



GOVERNMENT DEGREE COLLEGE R. S. PURA



REPORT

OF

ACHIEVEMENTS/ACTIVITIES


FOR THE MONTH OF OCTOBER, 2024

ACHIEVEMENTS/ACTIVITIES CONDUCTED FOR THE MONTH OF OCTOBER, 2024

S.No	Date	Title of the Activity	Brief Description	Image
1	08.10.2024	NSS VOLUNTEERS SPREAD JOY ON DAAN UTSAV, DISTRIBUTE STATIONERY AND EATABLES TO GOVT. MIDDLE SCHOOL STUDENTS	<p>As a part of Daan Utsav Celebrations, NSS unit of GDC RS Pura distributed Stationery and Eatables to Govt. Middle School Students today on 8th of October, 2024. The event aimed at promoting the spirit of giving and community service, saw enthusiastic participation from NSS Volunteers who distributed essential stationery items, including notebooks, pencils, eraser, and sharpeners to the students. Additionally, eatables were also provided to them to bring smiles to their faces. The Programme was organized under the able guidance of Worthy Principal of the College Prof. (Dr.) Preetpal Kour and Coordinated by Dr. Chanchal Angral (NSS, PO). Speaking on the occasion Principal of the College said, "Daan Utsav is a wonderful initiative that encourages us to give back to society. NSS PO Dr. Chanchal Angral also encouraged the Volunteers to engage in acts of kindness, charity, and giving back to society and such event is a testament to their dedication. School Incharge, Ms. Gurvinder Kour expressed gratitude to the NSS team and Principal of the college and appreciated the efforts of NSS team members and NSS Volunteers, Dr Sunil Kumar Mangoch and Dr. Savleen Kour for their active engagement in this programme. Prof Shifali abrol was instrumental in coordinating the event.</p>	

2	10.10.2024	<p>NAVRATRI CELEBRATIONS AT GOVERNMENT DEGREE COLLEGE R.S PURA</p>	<p>GDC RS Pura embraced the vibrant spirit of Navratri with devotion, dance, and huge spiritual fervor. The event was organized in the college campus, with students, faculty, and staff joining in to celebrate the triumph of good over evil and to honor the divine feminine. The main aim of celebration was to inculcate the idea among the students to embrace inner power, overcome adversities, and be resilient in the face of obstacles. Navratri celebration was an exciting blend of traditional rituals and cultural performances organized under the patronage of the worthy Principal of the College, Prof. (Dr.) Preetpal Kour. The Principal of the college emphasized the importance of holding such celebrations for prioritizing spiritual growth and to cleanse the minds and bodies from negative influences. A special Navratri Puja and Aarti was performed to invoke the blessings of Goddess Durga and to promote unity and peace in campus. The main attraction of Navratri festival, where students and staff participated in traditional Garba. The campus ground was transformed into a colorful dance arena as everyone enjoyed the rhythmic beats of folk music. Such initiatives send a message to the society in general and student community in particular that women can take charge, lead with strength and compassion, and make impactful decisions in various fields of life—be it family, society, business, or politics.</p>	 
3	15.10.2024	<p>GOVERNMENT DEGREE COLLEGE - R. S. PURA ORGANIZED AN AWARENESS LECTURE ON “MY MENSTRUATION MY PRIDE”</p>	<p>A awareness lecture on “My Menstruation My Pride” was organized by Women Development Cell, Department of English and NSS unit under the worthy patronage of Principal Prof. (Dr.) Preetpal Kour and supervision of Dr. Neena Gupta Rohmetra, Head department of English and Convenor Women Development Cell. Promoting menstrual hygiene is vital for physical health, mental well-being, and gender equality. Understanding menstruation, its biological process, and hygiene practice helps reduce stigma and promotes better health outcomes. Menstrual hygiene refers to the practices and products that individuals use to manage</p>	

			<p>menstruation in a safe, healthy, and dignified way. It includes maintaining cleanliness during menstruation, using appropriate menstrual products, and understanding reproductive health. The event was organized under CSR initiative "My Menstruation My Pride". CSR has been undertaking menstrual hygiene among school & college girls covering almost 2000+ schools & colleges and 1,00,000 beneficiaries at pan India level. The resource person for the session was Mrs. Harshita Upadhyay, an accomplished educator and an active member of NGO (Global hunt) where she is deeply committed to promoting menstrual health and hygiene awareness. She had conducted informative sessions on this crucial topic empowering students with essential knowledge and breaking down societal taboos surrounding menstruation. The session started with the welcome note by Dr. Savleen Kour (Department of Veterinary Technology). The session entails a comprehensive understanding on the what, why and how of menstruation comprising of meaning of menstruation, develop a biological understanding, talk on related social taboos and aware them on hygiene practices to be maintained during menstruation. More than 40 female students actively participated with full enthusiasm.</p>	
4	17.10.2024	GOVT. DEGREE COLLEGE R.S. PURA ORGANISES LECTURE ON CYBER SECURITY	<p>To educate the students about Cyber Security NSS in collaboration with Bhrashtachar Mukta Bharat and IIC Committee organized a lecture on Cyber Crime. The resource person of the event was Inspector Bhupinder Singh officer cyber cell Jammu. He discussed the meaning of cyber security, kinds of cyber attacks, cases of victims of cyber attacks and discussed how cyber-attacks in educational institutions can cause financial loss, disruption and also jeopardise student safety. As such, schools and universities must identify cyber security threats and set up a defense mechanism to prevent the threats from materialising. He also</p>	

			<p>shared details of how cyber cases can be reported. The program was graced by Principal GDC RS Pura, Dr. Preetpal Kour who emphasised that Cyber crime education can help students develop the skills and knowledge to navigate the digital world safely, responsibly, and ethically. It can also help them become more critical thinkers and problem solvers. Such programs also teach students how to test for and defend against security vulnerabilities, and handle the aftermath of security breaches. The welcome address was given by Dr. Chanchal Angral Programme Officer NSS. She introduced the guest and also emphasised that as today millions of students are learning through technology in hybrid, remote, or in-class environments, which is why keeping their devices secure is paramount for students learning experiences and teachers work. Dr. Raj Jamwal HOD Hindi gave formal vote of thanks.</p>	
5	19.10.2024	Mehndi Competition organized by NSS Unit and Cultural Committee of GDC, R. S. Pura	<p>NSS unit of GDC RS Pura in collaboration with Cultural Committee of the college organized Mehndi competition in College premises on the occasion of Karwa Chauth. Students of (Sem.-I, III and V) participated with great fervour and enthusiasm. They created beautiful designs on different themes and showed their hidden talent. Palak, Harnoor and Kanchan were adjudged first, second and third respectively. Prof. (Dr.) Preetpal Kour, Principal, Government Degree College R.S. Pura graced the occasion and appreciated the efforts of the students and congratulated the winners. She also urged them to follow the Indian traditions at all times and encouraged them to participate in various college activities. Prof. Shifali Abrol and Dr. Savtanter Kour were the judges of the competition. The event was coordinated by Dr. Chanchal Angral NSS PO, Dr. Shivani Manchanda Convener Cultural Committee, Dr. Hari Singh and Dr. Savleen Kour. Prominent faculty members of the college were present in the event.</p>	

6	23.10.2024	NSS Unit of Govt. Degree College R. S. Pura Conducts Social Work at R. S. Pura, Sub-District Hospital	<p>The NSS Unit of GDC R. S. Pura carried a social work drive at the R. S. Pura Sub-District Hospital as a part of the ongoing Seva Se Sekhe Campaign under the able guidance of the Principal of the college Prof. (Dr.) Preetpal Kour, The campaign, which emphasized cleanliness and community service, saw the participation of 20 dedicated volunteers, led by Dr. Chanchal Angral, NSS Program Officer (PO). Under the guidance and supervision of the (BMO) Dr. Monika Kotwal, Dr. Mohan Atri, Dr. Javed, R. S. Pura Hospital volunteers carried out extensive cleaning of the hospital premises, including the selfless service to the patients present in the hospital premises. Their efforts not only contributed to maintaining sanitation and hygiene at the hospital but also raised awareness about hygienic public spaces in the town. The Administration of the Sub-District Hospital appreciated the volunteers' contributions. The initiative signifies collaborative effort of educational institutions and healthcare facilities in promoting community welfare. Speaking on the occasion Prof. (Dr.) Preetpal Kour, worthy Principal of the college exhorted that the primary objective of such programs is to develop the personality and character of the student youth through voluntary community service. 'Education through Service' is the purpose of the NSS. Dr. Savleen Kour faculty Veterinary Technology was also present in the event.</p>	
7	25.10.2024	GDC R. S. Pura organizes Slogan writing competition on ill effects of drug abuse	<p>Drug De-addiction Committee of Government Degree College R.S.Pura organised a slogan writing competition on the 'ill effects of drug abuse' on 25th October, 2024 with the aim to strengthen action and cooperation towards a drug free world. The event was organized under able guidance and supervision of the Principal of the College, Prof (Dr.) Preetpal Kour and coordinated by Prof. Neelam Kumari, Convener Drug De-addiction Committee. Students of the college participated in the event with great zeal, fervor and</p>	

			<p>enthusiasm. A total no. of 13 students participated in the event. They put forward their thoughts through slogans which carried a message of hope and reasons why drug abusers should stay away from drugs. Such slogans can have a huge impact on changing people's attitudes. These slogans will also become the inspiration, motivation and encouragement for getting back on track. In the said competition Bandana Chib, Sem V secured first position; Neetu Kumari, Semester V bagged second position; Priya , Sem I clinched third position. Prof. Neelam Kumari, Convener Drug De-addiction Committee said that this event aims to prevent youth involvement in violence drugs and crime through sport, art and psychosocial support. There is a need for everyone to raise their voice to create awareness about drug abuse. A slogan for drug prevention is a good place to start. These slogans can be passed down by word of mouth from person to person. In continuation to this, Prof(Dr) Preetpal Kour, Principal of the college added that such events are helpful in creating wide scale awareness among masses, especially among the youth and children of the society against the ill effects of drug abuse by involvement of the youth themselves in showing their creativity on the theme. The committee members present in the event were Prof. Geetika Goswami, Dr. Sunil Kumar Mangoch and Prof Rajinder Singh.</p>	
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