



# Govt. College Seraj at Lambathach

Distt. Mandi H.P. 175048

(Affiliated to Sardar Patel University, Mandi)

Email: [gcseraj-hp@nic.in](mailto:gcseraj-hp@nic.in)

Website: [www.gcseraj.ac.in](http://www.gcseraj.ac.in)

Reference Edu.GCSeraj-G-30/2024-

Dated: 8<sup>th</sup> November 2025

## CRITERION 2- STUDENT SUPPORT, SERVICES AND PROGRESSION

### 2.11. Capacity Building of Students

#### 2.11.1. Life Skills (Yoga, Martial Arts, Problem Solving, Critical Thinking, Decision Making, Effective Communication Skills, Coping with Stress and Emotions etc.)

**HEMAANG MARTIAL ART ACADEMY SERAJ.**

Affiliated to:- Hemaang Martial Art Academy.  
Affiliated with:- Pencak Silat Association of HP (Regd. No. HPCD1410/20)  
Judo Association of Distt. Mandi (Regd. No. HPCD10410).  
Hemaang International Karate Federation.

**Address:- V.P.O Cheuni, Teh. Thunag, Distt. Mandi HP 175048.**

**Narender Kumar**  
Chief Instructor HMAA Seraj.  
Mob:- 98052 14275

Ref. No. HMAA/SRJ/LTR/ 1  
Date:- 16-July-2024

To  
The Principal  
G.O. College  
Lambathach (Seraj)

Sub:- Permission of college campus & rooms for martial art training camp.

Madam,

With due respect, we are from HMAA Seraj V.P.O Cheuni Teh. Thunag Distt. Mandi HP Pincode 175048. We want to organise the martial art training camp (Judo, Pencak Silat, Karate) in your college campus from 21 July to 24 July 2024. So, please give us permission to organise the training camp in your college. We promise that HMAA Seraj take care of your college campus and no any harmful activities done in your college campus. We shall be very thankful for your kindness.

Thankyou

**Narender Kumar**  
Representative of HMAA Seraj.  
Mob:- 98052 14275

Permission granted.  
Dr. Rekha Kumari, Dr. ELLU and Dr. Yamini are directed to help the Hemaang Martial Art Academy to organise the training camp - C Judo, Karate, Pencak Silat) and also make the discipline and safety of the participant during the camp. w.e.f. 21 July to 24 July 2024



## Government College Seraj at Lambathach

Distt. Mandi H.P. 175048

Email: [gcseraj-hp@nic.in](mailto:gcseraj-hp@nic.in)

Phone No. : 01907-257681

dc

Reference No Edu.GCS-G-9/2022-

Dated: 16<sup>th</sup> July 2024

### NOTICE

All the students of this institution are hereby informed that College is organizing a Martial Arts and Self-Defense Training Camp in collaboration with *HEMANG MARTIAL ART ACADEMY SERAJ* from **21<sup>st</sup> July to 24<sup>th</sup> July 2024**. This camp aims to equip you with essential martial arts techniques and self-defense skills, enhancing your ability to protect yourself and others.

All students are encouraged to participate and take advantage of this unique learning experience.

For any queries, please contact **Mr. Rakesh Kumar**, Assistant Librarian, at **96255-06362**.

Principal  
Govt College Seraj at Lambathach  
Distt. Mandi (H.P.)

During the academic session 2024–25, Government College Seraj at Lambathach emphasized the

development of life skills among students through various activities and awareness initiatives. Students were encouraged to participate in practices such as Yoga and Martial Arts to improve physical fitness, self-discipline, and emotional balance. In addition, activities focusing on problem solving, critical thinking, and decision making were promoted to enhance analytical abilities and responsible behaviour. Sessions and interactions on effective communication skills, along with guidance on coping with stress and managing emotions, helped students build confidence, resilience, and interpersonal skills. These efforts collectively contributed to the holistic personality development and overall well-being of students.

### **Event Report: Health Awareness Program on "Healthy Heart, Healthy Society"**

**Date:** September 21, 2024

**Organizers:** Red Ribbon Club, Government College Seraj at Lambathach in collaboration with The Hans Foundation

On September 21, 2024, the **Red Ribbon Club** of Government College Seraj (Lambathach), in partnership with **The Hans Foundation**, organized a comprehensive health awareness program titled "**Healthy Heart, Healthy Society**." The initiative aimed to educate students and staff on cardiovascular health and the importance of a proactive lifestyle.

A distinguished team of medical experts and officers from The Hans Foundation, including **Dr. Manish, Amit Kainthla, Farishta Thakur, Reetika, Pawan, Aditya, and Brijlal**, conducted the technical sessions. The experts emphasized several key pillars of heart health:

- **Lifestyle Management:** The necessity of a balanced, fibre-rich diet and reducing inflammation.
- **Physical Activity:** Engaging in regular exercise, yoga, and maintaining consistent physical movement.
- **Preventive Care:** Monitoring blood pressure, understanding cardiovascular risk factors, and adopting a stress-free lifestyle.

To engage the students creatively, the program included Painting and Slogan Writing competitions. The results were as follows:

#### **Painting Competition:**

**1st Place:** Hemlata (BA 2<sup>nd</sup>) **2nd Place:** Diya (BA 2<sup>nd</sup>) **3rd Place:** Latasha (BA 1<sup>st</sup>)

#### **Slogan Writing Competition:**

**1st Place:** Diya (BA 2<sup>nd</sup>) **2nd Place:** Nisha (BSc. 3<sup>rd</sup>) **Third Place:** Himani (BA 2<sup>nd</sup>)

As a practical extension of the seminar, The Hans Foundation provided **free health screenings** for students, faculty, and non-teaching staff. These check-ups included blood pressure monitoring, haemoglobin tests, and general health consultations. The event was held in the presence of **Principal Jaya Kumari**, along with the college staff and the students. The program successfully underscored the message that a healthy heart is the foundation of a healthy society. The session concluded with the distribution of prizes to the competition winners and vote of thanks by **Prof. R. C. Kataria**.

#### **Photographic Documentation:**





## Celebration of International Day of Yoga 2025

**Institution:** Government College Seraj at Lambathach

**Date of Event:** June 12, 2025

In alignment with the global initiative to promote physical and mental well-being, Government College Seraj at Lambathach organized a grand Yoga Day celebration. The event aimed to integrate the ancient practice of Yoga into the daily lives of the local community, fostering a culture of health and mindfulness. The program commenced in the early morning at **6:00 AM**, capturing the serene atmosphere essential for yogic practices. The event was inclusive, extending invitations beyond the college campus to:

- Local villages and surrounding Panchayats.
- Students and staff from nearby Government School Nihri-Sunah.
- College faculty and students.

The event was organized by **Dr. Shivani Sharma (AMO)**, representing the **AYUSH department of HP**. Her involvement highlighted the ministry's nationwide effort to spread awareness about traditional wellness

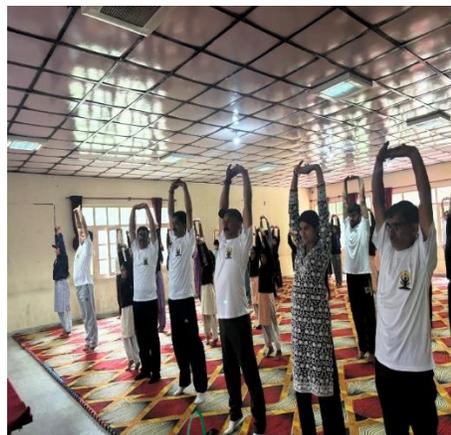
systems. **Principal Vikram Singh Thakur** graced the occasion as the **Chief Guest**. The ceremony began with the traditional lighting of the lamp by the dignitaries, symbolizing the journey from darkness to enlightenment.

Following the inauguration, Dr. Shivani Sharma delivered an insightful address on: **The Ideals of Yoga:** Focusing on the harmony between mind and body. Explaining the intrinsic link between yogic practices and Ayurvedic medicinal principles for holistic health. Expert guidance was provided by: **Inder Singh** (Yoga Guide, Health & Wellness Center, Shekavari). **Ludar Mani** (Yoga Instructor, Health & Wellness Center, Kandhi). The instructors led the participants through a series of basic **Kriyas and Yoga Asanas (poses)**, explaining the specific health benefits of each movement.

The event saw an enthusiastic turnout from the community, reflecting a diverse demographic:

Category	Attendance Count
Males	43
Females	24
Children	52
<b>Total Participants</b>	<b>119</b>

The celebration concluded with the distribution of healthy refreshments to all participants. By bringing together various age groups and neighbouring institutions, Government College Seraj successfully met its objective of making Yoga accessible to the grassroots level. The event reinforced the message that Yoga is not just an exercise, but a way of life.



  
Principal  
Govt. College Seraj at Lambathach  
Distt. Mandi (H.P.)