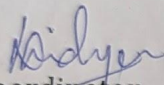


NOTICE

Dated : 23/07/2026

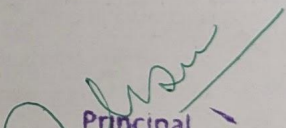
The Women Cell, in collaboration with the NSS Unit of GC Panarsa, is organizing a Lecture on Dental Hygiene followed by a Free Dental Check-up Camp on 25 July 2026 at 10:30 a.m. in the Conference Hall. Dr. Isha, Dental Surgeon, CHC Nagwain, along with her team, will deliver the lecture and provide free dental check-up services to all participants.

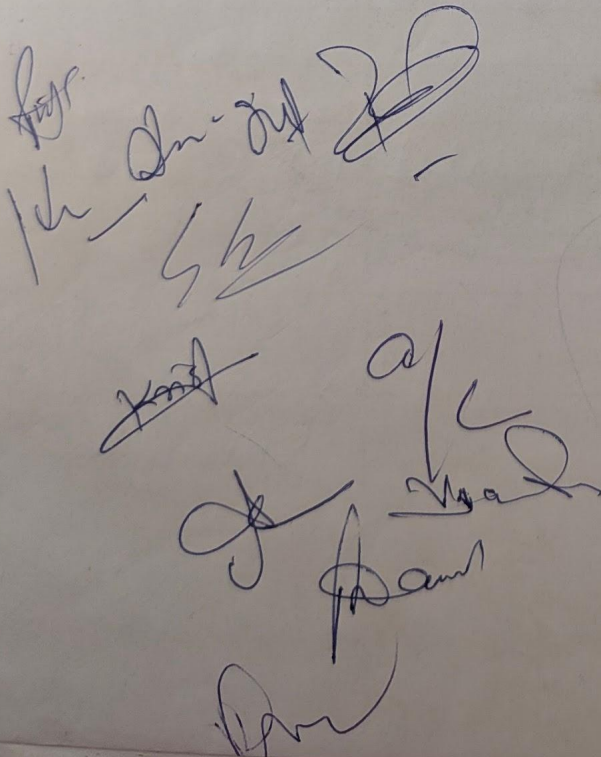
All students and staff are requested to attend the programme and avail themselves of this opportunity.


Coordinator

Women Cell

Government College Panarsa


Principal
Govt. Degree College
Panarsa, Distt. Mandi (H.P.)



25th July 2026.

Lecture of Dental Hygiene and Free Dental Check-up Camp:

The Women Cell in collaboration with the NSS unit of G.C. Panarsa organised a Dental Hygiene Awareness lecture and Free Dental Check-up Camp in the college conference hall today. The programme featured an enlightening lecture by Dr. Teha, Dental Surgeon, who spoke in detail about the importance of oral hygiene, proper brushing techniques, prevention of common dental diseases, healthy dietary practices, and the need for regular dental check-ups to ensure overall well-being.

The lecture was followed by a free dental check-up camp, during which Dr. Teha examined the participants and offered individual counselling on oral health. She was ably assisted by Dental Technician Sheri Manoj and Community Health Officers (CHO) Ms. Priyanka, who contributed to the successful conduct of the camp.

A total of 52 students, along with a few parents from the nearby areas, benefited from the free dental check-up and expert guidance. The programme concluded with a vote of thanks. A total of 81 students attended the lecture and the camp.

Manoj
Convener
(Women Cell)

PRINCIPAL
GOVT. DEGREE COLLEGE
PANARSA (MANDI)

Principal

25th July ^{class fellow} 2020.

Sr. No.	Name	Class	R.N.	Signature
01	Kashish	BA 1st year	2637019	Kashish
02	Nawal Kishor	BA 2nd year	10071	Nawal Kishor
03	Rahul Kumar	Ba. 2nd year	10064	Rahul
04	Lokesh Kumar	Ba. 1 st year	2627001	Lokesh
05	Mohit Thakur	BA 1st year	2627007	Mohit Thakur
06	Smritha	BA 1st year	2627002	Smritha
07	Shivani	BA 1st year	2627011	Shivani
08	Sapna	BA 1st year	2637021	Sapna
09	Neelam Thakur	BA 1st year	2626018	Neelam
10	Kashish Kapoor	BA 1st year	2626016	Kashish
11	Sanjna Thakur	BA 2nd year	10065	Sanjna
12	Manisha Sharma	BA 2nd year	10069	Manisha
13	Balwant	BA 2nd year	10021	Balwant
14	Prabhat Thakur	BA 1st year	2637023	Prabhat Thakur
15	Dharat Raj	BA 1st year	2637026	Dharat
16	Greetanjali	BA 3rd year	10095	Greetanjali
17	Kartik Rana	BA 3rd year	10043	Kartik
18	Sayana Thakur	BA 1st year	2627018	Sayana
19	Priya Kumari	BA 1st year	2637003	Priya
20	Tanuja	BA 1st year	2637005	Tanuja
21	Tammy	B-A-2nd year	7018944103	Tammy
22	Karan Kumar	BA Final year	10024	Karan Kumar
23	Kumkum	BA Final year	10032	Kumkum
24	Alinga Chauhan	BA Final year	10019	Alinga Chauhan
25	Dimple	BA First year	2637007	Dimple
26	Himanshi	BA first year	2626002	Himanshi
27	Saniya	BA first year	2637001	Saniya
28	Heena Thakur	BA first Year	2626003	Heena
29	Palak Thakur	BA first Year	2626021	Palak
30	Yashwant	BA final year	10085	Yashwant

classfellow

S.R. No.	Name	Class	R.No.	Signature
31.	Shweta	BA.3 rd	10033	<u>Shweta</u>
32.	Nikhil	B.A.3 rd	10040	<u>Nikhil</u>
33.	Vipasha Thakur	B.A.2 nd	20 10003	<u>Vipasha</u>
34.	Himani	B.A.2 nd	10052	<u>Himani</u>
35.	Ritika Santali	BA.2 nd	10006	<u>Ritika</u>
36.	Priya Thakur	BA.2 nd	10008	<u>Priyathakur</u>
37.	Urmila Thakur	BA.1 st year	2626010	<u>Urmila</u>
38.	Tanuja Thakur	BA.1 st year	2626006	<u>Tanuja</u>
39.	Karanpreet Kaur	B.A.1 st year	2627019	<u>P. Kaur</u>
40.	Kalpna	B.A.1 st year	2637009	<u>Kalpna</u>
41.	Yamini	B.A.1 st year	2637014	<u>Yamini</u>
42.	Monika	B.A.3 rd year	10047	<u>Monika</u>
43.	Anamika	B.A.3 rd year	10092	<u>Anamika</u>
44.	Shamshari	B.A.2 nd year	10018	<u>Shamshari</u>
45.	Urmila Kumari	B.A.2 nd year	10055	<u>Urmila</u>
46.	Sneha Rana	B.A.2 nd Year	10089	<u>Sneha</u>
47.	Reena Chaulian	B.A.2 nd Year	10092	<u>Reena</u>
48.	Priya	B.A.3 rd Year	10048	<u>Priya</u>
49.	Shree Singh	B.A.2 nd Year	2516037	<u>Shree Singh</u>
50.	Kautilika	B.A.1 st year	2627072	<u>Kautilika</u>
51.	Rayansh Thakur	B.A.1 st year	2627005	<u>Rayansh Thakur</u>
52.	Snehal	B.com 1 st year	263001	<u>Snehal</u>
53.	Bhurneshwari	B.A.1 st year	2626011	<u>Bhurneshwari</u>
54.	Nagma Devi	B.A.3 rd year	10038	<u>Nagma</u>
55.	Reena	B.A.3 rd year	10098	<u>Reena</u>
56.	Shruti Kumar	B.A.3 rd year	10014	<u>Shruti</u>
57.	Harsh Thakur	B.A.3 rd year	10027	<u>Harsh</u>
58.	Rupender	B.A.3 rd year	10013	<u>Rupender</u>
59.	Neetanjali	B.A.2 nd year	10081	<u>Neetanjali</u>
60.	Sneha Sharma	B.A.2 nd year	10031	<u>Sneha</u>

class follow		CPPL		Date: / / 20	Page No.
	Name	Class	Roll No.	Signature	
61.	Dhanwanti	B.A 2nd year	10002	Dhanwanti	
62.	Neha Kumari	BA 2nd year	10030	Neha	
63.	Priya Thakur	B.A 2nd year	10010	Priya	
64.	Nootan Kumari	B.A 3rd year	10056	Nootan	
65.	Jaya Sharma	BA 3rd year	10028	Jaya	
66.	Vandana Thakur	B.A 3rd year	10079	Vandana	
67.	Loomi	B.A 3rd year	10041	loomi	
68.	Nagina Akhtar	B.A. 3rd year	10097	Nagina	
69.	Muskan	BA 3rd year	10050	Muskan	
70.	Manisha	BA 3rd year	10099	Manisha	
71.	Riju	BA 1st year	2627022	Riju	
72.	Chirag Rana	BA 2nd year	10008	Chirag	
73.	Suhani	BA 3rd year		Suhani	
74.	Kusma Devi	BA 3rd year	10031	Kusma Devi	
75.	Sidhi	BA 3rd year	10082	Sidhi	
76.	Tabba	B.A 3rd year	10078	Tabba	
77.	Anamika	B.A 3rd year	10005	Anamika	
78.	Shivani Thakur	"	10065	Shivani	
79.	Shreya Thakur	"	10067	Shreya	
80.	Khushbu Thakur	"	10037	Khushbu	
81.	Kanika Thakur	"	10080	Kanika	
52 students were checked for dental problems today on dated 25/07/2026.					
14 out of these were referred to CHC Nagwain for scaling and 29 students were referred for fillings and 9 out of them had good oral hygiene. Lecture was given regarding maintenance of oral hygiene and					

classfellow

received good feedback from students and staff. We had a good interactive session with students who showed good interest in the topic.

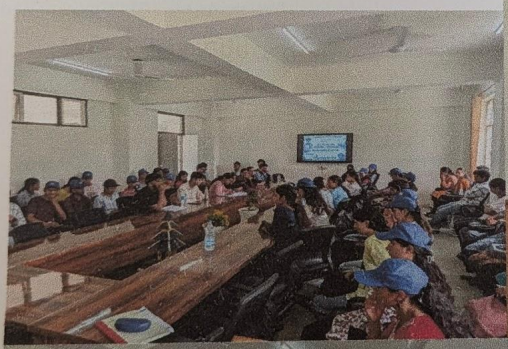
Thank you for having us.

Shalme
25/07/2026

Dr. Isha Shalme
Medical Officer (Dental)
CH Nagrain.

PRINCIPAL
GOVT. DEGREE COLLEGE
PANARSA (MANDO)
(Principal)

25th July^{last follow} Dental Check-up Camp



Principal
Govt. Degree College
Panarsa, Distt. Mandi (H.P.)