

# FEEDBACK & PROGRAMME REPORT

of

## One Day Basic Training Programme

on

# HUMAN RIGHTS

Sponsored by

## NHRC NEW DELHI

21 September, 2021

o/c



*Organised by*

**SSJDVSSS**

**Govt. P.G. College Ranikhet, Almora, Uttarakhand**



Phone & Fax No. (05966) 220372  
Website: [www.jdvffgpgcranikhet.org](http://www.jdvffgpgcranikhet.org)  
E-mail: [gpgcranikhet1973@gmail.com](mailto:gpgcranikhet1973@gmail.com)  
GPGC Ranikhet

**NATIONAL HUMAN RIGHTS COMMISSION  
NEW DELHI, INDIA**



**SPONSORED**

**One-Day Training Program  
on**

**HUMAN RIGHTS ISSUES**

**(Sensitizing Young Students, especially Girls Students about Human Rights)  
on**

**September 21, 2021 @ 09:00 AM- 4:30 PM**



**PATRON**  
**Dr. Hema Prasad**  
Principal, Govt. P.G.  
College, Ranikhet



**CHIEF GUEST**  
**Mr. Karan Mahara**  
(MLA-Ranikhet & Deputy Leader; Opposition)



**CHIEF PATRON**  
**Dr. P. K. Pathak**  
Director, Higher  
Education Uttarakhand



**Dr. Chandra Ram**  
Principal, Govt. P.G.  
College, Kashipur

**Resource  
Persons**



**Mr. D.S. Kotliya**  
Corporate Trainer and  
Motivational Speaker



**Mrs. Ruchi Arya**  
Assistant Regional  
Director, UOU Haldwani



**Prof. J.S. Bisht**  
Faculty of Law  
SJ University, Almora

**ORGANISING COMMITTEE**



**Dr. J.S. Rawat**  
Co-organising Secretary



**Mr. Rohit Joshi**  
Co-organising Secretary

**Organized  
by**



**Dr. Dinesh Chandra**  
Program Convener



**Dr. Pankaj Priyadarshi**  
Organising Secretary

**SSJDVSSS, Govt. P.G. College Ranikhet,  
Almora, Uttarakhand**

Phone & Fax No. (05966) 220372  
Website: [www.jdvffgpgcranikhet.org](http://www.jdvffgpgcranikhet.org)  
E-mail: [gpgcranikhet1973@gmail.com](mailto:gpgcranikhet1973@gmail.com)  
GPGC Ranikhet

**Seats Available – 100 Around Free Registration Venue- College Auditorium**



**NHRC SPONSORED ONE DAY BASIC TRAINING PROGRAMME**  
on  
**HUMAN RIGHTS**

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Index

S.N.	Particular	Page Number
1	Covering Letter	--
2	About the Programme	(i-iii)
3	Programme Detail	(iv)
4	Detail of Committees formatted for Organising the Programme	(v)
5	About the Resource Persons	(vi)
6	Resources Persons Contact Number & Address	(vii)
7	Participants Contact Number List	(viii-x)
8	Participants Attendance List	(xi-xiv)
9	Programme Report (Summary)	1-13
10	Participants Feedback Analysis/ Report	14-18
11	Sample of Students/Participants Registration Form	19
12	Sample of Programme feedback form	20
13	Sample (Xerox-Copy) of Certificate provided to participants	21
14	Samples of Human Rights Pledge taken by the participants/ Students	22-26
15	UC and Supporting Bills of Expenditures	27-37
16	Photo Copy of a cancelled cheque for Account Detail	38
17	Pack of 3 DVD's [Video Recording of the Programme]	--

  
(Dr. Hema Prasad)

# GOVT. P.G. COLLEGE RANIKHET, ALMORA UTTARAKHAND- 263645



Phone & Fax No. (05966) 220372  
Website: www.jdvffgpgcranikhet.org  
E-mail: gpgcranikhet1973@gmail.com

Letter No. 188.. / NHRC/ 2021

Dated 4/10/2021

To,

The National Human Rights Commission  
(NHRC Training Division)  
Manav Adhikar Bhawan  
Block- C, GPO Complex  
INA, New Delhi- 110 023

**Subject- Regarding submission of Programme Report, Feedback Report and UC.**

Respected Sir/Madam,

As per your Letter No.- F.No. 23011/127/2019-20Trg. Dated 12/03/2020 our proposal for organising a one-day Training program on Human Rights was approved. But, due to COVID-19 pandemic spread-out the social gathering was restricted and the Educational Institutions were running through Online mode. Following the COVID protocol we could not have done this program earlier. Thus, our institution~~s~~ organised the program on 21, September 2021.

The approved budget for this programme was Rs. 75,000/- (Rs. 67,500/- Financial Assistance from NHRC and Rs. 7,500/- as institution contribution) and NO advance fund has been allotted to the Institution in this regard so far. Now we are sending the Programme Report, Feedback Report, Utilisation Certificate and Expenditure details of the One-Day Basic Training Programme on Human Rights conducted by our college on 21, September 2021.

Please take the necessary actions. The account details for remitting the Grant-in-aid (expenditures incurred as per the sanctions) is as follows-

Name of the Account Holder	-	GPGC Book Bank Account, Govt. P.G. College Ranikhet, Almora
Name of Bank	-	SBI Ranikhet
Account Number	-	109318870596 (Saving Bank Account)
MICR Code	-	263002645
IFS Code	-	SBIN0000704 (SBIN four time Zero Seven Zero Four)

(A cancelled Cheque enclosed)

Regards

Your's Sincerely

Enclosure-

1. Feedback & Programme Report (37 pages bind Report)
2. UC and Expenditure Bills (12 pages bind Report)
3. A pack of 3 DVD's (Video Recording of the program)

(Dr. Hema Prasad)  
Principal  
Govt. P. G. C. Ilege  
Ranikhet (Almora)



## HUMAN RIGHTS FOR ALL

### *About the Program.....*

**“To deny people their Human Rights is to challenge their very Humanity.”**

***Nelson Mandela***

We are very pleased to inform you that today, a one-day training program sponsored by National Human Rights Commission, New Delhi on Human Right Issues is being organized here at Government College, Ranikhet, Almora (Uttarakhand). The purpose of this program is to disseminate awareness about Human Rights, especially to the girl and under privileged students living in the vicinity who are pursuing graduation and post-graduation courses. Most of the students studying in the institute are from rural backgrounds, having very hard earning sources. Although, in the area surrounding the institute the literacy rate and enrolment ratio in the higher education institutions is satisfactory. But, majority of youth specifically the girls are still living in the stereotypical environment and sometimes unwillingly have to follow the social taboos imposed on them by society since ages, despite having enough awareness about their Constitutional Rights, they rarely have real excess to them. In this program, detailed and informative lectures will be delivered by renowned resource persons blending their knowledge with the real-world scenario. The program will consist of four sessions, covering various aspects about; Human Rights, various Human Rights Organizations and their working in India, Rights of Women, Children and Deprived Sections of the society will be covered by eminent speakers.

Being born as a human every person of the society is bestowed with certain fundamental rights which are inalienable to a human born on mother earth, these rights are generally referred to as human rights. Since these rights are already due to him through his existence as a member of civilized society, these rights become effective only when he has consciousness about the rights. These are Birthrights, sacrosanct to all members of society, regardless of their caste, belief, religion, gender and nationality. The term “human rights” denotes all those rights that are inherent in our social systems, without which we, as a human being, cannot live a respectful life. They are innate and inalienable rights that humans need in order to lead a dignified life. Although the concept of human rights was widespread in the 20th century due to the liberation of the world from monarchy and colonial rule and advent of democracy as its resultant output, the concept of human rights is also inscribed in our ancient texts and classical writings. Ancient Indian thinkers such as Manu, Parasara and Kautilya imposed many protective duties on the rulers. Thus, the roots of human rights thinking



can be found in the writings of ancient and classical scholars. In the west it was Plato (427-406 BC) of ancient Greece who propounded his great plan of justice. His student Aristotle (384-322 BC) also followed the same path to discuss the virtue, justice and the rights of the individual in Greek society. Cicero (106-43 BC) provided the philosophical foundations of natural law. Later scholars such as Thomas Aquinas (1225-1274) and others based their religious arguments on the fundamental value of human dignity and the universality of natural law. However, these writings had an indirect reference to human rights thinking, rather than to what we will find in later contributions made by recent Human Rights Activities and organizations around the globe. However, to the civilized society, it took two great wars and millions innocent and merciless deaths to represent a comprehensive and holistic declaration that was elaborated and codified in the form of Universal Declaration of Human Rights (UDHR) in 1948. Ever since all human rights - Civil, Political, Economic, Social and Cultural- are recognized as universal, inherent and inalienable, indivisible, interdependent legal body. The United Nation defines human rights as "the rights that are inherent in our natural state and without which we as human beings cannot live".

Human rights are extremely important as it ensures justice, equality, liberty, dignity and peace to individual and community. Despite the universal declaration on human rights many people every day face human right abuses across the countries. Although India is signatory of UNDHR and the fundamental rights in the constitution of India are considered as bedrock of Human Rights. However, due to the prevalent heterogeneity in its social, religious and economic structures both vertically and horizontally, marginalized and oppressed peoples remain at the receiving end of the human rights violations. These atrocities can moreover be attributed to, widespread lack of awareness, poor functional and legal literacy in the socio-cultural terrains of India. Human rights, are very basic rights for the physical, moral and social welfare of an individual in particular and society in general, in other words it is very necessary rights for individual to develop their personality, human qualities, conscience, intelligence and to satisfy their spiritual and other higher needs.

Today's program, therefore, is a piecemeal effort of the organizers to stimulate pulses of awareness and curiosity among the students, especially the girl and under-privileged students living in the rural vicinities of the Government Post Graduate College Ranikhet, Almora (Uttarakhand). The organizers, in particular, and the college fraternity, in general, owes heartfelt gratitude towards National Human Rights Commission (NHRC) for sponsoring this one-day training program on Human Rights. Students' registration for the program was done through the google form. In total 223 students of the college were found interested to participate in the program. Going little ahead of the mandate of around 100 participants of NHRC, the committee has selected about 120 final participants as the target group of the event, considering the financial and other administrative resources. The





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**HUMAN RIGHTS ISSUES**

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### PROGRAMME DETAILS

Date of Training: 21 September 2021

08:30 AM – 09:00 AM	<b>REGISTRATION</b>
09:00 AM – 09:05 AM	<b>Dr. Dinesh Chandra</b> Programme Convener Pre-Lunch Session Host
09:05 AM – 09:10 AM	<b>Prof. Sanjay Kumar</b> Head of Department Chemistry: Theme Introduction
09:10 AM – 09:15 AM	<b>Dr. Hema Prasad</b> Patron & Principal: Welcome Address
09:15 AM – 09:20 AM	<b>Dr. P.K. Pathak</b> Chief Patron & Director of Higher Education Uttarakhand: Chief Patron Address
09:20 AM – 09:30 AM	<b>Mr. Karan Mahara</b> Honorable MLA Ranikhet & Deputy Leader, Opposition: Chief Guest Address
<b>TECHNICAL SESSION- I</b> 09:30 AM – 11:00 AM	<b>Dr. Chandra Ram</b> Resource Person Principal, R.H, Govt. P. G. College Kashipur <i>Topic: Introduction to Human Rights &amp; Human Rights of Vulnerable Groups.</i>
11:00 AM – 11:15 AM	<b>TEA BREAK</b>
<b>TECHNICAL SESSION- II</b> 11:15 AM – 12:45 PM	<b>Prof. J.S. Bisht</b> Resource Person Faculty of Law, SSJ University Campus, Almora. <i>Topic: Human Rights and Constitutional Provisions.</i>
12:45 PM – 01:15 PM	<b>LUNCH BREAK</b>
<b>POST LUNCH SESSION</b>	<b>Dr. Pankaj Priyadarshi</b> Organising Secretary Post Lunch Session-Host
<b>TECHNICAL SESSION- III</b> 01:15 PM – 02:45 PM	<b>Mr. D. S. Kotliya</b> Resource Person Corporate Trainer & Motivational Speaker <i>Topic: Rights of Women and Children</i>
<b>TECHNICAL SESSION- IV</b> 02:45 PM - 04:15 PM	<b>Ms. Ruchi Arya</b> Resource Person Assistant Regional Director, UOU Haldwani <i>Topic: Human Rights Institutions in India.</i>
04:15 PM - 04:20 PM	<b>Dr. J.S. Rawat</b> Co-organising Secretary Valedictory Session
04:20 PM - 04:30 PM	<b>Mr. Rohit Joshi</b> Co-organising Secretary Vote of Thanks Address

"Knowledge makes a man unfit to be a slave."

Frederick Douglass





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दिनांक 21 सितम्बर 2021 को महाविद्यालय में आयोजित होने वाले एक दिवसीय प्रशिक्षण कार्यक्रम के सफल एवं अनुशासित संचालन के निम्न समितियों गठित की जाती हैं।

### A. Welcome Committee

1. Prof. Sanjay Kumar
2. Dr. Anjala Durgapal
3. Dr. Prabhat Dwivedi
4. Dr. Maya Shukla
5. Dr. R. K. Singh

### B. Registration Committee

1. Dr. B. B. Bhatt
2. Dr. Nitika
3. Dr. Priyanka Jain
4. Dr. Bushara Mateen
5. Mr. P. C. Pande
6. Mr. Govind Singh

### C. Day Reporter Committee

#### Pre-Lunch Session

1. Dr. Niharika

#### Post-Lunch Session

2. Dr. Purnima

### D. Photography/Videography Committee

1. Dr. Kamla : Pre-Lunch Session
2. Dr. Neema Bora: Post-Lunch Session
3. Hired Professional camera person

### E. Food/ Meal Arrangement Committee

1. Dr. Nidhi Pande
2. Dr. Sushil Jain
3. Dr. Parul Bora
4. Mr. Kripal Singh
5. Mr. Pushpa Sharma
6. Mr. Kundan Ram
7. Mr. Chandan Singh

### F. Certificate Writing Committee

1. Dr. Namita Mishra
2. Dr. Basant Negi
3. Dr. Parul Bhardwaj
4. Mr. Harish Joshi

### G. Media Committee

1. Dr. Kalpana Sah
2. Dr. Shanker Kumar

### H. Attendants on Duty on Training Day

1. Mr. Naveen Joshi
2. Mr. Kailash Chandra

### I. Mike and Electricity Committee

1. Dr. Vijay Bisht
2. Dr. Deepak Kumar Upreti
3. Dr. Deepa Nanda
4. Mr. Yogendra Singh Negi

### J. Venue Discipline Maintaining Committee

1. Dr. Roopa Arya
2. Dr. Priti Kumari
3. Two girls NCC Cadets

### K. Seating Arrangement and Hall Decoration Committee

1. Dr. Dinesh Chandra
2. Dr. Ruchi Sah
3. Mr. Vikram Singh
4. Mr. Naveen Joshi
5. Mr. Ram Kishan
6. Mr. Dinesh
7. Mr. Kripal Singh Negi
8. Mr. Mohit Chaudhary

### L. Organizing Committee

1. Dr. Dinesh Chandra - Convener
2. Dr. Pankaj Priyadarshi - Org. Secretary
3. Dr. J. S. Rawat - Co-organizing Secretary
4. Mr. Rohit Joshi - Co-organizing Secretary

### M. Projector Handling Committee

1. Dr. Deepak Kumar Upreti
2. Mr. Rohit Joshi

### N. Sensitization & Temperature

1. Mr. Santosh Kumar
2. Mr. Virendra

नोट- प्रवेश समिति के संयोजक तथा सदस्य उपरोक्त समितियों में उत्तरदायित्व निर्वहन के अतिरिक्त आपसी ताल-मेल कर प्रवेश प्रक्रिया को भी सुचारु रखें, तथा जिन प्राध्यापकों/कर्मचारियों की ड्यूटी प्रशिक्षण कार्यक्रम में नहीं है अथवा पूर्ण हो जाती है वे लोग प्रवेश प्रक्रिया में सहयोग दें।

Principal  
Govt. P. G. C. College  
Ranikhet (Almora)

Organising Secretary  
(Dr. Pankaj Priyadarshi)

Convener  
(Dr. Dinesh Chandra)



## About the Resource Persons....



**Dr. Chandra Ram**

Dr. Chandra Ram is an academician par excellence and has reflected great administrative capabilities in his illustrious career spreading around 4 decades. He started his professional career 1983 and served in various Colleges across Uttarakhand. Since 2004 he has been working as a principal, having served in colleges of Syalde, Agastyamuni and Ranikhet, he is currently serving at RHPG College, Kashipur. He also is recipient of Rashtriya Vidya Saraswati Puraskar from IIEEM, New-Delhi and Rashtriya Vidya Gaurav medal from ISC, New-Delhi for his immense contribution in the field of education.

**Pro. (Dr) J. S. Bisht**

Prof. Bisht is working as an academician since last 3 decades with SSJ University, Almora. He has expertise in Law and has been delivering lectures across various Colleges, Universities and learning centres across India and abroad. He has also been working for the social welfare of the general masses and has been conducting workshops to make the general masses more aware about the functional knowledge about law.



**Mr. D.S. Kotliya**



Mr. Kotliya is a Resource Person and Key Note Speaker, Life Skills Coach, Mentor and Counsellor, Corporate Trainer and Motivational Speaker, Social Thinker and Community Activist. He has a vast experience working in the corporate world for around 25 years, has served as a Senior Executive working in large corporates in Meerut and Delhi. He has been associated with many prestigious institutions like HRDC, ATI, Nehru Yuva Kendra Sangathan etc. His vision is to empower the youth about the infinite power and potential they have and give them a guided vision to unleash their life.


**Ms. Ruchi Arya**

Ms. Ruchi Arya, presently working as Assistant Regional Director at Uttarakhand Open University, she is also working as Assistant Public Information Officer. She is a Post Graduate in Law as well as Tourism Management and has also qualified UGC-NET in both the subjects respectively. She holds a life membership of the Bar Council of India and Uttar Pradesh. Her research acumen finds her potential in the subject areas of Environmental Law, Capability of Human Action, and Adultery.



## RESOURCE PERSONS CONTACT NUMBER & ADDRESS

S.N.	NAME OF THE RESOURCE PERSON	ADDRESS	CONTACT NUMBER
1	<b>Prof. Jeewan Singh Bisht</b>	Professor, Faculty of Law Soban Singh Jeena University Campus, Almora, Uttarakhand- 263601	+919027139572
2	<b>Dr. Chandra Ram</b>	Principal Govt. PG College Kashipur Udham Singh Nagar Uttarakhand- 244713	+918954710069
3	<b>Mr. Devendra Singh Kotliya</b>	Corporate Trainer, Social Activist & Motivational Speaker. B-7, Gauri Bhawan, Shyam Vihar, Mukhani, Haldwani, Nainital, Uttarakhand-263139	+917409594090
4	<b>Mrs. Ruchi Arya</b>	Assistant Regional Director Uttarakhand Open University Haldwani (Nainital) Uttarakhand – 263139	+917376234730

  
**PRINCIPAL**  
 Principal  
 Govt. P. G. C. Ilege  
 Ranikhet (Almora)

(DR. HEMA PRASAD)





## **NHRC SPONSORED**



### **One-Day Training Program on HUMAN RIGHTS ISSUES**

(Sensitizing Young Students, especially Girls Students about Human Rights)

On 21 Sep. 2021

Organised by

**GOVT. P.G. COLLEGE RANIKHET, ALMORA, UTTARAKHAND**

### **PARTICIPANTS LIST/ ATTENDANCE LIST**

S.N.	NAME	FATHER NAME	CLASS	MOBILE NO	SIGNATURE
1	VIVEK NEGI	MR. KUNDAN SINGH	B.A2 SEM	7298428454	Present
2	ABHA ADHIKARI	MR. MAHENDRA SINGH ADHIKARI	B.ED (2ND - SEM )	9410902784	Present
3	AISHWARYA RASTOGI	MR ARVIND RASTOGI	B. ED	7351352332	Present
4	AMIT BELWAL	VINOD CHANDRA BELWAL	M. COM 2ND SEM	9411317255	Present
5	ANJALI	MR. YASHPAL	MA2SEM	9675587576	Present
6	ARTI	ANAND SINGH	B. ED 4TH SEM.	8191990770	Present
7	ASHISH ARYA	RAMESH CHANDRA	BSC	8445943974	Present
8	BABITA MATHPAL	HEM CHANDRA MATHPAL	BSC 2 SEM	8171627201	Present
9	BHAWANA ADHIKARI	BAL WANT SINGH ADHIKARI	M.COM 2SEM	7409066303	Present
10	BHAWANA JOSHI	MANOJ JOSHI	B. A. 4TH SEM	7451837631	Present
11	BHAWANA MEHRA	BAHADUR SINGH	M.A 2ND SEM	7618119066	Present
12	CHANDNI MEHTA	MANOHAR SINGH MEHTA	M.A. 2ND SEM	8650821745	Present
13	CHANDRAKANTA ARYA	RAMESH CHANDRA	M COM 2SEM	7037751594	Present
14	CHETAN MANRAL	VIRENDRA MANRAL	B.SC 2ND SEM	9411753163	Present
15	DIKSHA PANT	RAMESH CHANDRA PANT	M.A.2ND SEM	8449406122	Present
16	DIKSHA PAWAR	SURENDRA SINGH PAWAR	B.ED 2 <sup>ND</sup> SEM	8448335648	Present
17	DINESH ARYA	KISHAN RAM ARYA	M.SC	991720751	Present
18	DIVYA ADHIKARI	RAJENDRA ADHIKARI	B A	8755699154	Present
19	DIVYA ARYA	DINESH LAL	BED 2 <sup>ND</sup> SEM.	7078986590	Present
20	DIVYA RAWAT	MR. NARENDRA SINGH RAWAT	BA 4TH SEM	7248371464	Present
21	DIYA ADHIKARI	RAJENDER ADHIKARI	BA.1	8267032511	Present
22	FARDEEN	ALTAF HUSSAIN	B.ED 4 <sup>TH</sup> SEM	7900659553	Present
23	GANGA JOSHI	GOVIND BALLABH JOSHI	B. ED.	7618259116	Present
24	GARIMA ARYA	LATE. SANJAY ARYA	BCOM 1ST SEM 2	8006850147	Present
25	GARIMA PANDEY	PRAKASH CHANDRA PANDEY	B.ED 2 <sup>ND</sup> SEM	8126485116	Present
26	GAURAV MANRAL	GANESH SINGH MANRAL	BA 1ST YEAR	9557437581	Present
27	GEETANJALI	GANESH DUTT DORBI	M.A. 2ND SEM	8650329669	Present
28	GEETANJALI BISHT	CHANDAN SINGH BISHT	BSC 2ND SEM	8171894713	Present
29	GEETANJALI RAWAT	KHEEM SINGH RAWAT	B.SC 2 ND SEM	8791809385	Present
30	GUNJAN SHARMA	MR. MAHESH CHANDRA SHARMA	B.COM 2ND SEM	7302561188	Present
31	HARSHIT NAINWAL	BHARAT NAINWAL	MSC PHYSICS	8057239735	Present
32	HEMA KARAYAT	MR. BAHADUR SINGH KARAYAT	BSC 2ND SEM	7217296314	Present
33	HEMA NEGI	MR. DEVENDRA SINGH NEGI	M.A SECOND SEM	7409066284	Present
34	HIMANI KUWARBI	CHANDAN SINGH	M.SC 2ND SEM	9389864678	Present
35	HIMANI PAWAR	PREM SINGH PAWAR	B.ED 4TH SEM	8474991558	Present
36	INDIRA JOSHI	MR. GIRISH CHANDRA JOSHI	M.SC 2ND SEM	9410705489	Present
37	JAGRITI RAWAT	MR. DEVENDRA SINGH RAWAT	M.A	8449040646	Present
38	JATIN SINGH KHATI	GOKUL SINGH KHATI	MSC (PHYSICS)	9917572556	Present
39	JYOTI	BISHAN RAM	M.A 2SEM	9027046368	Present
40	JYOTI GOSWAMI	BAHADUR NATH	M.A	9410789465	Present
41	KAMALA NEGI	MR. TRILOK SINGH NEGI	B.ED 4TH SEM.	8936919901	Present
42	KANCHAN NEGI	INDRA SINGH NEGI	B.A 1 SAM	8979434785	Present



43	KARAN JOSHI	TRILOCHAN JOSHI	MS.C 2ND SEM	9675604917	Present
44	KARAN NEGI	PRATAP SINGH NEGI	BA 2ND SEM	8006895558	Present
45	KAVITA TANWAL	CHANDAN SINGH TANWAL	B.A 4SEMSTER	7409068820	Present
46	KIRAN ARYA	BALI RAM	MA 4 SEM	9389083858	Present
47	KOMAL ARYA	SANJAY KUMAR	BA 4 SEMESTER	7037814418	Present
48	LATASHA BISHT	BALAM SINGH BISHT	B.COM 2 SEM	7078830231	Present
49	MAMTA BISHT	MR BHUPAL SINGH BISHT	B.A 2 SEMESTER	7983763437	Present
50	MANISH CHANDRA PANT	BHUWAN CHANDRA PANT	B.ED 2 SEM	9411173067	Present
51	MANISHA MAHRA	MR. BAHADUR SINGH MAHRA	B.A 4TH SEM	7505794418	Present
52	MANISHA MEHRA	MR. PAN SINGH MEHRA	B.ED 4SEM	7310967739	Present
53	MANSI RAWAT	MR PRAVEEN SINGH RAWAT	BSC SECOND SEM	7618280646	Present
54	MANSI BISHT	MADAN SINGH BISHT	BCOM. 2 SEM	8755206053	Present
55	MAYA TANWAL	MR. PRATAP SINGH TANWAL	MA	7409425030	Present
56	MEENA RAWAT	JASWANT SINGH RAWAT	MA ENGLISH	8393970590	Present
57	MEENAKSHI ADHIKARI	RAJENDRA SINGH	BA 1ST	7466925694	Present
58	MEERA MANRAL	BIRENDRA SINGH	B.ED. 2 SEM	7060166695	Present
59	MINAKSHI PANT	NAVEEN CHANDRA PANT	M.SC	8393916886	Present
60	MOHAN SINGH PHARTYAL	RAJENDRA SINGH PHARTYAL	B.A 1ST SEM	7302395617	Present
61	MOHIT JOSHI	HARISH CHANDRA JOSHI	M.SC. 2 SEM.	9761327410	Present
62	MOHIT KUMAR	KAMAL KMAR	M. SC. 2ND SEM	7906459113	Present
63	MOHIT NEGI	TEKA SINGH NEGI	MSC	7060967649	Present
64	MUKESH BISHT	MR. GAJENDRA SINGH	M.SC 2 SEM	7055445325	Present
65	MUKESH CHANDRA ARYA	RAJENDRA CHANDRA	B.A 4 SEM	9675535016	Present
66	NEEMA BHANDARI	ANAND SINGH BHANDARI	MA 2ND SEM	9193109411	Present
67	NEERAJ KUMAR	GIRDHARI LAL	M.Sc	-	Present
68	NEERAJ MANRAL	JASHOD SINGH	M SC 2 ND SEM	8006647547	Present
69	NEHA	MR. RAMESH CHANDRA	BA 2ND SEM.	7983627506	Present
70	NEHA MEHRA	GUMAN SINGH	M.A	9193261163	Present
71	NEHA PURI	POORAN PURI	BED 2 SEM	9456545273	Present
72	NIDHI MEHRA	BALWAN SINGH	BCOM. 2ND SEM	9389974048	Present
73	NIKITA KARGETI	LALIT MOHAN KARGETI	M.SC 2ND SEM	7251073246	Present
74	NIMISHA PANDEY	MR. GIRISH CHANDRA PANDEY	B.ED -4TH SEM	8006656166	Present
75	NIVEDITA PAWAR	MR. SANJEEV KUMAR	BA 5 SEM	7895470199	Present
76	POOJA	MR. PREM PRAKASH	B.SC 2ND SEM	8126678075	Present
77	POOJA BISHT	BHUWAN SINGH BISHT	MSC	7055931884	Present
78	POOJA GUSAIN	TARA SINGH GUSAIN	M.SC (2 SEM)	7060662789	Present
79	POOJA JOSHI	PREM BALLABH JOSHI	BSC 2SEM	8126693514	Present
80	POOJA PAPNAI	MOHAN CHANDRA PAPNAI	MA. 2 YEAR	8650966788	Present
81	POOJA RAWAT	MR. RAM SINGH RAWAT	6 SEM	9634936176	Present
82	POONAM JOSHI	MR. BHUWAN CHANDRA JOSHI	B. ED 2ND SEM	9568948443	Present
83	POORAN CHANDRA SATI	HIRA EALLABH SATI	B.ED.	9456732451	Present
84	PREETI ADHIKARI	DAYAL SINGH ADHIKARI	BA1 SAM	8791994526	Present
85	PREETI ASWAL	JAGPAL SINGH ASWAL	MA 2 SEN	9536489659	Present
86	PREETI JOSHI	MR N. C. JOSHI	BSC SECOND SEM	9084370258	Present
87	PRERANA JOSHI	BHAIRAV DUTT JOSHI	B.A4TH SEM	9520531676	Present
88	PRIYANKA KUWARBI	MR. RANJEET SINGH KUWARBI	B.A 4 SEM	9084185274	Present
89	PRIYANKA RAWAT	DHYAN SINGH RAWAT	MA 4TH SEM	9720581338	Present
90	PRIYANKA TIWARI	S C TIWARI	M.COM 2ND SEM	9536606155	Present
91	PUSHKAR CHANDRA	SHIV LAL	B.ED 4TH SEM	7248743858	Present
92	RACHIT MANRAL	MAHESH SINGH MANRAL	BA 1SEM	6396840945	Present
93	RAKESH SINGH RAWAT	PADAM SINGH	B.A.6TH SEM	9410557940	Present
94	RASHMI REKHARI	PURAN CHANDRA REKHARI	B.SC 2ND SEM	9412930180	Present
95	RAVEENA ADHIKARI	SANTOSH KUMAR ADHIKARI	M.A SECOND SEM	7505036514	Present
96	RAVINA BISHT	CHANDAN SINGH BISHT	M.SC 2ND SEM	9012293442	Present
97	REKHA	MR. NAIN SINGH	MA SECOND SEM	8006019467	Present
98	RENU ARYA	MR HARISH CHANDRA ARYA	M COM 2 SEM	7830755237	Present
99	RIYA TIWARI	BINOD TIWARI	BSC	8218521023	Present
100	ROHIT KARAKOTI	BHUWAN KARAKOTI	BA1	7037836260	Present
101	ROHIT SINGH BISHT	MR. CHANDAN SINGH BISHT	BA1ST YEAR	7895986816	Present
102	SANCHITA	MR. A. B. PANDEY	B.A. 6TH SEM	8953097175	Present
103	SANGEETA MEHRA	HARISH SINGH MEHRA	B.A 4 SEM	7466818828	Present



104	SHALVI SHAH	ASHOK KUMAR SHAH	B.P.ED.2 <sup>ND</sup> SEM	9411328889	Present
105	SHIVANI ARYA	MR GOPAL RAM	BSC 2ND SEM	7500948361	Present
106	SUMAN	LALIT MOHAN SINGH	MA2ND SEM	8859402394	Present
107	SUMAN ARYA	MR. KAILASH PRAKASH	M.A 4TH SEM		Present
108	SUNIDHI NEGI	KUNWER SINGH NEGI	B.A. 2 SEM	9634613998	Present
109	SWATI KABDAL	BHUWAN CHANDRA KABDAL	B.ED 2 SAM	7900353741	Present
110	TANUJA BISHT	VIRENDRA SINGH	BSC 1ST SEM	8439385515	Present
111	TANUJA BISHT	MR KUNDAN SINGH	M.A HINDI	7251091109	Present
112	TANUJA DASHONI	TRIBHUWAN SINGH DASHONI	M.SC 2ND SEM	8006914790	Present
113	TARA ARYA	MANOJ KUMAR	M.SC2SEM	8475056602	Present
114	TARUN TIWARI	HARISH CHANDRA TIWARI	BA1YEAR	7037838544	Present
115	UMA BISHT	DILIP SINGH	M.A. 2 SEM	9917491416	Present
116	USHA RAWAT	MR HARISH SINGH RAWAT	B A 2ND SEM	9410529146	Present
117	VARUN VERMA	ARVIND KUMAR VERMA	BSC 4 SEM	8057890434	Present
118	VIDYA JALAL	MR DIWAN SINGH JALAL	B.A 2ND SEMES	9927405689	Present
119	YASH PANDEY	NAGENDRA KUMAR PANDEY	BA 4 SEM	9411771847	Present
120	VIJAY CHANDRA PANT	MOHAN CHANDRA PANT	MA4SEM	8006134729	Present

Principal  
Principal  
Govt. P. G. C College  
Ranikhet (Almora)



(Program Convenor)

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# NHRC SPONSORED



## One-Day Training Program on HUMAN RIGHTS ISSUES

(Sensitizing Young Students, especially Girls Students about Human Rights)

On 21 Sep. 2021

Organised by

GOVT. P.G. COLLEGE RANIKHET, ALMORA, UTTARAKHAND

### PARTICIPANTS LIST/ ATTENDANCE LIST

S.N.	NAME	FATHER NAME	CLASS	MOBILE NO	SIGNATURE
1	VIVEK NEGI	MR. KUNDAN SINGH	B.A.2 SEM	7298428454	Vivek Negi
2	ABHA ADHIKARI	MR. MAHENDRA SINGH ADHIKARI	B.ED (2ND - SEM)	9410902784	Abha Adhikari
3	ABHIRAM RASTOGI	MR. ARVIND RASTOGI	B. ED II	7351352332	Abhiram
4	AMIT BIEL WAL	VINOD CHANDRA BEL WAL	M. COM 2ND SEM	9411317255	Amit
5	ANALI	MR. YASHPAL	MA2SEM	9675587576	Anali
6	ANAND	ANAND SINGH	B. ED 4TH SEM.	8191990770	Anand
7	ASHISH ARYA	RAMESH CHANDRA	BSC	8445943974	Ashish
8	BABITA MATHPAL	HEM CHANDRA MATHPAL	BSC 2 SEM	8171627201	Babita
9	BHAWANA ADHIKARI	BALWANT SINGH ADHIKARI	M.COM 2SEM	7409066303	Bhawana
10	BHAWANA JOSHI	MANOJ JOSHI	B. A. 4TH SEM	7451837631	Bhawana
11	BHAWANA MEHRA	BAHADUR SINGH	M.A 2ND SEM	7618119066	Bhawana
12	CHANDNI MEHTA	MANOHAR SINGH MEHTA	M.A. 2ND SEM	8650821745	Chandni
13	CHANDRAKANTA ARYA	RAMESH CHANDRA	M.COM 2SEM	7337751594	Chandra
14	CHETANI MANRAL	VIRENDRA MANRAL	B.SC 2ND SEM	9411753163	Chetani
15	DARSHNA PANT	RAMESH CHANDRA PANT	M.A. 2ND SEM	8449406122	Darshna
16	DIKSHA PAWAR	SURENDRA SINGH PAWAR	B. ED 2ND SEM	8448335648	Diksha
17	DINESH ARYA	KISHAN RAM ARYA	M.SC		Dinesh
18	DIVYA ADHIKARI	RAJENDRA ADHIKARI	B.A	8755699154	Divya
19	DIVYA ARYA	DINESH LAL	BED 2ND SEM.	7078986590	Divya
20	DIVYA RAWAT	MR. NARENDRA SINGH RAWAT	BA 4TH SEM	7248371464	Divya
21	DIVA ADHIKARI	RAJENDER ADHIKARI	BA.1	8267032511	Diva
22	FARDEEN	ALTAH HUSSAIN	B.ED 4TH SEM	7900659553	Fardeen
23	GANGA JOSHI	GOVIND BALLABH JOSHI	B. ED.	7618259116	Ganga
24	GARIMA ARYA	LATE. SANJAY ARYA	B.COM 1ST SEM 2	8006850147	Garima
25	GARIMA PANDEY	PRAKASH CHANDRA PANDEY	B.ED 2ND SEM	8126485116	Garima
26	GAURAV MANRAL	GANESH SINGH MANRAL	BA 1ST YEAR	9557437581	Gaurav
27	GEETANALI	GANESH DUTT DORBI	M.A. 2ND SEM	8650329669	Geetanjali
28	GEETANALI BISHT	CHANDAN SINGH BISHT	BSC 2ND SEM	8171894713	Geetanjali
29	GEETANALI RAWAT	KHEEM SINGH RAWAT	B.SC 2ND SEM	8791809383	Geetanjali
30	GURDAN SHARMA	MR. MAHESH CHANDRA SHARMA	B.COM 2ND SEM	7302561188	Gurdan
31	HARSHIT NAINWAL	BHARAT NAINWAL	MSC PHYSICS	8057239735	Harshit
32	HEMA KARAYAT	MR. BAHADUR SINGH KARAYAT	BSC 2ND SEM	7217296314	Hema
33	HEMA NEGI	MR. DEVENDRA SINGH NEGI	M.A SECOND SEM	7409066284	Hema
34	HUMANI KUWARBI	CHANDAN SINGH	M.SC 2ND SEM	9389864678	Himani
35	HIMANI PAWAR	PREM SINGH PAWAR	B.ED 4TH SEM	8474991558	Himani
36	INDIRA JOSHI	MR. GIRISH CHANDRA JOSHI	M.SC 2ND SEM	9410705489	Indira
37	JAGRITI RAWAT	MR. DEVENDRA SINGH RAWAT	M.A	8449040646	Jagrati
38	JATIN SINGH KHATI	GOKUL SINGH KHATI	MSC (PHYSICS)	9917572556	Jatin
39	JYOTI	BISHAN RAM	M.A 2SEM	9027046368	Jyoti
40	JYOTI GOSWAMI	BAHADUR NATH	M.A	9410789465	Jyoti
41	KAMALA NEGI	MR. TRILOK SINGH NEGI	B.ED 4TH SEM.	8936919901	Kamala
42	KANCHAN NEGI	INDRA SINGH NEGI	B.A 1 SEM	8979434785	Kanchan



43	KARAN JOSHI	TRILOCHAN JOSHI	MS C 2ND SEM	9675604917	Karan Joshi
44	KARAN NEGI	PRATAP SINGH NEGI	BA 2ND SEM	8006895558	Karan Negi
45	KAVITA TANWAL	CHANDAN SINGH TANWAL	BA 4SEMSTER	7409068820	Kavita Tanwal
46	KIRAN ARYA	BALI RAM	MA 4 SEM	9389083858	Kiran Arya
47	KOMAL ARYA	SANJAY KUMAR	BA 4 SEMESTER	7037814418	Komal Arya
48	LATASHA BISHT	BALAM SINGH BISHT	B.COM 2 SEM	7078830231	Latasha Bisht
49	MAMTA BISHT	MR BHUPAL SINGH BISHT	B.A 2 SEMESTER	7983763437	Mamta Bisht
50	MANISH CHANDRA PANT	BHUWAN CHANDRA PANT	B.ED 2 SEM	9411173067	Manish Pant
51	MANISHA MAHRA	MR. BAHADUR SINGH MAHRA	B.A 4TH SEM	7505794418	Manisha Mahra
52	MANISHA MEHRA	MR. PAN SINGH MEHRA	B.ED 4SEM	7310967739	Manisha Mehra
53	MANSI RAWAT	MR PRAVEEN SINGH RAWAT	BSC SECOND SEM	7618280646	Mansi Rawat
54	MANSI BISHT	MADAN SINGH BISHT	B.COM. 2 SEM	8755206053	Mansi Bisht
55	MAYA TANWAL	MR. PRATAP SINGH TANWAL	MA	7409425030	Maya Tanwal
56	MEENA RAWAT	JASWANT SINGH RAWAT	MA ENGLISH	8393970590	Meena Rawat
57	MEENAKSHI ADHIKARI	RAJENDRA SINGH	BA 1ST	7466925694	Meenakshi Adhikari
58	MEERA MANRAL	BIRENDRA SINGH	B.ED. 2 SEM	7060166695	Meera Manral
59	MINAKSHI PANT	NAVEEN CHANDRA PANT	B.A 2 Sem	8393916886	Minakshi Pant
60	MOHAN SINGH PHARTYAL	RAJENDRA SINGH PHARTYAL	B.A 1ST SEM	7302395617	Mohan Singh
61	MOHIT JOSHI	HARISH CHANDRA JOSHI	M SC. 2 SEM.	9761327410	Mohit Joshi
62	MOHIT KUMAR	KAMAL KUMAR	M. SC. 2ND SEM	7906459113	Mohit Kumar
63	MOHIT NEGI	TEKA SINGH NEGI	MSC	7060967649	Mohit Negi
64	MUKESH BISHT	MR. GAJENDRA SINGH	M SC 2 SEM	7055445325	Mukesh Bisht
65	MUKESH CHANDRA ARYA	RAJENDRA CHANDRA	B.A 4 SEM	9675535016	Mukesh Arya
66	NEEMA BHANDARI	ANAND SINGH BHANDARI	MA 2 <sup>ND</sup> SEM	9193109411	Neema Bhandari
67	NEERAJ KUMAR	GIRDHARI LAL	M.SC		Neeraj Kumar
68	NEERAJ MANRAL	JASHOD SINGH	M SC 2 ND SEM	8006647547	Neeraj Manral
69	NEHA	MR. RAMESH CHANDRA	BA 2ND SEM.	7983627506	Neha
70	NEHA MEHRA	GUMAN SINGH	MA	9193261163	Neha Mehra
71	NEHA PURI	POORAN PURI	BED 2 SEM	9456545273	Neha Puri
72	NEHA MEHRA	BALWAN SINGH	B.COM 2 <sup>ND</sup> SEM	9389974048	Neha Mehra
73	NEETA KARGATI	LALIT MOHAN KARGATI	M.SC 2ND SEM	7251073246	Neeta Kargati
74	NEELISHA PANDEY	MR. GIRISH CHANDRA PANDEY	B.ED 4TH SEM	8006656166	Neelisha Pandey
75	NEELISHA PAWAR	MR SANJEEV KUMAR	BA 4SEM	7895470199	Neelisha Pawar
76	NEHA	MR. PREM PRAKASH	B.SC 2ND SEM	8126678075	Neha
77	NEHA BISHT	BHUPAL SINGH BISHT	MSC	7055931884	Neha Bisht
78	POOJA GUSAIN	TARA SINGH GUSAIN	M.SC (2 SEM)	7060662789	Pooja Gusain
79	POOJA JOSHI	PREM BALLABH JOSHI	BSC 2SEM	8126693514	Pooja Joshi
80	POOJA PARNAI	MOHAN CHANDRA PARNAI	MA 2 YEAR	8650966788	Pooja Parnai
81	POOJA RAWAT	MR. RAM SINGH RAWAT	C SEM	9634936176	Pooja Rawat
82	POOJA JOSHI	MR. BHUWAN CHANDRA JOSHI	B.ED 2 <sup>ND</sup> SEM	9568948443	Pooja Joshi
83	POOJA CHANDRA SATHI	HIRA BALLABH SATHI	B.ED	9456732451	Pooja Chandra Sathi
84	PREETI ADHIKARI	DAYAL SINGH ADHIKARI	BA 1 SEM	8791994526	Preeti Adhikari
85	PREETI ASWAL	JAGPAL SINGH ASWAL	MA 2 SEM	9536489659	Preeti Aswal
86	PREETI JOSHI	MR N. C. JOSHI	BSC SECOND SEM	9084370258	Preeti Joshi
87	PRERANA JOSHI	BHAIRAV DUTT JOSHI	B.A 4TH SEM	9520531676	Prerana Joshi
88	PRIVANKA KUWARBI	MR. RANJEET SINGH KUWARBI	B.A 4 SEM	9084185274	Privanka Kuwarbi
89	PRIVANKA RAWAT	DHYAN SINGH RAWAT	MA 4TH SEM	9720581338	Privanka Rawat
90	PRIVANKA TIWARI	S C TIWARI	M.COM 2ND SEM	9536606155	Privanka Tiwari
91	PUSHKAR CHANDRA	SHIV LAL	B.ED 4TH SEM	7248743858	Pushkar Chandra
92	RACHIT MANRAL	MAHESH SINGH MANRAL	BA 1SEM	6396840945	Rachit Manral
93	RAKESH SINGH RAWAT	PADAM SINGH	B.A 6TH SEM	9410557940	Rakesh Singh Rawat
94	RASHMI REKHARI	PURAN CHANDRA REKHARI	B.SC 2ND SEM	9412930180	Rashmi Rekhar
95	RAVEENA ADHIKARI	SANTOSH KUMAR ADHIKARI	M.A SECOND SEM	7505036514	Raveena Adhikari
96	RAVINA BISHT	CHANDAN SINGH BISHT	M.SC 2ND SEM	9012293442	Ravina Bisht
97	REKHA	MR. NAIN SINGH	MA SECOND SEM	8006019467	Rekha
98	RENU ARYA	MR. HARISH CHANDRA ARYA	M.COM 2 SEM	7830755237	Renu Arya
99	RIYA TIWARI	BINOD TIWARI	BSC	8218521023	Riya Tiwari
100	ROHIT KARAKOTI	BHUWAN KARAKOTI	BA 1 SEM	7037836260	Rohit Karakoti
101	ROHIT SINGH BISHT	MR. CHANDAN SINGH BISHT	BA 1ST YEAR	7895986816	Rohit Singh Bisht
102	SANCHITA	MR. A. B. PANDEY	B.A. 6TH SEM	8953097175	Sanchita Pandey
103	SANGEETA MEHRA	HARISH SINGH MEHRA	B.A 4 SEM	7466818828	Sangeeta Mehra



104	SHALVI SHARMA	SAH	ASHOK KUMAR SHARMA	SAH	B.P.ED. 2 <sup>nd</sup> SEM	9411328880	Shivani
105	SHIVANI ARYA		MR GOPAL RAM		BSC 2ND SEM	7500948361	Shivani
106	SUMAN		LALIT MOHAN SINGH		MA2ND SEM	8859402394	Shivani
✓ 107	SUMAN ARYA		MR. KAILASH PRAKASH		M.A 4TH SEM		Shivani
✓ 108	SUNIDHI NEGI		KUNWER SINGH NEGI		B.A. 2 SEM	9634613998	Shivani
109	SWATI KADDAI		BHUWAN CHANDRA KASINAI		B.ED 2 SAM	7900353741	Shivani
110	TANUJA BISHT		VIRENDRA SINGH		BSC 1ST SEM	8439385515	Tanuja Bisht
111	TANUJA BISHT		MR KUNDAN SINGH		M.A HINDI	7251091109	Tanuja Bisht
112	TANUJA DASHONI		TRIBHUWAN SINGH DASHONI		M.SC 2ND SEM	8006914790	Tanuja Bisht
113	TARA ARYA		MANOJ KUMAR		M.SC2SEM	8475056602	Tara Arya
✓ 114	TARUN TIWARI		HARISH CHANDRA TIWARI		BA1YR	7037838544	Tarun Tiwari
✓ 115	UMA BISHT		DILIP SINGH		M.A.2 SEM	9917491416	Uma Bisht
✓ 116	USHA RAWAT		MR HARISH SINGH RAWAT		P.A 2ND SEM	9410529146	Usha Rawat
117	VARUN VERMA		ARVIND KUMAR VERMA		BSC 4 SEM	8057890434	Varun Verma
118	VIDYA JALAI		MR DIWAN SINGH JALAI		B.A 2ND SEMES	9927405689	Vidya Jalai
✓ 119	YASH PANDAY		NAGENDRA KUMAR PANDEY		BA 4 SEM	9411771847	Yash Pandey
✓ 120	VIJAY CHANDRA PANT		MOHAN CHANDRA PANT		MA4SEM	8006134729	Vijay Pant

Principal  
Govt. P. G. C. Illege  
Ranikhet (Almora)



(Program Convenor)  
Dr. Dinesh Chandra

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# NHRC SPONSORED

One-Day Training Program on  
HUMAN RIGHTS ISSUES

Organised by

GOVT. P.G. COLLEGE RANIKHET, ALMORA, UTTARAKHAND

21 September 2021

Page-1

## PARTICIPANTS ATTENDANCE LIST [PRE-LUNCH SESSION]

TABLE		PARTICIPANTS NAME					
TABLE NO. 1		Vivek Negi Ba 1 <sup>st</sup> sem	Abha Adhikari B.ed 2 <sup>nd</sup> sem	Aishwarya Rastogi B Ed	Amit belwal M.com 2 <sup>nd</sup> sem	Anjali M.A 2 <sup>nd</sup> sem	Arti B. Ed 4 <sup>th</sup> sem
Attendance Pre- lunch		Vivek	Abha	Abha	Amit	Anjali	Arti
Attendance Post- lunch		Vivek	Abha	Abha	Amit	Anjali	Arti
TABLE NO. 2		Ashish Arya B.sc	Babita Mathpal B.sc 2 <sup>nd</sup> sem	Bhawana adhikari M.com 2 <sup>nd</sup> sem	Bhawana joshi B. A. 4 <sup>th</sup> sem	Bhawana Mehra M.A 2 <sup>nd</sup> sem	Chandni mehta M.A. 2 <sup>nd</sup> sem
Attendance Pre- lunch		Ashish	Babita	Bhawana	Bhawana Joshi	Bhawana Mehra	Chandni
Attendance Post- lunch		Ashish	Babita	Bhawana	Bhawana Joshi	Bhawana Mehra	Chandni
TABLE NO. 3		Chandrakanta Arya M com 2 <sup>nd</sup> sem	Chetan Manral B.Sc 2 <sup>nd</sup> Sem	Diksha pant M.A.2 <sup>nd</sup> sem	Diksha Pawar B.Ed 2 <sup>nd</sup> sem	Dinesh arya M.sc	Divya adhikari B A
Attendance Pre- lunch		Chandrakanta	Chetan Manral	Diksha pant	Diksha Pawar	Dinesh arya	Divya adhikari
Attendance Post- lunch		Chandrakanta	Chetan Manral	Diksha pant	Diksha Pawar	Dinesh arya	Divya adhikari
TABLE NO. 4		Divya Arya Bed 2 <sup>nd</sup> sem	Divya Rawat BA 4 <sup>th</sup> sem	Diya Adhikari B.A.1	Fardeen B Ed 4 <sup>th</sup> sem	Ganga joshi B. Ed	Garima Arya B.com 1 <sup>st</sup> sem
Attendance Pre- lunch		Divya Arya	Divya Rawat	Diya Adhikari	Fardeen	Ganga joshi	Garima Arya
Attendance Post- lunch		Divya Arya	Divya Rawat	Diya Adhikari	Fardeen	Ganga joshi	Garima Arya
Attendance Pre- lunch		Divya Arya	Divya Rawat	Diya Adhikari	Fardeen	Ganga joshi	Garima Arya
Attendance Post- lunch		Divya Arya	Divya Rawat	Diya Adhikari	Fardeen	Ganga joshi	Garima Arya

TABLE NO. 5		Garima pandey B.Ed 2 <sup>nd</sup> sem	Gaurav Manral BA 1 <sup>st</sup> sem	Geetanjali M.A. 2 <sup>nd</sup> sem	Geetanjali Bisht Bsc 2 <sup>nd</sup> sem	Geetanjali Rawat B.sc 2 <sup>nd</sup> sem	Gunjan Sharma B.com 2 <sup>nd</sup> sem
Attendance Pre- lunch		Garima	Gaurav	Geetanjali	Bisht	Geetanjali	Gunjan
Attendance Post- lunch		Garima	Gaurav	Geetanjali	Bisht	Geetanjali	Gunjan
TABLE NO. 6		Harshit Nainwal Msc physics	Hema karayat Bsc 2 <sup>nd</sup> sem	Hema negi M.a 2 <sup>nd</sup> sem	Himani kuwarbi M.sc 2 <sup>nd</sup> sem	Himani pawar B.Ed 4 <sup>th</sup> sem	Indira joshi M.sc 2 <sup>nd</sup> sem
Attendance Pre- lunch		Harshit	Hema	Hemangi	Himani	Himani pawar	Indira
Attendance Post- lunch		Harshit	Hema	Hemangi	Himani	Himani pawar	Indira
TABLE NO. 7		Jagriti Rawat M.A	Jatin singh khatri Msc (physics)	Jyoti M.A 2 <sup>nd</sup> sem	Jyoti goswami M.A	Kamala Negi B.Ed 4 <sup>th</sup> sem.	Kanchan Negi B.A 1 <sup>st</sup> Sem
Attendance Pre- lunch		Jagriti	Jatin	Jyoti	Jyoti	Kamala	Kanchan
Attendance Post- lunch		Jagriti	Jatin	Jyoti	Jyoti	Kamala	Kanchan
TABLE NO. 8		Karan Joshi MS.c 2 <sup>nd</sup> sem	Karan negi BA 2 <sup>nd</sup> sem	Kavita Tanwal B.A 4 <sup>th</sup> sem	Kiran Arya MA 4 <sup>th</sup> sem	Komal Arya B. A 4 <sup>th</sup> sem	Latasha Bisht B.com 2 sem
Attendance Pre- lunch		Karan Joshi	Karan Negi	Kavita Tanwal	Kiran Arya	Komal	Latasha
Attendance Post- lunch		Karan Joshi	Karan Negi	Kavita Tanwal	Kiran Arya	Komal	Latasha
TABLE NO. 9		Mamta Bisht B.A 2 <sup>nd</sup> sem	Manish Chand Pant B.ed 2 <sup>nd</sup> sem	Manisha mahra B.A 4 <sup>th</sup> sem	Manisha mehra B.ed 4 <sup>th</sup> sem	Manishi Rawat BSC 2 <sup>nd</sup> sem	Mansi bisht Bcom. 2 <sup>nd</sup> sem
Attendance Pre- lunch		Mamta Bisht	Manish	Manisha	Manisha	Manishi	Mansi
Attendance Post- lunch		Mamta Bisht	Manish	Manisha	Manisha	Manishi	Mansi
TABLE NO. 10		Maya Tanwal M. A.	Meena Rawat MA ENGLISH	Meenakshi Adhikari BA 1 <sup>st</sup> Sem	Meera Manral B.Ed. 2 <sup>nd</sup> sem	Minakshi pant M.sc	Mohan S. Phartyal B.A 1 <sup>st</sup> sem
Attendance Pre- lunch		Maya	Meena	Meenakshi	Meera	Minakshi	MOHAN
Attendance Post- lunch		Maya	Meena	Meenakshi	Meera	Minakshi	MOHAN





## NHRC SPONSORED

One-Day Training Program on  
HUMAN RIGHT ISSUES

Organised by

GOVT. P.G. COLLEGE RANIKHET, ALMORA, UTTARAKHAND




TABLE		PARTICIPANTS NAME					
TABLE NO. 11		Mohit Joshi M.Sc. 2 <sup>nd</sup> Sem.	Mohit kumar M. Sc. bot 2 <sup>nd</sup> sem	Mohit Negi Msc	Mukesh bisht M.sc 2 <sup>nd</sup> sem Maths	Mukesh Ch. Arya B.A 4 <sup>th</sup> Sem	Neema bhandari MA 2 <sup>nd</sup> SEM
Attendance Pre- lunch		Mohit Joshi	Mohit kumar	Mohit Negi	Mukesh bisht	Mukesh Ch. Arya	Neema bhandari
Attendance Post- lunch		Mohit Joshi	Mohit kumar	Mohit Negi	Mukesh bisht	Mukesh Ch. Arya	Neema bhandari
TABLE NO. 12		Neeraj kumar M.Sc	Neeraj Manral M sc 2 <sup>nd</sup> sem	Neha BA 2 <sup>nd</sup> Sem	Neha mehra M.A	Neha Puri B. Ed 2 <sup>nd</sup> sem	Nidhi mehra B.com 2 <sup>nd</sup> sem
Attendance Pre- lunch		Neeraj	Neeraj	Neha	Neha mehra	Neha Puri	Nidhi mehra
Attendance Post- lunch		Neeraj	Neeraj	Neha	Neha mehra	Neha Puri	Nidhi mehra
TABLE NO. 13		Nikita kargeti M.sc 2 <sup>nd</sup> sem	Nimisha Pandey B.Ed -4 <sup>th</sup> sem	Nivedita Pawar BA 5 <sup>th</sup> Sem	Pooja B.Sc 2 <sup>nd</sup> sem	Pooja bisht M.sc	Pooja gusain M.sc 2 <sup>nd</sup> sem
Attendance Pre- lunch		Nikita	Nimisha	Nivedita	Pooja	Pooja bisht	Pooja gusain
Attendance Post- lunch		Nikita	Nimisha	Nivedita	Pooja	Pooja bisht	Pooja gusain
TABLE NO. 14		Pooja joshi Bsc 2 <sup>nd</sup> sem	Pooja papnai MA. 2 <sup>nd</sup> sem	Pooja Rawat 6 <sup>th</sup> sem	Poonam Joshi B. ED 2 <sup>nd</sup> sem	Pooran Chandra Sati B.Ed.	Preeti Adhikari BA 1 <sup>st</sup> sem
Attendance Pre- lunch		Pooja Joshi	Pooja Papnai	Pooja Rawat	Poonam Joshi	Pooran Chandra Sati	Preeti Adhikari
Attendance Post- lunch		Pooja Joshi	Pooja Papnai	Pooja Rawat	Poonam Joshi	Pooran Chandra Sati	Preeti Adhikari
TABLE NO. 15		Preeti aswal Ma 2 <sup>nd</sup> sem	Preeti Joshi Bsc 2 <sup>nd</sup> sem	Prerana Joshi B.A 4 <sup>th</sup> sem	Priyanka Kuwarbi B .A 4 <sup>th</sup> sem	Priyanka Rawat M.A 4 <sup>th</sup> sem	Priyanka Tiwari M.com 2 <sup>nd</sup> sem
Attendance Pre- lunch		Preeti Aswal	Preeti Joshi	Prerana Joshi	Priyanka Kuwarbi	Priyanka Rawat	Priyanka Tiwari
Attendance Post- lunch		Preeti Aswal	Preeti Joshi	Prerana Joshi	Priyanka Kuwarbi	Priyanka Rawat	Priyanka Tiwari



TABLE NO. 16						
Attendance	Pushkar chandra B.ed 4 <sup>th</sup> sem	Rachit manral B A 1 <sup>st</sup> sem	Rakesh Singh Rawat B.A.6 <sup>th</sup> sem	Rashmi Rekhari B.sc 2 <sup>nd</sup> sem	Raveena Adhikari M.A 2 <sup>nd</sup> sem	Ravina Bisht M.Sc 2 <sup>nd</sup> sem Bot.
Pre- lunch	Pushkar	Rachit Manral	<del>Rakesh Singh Rawat</del>	Rashmi	Raveena	Ravina
Attendance	Pushkar	Rachit Manral	<del>Rakesh Singh Rawat</del>	Rashmi	Raveena	Ravina
Post- lunch	Pushkar	Rachit Manral	<del>Rakesh Singh Rawat</del>	Rashmi	Raveena	Ravina
TABLE NO. 17						
Attendance	Rekha Ma 2 <sup>nd</sup> sem	Renu Arya M com 2 <sup>th</sup> sem	Riya Tiwari Bsc	Rohit Karakoti BAI	Rohit singh bisht BA 1 <sup>st</sup> year	Sanchita B.A. 6 <sup>th</sup> sem
Pre- lunch	Rekha	Renu	Riya	Rohit	Rohit	Sanchita
Attendance	Rekha	Renu	Riya	Rohit	Rohit	Sanchita
Post- lunch	Rekha	Renu	Riya	Rohit	Rohit	Sanchita
TABLE NO. 18						
Attendance	Sangeeta Mehra B. A 4 <sup>th</sup> sem	Shalvi shah Bped.2 <sup>nd</sup> sem	Shivani arya Bsc 2 <sup>nd</sup> sem	Suman M. A. 2 <sup>ND</sup> sem	Suman Arya M.A 4 <sup>th</sup> sem	Sunidhi Negi B.A. 2 <sup>ND</sup> sem
Pre- lunch	Sangeeta Mehra	Shalvi shah	Shivani	Suman	Suman	Sunidhi Negi
Attendance	Sangeeta Mehra	Shalvi shah	Shivani	Suman	Suman	Sunidhi Negi
Post- lunch	Sangeeta Mehra	Shalvi shah	Shivani	Suman	Suman	Sunidhi Negi
TABLE NO. 19						
Attendance	Usha Rawat B a 2 <sup>ND</sup> sem	Tanuja Bisht Bsc 1 <sup>ST</sup> sem	Tanuja bisht M.A Hindi	Tanuja Dashoni M.Sc 2 <sup>ND</sup> sem	Tara Arya M.sc2 <sup>ND</sup> sem	Tarun Tiwari B. A 1 year
Pre- lunch	Usha Rawat	Tanuja Bisht	Tanuja bisht	Tanuja	Tara Arya	Tarun Tiwari
Attendance	Usha Rawat	Tanuja Bisht	Tanuja bisht	Tanuja	Tara Arya	Tarun Tiwari
Post- lunch	Usha Rawat	Tanuja Bisht	Tanuja bisht	Tanuja	Tara Arya	Tarun Tiwari
TABLE NO. 20						
Attendance	Uma Bisht M.A.2 <sup>ND</sup> sem	Usha Rawat B a 2 <sup>ND</sup> sem	Varun Verma Bsc 4 <sup>TH</sup> sem	Vidya Jalal B.A 2 <sup>ND</sup> semester	Yash Pandey B. A 4 <sup>TH</sup> sem	Vijay Chandra Pant M. A. 4 <sup>th</sup> sem
Pre- lunch	Uma Bisht	Usha Rawat	Varun Verma	Vidya	Yash Pandey	Vijay Chandra Pant
Attendance	Uma Bisht	Usha Rawat	Varun Verma	Vidya	Yash Pandey	Vijay Chandra Pant
Post- lunch	Uma Bisht	Usha Rawat	Varun Verma	Vidya	Yash Pandey	Vijay Chandra Pant

  
Convener

  
Principal  
Govt. P. G. C. College  
Ranikhet (Almora)





## **NHRC SPONSORED**

One-Day Training Program on  
**HUMAN RIGHT ISSUES**

(Sensitizing Young Students, especially Girls Students about Human Rights)

21 September 2021

Organised by

**SSJDVSSS, GOVT. P.G. COLLEGE, RANIKHET, ALMORA (UTTARAKHAND)**



### **PROGRAM REPORT**

In the foothills of mighty Himalayas and holy lap of Maa Saraswati, One Day Training Program on 'Human Rights Issues' sponsored by National Human Rights Commission, New Delhi was organized in the pristine premises of *Swargeeya Shri Jai Dutt Vaila Swatantrata Sangram Senani* (SSJDVSSS) Government P.G. College, Ranikhet, Almora (Uttarakhand). The occasion was graced by Hon'ble MLA Ranikhet, Shri Karan Mahara, as Chief-Guest.

### **PARTICIPANTS REGISTRATION**

The program was started with registration of participants sharply at 8: 30 AM on the beautiful sunny morning at the entrance of the program venue (College Auditorium). As per the schedule the Inaugural Session started at 9 AM, soon after the registration.



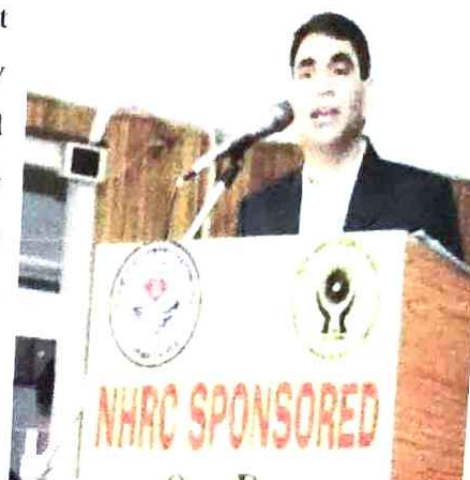
*Photo- Members of Registration Committee*

### **INAUGURAL SESSION**

Among the dignitaries, Dr. P. K. Pathak, Chief Patron & Director of Higher Education Uttarakhand; Dr. Chandra Ram, Principal, R. H. Government P. G. College, Kashipur; Prof. J. S. Bisht, Faculty of Law, SSJ University Campus, Almora; Mr. D. S. Kotliya, Corporate Trainer



and Motivational Speaker; Mrs. Ruchi Arya, Assistant Regional Director, Uttarakhand Open University Haldwani (Nainital) graced the occasion as guest and resource persons. The program started with the auspicious tradition of lighting the lamp by the Patron and Principal, Dr. Hema Prasad. The Pre-Lunch session was hosted by Dr. Dinesh Chandra, Program Convener and Head, Department of Commerce.



*Photo- Auspicious tradition of lighting the lamp by the Chief-Guest, Principal and Senior Faculty Members of the College.*



Welcoming the guest, Principal Dr. Hema Prasad presented a bouquet and memento to the Chief Guest, Shri Karan Mahara, Honourable MLA Ranikhet and Deputy-Minister; Opposition.



As a token of respect Prof. Anjala Durgapal, HoD Botany presented a bouquet and memento to Principal, Dr Hema Prasad. Dr. Maya Shukla, HoD Sanskrit presented a bouquet and memento to Prof. J. S. Bisht. Dr. Poornima Vishwakarma, Assistant Professor Zoology



presented a bouquet and memento to Dr. Chandra Ram and Dr. Barkha Rautela, Assistant Professor, English presented the token of respect to Mr. D. S. Kotliya

### **THEME INTRODUCTION**

The program further proceeded by the Theme Introduction speech made by Prof. Sanjay Kumar, Head of Department, Chemistry. He exclaimed that why does need of human rights arise! He further added that, duties and rights are complementary to one another and so rights and duties both should be incorporated in governance and accountability should be fixed for these. He raised some pricking questions about safety, security and upliftment of females in the society. He also presented some data regarding the horrendous crimes happening in the society, malnourishment of girl child, lacunae in their primary and secondary education and also the discriminations that they are facing on the basis of gender since ages. But as every coin has two sides, he also underlined the remedies ensured by our constitution and laws for the above-mentioned problems. He firmly opined that Girls' Rights should be given due priorities at every possible levels.



### **CHIEF-PATRON ADDRESS**

Chief Patron of the program, Prof. P. K. Pathak, Director Higher Education (Uttarakhand) graced the occasion as Chief-patron through on-line mode with google meet, displayed on the projector screen before the audience. In his address he appreciated the organising members and advocated the constitutional provisions of Human Rights as well as the Fundamental Rights.



### **CHIEF-GUEST ADDRESS**

In the Chief-Guest speech, Hon'ble MLA, Shri Karan Mahara, very ardently put his point that the need of Human Rights Commission arose to ensure balance of powers. He also emphasised that we have become insensitive toward cries, pain and agony, sometimes willingly and sometimes unwillingly, making differences on





the basis of gender, religion, region and caste. He expressed grave concern on the increasing rate of rapes and molestation. He stated that strict laws should be enacted and implemented against such heinous crimes.

Under Human Rights, he expressed his concerns for farmers and suggested that more laws should be incorporated under the purview of NHRC, so that they too can enjoy the basic human rights. While framing laws, a representative participation should be there, so as to ensure parity to every section of society. He also raised a question that even after serving the country, the common man does not get pension; where are the human rights? Why the media people, journalists like Gauri Lankesh, volunteers for human rights are being killed?

In Chief Guest address Mr. Mahara gave a clarion call to the students from podium to read and talk about the current issues and become aware about their rights and duties. He concluded by stating that, when the youth of the nation start raising questions to policy makers and politicians; there would be no need for any Human Rights Commission.

### **PATRON'S WELCOME SPEECH**

The Welcome Speech was given by the Patron of the Program, Dr. Hema Prasad, Principal Govt. P.G. College, Ranikhet. At the very outset, she welcomed the chief Guest, Resource Persons, Media Persons, College staff, students, Guardians and members of organizing committee. In her speech she also discussed about safeguarding the Human Rights particularly that of women. She also thanked NHRC for sponsoring such a wonderful program.



### **TECHNICAL SESSION-I**

#### **Resource Person- Prof. J. S. Bisht**

*Topic- Human Rights and Constitutional Provisions*

The first technical session started at 10 A.M. by the lecture of Prof. J. S. Bisht, Faculty of Law, SSJ University Campus, Almora. He gave detailed insight about the laws regarding core issues of girl child. He condemned the society for having double standards for males and females, he emphasized that it is because of patriarchy the males get an easy hand to set limits for females.





## PROGRAM VENUE





In our earlier society legal personality of females were denied so they had no rights. They had no contractual powers. All the laws were enacted by males. The females had merely a role of nursing and taking care of family at home. But in 1973 feminist movements occurred, challenging all the inequality and injustice, demanding that patriarchal structure should be dismantled and a gender-neutral structure should be constructed.

Prof. Bisht said that under the aegis of District Legal Services Authority the females get free legal help for their problems. He explained that Human Rights mentioned in Constitution are universal without any discrimination based on religion, caste, culture, place of origin and cannot be taken away from the person. He marked the essential need of Human Rights for a person to lead a dignified life. These are inherently required for the optimum growth of human personality. He quoted Harold Swarov that, "Human Rights are the basic preconditions to a person." He classified Human Rights in three categories as:

- i) Civil and Political Rights
- ii) Social, Economic and Cultural Rights
- iii) Collective Rights

Prof. Bisht further enlighten that Universal Declaration of Human Rights 1948 was first and foremost document in Human Rights. It's a milestone and beacon for guiding the world. Article 2 to 27 of Universal Declaration has two categories of rights:

- 1) Civil rights    2) Political Rights

Article 28 to Article 30 narrates social, economic and cultural rights and duties. This Universal Declaration of Human Rights was adopted in 1948 by the UN General Assembly which was subsequently adopted by the member countries it in their laws as well.

He briefed that the Hon'ble Supreme Court of India is the custodian of Human Rights and the Universal Declaration of Human Rights are encapsulated in Part-IV of Indian Constitution. He stressed that Article 3 and 4 are the soul of Indian Constitution. Article 45 provides the provision for free primary education. The Preamble of Indian Constitution has basic values, ethos and philosophy. The Supreme Court has mentioned that the Fundamental Rights and Directive Principles are supplementary to each other. Lastly, he regretted that in India absence of national character, commitment towards society and living beings, raises questions vis-a-vis Human Rights. It was a very brain storming and useful session. A few questions were also raised by participants and Prof. Bisht replied brilliantly which was graced by the students with a huge round of applause. Dr. Dinesh, the host of the pre-lunch session thanked Prof. Bisht for such a comprehensive lecture.

## TECHNICAL SESSION-II

**Resource Person- Dr. Chandra Ram**

*Topic- Introduction to Human Rights and Human Rights of Vulnerable Groups*

The second technical session was taken by Dr. Chandra Ram, Principal, Radhe Hari Government P.G College, Kashipur, Udham Singh Nagar (Uttarakhand). He started with the concept of origin of Human Rights from prehistoric era. There was a gradual and stepwise development of the concept. The outcomes of World-Wars and worldwide genocide were the rising concern of Human Rights.



Articles 14 to 26 give constitutional rights to citizens of India which cannot be withdrawn. But in earlier times the rights were confined only to a limited group of people and were denied to major portions of society. He explained 3 kinds of totalitarianism: 1) Agricultural, 2) Capital and 3) Social.

Amongst the deprived section, females were the most vulnerable ones of the society. But slowly and gradually several gender-based reforms were carried out. Savitri Bai Phule started the first female school in 1848 in Pune and worked to abolish discrimination and unfair treatment met out on the basis of caste and gender. The Widow Remarriage Act of 1913 was yet another milestone in this direction. Post-Independence, in 1951, several women upliftment movements were initiated which gave women freedom of education and occupation, equal and direct inheritance rights, freedom in marriage related issues, etc.

All these reforms resulted in several rights for women such as reservation of 30 percent seats in legislative bodies, provision for maternity leave and child care leave, reservation in Panchayati Raj System, several social empowerments like women priest practice and permission to light the funeral pyre. He further emphasised that the Dalits and the Tribals of our society remained vulnerable sections as they were being oppressed and harassed for long times. But now several acts and reservation policies are made for their protection and upliftment. Similarly, several protective measures have been provisioned for linguistic and religious minorities.

He also elaborated, how Child labour since ages had been a curse and shame in our society but now there are, of course, some enforcements to emancipate the most tender and



delicate section of the society too. Child Labour Act for children below 14 years, Right to Education, provision for mid-day meal etc., are such measure for all the round development of children. The session was indeed very informative and full of knowledge based on practical experience and observations. Dr. Chandra Ram was appreciated by the host Dr. Dinesh Chandra and also graced by the house with a big round of applause.

The Pre-Lunch session concluded and the Resource persons and Chief-Guest were thanked by presenting them a Souvenirs by the Patron and college faculty members. The souvenir contained a coffee mug to each of them, containing their personal photographs and the theme of the programme.



After the Second Technical session, half an hour lunch-break was declared and all the participants, resource persons, guests and faculty members were requested to take their lunch at the College Canteen.

### **LUNCH-BREAK 12:45 PM – 1:15 PM**

All the possible efforts were made and a excellent arrangement was made for Lunch of the participants, guests and resource persons at the College Canteen.



## POST-LUNCH SESSION

The Post lunch session of the Training Program was resumed at its given time i.e. 1:15 PM. This session was hosted by Dr. Pankaj Priyadarshi, Organizing Secretary and Assistant Professor, History. He also presented a very short speech on Human Rights while introducing the 3<sup>rd</sup> resource person Mr. D.S. Kotliya, Corporate Trainer and Motivational Speaker.



### TECHNICAL SESSION- III

**Resource Person- Mr. D.S. Kotliya**

*Topic- Rights of Women and Children*

Mr. D.S. Kotliya delivered lecture on the topic "The United Nations Convention on the Rights of the child, 1989". It was an audio-visual Session supported with well-prepared PPTs. In the beginning he recalled 'Das Pratha', an age-old practice in which a person is considered as an immovable property of another person. In this discussion he also mentioned the king of Persia who liberated his citizens from this practice during his regime. The speaker also mentioned the practice of 'Alligator bait', a gut-wrenching practice in which coloured babies were used as a bait to lure alligators. After discussing these practices and how they are still prevalent in some parts of the world, he switched over to right and duties of a citizen.



While speaking about our rights and duties, he mentioned that we as a citizen give more importance to our rights than our duties, but both are two sides of the same coin. He stated that, it is due to this reason, Human Rights despite having various provisions are not that readily available to all citizens as it should have been, otherwise; because many often, we forget to perform our human duties properly. He also emphasized on the point that, above all things, the most important thing we should be practicing and improving is our sense of 'Humanity'.



He said that the real education is not based on how many degrees we have earned, if we are not good enough a human then the education which we have received over the years is of no use. Real education, he stressed should be one which we use in our day-to-day life and how as a person we can improve, not only our life but also lives of the others. Under the umbrella of the same topic, he also mentioned 'Gender Discrimination' problem prevalent in our society since ages as a result of which, women are being treated less-than equals. Be it in the family, work place or society as whole, the women are not given due recognition. Pointing on this topic he said that we need to change ourselves first in order to see the change in the outer world. Every change has been started first from ourselves, then in the family, subsequently we can see the change in the society and world as a whole.

The next part of the presentation was related to children & Mr. Kotliya pointed out about 'Right to Expression'. He said that in a family the child should be properly heard off for what he wants and what he feels. Parents should give proper attention and time to a child so that he or she feels comfortable to share his or her emotions and insecurities. However, parents due to their busy schedules generally avoid them during the crucial phase of their lives when proper attentions are to be given and in turn tries to compensate them by giving away extra money. Parents should understand that their fatherly and motherly duties can't be compensated with money. At this time the child is in the formative phase where his or her personality and future life is defined. If the childhood is not heard and given proper time then parents too should not expect proper care during their old age. He said that a good upbringing of the child is not only essential for the individual development but also for healthy society. Children from a very young age should be taught about what is right and what is wrong. Role of media in proper personality development of a child is also very crucial. Parents should keep a proper check on what a child is watching and receiving from the increasingly elusive social media. In today's world if a regular check is not exercised on children, we cannot even imagine what children are being exposed to.

He further mentioned about the resolutions of United Nations Convention on Rights of the Child (UNCRC) which comprises 54 Articles divided in 3 parts - part 1 covering Article 1-41, part 2 Article 42-45 and part 3 covers article 46-54. The resolution also includes most important protocol which says "if the child feels he/she is not heard properly by the nation, then he/she can directly reach out to UN with his/her complaint". One of the most important aspects he touched was the importance of our own work as a citizen in the overall development of the world. Mr. Kotliya was applauded with a huge round while Dr. Priyadarshi thanked him for his detailed lecture.





After the lecture of Mr. D. S. Kotliya, before inviting our next resource person Mrs. Ruchi Arya, Dr. Pankaj Priyadarshi shared roles of Mahatma Gandhi and Rosa Parks who worked tremendously to eradicate discrimination.

#### **TECHNICAL SESSION-IV**

**Resource Person- Mrs. Ruchi Arya**  
*Topic- Human Rights Institutions in India*

It was the last session of the One Day Training Program presented by Mrs. Ruchi Arya, Assistant Regional Director, Uttarakhand Open University, Haldwani, Nainital, Uttarakhand. She shared the information regarding 'Human Rights Institutions in India'. She made a good use of PPTs. Before speaking on the institutions of human rights in India, she shared the knowledge about human rights and fundamental rights and also made it clear how they are different from each other.



Human rights are wider than the fundamental rights and are universal in nature. The principle of human rights is based on human solidarity, non-violence and the mental respect of all the rights given by the Constitution of India. These rights include the 'the inherent rights which every human being has by birth, irrespective of race, gender, age, class, caste, nationality, ethnicity, language, religion or any other status. Human rights include complete freedom from slavery and torture, right to life and liberty, freedom of having and the freedom to present opinions and expression, right to education and work, and many more. Most important fact is



that every person is entitled to these rights, without any kind of discrimination. Fundamental Rights are the rights which are provided by the constitution to its citizens. These rights have a legal sanction and can also be challenged in the court of law.

She also elaborated in the origin and history of human rights. In 1948, India as a founder member became the signatory of Universal Declaration of Human Rights. Different countries have made their respective human rights Commissions at national and federal levels to ensure human rights to citizens and visitors. She also gave the details about National Human Rights Commission (NHRC) of India, which is statutory body constituted on 12<sup>th</sup> of October, 1993 under the Protection of Human rights ordinance of 28<sup>th</sup> of September, 1993.

NHRC is responsible for protection and promotion of human rights. These rights are related to life, liberty, equality and dignity of an individual and the Fundamental Rights and Directive Principles guaranteed by our Constitution are the foundation of Human Rights. She further extended her lecture by giving details functions performed by NHRC which includes most importantly the protection of human rights, recommendation of measures for effective implementation of human rights, undertake and promote research in the field of human rights, encourage the efforts of NGOs and institutions that works in the field of human rights, etc. NHRC can also interfere with the court proceeding and people in jails can also contact NHRC for their human rights related issues.

NHRC consists of a chairperson and five members including the ex-officio member. The Chairperson is, who has been a Chief Justice of India or a Judge of the Supreme Court. She also discussed the complaint filing process in NHRC by referring about NHRC website where all the necessary information and step wise procedure is given for proper and correct complaint filing. The complaint is then forwarded by NHRC to concerned departments or respective State governments for redressal. She also gave the information about State Human Rights Commission (SHRC).

Most important fact is that although NHRC and SHRC can't give the judgement but they can fast-track the proceedings. She finally concluded her lecture on how can we use NHRC and SHRC to protect ourselves in any adverse conditions. Participants appreciated the presentation of Mrs. Arya and her diligent lecture and she was given warm thanks with a huge round of applause. Dr. Pankaj also thanked her for such a wonderful piece of presentation.

## VALEDICTORY SESSION

After covering a variety of aspects related to Human Rights throughout the day, right from the 1<sup>st</sup> session till the 4<sup>th</sup> one. Now it was time for valedictory session. This session was hosted by Dr. J.S. Rawat, the Co-organising Secretary and Assistant Professor, Geography. While starting the session, he also emphasized on rights and duties of a citizen. He said that more focus should be given on the duties then only we can be the beneficiary of rights.



He also invited senior professors of the college Dr. R.K. Singh, Dr. Maya Shukla, Dr. Anjala Durgapal to present the certificate of honour and souvenir to our invited resource persons Dr. Chandra Ram, Prof. J.S. Bisht, Mr. D.S. Kotliya and Mrs. Ruchi Arya. Besides, the certificate of participation was also distributed to selected students- Abha Adhikari, Uma Bisht, Ashish Arya and Vivek Negi by Hon'ble Principal and Patron Dr. Hema Prasad. At the end of the valedictory session the Human Right Pledge of NHRC was administered to all the participants, guests and dignitaries present by the Patron. The participants were also asked and demonstrated to take the pledge online in NHRC's website and link (<https://pledge.mygov.in/nhrc/>) of the same was forwarded to them in the social media group already created for the purpose of this one-day Training Program (Certificate of few participants and Organisers are enclosed in the appendix)



## VOTE OF THANKS

For vote of thanks address, Mr. Rohit Joshi, Co-organizing Secretary, Assistant Professor, Commerce was invited on the stage. He summed up the entire program in his address.



He emphasized on the fact that majority of the lecturers in our college are females and that in itself shows the change in our society and is a great example of women empowerment. He highlighted the major points of the presentations delivered by the resource persons invited to talk on the training program.




He also shared his life experiences and opinions on human rights. He also appreciated the patience hearing of the participant students in making the program a huge success. After

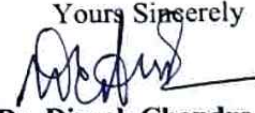
Mr. Rohit Joshi, Hon'ble Principal, Dr. Hema Prasad was invited on the stage. She summed up the whole program by thanking all four-resource person for gracing the program despite their busy schedules and also for sharing their insight and perspectives on various aspects of human rights. Along with that she also appreciated the work of the Organizing Committee for successfully conducting such a pertinent and important one-day training program. She also appreciated the patience hearing and cooperation of students, NCC cadets and the entire teaching and non-teaching faculty. The One Day Training Program on Human Rights Issues was finally concluded at 5:30 PM with National Anthem.



Special thanks to the NHRC for sanctioning the proposal of One Day Basic Training Program.

With Warmest Regards!!

  
**Dr. Hema Prasad**  
**Principal**  
**Govt. P. G. College**  
**Ranikhet (Almora)**

Yours Sincerely  
  
**Dr. Dinesh Chandra**  
**Program- Convener & HoD Commerce**  
**Contact Mob: 9917204183**  
**Email: drdineshchandra1982@gmail.com**

14 | Page

## PARTICIPANT'S *FEEDBACK* ANALYSIS

Participant's feedback were collected both in hard copy (sample enclosed in appendix) at the end of the last session as well as through online Google-Form slightly modifying and increasing few questions. In total, 112 participants have responded the online feedback through a well-structured Google-Form. The response of Google Form has been converted into Excel-Sheet and using simple analysis results have been represented in self explanatory output tables and graphs, which are as under:

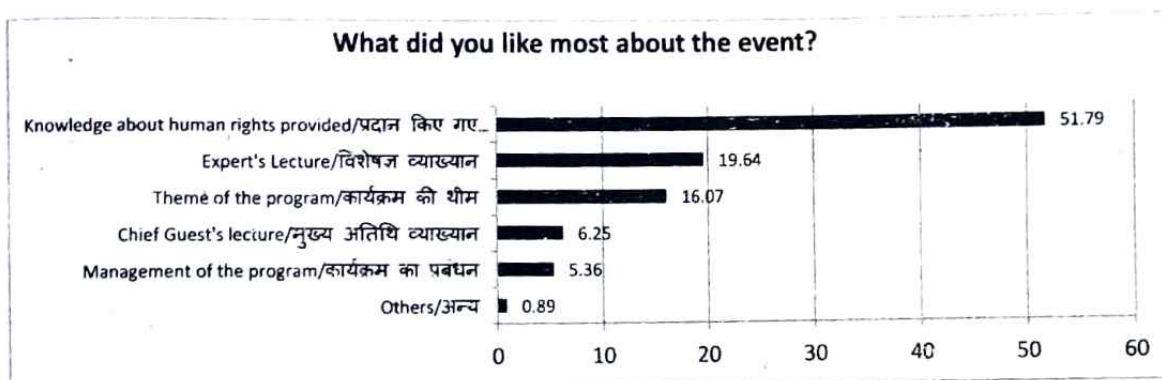
### 1. Participants Ratings [1 indicates the Lowest and 5 for Highest]

Parameters	Ratings (in %age)					
	1 (Lowest)	2	3	4	5 (Highest)	Total
Overall, how would you rate the event? कुल मिलाकर, आप इस कार्यक्रम का मूल्यांकन कैसे करेंगे?	9.88	1.23	11.11	35.80	41.98	100
Your rating for Management of event. आयोजन का प्रबंधन का मूल्यांकन	4.94	4.94	8.64	33.33	48.15	100
Your rating for Selection of experts. विशेषज्ञों का चयन का मूल्यांकन	6.17	4.94	6.17	24.69	58.02	100
Your rating for Sessions and time allocations. सत्र और समय आवंटन का मूल्यांकन	4.94	9.88	32.10	39.51	13.58	100
Your rating for Refreshments & Foods. जलपान और भोजन का मूल्यांकन	13.58	4.94	25.93	32.10	23.46	100
Your rating for reading materials provide. प्रदान की गयी पठन सामग्री का मूल्यांकन	7.41	2.47	4.94	29.63	55.56	100
Seating Arrangement. बैठने की व्यवस्था का मूल्यांकन	8.64	3.70	3.70	18.52	65.43	100
Your rating for First Resource Person (Dr. J.S. Bisht). प्रथम विशेषज्ञ (Dr. J.S. Bisht) के लिए आपकी रेटिंग।	8.64	4.94	6.17	25.93	54.32	100
Your rating for Second Resource Person (Dr. Chandra Ram). द्वितीय विशेषज्ञ (Dr. Chandra Ram) के लिए आपकी रेटिंग।	6.17	3.70	8.64	34.57	46.91	100
Your rating for third Resource Person (Shri D.S. Kotliya). तृतीय विशेषज्ञ (Shri D.S. Kotliya) के लिए आपकी रेटिंग।	4.94	3.70	4.94	19.75	66.67	100
Rating for fourth Resource Person (Mrs. Ruchi Arya). चौथे विशेषज्ञ (Mrs Ruchi Arya) के लिए आपकी रेटिंग।	4.94	6.17	9.88	35.80	43.21	100



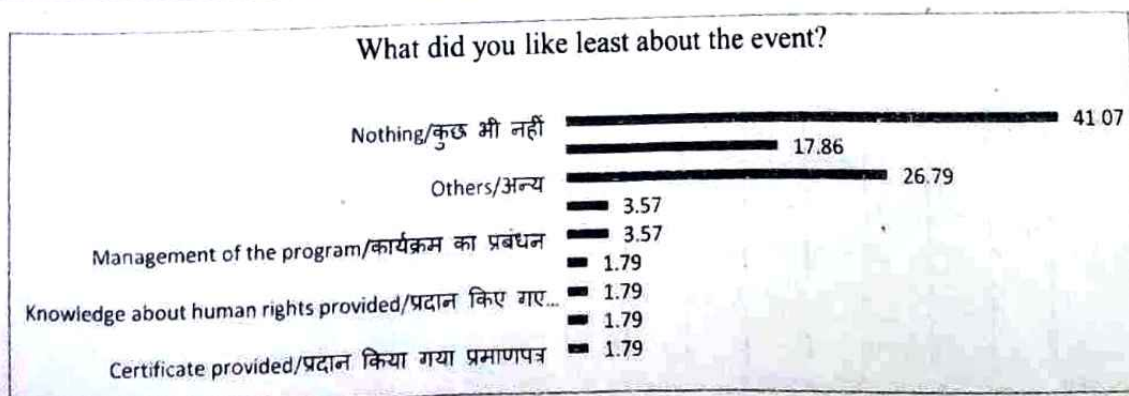
## 2. What did you like MOST about the Program?

What did you like most about the event? कार्यक्रम के बारे में आपको सबसे ज्यादा क्या पसंद आया?	Response	%
Others/अन्य	1	0.89
Management of the program/कार्यक्रम का प्रबंधन	6	5.36
Chief Guest's lecture/मुख्य अतिथि व्याख्यान	7	6.25
Theme of the program/कार्यक्रम की थीम	18	16.07
Expert's Lecture/विशेषज्ञ व्याख्यान	22	19.64
Knowledge about human rights provided. प्रदान किए गए मानवाधिकारों के बारे में ज्ञान	58	51.79
<b>TOTAL</b>	<b>112</b>	<b>100.00</b>



## 3. What did you like LEAST about the event?

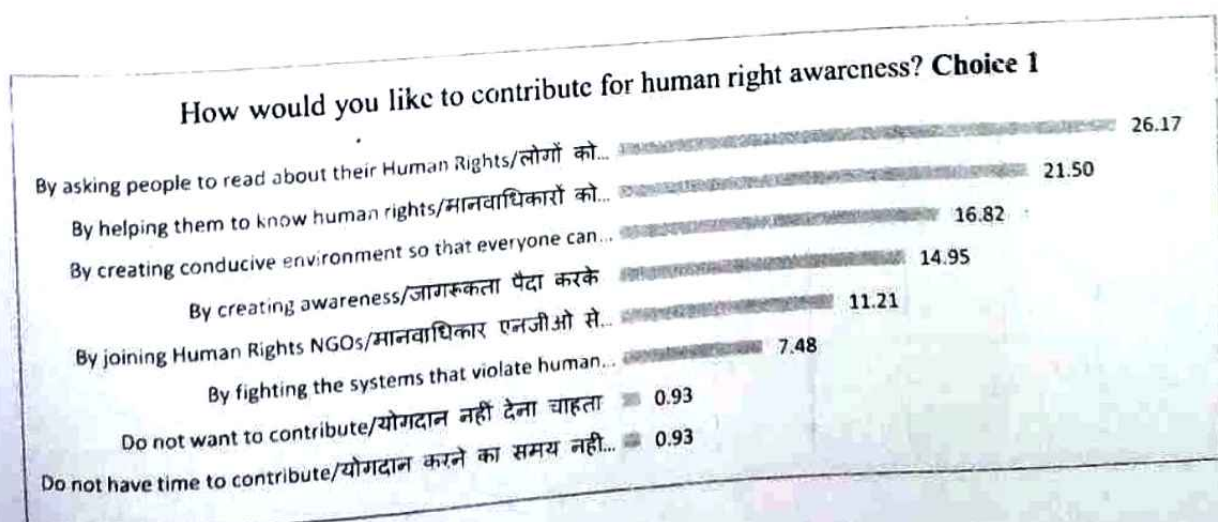
What did you like least about the event? कार्यक्रम के बारे में आपको सबसे कम क्या पसंद आया?	Response	%
Certificate provided/ प्रदान किया गया प्रमाणपत्र	2	1.78
Expert's Lecture/ विशेषज्ञ व्याख्यान	2	1.78
Knowledge about human rights provided. प्रदान किए गए मानवाधिकारों के बारे में ज्ञान	2	1.78
Theme of the program/ कार्यक्रम की थीम	2	1.78
Management of the program/ कार्यक्रम का प्रबंधन	4	3.57
Chief Guest's lecture/ मुख्य अतिथि व्याख्यान	4	3.57
Others/ अन्य	30	26.78
Food & Refreshment/ भोजन और जलपान	20	17.85
Nothing/ कुछ भी नहीं	46	41.07
<b>TOTAL</b>	<b>112</b>	<b>100</b>



How likely are you to recommend our events to your friends/colleagues? आप अपने दोस्तों/सहयोगियों को हमारे कार्यक्रमों की सिफारिश करने की क्या संभावना रखते हैं?	Response	%
20%	4	3.57
40%	3	2.68
60%	14	12.50
80%	58	51.79
100%	33	29.46
<b>TOTAL</b>	<b>112</b>	<b>100</b>

#### 4. How would you like to contribute for Human Rights Awareness? Choice-1

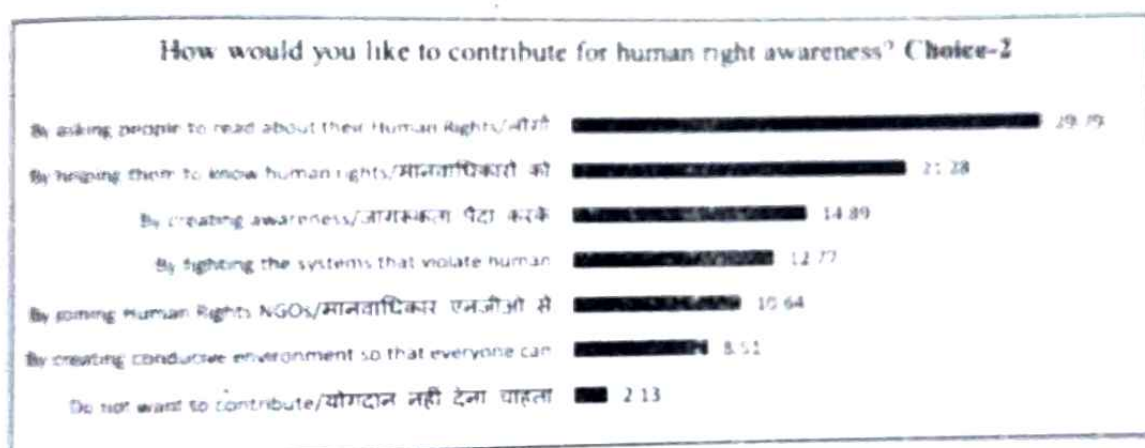
Based on your experience of the program, how would you like to contribute for human right awareness? कार्यक्रम के अपने अनुभव के आधार पर, आप मानव अधिकार जागरूकता के लिए कैसे योगदान देना चाहेंगे? Note: You can select more than one option with choice priority. आप पसंद प्राथमिकता के साथ एक से अधिक विकल्प चुन सकते हैं।	Response	%
<b>Choice 1</b>		
Do not have time to contribute. योगदान करने का समय नहीं है	1	0.93
Do not want to contribute. योगदान नहीं देना चाहता	1	0.93
By fighting the systems that violate human rights. मानवाधिकारों का उल्लंघन करने वाली व्यवस्थाओं से लड़कर	8	7.47
By joining Human Rights NGOs. मानवाधिकार एनजीओ से जुड़कर	12	11.21
By creating awareness. जागरूकता पैदा करके	16	14.95
By creating conducive environment so that everyone can enjoy human rights. अनुकूल वातावरण बनाकर ताकि हर कोई मानव अधिकारों का आनंद उठा सके	18	16.82
By helping them to know human rights. मानवाधिकारों को जानने में उनकी मदद करके	23	21.49
By asking people to read about their Human Rights. लोगों को उनके मानवाधिकारों के बारे में पढ़ने के लिए कह कर	28	26.16
<b>TOTAL</b>	<b>107</b>	<b>100</b>





## 5. How would you like to contribute for Human Rights Awareness? Choice-2

Choice 2		Response	%
Do not want to contribute	योगदान नहीं देना चाहता	2	2.13
By creating conducive environment so that everyone can enjoy human rights	अनुकूल वातावरण बनाकर ताकि हर कोई मानव अधिकारी का आनंद उठा सके	8	8.51
By joining Human Rights NGOs	मानवाधिकार एनजीओ से जुड़कर	10	10.63
By fighting the systems that violate human rights	मानवाधिकारी का उल्लंघन करने वाली व्यवस्थाओं से लड़कर	12	12.76
By creating awareness	जागरूकता पैदा करके	14	14.89
By helping them to know human rights	मानवाधिकारी को जानने में उनकी मदद करके	20	21.27
By asking people to read about their Human Rights	लोगों को उनके मानवाधिकारी के बारे में पढ़ने के लिए कह कर	28	29.78
<b>TOTAL</b>		<b>94</b>	<b>100</b>



## 6. How would you like to contribute for Human Rights Awareness? Choice-3

Choice 3		Response	%
Do not have time to contribute	योगदान करने का समय नहीं है	2	3.12
By creating awareness	जागरूकता पैदा करके	6	9.37
By creating conducive environment so that everyone can enjoy human rights	अनुकूल वातावरण बनाकर ताकि हर कोई मानव अधिकारी का आनंद उठा सके	8	12.5
By helping them to know human rights	मानवाधिकारी को जानने में उनकी मदद करके	10	15.62
By joining Human Rights NGOs	मानवाधिकार एनजीओ से जुड़कर	12	18.75
By fighting the systems that violate human rights	मानवाधिकारी का उल्लंघन करने वाली व्यवस्थाओं से लड़कर	12	18.75
By asking people to read about their Human Rights	लोगों को उनके मानवाधिकारी के बारे में पढ़ने के लिए कह कर	14	21.87
<b>TOTAL</b>		<b>64</b>	<b>100</b>

### How would you like to contribute for human right awareness? Choice-3

By asking people to read about their Human Rights/लोगों...	21.88
By fighting the systems that violate human...	18.75
By joining Human Rights NGOs/मानवाधिकार एनजीओ से...	18.75
By helping them to know human rights/मानवाधिकारों को...	15.63
By creating conducive environment so that everyone can...	12.50
By creating awareness/जागरूकता पैदा करके	9.38
Do not have time to contribute/योगदान करने का समय...	3.13

### 7. How would you like to contribute for Human Rights Awareness? Choice-4

Choice 4	Response	%
Do not want to contribute/योगदान नहीं देना चाहता	1	1.96
By fighting the systems that violate human rights/मानवाधिकारों का उल्लंघन करने वाली व्यवस्थाओं से लड़कर	2	3.92
By creating conducive environment so that everyone can enjoy human rights/अनुकूल वातावरण बनाकर ताकि हर कोई मानव अधिकारों का आनंद उठा सके	4	7.84
By joining Human Rights NGOs/मानवाधिकार एनजीओ से जुड़कर	6	11.76
By helping them to know human rights/मानवाधिकारों को जानने में उनकी मदद करके	10	19.61
By asking people to read about their Human Rights/लोगों को उनके मानवाधिकारों के बारे में पढ़ने के लिए कह कर	12	23.53
By creating awareness/जागरूकता पैदा करके	16	31.37
<b>TOTAL</b>	<b>51</b>	<b>100</b>

### How would you like to contribute for human right awareness?

#### Choice-4

By creating awareness/जागरूकता पैदा करके	31.37
By asking people to read about their Human Rights/लोगों...	23.53
By helping them to know human rights/मानवाधिकारों को...	19.61
By joining Human Rights NGOs/मानवाधिकार एनजीओ से...	11.76
By creating conducive environment so that everyone can...	7.84
By fighting the systems that violate human...	3.92
Do not want to contribute/योगदान नहीं देना चाहता	1.96

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# REGISTRATION FORM



One-Day Training Program on  
HUMAN RIGHT ISSUES

(Sensitizing Young Students, especially Girls Students about their Human Rights)

Sponsored by

NATIONAL HUMAN RIGHTS COMMISSION-NEW DELHI, INDIA

Free Registration



1. Name of the Student: Pooja

2. Father's Name: Mr. Prem Prakash

3. Class: B.Sc 2nd sem

4. Gender: Female

5. Date of Birth: 20/March/2003

6. Religion: Hindu

7. Caste: Sc.

8. Address: Chiliyanoala (Haidakhan)  
Pin - 263645

9. Mobile No: 8126678075

10. E-mail Address: SoniyaSoniya6146@g-mail.com

11. Have you Attended any Program on Human Rights before: Yes/ No: Yes

12. What is your present level of knowledge about Human Rights: please tick  
☐ Not at all ☒ Something ☐ Sufficient Knowledge

Pooja  
Student's Signature

Date: 21/sept/21 Place: Ranikhet





# FEEDBACK FORM

Form No:.....



One-Day Training Program on  
HUMAN RIGHT ISSUES

Sponsored by- NHRC-NEW DELHI, INDIA

Dated: 21 September 2021 (Tuesday)

Your valuable feedback is very important to assess how far our endeavors helped to meet the main objectives of this event. Please feel free to express your actual experience without any bias and prejudice.

इस आयोजन के मुख्य उद्देश्यों को पूरा करने में हमारे प्रयासों ने कितनी मदद की इसका आकलन करने के लिए आपकी बहुमूल्य प्रतिक्रिया बहुत महत्वपूर्ण है। कृपया बिना किसी पक्षपात और पूर्वाग्रह के अपने वास्तविक अनुभव को वैज्ञानिक व्यक्त करें।

1. Overall, how would you rate the event? (Shade the numbers of stars) ★★★★★★  
कुल मिलाकर, आप इस कार्यक्रम का मूल्यांकन कैसे करेंगे? (सितारों की संख्या को छायांकित करें)।

2. Please rate the following aspects of the event: (shade the numbers of stars)  
कृपया कार्यक्रम के निम्नलिखित पहलुओं का मूल्यांकन करें: (सितारों की संख्या को छायांकित करें)।

Management of event/ आयोजन का प्रबंधन	★★★★★
Selection of experts/ विशेषज्ञों का चयन	★★★★★
Sessions and time allocations/ सत्र और समय आवंटन	★★★★★
Refreshments & Foods/ जलपान और भोजन	★★★★★
Reading materials provided/ प्रदान की गयी पठन सामग्री	★★★★★
Seating arrangement/ बैठने की व्यवस्था	★★★★★

3. What did you like most about the event? कार्यक्रम के बारे में आपको सबसे ज्यादा क्या पसंद आया?  
The idea of giving awareness.....
4. What did you like least about the event? कार्यक्रम के बारे में आपको सबसे कम क्या पसंद आया?  
I liked all the events.....
5. How do you think this program could have been improved more? आपको क्या लगता है कि इस कार्यक्रम में और सुधार कैसे किया जा सकता था?  
Yes, if there could be some temperature controlling devices.....
6. Based on your experience of the program, how would you like to contribute for human right awareness? कार्यक्रम के अपने अनुभव के आधार पर, आप मानव अधिकार जागरूकता के लिए कैसे योगदान देना चाहेंगे?  
I would aware the people of my locality about the rights & duties.....
7. How likely are you to recommend our events to your friends/colleagues? आप अपने दोस्तों/सहयोगियों को हमारे कार्यक्रमों की सिफारिश करने की क्या संभावना रखते हैं?  
Surely because of the knowledge that the expert advised.....
8. Do you have any other suggestions or comments to help us improve our future events? आपके पास हमारे भविष्य के कार्यक्रमों को बेहतर बनाने में मदद करने के लिए क्या अन्य कोई सुझाव या टिप्पणी है?  
The room temperature.....

class: B. Com Tred sen

Student's Signature



E.No.23011/127/2019-20/Trg.

12/03/2020

Mukesh Kulshreshtha  
Consultant (SRO) Trg.



Dear Sir,

I am happy to inform that the Commission in the meeting dated, 04.3.2020 has considered your Human Rights Training Proposal and approved the following programme and budget to be conducted at the earliest, subject to the stipulation that the resource persons and course content would be decided in consultation with the Training Division of NHRC

**"One (One Day) Basic Training Programme on Human Rights for at least 100 participants with total approved budget of Rs. 67500/- (Rupees Sixty Thousand only) as Grant in Aid /Financial Assistance from NHRC minimum Rs. 7500/- (Rupees Seven Thousand Five Hundred Only) as institution contribution (Total Budget Rs.75000/- (Rupees Seventy Five Thousand only)"**

2. You may please go ahead and make all the necessary arrangement for conducting the said training programme as per schedule & budget annexed and adhered with the financial norms of the Commission otherwise amount will be deducted from the sanctioned budget as per the norms of NHRC. Please also inform us the dates venue and detailed programme schedule (Session - wise with names of the Resource Persons) alongwith formal invitation to the Special Rapporteur North Zone, NHRC OR Senior Officer of the Commission to grace the function as Chief Guest /to attend the programme, if possible. This may be ensured as non-adherence of this stipulation and holding the programme without sufficient timely intimation may result in non-payment of financial assistance. You may download reading material I from our website [www.nhrc.nic.in](http://www.nhrc.nic.in).

3. Only on receipt of the detailed programme schedule (Session-wise with names of the Resource Persons) subject to approval of the same by the Commission, advance part payment of the sanctioned amount will be released. Please inform in whose favour (Designation & Address only in whose name A/C of the Institute is maintained -for electronic clearing services. Kindly submit Mandate Form -copy enclosed the payment has to be sent. Once again, take this opportunity to thank you for the proposal and looking forward for more interaction in promotion of Human Rights.

सोनिशर  
अमिताभ  
पि. नं. २३०११/१२७/२०१९-२०/ट्रगि.  
०६.९.२०२१

4. It May be considered on the priority basis as the programme has to be completed well in time, as well as the **Utilization Certificate (GFR 19-A format only- copy enclosed )** alongwith detailed Expenditure Statement duly audited and signed by the Authorized Signatory. Detailed Programme Report, List of Participants & Resource Persons with their address & contact numbers , **Photography /Video Recording of the programme (Mandatory)**, Feedback Forms etc. of the programme must be submitted within 20 days from the commencement of the same so as to settle accounts of the Commission.

With regards

Yours sincerely

  
(Mukesh Kulshreshtha)

Encl Annexure -V VI GFR-19A & ECS Mandate Form

The principal  
Govt of P.G. College Ranikhet  
Almora Uttarakhand.-2636456.

Copy for information to

The Secretary  
Uttarakhand State Human Rights Commission  
Sahastradhara Rd, Saundhon wali, Brahmanwala, Dehradun, Uttarakhand 248001

Dr. Ish Kumar  
A-4 Towwer-1  
New Moti Bagh  
New Delhi-110023

  
(Mukesh Kulshreshtha)





# NATIONAL HUMAN RIGHTS COMMISSION

NEW DELHI



**SPONSORED**



**One Day Training Program**

**on**

## **HUMAN RIGHTS ISSUES**

*Reading Handout*

**21 September 2021**

**9:00 AM to 4:30 PM**

**Venue: College Auditorium**

*Organized by*

**SSJDVSSS**

**Govt. P.G. College Ranikhet, Almora, Uttarakhand**

Phone & Fax No. (05966) 220372

Website: [www.jdvffgpgcranikhet.org](http://www.jdvffgpgcranikhet.org)

E-mail: [gpgcranikhet1973@gmail.com](mailto:gpgcranikhet1973@gmail.com)

GPCC Ranikhet

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*"Injustice any where is a threat to justice everywhere." - Martin Luther King*



बुधवार को अल्मोड़ा-धरमघर, टनकपुर बसों के पहिए थमे रहे।

बसों का नियमित संचालन न होने से यात्रियों को दिक्कतों का सामना करना पड़ रहा है। इधर, रोडवेज डिपो के अधिकारियों का कहना है कि चालकों की कमी की वजह से सेवाएं स्थगित हो रही हैं। संवाद

आतंकमण करणा प्रस्ताव देगा। एसडीएम ने कहा कि कूड़ा निस्तारण के लिए नगर पंचायत को कम से कम 20 नाली जमीन की जरूरत है। उन्होंने तहसीलदार से शीघ्र जमीन चिन्हित करने को कहा। बीडीसी सदस्य रंजित रावत और सदन में मौजूद लोगों ने कहा कि

प्रशासन ने खडेरिया में कूड़ा लिए पूर्व जो जमीन चयनित वहीं कूड़ाघर बनाया जाय। अधिवक्ता डीके जोशी, मंडल अध्यक्ष हरीश बालकृष्ण, दीवान नेगी, लक्ष्मी

## ‘महिला अधिकारों के लिए जागरूक रहें बालिकाएं’

रानीखेत (अल्मोड़ा)। पीजी कालेज में राष्ट्रीय मानवाधिकार आयोग दिल्ली के सहयोग से मानवाधिकार पर एक प्रशिक्षण कार्यशाला हुई। मुख्य अतिथि विधायक करन माहरा ने किसी भी तरह के शोषण का खुलकर विरोध और बालिकाओं से महिला अधिकारों को प्रचारित करने तथा सजग रहने की भी अपील की।

बुधवार को संरक्षक प्राचार्या डॉ. हेमा प्रसाद ने कार्यक्रम का उद्घाटन किया। मुख्य संरक्षक और उच्च शिक्षा निदेशक डॉ. पीके पाठक ने मौलिक अधिकारों और कर्तव्यों का निर्वहन करने पर जोर दिया।

काशीपुर महाविद्यालय के प्राचार्य डॉ. चंद्र राम और उत्तराखंड मुक्त विवि के सहायक क्षेत्रीय निदेशक प्रो. जेएस बिष्ट ने महिला सशक्तीकरण पर जोर दिया। डॉ. डीएस कोटियाल



### एबीवीपी ने विधायक का स्वागत किया

रानीखेत। एबीवीपी कार्यकर्ताओं ने विधायक करन माहरा का स्वागत किया। विधायक ने सीसी मार्ग निर्माण और अन्य कार्यों के लिए विधायक निधि से 5.50 लाख रुपये की राशि स्वीकृत की। वहां पर छात्र संघ अध्यक्ष मनीष भैसोड़ा, कोषाध्यक्ष सुधांशु भट्ट, अंकिता थे। संबोध

और डा. रुचि आर्या ने समाज को मानवाधिकारों के लिए अधिक जागरूक करने पर बल दिया।

### डॉ. संगीता



- पागलपन (सीजो)
- OCD (जैसे बार)
- अकारण भय / चि
- घबराहट / धड़क
- अवसाद (Dep)
- नींद न आना
- बहकी बातें करना
- सुसाइड करने क

क्लीनिक इन्दिरा कॉम्प्लेक्स

कमलुवागंजा रोड, कुसुम

(फोन पर अपाइंटमेंट लेने)

डॉक्टर माहब के मिल

नया पंच बनाने क

पहली बार मरीज को दिखा