

Report of the Activities conducted by Red Ribbon Club Govt. College of Teacher Education,

Dharamshala during the session 2024-25 (July to June)

Nodal officers: Mrs. Reeta Devi & Dr. Atul Thakur

New Volunteers enrolled for the session: 47

Sr. No.	Date/ Duration	Name of Activity	Details of Activity	No. of students involved	Details of Participants	Awards Prize
1.	26 th July 2024	Kargil Vijay Divas Homage	Kargil Vijay Divas Homage at War Memorial Dharamshala	26	All Volunteers of Red Ribbon Club	NA
2.	14 th August 2024	Youth Fest Marathon "Red Run"	Participation in "Red Run" Youth Fest Marathon Organised by Medical Office Kangra	03 (Tapender 23354, Manoj Kumar 23269, Kamal Kant 23353)	03 Volunteers participated in the event	NA
3.	31 st August 2024	HIV Awareness Rally	HIV Awareness Rally Route: Govt. College of Teacher Education, Dharamshala Campus to DC Office Via Sheed Samarak using slogans and posters and placards	150	All volunteers of Red Ribbon Club, College students and All staff Members	NA
4.	2 nd September 2024	HIV Awareness Lecture	A HIV Awareness guest Lecture was delivered by Mrs. Meena, ICTC Counselor, Kangra	130	All volunteers of Red Ribbon Club, College students and All staff Members	NA
5.	30 th November 2024	World AIDS Day	Selfi point, Himan	262	All volunteers of Red Ribbon	Poster Making:

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			Chain, Slogan Writing on TB Awareness, Stone painting on HIV Awareness Poster Making, Nukkad Natak, Candle March. Guest Lecture on HIV by. Dr. R.K. Sood		Club, College students and All staff Members	Anchal 24121, Pooja 24350, Shailja 24389 Slogan Writing: Shivani 24102, Arti 24202, Ritik 24287 Stone painting: Ankita 24122 & Neha Sharma 24114, Manshi 24108 & Shikha 24273, Hitakshi 24120 & Akanksha 24123
6.	30 th November 2024	Felicitation on Best Red Ribbon Club of Distt. Kangra	Felicitation on Best Red Ribbon Club of Distt. Kangra by CMO Kangra	NA	Nodal Officers Mrs. Reeta Devi and Dr. Atul Thakur	NA
7.	1 st December 2024	World AIDS day in Girls Hostel	Candle March on HIV Awareness and END TB Candle text	70	Girls Volunteers of Red Ribbon Club resident of Girls Hostel	NA
8.	3 rd December 2024	Flash Mob On HIV Awareness and Removal of Discrimination	Flash Mob On HIV Awareness outside DC office Parking	19	Volunteers of Red Ribbon Club	NA
9.	23 rd December 2024	Guest Lecture on "Adolescent and Youth: Physical and	Guest lecture on "Adolescent and Youth: Physical and	168	All volunteers of Red Ribbon Club, College students and	NA

Sr. No.	Date/ Duration	Name of Activity	Details of Activity	No. of students involved	Details of Participants	Awards Prize
		Mental Health Issues”	Mental Health Issues” by Mrs. Jyoti Sharma, Clinical Psychologist, Zonal Hospital Dharamshala		All staff Members	
10.	21 st March 2025	TB Awareness	Guest Lecture by Dr. R.K. Sood, Declamation contest, Slogan writing and End TB Pledge	68	All volunteers of Red Ribbon Club, College students and All staff Members	Declamation: Samriti, Shilpa and Rajeshwari Slogan Writing: Ritik Saklani, Aayush Kainthla and Bharti Poster making: Anchal and Ankita
11.	29 th March 2025	Outreach Cleanliness Drive at Guna Mata	Outreach Cleanliness Drive at Guna Mata and HIV and TB Awareness to the pilgrimages	40	Volunteers of Red Ribbon Club and Nodal officers	NA
12.	8 th May	Blood Donation and General health Checkup on the occasion of “World Red Cross Day”	Blood donation and General Health Checkup in Govt. College of Teacher Education, Dharamshala campus	45 Unit Blood Donated and 93 General health Checkup, Dental Check up 55 and TB X-Ray 86	Volunteers of Red Ribbon Club and Nodal officers and staff members and all students	Certificated Provided to the blood donors by Distt. Red Cross Society

Mrs. Reeta Devi
Nodal officers

Dr. Atul Thakur
Nodal officers

Principal

Report of the Activities conducted by Rovers and Rangers Unit Govt. College of Teacher Education,

Dharamshala during the session 2024-25 (July to June)

Nodal officers: Mrs. Reenu Chaudhary & Dr. Atul Thakur

Sr. No.	Date/ Duration	Name of Activity	Details of Activity	No. of students involved	Details of Participants	Awards/ Prize
1.	26 th July 2024	Kargil Vijay Divas Homage	Kargil Vijay Divas Homage at War Memorial Dharamshala	26	All Volunteers of Rovers and Rangers	NA
2.	15 th August 2024	Independence Day Celebration	Flag Hosting Ceremony and Honoring Ex-Service men Students of the College	60	All Volunteers of Rovers and Rangers and Ex-Service men Students of the College	9
3.	23 rd November 2024	Cleanliness Drive at Bowali	Cleanliness and Beautification Drive at Bowali	31	All Volunteers of Rovers and Rangers	NA
4.	26 th November to 1 st December 2024	State level Pre-Rd Selection Camp	State level Pre-Rd Selection Camp at BSGHP Training Centre Rewalsar	12	12 Volunteers of Rovers and Rangers	09 Selected for RD parade at Shimla
5.	4 th December to 8 th December 2024	Regional Level Self Defense training for Rangers	Regional Level Self Defense training for Rangers at BSGHP Training Centre Rewalsar	4	4 Volunteers of Rovers and Rangers	Completion certificates awarded
6.	20 th January 2025- 26 th January 2025	State Level republic Day Parade Camp	State Level republic Day Parade Camp at Shimla	9	9 Volunteers of Rovers and Rangers	Participation certificates awarded
7.	29 th March 2025	Outreach Cleanliness Drive at Guna Mata Temple and Track	Outreach Cleanliness Drive at Guna Mata temple and Track	40	Volunteers of Rovers and Rangers Unit and Leaders	NA
8.	8 th May	Blood Donation and General health Checkup on the occasion of "World Red Cross Day"	Blood donation and General Health Checkup in Govt. College of Teacher Education, Dharamshala campus	Blood Donated: 45 Unit General health Checkup: 93 Dental Check-up: 55 TB X-Ray: 86	Volunteers of Rovers and Rangers Unit and Leaders, staff members and all students	Certificated Provided to the blood donors by Distt. Red Cross Society

Mrs. Reenu Chaudhary

Ranger Leader

Dr. Atul Thakur

Rover Leader

Principal

Government College of Teacher Education, Dharamshala, Kangra, HP's post



Government College of Teacher Education, Dharamshala, Kangra, HP

21 May · 🌐

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#योग_एवं_ध्यान_शिविर_का_समापन_समारोह

आज दिनांक 21 मई, 2025 को प्राचार्या, प्रो. आरती वर्मा के मार्गनिर्देशन में 'त्रिदिवसीय योग एवं ध्यान शिविर' का विधिवत् समापन किया गया। महाविद्यालय के सभागार में आयोजित किए गए योग एवं ध्यान सत्रों में केन्द्रीय विश्वविद्यालय धर्मशाला, (हि.प्र.) की ओर से आए बतौर योग गुरु डॉ. विकास नड्डा द्वारा प्रशिक्षुओं को सूक्ष्म योग, प्रज्ञा योग, योग निद्रा, एवं प्राणायाम के विविध प्रकारों का अभ्यास करवाया गया। शिविर के समापन अवसर पर प्रशिक्षुओं में कमल कान्त, अंकित एवं पूनम ने त्रिदिवसीय योग शिविर के दौरान प्राप्त अनुभव को साँझा किया। वहीं आशीर्वचन में योग शिविर के शानदार आयोजन पर प्राचार्या महोदया ने प्रशिक्षुओं को शुभकामनाएँ दीं। अपने वक्तव्य में उन्होंने बताया कि योग शिविर में सीखे गए आसनों व प्राणायाम का हमें आगे भी निरन्तर अभ्यास करते रहना चाहिए। आज यह योग शिविर का अन्त नहीं, अपितु एक नये कल की शुरुआत है। योग एवं ध्यान का वातावरण बनाने के लिए हो सके तो हम ऑनलाईन प्लेटफार्म पर एक ग्रुप में जुड़कर भी अभ्यास कर सकते हैं। उल्लेखनीय है कि योगाभ्यास के सत्रों के दौरान प्रशिक्षुओं के लिए प्रेरणा स्वरूप प्राचार्या महोदया एवं महाविद्यालय का प्राध्यापक वर्ग, जिनमें प्रो. प्रीति, प्रो. बबीता चम्बियाल, प्रो. अंकुर महाजन, डॉ. पूजा चौधरी, प्रो. मनोज कुमार, डॉ. राज भगती, प्रो. दीक्षा चन्देल एवं डॉ. प्रियंका ने भी पूर्णतः उपस्थित रहकर योगाभ्यास किया। समापन सत्र के अवसर पर तीन चलने वाले योग एवं ध्यान शिविर में डॉ. प्रियंका ने प्रतिभागियों की सक्रियता के आधार पर सहर्ष यह बात कही कि प्रशिक्षुओं के लिए योग शिविर का यह आयोजन काफी हद तक सार्थक रहा है। इस दौरान प्राचार्या महोदया द्वारा योग गुरु एवं उनकी सहयोगी टीम (योग विद्यार्थी) पोषण लाल साहु, सपना, अर्चना एवं काजल को स्मृति चिह्न प्रदान कर सम्मानित किया गया। अन्त में शिविर के इस सफल आयोजन पर डॉ. मनोज कुमार ने प्रत्यक्ष व अप्रत्यक्ष रूप से समस्त सहयोगी जनों का हार्दिक आभार एवं अभिनन्दन व्यक्त किया।



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