



GOVERNMENT DEGREE COLLEGE R. S. PURA



REPORT

OF

ACHIEVEMENTS/ACTIVITIES

FOR THE MONTH OF JUNE, 2025

ACHIEVEMENTS/ACTIVITIES CONDUCTED FOR THE MONTH OF JUNE, 2025

S.No	Date	Title of the Activity	Brief Description	Image
1	04.06.2025	GDC R.S. Pura Organizes Essay Writing Competition on World No Tobacco Day	To mark World No Tobacco Day 2025, Government Degree College (GDC), R.S. Pura organized an Essay Writing Competition, under the guidance of the college Principal, Prof. (Dr.) Preetpal Kour. The competition aimed to raise awareness among students about the harmful effects of tobacco use and to promote a tobacco-free lifestyle. The theme of this year's World No Tobacco Day, "Protecting Children from Tobacco Industry Interference," inspired many students to reflect deeply and creatively on the subject. Near about 40 students from various streams participated enthusiastically, expressing their views on tobacco control, the health hazards of smoking, and the importance of youth engagement in anti-tobacco campaigns. The entries were judged based on originality, relevance to the theme, clarity of thought, and language proficiency. Speaking on the occasion, Principal of the college emphasized the importance of awareness programs in curbing tobacco use, especially among youth. "It is essential to educate young minds about the dangers of tobacco and empower them to make healthy choices," she said. The whole event was coordinated by Prof Sanjeev Upadhyay, Convener, Tobacco Free/Control Committee and the faculty members presented during the event were Prof. Shelly Kalsi, Prof. Meeshu Pandita, Prof Neelam Kumari Dr. Sunil Kumar Mangoch and Dr. Rakesh Kalotra. The event concluded with a pledge by students and staff to lead a tobacco-free life and spread awareness in their communities.	 

2	05.06.2025	GDC R.S. PURA CELEBRATES WORLD ENVIRONMENT DAY 2025 WITH ONLINE QUIZ AND CAMPUS PLANTATION DRIVE	The Department of Environmental Sciences in collaboration with Eco-Club of the Government Degree College R.S. Pura celebrated World Environment Day on 5th June 2025 as a part of nationwide campaign “<i>Beat the plastic pollution</i>”. A UT level online quiz was organized on the same theme in which more than 150 students participated. This quiz was aimed to create awareness regarding the worldwide menace of plastic pollution. Students enthusiastically participated in the online quiz designed to test and improve their knowledge about pressing environmental issues, sustainability practices, and global climate action. The college also organized a tree plantation drive in collaboration with Eco Club. Faculty, staff, and students planted saplings across the campus, reaffirming their commitment to building a greener and cleaner environment. Native and medicinal plant species were prioritized to support local biodiversity. Speaking about the event Prof. (Dr.) Preetpal Kour, Principal recognized that education must extend beyond classrooms to include real-world environmental action. She urged students to adopt eco-friendly habits and spread the message of sustainability within and beyond the campus. The event was organized under the patronage of the Principal Prof. (Dr.) Preetpal Kour by the faculty of Environmental sciences, Prof. Priya Darshini Sharma, Dr. Sudesh Kumar, Dr. Akrity Parihar.	  
3	19.06.2025	GDC R.S. PURA ORGANIZED A SLOGAN WRITING EVENT	Government Degree College, R.S. Pura organized a Slogan Writing Event on 19th June, 2025 to spread awareness regarding the harmful effects of drug abuse among the youth. The event was organized under the able guidance of the Principal of the Institution, Prof. Dr. Preetpal Kour. The event aimed to inspire students to raise their voices against drug addiction and to embrace a healthy, drug-free lifestyle with awareness. The students of 2nd Semester participated in the event expressing their thoughts and concerns through	

			powerful and creative slogans. The programme was coordinated by Prof. Geetika Goswami . Faculty members Dr. Neeti Chibber, Dr. Jugal Kishore, Prof. Sanjeev, Prof. Sunil, and Prof. Rakesh Kalotra were also present and supported the event. The Principal of the Institution Prof. Dr. Preetpal Kour appreciated the efforts of the students and encouraged the youth to play an active role in building a better, drug-free society.	
4	21.06.2025	GDC R.S. Pura Organizes Yoga Session on International Day of Yoga 2025	Government Degree College (GDC) R.S. Pura joined the global celebration of the International Day of Yoga by organizing a special yoga session on its campus today. The event witnessed enthusiastic participation from students, faculty members, and staff, promoting the theme of this year: "Yoga for Self and Society." The session began early in the morning with a warm welcome from the Principal, Prof. (Dr.) Preetpal Kour, who highlighted the importance of yoga in maintaining physical, mental, and emotional well-being. In her address, she emphasized the relevance of incorporating yoga into daily life, especially for the youth. Yoga instructor Mrs. Dipti Karlopiya, led the session, guiding participants through a series of asanas (postures), pranayams (breathing techniques), and meditation. The exercises focused on improving flexibility, concentration, and inner peace. The event was organized under the aegis of the NCC/NSS Unit, sports Committee, Yoga Committee and Department of Physical Education, with meticulous coordination by faculty and volunteers. Informational brochures on yoga and wellness were also distributed to raise awareness about the health benefits of the ancient practice. The program concluded with a collective pledge to continue practicing yoga regularly and promoting holistic health in the community. The initiative reflects GDC R.S. Pura's ongoing commitment to nurturing a balanced and healthy lifestyle among its students and staff.	  