

REPORT

A lecture on health and stress management was organized by the Women's Cell /Sparsh at the Government College on February 14, 2025. Dr. Manoj Sharma, AYUSH Department, was the chief speaker, and Thakur Mahendra Singh, Pharmacy Officer, was also present on the occasion. Professor Ruchi Narang, Convenor Women's Cell, presided over the event.

The chief speaker provided health-related information to the students, stating that in today's time, every individual is struggling with stress. He emphasized that proper time management is essential for stress management. He further stated that to keep the body and mind healthy, positive thinking, yoga, proper sleep and wake-up times, and a balanced diet are necessary.

Approximately 170 girl students participated in the



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No.: EDN-GC-KSG-(Estn.)-2/2015-
Office of the Principal,
Govt. College Karsog,
Distt. Mandi, H.P.

Dated : Karsog, the 11-02-2025

To

The SDAMO(Ayuh Medical Officer)
Karsog(Mamel), Distt. Mandi, (HP)

Subject:- Regarding One Day Seminar/Lecturer.

Sir,

It is our great pleasure to inform you that SPARSH Cell of our college is organizing a Seminar/Lecturer on "Stress Management and Health" in the college premises on 14-02-2025 at 1.00 PM.

We are pleased to invite you as an honourable speaker in this seminar. Your expertise and experience in this field will enrich our program.

Thanking you,

Yours faithfully,
Blituzal
Principal
Govt. College Karsog,
Distt. Mandi, H.P.

राजकीय महाविद्यालय कर्सोग में 14 फरवरी, 2025 को महिला प्रकोष्ठ (SPARSH) द्वारा स्वास्थ्य और तनाव प्रबंधन पर एक-दिवसीय आयोजित किया गया। जिसमें बतौर मुख्य कर्ता डॉ. मनोज बार्मी प्रायुष विभाग कर्सोग उपस्थित रहे। प्राथमिकी डॉक्टर लक्ष्मण सिंह भी इस अवसर पर मौजूद रहे। इसकी अध्यक्षता प्रो. रुनि नरंग समन्वयक महिला प्रकोष्ठ (SPARSH) ने की। मुख्य कर्ता ने छात्राओं को स्वास्थ्य संबंधी जानकारी देते हुए कहा कि वर्तमान समय में हर व्यक्ति तनाव की समस्या से जूझ रहा है। तनाव प्रबंधन हेतु समय का उचित प्रबंधन आवश्यक है। उन्होंने कहा कि तन और मन के संबंध रखने के लिए साकारात्मक सोच, योग, उचित समय पर सोना और जागना और संतुलित आहार जरूरी है। इसमें 120 छात्राओं ने भाग लिया।

प्रो. रुनि नरंग
समन्वयक महिला प्रकोष्ठ (SPARSH)
Govt. College Karsog
Distt. Mandi, H.P.
राजकीय महाविद्यालय कर्सोग

Blituzal
Principal
Govt. College Karsog
Distt. Mandi, H.P.

Divya Himachal HD

समय का प्रबंधन भगाएगा तनाव
कर्सोग कालेज में स्वास्थ्य और तनाव प्रबंधन पर किया जाणक

Health Name	Stree Class	Management Sparsh Roll.no.	Dated: 14 Feb Signature
Reeta kumar	BA 3rd y.	BA/22/POL/6046	Rutuj Kumari
Reshma	??		
Ratika	BA 2nd y.	BA/22/POL/6075	Reshma
Sunika	BA 2nd y.	BA/22/HIND/4595	Ratika
Mitali	BA 2nd year	BA/23/400/4635	Sunika
Shreya Kumari	BA 2nd year	BA/23/POL/6040	Mitali
Neha Thakur	BA 3rd year	BA/23/POL/6107	Shreya
Jyoti	BA 3rd year	BA/22/ENG/4022	Neha Thakur
Pooja	BA 3rd year	BA/22/HIND/4580	Jyoti
Sheha	BA 2nd year	BA/22/ENG/4045	Pooja
Sakshi	BA 2nd year	BA/23/HIND/4541	Sheha
Somanti	BA 2nd year	BA/22/HIND/4596	Sakshi
Muskan	BA 3rd year	BA/22/HIND/4520	Somanti
Milika	BA 2nd year	BA/22/HIND/4513	Muskan
Kalpana	BSc 1st Year	BA/22/HIND/4635	Milika
Jyoti	BA 3rd year	BSc/24/PSC/1805	Kalpana
Muskan	BA 3rd year	BA/22/POL/6127	Jyoti
Vandana	BA 3rd year	BA/22/POL/6132	Muskan
Ronal	BA 3rd year	BA/22/SOCL/7011	Vandana
Simran	BA 3rd year	BA/22/POL/6057	Ronal
Dushala Sharma	BA 3rd year	BA/22/POL/6037	Simran
Krishna	BA 3rd year	BA/22/POL/6103	Dushala
Neha Sharma	BA 3rd year	BA/22/POL/6015	Krishna
SHALINI	BA 3rd year	BA/22/POL/6017	Neha Sharma
Ankita	BA 3rd year	BA/22/POL/6067	SHALINI
Divyale	BA 3rd year	BA/22/POL/6045	Ankita
Sunika	BA 3rd year	BA/22/POL/6073	Divyale
Neha Kumari	BA 3rd year	BA/22/HIND/4584	Sunika
Anita Jassal	BA 3rd year	BA/22/HIND/4503	Neha Kumari
Preeti Thakur	BA 3rd year	BA/23/HIND/4617	Anita Jassal
Kusum	BA 3rd year	BA/23/HIND/4631	Preeti Thakur
Rushpa	BA 3rd year	BA/23/HIND/4531	Kusum
Bhuma Varna	BA 3rd year	BA/23/HIND/4534	Rushpa
Jyoti	BA 3rd year	BA/23/HIND/4112	Bhuma Varna
Pooja	BA 3rd year	BA/22/HIS/15028	Jyoti
Bhumi Ka	BA 3rd year	BA/22/ENG/7510	Pooja
		BA/22/50C/7015	Bhumi Ka

Event	Health Name	Stree Class	Management Sparsh Roll No	Date: 14 Signature
37	Nisha	BA 2nd year	4534	Nisha
38	Priya Verma	BA 2nd year	4550	Priya Verma
39	Sakshi	BA 2nd year	4570	Sakshi
40	Perna Verma	BA 1st year	5044	Perna
41	Sonika Thakur	BA 1st year	8043	Sonika
42	Rakun Sharma	BA 2nd year	4635	Rakun
43	Aarti Verma	BA 2nd year	4539	Aarti
44	Panna Chohan	BA 1st year	8012	Panna
45	Ragini Sharma	BA 1st year	8003	Ragini
46	Neha Thakur	BA 2nd year	6071	Neha Thakur
47	Tamanna Kumari	BA 2nd year	6058	Tamanna
48	Rensha Sharma	BA 2nd year	6138	Rensha
49	Muskan	BA 3rd year	8042	Muskan
50	Anjana	BA 2nd year	4512	Anjana
51	Tanu Devi	BA 2nd year	6143	Tanu
52	Shreshtha	BA 2nd year	4592	Shreshtha
53	Krishna	BA 3rd year	4528	Krishna
54	Sonika Verma	BA 3rd year	BA/22/HIND/4619	Sonika
55	Priya Verma	BA III year	BA/22/ENG/4008	Priya
56	Sonika	BA 11	BA/22/ENG/4071	Sonika
57	Seema	BA 3rd year	BA/22/HIST/5073	Seema
58	Bharti	BA 3rd year	BA/22/HIST/5036	Bharti
59	Pooja	BA 3rd year	BA/22/POL/6008	Pooja
60	Muskan	BA 3rd year	BA/22/POL/6082	Muskan
61	Rishyanka Thakur	BA 3rd year	BA/21/POL/6098	Rishyanka
62	Sneha Thakur	BA 3rd year	BA/22/POL/6024	Sneha
63	Sanya	BA 3rd year	BA/22/SOCL/7001	Sanya
64	Divya	BA 2nd year	BA/23/PUBL/8003	Divya
65	Lehita	BA 2nd year	BA/23/POL/8002	Lehita
66	Kiran Thakur	BA 3rd year	BA/23/POL/6058	Kiran Thakur
67	Neha Verma	BA 3rd year	BA/22/POL/6078	Neha Verma
68	Lovely	BA III year	BA/22/ECON/7502	Lovely
69	Milika	BA 3rd year	BA/22/POL/6113	Milika

Health and Stress Management Sparsht				Date: 14 Feb
Name	Class	Roll NO	Signature	
1 Kalpna Kumari	BA 2nd Year	BA/23/HIND/4562	Kalpna	
2 Dimple Kamari	BA 2nd year	BA/23/HIND/4602	Dimple	
3 Minakshi	BA 2nd year	BA/23/HIND/4605	Minakshi	
4 Mani/ka	BA 2nd year	BA/23/HIND/4585	Mani/ka	
5 Anvika	BA 2nd year	BA/23/HIND/4608	Anvika	
6 Harshita	BSc 1st year	BSc/24/PSC/1504	Harshita	
7 Reena Kumari	B.Com 2nd Year	B.Com/23/3035	Reena	
8 Pallavi Thakur	B.Com 2nd Year	B.Com/23/3005	Pallavi	
9 Leelika Sharma	B.Com 2nd Year	B.Com/23/3005	Leelika	
10 Anvika Verma	BA 2nd Year	BA/23/6137	Anvika Verma	
11 Kajuna Verma	BA 2nd Year	BA/23/6062	Kajuna	
12 Tanuja Verma	BA 2nd year	BA/23/HIND/4538	Tanuja	
13 Bhavnika Sharma	BA 1st year	BA/24/POL/6014	Bhavnika	
14 Kajal Sharma	BA 1st year	BA/24/HIND/4589	Kajal	
15 Poo Thakur	BA 3rd year	BA/24/HIND/4520	Poo	
16 Kajuna	BA III year	BA/27/POL/6053	Kajuna	
17 Nisha	BA III year	BA/27/POL/6043	Nisha	
18 Anjana Kumari	BA III year	BA/22/POL/6114	Anjana	
19 Minakshi	BA III year	BA/22/HIST/5276	Minakshi	
20 Rachana Thakur	BA III year	BA/22/POL/6018	Rachana	
21 Kanchan Thakur	BA III year	BA/22/POL/6034	Kanchan	
22 Kanchan	BA III year	BA/22/POL/6084	Kanchan	
23 Sandhya	BA 2nd year	BA/23/POL/6010	Sandhya	
24 Anvika	BA 2nd year	BA/23/HIND/4516	Anvika	
25 Reena Kumari	BA 2nd year	BA/23/POL/6077	Reena	
26 Reenika Thakur	BA 2nd year	BA/23/POL/6066	Reenika	
27 Bandhvi	BA 2nd Year	BA/24/HIST/5004	Bandhvi	
28 Yamini Sharma	BA 1st Year	BA/24/HIND/5018	Yamini	
29 Sidra	BA 2nd year	BA/23/HIND/4583	Sidra	
30 Anil Thakur	BA 2nd year	BA/23/HIND/4503	Anil	
31 Anika	BA 2nd year	BA/23/HIND/4620	Anika	
32 Anvika	BA 2nd year	BA/23/HIND/4555	Anvika	
33 Jyoti Sharma	BA 2nd year	BA/23/HIND/4522	Jyoti	
34 Shikha Sharma	BA 2nd year	BA/23/HIND/4574	Shikha	

Health and Stress Management Sparsht				Date: 14 Feb 2023
Name	Class	Roll no.	Signature	
1 Nikita	BA 3rd year	BA/22/HIST/5053	Nikita	
2 Anshika	BA 3rd year	BA/22/HIST/5069	Anshika	
3 Anshika	BA 3rd year	BA/23/HIND/4567	Anshika	
4 Sakshi Thakur	BSc 1st year	BSc/24/PSC/1503	Sakshi	
5 Anvika	BSc 1st year	BSc/24/PSC/1502	Anvika	
6 Anvika	MA 1st Sem	MA/24/SCIENCE/1	Anvika	
7 Radhika	BA 2nd year	BA/23/HIND/4571	Radhika	
8 Saiya	BA 2nd year	BA/23/HIND/4586	Saiya	
9 Shaam	BA 3rd year	BA/23/ENG/4523	Shaam	
10 Anjali	BA III Year	BA/22/HIST/5023	Anjali	
11 Shikha Verma	BA 2nd year	BA/22/HIST/5025	Shikha	
12 Manisha Devi	BA 3rd year	BA/23/POL/6072	Manisha	
13 Dimple	BA 3rd Year	BA/23/POL/6020	Dimple	
14 Pooja Desi	BA 3rd Year	BA/22/POL/6029	Pooja	
15 Neha	BA 3rd Year	BA/22/HIND/4541	Neha	
16 Ritika Verma	BA 2nd Year	BA/23/POL/6049	Ritika	
17 Khushi	BA 2nd Year	BA/23/POL/6075	Khushi	
18 Sakshi	BA 2nd year	BA/23/HIND/4561	Sakshi	
19 Anvika	BA 2nd year	BA/23/HIND/4526	Anvika	
20 Pallavi	BA 2nd year	BA/23/HIND/4534	Pallavi	
21 Anvika	BA 2nd year	BA/23/HIND/4631	Anvika	
22 Anvika Verma	BA 2nd year	BA/23/HIND/4574	Anvika	
23 Anvika	BA 2nd Year	BA/23/HIND/4557	Anvika	
24 Rashmi	BA 2nd Year	BA/23/HIND/4558	Rashmi	
25 Anvika	BA 2nd Year	BA/23/HIND/4576	Anvika	
26 Anvika	BA 2nd year	BA/23/HIND/4549	Anvika	
27 Pallavi	BSC/2nd Year	BSC/24/SC/1007	Pallavi	
28 Jyoti	BA 3rd year	BA/22/HIST/5028	Jyoti	
29 Ritika	BA 1st year	BA/24/HIND/4567	Ritika	
30 Anvika	BA 1st year	BA/24/HIND/4511	Anvika	
31 Anvika	BA 1st year	BA/24/PSC/1506	Anvika	
32 Anvika	BSC 2nd year	BSC/24/PSC/1504	Anvika	

Health and Stress Management Sparsht				Date: 14 Feb
Name	Class	Roll no.	Signature	
1 Anvika	BA 2nd year	BA/23/HIND/4607	Anvika	
2 Anvika	BA 2nd Year	BA/23/HIND/4614	Anvika	
3 Anvika	BA 2nd year	BA/23/HIND/4611	Anvika	
4 Anvika	BA 3rd Year	BA/22/POL/6001	Anvika	
5 Anvika	BA 3rd year	BA/22/POL/6045	Anvika	
6 Anvika	BA 3rd year	BA/22/POL/6044	Anvika	
7 Anvika	BA 3rd year	BA/22/HIST/5058	Anvika	
8 Anvika	BA 3rd year	BA/22/HIST/5049	Anvika	
9 Anvika	BA 3rd year	BA/22/HIST/5046	Anvika	
10 Anvika	BA 3rd year	BA/24/ENG/4025	Anvika	
11 Anvika	BA 3rd year	BA/24/ENG/4016	Anvika	
12 Anvika	BA 3rd year	BA/24/ENG/4001	Anvika	
13 Anvika	BSc 1st year	BSc/24/PSC/1501	Anvika	
14 Anvika	BA 3rd year	BA/20/POL/6052	Anvika	
15 Anvika	BA 3rd year	BA/22/POL/6052	Anvika	
16 Anvika	BA 3rd year	BA/22/POL/6032	Anvika	
17 Anvika	BA 3rd Year	BA/22/POL/6125	Anvika	
18 Anvika	BA 3rd Year	BA/22/POL/6134	Anvika	
19 Anvika	BA 3rd Year	BA/22/POL/6117	Anvika	
20 Anvika	BA 3rd Year	BA/22/POL/6118	Anvika	
21 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
22 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
23 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
24 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
25 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
26 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
27 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
28 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
29 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
30 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
31 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
32 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
33 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
34 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
35 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
36 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
37 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	
38 Anvika	BA 3rd Year	BA/22/SEC/7078	Anvika	