



Self-Assessment Report (SAR) for Annual Internal Ranking (AIR) of Govt. Colleges of Himachal Pradesh for the Academic Session 2024-25

Criterion 2- Student Support, Services and Progression

2.7 Gender Equity

2.7.1 Number of Health/ sensitization programs organized

Total No. of Health Check-ups and Interactive session = 07

➤ **Tuberculosis Awareness and Health Screening Programme under 100 Days TB Mukt Bharat Abhiyan**

A health awareness and screening programme under the “100 Days TB Mukt Bharat Abhiyan” was successfully organized on 03 March 2025, in collaboration with the Health & Hygiene Club and the Ministry of Health and Family Welfare, involving TB awareness lectures and diagnostic testing of students and staff.

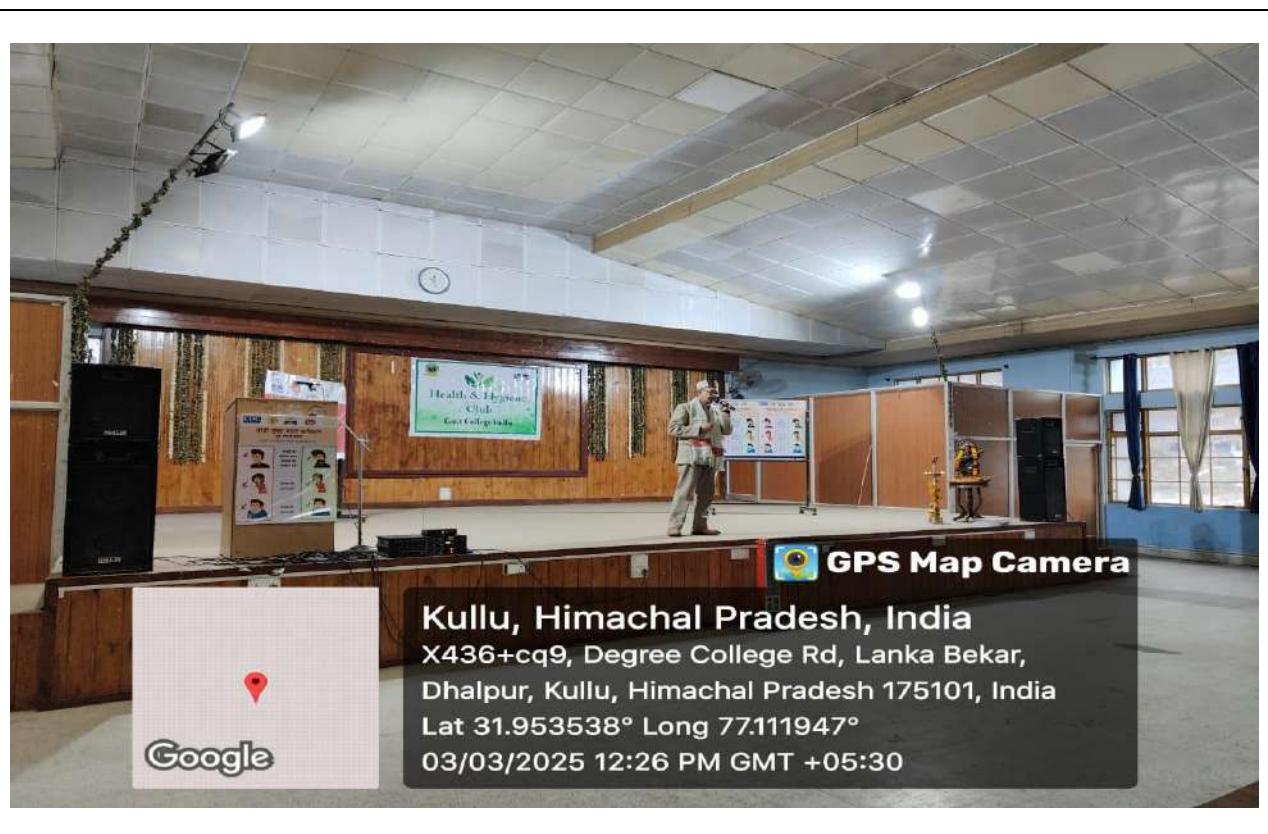
<https://www.gckullu.ac.in/images/hhc/tb-mukt-bharat-abhiyan.pdf>



जागरूक किए कुल्लू
कॉलेज के विद्यार्थी
कुल्लू। राजकीय महाविद्यालय कुल्लू
 और शैक्षीय अस्पताल कुल्लू के
 सम्युक्त कार्यक्रम में स्वास्थ्य एवं
 परिवार कल्याण मंत्रालय के दीनीली
 मुक्त भारत के सी दिन अभियान के
 तहत महाविद्यालय के हेल्थ एंड
 हाइजीन बलब ने स्वास्थ्य जागरूकता
 कार्यक्रम
 करवाया।
 कॉलेज परिसर
 में आयोजित
 कार्यक्रम में
 मुख्यातिथि
 प्राचार्य डॉ.
 मनदीप शर्मा
 थे। उन्होंने
 विद्यार्थियों को
 दीकों से
 संबंधित
 जानकारी दी।
 स्वास्थ्य
 विभाग के
 वरिष्ठ
 सुपरवाइजर
 महेश अवस्थी
 ने युवाओं को
 दीकों के
 लक्षण,
 डपचार,
 बचाव और
 दबावों के
 बारे में
 जानकारी दी।
 संवाद

आमर अजाइता कला
 Objectionable ads? Complaints
आमर अजाइता
पार्ट टाइम
 Telecom 5G Co
 (SMS Job) करके
 लड़कियाँ, गृहणियाँ, घरवै
 (21500- 55500)
 (लैपटॉप, मोबाइल मुफ्त)
 Address Qualifi
 Call, Whatsapp
 # 7 0 0 1 0 3 5
 9330677685

बार्कर्ट
 विमान पतन हेतु भती
 लड़कियाँ बेरोजगार
 ग्रेजुप्ट, सुपरवाइजर,
 ड्राइवर, मैनेजर, चैकर
 55,500) याग्यतानुसार
 खाना+ फण्ड,
 # 8 8 1 0 3 6 7



➤ Health and Nutrition Awareness cum Medical Camp under *Rashtriya Poshan Maah*

A Health/Medical Camp was organized by the Gender Sensitization Unit of Government College Kullu on 30 September 2024, in collaboration with District Zonal Hospital Kullu, under *Rashtriya Poshan Maah*, benefitting 500 students and 25 faculty members through health screening, medical consultation, and nutrition awareness.

https://www.gckullu.ac.in/images/activities/gsc/gsc_report_2024_1.pdf



Govt. College Kullu (H.P.) College Activity



Sr. No.	Particular	Remarks
1	Date / दिनांक	30-09-2024
2	Name of Activity/	Health/Medical Camp for the Teachers and Students of Govt College Kullu to celebrate 'Rashtriya Poshan Maah'
3	Name of Unit/Agency/Department Organizing the Activity	Gender Sensitization Unit, Govt. College Kullu
4	Name of Collaborating Agency (If Any)	District Zonal Hospital Kullu
5	No. of Student Participants	500
6	No. of Teacher Participants	25
7	Brief Report संक्षिप्त प्रतिवेदन	<p>On 30th September 2024 'Rashtriya Poshan Maah' was celebrated and a free health/medical camp was organized by the Gender Sensitization Unit of G. C Kullu at the Multipurpose Hall of the college and the organizing team included the convener and members of the Gender Sensitization Unit, G.C. Kullu in collaboration with The District Zonal Hospital Kullu.</p> <p>As Health camps are important because they help with regular checkups and treatment, and can help identify health problems early and help build a healthy community by promoting prevention and awareness. Therefore, the medical team were invited from The Zonal Hospital and consisted of three Doctors Dr. Usha, Dr. Shalini, Dr. Swati, one Adolescent Counsellor Miss Nitakshi, one Pharmacist, and four Asha Workers.</p> <p>After a formal welcome of the medical team the health checkups of the students and teachers was done which included the collection of basic demographic data along with measurement of vitals (BP, Blood sugar, BMI, temperature etc.). Depending upon the chief complaints of the patient, consultation by the specialized doctor was done. The camp was open for all age group.</p> <p>The purpose of this health camp was to educate students about healthy practices, right nutrition, provide general healthcare services, and counsel them on basic healthcare, nutrition and hygiene. A total of 500 students and 25 teachers attended the health camp and benefitted.</p> <p>Conducting this type of event develops/creates social awareness about self-care and good well-being.</p>  <div data-bbox="864 1774 1077 1869"> <p>Kullu, HP, भारत Dhulpur, Kullu, 175101, HP, भारत Lat 31.953632, Long 77.112161 09/30/2024 10:26 AM GMT+05:30 Note: Captured by GPS Map Camera</p> </div>



कुल्लु : कुल्लु ज़ालीज़ में राष्ट्रीय पोषण माह के अवसर पर प्राचार्य पूर्व प्रोफेसर समूहिक विषय में।

(दिल्ली)

महाविद्यालय कुल्लु में दूसरी सेल
व ज़ेडर सीसीटाइज़ेशन वर्कशॉप ने
मनाया राष्ट्रीय पोषण माह

इस कार्यक्रम में भेदीय अस्पताल कुल्लु
की एक शिविर टीम उपस्थित रही, जिसने
पोषण व्यवस्था अपने बच्चों प्रदर्शन किया।

इस कार्यक्रम में डा. कृष्ण ने अपनी माया

के विषय से विद्यार्थियों को अवकाश दिया।
यार ही एकलाइट कानूनर नीताली ने
विद्यार्थियों को भोजन में विभिन्न जातीयों की
जांचती से अवगत कराया। इसके बाद

हृदय केन्द्र का सचालन किया गया, जिसमें
सामाजिक लाल जान और सामाजिक स्वस्थाव
जान भी की गई। इसमें लगभग 500
विद्यार्थियों ने सामाजिक स्वस्थाय जान
प्रेरिता आदि उपस्थित रहे।

Dr. Sheetal Thakur
Organizer

Principal
Govt. College Kullu (H.P)

➤ Cleanliness and Health Awareness Programme in Slum Areas

A Cleanliness and Health Awareness Programme was conducted by the NSS Unit of Government College Kullu on 01 February 2025 in the adopted slum area of Sarvari, Kullu, wherein NSS volunteers engaged local residents through cleanliness drives and street plays to promote health, hygiene, wellness awareness, and community interaction, with participation from 80 students and 2 faculty members.

<https://www.gckullu.ac.in/docs/nss/Cleanliness-and-Health-Awareness-Programme-in-Slum-Areas-01-02-2025.pdf>



Govt. College Kullu (H.P.)

College Activity

Sr. No.	Particular	Remarks
1	Date	01-02-2025
2	Name of Activity	Cleanliness and Health Awareness Program in Slum Areas
3	Name of Unit/Agency/Department Organizing the Activity	NSS Unit GC kullu
4	Name of Collaborating Agency (If Any)	
5	No. of Student Participants	80
6	No. of Teacher Participants	02
7	Brief Report:- On 01 February 2025, NSS volunteers carried out a cleanliness drive in their adopted slum area of Sarvari Kullu. On this day, the NSS volunteers interacted with the residents of the slum area and made them aware of health, wellness, and cleanliness through street play. They also discussed the daily livelihood needs of the residents and cleaned the surrounding area.	     

➤ International Women's Day Celebration: Promoting Gender Sensitivity and Inclusiveness

An International Women's Day programme was celebrated on 08 March 2025 at Government College Kullu under the theme “For All Women and Girls: Rights, Equality and Empowerment”, in collaboration with the District Administration and the Women and Child Development Department, Kullu, featuring cultural and awareness activities, felicitation of women achievers, and participation of faculty members in the HP Forest Department-organized Eco Trail Walkathon, where college faculty secured top positions.



➤ Awareness Programme on Sexual Harassment at Workplace (Prevention, Prohibition and Redressal) Act, 2013

An awareness lecture on the *Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013* was organized on 09 December 2024 by the Women Cell of Government College Kullu, in collaboration with the Internal Complaints Committee and under the aegis of the District Legal Services Authority, wherein legal provisions were explained by the resource person to promote a safe, inclusive, and gender-sensitive institutional environment.

कुल्लू कालेज में यौन उत्पीड़न रामेश्वर में कार्यालय



कुल्लू : कुल्लू कालेज में कार्यक्रम के दौरान छात्र-छात्राएं कार्यालय संवाददाताओं-कुल्लू

राजकीय महाविद्यालय कुल्लू की महिला सेल, लिंग संवेदीकरण और यौन उत्पीड़न समिति ने जिला विधि सेवा प्राधिकरण के सहयोग से कार्यस्थल पर महिलाओं का यौन उत्पीड़न (रोकथाम निषेध और निवारण अधिनियम 2013) पर व्याख्यान आयोजित किया गया। इस अवसर पर मुख्यातिथि सीनियर सिविल जज कम से सेक्रेटरी जिला विधिक सेवा प्राधिकरण ने सेक्सुअल हरासमेंट एक्ट 2013 के दिशा-निर्देशों के बारे में बताया। इस कार्यक्रम में महाविद्यालय के प्राचार्य डाक्टर मनदीप शर्मा, उपप्राचार्य डाक्टर बृजबाला, प्रोफेसर सोम कृष्ण शर्मा, प्रोफेसर सोम नेगी और सभी इकाइयों के सदस्य उपस्थित रहे। इस अवसर पर महाविद्यालय के छात्र-छात्राएं भी विशेष तौर पर उपस्थित रहे।

जिला सभा लगते रहे में बनी गयी। फिर जलकर यह घट आई। उपता नहीं मिलते ही वाहन लेव पहुंचे और शुरू कर दिया लिया गय में गैमन पुल निवासी र फोटोग्राफी थी। जिसे टीम द्वारा आग की का अनुमा

➤ Ozone Day Awareness Programme: Plantation Drive and Environmental Rally

An Ozone Day awareness programme was organized on 17 September 2024 by the Women Cell of Government College Kullu through a plantation drive and environmental rally, promoting environmental responsibility, student participation, and a sensitized, value-oriented campus culture.

https://www.gckullu.ac.in/images/activities/1738850026official%20documnet_ozone%20day.pdf

ओजोन दिवस पर रोपा आंवले का पौधा



ओजोन दिवस पर जागरूकता रैली निकालते विद्यार्थी। -संवाद

कुल्लू। महाविद्यालय कुल्लू में मंगलवार को ओजोन दिवस मनाया गया। पर्यावरण, रसायन विज्ञान और वीमेन सैल इकाई द्वारा मनाए गए ओजोन दिवस पर विषय ओजोन फॉर लाइफ था। महाविद्यालय प्राचार्य डॉ. मनदीप शर्मा कार्यक्रम में मुख्यातिथि रहे। उन्होंने विद्यार्थियों को ओजोन की रक्षा के लिए प्रोत्साहित किया। वहीं, पर्यावरण संरक्षण को देखते हुए कॉलेज परिसर में एक पेड़ मां के नाम अभियान के तहत आंवले का पौधा लगाया गया। इस दौरान डॉ. बृजबाला, डॉ. रामनाथ, प्रो. राजेश कुमार, डॉ. निर्मल चौहान और प्रो. मोनिका मौजूद रहीं। संवाद



➤ Gender Sensitization Programme through Theatre-Based Learning

A gender sensitization programme was organized on 17 September 2024 by the Department of Economics, Government College Kullu, through a special screening of the play “The Doll” at Atal Sadan Auditorium, in collaboration with the Department of Language, Art and Culture, Himachal Pradesh, with the objective of creating awareness among students about gender stereotypes, objectification of women, and the importance of gender equality, thereby fostering a sensitive, inclusive, and reflective learning environment.

<https://www.gckullu.ac.in/images/activities/-558673611Report%20on%20gender%20sensitization%20.pdf>



Department of Economics
G.C.Kullu 175101

Govt. College Kullu (H.P.) College Activity

Sr. No.	Particular	Remarks
1	Date	17 th Sep. 2024
2	Name of Activity	Gender Sensitization
3	Name of Unit/Agency/Department Organizing the Activity	Department of Economics, GC Kullu
4	Name of Collaborating Agency (If Any)	Department of Language, Art and Culture HP
5	No. of Student Participants	35
6	No. of Teacher Participants	2

Brief Report:

On 17th Sep. 2024, the Department of Economics organized a visit to Atal Sadan Auditorium for a special viewing of the play “The Doll”. This initiative was part of the department's effort to promote **gender sensitization** among students. The play is known for its strong message regarding the stereotypical roles assigned to women in society, often treating them as robots—controlled, expected to perform without complaint, and stripped of their autonomy. The program aimed to expose students to creative expressions of gender related challenges how society limits women's roles and highlight the importance of gender equality.

To raise awareness about the objectification of women, the roles imposed on them by society, and the emerging threat of AI replacing human labor, including traditional roles associated with women. Doll tells the story of a woman whose life is dictated by patriarchal norms, where she is expected to perform tasks and behave in a mechanical, robotic manner.

The play captures the emotional toll of this dehumanization, as the woman struggles to break free from the “programmed” expectations placed upon her.




Organizer


Principal
Govt. College Kullu (H.P)