



# International Conference

Multidisciplinary (Arts, Commerce & Science)



on

## COMMUNICATING HEALTH, HAPPINESS & LONGEVITY for SUSTAINABLE GROWTH

2<sup>nd</sup> - 4<sup>th</sup> December, 2023

Organized by:

GC Ani, Kullu H.P. India, ICFRE-Himalayan Forest Research Institute Shimla H.P. India

& SMSHP, HNE Health Care, Hry. iTachyos, Dubai, GGC Hamirpur, Skill Labs, Chd., Wisdom of Mind Hry. Serve Himalayan Society, Shimla H.P.



### Certificate

This certificate is awarded to Prof./Dr./Mr./Ms. Vidya Bandhu Negi

Designation Associate Professor University/College/Institution Govt. College Rampur Bse,

for delivering a Keynote Address/Invited Lecture /Chair/Co-Chair/Paper Presentation/Participation

Session/Titled "Yoga For Happiness : Nurturing joy through mindful Practice"

He/She got ..... award during this international conference.

*P. Kumar*

**Dr. Pawan Kumar**

Scientist-F, ICFRE-HFRI SHIMLA

*A. Sharma*

**Dr. Anita Sharma**

Principal GC Ani



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& SMSHP, HNE Health Care, Hry. Tachyos, Dubai, GGC Hamirpur, Skill Labs, Chd., Wisdom of Mind Hry. Serve Himalayan Society, Shimla H.P.



### Certificate

This certificate is awarded to Prof./Dr./Mr./Ms. *Vidya Bandhu Negi*

Designation *Associate Professor* University/College/Institution *G.D. Pampur Bsr.*

for delivering a Keynote Address/Invited Lecture /Chair/Co-Chair/Paper Presentation/Participation  
Session/Titled: *Technical Session (offline)*

He/She got ..... award during this international conference.

*Pawan Kumar*

**Dr. Pawan Kumar**

Scientist-F, ICFRE-HFRI SHIMLA

*Anita Sharma*

**Dr. Anita Sharma**

Principal GC Ani





# Govt. Degree College, Nirman

District Kullu, Himachal Pradesh-172023

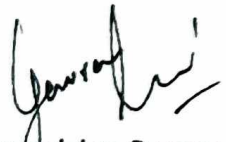
6.6


## National Seminar on *Perspectives of Multidisciplinary Research* (25 November, 2023)


### Certificate of Participation


This is to certify that Dr./Mr./Ms. Vidya Bandhu Negi (Associate Professor — Physical Education),  
Govt. Degree College, Rampur Bushahr participated in National Seminar on *Perspectives of Multidisciplinary Research* organized by Govt. Degree College, Nirmand (District Kullu, Himachal Pradesh) on 25 November, 2023.

He/She presented a paper titled: "Sports Journalism And Media Studies: Navigating the Dynamic Intersection of Sports, Media and Societal Narratives"

  
Organizing Secretary  
**Dr. Gaurav Sood**  
Asst. Professor  
G.D.C. Nirmand

  
Co-Convenor  
**Dr. Priyanka Thakur**  
Asst. Professor  
G.D.C. Nirmand

  
Convenor  
**Capt. Sandeep Thakur**  
Asst. Professor  
G.D.C. Nirmand

  
Patron  
**Dr. Rajan Devi**  
Principal  
G.D.C. Nirmand



# Govt. P. G. College Bilaspur

Himachal Pradesh, India

*National Seminar*

*on*

*Ethics in Society: Issues and Challenges*

*(16<sup>th</sup> September, 2023)*

*Organised by*

*Department of Hindi*

## *Certificate*

*This is to certify that Dr./Mr./Ms. Vidya Bandhu Negi Professor/  
Associate Professor/Assistant Professor/Research Scholar of Physical Education from  
Govt. Degree College Rampur Bushaha, (H.P.) participated in National Seminar  
on Ethics in Society: Issues and Challenges. He/she acted as the Key Note Speaker/Resource Person/Chair  
Person. He/she delivered a talk/presented a paper/research paper entitled Significance  
of Ethics in Physical Education: A Study*

*Shyam Lal*  
Convenor

Dr. Shyam Lal

*Surinder Singh*  
Organising Secretary  
Dr. Surinder Singh

*Neena Vasudeva*  
Patron (Principal)  
Neena Vasudeva





**1 DAY NATIONAL SYMPOSIUM ON  
NAAC ACCREDITATION & NEP 2020 :  
CONNECTING THE DOTS & EMPOWERING ACADEMIA**

11<sup>TH</sup> JUNE, 2024

A collaborative initiative by  
**ABV Government College, Sunni, Shimla & Government College, Chail-Koti, Shimla**

**Certificate**

This is to certify that Prof/Dr/Mr/Ms. Rajesh Kumar  
of G.B. Pant Memorial Govt. College Rampur Bushahr has attended the  
One Day National Symposium on NAAC Accreditation & NEP 2020: Connecting the Dots & Empowering Academia  
as a Resource Person//participant/ Speaker in the session Titled Internalisation and  
Institutionalisation of Best Practices for the growth of Institution

Deepshikha  
Dr. Deepshikha Bhardwaj  
Patron

Subhash  
Dr. Subhash Kapta  
Convenor

R.L. Sharma  
Dr. R.L. Sharma  
Patron



Guru Angad Dev  
Teaching Learning Centre  
A Centre of Ministry of Education  
Under PMMMNMTT



सत्यमेव जयते  
Government of India  
Ministry of Education



Sri Guru Tegh Bahadur  
Khalsa College  
University of Delhi

# Certificate

This is to certify that

**RAJESH KUMAR, G.B. PANT MEMORIAL GOVT COLLEGE RAMPUR BUSHAHR HP  
HIMACHAL PRADESH UNIVERSITY SHIMLA HP**

has participated in **India UK International Webinar** on entitled “Future of Teaching-Learning” jointly organized by NPTC Group of Colleges, United Kingdom in Collaboration with Guru Angad Dev Teaching Learning Centre, SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMTT) of Ministry of Education held on **29<sup>th</sup> November 2022.**

  
Prof. Jaswinder Singh  
Principal, S.G.T.B Khalsa College  
University of Delhi

  
Prof. Vimal Rarh  
Project Head & Joint Director  
GAD-TLC of Ministry of Education

Unique Certificate Code: GAD-TLC-22-23-WEB-58-123





# International Conference

Multidisciplinary (Arts, Commerce & Science)

on

## VUCA World: Issues & Challenges

(9<sup>th</sup> to 11<sup>th</sup> December, 2022)

Organized by:

**RAJKIYA KANYA MAHAVIDYALAYA, SHIMLA**  
HIO (JAIPUR), SMS (HP) & SOCIOLOGICAL SOCIETY, RKMV, SHIMLA



### Certificate

This certificate is awarded to Prof./Dr./Mr./Ms. *Ishwar Negi*  
Designation *Asstt. Prof.* University/College/Institution *G.D.C Rampur*  
for delivering a Keynote Address/Invited Lecture /Chair/Co-Chair/Paper Presentation/Participation  
Session/Titled *Impact and Challenges of Covid-19 on Various*  
*constituents of Himachal Pradesh Economy*  
in the **International Conference organized by Rajkiya Kanya Mahavidyalaya, Shimla, HIO (Jaipur), SMS HP**  
& **Sociological Society, RKMV Shimla, HP** held from 9th to 11th December, 2022.

*[Signature]*  
Organising Secretary

*[Signature]*  
Coordinator Conference

*[Signature]*  
Chair Conference



VAC Accredited  
with A+ Grade

## NATIONAL SEMINAR

Harmony in Action: Bridging Education, Culture, Literature and Commerce  
for Sustainable Energy and Environmental Stewardship

December 28-29, 2023

Department of Commerce  
Centre of Excellence, Govt. College Sanjauli, Shimla – 6


### Certificate

Dr/Mr/Ms. Ishwar Kumar Negi Assistant Professor (Commerce)  
of Govt. Degree College, Rampur Bsr.

participated in the National Seminar at Government College Sanjauli.

He/She/chaired/participated/presented a paper titled "Role of GST in Sustainable  
Development."

  
Dr. Rajender Singh  
Convenor

  
Anupam Verma  
Organising Secretary

  
Dr. Madan Shandil  
Co-ordinator

  
Ms. Bharti Bhagra  
Patron





# International Conference

Multidisciplinary (Arts, Commerce & Science)

on

## Empowering Individuals for a Better Future

12th -14<sup>th</sup> May, 2023

Organized by:

ICFRE-Himalayan Forest Research Institute Shimla-HP

&

Science and Management Society, Himachal Pradesh

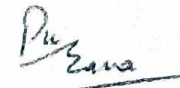


## Certificate

This certificate is awarded to Prof./Dr./Mr./Ms. ISHWAR KUMAR NEGI  
 Designation Asstt. Prof. COMMERCE University/College/Institution GOVT. COLLEGE RAMPUR BSR.  
 for delivering a Keynote Address/Invited Lecture /Chair/Co-Chair/Paper Presentation/Participation  
 Session/Titled ROLE OF E-COMMERCE IN MODERN SOCIETY.

He got A grade and ..... award during this international conference.

  
**Dr. Vikas Suman**  
 Organizing Secretary

  
**Dr. Pawan Kumar**  
 Coordinator Conference

  
**Dr. Anjna Thakur**  
 Conference Director-I

  
**Dr. Ruchi Sharma**  
 Conference Director-II

6.5



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## COMMUNICATING HEALTH, HAPPINESS & LONGEVITY for SUSTAINABLE GROWTH

2<sup>nd</sup> - 4<sup>th</sup> December, 2023

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& SMSHP, HNE Health Care, Hry. iTachyos, Dubai, GGC Hamirpur, Skill Labs, Chd., Wisdom of Mind Hry. Serve Himalayan Society, Shimla H.P.



# Certificate

This certificate is awarded to Prof./Dr./Mr./Ms. Ishwar Kumar Negi  
 Designation Assistant Professor University/College/Institution Govt. Degree College Rampur Bsr.  
 for delivering a Keynote Address/Invited Lecture /Chair/Co-Chair/Paper Presentation/Participation  
 Session/Titled "The Dynamics of Financial Independence of Women and Family Resilience"  
 He/She got ..... award during this international conference.

  
**Dr. Pawan Kumar**  
 Scientist-F, ICFRE-HFRI SHIMLA

  
**Dr. Anita Sharma**  
 Principal GC Ani





# Govt. Degree College, Nirmand

District Kullu, Himachal Pradesh -172023

National Seminar

On

Perspectives of Multidisciplinary Research

(25 November, 2023)

## Certificate of Appreciation

This is to certify that Dr./Mr./Ms. Ishwar Kumar Negi .....of  
G.D.C. Rampur Bushahr ..... participated in National Seminar on  
Perspectives of Multidisciplinary Research organized by Govt. Degree College, Nirmand (District  
Kullu, Himachal Pradesh) on 25 November, 2023.

✓  
He/She has been appreciated for Co-chairman of the seminar session.

Principal  
Govt. Degree College  
Principal & Seminar Patron



# Govt. Degree College, Nirmand

District Kullu, Himachal Pradesh-172023

National Seminar

on

*Perspectives of Multidisciplinary Research*

(25 November, 2023)

## Certificate of Participation

This is to certify that Dr./Mr./Ms. Ishwar Kumar Negi (Asst. Professor — Commerce) of Govt. Degree College, Rampur, Bushahr participated in National Seminar on *Perspectives of Multidisciplinary Research* organized by Govt. Degree College, Nirmand (District Kullu, Himachal Pradesh) on 25 November, 2023.

He/She presented a paper titled: "A Comparative Analysis of Human Psychology and Consumer Behaviour: Unraveling the Intricacies of Decision-Making Process"

Organizing Secretary  
**Dr. Gaurav Sood**  
Asst. Professor  
G.D.C. Nirmand

Co-Convener  
**Dr. Priyanka Thakur**  
Asst. Professor  
G.D.C. Nirmand

Convener  
**Capt. Sandeep Thakur**  
Asst. Professor  
G.D.C. Nirmand

Patron  
**Dr. Rajan Devi Negi**  
Principal  
G.D.C. Nirmand





# HIMACHAL PRADESH UNIVERSITY

(NAAC Accredited 'A' Grade University)

Department of Commerce, Summerhill, Shimla

NATIONAL SEMINAR  
ON

## CONTEMPORARY RESEARCH: CASES AND IMPLICATIONS

25<sup>th</sup> November, 2022

*Certificate*

This is to certify that Dr./Mr./Ms. IISHWAR KUMAR NEGI (ASSISTANT PROFESSOR) of  
G.B.P.M. GOVT. COLLEGE RAMPUR BUSHAHR  
has attended the National Seminar on CONTEMPORARY RESEARCH: CASES AND IMPLICATIONS organized by  
the Department of Commerce and presented his/her research paper titled Role of GST in  
Sustainable Development

  
Prof. Devinder Sharma  
CONVENER

  
Prof. S.S. Narta  
SEMINAR DIRECTOR



Centre of Excellence  
Govt. College, Shimla-6

# National Seminar Digital India: Concept and Implications

23-24 December, 2022

## Certificate of Participation

This certificate is awarded to Prof./Dr./Mr./Ms. *Ishwar Kumar Negi (Asst. Prof.)*

from *G.D.C. Rampur Bushahr*..... for participating in the seminar. She/he

presented a paper/chaired a session titled, *A study on impact & challenges of GST on various constituents of Indian Economy*

*R. Sharma*  
Organizing Secretary

*Shyam Sundar*  
Convener

*H. S. Patil*  
Patron





International Seminar  
on  
"Transformation of India @ 75"

March 03 - 04, 2023

sponsored by

ICSSR

under the aegis of Azadi ka Amrit Mahotsav

Jointly Organised by

Department of Economics, Commerce and Management

St. Bede's College, Shimla

(Re-Accredited A+ by NAAC)

This is to certify that Ishwar Kumar Negi, Assistant Professor, Govt. Degree College Rampur Bushahr, H.P. participated/presented the paper titled: "ROLE OF GST IN SUSTAINABLE DEVELOPMENT"

in the ICSSR sponsored International Seminar on "Transformation of India @75" held at St. Bede's College, Shimla on March 3rd & 4th, 2023.

Patron

Prof. Sr. Molly Abraham  
Principal  
St. Bede's College, Shimla

Convenor

Dr. Anupama Tandon  
Head, Department of Economics  
St. Bede's College, Shimla



# Govt. P. G. College Bilaspur

Himachal Pradesh, India

*National Seminar*

on

*Ethics in Society: Issues and Challenges*

(16<sup>th</sup> September, 2023)

Organised by

Department of Hindi

## *Certificate*

This is to certify that Dr./Mr./Ms. Dr. SATPAL Professor/  
Associate Professor/Assistant Professor/Research Scholar of ECONOMICS from  
GB PANT MEMORIAL GOVT. COLLEGE - RAMPUR participated in National Seminar  
on *Ethics in Society: Issues and Challenges*. He/she acted as the Key Note Speaker/Resource Person/Chair  
Person. He/she delivered a talk/presented a paper/research paper entitled IMPORTANCE OF ETHICS IN BUSINESS

Convenor  
Dr. Shyam Lal

Organising Secretary  
Dr. Surinder Singh

Patron (Principal)  
Neena Vasudeva





# Govt. Degree College, Nirmand

District Kullu, Himachal Pradesh-172023

## National Seminar


on


*Perspectives of Multidisciplinary Research*  
(25 November, 2023)


## Certificate of Participation


This is to certify that Dr./Mr./Ms. Satpal (Asst. Professor) - Economics of Govt. Degree College, Rampur Bushahr participated in National Seminar on *Perspectives of Multidisciplinary Research* organized by Govt. Degree College, Nirmand (District Kullu, Himachal Pradesh) on 25 November, 2023.

He/She presented a paper titled: "Imposition of Health Taxes in India, A Win-win solution"

  
Organizing Secretary  
**Dr. Gaurav Sood**  
Asst. Professor  
G.D.C. Nirmand

  
Co-Convener  
**Dr. Priyanka Thakur**  
Asst. Professor  
G.D.C. Nirmand

  
Convener  
**Capt. Sandeep Thakur**  
Asst. Professor  
G.D.C. Nirmand

  
Patron  
**Dr. Rajan Devi Negi**  
Principal  
G.D.C. Nirmand



# International Conference

Multidisciplinary (Arts, Commerce & Science)

on

## COMMUNICATING HEALTH, HAPPINESS & LONGEVITY for SUSTAINABLE GROWTH

2<sup>nd</sup>-4<sup>th</sup> December, 2023

Organized by:

GC Ani, Kullu H.P. India, ICFRE-Himalayan Forest Research Institute Shimla H.P. India  
& SMSHP, HNE Health Care, Hry. iTachyos, Dubai, GGC Hamirpur, Skill Labs, Chd., Wisdom of Mind Hry. Serve Himalayan Society, Shimla H.P.



### Certificate

This certificate is awarded to Prof./Dr./Mr./Ms. Maheshwar Singh  
Designation Assistant Professor University/College/Institution G. C. Rampur B.A.  
for delivering a Keynote Address/Invited Lecture /Chair/Co-Chair/Paper Presentation/Participation  
Session/Titled "Harmonizing mathematics, sociology and music for a  
fulfilling life: An interdisciplinary approach"  
He/She got ..... award during this international conference.

Dr. Pawan Kumar  
Scientist-F, ICFRE-HFRI SHIMLA

Dr. Anita Sharma  
Principal GC Ani





# Govt. Degree College, Nirmand

District Kullu, Himachal Pradesh-172023

National Seminar


on


*Perspectives of Multidisciplinary Research*  
(25 November, 2023)


## Certificate of Participation

This is to certify that Dr./Mr./Ms. ✓ Maheshwar Singh (Asst. Professor - Mathematics) of Govt. Degree College, Rampur Bushahr participated in National Seminar on *Perspectives of Multidisciplinary Research* organized by Govt. Degree College, Nirmand (District Kullu, Himachal Pradesh) on 25 November, 2023.

He/ She presented a paper titled: "Solution of a Polynomial Equation and Transcendental Equation by using Bisection Method"

  
Organizing Secretary  
Dr. Gaurav Sood  
Asst. Professor

  
Co-Convener  
Dr. Priyanka Thakur  
Asst. Professor

  
Convener  
Capt. Sandeep Thakur  
Asst. Professor

  
Patron  
Dr. Rajan Devi Negi  
Principal



NAAC Accredited  
with A+ Grade

**INTERNATIONAL CONFERENCE ON  
"ADVANCES IN MATHEMATICAL SCIENCES, SCIENTIFIC  
COMPUTING AND ITS APPLICATIONS"**

March 22-23, 2024

Organized by

**Department of Mathematics**

Centre of Excellence, Govt. College Sanjauli, Shimla – 6

Funded by

DBT-Govt. of India



**Certificate**

This is certify that Prof./Dr./Mr./Ms.

*Maheshwar Singh*

Government college Rampur Bushahr (H.P)

actively participated in the conference and presented a paper entitled

**On The Stability of Generalized Hydromagnetic Modified Thermohaline Shear Flow**

Dr. Girish Kapoor  
Convenor  
HOD Mathematics  
COE, Govt. College Sanjauli, Shimla-6

Prof. Bharti Sharma  
Chairperson  
Dean of Sciences  
COE, Govt. College Sanjauli, Shimla-6

Prof. Sharti Bhagra  
Patron  
Principal COE,  
Govt. College Sanjauli, Shimla-6



6.5.



**National Conference on Role of Science and Technology  
in Environmental Conservation and Sustainable Development**

*Jointly Organized by*

**Department of Biosciences & HPU Biological Society  
Himachal Pradesh University**

*In Collaboration with*

**NITI Aayog, Government of India  
Department of Environment, Science and Technology, Govt of H.P.  
H.P. State Biodiversity Board and H.P. State Wetland Authority, Govt of H.P.  
Himachal Pradesh Council for Science Technology & Environment, Govt of H.P.**

**September 23-24, 2022**



**CERTIFICATE OF  
PARTICIPATION/PRESENTATION**

This is to certify that <sup>✓</sup>Dr/Mr/Ms ..... ASHA GARG ..... has participated in the National Conference on "Role of Science & Technology in Environmental Conservation and Sustainable Development" organized by Department of Biosciences, Himachal Pradesh University, Summer Hill, Shimla (Himachal Pradesh) held on September 23-24, 2022. He/<sup>✓</sup>She also presented research paper entitled "CLENBUTEROL ALLEVIATES DENERVATION INDUCED OXIDATIVE STRESS IN MOUSE Gastrocnemius" ..... under <sup>✓</sup>oral/poster category.

**We wish the participant all the best for future endeavours.**

.....  
Dr Dhiraj S Rawat



.....  
Dr Rajesh Kumar



# International Conference

Multidisciplinary (Arts, Commerce & Science)

on

## VUCA World: Issues & Challenges

(9<sup>th</sup> to 11<sup>th</sup> December, 2022)

Organized by:

**RAJKIYA KANYA MAHAVIDYALAYA, SHIMLA**

HIO (JAIPUR), SMS (HP) & SOCIOLOGICAL SOCIETY, RKMV, SHIMLA



### Certificate

This certificate is awarded to Prof./Dr./Mr./Ms. *Asha Garg*  
 Designation... *Asst. Prof.* ..... University/College/Institution... *G.B.P.M Govt. College Rampur-Bur.*  
 for delivering a Keynote Address/Invited Lecture /Chair/Co-Chair/Paper Presentation/Participation  
 Session/Titled... *Behavioural and Social Impacts of excessive use of mobile phones in youth*.....

in the **International Conference organized by Rajkiya Kanya Mahavidyalaya, Shimla, HIO (Jaipur), SMS HP & Sociological Society, RKMV Shimla, HP** held from 9th to 11th December, 2022.

*V. Singh*  
 Organizing Secretary

*[Signature]*  
 Coordinator Conference

*[Signature]*  
 Chair Conference





Sr.No. IC -2023/.../50...

Certificate No. ...14.04..



# International Conference

on

Resilient Futures : Adapting to Climate Variabilities in Agriculture, Economy, and Environm

Dec.29, 2023

Organized by

**S.C.V.B. Govt. College Palampur (H.P.)**

**Certificate**

This certificate is awarded to Prof./Dr./Mr./Ms. ....*Asha Garg*.....

University/College/Institution ....*Govt. College Rampur Bushahr, Shimla*.....

for/delivering a Keynote Address/Invited Talk/Chairing a Session/Paper Presentation/Poster Presentation/Participation in

International Conference on the topic.....*The impact of lifestyle on physical & mental being in the post-covid scenario: A Review*.....

This International Conference was conducted in hybrid mode.

*[Signature]*  
Convener

*[Signature]*  
Organizing Secretary

*[Signature]*  
Principal

**The impact of lifestyle on physical and mental well-being in the post-covid scenario: A review**

**Asha Garg**

Department of Zoology, Govt. College Rampur Bushahr, Shimla.

*Email: gargasha78@gmail.com*

**Abstract**

The way an individual or group lives is defined by lifestyle, which encompasses habits, behaviors, values, attitudes, and economic levels (Veal, 1993). During day-to-day activities an individual may experience different lifestyle patterns which plays an important role in health. Emerging technologies like internet and virtual communication networks threaten physical and mental health of individuals. Post covid lifestyle changes have resulted in illness, disability and even death of many people. Studies on exercise suggest that people decreased their activity levels during quarantine, which in turn was linked to lower subjective well-being. (Suzuki et al., 2020). The prevalence of work from home led to confinement due to an increase in screen time on TVs, PCs, smartphones and continuous internet usage (Colley et al., 2020; Qin et al., 2020; Smith et al., 2020; Wiederhold et al., 2020). An unhealthy lifestyle can result in problems such as metabolic diseases, skeletal problems, cardio-vascular diseases, hypertension, obesity etc. Advanced technology though facilitates human life but overuse of technology may result in unpleasant consequences like sleep disorders further leading to social, psychological, economical and health related consequences. Addiction to use of mobile phone is related to depression symptoms (Thomee et al., 2011). In addition to this unhealthy diet, smoking, drinking, drug abuse, stress, etc. are all manifestations of unhealthy lifestyle. Eating fast food has led to obesity, a common health problem in urban societies, as diet has a direct relation with health. Addictions like smoking may result in cardiovascular disease, asthma, cancer and brain injury (Farhudd et al., 2015). For treating general health problems, exercise should be included in lifestyle (Dunn et al., 1998). Colley et al., 2020, advocate for reducing the use of screen-based devices and engaging in outdoor exercise to improve mental health. Studies indicate that combining exercise and a healthy diet leads to better health, and an active lifestyle leads to happiness (Farhudd et al., 2015). Non-communicable diseases account for 71% of all global mortalities every year, which are exacerbated by lifestyle behaviors like physical inactivity and unhealthy diet. According to Sevild et al., 2020, it's hard to maintain a lifestyle change when the motivations are external to oneself. To summarize, self-regulation skills are necessary to establish priorities and lead a healthy lifestyle.

**Keywords:** *Lifestyle, health, diet, exercise, covid*





## International Conference 2024

On

**“Recent Trends And Innovations For A Greener Future”**

**(9-10 Feb 2024)**

**Organized by**

**Department of Chemistry, NSCBM Govt. College Hamirpur (H. P.)**

**In Collaboration With**

**The Indian Science Congress Association (ISCA) Shimla Chapter**



### CERTIFICATE

This is to certify that <sup>✓</sup>Dr/Mr/Ms Gopi Chand, Deptt. of Chemistry, Govt. College Rampur (H.P.)  
Professor/Associate Professor/Assistant Professor/Research Scholar/UG/PG Student has  
participated as a Keynote Speaker/Resource Person/Invited Speaker/Presented Paper/Poster  
entitled Green Chemistry

\_\_\_\_\_ in the International Conference held on 9th-  
10th February, 2024. He/She has **Chaired/Co-chaired the Technical Session.**

He/She has been awarded with **Best Poster Presentation.**

*Self Attached*  
*ND Khanna*  
Dr. N. Deepika Khanna  
**Organising Secretary**

*Ratan C. Sharma*  
Dr. Ratan C. Sharma  
**Convenor**

*Shashi*  
Dr. Shashi Sharma  
**Chairman**

*Patil*  
Dr. Pramod S. Patial  
**Patron/Principal**



# International Conference

Multidisciplinary (Arts, Commerce & Science)

on

## COMMUNICATING HEALTH, HAPPINESS & LONGEVITY for SUSTAINABLE GROWTH

2<sup>nd</sup> - 4<sup>th</sup> December, 2023

Organized by:

GC Ani, Kullu H.P. India, ICFRE-Himalayan Forest Research Institute Shimla H.P. India  
& SMSHP, HNE Health Care, Hry. iTachyos, Dubai, GGC Hamirpur, Skill Labs, Chd., Wisdom of Mind Hry. Serve Himalayan Society, Shimla H.P.



# Certificate

This certificate is awarded to Prof./Dr./Mr./Ms. Gopi Chand

Designation AIP Chemistry University/College/Institution GC Rampur

for delivering a Keynote Address/Invited Lecture /Chair/Co-Chair/Paper Presentation/Participation

Session/Titled "Chemistry what we consume : Impact of food adulteration on human health and strategies for food safety and purity"

He/She got ..... award during this international conference.

*P. Kumar*

**Dr. Pawan Kumar**  
Scientist-F, ICFRE-HFRI SHIMLA

*Self Attested*

*[Signature]*

*Anita Sharma*

**Dr. Anita Sharma**  
Principal GC Ani





# Govt. Degree College, Nirmand

District Kullu, Himachal Pradesh-172023

## National Seminar

on


### *Perspectives of Multidisciplinary Research*


(25 November, 2023)

## Certificate of Participation


This is to certify that <sup>✓</sup>Dr./Mr./Ms. Gopi Chand (Asst Professor - Chemistry) of Govt. Degree College, Rampur Bushahr participated in National Seminar on *Perspectives of Multidisciplinary Research* organized by Govt. Degree College, Nirmand (District Kullu, Himachal Pradesh) on 25 November, 2023.

He/She presented a paper titled: "Bridging Chemistry and Environmental Science for Global Sustainability"

  
Organizing Secretary  
**Dr. Gaurav Sood**  
Asst. Professor

  
Co-Convenor  
**Dr. Priyanka Thakur**  
Asst. Professor

  
Convener  
**Capt. Sandeep Thakur**  
Asst. Professor

  
Patron  
**Dr. Rajan Devi Negi**  
Patron



Centre of Excellence  
Govt. College, Shimla-6

National Seminar  
**Digital India: Concept and Implications**

23-24 December, 2022

Certificate of Participation

This certificate is awarded to Prof./Dr./Mr./Ms.... *Gita Sharma*.....

from *G. B. Pant Memorial G. C. Rampur Bushahr* for participating in the seminar. She/he

presented a paper/chaired a session titled, *Biodiversity and Environment Issues*.

*Rajeshwar*  
Organizing Secretary

*Kim*  
Convener

*Patron*  
Patron



65

## Communication Today

(A Bilingual Media Quarterly Journal)

Lighthouse of Media Professionals

27<sup>th</sup> National Webinar of the Webinar Series of Communication Today  
on the Hindi Journalism Day

## CHANGING SCENARIO OF JOURNALISM

*A Platform to Promote Young Academicians & Media Professionals*

## C E R T I F I C A T E

*This is to certify*

**GITA SHARMA**

*Assistant Professor Journalism And Mass Communication, Government P.G College,*

*Rampur (Shimla, H.P), Shimla, Himachal Pradesh, India*

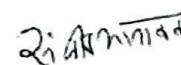
*has successfully participated in the webinar series on 'Changing Scenario of Journalism' held on 30<sup>th</sup> May, 2021.*



**( Dr. Usha Sawhney )**

**Organising Secretary**

Deputy Editor, Communication Today  
Assistant Professor, Deptt. of English  
SMP Govt. Girls PG College, Meerut



**( Prof. Sanjeev Bhanawat )**

**Convener**

Editor, Communication Today  
Former Head, Centre for Mass Communication  
University of Rajasthan, Jaipur



Government Degree College, Nirmand (District Kullu, Himachal Pradesh)

**National Seminar**  
**on**  
***Perspectives of Multidisciplinary Research***  
**(25 November, 2023)**

**Certificate of Participation**

This is to certify that Dr./Mrs/Ms. *Geeta Sharma* (Asst. Professor - Journalism & Mass Communication) of Govt. Degree College, Rampur Bushahr participated in National Seminar on Perspectives of Multidisciplinary Research organized by Govt. Degree College, Nirmand (District Kullu, Himachal Pradesh) on 25 November, 2023.

She presented a paper titled: "An Insight into Multidisciplinary Research"

Organizing Secretary  
**Dr. Gaurav Sood**  
Asst. Professor  
G.D.C. Nirmand

Co-Convenor  
**Dr. Priyanka Thakur**  
Asst. Professor  
G.D.C. Nirmand

Convenor  
**Capt. Sandeep Thakur**  
Asst. Professor  
G.D.C. Nirmand

Patron  
**Dr. Rajan Devi Negi**  
Principal  
G.D.C. Nirmand





NAAC Accredited  
with A+ Grade

## NATIONAL SEMINAR

Harmony in Action: Bridging Education, Culture, Literature and Commerce  
for Sustainable Energy and Environmental Stewardship

December 28-29, 2023

Department of Commerce  
Centre of Excellence, Govt. College Sanjauli, Shimla – 6

### Certificate


Dr/Mr/Ms. GITA SHARMA


of G.B.P.M. GOVT DEGREE COLLAGE RAMPUR BSR.


participated in the National Seminar at Government College Sanjauli.


He/She/chaired/participated/presented a paper titled SCIENCE AND TECHNOLOGY

FOR SUSTAINABLE DEVELOPMENT

  
Dr. Rajender Singh  
Convenor

  
Anupam Verma  
Organising Secretary

  
Dr. Madan Shandil  
Co-ordinator

  
Ms. Bharti Bhagra  
Patron



# International Conference

Multidisciplinary (Arts, Commerce & Science)

on

COMMUNICATING HEALTH, HAPPINESS & LONGEVITY  
for SUSTAINABLE GROWTH

2<sup>nd</sup> - 4<sup>th</sup> December, 2023

Organized by:

GC Ani, Kullu H.P. India, ICFRE-Himalayan Forest Research Institute Shimla H.P. India  
& SMSHP, HNE Health Care, Hry, ITachyos, Dubal, GGC Hamirpur, Skill Labs, Chd., Wisdom of Mind Hry, Serve Himalayan Society, Shimla H.P.

## Certificate

This certificate is awarded to Prof./Dr./Mr./Ms. Dr. Greeta Sharma  
Designation A.P. J.M.C., University/College/Institution G.D.C Rampur Bse.  
for delivering a Keynote Address/Invited Lecture /Chair/Co-Chair/Paper Presentation/Participation  
Session/Titled Ancient Wisdom in Modern Times.

He/She got \_\_\_\_\_ award during this international conference.

Dr. Pawan Kumar  
Scientist-F, ICFRE-HFRI SHIMLA

Dr. Anita Sharma  
Principal GC Ani





5<sup>th</sup> Paramhansa Yogananda International Conference  
on the theme  
**Towards a Global and Multidisciplinary Understanding of  
Spirituality and Science in Contemporary World**  
(23-24 February 2024)

Organized by  
Dept. of Music and Dept. of Commerce, Vallabh Government College, Mandi, Himachal Pradesh  
in association with  
Pratibha Spandan Society, Shimla

### Certificate of Participation

This is certified that MR. RAJESH KUMAR, ASSISTANT PROFESSOR, DEPARTMENT OF MUSIC (INSTRUMENTAL), GBPM GOVT. DEGREE COLLEGE RAMPUR BUSHAHR DISTRICT SHIMLA H.P. has presented a paper on "SANGEET MAIN SAMMELANON KA MAHTAV" during the 5<sup>th</sup> Paramhansa Yogananda International Conference on *Towards a Global and Multidisciplinary Understanding of Spirituality and Science in Contemporary World* on 23-24 February 2024.

We wish him/her success for his/her bright future.

Ms. Surina Sharma  
Principal  
Govt. College Mandi HP

Dr. Mritunjay Sharma  
President  
Pratibha Spandan, Shimla

Dr. Ravinder Kumar  
Convener  
Govt. College Mandi HP

Dr. Nirmal Singh  
Co-convener  
Govt. College Mandi HP

1. UGC SPONSORED SPECIAL WINTER SCHOOL (REFRESHER COURSE) In Music organized by UGC-Malaviy Mission Teacher Training Centre, University of Calicut.w.e.f. 20.02.2024 to 04.03.2024 (Two Weeks)

2. Attended Two Days National Seminar Harmony In Action: Bridging Education, Culture,Literature and Commerce for Sustainable Energy and Environmental Stewardship organised by Deptt. Of Commerce Centre of Excellence, Govt College Sanjauli Shimla-6 . Presented a Paper entitled "Culture and Sustainable Development: A Holistic Perspective" on 28,29 Dec.2023

3. Attended Two Days International Conference 5thParamhansa Yogananda International Conference on the theme Towards a Global & Multidisciplinary Understanding Of Spirituality and Science in Contemporary World organised by Deptt. Of Music & Commerce,Vallabh Govt College Mandi H.P. in associated with.....

...Pratibha Spandan Society, Shimla . Presented a Paper entitled "संगीत में सम्मेलनों का महत्व " on 23,24 Feb.2024

4. Attended Three Days Workshop on Invest in Women: Accelerate Progress organised by Women Grievance & Redressal Cell at GBPM Govt College Rampur Bsr. Shimla w.e.f. 04.03.2024 to 06.03.2024





NAAC Accredited  
with A+ Grade

## NATIONAL SEMINAR

Harmony in Action: Bridging Education, Culture, Literature and Commerce  
for Sustainable Energy and Environmental Stewardship

December 28-29, 2023

Department of Commerce


Centre of Excellence, Govt. College Sanjauli, Shimla - 6


## Certificate

Dr./Mr./Ms. Rajesh Kumar, Assistant Professor,  
of Department of Music (I), GBPM Govt College Rambur Bishah Shimla H.P.

participated in the National Seminar at Government College Sanjauli.

He/She/chaired/participated/presented a paper titled "Culture and Sustainable  
Development : A Holistic Perspective."

  
Dr. Rajender Singh  
Convenor

  
Anupam Verma  
Organising Secretary

  
Dr. Madan Shandil  
Co-ordinator

  
Ms. Bharti Bhagra  
Patron



# International Conference

Multidisciplinary (Arts, Commerce & Science)

on

## COMMUNICATING HEALTH, HAPPINESS & LONGEVITY for SUSTAINABLE GROWTH

2<sup>nd</sup> - 4<sup>th</sup> December, 2023

Organized by:

GC Ani, Kullu H.P. India, ICFRE-Himalayan Forest Research Institute Shimla H.P. India

& SMSHP, HNE Health Care, Hry. iTachyos, Dubai, GGC Hamirpur, Skill Labs, Chd., Wisdom of Mind Hry. Serve Himalayan Society, Shimla H.P.



# Certificate

This certificate is awarded to Prof./Dr./Mr./Ms. *Dr. Pratap Thakur*

Designation *Associate Professor* University/College/Institution *G.P.C Rampur Bdr.*

for delivering a Keynote Address/Invited Lecture /Chair/Co-Chair/Paper Presentation/Participation  
Session/Titled *Social network sites and its impact among new generations.*

He/She got ..... award during this international conference.

*P. Kumar*

**Dr. Pawan Kumar**  
Scientist-F, ICFRE-HFRI SHIMLA

*Anita Sharma*

**Dr. Anita Sharma**  
Principal GC Ani





# Govt. Degree College, Nirmand

District Kullu, Himachal Pradesh-172023

## National Seminar


on


*Perspectives of Multidisciplinary Research*  
(25 November, 2023)


## Certificate of Participation


This is to certify that Dr./Mr./Ms. Pratap Singh Thakur (Asst. Professor - Sociology) of Govt. Degree College, Rampur Bushahr participated in National Seminar on *Perspectives of Multidisciplinary Research* organized by Govt. Degree College, Nirmand (District Kullu, Himachal Pradesh) on 25 November, 2023.

He/She presented a paper titled: "Degradation of Moral Values and Ethics Among the New Generation: An Analysis"

  
Organizing Secretary  
**Dr. Gaurav Sood**  
Asst. Professor  
G.D.C. Nirmand

  
Co-Convener  
**Dr. Priyanka Thakur**  
Asst. Professor  
G.D.C. Nirmand

  
Convener  
**Capt. Sandeep Thakur**  
Asst. Professor  
G.D.C. Nirmand

  
Patron  
**Dr. Rajan Devi Negi**  
Principal  
G.D.C. Nirmand



# BABA BALAK NATH COLLEGE CHAKMOH DISTRICT HAMIRPUR (H.P.)

## Certificate of Participation

This Certificate is presented to Ms. Yojana Thakur (Assistant Professor) of G. B. Pant Mem. Govt. Degree College Rampur (H.P.) for her Participation in "One Day National Webinar" (27th December, 2023) on the topic of "*Bacteriological Contamination of Drinking Water Supply in Himalayan Area: Challenges and Sustainable Water Quality Management*", organised by this Institution.

Dr. Susheel Kumar  
Organizing Secretary  
BBN College Chakmoh  
Hamirpur

Dr. Naresh Kumar Thakur  
Principal  
BBN College Chakmoh  
Hamirpur

Dr. Rohit Sharma  
SDM (Barsar)-Cum-Chairman  
BBN Temple Trust Deotsidh  
Hamirpur





NAAC Accredited  
with A+ Grade

### NATIONAL SEMINAR

Harmony in Action: Bridging Education, Culture, Literature and Commerce  
for Sustainable Energy and Environmental Stewardship

December 28-29, 2023

Department of Commerce  
Centre of Excellence, Govt. College Sanjauli, Shimla – 6

## Certificate

Dr./Mr/Ms. YOJANA THAKUR  
of GOVT. COLLEGE RAMPUR BUSHAHAR, SHIMLA, H.P.

participated in the National Seminar at Government College Sanjauli.

He/She/chaired/participated/presented a paper titled Pollution Sensitive taxa - An  
index to water pollution.

  
Dr. Rajender Singh  
Convener

  
Anupam Verma  
Organising Secretary

  
Dr. Madan Shandil  
Co-ordinator

  
Ms. Bharti Bhagra  
Patron



# Govt. Degree College, Nirmand

District Kullu, Himachal Pradesh-172023

65  
(Annex-25)

## National Seminar


on


### *Perspectives of Multidisciplinary Research* (25 November, 2023)


## Certificate of Participation

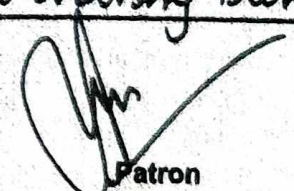
This is to certify that Dr./Mr./Ms. Yojana Thakur (Asst. Professor - Zoology) of Govt. Degree College, Rampur Bushahr participated in National Seminar on *Perspectives of Multidisciplinary Research* organized by Govt. Degree College, Nirmand (District Kullu, Himachal Pradesh) on 25 November, 2023.

He/She presented a paper titled: "Dynamics of Multidisciplinary Research and Evolving Trends"

  
Organizing Secretary  
Dr. Gaurav Sood  
Asst. Professor  
G.D.C. Nirmand

  
Co-Convenor  
Dr. Priyanka Thakur  
Asst. Professor  
G.D.C. Nirmand

  
Convener  
Capt. Sandeep Thakur  
Asst. Professor  
G.D.C. Nirmand

  
Patron  
Dr. Rajan Devi Negi  
Principal  
G.D.C. Nirmand





# International Conference

Multidisciplinary (Arts, Commerce & Science)

on

## Empowering Individuals for a Better Future

12th -14<sup>th</sup> May, 2023

Organized by:

ICFRE-Himalayan Forest Research Institute Shimla-HP

&

Science and Management Society, Himachal Pradesh



### Certificate

This certificate is awarded to Prof./Dr./Mr./Ms. ✓ YOJANA THAKUR

Designation Asstt. Prof. ZOOLOGY University/College/Institution ✓ Govt. College Rampur Bss.

for delivering a Keynote Address/Invited Lecture /Chair/Co-Chair/Paper ✓ Presentation/Participation

Session/Titled Role of temperature, canopy cover and altitude variability in distribution of macroinvertebrates in hill streams of Rampur Bss.

✓ SYG He got A grade and ..... award during this international conference.

*[Signature]*  
**Dr. Vikas Suman**  
Organizing Secretary

*[Signature]*  
**Dr. Pawan Kumar**  
Coordinator Conference

*[Signature]*  
**Dr. Anjna Thakur**  
Conference Director-I

*[Signature]*  
**Dr. Ruchi Sharma**  
Conference Director-II

No.: 1704



# UGC-Human Resource Development Centre

Himachal Pradesh University, Shimla-171005  
(NAAC Accredited 'A' Grade University)



## UGC SPONSORED REFRESHER COURSE

### Certificate of Participation

This is to certify that **ANIL KUMAR** Assistant/Associate Professor  
in **ECONOMICS** from **T.S. NEGI GOVT. DEGREE COLLEGE**  
**RECKONG PEO, DISTT. KINNAUR, HIMACHAL PRADESH**  
affiliated to **H.P. UNIVERSITY SHIMLA**  
participated in the 2-weeks online Refresher Course on **Economics, Population Studies & Lifelong Learning**  
held from **07-08-2023** to **19-08-2023** and obtained **A** grade.

COURSE CO-ORDINATOR

DIRECTOR

VICE-CHANCELLOR

Principal  
T.S. Negi Govt. College





# Govt. Degree College, Nirmand

District Kullu, Himachal Pradesh-172023

National Seminar

on

*Perspectives of Multidisciplinary Research*

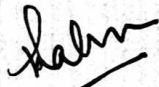
(25 November, 2023)

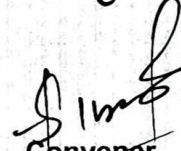
## Certificate of Participation

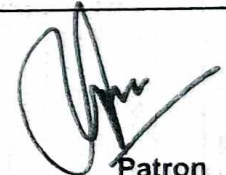
This is to certify that Dr./Mr./Ms. ✓ Noaku Zangmo (Asst. Professor - Hindi) of Govt. Degree College, Rampur Kushahr participated in National Seminar on *Perspectives of Multidisciplinary Research* organized by Govt. Degree College, Nirmand (District Kullu, Himachal Pradesh) on 25 November, 2023.

He/ ✓ She presented a paper titled: “अपरी किन्नौर की संस्कृति”

Organizing Secretary  
**Dr. Gaurav Sood**  
Asst. Professor  
G.D.C. Nirmand

  
Co-Convener  
**Dr. Priyanka Thakur**  
Asst. Professor  
G.D.C. Nirmand

  
Convener  
**Capt. Sandeep Thakur**  
Asst. Professor  
G.D.C. Nirmand

  
Patron  
**Dr. Rajan Devi Negi**  
Principal  
G.D.C. Nirmand



# International Conference

Multidisciplinary (Arts, Commerce & Science)

on

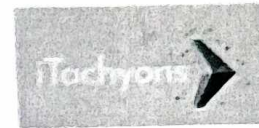
## COMMUNICATING HEALTH, HAPPINESS & LONGEVITY for SUSTAINABLE GROWTH

2<sup>nd</sup> - 4<sup>th</sup> December, 2023

Organized by:

GC Ani, Kullu H.P. India, ICFRE-Himalayan Forest Research Institute Shimla H.P. India

& SMSHP, HNE Health Care, Hry. iTachyos, Dubai, GGC Hamirpur, Skill Labs, Chd., Wisdom of Mind Hry. Serve Himalayan Society, Shimla H.P.



# Certificate

This certificate is awarded to Prof./Dr./Mr./Ms. JAYANTI MALA

Designation ASSTT. Professor University/Collège/Institution Govt. P.G. College Rampur Bsr.

for delivering a Keynote Address/Invited Lecture /Chair/Co-Chair/Paper Presentation/Participation

Session/Titled Educational Experiences on Health and Longevity

He/She got ..... award during this international conference.

*Pawan Kumar*

**Dr. Pawan Kumar**

Scientist-F, ICFRE-HFRI SHIMLA

*Anita Sharma*

**Dr. Anita Sharma**

Principal GC Ani





# International Conference

Multidisciplinary (Arts, Commerce & Science)

on

## COMMUNICATING HEALTH, HAPPINESS & LONGEVITY for SUSTAINABLE GROWTH

2<sup>nd</sup> - 4<sup>th</sup> December, 2023

Organized by:

GC Ani, Kullu H.P. India, ICFRE-Himalayan Forest Research Institute Shimla H.P. India

& SMSHP, HNE Health Care, Hry. ITachyos, Dubal, GGC Hamirpur, Skill Labs, Chd., Wisdom of Mind Hry. Serve Himalayan Society, Shimla H.P.



# Certificate

This certificate is awarded to Prof./Dr./Mr./Ms. Yojana Thakur

Designation Assistant Professor University/College/Institution Govt. College Rampur Bushahr

for delivering a Keynote Address/Invited Lecture /Chair/Co-Chair/Paper Presentation/Participation

Session/Titled "A Study as to How the Agricultural Revolution Shaped Human Happiness and Longevity"

He/She got ..... award during this international conference.

*Pawan Kumar*

**Dr. Pawan Kumar**

Scientist-F, ICFRE-HFRI SHIMLA

*Anita Sharma*

**Dr. Anita Sharma**

Principal GC Ani





**G.B. Pant National Institute of Himalayan Environment (NIHE)  
Himachal Regional Centre, Mohal-Kullu, Himachal Pradesh, India**

**National Seminar & 2<sup>nd</sup> GSHP Annual Meet**

**CERTIFICATE OF PARTICIPATION**

Certified that Prof./Dr./Mr./Mrs./Ms. .... *Anut Sheshta* ..... from *GB Pant Memorial*  
*Govt. College, Rampur, Buhahr* ..... has participated in the Department of Science & Technology,  
Govt. of India & Indian Council of Social Science Research, New Delhi sponsored National Seminar & 2<sup>nd</sup> GSHP  
Annual Meet on Geography and Climate Change: Issues and Challenges in the 21<sup>st</sup> Century, jointly organized by  
GB Pant, NIHE, Himachal Regional Centre, Kullu & Geographical Society of Himachal Pradesh (GSHP) held on  
20-21 November, 2023. She/he delivered an invited talk as a resource person/chaired a  
session/participated/presented a paper entitled *livelihood Adaptation in the context of Climate*  
*Change & Variability in H.P.: Lesson from a review of extant literature* .....

*[Signature]*  
**Dr. Kesar Chand**  
Convenor

*[Signature]*  
**Dr. Vasudha Agnihotri**  
Co-Convenor

*[Signature]*  
**Dr. B. R. Thakur**  
Secretary General  
GSHP

*[Signature]*  
**Prof. D.D. Sharma**  
President  
GSHP





# ICSSR SPONSORED One Day National Seminar

on

## Changes and Challenges of Post Covid-19 in India's Education System

(24<sup>th</sup> June, 2023)

organised by

Govt. Degree College Nihri, Mandi, Himachal Pradesh in association with Pratibha Spandan Society, Shimla (H.P.)



### Certificate of Participation

This is certified that **DR. AMIT SHOSHTA, ASSISTANT PROFESSOR, G. B. PANT MEMORIAL GOVERNMENT DEGREE COLLEGE RAMPUR BUSHAHR, DISTRICT SHIMLA, H.P.** has successfully attended the ICSSR sponsored One Day National Seminar on *"Changes and Challenges of Post Covid-19 in India's Education System"* organised by Govt. Degree College Nihri, Mandi in association with Pratibha Spandan Society, Shimla on 24 June 2023.

He/She presented research paper on the topic **CLIMATE CHANGE IN MIDDLE SATLUJ VALLEY, HIMACHAL PRADESH, INDIA: A CASE STUDY OF FARMERS' PERCEPTION.**

Mr. Shashi Kumar  
Principal  
Govt. Degree College Nihri, Mandi

Dr. Mritunjay Sharma  
President  
Pratibha Spandan, Society Shimla

Dr. Varun Saini  
Chief Coordinator





# International Conference

Multidisciplinary (Arts, Commerce & Science)

on

## COMMUNICATING HEALTH, HAPPINESS & LONGEVITY for SUSTAINABLE GROWTH

2<sup>nd</sup> - 4<sup>th</sup> December, 2023

Organized by:

GC Ani, Kullu H.P. India, ICFRE-Himalayan Forest Research Institute Shimla H.P. India  
& SMSHP, HNE Health Care, Hry. iTachyos, Dubai, GGC Hamirpur, Skill Labs, Chd., Wisdom of Mind Hry. Serve Himalayan Society, Shimla H.P.



## Certificate

This certificate is awarded to Prof./Dr./Mr./Ms. Anusadha  
Designation Assistant Professor University/College/Institution GPQC Rampur B.S.  
for delivering a Keynote Address/Invited Lecture /Chair/Co-Chair/Paper Presentation/Participation  
Session/Titled "Mathematical Perspectives On Well-Being : Insights From  
Eminent Mathematicians"

He/She got ..... award during this international conference.

**Dr. Pawan Kumar**  
Scientist-F, ICFRE-HFRI SHIMLA

**Dr. Anita Sharma**  
Principal GC Ani





# International Conference

Multidisciplinary (Arts, Commerce & Science)

on

**COMMUNICATING HEALTH, HAPPINESS & LONGEVITY  
for SUSTAINABLE GROWTH**

2<sup>nd</sup> - 4<sup>th</sup> December, 2023

Organized by:

GC Ani, Kullu H.P. India, ICFRE-Himalayan Forest Research Institute Shimla H.P. India

& SMSHP, HNE Health Care, Hry. iTachyos, Dubai, GGC Hamirpur, Skill Labs, Chd., Wisdom of Mind Hry. Serve Himalayan Society, Shimla H.P.



## Certificate

This certificate is awarded to Prof./Dr./Mr./Ms. *Dr. Shiwali Thakur*

Designation: *Assistant Professor* University/College/Institution: *Govt. College, Rampur Buz*

for delivering a Keynote Address/Invited Lecture /Chair/Co-Chair/Paper Presentation/Participation

Session/Titled: *Food Adulteration and its impact on human health.*

He/She got ..... award during this international conference.

*P. Kumar*

**Dr. Pawan Kumar**

Scientist-F, ICFRE-HFRI SHIMLA

*A. Sharma*

**Dr. Anita Sharma**

Principal GC Ani



# Govt. Degree College, Nirmand

District Kullu, Himachal Pradesh-172023

## National Seminar

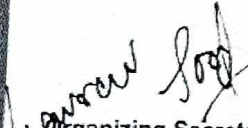
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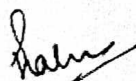
*Perspectives of Multidisciplinary Research*  
(25 November, 2023)


## Certificate of Participation

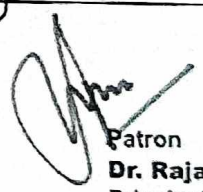
This is to certify that <sup>✓</sup>Dr./Mr./Ms. Shiwali Thakur (Asst. Professor - Chemistry) of Govt. Degree College, Rampur Baudaha participated in National Seminar on *Perspectives of Multidisciplinary Research* organized by Govt. Degree College, Nirmand (District Kullu, Himachal Pradesh) on 25 November, 2023.

He/She presented a paper titled: "Benefits, Challenges and Applicability of Multidisciplinary Research"

  
Organizing Secretary  
**Dr. Gaurav Sood**  
Asst. Professor  
G.D.C. Nirmand

  
Co-Convener  
**Dr. Priyanka Thakur**  
Asst. Professor  
G.D.C. Nirmand

  
Convener  
**Capt. Sandeep Thakur**  
Asst. Professor  
G.D.C. Nirmand

  
Patron  
**Dr. Rajan Devi Negi**  
Principal  
G.D.C. Nirmand



6.5



**COMMERCE & MANAGEMENT ASSOCIATION OF INDIA (CMAI)**  
**8th International Conference**



**Fostering Sustainable Development in a Globalized World: Issues and Challenges**

*in Academic Partnership with*

**AZERBAIJAN STATE UNIVERSITY OF ECONOMICS (UNEC), BAKU (AZERBAIJAN)**

*(9th-11th January, 2024)*



**Certificate**



This is to certify that Prof./Dr./Ms./Mr. T.D. Verma, Associate Professor (Commerce), Government College, Rampur Bushahr, H.P., India has attended the International Conference on "Fostering Sustainable Development in a Globalized World: Issues and Challenges" in academic partnership with Azerbaijan State University of Economics-Baku, Azerbaijan from 9th-11th January, 2024.

He/She has presented a paper titled "Relevance of India's Look towards West Policy".

**Dr. Surya Prakash**  
Conference Secretary  
Shri Ram College of Commerce (SRCC)  
Delhi University, Delhi

**Dr. Sandeep Kulshreshtha**  
Conference Director  
Professor, IITTM, Gwalior  
Madhya Pradesh





6.5

**1 DAY NATIONAL SYMPOSIUM ON  
NAAC ACCREDITATION & NEP 2020 :  
CONNECTING THE DOTS & EMPOWERING ACADEMIA**

11<sup>TH</sup> JUNE, 2024

A collaborative initiative by  
ABV Government College, Sunni, Shimla & Government College, Chail-Koti, Shimla

**Certificate**

This is to certify that Prof/Dr/Mr/Ms. T.D. Verma  
of Govt. College Rampur Bushahr, Shimla has attended the  
One Day National Symposium on NAAC Accreditation & NEP 2020: Connecting the Dots & Empowering Academia  
as a Resource Person//participant/ Speaker in the session Titled Challenges of NAAC

Dr. Deepshikha Bhardwaj  
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Ramanujan College, University of Delhi  
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of

G.B.Pant Memorial Govt. College Rampur Bushahr Distt. Shimla Himachal Pradesh  
has successfully completed ONLINE TWO - WEEK REFRESHER COURSE IN

**"Geography"**

from 06 - 20 March, 2023 and obtained

Grade A+.



Blockchain Hash: [0x42fae288b3ebfe26c646e45b72d47da6685247ef2dc7de34bff385ce8c52641c](https://www.blockchain.com/transaction/0x42fae288b3ebfe26c646e45b72d47da6685247ef2dc7de34bff385ce8c52641c)

Prof. S. P. Aggarwal  
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Dr. Nikhil Kumar Rajput  
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TLC, Ramanujan College



**G.B. Pant National Institute of Himalayan Environment (NIHE)  
Himachal Regional Centre, Mohal-Kullu, Himachal Pradesh, India**

**National Seminar & 2<sup>nd</sup> GSHP Annual Meet**

**CERTIFICATE OF PARTICIPATION**

Certified that Prof./Dr./Mr./Mrs./Ms. *Savita Kumari*..... from *G.C. Rampur*.....  
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Govt. of India & Indian Council of Social Science Research, New Delhi sponsored National Seminar & 2<sup>nd</sup> GSHP  
Annual Meet on Geography and Climate Change: Issues and Challenges in the 21<sup>st</sup> Century, Jointly organized by  
GB Pant, NIHE, Himachal Regional Centre, Kullu & Geographical Society of Himachal Pradesh (GSHP) held on  
20-21 November, 2023. She/he delivered an invited talk as a resource person/chaired a  
session/participated/presented a paper entitled *People's Perception about Climate Change - risk  
and its impact on livelihood: case study of Kalpa Tehsil of Kinnaur, HP*.....

*[Signature]*  
Dr. Kesar Chand  
Convenor

*[Signature]*  
Dr. Vasudha Agnihotri  
Co-Convenor

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Dr. B. R. Thakur  
Secretary General  
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*[Signature]*  
Prof. D.D. Sharma  
President  
GSHP



65



# International Conference

Multidisciplinary (Arts, Commerce & Science)

on

## COMMUNICATING HEALTH, HAPPINESS & LONGEVITY for SUSTAINABLE GROWTH

2<sup>nd</sup> - 4<sup>th</sup> December, 2023

Organized by:

GC Ani, Kullu H.P. India, ICFRE-Himalayan Forest Research Institute Shimla H.P. India

& SMSHP, HNE Health Care, Hry. iTachyos, Dubai, GGC Hamirpur, Skill Labs, Chd., Wisdom of Mind Hry. Serve Himalayan Society, Shimla H.P.



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Designation..... Assistant Professor University/College/Institution..... Govt. Degree College Rambur

for delivering a Keynote Address/Invited Lecture /Chair/Co-Chair/Paper Presentation/Participation

Session/Titled..... "Historical Wisdom And Educational Insights: Shaping

A Happy, Healthy, And Long Life."

He/She got ..... award during this international conference.

*Dr. Pawan Kumar*

**Dr. Pawan Kumar**

Scientist-F, ICFRE-HFRI SHIMLA

*Dr. Anita Sharma*

**Dr. Anita Sharma**

Principal GC Ani



# Govt. Degree College, Nirmand

District Kullu, Himachal Pradesh-172023

## National Seminar


on

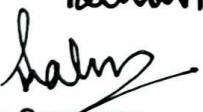
*Perspectives of Multidisciplinary Research*  
(25 November, 2023)

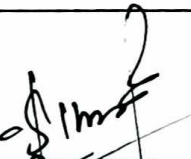
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This is to certify that Dr./Mr./Ms. Ajender Singh (Asst. Professor - Education) of Govt. Degree College, Rampur Bushahr participated in National Seminar on *Perspectives of Multidisciplinary Research* organized by Govt. Degree College, Nirmand (District Kullu, Himachal Pradesh) on 25 November, 2023.

He/ She presented a paper titled: "The Role of Parental Involvement in Student's Behaviour"

  
Organizing Secretary  
**Dr. Gaurav Sood**  
Asst. Professor  
G.D.C. Nirmand

  
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G.D.C. Nirmand





# International Conference

Multidisciplinary (Arts, Commerce & Science)

on

COMMUNICATING HEALTH, HAPPINESS & LONGEVITY  
for SUSTAINABLE GROWTH

2<sup>nd</sup> - 4<sup>th</sup> December, 2023

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*Pawan*

Dr. Pawan Kumar  
Scientist-F, ICFRE-HFRI SHIMLA

*Anita*

Dr. Anita Sharma  
Principal GC Ani





# Govt. Degree College, Nirmand

District Kullu, Himachal Pradesh-172023

National Seminar

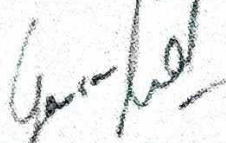
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(25 November, 2023)


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He/She presented a paper titled: “वैदों में स्वास्थ्य एवं पर्यावरण संतुलन का महत्व”

  
Organizing Secretary  
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6.5



# International Conference

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## on COMMUNICATING HEALTH, HAPPINESS & LONGEVITY for SUSTAINABLE GROWTH

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*Pawan*

**Dr. Pawan Kumar**  
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# International Conference

Multidisciplinary (Arts, Commerce & Science)

on

## Empowering Individuals for a Better Future

12th -14<sup>th</sup> May, 2023

Organized by:

ICFRE-Himalayan Forest Research Institute Shimla-HP

&

Science and Management Society, Himachal Pradesh



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*'Jan Dhan Darsak.'*

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**Dr. Vikas Suman**  
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# G.B. Pant National Institute of Himalayan Environment (NIHE) Himachal Regional Centre, Mohal-Kullu, Himachal Pradesh, India

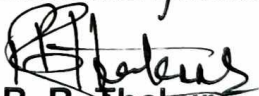
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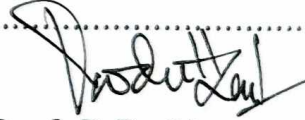
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Annual Meet on Geography and Climate Change: Issues and Challenges in the 21<sup>st</sup> Century, Jointly organized by  
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20-21 November, 2023. She/he delivered an invited talk as a resource person/chaired a  
session/participated/presented a paper entitled ... *Spatial Disparities in Socio-economic Develop-*  
*ment of Kinnaur district, H.P.: A Geographical Analysis* .....

  
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# International Conference

on

**Resilient Futures : Adapting to Climate Variabilities in Agriculture, Economy, and Environment**

Dec.29, 2023

Organized by

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International Conference on the topic *Assessing the Impacts of Climate Change on Water* .....

*Resource : An Indian Perspective* .....

This International Conference was conducted in hybrid mode.

*Gourmaw*  
**Convener**

*Mus*  
**Organizing Secretary**

*Pr*  
**Principal**

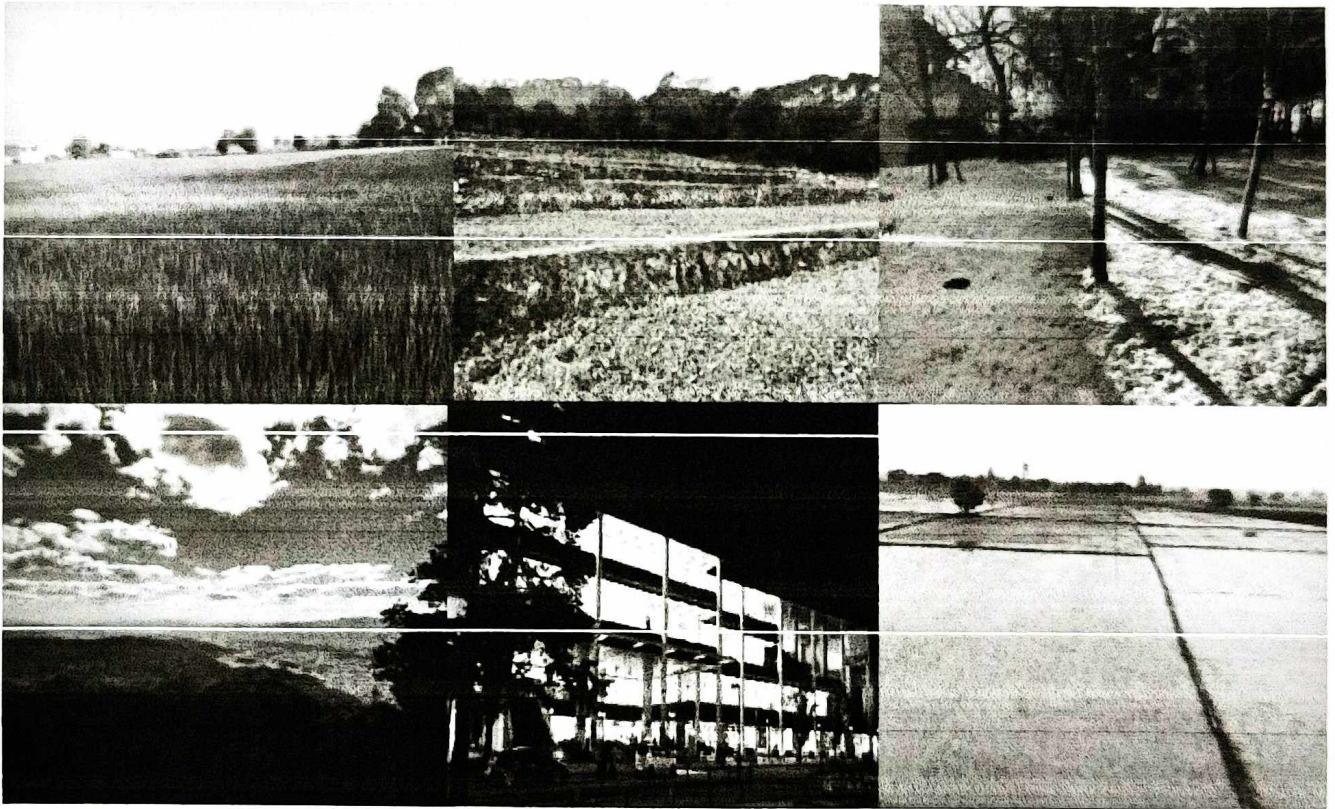


**INTERNATIONAL CONFERENCE**

on

**Resilient Futures: Adapting to Climate Variabilities in  
Agriculture, Economy, and Environment**

*29th December 2023  
(HYBRID MODE)*



*organised by*

**Shaheed Captain Vikram Batra Government College,  
Palampur, Himachal Pradesh - 176061**



129.	Impact of climate change on agriculture in India and need of adaptation	<i>Reena Devi</i>	140
130.	A Study on Awareness on Climate Change of College Students of (Baddi Barotiwala Nalagarh) BBN Region	<i>Ina Rani</i>	141
131.	Role of Historical Literature in Climate Change Advocacy in India	<i>Anju Devi</i>	142
132.	जलवायु परिवर्तन के परिप्रेक्ष्य में जनचेतना जगाने में संस्कृतसाहित्य की भूमिका	<i>स्वर्णलता शर्मा</i>	143
✓133.	Assessing the Impacts of Climate Change on Water Resources: An Indian Perspective	<i>Anuradha Negi</i>	144
134.	Water Management in a Changing Climate	<i>Rajnish Dewan</i>	145
135.	The environmental Impact of Polymers used in Mobile Covers	<i>Manisha Sharma</i>	146
136.	आधुनिक हिंदी साहित्य में पर्यावरण चेतना	<i>आरती डोहरू</i>	147
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138.	जलवायु परिवर्तन के कारण व दोमुहों प्रभाव, मध्य हिमालीय क्षेत्र के संदर्भ में	<i>Amarjeet Singh</i>	149
139.	Sal Forest Conservation: Harnessing the Power of Mycorrhiza for Sustainable Ecosystem Restoration	<i>Jitender Kumar</i>	150
140.	Connecting Ecological Resilience, Ecosystem Functioning and Services, and Biodiversity: Towards an Integrative Framework for Effective Management	<i>Prince Thakur and Vivek Chand Chandel</i>	151
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## Assessing the Impacts of Climate Change on Water Resources: An Indian Perspective

Anuradha Negi

Dept. of Geography, G.C. Kullu, Himachal Pradesh

Email: [kanainanuradha6@gmail.com](mailto:kanainanuradha6@gmail.com)

### Abstract

Climate change is reflected in the form of increased number of extreme weather events, greater monsoon variability, unprecedented and localized rainfall, long dry spells, utmost trends of diurnal temperature range, and also the emergence of new disasters and new vulnerabilities with differential spatial and socio-economic impacts on communities. The deviation of weather, seasonal and climatic parameters from normal becomes the regular phenomena particularly in last two decades which is adversely affecting the world's natural resources including agriculture, horticulture, water and forest resources. The impact would be particularly disastrous for developing countries, including India and further may reduce the resilience of poor, vulnerable communities of India. Over the past decade, many regions of has witnessed a profound and far reaching impact of climate change on these resources with significant repercussion on both socio-economic conditions and ecosystem services. Because of this, it has become increasingly important in recent years to manage surface and ground water sustainably, as well as the surrounding ecosystem. For resource planning and sustainable development, which forms the foundation for economic and social development, an evaluation of the availability of water resources in the context of future national requirements is essential. This evaluation should take into account the increasing demands for water as well as the anticipated effects of climate change and variability. No single strategy is sufficient to address the issues, despite the fact that many have been found to assist India in coping with the effects of climate change on water resources. In order to address the issues posed by climate change in India, a holistic strategy adopting integrated methods is highly recommended, as many of the impacts are subjective in nature.

**Keywords:** *Climate change, variability, sustainable development, water resources, integrated methods*

**INTERNATIONAL CONFERENCE**

on

**Resilient Futures: Adapting to Climate Variabilities in  
Agriculture, Economy, and Environment**

*29th December 2023  
(HYBRID MODE)*



*organised by*

**Shaheed Captain Vikram Batra Government College,  
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## Biodiversity: Threats and conservation for sustainable future

**Anita Kumari**

Department of Botany, G. B. Pant Memorial Govt. College, Rampur Bushahr,  
172001 (H.P.), India.

Email: ak7912053@gmail.com

### Abstract

Human beings completely relies on nature for fulfilling their basic needs like food, shelter, fibers for making clothes, medicine as well as for earning livelihood. During the past few decades, human population has grown exponentially. To satisfy the needs of ever increasing population, man has been overexploiting the nature. This has put a lot of stress on our biodiversity and other natural resources causing their rapid depletion. Many of the important floral and faunal species have already become extinct and several others are at the brink of extinction. Biodiversity loss is a critical environmental issue caused by habitat degradation, poaching of animals, climate change, pollution, invasive species, overexploitation coupled with unscientific handling of natural resources etc. These threats jeopardize the variety of life on earth, impacting ecosystems and having serious consequences for the overall health of the Mother Nature. Keeping the consequences of biodiversity loss in mind, there is an urgent need to conserve it for the future generations. Without the conservation of biodiversity, modern development is insignificant. Conservation efforts and sustainable practices are crucial to address and mitigate these challenges. *Ex-situ* and *in-situ* conservation methods needs to be implemented on large scales. Besides this, there is an urgent need to generate environmental awareness, framing of strict laws and penalties to maintain the biodiversity level. Preserving biodiversity enhances resilience to environmental changes contributing to derive sustainable benefits for the present and future generations.

**Keywords:** Biodiversity, *Ex-situ* and *in-situ* conservation

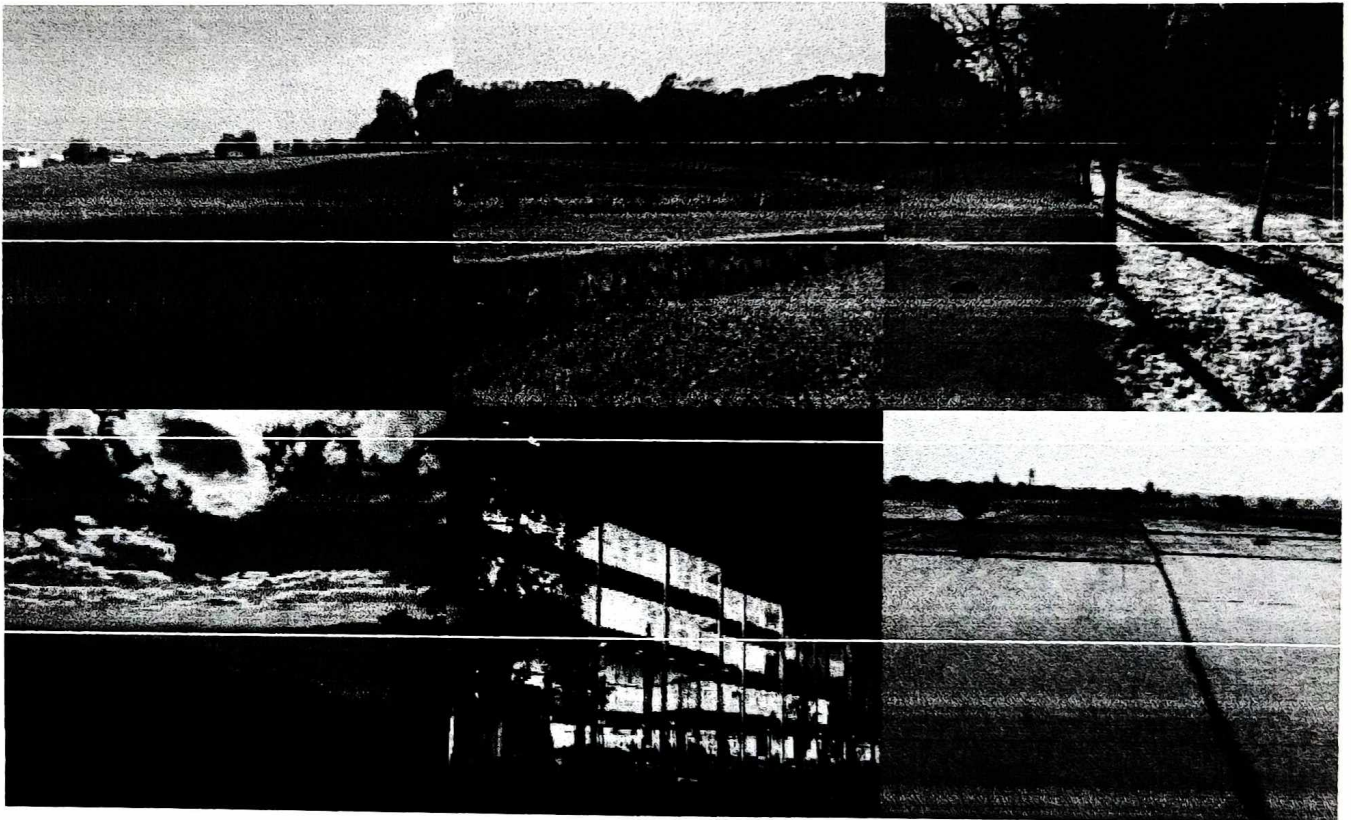


**INTERNATIONAL CONFERENCE**

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6.5<sup>06</sup>/<sub>22</sub>



ICSSR North-Western Regional Centre, Chandigarh  
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PROMOTING SUSTAINABLE LIVELIHOODS  
IN THE NORTH WESTERN HIMALAYAS: FOSTERING CONVERGENCE  
AMONG RESEARCH, PRACTICE AND POLICY

Organised by: Government Degree College, Shahpur

May 27-28, 2023 (Offline); May 29, 2023 (Online)  
in collaboration with

Regional-cum-Facilitation Centre (Northern Region) of National Medicine Plant Board  
Ministry of Ayush, Government of India, Joginder Nagar, Mandi (H.P.)  
and

Central University of Himachal Pradesh (Venue Partner)

# Certificate

*This is to certify that Prof./ Dr/Mr/Ms. Dr. Savita Kumari of G.B.Pant Govt. College Rampur Bushahr.Distt. Shimla Himachal Pradesh presented a paper entitled "People's Perception of Climate Change and its Impact on Their Livelihood in the Temperate Dry Climatic Region: A Case Study of Kalpa Tehsil of Kinnaur Distt. Himachal Pradesh" in the Seminar.*

Convener

Principal



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## Certificate

This is to certify that Prof./ Dr./Mr./Ms. Dr. Amit Shresta

of G. B. Pant Memorial Govt. P.G. College Rampur participated / presented a

paper / delivered a talk entitled Farmers' Perception about Climate Change and  
its impacts on their livelihoods: A Case study of middle Sutlej Valley, H.  
He / She acted as Invited Speaker / Chair / Co-chair / Moderator / Rapporteur / Volunteer in the Seminar.

  
Convener

  
Principal





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This is to certify that Prof./ Dr./Mr./Ms. Amit Shashta

of G.B. Pant Memorial Govt. Degree College participated / presented a  
Rampur Bushahr

paper / delivered a talk entitled in Technical sessions 4C & 5D, and

He / She acted as Invited Speaker / Chair / Co-chair / Moderator / Raporteur / Volunteer in the Seminar.

Convener

Principal