Govt. College Theog Road Safety Club **"Induction Program"** (Session 2023-24)

Dated: 20 November 2023

The 'Induction Program' of the *Road Safety Club* for session 2023-24 was held in Room No. 4 on 20 November 2023. The main aim of the session was to familiarize the new students of the college and the students of second and third year as well about the genesis and significance of the *Road Safety Club*. Another important objective was to encourage their enrolment in the club and increase their participation in its activities. They were informed that it was Dr Rajseekaran, former Head of the Indian Orthopedics' Association, who filed a writ petition in the Honourable Supreme Court of India requesting it to take cognizance of the large number of road accidents happening in India and the repetition of a similar pattern of carelessness and apathy. The Honourable Supreme Court of India took notice of the contents of the petition and directed all the State governments and the Government of India to constitute Road Safety cells and monitoring committees in every educational institution of the country.

The students in the 'Induction Program' were informed that five departments of the government in Himachal Pradesh are working in unison to reduce the number of mishaps and fatalities on Indian roads. They are the Transport department, PWD department, the Police Department, the Health department, and the Education department. The Education department has been included in this project as the youngsters constitute the major proportion of India's population. The data from government websites was quoted in the talk and it was shared that maximum number of accidents occur amongst the 25–35-year age group followed by 18–24-year age group. The meeting was well attended, and the students were informed that in the forthcoming sessions, they shall be sensitized on the following important concerns:

- 1. Road Safety Rules & their relevance
- 2. Road Markings & Signages; Types of Roads & Traffic Signals
- 3. Pedestrian Safety
- 4. Important Documents such as Driving Licenses, Registration Certificate, Insurance, Pollution Certificate, Digi Locker, m-Parivahan app.
- 5. Importance of proper & periodic maintenance of vehicles.
- 6. Procedure for obtaining a Driving License.
- 7. Various Traffic Violations, Accidents & Fine (under Motor Vehicle Act)
- 8. Basic First Aid
- 9. Importance of Golden Hour, Trauma Care, CPR & Good Samaritan.
- 10. FIR and its importance.

Towards the end of the session, students who volunteered to enroll themselves in the club were registered. Thereafter, an executive committee was formed.





Govt. College Theog Road Safety Club (Session 2023-24) "Poster-Making, Slogan-Writing & Collage Making Competition."

Dated: 28 November 2023

The *Road Safety Club* of the college organized competitions to sensitize the youth of the college regarding the importance of observing safe road behaviour. The rules and regulations prescribed were as follows:

Activity I (Slogan Writing)

- 1. The slogan shall be written on a chart-paper.
- 2. Each student shall write only one slogan, in Hindi or English.
- 3. The slogan must reflect the core theme: "Road Safety & its Importance."
- 4. Slogans must be original and creative.
- 5. The slogan should not be very long.

Activity II (Poster-Making)

- 1. The poster shall be made on a chart-paper.
- 2. Each participant can submit only one entry.
- 3. The main theme of the activity shall be "Road Safety & its Importance."
- 4. The participants can choose one of the topics for "Quiz" mentioned above as their theme for poster-making.
- 5. The poster should be original and handmade. Print-out pasting shall not be acceptable.

Activity III (Collage Making)

- 1. The collage shall be made on a chart-paper.
- 2. Each participant can submit only one entry.
- 3. The main theme of the activity shall be "Road Safety & its Importance."
- 4. The participants can choose one of the topics for "Quiz" mentioned above as their theme for poster-making.

Summary of the program: The Road Safety Club received an overwhelming response from the students in all the three activities. Chart papers to most of the participants were provided by the

club and the students assembled in Room No 4 of the college to make their respective charts of slogan writing, poster making and collage making. After the time allotted to the students was over, the students who participated in any of the three activities or more than one activity were shifted to the Conference Hall of the college. The judges for the event were:

- 1. Dr Nidhi Dhatwalia, Assistant Professor of Zoology
- 2. Dr Raksha Kalta, Assistant Professor of English
- 3. Dr Saroj Devi Negi, Assistant Professor of Public Administration

The judges were full of praise for the sincere efforts put in by the students and they confessed before the assembled gathering that the jury had a tough time selecting the winners. The winners were as follows:

Slogan Writing:

Prize	Name	Class
1 st	Kritika Khimta	BAII
2 nd	Kritika Sharma	BAIII
3 rd	Pariksha Gazta	BAII

Collage Making:

Prize	Name	Class
1^{st}	Aakriti Chandel	BAII
2^{nd}	Samiksha BA II	BAII
3 rd	Preeti	BAII

Poster-Making

Prize	Name	Class
1 st	Aakriti Hetta	BAII
2 nd	Payal	BAII
3 rd	Muskan	BAI











Govt. College Theog Road Safety Club (Session 2023-24) "Quiz & Power-Point Presentation Competition."

Dated: 29 November 2023

The Road Safety Club of the college organised a quiz competition and a power-point competition on 29 November 2023. The rules and regulations for the competitions were as follows:

Activity I (Power Point Presentation)

Power Point presentations (maximum 5 minutes duration) can be made on any one of the following topics. The presentation should be informative. A student/pair/group shall choose any one topic & no one else can make a presentation on the same topic. In case of more than one claimant to a topic, a qualifying round shall be held, and the other individual/team will have to choose any other topic.

- 1. Road Safety Rules & their relevance
- 2. Road Markings & Signages; Types of Roads & Traffic Signals
- 3. Pedestrian Safety
- 4. Importance of Documents such as Driving Licenses, Registration Certificate, Insurance, Pollution Certificate, Digi Locker, m-Parivahan app.
- 5. Importance of proper & periodic maintenance of vehicles.
- 6. Procedure for obtaining a Driving License.
- 7. Various Traffic Violations, Accidents & Fine (under Motor Vehicle Act)
- 8. Basic First Aid
- 9. Importance of Golden Hour, Trauma Care, CPR & Good Samaritan.
- 10. FIR & its importance

Activity II (Quiz)

- 1. Road Safety Rules
- 2. Road Markings & Signages; Types of Roads & Traffic Signals
- 3. Pedestrian Safety
- 4. Important Documents such as Driving Licenses, Registration Certificate, Insurance, Pollution Certificate
- 5. Maintenance of vehicles.
- 6. Procedure for Obtaining a License
- 7. Various Traffic Violations, Accidents & Fine (under Motor Vehicle Act)
- 8. Basic First Aid
- 9. Golden Hour, Trauma Care, CPR & Good Samaritan.
- 10. FIR & its importance

For the quiz competition, the Club received an overwhelming response from the students. A preliminary round of quizzes was conducted to shortlist the best candidates. The shortlisted candidates were divided into various teams and the winners were as follows:

Gold-medalists:

S.No.	Name	Class
1	Nancy	BSc II
2	Payal	BAIII
3	Sarita	BAII

Silver medalists:

S.No.	Name	Class
1	Pariksha Gazta	BAII
2	Ravina	BAII
3	Aman Sharma	B.Com. III

Bronze medalists:

S.No.	Name	Class
1	Preeti	BAII
2	Samiksha	BAII
3	Payal	BAII

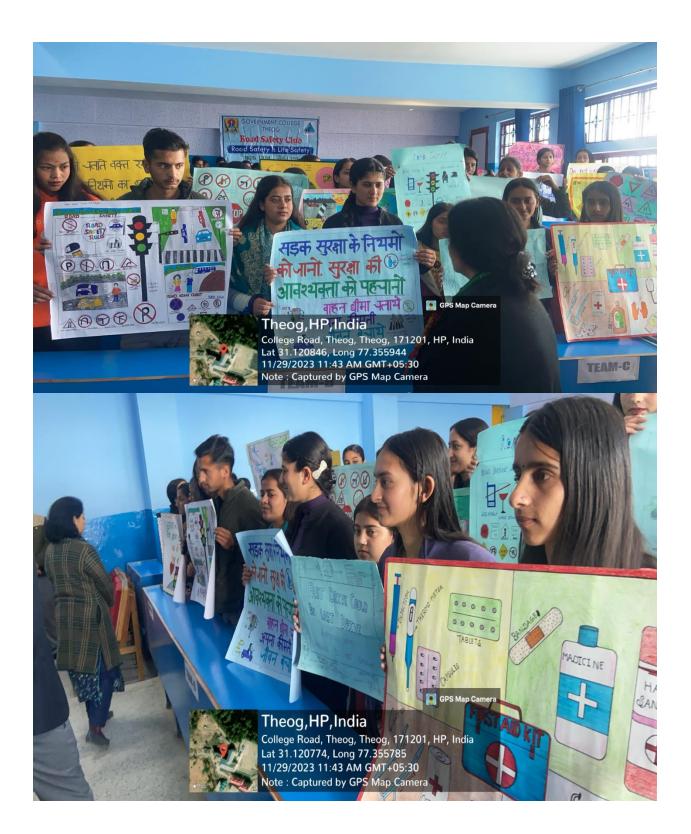
For power-point presentations too, a healthy number of names were submitted by the students. A preliminary round of mock-presentations were conducted and a few students were shortlisted for the final presentations on 29 November 2023. They were allotted separate themes for presentation so that maximum number of the themes prescribed are covered and there is no repetition in the presentation. The winners were as follows:

Position	Name	Class
1 st	Sakshi	BAII
2 nd	Aman Sharma	B.Com. III
3 rd	Anjali Kashyap	BAII

Towards the end of the function, a prize-distribution ceremony was held in which the Head of the institution, Dr Lalita Chandan, Principal, was invited as Chief Guest. The ceremony began with the lighting of the lamp and paying obeisance to Goddess Saraswati, the deity of knowledge, wisdom, and intellect. It was followed by Saraswati Vandana. Thereafter, the Chief Guests awarded medals to the winners of the quiz and mementos and certificates to the winners of the

power-point presentations. The Chief-Guest also awarded the winners of the competitions held on 28 November 2023 (Poster-making, Slogan Writing & Collage Making) and presented them with mementos and certificates. Mr. Basant Lal, Member, Road Safety Club, proposed a formal vote of thanks. The ceremony ended with the singing of the National Anthem.











Govt. College Theog Road Safety Club (Session 2023-24) "Sensitization/Awareness Session by External Resource Persons" Dated: 09 December 2023

The *Road Safety Club* organized a sensitization and awareness program for the students with the overarching theme of 'safe road behaviour.' A recent trend has been observed that road mishaps and fatalities are a direct result of substance abuse, alcoholism, and digital distraction in many cases. Therefore, the club decided to invite external resource persons who are experts and learned in their respective fields and subjects. The *Road Safety Club* decided to include the *Department of Music*, the *Anti-Drugs & Cyber Crime Cell* of the college and the *NSS* unit of the college in the fight against unsafe road behaviour. The program started at 11 am. The Chief Guest, Dr Lalita Chandan, Principal, and the other guests were welcomed in Room No. 9 with a ceremonial tilak. The welcome address was delivered by the Convener of the *Road Safety Club*, Dr Aditya Singh Dulta. After pinning the rosettes to all the dignitaries and the staff, Mother Saraswati, the Goddess of Learning, Knowledge, and Wisdom was invoked through the ceremonial lighting of the lamp. It was accompanied by the rendition of the Saraswati Vandana by the students of the Department of Music. Thereafter, Dr Aditya Singh Dulta shared the keynote address with the audience.

Declamation Round: Four students were shortlisted for declamation during the sensitization and awareness session. Each of them was given different themes encompassing subjects like safety on the road, drug abuse, digital distractions, and cyber-crime. Mamta, a student of BA II, delivered her talk on "Drug Addiction." In her well received talk, she talked about the increasing tendency among the youth of today towards substance abuse and its harmful effects not only on the body of the consumer but on his driving and the safety of other vehicles and other pedestrians. The second presentation was by Rohit, a student of B.Sc. III, and he spoke on "Digital Distraction & Cyber Crime". He spoke very brilliantly and corelated all the themes very well. The third presentation was by Aman Sharma, a student of B.Com. III and he spoke on "Golden Hour". His talk was very informative and resourceful to many of the students who were unaware that if a victim of a road accident is taken to the nearby hospital in the first hour of the accident itself, that is the golden hour, his/her chances of survival increase by almost up to 85%. The fourth presentation was by Anjali Kashyap, a student of BA III and she spoke on "FIR and its importance." This talk too was very well researched and informative.

Cultural Activities to increase Awareness: The students of the *Department of Music* presented an "original song" with all the musical instruments which was composed by Dr Mohinder Rathour, Assistant Professor of Music. The song was entitled "*Nasha Hai Bura Yaaron*," and exhorted the youth to stay away from drugs as it not only annihilates the consumer of such substances but destroys the peace, prosperity, and health of the entire family. Thereafter, a "mime" was presented on the theme "Digital Distractions & Cyber Crime." In the series of cultural events, a "skit" was also presented on "Drug Abuse" which received a thunderous approval and a huge round of applause from the audience. Thereafter, the two keynote addresses were delivered by Resource Persons from their respective fields:

Resource Person 1: Dr Baburam, Department of General Surgery, IGMC, Shimla.

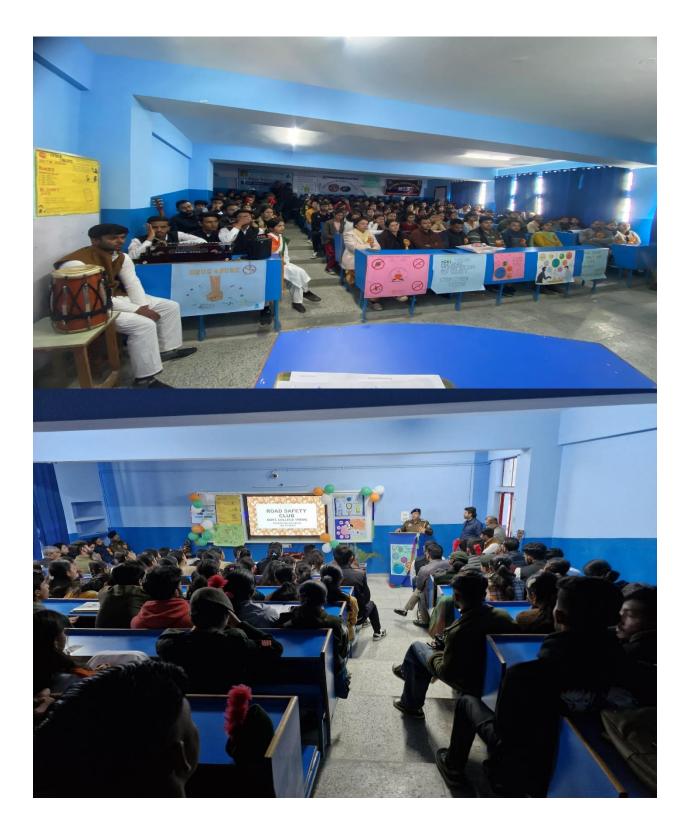
The first keynote speaker of the program was Dr Baburam from the Department of General Surgery, IGMC Shimla. From his job experience as a surgeon, he recounted several instances when a victim of road mishap was either paralyzed or brought dead a s/he was not rescued properly as per protocol. Dr Baburam delved in detail about the anatomy of the human body and how a victim needs to be rescued from any site of mishap. He said that the major volume of blood in the human body resides in the lower part of the body and any major loss of blood there could lead to immediate casualty. He informed the gathering about the concept of 'golden hour' and how timely relocation of the victim could be instrumental in saving his life. He talked about many aspects of human biology and how careful handling of the victim, both physical and psychological, could prove to be of great significance. Towards the end, he shared videos of Cardiopulmonary resuscitation (CPR).

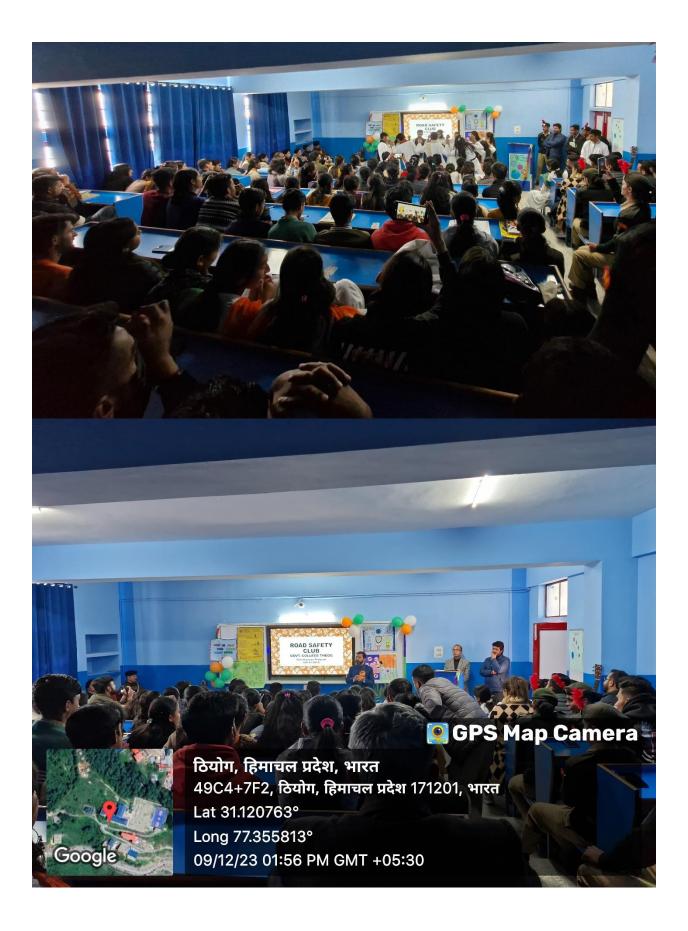
Resource Person 2: Shri Kulbir Singh, SHO, Police Station, Theog

The second keynote speaker of the program was Shri Kulbir Singh, who is also the Station House Officer (SHO) of the local Police Station at Theog. He was accompanied by Shri Rakesh Kumar, ASI, Police Station Theog. In his address, Shri Kulbir Singh, from his lived experiences, recounted the numerous cases he has witnessed as a Police Officer when very serious accidents have been met due to man-made mistakes such as drunken-driving and driving after consumer alcohol. He cautioned the youth against this practise as it not only injures one physically but also places one at the wrong side of law. He informed the students that high-powered CCTV cameras have been installed by the government at several important junctions and the activities of the motorists are under scanner. He informed the gathering about the latest changes in law which support 'good Samaritan' and the person can leave the hospital premises without any questions being asked after leaving the injured at the hospital. He delved on many aspects of road safety.

In her presidential address, the Chief Guest, Dr Lalita Chandan, Principal & Head of the institution, very generously appreciated the efforts undertaken by the students and the staff in making the awareness/sensitization program a grand success.







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ठियोग कालेज में प्रश्नोत्तरी प्रतियोगिता

सिटी रिपोर्टर-शिमला

आयोजन किया गया। इस आकृति चंदेल ने प्रथम, समीक्षा ने आयोजन का मुख्य उद्देश्य युवा द्वितीय और प्रीति ने तृतीय स्थान पीढ़ी में सड़क सुरक्षा को लेकर हासिल किया। कालेज प्राचार्य जागरूकता पैदा करना था, जिनमें डाक्टर ललिता चंदन ने सभी प्रश्नोत्तरी, प्रेजेंटेशन, पोस्टर विजेताओं को सम्मानित किया मेकिंग, कोलाज मेकिंग और और आने वाले समय के लिए स्लोगन राइटिंग प्रतियोगिताओं का सुभकामनाएं आयोजन किया गया। प्रश्नोत्तरी में प्रतियोगिताओं में महाविद्यालय के अलग-अलग टीमों ने भाग लिया, लगभग 50 छात्रों ने इन इसमें नैंसी, पायल और सरिता, प्रतियोगिताओं में हिस्सा लिया और परीक्षा, रवीना और अमन शर्मा महाविद्यालय स्टाफ समेत लगभग तथा समीक्षा, प्रीति और पायल को 200 छात्र-छात्राओं ने कार्यक्रम में विजय घोषित किया गया। हिस्सा लिया।

प्रेजेंटेशन में साक्षी में प्रथम, अमन शर्मा ने द्वितीय और अंजलि कश्यप उत्कृष्ट राजकीय ने तृतीय स्थान हासिल किया। नारा महाविद्यालय लेखन में कृतिका प्रथम, कृतिका ठियोग में रोड शर्मा द्वितीय और परीक्षा तृतीय, सेफ्टी क्लब ने पोस्टर मेकिंग में आकृति हैट्टा दिवसीय प्रथम, पायल द्वितीय और मुस्कान प्रतिस्पर्धा प्रतियोगिताओं का तृतीय तथा कोलाज मेकिंग में दी। इन

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प्रश्नोत्तरी प्रतियोगिता में मारी बाजी



आयोजन किया। प्रश्नोतरी, पीपीटी अमन शर्मा दूसरे व अंजलि कश्यप प्रेजेंटेशन, पोस्टर मेकिंग, कोलाज तीसरे स्थान पर रहीं। निर्णायक मंडल मेकिंग और नारा लेखन में 50 की भूमिका डा. निधि ढंटवालिया, डा. विद्यार्थियों ने प्रतिभा दिखाई। रक्षा काल्टा और डा. सरोज नेगी रहे। कार्यक्रम की अध्यक्षता संस्थान नारा लेखन में कृतिका पहले, कृतिका की मुखिया प्राचार्य डा. ललिता चंदन शर्मा दूसरे और परीक्षा तीसरे स्थान ने की। क्लब संयोजक सहायक पर रही। पोस्टर मेकिंग में आकृति आचार्य आदित्य सिंह दुल्टा ने हेटा प्रथम, पायल द्वितीय और कार्यक्रम के उद्देश्य से अवगत मुस्कान तीसरे स्थान पर रहीं। करवाया। प्रश्नोत्तरी प्रतियोगिता का कोलाज मेकिंग में आकृति चंदेल संचालन सहायक आचार्य सतपाल पहले, समीक्षा दूसरे व प्रीति तीसरे

शर्मा ने किया। इसमें इसमें नैंसी, स्थान पर रहीं।

प्रश्नोत्तरी में नैंसी, पायल और सरिता प्रथम

रोड सेफ्टी क्लब की ओर से आयोजित प्रतियोगिताओं में 200 छात्रों ने लिया हिस्सा

सिटी रिपोर्टर | ठियोग

ठियोग नगर के उत्कृष्ट राजकीय महाविद्यालय में रोड सेफ्टी क्लब की ओर से दो दिवसीय प्रतिस्पर्धा प्रतियोगिताओं का आयोजन किया। इस आयोजन का मुख्य उद्देश्य युवा पीढ़ी में सड़क सुरक्षा को लेकर जागरुकता पैदा करना था।

नाका में सुदेव छुर्पा का रावार जागरकता पैदा करना था। इसी कड़ी में महाविद्यालय में दो दिवसीय प्रतियोगिताओं की श्रृंखला में प्रश्नोत्तरी, प्रेजेंटेशन, पोस्टर मेकिंग, कोलॉज मेकिंग और स्लोगन राइटिंग का आयोजन किया। महाविद्यालय के महाविद्यालय स्टाफ समेत लगभग 200 छात्र छात्राओं ने कार्यक्रम में हिस्सा लिया। कार्यक्रम

मेकिंग में आकृति हेटा प्रथम, पायल दूसरे और मुस्कान तीसरे स्थान पर जबकि कोलॉज मेकिंग में आकृति चंदेल प्रथम, समीक्षा दूसरे और प्रीति तीसरे स्थान पर रहे। कार्यक्रम के विजेताओं को मुख्यातिथि द्वारा मेडल, मेमेंटो और सटिंफिकेट्स के साथ सम्मानित किया। रोड सेफ्टी क्लब के सदस्य सहायक आचार्थ बसंत लाल द्वारा धन्यवाद प्रस्ताव पढ़ा गया और बलब के अन्य सदस्य सहायक आचार्य चंद्रेश कुमार द्वारा कार्यक्रम के आयोजन में महत्वपूर्ण भूमिका निभाई।

पोस्टर मेकिंग स्पर्धा में आकृति हेटा रही अव्वलः पोस्टर

की अध्यक्षता संस्थान की मुखिया प्राचार्य डॉ. ललिता चंदन ने की। रोड सेफ्टी क्लब के संयोजक सहायक आचार्य आदित्य सिंह डुल्टा के निर्देशन में प्रश्नोत्तरी 4 चरणों में हुई। जिसमें नैंसी, पायल और सरिता प्रथम, परीक्षा, रनीना और अमन शर्मा दूसरे और समीक्षा,

प्रीति और पायल तीसरे स्थान पर रहे। पीपीटी प्रेजेंटेशन में साक्षी प्रथम, अमन शर्मा दूसरे और अंजत्ति कश्यप तीसरे स्थान पर रहे। नारा लेखन में कृतिका प्रथम, कृतिका शर्मा दूसरे और परीक्षा तीसरे स्थान पर रहे।

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नारा लेखन में कृतिका अव्वल



ठियोग महाविद्यालय में सडक़ सुरक्षा को लेकर आयोजित प्रतियोगिताओं के विजेता मुख्यातिथि के साथ। संवाद

संवाद न्यूज एजेंसी

ठियोग (रामपुर बुशहर)। उत्कृष्ट राजकीय महाविद्यालय ठियोग में सड़क सुरक्षा क्लब ने दो दिवसीय प्रतियोगिताओं का आयोजन किया। इसका मुख्य उद्देश्य युवा पीढ़ी में सड़क सुरक्षा को लेकर जागरूकता पैदा करना था। सर्वोच्च न्यायालय के आदेशों पर कमेटी का देश के हर विद्यालय में गठन किया गया है।

देवभूमि हिमाचल में पांच सरकारी विभाग मिलकर रोड सेफ्टी क्लब को निरंतर प्रोत्साहन और आवश्यक निर्देश दे रहे हैं। इसमें लोक निर्माण, स्वास्थ्य, पुलिस, शिक्षा और परिवहन विभाग शामिल हैं। इसी कड़ी में महाविद्यालय में दो दिवसीय प्रतियोगिताओं की शृंखला का आयोजन किया गया। इसमें प्रश्नोत्तरी, 'पीपीटी प्रेजेंटेशन, नारा लेखन और कोलाज मेकिंग जैसी प्रतियोगिताएं आयोजित हुई। महाविद्यालय के करीब 50 छात्रों ने प्रतियोगिताओं में भाग लिया।

वहीं महाविद्यालय स्टाफ करीब 200 छात्र-छात्राओं ने कार्यक्रम में हिस्सा लिया। कार्यक्रम की अध्यक्षता प्राचार्य डॉ. ललिता चंदन ने की। रोड सेफ्टी क्लब के संयोजक सहायक आचार्य आदित्य सिंह दुल्टा ने कार्यक्रम के उद्देश्य लोगों को बताए। प्रश्नोत्तरी प्रतियोगिता का संचालन सहायक आचार्य सतपाल शर्मा ने किया।

इसमें नैंसी, पायल और सरिता प्रथम, परीक्षा, रवीना और अमन शर्मा द्वितीय और समीक्षा, प्रीति और पायल तृतीय रहे। पीपीटी प्रेजेंटेशन में साक्षी ने पहला, अमन शर्मा ने दसरा और अंजलि कश्यप ने तीसरा स्थान हासिल किया नारा लेखन में कृतिका प्रथम, कृतिका शर्मा द्वितीय, परीक्षा तृतीय, पोस्टर मेकिंग में आकृति हेटा पहले, पायल दूसरे, मुस्कान तीसरे, कोलाज मेकिंग में आकृति चंदेल प्रथम, समीक्षा द्वितीय और प्रीति तृतीय स्थान पर रहीं। रोड सेफ़्टी क्लब के सदस्य सहायक आचार्य बसंत लाल ने धन्यवाद प्रस्ताव पेश किया। आचार्य चंद्रेश कुमार ने आयोजन में महत्वपूर्ण भौमिका निभाई।



Road Safety Club:

- 1. Dr Aditya Singh Dulta (Convener)
- 2. Prof Basant Lal (Member)
- 3. Prof Sat Paul (Member)
- 4. Prof Chetna Negi (Member
- 5. Prof Chandresh Kumar (Member)

Principal