



GOVERNMENT DEGREE COLLEGE R. S. PURA



REPORT

OF

ACHIEVEMENTS/ACTIVITIES

FOR THE MONTH OF APRIL, 2025

ACHIEVEMENTS/ACTIVITIES CONDUCTED FOR THE MONTH OF MARCH, 2025

S.No	Date	Title of the Activity	Brief Description	Image
1	03.04.2025	CARROM COMPETITION ORGANISED UNDER FIT INDIA INITIATIVE AT GDC RS PURA	<p>Carrom competition organised by Department of Physical education and Sports of Govt. Degree College RS Pura under Fit India Initiative. Series of Activities shall be conducted every month. The movement aligns with the broader goal of making India a Fit nation by fostering long-term behavioural changes in individual. One day carrom Competition started with enthusiasm, both men and women students of the college participated in the competition under the supervision of Dr. Roopali Slathia Physical Director, GDC R.S. Pura. Principal Prof. (Dr.) Preetpal Kour was the Chief Guest on the occasion, while speaking with students, she highlighted the key objectives of Fit India Movement to Promote Physical Fitness, Health Awareness, Encourage workplace Fitness and Healthy Diet and Habits. 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 Medals to the winners. Results:-In Women Category Sneha Kumari, Shivani Virdhi were Winner and in Men's Category Sarabjeet Hira and Namanpreet Singh were winners.</p>	
2	04.04.2025	COUNSELLING SESSION ON "CAREER COUNSELLING AFTER GRADUATION"	<p>Career Counselling / Guidance and Placement Cell in collaboration with Department of Education, Govt. Degree College, R.S. Pura Jammu organized a career counselling session on the topic "Career Counselling after graduation" on 4th April 2025 under the able guidance of Dr. Preetpal Kour, worthy Principal of the College. The resource person of the event was Prof. Upma Sharma of Divya College of Education. Prof. Upma gave motivational lecture on various career opportunities available to students after graduation in B. Ed.</p>	

Carrom competition organised under Fit India initiative at GDC RS Pura

Day News Report

JAMMU, Apr 3: Carrom competition organised by Department of Physical education and Sports of Govt. Degree College, GDC RS Pura under Fit India Initiative. Series of activities shall be conducted every month. The movement aligns with the broader goal of making India a Fit nation by fostering long-term behavioural changes in individual. One day carrom Competition started with enthusiasm, both men and women students of the college participated in the competition under the supervision of Dr. Roopali Slathia Physical Director, GDC R.S. Pura. Principal Prof. (Dr.) Preetpal Kour was the Chief Guest on the occasion, while speaking with students, she highlighted the key objectives of Fit India Movement to Promote Physical Fitness, Health Awareness, Encourage workplace Fitness and Healthy Diet and Habits. 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 Medals to the winners. Results:-In Women Category Sneha Kumari, Shivani Virdhi were Winner and in Men's Category Sarabjeet Hira and Namanpreet Singh were winners. Career Sports Committee, Prof. Roopali Slathia, Prof. Sarabjeet Hira, Prof. Namanpreet Singh, Prof. Roopali Slathia, Prof. Preetpal Kour, Dr. Roopali Slathia and Namanpreet Singh were present during the event.

			<p>Courses. She gave a detailed power point presentation regarding admission procedure and various courses offered in B.Ed. She motivated the students to create opportunities through their efforts and dedication. The lecture was attended by a large number of students who patiently listened to the lecture with great enthusiasm and actively participated in question session after culmination of the lecture. Mrs. Parveen Raina, MD, Divya College of Education was also present in the session. Worthy Principal of the college Dr. Preetpal Kour also highlighted the importance of various courses after graduation. The welcome address was given by Dr. Neharika of Physics Department. The program was organized by Convener, Career Counselling Cell and Department of Education.</p>	 <p>Counselling Session on "Career Counselling after Graduation"</p> <p>Top News Report R. S. PURA, Apr. 4: Career Counseling / Guidance and Placement Cell in collaboration with Department of Education, Govt. Degree College, R. S. Pura recently organized a career counselling session on the topic "Career Counselling after graduation" on Friday under the guidance of Dr. Preetpal Kour, Principal of the College. The resource person of the event was Prof. Umas Shama of Divya College of Education. Prof. Umas gave motivational lecture on various career opportunities available to students after graduation in B. Ed. Courses. She gave a detailed power point presentation regarding admission procedure and various courses offered in B.Ed. She motivated the students to create opportunities through their efforts and dedication. The lecture was attended by a large number of students who patiently listened to the lecture with great enthusiasm and actively participated in question session after culmination of the lecture. The welcome address was given by Dr. Neharika of Physics Department. The program was organized by Convener, Career Counselling Cell and Department of Education. The formal role of students who participated in the session was given by Dr. Neharika Kaur, Head, and Department of Education. The program was attended by members of Career Counselling Cell, and other faculty members of the college.</p>
3	10.04.2025	GDC R. S. PURA PARTICIPATES IN FOUNDATION DAY OF BHARTIYA YOGA SANSTHAN	<p>NSS and NCC units of GDC R. S. Pura proudly participated in the Foundation Day celebrations of Bhartiya Yoga Sansthan, held on April 10, 2025, under the able guidance of Prof. (Dr.) Preetpal Kour, Principal of the college. The event marks an important occasion for the promotion of yoga and well-being. The event, which took place at the organization, saw enthusiastic participation from NSS Volunteers, NCC Cadets, local community members, dignitaries, and yoga practitioners. The Foundation Day was an opportunity for Bhartiya Yoga Sansthan to celebrate its contributions towards spreading the practice of yoga across the country and fostering physical and mental health in communities. R. S. Pura's delegation, which was led by local community leaders, expressed strong support for the organization's mission and emphasized the importance of yoga in today's fast-paced world. The celebration also featured performances of traditional yoga postures and wellness seminars conducted by renowned yoga experts. Further the event also provided a platform for individuals to engage in discussions about the benefits of</p>	 <p>GDC R S Pura participates in Foundation Day of Bhartiya Yoga Sansthan</p> <p>Top News Report R. S. PURA, Apr. 10: NSS and NCC units of GDC R. S. Pura participated in the Foundation Day celebrations of Bhartiya Yoga Sansthan, held on April 10, 2025, under the able guidance of Prof. (Dr.) Preetpal Kour, Principal of the college. The event marks an important occasion for the promotion of yoga and well-being. The event, which took place at the organization, saw enthusiastic participation from NSS Volunteers, NCC Cadets, local community members, dignitaries, and yoga practitioners. The Foundation Day was an opportunity for Bhartiya Yoga Sansthan to celebrate its contributions towards spreading the practice of yoga across the country and fostering physical and mental health in communities. R. S. Pura's delegation, which was led by local community leaders, expressed strong support for the organization's mission and emphasized the importance of yoga in today's fast-paced world. The celebration also featured performances of traditional yoga postures and wellness seminars conducted by renowned yoga experts. Further the event also provided a platform for individuals to engage in discussions about the benefits of yoga, with a focus on its role in enhancing physical health, reducing stress, and promoting mental peace. Local participants were encouraged to embrace yoga as part of their daily routines for a balanced and healthy lifestyle. "We are proud to stand alongside Bhartiya Yoga Sansthan in its pursuit to enrich lives through yoga," said Principal GDC, R. S. Pura. "Our region is deeply committed to promoting well-being, and events like these help strengthen the community's collective health. We look forward to more such collaborations in the future, she added. The event was coordinated by Sumitra Gupta, Jila Zameen, Bhartiya Yoga Sansthan and the NSS volunteers and NCC cadets of the college participated in the event under the supervision of Dr. Sunita Kumar Manglik, HOD Dept.</p> <p>Junior Assistant aspirants from</p>

yoga, with a focus on its role in enhancing physical health, reducing stress, and promoting mental peace. Local participants were encouraged to embrace yoga as part of their daily routines for a balanced and healthy lifestyle. “We are proud to stand alongside Bhartiya Yoga Sansthan in its pursuit to enrich lives through yoga,” said Principal GDC R. S. Pura. “Our region is deeply committed to promoting well-being, and events like these help strengthen the community's collective health. We look forward to more such collaborations in the future, she added. The whole event was coordinated by Sh. Surinder Gupta, Jila Parmukh, Bhartiya Yoga Sansthan and the NSS volunteers and NCC cadets of the college participated in the event under the supervision of Dr. Sunil Kumar Mangoch, HOD Dogri.






4 11.04.2025 GDC R.S. PURA HOSTS PLEDGE CEREMONY TO UPHOLD DR. B.R. AMBEDKAR'S VISION OF A DRUG-FREE INDIA

Giving a heartfelt tribute to Dr. B.R. Ambedkar on the eve of his birth anniversary, Drug De-Addiction Committee in collaboration with NSS unit of Government Degree College, R.S. Pura, organized a Drug-Free India Pledge Ceremony to reaffirm the collective resolve of the institution's staff and students in building a society free from substance abuse. All the faculty members, students, and NSS volunteers of the college were participated in the event with great zeal, enthusiasm and fervor. The principal of the college, Prof. (Dr.) Preetpal Kour, led the pledge-taking ceremony, invoking Dr. Ambedkar's ideals of social justice, equality, and moral responsibility. Speaking on the occasion, she emphasized the urgent need to combat the rising menace of drug addiction among youth and highlighted the role of education in fostering awareness and resilience. “Dr. Ambedkar dreamed of an empowered and enlightened India. A drug-free society is not just a social goal but a moral duty we owe to the future of our nation,” she said. The whole event was coordinated by Prof. Neelam Kumari, convener Drug De-Addiction committee



			<p>and co-coordinated by Dr. Hari Singh, Dr. Sunil Kumar Mangoch and Dr. Savleen Kour, members of NSS Committee. Other faculty members including Dr. Sudesh Kumar , Dr. Jugal Kishore, Prof. Geetika Goswami and Prof. Rajinder Singh were also mark their presence to make the event a great success.</p>	
<p>5</p>	<p>12.04.2025</p>	<p>GDC R.S. Pura Organizes Symposium on the Life, work and Contributions of Dr. B. R.Ambedkar</p>	<p>NSS unit of Government Degree College, R.S. Pura, proudly organized a thought-provoking symposium to honor the life, legacy, and monumental contributions of Dr. Bhimrao Ramji Ambedkar, the chief architect of the Indian Constitution and a stalwart of social justice under the able guidance of Prof. (Dr.) Preetpal Kour, College Principal and supervision of Dr. Chanchal Angral, NSS Programme Officer. The symposium, held in the college campus, started with paying floral tribute to Dr. Ambedkar and it brought together students and faculty members to reflect on Dr. Ambedkar's enduring impact on Indian society. The event aimed to educate and inspire the youth by delving into his struggles, reforms, and vision for an equitable nation. Dr. Chanchal Angral, NSS Programme Officer, inaugurated the session with a welcome address, emphasizing Dr. Ambedkar's pivotal role in shaping modern India and championing the rights of the marginalized. She also highlighted various facts of Dr. Ambedkar's legacy—from his relentless fight against caste-based discrimination to his contributions in law, economics, Female empowerment, education, and human rights. The event also featured interactive discussions, and cultural performances paying tribute to his ideals. Students actively participated, expressing their admiration for Dr. Ambedkar's dedication to justice, equality, and democratic values. The whole event was coordinated by Dr. Chanchal Angral, NSS PO and NSS team members and the faculty members who graced the occasion were Dr. Neena Gupta,</p>	  <p>ASSAM NEWS SERVICE GDC RS Pura organizes symposium on the Life, work and Contributions of Dr B. R. Ambedkar</p> <p>ASSAM, Apr 12, 2025 (ANSA) - The NSS unit of Government Degree College, R.S. Pura, proudly organized a thought-provoking symposium to honor the life, legacy, and monumental contributions of Dr. Bhimrao Ramji Ambedkar, the chief architect of the Indian Constitution and a stalwart of social justice under the able guidance of Prof. (Dr.) Preetpal Kour, College Principal and supervision of Dr. Chanchal Angral, NSS Programme Officer. The symposium, held in the college campus, started with paying floral tribute to Dr. Ambedkar and it brought together students and faculty members to reflect on Dr. Ambedkar's enduring impact on Indian society. The event aimed to educate and inspire the youth by delving into his struggles, reforms, and vision for an equitable nation. Dr. Chanchal Angral, NSS Programme Officer, inaugurated the session with a welcome address, emphasizing Dr. Ambedkar's pivotal role in shaping modern India and championing the rights of the marginalized. She also highlighted various facts of Dr. Ambedkar's legacy—from his relentless fight against caste-based discrimination to his contributions in law, economics, Female empowerment, education, and human rights. The event also featured interactive discussions, and cultural performances paying tribute to his ideals. Students actively participated, expressing their admiration for Dr. Ambedkar's dedication to justice, equality, and democratic values. The whole event was coordinated by Dr. Chanchal Angral, NSS PO and NSS team members and the faculty members who graced the occasion were Dr. Neena Gupta,</p> <p>Assam Rifles organises symposium</p>

			Dr. Rajinder Sharma, Dr. Anupama Pandotra, Dr. Neeti Chibber, Dr. Renu Sharma, Dr. Jugal Kishore, Dr. Sudesh Kumar, Dr. Akrity Parihar, Dr. Hari Singh, Dr. Sunil Kumar and Prof Rajinder Singh and other faculty members in the event.	
6	12.24.2025	DEPARTMENT OF GEOGRAPHY, GDC R.S. PURA ORGANIZED FIELD TRIP TO MANSAR	The Department of Geography, Government Degree College, R.S. Pura organized a one-day educational field trip to Mansar on April 12, 2025, for the students of Semester 2 nd , 4 th and 6 th . The visit aimed to provide practical exposure to enhance the academic understanding of geographical concepts among students. The college principal, Prof. Dr. Preetpal Kour has consistently encouraged such academic initiatives and remains a strong pillar of support for all activities aimed at the holistic development and subject enrichment of the students. The field trip was conducted under the guidance of Prof. Geetika Goswami, Head of the Department who accompanied the students along with faculty members Mr. Hilal Parrey, Ms. Avneet Kour and Mr. Hidayat Hurra and non-teaching staff members Ms. Geeta and Mr. Govind ensuring a smooth and enriching experience for all participants. The Department of Geography extends its heartfelt thanks to the esteemed Principal of the Institution for her constant support and encouragement.	 
7	14.04.2025	GDC R.S. Pura Organizes 105th Dr. B.R. Ambedkar's 105th Jayanti at Ambedkar Chowk, Jammu	NSS PO, Dr. Chanchal Angral of GDC R.S. Pura along with volunteers paid tribute to Dr. B.R. Ambedkar today i.e., 14th April 2025 on Dr. B.R. Ambedkar's 105th Jayanti at Ambedkar Chowk, Jammu under the able guidance of Worthy Principal of Principal of the College.	

<p>8</p>	<p>16.04.2025</p>	<p>GDC R.S. Pura Organizes Slogan Writing Competition Under Poshan Maah Initiative</p>	<p>NSS unit in collaboration with Zoology Department of Government Degree College R.S. Pura successfully organized a Slogan Writing Competition today on 16.04.2025 as a part of the ongoing <i>Poshan Maah</i> celebrations, a nation-wide initiative aimed at promoting awareness about nutrition and healthy living. This Programme was a sequel of activities conducted to observe Poshan Maah, which witnessed enthusiastic participation from students across various streams, who showcased their creativity and commitment towards spreading the message of balanced nutrition, health, and well-being. The competition was held under the supervision of Dr. Chanchal Angral, NSS PO and under the able guidance of worthy Principal of the College Prof. (Dr.) Preetpal Kour encouraging young minds to engage in public health campaigns through artistic expression. In the said competition the first position was secured by Ruhani of sem 2 ,second position was clinched by Taniya Sharma of sem 4 and the third position was bagged by Shikha Chib of sem 6. Principal of the College Prof. (Dr.) Preetpal Kour applauded the efforts of the NSS Team and participants. She also emphasized the importance of nutrition awareness among youth. "Such initiatives play a crucial role in shaping a healthier and more informed society," she said. The performance of the participants was adjudged by Dr. Neeti Chibber and Dr. Renu Sharma from the Department of Botany</p>	 <p>GDC RS Pura organizes slogan writing competition</p>  <p>NEWS SERVICE</p> <p>JAMMU, Apr 16: The NSS unit in collaboration with Zoology Department of Government Degree College R.S. Pura successfully organized a Slogan Writing Competition today on 16.04.2025 as a part of the ongoing Poshan Maah celebrations, a nation-wide initiative aimed at promoting awareness about nutrition and healthy living. This Programme was a sequel of activities conducted to observe Poshan Maah, which witnessed enthusiastic participation from students across various streams, who showcased their creativity and commitment towards spreading the message of balanced nutrition, health, and well-being.</p> <p>The competition was held under the supervision of Dr. Chanchal Angral, NSS PO and under the able guidance of worthy Principal of the College Prof. (Dr.) Preetpal Kour encouraging young minds to engage in public health campaigns through artistic expression. In the said competition the first position was secured by Ruhani of sem 2, second position was clinched by Taniya Sharma of sem 4 and the third position was bagged by Shikha Chib of sem 6. Principal of the College Prof. (Dr.) Preetpal Kour applauded the efforts of the NSS Team and participants. She also emphasized the importance of nutrition awareness among youth. "Such initiatives play a crucial role in shaping a healthier and more informed society," she said. The performance of the participants was adjudged by Dr. Neeti Chibber and Dr. Renu Sharma from the Department of Botany. The faculty members who guided the event were Dr. Anurupa Dasgupta, Dr. Anjali Pradhan, Dr. Heli Singh, Dr. Pooja Bhargava and Dr. Neha Kaur.</p>
<p>9</p>	<p>17.04.2025</p>	<p>GDC R.S. Pura Organizes Seminar on "Understanding a Balanced Diet"</p>	<p>Under the ongoing series of activities to celebrate Poshan Maah, NSS unit of Government Degree College R.S. Pura, Jammu, in collaboration with Department of Zoology organized an insightful seminar titled "Understanding a Balanced Diet" under the able guidance of Prof.(Dr.) PreetPal Kour, worthy Principal of the College to promote health awareness among students and faculty. The event aimed to educate attendees on the importance of nutrition and</p>	

healthy eating habits. The seminar featured speakers who discussed various aspects of a balanced diet, including the role of macronutrients and micronutrients in maintaining overall health. Interactive sessions allowed participants to engage with the topic and clarify their doubts regarding dietary choices. Prof. (Dr.) PreetPal Kour, worthy Principal of GDC R.S. Pura, emphasized the significance of such initiatives in fostering a health-conscious community. She encouraged students to incorporate the knowledge gained into their daily lives to enhance their well-being. The event coordinator Dr. Chanchal Angral, NSS PO said that this seminar is part of the college's ongoing efforts to promote holistic development and well-being among its students. The seminar concluded with a Q&A session, where attendees actively participated, reflecting the success of the event in raising awareness about balanced nutrition. Other faculty members who were instrumental in organizing the event were Dr. Anupama Pandotra, Dr. Akriti Parihar, Dr. Hari Singh, Dr. Sunil Kumar Mangoch and Dr. Savleen Kour.

GDC RS Pura organizes seminar on "Understanding a Balanced Diet"



JL NEWS SERVICE
JANMUC, Apr 17 Under the ongoing series of activities to enlighten students, NSS unit of Government Degree College R.S. Pura, in collaboration with Department of Zoology organized an insightful seminar titled "Understanding a Balanced Diet" under the able guidance of Prof.(Dr.) PreetPalKour, worthy Principal of the College to promote health awareness among students and faculty. The event aimed to educate attendees on the importance of nutrition and healthy eating habits. The seminar featured speakers who discussed various aspects of a balanced diet, including the role of macronutrients health. Interactive sessions allowed participants to engage with the topic and clarify their doubts regarding dietary choices. Prof.(Dr.) PreetPalKour, worthy Principal of GDC R.S. Pura, emphasized the significance of such initiatives in fostering a health-conscious community. She encouraged students to incorporate the knowledge gained into their daily lives to enhance their well-being. The event coordinator Dr. ChanchalAngral, NSS PO said that this seminar is part of the college's ongoing efforts to promote holistic development and well-being among its students. The seminar concluded with a Q&A session, where attendees actively participated, reflecting the success of the event in raising awareness about balanced

10 19.04.2025

GDC RS PURA ORGANIZES QUIZ COMPETITION UNDER POSHAN PAKHWADA INITIATIVE

NSS unit in collaboration with Department of Veterinary Technology, Government Degree College, R.S Pura, successfully organized a Quiz Competition under the able guidance of Principal Prof. (Dr.) Preetpal Kour, as a part of the Poshan Pakhwada celebration, a nationwide initiative to spread awareness about nutrition and healthy living. More than 30 students from various discipline participated in quiz competition with zeal and enthusiasm. The Quiz aimed to educate and sensitize students on important topics such as balanced diet, components of diet and their deficiencies, nutrition-related schemes, and the significance of healthy eating habits in daily life. The competition featured multiple rounds testing students' knowledge on general nutrition, government health initiatives like



ITS earlyTIMES

GDC R S Pura organizes Quiz competition



EARLYTIMES REPORT
R S PURA, Apr 19 NSS unit in collaboration with Department of Veterinary Technology, Government Degree College, R.S Pura, successfully organized a Quiz Competition under the able guidance of Principal Prof. (Dr.) Preetpal Kour, as a part of the Poshan Pakhwada celebration, a nationwide initiative to spread awareness about nutrition and healthy living. More than 30 students from various discipline participated in quiz competition with zeal and enthusiasm. The quiz aimed to educate and sensitize students on important topics such as balanced diet, components of diet and their deficiencies, nutrition-related schemes, and the significance of healthy eating habits in daily life. The competition featured multiple rounds testing students' knowledge on general nutrition, government health initiatives like

			<p>POSHAN Abhiyaan, and local food practices. Officiating Principal of the college, Dr. Neena Gupta, emphasized the critical role of youth in promoting nutritional awareness. "Poshan Pakhwada is not just a campaign—it's a call to action. By empowering students with knowledge, we enable them to become ambassadors of healthy living in their communities," she said. The whole event was coordinated by Dr. Savleen Kour, Head Department of Veterinary Technology. She appreciated the enthusiasm of the participants and reiterated the college's commitment to fostering holistic development and public health awareness among students. Prominent faculty members, Dr. Anupana Pandotra, Dr. Shivani Manchanda, Dr. Akriti Parihar and Dr. Sunil Kumar Mangoch also contributed for the successful organisation of the competition.</p>	
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<p>11</p>	<p>21.04.2025</p>	<p>GDC RS PURA HOSTS DOCUMENTARY SHOW ON COMPONENTS OF BALANCED DIET</p>	<p>As part of the nationwide Poshan Pakhwada celebration, NSS unit and Department of Veterinary Technology GDC, RS Pura jointly organized an informative and engaging documentary on the components of a balanced diet, under the able guidance of Prof. (Dr.) Preetpal Kour, worthy Principal of the College. The event aimed at promoting awareness about nutrition and healthy eating habits among students and faculty. More than 50 students participated in this event enthusiastically. The documentary showcased the significance of a balanced diet, detailing the essential components—carbohydrates, proteins, fats, vitamins, minerals, fiber, and water and their role in maintaining overall health and well-being. Speaking on the occasion, Principal Prof. (Dr.) Preetpal Kour, highlighted the importance of such initiatives in fostering a culture of health consciousness among the youth. "Creating awareness about nutrition at the grassroots level is key to building a healthier society, and educational institutions play a crucial role in this mission," she noted. The documentary screening</p>	  <p>to spread awareness about proper nutrition and healthy eating habits among students and faculty. It highlighted the vital components of a balanced diet, including carbohydrates, proteins, fats, vitamins, minerals, and water, emphasizing their role in maintaining overall health and well-being.</p> <p>Over 50 students participated in the program with great enthusiasm. Following the screening, an interactive session was held, where students shared their queries and doubts.</p> <p>The documentary screening</p> <p>GDC RS Pura hosts documentary screening on balanced diet components</p> <p>Students and faculty members pose together during the program.</p> <p>FAITHFUL TIMES REPORT</p> <p>to spread awareness about proper nutrition and healthy eating habits among students and faculty. It highlighted the vital components of a balanced diet, including carbohydrates, proteins, fats, vitamins, minerals, and water, emphasizing their role in maintaining overall health and well-being.</p> <p>Over 50 students participated in the program with great enthusiasm. Following the screening, an interactive session was held, where students shared their queries and doubts.</p> <p>The documentary screening</p>
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			<p>was followed by an interactive session, where students shared their perspectives and cleared doubts regarding daily nutrition, diet planning, and lifestyle changes. The program was coordinated by Dr. Savleen Kour, HOD Veterinary Technology and concluded with a vote of thanks by Dr. Shivani Manchanda, HOD economics. Prominent faculty members present were Dr. Jugal Kishore, Dr. Hari Singh, Dr. Akriti Parihar and Dr. Sunil Kumar Mangoch.</p>	
<p>12</p>	<p>22.04.2025</p>	<p>GDC R.S. Pura Secures Certificate of Merit in Jammu University Debate Competition</p>	<p>Sarbjeet Hira, a talented student from Government Degree College (GDC) R.S. Pura, has been honoured with a Certificate of Merit for his outstanding performance in the 2nd Annual Prof Shailendra Singh Jamwal Memorial Debate Competition-2025 organized by the Department of Student Welfare, University of Jammu. The prestigious event, held on 21/04/2025 brought together some of the brightest debaters from colleges and university of Jammu across the region. On the topic “Regulation of Social Media is a threat to Freedom of Expression”, the participants engaged in thought-provoking discussions on contemporary topics, showcasing their eloquence, critical thinking, and persuasive skills. Sarbjeet’s compelling arguments, confident delivery, and in-depth analysis of the debate topic earned him this distinguished recognition. His achievement highlights the academic excellence and competitive spirit nurtured at GDC R.S. Pura. Principal Prof Dr Preetpal Kour and the faculty of GDC R.S. Pura extended their heartfelt congratulations to Sarbjeet, commending his dedication and hard work. “This accomplishment reflects not only Sarbjeet’s talent but also the college’s commitment to fostering intellectual growth and extracurricular excellence,” stated Prof Dr Preetpal Kour. The University of Jammu praised all participants for their enthusiasm and high standard of debate, emphasizing the importance of such platforms in shaping future</p>	  

leaders and thinkers. Sarbjeet expressed gratitude to his mentors, peers, and the college for their unwavering support. "This recognition motivates me to strive harder and contribute meaningfully to such intellectual endeavors," he said. GDC R.S. Pura takes immense pride in Sarjeet's achievement and looks forward to more such accomplishments from its students in the future.

13 22.04.2025

GDC R.S. Pura celebrates Earth Day by organizing "Best of waste" workshop

The Environmental Science department and Ecoclub of GDC R.S.Pura celebrated Earth Day with a creative and thought-provoking "Best Out of Waste" activity under the patronage of worthy Principal Dr. Preetpal Kour. The event aimed to raise awareness about waste management and promote sustainability. On this occasion, students showcased their creativity and talent by creating items that can provide nesting and feeding services to birds using waste material such as plastic bottles, cardboard, and fabric scraps. The principal encouraged students to transform discarded materials into innovative products. Anikat Singh, Mamta Choudhary, Palvi and Manisha Bhagat of semester second were awarded certificate of merit for preparing best models. The best feeder was installed in the college lawn by worthy principal. The activity not only highlighted the importance of reducing, reusing, and recycling waste but also demonstrated the potential for waste materials to be repurposed into valuable resources. The event was organised by Prof. Priya Darshni Sharma and Dr Akriti Parihar of department of Environmental sciences. The other faculty members present at event were Prof Geetika Goswami, Dr. Hari Singh and Prof. Vijeeta Anand who appreciated the students' efforts and emphasized the need for sustainable practices in daily life.



9. JOURNEY LINE, Jammu

GDC RS. Pura celebrates Earth Day by organizing "Best of waste" workshop

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ALL NEWS SERVICE

JAMMU, Apr 22: The Environmental Science department and Ecoclub of GDC R.S. Pura celebrated Earth Day with a creative and thought-provoking "Best Out of Waste" activity under the patronage of worthy Principal Dr. Preetpal Kour. The event aimed to raise awareness about waste management and promote sustainability.

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The activity not only highlighted the importance of reducing, reusing, and recycling waste but also demonstrated the potential for waste materials to be repurposed into valuable resources. The event was organised by Prof. Priya Darshni Sharma and Dr Akriti Parihar of department of Environmental sciences. The other faculty members present at event were Prof Geetika Goswami, Dr. Hari Singh and Prof. Vijeeta Anand who appreciated the students' efforts and emphasized the need for sustainable practices in daily life.

ACM School holds Guru Bandhan Obhaya

<p>14</p>	<p>22.04.2025</p>	<p>GDC RS Pura Organizes Extension Lecture on Human Development Index Under POSHAN Pakhwada</p>	<p>NSS unit in collaboration with Department of Economics and Zoology of Government Degree College, RS Pura, in line with the ongoing POSHAN Pakhwada 2025, organized an insightful extension lecture on the Human Development Index (HDI) to raise awareness among students and faculty on the interlinkages between nutrition, development, and overall well-being. Guest speaker of the session Dr. Shivani Manchanda, Assistant Professor Economics delivered a lecture on Human Development Index as a composite statistic of life expectancy, education, and per capita income indicators. The lecture also highlighted how nutrition plays a pivotal role in influencing each of these dimensions. Speaking on the occasion, Prof. (Dr.) Preetpal Kour, Worthy Principal of the College emphasized the importance of such academic initiatives in creating socially aware and informed citizens. “Nutrition is the foundation of development. Educating our students on such themes not only enriches their knowledge but also sensitizes them to grassroots realities,” she stated. The event witnessed enthusiastic participation from students and faculty across various departments, reflecting a growing interest in developmental indices and their impact on policymaking and society at large. The whole event was coordinated by Dr. Chanchal Angral, NSS PO and the formal vote of thanks was presented by Dr Anupama Pandotra, Associate Professor Zoology. The committees members present in the event were Dr. Hari Singh, Dr. Sunil Kumar Mangoch and Dr. Savleen Kour.</p>	 <p>90. JOURNEY LINE, Jammu</p> <h3>GDC RS Pura organizes extension lecture</h3> <p>NEWS SERVICE</p> <p>JAMMU, Apr 22: NSS unit in collaboration with Department of Economics and Zoology of Government Degree College RS Pura, in line with the ongoing POSHAN Pakhwada 2025, organized an insightful extension lecture on the Human Development Index (HDI) to raise awareness among students and faculty on the interlinkages between nutrition, development, and overall well-being.</p> <p>Guest speaker of the session Dr. Shivani Manchanda, Assistant Professor Economics delivered a lecture on Human Development Index as a composite statistic of life expectancy, education, and per capita income indicators.</p> <p>The lecture also highlighted how nutrition plays a pivotal role in influencing each of these dimensions.</p> <p>Speaking on the occasion, Prof. (Dr.) Preetpal Kour, Worthy Principal of the College emphasized the importance of such academic initiatives in creating socially aware and informed citizens.</p> <p>“Nutrition is the foundation of development. Educating our students on such themes not only enriches their knowledge but also sensitizes them to grassroots realities,” she stated.</p> <p>The event witnessed enthusiastic participation from students and faculty across various departments, reflecting a growing interest in developmental indices and their impact on policymaking and society at large.</p> <p>The whole event was coordinated by Dr. Chanchal Angral, NSS PO and the formal vote of thanks was presented by Dr Anupama Pandotra, Associate Professor Zoology.</p> <p>The committees members present in the event were Dr. Hari Singh, Dr. Sunil Kumar Mangoch and Dr. Savleen Kour.</p> <p>GEW Udhammur Celebrates Earth Day Earth Day 2025</p>
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15	24.04.2025	GDC RS Pura Organizes Plantation Drive for Herbal Tea Garden	<p>NSS unit of Government Degree College RS Pura has taken a green leap forward by organizing a Plantation Drive for establishing a Herbal Tea Garden in college campus today on 24.04.2025, promoting both environmental consciousness and holistic health. The drive saw enthusiastic participation from students, faculty members, and NSS volunteers. A diverse selection of herbal plants, including Tulsi, Lemongrass, Mint, Chamomile, and Ashwagandha, were planted during the event. These plants will serve as the foundation for the college's new Herbal Tea Garden, which aims to educate students on the benefits of herbal remedies and sustainable agriculture. Principal of the College Prof. (Dr.) Preetpal Kour, applauded the initiative, stating, "This plantation drive is not just about greenery—it's about cultivating a healthier lifestyle, connecting with nature, and inspiring students to value traditional knowledge." The Herbal Tea Garden will also be integrated into the academic and extracurricular framework of the institution, offering students practical exposure to herbal sciences and eco-friendly practices, she added.</p> <p>Speaking on the event Program Coordinator, Dr. Chanchal Angral, NSS PO said that this initiative aligns with broader efforts to instill Eco-conscious habits among youth and supports India's mission for a cleaner, greener future. The faculty members who make the event successful were Dr. Shivani Manchanda, Dr. Hari Singh, Dr. Akriti Parihar, Dr. Sunil Kumar Mangoch and Dr. Savleen Kour.</p>
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16	25.04.2025	GOVT. DEGREE COLLEGE R.S. PURA ORGANIZED A CANDLE MARCH	<p>To honour the victims of the Pahalgam Terror Attack, students and staff of Govt. Degree College R.S. Pura organized a candle march under the patronage of worthy Principal of the college Prof. (Dr.) Preetpal Kour. Students and staff of Govt. Degree College R.S. Pura marched through the town condemning the brutal attack on innocent tourists in Pahalgam which left 26 people dead, with</p>
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placards and banners in their hands. Students lit candles in the memory of the deceased. They raised slogans and demanded strict action against the culprits and justice for the innocent victims. The candle march was filled with emotions as students stood united against terrorism. The event was jointly organized by NCC, NSS Unit and staff of the college. Principal of the college, Prof. (Dr.) Preetpal Kour strongly condemned this brutal attack and said that students and staff of Govt. Degree College R.S. Pura stands in solidarity with the victims of this heinous attack.



GDC R S Pura organizes candle march

Top News Report

RS PURA, Apr 25: To honour the victims of the Pahalgam terror attack, students and staff of Govt. Degree College R.S. Pura organized a candle march under the patronage of Principal of the college Prof. (Dr.) Preetpal Kour.



Students and staff of Govt. Degree College R.S. Pura marched through the town condemning the brutal attack on innocent tourists in Pahalgam which left 20 people dead with placards and banners in

their hands. Students lit candles in the memory of the deceased. They raised slogans and demanded strict action against the culprits and justice for the innocent victims.

The candle march was filled with emotions as students stood united against terrorism. The event was jointly organized by NCC, NSS Unit and staff of the college. Principal of the college,

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GDC RS Pura organizes candle march

J.A. NEWS SERVICE

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17 30.04.2025

GOVT. DEGREE COLLEGE R.S. PURA ORGANIZED AN ART AND CRAFT WORKSHOP

An engaging and colorful art and craft workshop was organized by NSS Unit of GDC RS Pura Jammu, attracting over 100 students. The workshop aimed to nurture creativity and promote hands-on learning through traditional and contemporary art techniques.

The workshop featured demonstration of paper art and



			<p>origami by a skilled artist Mr. Mahinder Rao from Rajasthan who guided attendees by offering tips and demonstrations to help them develop their art skills.</p> <p>The whole event was coordinated by Dr Chanchal Angral, NSS PO and NSS committee members Dr. Shivani Manchanda, Dr. Hari Singh, Dr. Akrity Parihar, Dr. Sunil Kumar Mangoch and Dr. Savleen Kour.</p>
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GDC RS Pura hosts Vibrant Art and Craft Workshop

EARLY TIMES REPORT

RS PURA, Apr 20: The NSS Unit of Government Degree College (GDC), R.S. Pura, organized a lively and creative Art and Craft Workshop that drew the enthusiastic participation of over 100 students. The event aimed to foster creativity and provide hands-on learning experiences through both traditional and modern art forms.

A major highlight of the workshop was the live demonstration of paper art and origami by renowned artist Mahinder Rao from Rajasthan. With AAIM and guidance, he guided the students through various techniques, offering valuable tips to enhance their artistic abilities.

The workshop was successfully coordinated by Dr. Chanchal Angral, NSS Programme Officer, along with active support from NSS committee members: Dr. Shivani Manchanda, Dr. Hari Singh, Dr. Akrity Parihar, Dr. Sunil Kumar Mangoch, and Dr. Savleen Kour. The event not only sparked creativity among the students but also highlighted the importance of preserving and exploring artistic expression in academic spaces.

Participants engaged during the workshop.

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PRINCIPAL