



OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE FOR WOMEN
KATHUA-184101
(NAAC Accredited B+ Grade)

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Monthly Activities/Achievements for the month of June, 2025

S.No.	Date	Name of the Activity	Brief Description
01.	5-06-2025	Celebration of Environment Week.	The students of GDCW, Kathua enthusiastically participated in the Environment Week celebrations organized in observance of World Environment Day on 5th June 2025. Students actively engaged in a series of online and home-based activities that promoted environmental awareness, sustainability, and responsible eco-friendly behavior within their communities: 1. Sapling Plantation Drive (In Local Areas): On 5th June 2025, students planted saplings in their respective neighbourhoods and local areas. This initiative encouraged them to contribute to green cover enhancement in their communities and raise awareness among the local populace. 2. Pledge Ceremony (Online): Students took an online pledge to adopt sustainable habits such as reducing plastic usage, minimizing waste, and supporting environmental conservation efforts. The pledge promoted a sense of responsibility towards protecting the environment. 3. Wealth Out of Waste (Home-Based Activity): Students engaged in creative waste management initiatives from their homes by preparing useful and decorative items using waste materials like plastic containers, polythene bags, jute ropes, and other discarded items available locally. These activities demonstrated practical ways to reuse and recycle waste effectively.
02.	14-06-2025	Online awareness programme to commemorate World Blood Donor Day.	GDCW, Kathua, organized a vibrant online awareness program to commemorate World Blood Donor Day, emphasizing the critical importance of voluntary blood donation. The program was hosted by NCC Cadet Rashmi Punia, who skillfully anchored the event, engaging participants with enthusiasm and precision. The highlight of the program was the inspiring presentations by NCC cadets Ashima Malik, Shivani, and Minakshi, who shared their insightful views on the significance of blood donation. Their speeches underscored the theme of World Blood Donor Day 2025, "Give Blood, Give Hope - Together We Save Lives," emphasizing solidarity and compassion in supporting patients with conditions like thalassemia, sickle cell anemia, and emergency medical needs.
03.	21-06-2025	GDCW Kathua Celebrates 11th	The NSS and NCC units of GDCW, Kathua, in collaboration with all staff members of the college, celebrated the 11th

		International Yoga Day.	<p>International Yoga Day within the college premises with great enthusiasm and active participation.</p> <p>A special yoga session was organized in the college campus where NSS volunteers, NCC cadets, faculty members, and non-teaching staff came together to perform various yoga asana. The collective practice created a vibrant and energetic atmosphere, reinforcing the message of health, discipline, and inner balance. The session emphasized the importance of yoga in daily life, aligning with this year's theme "<i>Yoga for Self and Society.</i>"</p> <p>The event was held under the patronage of Dr. Savi Behl, Principal of GDCW Kathua, and was successfully coordinated by Dr. Rachna Devi. The involvement of students and staff alike highlighted the inclusive spirit of the celebration and the institution's commitment to holistic wellness.</p>
04.	26-06-2025	Various activities on the occasion of International Day against Drug Abuse.	<p>On the occasion of the International Day Against Drug Abuse and Illicit Trafficking, (26th June) various awareness activities were conducted in GDCW Kathua with the objective of educating participants about the harmful effects of drug abuse and promoting a drug-free lifestyle.</p> <p>Pledge Ceremony: Faculty Members along with Students of GDCW Kathua took a collective pledge to stay away from drugs and help build a healthier society.</p> <p>Lecture/Seminar: A session was conducted by Dr. Sonika Jasrotia on topics- types of drugs, signs of addiction, legal consequences, rehabilitation resources, and how youth can stay safe. She highlighted the early warning signs of drug addiction, which include: Sudden changes in behaviour or personality, poor academic or work performance, withdrawal from family and friends, changes in sleep or appetite and mood swings, paranoia, or depression.</p> <p>Essay Writing & Slogan Writing Competition: Students of GDCW Kathua participated in essay writing and slogans reflecting anti-drug themes.</p> <p>The event not only educated the youth about early warning signs and preventive measures but also inspired them to contribute towards a drug-free and healthier society. Such initiatives are vital in empowering students to make informed choices and become ambassadors of positive change in their communities.</p>

Sd/-
Principal
GDCW Kathua

1. Celebration of Environment Week.



2. Online awareness programme to commemorate World Blood Donor Day.



3. 11th International Yoga Day Celebration.



4. Various activities on the occasion of International Day against Drug Abuse.

