

GOVERNMENT V.Y.T. PG. AUTONOMOUS COLLEGE, DURG, CHHATTISGARH, INDIA

NAAC Accredited Grade 'A+'; CPE Phase - IV (UGC, N. Delhi); Centre of Excellence in Science



YOUTH RED CROSS SOCIETY & RED RIBBON CLUB &



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VYTYRCRC



S. NO	PARTICULAR	DATE
1.	TREE PLANTATION PROGRAM MARKS THE OCCASION OF HARELI MAHOTSAV - THE FIRST FESTIVAL OF CHHATTISGARH	18.07.2023
2.	MUKHYAMANTRI BHENT MULAKAT AND YUVA SAMVAD - A PROGRESSIVE YOUTH DIALOGUE FOR CHHATTISGARH'S DEVELOPMENT	04.08.2023
3.	NATIONAL HARMONY DAY	20.08.2023
4.	FREE HEALTH CHECKUPS CAMP FOR COLLEGE STUDENTS	28.08.2023
5.	MENTAL HEALTH AND SUICIDE PREVENTION PROGRAMME	11.09.2023
6.	INDUCTION PROGRAM FOR NSS, YOUTH RED CROSS, AND MSW STUDENTS	03.10.2023
7.	NATURAL (NATUROPATHY) HEALTHCARE CAMP	08.10.2023
8.	WORLD AIDS DAY – AIDS AWARENESS PROGRAM	01.12.2023

TREE PLANTATION PROGRAM MARKS THE OCCASION OF HARELI MAHOTSAV - THE FIRST FESTIVAL OF CHHATTISGARH

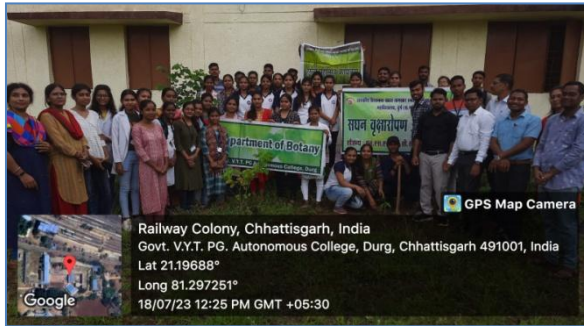
Date: [18/07/2023]

In a remarkable display of unity and environmental consciousness, the Department of Botany, Environment, and the Gardening Committee, Youth Red Cross, NSS - Wing Boys, and NSS - Wing Girls of Govt. V.Y.T. PG. Autonomous College, Durg, came together on 18th July 2023 to conduct a joint tree plantation program on the auspicious occasion of Hareli Mahotsav - the first festival of Chhattisgarh. The event witnessed the active participation of distinguished personalities, faculty members, and enthusiastic students, creating a greener and more sustainable tomorrow.

On this momentous day, the verdant campus of Govt. V.Y.T. PG. Autonomous College, Durg, bloomed with the spirit of environmental preservation and community engagement. Dr. G S Thakur, Dr. K. Padamavati, and Dr. Meena Maan, Officers-in-charge of NSS Girls Wing, along with Dr. Shriram Kunjam, Dr. Vijay Laxmi Naidu, Professor Janendra Kumar, Officers-in-charge of NSS Boys Wing, and Mr. Motiram Sahu, Officer-in-Charge of the Youth Red Cross, graced the occasion with their invaluable presence. The students of NSS, Youth Red Cross, and the Department of Botany actively participated in the tree plantation drive, reflecting their deep commitment to preserving the environment and their dedication to the noble cause.

The esteemed principal of Govt. V.Y.T. PG. Autonomous College, Dr. R. N. Singh, expressed his wholehearted appreciation for the joint tree plantation program. He emphasized the urgency of planting trees and acknowledged that in the current times, fresh air and a healthy environment have become the need of the hour. Dr. Singh further highlighted that tree plantation initiatives are instrumental in creating a sustainable ecosystem, ensuring a brighter and healthier future for generations to come.

The joint tree plantation program not only celebrated the vibrant spirit of Hareli Mahotsav but also highlighted the college's commitment to environmental sustainability and social responsibility. This collective effort showcased the power of unity in creating positive change and contributing towards a greener planet. The joint tree plantation program is bound to inspire many others to take up similar initiatives, fostering a culture of environmental consciousness and conservation in the region. The participants and organizers of the program expressed their gratitude to everyone involved and looked forward to future endeavors that would continue to make a significant impact on environmental preservation.



MUKHYAMANTRI BHENT MULAKAT AND YUVA SAMVAD - A PROGRESSIVE YOUTH DIALOGUE FOR CHHATTISGARH'S DEVELOPMENT

Date: August 4, 2023

Place: Jayanti Stadium, Durg, Chhattisgarh

On Monday, August 4, 2023, the Government of Chhattisgarh organized a significant event, "Mukhyamantri Bhent Mulakat and Yuva Samvad," at Atyanti Stadium in Durg. This interactive program aimed to bridge the gap between the state's youth and Chief Minister, fostering a platform where the young minds could actively engage in dialogue and contribute their ideas and suggestions for the development of Chhattisgarh across various sectors.

Highlights of the Program:

The event witnessed an overwhelming participation of enthusiastic youth from different colleges and institutions across the Durg sambhag. The atmosphere was filled with energy and optimism as the young participants eagerly awaited the opportunity to interact with the esteemed Chief Minister and make their voices heard.

Youth's Active Participation:

During the program, the youth took center stage and actively engaged with Chief Minister and his team. They seized the opportunity to ask thought-provoking questions and passionately articulated their demands and suggestions to bring about positive changes in the state.

Focus Areas and Demands:

The discussions encompassed a wide array of topics, reflecting the concerns and aspirations of the young generation. Some key focus areas and demands put forth by the youth include:

- 1. Education and Skill Development:** The youth stressed the need for modernizing education systems, introducing vocational training, and promoting skill development to equip the young workforce with the necessary tools to thrive in a competitive world.
- 2. Employment Opportunities:** They urged the government to focus on creating more employment opportunities, especially in emerging sectors, to address the issue of youth unemployment and brain drain.
- 3. Infrastructure Development:** The participants highlighted the importance of upgrading infrastructure, including roads, transportation, and digital connectivity, to boost economic growth and enhance the overall quality of life.
- 4. Environmental Conservation:** Concerned about environmental sustainability, the youth demanded stricter measures for conservation and the promotion of eco-friendly initiatives across industries.
- 5. Youth Empowerment and Representation:** They expressed the desire for greater involvement of young voices in decision-making processes, advocating for increased youth representation in various sectors of governance.

CM's Response and Commitment:

Chief Minister, along with his team, attentively listened to the voices of the youth and expressed appreciation for their proactive approach towards shaping the state's future. He assured them that their suggestions and demands would be given due consideration while formulating policies and initiatives.

Conclusion:

The "Mukhyamantri Bhent Mulakat and Yuva Samvad" was a remarkable event that showcased the government's commitment to engaging with the youth and recognizing their potential as key contributors to Chhattisgarh's progress. The active participation of young minds, along with their insightful suggestions and demands, serves as a promising step towards a brighter and more inclusive future for the state. By valuing the voices of its youth, Chhattisgarh is poised to embark on a path of comprehensive growth and development across various sectors, setting an inspiring example for other regions to follow.

भेंट-मुलाकात के दौरान महत्वपूर्ण घोषणाएं :-

- ◆ 'स्वामी विवेकानंद टेक्निकल यूनिवर्सिटी' में सीआई (सेंटर ऑफ एक्सीलेंस) की स्थापना की जाएगी 15 करोड़ की लागत से होगा तैयार, 10 हजार वर्ग फीट में 'स्टार्टअप इकाइयों' के लिए स्थान एवं लैब होगी उपलब्ध
- ◆ 'बेंगलूरु जीएसटी प्राधिकरण' छात्रावास में छात्रों के लिए 12% जीएसटी लगाने के निर्णय को वापस लेने के लिए भारत सरकार से किया जायेगा अनुरोध ऐसा नहीं होता है तो छत्तीसगढ़ सरकार वहन करेगी राशि का भार
- ◆ दुर्ग-भिलाई राष्ट्रीय राजमार्ग के किनारे 'सर्वसुविधायुक्त इंडोर स्टेडियम' का होगा निर्माण

जयश्री स्टडियम, भिलाई (दुर्ग संभाग)

[/BhupeshBaghelCG](#)
[/BhupeshBaghel](#)
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NATIONAL HARMONY DAY

Date: 20.08.2023

Government Viswanath Yadav Tamaskar Postgraduate Autonomous College organized the National Harmony Day celebration, where students actively endeavored to share essential messages of social harmony and unity. They highlighted the significance of national unity, drawing inspiration for collaborative efforts in society. During the event, all participating students gathered on a stage to manifest their dedication to national harmony and unity. Furthermore, significant strides were taken to foster harmony and unity in society, anticipating a substantial influence on the trajectory of a robust and united community in the future.

Dr. R. N. Singh, the College principal, elucidated that the purpose of National Harmony Day is to provide a platform for students to articulate their thoughts and perspectives. He urged students to embrace the values of harmony and unity, emphasizing the need for engagement in various areas of assistance such as social service, environmental conservation, and community support. Dignitaries including Dr. Sapna Sharma, President of NSS, Dr. Meena Maan, NSS Program Officer (Women's Wing), Prof. Janendra Kumar Deewan, Sports President Laxmendra Kuldeep, and Red Cross Nodal Officer Dr. MotiRam Sahu delivered speeches guiding students and underscoring the necessity of adopting harmony and unity values in their future.

A substantial presence of NSS, Red Cross, and NCC members, along with senior volunteers, contributed significantly to the success of the program, including Moradhwaj, Sushil Mishra, Denis Sahu, Puran Patel, Prishta, Bharti Verma, Laleshwar, Devika, Anil, Sandhya, Khushbu, Rashmi, and Yamuna.



FREE HEALTH CHECKUPS CAMP FOR COLLEGE STUDENTS

Date – 28.08.2023

A one-day free health examination camp was organized at Science College, Durg. Under the guidance and inspiration of the college principal, Dr. R.N. Singh, the National Urban Health Mission, in collaboration with the Youth Red Cross and Red Ribbon Club, National Service Scheme (NSS), Sports Department, and Yoga Education Department, conducted a national urban health mission and natural yoga medical camp at the college's Shaheed Veer Narayan Singh Sabha Ghar.

The program began with the lighting of lamps and Saraswati Vandana. Subsequently, Dr. Motiram Sahu, the coordinator of the Youth Red Cross Society, explained the program's objectives and plans, emphasizing the benefits of health. He appealed to all students to participate in the health examination. Prof. Janendra Kumar Dewan, the coordinator of the National Service Scheme, welcomed the guests on behalf of the college family and introduced everyone. On this occasion, Dr. Abhinesh Surana, senior professor of the college, welcomed and addressed the entire health department staff. He stressed the importance of health in life and the need for regular check-ups in today's environment.

Dr. Asha Mishra, a medical officer from the National Health Mission, not only provided health-related information but also inspired students with motivational anecdotes from her life. She encouraged everyone to struggle with a determined attitude toward health and life goals. Dr. Nirmala, a practitioner of natural yoga medicine, emphasized the importance of a balanced lifestyle and simplicity in life. The successful organization of this event was carried out under the supervision and guidance of Dr. Anupama Asthana, and the senior professor of the college Dr. Jagjeet Kaur Saluja.

Dr. R.N. Singh, the college principal, congratulated all the members of the organizing committee for the successful conduct of the program and expressed that such programs should be organized at regular intervals to provide students and staff with appropriate health information. He emphasized that health is the most important asset in life.

This program witnessed the participation of nearly 200 students, along with faculty members, assistant professors, guest lecturers, and staff. Health examinations included NCD (Non-Communicable Disease) screenings, blood group determination, eye tests, blood pressure checks, sugar level checks, and hemoglobin tests. The program was efficiently managed by NSS Officer Jitendra Kumar and concluded with a vote of thanks and expressions of gratitude by Shri Lakshmindra Kuldeep, the Sports Officer."

साइंस कालेज में 200 विद्यार्थियों ने कराया स्वास्थ्य परीक्षण

दुर्ग (चि.)। साइंस कालेज में एक दिवसीय निःशुल्क स्वास्थ्य परीक्षण शिविर का आयोजन किया गया। शिविर में प्राध्यापक, सहायक प्राध्यापक, अतिथि व्याख्याता व कर्मचारी सहित लगभग 200 से अधिक विद्यार्थियों ने स्वास्थ्य परीक्षण कराया, जिसमें एनसीडी, ब्लड ग्रुप, आई टेस्ट, ब्लड प्रेशर, शुगर व हीमोग्लोबिन टेस्ट शामिल था। प्राचार्य डा. आरएन सिंह के मार्गदर्शन में युथ रेडक्रास व रेड रिबन क्लब, राष्ट्रीय सेवा योजना, क्रीड़ा विभाग व योग शिक्षण विभाग के संयुक्त तत्वाधान में राष्ट्रीय शहरी स्वास्थ्य मिशन दुर्ग ने एक दिवसीय स्वास्थ्य परीक्षण व प्राकृतिक योग चिकित्सा शिविर का आयोजन महाविद्यालय के शहीद वीर नारायण सिंह सभागार में किया। कार्यक्रम की योजना तथा उद्देश्य के विषय में युथ रेडक्रास सोसाइटी के संयोजक डा. मोतीराम साहू ने बताया तथा स्वास्थ्य के लाभों पर चर्चा करते हुए सभी विद्यार्थियों से स्वास्थ्य परीक्षण कराने की अपील की। राष्ट्रीय स्वास्थ्य मिशन की चिकित्सा अधिकारी डा. आशा मिश्रा ने स्वास्थ्य संबंधी जानकारी के अलावा अपने जीवन से जुड़े प्रेरक प्रसंगों से विद्यार्थियों को प्रेरित करते हुए कहा कि हमें स्वास्थ्य के साथ जीवन के लक्ष्य के प्रति संकल्पित भाव से संघर्ष करना चाहिए। प्राकृतिक योग चिकित्सा की डा. निर्मला ने जीवनचर्या दैनंदिनी को प्रकृति की तरह संतुलित रखने व



साइंस कालेज में आयोजित शिविर में स्वास्थ्य परीक्षण कराते लोग। कालेज

सादगी पूर्ण जीवन शैली, अपनाने पर जोर दिया। प्राचार्य डा. आरएन सिंह ने कहा कि ऐसे कार्यक्रम नियमित अंतराल में आयोजित किए जाने चाहिए, जिससे विद्यार्थियों व अधिकारी कर्मचारियों को अपने स्वास्थ्य के बारे में समुचित जानकारी रहे, क्योंकि स्वास्थ्य ही सबसे महत्वपूर्ण संपत्ति होती है। कार्यक्रम का संचालन एनएसएस अधिकारी जनेंद्र कुमार व धन्यवाद ज्ञापन तथा आभार व्यक्त क्रीड़ा अधिकारी लक्ष्मेश कुलदीप ने किया। कार्यक्रम में डा. संजु सिन्हा, डा. आरएस सिंह, डा. एसएन झा, डा. जेपी साव, डा. रजनीश उमरे, हरप्रीत, मुहुल निर्मल, अदनान, पंकज सोनी, प्रगति, ममता, सुष्टि, अंजलि, संभवो अनामिका, नेहा व युथरेड क्रॉस, रेड रिबन क्लब, राष्ट्रीय सेवा योजना, तथा योग विभाग के विद्यार्थियों का सहयोग रहा।

दैनिक भास्कर

भिलाई-रायपुर, गुरुवार, 31 अगस्त, 2023 | 17

कॉलेज में शिविर, 200 छात्रों का स्वास्थ्य परीक्षण किया

एजुकेशनरिपोर्टर भिलाई

साइंस कालेज, दुर्ग में एक दिवसीय निःशुल्क स्वास्थ्य परीक्षण शिविर लगाया गया। इसका आयोजन युथ रेडक्रॉस एवं रेड रिबन क्लब, राष्ट्रीय सेवा योजना, क्रीड़ा विभाग एवं योग शिक्षण विभाग के संयुक्त तत्वाधान में राष्ट्रीय शहरी स्वास्थ्य मिशन दुर्ग द्वारा किया गया। इसमें संस्था के प्राध्यापक, सहायक प्राध्यापक, अतिथि व्याख्याता और कर्मचारी सहित लगभग 200 से अधिक विद्यार्थियों का स्वास्थ्य परीक्षण किया गया। इसमें एनसीडी, ब्लड ग्रुप, आई टेस्ट, ब्लड प्रेशर, शुगर और हीमोग्लोबिन की जांच की गई। इससे पहले युथ रेडक्रास सोसायटी के संयोजक डॉ. मोतीराम साहू ने कार्यक्रम की जानकारी दी। कार्यक्रम को डॉ. अभिनेष सुराना और राष्ट्रीय स्वास्थ्य मिशन की चिकित्सा अधिकारी डॉ. आशा मिश्रा ने संबोधित किया।



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एक दिवसीय स्वास्थ्य परीक्षण शिविर

राष्ट्रीय शहरी स्वास्थ्य मिशन, दुर्ग

28 AUGUST, 2023

ORGANIZED BY

NSS, SPORTS, YOUTH RED CROSS SOCIETY & RED RIBBON CLUB

MENTAL HEALTH AND SUICIDE PREVENTION PROGRAMME

Date: 11.09.2023

"Share Your Emotions, Don't Hide Them" Says Dr. Prashant Agrawal.

The Equal Opportunity Cell and Youth Red Cross Society jointly organized an important lecture on mental health and suicide prevention at Government Vishwanath Yadav Tamaskar Postgraduate College, Durg. In this significant event, experts in mental health and stress management provided essential information. As an invited speaker in this important event, Dr. Prashant Agrawal, a prominent mental health specialist in Durg, advised that whenever you go through difficult times, talk to your parents and loved ones. Don't keep your feelings to yourself. If you see a friend or relative struggling with mental stress, engage in conversation with them, play some games together. The most crucial thing is to listen to them carefully and assure them that they will never contemplate suicide.

Dr. Agrawal administered an oath to everyone present that they would neither commit suicide nor let anyone else do it. Alongside this, Dr. Kamal Talat, the Equal Opportunity Cell Coordinator, shared her insights. Dr. Sapna Sharma Saraswat from the Department of Sociology shared her experiences with the students. She emphasized that she had personally overcome severe illnesses like cancer and wanted to tell the students never to lose hope and always move forward in life. She advised them to stay connected with the real world rather than getting lost in social media and mobile phones. Problems come, but solutions are always there. During Dr. Prashant Agrawal's lecture, he attempted to address critical issues related to mental health and suicide prevention. During this event, students asked many questions, and the expert team provided valuable answers. Dr. Sapna Sharma Saraswat expressed her gratitude for making the event a success, thanking all the guests and members.

This event had the significant presence of several distinguished personalities. In particular, Dr. Jagjeet Kaur Saluja, the coordinator of the College's Equal Opportunity Cell, Dr. Meena Maan, Dr. Neeru Agrawal, NSS Coordinator Prof. Jitendra Kumar Dewan, and Red Cross Coordinator Motiram Sahu were present. More than 150 students from Government Vishwanath Yadav Tamaskar Postgraduate College, Durg, who are members of the Red Cross Society and NSS, attended this event. Ujjwal, K. Anjali, Payal, Mansi, Varsha, Jyoti, and others played a crucial role in making the program successful. The event was skillfully conducted by Dr. Tarlochan Kaur. After Dr. Prashant Agrawal's inspirational lecture, Dr. Sapna Sharma Saraswat expressed her gratitude and highlighted the importance of the event.

'अपनी भावनाओं को छुपाए नहीं, शेयर करें'

दुर्ग (वि.)। शासकीय विश्वनाथ यादव तामस्कर स्नातकोत्तर महाविद्यालय दुर्ग में समान अवसर समिति और यूथ रेड क्रॉस सोसाइटी के संयुक्त तत्वावधान में मानसिक स्वास्थ्य और आत्महत्या रोकथाम पर महत्वपूर्ण व्याख्यान का आयोजन किया गया। इसमें मानसिक स्वास्थ्य व तनाव पर विशेषज्ञ द्वारा महत्वपूर्ण जानकारी प्रदान की गई।

वक्ता मनोरोग विशेषज्ञ डा. प्रशांत अग्रवाल ने कहा कि जब भी आप कभी समस्या से गुजरते हैं तो अपने माता पिता तथा करीबियों से बात करें। किसी बात से दुखी न हों। यदि कोई दोस्त या रिश्तेदार इस प्रकार की कोई मानसिक तनाव से गुजर रहा है तो उससे बात करें, उसके साथ कुछ गेम खेलें। डा. उन्होंने सभी को शपथ दिलाई कि कभी कोई भी न खुद आत्महत्या करेंगे न ही किसी को करने देंगे। इसी के साथ समान अवसर



मानसिक स्वास्थ्य व तनाव विषय पर हुई कार्यशाला में शामिल लोग। ● आयोजक

समिति प्रभारी डाक्टर कमर तलत ने अपने विचार रखें। महाविद्यालय के वरिष्ठ प्राध्यापक डा. जगजीत कौर सलूजा ने भी विद्यार्थियों से कहा कि परेशानियां कई प्रकार से हो सकती हैं इसीलिए इसे छुपाए न अपितु अपने करीबियों से इस बारे में वार्तालाप करें।

समाजशास्त्र विभाग की प्राध्यापक डा. सपना शर्मा ने अपना अनुभव शेयर करते हुए विद्यार्थियों को बताया कि मैं खुद कैंसर जैसी गंभीर बीमारी से गुजरी हूँ इसलिए मैं आपसे कहना चाहती हूँ कि कभी हिम्मत ना हारे

और जीवन में हमेशा आगे बढ़ते रहें। उन्होंने कहा कि इंटरनेट मीडिया व मोबाइल के बजाय वास्तविक दुनिया के संपर्क में रहें। समस्याएं आती हैं, पर समाधान भी हमेशा साथ रहता है। कार्यक्रम का संचालन डा. तरलोचन कौर ने किया। कार्यक्रम में महाविद्यालय के करीब 150 से अधिक रेडक्रॉस सोसाइटी और एनएसएस के विद्यार्थी उपस्थित थे जिनमें स्वयं सेवक उज्ज्वल, अंजलि, पायल, मानसी, वर्षा, ज्योति, भानु, दामिनी, रानी, माही इत्यादि शामिल हैं।



INDUCTION PROGRAM FOR NSS, YOUTH RED CROSS, AND MSW STUDENTS

Durg, [03.10.2023]

Under the guidance of Dr. R.N. Singh, the principal of Government Viswanath Yadav Tamaskar Postgraduate Autonomous College, an induction program was organized for the students of NSS (National Service Scheme), Youth Red Cross, and MSW (Master of Social Work) at the martyr Veer Narayan Singh Hall of the college. The program commenced with the worship of Goddess Saraswati, followed by the national anthem and the state song. The students of NSS and Youth Red Cross provided information about the objectives and year-round activities of these organizations through a presentation. Professor Janendra Deewan, NSS officer, extended a warm welcome to the guests and emphasized the commitment to service through Red Cross and NSS.

Addressing the gathering, Dr. R.N. Singh, the principal, spoke about the exemplary service and altruistic approach of the Red Cross in assisting vulnerable and helpless individuals. He highlighted the significant contributions made by the Red Cross in helping the wounded, sick, and victims of natural disasters without any discrimination, emphasizing its universal service for humanity. In his motivational speech, Dr. Singh expressed pride in the students' choice to join these outstanding organizations. He emphasized that Red Cross and NSS pave the way for positive changes in society through acts of compassion, service, and selflessness.

Dr. Abhinesh Surana, Head of the Hindi Department, encouraged students to actively participate and become catalysts for positive transformations in people's lives. Dr. Anupama Asthana, Head of the Chemistry Department, inspired students to embark on a new journey, promoting service and contributing to society through Red Cross and NSS. The program concluded with a cultural presentation by NSS and Red Cross students. Professor Motiram Sahu, Youth Red Cross in-charge, expressed gratitude to the guests and students, encouraging everyone to support each other and strive to elevate this new commitment to its highest zenith. The success of the program was attributed to the collaboration and support of NSS, Red Cross, and MSW volunteers. The event saw the presence of several faculty members, including Dr. G.S. Thakur, Dr. Ke Padmavati, Dr. Rachita Shrivastav, Dr. Meena Maan, Dr. Pratibha Sharma, Dr. Anshumala Chandanagar, Dr. Sriti Chandra, Prof. Tarun Sahu, and others, along with a large number of students from the College.



NATURAL (NATUROPATHY) HEALTHCARE CAMP

Durg, [08.10.2023]

Under the guidance of Dr. R.N. Singh, the principal of Government Viswanath Yadav Tamaskar Postgraduate Autonomous College, an insightful one-day Natural Healthcare Camp was organized at the Tagore Hall of the college. The camp aimed to provide information about natural healthcare to the students, focusing on the combined principles of the National Service Scheme (NSS) and Youth Red Cross, as directed by the National Institute of Naturopathy, Pune.

The program commenced with the offering of floral tributes to the idol of Goddess Saraswati and the lighting of lamps, followed by the felicitation of Professor Motiram Sahu, the Youth Red Cross in-charge, who welcomed the guests and participants. In his introductory address, Professor Sahu emphasized the importance of natural healthcare, urging individuals to be cautious about their health and avoid self-medication without consulting doctors. He highlighted that self-care and adherence to the principles of natural healthcare can contribute significantly to improving both physical and mental well-being. Professor Sahu stressed the significance of seeking advice from healthcare professionals before adopting any medical treatment, especially if there are indications of serious health issues.

During the program, Dr. Amit Kumar emphasized the adverse effects of habits like chewing tobacco, consuming alcohol, and smoking, linking them to various serious health conditions such as cancer, heart disease, high blood pressure, diabetes, fatty liver, and other systemic issues. He warned about the potential life-threatening consequences of such habits and urged individuals to be mindful of their choices. Furthermore, the specialists in natural healthcare shared their experiences and insights. Dr. Bhoomika Sahu explained that natural healthcare, rooted in ancient Indian texts and Vedas, can effectively contribute to the treatment of major diseases. She highlighted the role of natural remedies in identifying the causes of illnesses and providing assistance in their treatment. Dr. Sahu also emphasized that following the principles of natural healthcare encourages individuals to be aware of their health and motivates them to adopt safe and healthy practices. She suggested that adhering to these principles not only helps in preventing harmful habits but also contributes to maintaining overall well-being.

In the interactive session, students shared their questions with the healthcare professionals, receiving articulate and informative responses. The vote of thanks was delivered by Red Cross student Piyal Dev, expressing gratitude to the guests and Professor Janendra Kumar Diwan, NSS officer, for their valuable insights. The program concluded on a positive note, with Professor Dewan declaring the end of the event and expressing gratitude to all attendees. The presence of distinguished individuals, including Dr. Anshumala Chandanagar, Dr. G.S. Thakur, and Dr. Kalpana Agrawal, among others, from various departments added to the significance of the program.



राष्ट्रीय प्राकृतिक चिकित्सा संस्थान, पुणे NATIONAL INSTITUTE OF NATUROPATHY, PUNE

Ministry of Ayush, Govt. of India

In Association With

**ASHA NATURE CURE WELLNESS CENTRE, BHILAI-DURG &
GOVT. V.Y.T. PG AUTONOMOUS COLLEGE, DURG (C.G.) INDIA**

ORGANIZING

NATUROPATHY HEALTH CAMP

Date : 11.10.2023

Venue: Tagore Hall

WORLD AIDS DAY – AIDS AWARENESS PROGRAM

Date: 01.12.2023

In a concerted effort to raise awareness on World AIDS Day 1 December 2023, Science College in Durg organized a dynamic rally in collaboration with NSS (National Service Scheme), Red Cross Society & Red Ribbon Club, and MSW (Master of Social Work). The event, graced by Dr. M.A. Siddiqui, the principal of the college, aimed to sensitize students and the public about the critical importance of AIDS awareness.

The program commenced with an insightful address by Dr. Siddiqui, urging students to not only be informed about AIDS but also to inspire others to do the same. The principal then flagged off the rally, which commenced from Science College, Durg, passing through Raipur Naka and culminating at Malviya Nagar Chowk in Durg city. At Malviya Nagar Chowk, a symbolic human chain was formed to underscore the significance of preventing AIDS. Students actively engaged the public through impactful slogans and songs, fostering awareness about this global health concern. Concluding the rally, students creatively formed symbols of Red Cross and Red Ribbon in the College premises, delivering a powerful message about the importance of vigilance on AIDS Day.

The event witnessed participation from esteemed faculty members, including Dr. Anupama Asthana, Dr. Jagjeet Kaur Saluja, Various department heads and professors from different academic realms, such as Dr. Ashwani Mahajan, Prof. Janendra Kumar Deewan, Dr. Motiram Sahu, Dr. Satish Kumar Sen, Prof. Dilip Kumar Sahu, Dr. Shweta Pandey, Sports Officer Laxmendra Kuldeep, and Dr. Rajneesh Umer, actively contributed to the success of the rally, further inspiring the participating students. With the active involvement of over a hundred students, the rally was deemed a success, owing much to the enthusiastic support of senior volunteers from NSS and Red Cross, including Mohammad Adnan, Sateek Mirchan, Harprit, and Shambhavi Sahu. The collective efforts of the college and its students in organizing this event serve as a commendable initiative in advancing awareness on global health issues.

साइंस कॉलेज में रैली और मानव शृंखला के जरिए लोगों को एड्स के प्रति जागरूक किया

एनएसएस, रेडक्रॉस सोसाइटी और एमएसडब्ल्यू विभाग के विद्यार्थी शामिल हुए

सिटीरिपोर्टर। गिलाई

साइंस कॉलेज दुर्ग में विश्व एड्स दिवस पर एनएसएस, रेडक्रॉस सोसाइटी और रेड रिबन क्लब तथा एमएसडब्ल्यू के संयुक्त तत्वावधान में जागरूकता रैली का आयोजन किया गया। कार्यक्रम में कॉलेज के प्राचार्य डॉ. एमए सिद्दीकी ने विद्यार्थियों को एड्स के विषय में जागरूक करने और दूसरों में भी जागरूकता फैलाने का आह्वान किया।

उद्घोषण के बाद प्राचार्य ने हरी झंडी दिखाकर रैली को रवाना किया। यह रैली कॉलेज से शुरू होकर रायपुर नका होते हुए मालवीय नगर चौक पहुंची, जहाँ मानव शृंखला बनाकर लोगों को एड्स से बचने के



मालवीय नगर चौक पर विद्यार्थियों और प्राध्यापकों ने मानव शृंखला बनाई।

लिए जागरूक किया गया। विद्यार्थियों ने रेड रिबन, एड्स का सिंबल बनाकर भी लोगों को जागरूकता का संदेश दिया।

कार्यक्रम में आईक्यूएसी प्रभारी डॉ. अनुपमा अस्थाना, स्वशासी परीक्षा विभाग के प्रभारी डॉ. जगजीत कौर ने भी विद्यार्थियों को संबोधित किया। कार्यक्रम में 200 से ज्यादा विद्यार्थी

शामिल हुए। इस अवसर पर एमएसडब्ल्यू के विभागाध्यक्ष डॉ. अश्वनी महजन, हिन्दी विभागाध्यक्ष डॉ. अभिनेश सुराना, डॉ. जीएस ठाकुर, एनएसएस के कार्यक्रम अधिकारी प्रो. जनेंद्र दीवान, डॉ. मोती राम साहू, डॉ. सतीश कुमार सेन, डॉ. श्रीराम कुंजाम, डॉ. रवेता पांडेय, प्रो. दिलीप साहू आदि उपस्थित थे।

