

7.1.8 INSTITUTIONAL EFFORTS / INITIATIVES IN PROVIDING AN INCLUSIVE ENVIRONMENT I.E., TOLERANCE AND HARMONY TOWARDS CULTURAL, REGIONAL, LINGUISTIC, COMMUNAL SOCIO ECONOMIC AND OTHER DIVERSITIES

YOGA DAY:

Yoga Day Celebration: 21-06-2017:

Third International Yoga Day was celebrated by NSS and NCC Units of GCW Kathua under the guidance of Dr. Nutan K. Resutra and NSS and NCC Officers Prof Madhvi Patasher and Prof Shakun Mahajan on dated **21-06-2017**. NCC cadets and NSS Volunteers along with staff of the college attended Yoga Day Celebrations. The students were exhorted upon to adopt Yoga as a way of living. It was an hour-long exercise session, 12 Asanas were performed which moved through poses from Surya Namaskar to basic Yogic Asanas like Trikon Asana, Nauka Asana, Bhujang Asana, Matasaya Asana, Chakki Asana, Briksha Asana followed by breathing exercises such as KapalBhati and Pranayana for 15 minutes and meditation for three minutes.



Yoga Day: 21-06-2018

Fourth International Yoga Day was celebrated by NSS Unit of GCW Kathua under the guidance of Dr. Kulvinder Kour and NSS and NCC Program Officer, Prof Madhvi Parashert today on dated. NSS Volunteers along with staff of the college attended Yoga Day Celebrations. The students were

exhorted upon to adopt Yoga as a way of living. It was an hour long exercise session, 12 Asanas were performed which moved through poses from Surya Namaskar to basic Yogic Asanas.



TEACHERS DAY:

Teachers' Day: 05-09-2016

Students of Govt. Degree College for Women Kathua celebrated Teacher's Day on **05-09-2016** with great enthusiasm and fervour. On this occasion students honoured their teachers by presenting mementos to them and appreciated the role of teachers in shaping their future. Speaking on the occasion Principal, Dr. Satinder Singh threw light on the life and teachings Dr.Sarvepalli Radhakrishnan and also shared his experiences of teaching with the students. On this occasion the students presented cultural items and expressed their thoughts regarding the teachings and ideology of Dr.Sarvepalli Radhakrishnan.



Teachers' Day: 05-09-2019

Teacher's Day celebrated in Government Degree College for Women, Kathua on 05-09-2019. The students of the college organized a cultural event for the teachers in which rich tributes were paid to DR. s Radha Krishnan. The Principal of the college, Prof. Assa Ram Sharma was the chief Guest of the occasion, where he said the role of a teacher in our lives is indispensable and we all are indebted to our respective teachers for shaping our future.



EKTA DIWAS:

Rashtriya Ekta Diwas: 31-10-2018

The birth anniversary of Sardar Vallabhbhai Patel was celebrated by Govt. College For Women, Kathua as “ Rashtriya Ekta Diwas” with great zeal and fervor. Pledge to uphold National Unity was taken by Principal, staff, NSS volunteers, NCC cadets and other students after which “Run for Unity” was organized which was led by Principal Dr.KulvinderKour, ANO of the college Dr Rajni Sharma alongwith staff , NSS Volunteers, NCC Cadets and large number of students.



Rashtriya Ekta Diwas: 31-10-2019

Rashtriya Ekta Diwas to mark birth anniversary of Sardar Ballabhbhai Patel was celebrated at GDC for Women, Kathua with great zeal and enthusiasm. Principal of the college Prof. R. S. Jamwal presided over the function. The celebration started with paying of floral tributes to Sardar Patel followed by a symposium on the topic “Ek Bharat, Shreshth Bharat.” About 10 NSS volunteers shared their views. The symposium was judged by Prof Ravinder Kour, Dr. Naresh Sharma and Prof Ambika Rajput. To celebrate spirit of unison in diversity that India holds, NSS Volunteers presented a colourful dance sequence. Principal of the college, Prof R S Jamwal in his

keynote address highlighted the role of Sardar Vallabhbhai Patel in consolidation of India as republic and protecting unity of India with his amazing steely strength



CELEBRATION OF MATRIBHASHA DIWAS (MOTHER TONGUE DAY)

The Ek Bharat, Sreshtha Bharat (EBSB) Club of Govt. Degree College for Women Kathua celebrated the Matribhasha Diwas in its campus on 22-02-2020 to commemorate the International Mother Language day : a day dedicated to promote the awareness of linguistic ,cultural diversity and multi-linguistic. The program was graced by Dr. Y.P. Kundal, worthy Principal GDCW Kathua who was the chief guest on this wonderful occasion. Speaking on this occasion, Dr. Kundal emphasized on maintaining the cultural heritage of India by giving respect to the Mother Tongue.



550TH Prakash Parv: 2019

An Inter- College Symposium on “Teachings of Guru Nanak Dev ji and the Contemporary World” was organized at GDC for women, Kathua to celebrate the 550th Prakash Parv. Five College of the College participated in the symposium. Prof. Kulvinder Kour, Principal GDC, Bisnah was the chief Guest of the Ocasion.



Diwali Celebration: 25-10-2019:

Govt. Degree College for Women, Kathua celebrated Diwali. On the eve of Diwali celebrations, a rangoli making competition was held. About 52 students in thirteen groups made beautiful rangolis welcoming festival of light. The Principal of the college presided over the function. He appreciated the efforts made by participants and wishes them a prosperity and success on eve of Diwali. A large number of students including staff were present and enjoyed the beauty of colour ful rangolis made. Prof Babita Jamwal, Dr. Naresh Sharma and Prof Madhvi Parasher judged the the rangolis. Rangolis made by group number five, nine and thirteen were adjudged first, second and third respectively. Group number seven and one bagged consolation prizes. Also sale cum exhibition of products made from solid waste by students of skill enhancement course was organized. Students and staff were enthralled seeing beautiful exhibits from waste. Principal exhorted upon students and staff as well to adapt this strategy of converting household waste into useful decoratives.





Visit to Bal Asharam: 2020

NCC Cadets of GDC For Women, Kathua visited inmates of Bal Ashram, Kathua as part of efforts of NCC Directorate to imbibe a sense of responsibility towards society. The cadets of 2nd Girls Battalion J & K visited local Bal Asham at Kathua and took first hand insight into the lives on children residing there. The cadets interacted with children and enquired of what aspirations they have for future. The cadets enthralled children with their dances and songs which were later on joined by inmates themselves.

