



GOVERNMENT DEGREE COLLEGE R. S. PURA



REPORT

OF

ACHIEVEMENTS/ACTIVITIES

FOR THE MONTH OF MAY, 2025

ACHIEVEMENTS/ACTIVITIES CONDUCTED FOR THE MONTH OF MAY, 2025

S.No	Date	Title of the Activity	Brief Description	Image
1	02.05.2025	STUDENTS OF GDC RS PURA SHOWCASE YOGA ASANAS IN INSPIRING DISPLAY OF DISCIPLINE AND WELLNESS	In a vibrant celebration of physical fitness, mental well-being, and cultural heritage, students of [GDC RS Pura] came together today for a dynamic yoga asana display held on campus under the Fit India Movement series of event. The event, organized by the Department of Physical Education and Sports drew enthusiastic participation and appreciation from students. From foundational postures like Tadasana and Vrikshasana to more advanced poses such as Chakrasana and Mayurasana, students demonstrated not only physical strength and flexibility but also the poise and focus that yoga cultivates. The asana demonstration was set against a backdrop of serene music and informative narration, highlighting the health benefits of each posture. Principal Prof. (Dr.) Preetpal Kour in their inaugural speech, praised the students' dedication and emphasized the importance of yoga in student life, stating, "Yoga helps our youth manage stress and lead balanced lives. It's encouraging to see such commitment to personal wellness." Dynamic Demonstrations by Talented Students. The centrepiece of the event was the student-led yoga asana demonstration. More than [number] students performed a coordinated sequence of postures including: • Surya Namaskar (Sun Salutation) • Bhujangasana (Cobra Pose) • Trikonasana (Triangle Pose) • Padmasana (Lotus Pose) • Sarvangasana (Shoulder Stand) • Dhanurasana (Bow Pose) • Shavasana (Corpse Pose) for relaxation and mindfulness. Each asana was performed with precision and accompanied by brief explanations of its health benefits—ranging from improved concentration to enhanced	  

			flexibility and reduced anxiety. The event concluded with the vote of thanks by Dr. Roopali Slathia to the chair and all members of the sports committee present there were Prof. Anupama Andotra (convenor), Dr. Rakesh Choudhary, Prof. Neelam, Prof. Rakesh Kalotra, Prof Hari and Dr. Roopali Slathia.	
2	03.05.2025	GDC RS PURA HOSTS POSTER DISPLAY ON VIKSIT VIBRANT VILLAGE PROGRAM	NSS Unit of Government Degree College R.S. Pura hosted a poster display event focusing on the 'Viksit Vibrant Village Program' under the able guidance of Prof. (Dr.) Preetpal Kour, Principal of the College and Supervision of Dr. Chanchal Angral, NSS, PO. This initiative aligns with the broader 'Viksit Bharat@2047' vision, aiming to empower border villages through infrastructure development, improved livelihoods, and cultural vibrancy. The posters pertaining to VIKSIT VIBRANT VILLAGE PROGRAM (VVVP) were displayed on the notice board of the college by the NSS Team and Volunteers to create awareness among the students about the event and to register them on My Bharat Portal as a part of transformational Leader of Viksit Bharat. Later Volunteers registered themselves on My Bharat Portal which were beneficial to them regarding the awareness of various Govt. Initiatives meant for them. Speaking on the event Principal of the College exhorted that such activities are part of the college's ongoing efforts to engage students in national development themes and raise awareness about critical government initiatives for empowering the border villages. The faculty member who were present during the event were Dr. Akriti Parihar, Dr. Hari Singh, Dr. Sunil Kumar Mangoch and Dr. Savleen Kour.	 

3	20.05.2025	GDC RS PURA HOSTS ORNAMENTAL PLANTS PLANTATION DRIVE TO PROMOTE ECO-CONSCIOUSNESS AND BEAUTIFICATION	NSS unit of Government Degree College R.S. Pura successfully organized an Ornamental Plants Plantation Drive within the college campus, aiming to foster environmental awareness, promote ecological balance, and enhance the campus's aesthetic appeal. The event was held under the able guidance of Prof. (Dr.) Preetpal Kour, Principal of GDC RS Pura, who emphasized the importance of green initiatives in academic institutions. "Creating a green and serene environment not only benefits the ecosystem but also contributes to the overall well-being of students and staff" she added. Faculty members, non-teaching staff, and students enthusiastically participated in the drive, planting a variety of ornamental species. "The Plantation Drive is part of our broader commitment to sustainability and student engagement in eco-friendly practices," said Dr. Chanchal Angral, NSS PO. The initiative coordinated by the NSS Unit was a part of green initiative with a motive of nurturing a culture of environmental responsibility among youth. The faculty member who were part of the drive were Dr. Shivani Manchanda, Dr. Sunil Kumar Mangoch and Dr. Savleen Kour.	 
4	23.05.2025	OPHTHALMIC PRACTICE ON ASTHENOPIA HELD AT GDC R.S. PURA	A preliminary activity was conducted by NSS unit in collaboration with department of Zoology of GDC R. S. Pura under the able guidance of Prof (Dr.) Preetpal Kour, worthy principal of the college. It was basically a quasi-experimental study to assess the effectiveness of ophthalmic exercise on Asthenopia among students. The initiative was organized by Gousia, a student of Stephens College of Nursing, Miran Sahib. Near about 60 NSS Volunteers of the college filled the questionnaire based on the study. The practice also served as a valuable training opportunity for students from GDC R.S. Pura, who gained knowledge under expert supervision. This exercise created awareness among the students about the significance of	

			regular eye examination, early detection of eyes related issues in the present digital age and the role of nutrition and eye health. On this event Dr. Chanchal Angral, NSS PO explained the students the concept of Asthenopia. She said that it is an eye strain or visual fatigue which is caused due to prolonged or excessive use of electronic devices such as mobile phones, laptops which require focused vision. If not timely managed it can lead to blurred vision, itchy and sore eyes. Further she expressed gratitude to the volunteers and supporting staff for their cooperation in the execution of the event. The faculty member who were present during the drive were Dr. Shivani Manchanda, Dr. Akriti Parihar, Dr. Sunil Kumar Mangoch and Dr. Savleen Kour.	 Ophthalmic practice on Asthenopia held at GDC R S Pura Top News Report R S Pura, May 25: A preliminary activity was conducted by NSS unit in collaboration with department of Zoology of GDC R. S. Pura under the guidance of Prof (Dr.) Preetpal Kour, Principal of the college. It was basically a group-experimental study to assess the effectiveness of ophthalmic exercises on Asthenopia among students. The initiative was organized by GDC, a student of Shaheen College of Nursing, Mohali. Near about 40 NSS Volunteers of the college filed the ques- tionnaire based on the story. This practice also served as a valuable learning opportunity for students. NSS (GDC) Pura, who gained knowledge under expert supervision. The exercise created awareness about the significance of regular eye examination, early detection of eyes related issues in the present digital age and the role of nutrition and eye health. On this event, Dr. Chanchal Angral, NSS PO explained the students the concept of Asthenopia. She said that it is an eye strain or visual fatigue which is caused due to prolonged or excessive use of electronic devices such as mobile phones, laptops which require focused vision. If not timely managed it can lead to blurred vision, itchy and sore eyes. Further, she expressed gratitude to the volunteers and supporting staff for their cooperation in the execution of the event. The faculty member who were present during the drive were Dr. Shivani Manchanda, Dr. Akriti Parihar, Dr. Sunil Kumar Mangoch and Dr. Savleen Kour.
5	26.05.2025	GDC R.S PURA ORGANIZES AWARENESS LECTURE ON DRUG ABUSE	Drug De-addiction committee of Government Degree College, RS Pura, took a significant step in educating and sensitizing students about the harmful effects of drug abuse by organizing an awareness lecture in the college. The event held under the able guidance of Prof (Dr.) Preetpal Kour, Worthy Principal of the College, aimed to raise awareness about the growing menace of drug addiction among youth and to empower students with knowledge about prevention and rehabilitation. The presiding of the event was taken over by Prof. Rajinder Singh, HOD Punjabi. The keynote speaker, Dr. Savleen Kour, Assistant Professor, Veterinary Technology delivered an impactful lecture highlighting the physical, psychological, and social consequences of substance abuse. The session also included real-life case studies and interactive discussions, enabling students to understand the importance of making informed choices and seeking help when needed. Speaking on the occasion College Principal Prof. (Dr.) Preetpal Kour, emphasizing the role of educational institutions in molding responsible citizens. "Awareness is the first step	 GDC R S Pura organizes awareness lecture EARLY TIMES REPORT R S Pura, May 26: The addiction committee of Government Degree College, RS Pura, took a significant step in educating and sensitizing students about the harmful effects of drug abuse by organizing an awareness lecture in the college. The event held under the able guidance of Prof (Dr.) Preetpal Kour, Worthy Principal of the College, aimed to raise awareness about the growing menace of drug addiction among youth and to empower students with knowledge about prevention and rehabilitation. The presiding of the event was taken over by Prof. Rajinder Singh, HOD Punjabi. The keynote speaker, Dr. Savleen Kour, Assistant Professor, Veterinary Technology delivered an impactful lecture highlighting the physical, psychological, and social consequences of substance abuse. The session also included real-life case studies and interactive discussions, enabling students to understand the importance of making informed choices and seeking help when needed. Speaking on the occasion College Principal Prof. (Dr.) Preetpal Kour, emphasizing the role of educational institutions in molding responsible citizens. "Awareness is the first step

			towards prevention. As educators, it is our responsibility to guide our youth away from such destructive paths,” she remarked. The program saw active participation from students, faculty, and staff members. The whole event was coordinated by Prof. Neelam Kumari, Convener Drug De-addiction Committee.	
6	28.05.2025	GDC R.S PURA ORGANIZES AWARENESS LECTURE ON “FEMALE HEALTH AND HYGIENE”	An awareness lecture on “Female Health and Hygiene” was organized by Women Development under the worthy patronage of Principal Prof. (Dr.) Preetpal Kour and supervision of Dr. Neena Gupta Rohmetra, Head department of English and Convener Women Development Cell. Promoting menstrual hygiene, and understanding about its biological processes 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, and understanding reproductive health. The event was organized under CSR (Corporate Social Responsibility) initiative My Menstruation My Pride". CSR have 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 Ms. 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 addressed by Dr. Savleen Kour, Assistant Professor in 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 50 female students actively participated with full enthusiasm. Other faculty members present in this session were Dr. Chanchal Angral, Dr Anupama Pandotra, Prof Radhika Mahajan, Dr Shivani Manchanda, Prof Shelly Kalsi, Prof Meeshu Pandita and Prof Neelam Kumari. Principal of the college appreciated the efforts of organizing committee and also advised the students to follow the guidelines practically in their lives in order to become healthy in every aspect. The session was concluded with a formal vote of thanks given by Prof Harpreet Kour, Assistant Professor in English.	
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