



GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU-180001, J&K
(Erstwhile Maharani Mahila College)
Autonomous college affiliated to the University of Jammu
(Estd. 1944)

Response to DVV clarification for metrics ID 3.6.4

Response-1

Principal
Govt. College for Women
Parade, Jammu

2020-21

GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU-180001, J&K.

(Erstwhile Maharani Mahila College)

Autonomous College Affiliated to the University of Jammu

College with Potential for Excellence, 2016

(Estd. 1944)



Dr. S P Sarswat
Principal

E-mail: principalgwparade@gmail.com
Tel.(O): 0191 2541305

Report on the activity :NCC cadets celebrated Ayushman Bharat Diwas

Title of the activity: Ayushman Bharat Diwas

Date – 30 April 2020

Objectives of the activity:-

- Awareness on Ayushman Bharat, a flagship scheme which was launched by the National Health Policy.
- To achieve the vision of UHC (Universal Health Coverage).
- To promote health and wellness to the poor thus to provide insurance benefits.

Anticipated Outcome: Spread awareness on public health


Details of the resource person if any : NIL

List of the participants to be attached: 20 cadets

- 1) Swatikakatoch
- 2) Marvirajput
- 3) Varunidutt
- 4) Ariyadeepkaur
- 5) Akshita Thakur
- 6) Neetika Sharma

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- 7) Monika
- 8) Mavi Sharma
- 9) Salvi saini
- 10)Sheetalkumari
- 11)ShilpaLangeh
- 12)Priyadevi
- 13)Shivani
- 14)Akshe
- 15)Kashish
- 16)ManviJamwal
- 17)Kusamdogra
- 18)Sonia bakshi
- 19)Ashima Raina
- 20)Neha devi


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REPORT-

Cadets of 2 JK Girls Bn, NCC from GCW Parade Ground, Jammu celebrated "Ayushman Bharat Diwas" on 30 April 2021, with the aim, "awareness about the importance of Ayushman Bharat Yojana in 2018 by Prime Minister Narendra Modi, which aims to promote health and welfare of unprivileged people who cannot afford medical facilities in remote areas of the country.

NCC cadets showed their participation by making a number of posters on the theme "Keep your health, save your wealth. This event was held online to make public aware NCC cadets also made vedios so as to spread awareness among the people through their

staff members appreciated the efforts of the cadets and admired the vedios and ideas of JUO AnidhiDevi,CadetAkshe,CadetRavleen and also cherished the idea and art work done by CadetVanshikaParihar,CadetPriya Devi and Cadet Iqra Jan Malik on Ayushman Bharat Diwas.

The event wa held under the supervision of the worthy principal,Dr. S.P Saraswat ,ANO LT. SumanLata, Dr. Nidhikotwal and Dr. Mamta Sharma appreciated the NCC cadets and said , "They tried their best for it . As it was the only way to spread awareness in this lockdown situation. They did it the best"



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Report of the activity :NCC cadets participated “World Red Cross Day-
“dealing with the global COVID-19 pandemic.

Title of the activity : World Red Cross Day under the theme”Keep
Clapping for the volunteers,staff and everyone responding to COVID-19

Date – 08th may 2020

Objectives of the activity :

- Promote medical facilities.
- To save human life and keep it healthy.
- To honour and mark the belief’s and principles of the International Red Cross and the Red Crescent Movement.

Anticipated Outcome : spread awareness through videos and posters

Details of the resource person if any : NIL

List of the participants to be attached :15 Cadets

- 1) Shilpachoudary
- 2) Khushboothakur
- 3) Mehakpatyal
- 4) Amar jyot
- 5) Sehrishanjum

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- 6) Chahat
- 7) Bishali
- 8) Rachita
- 9) Priyadevi
- 10) Navratika
- 11) VanshikaParihar
- 12) Sahibdeepkour
- 13) Kasakpuri
- 14) Kajaldevi
- 15) Ruhi Bali

S.P. Sarswat
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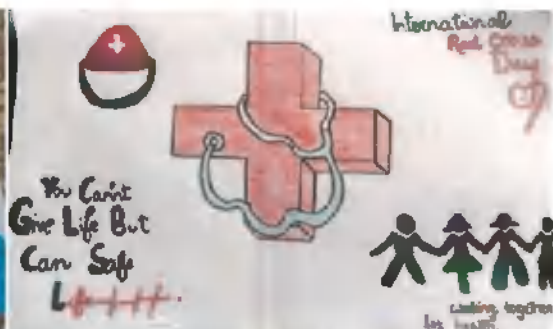
REPORT-

Cadets of 2J&K Girls BN NCC of GCW Parade Ground ,Jammu celebrated“World Red Cross Day”on 8thmay 2021 this year ,the theme of world Red Cross Day is” unstoppable” ,while staying at home and also to promote affordable medical facilities in remote areas of the country.

NCC Cadets made posters on the theme of Red Cross Day and to make public aware online.NCC Cadets also made a no. of videos to spread awareness among the people through their words .

The worthy principal of the college Dr. S.P Sarswat and the staff members appreciated the efforts of the NCC cadets and ideas of cadets.They also appreciated the art work of NCC cadets ,

The event was held under the guidance of the worthy principal Dr.S.PSarswat ,ANO Lt. SumanLata ,Dr. NidhiKotwal and Dr.Mamta Sharma and Ast. PTI JasmeenaChib also appreciated the cadets.



NCC cadets turn 'unstoppable' on World Red Cross Day

EARLY TIMES REPORT

JAMMU, May 9: NCC cadets of VIK Girls Hs of G.C.W. Parade Ground, Jammu celebrated "world red cross day" the theme of World Red Cross day is "unstoppable" while staying at home and also to promote affordable medical facilities in remote areas of the country.

One of NCC cadets made a no. of posters on the theme of red cross day and to make public aware online NCC cadets also made a no. of videos to spread aware-



news among the people through their words. The principal of the

college, Dr. S.P. NAR SWAT and the staff members appreciated the efforts of the NCC cadets and liked the videos and ideas of cadets and they also appreciated the idea and art work of cadets.

The Principal, SP Saranwati, JNU Saranwati, NCC Saranwati, NCC Saranwati, NCC Saranwati and Art PTI Jammu, this appreciated the NCC cadets and said, "They used their best for it. As it was the only way to spread awareness in this lock down situation. They did it the best."

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Principal

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Report of the activity : NCC cadets participated in awareness drive on COVID-19 pandemic

Title of the activity : Awareness drive launched on COVID protocols

Date – 29th sept 2020

Objectives of the activity :

This campaign would focus on the COVID-19 guidelines such as wearing masks, washing hands and maintaining physical distancing.

Anticipated Outcome :

○ Aware people of Covid-19 pandemic

Details of the resource person if any : NIL

List of the participants to be attached : 20 cadets

- 1) RavleenKour
- 2) Swati Sharma
- 3) Iqra Jain Malik
- 4) Kashish
- 5) Tanisha Sharma
- 6) Monika
- 7) Ashima


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9)Salvi

10)Akshitathakur

7) ManviJamwal

8) Kusamdogra

9) Sonia bakshi

10) Ashima Raina

11) Neha devi

12) Shilpachoudary

13) Khushboothakur

14) Mehakpatyal

15) Amar jyot

16) Sehrishanjum

17) Chahat

18) Bishali

19) Rachita

20) Priyadevi

REPORT-

NCC Cadets of 2 J&K Girls Bn of GCW Parade Ground, Jammu took an initiative to make people aware around them and visiting their homes . They informed people the proper ways of wearing masks ,necessitiesrequired while going out of the home,also about the protocols to be followed to prevent spread of coronavirus andother essential measures.This whole programme was organized under the

SPS

supervision of ANO Lt. Suman Lata and Col. Satwinder Singh ,
CO, 2 J&K Girls BN.

NCC CADETS HOLD AWARENESS DRIVE

Jammu, May 23

NCC cadets of 2 JK girls Bn. of GCW Parade Ground Jammu took an initiative to make people aware about the third wave of Covid-19, and Covid vaccine. NCC girls appealed peoples to take vaccination shot on their turn. They hold an awareness camp and also visit many places to make people aware. NCC girls teach people how to wear mask properly and all the necessary measures that have to be taken while going out of the home.



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Report on the activity :NCC cadets organized"Blood donation camp"

Title of the activity :NCC cadets Volunteer for Blood donation camp

Date -14th June 2020

Objectives of the activity :


- To donate blood to the patients and make the youth understand the importance of blood donation

Anticipated Outcomes : To raise global awareness of the need and benefits for safe donation of blood.

Details of the resource person if any : NIL

List of the participants to be attached : 15cadets

- 1) Shilpa choudhary
- 2) Khushboothakur
- 3) Mehakpatyal
- 4) Amar jyot
- 5) Shilpa
- 6) Chahat
- 7) Bishali
- 8) Rachita


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- 10) Navratika
- 11) VanshikaParihar
- 12) Sahibdeepkour
- 13) Kasakpuri
- 14) Kajaldevi
- 15) Ruhibala

REPORT

15 NCC cadets of GCWParade Ground,Jammu along with ANOLt.SumanLata volunteered themselves for the blood donation. During the camp,ADG JKL Directorate Maj Gen Ranjan Mahajan (SM) along with group commander and COs visited the place and congratulated the cadets for their active participation.



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Report of the activity : NCC cadets participated in "Swacch Bharat Mission"

Title of the activity: Painting competition on the theme "One step towards cleanliness"

Date: 02nd Oct, 2020

Objectives of the activity :


- To promote cleanliness and hygiene in a holistic manner. To reduce the incidence of open defecation
- To bring improvement in the quality of life in rural areas

Anticipated Outcomes : 1st prize winner (Cadet ManviJamwal)

Details of the resources person. If any :

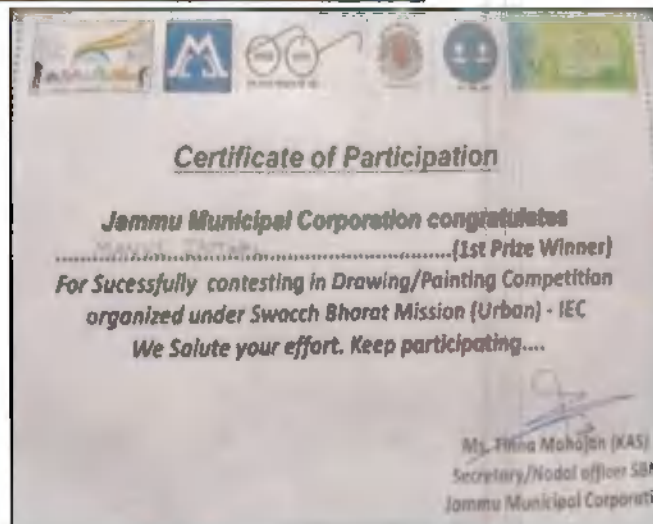
List of the participants to be attached : 6 cadets

- 1) ManviJamwal
- 2) Kusamdogra
- 3) Sonia bakshi
- 4) Ashima Raina
- 5) Neha devi
- 6) Shilpachoudary


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REPORT-

Jammu Municipal Corporation congratulates Cadet ManviJamwal(1st prize winner)for seccessfully contesting in painting competition which was organized under “Swacch Bharat Mission”(urban)-IEC.We salute your effort . Keep participating.



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Principal

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Report on the activity : NCC cadets participated in Fit India Freedom Run 2.0

Title of the activity : Fit India Freedom Run under the theme"

Date – 06 sept 2021

Objectives of the activity : Encourage youth for including sports and physical activities in their everyday lives.

Anticipated Outcomes : Participated in the fit India freedom run organized by 2 J&K Girls BnNCC, Jammu cadets covered 2.5 km running.

Details of the resources person if any :

List of the participants to be attached : 20 CADETS

1) Amisha Bhardwaj

2) Varuni Dutta

3) Ravleen Kour

4) Neha

5) Swatika Katoch

6) Vishali Devi

7) Shilpa Choudary

8) Shalika Bhagat

SP Sarawat

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Parade Ground, Jammu

- 9)Salvi saini
- 10)DikshaCharak
- 11)Shivani Sharma
- 12)Kalyani Devi
- 13)Ariya
- 14)MehakPatyal
- 15)Neetika Sharma
- 16)Bishali Devi
- 17)Pratibha
- 18)KashishAbrol
- 19)Priya
- 20)Akshe

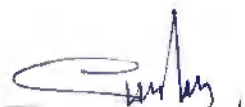
REPORT-

Venue : Army cantt Jammu

Cadets of GCW Parade Ground, Jammu participated in the fit India freedom run organized by 2 J&K Girls BnNCC,Jammu .NCC cadets covered the distance of 2.5 km and later on the cadets joined CO of 2 J&K Girls BnNCC,jammu and Group Commander Brig. Satish kumar .Cadets also got the opportunity to interact with the officials



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Report on the activity : Fit India movement, "the vision of making India a Fit and Healthy Nation".

Title of the activity : Fit India freedom run 2.0

Date – 13 sept 2020

Objectives of the activity :

○ Encourage youth for including into sports and physical activities in their everyday lives.


To bring about behavioural changes and move towards a more physically active lifestyle.

Anticipated Outcomes : Participated in the fit India freedom run , which was started from college premises and ended at Manda Zoo, Amphalla.

Details of the resources person if any :- NIL

List of the participants to be attached : 20 cadets

- 1) Varuni Dutta
- 2) Ravleenkour
- 3) Saliya Siddique
- 4) Swati Saini
- 5) Neha Devi



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- 6)Vishali Devi
- 7)ShilpaChoudhary
- 8)Shalika Bhagat
- 9)Salvi Saini
- 10)DikshaCharak
- 11)Alisha kumari
- 12)Shivani Sharma
- 13)KalyaniDevi
- 14)Ariyadeepkaur
- 15)khushboo Thakur
- 16)MehakPatyal
- 17)Akshita Thakur
- 18)Neetika Sharma
- 19)Ridhima Sharma
- 20)Bishali Devi

REPORT-

Venue : GCW Parade ground Jammu NCC and NSS cadets of GCW Parade Ground Jammu, participated in the fit India freedom run , which was started from college premises and ended at Manda Zoo, Amphalla.

NCC Cadets and players celebrated Fit India moment to encourage people to remain healthy and fit by including physical activities and sports in their daily lives .The programme started with physical


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activities at college with Principal Dr. S.P Sarswat , ANO Lt. SumanLata and other staff members .



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Ground Jammu

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Dr. S P Sarswat
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Report of activity: NCC cadets visited the Directorate of Agriculture Production and Farmers Welfare, Talab Tillo, Jammu

Title of the activity: Agri-entrepreneurship and Agro—Startup

Date – 29 sept 2020

Objectives of the activity:

- Awareness regarding various departmental schemes and possibilities for development of Agri-entrepreneurship and Agro--Startup.

Anticipated outcomes: Live demo of Vermi-composting, visit to plant health clinic and mushroom cultivation demonstration .

Details of the resources person .if any: Dr.ArunKhajuria,
Dr.Kuldeep(MDO),Dr.AmanJyoti(SPO).

List of the participants to be attached: 20 cadets

- 1)Varuni Dutta
- 2)Ravleenkour
- 3)Saliya Siddique
- 4)Swati Saini
- 5)Neha Devi

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- 7)VanshikaParihar
- 8)Shalika Bhagat
- 9)Salvi Saini
- 10)DikshaCharak
- 11)Alisha kumari
- 12)Shivani Sharma
- 13)KalyaniDevi
- 14)Ariyadeepkaur
- 15)khushboo Thakur
- 16)MehakPatyal
- 17)Akshita Thakur
- 18)NeetikaSharma
- 19)Sumedha Sharma
- 20)Vishali Devi

REPORT:

NCC Cadets and NSS volunteers along with college students under the guidance of Principal S.P Saraswat along with ANO Lt.SumanLata,NSS PO GurpreetKour and Prof.MeenakshiSharma visited

Directorate of Agriculture Production and Farmers Welfare,TalabTillo,Jammu for awareness regarding various



departmental schemes and possibilities for development of Agri-entrepreneurship and Agro-Startup.

A live demo of vermicomposting was performed in the department. Cadets also visited plant health clinic where Dr. Arun Khajuria was the incharge, visited mushroom demonstration & Training Center which was lead by Dr. Kuldeep (MDO), Dr. Aman Jyoti (SPO), they notified about cultivation of mushroom and spawn production, Apiculture introduction about NVP GH, vermicompost unit and floriculture/plant nursery and finally Soil testing/PTL/QQLabs.

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GWC Parade Students sensitized about entrepreneurship development in Agriculture

Jammu, 19th News

9/29/2021



JAMMU: A group of 26 students of Government College for Women Parade Ground Jammu including NCC & NSS cadets led by LT Suman Lata NCC AMO Prof Menakshi Jaiswal Convener Training & Placement Cell and Dr Gurpreet Kour, NSS, PO visited Krishi Bhawan complex Talab Tillo, Jammu, here today.

This visit was organized under the initiative and guidance of Director Agriculture & Farmers Welfare Jammu, K. K. Sharma with the objective of creating awareness among youth regarding different activities being undertaken by the Department of Agriculture for the welfare of the farming community and entrepreneurship deployment in agriculture.

Joint Director Agriculture (Marketing), A.S. Reen, encouraged the youth to come forward to learn and adopt Scientific Agricultural Skills for efficient use of resources and adopt farming as income generating venture. More opportunities for employment generation are being created through expansion of protected vegetable cultivation, apiculture and mushroom growing on scientific lines, he said.

Detailed deliberations were made by the experts of the department on different topics including mushroom growing, protected cultivation of vegetables, apiculture, plant protection, role of women in agriculture, self help

GWC Parade Ground Students sensitized on entrepreneurship development in Agriculture

Jammu, 19th News
Jammu, Sep 29

A group of about 26 students of Government College for Women Parade Ground, Jammu including NCC & NSS cadets led by LT Suman Lata, NCC AMO, Prof Menakshi Jaiswal, Convener Training & Placement Cell and Dr Gurpreet Kour, NSS, PO visited Krishi Bhawan complex Talab Tillo, Jammu today. This visit was organized under the initiative and guidance of Director Agriculture & Farmers Welfare Jammu, Sh. K. K. Sharma with the objective of creating awareness among youth regarding different activities being undertaken by the Department of Agriculture for the welfare of farming community and entrepreneurship deployment in agriculture.



Joint Director Agriculture (Marketing), S.A.S. Reen, on the occasion stressed that youth should come forward to learn and adopt Scientific Agricultural Skills for efficient use of resources and adopt farming as income generating venture. More opportunities for employment generation are

being created through expansion of forced vegetable cultivation, apiculture and mushroom growing on scientific lines. He said.

Detailed deliberations were made by the experts of department on different topics including mushroom growing, protected cultivation of vegetables, apiculture, plant protection, role of women in agriculture, self help groups formation, vermi-composting and kitchen/roof top gardening. The group was also shown the Naturally Ventilated Poly Green House, Automatic Pasteurized Mushroom Compost Making Plant, Vermicompost structures, Plant Health Clinic (PHC), Pesticide Testing Lab, Soil Testing

Lab and Quality Control Lab. A Q&A session was also held on the occasion in which queries raised by students regarding adopting the Agriculture as business which were answered by the experts satisfactorily.

Those who participated and interacted on the occasion included S Iqbal Singh, Joint Director (Apiculture & Mushroom), Sh. J. C. Rana, Agronomist (Vegetables), Sh. Rajeev Verma, Agri Chemist, Kuldeep Sharma, MDO, Neeraj Rawal, Assistant Soil Chemist, Mrs. Dolly John, Assistant Bio Chemist, Sanjay Anand, Assistant Entomologist, Arun Khajuria, Incharge Plant Health Clinic besides other experts of the department.

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Report on the activity : NCC cadets Visited kala kendra and Zorawar Singh Auditorium

Title of the activity : Cultural Carnival Event Auditorium

Date – 23 oct 2020

Objectives of the activity :


- Cadets of 2 J&K Girls Bn from GCW Parade Ground Jammu visited kala kendra and Zorawar Singh Auditorium for wonderful cultural event

Anticipated Outcomes : Cadets took part in this event to have a look towards their culture and tradition.


Details of the resources person. If any :

List of the participants to be attached : 30 cadets

- 1) Varuni Dutta
- 2) Ravleenkour
- 3) Saliya Siddique
- 4) Swati Saini
- 5) Neha Devi


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- 7)ShilpaChoudhary
- 8)Shalika Bhagat
- 9)Salvi Saini
- 10)DikshaCharak
- 11)Alisha kumari
- 12)Shivani Sharma
- 13)KalyaniDevi
- 14)AriyadeepKour
- 15)khushboo Thakur
- 16)MehakPatyal
- 17)Akshita Thakur
- 18)NeetikaSharma
- 19)VanshikaParihar
- 20)Bishall Devi
- 21)Sumedha Sharma
- 22)Monika
- 23)Manvi Sharma
- 24)Manisha Sharma
- 25)PratibhaChib
- 26)kashishabrol
- 27)Priya


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Dargade Ground, Jammu



29)Akshe

30)Diksha Sharma

REPORT-

Venue: Kala Kendra to Zorawar Singh Auditorium,Jammu

NCC cadets of 2 J&K Girls Bn from GCW Parade Ground Jammu visited kala kendra and Zorawar Singh Auditorium for wonderful cultural event where around 30 cadets took part in this event to have a look towards their culture and tradition.



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[Signature]



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Report on the activity :NCC cadets participated in Cycle rally marking
"FIT INDIA MISSION"

Title of the activity :Fit India Mission under the theme "JAAN HAI
TOH JAHAN HAI"

Date – 24 june 2021

Objectives of the activity :

To spread awareness about hygiene, perils of indiscriminate use of single-use plastic in rural, urban, forest areas and to remove vaccine hesitancy

About the likelihood of third wave of COVID and the dire need for getting vaccination done which will save precious lives.

Other preventive measures like use of masks, sanitizers and social distancing norms were also explained.

Anticipated Outcomes :

4 NCC Cadet of 2J&K Girls Bn of G.C.W,Parade Ground , Jammu participated in cycle rally on 24 june 2021.

Details of the resources person. If any :

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Parade Ground Jammu

List of the participants to be attached : 4 cadets

- 2) Shagunchib
- 3) ShivaniCharak
- 4) DikshaSharma


REPORT-

Cadets of NCC Directorate Jammu, Kashmir and Ladakh in an effort to spread awareness about COVID vaccination had launched a cycle rally in Border Areas of RS Pura sector. The rally consisted of eleven NCC Cadets to include four Girls from 2 J&K Girls Bn.NCC Jammu from GCW Parade Ground,Jammu and was led by Brig NR Babu, Deputy Director General of the Directorate.CadetShagunChib,CadetKhushboo Thakur , Cadet ShivaniCharak, Cadet DikshaSharma participated with full enthusiasm.

The rally under the theme “JAAN HAI TO JAHAN HAI” was flagged off by Brig Satish Kumar, Group Commander, Jammu, in presence of Col Dharmendra Pandey, CO, 4 J&K Bn NCC from the BalidanStambh in Jammu and covering a distance of 35 Kms reached Suchetgarh Border Out Post.

Major General Ranjan Mahajan, Sena Medal, Additional Director General of NCC Directorate Jammu Kashmir and Ladakh commended the efforts of the Cadets.




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(Estd. 1944)

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Tel.(O): 0191 2544305

Report of the activity : NCC cadets celebrated National Doctors Day under the theme "Lessen the mortality of COVID 19."

Title of the activity : Commemorate the birth and death anniversary of former Bengal's Chief Minister Dr Bidhan Chandra Roy

Date – 01 July 2020

Objectives of the activity :

To spread awareness and appreciate the warriors during pandemic and saluting their sacrifices .


To thank the doctors and physicians for their dedicated service.

To honour and appreciate all doctors and medical professionals for their continuous service for the ongoing coronavirus pandemic.


Anticipated Outcomes : Cadets made beautiful greetings for the doctors and honour them wholeheartedly with a huge respect.

Details of the resources person. If any : ADG DTE JK&L Maj General Ranjan Mahajan

List of the participants to be attached : 30 cadets


PRINCIPAL
= Trust for Women

- 1)Varuni Dutta
- 2)Ravleenkour
- 3)Saliya Siddique
- 4)Swati Saini
- 5)Neha Devi
- 6)Vishali Devi
- 7)ShilpaChoudhary
- 8)Shalika Bhagat
- 9)Salvi Saini
- 10)DikshaCharak
- 11)Alisha kumari
- 12)Shivani Sharma
- 13)Kalyani
- 14)Ariyadeepkaur
- 15)khushboo Thakur
- 16)MehakPatyal
- 17)Akshita Thakur
- 18)Neetika Sharma
- 19)Ridhima Sharma
- 20)Bishali Devi
- 21)Sumedha Sharma


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Bhanda Ground, Jammu.

23)Manvi Sharma

24)Manisha Sharma

25)PratibhaChib

26)kashishabrol

27)Priya

28)Sahibdeepkour

29)Akshe

30)Diksha Sharma

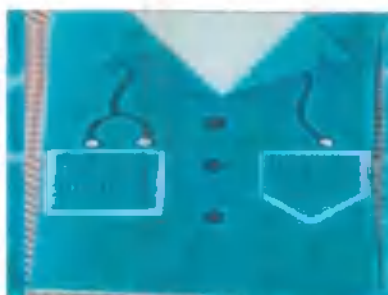
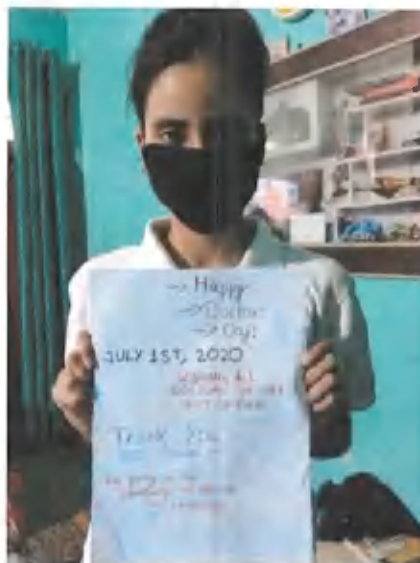
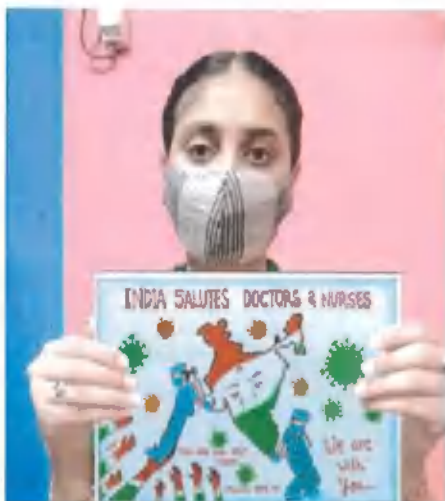
REPORT-

On 01 July 2020, in the honour of Dr. Bidhan Chandra Roy, to pay tribute to his contributions in health domain.

National Doctors Day was celebrated by senior wing cadets of 2J&K Girls Bn, G.C.W, Parade Ground, Jammu with great enthusiasm . The main purpose of the celebration was to spread awareness and respect for the doctors and to appreciate and thank them in everyway for always being there for their patients wholeheartedly and happily even in the pandemic and saluting their sacrifices . The day started with various activities and presentations by the cadets like poetry, treats, slogans and posters were a major sight of attraction thereby. For the same, they also pledged to be the responsible and respectful person for not only doctors but other people who serve the humanity and also came out as young warriors of the nation . All in all , it was a great success and had certainly made a difference to the way we see our routines.

The Program was organized under the guidance of the worthy Prinicipal of the Institution and Commanding officer Col. Satwinder

Singh and ANO Lt. SumanLata. Principal Dr.S.PSarswat congratulated the cadets for the cadets for their efforts and appreciated them all.



S.P.Sarswat

PRINCIPAL
Govt. College for Women
Parade Ground, Jammu.

Singh

NATIONAL DOCTORS DAY

Thank you so much for everything you do, both in facing this pandemic and before it. You've taken care of many families at every step, from births to strokes to Cancer. And now you are walking right into the fire to help us get through it.

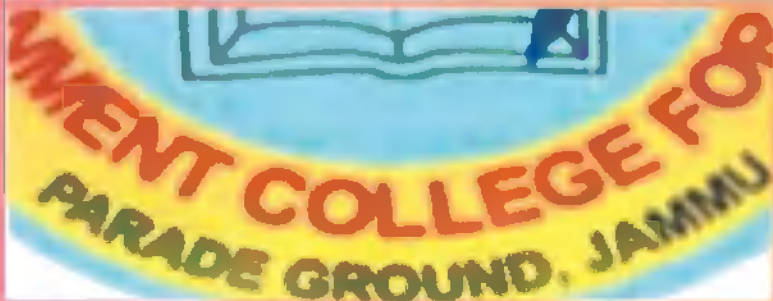


NATIONAL DOCTORS DAY

Thank you so much for everything you do, both in facing this pandemic and before it. You've taken care of many families at every step, from births to strokes to Cancer. And now you are walking right into the fire to help us get through it.

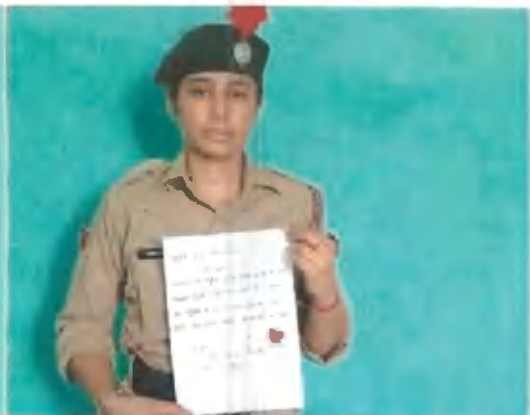



Name: AAMODINI
KATOCH
Regimental No.:
JK19swa665014
GCW PARADE,



PRINCIPAL
Govt College for Women
Parade Ground, Jammu

Diksha charak
Class: B.A
Sem.: 2nd
Reg. No.:
jk20swa665017



DEAR DOCTOR 
THANKS.
THANKS FOR MAKING ME LOVE LIFE AGAIN,
THANKS ALSO FOR EASING MY PAIN,
YOU MEAN A LOT, I WANT YOU TO KNOW,
KEEP BLESSING PEOPLE WHEREVER YOU GO...
HAPPY DOCTOR'S DAY.



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Int. College for Women
A wide Ground Jammu

Name:- Smile
Reg no.
JK19SWA6650
60

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GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU-180001, J&K.

(Erstwhile Maharani Mahila College)

Autonomous College Affiliated to the University of Jammu

Colloge with Potential for Excellence, 2016

(Estd. 1944)



Dr. S P Sarawat
Principal

E-mail: principalgcwparade@gmail.com
Tel.(O): 0191 2541305

Report on the activity : Kargil Vijay Diwasto commemorate the sacrifices made by soldiers in this war.

Title of the activity :Kargil Vijay Diwasunder the theme “India celebrates 21 years of victory, indomitable valour and sacrifice of soldiers.”

Date – 26 july 2020

Objectives of the activity :


To salute our brave hearts.

pay homage to all those who lost their lives in Kargil protecting our nation

Anticipated Outcomes :


Felicitation of the widows of war heroes who sacrificed their lives during kargil war and honour them with momentos, sketches, handmade greetings and letters.

Details of the resource person if any :


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Govt. College for Women
Parade Ground, Jammu

List of the participants to be attached : 15 cadets

- 1)Kalyani Devi
- 2)Ariyadeepkaur
- 3)khushboo Thakur
- 4)MehakPatyal
- 5)Akshita Thakur
- 6)Neetika Sharma
- 7)Ridhima Sharma
- 8)Bishali Devi
- 9)Sumedha Sharma
- 10)Monika
- 11)Manvi Sharma
- 12)Manisha Sharma
- 13)PratibhaChib
- 14)kashishabrol
- 15)VanshikaParihar


PRINCIPAL
Govt. College for Women
Parade Ground Jammu.

REPORT-

NCC Cadets of G.C.W, Parade Ground, Jammu felicated "VEER NAARIS".




Our flag doesn't fly because the wind blow it. It flies with the last breath of each soldier who shed defending it .

NCC Cadets of 2J&K Girls Bn of G.C.W ,Parade Ground, Jammu participated in commemoration on 22nd kargil Vijay Diwas felicitated the widows of war heroes who sacrificed their life during kargil war. This event was supervised under the worthy principal Dr. S.P Sarswat and ANO Lt.SumanLata.

Keeping in view the pandemic situation all compulsory precautions were taken. SUOSheetal Bhat, SUO Anidhi Devi, Cadet Priya , Cadet Ariya , Cadet Marvi, Cadet Vishali visited the families of bravehearts nearby localities named as:

1. Shaheed MAJ. Ajay Singh JasrotiaSena Medal(posthumous)of 13JAKRIF,
2. Shaheed HAV. Madan LalVrC of 18 Grenadiers,
3. Shaheed HAV. UdhamSinghVrC of 18 Grenadiers,
4. Shaheed SUB. Bahadur Singh VrC OF 12JAKLI,
5. EX.HAV.Pradeep Singh Mehta of Reg. Corps of Signals.

The cadet interacted at length With "VEER NAARIS", parents, family members of the "Heroes" and listened to the tales of heroism where the "Mother of Shaheed Hav. Udham Singh " who is popularly known as "TIGER OF TIGER HILL " she proudly said my son was "SHER". He killed 20 enemies before attaining martyrdom. The tears also rolled down from her eyes when "Cdt. Marvi Rajput" showed a self made sketch of her son and she said "YEH TOH MERA BETA UDHAM HAI."


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Jammu



Kamala Devi, VEER NAARI of “Shaheed Hav. Madan LalVrC” told the cadets that uniform and country was her first love; she also showed his uniform to cadets which he used to wear with pride.

The tears rolled down from the \ eyes of Veenajasortia the mother of Shaheed MAJ. Ajay Singh Jasrotia when Cdt. Ariya presented them a handmade letter in which she had written that he is the source of inspiration for the whole country and the people.

Ex Hav. Pradeep Singh from Reg.corps of Signals said to the Cdt. That if I get the chance to wear the uniform again I won't even think for one second I am ready to serve the nation again.

Overwhelmed with all the emotions and witnessing the saga of sacrifice, courage, value, brotherhood, pride, integrity and patriotism the cadets also paid tribute to the fallen heroes at the “BALIDAAN STAMBH” by wreath laying ceremony.

SpSeel

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College for Women
Jammu





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PRINCIPAL
JAW. College for Women
Bwade Ground, Jammu





Special
PRINCIPAL
Jwv. College for Women
Bamde Ground, Jammu



NCC cadets of GCW Parade present greetings to jawans on Vijay Diwas



NCC Cadets of GCW Parade presenting gifts to Jawans during a function.

EARLY TIMES REPORT

JAMMU, July 30: NCC cadets of GCW Parade Ground Jammu prepared a number of greeting cards on the auspicious day of Kargil Vijay Diwas.

This year the cadets of GCW Parade Ground Jammu decided to celebrate the day with the armed forces and decided to felicitate them.

Under the guidance of ANO Lt. Suman Lata and senior cadets SUO Anidhi Devi and SUO Sheetal Bhat cadets visited 4

GRENADIERS at Sunjwan Military Station. Cadets were welcomed there and given refreshments and they interacted with 2 IC of the unit.

Later they took them to the statue of PVC holder of 4th Grenadiers and were taken to the brave soldiers of nation where the cadets presented greeting to them and thanked them for their all sacrifices they are making to protect us.

The 2 IC of the unit thanked the cadets for visiting them and for those beautiful handmade greetings.

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GCWP PARADE



GROUND JAMMU

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College
Ground



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report of the activity: Celebration of the Kargil Vijay Diwas Conducted on 26th of July 2020 under the scheme Azadi ka Amrit Mahotsav.

- 1. Title of the activity: Rally on Kargil Vijay Diwas.**
- 2. Objectives of the activity:**
 - To make the students aware about the national integration.
- 3. Anticipated outcomes:** The students will appreciate patriotism and develop the feelings of nationalism.
- 4. Details of the resource person. If any:** Not Required.
- 5. List of the participants to be attached:** 51.

Report: Attach Photographs of the event: A detailed report containing pictures of the event has duly been attached.

Kargil Vijay Diwas (Kargil Victory Day) was celebrated in the College campus on 26th July 2020 under the guidance of respected Principal S. P. Saraswat and Programme Officers. The NSS Volunteers took part in a rally which started from the front gate of the college, culminated on back side of the gate and on the way also made the general public aware about the sacrifices rendered by the security personals to vacate the captured places by intruders.



Dr. S. P. Saraswat

NSS Programme Officer
Govt. College for Women

Llst of participants

S.No.	Name	Semester
1.	Radhika Gupta	3 rd
2.	Priya Sharma	3 rd
3.	Nidhi Thakur	3 rd
4.	Jiya Manhas	1 st
5.	Shivani Dogra	1 st
6.	Ridhima Jamwal	1 st
7.	Himani Sudan	1 st
8.	Prajwal Singhania	5 th
9.	Meenakshi Devi	5 th
10.	Pushpa Bhagat	5 th
11.	Rani Devi	5 th
12.	Priya Gupta	1 st
13.	Tejasvi Verma	5 th
14.	Tanu Mishra	5 th
15.	Yogita Raina	5 th
16.	Tanvi Gupta	1 st
17.	Shriya Sharma	1 st
18.	Manvi Sharma	5 th
19.	Suhani gupta	5 th
20.	Tahima Khan	1 st
21.	Veenu	1 st
22.	Radhika Gupta	5 th
23.	Purvi Sharma	3 rd
24.	Shruti Gupta	3 rd
25.	Simran Raina	3 rd
26.	Asmi Dewan	1 st
27.	Ayat fatima khan	1 st
28.	Meena verma	5 th
29.	Jyoti Kumari	5 th
30.	Meenal	5 th
31.	Ruchika Raina	5 th
32.	Kajal Devi	1 st
33.	Rohani Sharma	1 st
34.	Tanu Mehra	3 rd
35.	KashishKoul	3 rd
36.	Navya Verma	3 rd
37.	Advika Sharma	1 st
38.	Tanvi Gupta	5 th
39.	AviChib	5 th
40.	Fatima Bibi	1 st
41.	Meenu Verma	1 st
42.	Khushi Zutshi	3 rd
43.	Mehar Sharma	3 rd
44.	Ramandeep Kour	3 rd
45.	Arshi Verma	1 st
46.	Anshika Sharma	1 st

47.	Gauri	5 th
48.	Gunika Sharma	3 rd
49.	Megha Verma	5 th
50.	Anjali Sharma	3 rd
51.	Simran Kaur	3 rd

SPS




Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report on the activity 'World's Aid Day', conducted on 1st of December, 2020 under the scheme Azadi ka Amrit Mahotsav.

- 1. Title of the activity:** Poster making competition on the topic, "World's Aid Day".
- 2. Objectives of the activity:**
 - To commemorate 'World's Aid Day' The main purpose of celebrating World AIDS Day every year is to build new and effective policies and programmes to strengthen the systems of health and also to increase the capacity of health sectors towards HIV or AIDS.
 - The aim of the HIV/AIDS Awareness Programme is to empower and increase the awareness to participants of HIV/AIDS, its impact, management and availability of support systems. This is to encourage early testing and lifestyle changes that will thereby reduce and prevent further infection.
- 3. Anticipated outcomes:** The students got an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness.
- 4. Details of the resource person. If any:** Not Required.
- 5. List of the participants to be attached:** 35.
- 6. Report. Attach photographs of the event.** A detailed report containing pictures of the event has duly been attached.

NSS Unit of GCW Parade Ground Jammu conducted an awareness rally on AIDS day under the Guidance of Respected Principal S. P. Sarswat Sir and Programme Officers. Each year, on 1st December, the world commemorates World AIDS Day. People around the world unite to show support for people living with HIV and to remember those who have died from AIDS-related illnesses. Each World AIDS Day focuses on a specific theme, which this year will be end inequalities. Different volunteers took part in awareness rally and apprised the local populace about the Effects of AIDS.


Programme Officer
Govt. College for Women
Parade Ground, Jammu



WORLD AIDS DAY
LET'S JOIN HANDS...
TO FIGHT...
TO PREVENT...
TO GIVE...

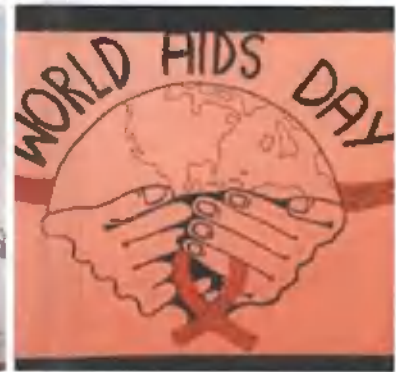
AIDS DAY
ENDING THE
HIV/AIDS
EPIDEMIC
COMBATS
BY
GAMMA 3
DECEMBER-1



THE DISEASE
NOT THE DISEASED

FIGHT AIDS.
NOT PEOPLE
WITH AIDS!!

Prevention is Better
Than Cure. Especially
When Something Has
No Cure.



A World with
Love not Aids
World Aids Day
December 1
200 Girls Battalion NCC
of a P.S.S. College Hill

J. S. A.

Programme Officer
Govt. College for Women
Panda Ground, Jammu

List of Participants:

S. No	Name	Semester
1.	Usha Sharma	3 rd
2.	Avantika Rajput	5 th
3.	NeeruManhas	3 rd
4.	Kajal Devi	5 th
5.	Naina Sharma	5 th
6.	KashishKoul	5 th
7.	Avni Rajput	3 rd
8.	AnvishaChib	5 th
9.	Ekta choudhary	5 th
10.	Tanu Mishra	3 rd
11.	Lovepreetkour	3 rd
12.	Mansi Verma	3 rd
13.	Mahi jamwal	5 th
14.	Aditi Raina	5 th
15.	Kalpana sharma	5 th
16.	Tanvi gupta	1 st
17.	Kajol rukhwal	5 th
18.	Mehak jamwal	1 st
19.	Manvi Loach	1 st
20.	Muskankumari	1 st
21.	Neetikarajput	1 st
22.	Saanvi sharma	1 st
23.	Neerumanhas	5 th
24.	Reetikarazdan	5 th
25.	Tanvi gupta	5 th
26.	Kahsishkoul	3 rd
27.	Parmeetkour	3 rd
28.	Shivani Verma	3 rd
29.	Nandini Rajput	3 rd
30.	Shalini koul	1 st
31.	Khushboo rajput	1 st
32.	Janvidhiman	5 th
33.	Muskansharma	5 th
34.	Kajal devi	5 th
35.	Sakshi rao	3 rd

Principal
Govt. College for Women
Parade Jammu

Pr
Programme Officer
Govt. College for Women
Parade Ground Jammu



Government College for Women, Parade Grououd Jammu

National Service Scheme Unit

Report on the activity, "Human Rights Day" on 10th of Deccember 2020 under the schemc Azadi ka Amrit Mahotsav.

1. Title of the activity: Slogan making competition, on the topic, "Human Rights Day".

2. Objectives of the activity:

- To make the students aware about the importance of human rights and how can they be enforced.

3. Anticipated Outcomes: Students will become aware citizens.

4. Details of the resource person. If any: Not Required.

5. List of the participants to be attached: 35.

6. Report. Attach photographs of the event. A detailed report containing pictures of the event has duly been attached.

NSS units of the College organized a poster making competition under the guidance of Respected Principal S. P. Sarswat Sir on worlds Human Rights Day. Almost 35 students participated. HarleenKour adjudged first andKashishKoul adjudged second in the competition. The entries were evaluated by NSS Program Officers of the college.

NSS Programme Officer
College for Women



HUMAN RIGHTS



HUMAN RIGHTS




TYBA - 132
Hyunghwan Choi




Regardless of 'COLOURS'
We are 'ALL' equal!


HUMAN

LOVE = 

RIGHTS

PEACE = 

DAY

HUMAN = 


10 DECEMBER

Am

WSS Programme Officer
Jammu College for Women
Jammu

List of Participants:

S.No.	Name	Semester
1.	Urvashi Sharma	3 rd
2.	Tanvi Raina	3 rd
3.	KahsishKoul	3 rd
4.	Advika Raina	5 th
5.	Kajal Devi	5 th
6.	Avni Chib	5 th
7.	AvishaRajput	5 th
8.	Bhumi Rajput	3 rd
9.	Bhumika Sharma	1 st
10.	CharuSharma	1 st
11.	Chanchal Devi	1 st
12.	DeevikaSharma	1 st
13.	Deepali Rajput	3 rd
14.	DeepakshiSuri	3 rd
15.	Ekta Choudhary	5 th
16.	Fatima Bibi	5 th
17.	Farina Nissa	5 th
18.	GunikaSharma	1 st
19.	Gauri	1 st
20.	Harshika Sharma	1 st
21.	HarleenKour	3 rd
22.	Harmeet Kour	3 rd
23.	IshaChadgal	3 rd
24.	IshikaBali	5 th
25.	JanviDhiman	5 th
26.	Janashvee	1 st
27.	Kajol Rukhwal	1 st
28.	KashishKoul	1 st
29.	Kanika Bali	5 th
30.	Lakshmi Rani	5 th
31.	Manju	5 th
32.	Mandeep Kour	5 th
33.	Neha Dubey	3 rd
34.	Nisha Dabgotra	3 rd
35.	Nishi Rajput	3 rd


Principal
Goyt. College for Women
Parade Jammu


Programme Officer
College for Women
Jammu



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report on the activity, "Farmers Day", conducted to 23rd of October, 2020 under the scheme Azadi ka Amrit Mahotsav.

1. **Title of the activity:**Poster making competition on the topic, 'Farmer Day'.
2. **Objectives of the activity:**
 - To focus on the farming sector and development of talent within the country and improve the overall scope and space for underdeveloped sector.
3. **Anticipated Outcomes:**To raise awareness among the students about farming and to appreciate the role of farmers in Indian Economy.
 - To put emphasis on improving the employability level of the youth to increase their employment and entrepreneurship skills.
4. **Details of the resource person. If any:** Not Required.
5. **List of the participants to be attached:** 35.
6. **Report. Attach photographs of the event.** A detailed report containing pictures of the event has duly been attached.

NSS units of the college organized poster making competition on farmers day. 35 volunteers participated and highlighted the importance of farming practices available in India through their creative poster making competition. In India Farmers' Day is celebrated on the birthday of the 5th Prime Minister of India, Choudhary Charan Singh, who introduced numerous policies to help Indian farmers.



List of Participants:

S.No.	Name	Semester
1.	Tanu Verma	3 rd
2.	Adrika Gupta	5 th
3.	Avni Rajput	5 th
4.	Tanvi Sharma	3 rd
5.	Bhumika Sharma	3 rd
6.	Bawana Pandita	3 rd
7.	Tanu Mishra	3 rd
8.	Kajal Devi	5 th
9.	Harshika Sharma	5 th
10.	Muskan Sharma	3 rd
11.	Mehak Gupta	5 th
12.	Chahat Sharma	3 rd
13.	Charu Gupta	5 th
14.	Deepali Sharma	5 th
15.	Ekta Sharma	3 rd
16.	Fatima naseen	3 rd
17.	GurmeetKour	1 st
18.	Gunika Gupta	1 st
19.	Ishachadgal	1 st
20.	Ishika Bali	1 st
21.	Janvi Dhiman	1 st
22.	Jannu Verma	3 rd
23.	Monika Sharma	3 rd
24.	Mehak Jamwal	5 th
25.	Manpreet Kour	5 th
26.	Payal Devi	5 th
27.	Bhumika Rao	5 th
28.	NeetikaBalgotra	5 th
29.	IshikaDalmotra	3 rd
30.	SanchitaKoul	3 rd
31.	Ishachoudhary	3 rd
32.	Neha Rajput	5 th
33.	Avika Rao	5 th
34.	Neetika Rajput	5 th
35.	Taniya Sharma	5 th

Spsa
Principal
Govt. College for Women
Parade Jammu

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Programme Officer
for Women



Government College for Women, Parade Ground Jammu

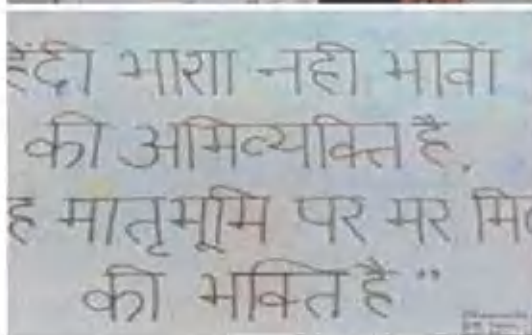
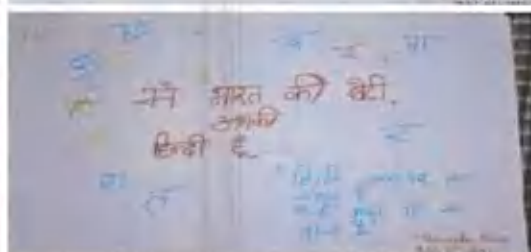
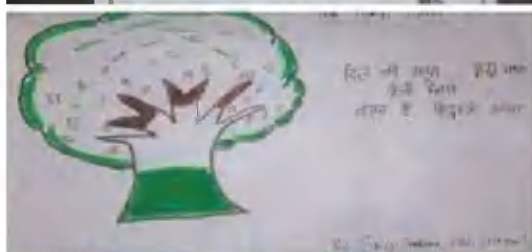
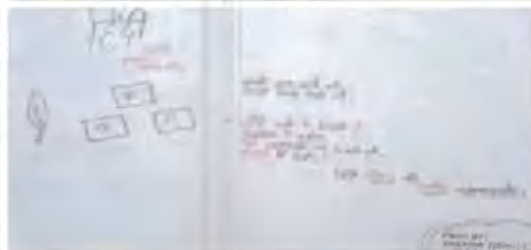
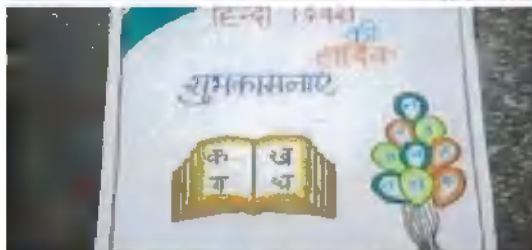
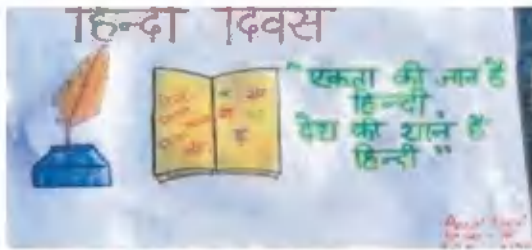
National Service Scheme

Report on the activity "Hindi Diwas" conducted on 14th of September, 2020 under the scheme Azadi ka Amrit Mahotsav.

- 1. Title of the activity:** Poster making on "Hindi Diwas".
- 2. Objectives of the activity:**
 - National Hindi Day is celebrated every year on September 14 to mark the adaptation of Hindi (written in Devanagari script) as the official language by the Constituent Assembly on September 14, 1949.
 - Apart from Hindi Diwas, World Hindi Day 2020 is observed on January 10. The day commemorates the anniversary of the first World Hindi Conference held in Nagpur of January 10, 1975, which saw 122 delegates from 30 countries participating in it.
- 3. Anticipated Outcomes:**

Students will understand the role of Hindi language in promoting national integration.
- 4. Details of the resource person. If any:** Not required.
- 5. List of the participants to be attached:** 40.
- 6. Report. Attach photographs of the event.** A detailed report containing pictures of the event has duly been attached.

An online poster making competition was organized by NSS Units of the college under the guidance of Programme officers whereby about 40 students participated and send their posters online and highlighted the importance of Hindi Diwas.



List of Participants:

S.No.	Name	Semester
1	NishthaKour	4 th
2	Pooja Saini	4 th
3	Pooja Sharma	4 th
4	Ruchi Saini	4 th
5	AkarshniRajput	4 th
6	Muskan Sharma	4 th
7	Shruti Khanna	4 th
8	Simran Mussa	4 th
9	ShriyaMahajan	4 th
10	Ananya Sharma	2 nd
11	Palak pawar	2 nd
12	Sheetal Sharma	2 nd
13	Simran sharma	2 nd
14	Alisha Kumari	2 nd
15	Pallavi Sharma	5 th
16	Akriti Rajput	2 nd
17	Nehal palhotra	2 nd
18	Shruti Sharma	2 nd
19	Tarandeepkour	2 nd
20	Amulyasingh	2 nd
21	Deepu Sharma	4 th
22	Arushi Sharma	4 th
23	Riya Sharma	2 nd
24	AvneetKour	2 nd
25	Rabia Sharma	2 nd
26	IshikaBali	4 th
27	Mehak Rajput	4 th
28	Neha Tickoo	2 nd
29	Anamika Devi	4 th
30	SandhiaBhadwaj	2 nd
31	Anamika Solan	2 nd
32	Saima Kossier	2 nd
33	Varsha Sharma	4 th
34	PossedaSayeed	2 nd
35	Vanshika Sharma	2 nd
36	IshikaBali	4 th
37	AsiyaBibi	4 th
38	Jeevan Langeh	4 th
39	KushangiMahajan	4 th
40	Prachita	4 th



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report on the activity, "National Unity Day", conducted on 31st September 2020 under the scheme Azadi ka Amrit Mahotsav.

- 1. Title of the activity:** A seminar on 'National Unity Day'.
- 2. Objectives of the activity:**
 - It provides an opportunity to re-affirm the inherent strength and resilience of our nation to withstand the actual and potential threats to the unity, integrity and security of our country. The National Unity Day also aims to spread awareness about Sardar Vallabhbhai Patel's contribution to Indian history.
 - To On this day, people remember and honour Sardar Patel's outstanding achievements by celebrating Rashtriya Ekta Diwas. People gather to commemorate the nation's togetherness by giving speeches, spreading knowledge, and so on. In different sections of the country, various events, webinars, and seminars are held on this day.
- 3. Anticipated Outcomes:**
 - Students get to know about the role of Sardar Vallab Bhai Patel in integrating India.
 - They will strive for maintaining this hard-earned integration among various states and people of India.
- 4. Details of the resource person. If any:** Not Required.
- 5. List of the participants to be attached:** 40.
- 6. Report. Attach photographs of the event.** A detailed report containing pictures of the event has duly been attached.

NSS units of the college organized a seminar on national unity day. 40 students attended and 6 volunteers spoke on the event. Simran Chib was given first prize. Since 2014, every year on 31 October 'Rashtriya Ekta Diwas' or the National Unity Day is observed to pay tribute to Sardar Vallabhbhai Patel – an Indian politician who played a pivotal role in India's freedom struggle and then during the integration of the country. To commemorate Patel, the new government which was formed at the Centre in 2014 decided to celebrate 31 October as Rashtriya Ekta Diwas – in an announcement made by Prime Minister Narendra Modi.



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report on the Activity: "Rangoli Activity", Conducted on 14th of October 2020 under the scheme Azadi ka Amrit Mahotsav.


- 1. Title of the activity:** Drawing competition on 'Rangoli activity'.
- 2. Objective of the activity:**
 - It is a way to express imagination. The purpose of rangoli is decoration, and it is thought to bring good luck as well.
 - Keeping this in mind, Inter- House Rangoli making competition was organized on 24 October, 2019 at K. R. Mangalam World School, Paschim Vihar branch for the students of Pre-School and Pre-Primary.
- 3. Anticipated outcomes:** Students got to know about their talent using colours and express their views through Rangoli.
- 4. Details of the person. If any:** Nil
- 5. List of the participants to be attached:** 30.
- 7. Report Attach photographs of the event.** A detailed report containing pictures of the event has duly been attached.


Rangoli is a Hindu folk art, generally created on a floor on special festive occasions. The origin of this art can be traced to the Puranas (works on Hindu mythology). Simply put, Rangoli means a row of colors. The tradition of Rangoli originated in Maharashtra and slowly disseminated to other parts of India. Imagination is the spark that ignites the fire of creativity. Rangoli is a traditional form that brightens up an occasion and is believed to be harbinger of good luck. Beautiful patterns are created on the floor using coloured rice, flowers, coloured sand or paints.

J
NSS Programme Officer
Govt. College for Women
Parade Ground Jammu

List of Participants:


S.No.	Name	Semester
1.	Archana Devi	1 st
2.	Shivani Manhas	1 st
3.	Madhu Devi	1 st
4.	Pushpa Devi	1 st
5.	Abhilasha Gupta	3 rd
6.	SimranjeetKour	3 rd
7.	Neha Mahajan	3 rd
8.	JanviSharma	3 rd
9.	RaghviSharma	3 rd
10.	MridulVrich	3 rd
11.	Priyanka Manhas	3 rd
12.	Sneha Mehra	3 rd
13.	Nisha Kumari	3 rd
14.	Pinki Devi	3 rd
15.	Amaira Khan	3 rd
16.	AmanpreetKour	3 rd
17.	Simran Chib	5 th
18.	Madhu Laxmi	5 th
19.	SuneynaJamwal	5 th
20.	Arundhati Roy	5 th
21.	Lavanya Kashyap	5 th
22.	Ritiya Kumari	5 th
23.	Muskan Sharma	5 th
24.	Tanvi Sharma	3 rd
25.	Tanu Mishra	1 st
26.	KashishKoul	1 st
27.	Amandeep Kour	1 st
28.	TanmeetKour	5 th
29.	Kajal Sharma	1 st
30.	Tanvi Gupta	1 st
31.	Suhani Jamwal	1 st
32.	Janvi Dhiman	5 th
33.	Ritika Raina	5 th
34.	Nandini Sharma	5 th
35.	Nishi Verma	1 st
36.	Nidhi Parihar	1 st
37.	Anjali Devi	5 th
38.	Ruchi Sharma	1 st
39.	Smiley	1 st
40.	SheenamKoul	5 th


Programme Officer
Govt. College for Women
Parade Ground Jammu


Principal
Govt. College for Women
Parade Jammu

List of Participants:

S.No.	Name	Semester
1.	Anamika Sharma	1 st
2.	Advika Gupta	1 st
3.	Avni Rajput	3 rd
4.	Avi Raina	3 rd
5.	Bhumika Sharma	3 rd
6.	Bhumi Gupta	3 rd
7.	Bhawani Kumari	3 rd
8.	CharuSadhotra	5 th
9.	Chahat Sharma	5 th
10.	CharanjeetKour	5 th
11.	Deepali Sharma	5 th
12.	Divyanshi Suri	1 st
13.	Ekta Choudhary	1 st
14.	Evelyn Kour	1 st
15.	Fatima Bibi	1 st
16.	Falak Nissa	3 rd
17.	GurleenKour	3 rd
18.	Gurpreet Kour	5 th
19.	Neha Dalgotra	5 th
20.	Neha Dubey	3 rd
21.	Janvi Gupta	3 rd
22.	Ruhi Sharma	3 rd
23.	Kajol Rukhwal	5 th
24.	Mohini	5 th
25.	Tanu Mishra	5 th
26.	Avni Rajput	3 rd
27.	Kalvika Sharma	1 st
28.	Ramandeep Kour	1 st
29.	Tanvi Gupta	1 st
30.	ReetikaRazdan	5 th


Principal
Govt. College for Women
Parade Jammu



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report on the activity, "Communal Harmony Weeks" conducted on 19th of October 2020 under the scheme Azadi ka Amrit Mahotsav.

- 1. Title of the activity:** Debate competition on 'Communal Harmony Week'.
- 2. Objective of the activity:** To enthuse amongst students respect for various communities and developing tolerance for other religious practices.
- 3. Anticipated outcomes:** Students will develop respect for various communities residing in India and will develop tolerance. This will infuse among them the spirit of national integration.
- 4. Details of person, if any:** Nil
- 5. List of the participants to be attached:** 40.
- 6. Report Attach photographs of the event:** A detailed report containing pictures of the event has duly been attached.

NSS units of the college organized a debate competition on the topic communal Hoarmony in India after independence in Smart Class Room of the college. As many as 40 volunteers participated. NSS Pos were the jury members namely Dr. Mohd. Majeed, Dr. Gurpreet Kour, Dr. Parvaiz Ahmed. MaviSapolia coordinated the event. Akarshini Rajput adjudged first and NishthaKour adjudged as second.

NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu




Photographs and List of Photographs:

S.No.	Name	Semester
1	NishthaKour	4 th
2	Pooja Saini	4 th
3	Pooja Sharma	4 th
4	Ruchi Saini	4 th
5	AkarshniRajput	4 th
6	Muskan Sharma	4 th
7	Shruti Khanna	4 th
8	Simran Mussa	4 th
9	ShriyaMahajan	4 th
10	Ananya Sharma	2 nd
11	Palak Pawar	2 nd
12	Sheetal Sharma	2 nd
13	Simran Sharma	2 nd
14	Alisha Kumari	2 nd
15	Pallavi Sharma	5 th

Sum

16	Akriti Rajput	2 nd
17	Nehal Malhotra	2 nd
18	Shruti Sharma	2 nd
19	TarandeepKour	2 nd
20	AmulyaSingh	2 nd
21	Deepu Sharma	4 th
22	Arushi Sharma	4 th
23	Riya Sharma	2 nd
24	AvneetKour	2 nd
25	Rabia Sharma	2 nd
26	IshikaBali	4 th
27	Mehak Rajput	4 th
28	Neha Tickoo	2 nd
29	Anamika Devi	4 th
30	SandhiaBhadwaj	2 nd
31	Anamika Solan	2 nd
32	Saima Kossier	2 nd
33	Varsha Sharma	4 th
34	PossedaSayeed	2 nd
35	Vanshika Sharma	2 nd
36	IshikaBali	4 th
37	AsiyaBibi	4 th
38	Jeevan Langeh	4 th
39	KushangiMahajan	4 th
40	Prachita	4 th


 Principal
 Govt. College for Women
 Parsua Jammu


 Programme Officer
 Govt. College for Women
 Parsua Jammu



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report on activity, "Sadak Suraksha, Jeevan Raksha" conducted on 19th February 2021 under the scheme Azadi ka Amrit Mahotsav.

1. **Title of the activity:** Traffic awareness Week, A Webinar on Traffic Awareness Week.
2. **Objective of the activity:**
 - It aims at making the roads and streets in India safer.
 - Road Safety Week is a campaign initiated by the Ministry of Road Transport & Highways.
 - It aims at making the students aware about the recently amended Motor Vehicle Act.
3. **Anticipated outcomes**
 - Students get to learn the rules for road safety under new Motor Vehicle Act and
 - They will learn to become responsible citizens.
4. **Details of resource person, If any:**

Ms. Shivali Kotwal, DySP Traffic City Jammu
Mr. Dhanauter Singh, RTO Jammu
Mr. Kuldeep Bhan, Incharge, Vehicular Pollution, JK Pollution Control, Jammu.
Mr. Kuldeep Singh Gouria, Additional SSP, Traffic, Jammu
5. **List of participants to be attached:** 200.
6. **Report Attach photographs of the event:** A detailed report containing pictures of the event has duly been attached.

Road Safety Week was organized in collaboration with Traffic Police Jammu, RTO Jammu and JK Pollution control board Jammu. Dr. S. P. Sarswat, Principal of the college welcomed the resource persons formally. The proceedings of the session were done by Dr. Gurpreet Kour, NSS Program Officer of the College. An online session involving various dignitaries was organized where Ms. Shivali Kotwal, DSP Traffic Police, Jammu was the chief speaker who talked at length about recently amended Motor Vehicles Act and made the students aware with the rules and other regulations. Almost 600 students participated online along with 200 volunteers of NSS. Students interacted with the resource person and asked relevant questions. Dr. Pervaiz Ahmed, NSS PO presented a formal vote of thanks. The video

of the same is available on official YouTube channel of the college and the Link for same is attached here below.

<https://youtu.be/vlVpTlx6x-o>



List of Participants:

S. No.	Name	Semester
1	Navya	5th
2	KomalThappa	5th
3	MansiSharma	5th
4	Priyanka Sharma	5th
5	ReetaDevi	5th
6	KashishChoudhary	5th
7	RitikaRazdan	5th
8	Namrita	5th
9	VandanaSharma	5th
10	Seema Dubey	5th
11	TarvinderKour	5th
12	Heena Khan	5th
13	SnehaKohli	5th
14	Rinki Devi	5th
15	TaniyaGupta	5th
16	Nayeema Nasar	5th
17	VarshaSharma	5th
18	DikshaBharti	5th
19	Priyanka Sharma	5th
20	AnshitaSharma	5th
21	Neha	5th
22	IshikaBali	5th
23	BhumikaSharma	5th
24	AnjaliDEVI	5th
25	SonumDollma	5th
26	VarshaDevi	5th
27	IrfanaShahien	5th
28	JanviSadhotra	5th
29	ShivaniSharma	5th
30	Kayal Kumari	5th
31	SonikaSharma	5th
32	InshaRiaz	5th
33	TaliaTabassum	5th
34	AvishiRani	5th
35	Simranmussa	5th
36	AdhitiGupta	5th
37	BhumikaSharma	5th
38	EktaChoudhary	5th
39	ShriyaBhat	5th
40	AkshiBilloria	5th
41	MehakSharma	5th
42	ShriyaSharma	5th
43	MehakGupta	5th
44	ManishaKumari	5th
45	RupaliSharma	5th
46	SurbhiSharma	5th

47	ShriyaGupta	5th
48	Bhawana Kumari	5th
49	AmulyaSingh	5th
50	TarandeepKour	5th
51	SuriyaSharma	5th
52	SumridhiSharma	5th
53	AmanpreetKour	5th
54	VishaliSalaria	5th
55	Jasmeet Kour	5th
56	SonaliPintooBhat	5th
57	Sonia	5th
58	VanshikaDogra	5th
59	SupreetKour	5th
60	MuskanKumari	5th
61	KavitaDevi	5th
62	ReetikaCharak	5th
63	SuhaniDevi	5th
64	Mehak Jamwal	5th
65	RitikaRajput	5th
66	ShrishtyVohra	5th
67	SimranMehra	5th
68	SmritiRaina	5th
69	ShaliniKoul	5th
70	Palvi Devi	5th
71	ChetanyaRaizada	5th
72	Mannat	5th
73	NehaRajput	5th
74	NandiniDevi	5th
75	RohiniSharma	5th
76	ShivaniDevi	5th
77	NityaSharma	5th
78	KomalSharma	5th
79	PallaviSharma	5th
80	KomalSharma	5th
81	Kashishkashyap	5th
82	SunakshiThakur	5th
83	JanviSharma	5th
84	AlishaKumari	5th
85	KushangiMahajan	5th
86	SheekhaRaina	5th
87	ManishaDas	5th
88	KomalSharma	5th
89	Himani	5th
90	PurveeSharma	5th
91	ShikhaSharma	5th
92	Bhoomika Sharma	5th
93	AsiyaBibi	5th
94	KomalSharma	5th
95	Ishachoudhary	5th

96	Monu	5th
97	AishwaryaSharma	5th
98	TanuRajput	5th
99	MuskanThappa	5th
100	Anamikasolan	5th
101	NamitaSingh	5th
102	KomalDevi	3rd
103	Vidushikhanotra	3rd
104	Simranjeetkour	3rd
105	Sheenam Raina	3rd
106	SakshiDubey	3rd
107	PrabliSharma	3rd
107	Khushi	3rd
108	SakshiSharma	3rd
109	VrindaBadyal	3rd
110	Pooja Kumari	3rd
111	MuskanSharma	3rd
112	MuskanSharma	3rd
113	Anamika Devi	3rd
114	Shrutikhanna	3rd
115	Shivalibakshi	3rd
116	MaviSapolia	3rd
117	Kritikakhera	3rd
118	Akarshani	3rd
119	ManviBhasin	3rd
120	PranjalSharma	3rd
121	ShivaniMehra	3rd
122	Mehak Dogra	3rd
123	NishthaKour	3rd
124	BhumikaSharma	3rd
125	Riya Jamwal	3rd
126	PoojaThakar	3rd
127	RupshiLalla	3rd
128	Shakshiparihar	3rd
129	DeepuSharma	3rd
130	Pooja Saini	3rd
131	RuchiSaini	3rd
132	Jyoti Saini	3rd
133	SuhaniJamwal	3rd
134	HimaniManhas	3rd
135	Sheikhaluthra	3rd
136	DeepaliSharma	3rd
137	Ritika	3rd
138	SimranSharma	3rd
139	Harshikaverma	3rd
140	KomalSharma	3rd
141	AradhanaSharma	3rd
142	MuskanSharma	3rd
143	DivyakshiSumbria	3rd

144	PallviSharma	3rd
145	Khushi Bamotra	3rd
146	JeevanLangeh	3rd
147	AbhilashaSharma	3rd
148	Aarti Devi	3rd
149	VishakhaDogra	3rd
150	SnehaDogra	3rd
151	SuneynaJamwal	3rd
152	ShivaniDevi	3rd
153	NehaRajput	3rd
154	PosheedaSayeed	3rd
155	Vandana	3rd
156	ArushiSharma	3rd
157	MuskanChangotra	3rd
158	ShagunSawhney	3rd
159	ShivaniDevi	3rd
160	pooja Sharma	3rd
161	ShrutiSharma	3rd
162	Palak pawar	3rd
163	NeeruManhas	3rd
164	KalashKumari	3rd
165	Bavneetkour	3rd
166	PrabhaSharma	3rd
167	Naina Devi	3rd
168	ShriyaRajput	3rd
169	NishaBhagat	3rd
170	SheetalSharma	3rd
171	SunaliVerma	3rd
172	RabiaSharma	3rd
173	RishaRajput	3rd
174	KanikaBali	3rd
175	SunitaDevi	3rd
176	RuhanaJahangir	3rd
177	AnanyaSharma	3rd
178	VanshikaSharma	3rd
179	SwatiSharma	3rd
180	SunakshiRajput	3rd
181	ShupaliThakur	3rd
182	Muskanchoudhary	3rd
183	AnjaliParihar	3rd
184	Anka Devi	3rd
185	PriyaSharma	3rd
186	SandhiaBhadwaj	3rd
187	SmridhiRaina	3rd
188	SimranChib	3rd
189	MandeepSharma	3rd
190	Janashvee	3rd
191	AkritiSharma	3rd
192	SakshiBhagat	3rd

193	KajalDevi	3rd
194	AshaKhajuria	3rd
195	VishalliDevi	3rd
196	Simran	3rd
197	SapnaSharma	3rd
198	ShrutiSharma	3rd
199	RidhimaSharma	3rd
200	Sonia Devi	3rd

SP

Principal
Govt. College for Women
Palais Jammu



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report of the activity, One Day Seminar on "World Water Day" conducted on 22nd March 2021 under the scheme Azadi ka Amrit Mahotsav.

1. **Title of the activity:** Seminar and Poster making competition on World Water Day
2. **Objective of the activity:**
 - To highlight the role of water and spread awareness for its conservation
3. **Anticipated outcomes:**
 - Students will work for conservation of water and will also motivate others for it.
4. **Details of resource person, If any:** Kulbhushan Chander.
5. **List of the participants to be attached:** 50.
6. **Report Attach photographs of the event:** A detailed report containing pictures of the event has duly been attached.

NSS Unit of the college organized one day seminar on World Water Day to highlight the importance of water conservation. Dr. Pervaiz introduced the Resource person to audience. Resource person throw light on different aspects of Water. 50 students participated in poster making and 10 students spoke in the seminar out of which Mavi Sapolia of semester 4th adjudged first. Dr. Mohd. Majeed presented vote of thanks.



List of participants:

S. No.	Name	Semester
1	Navya	5th
2	AkshiBilloria	5th
3	MehakSharma	5th
4	ShriyaSharma	5th
5	MehakGupta	5th
6	ManishaKumari	5th
7	RupaliSharma	5th
8	SurbhiSharma	5th
9	ShriyaGupta	5th
10	Bhawana Kumari	5th
11	AmulyaSingh	5th
12	TarandeepKour	5th
13	SuriyaSharma	5th
14	SunridhiSharma	5th
15	AmanpreetKour	5th
16	VishaliSalaria	5th
17	Jasmeet Kour	5th
18	SonaliPintooBhat	5th
19	Sonia	5th
20	VanshikaDogra	5th
21	SupreetKour	5th
22	MaviSapolia	3rd
23	KavitaDevi	5th
24	ReetikaCharak	5th
25	SuhaniDevi	5th
26	Mehak Jamwal	5th
27	RitikaRajput	5th
28	ShrishyVohra	5th
29	SimranMehra	5th
30	SmritiRaina	5th
31	ShaliniKoul	5th
32	Palvi Devi	5th
33	ChetanyaRaizada	5th
34	Mannat	5th
35	NehaRajput	5th
36	NandiniDevi	5th
37	RohiniSharma	5th
38	ShivaniDevi	5th
39	NityaSharma	5th
40	KomalSharma	5th
41	PallaviSharma	5th
42	KomalSharma	5th
43	Kashishkashyap	5th
44	KavitaDevi	5th
45	ReetikaCharak	5th
46	SuhaniDevi	5th

47	Mehak Jamwal	5th
48	Ritika Rajput	5th
49	Shrishty Vohra	5th
50	Simran Mehra	5th

SPS

Principal
Govt. College for Women
Parade Jammu



J
Programme Officer
for Women



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report of the activity, "Plantation Drive" conducted on 9th March 2021 under the scheme Azadi ka Amrit Mahotsav.

1. Title of the activity: Plantation Drive.

2. Objective of the activity:

- The tree plantation drive was conducted with an aim to control global warming, make environment pollution free and spread awareness on the importance of keeping a clean environment, it stated. As part of the initiative, saplings were planted by the troops of Assam Rifles.
- Tree plantation is significant because it is linked to our basic need for good food to eat and clean air to breathe. Aside from these necessities, they preserve biodiversity, conserve water, preserve soil, and control climate, among other things.

3. Anticipated outcomes:

- Students will work towards afforestation.

4. Details of resources of person, if any: Not Required.

5. List of participants to be attached: 35

6. Report attach photography of the event: A detailed report containing pictures of the event has duly been attached.

Students participated in regular plantation drive conducted by NSS Unit of the College in



their respective communities and planted different species of Plants.

List of Participants:

S.No.	Name	Semester
1	NishthaKour	4 th
2	Pooja Saini	4 th
3	Pooja Sharma	4 th
4	Ruchi Saini	4 th
5	AkarshniRajput	4 th
6	Muskan Sharma	4 th
7	Shruti Khanna	4 th
8	Simran Mussa	4 th
9	ShriyaMahajan	4 th
10	Ananya Sharma	2 nd
11	Palak Pawar	2 nd
12	Sheetal Sharma	2 nd
13	Simran Sharma	2 nd
14	Alisha Kumari	2 nd
15	Pallavi Sharma	5 th
16	Akriti Rajput	2 nd
17	Nehal Malhotra	2 nd
18	Shruti Sharma	2 nd
19	TarandeepKour	2 nd
20	AmulyaSingh	2 nd
21	Deepu Sharma	4 th
22	Arushi Sharma	4 th
23	Riya Sharma	2 nd
24	AvneetKour	2 nd
25	Rabia Sharma	2 nd
26	IshikaBali	4 th
27	Mehak Rajput	4 th
28	Neha Tickoo	2 nd
29	Anamika Devi	4 th
30	SandhiaBhardwaj	2 nd
31	Anamika Solan	2 nd
32	Saima Kossier	2 nd
33	Varsha Sharma	4 th
34	PossedaSayeed	2 nd
35	Vanshika Sharma	2 nd

SPS
S.P.S. College for Women
Parade Jammu



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report of the activity, "400th Birth Anniversary celebration of Guru Teg Bahadur Ji "on 13th May , 2021 under the scheme Azadi ka Amrit Mahotsav.

1. **Title of the activity:** 400th Birth Anniversary celebration of Guru Teg Bahadur Ji.
2. **Objective of the activity:**
 - To imbibe among students the spirit of brotherhood and communal harmony.
 - To motivate the students to strive for truth.
3. **Anticipated outcomes:** Students and volunteers will get the spirit of brotherhood and communal harmony.
4. **Details of resources of person If any:** Not Required.
5. **List of participants to be attached:** 90.
7. **Report Attach photography of the event:** A detailed report containing pictures of the event has duly been attached.

NSS Units of college celebrated the 400th birth anniversary of Sh. Guru Tegh Bahadur Ji and organized an online poster making competition as many as 90 students participated and sent their entries online. RasleenKour of semester 6th was adjudged first and Tina Singh of semester 4th adjudged as 2nd.



**GCW PARADE GROUND JAMMU
NSS UNIT CELEBRATES 400th
BIRTHDAY OF GURU TEG
BAHADUR JI - Hind Di Chadar**



Guru Tegh Bahadur Ji was the ninth Sikh guru. Considered a principled and fearless warrior, he was a learned spiritual scholar and poet whose 115 hymns are included in Sri Guru Granth Sahib Ji

To celebrate the 400th birth anniversary of Guru Tegh Bahadur Ji (also known as Hind Di Chadar), NSS UNIT of GCW Parade Ground, Jammu, invites you to an "Online Poster making / Slogan making competition" on 13th of May, 2021 from 2 pm - 4pm

Interested candidates can send their response on our social media handles
Facebook: Net New Parade
Instagram: @nssunit_gcwparade

All the participants will get 1 Certificate, as well as the 1st runner will get the prize amount of Rs. 1000. A sum of Rs. 700 and Rs. 300 will go to the second and third runner up, respectively.

Organisers (NSS COORDINATORS) Prof. Gurpreet Kaur, Dr. Mohd. Majeed, Prof. Parvez Ahmad

[NSS COMMANDERS] Pallavi Sharma, Priya Sharma, Vanshika Sagotra and Mavi Sapolia




Jas
NSS - Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:

S. No.	Name	Semester
1	Navya	5th
2	KomalThappa	5th
3	MansiSharma	5th
4	Priyanka Sharma	5th
5	ReetaDevi	5th
6	KashishChoudhary	5th
7	RitikaRazdan	5th
8	Namrita	5th
9	SurbhiSharma	5th
10	ShriyaGupta	5th
11	Bhawana Kumari	5th
12	AmulyaSingh	5th
13	TarandeepKour	5th
14	Harleenkour	5th
15	ayeema Nasar	5th
16	Tina singh	3rd
17	VarshaSharma	5th
18	DikshaBharti	5th
19	Priyanka Sharma	5th
20	AnshitaSharma	5th
21	Neha	5th
22	IshikaBali	5th
23	BhumikaSharma	5th
24	AdhitiGupta	5th
25	BhumikaSharma	5th
26	VarshaDevi	5th
27	Simranjeetkour	3rd
28	Sheenam Raina	3rd
29	SakshiDubey	3rd
30	PrabliSharma	3rd
31	Khushi	3rd
32	SakshiSharma	3rd
33	VrindaBadyal	3rd
34	Simranjeetkour	3rd
35	EktaChoudhary	5th
36	JanviSharma	5th
37	AlishaKumari	5th
38	KushangiMahajan	5th
39	SheekhaRaina	5th
40	BhumikaSharma	3rd
41	Riya Jamwal	3rd
42	PoojaThakar	3rd
43	RupshiLalla	3rd
44	Shakshiparihar	3rd
45	DeepuSharma	3rd
46	Pooja Saini	3rd

47	RuchiSaini	3rd
48	Jyoti Saini	3rd
49	SuhaniJamwal	3rd
50	KomalSharma	3rd
51	AradhanaSharma	3rd
52	MuskanSharma	3rd
53	DivyakshiSumbria	3rd
54	PallyiSharma	3rd
55	Jasmeet Kour	5th
56	HimaniManhas	3rd
57	Sheikhaluthra	3rd
58	DeepaliSharma	3rd
59	SupreetKour	5th
60	MuskanKumari	5th
61	KavitaDevi	5th
62	NishthaKour	3rd
63	ShriyaRajput	3rd
64	NishaBhagat	3rd
65	SheetalSharma	3rd
66	SunaliVerma	3rd
67	RabiaSharma	3rd
68	RishaRajput	3rd
69	KanikaBali	3rd
70	Palvi Devi	5th
71	ChetanyaRaizada	5th
72	Mannat	5th
73	NehaRajput	5th
74	Bhoomika Sharma	5th
75	AsiyaBibi	5th
76	KomalSharma	5th
77	Ishachoudhary	5th
78	Pooja Kumari	3rd
79	MuskanSharma	3rd
80	MuskanSharma	3rd
81	Anamika Devi	3rd
82	Shrutikhanna	3rd
83	Shivalibakshi	3rd
84	MaviSapolia	3rd
85	Kritikakhera	3rd
86	Akarshani	3rd
87	ManviBhasin	3rd
88	PranjalSharma	3rd
89	ShivaniMehra	3rd
90	Mehak Dogra	3rd

Wf Programme Officer
Govt. College for Women
Parade Ground Jammu


Principal
Govt. College for Women
Parade Jammu



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report of the activity, "CO-Aid"(6 Day Campaign)Conducted on 10th – 15th May 2021under the scheme Azadi ka Amrit Mahotsav.

1. **Title of the activity: Co-Aid Campaign.**
2. **Objective of the activity:**
 - To slow the spread of disease by stopping chains of transmission of COVID-19 and preventing new ones from appearing.
 - To sensitize the students towards covid 19
 - To help the needy during pandemic.
 - To distribute the masks and food items among the masses.
3. **Anticipated outcomes:** Studentsgot to know how AIDS patients feel stress and what are the symptoms of this deadly diseases.
4. **Details of resources of person If any:** Not required.
5. **List of participants to be attached:** 100
6. **Report Attaeh photography of the event:** A detailed report containing pictures of the event has duly been attached.

NSS volunteers of the college carried out a 6 days campaign to aware people about this deadly virus. it is the largest category for an RNA virus. In most cases, it is difficult to detect if coronavirus or a different cold-causing virus is causing you fever. Known as "COVID-19", the newly identified coronavirus can cause pneumonia, and like other respiratory infections, it has an incubation of between 1 and 14 days.

Day 1: Todayourvoluuteers, distributedmasksiutheirlocalityandneighbourhoodunderthecampaign "CO - AID" whilstfollowingalltheneededprotocolsissuedbytheGovt. OfIndia

Day 2: Todayourvolunteers, distributedmasksandgiloysticks (helpsiuboostringtheimmunesystem) intheirlocalityandneighbourhood

Day 3: Ourvolunteerssharessomeyogaposes, whichareeasytoperformaubenceforthisheneficialinstrengtheningthesyste m.

Day

4:

volunteers keep distributing masks whilst performing an awareness activity of the said situation with the locals in their locality and neighbourhood.

Day

5:

Today our volunteers participated in the online poster making activity based on the theme, "Importance of following safety measures to curb the spread of COVID-19".



NSP Programme Officer
Govt College for Women

List of Participants:

S. No.	Name	Semester
1	NishthaKour	3rd
2	PrabhaSharma	3rd
3	Naina Devi	3rd
4	ShriyaRajput	3rd
5	NishaBhagat	3rd
6	SheetalSharma	3rd
7	RitikaRazdan	5th
8	Namrita	5th
9	VandanaSharma	5th
10	Seema Dubey	5th
11	TarvinderKour	5th
12	Heena Khan	5th
13	SnehaKohli	5th
14	Rinki Devi	5th
15	TaniyaGupta	5th
16	Nayeema Nasar	5th
17	VarshaSharma	5th
18	DikshaBharti	5th
19	Priyanka Sharma	5th
20	AnshitaSharma	5th
21	Neha	5th
22	IshikaBali	5th
23	BhumikaSharma	5th
24	AnjaliDevi	5th
25	SonumDollma	5th
26	VarshaDevi	5th
27	IrfanaShahien	5th
28	JanviSadhotra	5th
29	ShivaniSharma	5th
30	Kayal Kumari	5th
31	SonikaSharma	5th
32	InshaRiaz	5th
33	MaviSapolia	3rd
34	Kritikakhera	3rd
35	Akarshani	3rd
36	ManviBhasin	3rd
37	PranjalSharma	3rd
38	EktaChoudhary	5th
39	ShriyaBhat	5th
40	AkshiBilloria	5th
41	MehakSharma	5th
42	ShriyaSharma	5th
43	MehakGupta	5th
44	ManishaKumari	5th
45	RupaliSharma	5th
46	SurbhiSharma	5th

47	ShriyaGupta	5th
48	Bhawana Kumari	5th
49	AmulyaSingh	5th
50	TarandeepKour	5th
51	SuriyaSharma	5th
52	SumridhiSharma	5th
53	AmanpreetKour	5th
54	VishaliSalaria	5th
55	Jasmeet Kour	5th
56	SonaliPintooBhat	5th
57	Sonia	5th
58	VanshikaDogra	5th
59	SupreetKour	5th
60	MuskanKumari	5th
61	KavitaDevi	5th
62	ReetikaCharak	5th
63	SuhaniDevi	5th
64	Mehak Jamwal	5th
65	RitikaRajput	5th
66	ShrishtyVohra	5th
67	SimranMehra	5th
68	SmritiRaina	5th
69	ShaliniKoul	5th
70	Palvi Devi	5th
71	ChetanyaRaizada	5th
72	Mannat	5th
73	NehaRajput	5th
74	NandiniDevi	5th
75	Anamika Devi	3rd
76	Shrutikhanna	3rd
77	NityaSharma	5th
78	KomalSharma	5th
79	PallaviSharma	5th
80	KomalSharma	5th
81	Kashishkashyap	5th
82	SunakshiThakur	5th
83	JanviSharma	5th
84	AlishaKumari	5th
85	KushangiMahajan	5th
86	SheekhaRaina	5th
87	ManishaDas	5th
88	KomalSharma	5th
89	Himani	5th
90	PurveeSharma	5th
91	ShikhaSharma	5th
92	Bhoomika Sharma	5th
93	AsiyaBibi	5th
94	KomalSharma	5th
95	Ishachoudhary	5th

96	VrindaBadyal	3rd
97	AishwaryaSharma	5th
98	Simranjeetkour	3rd
99	Sheenam Raina	3rd
100	SakshiDubey	3rd

Spsal

**Principal
Govt. College for Women
Parade Jammu**

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NCS Programme Officer
College for Women



Government College for Women, Parade Ground Jammu

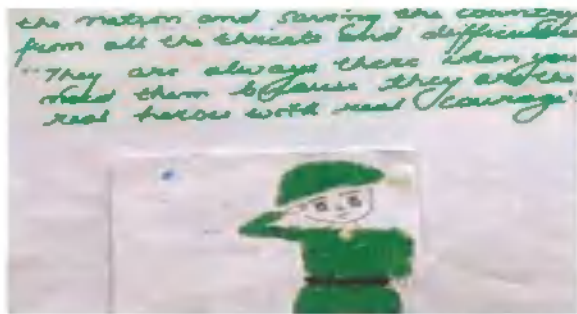
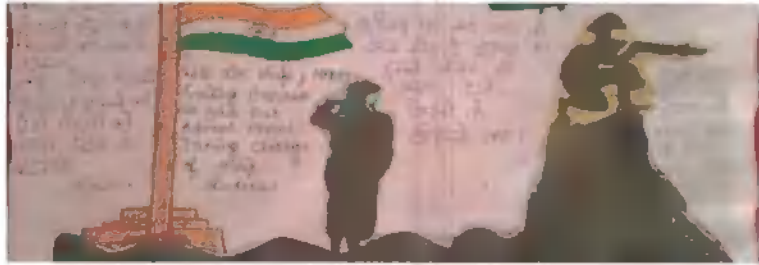
National Service Scheme Unit

Report of the activity, "International Armed Forces Day" Conducted on 18th May, 2021 under the scheme Azadi Ka Amrit Mahotsav.

1. **Title of the activity:** Poster making competition on the event of International Armed Forces Day.
2. **Objectives of the activity:**
 - To appreciate the role of armed forces in national security and maintenance of peace
3. **Anticipated Outcomes:**
 - Students will understand the role played by armed forces in national security and maintenance of peace.
 - Students will be encouraged to join armed forces and
 - It will inculcate the spirit of nationalism among students.
4. **Details of Resource Person. If any:** Not Required.
5. **List of the participants to be attached:** 35
6. **Report: Attach Photographs of the event.** A detailed report containing pictures of the event has duly been attached.

Since 1949, 7th December is observed as the Armed Forces Flag Day throughout the country to honour the martyrs and the men in uniform who valiantly fought & continue to fight on our borders to safeguard the country's honour.

NSS Unit, GCW Parade, celebrated International Armed Forces Day, in which volunteers actively participated in activities such as poster making, slogan making, dancing, singing to pay tribute to all the soldiers fighting for us on the borders. By the end of the event, volunteers also wrote notes/messages for the soldiers to honour their bravery, selflessness and heroism. The entries of students were received online and evaluated by NSS program officers, Dr. Mohd. Majeed, Dr. Gurpreet Kour and Dr. Pervaiz Ahmed.



List of the Participants:

S.No.	Name	Semester
1.	Bhumika Sharma	2 nd
2.	BavneetKour	2 nd
3.	BabitaCharak	2 nd
4.	Neha Bhau	2 nd
5.	Khushi	2 nd
6.	Shruti Khanna	4 th
7.	Palak Pawar	2 nd
8.	NainaDevi	4 th
9.	ShivaliBakshi	2 nd
10.	Numanshi	2 nd
11.	SheemaRaina	2 nd
12.	Ekta Choudhary	2 nd
13.	Alka Sharma	2 nd
14.	Sheetal Sharma	2 nd
15.	ShupaliThakur	2 nd
16.	Palak Pawar	2 nd
17.	Pooja Saini	4 th
18.	Ruchi Saini	4 th
19.	Deepu Sharma	4 th
20.	NishthaKour	4 th
21.	MaviAapolia	4 th
22.	Taniya Aggarwal	2 nd
23.	Nazneen Akhtar	2 nd
24.	Usha Sharma	2 nd
25.	Khushangi Mahajan	2 nd
26.	Muskan Sharma	2 nd
27.	Akarshani Rajput	2 nd
28.	AjitKour	2 nd
29.	Varsha sharma	4 th
30.	Vandana	4 th
31.	Rabia Sharma	2 nd
32.	Anamika Solan	2 nd
33.	IshikaBali	4 th
34.	AnulyaSingh	2 nd
35.	TarandeepKour	2 nd

Special

**Principal
Govt. College for Women
Parade Jammu**

Dr
NF Programme Officer
Govt. College for Women



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report of the activity, "International Bio diversity day" conducted on 22nd may, 2021 under the scheme Azadi ka Amrit Mahotsav.

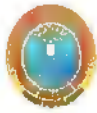
1. **Title of the activity:** "Different Activities on 'International Bio-diversity Day'".
2. **Objectives of the activity:**
 - To increase understanding and awareness of biodiversity issues.
 - To maintain life supporting system and essential ecological processes
3. **Anticipated outcomes:**
 - Students will get to know how to preserve genetic diversity ensuring the continuing existence of a wide-range of crops that may be able to withstand disease, and potentially useful biochemicals such as those used in healthcare.
4. **Details of the resource person. If any: Not required.**
5. **List of the participants to be attached:** 90.
6. **Report. Attach Photographs of the event.** A detailed report containing pictures of the event has duly been attached.

NSS Unit of GCW Parade organized a different activities on International Biodiversity Day. Biodiversity plays a crucial role in human nutrition through its influence on world food production, as it ensures the sustainable productivity of soils and provides the genetic resources for all crops, livestock, and marine species harvested for food.

May 22, 2021 (INTERNATIONALBIODIVERSITYDAY)

Theme : Wearethepartofthesolution#ForNature

NSS Unit of GCW Parade, organised a Poster making competition and Plantation drive commemorating "International Bio - Diversity Day". Other activities such as online quiz competition, feeding stray animals, mask distribution, craft items made by using plastic and other recycled materials etc. Were also included in the said event. Students were asked to send their entries after clicking their photographs online. About twenty students participated in the event.



GOVT. COLLEGE FOR WOMEN

Parade Ground,
Jammu

Under the auspices of Its NSS Unit



**ORGANISES AN INTRA COLLEGE POSTER
MAKING COMPETITION AND PLANTATION DRIVE**

**ON MAY 22, 2021 TO
COMMEMORATE INTERNATIONAL
BIODIVERSITY DAY**

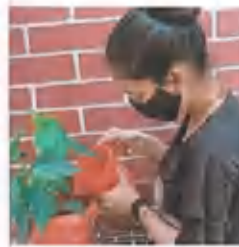


Theme: 'We're the part of the solution, #ForNature'

All the entries should be sent on the social media handles of NSS
UNIT, GCW PARADE. Instagram: @nssudtgcwparade Facebook:
Nss Unit Gcw Parade Or the respected WhatsApp Group.

Organizers: NSS Coordinators
and NSS Commanders.

Last Date of Submission:
22/05/2021 Time: 11N
7pm



Animal Rehabilitation drive


NSS Programme Officer
Govt. College for Women

List of Participants:

S. No.	Name	Semester
1	NishthaKour	3rd
2	PrabhaSharma	3rd
3	Naina Devi	3rd
4	ShriyaRajput	3rd
5	NishaBhagat	3rd
6	SheetalSharma	3rd
7	RitikaRazdan	5th
8	Namrita	5th
9	VandanaSharma	5th
10	Seema Dubey	5th
11	TarvinderKour	5th
12	Heena Khan	5th
13	SnehaKohli	5th
14	Rinki Devi	5th
15	TaniyaGupta	5th
16	Nayeema Nasar	5th
17	VarshaSharma	5th
18	DikshaBharti	5th
19	Priyanka Sharma	5th
20	AnshitaSharma	5th
21	Neha	5th
22	IshikaBali	5th
23	BhumikaSharma	5th
24	AnjaliDEVI	5th
25	SonumDollma	5th
26	VarshaDevi	5th
27	IrfanaShahien	5th
28	JanviSadhotra	5th
29	ShivaniSharma	5th
30	Kayal Kumari	5th
31	SonikaSharma	5th
32	InshaRiaz	5th
33	MaviSapolia	3rd
34	Kritikakhera	3rd
35	Akarshani	3rd
36	ManviBhasin	3rd
37	PranjalSharma	3rd
38	EktaChoudhary	5th
39	ShriyaBhat	5th
40	AkshiBilloria	5th
41	MehakSharma	5th
42	ShriyaSharma	5th
43	MehakGupta	5th
44	ManishaKumari	5th
45	RupaliSharma	5th
46	SurbhiSharma	5th

47	ShriyaGupta	5th
48	Bhawana Kumari	5th
49	AmulyaSingh	5th
50	TarandeepKour	5th
51	SuriyaSharma	5th
52	SumridhiSharma	5th
53	AmanpreetKour	5th
54	VishaliSalaria	5th
55	Jasmeet Kour	5th
56	SonaliPintooBhat	5th
57	Sonia	5th
58	VanshikaDogra	5th
59	SupreetKour	5th
60	MuskanKumari	5th
61	KavitaDevi	5th
62	ReetikaCharak	5th
63	SuhaniDevi	5th
64	Mehak Jamwal	5th
65	RitikaRajput	5th
66	ShrishtyVohra	5th
67	SimranMehra	5th
68	SmritiRaina	5th
69	ShaliniKoul	5th
70	Palvi Devi	5th
71	ChetanyaRaizada	5th
72	Mannat	5th
73	NehaRajput	5th
74	NandiniDevi	5th
75	Anamika Devi	3rd
76	Shrutikhanna	3rd
77	NityaSharma	5th
78	KomalSharma	5th
79	PallaviSharma	5th
80	KomalSharma	5th
81	Kashishkashyap	5th
82	SunakshiThakur	5th
83	JanviSharma	5th
84	AlishaKumari	5th
85	KushangiMahajan	5th
86	SheekhaRaina	5th
87	ManishaDas	5th
88	Simranjeetkour	3rd
89	Sheenam Raina	3rd
90	SakshiDubey	3rd

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W.S. Programme Officer

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Principal
Govt. College for Women
Parade Jammu



Government College for Women, Parade Ground Jammu

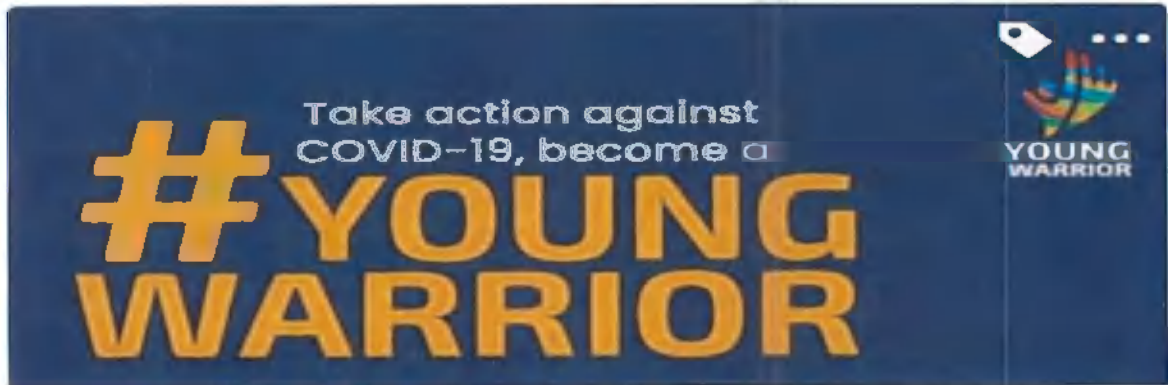
National Service Scheme Unit

Report on the activity, "Young Warrior Movement" conducted on 23rd May, 2021 under the scheme Azadi Ka Amrit Mahotsav.

1. **Title of the activity:** Young Warrior Movement.
2. **Objectives of the activity:**
 - Aims to facilitate safe spaces for other young people to talk about their challenges, including peer networks, counseling, and mentoring services with the help of experts.
 - Partner with 300 million young people as change makers and create spaces for developing their leadership.
3. **Anticipated outcomes:** These young warriors will execute a series of easy and real-life tasks, hosted on online and offline platforms in 13 regional languages, and will earn a certificate of participation by CBSE, UNICEF and YuWaah for their actions.
4. **Details of the resource person. If any:** Not Required.
5. **List of the participants to be attached:** 170.
6. **Report. Attach photographs of the event.** A detailed report containing pictures of the event has duly been attached.

The #YoungWarrior Movement was activated in mid-May 2021 and is led by India's young people between ages 10-30 years towards action against the Covid-19 pandemic. **NSS Unit of GCW Parade, join the #YoungWarrior movement.** - **"A Youth led movement to combat COVID - 19"** Volunteers from the NSS Unit of GCW Parade, took active participation in [#YoungWarrior](#) movement. More than 180 volunteers registered themselves in the on-going movement to fight against the covid pandemic. Volunteers showed their support by posting on their social media handles and taking the pledge 'I am a [#youngwarrior](#)' while encouraging others to support the cause and to become a [#Youngwarrior](#).

List of Participants and Photographs:




S. No.	Name	Semester
1.	ReetikaCharak	6 th
2	Suhani Devi	6 th
3	Mehak Jamwal	6 th
4	Ritika Rajput	6 th
5	Shrishty Vohra	6 th
6	Simran Mehra	6 th
7	Smriti Raina	6 th
8	Anjali Parihar	4 th
9	Palvi Devi	4 th
10	ChetanyaRaizada	4 th
11	Mannat	4 th
12	Neha Rajput	4 th
13	Nandini Devi	4 th
14	Rohini Sharma	4 th
15	Shivani Devi	4 th
16	Nitya Sharma	4 th
17	Komal Sharma	4 th
18	Pallavi Sharma	4 th
19	Komal Sharma	4 th
20	Kashishkashyap	4 th
21	Sunakshi Thakur	4 th
22	Janvi Sharma	4 th
23	Alisha Kumari	4 th
24	Kushangi Mahajan	4 th
25	Sheekha Raina	4 th
26	Manisha Das	4 th
27	Komal Sharma	4 th
28	Himani	4 th
29	Purvee Sharma	4 th
30	Shikha Sharma	4 th
31	Bhoomika Sharma	4 th
32	Asiya Bibi	4 th
33	Komal Sharma	4 th
34	Ishachoudhary	4 th
35	Monu	4 th
36	Aishwarya Sharma	4 th
37	Tanu Rajput	4 th
38	MuskanThappa	4 th
39	Anamika solan	4 th
40	Namita Singh	4 th
41	Komal Devi	4 th
42	Vidushikhanotra	4 th
43	Simranjeetkour	4 th
44	Sheenam Raina	4 th
45	Sakshi Dubey	4 th
46	Prabli Sharma	4 th
47	Khushi	4 th
48	Sakshi Sharma	4 th
49		
50		

51	VrindaBadyal	4 th
52	Pooja Kumari	2 nd
53	Muskan Sharma	2 nd
54	Muskan Sharma	2 nd
55	Anamika Devi	2 nd
56	Shruti khanna	2 nd
57	Shivalibakshi	2 nd
58	MaviSapolia	2 nd
59	Kritika khera	2 nd
60	Akarshani	2 nd
61	Manvi Bhasin	2 nd
62	Pranjal Sharma	2 nd
63	Shivani Mehra	2 nd
64	Mehak Dogra	2 nd
65	NishthaKour	2 nd
66	Bhumika Sharma	2 nd
67	Riya Jamwal	2 nd
68	Pooja Thakar	2 nd
69	Rupshi Lalla	2 nd
70	Shakshiparihar	2 nd
71	Deepu Sharma	2 nd
72	Pooja Saini	2 nd
73	Ruchi Saini	2 nd
74	Jyoti Saini	2 nd
75	Suhani Jamwal	2 nd
76	HimaniManhas	2 nd
77	Sheikha luthra	2 nd
78	Deepali Sharma	2 nd
79	Taniya	2 nd
80	Sonali mehra	6 th
81	Vanshikadogra	6 th
82	Riya dogra	6 th
83	Bharti Sharma	6 th
84	Himani Kumari	6 th
85	Sakshi Devi	6 th
86	Arti Gupta	4 th
87	Pragi Sharma	4 th
88	Vishu	4 th
89	ShiwaniManhas	4 th
90	Mahesh Deepali	4 th
91	Vishu	4 th
92	Anuradha Sharma	4 th
93	Tania Saini	4 th
94	Shalika Sharma	4 th
95	Ankita Sharma	4 th
96	Shivangi sharma	4 th
97	Shivani sharma	4 th
98	Tanveer Kour	4 th
99	Deeksha Kumari	4 th
100		
101		

102	Anamika Dogra	4th
103	Ranjana Kumari	4th
104	Shivali Verma	4th
105	Taniya Sharma	4th
106	Ramba Sharma	4th
107	Veenus Akhter	4th
108	Palvi Bhagat	4th
109	Neha Bangotra	4th
110	Nandini Devi	4th
111	Ayushi Rajput	4th
112	AnchalTak	4th
113	Janvi Sharma	4th
114	Priti Bhagat	4th
115	Tania Choudhary	4th
116	SaeiraReyaz	4th
117	Umaiya khan	4th
118	Shiena Singh	4th
119	Deepika Sharma	4th
120	Pranvi Sharma	4th
121	Kashish Kapoor	4th
122	Nitya padha	4th
123	Tannucharak	4th
124	Paavnichhabra	4th
125	Shilpa Jamwal	4th
126	Poonam	4th
127	Shreya	4th
128	Monika	4th
129	Vishali Khajuria	4th
130	Shivani Kumari	2nd
131	Akshra Jamwal	2nd
132	Diksha sharma	2nd
133	Shivani kumari	2nd
134	Aagrimaasharma	2nd
135	Mehak mehra	2nd
136	Neha Dabgotra	2nd
137	Palvi Bhagat	2nd
138	Anshikasharma	2nd
139	Tamana Rajput	2nd
140	Sheetal Kumari	2nd
141	Fatima Nissa	2nd
142	Rachita Gouda	2nd
143	Neha devi	2nd
144	Ritika Mahajan	2nd
145	VishaliManhas	2nd
146	Riya Gupta	2nd
147	Sakshi Dutta	2nd
148	Ritika Sharma	2nd
149	Vanshika Gupta	2nd
150	ManviBandotra	2nd
151		
152		

153	Urvashi	2nd
154	Maneetkour	2nd
155	Pooja Devi	2nd
156	Tashi Dolma	2nd
157	SamridhiKerni	2nd
158	Ashima Raina	2nd
159	Shikha	2nd
160	Sonia	2 nd
161	Nisha Devi	2 nd
163	Priya Dogra	2 nd
164	Priya Dogra	2 nd
165	Amisha Sharma	2 nd
167	Tavish Sharma	2 nd
168	Mehak thakur	2 nd
169	Anvishachib	2 nd
170	Kajal Rajput	2 nd


 Principal
 Govt. College for Women
 Parade Jammu


 Officer



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report on the activity, "World No Tobacco Day" conducted on 31st May, 2021 under the scheme Azadi ka Amrit Mahotsav.

1. **Title of the activity:** Slogan Writing competition, on the topic, "World No Tobacco Day"
2. **Objectives of the activity:**
 - The campaign is aimed to raise awareness among the public on the environmental impact of tobacco – from cultivation, production, distribution and waste.
3. **Anticipated Outcomes:** Students will come to know about the ill uses of using Tobacco.
4. **Details of the resource person. If any:** Not required.
5. **List of the participants to be attached:** 40.
6. **Report. Attach photographs of the event:** A detailed report containing pictures of the event has duly been attached.

The NSS Unit of the college organized an online poster making competition on World No Tobacco Day on 31st May, under the theme, "Say No To Tobacco". The event started with a welcome address by Dr. Mohd. Majeed, NSS program officer. Forty volunteers participated in poster making beautifully depicting the ill uses of tobacco on human health.



GOVT. COLLEGE FOR WOMEN,
PARADE GROUND, (Jammu)



Under the auspices of its NSS
Unit



Smoking habit is highly

Organises an
Awareness Programme
On
World No Tobacco Day

May 31st, 2021

To promote Tobacco cessation and highlight the risk
associated with the use of tobacco.

Theme: "Commit to Quit"

This programme also includes other activities such
as slogan making, Awareness videos, message from
volunteers etc

Organisers:-

NSS Program Officers:-

Dr. Gurpreet Kour
Dr. Mohd. Majeed
Dr. Parvaiz Ahmad

NSS Commanders:

Priva Sharma
Pallavi Sharma
Vanshika Sagotra
Mavi Sapolia

Jaw

List of Particiapnts:

S.No.	Name	Semester
1	NishthaKour	4 th
2	Pooja Saini	4 th
3	Pooja Sharma	4 th
4	Ruchi Saini	4 th
5	AkarshniRajput	4 th
6	Muskan Sharma	4 th
7	Shruti Khanna	4 th
8	Simran Mussa	4 th
9	ShriyaMahajan	4 th
10	Ananya Sharma	2 nd
11	Palak Pawar	2 nd
12	Sheetal Sharma	2 nd
13	Simran Sharma	2 nd
14	Alisha Kumari	2 nd
15	Pallavi Sharma	5 th
16	Akriti Rajput	2 nd
17	Nehal Malhotra	2 nd
18	Shruti Sharma	2 nd
19	TarandeepKour	2 nd
20	AmulyaSingh	2 nd
21	Deepu Sharina	4 th
22	Arushi Sharma	4 th
23	Riya Sharma	2 nd
24	AvneetKour	2 nd
25	Rabia Sharma	2 nd
26	IshikaBali	4 th
27	Mehak Rajput	4 th
28	Neha Tickoo	2 nd
29	Anamika Devi	4 th
30	SandhiaBhadwaj	2 nd
31	Anamika Solan	2 nd
32	Saima	2 nd
33	Varsha Sharma	4 th
34	PossedaSayeed	2 nd
35	Vanshika Sharma	2 nd
36	IshikaBali	4 th
37	AsiyaBibi	4 th
38	Jeevan Langeh	4 th
39	KushangiMahajan	4 th
40	Prachita	4 th



Government College for Women, Parade Ground Jammu

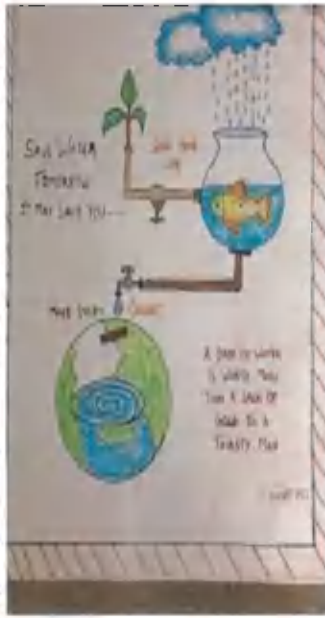
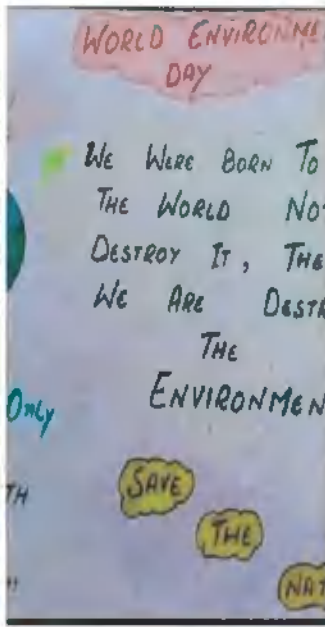
National Service Scheme Unit

Report on the activity: "Celebration of World Environment Week" conducted on 1st June 2021-7th June 2021 under the scheme Azadi ka Amrit Mahotsav.

- 1. Title of the activity:** Poster making competition on the topic, "Time for Nature".
- 2. Objectives of the activity:**
 - To spread awareness about the threat to the environment due to rising pollution levels and climate change.
- 3. Anticipated Outcomes:** Students will be sensitized towards environmental issues.
- 4. Details of the resource person. If any:** Not Required.
- 5. List of the participants to be attached:** 15.
- 6. Report. Attach photographs of the event.** A detailed report containing pictures of the event has duly been attached.


The NSS Unit of the college organized an online poster making competition on World Environment Day on 5th June, under the theme, "Time to Nature". The event started with a welcome address by Dr. Gurpreet Kour, NSS program officer. This year's theme highlighted the importance of natural ecosystem restoration. Six volunteers participated in poster making beautifully depicting the ways of ecosystem restoration and action for protection of our environment.


The purpose of World Environment Day is to spread awareness about the threat to the environment due to rising pollution levels and climate change. World Environment Day is celebrated annually on June 5 and is a United Nations initiative for encouraging worldwide protection of our earth. Students participated in online poster making on the relevant theme.



Day

S.No.	NAME	SEMESTER
1	Ananya Sharma	2 nd BA
2	Sheetal Sharma	2 nd BA
3	Palak Pawar	2 nd BA
4	SimranSharma	2 nd BA
5	Nehal Palhotra	2 nd BA
6	Amulya Singh	2nd B.com
7	Alisha Kumari	2 nd BA
8	AvneetKour	2 nd B A
9	Mehak Sharma	2 nd B.Com
10	Pallavi Sharma	2 nd BA
11	Shagun Rajput	2 nd B.Com
12	Akrati Ajay Bhat	2 nd BA
13	Shruti Sharma	2 nd BA
14	Bhoomika Sharma	2 nd . BA
15	Riya Sharma	2nd B, Com.


Principal
Govt. College for Women
Parade Jammu


 W.P. Programme Officer
 Govt. College for Women
 Parade Jammu



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report on the activity: "Ecosystem Restoration" Conducted on 5th June, 2021 under the scheme Azadi ka Amrit Mahotsav.

1. **Title of the activity:** National Webinar on "Ecosystem Restoration"
2. **Objectives of the activity:**
 - To contribute to the conservation and sustainable use of biodiversity as well as create social, economic and environmental benefits.
 - To make the students aware about the various measures for ecosystem restoration.
3. **Anticipated Outcomes:** Restoration of soil quality together with improved nutrient cycling, water retention, pollination services and regulation of soil erosion can benefit traditional agricultural production through improved crop or forage production.
4. **Details of the resource person. If any:**
 - **Dr. Prachi Nimkar, Director, Ecosupport Pvt. Ltd., Pune**
 - **Dr. Deepti Sharma, Director, TerraNero, Projects Pvt. Ltd.**
5. **List of the participants to be attached: 200**
6. **Report. Attach photographs of the event.** A detailed report containing pictures of the event has duly been attached.

A national webinar was organized on the topic, Ecosystem Restoration. Online and was officially livestreamed on the college YouTube Channel. Dr. S. P. Sarswat presented formal welcome address and Prof. Priyadarshni made the inaugural session. Resource persons presented their presentation and after that the students interacted with them online. Ecosystem services range from deriving economic returns, food and fibre, fresh water, natural beauty, cultural services, and environmental resolution of soil quality together with improved nutrient cycling, water retention, pollination services and regulation of soil erosion can benefit traditional agricultural production through improved crop or forage production. And conservation to a desire to bequest structurally sound and functional environments to future generations. As many as 600 students participated online and 200 volunteers of NSS. Dr. Gurpreet Kour handled the proceedings of the session. Dr. Pervaiz Ahmed presented vote of Thanks. Link for the same: <https://youtu.be/lk7JQL6CFYM>

About the Institution

The Government College for Women, Parade, Jammu is J&K UP's Leading Educational Institution providing quality education to students. The college was established in 1944, re-accredited by National Assessment and Accredited Council and granted A grade. The College has also been designated as A Lead-college of J&K UT.

Patron

Dr. S.P Saraswat

Principal
GCW Parade Ground,
Jammu



Organisers

Dr. Gurpreet Kour (NSS PO), Coordinator
Dr. Mohd. Majeed (NSS PO)
Dr. Parvaiz Ahmad (NSS PO)



About the World Environment Day

Since 1974, World Environment Day has been celebrated every year on 5 June, engaging governments, businesses and citizens in an effort to address pressing environmental issues.

Recognising humanity's growing ability to overcome the damage to our environment, the World Environment Day will look at the UN Decade on Ecosystem Restoration, a global mission to reverse billions of hectares that have been degraded, from the top of mountains to the depths of the sea.

This will include programmes to re-forest degraded lands, restore coastal zones, improve water quality and protect the world's biodiversity.

Speakers

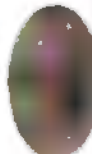
Dr. Parvati Kaur

Head of Department
Department of Environmental Studies
Government College for Women
Parade Ground, Jammu



Dr. Deepa Sharma

Assistant Professor
Department of Environmental Studies
Government College for Women
Parade Ground, Jammu



Registration Link

Click on the link and select "yes" to receive registration form.



WhatsApp Group Link

<https://chat.whatsapp.com/D0f2Y468604444444444>

941900444444



Celebration of World Environment Day
(5th June, 2021)

NATIONAL SEMINAR

On

'Ecosystem Restoration'

Timing : 11AM - 1PM

ORGANISED BY



The NSS Unit

Government College for Women,
Parade Ground,
Jammu

Jm

List of Participants:


S. No.	Name	Semester
1	MuskanMehra	1st
2	MuskanDogra	1st
3	ShivaniBhagat	1st
4	KajalRajput	1st
5	Numanshi	1st
6	SoniaSingh	1st
7	PriyaLangeh	1st
8	Zeenat	1st
9	HarshitaSharma	1st
10	TanishaGanjoo	1st
11	SimranSharma	1st
12	Ekta Devi	1st
13	MuskanCharak	1st
14	Muskan	1st
15	SmileyBasson	1st
16	AsmaYasmin	1st
17	SadiaKhan	1st
18	KashikaGupta	1st
19	NazneenAkhter	1st
20	ManishaDass	1st
21	SakshiDevi	1st
22	TaniyaAggarwal	1st
23	Asmi Dewan	1st
24	UjwalLangeh	1st
25	RubinaAkhtar	1st
26	SaniaBalgotra	1st
27	AradhanaSharma	1st
28	BhunikashaSharma	1st
29	ShagunSharma	1st
30	VandanaKumari	1st
31	RadhikaAnthal	1st
32	ShivaniManhas	1st
33	SimranRakwal	1st
34	IshaMangotra	1st
35	Simranmussa	5th
36	AdhitiGupta	5th
37	BhumikaSharma	5th
38	EktaChoudhary	5th
39	ShriyaBhat	5th
40	AkshiBilloria	5th
41	MehakSharma	5th
42	ShriyaSharma	5th
43	MehakGupta	5th
44	ManishaKumari	5th
45	RupaliSharma	5th
46	SurbhiSharma	5th

47	ShriyaGupta	5th
48	Bhawana Kumari	5th
49	AmulyaSingh	5th
50	TarandeepKour	5th
51	SuriyaSharma	5th
52	SumridhiSharma	5th
53	AmanpreetKour	5th
54	VishaliSalaria	5th
55	Jasmeet Kour	5th
56	SonaliPintooBhat	5th
57	Sonia	5th
58	VanshikaDogra	5th
59	SupreetKour	5th
60	MuskanKumari	5th
61	KavitaDevi	5th
62	ReetikaCharak	5th
63	SuhaniDevi	5th
64	Mehak Jamwal	5th
65	RitikaRajput	5th
66	ShrishtyVohra	5th
67	SimranMehra	5th
68	SmritiRaina	5th
69	ShaliniKoul	5th
70	Palvi Devi	5th
71	ChetanyaRaizada	5th
72	Mannat	5th
73	NehaRajput	5th
74	NandiniDevi	5th
75	RohiniSharma	5th
76	ShivaniDevi	5th
77	NityaSharma	5th
78	KomalSharma	5th
79	PallaviSharma	5th
80	KomalSharma	5th
81	Kashishkashyap	5th
82	SunakshiThakur	5th
83	JanviSharma	5th
84	AlishaKumari	5th
85	KushangiMahajan	5th
86	SheekhaRaina	5th
87	ManishaDas	5th
88	KomalSharma	5th
89	Himani	5th
90	PurveeSharma	5th
91	ShikhaSharma	5th
92	Bhoomika Sharma	5th
93	AsiyaBibi	5th
94	KomalSharma	5th
95	Ishachoudhary	5th

96	Monu	5th
97	AishwaryaSharma	5th
98	TanuRajput	5th
99	MuskanThappa	5th
100	Anamikasolan	5th
101	NamitaSingh	5th
102	KomalDevi	3rd
103	Vidushikhanotra	3rd
104	Simranjeetkour	3rd
105	Sheenam Raina	3rd
106	SakshiDubey	3rd
107	PrabliSharma	3rd
107	Khushi	3rd
108	SakshiSharma	3rd
109	VrindaBadyal	3rd
110	Pooja Kumari	3rd
111	MuskanSharma	3rd
112	MuskanSharma	3rd
113	Anamika Devi	3rd
114	Shrutikhanna	3rd
115	Shivalibakshi	3rd
116	MaviSapolia	3rd
117	Kritikakhera	3rd
118	Akarshani	3rd
119	ManviBhasin	3rd
120	PranjalSharma	3rd
121	ShivaniMehra	3rd
122	Mehak Dogra	3rd
123	NishthaKour	3rd
124	BhumikaSharma	3rd
125	Riya Jamwal	3rd
126	PoojaThakar	3rd
127	RupshiLalla	3rd
128	Shakshiparihar	3rd
129	DeepuSharma	3rd
130	Pooja Saini	3rd
131	RuchiSaini	3rd
132	Jyoti Saini	3rd
133	SuhaniJamwal	3rd
134	HimaniManhas	3rd
135	Sheikhaluthra	3rd
136	DeepaliSharma	3rd
137	Ritika	3rd
138	SimranSharma	3rd
139	Harshikaverma	3rd
140	KomalSharma	3rd
141	AradhanaSharma	3rd
142	MuskanSharma	3rd
143	DivyakshiSumbria	3rd

144	PallviSharma	3rd
145	Khushi Bamotra	3rd
146	JeevanLangeh	3rd
147	AbhilashaSharma	3rd
148	Aarti Devi	3rd
149	VishakhaDogra	3rd
150	SnehaDogra	3rd
151	SuneynaJamwal	3rd
152	ShivaniDevi	3rd
153	NehaRajput	3rd
154	PosheedaSayeed	3rd
155	Vandana	3rd
156	ArushiSharma	3rd
157	MuskanChangotra	3rd
158	ShagunSawhney	3rd
159	ShivaniDevi	3rd
160	pooja Sharma	3rd
161	ShrutiSharma	3rd
162	Palak pawar	3rd
163	NeeruManhas	3rd
164	KalashKumari	3rd
165	Bavneetkour	3rd
166	PrabhaSharma	3rd
167	Naina Devi	3rd
168	ShriyaRajput	3rd
169	NishaBhagat	3rd
170	SheetalSharma	3rd
171	SunaliVerma	3rd
172	RabiaSharma	3rd
173	RishaRajput	3rd
174	KanikaBali	3rd
175	SunitaDevi	3rd
176	RuhanaJahangir	3rd
177	AnanyaSharma	3rd
178	VanshikaSharma	3rd
179	SwatiSharma	3rd
180	SunakshiRajput	3rd
181	ShupaliThakur	3rd
182	Muskanchoudhary	3rd
183	AnjaliParihar	3rd
184	Anka Devi	3rd
185	PriyaSharma	3rd
186	SandhiaBhadwaj	3rd
187	SmridhiRaina	3rd
188	SimranChib	3rd
189	MandeepSharma	3rd
190	Janashvee	3rd
191	AkritiSharma	3rd
192	SakshiBhagat	3rd

193	KajalDevi	3rd
194	AshaKhajuria	3rd
195	VishalliDevi	3rd
196	Simran	3rd
197	SapnaSharma	3rd
198	ShrutiSharma	3rd
199	RidhimaSharma	3rd
200	Sonia Devi	3rd


Principal
Govt. College for Women
Parade Jammu


NFS Programme Officer
Govt. College for Women
Parade Jammu



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report on the activity, "Yoga Week" conducted on 15th June, 2021 – 21st June 2021 under the scheme Azadi ka Amrit Mahotsav.

1. Title of the activity: Workshop on "Yoga week".

2. Objectives of the activity:

- To foster harmony in the body, mind, and environment.
- To raise awareness regarding the importance and role of yoga asanas in mental and physical well-being.

3. Anticipated Outcomes:

- Students will use yoga asanas to attain physical and mental well-being and
- It will keep their stress level low and provide better concentration in studies.

4. Details of the resource person, if any: Ms. Shruti Diman, Art of Living Trainer

5. List of the participants to be attached: 110.

6. Report. Attach photographs of the event. A detailed report containing pictures of the event has duly been attached.

NSS unit of the college organized three days workshop in collaboration with Art of Living whereby Ms. Shruti Diman, Official trainer of Art of Living trained the students in various asanas of yoga online. As many as 110 volunteers participated in it. The workshop was conducted on Zoom the workshop ended with the message of encouraging more people to adapt Art of Yoga to enhance quality of life



Happy international yoga day



Pallvi sharma
 Roll no. 1866
 BA sem 2

List of Participants:

S. No.	Name	Semester
1	Navya	5th
2	KomalThappa	5th
3	MansiSharma	5th
4	Priyanka Sharma	5th
5	ReetaDevi	5th
6	KashishChoudhary	5th
7	RitikaRazdan	5th
8	Namrita	5th
9	VandanaSharma	5th
10	Seema Dubey	5th
11	TarvinderKour	5th
12	Heena Khan	5th
13	SnehaKohli	5th
14	Rinki Devi	5th
15	TaniyaGupta	5th
16	Nayeema Nasar	5th
17	VarshaSharma	5th
18	DikshaBharti	5th
19	Priyanka Sharma	5th
20	AnshitaSharma	5th
21	MehakSharma	5th
22	ShriyaSharma	5th
23	MehakGupta	5th
24	ManishaKumari	5th
25	RupaliSharma	5th
26	SurbhiSharma	5th
27	ShriyaGupta	5th
28	Bhawana Kumari	5th
29	AmulyaSingh	5th
30	TarandeepKour	5th
31	SuriyaSharma	5th
32	SumridhiSharma	5th
33	AmanpreetKour	5th
34	VishaliSalaria	5th
35	Jasmeet Kour	5th
36	SonaliPintooBhat	5th
37	Sonia	5th
38	VanshikaDogra	5th
39	SupreetKour	5th
40	MuskanKumari	5th
41	KomalDevi	3rd
42	Vidushikhanotra	3rd
43	Simranjeetkour	3rd
44	Sheenam Raina	3rd
45	SakshiDubey	3rd
46	PrabliSharma	3rd

47	Khushi	3rd
48	SakshiSharma	3rd
49	VrindaBadyal	3rd
50	Pooja Kumari	3rd
51	MuskanSharma	3rd
52	MuskanSharma	3rd
53	Anamika Devi	3rd
54	ShrutiKhanna	3rd
55	Shivalibakshi	3rd
56	MaviSapolia	3rd
57	Kritikakhera	3rd
58	Akarshani	3rd
59	ManviBhasin	3rd
60	PranjalSharma	3rd
61	ShivaniMehra	3rd
62	Mehak Dogra	3rd
63	NishthaKour	3rd
64	BhumikaSharma	3rd
65	Riya Jamwal	3rd
66	PoojaThakar	3rd
67	RupshiLalla	3rd
68	ShakshiParihar	3rd
69	DeepuSharma	3rd
70	Pooja Saini	3rd
71	RuchiSaini	3rd
72	Jyoti Saini	3rd
73	SuhaniJamwal	3rd
74	HimaniManhas	3rd
75	SheikhaLuthra	3rd
76	DeepaliSharma	3rd
77	Ritika	3rd
78	SimranSharma	3rd
79	Harshikaverma	3rd
80	KomalSharma	3rd
81	KashishKashyap	5th
82	SunakshiThakur	5th
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88	KomalSharma	5th
89	Himani	5th
90	PurveeSharma	5th
91	ShikhaSharma	5th
92	Bhoomika Sharma	5th
93	AsiyaBibi	5th
94	KomalSharma	5th
95	IshaChoudhary	5th

96	Monu	5th
97	AishwaryaSharma	5th
98	TanuRajput	5th
99	MuskanThappa	5th
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101	NamitaSingh	5th
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103	MuskanChoudhary	3rd
104	AnjaliParihar	3rd
105	Anka Devi	3rd
106	PriyaSharma	3rd
107	SandhiaBhadwaj	3rd
107	SmridhiRaina	3rd
108	SimranChib	3rd
109	MandeepSharma	3rd
110	Janashvee	3rd

SP

Principal
Govt. College for Women
Parade Jammu

Jan Officer



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report on the activity: "International day against drug abused and Illicit Traffieking" condneted on 26th Jnne, 202J under the scheme Azadi ka Amrit Mahotsav.

1. Title of the activity: "Poster making on international day against drug abuse and illicit trafficking".

2. Objectives of the activity:

- To familiarize the students about ill effects of drug addiction.
- To encourage students to make the community around them aware about it.

3. Anticipated outcomes:

- students will come to know the ill effects of drug addictions like seizures, stroke, mental confusion and brain damage. Lung disease. Problems with memory, attention and decision-making, which make daily living more difficult.
- Students will avoid use of illegal drugs and also motivate others not to use drugs.

4. Details of the resource person, If any: Not Required.

5. Llst of the participauts: 80.

Report: Attach photographs of the event. A detailed report containing pictures of the event has duly been attached.

The International Day Against Drug Abuse and Illicit Trafficking is observed every year on 26 June to spreading awareness about the serious issues caused because of drug abuse across the world. The aim is to strengthen action and cooperation to achieve the goal of an international society free of drug abuse.

The

NSS

organised an Online poster making competition on the occasion of International Day against Drug Abuse and Illicit Trafficking.

Volunteerstook active participation in raising awareness about the global drug problem and to eliminate drug abuse. They also prepared collage messages on the theme "Say No to Drugs". Students highlighted their views on the ill effects of drugs like Seizures,

stroke, mental confusion and brain damage. Lung disease. Problems with memory, attention and decision-making, which make daily living more difficult. Global effects of drugs on the body, such as breast development in men and increases in body temperature, which can lead to other health problems.



**Government College for Women
Parade Ground Jammu**

(Under the auspices of its NSS Unit)

**SAY
NO
TO
DRUGS**

Organises an Online Poster making competition on International Day against Drug Abuse and Illicit Trafficking

On June 26, 2021

Theme:- Say "No" to Drugs



Organising Team

Dr. Gurpreet Kour (Coordinator) (NSS PO)
Dr. Mohd. Majeed (NSS PO)
Dr. Pervaz Ahmed (NSS PO)

List of Participants:

S. No.	Name	Semester
1.	ReetikaCharak	6 th
2	Suhani Devi	6 th
3	Mehak Jamwal	6 th
4	Ritika Rajput	6 th
5	Shrishty Vohra	6 th
6	Simran Mehra	6 th
7	Smriti Raina	6 th
8	Anjali Parihar	4 th
9	Palvi Devi	4 th
10	ChetanyaRaizada	4 th
11	Mannat	4 th
12	Neha Rajput	4 th
13	Nandini Devi	4 th
14	Rohini Sharma	4 th
15	Shivani Devi	4 th
16	Nitya Sharma	4 th
17	Komal Sharma	4 th
18	Pallavi Sharma	4 th
19	Komal Sharma	4 th
20	Kashishkashyap	4 th
21	Sunakshi Thakur	4 th
22	Janvi Sharma	4 th
23	Alisha Kumari	4 th
24	Kushangi Mahajan	4 th
25	Sheekha Raina	4 th
26	Manisha Das	4 th
27	Komal Sharma	4 th
28	Himani	4 th
29	Purvee Sharma	4 th
30	Shikha Sharma	4 th
31	Bhoomika Sharma	4 th
32	Asiya Bibi	4 th
33	Komal Sharma	4 th
34	Ishachoudhary	4 th
35	Monu	4 th
36	Aishwarya Sharma	4 th
37	Tanu Rajput	4 th
38	MuskanThappa	4 th
39	Anamika solan	4 th
40	Namita Singh	4 th
41	Komal Devi	4 th
42	Vidushikhanotra	4 th
43	Simranjeetkour	4 th
44	Sheenam Raina	4 th
45	Sakshi Dubey	4 th
46	Prabli Sharma	4 th
47		
48		

49	Khushi	4 th
50	Sakshi Sharma	4 th
51	VrindaBadyal	4 th
52	Pooja Kumari	2 nd
53	Muskan Sharma	2 nd
54	Muskan Sharma	2 nd
55	Anamika Devi	2 nd
56	Shruti khanna	2 nd
57	Shivalibakshi	2 nd
58	MaviSapolia	2 nd
59	Kritika khera	2 nd
60	Akarshani	2 nd
61	Manvi Bhasin	2 nd
62	Pranjal Sharma	2 nd
63	Shivani Mehra	2 nd
64	Mehak Dogra	2 nd
65	NishthaKour	2 nd
66	Bhumika Sharma	2 nd
67	Riya Jamwal	2 nd
68	Pooja Thakar	2 nd
69	Rupshi Lalla	2 nd
70	Shakshiparihar	2 nd
71	Deepu Sharma	2 nd
72	Pooja Saini	2 nd
73	Ruchi Saini	2 nd
74	Jyoti Saini	2 nd
75	Suhani Jamwal	2 nd
76	HimaniManhas	2 nd
77	Sheikha luthra	2 nd
78	Deepali Sharma	2 nd
79		
80		

SPS

Principal
Govt. College for Women
Parade Jammu

J m

Officer



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report on the activity: "Van Mahotsav Week" conducted on 1st Jny, 2021- 7th Jny under the scheme Azadi ka Amrit Mahotsav.

1. **Title or the activity:** Plantation Drive on the event "Van Mahotsav".
2. **Objectives of the activity:**
 - To make the students aware of the importance of planting trees and its effect on global temperature.
3. **Anticipated outcomes:** Students will appreciate and learn the importance of afforestation.
4. **Details of the resource person, if any:** Not Required.
5. **List of the participants:**50
6. **Report: Attach Photograph of the event.**A detailed report containing pictures of the event has duly been attached.

NSS Unit of Government college for Women, Parade Ground Jammu, celebrated "Van Mahotsav week" through a number of activities like online poster and slogan making competition, sharing informative videos through a seven-day plantation drive under the Programme Officers. Tree Plantation drives combat many environmental issues like deforestation, erosion of soil, desertification in semi-arid areas, global warming and hence enhancing the beauty and balance of the environment. Trees absorb harmful gases and emit oxygen resulting in an increase in oxygen supply.

List of Participants:

S. No.	Name	Semester
1	Muskan Mehra	1st
2	Muskan Dogra	1st
3	Shivani Bhagat	1st
4	Kajal Rajput	1st
5	Numanshi	1st
6	Sonia Singh	1st
7	Priya Langeh	1st
8	Zeenat	1st
9	Harshita Sharma	1st
10	Tanisha Ganjoo	1st
11	Simran Sharma	1st
12	Ekta Devi	1st
13	Muskan Charak	1st
14	Muskan	1st
15	Smiley Basson	1st
16	Asma Yasmin	1st
17	Sadia Khan	1st
18	Kashika Gupta	1st
19	Nazneen Akhter	1st
20	Manisha Dass	1st
21	Sakshi Devi	1st
22	Taniya Aggarwal	1st
23	Asmi Dewan	1st
24	Ujwal Langeh	1st
25	Rubina Akhtar	1st
26	Sania Balgotra	1st
27	Aradhana Sharma	1st
28	Bhumika Sharma	1st
29	Shagun Sharma	1st
30	Vandana Kumari	1st
31	Radhika Anthal	1st
32	Shivani Manhas	1st
33	Simran Rakwal	1st
34	Isha Mangotra	1st
35	Simran mussa	5th
36	Adhiti Gupta	5th
37	Bhumika Sharma	5th
38	Ekta Choudhary	5th
39	Shriya Bhat	5th
40	Akshi Billoria	5th
41	Mehak Sharma	5th
42	Shriya Sharma	5th
43	Mehak Gupta	5th
44	Manisha Kumari	5th
45	Rupali Sharma	5th
46	Surbhi Sharma	5th

 Officer
Women

47	ShriyaGupta	5th
48	Bhawana Kumari	5th
49	AmulyaSingh	5th
50	TarandeepKour	5th



Principal
Govt. College for Women
Parade Jammu



"Save Tree
Save Earth.
We are the guardians of
Nature's birth"



<https://www.whatsapp.com/channel/00299a66800000000000>

**Students and Faculty are requested to
plant atleast one sapling and send it's
picture to the link provided above.**

This event is organized under the
guidance of our Worthy Principal, Dr. S.P
Saraswat.

Organising Committee

Dr. Gurpreet Kaur,
(Organising Secretary) (NSS
PO)

Dr. Mohd. Inayat (NSS PO)

Dr. Parvati Akhatar (NSS PO)



NSS UNIT OF

Government College for Women, Parada
Ground Jammu

Commemorates

Van Mahotsav Week

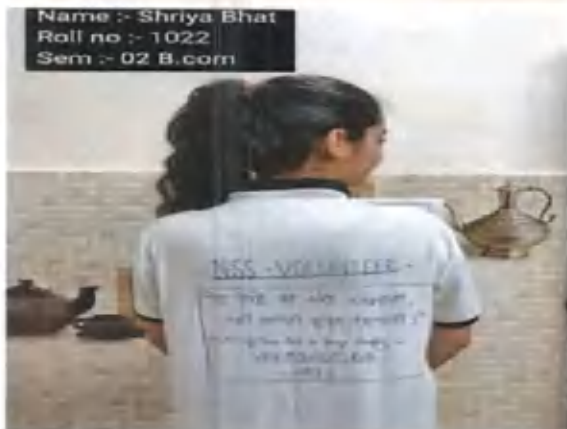
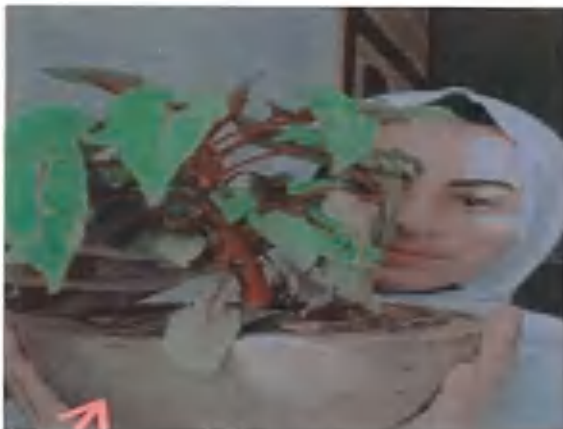
**Under "Amli Ka Aariti
Mahotsav"**



Name: Neha Jyoti
Semester - 6th
Roll no - 1006



Name -> Shriya Bhat
Roll no -> 1022
Sem -> 02 B.com



Dr.

NSS Programme Officer
Govt. College for Women
Parada Ground, Jammu



Government College for Women, Parade Ground Jammu

National Service Scheme Unit

Report on the activity "World Population Day" conducted on 11th July, 2021 under the scheme Azadi ka Amrit Mahotsav.

1. **Title of the activity:** "Speech and poster making competition on the event on World population day "
2. **Objectives of the event:**
To make the students aware of the population explosion and various issues attached to it.
To familiarize the students the importance of family planning, gender equality, poverty, maternal health and human rights.
3. **Anticipated outcomes:** Students will be able to understand various population issues such as the importance of family planning, gender equality, poverty, maternal health and human rights.
4. **Details of the resource person if any:** Not Required.
5. **List if the volunteers participated:** 30.
7. **Report Attach photograph of the event.** A detailed report containing pictures of the event has duly been attached.

NSS Unit of GCW Parade, Ground Jammu organized World Population Day aims to increase people's awareness on various population issues such as the importance of family planning, gender equality, poverty, maternal health and human rights. We cannot have a sustainable planet without stabilizing population. Students of the college participated in poster making competition under the Guidance of Programme officers.

17 JULY 2021 WORLD POPULATION DAY



SAY
NO
TO
Population
Explosion

Feel Pity on....
EARTH
CONTROL BIRTH

SHRIYASHARMA
Roll No: 123
B-10/2nd Jan

WORLD POPULATION DAY

Observed every year on 17 July globally
Aim to raise awareness about the global population crisis.

Earth is not **empty** it is **crowded**
Happy and **less crowded**

To save the world,
to protect the Tomorrow,
we have to Control the Population Today.

आबादी पर कंट्रोल नियंत्रण,
तरक्की की दो आमंत्रण।

Control Overpopulation To Remain
Away From Starvation




Shriyasharma
Class: 12
Roll No: 1146

Law
NF - Programing Officer
Gov. Collage for Women
Faridkot

List of Participants:

S.No.	Name	Semester
1.	DeepuSharma	4 th
2.	Pooja Saini	4 th
3.	AnmikaDevi	4 th
4.	Ruchi Saini	4 th
5.	NishthaKour	4 th
6.	Divyakshi	4 th
7.	KushangiMahajan	4 th
8.	Kanika Bali	4 th
9.	Komal Koul	4 th
10.	Komal Sharma	4 th
11.	Navya	4 th
12.	Komal Thapa	4 th
13.	Sakshi Dubey	4 th
14.	NamritaSingh	4 th
15.	Monu	4 th
16.	Kritika Khaira	4 th
17.	ManviBhasin	4 th
18.	Pranjal Sharma	4 th
19.	Shivani Mehra	4 th
20.	NishthaKour	4 th
21.	RupshiLalla	4 th
22.	Sakshi Parihar	4 th
23.	Simran Mussa	4 th
24.	Anjali Parihar	4 th
25.	SmridhiRaina	4 th
26.	SheekhaSharma	4 th
27.	PayalDevi	2 nd
28.	Sana Kouser	2 nd
29.	Mandeep Sharma	2 nd
30.	Mehak Choudhary	2 nd


Principal
Goyt. College for Women
Parade Jammu



Government College for Women, Parade Ground Jammu


National Service Scheme Unit

Report on the activity: "World Paper Bag Day" conducted on 12th July, 2021" under the scheme Azadi ka Amrit Mahotsav.

1. **Title of the activity:** "Poster making competition" on the event of world paper bag day.
2. **Objectives of the event:**
 - The day aims to spread awareness about using paper bags instead of plastic to help reduce plastic waste that take thousands of years to decompose.
 - To make the students aware about the adverse impacts of plastic bags on the environment have led to the use of paper bags.
3. **Antieipated Outcomes:** This day will raise awareness among people about using paper bags.
4. **Details of the resource person if any:**Not Required.
5. **List of the participants:** 20.

The use of paper bags wili save the environment from pollution but is biodegradable and recyclable. They are environmentally friendly and help reduce plastic that takes a thousand years to decompose.
6. **Report Attaeh photograph of the event:** A detailed report containing pictures of the event has duly been attached.

NSS units of the college organized online poster making on World Paper Day in presence of Programme Officers. 20 volunteers sent their entries online. Nishtha Kour of semester 4th and Akarshnini Rajput of Semester 4th adjudged 1st and 2nd respectively.



NSS Programme Officer
for Women



Signature

List of Participants:

S. No	Name	Semester
1	NishthaKour	4 th
2	DeepuSharma	4 th
3	Pooja Saini	4 th
4	Ruchi Saini	4 th
5	AakarshniRajput	4 th
6	Muskan Sharma	4 th
7	TanuMishra	4 th
8	Shruti Khanna	4 th
9	Simran Mussa	4 th
10	Pooja Sharma	4 th
11	IshikaBali	4 th
12	BavneetKour	2 nd
13	Rabia Sharma	2 nd
14	Anamika Solan	2 nd
15	Anamika Devi	4 th
16	Taniya Aggarwal	2 nd
17	Sonia Devi	2 nd
18	ShriyaMahajan	4 th
19	Palak Pawar	2 nd
20	Komal Koul	4 th


Principal
Govt. College for Women-
Parade Jammu-





Government College for Women, Parade Ground Jammu

National Service Scheme Unit


Report on the activity "Women of Wisdom" conducted on 22nd July, 2021 under the scheme Azadi ka Amrit Mahotsav.

1. **Title of the activity:** "Online interaction on the event women of wisdom".
2. **Objectives of the event:** To encourage the students towards competitive examinations
3. **Anticipated outcomes:** Students will learn from the experiences of the resource persons and will come to know what mistakes they should avoid during preparation of civil services.
4. **Details of the resource person if any:** Ms. P. D. Nitya, SSP, Jammu, IPS
Ms. Priyati Sharma, IRS
5. **List of the volunteers:** 200 students from all the semesters participated online.
6. **Report Attach photograph of the event:** A detailed report containing pictures of the event has duly been attached.

The event started with a formal welcome address presented by NSS program officer Dr. Gurpreet Kaur. The theme of the event was Women of Wisdom. All the students interacted online with the resource persons. Both the resource persons talked about their personal experiences during the preparation of civil services. As many as 200 volunteers participated. The event ended with a vote of thanks by Dr. Pervaiz Ahmed, NSS Program officer.

The program was streamed online and its link is attached.

<https://youtu.be/E3xHBHaMYCc>


NSS Program Officer
Gov. College for Women
Parade Ground, Jammu



Be the woman,
who fixes another Woman's
Crown,
without telling the world it was
crooked.



**This event is
organised by NSS
Unit of the College**

Organising Team:

- Dr. Gurpreet Kour (Coordinator) (NSS PO)
- Dr. Mohd. Majeed (NSS PO)
- Dr. Pervair Ahmed (NSS PO)

**Timing : 11 AM
Platform : Cisco WebEx
meeting App**

Speaker

Ms. P D Nitya.

IPS
Senior Superintendent of Police
(District. Ramban)



Speaker

Ms. Prayati Sharma.

IRS
Deputy Commissioner
Income Tax,
Tripur Tamil Nadu



Patron

Dr. S.P Sarswat

Principal,
GCW Parade Ground
Jammu



**Government College for Women
Parade Ground
Jammu**

**Under Azadi Ka Amrut Mahotsav
(celebrating 75 years of Independence)
and the auspices of its NSS Unit and
Career Counselling Cell**

**Organises an Online Interaction
"Women of Wisdom" on Career
Counselling**

22nd July, 2021



NSS Programme Officer
Govt. College for Women

List of Participants:

S. No.	Name	Semester
1	Navya	5th
2	Komal Thappa	5th
3	Mansi Sharma	5th
4	Priyanka Sharma	5th
5	Reeta Devi	5th
6	Kashish Choudhary	5th
7	Ritika Razdan	5th
8	Namrita	5th
9	Vandana Sharma	5th
10	Seema Dubey	5th
11	TarvinderKour	5th
12	Heena Khan	5th
13	Sneha Kohli	5th
14	Rinki Devi	5th
15	Taniya Gupta	5th
16	Nayeema Nasar	5 th
17	Varsha Sharma	5th
18	Diksha Bharti	5th
19	Priyanka Sharma	5th
20	Anshita Sharma	5th
21	Neha	5th
22	Ishika Bali	5th
23	Bhumika Sharma	5th
24	Anjali Devi	5th
25	SonumDollma	5th
26	Varsha Devi	5th
27	IrfanaShahien	5th
28	JanviSadhotra	5th
29	Shivani Sharma	5th
30	Kayal Kumari	5th
31	Sonika Sharma	5th
32	Insha Riaz	5th
33	Talia Tabassum	5th
34	Avishi Rani	5th

35	Simran Mussa	5th
36	Adhiti Gupta	5th
37	Bhumika Sharma	5th
38	Ekta Choudhary	5th
39	Shriya Bhat	5th
40	AkshiBilloria	5th
41	Mehak Sharma	5th
42	Shriya Sharma	5th
43	Mehak Gupta	5th
44	Manisha Kumari	5th
45	Rupali Sharma	5th
46	Surbhi Sharma	5th
47	Shriya Gupta	5th
48	Bhawana Kumari	5th
49	Amulya Singh	5th
50	TarandeepKour	5th
51	Suriya Sharma	5th
52	Sumridhi Sharma	5th
53	AmanpreetKour	5th
54	VishaliSalaria	5th
55	Jasmeet Kour	5th
56	Sonali Pintoo Bhat	5th
57	Sonia	5th
58	Vanshika Dogra	5th
59	SupreetKour	5th
60	Muskan Kumari	5th
61	Kavita Devi	5th
62	ReetikaCharak	5th
63	Suhani Devi	5th
64	Mehak Jamwal	5th
65	Ritika Rajput	5th
66	Shrishty Vohra	5th
67	Simran Mehra	5th
68	Smriti Raina	5th
69	Shalini Koul	5th
70	Palvi Devi	5th
71	ChetanyaRaizada	5th

J. M.

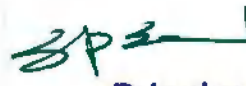
72	Mannat	5th
73	Neha Rajput	5th
74	Nandini Devi	5th
75	Rohini Sharma	5th
76	Shivani Devi	5th
77	Nitya Sharma	5th
78	Komal Sharma	5th
79	Pallavi Sharma	5th
80	Komal Sharma	5th
81	Kashishkashyap	5th
82	Sunakshi Thakur	5th
83	Janvi Sharma	5th
84	Alisha Kumari	5th
85	Kushangi Mahajan	5th
86	Sheekha Raina	5th
87	Manisha Das	5th
88	Komal Sharma	5th
89	Himani	5th
90	Purvee Sharma	5th
91	Shikha Sharma	5th
92	Bhoomika Sharma	5th
93	Asiya Bibi	5th
94	Komal Sharma	5th
95	IshaChoudhary	5th
96	Monu	5th
97	Aishwarya Sharma	5th
98	Tanu Rajput	5th
99	MuskanThapa	5th
100	Anamika solan	5th
101	Namita Singh	5th
102	Komal Devi	3rd
103	VidushiKhanotra	3rd
104	SimranjeetKour	3rd
105	Sheenam Raina	3rd
106	Sakshi Dubey	3rd
107	Prabli Sharma	3rd
107	Khushi	3rd

108	Sakshi Sharma	3rd
109	VrindaBadyal	3rd
110	Pooja Kumari	3rd
111	Muskan Sharma	3rd
112	Muskan Sharma	3rd
113	Anamika Devi	3rd
114	Shruti khanna	3rd
115	Shivalibakshi	3rd
116	MaviSapolia	3rd
117	Kritika khera	3rd
118	Akarshani	3rd
119	Manvi Bhasin	3rd
120	Pranjal Sharma	3rd
121	Shivani Mehra	3rd
122	Mehak Dogra	3rd
123	NishthaKour	3rd
124	Bhumika Sharma	3rd
125	Riya Jamwal	3rd
126	Pooja Thakar	3rd
127	Rupshi Lalla	3rd
128	ShakshiParihar	3rd
129	Deepu Sharma	3rd
130	Pooja Saini	3rd
131	Ruchi Saini	3rd
132	Jyoti Saini	3rd
133	Suhani Jamwal	3rd
134	HimaniManhas	3rd
135	Sheikha Luthra	3rd
136	Deepali Sharma	3rd
137	Ritika	3rd
138	Simran Sharma	3rd
139	Harshika Verma	3rd
140	Komal Sharma	3rd
141	Aradhana Sharma	3rd
142	Muskan Sharma	3rd
143	DivyakshiSumbria	3rd
144	Pallvi Sharma	3rd
145	Khushi Bamotra	3rd
146	Jeevan Langeh	3rd
147	Abhilasha Sharma	3rd

Jaw

148	Aarti Devi	3rd
149	Vishakha Dogra	3rd
150	Sneha Dogra	3rd
151	Suneyna Jamwal	3rd
152	Shivani Devi	3rd
153	Neha Rajput	3rd
154	Posheeda Sayeed	3rd
155	Vandana	3rd
156	Arushi Sharma	3rd
157	MuskanChangotra	3rd
158	Shagun Sawhney	3rd
159	Shivani Devi	3rd
160	Pooja Sharma	3rd
161	Shruti Sharma	3rd
162	Palak Pawar	3rd
163	NeeruManhas	3rd
164	Kalash Kumari	3rd
165	BavneetKour	3rd
166	Prabha Sharma	3rd
167	Naina Devi	3rd
168	Shriya Rajput	3rd
169	Nisha Bhagat	3rd
170	Sheetal Sharma	3rd
171	Sunali Verma	3rd
172	Rabia Sharma	3rd
173	Risha Rajput	3rd
174	Kanika Bali	3rd
175	Sunita Devi	3rd
176	Ruhana Jahangir	3rd
177	Ananya Sharma	3rd
178	Vanshika Sharma	3rd
179	Swati Sharma	3rd
180	Sunakshi Rajput	3rd
181	Shupali Thakur	3rd
182	Muskanchoudhary	3rd
183	Anjali Parihar	3rd
184	Anka Devi	3rd
185	Priya Sharma	3rd
186	SandhiaBhadwaj	3rd
187	Smridhi Raina	3rd
188	Simran Chib	3rd
189	Mandeep Sharma	3rd
190	Janashvee	3rd

191	Akriti Sharma	3rd
192	Sakshi Bhagat	3rd
193	Kajal Devi	3rd
194	Asha Khajuria	3rd
195	Vishalli Devi	3rd
196	Simran	3rd
197	Sapna Sharma	3rd
198	Shruti Sharma	3rd
199	Ridhima Sharma	3rd
200	Sonia Devi	3rd


Principal
Govt. College for Women,
Parade Jammu



NSP Programme Officer
Govt. College for Women



Govt. College for Women Parade Ground Jammu

Red Ribbon Committee

Report of the Activity "Azadi ka Amrit Mahotsav" @75, Phase - II

Conducted on "13-10-2021"

1. **Title of Activity (Workshop/Seminar. Field Trip/Visit etc):** Promotional Video on HIV Awareness Campaign
2. **Objectives of The activity:** To highlight the stigma attached to HIV and to educate the community about importance of HIV testing and its prevention.
3. **Antieipated Outcomes:** Students were made aware of HIV as a major global health issue.
4. **Details of Rcsource Persons If any:** None

Spsa

PRINCIPAL
Govt. College for Women
Parade Ground Jammu

[Handwritten signature]

5. List of Participants to be attached:

Name of the candidate	class	Contact No.	E-mail ID	Date of Birth	Address
Umika Sambyal	P.G Eng IInd Sem	7780819482	umika05@gmail.com	12-12-1998	Trikuta Nagar
Priya Kumari	P.G Eng IInd Sem	9906757912	vermapriya8828@gmail.com	13-05-2000	Sunderbani
Riya Sharma	P.G Eng IInd Sem	9906858390	riyang@ecwparade.in	08-02-1999	Dogra Nagar
Priya Sharma	P.G Eng IInd Sem	6005710986	priyasharma6007@gmail.com	06-11-1999	Sunderbani
Jagmohan Kaur	P.G Eng IInd Sem	9819538738	kaurjagmohan66@gmail.com	17-11-1998	Rajouri
Banita Sharma	P.G Eng IInd Sem	9149751167	sharmabanita078@gmail.com	12-01-2000	Ranikott, Kathua
Aliya Aslam	P.G Eng IInd Sem	7889486890	allamalik78894@gmail.com	25-02-2000	Jhajar Kotl
Tehzeena Bano	P.G Eng IInd Sem	6005047923	tehzenz@gmail.com	10-03-2000	Doda
Ridhima Sharma	P.G Eng IInd Sem	7889562396	sridhima782@gmail.com	22-02-1999	Recidency, Jammu
Akshpreet Kaur	P.G Eng IInd Sem	9469697434	akshpreetkaur61@gmail.com	14-03-1998	Srinagar
Savitri Devi	P.G Eng IInd Sem	8992057048	slangeh98@gmail.com	16-12-1997	Mishriwala, Jammu
Seerat Fatima	P.G Eng IInd Sem	7006596298	seeratfatima0203@gmail.com	09-05-1998	Banihal, Ramban
Riya Sagotra	P.G Eng IInd Sem	7006388062	riyars1420@gmail.com	14-09-1998	Bahu Fort, Jammu
Lakshmi Devi	P.G Eng IInd Sem	7051144707	lakshmlsuryavanshi01@gmail.com	15-12-1999	Gondoh, Doda
Nancy Sharma	P.G Eng IInd Sem	8899887227	vaideshsharma788@gmail.com	26-03-1999	Paloura, Jammu
Manmeet Kour	P.G Eng IInd Sem	7780900394	manmeetkour6055@gmail.com	27-02-1998	Chowki Hanadan, Rajouri
Muskan Sharma	B.A Sem V	9086384085	muskansharma8422@gmail.com	01-10-2001	Jammu
Kushangi Mahajan	B.A Sem V		Kushangi.mahajan1@gmail.com	16-11-2001	Bishnab
Preeti Devi	B.A Sem IV	9070138415	dogrababy30200@ecwparade.in	15-01-2002	Jammu
Himani Manhas	B.A Sem V	6006349264	himanimanhas151@gmail.com	14-08-2001	Jammu
Anamika Devi	B.A Sem IV	8082849957	annamikadevi7@gmail.com	20-07-2001	Gharota Thathi, Jammu
Bharti Devi	B.A Sem IV	9596814905	bhaartid@gmail.com	16-07-2001	Jammu
Shruti Khanna	B.A Sem V	7006594903	khannashruti54@gmail.com	28-08-2000	Talab Tiklo, Jammu
Hivreen Kour	B.A Sem V	9797463073	hivreenk@gmail.com	14-02-2002	Ajeet Nagar, Jammu
Sakshi Dubey	B.A Sem IV	9522568992	dubeysakshi2468@gmail.com	19-04-2001	Jammu
Vanshika Sagotra	B.A Sem IV	9682175143	vanshikasagotra@gmail.com	23-11-2001	Bahu Fort, Jammu
Aneesa Bashir	B.A Sem V	8899597637	aneesabashir409@gmail.com	12-12-2000	Gujjar Nagar, Jammu
Priya Thakur	B.A Sem V	6006194212	pia18667@gmail.com	23-12-2001	Char Chinar, Kuleed, Kishtwar
Ruchi	B.A Sem IV	8716036560	ruchisainir@gmail.com	06-07-2000	Jammu
Prachi Gupta	B.A Sem IV	6006177098	prachimajan@gmail.com	23-02-2000	Jammu
Prachita Sharma	B.A Sem IV	6006847105	prachitasharma2402@gmail.com	24-02-2002	Jammu
Mehak Dogra	B.A Sem IV	9149484506	nagotrauttam@gmail.com	23-04-2001	Jammu
Ishmeet Kour	B.Com Sem II	7814883765	ishmeetkour29@gmail.com		Gaddigarh
Arnulya Singh	B.Com Sem II	8899983079	komalkourmalikour71032@gmail.com		Resham Char, Jammu
Muskan	B.Com Sem II	8825057721	muskanikumari.17089@gmail.com		Bakshi Nagar, Jammu
Smriti Raina	B.Com Sem II	9906837998	simi.raina2001@gmail.com		Jagti Colony, Jammu
Mahima Saproo	B.Com Sem II	7006680469	mahimasaproo19@gmail.com		Upper Roop Nagar, Jammu
Vanshika Langeh	B.Com Sem II	9797052831	vanshikalangeh01@gmail.com		Gharota Thathi, Jammu

SPSA

PRINCIPAL
Govt. College for Women
Jammu

Hivreen Kour

Ishika Sharma	B.Com Sem II	6006588303	ishikasharma03b@gmail.com		Patti, Samba
Shriya Bhatt	B.A Sem II	7006185518	shriyabhat2412@gmail.com		Rajpura, Jammu
Khushi	B.A Sem II	9697203987	kk3616334@gmail.com		New Plot, Jammu
Tanu Sharma	B.A Sem II	8082672328	tanu10092@gmail.com		Kandoli Nagrota, Jammu
Janvi	B.A Sem II	6005544531	janvitaroch@gmail.com		Panjtirthi, Jammu
Divya Sharma	B. A Sem V	6006216577	divu.ro23@gmail.com	23-09-2002	Purani Mandi, Jammu
Janvi Sumeria	B. A Sem V	9622462396	janvisumeria@gmail.com	17-11-2001	Janipur Colony, Jammu
Mavi Sapolia	B. A Sem V	6006313471	mavisapolia@gmail.com		Rehari, Jammu
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Shabana Anjum	B. A Sem V	7780928132	Anjumshabana600@gmail.com	20-03-2002	Kalalkote, Rajouri

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Sivani Suri

6. Report: Attach Photograph's of the event



NACO JKACS

**A REPORT ON WEBINAR, PROMOTIONAL VIDEO,
SLOGAN WRITING, POSTER MAKING AND MASK
MAKING CONTEST**

ON

**HIV AWARENESS, TB AWARENESS, BLOOD
DONATION AND COVID 19 CAMPAIGN**

HELD FROM

**RED RIBBON CLUB, GOVT PG COLLEGE FOR
WOMEN**

PARADE GROUND, JAMMU

UNDER THE AEGIS OF

**J&K AIDS CONTROL SOCIETY, HEALTH AND
MEDICAL DEPARTMENT, JAMMU, UT OF J&K**

Spsa

Sivani Devi



Hivreen Kour (1st Position)

Priya Thakur (2nd Position)

Kushangi Mahajan (3rd Position)

Red Ribbon Club, Govt. P.G. College for Women Parade Ground, Jammu organised HIV Awareness Promotional video Contest


The Red Ribbon Club of Govt. P.G. College for Women, Parade Ground, Jammu in association with J&K AIDS control society, H&ME Department, Jammu, organised an intra-college promotional video contest as a part of HIV Awareness Campaign under the patronage of worthy Principal, Dr. S.P.Sarswat on 13th October 2021.

This awareness campaign was organised for implementation plan for New India @75. Students of the college showed active participation in the event and prepared engrossing videos on HIV Awareness. The participants were judged by Dr. Reva Lakhotra, Dr. Piyali Arora and Prof. Anuradha Kalsi. Hivreen Kour of BA Sem V was adjudged first, Priya Thakur of Sem V secured second position and thlrđ position was bagged by Kushangi Mahajan of BA Sem V. The winners will be awarded with cash prize of Rs.1000/-, Rs.750/- and Rs.500/- respectively. In this event, students prepared self-videos of 30-60 seconds hghllighting the stigma attached to HIV, HIV prevention and the need to stand with this cause. HIV continues to be a major glöhal public health issue and thus there is urgent need to

7. Your Assessment on the realizatlon of the anticipated Outcomes

Students are sensitized about the causes of HIV and the prevention one needs to take. They have learnt the need for use of disposable syringe, sterilized dental instruments, ENT apparatus in order to control HIV infections.


Signature


PRINCIPAL
Govt. College for Women
Parade Ground, Jammu



Govt. College for Women Parade Ground Jammu

Red Ribbon Committee

Report of the Activity "Azadi ka Amrit Mahotsav" @75, Phase – II

Conducted on "16-10-2021"

1. **Title of Activity (Workshop/Seminar. Field Trip/Visit etc):** Slogan Writing Contest on TB Awareness
2. **Objectives of The activity:** To educate the youth for TB-free India with zero deaths, disease and poverty due to tuberculosis.
3. **Anticipated Outcomes:** Students were given knowledge about TB and its preventive measures.
4. **Details of Resource Persons If any:** None

SPS

PRINCIPAL

Sivani Devi

5. Lst of Participants to be attached: students registered with Red Ribbon and Red Cross club

Name of the candidate	class	Contact No.	E-mail ID	Date of Birth	Address
Umika Sanyal	P.G Eng IInd Sem	7780819482	umika05@gmail.com	12-12-1998	Trikuta Nagar
Priya Kumari	P.G Eng IInd Sem	9906757912	vermapriya8828@gmail.com	13-05-2000	Sunderbani
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Kushangl Mahajan	B.A Sem V		Kushangl.mahajan1@gmail.com	16-11-2001	Bishnah
Preeti Devi	B.A Sem IV	9070138415	doorababy30200@ecwparade.in	15-01-2002	Jammu
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Spent

Mirani Sui

PRINCIPAL

College for Women

6. Report: Attach Photograph's of the event



NACO JKARCS

**A REPORT ON WEBINAR, PROMOTIONAL VIDEO,
SLOGAN WRITING, POSTER MAKING AND MASK
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ON

**HIV AWARENESS, TB AWARENESS, BLOOD
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UNDER THE AEGIS OF

**J&K AIDS CONTROL SOCIETY, HEALTH AND
MEDICAL DEPARTMENT, JAMMU, UT OF J&K**

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PRINCIPAL

17/06/22

Sivani Sui



Bhavya Sharma(1st Position) Dherya Sharma(2nd Position) Priya Thakur(3rd Position)


The Red Ribbon Club of Govt. P.G. College for Women Parade Ground, Jammu in association with J&K AIDS control society, II&ME Department, Jammu, organised an intra-college promotional slogan writing contest as a part of TB Awareness Campaign under the patronage of worthy Principal, Dr. S.P.Saraswat on Saturday, 16th October 2021.

This Awareness campaign was organised for implementation plan for New India @ 75. Students of the college showed active participation in the event and prepared slogans on TB awareness. The criteria were one slogan per student. The participants were judged by Dr. Reva Lakhotra, Dr. Piyali Arora and Prof. Anuradha Kalsi. Bhavya Sharma, student of B.Sc Sem II clinched first position. Dherya Sharma, student of B.Sc Sem II secured second position and third position was bagged by Priya Thakur, student of BA Sem V. The winners will be rewarded with cash prize of Rs. 1000/-, Rs.750/- and Rs.500/- respectively. In this event, students prepared self-made slogans. The copied slogans were not entertained and it was mentioned. Students prepared very good and impressive slogans for TB awareness campaign. Principal of the college, Dr. S.P. Saraswat

7. Your Assessment on the realization of the anticipated Outcomes:

Students were informed about TB awareness and were motivated to disseminate the basic cause of TB among the masses. They learnt that the disease is curable if the treatment is religiously followed and encouraged to spread this message amongst the society to which they belong.


Signature


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Govt. College for Women
Parade Ground, Jammu





Govt. College for Women Parade Ground Jammu Red Ribbon Committee

Report of the Activity "Azadi ka Amrit Mahotsav" @75, Phase – II

Conducted on "18-10-2021"

- 1. Title of Activity (Workshop/Seminar, Field Trip/Visit etc):** Poster Making Contest on Blood Donation Campaign
- 2. Objectives of The activity:** to motivate youth to donate blood and contribute to meet the urgent need for patients facing trauma and other life saving procedures
- 3. Anticipated Outcomes:** students realized the importance of blood donation that can save precious human life.
- 4. Details of Resource Persons If any:** None

Sps

Shirani Devi

PRINCIPAL

Govt. College for Women

5. List of Participants to be attached: students registered with Red Ribbon and Red Cross club

Name of the candidate	class	Contact No.	E-mail ID	Date of Birth	Address
Umika Sambyal	P.G Eng IInd Sem	7780819482	umika05@gmail.com	12-12-1998	Trikuta Nagar
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Sps

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Spsent

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PRINCIPAL
Govt. College for Women

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NACO JKARCS

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MEDICAL DEPARTMENT, JAMMU, UT OF J&K**

Sp...

Sivani



Priya Thakur (1st position)



Vrinda Badyal (2nd position)



Riva Sagotra (3rd position)

7. Your Assessment on the realization of the anticipated Outcomes:

Students were informed about TB awareness and were motivated to disseminate the basic cause of TB among the masses. They learnt that the disease is curable if the treatment is religiously followed and encouraged to spread this message amongst the society to which they belong.


Signature


PRINCIPAL
Govt. College for Women
Parade Ground, Jammu



Govt. College for Women Parade Ground Jammu
Report of the Activity "Azadi ka Amrit Mahotsav" @75, Phase - II
Conducted on "20-10-2021"

1. **Title of Activity (Workshop/Seminar? Field Trip/Visit etc):** Mask Making Contest on Covid-19
2. **Objectives of The activity:** To encourage students to use mask during Pandemic times.
3. **Anticipated Outcomes:** students learnt to recycle the left piece of cloth by making mask.
4. **Details of Resonree Persons If any:** No

3p 2021

Shivani Devi



Tanu Sharma (winner)

- The Red Ribbon Club, Govt. P.G. College for Women, Parade Ground, Jammu in association with JBK AICS Central Society, H&ME Department, Jammu, J&K UT organised an intra-college Mask Making Contest under the Azadi Ka Mahotsava on COVID-19 under the patronage of worthy Principal, Dr. S.P. Saraswat on 26th October 2021. As one of the most striking lifestyle changes resulting from the Covid-19 pandemic is the mandatory use of face masks and students of the P.G. College for Women, Parade Ground, Jammu showed active participation in the event by making different types of hand made masks. This Awareness campaign was organised for implementation plan for New India @75. The participants were judged by Dr. Snobar Chib, Dr. Shivani Suri Verma and Dr. Pallavi Jamwal. Tanu Sharma, student of BA Sem II bagged 1st position. The winner will be rewarded with cash prize of Rs.1000/-. Students showed their creativity, enthusiasm and full potential by participating in the event. Principal of the college, Dr. S.P. Saraswat appreciated the efforts of all the participants and emphasized the need of organising such events. The event was organised by Dr. Shivani Suri Verma, Nodal Officer, Red Ribbon Club and co-ordinated by members of Red Ribbon Club Dr. Piyali Arora, Dr. Snobar, Prof. Preeti Mahajan, Dr. Manpreet Kaur, Prof. Anuradha Kalsi, Dr. Pallavi Jamwal, Prof. Neha Gupta, Dr. Pervaiz Ahmad, Prof. Ganga Sharma and Dr. Reva Lakhotra, Umike Sambyal (Student Nodal Head) and Hivreen Kaur (Community Head).

7. Your Assessment on the realization of the anticipated Outcomes:

Students were encouraged to recycle the left pieces of cloth at their homes and utilize them in mask making. It will enable them in self financing in the long run. In view of the pandemic situation, mask making activity helped the students to make masks of various kinds for different age groups.

Signature

PRINCIPAL

Govt. P.G. College for Women

5. List of participants to be attached:

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Banita Sharma	P.G Eng IInd Sem	9149751167	sharmabanita078@gmail.com	12-01-2000	Ranikot, Kathua
Aliya Aslam	P.G Eng IInd Sem	7889486890	aliyamalik78894@gmail.com	25-02-2000	Jhajar Kotl
Tehzeena Bano	P.G Eng IInd Sem	6005047923	ttehzenz@gmail.com	10-03-2000	Doda
Ridhima Sharma	P.G Eng IInd Sem	7889562396	ridhima782@gmail.com	22-02-1999	Recidency, Jammu
Akshpreet Kaur	P.G Eng IInd Sem	9469697434	akshpreetkaur51@gmail.com	14-03-1998	Srinagar
Sawriti Devi	P.G Eng IInd Sem	8992057048	slangeh98@gmail.com	16-12-1997	Mishrwal, Jammu
Seerat Fatima	P.G Eng IInd Sem	7006596298	seeratfatima203@gmail.com	03-05-1998	Banthal, Ramban
Riva Sagotra	P.G Eng IInd Sem	7006388062	rvivas1420@gmail.com	14-09-1998	Bahu Fort, Jammu
Lakshmi Devi	P.G Eng IInd Sem	7051144707	lakshmisurveysanshi01@gmail.com	15-12-1999	Gondoh, Doda
Nancy Sharma	P.G Eng IInd Sem	889887227	valdehisharma788@gmail.com	26-03-1999	Paloura, Jammu
Manmeet Kour	P.G Eng IInd Sem	7780900394	manmeetkour6055@gmail.com	27-02-1998	Chowki Hanadan, Rajouri
Muskan Sharma	B.A Sem V	9086384085	muskansharma8422@gmail.com	01-10-2001	Jammu
Kushangi Mahajan	B.A Sem V		kushangimahajan1@gmail.com	16-11-2001	Bishnah
Preeti Devi	B.A Sem IV	9070138415	dogrababy30203@pcwparade.in	15-01-2002	Jammu
Himani Manhas	B.A Sem V	6006349264	himanimanhas51@gmail.com	14-08-2001	Jammu
Anamika Devi	B.A Sem IV	8082849957	annamikadevi7@gmail.com	20-07-2001	Gharota Thathi, Jammu
Bharti Devi	B.A Sem IV	9596814905	bhaartid@gmail.com	16-07-2001	Jammu
Shruti Khanna	B.A Sem V	7006594903	khannashruti54@gmail.com	28-08-2000	Talab Tillo, Jammu
Hivreen Kour	B.A Sem V	9797463073	hivreenk@gmail.com	14-02-2002	Ajeet Nagar, Jammu
Sakshi Dubey	B.A Sem IV	9622568992	dubeysakshi2468@gmail.com	19-04-2001	Jammu
Vanshika Sagotra	B.A Sem IV	9682175143	vanshikasagotra@gmail.com	23-11-2001	Bahu Fort, Jammu
Aneesa Bashir	B.A Sem V	8899597637	aneesabashir409@gmail.com	12-12-2000	Gujjar Nagar, Jammu
Priya Thakur	B.A Sem V	6006194212	pie18667@gmail.com	23-12-2001	Char Chinar, Kuleed, Kishtwar
Ruchi	B.A Sem IV	8716036560	ruchisainir@gmail.com	06-07-2000	Jammu
Prachi Gupta	B.A Sem IV	6006177098	prachimajen@gmail.com	23-02-2000	Jammu
Prachita Sharma	B.A Sem IV	6006847105	prachitasharma2402@gmail.com	24-02-2002	Jammu
Mehak Dogra	B.A Sem IV	9149484506	nagotrautam@gmail.com	23-04-2001	Jammu
Ishmeet Kour	B.Com Sem II	7834883765	ishmeetkour29@gmail.com		Gaddigarh
Amulya Singh	B.Com Sem II	8899983079	komalkourmalkour71032@gmail.com		Resham Ghar, Jammu
Muskan	B.Com Sem II	8825057721	muskankumari.17089@gmail.com		Bekshi Nagar, Jammu
Smriti Raina	B.Com Sem II	9906837998	siml.raina2001@gmail.com		Jagti Colony, Jammu
Mahima Saproo	B.Com Sem II	7006680469	mahimasaproo19@gmail.com		Upper Roop Nagar, Jammu
Vanshika Langeh	B.Com Sem II	9797052831	vanshikdangeh01@gmail.com		Gharota Thathi, Jammu

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Shivani Devi

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Ishika Sharma	B.Com Sem II	6006588303	ishikasharma03b@gmail.com		Patti, Samba
Shriya Bhatt	B.A Sem II	7006185518	shriyabhat2412@gmail.com		Rajpura, Jammu
Khushi	B.A Sem II	9697203987	kk3616334@gmail.com		New Plot, Jammu
Tanu Sharma	B.A Sem II	8082672328	tanu10092@gmail.com		Kandoli Nagrota, Jammu
Janvi	B.A Sem II	6005544531	jaanvitaroch@gmail.com		Panjtirthi, Jammu
Dhaya Sharma	B. A Sem V	6006216577	divu.ro23@gmail.com	23-09-2002	Puranl Mandl, Jammu
Janvi Sumeria	B. A Sem V	9622462396	janvisumberia@gmail.com	17-11-2001	Janipur Colony, Jammu
Mavi Sapolla	B. A Sem V	6006313471	mavisapolla@gmail.com		Rehari, Jammu
Asla	B. A Sem V	9055076326	aslashlekheshielkh999@gmail.com	05-08-2002	Tallab Tillo, Jammu
Akshiya Thakur	B. A Sem V	6006198302	thakurakhshiva@gmail.com	17-07-2002	Wazir mohalla, Jammu
Vipasa Bhagat	B. A Sem V	9149683290	vipasanabhagat7862@gmail.com	07-02-2001	Kabir Nagar, Jammu
Shabana Anjum	B. A Sem V	7780928132	Anjumshabana600@gmail.com	20-03-2002	Kalalkote, Rajouri

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Shivanshu

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6. Report: Attach Photograph's of the even



NACO JKARCS

**A REPORT ON WEBINAR, PROMOTIONAL VIDEO,
SLOGAN WRITING, POSTER MAKING AND MASK
MAKING CONTEST**

ON

**HIV AWARENESS, TB AWARENESS, BLOOD
DONATION AND COVID 19 CAMPAIGN**

HELD FROM

**RED RIBBON CLUB, GOVT PG COLLEGE FOR
WOMEN**

PARADE GROUND, JAMMU

UNDER THE AEGIS OF

**J&K AIDS CONTROL SOCIETY, HEALTH AND
MEDICAL DEPARTMENT, JAMMU, UT OF J&K**

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Parade Ground Jammu**

2019-20

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Autonomous College Affiliated to the University of Jammu

College with Potential for Excellence, 2016

(Estd. 1944)



Dr. S P Sarawat
Principal

F-mail principalgcwparade@gmail.com
Tel.(O): 0191 2514305

Report of the activity : NCC cadets celebrated “World Red cross Day”


Title of the activity : World Red Cross Day is celebrated under the theme “LOVE”.

Date: 8th May 2019

Objectives of the activity:

- It mainly focuses on asking people for their love about the Red Cross for donation of blood on a humanitarian basis and help those who are in distress.
- Red Cross movement and the International Red Cross, while honouring the volunteers and workers for their contributions.

Anticipated Outcomes: to make the students aware about the importance of blood donation to gain knowledge and awareness among the youth.


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Details of the resources person , if any: NIL

List of the participants to be attached : 15cadets

- 1.Danini Devi
- 2.Shallu
- 3.Meenali
- 4.Raji Devi
- 5.Sijini Devi
- 6.SoniaBhagat
- 7.Shivani Sharma
- 8.Shikha Sharma
- 9.Tilha
- 10.Smile
- 11.Sajana Devi
- 12.Vishalli Jamal
13. Saniya Sain

Report:

NCC Cadets of 2J&K Girls BN NCC of GCW Parade Ground, Jammu celebrated "World Red Cross Day" on 8th may 2019 this year. The main aim of celebrating this event was to promote affordable medical facilities in remote areas of the country where they accompanied with a campaign named as "Health Family


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Welfare".NCC Cadets made posters through which they make public aware.NCC Cadets also went door to door to spread awareness among the people which shows the purpose of protecting life and health so as to ensure respect for the human being.

This event was held under the guidance of worthy principal Dr. Hemla Aggarwal and ANO Lt. Suman Lata.



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Baramulla, Jammu



Dr S P Sarawat
Principal

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Report of the Activity: NCC cadets celebrated “International
Yoga Day”

Title of the activity : 5th International Yoga Day was celebrated
under the theme “YOGA FOR HEART”

Date: 21st June 2019

Objectives of the activity :To strengthen the global coordination among the people
through YOGA To reduce the rate of health challenging diseases all over the world
also to make people aware about of physical and mental problems and diseases.

Anticipated Outcomes : To make the youth of today aware about physical and
mental fitness.


Details of there sources person , If any : NIL

Report: International Yoga Day was celebrated by senior wing cadets of 2J&K Girls
Bn Ncc, G.C.W, Parade Ground, Jammu with great enthusiasm .The main purpose of
the celebration was to spread awareness and health consciousness towards all the age
groups .The day started with various activities and competition between cadets all
around. Children participated in yoga competition and quiz competition organized by
directorates for the cadets and many more activities was held thereby. Children also
made videos to aware people of all age groups about yoga and also the physical and

mental health benefits in day to day life .Also they insisted people not just a day celebrate yoga every day .All in all it was a great success and had certainly made a difference to the way we see our routine .

List of participants to be attached :- 18 cadets

- 1.Danini Devi
- 2.Shallu
- 3.Meenali
- 4.Raji Devi
- 5.Saijal Devi
- 6.Sonia Bhagat
- 7.Shivani Sharma
- 8.Shikha Sharma
- 9.Tilha
10. Smile
- 11.Danini Devi
- 12.Shallu
- 13.Meenali
- 14.Raji Devi
- 15.Sijini Devi
- 16.SoniaBhagat


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B. V. Road, Ground, Jamnagar

17. Shivani Sharma

18. Shikha Sharma



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Gurudaas Ground Jammu

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Dr. S P Sarswat
Principal

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(Estd. 1944)

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Tel.(O): 0191 2544305

Report of the activity: Say No to plastic Bags

Title of the activity: Say No to plastic bags

Date—3 July 2019

Objectives of the activity:

- Reduce plastic packaging waste.
- Identifying the main challenges and barriers for reducing plastic waste in mixed waste and residual waste streams.

Anticipated Outcomes: To make people aware about the problems caused by using plastic and why one needs to ban and forbid the use of plastic

Details of the resource's person. If any: NIL

List of the participants to be attached: 30 cadets.

- | | | |
|-----------------|----------------------|--------------------|
| 1. Divya Sharma | 11. Taniya Chaudhary | 21. Komal Manhas |
| 2. Pinki | 12. Ritika | 22. Sonali Sharma |
| 4. Prachi Dutta | 14. Amodhini Katoch | 24. Chahat Gupta |
| 5. Venu Rajput | 15. Nidhi Dogra | 25. Shruti Mahajan |

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- 6.Mansi Sharma 16. Taniya Sharma 26. Shivanshi Arora
7.Sam Malik 17. Kaushal Manhas 27. Tanu Sharma
8.Radha Sharma 18. Shruti Sharma 28. Gulshan Bibi
9.Poonam 19. Anidhi devi 29. Veedhi Chib
10.Mannu 20. Priyanshi kesar 30. Monika Jasrotia

Report

A rally was organized by 30 NCC Cadets on SWACCH BHARAT/SAY NO TO PLASTICS BAGS. An oath was taken out by our cadets and ANO LT. Suman Lata on **SAY NO TO PLASTICS**. The aim was to raise awareness about the negative impacts of plastics bags on the environment and human health and accordingly find practically ways to reduce the use of plastics bags.





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Speed
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Dear Colleagues for Women



Dr. S P Sureswat
Principal

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E-mail: principalgcwparak@gmail.com
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Report of the activity: Fit India RALLY

Title of the activity: Fit India Rally

Date – 29 August 2019

Objectives of the activity:

- To encourage indigenous sports in our country INDIA
- To make fitness reach every school, college, university, panchayat, village etc. also to create a platform for the citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

Anticipated Outcomes: to make the youth of today aware about why one needs to be physically and mentally fit and sound {"A HEALTHY MIND RESIDES IN A HEALTHY BODY"}

Details of the resource's person. If any:

List of the participants to be attached: 33 Cadets

1. Divya Sharma

15. Taniya Choudhary

30. Komal Manhas

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- | | | |
|---------------------|---------------------|---------------------|
| 2. Sheetal devi | 16. Ritika | 31. Sonali Sharma |
| 3. Pinki | 17. Nitika Sharma | 32. Janvi Sumeria |
| 4. Vishali Balgotra | 18. Manisha Sharma | 33. Prachi Dutta |
| 5. Saloni Sharma | 19. Chahat Gupta | 34. Damini Devi |
| 6. Amodhini Katoch | 21. Nidhi Dogra | 35. Shruti Mahajan |
| 7. Venu Rajput | 22. Mansi Sharma | 36. Taniya Sharma |
| 8. Shallu | 23. Meenakshi | 37. Sam Sader Malik |
| 9. Shivanshi Arora | 24. Tanu Sharma | 38. Raji devi |
| 10. Kaushal Manhas | 25. Shruti Sharma | 39. Gulshan Bibi |
| 11. Radha Sharma | 26. Shruti Sharma | 40. Gulshan Bibi |
| 12. Simmi devi | 27. Poonam | 41. Anidhi Devi |
| 13. Veedhi Chib | 28. Sonia Bhagat | 42. Mannu |
| 14. Priyanshi kesar | 29. Monika Jasrotia | 43. Shivani |

Report:

A rally was organized by Food Commissioner. Our 33NCC Cadets participated in this rally, an oath was also taken out and also slogan writing competition take place to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. It was launched by Prime Minister of India Narendra Modi at Indra Gandhi Stadium in New Delhi on 29 Aug 2019 .




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Princip



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Principal

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Report of the activity: Blood Donation camp organized by Ncc cadets

Title of the activity: Blood Donation

Date- 14 June 2019

Objectives of the activity:

○ To motivate people to donate blood and social works.

Anticipated Outcomes: To make the youth of today understand the importance of blood donation and spread awareness among the youth regarding BLOOD DONATION

List of the participants to be attached:

20 Cadets took active participation in it.

1. Divya Sharma

11. Amodhini Katoch

2. Taniya Choudhary

12. Chahat Gupta

3. Komal Manhas

13. Vennu Rajput

4. Pinki

14. Nidhi Dogra

5. Ritika

15. Shruti Mahajan

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Parade Ground, Jammu

6.Sonali Sharma

16.Mansi Sharma

7.Nitika Sharma

17. Taniya Sharma

8. Janvi Sumeria

18. Shivan

9. Saloni Sharma

19.Sam Sader malik

10.Prachi Dutta

20. Kaushal Manhas

Report: 20 NCC Cadets participated in Blood Donation Camp at Gulshan Ground (POLICE LINE) to raise the awareness that individuals can save lives and improve the health of others by donating blood.



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Dr. S P Sarswat
Principal

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Report on the activity: Anti-corruption Day

Title of the activity: Anti-corruption Day

Date: 9 Dec 2019

Objectives of the activity:

○ International Anti-Corruption Day seeks to highlight the rights and responsibilities of everyone – including States, Government officials, civil servants, law enforcement officers, media representatives, the private sector, civil society, academia, the public and youth – in tackling corruption.

Anticipated outcomes: To make every citizen of the country aware about their rights and enable them take wise decisions for themselves and for their country in every sector

Details of the resource's person. If any: NIL

List of the participants to be attached: 10 Cadets

1. Divya Sharma

Pinki

Nitika Sharma

Prachi Dutta

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Vennu Rajput

Mansi Sharma

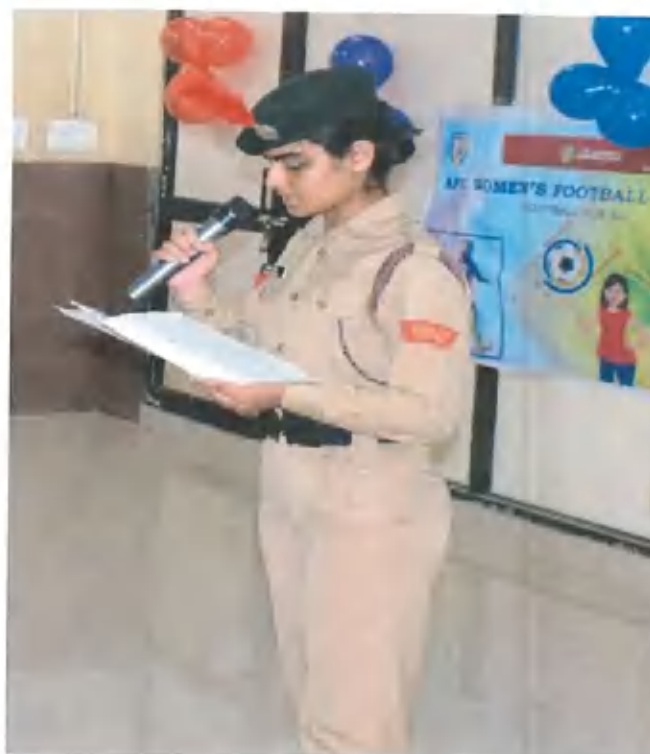
Sam Sader malik

Radha Sharma

Poonam

Mannu

Report: NCC Cadets participated in Anti-CORRUPTION Day by participating in rally, oath, debate, lecture on the occasion of AntiCorruption Day with the help of ANO Lt. Suman Lata.



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Report on the activity: Walkathon Race and Fit India Movement

Title of the activity: Walkathon Race and Fit India movement

Date: 31 OCT 19

Objectives of the activity:

- To encourage indigenous sport

Anticipated Outcomes: To make the youth of today understand why one needs to be physically and mentally fit and healthy

Details of the resource's person. If any: NIL

List of the participants to be attached: 30 cadets

1. Divya Sharma
2. Radhika
3. Danmeet Kour
4. Poonam
5. Radha Sharma
11. Parachi Dutta
12. Vidhi Chib
13. Priya Manhas
14. Shruti Sharma
15. Pallvi
21. Gulshan Bibi
22. Soniya Saini
23. Harsha Sharma
24. Priya Kumari
25. Anu Radha

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6. Tanya Choudhary 16. Reeya Saini 26. Aamondini Katoch

7. Komal Manhas 17. Sanjana Devi 27. Shikha Sharma

8. Rabiya 18. Sunidhi Rana 28. Sonia bhagat

9. Rani 19. Swati Sharma 29. Vandita Khajuria

10. Smile 20. Sureeti Chib 30. Rani

Report:

30 NCC Cadets participated in walkathon race on theme "FIT INDIA" with ANO Lt. Suman Lata organized by University Of Jammu from Jammu University to Bahu Plaza.



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E-mail: principalgcwparade@gmail.com
Tel.(O): 0191 2544305

Report on the activity: Visit to Old Age home

Title of the activity: Visit to old age home

Date:(22 NOV 2019)

Objectives of the activity:

○To provide medical facilities & health care to the needy.

Anticipated Outcomes: to make people understand why one needs to respect care their parents and leave them in the time of need

Details of the resource's person. If any: NIL

List of the participants to be attached: 10 cadets

- | | | |
|-------------------|----------------|-----------------|
| 1.Divya Sharma | 5.Radha Sharma | 8.Poonam |
| 2.Mannu | 6.Arushi | 9.Pinki |
| 3.Prachi Dutta | 7.Vennu Rajput | 10.Mansi Sharma |
| 4.Sam Sader malik | | |

Report:NCC Cadets of G.C.W, Parade Ground, Jammu visited old age home. Cadets interacted with the people there and distributed the fruits and snacks

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Report on the activity: National Voters Day

Title of the activity: National Voters Day

Date: 25 Jan 2020

Objectives of the activity:

- In order to encourage more young voters to take part in the political process, Government of India

Anticipated Outcomes: To make individuals understand their basic political rights and make them aware why casting vote is importance.

Details of the resource's person. If any: NIL

List of the participants to be attached: 30 cadets


- | | | |
|------------------|----------------------|-------------------|
| 1. Divya Sharma | 11. Taniya Choudhary | 21. Komal Manhas |
| 2. Pinki | 12. Ritika | 22. Sonali Sharma |
| 3. Nitika Sharma | 13. Janvi sumeria | 23. Saloni Sharma |
| 4. Prachi Dutta | 14. Amodhini Katoch | 24. Chahat Gupta |

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- | | | |
|--------------------|---------------------|---------------------|
| 5. Vennu Rajput | 15. Nidhi Dogra | 25. Shruti Mahajan |
| 6. Mansi Sharma | 16. Taniya Sharma | 26. Shivanshi Arora |
| 7. Sam Sader malik | 17. Kaushal Manhas | 27. Tanu Sharma |
| 8. Radha Sharma | 18. Shruti Sharma | 28. Gulshan Bibi |
| 9. Poonam | 19. Anidhi devi | 29. Veedhi Chib |
| 10. Mannu | 20. Priyanshi kesar | 30. Monika Jasrotia |

Report : 30 NCC cadets participated in the 10th National Voter's Day on 25 January 2020 where pledge was taken by the cadets, two advocates were there at that time to encourage the youth to be part of elections

. Cadet Divya Sharma had recited the poem given by the district Election Officer Jammu.


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Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the activity: Celebration of Gandhi Jayanti by NSS Unit 2nd Oct. 2019 under the scheme Stand up India.

1. Title of the activity: Celebration of Gandhi Jayanti.

2. Objectives of the activity:

- Different activities on the occasion were undertaken to mark the celebration of Gandhi Jayanti where NSS volunteers throw light on the life of Gandhi and present their own sights on Gandhian Philosophy.

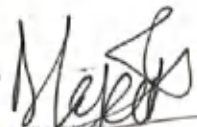
3. Anticipated outcomes: The volunteers at the end of function got to know about the Gandhian philosophy like Non-Violence movement.

4. List of the participants for the activity: 40.

5. Details of the resource person, if any: Not Required.

6. Report: A detailed report containing pictures of the event has duly been attached.

NSS Unit of Govt. College for Women, Parade Ground, Jammu on celebrated Gandhi Jayanti on 2nd of Oct. 2019 under the guidance of Respected Principal. The Volunteers on the occasion recite Poems and present their knowledge about the Gandhian philosophy of life. They also throw light on non-violence movement and how we achieved the freedom from Britishers after long. Students from Music Department also participated in the celebration and at the end sing a song based on the truth and non-violence message of Bapu and also nationalistic songs.


NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:**Name of Activity: Awareness drive on Gandhi Jayanti**

S no.	Name	Semester
1.	Pihumanhas	5 th
2.	Naina Devi	5 th
3.	Tamanna Dogra	5 th
4.	Anamika Dogra	5 th
5.	Pooja Devi	5 th
6.	Vanshika Sharma	5 th
7.	HarleenKour	3 rd
8.	Nisha Kumari	3 rd
9.	Rashmi Mehra	3 rd
10.	Rohini	3 rd
11.	Riya Sharma	3 rd
12.	Jyoti Sharma	1 st
13.	RakulMehra	1 st
14.	Harpreet Kour	1 st
15.	Sonika Gupta	1 st
16.	Sonali khajuria	1st
17.	Sonal Mehra	1 st
18.	Anvi Rajput	3 rd
19.	AvneetKour	3rd
20.	Anamika Devi	3 rd
21.	Rabia Gupta	3rd
22.	RashmeetKour	3rd
23.	Yogita Raina	1st
24.	AkritiSharma	1st
25.	Kajal Devi	1st
26.	Mehak Sharma	1st
27.	SamridhiRaina	3rd
28.	Khushi Aggarwal	3rd
29.	Khushboo Rajput	3rd
30.	RanjaniDevi	3rd
31.	Devika Sharma	1st
32.	Deepali Gupta	1st
33.	Harshika Sharma	1st
34.	Sana Khan	1st
35.	SukhdeepKour	3rd
36.	GurmeetKour	3rd
37.	Mehak Jamwal	3rd
38.	Shilpa Langeh	1st
39.	Simran deep Kour	1st
40.	Tanvi Rajput	1st

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Different Activities on Gandhi Jayanti 2018



2018-7-11 12:53

Mejha

Govt. College for Women
Pgrade Ground Jammu

SPS

Principal
Govt. College for Women
Pgrade Jammu



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the activity: An Extension lecture held on Constitution Day by NSS Unit 26th Nov. 2019 under the scheme Stand up India.

1. Title of the activity: Extension lecture on Constitution Day.

2. Objectives of the activity:

- The objectives of the lecture was to make aware the students about the constitution of our country and as a citizen what rights our constitution have enshrined upon us.
- It aims to bring awareness on the importance of the Indian constitution and its architect, Dr. B.R. Ambedkar.

3. Anticipated outcomes: The volunteers at the end of lecture got full knowledge about the framework demarcating fundamental political code, structure, procedure, powers and duties of institutions and sets out fundamental rights, directive principles and the duties of citizens.

4. List of the participants for the activity: 35.

5. Details of the resource person, if any: Prof. Neena Gupta.

6. Report: A detailed report containing pictures of the event has duly been attached.

As extension lecture was organized by NSS Unit in Collaboration with NCC Unit of Govt. College for Women, Parade Ground, Jammu on Constitution Day, 26th November 2019 under the guidance of Respected Principal. The Resource Person acknowledged the students to inculcate constitutional obligations, to create awareness among young generation about constitution, to sensitize the students about importance of constitution day. The aim is to publicize the glorious and rich composite culture and diversity of our nation. Further, it aims to create awareness of Fundamental Duties as enshrined in the Indian Constitution. The pledge was also taken. The Programme finally culminated with Vote of thanks presented by the NSS Programme officer, Professor Ravinder Kaur.

Majeed
NSS Programme Officer,
Govt. College for Women
Parade Ground, Jammu

The Northern Herald (http://thenorthernherald.com)

CCW Parade celebrated the 70th anniversary of Constitution Day



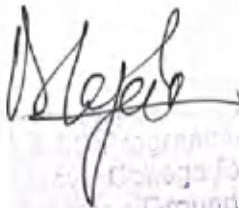
M. J. Singh

SS Programme Office
CCW College for Women
Parade Ground, Jammu

List of Participants:

Name of the Activity: Celebration on Constitution Day

S no.	Name	Semester
1.	Naina Devi	5 th
2.	Tamanna Dogra	5 th
3.	Anamika Dogra	5 th
4.	Vanshika Sharma	5 th
5.	Neha	5 th
6.	Priya	5 th
7.	Pooja Devi	5 th
8.	Naina Devi	5 th
9.	Rashmi Mehra	3 rd
10.	Nisha Kumari	3 rd
11.	Rohini	3 rd
12.	Suman Devi	3 rd
13.	Sunakshi	3 rd
14.	Riya Sharma	3 rd
15.	HarleenKour	3 rd
16.	Rakul Mehra	1 st
17.	Sonika Gupta	1 st
18.	Harpreet Kour	1 st
19.	Jyoti Sharma	1 st
20.	Rajni Thapa	1 st
21.	Ranjana Devi	1 st
22.	TaniRaina	3 rd
23.	Sonal Devi	3 rd
24.	Suhani Jamwal	3 rd
25.	IshikaBali	3 rd
26.	Suhani Kapoor	1 st
27.	Kajal Devi	1 st
28.	RuhaniSharma	1 st
29.	TanuMishra	1 st
30.	Kajal Devi	3 rd
31.	TamanaDevi	3 rd
32.	Kajal Raina	1 st
33.	TanuMishra	1 st
34.	Kajal Devi	3 rd
35.	RuhaniJamwal	3 rd




Principal
Govt. College for Women
Parade Jammu



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the activity: Celebration of National Girl Child Week by NSS Unit from 24th January to 30th January 2020 under the Atmanirbhar Bharat Scheme.

1. Title of the activity: Celebration of National Girl Child Week.

2. Objectives of the activity:

- The main objective behind this is to highlight the inequalities faced by girls,
- To promote awareness including the rights of a girl child,
- The importance of education, health, and nutrition.

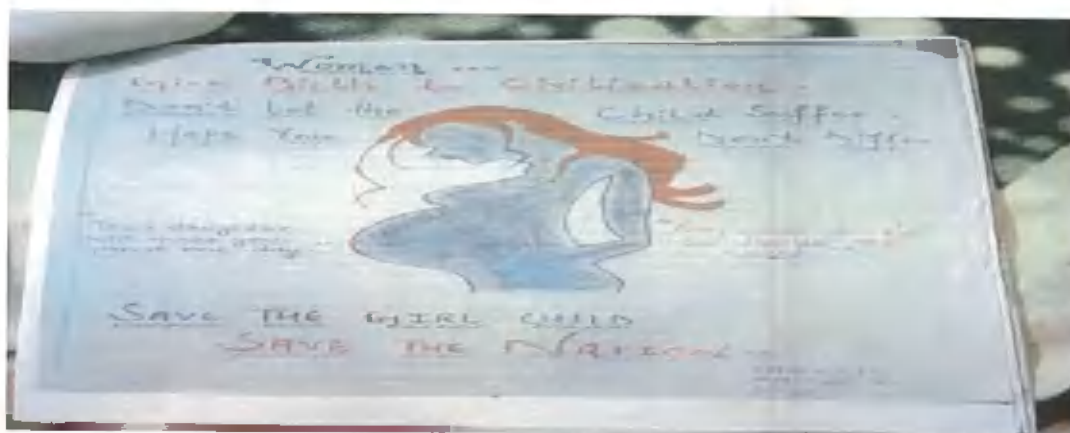
3. Anticipated outcomes: The volunteers got fully aware about their rights and importance of girl education, health and their nutrition.

4. List of the participants for the activity: 50.

5. Details of the resource person, if any: Not required.

6. Report: A detailed report containing pictures of the event has duly been attached.

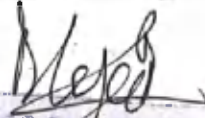
NSS Unit of Govt. College for Women, Parade Ground, Jammu celebrated a long week National Girl child week under the guidance of Respected Principal who also presented a welcome address. The Volunteers on the occasion throw light on different aspect Girl Child and how it is viewed in male dominated society. They also take a pledge to diminish this inequality by equipping themselves with quality education and make oneself aware about the rights of girl which are given by our constitution. Students of the College took part actively in this celebration and some students also showed their talent in art and craft by displaying their hand made products. At the end of the Week-Long Celebration NSS Programme officer, Prof. Ravinder Kaur presented vote of thanks to the participants.



[Signature]
NSS Programme Officer
Government College for Women

List of Participants:**Name of activity: National Girl child week**

S. No.	Name	Semester
1.	PihuManhas	5 th
2.	Ria Attri	5 th
3.	Sonam Kumari	5 th
4.	Ria	5 th
5.	Shivani Sharma	5 th
6.	Tania Mahajan	5 th
7.	VanshikaRajput	5 th
8.	Kashish Sharma	5 th
9.	Anamika Dogra	5 th
10.	Pooja Devi	5 th
11.	Ranjeet Kour	3 rd
12.	Sunaina	3 rd
13.	Khushi Sharina	3 rd
14.	Meenakshi Gupta	3 rd
15.	Afsanakhatoon	3 rd
16.	Riya Sharma	3 rd
17.	Shreya Bhat	3 rd
18.	Rita Devi	1 st
19.	SanjanaSharma	1 st
20.	Jyoti Sharma	1 st
21.	Sumedha Jamwal	1 st
22.	Meehika Sharma	1 st
23.	Deepasha	5 th
24.	Taniya Singh	5 th
25.	Riva Sharma	5 th
26.	Jahanvi	5 th
27.	Farjana	5 th
28.	Kusum Thakur	5 th
29.	Shilpa Langeh	5 th
30.	Firdoz Khan	5 th
31.	Kifayat Wani	5 th
32.	Pooja Devi	5 th
33.	Vani Vaid	3 rd
34.	Jivika	3 rd
35.	Ananditia	3 rd
36.	Ridhima Katoch	3 rd
37.	KherunPsechok	3 rd
38.	Riha Sharma	3 rd
39.	Garima Guleria	3 rd
40.	JeevikaManhas	3 rd
41.	Dipti Gupta	3 rd


Programme Officer
Campus College for Women

42.	Tara Sharma	3 rd
43.	SunanditaChib	3 rd
44.	Sonia Devi	1 st
45.	Preeti Sharma	1 st
46.	Lily Singh	1 st
47..	RuhiShamrs	1 st
48.	Manvi	1 st
49.	Ruchika	1 st
50.	Roohi Sharma	1 st

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Parade Jammu

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NSP Programme Officer
Govt. College for Women



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the activity: Poster making competition on Republic Day celebration on 26th January 2020 under the Atmanirbhar Bharat Scheme.

1. Title of the activity: Poster making competition on Republic Day.

2. Objectives of the activity:

- Infuse in Volunteers the spirit of Independent and Individual India.

3. Anticipated outcomes: The volunteers got insights how our constitution came into existence.

4. List of the participants for the activity: 50.

5. Details of the resource person, if any: Not required.

6. Report: A detailed report containing pictures of the event has duly been attached.

NSS Unit of Govt. College for Women, Parade Ground, Jammu organized a poster making competition on the occasion of Republic Day. Volunteers of the College fully participated in the event and displayed their talent in poster making competition. The day plays an important part in India's history and defines the democratic structure of the nation. unites the country as a whole and irrespective of the cast, creed, colour, sex or religion and same was displayed by students in their creative poster making competition. At the end winners of the competition, Ranjeet Kour, Meenakshi Gupta, and Shreya Bhat who took, the first, second and third positions, respectively, were announced.



Majed
NSS Programme Officer

List of Participants:

Name of the Activity: Poster making competition on Republic Day


S. No.	Name	Semester	Total Marks Obtained (Out of 30)
1.	Ranjeet Kour	3 rd	29
2.	Meenakshi Gupta	3 rd	28
3.	Shreya Bhat	3 rd	26.5
4.	Afsaanakhatoon	3 rd	18
5.	Khushi Sharma	3 rd	17
6.	Sunaina	3 rd	24
7.	Riya Sharma	3 rd	18
8.	Anjali	3 rd	22
9.	Naina Devi	3 rd	25
10.	Rashmi Mehra	3 rd	22
11.	Rohini Sharma	3 rd	23
12.	Nisha Kumari	3 rd	22
13.	HarleenKour	3 rd	18
14.	Priyanka Devi	3 rd	18
15.	Sonam Kumari	3 rd	17
16.	Rashmi Devi	3 rd	22
17.	PihuManhas	5 th	21
18.	Tamanna Dogra	5 th	22
19.	Shivalli Rajput	5 th	25
20.	Pooja Devi	5 th	20
21.	Ria Attri	5 th	23
22.	Shivani Sharma	5 th	22
23.	Anamika Dogra	5 th	22
24.	Tania Mahajan	5 th	20
25.	Rita Devi	1 st	18
26.	Rakul Mehra	1 st	17
27.	Jyoti Sharma	1 st	17
28.	Sanjana Sharma	1 st	22
29.	Harpreet Kour	1 st	24
30.	Sonika Gupta	1 st	22
31.	Sonali Sharma	5 th	18
32.	Taniya Gupta	5 th	22
33.	Priya Sharma	5 th	19
34.	Kajal Jamwal	5 th	17
35.	RuhaniJamwal	1st	22
36.	Kavya Raina	1 st	23
37.	Tanvi Rajput	1st	20
38.	RuhiSharma	1st	22
39.	Bhumi Gupta	1st	22
40.	Bhawana Kumari	5th	20


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41	TanuMishra	5th	21
42	AviChib	5th	20
43	BalmeetKour	5th	22
44	Anvi Rajput	1st	18
45	Mrinalini Raina	1st	22
46	MalvikaKhatoon	5th	20
47	Fatima Bibi	5th	22
48	Suhani Rajput	1st	20
49	Tanvi Raina	1st	22
50	Kajal Jamwal	5th	21

Signature of Jury Members.

1. 
2. 
3. 


 NSS Programme Officer
 Govt. College for Women
 Parade Ground, Jammu


 Principal
 Govt. College for Women
 Parade Jammu



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the activity: Poster making competition on Martyrs Day on 23rd March 2020 under the Atmanirbhar Bharat Scheme.

1. Title of the activity: Poster making competition on Martyrs Day.

2. Objectives of the activity:

- Infuse in Volunteers the spirit of sacrifice for nation.


3. Anticipated outcomes: The volunteers got insights our national heroes who sacrificed their lives for the nation.

4. List of the participants for the activity: 40.

5. Details of the resource person, if any: Not required.

6. Report: A detailed report containing pictures of the event has duly been attached.

NSS Unit of Govt. College for Women, Parade Ground, Jammu organized a poster making competition on the occasion of Martyrs Day. Volunteers of the College fully participated in the event and made posters of national heroes and brave freedom fighters like Bhagat Singh, Shivaram Rajguru and Sukhdav Thapar which sacrificed their lives for the mother land and were hanged on the same day. At the end winners of the competition were announced. Gunner Kour, Sumaina, Khushi Sharma, of semester 5th, bagged the first, second and third positions, respectively.


NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu



M. Gupta

WBS Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:**Name of the Activity: Martyrs Day.**

S no.	Name	Semester	Total Marks Obtained (Ont of 20)
1.	GuneetKour	5 th	19
2.	Sunaina	5 th	18.5
3.	Khushi Sharma	5 th	18
4.	Meenakshi Gupta	5 th	17
5.	Afsana Khatoon	5 th	17
6.	Riya Sharma	5 th	17
7.	Shreya Bhat	5 th	16
8.	Rita Devi	3 rd	16
9.	Sanjana Sharma	3 rd	10
10.	Jyoti Sharma	3 rd	14
11.	Rakul Mehra	3 rd	12
12.	Sonika Gupta	3 rd	15
13.	Harpreet Kour	3 rd	12
14.	Shazia	1 st	14
15.	Muskan Thapa	1 st	16
16.	Avni Raina	1st	17
17.	AkanshaSharma	3rd	16
18.	Nishi Raina	3rd	15
19.	Nidhi Bhagat	1 st	12
20.	RuhiSharma	1 st	17
21.	Nidhi Parihar	1 st	13
22.	Anjali Sharma	3rd	12
23.	Kajal Devi	3rd	14
24.	ReetaRaina	3rd	12
25.	Shruti Sharma	1st	12
26.	NeenaDevi	1st	14
27.	Pooja Saini	3rd	12
28.	Ruchi Saini	3rd	14
29.	Shilpa Langeh	3rd	15
30.	SumidhaKhan	1st	14
31.	Shivani Arora	1st	12
32.	MuskanKumari	1st	15
33.	TanuMishra	1st	12
34.	Tanvi Rajput	3rd	14
35.	Mahi Bhagat	3rd	15
36.	Ritika Razdan	3rd	12
37.	PrettiMahajan	3rd	15
38.	Khushi Arora	1st	12
39.	Tanvi Abrol	1st	12
40.	Kajal Devi	1st	13


Programme Officer
Govt. College for Women


Principal
Govt. College for Women,
Pgrade Jammu



Your assessment on the realization of the anticipated outcome: It gave them knowledge about various methods of how to keep environment sustainable.

15. Title of the Activity: - *Financial Assistant for Female Entrepreneurs. 1st February, 2019*

Objectives of the Activity: - To aware PG Students for various financial assistance available for women.

Anticipated Outcomes: It will empower women to establish various income generation units

Details of Resources person (If any)- Women Development Corporation Faculty

List of Participants to be attached: PG Students (CRM&E), Department of Home Science.

Your assessment on the realization of the anticipated outcome: Organization build confidence among students and awareness regarding women's status health education, sanitation, hygiene, legal right, economic upliftment and other socio-economic and political issues.

16. Title of the Activity: - *Visit to Early childhood centers. 5 February, 2019*

Objectives of the Activity: - To enlist different types of activities performed by preschools

Anticipated Outcomes: Improvement in school environment

Details of Resources person (If any)- B.A. Home Science (2nd semester)

List of Participants to be attached: Preschool children and staff members

Your assessment on the realization of the anticipated outcome: Improvement in overall functioning of schools including cleanliness and neatness.

17. Title of the Activity: - *A visit to post office 15 March, 2019*

Objectives of the Activity: - To get awareness about post services

Anticipated Outcomes: -Students to get acquaintance with various postal services and functions

Details of Resources person (If any)- Head Post Master

List of Participants to be attached: B.A. Home Science (Semester-VI)

Your assessment on the realization of the anticipated outcome: An eye-opener sessions for the young girls to learn about various services like Banking facility, PL insurance, saving schemes etc.

18. Title of the Activity: - *Seminar by Lakme Academy. 25 March, 2019*

Objectives of the Activity: - Grooming session for students

Anticipated Outcomes: - *Students were apprised with various short-term courses like Make-up, hair, beauty, nails etc.*

Details of Resources person (If any)- A team from Lakme Academy, Gandhi Nagar

List of Participants to be attached: All students of Home Science department.



Your assessment on the realization of the anticipated outcome: Beneficial for students to start their own grooming center as a profession

19. Title of the Activity: - *Intervention Programme for Women of Bajalta Village, Jammu. 24 April, 2019*

Objectives of the Activity: - To teach basic skills of Tie and Dye for rural women.

Anticipated Outcomes: - Learn different methods and designs of tie and dye.

Details of Resources person (If any)- PG students of CRM&E, Department of Home Science

List of Participants to be attached: Women of Bajalta Village



Your assessment on the realization of the anticipated outcome: Women learnt different skills related to tie and dye.

20. Title of the Activity: - Training on Best out of waste 2020

Objectives of the Activity: - To utilize the waste in a best way.

Anticipated Outcomes: - The students will learn how to utilize the waste in a best ways

Details of Resonrees person (If any)- Mrs. Sanjogita

List of Participauts to be attached: B.A. students of Home Science



Your assessment on the realization of the anticipated outcome: Women learnt different skills related to tie and dye.



V.K. Singh, IPS
Director General



J&K

Jammu Tel 0191-2561004 (O)
Fax 0191-2561008 (F)

Srinagar Tel 0194-2457989 (O)
Fax 0194-2457811 (F)

E-mail: jk.prison@gmail.com

D. O. No. PS/DG/Prison/166

Dated: 01.06.2020

My dear Dr Piyali,

Please find enclosed data regarding Cognitive Behavioural Therapy for Insomnia (CBT-I) conducted for the inmates of District Jail Jammu (Amphalla). The sessions were well planned and conducted in a highly professional manner. The exercise has made a significant impact on the lives of target group enabling improved sleeping pattern.

The project aims to improve sleep pattern of those inmates who are having below normal sleep. It is hoped that with better sleep hygiene, the inmates would undergo correctional process in attitude & behaviour and, hopefully, will be able to integrate better in the society on release. The project is unique and it is due to your commitment for clinical work that a beginning has been made.

It gives me great pleasure to place on record my appreciation to you and Dr. Arti Bakshi Head, Department of Psychology, University of Jammu for having successfully conducted the 2 week CBT-I project at District Jail Jammu.

Best wishes,

Yours sincerely,

V.K. Singh
1/6/20

(V. K. Singh) IPS

Dr. Piyali Arora,
Assistant Professor,
Govt. College for Women, Parade, Jammu

MANODARPAN ACTIVITIES- JUNE 2020- Till date

- **Higher Education Department in Collaboration with GCW, Parade, Jammu Organized Webinar on Holistic Mental and Emotional Well being on 30.07.2020**

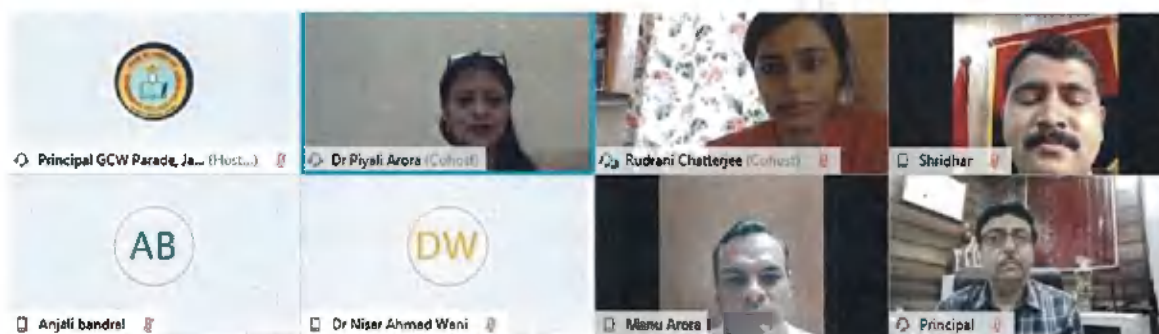


Higher Education Department in collaboration with Govt. College for Women, Parade Ground, Jammu organized a webinar on the theme, "Holistic Mental and Emotional Well Being" at the launch of Psychological cum Career Counseling Cells in Colleges of Jammu and Kashmir. The Chief Patron of the Cell, Jenab. Talat Parvez Rohella, Commissioner/ Secretary, Department of Higher Education, UT of Jammu and Kashmir presided over the webinar as the Chairperson. Director Colleges Dr Yaseen Ahmed Shah; Dr S.P. Sarswat, Principal, Govt. College for Women, Parade Ground, Jammu and Patron-Psychological, Career Counseling & Placement Cell, Jammu; Dr. Sheikh Ajaz Bashir, Principal, Isiamia College, Srinagar, and Patron-Psychological, Career Counseling & Placement Cell, Kashmir; Mr. Vikas Dhar Bhagati, Deputy Secretary Higher Education Department; Dr Kumar Sourabh, Member, Coordination Cell, Higher Education Department, Principals and faculty of Degree Colleges from across the UT, attended the webinar. Dr Jitendra Nagpal, Sr. Psychiatrist, Institute of Mental Health and Life Skill Promotion Moolchand Medicity, New Delhi shared the screen as the resource person. He spoke on the constituents of holistic mental and emotional well being amidst the crisis faced by the youth in the current scenario and ways to overcome it. He also spoke about the roles that schools, colleges and the youth must undertake to ensure mental and emotional well being in such times. He also appreciated the fact that The UT of J & K is the first in the country to initiate this program at such a large scale. The Chairperson, Janab.

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Talat Parvez Rohella in his address, talked about the mental health scenario in the UT of J &K. Under his dynamic leadership, a process has been initiated by the Department of Higher Education to train teachers, facilitate them to work in teams as counselors and provide psychological counseling to the youth. The webinar received an overwhelming response as over 500 participants joined the event and was streamed live in Youtube. Several questions came up from the participants which were well responded to. Liaison Officers from various fields, who have consented to be part of this venture, also appreciated the initiative. The Webinar was organized by the IQAC team, GCW Parade Ground, Jammu. Prof. S.K. Dhar, Convenor, IQAC and all members of IQAC actively participated in the event and the Commissioner /Secretary lauded their efforts towards conduct of the webinar. Active support was received from the Department of Psychology and all faculty members of GCW, Parade Ground. Vote of thanks was extended by Prof. Nisar Ahmed Wani, Nodal Officer, Psychological cum Career Counseling and Placement Cell, Kashmir Division and the program was moderated by Dr Piyali Arora, Nodal Officer, Psychological cum Career Counseling and Placement cell, Jammu and Dr Preeti Dubey for technical support and coordination.

- **GCW, Parade, Jammu and Islamia College Kashmir in collaboration with Higher Education Department , J&K organized Webinar to observe World Mental Health Day10.10.2020**



On Oct 10th , 2020, GCW, Parade, Jammu and Islamia College Kashmir in collaboration with Higher Education Department , J&K organized Webinar to observe World Mental Health Day, 2020 . The theme of the webinar was Drug abuse-better awareness, better care. The resource persons on the occasion were Sri Shridhar Patil, SSP Jammu, J &K Police, Dr Manu Arora, Psychiatrist Govt. Medical College Jammu, and Dr Rudrani Chatterjee, Clinical Psychologist, Institute of Psychiatry, Kolkata. The technical coordination was provided by Prof. (Dr) Parveen Kumar Sharma, Kurukshetra University & founder of Uniskills, School of

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Skill Development. Prof. (Dr) S.P. Sarswat, Principal, Govt. College for Women, Parade Ground, Jammu who is also the Patron-Psychological, Career Counselling & Placement Cell, Jammu presided over the webinar as the Chairperson. The Chief Patron of the Cell, Jenab. Talat Parvez Rohella, Commissioner/ Secretary, Department of Higher Education, UT of Jammu and Kashmir expressed keen interest in organizing the webinar as the adolescents and the young adults are falling prey to the menace of drug abuse. Sri Sridhar Patil elaborately deliberated upon the idea of drug abuse from the point of view of public-police cooperation, he also made society aware of all those dark facts regarding drug peddling, and way to prevent young generation from falling in the trap. Dr Manu Arora explained medical model of substance dependence and the medical treatment measures and rehabilitation of the substance dependent patients. Dr Rudrani elaborately discussed on Psychology of addiction, psycho dynamic aspects and how to prevent relapse once treatment is started. Director Colleges Prof(Dr) M.Y. Peerzada,; Dr. Sheikh Ajaz Bashir, Principal, Islamia College, Srinagar, and Patron-Psychological, Career Counseling & Placement Cell, Kashmir; Mr. Vlkas Dhar Bhagati, Deputy Secretary Higher Education Department; Dr Kumar Sourabh, Member, Coordination Cell, Higher Education Department, Principals and faculty of Degree Colleges from across the UT, attended the webinar. The webinar received an overwhelming response as over 1000 participants joined the event which was streamed live on Youtube. Several questions came up from the participants which were well responded to by the resource persons. The Webinar was organized by the Central Coordination Committee members, Executive committee members and District level counselors who actively participated in the event and the Commissioner /Secretary lauded their efforts towards successful conduct of the event. Active support was received from all the faculty members of different district colleges of Jammu and Kashmir province. At the end vote of thanks was extended by Prof. Nisar Ahmed Wani, Nodal Officer, Psychological cum Career Counseling and Placement Cell, Kashmir Division and the program was moderated by Dr Piyali Arora, Nodal Officer, Psychological cum Career Counseling and Placement cell, Jammu.

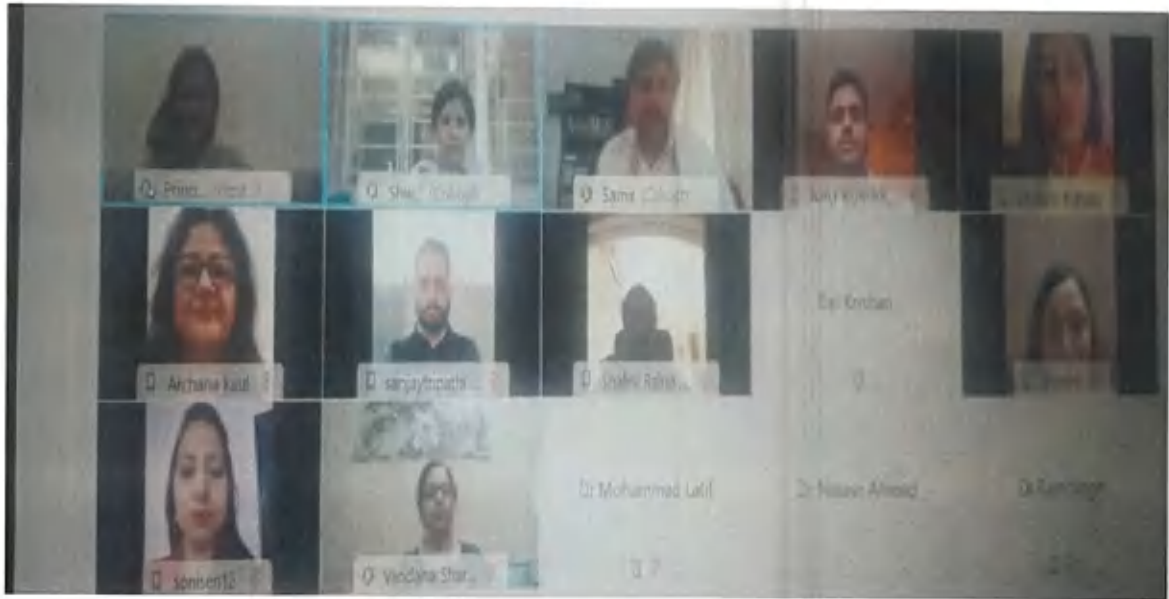
• **Training programme on mental health first aid concludes** JAMMU, Oct, 31,2020:

Five-day long training programme for faculty members on Mental Health First Aid concluded today. The event was organized by Govt College for Women, Parade Ground, Jammu in collaboration with Higher Education Department, Govt. of J&K. The resource persons for the event were from Manipal Academy of Higher Education (MAHE), Karnataka, Dr Samir Kumar Praharaj, Professor and Head, Department of Psychiatry, Kasturba Medical College, MAHE, Manipal, and Dr Shweta Rai, Associate Professor, Clinical Psychology, Manipal College of Health Profession, MAHE, Manipal, Karnataka. Prof (Dr) S.P. Sarswat, Principal, Govt. College for Women, Parade Ground, Jammu who is also the Patron-Psychological, Career Counselling & Placement Cell, Jammu Province presided over the training program as the Chairperson.

Principal, Prof (Dr) S.P. Saraswat while addressing the gathering said that mental health awareness to students and timely help to them is the need of the hour. Students most of the time face mental health crisis and due to stigma related to mental health they avoid seeking help from professionals. Thus major thrust should be on how they can be provided


PRINCIPAL

information on different mental health problems and whom they may approach for professional help. Faculty members of Degree Colleges from across different districts of Jammu Province participated in the training program. Topics that were covered during the training program were-role of mental health first aid providers, understanding of depression, anxiety, suicidal behaviours, substance use disorders, psychosis, eating disorder etc. which the adolescents and the young adults usually experience. The training programme received an overwhelming response from the participants.



NEW DETAILS

GCW Parade organises online Intra-college Quiz competition
Early Times Report

Jammu, Nov 30: Govt. College for Women Parade Ground organized an online Intra-college Quiz competition on the theme 'Stress Awareness' among students of the college under flagship of Madodarpan initiative, Govt. of India. The Quiz was organized keeping in view of the possible stressors that might be affecting the mental wellbeing of the students during COVID-19 pandemic situation. More than 1000 student of the college enthusiastically participated in the event. The whole event was conducted under the supervision of the Principal of the college Prof. (Dr) S.P Sarswat and the organizing committee of Psychological Counselling Cum Career Counselling & Placement Cell of the college. Principal of the college in his message lauded the efforts of the organising committee and shared his concern on the ill-effects of stress on physical and mental wellbeing of students in particular and others in general. Times as such, replete with uncertainty unleashed by COVID-19 pandemic has caused an element of fear permeate into the lives of people. Consequently, lifestyles of people have changed drastically with restricted movement paving way for working from home, online education, etc. And, the student community has largely been affected. He further emphasized upon enhancement of awareness pertaining to Stress especially during COVID-19 so that they are able to face the situation adopting effective ways. He concluded by congratulating all the students for their participation. E-certificate was awarded to all the participants.

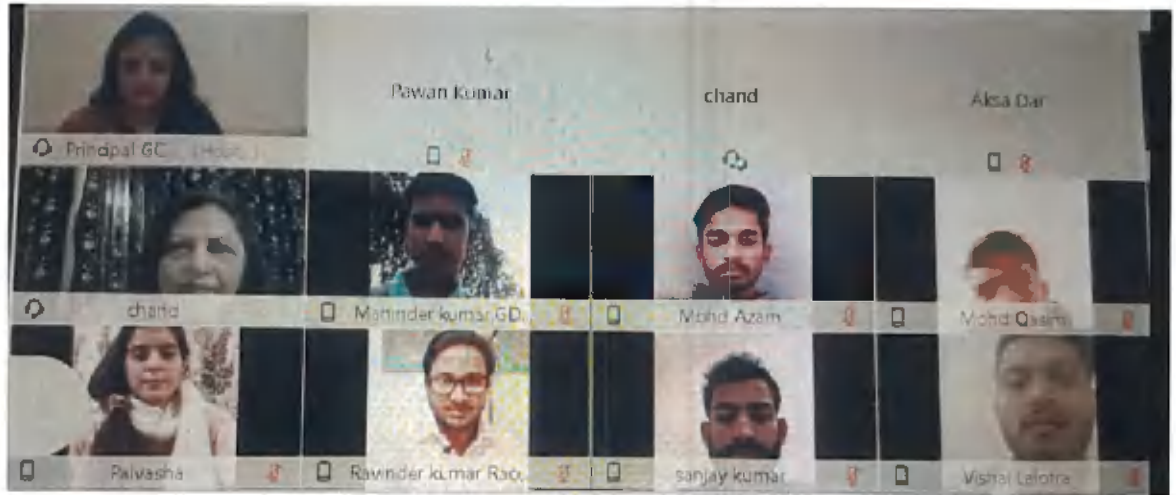
S.P. Sarswat
PRINCIPAL

- **3 day student orientation program on mental health concludes at GCW Parade**

DEC 05, 2020 JAMMU:

The 3 day student orientation program, on mental health organised by Government Coliege for Women, Parade, in collaboration with Higher Education Department under the flagship Manodarpan initiative of Govt. of India, concluded here today. Students from various colleges of Jammu Province participated in the event which focused on generating awareness about the mental health challenges faced by the adolescents and young adults and the importance of emotional and mental wellbeing of the students during COVID-19 pandemic situation and beyond. The event was conducted under the supervision of the Principal of the college Prof. (Dr) S.P. Sarswat and the organizing committee of Psychological Counseling Cum Career Counselling & Placement Cell of the college respectively. Dr Chand Terehan, eminent Clinical Psychologist and Director Care North, Jammu & Chandigarh, shared the screen as the resource person. She spoke on the 'Life Skill -in everyday life' and specified its importance and the ways students can implement it in their lifestyle and guide others to develop it. Dr. Terehan also deliberated on the theme 'Basics of Counseling' in which she highlighted the principles of counseling and gave the students tips for building the skilis involved in counseling. She also explained elaborately on 'Body language and behavior modifications where she specified the importance of understanding nonverbal gestures in behavior and ways to improve it. The webinar received an overwhelming response from participants. Several questions came up from the participants which were well responded by the resource person. The Principal of the college lauded the efforts of the organising committee and congratulated all students for their participation. Dr Piyai Arora, nodal officer, Psychological Counselling Cell, Jammu Province extended the formal vote of thanks.

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Parade Ground, Jammu



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Parade Ground, Jammu

8th February, 2021 world Epilepsy day

GCW Parade hosts webinar to mark World Epilepsy Day

EARLY TIMES REPORT
JAMMU, Feb 6: A webinar on the topic 'Balance to A Disease: Risk & Cure' and its 'Treatable' was today organised by Government College for Women, Parade Ground in collaboration with I L Kapoor Hospital, New Delhi & Global Health Hand. Jammu to mark the observance of World Epilepsy Day.

Epilepsy Neurologist, Professor Dr. Man Mohan Mehndiratta, Senior Director - Neurology, ILLK Centre for Neurosciences, ILLK Bapuji Specialty Hospital, New Delhi shared the screen on the conference panel.

Through his vivid demonstrations on the theme 'Epilepsy is A Disease, Risk & Cure is Add to Treatable', he explained this epilepsy

'(Mira) In Hindi is a brain disorder and most common disorder of the central nervous system. Unfortunately, due to lack of awareness, people with epilepsy have lot of negative perceptions about the disease, they are often misunderstood by others, and experience stigma. It is imperative to provide accurate information about the cause, risk factors to the people with epilepsy and their families' he added. He also spoke about the role of schools, colleges and community at large in dealing with myths and misconceptions that prevail, and also mentioned the appropriate ways of taking first hand care of people having epilepsy.

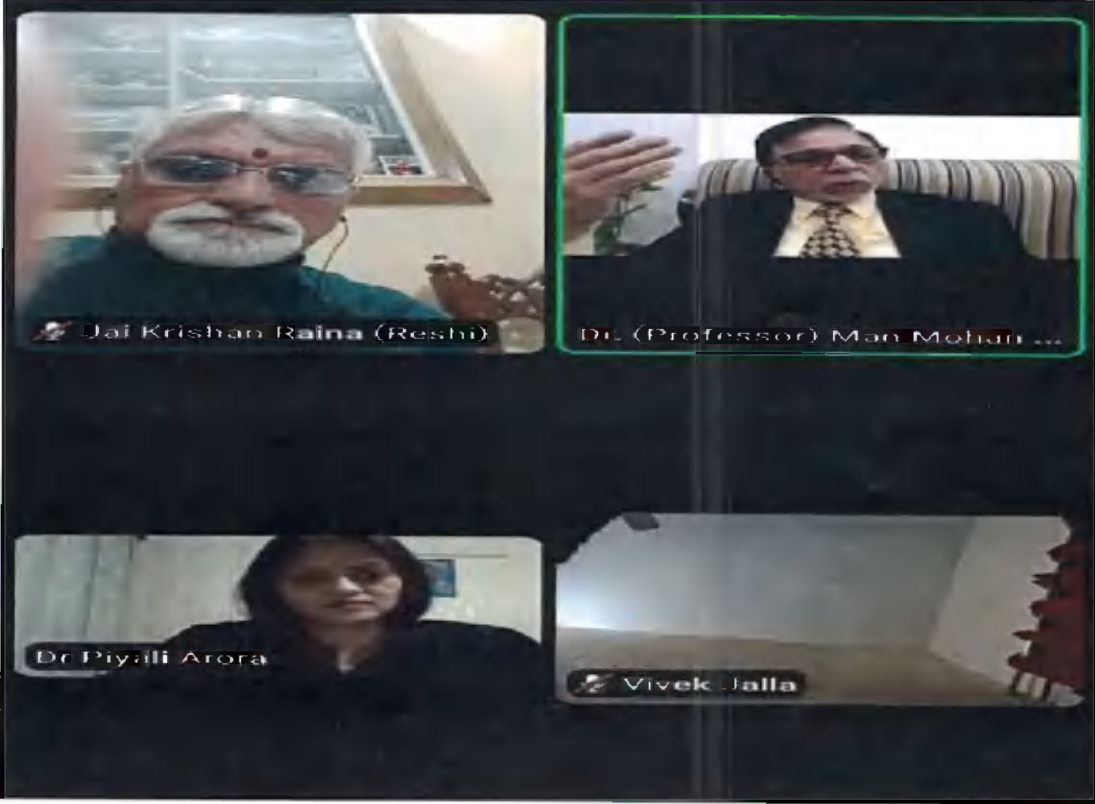
The program was moderated by Assistant Professor Chhavi Psychologist and Counselor Psychologist

Convening Cell, GCW and Dr. Piyali Arora. She also talked about the importance of psychosocial in India, with anxiety and depression among people with epilepsy and importance of psychotherapy along with pharmacotherapy in the treatment of this disease. Several questions came up from the participants which were well responded to by the resource person.

President, Global Health Hand, Sri JK Bhatia (Reshi), Colonel Ramesh Singh, Chief Patron and Patron and Principal GCW, Parade Ground, Professor Dr S.P. Saxena, appreciated the speakers and the content the event generated among the listeners. They congratulated Global Health Hand, Jammu, the organisers and colleagues for successfully carrying out health education.



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Parade Ground, Jammu

- **National webinar on Managing studies and combatting Examination stress, 25th March, 2021**

Under the Manodarpan initiative and in consonance with the Atma Nirbhar Bharat Abhiyan, Ministry of Education, Govt. of India, Biotechnology Department of GCW, Parade Ground, Jammu organized a national webinar on Managing Studies and combating Examination Stress. On the occasion eminent speakers Dr. Rachna Devi, Assistant Professor of Psychology, GDC, Kathua, and Neeraj Anand, Deputy CPO GAZ headquarter Bilashpur, SECR shared the screen as the resource persons. They deliberated on the theme in a lucid manner wherein they explained different types of stress, myths, and misconceptions related to the examination which students have in their minds. They concluded by discussing the stress management strategies for students and how they can inculcate them in their daily academic routine. Several questions came up from the participants which were well responded by the resource persons. Chief Patron and Principal of the College, Professor (Dr) S.P Sarswat, appreciated the speakers for generating awareness about the theme among the listeners, and also congratulated the organizers for successfully carrying out the program. Convener IQAC, Prof S.K. Dhar, in his address, emphasized the significance of co-curricular activities along with academics. The Principal of the college also appreciated the efforts of Dr. Mehek, HoD, and the faculty of the Biotechnology department, Dr. Piyali Arora, convener Manodarpan Psychological counseling cell, and Internal Quality Assurance Cell of the college for organizing the event. The event received an overwhelming response from one and all.

- **GCW, Parade Ground Jammu organized webinar on 'Mental Health Care in Second COVID Wave & Beyond' 27.04.2021**

Under Manodarpan, Ministry of Education, Govt. of India, initiative, **Psychological Counselling Cell, Anti-Drug & Rehabilitation Cell and Internal Quality Assurance Cell (IQAC) of Govt. College for Women, Parade Ground, Jammu** organized webinar on the theme '**Mental Health Care in Second COVID Wave & Beyond**'. On the occasion eminent speaker Dr Manu Arora, Head of Department, Psychiatry, Govt. Medical College Jammu shared the screen as the resource person. Through his lucid deliberation on the theme he explained biological facts related to COVID, its implications, myths, misconceptions, psychological impact, effect of COVID on different age group, differences between the first and the second wave of COVID pandemic and, psychological management in this hour of crisis. Earlier, convener IQAC, Prof S.K. Dhar in his key note address emphasized on importance of vaccination which is a necessity at present, sudden vaccine hesitancy in some section of the population and how to deal with it, advantages of vaccine, and need for research in similar lines for community benefit. Several questions came up from the participants which were well responded to by the resource person. Faculty and students from both Jammu and Kashmir Division joined the event. Chief Patron and Principal of the college Professor (Dr) S.P Sarswat, appreciated the speakers for generating awareness about the theme among the listeners, and also congratulated the organizers for successfully carrying out the

program. Furthermore, Principal of the college appreciated the efforts of the organizing committee for organizing the event on a very relevant theme and need of the hour. Dr Piyali Arora, convener Psychological Counselling Cell & Anti-drug & rehabilitation cell, moderated the event. The program was also live streamed on Youtube and received overwhelming response from one and all.

- **Webinar organized on Article 21 of the Constitution of india, 27.05.2021**

Manodarpan-Psychological Counselling Cell, Anti Drug & Rehabilitation Cell under the aegis of internal Quality Assurance Cell, GCW Parade Ground Jammu organized a Webinar for the faculty and students of the college on the topic - **Expanding and Ever Evolving Scope of Article 21 of the Constitution of india.** on 27th May,2021 at Cisco Webex platform. The key speaker for the day was Ms Aarti Swaroop Bahl, Practicing Advocate in the J & K High Court (Jammu). She is also a Counseling Psychologist. She is BA LLB Gold Medalist from University of Jammu and has done her Masters in Counseling Psychology. She has provided her services as Counselor at SAKHI ONE STOP CENTER for Women in Distress. She is Coordinator and Founder of Young Broadcasters Club, a Division of DISHA that promotes Legal and Social Awareness.

Principal of the College Dr (Prof) SP Sarswat appreciated the organizers for organizing the programme on an apt theme, awareness of which will be of high benefit for students and faculty. The whole program was conducted under the guidance and supervision of Dr. Piyali Arora, coordinator Psychological Counseling cell, Manodarpan (Jammu Division). The program was coordinated by Jyoti Bahl, Assistant Professor, GCW Parade Ground Jammu. Ms Aarti Swaroop Bahl addressed the students on various new rights that have been inducted under the ambit of Article 21 gradually over the years that include Right to Education, Right to Privacy, Right to die with dignity, Right against Sexual Harassment, Right to Clean Environment and various other rights. It was a highly interactive event wherein queries were well responded too. The program ended successfully with the support and cooperation of all the members. The vote of thanks was presented by Ms. Jyoti Bahl.

SP Sarswat
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Parade Ground Jammu

- **GCW , Parade ground, Jammu Organized Webinar on Resilience and Coping for students, 11.06.2021**



Psychological Counselling Cell, Anti Drug & Rehabilitation Cell under the aegis of Internal Quality Assurance Cell (IQAC) of GCW Parade Ground Jammu organized a Webinar for the faculty and students of college on the topic *Resilience and coping strategies for the youth* on 11th June, 2021 at Cisco Webex platform which was live streamed on YouTube. The key speaker for the day was **Mr V K Singh, IPS, Director General of Police-cum-Commandant General, Home Guards/Civil Defence/ SDRF, J&K-Jammu/Srinagar**. The purpose of the program was to make students understand ways to combat stressful situations and build resilience. He highlighted the numerous benefits of resilient life which include- decreased depressive symptoms & increased emotional well-being, improved working memory, better sleep, strong immune system functioning, improved relationships, and effective coping, and also suggested tips to build resilience like- self-discovery, self-care, keeping hope, nurture positive view of self and focus on gratitude. Convener IQAC, Prof. S.K.Dhar in his welcome address greeted the speaker with words of gratitude and praised him for his dedicated service in this challenging time. He also expressed gratitude to Principal of the college Prof.(Dr) S.P. Sarswat for giving opportunities for presenting academic feast from time to time. In his key note address Prof. Dhar mentioned that resilience is an inborn trait that helps all biological entities, the animal kingdom in specific, to come out from stressful unfavorable or unwanted conditions and help to adjust in the environment. Thereafter, Prof. (Dr) S. P. Sarswat, Principal of the college in his key note address highlighted how COVID-19 pandemic has upended normal existence for everyone and that the youth community being our biggest strength, the courage and confidence that we can imbibe in them today will help them become resilient for tomorrow and not succumb to turbulent odds. He also appreciated the organizers for successfully organizing the programme for the benefit of students and faculty. The program was highly interactive wherein queries were well responded to. The program ended successfully with the support and cooperation of all the members of members of IQAC team, NNS unit, technical support team of Computer Science Department and students of the college. Dr. Piyali Arora, Convenor, Psychological Counseling cell, and Antidrug and Rehabilitation cell coordinated the program and the organizing committee included Dr Palak Malhotra, Dr Gurpreet Kour, Prof. Jyoti Bahl, Prof. Meenakshi Jamwal, Prof. Silony Chirag, Dr Rakesh Kumar Pandit, Dr Pervaiz Ahmed and Dr Ramesh. The vote of thanks was presented by Dr Gurpreet Kour.

S.P.S.
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2018-19



Dr S P Sarswat
Principal

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(Estd. 1944)

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Tel.(O): 0191 2544305

Report of the activity: Importance of compost

Title of the activity: Awareness campaign about importance of compost

Date: 7th May 2018

Objectives of the activity:

- To increase the nutrient density and nutrient availability of manure with minimal mechanical processing and odour via the control of a biological process.

Anticipated Outcomes: To aware the youth about benefits of composting

Details of the resources person, if any : NIL

Report:


An awareness campaign was organized where the importance of compost was discussed with the NCC cadets on account of International compost awareness week, which is the most comprehensive education initiative of the compost industry. It was carried under the guidance of ANO Lt Suman Lata and respected principal.

List of the participants to be attached: 15 cadets

1.Danini Devi

2.Shallu

3.Meenali


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4.Raji Devi

5.Sijini Devi

6.Sonia Bhagat

7.Shivani Sharma

8.Shikha Sharma

9.Tilha

10.Smile

11.Sajana Devi


12.Vishalli Jamal

13.Saniya sain

14.seema Verma

15.Vishali Sharma




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Parade Ground, Jammu



Dr. S P Sarswat
Principal

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(Estd. 1944)

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Report of the activity: Plantation Drive by NCC cadets.

Title of the activity: "World Environment Day" celebrated by planting trees.

Date: 5th June 2018

Objectives of the activity:

- To restore native forests around village and protect water supplies.
- To save the endangered environment to beautify our life.

Anticipated Outcomes: The tree plantation drive was conducted with an aim to control global warming, make environment pollution free and spread awareness on the importance of keeping a clean environment.

Details of the resources person, if any : NIL

Report:

NCC cadets of 2 J&K Girls Bn, NCC from GCW Parade Ground Jammu took out a plantation drive on world environment day. Many cadets and their families participated in this drive with an aim to increase the green cover of our country, fight the menace of global warming and to create a better environment for the next generation.

This drive was carried under the guidance of ANO Lt. Suman Lata and our worthy principal.


PRINCIPAL
for Women

TREE PLANTATION DRIVE



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Trade Ground, Jammu



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Principal

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(Estd. 1944)

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Tel.(O): 0191 2541305

Report of the activity: Swachh Bharat Rally by NCC

cadets.

Title of the activity: Swachh Bharat Rally under the

theme "Swachh Bharat Abhiyan".


Date: 18th June 2018

Objectives of the activity:

- To eliminate or reduce open defecation also to eradicate manual scavenging.
- To spread awareness amongst locals to maintain cleanliness and make the areas garbage-free zones.

Anticipated Outcomes: To make the students aware about health and sanitation.

Details of the resources person, if any: NIL


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Parade Ground Jammu

Report:

NCC cadets of GCW Parade took out a swachh bharat rally on 18th June. Many cadets keenly took part in this rally and addressed the people about the importance of cleanliness and sanitation in open areas.

This rally took place under the guidance of respected principal along with ANO Lt.Suman Lata.

List of the participants to be attached: 10 cadets

1. Damini Devi
2. Shallu
3. Meenali
4. Raji Devi
5. Saijal Devi
6. Sonia Bhagat
7. Shivani Sharma
8. Shikha Sharma
9. Tilha
10. Smile



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Parade Ground, Jammu



Sawachh Bharat Abhiyaan was held at Ahmedabad



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Principal

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(Estd. 1944)

F-mail principalgcwparade@gmail.com
Tel.(O): 0191 2541305

Report of the activity: Drive by NCC cadets on collection of waste.

Title of the activity: Waste collection drive

Date: 25th June 2018

Objectives of the activity:

- To ensure the protection of the environment through effective waste management measures.
- To protect the health and wellbeing of people by providing an affordable waste collection service.

Anticipated Outcomes :

It helps in minimizing the extraction of resources along with reducing pollution and energy consumption which is associated with manufacturing new materials.

Details of the resources person, if any: NIL

Report :

NCC Cadets of 2 J&K Girls Bn, NCC from GCW Parade Ground, Jammu organized a drive on waste collection under the guidance of respected principal and ANO Lt. Suman Lata.

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Cadets made a large number of posters and slogans so as to make people aware of the cleanliness and maintenance of the surroundings around there. It results in the encouraging the people to collect and deposit e-waste.

List of the participants to be attached : 10 cadets

1. Danini Devi
2. Shallu
3. Meenali
4. Raji Devi
5. Sijini Devi
6. Sonia Bhagat
7. Shivani Sharma
8. Shikha Sharma
9. Tilha
10. Smile



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Parade Ground, Jammu





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Dr. S P Sarswat
Principal

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Report of the activity: Plantation drive with MLA and sarpanch of Chinor.

Title of the activity: Plantation drive.

Date: 10th July 2018

Objectives of the activity:

- To restore native forests around village to protect water supplies
- To save the endangered environment and to beautify our life.

Anticipated Outcomes: The central outcome from the role of plantation is that, trees give off oxygen that we need to breathe, they reduce the amount of storm water runoff, which reduces erosion and pollution in our waterways and may reduce the effects of flooding

Details of the resources person, if any :NIL

Report of the activity:

A plantation drive was carried out by the NCC cadets of GCW Parade where the MLA and sarpanch of Chinor joined and planted trees with the cadets and awared the cadets and villagers about importance of planting trees.

This activity was held under the guidance of ANO Suman Lata and worthy principal.

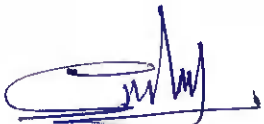
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Parade Ground, Jammu

List of the participants to be attached: 15 cadets

1. Danini Devi
2. Shallu
3. Meenali
4. Raji Devi
5. Saijal Devi
6. Sonia Bhagat
7. Shivani Sharma
8. Shikha Sharma
9. Tilha
10. Smile
11. Sajana Devi
12. Vishalli Jamal
13. Saniya sain
14. seema Verma
15. Vishali Sharma

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Banda Ground, Jammu



**Plantation
Drive**



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Wazirpur Ground, Jammu

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Principal

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Report of the activity: A Lecture was conducted to NCC cadets regarding cleanliness.

Title of the activity: Lecture to children regarding cleanliness

Date: 26th July 2018

Objectives of the activity:

- To promote the values of cleanliness, discipline and respect for the environment in the children
- To educate about the importance of cleanliness for a healthy, socially responsible, economically dynamic and progressive nation.

Anticipated Outcomes: Cleanliness gives rise to a good character by keeping body, mind, and soul clean and peaceful.

Details of the resources person, if any : NIL

Report of the activity:

A cleanliness lecture was given by our worthy principal to the NCC Senior Wing girl cadets of GCW Parade Ground, Jammu where he mentioned about the importance of cleanliness, discipline and respect for the environment in the children. Also there is need to educate people about the importance of cleanliness for a healthy, socially responsible, economically dynamic and progressive nation.

List of the participants to be attached: 10 cadets

1. Danini Devi

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PRINCIPAL
Govt. College for Women
Parade Ground, Jammu

2.Shallu

3.Meenali

4.Raji Devi

5.Saijal Devi

6.Sonia Bhagat

7.Shivani Sharma

8.Shikha Sharma

9.Tilha

10.Smile



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Banda Ground, Jammu





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(Estd. 1944)

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National Cadet Corps

Report of the activity :NCC cadets played important

role in “Swachh Bharat Abhiyan”

Title of the activity : Cleanliness Campaign

under the theme“Swasth Bharat Yatra”

Date: 28th July 2018

Objectives of the activity:-

- To eliminate or reduce open defecation also to eradicate manual scavenging.
- To effect behavioural changes regarding health sanitation practices.

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Anticipated Outcomes: To aware the youth of today about health

Govt. College for Women
Parade Ground, Jammu

and sanitation

Details of the resources person, if any :

Report :

NCC cadets of 2 J&K Girks Bn,NCC from GCW Parade Ground Jammu participated in “Swasth Bharat Yatra”where cadets showed their full contribution .

Cadets cleaned their surroundings,threw the garbage inti the dustbins so as to maintain clean environment thus preserving our biosphere.

Also,the state of cleanliness of a society represents the mindset.



SWACHH BHARAT YATRI

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**2016-17
Parade Ground, Jammu**

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PRINCIPAL
Jawahar College for Women
Srinagar Ground, Jammu

List of the participants to be attached:10 cadets

1. Damini Devi
2. Shallu
3. Meenali
4. Raji Devi
5. Saijal Devi
6. Sonia Bhagat
7. Shivani Sharma
8. Shikha Sharma
9. Tilha
10. Smile

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Banda Ground, Jammu

Smile



Dr. S P Satswat
Principal

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Report of the activity: Survey of village by NCC cadets.

Title of the activity: Survey of village

Date: 16th June 2018

Objectives of the activity:

- To understand demographic behaviorisms and relevant implications
- This data is collected in the form of surveys from the individuals as their responses, and a thorough analysis of this response is done to attain more information demographically


Anticipated Outcomes : It helps to provide useful information to

other disciplines

Details of the resources person, if any : NIL

Report:

NCC cadets of GCW Parade Ground Jammu adopted a village-Chinore, to promote various missions and spread awareness .A village level “Swachhta Rally” based on “Solid Waste Collection” was carried out by the cadets in nearby village which has been adopted by girls NCC wing of the college.


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Govt. College for Women
Parade Ground, Jammu

List of the participants to be attached: 15 cadets

1.Danini Devi

2.Shallu

3.Meenali

4.Raji Devi

5.Saijal Devi

6.Sonia Bhagat

7.Shivani Sharma

8.Shikha Sharma

9.Tilha

10.Smile


11.Sajana Devi

12.Vishalli Jamal

13.Saniya sain

14.Seema Verma

15.Vishali Sharma


PRINCIPAL
Govt. College for Women
Bharatpur, Rajasthan





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Barrage Ground, Jammu

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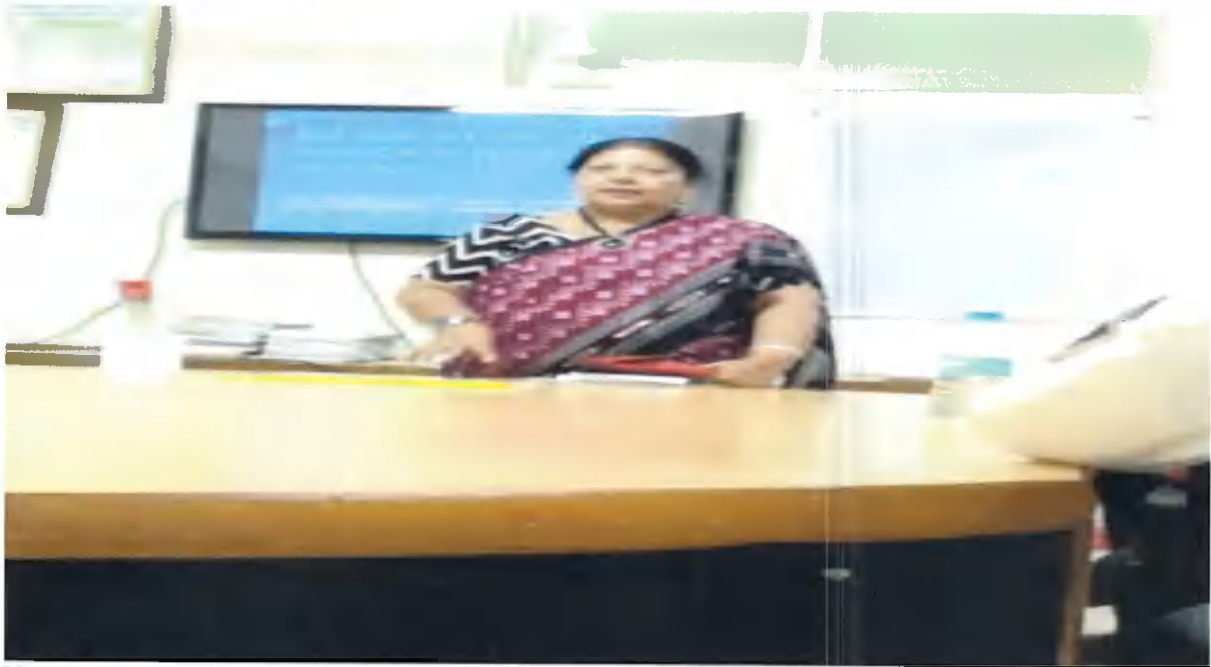
7. Title of Activity: Nutrition week celebration 2018

Objectives: to intensify awareness of importance of nutrition in human body and to inculcate within students healthy lifestyle and eating habits.

Anticipated Outcomes: awareness was provided regarding importance of well balanced diet and healthy life style, food to be taken during different diseases , right diet that help fight conditions and illness like heart disease, diabetes, liver diseases, cancer and obesity.

Details of Resonrce Person: Dr. Vasanta Kohli (Dietitian), GMCH, Jammu

List of Participant: Present on the occasion were Dr Hemla Aggarwal, Dr Aruna Dubey, Prof. Seema Jolly, Dr Nidhi Kotwal, Dr Anamika Baru, members of Indian Dietary Association, Students of P.G. and U.G. Home Science. (50)



Your assessment on the realization of the anticipated outcomes: Participants were able to gain knowledge on nutrition, lifestyle and related non communicable diseases.

8. Title of the Activity: *To assess the needs of Localities of Bajalta Village, Jammu, 18 August' 2018*

Objectives of the Activity: - To assess the needs and resources available for Local people, To identify the problems of Local people.

Anticipated Outcomes: To cater the needs of localities and resources available to them. The programme will help localities to find a solution for their existing problems.

Details of Resources person (If any)-NA



List of Participants to be attached: PG students (CRM& E), Department of Home Science

Your assessment on the realization of the anticipated outcome:

The techniques like face-to-face interaction, observation, group discussion and informal talk helped them to assess their needs and problems as well as, resources available to them.

9. Title of the Activity: - *To identify the needs of local people through Participatory Learning Appraisal(PLA) method, 24 October' 2018*

Objectives of the Activity: - To identify the basic problems of Local people

Anticipated Outcomes: The needs of community people were catered through various PLA method

Details of Resources person (If any)-NA

List of Participants to be attached: Students of PG(CRM& E), Department of Home Science



Your assessment on the realization of the anticipated outcome:

On the basis of our assessment, it was concluded that many were facing many problems like: - transport facility, schools and medical care

10. Title of the Activity: -*Exhibition cum Sale (Fundraising) 25 to 27 October, 2018*

Objectives of the Activity: -To demonstrate them about fund raising activities

Anticipated Outcomes: To educate the students for fund raising activities.

Details of Resources person (If any)- P.G. Home Science(CRM&E)

List of Participants to be attached: Staff and Students of GCW, Parade



Your assessment on the realization of the anticipated outcome: The fund-raising activities helped students to boost confidence and to enhance skills among them.

11. Title of the Activity: -*Exhibition cum Sale (Fund raising) 2 and 3 November, 2018*

Objectives of the Activity: - To demonstrate them about fund raising activities

Anticipated Outcomes: To educate the students for fund raising activities.

Details of Resources person (If any)- NA

List of Participants to be attached: P.G. Home Science (CRM&E), Staff and Students of GCW, Parade



Your assessment on the realization of the anticipated outcome: The fund-raising activities helped

students to boost confidence and to enhance skills among them.

12. Title of the Activity: - A visit to old age home. 7 November, 2018

Objectives of the Activity: - To meet and interact with people of old age home

Anticipated Outcomes: During interaction, they shared their feelings and problems with students.

Details of Resources person (If any)- NA

List of Participants to be attached: P.G. Home Science (CRM&E) students and B.A. Home Science students



Your assessment on the realization of the anticipated outcome: The activity was conducted among students to inculcate patient listening among them.

13. Title of the Activity: - Awareness Programme related to Banking and retail 3 December, 2018

Objectives of the Activity: - To train the students in the areas of banking and retail

- To aware students for various upcoming job opportunities in these areas.

Anticipated Outcomes: To help them for their better career growth in related vocations.

Details of Resources person (If any)- Banking Personnel

List of Participants to be attached: PG students of Home Science department (CRM&E)



Your assessment on the realization of the anticipated outcome: An eye-opening session for the students for professional training and employment generation techniques.

14. Title of the Activity: - *Intervention and Training Programme for Women of Bajalta Village, Jammu. 27 December, 2018*

Objectives of the Activity: - To aware them regarding environment degradation, its causes, effects and preventive measures.

Anticipated Outcomes: They learn about different preventive measures to save environment.

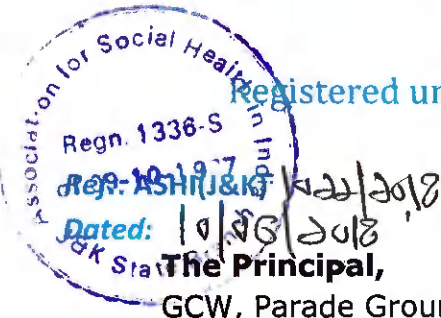
Details of Resources person (If any)- Students of PG Department, Home Science(CRM&E)

List of Participants to be attached: Women of Bajalta Village

ASSOCIATION FOR SOCIAL HEALTH IN INDIA

(J&K State Branch)

Registered under J&K Societies Registration Act VI of 1998 (1941 A.D)



The Principal,

GCW, Parade Ground, Jammu-01

Under the leadership and guidance of Smt. Hemla Aggarwal, Principal Degree College for Women Parade Ground Jammu, the PG Department of Home Science was associated with ASHI, a Non-Governmental Organization in conduct of family survey of the Household in Nadore Panchayat & 79 Families of employees. Dr. Aruna Dubey and Dr. Nidhi Kotwal undertook the initiative and organized the whole programme of the survey in an impeccable manner, with minutiae detailing of the processes. The whole process was preceded by the contact, Screening and family organization of the beneficiaries. The most daunting task was to traverse the difficult terrain and to en-close the active participation of the beneficiaries.

The devotion, commitment and personal touch evinced by both Professors namely Dr. Aruna Dubey & Dr. Nidhi Kotwal and axiomatic from the quality of the reports, is extremely laudable and appreciable. ASHI is very happy with the reports and the compilation of the outcome levels. The most important contribution is in terms of follow up of the Project areas through variegated intervention strategies & programme.

ASHI place its deepest gratitude and commendation to the professors.

With warm wishes


Prof. (Mrs.) Kailash Rajput
Secretary ASHI



Copy To:-

1. Dr. Aruna Dubey, PG Deptt. of Home Science, GCW Parade, Jammu
2. Dr. Nidhi Kotwal, PG Deptt. of Home Science, GCW Parade, Jammu

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NEHA GHAR (SWADHAR GREH), KACHI CHAWANI, JAMMU-180001

(O) 0191-2547059, (M) 94191-03473, E-Mail: jkashi1987@gmail.com Website: jkashi.org

(Donation Exempted U/s 80G of the Income Tax Act, 1961)



Gandhi Global Family (GGF)

Jammu & Kashmir State
Affiliated with Gandhi Global Family, New Delhi

(A Federation of Gandhian Institutions Worldwide & United Nations ~~Recognized~~ Organisation)

Jammu


10-06-2018

To Whom It May Concern Certificate of Appreciation

It is certified that Principal, Staff and Students of Govt. College for Women Parade, Jammu remained associated with Gandhi Global Family in promoting the ideology of FATHER OF NATION and United Nations 17 sustainable development goals by organizing several programmes since 2010. We acknowledge the invaluable support rendered to us in organizing various activities Seminars, Symposiums, Quiz, Debates etc related to peace, truth, Non violence, sustainable Development etc. since 2012.

I wish to see this prestigious institute as role model one, a centre of learning for generations to come the way it is progressing.

With best wishes


Dr. S.P. Varma (Padma Shri)
President



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of event" One day Civil Defence Camp" conducted in college on 21st of April,2018 under the Scheme Samagra Shiksha.

1. Title of the Activity: Activities held for one day event for Civil Defence.

2. Objectives of the activity:

- To raise awareness about Civil Defence or civil protection is an effort to protect the citizens of a state from natural disasters.
- To make students aware about the principles of emergency operations: prevention, mitigation, preparation, response, or emergency evacuation and recovery.

3. Anticipated outcomes: At the end Volunteers got well versed with the functioning of Civil Defence Department, how they took rescue operations during flooding and fire incidents.

4. Details of any resource person if available: Mr. Parshotam Kumar and Mr. Rajinder Kumar.

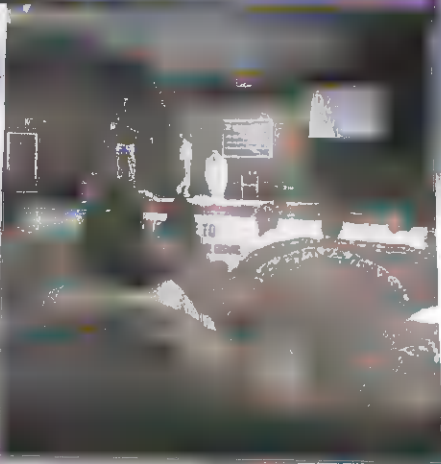
5. List of participants: 20

6. Report (Attach photographs of the event): A detailed report containing pictures of the event has duly been attached.

NSS Unit of the Govt. College for Women, Parade Ground, Jammu conducted a One-day Civil Defence Camp in Collaboration with Civil Defence, Jammu Unit under the guidance of respected Principal. On the Occasion, personals from Civil Defence Department imparted one day training to volunteers about the emergency operations undertaken during fire and flood incidents its prevention, mitigation, preparation, response, or emergency evacuation and recovery. Students enthusiastically participated in such programmes and got well versed about the functioning of Civil Defence Department. Volunteers lauded the efforts of College administration for organizing such Camps.

NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

Civil defence camp
college(1 DAY)21st



Majeed

Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:

Name of activity: One day civil defence camp

S no.	Name	Semester
1.	Pushpa Devi	5 th
2.	Shivani Manhas	5 th
3.	MuskanDevi	5 th
4.	Priyanka Sharma	5 th
5.	Madhu Devi	5 th
6.	Vaishali Devi	5 th
7.	Radhika Sharma	5 th
8.	Smaira Khan	5 th
9.	Tania Mahajan	3 rd
10.	VanshikaRajput	3 rd
11.	Kashish Sharma	3 rd
12.	Anamika Dogra	3 rd
13.	Pooja Devi	3 rd
14.	Ranjeet Kour	1 st
15.	Sunaina	1 st
16.	Khushi Sharina	1 st
17.	Meenakshi Gupta	1 st
18.	AfsanaKhatoon	1 st
19.	Riya Sharma	1 st
20.	Shreya Bhat	1 st

SP Principal
Govt. College for Women
Parade Jammu

Majeed

NES Programme Officer
Govt. College for Women
Parade Ground, Jammu

Government College for Women, Parade Ground, Jammu



National Service Scheme

Report of the event "5 Day Workshop on Civil Defence" held during 28th of May, 2018 to 01st June, 2018 under the scheme Aynshman Bharat Yojna.

1. Title of the Activity: 5-day Workshop on Civil Defence

2. Objectives of the activity:

- To raise awareness about the functioning of Civil Defence and how to protect civilian during natural calamities.

3. Anticipated Outcome: The students at the end got fully to know about the principles of emergency operations: prevention, mitigation, preparation, response, or emergency evacuation and recovery.

4. Details of any resource person if available: Mr. Parshotam Kumar and Mr. Rajinder Kumar.

5. List of participants: 30

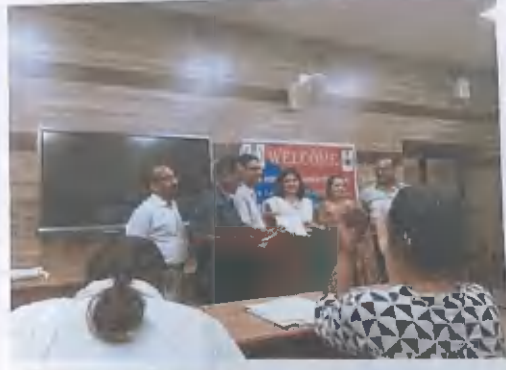
6. Report (Attach photographs of the event): A detailed report containing pictures of the event has duly been attached.

NSS Unit of the Govt. College for Women, Parade Ground, Jammu conducted a 5-day Civil Defence Camp in Collaboration with Civil Defence Department, Jammu under the guidance of respected Principal. On the Occasion, personals from Civil Defence Department imparted 5-day training to volunteers about the emergency operations undertaken during fire and flood incidents its prevention, mitigation, preparation, response, or emergency evacuation and recovery. Students enthusiastically participated in such programmes and got well versed about the functioning of Civil Defence Department. Volunteers lauded the efforts of college administration for organizing such Camps.

Earlier welcome address and Vote of Thanks was presented by NSS Programme Officer of the college Dr. Sunil Kumar Bhat.

NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

Five Day Workshop ON Civil 21-08-2018-15-08-2018




List of Participants:

Manish
Manish Kumar Officer

Name of the Activity: 5-days workshop on Civil Defence.

S.No.	Name	Semester
1.	Ranjeet kour	1 st
2.	Meenakshi Gupta	1 st
3.	Shreya Bhat	1 st
4.	AfsaanaKhatoon	1 st
5.	Khushi Sharma	1 st
6.	Sunaina	1 st
7.	Riya Sharma	1 st
8.	Anjali	1 st
9.	Naina Devi	1 st
10.	Rashmi Mehra	1 st
11.	Rohini Sharma	1 st
12.	Nisha Kumari	1 st
13.	HarleenKour	1 st
14.	Priyanka Devi	1 st
15.	Sonam Kumari	1 st
16.	Rashmi Devi	1 st
17.	PihuManhas	3 rd
18.	Tamanna Dogra	3 rd
19.	ShivaliRajput	3 rd
20.	Pooja Devi	3 rd
21.	RiaAttri	3 rd
22.	Shivani Sharma	3 rd
23.	Anamika Dogra	3 rd
24.	Tania Mahajan	3 rd
25.	Shivani Manhas	5 th
26.	MadhuDevi	5 th
27.	Vaishali Devi	5 th
28.	Pushpa Devi	5 th
29.	Radhika Sharma	5 th


Program Officer
Govt. College for Women


Principal
Govt. College for Women
Parade Jammu



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the activity: Cleanliness drive at Chinore village from 01/06/2018 to 30/06/2018 under the scheme Swachh Bharat Abhiyan.

1. Title of the Activity: Cleanliness Drive

2. Objectives of the activity:

- To promote the values of cleanliness, discipline and respect for the environment in the children and the residents of the village and
- Educate and sensitize them about the importance of cleanliness for a healthy, socially responsible, economically dynamic and progressive nation.

3. Anticipated outcomes: The targets which are achieved for a month-long drive were sufficient as people of the area changed their behaviours towards keeping their surrounding clean.

4. Details of any resource person if available: Not required.

5. List of participants: 25

6. Report (attach photographs of the event): A detailed report containing pictures of the event has duly been attached.

NSS Unit of Govt. College for Women, Parade Ground Jammu conducted a long one-month cleanliness drive in and around the adopted village Chinore and apprised the common man about the benefits of keeping their surroundings clean. Volunteers also on and often collected polythene bags around the surroundings and dumped them at one site.



Manoj

National Service Scheme

Report of the activity: Cleanliness drive at Chinore village from 01/06/2018 to 30/06/2018 under the scheme Swachh Bharat Abhiyan.

1. Title of the Activity: Cleanliness Drive

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- To promote the values of cleanliness, discipline and respect for the environment in the children and the residents of the village and
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3. Anticipated outcomes: The targets which are achieved for a month-long drive were sufficient as people of the area changed their behaviours towards keeping their surrounding clean.

4. Details of any resource person if available: Not required.

5. List of participants: 25

6. Report (attach photographs of the event): A detailed report containing pictures of the event has duly been attached.

NSS Unit of Govt. College for Women, Parade Ground Jammu conducted a long one-month cleanliness drive in and around the adopted village Chinore and apprised the common man about the benefits of keeping their surroundings clean. Volunteers also on and often collected polythene bags around the surroundings and dumped them at one site.




Majid
NSS Programme Officer
Govt. College for Women
Jammu

List of Participants:

S. No.	Name	Semester
1.	MuskanLangeh	5 th
2.	ParamjeetKour	5 th
3.	Shivani Manhas	5 th
4.	Madhu Devi	5 th
5.	Radhika Sharma	5 th
6.	Smaira Khan	5 th
7.	Madhu Devi	5 th
8.	Vaishali Devi	3 rd
9.	NainaJamwal	3 rd
10.	Kashish Sharma	3 rd
11.	Vanshika Sharma	3 rd
12.	VanshikaRajput	3 rd
13.	Tania Mahajan	3 rd
14.	PihuManhas	3 rd
15.	Naina Devi	3 rd
16.	Tamanna Dogra	3 rd
17.	ShivalliRajput	3 rd
18.	Ria Attri	3 rd
19.	Pooja Devi	3 rd
20.	Shivani Sharma	3 rd
21.	Anamika Dogra	3 rd
22.	Rashmi Mehra	1 st
23.	Nisha Kumari	1 st
24.	HarleenKour	1 st
25.	Rohini	1 st



NBS Programme Officer
Govt. College for Women


Principal
Govt. College for Women
Parade Jammu



Government College for Women, Parade Ground, Jammu

National Service Scheme

Report of the event "International Yoga Day" conducted on 21st June, 2018 under the scheme Ayushman Bharat Yojna.

1. Title of the Activity: Celebration of International Yoga Day.

2. Objectives of the activity:

- To make students aware about the benefits of Yoga and to develop the habit of Yoga among them for healthy livings.

3. Anticipated outcomes:

The volunteers at the end of the day demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination and got the ability to perform Yoga movements in various combination and forms.

4. Details of any resource person if available: Not Required.

5. List of participants: 20

6. Report (attach photographs of the event): A detailed report containing pictures of the event has duly been attached.

NSS Unit of GCW Parade in collaboration with NCC Unit of College celebrated a Yoga Day on 21st June 2018 under the supervision of Respected Principal. Yoga Instructors in first session talked generally about the benefits of performing Yoga asanas and in second session practically performed different Yoga Asanas with Volunteers of the NSS Unit. Later, vote of thanks was presented by the Programme officer of the NSS Unit, Prof. Sapna.



International day of YOGA DAY AT COLLEGE(21st june)



Mehar
NCC Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:

S no.	Name	Semester
1.	Rani Devi	5 th
2.	Garima Sharma	5 th
3.	Simran Devi	5 th
4.	Rajni Choudhary	5 th
5.	Madhu Devi	5 th
6.	Muskan Langeh	5 th
7.	Paramjeet Kour	5 th
8.	Smaira Khan	5 th
9.	Shivani Manhas	5 th
10.	Pihu Manhas	3 rd
11.	Naina Devi	3 rd
12.	Tamanna Dogra	3 rd
13.	Anamika Dogra	3 rd
14.	Pooja Devi	3 rd
15.	Vanshika Sharma	3 rd
16.	Harleen Kour	1 st
17.	Nisha Kumari	1 st
18.	Rashmi Mehra	1 st
19.	Rohini	1 st
20.	Riya Sharma	1 st


S. Prashant
Govt. College for Women
Parade Ground, Jammu


Principal
Govt. College for Women
Parade Jammu

Government College for Women, Parade Ground, Jammu



National Service Scheme

Report of the event: Cleanliness drive under "Swachta Pakhwada College" conducted in college from 01st August, 2018 to 15th August, 2018

1. Title of the Activity: Cleanliness Drive.

2. Objectives of the activity:

- Volunteers take up sanitation initiatives, mobilise people and reinforce the mass movement for cleanliness to contribute to Mahatma Gandhi's dream of a Clean India.

3. Anticipated outcomes:

Volunteers carried out cleanliness drive to aware the Society about the benefits of keeping clean around their surroundings.

4. Details of any resource person if available: Not required.

5. List of participants: 35

6. Report (attach photographs of the event): A detailed report containing pictures of the event has duly been attached.

NSS unit of the Govt. College for Women, Parade Ground Jammu conducted a two-week long cleanliness drive in adopted villages like Chinore and Belicharana under the guidance of advisory Committee. The NSS volunteers on the occasion covered different localities of the adopted village and themselves cleaned the Parks, canals, drainage systems. Visited the hospitals of the area and collected the polyethene's and dumped them in proper dustbins. On the occasion, NSS volunteers also briefed the local populace and attendants of patients about the benefits of clean environment around their Vicinity. At the end of drive local populace appreciated the efforts of NSS Volunteers and complimented them.

NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

Swachha pakwara at clg (1/10/2020)



Majeed

NES Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:


Name of the Activity:

S.No.	Name	Semester
1.	Rani Devi	5 th
2.	Madhu Devi	5 th
3.	MuskanLangeh	5 th
4.	ParamjeetKour	5 th
5.	Madhu Devi	5 th
6.	Radhika Sharma	5 th
7.	Shivani Manhas	5 th
8.	Rajni Choudhary	5 th
9.	Simran Devi	5 th
10.	Garima Charma	5 th
11.	Smaira Khan	5 th
12.	Pushpa Devi	5 th
13.	Priyanka Sharma	5 th
14.	Naina Devi	3 rd
15.	PihuManhas	3 rd
16	Riya Mahajan	3rd
17	Tanvi Rajput	3rd
18	ManviSharina	5 th
19	Shruti Gupta	3rd
20	TanuMishra	3rd
21	Kajal Rajput	5th
22	MalvikaDhar	3rd
23	TejasviRaina	3rd
24	Rashmi Sharma	3rd
25	RituSharma	3rd
26	Khushboo	3rd
27	VishaliRaina	5th


Principal

28	Shilpa Langeh	5th
29	PrettiMahajan	5th
30	TandeepKour	5th
31	Suman Mehta	5th
32	RimpyGupta	3rd
33	RuhaniSharma	3rd
34	TanuAggarwal	3rd
35	Fatima Bibi	5th

SPS


SPS Programme Officer
Govt. College for Women
Parade Ground, Jammu

Government College for Women, Parade Ground, Jammu



National Service Scheme

Report of the event," Adventure Camp at Dharamshala (HP) held between 12/09/2018 to 21/09/2018 under the scheme Khelo India.

- 1. Title of the Activity:** Adventure Camp at Dharamshala.
- 2. Objectives of the Activity:** To make students aware about the importance of socializing, teamwork, brotherhood, community harmony.
- 3. Anticipated Outcomes:** The NSS Volunteers get aware about the positive self-concept in adolescents and this has been perceived as a precursor to the alleviation of behavioural problem. Volunteers got the opportunity the value of playtime to appreciate nature and building confidence and leadership skills.
- 4. Details of any resource person if available:** Not required.
- 5. List of participants:** 20
- 6. Report (Attach photographs of the event):** A detailed report containing pictures of the event has duly been attached.

NSS Unit of Govt. College for Women Parade, Ground Jammu organized a 10 days adventure camp at Dharamshala in which different activities like Paragliding, Hiking and Rock Climbing were taken out by NSS volunteers. Volunteers in many ways indulge in adventure. Volunteers also participated in cultural activities which were held on last day of the tour. These activities helped to strengthen the teamwork and personal accomplishment. Overall, the camp was well spent and campers added memories to cherish this.

NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

Adventure camp at
dharmshall(H.P)
12th sept to 21st sept. 2018



Majeed

Programme Officer
Govt. College for Women
Bhadravade Ground, Jammu

List of Participants:

Activity: Adventnre Camp at Dharamshalla

S. No.	Name	Semester
1.	Ranjeet Kour	5 th
2.	Sunaina	5 th
3.	Khushi Sharma	5 th
4.	Meenakshi Gupta	5 th
5.	Afsana Khatoon	5 th
6.	Riya Sharma	5 th
7.	Shreya Bhat	5 th
8.	Rita Devi	3 rd
9.	SanjanaSharma	3 rd
10.	Jyoti Sharma	3 rd
11.	Rakul Mehra	3 rd
12.	Sonika Gupta	3 rd
13.	Harpreet Kour	3 rd
14.	Shazia	1 st
15.	Muskan Thapa	1 st
16.	ShriyaGanjoo	3rd
17.	TanuMishra	3rd
18.	Riya Mahajan	1st
19.	Nandini Devi	3rd
20.	Anamika Sharma	1st



NRS Programme Officer
Govt. College for Women
Parade Ground, Jammu



Principal
Govt. College for Women
Parade Jammu



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the event: Orientation and Interaction Programme conducted on 12th Sep, 2018 under the Scheme Khelo India.

1. Title of the Activity: Orientation and Interaction Programme.

2. Objectives of the activity:

- To make the Volunteers aware about the objectives and goals of the NSS and
- To help volunteers to socialize among themselves and better coordination.

3. Anticipated outcomes: The Volunteers get aware about their duties and responsibilities and how to work as team for Community.

4. Details of any resource person if available: Not Required

5. List of participants: 50

6. Report (attach photographs of the event): A detailed report containing pictures of the event has duly been attached.

NSS Unit of Govt. College for Women Parade Ground, Jammu conducted an Orientation and Interaction Programme in College Campus for newly enrolled students. The seminar was conducted in Conference room where new volunteers participated. New volunteers were apprised how the NSS Unit of the College works for Community. What are the rules and regulation followed by the volunteers. On the Occasion senior volunteers shared their experience working with NSS unit. They also discussed the upcoming for the academic year 2018-19. Earlier, the welcome address and vote of thanks was presented by NSS volunteers.

NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

Interaction programme with NSS
volunteers at G.C.W parade, jammu
12th of sept, 2018.



Majeed

NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:

S. No.	Name	Semester
1.	Rani Devi	5 th
2.	Madhu Devi	5 th
3.	MuskanLangeh	5 th
4.	ParamjeetKour	5 th
5.	Madhu Devi	5 th
6.	Radhika Sharma	5 th
7.	Shivani Manhas	5 th
8.	Rajni Choudhary	5 th
9.	Simran Devi	5 th
10.	Garima Sharma	5 th
11.	Smaira Khan	5 th
12.	Pushpa Devi	5 th
13.	Priyanka Sharma	5 th
14.	Naina Devi	3 rd
15.	PihuManhas	3 rd
16.	PayalDevi	3rd
17.	Anvi Rajput	3rd
18.	AvneetKour	5th
19.	Bawana Sharma	5th
20.	BavyaPandita	3rd
21.	CharuDevi	3rd
22.	Chandini	3rd
23.	Deepika Sharma	3rd
24.	Deepali Rajput	5th
25.	HarshiVerma	5th
26.	Harsha Jamwal	5th
27.	IshuSharma	3rd
28.	IshikaBali	3rd
29.	JanviKapoor	5th
30.	Juhi Jamwal	5th



31	Khushi Magotra	5th
32	KashishKoul	5th
33	Lakshmi Devi	5th
34	LovepreetKour	3rd
35	Mandeep Kour	3rd
36	MalvikaSharma	3rd
37	MuskanChib	5th
38	Mehak Jamwal	5th
39	PayalDevi	5th
40	ParkhiSharma	5th
41	PalIviSharma	5th
42	ReetaDevi	5th
43	VishaliGupta	3rd
44	Rajkumari Devi	5th
45	KashishKoul	3rd
46	VanshikaGanjoo	3rd
47	Fatima Bibi	3rd
48	JanviDhiman	5th
49	Khushi Jamwal	3rd
50	Kajol Rukhwal	5th



SPS Programme Officer
Govt. College for Women
Parade Ground, Jammu



SPS
Govt. College for Women
Parade Ground, Jammu



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the event: Conservation of Water Bodies at Gharana Wetland (in R.S Pura) on 28th Sep.2018 under the Scheme Sankalp Si Seddhi.

1. Title of the Activity: Visit to Gharana Wetland.

2. Objectives of the Activity: To make students aware about the ecological importance of water bodies and wetlands, the deterioration of water bodies and the activities involved in preservation and protection of wetlands and water bodies.

3. Anticipated Outcomes:

Volunteers got to know about the Gharna Wetland, its biodiversity and types of migratory birds.

4. Details of any resource person if available: Not Required.

5. List of participants: 25

6. Report (attach photographs of the event): A detailed report containing pictures of the event has duly been attached.

NSS Unit of Govt. College for Women Parade Ground Jammu organized a visit of NSS Volunteers to Gharana Wetland on 28th Sept. 2018. The visit was carried out under the supervision of NSS Programme officers viz., Prof. Sunil Kumar Bhat, Prof. Ravinder Kaur and Dr. Sapna. NSS volunteers on the occasion took awareness drive and apprised the local people how we can conserve our water bodies and let us not destroy our waterbodies in the name of Development and rather value their importance. On the occasion, volunteers also apprised the local community about the important role played by waterbodies in maintaining and restoring the ecological balance and depletion of such water bodies is our increasing negligence and lack of conservation of waterbodies.

NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

Name of the Activity: Visit to Gharana Wetland

List of participants:

S. No.	Name	Semester
1.	Rashmi Mehra	5 th
2.	Nisha Kumari	5 th
3.	Rohini	5 th
4.	Suman Devi	5 th
5.	Sunakshi	5 th
6.	Riya Sharma	5 th
7.	HarleenKour	5 th
8.	Rakul Mehra	3 rd
9.	Sonika Gupta	3 rd
10.	Harpreet Kour	3 rd
11.	Jyoti Sharma	3 rd
12.	Rajni Thapa	3 rd
13.	Supriya Devi	1 st
14.	Muskan Thapa	1 st
15.	Kashish Dubey	1 st
16.	Nishu	1 st
17.	Parul Sharma	1 st
18.	Deepika Sharma	1 st
19.	Rupali Choudhary	1 st
20.	Seema	1 st
21.	Sakshi Devi	3 rd
22.	Nisha Dubey	3 rd
23.	Suhani Gupta	3 rd
24.	Mehak Sharma	3 rd
25.	SamridhiRaina	3 rd



Programme Officer
Govt. College for Women
Banda Ground, Jammu



2022-23

Conservation of water bodies at Gharana wetland (R.S Pura)



N.S Programme Officer
Govt. College for Women
Bhede Ground, Jammu



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the event," Observation of Surgical Strike Day" held from 23rd Sept,2018 to 30th Sep,2018 Swachh Bharat Abhyan.

1.Title of the Activity: Observation of Surgical Strike Day.

2.Objectives of the Activity: To inculcate the feelings of patriotism, brotherhood and solidarity among students.

3.Anticipated Outcome:

At the end of the day students got to know about the valour played by our soldiers by carrying out Surgical Strikes.

4. Details of any resource person if available:Not required.

5. List of participants:50

6. Report (attach photographs of the event):A detailed report containing pictures of the event has duly been attached.

NSS Unit of Govt. College for Women Parade Ground Jammu conducted Observance of Surgical Day on 23rd Sept up to 30th Sept. 2018. Students and volunteers participated in the event and on this day Indian Army launched surgical strikes against terrorist camps in Pakistan Occupied Kashmir. The strike on September 28, 2016 was in response to an attack by Pakistan based terrorists in Kashmir Uri. Different volunteers participated by giving speeches, taking out rally to apprise the local populace about the valour of our Indian army. The Programme ended with Vote of thanks presented by NSS programme officer of the Unit Dr. Sapna.

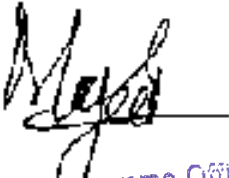
NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu


List of Participants:**Activity: Observation of Surgical Strike Day**

S. No.	Name	Semester
1.	Rani Devi	5 th
2.	Garima Sharma	5 th
3.	Simran Devi	5 th
4.	Rajni Choudhary	5 th
5.	Madhu Devi	5 th
6.	MuskanLangeh	5 th
7.	ParamjeetKour	5 th
8.	Smaira Khan	5 th
9.	Shivani Manhas	5 th
10.	PihuManhas	3 rd
11.	Naina Devi	3 rd
12.	Tamanna Dogra	3 rd
13.	Anamika Dogra	3 rd
14.	Pooja Devi	3 rd
15.	Vanshika Sharma	3 rd
16.	HarleenKour	1 st
17.	Nisha Kumari	1 st
18.	Rashmi Mehra	1 st
19.	Rohini	1 st
20.	Riya Sharma	1 st
21.	Advika Sharma	3 rd
22.	Anjali Kumari	3 rd
23.	Bawana Pandita	3 rd
24.	Bhumi Gupta	3 rd
25.	ChahuSharma	3 rd
26.	CharuGupta	3 rd
27.	Devika Sharma	3 rd


Name Officer
Govt. College, ...

28	Deepali Rana	3rd
29	DivyakshiGupta	3 rd
30	Ekta Choudhary	1st
31	Evelyn Mehra	1st
32	Fatima Naseen	1st
33	Falak Bibi	1st
34	GunikaSharma	1st
35	Gauri	1st
36	Gautami Raina	3rd
37	Harmeet Kour	3rd
38	HarshiSharma	3rd
39	Harsha Jamwal	3rd
40	Harshika Ganjoo	3rd
41	IshaChoudhary	3rd
42	IshaDevi	1st
43	IshuSharma	1st
44	JanviDhiman	3rd
45	Janashvee	3rd
46	Jamuna Devi	3rd
47	Kajal Raina	1st
48	LavantaDevi	1st
49	AashimaRaina	3rd
50	Tanvi Rajput	3rd


 Programme Officer
 Govt. College for Women
 Parade Ground, Jammu


 Govt. College for Women
 Parade Jammu

Observance of surgical strike day
28th sept ,2018 to 30th sept,2018



Maya

Programme Officer
Govt. College for Women
Parade Ground, Jammu



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the event: Seminar on International Day of Non-Violence in College on 2nd Oct. 2018 Under the Scheme Swachh Bharat.

1. Title of the Activity: Seminar on International Day of Non-Violence.

2. Objectives of the Activity:

- The real objective of the Indian freedom movement in Gandhi's eyes was that it was waged non-violently.
- To spread awareness about the idea of non-violence through education.

3. Anticipated Outcomes: The volunteers got to know about the non-violence movement and its forceful impact on occupiers.

4. Details of any resource person if available: Prof. Nena Gupta.

5. List of participants: 50

6. Report (attach photographs of the event): A detailed report containing pictures of the event has duly been attached.

NSS unit of Govt. College for Women Parade Ground, Jammu organized a seminar on non-violence Movement in which Volunteers of NSS actively participated. Different participants through light on the topic non-violence and its impacts on Britishers. On the occasion, volunteers talked about those non-violent methods have been a powerful tool for social protest and revolutionary social and Political Change.

NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

**Celebrating international day of
non -violence (2nd oct,2018)**



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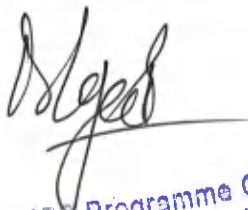
MS Programme Officer
Govt. College for Women
Parade Ground, Jammu


List of Participants:

S. No.	Name	Semester
1.	Ranjeet Kour	5 th
2.	Meenakshi Gupta	5 th
3.	Shreya Bhat	5 th
4.	AfsaanaKhatoon	5 th
5.	Khushi Sharma	5 th
6.	Sunaina	5 th
7.	Riya Sharma	5 th
8.	Anjali	5 th
9.	Rita Devi	3 rd
10.	Rakul Mehra	3 rd
11.	Jyoti Sharma	3 rd
12.	Sanjana Sharma	3 rd
13.	Harpreet Kour	3 rd
14.	Sonika Gupta	3 rd
15.	Shazia	1 st
16.	Harshika Mahajan	1 st
17.	Sonali Sharma	1 st
18.	Muskan Thapa	1 st
19.	Sneha Kumari	1 st
20.	Priya Rana	1 st
21.	Sonia Devi	3 rd
22.	Kajal Sharma	3 rd
23.	Tanvi Gupta	3 rd
24.	Avni Rajput	3 rd
25.	AviSharma	3 rd
26.	Khushi Mangotra	3 rd
27.	Tanvi Raina	1 st
28.	Ritika Razdan	1 st
29.	Nandini Devi	1 st
30.	ParmeetKour	3 rd


Principal Officer

31.	Deepali Raina	3rd
32.	PalvishaRajput	3rd
33.	Sonali Khajuria	3rd
34.	Sonal Devi	Ist
35.	Sonam Dolma	Ist
36.	StanzinDolkar	Ist
37.	Rigzin	3rd
38.	TaviGupta	3rd
39.	Kajal Rukhwal	3rd
40.	KashishKoul	3rd
41.	Karishma Raina	3rd
42.	Shruti Sharma	Ist
43.	TanuMishra	Ist
44.	ManveerKour	Ist
45.	Suhani Jamwal	3rd
46.	Mandeep Kour	3rd
47.	SoniDevi	3rd
48.	Taniya Aggarwal	3rd
49.	Tania Gupta	3rd
50.	Tanisha Ganjoo	3rd


 Programme Officer
 Govt. College for Women
 Parade Ground, Jammu


 Principal
 Govt. College for Women,
 Parade Jammu



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the activity: Extension Lecture on Breast Cancer conducted on NSS Unit by 12th September 2019 under the Beti Bachao Beti Padhao.

1. Title of the activity: Extension Lecture on Breast Cancer.

2. Objectives of the activity:

- An awareness drive among young NSS volunteers and Students about the Breast cancer.

3. Anticipated outcomes: The volunteers should be able to get aware about the causes, symptoms and prevention of deadly diseases breast cancer.

4. List of the participants for the activity: 75.

5. Details of the resource person, if any: Dr. Anuradha Gupta

6. Report: A detailed report containing pictures of the event has duly been attached.

The event was organized by the NSS Unit of GCW Parade, Ground Jammu on 12th September 2019 in order to aware the Volunteers and students about these deadly diseases under the guidance of Respected Principal. Resource person on this occasion, presented his talk about the topic and exhorted upon the students to keep knowledge of this deadly diseases and is the most common cancer diagnosed in women. He also said Substantial support for breast cancer and awareness has helped in the treatment of breast cancer and survival rates have increased largely due to early detection, a new approach to treatment and a better understanding of the diseases.

Earlier, welcome address was given by Respected Principle and the Programme ended with the vote of thanks presented by the Programme officer. Prof. Ravinder Kaur.

Programme Officer
Govt. College for Women
Parade Ground, Jammu



List of Participants:

Name of the Activity: Lecture on Breast Cancer

S. No.	Name	Semester
1	Vaishali Devi	5 th
2	Nainajamwal	5 th
3	Kashish Sharma	5 th
4	Vanshika Sharma	5 th
5	VanshikaRajput	5 th
6	Tania Mahajan	5 th
7	PihuManhas	5 th
8	Naina Devi	5 th
9	Tamanna Dogra	5 th
10	ShivalliRajput	5 th
11	Ria Attri	5 th
12	Pooja Devi	5 th
13	Shivani Sharma	5 th
14	Anamika Dogra	5 th
15	Rashmi Mehra	3 rd
16	Nisha Kumari	3 rd
17	HarleenKour	3 rd
18	Rohini	3 rd
19	Harpreet Kour	1 st
20	RakulMehra	1 st
21	Abby Raina	3 rd
22	Abhilasharaina	3 rd
23	Tanu Mishra	1 st
24	Tanvi Rajput	1 st
25	Ashika Sharma	1 st
26	AkshiBilloria	3 rd
27	Tanvi Gupta	3 rd
28	Tanvi Sharma	3 rd
29	Kajal Devi	1 st
30	Tahima Khan	1 st


 Programme Officer
 Govt. College for Women

31	Suhani Devi	1 st
32	Avni Rajput	3 rd
33	Priya Sharma	3 rd
34	Palvisha Sharma	3 rd
35	Kajal Gupta	3 rd
36	Nisha Devi	1 st
37	Ruhani Sharma	1 st
38	Tanvi Rajput	1 st
39	KashishKoul	1 st
40	Kajal Devi	3 rd
41	Ruhani Sharma	3 rd
42	Tabassum Khatoon	3 rd
43	Rohini Jamwal	3 rd
44	Ruhi Rajput	3 rd
45	Simran deep Kour	1 st
46	RamanjeetKour	1 st
47	Devika Sharma	3 rd
48	Aman Verma	1 st
49	Ruhi Arora	1 st
50	TanuAbrol	1 st

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 Principal
 Govt. College for Women
 Parade Jammu

[Handwritten signature]

NSS Programme Officer
 Govt. College for Women
 Parade Ground, Jammu



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the activity: Plantation Drive by NSS Unit 16th September 2019 under the Scheme Swachh Bharat Mission.

1. Title of the activity: Plantation Drive.

2. Objectives of the activity:

- The tree plantation drive was conducted with an aim to control global warming,
- Make environment pollution free and
- Spread awareness on the importance of keeping a clean environment.

3. Anticipated outcomes: The volunteers should be able to get aware about the reducing climate change, purifying air and cooling down the temperature.

4. List of the participants for the activity: 20.

5. Details of the resource person, if any: Not required.

6. Report: A detailed report containing pictures of the event has duly been attached.

The plantation drive was carried out by NSS Unit of Govt. College for Women, Parade Ground, Jammu at Manda on 16th September 2019 in presence of Programme officers to enhance the tree cover of the area and to sensitize the students towards importance of trees. NSS volunteers enthusiastically participated in the Event. Total 20 students of the volunteers participated in the ongoing drive.

NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu





M. S. P.
NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:

Name of the Activity: Plantation drive

S.No.	Name	Semester
1.	PihuManhas	5 th
2.	Naina Devi	5 th
3.	Tamanna Dogra	5 th
4.	Anamika Dogra	5 th
5.	Vanshika Sharma	5 th
6.	Neha	5 th
7.	Pooja Devi	5 th
8.	Naina Devi	5 th
9.	Rashmi Mehra	3 rd
10.	Nisha Kumari	3 rd
11.	Rohini	3 rd
12.	Riya Sharma	3 rd
13.	HarleenKour	3 rd
14.	Rakul Mehra	1 st
15.	Sonika Gupta	1 st
16.	Suhani Jamwal	3 rd
17.	Sonia Devi	3 rd
18.	Sonali Khajuria	1 st
19.	Daechen Angmo	3 rd
20.	Sonal Verma	1 st


Principal
Govt. College for Women
Parade Jammu


Programme Officer
Govt. College for Women
Parade Ground, Jammu

2017-18

GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU-180001, J&K.

(Erstwhile Maharani Mahila College)

Autonomous College Affiliated to the University of Jammu

Collego with Potential for Excellence, 2016

(Estd. 1944)



Dr. S P Sarswat
Principal

E-mail: principalgwp@parade@gmail.com
Tel.(O): 0191 2544305

National Cadet Corps

Report of the activity – ‘Awareness Rally’ by NCC cadets

Title of the activity – cleanliness Drive

Date- 15th May, 2017

Objectives of the activity –

The goals of cleanliness are health, beauty, absence of offensive odour and to avoid the spreading of dirt and contaminants to oneself and others. With the help of cleanliness, we can keep our physical and mental health clean, which will make us feel good.

It includes both personal and public hygiene. The term cleanliness means the absence of dust, garbage, foul smell, stain, dirt, etc. It is extremely important to learn about hygiene and sanitation so that we can keep ourself away from diseases.

Anticipated Outcomes - To aware people by providing dustbins.

Details of the resource person if any - Adm officer LT Preeti

List of the participants to be attached – 17 Cadets

- Roshni Devi
- Twinkle

S P Sarswat
PRINCIPAL

- Yamana Kotwal
- Stanzin
- Muskan Rajput
- Bhawna Dogra
- Ishey
- Kaniz
- Tsewang Dolma
- Sonam chosdon
- Asusheekeaser
- Pratibha Roy
- Simran
- StawinDolkar
- Daminiparihar
- Shrifal Raina
- priya

Report –

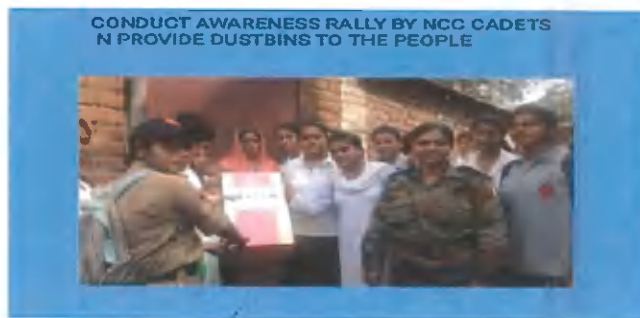
NCC Group Headquarter, Jammu along with the cadets of 2J&K Girls. NCC from GCW Parade Ground , Jammu organised awareness rally to make people aware about the cleanliness and sanitation. By creating awareness about environment and by providing dustbins to all. So that people can use the dustbins and throw garbage in dustbins.

By this awareness rally they teach them about sustainable and ecological use and reuse of remediated land. Maintaining a clean environment is for the health of all humans, as health completely depends on the atmosphere. A bad environment is solely responsible

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for spoiling the health of the people around. Dirt and disease go together.

through this activity ncc Cadets got a chance to tell people about the merits of cleanliness.



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(Estd. 1944)



Dr S P Sarswat
Principal

E-mail principalgcwparade@gmail.com
Tel.(O): 0191 2511305

National Cadet Corps

Report of activity – Run for unity by NCC cadets

Title of the activity- Run for unity

Date - 31st Oct,2017

Objectives of the activity- ‘Run for Unity’ is a symbol of unison, that the nation being united, is moving in one direction and collectively aims for- One goal! Ek Bharat, Shreshth Bharat!”


Anticipated outcome- Got 1st, 2nd, 3rd Position in Run for Unity half marathon race and also got gold medal and cash prize.

Details of the resource person if any –


List of the participants to be attached-30

Cadets

- Divya Sharma
- Pinki
- Nitika Sharma
- Parchi Dutta
- Veenu Sharma
- Mansi Sharma
- Seemsarder Malik


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Parade Ground, Jammu.

- Poonam
- Mannu
- Tanya Choudhary
- Ritika
- JanviSumeria
- AamodiniKatoch
- Nidhi Dogra
- Taniya Sharma
- KoushalManhas
- Sharuti Sharma
- Anidhi Devi
- Priyanshi Kesar
- Komal Manhas
- Sonali Sharma
- Chahat Gupta
- Parushi Mahajan
- ShivanshiAroa
- Tanu Sharma
- Gulshan Biby
- Vidhi Chib
- Monika Jasrotia
- Sheetal Devi


PRINCIPAL
 Govt. College for Women
 Parade Ground, Jammu.

Report –NCC Group Headquarters, Jammu along with 30 cadets of 2J&K Girls. NCC from GCW Parade Ground , Jammu organized rally on Ncc Run For Unity marking the 143rd birth anniversary of Sardar Vallabhbhai Patel [Iron Man Of India] by making posters. In competition 3 cadets got 1st 2nd and 3rd position in Run For Unity half marathon race and cadet Radha Sharma got gold medal and cash prize. The birth anniversary is celebrated as Rashtriya Ekta Diwas or

Vallabhbhai Patel on his anniversary. The main purpose of this was to show unity and peace among the people of different religion



SPS

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(Estd. 1944)



Dr S P Sarswat
Principal

E-mail principalgcwparade@gmail.com
Tel.(O): 0191 2541305

National Cadet Corps

Report of activity – Blood donation camp organized by NCC cadets.

Title of the activity-Blood donation camp.

Date - 12th September, 2017

Objectives of the activity- Provide safe and quality blood and blood components collected from voluntary donors

- Round the clock, at affordable cost to the general public and free of cost to the poor
- Ensure safety and quality of blood.

Anticipated outcome- One blood donation can save up to three lives, according to DeSimone

- People usually donate because it feels good to help others, and altruism and volunteering have been linked to positive health outcomes, including a lower risk for depression and greater longevity.

Details of the resource person if any –

List of the participants to be attached- 20 Cadets

- Pinki

PRINCIPAL

Govt. College for Women
Parade Ground, Jammu

- Parchi Dutta
- Veenu Sharma
- Mansi Sharma
- Seemsarder Malik
- Radha Sharma
- Poonam
- Mannu
- Tanya Choudhary
- Ritika
- JanviSumeria
- AamodiniKatoch
- Nidhi Dogra
- Taniya Sharma
- KoushalManhas
- Sharuti Sharma
- Anidhi Devi
- Priyanshi Kesar
- Komal Manhas

Report –

The cadets of 2J&K Girls. NCC GCW Parade Ground , Jammu organised Blood donation on 12th September, 2017 at ShalamarHospital with 20 Cadets . Its aim to Promote AIDS awareness and education to the general public. Actively encourage voluntary blood donation and gradually eliminate professional blood donors. Educating the community on the beneficial aspects of blood donation and harmful effect of collecting blood from paid donors. This event was held under the supervision of our wealthy Principaland ANO Lt. Suman Lata . Maintain a permanent well-indexed record of voluntary blood donors.


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Parade Ground, Jammu

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NSS volunteer giving polio drops during door to door campaign



S.P.S.

PRINCIPAL

College for Women

NSS volunteer giving polio drops during door to door campaign.



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Sada Ground, Jammu

NSS volunteer giving polio drops during door to door campaign



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Institute for Women
Jammu

Department: Home Science
Activities Conducted in the years 2017 to 2021

1. Title of Activity: *Rapport building with women of village Nadore , 24 September 2017*

Objectives of the Activity: To develop skills for Rapport formation and techniques of working in community.

Anticipated Outcomes: The students interacted with Sarpanch and Women of village using soft skills and rapport building techniques.

Details of Resource Person if any:NA

List of Participants: Sarpach and Women of Village Nadore. Activity conducted by students of P.G. H.Sc (CRM&E).



Your assessment on the realization of the anticipated outcomes: Students conducted the activity successfully and were able to employ the techniques involved.

2. Title of Activity: *Identifying and assessing needs and problems of women of village Nadore using PLA methods, 28 September 2017*

Objectives: To identify and prioritize needs and problems of women of village Nadore.

Anticipated Outcomes: PLA techniques i.e. Body mapping, social mapping, Ranking method, Venn diagram were used to identify and prioritize needs and problems.

Details of Resource Person if any:NA

List of Participants: Women of village Nadore. Activity conducted by Students of P.G. H.Sc (CRM&E).



Your assessment on the realization of the anticipated outcomes: The students were able to identify the needs and problems of women by using the Participatory Learning Appraisal techniques and

assessing the diagrams and charts.

3. Title of Activity: *Fund raising activity, 6 & 7 October 2017*

Objectives: To use fund raising strategies for different organizations.

Anticipated Outcomes: fund was raised by holding exhibition cum sale of self made products by Home science students. The products were made out of waste.

Details of Resource Person if any: NA

List of Participants: students of Home science, faculty of college, students of college.



Your assessment on the realization of the anticipated outcomes: Students were able to sold the most items and were appreciated for the same. They learned the concept of best out of waste.

4. Title of Activity: *Intervention programme on importance of nutrition on 26th December 2017*

Objectives: To create awareness among women of village Nadore about healthy eating habits.

Anticipated Outcomes: Participants were able to know about balance diet and healthy eating.

Details of Resource Person if any: Postgraduate students of Home Science (CRME)

List of Participants: women of village Nadore, activity conducted by postgraduate students of Home Science.



Your assessment on the realization of the anticipated outcomes: the women were able to

understand the importance of food groups and interacted in the session to get maximum benefits.

5. Title of Activity: *Awareness programme on "Save Girl Child" May' 2017*

Objectives: *To aware students of girls hostel about safety of girl child.*

Anticipated Outcomes: participants became aware of rights and safety measures for girls and women.

Details of Resource Person if any: NA

List of Participants: Girls residing in hostel of GCW Parade ground Jammu.



Your assessment on the realization of the anticipated outcomes: Girls came to know about the women rights, emergency helping numbers and strategies for self defence.

6. Title of Activity: *Ethnic food competition by Food Craft Institution, Nagrota, 24 November 2017*

Objectives: students participated in ethnic food competition

Anticipated Outcomes: Traditional Dogri dishes were prepared by students of PG Home Science in the competition, for which they were awarded with consolation prize.

Details of Resource Person: NA

List of Participant: Students of P.G. Home Science.

Your assessment on the realization of the anticipated outcomes: Participants were enthusiastic and interacted with faculty and other participants in FCI. They became aware of other traditional food of Jammu and Kashmir apart from Dogri Cuisine.




RED CROSS MELA

6th to 10th November 2017: A four day on First Aid Training camp was organized by Red Cross Society, Jammu at G.C.W.Parade. Fifty students along with One Hundred Fifty NSS volunteers participated in the camp.

17th-18th February 2018: The NSS, NCC units, and student presidium of College put up stalls of eatables at Gulshan Ground in Red Cross Meia. More than 200 students participated in the meia and raised funds for the Red Cross Society.

10th -12th March 2018: The First Aid Committee and NCC/ NSS units of College in collaboration with Red Cross Society of Jammu conducted a door-to- door Pulse Polio campaign.


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Parade Ground, Jammu

Globathon Walk to end Women's Cancer

About 100 NSS volunteers, along with 100 regular students and presidium under the supervision of NSS programme officers participated in Globathon Walk to create awareness about Women's cancer.



भारत विकास परिषद्
जम्मू कश्मीर प्रांत



Bharat Vikas Parishad
JAMMU & KASHMIR PRANT

H. O. : H. NO. 302, SECTOR 2, CHANNI HIMMAT, JAMMU.

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PATRON

Sh. S. N. Sharma
Sh. R. P. Gandotra
Dr. D. R. Kotwal
Sh. R. C. Sharma
Sh. B. R. Dubey

VICE PRESIDENT

Sh. Ashok Khajuria
Sh. M. L. Vaid

STATE ORG. SECT.

Sh. Gopal Sharma

ADD. GEN. SECY.

Smt. Madhu Gupta

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Sh. Dev Raj Sharma
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Sh. Ved Parkash Sharma
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Sh. Puran Chand
Sh. Rajesh Gupta
Sh. Shiv Ram
Dr. Raj Kumari
Smt. Trimia Sharma
Sh. Kaushal Kumar
Dr. Rainish Anand

Ref. No.

Letter of Appreciation

Dated 05-12-2017

On behalf of Bharat Vikas Parishad, please accept our appreciation for the excellent job you, your staff and students have done over the past several months in various social activities to impart value based education to the society through patriotic song competitions, quiz competitions, seminars etc. I appreciate your effort in making this enormous undertaking smooth and efficient.

Ved Parkash Gupta
General Secretary



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the activity: Poetry and Poster making competition on the topic, Independence Day conducted on 15th August 2017 under the Scheme Sankalp se Siddhi.

1. Title of the activity: A competition on the topic, Independence Day.

2. Objectives of the activity:

- An awareness drive among young volunteers and to encourage the students to showcase their talent.

3. Anticipated outcomes: The volunteers should be able to get aware about the sacrifices of our great freedom fighters and to make them understand the importance of this day.

4. List of the participants for the activity: 30.

5. Details of the resource person, if any: Not Required.

6. Report: A detailed report containing pictures of the event has duly been attached.

The event was inaugurated by the Programme officers. In their inaugural address they acquainted the volunteers with the importance of Independence Day and what it took to be an independent India. After that a healthy poetry and poster making competition was organized among the Volunteers and winners were declared. Radhika Gupta, Priya Sharma and Nidhi Thakur, all of semester 3rd, won the first, second and third positions respectively.



Steph
Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants

Name of the Activity: Poetry and Poster making competition on the event of "Independence Day".


S.No.	Name	Semester	Total Marks Ohtained (Out of 20)
1.	Radhika Gupta	3 rd	19
2.	Priya Sharma	3 rd	18
3.	Nidhi Thakur	3 rd	16
4.	Jiya Manhas	1 st	15
5.	Shivani Dogra	1 st	14
6.	Ridhima Jamwal	1 st	12
7.	Himani Sudan	1 st	15
8.	PrajwalSinghania	5 th	12
9.	Meenakshi Devi	5 th	15
10.	Pushpa Bhagat	5 th	14
11.	Shilpa Devi	3 rd	12
12.	ShivaliVerma	3 rd	13
13.	KashishRaina	1 st	14
14.	Kajal Devi	1 st	14
15.	Heena Khan	3 rd	10
16.	Rachita Raina	3 rd	15
17.	BhavnaMalhotra	1 st	13
18.	Kajal Devi	1 st	10
19.	KashishKoul	1 st	14
20.	Anvi Rajput	1 st	15
21.	Veena Devi	3 rd	14
22.	Kashika Verma	3 rd	15
23.	Bhumi Raina	1 st	14
24.	TejasviDhar	3 rd	12
25.	TanuMishra	1 st	10
26.	Kajal Abrol	1 st	11
27.	Roshni Arora	3 rd	10
28.	Surbhi Rajput	3 rd	15
29.	Suhani Rajput	3 rd	10
30.	Shruti Sharma	3 rd	12


Signature of Jury Members

1.

2.

3.


Principal
Goyt. College for Women
Parade Jammu


In-charge Officer
Goyt. College for Women
Parade Ground, Jammu



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the activity: "Poster and Slogan making competition" on 2nd of October 2017 under the Scheme Khelo India.

1. Title of the activity: Poster and Slogan making competition on Gandhi Jayanti.

2. Objectives of the activity:

- To pay a tribute to Mahatama Gandhi Ji.
- To create awareness about Gandhian ideology which is also known as, "Philosophy of Non-Violence".


3. Anticipated Outcomes: At the end students will be able to know about the Gandhian ideology and the concept of Philosophy of non-violence.

4. Details of the resource person, if any: Not Required.

5. Lists of the participants to be attached: 45

6. Report: Attach photographs of the event. A detailed report containing pictures of the Programme has duly been attached.

Event was organized to spread awareness about the Gandhian ideology which is practical idealism also known as, "Philosophy of Non-Violence". A poster and slogan making competition was organized on the occasion of Gandhi Jayanti. Volunteers took actively part and winners were declared. Mansi Singh, Tania Mishra and Riya Mehra took the first, second and third positions in the competition, respectively. Faculty members of the Political Science Department acted as Judges and Head of the Department also throw light on the Philosophy of Non-Violence moment of Gandhi Ji. Later volunteers also took part in cleanliness drive around the college campus. By the end of the event, a formal vote of thanks was presented by the Ravinder Kaur NSS Programme officer.


NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu



M. Sajid

RPS Programme Officer
Govt. College for Women




List of Participants:**Name of the activity: Poster and Slogan making competition on "Gandhi Jayanti".**

S.No	Name	Semester	Total Marks Obtained (Out of 15)
1.	Mansi Singh	3 rd	15
2.	Tania Mishra	3 rd	14.5
3.	Riya Mehra	3 rd	13
4.	Minu Devi	5th	06
5.	Sonia Chib	5th	07
6.	Jasmeet Kour	5th	06
7.	TandeepKour	3rd	05
8.	Tanvi Sharma	3rd	07
9.	Tani Verma	5th	07
10.	Shivani Gupta	5th	06
11.	Vanshika Verma	3rd	12
12.	Heena Verma	5th	05
13.	Shruti Sharma	5th	12
14.	Tanvi Gupta	3rd	10
15.	Taniya Verma	3rd	11
16.	Kashika Verma	5th	10
17.	Vanshika Sharma	3rd	10
18.	Vandana Gupta	5th	08
19.	Akshi Sharma	5th	13
20.	Vantika Sharma	3rd	11
21.	Mansi Rajput	3rd	10
22.	Anjali Gupta	3rd	06
23.	Avni Rajput	5th	09
24.	Sonia Devi	5th	12
25.	Rani Devi	5th	10
26.	ReetaDevi	3rd	12
27.	Rani Kumari	3rd	13
28.	SeaniVerma	3rd	12
29.	Shivani Gupta	3rd	08
30.	Mehak Sharma	5th	10
31.	Ramandeep Kour	5th	10
32.	Aman Verma	5th	08
33.	Anvi Rajput	3rd	05
34.	Shivalika Verma	5th	10
35.	Shalini Koul	3rd	07
36.	Bawana Pandita	5th	10
37.	Smriti Raina	3rd	06
38.	Sonali Bhat	5th	11
39.	Kusum Rajput	5th	12
40.	Khushi Verma	5th	12
41.	Advika Sharma	3rd	08

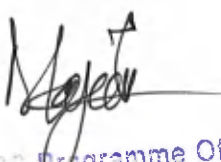


42	RuhiGupta	3rd	06
43	Rohini Sharma	5th	10
44	Kajal Devi	3rd	11
45	Mansi Sharma	5th	12

Signature of Jury Members

1. 
2. 
3. 

SPS


NPS Programme Officer
Govt. College for Women
Parade Ground, Jammu



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the activity: Cleanliness Drive conducted on 20th November 2017 under the Scheme Khelo India.

1. **Title of the activity:** Cleanliness Drive at the adopted village of Chinore.
2. **Objectives of the activity:**
Creating awareness among the people of nearby area on how to create the surrounding neat and clean.
3. **Anticipated outcomes:** To make aware the NSS volunteers and people of the locality to understand the value of clean and Green India.
4. **Details of the resource person, if any:** Not Required.
5. **List of the participants to be attached:** 50

1. **Report:** A detailed report containing pictures of the event has duly been attached.

A cleanliness drive was taken by the NSS Unit of the college in the adopted village of Chinore under the guidance of the respected Programme officers. This drive was organized under the mission of SWACHH BHARAT ABHIYAN. Volunteers mainly aimed at collecting the plastic waste from the surroundings of the village and they also disposed it to a proper dumping ground so that no one could get harm from it. Volunteers have shown their active participation and they also interacted with the local residents of the village and guide them on how to keep their surroundings clean and the benefits of keeping their surroundings clean.

Programme Officer
Govt. College for Women
Parade Ground, Jammu



Majeed

Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:


Name of the activity: "Cleanliness Drive at the adopted village of Chinore".

S.No.	Name	Semester
1	Reena	1 st
2.	Neelam Singh	1 st
3.	Jyoti Sharma	1 st
4.	Nasreena Khan	1 st
5.	Tanveer Kour	1 st
6.	Sheila Nanda	1 st
7.	Krtiti Sinha	1 st
8.	Rupali Devi	1 st
9.	Sheenam Raina	1 st
10.	JasmeerKour	3 rd
11.	Nisha Bhagat	3 rd
12.	Muskaan Bhat	3 rd
13	Parul Khajuria	3 rd
14	Reeta Sharma	3 rd
15	Neena Rajput	5 th
16	Heena Khan	3 rd
17	Rachita Raina	3 rd
18	Bhavna Malhotra	5 th
19	KashishKoul	3 rd
20	Anvi Rajput	3 rd
21	Veena Devi	5 th
22	Jasmeet Kour	5 th
23	Parul Khajuria	3 rd
24	Kashika Verma	3 rd
25	Malika Khatoon	5 th
26	Ronak Verma	5 th
27	Suman Sharma	3 rd
28	Sonia Devi	3 rd
29	PayalDevi	3 rd
30	AdvniSharma	5 th
31	Khushi Devi	5 th
32	Sakshi Verma	5 th
33	Priya Gupta	3 rd
34	TanuSharma	3 rd
35	Tanvi Rajput	3 rd
36	Pallavi Sharma	5 th
37	Palak Gupta	3 rd


Pudhanna, Orissa

38	Khushi Gupta	5th
39	Bhumi Gupta	5th
40	Kalpna Sharma	3rd
41	KashishKoul	3rd
42	Ayat Khan	3rd
43	IshuSharma	5th
44	Afrin Khatoon	5th
45	Sonia Devi	3rd
46	Suhani Jamwal	5th
47	Kajal Devi	3rd
48	Khushi Gupta	5th
49	RuhiSharma	5th
50	Roshni Arora	3rd

SPS


Programme Officer
Govt. College for Women
Parade Ground, Jammu



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the activity, 'Use of Paytm', conducted on 13th of November 2017 under the scheme Khelo India.

- 1. Title of the activity:** Workshop on the use of Paytm.
- 2. Objectives of the activity:**
 - How to use or operate the Paytm app.
 - To make awareness about the digital payments a swift and easy experience.
- 3. Anticipated Outcomes:** Volunteers acquired the insights of the working of Paytm
- 4. Details of Resource Person. If any:** Dr. Rupali Jamwal.
- 5. List of the participants to be attached:** 30
- 6. Report: Attach Photographs of the event.** A detailed report containing pictures of the workshop has duly been attached.


A training workshop on, Use of Paytm, was organized on 13th of November, 2017, under the overall supervision of worthy Principal of the College where NSS volunteers participated. The objective of the workshop, was how to use or operate the Paytm app, to make digital payments a swift and easy experience. In the mentioned workshop, a detailed presentation was presented by the Head of the Department Dr. Rupali Jamwal of BCA Department and volunteers acquired the insights of the workings of Paytm and its objectives. Finally, the Programme culminated with the vote of thanks presented by the NSS Programme officer of the NSS Unit. Prof. Ravinder Kaur.


NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:

Name of the activity: "Workshop on use of Paytm"

S.No	Name	Semester
1.	Shahana Khan	6 th
2.	Lubna Yeasmin	6 th
3.	Riya Sharma	6 th
4.	Vibhutika Sharma	6 th
5.	Niya Mahajan	6 th
6.	Shreya Mahajan	6 th
7.	Tripti Gupta	6 th
8.	Akriti Sharma	6 th
9.	Kritika choudhary	6 th
10.	Diya Chib	3 rd
11.	Shivani Gupta	6 th
12.	Manju	6 th
13.	Shivani Sharma	6 th
14.	Kajal Rajput	3 rd
15.	Mansi Rajput	6 th
16.	Tanvi Gupta	3 rd
17.	Tanu Sharma	6 th
18.	Kajal Sharma	6 th
19.	Ruhi Sharma	3 rd
20.	Roshni Mehra	3 rd
21.	Advika Jamwal	3 rd
22.	Khushboo Gupta	6 th
23.	Nisha Verma	6 th
24.	Tanvi Rajput	6 th
25.	Avi Raina	3 rd
26.	Akriti Sharma	4 th
27.	Ridhima Sharma	4 th
28.	Radhika Devi	4 th
29.	Akriti Raina	1 st
30.	Mehak Sharma	1 st


Programme Officer
Govt. College for Women
Parade Ground, Jammu


Principal
Govt. College for Women
Parade Jammu

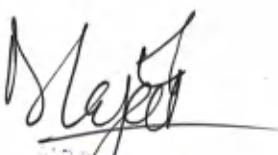


Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the activity, "First aid ", conducted on 5th of Decemher, 2017 nnder the scheme Sankalp Si Siddhi.

- 1. Title of the activity:** "Workshop on First Aid".
- 2. Objectives of the activity:**
 - The workshop was to train the NSS volunteers, to provide immediate attention to a sick or injured person.
- 3. Anticipated Ontcomes:** ▪□ Students got to know about how to preserve life, prevent the escalation of illness or injury.
- 4. Details of the resonree person. If any:** Vinod Malhotra.
- 5. List of the participants to be attached:** 45
- 6. Report. Attach Photographs of the event.** A detailed report containing pictures of the workshop has duly been attached.

NSS unit of GCW Parade organized a workshop on First Aid Training on 5th of December, 2017, in collaboration with Red Ribbon club and Red Cross Society. A total number 20 NSS volunteers were part of the workshop. The primary goal of the workshop was to train the NSS volunteers, to provide immediate attention to a sick or injured person at the scene. It aims to preserve life, prevent the escalation of illness or injury, promote recovery, provide pain relief and protect the unconscious. The NSS volunteers under trained medical staff, enthusiastically participated in the said workshop. Earlier, Welcome address was presented by Programme officer of the Unit Professor Ravinder Kaur and Vote of thanks Presented by Dr. Sapna. The Workshop was conducted under the overall guidance of Worthy Principlepal.


Programme Officer
Govt. College for Women
Parade Ground, Jammu



Mehar

ICF Programme Officer
Govt. College for Women
C.M. Ground, Jammu

List of Participants:

Name of the Activity: "Workshop on First Aid Training "

S.No.	Name	Semester
1.	Madhu Devi	1 st
2.	Vishali Bangotra	1 st
3.	Shivani Manhas	1 st
4.	Pushpa Devi	1 st
5.	Radhika Gupta	3 rd
6.	Shivani Devi	3 rd
7.	Kajal Sharma	3 rd
8.	Ruhi Gupta	6 th
9.	Sahi Gupta	3 rd
10.	Rahi Raina	3 rd
11.	Kajal Gupta	3 rd
12.	Tanu Mishra	6 th
13.	Anjali Devi	3 rd
14.	Bhumi Sharma	3 rd
15.	Bavneet Kour	6 th
16.	Bavleen Kour	1 st
17.	Saiera Riyaz	3 rd
18.	Suhani Jamwal	3 rd
19.	Tanvi Gupta	6 th
20.	Khushi Sharma	3 rd
21.	Shivali Bakshi	6 th
22.	Janvi Dhiman	1 st
23.	Taniya Aggarwal	1 st
24.	Harsha Jamwal	1 st
25.	Ruhi Gupta	6 th
26.	Sonama Sharma	6 th
27.	Varsha Devi	3 rd
28.	Sonam Dolma	3 rd
29.	Tanu Mishra	3 rd
30.	Stanzin Dolkar	6 th
31.	Kajal Devi	6 th
32.	Tanveer Kour	3 rd
33.	Manvi Loach	6 th
34.	Neha Gupta	3 rd
35.	Rashmi Dhar	1 st
36.	Sunita Devi	1 st
37.	Rimpi Gupta	3 rd
38.	Nidhi Bhagat	6 th
39.	Sidhi Vali	3 rd

40.	Heena Khan	3rd
41.	YosmanKoul	1st
42.	Mehak Sharma	6th
43.	Shalini Koul	6th
44.	Ramandeep kKur	6th
45.	Mansi Soi	3rd

Spsa
Spsa
Govt. College for Women
Parade Ground, Jammu

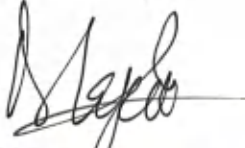
Majid
Programme Officer
Govt. College for Women
Parade Ground, Jammu



Report on the activity, 'Health and Awareness Programme, conducted on 15th of January, 2018 under the Scheme Sankalp Si Siddhi.

- 1. Title of the activity:** "Health and Awareness Programme"
- 2. Objectives of the activity:**
 - Creating awareness towards healthier society by popularizing preventive measures.
 - To educate volunteers and student of the college about the need to take precautions about ways to live healthy life.
- 3. Anticipated outcomes:** Students got the desired results about the Programme how to prevent oneself from ailments.
- 4. Details of the resource person. If any:** Dr. Vikas Gupta.
- 5. List of the participants to be attached:** 35.
- 6. Report. Attach photographs of the event.** A detailed report containing pictures of the programme has duly been attached.

An awareness programme was organized by the NSS Unit of GCW Parade in College Campus under the able guidance of worthy Principal towards creating a healthier society by popularizing preventive measures and to educate volunteers and student body of the college about the need to take precautions and how to keep oneself healthy. NSS Volunteers and students of the college participated in the event. Faculty members from Ayush Department were the resource persons. They throw light upon the different aspects of the healthy living. Programme was culminated with vote of thanks presented by the Programme officer of the Unit Prof. Ravinder Kaur.


NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu



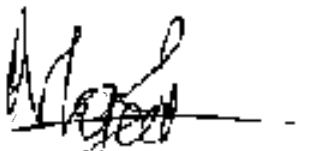
Manoj

NSE Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:

Name of the Activity: Health and Awareness Programme.

S No.	Name	Semester
1.	Akansha Mahajan	1 st
2.	Garima Kumari	1 st
3.	Rohni Sharma	1 st
4.	Sunita Devi	3 rd
5.	MridulVrich	3 rd
6.	Raginisharma	3 rd
7.	Abhilasha Gupta	3 rd
8.	SimranpreetKour	3 rd
9.	Rajni Devi	3 rd
10.	Neha Mahajan	3 rd
11	KashishKoul	3 rd
12	RuhaniSharma	3 rd
13	BavneetKour	1 st
14	Ramandeep kour	6 th
15	Ronak Sharma	6 th
16	Heena Khan	3 rd
17	Harshita Sharma	3 rd
18	Akshara Rajput	6 th
19	MuskanSharma	6 th
20	Pooja Devi	3 rd
21	DeepuSharma	1 st
22	Ruchi Saini	6 th
23	Anamika Devi	1 st
24	Rabia Sharma	3 rd
25	RachitaRaina	3 rd
26	RuhiRajput	6 th
27	Ashima Raina	1 st
28	TanuMishra	1 st
29	Khushi Gupta	1 st
30	Khushboo Rajput	6 th
31	SupreetKour	3 rd
32	DivyaSharma	3 rd
33	Diya Sharma	6 th
34	Kajal Raina	3 rd
35	Simran verma	6 th


Programme Officer
Govt. College for Women
Parade Ground, Jammu


S.P.S.A.

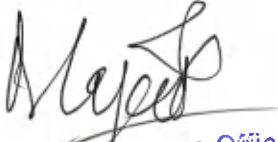


Government College for Women, Parade Ground, Jammu
National Service Scheme

Report on the activity: "First Aid Red Cross Camp" on 7th of February, 2018 under the scheme Sankalp Si Siddhi.

- 1. Title of the activity:** First Aid Red Cross Camp
- 2. Objectives of the activity:**
 - The primary goal of the workshop was to train the NSS volunteers, to provide immediate attention to a sick or injured person at the scene.
 - It aims to preserve life, prevent the escalation of illness or injury, promote recovery, provide pain relief and protect the unconscious.
- 3. Anticipated Outcomes:** The desired targets were achieved as the volunteers were thoroughly acquainted with first aid procedures.
- 4. Details of the resource person. If any:** Dr. Ramesh Gupta
- 5. List of the participants to be attached:** 30
- 6. Report. Attach photographs of the event.** A detailed report containing pictures of the programme has duly been attached.


A First Aid Red Cross Camp was organized by NSS Unit of GCW Parade Ground Jammu on 7th of February, 2018 under the supervision of the respected Principal of the college, Dr. Hemla Aggarwal in collaboration with Red Cross Society of India. NSS volunteers participated in the mentioned camp. The primary goal of the workshop was to train the NSS volunteers and resource person shared the knowledge how to provide immediate attention to a sick or injured person at the scene. It aims to preserve life, prevent the escalation of illness or injury, promote recovery, provide pain relief, protect the unconscious. The Programme was finally winded up by presentation of Vote of thanks presented by Programme Officer of the NSS Unit Prof. Ravinder Kaur.



NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:

Name of the Activity: "First Aid Red Cross Camp on First Aid Day"

S No.	Name	Semester
1.	Archana Devi	1 st
2.	Shivani Manhas	1 st
3.	Madhu Devi	1 st
4.	Pushpa Devi	1 st
5.	Abhilasha Gupta	3 rd
6.	SimranjeetKour	3 rd
7.	Neha Mahajan	3 rd
8.	JanviSharma	3 rd
9.	TanuMishra	3 rd
10.	Mansi Soi	6 th
11.	Kajal Devi	6 th
12.	Shivani Gupta	1 st
13.	Kajal Devi	6 th
14.	Heena Khan	1 st
15.	Bhavna Malhotra	1 st
16.	Nisha Raina	3 rd
17.	Neena Rajput	6 th
18.	Mansi Rajput	3 rd
19.	IshuSharma	3 rd
20.	Nishi Bhagat	6 th
21.	Nidhi Parihar	1 st
22.	Usha Verma	6 th
23.	Harsha Jamwal	1 st
24.	AkritiDevi	3 rd
25.	Lakshmi Devi	6 th
26.	Kumari Jyoti	3 rd
27.	Shalini Koul	1 st
28.	Shivani Malhotra	6 th
29.	TanuMishra	3 rd
30.	Kajal Jamwal	1 st


Programme Officer
Govt. College for Women
Parade Ground, Jammu


Principal
Govt. College for Women,
Parade Jammu



Government College for Women, Parade Ground, Jammu

National Service Scheme

Report on the activity: Visit to old age homes and orphanages on 15th of Feb 2018 under the scheme Khelo India.

Title of the activity: Visit to old age homes and orphanages.

- 1. Objectives of the activity:** To talk to old aged people and orphan children in order to help them to cope the stress of old age.
- 2. Anticipated Outcomes:** The message was conveyed in a very lucid manner by NSS Volunteers mostly Psychology students.
- 3. Details of the resource person. If any:** Not required
- 4. List of the participants to be attached:** 40
- 5. Report. Attach photographs of the event.** A detailed report containing pictures of the visit has duly been attached.

NSS Unit of GCW Parade Ground Jammu conducted visit to Old Age Homes and Orphanages in the areas, Ambhpalla, Old Rehari, Talab Tillo and Chinore etc. Programme officers of the Unit along with NSS Volunteers mostly from Psychology Department participated in the drive and spent some quality time with inmates of old age homes where they explained the inmates about how to cope up with the stress of old age.

NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:**Name of activity: "Visit to old age homes and orphanages"**

S.No.	Name	Semester
1.	Muskan Sharma	1 st
2.	Archana Devi	1 st
3.	Madhu Devi	1 st
4.	Naina Gupta	1 st
5.	Shivani Manhas	1 st
6.	VishaliDevi	1 st
7.	SandhiaVerma	1st
8.	Sania Khan	1st
9.	RamanjeetKour	1st
10.	Mehak Jamwal	1st
11.	MuskanVerma	1st
12.	Manisha Dass	1st
13.	AruhiBhat	1st
14.	Simran Sharma	1st
15.	Tanisha	1st
16.	Advika Sharma	3 rd
17.	Bhumi Gupta	3rd
18.	Charu Devi	3rd
19.	DivyaSharma	3rd
20.	Ekta Choudhary	3rd
21.	Fatima Naseen	3rd
22.	Gurmeet Kour	3rd
23.	Heena Khan	6th
24.	IshikaBali	6th
25.	JanviBhiman	3rd
26.	Kajal Devi	3rd
27.	Lakshmi Devi	3rd
28.	Mannat	3rd
29.	Neha Dalgotra	6th
30.	Priya Sharma	6th
31.	QasinKhan	3rd
32.	RohniSharma	3rd
33.	ShriyaRajput	6th
34.	TanuMishra	6th
35.	Uma Devi	3rd
36.	Venus Akhtar	1st
37.	WasimaBibi	1st
38.	Zahira Khan	1st
39.	RohniArora	3rd



Principal

SPS
Principal
Govt. College for Women
Parade Jammu

40	Bhavya Gupta	6th
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Government College for Women, Parade Ground, Jammu
National Service Scheme

Report on the activity: One day Civil Defense Camp, conducted on 21st April 2018 under the Scheme Khelo India.

- 1. Title of the activity:** Camp on Civil Defense
- 2. Objectives of the activity:**
 - To imbibe importance and knowledge in the students and to make them familiar with the prospects of defense and to make them understand the civil defense and its policies.
- 3. Anticipated Outcomes:** Students got to know how the department of Civil defense functions and what should be the priorities at hand.
- 4. Details of the resource person. If any:** Smt. Anita Pawar
- 5. List of the participants to be attached:** 50
- 6. Report. Attach photographs of the event.** A detailed report of the camp containing pictures has duly been attached.

One Day Civil Defense Camp was organized by NSS Unit of the College in collaboration with Civil Defense Department held on 21st April 2018 under the patronage of Worthy Principal. The objective of the camp was to imbibe importance and knowledge in the students and to make them familiar with the civil defense its working and policies. Proper guidance and training were also given by Civil Defense officials to NSS Volunteers on the occasion and finally Programme finished with the vote of thanks presented by the Programme officer of the NSS Unit, Prof. Ravinder Kaur.

NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu



M. J. J.

NBS Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:

Name of the activity: "One day civil defense camp"

S.No.	Name	Semester
1.	Malvika Sharma	3rd
2.	Janvi Dhiman	1st
3.	Tanvi Bhagat	3rd
4.	Ritika Rajput	5 th
5.	Neha Sharma	5th
6.	Pallvi Sharma	3rd
7.	Simran Verma	3rd
8.	Tavleen Kour	1st
9.	Vishu Sharma	1st
10.	Nisha Gupta	1st
11	Anvi Rajput	3rd
12	Bhwani Kumari	3rd
13	Chahat Sharma	3rd
14	Deepu Sharma	1st
15	Esha Sharma	1st
16	Falak Khatoon	3rd
17	Gurleen Kour	6th
18	Harshita Sharma	6th
19	Isha Gupta	3rd
20	Janashvi Raina	6th
21	Khushi Rajput	1st
22	Khushboo Gupta	1st
23	Lavanta Devi	3rd
24	Manvi Sharma	6th
25	Payal Devi	3rd
26	Reeta Devi	6th
27	Shriya Bhat	1st
28	Mehak Sharma	6th
29	Shriya Bhat	6th
30	Shruti Gupta	6th
31	Mahi Rajput	3rd
32	Poonam Devi	1st
33	Sheenam Raina	3rd
34	Harsha Jamwal	3rd
35	Varsha Devi	1st
36	Sonam Dolna	1st
37	Tanzin Dolkar	6th
38	Sumandeep Kour	3 rd
39	Amandeep Kour	3rd


Officer
Women

40	Kiran Devi	6th
41	TanuMishra	6th
42	Akshara Sharma	1st
43	RuhaniGupta	1st
44	AkritiGupta	3rd
45	VeenusAkhtar	1st
46	ZamanaBibi	6th
47	Simran Gupta	6th
48	Rashmi Dhar	3rd
49	Veena Devi	3rd
50	SheekhaSharma	1st

SPS
**Principal
Govt. College for Women
Parade Jammu**

M. Singh
**NEP Programme Officer
Govt. College for Women
Parade Ground, Jammu**




Government College for Women, Parade Ground, Jammu
National Service Scheme

Report on the activity: 5 days' workshop on Civil Defense conducted on 28th May 2018 to 1st June 2018 under the scheme Khelo India.

1. **Title of the activity:** Workshop on Civil Defense
2. **Objectives of the activity:**
 - To save the life and to minimize loss of property.
 - To make the students aware about self-defense, to make them understand the importance of life.
 - To prepare the students for nations well-being and security.
3. **Anticipated Outcomes:** Volunteers in this workshop got equipped with proper training how to save life and property in untoward incidents.
4. **Details of the resource person, if any:** Smt. Anita Pawar
5. **List of the participants to be attached:** 35
6. **Report. Attach photographs of the event.** A detailed report of the workshop containing pictures has duly been attached.

Five days Civil Defense workshop was organized in the college premises in collaboration with Civil defense Department under the able guidance of Worthy Principal held on 28th May 2018 to 1st June 2018. The official of the Civil Defense covered both theoretical and practical aspects of the workshop with the objectives how to save the lives, minimize loss of property and to keep the morals of the people high. The throw light on different aspects and functioning of Civil Defense. Proper training was also imparted to Volunteers of NSS Unit by Civil Defense Officials. Earlier, Welcome address was presented by Worthy Principal of the College and workshop ended with vote of thanks presented by Programme Officer of the NSS Unit Prof. Ravinder Kaur.

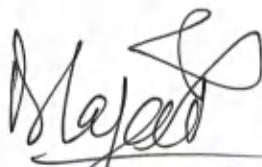

NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu




Dr. Laxmi
NES Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:**Name of the activity: "Civil Defense Five Day worksbop"**

S.No.	Name	Semester
1.	PalviSharma	3rd
2.	VishaliDogra	3rd
3.	MuskanKumari	3rd
4.	Neha Dabgotra	1st
5.	ArushiSharma	1st
6.	TanuVerma	5th
7.	PragiGupta	5th
8.	Bharti Varma	3rd
9.	Bawana Gupta	1st
10.	Shalini Raina	5th
11.	Shivangi Gupta	5th
12.	Bhumika Sharma	3rd
13.	Sona Devi	3rd
14.	SunakshiGupta	1st
15.	AkritiSharma	1st
16.	Avni Chib	3rd
17.	Bani Verma	3rd
18.	CharuSharma	1st
19.	Deepika Sharma	3rd
20.	Esha Choudhary	1st
21.	Fatima Naseen	1st
22.	GunikaSharma	1st
23.	Heena Verma	3rd
24.	IshaGupta	1st
25.	JanviSharma	3rd
26.	Kajal Devi	1st
27.	Lakshmi Devi	3rd
28.	MuskanSharma	1st
29.	Neha Sharma	3rd
30.	Priya Gupta	3rd
31.	Rashmi Dhar	1st
32.	ShriyaBhat	3rd
33.	TanuVerma	1st
34.	VishakaDogra	1st
35.	KashishKoul	3rd


Programme Officer
Govt. College for Women
Parade Ground, Jammu


Principal
Govt. College for Women
Parade Jammu



Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the activity, 'Red Cross mela and fund raising conducted on 5th May 2018 under the Scheme Sankalp Si Siddhi.

- 1. Title of the activity:** "Mela and fund raising "
- 2. Objectives of the activity:**
 - To raise awareness among volunteers regarding the red Cross society and to generate funds for the welfare of the society.
- 3. Anticipated Outcomes:** Volunteers were fully acquainted with red cross society its functioning and how to arise funds for needy people of the society.
- 4. Details of Resource Person. If any:** Not required
- 5. List of the participants to be attached:** 35
- 6. Report: Attach Photographs of the event.** A detailed report of the event containing pictures has duly been attached.


NSS Unit of GCW Parade Ground Jammu, organized a Red Cross Mela in its college premises under the able guidance of respected Principal. The students as well as the faculty took active participation in the mentioned event. The primary aim of this mela was to raise awareness among the general public and fellow students regarding Red Cross Society and to generate funds for the welfare activities of the society. It was further informed that the funds generated would be used for giving financial assistance and treatments of poor patients.


NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:

Name of the Activity: "Red Cross Mela and fund raising"

S. No	Name	Semester
1.	TanuGupta	1st
2.	VantikaGupta	3rd
3.	DiyanshiSharma	5th
4.	DivyakshiSharma	5th
5.	HimagiGupta	5th
6.	Jyoti Kumari	3rd
7.	Manvi loach	3rd
8.	AvneetKour	1st
9.	Rashpreetkour	1st
10.	TaviVerma	5th
11	Anjali Devi	5th
12	Amisha Dhar	5th
13	Bhavya Dogra	5th
14	ChahuSharma	3rd
15	DivyaSharma	5th
16	Diya Mehra	5th
17	Evelyn Sharma	3rd
18	Falak Khatoon	5th
19	GurneetKour	3rd
20	Gauri	3rd
21	HarshiSharma	5th
22	LavantaDevi	5th
23	KashishKoul	3rd
24	Khushi Rajput	5th
25	JanviVerma	3rd
26	QasinVerma	5th
27	VanshikaSharma	3rd
28	TanvishiSharma	5th
29	Jyoti Kumari	3rd
30	Sakshi Sharma	3rd
31	Harsha Jamwal	5th
32	Khushi Rajput	3rd
33	Akshara Jamwal	5th
34	Mehak Sharma	3rd
35	MuskanDogra	5th


N.E.P. Programme Officer
Govt. College for Women
Parade Ground, Jammu


Principal
Govt. College for Women
Parade Jammu




Government College for Women, Parade Ground, Jammu
National Service Scheme

Report of the activity: Swachh Bharat Abhiyan conducted on 1st June 2018 to 07th June 2018.

1. **Title of the activity:** One step towards cleanliness (Cleanness drive).
2. **Objectives of the activity:**
 - To make volunteers aware about defecation, generate awareness about sanitation and its linkage with public health.
 - To create an enabling environment for living etc.
 - To imbibe students the importance of sanitation and cleanliness.
3. **Anticipated outcomes:** To make student aware about the general sanitation about public.
4. **Details of the resource person, if any:** Not required
5. **List of the participants to be attached:** 50
6. **Report. Attach Photographs of the event:** A detailed report of the event containing pictures has duly been attached.


Swachh Bharat Abhiyaan at Chinore village was held from 1st June 2018. The main objective of this activity was to make general public aware about defecation, about sanitation and its linkage with public health. To imbibe in students the importance of sanitation and cleanliness., further helped in creating awareness among the public as well as private sector. The student took initiative to clean the surrounding. They even cleaned the campus and raised the slogan "ONE STEP TOWARDS CLEANLINESS." Proper guidance and support were given by college administration and Programme officers of NSS unit accompanied with the volunteers.



NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

List of Participants:**Name of the activity: "Swachh Bharat Abhiyan At the adopted village of Chinore".**

S. No	Name	Semester
1.	Shruti Verma	1st
2.	Shilpa Verma	3rd
3.	Tanveer Kour	5th
4.	Harshita Verma	5 th
5.	Sonia Agarwal	1st
6.	JanviGupta	3rd
7.	Ishrat Yakuf	3rd
8.	MamtaSharma	5th
9.	Devi Kumari	1st
10.	Devika Sharma	1st
11.	DeepakshiGupta	3rd
12.	Neha Thakur	5th
13.	Sakshi Rajput	5th
14.	Mansi Verma	3rd
15.	Rekha Gupta	3 rd
16.	Asmi Diman	5th
17.	Bhoomika Sharma	5th
18.	CharuGupta	3rd
19.	DivyaMehra	5th
20.	DivyakshiSharma	3rd
21.	Falak Khatoon	5th
22.	Esha Rajput	5th
23.	GunikaSharma	3rd
24.	Harshita Sharma	5th
25.	IshaChoudhary	5th
26.	JaipreetKour	3rd
27.	Kajal Devi	3rd
28.	Lakshmi Devi	3rd
29.	Gurmeet Kour	5th
30.	Mannat	3rd
31.	Mandeep Kour	3rd
32.	PayalSharma	3rd
33.	Neha Rajput	3rd
34.	Nisha Devi	5th
35.	DeepuSharma	3rd
36.	Pooja Saini	5th
37.	Ruchi Saini	3rd
38.	RuhaniSharma	5th
39.	Roshni Mehra	3rd
40.	Bhumi Gupta	5th
41.	AkritiRaina	3rd

42	VishaliSharma	5th
43	VishakaDogra	3rd
44	VeenusAkhter	5th
45	Zaira Bibi	5th
46	ArushiJamwal	3rd
47	AkshiRajput	5th
48	IshuSharma	3rd
49	SamridhiRaina	5th
50	RuhiGupta	


Principal
Govt. College for Women
Parado Jammu


NCC Programme Officer
Govt. College for Women
Parade Ground, Jammu




Government College for Women, Parade Ground, Jammu
National Service Scheme

Report on the activity: "International Yoga Day" on 22nd June 2018 under the Scheme Khelo India.

1. **Title of the activity:** Meditation on Yoga Day.
2. **Objectives of the activity:**
 - To convey the students proper meaning of being healthy.
 - To develop in Volunteers the habit of meditation so that they can enjoy peace of mind.
3. **Anticipated Outcomes:** At the end of the event volunteers got to know about the benefits of Yoga on soul and mind.
4. **Details of the resource person, if any:** Smt. Jyoti Bali
5. **List of the participants to be attached:** 40
6. **Report.** Attach photographs of the event. A detailed report of the event containing pictures has duly been attached.

International Day of Yoga Day was organized at college on 22st June 2018. The objective is to imbibe in volunteers and students the proper meaning of being healthy and to strengthen the global coordination among people through yoga. To make the students aware of physical and mental diseases and its solutions through practicing yoga. To acquaint the students about international yoga day and to make them aware about how to reduce the rate of health challenging diseases. To develop in individual the habit of meditation so that they can enjoy peace of mind. Various meditation ideas were taken to imbibe the main moto of international yoga day among the volunteers and number of yoga exercises were done by the volunteers and faculty members.


Programme Officer
Govt. College for Women
Parade Ground, Jammu




Majeed
N.E Programme Officer
Govt. College for Women
Parade Ground, Jammu


List Of Participants:**Name of the Activity: "International Yoga Day "**

S.No.	Name	Semester
1.	Gauri Kumari	3rd
2.	Shivangi Sharma	1st
3.	GetikaGupta	1st
4.	Monika Sharma	5th
5.	Shruti Gupta	5th
6.	Kanika Sharma	3rd
7	Ashima Raina	3rd
8	Amrita Devi	5th
9	Bhumi Rajput	3rd
10	BhvyaSharma	3rd
11	Charu Devi	5th
12	ChahatSharma	3rd
13	Deepika Sharma	5th
14	DeepakshiSharma	3rd
15	Zahira Khan	5th
16	Juhi Gupta	3rd
17	Khushi Rajput	5th
18	Kajal Devi	3rd
19	Khushi Jamwal	5th
20	JanviDhiman	3rd
21	Khushboo	5th
22	Ayushi Jamwal	3rd
23	Asmi Deewan	3rd
24	KashishKoul	5th
25	GunikaSharma	3rd
26	TanuMihsra	5th
27	Harsha Jamwal	3rd
28	Ruchika Sharma	5th
29	Ruchi Sharma	3rd
30	Meenakshi Rajput	3rd
31	TandeepKour	3rd
32	JyotikaKumari	3rd
33	Neha Dubey	5th
34	RuhaniBhardwaj	5th
35	Roshni Mehra	3rd
36	NavyaVerma	5th
37	Navdeep Kour	3rd
38	Mansi Soi	3rd
39	Mansi Rajput	5th


Programme Officer

40	PallviSharma	3rd
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Principal
Govt. College for Women
Parade Jammu


NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

2016-17



Dr. S P Sarawat
Principal

GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU-180001, J&K.
(Erstwhile Maharani Mahila College)
Autonomous College Affiliated to the University of Jammu
College with Potential for Excellence. 2016
(Estd. 1944)

E-mail: principalgcwparade@gmail.com
Tel.(O): 0191 2511305

Report of the activity :- Yoga day celebrated by NCC wing of the college

Title of the activity :- Yoga day

Date :- 21 June 2016

Objectives of the activity:-

- To strengthen the global coordination amongst people through yoga.
- Improves concentration and leads to a healthier lifestyle.

Anticipated outcomes :- Management of multiple chronic condition including depression, stress etc.

Details of the resource person . If any : NIL


List of the participants to be attached : 150 cadets

1. Divya sharma
2. Pinky
3. Nikita sharma
4. Prachi dutta
5. Vinu
6. Mansi
7. Radha
8. Poonam
9. Manu
10. Ritika
11. Nidhi
12. Taniya
13. Janvi
14. Kashish
15. Saoni
16. Chahat
17. Shivanshi
18. Tanu

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Parade Ground, Jammu


- 19.Vidhi
- 20.Sheetal
- 21.Vishali
- 22.Mansi
- 23.Vidhisha
- 24.Koshal
- 25.Damini
- 26.Shallu
- 27.Meenakshi
- 28.Rajni
- 29.Simi
- 30.Shivani
- 31.Shiksha
- 32.Smiie
- 33.Shiipa
- 34.Swati
- 35.Mamta
- 36.Anuradha
- 37.Sunidhi
- 38.Mamta
- 39.Rabiya
- 40.Radhika
- 41.Krishika
- 42.Kasak
- 43.Varuni
- 44.Ridhima
- 45.Manisha
- 46.Priya
- 47.Akshita
- 48.Ayushi
- 49.Rani
- 50.Samriti
- 51.Khushi
- 52.Bhumika
- 53.Mansi
- 54.Vandita
- 55.Diksha




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Parade Ground, Jammu


56. Shaiika
57. Varsha
58. Harsha
59. Ruhi
60. Gurneet
61. Pooja
62. Mansi
63. Sakshi
64. Priyanka
65. Iqra
66. Shivani
67. Manvi
68. Baby
69. Sonakshi
70. Shivani
71. Shagun
72. Kanchan
73. Sakshi
74. Priya
75. Supriya
76. Suddha
77. Pailvi
78. Vashii
79. Deepaly
80. Anjail
81. Sakshi
82. Roshni
83. Twinkie
84. Yamna
85. Muskan
86. Sonam
87. Pratima
88. Damini
89. Sakshi
90. Simran
91. Sonam
92. Bhavana




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Parade Ground, Jammu

93. Kamini
94. Nisha
95. Sonali
96. Manish
97. Diksha
98. Harsha
99. Kajal
100. Garima
101. Sumit
102. Diksha
103. Sakshi
104. Sonia
105. Kasak
106. Varuni
107. Krishika
108. Khushi
109. Shaiika
110. Vidhi
111. isha
112. Anamika
113. Vidhisha
114. Taniya
115. Aporva
116. Deepkia
117. Swati
118. Saivi
119. Vrinda
120. Mankirat
121. Vanshika
122. Sumedha
123. Ariya
124. Tanu
125. Manu
126. Kanu
127. Sonali
128. Swati
129. Harsha




PRINCIPAL
Govt. College for Women
Parade Ground, Jammu

Report –


International Day of yoga is held in the campus premises on 21st June, 2016. The objective is to imbibe in students the proper meaning of healthier lifestyle and to strengthen the global coordination amongst the people through yoga. To make students aware of physical and mental diseases and its solution through practicing yoga.

To acquaint students about international Yoga Day and to make them aware about how to reduce the rate of health challenging diseases all over the world.

Even number of yoga exercises were done by the NCC Cadets of 2 j&k girls battalion , Jammu from Government College for Women Prade Ground , Jammu .

YOGA DAY




PRINCIPAL
Govt. College for Women
Parade Ground, Jammu



Dr S P Sarswat
Principal

GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU-180001, J&K.
(Erstwhile Maharani Mahila College)
Autonomous College Affiliated to the University of Jammu
College with Potential for Excellence, 2016
(Estd. 1944)

E-mail: principalgcwparade@gmail.com
Tel.(O): 0191 2541305

Report of the activity:- International Youth day

Title of the activity:- international Youth day

Date:- 12 August 2016

Objective of the activity:-


- To raise awareness of challenges faced by the world's youth in the present scenario
- To honour the ideals and thoughts of Swami Vivekananda

Anticipated outcomes:- Youth innovation for human and planetary health.

Details of the resource person. If any: Youth affairs secretary , Sonia Sharma

List of participants to be attached: 40 cadets

1. Meenakshi sharma
2. Jasvinder
3. Kamini
4. Neha
5. Priya kumari
6. Shriya kumari
7. Kajal sharma
8. Kajai sharma
9. Amandeep kour
10. Komal devi
11. Sonia sharma
12. Aruna
13. Shivani
14. Mehak
15. Monika
16. Seema
17. Muskan
18. Kanu


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19. Priya
20. Sarishta
21. Pratibha
22. Manjeet kour
23. Rachna
24. Diksha
25. Ashima
26. Neha
27. Varuni
28. Akshita
29. Preeti
30. Radhika
31. Sanjana
32. Saniya
33. Taniya
34. Krishika
35. Vidhisha
36. Khushi
37. Yashavi
38. Kasak
39. Sumedha
40. Vanshika

REPORT:

On 12 Aug 2016

As a part of National Youth festival from 12 to 16 Jan 2016 NCC cadets of 2 j&k girls battalion , Jammu from Government Coliege for Women Prade Ground , Jammu , more than 40 NCC cadet Participated for the competition to show their active participation. The festivai began on the occasion of National Youth Day on August, 12 to celebrate the birth anniversary of Swami Vivekananda. Youth Affairs secretary Sonia Sharma said that the festivai aims to shape the minds of India's youth and transform them into a united force for nation-building.

National Youth Day on August, 12 to celebrate the birth anniversary of Swami Vivekanand, to shape the minds of India's youth and transform them into a united force for nation-building.




PRINCIPAL

INTERNATIONAL YOUTH DAY



INTERNATIONAL YOUTH DAY PROGRAMME ORGANIZED
BY NCC CADETS OF G.C.W PARARDE .

SPS

PRINCIPAL
Inst. College for Women
Parade Ground, Jammu

Sunil



Dr. S P Sarswat
Principal

GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU-180001, J&K.
(*Erstwhile Maharani Mahila College*)
Autonomous College Affiliated to the University of Jammu
Colloge with Potential for Excellence. 2016
(*Estd 1944*)

E-mail: principalgcwparade@gmail.com
Tel.(O): 0191 2511305

Report on the activity:- Swachh Bharat Abhiyan by NCC cadets

Title of the activity:- Swachh Bharat Abhiyan

Date:- 2 October 2016

Objective of the activity:-


- To reduce open defection
- To promote cleanliness

Anticipated outcomes:- To provide information about the health and hygiene

Details of the resource person. If any: NIL

List of the participants to be attached: 30 cadets

1. Meenakshi sharma
2. Ravinder kour
3. Jasvinder kour
4. Kamini devi
5. Sneha
6. Neha
7. Priya
8. Kajal
9. Priya sharma
10. Kajal kumari
11. Amandeep kour
12. Komal
13. Sonia
14. Aruna
15. Shivani
16. Mehak


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Parade Ground, Jammu



17. Monika
18. Seema
19. Muskan
20. Kanupriya
21. Pratibha
22. Manjeet
23. Rachna
24. Deekshak
25. Ashima
26. Neha
27. Varuni
28. Kasak
29. Krishika
30. Ridhima


Report –

Swachh Bharat Abhiyan was celebrated by the NCC cadets of 2 J&K Bn , NCC from GCW Parade Ground Jammu in the college premises itself. Wide participation by making posters on Swachh Bharat Abhiyan, making people aware about the benefits of healthier and fit life, how to keep surroundings clean , how to reuse the material, how to keep environment healthy and clean and use of dustbins were promoted by cadets.

To eliminate or reduce open defecation. Open defecation is one of the main causes of deaths of thousands of children each year. Not only iatrine construction, the Swachh Bharat Mission will also make an initiative of establishing an accountable mechanism of monitoring iatrine use.

The event was held under the guidance of worthy Principal and ANO Lt SumanLata .




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Govt. College for Women
Parade Ground, Jammu

SWATCH BHARAT ABHIYAN



A handwritten signature in blue ink, located at the bottom left of the page. The signature is stylized and appears to be the name of the principal.

SP
PRINCIPAL
Govt. College for Women
Parade Ground, Jammu



Dr. S P Sarswat
Principal

E-mail: principalgcwparade@gmail.com
Tel.(O): 0191 2541305

Report of the activity:- Beti Bachao Beti Padhao

Title of the activity:- Beti Bachao Beti Padhao

Date :- 22 January 2017

Objective of the activity:-

- To educate citizens against gender bias
- improve efficiency of welfare services for girls

Anticipated outcomes:- To educate girl child from lower backgrounds

Details of the resource person. If any: NIL

List of participants to be attached: 45 cadets

1. Neha devi
2. Meenakshi
3. Simran
4. Ravinder
5. Kamini
6. Neha
7. Priya devi
8. Kajal
9. Bhumika
10. Nidhi
11. Varuni
12. Kasak
13. Krishika
14. Khushi
15. Vidhisha
16. Vidhi
17. Mansi
18. Amandeep kour

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Parade Ground, Jammu

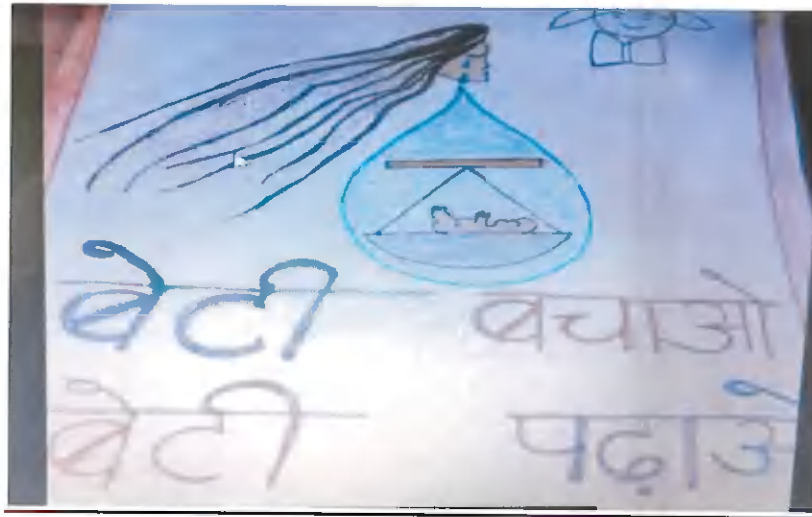
19. Muskan
20. Mehak
21. Komal
22. Monika
23. Anamika
24. Aruna
25. Karuna
26. Seema
27. Mehak
28. Manjeet
29. Diksha
30. Khushboo
31. Amisha
32. Sheetal
33. Happy
34. Pallvi
35. Bhumi
36. Rekha
37. Monika
38. Kajal
39. Shivanshi
40. Radha
41. Anuradha
42. Sunidhi
43. Sumedha
44. Vanshika
45. Sonia

Report –

Ncc Cadets of 2 J&K Girls Bn from Government College for Women, Parade Ground Jammu celebrated Beti Bachao Beti Padhao on 22nd January, 2017 by making posters and by delivering speeches. The aim was to ensure survival and protection of the girl child, encourage education and participation of the girl child . Removing gender discrimination to protect a girl child. To encourage improvement in the number of girls enrolled in schools. To ensure that they realise their potential and increases the opportunities for a better future.



Beti Bachao Beti PADHAO



बेटियाँ फाउण्डेशन
बेटी बचाओ सृष्टि सजाओ
जम्मू-कश्मीर सम्मान समारोह-2016
Venue : 'Abhinav Theatre' Canal Road, Jammu- 150007
Date & Time : (Sunday) 10 April, 2016 At 10.30 AM
मुख्य अतिथि : माननीय श्री कविन्द्र मुष्ता
समापति विधानसभा एवं विधायक गांची नगर, जम्मू-कश्मीर
चरित अतिथि : माननीय श्री दिलबाग सिंह
आईपीएस, एडीजीपी सिक्कीरिटी, जम्मू-कश्मीर
विरोध अतिथि : माननीय श्री वनिता राज
आईपीएस, गांचीनगीरी, जम्मू-कश्मीर
Sponsored By
लाइट ऑफ नेशन
राष्ट्रीय हिन्दी मासिक पत्रिका

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PRINCIPAL

Pictorial Report

AIDS AWARENESS RALLY ON WORLD AIDS DAY 2016 BY NSS UNIT OF G.C.W. PARADE.



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Jnt. College for Women,
Dwade Ground, Jammu




Government College for Women, Parade Ground, Jammu

National Service Scheme

Report of the activity, 'Effects of Deforestation', conducted on 21st of March 2016 under the Scheme Green India, Clean India.

- 1. Title of the activity:** Poster making competition on the topic, Effects of Deforestation.
- 2. Objectives of the activity:**
 - To raise awareness of the importance of all types of forests.
 - To strengthen the sustainable management, conservation and sustainable development of all types of forests for the benefit of current and future generations.
 - To disseminate the hazards of deforestation.
- 3. Anticipated Outcomes:** The student at the end of the event got fully aware about the hazardous effects of deforestation and how to save our green wealth for future generations.
- 4. Details of Resonrce Person. If any:** Not Required.
- 5. List of thc participants to hc attached:** 30.
- 6. Report: Attach Photographs of the event:** A detailed report containing pictures of the event has duly been attached.

NSS Unit of Govt. College for Women Parade Ground Jammu conducted a poster Making competition on Deforestation. The event was inaugurated by, Dr. Renu Goswamy, Principal of the college. In her inaugural address she acquainted the volunteers with the issues of deforestation and how it's rapid increase is affecting our ecosystem. She also emphasized on adapting sustainable development as a preventive measure against deforestation. Dr. Ravinder Kour, (NSS Programme Officer), highlighted the objectives of the event and also stressed on planting more trees in our homes and localities. The participants also, portrayed strong messages through their posters and also led a rally from Parade to Kaechi Chawani, to encourage people about the positive effects of afforestation. The event concluded with a formal vote of thanks by Dr. Ravinder Kour. Radhika Gupta, Priya Sharma and Nidhi Thakur, won the first, second and third prizes respectively.


NSS Programme Officer
of Women



M. S. Jeyaraj

NSD Programme Officer
Govt. College for Women
Fazalpur Ground, Jorhat

List of Participants:

Name of the Activity: Poster Making Competition on the Topic "Effects of Deforestation".

S. No.	Name	Semester	Total Marks Obtained (Out of 20)
1.	Radhika Gupta	3 rd	20
2.	Priya Sharma	3 rd	19
3.	Nidhi Thakur	3 rd	18.5
4.	Jiya Manhas	1 st	17
5.	Shivani Dogra	1 st	17
6.	Ridhima Jamwal	1 st	18
7.	Himani Sudan	1 st	16
8.	Prajwal Singhania	5 th	15
9.	Meenakshi Devi	5 th	16
10.	Pushpa Bhagat	5 th	17
11.	Rani Devi	5 th	16
12.	Priya Gupta	1 st	17
13.	Tejasvi Verma	5 th	18
14.	Tanu Mishra	5 th	12
15.	Yogita Raina	5 th	15
16.	Tanvi Gupta	1 st	11
17.	Shriya Sharma	1 st	15
18.	Manvi Sharma	5 th	17
19.	Suhani gupta	5 th	16
20.	Tahima Khan	1 st	10
21.	Veenu	1 st	14
22.	Radhika Gupta	5 th	13
23.	Purvi Sharma	3 rd	14
24.	Shruti Gupta	3 rd	15
25.	Simran Raina	3 rd	14
26.	Asmi Dewan	1 st	15
27.	Ayat Fatima khan	1 st	15
28.	Meena Verma	5 th	14
29.	Jyoti Kumari	5 th	14
30.	Meenal	5 th	13

Signature of Jury Members.

1. 
2. 
3. 



NSS Programme Officer
Govt. College for Women



Principal
Govt. College for Women



Government College for Women, Parade Ground, Jammu

National Service Scheme

Report of the activity: Seminar on Water and Jobs conducted on 22nd of March, 2016 Under the scheme Swachh Bharat Abhiyan.

- 1. Title of the activity:** Seminar on Water and Jobs.
- 2. Objectives of the activity:**
 - To focus on the importance of freshwater and advocating for the sustainable management of freshwater resources.
 - The focus on supply and securing of clean and sufficient drinking water for the population.
 - Securing of access to sanitation, improvement and restoration of soil quality and thus raising productivity rates.
- 3. Anticipated outcomes:** The volunteers to know about sustainability of water use, build climate resilience and strengthen integrated management and how it helps to human kind for economic prosperity.
- 4. Details of the resource person. If any:** Nil
- 5. List of the participants to be attached:** 40.
- 6. Report. Attach Photographs of the event:** A detailed report containing pictures of the event has duly been attached.

NSS Unit of Govt. College for Women Parade, Ground Jammu conducted a seminar on 22nd of March 2016 (Water and Jobs). The event started with formal welcome address presented by the NSS Programme officer, Dr. Ravinder Kour welcoming all the participants and faculty members. The primary aim of the seminar was to increase awareness among the students of the importance of water and to imbibe the idea of water being an engine for economic growth in their minds. In conformity with their given theme, the participants spoke on how nearly all jobs are related to water and those that ensure its safe delivery. They also pointed out, that today millions of people who work in water are often not recognized or even protected by basic labour rights. They stressed on the power that water and jobs have to transform people's life. With this, Dr. Ravinder Kour, thanked all the participants and faculty members.


Programme Officer





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NSG Programme Officer
Dept. of Social Work for Women
Jammu

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List of Participants:

Name of the Activity: Seminar on Water and Jobs.

S. No.	Name	Semester
1.	Madhu Devi	1 st
2.	Vishali Bangotra	1 st
3.	Shivani Manhas	1 st
4.	Pushpa Devi	1 st
5.	Radhika Gupta	3 rd
6.	Shivani Devi	3 rd
7.	Isha Slathia	3 rd
8.	Janvi Sharma	3 rd
9.	Mridul Vrich	3 rd
10.	Ishani Gupta	3 rd
11.	Sunita Devi	3 rd
12.	Paramjeet Kour	3 rd
13.	Rabiya Khan	5 th
14.	Sumaira Qureshi	5 th
15.	Janvi Mantoo	5 th
16.	Madhu Laxmi	5 th
17.	Nirpekhta Mishra	5 th
18.	Chetanya Raizada	5 th
19.	Simran Chib	5 th
20.	Kritika Wazir	5 th
21.	Kajal Devi	3 rd
22.	Tanvi Gupta	5 th
23.	Mrinalini Rajput	3 rd
24.	Garima Khanna	3 rd
25.	Stanzin Dolma	3 rd
26.	Tanvi Dhar	5 th
27.	Akriti Sharma	5 th
28.	Ankita Sharma	3 rd
29.	Mansi Gupta	3 rd
30.	Riya Verma	5 th
31.	Divya Gupta	1 st
32.	Vaibhavi Raina	1 st
33.	Yashika Raina	1 st
34.	Janvi Rajput	1 st
35.	Kritika Verma	5 th
36.	Ritika Razdan	5 th
37.	Shriya Bhat	3 rd
38.	Neha Dalgotra	3 rd
39.	Bhumika Gupta	5 th
40.	Ridhima	5 th



Principal
Govt. College for Women



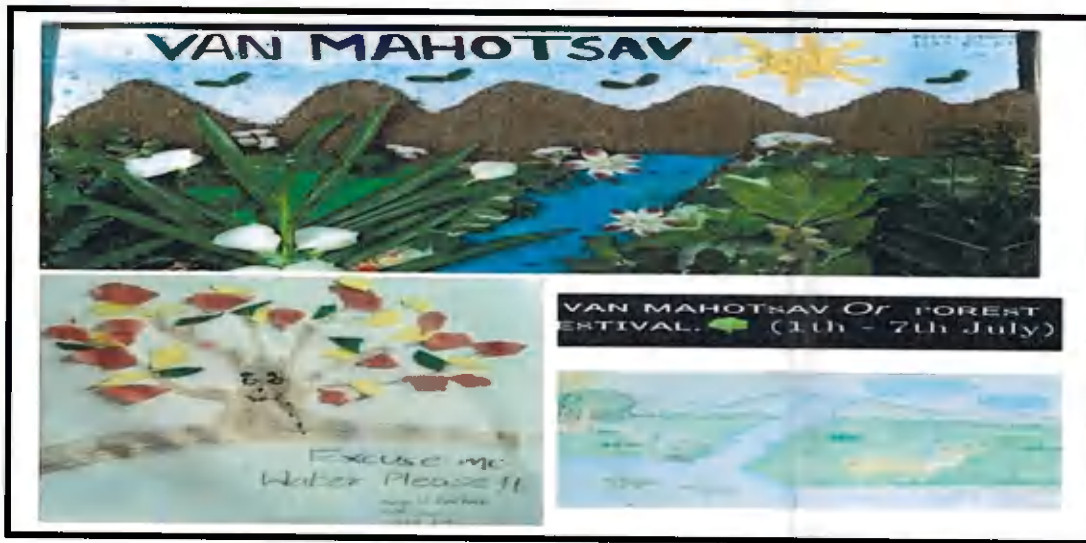
Government College for Women, Parade Ground, Jammu

National Service Scheme

Report on the activity: Go wild for life (World environment Day), conducted on 5th of June, 2016 under the Scheme Swachh Bharat Abhiyan.

- 1. Title of the activity:** Poster making competition on the topic, "Go wild for life".
- 2. Objectives of the activity:**
 - To commemorate World Environment Day and to spread awareness about the threat to the environment due to rising pollution levels, and climate change.
 - To focus on the role of nature in providing the essential infrastructure that supports life on Earth and human development.
- 3. Anticipated outcomes:** The participants got fully aware about the hazardous things which pollute our environment and how we can mitigate it.
- 4. Details of the resource person. If any:** Not Required.
- 5. List of the participants to be attached:** 35
- 6. Report. Attach photographs of the event:** A detailed report containing pictures of the event has duly been attached.

NSS Unit of Govt. College for Women, Parade Ground Jammu conducted a poster making Competition on Go wild for life. The event was inaugurated by, Dr. Renu Goswami, Principal of the college. In her inaugural address she stressed upon the growing need to strive and change our everyday lives to reduce the heavy burden of plastic pollution. The event confronted topics such as carbon neutrality, reducing greenhouse effect and focusing on forest development etc. The aim was to develop a platform to raise awareness on the problems facing our environment such as air pollution, plastic pollution, illegal wildlife trade, sustainable consumption, sea-level increase, and food security, among others. The participants through their posters, covered issues marine pollution, global warming, sustainable consumption and wildlife crime. The event ended with Akansha Mahajan, acquiring first position in the competition, with Sunita Devi and Mridul Vrich coming up as the runner ups for the event.



Shyeta

NSD, Jammu
 State Institute for Women
 Gandhi Ground, Jammu

Shyeta



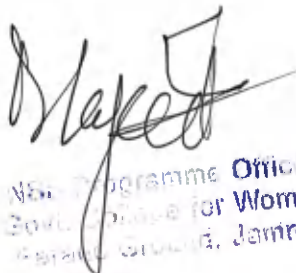
Government College for Women, Parade Ground, Jammu

National Service Scheme

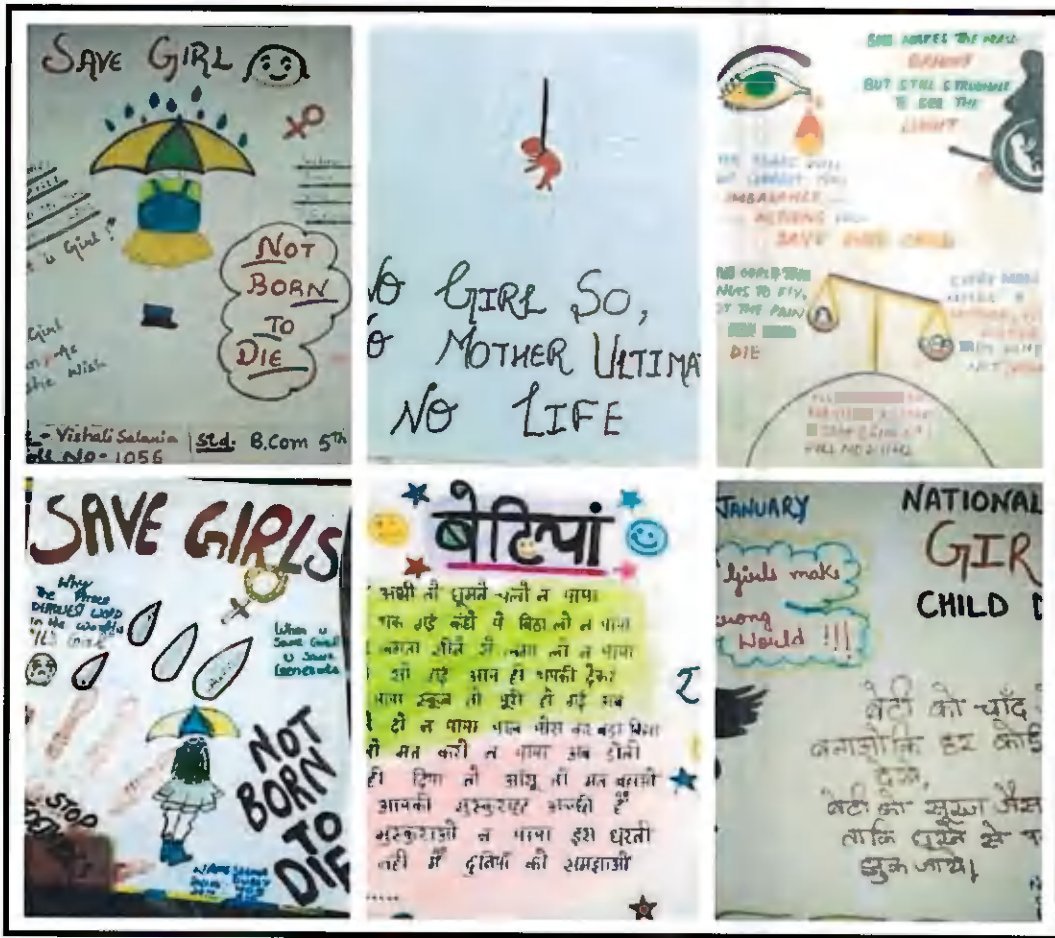
Report on the activity: Investing in Teenage Girls conducted on 11th of July 2016 conducted on Beti Bachao, Beti Padhao.

- 1. Title of the Activity:** Slogan making activity on the topic "Investing in teenage girls.
- 2. Objectives of the activity:**
 - To focus awareness on the urgency and importance of population issues.
 - To empower girls to make informed choices about their health and lives.
 -
- 3. Anticipated Outcomes:** At the end of the competition volunteers got fully aware about the various population issues such as the importance of family planning, gender equality, poverty and maternal health.
- 4. Details of the resource person. If any:** Not required
- 5. List of the participants to be attached:** 25
- 6. Report. Attach photographs of the event.** A detailed report containing pictures of the event has duly been attached.

The event started with formal welcome address presented by the NSS program officer, Dr. Ravinder Kour welcoming all the participants and faculty members. The main objective of the competition was to raise awareness of global population issues. It aims at increasing people's awareness on various population issues such as the importance of family planning, gender equality, poverty and maternal health. The participants after taking participation in slogan making also led a rally from Parade Ground to Kachhi Chawni with a message to educate girl child. They put emphasis on the fact that when teenage girls were empowered and are given the tools to succeed, they become agents of positive change in their communities. The event concluded with a vote of thanks formally presented by NSS Program Officer, Dr. Ravinder Kour.


NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu





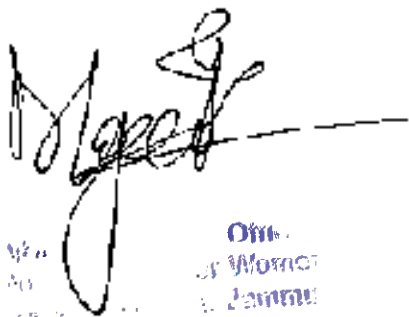
Signature
 Officer
 for Women
 Jammu


SPS

List of Participants:

Name of the Activity: Investing Teen Age Girls.

S. No.	Name	Semester
1.	Radhika Gupta	5 th
2.	Priya Sharma	5 th
3.	Nidhi Thakur	5 th
4.	Priyanka manhas	5 th
5.	Nisha Devi	5 th
6.	Pinki Devi	5 th
7.	Sneha Mehra	5 th
8.	Muskan Langeh	5 th
9.	Vishakha Mahajan	5 th
10.	Shivani Devi	5 th
11.	Isha Slathia	5 th
12.	Janvi Verma	5 th
13.	Mridul Vrieh	5 th
14.	Ishani Gupta	5 th
15.	Paramjeet Kour	5 th
16.	Radhika Gupta	5 th
17.	Shivani Manhas	3 rd
18.	Madhu Devi	3 rd
19.	Vaishali Devi	3 rd
20.	Pushpa Devi	3 rd
21.	Radhika Sharma	3 rd
22.	Smaira Khan	3 rd
23.	Naina Jamwal	1 st
24.	Vanshika Rajput	1 st
25.	Kashish Sharma	1 st


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Goyt. College for Women
Parade Jammu


Principal
Goyt. College for Women
Parade Jammu



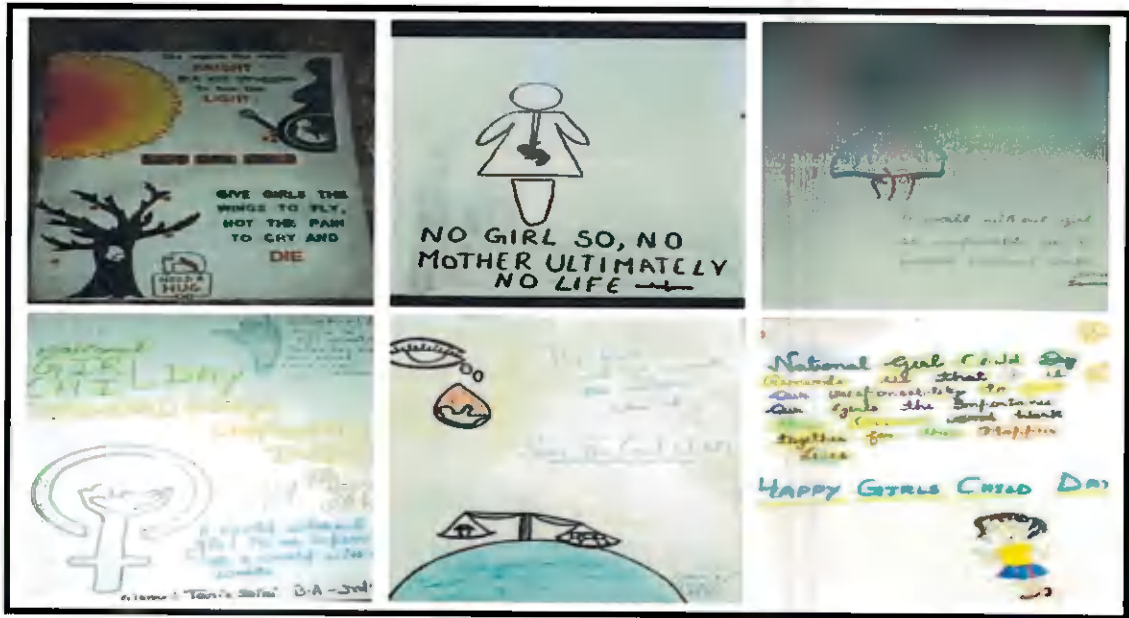
Government College for Women, Parade Ground, Jammu

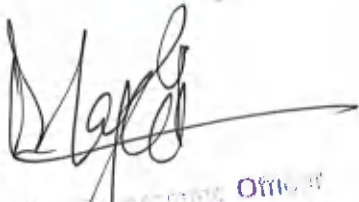
National Service Scheme

Report on the activity: Skill India under the scheme Beti Bachao, Beti Padhao conducted on 26th of January, 2017.

- 1. Title of the activity:** Poster making competition on the topic, Skill India.
- 2. Objectives of the activity:**
 - To commemorate Republic Day and to focus on the development of talent within the country and improve the overall scope and space for underdeveloped sectors.
 - To educate students against gender bias and improve efficacy of welfare services for girls
 - To promote women empowerment.
- 3. Anticipated Outcomes:** Volunteers got awareness about gender bias and to prevent sex selective elimination. To put emphasis on improving the employability level of the youth to increase their employment and entrepreneurship skills.
- 4. Details of the resource person. If any:** Not Required.
- 5. List of the participants to be attached:** 20.
- 6. Report. Attach photographs of the event:** A detailed report containing pictures of the event has duly been attached.

The event started with a formal welcome address presented by NSS program officer, Dr. Ravinder Kour. The themes of the event was Skill India. A total of 25 volunteers, participated in the said event with an audience of more than 100 students. The main aim of the event was to imbibe creativity and a sense of unity in the volunteers. The event emphasis on Skill India Mission which offers support, training, and guidance for all traditional types of employment like cobblers, weavers, welders, masons, blacksmiths, nurses, etc. The participants beautifully illustrated and highlighted the given themes and portrayed a strong message of providing the girl child with education and enabling her participation in make in India. The event ended with the announcement of the winners of the competition and a vote of thanks was formally presented by Dr. Sapna Sharma, NSS Programme Officer. Priyanka Manhas, won the first position, with Sneha Mehra and Vishakha Mahajan coming as the runner ups of the competition.




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 National Girl Child Day
 Office for Women
 Jammu


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List of Participants:

Name of the Activity: Skili India.

S No.	Name	Semester
1.	Priyanka manhas	5 th
2.	Sneha mehra	5 th
3.	Vishakha Mahajan	5 th
4.	Isha Slathia	5 th
5.	Madhu Devi	3 rd
6.	Vaishali Devi	3 rd
7.	Radhika Sharma	3 rd
8.	Smaira Khan	3 rd
9.	Tania Mahajan	1 st
10.	Vanshika rajput	1 st
11.	Kashish Sharma	1 st
12.	Anamika dogra	1 st
13.	Pooja Devi	1 st
14.	Tanu Verma	3 rd
15.	Tejasvi Dhar	3 rd
16.	Mansi Rajput	5 th
17.	Vishaka Verma	5 th
18.	Sneha Dogra	3 rd
19.	Tanvi Raina	3 rd
20.	Tanvu Mishra	5 th
21.	Shivani Devi	5 th
22.	Isha Slathia	5 th
23.	Janvi Verma	5 th



24.	Mridul Vrich	5 th
25.	Ishani Gupta	5 th
26.	Paramjeet Kour	5 th
27.	Radhika Gupta	5 th
28.	Shivani Manhas	3 rd
29.	Madhu Devi	3 rd
30.	Vaishali Devi	3 rd
31.	Pushpa Devi	3 rd
32.	Radhika Sharma	3 rd
33.	Smaira Khan	3 rd
34.	Naina Jamwal	1 st
35.	Vanshika Rajput	1 st

Signature of Jury Members

1.

2.

NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu

Principal
Govt. College for Women
Parade Jammu



Government College for Women, Parade Ground, Jammu

National Service Scheme

Report on the activity: Poetry and Speech Competition on Women in the Changing World of Work 50-50 by 2030 conducted on 8th of March, 2017 under the Scheme Beti Bachao, Beti Padhao.


1. **Title of the activity:** Poetry and Speech on Women in the Changing World of Work 50-50 by 2030.
2. **Objectives of the activity:**
 - To celebrate International Women's Day and to raise awareness about gender equality in all spheres of life.
 - To further promote and raise awareness of women's rights and to achieve equal opportunity status in all walks of life.
 - To celebrate the social, economic, cultural and political achievements of women, but also to mark a call to action for accelerating gender parity.
3. **Anticipated Outcome:** Students at the end of the competition got to know to have a voice and be equal players in decision-making related to climate change and sustainability is essential for sustainable development and greater gender equality.
4. **Details of the resource person. If any:** Not required.
5. **List of the participants to be attached:** 35.
6. **Report. Attach photographs of the event:** A detailed report containing pictures of the event has duly been attached.

The event was inaugurated by Dr. Aruna Dubey, Principal of the college. In her Inaugural address she emphasized on "Gender equality today for a sustainable tomorrow." Dr. Ravinder Kour, NSS Programme Officer, formally presented the introductory speech for the event. The Objective of the event was to raise awareness about the Gender Equality in all spheres of life. The event consists of activities such as dance items, singing competitions, poetry session and speeches confronting prevalent topics like, Girl Education, Women Rights etc. A total number of 30 students participated in the event with more than 100 students

NSS Programme Officer
Government College for Women

attending as audience. The event ended with a formal vote of thanks addressed by Dr. Ravinder Kour.



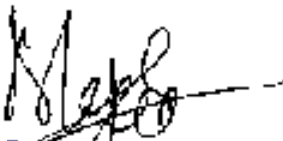

NS& Programme Officer
Govt. College for Women
Jammu



List of Participants:

Name of the Activity:- Seminar in World environment day.

S no.	Name	Semester
1.	Radhika Gupta	5 th
2.	Nidhi thakur	5 th
3.	Mridul vrich	5 th
4.	Janvi verma	5 th
5.	Priyanka manhas	5 th
6.	Nisha Devi	5 th
7.	Vishakha Mahajan	5 th
8.	Shivani Devi	5 th
9.	Sneba Mehra	5 th
10.	Muskan Langeh	3 rd
11.	Paramjeet Kour	3 rd
12.	Shivani Manhas	3 rd
13.	Madhu Devi	3 rd
14.	Radhika Sharma	3 rd
15.	Smaira Khan	3 rd
16.	Madhu Devi	3 rd
17.	Vaishali Devi	1 st
18.	Naina Jamwal	1 st
19.	Kashish Sharma	1 st
20.	Vanshika Sharma	1 st
21.	Vanshika Rajput	1 st
22.	Tania Mahajan	1 st
23.	Pihu Manhas	1 st
24.	Naina Devi	1 st
25.	Tamanna Dogra	1 st
26.	Shivalli rajput	1 st
27.	Ria Attri	1 st
28.	Pooja Devi	1 st
29.	Shivani Sharma	1 st
30.	Anamika Dogra	1 st
31.	Anvi Chib	3 rd
32.	Khushi Verma	3 rd
33.	Mansi Sharma	3 rd
34.	Ishu Gupta	3 rd
35.	Reeta Devi	3 rd
36.	Radhika Sharma	3 rd
37.	Smaira Khan	3 rd
38.	Tania Mahajan	1 st
39.	Vanshika rajput	1 st
40.	Kashish Sharma	1 st



Principal



Government College for Women, Parade Ground, Jammu

National Service Scheme

Report on the activity: A seminar on Connecting People to Nature, conducted on 5th of June, 2017 Under the Scheme Swachh Bharat Abhiyan.

1. **Title of the activity:** A seminar on Connecting People to Nature Go Green.
2. **Objectives of the activity:**
 - To appreciate the beauty of nature and its importance.
 - To take forward the call to protect the Earth, that we share.
 - To highlight the importance of natural systems, and clean environment to humanity.
 - To discuss various issues of the environment and come up with steps to save the planet and handle global warming and climate change.
3. **Anticipated Outcomes:** Volunteers and Participants got awareness about forests and wider issues of environmental protection.
4. **Details of the resource person. If any:** Not Required.
5. **List of the participants to be attached:** 25
6. **Report. Attach photographs of the event:** A detailed report containing pictures of the event has duly been attached.

The NSS Unit of the college organized a seminar on World Environment Day on 5th June 2017, under the theme, "Connecting people to Nature". The event started with a welcome address by Dr. Ravinder Kour, NSS program officer. This year's theme highlighted the importance of natural systems and a clean environment to humanity and encouraged people to appreciate those benefits "first-hand", including the "beauty and diversity of the natural world that surrounds and sustains us". Six volunteers participated in the seminar with an audience of 100 students. All the speakers, emphasized on encouraging worldwide awareness and action to protect our environment. A rally was also taken out. The event ended with a formal vote of thanks, presented by Dr. Ravinder Kour.

NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu



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NSS Programme Officer
Govt. College for Women

List of Participants:

Name of the Activity: Connecting People to Nature Go Green.

S. No.	Name	Semester
1.	Archana Devi	1 st
2.	Shivani Manhas	1 st
3.	Madhu Devi	1 st
4.	Pushpa Devi	1 st
5.	Abhilasha Gupta	3 rd
6.	Simranjeet Kour	3 rd
7.	Neha Mahajan	3 rd
8.	Janvi Sharma	3 rd
9.	Raghvi Sharma	3 rd
10.	Mridul Vrich	3 rd
11.	Priyanka Manhas	3 rd
12.	Sneha Mehra	3 rd
13.	Nisha Kumari	3 rd
14.	Pinki Devi	3 rd
15.	Amaira Khan	3 rd
16.	Amanpreet Kour	3 rd
17.	Simran Chib	5 th
18.	Madhu Laxmi	5 th
19.	Suneyna Jamwal	5 th
20.	Arundhati Roy	5 th
21.	Lavanya Kashyap	5 th
22.	Ritiya Kumari	5 th
23.	Muskan Sharma	5 th
24.	Tanvi Sharma	3 rd
25.	Tanu Mishra	1 st
26.	Riya Sharma	1 st
27.	Rhydhm Sai	
28.	Jeevika Sharna	
29.	Kusum Thakur	
30.	Meena Devi	
31.	Radhika Gupta	5 th
32.	Nidhi thakur	5 th
33.	Mridul vrich	5 th
34.	Janvi verma	5 th
35.	Priyanka manhas	5 th
36.	Nisha Devi	5 th




NSS Programme Officer



Principal

37	Vishakha Mahajan	5 th
38.	Shivani Devi	5 th
39.	Sneha Mehra	5 th
40.	Muskan Langeh	3 rd
41	Paramjeet Kour	3 rd
42.	Shivani Manhas	3 rd
43	Madhu Devi	3 rd
44.	Radhika Sharma	3 rd
45.	Smaira Khan	3 rd
46.	Madhu Devi	3 rd
47.	Vaishali Devi	1 st
48.	Naina Jamwal	1 st
49.	Kashish Sharma	1 st
50.	Vanshika Sharma	1 st



NSS Programme Officer
Govt. College for Women
Parade Ground, Jammu



Principal
Govt. College for Women
Parade Jammu

Pictorial Report

Globalathon Walk to end Women's Cancer 2017

About 100 NSS volunteers, along with 100 regular students and presidium under the supervision of NSS programme officers participated in Globalathon Walk to create awareness about Women's cancer.



S.P.S.
PRINCIPAL
Govt. College for Women
Parade Ground, Jammu