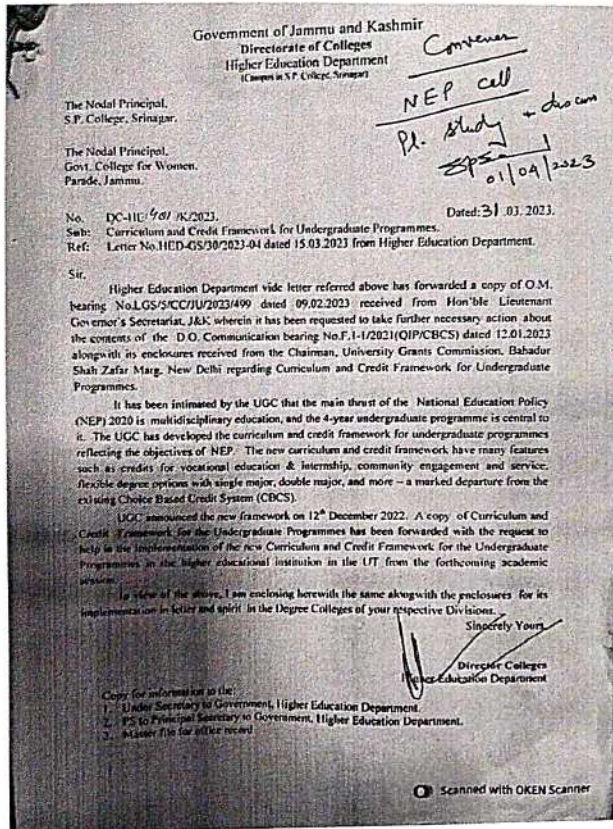


Directions by HED



document shared in the Official Whats App Group of the College

https://www.education.gov.in/sites/upload_files/mhrd/files/NEP_Final_English_0.pdf


SPS
Principal
Govt. College for Women
Parade Jammu

**At the behest of the Chair: autonomous College
Better framework
And better skill courses : practical based/ hand on
Instead of theory as has been in the past**

Cluster/ JU/ Kashmir

Our college wanted to take a lead

**Major - minor combinations
Faculty welcome to go through prospectus on college website and voice their suggestions**


Principal
Govt College for Women
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**At the behest of the Chair: autonomous College
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Principal
Govt College for Women
Parade Jammu



CREDIT DISTRIBUTION AND CURRICULAR FRAMEWORK FOR FOUR YEAR UNDERGRADUATE PROGRAM (FYUP)2023 onwards(Science Stream)

	SEM 1	SEM 2	SEM 3	SEM 4	Summer Break	SEM 5	SEM 6	SEM 7	SEM 8		Credits for a complete course
									HONOURS	RESEARCH	
MAJOR	4+2 (6)	4+2 (6)	4 (Th.) 4 (Th.) 2(Pr.) (10)	4 (Th.) 4 (Th.) 4(Th.) 2(Pr.) 2(Pr.) (16)		4 (Th.) 4 (Th.) 2(Th.) 2(Pr.) 2(Pr.) (14)	4 (Th.) 4 (Th.) 4(Th.) 2(Pr.) 2(Pr.) (16)	4 (Th.) 4 (Th.) 4(Th.) 2(Pr.) 2(Pr.) (16)	4 (Th.) 2(Pr.) + 12 CREDITS RESEARCH/PROJECT/DISSERTATION (18)	68 (UG) 100 (honours) 102 (research)	
MINOR	4+2	4+2	4	12 credit Vocational Course (Minor) (4 credits each in Sem 4-6)			4	4	4		28 (UG) 36 (honours/research)
MD	3	3	3								9
AECC	3	3	3								9
VAC	2	2	2	2							8
Skill	3	3	3		2 INTERNSHIP						11
Total credits	23	23	25	22	2	18	20	20	20	22	173/175

TOTAL CREDITS IN A FYUP: UPTO SEM. 6 = 133
UP TO SEM. 8 = 173/175

Th.- Theory,
Pr. Practical

Principal
 Govt College for Women
 Parade Jammu



CREDIT DISTRIBUTION AND CURRICULAR FRAMEWORK FOR FOUR YEAR UNDERGRADUATE PROGRAM (FYUP) 2023 Onwards (Arts stream)

	SEM 1	SEM 2	SEM 3	SEM 4	Summer Break	SEM 5	SEM 6	SEM 7	SEM 8		Credits for a complete course
									HONOURS	RESEARCH	
MAJOR	4+2 (6)	4+2 (6)	4 (Th.) 4 (Th.) 2(Pr.) (10)	4 (Th.) 4 (Th.) 4(Th.) 2(Th.) 2(Pr.) (16)		4 (Th.) 4 (Th.) 4(Th.) 2(Pr.) (14)	4 (Th.) 4 (Th.) 4(Th.) 2(Th.) 2(Pr.) (16)	4 (Th.) 4 (Th.) 4(Th.) 2(Th.) 2(Pr.) (16)	4 (Th.) 4 (Th.) 4(Th.) 2(Th.) 2(Pr.) (16)	4(Th.) 2(Pr.) + 12 CREDITS RESEARCH/PROJECT/DISSERTATION (18)	68 (UG) 100 (honours) 102 (research)
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Total credits	23	23	25	22	2	18	20	20	20	22	173/175

TOTAL CREDITS IN A FYUP: UP TO SEM. 6= 133
UP TO SEM. 8 =173/175

Th.- Theory,
Pr. Practical

S.P.S.
Principal
Govt. College for Women
Parade Jammu

Department of Anthropology

Government College for Women, Parade Ground Jammu

Report

Title of the Activity: "One Day Visit to an Archaeological site named Kiramchi Temple, Udhampur (Jammu and Kashmir)

Date of Visit: 1st March, 2023

Objectives of the Activity:

- The objective of the activity is to make students familiar with the concept that temples are regarded as one of the driving forces of Indian civilization.
- To provide information how temples play a predominant role in social, economic, and cultural fields.
- To understand the history of Jammu and Kashmir ranging from traditions to archaeology to historical literature and foreign accounts.

Anticipated Outcomes of the Activity:

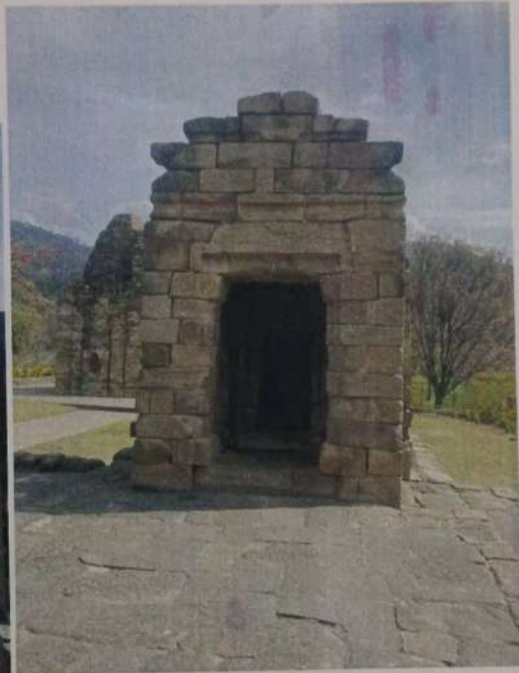
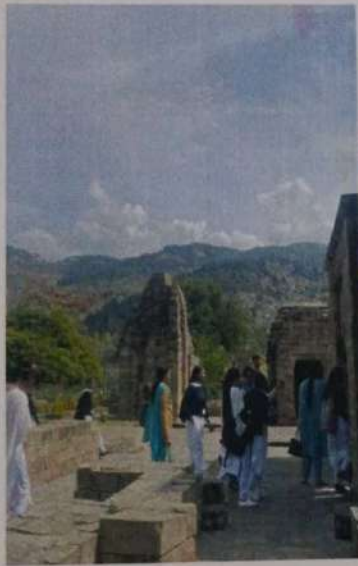
- The outcome of the visit is to create interest of the students in this field and also to understand about the various topics which we taught in their curriculum.
- It tries to analyse the role of temples in designing the culture of Jammu and Kashmir.
- It also underlines the influences of regions on various social and cultural practices associated with the temples.
- Students will understand about the historical perspective of temples and its significance in ancient times

Details of Resource Person if any: Nil

List of Participants to be attached: Annexure-I attached

Report: Department of Anthropology, GCW Parade, Jammu went for One day visit to an Ancient Archaeological site at Kiramchi Temple, Udhampur. Kiramchi also known as Group of Temples is located at tehsil and district Udhampur. This temple consists of five temples dated back to eighth - ninth century CE. Out of five temples, three have been constructed on a common platform and the remaining two on a separate platform. Four temples face east and the smaller temple faces west. The four temples comprise of garbhagriha with curvilinear sikhara and an antarala with sukanasika.

- **Your Assessment on the realization of the anticipated outcomes:** This visit to an archaeological site at Kiramchi by the Department of Anthropology will enable the students not only to gain knowledge about the importance of sites for tracing the past but also create understanding about the ancient temples role in social, economic, and cultural fields. This visit also familiarize students with the processes and different methods of preservations of ancient sites.



Annexure-I

List of Students:

1. Shravya
2. Samiksha
3. Apoorva
4. Nandini
5. Shivani
6. Roshini
7. Heena
8. Sheetal
9. Aayushi
10. Vina devi
11. Sumran Dhar
12. Anjali
13. Bhumika
14. Deepika
15. Kamakshi
16. Sapna
17. Niharika
18. Sheetal Kumari
19. Bipna
20. Tanvi
21. Mitali
22. Sonia
23. Anjana
24. Sabika Kousar
25. Riya
26. Shaleni
27. Mehak Abrol
28. Priya Devi
29. Vishal Devi
30. Taniya Gupta
31. Shivali
32. Kashish
33. Shallini
34. Rubeeena akhtar
35. Roshi Wazir
36. Shriya Bhat
37. Bhavana bhagat
38. Sonia kour
39. Mussarat Bano
40. Sunita Kumari
41. Shama Sultana
42. Diksha Singh

GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU

PRESS RELEASE **10-05-2022**

GCW Parade Ground, Jammu organized one day Field Visit on 'Functioning of Panchayati Raj Institution in Jammu District' in collaboration with Sohagani Panchayat, Block Marh, Tehsil Marh, District Jammu. Students from Department of Political Science visited the Panchayat Sohagani. The village Serparch, Mr. Daljeet Singh Manhas interacted with the students and shared the information regarding the developmental programmes for Panchayat. This Panchayat having the population of four thousand and 195 houses consists of five villages. It has achieved the target to provide pension to each and every old age person, 550 Ayushman cards, 600 domicile certificates and 175 labour cards to the villagers. So far as the problems of this Panchayat are concerned, the proper functioning of health centre at village Chakrali needs immediate attention. Release of funds, roads connectivity etc. are some of the important issues to be fulfilled.

Dr S.P. Sarswat, the Principal GCW Parade Ground encourages and motivates the students for field visit especially to know the functioning of the Panchayati Raj Institutions of Jammu District which is a grass root politics of India and students get first hand information from the members of the Panchayat. This type of visit will also encourage them for small scale projects from UGC. The students are accompanied by Prof. Neena Kumari, Dr Shandilya Perminder Kour and Dr Sonam Sharma.



GCW COLLEGE FOR WOMEN, PARADE GROUND, JAMMU

PRESS RELEASE
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S.P. Sarswat, the Principal GCW Parade Ground encourages and motivates students for field visit especially to know the functioning of the Panchayats of Jammu District which is a grass root politics of India and to get information from the members of the Panchayat. This type of visit helps them for small scale projects from UGC. The students are accompanied by Dr. Kumari, Dr. Shandilya Perminder Kour and Dr. Sonam Sharma.



Quiz Competition organized by Science Club in Collaboration with Department of Chemistry
Govt. College for Women, Parade Ground, Jammu.



HOD Chemistry
Dr. Avinash Kumar Gupta



Patron
Dr. S. P. Sarawat
(Principal)



Convener Science Club
Prof. Anjali Abrol

Quiz Competition for Chemistry Major Students of Semester - 2nd

Session: 2022-23

Date: 19-05-2023

Day: Friday

Venue: Smart: Class Room

Timing: 09:30 am

Organizing Committee

Staff of Chemistry Department and Members of the Science Club





Quiz Competition

INTRODUCTION

In collaboration with Department of Chemistry, the Science Club of GCW, Parade Ground, Jammu organized a Quiz Competition of B.Sc. Semester II students of Minor Course as Chemistry. The quiz contest was presented by quizmasters, Dr Arun Kumar, Assistant Professor, Department of Chemistry and Dr Faheem Rasool, Assistant Professor, Department of Chemistry. Prof. Anjali Abrol, Convenor of Science Club, Associate Professor, Department of Chemistry, Dr Puja Nanda, Associate Professor, Department of Chemistry, Dr Faheem Rasool, Assistant Professor, Department of Chemistry, Dr Ruchika, Assistant Professor, Department of Biotechnology attended the quiz competition.


The welcome address was given by Prof. Anjali Abrol, Convenor of Science Club, Associate Professor, Department of Chemistry.

OUTCOME

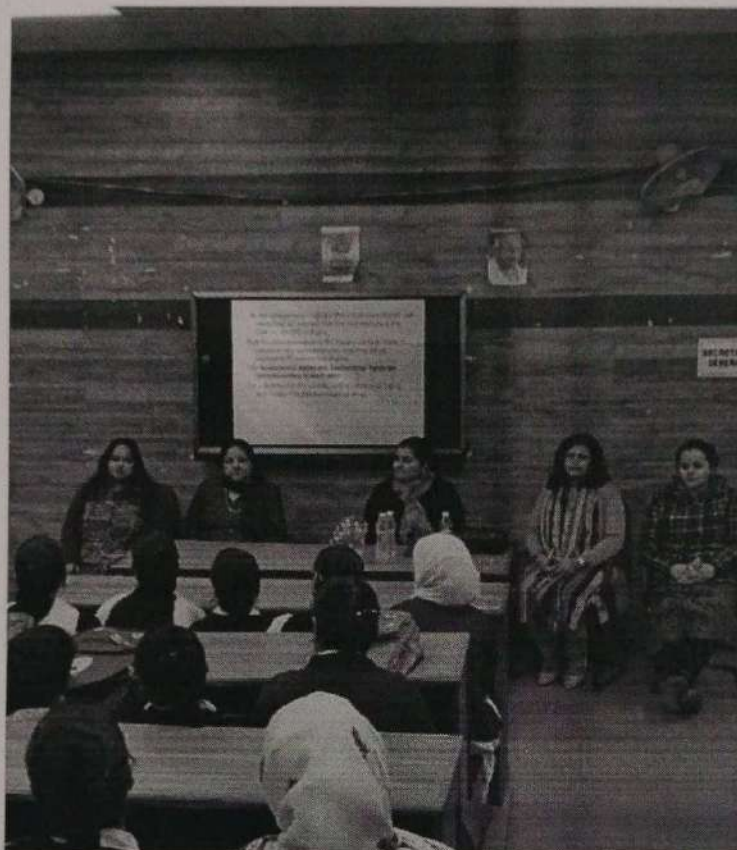
The students showed great enthusiasm while participating in the quiz. They were provided an opportunity for displaying their wisdom in the field of chemical sciences.



Quiz Competition organized by Science Club in Collaboration with Department of Chemistry, Govt. College for Women, Parade Ground, Jammu.

 HOD Chemistry Dr. Avinash Kumar Gupta	 Patron Dr. S. P. Sarswat (Principal)	 Convenor Science Club Prof. Anjali Abrol
Quiz Competition for Chemistry Minor Students of Semester - 2nd Session: 2022-23 Date: 20-05-2023 Day: Saturday Venue: Smart Class Room Timing: 09.30 am Organizing Committee Staff of Chemistry Department and Members of the Science Club		

GOVERNMENT COLLEGE FOR WOMEN PARADE JAMMU



The Department of Political Science organized an extension lecture on Fundamental Rights on 26th November 2022. The resource person for the event was Arti Behl, Advocate J & K High court.

IIT Bombay

Virtual Labs Workshop conducted in outreach college Govt. College for Women Parade, Jammu Report

Nodal Center ID: 205

Name of VLNC: Government Gandhi Memorial Science College

Region:

Workshop Date: 01.02.2023

Workshop Type: Workshop

Department: MCA / BCA

Users: 55

Usage: 275


Nodal Coordinator: Dr. Anjana Sharma

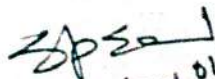
System Support: Mr. Amit

Coordinating Team: Dr. Alpana Vohra

Dr. Vikas Dogra


1/2/23
Nodal Coordinator Signature


Convenor, NEP


Principal 01/02/2023
Govt. College for Women
Parade Jammu

IIT Bombay

Virtual Labs Workshop conducted in outreach college Govt. College for Women Parade, Jammu Report

Nodal Center ID: 205

Name of VLNC: Government Gandhi Memorial Science College

Region:

Workshop Date: 02.02.2023

Workshop Type: Workshop

Department: Botany

Users: 50

Usage: 200

Nodal Coordinator: Dr. Anjana Sharma


System Support: Mr. Amit

Coordinating Team: Dr. Alpana Vohra

Dr. Vikas Dogra

Dr. Lakhvinder Singh


Nodal Coordinator Signature


Convenor, NEP


Principal
02/02/2023
Govt. College for Women
Parade Jammu

IIT Bombay

Virtual Labs Workshop conducted in outreach college Govt. College for Women Parade, Jammu Report

Nodal Center ID: 205

Name of VLNC: Government Gandhi Memorial Science College

Region:

Workshop Date: 03.02.2023

Workshop Type: Workshop

Department: PG-Zoology

Users: 45

Usage: 180


Nodal Coordinator: Dr. Anjana Sharma

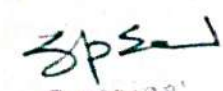
System Support: Mr. Amit

Coordinating Team: Dr. Alpana Vohra

Dr. Vikas Dogra


Nodal Coordinator Signature


Convenor, NEP


Head of Institution
Govt. College for Women
Parade Jammu

Report

Sensitisation Workshop

Virtual laboratory is a repository of animations and interactive content that can provide direct experimental visualizations, interactive virtual environment and hands-on practical experimentation to enhance virtual experimentation experience. Virtual labs provide remote-access of simulation-based Labs to students in various disciplines of Science and Engineering.

A series of workshops were conducted in College virtual lab from 1st to 3rd of February, 2023 for BCA, Botany and PG Zoology students to acquaint them with usage of Virtual Labs where the students can avail various online tools for learning, including additional web-resources, video-lectures, animated demonstrations. Dr. Anjana Sharma, Nodal Coordinator, Jammu Division, Associate Prof in BCA and Dr Lakhvinder Singh, Assistant Prof in Botany from Nodal Center-205 were the resource persons for the event and they gave fundamental knowledge on handling of virtual lab in online platform. This would help students in learning basic and advanced concepts through remote experimentation.



GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU

SCIENCE CLUB OF THE COLLEGE



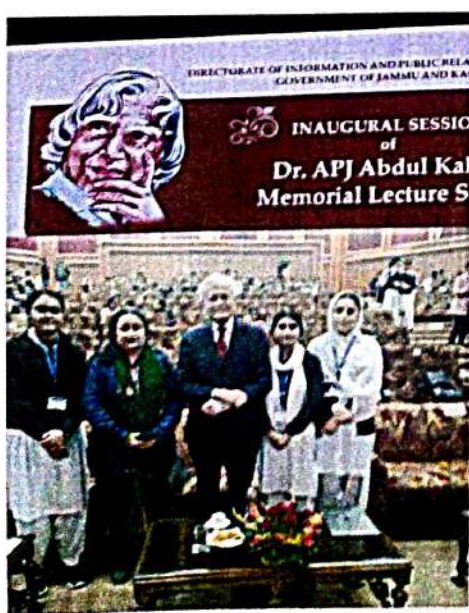
Dr APJ Abdul Kalam Azad Memorial Lecture Series Visit to Convention Centre

INTRODUCTION

The Science Club of GCW, Parade Ground, Jammu was invited to bring their students to attend the Dr APJ Abdul Kalam Azad Memorial Lecture Series at Convention Centre. Prof. Anjali Abrol, Convenor of Science Club, accompanied the group of forty students to the Convention Centre. Five students each from all respective science subjects attended the Lecture. The significant event brought together distinguished dignitaries including Sh. Suresh Naik (Ex. Group Director, ISRO) and Sh. Kashinath Deodar (Seniour Scientist, DRDO) who addressed the audience on the emerging trends in science and technology.

OUTCOME

The Annual Lecture Series event provided an enriching experience and vibrant atmosphere for learning and exchanging ideas for the students and teachers.



GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU

SCIENCE CLUB OF THE COLLEGE



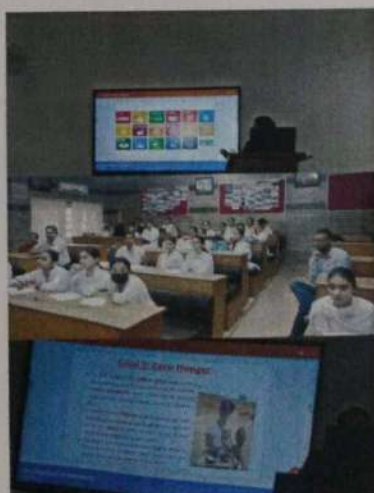
Workshop on Sustainable Development Goals

INTRODUCTION

The Science Club of GCW, Parade Ground, Jammu in collaboration with NSS organized a Workshop on Sustainable Development Goals. The resource person of the workshop was Dr Neha Sharma, Assistant Professor, Department of Environmental sciences, GDC, Majalta. The audience comprised of students of courses with Chemistry, NSS volunteers and Science Club volunteers. Dr Avinash Kumar Gupta, Head Prof. Anjali Abrol, Convenor of Science Club, Associate Professor, Department of Chemistry, Dr Puja Nanda, Associate Professor, Department of Chemistry, Dr Majeed, NSS PO, Dr Gurpreet Kour, NSS PO, Faheem Rasool, Assistant Professor, Department of Chemistry, Dr Ruchika, Assistant Professor, Department of Biotechnology attended the workshop. The welcome address was given by Prof. Anjali Abrol, Convenor of Science Club, Associate Professor, Department of Chemistry. The vote of thanks was given by Dr Gurpreet Kour, NSS PO.

OUTCOME

The students were apprised about the significance of Sustainable Development Goals. The future of upcoming generations requires the contribution of today's generation towards the conservation of all natural resources. Each and every action should be monitored for prevention of misuse of natural resources. The students and faculty in the audience were enriched by the information shared by the resource person.



GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU

SCIENCE CLUB OF THE COLLEGE



Quiz Competition

INTRODUCTION

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The welcome address was given by Prof. Anjali Abrol, Convenor of Science Club, Associate Professor, Department of Chemistry.

OUTCOME

The students showed great enthusiasm while participating in the quiz. They were provided an opportunity for displaying their wisdom in the field of chemical sciences.

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



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



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



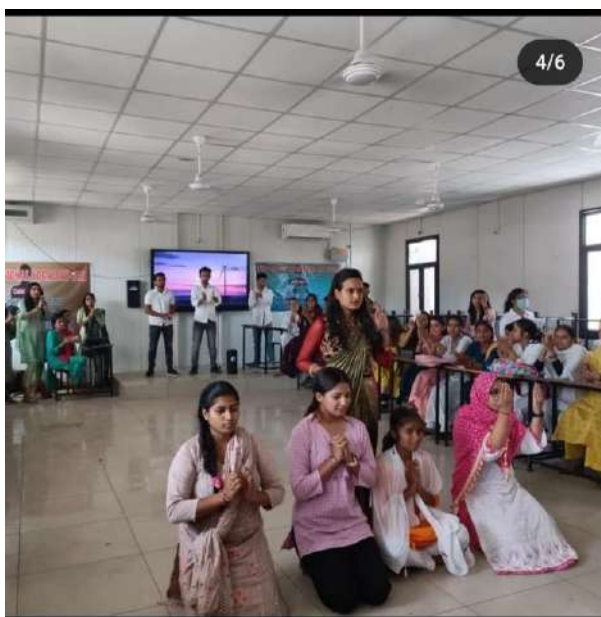
No of participants:100

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 Bishnaha 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



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

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 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 Mukht Abhiyan

Date:9th September 2022



No of participants:60

Report: NSS Volunteers took the "Say No to Drugs" pledge under "Nasha Mukht Abhiyan" on 9th of September, 2022 Also a lecture session was organised on the topic nasha mukht 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 Maah, 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 crockery/utensils is desirable.
5. First Prize: Rs. 1000
Second Prize: Rs. 700
Third Prize: Rs. 500
6. Time Allotted: 1 Hour
7. For any Query: Contact 8596853071, 7006072297

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



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



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



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



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

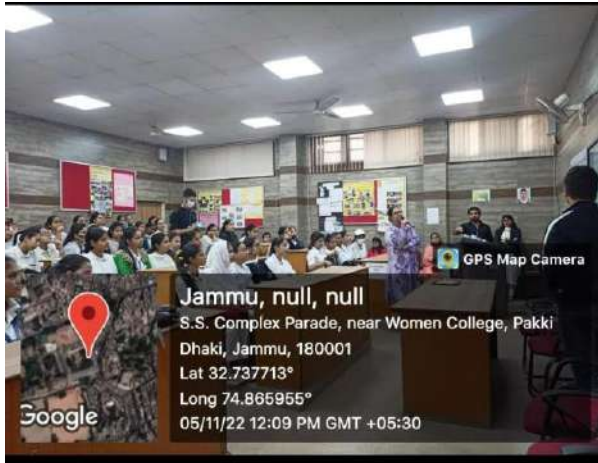
Report: Girls common room of the college.

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



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 JKPC OFFICE

Date:14th November 2022



No of participants:2

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

NSS Programme Officer: Dr Gurpreet Kour, Dr Mohd Majeed

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

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

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



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

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



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

