivors. The programme was graced by the esteemed

Principal, Dr. Poonam Mehta and the Chairperson/Convener of the Women Cell/ICC, Dr. Monika Raina. Teaching and non-teaching staff, advisory members, and students participated enthusiastically.

Workshop on establishment of a Pre-Rural Incubation Centre

13th Dec 2025



2nd Workshop on the establishment of a Pre-Rural Incubation Centre under the RAMP (Raising and Accelerating MSME Performance) scheme was successfully conducted by The Planet Education Society, Paonta Sahib on 13th Dec 2025. These workshops are organised by Career Counselling & Placement Cell of the institution. During the

workshop, the students were informed in detail about entrepreneurship opportunities in rural areas, startup culture, self-employment, MSME registration, financial support, and the role and benefits of pre-rural incubation centres. On this occasion, all the teaching and non-teaching staff including the Principal of the college, Dr. Poonam Mehta, were present. Especially Shri Radha Raman Ji (Assistant Manager) from HP State Co-operative Bank participated and provided important information on banking support to students, loan schemes, financial facilities for self-employment and government support available for entrepreneurs. At the

end of the workshop, students participated enthusiastically and shared their thoughts and questions. All the participants appreciated the initiative and called it an important step towards rural development.



Editorial Board

Dr. Radha Raman Gautam
Assist. Prof. Physics

Dr. Shallu Dogra
Assist. Prof. Chemistry

Mr. Punit Manta
Assist. Prof. Economics