



Govt. Degree College Sainj
NSS Activity
(Session:2025-26)



www.gdcsainj.edu.in

<https://gdcsainj.edu.in/campus/nactivities/>

https://x.com/GdcSainj89451?t=iQhBIHJD6C7zAr_2qBLXpw&s=09

https://www.instagram.com/nss_unit_sainj025?utm_source=qr&iqsh=MThiNjRnN3c5YmJicq==

Sr. No.	Particulars	Remarks
1	Date	22nd November 2025
2	Name of Activity	Lecture on Mental Health
3	Name of Unit/Agency/Department Organizing the Activity	NSS Unit, Health & Hygiene Club, Red Ribbon Club and Department of Economics
4	Name of Collaborating Agency (If Any)	—
5	No. of Student Participants	76
6	No. of Teacher Participants	05
7	<p>Brief Report: A mental health awareness lecture was organized in the college on 22nd November 2025 to promote emotional well-being among students. The session was conducted by Dr. Hema Sharma, Psychologist at Regional Hospital, Kullu. The objective of the lecture was to help students understand the importance of mental health, recognize early signs of stress, and learn explained the concept of relatable terms and discussed students such as academic pressure, anxiety, low motivation, relationship challenges and adjustment problems. She emphasized that mental health is as important as physical health and should be taken care of with seriousness. During the lecture, Dr. Hema Sharma highlighted the need for self-awareness, balanced routines, positive thinking, and seeking help at the right time. She also advised students to maintain good communication with teachers, friends, and family members. Students were encouraged to express their feelings to use counselling services whenever needed. After the session, students came forward for individual counselling. She interacted with each of them and provided professional guidance based on their concerns. The lecture was highly informative and beneficial. It helped students gain confidence to speak about their problems and understand the value of mental well-being. The college looks forward to conducting more such programs to ensure a supportive and healthy campus environment.</p>	      

Organized by
Dr. Shashi Sharma
 (Department of Economics and P.O NSS)

Dr. Kavita Katoch
 (Health & Hygiene Club)

Hoshiar Sharma
 (Red Ribbon Club)

Principal
Govt. Degree College
Sainj, Distt Kullu (H.P.)

NSS Unit, Department of Economics, Red Ribbon Club
and Health & Hygiene Club

Govt. Degree College Sainj

Attendance Chart

Activity: Lecture on Mental Health

Date: 29th Nov 2023

Sr. No.	Name	Roll. No.	Sign.
1	Poojha	202301300201024	Poojha
2	Deepa	202301300201009	Deepa
3	Anjali	25401007	Anjali
4	Nehal Thakur	202301300201020	Nehal
5	Kanika	202301300201959	Kanika
6	NEHA BHARTI	202301300201019	Neha
7	Mamisha Sharma	25401061	Mamisha Sharma
8	Kusam lata	25401064	Kusam
9	Payal	25401059	Payal
10	Neha sharma	25401023	Neha
11	Lata Devi	25401047	Lata Devi
12	Riya Devi	202413002010042	Riya
13	Himani Thakur	202413002010007	Himani
14	Anchal	202301300201002	Anchal
15	Kirna	202301300201013	Kirna
16	Rita	202301300201029	Rita
17	Lalita thakur	25401055	Lalita
18	Premlata	25401034	Premlata
19	Nazande	202301300201017	Nazande
20	Yashwant	202301300201044	Yashwant
21	Omankanti	25401027	Omankanti
22	Dimple Kumari	25401056	Dimple
23	Rakesh Devi	25401050	Rakesh
24	Dimple Devi	25401039	Dimple
25	Yamuna Thakur	25401032	Yamuna
26	Yashika	25401054	Yashika
27	Anjali	25401042	Anjali
28	Vivek mahant	25401026	Vivek
29	Prakash Thakur	25401019	Prakash
30	Srushti	25901001	Srushti
31	Kajal Kumari	25901004	Kajal
32	Suman	25801006	Suman
33	Diksha Chandraj	03 (Com)	Diksha
34	Kalpna Negi	48 (2nd year)	Kalpna
35	Vibha Kumar	202413002010026	Vibha
36	Charibi Devi	202301300201006	Charibi
37	Anchal	202301300201003	Anchal
38	Vivek kumari	202413002010045	Vivek
39	Om Prakash	25401017	Om Prakash
31	Rahul Thakur	202301300201053	Rahul
32	Amit Kumar	202301300201046	Amit
33	Arun Kumar	202301300201004	Arun

Prachi

Principal
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Sainj Dist. Kullu (H.P.)

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Date: 29th Nov 2025

Sr. No.	Name	Roll. No.	Sign.
34	Vijay Kumar	202301300201042	Vijay
35	Satish	202301300201054	Satish
36	Varun	202301300201061	Varun
37	Ved Prakash	202301300201063	Ved Prakash
38	Ritika Devi	202413002010018	Ritika
39	Ravita Devi	202413002010041	Ravita
40	Vijay Kumar	202412002010051	Vijay
41	Prem Singh	25401020	Prem Singh
42	Priya Thakur	25401035	Priya
43	Rishi (Rishi)	25401036	Rishi
44	Tikari	25401010	Tikari
45	Krishna Thakur	25401037	Krishna
46	Kanika	09	Kanika
47	Pushpa Devi	25401003	Pushpa
48	Samrati Thakur	25401011	Samrati
49	Pooam	25401002	Pooam
50	Suman	25401001	Suman
51	Reema Thakur	202413002010016	Reema
52	Anita Devi	202413002010001	Anita
53	Hemlata	202413002010006	Hemlata
54	Mamta Thakur	202413002010052	Mamta
55	Simran Thakur	202413002010023	Simran
56	Simran Thakur	202413002010021	Simran
57	Varun Kumar	25401004	Varun
58	Anshul Kumar	25401029	Anshul
59	Priya	25401045	Priya
60	Pushpa Devi	25401041	Pushpa
61	Urmila	25401008	Urmila
62	Pallavi	202413002010059	Pallavi
63	Charitri	202413002010058	Charitri
64	Rakesh Kumar	202413002010039	Rakesh
65	Chandni	202413002010031	Chandni
66	Deema Devi	202413002010050	Deema
67	Sapna	202413002010019	Sapna
68	Nyamika Jogi	202413002010056	Nyamika
69	Seema Devi	202413002010020	Seema
70	Sakshi Thakur	202413002010053	Sakshi
71	Suryansh Sharma	202413002010054	Suryansh
72	Ashish Jai	202413002010036	Ashish Jai
73	Mamta Thakur	202413002010052	Mamta
74	Pooja Devi	20231300201062	Pooja
75	Parvati Devi	20231300201022	Parvati Devi
76	Chandavati	202413002010004	Chandavati

Sakshi

Principal
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