

Swargiya Chandra Singh Shahi Govt. Post Graduate  
College Kapkote  
*The Saryu Chronicle: E-Magazine*



### Bouquet Making

On 6th October 2023, under the aegis of the Department of Home Science the girl students of the college were taught to make a flower bouquet, in which the girl students of the college participated with great enthusiasm. On this occasion, Dr. Shalini Pathak from the Sanskrit Department and Dr. Kalpana Joshi from the Sociology Department were present.



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*“The way to get started is to quit talking and begin doing.” — Walt Disney*

### Garbhaj Diwas Celebration

On 10th October 2023, Garbhaj Day was celebrated under the aegis of the Department of Home Science at Swargiya Chandra Singh Shahi Government Post Graduate College, Kapkot. On this occasion, the students in traditional costumes displayed mountain coarse grains and prepared dishes of Kumauni cuisine.



*The Saryu Chronicle*

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*The beginning is the most important part of the work.”- Plato*

## Anti-Drug Awareness Rally

On 18/10/2023, an awareness rally was taken out for de-addiction under "Drug Free Uttarakhand" by the Anti Drug Committee. The awareness rally was taken out from the college to Ason village, in which the students and teachers of the college participated. In the awareness rally, anti-drug slogans were raised to create awareness among the people of village and society. Along with this, efforts were made to make the youth of the village aware through the students, the program is presided over by Principal Dr. D.L. Negi Jeene Ki along with A.B.M. On this occasion, senior professors

and all the professors of the college were also present.



## Student Union Election

On 7th November 2023, the student Union Election was conducted successfully. The following students were chosen by students-

**Ganesh Koranga**– President

**Gaurav Singh**– Vice President (Boys)

**Kavita**–Vice President (Girls)

**Gayatri**-Joint Secretary

**Bhupendra Singh Takuli**– Treasurer

**Yogesh Singh**– Secretary

**Dolly**– Cultural Secretary

**Karishma Koranga**– University Representative



# NCC Training



## Mental Health Awareness Program

Under Health Care initiative a session on women's health and mental health was organized by IQAC. In which chief guest Dr. Harish Pokharia, Additional Medical Officer Bageshwar gave information about mental diseases to the students and also told about the diagnosis of diseases. The main cause of mental diseases is stress. If stress persists for a long time, it causes mental/physical diseases. To cure mental stress, meditation, yoga and health counseling are required. Eating a balanced diet, proper sleep, are also necessary. The mental test of the students was conducted by the CHO of the students, Ms. Pallavi Bisht and RKSK counselor Mrs. Neha Kusum. Shri Gokul Singh Kathayat Monitoring and Evaluation Officer was also present.



*8 daily habits to boost mental health*

1- Get Restful Sleep

2- Cut back on social media

3- Strengthen your relationships

4- Move your body on your terms.

5- Eat nutrient rich food

6- Take time to rest

7- Get some sunshine

8- Meditate

## Inter-collegiate Kho-Kho (Male) Competition

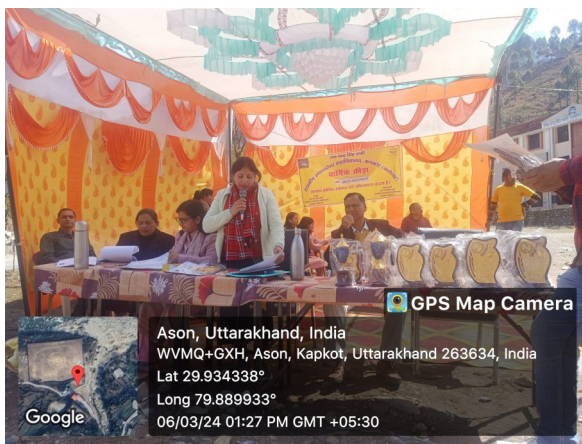
On 6th and 7th January 2024 Swargiya Chandra Singh Shahi Government Post Graduate College, Kapkot hosted inter-collegiate kho-kho (male) competition of Soban Singh Jeena University Almora. The teams from Soban Singh Jeena University Campus Almora, Pandit Badridatt Pandey Campus Bageshwar, Swargiya Chandra Singh Shahi Government Post Graduate College Kapkot and Swami Vivekananda Government Post Graduate College Lohaghat participated in the competition. The team of Badridatt Pandey Campus Bageshwar was the winner of the competition. The Principal Dr. Dalip Singh Negi congratulated the winning team and appreciated the participating teams for their performance. The sports in-charge Prof. B.C. Tiwari, the faculty members of the college and staff was present in the competition.



***"It's not the will to win that matters—everyone has that. It's the will to prepare to win that matters."- Paul "Bear" Bryant***

# Annual Sports 2023-2024

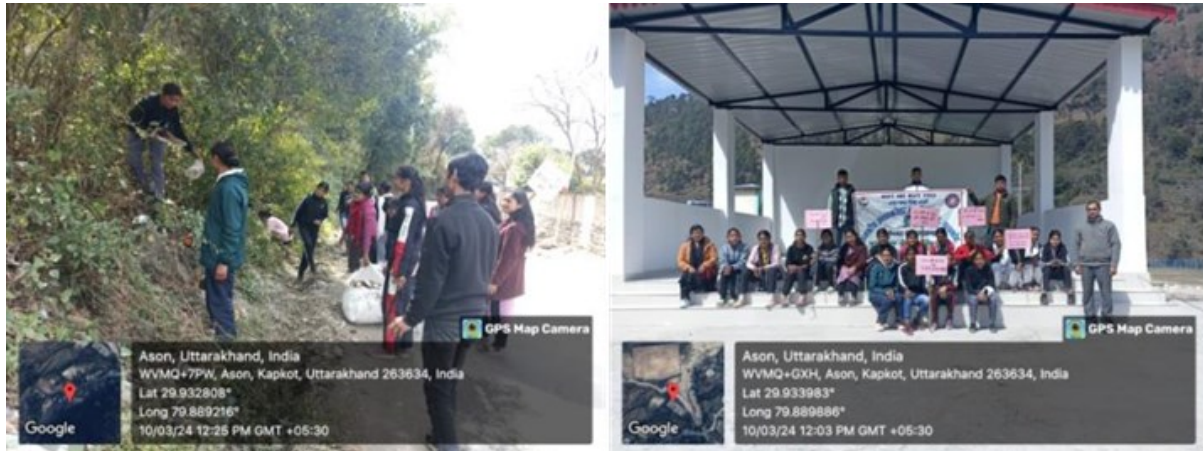
On March 5, 2024, a two-day annual sports session (2023-24) was organized at Swargiya Chandra Singh Shahi Government Postgraduate College, Kapkot. The students of the college participated enthusiastically on this occasion. On the first day of the competition, a cricket tournament for the girls' category was organized in which three teams participated the final match was held between Bharadi and Kapkot team in which Kapkot team won by 34 runs. Woman of the match was declared as Lalita, B.A. 6th Sem from Bharadi team. On the second day various sports competitions were held such as race, disc throw, javelin throw, long jump and shot put. Bharat Koranga and Kavita Basera were declared champions. On this occasion, Principal Dr. D.S. Negi congratulated all the winners and wished for the bright future of all the participants. Organization of Annual Sports Day, Sports In-charge Prof. B.C. Tiwari carried out by. The stage management of the program was done by Dr. Shalini Pathak. All the professors and staff of the college made their valuable contribution in the said program.



*“One man practicing sportsmanship is far better than 50 preaching it”- Knute Rockne*

## Third-One Day NSS Camp

On 10th March 2024 one-day camp of NSS volunteers was organized. an awareness rally was taken out by all the volunteers from the college to Ason village raising slogans related to environmental protection, drug de-addiction and voter awareness. The villagers were made aware by the volunteers about the importance of voting, forest fire and ill effects of drugs. Along with this, the work of cleaning the bushes on both sides of the road and disposal of scattered garbage was also done by the volunteers.



## Fourth-One Day NSS Camp

On 11th March 2024 one-day camp of NSS volunteers was organized . In the first session of the camp, an awareness rally was taken out by all the volunteers from the college to Bhayun village, raising slogans related to environmental protection, drug de-addiction and voter awareness. The villagers were made aware by the volunteers about the importance of voting, forest fire and ill effects of drugs. The work of cleaning the bushes and disposal of scattered garbage was also done by the volunteers in Bhayun village and the main road.



## Fifth-One Day NSS Camp

On 12th March 2024 one-day camp of NSS volunteers was organized. . In the first session of the camp, all the volunteers created awareness among the students by raising slogans related to environmental protection, drug de-addiction and voter awareness in the college campus. The work of cleaning bushes and disposal of scattered garbage was also done by the volunteers in the college campus, Rusa Bhavan and the main road.



## Seven Days NSS Camp

On March 13, 2024, a seven-day special camp (from 13th March to 19th March 2024) under the aegis of the National Service Scheme of Late Chandra Singh Shahi Government Postgraduate College, Kapkot was inaugurated at the venue RUSA Bhawan. The program started with lighting of the lamp and Saraswati Vandana. Thereafter various cultural programs were presented by the campers. In the program Chief guest was Mrs. Shashi Shahi (Gram Pradhan, Ason), special guest Mr. Bhuvan Singh Shahi (former Gram Pradhan, Ason), Principal D.S. Negi, Program Officer Dr. P.K. Jha, Divya Pathak, Deepika Negi, all the professors of the college, student union and all the volunteers were present. During the camp the NSS volunteers did many extension activities for the service of community.

