

# 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 G D C RS PURA	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.	See Degree Coding (OCC 45) the first particular shallows and the con- tional service shallows and the con- tional service shallows and the coding  and a shallow point of the coding  and the coding points a first state by  the coding points a first state by  the coding points and telescent to  the coding points and te
2	04.04.2025	COUNSELLING SESSION ON "CAREER COUNSELLING AFTER GRADUATION	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. 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 Neharika of Physics Department. The program was organized by Convener, Career Counselling Cell and Department Education.

#### Counselling Session on "Career Counselling after Graduation"



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GDC R. S. PURA PARTICIPATES IN FOUNDATION DAY OF BHARTIYA YOGA SANSTHAN

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 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



#### GDC RS Pura participates in Foundation Day of Bhartiya Yoga Sansthan



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committed to promoting over-feeling, and events used from the party of the promoting of the party of the part

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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 wellbeing, and events like these help strengthen community's the 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.

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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 collaboration with NSS unit of Government Degree College, R.S. Pura, organized a Drug-Free India Pledge Ceremony to reaffirm the collective resolve 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 pledgetaking ceremony, invoking Dr. Ambedkar's ideals of social equality, and iustice. 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 and co-coordinated by Dr. Hari Singh, Dr. Sunil Kumar Mangoch and Dr. Savleen Kour, members







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			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.	
5	12.04.2025	GDC R.S. Pura Organizes Symposium on the Life, work and Contributions of Dr. B. R.Ambedkar	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, Dr. Rajinder Sharma, Dr. Anupama Pandotra, Dr. Neeti Chibber, Dr. Renu Sharma, Dr. Anupama Pandotra, Dr. Neeti Chibber, Dr. Renu Sharma, Dr.	GDC RS Pura organizes symposium on the Life, work and Contributions of Dr B. R. Ambedkar  R. Anten March Con

			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 <sup>nd</sup> , 4 <sup>th</sup> and 6 <sup>th</sup> . 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.	GOVIL DEGREE COLLEGE R.S. PURA
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.	

8	16.04.2025	GDC R.S. Pura Organizes Slogan Writing Competition Under Poshan Maah Initiative	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. 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 The performance of the participants was adjudged by Dr. Neeti Chibber and Dr. Renu Sharma from the Department of Botany	GDC RS Pura organizes slogan writing competition  AMNUL, May tal. Section 1 collisions to see the College Test of Government Dispose Uniting EL. Pura neisero size where the College Electron and Government Dispose United Section 1 College College Electron 1 Coll
9	17.04.2025	GDC R.S. Pura Organizes Seminar on "Understanding a Balanced Diet"	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	

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healthy eating habits. The seminar featured speakers who discussed various aspects of a balanced diet, the including role 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 incorporate the knowledge gained into their daily lives to enhance 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 Anupama Dr.

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



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**10** 19.04.2025

GDC RS PURA
ORGANIZES QUIZ
COMPETITION
UNDER POSHAN
PAKHWADA
INITIATIVE

NSS unit in collaboration with ofVeterinary Department 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. 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 Ouiz 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

Pandotra, Dr. Akrity Parihar, Dr. Hari Singh, Dr. Sunil Kumar Mangoch and Dr. Savleen Kour.



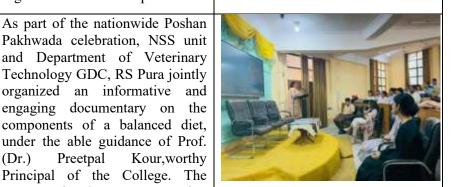


POSHAN Abhiyaan, and local food practices. Officiating Principal of the college, Dr. Neena Gupta, emphasized the critical role of youth in promoting nutritional awareness. "Poshan Pakhwada is not just campaign—it's a call to action. By empowering students with knowledge, we enable them to become ambassadors 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 students. awareness among 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.

**11** 21.04.2025

GDC RS PURA
HOSTS
DOCUMENTARY
SHOW ON
COMPONENTS OF
BALANCED DIET

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. Preetpal Kour, worthy (Dr.) 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 componentscarbohydrates, proteins, vitamins, minerals, fiber, and water and their role in maintaining overall health and well-being. the Speaking on 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 healthier society, educational institutions play a crucial role in this mission," she noted. The documentary screening







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Pronuent faculty more bern who graced the occuelos Included Dr. Jugai Riddom Dr. Hart Rugh, Dr. Akriti Paribor, and Dr. Stand Humar Mongovit.

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.

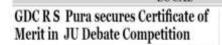
**12** 22.04.2025

GDC R.S. Pura Secures Certificate of Merit in Jammu University Debate Competition

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 2<sup>nd</sup> Annual Prof Shailendra Singh Jamwal Memorial Debate Competition-**2025** organized by the Department of Student Welfare, University of Jammu. The prestigious event, on 21/04/2025 brought held together some of the brightest debaters from colleges university of Jammu across the region. On the topic "Regulation of Social Media is a threat to Freedom of Expression", the participants engaged in thoughtdiscussions provoking 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 excellence academic 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 Sarbieet. commending his dedication and hard work. "This accomplishment reflects not only Sarbjeet's talent but also the college's commitment to fostering intellectual growth 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







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leaders and thinkers. Sarbjeet expressed gratitude to his mentors, peers, and the college for their "This unwavering support. recognition motivates me to strive harder contribute and 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 Environmental department and Ecoclub of GDC celebrates Earth R.S.Pura celebrated Earth Day Day by organizing with a creative and thought-"Best of waste" provoking "Best Out of Waste" workshop 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 GDC RS.Pura celebrates Earth Day by only highlighted the importance of organizing "Best of waste" workshop 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 Akrity 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.

22.04.2025 GDC RS Pura
Organizes Extension
Lecture on Human
Development Index

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POSHAN Pakhwada

NSS unit in collaboration with Department of Economics and Zoology of Government Degree College, RS Pura, in line with the POSHAN ongoing 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 dimensions. Speaking on the occasion, Prof. (Dr.) Preetpal Kour, Worthy Principal of the College emphasized 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 Dr Anupama by Pandotra, Associate Professor Zoology. The committees members present in the event were Dr. Hari Singh, Dr. Sunil Kumar Mangoch and Dr. Savleen Kour.



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### GDC RS Pura organizes extension lecture



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GCW Udhammur Celebrates Earth Day Earth Day 2025

**15** 24.04.2025 16

GDC RS Pura Organizes Plantation Drive for Herbal Tea Garden

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 from participation 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.

Speaking on the event Program Coordinator. Dr. Chanchal Angral, NSS PO said that this initiative aligns with broader efforts to instill Ecoconscious 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.



## GDC RS Pura organizes plantation drive for Herbal Tea Garden

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16 25.04.2025 GOVT. DEGREE COLLEGE R.S. PURA ORGANIZED A CANDLE MARCH

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 condeming the brutal attack on innocent tourists in Pahalgam which left 26 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, 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

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# GDC RS Pura organizes candle march

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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



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.

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.



# GDC RS Pura hosts Vibrant Art and Craft Workshop

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Mangoch, and Ir. Say hen Soar The court no only spaced greaterly newing the stablents be also highlighted the inportance of preserving and eightering miliations greated in academic spaces.