



**NSS Unit**  
**Government Degree College Theog,**  
**Distt Shimla**



**Report on Women's Day Celebration at Government College Theog**

11<sup>th</sup> March, 2025

The Women's Cell of Government College Theog, in collaboration with the NSS Unit, successfully organized a Women's Day celebration, emphasizing the importance of self-defense, physical fitness, and awareness regarding women's rights. The event witnessed active participation from students, faculty, and local community members.

The highlight of the celebration was a Self-Defense Training Session conducted exclusively for the girl students of the college. The session aimed at empowering young women with essential self-defense techniques to enhance their safety and confidence in challenging situations. The training was well-received, and students actively participated in learning practical skills for personal security.

Additionally, a session on Physical Fitness was conducted, where the esteemed Principal, Dr. Bhupinder Singh Thakur, interacted with the students. He emphasized the significance of maintaining a healthy lifestyle and encouraged students to adopt regular exercise and balanced nutrition as part of their daily routine. His interaction motivated students to prioritize their physical well-being alongside academic excellence.

As part of the Women's Day celebrations, a rally was also organized, in which more than 50 students participated enthusiastically. The students raised slogans promoting physical fitness and women's rights, drawing attention to crucial social issues. They also engaged with the local community, spreading awareness about the importance of women's empowerment and overall well-being. The rally served as a significant step toward sensitizing society about gender equality and women's safety.

The Women's Day celebration at Government College Theog was a resounding success, leaving a lasting impact on the students and community members. The event reinforced the message of strength, resilience, and empowerment among young women while promoting a healthier and safer society for all.

**Dr. Vikas Nathan \$ Prof Chetna Negi**  
**NSS Program Officer**



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**Theog, Himachal Pradesh, India**  
 Theog Bypass Road, Theog, Theog, Himachal Pradesh 171201, India  
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 03/11/2025 12:26 PM GMT+05:30  
 Note : Captured by GPS Map Camera



**Theog, Himachal Pradesh, India**  
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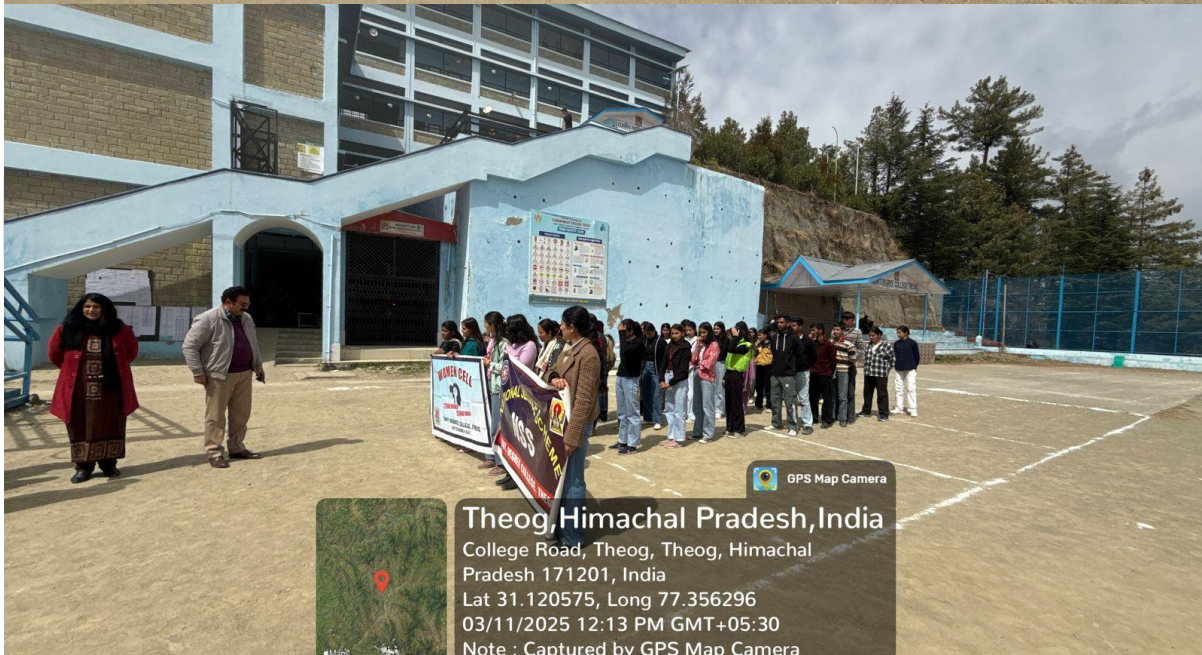


# NSS Unit Government Degree College Theog, Distt Shimla



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Theog, Himachal Pradesh, India

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