



# Veritas

Truth, Knowledge, Excellence ...

A NEWSLETTER  
GOVT. COLLEGE SHILLAI  
JANUARY-JUNE, 2025 ISSUE



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# Principal's message:

*It gives me immense pleasure to announce the third release of our college's official newsletter VERITAS: truth, knowledge, excellence. This newsletter is devoted to realize its meaning in true sense. It consists a comprehensive review of the various milestones and achievements acquired by the college through its able faculty and talented students in the time span from January –June 2025. The purpose of this newsletter is to foster the culture of knowledge sharing and keep you informed about the various events organized by various departments, clubs and society of the college through its students and faculty.*

*Each edition of VERITAS strengthens our mission of holistic education by not only documenting achievements but also by fostering a culture of expression, reflection, and critical thinking. I am proud to see our students and staff actively engaging in a variety of activities that promote learning beyond the classroom. From academic excellence to community engagement, from innovation to inclusivity that our college continues to grow as a hub of knowledge and character-building.*

*I congratulate the editorial team for their dedicated efforts in bringing out this issue with such clarity and purpose. I also extend my heartfelt appreciation to all contributors whose voices make VERITAS a meaningful platform.*

*Let this newsletter inspire us all to keep striving for excellence, uphold truth: the meaning behind Veritas, and continue to contribute positively to the journey of Government College Shillai.*

*Warm wishes to all readers.*

Dr. J. R. Kashyap  
Principal  
Government College Shillai





# NSS Volunteer of GC Shillai, participated in All India Woman National Integration Camp at Jammu

January 3-9, 2025

In Jammu from 3 to 9 January 2025 the teams from 22 states and union territories of the country participated in the All India Woman National Integration Camp. In this, 10 volunteers of various colleges of the state participated under the leadership of Ms. Sujata Khamn, Program Officer of Government College, Shillai. Various events like Speech, debate, poem, sports competition along with cultural activities were organized at the camp. Ranjana B.A. 2nd year student from Govt. College Shillai has won the first place in the speech and the pair of Anshika Chauhan of Nahan College in Table Tennis and Deeksha Chauhan of Solan College have won the silver medal.

The chief guest of the closing ceremony, was Hon'ble Chief Minister of Jammu and Kashmir Mr. Omar Abdullah honored the Himachal NSS contingent and shared the picture honoring the Himachal team at the Instagram post.



Jammu, null, null  
PV55+H33, Gandhinagar Link, Jabah, Jammu, 180003  
Lat 32.708678°  
Long 74.857198°  
08/01/25 08:58 PM GMT +05:30



# Government College Shillai declared as Sirmaur's first Pre-Rural Incubation Centre

January 24, 2025

Under the World Bank and Government of India's RAMP (Raising and Accelerating MSME Performance) scheme, the Himachal Pradesh Centre for Entrepreneurship Development (HPCED) and the Department of Industries have declared Government College Shillai as Sirmaur district's first pre-rural incubation centre. This center will train rural youth for self-employment and skill development.

The implementation agency for this initiative, The Planet Education Society, organized a district-level sensitization workshop. The program was chaired by District General Manager (Industries), Sakshi Satti. The main objective of the center is to motivate rural youth to establish micro and small-scale industries. It will provide high-quality training aimed at enhancing technical and entrepreneurial skills. The center also aims to create awareness about various government schemes and support systems. Furthermore, it will act as a guiding platform for aspiring entrepreneurs to convert their ideas into sustainable ventures.





# Key Activities of the Program: Pre-Rural Incubation centre ....



**Key Activities of the Program:** Sakshi Satti motivated students by emphasizing the importance of **startups and entrepreneurship**. **Thakur Bhagat Singh**, Manager at the District Industries Department, provided information on the **Chief Minister's Startup/Innovation Projects** and the **New Industrial Scheme**. **Dr. Anil Kumar Sharma**, President of **The Planet Education Society**, highlighted the goals of the **RAMP scheme** and the **Pre-Rural Incubation Centre**. **Participants and Special Guests present at the event were:**

- **Sakshi Satti**, District General Manager (Industries)
- **Thakur Bhagat Singh**, Manager, District Industries Department
- **Dr. Anil Sharma**, President, The Planet Education Society
- **Mr. Surendra Sharma** from the BDO office



Approximately **100 students** and **staff members of Government College Shillai** also attended the inauguration ceremony. At the end of the program, the youth were inspired to move toward **self-employment and entrepreneurship**. This initiative will help empower rural youth to become **self-reliant** and promote **innovation** in the region.



# Road Safety Awareness Lecture by Road Safety Club

February 14, 2025

A road safety awareness lecture was organized by the Road Safety Club of Government College Shillai in collaboration with the local police department. The objective of the lecture was to sensitize students and staff about essential road safety measures. Mrs. Kiran and woman constable Vijaya from the police department participated as the chief speakers. Both officials emphasized the importance of following traffic rules, wearing helmets and seat belts, and avoiding the use of mobile phones while driving. They also informed the audience about the legal consequences of violating traffic regulations and shared real-life incidents to highlight the significance of road safety. Dr. Sansar Chand, assistant professor in the department of Physics and convener of the Road Safety Club, conducted the stage proceedings and welcomed the guests, students, and staff. The program was organized by Dr. Sansar Chand, Prof. Reena Devi, and Prof. Ram Lal, all members of the Road safety club.

The lecture was highly interactive, with students actively participating in the question-answer session with the speakers. All participants took a road safety pledge, expressing their commitment to safe road behavior. Around 150 participants attended the session, making the event impactful and successful.

•Prof. Ram Lal delivered the vote of thanks, expressing gratitude to the police department, the organizing team, and the enthusiastic participation of students and staff. The principal of the college gave the closing remarks and appreciated everyone's efforts. The program concluded with the national anthem, leaving a deep impression on all present.



स्टाफ को सड़क पर किया जागरूक

शिल्लै के राजकीय महाविद्यालय में एक सड़क सुरक्षा के लिए जागरूक करने वाली कार्यवाही



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# NSS Special Seven Day Camp: Not Me But You organized from February 22-28, 2025

## Day 1: NSS Seven-Day Special Camp Inaugurated at GC Shillai on Feb. 22, 2025

On 22nd February 2025, the seven-day special NSS camp at Government College Shillai was inaugurated by Principal Dr. J. R. Kashyap as the Chief Guest and Resource Person, by lighting the ceremonial lamp. Senior Superintendent Mr. Kamaraj Chauhan attended as the Special Guest and was felicitated by the Principal along with NSS Program Officers Mr. Yashpal Sharma and Ms. Sujata Khamn. The program featured the NSS theme song, a presentation of the year's activities, and a youth dialogue on *"Challenges and Solutions in Undergraduate Education in Himachal Pradesh."* In his address, the Principal emphasized the value of contemplation over worry, highlighting the contrast between Indian spiritual and Western materialistic worldviews.

In the second session, NSS volunteers carried out a cleanliness drive in the adopted village Kailath and brought quality manure for the plants grown on the college campus.





# Day 2 Highlights – NSS Seven-Day Special Camp

February 23, 2025

On the second day of the NSS Seven-Day Special Camp, two impactful activities were conducted by NSS Units I & II of Government College Shillai.

One group of volunteers, under the theme of environmental conservation, organized an awareness rally in Shillai Bazaar against the excessive use of plastic. Holding placards and chanting slogans like “Say No to Plastic Bags,” the volunteers urged the public to adopt eco-friendly alternatives.

Simultaneously, under the leadership of Program Officer Mr. Yashpal Sharma, a second group of volunteers undertook a field visit — a trekking expedition to the snow-covered Chandpur Dhar peak, located approximately 20 km from the college. Ms. Sujata Khamn, Assistant Professor of Botany, served as the Resource Person and educated volunteers and medical students about various medicinal plants and herbs found in the region. The volunteers also enjoyed snow skating, making the experience both educational and adventurous.





# Day 3 Highlights – NSS Seven-Day Special Camp

February 24, 2025

On the third day of the NSS Seven-Day Special Camp, volunteers from NSS Units I & II actively participated in the Annual Athletic Meet. Led by NSS President Manjeet, the volunteers performed a march past and competed in various athletic events, winning several accolades. Volunteer Shanu secured a Gold Medal in High Jump and a Silver Medal in the 800-meter race. Manjeet won Gold Medals in the 100m and 200m races, and also earned 2nd place in High Jump, 3rd in Long Jump, and 2nd in Shot Put, ultimately being honored with the Best Athlete Award. In the second session, held online via Google Meet, Dr. Pankaj Chandak, District NSS Nodal Officer of Sirmaur, served as the Resource Person. He provided detailed insights into the "Mera Yuva Bharat (MY Bharat) Portal", emphasizing the growing importance of digital literacy for both volunteers and program officers in the future of NSS.

Another Resource Person, Mr. Jeevan Prakash Joshi, addressed the volunteers in the presence of Program Officers Mr. Yashpal Sharma, Ms. Sujata Khamn, and Senior Superintendent Mr. Kamaraj Chauhan. He delivered a thought-provoking session on the essence of Indian culture, highlighting the sacred status of women in traditional society and how it is being eroded by the negative influences of Western culture and cinema.





# Day 4 Highlights – NSS Seven-Day Special Camp

February 25, 2025

On the fourth day, ex-serviceman and certified yoga instructor **Mr. Devendra Desai** conducted a dynamic yoga session, highlighting its role in physical fitness and mental well-being. Drawing from his Army experience, he motivated volunteers to stay positive and disciplined. Later, volunteers attended a workshop on “**Entrepreneurship and Startups**” by **Dr. Anil Sharma**, exploring the basics of innovation and business. In the second session, under Program Officers **Mr. Yashpal Sharma** and **Ms. Sujata Khamn**, volunteers conducted a **community survey** in adopted village **Naya**, focusing on **basic needs and women’s status**.

According to the collected data:

- 86% of villagers are dependent on agriculture
- 8% are employed in government services
- 6% are involved in other occupations
- The male-to-female ratio is 11:09
- In farming practices: 55% follow organic farming, 12% chemical-based farming, and 33% use both

The key issues in the village include **water scarcity**, **unemployment**, and **lack of healthcare facilities**





# Day 5 Highlights – NSS Seven-Day Special Camp

February 26, 2025



On the fifth day of the NSS Special Camp, two key activities were conducted. In the **first session**, volunteers, under the guidance of Program Officers **Mr. Yashpal Sharma** and **Ms. Sujata Khamn**, carried out **weeding and watering of potted plants**, and used **organic manure** brought from **Kailath village** to promote better plant growth. In the **second session**, a **lecture on social issues** was delivered by Program Officer and Assistant Professor **Mr. Yashpal Sharma**. He discussed topics such as **religious and caste discrimination**, using real-life examples to highlight their impact and emphasized the steps needed to eliminate such divisions from society. These activities reaffirmed the volunteers' **commitment to bringing positive social change**.



# Day 6 Highlights – NSS Seven-Day Special Camp

February 27, 2025

On the sixth day of the NSS Special Camp, under the guidance of Program Officers **Mr. Yashpal Sharma** and **Ms. Sujata Khaman**, volunteers participated in a **painting competition**. They creatively decorated flower pots with themes like the **NSS logo**, **college emblem**, **environmental awareness**, and **social messages**, showcasing their artistic expression and social concern.

In the second session, **Mr. Vijender**, head of **Indane Shaheed Kalyan Gas Agency, Shillai**, served as the Resource Person. He informed the volunteers about various **government schemes related to domestic gas cylinders**, while also educating them on **safety precautions and emergency measures** to prevent accidents.





# Day 7 Highlights – NSS Seven-Day Special Camp

February 28, 2025

The valedictory function of the NSS Seven-Day Special Camp at Government College Shillai was held today in the esteemed presence of **Principal Dr. J.R. Kashyap** as the Chief Guest. Under the leadership of Program Officers **Mr. Yashpal Sharma** and **Ms. Sujata Khaman**, the closing day featured a variety of activities including a **quiz competition**, a **PPT presentation** showcasing highlights from the seven days, and vibrant **cultural performances** such as folk dance and nati. Volunteers displayed creativity and enthusiasm throughout. Students also shared their personal experiences, reflecting on the knowledge and skills gained during the camp. **Mukesh, Aanchal, and Saloni** were honored as **Best Volunteers** for their outstanding contribution.

Addressing the volunteers, Principal **Dr. J.R. Kashyap** encouraged them to embrace **social service and leadership** in their lives. Camp Coordinator **Mr. Yashpal Sharma** remarked, "Our goal was to instill a spirit of service and leadership among students. We believe this camp will remain a meaningful and memorable experience for all." The event was graced by the presence of teaching and non-teaching staff.





# Annual Athletic meet: Khelega Yuva to Khilega India

February 24, 2025



A one-day Annual Athletic Meet was organized at Government College Shillai under the chairmanship of Principal Dr. J.R. Kashyap. The theme of the event was "Khelega Yuva to Khilega India". Principal Dr. J.R. Kashyap graced the occasion as the chief guest. The athletic meet commenced with a march past, led by the Sports Coordinator, Professor Anil Kumar. Various athletic competitions were held, in which around 400 students of the college participated. The events included 100 meters, 200 meters, 400 meters, 800 meters races, along with high jump, long jump, and shot put. In the 100-meter race, Manjeet and Ishita secured the first position, Abhishek and Sheetal stood second, while Manish and Raveena came third. In the 200-meter race, Manjeet and Ishita again secured the first position, Abhishek and Tanya Chauhan came second, while Manish and Raveena stood third. In the 800-meter race, Nitin and Ishita took first place, Vivek and Shanu came second, and Manish and Anisha secured the third position. In the high jump event, Abhishek and Shanu came first, followed by Manjeet and Sheetal in second place, and Nitin in third. In the long jump, Nitin and Tanya secured the first position, Abhishek and Ishita came second, and Manjeet and Sheetal stood third. In shot put, Kuldeep and Riya won the first position, Manjeet and Tanya came second, and Abhishek and Kajal were placed third. Manjeet and Ishita were declared the Best Athletes of the Meet. The Principal congratulated the winners and honored them with medals. All teaching and non-teaching staff of the college were present at the event.







Some glimpses of various athletic events



# Seminar on "Opportunities for Higher Education and Career in India"

March 5, 2024



A seminar was organized by the 'Career Counseling and Placement Cell' of Government College Shillai, District Sirmaur. The seminar was conducted by the coordinator of the Career Counseling and Placement Cell, Prof. Kamlesh Kumar Sharma.

The keynote speaker and resource person for the seminar was Prof. Mandeep Singh Sambhi, who is serving as the Director of Distance Strategy at Chitkara University, Chandigarh. He provided detailed information to the students regarding the concept of Ikigai in the context of higher education and career. He explained how, based on this concept, every student can start their own business in today's modern era with innovation and technology.

He also informed the students about various services and schemes under Ikigai Start-up in Himachal Pradesh, such as Diva Sarees, Green Viables, ItsHemp, Thya, Aero Parks, Fee Phool, UdyamWell, and others. On this occasion, the Principal of the college, Dr. J. R. Kashyap, addressed the students and encouraged them to practice self-reflection and adopt the Ikigai vision in their lives. Around 120 students attended the seminar, along with teaching and non-teaching staff of the college.





# International Women's Day Celebration at G.C. Shillai

March 8, 2025



International Women's Day was celebrated by the Women's Cell at Government College Shillai. Under the leadership of the Women's Cell coordinator, Vidya Verma, several competitive activities were organized in the categories of visual arts and performing arts talent. In the Visual Arts category, activities such as paper design, mehndi (henna) design, jewelry design, home décor items, etc., were conducted. Meenakshi Pandey from B.Com second year secured the first position, Saloni from B.A. third year secured the second position, and Sangam from third year won the third position.



In the Performing Arts category, activities included singing, dancing, poetry writing, and instrumental music. Sangam from third year secured the first position, Vivek Sharma from third year won the second position, and Payal from second year achieved the third position.

On this occasion, the Principal of the college, Dr. J. R. Kashyap, extended his greetings and best wishes to all women. In his address, he stated that women in Indian society have been revered and respected from the Vedic period to the present day. He emphasized the importance of maintaining a balanced participation of both men and women for a civilized society and a great nation.



# Lecture on Big Bang Theory and Evolution of the Universe by Dept. of Physics and Science Popularization Club

March 10, 2025

A special lecture on the topic "Big Bang theory and Evolution of the Universe" was organized by the Science Popularization Club of Government College Shillai on March 10, 2025. This lecture was delivered by Dr. Sansar Chand, assistant professor, department of Physics, GC Shillai. The program began with a welcome address by Ms. Sujata Khamn, assistant professor, department of Botany. She introduced the key points of the lecture and made efforts to connect the audience with the topic. Dr. Sansar Chand explained various theories related to the origin of the universe and described how the universe came into existence after the big bang. He elaborated on the formation of stars, planets, and galaxies and discussed the roles of dark matter and dark energy. He also highlighted the importance of cosmological studies and astronomy, explaining how these studies impact our daily lives.

The lecture was interactive, with students actively participating and asking insightful questions. Several visual aids and multimedia presentations were used during the lecture to enhance understanding. The session sparked curiosity and inspired many students to explore astronomy further.

Dr. J. R. Kashyap, principal of government college shillai, appreciated the lecture in his closing remarks and praised the efforts of the science popularization club for helping students develop a scientific temper.

The program ended with the national anthem, leaving a thoughtful and inspiring impression on the audience.



विद्यया ऽ मृतमश्नुते विद्यया ऽ मृतमश्नुते विद्यया ऽ मृतमश्नुते





# Annual Prize Distribution Function: A Tribute to Talent and Hardwork

March 13, 2025

The Annual Prize Distribution Ceremony was organized at Government College Shillai. On this occasion, Prof. T.R. Parashar (Retired Principal), a prominent figure in the field of education, graced the event as the Chief Guest. College Principal Dr. J.R. Kashyap welcomed and honored the Chief Guest, along with other distinguished guests from various departments. Following this, the Principal presented the annual report and highlighted the achievements of the college. During Chief Guest address, the Chief Guest urged students to stay away from drugs and also warned them about the negative impacts of mobile phones. He encouraged the students to work hard in life and continuously refine their academic skills, emphasizing that such efforts are essential for success in today's competitive era. Dr. N.R. Gopal and Prof. Ramlal Tomar were present as special guests. Dr. N.R. Gopal drew everyone's attention with his address delivered in the local Pahari language. During the ceremony, students of the college gave various cultural performances. Meritorious students were honored with awards and certificates. The college's highest honor, the "Vaibhav Award", was conferred upon student Saloni. The event brought a wave of joy across the college. On this occasion, PTA President Gyar Singh Negi, PTA Advisor Bishan Singh, Shillai Panchayat Head Sheela Devi, Principal of Bal Bharti School Virendra Desai, along with other dignitaries of the region, all college teaching and non-teaching staff, and students were present.









# NSS Volunteers of GC Shillai participated in Youth parliament held at GC Nahan

March 21, 2025

Ranjana and Akshita, dedicated students and NSS volunteers of Government College Shillai, proudly represented the institution in the Youth Parliament organized at Government College Nahan. In the first round held on 21st March, Ranjana excelled and secured selection at the district level, showcasing her knowledge and oratory skills.

Their active participation not only highlighted their leadership qualities but also reflected the college's commitment to nurturing civic awareness among students. The event served as a valuable platform to enhance critical thinking, public speaking, and democratic values.



## संसद के लिए 10 दि

नाहन कॉलेज में जिला स्तरीय संसद में दो दिन में 121

संवाद यूज एजेंसी

नाहन (हिमाचल)। डॉ. पारमर विश्व परामर राजकीय महाविद्यालय नाहन में शुक्रवार को दो दिवसीय विचारधारा वाला जिला स्तरीय युवा संसद का सम्पन्न सम्पन्न अवधिपूर्ण हुआ। दो दिन चली इस प्रतिस्पर्धा में जिले के विभिन्न कॉलेजों से आए 121 प्रतिस्पर्धी ने भाग लिया और अपने विचार प्रस्तुत किए।

युवा प्रतिस्पर्धी का मुख्यमन्त्री निराला संसद में शामिल विचारधारा एवं पूर्व प्राचार्य डॉ. अमर सिंह चौधरी, भार कास्टिलेन के अध्यक्ष अधिवक्ता अमित अरो, जेपी महाविद्यालय की प्रोफेसर डॉ. जितन चौधरी, जिला जलसंधारण प्रभाग और युवा कानून के डॉ. राय ने किया।

सभी प्रतिस्पर्धी का अंकांकन करने के बाद विचारधारा भारत राज्य स्तरीय युवा संसद के लिए जिला स्तर पर 10 प्रतिस्पर्धी का चयन किया गया। अंकांकन प्रक्रिया एवं विचार प्रस्तुत अवधि के दौरान संघ का संकलन भी सम्पन्न हुआ। महाविद्यालय के प्राचार्य डॉ. जे. राज शहादत ने अपने संबोधन में



नाहन कॉलेज में प्रचार्य के साथ विचारधारा भारत राज्य स्तरीय युवा संसद प्रतिस्पर्धी के लिए धारणित प्रारम्भिक।

25 और 26 को आयोजित होगी विचारधारा भारत राज्य स्तरीय युवा संसद

और जगत की लोकतांत्रिक प्रवृत्ति भी और अधिक प्रखर हो सके। युवा विचार पर युवाओं की प्रवृत्ति और उनकी समझ, भारत के विकास रास्ते बनने की दिशा में एक मार्गदर्शक प्रस्ताव है। उन्होंने अपने संबोधन में सरल भाषा में विचार प्रस्तुत करने के लिए प्रेरणा युक्त केन्द्र नाहन के अधिवक्ता सुदीप राय ने डॉ. पंकज चौधरी को धन्यवाद

नर्सिंग कॉलेज में विश्व डाउन सिंड्रोम दिवस मनाया  
नाहन (हिमाचल)। महा विद्यालयी कॉलेज और नर्सिंग में विश्व डाउन सिंड्रोम दिवस मनाया गया। छात्रों ने पार्क और कॉलेज की ओर से विचार पर विचार से जागरूक किया। इस अवसर पर डॉ. जितन चौधरी ने छात्रों और छात्राओं के बीच जागरूकता फैलाने की कोशिश की। पार्क विश्व जागरूकता दिवस के अवसर पर छात्रों की मदद से। नर्सिंग की छात्राओं ने नर्सों को डाउन सिंड्रोम के कारण, लक्षण, बचाव एवं देखभाल संबंधी जानकारी प्रदान की। इसी अवसर पर विश्व डाउन सिंड्रोम दिवस के अवसर में छात्रों की भावनाओं को ध्यान में रखते हुए नाहन कॉलेज के छात्रों ने नाहन कॉलेज के छात्रों को नाहन कॉलेज के छात्रों ने अपने संबोधन में कहा कि ये छात्रों की समाज के लिए बहुत जरूरी है। जगत

नाहन : 21-03-2025



# NSS Volunteer represented GC Shillai in State level round of Youth parliament held at Gaiety Theatre, Shimla

March 21, 2025

Ranjana, an active NSS volunteer, further advanced to the state-level round held on 29th March at Gaiety Theatre, Shimla, where she once again performed commendably—showcasing leadership, discipline, and commitment to social service among the top participants from across Himachal Pradesh. Her articulate expression and confident presence earned her appreciation from dignitaries and fellow delegates alike. Their participation not only highlighted the college's commitment to youth leadership and civic engagement but also inspired fellow students to take active roles in democratic processes. Ranjana's journey stands as a proud moment for the college and a motivating example of how youth can drive change through awareness, participation, and service.

**Governor Shiv Pratap Shukla inaugurates the state-level function on Friday.** TRIBUNE P

## 'Developed India Youth Parl' at Shimla

Kendra Sangathan, provided an overview of the event and highlighted the participation of Himachal Pradesh.

राज्य सरकार का आयोजन कर रहा है। हिमाचल प्रदेश में इस कार्यक्रम का उद्देश्य निदेशक द्वारा प्रभात ने मुख्य अतिथि के रूप में भारत युवा संसद का अवलोकन करने से प्रतिभागी विकसित भारत युवा संसद सरकार के कार्यों की सराहना करने और सतर्क युवा के रूप में योगदान देने दिए गए विकसित भारत युवा संसद के दिनों हिमाचल प्रदेश में आयोजित किया गया।

प्रधानमंत्री की ओर से दिए गए विकसित भारत, विजन 2047 की भी सराहना की।

पहले दिन विभिन्न जिलों से 32 प्रतिभागियों ने भारतीय संविधान की 75 वर्ष की यात्रा पर विचार रखे। इस अवसर पर एचपीयू शिमला के संजय सिंह, जिला युवा संसद के सचिव ने भी संबोधित किया।

इस राज्य स्तरीय युवा संसद के पहले दिन हिमाचल प्रदेश के विभिन्न जिलों से 32 प्रतिभागियों ने भारतीय संविधान की 75 साल की यात्रा पर अपने विचार प्रस्तुत किए। इस अवसर पर प्रोफेसर संजय सिंह, भारतीय राष्ट्रीय सेवा निदेशक सचिव एवं प्रसारण, के.आर. भारतीय सेवा निदेशक आई.ए.एस., संजय सिंह, राज्य सरकार के सचिव, डॉ. कमल केशव, डॉ. जितेंद्र एसोसिएट प्रोफेसर संजीव काली, डॉ. खेम चंद ठाकुर एन.एस. अधिकारी कुल्लु, विजय कुमार महायक निदेशक एन.बी.के.एस., मनोषा शर्मा जिला युवा अधिकारी शिमला इस कार्यक्रम में उपस्थित थे।

शिमला : गैयटी थियेटर में राज्य स्तरीय विकसित भारत युवा संसद कार्यक्रम के दौरान राज्यपाल शिव प्रताप शुक्ल व अन्य संयुक्त चित्र में। (19)

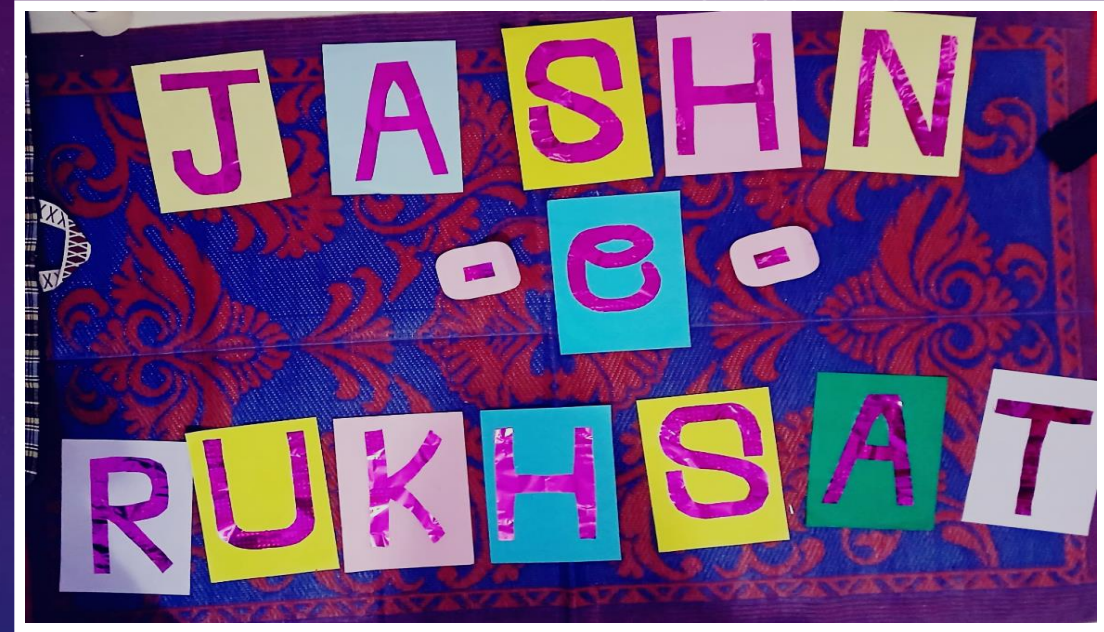


# Farewell Function (Jashn -e- Rukhsat) : Moments to Remember, Memories to Cherish

March 22, 2025

A farewell party was organized for the final-year students at Government College, Shillai. The theme of the event was "Jashn-e-Rukhsat" (A Celebration of Farewell). To select Mr. and Miss Farewell, a four-round competition was conducted, which included a ramp walk, an introduction session, individual performances, and a question-answer round. Based on their performances, Archana from B.A. Third Year was crowned Miss Farewell, while Mukesh from the same class was selected as Mr. Farewell. Aanchal was declared the runner-up for Miss Farewell, and Priyansh Rana was the runner-up for Mr. Farewell. The titles of Miss Personality and Mr. Personality were awarded to Praksha and Pawan, respectively. Saloni Rana was chosen as Miss Congeniality, and Manjeet Justa was honored with the title of Mr. Congeniality.

A total of 35 students participated in this competition. All outgoing students were honored with mementos as a token of appreciation. On this occasion, several cultural performances were also presented, adding charm and emotional depth to the event. The chief guest of the program, College Principal Dr. J.R. Kashyap, extended his best wishes to the students for a bright future and encouraged them to move forward in life with hard work and dedication. All teaching and non-teaching staff members of the college were present at the event. The stage was conducted gracefully by M.A. Political Science students, Miss Sakshi and Miss Sheetal.









# Disaster Awareness Program by NSS, GC Shillai

April 1, 2025

On April 1, 2025, the National Service Scheme Units 1 and 2 of Govt. Degree College Shillai organized student participation activities prior to observing the 120th anniversary of the “1905 Kangra Earthquake” as Disaster Awareness Day on April 4, 2025, under the guidance of the District Disaster Management Authority, Nahan, and the Sub-Divisional Magistrate, Shilai. In the presence of Programme Officer Sujata Khamn, Assistant Professor Yashpal Sharma informed the volunteers about how earthquake pre-disaster drills can minimize damage caused by earthquakes, what measures can be taken during earthquakes for rescue, and how rescue and relief work can be carried out after the disaster. Students actively participated in the program activities, whose main objective was to educate the community about disaster management preparedness and promote disaster risk reduction at the local level.





# CAMaL Ka Camp (Combined Activities for Maximized Learning) organized in GC Shillai

May 8, 2025

Government College Shillai organized a CAMaL Ka Camp (Combined Activities for Maximized Learning) on 8 May 2025 in collaboration with Pratham Education Foundation.

The camp aimed to strengthen the foundational skills of students in reading and mathematics through engaging and activity-based learning methods. It is a summer learning initiative run by Pratham Education Foundation and its partner organizations. The program follows the TaRL (Teaching at the Right Level) approach, in line with India's National Education Policy 2020.

During the camp, students participated in interactive sessions involving games, storytelling, puzzles, and group activities designed under the Teaching at the Right Level (TaRL) approach. The activities created an enjoyable and stress-free learning environment, encouraging active participation and building confidence among learners.

The event witnessed enthusiastic involvement of students, faculty members, and volunteers. The camp concluded with positive feedback from participants, reinforcing the value of community-supported educational programs like CAMaL Ka Camp.





# Admissions of the students into new session started from June 1, 2025

Government College Shillai commenced its admission process for the academic session 2025–26 from June 1, 2025, following the guidelines prescribed by Himachal Pradesh University (HPU), Shimla. The admission process was made available both online and offline to ensure convenience and accessibility for students from rural and remote areas.

Information regarding eligibility criteria, subject combinations, important dates, and required documents was shared through the college website, and notice board. Admission committees were formed in each department to guide students and ensure a smooth, transparent process. The college witnessed an enthusiastic response from students seeking admission to undergraduate courses in Arts, Science, and Commerce streams. Faculty members and non-teaching staff actively supported the applicants during document verification and counseling sessions. The entire process is being conducted as per the academic calendar and reservation policies laid down by Himachal Pradesh University, ensuring merit-based admissions.



College Address : Government College Shillai, Tehsil Shillai, Sirmour, 173027 (H.P.), Email: [gcshillaihp@gmail.com](mailto:gcshillaihp@gmail.com)  
Helpline numbers: +9816401431, 8219990226, 9816542389, 9459792959, website: <https://gcshillai.in/>

## GOVT. COLLEGE SHILLAI

### ADMISSION OPEN 2025-2026

#### COURSES OFFERED

- Bachelors in Science (B.Sc. Medical and Non Medical)
- Bachelors in Arts (B.A.)
- Bachelors in Commerce (B.Com.)

#### SALIENT FEATURES

- A very tranquil and well structured campus
- Affiliated to H.P. University
- Well qualified staff
- Spacious and well furnished classrooms
- Remedial teaching for slow students
- spacious and well furnished canteen offering sumptuous and healthy food
- A very efficient and well functioning NSS Unit
- Well equipped laboratories fitted with modern ICT tools

#### SCHEDULE OF ADMISSION

- Admission open from **01/06/2025 to 19/06/2025**
- UG First Year Merit list to be displayed on **20/06/2025**
- Fee to be deposited **21/06/2025 to 23/06/2025**
- Orientation of 1st year student **June 28-30, 2025**
- Admission of other UG classes on Roll on Basis **01/06/2025 to 19/06/2025**
- Fee to be deposited **13/06/2025 to 23/06/2025**
- Pre and post admission counselling on **June 12-19 & June 24-30**
- Commencement of regular classes from **01/07/2025**

\* NOTE: READ PROSPECTUS FOR COMPLETE DETAILS





# International Yoga Day Celebration by Yoga and Meditation club with NSS in GC Shillai

**June 21, 2025**

Government College Shillai celebrated International Yoga Day on 21st June with great enthusiasm and participation from both students and faculty members. The event was organized under the banner of the Yoga and Meditation Club and NSS, with Mr. Narender Sharma, Convener of the club, leading the session. Mr. Sharma guided the participants through basic meditation techniques and conducted breathing exercises to promote physical, mental, and emotional well-being. He explained the importance of daily mindfulness and the role of yoga in maintaining a healthy and balanced life. The session witnessed active participation from a large number of students and staff, who practiced yoga postures and meditation together in a calm and focused environment. The event successfully spread awareness about the benefits of yoga and encouraged everyone to incorporate it into their daily routine. The celebration concluded with a collective resolution to follow a healthy lifestyle through regular yoga and meditation practice.





# ARTICLE SECTION

## THE FUTURE OF SCIENCE WITH AI AND ETHICAL CONCERNS

The current scenario of Science and Technology is undergoing a remarkable transformation, owing to rapid advancement of Artificial Intelligence (AI). What once seemed like science fiction is now becoming a part of daily scientific work. AI is now being used in laboratories, research centers, and even classrooms, helping scientists process data faster, make predictions, and solve problems that were once considered too complex. However, while the potential benefits of AI in science are enormous, there are also serious ethical concerns that must be addressed to ensure that this technology is used responsibly. AI is already playing a magnificent role in many scientific fields. In medicine, AI algorithms can analyze medical scans and detect diseases like cancer with high accuracy. In climate science, AI models can help predict weather patterns and track environmental changes more effectively than traditional systems. In chemistry and biology, AI is being used to discover new drugs, simulate protein structures, and even automate lab experiments.

One of the most exciting developments is the use of AI in scientific research and writing. Lengthy and complex research papers contributing significantly to the scientific community can now be summarized in an easily understandable language and could be understood in any language suitable to the user, it can be its mother tongue also, by using simple AI tools such as Chat Gpt, perplexity, Gemini etc. AI research is contributing potentially towards making science more accessible to the researchers who are devoid of resources to conduct research. Despite these benefits, the growing presence of AI in science raises several important ethical concerns. First, there is the issue of data bias. AI systems learn from existing data, and if that data is incomplete or biased, the results produced by AI can also be misleading or unfair. Another major concern is the authenticity and integrity of scientific work. If researchers start relying too heavily on AI to write papers AI tools can also be misused. For instance, someone could use AI to generate fake research papers or manipulate data, which would damage the credibility of science. Therefore, strong guidelines are needed to ensure that AI is used ethically and transparently in scientific work. While analyzing data, there is a risk of losing human creativity, judgment, and critical thinking the qualities that are essential in science. So it can be concluded that AI is shaping the future of science in extraordinary ways. It possesses the potential to speed up discoveries, solve complex problems, and make research more inclusive and efficient. However the ethical issues arising with it are also needed to be addressed to deal with ethical dilemmas in scientific research so that the society can be benefitted by it to the maximum.



**Article by:**  
**Dr. Sansar Chand**  
**Astt. Prof. Dept. of Physics**  
**GC Shillai**

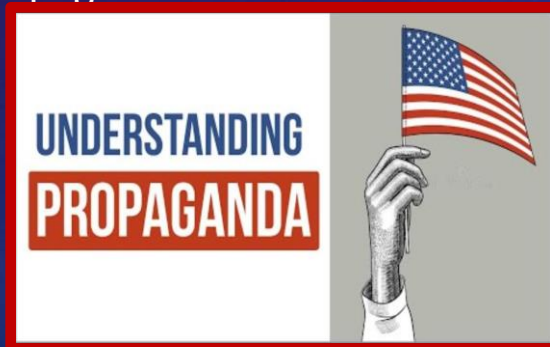


# "PROPAGANDA IN DISGUISE: HOW ADVERTISING SELLS MORE THAN JUST PRODUCTS"

-Maneesha Singh (A.P. Commerce)

- When we think of **propaganda**, we often imagine wartime speeches, political posters, or fiery headlines. But what if we told you that propaganda is not just found on battlefields or in breaking news—it's also right there between **your favorite YouTube videos, in your Instagram feed, and on every billboard you pass?**
- Yes, the **advertising industry** is one of the most powerful modern users of propaganda.

For more insights click here



## What is Propaganda, Really?

At its core, **propaganda** is the strategic use of information to influence people's beliefs, feelings, or actions. While it's often linked with politics and war, the truth is—it's used **every single day** to shape what you **buy, eat, wear**, and even what you **think** you need.

## A Quick Origin Story

The word "**propaganda**" comes from Latin. In 1622, the Catholic Church set up a group called *Congregatio de Propaganda Fide* (which means *The Congregation for the Propagation of the Faith*)—essentially, a religious advertising department to spread their beliefs.

Fast forward 400 years, and now **companies use similar techniques**—not to convert your religion, but to convert your **brand loyalty**.

If you have watched the videos, you know the next time an ad makes you say, "I need that," take a pause. Ask yourself: *Do I really need it—or have I been skillfully nudged by a modern form of propaganda?*

Because in today's world, **the most persuasive propaganda doesn't shout—it sells.**



# डिजिटल युग में हिंदी भाषा

21वीं सदी को तकनीक और इंटरनेट का युग कहा जाता है। इस युग में हर कार्य डिजिटल माध्यम से किया जा रहा है — शिक्षा, संचार, खरीदारी, बैंकिंग, मनोरंजन और यहाँ तक कि सरकारी सेवाएँ भी। इस डिजिटल युग में हिंदी भाषा ने भी खुद को समय के अनुसार ढाल लिया है और अब यह सिर्फ एक साहित्यिक या बोलचाल की भाषा नहीं रही, बल्कि डिजिटल प्लेटफॉर्म पर एक प्रमुख भाषा बनकर उभरी है।

## ❖ हिंदी की डिजिटल उपस्थिति

भारत में आज करोड़ों लोग स्मार्टफोन और इंटरनेट का उपयोग कर रहे हैं। इनमें से एक बड़ी संख्या उन लोगों की है जो हिंदी को प्राथमिक भाषा के रूप में उपयोग करते हैं। सोशल मीडिया जैसे Facebook, Instagram, WhatsApp, YouTube पर हिंदी में कंटेंट की संख्या तेजी से बढ़ी है। Google जैसे सर्च इंजन पर हिंदी में प्रश्न पूछना और उत्तर पढ़ना अब आम बात हो गई है। YouTube पर लाखों हिंदी चैनल शैक्षणिक, मनोरंजन और ज्ञानवर्धक सामग्री उपलब्ध करा रहे हैं।

## ❖ डिजिटल शिक्षा में हिंदी

डिजिटल शिक्षा के क्षेत्र में हिंदी ने छात्रों के लिए सीखना और समझना आसान बना दिया है। प्लेटफॉर्म जैसे BYJU'S, Vedantu, Unacademy आदि हिंदी माध्यम में कोर्स प्रदान कर रहे हैं। YouTube पर गणित, विज्ञान, इतिहास, भूगोल जैसे विषयों के हिंदी में लेक्चर लाखों छात्रों को लाभ पहुँचा रहे हैं।

## ❖ आर्टिफिशियल इंटेलिजेंस और हिंदी

अब तकनीक इतनी उन्नत हो चुकी है कि हम हिंदी में बोलकर भी कमांड दे सकते हैं। Google Assistant, Alexa, Siri जैसे वॉयस असिस्टेंट हिंदी समझते और जवाब देते हैं। स्पीच-टू-टेक्स्ट और ट्रांसलेशन टूल्स ने हिंदी को तकनीकी रूप से सशक्त बना दिया है। भारत सरकार की "भाषिणी" परियोजना हिंदी सहित सभी भारतीय भाषाओं को डिजिटल रूप से सशक्त करने का प्रयास कर रही है।

## ❖ व्यापार, पत्रकारिता और ई-कॉमर्स में हिंदी

Flipkart, Amazon, Paytm जैसे ई-कॉमर्स प्लेटफॉर्म अब हिंदी इंटरफेस उपलब्ध करवा रहे हैं, जिससे अधिक लोग डिजिटल सेवाओं से जुड़ पा रहे हैं। हिंदी समाचार पोर्टल जैसे Aaj Tak, Dainik Bhaskar, Jagran आदि ऑनलाइन लाखों लोगों तक पहुँच रहे हैं। हिंदी ब्लॉग, पॉडकास्ट, और डिजिटल पत्रिकाएँ भी लोकप्रिय हो रही हैं।

## ❖ निष्कर्ष

डिजिटल युग में हिंदी ने यह सिद्ध कर दिया है कि वह केवल पारंपरिक या साहित्यिक भाषा नहीं है, बल्कि वह तकनीक, संचार, शिक्षा और व्यापार की भी भाषा है। हमें हिंदी के इस आधुनिक स्वरूप को पहचानना, अपनाना और आगे बढ़ाना चाहिए। जब हम हिंदी को डिजिटल प्लेटफॉर्म पर इस्तेमाल करेंगे, तभी यह और अधिक सशक्त होगी।

ए. आर. ठाकुर,  
सहायक आचार्य, हिंदी विभाग,  
रा.महा.वि.शिलाई।



# Plato: The Divine Philosopher of Unity and Wisdom

Plato, born on May 27th, 427 B.C., was a towering figure in Classical Greek philosophy and mathematics. A devoted student of Socrates, Plato began his philosophical journey at the age of twenty. However, his thirst for wisdom was insatiable, and he sought to deepen his knowledge beyond the teachings of his mentor. This pursuit led him on a remarkable journey across the ancient world in search of truth and enlightenment.

## A Journey in Search of Higher Wisdom

Plato's travels were marked by a deep desire to understand the universe and the soul. He visited Cyrene to study geometry with Theodorus and then journeyed to Egypt, where he explored astrology and the celestial sciences with the priests. According to Cicero, this included arithmetic and theories of the cosmos. He continued his quest in Italy, aligning himself with the Pythagorean disciplines, and later traveled to the Province of Sals, where he studied with wise men who taught him about the origin of the universe, the immortality of the soul, and the concept of soul transmigration through earthly bodies. Having dedicated his life to discovering truth, Plato was willing to travel to any land where wisdom could be found. Upon returning to Athens, he founded the Academy, the first institution of higher learning in the Western world. Over the entrance to his Academy, he inscribed the words: "Let none ignorant of geometry enter here," reflecting his deep belief in the power of mathematical and philosophical inquiry.

## Plato's Philosophy: The Doctrine of Unity

At the heart of Plato's philosophy lies the principle of Unity. He believed that unity is the ultimate reality, while division is mere illusion. To Plato, all ignorance stemmed from perceiving division where only unity exists. True wisdom, he taught, comes from understanding the relationships between all things, not from isolating them. Learning, then, is not about fragmented knowledge but about recognizing how each part contributes to the drama of the Whole. Plato also emphasized the importance of early education. He believed that teaching must begin in childhood to combat narrow-mindedness, which often leads to societal corruption and destruction.

## Plato on Evil and Reincarnation

Plato did not acknowledge a separate principle of evil. Instead, he proposed that what we perceive as evil is simply a misunderstood aspect of truth. It is a fragment of reality that we have failed to integrate into the broader plan due to our limited understanding. This view encourages humility and deeper inquiry, rather than judgment. One of Plato's most profound teachings was his belief in reincarnation. He saw it as the only reasonable explanation for the mystery of human life. Through the concept of soul transmigration, Plato offered a framework for understanding human existence as part of a continuous spiritual journey.

## The Philosophy of Growth

Plato was also an evolutionist in the philosophical sense. He believed that while things are never born or destroyed, they are in a constant state of change and transformation. This change, he taught, is growth—an ascending scale of development that leads to greater inner truth. Growth is not merely physical but also spiritual and intellectual, a process that is eternal and rooted in the nature of truth itself. Plato emphasized that as our knowledge of the world expands, so does our self-awareness. Increased understanding fosters deeper appreciation, better perspective, and a greater reverence for the universe and life.

## Legacy and Final Reflections

Plato's teachings continue to influence modern philosophy, science, and education. His holistic view of life—blending reason, spirituality, and morality—created a foundation for Western thought. As Plato wisely stated: "Self-conquest is the greatest of the victories." In a world still struggling to balance division and unity, ignorance and wisdom, his timeless insights remain more relevant than ever. For the benefit of all at the expense of none.



# लम्हों की ज़िन्दगी

आज के लम्हे चाहे कितने ही कठिन

खुश होकर जीना चाहिए।

क्योंकि बीते लम्हे चाहे कितने ही दुखदायी रहे हों,  
हम आज उन्हें याद करते हैं और फिर से उन लम्हों को जीना चाहते हैं।

क्योंकि वे लम्हे आज हमारे पास नहीं हैं।  
हमें वे दोबारा जीने को नहीं मिल सकते,  
इसलिए हम उन लम्हों को पाना चाहते हैं  
जो लम्हे आने वाले हैं, हमने जीने हैं।

हम उन्हें कभी भी महत्व नहीं देते,  
क्योंकि हम हमेशा बीते लम्हों को याद करके जीते हैं।  
हम यह कभी भी नहीं सोचते कि ये आने वाले लम्हे,  
जिन्हें अभी हम महत्वहीन समझ रहे हैं,

कुछ समय बाद यही बीते हुए वही लम्हे बन जाएंगे  
जिन्हें हम आज पाना चाहते हैं।  
फ़र्क सिर्फ़ इतना है कि वे लम्हे  
हम कल पाना चाहेंगे,  
और कुछ लम्हे आज पाना चाहते हैं।

लेखक:

यशपाल शर्मा

सहायक आचार्य, इतिहास विभाग  
रा.महा.वि.शिलाई।



# Vermicomposting: Turning Waste into Black Gold ☐

## ❓ What is Vermicomposting?

Vermicomposting is the process of using earthworms to decompose organic waste, turning it into nutrient-rich humus, often referred to as "black gold." This compost is a powerful natural fertilizer and soil conditioner, perfect for organic gardening and sustainable agriculture.

## ❓ Why is Vermicomposting Important?

- Reduces waste: Helps in reducing kitchen waste and organic garbage.
- Eco-friendly: Minimizes landfill burden and lowers greenhouse gases.
- Improves soil: Boosts soil health, enhances water retention, and promotes microbial activity.
- Cost-effective: Cuts down the need for chemical fertilizers.

## ❓ What You Need for Vermicomposting

1. Container: Plastic or wooden bin with drainage holes.
2. Bedding: Shredded newspaper, cardboard, or coconut coir.
3. Worms: Red wigglers are ideal.
4. Food waste: Fruit peels, vegetable scraps, tea leaves, coffee grounds.
5. Moisture: Slightly damp like a wrung-out sponge.
6. Air: Ensure ventilation to avoid bad odours.

## ❓ What Not to Add

- Meat, dairy, oily foods
- Citrus peels in excess
- Onion and garlic (worms dislike them)
- Pet feces or plastic materials

## ❓ Who Can Do It?

- Households: Use kitchen waste
- Schools: Environmental education
- Farmers: Organic farming practices
- Urban gardens: Balcony or rooftop setups

## ❓ Conclusion

Vermicomposting is a simple, sustainable, and rewarding method to manage waste and nourish the soil. Whether you're a home gardener or an eco-warrior, introducing this practice into your daily life is a big step toward a greener planet.

## ❓ Benefits of Vermicompost

- Enriches soil with micronutrients
- Helps retain soil moisture
- Increases plant yield
- Encourages beneficial soil organisms
- Balances pH naturally



Article By :-

Akanksha

B.Sc. 1<sup>st</sup> Year (Medical)

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# Physiological Benefits of Regular Exercise

Regular physical activity offers a multitude of physiological benefits across all stages of life. In an era dominated by sedentary lifestyles, the significance of regular physical activity cannot be overstated. Exercise is more than just a tool for weight management—it's a cornerstone for optimal physiological function. Scientific studies consistently link movement to improved body system performance, disease prevention, and enhanced quality of life.

## **Cardiovascular Health**

Exercise strengthens the heart muscle, improves circulation, and promotes the elasticity of blood vessels. Doing activities such as brisk walking, running, and swimming everyday help regulate blood pressure, lower LDL (bad) cholesterol, and increase HDL (good) cholesterol.

## **Muscular and Skeletal Strength**

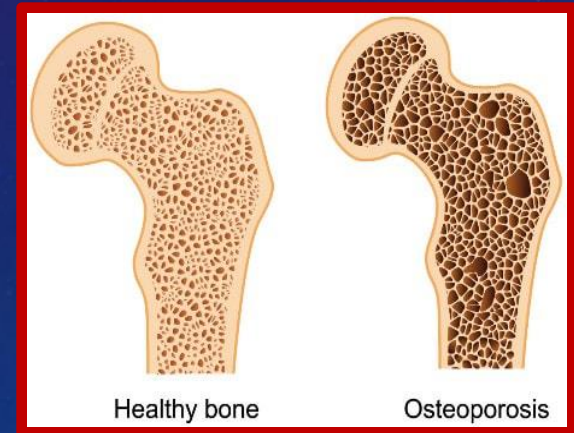
Resistance training and weight-bearing activities increase muscle mass, tendon strength, and bone density. This is crucial in preventing conditions like sarcopenia (progressive muscle loss with age) and osteoporosis (decreasing bone mineral density), especially in aging populations.

## **Metabolic Regulation**

Exercise enhances insulin sensitivity and helps regulate blood glucose levels, reducing the risk of type 2 diabetes. It also supports a healthy metabolic rate, which is key for energy balance and fat oxidation.

## **Hormonal and Endocrine Balance**

Movement stimulates the release of endorphins—natural mood elevators—and modulates stress hormones like cortisol. Exercise also boosts the production of anabolic hormones such as testosterone and growth hormone, aiding tissue repair and regeneration.





## Immune Function

Moderate, consistent exercise enhances the immune response by improving the circulation of white blood cells and reducing inflammation. It lowers the incidence of respiratory infections and may bolster vaccine efficacy.

## Neurological Benefits

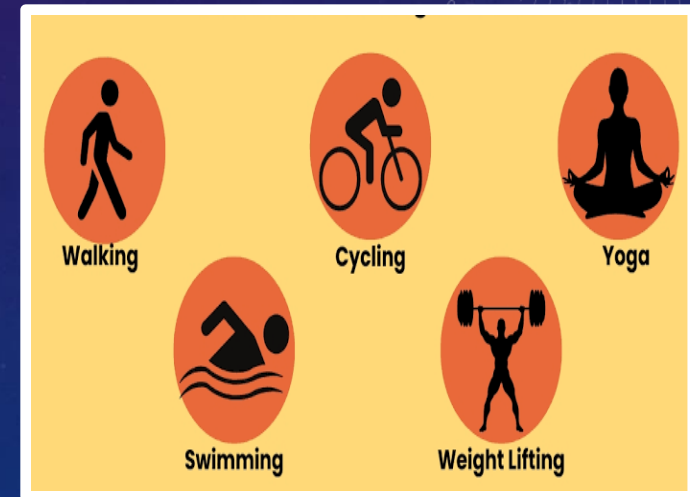
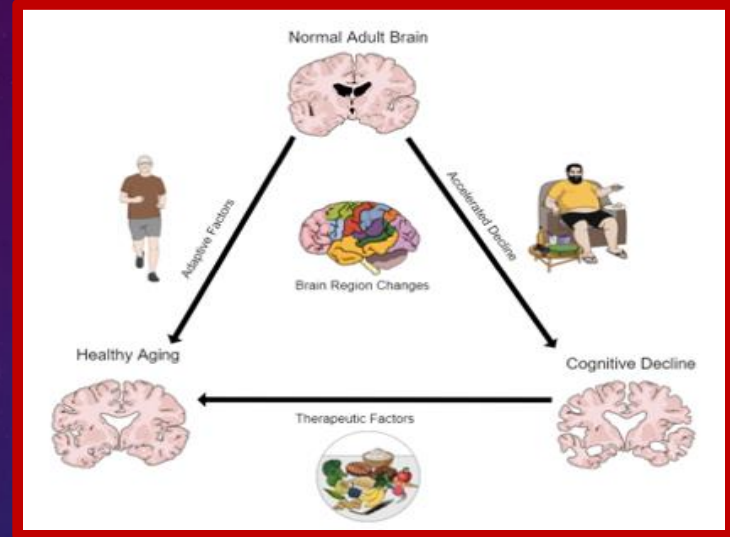
Physical activity increases brain-derived neurotrophic factor (BDNF), improving neuroplasticity, memory, and cognitive function. It also reduces the risk of neurodegenerative diseases such as Alzheimer's and Parkinson's.

## Respiratory Efficiency

Exercise improves lung capacity and oxygen utilization. Over time, it enhances the strength and endurance of respiratory muscles, facilitating more efficient gas exchange during both activity and rest.

## Conclusion

Movement is medicine. The physiological benefits of regular exercise extend beyond physical appearance to impact nearly every system in the body. As research continues to affirm its power, integrating purposeful movement into everyday life remains one of the most effective strategies for health promotion and disease prevention.



**Written by : Diksha**  
**B.Sc.1st Year (Medical)**  
**Govt. College Shillai**



# FACULTY ACHIEVEMENTS

- Prof. Sujata Khamn, Assistant Prof. Department of Botany participated in **National Women Integration Camp** held at Jammu from January 3-9 , 2025 and served as progame officer NSS, representing H.P.
- Dr. Sansar Chand, Assistant Professor Department of Physics, participated in GIAN course (Global Initiative of Academic Networks) on **Environmental Radioactivity Monitoring and Its Impact for Health Risk Assessment** jointly organized by Dept. of Physics **NIT Jalandhar and Institute of Radiation Emergency Medicine, Hirosaki University, Japan** from January 6 - 10, 2025.
- Prof. Kamlesh Kumar attended an "International workshop on sustainable development and environmental conservation" organized by department of Geography TJCM Govt. College Sujanpur Tihra from Feb 13-19, 2025.
- Dr. Sansar Chand participated in national workshop on "**Recent updates in energy storage technology and its importance**" organized by **Amity University Madhya Pradesh** on March 20, 2025.
- Dr. Reena Devi, Assistant Prof. Department of Hindi completed her **PhD in Hindi** from HPU Shimla on April 18, 2025.
- Prof. Narender Sharma AP Pol. Science completed NEP 2020 Orientation & sensitization Programme under Malaviya Mission Teacher Training Programme organized by HPU Shimla from May 23 -31, 2025.
- Prof. Ranjana Chauhan AP Chemistry and Prof. Vidya Devi AP English participated in one week FDP on " Service Rules and Regulations for teachers in Higher Education" organized by SCVB GC Palampur from May 1- 7, 2025.
- Prof. Vidya Devi presented a paper titled as " Challenges of Working Women in Post Faminist Era" in international conference on Gender Equity Rhetoric to action: Balancing achievements with unresolved issues, organized by Baijnath College.



# GC Shillai in News: Some News Cuttings ...



**खेलोगा युवा तो खिलेगा इंडिया थीम पर शिलाई महाविद्यालय में आयोजित हुई खेल प्रतियोगिताएं**

राजकीय महाविद्यालय शिलाई में प्राचार्य डॉ. जेआर कश्यप की अध्यक्षता में एक दिवसीय वार्षिक एथलेटिक मीट का आयोजन किया गया। जिसकी थीम खेलोगा युवा तो खिलेगा इंडिया रही। इस आयोजन में महाविद्यालय के प्राचार्य डॉ. जेआर कश्यप ने मुख्य अतिथि के रूप में शिरकत की। एथलेटिक मीट की शुरुआत मार्च पास्ट से की गई जिसकी अगुवाई स्पोर्ट्स के संयोजक प्रो. अनिल कुमार ने की। इसमें अनेक प्रकार की खेलकूद प्रतियोगिताएं करवाई गईं।







**Thank you...**