

Govt. Degree College Nagrota Surian Kangra (HP)-176027

Phone No: 01893-293686

Email: gcnagrotasuriyan-hp@nic.in

NOTICE

No. EDN-GDC-NGRS-G(5)-1/2014.

Dated: 27 Feb 2026

All the Students of B.A., B.Com., and B.Sc. are hereby directed to attend a Special Lecture organized on the occasion of **National Science Day** by Prof. Upendra Sharma, Principal, Govt. Degree College, Nagrota Surian, Kangra.

As the annual examinations are just around the corner, this lecture will provide an introduction to some tools using which the students can increase their productivity and get better success in studies, examinations and in life in general. Teaching and Non-Teaching Staff are also welcome and may bring their students for the lecture as it is going to help them in their exam readiness.

Date: 28th February 2026


Time: 11:00 A.M.

Venue: Room No. 408

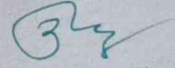
Topic: A Tool for Success in exams: Ayurvedic Dincharya (Daily Routine as per Ayurveda)

This lecture will provide valuable insights into the principles of Ayurveda and their use for bringing high productivity in daily life. It is expected to be highly beneficial for students, not only in preparation for their upcoming examinations but also in shaping their future knowledge and well-being.

All concerned are instructed to ensure their presence and make the most of this academic opportunity.


Dr Pushpa Yadav.

Institution's Innovation Council.


Prof. Upendra Sharma,
Principal
Govt Degree College
Nagrota Surian,
Distt. Kangra, Kangra
Govt Degree College (HP)-176027

Nagrota Surian, Kangra (HP)

प्रेस विज्ञप्ति

राजकीय महाविद्यालय नगरोटा सूरियाँ में राष्ट्रीय विज्ञान दिवस पर विशेष व्याख्यान आयोजित

राजकीय महाविद्यालय नगरोटा सूरियाँ में आज 28 फरवरी, 2026 को राष्ट्रीय विज्ञान दिवस के अवसर पर महाविद्यालय के विज्ञान संकाय एवं संस्थान नवाचार परिषद (आई आई सी) द्वारा संयोजक डॉ. पुष्पा यादव की देख-रख में विद्यार्थियों के लिए एक विशेष व्याख्यान का आयोजन किया गया। कार्यक्रम का आयोजन प्राचार्य प्रो. उपेन्द्र शर्मा के मार्गदर्शन एवं अध्यक्षता में किया गया।


इस अवसर पर आयोजित व्याख्यान का विषय "आयुर्वेदिक दिनचर्या" रहा। इस वक्तव्य के मुख्य वक्ता महाविद्यालय के प्राचार्य प्रो. उपेन्द्र शर्मा रहे। उन्होंने व्याख्यान के माध्यम से विद्यार्थियों को आयुर्वेदिक जीवनशैली, संतुलित दिनचर्या, मानसिक एकाग्रता तथा परीक्षा तैयारी में उत्पादकता बढ़ाने के व्यावहारिक उपायों की विस्तृत जानकारी प्रदान की गई। व्याख्यान के दौरान वक्ताओं ने आयुर्वेद के मूल सिद्धांतों को वैज्ञानिक दृष्टिकोण से विस्तारपूर्वक समझाया। विद्यार्थियों को बताया गया कि मानव शरीर विभिन्न तत्वों, प्रवृत्तियों, ऊर्जा एवं शक्तियों का संतुलित संयोजन है, जो पंचतत्व (आकाश, वायु, अग्नि, जल एवं पृथ्वी) से निर्मित होता है। व्याख्यान में विस्तार से बताया गया कि आकाश एवं वायु तत्वों के संयोजन से वात, अग्नि एवं जल तत्वों के संयोजन से पित्त, तथा जल एवं पृथ्वी तत्वों के संयोजन से कफ का निर्माण होता है। शरीर में वात, पित्त एवं कफ के अनुपात को व्यक्ति की प्रकृति कहा जाता है, जो उसकी शारीरिक एवं मानसिक प्रवृत्तियों को निर्धारित करती है।

प्राचार्य महोदय ने विद्यार्थियों को स्वस्थ जीवनशैली अपनाने हेतु नियमित नींद चक्र, संतुलित भोजन चक्र तथा पोषण संतुलन के महत्व पर भी विस्तृत मार्गदर्शन दिया। उन्होंने बताया कि दैनिक आहार में प्रोटीन, कार्बोहाइड्रेट, फाइबर एवं वसा का संतुलित समावेश मानसिक एकाग्रता, ऊर्जा स्तर एवं अध्ययन क्षमता को बढ़ाने में सहायक होता है। इन सभी अवधारणाओं को उदाहरणों सहित विस्तार से समझाया गया तथा विद्यार्थियों की जिज्ञासाओं का समाधान भी किया गया।

कार्यक्रम में बी.ए., बी.कॉम., बी.एससी., बीसीए एवं पीजीडीसीए के विद्यार्थियों ने उत्साहपूर्वक भाग लिया। कार्यक्रम की सूत्रधार डॉ. अनुरागिनी रही, मंच संचालन प्रो. प्रिया ने किया एवं विज्ञान विभाग की तरफ से प्रो. आशीष बामटा ने किया। प्राचार्य प्रो. उपेन्द्र शर्मा ने बताया कि आयुर्वेदिक दिनचर्या अपनाने से विद्यार्थियों की कार्यक्षमता, स्मरण शक्ति एवं मानसिक संतुलन में वृद्धि होती है, जिससे परीक्षा परिणामों में सकारात्मक सुधार संभव है।

इस अवसर पर महाविद्यालय के शिक्षण एवं गैर-शिक्षण स्टाफ की गरिमामयी उपस्थिति रही। उपस्थित प्राध्यापकों में प्रो. अजय कुमार, प्रो. काकू राम मनहास, प्रो. परवीर धीमान, डॉ. अनुरागिनी, डॉ. पुष्पा यादव, डॉ. राजेश कुमार, प्रो. नेहा, प्रो. प्रिया, प्रो. आशीष, प्रो. रणजीत, प्रो. युवराज, तथा प्रो. अभिषेक शामिल रहे।

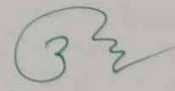
अंत में प्राचार्य प्रो. उपेन्द्र शर्मा ने विद्यार्थियों को अनुशासित दिनचर्या अपनाने, सकारात्मक सोच विकसित करने तथा आगामी वार्षिक परीक्षाओं की तैयारी पूर्ण समर्पण के साथ करने हेतु प्रेरित किया तथा कहा कि स्टडी टेक्नीक्स पर जल्द ही और व्याख्यान आयोजित किए जाएंगे।


डॉ. पुष्पा यादव

संयोजक

संस्थान नवाचार परिषद

राजकीय महाविद्यालय नगरोटा सूरियाँ, कांगड़ा (हि.प्र.)


प्राचार्य
Govt Degree College
Nagrota Surala
राजकीय महाविद्यालय नगरोटा सूरियाँ, कांगड़ा (हि.प्र.)
Nagrota Surala, Kangra (HP)-176027

Event Report
National Science Day Celebration
Government Degree College Nagrota Surian, Kangra (H.P.)

On the occasion of National Science Day, a special lecture was organized on 28 February 2026 at Government Degree College Nagrota Surian. The programme was jointly conducted by the Science Faculty and the Institution's Innovation Council (IIC) under the convenorship of Dr. Pushpa Yadav. The event was organized under the guidance and chairmanship of the Principal, Prof. Upendra Sharma.

The theme of the special lecture was "**Ayurvedic Dinacharya**" (**Ayurvedic Daily Routine**). The keynote speaker on the occasion was the Principal, Prof. Upendra Sharma. Through his insightful address, he provided detailed information to the students about Ayurvedic lifestyle practices, balanced daily routines, mental concentration, and practical strategies to enhance productivity during examination preparation.

During the lecture, the fundamental principles of Ayurveda were explained from a scientific perspective. It was highlighted that the human body is a balanced combination of various elements, energies, and forces derived from the Panch Tatva (five elements) — space (Akash), air (Vayu), fire (Agni), water (Jal), and earth (Prithvi). The speaker elaborated that the combination of space and air forms *Vata*, fire and water form *Pitta*, and water and earth form *Kapha*. The proportion of Vata, Pitta, and Kapha in the body determines an individual's *Prakriti* (body constitution), which influences both physical and mental tendencies.


Prof. Sharma also emphasized the importance of adopting a healthy lifestyle by maintaining a regular sleep cycle, balanced dietary habits, and proper nutritional intake. He explained that the inclusion of proteins, carbohydrates, fiber, and fats in appropriate proportions in daily meals helps improve mental focus, energy levels, and academic performance. The concepts were clarified with suitable examples, and students' queries were addressed effectively.

143 students of B.A., B.Com., B.Sc., BCA, and PGDCA courses participated enthusiastically in the programme. Dr. Anuragini acted as the program coordinator, while the stage proceedings were conducted by Prof. Priya. From the Science Department, Prof. Ashish Bamta extended his support in organizing the event.

In his concluding remarks, the Principal encouraged students to adopt a disciplined routine, develop positive thinking, and prepare for the upcoming annual examinations with dedication and commitment. He also informed that more lectures on study techniques would be organized in the near future to further benefit the students.

The programme witnessed the gracious presence of both teaching and non-teaching staff members. Among the faculty members present were Prof. Ajay Kumar, Prof. Kaku Ram Manhas, Prof. Parveer Dhiman, Dr. Anuragini, Dr. Pushpa Yadav, Dr. Rajesh Kumar, Prof. Neha, Prof. Priya, Prof. Ashish, Prof. Ranjit, Prof. Yuvraj, and Prof. Abhishek.

The event concluded on a positive note, leaving students motivated to adopt Ayurvedic principles in their daily lives for improved health, efficiency, and academic success.


Dr. Pushpa Yadav

Convenor

Institution's Innovation Council

Government Degree College Nagrota Surian, Kangra (H.P.)

Prof. Upendra Sharma
Principal

Principal
Government Degree College
Nagrota Surian
Kangra (H.P.)
Dist. Kangra (HP)-176027

Government Degree College Nagrota Surian District.- Kangra

List of Participants

Name of Event National Science Day Date 28/02/2026

Sr. No.	Name of Participant	Class	Roll No	Signature
1	Khushbu Nishad	BA 2nd Year	2407	Khushbu
2	Komal	BA 2nd Year	24123	Komal
3	Muskan	BA 2nd Year	24109	Muskan
4	TAMANNA	Bsc 1st year	25504	Tanna
5	VANSHIKA	"	25502	Vanshika
6	PALAK	"	25503	Palak
7	Mannat	BSC 1st year	25512	Mannat
8	Manpreet Kaur	BSC 1st Year	25408	Manpreet
9	Nivedita	BA 1st Year	25166	Nivedita
10	Sahani	B.Sc 1st year	25505	Sahani
11	AKSHITA	BCA-6 th sem	23621	Akhita
12	Tanu Mehra	BCA 6 th sem.	23618	Tanu
13	Kritika choudhary.	BCA 6 th Sem	23606	Kritika
14	Mehak.	BCA 6 th sem	23605	Mehak
15	Palak	BCA 6 th Sem	23609	Palak
16	Nitasha Dhiman	BCA 6 th sem	23619	Nitasha Dhiman
17	Vanshika Thakur	BCA 6 th Sem	23611	Vanshika Thakur
18	Jahvi Khalon	BCA 6 th Sem	23612	Jahvi Khalon
19	Kanu Priya	BA 2 year	24169	Kanu Priya
20	Ankita Tathania	BA 2nd year	24163	Ankita
21	Mohini Devi	BA 2nd year	24134	Mohini
22	Rimjhim	BA 2nd Year	24112	Rimjhim
23	Natasha	BCA 6 th Sem	23616	Natasha
24	Simran choudhary	BSc 1st year	25506	Simran
25	Palak choudhary	B.Sc 1st year	25508	Palak
26	Anshika Koundal	BA 2 nd Sem	25609	Anshika
27	Simran	Bsc 1st year	25404	Simran
28	Kritika	BSC 1st year	25412	Kritika
29	Aditi Thakur	BA 1 st Year	25111	Aditi

[Handwritten signature]

[Handwritten signature]

Government Degree College Nagrota Surian District.- Kangra

List of Participants

Name of Event National Science Day Date 28/02/2026

Sr. No.	Name of Participant	Class	Roll No	Signature
1.	Khushbu Nishad	BA 2nd Year	24107	Khushbu
2.	Sakshi	BA 2nd Year	24129	Sakshi
3	Anjali Devi	BA 2nd year	24119	Anjali
4	Simran choudhary	BA 2nd year	24106	Simran
5	Aastha	BSc. III rd year	23403	Aastha
6	Muskan	"	23409	Muskan
7	Sumita	"	23418	Sumita
8	Simran	BCA 4 th Sem	24627	Simran
9	Anjali	"	24608	Anjali
10	Beiya	"	24609	Beiya
11	Komal	"	24610	Komal
12	Komal Kajal	"	24619	Kajal
13	Samvedna	"	24626	Samvedna
14	Samiksha choudhary	BCA 2 nd sem	25645	Samiksha
15	Vanshika	BA. 2 nd year	24139	Vanshika
16	Sakita Guleria	BA. 2 nd Year	24166	Sakita Guleria
17	Kusum	BA. 2 nd year	24170	KUSUM
18	Simran Devi	BA. 2 nd year	24137	Simran Devi
19	Anshuman	BA 1 st year	25113	Anshuman
20	Sourabh	BA 1 st year	25114	Sourabh
21	Vishal	BCA II nd Sem	25605	Vishal
22	Abhinav	BCA II nd Sem	25641	Abhinav
23	ARshit	BCA II nd sem	25621	ARshit
24	Priganshu	BCA 2 nd Sem	25608	Priganshu
25	Sushant	BCA 4 th Sem	24607	Sushant
26	Akhil	BCA 4 th Sem	24624	AKHIL
27	Ritik	BCA 4 th Sem	24606	Ritik
28	Kartik Koundal	BCA 4 th Sem	24630	Kartik Koundal
29	Sourav	BCA 2 nd Sem	25630	Sourav

Priganshu

Government Degree College Nagrota Surian District.- Kangra

List of Participants

Name of Event National Science Day Date 28/01/2026

Sr. No.	Name of Participant	Class	Roll No	Signature
	Vishakha	BA 2 nd year	24171	Vishu
	Anushka	BA 2 nd year	24105	Anushka
	Sakshi	BA 2 nd Year	24120	Sakshi
	Divanshi	BCA 2 nd Sem	25650	Divanshi
	Pooja Devi	BCA 2 nd Sem.	25604	Pooja Devi
	Triveni Sharma	BCA 2 nd Sem.	25648	Triveni Sharma
	Anchal	BCA 2 nd Sem	25638	Anchal
	Prachi	BCA 2 nd Sem	25602	Prachi
	Sheetal	BCA 2 nd sem	25612	Sheetal
	Trisha	BCA 2 nd sem	25665	Trisha
	Banshika	BCA 2 nd Sem	25655	Banshika
	Gunika Gill	BCA 2 nd Sem	25664	Gunika Gill
	Palak	B.com 1 st year	25323	Palak
	Prerna	B.com 1 st year	25310	Prerna
	Mahi	B.com 1 st year	25313	Mahi
	Jyoti	B.com 1 st year	25318	Jyoti
	Sania	B.com 1 st year	25319	Sania
	Sunita	B.com 1 st year	25317	Sunita
	Simsan Lata	B.com 1 st year	25304	Simsan Lata
	Tamanna	B.com 1 st year	25316	Tamanna
	Tanisha	B.com 1 st year	25322	Tanisha
	Payal	B.com 1 st year	25303	Payal
	Chahat	B.com 1 st year	25302	Chahat
	Palak	B.com 1 st year	25309	Palak
	Smiksha Sharma	BCA (2 nd sem)	25602	Smiksha Sharma
	Aditi	BCA (2 nd Sem)	25601	Aditi
	Mansi Thakur	BCA (2 nd Sem)	25643	Mansi
	Anshita Chaudhary	BCA (2 nd sem)	25614	Anshita
	Muskan	BCA (4 th sem)	24622	Muskan

Prachi

Government Degree College Nagrota Surian District.- Kangra

List of Participants

Name of Event National Science Day Date 20/2/2026

Sr. No.	Name of Participant	Class	Roll No	Signature
1	Prince	BCA 2nd Sem	25627	Prince
2)	Sahil	BCA 2nd Sem	25649	Sahil.
3)	Akhil	BCA 2nd Sem	25651	Akhil
4)	Jashan	BCA 2nd Sem	25658	Jashan
5)	Piyush Koundal	BCA 2nd Sem	25610	Piyush Koundal
6)	Shourya	BCA 2nd Sem	25632	Shourya
7)	Aryan Koundal	BCA 2nd Sem	25661	Aryan
8	Aryan Chaudhary	BCA 2nd Sem	25657	Aryan
9	Sabherwal Shreemee	BCA 2nd Sem	25606	Sabherwal
10.	Akhil ManKotia	BSC 1st Year	25507	Akhil ManKotia
11	Divish	B. Com 1st Year	25305	Divish
12.	Akhil Shah	B. Com 1st Year	25311	Akhil Shah
	Anshita	B. Com 1st Year	25320	Anshita
	Piyush Jaryal	B. Com 1st Year	25308	Piyush Jaryal
	Ashish	B. Com 1st Year	25307	Ashish
	Harsh	B. Com 1st Year	25301	Harsh
	Ayush	B. Com 1st Year	25321	Ayush
	Anam	B. Com 1st Year	25306	Anam
	Piyush	B. Com 1st Year	24614	Piyush
	Aryan	"	24612	Aryan
	Sajal	"	24615	Sajal
	Vash	"	24620	Vash
	Kartik	"	24630	Kartik
	RanKaj	"	24601	RanKaj
	Aryan Sarda	BCA 2nd	25663	Aryan Sarda
	Anultra	BSC 1st Year	25509	Anultra
	Sourav Rana	BCA 2nd	25613	Sourav Rana
	Prince	BCA 2nd Sem	25662	Prince
	Saksh Pathwin	BCA 2nd Sem	25623	Saksh Pathwin

[Handwritten signature]

Government Degree College Nagrota Surian District.- Kangra

List of Participants

Name of Event National Science Day Date 28/02/2026

Sr. No.	Name of Participant	Class	Roll No	Signature
(1)	Raj Kumar	BCA II Sem	25603	Raj Kumar
2)	Jatin	BCA 2 nd Sem	25626	Jatin
3)	Vivek Thakur	BCA 2 nd Sem	25630	Vivek
4)	Yatin Ranot	BCA 2 nd Sem	25637	Yatin
5)	Deepan	BCA 2 nd Sem	25624	Deepan
6)	Tanish Chaudhary	BCA 2 nd Sem	25639	Tanish
7)	Rishabh	BCA 2 nd Sem	25611	Rishi
8)	Ankit Vaid	BSc 2 nd	24419	Ankit
9)	Anirudh Thakur	B.Sc Ia	25415	Anirudh
10)	Rohit Kumar	BCA 3 rd Sem	23617	Rohit
11)	Pooja	"	23634	Pooja
12	Subham Chaudhary	BCA 2 nd Sem	25629	Shivam
13.	Sagar	BCA 2 nd Sem	25653	Sagar
14	Harsh idumar	Bcom 1 st year	25301	Harsh Kumar
15	Aditya	Bsc 1 st year	25411	Aditya
16	Aashu	Bsc 1 st year	25515	Aashu
17	Harsh Choudhary	BCA 4 th	24621	Harsh
18	Arman	Bcom 1 st year	25315	Arman
19	Ayush	Bcom 1 st year	25321	Ayush
20	Ashish	Bcom 1 st year	25307	Ashish
21	Dinesh Chaudhary	Bcom 1 st year	25305	Dinesh
22	Akhil Shah	Bcom 1 st year	25311	Akhil
23	Ritik	BCA 4 th Sem	24625	Ritik
24	Vaish	"	24631	Vaish
25	Aditya	BSC 1 st year	25513	Aditya
26	Ankit	BCA 2 nd Sem	25846	Ankit
27	Anmol	BCA 4 th Sem	24605	Anmol
28				
29				

Handwritten signature