



***NSS, GOVERNMENT DEGREE COLLEGE FOR
WOMEN, KATHUA***



NOT ME

BUT YOU

2016-17:

NSS Day, 23-09-2016:

NSS Day was celebrated in Government Degree College for Women, Kathua on **23-09-2016**, with great fervour and enthusiasm to mark the launching of National Service Scheme. Principal of the college Dr. Satinder Singh presided over the function. At the outset, NSS Programme Officer, Ms. Madhvi Parasher, welcomed the guests and highlighted the role of NSS in nation building.

Seminar on Digital Banking: 18-02-2017:

The AISHE and NSS, NCC wings of college in collaboration with J&K Bank organized a Seminar on the Digital Banking under Vittiya Saksharta Abhiyan, an initiative of MHRD Govt. of India on 18/02/2017 at 11:30 A.M. in which officials of J&K Bank Patel Nagar Kathua, Mr. Amrish Salathia Branch Manager, Mr. Neeraj Balgotra and Mr. Naresh Sharma delivered lecturers to students.

International Women Day, 08-03-2017:

Govt. College for Women celebrated International Women Day today on 08-03-17 with great zeal and enthusiasm. **Dr. Satinder Singh, Principal** of the college presided over the function. NSS volunteers on the occasion presented colourful cultural items. **Dr. Satinder Singh**, Principal of the college congratulated girl students and staff on eve of International Women Day and stressed that we need to shun away gender bias if a healthy society has to be realised. A pledge for gender parity was also administered to all present. **Prof. Madhvi Parasher, NSS Programme officer** of the college exhorted that women are in a sense real architect of the society and we need to make sure that their voices are heard and heeded not overlooked and ignored.

TB Day 24-03-2017:

District Tuberculosis Control Society, Kathua, in collaboration with NSS unit of GDC for Women Kathua celebrated World TB Day today on dated 24th of March 2017. Additional Deputy Commissioner Kathua Dr. Bharat Bhushan was the Chief Guest and Principal, GDC for Women Kathua, Dr. Satinder Singh was the Guest of Honour of the function. District Tuberculosis Officer Dr. Kavi Raj presented welcome address in which he highlighted upon the theme of this year World TB Day “United to End TB” and exhorted upon the principles of WHO’s End TB Campaign by protecting human right ethics and equity. The proceedings of the programme were conducted by Prof. Madhvi Parasher, NSS Programme Officer.

2017-18:

MLA Kathua inaugurated surveillance System in GDC for Women

Kathua: 2017:

MLA Kathua Sh Rajiv Jasrotia visited Govt College for Women Kathua to inaugurate surveillance system in the college premises. At the outset he was received by the Principal and staff of the college and was presented Guard of Honour by NCC Cadets of the college. A plantation drive was also organised by NSS and NCC units of college where by saplings of Bottle Palm, Silver Oak and Lemon Grass were planted by Hon'ble MLA, Invited Guests, Principal, Staff and Students. Dr. Nutan K. Resutra Principal of the college welcomed the guests and deliberated upon various new initiatives taken to develop the existing infrastructure of the college and urged upon Hon'ble MLA to provide with necessary financial and administrative support to make this college as an institution with excellence in near future.

Hon'ble MLA Kathua Sh. Rajiv Jasrotia ji while interacting with the students shared his vision regarding development of Kathua Constituency and various developmental steps being taken to Improve the scenario of Educational System, Road Connectivity, Water and electricity supply etc. He Stressed upon the students, that being young human resource of India, they can contribute a lot in the development of Nation besides perusing their Individual careers. At the end Hon'ble MLA Honored distinguished Invited academicians Dr. Adarsh Malhotra, Dr. Ram Krishan, Dr. Netar Singh and Dr. Janak Singh Andotra. Principal Dr. Nutan K. Resutra , Prof Umesh Chander Kailoo and Prof Rakesh Singh honoured Hon'ble MLA by presenting Memento. The proceedings of the Programme were conducted by Prof Madhvi Parasher NSS Programme officer. The formal Vote of thanks was presented by Prof Rakesh Singh. Large no students along with staff Members Prof Shakun Mahajan (NCC Officer), Prof Raj Kumari, Sh Pardeep, Prof Deepak Pathania, Prof Shivani, Prof Gotam , Prof Som Raj , Prof Rajni and others were present.

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 Parasher 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.

Wildlife Week: 04-10-2017 & 05-10-2017:

A wildlife week celebration was held at Govt. Degree College for Women, Kathua to disseminate importance of wild life conservation among students. To mark the 63rd Wildlife Week, a poster and slogan writing competition was held on 04-10-2017 and A lecture on wild life conservation was delivered by divisional forest officer, Samba, Abhijit Joshi.

Visit Old Age: 26-12-2017:

The NCC Cadets and NSS volunteers of Govt. Degree College for Women, Kathua visited Old Age Home on 26th Dec, 2017. Principal of the college, teachers and NSS Volunteers interacted with the old age persons and assured that they will be helpful to them.

World TB Day Celebration 24-03-2018:

District Tuberculosis Control Society, Kathua, in collaboration with NSS unit of GDC for Women Kathua celebrated World TB Day today on dated 24th of March 2018. Principal GDC Women Kulvinder Kour was the Chief Guest and Prof Umesh Chander Kailoo, was the Guest of Honour of the function. District Tuberculosis Officer Dr. Kavi Raj presented welcome address in which he highlighted upon the theme of this year World TB Day “WANTED LEADERS FOR TB FREE INDIA” and exhorted upon the principles of WHO’s End TB Campaign by protecting human right ethics and equity.

2018-19:

Yoga Day Celebration: 21-06-2018:

Fourth International Yoga Day was celebrated by NSS Unit of GCW Kathua under the guidance of Dr. KulvinderKour and NSS and NCC Program Officer, Prof Madhvi Parasher today on dated **21-06-2018**. 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.

Door to door Campaign: 09-09-2018:

A door-to-door campaign on “SINGLE USE OF PLASTIC FREE INDIA” was launched by Principal, GDC for Women, Kathua, Prof. Assa Ram Sharma speaking on the occasion said that despite the adverse effects of plastic use, most of us continue to use it in one form and other. He further added that the campaign is being launched with the aim to create awareness and motivate the masses to minimise the use of single use plastic and switch to green alternatives.

Prakaram Diwas: 29-09-2018:

The Prakaram Diwas to commemorate surgical strikes was organised in Govt. Degree College for Women on 29.09.2018. In a series of activities, NCC Cadets and NSS volunteers made posters in support of armed forces. A signature campaign followed by an elocution was held in which cadets expressed their views on different issues faced by army in Indian context. Motivational videos highlighting the importance of army in protecting borders and hardships

they face were screened. The whole plethora of activities were carried out under the guidance of Dr. Rajni Sharma, ANO, GCW, Kathua and NSS PO Madhvi Parasher.

Rastriya Ekta Diwas Celebration: 31-10-2018:

The birth anniversary of Sardar Vallabhbhai Patel was celebrated by Govt. College for Women, Kathua as “Rastriya 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. Kulvinder Kour, ANO of the college Dr Rajni Sharma along with staff, NSS Volunteers, NCC Cadets and large number of students.

2019-20:

Teachers’ Day Celebration: 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. NSS Volunteers distributed handmade cards to every teacher to wish them on teachers’ day.

Rally on Road Safety: 06-09-2019:

A rally on Road Safety was flagged off at GDC for Women, Kathua by the college Principal, Prof. Assa Ram Sharma. The rally of the NSS Volunteers with placards and slogans passed through court road, college road, Shaheedi Chowk, PWD Colony and Police line.

Lecture on Healthy Eating: 17-09-2019:

As a part of PoshanMah, NSS unit of Govt. Women College, Kathua organised lecture on Healthy Eating on 17-09-2019. Dr. Savita Wazir, District Health Officer, Kathua was the resource person of the event. The main theme of the programme was the Healthy Women, Healthy Society and Healthy Nation.

NSS Day, 23-09-2019:

NSS Day was celebrated at GDC for Women, Kathua. The NSS volunteers of the college under the guidance of NSS programme officer Prof. Shivani Sharma organised a wonderful cultural event to celebrate NSS DAY. On this occasion, Dr. Naresh Sharma, former NSS Programme Officer of GDC Kathua addressed the students. Speaking on the occasion, Dr. Naresh explained in detail about the NSS and its objectives. He said that NSS volunteers are doing great service to our country.

NSS Day: 24-09-2019

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Cleanliness Drive: 01-10-2019

150th Birth Anniversary of Mahatma Gandhi was celebrated at GDC for Women, Kathua with great zeal. In the framework of the global commemoration of the 150th birth anniversary of Mahatma Gandhi, a day long series of activities were organised. In accordance with the stated objectives of the "Swachh Bharat" mission a cleanliness drive was organised by NSS and Eco Club of the college. Later, a symposium on the topic "Hazards of Plastic" was held and students shared their views regarding harmful effects of plastic on flora, fauna and human health.

Rastriya Ekta Diwas Celebration: 31-10-2019:

Rashtriya Ekta Diwas to mark birth anniversary of Sardar Vallabhbhai 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. To celebrate spirit of unity in diversity that India holds, NSS Volunteers presented a colourful dance sequence.

2021-22:

Plantation drive: 04-08-2021:

A Plantation drive was launched on 4-8-2021 by NSS and Red Ribbon during Swachhta Pakhwaada week. On this occasion, Dr. M.S. Pathania, worthy principal GDCW, Kathua, planted trees by spreading the message among the volunteers and cadets. Dr. Arun Dev Singh, program officer NSS, Red Ribbon club and Ms. Raj kumari, Ms. Pallavi, Mr. Naresh and Ms. Surekha supervised the drive at College Premises.

Swachhta Abhiyan: 06-08-2021:

Swachhta Abhiyan was launched on 6-8-2021 by NSS and Red Ribbon. On this occasion, Dr. M.S. Pathania, esteemed Principal GDCW, Kathua, Dr. Arun Dev Singh, program officer NSS, Red Ribbon club and Ms. Raj kumari, Ms. Pallavi, Mr. Naresh and Ms. Surekha the volunteers, cadets were participated in the Abhiyan. On this Occasion, the Principal of the College

motivated and encouraged by quoting the importance of Swachhta Awareness both at College particularly and in their locality in general.

Patriotic songs competition:09-08-2021:

Patriotic songs competition was organized on 9-8-2021 by NSS and Red Ribbon Club. The entire Competition was conducted under the supervision of Dr. M.S.Pathania esteemed Principal GDCW, Kathua, Dr. Arun Dev Singh ,program officer NSS ,Red Ribbon club and Ms.Raj kumari, Ms. Pallavi, Mr. Naresh nd Ms. Surekha. The jury selected 1st Position was begged group comprising of Neha, Skilva, Kamakshi, and Rashi, Second position was begged by Komal, Anania,Deepakshi,Neetu and Simran and Third position was shared by Tanu Bala and Komal On this Occasion, the Principal of the College motivated and encouraged by Saying the importance of patriotic spirit which must develop among the students for the sake of country.

Intra-College slogan writing Competition 11-08-2021:

An Intra-College slogan writing Competition was organized on 11-08-2021 by NSS, RED-RIBBON CLUB and NCC on the theme of **Azadi Ka Amrut Mahaotsav** in collaboration with District Information Office, Kathua. The competition began with welcome address by Dr. Mohan Singh Pathania, esteemed Principal, Govt. Degree College, Kathua. He congratulated and appreciated the efforts of NSS volunteers, NCC Cadets and volunteers of Red-Ribbon Club for organizing such activity in the college. He added that at present youth must have awareness of Azadi which we have got after a long struggle by losing many lives of our freedom heroes and their supreme sacrifice ever be marked in our hearts. He motivated the students and inspired them to organize such activities as seminars, debate, conferences, slogan writings and poster-making competitions to commemorate to our freedom fighters and their commendable contributions towards our nation. Ms. Shruti, District Information officer also threw light on the occasion and congratulated the volunteers for their participation in the competition. On this occasion Dr. Arun Dev Singh, program officer, NSS unit encouraged and appreciated the students for their efforts who presented their ideas and thoughts by presenting slogans on Azadi ka Amrut Mahaotsav and threw light on the objectives of the program and its history. He conveyed the volunteers and cadets that their main motto should serve the country. Prof. Ravinder Kaur, Prof. Pankaj Nandan and Dr. Babita Jamwal acted as jury member. 26 volunteers and NCC cadets participated in the competition. Four winners were selected by the jury members: Kamakshi Andotra (First), Neha Bharti (second), Samriti (third) and Janvi Mahajan (consolation).

International youth Day: 12-08-2021:

International youth Day was celebrated by NSS and Red Ribbon Club GDCW Kathua. On 12th August 2021. The function was started by the welcome address by Dr. Mohan Singh Pathania worthy principal GDCW Kathua. He congratulated the volunteers of the Red Ribbon Club who launched campaign on HIV AIDS awareness among the youth. He added that youth could play better role to aware the people regarding HIV AIDS, TB, Cleanliness and Covid -19 which are important components of health-related issues. He appreciated the efforts made by Dr Arun Dev Singh, convener Red Ribbon Club, Prof Raj kumari , Prof Naresh and Dr Surekha who are

the members of red ribbon club GDCW Kathua. The volunteers presented slogans of various suggestions on the occasion. They took pledge that they would carry the campaign of HIV AIDS, TB awareness cleanliness and awareness regarding Covid 19 to every nook and corner of the society.

Intra- College Poster Making Competition :13-08-2021:

An Intra- College Poster Making Competition was organized by NSS and RED- RIBBON CLUB on 13-08-2021 during Pakhwaada week. The competition began with welcome address by Dr. M.S Pathania, esteemed Principal, Govt. Degree College, Kathua. He congratulated and appreciated the efforts of Dr Arun Dev Singh program officer, NSS, Red-Ribbon Club. He added that at present youth are not much aware about the importance of azadi which we got after a long struggle due to the supreme sacrifice of our freedom fighter. It is the high time to curb this situation and enlighten the youth by giving them right platform where they can organize such activity to remember their sacrifice laid down by real freedom heroes. Dr Arun Dev Singh interacted with the participants, he encouraged and appreciated the volunteers for their efforts which they presented through their ideas and thoughts by presenting posters. He also threw light on the objectives of the program. . There were 18 different participants who participated in the activity: Rama Ladhwal stood First, Gaurika second, Smriti Third and Diksha & Mahima bagged consolation prize. Prof. Ashwani Khajuria, Prof. Ravinder Kour and Dr. Naresh Sharma acted as Jury member.

Independence Day: 15-09-2021:

75th Independence Day was celebrated at Govt. Degree College for Women, Kathua. The function was started by welcome address of Dr. M.S. Pathania, worthy Principal Govt. Degree College for Women, Kathua. He congratulated the students and all the staff-members of the college by quoting the importance of **Flag Hoisting** on the occasion of Independence Day. He said that 75th Independence Day especially commemorated to **AZADI KA AMRUT MAHAOTSAV** under this banner in the college six activities were organized w.e.f. 1st August to 15 August, 2021 by NSS, Red-Ribbon Club and NCC unit of the college. The volunteers and NCC cadets participated in Plantation drive, Swacchta Awareness, Slogan-Writing and Poster Making Competition.

NSS Day, 23-09-2021:

NSS Day was celebrated by NSS Volunteers of Govt Degree College for women, Kathua on 23rd sept, 2021. The programme was started by a welcome address by Dr M. S Pathania worthy Principal of the college. He appreciated the efforts of Dr Arun Dev Singh Programme officer and volunteers whom he congratulated on this occasion. He also motivated that they should work for the betterment of the college and the society so that we shall have healthy atmosphere. He urged them that they must understand the entire nation and its culture, tradition, food habits and lifestyle of the people of each state of the country.

Gandhi Jayanti : 01-10-2021:

Gandhi Jayanti was celebrated by NSS, Red Ribbon Club and NCC on the theme of Azadi ka Amrut Mahaotsav on 01-10-2021 in Government Degree College for Women, Kathua. On this occasion, the prize distribution function was organised to facilitate the winners and

participants who participated in various activities conducted by NSS, RRC and NCC Units of the college to commemorate the Azadi ka Amrut Mahaotsav w.e.f. 1-08-2021 to 15-08-2021.

Cleanliness Drive and Waste Management Programme: 23-10-2021:

The NSS Unit, GDCW, Kathua organized a cleanliness drive and waste management program on 23 October, 2021 to commemorate Azadi ka Amrit Mahotsav under the guidance of Dr. M.S. Pathania, worthy Principal of the college. Dr. Arun Dev Singh (NSS Programme Officer), Prof, Raj Kumari, Prof. Pallavi, Prof. Naresh Kumar organized the programme.

National Integration Day, 31-10-2021:

“Rashtriya Ekta Diwas” (National Unity Day) was celebrated by NSS, RRC & NCC (volunteers and Cadets) of Govt. Degree College for women, Kathua on 31st October, 2021. The Programme was started by welcome address of Dr. M.S. Pathania, worthy Principal. He emphasized on the contribution of Sardar Vallabhbhai Patel towards nation and society. He congratulated to the NSS/RRC volunteers and NCC cadets who were assembled for taking Pledge and “Run for Unity”.

AIDS Day: 01-12-2021:

AIDS Day was celebrated by Red Ribbon Club and NSS Volunteers of college in the collaboration with J&k Aids control Society Jammu and Kashmir on 01-12-2021 to commemorate to **Azadi Ka Amrut Mahaotsav**. On this occasion Dr. M.S Pathania, esteemed Principal, Govt. Degree College for women, Kathua addressed the students by quoting the importance of AIDS Day and briefed the volunteers regarding precautions from this deadly disease. He also conveyed the students that they must carry out the awareness campaign among the people about the HIV virus. He congratulated and appreciated the efforts of Dr Arun Dev Singh program officer Red-Ribbon Club for organizing such activity in the college. He added that at present youth and the people who are living in the far-flung areas, not much aware about this virus. Dr. Arun Dev Singh also conveyed the volunteers that they must be aware regarding the safe relationships and this deadly disease which is cause of death of many persons in the society. Prof. Pankaj Nandan, Dr. Naresh Sharma, Prof. Raj Kumari, Prof. Pallavi, Prof. Barun, Prof Som Raj, Prof. Vijay, Prof Naresh and Dr. Surekha were present on the occasion.

Maha Parinirvan Diwas: 06-12-2021:

The NSS Unit and Red Ribbon Club of Government Degree College for Women, Kathua organised debate competition on the theme “Life Achievements of Dr. B.R. Ambedkar” on the eve of Maha Parinirvan Diwas under the ablest guidance of Dr. M.S. Pathania.

**7 days Winter Camp organized at village Changran by NSS Volunteers:
22-12-2021:**

A seven-day long winter camp of NSS unit of Govt. Degree College for Women, Kathua started at adopted village Changran on 22-12-2021. On this occasion Dr. M.S.Pathania, worthy principal of the college was the chief guest. He was welcomed by Dr. Arun Dev Singh, NSS program officer, Prof. Raj Kumari, Organising Coordinator of NSS, Sarpanch sh. Ramesh Kumar, Naib Sarpanch Sh. Rohit Sharma, Local People and volunteers with fervour. During the Inaugural speech of the Chief Guest, he addressed gatherings regarding the activities which shall be commenced in the forthcoming days. In addition to this he added that volunteers are the medium to bridge a gap between the Govt. and the common masses. He urged and motivated the volunteers to provide valuable information to the people on health, hygiene and also hear the problems of the people and bring them into black and white so that the problems can be resolved by bringing them into the notice of local administration. Prof. Ashwani Khajuria, Associate Professor delivered a valuable lecture on Food eating habits and also emphasized on the use of organic food. He also added in his lecture the Importance of Vermi compost technique which may help the farmers for their proper cultivation. Dr. Arun Dev Singh also briefed the people about the importance of fresh vegetables and seasonal fruits which may make them free from all diseases. He also quoted that the village Changran is their adopted village by the college NSS unit for a long time.