



Vol-1 Issue-1 (February to May-2024)

# KALEIDOSCOPE

E- Newsletter

Government Arya Degree College, Nurpur (Kangra)





# KALEIDOSCOPE



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## About the Institute



Government Arya Degree College, Nurpur, recognized under section 2(f) and 12(B) of the UGC Act 1956, is a constituent college of Himachal Pradesh University Shimla. It was established as Arya College for Girls in June 1978 with a meagre strength of 20 girls. The institution was started in the sacred memory of Swami Dayanand Saraswati, whose name stands bright among the greatest social and religious reformers of modern India, who propounded that knowledge should be imparted without prejudice of any caste, creed and sex and that the basic purpose of propagating real education is to inculcate love for Indian cultural ethics in consonance with the Vedic ideas of universal brotherhood.

The Arya College for Girls was taken over by the Govt. of Himachal Pradesh on 25th June 2002 as a co-educational institution and named as Govt. Arya Degree College, Nurpur with solely Humanities stream. From the academic session 2009-10, this institution also started Science (Medical & non-medical) and commerce classes, thereby fulfilling the long-standing demand and aspirations of the people of this area.

The University Grants Commission launched an employment-oriented scheme on skill development as a part of college/ university education. This vocational degree programme (B. Voc.) started in our college w.e.f. June 2017 with two courses having 40 seats each, one in Retail Management and the other in Hospitality & Tourism.

Having made a mark on the educational horizon of the Himachal Pradesh University, our college strives to create an environment conducive to continuous academic, co-curricular activities and holistic development of students as well as staff members. For this purpose, consistent efforts have always been made by all stakeholders to foster, encourage, motivate ideas and put them into practice. College tries to inculcate all the values enshrined in our constitution; the value of liberty, equality, justice and brotherhood. We encourage a sense of tolerance for different cultures and opinions among our students.



## Message From the Principal



Dear Readers,

We are delighted to inform you that Govt. Arya Degree College, Nurpur (District Kangra, Himachal Pradesh) has envisioned its four-monthly newsletter “kaleidoscope” to keep the records of all its activities at a single place. This e-magazine is an effort to apprise our students as well as the stakeholders of the activities that took place in the college. The magazine will act as a kaleidoscope through which all the colours of our college may be viewed beautifully. Kaleidoscope will give an overview of all the cultural and sports activities at a single click. The idea to start an e-newsletter was incepted in the beginning of 2024 and here we are presenting before you Vol. I, Issue 1 (February-May 2024) of kaleidoscope, highlighting the prism of activities and achievements of our institution. During this period, five Memorandum of Understandings (MoU) were signed, many workshops were conducted and one seminar was organized. I am also very glad to inform that the students of the B.Voc have brought laurels to the college through their placements as 43 out of 47 students got placed in different renowned companies.

Lastly, through kaleidoscope, our college is very delighted to present before you the realm of the activities canvassed in the college campus and hope to give you the glimpse of the myriad shades that our dear students have showcased. I hope all the readers will appreciate our efforts as well as the zeal of the students. Here I must acknowledge the efforts of Dr Pankaj Gupta, fellow at IUC-UGC Indian Institute of Advanced Studies, Shimla, H.P. for his expert inputs in designing this e-magazine. We will be gratified to receive feedback and suggestions from our dear readers to constantly enrich our process of presenting this newsletter.

Jai Hind

**Dr Anil Kumar Thakur**

PRINCIPAL, GADC Nurpur

# PLACEMENT DRIVES



Placement drives were organized in Govt. Arya Degree College by Edubridge Learning Pvt. Ltd. Smart shopping retail Pvt Ltd., and Barbeque Nation Hospitality Limited.

Mr. Aniket Khullar, and Mr. Dishad from Human, resource department visited the college to shortlist the candidates for different profile viz. Fashion Consultant, senior fashion consultant etc.



43 students (24 out of 24 in Hospitality & Tourism and 19 placed out of 23 in Retail management) of Govt. Arya Degree College, Nurpur got placed.





# PLACEMENT DRIVE B.VOC. OF HOSPITALITY & TOURISM



The Department of Hospitality & Tourism, GADC Nurpur is feeling proud to announce the cent per cent placement of its 24 students in esteemed hotel chains. This achievement reflects the high Caliber of our students, dedicated Teachers, Mentors, Nodal Officer as well as our worthy Principal. Hotel chains like Barbeque Nation, Hotel Hilton Jaipur, Radisson Blu Amritsar, Sundays Hotel Zirakpur hired our students.

The successful placements of our students in these reputable hotels testimonies the effectiveness of our curriculum and the quality of our training. We remain committed to fostering industry-ready professionals who excel in their careers and contribute positively to the hospitality sector. We congratulate all the placed students and look forward to their continued success and growth in the industry.



# COMPUTER ESSENTIALS COURSE CLASSES



In response to the evolving landscape of education and the increasing demand for digital literacy skills, our college has taken a significant step forward by introducing a comprehensive 30-hour computer essentials course for students from 15 February to 20 March. 47 students completed the course. This initiative aims to equip students with fundamental computer skills essential for success in academia, the workplace, and everyday life. Through hands-on training and interactive sessions, students are empowered to navigate digital tools and platforms with confidence. The course not only enhances employability prospects but also cultivates a tech-savvy mind-set crucial for success in the digital age.

The primary objective of the computer essentials course is to bridge the digital divide by providing students with access to essential technological tools and knowledge. In a world increasingly reliant on digital technologies, proficiency in basic computer skills has become indispensable. By offering this course, the college seeks to empower its students to navigate the digital landscape with confidence and competence.





# LECTURE ON HIGHER EDUCATION IN INDIA AND CAREER PROSPECTS'



On February 13, 2024, a seminar in collaboration with Chitkara University was conducted on the topic. 'Higher education in India and Career Prospects'. 115 students participated in this seminar. The seminar aimed to provide a platform for students and professionals to understand the current scenario of higher education in India. The experts from Chitkara University, Mr Mandeep Sembhi highlighted the challenges faced by the higher education sector in India and how our higher education system is facilitating the new budding challenges as well as new opportunities .





# LECTURE ON COMMUNICATION SKILLS



The department of English conducted a lecture on communication skills in order to make the students aware of the basic skills required for the daily life competitions and interviews. Dr Parul Bakshi from Dr. B. R Ambedkar University, Delhi was invited for the keynote lecture. She gave a very informative lecture on the topic 'English Language Skills: An Introductory Session'.

Participants expressed appreciation for the comprehensive overview of English language skills and found the interactive activities beneficial for practical application. They particularly valued the recommendations for language learning resources and expressed enthusiasm for setting personal goals to continue their language development journey.

The English Language Skills introductory session successfully provided participants with a foundational understanding of key language skills and equipped them with practical strategies and resources for improvement. The session fostered enthusiasm for further language learning and encouraged participants to continue their journey towards English proficiency.

## NSS ACTIVITIES

### One day NSS camp on Basant Panchami Day Halwa distribution by NSS volunteers

NSS volunteers of the college organized a one-day NSS camp on the eve of Basant Panchami under the supervision of NSS programme officer Prof. Surjeet Singh and supreme guidance of College Principal Dr. Anil Kumar Thakur. The students worshipped the Goddess Saraswati, prepared Halwa and distributed it amongst the students and staff. This one-day camp was organized on the campus on 14th February 2024, wherein 60 volunteers participated enthusiastically.

### One day NSS camp on “Swachhta hi Sewa” by NSS volunteers

A one-day camp was organized by the NSS unit under the title “Swachhta hi Sewa”. The cleanliness drive started by 10:40 am. All the faculty members and NSS volunteers were gathered in the ground. Sh. Surjeet Singh (Program Officer, NSS Unit & Department of Commerce) who led this activity, distributed areas of work & explained duties of the cleanliness to all. Volunteers divided themselves in three teams and target the areas within the college premises for executing the cleanliness drive. One team removed the weeds and killed the grass from the lawns with falcons and ploughed up all the gardens. They managed to make it clean & attractive as well. Second team selected the empty places alongside the playground and backyard to plant saplings in a well-organized way.





# DECLAMATION CONTEST

## ROAD SAFETY RULES AND MEASURES

A 'Declamation Contest on the theme Road Safety Rules and Measures' was organized in the college campus on 15.-02.-2024. A total of 16 students participated in this competition for presenting their views on road safety and about 100 students attended this program. The presentations of students were evaluated for first, second and third positions. The senior faculty member Prof. Seema Ohri awarded the Certificates of Participation on behalf of the Road Safety Club to all the participants and winners (1st, 2nd & 3rd positions). In this competition, Sunil (23POL101, BA1st Year) and Naznee (24ZOO003, BSc 1st Year) jointly got first position, Arushi (22BOT016, BSc 2nd Year) was on second position; and Kanika (22PCH016, BSc 2nd Year) & Ankita (21BSM011, BSc3rd Year) jointly shared third position. Refreshment was served to all the participants who attended the program.



## LECTURE ON OPPORTUNITIES AND SCOPE IN THE BANKING SECTOR

On February 19, 2024, Mr. Kewal, Business Development Manager from Mohali gave lecture on 'Opportunities and Scope in the Banking Sector'. The key speaker made the students aware of the process of getting jobs in the banks as well as how to build a successful career in banking sector.



# ELECTORAL AWARENESS

## Systematic Voter's Education and Electoral Participation (SVEEP)

Government Arya Degree College Nurpur organized an electoral literacy campaign on 19 February 2024 under the aegis of Systematic Voter's Education and Electoral Participation (SVEEP's) and Electoral Literacy Club (ELC) college and Nurpur unit. Worthy Principal of the college Dr. Anil Thakur graced the event with the SVEEP's assistant Nodal officers to Nurpur electoral constituency Mr. Brijesh Pathania . Mr. Varun Sharma delivered the talk on the importance of elections and voting in democracy and made the students aware about the online voter registration and its casting.

The Voter Helpline App (VHA) , its creation and usage of EVM were the central talk of the programme. The Nodal Officer of the college's SVEEP unit Dr. Rohit Kumar organized the talk with the first time student voters from the college and motivated them to cast the vote. He also spoke about the importance of voting in democracy and highlighted the importance of vote casting in the success of democracy. The programme ended with the vote of thanks.





# AWARENESS LECTURES ON DRIVING VEHICLES ON ROAD WITH SAFETY

## Road Safety Club

An awareness program on "*Driving Vehicles on road with Safety and Essential Documents for Driving Vehicles* " was organized in the college campus on 20-02-2024. The coordinator of RSC, Dr Diljeet Singh delivered a lecture on the topic '*Driving Vehicles on road with Safety*'. He emphasized on the need of using safety guards like seat belts, helmets & others, avoiding distractions due to mobile use and also knowing the use of road safety signs / symbols like turn signals, blinkers, horns & others while riding or driving vehicles on the road. In the second half of the program, teacher member RSC Prof Surjeet Singh delivered a lecture on keeping '*Essential Documents for driving vehicles*' like Registration Certificate, Driving Licence, Pollution Certificate & others with driver / owner while riding or driving a vehicle on the road. About 100 students attended this program and refreshments were served to all the students

## LECTURES-CUM-WORKSHOP ON FIRST AID, GOLDEN HOUR & CPR DRUGS / SUBSTANCE ABUSE WHILE DRIVING

An awareness Lecture-cum-Workshop on the topic "*First Aid, Golden Hour & CPR (Cardiopulmonary Resuscitation) and Drugs / Substance Abuse while driving Vehicles*" was organised in the college campus on 26-02-2024. The principal Dr Anil Kumar Thakur addressed the students telling them about the need of becoming aware of road safety while driving vehicles and also during emergencies. The resource persons from Civil Hospital Nurgpur i.e. Medical Officer Dr Tushar Saini and Health Counsellor Mr Abhishek Kumar made students aware about the sensitive topics concerned with road safety. Dr Tushar Saini delivered lecture and also conducted workshop with participation of students on the topic '*First Aid, Golden Hour & CPR*' during emergencies like road accidents or others. In the second half of the program, Mr Abhishek Kumar delivered a lecture on the topic '*Drugs / Substance abuse while driving Vehicles*'. About 115 students attended this program and refreshments were served to all the students and guests.

## ENERGY CLUB

A declamation competition was organized by Energy Club and Department of Physics at Govt. Arya Degree College Nurpur on the occasion of

### National Science Day Celebration

Dr. Arun Deep Ahluwalia an Environment and Geo-Science outreach activist and retired Professor from the Geology Department (Panjab University Chandigarh) presided over the program online. Around 80 students participated in the event. Being the keynote speaker, he apprised the students of various issues related to environmental protection. He sensitized them to the fragile Himalayan ecosystem, to live in harmony with nature and human survival amidst global climate change. He also underlined the need for development of scientific temper in young minds. While talking on the significance of National Science Day celebration he highlighted that this day was being celebrated since 1987 on Feb 28 to honor the great Indian Physicist C.V. Raman. It was on this day in 1928 C.V. Raman's discovery had come to light at the Indian association for the cultivation of science he added. Dr Ahluwalia said C.V. Raman discovered that when a beam of colored light entered a liquid a fraction of the light scattered by that liquid was of a different color depending on the type of sample present. In the declamation competition Shamli B.Sc. first year and Kanika B.Sc. second year bagged first prize, Sakshi B.Sc. first year stood second and Tamanna B.Sc. second year stood third. Principal Dr. Anil Kumar Thakur thanked the keynote speaker and presented certificates to the winners.





## AWARENESS LECTURE ON TUBERCULOSIS

An awareness lecture on Tuberculosis (TB) was organised in the college campus on 05-03-2024. The principal Dr Anil Kumar Thakur addressed the students by guiding them about the need to remain aware with the sensitive issues of society. The resource person from Civil Hospital Nurpur, Health Counsellor Mr Abhishek Kumar delivered a lecture on awareness of Tuberculosis, its prevention, cure and status in the state of Himachal Pradesh. The Nodal Officers of Red Ribbon Club Dr Diljeet Singh and Ms. Kiran Bala also gave brief talks about the necessity of remaining aware of such kinds of diseases. About 125 students attended this program.



## LECTURE ON SCOPE AND UTILITIES IN IT SECTOR

On February 15, 2024 Ms Komal Thakur from IT, FACT Institute, Nurpur gave students an informative lecture about the scope and utilities in IT sector. She discussed about the importance and utility of I T sector in the field of education as well as in other upcoming fields.



## SKIT ON TUBERCULOSIS (TB) IN THE COLLEGE CAMPUS AND BUS STAND NURPUR

A Skit / Play on Tuberculosis (TB) by members of Red Ribbon Club was organised at two places i.e. GADC Nurpur and Bus Stand Nurpur on 06-03-2024. A total of 8 students participated in this activity. It was first enacted in the open ground area of college where more than 500 students of the college watched this play. Later on, it was performed in the Bus stand area of Nurpur where the public was made aware about the urgency of the TB disease and how it can be cured by taking general precaution. The public enjoyed the students performance



## CELEBRATION OF INTERNATIONAL WOMEN'S DAY

Rovers and Rangers Club along with Cultural Club celebrated International Women Day on 7th of March 2024. A webinar was organized with Dr Chanderlekha Dadwal, Retired Principal who was the keynote speaker. The students recited poetry on the women empowerment as well as the problems faced by the women in the society. All the staff members enjoyed various games and glorified the importance of women.





# SHARK TANK COMPETITION

by Department of Economics



## INNOVATION MEETS REALITY

A competition was organized by the Department of Economics to ignite entrepreneurship skills and business ideas among students. Around total 20 students participated in the competition-cum-workshop and best idea and its execution in real world was declared the winner pitch. Students were very happy to learn and opt new ideas in building new businesses and practice in their careers. learn and opt new ideas in building new businesses and practice in their careers.

## AWARENESS LECTURE ON DRUGS AND SUBSTANCE ABUSE AMONG YOUTH

An awareness program on '*Drugs and Substance Abuse among Youth*' was organized by Dr Diljeet Singh In-charge 'Department of Zoology' cum 'Prevention of Drugs and Substance Abuse Activities' under the direction of the Principal Dr Anil Kumar Thakur in the college campus on dated 07-03-2024. The resource person, Mr Abhishek Kumar, Health Counsellor from Civil Hospital Nurgpur delivered a lecture on the topic '*Drugs and Substance Abuse among Youth*.' He listed different types of drugs and substances most commonly used by youth these days and their harmful effects in their personal and social life. He talked about the necessity of awareness about drugs / substance abuse among youths and prevention of drug addiction. About 100 students attended this program.



## AWARENESS RALLY IMPORTANCE OF ELECTIONS AND VOTING

A rally on electoral awareness and the importance of voter's participation in democracy was organized by the Department of Political Science along with Systematic Voter's Education and Electoral Participation (SVEEP) club and Electoral Literacy Club (ELC) on 11 March 2024. The rally started after a formal address by Professor Sanjay Kumar Jasrotia and Dr. Manjeet Singh.

The rally started from the college campus and covered the entire Nurpur town by raising slogans '*ghar ghar me sandesh do, vote do vote do*' and '*loktantra me hissedari, ham sab ki hai jimmedari*'.



**YOUR VOTE  
HAS POWER**



# EDUCATIONAL TOUR

## Department of English

The department of English organized an educational tour to Nakodar and its surrounding areas on 14th of March 2024 in which the students were given a glimpse of rural life and its rich cultural heritage. The students were apprised of the cultural values, historical importance, social background and history of that area. Twenty students of B.A. Final year Major English became a part of this informative tour.

Visited the famous Dargah of Baba Murad Shah Ji, a revered Sufi shrine known for its spiritual significance and architectural beauty. Students learned about Sufism and its influence on the region. Students explored the local museums to learn more about the history, culture, and heritage of Nakodar and its surrounding areas.





# EDUCATIONAL TOUR

## Department of History

On 14-03-2024 History' department of Govt. Arya degree College, Nurgpur organised an education tour. Students along with faculty members visited the Nurgpur fort and Brijraj Swami temple. Students learned about the historical facts about the fort and temple. Nurgpur fort was formerly known as the Dhameri Fort and was built in the 10th century.

The fort was destroyed by the British and then by an earthquake in 1905. The temple inside the fort called Brij Raj Swami was built in the 16th century and is known to be one of the only places where both the idols of Lord Krishna and Meera Bai are worshiped by people.



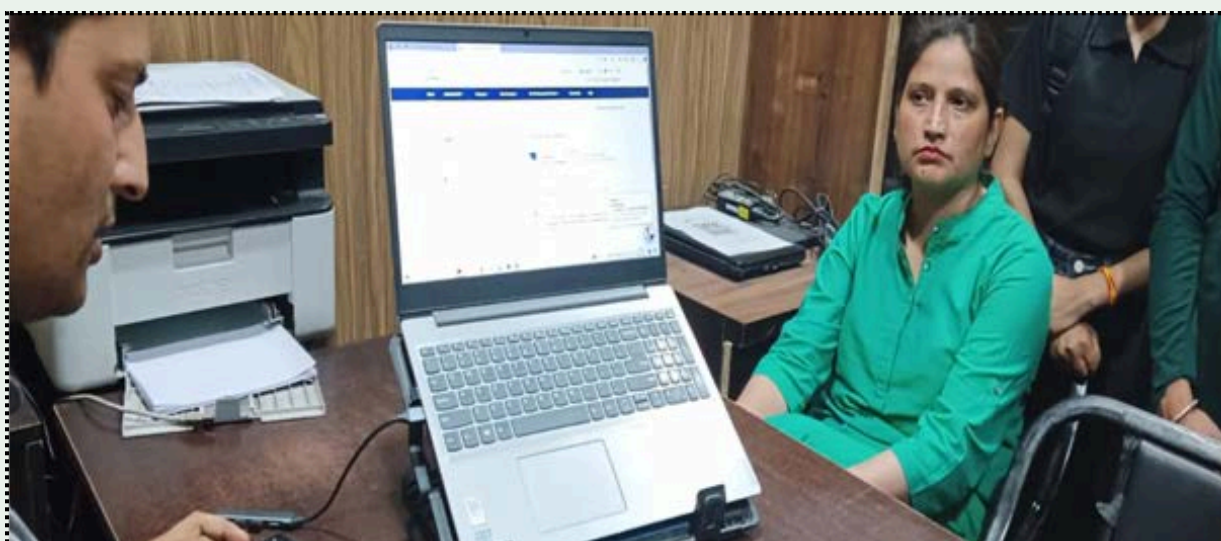


# EDUCATIONAL TOUR

## Department of Commerce

On 20th April 2024 an educational tour was organized for 30 students of BCom. 2nd year of Government Arya Degree College, Nurpur. In this tour the students visited the office of chartered accountant Puneet Sharma. Prof. Kiran, Prof. Manjeet and Prof. Surjeet were also present with the students in this educational tour.

Mr Sharma elaborated on the income tax system explaining how taxes are levied on personal income and demonstrated how debit vouchers and credit vouchers are created using tally software. He also provided information on how to prepare the final accounts of a company





# WORKSHOP ON MOLECULAR BIOLOGY TECHNIQUES

Jaypee University of Information Technology (JUIT) Waknaghat, Solan and Govt Arya Degree College Nurpur jointly organized a workshop on Molecular Biology Techniques in the Department of Zoology Laboratory on 18-03-2024. The resource persons from JUIT i.e. Dr Jitenderaa Vashishtt (Assoc. Prof. Dept of Biotechnology & Bioinformatics) and Ms. Sandhya (Research Scholar) conducted workshops and demonstrated the various techniques of molecular biology like Polymerase Chain Reaction, DNA quantification, Gel Visualization and others to students in detail.

The in-charge teachers from Department of Zoology and Botany of two colleges i.e. GADC Nurpur (Dr Diljeet Singh & Dr Rakesh Kumar) and GDC Dehri (Ms Rekha Kumari and Dr Surinder Kumar) attended the workshop along with 60 students from both the colleges participated. The students got involved in practical work which further enhanced their learning experience.





# CAPACITY BUILDING WORKSHOP CUM SEMINAR ON MILLETS AND MEDICINAL PLANTS

Capacity Building Workshop cum Seminar on Millets and Medicinal Plants” brought together experts, researchers, policymakers, students from the school and colleges to develop into the significance, challenges, and opportunities surrounding the cultivation, consumption, and commercialization of millets. Millets often referred to as “nutri-cereals,” have gained traction globally and also in India especially after the year 2023 has been announced as the year of Millets. Due to immense nutritional value, climate-resilient nature, and potential contribution to food security Millets have gained an important place on the food palate. A two-day workshop-cum-seminar began with the lighting of the holy lamp by the Chief Guest Dr Vipin Guleria, Principal Scientist cum Associate Director, Regional Horticulture Research and Training Station, Jachh (Nurpur) Kangra and formal welcome by the Patron cum Principal of Government Arya Degree College, Nurpur Dr Anil Kumar Thakur. The convener, Dr Rakesh Kumar, introduced the theme to the participants and also welcomed the keynote speakers of Day 1.

Dr Rajesh Kaler, Principal Scientist, Regional Horticulture Research and Training Station, Jachh (Nurpur) Kangra, delivered a talk on the topic “Millets and their significance” addressed the importance of Millets, nutritional value, its environmental sustainability and economic potential to ensure food security. He also elucidated the recent innovative practices, investments in the field of Millet farming. Dr Anil Kumar Thakur, Patron cum Principal of Government Arya Degree College, Nurpur delivered a talk on the topic “Health benefits of Indian Medicinal Plants.” He enlightened about the medicinal properties of plants and how they can be used to treat various diseases in today's time.





## EXHIBITION ON MILLETS, MILLETS PRODUCTS AND MEDICINAL PLANTS

On the first day i.e. 27th March 2024; an exhibition on “*Millets and Millet products*” and “*Medicinal Plants for well-being*” was organized with the active participation of more than 50 school and college students and their teacher in-charges.

Students displayed different types of Millets like Ragi, Bajra, Jowar, Kangni, Kodo, Sawa etc. and Millet products like ‘*Sawa ki Khichdi*’, ‘*Kuttu ki Tikki*’, ‘*Ragi ki Idli*’ etc. along with Medicinal plants products like ‘*Til aur anar ki chutney*’, ‘*Palakh ki sabjee*’, ‘*kachnar ki sabjee*’, ‘*Burans ki chutney*’, ‘*Harar+Baheera+Ambla*’ etc. They gave illustrative presentations on Millets and Medicinal plants.

### **PRIZES:** Millets and Millet Products

First Prize: BTC Senior Secondary Government Girls School Nurpur

Second Prize: Wazir Ram Singh Government College Dehri, Tehsil Fatehpur

Third Prize: Arjun Save Earth Foundation, Tehsil Nurpur

### **PRIZES:** Medicinal Plants for Well Being

First Prize: Arjun Save Earth Foundation, Tehsil Nurpur

Second Prize: Wazir Ram Singh Government College Dehri, Tehsil Fatehpur

Third Prize: BTC Government Girls Senior Secondary School Nurpur





## CAPACITY BUILDING WORKSHOP CUM SEMINAR ON MILLETS AND MEDICINAL PLANTS

The second day (5th Technical Session) of the “*Capacity Building Workshop cum Seminar on Millets and Medicinal Plants*” began with an invited talk by Dr. Arvinder Kaur, Assistant Professor (Botany) from SD College Pathankot on topic “*Evaluation of Hepatoprotective Activity of Vasicine, an Alkaloid from Adhatoda vasica, in Carbon Tetrachloride (CCl<sub>4</sub>) Intoxicated Rats*” followed by keynote speaker cum Chief Guest Dr. Vipan Guleria, Principal Scientist cum Associate Director, Regional Horticulture Research and Training Station, Jachh (Nurpur) Kangra. He addressed the participants on the topic “*Cultivation Technology Improvement and Commercial Application of Medicinal Plants*” very beautifully encapsulated his knowledge in his lecture about the contribution of medicinal plants, their cultivation, improvement and commercial potential of medicinal plants in the Indian as well as world market; he stressed upon increasing the contribution of medicinal plants and suggested various techniques of improvement to receive early fruits and Bypass the long length. His lecture was a great assimilation of knowledge and its applicability in the real world.

The event reached its zenith level and celebrated its success by awarding certificates and mementoes to the winners and paper presenters for their contribution. The coordinator of the event Sh. Sanjay Kumar Jasrotia thanked H.P Council for Science, Technology and Environment (HIMCOSTE), Shimla, H.P. for financial support and everyone for the successful completion of the event and look forward to more such collaboration in future in the field of academia.

This two-day national level “*Capacity Building Workshop cum Seminar on Millets and Medicinal Plants*” served as a platform for knowledge sharing, collaboration, and action planning to harness the full potential of millets for nutrition, sustainability, and economic development. Participants left with a renewed commitment to promote millets as a vital component of global food systems, recognizing their role in building resilient and healthy communities.

# CAPACITY BUILDING WORKSHOP CUM SEMINAR ON MILLETS AND MEDICINAL PLANTS

## Key Highlights

**Nutritional Value and Health Benefits:** Presentations and discussions emphasized the rich nutritional profile of millets, highlighting their high fiber content, protein quality, and micronutrient composition. Participants discussed the role of millets in addressing malnutrition and combating lifestyle diseases such as diabetes and obesity.

**Climate Resilience and Sustainable Agriculture:** Speakers underscored the importance of millets in promoting climate-resilient agriculture. Millets are known for their ability to thrive in harsh environments with minimal water and inputs, making them crucial for farmers facing climate change-induced challenges such as droughts and erratic rainfall patterns. **Market Opportunities and Commercialization:** The seminar explored various market opportunities for millets.

**Consumer Awareness and Demand Generation:** Participants emphasized the importance of raising consumer awareness about the nutritional and environmental benefits of millets. Strategies to promote millet consumption through marketing campaigns, culinary demonstrations, and educational programs were discussed.





## TRAINING ON BASIC HORTICULTURAL PRACTICES

Twenty students of B.Sc. second year visited 'Regional Horticulture Research and Training Station located at Jachh, Nurpur on April 8, 2024, with their teacher in-charges Dr. Rakesh Kumar (Associate Professor, Botany) and Dr. Diljeet Singh (Associate Professor, Zoology). The college principal Dr. Anil Kumar Thakur also accompanied the students. Under the guidance of Dr. Vipran Guleria, Associate Director of the research and training station.

The students were taught different types of grafting methods like side grafting, tongue grafting & Clift grafting, etc. in plants. They were also shown various parts of this station like museum, soil testing laboratory, vermicomposting, polyhouses, vegetable farming, nurseries of various categories such as floriculture, forestry, fruits, medicinal and herbal plants / shrubs / trees etc. and provided them important information about the working methods in these areas.



## WORKSHOP ON TECHNIQUES OF PROCESSING AND PRESERVATION OF FRUITS AND VEGETABLES

Nurpur is known for fruit cultivation in Himachal Pradesh. Fruits like Mangoes, Lichi and Kinnow are grown in abundance in this region. The students of Government Arya Degree College, Nurpur visited Fruit Processing Unit of Horticulture Department at Nurpur to learn about the processing and preservation of fruits and vegetables. A group of 30 students (Medical stream of Botany and Zoology subjects and non-medical stream) visited 'Sub divisional Community Fruit Processing and Training Centre' along with college Principal Dr. Anil Kumar Thakur and Incharges Dr. Rakesh Kumar (Botany), Dr. Diljeet Singh (Zoology), Sh. Sanjay Kumar Jasrotia, Dr. Manoj Kumar (Chemistry), Dr. Seema Ohri, Sh. Manjit Singh and Sh. Surjeet Singh to enhance students for their skill development. Students learned the art of preparing pickles, jams, sauce, murabba squash etc. from fruits, vegetables and other plant products/raw material which they have brought from their homes. Students noted down the ingredients to be added and procedure of their preparation in their note books. Teacher incharges and students thanked Sh. Vikram Singh for providing valuable information and practical exposure for their skill development.





## INDUSTRIAL VISIT CUM WORKSHOP AT LENIT PHARMACEUTICALS, RAJA KA BAGH

Department of Chemistry, Government Arya Degree College, Nurpur organized an Industrial visit for B.Sc. 2nd year students to Lenit Pharmaceuticals Raja ka Bagh on 10th April 2024 under the direction of Principal, Dr. Anil Kumar Thakur. The visit/workshop was supervised by Prof. Sanjay Kumar Jasrotia, Associate Professor (Chemistry) and Dr. Manoj Kumar, Assistant Professor (Chemistry). Mr. Dinesh Gupta, Chairman and Managing Director, Lenit Pharmaceuticals was the resource person for this visit cum workshop.

Executives from the industry showcased their manufacturing, packing and quality control techniques to the students in detail. Students learned about the different drug manufacturing methodologies and instruments such as Mass Mixer, Multi Mill, Drier, Compression and drug coating. Industry executives explained in detail the various kinds of packing such as Blister packing, Strip packing, Alu-Alu packing and demonstrated the packing process through Double track blister packing, Strip packing and Alu-Alu machine. Thereafter, students were briefed about various quality control parameters and students learned the purpose of scientific instruments such as UV spectrophotometer, pH meter, Karl-Fischer titrator, centrifuge and tablet disintegration test machine.



## INDUSTRIAL VISIT CUM WORKSHOP AT LENIT PHARMACEUTICALS, RAJA KA BAGH

In the last session, students were given a brief lecture on QA, Indian Pharmacopeia, British Pharmacopeia and US pharmacopeia. Students were quite intrigued and attentive throughout the whole visit/workshop and asked many questions, which were answered by executives. In the end, officials from the industry provided refreshments to the students and the visit cum workshop was concluded with thanking remarks from the students and college officials to the Chairman and whole staff of Lenit Pharmaceuticals for their cooperation.





# ECO CLUB CELEBRATES EARTH DAY

## PLANET vs PLASTICS

Eco-club of Govt. Arya Degree College Nurpur celebrated World Earth Day on 22nd April 2024 in collaboration with college NSS volunteers to celebrate the importance of environmental protection and sustainability. Members and volunteers planted medicinal plants like Amla, Aloe vera etc. in the college campus and also carried out cleanliness drive around the campus. The college Principal Dr. Anil Kumar Thakur addressed the students regarding importance of conservation and protection of flora, fauna; No use of single use plastic, proper disposal of e-waste; optimum use of natural resources stressing upon their sustainability for the future generation.





## YOGA CAMP

One day Yoga Camp was organised in the college campus by the Department of Physical Education on 08-05-2024. Around 40 students of the college participated in this camp. Various yoga *asanas* like, *Tadasana*, *Garudasana*, *Trikonasana*, *Vrikshasana*, *bhujangasana*, etc. were performed under the supervision of Prof. Monika.





## **“WORKSHOP ON BASICS OF INTELLECTUAL PROPERTY RIGHT**

Research, Development and Innovation Centre & I.Q.A.C of Govt. Arya Degree College Nurpur jointly organized a “*Workshop on Basics of Intellectual Property Rights*” in the college campus on 11 May 2024. A total of 100 participants from the different universities/ colleges/institutes of the state participated in this workshop. Dr. Anil Kumar Thakur, Principal, G.A.D.C. Nurpur welcome all the participants. Dr. Rakesh Kumar Associate Professor of Botany cum Convener of the workshop introduced the Keynote speaker, Dr. Shashi Dhar, Coordinator, IPR Cell, HIMCOSTE, Shimla. Dr. Shashi Dhar delivered a talk on IPR. He discussed about copyright, patents filing, Trademark, GI tagging/Geographical indications of goods, design, the protection of plant varieties and farmers rights and trade secrets. Workshop Coordinator Sh. Sanjay Kumar Jasrotia, Co-convener Dr. Satya Prakash, Organizing Secretaries Ms Pearl Bakshi & Dr. Manoj Kumar along with IQAC coordinator Ms. Seema Ohri helped staff members & students for their active participation in this workshop.

## **NATIONAL WORKSHOP ON HOW TO GET RESEARCH GRANTS**

Research, Development and Innovation Centre of Govt. Arya Degree College started two days (13-14 May 2024) “*National Workshop on Research Grants and Quality Research Publications*”. In the first day of this workshop Convener Dr. Rakesh Kumar welcome the Chief Guest Dr. Anil Kumar Thakur, college Principal and other participants of the workshop. Dr. Anil Kumar Thakur delivered a talk on “*Promotion of Academic Integrity and Prevention of Plagiarism*”. He also made the participants aware about working of different softwares used to check plagiarism. The second resource person Dr. Rakesh Kumar delivered a talk on “*UGC - Consortium for Academic and Research Ethics*”. The third resource person Dr. Manoj Kumar delivered a talk on “*Research Databases*”. He talked about research gate, google scholar and about opening of *vidwan* account. All the participants practiced and online searched for different journals of their interest and opened their accounts in different databases.

## TRAINING PROGRAM ON QUALITY PARAMETERS IN RESEARCH PUBLICATION

Research Development and Innovation Committee and IQAC of Govt. Arya Degree College Nurpur organized one day national level Training Program on Quality Parameters in Research Publications on 18th May, 2024. A total of 83 participants (Scientists, College Principals, Associate Professors, Assistant Professors, Research scholars and Students) from different colleges of Himachal Pradesh participated in this training program. The resource person of this program was Dr. Abhijit Dey, Associate Professor, Department of Life sciences, Presidency University, Kolkata who was introduced by the convener Dr. Rakesh Kumar. Dr. Anil Kumar Thakur, Principal, Govt. Arya Degree College welcome the resource person and all the participants who joined in offline and online mode. Dr. Abhijit Dey, the resource person, described the different quality parameters in research publications. He talked about the importance of citations, h-index; where to publish and how to publish quality research paper. He provided knowledge about branded journals, different index agencies like Thomson Reuters, Pub Med, Scopus, UGC Care list, Publons, nirf, Google Scholar, Web of Science, Europe PMC, Research Gate, etc.





## MEMORANDUM OF UNDERSTANDING

A memorandum of Understanding (MoU) was signed between The Jaypee University of Information Technology (JUIT) Waknaghat, Solan and Govt Arya Degree College Nurpur on March 18, 2024, to share scientific knowledge and expertise as well as share the knowledge in the field of various aspects of college. JUIT Vice Chancellor's Dr. Rajender Kumar Sharma and Principal GADC Nupur, Dr. Anil Thakur signed the MoU. The MoU is set forth for collaboration between JUIT & GADC Nupur for sharing scientific knowledge, social and cultural relations between both the organisations. Both organizations will work for the development of joint project and proposals in the area of Botany, Zoology, Science, Humanities and any other area of mutual interest.

## MEMORANDUM OF UNDERSTANDING

CEO LENIT Pharamaceuticals, Raja Ka Bagh and Principal GADC Nupur, Dr. Anil Thakur signed an MoU ON 23rd March 2024. The MoU is set forth for collaboration between LENIT & GADC Nupur for committing to share scientific knowledge, social and cultural relations between both the organizations and also give industrial exposure to the students of GADC. Both organizations will work for the development of joint projects and proposals in the area medicines and its various interdisciplinary applied fields and any other area of mutual interest.



## MEMORANDUM OF UNDERSTANDING

An MoU was signed between Govt Arya Degree College, Nurpur and Wazir Ram Singh Government College, Dehri on 16th March 2024 for collaboration between both the institutions for sharing resources, knowledge, and joint organization of seminars, workshops and trainings. Both colleges will also work for the development of joint projects and proposals in various interdisciplinary fields and any other area of mutual interest. Students of both the colleges will be benefitted from this MoU.

## MEMORANDUM OF UNDERSTANDING

A Memorandum of Understanding (MoU) was signed with Ravi Agro, Jawali for skill development, training, and livelihood earning of students through mushroom cultivation. Ravi Agro deals with Mushroom Cultivation and Marketing having a production of 240 tons of mushroom annually. It also supplies mushroom compost incubated with mushroom seeds to farmers within Himachal Pradesh. The principal of the Government Arya Degree College Dr Anil Kumar Thakur envisioned this collaboration to benefit the students of the college in getting field exposure for the practical understanding and upgrading the knowledge and skill of the students. The MoU will give students access to extension activities, training, field visit to the unit, workshops and exhibitions. The exchange of scientific knowledge along with academic information will prepare students to utilize their potential for future development.





