

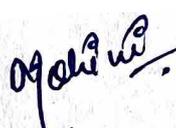
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Notice

To promote students' physical and mental well-being and to develop a 'Breathing-friendly Campus', the following Committee is hereby constituted for the session 2024-25 to conduct breathing exercises and create awareness about their importance for overall health and cognitive development.

Committee Members are:

- (I) A. Prof. Muktamani (History Dept.)
- (II) A. Prof. Mohini (Pol. Science Dept.) 
- (III) A. Prof. Lucky (Music Dept.)
- (IV) Mr. R.S. Sareoch Subdt. Gr. II 



Principal

Govt. Degree College Majheen

Distt. Kangra (H.P.) 176032

Breathing Campus: Empowering Wellness through Conscious Breathing

Government Degree College Majheen initiated a unique and meaningful best practice title “**Breathing Campus**”, conceptualized by the Principal **Dr. Chandan Bhardwaj**. during 2023-24..The initiative



focuses on promoting the physical, mental, and emotional well-being of students through the practice of correct and conscious breathing techniques. In the present times, rising stress levels, anxiety, and

lifestyle-related health issues are increasingly affecting young adults, making such wellness initiatives highly relevant.

The concept of a Breathing Campus emphasizes mindful breathing as a natural and effective method to improve overall health. It was observed that many individuals breathe superficially, which limits oxygen intake and negatively impacts concentration, emotional balance, and physical health. To address this concern, the college introduced regular breathing sessions within the campus environment.

During these sessions, students were sensitized about the importance of proper breathing for maintaining good health. They were informed that deep and rhythmic breathing improves lung capacity, enhances oxygen supply to the brain, reduces stress, regulates blood pressure, and improves focus and mental clarity. The benefits were explained in a simple and practical manner to facilitate easy understanding and adoption.

The sessions were interactive in nature, combining theoretical explanation with practical demonstration. Students were guided step by step to practice deep breathing techniques in a calm and disciplined atmosphere. Active participation and enthusiasm were observed among students during the sessions. Multiple sessions were organized at different times across the campus to ensure maximum participation and continuity. **Prof. Muktamani**, the Activity Incharge of this best practice, played an active role in planning, organizing, and monitoring the sessions, ensuring smooth implementation and effectiveness of the initiative.

A significant feature of the initiative was its outreach beyond the campus. On 20th March 2025, Principal GDC Majheen Dr. Chandan Bhardwaj along with Dr. Neelam and Prof. Mohini conducted a session on breathing for the faculty members of Him Academy Public School



Hamirpur.. He advised them to conduct same sessions for their students for better health, focus and concentration.

Students were motivated to practice breathing techniques regularly at home and share the knowledge with their family members, thereby spreading awareness about healthy living in the wider community.



Breathing Test

Place: Him Academy Public School, Vikas Nagar, Hamirpur
 Class: Faculty of HAPS
 Participants: 99.....
 Date: 20/03/2025

Sr. No.	Breathing Rate/Min	Number of Participants	Remarks
1	<4	0	
2	4 to 7	0	
3	8 to 11	14	
4	12 to 15	26	
5	16 to 19	24	
6	20 to 23	18	
7	24 to 27	08	
8	28-31	0	
9	>31		

Principal
 Him Academy Public School
 Vikas Nagar, Hamirpur (H.P.)

The Breathing Campus initiative received a positive response from both students and faculty members. Considering its long-term benefits and relevance, the college has decided to continue this best practice as a regular wellness activity in the future.

Objectives

- To create awareness among students about the importance of proper and mindful breathing
- To promote physical, mental, and emotional well-being on campus

- To reduce stress, anxiety, and academic pressure among students
- To inculcate healthy lifestyle habits through natural practices
- To encourage students to act as ambassadors of healthy living in their families and society

Outcomes

- Students developed awareness about correct breathing techniques
- Improvement in students' concentration, calmness, and stress management
- Positive change in students' attitude towards health and self-care
- Increased participation in wellness-related activities on campus
- Dissemination of healthy practices beyond the college through students



Prof. Muktamani
Activity Incharge (Breathing Campus)
GDC Majheen



Principal
Govt. Degree College Majheen
Distt. Kangra (H.P.) 176032

Principal
GDC Majheen

Choral Singing

Choral singing emerged as one of the best practices adopted at Government Degree College Majheer during the academic session 2024–25. Several choral singing sessions were organized throughout the year with active participation from students and teachers, creating a vibrant, inclusive, and disciplined cultural environment within the campus.



The idea of introducing choral singing as a regular practice was initiated by the worthy Principal, Dr. Chandan Bhardwaj, with the objective of promoting holistic development among students. Under his able guidance, choral singing was not confined to a single event but was practiced repeatedly during various academic and co-curricular occasions. Prof. Lucky played a significant role in motivating and encouraging students to associate themselves with choral singing and to participate wholeheartedly in these sessions. Choral singing has proved to be immensely beneficial for the college community. Regular participation in group singing helped students improve their focus and concentration, as it requires attention to rhythm, lyrics, pitch,

and coordination with fellow singers. This practice enhanced students' listening skills and discipline, which positively reflected in their academic performance as well.

From the perspective of mental health, choral singing acted as a powerful stress-relieving activity. Singing in a group created a sense of emotional release, reduced anxiety, and promoted inner calm. It fostered positivity, joy, and emotional balance among students, helping them cope better with academic pressure and personal challenges. The collective experience of singing strengthened feelings of belongingness and social bonding.

Choral singing also contributed to the development of team spirit, cooperation, and mutual respect. Students learned to work together, support one another, and value collective effort over individual performance. This practice enhanced confidence, self-expression, and communication skills, especially among shy and introverted students.

Additionally, choral singing nurtured cultural awareness and aesthetic sense by exposing students to patriotic songs, devotional music, and socially relevant themes. It instilled values such as unity, harmony, discipline, and respect for diversity.

In conclusion, choral singing during the session 2024–25 proved to be a highly effective and meaningful best practice at GDC Majheen. The initiative taken by Principal Dr. Chandan Bhardwaj and the continuous motivation provided by Prof. Lucky played a pivotal role in making this practice successful. The activity not only enriched the cultural life of the college but also significantly contributed to the mental, emotional, and social well-being of students and staff. The college intends to continue and further strengthen this practice in the coming years.



Principal
Govt. Degree College Majheen
Distt. Kangra (H.P.) 176032

Convener

**(Choral Singing)
GDC Majheen**

**Principal
GD Majheen**

Outcomes of Continued Best Practices

- 1. Breathing Campus
- 2. Choral Singing

1. Breathing Campus —

- (i) Better physical and mental well-being of students and staff.
- (ii) Increased environmental awareness and eco-friendly behaviour.
- (iii) Stronger culture of sustainability and Collective responsibility.
- (iv) Greater awareness about the importance of clean air for healthy breathing.

2. Choral Singing —

- (i) Improved unity and sense of belonging through collective participation.
- (ii) Better breathing coordination, rhythm and vocal discipline.
- (iii) Reduce stress and creation of positive campus energy.
- (iv) Enhanced cultural awareness through diverse songs.



GOVT DEGREE COLLEGE MAJHEEN DISTRICT KANGRA H.P.

Tel.No. 1970-278533, E-mail:principalgdcmajheen@gmail.com



CV-3

Official Order

Subject: Constitution of Green Audit Team

Institution: Govt. Degree College Majheen, District Kangra (HP)

I. Executive Summary

In a strategic move toward institutional sustainability, Govt. Degree College Majheen has formally established a dedicated **Green Audit Team**. This initiative aligns with the college's core commitment to fostering an environmentally responsible campus culture and implementing rigorous eco-friendly monitoring systems.

II. Team Composition

The following personnel have been appointed to lead the environmental oversight and implementation efforts:

Name	Role	Signature
Prof. Baljit Jamwal	Convenor	
Ms. Mukta Mani	Member Secretary	
Dr. Neelam Kumari	Member	
Ms. Mohini	Member	
Mr. Lucky	Member	
Mr. R. S. Saroch	Member (Office Supdt.)	

III. Operational Scope & Responsibilities

The Green Audit Team is tasked with a multi-disciplinary mandate divided into three primary

pillars:

1. Audit Planning & Technical Implementation

- **Strategic Planning:** Developing comprehensive action plans focusing on energy conservation, water management, waste segregation, and biodiversity enhancement.
- **Data Oversight:** Continuous monitoring and collection of usage data across all campus utilities and biological assets.
- **Progress Assessment:** Tracking the success of recommended green initiatives against set institutional goals.

2. Awareness & Community Engagement

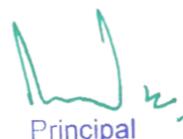
- **Educational Outreach:** Organizing workshops and programs specifically designed to promote sustainable lifestyle practices among students and staff.
- **Student Involvement:** Facilitating active participation through the campus "Eco-Club," gardening projects, and other environmental initiatives.

3. Reporting & Governance

- **Accountability:** Preparing quarterly progress reports that detail institutional achievements and identify upcoming challenges.
- **Feedback Loop:** Submitting all reports directly to the Principal for formal review and strategic feedback.

IV. Timeline and Directives

- **Effective Date:** This order is active immediately as of 04/11/2024
- **Initial Milestone:** The team is mandated to convene its inaugural planning meeting within one week of the order date.
- **Reporting Line:** The committee reports directly to the Principal.



Principal

Govt. Degree College Majheen
Distt. Kangra (H.P.) 176032



GOVT DEGREE COLLEGE MAJHEEN DISTRICT KANGRA H.P.

Tel.No. 1970-278533, E-mail:principalgdcmajheen@gmail.com



Meeting Minutes: Green Audit Team

Date: 16/11/2024

Time: 12:30 P.M.

1. Overview

A meeting of the **Green Audit Team** was held on 16/11/2024 to discuss the proceedings of the Internal Green Audit. The meeting was convened to establish the scope of the audit and set a timeline for reporting.

2. Key Decisions and Objectives

It was unanimously decided that the Internal Green Audit team will conduct a comprehensive review and submit a formal report. The audit will focus on observing and evaluating the following **key indicators**:

- **Energy Consumption:** Monitoring usage patterns and efficiency.
- **Water Usage and Conservation:** Assessing consumption and existing saving measures.
- **Waste Management:** Evaluating disposal and recycling protocols.
- **Biodiversity and Green Cover:** Documenting the campus flora and ecological health.
- **Awareness and Engagement:** Measuring the involvement of the community.
- **Action Plan:** Developing future strategies for sustainability.

3. Submission Timeline

The Committee has been directed to submit the final Internal Green Audit report within **10 days** positively.

4. Committee Members in Attendance

No.	Name
1	Prof. Baljit Jamwal
2	Ms. Mukta Mani
3	Dr. Neelam Kumari
4	Ms. Mohini
5	Mr. Lucky
6	Mr. R.S. Saroch



Principal

Govt. Degree College Majheen
Dist. Kangra (H.P.) 176032



GOVT DEGREE COLLEGE MAJHEEN DISTRICT KANGRA H.P.

Tel.No. 1970-278533, E-mail:principalgdcmajheen@gmail.com



Report

Internal Green Audit

Date: 22/02/2025

Overview The Internal Green Audit was performed at Govt. Degree College, Majheen, situated in a rural, mountainous region. The primary goal of this assessment was to evaluate and advance the environmental standards of the institution. The college currently operates with modest infrastructure, supporting a community of 108 students—primarily girls from underprivileged backgrounds—and a dedicated faculty of eight, offering academic programs in Arts and Commerce.

Objectives of the Audit

- a) To analyze current trends in resource consumption and waste disposal.
- b) To develop cost-effective, actionable strategies for improved sustainability.
- c) To foster a culture of environmental responsibility among both students and faculty.

Key Findings

1. Energy Consumption

- (a) Electrical hardware is limited to basic lighting, ceiling fans, and a few plug-in peripherals.
- (b) There is currently solar light installed in the campus to promote green energy but still a scope available to formalized energy-saving protocols.



Recommendations

- (a) Transition to LED lighting across the facility to minimize energy demand.
- (b) Implement a strict "power-down" mandate for fans and lights in vacant rooms.

2. Water Usage and Conservation

- a) Water is provided by the local IPH supply, though availability is often restricted.
- b) While current wastage is low, there is significant room for systematic conservation.

Recommendations

- ⌚ a) Educate the student body on the importance of mindful water consumption.
- ⌚ b) Investigate affordable rainwater collection methods suited for the local terrain.

3. Waste Management

- a) The waste stream consists primarily of paper, with a very low volume of plastic.
- b) The institution currently lacks a formal system for recycling or waste sorting. But we have dedicated separate bins to collect dry and wet waste .



⌚ Recommendations

- ⌚ a) Deploy dedicated bins to separate organic waste, paper, and plastics.

^ b) Advocate for the "Reduce, Reuse, Recycle" philosophy across the campus.

4. Biodiversity and Green Cover

- a) The current site features sparse vegetation and lacks a structured garden or green belt.
- b) The local topography is highly favorable for the cultivation of indigenous plant species.

Recommendations

- ^ a) Create a student-managed botanical corner featuring native plants and herbs.
- b) Launch an annual "Sapling Drive" to gradually increase the local tree cover.

5. Awareness and Engagement

- a) General knowledge of sustainable practices is currently limited among the campus community.
- b) There is a high level of interest in participating in green workshops and seminars.

Recommendations

- ^ a) Organize regular training sessions focusing on waste reduction and resource efficiency.
- b) Motivate students to lead sustainability initiatives through "Eco-Club" programs.

6. Action Plan Immediate Steps (within 1 month)

- a) Execute the "switch-off" mandate for all electrical fixtures.
- b) Place waste segregation containers in all learning areas.

^ **Short-term Goals (within 3-6 months)** a) Complete the replacement of all old bulbs with energy-efficient LEDs. b) Start water conservation campaigns and sustainability awareness drives.

^ **Long-term Goals (1 year)** a) Install a functional rainwater harvesting framework. b) Develop a native green zone at the new campus site currently under construction. c) Establish an annual "Green Day" to celebrate student-led eco-projects.

7. Limitations The scope of this audit is constrained by the college's current infrastructure, as it presently functions out of a small structure with only two classrooms. This temporary setting lacks the space required for extensive waste processing units or large-scale biodiversity projects. However, with a new campus expected to be ready within six months, future audits will

benefit from expanded facilities. This transition will allow for a more comprehensive and impactful approach to environmental management.

Conclusion This audit has identified several practical, low-cost measures to reduce the institution's environmental impact. Adopting these suggestions will create a more sustainable campus and heighten ecological awareness. These proactive steps reflect the college's commitment to building a greener and healthier future for its students.



Principal

Govt. Degree College Majheen

Distt. Kangra (H.P.) 176032



कार्यालय पंचायत सामुदायिक केन्द्र मझीण

विकास खण्ड सुराणी, तह0 खुण्डियाँ, जिला कांगड़ा (हि0प्र0)

क्रमांक.....

दिनांक.....

विषय :-

प्रमाणित किया जाता है कि श०म० मझीण द्वारा सत्र 2024-25 में सामाजिक संपर्क एवं विस्तार गतिविधियों के अन्तर्गत मझीण गांव को औपचारिक रूप से अंगीकृत किया है। महाविद्यालय के श०म० एस०एस० स्वयंसेवकों तथा अन्य विद्यार्थियों ने मझीण गांव की स्वच्छता स्वास्थ्य एवं समग्र कल्याण के लिए विभिन्न गतिविधियों में सक्रिय भूमिका निभाई। ये गतिविधियां इस प्रकार हैं -

1. पैलिथिन संग्रह अभियान - सत्र 2024-25 के दौरान विद्यार्थियों ने पर्यावरण संरक्षण हेतु सत्र स्वच्छ एवं स्वस्थ वातावरण को ध्यान में रखते हुए पैलिथिन व प्लास्टिक का संग्रहण किया व उचित निस्तारण भी किया।
2. निक्षय दिवस - 24 जनवरी 2025 को टी०वी० मुक्त भारत अभियान के अन्तर्गत महाविद्यालय मझीण के द्वारा निक्षय दिवस पर टी०वी० जागरूकता अभियान प्राचार्य डॉ० बंजन आरझाज जी के कुशल निर्देशन में संपन्न हुआ।
3. फ्लैश मॉब - महाविद्यालय मझीण के रेड-रिक्त क्लब द्वारा 26 सितंबर 2024 को HIV-AIDS जागरूकता हेतु फ्लैश मॉब का आयोजन किया गया जिसमें विद्यार्थियों ने गीतों एवं नाट्य प्रस्तुति के माध्यम से असुरक्षित यौव संबंध, संक्रमित सुइयों का प्रयोग, बिना जांच रक्त चढ़ाना तथा मां से शिशु में संक्रमण आदि को प्रभावी ढंग से प्रस्तुत किया।

इन सभी प्रयासों को छात्रवासियों द्वारा विशेष रूप से स्मृति गयी और महाविद्यालय के विद्यार्थियों व प्राध्यापकों का हार्दिक आभार व्यक्त किया।

प्रधान के हस्ताक्षर
गांव का नाम -
संपर्क विवरण -



26/3/25

Polythene Removal Drive

The Eco Club of Government Degree College Majheen successfully organized a series of Polythene Removal Drives throughout the academic session 2024–2025 with the primary



objective of creating awareness about the harmful effects of plastic pollution and promoting a clean, green, and sustainable environment. These drives were conducted under

the able guidance and supervision of the Eco Club Nodal Officer, Prof. Muktamani, with

the active involvement of student volunteers and faculty members. The initiatives reflected the institution's commitment towards environmental protection and community engagement. Each drive commenced with a brief awareness session, during which **Prof. Muktamani** sensitized the students about the serious environmental hazards posed by polythene and single-use plastics. Emphasis was laid on issues such as soil degradation, blockage of drainage systems, threats to animal life, and long-term ecological imbalance. Students were encouraged to adopt eco-friendly alternatives and to act as ambassadors of environmental awareness in their respective communities. Following the introductory sessions, student volunteers were divided into small groups and assigned various areas. Equipped with gloves and collection bags, the students systematically collected discarded polythene bags, plastic wrappers, bottles, and other non-biodegradable waste from classrooms, corridors, lawns, parking areas, roadsides, and nearby public spaces.

The collected waste was **properly segregated and disposed of in accordance with environmental norms**. Students were also educated about the importance of waste segregation at source and responsible disposal practices. During the drives, volunteers actively interacted with local shopkeepers, residents, and passers-by, urging them to minimize the use of polythene and to shift towards eco-friendly alternatives such as cloth and paper bags.

The series of drives witnessed **enthusiastic participation and a strong sense of social responsibility among students**. Besides improving cleanliness in and around the campus, the initiatives helped in instilling environmental consciousness, civic responsibility, and teamwork among the participants. The drives reinforced the belief that **small individual efforts, when combined, can bring about significant positive environmental change**.

Each drive concluded with students taking a **pledge to avoid single-use plastics** in their daily lives and to actively contribute towards maintaining a clean and green campus. The Eco Club reiterated its commitment to organizing more such awareness and cleanliness initiatives in the future to promote sustainable living among the youth.

Overall, the **Polythene Removal Drives conducted throughout the session were highly successful**, owing to the constant encouragement, leadership, and guidance of **Prof.**

Muktamani, Eco Club Nodal Officer, whose efforts played a crucial role in the smooth execution and impact of these activities.



**Prof. Muktamani
Eco Club Nodal Officer
GDC Majheen**



**Principal
Govt. Degree College Majheen
Distt. Kangra (H.P.) 176032**

**Principal
GDC Majheen**

NIKSHAY DIVAS

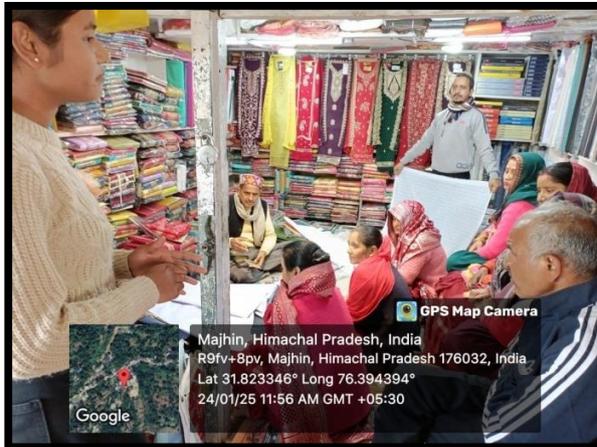
An Awareness Campaign for Common Folk was organized on 24th January 2025, Nikshay Divas under 100 Days # TB Mukht Bharat Abhiyan .



पंजाब केसरी SAT, 25 JANUARY 2025
EDITION: KANGRA KESARI, PAGE NO. 3

मड़ीण में टी.बी. के बारे में किया जागरूक

ज्यालामुखी, 24 जनवरी (नितेश): राजकीय महाविद्यालय मड़ीण के रैड रिबन क्लब के छात्रों द्वारा निक्षय दिवस पर जनमानस को ट्यूबरकुलोसिस के विषय में जागरूक किया गया। नोडल ऑफिसर आरती गुप्ता ने बताया कि विद्यार्थियों द्वारा मड़ीण एवं इसके आसपास के क्षेत्र में लोगों से मिलकर उन्हें टी.बी., इसके कारण, लक्षण एवं उपचार के विषय में बताया गया।



**टीबी से बचाव
के बताए तरीके**

खुंडियां (कांगड़ा)। उपमंडल ज्वालामुखी के तहत राजकीय महाविद्यालय मझीण के रेड रिबन क्लब के छात्रों ने निक्षय दिवस पर टीबी को लेकर जागरूक किया।

महाविद्यालय मझीण के प्राचार्य डॉ. चंदन भारद्वाज के मार्गदर्शन में नोडल ऑफिसर आरती गुप्ता ने विद्यार्थियों को टिप्स दिए। उन्होंने इस दौरान टीबी, इसके कारण, लक्षण एवं उपचार के विषय में बताया। संवाद

The students of adjoining areas reached GDC Majheen at 10.30am on 24th January 2025. This campaign was organized under the able guidance of Principal Dr. Chandan Bhardwaj. After discussing the relevant content meant for campaign, the students along with the Nodal Officer moved toward the construction site of the college. The workers were asked to come to the room where they were to be addressed. There were 10 workers. They were asked about tuberculosis. Some of them replied affirmatively. Then the details about causes, tests and symptoms were discussed. They were advised to share these details with others too. In case symptoms like fever or cough with mucous persist for more than two weeks, they were advised to go to hospital for proper checkup. Then the students moved towards the market. At bus stop, passengers who were waiting for the bus were addressed by the students, three students from each group discussed about the symptoms, causes, proper treatment and above no isolation theory with common folk. Then the students went to a shop in the main market, where they discussed about

tuberculosis with common people. Their main aim was to acquaint people with the truth that if a patient suffering from tuberculosis takes medicines , s/he cannot spread infection. Secondly, they discussed about Nikshay Mitra, an amazing concept where anyone can help the tuberculosis patient according to their own affordability. A Nikshay Mitra can provide high protein diet like black grams, green grams, eggs, soyabean etc as the patients need high protein diet for speedy recovery. After that the students discussed these points with local shopkeepers. All sessions were interactive and the students effectively shared their knowledge with common people .It was a successful awareness campaign as the students shared and learnt more after these interactions.



Nodal Officer
RRC



Principal
Govt. Degree College Majheen
Distt. Kangra (H.P.) 176032

Principal
GDC Majheen

FLASH MOB

As per letter number HFW-KGR/NACP/2024/-1873-2021, an awareness activity **Flash Mob** was organized by the Red Ribbon Club volunteers of **Government Degree College Majheen** at Government Senior Secondary School Majheen on 26th September 2024 at 12.45pm. It was organized under the able guidance of Principal Dr. Chandan Bhardwaj.



The volunteers used songs to explain the content. They focused on four causes responsible for the spread of HIV/ AIDS. These causes include unprotected sexual activity, untested blood transfusion, from pregnant mother to her child and reuse of needles for injection. As the volunteers used school campus for performance so main focus was laid on spread of HIV through injection which is very common among youngsters as they use the same needle

मझीण कॉलेज में एचआईवी एड्स पर किया जागरूक



मझीण। ज्वालामुखी उपमंडल के अंतर्गत आते उ तहसील मझीण में राजकीय महाविद्यालय मझीण के छात्राओं ने किया एचआईवी एड्स पर लोगों को जागरूक

एड्स मोके पर बच्चों ने एक प्रस्तुति दी जिसमें एचआईवी के लक्षण ए एचआईवी रोकने के रोकथाम ए ओर सबसे बड़ी बात एचआईवी पीजिटिव लोगों से हमेशा प्यार और नरमी के साथ आवरण करने की सलाह दी । लोगों की नैतिक जिम्मेदारी है कि लोगो के प्रति समर्पित भाव रखे ।

दिव्य हिमाचल

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पंजाब केशरी

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मझीण कॉलेज में एड्स पर किया जागरूक

ज्वालामुखी, 27 सितम्बर (स.ह.) : राजकीय महाविद्यालय मझीण के रेड रिबन क्लब से जुड़े छात्रों द्वारा विद्यार्थियों को एच.आई.वी. एवं एड्स पर जागरूकता संदेश देने के लिए फ्लैश मॉब का आयोजन प्राचार्य डॉक्टर चंदन भारद्वाज के मार्गदर्शन में किया गया। रेड रिबन क्लब की नोडल ऑफिसर प्रोफेसर आरती गुप्ता ने बताया कि इस गतिविधि से विद्यार्थियों के माध्यम से आम जनमानस को यह संदेश दिया गया कि एच.आई.वी. गर्भवती माता से उसके शिशु, असुरक्षित ब्लड ट्रांसफ्यूजन, असुरक्षित यौन संबंध एवं बार-बार उपयोग में लाई जाने वाली सुई से फैलता है।

for taking drugs (injectibles). This event was witnessed by all school students as it was performed during lunch break. The volunteers also advised the audience to stay away from tattoo craze as the tattoo artists use the same needle again and again. Main message was conveyed in a very impressive way as it showed the end result i.e. the person feels unwell and grows week day by day. Friend still advise him/her to continue the intake of drugs. At last, he/she realizes the importance of life and the fellow goes for testing and being tested HIV positive, feels isolated and ignored as the friends segregate him/her. Then comes the role of individual and society to rehabilitate the patient .The students conveyed the message to treat HIV/AIDS in empathetic manner as they need to be treated with love, care and affection.



Aarti Gupta

Nodal Officer

Red Ribbon Club



Principal

Govt. Degree College Majheen

Distt. Kangra (H.P.) 176032

Principal

GDC Majheen

एटॉमिक हैबिट्स क्लब 2024-25

राजकीय महाविद्यालय मझीन के 'इंटरनल क्वालिटी रश्चोरेंस सेल' के अन्तर्गत 18 अक्टूबर 2024 को एक बैठक हुई जिसमें सभी स्टाफ सदस्यों की उपस्थिति में यह विमर्श किया गया कि सत्र 2024-25 में महाविद्यालय में पढ़ाई की गुणवत्ता बढ़ाने व सीखने की प्रक्रिया को बेहतर बनाने हेतु विद्यार्थियों में पढ़ने की आदत विकसित करने हेतु 'एटॉमिक हैबिट्स क्लब' का गठन किया जाएगा।

उक्त क्लब औपचारिक शुभारंभ फरवरी, 2025 में किया गया। एटॉमिक हैबिट्स क्लब पठन संस्कृति को बढ़ावा देने और छोटे-छोटे बदलावों की शक्ति को पहचाने की पहल है। यह पहल डॉ० चंदन भारद्वाज प्राचार्य राजकीय महाविद्यालय मझीन द्वारा की गई। उन्होंने बताया कि इस क्लब के गठन की प्रेरणा उन्हें 'जेम्स क्लियर की अन्तर्राष्ट्रीय ख्यातिप्राप्त पुस्तक 'एटॉमिक हैबिट्स से मिली। इसी पुस्तक की विचार-धारा से प्रेरित होकर उन्होंने कॉलेज में यह क्लब स्थापित करने की परिकल्पना की।

क्लब का उद्देश्य -

- (i) सूक्ष्म आदतों की शक्ति के प्रति जागरूकता - क्लब का उद्देश्य यह बताना है कि छोटे-2, निरंतर और सकारात्मक बदलावों के संचय से जीवन में बड़े और चामत्कारिक परिणाम प्राप्त होते हैं। उद्देश्य विद्यार्थियों को यह समझाना भी है कि वे बड़े लक्ष्यों को छोटे-छोटे सहज चरणों में विभाजित कर चुनौतियों का सामना कर सकते हैं।
- (ii) पठन की आदत का विकास - दूसरा उद्देश्य विद्यार्थियों में नियमित रूप से पढ़ने की आदत को विकसित करना है। यही पठन ज्ञान और सफलता का आधार है।

इस क्लब को महाविद्यालय में सुचारू रूप से चलाने की दिशा को मध्यनजर रखते हुए क्लब का सम्बन्धक प्रो० मोहिनी को नियुक्त किया गया तथा एक समिति भी गठित की गई। समिति के सदस्य इस प्रकार हैं -

समिति सदस्य -

(i) प्रो० मुक्तामणि

Muktaamani

(ii) डॉ० नीलम कुमारी

Neelam

(iii) प्रो० लक्की

Lakki

समन्वयक

प्रो० मोहिनी

Mohini

Principal

Govt. Degree College Majheen

Distt. Kangra (H.P.) 176032

राजकीय महाविद्यालय
मजीण



Foundation of 'Atomic Habits' Club at GDC Majheen

An Initiative to Foster Reading Habbits and to Recognise the Power of Tiny Changes

Majheen, February 12, 2025: Government Degree College (GDC) **Majheen** today hosted a **mind-boggling lecture** on 'Memory and Learning' delivered by the Principal, **Dr. Chandan Bhardwaj**, which captivated the students. A voracious reader, a lifelong learner, and keen to explore new methods to enhance learning, Dr. Bhardwaj used the occasion to announce an **ambitious new initiative** for the holistic development of the students.

Unveiling the 'Atomic Habits' Club

During his discourse, Dr. Bhardwaj revealed that his inspiration came from **James Clear's bestselling book, 'Atomic Habits'**. Inspired by this work, he shared his vision of establishing an **'Atomic Habits' Club** at the college.

The creation of this club has two main and far-reaching objectives:

1. **Awareness of the Power of Tiny Habits:** To explain to students that significant results in their lives come not from massive efforts, but from the accumulation of **small, consistent, and 'Atomic' habits**. This concept will inspire students to break down challenges in learning and life, into small manageable steps.
2. **Cultivating a Reading Habit:** The second major goal of the club is to encourage students to develop the **habit of regular reading**. Dr. Bhardwaj believes that reading is the foundation of knowledge and success, and the club will provide an environment where books are prioritized and valued.



मझीण में विद्यार्थियों को दिए परीक्षा में सफलता के मंत्र

संवाद न्यूज़ एजेंसी

खुडियां (कांगड़ा)। मझीण कॉलेज में केंद्रिय काउंसलिंग एंड प्लेसमेंट सेल और मॉडर मॉटी प्रोग्राम के अंतर्गत प्राचार्य डॉ. चंदन भारद्वाज ने विद्यार्थियों को परीक्षा में सफलता के मूल मंत्र विषय पर व्याख्यान दिया। व्याख्यान का आयोजन परीक्षा से पहले विभिन्न प्रश्नों का समाधान करने के लिए किया गया।

इस व्याख्यान में विद्यार्थियों को समय प्रबंधन, अपने दिमाग को किसी भी कार्य के लिए कैसे तैयार करें, मन को समझे, सही आदतों का निर्माण, मोबाइल का सदुपयोग, विचारों का महत्व, अल्पसंख्यक मन एवं कल्पना की शक्ति और ध्यान का महत्व के विषय में बताया गया। इस अवसर



पर डॉ. सारिका, डॉ. सरवन, प्रो. आरती गुप्ता, प्रो. मुक्ता मनी, डॉ. नीलम, प्रो. मोहिनी, प्रो. लक्की

एवं समस्त गैर शिक्षक वर्ग उपस्थित रहा।



Lecture on Memory Enhancement

Dr. Bhardwaj's lecture was not limited to the club's announcement but focused extensively on **Memory Enhancement**. He shared several practical strategies based on psychology and neuroscience, such as **active recall** and **spaced repetition**, which can help students retain material more effectively.

He emphasized that better memory leads to better learning, and **good habits** provide the framework within which these advanced learning techniques can operate.

The Way Forward

The 'Atomic Habits' Club is being viewed by the college administration as a **transformative step**. Its goal is not just to prepare students for academic success, but to equip them with the necessary life skills and **mindset for self-improvement**.



Principal

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जी.डी.सी. मझीण में 'एटॉमिक हैबिट्स' पर विशेष व्याख्यान का विस्तृत प्रतिवेदन

यह रिपोर्ट गवर्नमेंट डिग्री कॉलेज (GDC) मझीण में 21 अगस्त 2025 को आयोजित जेम्स क्लियर की पुस्तक 'एटॉमिक हैबिट्स' से प्रेरित विशेष व्याख्यान (Special Lecture) का विस्तृत विवरण प्रस्तुत करती है।

आयोजन का संक्षिप्त विवरण

विवरण	जानकारी
आयोजन	'एटॉमिक हैबिट्स' पर विशेष व्याख्यान
दिनांक	21 अगस्त 2025
स्थान	गवर्नमेंट डिग्री कॉलेज (GDC) मझीण
विषय	व्यक्तिगत विकास और सकारात्मक आदत निर्माण के सिद्धांत।

वक्ता और अतिथि

व्याख्यान में कॉलेज के छात्रों को मार्गदर्शन देने के लिए दो प्रमुख हस्तियां मौजूद थीं:

1. मुख्य वक्ता (Keynote Speaker):

- डॉ. चंदन भारद्वाज, कॉलेज प्रिंसिपल।
- उन्होंने 'एटॉमिक हैबिट्स' के सिद्धांतों को सरल भाषा में समझाया, जिससे छात्रों को पता चला कि छोटे-छोटे, 'परमाणु' (Atomic) जैसे बदलाव भी समय के साथ कितने बड़े परिणाम दे सकते हैं।

2. मुख्य अतिथि (Chief Guest):

- श्री बलजीत जामवाल, रिटायर्ड प्रिंसिपल।
- उनके अनुभव और मार्गदर्शन ने छात्रों को अनुशासन और लक्ष्य-निर्धारण के महत्व पर जोर दिया।

व्याख्यान की मुख्य बातें

डॉ. भारद्वाज ने 'एटॉमिक हैबिट्स' की मूल अवधारणाओं पर ध्यान केंद्रित किया, जिससे छात्रों को अपने दैनिक जीवन में सकारात्मक बदलाव लाने के लिए एक व्यावहारिक ढाँचा मिला। व्याख्यान के मुख्य बिंदु निम्नलिखित थे:

- 1% सुधार का सिद्धांत:** छात्रों को समझाया गया कि हर दिन सिर्फ 1% बेहतर बनने से एक वर्ष में लगभग 37 गुना सुधार हो सकता है $(1.01^{365} \approx 37.78)$ । इस सिद्धांत ने तत्काल बड़े परिणामों के बजाय निरंतर छोटे

प्रयासों के महत्व पर जोर दिया।

- **आदत लूप के चार नियम (The 4 Laws of Behavior Change):**
 1. **इसे स्पष्ट करें (Make it Obvious):** अच्छी आदतों के संकेतों को दृश्यमान बनाना।
 2. **इसे आकर्षक बनाएं (Make it Attractive):** आदतों को अपनी इच्छाओं से जोड़ना।
 3. **इसे आसान बनाएं (Make it Easy):** घर्षण को कम करना और शुरुआती कदम को 'दो मिनट के नियम' जितना छोटा बनाना।
 4. **इसे संतोषजनक बनाएं (Make it Satisfying):** तत्काल पुरस्कारों का उपयोग करना ताकि आप उस आदत को दोहराना चाहें।
- **पहचान-आधारित आदतें (Identity-Based Habits):** इस बात पर जोर दिया गया कि आदतों को परिणाम (Result) पर नहीं, बल्कि आप कौन बनना चाहते हैं (Who you want to become), इस पहचान पर आधारित होना चाहिए।

छात्रों के लिए लाभ और समापन

मुख्य अतिथि श्री बलजीत जामवाल ने छात्रों के साथ अपने व्यावहारिक अनुभव साझा किए और बताया कि ये सिद्धांत शैक्षणिक उत्कृष्टता और एक सफल करियर के लिए क्यों महत्वपूर्ण हैं। उन्होंने छात्रों को आत्म-सुधार की यात्रा तुरंत शुरू करने के लिए प्रेरित किया।

यह विशेष व्याख्यान छात्रों के लिए अत्यंत लाभकारी सिद्ध हुआ। इसने उन्हें न केवल सैद्धांतिक ज्ञान दिया, बल्कि सकारात्मक आदतों को अपनाने और टालमटोल की प्रवृत्ति (Procrastination) पर काबू पाने के लिए एक स्पष्ट और लागू करने योग्य रणनीति भी प्रदान की।




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जी.डी.सी. मझीण में 'एटॉमिक हैबिट्स' पर पोस्टर मेकिंग प्रतियोगिता की रिपोर्ट

गवर्नमेंट डिग्री कॉलेज (GDC) मझीण में 27 सितंबर 2025 को, जेम्स क्लियर की चर्चित पुस्तक 'एटॉमिक हैबिट्स' के सिद्धांतों पर आधारित एक शानदार पोस्टर मेकिंग प्रतियोगिता का आयोजन किया गया। इस आयोजन का मुख्य उद्देश्य छात्रों को छोटे और लगातार किए जाने वाले प्रयासों के महत्व को समझाना तथा उन्हें सकारात्मक आदतें अपनाने के लिए प्रेरित करना था।

आयोजन की तैयारी और विषय-वस्तु

प्रतियोगिता शुरू होने से पहले, कॉलेज प्रिंसिपल डॉ. चंदन भारद्वाज ने स्वयं छात्रों को पुस्तक 'एटॉमिक हैबिट्स' की मुख्य बातों से अवगत कराया। उन्होंने समझाया कि कैसे '1% बेहतर होने' का सिद्धांत और आदतों को बनाने के चार सरल नियम (स्पष्ट करें, आकर्षक बनाएं, आसान बनाएं, संतोषजनक बनाएं) व्यक्तिगत और शैक्षणिक जीवन में क्रांति ला सकते हैं। इस परिचयात्मक सत्र ने छात्रों को अपनी कलाकृतियों के लिए गहन वैचारिक आधार प्रदान किया।



छात्रों का उत्साह और रचनात्मकता

छात्रों ने इस प्रतियोगिता में उत्साह और लगन के साथ हिस्सा लिया। उनके पोस्टरों में न केवल कलात्मक कौशल दिखा, बल्कि उन्होंने 'आदत लूप' (Habit Loop) और पहचान-आधारित आदतों (Identity-Based Habits) जैसी जटिल

अवधारणाओं को भी सरल और प्रभावशाली ढंग से चित्रित किया। कई पोस्टरों ने दर्शाया कि एक छोटा बीज (छोटी आदत) समय के साथ कैसे एक विशाल वृक्ष (बड़ी उपलब्धि) बन जाता है, जो 'छोटे, लगातार बदलावों' की शक्ति को उजागर करता है। प्रतियोगिता का माहौल अत्यंत सकारात्मक था, जहाँ हर छात्र अपने विचार को कैनवास पर उतारने में तल्लीन था।

मुख्य अतिथि का मार्गदर्शन

समारोह के मुख्य अतिथि पूर्व प्रिंसिपल और छात्रों के प्रिय मार्गदर्शक, **श्री बलजीत जामवाल** थे। उन्होंने छात्रों द्वारा किए गए रचनात्मक कार्यों की दिल खोलकर तारीफ की।

अपने संबोधन में, श्री जामवाल ने छात्रों के प्रयासों की सराहना करते हुए कहा कि अच्छी आदतें बनाना किसी भी सफल जीवन की नींव है। उन्होंने जोर दिया कि छात्रों को केवल परीक्षा पास करने पर नहीं, बल्कि **अपने चरित्र और दैनिक व्यवहार में सुधार** लाने पर ध्यान केंद्रित करना चाहिए, जिसके लिए 'एटॉमिक हैबिट्स' के सिद्धांत अत्यंत उपयोगी हैं।

यह प्रतियोगिता GDC मझीण में रचनात्मकता और व्यक्तिगत विकास को बढ़ावा देने का एक सफल प्रयास सिद्ध हुई, जिसने सभी सहभागियों को प्रेरित किया।



Principal

Govt. Degree College Majheen

Distt. Kangra (H.P.) 176032

List of Meritorious Students

2024-25

BA-III

- (I) Priyanka 12221
- (II) Sweta Devi 12222
- (III) Anita Kumari 12213
- (IV) Anjali 12202
- (V) Anjalikumari 12214

B Com. III

- (I) Komal 22201

BA-II

- (I) Ruchika 12311
- (II) Rajesh Kumar 12334
- (III) Sulekha 12302
- (IV) Payal 12310
- (V) Kajal 12316

B Com-II

- (I) Sakshi 22305
- (II) Kalpna Thakur 22302

BA-I

- (I) Divyanshi Ram 12407
- ii Tamanna 12404
- (III) Neha 12406
- (IV) Shabnam 12418

B Com-I

- (I) Kalpna Kaurda 22401
- (ii) Amrita 22402
- (III) Aditya Chaudhri 22403


Dr. Sarika
A.P. Hirde
GDC, Majheer



'Joppers Mentorship Excellence Programme' 2024-25

मेधावी विद्यार्थियों हेतु परामर्श उत्कृष्टता कार्यक्रम

सत्र - 2024-25

नई सकारात्मक पहल के रूप में उक्त कार्यक्रम का गठन गत शैक्षणिक सत्र 2023-24 में 'मेंटर-मेंटी समूहों' द्वारा प्राप्त उल्लेखनीय परिणामों को मध्यनजर रखते हुए IQAC के अन्तर्गत 18 अक्टूबर 2024 में आयोजित बैठक में सर्वसम्मति से यह निर्णय लिया गया कि

सत्र 2024-25 में Joppers Mentorship Excellence Programme शुरू किया जाएगा और अक्टूबर मास के अन्त में ही उक्त कार्यक्रम को कार्यरूप दिया गया। इसके गठन हेतु जो निर्णय लिए गए इस प्रकार रहे —

- (1) विभिन्न संकाय की विभिन्न कक्षाओं के उन विद्यार्थियों की पहचान की जाए जिनमें उच्च शैक्षणिक क्षमता, बेहतर संभावनाएँ एवं नेतृत्व गुण हों।
- (2) संबंधित विषयों के शिक्षक-मेंटर नामित किए जाएं जो विद्यार्थियों की शैक्षणिक आवश्यकताओं के अनुसार उचित मार्गदर्शन करें उनके प्रदर्शन को निखारने में योग्य हों।
- (3) प्रत्येक कक्षा से 10-15 सर्वश्रेष्ठ प्रदर्शन करने वाले विद्यार्थी उक्त कार्यक्रम के लिए चयनित किए जाएं।
- (4) अक्टूबर 2024 में ही कार्यक्रम का आरंभ औपचारिक रूप से किया जाए।

कार्यक्रम के उद्देश्य —

- * विद्यार्थियों की शैक्षणिक योग्यता का विकास।
- * ज्ञान, कौशल एवं अध्ययन क्षमता को बढ़ाना।
- * सीखने की गुणवत्ता को उत्कृष्ट स्तर तक ले जाना।
- * प्रतियोगी परीक्षाओं व उच्च शिक्षा हेतु तैयारी करवाना।
- * विद्यार्थियों में आत्मविश्वास, प्रस्तुतिकरण क्षमता व समग्र प्रदर्शन को उन्नत करना।

कार्यक्रम की रूप रेखा —

- * प्रत्येक कक्षा से सर्वोच्च अंक प्राप्त करने वाले व उच्चतम क्षमता वाले विद्यार्थियों का चयन
- * मेट्र - मेट्री समूह के अन्तर्गत विषय संबंधी शिक्षक मेट्रज नियुक्त
- * समय-समय पर आयोजित व्याख्यान
- * Work Clearing सत्र
- * विद्यार्थियों को Digital resources और संदर्भ सामग्री उपलब्ध करवाना
- * सम्प्रेषण कौशल संबंधी मार्गदर्शन
- * मेट्रज द्वारा निरंतर feedback लेना।

संक्षिप्त रिपोर्ट

सत्र 2024-25 में IQAC के निर्देशों एवं निर्णयों के अनुसार 2024 में Mentorship Excellence Programme का शुभारंभ किया। सत्र 2024-25 में कुल 25 विद्यार्थियों का चयन विभिन्न कक्षाओं / संकायों से किया गया। चयन प्रक्रिया विद्यार्थियों के पिछली कक्षा में अर्जित अंकों व शिक्षकों की अनुशंसा पर आधारित रही।

टॉपरशिप मेंटरशिप सफलता प्रोग्राम की समिति हेतु सदस्य —

- (i) डॉ. सारिका (समन्वयक) Dr. Sarika
- (ii) प्रो. आरती शुक्ला Prof. Arati Shukla
- (iii) डॉ. नीलम कुमारी Dr. Neelam Kumari
- (iv) प्रो. मोहिनी Prof. Mohini

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राजकीय महाविद्यालय
Principal
Govt. Degree
Distt. Kangra



Topper's Mentorship Excellence Programme

उक्त कार्यक्रम के औपचारिक संचालन हेतु नवम्बर 2024 को डॉ. चंदन भारद्वाज, प्राचार्य, राजकीय महाविद्यालय द्वारा कार्यक्रम के अन्तर्गत चयनित विद्यार्थियों को विशेष व्याख्यान से लाभान्वित किया। उक्त व्याख्यान के विषय रहा - 'समय प्रबंधन एवं शैक्षणिक उत्कृष्टता'। प्राचार्य महोदय ने विद्यार्थियों को अवगत कराया कि समय प्रबंधन केवल पढ़ाई वल्कि करियर और जीवन को भी दिशा प्रदान करता है। यद्यपि समय सभी को समान रूप से प्राप्त होता है पर सफलता उन्हीं के हिस्से आती है जो समय का सही प्रबंधन करते हैं। समय प्रबंधन से पढ़ाई में नियमितता आती है, तनाव कम होता, टालमटोल की आदत दूर होती है, लक्ष्य समय पर पूरे होते हैं। आत्मविश्वास में वृद्धि होती है। प्राचार्य महोदय ने अपनी बात पर बल देने हेतु कहा कि विद्यार्थी मोबाइल का अधिक प्रयोग न करें, परीक्षा के आखिरी घंटों में ही नहीं पूरे सत्र के दौरान पढ़ाई को अपनी दिनचर्या बनाएं। लक्ष्य निर्धारित करें। लक्ष्य प्राप्त करने के लिए पढ़ाई और मनोरंजन में संतुलन बनाएं। प्रभावी समय प्रबंधन के सुझाव देते हुए प्राचार्य महोदय ने मेधावी छात्रों को बताया कि वे प्रतिदिन के कार्यों की प्राथमिकता तय करें। अध्ययन के दौरान बीच में अन्तरल भी रखें ताकि दिमाग की एकाग्रता बनी रहे। आत्ममूल्यांकन को जरूरी बनाते हुए महोदय ने बताया कि हर सप्ताह अपना आकलन करें कि इस सप्ताह क्या सीखा और किया। कहां कमी रही और बेहतर बनने की दिशा में कहां सुधार की आवश्यकता है। छोटे-2 लक्ष्य अपनी दिनचर्या में शामिल करें जैसे - प्रतिदिन 2 घंटे अध्ययन का संकल्प, हर सप्ताह प्रत्येक विषय का एक चैप्टर और प्रति महीने दो हार्डवर्क आदि। विद्यार्थियों के लिए यह व्याख्यान सान्त्वित रहा।

डा० शारिका
कार्यक्रम संयोजक

Principals
Govt. Degree College Majheon
Distt. Kangra (H.P.)



विषय: Growth Mindset: सफलता की सोच

महाविद्यालय मञ्जीन में Topper's Mentorship & Excellence Program के अन्तर्गत प्राचार्य डॉ० नंदन भारद्वाज रा० म० मञ्जीन द्वारा दिनांक 07 फरवरी 2025 को Growth Mindset विषय पर प्रभावी व्याख्यान जारी किया। इस कार्यक्रम के लिए चयनित मेधवी छात्रों ने सफलता को सुनिश्चित बनाने के लिए इस महत्वपूर्ण शीर्षक के तहत कई मूल मंत्र सीखे। माननीय प्राचार्य ने सफलता की दिशा और गति निर्धारण करने वाले विषय विकासशील सोच में प्रवेश करते हुए बताया कि संसार में दो तरह की सोच वाले लोग होते हैं — स्थिर सोच वाले, दूसरे विकासशील सोच वाले। हम किस सोच से चलते हैं वही हमारी उपलब्धियों का स्तर निर्धारित कर देता है। स्थिर सोच वाले लोग मानते हैं कि मेरी क्षमता सीमित है, मैं इसे आगे नहीं बढ़ सकता, गलती करना मेरी कमजोरी है आदि। ऐसी सोच रखने वाले चुनौतियों का सामना न कर जल्दी हार स्वीकार लेते हैं।

विकासशील सोच रखने वाला अपनी अपार क्षमता पर विश्वास रखता है और कहता है कि "मेरी मेहनत, अभ्यास और सीखने की प्रवृत्ति से मेरी क्षमताएं बढ़ सकती हैं। गलतियाँ मुझे मजबूत बनाएंगी।" विकासशील सोच रखने वाले को चुनौतियों में भी अवसर दिखाई देते हैं। ऐसी सोच वाले विद्यार्थी सफलता से पहले कभी हार नहीं मानते। विकासशील सोच से सफलता की संभावना कई गुणा बढ़ जाती है। अनुपस्थित परिस्थितियों में भी शांत और सकारात्मक बना रहता है। उसमें आत्मविश्वास बढ़ता है। विकासशील सोच वाला व्यक्ति चुनौतियों को स्वीकार करता है। प्रयास को सफलता की आधारशिला मानता है। उन्होंने प्रेरक उदाहरणों से विद्यार्थियों को समझाया कि

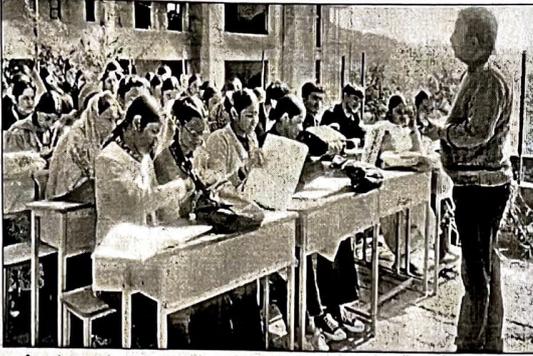
Thomas Edison ने 1000 बार असफल रह कर बल्ब की खोज की। उन्होंने अब्दुल कलाम के कथन को भी उद्धृत किया कि "You cannot change your future, But you can change your habits" यह कथन विकासशील सोच का ही परिणाम रहे। अंत व्याख्यान विद्यार्थियों के लिए विशेष प्रभावी रहे।

मझीण में विद्यार्थियों को दिए परीक्षा में सफलता के मंत्र

संवाद न्यूज एजेंसी

खुडियां (कांगडा)। मझीण कॉलेज में कैरियर काउंसलिंग एंड प्लेसमेंट सेल और मेट्री प्रोग्राम के अंतर्गत प्राचार्य डॉ. चंदन भारद्वाज ने विद्यार्थियों को परीक्षा में सफलता के मूल मंत्र विषय पर व्याख्यान दिया। व्याख्यान का आयोजन परीक्षा से पहले विभिन्न प्रश्नों का समाधान करने के लिए किया गया।

इस व्याख्यान में विद्यार्थियों को समय प्रबंधन, अपने दिमाग को किसी भी कार्य के लिए कैसे तैयार करें, मन को समझें, सही आदतों का निर्माण, मोबाइल का सदुपयोग, विचारों का महत्व, अवचेतन मन एवं कल्पना की शक्ति और ध्यान का महत्व के विषय में बताया गया। इस अवसर



राजकीय महाविद्यालय मझीण में कैरियर काउंसलिंग एंड प्लेसमेंट सेल तथा मेट्री प्रोग्राम में बच्चों को जन-सुखी देते प्राचार्य डॉ. चंदन

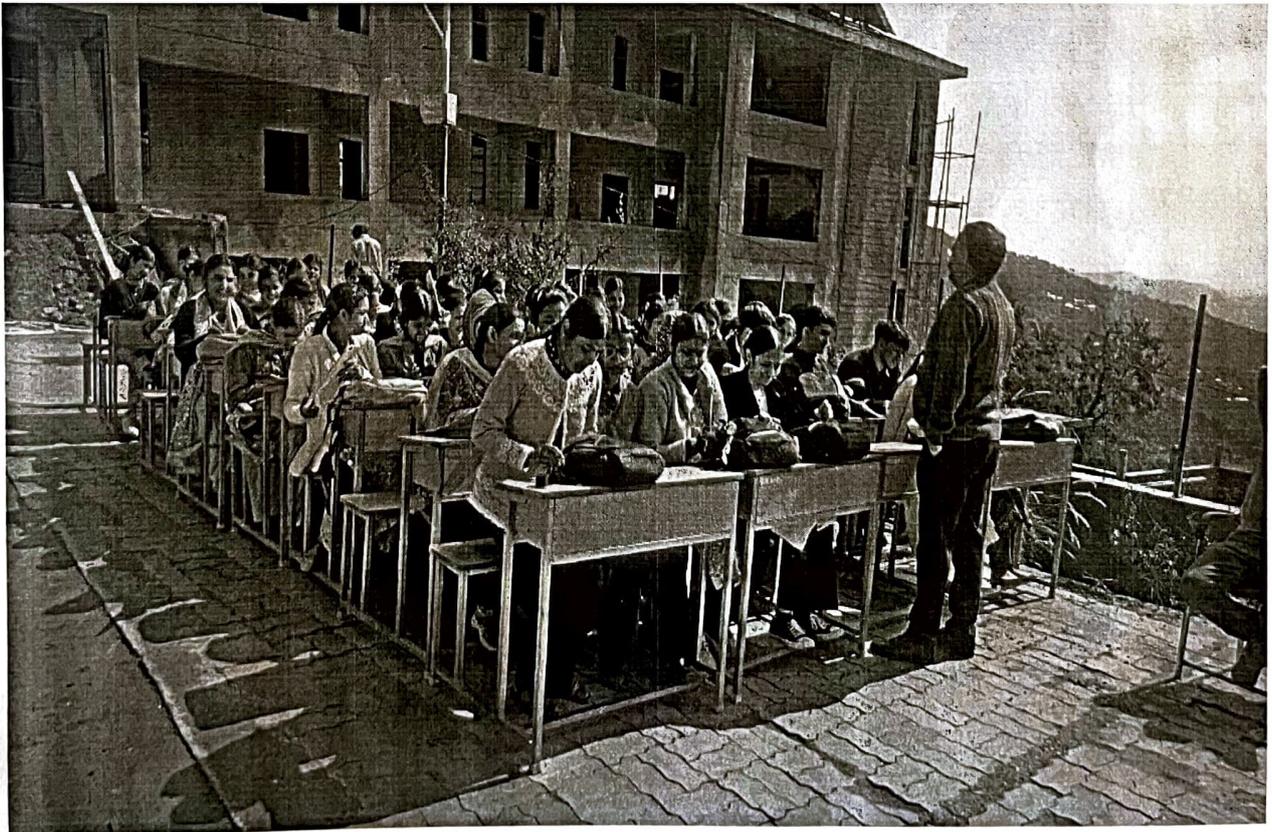
पर डॉ. सारिका, डॉ. सरवन, प्रो. आरती गुप्ता, प्रो. मुक्ता मनी, डॉ. नीलम, प्रो. मोहिनी, प्रो. लक्की एवं समस्त गैर शिक्षक वर्ग उपस्थित रहा।

मझीण कॉलेज में छात्रों को दिए परीक्षा में सफलता के मूल मंत्र मझीण। राजकीय महाविद्यालय मझीण में कैरियर काउंसलिंग एंड प्लेसमेंट सेल तथा मेट्री प्रोग्राम के अंतर्गत महाविद्यालय प्राचार्य डाक्टर चंदन भारद्वाज द्वारा विद्यार्थियों को परीक्षा में सफलता के मूल मंत्र विषय पर व्याख्यान दिया गया। इस व्याख्यान का आयोजन परीक्षा से पहले विभिन्न प्रश्नों का समाधान करने के लिए किया गया। इस व्याख्यान में विद्यार्थियों को समय प्रबंधन, अपने दिमाग को किसी भी कार्य के लिए कैसे तैयार करें, मन को समझें, सही आदतों का निर्माण आदि विषयों के बारे में बताया गया। इस अवसर पर डाक्टर सारिका, डा. सरवन, प्रो. आरती गुप्ता, प्रो. मुक्ता मनी, डाक्टर नीलम, प्रो. मोहिनी एवं प्रो. लक्की एवं समस्त गैर शिक्षक वर्ग उपस्थित रहा।

दिव्य हिमाचल

Sat, 22 February 2025

<https://epaper.divyahima>



में सफलता

परीक्षा के मूल मंत्र

राजकीय महाविद्यालय मझीन में दिनांक 21 फरवरी 2025 को प्राचार्य डॉ० चंदन आरद्वज के कुशल मार्गदर्शन में परीक्षा की तैयारी के मूलभूत सिद्धान्तों पर बहुमूल्य व्याख्यान जारी किया गया। प्राचार्य डॉ० चंदन आरद्वज इसमें मुख्य वक्ता बने रहे। यह एक वार्तालाप सत्र या सहभागिता सत्र साबित हुआ। इसमें प्राचार्य महोदय ने परीक्षा में सफलता के मूल मंत्र साझा किए तथा विद्यार्थियों ने भी अपनी जिज्ञासाएं प्राचार्य महोदय के समक्ष रखीं। इसमें महाविद्यालय के सभी उपस्थित विद्यार्थियों ने भाग लिया। प्राचार्य द्वारा यह मूल बिंदु साझा किए कि अपने दिमाग को प्रशिक्षित करो व मस्तिष्क को साधो। आदतों, अभ्यास और सही सोच से अपने मस्तिष्क की क्षमता को बेहतर बनाओ। दिमाग को स्मार्ट तरीके से उपयोग करो। अपने विकास के लिए अपने आप से प्रेम करो, अपनी Senses को दृश्य कक्ष में शामिल करो। प्राचार्य महोदय ने विद्यार्थियों को पठन, गान, संगीत के माध्यम से ध्यान एवं स्मरण शक्ति बढ़ाने के विषय में भी बताया और इन सभी बातों को अपनी पढ़ाई में शामिल करके विद्यार्थी अपनी सीखने की क्षमता को अधिक प्रभावी बना सकते हैं। (ज्ञान के जरूरे आयामों को भी खेल सकते हैं)।

अंत में विद्यार्थी को सुझाया गया कि वे अपनी समय परीक्षा की तैयारी में लगाएँ ताकि आगामी आने वाली परीक्षाओं में बेहतर परिणाम ला सकें। प्राचार्य महोदय द्वारा बच्चों के प्रश्नों, जिज्ञासों के उत्तर दिए गए। इसके साथ ही वार्तालाप सत्र का समापन हुआ।

उक्त व्याख्यान में यह भी बताया गया कि आगामी सत्र में एटॉमिक हेल्थ क्लब व टॉपर मेंटॉरशिप स्क्रीनिंग प्रोग्राम को जारी रखा जाएगा एवं विद्यार्थियों को उनके जीवन में सकारात्मक परिवर्तन लाकर मीलstones परिणामों के लिए प्रेरित करते हुए प्रविष्य में GOAL ACHIEVE करने के लिए व्याख्यान जारी किए जाएंगे।

डॉ० सोरिका

कार्यक्रम संयोजक

Principal
Govt. Degree College Majheen
Distt. Kangra (H.P.) 176032



Toppers Mentorship Excellence Programme 2024-25

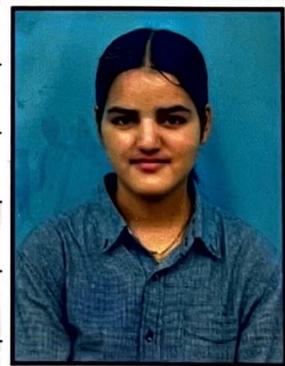
उक्त कार्यक्रम 2024-25 में बहुत ही फ़ायदी एवं फलदायी रहा जिससे महाविद्यालय का नाम सुर्खियों में रहा। महाविद्यालय की तीन छात्राओं ने दिव्यांशी राणा, तमन्ना व मेहा ने हि.प्र. विश्वविद्यालय की मेरिट सूची में क्रमशः पहला, द्वा व दसवां प्राप्त कर राजकीय महाविद्यालय का प्रदेश में गौरव बढ़ाया।



दिव्यांशी राणा
प्रथम स्थान
(विश्व विद्यालय मेरिट सूची में)

Exam Roll No 1242340009

तमन्ना
द्वा स्थान
(विश्व मेरिट सूची में)



Exam Roll No
1242340028



मेहा
दसवां स्थान
(विश्व विद्यालय मेरिट सूची में)

Exam Roll No 1242340013



Himachal Pradesh University

NAAC Accredited 'A' Grade University

Degree Wise Merit Rank Report

Degree Year : Ist Year

Exam Month : APRIL

Exam Year : 2025

Degree : BA (Annual)

S.No	College	District	Exam RollNo	University RegNo	Student Name	Father's Name	Mother's Name	Student PhoneNo	Address	Pincode	SGPA	Rank	Photo
1	Govt. Degree College, Majheen, Distt. Kangra (HP)	KANGRA	1242340009	24-GDM-20	DIVYANSHI RANA	SANJAY KUMAR	MAYA DEVI	7807795203	VILL KOTU DHORIAN PO MAJHEEN TEH KHUNDIAN	176032	9.73	1	
2	Govt. Degree College, Subathu, Distt. Solan, H.P.	SOLAN	1241470019	24-GSU-28	NARGISH BANO	SARFRAJ AHMED	AJMAT BANO	8580966505	VILLAGE JAGOTA, P/O HARIPUR, DISTT. SOLAN, HIMACHAL PRADESH	173206	9.34	2	
3	Govt. Degree College Kandaghat, Distt. Solan (HP)	SOLAN	1241900064	24-GDK-31	SIMRAN SHARMA	DEV DUTT SHARMA	SUSHMA DEVI	7876645157	VILLAGE THANA BADHOL, PO TUNDAL TEHSIL KANDAGHAT	173215	9.30	3	
4	Govt. Degree College, Bilaspur, Distt. Bilaspur (HP)	BILASPUR	1242740226	24-BP-696	PRIYANKA SHARMA	RAKESH KUMAR	ASHA DEVI	9317625212	VILLAGE STAHLI, POS T OFFICE BALH CHURANI (492), TEHSIL GHUMARWIN	174003	9.25	4	
5	Govt. Degree College Sangarh, Distt. Sirmour (HP)	SIRMAUR	1241970048	24-GDS-30	DIKSHA THAKUR	GOPAL SINGH	SUNIL	9015499337	VILLAGE- GEHAL, PO- HARIPURDHAR TEHSIL-SANGRAH	173032	9.18	5	
6	Govt. Degree College, Chowari, Distt. Chamba (HP)	CHAMBA	1242470020	24-GCH-110	ANJALI DEVI	PAPPU DEEN	SHALLU	9015901264	VILL LAHRU PO PARCHHORE TEH BHATTIYAT	176302	9.14	6	

	Govt. Degree College, Una, Distt. Una (HP)	UNA	1242560218	24-UN-691	SAKSHI	MALKIAT SINGH	KAMLESH KAUR	7590994059	SAKSHI D/O MALKIAT SINGH WARD NO 5 VILL UDEYPUR PO CHARATGAR H TEH AND DISTT UNA HP	174315	9.14	6	
8	Govt. Degree College, Majheen, Distt. Kangra (HP)	KANGRA	1242340028	24-GDM-15	TAMANNA	PRATAP CHAND	SANTOSH KUMARI	9805239465	VILL.DALOH, PO. TIHRI, TEH. KHUNDIAN, DISTT. KANGRA, HP	176032	9.11	7	
9	Govt. Degree College Jukhala, Distt. Bilaspur (HP)	BILASPUR	1242760041	24-GCJ-25	POOJA SHARMA	NARESH KUMAR	SHANTA DEVI	8894419401	V.SAMOG, P.O. CHHAKOH, DIST. BILASPUR, HP	174001	9.07	8	
10	Govt. Degree College Diggal, Distt. Solan (HP)	SOLAN	1241880006	24-GDC-15	DEEPIKA	RAMESHWAR	TARA DEVI	7807118323	VILLAGE BEHLI, P.O. BADHALAG, TEHSIL KASAU LI	173218	9.02	9	
11	Govt. Degree College Dhaneta, Distt. Hamirpur (HP)	HAMIRPUR	1242720006	24-GHD-12	DISHA THAKUR	PAWAN KUMAR	NISHA RANI	9817695519	VPO JHALLAN TEH. NADAUN DISTT. HAMIRPUR	177301	9.02	9	
12	Govt. Degree College Sanjauli, Shimla-6. (HP)	SHIMLA	1241730396	24-SL-414	PREETI VERMA	RAJENDER SINGH	LATA DEVI	7876442381	VILLAGE HIUN, POST OFFICE NALYANA, SUB TEHSIL TIHRA, TEHSIL DHARAMPU R, HAYUN AWAL (182), PO: NALYANA, DISTRICT MANDI, HIMACHAL PRADESH 175026	175026	9.02	9	

8	Govt. Degree College, Chamba, Distt. Chamba (HP)	CHAMBA	1242460152	24-CB-163	CHINTAN	RATO	MAHESHI	9816082708	VILLAGE ABHOR PO JADERA TEHSIL AND DISTRICT CHAMBA	176314	9.00	10	
14	Govt. Degree College, Majheen, Distt. Kangra (HP)	KANGRA	1242340013	24-GDM-4	NEHA	BIDHI CHAND	RESHMA DEVI	9015422970	VILL MARHANA PO SIALKAR TEH KHUNDIAN	176032	9.00	10	
15	Govt. Degree College Shri Renuka ji, Dadahu, Distt. Sirmour (HP)	SIRMAUR	1242030091	24-GCRD-16	VANDANA DEVI	DHANVIR SINGH	SUKH DEVI	8219859056	VILLAGE KANDO HARYAS PO BHATGARH TEHSIL DADAHU	173022	9.00	10	
16	SCVB, Govt. Degree College, Palampur, Distt. Kangra (HP)	KANGRA	1242140021	24-GPL-284	AKHIL KAPOOR	RAJESH KUMAR	ANJNA DEVI	9418796107	VPO. BHAGOTLA TEH. PALAMPUR	176059	9.00	10	

Note : The above Merit List is provisional and subject to change, if any, due to RLA/Discrepancy.

1. G-V Outcomes of Best Practices 2024-25

1. Atomic Habits Club

- (i) Developed awareness of the impact of tiny, consistent habits on academic and personal growth
- (ii) Strengthened regular reading habits and improved understanding and memory skills.
- (iii) Enhanced focus, discipline and consistency in students' learning routines.
- (iv) Improved ability to manage academic tasks effectively by breaking them into smaller steps
- (v) Promoted time-management, good orientation, and self motivation among learners.
- (vi) Helped in creating a positive learning environment where students were encouraged to read, learn regularly and improve themselves step-by-step.

2. Jobbers Mentorship Excellence Programme

- (i) Identification and nurturing of academically talented students.
- (ii) Improved subject understanding through expert mentoring
- (iii) Enhancement in academic performance and learning quality
- (iv) Development of effective study habits and analytical skills.
- (v) Increased confidence, presentation and communication skills.
- (vi) Better readiness for competitive exams and higher studies.
- (vii) Promotion of academic excellence and a positive learning culture.

Maitri: An Initiative for Cultural and Educational Integration



Maitri is a cultural and educational initiative aimed at bringing together students and faculty members from various educational institutions to promote cultural understanding and meaningful interaction. Under this initiative, a **Maitri Picnic** was organized at **Bharobad, Majheen** on **14th December 2024**. The program was a unique and visionary initiative by **Dr. Chandan Bhardwaj, Principal, Government Degree College Majheen**, who played a pivotal role in conceptualizing and organizing the event

Objectives

- To familiarize students with diverse cultures and traditions
- To promote interaction and friendship among students of different institutions
- To encourage academic and cultural collaboration among colleges
- To provide exposure to natural heritage and environmental awareness
- To instill values of unity, mutual respect, and social harmony

Maitri is a cultural and educational initiative aimed at bringing together students and faculty members from various educational institutions to promote cultural understanding and meaningful interaction. Under this initiative, a *Maitri Picnic* was organized at **Bharobad, Majheen** on **14**

December 2024. The programme was a unique and visionary initiative by **Dr. Chandan Bhardwaj, Principal, Government Degree College Majheen**, who played a pivotal role in conceptualizing and organizing the event. An MoU was earlier signed between **Trisha College of Education, Hamirpur** and **GDC Majheen** and this picnic was the result of the same.



Students,

faculty members, and the Principal of **Trisha College of Education, Hamirpur** participated actively in the programme. In addition, Principals of **GDC Rakkar, GDC**



Khundian, and Government College Jawalamukhi also took part in this collaborative event. Bharobad, a place enriched with natural beauty, provided a perfect backdrop for the program, offering a breathtaking view of the entire **Dhauladhar mountain range**. A major highlight of the program was the signing of **Memorandum of Understanding (MoUs)** to strengthen

academic cooperation among the participating institutions. The Principals of **GDC Rakkar**, **GDC Khundian**, and **Government College Jawalamukhi** also signed MoUs with **GDC Majheen** at Bharobad, marking an important step towards future collaborations. Various cultural activities were organized during the program, providing students with a platform to showcase their talents and cultural diversity. A special attraction was the **choral singing led by Dr. Chandan Bhardwaj**, which created an atmosphere of unity and togetherness among students and teachers alike. The stage proceedings were efficiently conducted by **Dr. Sarika**, ensuring smooth coordination of all activities.

Traditional **local dham** was arranged for all participants, allowing them to experience



local cuisine and culture. The **Eco Club and NSS volunteers** played an active role in cooking, serving food, and managing the arrangements with dedication and teamwork.



After the event, **Eco Club members** ensured proper cleanliness by removing disposable plates, glasses, and polythene waste from the site, reinforcing the importance of environmental responsibility. Teachers and students from different institutions interacted freely, exchanging academic ideas, cultural experiences, and viewpoints. As a symbol of love, friendship, and environmental consciousness, the **Nodal Officer of Trisha College of Education** presented a **plant** to **Prof. Muktamani, Nodal Officer of the Eco Club**.

Overall, the **Maitri Picnic at Bharobad** was a grand success and truly reflected the spirit of

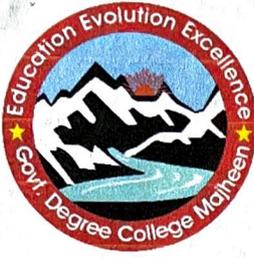
cultural integration and educational collaboration. The initiative not only strengthened inter-institutional relationships but also promoted unity in diversity, environmental awareness, and holistic development of students.



Principal
Govt. Degree College Majheen
Distt. Kangra (H.P.) 176032

Convener

Principal
GDC Majheen



Memorandum of Understanding (MoU)

Between

Govt. College Majheeh, Kangra (HP)

And

Govt. College Khundian, Kangra (HP)



Objective

This Memorandum of Understanding (MoU) is made and entered into by and between Govt. College Majheeh and Govt. College Khundian with the intent to collaborate for the purpose of knowledge and resource sharing. The collaboration is aimed at enhancing educational experiences and academic excellence by pooling resources, expertise, and infrastructural facilities. This MoU represents the mutual understanding and goodwill of both institutions in their effort to foster educational collaboration for the benefit of students and the academic community.

Scope of Collaboration

1. **Academic Resource Sharing**
 - i) Sharing of academic materials such as books, journals, and digital resources.
 - ii) Organizing joint academic workshops/ seminars/conferences for students and teachers.
 - iii) Facilitating guest lectures and educational sessions by subject experts from both institutions.
2. **Infrastructure sharing and mutual access to libraries, computer labs, etc.**
 - i) Allowing the use of classrooms, halls, and other infrastructure for academic events or extracurricular activities.
 - ii) Student Engagement and Development.
3. **Cultural Exchange:**
 - i) Conduct inter-college cultural events, including music, dance, drama, and art competitions.
 - ii) Celebration of national and regional festivals together to promote cultural diversity.
4. **Skill Development:**
 - i) Conduct career guidance and soft skills training programs.
 - ii) Organize skill-based workshops in areas like entrepreneurship, computer literacy, and financial literacy.

5. Sports and Extracurricular Activities:

- i) Organize joint sports meets, fitness camps, study tours and excursions.
- ii) Collaborate in community outreach activities such as tree plantation drives and cleanliness campaigns.

6. Faculty Collaboration

- i) Faculty exchange for capacity building and knowledge sharing.
- ii) Participation in joint faculty development programs and training sessions.

Duration

This MoU is valid for a period of five years, effective from the date of signing i.e. **14th December, 2024** and may be extended upon mutual consent.

Terms of Amendment and Termination

- i) Any amendments to this MoU shall be made in writing with mutual agreement between both institutions.
- ii) Either party may terminate this MoU by providing two months written notice to the other party.

Signatories:

On behalf of Govt. Degree College Majheen:

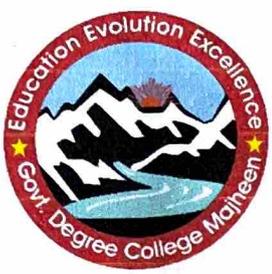
Signature: 
Name: Dr. Chandan Bhardwaj
Designation: Principal
Date: 14/12/2024

On behalf of Govt. College Khundian:

Signature: 
Name: Dr. Amarjeet Lal
Designation: Principal
Date: 14/12/2024

Witness: 
Baljit Jauwal
Associate Professor
Gr C Majheen (Kgs.) H.P.

Witness: 
Dr. Sarika A.P.
Gr C Majheen (Kgs.) H.P.



Memorandum of Understanding (MoU)

Between

Govt. College Majheen, Kangra (HP)

And

Govt. College Rakkar, Kangra (HP)



Objective

This Memorandum of Understanding (MoU) is made and entered into by and between Govt. College Majheen and Govt. College Rakkar with the intent to collaborate for the purpose of knowledge and resource sharing. The collaboration is aimed at enhancing educational experiences and academic excellence by pooling resources, expertise, and infrastructural facilities. This MoU represents the mutual understanding and goodwill of both institutions in their effort to foster educational collaboration for the benefit of students and the academic community.

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Signatories:

On behalf of Govt. Degree College Majheen:

Signature: 
Name: Dr. Chandan Bhandari
Designation: Principal
Date: 14/12/2024

On behalf of Govt. College Rakkar:

Signature: 
Name: Dr. Pankaj Sood
Designation: Principal
Date: 14/12/2024

Witness:


Baljit Jauwal
G.C. Majheen
(Kgt.) H.P.

Witness:


Dr. Sarika A.P.
G.C. Majheen (Kgt.) H.P.



Memorandum of Understanding (MoU)

Between

Govt. College Majheen, Kangra (HP)

And

Govt. College Jawalamukhi, Kangra (HP)



Objective

This Memorandum of Understanding (MoU) is made and entered into by and between Govt. College Majheen and Govt. College Jawalamukhi with the intent to collaborate for the purpose of knowledge and resource sharing. The collaboration is aimed at enhancing educational experiences and academic excellence by pooling resources, expertise, and infrastructural facilities. This MoU represents the mutual understanding and goodwill of both institutions in their effort to foster educational collaboration for the benefit of students and the academic community.

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This MoU is valid for a period of five years, effective from the date of signing i.e. **14th December, 2024** and may be extended upon mutual consent.

Terms of Amendment and Termination

- i) Any amendments to this MoU shall be made in writing with mutual agreement between both institutions.
- ii) Either party may terminate this MoU by providing two months written notice to the other party.

Signatories:

On behalf of Govt. Degree College Majheer:

Signature: [Signature]
Name: Dr. Chandan Bhandari
Designation: Principal
Date: 14/12/2024

On behalf of Govt. College Jwalamukhi:

Signature: [Signature]
Name: Dr. S.K. Bansi
Designation: Principal
Date: 14/12/2024

Witness:

[Signature]
Baljit Jainwal
Associate Professor
G C Majheer (Kp) H.P. *****

Witness:

[Signature]
Dr. Saika A.P.
G C Majheer (Kp) H.P.

Memorandum of Understanding

Between

SRI SAI UNIVERSITY, PALAMPUR, HIMACHAL PRADESH

&

GOVERNMENT DEGREE COLLEGE, MAJHEEN DISTT. KANGRA HIMACHAL PRADESH

This Memorandum of Understanding (MOU) is made on **17th December, 2024** by **Sri Sai University, Palampur Distt. Kangra Himachal Pradesh** and **Government Degree College Majheen Distt. Kangra Himachal Pradesh** for academic and research cooperation.

WHEREAS, Sri Sai University is established with the objective for professional and technical value-based education as State Private University vide Act No.3 of 201 of State Legislature of Himachal Pradesh. It has been notified by the U.G.C. under Section of 22 of the UGC Act 1956 and empowered to award degrees vide letter F.No. 8-2/2011 (CPP-1/PU) dated 01 June 2011. Evaluating the academic progress. Government of Himachal Pradesh accorded approval through legislation to establish SRI SAI UNIVERSITY PALAMPUR in the year 2010. Sri Sai University Palampur is a multi-disciplinary and world class university located amidst the sylvan surroundings of Kangra Valley. The University provides access to the high-quality education, culting-edge research and development of new technologies in line with preparing successful professionals in various walks of life i.e. Engineering & Technology, Basic & Applied Sciences, Management and Information Technology, Sports and Pharmacy with a close interaction with industry. The University strives to the aim of "Transforming Dreams into Reality" by developing professional competencies with flexibility, adaptability and passion for learning.

WHEREAS, Govt. Degree College ,Majheen District Kangra Himachal Pradesh within Kangra Valley. Majheen is a beautiful and peaceful region of district Kangra of Himachal Pradesh, India. The College building has well Classrooms, Principal room, Office room, Staff Room, Library , Physics Lab, Chemistry Lab, Computer Lab, multipurpose Hall and Girls Common Room.

Government College Majheen is a government-run degree college in Kangra, Himachal Pradesh, India:

- **Accessibility:** Has a wheelchair accessible entrance and parking lot
- **Opening:** Opened in June 2016

Principal
Govt. Degree College Majheen
Distt. Kangra (H.P.) 176032

Foundation of the Memorandum of undertaking (MOU) on Academic Cooperation.

1. That the exchange of knowledge and scientific experiences between the faculty, students & scholars of both the institutions are of great significance for their progress and service to society.
2. That both the institutions aspire to strengthen the scientific and academic areas.
3. That the aim of each institute is to strengthen the faculty with a purpose of academic enrichment of both the institutes.
4. That both the institutions understand that the agreement does not bind them to any financial commitments or obligations.

ARTICLE 1: EXCHANGE OF VISITS BETWEEN FACULTY OF INTERDISCIPLINARY STUDIES AND ENVIRONMENTAL SCIENCE.

Govt. Degree College Majheen District Kangra Himachal Pradesh and Sri Sai University, Palampur Himachal Pradesh 176061 will jointly carry out the training of students as a part of their internship/field studies.

Both will exchange the faculty members for research supervision, teaching and extension activities.

ARTICLE 2: OTHER ACTIVITIES

Through official correspondence both departments will exchange invitation for faculty members to participate in conference, symposia, workshops and other scientific and extension activities to be organized by both institutes. Both departments will also cooperate in:

- Joint supervision of post-graduate as well Ph.D. research scholar's undergoing studies.
- Formulation and execution of joint research projects.
- Adding a network link between the two institutes.
- Organizing collaborative activities agreed upon by the two Universities/colleges such as placement drive, sports, cultural events, visits and academic activities.

ARTICLE 3: EXCHANGE OF ACADEMIC PUBLICATIONS

Both will exchange academic publications, books, brochures, and periodicals etc. Both will contribute to academic publications in journals and other publications of joint research projects and they will cooperate in authorship as per the protocol establishment in each Institute.

All publications generated directly from this cooperation will clearly mention the collaboration between the two institutes.

ARTICLE 4: The different fields of cooperation between the two institutions could be modified at any time with the mutual consent so as to keep the MoU robust in nature.

ARTICLE 5: THE VALIDITY OF THE AGREEMENT

This MOU takes the effect from the date of its ratification by the appropriate bodies in both the institutes in accordance with their respective statutes.

Principal
Govt. Degree College Majheen
Distt. Kangra (H.P.) 176032

The validity of this MOU is one year. The renewed MOU can be extended further for subsequent terms of another one year each of getting written consent of both the parties.

The terms of this MOU will be carried out according to the executive procedures stipulated, in accordance with the laws and regulations in force by the concerned councils/governing bodies of the two Institutes.

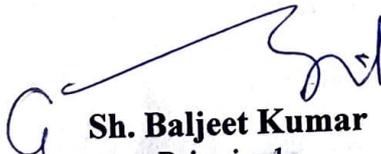
Any disagreement on the interpretation or implementation of this agreement shall be resolved through amicable and diplomatic means without involving a third party.

NOTICE OF TERMINATION OF AGREEMENT

- a) Either of the Institutes by giving one month's notice in writing to the other party may terminate this Agreement before its expiry.
- b) Both Institutes shall also have the right to terminate the agreement without prior notice if
 - i. There occurs a breach of any terms and this Agreement which remains uncured for a period of fifteen (15) days being notified in writing to the other party.
 - ii. Either of the departments commits any act or omission which harms and reputation of the other party.
 - iii. Either of the party acts in a manner prejudicial to the interest of the other and affected Party shall be the sole judge in this regard.

Expiry of termination of this Agreement howsoever occasioned shall be prejudice to rights, obligations occurred or incurred prior to the date of expiry or termination, and accounts between the departments shall be promptly settled.

BOTH INSTITUTIONS ACKNOWLEDGE THAT THEY HAVE READ THIS AGREEMENT, UNDERSTOOD IT, AND AGREE TO BE BOUND BY ITS TERMS AND CONDITIONS.


Sh. Baljeet Kumar
Principal
Govt. Degree College Majheen
Himachal Pradesh - 177043
Principal
Govt. Degree College Majheen
Distt. Kangra (H.P.) 176032

Witness:


Principal
G.D.C. Sujanpur
Tihra (H.P.)


Dr. Agnib S. Bandyopadhyay


Er. Kanwar Tushar Punj
Vice-Chancellor
Sri Sai University, Palampur
Himachal Pradesh (176061)


Witness:


Dr. Jahid Ali (Registrar)


Dr. Sujit Kumar Sarroch (Chairman Admission)

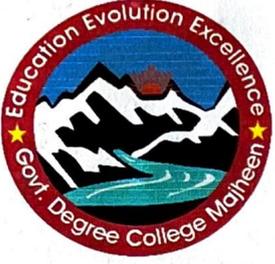
Memorandum of Understanding (MoU)

Between

Govt. Degree College Majheen, Knagra

And

Him Academy Public School, Vikas Nagar, Hamirpur



Purpose:

This Memorandum of Understanding (MoU) is made and entered into by and between Govt. Degree College Majheen and Him Academy Public School, Vikas Nagar, Hamirpur with the intent to collaborate for the purpose of knowledge and resource sharing. The collaboration is aimed at enhancing educational experiences and academic excellence by pooling resources, expertise, and infrastructural facilities. This MoU represents the mutual understanding and goodwill of both institutions in their effort to foster educational collaboration for the benefit of students and the academic community.

Scope of Collaboration:

1. Academic Resource Sharing

- Sharing of academic materials such as books, journals, and digital resources.
- Organizing joint academic workshops, seminars, and conferences for students and teachers.
- Facilitating guest lectures and educational sessions by subject experts from both institutions.

2. Infrastructure sharing and mutual access to libraries, computer labs, etc.

- Allowing the use of classrooms, halls, and other infrastructure for academic events or extracurricular activities.
- Student Engagement and Development.

3. Organizing joint academic events, cultural activities, and competitions

Conducting mentoring programs where senior college students can assist school students in academic development.

4. Faculty Collaboration

- Faculty exchange for capacity building and knowledge sharing.
- Participation in joint faculty development programs and training sessions.

Duration:

This MoU is valid for a period of five years, effective from the date of signing, i.e 20th March, 2025 and may be extended upon mutual consent.

Terms of Amendment and Termination:

- Any amendments to this MoU shall be made in writing with mutual agreement between both institutions.
- Either party may terminate this MoU by providing two months written notice to the other party.

Signatories:

On behalf of Govt. Degree College Majheen,
Kangra (HP)

Signature: _____

Name: _____

Designation: _____

Date: _____

Dr. Chandan Bhasdwarj
Principal
20/3/2025

Dr. Noelam

On behalf of Him Academy Public School, Vikas
Nagar, Hamirpur (HP)

Signature: _____

Name: _____

Designation: _____

Date: _____

Himanshu
Principal (Academic)
20/3/2025

AW
20/3/2025

Breathing Test

Place: Him Academy Public School, Vikas Nagar, Hamirpur

Class: Faculty of HAPS

Participants:

Date: 20/03/2025

Sr. No.	Breathing Rate/Min	Number of Participants	Remarks
1	< 4	0	
2	4 to 7	0	
3	8 to 11	14	
4	12 to 15	26	
5	16 to 19	24	
6	20 to 23	18	
7	24 to 27	08	
8	28-31	0	
9	>31		

Principal 
Him Academy Public School
Vikas Nagar, Hamirpur (H.P.)