



OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE FOR WOMEN
KATHUA-184101

(NAAC Accredited B+ Grade)

Prof. (Dr.) SaviBehl

Principal

College Website: www.gdcwkathua.in

Ph. No. 01922-232647

Mob. No. 94191-63028

Email: womencollegekathua@gmail.com

Monthly Activities/Achievements for the month of March, 2025

S.No	Date	Name of the Activity	Brief Description
1.	01-03-2025	Celebration of National Science Day on the Theme "Empowering Indian Youth for Global Leadership in Science and Innovation for Viksit Bharat."	Govt. Degree College for Women, Kathua commemorated National Science Day with a resounding display of scientific enthusiasm, organizing a series of engaging and educational activities under the patronage of worthy Principal of the college, Dr. SaviBehl. The event aimed to foster a spirit of inquiry and promote scientific awareness among the students. The theme for National Science Day 2025 is: "Empowering Indian Youth for Global Leadership in Science and Innovation for Viksit Bharat.". The college's Science Club, in collaboration with the IQAC, orchestrated a diverse range of activities that catered to various interests and skill levels of students.
2.	01-03-2025	Lecture on the Framing of the Constitution	Dr. Syed Nasir Ali Shah, Head of the Department of Sociology, Government Degree College for Women, Kathua delivered a lecture on the drafting process and significance of the Indian Constitution. The session provided valuable insights into the historical context, fundamental principles, and key contributions of the Constituent Assembly. Engaging discussions further enhanced participants' understanding of constitutional governance.
3.	03-03-2025	Poster making competition	The Department of Political Science, GDCW Kathua, successfully organized a Poster Making Competition on Three New Criminal Laws on 2 nd March 2025. The event aimed to spread awareness about the recently introduced criminal laws while encouraging students to express their understanding creatively. Students from various disciplines participated with enthusiasm, showcasing their artistic talents and knowledge through thought-provoking posters. The competition highlighted key aspects of the new laws, including their impact on society, legal reforms, and the role of the justice system. The event concluded with insightful discussions on legal awareness, emphasizing the importance of understanding laws in a democratic society.

4.	04-03-2025	NSS in collaboration with NCC Unit of College organised a one day workshop on Civil Defence.	The National Service Scheme (NSS) unit of Government Degree College for Women (GDCW) Kathua, in collaboration with the National Cadet Corps (NCC) unit, with the help of Civil Defence Organisation and SDRF Kathua, successfully organized a one-day workshop on Civil Defence. The event featured multiple sessions aimed at enhancing awareness and preparedness in civil defence and related fields. The workshop commenced with an insightful sessions by Mr. Dian Chand, Ex-MLA and Chief Warden of the Civil Defence Organisation, Kathua, Dr. Inayat Mir, Associate Professor at GMC Kathua and Mr. Riyaz. The final session of the day was a practical demonstration by the State Disaster Response Force (SDRF) Kathua. The team conducted a hands-on training session on Basic Life Support (BLS) and Rescue Techniques, equipping participants with essential life-saving skills.
5.	05-03-2025 to 07-03-2025	Annual athletic meet championship organised by jammu university	The University of Jammu successfully hosted Annual Inter-Collegiate Athletic Meet from March 5th to 7th, 2025, bringing together student-athletes from affiliated colleges. The event, organized by the Directorate of Sports & Physical Education, aimed to promote competitive spirit and physical fitness among students. Students from Government Degree College for Women (GDCW) Kathua actively participated in various track and field events, showcasing their talent and dedication. The competition witnessed outstanding performances, with athletes striving for excellence in sprinting, long-distance running, jumps, and throws.
6.	08-03-2025	Awareness Program on Women in Constitution-Making	A special awareness program was held to recognize the contributions of women in shaping the Indian Constitution. Dr. Deepshikha Sharma, Dr. Rachna Devi, and Dr. Mukesh Kumari delivered insightful lectures on the pivotal role of women leaders in the drafting process. The event also featured a debate competition on women's evolving role in governance and a cultural dance performance symbolizing women's empowerment. This program enriched participants' understanding of gender inclusivity in constitutional development.
7.	08-03-2025	Celebration of International Women's Day on the Theme "Accelerate Action"	On the occasion of International Women's Day, Government Degree College for Women (GDCW) Kathua hosted a special celebration to honor and recognize the invaluable contributions of women to society. The event, marked by enthusiasm and a spirit of empowerment, was held on 8 th March 2025 and was attended by all teaching and non-teaching staff, along with students. Dr. Deepshikha, Dr. Ambica and Dr. Rachna Raj addressed the audience with motivating words, reinforcing the significance of such events in empowering women and fostering an inclusive society.

			Students also shared their creativity through powerful poems and speeches, celebrating the achievements of women and advocating for a future of equality and respect. Students also performed a vibrant dance, which added to the festive atmosphere of the event.
8.	10-03-2025	Lecture on Digital Literacy among Females	<p>In today's fast-paced world, digital literacy is not just a skill but a necessity — especially for women, who are pivotal in shaping families, communities, and economies. Prof.Sachinjeet Singh, in his insightful lecture, emphasized the transformative power of digital knowledge for women's empowerment and societal progress.</p> <p>He highlighted that digital literacy equips women with the ability to access information, enhance education, and participate in economic activities. Whether it's managing finances through online banking, accessing healthcare resources, or pursuing remote work opportunities, tech-savviness opens doors to countless possibilities.</p>
9.	10-03-2025	Essay writing Competition on "Understanding Constitutional Principles"	<p>The Political Science Department of Government Degree College for Women (GDCW), Kathua, successfully organized an essay writing competition on the topic "Understanding Constitutional Principles." The event aimed to enhance students' knowledge of India's constitutional framework, fundamental rights, and governance principles while encouraging critical thinking and academic writing skills.</p> <p>Students presented well-researched essays covering various aspects of constitutional principles, including fundamental rights and duties, separation of powers, rule of law, secularism, and judicial review. Many essays highlighted the relevance of these principles in contemporary governance and their role in protecting democracy and individual freedoms.</p>
10.	11-03-2025	Rally for Awareness on the Three New Criminal Laws	<p>The Political Science Department of Government Degree College for Women (GDCW), Kathua, organized a rally on the second day of the awareness program on the three new criminal laws—Bharatiya Nyaya Sanhita (BNS), BharatiyaNagarik Suraksha Sanhita (BNSS), and BharatiyaSakshyaAdhinyam (BSA). The rally aimed to educate students and the general public about the key changes in India's criminal justice system and promote legal awareness among students.</p> <p>The rally covered key areas of college,spreading information about crucial changes such as faster justice delivery, stricter provisions for crimes against women and children, digital evidence recognition, and community service as an alternative punishment. Students also distributed pamphlets</p>
11..	11-03-2025	Storytelling Session on Women in Constitution-Making	To commemorate the 75th anniversary of the adoption of the Constitution and the 150th birth anniversary of SardarVallabhbhai Patel, a storytelling session was organized.

			Narratives highlighted the contributions of 13 women who played a crucial role in shaping constitutional provisions related to equality, social justice, and women's rights. The session served as an important step in ensuring that their contributions continue to inspire future generations.
12.	11-03-2025	Seminar on the Theme "Protecting Children from Tobacco Industry Inference"	<p>In an effort to raise awareness about the harmful effects of tobacco and protect the younger generation from its dangerous effects, the Drug-De-Addiction Cell/ Psychological cell of Government Degree College for Women (GDCW), Kathua, in collaboration with Global Human Rights Trust (GHRT) under the aegis of IQAC organized an impactful seminar titled "Protecting Children from Tobacco Industry Inference." The programme was organised under the able guidance of incharge Principal of the college Prof. Seema Jolly.</p> <p>The keynote speaker for the event was Dr. H.R. Rehman, Chairman of GHRT India, delivered a powerful address on the manipulative strategies employed by tobacco companies to lure young minds into addiction, urging the importance of a comprehensive strategy for education and advocacy to combat this issue.</p>
13.	13-03-2025	Inauguration of 'Didi Ki Rasoi' Canteen at GDCW Kathua by DC Kathua	<p>In a significant step towards empowering women and promoting hygienic and affordable food options for students, Deputy Commissioner (DC) Kathua inaugurated the 'Didi Ki Rasoi' canteen at Government Degree College for Women (GDCW) Kathua.</p> <p>The initiative, launched under the National Rural Livelihood Mission (NRLM), aims to provide nutritious and pocket-friendly meals to students while creating livelihood opportunities for local women's self-help groups. The canteen will be managed by skilled women entrepreneurs, ensuring quality food prepared in a hygienic environment.</p>
14.	15-03-2025	Raising Awareness: Lecture on Sexual Harassment and Psychological Stress Organized by CASH	<p>The Committee Against Sexual Harassment (CASH) organized an insightful lecture on "Sexual Harassment and Psychological Stress" to raise awareness among students and faculty. The session aimed to educate participants on recognizing harassment, understanding its psychological impact, and knowing their legal rights under the Sexual Harassment of Women at Workplace Act, 2013.</p> <p>The lecture also emphasized preventive strategies, including gender sensitization programs, bystander intervention, and strict enforcement of anti-harassment policies. The session concluded with an open Q&A, encouraging students and faculty to actively contribute to fostering a safer, more respectful campus environment.</p>
15.	17-03-2025	Poster-Making Competition	A poster-making competition was held to commemorate India's constitutional journey and the legacy of Sardar Vallabhbhai Patel. Students created artistic

			representations of constitutional principles, reflecting their deep understanding of the themes. The event encouraged creative expression and reinforced the importance of constitutional ideals in contemporary society.
16.	18-03-2025 to 20-03-2025	Three-Day Workshop on Data Entry for Non-Teaching Staff at GDCW Kathua	A three-day workshop on Data Entry for the non-teaching staff of Government Degree College for Women (GDCW), Kathua was coordinated by Dr.Kamini Kapoor and organized by the Convener IQAC. The sessions were led by Mr. NeerajChagathia, Mr. Abdul Gani, and Mr. Sourab Dutta, who provided hands-on training on Microsoft Excel, advanced data management techniques, and database tools. The workshop covered essential skills in data entry, spreadsheet functions, database management, and data security, aimed at improving the staff's efficiency in handling administrative tasks. The workshop received positive feedback for its practical approach and the valuable skills imparted, enhancing the digital literacy and competency of the non-teaching staff at GDCW Kathua. The success of the workshop reflects the importance of continuous training and development for non-teaching staff in enhancing their role in institutional efficiency and productivity.
17.	20-03-2025	Government Degree College for Women, Kathua Organizes Educational Industrial Visit to CTM Kathua	<p>The Government Degree College for Women, Kathua, successfully organized an insightful industrial visit to CTM Kathua on March 20, 2025. The visit aimed to provide practical exposure to students, enhancing their understanding of industrial processes and bridging the gap between theoretical knowledge and practical application. Also students were acquainted about the techniques of solid and liquid waste management at CTM Kathua.</p> <p>During the visit, the students were given a detailed tour of the manufacturing units and operational departments. They had an opportunity to interact with the technical and administrative staff, gaining insights into various processes, including production, quality control, and management practices.</p>
18.	19-03-2025 To 20-03-2025	GDCW Kathua Organizes Two-Day Workshop on Women Empowerment	<p>The Committee Against Sexual Harassment (CASH) of Government Degree College for Women (GDCW), Kathua, organized a two-days workshop on the theme "Empower Women to Speak Out Against Harassment". The event was conducted under the guidance of the Internal Quality Assurance Cell (IQAC) and witnessed enthusiastic participation from students and faculty members.</p> <p>On the first day, a poster-making competition was organized, in which 30 students participated. The competition aimed to encourage students to express their thoughts on women empowerment and harassment awareness creatively. The second day began with the lighting of the lamp, followed by Saraswati Vandana, setting a solemn and respectful tone for</p>

			<p>the session</p> <p>An informative lecture was delivered by Advocate Prakriti, who discussed various forms of harassment, legal rights, and mechanisms available for women to seek justice. She clarified the different aspects of the issue, educating students about their rights and the importance of raising their voices against any form of exploitation.</p>
19.	20-03-2025	Miss Muskan Thakur student of GDCW Kathua Secures 2nd Position in Elocution at Goonj Festival 2025	<p>Demonstrating exceptional oratory skills, Miss Muskan Thakur, a student of Government Degree College for Women (GDCW) Kathua, has secured the 2nd position in Elocution at the prestigious Goonj Festival 2025, organized by the University of Jammu from March 19 to March 20, 2025.</p> <p>The Goonj Festival is a prestigious cultural and literary event that provides a platform for young talent to showcase their skills in various fields. Muskan's achievement has brought pride to GDCW Kathua and serves as an inspiration for aspiring public speakers.</p>
20.	22-03-2025	Government Degree College Kathua Celebrates World Water Day with Poster Making Competition	<p>The Government Degree College Kathua marked World Water Day by organizing an inspiring Poster Making Competition under the banner of the Hariyali Eco Club. The event aimed to raise awareness about water conservation and the importance of sustainable water management among students.</p> <p>The competition was convened by Dr. Deepshikha Sharma, Convener of the Hariyali Eco Club, under the guidance and support of the college's Principal, Dr. Savi Behl. The participants enthusiastically showcased their creativity, highlighting the theme of water conservation through vivid illustrations and thought-provoking messages.</p>
21.	24-03-2025	Govt. Degree College for Women, Kathua Commemorates World Tuberculosis Day	<p>Department of Zoology, in collaboration with IQAC, organized a special documentary screening to raise awareness about the global fight against TB. The event, aimed to educate students, faculty, and staff on the impact of tuberculosis and the ongoing efforts to eliminate this preventable and curable disease. This year's theme for World Tuberculosis Day 2025 is "Yes! We Can End TB: Commit, Invest, and Deliver." This theme highlights an urgent need for global commitment, increased funding, and immediate action to end tuberculosis as a public health hazard. The documentary, provided an in-depth look into the history, challenges, and advancements in TB prevention, diagnosis, and treatment. Through real-life stories and expert insights, the screening highlighted the urgent need for collective action in combating TB. Addressing the gathering, Principal of the college, Dr. Savi Behl emphasized the importance of awareness and early detection in eradicating TB, as the disease remains a major public health concern, and initiatives like these play a crucial role in educating the youth and fostering a sense of responsibility towards public health. The</p>

			<p>event also featured an interactive session where students engaged with discussions on TB-related myths, misconceptions, and preventive measures. The event concluded with a pledge-taking ceremony where participants vowed to be active contributors to the global mission of ending TB.</p>
--	--	--	--

Sd/-

Principal

GDCW Kathua

1. "Empowering Indian Youth for Global Leadership in Science and Innovation for Viksit Bharat."



GDCW, Kathua celebrates National Science Day with Enthusiasm and Innovation

REFUGEE MESSAGE BUREAU
JAMMU, MAR 1

Govt. Degree College for Women, Kathua, celebrated National Science Day with a vibrant showcase of scientific curiosity and creativity, under the patronage of Principal Dr. Savi Behl. The event, organized by the Science Club in collaboration with IQAC, highlighted the 2025 theme: "Empowering Indian Youth for Global Leadership in Science and Innovation for Viksit Bharat."

In-charge Principal Prof. Seema Jolly inaugurated the event, emphasizing the significance of the day, which commemorates the discovery of the Raman Effect by Sir C.V. Raman. She encouraged students to embrace scientific research and innovation for a better future.

The celebration fea-

tured a variety of activities, including science exhibitions, poster-making contests, quizzes, and debates on contemporary scientific issues. Students presented research findings through visually striking posters, while documentaries on scientific advancements were screened to enhance learning.

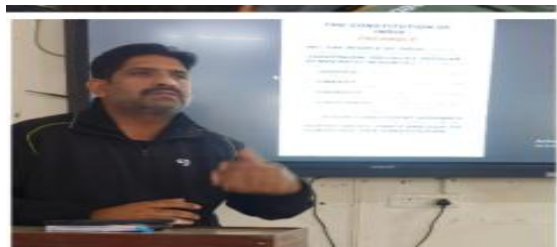
The event saw enthusiastic participation from students across disciplines, culminating in a prize distribution ceremony where winners received cash prizes. The success of the event was

credited to the dedicated efforts of faculty members, including Dr. Deepshikha Sharma, Dr. Rachana, Prof. Yashpaul, Prof. Sachinjeet Singh, Prof. Surbhi Gupta, Prof. Manjot Singh, Dr. Syed Nasir, Dr. Mukesh Kumari, Dr. Ajay Sanotra, Dr. Gaggan Kumar, Dr. Abdul Ghani, Ms. Shikha, Ms. Diksha, and Mr. Paramjeet Singh.

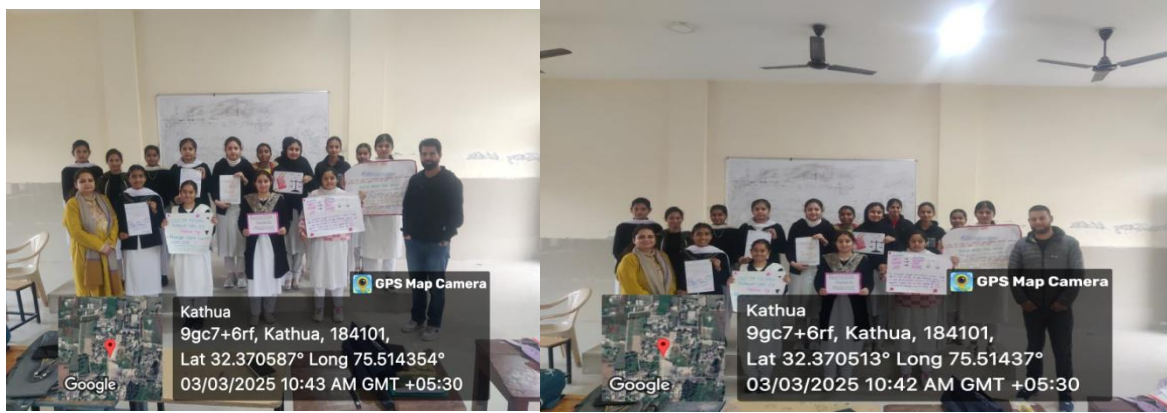
The celebration not only honored the legacy of Indian science but also inspired students to lead future innovations with passion and determination.



2. Lecture on the Framing of the Constitution



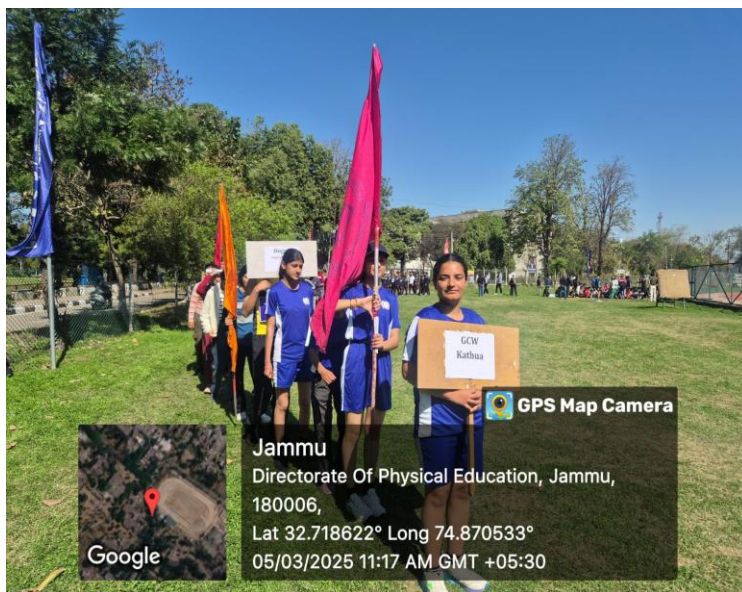
3. Poster making competition



4. NSS in collaboration with NCC Unit of College organised a one day workshop on Civil Defence



5. Annual athletic meet championship organised by Jammu University.



6. Awareness Program on Women in Constitution-Making



7. Celebration of International Women's Day on the Theme "Accelerate Action"



8. Lecture on Digital Literacy among Females



9. Essay writing Competition on “Understanding Constitutional Principles”



10. Rally for Awareness on the Three New Criminal Laws



11. Storytelling Session on Women in Constitution-Making



12. Seminar on the Theme “Protecting Children from Tobacco Industry Inference”



तंबाकू के दुष्प्रभाव से विद्यार्थियों को करवाया अवगत

जागरण संबोधना, कटुआ: युवा पीढ़ी को तंबाकू के स्वास्थ्य प्रभावों से बचाने के प्रयास के तहत महिला शिक्षा कॉलेज कटुआ के डी-डी-एडिब्ल्यूसेल ने आइक्यूएसी के तत्वचक्रान में ग्लेबल हेल्थ डेवल्पमेंट ट्रस्ट के सहयोग से "बच्चों की तंबाकू उद्योग के प्रभाव से सुरक्षित" शीर्षक से एक प्रभावशाली सेमिनार का आयोजन किया। कार्यक्रम का आयोजन कॉलेज की प्रभारी शिक्षण प्रोफेसर रीमा जली के मार्गदर्शन में किया गया। सेल की संयोजक डा. रेणु ने अतिथियों का मार्गदर्शन से स्वागत करते हुए स्वागत भाषण दिया। कार्यक्रम के मुख्य बक्ता डा. एचआर रहमान अख्तियार जोरखंडाटी इंडिया थे। डा. रहमान ने युवा शिक्षकों को नए को तब में परेशान के लिए तंबाकू कंपनियों द्वारा अपनाई गई 'बालकौच' रणनीतियों पर एक संवेदन व्यक्तित्व दिया तथा इस समस्या से निपटने के लिए शिक्षा और स्वास्थ्य हेतु एक व्यापक रणनीति के माध्यम पर और शिक्षा, सेमिनार में छात्रों, संकाय सदस्यों, विद्यार्थियों और कॉम्युनिटी को सहित भागीदारी डेवेलपमेंट, जो तंबाकू उद्योग द्वारा तंबाकू और युवाओं को सहित किए जा रहे तंबाकू से संबंधित उद्यमों की वृद्धि विचार पर



महिला डिग्री कॉलेज कटुआ में तंबाकू से बचने को दूर रखने को लेकर आयोजित समीचीन प्रतिभागियों को प्रमाणित के तब आयोजक एवं दत्त संस्था प्रोत्साहित करने के लिए एकत्र हुए थे। इस अवसर पर एक भाषण प्रतिभागिता को आयोजित की गई। प्रतिभागिता में कुल दस छात्रों ने भाग लिया। छात्रों ने विद्यार्थी में तंबाकू और निवृत्त उद्यमों के बृद्धि उपयोग, स्थितियों के दबाव को भूमिका और मनोवैज्ञानिक पहलुओं पर प्रकाश डाला, जो युवाओं को तंबाकू से निपटने के लिए आतिरेकितनशील करते हैं। इस प्रस्ताव लक्ष्मी ने जोड़ा, उम्मीद दूरवा और तीसरा प्रस्ताव मुस्कान और महिला के पास गया। डा. इंदरजी और डा. दीपशिखा शर्मा ने प्रतिभागिता के निर्णयक मंडल के रूप में काम किया। जो, पाठ्यक्रम को कार्यक्रम को सफल बनाने में सहयोग प्रदान किया। सेल के सदस्य डा. सोनिका जसरोहा, डा. अरुण सनेवा और डा. सुरेशा रानी ने समर्थन के दौरान सक्रिय रूप से भाग लिया। समर्थन में उपस्थित अन्य संकाय सदस्यों में डा. प्रतिभा शर्मा, डा. सोनिका और डा. अरुण सनेवा, उपस्थित थे। सेमिनार को सफल सेल के सह संयोजक डा. सैफत नसीर अली शहा के प्रभावशाली भाषण से सहायता मिली।

13. Inauguration of 'Didi Ki Rasoi' Canteen at GDCW Kathua by DC Kathua

महिला डिग्री कॉलेज में दीदी की रसोई कैटीन का हुआ उद्घाटन

कटुआ। दीदी कटुआ डी ग्रेजुएट कालेज ने परियोजना अधिकारी द्वारा सफल अग्रणी चरण को पूर्णतया से सफल बनाया है। कॉलेज में दीदी की रसोई कैटीन का उद्घाटन किया। समारोह में महिला के एससी के डिप्टी डीआर एक सफल, गार्ड ऑफ ऑनर दिया गया। उद्घाटन से कि कैटीन में उचित सुचारु पर पा का मन धोजन उपलब्ध कराया जाएगा और छात्रा प्रबंधन टीमवाला अधिकतम योग्यता उद्योग सार्वजनिक विभाग के तहत महिला स्वयं सहायता समूहों द्वारा किया गया है। इस पहल के दो मुख्य उद्देश्य हैं। पहला, महिला स्वयं सहायता समूहों के लिए एक नया रूप दिखाने का प्रयास करना और कॉलेज के छात्रों को शिक्षा, शैक्षिक भोजन उपलब्ध करना। दूसरा, एक-एकलक्ष्य के तहत स्वयं सहायता समूहों को अपने एक-एकलक्ष्य और उपस्थिति को भाग्य का प्रदर्शन करने के लिए एक संघ के रूप में कार्य करती है। स्वयं सहायता समूहों को प्रोत्साहित करने, कैटीन महिलाओं को अपने विभिन्न जीवन को विभाजित करने का अधिकार देती है। अपने जीवन में डीडी कटुआ ने सामाजिक-आर्थिक विभाग के बीच को छात्रों को चयन और महिलाओं को अवसरान्वयन प्रतिभागियों में शामिल होने के अवसर दिए करने के लिए, इस तरह को छात्र के माध्यम पर जोड़ा, जिससे उनके विभिन्न सहायता और कल्याण में योग्यता डी-डी-एडिब्ल्यूसेल का सफल प्रयास का समर्थन करने में सक्षम भूमिका निभाने के लिए महिला कॉलेज कटुआ को भी जाना को। इस कार्यक्रम में छात्र, शिक्षकों और स्वयं सहायता समूहों के सदस्यों सहित विभिन्न विभागों ने भाग लिया। अंत में दीदी की रसोई के मुद्दा संरक्षण को सुनिश्चित करने का संकल्प लिया है और महिला समुदाय के उद्यमों के लिए, अपने प्रयासों को जारी रखने का इरादा रखता है। उद्घाटन के बाद डीडी कटुआ ने अन्य समर्थन व्यक्तियों के साथ नया संघर्ष शुरू किया का दौरा किया, रसोई संरक्षण और भोजन सेवा करने को अधिकार पर महिला ने चर्चा की, और ऐसे कार्यक्रमों में शामिल होने के माध्यम को प्रोत्साहित किया।

Didi Ki Rasoi Canteen inaugurated at Govt Degree College for Women, Kathua by DDC Kathua



MT News Service Kathua, March 13. Deputy Commissioner Kathua, Dr. Rakesh Mishra has today inaugurated the "Didi Ki Rasoi" canteen at Government Degree College for women, Kathua in the presence of Project Officer DUDA, Jafar Abbas Butt. The ceremony was marked by an impressive Guard of Honour presented by the NCC cadets of the college, adding a ceremonial touch to the occasion. The canteen provides an assortment of home-cooked meals at reasonable prices and is managed by women Self-Help Groups constituted under the Deendayal Antyodaya Yojana National Urban Livelihoods Mission. This initiative serves two key objectives: providing a steady source of income for women Self-Help Groups and offering affordable, nutritious meals to college students. The canteen, established under DANULM, serves as a platform for Self-Help Group members to showcase their culinary skills and entrepreneurial spirit. By providing a sustainable income stream, the canteen empowers women to take charge of their financial lives. In his address, DDC Kathua emphasized the importance of such initiatives in bridging the gap between socio-economic divides and also to create opportunities for women to engage in self-sustaining activities, thereby contributing to their financial independence and well-being. He also praised the Women's College Kathua for taking a proactive role in supporting the local community. The event saw participation from various stakeholders, including students, faculty, and local community members. The college has pledged to ensure the smooth functioning of Didi Ki Rasoi and intends to continue its efforts to uplift the women community. Following the inauguration, the DDC Kathua, along with the other dignitaries, toured the newly established facility, taking a close look at the kitchen operations and the meal preparation process, underscoring the importance of transparency and quality control in such programs.

14. Raising Awareness: Lecture on Sexual Harassment and Psychological Stress Organized by CASH



Lecture held on 'Sexual Harassment and Psychological Stress'

NL CORRESPONDENT Kathua: The Committee Against Sexual Harassment (CASH) organized an insightful lecture on "Sexual Harassment and Psychological Stress" at Govt. Degree College for Women, Kathua, to raise awareness among students and faculty. The session aimed to educate participants on recognizing harassment, understanding its psychological impact, and knowing their legal rights under the Sexual Harassment of Women at Workplace Act, 2013. Dr. Rachna, the keynote speaker, explained how harassment can lead to severe mental health issues like stress, anxiety, and depression, disrupting academic performance and personal well-being. She stressed the importance of speaking up, seeking emotional and legal support, and utilizing resources like counseling services and grievance redressal bodies such as CASH. The lecture also emphasized preventive strategies, including gender sensitization programs, bystander intervention, and strict enforcement of anti-harassment policies. The session concluded with an open Q&A, encouraging students and faculty to actively contribute to fostering a safer, more respectful campus environment.

15. Poster-Making Competition



16. Three-Day Workshop on Data Entry for Non-Teaching Staff at GDCW Kathua



17. Government Degree College for Women, Kathua Organizes Educational Industrial Visit to CTM Kathua



18. GDCW Kathua Organizes Two-Day Workshop on Women Empowerment

GDCW Kathua Organizes Two-Day Workshop on Women Empowerment.

BY CORRESPONDENT

JAMMU, MAR 20
The Committee Against Sexual Harassment (CASH) of Government Degree College for Women (GDCW), Kathua, organized a two-days workshop on the theme "Empower Women to Speak Out Against Harassment". The event was conducted under the guidance of the Internal Quality Assurance Cell (IQAC) and witnessed enthusiastic participation from students and faculty members.

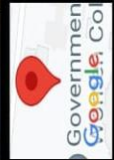
On the first day, a poster-making competition was organized, in which 30 students participated. The competition aimed to encourage students to express their thoughts on women empowerment and harassment awareness creatively. The panel of judges, including Prof. Karan Chand, Prof. Surbhi Gupta, and Prof. Vibha, evaluated the posters. Miss Shahi from Semester 2 secured the first position, while Miss Shivangi from Semester 6 and Miss Dooja from Semester 2 stood second and third, respectively. The second day began with the lighting of the lamp, followed by



Saraswati Vandana, setting a solemn and respectful tone for the session. In her welcome address, Dr. Rachna emphasized the importance of raising awareness about sexual harassment and empowering young women to speak up against injustice. She highlighted initiatives like Beti Bachao, Beti Padhao as crucial in shaping a safer and more equitable society. An informative lecture was delivered by Advocate Prakriti, who discussed various forms of harassment, legal rights, and mechanisms available for women to seek justice. She clarified

the different aspects of the issue, educating students about their rights and the importance of raising their voices against any form of exploitation. Chief Guest Dr. Seema Jolly appreciated the initiative taken by CASH and congratulated the students for their creative posters and cultural events. She encouraged the college to organize more such programs, which provide students with platforms to showcase their talents and gain awareness on crucial social issues. A total of 80 students participated in the event. Prizes and certificates were distributed to the winners and participants

to acknowledge their contributions. Faculty members present at the event included Dr. Indrajit Kour (Convener, IQAC), Prof. Romika, Dr. Ambika, Dr. Surekha, and Dr. Nasir. Dr. Magesh, Dr. U... s... h... a... Kiran, Dr. Anupama, Prof. Paramdeep. The workshop concluded with a formal vote of thanks by Dr. Ambika, who expressed gratitude to the organizing team, participants, and guests for making the event a success. Such initiatives play a pivotal role in creating awareness and empowering women to stand against harassment, ensuring a safer environment for future generations.



19. Miss Muskan Thakur of GDCW, Kathua secures 2nd Position in Elocution at GoonjFerstival 2025, Organised by University of Jammu.



20. Government Degree College Kathua Celebrates World Water Day with Poster Making Competition



चित्रों, विचारोत्तेजक संदेशों से जल संरक्षण पर डाला प्रकाश

जासं, कटुआ : विश्व जल दिवस पर राजकीय महिला डिग्री कॉलेज कटुआ द्वारा हरियाली इको क्लब के बैनर तले एक प्रेरणादायक पोस्टर मेकिंग प्रतियोगिता का आयोजन किया। इस कार्यक्रम का उद्देश्य छात्रों में जल संरक्षण और स्थायी जल प्रबंधन के महत्व के बारे में जागरूकता बढ़ाना था। प्रतियोगिता का आयोजन हरियाली इको क्लब की संयोजक डॉ. दीपशिखा शर्मा ने कॉलेज की प्रिंसिपल डॉ. सवी बहल के मार्गदर्शन और समर्थन में किया था। प्रतिभागियों ने उत्साहपूर्वक अपनी रचनात्मकता का प्रदर्शन किया और ज्वलंत चित्रों और विचारोत्तेजक संदेशों के माध्यम से जल संरक्षण के विषय पर प्रकाश

डाला। इस अवसर पर बोलते हुए डॉ. सवी बहल ने विश्व जल दिवस के महत्व और पर्यावरणीय स्थिरता को बढ़ावा देने में युवाओं की भूमिका पर जोर दिया। उन्होंने छात्रों को जागरूकता पैदा करने और बहुमूल्य प्राकृतिक संसाधनों के संरक्षण की दिशा में सक्रियतमक योगदान देने के लिए अपने प्रयासों को जारी रखने के लिए प्रोत्साहित किया। डॉ. दीपशिखा शर्मा ने छात्रों द्वारा प्रदर्शित उत्साह और रचनात्मकता की सराहना की। डॉ. रेणु और प्रो. करमचंद ने प्रतियोगिता के निर्णायक की भूमिका निभाई, जबकि प्रो. प्रतियोगिता और प्रो. गुरुप्रीत ने प्रतियोगिता के संचालन में अपना पूर्ण सहयोग दिया।



21. Govt. Degree College for Women, Kathua Commemorates World Tuberculosis Day



GDCW KATHUA, GDCW K...
9g98+p8h, Nagri Rd, GDCW KATHUA,
GDCW KATHUA 184101,
Lat 32.369427° Long 75.515841°
24/03/2025 01:38 PM GMT +05:30

GDCW KATHUA, GDCW K...
9g98+p8h, Nagri Rd, GDCW KATHUA,
GDCW KATHUA 184101,
Lat 32.369427° Long 75.515841°
24/03/2025 01:37 PM GMT +05:30