



**GOVT. COLLEGE FOR WOMEN
GANDHI NAGAR, JAMMU**

Sub criterion-3.4.1

**OUTCOMES OF EXTENSION
ACTIVITIES**

OF

NAAC CRITERION-III

**RESEARCH, INNOVATIONS AND
EXTENSION**

2018 - 2023

*RA-1
Covered*

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Constituent College of Cluster University of Jammu

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Activity:- Swachh Bharat Summer Internship (SBSI) at adopted village Sehora by NCC Cadets w.e.f 20.06.18 to 20.07.18



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GANDHINAGAR, JAMMU



ACTIVITY OUTCOME- SBSI 2018

1. The activity culminated successfully w.e.f 20th June 2018 to 20th July 2018.
2. The cadets were made aware about the importance of maintaining cleanliness in the surroundings.
3. The cadets spread awareness among people of Sehora village regarding the importance of Swachhta..
4. Young children were motivated for cleanliness.

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Principal
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Gandhi Nagar, Jammu

1

Activity :- Swachhta Hi Seva campaign conducted by NCC cadets in college and nearby areas w.e.f 15.09.2018 to 02.10.2018.



GOVERNMENT COLLEGE FOR WOMEN
GANDHINAGAR, JAMMU



ACTIVITY OUTCOME- Swachhta Hi Seva 2018

1. The activity culminated successfully wef 15th September, 2018 to 2nd October, 2018.
2. The cadets were made aware about the importance of maintaining cleanliness in the surroundings.
3. The cadets made posters, took part in public speaking, and performed nukkad natak to spread awareness on cleanliness.
4. The cadets cleaned the areas near canteen, and other areas in college campus.
5. The cadets participated in rally with slogans on Swachhta , hence making awareness to other students in college and public outside college.
6. The cadets also celebrated the birthday of Mahatma Gandhiji.

Mukti

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Neelima G
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Neelika
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Padma Shri Padma Sachdev
Govt. P.G. College for Women
Gandhi Nagar, Jammu

(2)

Activity :- SBSI-2018 at adopted village - Chak Avtara and
Kahal by NSS volunteers w.e.f 06.06.2018 to
15.06.2018.



ACTIVITY OUTCOME



1. Facelift of Panchyat Gharof village Chak Avatara and Kanhal.
2. Five teams of Villagers (Each with 4 members) were involved for caring of Plants which were planted during the Programme.
3. Compost pits were formed by 16 villagers.
4. 32 Women were made aware about the personal hygiene.

Programme Officer
NSS
Govt. College for Women
Gandhi Nagar, Jammu.

Activity:- Swachhta Pakhwada at adopted village Chak
Avatare and Kanhal by NSS volunteers w.e.f 01.08.2018 to
15.08.2018.



ACTIVITY OUTCOME



1. 85 villagers were made aware about the importance of Cleanliness in village Chak Avatara and Kanhal.
2. About 67 children of Bal Ghar and 16 elderly persons of oldage home were also learned about the Swacchta Campaign and pledged to clean their surroundings.

Shaniz
Programme Officer
NSS
Govt. College for Women
Gandhi Nagar, Jammu.

Activity :- Awareness Lecture on Compost Management conducted by Department of Botany and NSS units on 20.10.2018



ACTIVITY OUTCOME



1. The activity culminated successfully on 20.10.2018
2. The students/ volunteers were made aware about the simple and cost effective process of Composting.
3. They learnt the importance and benefits of compost management how it gives our nature a natural fertilizer.

Report submitted by:

Mala Bhasin
Programme Officer
NSS
Govt. College for Women
Gandhi Nagar, Jaipur.

Prof. Mala Bhasin (NSS Programme officer)

Activity: Beti Bachao - Beti Padhao organized by
NSS units on 25.01.2019.

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ACTIVITY OUTCOME



1. The activity culminated successfully on 25.01. 2019
2. The students/ volunteers were made aware about the objectives of this nationwidesocial campaign with main motive how to spread awareness about the protection, survival and education of the girl Child.
3. The volunteers took pledge to save and educate the girl child and will work for the upliftment of underprivileged girls of their surroundings.

Jharin
Programme Officer
NSS

Govt. College for Women
Gandhi Nagar, Jammu.

6

Activity:- Interaction program on Climate Change organized
by NGO - Human Centric Peoples Movement in collaboration
with NSS units on 15.04.2019.



ACTIVITY OUTCOME



The volunteers clearly understood the hazardous effects of climate change and discussed the main/primary causes of climate change due to human activities like burning of fuels, over population, deforestation, pollution, etc.,.

The volunteers also discussed how we can minimize the climate change by interacting with the local masses, by forming affective plans and their proper implementation.

Report submitted by: *Maja Bhasini*
Prof. Maja Bhasini (NSS Programme officer)

Govt. College for Women
Gandhi Nagar, Jammu.

Activity:- Subject Tour to Mansar lake on 23.03.2019.

DEPARTMENT OF GEOGRAPHY

(143)

GOVT COLLEGE FOR WOMEN GANDHI NAGAR JAMMU

TOUR OUTCOME

The one-day trip to Mansar was an unforgettable experience for all the college students. They had the opportunity to conduct a physical survey of a place amidst the enchanting Shivalik ranges, which is renowned for its biodiverse lake and serves as a popular picnic spot. The trip allowed them to appreciate the beauty of nature, understand the significance of ecological preservation, visualize the unique landscape with evergreen coniferous natural vegetation and learned many things from the local community. Students returned with valuable insights, cherished memories, and a renewed commitment to protecting our environment.

Visiting a place in itself is a learning experience for anybody. Students of semester 2nd and 4th got an opportunity to have a person experience about the place of geographical significance and natural beauty too. It also enhanced their self confidence and self learning. While working together in groups, students came to know each other and developed cooperative spirit. Afterwards, each student prepared a report of the study trip of Mansar supplemented with pictures.



HOD

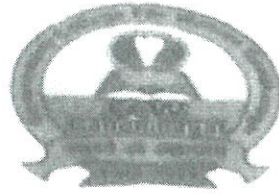
H. O. D. Geography
Govt. College for Women
Gandhi Nagar Jammu

GEOGRAPHY

(8)

Activity:- Botanical trip to Krimchi on 03.11.2018

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Govt. College for Women Gandhi Nagar Jammu

Activity Outcome

1. The activity culminated successfully on 3.11.2018
2. The students were made aware of the different types of plants .
3. The students were educated about how to collect the plants for lab work.
4. Some of the plants were carried with their propagules to be planted in the Botanical Garden.

Ju. Sharma
Head of Botany Department
Govt. College for Women
Gandhi Nagar, Jammu.

9

Activity :- Visit to Khadi Industry :- Gandhi Sewa Sadan Hiranagar,
Kathua conducted by Department of Commerce on 09.09.2018.

Outcome of the Activity

Students were deeply moved by the impactful work being carried out by the Gandhi Sewa Sadan in the spirit of Mahatma Gandhi's principles. The serene atmosphere and the dedication of the staff created an environment of compassion, service, and harmony on the students. Students were greeted with warm smiles and a sense of hospitality that instantly made them feel at home. Student's witnessed the various activities and initiatives undertaken by Gandhi Sewa Sadan. Their primary focus on education, healthcare, and community development was evident in the programs they offered. The skill centre provided underprivileged children with access to quality educational skill, production of Honey, Namdhas, empowering them to break free from the cycle of poverty. Their commitment to social harmony and unity truly inspired the students. Leaving Gandhi Sewa Sadan, students felt a renewed sense of purpose and a deeper understanding of the importance of compassion and service in our society. The Gandhi Sewa Sadan's commitment to improving the lives of the marginalized and promoting peace and harmony serves as a beacon of hope in a world that often seems overwhelmed by division and strife. A visit to Gandhi Sewa Sadan was a transformative experience.

Activity 5-

Visit organized by Food Science Department to IITM Lab, Jammu on 29.10.18

Reviewed on - 31.10.2018

~~177~~

DEPARTMENT OF FOOD SCIENCE AND TECHNOLOGY

Outcome

A departmental meeting was held on 31st of October 2018 in the office of HOD to review the decision taken in earlier meeting held on 24th of October 2018. The PG students were provided with demonstration cum training on working of HPLC, GC-MS, NMR, SEM & Quality Control Lab to enhance their lab working and analysis skills.

AJ
12/10/18

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Activity:- Visit to Goidi Poultry Farm organized by Department of Food Science
& Technology on 01.12.2018
Activity reviewed on 04.12.2018

(187)

DEPARTMENT OF FOOD SCIENCE AND TECHNOLOGY

Outcome Dec

A departmental meeting was held on 4th 2018 in the office of HOD to review the decision taken in earlier meeting held on 29th of November 2018. The visit was aimed to provide PG students with the brief training on quality assessment methods of eggs and poultry.

Agg
Food Tech Dept


205 74

GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU
DEPARTMENT OF HOME SCIENCE

Session 2018-19

OUTCOMES OF THE VISIT TO HOME FOR AGED AND INFIRM-

- **Interaction and companionship:** One of the primary goals of visiting an old age home is to provide social interaction and companionship to the residents. Engaging in conversations, listening to their stories, playing games, or participating in group activities creates a sense of joy and fulfillment for the residents.
- **Emotional support:** It offered emotional support to the elderly, especially those who may not have regular contact with their families or loved ones. Spending quality time with them, showing empathy, and offering a listening ear make a significant impact on their emotional well-being.
- **Volunteer work:** The volunteering activities such as helping with meals, or assisting in daily tasks fosters a sense of community and service.
- Such visits may lead to increased empathy, understanding, and a commitment to advocating for the needs of older adults.


HOD HOME SCIENCE
H.O.D. Deptt. Home Science
Govt. College for Women
Gandhi Nagar, Jammu.


TEACHER CONCERN

DEPARTMENT OF HOME SCIENCE

Activity 3- Visit to Bank to Study types of Saving & Credits during session 2018-19.

Outcomes:

The visit to the banks provided the students with several valuable outcomes, including:

Practical Understanding: The students gained practical insights into the functioning of banks and their role in the financial system. They developed a better understanding of how various banking operations and services are carried out.

Knowledge of Financial Products: Through interactions and presentations, the students learned about a wide range of financial products and their features. They acquired knowledge about different types of accounts, loans, and investment options available in banks.

Money Management Skills: The visit helped students enhance their money management skills by learning about budgeting, saving, and making informed financial decisions. They gained a deeper understanding of the importance of financial planning and responsible financial behavior.

Application of Classroom Learning: The practical exposure gained during the visit helped students bridge the gap between theory and practice. They could relate the concepts learned in the classroom to real-world scenarios, thereby strengthening their understanding of banking and financial management.

HOD HOME SCIENCE

H.O.D. Dept. Home Science
Govt. College for Women
Gandhi Nagar, Jammu

TEACHER CONCERN

Activity:- Poster making competition organized by Red Ribbon Club in collaboration with JK State AIDS Control Society on 01.12.2018.

REPORT: RED RIBBON CLUB INTRA-COLLEGE POSTER-MAKING COMPETITION

Objective:

The Red Ribbon Club, in partnership with the JK State AIDS Control Society, organized an intra-college poster-making competition on the theme "Know Your Status" to commemorate World AIDS Day. The event aimed to raise awareness among college students about HIV/AIDS, promote the importance of knowing one's HIV status, and eliminate the stigma associated with the disease.

Event Highlights:

The poster-making competition witnessed enthusiastic participation from students across various disciplines, reflecting their commitment to spreading awareness about HIV/AIDS. The competition was held to inaugurate a week-long activity from 24-11-2018 up to 1st December. 41 students participated in today's activity, and the judges present for the event were Dr. Ashu Vashisht, Professor Ashwini Khajuria from GCW Gandhi Nagar, and Professor Siloney Chirag from GCW Prade. Dr. Manisha Kohli convener Red Ribbon Club, Professor Eisha Gohil, Dr. Syed Shehna, Dr. Shiv Mangal Singh members of Red Ribbon Club supervised the event.

Activities: Poster Making Competition: Participants were provided with art supplies and charts to create compelling posters on the theme "Know Your Status." The students' creativity was evident in the thought-provoking and visually captivating artworks they produced.

Awareness Session: Alongside the competition, an informative session was conducted by representatives from the JK State AIDS Control Society. The session focused on educating the students about HIV transmission, prevention measures, the importance of regular testing, and the support available for those affected by the disease.

Prize Distribution: After careful evaluation by a panel of judges, the best posters were selected based on their originality, relevance to the theme, and artistic merit. Muskaan Trehan (Semester -3), Attika Choudhary (Semester -1) and Nishtha Jain (Semester -5) were adjudged 1st, 2nd and 3rd respectively. The winners were awarded certificates of appreciation and attractive prizes as tokens of recognition for their efforts.

PROGRAM OUTCOMES:

The event succeeded in its mission to raise awareness about HIV/AIDS and empower the student community to take proactive steps in the fight against the epidemic. By promoting the theme "Know Your Status," the event encouraged students to prioritize their health and well-being by getting tested regularly for HIV. The creativity displayed in the posters helped dispel myths and misconceptions surrounding HIV/AIDS and fostered a more compassionate and understanding atmosphere on campus.

Activity :- Motivational lecture session on various issues related to career, mental health & other public health issues organized by "The-SARA" on 19.01.2019.

Program Outcomes

The program outcomes of Motivational Lecture Session by "THE-SARA"

- **Increased Awareness:** It aimed to enhance participants' awareness vis a vis their mental health and well-being and help the students recognize signs of distress, understand the importance of seeking support, and develop self-awareness.
- **Improved Coping Skills:** It focussed on equipping the students with effective coping strategies to manage stress, anxiety, and other emotional challenges as they taught about techniques such as relaxation exercises, mindfulness, problem-solving, and assertiveness training.
- **Enhanced Emotional Intelligence:** It also aimed to develop their emotional intelligence by helping them understand and manage their emotions effectively. This includes recognizing and empathizing with others' emotions, developing self-regulation skills, and improving interpersonal relationships.
- **Increased Resilience:** It aimed to foster resilience in students, helping them bounce back from adversity and develop a positive mindset. This includes building skills such as optimism, adaptability, perseverance, and developing a sense of purpose.



Activity:- Counselling workshop under Skill India Mission
organized by Career Counselling & Placement Cell
on 22.01.2019.

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Program Outcomes

The program outcomes of counselling workshop on Skill India Mission are as follows:

- The chief objective was to provide market relevant skills training to the youth.
- Closing gap between skill required by the industry and skills students possess for employment generation.
- Preparing good human resources.
- Building actual competencies rather than giving students mere qualifications.
- Enhancing lifelong learning which is beneficial for life developing skills.
- Diversifying the existing skill development programmes to meet today's challenges.

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Activity:- Seminar on Preparation of Civil Services Exams
organized by Career Counselling & Placement Cell on
28.01.19.
Program Outcomes

1. **Enhanced Understanding of Exam Structure:** Participants gain a comprehensive understanding of the civil services examination structure, including the different stages, eligibility criteria, and selection process. They become familiar with the requirements and expectations of each stage of the exam.
2. **Knowledge of Subject Selection:** Participants acquire insights into selecting optional subjects based on their interests, scoring potential, and availability of study materials. They understand the importance of making informed choices that align with their strengths and career goals.
3. **Effective Study Techniques:** Participants learn practical study techniques, including creating study schedules, setting goals, and managing time effectively. They acquire strategies for effective note-taking, revision, and self-assessment to optimize their study efforts.
4. **Comprehensive Preparation Strategies:** Participants receive guidance on preparing for general studies, including recommended study materials, reference books, and online resources. They learn techniques for efficient reading, note-making, and memorization of vast amounts of information.
5. **Improved Answer Writing Skills:** Participants develop skills in structuring answers, presenting arguments, and effectively conveying information. They receive guidance on improving their writing skills, essay writing, précis writing, and addressing different question formats.
6. **Interview Preparation:** Participants gain insights into the interview process, including the types of questions asked and evaluation criteria. They receive tips on effective communication, body language, and presenting themselves confidently during interviews.
7. **Time Management Strategies:** Participants acquire time management strategies to balance multiple subjects and responsibilities. They learn techniques for prioritizing study tasks, setting realistic goals, and managing distractions to make the most of their study time.
8. **Personality Development:** Participants receive guidance on personality development, including enhancing interpersonal skills, communication skills, and current affairs knowledge. They learn techniques for building confidence, improving public speaking, and staying updated with current events.
9. **Motivation and Confidence Boost:** The seminar motivates participants to pursue their goal of clearing the civil services examination. They gain confidence in their ability to prepare effectively and navigate the exam process successfully.

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Activity :- Seminar on Job Awareness with Career options organized by Career Counselling & Placement cell on 09.02.2019.

Programme Outcomes

The following are the outcomes of the activity:

1. **Increased Knowledge:** Participants gain a deeper understanding of various industries, job roles, and career pathways available to them. They learn about current trends, skill requirements, and emerging opportunities in the job market.
2. **Improved Job Search Skills:** Students acquire valuable insights and practical tips on how to effectively search for employment. They learn about resume writing, interview techniques, networking strategies, and online job platforms. This empowers them to navigate the job market with confidence.
3. **Networking Opportunities:** It provides opportunities for participants to connect with industry professionals, employers, and other like-minded individuals. This networking can lead to valuable contacts, mentorship possibilities, and even job referrals.
4. **Clarified Goals and Action Plans:** Through interactive sessions and exercises, participants may develop clearer career goals and create action plans to achieve them. They identify specific steps, training or education requirements, and milestones to help them progress towards their desired careers.
5. **Career Path Exploration:** The seminar encourages participants to explore different career paths and consider alternative options. They may gain insights into less traditional or niche industries that align with their interests and skills, expanding their possibilities beyond conventional choices.

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Activity :- World's Elder Day celebrated in the college
on 01/10/2018.

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Govt. College for Women
Gandhi Nagar, Jammu

Activity Outcome (Celebration of World Elders' Day)

The celebration of World Elder's Day is typically aimed at honoring and appreciating older adults, promoting inter-generational understanding, and raising awareness about issues affecting older individuals.

The event may have provided a platform to recognize and appreciate the contributions and wisdom of older adults, fostering a sense of respect and honor within the community. Activities that encourage interaction between younger and older generations may have helped bridge the generation gap, fostering empathy, understanding, and meaningful connections. The celebration may have involved community members, organizations, or local leaders, promoting community engagement and collaboration in addressing the needs and concerns of older adults.

The event may have provided a platform for advocating for the rights and well-being of older individuals, raising awareness about their needs and promoting initiatives to support them.

Convener
Neela
Convener
Cultural Committee
Govt. College for Women
Gandhi Nagar, Jammu

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Activity :- Nukkad Natak performed by students at University of Jammu on 15.10.2018.

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Govt. College for Women

Gandhi Nagar, Jammu

Activity Outcome (Nukkad Natak)

The play could highlight how different colors and threads come together to create a beautiful tapestry, symbolizing the importance of unity and diversity in society. It could emphasize the need for people from different backgrounds, cultures, and communities to work together harmoniously.

The Nukkad Natak could showcase the vibrant colors and diverse threads of Indian culture, celebrating the rich heritage and traditions that exist in the country. It could emphasize the beauty and strength that arises from embracing and respecting diverse perspectives and experiences.

Colors and threads can evoke various emotions. The play could explore how different colors represent different emotions or moods and how threads connect individuals and their emotions. It could delve into the power of expression and communication through art and how colors and threads can convey feelings and stories.

The Nukkad Natak could raise awareness about social issues using the symbolism of colors and threads. It could address topics like gender equality, environmental conservation, or communal harmony, using creative narratives and engaging performances to encourage positive change.

Ultimately, the outcome of the Nukkad Natak on "Rang Sutra" would aim to engage the audience, raise awareness, and potentially inspire them to think critically about the themes presented while promoting unity, diversity, and creativity.

Aswika
Convener
Cultural Committee
Govt. College for Women
Gandhi Nagar, Jammu

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ACTIVITY: Series of activities w.e. of 02-10-2019 to 04-11-2019
by NCC Cadets



GOVERNMENT COLLEGE FOR WOMEN
GANDHINAGAR, JAMMU



ACTIVITY OUTCOME

a. 150th Birth Anniversary Celebrations of Mahatma Gandhi – Rally on 2nd October 2019: The rally was a huge success, with over 15 NCC cadets participating in the event. The rally was aimed at spreading the message of peace, non-violence, and cleanliness, which were the core values of Mahatma Gandhi.

b. Plog Run – 5th Oct. 2019:

The Plog Run was a unique event that combined jogging and picking up litter to promote cleanliness and environmental awareness. 1. The Plog Run contributes to the cleanliness of surroundings and help prevent pollution. 2. Contributes to positive effects on mental health and overall well-being.

c. Rally and Cleanliness Drive – 9th Oct. 2019:

The Rally and Cleanliness Drive was organized to raise awareness about the importance of keeping the surroundings clean. Such cleanliness drives help to maintain hygiene and cleanliness. They encompass community development, environmental conservation and promotion of sustainable practices.

d. Unity Day Pledge – 31st Oct 2019, college campus:

The Unity Day Pledge was taken on the birth anniversary of Sardar Vallabhbhai Patel, to promote national unity and integrity. The NCC cadets took the pledge to work towards the betterment of the nation and promote the spirit of unity and brotherhood among all citizens.

e. Swachhta Abhiyan – 4th Nov 2019:

The Swachhta Abhiyan was aimed at promoting cleanliness and hygiene in the surroundings. The NCC cadets participated in the cleaning drive and collected a significant amount of waste and garbage. The drive was a success in spreading awareness about the importance of cleanliness and maintaining a healthy environment. Overall, the activities were successful in promoting cleanliness, national unity, and environmental awareness among the NCC cadets and the community. The events were well-received by the public and helped to instill a sense of responsibility and patriotism among the participants.

Neki
Principal
Padma Shri Padma Sachdev
Govt. P.G. College for Women
Gandhi Nagar, Jammu

Neelima G
ANO
1 J&K Girls Bn NCC
Govt. College for Women
Gandhi Nagar, Jammu

Neelima G
ANO
GCW Gandhi Nagar
Jammu

Activity : World Water Day - Rally on 22-03-2020
by NCC (Naval Unit)



GOVERNMENT COLLEGE FOR WOMEN
GANDHINAGAR, JAMMU



ACTIVITY OUTCOME

The World Water Day rally helped NCC cadets in several ways:

- **Raise awareness:** The rally provided an opportunity for NCC cadets to increase their awareness about the importance of water conservation and the global water crisis. They learned about the scarcity of water resources and the need to protect and manage them sustainably.
- **Foster a sense of responsibility:** By participating in the rally, NCC cadets developed a sense of responsibility towards water conservation. They learned about the impact of their own actions on water resources and gained a deeper understanding of the need to conserve water for future generations.
- **Engage in community service:** The rally facilitated community engagement for NCC cadets, they learned the importance of actively contributing to their communities and the environment.
- **Enhance leadership and teamwork skills:** The World Water Day rally provided NCC cadets with opportunities to showcase and develop their leadership and teamwork skills. They worked alongside other cadets and participants, organizing and coordinating various aspects of the rally, such as logistics, communication, or event management.

Mukti

Renuka
ANO
1 J&K Girls Bn NCC
Govt. College for Women
Gandhi Nagar, Jammu

Neelima G
ANO
GCW Gandhi Nagar
Jammu

Neelika
Principal
Padma Shri Padma Sachdev
Govt. P.G. College for Women
Gandhi Nagar, Jammu

Activity: Rally on Food Safety on 18-10-2019 by
Naval Unit NCC.



GOVERNMENT COLLEGE FOR WOMEN
GANDHINAGAR, JAMMU



ACTIVITY OUTCOME

The NCC cadets who participated in the Rally on Food Safety organized by the Naval Unit NCC on October 18th, 2019, learned several important things about food safety and hygiene. Some of the things they learned include:

1. The importance of maintaining hygiene in food preparation and consumption.
2. The importance of washing hands before and after handling food.
3. The importance of using clean utensils and cooking surfaces to prevent the spread of germs.
4. The importance of storing food at the right temperature to prevent the growth of bacteria.
5. The importance of eating a balanced and healthy diet to maintain good health.
6. The consequences of consuming unhygienic food, such as food poisoning and other illnesses.

The NCC cadets also learned how to spread awareness about food safety and hygiene and how to encourage people to adopt healthy food habits. They learned how to create posters and banners promoting food safety and how to interact with the public to educate them about the importance of hygiene in food preparation and consumption.

MKS

Meelima G
Slt. Meelima G
ANO
GCW Gandhi Nagar
Jammu

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Activity : Kargil Vijay Diwas on 25-26th July 2019
by NSS & NCC Cadets



ACTIVITY OUTCOME



1. The activity culminated successfully on 26.07. 2019
2. The students/ volunteers were made aware about the great sacrifice of Kargil Heroes.
3. The volunteers took pledge to work for nation's pride .


 Programme Officer
 (NSS & NCC)
 Govt. College for Women
 Gandhinagar, Jaipur.

Activity : Plantation Drive by NSS Units in
Collaboration with Mahindra and Mahindra Group
on 23-08-2019



ACTIVITY OUTCOME



1. The plantation drives successfully completed on 27.08.2019.
2. The volunteers were made aware about the importance of Plantation particularly of medicinal plants.
3. They learnt also about the importance of team work.

Tharun
Programme Officer
Govt College for Women
Gandhi Nagar, Jaipur

Activity : Two days Plantation Drive by NSS units
on 26th - 27th August 2019

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ACTIVITY OUTCOME



1. The plantation drive successfully completed on 23.08.2019.
2. The volunteers were made aware about the importance of Plantation particularly of medicinal plants.
3. They learnt also about the importance team work.

Shashi
Programme Officer
NSS
Govt. College for Women
Gandhi Nagar, Jammu.

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Activity: Awareness Lecture Cum Demonstration on
Solid Waste Management by NSS Volunteers on
13-09-2019



ACTIVITY OUTCOME



1. The activity culminated successfully on 13.09. 2019
2. The students/ volunteers were made aware about the simple and cost effective process of recycling the solid wastes
3. They learnt the importance and benefits of solid waste management

Jhansi
Programme Officer
NSS
Govt. College for Women
Gandhi Nagar, Jammu.

Activity : Visit to Adopted Village for Awareness
Lecture on Say no to Single Use of Plastics
and Swachhata hi Seva on 19-11-2019



ACTIVITY OUTCOME



1. The daylong activity culminated successfully on 19.11. 2019
2. The volunteers were made aware of villagers about the importance of cleanliness in our daily life.
3. They educated the volunteers about the hazards of Single Use Plastic
4. They also learnt the spirit of Team Work and Leadership.

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Activity: National Road Safety Week - 2020 By NSS Volunteers
w.e.f 11th - 17th Jan. 2020.



ACTIVITY OUTCOME



1. The activities culminated successfully on 11.01. 2020 and 15.01.2020
2. The volunteers were made aware about the traffic rules and encouraged to wear a helmet and Seat belt during driving.

Shashin
Programme Officer
NSS

Govt. College for Women
Gandhi Nagar, Jammu.

Activity : Series of activities to Celebrate National Girl child day on 24-01-2020 by NSS Volunteers



ACTIVITY OUTCOME



1. The activity culminated successfully on 24.01. 2020
2. The volunteers were made aware about the safety and education of Girl child.
3. The volunteers took pledge to work for the welfare of Girl Child.

Jharin
Programme Officer
NSS
Govt. College for Women
Gandhi Nagar, Jammu.

Activity : Winter Camp - 2020 from 18th - 24th Feb, 2020



ACTIVITY OUTCOME



1. The winter camp culminated successfully at Manwal on 24.02.2020.
2. The volunteers had a great first hand learning experience which will further broaden their scope for bringing awareness to masses.
3. They also learnt the spirit of Team Work and Leadership.

Jasvi
Programme Officer
B. S
Govt. College for Women
Gandhi Nagar, Jammu.

Activity: Visit to Indian Red Cross Society

Session - 20/11/20

GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU

DEPARTMENT OF HOME SCIENCE

1. Positive Impact on Child Well-being: The organization's efforts have led to significant improvements in the lives of children. Through their interventions, many children have gained access to education, healthcare, and protection from abuse and exploitation. The organization's commitment to gender justice has also contributed to reducing gender-based violence and discrimination.
2. Strengthening Community Engagement: The organization has effectively engaged with local communities, fostering a sense of ownership and responsibility for child rights and gender justice. Their participatory approach has encouraged community members to actively participate in decision-making processes and advocate for positive change.
3. Policy Advocacy Successes: The organization's advocacy initiatives have resulted in policy changes that better protect children's rights and promote gender equality. They have successfully influenced legislation and policy frameworks to address gaps in child protection and gender-based discrimination.

Limitations and Challenges:

While the organization has made significant strides in advancing child rights and gender justice, several limitations and challenges were identified:

1. Resource Constraints: Limited financial resources often restrict the organization's ability to expand and sustain their programs. This hinders their capacity to reach a larger number of children and communities in need.
2. Deep-rooted Societal Norms: Challenging deeply ingrained gender norms and attitudes remains a persistent challenge. Overcoming cultural and societal barriers requires long-term efforts, community sensitization, and collaboration with various stakeholders.

Outcomes of visit to Indian Red Cross Society

The organization we visited is making commendable efforts to promote child rights and gender justice. Through their programs and activities, they have achieved positive outcomes and influenced policies that benefit children and challenge gender inequality. However, resource constraints, societal norms, and coordination challenges pose ongoing limitations.

- Increased awareness: Visit to the organization provided us with a deeper understanding of the issues and challenges faced by children and marginalized groups. It helped to raise awareness about the importance of promoting equality, justice, and protection for children and individuals of all genders.
- Education and information: During the visit, we learned about the organization's programs, initiatives, and campaigns. This provided us with valuable knowledge about

Activity - Visit to Home for Aged and Infirm

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GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU

Session 2019-20

DEPARTMENT OF HOME SCIENCE

OUTCOMES OF THE VISIT TO HOME FOR AGED AND INFIRM-

- **Interaction and companionship:** One of the primary goals of visiting an old age home is to provide social interaction and companionship to the residents. Engaging in conversations, listening to their stories, playing games, or participating in group activities creates a sense of joy and fulfillment for the residents.
- **Emotional support:** It offered emotional support to the elderly, especially those who may not have regular contact with their families or loved ones. Spending quality time with them, showing empathy, and offering a listening ear make a significant impact on their emotional well-being.
- **Volunteer work:** The volunteering activities such as helping with meals, or assisting in daily tasks fosters a sense of community and service.
- Such visits may lead to increased empathy, understanding, and a commitment to advocating for the needs of older adults.

J. J. J.

HOD HOME SCIENCE
H.O.D. Deptt. Home Science

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Unit 11, 11.1, 11.2, 11.3, 11.4, 11.5, 11.6, 11.7, 11.8, 11.9, 11.10, 11.11, 11.12, 11.13, 11.14, 11.15, 11.16, 11.17, 11.18, 11.19, 11.20, 11.21, 11.22, 11.23, 11.24, 11.25, 11.26, 11.27, 11.28, 11.29, 11.30, 11.31, 11.32, 11.33, 11.34, 11.35, 11.36, 11.37, 11.38, 11.39, 11.40, 11.41, 11.42, 11.43, 11.44, 11.45, 11.46, 11.47, 11.48, 11.49, 11.50, 11.51, 11.52, 11.53, 11.54, 11.55, 11.56, 11.57, 11.58, 11.59, 11.60, 11.61, 11.62, 11.63, 11.64, 11.65, 11.66, 11.67, 11.68, 11.69, 11.70, 11.71, 11.72, 11.73, 11.74, 11.75, 11.76, 11.77, 11.78, 11.79, 11.80, 11.81, 11.82, 11.83, 11.84, 11.85, 11.86, 11.87, 11.88, 11.89, 11.90, 11.91, 11.92, 11.93, 11.94, 11.95, 11.96, 11.97, 11.98, 11.99, 11.100

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TEACHER CONCERN

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Activity : Visit to Home for Aged and Infirm

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Session
2018-20

GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU

DEPARTMENT OF HOME SCIENCE

OUTCOMES OF THE VISIT TO HOME FOR AGED AND INFIRM-

- **Interaction and companionship:** One of the primary goals of visiting an old age home is to provide social interaction and companionship to the residents. Engaging in conversations, listening to their stories, playing games, or participating in group activities creates a sense of joy and fulfillment for the residents.
- **Emotional support:** It offered emotional support to the elderly, especially those who may not have regular contact with their families or loved ones. Spending quality time with them, showing empathy, and offering a listening ear make a significant impact on their emotional well-being.
- **Volunteer work:** The volunteering activities such as helping with meals, or assisting in daily tasks fosters a sense of community and service.
- Such visits may lead to increased empathy, understanding, and a commitment to advocating for the needs of older adults.

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HOD HOME SCIENCE
H.O.D. Deptt. Home Science
Govt. College for Women
Gandhi Nagar, Jammu

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TEACHER CONCERN

35

Activity: Visit to Bank to study types of Savings and Credits

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GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU

Session 2019-20

DEPARTMENT OF HOME SCIENCE

Outcomes:

The visit to the banks provided the students with several valuable outcomes, including:

Practical Understanding: The students gained practical insights into the functioning of banks and their role in the financial system. They developed a better understanding of how various banking operations and services are carried out.

Knowledge of Financial Products: Through interactions and presentations, the students learned about a wide range of financial products and their features. They acquired knowledge about different types of accounts, loans, and investment options available in banks.

Money Management Skills: The visit helped students enhance their money management skills by learning about budgeting, saving, and making informed financial decisions. They gained a deeper understanding of the importance of financial planning and responsible financial behavior.

Application of Classroom Learning: The practical exposure gained during the visit helped students bridge the gap between theory and practice. They could relate the concepts learned in the classroom to real-world scenarios, thereby strengthening their understanding of banking and financial management.



HOD HOME SCIENCE

*H.O.D. Deptt. Home Science
Govt. College for Women
Gandhi Nagar, Jammu.*



TEACHER CONCERN

36

Activity :- Visit to Surinsar, Jammu

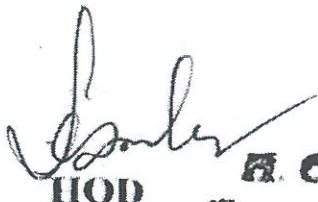
210
Session 2018-20

DEPARTMENT OF GEOGRAPHY
GOVT COLLEGE FOR WOMEN GANDHI NAGAR JAMMU

TOUR OUTCOME

The physical survey of Surinsar and surrounding area was an unforgettable experience for all the students of geography. They got the opportunity to observe the place of study amidst the enchanting Shivalik ranges, which is renowned for its biodiverse lake and serves as a popular picnic spot. The trip allowed them to appreciate the beauty of nature, understand the significance of ecological preservation, visualize the unique landscape with evergreen varied natural vegetation and learned many things from the local community. Students returned with valuable insights, cherished memories, and a renewed commitment to protecting our environment.

Visiting a place in itself is a learning experience for anybody. Students of semester 2nd and 4th got an opportunity to have a person experience about the place of geographical significance and natural beauty too. It also enhanced their self confidence and self learning. It enhanced their knowledge and also developed self confidence in them. While working together in groups, students came to know each other and developed cooperative spirit. Afterwards, each student prepared a report of the physical survey of Surinsar.



HOD **R. O. D. Geography**
Govt. College for Women
Gandhi Nagar Jammu
GEOGRAPHY

Activity: Career Development and Counselling Session (328)
on 04-10-2019

Program Outcomes on Career Development and Counselling Session

The following are the main outcomes of the session:

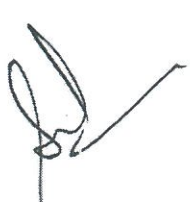
Increased Self-Awareness: Through the discussions, the participants gained a deeper understanding of their interests, values, strengths, and weaknesses. This increased self-awareness will enable them to make more informed career decisions aligned with their true passions and values.

Clarified Career Goals: They set clear and specific career goals, both short-term and long-term, that are measurable, achievable, relevant, and time-bound. These goals provide a roadmap for their career development and serve as a source of motivation and focus.

Expanded Career Exploration: They explored various career options and pathways relevant to their interests and aspirations. They gained a broader perspective on different industries, job roles, and opportunities available to them. This expanded career exploration will facilitate informed decision-making and potentially open new avenues for the professional growth.

Identified Skill Development Needs: Through assessing their current skill set and understanding the requirements of their desired career paths, the students identified specific skills they need to develop or enhance.

Developed an Action Plan: The action plan serves as a guide for the students to take proactive steps towards their professional growth in future

 (328)

Activity: ~~Workshop~~ Counselling Session for SC & ST Students
by Career Counselling and Placement Cell

348

23

PROGRAMME OUTCOMES:

1. Increased Awareness: The counseling session successfully increased awareness among SC/ST/Minority students about the opportunities available in stenography and computer O Level software courses. Participants gained a deeper understanding of the skills required and the significance of these courses in the job market.

2. Enhanced Knowledge of Eligibility Criteria and Application Process: Students obtained detailed information about the eligibility criteria and application process for stenography and computer O Level software courses. They gained clarity on the necessary documents, application procedures, and important deadlines, which will facilitate their successful application.

3. Exploration of Career Opportunities: Participants gained insights into the diverse career opportunities available after completing stenography and computer O Level software courses. They learned about various industries where stenography skills are in demand, as well as potential career paths in computer software. This knowledge will assist them in making informed decisions about their future careers.

4. Addressed Challenges and Solutions: The session effectively addressed the challenges faced by SC/ST/Minority students in accessing educational and career opportunities in stenography and computer software. Solutions and support systems, including scholarships, financial aid, and counseling services, were shared to help students overcome barriers such as financial constraints and discrimination.

5. Increased Motivation and Confidence: Through the sharing of success stories and motivational anecdotes, participants were inspired and motivated to pursue stenography and computer O Level software courses. They gained confidence in their abilities and aspirations, knowing that individuals from similar backgrounds have excelled in these fields.

6. Peer Learning and Engagement: The counseling session facilitated group discussions and peer-to-peer learning, allowing participants to share their concerns and aspirations. This created a supportive and inclusive environment, fostering collaboration and networking among the students.

Provision of Resource Materials: Participants received informational brochures, pamphlets, and handouts containing key details about stenography and computer O Level software courses. These resources will serve as references for further exploration and guidance.

7. Establishment of Support Systems: SC/ST/Minority students were made aware of the support systems available to them, such as scholarships, government schemes, and counseling services. This knowledge will help them access the necessary assistance and guidance throughout their educational journey.

Overall, the counseling session achieved its objectives of creating awareness, providing guidance, addressing challenges, and motivating SC/ST/Minority students to pursue stenography and computer O Level software courses. The outcomes of the session are expected to empower these students to make informed decisions and pursue successful careers in these fields.

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376
51

Activity: Employability Skill Training (Batch I) from 27-01-20 to 08-02-20.
Batch-II - 10-02-20 to 22-02-20

ACTIVITY OUTCOME

As a result of Employability Skill Training programme

1. A total of 170 students were trained
2. A sense of Entrepreneurship was inculcated among the students.
3. It gave a sense of security to the girl students for their future endeavours

Activity: Workshop on Mental Health Issues
in Youth and challenges on 20-02-2020

457

408

ACTIVITY OUTCOME

As a result of One day Workshop on Mental Health and Challenges among Youth .

1. An Awareness about drug abuse was developed among the students.
2. Interaction with resourcepersons helped student to understand the queries related to drug addiction
3. There was a detailed discussion about the type of mental stress the students are facing and how it can be tackled



41

Activity:- Lecture on "Respect Indian Currency" organized by Department of Commerce on 10.02.2021 (7)

OUTCOME

The lecture on Respect Indian Currency was really valuable for all the students. The knowledge about identifying the forged and fake Indian currency and how to exchange the soiled and mutilated Indian currency notes from banks, as their right was given to the students. The oath taken by the students to "respect Indian currency and further that they will spread the knowledge among other students was the real remarkable outcome of the session.



Activity :- Online lecture on "Income Tax Practices" organised by Department of Commerce on 20.12.2020. (18)

OUTCOME

This online session on income tax practices covered a detailed analysis of major aspects of income tax law with special focus on tax planning, filing essential compliances, e-assessments and e-proceedings etc. After this session on Income tax practices, students will be able to handle income tax challenges in business. This lecture enhanced students' knowledge and confidence to handle the litigations matter with the income tax authority. Students will be able to handle not only the routine compliances but also the proceedings at the department. The session was really great success for making students aware about income tax practices.



Online
Activity:- Lecture on Digital Marketing organized by
Department of Commerce on 02.04.2021.

25

OUTCOME

The lecture provided students with valuable insights and knowledge about digital marketing strategies, tools, and trends. They learned about various aspects such as social media marketing, content marketing, email marketing, and more. Students also developed practical skills by learning how to apply these strategies effectively. The lecture helped the students to gain a deeper understanding of digital marketing concepts, including the latest industry practices and techniques. The resource person shared real-life examples, case studies, and success stories to illustrate the application of digital marketing strategies. This broadens the students' perspectives and enabled them to think creatively when devising marketing campaigns. This lecture on digital marketing provided valuable educational opportunities, networking prospects, and practical insights that benefit in students personal and professional endeavors in the digital marketing realm.



44

Outline

Activity :- Essay writing on "Effect of Lockdown on our Economy" organized by Department of Commerce on 24.09.21

35

OUTCOME

The students have a lot to read and write through online mode. So, online essay writing brought out independent thoughts of the students over the topic "effect of lockdown on our economy. Moreover, they had given innovative measures to overcome loss in the economy. Some students had suggested working online while others had suggested for online business at local level. Thus, making themselves independent (Aatamnirbhar) in each sector and also helping the country to find new jobs at local levels for other individuals also. Online mode had also helped students to think and search more and had resulted in giving a quality material in their respective essays.



45

Activity:- Series of activities organized by NSS units during the celebration of Van Mahotsav wef 4th-7th July, 2020. (44)



ACTIVITY OUTCOME



1. The celebration of Van Mahotsav successfully completed on 07.07.2020.
2. The volunteers were made aware about the conservation of forests. The focus was towards forming a personal connect between the students and trees/ Plants through a process of experience, reflection and creation.
3. They learnt also about the importance of team work while organizing online activities.

Thank
Programme Officer
NSS
Govt. College for Women
Gandhi Nagar, Jammu.

Activity:- Series of Activities performed by NSS
volunteers during the celebration of Sadbhavana
week w.e.f 14th - 20th August, 2020. (60)



ACTIVITY OUTCOME



1. The celebration of Sadbhavana Week-2020 was successfully completed on 20.08.2020.
2. The volunteers were made aware about the remarkable efforts and contributions made by Sh. Rajiv Gandhi for the socio- economic upliftment of mother Nation and in bridging heritage and youth power.
3. They also learnt about the importance of co-operation and unity to develop peace and harmony through self-confidence and positive thinking.
3. They learnt also about the importance of team work while organizing online activities.

Jainy
Programme Officer

NSS
Govt. College for Women
Gandhi Nagar, Jammu.

Activities - Series of activities organized by NCC (75) wings to commemorate International Day against Drug Abuse & Human Trafficking on 26.06.2020.
Govt. College for Women Gandhinagar Jammu

Activity Outcomes

An awareness campaign against drug abuse conducted by NCC cadets can have several positive outcomes. Some potential activity outcomes achieved through this campaign are:

Increased knowledge:

The awareness campaign helped NCC cadets and the wider community to gain a better understanding of the dangers and consequences of drug abuse. The various types of drugs, their effects on the body and mind, and the potential risks associated with their use.

Prevention and deterrence:

The campaign focused on prevention strategies, educating cadets about the importance of avoiding drug abuse and the negative impact it can have on their physical and mental health, relationships, education, and future prospects. By instilling a sense of deterrence, the campaign can help cadets resist peer pressure and make responsible choices.

Awareness among peers:

NCC cadets served as influential role models through highly effective Peer to Peer approach. By actively engaging with their classmates, friends, and community members, they had effectively spread awareness about drug abuse and its consequences.

Skill-building and leadership development:

Planning and executing an awareness campaign requires organizational and leadership skills. Through their involvement in campaign activities, NCC cadets proved their abilities in project management, teamwork, public speaking, and communication. These skills can benefit them in various aspects of their personal and professional lives.

NCC Wing
11, D. J. S. Road
Gandhinagar, Jammu
1 J&K Girls En Srinagar

Activities - Series of activities organized by NCC wings (83)
to commemorate Constitution Day on 26 Nov. 2020.

Govt. College for Women Gandhinagar Jammu

Activity Outcomes

Upholding Democratic Values:

The constitution represents the framework of a democratic society, enshrining the rights and freedoms of its citizens. Celebrating Constitution Day reaffirms the commitment to these democratic values, such as equality, justice, liberty, and fundamental rights.

Constitutional Awareness:

Constitution Day provides an opportunity to increase public awareness and understanding of the constitution. It helps youth to familiarize themselves with the provisions and significance of the constitution and their rights and responsibilities as citizens.

Educating Future Generations:

By celebrating Constitution Day, active engagement of cadets was observed in learning about their country's constitution, its historical context, and the principles on which it is based. This fostered a sense of civic responsibility and empowered them to become active participants in the democratic process.

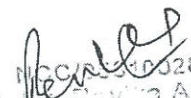
National Unity and Identity:

Constitution Day serves as a unifying force, bringing people together to celebrate a shared legal and political heritage. It reinforced the sense of national identity and fostered unity among citizens, regardless of their diverse backgrounds or beliefs.

Preserving Constitutional Legacy:

The Constitution Day acts as a reminder of the struggles and sacrifices made by the framers of the constitution and the importance of preserving and protecting their legacy. It serves as a tribute to those who fought for democratic ideals and serves as a motivation to safeguard the constitution and its principles.

So, all the activities aimed to promote constitutional awareness, patriotism, and an understanding of the rights and duties of citizens among NCC cadets. The ultimate outcome is to develop responsible and informed future leaders who contribute positively to society.


NCC/2310028
Lt. N. Devika Arora
Associate Officer
GCW, Gandhinagar
1 J&K Girls En Srinagar

Activity:- Series of activities organized by NCC wings
(through online mode) to celebrate Van Mohatsav
session 2019-20



Govt. College for Women Gandhinagar Jammu

Activity Outcomes

Sense of Responsibility:

Plantation drives during Van Mohatsav are the initiatives where cadets plant trees to increase green cover and address environmental issues like deforestation and climate change. This exercise will give the NCC cadets firsthand experience in contributing to environmental well-being by instilling a sense of responsibility in them towards nature and future generations.

Awareness and Education:

The NCC cadets will raise awareness about environmental issues among the local community by sharing their efforts on social media. Their active involvement in such activities will educate people about the importance of planting trees and environmental conservation.

Skill Development:


Being the part of NCC, the cadets' teamwork, leadership, and organizational skills will be enhanced through such social activities. They will learn to collaborate with others, plan and execute events, and manage resources effectively as youth plays a vital role in fostering environmental consciousness and taking positive action towards a greener and healthier future.

Beautification and Aesthetics:

Planting trees during Van Mohatsav will enhance the aesthetic appeal of an area, making it more visually pleasing. It can transform barren or unused spaces into green landscapes, parks, or gardens, improving the overall ambiance of the college and surroundings.

Long-Term Impact:

The impact of activities like plantation drives goes beyond the initial act of plantation only. Once planted, they continue to grow, providing long-term benefits to the environment and society. These benefits include shade provision, improved air quality, wildlife habitat, and potential economic opportunities through sustainable practices like agroforestry or timber production.


NCC/05310028
Lt. Dr. Reetika Arora
Associate NCC Officer
OCW, Gandhi Nagar
1 J&K Girls Bn Srinagar

Activity:- Statue Cleaning by NCC Cadets on 14.04.21.



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Govt.College for Women Gandhinagar Jammu

Activity Outcomes

Community Service and Civic Responsibility:

By cleaning statues and public monuments, the NCC cadets actively engaged in community service and demonstrated their sense of civic responsibility. It instilled in them a sense of pride in serving their community and contributing to its beautification.

Preservation of Cultural Heritage:

The statues are often symbols of cultural heritage and historical significance. Cleaning and maintenance of the statue of Baba Saheb inculcated a sense of responsibility in cadets to preserve these artifacts for future generations.

Community Engagement:


While cleaning statues, cadets interacted with the local community members. This engagement builds a bridge between the NCC and the public, creating a sense of trust and appreciation for the cadets' contributions.

Promoting Discipline and Punctuality:

The activity requires discipline and punctuality from the cadets to effectively plan and execute the cleaning process. It will reinforce essential values in the NCC cadets.

Inspiring Others:

The sight of NCC cadets actively involved in cleaning statues will inspire other community members, particularly the youth, to participate in community service and take pride in their historical and cultural heritage.


NCC/05310028
Lt. Dr. Revika Arora
Associate NCC Officer
GCW, Gandhi Nagar
1 J&K Girls Bn Srinagar



51

Activity:- Poster-making and webinar organized by ~~101~~
NCC units to commemorate "World No Tobacco
Day" on 31.05.21



Govt. College for Women Gandhinagar Jammu

Activity Outcomes

Increased Awareness:

World Tobacco Day activities help raise awareness about the health risks associated with tobacco use and exposure to tobacco smoke. By disseminating information through events, campaigns, and educational initiatives, more people become informed about the dangers of tobacco.

Youth Engagement:

Engaging young people in World Tobacco Day activities can have a significant impact on preventing tobacco initiation among youth. It empowers them to become advocates for tobacco-free living and influences their peers positively.

Awareness and Education:

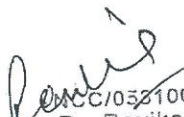
NCC cadets can actively engage in spreading awareness about the harmful effects of tobacco use among their peers, schools, and local communities. They can organize educational sessions, workshops, and awareness campaigns to inform people about the health risks associated with tobacco consumption.

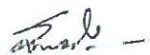
Behavior Change:

Through their efforts, NCC cadets can inspire individuals to reconsider their tobacco habits and encourage them to quit or refrain from using tobacco products. Peer influence from cadets can be particularly impactful in encouraging positive behavior change.

Youth Empowerment:

Involving young cadets in anti-tobacco activities empowers them to take a leadership role in advocating for a tobacco-free lifestyle. They can act as role models for their peers and inspire other young people to avoid tobacco use.


NCC/05210028
Lt. Dr. Revika Arora
Associate NCC Officer
GCW, Gandhi Nagar
1 J&K Girls Bn Srinagar



(52)

Activity:- Career Alignment Test organized by Career
Counselling & Placement cell on 14.06.2020.

136

ACTIVITY OUTCOME

As a result of Career Alignment test Sem 4th in collaboration with University of Petroleum and Energy Studies Dehradun.

1. A total of 1003 students appeared in the test.
2. A sense of Self Assessment was inculcated among the students.
3. It helped students in knowing their strengths And weaknesses.
4. It promotes the awareness regarding career among the students.



53

Activity:- Webinar on Careers of future and transferable skills organized by Career Counselling cell on 15.09.2020.

Outcomes of the Activity

448

1. Career Awareness -The webinar on Career of Future and Transferable skills successfully provided students,parents, and teachers with valuable insights into the current and emerging career opportunities. This session helped the students understand the impact of covid-19 pandemic on the job market and provided guidance on making informed decisions regarding their paths.
 2. Interactive Learning- The resource person, Mr. Rohit Sardana, facilitated an interactive session by addressing participants' queries and providing valuable information about counseling, emerging career avenues, and the role of digital media and startups. The interactive nature of the session ensured active engagement and enhanced the learning experience for the attendees.
 3. Positive Feedback-Participants expressed their satisfaction and positive experiences with the webinar through the chat box. This feedback indicated that the webinar was well-received and effectively met the participants' expectations. The positive feedback serves as an affirmation of the webinar's success in delivering relevant and useful information about future career prospects and transferable skills.
- Overall, the webinar on "Careers of future and transferable skills" achieved the outcomes of easing career awareness, facilitating interactive learning, and receiving positive feedback from the participants. These outcomes contribute to empowering individuals in making informed career decisions and adapting to the changing job market dynamics.



54

Activity:- World Mental Health Week celebrated
in college was from 10.10.20 to 18.10.20
by Career Counselling & Placement cell w.e.f
10.10.20 to 18.10.20.

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Outcomes of the Activity

1. Students understood that maintaining good mental health can have a protective effect on overall health.
2. The students learned techniques to relieve anxiety, stress, insomnia and distracting thoughts.
3. This program aware the students regarding their mental health knowledge and skills in general healthcare and social development.
4. The participants were encouraged to disseminate the knowledge gained from the webinar to others. This approach aimed to create a ripple effect where the information and insights shared during the session would reach a wider audience, benefiting more individuals.



55

Activity:- Webinar on the topic- "Preparing for the competitive Exams" organized by Career Counselling cell on 28.11.20.

170

Outcomes of the Activity

1. Students understood different techniques from resource persons for preparing for competitive exams.
2. The students also learned about various tips to overcome anxiety and distracting thoughts during examinations.
3. Through this webinar the students motivated a lot during this covid -19 pandemic.



56

Activity:- Interaction programme on the topic "Drug Abuse and Addiction" organized by Career Counselling & Placement Cell on 30.01.21. (483)

Outcome of the Interaction Programme on "Drug Abuse and Addiction":

The Interaction Programme on "Drug Abuse and Addiction" aimed to raise awareness about drug abuse and addiction among students, parents, and teachers.

The programme was successful in providing valuable information about different types of drugs, their sources, ill effects, and abuse. Participants gained knowledge about available treatments for managing drug addiction.

More than 100 students attended the online event, actively participating in the interactive session by raising queries and concerns regarding drug abuse and addiction.

The collaboration between the Career Counselling Cell of Govt. P.G. College for Women, Gandhi Nagar Jammu and the Psychological Cum Career Counselling and Placement Cell, Higher Education Department contributed to the success of the programme.

The Commissioner Secretary HED, Jenab Talat Parvez Rohella, and other esteemed guests appreciated the efforts made by the organisers to address the issue of drug abuse and emphasised the importance of open discussions to eliminate the stigma associated with psychological problems.



(57)

Activity :- Skill development Programme on topic Acugyan
organized by Career Counselling & Placement
cell on 06.03.21

Outcome of the Training Programme on "Acugyan":

The training programme focused on teaching students, parents, and teachers about acupressure as an alternative therapy for physical and psychological well-being.

Participants learned acupressure techniques for various health conditions, including headache, diabetes, high blood pressure, thyroid issues, stress, anxiety, depression, weak eyesight, and back pain. They were informed about the benefits of acupressure and its potential effectiveness in managing chronic diseases and even against COVID-19.

The interactive session allowed participants to raise queries and receive satisfactory answers, resulting in a positive learning experience. They expressed their satisfaction with the session and requested more such sessions in the future.

The collaboration between the Career Counselling Cell of Govt. P. G. College for Women, Gandhi Nagar Jammu and the resource person, Ms. Esha Mahesh Atha, facilitated the successful delivery of the training programme on "Acugyan." The participants were grateful for the opportunity and presence in the webinar.



Activity:- Visit to Home for Aged and Infirm organized by
Department of Home Science during session 2020-21 (198)

GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU
DEPARTMENT OF HOME SCIENCE

OUTCOMES OF THE VISIT TO HOME FOR AGED AND INFIRM-

- **Interaction and companionship:** One of the primary goals of visiting an old age home is to provide social interaction and companionship to the residents. Engaging in conversations, listening to their stories, playing games, or participating in group activities creates a sense of joy and fulfillment for the residents.
- **Emotional support:** It offered emotional support to the elderly, especially those who may not have regular contact with their families or loved ones. Spending quality time with them, showing empathy, and offering a listening ear make a significant impact on their emotional well-being.
- **Volunteer work:** The volunteering activities such as helping with meals, or assisting in daily tasks fosters a sense of community and service.
- Such visits may lead to increased empathy, understanding, and a commitment to advocating for the needs of older adults.


HOD HOME SCIENCE

H.O.D. Deptt. Home Science
Govt. College for Women
Gandhi Nagar, Jammu


TEACHER CONCERN

(59)

Activity:- Visit to Bank to study types of Savings & Credits
organized by Department of Home Science during
session 2020-21. (204)

GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU.
DEPARTMENT OF HOME SCIENCE.

Outcomes:


The visit to the banks provided the students with several valuable outcomes, including:

Practical Understanding: The students gained practical insights into the functioning of banks and their role in the financial system. They developed a better understanding of how various banking operations and services are carried out.

Knowledge of Financial Products: Through interactions and presentations, the students learned about a wide range of financial products and their features. They acquired knowledge about different types of accounts, loans, and investment options available in banks.

Money Management Skills: The visit helped students enhance their money management skills by learning about budgeting, saving, and making informed financial decisions. They gained a deeper understanding of the importance of financial planning and responsible financial behavior.

Application of Classroom Learning: The practical exposure gained during the visit helped students bridge the gap between theory and practice. They could relate the concepts learned in the classroom to real-world scenarios, thereby strengthening their understanding of banking and financial management.


HOD HOME SCIENCE
H.O.D. Deptt. Home Science
Govt. College for Women
Gandhi Nagar, Jammu.


TEACHER CONCERN

Activity:- Visit to Indian Red Cross Society, Jammu
organized by Department of Home-Science
during session 2020-21.

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GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU

DEPARTMENT OF HOME SCIENCE

1. Positive Impact on Child Well-being: The organization's efforts have led to significant improvements in the lives of children. Through their interventions, many children have gained access to education, healthcare, and protection from abuse and exploitation. The organization's commitment to gender justice has also contributed to reducing gender-based violence and discrimination.
2. Strengthening Community Engagement: The organization has effectively engaged with local communities, fostering a sense of ownership and responsibility for child rights and gender justice. Their participatory approach has encouraged community members to actively participate in decision-making processes and advocate for positive change.
3. Policy Advocacy Successes: The organization's advocacy initiatives have resulted in policy changes that better protect children's rights and promote gender equality. They have successfully influenced legislation and policy frameworks to address gaps in child protection and gender-based discrimination.

Limitations and Challenges:

While the organization has made significant strides in advancing child rights and gender justice, several limitations and challenges were identified:

1. Resource Constraints: Limited financial resources often restrict the organization's ability to expand and sustain their programs. This hinders their capacity to reach a larger number of children and communities in need.
2. Deep-rooted Societal Norms: Challenging deeply ingrained gender norms and attitudes remains a persistent challenge. Overcoming cultural and societal barriers requires long-term efforts, community sensitization, and collaboration with various stakeholders.

Outcomes of visit to Indian Red Cross Society

The organization we visited is making commendable efforts to promote child rights and gender justice. Through their programs and activities, they have achieved positive outcomes and influenced policies that benefit children and challenge gender inequality. However, resource constraints, societal norms, and coordination challenges pose ongoing limitations.

- Increased awareness: Visit to the organization provided us with a deeper understanding of the issues and challenges faced by children and marginalized groups. It helped to raise awareness about the importance of promoting equality, justice, and protection for children and individuals of all genders.
- Education and information: During the visit, we learned about the organization's programs, initiatives, and campaigns. This provided us with valuable knowledge about

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GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JALANDHAR
DEPARTMENT OF HOME SCIENCE

- Effective strategies for addressing women's rights and gender justice, including relevant policy reforms, awareness campaigns, and community engagement
- Inspiration and motivation: Gaining firsthand experience and insights from organizations working for children's rights and gender justice, inspiring us towards the betterment and pursuit of the people involved motivated us to take action and contribute to positive change in our own society
- Personal growth and development: Engaging with the organization provided transformative experiences that changed our perceptions, expanded our perspectives, and fostered personal growth by deepening our understanding of social issues

J. Daw
 HOD HOME SCIENCE
 H.O. of Govt. Home Science
 Govt. College for Women
 Gandhi Nagar, Jalandhar.

neelan
 TEACHER CONCERN

Activity:- Awareness Program organized by Red Cross Unit
on 19.01.2024.

233

Outcomes of the Activity

The values that were incorporated among students by this webinar by the resource person

- the protection of life, health and human dignity
- respect for the human being
- non-discrimination on the basis of nationality, race, gender, religious beliefs, disability, class or political opinions
- mutual understanding, friendship, cooperation and lasting peace among people
- service by volunteers

Red Cross promotes the **Humanitarian values**, which encourage respect for other human beings and a willingness to work together to find solutions to problems. From the seven fundamental principles, the movement aims to influence the behaviour of all the people.

Penel

63

Activity:- Series of events organized by Red Ribbon Club
w.e.f 01/12/20 to 03/12/20. (239)

REPORT OF A SERIES OF EVENTS ON THE OCCASION OF WORLD
AIDS DAY, 2020 ORGANIZED BY RED RIBBON CLUB OF THE
COLLEGE

To mark the occasion of World Aids Day, a series of events under the patron ship of Dr. Sangita Nagari, Principal of the college were organized by Red Ribbon Club GCW Gandhi Nagar Jammu. The activities aimed to raise awareness about HIV/AIDS, promote support for those affected, and advocate for a stigma-free society. The events were conducted from 1st December to 3rd December 2020.

On the 1st of December 2020, an online poster-making program, with the theme of "Support for World Aids Day" was organized. This online poster making program witnessed enthusiastic participation from college students. The theme "Support for World AIDS Day" inspired the participants to create impactful and creative posters. The competition was conducted on an online platform, and students had 24 hours to submit their entries. The event generated a sense of unity and responsibility among the participants in spreading awareness about HIV/AIDS.

On the 2nd of December 2020, a webinar was conducted on 'HIV/AIDS AWARENESS. Dr. Mushtaq Ahmed Rather, Project Director, JKACS was the Chief Guest, and Dr. Tabassum Jabeen, Deputy Director of JKACS was the keynote speaker. The Proceedings of the webinar were conducted by Dr Manisha Sarup Kohli, convener/Nodal Officer, of Red Ribbon Club. More than 80 students, faculty members, JKACS Staff, the Red ribbon club organizing committee, and members of the rotary club Jammu Elite actively participated in the webinar.

A pledge-taking ceremony was held on 3rd December 2020, in which Dr. M.V Peerzada, Director Colleges was the chief Guest. Dr. Ravinder Tickoo was the guest of honor. The Red balloons were released in the air by the Chief Guest. Red Ribbon Club Members Dr. Manisha Sarup Kohli, Nodal Officer, Dr. Surjit Kour, Prof Ashwani Khajuria, Prof. Neelima G, Prof Revika Arora, Prof Eisha Gohil, Prof. Ashok Kumar, Rtn Archana Sharma President Rotary club Jammu Elite along with Rtn. Paramjit Kaur were present on the occasion.

Outcomes of the event organized by the Red Ribbon Club, GCW Gandhi Nagar, Jammu

Increased Awareness: The program successfully raised awareness about HIV/AIDS among the college students and faculty members. Through the events like the online poster-making competition, webinar, and pledge-taking ceremony, participants gained valuable insights into the challenges posed by HIV/AIDS and the importance of prevention and support.

Empowerment and Education: The webinar on "HIV/AIDS Awareness" provided participants with comprehensive information on various aspects of the disease. The session empowered attendees with knowledge about HIV transmission, prevention methods, and treatment options, and dispelled common misconceptions. This education will empower individuals to make informed decisions related to their health and well being.

Red Ribbon Club
Jammu
Date: _____
Signature: *Red Ribbon Club*

(64)

Artistic Expression: The online poster-making program allowed students to creatively express their thoughts and emotions on the theme "Support for World AIDS Day." The competition encouraged artistic expression while advocating for a noble cause, promoting HIV/AIDS awareness through the power of visual communication.

Community Engagement: The series of events fostered a sense of community engagement and social responsibility. Students, faculty, and external participants actively came together to participate in the program and show their support for people living with HIV/AIDS. This collective effort reinforces the spirit of empathy and compassion within the college community.

Overall, the World AIDS Day program organized by the Red Ribbon Club, GCW Gandhi Nagar, Jammu, achieved its objectives of raising awareness, fostering support, and promoting a stigma-free environment.

PICTORIAL REPORT OF THE EVENT



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Activity:- Webinar on theme "Channelizing Youth Power for Nation Building" organized by Red Ribbon Club on 12.01.21. (248)

GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU

REPORT OF THE EVENT

NATIONAL YOUTH DAY CELEBRATION - WEBINAR ON
"CHANNELIZING YOUTH POWER FOR NATION BUILDING"

The red ribbon club GCW Gandhinagar today celebrated National youth day to mark the birth anniversary of SWAMI VIVEKANANDA. A Webinar was conducted on the theme "Channelizing youth power for nation building":- a message from Vivekananda to the youth. The Principal of the college Dr prof Sangita Nagari while speaking on the occasion motivated and inspired students with her golden words of encouragement. Dr Manisha Sarup Kohli keynote speaker of the webinar focused on inculcating the strength of youth and eradicating weakness. She influences all to be socially active, he esteemed speaker eloquently sheds light on the life and teachings of Swami Vivekananda, emphasizing the importance of his messages in the present times. The speech invoked a sense of pride and responsibility among the participants towards their country and fellow citizens.

Dr Revika Arora carried on the preceding and more than 100 students and NCC cadets participated in the webinar with full enthusiasm

There was an open house discussion where participants discuss their problems. The members of the Rotary Club Jammu Elite also participated in the webinar. The Red Ribbon Club member of GCW Gandhinagar. Prof. Ashwani Khajuria, Prof. Ashok Kumar, and Prof. Eisha Gohil participated in the webinar. Ivanka Raman RCC Nodal Head, Shalini Rasgotra RCC Community Head, and Abhinor Kaur RCC Pupil Head Also participated in the webinar

PROGRAM OUTCOMES:

Increased Awareness: The Webinar successfully increased awareness among the youth about the significance of **National Youth Day** and the **life and teachings** of Swami Vivekananda. Participants gained insights into the importance of youth empowerment and their role in nation-building.

Strengthened Patriotism: By commemorating the birth anniversary of Swami Vivekananda, the Webinar instilled a sense of patriotism and national pride among the participants. They recognized the value of their cultural heritage and their responsibility towards the country.

Empowered Youth: Through engaging discussions and activities, the Webinar empowered the youth with the belief that they can make a difference. Participants were encouraged to explore leadership roles and actively participate in nation-building initiatives.

Social Responsibility: The Webinar fostered a sense of social responsibility among the youth. They realized their role in addressing social issues and contributing to the development of a compassionate and inclusive society.

Revika


(66)


Skill Development: The interactive nature of the event enabled participants to enhance their communication, critical thinking, and problem-solving skills. They gained confidence in expressing their ideas and engaging in constructive dialogues. Overall, the National Youth Day Celebration Webinar on "Channelizing Youth Power for Nation Building" left a lasting impact on the participants, motivating them to embrace their potential and actively contribute to the progress and development of our nation. The event reaffirmed the commitment of The Red Ribbon Club of GCW Gandhinagar to empowering and inspiring the students for a brighter future.

PICTORIAL REPORT OF THE EVENT

GOVT. PG COLLEGE FOR WOMEN GANDHI NAGAR JAMMU
in collaboration with
JAK AIDF CENTRAL SOCIETY, DEPARTMENT OF HOME, JAK
celebrates
NATIONAL YOUTH DAY
ON 12TH JANUARY, 2022
to mark the birth anniversary of SWAMI VIVEKANANDA
and organises
WEBINAR
ON
CHANNELIZING YOUTH POWER FOR NATION BUILDING

Important information:-
1) The webinar will be conducted on Google meet.
2) The Link of webinar will be spm.
Do not miss this important opportunity to learn
Do open mail and enter the link when it comes


Dr. Pooja Singh
Principal
JAK AIDF Central Society
Jammu


Shikha Rastogi
President
Red Ribbon Club
GCW Gandhinagar

Trishita Raman
RRC Nodal Head

Shikha Rastogi
RRC Community Head

PhotoGrid

Meeting details

Name	Join	Leave
M	12:00 PM	12:00 PM
M	12:00 PM	12:00 PM
M	12:00 PM	12:00 PM
M	12:00 PM	12:00 PM
M	12:00 PM	12:00 PM
M	12:00 PM	12:00 PM

Raman

Activity:- Webinar to commemorate World Red Cross Day on 08.05.21 organized by Red Cross club

Outcomes of the Activity

The values that were incorporated among students by this webinar by the resource person

- Human health and environmental integrity are intertwined. A transition to a sustainable society and economy is necessary to protect human health.
- Environmental degradation increases the risk of pandemics. COVID-19 emerged and escalated through the complex interplay between drivers of change, such as ecosystem disturbance, urbanisation, international travel and climate change. Lasting peace among people.
- Students were apprised with the role of the Indian Red Cross Society which completed 100 years in 2020, the efforts put forth by those working with the humanitarian organization did extraordinary task for the welfare of masses. The COVID-19 pandemic is unlike anything the world has ever witnessed before and the Red Cross staff and volunteers are doing everything they can to reach those who are often left.

Review

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Activity :- Webinar on topic Employability and Youth
organized by Career Counselling & Placement cell
on 30.04.21.

Outcome of the Employability Program on "Employability and Youth":

The webinar aimed to enhance the employability skills of college students, and participants gained valuable insights from the resource person, Mr. Sunil Baraily who is a PAN India Mobilization Coordinator at Tata Consultancy Services (TCS). He guided the students on the skills required for success in the corporate world, competitive exam preparation, interview strategies, and choosing the right career path.

The Youth Employability Program initiated by TCS was highlighted during the session. Students were informed about the internal and external job opportunities available through the program. They learned about the support provided by TCS in guiding and preparing youth for employment in the private sector. Participants were also informed that successful completion of the program would result in receiving a digital certificate from TCS, accrediting their employability prospects in the corporate world.

The webinar was interactive, allowing participants to ask questions and receive answers from the resource person. This engagement provided students with a deeper understanding of employability-related challenges and how to overcome them.

The Career Counseling Cell of Govt. P.G. College for Women, Gandhi Nagar demonstrated its commitment to supporting students' employability by organising such programs. The Principal, Dr. Sangita Nagari, emphasised the college's focus on providing necessary information and training to enhance students' employability skills. The coordinating committee and the vote of thanks by Prof. Anupama Sharma showcased the collective effort and commitment towards empowering students for successful career opportunities.



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Activity:- 100 hours virtual orientation program for students organized by TCS in collaboration with Career Counselling & Placement Cell wef 26.05.24 to 06.08.24.

Outcome of the 100 Hours Virtual Orientation Program:

The collaboration between Govt. P.G. College for Women, Gandhi Nagar Jammu and Tata Consultancy Services (TCS) provided students with a valuable opportunity to enhance their employability skills and knowledge through the 100 hours virtual orientation program. The program aimed to equip students with the necessary information and training to enhance their employability prospects.

The program, conducted through a combination of virtual instructor-led training and self-learning interventions, covered both soft skills and hard skills. Students learned concepts, practical applications, and assessment techniques related to various skills and domains.

The orientation program specifically targeted 6th semester students and aimed to assist them in securing suitable placements based on their interests, personality, aptitude, and skills. The program focused on bridging the gap between academia and industry requirements, empowering students to be job-ready.

Upon completion of the program, participants received certificates of completion, which serve as a testament to their employability prospects in the corporate world. The certificates recognize their performance and the skills they acquired during the training. The participants were also encouraged and guided to apply for job opportunities in TCS or other organisations through the standard recruitment process.

The successful implementation of the program and the certificate distribution function highlighted the collaborative efforts of the Career Counseling Cell, the college administration, and Tata Consultancy Services. The vote of thanks presented by Prof. Ambica Kumari expressed gratitude towards TCS and the participating students, showcasing the dedication and commitment of all involved parties in promoting students' employability.



✓

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Virtual Session on
Activity :- ^ Soft skills for spectacular success organized by
Department of Commerce on 11.06.2021.

(7)

OUTCOME

Students in the virtual session got an opportunity to learn and enhance their soft skills such as communication, leadership, teamwork, problem-solving, and adaptability are crucial for personal and professional success. By participating in the session, students developed these skills and become more effective in their roles. The session helped students become more self-aware of their strengths and areas for improvement regarding soft skills. Through interactive discussions, exercises, and feedback, students gained insights into their communication style, emotional intelligence, and other important aspects of soft skills. This self-awareness is vital for personal growth and development. Having strong soft skills differentiate students in a competitive job market. By investing in their soft skills through the virtual session, students increased their chances of career advancement and professional success.

Apurva

(11)

Activity:- Poster making and Symposium organized by NCC cadets on 12.01.2022.

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**Padma Shri Padma Sachdev Govt. College for Women
Gandhinagar Jammu**

Activity Outcomes

Leadership Development:

Through such activities, cadets will enhance their leadership skills and abilities. They will take on roles as event organizers, team leaders, or mentors during the celebrations, which will help them build confidence and effective leadership qualities.

Personal Growth:

Participation in various will lead to personal growth of the cadets. They will acquire new skills, broaden their horizons, and gain valuable experiences that can benefit them in their future endeavors.

Inspirational Role Models:

Celebrating the life and teachings of Swami Vivekananda had served as an inspiration for the cadets. His messages of self-confidence, selflessness, and service will motivate them to become better individuals and contribute positively to society.

Patriotism and National Pride:

The activities had reinforced a sense of patriotism and national pride among the cadets. By learning about the country's history and the contributions of leaders like Swami Vivekananda, they will deeply understand the nation's values and aspirations.

NCC/JS/10028
Lt. Colonel Arora
Associate NCC Officer
G.W. Gandhi Nagar
J&K Girls Bn Srinagar

[Signature]

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Activity :- Commemoration of Kargil Vijay Diwas on 26-07-21
by NCC cadets. (19)



Govt. College for Women Gandhinagar Jammu

Activity Outcomes

Kargil Diwas, also known as Kargil Vijay Diwas, is celebrated on July 26th in India to commemorate the victory of the Indian Armed Forces in the Kargil War of 1999 against Pakistani forces. It is a significant day to honor the sacrifices of the soldiers who fought bravely during the conflict.

Raising awareness:

The webinar helped to raise awareness among the participants about the historical significance of the Kargil War, the challenges faced by the Indian Armed Forces, and the valor displayed by the soldiers during the conflict.

Commemoration:

Participants paid tribute to the martyrs and express gratitude to the armed forces for their sacrifices in defending the nation's borders.

Historical insights:


The webinar had provided historical insights into the Kargil War, its causes, developments, and the ultimate victory achieved by the Indian forces.

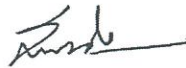
Patriotism and National pride:

The event will foster a sense of patriotism and national pride among the participants by highlighting the bravery and dedication of the soldiers who defended the country.

Inspirational stories:

Highlighting individual stories of valor and bravery during the Kargil War will definitely inspire the cadets and instill a sense of determination and courage in them.


L. Dr. Parvati Arora
Assistant PG Officer
GCW, Gandhi Nagar
J&K Girls Edn Srinagar



Activity:- Celebration of World Environment Day by NCC cadets
on 05.06.2024. (18)



Govt. College for Women Gandhinagar Jammu

Activity Outcomes

The cadets gained valuable experiences and skills while promoting environmental awareness and fostering a sense of responsibility and stewardship among the wider community.

Environmental Awareness:

Through their participation in Environment Day celebrations, NCC cadets gained a deeper understanding of environmental issues and the importance of conservation. They became more aware of the challenges faced by the environment and the need for sustainable practices.

Leadership Development:

Involvement in planning and organizing the celebration allows NCC cadets to develop leadership skills. They learn to coordinate activities, manage resources, and work as a team to achieve common goals.

Community Engagement:

NCC cadets actively engage with the local community during Environment Day celebrations via social media. This involvement fosters a sense of responsibility and belonging.

Promotes Civic Responsibility:

By participating in such celebrations, NCC cadets exemplify civic responsibility. They will act as role models for others, encouraging fellow students and community members to take an active interest in environmental protection.

Foster Creativity:

Best out of Waste activities stimulate creativity and innovation. Participants are challenged to think out of the box, come up with unique ideas, and use their imagination to transform waste into something valuable. The engagement in such activities will enhance various skills, including problem-solving, design, and craftsmanship in cadets.

11/06/2024
Lt. Dr. ...
Assistant ...
Govt. Gandhinagar
1 J&K Girls Bn Srinagar

(74)

Activity:- Online Career Alignment Test organized by Career Counselling & Placement Cell in collaboration with District Employment Counselling Centre, Jammu on 17.09.21. (74)

Govt. College for Women Gandhi Nagar, Jammu
Career Counselling and Placement Cell

Activity Outcome:

Enhanced Career Decision-Making: The online career alignment test, Insight, provided students with a scientific and accurate assessment of their personality, interests, aptitude, emotional intelligence, and orientation. This helped students make informed career choices based on their individual qualities and capabilities. The test assisted in aligning their strengths and interests with suitable career paths, empowering them to make more confident decisions about their future.

Increased Participation: A total of 1107 students participated in the online career alignment test, showcasing active engagement and interest in exploring their career options. The significant turnout demonstrated the success of the event and highlighted the college's commitment to providing valuable resources and opportunities for students' career development.

Personalized Analysis Reports: Detailed summary reports of the test results were prepared for each student and shared via email. These reports, consisting of approximately 30 pages, provided in-depth analysis and insights into the students' strengths, areas of improvement, and potential career paths. Additionally, individual development plans (IDPs) were included, offering guidance and recommendations for personal and professional growth.

Post-Test Counselling: The Career Counseling Cell of the college will provide counselling to students based on the analysis reports of the psychometric test. This support system ensures that students receive guidance and assistance in interpreting their results, understanding their career options, and formulating action plans to pursue their chosen paths effectively. The counselling sessions contribute to the holistic development and success of the students.

Overall, the online career alignment test, Insight, successfully enhanced career decision-making, witnessed increased student participation, provided personalised analysis reports, and offered post-test counselling support. These outcomes contribute to the students' career readiness, self-awareness, and informed decision making, preparing them for a successful future in their chosen fields.



(75)

Activity :- webinar on Resume Preparation & Interview Skills
organized by District Employment & Counselling Center, Jammu
on 29.01.2022. (85)

Govt. College for Women Gandhi Nagar, Jammu
Career Counselling and Placement Cell

Activity Outcome:

Enhanced Resume Preparation Skills: The webinar on "Resume Preparation and Interview Skills" equipped participants with the knowledge and understanding of creating effective resumes. They learned the difference between a curriculum vitae (CV) and a resume, and gained insights into the structure and content required to showcase their career journey and skills.

Improved Interview Skills: The resource person, Sh. Balvinder Singh, shared valuable guidance on interview skills. Participants learned techniques and strategies to excel in job interviews, including tips on presenting themselves confidently, answering questions effectively, and highlighting their strengths. The session helped participants prepare for upcoming interviews and increase their chances of success.

Interactive Q&A Session: The webinar included an interactive question-and-answer session where participants had the opportunity to raise queries related to resume preparation and interview skills. Sh. Balvinder Singh addressed these queries, providing practical solutions and clarifications. The interactive nature of the session enhanced the learning experience and catered to the specific needs of the participants.

Collaboration and Appreciation: The collaboration between Padma Shri Padma Sachdev Govt. P.G. College for Women and District Employment Counselling Centre, Jammu showcased the commitment to providing valuable employability and skill development programs for students. The Principal, Dr. Sangita Nagari, appreciated the efforts of the organising committee and the District Employment and Counseling Centre. This collaboration and recognition fostered a positive environment and emphasised the importance of such initiatives.

Gratitude and Acknowledgement: Ms. Shivali Choudhary, the Employment Officer from DE&CC, presented a vote of thanks at the end of the webinar. This gesture expressed gratitude to all the participants, the resource person, and the coordinating team for their involvement and contribution. The vote of thanks showcased appreciation and ensured participants felt valued for their participation.

Overall, the webinar on "Resume Preparation and Interview Skills" resulted in enhanced resume preparation skills, improved interview skills, facilitated interactive learning through Q&A, demonstrated successful collaboration between institutions, and concluded with gratitude and acknowledgment. These outcomes contribute to the participants' preparedness for the job market and increase their confidence in presenting themselves effectively during interviews



(76)

Activity :- 3-5 day free coaching classes for Jammu University
Entrance Examination Test from 25.08.2022. (92)

Career Counseling and Placement Cell
Padma Shri Padma Sachdev GCW Gandhi Nagar, Jammu

Outcomes of Free coaching classes for JUET-2022

1. Improved Performance: Students who had attended the coaching class experienced an improvement in their performance. The program provided them with valuable guidance, study materials, and practice sessions, helping them gain a better understanding of the test format, syllabus, and question patterns.
2. Higher Success Rate: With the additional support and resources provided in the coaching class, students have a higher chance of qualifying the entrance test. The program equipped them with effective test-taking strategies, time management skills, and subject knowledge required to excel in the exam.
3. Enhanced Confidence: The coaching class helped the students boost the confidence by familiarizing them with the test environment, conducting mock exams, and providing feedback on their performance.


Convenor

(77)

Activity:- Visit of geography students to Thajjar Kotli on
07.09.2022.

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DEPARTMENT OF GEOGRAPHY
GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAFARA

TOUR OUTCOME

1. The field study tour to Thajjar Kotli was a wonderful experience for the students of geography.
2. It enhanced knowledge and understanding of the students of a new place. It provided field participants with firsthand experience by visiting the area themselves of which they had read about in their books. Students got involved in practical activities and hands-on learning opportunities. This activity also developed cooperation among the classmates. When they work together in groups in the field, come closer and work more efficiently.
3. By interacting with elderly and experts, visiting diverse locations, engaging in discussions, participants got comprehensive understanding of the subject and the field.
4. For every student, it was a new learning experience. While in the field, students behave differently, come closer to each other, talk to each other openly, become self-confident etc. In this way, study tours help in a long to an individual to improve their personality.

It was really a knowledgeable and memorable tour for everyone.


A. O. D. Gogoi
HOD Govt. College for Women
Gandhi Nagar Jafara

GEOGRAPHY

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DEPARTMENT OF FOOD SCIENCE AND TECHNOLOGY

Activity 3:- Visit of students of Department of Food Science & Technology
on 29.03.2022.

Review meeting on 30.03.2022

Outcome

A departmental meeting was held on 30-03-2022 in the office of HOD to review the decision taken in earlier meeting held on 25-03-2022. One day Industrial Visit to Jai Beverages, Industrial Complex Bari Brahmana Jammu was arranged on 29th March 2022. A total of 13 PG students, semester 3rd and 2 faculty members Dr. Shalini Sharma and Dr. Monika Hans of Food Science Department visited the plant.


HOD

FOOD SCIENCE


DEPARTMENT OF FOOD SCIENCE AND TECHNOLOGY

Activity 3- Visit to Food Craft Institute, Nagrota on 12.04.22

Review meeting on 13.04.2022.

Outcome

A departmental meeting was held on 13-04-2022 in the office of HOD to review the decision taken in earlier meeting held on 11-04-2022. 14 students of M.Sc 3rd semester along with two faculty members Dr. Monika Hans and Dr. Ameeta Salaria Visited and participated in an event "Forest Food Feast- Awareness and Cuisine Demonstration Forest" organized by Food Craft Institute, Nagrota, Jammu on 12th April 2022.


HOD
P.G. Dept. of Food Sci. & Tech.
FOOD SCIENCE
Govt. College for Women
Gandhi Nagar, Jammu

Activity 5 - Visit to Bank to study types of saving & credits during session 2021-22.

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P.S.P.S GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU
DEPARTMENT OF HOME SCIENCE

Outcomes:

The visit to the banks provided the students with several valuable outcomes, including:

Practical Understanding: The students gained practical insights into the functioning of banks and their role in the financial system. They developed a better understanding of how various banking operations and services are carried out.

Knowledge of Financial Products: Through interactions and presentations, the students learned about a wide range of financial products and their features. They acquired knowledge about different types of accounts, loans, and investment options available in banks.

Money Management Skills: The visit helped students enhance their money management skills by learning about budgeting, saving, and making informed financial decisions. They gained a deeper understanding of the importance of financial planning and responsible financial behavior.

Application of Classroom Learning: The practical exposure gained during the visit helped students bridge the gap between theory and practice. They could relate the concepts learned in the classroom to real-world scenarios, thereby strengthening their understanding of banking and financial management.

HOD HOME SCIENCE

H.O.D. Deptt. Home Science
Govt. College for Women
Gandhi Nagar, Jammu.

TEACHER CONCERN

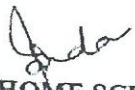
81

Activity:- Visit to Senior Citizen Home for Aged & Infirm, (193)
Ambphalla, Jammu during session 2021-22.

P.S.P.S GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU
DEPARTMENT OF HOME SCIENCE

OUTCOMES OF THE VISIT TO HOME FOR AGED AND INFIRM

- **Interaction and companionship:** One of the primary goals of visiting an old age home is to provide social interaction and companionship to the residents. Engaging in conversations, listening to their stories, playing games, or participating in group activities creates a sense of joy and fulfillment for the residents.
- **Emotional support:** It offered emotional support to the elderly, especially those who may not have regular contact with their families or loved ones. Spending quality time with them, showing empathy, and offering a listening ear make a significant impact on their emotional well-being.
- **Volunteer work:** The volunteering activities such as helping with meals, or assisting in daily tasks fosters a sense of community and service.
- Such visits may lead to increased empathy, understanding, and a commitment to advocating for the needs of older adults.


HOD HOME SCIENCE
H.O.D. Deptt. Home Science
Gandhi Nagar, Jammu.


TEACHER CONCERN

Activity 3 - Visit to Indian Red Cross Society during
session 2021-22.

P.S.P.S GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU
DEPARTMENT OF HOME SCIENCE

1. Positive Impact on Child Well-being: The organization's efforts have led to significant improvements in the lives of children. Through their interventions, many children have gained access to education, healthcare, and protection from abuse and exploitation. The organization's commitment to gender justice has also contributed to reducing gender based violence and discrimination.
2. Strengthening Community Engagement: The organization has effectively engaged with local communities, fostering a sense of ownership and responsibility for child rights and gender justice. Their participatory approach has encouraged community members to actively participate in decision-making processes and advocate for positive change.
3. Policy Advocacy Successes: The organization's advocacy initiatives have resulted in policy changes that better protect children's rights and promote gender equality. They have successfully influenced legislation and policy frameworks to address gaps in child protection and gender-based discrimination.

Limitations and Challenges:

While the organization has made significant strides in advancing child rights and gender justice, several limitations and challenges were identified:

1. Resource Constraints: Limited financial resources often restrict the organization's ability to expand and sustain their programs. This hinders their capacity to reach a larger number of children and communities in need.
2. Deep-rooted Societal Norms: Challenging deeply ingrained gender norms and attitudes remains a persistent challenge. Overcoming cultural and societal barriers requires long-term efforts, community sensitization, and collaboration with various stakeholders.

Outcomes of visit to Indian Red Cross Society

The organization we visited is making commendable efforts to promote child rights and gender justice. Through their programs and activities, they have achieved positive outcomes and influenced policies that benefit children and challenge gender inequality. However, resource constraints, societal norms, and coordination challenges pose ongoing limitations.

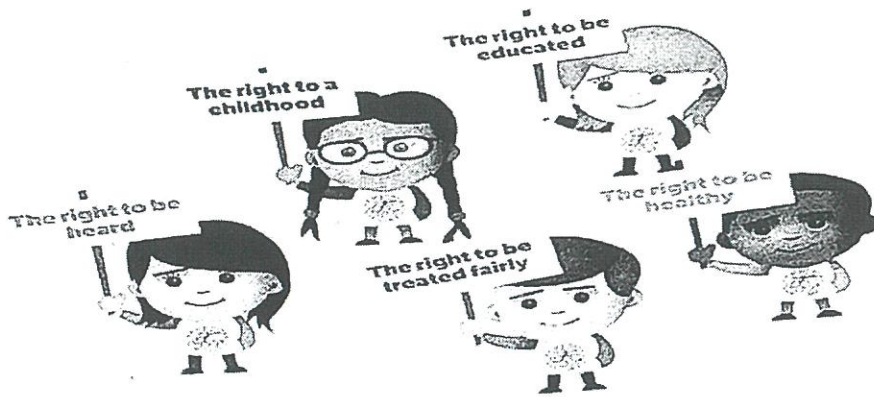
- Increased awareness: Visit to the organization provided us with a deeper understanding of the issues and challenges faced by children and marginalized groups. It helped to raise awareness about the importance of promoting equality, justice, and protection for children and individuals of all genders.
- Education and information: During the visit, we learned about the organization's programs, initiatives, and campaigns. This provided us with valuable knowledge about

P.S.P.S GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU

DEPARTMENT OF HOME SCIENCE

effective strategies for advancing children's rights and gender justice, including advocacy, policy reform, awareness campaigns, and community engagement.

- Inspiration and motivation: Seeing firsthand the efforts and impact of an organization working for children's rights and gender justice is inspiring. Witnessing the dedication and passion of the people involved motivated us to take action and contribute to positive change in our own society.
- Personal growth and development: Engaging with the organization provided transformative experience. It changed our preconceptions, expanded our perspective, and foster personal growth by deepening our understanding of social issues.



[Signature]
 HOD HOME SCIENCE
 H.O.D. Deptt. Home Science
 Govt. Coll. for Women
 Gandhi Nagar, Jammu

[Signature]
 TEACHER CONCERN

Activity :- Series of activities on world Aids Day on
01/12/2021 organized by 01/12/2021 by Red Ribbon Club ¹¹⁰⁷¹
(86)

GOVERNMENT COLLEGE FOR WOMEN GANDHI NAGAR, JAMMU
RED RIBBON CLUB

Activity Outcome: World AIDS Day Event by Red Ribbon Club

The series of events organized by the Red Ribbon Club of Govt. College for Women, Gandhi Nagar, to mark World AIDS Day, resulted in a successful awareness campaign and engagement of the college community. The key activities and their outcomes are as follows:

1. Raise awareness about HIV/AIDS among students, faculty, and staff. The dissemination of accurate information about prevention, transmission, and treatment can help debunk myths and misconceptions surrounding the virus.
2. Give education and knowledge to students, faculty, and staff. This knowledge empowers individuals to make informed decisions, adopt safe practices, and support those living with the virus.
3. Red balloons were released into the air symbolically, representing hope, solidarity, and support.
4. The visual representations through posters and slogans effectively conveyed the message, raising awareness and inspiring conversations among the college community.
5. The pledge taking ceremony aimed to create a sense of responsibility and generate continued concern for addressing the AIDS epidemic.

Renuka

Convenor/Nodal-officer

Red Ribbon Club

Renuka

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Activity:- Visit to Bal Niketan, Amphalla organized by
Red Cross Unit of College on 04.05.2022.

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EVENT OUTCOME

1. The dedication of the staff in Bal Niketan in providing care and support to the children in was truly inspiring. The students interaction with the children in Bal Niketan helped them to understand the realities of life, to acknowledge the blessings in their life.
2. About 25 college students accompanied the committee members of Red Cross Unit.
3. Overall, it was a humbling and a learning experience for all.

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Perle

86

Activity :- Series of Activities organized by college from 13-08-21 to 20-08-21 under the direction of MACO

(206)

GOVERNMENT COLLEGE FOR WOMEN GANDHI NAGAR, JAMMU
RED RIBBON CLUB

Mask Making Contest on COVID-19 (20th August 2021):

The Red Ribbon Club organized an intra-college mask making contest under the Azadi Ka Mahotsava on COVID-19. Students showcased their creativity by making various types of hand-made masks. Dr. Meenakshi Bandral and Ms. Neelam Thapa judged the contest. Ila Verma secured the first position, Sonia Devi secured the second position, and Nikita Rani secured the third position. The winners received cash prizes of Rs. 1000/-, Rs. 750/-, and Rs. 500/- respectively.

Overall, these awareness campaigns and contests organized by the Red Ribbon Club in collaboration with various departments and societies were successful in promoting HIV awareness, TB awareness, and the importance of blood donation. The active participation of students showcased their enthusiasm and commitment to these causes. The efforts of the winners were recognized with cash prizes, and the college Principal Dr. Sangita Nagari appreciated the efforts of the participants and emphasized the need for more such activities to raise awareness and educate the masses. The events were successfully organized by Prof. Revika Arora, the Nodal Officer of the Red Ribbon Club, along with other members and student committees.

OUTCOMES

Increased Awareness: The campaigns and contests successfully raised awareness among the students about HIV, TB, blood donation, and COVID-19. Through their active participation, students gained knowledge about these health issues and their prevention.

Creative Engagement: The contests, such as video-making, slogan writing, poster making, and mask making, provided a platform for students to express their creativity and engage in meaningful activities related to the awareness campaigns. This allowed them to explore innovative ways of spreading awareness.

Student Participation: The events witnessed active participation from the students of Govt. P.G. College for Women, Gandhi Nagar. Their involvement showcased their interest in social causes and their willingness to contribute to the community.

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**GOVERNMENT COLLEGE FOR WOMEN GANDHI NAGAR, JAMMU
RED RIBBON CLUB**

Prize Incentives: The winners of the contests were rewarded with cash prizes, which not only recognized their efforts but also served as an incentive for other students to actively participate in future events. This encouraged healthy competition and motivation among the participants.

Overall, the outcomes of these campaigns and activities include increased awareness, active student participation, recognition of achievements, and the establishment of a foundation for future endeavors in promoting health awareness and social causes.

Penit

Activity :- Awareness Programme organized by Red Cross Unit
in collaboration with SOTTO on 17.12.2021. (223)

Activity Outcome

1. The event was highly successful wherein officials from SOTTO apprised the students on such an important issue on Organ donation.
2. The students felt very motivated to serve humanity by donating organs, thereby saving lives.
3. The students understand the change which such a noble cause can bring if they will spread the message to the people around them.
4. Also, the students learned the meaning of service to the nation and service to the humanity through organ donation.
5. About 35 students attended the event.
6. Overall, the students enjoyed and learned a lot.

Rendu

Activity:- Workshop on Gender Sensitization organized by
Department of Sociology on 03.12.21. 209

EVENT OUTCOME

1. The workshop was a successful event, wherein the students understand the meaning of gender and the Social Construction of Gender. Students learned that the process of gender socialization begins with the birth of a child and continues till death. It impacts almost every arena of a person's life.
2. Students during the interactive session asked a number of queries to the resource person.
3. Some of them also shared their personal life expectations and experiences
4. Overall, it was highly interactive and learning experience for both faculty and the students present there.



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Activity: Extension lecture on Dusk to Dawn: Poetic Voices on Current Times South Asia and Beyond organized by department of English on 11.07.21.

Activity Outcome: Extension Lecture on "Dusk to Dawn: Poetic Voices on Current Times in South Asia and Beyond"

- **Increased Awareness and Understanding:** The extension lecture will provide students and faculty members with an opportunity to gain a deeper understanding of poetic voices in the context of contemporary times, specifically focusing on South Asia and beyond. It will enhance their awareness of the social, cultural, and political issues addressed through poetry.
- **Exposure to Comparative Literature:** Dr. ChandraMohan, an expert in comparative literature, will bring valuable insights into the lecture. Students and faculty members will be exposed to the field of comparative literature, allowing them to explore different literary traditions, forms, and expressions across various regions.
- **Critical Analysis and Interpretation:** The lecture will encourage attendees to critically analyze and interpret poetic voices in relation to the current times. They will develop skills in examining the themes, symbols, and language used in poetry, fostering a deeper appreciation for the art form.
- **Broadened Perspectives:** By exploring poetic voices from South Asia and beyond, participants will gain a broader perspective on the diverse cultural and social landscapes of different regions. This will promote intercultural understanding and empathy.
- **Enhanced Research and Analytical Skills:** Attendees will have the opportunity to engage in independent research and analysis of the lecture topic. This will strengthen their research skills, enabling them to gather relevant information, critically evaluate sources, and present their findings effectively.
- **Active Participation and Engagement:** The lecture will encourage active participation through question and answer sessions and discussions. Students and faculty members will develop their ability to engage in meaningful dialogue, articulate their thoughts, and contribute to intellectual discourse.
- **Inspiration for Creative Expression:** Exposure to poetic voices on current times can serve as a source of inspiration for creative expression. Attendees may be motivated to explore their own creative writing, using poetry as a medium to reflect on contemporary issues.
- **Networking Opportunities:** The presence of Dr. ChandraMohan, a renowned figure in comparative literature, provides networking opportunities for students and faculty members. They can establish connections, seek guidance, and explore potential collaborations within the field.
- **Cultural Appreciation:** The lecture will promote cultural appreciation by showcasing the diversity of poetic voices and their reflections on society. Attendees will develop an appreciation for different literary traditions, fostering cross-cultural understanding.
- **Intellectual Stimulation:** The extension lecture will stimulate intellectual curiosity and academic growth. Students and faculty members will be inspired to explore further



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readings, engage in critical discussions, and expand their knowledge in the field of literature.

By organizing this extension lecture, the Department of English aims to enrich the academic experience of students and faculty members, providing them with valuable insights into poetic voices and their relevance to the current times in South Asia and beyond.



Activity:- Workshop on Covid-Care organized by NSS Unit
of college w.e.f 01.06.21 to 03.06.21. (297)



ACTIVITY OUTCOME



1. The 3 day's Covid Care Workshop culminated successfully on 03.06.2021
2. The students/ volunteers were made aware about the effective breathing techniques and their benefits in boosting the immune system, in relieving stress, anxiety and depression.

Report Compiled by: Prof. Mala Bhasin
Programme Officer
Govt. College for Women
Gandhi Nagar, Jammu. (NSS PO)

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Activity :- Online Workshop on Guidance for Psycho-social Counselling & Covid Helper Skills Support ²⁰²¹ organized by NSS units on 03.07.21.



ACTIVITY OUTCOME



1. The main objective of this workshop was to create teams of the students who will voluntarily help the Covid-19 patients and aid them emotionally and psychologically.
2. Volunteer teams created awareness regarding Covid -19 through Poster Making and a video of the posters was uploaded on different social media handles.



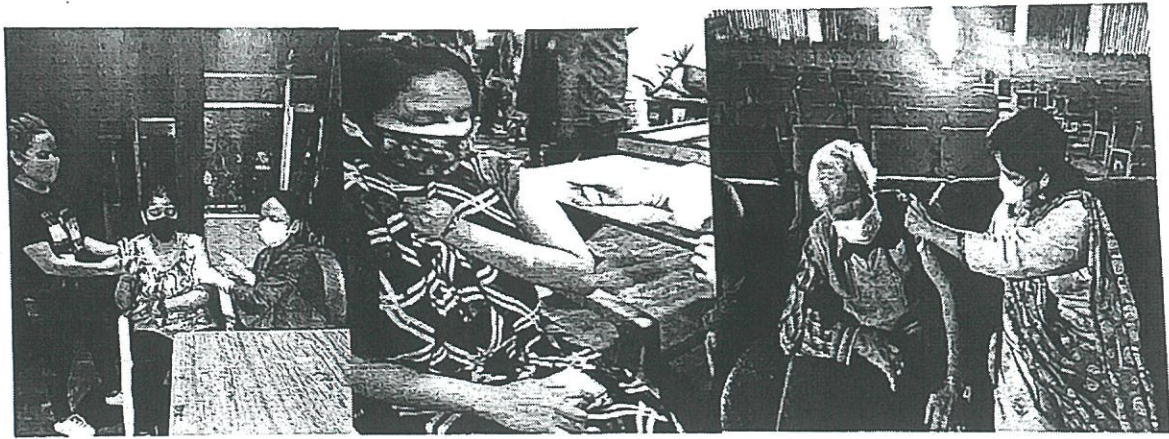
Shashi

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3. Students made videos of how to wear double masks during the second wave of Covid-19 and posted them on social media for mass awareness.



4. Two Vaccination Drives were conducted in the premises of the college. Keeping in view all the Covid-19 protocols, Vaccination Teams comprised of Prof. Mala Bhasin (NSSPO); Prof. Suman Bala (ANO) and 10 volunteer students in each team. In collaboration with District Administration and Department of Family welfare, MCH and immunization, about 900 people were vaccinated in the first drive whereas almost 2000 students were vaccinated in the second drive.



Thariz



5. The students involved themselves voluntarily during this pandemic situation to help the affected to come out of the crisis and start a fresh. The NSS and NCC, both the volunteer organizations inculcate the emphatic qualities in the volunteers/ cadets and hence the Noble Work never ends.

Tharini

Activity :- Celebration of Commonal Harmony week & Flag Day by NSS units w.e.f 19.11.21 to 25.11.2021.

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Govt. College for Women Gandhi Nagar Jammu



Activity Outcome

1. The week-long series of activities culminated successfully on 25.11.2022
2. The volunteers were made aware about the need for co-operation and unity to develop peace and harmony through self- confidence and positive thinking
3. The volunteers also learned about the team work

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Activity:- Mega Plantation Drive organized by NSS ~~05/07/21~~
on 05.07.2021.



ACTIVITY OUTCOME

1. The plantation drive culminated successfully on 05.07. 2021
2. The volunteers were made aware about the importance of medicinal and fruit trees in our daily life.

Thasini

08

Activity :- Series of activities organized during by NSS units during celebration of International Day for Biological Diversity on 22nd to 23rd of May, 2022. (333)



Padma Shri Padma Sachdev



Govt. College for Women Gandhi Nagar Jammu

Activity Outcome

1. The activities of International Day for Biological Diversity-2022 culminated successfully on 23.05.2022
2. The students/ volunteers were made aware about the importance of working together at all levels to protect biodiversity and build a future of life in harmony with nature.

Shashi

(99)

Activity:- Desh Bhakti competition organized by Music Department on 29.12.21.

Govt. College for Women

Gandhi Nagar, Jammu

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29/12/21

Activity Outcome: 'Desh Bhakti Geet Competition'

The 'Desh Bhakti Geet' competition organized by the Department of Music, Padma Shri Padma Sachdev Government P.G College for Women, Gandhi Nagar Jammu, in collaboration with IQAC, was a resounding success. The competition was held online as part of the 'Azadi ka Amrit Mahotsav' celebrations, under the patronage of Dr. Sangita Nagari, the college Principal.

The event witnessed an exceptional display of patriotic spirit and enthusiasm among the participating students. They showcased their love for the motherland through heartfelt renditions of patriotic songs such as "Teri mittimai mil javan," "MeraDeshMeraMulik," "O Des mere," "Salam un Shaheedonkojokhogye," and "Ae mere watanke logon."

Priya Kumari from the 3rd semester secured the first position in the competition, followed by NavleenKour from the 5th semester in second place. Prachi Sudan from the 3rd semester and Vaishnavi Sharma from the 1st semester shared the third position. Other participants included Reetika Sharma, JanpreetKour, and Mancy from the 3rd semester, as well as Siya Devi, Tanu Devi, HarpreetKour, and Sneha Devi from the 1st semester.

The event was organized under the guidance of Dr. SujataSalathia, HOD Economics, and coordinated by Dr. Priyanka Sharma, HOD Music. The competition was judged by Dr. Priyanka Sharma and Prof. Rahul Kumar, who evaluated the performances with utmost fairness and expertise.

The 'Desh Bhakti Geet' competition was a befitting tribute to the 'Azadi ka Amrit Mahotsav' initiative, which celebrates and commemorates 75 years of progressive India and its remarkable achievements in the realms of People, Culture, and History. This event showcased the talent, passion, and love for the country that resides within the students of Padma Shri Padma Sachdev Government P.G College for Women, Gandhi Nagar Jammu.



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Activity 3- National level online quiz competition on "Auditing and Corporate Governance" organized by Department of Commerce on 22.01.2021. (359)

OUTCOME

The quiz competition provided students with an opportunity to deepen their understanding of auditing and corporate governance concepts. Through the preparation process and participation in the competition, students learned and retained knowledge about various aspects of these subjects. Students developed essential skills such as critical thinking, problem solving, and decision-making. The competition challenged their ability to analyse complex scenarios, apply auditing principles, and evaluate corporate governance practices. The event fosters healthy competition among students from different educational institutions across the nation. By participating in the quiz competition, students gained insights into the potential career paths available in auditing and corporate governance. The competition contributed to raising awareness about auditing and corporate governance among students and the wider academic community. It would highlight the importance of these subjects in promoting transparency, accountability, and ethical practices in organizations. National-level quiz competition on auditing and corporate governance for students can have a positive impact by fostering knowledge, skills, healthy competition, recognition, networking, and career opportunities in the field.

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(101)

Activities - Visit to Bal Niketan, Amphalla organized by
Red Cross Unit on 05.05.2022.

EVENT OUTCOME

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1. The dedication of the staff in Bal Niketan providing care and support to the children in was truly inspiring. The students interaction with the children in Bal Niketan helped them to understand the realities of life, to acknowledge the blessings in their life.
2. About 25 college students accompanied the committee members of Red Cross Unit.
3. Overall, it was a humbling and a learning experience for all.

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Activity :- Placement Drive in Collaboration with
NIIT IFBI on 06-10-2022

Career Counseling and Placement Cell
Padma Shri Padma Sachdev GCW Gandhi Nagar, Jammu

Outcomes of "Placement Drive in collaboration with NIIT-IFBI "
Dated: 06-10-2022

1. Successful Placements: NIIT IFBI placed students in various roles within the finance, banking, and insurance sectors included post of relationship manager in ICICI Bank.
2. Industry Partnerships: NIIT IFBI have established partnerships and collaborations with leading banks, financial institutions, and insurance companies. These partnerships provide students with opportunities for internships, training programs, and direct placements.
3. Job Offers: The placement drive conducted by NIIT IFBI resulted in job offers extended to students by reputed companies in the finance, banking, and insurance sectors.
4. Skill Development: Even if immediate placements were not secured for all students, the placement drive helped students develop their skills and knowledge in finance, banking, and insurance. The training provided by NIIT IFBI can enhance their employability and increase their chances of securing suitable positions in the future.

*Jyoti
Chavhan*

Activity :- Awareness Talk on Preparation of Competitive Exams on 21-12-2020

Career Counseling and Placement Cell
Padma Shri Padma Sachdev GCW Gandhi Nagar, Jammu

Program Outcomes of Awareness Talk on Competitive Exams(JKSSB,JKAS etc.)

Dated: 21-12-2022

The program outcomes of awareness talk on competitive exams such as JKSSB (Jammu and Kashmir Services Selection Board) and JKAS (Jammu and Kashmir Administrative Services):

- 1. Knowledge of Exam Structure: Participants gain a clear understanding of the exam structure, including the different stages, subjects, and marking schemes. They become familiar with the eligibility criteria, syllabus, and examination pattern of the specific competitive exams.
2. Awareness of Exam Dates and Deadlines: Participants are informed about the upcoming exam dates, application deadlines, and other important dates related to the competitive exams. They understand the timeline and can plan their preparation accordingly.
3. Understanding of Exam Preparation Strategies: The awareness talk provides participants with insights into effective preparation strategies for the competitive exams. They learn about recommended study materials, time management techniques, and strategies to excel in different sections of the exams.
4. Awareness of Available Resources: Participants gain knowledge about the available resources, both online and offline, to support their exam preparation. This includes information about relevant websites, books, coaching institutes, study groups, and mock tests.
5. Clarity on Exam Syllabus and Topics: The awareness talk ensures that participants have a clear understanding of the syllabus and the topics that they need to cover for the competitive exams. They are provided with a breakdown of the subjects and topics, helping them create a structured study plan.
6. Motivation and Confidence Building: The talk aims to motivate and inspire participants to pursue their goals of cracking the competitive exams. It instills confidence in them by highlighting success stories, sharing tips for managing exam-related stress, and providing encouragement throughout the session.
7. Guidance on Application Process: Participants receive guidance on the application process for the competitive exams, including the registration procedure, documentation requirements, and online application submission. They are informed about any specific guidelines or instructions related to the application process.
8. Understanding of Exam Scoring and Cut-off Criteria: The awareness talk clarifies the scoring system and cut-off criteria for the competitive exams. Participants gain insights into how their performance will be evaluated, including the minimum qualifying marks and the weightage given to different sections.
9. Introduction to Interview and Personality Assessment: For exams that include an interview or personality assessment round, participants are provided with an overview of the interview process, expected questions, and tips for effective communication and presentation skills.
10. Access to Post-Talk Support: Participants are informed about ongoing support systems, such as mentorship programs, study circles, or online forums, that they can utilize after the awareness talk to address any further queries and receive additional guidance.

These program outcomes aim to equip participants with the necessary information, resources, and strategies to prepare effectively for competitive exams such as JKSSB and JKAS. The talk aims to empower participants to take informed decisions, build confidence, and navigate the exam preparation process more efficiently.

Convenor: [Signature]

Activity : Workshop by VLCC-Training Institute
on 16-02-2022

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Career Counseling and Placement Cell
Padma Shri Padma Sachdev GCW Gandhi Nagar, Jammu

Program Outcomes of Workshop by VLCC- Training Institute of Beauty and nutrition

Dated:16-02-2023

1. **Knowledge and awareness:** The workshop can provide participants with valuable knowledge and awareness about various aspects of beauty and wellness, including skincare, nutrition, exercise, mindfulness, and self-care practices. Participants can gain insights into the importance of maintaining overall well-being and the impact it has on their beauty and confidence.
2. **Skill development:** The workshop can focus on practical skills related to beauty and wellness, such as skincare routines, makeup application techniques, hair care methods, or stress management exercises. Participants can learn hands on skills and strategies to improve their beauty and wellness practices.
3. **Self-care and empowerment:** The workshop can emphasize the importance of self-care and empower participants to prioritize their well-being. It can provide tools and techniques for self-care, stress reduction, and self-esteem enhancement, promoting a positive body image and self-confidence.
4. **Industry insights:** The workshop can provide insights into the beauty and wellness industry, including trends, products, and services. Participants can gain an understanding of the industry's standards, ethical practices, and emerging opportunities, which can be useful for those interested in pursuing careers in this field.
5. **Healthy lifestyle promotion:** The workshop can encourage participants to adopt and maintain a healthy lifestyle by incorporating wellness practices into their daily routines. This can include promoting regular exercise, proper nutrition, sleep hygiene, and stress management techniques.
6. **Networking and community building:** The workshop can bring together individuals with shared interests in beauty and wellness, providing opportunities for networking and community building. Participants can connect with like-minded individuals, exchange ideas, and establish support networks.
7. **Practical application:** The workshop can include interactive activities and demonstrations where participants can practice the skills and techniques learned. This hands-on approach allows participants to apply their knowledge and receive feedback, enhancing their learning experience.
8. **Motivation and inspiration:** The workshop can inspire participants to take action towards improving their beauty and wellness practices. Through motivational talks, success stories, and personal anecdotes, participants can be encouraged to set goals, make positive changes, and sustain their commitment to their well-being.
9. **Continued learning resources:** The workshop can provide participants with resources and references for further learning and exploration in the field of beauty and wellness. This can include recommended books, websites, online courses, or additional workshops, allowing participants to continue their education beyond the workshop.


Convenor

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Activity :- Outreach for Student Participation at
SEED - The Start up festival on
18-03-2023

Career Counseling and Placement Cell
Padma Shri Padma Sachdev GCW Gandhi Nagar, Jammu

Program Outcomes of SEED - The Start up festival

Dated: 18-03-2023

For a start-up festival like SEED (Start-up Entrepreneurship and Empowerment Drive) organized by FICCI FLO (Federation of Indian Chambers of Commerce and Industry Ladies Organization), the program outcomes can be:

1. **Networking Opportunities:** SEED provided a platform for start-ups, entrepreneurs, investors, mentors, and industry experts to connect and network.
2. **Knowledge Exchange:** The festival aimed to promote knowledge sharing among participants. The program provided a platform for entrepreneurs to learn from industry leaders and subject matter experts through keynote speeches, panel discussions, workshops, and presentations on various topics relevant to start-ups and entrepreneurship.
3. **Skill Development:** SEED focused on enhancing the skills and capabilities of start-up founders and aspiring entrepreneurs.
4. **Funding and Investment Opportunities:** SEED aimed to bridge the gap between start-ups and potential investors. The program included connecting entrepreneurs with angel investors, venture capitalists, and other funding sources. It provides a platform for start-ups to pitch their ideas, showcase their products or services, and secure funding or investment for business growth.
5. **Showcasing Innovations:** The festival serves as a platform for start-ups to showcase their innovative products, services, and solutions. The program outcome includes providing visibility and recognition to participating start-ups, increasing brand awareness, and facilitating potential collaborations or partnerships with other participants or industry stakeholders.
6. **Policy Advocacy:** SEED emphasized the importance of supportive policies and regulations for fostering a favorable start-up ecosystem.
7. **Inspiration and Motivation:** SEED aimed to inspire and motivate aspiring entrepreneurs. The program included featuring success stories of accomplished entrepreneurs who have overcome challenges and achieved significant milestones in their entrepreneurial journey. Such stories serve as inspiration and motivation for participants to pursue their entrepreneurial dreams.
8. **Women Empowerment:** FICCI FLO, being an organization focused on women empowerment, aims to encourage and support women entrepreneurs through SEED. The program provided a platform specifically dedicated to women-led start-ups, highlighting their achievements, and fostering an inclusive environment that promotes gender diversity in entrepreneurship.
9. **Collaboration and Partnerships:** SEED encouraged collaboration and partnerships among start-ups, industry players, and other stakeholders. The program outcome includes facilitating interactions and discussions that lead to potential collaborations, joint ventures, or partnerships among participants, thereby fostering a collaborative ecosystem.



Convenor



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Activity: Lecture on Career Opportunities in AIR
on 12-04-23

Career Counseling and Placement Cell
Padma Shri Padma Sachdev GCW Gandhi Nagar, Jammu

Program Outcomes of Lecture on Career Opportunities in AIR

Dated: 12-04-2023

A career as an announcer in All India Radio (AIR) can offer various opportunities to individuals interested in broadcasting and communication. Here are some potential career paths within AIR for announcers:

1. **Radio Announcer/Presenter:** As an announcer or presenter, you would be responsible for hosting programs, introducing music, conducting interviews, and engaging with listeners. You may work across different program genres, such as music shows, talk shows, educational programs, cultural programs, and more.
2. **News Reader/Anchor:** In this role, you would deliver news bulletins, read news scripts, and provide updates on current events. News readers or anchors in AIR are responsible for presenting news in a clear, unbiased, and engaging manner.
3. **Voiceover Artist:** As a voiceover artist, you would lend your voice to various programs, commercials, announcements, and promotional materials. This includes recording voiceovers for radio advertisements, documentaries, public service announcements, and other audio content.
4. **Program Producer:** As a program producer, you would be involved in planning, developing, and producing radio programs. This includes creating content, conducting research, scheduling interviews, editing audio, and ensuring the smooth execution of programs.
5. **Specialized Program Host:** Depending on your interests and expertise, you may have the opportunity to host specialized programs focused on specific genres or subjects. This could include hosting music shows, cultural programs, literary programs, sports shows, or programs targeting specific communities or languages.
6. **Radio Drama Artist:** AIR is known for its radio dramas and plays. As a radio drama artist, you would lend your voice to different characters and bring scripts to life through sound. This role requires the ability to perform with vocal versatility and convey emotions through voice acting.
7. **Language Interpreter:** With proficiency in multiple languages, you may have opportunities to work as a language interpreter for programs that require translation or bilingual communication. This role involves interpreting content accurately and effectively for listeners.
8. **Program Coordinator/Executive:** As you gain experience and expertise, you may progress into roles that involve coordinating programs, managing schedules, overseeing program quality, and ensuring adherence to broadcasting guidelines and regulations.

To pursue a career in All India Radio, it is advisable to stay updated with recruitment notifications and opportunities advertised by the Prasar Bharati, which oversees AIR. Additionally, gaining practical experience, building a strong portfolio, and enhancing your communication skills can strengthen your prospects in securing a role as an announcer in All India Radio.



Convenor

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Activity: Awareness programme on Career opportunities
in MBA on 23-05-2023

Career Counseling and Placement Cell
Padma Shri Padma Sachdev GCW Gandhi Nagar, Jammu

Program of Awareness Programme on Career opportunities in MBA

Dated: 23-05-2023

An MBA (Master of Business Administration) degree opens up a wide range of career opportunities across various industries and sectors. Here are some of the popular career paths that MBA graduates often pursue:

1. **Management Consultant:** As a management consultant, the students can work with organizations to solve complex business problems and improve their overall performance. They can analyze issues, develop strategies, and provide recommendations to enhance efficiency and profitability.
2. **Investment Banking:** MBA graduates often pursue careers in investment banking, where they work on financial transactions such as mergers and acquisitions, IPOs, and corporate restructuring. Roles include investment banking analyst, associate, and eventually vice president or director.
3. **Marketing Manager:** Marketing managers develop and implement strategies to promote products or services, conduct market research, manage advertising campaigns, and analyze consumer behavior. MBA graduates with a specialization in marketing can excel in this role.
4. **Financial Manager:** Financial managers oversee an organization's financial health, including budgeting, financial planning, and investment management. They analyze financial reports, make strategic decisions, and ensure compliance with regulations.
5. **Operations Manager:** Operations managers are responsible for optimizing the production and delivery of goods and services. They oversee supply chain management, process improvement, and quality control to maximize efficiency and minimize costs.
6. **Entrepreneurship:** Many MBA graduates choose to start their own businesses or join startups. An MBA equips you with the skills and knowledge needed to develop business plans, secure funding, and manage various aspects of a startup.
7. **Human Resources Manager:** HR managers handle employee recruitment, training, and development, performance management, and compensation and benefits. They ensure that the organization has a talented and motivated workforce.
8. **Business Development Manager:** Business development managers identify and pursue growth opportunities for a company. They establish strategic partnerships, negotiate deals, and expand the company's customer base.
9. **Product Manager:** Product managers oversee the development and launch of new products or services. They conduct market research, define product strategies, coordinate with cross-functional teams, and manage the product life cycle.
10. **Non-profit Management:** MBA graduates can pursue careers in the non-profit sector, working as executive directors or program managers for non-profit organizations. They apply business principles to achieve the organization's social or environmental goals.

These are just a few examples, and there are numerous other career paths available to MBA graduates depending on their interests, specialization, and industry preferences. MBA programs often provide opportunities for internships, networking, and career services, which can further enhance job prospects.

Convener! — *[Signature]*

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Activity :- Awareness Lecture on Education Abroad opportunities
on 27-03-2023

Career Counseling and Placement Cell
Padma Shri Padma Sachdev GCW Gandhi Nagar, Jammu

Program Outcomes of Awareness Lecture on "Education Abroad Opportunities"

Dated:27-03-2023

Studying abroad as an undergraduate student from India can be a life-changing experience that offers numerous benefits, including exposure to different cultures, academic excellence, personal growth, and career opportunities. Some key points which were explained in the lecture for planning to pursue education abroad as an undergraduate from India:

1. **Research and Choose a Destination:** Begin by researching different countries and universities that align with your academic interests and career goals. Consider factors such as the quality of education, program offerings, scholarship opportunities, living costs, and visa requirements. Popular destinations for Indian students include the United States, United Kingdom, Canada, Australia, Germany, and Singapore.
2. **Select a Suitable Program:** Explore the undergraduate programs available at universities abroad and identify the ones that best match your academic and career aspirations. Look into the curriculum, faculty, research opportunities, and any specific requirements for international students.
3. **Meet Admission Requirements:** Understand the admission requirements of your chosen universities. This typically includes submitting academic transcripts, standardized test scores (such as SAT, ACT, or TOEFL/IELTS for English proficiency), letters of recommendation, a personal statement or essay, and sometimes a resume. Be sure to adhere to the application deadlines.
4. **Financial Planning:** Studying abroad can be expensive, so it's important to plan your finances accordingly. Research and explore scholarships, grants, and financial aid options specifically available for international students. Additionally, consider the cost of tuition, accommodation, living expenses, healthcare, and travel.
5. **Visa Process:** Once you receive an offer of admission, you will need to apply for a student visa for the country you will be studying in. Check the specific visa requirements and process for your chosen destination and ensure that you have all the necessary documents, such as a valid passport, acceptance letter, financial proof, and health insurance.
6. **Accommodation and Travel:** Research accommodation options, whether it's university-provided housing, private rentals, or host families. Plan your travel arrangements, including booking flights, arranging airport transfers, and familiarizing yourself with the local transportation system.
7. **Prepare for Cultural Adjustment:** Living in a new country can be challenging initially. Familiarize yourself with the local culture, customs, and etiquette. Be open-minded, proactive in making new friends, and seek support from student services or international student offices available at your university.
8. **Health and Safety:** Prior to departure, students ensure to have adequate health insurance coverage while studying abroad. Research and follow the necessary health and safety guidelines for your destination, including any required vaccinations.
9. **Stay Connected:** Keep in touch with your family and friends back home, and take advantage of opportunities to connect with other international and local students. Join student clubs, participate in social activities, and engage in the cultural experiences your chosen destination offers.
10. **Career Planning:** While studying abroad, take advantage of internship programs, career counseling services, and networking opportunities to enhance your career prospects. Seek internships or part-time work experience in your field of interest to gain practical skills and expand your professional network.


Convenor

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Activity :- Interactive Session on Transgender: Issues and Concerns on 23-03-23 (156)

Outcome Of Activity

Electoral Literacy Club and Rainbow Club, in collaboration with IQAC, of Padma Shri Padma Sachdev, Govt College For Women, Gandhinagar Jammu, organized an interactive session on the topic-"Transgender Issues and Concerns" on 23rd March 2023. The programme was held under the patronage of Principal Prof. Minu Mahajan. The speaker on the occasion was Prof Aijaz Ahmed, Assistant Professor of Social Work, GDC Pulwama. Prof Ahmed provided insights on the problems and issues faced by the transgender community in J&K UT. He sensitised the audience about the importance of inclusivity in social dynamics where every individual is given respect irrespective of their gender orientation and expression. He also talked about legal aspects of property inheritance by transgender community. His words elicited multiple questions from the student community which were satisfactorily answered by him.

Outcome of the session :-

- Students and audience learnt acceptable terms for gender and sexual identity in the lesbian, gay, bisexual, transgender, or queer community.
- The session summarized challenges in the care of the lesbian, gay, bisexual, transgender, or queer community.
- Students got more sensitized about lgbtq+ issues and concerns.
- Students queries were answered and awareness through the session was propagated about lgbtq community.
- It helped students engage better and get deep insights about lgbtq legal, social and political issues.



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Activity : Interactive Session on Transgender Issues and Concern on 16-05-2023
Activity Outcome (180)

PSPS GCW GANDHI NAGAR JAMMU HOSTS A ONE DAY PROGRAMME CUM ACTIVITY SESSION ON THE TOPIC " TRANSGENDER : REPRESENTATIONS AND REALITIES "

PSPS GCW Gandhi Nagar Jammu hosted a programme and interactive activity titled "Transgender: Representations and Realities." The event was organised by the Electoral Literacy Club, Rainbow Club, and Department of Social Work in collaboration with IQAC designed to raise awareness about the issues faced by transgender individuals and to promote understanding and acceptance of the transgender community.

Resource Persons of session were Jaspreet Singh, Research Scholar, Central University of Jammu and Ms Jyoti Sharma, Advocate Jammu & Kashmir and Ladakh High Court, Jammu. The event also featured an interactive session, where resource persons had the opportunity to engage in meaningful conversations about transgender issues with staff members and students.

Around 300 college students attended the event and got sensitized about the transgender issues ,concerbs and reality.

Outcome of the session-

- 1) The event was successfully conducted by college authority ,and students got more educated about transgender and lgbtq+ community.
- 2) Both resource persons succeeded in sensitising and making students aware about the transgender people rights and raised concern over the proper representation of lgbtq+ community in society.
- 3) Students of the college interacted with the resource persons and raised their queries and doubts regarding the issue.
- 4) The overall event ended successfully with awareness in young fertile minds about the third gender and lgbtq+ community.



(111)

Activity : World Aids Day 2022 on 01-12-2022 (186)

RED RIBBON CLUB

GOVT. COLLEGE FOR WOMEN GANDHINAGAR JAMMU

Activity Outcome

The World AIDS Day 2022 event was a resounding success, with active participation from students and staff. The theme of "Equalise: Achieve Equality to End HIV" resonated well with the audience, fostering awareness and empathy. The event facilitated informative exchanges through health department stalls and creative displays. The presence of the chief guest added prestige, and student performances left a lasting impact. Overall, the event achieved its goal of raising HIV awareness and promoting unity.

Benita

(195)

Activity : Digital Logo Competition for Ecotourism club on

19-05-2023



**OFFICE OF THE PRINCIPAL
PADMA SHRI PADMA SACHDEV GOVT. COLLEGE FOR WOMEN
Gandhi Nagar, Jammu**

No. : WCG/

Dated: 19/5/2023

Event Outcome Report: Digital Logo Competition for Ecotourism club"

Date: May 19, 2023

Introduction: The Digital Logo Competition organized by the Yuva Tourism Club of P.S.P.S. Govt. College for Women, Gandhinagar, Jammu, stands as a testament to the institution's commitment to nurturing and showcasing the exceptional talents of its students. This meticulously planned and executed event provided an invaluable platform for students from diverse disciplines to exhibit their prowess in design, creativity, and artistic expression.

A Platform for Creativity: The competition witnessed a commendable level of enthusiasm and participation from students, transcending the boundaries of academic disciplines. Under the overarching objective of promoting creativity, the event garnered an impressive array of logo submissions. The designs, reflective of the participants' distinct perspectives, underscored their artistic and imaginative capabilities.

Judicial Evaluation and Noteworthy Winners: A distinguished panel of judges, comprising Prof. Anjana Gupta (Head of Department, Chemistry) and Prof. Indu Khujaria, assumed the pivotal role of evaluating the logo submissions. Their meticulous scrutiny of the entries ensured that the winners were selected based on their adherence to design principles, aesthetic appeal, and innovative approach.

The results unveiled Anushka as the recipient of the first prize. Her logo stood out for its meticulous attention to detail, harmonious composition, and visionary design approach. Abia Gupta and Isha were awarded the second position for their remarkable logos that seamlessly blended creative elements with conceptual depth. The third prize was conferred upon a collective effort, recognizing the outstanding contributions of Ashpreet Kour, Samudhani, Diksha Hans, and Parul. Their designs demonstrated a remarkable fusion of artistic finesse and originality.

Leadership and Coordination: The resounding success of the Digital Logo Competition is attributed to the dynamic and visionary leadership of Prof. Minu Mahajan, the esteemed Principal of P.S.P.S. Govt. College for Women. Her guidance and strategic acumen played a pivotal role in orchestrating a seamless execution of the event. Prof. Anju Bala, as the dedicated convenor of the Yuva Tourism Club, exhibited meticulous coordination skills, ensuring that every facet of the competition functioned seamlessly.

Contributions of the Committee: The instrumental role played by various committee members cannot be overstated. Dr. Rahul Sharma, as the Co-Convenor, displayed commendable

(113)

Activity: Workshop on "Explore the Unexplored" ²¹⁴
dated - 2-02-2023



**OFFICE OF THE PRINCIPAL
PADMA SHRI PADMA SACHDEV GOVT. COLLEGE FOR WOMEN
Gandhi Nagar, Jammu**

No. :WCG/

Dated: 2/2/2023

Event Outcome Report: Yuva Tourism Committee Workshop on "Explore the Unexplored"

Date: February 2, 2023

Event: Workshop on "Explore the Unexplored"

Introduction: On February 2, 2023, the Yuva Tourism Committee of P.S.P.S. Govt. College for Women, Gandhi Nagar, Jammu, orchestrated an insightful workshop under the theme "Explore the Unexplored." The event, a testament to the committee's dedication to fostering awareness about uncharted territories, was orchestrated under the dynamic leadership of Prof. Minu Mahajan, the Principal of the College.

Inaugural Address and Purpose: The proceedings commenced with an inaugural address by Prof. Anju Bala, the convener of the Yuva Tourism Committee. In her welcoming remarks, she extended a warm welcome to the esteemed chief guest, Prof. Minu Mahajan, and emphasized the contemporary relevance and significance of tourism. The necessity to explore the unexplored regions was underscored as a means to unveil hidden treasures and promote responsible tourism. Prof. Minu Mahajan lauded the efforts of the participants and committee members in organizing such a remarkable event, highlighting its importance in enhancing awareness about uncharted destinations.

Participant Presentations and Evaluation: Ten participants took center stage to present videos and deliver oral presentations on various unexplored areas of Jammu and Kashmir. The presentations, accompanied by visual aids, encapsulated the cultural, historical, and natural richness of these undiscovered locations. An esteemed panel of jury members, Prof. Irvinder Kour (Head of Department, Home Science) and Prof. Anjana Gupta (Head of Department, Chemistry), assessed the presentations based on content, delivery, and overall impact.

Recognition of Outstanding Contributions: Ms. Haspreet Kour, Ms. Rehana Kousar, and Ms. Noriena Javaid emerged as the winners, clinching the 1st, 2nd, and 3rd positions, respectively. Their presentations exhibited a deep understanding of the unexplored areas and effectively

114

Activity: Nukkad Natak on Say no to Drugs and Yes to life
dated: 09-09-2022

OUTCOMES

Nukkad Natak on drugs abuse had played an important role in giving a platform to the students to show their talents. The students have learnt to work as a team and each character has its own role. It had built confidence among students to raise voice against evils of our society. Apart from learning how drugs have adversely affected families, students have also learnt role played by government departments and NGOs to create awareness among masses. They have also learnt the role of police and other security agencies who are keeping eye on the drugs smugglers. Drugs de-addiction centres have been opened and counselling of the patients (consumers) take place. They are motivated to overcome life threatening narcotic substances. Nukkad Natak performances tend to leave a lasting impression on the audience due to their interactive nature and direct engagement. The use of music, dialogues, and visual elements helps reinforce the messages conveyed in the play. This lead to better knowledge retention among the audience, ensuring that the information about drug abuse and its consequences stays with them for a longer period.

Rajni

Activity :

Lecture on Nasha Mukht Jisk Campaign 2022

dated. 14-09-2022

OUTCOMES

The lecture was really fruitful for the students as it was discussed about how the pressure of modern society and individualistic life creates a challenge for the youth in our society to stay alert and cautious of falling in the drug addiction traps. They learnt that Drugs misuse have lifelong consequences. A student with a drug arrest or policy violation may find their career choices limit, and may in fact be ineligible for employment in the career path they have chosen. The students also learnt that there are other ways to relax, should not believe in false encouragements by fake friends, should choose friend wisely, remain attentive, should be aware of the drugs and always trust family and teachers. The students took keen interest in the lecture and had promised to remain at distance from drugs, to spread awareness among people about ill effects of drugs, to help security agencies and other NGOs to stop drugs users to come over this evil and motivating them joining de-addiction centres.

Activity : Slogan Writing on Crisis of Drug
Addiction on 17-10-2022
Oct.

OUTCOME OF SLOGAN WRITING

Slogans writings on crisis of Drugs addiction had played an important role in creating awareness among students and college's teaching/non-teaching staff because it grabs attention, makes a strong first impression. It helped students to bring out their thoughts and creativity to counter drugs menace in society. It has helped students to worked as team with an attitude of integrity and coherence. It also increased the observational skills, response to thoughts and concern of students towards drugs abuse. Later, to expand this campaign and to spread awareness outside college campus, the pictures were uploaded on various social media platforms and were also shared with press media.

Radha

Activity: Poster Making Competition on Quit Drugs,
Choose life (dated 20-10-2022)

OUTCOME OF POSTER MAKING COMPETITION

Poster making competition raised awareness about the dangers of drug abuse and its impact on society. The creative and visually appealing posters grabbed attention and effectively communicated the anti-drug message. The competition provides an opportunity for students to research and learned about the harmful effects of drugs. They explored the consequences of drug addiction, the importance of making healthy choices. Poster making encouraged students to think creatively and express their ideas visually. It allowed them to utilised their artistic skills and imagination to communicate complex messages effectively. This artistic expression inspired others and foster dialogue about drug abuse prevention. The competition fosters a sense of unity and collective responsibility in addressing the drug abuse issue within the community. The posters served as a constant reminder of the dangers of drugs and sparking discussions among individuals who view them. Offering prizes or certificates to the winners of the competition provided motivation for students and recognise their efforts. This recognition further inspired them to continue spreading the anti-drug message and be advocated for change.

Rahm

178

283

Activity : Rangoli Making Competition on 'Say No To Drugs'
on 15-11-2022

119

OUTCOMES OF RANGOLI MAKING COMPETITION

Students of the college had played an important role in giving a message against drugs abuse through Rangoli competition. The different colours were pasted in a beautiful way to make it centre of attraction. They had shown their hidden talents with team work and cooperation among team members. A positive attitude was reflected in their work as they had made Rangoli with solutions to the drugs network. Students were praised and encouraged by the judges and faculty members. Photographs of the Rangoli were shared with the print media and on social media sites. Students also took pledge to spread the message of drugs abuse and its consequences in the society.

[Signature]

Activity: Wall Painting on Anti Drug Awareness
on 25-11-2022

OUTCOMES OF WALL PAINTING PROGRAMME

The painting served as a visual representation that attracts attention and raises awareness about drug abuse. It educated the students about the risks, consequences and impact of drug abuse on individuals, families and society. The prominent display of an anti-drug message through a wall painting act as a powerful deterrent. By visually depicting the negative effects of drug abuse, it discouraged individuals from experimenting with drugs. The wall painting programme provided an opportunity for students to express their creativity and talent. It transformed blank walls into visually captivating artworks that engaged and inspired the society. The wall painting spark conversations and dialogue about drug abuse within the community. It encouraged open discussions, sharing of personal experiences and the exchange of ideas on how to prevent drug abuse and support. The wall painting remains a constant reminder in the society, served as a lasting symbol against drug abuse. It continues to influenced attitudes, raise awareness and discourage drug use even long after its creation.

[Handwritten signature]

Activity  Lecture on World No Tobacco Day
dated 31-05-2023

305

OUTCOMES OF LECTURE ON WORLD NO TOBACCO DAY

The lecture on World No Tobacco Day by the doctor, was a resounding success. The doctor, armed with a wealth of knowledge and expertise, delivered a compelling presentation on the dangers of tobacco use and the importance of quitting.

During the lecture, the doctor highlighted the detrimental health effects associated with smoking, including lung cancer, heart disease, and respiratory problems. They presented alarming statistics and shared real-life stories of individuals who had suffered from tobacco-related illnesses. The audience listened attentively, their faces reflecting a mixture of concern and determination.

The doctor also discussed the various resources available for smokers who wanted to quit. They introduced effective cessation methods, such as nicotine replacement therapy and counseling services, emphasizing the importance of seeking professional help. Additionally, the doctor stressed the significance of creating smoke-free environments and implementing stricter tobacco control policies.

The lecture concluded with a question-and-answer session, allowing participants to seek clarifications and share their personal experiences. Many attendees expressed their gratitude for the valuable information and inspiration provided by the doctor. Some even committed to quitting smoking and pledged to spread awareness about the dangers of tobacco among their friends and family.

Overall, the lecture on World No Tobacco Day by the doctor left a lasting impact on the audience. It served as a catalyst for change, empowering individuals to take control of their health and make informed decisions regarding tobacco use. The event played a vital role in promoting a smoke-free lifestyle and fostering a healthier community.



121

Activity : Poster Making Competition on Say No to
Tobacco on 18-05-23

314

OUTCOME OF POSTER MAKING COMPETITION

The competition raised awareness among students about the dangers of tobacco use. Through the process of researching and creating posters, students gained knowledge about the harmful effects of tobacco on their health and the community. Poster-making competition provided students with a platform to express their creativity and artistic skills. They explored different visual elements, colours, and designs to effectively communicate the anti-tobacco message. When students see their peers actively participating in activities promoting a tobacco-free lifestyle, it can positively influence their attitudes and behaviours. The competition encouraged peer-to-peer conversations about the harmful effects of tobacco, leading to increased awareness and a potential reduction in tobacco use among students. Recognised and rewarded the creative efforts of students through prizes and certificates which served as positive reinforcement. This encouraged students to continue their advocacy against tobacco and motivated them to engage in future initiatives promoting health and well-being.

Organizing a poster-making competition on saying no to tobacco for students can create a positive impact by raising awareness, fostering creativity, promoting teamwork, and empowering students to be agents of change in their communities.

Rashmi

122

Activity: Pledge Ceremony on "Say Yes to
life, No to Drugs" on 27-04-2023

327

OUTCOME

Students along with teaching and non-teaching staff had participated in the pledge taking ceremony against drugs abuse with zeal and enthusiasm. They understood and declared drug addiction a disease and even though it may be treatable, it has serious physical and emotional effects which would hurt them, their family members and college. Given the serious dangers of drug use, they accepted and pledge to follow all rules and laws established by administration. The faculty members also revealed that government of India has adopted a vision for a drug free India with slogan "SAY YES TO LIFE, NO TO DRUGS" which reiterates India's fight against the menace of drugs.

Rashmi

123

Activity : Stone Painting Awareness Programme
on
Drug Abuse Prevention dated 20-12-2022

OUTCOMES OF STONE PAINTING PROGRAMME

The stone painting programme served as a platform to raised awareness about drug abuse and its consequences. Students learned about the dangers of drug abuse, its impact on society. Stone painting allowed students to engaged in a creative activity. Through painting, students channelised their emotions, thoughts and experiences related to drug abuse into art, fostering self-reflection and personal growth. Organising such a programme bring the community together to address the issue of drug abuse. It created an opportunity for people from different backgrounds to collaborate and shared their perspectives, experiences and knowledge. This collective effort strengthens community bonds and encouraged ongoing conversation about drug abuse prevention. Stone painting helps build resilience, self-esteem and a sense of achievement, as students transform ordinary stones into meaningful works of arts. Painted stones used as visual aids or symbolic representations to convey anti-drug abuse messages. These painted stones serve as reminders of the dangers of drug abuse and promote a drug free lifestyle. The stone painting programme had a lasting impact. The painted stones continued to spread awareness as they were displayed to others. This sustained visiblility can served as a catalyst for ongoing conversations about drug abuse, encouraged further education, prevention and support in the community.

Rashmi

(344)

Activity : Awareness Run Programme on
Drug Awareness and Prevention dated 26-12-2022

OUTCOME OF AWARENESS RUN

By participating in the awareness run, students gained knowledge about the harmful effects of drugs, the signs of addiction, and the available resources for prevention and treatment. The awareness run served as a preventive measure by providing information and raising awareness among college students. It helped them make informed choices and resist peer pressure when it comes to experimenting with drugs or engaging in substance abuse. The programme empowered college students to take a stand against drug abuse. By participating in the run, they developed a sense of responsibility and became advocates for a drug-free lifestyle among their peers and within their communities. By openly addressing drug abuse through an awareness run, the programme contributed to reducing the stigma associated with addiction. It created an environment where students feel comfortable seeking help or supporting their peers without fear of judgment or discrimination. The awareness run had a lasting impact on college students' attitudes and behaviours towards drug abuse. It influenced their decision-making processes, encouraged healthier lifestyles, and inspired them to continue advocating for drug abuse prevention even after the event concludes.

Randy

(125)

Activity : Awareness Camp on Women Empowerment
organised by Deptt. of Commerce on 20-10-2022

OUTCOME

The lecture helped students to gain a deeper understanding of the challenges and issues faced by women in society. It can raise awareness about gender inequality, discrimination, and the importance of empowering women to achieve gender equality. Hearing from guest speakers who have overcome obstacles and achieved success in various fields inspired students, particularly young women, to pursue their goals and aspirations with confidence. It helped them to develop a strong belief in their abilities and encouraged them to break stereotypes. Students, especially young women, may develop a stronger sense of self-worth and self-esteem by learning about the achievements of women in various fields. This contributed to increased confidence, resilience, and a positive self-image. The lecture focused on practical aspects of women empowerment, such as developing leadership skills, effective communication, negotiation, and assertiveness. Providing students with tools and strategies to navigate challenges and succeed in their personal and professional lives can be invaluable. By organizing a lecture on women empowerment, students exposed to the importance of gender equality and the need for equal opportunities for everyone. This encouraged them to become advocates for gender equality in their communities and future workplaces. The event provided a platform for students to connect with successful women professionals, guest speakers, and other attendees. Building these networks can lead to mentorship opportunities, internships, and future collaborations that can further support the empowerment and career development of the students.

Activity: Career Counselling Session by
Deptt. of Commerce dated 15 July 2022

366

OUTCOMES OF CAREER COUNSELLING

The session helped students gain a better understanding of the various career opportunities available in the field of hospitality and tourism management. It exposed them to different job roles, industries, and potential career paths within the sector. The session gave students the opportunity to ask questions and seek clarification about specific career options, industry trends, and professional development. They addressed their concerns and gain clarity on any doubts they may have about pursuing a career in hospitality and tourism management. Hearing success stories, learning about industry achievements, and seeing the possibilities within the field ignite their passion and drive to pursue their career goals. The session provided students with valuable insights, guidance, and resources to make informed career choices, develop relevant skills, and prepare for successful careers in the industry.

[Signature]

127

Activity: Debate Competition on Environment
Sustainability and Economic Development
on 23-Nov-2022

OUTCOME

The debate competition focused on environmental sustainability raised awareness among participants and the audience about pressing environmental issues. It provided a platform for discussing and exploring different perspectives on topics such as climate change, renewable energy, waste management, conservation, and sustainable development.

Participants in the debate competition likely engaged in extensive research to gather facts, data, and evidence to support their arguments. This process encouraged participants to delve deeper into environmental topics, expanding their knowledge and understanding of sustainability issues. Debating requires participants to think critically, analysed information, and developed persuasive arguments. By engaging in debates on environmental sustainability, participants enhanced their critical thinking and problem-solving skills. They learned to evaluate different viewpoints, assess the pros and cons of various approaches, and propose effective solutions. Debating provided an excellent opportunity for participants to enhanced their communication skills, including public speaking, articulation, and effective delivery of ideas. Participants must present their arguments clearly, logically, and convincingly, which improved their ability to express themselves and engaged in respectful and constructive dialogue. Debating allowed participants to understand diverse perspectives on environmental issues. By engaging in constructive arguments and actively listening to opposing viewpoints, participants developed empathy, respect for different opinions, and a broader understanding of the complexity of environmental sustainability challenges.



384

Activity: Career Counselling Session in
Collaboration with Chitkara University on
02-03-2023

Outcome

The session enhanced students' understanding of the importance of career planning and exploration. They become more aware of the various career options available to them and the skills required in their chosen fields. Students gained clarity about their career goals and aspirations. Students able to identified their interests, values, and strengths, aligning them with potential career paths that suit their individual preferences. By providing students with information and insights into different industries and job roles, the session enabled them to make more informed decisions about their career paths. Students have a better understanding of the pros and cons of various career options. The session highlighted the importance of acquiring and developing relevant skills for their desired career paths. Students motivated to invest in skill development and seek out opportunities to acquired new skills or enhance existing ones. The session will help students build confidence in their career choices and job search skills. They will feel more prepared and capable of pursuing their desired career paths, leading to increased self-assurance during interviews and networking interactions. By providing students with valuable information and guidance, the session will empower them to take ownership of their career paths.

The impact of the session may vary among individuals, but provided students with the necessary knowledge, tools, and guidance will undoubtedly contribute to their overall career readiness and success.

Jan

129

Activity: Session on Living with Dignity -
Perspective from Students View on
21-09-2022

OUTCOMES

The session brought together a diverse group of students who shared their unique ideas, experiences, and perspectives on the topic. During the session, students actively engaged in discussions and generated numerous innovative ideas on how to promote and enhance the concept of living with dignity. The brainstorming process allowed us to explore different dimensions of dignity, such as personal autonomy, equal opportunities, and respect for individual rights. Through collaborative thinking and open dialogue, we identified various practical solutions that could be implemented to ensure dignity for all. These ideas ranged from advocating for inclusive educational policies to creating awareness campaigns to combat discrimination and promote empathy. The session also fostered a sense of empathy and understanding among the participants. We realized the importance of acknowledging and respecting the diverse backgrounds and circumstances that people may face when it comes to living with dignity. This realization helped us develop a broader perspective and encouraged us to consider the needs of marginalized communities.

Furthermore, the brainstorming session provided an opportunity for students to enhance their critical thinking and problem-solving skills. It allowed us to think outside the box, challenge existing norms, and propose innovative approaches to address the barriers that hinder living with dignity. Overall, the outcome of the Brainstorming Session on Living with Dignity was highly successful. It not only enriched our understanding of the topic but also inspired us to take concrete actions to promote dignity in our daily lives and within our communities. The session served as a catalyst for change and empowered us as students to contribute meaningfully towards building a more inclusive and dignified society.

Activity : Career Counselling Session on Avenue for Developing International Career on 15-03-2023

OUTCOME

The session helped students gained a better understanding of the various opportunities available for developing an international career. They learned about different industries, job roles, and the skills and qualifications required to work internationally. They identify specific steps and actions needed to pursue an international career, such as acquiring relevant education, gaining cross-cultural experience, or targeting specific industries or companies. The session addressed common challenges and concerns associated with international careers, such as visa requirements, language barriers, cultural adjustment, and work-life balance. Students received guidance on how to navigate these challenges and gained a realistic understanding of what to expect. The students learn about scholarships, exchange programs, international job boards, and other avenues to explore to enhance their chances of success. The career counselling session provided students with valuable information, resources, and support to pursue their professional goals on a global scale.

Signature

Activity – Celebration of B.R Ambedkar Jayanti in the Adopted Village Chanduchak on 13-04-2023

Outcome of Activity

PSPS GCW Gandhinagar celebrates B.R. Ambedkar Jayanti in the Adopted Village

The forty-two students along with the faculty of Padma Shri Padma Sachdev Govt. College for Women Gandhinagar, Jammu celebrated B.R. Ambedkar Jayanti today on 13th April, 2023 in the Adopted Village Chanduchak, R.S.Pura. The collaborative initiative of organising a field visit to village to interact with students of Govt.High School and Panchayat members was taken by the Deptt. of Political Science, Electoral Literacy Club and Unnat Bharat Abhiyaan team of the College.

To make the visit more fruitful, the students paid visit to Panchayat Ghar of adopted village and interacted with Sarpanch and other members of Panchayat about working system at the grassroot level followed by a visit to Abdullian BSF Post, the last border of J&K.

Outcome of the field visit:

- 1) Students of the college helped spread awareness among school students and people about their socio-political rights.
- 2) The students highlighted the role of Baba saheb Ambedkar as a revolutionary, who worked for the upliftment of the depressed classes of the society and aimed to establish equality among the people of the country.
- 3) Speeches as well as Nukkad Natak was performed by college students to sensitize the school students and village members, on the eve of Ambedkar Jayanti.
- 4) The efforts of the college students and department was well received and appreciated by the school authorities and Panchayat members.
- 5) The college students visit ended on a successful note as they remained efficient in spreading the awareness among school children as well as village community about the role of Baba Saheb Ambedkar for the upliftment of our country as a whole, on the eve of Ambedkar Jayanti.



Activity - Five days Awareness and Cleanliness Camp
from 18th - 22nd July 2022 by NSS Volunteers



Padma Shri Padma Sachdev



Govt. College for Women Gandhi Nagar Jammu

Activity Outcome

1. The Awareness and Cleanliness Camp- 2022 culminated successfully on 22.07. 2022
2. The volunteers were made aware about the benefits of cleanliness in our daily life.

Shrin
Programme Officer
NSS
Govt. College for Women
Gandhi Nagar Jammu.

503

Activity - Series of activities on Celebration of
Gandhi Jayanti w.e.f 21-09-2022 to
02-10-2022 by NSS



Padma Shri Padma Sachdev



Govt. College for Women Gandhi Nagar Jammu

Activity Outcome

1. The celebrations of Gandhi Jayanti were culminated successfully on 02.10. 2022
2. The volunteers were made aware about the the importance of Gandhian thoughts and their relevance in the life of students in order to build a strong character.

Shri
Programme Officer

Govt. College for Women
Gandhi Nagar, Jammu.

134

Activity : Prakram Diwas by NSS Volunteers
on 20-01-2023



Padma Shri Padma Sachdev
Govt. College for Women Gandhi Nagar Jammu

Activity Outcome

1. The activity culminated successfully on 23.01.2023
2. The students/ volunteers were made aware about the extraordinary and invaluable contributions made by Netaji Subhash Chandra Bose to the Indian Freedom Struggle.

Shashi
Programme Officer

NSS

Report Compiled by: 1. Prof. Mala Bhasin (NSSPO Unit 1)
Govt. College for Women
Gandhi Nagar Jammu.

135

Activity : Awareness workshop on use of Sustainable Resources at Adopted Villages- Taral chak and kanal under G-20 event on 03-03-2023



Padma Shri Padma Sachdev
Govt. College for Women Gandhi Nagar Jammu

Activity Outcome

1. The activity culminated successfully on 03.03.2023
2. The students/ volunteers were made villagers aware about the wisely and sustainable use of resources

Manish
Program Officer
NSS
Govt. College for Women
Gandhi Nagar, Jammu.

S28

Activity : Plantation and Beautification drive
Under 'My College My Pride' on 4-11-2022

GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU
(CONSITUENT COLLEGE OF CLUSTER UNIVERSITY OF JAMMU)



Outcome

A meeting in NSS Room was held on 09-11-2022 to review the decision taken in earlier meeting held on 02-11-2022. Plantation and Beautification drive was organized in the college campus under the banner of "MY COLLEGE MY PRIDE" on 04-11-2022. A total of 30 NSS Volunteers and students from the department of Food Science participated in the event.

Mouli

NSSPO

Unit-2

137

Activity : Awareness Programme on Extinction Conversations
on 19-10-2022

538

GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU
(CONSITUENT COLLEGE OF CLUSTER UNIVERSITY OF JAMMU)



Outcome

NSS Unit-2 and Department of Food Science and Technology of Padma Shri Padma Sachdev Govt. PG College for Women Gandhinagar Jammu organized one day "Awareness Programme on EXTINCTION CONVERSATIONS" on 19th October 2022. Mr. Navjeev Digra Director Climate Front Foundation Jammu shed light on one of the burning issues of present time "EXTINCTION CONVERSATIONS. A total of 65 NSS Volunteers and students attended this event.

Mausi
NSSPO

UNIT-2

138

Activity: Plantation and Beautification drive by
NSS unit on 22-02-2023

547

GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU
(CONSITUENT COLLEGE OF CLUSTER UNIVERSITY OF JAMMU)



Outcome

On 22nd February 2023, NSS UNIT-2 organized one day plantation, beautification and waste utilization drive in collaboration with Department of Food Science and Technology. A total of 45 NSS Volunteers and 35 students from PG Department of Food Science participated in this event.

Mouka
NSSPO

UNIT-2

39

Activity : One ^{month} E-Waste Awareness Drive from door to door
by NSS volunteers from 30-5-2022 to 30-6-2022



559

Outcome

NSS Volunteers of PSPS Govt. College for Women, Gandhi Nagar Jammu today on 5th August 2022 attended E-waste Awareness drive, UT wide launch by J&K Pollution Control Board. The aim of this drive was to prepare the young army of the cadets and NSS Unit-2 Volunteers who will reach to masses through door step awareness and talk about the hazards of E-waste. The volunteers along with NSS PO Dr. Monika Hans (Unit-2) were also felicitated by the officials for their laborious task of one month door step awareness from 30-5-2022 to 30-06-2022 about the E- waste management and disposal. The programme concluded with the exhibition of best out of waste wherein the students showcased their creative skills by resuing various electronic items as art pieces. Prof. Minu Mahajan, the Principal of the college appreciated all the participants and motivated them to be the part of such activities in near future.

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140

812

Activity : ~~Lecture~~ on Gender Sensitization at Workplace: Issues and challenges by Dr. Vandana Sharma, Prof. and Hedd deptt of Eng. Central University of Jammu

Activity Outcome

- Increased awareness: The lecture would aim to raise awareness among the attendees about the importance of gender sensitization in the workplace. It would highlight the issues and challenges faced by individuals due to gender bias and discrimination.
- Knowledge enhancement: The lecture would provide participants with a deeper understanding of the concept of gender sensitization and its significance in creating an inclusive work environment. It would cover topics such as unconscious bias, stereotypes, harassment, and diversity.
- Empathy and perspective-building: The lecture would encourage participants to develop empathy towards individuals of different genders and understand their unique perspectives and experiences. It would promote a more inclusive and respectful workplace culture.
- Identification of challenges: The lecture would help participants recognize the specific challenges and obstacles that exist in their own workplaces regarding gender sensitization. It may include discussions on systemic issues, unequal power dynamics, and cultural factors that contribute to gender disparities.
- Strategies and solutions: The lecture would provide participants with practical strategies and solutions to address gender-related issues in the workplace. It may include suggestions for policy changes, awareness campaigns, training programs, and fostering a supportive work environment.
- Engagement and discussion: The lecture would facilitate interactive sessions where participants can share their thoughts, ask questions, and engage in meaningful discussions. This would encourage them to reflect on their own behaviors and contribute to creating a more gender-sensitive workplace.

Apal2

147

Activity- Blood Donation Camp in Adopted Village
Serhora and in College Campus by Red Cross
Unit

OUTCOME

The Red Cross Unit meeting was held on 14th June May, 2023 in the Food Science Dept. to review the decision taken in earlier meeting held on 1st June, 2023. To celebrate "World Blood Donor Day" the "Awareness Camp on Blood Donation" at Gram Panchayat, Serhora, Bishnah was conducted successfully on 8th June, 2023. Twenty Nine Students along with the teaching and non teaching Staff from the Red Cross Unit conducted lectures, nukkad Natak and interactive sessions to emphasise the importance and the dire need for regular blood donations for saving lives of needy persons.

The Red Cross Unit also successfully organized a Blood Donation camp on 12th June, 2023 in the campus. A mobile van was arranged by the Department of Transfusion Medicine, Government Medical College, Jammu. Under the dedicated team of medical professionals, a total 13 students and three faculty members donated blood for this noble cause.

A
Sharma

703

Activity : Poster Making Competition on Organ Donation on 28-05-2023

OUTCOME

A Red Cross Unit meeting was held on 9th of May, 2023 in the Food Science Dept. to review the decision taken in earlier meeting held on 28th of May, 2023. The poster making competition on the theme "Organ Donation" was organized in collaboration with College IQAC on 8th of May, 2023 in the Smart Class Room. The event was conducted successfully and adjudged by Dr Anuradha Gandotra, Prof Mala Bhasin, Dr Yash Paul Sharma . Ten students from B.Sc./B.A.-II participated in the competition and the winners were awarded with the Certificates.

Principal
P.S.P.S.
Govt. College for Women
Gandotra, Jammu

Unit
(Redcross unit)

143

Activity - International Youth Day Celebration (714)
on 12-08-2022

REPORT OUTCOMES

INTERNATIONAL YOUTH DAY CELEBRATIONS AT P.S GOVT. PG COLLEGE
FOR WOMEN GANDHI NAGAR JAMMU

International Youth Day, celebrated annually on August 12th, was commemorated with great enthusiasm at P.S Govt. PG College for Women in Gandhi Nagar, Jammu. The college participated in various activities organized by G.G.M Science College in collaboration with the J&K AIDS Control Society. The event aimed to promote intergenerational solidarity and create a world for all ages, bringing together students from different institutions to showcase their talent and creativity. The competitions comprised a debate competition, reel-making contest, and poster-making competition, all centered around the theme of "International Solidarity: Creating a World for All Ages." Two students from P.S Govt. PG College for Women participated in each category, demonstrating their dedication and skills. The debate competition took place on August 5th at G.G.M Science College. Under the theme of "Intergenerational Solidarity: Creating a World for All Ages," Ms. Pooja Chargoitra secured the 1st prize, showcasing her eloquence and persuasive arguments. Ms. Haspreet Kour also performed commendably and bagged the 2nd prize, reflecting the college's strong presence in the event. The reel-making competition, held concurrently with the debate on August 5th, revolved around the same theme. Ms. Riya Andotra, representing P.S Govt. PG College for Women, displayed exceptional creativity and storytelling skills to secure the 2nd prize. On the same day, the poster-making competition was also organized, encouraging students to visually express the theme "Intergenerational Solidarity: Creating a World for All Ages." Ms. Sonam Manhas from P.S Govt. PG College for Women exhibited her artistic talents and secured the 3rd prize.

M.H.K.

Principal
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Govt. College for Women
Gandhi Nagar, Jammu.

Ranjit
Convener
Red Ribbon Club.

(144)

Activity : Poster Making Competition and Rally on
Aids Awareness on 17-03-23 by Red Ribbon Club


724

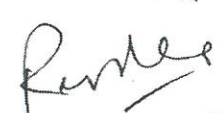
Outcomes

The Campaigns and Contests successfully raised awareness among the students about HIV. A total of 66 students participated in the event out of which 32 students participated in the poster making competition and made beautiful message oriented posters on the AIDS awareness. Dr. Irvinder Kour, Head, Dept. of Home Science, Dr. Anuradha Gandotra, Head, Dept. of Food Science and Technology and Prof. Neelam Bhagat, Dept. of Home Science were the jury members.

Ms. Muskan Bali of Semester Vth bagged first position while Ms. Ashpreet Kour of Semester IIIrd secured second position and third position was bagged by Ms. Anushka Sharma of Semester IIIrd. All the participants were given certificates.

Students also took out a rally to make people aware about AIDS. The rally passed through the by lanes of Green Belt Area and culminated back in the college premises in which students raised slogans and participated enthusiastically. The committee members present were Dr. Shalini Sharma, Dr. Revika Arora, Dr. Neelima Gupta, Prof. Abhinav Sharma, Prof. Harmeet and Prof. Sunita members of Red Ribbon Club.


Principal
P.S.P.S.
Govt. College for Women
Gandhi Nagar, Jammu


Convener
Red Ribbon Club

145

Activity: Symposium, Poster Making Competition and Rally
on National Youth Exchange Programme by
NSS Volunteers with 5th - 7th May 2023.

730




ACTIVITY OUTCOME



1. The NSS Volunteers of Unit 1 actively participated in National Youth Exchange Programme organised by Live for others: Being helpful foundation.
2. The students/ volunteers participated in different activities like Symposium, Poster making and Awareness rally and won different prizes
3. Volunteers also got an opportunity to meet Senior Volunteers / National and International Awardee.

Report submitted by:


Prof. Sugandha Mahajan
NSS Programme officer (Unit-1)
Govt. College for Women
Gandhi Nagar. Jammu.

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(138)

Activity: Cleanliness drive in collaboration with
Dept of Ecology Environment and Remote
Sensing . on 24.05.23

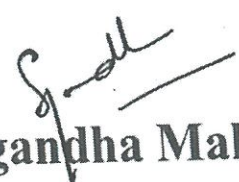


ACTIVITY OUTCOME



1. The Cleanliness drive was conducted successfully on 24.05.23
2. The students/ volunteers were made aware about harmful effects of Plastic and their role in maintaining cleanliness in the College premises
3. The volunteers actively participated in the Cleanliness drive and took pledge in their hearts to keep the Campus CLEAN AND GREEN.

Report submitted by:


Prof. Sugandha Mahajan
NSS Programme officer
Programme Officer

NSS
Govt. College for Women
Gandhi Nagar, Jammu.

(147)

Activity -

Road Safety Awareness by NCC

Cadets under Azadi Ka Amrit Mahotsav
on 18-06-2022



GOVERNMENT COLLEGE FOR WOMEN
GANDHINAGAR, JAMMU



ACTIVITY OUTCOME

The road safety awareness webinar successfully achieved its objective of

- Educating and raising awareness among the NCC cadets about the importance of road safety.
- The knowledge gained from this webinar will undoubtedly contribute to building a safer road environment for everyone.

[Signature]
ANO
1 J&K Girls Bn NCC
Govt. College for Women
Gandhi Nagar, Jammu

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GCW Gandhi Nagar
Jammu

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Principal
Padma Shri Padma Sachdev
Govt. P.G. College for Women
Gandhi Nagar, Jammu

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Activity: Beautification cum cleanliness Drive
by NCC cadets on 23-25 June 2022



GOVERNMENT COLLEGE FOR WOMEN
GANDHINAGAR, JAMMU

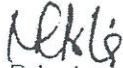


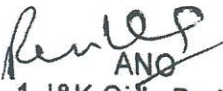
ACTIVITY OUTCOME


Beautification cum Cleanliness Drive

The Beautification cum Cleanliness Drive organized by the NCC units of PSPS GCW Gandhinagar, with the active participation of NCC cadets, yielded significant results. The drive aimed to enhance the aesthetics of the college campus and promote cleanliness among the college community. Here are the outcomes of the activity:

- The overall appearance of the campus improved, creating a more vibrant and pleasant environment for students, faculty, and visitors.
- The activity created awareness among NCC cadets and the college community about the importance of maintaining cleanliness and taking responsibility for the upkeep of the campus.
- Participants gained a deeper understanding of the impact of a clean environment on personal well-being and the overall image of the college.
- The drive encouraged teamwork and collaboration among NCC cadets.
- Through their active involvement in the drive, NCC cadets developed a sense of ownership and pride in their college campus.


Principal
Padma Shri Padma Sachdev
Govt. P.G. College for Women
Gandhi Nagar, Jammu


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Gandhi Nagar, Jammu


St. Neelima G
ANO
GCW Gandhi Nagar
Jammu

149

Activity : Puneet Sagar Abhiyan
from 30th May to 5th June 2022

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GOVERNMENT COLLEGE FOR WOMEN
GANDHINAGAR, JAMMU



ACTIVITY OUTCOME

- The Puneet Sagar Campaign successfully raised awareness about the importance of preserving our natural resources, fostering sustainable practices, and actively contributing to a cleaner and greener ecosystem.
- By displaying posters, the cadets spread awareness among the college community and the wider public, encouraging others to adopt sustainable practices and protect the environment.
- The oath ceremony aimed to instill a sense of responsibility and accountability among the cadets towards protecting the environment.
- The collective efforts of the NCC cadets contributed towards building a more environmentally conscious and responsible community.

[Signature]
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Gandhi Nagar, Jammu

[Signature]
S/O Neelima G
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GCW Gandhi Nagar
Jammu

[Signature]
Principal
Padma Shri Padma Sachdev
Govt. P.G. College for Women
Gandhi Nagar, Jammu

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Activity = Har Ghar Tiranga Campaign
3rd Aug to 18th Aug 2022

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GOVERNMENT COLLEGE FOR WOMEN
GANDHINAGAR, JAMMU

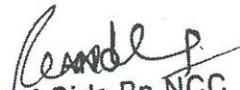



ACTIVITY OUTCOME
Har Ghar Tiranga Campaign
Date: 3rd Aug to 18th Aug. 2022

The Har Ghar Tiranga Campaign organized by the NCC unit of the college yielded positive outcomes:

1. Increased awareness and promotion of patriotism among participants.
2. Active participation of NCC cadets, college students, and volunteers in all campaign activities.
3. Successful hosting of the Har Ghar Tiranga rally, flag pinning drive, and selfie contest.
4. Showcasing of artistic talents through poster making, slogan writing, and other creative competitions.
5. Fostering a deep sense of unity, pride, and love for the country among the college cadets.


Principal
Padma Shri Padma Sachdev
Govt. P.G. College for Women
Gandhi Nagar, Jammu


1 J&K Girls Bn NCC
Govt. College for Women
Gandhi Nagar, Jammu


Sgt. Neelima G
ANO
GCW Gandhi Nagar
Jammu

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Activity: Cleanliness Drive at Har ki Paudi
Under Puneet Sagar Abhiyan
on 24th Sep. 2022



GOVERNMENT COLLEGE FOR WOMEN
GANDHINAGAR, JAMMU



Activity Outcome

- The Puneet Sagar Campaign successfully raised awareness about the importance of preserving our natural resources, fostering sustainable practices, and actively contributing to a cleaner and greener ecosystem.
- By displaying posters, the cadets spread awareness among the college community and the wider public, encouraging others to adopt sustainable practices and protect the environment.
- The oath ceremony aimed to instill a sense of responsibility and accountability among the cadets towards protecting the environment.
- The collective efforts of the NCC cadets contributed towards building a more environmentally conscious and responsible community.

Principal

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Slt. Neelima G
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Jammu

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GOVT. COLLEGE FOR WOMEN GANDHINAGAR JAMMU




OUTCOME OF NCC

2018-2023

Participating in the National Cadet Corps (NCC) and attending various camps and activities can have **several positive outcomes:**

1. **Leadership Skills:** NCC activities often focus on leadership development, helping participants cultivate leadership qualities and skills such as decision-making, teamwork, and communication.
2. **Discipline:** NCC instills a sense of discipline and punctuality in its members, which can benefit them in various aspects of life.
3. **Physical Fitness:** Regular physical training and outdoor activities in NCC help improve fitness levels and overall health.
4. **Character Development:** NCC promotes values like integrity, responsibility, and a sense of duty, contributing to character development.
5. **Patriotism:** NCC fosters a strong sense of patriotism and commitment to the nation.
6. **Skill Enhancement:** Participants can acquire various skills, including first aid, swimming, map reading, sailing and rifle shooting, depending on their specific NCC activities.
7. **Career Opportunities:** NCC cadets often have an advantage in certain career paths, such as the defense forces, police, and paramilitary services.
8. **Networking:** NCC provides opportunities to interact with peers from diverse backgrounds, fostering social connections and networking.
9. **Confidence Building:** Participation in camps and activities boosts self-confidence and resilience.
10. **Community Service:** NCC often involves community service activities, teaching participants the importance of giving back to society.

Overall, NCC involvement can have a positive and lasting impact on personal development and may open up various opportunities in the future.


Lt. Neelima G
ANO
GCW Gandhi Nagar
Jammu

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GCW Gandhinagar

2 J&K Girls Bn. NCC

NCC Outcomes (2018-2023)

NCC is not just an organization but a passion. Its essence lies in the values, lifestyle and the training it imparts with the aim of developing character, comradeship, discipline, secular outlook, spirit of adventure and ideals of selfless service.

NCC is having that Midas Touch, the moment you enter into training, it instills the lustre and uniqueness of a trained cadet. Learning always make a difference, it teaches you how to do the things differently. Every Activity leaves an imprint on our mind, from the mindful yoga to drill; from leadership skills to personality development; from selfless social service to community development add to our knowledge.

During this odyssey, with the mantra of self-motivation and determination, the cadets personality get metamorphized which makes them special in common ones. National Cadet Corps (NCC) training has some significant outcomes:

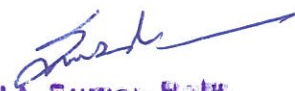
Leadership Skills: NCC training places a strong emphasis on leadership development. Cadets learn to lead their peers in various activities, which will help them to develop confidence, decision-making abilities, and the skills needed to motivate and guide others.

Discipline: NCC instills a sense of discipline and punctuality in cadets. They are expected to follow a strict code of conduct and adhere to a rigorous training schedule, which will help them develop self-control and time management skills.

Physical Fitness: Physical fitness is a crucial aspect of NCC training. Cadets engage in regular physical exercises, drills, and sports activities, which will improve their overall fitness levels and promote a healthy lifestyle.

Teamwork: NCC fosters a strong sense of teamwork and camaraderie among cadets. They often work in teams to complete tasks and missions, learning to cooperate, communicate effectively, and trust their teammates.

Character Development: The values such as integrity, honesty, and a strong work ethic is the essence of NCC training which will definitely help them to shape their character and instills a sense of duty towards their nation and fellow citizens.


Lt. Suman Bala
Associate NCC Officer
2 J&K Girls Bn NCC, Jammu
Govt. College for Women,
Gandhinagar, Jammu (J&K)




Career Opportunities: NCC training provides valuable experiences and skills that will benefit cadets in their future endeavors. It is often seen as a positive attribute on resumes and can open doors in various fields, including defense, government, and leadership roles in civilian organizations.

Patriotism and Nationalism: Cadets will develop a strong sense of patriotism and nationalism. The activities like flag hoisting, parades, and participating in national events will ignite a spark of patriotism in them.

Adventure Activities: Many NCC programs include adventure activities like trekking, mountaineering, and water sports, which will promote a spirit of adventure and risk-taking and prepare them for future challenges.

Stress Management: NCC training teaches cadets to remain calm and composed under pressure, a valuable skill in all aspects of life. They will learn to be composed in whatever situation they will be in.

NCC training will have a profoundly positive impact on the personal and professional development of students, equipping them with a set of valuable skills and qualities – an 'Aura' within them to cast spell over others.


Lt. Suman Bala
Associate NCC Officer
2 J&K Girls Bn NCC, Jammu
Govt. College for Women,
Gandhinagar, Jammu (J&K)

ACTIVITY OUTCOME OF NSS UNIT-1 (2018-2023)

Some common outcomes and benefits of NSS activities conducted during the last five years include:

Community Development: NSS activities often contribute to the development of local communities through initiatives such as cleanliness drives, tree planting, construction of public facilities, and awareness campaigns. These activities can lead to improved living conditions for community members.

Health Awareness: NSS programs frequently include health-related activities like medical camps, blood donation drives, and health education campaigns. These initiatives can enhance health awareness and access to healthcare services in underserved areas.

Education and Literacy: NSS volunteers often engage in educational programs, including teaching underprivileged children, adult literacy programs, and organizing workshops. These efforts help promote education and reduce illiteracy rates.

Environmental Conservation: NSS activities like tree plantation drives, waste management, and awareness campaigns promote environmental sustainability and conservation efforts.

Youth Development: Participation in NSS activities helps young volunteers develop important life skills such as leadership, teamwork,

communication, and problem-solving. It also fosters a sense of social responsibility.


Social Inclusion: NSS promotes inclusivity by engaging with marginalized and vulnerable communities. This helps build bridges and reduce social disparities.

Civic Engagement: NSS encourages young people to actively participate in civic and social issues, promoting a sense of citizenship and responsibility towards society.

Networking: NSS activities often involve collaboration with various organizations, government agencies, and NGOs. This fosters networking opportunities for volunteers and can open doors for future social and professional endeavors.

Personal Growth: Participation in NSS activities can boost self-confidence and self-esteem, as volunteers take on responsibilities and challenges they might not encounter in their daily lives.

Positive Impact: NSS activities aim to create a positive impact on the lives of individuals and communities, promoting social change and development


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Programme Officer
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