Academic Session 2024-25

5.1 BestPractices in r/o **Rajiv Gandhi Memorial Govt. College Joginder Nagar, Mandi, Himachal Pradesh**

BEST PRACTICE I

1. Title of the Practice: Book Bank and Financial Support to Students

2. Objectives of the Practice

a) To help needy and meritorious students.
b) To overcome financial constraints for bright students.
c) To have personal interaction with economically weak students

3. The Context

The college is located in a rural area and most of the students are from humble financial background. Keeping it in mind, staff members from different departments have taken the initiative to lend books to students from their own collections and have also offered financial assistance for covering college expenses.

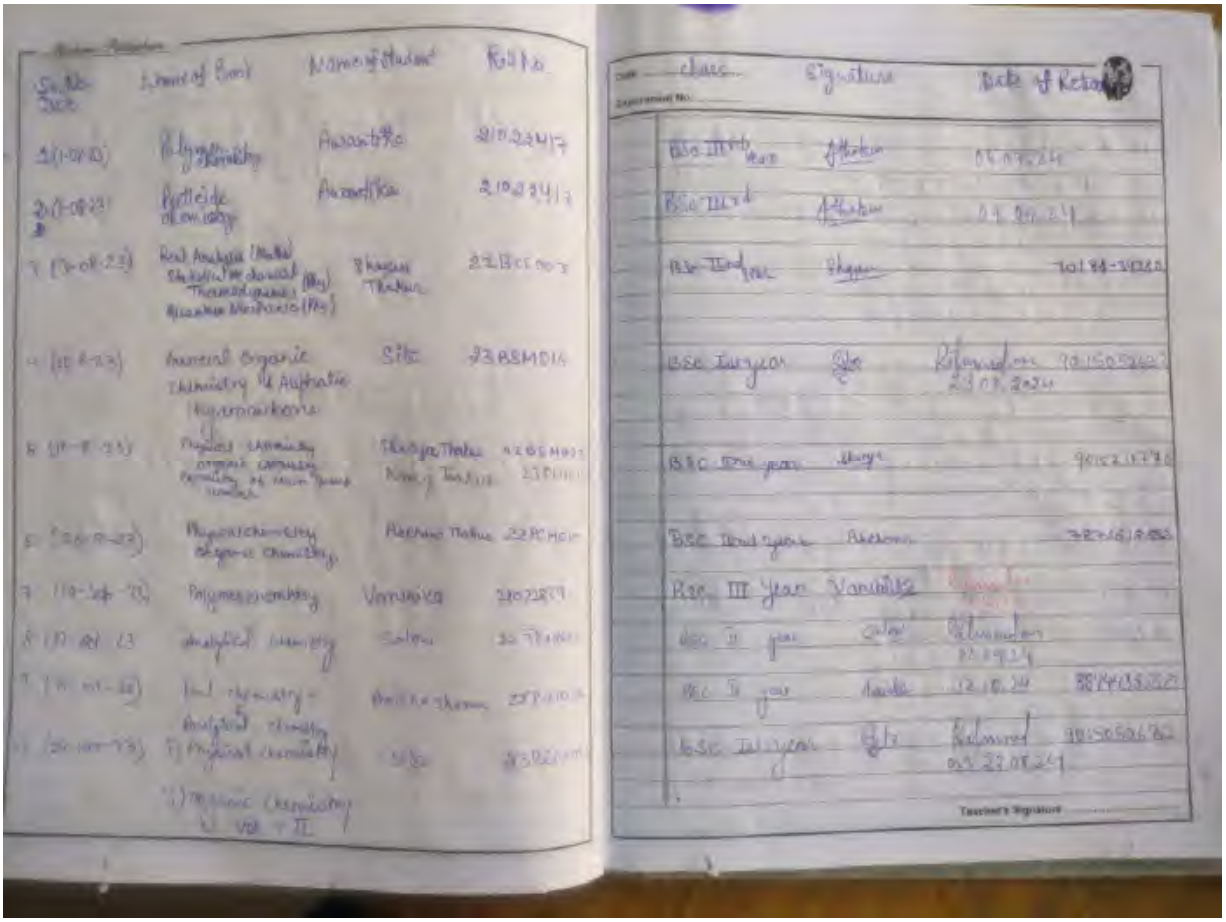
4. The Practice

The Departments of Chemistry, English, Political Science, and Commerce have maintained a book bank. After completing their exams, the majority of students return the books they were provided by entering their records in the register. In accordance with their needs, some students also keep the books with them.

5. EvidenceofSuccess

a) The English Department has distributed books to 113 needy students.
b) The Chemistry Department has provided books to 55 needy students.
c) Books worth Rs. 7234/- were distributed to students through commerce society.
d) 39 books were given to sixteenstudents by Department of Political Science.

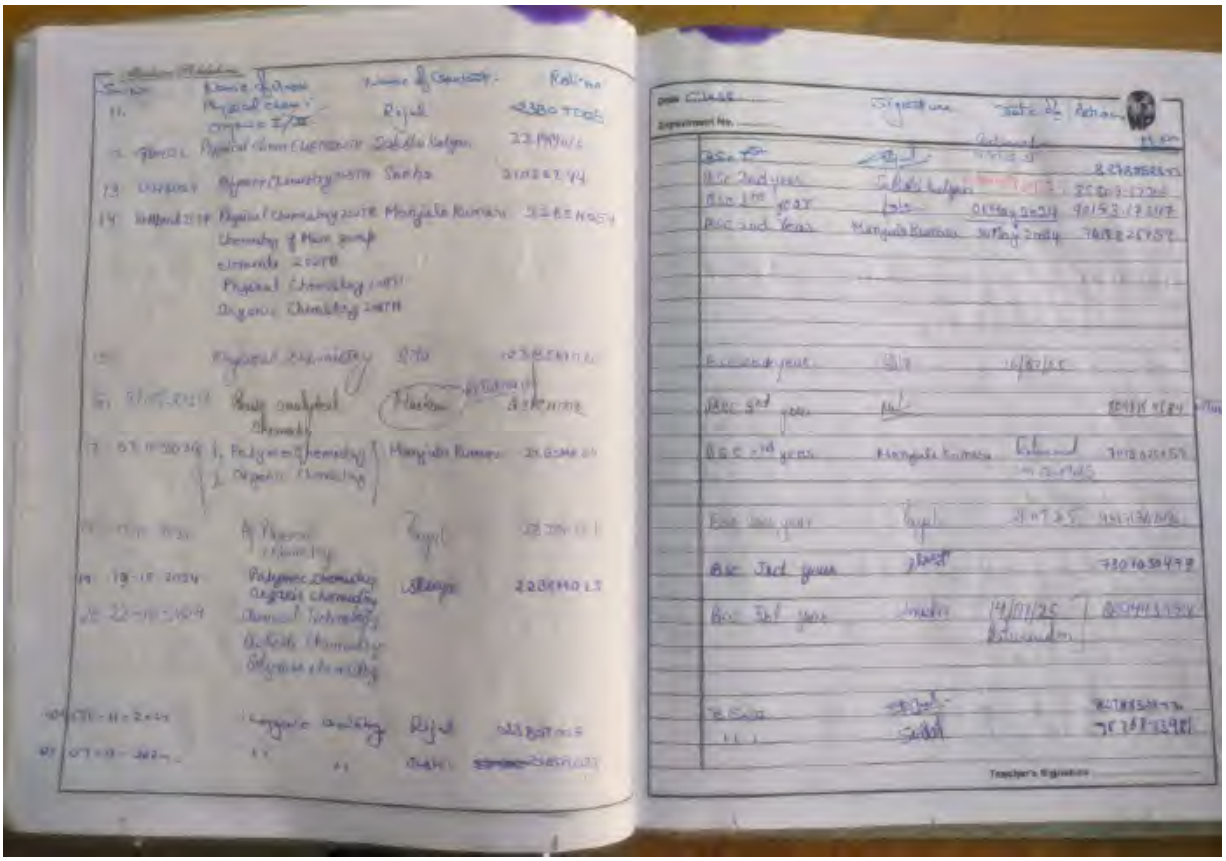
DEPARTMENT OF CHEMISTRY



Sr. No.	Date of Issue	Name of Student	Roll No.
1	21-07-23	Polymer Chemistry	Avantika	2107224117
2	21-08-23	Pesticide Chemistry	Avantika	2107224117
3	12-08-23	Acid Amides (Malic, Succinic, Thermodynamics (Phy) Alcohols Mechanics (Phy)	Bhagwan Thakur	22BSCH003
4	22-8-23	Inorganic Organic Chemistry & Aliphatic Hydrocarbons	Sita	23BSMD14
5	24-8-23	Physical Chemistry Organic Chemistry Aromatic Hydrocarbons	Shreya Thakur Nikunj Thakur	21BSMD11
6	25-8-23	Physical Chemistry Organic Chemistry	Reshma Thakur	22BCH017
7	10-Sept-23	Polymer Chemistry	Vanshika	2107224
8	19-09-23	Analytical Chemistry	Sakshi	21BSMD13
9	19-09-23	Inorganic Chemistry Analytical Chemistry	Reshma Thakur	22BCH017
10	20-09-23	1) Physical Chemistry 2) Organic Chemistry 3) Inorganic Chemistry Vol - II	Sita	23BSMD14

Date	Class	Signature	Date of Return
Experiment No.			
BSc IIIrd Year	Bhagwan		05.09.24
BSc IIIrd	Bhagwan		04.09.24
BSc IInd year	Bhagwan		7018821
BSc Iyr year	Sita	Returned 27.08.2024	9015052
BSC IInd year	Bhagwan		9015216
BSC IInd year	Reshma		22BCH017
BSc III Year	Vanshika		
BSc II year	Sita	Returned 27.08.24	
BSc II year	Sakshi	12.8.24	23BSMD13
BSC Ist year	Sita	Returned 27.08.24	9015052

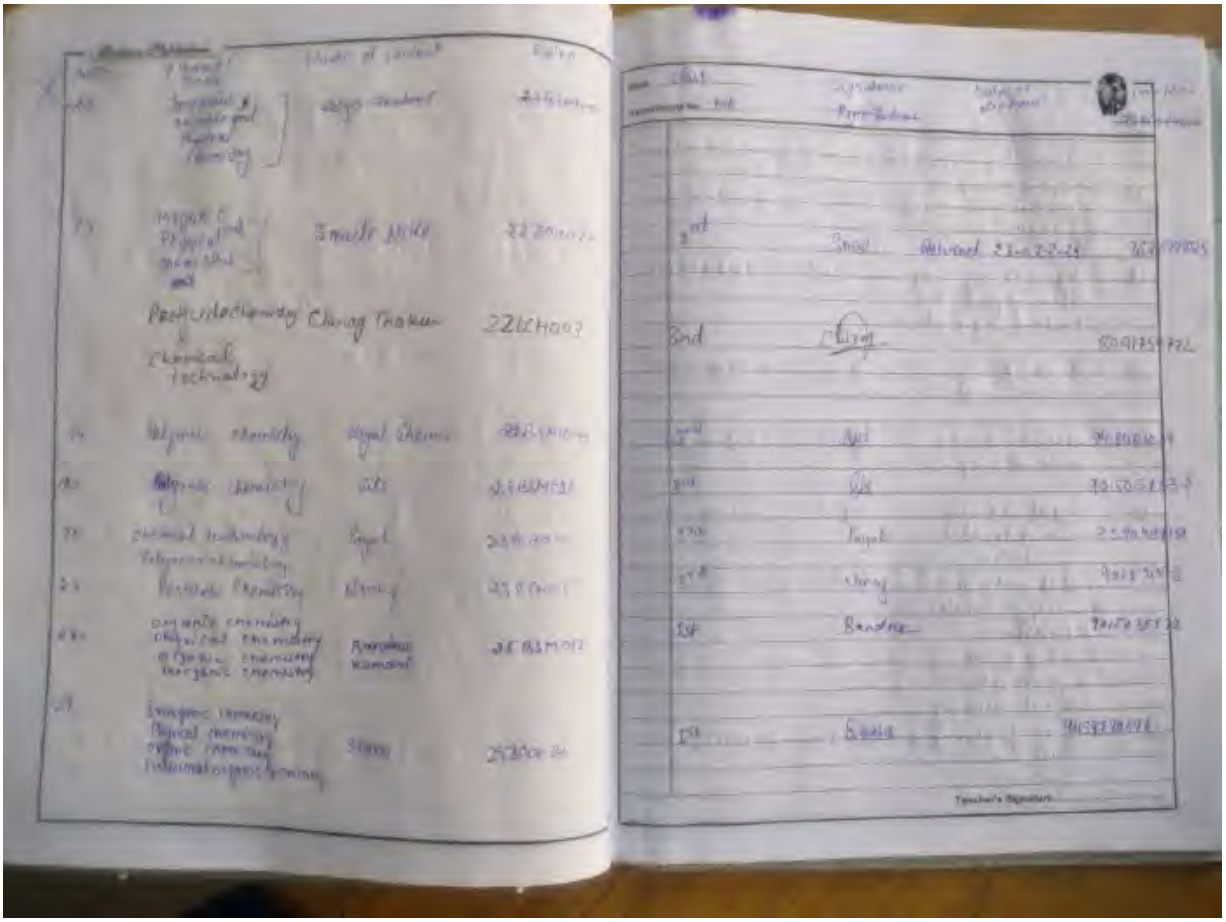
Teacher's Signature

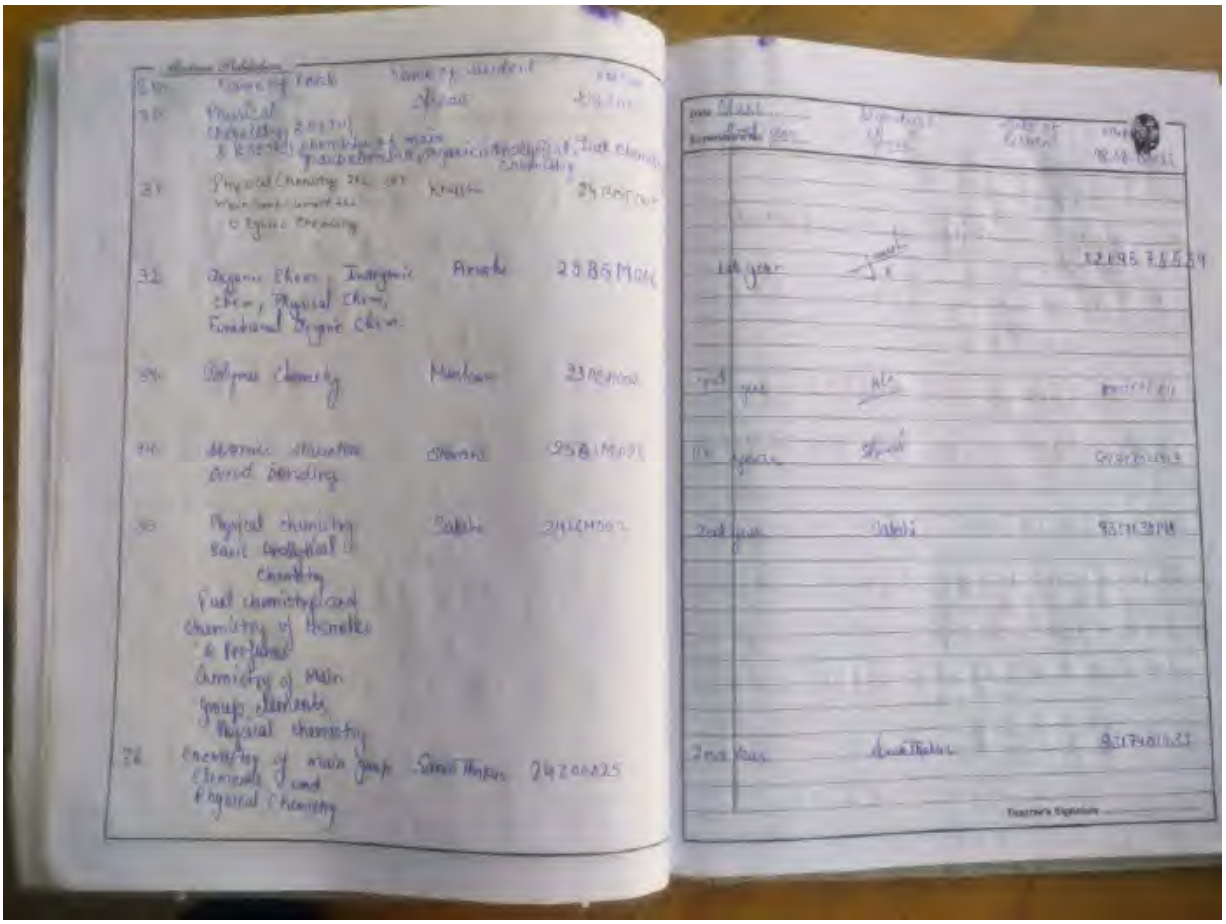


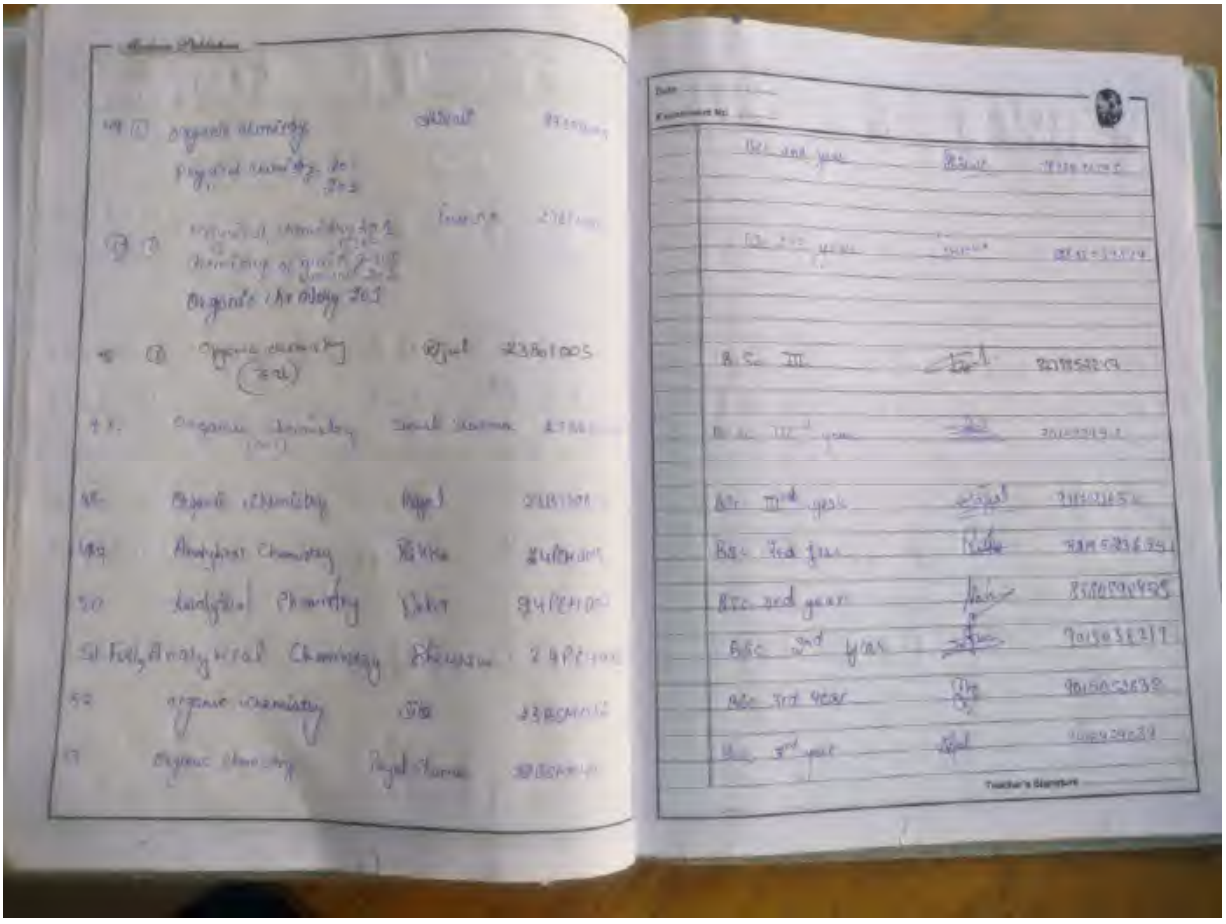
Sr. No.	Name of Student	Name of Course	Roll No.
11.	Physical Chemistry Organic Chemistry	Rijul	23BSMD08
12.	Physical Chemistry	Sakshi Nalgar	23BSMD13
13.	Physical Chemistry with	Sneha	2107224
14.	Physical Chemistry with Chemistry of Main group elements 2nd B Physical Chemistry 4th Organic Chemistry 2nd B	Manjula Kumari	22BSMD14
15.	Physical Chemistry	Sita	23BSMD14
16.	Basic analytical Chemistry	Shreya	23BSMD11
17.	1. Polymer Chemistry 2. Organic Chemistry	Manjula Kumari	22BSMD14
18.	Physical Chemistry	Rijul	23BSMD08
19.	Polymer Chemistry Organic Chemistry Chemical Technology Colloids Chemistry Polymer Chemistry	Bhagwan	22BSMD03
20.	Organic Chemistry	Rijul	23BSMD08
21.			

Date	Class	Signature	Date of Return
Experiment No.			
BSc 3rd year	Rijul		23BSMD08
BSc 2nd year	Sakshi Nalgar		23BSMD13
BSc 1st year	Sita	01 May 2024	9015321
BSc 2nd Year	Manjula Kumari	30 May 2024	7838267
BSc 2nd year	Sita	16/12/24	
BSC 2nd year	Rijul		8949
BSC 2nd year	Manjula Kumari	Returned	7018821
BSc 3rd year	Rijul	21.07.25	9911
BSc 3rd year	Bhagwan		7301
BSc 3rd year	Sneha	14/07/25 Returned	8004
BSc	Rijul		8278
III	Sakshi		7018

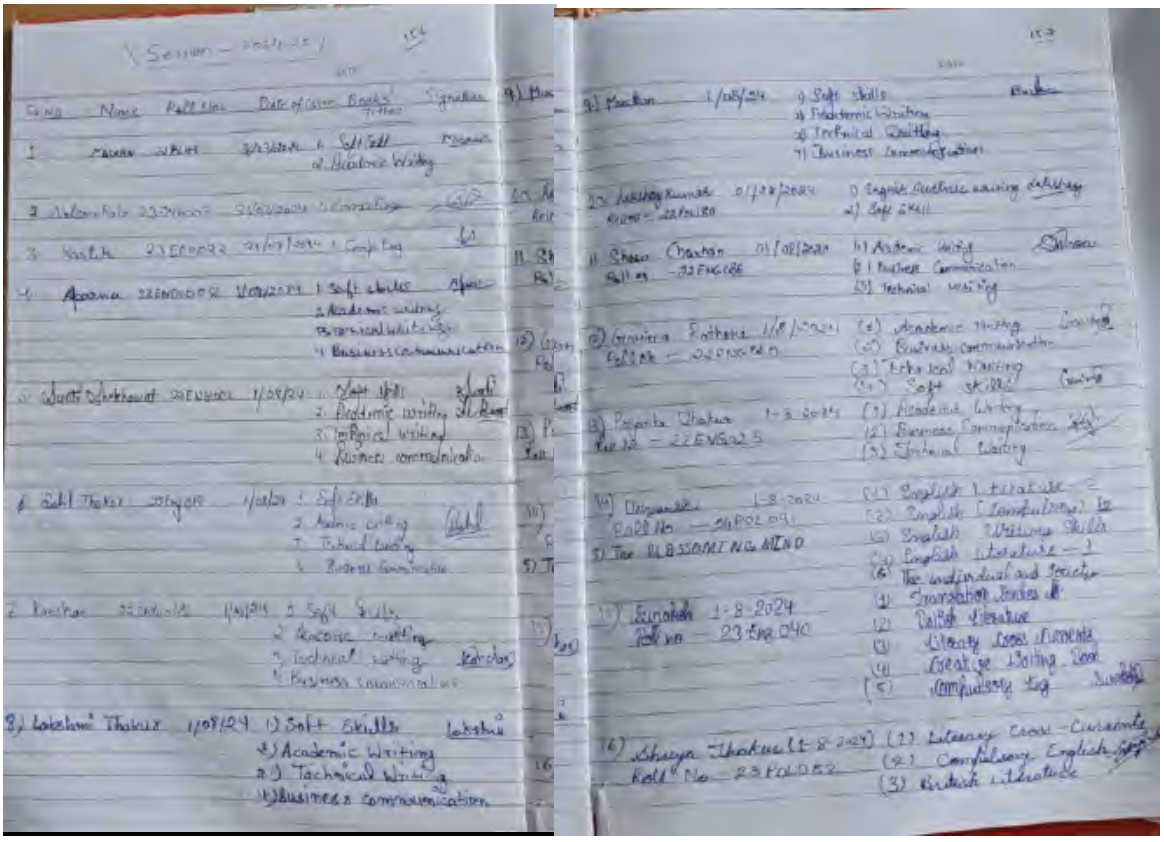
Teacher's Signature

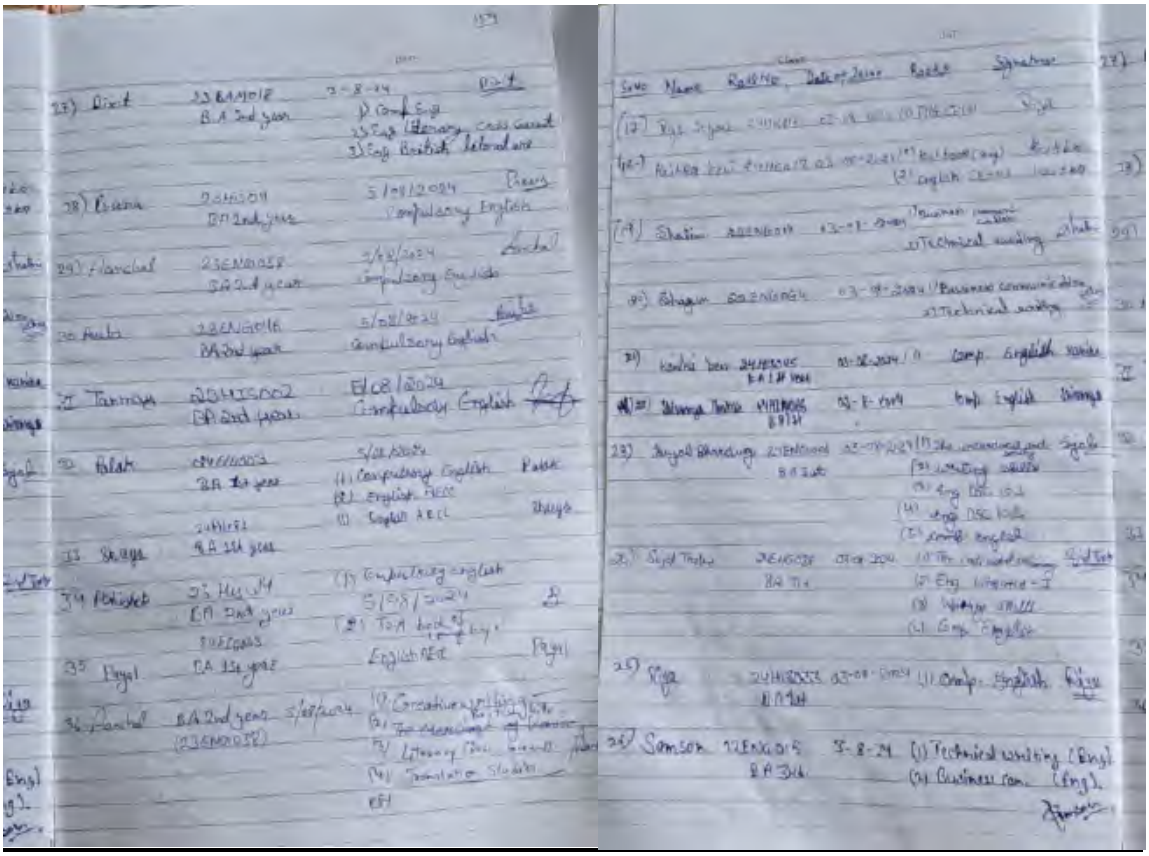






DEPARTMENT OF ENGLISH





Sno	Name	Roll No	Date of Joining	Paper	Signature
27)	Dixit	23BAMO18 BA 2nd year	3-8-24	1) Comp Eng 2) Eng Literary Crossword 3) Eng British Literature	Dixit
28)	Reena	23MIS004 BA 2nd year	5/08/2024	Compulsory English	Reena
29)	Harshal	23ENG028 BA 2nd year	5/08/2024	Compulsory English	Harshal
30	Ankita	23ENG016 BA 2nd year	5/08/2024	Compulsory English	Ankita
31	Tanmay	23HIS002 BA 2nd year	5/08/2024	Compulsory English	
32	Palak	24MIS002 BA 1st year	5/08/2024 (1) Compulsory English (2) English Reel (3) English Reel		Palak
33	Shreya	24MIS021 BA 1st year			Shreya
34	Abhishek	23 HIS 04 BA 2nd year 23ENG028	(1) Compulsory english 5/08/2024 (2) Tata book of English Reel		Abhishek
35	Payal	BA 1st year			Payal
36	Harshal	BA 2nd year (23ENG028)	5/08/2024	(1) Creative writing (2) Translation (3) Literary Terms (4) Translation Studies ESL	

Sno	Name	Roll No	Date of Joining	Paper	Signature
37)	Sagar Bhardwaj	23ENG008 BA 2nd	12-08-2024	(1) Technical writing (Engl (2) Business comm (Eng) (3) writing skills (4) Eng DSC (5) Eng DSC (6) comp English	Sagar
38)	Syed Tasha	24ENG028 BA 1st	09-08-2024	(1) Technical writing (2) Eng Literature - I (3) Writing skills (4) Comp English	Syed Tasha
39)	Riya	24MIS022 B.A 1st	03-08-2024	(1) Comp. English	Riya
40)	Samson	22ENG015 BA 3rd	5-8-24	(1) Technical writing (Engl (2) Business com (Eng).	Samson

Sno	Name	Roll No	Date of Joining	Paper	Signature
41)	Shagun	BA 1st year 24MIS018	05/08/24	1) ENGLISH 101 2) English literature 3) Writing skills	Shagun
42)	Harshal	24MIS020 BA 1st year	05/08/24	1 Comp English literature 2 Writing skill	Harshal
43)	Mukesh Kumar	24MIS002 BA 1st year	05/08/24	1) Contemporary India - Social Environment 2) Literature from Marginal	Mukesh
44)	Aman Thakur	22ENG084 BA 3rd year	06/08/24	1) Soft Skills 2) Academic Writing 3) Business communication 4) Technical writing	Aman
45)	Sanjay	22ENG008 B.A 2nd year	05/08/24	1) Individual and Society 2) English Literature - 2 (Prose, Drama) 3) writing Skills 4) Compulsory English 5) Cultural diversity	Sanjay
46)	Shreya	22ENG082 B.A 2nd year	06/08/24	Business Communication	Shreya
47)	Diksha	22ENG079 BA 3rd year	06/08/24	Business Communication	Diksha

Sno	Name	Roll No	Date of Joining	Paper	Signature
48)	Soniya	BA 2nd Year 23BMM18	6/8/2024	(1) Compulsory English	Soniya
49)	Reeta	B.Com 1st year 24BCM030	August 6, 2024	(1) Writing Skill English	Reeta
50)	Dilraj	B.Com 1st year 24BCM038	August 6, 2024	(1) Writing skill English	Dilraj
51)	Monika	B.Com 1st year 24BCM023	August 6, 2024	Writing Skill English	Monika
52)	Palak	B.Com 1st year 24BCM018	August 6, 2024	Writing Skill English	Palak
53)	Ramita	B.Com 1st year 24BCM010	August 6, 2024	Writing skill English	Ramita
54)	Kamal	B.Com 1st year 24BCM002	August 6, 2024	Writing Skill English	Kamal
55)	Akhil	B.COM 1st year 24BCM023	August 6, 2024	Writing skill English	
56)	Sarika	B.COM 1st year 24BCM024	August 6, 2024	Compulsory English	Sarika
57)	Anshul	B.COM 1st year 24BCM015	August 6, 2024	Writing Skills	Anshul
58)	Abhinav	B.Com 2nd Year 23BCM005	August 7, 2024	Compulsory English	Abhinav

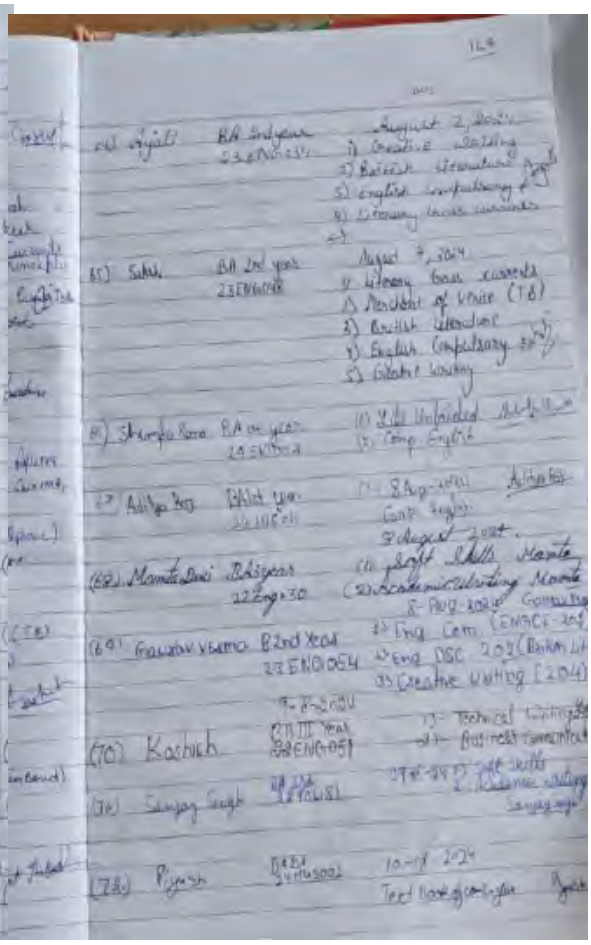
59) Gaurish BA 2nd year 23ENGL005 August 7, 2024
i) British Lit.
ii) Modern Indian Lit
iii) Creative writing book and media reference
iv) Literary Cross Currents
v) Appreciating Critical Principles of Translation

60) Lavya Thakur BA 2nd year 23ENGL015 August 7, 2024
1) Literary Cross Currents
2) Creative writing
3) English Comprehension
4) Modern Indian Literature
5) British Literature

61) Apeksha Thakur BA 2nd year 23ENGL026 August 7, 2024
1. OSEO Literary Cross Currents
2. Creative writing
3. Compulsory (Apeksha)
4. English literature

Anshika Thakur BA 2nd year 23ENGL028 August 7, 2024
1) Merchant of Venice (TR)
2) Modern Indian Lit (TR)
3) English Creative
4) English Comp.
5) British literature
6) Cross Currents
7) A face in the dark (Ruskin Bond)

Ankit Thakur BA 2nd year 23ENGL029 August 7, 2024
1) Creative writing
2) Cross Currents
3) British literature
4) Eng Compulsory



62) Anjali BA 3rd year 23ENGL032 August 2, 2024
1) Creative writing
2) British literature
3) English compulsory
4) Literary book reviews

63) Sakshi BA 2nd year 23ENGL008 August 7, 2024
1) Literary book reviews
2) Merchant of Venice (TR)
3) British literature
4) English Compulsory
5) Creative writing

64) Shreya Rana BA 2nd year 23ENGL018 1) Skill Enhanced
2) Comp English

65) Aditya Negi 23ENGL011 1) Skill Enhanced Comp English
2) August test.

66) Mamta Devi BA 3rd year 22Eng030 1) Soft Skills Mamta
2) Academic writing Mamta
8-Aug-2024 Group

67) Gaurav Verma B2nd Year 23ENGL054 8-8-2024 1) Eng Com (ENGCL-203)
2) Eng DSC 203 (Ruskin Bond)
3) Creative writing [2024]

68) Kashish BA III Year 22ENGL051 9-8-2024 1) Technical Writing
2) Business Communication
3) Soft skills
4) Academic writing

69) Sanjay Singh BA 3rd Year 23ENGL81 Sanjay Singh

70) Piyush BABEd 24HMS002 10-8-2024
Text book given to you

71) Chanchal BA 3rd Comp English 2024

72) Shreya BA 3rd Translation Studies

73) Yogesh BA 3rd Year Comp English
Aug-21-2024

74) Simran BA 3rd Year Writing Skills 24MCS015 Compulsory English

75) Mani Rana BA 3rd Year Writing Skills 24GEOG018 Compulsory English

76) Devanshi Sharma BA 3rd Year 23ENGL001 1) Compulsory English
2) Eng (21 Aug 24)

77) Nigal BA 3rd Year 23ENGL045 1) Comprehensive English
2) Modern Indian Literature
3) British Literature
4) Literary Cross Currents
5) Creative writing
23 August

78) Sakshi BA 2nd Year 23ENGL012 1) British Literature
2) Literary Cross Currents
23 August

79) Shreya Thakur 24 August, 2024 i) Comp English
ii) Modern Indian and Literary Cultural Diversity
August 24

80) Anshul Thakur 24 August, 2024 BA III 3rd year 22ENGL013 i) Business Communication
ii) Technical Writing
iii) Soft Skills

81) Ruby 27 August, 2024 BA 3rd Year 23ENGL002 1) Human and Environment

82) Nitika BA 3rd 23ENGL023 14-8-2024 Text Book Comp. Eng 20-8-2024

83) Rajesh BA 3rd 23ENGL060 Comp Eng Text Book

84) Neha Rani BA 3rd 23PHY010 2-8-2024 Comp Eng Text Book

85) Vanshika Verma B.A 3rd 23TDU002 2-8-2024 GE Eng Text Book

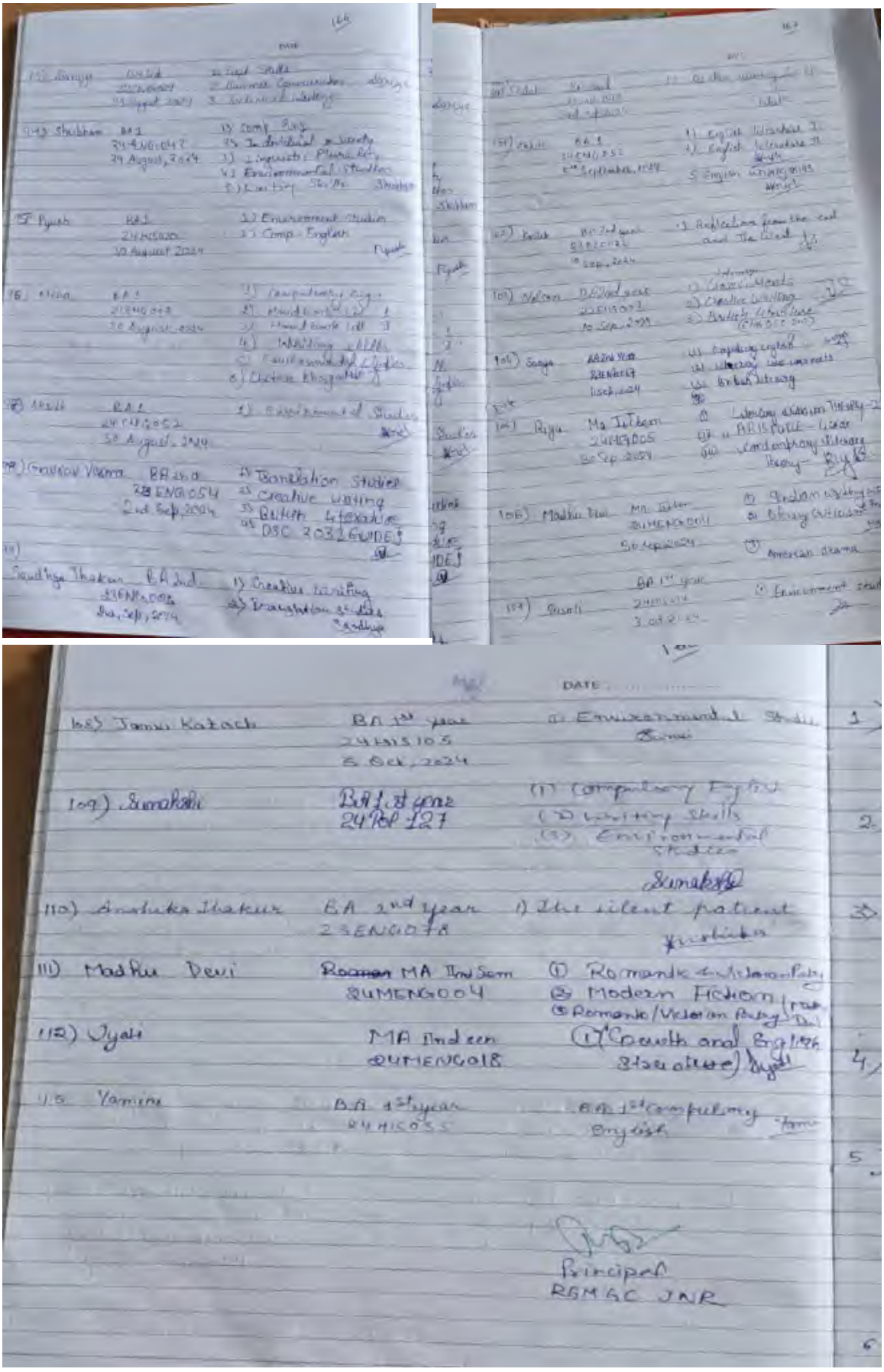
86) Riya BA 3rd 23-JMC003 14-08-2024 GE - Eng Text Book

87) Nigal Kumar BA 3rd Year 23ENGL045 13-08-2024 1) Technical writing 2) Business Communication

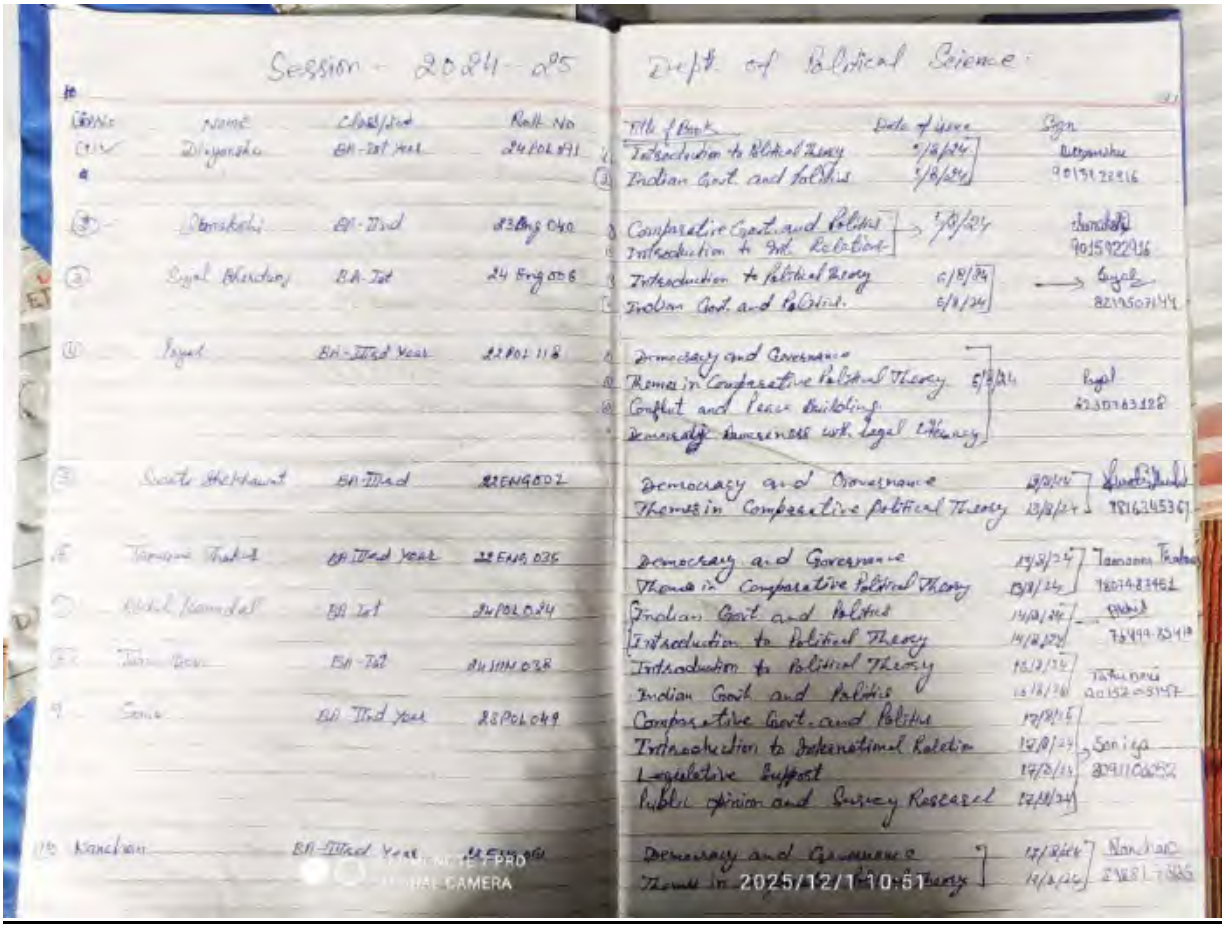
88) Nitika Thakur BA 3rd Year 23ENGL027 13-08-2024 15-08-2024 1) Technical writing 2) Business Communication

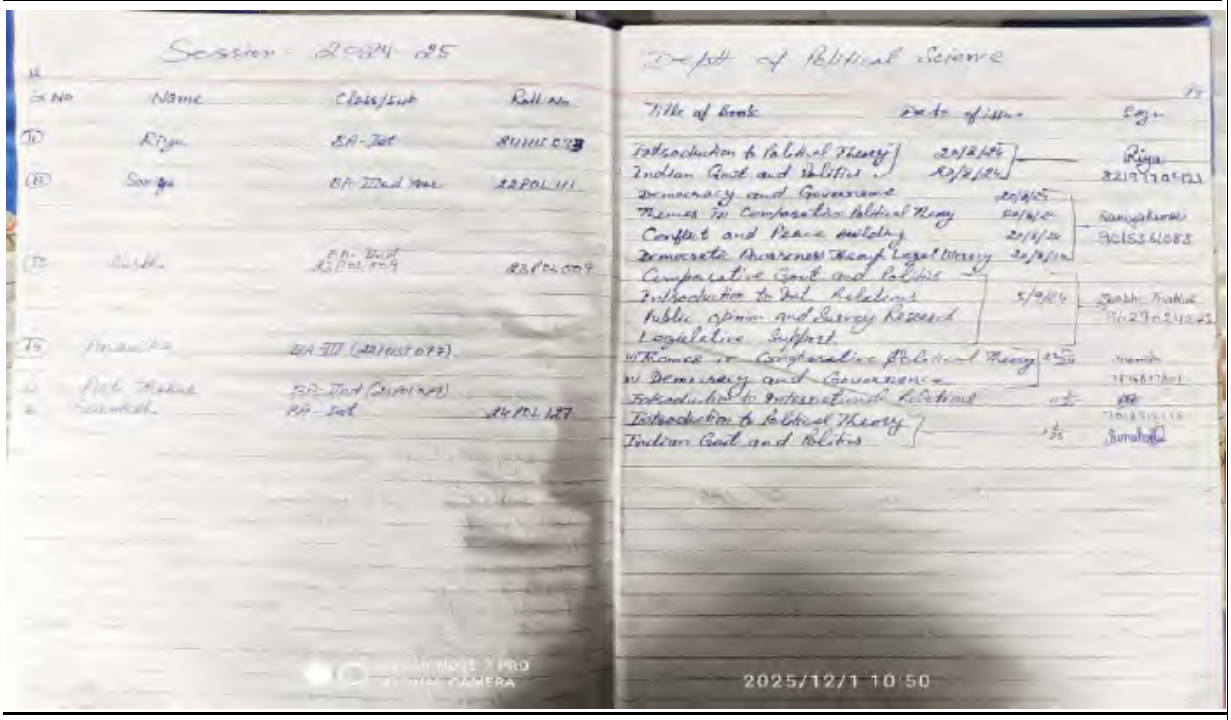
89) Anu BA 3rd Year 23ENGL017 13-08-2024 1) Soft Skills

90) Madhu Rani 14 Aug 2024 MA 1st semester 2024 History of English Literature
(1) Poetry
(2) Fiction
(3) Literature

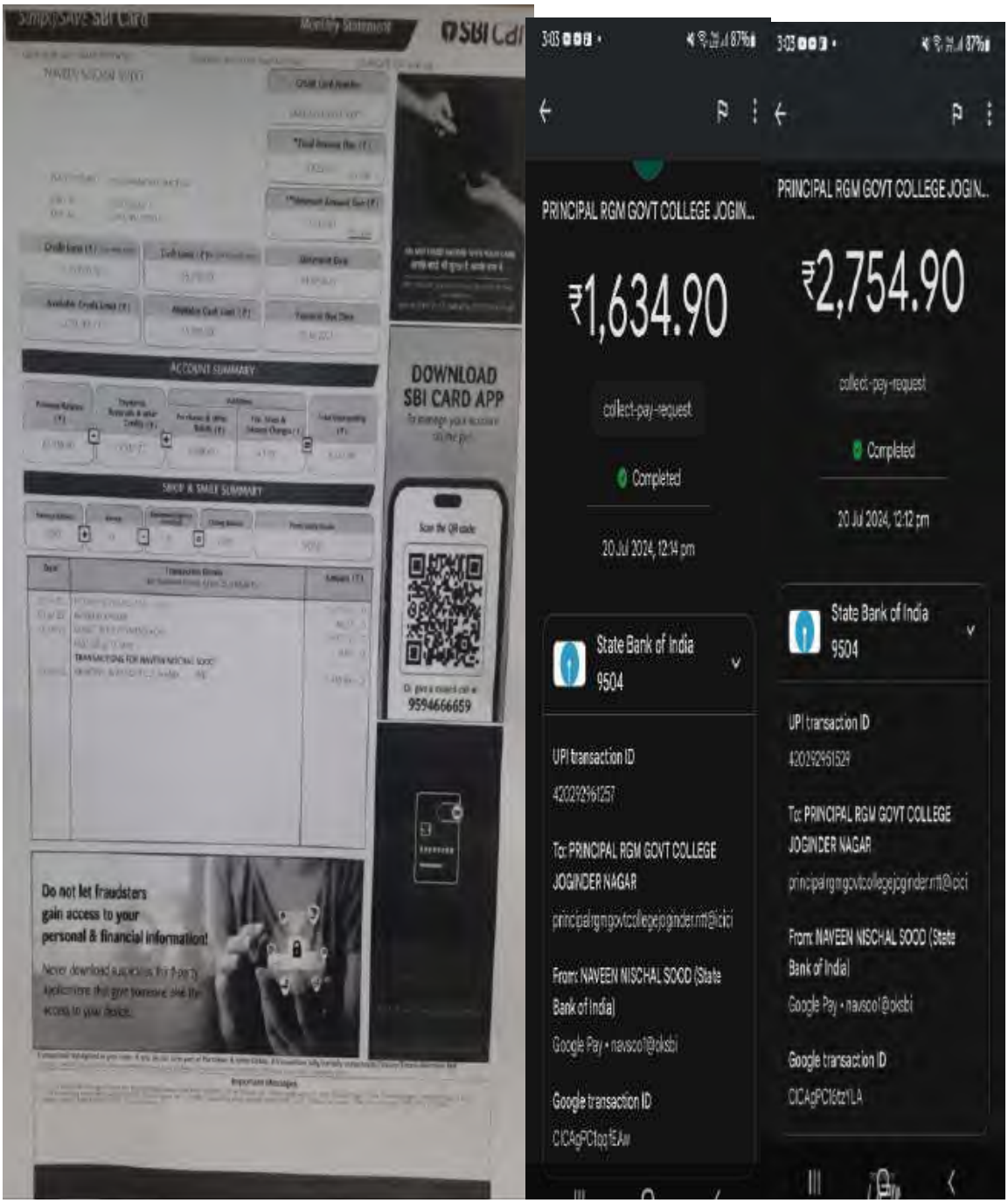


DEPARTMENT OF POLITICAL SCIENCE

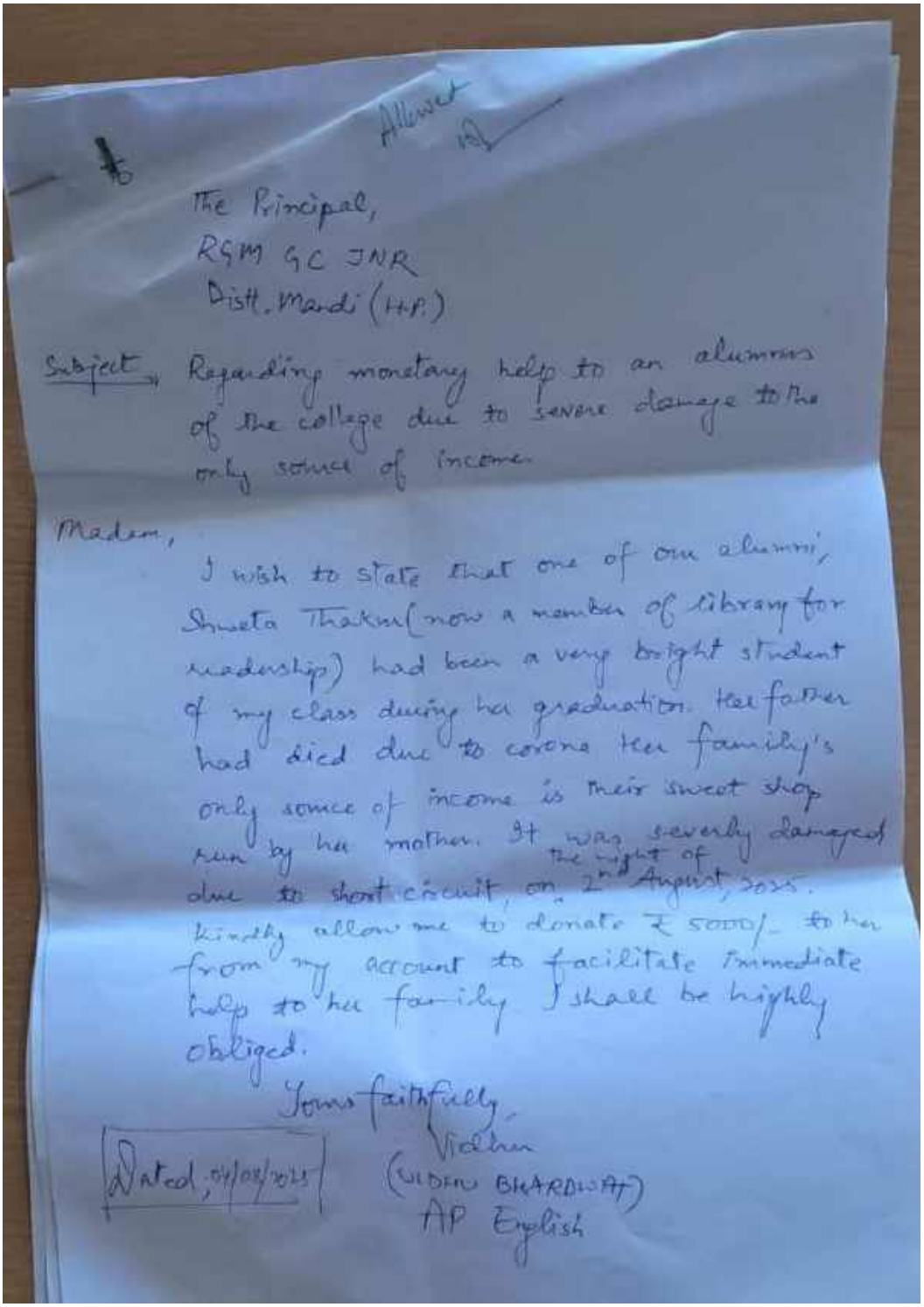




Mr. Naveen Nischal , AP Commerce has paid fees of three students in session 2024-25 namely Muskan, B.Com. 3rd Year, Anuj B.Com.1st Year and Priya B.A. 1st Year



Ms. Vidhu Bhrdwaj, AP English has financially helped a student.



Allowed

The Principal,
RSM GC JNR
Distt. Mandi (H.P.)

Subject → Regarding monetary help to an alumnus of the college due to severe damage to the only source of income.

Madam,

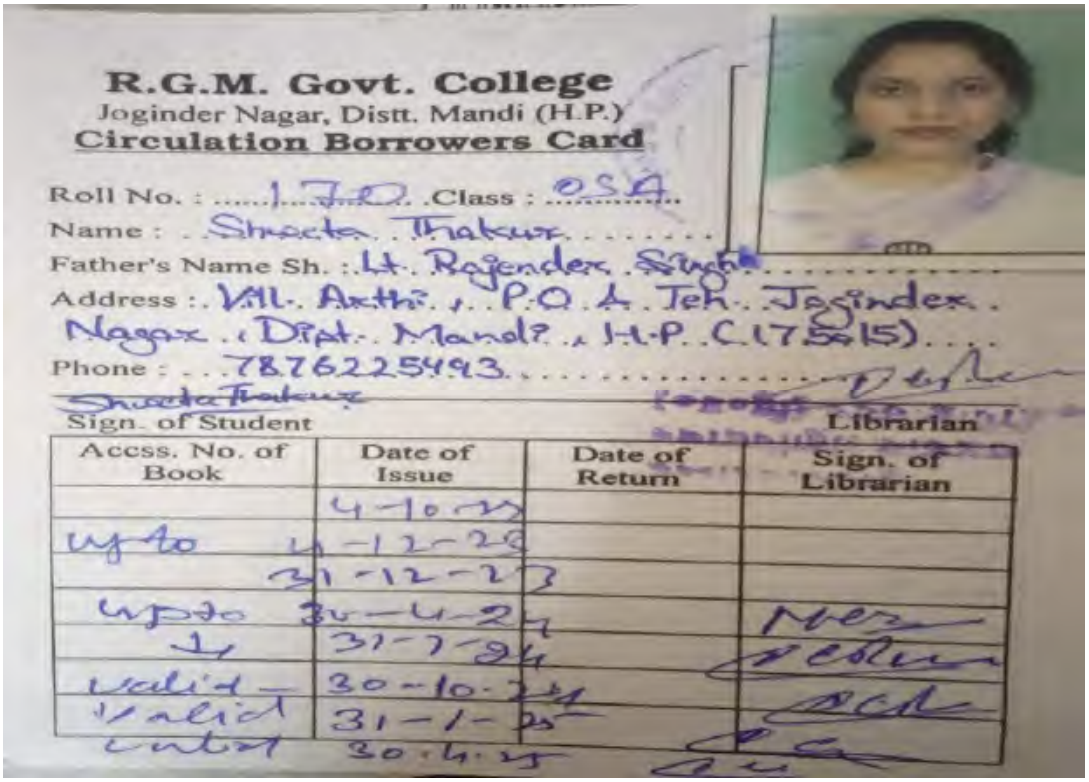
I wish to state that one of our alumni, Shweta Thakur (now a member of library for readership) had been a very bright student of my class during her graduation. Her father had died due to corona. Her family's only source of income is their sweet shop run by her mother. It was severly damaged the night of due to short circuit, on 2nd August, 2025. Kindly allow me to donate ₹ 5000/- to her from my account to facilitate immediate help to her family. I shall be highly obliged.

Yours faithfully,
Vidhu
(VIDHU BHARDWAJ)
AP English

Dated: 04/08/2025

6. ProblemsEncounteredandResourcesRequired

No such difficulty was encountered in implementing the practice however the limited resources with respect to student strength is a drawback.



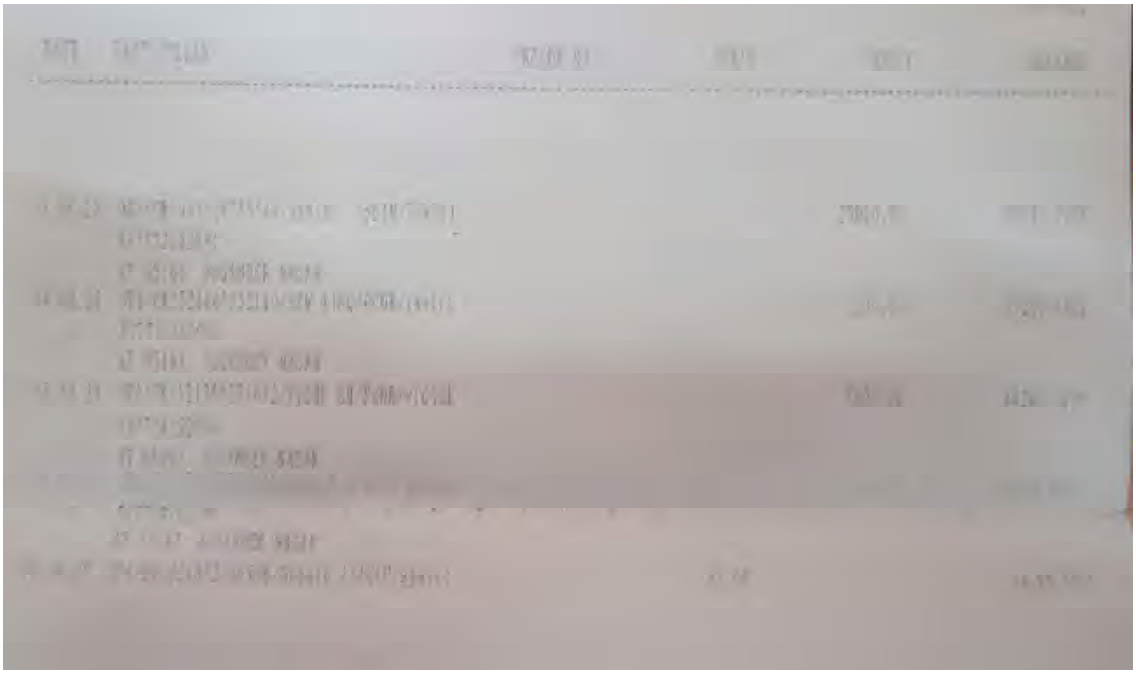
R.G.M. Govt. College
Joginder Nagar, Distt. Mandi (H.P.)
Circulation Borrowers Card

Roll No. : ..... Class : .....
Name : Sharda Thakur
Father's Name Sh. : Lt. Rajender Singh
Address : Vill. Arthi, P.O. & Teh. Joginder Nagar, Distt. Mandi, H.P. (175015)
Phone : 7876225493

Sharda Thakur
Sign. of Student

Librarian

Accss. No. of Book	Date of Issue	Date of Return	Sign. of Librarian
	4-10-23		
upto	4-12-23		
	31-12-23		
upto	30-4-24		
1y	31-7-24		
valid	30-10-24		
valid	31-1-25		
until	30-4-25		



Academic Session 2024-25

5.1. BestPractices in r/o **Rajiv Gandhi Memorial Govt. College Joginder Nagar,**

Mandi, Himachal Pradesh

BEST PRACTICE II

1. TitleofthePractice: EMOTIONAL WELL BEING OF STUDENTS

2. Objectives ofthePractice:

a) To optimize the emotional quotient of students.
b) To inculcate the qualities of leadership and teamwork.
c) To provide therapeutic sessions to streamline students' emotional needs.

3. TheContext

The college has always strived hard for holistic development of students and has produced academicians, sports persons and entrepreneurs. But, in the changing scenario of globalization, even after achieving the set life goals the people are falling into depression. With this context in mind, these motivational and therapeutic sessions were conducted to make our students emotionally resilient individuals.

4. ThePractice

Our college has collaborated with **PrajapatiKumarisIshwariyaVishwaVidyalaya**on 17th May, 2024. Two Rajyoga Wellness Programme were conducted in college w.e.f. 02.09.2024 to 07.09.2024 and 24.09.2024 to 04.10.2024 to foster mental wellbeing and positivity among students. Mr. OP Kapoor, Associate Professor of Economics also delivered lecture on self-realization to various students groups on 25.09.2024, 27.09.2024 and 30.11.2024.

5. EvidenceofSuccess

a) Through these sessions by BK Seema and Pallvi, the students found a profound change in their personality and expressed a desire to attend various sessions further.

RAJIV GANDHI MEMORIAL GOVERNMENT COLLEGE
JOGINDER NAGAR
Tehsil-Joginder Nagar, District-Mandi, HP, 175015
Tel. No. 01908-222426, eMail: gcjoginderngar-hp@nic.in

No. EDN-GC-JNR(20)-04/2022-Misc- 651
Dated: Joginder Nagar, the **29th August 2024**

NOTICE

It is informed that there will be one week Rajayoga Bases Wellness Programme in the college campus under the aegis of Prajapita Brahmakumari Ishwariya Vishwavidyalaya , w.e.f. 2nd September 2024 to 7th September 2024.

The interesting students may contact Dr. Deepak Mohan, Associate Professor-Zoology to attend the said programme. The programme will be in both Morning and Evening session, i.e. 8:30AM to 9:300AM and 3:00PM to 4:00PM respectively.

The contents of the programme will be as under: -

Unit 1.Stress, Health& Resilience
1.1 Introduction – stress & health definition
1.2 Stress and life- understanding the context
1.3 Stress and bodily response
1.4 Lifestyle disorders- a critical view
1.5 Stress management & resilience principles

Unit 1. Practical
1.1P_Body and breath awareness practices
1.2P_Deep Relaxation technique
1.3P_Assignment: Health benefits of 'early bed and early rise practice'

Unit 2. Harmony in relations
2.1 Life- a hub of relations
2.2 Connectedness- individual & global perspective
2.3 Living values and relations- Gratitude and Forgiveness
2.4 Family cycle and relevant value systems

Unit 2. Practical
2.1P_Good wishes bank
2.2P_Gratitude and forgiveness exercise
2.3P_Assignment: Looking the beauty within

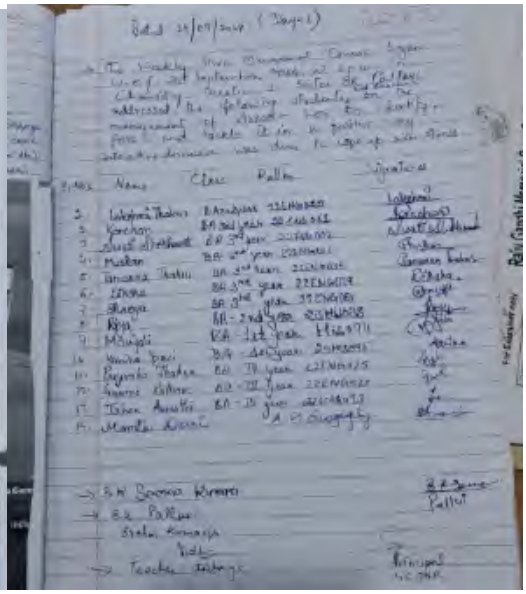
Unit 3. Habits & addiction: Focusing on solutions
3.1 Understanding reward & motivation
3.2 Happiness and habits-connecting the dots
3.3 Habit forming behaviors and substances
3.4 Principles of addiction prevention & rehabilitation

Unit 3. Practical
3.1P_Thrill & Novelty seeking
3.2P_Digital discipline & Thought budget
3.3P_Assignment: saying 'NO'

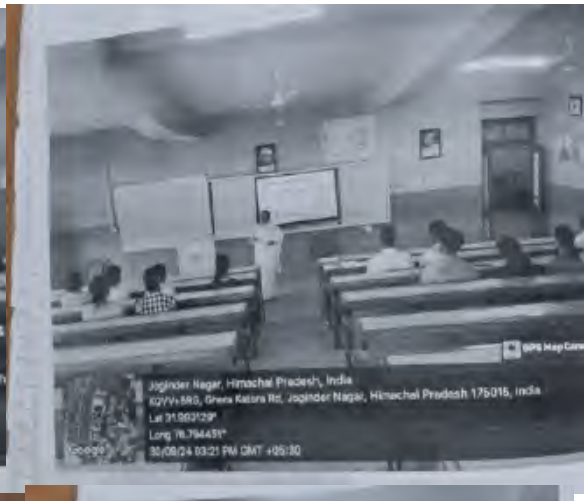
Unit 4. Rajayoga and wellness
4.1 Understanding Yoga- the holistic view
4.2 Basic tenets of Rajayoga
4.3 Self and inner potential
4.4 Yoga and Higher consciousness
4.5 Time, Destiny & wellness

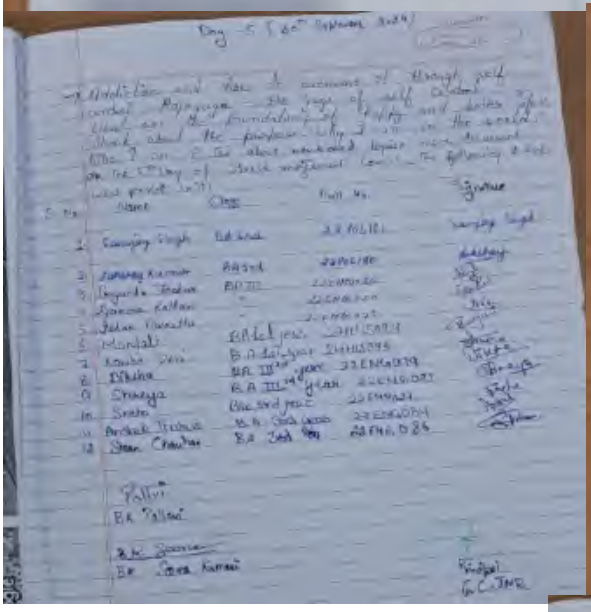
Unit 4. Practical
4.1P_Inner powers implementation
4.2P_Experiencing the joy of inner journey
4.3P_Assignment: Letter to the Universal consciousness

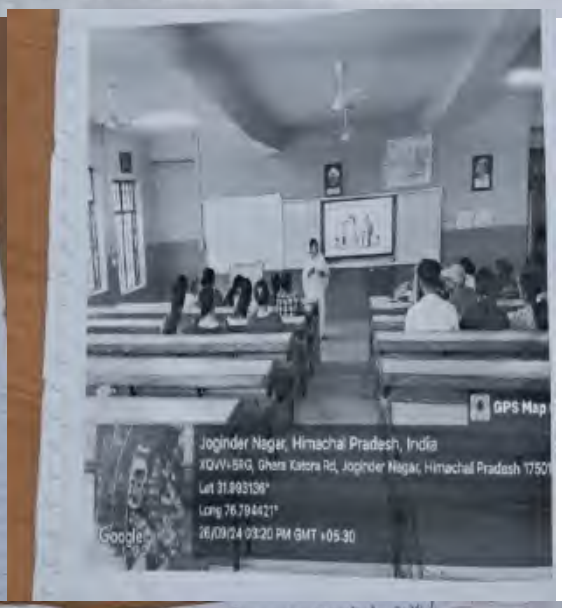
(Suneeta Singh)
Principal



GPS
Joginder Nagar, Himachal Pradesh, India
XQVV+5RG, Ghera Katora Rd, Joginder Nagar, Himachal Pradesh
Lat 31.993094°
Long 76.794482°
24/09/24 03:05 PM GMT +05:30


Joginder Nagar, Himachal Pradesh, India
XQVV+5RG, Ghera Katora Rd, Joginder Nagar, Himachal Pradesh 175015, India
Lat 31.993129°
Long 76.794431°
30/09/24 03:21 PM GMT +05:30




GPS Map
Joginder Nagar, Himachal Pradesh, India
XQVV+5RG, Ghera Katora Rd, Joginder Nagar, Himachal Pradesh 175015
Lat 31.993136°
Long 76.794421°
26/09/24 03:20 PM GMT +05:30
Google

GPS Map Camera
Joginder Nagar, Himachal Pradesh, India
XQVV+5RG, Ghera Katora Rd, Joginder Nagar, Himachal Pradesh 175015, India
Lat 31.993153°
Long 76.794419°
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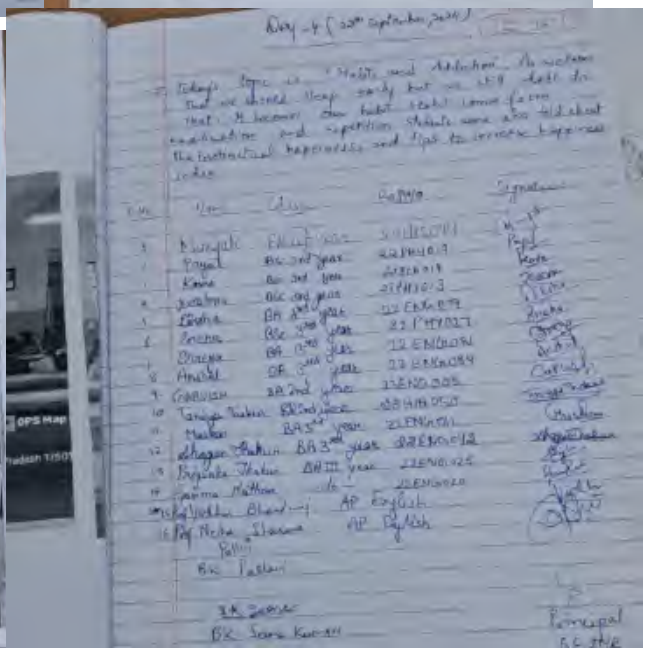
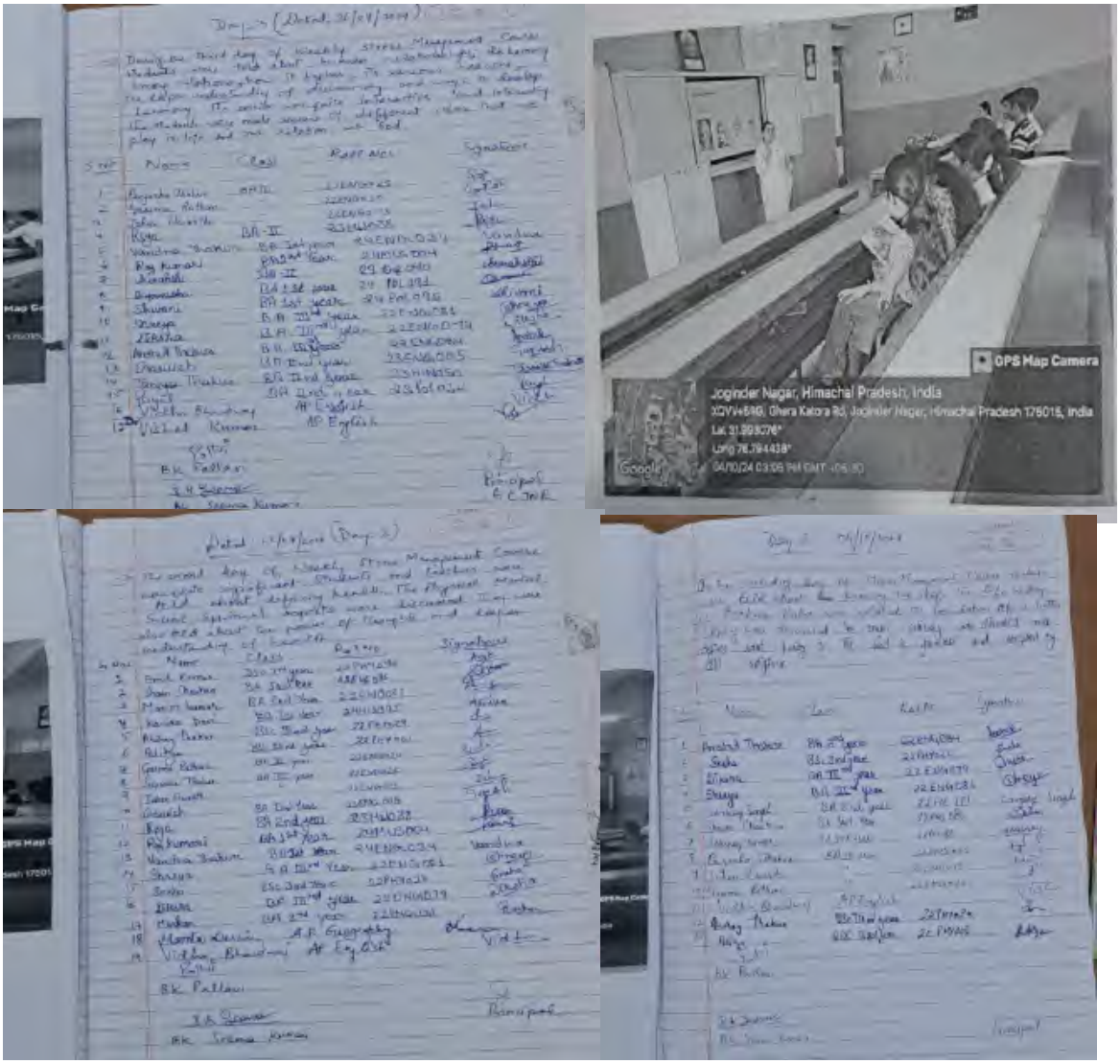
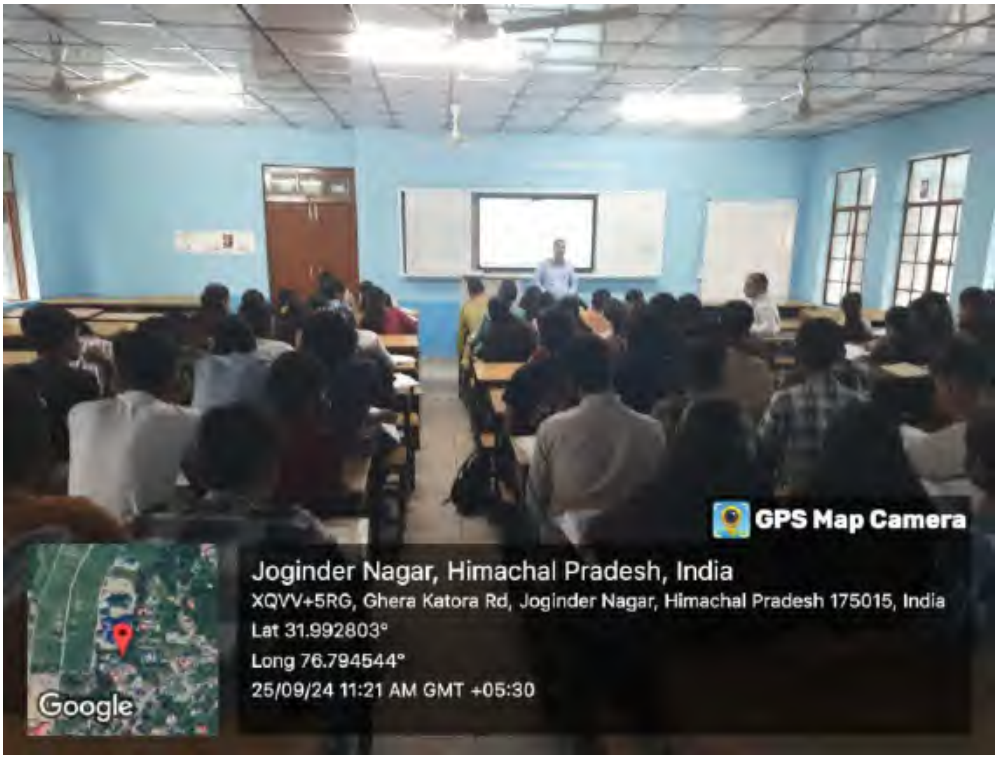
Google





b) The sessions inducted by Mr. OP Kapoor among the large student groups led to a self worth realization immensly benefitting the students.
https://www.gcjogindernagar.in/page/g_dcsa24.html



6. **ProblemsEncounteredandResourcesRequired**

The only obstacle was to motivate the young minds to participate in these sessions, as our college is located in a rural area with little awareness of mental health issues and it is assumed that academic excellence is the primary domain of an educational institution. The resources required for these sessions were provided by **PrajapatiKumarisIshwariyaVishwaVidyalayaJogindernagar.**

Academic Session 2024-25

5.1. BestPractices in r/o **Rajiv Gandhi Memorial Govt. College Joginder Nagar,**

Mandi, Himachal Pradesh

BEST PRACTICE III

1. **TitleofthePractice:** **HOLISTIC DEVELOPMENT OF STUDENTS**

2. **Objectives ofthePractice:**

a) To divert students from their mobile phones to pursue their hobbies during leisure time to enrich their college experience.

b) To offer engaging activities for building connection among students with shared interests.

3. TheContext

The college has a variety of students from diverse backgrounds in different streams including Science,Commerce, and Humanities. These students with common interests or hobbies like yoga , sports, cultural, photography, art, and drama require a platform. With this context, various clubs were formed to foster community building among students and reducing the academic pressure.

4. ThePractice

RAJIV GANDHI MEMORIAL GOVERNMENT COLLEGE
JOGINDER NAGAR
Tehsil-Joginder Nagar, District-Mandi, HP, 175015
Tel. No. 01908-222426, eMail: gcfoginderngar-hpa.nic.in

No. EDN-RGMGC-JNR(14)-04/2022-Misc-4153
Dated: Joginder Nagar, the 29th November 2023

INVITATION FOR COLLEGE STUDENTS TO JOIN VARIOUS CLUBS

The colleges is imparting quality education to the students for their overall development and sustain their future by offering unique opportunities for personal and professional growth by involving CSCA (College Student's Central Association). It is, therefore, all students are directed to join the following clubs (vibrant commmunity) of the college to enhance their inherent talent and personality as under: -

1. Drug de-addiction Club
2. Cultural Club
3. Arts and craft Club
4. Indoor sports Club
5. Outdoor sports Club
6. Drama Club
7. Book/Debate Club
8. Foreign language Club
9. Photography Club
10. Yoga and Fitness Club

The interested students who want to join any of the above clubs(s) can give their name(s) to the following teacher as well as CSCA members before 5th December 2023.

1. Dr. Deepak Mohan, Associate Professor — Convener
2. Ms. Aarti Sharma, Assistant Professor — Member
3. Mr. Abhishek Bhatia, President-CSCA (8219553465) — Member
4. Ms. Drishti, Vice President-CSCA (7876592867) — Member

(Sunecta Singh)
Principal

RAJIV GANDHI MEMORIAL GOVERNMENT COLLEGE
JOGINDER NAGAR
Tehsil-Joginder Nagar, District-Mandi, HP, 175015
Tel. No. 01908-222426, eMail: gcjoginderngar-hp@nic.in

No. EDN-RGMGC-JNR(14)-04/2022-Misc- 4176
Dated: Joginder Nagar, the **29th November 2023**

ORDER

In continuation to the earlier notice dated 29.11.2023, vide which various clubs were framed for overall development and sustain the future of the students by offering them unique opportunities for personal and professional growth.

Keeping in view of the above, the following Club Incharges are hereby appointed as shown against each club for the smooth functioning and to enhance the inherent talent and personality of the students: -

Clubs	Incharges
1. Drug de-addiction Club	Dr. Dharmvir Singh
2. Cultural Club	Dr. Naveen Kumar, Ms. Mohini Devi
3. Arts and craft Club	Dr. Aarti Sharma
4. Indoor/Outdoor Sports Club	Mr. Jyoti Prakash
5. Drama Club	Ms. Kaumudi Sharma
6. Book/Debate Club	Ms. Vidhu Bhardwaj, Dr. Vishal Kumar
7. Foreign Language Club	Ms. Mamta Devi
8. Photography Club	Mr. Naveen Nischal Sood
9. Yoga and Fitness Club	Mr. Om Prakash Kapoor

(Suneeta Singh)
Principal

Endorsement No. Even, Dated: Joginder Nagar, the **5th December 2023**
Copy for information and compliance to:

1. All individual(s) concerned

Principal
RGMGC-Joginder Nagar

5. Evidence of Success

The clubs are functioning effectively in the college with immense participation of students.