

Govt. Degree College for Women Kathua, J&K

Newsletter

(July-Dec 2023)

IRAWATI

Volume-III



Govt. Degree College for Women, Kathua (J&K)-184101

Phone: 01922-232647,

Email: womencollegekathua@gmail.com

Website: www.gdcwkathua.in

VISION, MISSION and VALUES

VISION

- ❖ To act as a Centre of knowledge and wisdom providing high quality, accessible and affordable higher education to all sections of the society.
- ❖ To prepare students to be thoughtful, responsible and successful citizens to meet the challenges of a collaborative and competitive globalized environment.

MISSION

- ❖ To facilitate intellectual stimulation to generate, maintain and disseminate knowledge.
- ❖ To empower women by providing them essential academic skills, career development opportunities and entrepreneurship.
- ❖ To constantly upgrade the infrastructure, facilities and learning resources of the institution.
- ❖ To introduce new multidisciplinary courses in lieu of their acceptance, viability and marketability in alignment with NEP-2020.
- ❖ To evaluate, improve and upgrade programs and policies that can inculcate creative, innovative and critical thinking.
- ❖ To create awareness of NEP-2020 among faculty, students & other stakeholders.

VALUES

- ❖ Academic Integrity and Accountability
- ❖ Learning, Growth and Intellectual Excellence
- ❖ Respect and Tolerance for the views of every individual
- ❖ Community, Education and Industry Partnerships
- ❖ Quality, Transparency, Compliance and Sustainability

Principal's Message

यः पठित लिखित पठित पश्यति
प./तानुपायिता तदिवाकरिकरणैः
निलनी दलिमविव=राता बु.5: ॥" *"One
who reads, writes, sees, inquires,
lives in the company of
learned, his intellect expands as the
lotus petals expands due to the rays
of sun."*



"Success is not about the destination, but the journey you take to get there. It is the continuous effort, the resilience to overcome obstacles, and the passion to pursue your dreams that define true achievement."

Government Degree College for women, Kathua started its journey in the year 2005 with the aim of providing education to girls and empowering them so that they can be financially independent, socially conscious, morally upright and emotionally balanced. Government Degree College for women, Kathua College is an amalgamation of competent teachers, state of the art infrastructure and an experienced and efficient Management, safe and supportive environment for its students to provide a perfect balance of academics, sports, artistic and social opportunities.

Genuine concern of our institution is to ensure students emotional growth along with intellectual excellence. This empowers them to develop their self-esteem, self-awareness and self-confidence. Our student population is multi-cultural and multi linguistic, hence we teach students, the importance of tolerance and respect for each other's language and culture. Discipline, democratic values and integrity are the foundation of this Institution. Our vision is to produce conscientious, confident citizens of India who will go out into the world and make us proud.

"Uninterrupted practice of discrimination is the means to liberation and the cessation of ignorance."

I take this opportunity to thank the teachers, nonteaching staff, students and all the stake holders for their individual and collective endeavors in making the college a premier institute of higher education.

Prof. (Dr.) Savi Behl
Principal

Editor's Message

As the Convener of the Newsletter Committee, I am privileged to present this edition, highlighting the noteworthy academic and co-curricular activities from July to December 2023. I extend my deepest gratitude to our esteemed Principal, Dr. Savi Behl, for her unwavering support and encouragement, which have been instrumental in bringing this issue to life. The Newsletter serves as an essential platform for documenting and sharing the college's achievements, fostering the exchange of best practices and information among all stakeholders. I also wish to thank the dedicated Newsletter team for their exceptional commitment and efforts in enhancing IRAVATI Vol-III. We now proudly present this edition to our readers and warmly welcome your constructive suggestions and feedback.



**Dr. Rachna Devi
(CONVENER)**

About the College



Government Degree College for Women, Kathua, established in 2005 by the Government of Jammu & Kashmir, initially offered programs in the Arts stream. The Science stream was introduced in the 2010-11 academic session. The college has seen a steady increase in student enrollment, with 975 students in the 2021-22 session and 1,052 in 2022-23. Recognized by the UGC under sections 2(f) and 12(B), the college achieved a B+ grade accreditation from NAAC in 2022. The campus, covering approximately 60 Kanals, features Administrative, Academic, and Library Blocks, complemented by modern laboratories. The well-maintained lawns in front of the Academic blocks create a conducive learning environment. Facilities include ICT-enabled classrooms, a multipurpose hall, an open-air theatre, a browsing center, a computer lab with internet access, sports amenities, and well-equipped science laboratories. The college is a designated Tobacco and Drug-Free Zone and is monitored by CCTV around the clock. A proposal for a 30-bedded girls' hostel has been approved. The Multipurpose Hall serves as a venue for various academic, administrative, and cultural events. In line with NEP 2020, the college offers a diverse range of programs, including English, Education, Sociology, Economics, Political Science, Hindi, Dogri, Music, Sanskrit, Environmental Studies, History, Public Administration, Food Science & Technology, Home Science, Botany, Zoology, Biotechnology, Chemistry, Mathematics, Geography, Physics, and Computer Applications.



We are thrilled to bring back our college newsletter, "IRAWATI VOL-III." This edition represents a significant effort from our team, and we hope you find it as enjoyable to read as we did to create.

Chief Patron: Prof.(Dr.) Savi Behl, Principal

Editor-In-Chief: Dr. Rachna Devi

Associate Editors:

- Prof. Romika Bassin
- Prof. Surbhi Gupta
- Prof. Karam Chand
- Dr. Mukesh Kumari
- Dr. Ajay Sanotra
- Dr. Satish Khajuria

A Chronicle of Endeavours: July to Dec, 2023

A meeting of NSS unit was held in adopted village changran regarding plantation drive

The NSS unit of Government Degree College for Women (GDCW), Kathua, on 17 July 2023 organized a meeting in the adopted village of Changran to plan a plantation drive. The initiative aims to enhance the village's green cover and promote environmental awareness. The meeting included discussions on suitable plant species, planting locations, and maintenance strategies. Both NSS volunteers and local residents actively participated, emphasizing community involvement.



Mega Plantation Drive organized by NSS Unit of GDCW, Kathua at NSS adopted Village Changran.



On 22 July 2023 The NSS unit of Government Degree College for Women, Kathua, organized a Mega Plantation Drive under the banner "Meri Mati Mera Desh" in the NSS-adopted village Changran. Over 100 plants, including Guava, Sisom (Talli), Mango, Amla, Acacia, Retha, and Arjun, were planted. Volunteers, guided by Principal Dr. Savi Behl and Dr. Arun Dev Singh, worked in groups to dig pits, arrange water, and clean the planting area.

Kargil Vijay Diwas Celebrated by NSS and NCC Units of GDCW, Kathua

The NSS and NCC units of Government Degree College for Women (GDCW), Kathua, celebrated Kargil Vijay Diwas on 26 June 2023 with great enthusiasm. Kargil war heroes Sh. Parveen Singh, Retired Subedar from 18 Grenadiers, and Sh. Kabil Singh, Retired NK from 13 Jak Rifle, shared their war experiences and motivated the students, NSS volunteers, and NCC cadets. Dr. Savi Behl honored the war heroes with mementoes, emphasizing the significance of their bravery and sacrifice.



Pledge ceremony on Angdaan Mahotsav organised at GDCW, Kathua

On 03 August 2023, as part of the "Angdaan Mahotsav" the NSS Unit of Government Degree College for Women (GDCW), Kathua, organized a pledge ceremony. The event aimed to promote awareness about organ donation and encourage the noble act of donating organs to save lives. Faculty members, students, and staff participated in the ceremony, taking a collective pledge to support the cause of organ donation.



DSP Kathua Conducts Awareness Lecture on "Nasha Mukh Bharat" at GDCW, Kathua under "Meri Mati, Mera Desh"



An awareness lecture on the initiative "Nasha Mukh Bharat" was conducted at Government Degree College for Women (GDCW), Kathua, on 07 August 2023 featuring a distinguished speaker, DSP Kathua. The lecture, organized under the overarching theme of "Meri Mati, Mera Desh," aimed to educate and empower students on the importance of creating a drug-free India.



Poster Making Competition under the theme "Meri Mati, Mera Desh." by NSS Unit at GDCW, Kathua

On 08 August 2023, the NSS unit of Government Degree College for Women (GDCW), Kathua, organized a vibrant Poster Making Competition under the theme "Meri Mati, Mera Desh." The event aimed to ignite creativity and promote environmental consciousness among students. Participants showcased their artistic talents while conveying powerful messages on sustainability, conservation, and the beauty of our land.



"Panch Pran Pledge" Ceremony Organized by NSS and NCC Units

The NSS and NCC units of our college organized a "Panch Pran Pledge" ceremony 09 August 2023 under the "Meri Mati Mera Desh" initiative, supervised by Dr. Savi Behl, Principal of the college. The ceremony concluded with a cultural program showcasing the nation's rich heritage. This event highlighted our college's dedication to national ideals and societal impact.



Mega Plantation Drive by NSS Unit at Government Degree College for Women, Kathua



The NSS unit of Government Degree College for Women, Kathua, Jammu and Kashmir UT, organized a mega plantation drive under the "Meri Mati Mera Desh" initiative on 10 August 2023. Over 75 plants and shrubs were planted across the college campus, enhancing its greenery and promoting environmental sustainability. This drive underscores the college's commitment to ecological preservation and community involvement.

Screening of Documentary on Azadi at Government Degree College for Women, Kathua

A special documentary tribute to India's freedom fighters, titled "Azadi," was screened for NSS volunteers and students at Government Degree College for Women, Kathua, on 11 August 2024. This event aimed to educate and inspire the attendees about the supreme sacrifices made by freedom fighters for the nation. The documentary provided valuable historical insights and stirred a sense of patriotism among the viewers.



International Youth Day Celebration at Government Degree College for Women, Kathua

The NSS unit of Government Degree College for Women, Kathua, celebrated International Youth Day with great enthusiasm. As part of the celebrations, a slogan writing competition was organized on August 12, 2023, to commemorate the 76th anniversary of India's Independence. Students actively participated, showcasing their creativity and patriotism through impactful slogans.



Cleanliness Drive at Government Degree College for Women, Kathua



On August 14, 2023, the NSS unit of Government Degree College for Women, Kathua, Jammu and Kashmir UT, conducted a comprehensive cleanliness drive. The initiative saw enthusiastic participation from NSS volunteers, the organizing committee, and various faculty members. This cleanliness drive not only enhanced the campus environment but also aimed to instill a sense of responsibility and civic duty among the students.

Independence Day Celebration at Government Degree College for Women, Kathua

On August 15, 2023, Government Degree College for Women, Kathua, celebrated India's Independence Day with great fervour and patriotism. The event began with the hoisting of the national flag by Principal Dr. Savi Behl, followed by the singing of the national anthem. The celebration included a series of cultural performances, including patriotic songs, dances, and skits, performed by the students.



Signature Campaign on Drug Demand Reduction at Government Degree College for Women, Kathua

On August 17, 2023, Government Degree College for Women, Kathua, organized a signature campaign aimed at drug demand reduction. This initiative sought to increase awareness about the dangers of drug abuse and promote a drug-free environment on campus and within the local community. Students, faculty, and staff enthusiastically participated in the campaign, signing pledges to support drug-free living.



Pledge Ceremony for National Sports Day at Government Degree College for Women, Kathua



On August 29, 2023, Government Degree College for Women, Kathua, held a pledge ceremony in celebration of National Sports Day. The event aimed to promote the importance of sports and physical fitness. Participants, including students and faculty, took a pledge to engage in regular physical activities, support sportsmanship, and maintain a healthy lifestyle.

Seminar on "Relevance of Ramayana in Modern Era" at Government Degree College for Women, Kathua

On September 04, 2023, The Department of Sanskrit, in collaboration with the Department of Music, organized a seminar on "Relevance of Ramayana in the Modern Era" at Government Degree College for Women, Kathua. The seminar explored how the timeless teachings and values of the Ramayana remain significant and influential in contemporary society. a



Teachers' Day Celebration at Government Degree College for Women, Kathua

On September 5, 2023, Government Degree College for Women, Kathua, celebrated Teachers' Day with great enthusiasm. The event featured a range of activities designed to honour and appreciate the contributions of teachers. Students organized a vibrant dance performance and a series of engaging games to entertain and celebrate their teachers. The activities showcased the students' gratitude and respect for their educators, creating a joyful and memorable occasion.



Nutrition Week at Government Degree College for Women, Kathua



On September 6, 2023, Government Degree College for Women, Kathua, organized Nutrition Week, featuring various activities to promote awareness about healthy eating habits and nutrition. The event included a symposium and a poster-making competition, with enthusiastic participation from the college students. The symposium provided a platform for students to present and discuss topics related to nutrition, emphasizing the importance of a balanced diet and healthy lifestyle choices.

Pledge Ceremony on Corruption-Free India at Government Degree College for Women, Kathua

On September 8, 2023, Government Degree College for Women, Kathua, organized a pledge ceremony on the theme of "Corruption-Free India." The event was a collaborative effort by the NSS unit, NCC, and Sreshth Bharat. Participants, including students, faculty, and staff, took a solemn pledge to uphold integrity, transparency, and accountability in all aspects of their lives.



Nukkad Natak on Corruption-Free India at Government Degree College for Women, Kathua

On September 9, 2023, artists from the Cultural Academy Jammu, in collaboration with the NSS unit of Government Degree College for Women, Kathua, organized a Nukkad Natak on the theme of "Corruption-Free India." The street play was performed on the college campus and was designed to raise awareness about the issues of corruption and the importance of integrity and transparency.



Screening of Documentary "Poison in the Valley: Kashmir Overtakes Punjab in Drug Abuse" at Government Degree College for Women, Kathua

On September 12, 2023, Government Degree College for Women, Kathua, organized a screening of the documentary "Poison in the Valley: Kashmir Overtakes Punjab in Drug Abuse." The event aimed to raise awareness about the alarming rise in drug abuse in Kashmir and its severe impact on society. Students, faculty, and staff attended the screening, which was followed by an interactive discussion.



Poster Making Competition Organized by Science Club at Government Degree College for Women, Kathua

On September 12, 2023, the Science Club of Government Degree College for Women, Kathua, organized a poster-making competition. The event aimed to encourage creativity and scientific thinking among students. Participants created posters on various scientific themes, showcasing their artistic talents and knowledge. The competition provided a platform for students to express their understanding of scientific concepts visually and creatively.



Intra-College Slogan Writing Competition at Government Degree College for Women, Kathua



On September 13, 2023, the NSS unit, NCC, and Shikshit Bharat Club of Government Degree College for Women, Kathua, organized an Intra-College Slogan Writing Competition on the theme "Truth and Non-Violence." The competition concluded with Kashish securing the 1st position, Prakriti the 2nd, and Riya the 3rd. The competition successfully encouraged students to reflect on these core values while showcasing their creativity.

Gandhi Jayanti Celebration at Government Degree College for Women, Kathua

On September 15, 2023, the Hindi Department of Government Degree College for Women, Kathua, organized a special reading session as part of the Gandhi Jayanti celebrations. The event featured the Hindi-translated book 'Saty ke Prayog' (My Experiments With Truth) by Mahatma Gandhi. This session aimed to honour Gandhi's legacy and impart his teachings to the students.



Book Reading Activity on "My Experiments with Truth" at Government Degree College for Women, Kathua

On September 19, 2023, an engaging book reading activity on "My Experiments with Truth" (English) and "Satya Ke Prayog" (Hindi) was organized by the Department of English and Hindi at Government Degree College for Women, Kathua. This event was part of the college's ongoing efforts to promote Gandhian philosophy and inspire students to reflect on the values that Gandhi stood for.



Pledge Ceremony on Sanitation and Cleanliness at Government Degree College for Women, Kathua



On September 19, 2023, a pledge ceremony was organized by the NSS and NCC units of Government Degree College for Women, Kathua, to highlight the importance of sanitation and cleanliness in our society. The event aimed to instil a sense of responsibility among the students towards maintaining cleanliness and promoting a healthier environment in their communities.

Cleanliness Drive at Dream Land Park by Government Degree College for Women, Kathua

On September 22, 2023, The NSS and NCC units of Government Degree College for Women, Kathua, organized a visit to Dream Land Park where volunteers conducted a cleanliness drive. They collected garbage from the park and disposed of it properly, setting an example by adhering to Gandhi ji's principles, as cleanliness was one of his core values. During the visit, NSS volunteers and NCC cadets shared their views on the importance of cleanliness and its role in society.



Declamation Contest and Film Screening for Gandhi Jayanti at Government Degree College for Women, Kathua

On September 22, 2023, The College Cultural Committee, in collaboration with the Departments of Chemistry and Botany, organized a declamation contest on "Truth and Non-Violence: The Two Key Principles of Gandhian Philosophy of Life" to commemorate Gandhi Jayanti. The declamation contest saw students eloquently express their thoughts on Gandhi's principles, while the film and presentations provided an insightful look into the historical significance of Sabarmati Ashram.



NSS Day Celebration at Government Degree College for Women, Kathua



On September 25, 2023, NSS Day was celebrated with great fervor and enthusiasm by the NSS unit of Government Degree College for Women, Kathua. During the celebration, NSS volunteers presented the NSS song and shared their views on the importance of NSS Day. They highlighted the role of community service, inspired by Gandhi ji's vision, and reaffirmed their commitment to actively contributing to societal well-being. The event showcased the spirit of service and dedication that defines NSS and celebrated the volunteers' ongoing efforts in community service.

Initiative to Promote Reusable Bags at Government Degree College for Women, Kathua

On September 26, 2023, In commemoration of Gandhi Jayanti, students of Government Degree College for Women, Kathua, launched an initiative to promote the use of paper and cloth bags over plastic. The event, organized by the IIC, Eco-Club, and Department of Home Science, sought to raise awareness about the environmental impact of plastic and encourage a 'plastic-free life.' The motto of the event, "If you cannot reuse it, refuse it," emphasized the commitment to sustainable practices and responsible consumption.



Mega Cleanliness Drive at Government Degree College for Women, Kathua

On September 30, 2023, A Mega Cleanliness drive was conducted by the NSS, NCC, students, and staff of Government Degree College for Women, Kathua. The participants collected a substantial amount of waste material from the entire campus, paying special tribute to Gandhi ji and his dream of making India a paradise. The collective effort of the NSS, NCC, and the entire college community emphasized the importance of maintaining a clean and healthy environment, inspiring others to follow in their footsteps.



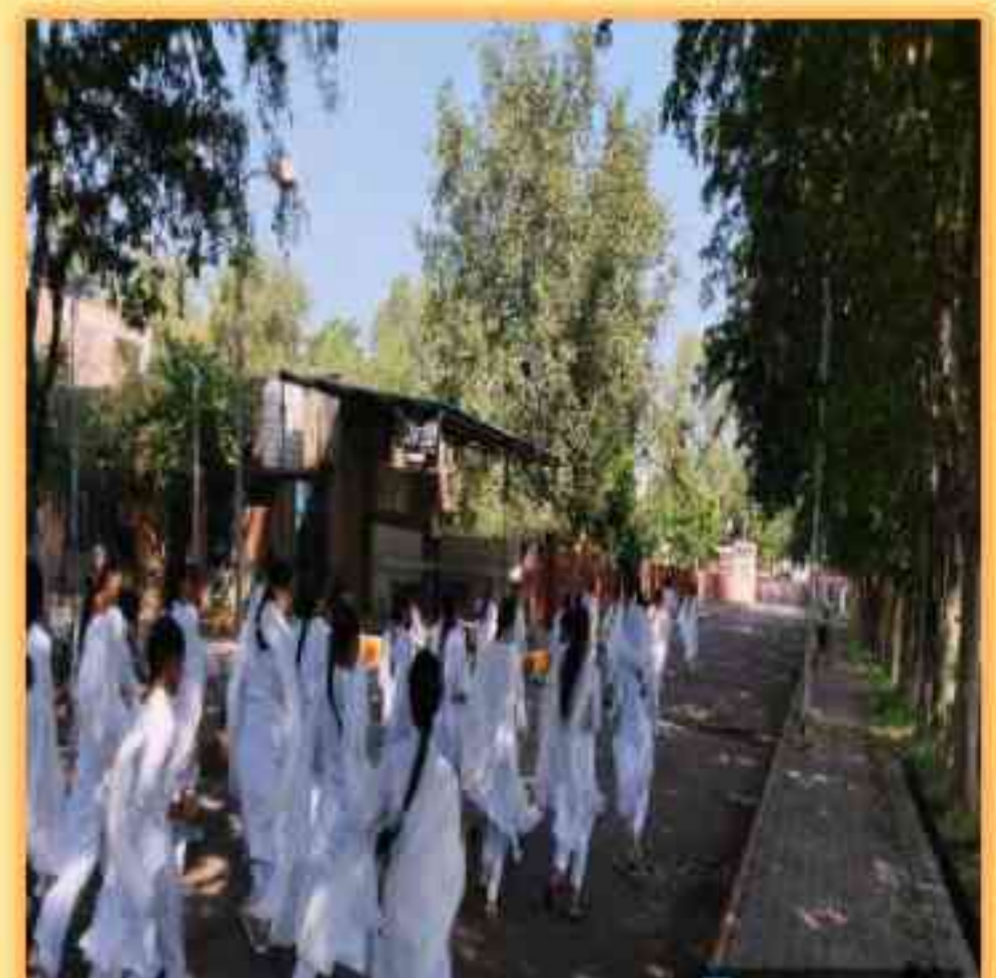
Swachhata Week Celebrations at Government Degree College for Women, Kathua



On September 30, 2023, As part of Swachhata Week, the Music and Sanskrit Departments of Government Degree College for Women, Kathua, jointly organized a Song and Shloka Recitation Competition. Several students participated in the event, showcasing their talents. Dr. Savi Behl, Principal of the college, in her address, emphasized the importance of music and Sanskrit shlokas in promoting high ideals and moral values in today's world.

Fit India Freedom Run at Government Degree College for Women, Kathua

On October 03, 2023, Government Degree College for Women, Kathua, organized the Fit India Freedom Run with the aim of promoting fitness and a healthy lifestyle among students. The event was flagged off by the esteemed Principal, Dr. Savi Behl, who encouraged students to participate actively and embrace the importance of physical well-being. The run saw enthusiastic participation from students, faculty, and staff, all united in their commitment to fostering a culture of fitness and health.



Induction Programme for Freshers at Government Degree College for Women, Kathua

On October 6, 2023, an Induction Programme for freshers was held at Government Degree College for Women, Kathua. The event, graced by the esteemed Principal Dr. Savi Behl, aimed to welcome new students and familiarize them with the college environment, academic programs, and various student services. The program included introductions to faculty members, an overview of college facilities, and presentations on extracurricular activities and support services available to students.



Kalash Yatra at Government Degree College for Women, Kathua



On October 13, 2023, the NSS unit of Government Degree College for Women, Kathua, Jammu and Kashmir UT, organized a Kalash Yatra. The event saw active participation from the staff, NSS volunteers, and students of the college. The yatra was flagged off by Principal Dr. Savi Behl, and involved collecting rice from the adjoining vicinity of the college. The purpose of the Kalash Yatra was to spread the message of loving and protecting our mother earth, "Mati," which provides everything needed for life on this beautiful planet.

Educational Awareness Lecture on Competitive Exams at Government Degree College for Women, Kathua

On October 13, 2023 the Career Counselling and Placement Cell of Government Degree College for Women, Kathua, organized a lecture on "Educational Awareness for Competitive Exams." The session aimed to equip students with valuable insights and strategies for preparing for various competitive exams. Expert speakers provided guidance on exam patterns, preparation techniques, and resources available to enhance their chances of success.



Cleanliness Drive at Government Degree College for Women, Kathua

On October 14, 2023, The NSS unit and NCC of Government Degree College for Women, Kathua, organized a cleanliness drive in the college ground under the banner of Special Swacchata Campaign 3.0. The drive aimed to spread awareness about the importance of cleanliness in our lives. Through their efforts, the volunteers and cadets conveyed the message of maintaining a clean environment, highlighting the role of cleanliness in promoting health and well-being.



Documentary Screening on Khadi at Government Degree College for Women, Kathua



On October 20, 2023, the NSS unit of Government Degree College for Women, Kathua, organized a screening of a documentary on Khadi as part of the "Promotion of Khadi" campaign. The event aimed to raise awareness about the significance of Khadi, its historical importance, and its role in promoting sustainable and eco-friendly fashion. The screening was an effort to inspire the college community to contribute to the revival and promotion of Khadi, aligning with the broader goals of self-reliance and sustainability.

Student Executive Body Elections at Government Degree College for Women, Kathua

On October 20, 2023 Elections for the Student Executive Body and Student General Body to encourage democracy and leadership among students. Participants from B.A./B.Sc. Sem-1/III/V elected their class representatives. Ms. Prakriti (Sem-5) was elected President, Ms. Dalu Mangotra as Vice-President, Ms. Bhumika Rajput as General Secretary, Ms. Tania Rajput as Treasurer, Ms. Kashish as Literary Secretary, Ms. Sonika Sharma as Cultural Secretary, and Ms. Pratibha as Sports Secretary.



Painting Competition at Government Degree College for Women, Kathua

On October 25, 2023, the NCC unit of Government Degree College for Women, Kathua, organized a painting competition. The event aimed to encourage artistic expression and creativity among the students. Participants showcased their talent through various themes, demonstrating their artistic skills and creativity. The competition provided a platform for students to express themselves and engage in a constructive and enriching activity.



Photography Competition at Government Degree College for Women, Kathua



On October 25, 2023, a photography competition was organized at Government Degree College for Women, Kathua, to observe UT Foundation Day. The competition, themed "Badlata Jammu Kashmir," aimed to capture the evolving landscape and cultural shifts in the region. Students enthusiastically participated, showcasing their photographic skills and perspectives on the changes in Jammu and Kashmir. The event provided a platform for creative expression and reflection on the region's transformation.

Pledge Ceremony for Vigilance Awareness Week at Government Degree College for Women, Kathua

To commemorate Vigilance Awareness Week from October 30 to November 5, 2023, Government Degree College for Women, Kathua, organized a pledge ceremony on 30 Oct, 2023. The theme for this year's observance was "Say No to Corruption; Commit to the Nation." Students, faculty, and staff gathered to take a solemn pledge to uphold integrity and fight against corruption. The ceremony aimed to raise awareness about the detrimental effects of corruption and to promote ethical behaviour and transparency within the college community.



NCC Event at Government Degree College for Women, Kathua

On November 02, 2023, The PI staff of the 4th JK Battalion of NCC Jammu visited Government Degree College for Women, Kathua. During the event, all NCC cadets actively participated, showcasing their dedication and enthusiasm. The program was conducted in the presence of NCC in-charge, Dr. Vaishno Devi, who guided the cadets throughout the event. The visit provided an opportunity for the cadets to interact with the battalion staff and gain valuable insights into NCC activities and discipline.



Orientation Programme on Mushroom Cultivation at Government Degree College for Women, Kathua



On November 02, 2023, the Departments of Botany, Zoology, and Food Sciences, in collaboration with the Department of Agriculture, Kathua, organized an orientation programme on mushroom cultivation aimed at empowering young female entrepreneurs. This initiative aimed to equip participants with the knowledge and skills required for mushroom cultivation, offering them a potential path towards entrepreneurship and sustainable agriculture.

Awareness Programme and Medical Camp on "Drug De-addiction and Common Female Health Issues" at GDCW Kathua

On November 06, 2023 The Drug De-addiction and Psychology Counselling Cell of Government Degree College for Women, Kathua, in collaboration with Government Ayurvedic Hospital, Kathua, organized an awareness programme and medical camp focusing on "Drug De-addiction and Common Female Health Issues." The event aimed to educate students about the dangers of drug addiction and promote mental health awareness.



Craft Demonstration cum Awareness Program at GDCW Kathua

A three-day workshop from 07 to 09 November, 2023 on "Craft Demonstration cum Awareness Program" was organized by the Institution's Innovation Council (IIC) and the Career Counselling and Placement Cell of Government Degree College for Women, Kathua. The workshop aimed to create awareness and spread knowledge about India's rich craft heritage among students. Demonstrations showcased traditional techniques, highlighting the cultural significance and entrepreneurial opportunities linked to these crafts.



Poster Making Competition Programme on Child Rights



On November 8, 2023, the Department of Sociology, in collaboration with the Department of Home Science, organized a poster-making competition on Child Rights at Government Degree College for Women, Kathua. The event aimed to raise awareness about the importance of child rights and to encourage students to express their creativity and understanding of the subject through artistic expression. Participants showcased a variety of posters, highlighting various aspects of children's rights, including education, protection, and welfare, fostering a deeper understanding of the topic among the college community.

Seminar on "Right to Education" at GDCW Kathua

On November 09, 2023, the NSS unit and NCC of Government Degree College for Women, Kathua, organized a seminar on the theme "Right to Education." The seminar aimed to spread awareness among students about the importance of education as a fundamental right and to encourage them to promote educational awareness within their communities. Six speakers delivered insightful talks, sharing their views on the significance of the right to education in shaping a progressive society.



Awareness Programme on Mental Health at GDCW Kathua

On November 09, 2023, The Department of Home Science, in collaboration with the Department of Biotechnology at Government Degree College for Women, Kathua, organized an awareness programme on Mental Health. The event focused on educating students about the importance of mental well-being and how it can be maintained through a balanced approach to life. Discussions covered topics such as the role of good nutrition, adequate sleep, meditation, and other healthy practices in promoting mental health.



Special Programme on "Swachh Diwali Shubh Diwali" at GDCW Kathua



On November 10, 2023, a Government Degree College for Women, Kathua, organized a special programme titled "Swachh Diwali Shubh Diwali" aimed at promoting cleanliness and celebrating an eco-friendly Diwali. The event featured a signature campaign, as well as the screening of a video documentary highlighting the significance of maintaining cleanliness during the festive season. Students and staff actively participated in the programme, reflecting their commitment to a greener, cleaner Diwali.

Intra-College Essay Writing Competition at GDCW Kathua

On November 16, 2023, An Intra-College Essay Writing Competition was organized by the Departments of English, Hindi, and Dogri at Government Degree College for Women, Kathua. The theme of the competition was "Indian Freedom Movement," and it was conducted under the patronage of the college's Principal, Dr. Savi Behl. Students participated with enthusiasm, showcasing their understanding and reflections on India's struggle for independence across various languages. The event aimed to deepen students' knowledge of history and foster their writing skills.



Seminar on "Environment Laws" at GDCW Kathua

On November 17, 2023, in a proactive step towards raising environmental consciousness and legal awareness, the Departments of Environmental Sciences and Botany at Government Degree College for Women, Kathua, organized a seminar on "Environment Laws." Held under the supervision of Dr. Savi Behl, the Principal of the college. The event was part of the ongoing initiative "My Constitution My Pride." The seminar focused on the importance of environmental laws in protecting natural resources and fostering sustainable practices.



Awareness Programme on 'Fundamental Rights and Duties' at GDCW Kathua



On November 17, 2023, in a bid to nurture civic consciousness among students, Government Degree College for Women, Kathua, organized an awareness programme on 'Fundamental Rights and Duties.' The event was conducted under the supervision of Dr. Savi Behl, Principal of the College. The programme aimed to enlighten students about their constitutional rights and responsibilities as citizens of India, fostering a deeper understanding of their role in upholding the values of democracy.

Awareness Programme on 'Prevention of Sexual Harassment at Workplace' at GDCW Kathua

On November 21, 2023, Government Degree College for Women, Kathua, organized an awareness programme on the 'Prevention of Sexual Harassment at Workplace (PoSH Act)' under the initiative "My Constitution, My Pride." Held under the patronage of Dr. Savi Behl, Principal of the College, the programme aimed to educate students and staff about the provisions of the PoSH Act, focusing on their rights and the legal protections available to them.



Intra College Essay Writing Competition on 'Women Rights' at GDCW Kathua

On November 22, 2023, The Departments of Hindi and Sanskrit at Government Degree College for Women, Kathua, organized an Intra College Essay Writing Competition on the theme of 'Women Rights.' The competition aimed to foster awareness and encourage students to explore various aspects of women's rights. The event provided a platform for students to express their thoughts and ideas on the subject, contributing to a broader understanding of gender equality and women's empowerment.



Awareness Program on Menstrual Hygiene, HIV, and AIDS at GDCW Kathua



On November 23, 2023, The Departments of Zoology and Home Science at Government Degree College for Women, Kathua, organized a poster-making awareness program focusing on menstrual hygiene, HIV, and AIDS. The event showcased students' creative skills as they designed posters highlighting the importance of these critical health topics. The program aimed to raise awareness and educate the college community on maintaining menstrual hygiene and understanding HIV/AIDS, emphasizing preventive measures and promoting overall well-being.

Quiz Competition on Constitutional Principles at GDCW Kathua

On November 25, 2023, Government Degree College for Women, Kathua, a quiz competition was organized to enhance students' understanding of constitutional principles. The event provided a platform for students to showcase their knowledge of constitutional matters, promoting a deeper engagement with the principles that govern the nation. This engaging and educational opportunity aimed to foster a greater appreciation of constitutional values and their relevance in everyday life.



Constitution Day Celebration at GDCW Kathua

On November 26, 2023, The Constitution Day celebration at Government Degree College for Women, Kathua, commenced with an inspiring Oath-taking ceremony. Students, faculty, and staff gathered to pledge their commitment to upholding the principles and values enshrined in the Indian Constitution. The ceremony served as a powerful reminder of the ideals that form the foundation of the nation's democracy, fostering a collective spirit of allegiance to these guiding principles.



Awareness cum Debate Programme on Drug Abuse and Mental Health



On December 06, 2023, Government Degree College for Women, Kathua, in collaboration with the office of the Block Medical Officer, organized an impactful awareness cum debate programme on "Drug Abuse and Other Mental Health Issues." The event aimed to provide valuable insights into the challenges posed by drug abuse and mental health concerns.

Student Participation in Mega Job Fair/Mela

On December 06, 2023, The Career Counselling and Placement Cell, in collaboration with the Institution Innovative Council of Government Degree College for Women, Kathua, organized a one-day participation in a mega job fair/mela for the students. During the fair, students had the opportunity to interact with representatives from various companies, gaining insights into the jobs available post-graduation and understanding the eligibility criteria for different roles.



Participation of GDCW Kathua in Online Inaugural Session of Viksit Bharat

On December 11, 2023, The students and staff members of Government Degree College for Women, Kathua, enthusiastically participated in the online inaugural session of Viksit Bharat, where Prime Minister Narendra Modi virtually addressed the gathering. This event provided a platform for meaningful discussions on national development and allowed for the exchange of innovative ideas.



Debate Competition under the banner of Viksit Bharat @2047



On December 12, 2023, The NSS unit of Government Degree College for Women (GDCW) Kathua organized a dynamic debate competition centered around the theme of Viksit Bharat @2047. This event aimed to inspire students to participate in insightful discussions and explore ideas contributing to India's progress. The competition also served as an initiative to create awareness and spread knowledge about the rich craft heritage of India.

Intra-college Group Discussion Competition under the banner of Viksit Bharat @2047

On December 14, 2023, The NSS unit of Government Degree College for Women (GDCW) Kathua organized an Intra-college Group Discussion Competition on the theme of Futuristic Prospects of Indian Youth under the banner of Viksit Bharat @2047. Two groups of NSS volunteers participated enthusiastically, sharing their views, ideas, and plans to highlight the priorities of Indian youth.



Essay Writing Competition under the banner of Viksit Bharat @2047

On December 15, 2023, Government Degree College for Women (GDCW) Kathua organized an Essay Writing Competition on the theme "Viksit Bharat @2047." The event witnessed enthusiastic participation from students who shared their insightful ideas on national development. Through their essays, they emphasized the importance of student involvement in nation-building, proposing initiatives such as starting small-scale businesses and promoting local crafts to contribute to India's growth and prosperity by 2047.



Signature Campaign for Viksit Bharat @2047



On December 16, 2023, The NSS unit of Government Degree College for Women (GDCW) Kathua launched a Signature Campaign in support of Viksit Bharat @2047. This initiative is designed to promote and contribute to the vision of a developed India by the year 2047. The campaign acts as a symbolic gesture of solidarity, reflecting the commitment of students and staff towards fostering a progressive and inclusive India.

Intra-College Badminton Competition under the banner of "Viksit Bharat @2047"

On December 16, 2023, The Department of Sports and Physical Education at Government Degree College for Women (GDCW) Kathua hosted an Intra-College Badminton Competition under the banner of "Viksit Bharat @2047." The event saw enthusiastic participation from students, fostering an atmosphere of camaraderie and friendly competition.



Symposium on “Viksit Bharat @2047”

On December 21, 2023, The NSS unit of Government Degree College for Women (GDCW) Kathua organized a thought-provoking symposium on “Viksit Bharat @2047.” This initiative highlights the college’s commitment to fostering dialogue and generating ideas for the development of India by 2047. The symposium provided a platform for insightful discussions, encouraging participants to contribute towards the vision of a prosperous and developed nation.



Celebration of National Mathematics Day



On December 23, 2023, The Department of Mathematics at Government Degree College for Women (GDCW) Kathua celebrated National Mathematics Day on December 22nd, under the guidance of Principal Dr. Savi Behl. This annual celebration marks the birth anniversary of the legendary Indian mathematician Srinivasa Ramanujan. The primary objective of National Mathematics Day is to raise awareness about the development of mathematics and its significance in advancing human progress.

New Year Cultural Celebration at GDCW Kathua

On December 30, 2023, To bid farewell to 2023 and usher in 2024, the Student Welfare Committee of GDCW Kathua organized a vibrant cultural program on the college campus. The event commenced with the lighting of the lamp by the Chief Guest, Dr. Savi Behl, Principal of the college, followed by a group song performed by the faculty members. In her address, Dr. Savi Behl congratulated and praised the DSW for organizing such a delightful program.



Media Bytes

GDCW Kathua launches plantation drive

STATE TIMES NEWS

KATHUA: A plantation drive was organised under the banner of "Meri Mati Meri Dosh" by NSS unit of Government Degree College for Women in the NSS adopted village Chaugram on 22-07-2023 in which more than 100 Plants of different varieties including Gaura 15, Peeta (Tili) 30, Mango 15, Amla 20, Arjuna 10, Betula 10 and Arjun 15 were planted in the shape of Vatika at the south corner of the play ground near small Naroc at NSS adopted village Chaugram which have lot of significance in our daily life. The entire programme was organized under the kind supervision of Dr. Savi Behl, esteemed Principal of the college. Dr. Arun Dev Singh NSS Programme Officer told our correspondent that the NSS volunteers of the College; they started their work from the early morning regarding the preparation of drive like digging of pits at various corners of the ground carved and created beautiful Vatikas of Plants. He added that it was very hard task of digging pits for 100 plants but the Volunteers consistent efforts succeeded those planting trees. He also said that the NSS volunteers who par-



Faculty and NSS unit of college during the drive.

ticipated in the drive were divided into 3 different groups for the assignment regarding digging the pits, arranging water and cleaning the area where the plants were planted. Dr. Savi Behl, esteemed Principal of the college was asked about the significance of drive she replied that the NSS volunteers are working hard under the guidance of Dr. Arun Dev Singh NSS Programme Officer helped to organize a mega drive in which large number of plants have been planted in the shape of three beautiful Vatikas today and all of them are beneficial fruit and medicinal plants and also quoted that such drive spread a positive message among the people. She also disclosed that this drive was one of the largest drives of India under the slogan of "Meri Mati Meri

Dosh" in which many NSS volunteers planted 100 Plants. She conveyed our correspondent that it was only possible by the efforts of Dr. Arun Dev Singh NSS Programme Officer who arranged 100 plants by making request to the Department of Forest Kathua. Dr. Arun Dev Singh extended special thanks to all including Dr. Savi Behl, worthy principal of the college who always encourage the volunteers for organizing such a meticulous work. Sh. Ramesh Lal Barjanch Chaugram, Panches, Ex-Servicemen, Local, NSS volunteers, NSS organizing team members Prof. Raj Kumari, Prof. Pallavi and Dr. Rajni Khajuria and other supporting staff of the college who contributed a lot for organizing such a huge plantation drive.

Kargil Vijay Diwas Celebrated by NSS and NCC units of GDCW, Kathua



GY CORRESPONDENT
KATHUA, JUL 26

Kargil Vijay Diwas was celebrated by NSS & NCC Units of the college on 26th July, 2023. The function was started with the welcome address by Dr. Arun Dev Singh, NSS Programme Officer followed by lighting ceremony by Dr. Savi Behl, worthy Principal of the College, Kargil War Heroes and the guests. On this occasion, Dr. Savi Behl, Principal of the college felicitated Kargil War Heroes who fought bravely in the war. She said that this day is important for every Indian and we must salute to those who contributed in that war and had shown their valour and Prowess during the War. She also added

that many of the soldiers lost their precious life for the sake of Nation and we must pay homage to them and help their families. On this occasion, Sh. Parveen Singh, Retired Subedar from 18 Grenadiers PVC Paltan, and Sh. Kabil Singh, Retired NK from 13 Juk Rifle PVC Paltan also shared their experiences of War and motivated the NSS Volunteers, NCC Cadets and the Students. Dr. Savi Behl, worthy Principal of the college honoured and presented mementoes to both retired army personal who worked in war and received injuries and bullets during the war. Besides this, the Principal, army personal and the faculty members planted saplings of different varieties in the col-

lege campus. Dr. Arun Dev Singh presented formal vote of thanks to all the invited guests, the Principal, the staff members and the media persons. He especially extended his special thanks to Sh. Parveen Singh and Sh. Kabil Singh, Kargil war heroes who consented to be the special guests on the occasion of the celebration of the Kargil Vijay Diwas. The faculty were present on the occasion: Prof. Ashwani Khajuria, Prof. Raj Kumari, Prof. Som Raj, Dr. Usha Bhagat, Prof. Pallavi, Dr. Rajni Khajuria, Dr. Poonam Sambyal, Prof. Vijay, Dr. Vaishno Devi, Dr. Ajay Sanotra, Prof. Satish Khajuria, Dr. Varchasmi, Dr. Mukesh, Dr. Dipti and Dr. Usha Kiran.

Student Welfare Committee of GDCW Kathua organised function



GY CORRESPONDENT
KATHUA, DEC, 30

To say goodbye to 2023 and welcome 2024, Student Welfare Committee of GDCW Kathua organised cultural program in the college campus. Function started with the lighting of lamp by the Chief guest, Dr. Savi Behl, Principal of the college and followed by a group song presented by faculty members. Chief

guest in her address, congratulated and appreciated DSW for taking this initiative to organise such a beautiful programme. She gave blessings and good wishes to all faculty members for New year and encouraged the students to take part in these activities for all round development of the personality. Proceedings of the program were carried by Dr. Amita

Dua and formal vote of thanks was presented by DSW. Dr. Rachna Devi, Senior faculty members Dr. Inderjeet Kour, Dr. Babita Mahajan were also present in the function. Dr. Renu, Dr. Mukesh Kumari, Dr. Deepthi Salotra, Dr. Surekha Rani, Dr. Ajay, Dr. Ritu Kumar, Dr. Roshan (a) and all the teaching non teaching staff members were present in the function.

Pledge Ceremony and nukkad natak organized at Government Degree College for Women, Kathua

GY CORRESPONDENT
KATHUA, SEP 9

Pledge Ceremony was organized on the theme of "Corruption Free India" by NSS Unit, NCC and Shikshit Bharat Club of Government Degree College for Women, Kathua under the supervision of Dr. Savi Behl, Principal of the College, Dr. Arun Dev Singh NSS Programme Officer, Dr. Vaishno Devi (NCC, Incharge) and Ms. Pallavi (Nodal Officer of Shikshit Bharat) on 08-09-2023. Corruption is a pervasive issue that undermines the very fabric of our society, hindering progress, economic growth, and equitable access to resources. Recognizing the urgency of the matter, this Pledge ceremony is organized to raise awareness and garner support for the eradication of corruption. The Pledge Ceremony was attended by all the faculty members and students of the college. All attendees solemnly pledged to uphold the principles of



honesty, integrity, and transparency in all aspects of their lives, and committed to actively oppose and report corruption in any form. On 09-09-2023, in collaboration with the J&K Academy of Art, Culture, and Languages, Sub Office, Kathua, presented a compelling Nukkad Natak on the theme of "Corruption-Free India" organized at GDCW, Kathua. Corruption remains a significant challenge in our nation's development, and this unique

collaboration aims to harness the power of street theatre to address this critical issue. The Nukkad Natak would serve as a platform to raise awareness, inspire action, and foster a sense of responsibility among citizens. The Nukkad Natak featured engaging stories and scenarios that shed light on the negative impact of corruption on society, emphasizing the need for collective action. A large number of students and faculty members attended the Nukkad Natak.

National Sports Day celebrated at GCW, Kathua



■ NW REPORT
KATHUA, AUG 29

Govt. Degree College for Women, Kathua today on 29th of Aug. 2023 organized two events viz. Badminton Match and Tug of war to observe the joyous celebration of athleticism, teamwork and spirit of sportsmanship on the eve of "The National Sports Day". The National Sports Day is

celebrated every year on 29th of August to commemorate Birth Anniversary of Hockey Legend Major Dhyan Chand, who won gold medal in Olympics for India in the years 1928, 1932 & 1936. A large number of students of the college participated in the competition.

The programme was organized by NSS Unit in collaboration with Deptt. Of Sports of

GDCW, Kathua. The entire programme was conducted under the able guidance of Dr. Savi Behl, Principal of the college, Dr. Arun Dev Singh, NSS Programme officer and Mr. Roshan Lal PTI.

The event started with Fit India Pledge where the students and staff of the college vowed to focus on their physical fitness on daily basis.

Dr. Savi Behl, worthy Principal of the college declared the event open and flipped the coin for toss for the Badminton match. A total of four teams participated in the match namely, Rani Laxmi Bai team, Sarojini Naidu Team, Subhadra Kumari Chauhan Team and Aruna Asif Ali Team. The thrilling event was won by Rani Laxmi Bai Team. The Tug of war event kept the spectators guessing for the winning team till the last moment. The event conclude after three rounds and the Subhadra Kumari Chauhan team won the match.

Both the events were officiated by technical panel from Department Of Youth Service and Sports which comprised of Mr. Sagnay Gupta (P.E.M.) and Mr. Swarn Singh (P.E.M.)

जीडीसीडब्ल्यू, कटुआ में सत्य और अहिंसा विषय पर इंद्रा-कॉलेज स्लोगन राइटिंग प्रतियोगिता आयोजित



जीडीसीडब्ल्यू, कटुआ में सत्य और अहिंसा विषय पर आयोजित इंद्रा-कॉलेज स्लोगन राइटिंग प्रतियोगिता में भाग लेने वाली कालेज की छात्राएं कॉलेज की प्रिंसिपल व अन्य सदस्यों के साथ सामूहिक चित्र में। छाया : अर्जुन शर्मा ।

सवेरा न्यूज/कुलदीप शर्मा, कटुआ: गवर्नमेंट डिग्री कॉलेज फॉर वूमैन (जीडीसीडब्ल्यू), कटुआ में सत्य और अहिंसा विषय पर इंद्रा-कॉलेज स्लोगन राइटिंग प्रतियोगिता का आयोजन किया गया। जीडीसीडब्ल्यू, कटुआ की एनएसएस यूनिट, एनसीसी और शिक्षित भारत क्लब द्वारा कॉलेज की प्रिंसिपल डा. सावी बहल एनएसएस प्रोग्राम ऑफिसर डा. अरुण देव सिंह और पल्लवी (शिक्षित भारत के नोडल अधिकारी) की देखरेख में बुधवार को सत्य और अहिंसा विषय पर इंद्रा-कॉलेज स्लोगन राइटिंग प्रतियोगिता का आयोजन किया गया। स्लोगन राइटिंग प्रतियोगिता प्रतिभागियों को सत्य और अहिंसा के सिद्धांतों से मेल खाने वाले सार्थक और विचारोत्तेजक स्लोगन तैयार करके अपने विचारों, इरादों और रचनात्मकता को व्यक्त करने के लिए एक मंच प्रदान करती है। जो सत्य और अहिंसा के सिद्धांतों से मेल खाता है। यह कार्यक्रम महात्मा गांधी की स्थायी विरासत, उनके अहिंसा के दर्शन और सत्य के प्रति उनकी अटूट प्रतिबद्धता को ब्रह्मांजलि है। प्रतियोगिता में छात्रों की उत्साहपूर्ण भागीदारी देखी गई और उनके प्रेरक विचारोत्तेजक स्लोगन जो सत्य और अहिंसा के आदर्शों का जन्म मनाते थे। प्रतियोगिता में प्रोफेसर अश्वनी खजूरिया, प्रोफेसर अंबिका राजपूत और डा. मुकेश कुमारी ने निर्णायक मंडल की भूमिका निभाई। प्रतियोगिता में कशिश, प्रकृति और रिया प्रथम, द्वितीय और तृतीय स्थान पर रही। इस अवसर पर प्रो. रविंदर कौर, प्रो. राज कुमारी, डा. अनुपम मनुहार और अन्य संकाय सदस्य भी उपस्थित थे।

राजकीय महिला महाविद्यालय कटुआ में गायन एवं श्लोकोच्चारण प्रतियोगिता आयोजित



राजकीय महिला महाविद्यालय कटुआ में आयोजित कार्यक्रम में भाग लेती महाविद्यालय की छात्राएं। (अर्जुन शर्मा)

सवेरा न्यूज/कुलदीप शर्मा, कटुआ: शनिवार को स्वच्छता सप्ताह के अंतर्गत गांधी जयंती के उपलक्ष्य में राजकीय महिला महाविद्यालय कटुआ के संगीत विभाग एवं संस्कृत विभाग के संयुक्त तत्वावधान में गायन एवं श्लोकोच्चारण प्रतियोगिता का आयोजन किया गया, जिसमें 12 छात्राओं ने भाग लिया। मंच संचालन प्रकृति वशिष्ठ ने किया। मंगलाचरण राखी और शिवाली द्वारा किया गया तथा धन्यवाद ज्ञापन प्रकृति वशिष्ठ द्वारा किया गया। इस मौके पर कालेज की प्रधानाचार्या डा. सवि बहल ने अपने उद्बोधन में कहा कि संगीत एवं संस्कृत के नीति श्लोक हमें उच्च आदर्श और नैतिक मूल्य सिखाते हैं, जिनकी आज के युग में बहुत आवश्यकता है। संगीत एवं संस्कृत एक दूसरे के पूरक हैं। संगीत न केवल मनुष्यों को अपितु पशु पक्षियों को ही प्रभावित करता है तथा उन्होंने युवा पीढ़ी को भारतीय संगीत सीखने की सलाह दी। गायन प्रतियोगिता में राखी, शिवाली और शिवांगी ने क्रमशः प्रथम, द्वितीय और तृतीय पुरस्कार प्राप्त किया। श्लोकोच्चारण प्रतियोगिता में मानसी, शिवानी और रेणु ने क्रमशः प्रथम, द्वितीय और तृतीय पुरस्कार प्राप्त किया। इस प्रतियोगिता में डा. मुकेश और डा. दीप्ती निर्णायक के रूप में उपस्थित रहे। इस अवसर पर कालेज के सभी सभी शिक्षण सदास्य उपस्थित थे।

GDC for Women, Kathua Organized Induction Programme for freshers



Photo by Vivek

TP CORRESPONDENT
JAMMU, OCT. 09: Government Degree College for Women, Kathua, took a significant step towards enhancing the academic experience of its fresher students by conducting a highly informative Induction Programme, under the guidance of Dr. Savi Behl, the principal of the College. The Induction Programme, a hallmark event in the college's academic calendar, commenced with a warm welcome extended to the fresh batch of fresher students.

The program aimed to

provide fresher students with a comprehensive understanding of the college and its faculty members. During the program, students were introduced to the dedicated and accomplished faculty members who will be guiding them throughout their academic journey. Dr. Shivani Sharma, Convener, Dean Student Welfare, delivered a comprehensive PowerPoint presentation about the college, providing valuable insights into its history, vision, and mission. She featured a detailed overview of the college's

infrastructure, highlighting the various academic and extracurricular facilities available. Students were given a guided tour of the well-equipped classrooms, libraries, laboratories, and recreational spaces. This firsthand experience provided students with a clear picture of the resources at their disposal, ensuring a comfortable and enriching learning environment.

Dr. Savi Behl, the Principal of the College, stated in her lecture, "We are committed to providing our students with the best possible educational experi-

ence. The Induction Programme is just the beginning of their academic journey, and we hope it has given our fresher students the knowledge and confidence they need to thrive here at our college." Dr. Babita Jamiwal, Head of the Department of Chemistry, delivered an insightful lecture on the "National Education Policy", shedding light on its implications for students. She also took the opportunity to address and clarify doubts raised by the students, ensuring a deeper understanding of this policy. The proceedings of the program were conducted by Dr. Mukesh Kumari, Head of the Department of Hindi.

The event concluded with the formal vote of thanks and an informal interaction session, allowing students to mingle with their peers and college staff. The Program was graced by many faculty members: Dr. Rachna, Dr. Arun Dev Singh, Ms. Raj Kumari, Ms. Ambika Rajput, Mr. Vijay Kumar, Ms. Pallavi, Dr. Varchasmani, Dr. Deepthi Salotra, Dr. Usha Kiran, Dr. Surekha Rani, Dr. Shivali and many others.

GDC for Women Kathua organizes Karwa Chauth Special

JAMMU BULLETIN NEWS
KATHUA, NOV 1:

To apprise the significance of Indian festivals, Department of Home Science organized a special event for women called "Karwa Chauth" in college premises on 31.10.2023. Dr. Deepthi Salotra, Assistant Professor in Home Science, organized the programme and conducted different themes with special focus on Mehndi designs and different food stalls exhibited by the students included 'Kalakand', 'Channa Chaat', 'Dahi Chaat' and 'Bhujia'. The programme was organized under the patronage of Dr. Savi Behl, Worthy Principal of the college. She appreciated the efforts put in by the staff and students of Semester-I. She encouraged the students to participate in all such events where they are groomed to keep up with the spirit of entrepreneurship and 'Earn while they Learn' and also urged them to follow the Indian traditions at all times and encouraged them to participate in various college activities. Dr. Vaishno Devi, Assistant Professor also highlighted



the importance of Karwa Chauth for married women who keep the vrat to ensure the longevity of their husbands and an enduring marriage. She also said that the fast also brings good luck and prosperity to the family. This event was an excellent platform for the students to explore entrepreneurship as a practical aspect. All the students not only honed up their entrepreneurial talent but also generated income by

selling. The Mehndi stall and Food stalls proved to be a centre of attraction among the students and staff members of the college. The stall of Mehndi became very popular as almost all the students and faculty members enjoyed the event while applying beautiful mehndi designs on their palms. Dr. Deepthi Salotra concluded the event with a vote of thanks to the chair and all the participants present over there.

स्वस्थ जीवन शैली अपनाने की दी सलाह

जगन सखादा, कटुआ: महिला डिग्री कॉलेज के ड्रग डी-एडिक्शन एंड साइकोलॉजिकल काउंसलिंग सेल द्वारा सरकारी होम्योपैथिक अस्पताल कटुआ के सहयोग से होम्योपैथी और इसके उपयोग पर जागरूकता सत्र और चिकित्सा शिबिर का आयोजन किया गया।

कॉलेज की प्रिंसिपल और कार्यक्रम को संयोजक डा. सखी बहाल ने सरकारी होम्योपैथिक अस्पताल से डा. नितिन मंगेश, डा. इफराह दिलनवाज और डा. रुही राजा का औपचारिक स्वागत किया। इस दौरान डा. इफराह ने अपने व्याख्यान में छात्रों को नशीली दवाओं के व्यक्त उपयोग के बारे में बताया जो युवाओं में तेजी से आम होता जा रहा है। उन्होंने इस बात पर जोर दिया कि नशीली दवाओं के सेवन से अक्सर मनोवैज्ञानिक समस्याएं पैदा होती हैं और होम्योपैथिक दवाएं ऐसे मुद्दों पर काम करने के लिए एक मूल्यवान् दृष्टिकोण हो सकती हैं।

डा. इफराह ने महिलाओं द्वारा सामना की जाने वाली सामान्य स्वास्थ्य समस्याओं पर भी प्रकाश डाला, जिसमें उल्टेज किया गया कि पुरुषों की तुलना में महिलाओं में अवसाद और अन्य स्वास्थ्य समस्याओं का अनुभव होने की संभावना 50 प्रतिशत अधिक है। यह अतिरिक्त रूप से उन कई जीवन परिवर्तनों के कारण होता है



महिला डिग्री कॉलेज के ड्रग डी-एडिक्शन एंड साइकोलॉजिकल काउंसलिंग सेल द्वारा आयोजित जागरूकता सत्र और चिकित्सा शिबिर में डॉ. इफराह राजा, डॉ. रुही राजा और डॉ. नितिन मंगेश

महिला डिग्री कॉलेज के ड्रग डी-एडिक्शन एंड साइकोलॉजिकल काउंसलिंग सेल ने जागरूकता सत्र का किया आयोजन

जिनसे महिलाएं गुजरती हैं, जैसे मासिक धर्म, मुँहासे, पोस्टोओएस्, चिंता और रजोनिवृत्ति।

डाक्टरों की विशेषज्ञ टीम ने सभी छात्रों और प्रतिभागियों को स्वस्थ जीवन शैली अपनाने की सलाह दी, जिसमें संतुलित आहार, नियमित व्यायाम और डॉक्टर की सलाह के बिना दवाओं (एंटीबायोटिक्स) के दुरुपयोग जैसी हानिकारक प्रथाओं से बचना शामिल है। उन्होंने छात्रों के साथ एक इंटरैक्टिव सत्र भी आयोजित किया, जिसके बाद

कॉलेज परिसर में एक चिकित्सा शिबिर आयोजित किया गया, जहाँ उन्होंने आम स्वास्थ्य समस्याओं, विशेष रूप से नशीली दवाओं की लत और मनोवैज्ञानिक चुनौतियों से जुड़े मुद्दों के दृष्टिकोण में होम्योपैथिक दवाओं की प्रभावकारिता का प्रदर्शन किया।

कार्यक्रम का संयोजन नवामुक्ति एवं मनोवैज्ञानिक परामर्श प्रकॉन्ट की संयोजिका डा. रेनु ने किया। कार्यक्रम में कॉलेज के डॉ. अरुण देव सिंह, प्रो. पल्लवी, डा. सुरेखा रानी, डा. मुनेका कुमारी, डा. अनुपम मनुजान और डॉ. शिवानी सहीत कई संकाय सदस्य शामिल रहे। औपचारिक धन्यवाद ज्ञापन गृह विज्ञान विभाग से डा. रीति सक्सेना ने दिया।

Faculty Achievements

Dr. Babita Jamwal	1. Training programme in IP awareness	25-07-2023 to 25-07-202	
Dr. Rachna Devi	1. Attended 7 days faculty development program on "Innovative teaching strategies and tools in the digital age" w.e.f. 20-26 Nov.2023.	20-11-2023 to 26-11-2023	
Dr. Amita Dua	1. Attended IPR Awareness workshop under NIPAM on 21-12-2023 2. Organized one-week anti ragging awareness program from 12-08-2023 to 18-08-2023.	21-12-2023 12-08-2023 to 18-08-2023.	
Dr. Ambica	1. NEP 2020 Orientation and Sensitization Programme under MM-TTP of UGC organised by UGC-MMTTC, Sri Guru Tegh Bahadur Khalsa College, University of Delhi	13-11-2023 to 24-11-2023	
Dr. Renu	1. Refresher course in Mathematics from Teaching Learning Ramanujan college University of Delhi. 2. Attended webinar entitled 'Strategies to crack Competitive level Examination after graduation' At GDC Kathua dated 20th July 2023.	13-07-2023 to 26-07-2023 20-07-2023	
Prof. Surbhi Gupta	1. Organised one day interactive workshop on PMSSS. 2. Participated in Sangacham -2023 programme organised by Kathua campus on 16 October 2023	3-07-2023 16-07-2023	
Prof. Sachin jeet Singh	1. Completed a one-week online Faculty Development Program on "Security Aspects in Computer Science and Its Applications (SACSA-2023)" from October 16-20, 2023, organized by the Department of Computer Science Engineering, Motilal Nehru National Institute of Technology, Allahabad. 2. Participated in a two-day workshop on "Introduction to Embedded Systems and Robotics" held on November 24-25, 2023, at the University of Jammu.	16-10-2023 to 20-10-2023 24-11-2023 to 25-11-2023	

Dr. Kamini Kapoor	1. Two Weeks Refresher course in Physics and Electronics	4-12-2023 to 17-12-2023	
Dr. Ritu Kumar Sharma	1. Training programme under "National intellectual property awareness mission"	25-07-2022 to 25-07-2022	
Dr. Mukesh Kumari	1. National Webinar on "Role of Media in Preserving World Heritage"	18-04-2023 to 18-04-2023	
Dr. Surekha Rani	1. Two days International Conference on "Interdisciplinary Probability Music"	06-12-2023 to 07-12-2023	
Dr. Satish Khajuria	1. Two Week Interdisciplinary Refresher Course on "Research Methodology and Data Analysis" from Teaching Learning Centre Ramanujan College University of Delhi	28-07-2023 to 10-08-2023	
Dr. Usha Kiran	Two Weeks Refresher course on Research methodology and Data Analysis	28-07-2023 to 10-08-2023	

Students Achievements			
Name	Semester	Activity	
Cadet Muskan Thakur (NCC)	5 th	Attend TSC, EBSB, and RD Camp	