

Central University of Himachal Pradesh  
सप्त सिन्धु परिसर देहरा, ज़िला काँगड़ा, हिमाचल प्रदेश - 177101  
Sapt- Sindhu -Parisar Dehra, Distt. Kangra (H.P.)



*Extension Activities*  
*Department of Political Science*  
*(2020-22)*

## विवरण

### राष्ट्रीय पंचायती राज दिवस

हिमाचल प्रदेश केन्द्रीय विश्वविद्यालय के राजनीति विज्ञान विभाग द्वारा 'राष्ट्रीय पंचायती राज दिवस (24 अप्रैल) के अवसर पर जागरूकता अभियान के तहत 25 अप्रैल 2022 को देहरा ब्लाक की धवाला पंचायत में लोगों को जल संरक्षण, स्वच्छता और कोविड-19 से सम्बन्धित सावधानियों के विषय में लोगों को जागरूक किया गया। इस अभियान के माध्यम से विद्यार्थियों द्वारा लोगों को जल संरक्षण के उपाय, अपने परिवेश में स्वच्छता और कूड़े करकट का निदान कैसे किया जाये तथा कोविड-19 के बाद कोरोना के नये स्वरूप से बचने के लिए क्या सावधानियां राखी जा सकती है के बारे में जागरूक किया गया। इस अभियान में विभाग के संकाय सदस्यों और लगभग 45 विद्यार्थियों ने अपनी सहभागीता दी। अभियान की संयोजिका का कार्य डा० ज्योति द्वारा किया गया।







## REPORT of EXTENSION ACTIVITY

Awareness Programme on Healthy Lifestyle (Dated 08/02/2022)

The Department of Political Science, Central University of Himachal Pradesh organised an extension activity in Degree College, Dehra. This Programme was coordinated by Dr. Jyoti. Two faculties of the Department, Dr. Arundhati Sharma and Mrs. Aaradhana Singh were speakers for the event. Mrs. Aaradhana Singh spoke on the issue of menstrual health explaining and exploring the taboo around the issue as well as looking for alternatives to sanitary napkins, issue of disposal and women reproductive health in detail. Dr. Arundhati Sharma explored the issue further with personal experiences giving it an empirical perspective. She also talked about lifestyle choices for a healthy and hygienic life, both mentally and physically.







### Attendance Sheet

Topic: - Awareness Programme on **Healthy Life Style** (Dated 08/02/2022) GDC Dehra.  
Organised by Deptt. of Political Science CUHP Dehra.

Sr.No.	Name	Roll No.	Class	Signature	Remarks
1	Neha Devi	21001	B.1st year	Neha Devi	
2	Anita Devi	21056	B.1st year	Anita Devi	
3	Shivani	202118	B.com 1st year	Shivani	
4	Priyanka	202116	B.com 1st year	Priyanka	
5	Nitika	20005	B.A. 2nd year	Nitika	
6	Kiran	21079	B.A. 1st year	Kiran	
7	Smriti	2019com08	B.com III year	Smriti	
8	Pooja	2019com17	B.com III year	Pooja	
9	Amruta	2019com16	B.com III year	Amruta	
10	Shivani	2019com22	B.com III year	Shivani	
11	Rajal	2019com-12	B.com III year	Rajal	
12	Neha	2019com23	B.com III year	Neha	
13	Manika Thakur	2019com09	B.com III year	Manika Thakur	
14	Ritika	2019com01	B.com III year	Ritika	
15	Poonam	201919057	B.A. III year	Poonam	
16	Shabnam	19058	B.A. III year	Shabnam	
17	Vaidhalp	19019	B.A. III year	Vaidhalp	
18	Tanya Jambwal	21037	B.A. 1st year	Tanya	
19	Trisha	21036	B.A. 1st year	Trisha	
20	Kiran Bala	21035	B.A. 1st year	Kiran Bala	
21	Priyanka	21051	B.A. 1st year	Priyanka	
22	Sumaina	21052	B.A. 1st year	Sumaina	
23	Sakshi	21038	B.A. 1st year	Sakshi	
24	Kanchan	20031	B.A. 2nd year	Kanchan	
25	Diksha	2021030	B.A. 1st year	Diksha	
26	Ritika	21029	B.A. 1st year	Ritika	
27	Akshita	20010	B.A. 2nd year	Akshita	
28	Priyanka Rana	20009	B.A. 2nd year	Priyanka	
29	Isha	21028	B.A. 1st year	Isha	
30	Sapna Kumari	20026	B.A. 2nd year	Sapna Kumari	
31	Yamini	19051	B.A. final year	Yamini	
32	Priyanka	19047	B.A. 3rd year	Priyanka	
33	Priyanka Jambwal	19033	B.A. 3rd year	Priyanka Jambwal	
34	Kanika Chaudhary	21078	B.A. 1st year	Kanika	
35	Priyanka	21058	B.A. 1st year	Priyanka	
36	Ashish Bhatia	2019com06	B.com 2nd year	Ashish	
37	Tanshi Shrivastava	2019com27	B.com 2nd year	Tanshi Shrivastava	
38	Sunil Kumar	21016	B.A. 1st year	Sunil Kumar	
39	Isha	2019com45	B.com final year	Isha	
40	Neha Kumari	2019com47	B.com final year	Neha	
41	Anu Bala	2019com41	B.com final year	Anu Bala	



Attendance Sheet

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Sr.No.	Name	Roll No.	Class	Signature	Remarks
42	Wisha	21053	B.A 1st year	Wisha	
43	Ritika	19001	B.A. 3rd year	Ritika	
44	Aarshi	190017	B.A 3rd year	Aarshi	
45	Anjali Dhiman	19071	B.A 3rd year	Anjali Dhiman	
46	Nancy	19024	B. A. 2nd year	Nancy	
47	Khushboo	51	B.Com 3rd year	Khushboo	
48	Kajal Choudhary	26	B. Com 3rd year	Kajal	
49	Nitika	19049	B.A 3rd year	Nitika	
50	Taha Koundal	19063	BA 3rd Year	Taha	
51	Anchal Sharma	19050	BA 3rd Year	Anchal	
52	Tanika Chaudhary	19016	B.A 3rd Year	Tanika	
53	Damini Chaudhary	19045	B.A 3rd year	Damini	
54	Anjali	19015	B.A 3rd year	Anjali	
55	Shikha	19041	B.A 3rd year	Shikha	
56	Monika Kumari	19014	B.A 3rd year	Monika	
57	Ankush	21061	B.A 1st year	Ankush	
58	Sonita Devi	21080	B.A 1st year	Sonita Devi	
59	Rippan	21081	BA 1st year	Rippan	
60	Akanksha	21060	BA 1st year	Akanksha	
61	Shayana	21075	BA 1st year	Shayana	
62	Divyansha	21048	17	(Phar)	
63	Poonam Chaudhary	2019 Com. 04	B.Com 3rd year	Poonam	
64	Ritu Devi	2019 Com 29	B.Com 3rd Year	Ritu	
65	Neha	2019 Com 05	B.Com 3rd year	Neha	
66	Kamini Verma	2019 Com 03	B. Com. 3rd year	Kamini	
67	Shalini	2019 Com. 07	B. Com. 3rd year	Shalini	
68	Nikita Kumari	20016 Def	B.A 2nd year	Nikita	
69	Minakshi Dhiman	20004 Def	B.A 2nd year	Minakshi	
70	Muskan	21009	B.A 1st year	Muskan	
71	Kanchan Bhatti	2021 Com 01	B. Com 1st year	Kanchan	
72	Rubali	2059 P	B.A. 1st year	Rubali	
73	Suman	21085	B.A 1st year	Suman	
74	Sahil Kumar	21070	B.A 1st year	Sahil	
75	Abdul Kowtal	21018	BA 1st year	Abdul	

हिमाचल प्रदेश केन्द्रीय विश्वविद्यालय  
Central University of Himachal Pradesh  
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*Department of Political Science*



**Report on Vidhan Sabha Trip**

**December 2021**

The Department of Political Science, Central University of Himachal Pradesh (CUHP), Dharamshala organised a one day trip to attend the Winter Session of the Vidhan Sabha, Dharamshala, Himachal Pradesh on 15 December, 2021. Students of M.A Programme as well as Ph.D. Programme participated in the one day trip.

The main objective of the trip was to acquaint the students about the practical aspects of the working of the Vidhan Sabha. Around 42 students who participated in the trip had the opportunity to observe and listen to the proceedings of the session.

Dr. Jyoti, who was the coordinator of the trip., was accompanied by Dr. Arundhati Sharma and Dr. Vimal Kumar Kashyap, both faculties at the Department.

