

VALLABH GOVT. COLLEGE MANDI (H.P.)

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Institutional Best Practices

Best Practice I

Promoting Physical Fitness and Mental Well-being

Objective

Objective is to promote physical fitness and mental well-being through sports activities and programmes on mental health. This approach reflects our institution's commitment to nurture the overall wellness of our students.

The context

The institution endeavours to provide a comprehensive platform for students to enhance their physical and mental health through a variety of sports activities and mindful training programmes alongside educational integration.

Practice

There is a diverse range of sports activities available to cater to the varied needs and interests of our student community. Whether a student is interested in team sports like basketball, football, hockey or volleyball or individual activities such as running, yoga, badminton, athletics; there is something for everyone. This diverse selection of programmes allows students to find an activity that resonates with their preferences and abilities, promoting inclusivity and participation among all students. Through collaborative events, team-building activities and student-led initiatives, we encourage students to engage with one another, fostering a sense of belonging.

Challenges

Our goal is to encourage a greater understanding of health and wellness by offering educational opportunities in addition to sports-related activities and well-being programmes. But to meet this requirement the college has only one post of Assistant Professor and some courses in

mental health need to be introduced. Although a good number of staff from other departments is also involved as team-Managers, but inadequate teachers in the Department of Physical Education is definitely a challenge to cater to the needs of students involved in such activities.

Prospectus 2022-23

Vallabh Govt. College

Sports Committee (President of various games for session 2022-23)

Name of the Game	Name of the President	Name of Game	Name of the President
Athletics (Boys)	Dr. Hukam	Judo (Boys)	Mr. Mahender Singh (Hist.)
Athletics (Girls)	Dr. Banita Saklani	Judo (Girls)	Dr. Asha Singh
Badminton (Boys)	Dr. Ankur Sharma	Kabaddi (Boys)	Dr. Megh Singh
Badminton (Girls)	Ms. Ritu Sharma	Kabaddi (Girls)	Dr. Vandana
Basketball (Boys)	Dr. Jitender	Kayaking (Boys)	Dr. Gagan Rajput
Basketball (Girls)	Ms. Jyotshna	Kayaking (Girls)	Dr. Nivedita Gautam
Boxing (Boys)	Dr. Sanjeev Parmar	Kho-Kho (Boys)	Dr. Naveen Saini
Boxing (Girls)	Ms. Heena	Kho-Kho (Girls)	Ms. Poonam Chaudhary
Canoeing (Boys)	Dr. Yadvinder Sharma	Shooting (Boys)	Dr. Santosh Sharma
Canoeing (Girls)	Ms. Anita Kumari (Hindi)	Shooting (Girls)	Ms. Archana Shukla
Chess (Boys)	Dr. Mujib Husain	Table Tennis (Boys)	Dr. Chaman Lal
Chess (Girls)	Ms. Vipasha Kashyap	Table Tennis (Girls)	Dr. Anju Bala
Cricket (Boys)	Mr. Hans Raj	Taekwondo (Boys)	Dr. Mohan Lal
Cricket (Girls)	Ms. Saroj Kumari	Taekwondo (Girls)	Ms. Mamta Parmar
Cross Country (Boys)	Dr. Neeraj Sharma	Volleyball (Boys)	Dr. O.P Thakur
Cross Country (Girls)	Dr. Anita Devi (Bot.)	Volleyball (Girls)	Dr. Suman Bhardwaj
Foot-Ball (Boys)	Mr. Hem Raj	Weight Lifting (Boys)	Mr. Mohinder Singh
Hand Ball (Boys)	Mr. Ajay Singh	Weight Lifting (Girls)	Ms Priyanka Thakur
Hand Ball (Girls)	Dr. Anita Singh(Bot.)	Wrestling (Boys)	Dr. Arvind Kumar
Hockey (Boys)	Mr. Vikash Thakur	Wrestling (Girls)	Dr. Kavita
Hockey (Girls)	Dr. Kanchan Parmar		



Vallabh Govt. College

SOME MAJOR EVENTS

Cricket Trial VGC 2022-23



Cross Country VGC 2022-23



Inter College Cricket Men VGC 2022-23



Inter- College Hockey Men Women VGC 2022-23



Major Achievements in Sports during the Session 2022-23

https://www.vgcmadi.co.in/Physical_education_dept.aspx

https://www.vgcmadi.co.in/Annual_reports.aspx

Sr. No.	Name of Student	Fathers Name	Class	Roll. No.	Achievement
1	SARTHAK LAKHANPAL	AJAY KUMAR LAKHANPAL	BA 1 ST	22ENG061	<ul style="list-style-type: none"> • Won Gold Medal in 8th National Rifle and Pistol Championship -2023 (M&W) held at Maharashtra. • Participated in All India Inter –Varsity Shooting (M) Championship -2023 held at Swami Vivekanand Subharti University Meerut, U.P. • Participated in Senior National Shooting (M) Championship -2022 held at Bhopal. • Over All 3rd Place in HPU Inter- College Shooting (M) Championship - 2022 held at P.G. Centre Shimla.
2	ARPITA SHARMA	SANDEEP KUMAR	BA 1 ST	22ENG068	<ul style="list-style-type: none"> • Won Gold Medal in 8th National Rifle and Pistol Championship -2023 (M&W) held at Maharashtra. • Participated in Senior National Shooting (W) championship -2022 held at Delhi. • Over All Winners in HPU Inter- College Shooting (W) Championship - 2022 held at P.G. Centre Shimla.
3	ARMAN	CHANCHAL SINGH	B.Sc. 1 st	22BCS004	<ul style="list-style-type: none"> • Won Silver Medal in 8th National Rifle and Pistol Championship -2023 (M&W) held at Maharashtra.

72nd Annual Prize Distribution Function - 2023
Vallabh Government College Mandi (H.P.)

Detail of prizes of students participated in different games/sports during the session 2022-2023 (As per the decision taken by the council w.e.f. 2022)

Sr. No.	Name of Student	Fathers Name	Class	Roll. No.	Achievement
1.	ASHISH BHANDOR	SES RAM	BA 1 ST	22PED030	<ul style="list-style-type: none"> • Bronze Medal in Senior National Boxing (M) Championship-2022 held Hisar (MP) • Gold Medal in HPU Inter-College Boxing (M) Championship-2022 held at Government College NagrotaBagwan. • Gold Medal in Senior State Boxing (M) Championship-2022 held at Kangra. • Over All Winners in HPU Inter- College Boxing (M) Championship-2022 held at Government College NagrotaBagwan.
2.	ANITA	MEHAR SINGH	BA 1 ST	22-PED-27	<ul style="list-style-type: none"> • Participated in All India Inter-Varsity Wrestling (W) Championship – 2022 held at Pune University Maharashtra. • Participated in All India Inter-Varsity Wushu (W) Championship – 2022 held at

					<p>Chandigarh University.</p> <ul style="list-style-type: none"> • Gold Medal in HPU Inter-College Wrestling (W) Championship-2022 held at Government College Nurpur. • Gold Medal in HPU Inter-College Wushu (W) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar. • Over All Winner in HPU Inter-College Wushu (W) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar.
3.	ANITA	RAMESH KUMAR	BA 1 ST	22HIS501	<ul style="list-style-type: none"> • Participated in All India Inter-Varsity Wushu (W) Championship – 2022 held at Chandigarh University. • Gold Medal in HPU Inter-College Wushu (W) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar. • Bronze Medal in HPU Inter-College Boxing (W) Championship-2022 held at Government College Jogindernagar.

					<ul style="list-style-type: none"> • Bronze Medal in HPU Inter-College Wrestling (W) Championship-2022 held at Government College Nurpur. • Over All Winner in HPU Inter-College Wushu (W) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar.
4.	ASHITA	NIHAL SINGH	BA 2 nd	AEN1-21-130	<ul style="list-style-type: none"> • Runner's –up in All India Inter-Varsity Kabaddi (W) Championship – 2022 held at Chaudhary Ranbeer Singh University Jind, Haryana. • Runner's –up in North Zone Inter- Varsity Kabaddi (W) Championship – 2022 held at Bhagatpur University, Haryana.
5.	DIMPLE UPADHYAY	ARUN KUMAR	BA 3 RD	AEN1-20-13	<ul style="list-style-type: none"> • Participated in All India Inter-Varsity Boxing (W) Championship – 2022 held at MDU, Rohtak. • Participated in Senior National Boxing (W) Championship-2022 held Bhopal, MP. • Gold Medal in HPU Inter-College Boxing (W) Championship-

					<p>2022 held at Government College Jogindernagar.</p> <ul style="list-style-type: none"> • Gold Medal in Senior State Boxing (W) Championship-2022 held at Kinnaur.
6.	AVINASH CHANDEL	CHAMAN LAL	PGDCA	22PGDCA05 2	<ul style="list-style-type: none"> • Participated in Senior National Boxing (M) Championship - 2022 held at Hissar (MP) • Gold Medal in Senior State Boxing (M) Championship-2022 held at Kangra. • Over All Winners in HPU Inter- College Boxing (M) Championship-2022 held at Government College NagrotaBagwan. • Silver Medal in HPU Inter- College Boxing (M) Championship-2022 held at Government College NagrotaBagwan.
7.	VISHAL	GOPAL SINGH	BA 2 ND	APEDU1-21- 15	<ul style="list-style-type: none"> • Participated in Senior National Boxing (M) Championship - 2022 held at Hissar (MP) • Gold Medal in Senior State Boxing (M) Championship-2022 held at Kangra. • Over All Winners in HPU

					<p>Inter- College Boxing (M) Championship-2022 held at Government College NagrotaBagwan.</p> <ul style="list-style-type: none"> • Bronze Medal in HPU Inter-College Boxing (M) Championship-2022 held at Government College NagrotaBagwan.
8.	ABHAY SINGH	RANJEET KUMAR	BCA 1 st	22-BCA-024	<ul style="list-style-type: none"> • Participated in All India Inter-Varsity Wushu (M) Championship – 2022 held at Chandigarh University. • Gold Medal in HPU Inter-College Wushu (M) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar. • Silver Medal in HPU Inter-College Juso (M) Championship-2022 held at Govt. College Sujanpur Tihara. • Over All Winner in HPU Inter-College Wushu (M) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar.
9.	DEEPIKA JAMWAL	AMAR SINGH	BA 1 ST	22HIS551	<ul style="list-style-type: none"> • Participated in All India Inter-Varsity Wushu (W) Championship –

					<p>2022 held at Punjab University Chandigarh.</p> <ul style="list-style-type: none"> • Gold Medal in HPU Inter-College Wushu (W) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar. • Over All Winner in HPU Inter-College Wushu (W) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar.
10.	AADITYA CHAUDHARY	VIPIN KUMAR	BA 2 nd	AEN1-21-99	<ul style="list-style-type: none"> • Participated in All India Inter-Varsity Wushu (M) Championship – 2022 held at Chandigarh University. • Gold Medal in HPU Inter-College Wushu (M) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar. • Over All Winner in HPU Inter-College Wushu (M) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar.
11.	VISHAL	DINESH KUMAR	PGDCA	22PGD33	<ul style="list-style-type: none"> • Participated in All India Inter-Varsity Wushu (M) Championship – 2022 held at

					<p>Chandigarh University.</p> <ul style="list-style-type: none"> • Gold Medal in HPU Inter-College Wushu (M) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar. • Over All Winner in HPU Inter-College Wushu (M) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar.
12.	AKSHAY KUMAR	MAHENDER SINGH	BA 1ST	22HIS504	<ul style="list-style-type: none"> • Participated in North Zone Inter- Varsity Cricket (M) Championship – 2022-23 held at Krukshetra University, Kurukshetra. • Winners in HPU Inter- College Cricket (M) Championship-2022 held at Vallabh Government College Mandi. • Participated in Senior State Cricket (M) Championship – 2022-23.
13.	JAGDISH CHAND	JAI DEV	BA 1ST	22HIS549	<ul style="list-style-type: none"> • Participated in North Zone Inter- Varsity Cricket (M) Championship – 2022-23 held at Krukshetra University, Kurukshetra. • Winners in HPU Inter- College Cricket (M)

					<p>Championship-2022 held at Vallabh Government College Mandi.</p> <ul style="list-style-type: none"> • Participated in Senior State Cricket (M) Championship – 2022-23.
14.	SANDEEP CHAUHAN	DHARMA PAL	BCOM 2 ND	C1-21-200	<ul style="list-style-type: none"> • Participated in Inter- Varsity Cricket (M) Championship – 2022-23 held at Krukshetra University, Kurukshetra. • Winners in HPU Inter- College Cricket (M) Championship-2022 held at Vallabh Government College Mandi
15.	KASHMIR SINGH	NOKHU RAM	BA 1 ST	22HIS409	<ul style="list-style-type: none"> • Participated in Inter- Varsity Cricket (M) Championship – 2022-23 held at Krukshetra University, Kurukshetra. • Winners in HPU Inter- College Cricket (M) Championship-2022 held at Vallabh Government College Mandi
16.	VARSHA THAKUR	KAMAL NETRA	BA 1 st	22TTM016	<ul style="list-style-type: none"> • Participated in North Zone Inter- Varsity Cricket (W) Championship - 2022 held at MLSM College Sundernagar. • Runner's –up in HPU Inter- College Cricket (W)

					Championship - 2022 held at DAV College Kangra.
17.	RANJANA THAKUR	GIAN SINGH THAKUR	BA 1 ST	22TTM017	<ul style="list-style-type: none"> Participated in North Zone Inter- Varsity Cricket (W) Championship - 2022 held at MLSM College Sundernagar. Runner's –up in HPU Inter-College Cricket (W) Championship - 2022 held at DAV College Kangra.
18.	KHEM SINGH	LALIT KUMAR	BA 2 nd	Apedu-21-10	<ul style="list-style-type: none"> Participated in Inter- Varsity Hockey (M) Championship-2022 held at Lovely Professional University, Jalandhar . Runner's –up in HPU Inter-College Hockey (M) Championship - 2022 held at VGC Mandi.
19.	LAKHAN BHARDWAJ	PURAN CHAND	BA 1 st	22PED039	<ul style="list-style-type: none"> Participated in Inter- Varsity Hockey (M) Championship-2022 held at Lovely Professional University, Jalandhar. Runner's –up in HPU Inter-College Hockey (M) Championship - 2022 held at VGC Mandi.

20.	SHIVAM THAKUR	KAMLESH KUMAR	BA 1 st	22PED014	<ul style="list-style-type: none"> • Participated in Inter- Varsity Hockey (M) Championship-2022 held at Lovely Professional University, Jalandhar . • Runner's –up in HPU Inter-College Hockey (M) Championship - 2022 held at VGC Mandi.
21.	AMIT KUMAR	TILAK RAJ	BA 1 st	22PED015	<ul style="list-style-type: none"> • Participated in Inter- Varsity Hockey (M) Championship-2022 held at Lovely Professional University, Jalandhar . • Runner's –up in HPU Inter-College Hockey (M) Championship - 2022 held at VGC Mandi
22.	DHEERAJ	BHOOP SINGH	BA 1 ST	22PED037	<ul style="list-style-type: none"> • Participated in Inter- Varsity Hockey (M) Championship-2022 held at Lovely Professional University, Jalandhar . • Runner's –up in HPU Inter-College Hockey (M) Championship - 2022 held at VGC Mandi.
23.	KARTIK	RAJ KUMAR	BA 1 ST	22PED038	<ul style="list-style-type: none"> • Participated in Inter- Varsity Hockey (M) Championship-2022 held at Lovely

					Professional University, Jalandhar . <ul style="list-style-type: none"> • Runner's –up in HPU Inter-College Hockey (M) Championship - 2022 held at VGC Mandi.
24.	MEENAKAS HI	DEVI DUTT	BA 1 ST	22SOC035	<ul style="list-style-type: none"> • Participated in Inter- Varsity Hockey (W) Championship-2022 held at Khalsa College Amritsar. • Runner's –up in HPU Inter-College Hockey (W) Championship - 2022 held at VGC Mandi.
25.	GEETANJALI	DHARAM CHAND	BA 1 ST	22SOC040	<ul style="list-style-type: none"> • Participated in Inter- Varsity Hockey (W) Championship-2022 held at Khalsa College Amritsar. • Runner's –up in HPU Inter-College Hockey (W) Championship - 2022 held at VGC Mandi.
26.	KUSUM	OM PRAKASH	BA 1 st	22PED011	<ul style="list-style-type: none"> • Participated in Inter- Varsity Hockey (W) Championship-2022 held at Khalsa College Amritsar. • Runner's –up in HPU Inter-College Hockey (W) Championship - 2022 held at VGC Mandi.

27.	JYOTI	MADAN PAL	BA 3 rd	Ahs1-20-222	<ul style="list-style-type: none"> • Participated in Inter- Varsity Hockey (W) Championship-2022 held at Khalsa College Amritsar. • Runner's –up in HPU Inter-College Hockey (W) Championship - 2022 held at VGC Mandi.
28.	UPASANA	RANJEET SINGH	BA 1 ST	22GEO041	<ul style="list-style-type: none"> • Participated in Inter- Varsity Basketball (W) Championship-2022 held at Arts and Sports College Jalandhar. • 2nd Runner's -up in HPU Inter-College Basketball (W) Championship-2022 held at St. Beed's Shimla.
29.	PRERNA	MANSA RAM	BCOM 2 ND	C1-21-123	<ul style="list-style-type: none"> • Participated in Inter- Varsity Basketball (W) Championship-2022 held at Arts and Sports College Jalandhar. • 2nd Runner's -up in HPU Inter-College Basketball (W) Championship-2022 held at St. Beed's Shimla.
30.	SARTHAK LAKHANPA L	AJAY KUMAR LAKHANPA L	BA 1 ST	22ENG061	<ul style="list-style-type: none"> • Participated in All India Inter – Varsity Shooting (M) Championship - 2023 held at Swami Vivekanand

					<p>SubhartiUniverity Meerut, U.P.</p> <ul style="list-style-type: none"> • Participated in Senior National Shooting (M) Championship - 2022 held at Bhopal. • Over All 3rdPlace in HPU Inter-College Shooting (M) Championship - 2022 held at P.G. Centre Shimla.
31.	GUNJAN	BHUPENDER KUMAR	BSc 1 st	22Z00053	<ul style="list-style-type: none"> • Participated in Senior National Chess (W) Championship – 2022 at Plachi, Tamilnadu. • Runner’s –up in Senior State Chess (W) Championship - 2022 held at Solan
32.	PRABHJOT KAUR	GURMEET SINGH	BA 1 ST	22POL061	<ul style="list-style-type: none"> • Participated in Senior National Shooting (W) championship - 2022 held at Delhi. • Over All Winners in HPU Inter- College Shooting (W) Championship - 2022 held at P.G. Centre Shimla.
33.	ARPITA SHARMA	SANDEEP KUMAR	BA 1 ST	22ENG068	<ul style="list-style-type: none"> • Participated in Senior National Shooting (W) championship - 2022 held at Delhi. • Over All Winners in HPU Inter- College Shooting (W) Championship -

					2022 held at P.G. Centre Shimla.
34.	MEHUL LAKHANPAL	VIJAY KUMAR	Ba1st	22HIS127	<ul style="list-style-type: none"> Participated in Senior National Shooting (M) Championship - 2022 held at Bhopal. Over All 3rd Place in HPU Inter- College Shooting (M) Championship - 2022 held at P.G. Centre Shimla.
35.	UMESH CHAUHAN	MOTI RAM	BA 1 ST	22HIS552	<ul style="list-style-type: none"> Silver Medal in HPU Inter- College Wushu (M) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar. Over All Champion of HPU Inter- College Wushu (M) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar
36.	KARAN	KHEM CHAND	BA 2 ND	AEN1-21-68	<ul style="list-style-type: none"> Silver Medal in HPU Inter- College Wushu (M) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar. Over All Champion of HPU Inter- College Wushu (M) Championship-2022 held at Gaytri College of

					Education Dehar, Sundernagar
37.	UMESH	KRISHAN CHAND	BA 3 RD	20AEN095	<ul style="list-style-type: none"> • Silver Medal in HPU Inter-College Wushu (M) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar. • Over All Champion of HPU Inter-College Wushu (M) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar
38.	SAHIL THAKUR	BAHADUR SINGH	BCOM 3 RD	C1-20-129	<ul style="list-style-type: none"> • Over All Winners in HPU Inter- College Boxing (M) Championship-2022 held at Government College NagrotaBagwan. • Bronze Medal in HPU Inter-College Boxing (M) Championship-2022 held at Government College NagrotaBagwan.
39.	BHUP SINGH	JAI RAM	BA 2 ND	AHS1-21-394	<ul style="list-style-type: none"> • Bronze Medal in HPU Inter-College Wushu (M) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar. • Over All Champion of HPU Inter-College Wushu

					(M) Championship- 2022 held at Gaytri College of Education Dehar, Sundernagar.
40.	KUSUM THKUR	DOLU RAM	BA 2 ND	APEDU21- 124	<ul style="list-style-type: none"> Participated in Inter- Varsity Athletics (W) Championship-2022 held at KIIT University Bhubneshwer, Odissa. Participated in North Zone Junior National Athletics (W) Championship-2022 held at Karnal.
41.	AISHWARY A SHARMA	LEKH RAM	MA 1 ST	22MPOL022	<ul style="list-style-type: none"> Participated in North Zone Inter- Varsity Kho-Kho (W) Championship - 2022 held at Chaudhary Ranbeer Singh University Jind, Haryana.
42.	MEHAK	HOSHIYAR SINGH	BA 1 ST	22HIS048	<ul style="list-style-type: none"> Participated in North Zone Inter- Varsity Handball (W) Championship - 2022 held at Chaudhary Ranbeer Singh University Jind, Haryana.
43.	VIRENDER KUMAR SAINI	BHIKHAM RAM	BA 1 ST	22APED045	<ul style="list-style-type: none"> Over All Winners in HPU Inter- College Boxing (M) Championship-2022 held at Government College NagrotaBagwan. Silver Medal in HPU Inter- College Boxing (M)

					<p>Championship-2022 held at Government College NagrotaBagwan.</p> <ul style="list-style-type: none"> • Bronze Medal in HPU Inter-College Wushu (W) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar. • Over All Winner in HPU Inter-College Wushu (M) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar.
44.	CHETAN CHOUHAR Y	ANKUR CHOUHAR Y	BA 2 nd	APEDU1-21-9	<ul style="list-style-type: none"> • Gold Medal in HPU Inter-College Boxing (M) Championship-2022 held at Government College NagrotaBagwan. • Silver Medal in Senior State Boxing (M) Championship-2022 held at Kangra. • Over All Winners in HPU Inter- College Boxing (M) Championship-2022 held at Government College NagrotaBagwan.
45.	MADHU	BALDEV	MA 1 ST	22MHIN022	<ul style="list-style-type: none"> • Bronze Medal in HPU Inter-College Wushu (W) Championship-2022 held at Gaytri College of

					<p>Education Dehar, Sundernagar.</p> <ul style="list-style-type: none"> • Bronze Medal in HPU Inter-College Boxing (W) Championship-2022 held at Government College Jogindernagar. • Over All Winner in HPU Inter-College Wushu (W) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar.
46.	DEEPIKA	JAI RAM	BSC 3 RD	SP1-20-38	<ul style="list-style-type: none"> • Bronze Medal in HPU Inter-College Wushu (W) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar. • Bronze Medal in HPU Inter-College Boxing (W) Championship-2022 held at Government College Jogindernagar. • Over All Winner in HPU Inter-College Wushu (W) Championship-2022 held at Gaytri College of Education Dehar, Sundernagar.
47.	HIMANSHU	RAJENDER KUMAR	BA 1 ST	22HIS567	<ul style="list-style-type: none"> • Gold Medal in HPU Inter-College Boxing (M) Championship-2022 held at Government

					College NagrotaBagwan. <ul style="list-style-type: none"> Over All Winners in HPU Inter- College Boxing (M) Championship-2022 held at Government College NagrotaBagwan.
48.	DEVEN	SURENDER PAL	BA 3 RD	Ahs1-20-377	<ul style="list-style-type: none"> Winners in HPU Inter- College Cricket (M) Championship - 2022 held at Vallabh Government College Mandi.
49.	CHIRAG THAKUR	DINESH KUMAR	BA 2 ND	Ahs1-21-63	<ul style="list-style-type: none"> Winners in HPU Inter- College Cricket (M) Championship - 2022 held at Vallabh Government College Mandi.
50.	SARANG GULERIA	LALIT KUMAR	BA 2 ND	Ahs1-21-120	<ul style="list-style-type: none"> Winners in HPU Inter- College Cricket (M) Championship - 2022 held at Vallabh Government College Mandi.
51.	AKSHIT SHARMA	AMARJEET SHARMA	BSC 1 ST	22ZOO153	<ul style="list-style-type: none"> Winners in HPU Inter- College Cricket (M) Championship - 2022 held at Vallabh Government College Mandi.
52.	HRITHIK SHARMA	SANJAY KUMAR SHARMA	BCOM 3 RD	C1-20-124	<ul style="list-style-type: none"> Winners in HPU Inter- College Cricket (M) Championship - 2022 held at Vallabh Government College Mandi.

53.	PUNNET THAKUR	GUMAN SINGH	BA 3 RD	Ahs1-20-315	<ul style="list-style-type: none"> Winners in HPU Inter- College Cricket (M) Championship - 2022 held at Vallabh Government College Mandi.
54.	YASH	DHEERAJ SHARMA	BBA 2 ND	21BBA003	<ul style="list-style-type: none"> Winners in HPU Inter- College Cricket (M) Championship - 2022 held at Vallabh Government College Mandi.
55.	MAYUSH VERMA	PREM SINGH	MA 1 ST	22MENG015	<ul style="list-style-type: none"> Winners in HPU Inter- College Cricket (M) Championship - 2022 held at Vallabh Government College Mandi.
56.	ABHINAY	SANJAY KUMAR	MA 1 ST	22MENG028	<ul style="list-style-type: none"> Winners in HPU Inter- College Cricket (M) Championship - 2022 held at Vallabh Government College Mandi.
57.	NITIN	SATPAL SINGH	BA 1 ST	22PAD004	<ul style="list-style-type: none"> Winners in HPU Inter- College Cricket (M) Championship - 2022 held at Vallabh Government College Mandi.
58.	CHARANJEE T	JAI KRISHAN	BA 2 nd	APEDU1-21-17	<ul style="list-style-type: none"> Winners in HPU Inter- College Cricket (M) Championship - 2022 held at

					Vallabh Government College Mandi.
59.	KASHISH SHARMA	BASUDEV	BCom 1 st	22BCM074	<ul style="list-style-type: none"> Over All Winners in HPU Inter- College Shooting (W) Championship - 2022 held at P.G. Centre Shimla.
60.	AKANKSHA	DEV RAJ	BA 3 RD	AHS1-20-184	<ul style="list-style-type: none"> Over All Winners in HPU Inter- College Shooting (W) Championship - 2022 held at P.G. Centre Shimla.
61.	SARITA	KHEM SINGH	BA 3 RD	AHS1-20-247	<ul style="list-style-type: none"> Over All Winners in HPU Inter- College Shooting (W) Championship - 2022 held at P.G. Centre Shimla.
62.	ISHANI	KASHMIR SINGH	BA 2 ND	APEDU1-21-04	<ul style="list-style-type: none"> Over All Winners in HPU Inter- College Shooting (W) Championship - 2022 held at P.G. Centre Shimla.
63.	NITIN	SATPAL SINGH	BA 1 st	22PAD004	<ul style="list-style-type: none"> Over All Winners in HPU Inter- College Boxing (M) Championship-2022 held at Government College NagrotaBagwan.
64.	ANIRUDH BHARDWAJ	MEHAR SINGH	MA 1 st ECONOMIC S	22MECO024	<ul style="list-style-type: none"> Over All Winners in HPU Inter- College Boxing (M) Championship-2022 held at Government College NagrotaBagwan.
65.	RAKESH KUMAR	SURESH KUMAR	BA 1 ST	22HIS550	<ul style="list-style-type: none"> Over All Winners in HPU Inter- College Boxing (M) Championship-

					2022 held at Government College NagrotaBagwan.
66.	BHUP SINGH	JAI RAM	BA 2 ND	Ahs1-21-394	<ul style="list-style-type: none"> Over All Winners in HPU Inter- College Boxing (M) Championship-2022 held at Government College NagrotaBagwan.
67.	CHANDAN KUMAR	LALIT KUMAR	BA 2 ND	APEDU1-21-3	<ul style="list-style-type: none"> Over All Winners in HPU Inter- College Boxing (M) Championship-2022 held at Government College NagrotaBagwan.
68.	VIVEK	BALAK RAM	BA 1 St	22APED020	<ul style="list-style-type: none"> Over All Winners in HPU Inter- College Boxing (M) Championship-2022 held at Government College NagrotaBagwan.
69.	MALVI PATYAL	BHUPINDER SINGH	BA 1 ST	22SOC032	<ul style="list-style-type: none"> Runner's - up in HPU Inter- College Hockey (W) Championship - 2022 held at Vallabh Government College Mandi.
70.	DEEPALI	RAKESH KUMAR	BA 1 st	22SOC037	<ul style="list-style-type: none"> Runner's - up in HPU Inter- College Hockey (W) Championship - 2022 held at Vallabh Government College Mandi.
71.	YOGITA	KANSHI RAM	BA 3 rd	Ahn1-20-5	<ul style="list-style-type: none"> Runner's - up in HPU Inter- College Hockey (W) Championship -

					2022 held at Vallabh Government College Mandi.
72.	KOMAL	MAHENDER KUMAR	BA 3 rd	Ahn1-20-4	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (W) Championship - 2022 held at Vallabh Government College Mandi.
73.	SHAGUN	SIPAN KUAMAR	BA 1 st	22PED005	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (W) Championship - 2022 held at Vallabh Government College Mandi.
74.	SONIYA	KHEM SINGH	BSC 2 nd	SM1-21-46	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (W) Championship - 2022 held at Vallabh Government College Mandi.
75.	BABITA	LALIT KUMAR	BA 2 nd	Asc1-21-11	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (W) Championship - 2022 held at Vallabh Government College Mandi.
76.	SHALINI THAKUR	MAST RAM	PGDCA	22PGDCA020	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (W) Championship - 2022 held at Vallabh Government College Mandi.
77.	AMARPALI	DEV RAJ	BA 2 ND	Ahs1-21-90	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (W) Championship -

					2022 held at Vallabh Government College Mandi.
78.	TANU	OM PRAKASH	BA 1 st	22PED012	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (W) Championship - 2022 held at Vallabh Government College Mandi.
79.	RANJANA KUMARI	HEM RAJ	BA 2 nd	Ahs1-21-97	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (W) Championship - 2022 held at Vallabh Government College Mandi.
80.	PREETI SHARMA	HEM RAJ	BA 2 nd	Ahs1-21-154	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (W) Championship - 2022 held at Vallabh Government College Mandi.
81. / - I	CHURAMAN	ROSHAN LAL	BA 2 nd	Asc1-21-32	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (W) Championship - 2022 held at Vallabh Government College Mandi.
82.	RESHMA KUMARI	SUNDER LAL	BA 1 st	22HIS359	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (W) Championship - 2022 held at Vallabh Government College Mandi.
83.	MANJUL PATIYAL	RAJ KUMAR	BA 1 st	22SOC015	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (M) Championship -

					2022 held at Vallabh Government College Mandi.
84.	MANAS GHAMTA	KESAR SINGH	BA 1 st	22PED001	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (M) Championship - 2022 held at Vallabh Government College Mandi.
85.	MANISH THAKUR	KEHAR SINGH	BA 1 ST	22PED040	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (M) Championship - 2022 held at Vallabh Government College Mandi.
86.	RISHAB RAJ	PUSHAP RAJ	BA 1 st	22PED041	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (M) Championship - 2022 held at Vallabh Government College Mandi.
87.	TUSHAR	YAD RAM	BA 1 st	22GEO07	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (M) Championship - 2022 held at Vallabh Government College Mandi.
88.	GANGULI	ROOP LAL	BA 3 rd	Ahn1-20-6	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (M) Championship - 2022 held at Vallabh Government College Mandi.
89.	NITISH KUMAR	HALKU RAM	BA 1 st	22PED034	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (M) Championship -

					2022 held at Vallabh Government College Mandi.
90.	ASHISH	BARFU RAM	BA 2 nd	APEDU1-21-34	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (M) Championship - 2022 held at Vallabh Government College Mandi.
91.	DIWAN CHAND	DHARMA CHAND	BA 3 rd	Ahs1-20-55	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (M) Championship - 2022 held at Vallabh Government College Mandi.
92.	SUMIT SHARMA	VINOD KUMAR SHARMA	BA 3 rd	Ahs1-20-249	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (M) Championship - 2022 held at Vallabh Government College Mandi.
93.	MANISH	KARAM CHAND	M.Com 1 st	22MCOM022	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (M) Championship - 2022 held at Vallabh Government College Mandi.
94.	HARSH KUMAR	DEVI SARAN	BCom 3 rd	C1-19-231	<ul style="list-style-type: none"> • Runner's - up in HPU Inter-College Hockey (M) Championship - 2022 held at Vallabh Government College Mandi.
95.	ANJALI SHARMA	SHRI MAYADHAR	MA 3 RD SEM	21-ME-019	<ul style="list-style-type: none"> • Silver Medal in HPU Inter-College Wrestling (W) Championship-

					2022 held at Government College Nurpur.
96.	SEEMA DEVI	DHARAM CHAND	MA 1 st	22MAPOLO 36	<ul style="list-style-type: none"> • Runner's –up in HPU Inter-College Cricket (W) Championship - 2022 held at DAV College Kangra.
97.	RAKSHA DEVI	KHEERA MANI	B.Ed.	BEA-22-08	<ul style="list-style-type: none"> • Runner's –up in HPU Inter-College Cricket (W) Championship - 2022 held at DAV College Kangra.
98.	HITESH KUMARI	SHUBH KARAN	PGDCA	22PGD060	<ul style="list-style-type: none"> • Runner's –up in HPU Inter-College Cricket (W) Championship - 2022 held at DAV College Kangra.
99.	SHAKUNTLA DEVI	JAI SINGH	BA 2 nd	APS1-21- 169	<ul style="list-style-type: none"> • Runner's –up in HPU Inter-College Cricket (W) Championship - 2022 held at DAV College Kangra.
100.	KANIKA SHARMA	OM CHAND	BA 2 nd	AHS1-21- 293	<ul style="list-style-type: none"> • Runner's –up in HPU Inter-College Cricket (W) Championship - 2022 held at DAV College Kangra.
101.	MEERA DEVI	MINE RAM	BA 2 ND	AHS1-21- 334	<ul style="list-style-type: none"> • Runner's –up in HPU Inter-College Cricket (W) Championship - 2022 held at DAV College Kangra.
102.	NISHA DEVI	MAHENDR SINGH	BA 2 ND	APS1-21- 274	<ul style="list-style-type: none"> • Runner's –up in HPU Inter-College Cricket

					(W) Championship - 2022 held at DAV College Kangra.
103.	SHIVANI	PREM SINGH	BA 1 ST	22TTM018	<ul style="list-style-type: none"> • Runner's –up in HPU Inter-College Cricket (W) Championship - 2022 held at DAV College Kangra.
104.	AASTHA THAKUR	BANSI LAL	MA 2 ND	21ME011	<ul style="list-style-type: none"> • Runner's –up in HPU Inter-College Cricket (W) Championship - 2022 held at DAV College Kangra.
105.	MEENA DEVI	VEER SINGH	BA 3 RD	AHS1-20- 360	<ul style="list-style-type: none"> • Runner's –up in HPU Inter-College Cricket (W) Championship - 2022 held at DAV College Kangra.
106.	DEVINA KUMARI	NARPAT KUMAR	M.COM 1 ST	22MCOM03 2	<ul style="list-style-type: none"> • Runner's –up in HPU Inter-College Cricket (W) Championship - 2022 held at DAV College Kangra.
107.	AISHWARY A SHARMA	LEKH RAM	MA 1 ST	22MPOL022	<ul style="list-style-type: none"> • Runner's –up in HPU Inter-College Cricket (W) Championship - 2022 held at DAV College Kangra.
108.	KAVITA THAKUR	TEK SINGH	BA 1	22PED 009	<ul style="list-style-type: none"> • Runner's –up in HPU Inter-College Cricket (W) Championship - 2022 held at DAV College Kangra.

109.	PRATI KSHA	RAKESH	BA 1 ST	22PED007	<ul style="list-style-type: none"> Bronze Medal in HPU Inter-College Boxing (W) Championship-2022 held at Government College Jogindernagar.
110.	ISHITA	HANS RAJ	BA 2 ND	AEN1-21-132	<ul style="list-style-type: none"> Bronze Medal in HPU Inter-College Boxing (W) Championship-2022 held at Government College Jogindernagar.
111.	PANKAJ KUMAR	DIWAN CHAND	BA 3 RD	AJMC1-20-02	<ul style="list-style-type: none"> Over All 3rd Place in HPU Inter- College Shooting (M) Championship - 2022 held at P.G. Centre Shimla.
112.	KARTIK	CHANDU RAM	BA 3 RD	APS1-20-41	<ul style="list-style-type: none"> Over All 3rd Place in HPU Inter- College Shooting (M) Championship - 2022 held at P.G. Centre Shimla.
113.	HIMANSHU SHARMA	NARESH SHARMA	MA 1 ST	22MENG002	<ul style="list-style-type: none"> Over All 3rd Place in HPU Inter- College Shooting (M) Championship - 2022 held at P.G. Centre Shimla.
114.	SIDDHANT SHARMA	RAJESH KUMAR SHARMA	BA 2 ND	AHS1-21-204	<ul style="list-style-type: none"> Over All 3rd Place in HPU Inter- College Shooting (M) Championship - 2022 held at P.G. Centre Shimla.
115.	DIKSHA KUMARI	JAGDISH CHAND	BA 1 st	22POL358	<ul style="list-style-type: none"> 2nd Runner's -up in HPU Inter-College Basketball (W) Championship-2022 held at St. Beed's Shimla.

116.	SHANIDHI	AMAR NATH	BSC 1 ST	22BOT011	<ul style="list-style-type: none"> 2nd Runner's -up in HPU Inter-College Basketball (W) Championship-2022 held at St. Beed's Shimla.
117.	NITIKA	TEK CHAND	BA 1 ST	22HIST317	<ul style="list-style-type: none"> 2nd Runner's -up in HPU Inter-College Basketball (W) Championship-2022 held at St. Beed's Shimla.
118.	LITESH KAUL	PRATAP SINGH	BA 1 ST	22HIST270	<ul style="list-style-type: none"> 2nd Runner's -up in HPU Inter-College Basketball (W) Championship-2022 held at St. Beed's Shimla.
119.	BHAWANA THAKUR	GIRDHARI LAL	BCOM 1 ST	22BCM089	<ul style="list-style-type: none"> 2nd Runner's -up in HPU Inter-College Basketball (W) Championship-2022 held at St. Beed's Shimla.
120.	KASHISH	SHESH RAJ	BSC 1 ST	22PCH039	<ul style="list-style-type: none"> 2nd Runner's -up in HPU Inter-College Basketball (W) Championship-2022 held at St. Beed's Shimla.
121.	KANIKA THAKUR	DESH RAJ	BA 1 ST	22TTM002	<ul style="list-style-type: none"> 2nd Runner's -up in HPU Inter-College Basketball (W) Championship-2022 held at St. Beed's Shimla.
122.	DIYA	SANJAY KUMAR	BA 2 ND	AHS1-21- 202	<ul style="list-style-type: none"> 2nd Runner's -up in HPU Inter-College Basketball (W) Championship-2022 held at St. Beed's Shimla.
123.	SUGANDHA	SURENDER KUMAR	BA 2 ND	AHS1-21- 228	<ul style="list-style-type: none"> 2nd Runner's -up in HPU Inter-College Basketball (W) Championship-

					2022 held at St. Beed's Shimla.
124.	AANCHAL	MANOJ KUMAR	BA 1 ST	22HIS508	<ul style="list-style-type: none"> 2nd Runner's -up in HPU Inter-College Basketball (W) Championship-2022 held at St. Beed's Shimla.

**Total amount of Prizes Distributed Among Sports Students
Session 2022-23**

4/4

72nd Annual Prize Distribution function 2022-23
31st March, 2023

It is certified that the prizes for, N.C.C., N.S.S., Sports, cultural activities, Ravens and Rangers and other activities (as per the list attached) were actually distributed among the students in the presence of chief Guest, Smt. Shukla Sharma (former Principal) on dated 31st March, 2023 in the 72nd Annual Prize Distribution function 2022-23.

Principal
Vallabh Govt. College
Mandi (H.P.) - 175001

Shukla Sharma
Smt. Shukla Sharma
former Principal

Certified that prizes of sports, NCC, N.S.S., R & R, cultural and other co-curricular activities have been given to the students (as per the lists attached) on 31st March, 2023 during 72nd Annual Prize Distribution Function-2023. The total amount of the prizes is as per the detail given below:

1> Sports	-	2,55,000-00 ✓
2> NCC Army wing (Boys)	-	24,700-00 ✓
3> NCC Army wing (Girls)	-	28,200-00 ✓
4> NCC Air wing (Boys & Girls)	-	29,900-00 ✓
5> Cultural Activities	-	35,000-00 ✓
6> N.S.S.	-	11,600-00 ✓
7> Ravens and Rangers	-	30,600-00 ✓
8> C.S.C.A.	-	4,000-00 ✓
9> Red Cross Club	-	3,000-00 ✓
10> Hostel Perfect	-	3,600-00 ✓
11> college magazine	-	4,200-00 ✓
		4,29,800-00 ✓

Principal
Vallabh Govt. College
Mandi (H.P.) - 175001

Dr. Ravinder Kataria
(Chairman)

Best Practice 2

Community Service and Interaction

Objective:

To raise self-driven young people who can serve the society in all spheres of life. Over the course of the session, students are engaged in a variety of activities such as Cleanliness Drive in the community, Plantation Drive, Blood Donation Camps, helping the District Administration, Interaction and Awareness visits to identify and resolve various community issues like visit to special schools.

Context:

The college has worked to help students instil in them values of Social Service and coexistence. NCC, NSS, Rover and Rangers, Red Ribbon Club and Department of Education aim to explore the full potential of the youth, be it physical, intellectual, social or spiritual. Through a variety of activities, interaction and social service programmes, students get a chance to grow holistically.

In addition to this, efforts have been made to provide **Financial Assistance** to students through a contributory fund (mainly contributed by the staff of the college voluntarily) and scholarships at college level to help socio-economically backward students.

Practice:

The students enrolled in different clubs, societies and departments are provided with a platform to engage in diverse activities to foster students' awareness and nationalistic sentiments while inspiring them in different ways through activities by NSS, NCC and rovers and Rangers and other departments.

Challenges:

1. Providing sufficient facilities, training areas and equipment for operations of NCC Air Wing is challenging on college property with financial and logistical problems due to ongoing infrastructure development activities.
2. Sometimes it is difficult to make sure that faculty and staff members are available to assist such activities because of their involvement in other curricular and management activities.
3. Achieving a balance between such activities, academic responsibilities while ensuring that these units contribute to students overall educational experiences is sometimes challenging.
4. Despite repeated advertisements at college level regarding the financial assistance being provided by the college to needy students, some students still remain unaware and do not get benefitted from the schemes, due to large strength and inability to reach out to every student.

Categories of Community Services Provided by the Institution

- **Social Welfare:** To contribute to the well-being of society through various social service activities like health camps, cleanliness drives, and awareness programs on social issues.
- **Communication Skills:** To provide opportunities for students to develop organizational and communication skills through planning and executing community service projects.
- **Citizenship and Patriotism:** To instil a sense of responsibility, citizenship, and patriotism among students by engaging them in activities that promote national unity and pride.
- **Environmental Conservation:** To promote environmental sustainability and conservation through tree plantation drives, waste management initiatives, revival of natural water resources and eco-friendly practices.
- **Health Awareness:** To create awareness about health and hygiene among community members through workshops, campaigns and health check-up programs.
- **Inclusive Growth:** To work towards the inclusion and empowerment of marginalized communities by organizing educational support programs and advocacy campaigns.
- **Disaster Management:** To equip students with knowledge and practice related to disaster management and emergency response to ensure the safety and well-being of communities during natural calamities.
- **Cultural Exchange:** To foster cultural exchange and understanding among diverse communities by organizing cultural events, festivals, and exchange programmes.
- **Community Engagement:** To encourage active participation and engagement of students in community development initiatives, fostering a sense of responsibility towards societal issues.
- **Inculcate Leadership:** To nurture leadership qualities among students by providing opportunities to lead and manage community service projects, thereby enhancing their problem-solving and decision-making abilities.

Overall, the objectives of community services and interactions through groups like NSS, NCC, Rover Rangers, etc., aim to develop responsible and socially aware individuals who actively contribute to the betterment of society.

The students enrolled in different clubs, societies and departments are provided with a platform to be aware about.

1. **NSS activities:** <https://www.vgcmadi.co.in/downloads/nss/NSS-report-2022-23.pdf>
2. **NCC activities:** [https://www.vgcmadi.co.in/downloads/ncc/Activities-of-NCC-\(2022-23\).pdf](https://www.vgcmadi.co.in/downloads/ncc/Activities-of-NCC-(2022-23).pdf)
3. **Rover Rangers Activities:** <https://www.vgcmadi.co.in/downloads/rr/Rangers-&-Rovers-Report-2022-23.pdf>

➤ **Celebration of International Peace Day**

On 21st September, 2022, the International Peace Day was celebrated by unit in which various activities like MOP (Messenger of Peace Dance), PPT, Skit etc.



➤ **Diwali Celebration with Orphan Children**

On 24th October 2022, the R&R Unit of VGC Mandi celebrated Diwali festival with the children of the Child Orphanage at Talihad, Mandi. Sweets, books, pencils, crackers, candles, and calendars were distributed to children. Also, the children of the orphanage performed different games and dance presentations. The superintendent of the child orphanage at Talihad, Sh.Rakesh Kumar appreciated rovers and rangers for their commendable services.



➤ **Celebration of Thinkers Day**

On 22nd February, 2023 of R&R Unit of VGC Mandi, celebrated World Thinkers Day with the children of Primary School, Paddal Mandi. Under the successful leadership of Rover

Leader and Ranger Leader, the rovers and rangers organised quiz competition, and different games for the children. The Headmistress of the school appreciated the work of scouts to the society.



4. **Road Safety Club:** <https://www.vgcmandi.co.in/downloads/rsc/Road-Safety-Activity-2022-23.pdf>

Organized a rally on “Road Safety” in which 41 students of road safety club participated.



5. **Red Ribbon club Activities:** <https://www.vgcmandi.co.in/gallerydetail.aspx?catg=Blood%20Donation%20Camp%5B2022-23%5D>

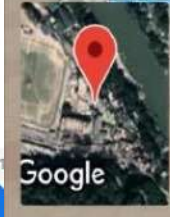
6. **Social Interaction Programme**

We take students and volunteers from different units of the college to visit homeless elderly people and residential school for specially abled children so that they can understand the troubles faced by them and develop empathy towards them to foster compassionate mindset.

- **Blood Donation Camp**

वल्लभ कालेज में महिला दिवस पर सजी संगोष्ठी

कार्यक्रम
 • 'रेडरिबन-रेड रिबन' ने संयुक्त रूप से रक्तदान शिविर का भी आयोजन किया।
 वल्लभ राजकीय महाविद्यालय मंडी में रक्तदान कार्यक्रम पर रेड रिबन क्लब ने संयुक्त रूप से रक्तदान शिविर का आयोजन किया। रक्तदान शिविर में प्राध्यापकों, डॉ. प्रोफेसरों व विद्यार्थियों ने रक्तदान किया। रक्तदान करने वाले के सम्बन्धित अधिकारी कक्षाएं अधिकार ड. चमन ने कहा कि राष्ट्रीय महिला दिवस पर रक्तदान शिविर व संगोष्ठी का आयोजन किया गया। नेता जी सुभाष चंद्र बोस मंडी में कार्यरत कार्डसलर श्याम लता ने विद्यार्थियों को एड्स व संक्रमित रोगों पर जानकारी दी।
 वहीं महिला दिवस पर आयोजित संगोष्ठी की अध्यक्षता महाविद्यालय के प्राचार्य डा. जसवंत सिंह ठाकुर ने की। इस मौके पर वाणिज्य विभाग की प्रोफेसर पूनम शर्मा, भूगोल विभागाध्यक्ष डा. प्रदीप कुमार, पत्रकारिता एवं जनसंचार विभागाध्यक्ष फ्लाईंग ऑफिसर डा. चमन, जीव विज्ञान विभाग के वरिष्ठ प्रोफेसर डा. मोनिका पंचानी, डा. संजय नारंग, भौतिक विभाग के प्रोफेसर डा. दिलीप कुमार, शिक्षा विभाग डा. सुमन, रसायन शास्त्र विभाग से डा. कंचन परमार और अर्थ, विभाग से प्रोफेसर वंदना ठाकुर विशेष रूप से उपस्थित रहे।



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वल्लभ कालेज में रक्तदान शिविर आयोजित

मंडी, 9 मार्च (रजनीश): वल्लभ राजकीय महाविद्यालय मंडी में वीरवार को रैडक्रॉस क्लब व रेड रिबन क्लब ने संयुक्त रूप से रक्तदान शिविर का आयोजन किया। शिविर में महाविद्यालय के प्रोफेसरों व विद्यार्थियों ने रक्तदान किया। रैडक्रॉस क्लब मंडी के कार्यक्रम अधिकारी फ्लाईंग ऑफिसर डा. चमन ने कहा कि जीवन और स्वास्थ्य की रक्षा हेतु रक्तदान का बहुत बड़ा महत्व है।

रेड रिबन क्लब कार्यक्रम की अधिकारी डा. राधिका जम्वाल ने बताया कि राष्ट्रीय महिला दिवस पर रक्तदान शिविर व संगोष्ठी का आयोजन किया गया। नेता जी सुभाष चंद्र बोस मंडी में कार्यरत कार्डसलर श्याम लता ने विद्यार्थियों को एड्स व संक्रमित रोगों पर जानकारी दी।

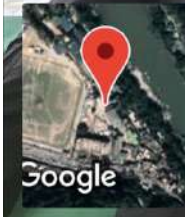
वहीं महिला दिवस पर आयोजित संगोष्ठी की अध्यक्षता महाविद्यालय के प्राचार्य डा. जसवंत सिंह ठाकुर ने की। इस मौके पर वाणिज्य विभाग की प्रोफेसर पूनम शर्मा, भूगोल विभागाध्यक्ष डा. प्रदीप कुमार, पत्रकारिता एवं जनसंचार विभागाध्यक्ष फ्लाईंग ऑफिसर डा. चमन, जीव विज्ञान विभाग के वरिष्ठ प्रोफेसर डा. मोनिका पंचानी, डा. संजय नारंग, भौतिक विभाग के प्रोफेसर डा. दिलीप कुमार, शिक्षा विभाग डा. सुमन, रसायन शास्त्र विभाग से डा. कंचन परमार और अर्थ, विभाग से प्रोफेसर वंदना ठाकुर विशेष रूप से उपस्थित रहे।

वल्लभ कालेज में शिक्षकों व विद्यार्थियों ने किया रक्तदान

सवाद सहयोगी, मंडी : वल्लभ राजकीय महाविद्यालय मंडी में रैडक्रॉस क्लब व रेड रिबन क्लब ने संयुक्त रूप से रक्तदान शिविर का आयोजन किया। रक्तदान शिविर में महाविद्यालय के प्रोफेसर व विद्यार्थियों ने रक्तदान किया। रैडक्रॉस क्लब मंडी के कार्यक्रम अधिकारी फ्लाईंग ऑफिसर डा. चमन ने कहा कि जीवन और स्वास्थ्य की रक्षा के लिए रक्तदान का बहुत बड़ा महत्व है। रेड रिबन क्लब कार्यक्रम की अधिकारी डा. राधिका जम्वाल ने कहा कि राष्ट्रीय महिला दिवस पर रक्तदान शिविर व संगोष्ठी का आयोजन किया गया। नेता जी सुभाष चंद्र बोस मंडी



वल्लभ कालेज में रक्तदान करते स्टाफ के सदस्य ● जागरण में कार्यरत कार्डसलर श्याम लता ने विद्यार्थियों को एड्स व संक्रमित रोगों पर बहुमूल्य जानकारी प्रदान की।



Mandi, Himachal Pradesh, India
 PW4Q+FC3, Paddal, Kartarpur, Mandi, Himachal Pradesh
 175001, India
 Lat 31.706244°
 Long 76.938492°
 09/03/23 12:54 PM GMT +05:30

7. **Department of Education:** https://www.vgcmandi.co.in/Education_dept.aspx

Interaction programme with Special Children of Sahyog Residential School near Naagchla, District Mandi.



Financial Assistance to Students

Financial Assistance is provided to students through a contributory fund and scholarships at college level to help socio-economically backward students. Most of our students come from backgrounds where access to higher education is restricted owing to socioeconomic constraints, making it both a luxury and an unattainable goal.

At present, centre as well as state governments are actively providing financial support to needy students and many students gain from these scholarship programmes. However, we maintain that while such government backing is important, it is insufficient. Such government-level measures might not be the only means of eradicating multifaceted poverty that impedes access to higher education.

While noticing that there exists a segment of impoverished students who do not fall under the purview of government support programs, the institution endeavoured to find and provide for them the **financial assistance using its own resources (mostly voluntarily contributed by the college staff)** including **partial or whole waivers of tuition costs.**

Details of the students provided Financial Assistance during Session 2022-23

Pre-Consent Letter
9 EWS students
out of 116 total

No. 41/2022-23/PTA/2022/9518
Office of the Principal
Vallabh Govt. College, Mandi HP
Mandi, Jammu & Kashmir PH No. 01915-235622
Dated: Mandi, 27 December 2022

The Manager,
SBI, Postald Mandi,
Dtd. Mandi HP

Subject: Request for transfer of debit amount through RTGS/NEFT from Savings Account No. 30229855300 of the undersigned to the Account Holders as detailed below through RTGS/NEFT please.

It is requested that the debit amount be transferred from the Savings Account No. 30229855300 (PTA) of the undersigned to the Account Holders as detailed below through RTGS/NEFT please.

Sr	Name	Uz	Roll No.	Account No	IFSC Code	Amount
1	Jagriti	BA 1st	22PH0231	35110100923	HPS0000151	1669 ✓
2	Tarun	BA 1st	22SA0553	3004010250327991	PUNB0231402	2309 ✓
3	Chandresh Kumar	BA 1st	22PH0110	0901010150107893	PUNB0249700	2110 ✓
4	Deepak Kumar	BA 1st	22PH0116	201000111028016	PUNB0210100	2110 ✓
5	Monju Kumar	BA 1st	22PH0221	201000111028016	PUNB0202100	1530 ✓
6	Bhish Thakur	BA 1st	22PH0220	34970101501053790	PUNB0220300	1660 ✓
7	Kalpna	BA 1st	22PH0101	320101029444	PUNB0202200	1669 ✓
8	Shivam	BA 1st	22PH0213	201000111028016	SBIIN0011350	2509 ✓
9	Suman	BA 1st	22PH0101	07221000104075	PUNB00P6604	1669 ✓
10	Kamlesh	BA 1st	22PH0246	337700120013372	PUNB0237700	2110 ✓
11	Bharti Devi	BA 1st	22PH0201	30760101007388	PUNB02P6601	1519 ✓
12	Priya	BA 1st	22PH0101	400700102830	SBIIN0010316	1519 ✓
13	Kanchan	BA 1st	22PH0107	3060106807	HPS0000101	1519 ✓
14	Shagun Kumar	BA 1st	22PH0101	001000101028016	PUNB0210100	2110 ✓
15	Manoj Kumar	BA 1st	22PH0203	4180102446	SBIIN0013711	2269 ✓
16	Chandresh Kumar	BA 1st	22PH0107	201000111028016	PUNB0210100	2269 ✓
17	Ekta Verma	BA 1st	22PH0107	20001010001546	SBIIN0009700	1669 ✓
18	Riya Kumar	BA 1st	22PH0107	201000111028016	PUNB0210100	2569 ✓

Sr	Lasti Kaur	ESC 1st	22PH0007	0911000102091482	PUNB0091100	1669 ✓
20	Anupriya	BA 1st	22PH0208	87481500006384	PUNB0HPG804	1669 ✓
21	Neha Verma	BA 1st	APSS-21-348	20191200000488	UBIN0820393	2869 ✓
22	Yoginder Kumar	MA 1st	22MPOL027	0961001500015787	PUNB0096100	1029 ✓
23	Daksha Kumari	MA 1st	22MPOL19	07100102000077	SBIIN011883	1279 ✓
24	Simran Thakur	MA 1st	22MPOL11	3085553969	SBIIN010068	1279 ✓
25	Anjali	MA 1st	22MPOL28	0911000102146773	PUNB0091100	1279 ✓
26	Nikita Thakur	MA 1st	22MPOL38	0911000109055564	PUNB0031100	1779 ✓
27	Niraj Solanki	BA 1st	AJMC-20-03	2018182819	SBIIN004335	2109 ✓
28	Karan Kumar	MA 1st	22MPOL032	120600150108199	PUNB0120600	1929 ✓
29	Pushap Raj	MA 1st	22MPOL027	2456001500046586	PUNB0245000	1929 ✓
30	Suman	BA 1st	22POL157	7890001500022934	PUNB0749000	1519 ✓
31	Daksha Kumari	BA 1st	22POL234	1206001501084161	PUNB0120600	1669 ✓
32	Pankaj Kumar	BA 1st	22POL461	40374660485	SBIIN0050604	2269 ✓
33	Kusum	BA 1st	22PH0101	1705000100141565	PUNB0170500	1279 ✓
34	Devender Kumar	BA 1st	22PH0410	0911001500022904	PUNB0091100	2119 ✓
35	Sonika	BA 1st	22POL429	7315001500003586	PUNB0731500	1669 ✓

Grand Total: 64165

(Rs. Sixty four thousand one hundred and six only)

Signature of Verification Committee

- Dr. Monika Panchani (Zoology)
- Smt. Yachana Sharma (Physics)
- Sh. Mahender Kumar (History)
- Sh. Mehar Chand (Economics)

Principal
Vallabh Govt. College,
Mandi HP

Sh. B.R. Awasthi Scholarship (Rs 500/- each)

Sr. No.	Student's Name	Class	University Roll no.	Position
1.	Naraina Kumari	M.A. Hindi 3 rd Sem	230170230015	1 st in Aggregate of 1 st and 2 nd Sem (60/800)
2.	Bushra D/O Sh. Muhammad Mehtab	B.Com. 1 st year	3200560039	1 st in Aggregate of 1 st and 2 nd year

Sh. S.D. Puri Scholarship (Rs 2500/- each)

Sr.No.	Student's Name	University Roll No.	Position
1.	Neha Kumari D/o. Sh. Vijay Kumar	200330230230018	1 st in aggregate MSc Maths for session 2020-2022
2.	Mehak Gautam D/O Sh. Naveen Gauram	2190560381	1 st in aggregate BSc Maths for session 2019-2022

Mrs. Sonia Memorial Scholarship (Rs 5500/- each)

Sr.No.	Student's Name	University Roll No.	Position
1.	Manali (B.Ed. 2 nd year)	200640230230051	1 st in aggregate in B.Ed
2.	Pratiksha Thakur (B.Ed. 1 st year)	210540230055	1 st in aggregate in B.Ed 1 st year.

Government Principal Sh. Ch. Lakshmi Chief Guest

Detail of students benefited from the contributory fund being managed by the college Teaching staff for the session 2022to 2023.

S.No.	Name	Fathers Name	Class	Roll Number	Amount	Signature
1	Desh Raj	Sh. Dass Ram	MA	22MPOL-034	1929/-	Desh Raj
2	Jitender	Sh. Bansil Lal	M.Com. III		1579/-	Jitender
3	Riya	Sh. Mahinder Kumar	B.Com. III	C-1-20-41	1509/-	Riya
4	Karan Walia	Sh. Het Ram	B.Sc. I	SCP11-20-33	2409/-	Karan Walia
5	Neeraj Kumar	Sh. Harish Kumar	B. Voc. I Sem	22HT038	3507/-	Neeraj
6	Gaurav	Sh. Ghanshyam	B. Voc. I Sem	22HT037	3657/-	Gaurav
7	Sangeeta Devi	Sh. Sher Singh	B.A.III	AHS-1-19-211	1559/-	Sangeeta
8	Anshul	Sh. Sher Singh	B.Sc. I	SCP1-21-56	2599/-	Anshul
9	Babli Devi	Sh. Yog Raj	B.A. I	AHS-1-19-340	1330/-	Babli
10	Ishita Vashisht	Sh. Puran Chand	B.Sc. III	SBI-20-103	2049/-	Ishita

Total Amount Paid=22,127/-

Dr. Mamta Parmar (Teacher in-charge) Principal VGC Mandi