



ANNUAL REPORT

2015-16

RANGERS \$ ROVERS

GOVERNMENT COLLEGE SEEMA [ROHRU] DISTRICT SHIMLA, HP

Website: www.gpgcseema.edu.in Email: gcseemahp@gmail.com

The Bharat Scouts and Guides

National Headquarters



Lakshmi Mazumdar Bhawan 16, Mahatma Gandhi Marg, Indraprastha Estate, New Delhi, India - 110002.

(Registered under Societies Registration Act XXI of 1860) No. S 462 of 1950 - 1951



Himachal Pradesh

Bharat Scouts and Guides, having made proper application through its duly authorised representative for the organisation of a State Association for the spread and consolidation of the Bharat Scouts and Guides in the State of **Himachal Pradesh** is hereby granted this Charter of Affiliation this **Eight** day of **July 1953** subject to the provisions laid down in the Memorandum, Rules and Regulations and the Aims, Policy, Rules and Organisation of the Bharat Scouts and Guides.

Charter No : 14 Date of Issue : 29.08.2014

National Commissioner

Affiliated to World Organisation of Scout Movement & World Association of Girl Guides and Girl Scouts

About Us

The Bharat Scouts & Guide is a Voluntary, non-political, educational Movement for young people, open to all without distinction of origin, race or creed, in accordance with the purpose, principles and method conceived by the founder Lord Baden Powell in 1907.

MISSION STATEMENT

The mission of Scouting is to contribute to the education of young people, through a value based system based on the Scout Promise and Law to help build a better world where people are self-fulfilled as individuals and play a constructive role in society.

This is achieved by:

- involving them throughout their formative years in a non-formal educational process
- using a specific method that makes each individual the principal agent in his or her development as a self-reliant, supportive, responsible and committed person
- assisting them to establish a value system based upon spiritual, social and personal principles as expressed in the Promise and Law.

VISION STATEMENT

BY 2024 THE BHARAT SCOUTS & GUIDES, THE LARGEST YOUTH MOVEMENT, WILL BE SELF RELIANT, VALUE BASED, QUALITY ORIENTED, WELL MANAGED AND OFFERING INNOVATIVE, CHALLENGING PROGRAM BASED ON THE NEEDS OF THE YOUNG PEOPLE THROUGH COMPETENT LEADERS, EFFECTIVE COMMUNICATION, OPTIMUM USE OF TECHNOLOGY AND EFFICIENT MANAGEMENT.

STRATEGIC PRIORITIES

1. **YOUTH PROGRAMME** - To fulfil the needs and aspirations of young people by offering them attractive, innovative and challenging programme through their involvement in decision making so as to make them responsible adults/citizen

2. **GROWTH** - To increase overall membership by 10% annually with the aim of strengthening the weaker sections

3. **FINANCE** - To improve the Financial Status with optimum use of existing assets, exploring and developing new areas of finance generation

4. **ADULT RESOURCES** - To improve the competencies of adult leaders so that they can better serve the needs of the young people and the organization.

5. **MANAGEMENT** - To improve the overall organizational management of Bharat Scouts and Guides so as to be responsive to the changes in the environment.

6. **COMMUNICATION & PUBLIC RELATIONS** - To develop an effective and efficient communication System internally and externally at all levels and to enhance the image and visibility of Bharat Scouts and Guides.

OUR FUNDAMENTALS

PURPOSE

The purpose of the Movement is to contribute to the development of young people in achieving their full physical, intellectual, social and spiritual potentials as individuals, as responsible citizens and as members of the local, national and international communities.

PRINCIPLES

The Rovers/Rangers Movement is based on the following principles:

- Duty to God
 - Adherence to spiritual principles, loyalty to the religion that expresses them and acceptance of the duties resulting there from.
- Duty to Others
 - Loyalty to one's country in harmony with the promotion of local, national and international peace, understanding, co-operation.
 - Participation in the development of society with recognition and respect for the dignity of one's fellow men and for the integrity of the natural world.
- Duty to Self
 - Responsibility for the development of oneself.

THE PROMISE

The Promise for the Rovers

" On my honour, I promise that I will do my best To do my duty to God and my country To help other people and To obey the Scout Law".

The promise for the Rangers

"On my honour, I promise that I will do my best To do my duty to God and my country To help other people and To obey the Guide Law".

THE EMBLEM:

The Emblem of the Bharat Scouts and Guides is the Fleur- de- lis superimposed by the Trefoil with Ashok Chakra in the Centre of the Trefoil. The ratio of the length and breadth of the Emblem shall be 3:2.

- Fleur- de- lis symbolises Scout Wing.
- Trefoil Symbolises Guide Wing.
- Ashok Chakra Symbolises India.
- Horizontal Band Symbolises World Brotherhood.

ACTIVITIES:

- Training Camps/ Health Camps
- General cleaning of the College/University premises
- Celebration of Important days i.e. World Scouts day, Independence Day etc.
- Different competitions i.e. posters/collage/cartooning/painting/elocution/etc
- Literacy Drive
- Rally on AIDS day
- Rallies on social and environmental issues like leprosy, Human rights, women literacy, Polio, Water awareness etc. shall be organized from time to time.
- Community work/ Volunteering on the occasion of local celebrations, functions and exhibitions shall be done

The Law for the Scout and the Rover is:

- A Scout is trustworthy.
- A Scout is loyal.
- A Scout is a friend to all and a brother to every other Scout.
- A Scout is courteous.
- A Scout is a friend to animals and loves nature.
- A Scout is disciplined and helps protect public property.
- A Scout is a courageous.
- A Scout is thrifty.
- A Scout is pure in thought, word and deed.

The Law for the Guide and the Ranger is:

- A Guide is trustworthy.
- A Guide is loyal.

- A Guide a friend to all and a sister to every other Guide.
- A Guide is courteous.
- A Guide is friend to animals and loves nature.
- A Guide is disciplined and helps protect public property.
- A Guide is courageous.
- A Guide is thrifty.
- A Guide is pure in thought, word and deed.

INCEPTION

The college functionalised one Unit of Rovers for boys and one Unit of Rangers for girls with strength of 24 students in each unit from the academic session 2011-12.

HIGHLIGHTS

- 5 Rovers and 5 Rangers attended State Level Camp at Hamirpur w.e.f. 1-10-2011 to 5-10-2011.
- ▶ 4 Rovers participated in Basic Water Course at Pong Dam, Kangra in 2012.
- ▶ Blood Donation Camp was organised in the College on 17-10-2012.
- Campus Beautification Programme was organised on 19-10-2012.
- > 15^{th} August 2013 was celebrated by hoisting the flag on Independence Day.
- > 3 Rovers participated in Training camp at Tara Devi, Shimla in 2013.
- Cleanliness Camp was organised on 11-09-2013.
- ▶ 8 Rovers and 9 Rangers donated blood in blood donation camp held on 19-11-2013.
- 3 Rovers participated in Basic Water Course at Pong Dam, Kangra w.e.f. 1-08-2014 to 14-08-2014.



BLOOD DONATION CAMP

ACADEMIC SESSION 2015-16

OFFICE BEARERS

PATRON Dr. PARMOD CHAUHAN (PRINCIPAL)

RANGERS INCHARGE Asstt.Prof. Dr. Ravi Kiran Sharma

ROVERS INCHARGE Asstt. Prof. Ashwani Kumar Sharma

RANGERS/ROVERS (STUDENTS LEADERS)

- Miss Ritika (Bsc.6th semester)
- Miss Shivani (BA 6th semester)
- Mr. Bobby (BA 4th semester)
- Mr. Punit (BA 4th semester)



RANGERS & ROVERS

ACHIEVERS

| Sr. No. | Name of Students | Class | Roll No. | Position | |
|---------|-------------------------|--|-------------------------|-------------------------------------|--|
| 1 | RITIKA | B.SC.VI | 6601 | Best Ranger | |
| 2 | BOBBY | B.A.IV | 14142 | Best Rover | |
| 3 | MANISHA | B.SC.VI | 6612 | | |
| 4 | NISHA SHARMA | B.SC.IV | 14629 | BEST CAMPERS | |
| 5 | SUREKHA | B.SC IV | 14661 | | |
| 6 | AKHIL | B.SC.VI | 6623 | | |
| 7 | REENA | B.SC.VI | 6631 | | |
| 8 | MADHU | B.A.IV | 14017 | BEST SOCIAL | |
| 9 | DEEPIKA | B.A.IV | 14062 | WORKERS | |
| 10 | BALWANT | B.SC.VI | 6643 | | |
| 11 | RITIKA | B.SC.VI | 6601 | UNIT LEADERS | |
| 12 | SHIVANI | B.A. VI | 5051 | RANGERS | |
| 13 | BOBBY | B.A.IV | 14142 | UNIT LEADERS | |
| 14 | PUNIT | B.A.IV | 14401 | ROVERS | |
| | INTRA COLLEGE CO | LLAGE COMPI | ETITION (| 26-08-2015) | |
| 15 | KRITI THAKUR | B.SC.IV | 14651 | 1 st | |
| 16 | RITIKA | B.SC.VI | 6601 | 2 nd | |
| 17 | MANISHA | B.SC.VI | 6612 | 2 nd | |
| 18 | RIDHIMA | B.SC.VI | 6628 | 3 rd | |
| STAT | E LEVEL ROVERS / RANGER | | MP (21 st to | 25 th July 2015, SHIMLA) | |
| Sr. No. | Name of Students | Class | Roll No. | | |
| 19 | MADHUR | B.A.IV | 14507 | - | |
| 20 | NAVEEN RAJ | B.A.IV | 14493 | - | |
| 21 | RAJESH KUMAR | B.A.IV | 14042 | - | |
| STATE | LEVEL NIPUN TESTING CAN | MP (3 rd to 7 th Au | igust 2015, | - SHAHTALAI-BILASPUR | |
| 22 | JAGDEEP | B.A.II | | 15ECO010 | |
| 23 | LALIT | B.A.II | | 15ECO007 | |
| 24 | VAIBHAV | B.A.IV | | 14431 | |
| 25 | SHUBHAM | B.A.II | | 15PHY033 | |
| 26 | ASHWANI | B.A.IV | | 14292 | |
| 27 | SAURAV | B.A.IV | | 14330 | |
| 28 | RAJESH | B.A.IV | | 14811 | |
| 29 | PUNIT | B.A.IV | | 14401 | |
| 30 | BOBBY | B.A.IV | | 14142 | |
| 31 | SIKENDER | B.A.IV | | 14402 | |
| 32 | VIDYA SAIN | B.A.IV | | 14181 | |

AWARDED PRIZES IN COLLEGE ANNUAL PRIZE DISTRIBUTION FUNCTION- 29-04-2016

| | WORLD SCO | OUTS DAY (25 th Fe | ebruary 2016) | | |
|----|----------------|-------------------------------|---|-----------|--|
| 33 | BALWANT | B.SC.VI | 6643 | Quiz | |
| 34 | VINEET | B.SC.IV | 14642 | Master | |
| 35 | MITALI | B.SC.IV | 14666 | Theme | |
| 36 | NISHA | B.SC.IV | 14629 | Singers | |
| 37 | NITIKA | B.SC.IV | | Domocra | |
| 38 | SANDHYA | B.SC.IV | 14654 | - Dancers | |
| | ADVENTURE CAMP | AT HATKOTI (1 | 0 th to 23 rd March | 2016) | |
| 39 | BOBBY | B.A.IV | 14142 | | |
| 40 | PUNIT | B.A.IV | 14401 | 7 | |
| 41 | VIKENDER | B.A.IV | 14188 | 7 | |
| 42 | VIDYA SAIN | B.A.IV | 14181 | | |
| 43 | SAPNA | B.SC.IV | 14853 | 7 | |
| | HEALTH AWAI | RENESS CAMP (2 | 21 st March 2016) | · | |
| 44 | MANISHA | B.SC.VI | 6612 | | |
| 45 | NISHA SHARMA | B.SC.IV | 14629 | | |
| 46 | SUREKHA | B.SC IV | 14661 | | |
| 47 | AKHIL | B.SC.VI | 6623 | 7 | |
| 48 | RITIKA | B.SC.VI | 6601 | | |
| 49 | MITALI | B.SC.IV | 14666 | 7 | |
| 50 | BALWANT | B.SC.VI | 6643 | 7 | |
| 51 | SAKSHI | B.SC VI | 6615 | 7 | |
| 52 | REENA | B.SC.VI | 6631 | 7 | |
| 53 | RIDHIMA | B.SC.VI | 6628 | 7 | |



July 2015

Name of the Event - State Level Rovers & Rangers Trekking Camp

Venue: Centre of Excellence, Govt. College Sanjauli, SHIMLA-6

Dated: 21^{st} to 25^{th} July 2015.

Three Rovers from the college participated in the State Level Rovers & Rangers Trekking Camp held at Govt. College Sanjauli from 21st to 25th July 2015.

| Sr. No. | Name of Students | Class | Roll No. |
|------------|------------------|--------|----------|
| 1 | MADHUR | B.A.IV | 14507 |
| 2 | NAVEEN RAJ | B.A.IV | 14493 |
| 3 | RAJESH KUMAR | B.A.IV | 14042 |



Rovers with Instructors

August 2015

Name of the Event- - State level Nipun Testing Camp for Rovers

Venue: Bhagat Tarsem Niwas, Shahtali Distt. Bilaspur (HP)

Dated: 03rd to 07th July 2015 August.

Eleven Rovers from the college participated in this event held at Shahtali, Distt. Bilaspur (HP).

| STATE I | STATE LEVEL NIPUN TESTING CAMP (3 rd to 7 th August 2015, SHAHTALAI-BILASPUR) | | | | |
|---------|---|--------|----------|--|--|
| Sr.No. | Name | Class | Roll No. | | |
| 1 | JAGDEEP | B.A.II | 15ECO010 | | |
| 2 | LALIT | B.A.II | 15ECO007 | | |
| 3 | VAIBHAV | B.A.IV | 14431 | | |
| 4 | SHUBHAM | B.A.II | 15PHY033 | | |
| 5 | ASHWANI | B.A.IV | 14292 | | |
| 6 | SAURAV | B.A.IV | 14330 | | |
| 7 | RAJESH | B.A.IV | 14811 | | |
| 8 | PUNIT | B.A.IV | 14401 | | |
| 9 | BOBBY | B.A.IV | 14142 | | |
| 10 | SIKENDER | B.A.IV | 14402 | | |
| 11 | VIDYASAIN | B.A.IV | 14181 | | |



Rovers at Shahtalai, Bilaspur

August 2015

Name of the Event- VAN MAHOTSAV (AFFORESTRATION DRIVE)

by H.P FOREST DEPARTMENT Rohru.

Venue: Bartu in Rantari Panchayat.

Dated: 08th August 2015

30 Rangers & 25 Rovers from the college participated in the Tree Plantation drive undertaken

by the HP Forest Department Rohru at catchment area Bartu in Rantari Panchayat.

Rangers Participants

| Sr.No. | Name | Class | Roll No. |
|--------|-----------------|---------------------------|----------|
| 1 | Divya Thakur | | 6604 |
| 2 | Ritika | | 6601 |
| 3 | Rumilla | B.Sc 5 th sem | 6636 |
| 4 | Manisha | | 6612 |
| 5 | Geetanjali | | 6637 |
| 6 | Nidhi Hansretta | B.Sc 1st sem | 15633 |
| 7 | Mahima | | 15675 |
| 8 | Mamta | B.Sc 3 rd sem | 14677 |
| 9 | Basanti | | 14077 |
| 10 | Kiran Bala |] | 14086 |
| 11 | Kiran Kultwan | B.A 3 rd sem | 14312 |
| 12 | Pratibha | | 14031 |
| 13 | Reena Thakur | B.Sc 5 th sem | 6631 |
| 14 | Kiran | | 6606 |
| 15 | Baby | B.A 3 rd sem | 14100 |
| 16 | Shivani | B.A 5 th sem | 5051 |
| 17 | Akshita | | 5043 |
| 18 | Ruchita | B.A 3 rd sem | 14094 |
| 19 | Deeshika | | 15668 |
| 20 | ASHITA | B.Sc 1 st sem | 15563 |
| 21 | DEEPALI | | 15638 |
| 22 | POOJA | B.A 3 rd sem | 14089 |
| 23 | PRITIKA | B.Sc.5 th sem | 6609 |
| 24 | NEHA RAI | B.A 3 rd sem | 14256 |
| 25 | DIKSHA NEGI | B.Com.5 th sem | 7079 |
| 26 | DEEPIKA | | 14062 |
| 27 | MADHU |] | 14017 |
| 28 | KARISHMA | B.A 3 rd sem | 14087 |
| 29 | NISHA |] | 14472 |
| 30 | KALPNA | | 14045 |

Rovers Participants

| Sr.No. | Name | Class | Roll No. |
|--------|------------|---------------------------|--------------|
| 1 | PANKAJ | | 14812 |
| 2 | VIKENDER | | 14188 |
| 3 | NITTU | | 14543 |
| 4 | TRILOK | | 14019 |
| 5 | VIDYASAIN | | 14181 |
| 6 | SIKANDER | rd | 14402 |
| 7 | BOBBY | B.A 3 rd sem | 14142 |
| 8 | PUNIT | | 14401 |
| 9 | RALESH | | 14811 |
| 10 | SAURAV |] | 14430 |
| 11 | ASHWANI | | 14292 |
| 12 | VAIBHAV | | 14431 |
| 13 | VINEET | B.Sc.3 rd sem | 14642 |
| 14 | VINESH | | 7032 |
| 15 | NUTAN NEGI | B.Com.5 th sem | 7046 |
| 16 | PAWAN | | 7086 |
| 17 | RITESH | B.A.5 th sem | 5115 |
| 18 | BALWANT | B.Sc.5 th sem | 6643 |
| 19 | NITESH | | 15 GEO 009 |
| 20 | AKHIL | | 15 ECO 006 |
| 21 | LALIT | B.A.1 st sem | 15 ECO 007 |
| 22 | JAGDEEP |] | 15 ECO 010 |
| 23 | SHUBHAM | | 15 PHYED 033 |
| 24 | ANUJ | B.Sc.3 rd sem | 14612 |
| 25 | NAVEEN RAJ | B.A 3 rd sem | 14493 |



VanMahotsav at Bartu. Rantari Panchayat



Tree Plantation Drive in collaboration with HP Forest Deptt. Rohru



August 2015

Name of the Event- COLLAGE COMPETITION

Venue: ZOOLOGY LAB & SCIENCE HALL-5

Dated: 26th August 2015

THEME

WOMEN EMPOWERMENT, YOUTH FESTIVAL, NATURAL CALAMITY, CORRUPTION

JURY- Dr. RAVI KIRAN SHARMA, Asstt. Prof. DEEPIKA THALIYARI

More than 30 students of the various classes of Arts, Science and Commerce streams actively participated with enthusiasm in this activity. The following students were declared as winners of this activity.

| INTRA COLLEGE COLLAGE COMPETITION (26-08-2015) | | | | |
|--|--------------|---------|-------|--------------|
| 1 | KRITI THAKUR | B.SC.IV | 14651 | 1^{st} |
| 2 | RITIKA | B.SC.VI | 6601 | 2^{nd} |
| 3 | MANISHA | B.SC.VI | 6612 | 2^{nd} |
| 4 | RIDHIMA | B.SC.VI | 6628 | $3^{\rm rd}$ |



Collage Competition



1st KRITI THAKUR

(RESULTS)



2nd MANISHA

3rd RIDHIMA



(RESULTS)



SEPTEMBER 2015

Name of the Event- TEACHERS DAY CELEBRATION

Venue: COLLEGE AUDITORIUM

Dated: 4th September 2015

Teachers day was organised in the college auditorium on 4th September 2015 in which Miss Ritika – Rangers Leader delivered a speech on Teachers day while a group of 12 Rangers performed in Group Song titled-"Teri hai zameen.....". The following rangers participated in this activity.

Rangers Participants

| Sr.No. | Name | Class | Roll No. |
|--------|--------------|--------------------------|----------|
| 1 | Ritika | B.Sc 5 th sem | 6601 |
| 2 | Mahima | B.Sc 1 st sem | 15675 |
| 3 | Mamta | B.Sc 3 rd sem | 14677 |
| 4 | Basanti | B.A 3 rd sem | 14077 |
| 5 | Pratibha | | 14031 |
| 6 | Reena Thakur | B.Sc 5 th sem | 6631 |
| 7 | Kiran | | 6606 |
| 8 | Shivani | B.A 5 th sem | 5051 |
| 9 | Akshita | | 5043 |
| 10 | Deepika | B.A 3 rd sem | 14062 |
| 11 | Madhu | | 14017 |
| 12 | Nisha | | 14472 |



GROUP SONG

FEBRUARY 2016

Name of the Event- MARCHPAST (COLLEGE ANNUAL ATHLETIC MEET)

Venue: COLLEGE GROUND

Dated: 18TH FEBRUARY 2016

A contingent of following 24 Rangers and Rovers participated in MarchPast during the COLLEGE ANNUAL ATHLETIC MEET on 18th February 2016. The Principal of the college Dr. Parmod Chauhan was the Chief Guest on the occasion.

Rangers Participants

| Sr.No. | Name | Class | Roll No. |
|--------|--------------|--------------------------|----------|
| 1 | Ritika | B.Sc 6 th sem | 6601 |
| 2 | Mahima | B.Sc 2 nd sem | 15675 |
| 3 | Mamta | B.Sc 4 th sem | 14677 |
| 4 | Basanti | B.A 4 th sem | 14077 |
| 5 | Pratibha | | 14031 |
| 6 | Reena Thakur | B.Sc 6 th sem | 6631 |
| 7 | Kiran | | 6606 |
| 8 | Shivani | B.A 6 th sem | 5051 |
| 9 | Akshita | | 5043 |
| 10 | DEEPIKA | B.A 6 th sem | 14062 |
| 11 | MADHU | B.A 4 th sem | 14017 |
| 12 | NISHA | | 14472 |

Rovers Participants

| S.No. | Name | Class | Roll No. |
|-------|-----------|---------------------------|------------|
| 1 | VIKENDER | B.A.4 th sem | 14188 |
| 2 | VIDYASAIN | | 14181 |
| 3 | SIKANDER | | 14402 |
| 4 | BOBBY | | 14142 |
| 5 | PUNIT | | 14401 |
| 6 | VAIBHAV | | 14431 |
| 7 | VINESH | B.Com.6 th sem | 7032 |
| 8 | RITESH | B.A. 6 th sem | 5115 |
| 9 | BALWANT | B.Sc. 6 th sem | 6643 |
| 10 | LALIT | | 15 ECO 007 |
| 11 | JAGDEEP | | 15 ECO 010 |
| 12 | ANUJ | B.Sc.4 th sem | 14612 |



MARCHPAST (COLLEGE ANNUAL ATHLETIC MEET)



FEBRUARY 2016

Name of the Event- WORLD SCOUTS DAY

Venue: COLLEGE CONFERENCE HALL

Dated: 25TH FEBRUARY 2016

Chief Guest- Dr. Pramod Chauhan (Principal)

Guest of Honour – Prof.B.S.Pirta, DSW & Dr.J.R Kashyap(D.S)

> Keynote Speakers- * Prof. C.S Rangta, HOD Deptt. Of Economics

Topic- Financial Literacy

*Prof.B.S.Pirta, HOD Deptt. Of Commerce (DSW)

Topic- Yoga and its Importance.

• Quiz Masters – Mr. Balwant (B.Sc.6th sem)

- Mr. Vineet (B.Sc.4th sem)

Theme Song on Women Empowerment

Presented by: Miss MITALI (B.SC.IV Sem)

: Miss NISHA (B.SC.IV Sem)

Dance on Folk Theme

Presented by: Miss Sandhya (B.SC.IV Sem)

: Miss Nitika (B.SC.IV Sem)

Anchors: Miss Kritika (B.SC.IV Sem)

MissNidhi Hansretta (B.SC.IV Sem)

Experience Sharing: Mr. Bobby (B.A IV Sem)

Mr. Punit (B.A IV Sem)

Jokes by : Miss Manisha (B.SC.VI Sem)

World Scouts Day Speech Delivered by: Miss Ritika (B.SC.VI Sem)

World Scouts Day was celebrated as International Thinking Day on 25th FEBRUARY 2016 in which all Rangers and Rovers participated with great zeal and enthusiasm.Rangers and Rovers, dressed in Pahari Dress performed on various cultural activities.





WORLD SCOUTS DAY (World thinking day) 2016

RANGERS & ROVERS UNITS GOVERNMENT POST GRADUATE COLLEGE SEEMA, ROHRU



RECEPTION OF CHIEF GUEST





ADDRESS BY CHIEF GUEST



Prof. C.S. Rangta deliberating on 'Financial Literacy'



Prof. B.S. Pirta deliberating on 'Yoga and its Importance'



Practical Yoga Session



Theme Song on Women Empowerment



Performing on Pahari Folk Song

March 2016

Name of the Event- 14 DAYS Basic Trekking Guide Course

Organisers: Atal Bihari Vajpayee Institute of Mountaineering and

Allied Sports, Regional Centre, Hatkoti Distt.-Shimla.

Venue: Hatkoti

Dated: 10th to 23rd March 2016

Four Rovers and one Ranger participated in State Level Mountaineering Course of 14 days at Hatkoti Distt.-Shimla.

| ADV | ADVENTURE CAMP AT HATKOTI (10 th to 23 rd March 2016) | | | |
|-----|---|---------|-------|--|
| 1 | BOBBY | B.A.IV | 14142 | |
| 2 | PUNIT | B.A.IV | 14401 | |
| 3 | VIKENDER | B.A.IV | 14188 | |
| 4 | VIDYA SAIN | B.A.IV | 14181 | |
| 5 | SAPNA | B.SC.IV | 14853 | |



DIFFERENT TYPES OF KNOTS

March 2016

Name of the Event: HEALTH AWARENESS CAMP

Venue: Bell Area infront of staffroom GPGC Seema, Rohru.

Dated: 21st March 2016

Chief Guest- Dr. Pramod Chauhan (Principal)

Guest of Honour – Prof.B.S.Pirta, (DSW) & Dr.J.R Kashyap (D.S)

Health Awareness Camp was organised on 21st March 2016 on the eve of International Water Day under the theme of "Know Your Fitness Level" for the college Fraternity i.e. Teachers, Non-Teaching staff and students. Health Parameters like Height, Weight, B.M.I(Body Mass Index),Blood Pressure, Pulse Rate were recorded for 200 students and teachers.

| Keynote Address | Dr. Pramod Chauhan (Principal) |
|-----------------|--------------------------------|
| Mascot (Santa) | Miss Manisha |
| Parameters | Recorded by: |
| Registration | Miss Kritika & Miss Nisha |
| Height | Mr.Balwant & Miss Divya |
| Weight | Miss Paras& Miss Mamta |
| BMI | Miss Mitali & Miss Nitika |
| Blood Pressure | Mr.Akhil & Miss Surekha |
| Pulse Rate | Miss Sakhi |
| Counsellors | Miss Ridhima & Miss Nidhi |

The data was duly collected for different health parameters and health cards thereof were given to all the individuals. The purpose of the camp was to spread awareness regarding the importance of water as the threat of water borne diseases like jaundice and hepatitis was at its threshold. The other motive was to save water on the occasion of Holi which was to be celebrated on 24^{th} March 2016.



With Chief Guest & Guests of Honour



Water Awareness Chart



ADDRESS BY CHIEF GUEST (PATRON-RANGERS & ROVERS)

HEALTH AWAR Reeu Rhoel Bich 12000 Madhy B tasiehng Surti.

SIGNATURE CHART FOR PLEDGE



REGISTRATION FOR CAMP

DIFFERENT HEALTH PARAMETERS RECORDED



RECORDING OF HEIGHT



RECORDING OF WEIGHT



RECORDING OF BLOOD PRESSURE



RECORDING OF PULSE



COUNSELLORS WITH CHIEF GUEST



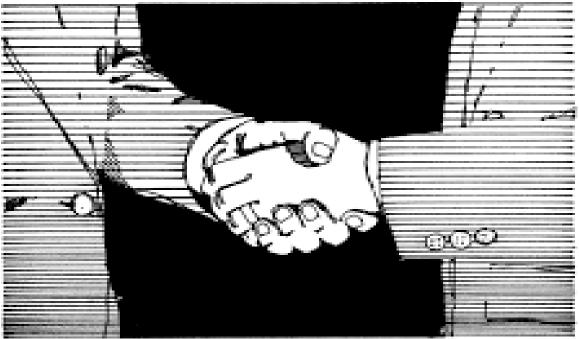
MASCOT OF THE CAMP-SANTA



STUDENTS EAGERLY WAITING FOR THEIR TURN



Left-Hand Shake



Now I know you're cool.

