



**GOVT. DEGREE COLLEGE DRANG AT NARLA**  
Teh. Padhar, Distt. Mandi (HP)-175012



[www.gcdrangnarla@gmail.com](mailto:www.gcdrangnarla@gmail.com)



[01908-260645](tel:01908-260645)



[www.gcdrang.ac.in](http://www.gcdrang.ac.in)

# 11

# Capacity Building of Students

## **Capacity Building of Students:**

- (i) Life Skills (Yoga, Martial Arts, Problem Solving, Critical thinking, Decision making, Effective communication skills, coping with stress and emotions etc.)

**Total Marks=10**

Govt. College Drang at Narla  
College Activity

Sr.No	Particulars	Remarks
1	Date	21 <sup>st</sup> June, 2024
2	Name of Activity	International yoga day
3	Name of Unit/Agency/Department organizing the Activity	NCC unit
4	Name of Collaborating Agency (If Any)	Nil
5	No. of Students Participants	29
6	No. of Teachers Participants	1
7	Brief Report	The NCC cadets celebrated International Yoga Day by performing various yoga asanas. Theme of the day is humanity. The event aimed to promote the physical and mental well-being of the participants through the practice of yoga

Organizer

Reported by  
Karmehene Devi

Principal

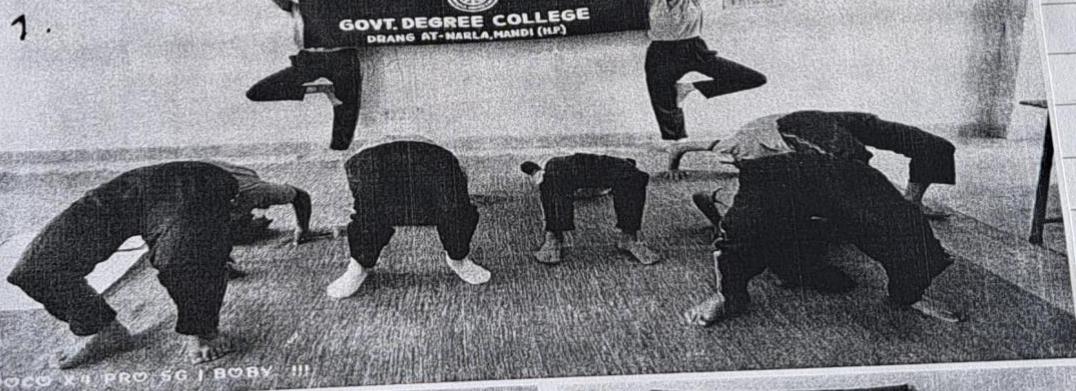
Govt. College Drang at Narla (H)

Yoga Day celebration by NSS unit - 21 June 2024  
NSS unit of GDC Drang at Narla organised a programme on the occasion of yoga. Here members of NSS unit participated & discussed the imp. of yoga.

## International yoga day



## Yoga Day celebration by NSS Unit -



Govt. College Drang at Narla  
महाविद्यालय की जातिविधि

Particular	Remarks
दिनांक	September 09, 2024
जातिविधि का नाम	One Day Training Camp
जातिविधि आयोजित करने वाली इकाई/संस्था/विभाग का नाम	NCC
सहयोग संस्था का नाम	—
भाग लेने वाले विद्यार्थियों की संख्या	27
भाग लेने वाले प्राव्यापकों की संख्या	08

**SUO Anshul Mahanty**, अन्शुल महंत ने कॉलेज के कैडेट्स को दिया एक दिवसीय प्रशिक्षण।  
 Dated: 12th September  
 No of Volunteers Participated = 12  
 (7 Rangers & 5 Rovers)  
 No. of Teacher = 02  
 Volunteers visited Verma Industries, this industry is situated at 5 km distance from the college. In this Industry plastic sacks are made. Volunteer learnt to make these sacks. Industry Owner told each & every details regarding manufacturing of these sacks. It was a good experience for all volunteers.

One day Visit to Verma Industries

Dated: 12<sup>th</sup> September

No of Volunteers Participated = 12

(7 Rangers & 5 Rovers)

No. of Teacher = 02

Volunteers visited Verma Industries, this industry is situated at 5 km distance from the college. In this Industry plastic sacks are made. Volunteer learnt to make these sacks. Industry Owner told each & every details regarding manufacturing of these sacks. It was a good experience for all volunteers.

K. Landu  
Principal  
HDC Drang at Narla

Reported by :-

Kavita Dani

A.P English

## One Day Training Camp :-



दोनों छात्रों का उत्तराधिकारी ने दिए थे अंगूल के द्वारा दिए गए टिप्पणी को लेकर एक विवाद हो रहा था। अंगूल के द्वारा दिए गए टिप्पणी को लेकर एक विवाद हो रहा था। अंगूल के द्वारा दिए गए टिप्पणी को लेकर एक विवाद हो रहा था।

से  
रण  
नन  
गैर  
दद  
मण  
ही

## One day visit to verma Industries :-



fire safety training program :-



S	Particular	Remarks
1	दिनांक	June 06, 2025
2	गतिविधि का नाम	<b>Disaster Management Mock Drill</b>
3	गतिविधि आयोजित करने वाली इकाई/संस्था/विभाग का नाम	<b>Tehsil Administration and Fire Department</b>
4	सहायग संस्था का नाम	<b>NCC</b>
5	भाग लेने वाले विद्यार्थियों की संख्या	<b>10</b>
6	भाग लेने वाले प्राध्यापकों की संख्या	<b>01</b>
7	संक्षिप्त प्रतिवेदन	A Disaster Management Mock Drill was held at Govt. Senior Secondary School Padhar to enhance preparedness for natural disasters like landslides. 10 NCC cadets actively participated in rescue and emergency training. Under the supervision of officials including Tehsildar Dr. Bhawna Verma and SDM Surjeet Singh, rescue teams, police, and fire services carried out simulated operations. A command post, staging area, and relief camp were established as per protocol. The drill aimed to build quick-response capabilities and promote disaster resilience.



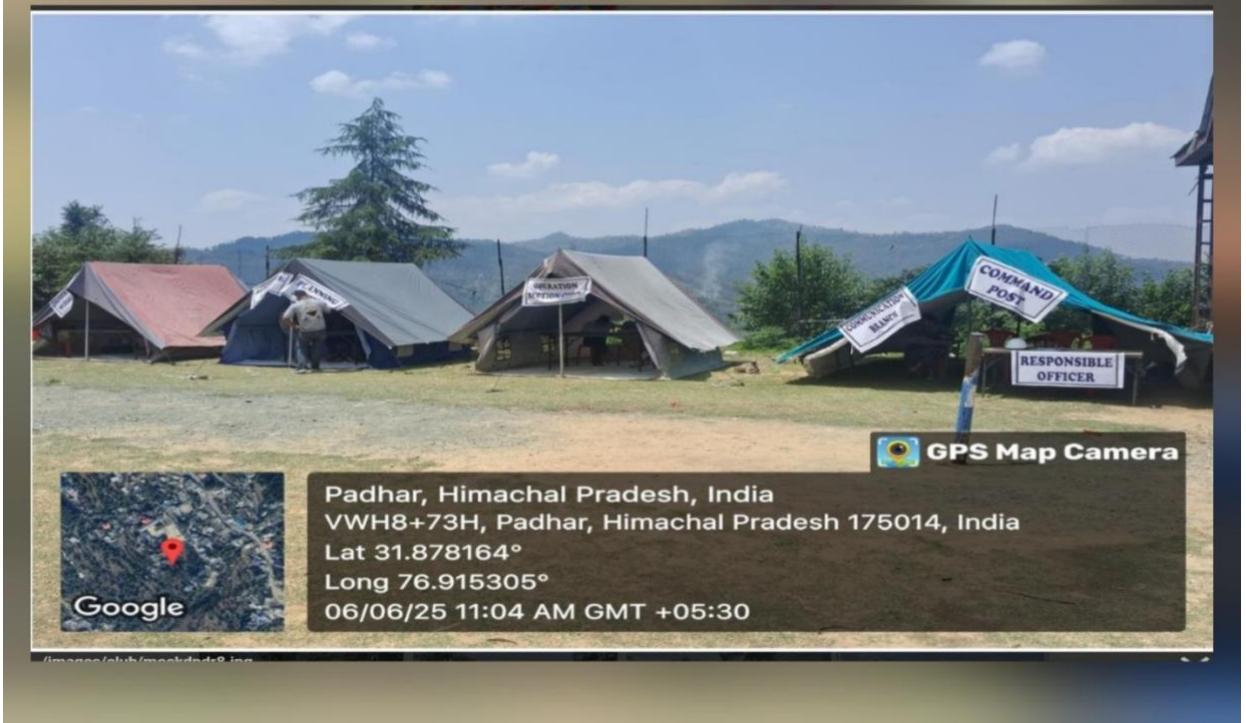
Reported by  
Kanchana Devi *[Signature]*

*Mandeep  
Panthe*

## Vikas Bhi – Virasat Bhi May 22-23, 2025



# Disaster Management Mock Drill June 06, 2025



**Date: October 14-21, 2024**

### **Volunteers from GDC Drang at Narla Participate in Fire Safety Training Program**

A fire safety training program was organized for the volunteers of GDC Drang at Narla from October 14 to October 21, 2024. The program was held at the Fire Station in Padhar. Twenty Rovers and Rangers participated in the program, where they learned various techniques to prevent and respond to fires and other emergency situations. The training aimed to equip the volunteers with essential skills to handle disasters and emergencies effectively. The program was a success, and the participants appreciated the opportunity to gain valuable knowledge and skills.



# Govt. Degree College Drang at Narla

2.13  
आमदार  
अमृत सहोलस

11:53

List of Students for Educational Trip on dated 18<sup>th</sup> November, 2024

Sl. No.	Name of Student	Class	Signature
1	Vanshika	B.Sc 1 <sup>st</sup> year	Vanshika
2	Saloni Yadav	B.Sc 1 <sup>st</sup> year	Saloni Yadav
3	Arushi	B.Sc 2 <sup>nd</sup> year	Arushi
4	Kavitha Guleria	B.Sc 2 <sup>nd</sup> year	Kavitha Guleria
5	Namita Thakur	B.Sc 2 <sup>nd</sup> year	Namita Thakur
6	Hansika Bist	B.Sc 2 <sup>nd</sup> year	Hansika Bist
7	Monika Thakur	B.Sc 2 <sup>nd</sup> year	Monika Thakur
8	Hamara	B.Sc 2 <sup>nd</sup> year	Hamara
9	Ashrya Thakur	B.A 2 <sup>nd</sup> year	Ashrya Thakur
10	Harshita	B.Sc 2 <sup>nd</sup> year	Harshita
11	Suman	B.Sc 3 <sup>rd</sup> year	Suman
12	Sumakshi	B.Sc 3 <sup>rd</sup> year	Sumakshi
13	Janvi Thakur	B.Com 2 <sup>nd</sup> year	Janvi Thakur
14	Neha	B.Sc 1 <sup>st</sup> year Neha	

① Dr. Pearam Chaudhary (Convenor Vanshika Eco club)  
Dept of Chemistry

② Dr. Asma Singh (Dept of Mathematics)

Mandu

प्राचीन  
Govt. Degree College Drang  
शहरी नारा  
Mandi (H.P.)

कृषि विश्वविद्यालय पालमपुर में बढ़ाया ज्ञान



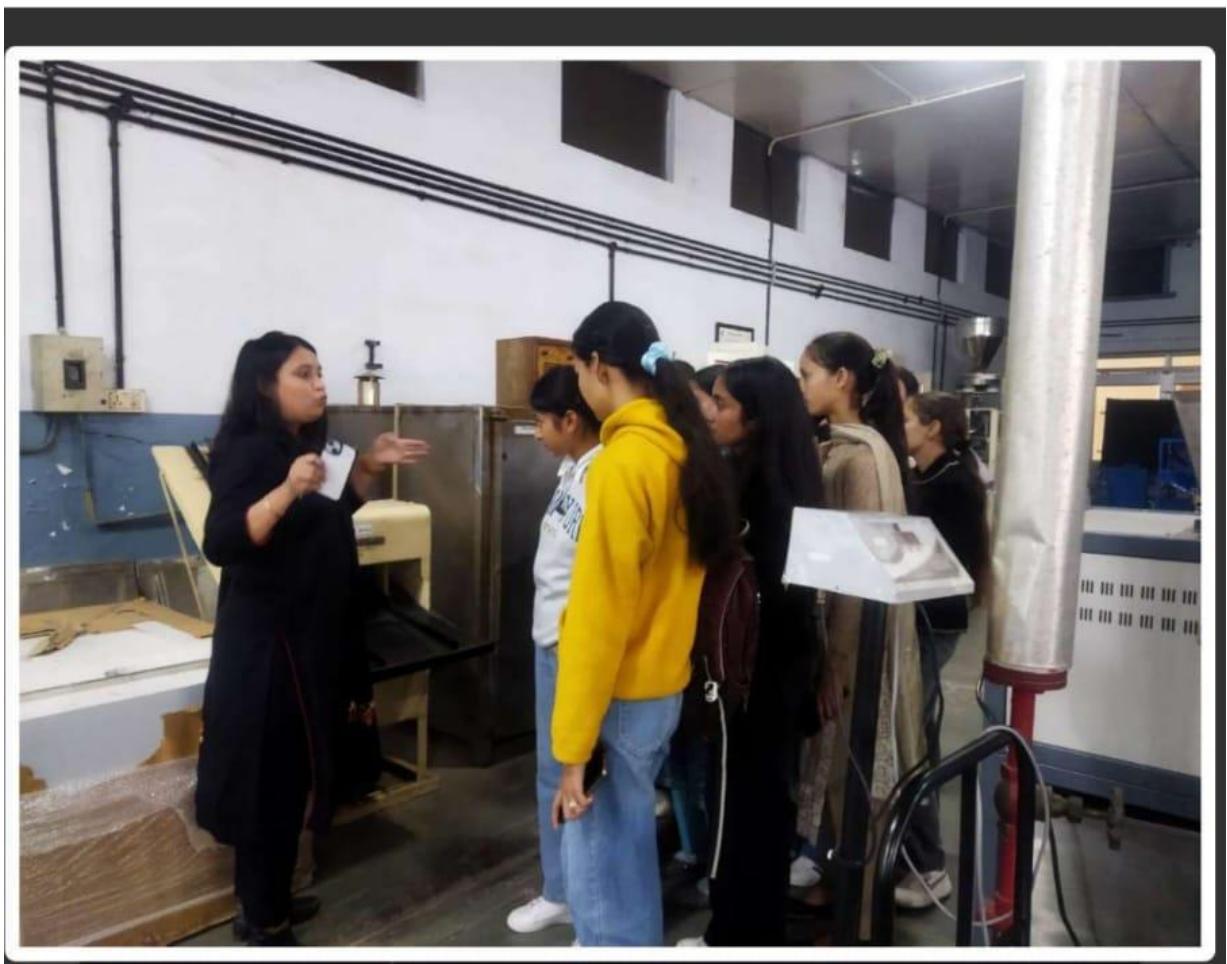

① Dr. Poornima Chaudhary (convener Vasundhara Eco Club)  
 (Dept of Chemistry)

② Dr. Asha Singh (A.P. of Mathematics)

Mandu  
 Principal  
 Principal  
 Govt. Degree College Drang  
 at Nauli Distt. Mandi (H.P.) Nauli  
 Mandi (H.P.)







GOVERNMENT DEGREE COLLEGE DRANG AT NARLA, DISTT MANDI (HP)

Certificate of Participation



This is certify that Mr./ Miss..... Pallavi..... Daughter/ Son of  
Shri..... Jai stand..... Class..... BA 1st year..... has  
successfully completed one week Training Programme on Fire Safety from 14<sup>th</sup> to 21 October, 2024 organised by Fire  
Safety Department, Padhar, Distt-Mandi (HP) 175012.

  
Rover & Ranger Leader  
GDC, Drang at Narla

  
Principal  
GDC, Drang at Narla

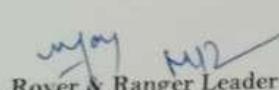
Commandant  
Home Guard, Mandi

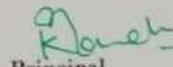
GOVERNMENT DEGREE COLLEGE DRANG AT NARLA, DISTT MANDI (HP)

Certificate of Participation



This is certify that Mr./ Miss. Ritu Verma..... Daughter/ Son of  
Shri..... Dinesh Kumar..... Class..... 8A 1st year..... has  
successfully completed one week Training Programme on Fire Safety from 14<sup>th</sup> to 21 October, 2024 organised by Fire  
Safety Department, Padhar, Distt-Mandi (HP) 175012.

  
Rover & Ranger Leader  
GDC, Drang at Narla

  
Principal  
GDC, Drang at Narla

Commandant  
Home Guard, Mandi

GOVERNMENT DEGREE COLLEGE DRANG AT NARLA, DISTT MANDI (HP)

Certificate of Participation



This is certify that Mr./ Miss. Isha..... Daughter/ Son of  
Shri..... Jai Singh..... Class..... 8A 1st year..... has successfully  
completed one week Training Programme on Fire Safety from 14<sup>th</sup> to 21 October, 2024 organised by Fire Safety Department, Padhar, Distt-  
Mandi (HP) 175012.

Mr. M/s  
Rover & Ranger Leader  
GDC, Drang at Narla

Mr. M/s  
Principal  
GDC, Drang at Narla

Commandant  
Home Guard, Mandi

Promoting wellness Through Meditation at college - A wellness program was held on feb 19 2021 at WDC Library at Narmada for teaching, non-teaching staff and CSEA officials. Brahma Kumaris Arjana & Manjula along with settled Executive Engineer Mr. Satish Wade special guest. The session focus on power of Meditation positive thinking & mental well-being. participated were encouraged to reduce mobile phone usage and avoid negative influences. Principal Dr. Kalyan Chand Mandhokane and all staff members actively participated.

# WELLNESS PROGRAM

## 19/02/2025



## एक नजर

### डिग्री कालेज नारला में वेलनेस कार्यक्रम

पद्मर। उपमंडल पद्मर के राजकीय महाविद्यालय द्रांग स्थित नारला में गुरुवार को शिक्षण, गैर-शिक्षण स्टाफ एवं सीएससीए पदाधिकारियों के लिए एक वेलनेस कार्यक्रम का आयोजन किया गया। कार्यक्रम में ब्रह्मकुमारी अंजना, ब्रह्मकुमारी मंजुला एवं सेवानिवृत्त अधिशाषी अभियंता (विद्युत विभाग) सतीश विशेष रूप से उपस्थित रहे। ब्रह्मकुमारी अंजना ने अपने प्रेरणादायक संबोधन में ध्यान (मेडिटेशन) के महत्व पर प्रकाश डाला। उन्होंने विचारों पर नियंत्रण रखने, अनावश्यक चीजों पर ऊर्जा व्यर्थ न करने और सकारात्मक जीवनशैली अपनाने पर बल दिया। उन्होंने विशेष रूप से मोबाइल फोन के अत्यधिक उपयोग, नकारात्मक विचारों और बाहरी नकारात्मक प्रभावों से बचने की सलाह दी। इस अवसर पर महाविद्यालय के प्राचार्य डॉ. कल्याण चंद मंडोत्रा सहित सभी शिक्षण एवं गैर-शिक्षण स्टाफ के सदस्य उपस्थित रहे। कार्यक्रम के अंत में सभी ने सकारात्मक सोच और मानसिक शांति को अपने जीवन का हिस्सा बनाने का संकल्प लिया।



## Wellness programs

