



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

(Erstwhile Maharani Mahila College)

Autonomous college affiliated to the University of Jammu

(Estd. 1944)

1. NSS Special Winter Camp



Date: 27-01-2021 to 05-01-2022

Number of Participants: 51

Report: NSS Units GCW Parade Jammu organized a ten day special winter camp on December 27th 2021-5th January 2022. In this 10 day Special Winter Camp, various activities were organized for different purposes including raising awareness among people in which volunteers confronted issues such as nutrition, child marriage, Swachhta Abhiyan and the COVID related awareness with general public. They also premises and launched activities that enhanced creative skills and raised their general awareness/knowledge of their surroundings.

NSS Programme Officer: Dr Gurpreet Kour

2. World Hindi Day



Date: 10-01-2022

Number of participants: 73

Report: Nss Units of GCW Parade Ground Jammu organized Poster Making Competition to commemorate World Hindi Day. Around 70+ volunteers participated in the said event where they delivered the message on their lingual heritage of Hindi language via posters.

NSS Programme Officer: Dr. Gurpreet Kour

3. National Youth Day

Date: 12-01-2022



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Number of Participants: 64

Report: on the auspicious day of National Youth Day , NSS Volunteers participated in an online interactive session where they discussed the ideologies of Swami 3ji. Some of the volunteers also, recreated their iconic speech of Swami Vivekananda at Chicago in 1983. NSS Programme Officer: Dr Gurpreet Kour

4. Indian Army Day

Date:15-01-2022



Number of Participants:81

Report:NSS Volunteers commemorated Indian Army Day on January 15,2022 through a couple of activities including poster making competition,power point presentations and promotional videos

NSS Programme Officer: Dr. Gurpreet Kour

5. Netaji Subhash Chandra Bose Jayanti

Date: 23rd of January 2022



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Number of Participants: 75

Report: NSS Unit of GCW Parade under the aegis of Azadi Ka Amrit Mahotsav organized poster/slogan making and video making activity on the life of Netaji Subhash Chandra Bose on 23rd of January 2022 commemorating the occasion of Netaji Subhash Chandra Bose Jayanti. NSS Programme officer: Dr Gurpreet Kour

6. National Girl Child Day

Date: 24th of January 2022



Number of Participants: 80+

Report : An online program where more than 300 students showed their active participation. The event encompasses activities such as poster making, essay writing and



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making awareness videos. Also the volunteers and the student body of the college participated in the social media campaign "Selfie with daughter".

NSS Programme office: Dr. Gurpreet Kour

7. National Voters Day

Date: 25th January 2022

NATIONAL VOTERS DAY



Number of Participants: 57

Report: NSS Volunteers of GCW Parade commemorated National Voter's Day on January 25th, 2022.

A skit was performed and the main idea of the skit was to encourage people to take active participation in voting procedure.

NSS Programme Officer :Dr Gurpreet Kour

8. Republic Day

Date: 26th of January 2022



Number of Participants:83



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Report: NSS Unit of GCW Parade commemorated 73rd Republic Day through a series of online events including Poster making competition character portrayal of freedom fighters
NSS Programme Officer: Dr Gurpreet Kour

9. World's Wetlands Day

Date: 2nd February 2022



No of participants: 117

Report: Activities such as Essay writing, Plantation drives, and awareness programme via poster and slogan making activity were organized on the World's Wetlands Day. NSS Volunteers also showed a Short Documentary film on How plastic is destroying our Wetlands.

NSS Programme Officer: Dr Gurpreet Kour

10. World Cancer Day

Date: 4th February 2022



No of participants: 50+

Report: NSS Volunteers shared Awareness Programme / promotional videos on World Cancer Day where they raised awareness of the cancer disease and encouraged its prevention, detection and treatment.

NSS Programme Officer: Dr Gurpreet Kour

11. District Youth Parliament

Date: 17th and 19th February 2022



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No of participants: 100+

Report:GCW Parade Ground Jammu in collaboration with Nehru Yuva Kendra Sangathan and under the aegis of Azadi ka Amrit Mahotsav hosted Virtual District (Jammu) Youth Festival on February 17th,2022. It's objective is to strengthen the roots of democracy, inculcate healthy habits of discipline, tolerance of the view of others and to enable the student community to know about practices and procedures of the parliament was felicitated via online mode of conduction,on the social media platform of Cisco WebEx meeting app,where NSS volunteers and the student body of all colleges of District Jammu and Samba showed their upmost participation.

NSS Programme officer : Dr Gurpreet Kour , Dr Mohd Majeed and Dr. Parvaiz Ahmed

12. Interactive Session on “ Blood Transfusion “

Date: 26th of January 2022



No of participants: 50

Report:NSS Units of GCW Parade Ground Jammu in collaboration with Department of Zoology of the college, organised an interactive session on ‘Blood Transfusion ‘ commemorating “National Science Week”. The aim of the session was to imbibe moral values related to blood transfusion to young aspirants and the science behind it.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

13. Special Winter Camp

Date: 7th of March 2022 to 12th of March 2022



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No of participants: 35

Report: NSS Unit of GCW Parade Ground Jammu, organised a week long camp in the month of March where 35 students of semester 3rd and semester 1st showed their participation. The camp includes various cleanliness drives, awareness programmes, self defence training, guest lectures and poetry competitions respectively.

NSS programme officer: Dr. Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

14. Shaheedi Diwas

Date: 24rd of March 2022



No of participants: 100

Report: March 23 every year is observed as Shaheed Diwas to mark the death anniversary of Indian freedom fighters Bhagat Singh, Shivaram Rajguru and Sukhdev Thapar.

NSS Unit of GCW Parade Ground Jammu, paid their tributes in remembrance of the brave souls of Shaheed Bhagat Singh, Shivram Rajguru and Sukhdev Thapar ji on their death anniversary (Shaheedi Diwas) on 23rd March 2022.

15. District Level Wall Climbing Competition

Date: 12th and 13th of February 2022



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No of participants:15

Report: NSS Volunteers of GCW Parade Ground Jammu, participated in District level Wall Climbing Competition at ICSE School, (Bantalab, Jammu).

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

16. Pariksha Pe Charcha

Date: 1st of April 2022



No of participant: 25

Report: NSS Units of GCW Parade Ground Jammu, attended Pariksha Pe Charcha, an online Interactive session at Raj Bhavan, Jammu. NSS Volunteers of various colleges of District Jammu, interacted with the honourable Prime minister of India, Sh. Narendra Modi.

NSS Programme Officer: Dr. Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

17. Distribution of Free Nutrition Kits under Poshan Pakhwada

Date: 5th of April 2022



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No of participants: 17

Report:NSS Units of GCW Parade Ground Jammu, distributed free Nutrition kita in the adopted village of Chinore under Poshan Pakhwada on April 5th,2022. This includes preparation of nutrition kits consisting of Flour,Rice,Chickpeas,salt and pulses, interaction with village people, awareness drives.

NSS Programme Officer: Dr Mohd Majeed

18. Navratri Fest

Date:6th April 2022



No of participants: 20

Report:NSS Unit of GCW Parade Ground Jammu in collaboration with Department of Dogri organized a "Navratri Fest' on April 6th, 2022.Activities such as Shlok Recitation,Garbha and Navdurga Darshan were part of the event.

NSS Programme Officer:Dr Gurpreet Kour Dr.Mohd Majeed and Dr Parvaiz Ahmed

19. Cleanliness Drive at Halki Paudi

Date: 9th and 10th April 2022



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No of participants: 50

Report: NSS Unit of GCW Parade Ground Jammu led a two day cleanliness drive at Harki Paudi (Bikram Chowk) Jammu, in collaboration with Pollution Control Committee (J&K).

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

20. Plantation Drive

Date: 22nd to 24th April 2022



No of participants: 30

Report: To commemorate the occasion of World Earth Day, NSS volunteers of GCW Parade Ground, Jammu led a Three – day , Plantation Drive from 22nd of April to 24th of April, 2022 wherein they planted more than 100 saplings in their respective localities.

NSS Programme Officer: Dr. Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

21. Ayushman Bharat Diwas

Date: 30th April 2022



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No of participants: 17

Report:NSS Volunteers shared informative videos/skit on the occasion of Ayushman Bharat Diwas to spread awareness about the Ayushman Bharat Yojna launched in September 2018 which aims to provide free access to health insurance coverage for low income earners in the country.

NSS Programme Officer:Dr. Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

22. Gatka Championship 2022



Date: 7th of March 2022

No of participants: 07

Report:our Volunteers, Nishtha Kour, Amulya Singh, Tarandeep Kour, Alka Sharma Bhumika Sharma, Tanveer Kour, for their well deserved success! Once again, you all have made us proud.

NSS Programme Officer: Dr Gurpreet Kour,Dr Mohd Majeed and Dr Parvaiz Ahmed

23. World Red Cross Day



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Date:8th of March 2022



No of participants:100

Report:NSS Volunteers commemorated World Red Cross Day via Poster and Slogan Making competitions.

NSS Programme Officer: Dr Gurpreet Kour

24. Debate Competition in collaboration with Civil Defence

Date:9th of March 2022



No of participants:30

Report:Under the supervision of the revered Principal of the college, Dr. S.P Sarswat, and guidance of worthy NSS Program Officers, Dr. Mohd. Majeed, Dr. Gurpreet Kour and Dr. Pervaiz Ahmed, NSS Units of GCW Parade Ground Jammu, in collaboration with Civil Defence, organised a debate competition on the topic, "Awareness among masses particularly for care and preservation of water bodies and national treasures" on 9th of May, 2022. Commandant General, HG/CD, and SDRF J&K, Hemant Kumar Lohia (IPS), graced the



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event with his presence as the Chief Guest. Prof. Vijay Laxmi (ex Principal of the College), Prof. Raj Jamwal and Prof. Mamta Sharma, acted as jury members of the debate.
NSS Programme Officer: Dr Gurpreet Kour , Dr Mohd Majeed and Dr Parvaiz Ahmed

25. Camal Campaign – Orientation Program

Date:21st of May 2022



No of participants:50

Report: NSS Unit of GCW Parade Ground, Jammu, in collaboration with Pratham (an organisation that has been working in education all over India for over 25 years) participated in the Camal Campaign, The aim of this campaign was to recruit young volunteers, in each block who can help the economically weak children in their community. An Orientation Program has been organised in the college premises to intimate volunteers about this campaign and to give them basic training on how to lead this summer camp. NSS Volunteers showed active participation as a total strength of 50 volunteers registered for this campaign.
NSS Programme Officer: Dr Gurpreet Kour

26. One day Yoga Workshop and Medical Camp in collaboration with Ayush

Date:24th May 2022





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No of participants:50

Report: An extended lecture and medical camp was organised by NSS unit of GCW Parade Ground Jammu, in association with Directorate of Ayush J&K UT. The overall camp was carried out under the supervision of Dr S.P. Sarswat (Principal of the College) and the guidance of worthy Program Officers, Dr Mohd Majeed, Dr Pervaiz Ahmed and Dr Gurpreet Kour. Dr Shivani and Dr Harpreet, presented a lecture on 'Balanced diet and Ayushman Bharat', respectively. Dr Sangeeta shared her views on 'Importance of Yoga'. Finally, Yoga instructor, Ms Jyoti Bali, performed Yoga Asanas with NSS Volunteers in the college. The programme was culminated with a vote of thanks by Vrinda Badyal, NSS volunteer of 4th Sem BA and after this the Ayush faculty members distributed the medicines to the faculty and the student body. The programme ended with a note :- 'KRO YOG RAHO NIROG'.

NSS Programme Officer: Dr Gurpreet Kour

27. Slogan Making Competition on World's Bicycle Day

Date:2nd June 2022



No of participants:17

Report: A slogan making competition was organized by NSS Unit of GCW Parade Ground, Jammu on the occasion of World Bicycle Day.

NSS Programme Officer: Dr Gurpreet Kour

28. Nukkad Natak on the theme "One Environment" commemorating World Environment Day

Date:5th of June 2022



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No of participants:15

Report: NSS Volunteers of GCW Parade Ground, Jammu performed a "Nukkad Natak" on the theme "One Environment" commemorating World Environment Day on June 5th, 2022.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

29. Lecture on Road Safety and Traffic Awareness

Date:8th June 2022



No of participants:80

Report:A lecture on Road Safety and Traffic awareness and felicitation of NSS Volunteers were held on June 8th, 2022

NSS Programme Officer: Dr Gurpreet Kour,Dr Mohd Majeed and Dr Parvaiz Ahmed

30. Orientation of Yoga Camp in collaboration with NYKS and AYUSH to commemorate Yoga Week

Date:15th of June 2022



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No of participants:50

Report: Orientation of Yoga Camp in collaboration with NYKS and AYUSH to commemorate the occasion of "Yoga Week" on June 15th, 2022.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

31. One day Workshop organized by NSS Unit of GCW Parade Ground, Jammu in collaboration with MGNCRE on 'Social entrepreneurship, Swachhta and Engagement

Date:20th June 2022



No of participants:50+

Report: One day Workshop organized by NSS unit of GCW Parade Ground, Jammu, in collaboration with MGNCRE on "Social Entrepreneurship, Swachhta and Engagement" on June 20th, 2022.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

32. Commemoration of International Yoga Day and Medical Camp launched by NSS Unit of GCW Parade Ground Jammu in collaboration with AYUSH and NYKS

Date:21st June 2022



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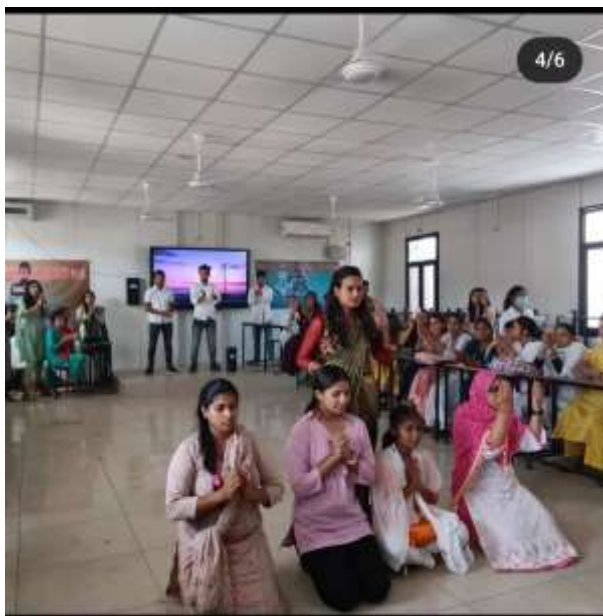
No of participants:100

Report: Commemoration of International Yoga Day and Medical camp launched by NSS unit of GCW Parade Ground, Jammu, in collaboration with NYKS and AYUSH on June 21st, 2022.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

33. Two Day Cultural Exchange cum Workshop in collaboration with GDC Bishnah

Date: 23rd and 24th June 2022



No of participants:20

Report: Two day Cultural Exchange cum Workshop in collaboration with GDC Bishnah. Activities like lecture delivered concepts cleared.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

34. Commemoration of Van Mahotsav Week

Date: 1st to 7th July 2022



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No of participants:15

Report: NSS Volunteers of GCW Parade Ground, Jammu, commemorated "Van Mahotsav Week" through a series of plantation as well as cleanliness drives from 1st July - 7th July, 2022 in their respective localities.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

35. Commemoration of 121st Birth Anniversary of Dr.Syama Prasad Mukherjee in collaboration with NYKS

Date:6th July 2022



No of participants:50



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Report: A guest lecture was organized by NSS unit of GCW Parade Ground, Jammu to commemorate the 121st birth anniversary of Dr Syama Prasad Mukherjee on 6th of July, 2022. The resource person for the event, Prof. Jagmeet Kour (Assistant professor, History, GDC Akhnoor), presented a detailed insight on the life and background of Dr Syama Prasad Mukherjee and his contribution towards nation building and a united India. She also apprised the audience with Dr. Mukherjee's visit to Kashmir and his famous slogan, "Ek Nishan, Ek Vidhaan and Ek Pradhan".

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

36. Blood Donation Camp in collaboration with NYKS and Red Cross Society Jammu

Date: 6th July 2022



No of participants:50

Report: A blood donation camp was organized by NSS Unit of GCW Parade Ground, Jammu in collaboration with NYKS and Red Cross Society, Jammu on 6th July, 2022.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

37. Har Ghar Tiranga

Date: 4th to 13th of August 2022



No of participants:80

Report: NSS Unit of GCW Parade Ground, Jammu in collaboration with JMC (Jammu Municipal Corporation) organised an Awareness Rally in order to commemorate "Har Ghar



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Tiranga” Campaign under Azadi ka Amrut Mahotsav celebrating 75th Independence Day under the supervision of revered Principal of the college, Dr S.P. Sarswat and the guidance of worthy Program Officers, Dr Mohd. Majeed, Dr Pervaiz Ahmed and Dr Gurpreet Kour.

Volunteers of NSS units (I,II &III) collaboratively participated in the rally, which started from the college premises of GCW Parade Ground, Jammu to the adjoining mohallas and streets of the infamous Parade market with the chief aim of apprising the locals, about the Swachh Bharat Abhyan as well as the importance of our National Flag.

More than 80 volunteers including the faculty of GCW Parade Ground, Jammu, showed their active participation in the rally. The inauguration of the program was initiated by the honourable guest, Sh. Hardeep Singh Mangotia (Chairman of Swachh Bharat committee) , Mr. Anil Kumar Masoom (Ward No. 10, Corporater) along with IEC Team (in partnership with Jammu Municipal Corporation) who apprised the students with the importance of keeping their surroundings clean. They also acquainted the volunteers about biodegradable and non biodegradable waste. The speakers further discussed the issue of using plastic and how to control its use in our day to day lives. The inauguration ended with a formal vote of thanks by the revered Principal of the college, and also motivating the volunteers take further participation in such campaigns.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

38. National Youth Parliament

Date:19th of August 2022



No of participants:60

Report:A mock parliament was presented on the topic NEP 2020. NSS Volunteers along with students from various Departments participated in the event.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

39. Lecture on Say No to Drugs under Nasha Mukta Abhiyan

Date:9th September 2022



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No of participants:60

Report: NSS Volunteers took the "Say No to Drugs" pledge under "Nasha Mukta Abhiyan" on 9th of September, 2022 Also a lecture session was organised on the topic nasha mukt bharat .NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

40. Intercollege cooking competition on the topic," Traditional cooking for Reviving Tribal Heritage"

Date:21st of September 2022

Govt. College for Women, Parade Ground, Jammu

To celebrate the spirit of 5th Rashtriya Poshan Mah, NSS units of the College in collaboration with Home Science Department are going to organize an Intercollegiate Cooking Competition under the Topic "**Traditional Cooking for Reviving Tribal Heritage**", on 21st September, 2022 (Wednesday) in the Home Science Department of the College.

POSHAN Abhiyaan
PM's Overarching Scheme for Holistic Nourishment
सही पोषण - देश रोशन

Guidelines:

1. It should reflect the tradition and taste of tribal food.
2. The food should have nutritional value.
3. Every participant has to carry ingredients of her own.
4. Use of tribal cookery/utensils is desirable.
5. First Prize: Rs. 1000
6. Second Prize: Rs. 500
7. Third Prize: Rs. 300
8. Host Abhiyan 2 Hour
9. For any Query Contact 8868930711, 7006070087

No of participants:15

Report: NSS Units of GCW Parade Ground, Jammu in collaboration with Home Science, Department, celebrated 5th Rashtriya Poshan Mah and organised intercollege cooking competition on "Traditional cooking for Reviving Tribal traditions" to highlight the nutritious values of tribal food.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

41. Swachhta Pledge under Swachhta Abhiyaan at the Primary School of the adopted village, Bellicharana

Date:22nd September 2022



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No of participants:25

Report: NSS Volunteers of GCW Parade Ground Jammu, took the "Swachhta" pledge, at the Primary School of the adopted village, Belicharana, Satwari, Jammu.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

42. NSS Adventure Camp,2022

Date:22nd to 30th September 2022



No of participants:2

Report: NSS Adventure Camp - 2022. (Dharamshala, Himachal Pradesh) 2 NSS Volunteers along with one Programme Officer from NSS unit GCW parade attended the camp.

NSS Programme Officer: Dr Gurpreet Kour

43. Clean India

Date:1st -31st October 2022



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No of participants:60

Report: Cleaning activities performed under Clean India 2.0 from 3 Oct, 2022 - 8 Oct, 2022 by NSS Volunteers of GCW Parade Ground, Jammu.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

44. Fit India

Date:1st-31st October 2022



No of participants:70

Report:Fitness activities performed under Fit India 3.0 by NSS Volunteers of GCW Parade Ground, Jammu from Oct 6, 2022 - Oct 8, 2022.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

45. District Yuva Utsav

Date:19th of October 2022



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No of participants:300

Report: District Level Yuva Utsav was organized where the selected students from different colleges all over jammu district participated in the event

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

46. National Entrepreneurship Month

Date:20th October 2022 to 19th November 2022



No of participants:40

Report: Commemoration of National Entrepreneurship Month with students getting knowledge about startups and business management.

MILESTONE: DEEPWALI.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

47. Run for Unity

Date:31st October 2022



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No of participants:100

Report: Run for Unity in collaboration organised by NSS Unit of GCW Parade Ground Jammu with NYKS and Jammu University.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

48. Panel Discussion on the topic "Corruption free India for a Developed Nation".

Date: 4th November 2022



No of participants:25

Report: Girls common room of the college.

A total number of 25 volunteers participated in the discussion under the supervision of revered Principal of the college, Dr. S.P. Sarswat and the guidance of NSS Program Officers, Dr. Gurpreet Kour , Dr. Majeed and Dr. Pervaiz Ahmed. The main focus of the event was to discuss various Acts passed by the Govt. Of India to curb corruption . Acts such as RTI ACT , Anti corruption Act , Public Service Guarantee Act , Prevention Of Money, Laundering Act were some of main topics of discussion. The participants shared their views on the changes as proposed by Government of India and their loopholes. The discussion was concluded with a vote of thanks presented by Dr. Gurpreet kour .

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

49. Workshop on the topic "Polycystic Ovarian Syndrome"

Date:5th November 2022



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No of participants:30

Report: NSS Units of Govt. college for Women Parade Ground Jammu, in collaboration with Humanity Aid NGO organized a One Day Workshop on the topic "Polycystic Ovarian Syndrome" on November 5th, 2022 .The event started with a formal Welcome address presented by Dr. Pervaiz Ahmed to greet the honorable resource person of the event, Dr. Amita Gupta, Professor and Head, Department of OB Gynae SMGS Hospital, Jammu. The proceedings of the event were carried by NSS Volunteer, Ms Bhoomika Sharma, in which she invited Dr. Amita Gupta for her presentation on the topic of the workshop. Later on, after the end of the Q&A session, the felicitation of the resource person and Principal of the college was done by NSS Program Officers and the President and members of Humanity Aid NGO.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

50. Felicitation of NSS Volunteers at JKPCC OFFICE

Date:14th November 2022



No of participants:2

Report: Felicitation of NSS Volunteers at JKPCC office Where two NSS Volunteers from GCW Parade were felicitated with certificates.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed



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51. Capacity Building Programme on Entrepreneurship Development

Date:15th to 19th November 2022



No of participants:6

Report:6 NSS Volunteers from GCW Parade attended a 4 days training Programme at RGNIYD Chandigarh.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

52. MY COLLEGE, MY PRIDE



Date:9th -19th November 2022

No of participants:30



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Report: NSS units, of GCW Parade created this beautiful place under "MY COLLEGE MY PRIDE" project including two swings, two sitting areas, one waterfall in the campus using waste products.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

53. Remaking of the Constituent Assembly 1946



Date:26th November 2022

No of participants:25

Report: Government College for Women, Parade Ground, Jammu in collaboration with Nehru Yuva Kendra Sangathan under the supervision of the Principal of the college, Dr S.P. Sarswat, organized "Remaking of the Constituent assembly 1946", to commemorate National Constitution Day on November 26, 2022.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

54. Kissan Mela organized by SKUAST

Date:19th of November 2022

No of participants:40

Report: NSS Volunteers at Kissan Mela organised by SKAUST, Jammu along with NSS Programme Officer, Dr Mohd. Majeed on 19th of November, 2022.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed



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55. Field Visit

Date:8th December 2022

No of participants:10

Report: Field visit of NSS volunteers to conduct ASER survey in collaboration with pratham NGO in various villages and their schools

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

56. International Anti Corruption Day

Date:9th December 2022



No of participants:50

Report: NSS Units commemorated International Anti Corruption Day with speech of Hon'ble Mayor Rajinder Sharma

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

57. Awareness rally



Date:8th December 2022



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No of participants:40

Report:NSS Volunteers of GCW Parade Ground Jammu led an Awareness Rally on 8th of December, 2022.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

58. Survey in the adopted village of Bellicharana



Date:15th December 2022

No of participants:6

Report:NSS Units of GCW Parade Ground Jammu conducted a series of Survey in the adopted village of Bellicharana. A team of 6 members, consists of NSS Volunteers, namely, Ms Usha Sharma, Ms Tavleen Kour, Ms Avneet Kour, Ms Fatima Nissa, Ms Sandhia Bhadwaj and Ms Mavi Sapolia conduct a survey in their adopted village of Raipur Bellicharana (Ward no 5). The volunteers had a brief interaction with the Sarpanch of the village, Mr. Jatinder Singh who greatly appreciated the initiative taken by the NSS Volunteers and also actively responded to the various questions regarding the condition and the current status of their village. At the end of their conversation, the volunteers also asked for his views/feedback and their requirements regarding the recent condition of their village and what steps can be taken for its development.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed



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59. My Town ,My Pride



Date:4th to 7th December 2022

No of participants:50

Report: On December 4, 2022, in order to celebrate the spirit of My Town, My Pride initiative, NSS Units of Government College for Women Parade Ground, Jammu in collaboration with Department of Music and Department of Sanskrit, organized numerous activities in which the students of the college showed great enthusiasm by presenting various items exhibiting cultural diversity and creative standards as intrinsic attributes for the holistic development of a society. Principal of a college, Dr S.P. Sarswat, graced the occasion as the chief guest.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

60. Orientation course

Date:15th December to 25th December 2022





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No of participants:70

Report: orientation Course organised by NSS Units of GCW Parade Ground, Jammu from 15 – December -2022 to 25 – December – 2022. With each day different topics.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

61. Road Safety: Alert today Alive Tomorrow

Date:30th December 2022



No of participants:35

Report: Government College for Women, Parade Ground, Jammu in collaboration with Motor Vehicle Department and National Service Scheme of the college, organised a Symposium to commemorate Road Safety Awareness Day on the topic "Road Safety: Alert Today, Alive Tomorrow" under the supervision of Principal of the college, Dr S.P Sarswat and the guidance of NSS Programme Officers.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

62. Calendar for the year 2023



Date:1st January 2023

No of participants:6



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Report: Nss units gcw parade unveils their calender for the year 2023 describing their activities in previous years monthwise

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed

63. Special Winter Camp 2023



Date:1st to 7th January 2023

No of participants:50+

Report:A special winter camp was organised by NSS Units GCW Parade where the volunteers were engaged in community service at the adopted Village of Bellicharana, the volunteers were made aware of what NSS actually is, social services, fun games, activities making team spirit were organised and the event ended with a felicitation programme.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

64. Prawasi Bharat Diwas,2023

Date:08-01-2023 to 10-01-2023

No of participants:1

Report:Ms. Mavi Sapolia, NSS Volunteer of the college participated and represented Ut of Jammu and Kashmir in Prawasi Bharat Diwas 2023 held at Indore, Madhya Pradesh organised by Govt of India

NSS Programme Officer: Dr Gurpreet Kour

65. National Youth Festival 2023



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Date:12th to 16th of January 2023

No of participants:4

Report: NSS Volunteers of the college participated in National Youth Festival -2023 at Hubballi- Dharwad, Karnatka from 12-01-2023 to 16-01-2023 organised by Ministry of Youth Affairs and Sports, Govt. of India. Hon'ble Pm Shri Narendra Modi Inaugrated the evnt. Volunteers namely Ms. Mehak Gupta, Ms. Fatima Nissa, Ms. Mavi Sapolia and Ms. Usha Sharma along with NSS Programme Officer, Dr Gurpreet Kour participated in Youth Summit and Yogathan.

NSS Programme Officer: Dr Gurpreet Kour

66. Republic Day Camp



Date:26th of January 2023

No of participants:5

Report:Five students of the College participated in Republic Day celebration 2023 and represented J and k Tableau at New Delhi. Students namely Ms. Simran Sharma, Ms. Kashish Salaria, Ms. Shivani Sharma, Ms. Bhawana Sandral, Ms. Radhika Sharma were among the other participants of the UT.

NSS Programme Officer: Dr Gurpreet Kour



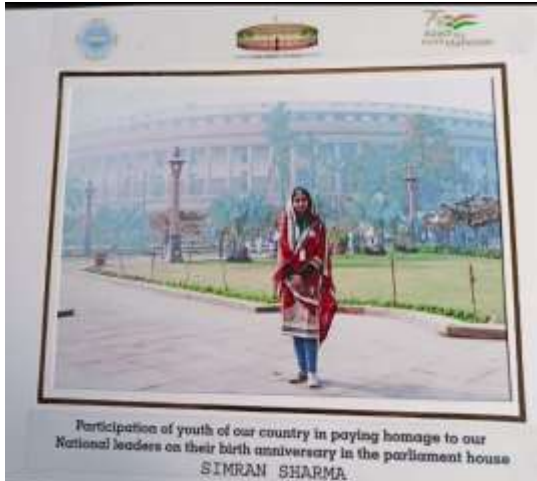
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67. Paying Homage to our National Leaders



Date: 22nd to 27th January 2023

No of participants:1

Report: Ms. Simran Sharma, NSS Volunteer of the College represented UT of J&K in paying Homage to our National Leaders (Birth Anniversary of Netaji Subash Chander Bose) at New Delhi from 22nd to 27th January, 2023. She interacted with Hon'ble PM Shri Narendra Modi and other VVIPs and also attended Republic Day Parade 2023

NSS Programme Officer: Dr Gurpreet Kour

68. Tribute to the Father of Nation Mahatma Gandhi



Date:30th of January 2023

No of participants:70

Report:NSS volunteers of GCW Parade Ground Jammu, payed flower tributes to the Father of Nation – Mahatma Gandhi, on his “Punyatithi” on 30th Jan, 2023 at Diwan-E-Aam, Mubarak Mandi, Jammu.



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NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

69. Youth Consultation

Date:18th and 19th April 2023

No of participants:25

Report:NSS volunteers participated in Youth 20 Consultation programme on Peace building and Reconciliation in the Era of War organised by University of Jammu on 18-19th April 2023 along with Programme Officers Dr Gurpreet Kour and DrMohd Majeed.

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed



70. Fitness Week



Date:1st to 7th May 2023

No of participants:100+

Report: A fitness week was organized in the first week of May having the activities like boxing, dance sessions, yoga sessions, Crossfit training session and an adventure trek to Devi pindi was also held marking the end of the week

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed



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71. Heritage Walk



Date:15th April 2023

No of participants:35

Report:NSS volunteers along with NSS POs Dr. Gurpreet Kour and Dr Mohd Majeed participated in Heritahe Walk from Hari Nina's Palace to Mubarak Mandi orgnised by Directorate of Tourism, Jammu and Kashmir on 15th April 2023

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

72. District Yuva Utsav



Date:18th May 2023

No of participants:100+

Report:District Yuva Utsav to be organized at GCW Parade in collaboration with Nehru Yuva Kendra on 18th of May 2023. The activities like Declamation Contest ,Poetry Contest ,Photography Contest ,Painting Contest and Cultural Contest

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

73. Walkathon



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Date:29th May 2023



No of participants:50

Report:29th of May 2023, The Nss unit Gcw Parade participated in the walkathon under Polythene Free Jammu, organized by The Jammu Municipal Corporation under the guidance of Hon'ble Mayor (Jmc) Sh. Rajinder Sharma. The event started with the inauguration speech by the dignitaries, then marching the walk from Parade Ground Jammu to JDA Park Jammu. NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

74. National Youth Parliament



Date:30th May 2023

No of participants:55

Report: Govt. college for woman Parade Ground, Jammu organised National Youth parliament 2023 on 30th May 2023 as approved by Ministry of Parliamentary Affairs Government of India in the college campus. The programme was organised under the supervision of Principal of the College Dr S. P. Sarswat and under the guidance of NSS programme officers Dr. Gurpreet Kour, who also coordinated the event. About 200 students



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registered for the event and 65 students were shortlisted for the final sitting of the Parliament.

The program started with formal welcome address by the Principal of the college. Mr. Anil Masoom Corporator was the Chief Guest and Mr. Ramesh Gupta, leader BJP was the Guest of Honour for the event. The topic of the discussion was "The Climate Change and Disaster Risk Reduction for Sustainability Bill". Ms. Anmoldeep kour, student of 2nd Semester acted as Minister of Environment and Forest proposed the bill in the Parliament and laid down the proposals before the Parliament clause by clause. The opposition led by Ms. Suganda Gupta, student of 4th Semester raised the various concerns related to the bill which were were aptly answered by the Govt. The secretary general asked the newly elected members to take the oath in the parliament.

The Session started with the speaker congratulating the parliamentarians regarding the inaugural of the new building of the parliament after 96 years. The House appreciated the efforts of labours, architectures and government for creating this marvellous building. It was followed by a formal condolence by the member parliaments regarding the demise of earlier Lok Sabha member Sh. Prakash Singh Badal from Punjab, and his contributions towards the democracy were hailed by all the members including the Speaker.

At the start of Question Hour, opposition raised various questions related to the bill and these questions were suitably addressed by various ministers from the government side.

Opposition raised questions like introduction of green bond, creation of climate innovation fund and the contribution of overall GDP towards research and development. The government insured that all the concern

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

75. Mission Life



Date:30th May 2023

Number of Participants: 50

Report: A Week long programme on Mission LIFE conducted by NSS GCW Parade, Jammu



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The NSS Units of GCW Parade Ground, Jammu in collaboration with Eco Club, Science Club and Nehru Yuva Kendra Sangathan Jammu organised a week long awareness programme on Mission LIFE from 30th May 2023 which culminated today on 5th June on World Environment Day on Mission LIFE under the supervision of principal of the College Dr. S. P. Sarswat and under the guidance of NSS Programme Officers of the College Dr Gurpreet Kour and Dr Mohd. Majeed and Prof. Parvaiz Ahmad. In the inaugural session, Principal of the college briefed the students about the relevance of celebrating Environment Day and the need to address the plastic pollution. Around 150 participants including NSS Volunteers, student members of Eco Club and Science Club participated in the the programme. As a part of Week long program, National youth parliament proposed by Ministry of Parliamentary Affairs, Govt of India was organised on 30th May on the topic, "Climate change and Disaster Risk Reduction: A Way to Sustainability" where Mr. Anil Masoom, corporator was the Chief Guest. A Quiz contest was organised on the topic Beat Plastic Pollution on 2nd June wherein 16 students of the college participated. A programme on awareness on Mission LIFE was organised on 3rd June where Dr Arun Gupta and Dr Latika Bharti, Medical Officers from AYUSH, Govt. of Jammu and Kashmir were the resource persons. The resorcepersons talked about the importance of Millets in meeting the nutritional content of the body and the various yoga asans for a healthy lifestyle. The participants also took pledge on Mission LIFE read by Ms. Latika Bharti. The week long program culminate today with an awareness lecture on Beat Plastic Pollution by Mr Randeep Manhas, Senior Scientist and Incharge Plastic Waste NSS Programme officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed

76. Yoga Week



Date: 20th, 21st and 22nd June 2023

No of participants: 50

Report: 3 days workshop on International Day of Yoga 2023 organized by Nss unit Gcw Parade in collaboration with Nehru Yuva Kendra Sangathan, Ncc unit GCW Parade and Department of Sanskrit Parade .

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed

77. Say No to Drug Abuse



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Date:28th of June 2023

No of participants:15

Report:NSS Units Govt. College for Women, Parade Ground, Jammu organized a poster making competition on 28th of June 2023 on the topic "Say No to Drug Abuse"

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed and Dr Parvaiz Ahmed