



GOVERNMENT DEGREE COLLEGE R. S. PURA








REPORT

OF




ACHIEVEMENTS/ACTIVITIES

FOR THE MONTH OF NOVEMBER, 2024

ACHIEVEMENTS/ACTIVITIES CONDUCTED FOR THE MONTH OF NOVEMBER, 2024

S.No	Date	Title of the Activity	Brief Description	Image
1	06.11.2024	INTER-COLLEGIATE/ DEPARTMENTAL COMPETITIONS UNDER THE "ZONE WISE DISPLAY YOUR TALENT – 2024-25".	Taniksha Won 3 rd Prize in Cartooning in Display Your Talent at MIER College of Education (Autonomous) B.C. Road, Jammu.	 
2	06.11.2024	INTER-COLLEGIATE/ DEPARTMENTAL COMPETITIONS UNDER THE "ZONE WISE DISPLAY YOUR TALENT – 2024-25".	Gursimar Kour Won 1st consolation prize in Solo Singing Competition in Display your Talent at MIER College of Education (Autonomous) B.C. Road, Jammu.	 
3	07.11.2024	INTER-COLLEGIATE/ DEPARTMENTAL COMPETITIONS UNDER THE "ZONE WISE DISPLAY YOUR TALENT – 2024-25".	Sunaina Devi of Semester 1 got the Certificate of merit in Elocution Competition in Display your Talent at MIER College of Education (Autonomous) B.C. Road, Jammu.	

4	09.11.2024	ONE DAY WORKSHOP ON VERTICAL GARDENING	<p>Department of Environmental Sciences Govt. Degree College R.S. Pura organized one day workshop/ Hands-On training on Vertical Gardening in the college Premises. Dr. Nazia Rassol, Associate Professor (Environmental Sciences) was the resource person. The programme started with a presentation on vertical Gardening by the resource person. Dr. Nazia deliberated upon the various techniques used for vertical gardening. She also emphasized on the role of vertical gardening in plastic recycling, air pollution and beautification of the areas. The students showed a keen interest and interacted openly with the resource person. This was followed by a hands-On training session. Dr. Nazia demonstrated the technique for establishment of vertical garden and the students were taught to do it by themselves. The students participated very enthusiastically and showed a keen interest in the event. The programme was organized under the patronage of Dr. Preetpal Kour, Principal of the college. The members of the organizing team were Prof. Priya Darshni, Dr. Sudesh Kumar and Dr. Akriti Parihar. Other faculty members present were Dr Rajinder Sharma (HOD Botany), Dr. Raj Jamwal (HOD Hindi), Prof. Vijeeta Anand and Prof Rajinder Singh (HOD, Punjabi).</p>	
5	12.11.2024	SLOGAN WRITING COMPETITION ON FEMALE HEALTH AND HYGIENE ORGANIZED BY GOVT. DEGREE COLLEGE R. S. PURA	<p>A slogan writing competition was organized by Women Development Cell, under the worthy patronage of Principal Prof. (Dr.) Preetpal Kour and supervision of Dr. Neena Gupta Rohmetra, Convener Women Development Cell and Head, Department of English. Promoting menstrual hygiene is vital for physical health, mental well-being, and gender equality. Understanding hygiene practices helps reduce stigma and promotes better health outcomes. Menstrual hygiene refers to the practices and products that individuals use to manage menstruation in a safe, healthy, and dignified way. It includes maintaining cleanliness during menstruation, using appropriate menstrual products,</p>	





			<p>and understanding reproductive health. The slogans created through the initiative focus on a variety of key issues, such as menstrual education, access to menstrual products, and the importance of maintaining hygiene during menstruation. More than 40 female students actively participated with full enthusiasm, vigour with the hope to continue the momentum of change and encourage further dialogue around menstruation health. Dr. Neeru Sawhney, Head Department of Physics and Dr. Shivani Manchanda, Head Department of Economics were the jury members in this event. Trisha Sharma of Ist semester bagged first prize, Sunaina Devi and Komal Devi bagged second and Khushi Sharma, Shikha Devi bagged third position in the competition.</p>	
6	20.11.2024	Boxing Inter-college Tournament Under 70 kg	Sanju Kattal won bronze medal in Boxing Inter-college tournament under-70 kg.	
				



7	22.11.2024	EDUCATIONAL VISIT TO KISAN MELA	<p>As a part of the extension activities, NSS in collaboration with Department of Zoology and Department of Economic visited Kisan Mela with a group of 30 students on 22nd November 2024 at SKUAST. Students were made aware that such a mela is an effective and a potent tool for societal transformation. It is an organized educational activity, a mass communication method for involving and educating farmers, scientists, extension workers, input agencies, developmental departments, non-governmental agencies and all other relevant stakeholders such as students and teachers. Volunteers were also apprised of various Scientific techniques used in livestock farming, Dairying and fish farming which are also a part of curriculum..</p>	
8	25.11.2024	GOVT. DEGREE COLLEGE R.S. PURA ORGANISED A LECTURE ON STRESS AND MODEL MAKING COMPETITION	<p>Department of Botany, G.D.C. R.S. Pura organised a lecture and also a Model making competition on 25-November, 2024 under the able guidance of Principal G.D.C, R. S Pura, Prof. (Dr.) Preetpal Kour. The resource person of the session was Professor Sugandha Mahajan, Assistant Professor, in botany, PSPS, Government College for women, Gandhinagar. The session started with the introduction by Dr. Renu Sharma, Assistant Professor in Botany. Welcome address was given by Dr. Rajinder Sharma, HOD Botany. Prof. Mahajan discussed about the type of stress among youths and the ways to overcome the stress. She inspired everyone to remain positive even in tough situations.. Respected faculty members along with members of Botany department were present in the session. Thereafter, Professor Sugandha Mahajan along with faculty of Botany Department evaluated the models which were being prepared by students of Sem 5th and Sem 3rd. Beautiful scientific models pertaining to their curriculum were prepared by the students. Awards were distributed to the students who stood 1st, 2nd and 3rd. Honorable Principal Prof. (Dr.) Preetpal Kour shared her views upon the</p>	 


			<p>management of stress and emphasized that such type of events should be organized on regular basis. The formal vote of thanks was given by Dr. Neeti Chibber, Associate Professor in Botany.</p>	
9	26.11.2024	<p>GOVT. DEGREE COLLEGE R.S. PURA ORGANISED AN AWARENESS LECTURE ON FEMALE HEALTH AND HYGIENE</p>	<p>Women Development Cell of Government Degree College R.S. Pura organized an awareness lecture on the theme “Female Health and Hygiene” under the worthy patronage of Principal Prof. (Dr.) Preetpal Kour and supervision of Dr. Neena Gupta Rohmetra, Convener Women Development Cell And Head, Department of English. Promoting awareness about physical health and well-being is vital for maintaining mental, physical welfare and gender equality. Menstrual hygiene refers to the practices and products that individuals use to manage menstruation in a safe, healthy, and dignified way. It includes maintaining cleanliness during menstruation, using appropriate menstrual products, and understanding reproductive health. Understanding hygiene practices helps reduce the stigma and promotes better health outcomes. The resource person of this lecture was Dr. Savleen Kour, Assistant Professor Veterinary Technology. More than 40 female students participated in the programme with great enthusiasm and zeal. The aim of the lecture was to encourage further dialogue around menstruation health. The lecture primarily focused on a variety of key issues, such as menstrual education, access to menstrual products, and the importance of maintaining hygiene during menstruation.</p>	 

10	26.11.2024	<p>NSS UNIT OF GDC R. S. PURA PARTICIPATES IN PADYATRA ON THE EVE OF CONSTITUTION DAY</p>	<p>This year marks the 75th anniversary of the Indian Constitution, which was adopted on November 26, 1949. In a special initiative to raise awareness about the Constitution, Ministry of Youth Affairs and Sports in collaboration with Nehru Yuva Kendra organized 10 kilometer Padyatra "Hamara Samvidhan, Hamara Swabhiman" from GCW Parade to MAM College Jammu on November 26th, 2024. To become a part of this special Govt. Initiative NSS Volunteers of GDC R. S. Pura enthusiastically participated in the event under the guidance of Prof. (Dr.) Preetpal Kour, Principal of the College and supervision of Dr. Chanchal Angral (NSS PO) and Dr. Sunil Kumar Mangoch. Students of the various institutions along with the staff recited the Preamble of the Constitution, as part of a broader effort to engage the nation's youth with the foundational principles of the Constitution. The event started at 8:00 am from the GCW Parade and passed through several key locations in the city, including Jogi Gate Chowk, Ambedkar Chowk, Panama Chowk before concluding at the auditorium of MAM College around 11:45 am. Sh. Satish Sharma, honorable Minister for Youth Services and sports flagged off and also lead the Padyatra and also highlighted that it is a significant step towards fostering leadership and raising constitutional awareness among young people. Further he highlighted that this march aligns with the vision of Prime Minister Narendra Modi to increase youth's participation in shaping India's future.</p>	 
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11	26.11.2024	<p>GOVT. DEGREE COLLEGE R.S. PURA CELEBRATED 75TH YEAR OF INDIAN CONSTITUTION DAY 2024</p>	<p>Today, on November 26, 2024 NCC Cadets and Department of Political Science Govt. Degree College R S Pura celebrated the 75th Anniversary of the adoption of Indian Constitution under the guidance of worthy Principal Prof (Dr.) Preetpal Kour and coordinated by Dr. Rakesh Choudhary HOD. The celebration of adoption of constitution, a milestone in our nation's history was marked by Debate competition among the students of the college. It was followed by Preamble reading ceremony in the college. The celebrations aimed at promoting awareness and appreciation for our Constitution. Our Constitution, adopted on November 26, 1949, is a testament to the vision and foresight of our founding fathers. It has been the guiding force behind our nation's progress, shaping our democracy, secularism, and egalitarian values. The initiatives were taken to educate citizens about the Constitution's significance, its drafting committee members, and the pivotal role of Dr. B.R. Ambedkar. In the debate competition, the students namely Sarbjit Heera and Mridul Sharma were adjudged as first and second in the competition. After the competition, Preamble reading ceremony was held in which 70 student s alongwith faculty members participated.</p>	 
12	27.11.2024	<p>Govt. Degree College R.S. Pura organized Awareness Rally on Drug Abuse</p>	<p>In a significant move to combat drug abuse, Tobacco Free/Control Committee in collaboration with Drug De-Addiction and Rehabilitation Cell of GDC R. S. Pura organized an extensive awareness Rally on 27th of November, 2024. The rally aimed to raise awareness among students and the general public about the dangers and detrimental effects of drug abuse. The event was organized under the able guidance of Prof. (Dr.) Preetpal Kour, Principal of the College and flagged off by Dr. Neena Gupta, Associate Professor and HOD English. She emphasized that the purpose of the rally was to raise awareness among the students and general masses about the serious issues and hazardous impacts</p>	

			<p>caused due to drug abuse. A large number of students, enthusiastically participated in the rally and also raised slogans highlighting the importance of unity in the fight against drug substance abuse. The students also interacted with the general masses around to aware them regarding the health issues related to drug misuse. The whole event was coordinated by Prof Sanjeev Upadhyay and co-coordinated by Prof Neelam Kumari convener Tobacco free and Drug De-Addiction Committee respectively.</p>	
13	27.11.2024	<p>GOVT. DEGREE COLLEGE R.S. PURA ORGANIZED AN INTERACTIVE SESSION ON WOMEN HEALTH AND HYGIENE</p>	<p>NSS unit in collaboration with Department of Zoology, and IIC organized an interactive session on Women Health and Hygiene. The program was conducted under the able guidance of worthy Principal Prof (Dr.) Preetpal Kour. The key note speaker of the event was Dr. Savleen Kour Assistant Professor Veterinary Technology. She emphasised on taboos and importance of menstrual hygiene. Queries of the students were also addressed .The welcome address was given by Dr. Chanchal Angral NSS PO. She emphasised that good menstrual hygiene plays a fundamental role in enabling women, girls, to reach their full potential. The program ended with vote of thanks by Dr Shifali Abrol Associate Professor Department of Zoology.</p>	 
14	28.11.2024	<p>BADMINTON INTRA-MURAL COMPETITION ORGANISED IN GOVT. DEGREE COLLEGE R.S. PURA</p>	<p>Badminton Intra-Mural organized in the College for men and women. One day intra-mural badminton tournament 2024 was inaugurated by worthy Principal Prof. (Dr.) Preetpal Kour, with great zeal and enthusiasm under the supervision of Dr. Roopali Slathia Physical Director, GDC RS Pura. The event has drawn participation from all semester students of the college. Competition was being held in both men's and women's categories. Principal Prof. (Dr.) Preetpal Kour, in her remarks, she motivated the players to participate with enthusiasm, emphasizing the importance of maintaining the true spirit of sportsmanship throughout the event. She also awarded the</p>	

			<p>Medals to the winners and runner-up players. Results:- In Women Category Kashish sharma, Ankita Sharma and Salvi Sharma won silver medal and Riya Sharma, Komal and Evenjot won Gold medal. In men Category Navjot Singh, Pankaj Kumar and Ansh Singh won silver medal and Charanjit Singh, Jatin Sharma and Moksh Gupta won Gold medal.</p>	
15	28.11.2024	GDC, R. S. PURA PROMOTES AWARENESS ON PM-UPS SCHOLARSHIP	<p>Pradhan Mantri Uchchatar Shiksha Protsahan (PM-USP) Central Sector Scheme of Scholarship for College and University Students" is a Scholarship Scheme by the Department of Higher Education, Ministry of Education. To impart awareness among the students about the scheme and dead line of the scheme, Committee for PM-USP organized an awareness and interactive session with the students of the college under the able guidance of Prof. (Dr.) Preetpal Kour Principal of the college. The primary objective of the scheme to provide financial assistance to meritorious students to meet a part of their day-to-day expenses while pursuing higher studies. Prof. Shelly Kalsi Convener of the committee threw light on the scheme. The scholarships are awarded based on the results of the Higher Secondary/ Class 12th Board Examination. A maximum of Rs. 82,000/- fresh scholarships per annum are provided for pursuing Graduate/ Postgraduate degrees in colleges and universities and for different courses, she said.</p>	

16	29.11.2024	WORKSHOP ON “EMPLOYABILITY SKILLS AND COMMUNICATION SKILLS”	<p>Career Counseling / Guidance and Placement cell in collaboration with Employment Information cum Advisory Bureau, Department of lifelong Learning, University of Jammu organized a one day workshop on “Employability Skills and Communication Skills” on 29th November, 2024 under the able guidance of Dr. Preetpal Kour, worthy Principal of the College. The resource person of the event was Prof. Garima Gupta, Head of the Department of Journalism and Media Studies, University of Jammu. The event started with the welcome address by Prof. Shelly Kalsi. Dr. Priyanka Sharma, Director, DLL who inaugurated the workshop. The speaker in this session made students aware about various communication skills and employability skills. In detailed power point presentation, she elaborated the scope of various online courses and websites like MOOC, SWAYAM, NPTEL etc. She encouraged students to pursue specialized skill courses and emphasized mastering a language to build confidence for future opportunities. Dr. Rewa Khajuria, Counselor, EIAB, DLL, Jammu University was part of the workshop. The workshop was attended by a large number of students who actively participated in interactive session after culmination of the lecture.</p>	
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