



# Govt. College Seraj at Lambathach

Distt. Mandi H.P. 175048

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Reference Edu.GCSeraj-G-30/2024-

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

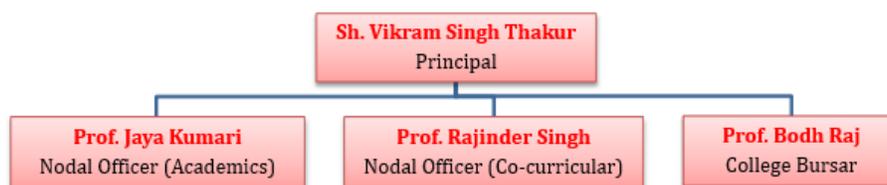
## CRITERION 2- STUDENT SUPPORT, SERVICES AND PROGRESSION

### 2.7. Gender Equality

#### 2.7.1. No. of health/sensitization programmes organized

### SPARSH Cell

Government College Seraj at Lambathach



#### College Committees for the Session 2024-25

Sr. No.	Committee / Activity/ Club /Society	In-charge / Convener / Nodal Officer	Members
<b>I. Administrative Committees</b>			
1.	Advisory Committee	Prof. Jaya Kumari	Prof. Ramesh Chand Kataria Dr. Rajinder Singh Tomar Dr. Dalip Singh Prof. Kushal Singh Prof. Omkar Sharan Vareshwar Singh
2.	RUSA Co-Ordinator	Dr. Dalip Singh	Mr. Mani Chand
3.	AISHE	Prof. Ramesh Chand Kataria	Mr. Chitranjan Kumar
4.	College Staff Secretary	Prof. Omkar Sharan Vareshwar Singh	
5.	IQAC (Internal Quality Assurance Cell) cum NAAC	Prof. Ramesh Chand Kataria	Dr. U D Sankhian (External Expert) Dr. Rajinder Singh Tomar Dr. Dalip Singh Prof. Kushal Singh Prof. Omkar Sharan Vareshwar Singh Prof. Bodh Raj President PTA President CSCA
6.	Discipline / Anti- Ragging Committee	Prof. Kushal Singh	Prof. Omkar Sharan Vareshwar Singh Prof. Bodh Raj Prof. Amita Prof. Naval Kishor Dr. Ellu Ram
7.	Anti- Drug Abuse Committee	Prof. Ramesh Chand Kataria	Prof. Bodh Raj Prof. Naval Kishor Prof. Yaminie Sharma Dr. Ellu Ram
8.	Student Grievances & Redressal Cell	Dr. Rajinder Singh Tomar	Dr. Dalip Singh Prof. Kushal Singh Prof. Bodh Raj Prof. Yaminie Sharma
9.	SPARSH (Sensitisation, Prevention, and Redressal of Sexual Harassment)	Prof. Jaya Kumari	Prof. Amita Prof. Yaminie Sharma Smt. Kala Devi (LA) Smt. Shankutla Devi (LA) Smt. Ruma Devi (LA)

***Academic Session 2024-2025***  
**Activity Report**

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<b>Sr. no.</b>	<b>Event/ Activity Name</b>	<b>Date</b>	<b>Participants</b>
1.	Induction Programme	23 <sup>rd</sup> August 2024	167 girl students
2.	Special Session on “Ethical Use of Social Media”	10th February 2025	154 girl students and 38 boys
3.	One-Day Workshop on "Menstrual Hygiene & Anaemia in Women"	25 February 2025	172 girls and 43 boys
4.	International Women's Day	8th March 2025	183 girls and 47 boys

## Events/Activities

1. 23<sup>rd</sup> August 2024, Sensitisation, Prevention and Redressal of Sexual Harassment (SPARSH) Cell organised Induction programme for academic session 2024-25 in direction of the Convener of SPARSH Cell, Prof. Amita, Assistant Professor, Economics. 167 girl students attended the induction programme.



2. On 10<sup>th</sup> February 2025, SPARSH Cell organized a special session on the "Ethical Use of Social Media", including, for the first time, a parallel session for boys seeing the relevance of the topic for everyone. Prof. Jaya Kumari (Convenor, SPARSH)) and Dr. Yaminie Sharma (Member, SPARSH) highlighted issues like misinformed posting, trolling, cyberbullying, fraud, and cybercrimes, guiding students on responsible usage and legal remedies. A vital step towards fostering a safe and informed digital environment. A total of 154 girl students and 38 boys joined the event in respective venues.



- SPARSH cell in collaboration with the Women & Child Development Department, Janjheli, Seraj held a One-Day Workshop on "Menstrual Hygiene & Anaemia in Women" on 25 February 2025. CDPO Mr Ramesh Chand Thakur, AMO Lambathatch Dr. Shivani Sharma and other department staff of the Child & Welfare department were present. CDPO shared the govt scheme, rules and provisions on the topic as well as on Child Marriage. Dr. Shivani shared her specialist knowledge on Anaemia symptoms, diagnosis and treatment through diet. Prof. Ramesh Kataria also shared his thoughts on Lifestyle changes to improve health.

Declamation, Painting and Slogan writing competition was held on campus, we are proud to share that in this programme boys of the college actively participated which shows the success of the event. A total of 172 girls and 43 boys attended the function.



- On 8<sup>th</sup> March 2025, the SPARSH Cell organized a vibrant International Women's Day event, graced by our Chief Guest, Principal Vikram Singh Thakur. The celebrations included competitions like

Declamation, Poetry Recitation, Slogan Writing, Essay Writing, and Reel-Making, where students showcased their creativity and reflected on themes of women empowerment and struggles.

Prof. Naval Kishor delivered an inspiring speech on women empowerment, while the Chief Guest highlighted the leadership of women, citing the example from Hamirpur district where at present women hold positions of power and administration. He encouraged the students to draw inspiration from women achievers in various fields.

The event saw active participation from boy students showcasing their support for gender equality, and the enthusiastic involvement of college clubs, societies, and the NCC, R&R and NSS Unit of the college.

Dr. Yaminie Sharma concluded with a heartfelt vote of thanks, emphasizing the ongoing struggle for equality and celebrating the spirit of women's resilience.

The event was a resounding success as 183 girls and 47 boys attended the celebration, leaving everyone inspired to work towards a more equal and empowered world!



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