



# **GOVERNMENT COLLEGE FOR WOMEN GANDHI NAGAR, JAMMU**

## **NAAC CRITERION-VII**

### **Sub criterion-7.1.1**

**MEASURES INITIATED BY THE INSTITUTION FOR THE PROMOTION OF GENDER EQUITY AND INSTITUTIONAL INITIATIVES TO CELEBRATE/ORGANIZE NATIONAL AND INTERNATIONAL COMMERMORATIVE DAYS, EVENTS AND FESTIVALS DURINGTHE LAST FIVE YEARS.**



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GOVT. COLLEGE FOR WOMEN GANDHI NAGAR, JAMMU

Constituent College of Cluster University of Jammu

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## 7.1.1 Measures initiated by the Institution for the promotion of gender equity and celebrations of days of national and international commemorations, during the last five years.

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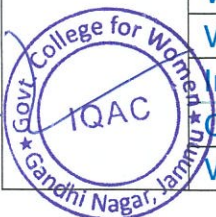
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Yash B.  
Criteria Head VII  
(Dr. Aron Kumar)



Coordinator IQAC

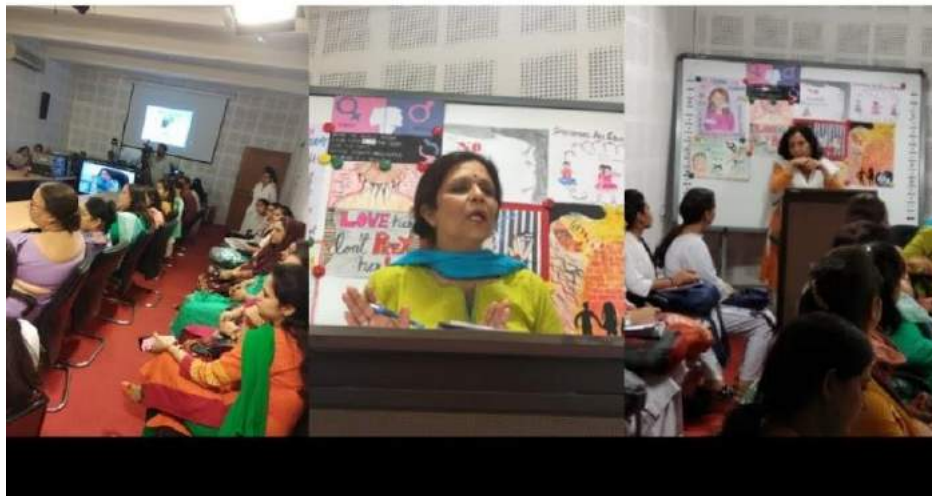
# GENDER EQUITY ACTIVITIES

2018-2019

1. Two days Peer to Peer Education/Orientation Program was organized at GCW, Gandhi Nagar, Jammu on 3 & 4<sup>th</sup> of October, 2018. The aim of this program was to interact with the student, that symbolizes teaching and learning to reinforce the concept of peer education for all.



Govt. P.G. college for women Gandhi Nagar



2. Students from GCW, Gandhi Nagar Jammu, participated in Symposium on “**Status of Gender Equality in 21<sup>st</sup> Century**” on 4<sup>th</sup> Dec., 2019, held at G. G. M. Science College Jammu.



### 2019-2020

1. Awareness campaign for women & farmers about different schemes initiated and an interactive session with women & farmers to apprise them about various schemes available for them in Dec.-Jan., 2020 at Govt. College for Women Gandhi Nagar, Jammu.



2. Women Scooter Rally was organized by Biker Brotherhood Motorcycle Club on International Women's Day 8<sup>th</sup> March, 2020. at Govt. College for Women Gandhi Nagar, Jammu.



3. Women's Equality Day was celebrated in Govt. College For Women, Gandhi Nagar, Jammu on 26<sup>th</sup> of August,2020.



2020- 2021

1. Online Essay writing competition was organized on the theme “Role of Media in Gender Sensitization” on 19<sup>th</sup> of January, 2021 by the Department of Sociology in Govt. College for Women, Gandhi Nagar.



**GOVT.PG COLLEGE FOR WOMEN  
GANDHINAGAR, JAMMU  
DEPARTMENT OF SOCIOLOGY**

*Organises an on-spot essay competition  
(online)  
on 19<sup>th</sup> January, 2021(Tuesday)*

**Theme: Role of Media in Gender  
Sensitization**

**Time: 10a.m-12 noon(2hrs)**

**Word Limit: 450-500 words**

**Email id for submission:  
socioresearch123@gmail.com**

**Patron**  
Dr. Sangita Nagari  
Principal  
GCW,Gandhinagar

**Coordinator**  
Dr. Suraj Mohani  
HOD, Sociology

2. Bike Rally in collaboration with biker brotherhood motorcycle club on 32<sup>nd</sup> Road Safety Awareness Week 2021 was organized by Road Safety Club of Govt. College For Women, Gandhi Nagar, Jammu on 19<sup>th</sup> January, 2021.



3. International Women's Day was celebrated by organizing Nukkad Natak (Street Play), highlighting the multiple roles of women in today's world. The event was organized by Gender Champion Club of Govt. College For Women, Gandhi Nagar, Jammu.



**2021-2022**

1. Career Counselling Cell of Govt. College For Women, Gandhi Nagar, Jammu under the aegis of Manodarpan, initiative of MHRD, Govt. of India organized an Employability Program for the College students on the theme "Employability and Youth" on 30<sup>th</sup> of April, 2021.

**GCW Gandhi Nagar organises webinar on 'Employability and Youth'**

**STATE TIMES NEWS**  
**JAMMU**, Career Counselling Cell, Governmental GCW College for Women, Gandhi Nagar under the aegis of Manodarpan, initiative of MHRD, Govt. of India organized an employability programme for the college students on the theme 'Employability and Youth'.  
 The webinar was inaugurated by the Patron and Principal of the College, Dr. Sangita Nagari who welcomed the participants and Resource Person.  
 She stressed that colleges by focusing on conducting such programmes to help the students by providing them necessary information regarding employability skills and trainings in order to enhance their employability. Prof. Anshu Sharma, coordinator and moderator of the programme welcomed the participants by further discussing the skills, information and knowledge gained from the resource person to other students also. The Resource person was Shanti Baruah, IAS India Rehabilitation Coordinator, Youth Employability Programme (New Batch), Corporate Social Responsibility (CSR) Coordinator. He requested the participants about the different skills required for getting job in corporate world. He guided, motivated and taught the skills to excel in the competitive arena. Their nature and the strategy also he advised for the preparation of competitive exams and interviews.  
 He emphasized upon the difficulties faced by the students and how to overcome it while preparing for entrance. He has given a roadmap for choosing a right career and how to achieve a job preparation work. He guided the students regarding the Youth Employability Programme initiated by TCSS.  
 The programme also suggests the path for guiding them for internal (TCSS) and external opportunities for their job in Private sector. He also asserted that trainees will receive a digital certificate of participation and completion from TCSS which will stand as a testimony and accreditation of their employability prospects in the corporate world. The organizing Committee for the webinar comprised of Prof. Rajni Kumar, Prof. Berna Rajput, Prof. Sugandha Mahajan, Prof. Ekta Goyal and Prof. Sneha Shikha. In the end, Prof. Anshu Sharma presented the vote of thanks.

**Vishwakarma Temple Committee reconstituted**

**STATE TIMES NEWS**  
**JAMMU**: In an audio conference, Members of the Vishwakarma



**GOVT. COLLEGE FOR WOMEN, GANDHI NAGAR, JAMMU**  
 (A Government College of Gandhi University of Jammu)  
**UNDER THE AEGIS OF MANODARPAN**  
 IN OBSERVANCE OF NATIONAL DAY  
**EMPLOYABILITY AND YOUTH**

**Patron**  
**Dr. Sangita Nagari**  
 Principal

**Coordinator**  
**Prof. Anshu Kumar**

**RESOURCE PERSON**  
**Mr. Sunil Baruah**  
 IAS India Rehabilitation Coordinator,  
 Youth Employability Programme (New Batch),  
 Corporate Social Responsibility,  
 CSR Coordinator

**Organizing Committee:**  
 Prof. Rajni Kumar  
 Prof. Sugandha Sharma  
 Prof. Berna Rajput  
 Prof. Ekta Goyal  
 Prof. Sneha Shikha

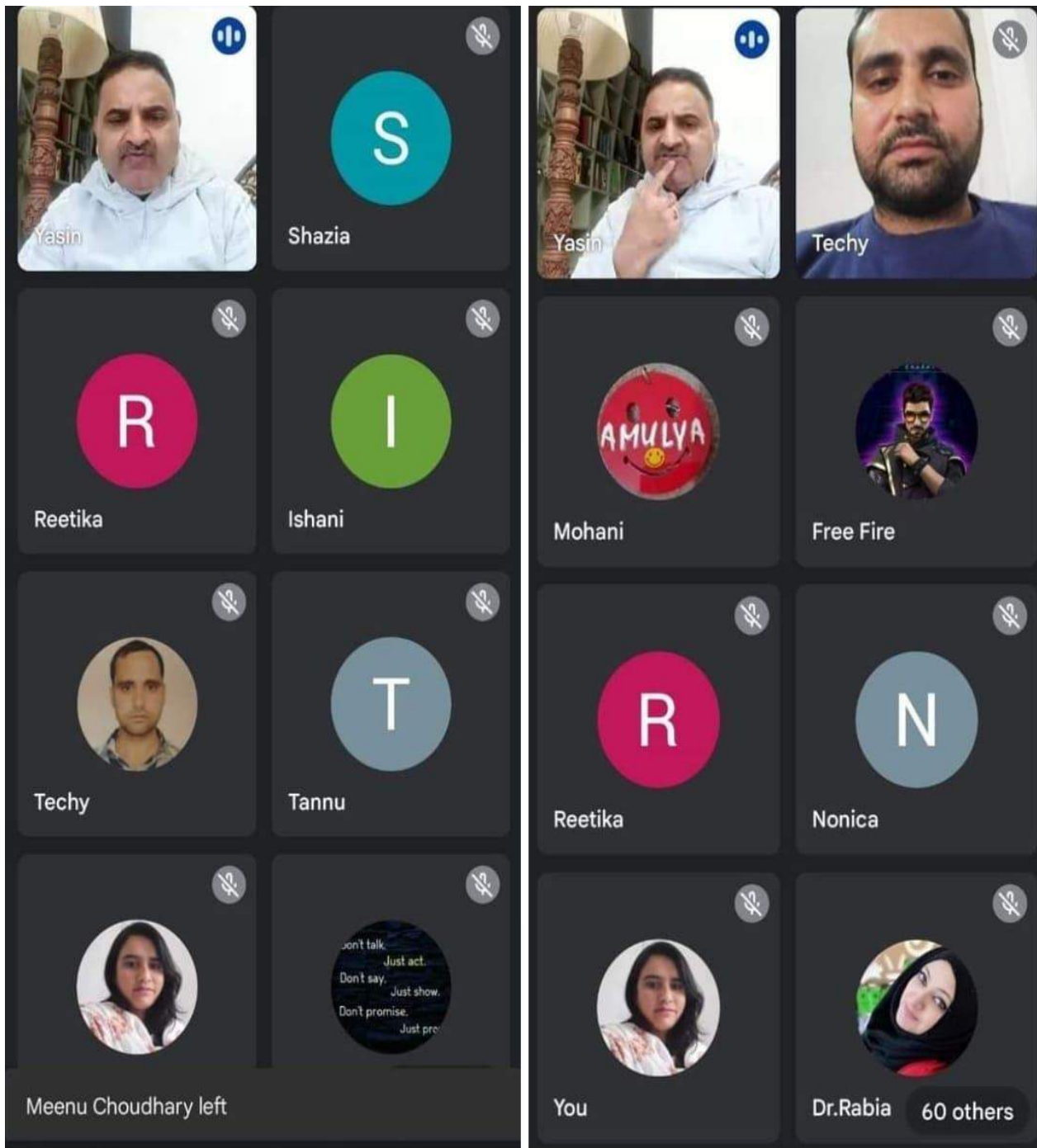
Date and Time: 30-4-2021 at 2p.m.



2. Govt. College For Women, Gandhi Nagar, Jammu organized completely unique,diverse, fun-filled and exciting online cultural fest Navswaroop of the Navratri in which the students highlighted the culture and celebration of Navratri in India on 7<sup>th</sup> of October, 2021.

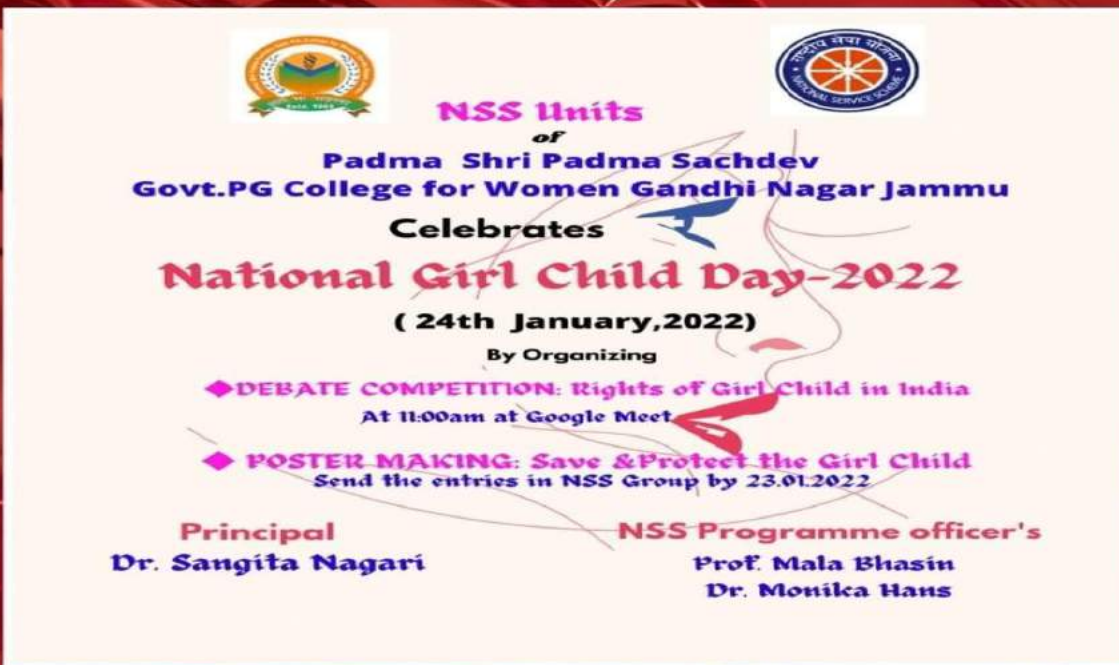


3. Department of Computer Applications, Govt. College For Women, Gandhi Nagar, Jammu organizes a Seminar on Cyber Crime awareness under the series of Cyber Jagrookta (Awareness) Diwas on 1<sup>st</sup> December, 2021.



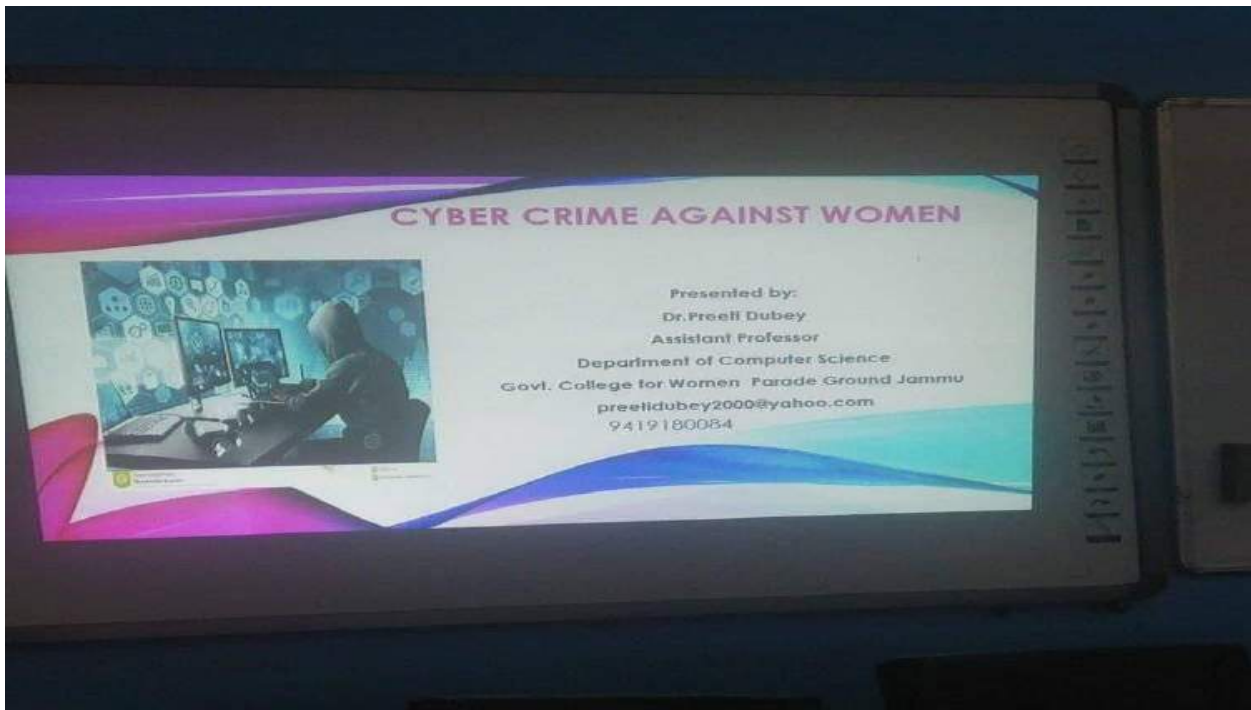


5. NSS Units of Govt. College For Women, Gandhi Nagar, Jammu celebrated National Girl Child Day as part of 'Azadi ka Amrit Mahotsav' on 24<sup>th</sup> of January, 2022.



6. The Department of Computer Applications in collaboration with IQAC, Govt. College For Women, Gandhi Nagar, Jammu celebrated International Women's Day on 8<sup>th</sup> of March, 2022 by organizing a seminar on 'Awareness about Cybercrimes against Women' under the aegis of 'Cyber Jaagrookta(Awareness) Diwas.







2022- 2023

1. NSS Units of Govt. College For Women Gandhi Nagar, Jammu celebrated Poshan Pakhwara 2022 by organizing Two Day Workshop from 5<sup>th</sup> of April to 6<sup>th</sup> of April.



- Continuing its endeavour to create awareness about Cyber Hygiene and Cyber Crime among students, Cyber Jaagrookta (Awareness) Cell of Govt. College For Women, Gandhi Nagar ,Jammu organized an Essay Writing Competition on Cyber Hygiene in Public life on 25th of May,2022.



3. Dept. of Commerce, GCW, Gandhi Nagar, Jammu organized a workshop on Soft Skills requirement for placement. Mr. Divya Mahajan ,Territory Manager Sunstone Eduversity & Ms.Radhika , facilitator & proficiency test expert were the resource persons on 24<sup>th</sup> of August,2022.



- Alumni Association of GCW, Gandhi Nagar, Jammu organized a Lecture on Gender Equality. Ms Radha Sharma , Advocate J&K, High Court & President of the Alumni Association was the resource person on 25<sup>th</sup> of August, 2022.



5.PG Dept. of Food Science & Technology in collaboration with IQAC organized one day activity in view of National Nutrition Week. The event was honoured by gracious presence of Principal Minu Mahajan, Dr. Suresh Bhat, Dr.Anuradha Gandotra. Session proved out to be informative enough regarding the role of food science in ensuring balanced nutrition on 7<sup>th</sup> of Sept.,2022 at GCW. Gandhi Nagar, Jammu.



6. Dept. of Home Science, GCW, Gandhi Nagar, Jammu, organized Show Your Creativity with Milk competition. The competition was conducted under the patronship of Principal Prof.Minu Mahajan and able guidance of HOD, Dr. Irvinder Kour on 25<sup>th</sup> of Sept.,2022.



7. Dept. of Home Science, GCW, Gandhi Nagar, Jammu organized Rangoli making competition on Social Issues like social inequality, girl child education, Save Girl Child on 17<sup>th</sup> of January, 2023.



8. The Principal, Prof. Minu Mahajan inaugurated Padma Sachdev Cricket Academy at GCW, Gandhi Nagar, Jammu , where the Girl students of College & outside the College can learn how to play Cricket on 17th of February, 2023

### Sai 10 of 12 PL Owners To Set Up "World's Highest 120 League" In Country; says Report

**NEW DELHI, APRIL 14** PRESIDENT, the Board of Control for Cricket in India (BCCI) has taken steps to ensure that the Indian board change its stance on the matter.

As per a report in The Age, the talks have been going on over the subject



involved in, cricket is something I imagine would be attractive to them," he said. "Given their advance data sport more generally, cricket would work quite well for Saudi Arabia."

"They're pretty keen to invest in sport, and given their regional presence, cricket would seem a pretty obvious one to pursue," Barclay added.

"Our aim is to create a sustainable industry for locals and expats living in the Kingdom and make Saudi Arabia a global cricketing destination," Saudi Arabian Cricket Federation chairman Prince Saud bin Mohab Al-Saud told Arab News last month.

Listen to the latest news, only on [business.com](http://business.com).

As per the report, a number of representatives of the Saudi government and business have been spotted around India's cricketing activities, looking to get the IPL, as well as the BCCI itself into their planned Twenty20 league which would stand neck-to-neck with the IPL, in terms of financial prowess.

The possibilities of staging the annual Asia Cup, the opening match, or even a runoff of the IPL, in Saudi Arabia are also reportedly in the plans.

### Ricky Ponting's Son Star-Struck As He Meets Virat Kohli On The Sidelines Of IPL 2023

**NEW DELHI:** Ricky Ponting's Son Star-Struck As He Meets Virat Kohli On The Sidelines Of IPL 2023



**NEW DELHI:** Ricky Ponting's son, 10-year-old Rishi, was spotted on the sidelines of the IPL 2023 match between Rajasthan Royals and Gujarat Titans on Sunday, April 14, 2023 at 14 PM IST. Rishi was seen cheering for his father's team, the Rajasthan Royals.

The Indian Premier League (IPL) 2023 is a cricket tournament where the best of cricket minds assemble. The cricket tournament in the world has seen wide-spread interest from top stars in the last decade and half. While the Indian cricketers are the center-piece of the match, the overseas players also show immense interest. It is not limited to the players alone, cricket legends like Brian Lara, Sunil Gavaskar, Sachin Tendulkar are associated with various franchises. Australia great Ricky Ponting is in the mouth of the Indian capital franchise, recently, Ponting met BCCI and India star Virat Kohli on the sidelines of the tournament. Their meeting had another special person joining too, Fletcher William Ponting - Ricky's son. In a video, posted by Delhi Capitals on social media, the junior Ponting can be seen quite star-struck as Kohli talks with Ponting. The event is presided by his legendary father to great Kohli at the start of the video. In December, 2022, Kohli was named Ponting in the list of heroes with the most international centuries, after scoring his 48th ODI ton in the third and final ODI against Bangladesh in Chattogram. He is now only behind batting great Sachin Tendulkar (100) in the list of batsmen with the most international hundreds. The century was a special one for Kohli as it came after a huge gap of more than three years. Kohli, who went through a severe dip in form last year, came back to his own in the T20 format as he slammed his maiden T20 century in the Asia Cup and added the 2023 ICC T20 World Cup as his highest run-getter.

### Man City Target Perfect 10, Villa's Rise Meets Newcastle Test

**NEW DELHI:** Manchester City are turning up the heat on Arsenal in the Premier League title race as Pep Guardiola's men target a 50th consecutive win when they visit West Ham on Sunday. Both matches will also have a bearing on the battle to lift the trophy with only six points separating Leicester as 18th from Wolves in 18th. In-form Aston Villa could force their way into the top-four race when third-placed Newcastle visit Villa Park. Manchester United are also looking to take a step closer to next season's Champions League at Nottingham Forest. AFP Sport looks at some of the key talking points ahead of the action.

**City hit top form**

Leicester look like favorites to the slightest extent of their trip to the Etihad due to the contrasting form of both sides. Dean Smith will take charge of the Poms for the first time after a month without a win that has seen them slip to second tenth in the Premier League.

City, on the other hand, have scored 34 goals in winning their last nine, including a 5-0 demolition of Bayern Munich in midweek. Despite the gap at the top, the title race is back in City's hands as they have played a game fewer than Arsenal and also beat the Gunners in their most league game after this weekend on April 26.

**Erling Haaland look like tally for the season in 45**

England Report on Tuesday and the Norwegian has scored records within his reach on Saturday.

**Haaland needs just two more goals to match**

Mohamed Salah's Premier League record of 32 in a 38-game season. Arsenal had matched City's recent run in midweek-ends until they stumbled in a 2-2 draw at Liverpool last weekend to blow the title race wide open since 2023. Lionel Messi's goal-scoring

### "Beyond Comprehension": Roger Federer Pays Glorious Tribute To Lionel Messi

**NEW DELHI:** Arguably the greatest footballer of all time, Lionel Messi is a name that needs no introduction. Not just in the world of football, Messi is a legend in the global sporting arena. After the Argentine was named in TIME's 100 Most Influential People of 2022, tennis great Roger Federer paid a glorious tribute to the ace footballer. Messi and Federer might belong to two different sports but the impact they've been able to create through their performances transcends all sporting boundaries. Messi, famously helped Argentina win the FIFA World Cup in the final. With the win, Messi completed his trophy cabinet, having won the only title that has been ending his all his life. He was, hence, named among the 100 most influential people on the planet in 2022. Lionel Messi's goal-scoring records and championship wins need no recounting here. What stands out to me about Messi, is, his consistent greatness over so many years. This is so difficult to achieve, and most maintain and live like a magician, and his regular passes are works of art. His awareness and anticipation are almost beyond comprehension. Federer wrote for Messi, "My career has just



ended in an end. I sure realize how much weight my athletes carry. But in our daily lives, we don't even realize it. For a football player like Messi, that weight likely feels more massive, as he represents both a world-renowned club and a very passionate country. Argentina's World Cup victory was magnificent. Millions of fans taking to the streets of Buenos Aires to celebrate was an amazing moment in sports, witnessed around the world. Even those who don't follow football must have realized the true impact of the world's most popular game," he added. The retired tennis star also revealed that the Argentine footballer, and his teammates and Gabriel Batistuta were his favorite players growing up. "Growing up, Diego Maradona and Gabriel Batistuta were my favorite Argentine players."

### Man United facing injury crisis after Martinez and Varane taken off in Sevilla draw

**NEW DELHI:** Manchester United are facing an injury crisis ahead of the season restart after Leonardo Martinez and Raphael Varane picked up injuries on the 2-2 draw with Sevilla on Thursday night.

Varane went off at half-time when Martinez was stretched off in injury time. Sevilla scored two late goals as Claudio Pizarro exploded during the last 10 minutes and Ten Hag is facing selection problems for the trip to Nottingham Forest on Sunday with Marcus Rashford, Luke Shaw, Scott McTominay, Alejandro Garnacho and Deeney vs. de Borch. "I think he will not play on Sunday. I look like that but I can't say what the diagnosis is and I prefer to wait and see what it is. We have very good replacements with Harry Maguire, Victor Lindelof and Luke Shaw so we have players who can replace them (Martinez and Varane) but of course it is a pain. United scored twice in the opening 20



minutes against Sevilla through Mamed Salisator as Ten Hag's team took control of the game.

But a sloppy second-half performance ended with both Tenko Malacia and Maguire scoring consolation goals in the final six minutes to give the Spanish side the edge ahead of the second leg in Spain next week.

Afterwards, Ten Hag was forced to defend his substitutions and revealed Bruno Fernandes and Amrabat had to come off with the score at 2-2 because both were in danger of being sent off.

"I had to make those (the substitutions), there was no other way," said Ten Hag.

### Padma Sachdev cricket academy inaugurated at PSPS GCW Gandhi Nagar Jammu

**JAMMU TAWILAPHIL 15:** Inauguration of Padma Sachdev cricket academy at PSPS GCW



**JAMMU TAWILAPHIL 15:** Jammu Nagar Jammu took place at the hands of Prof. Minu Mahajan, Principal of PSPS GCW. The new academy is operational under the able guidance of Dr. Ravi Singh, Physical Director of the college who is also level 2 BCCI coach. The coaching will be provided free of cost to all the girls of UT and the training will be from 10 AM to 12 PM all weekdays. Prof. Minu Mahajan in her inaugural address lauded the efforts of the college sports committee for taking this unique initiative and to take out the best of our playing field in the college premises. She further stressed upon the importance of timely counselling and mentoring of the students which leads to their holistic development and this reconnaissance will open new vistas for the young cricket aspirants.

### "Would Not Appreciate...": Hardik Pandya's Firm Message To Teammates After GT's Last-Over Win Over PBKS

**NEW DELHI:** Gujarat Titans skipper Hardik Pandya urged his teammates to be a bit more adventurous in the middle overs, in their opening Indian Premier League matches. Defending champions GT registered a six-wicket victory over Punjab Kings after Mohit Sharma's (2-18) on-ball return to the IPL and opener Shikhar Dhawan's 68-ball 67. However, the game got close at the end with GT completing a chase of 154 with a ball to spare, something Hardik did not appreciate. To be very honest, I would not appreciate the



game to go this close from the situation we were in. There was definitely a bit far to learn from this game. That's the beauty of sports, it's never over till it's over," Hardik said at the post-match presentation. "So we will go back to the drawing board. I think we can take a couple more risks in the middle overs, need to make sure the game doesn't go so deep. The wicket was good but because of the hardness of the soil and what, the ball was getting dried up. It was a better when the new ball was

playing. He was very impressed with batsman Mohit for his first game in the league since 2020. Mohit was exceptional in the penultimate over, giving away a little on our run. I was not surprised,

when Mohit and Alzarri Joseph came. They looked terrific. And credit to Mohit. To come on as a net bowler and then wait for his chance, knowing his time will come and today it came. He has done a lot of hard work, he has shown patience and his time has come," Hardik said of Mohit.

Coming back to the result, the skipper said, "It will be a tough pill to swallow, taking it this close. Not a big fan of taking the game to the last over." PBKS captain Shikhar Dhawan again expressed his disappointment with the team's loss. "I was not surprised, there was another poor show. We did not get many runs on the board. We have to realize that thing going forward. If you see the number of dot balls, if a team plays 48 balls, you end up losing the game. Losing our wickets puts you on the back foot and we need to work on that." However, Listen to the latest news, only on [business.com](http://business.com).

### Max Verstappen Beats Lewis Hamilton To Win Chaotic Australian Grand Prix

**NEW DELHI:** Max Verstappen held off a revived Lewis Hamilton to clinch his 10th title in a chaotic race at the Australian Grand Prix on Sunday and tightens his grip on the world championship. The world champion began from pole and despite being passed by Mercedes pair George Russell and Hamilton at the start, he kept his cool to win a race rife with three times, with multiple crashes. Hamilton came home second ahead of Aston Martin's Fernando Alonso, who made it three podiums from three this year. "We had a very poor start, lap one I was careful as I had a lot to lose," said Dutchman Verstappen, who won the season-opening race in Bahrain and came second in Jordan's fortnight ago. "After that, the pace of the car was quick. With these red flags, I don't know. I don't really understand. It was a bit of a mess but we had good pace and we won, so that's important. It was a beautiful day for Ferrari's Charles Leclerc, last year's winner, who spun out on the first lap, while Renault's car caught fire on lap 19 and his race too was over. Victory was Verstappen's maiden win in Melbourne and Red Bull's first in Australia since Sebastian Vettel's 2013 triumph.

The teammate and winner in Saudi Arabia Sergio Perez closed through the field to come fifth after qualifying last due to brake issues, behind Lewis Stroll in the other Aston Martin.

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9. Department of Sociology, GCW, Gandhi Nagar, Jammu organized a focused group discussion on the theme Stress Management among students: Challenges & Remedies among students. Around 10 students presented their views on stress, their reasons, forms, consequences & remedial measures on 23<sup>rd</sup> Feb., 2023.



10.NSS Unit-1 & Dept. of Botany, GCW, Gandhi Nagar, Jammu organized an event Embrace Equity Pose on the eve of International Women's Day to promote women's rights and honour their social, economic, cultural & political achievements on 8<sup>th</sup> of March, 2023.



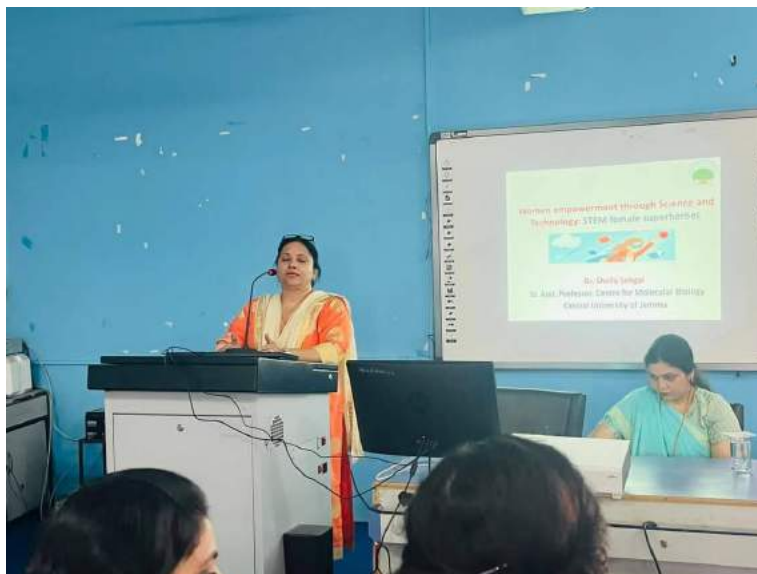
11. Dept. of Political Science in collaboration with IQAC, GCW, Gandhi Nagar, Jammu, organized Moot Court Activity on International Women's Day. Dr. Pooja Charak welcomed honorable Principal, Prof. Minu Mahajan, Zahoor Ahmed, Ex Director Colleges, Dr. Satinder Singh, Ex Nodal Principal, Rajesh Gupta, General Secretary, J&K Commerce and Industries, students and staff. Vishakha & others VS State of Rajasthan case was presented before the audience on 8<sup>th</sup> of March, 2023.



12. G20 Club in collaboration with Dept. of English, GCW, Gandhi Nagar, Jammu organized an extension Lecture on Gender Sensitization at Workplace: Issues & Challenges. Dr. Vandana Sharma , HOD, Dept. of English, Central University of Jammu was the resource person on 13<sup>th</sup> of March,2023.



13. Dept. of Home Science, GCW, Gandhi Nagar, Jammu organized a special lecture on Women Empowerment through Science & Technology: STEM. The keynote speaker for the event was Dr. Shelly Sehgal, Senior Assistant Professor, Centre for Molecular Biology from Central University of Jammu on 20<sup>th</sup> of March, 2023.



14. Electoral Literacy Club & Rainbow Club, GCW, Gandhi Nagar, Jammu organized an interactive session on the topic Transgender Issues and Concerns. Prof. Aijaz Ahmed, Asstt. Prof. GDC, Pulwama was the resource person on 23<sup>rd</sup> of March, 2023.



15. An Intra-Mural Gatka competition was organized in GCW, Gandhi Nagar, Jammu with great fervor & enthusiasm on 14th of April, 2023.

## PSPS Govt PG College for Women organises Gatka Intra-Mural competition



*Gatka players posing for a photograph with faculty members and officials.*

### ■ STATE TIMES NEWS

JAMMU: An Intra-mural Gatka competition was on Friday organised in Women College Gandhi Nagar, Jammu with great enthusiasm. The Farri Shoti team and individual events were organised.

The College Principal, Minu Mahajan was the chief Guest. Dr. Roopali Slathia welcomed the chief guest and sports committee of the college. In the team event, Team Tarandeep Kour, Manleen Kour and Harsimranjeet Kour scored 55 points and stood third, Team Haramandeep Kour,

Avneet Kour and Amandeep Kour scored 56 points, stood second and Team Joyleen Kour, Ravneet Kour, Harsheen Kour and Suhana Sharma scored 65 points, stood First.

In Individual events, Harsheen Kour scored 60 points and ended up as Runner-up and Ravneet Kour scored 62 points and emerged as winner.

Principal Prof. Minu Mahajan congratulated the players, officials and sports committee for organising the event.

She also felicitated the winners with the medals

and officials with mementos.

Prof Rupinder Kour, Prof. Renu Sharma, Prof. Vijender Kumar, Prof. Malti Rajput, Prof. Jyoti Dutta, Prof. Nidhi Suri, Prof. Pooja Charak, Prof. Varun Sharma, Prof. Rohit Gupta, Prof. Prof. Paramjeet Singh, Prof. Priyanka, Prof Eisha Gohil and Dr. Roopali Slathia and Physical Director of the college were also present during the event. The match was officiated by Ravinder Singh, Sarleen Kour, Varundeep Singh and Jagjoot Singh.

16. Department of English, GCW, Gandhi Nagar, Jammu in collaboration with ELFA International hosted one-day Training Workshop on 'Effective Communication and Leadership' on 11<sup>th</sup> of May, 2023.



17. GCW, Gandhi Nagar Jammu hosted a program and interactive activity titled 'Transgender Representations and Realities'. The event was organized by the Electoral Literacy Club, Rainbow Club & Department of Social Work in collaboration with IQAC to raise awareness about the issues faced by transgender individuals on 16<sup>th</sup> of May, 2023.



## **Govt. College for Women, Gandhi Nagar, Jammu.**

### **7.2. : Institution celebrates or organizes National, International Commemorative Days, Events and Festivals.**

To maintain harmony and healthy work atmosphere and to make the learners aware of the national pride and rich cultural heritage, the National/International commemorative days are regularly being celebrated and observed in the College.

- Every year the College celebrates Independence Day on 15<sup>th</sup> August and Republic Day on 26<sup>th</sup> January with pomp and gaiety by hoisting the national tricolour in the Campus. After unfurling the flag, students sing the National Anthem and other patriotic songs. On these occasions, the Principle also delivers Independence/Republic day messages.
- The College organizes the Teachers' Day every year on September 5 in memory of Dr. S. Radha Krishnan, former President of India. Eminent educationists and teachers are invited to deliver the Teachers' Day
- The College organized essay writing and elocution competitions on the occasion of 150<sup>th</sup> Birth Anniversary celebrations of Mahatma Gandhi. "Swachh Bharath – Swasth Bharat" a "Clean India Campaign" was organized in the campus as part of national drive on Gandhi Jayanti.
- In the month of November every year, Azad Day and National Education Day are held to mark Maulana Abul Kalam Azad's birth anniversary. Various literary, cultural and sports competitions are held during Azad Day celebrations. Noted personalities and educationists are invited for inaugural and valedictory functions.
- National Unity Day/Week are observed to commemorate the birth anniversary of Sardar Vallabhbhai Patel. "Run for Unity" is organized on the occasion by NSS Cell of the College.

Following is the brief information regarding national festivals and birth/death anniversaries of great Indian personalities organized during 2018 to 2023.

## 1. The 4<sup>th</sup> International yoga Day celebration on 21<sup>st</sup>, June 2018



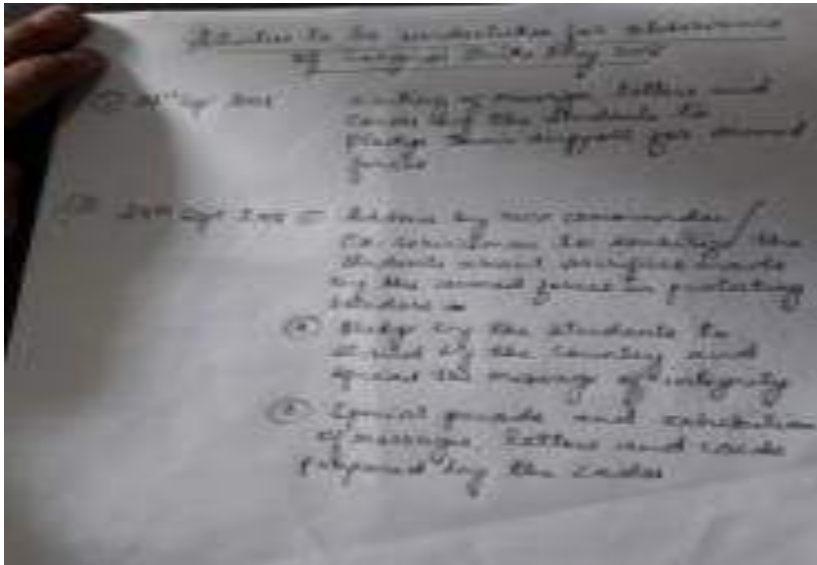
4th International Yoga Day was celebrated in the premises of Govt. P.G. College for Women Gandhi Nagar Jammu which was initiated by Hon'ble Prime Minister on 21<sup>st</sup> June 2014, the Yoga was conducted by the team of experts by Bharti Yog Sansthan headed by Anil Pachnanda, President of Bharti Yog Sansthan, J&K. The Yoga was attended by the 352 Cadets of Govt. P.G. College for Women Gandhi Nagar Jammu, GOC R.S Pura, Army Public School, Miran Sahib, Jammu Cantt, Ratru Chak, B.D Bari, Kaluchak, Ratru Chak, Domana, Banyan International School, Air Force Station Safwari, Principal of the college Dr. Kaushal Smotra enthusiastically took part in the Yoga and while addressing the cadets, she emphasized on the need of Yoga for healthy Life. Commanding Officer J&K Gris Bn Col. R.K Sharma (KC,SC,SM) urged the cadets that they should practice Yoga daily. The programme was attended by ANOs of the above institutes, Staff of Govt. P.G. College for Women Gandhi Nagar also and was coordinated by Lt. Shivani Sharma, ANO, Govt. P.G. College for Women Gandhi Nagar Jammu under the guidance of Principal of the college Prof. Kaushal Smotra and Commanding Officer Col. R.K Sharma (KC,SC,SM).

**2.Independence Day Celebration (15<sup>th</sup>Aug.,2018):**Independence day was celebrated with great zeal, splendor, joy and respect. Saluting the nation and its freedom fighters, the Indian Tricolor was unfurled by Dr.Koushal Smotra, Principal, Govt. College for Women, Gandhi Nagar, Jammu.





3. Celebration of 2<sup>nd</sup> Anniversary of Surgical strike- Parakram Parv was held on 29<sup>th</sup> Sept., 2018 at GCW, Gandhi Nagar Jammu.



4. **Gandhi Jayanti Celebration(2<sup>nd</sup>Oct.,2018):** NSS Volunteers of GCW, Gandhi Nagar, along with Principal, Staff and NCC cadets, participated in Prabhat Pheri to commemorate 150<sup>th</sup> Birth Anniversary of Mahatma Gandhi, organized by GGM Science College, Jammu.





5. **Art and Craft Mela (12<sup>th</sup>Oct.,2018):** NSS Volunteers of GCW, Gandhi Nagar, Jammu participated in Skill development Art and Craft Mela, organized by GCW, Parade, Jammu where in NSS Volunteers Ms. Srishti Koul got 2<sup>nd</sup>prize in canvas painting and Avleen Kour got 1<sup>st</sup>prize in Sketching. A Stall of hand made articles was also placed by students.



**6.Khadi Mela (19<sup>th</sup>-20<sup>th</sup>oct., 2018):**To commemorate 150<sup>th</sup> Birth Anniversary of Mahatma Gandhi Khadi Mela was organized by the College where in NSS volunteers participated with great zeal. The mela was inaugurated by Prof. Ved Gai, an eminent personality and renowned figure of our state. NSS volunteers and other students put stall of various Khadi Products. The Staff and NSS volunteers from various colleges also participated in this mela.



**7.Lecture-cum- demonstrationon Compost Management (20.10.2018):** A

Lecture cum demonstrationon compost preparation from the waste of College premises was organised. The resource person of the event was Ms. Anuradha, Sr.scientist and Incharge of Municipal Solid Waste, of Pollution Control Board Jammu. The aim was to sensitize the volunteers and generate interest among them.



**8.National Unity Day (31.10.2018):** Rashtriya Ekta Divas was celebrated to commemorate the birth anniversary of Sardar Vallabhbhai Patel. The Principal, staff and NSS volunteers took pledge to spread the message of peace, harmony and unity. A peace rally was also organized wherein a number of students with Principal, NSS programme officers, and staff took around of the college campus.



**9. Beti Bachao Beti Padhao (25.01.2019):** A Poster Making event was organized on the topic- Beti Bachao- Beti Padhao in NSS Lawn of the College. NSS volunteers, NSS PO, Staff and Students took pledge to save and educate the girl child.



**10. International Yoga Day 21-06-2019:** International Yoga Day was celebrated in the College premises where 50 students along with teachers from different departments performed yoga Asanas for an hour. Teachers present on the occasion also briefed the students about benefits of yoga and its growing relevance in today's life.



**11.Kargil Vijay Diwas(25<sup>th</sup>-26<sup>th</sup>July,2019):** To commemorate the Kargil war heroes, who laid down their life for the country, 20<sup>th</sup>anniversary of Kargil Vijay Diwas was celebrated, with the theme-“Remember, Rejoice and Renew”.

A Poster making competition was organized in the College hostel wherein 27 NSS Volunteers and NCC cadets participated with zeal. The inspirational video clips were also showed to the students. The Posters were judged by Dr.Suman Sharma and Prof.Irvinder Kour. Ms.Chakshul Sharma, Ms.Devpriya Rajwal and Ms.Surbhi got Ist, IInd and IIIrd prizes. The Principal of the college, Prof.Minnie Sharma was the chief guest.





**12. Celebrations of 150<sup>th</sup> Birth Anniversary of Mahatama Gandhi:** In this connection a Cleanliness Drive was held on 27-28<sup>th</sup> of Sept.,2019 at GCW, Gandhi Nagar, Janmmu on the theme **“Collection of Plastic Waste”** was organized where in 77 NSS volunteers participated.They collected waste plastic from various departments, playground including Canteen area and also awared the students about the hazards of single use plastic.



**13. Poster making event(30<sup>th</sup> Sept.,2019):** A postermaking event was organised on the topic “ Say no to single use plastic”. The activity was attended by 95 volubteers whereas 35 participated in postermaking.



**14. Debate Competition(1<sup>st</sup> Oct., 2019):** A debate was organized on the topic “Relevance of Gandhian Philosophy in Modern era”. A total of 27 volunteers participated in the activity.



**15. Gandhi Jayanti Celebration(2<sup>nd</sup> Oct.,2019)** : A cultural program was organized in the college to pay obeisance to Ganhhiji. NSS volunteers participated in Speech and patriotic dance. A total of 63 volunteers attended/participated in debate and dance.



**16. The Gandhi Jayanti celebrations in GCW, Gandhi Nagar, Jammu on 2<sup>nd</sup> Oct 2019**



**17. Rashtriya Ekta Diwas (31<sup>st</sup> of Oct., 2019)** : National Unity Day with the theme- Bring the Nation Together was organized by taking a pledge by 40 NSS volunteers, Principal Dr. Ravender Tickko, NSS PO Prof. Mala Bhasin and Staff of the college to pay tribute to the Iron man of India, Sardar Vallabhbhai Patel, on his 144<sup>th</sup> birth anniversary at GCW, Gandhinagar, Jammu.



**18.Pledge on National Unity Day31 Oct.,2019, was taken, at GCW, Gandhi Nagar, Jammu.**



**19. Swacchta hi Sewa (05.11.2019):**A cleanliness drive was organized, wherein 36 NSS volunteers participated and cleaned the college campus.



**20. Blood Donation Camp:** A blood donation camp was organized by red ribbon club of the College on 05.11.2019 the students and staff donated blood with great enthusiasm.



**21. International Women's Day (08.03.2020) :** 10 volunteers Participated in **Women Scooter Rally**, organized by Biker Brotherhood Motorcycle Club on the eve of International Wome's Day at GCW, Gandhi Nagar, Jammu. The rally was culminated at GCW, Parade whereas cultural program was also organized.



**22.A day dedicated to Mothers (27.04.2020) :** 25 Volunteers cooked for their mother's favourite dish during Covid-19 lockdown. A touchy video were shared at various groups and social platforms.



**23. World Mother's Day (10.05.2020):** Posters and Thankyou cards-for the live Goddess on the Earth-Mother were made by 14 volunteers at GCW, Gandhi Nagar, Jammu.



**24. International Yoga was celebrated in the College campus on Day 21 June 2020.**

**CELEBRATING  
INTERNATIONAL YOGA DAY  
GCW GANDHI NAGAR JAMMU  
1 J&K NAVAL UNIT NCC, SRINAGAR  
ANO: LT. DR. NEELIMA GUPTA**



## 25. Celebrations of Van Mahotsav Week1 -7 July 2020 in the College campus

# GCW Gandhi Nagar celebrates Van Mahotsav Week



*GCW Gandhi Nagar faculty planting a sapling.*

### ■ STATE TIMES NEWS

JAMMU: 'Van Mahotsav Week' was celebrated by Red Cross Club, NCC Units, NSS wings and Botany Department of Government PG College for Women (GCW), Gandhi Nagar from July 1 to 7, 2020.

On the occasion students of the college participated in online poster making event on the theme 'Plant a tree, plant a

hope for future'.

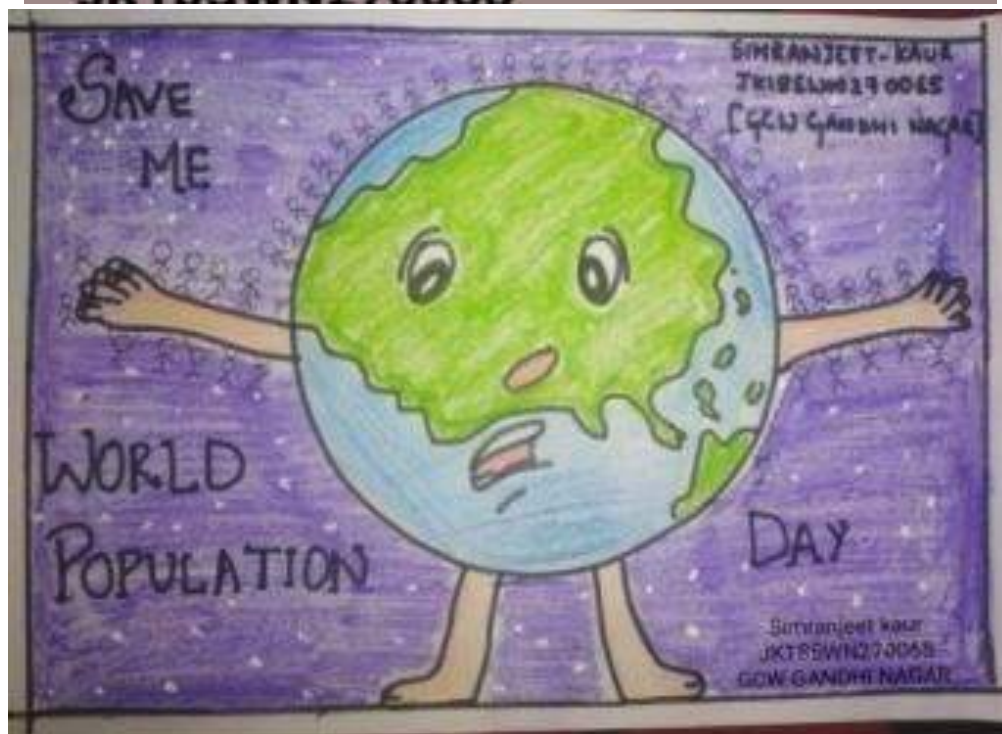
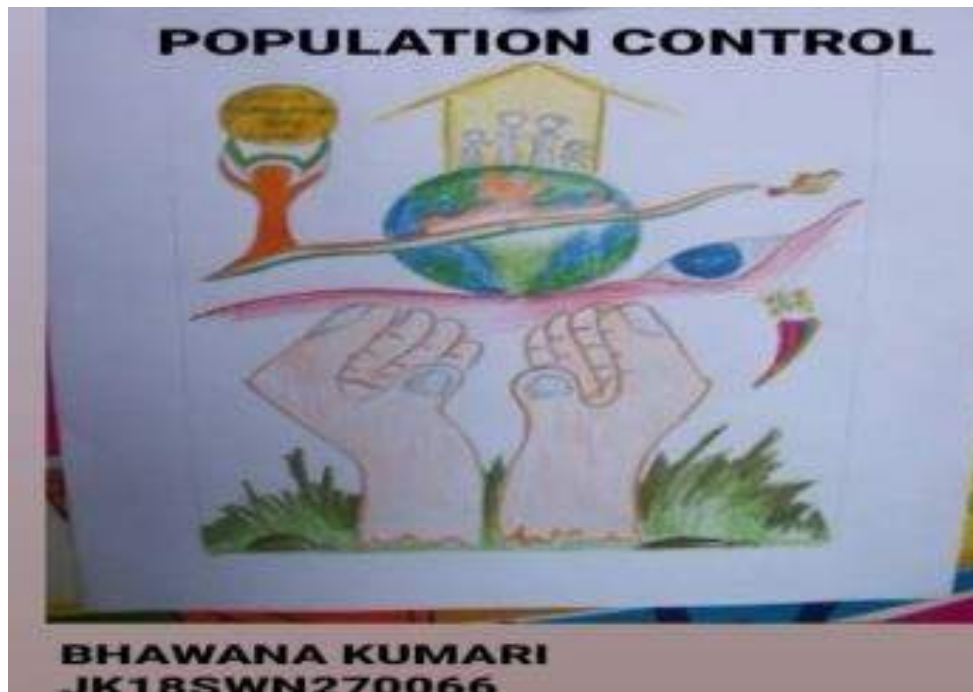
Fifteen students of Red Cross Club, 32 NSS volunteers and 120 NCC cadets participated in event. Students also planted trees in their respective locations. Van Mahotsav week celebrations ended with tree plantation drive in college campus led by Principal, Dr. Sangita Nagari along with Prof. Mala Bhasin, NSS Programme

Officer, Dr. Davinder Kaur, Convener Red Cross Club, Capt. Shivani Sharma ANO 3JK Girls Bn., Lt. Dr. Ravika Arora, ANO 1 JK girls Bn., SJA, Dr. Neelima G, ANO 1 JK Naval unit and Prof. SumanBala, NCC incharge 2 JK girls Bn. The Department of Botany planted medicinal and fruit plants under the leadership of Head of Department, Prof Harchal Singh.

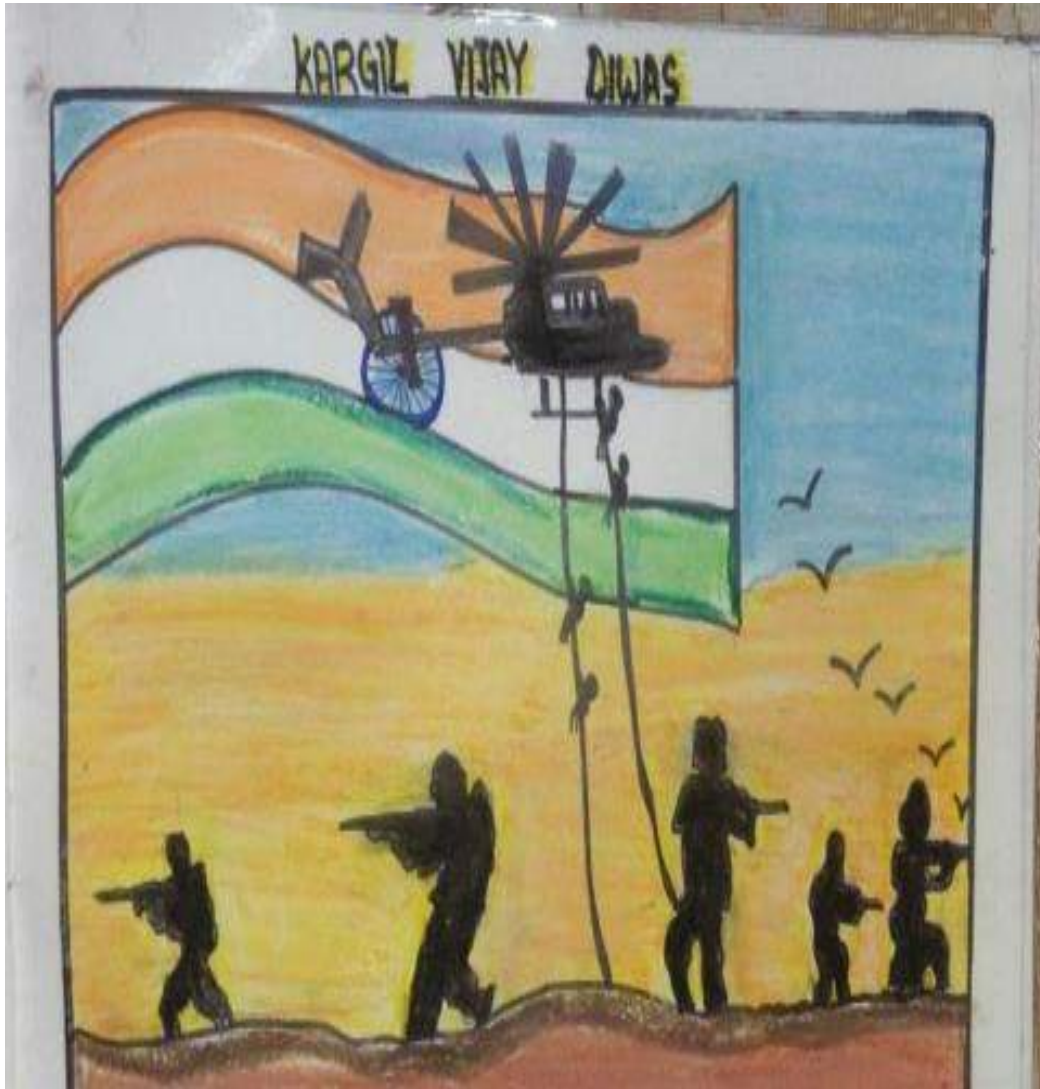
Sapling was also planted by Tirochan Singh, Lab Asst., Dept. of Botany on his superannuation. Principal appreciated the efforts of students and staff of the college and highlighted the importance of trees for human life.

Prof. Mahinder Pal, Prof. Adhwani Khajuria, Prof. Ashok, Prof. Rahul and Dr. Roopali were also present on the occasion.

26. The World Population Day was celebrated on 11 July 2020 in the College campus.



27.The “Kargil Vijay Diwas” was observed on 26<sup>th</sup> July 2020 in the College Campus.



**28. Teachers Day-2020 (05.09.2020):** A Poster Making activity was organised wherein 17 volunteers show cased their creativity. A video was also made and posted at various social platforms.



## 29. Birth anniversary of Father of Nation

26-09-2020 to 02-10-2020

To commemorate birth anniversary of Father of Nation, NSS Unit of Govt. PG College of Women Gandhi Nagar is organizing a week long activities from 26-09-2020 to 02-10-2020 as follows:

Event 1 Poster Making-A Collage of Posters and Video were also posted at social media platform.

Event 2 Inspirational Quotes of Mahatma Gandhi

Event 3 Essay writing on topic- Role of Mahatma Gandhi in Indian Politics

Event 4- Cleanliness drive at Home

Event 5 Webinar Relevance of Gandhian thoughts in the times of COVID-19 crisis

Event 6- Bhajan Sandhya on Gandhi Jayanti Celebrations 2020 by NSS Volunteers

Event 7- Swachhta Pledge and Gandhi in me pledge. Prof. Manoj Dhar, Hon'ble Vice Chancellor, CLUJ administered the pledge to the staff and students of the University.



### 30.151st Birth Anniversary of Mahatma Gandhi, 29-09-2020 to 02-10-2020



A Series of events was organised for the cadets of 2 J&K Girls Bn.GCW Gandhi Nagar to Commemorate 151st Birth Anniversary of Mahatma Gandhi. The 4 day programme was conducted with full enthusiasm under the guidance of ANO Capt.. Shivani Sharma and C/T Suman Bala. The cadets were applauded by Dr. Sangita Nagari , the Principal of the College for their dedication and effort.

The following activities were conducted:

- 1) Poster- Making Competition
- 2) Video Vlog competition on “Relevance of Teachings of Mahatma Gandhi in the Present scenario”.
- 3) Video messages on “ Revisiting Gandhi”.
- 4) Fit India Plog Run
- 5) Pledge Taking Webinar by Cluster university of Jammu.
- 6) Webinar conducted by GCW GANDHI NAGAR on Gandhi Jayanti.

## Gandhi Jayanti- 02-10-2020

On the occasion of Gandhi Jayanti, GCW, Gandhi Nagar, Jammu. organizes a webinar on ‘Truth Alone Triumphs’ as a mark of tribute and respect to Mahatma Gandhi . The event which was organized on Google meet depicted the life and struggles of Mahatma Gandhi. A large number of students presented their ideas on the topic and was adjudged by a panel of judges. Principal GCW Gandhi Nagar Prof. (Dr.) Sangita Nagari was the chief patron and Prof. (Dr.) Surjit Kour Raina was the coordinator of the event. Prof. Nirlape Kour, Prof. Daljeet Singh Manhas, Prof. Ashwani Khajuria were the jury members of the event.



**34.National Cancer awareness day (7th Nov. 2020)** was observed the students and staff participated in awareness program at GCW, Gandhi Nagar, Jammu.



Riya Sharma  
JK19SWN270084  
GCW, Gandhi Nagar, Jammu

### **35. World Aids Day ( 2<sup>ND</sup> Dec.,2020)**

To mark the occasion of World Aids Day, online poster making program, with a theme “ Support for World Aids Day’ was organized on 2<sup>nd</sup> of Dec.,2020 by Red Ribbon Club, Govt. College For Women, Gandhi Nagar, Jammu.



**36.National Girl Child Day-2021 (24.01.2021):**The day was observed to raise awareness abouts the rights of the girl child and importance of their education, health and nutrition. A hand made poster making competition was organized on theme-Save the Girl Child. The best posters were posted at various social platforms. A total of 33 volunteers participated in the event in the College campus.



**37. Republic Day Celebrations ( 26.01.2021):** Republic Day was celebrated in College premise with great enthusiasum. The Principal of the college, Dr. Sangita Nagari hoisted the National Flag. The event was coordinated by Prof.Mala Bhasin.



**38. International Womens' Day-2021:** Two day's Online workshop with theme **Choose to Change** was organized from 7<sup>th</sup>-8<sup>th</sup> of March, 2021 wherein 49 volunteers participated in **Slogan Writing and Poster Making (Handmade)** events in the College.



**39. The Martyrs Day on 13 April 2021 was observed in college campus by NCC and NSS volunteers. In this connection a cleanliness drive was held in the college campus.**



40. The Ambedkar Jayanti was observed on 14 April 2021, in the college NCC and NSS students participated in the event.



#### 41. World Earth Day-2021 (22.04.2021):

NSS unit organised Poster Making Competition and Essay Writing event A poster making event with theme- 'Restore our Earth' was also organized wherein 36 NSS volunteers showcased their talent and creativity. The day was observed to create awareness about protecting our planet and preserving the environment in the College campus.



**42. Mothers' Day (09.05.2021):** Mothers' Day was observed to honour the immeasurable contributions of mothers, acknowledge their efforts and role in building the lives of their children. To celebrate the day, senior NSS volunteers- Surbi Singh and Reman Kumari prepared a mesmerizing documentary on the theme- "Thanking the Great Mothers of India", who have selflessly served the country in one or other way. Another event on the theme- „ Thanking my Heaven on the Earth" was also organised wherein 22 NSS volunteers participated with great zeal and prepared thankyou cards, paper flowers, special dishes, etc. for their mothers.



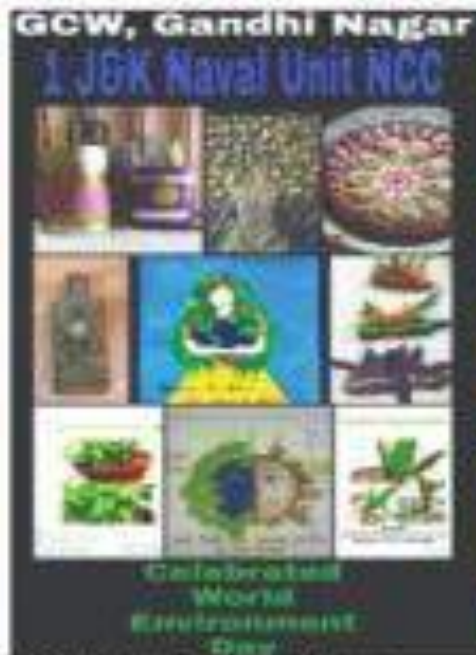


**44. World Environment day (5<sup>th</sup> June 2021),** was celebrated in the campus, the NCC and NSS students along with staff participated in the event at GCW, Gandhi Nagar, Jammu.



## NEW DETAILS

## GCW Gandhi Nagar NCC Cadets celebrate World Environment Day



World Environment Day

[View more photos](#)
[View more photos](#)
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[View more photos](#)
[View more photos](#)


## EARLY TIMES REPORT

JAMMU, June 4: NCC Cadets of Government College for Woman Gandhi Nagar today celebrated World Environment Day.

The main idea behind celebrating World Environment Day was to highlight the importance of the environment and to remind the cadets that nature should not be taken for granted.

The Environment Day was celebrated with enthusiasm, wherein various activities were designed for NCC cadets to perform from their homes thus keeping them aware of the environment issues.

Looking at ways to reduce the amount of things people throw away, and be a little kinder to the environment, the Cadets of 1 J&K Naval unit under the guidance of Sub. Lt. Dr. Neelima G participated in an online competition



45. International Yoga Day 2021: On 21 June 2021 international yoga day was celebrated in the College campus, the students along with staff participated in the event.

### Participants 34

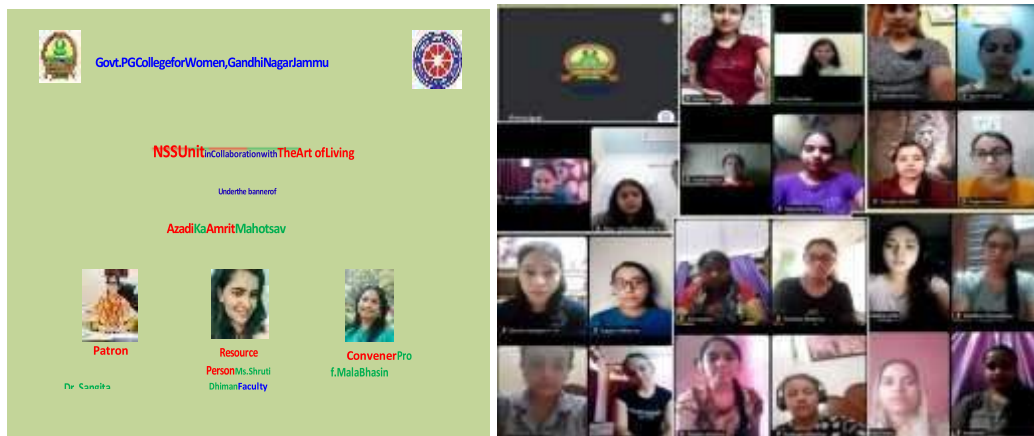


Early Times Report

Jammu, June 20: International Yoga Day is observed every year on June 21. Yoga is the dance of every cell with the music of every breath that creates inner serenity & harmony. NCC cadets of GCW Gandhi Nagar participated actively in many activities, to aware people about making good health through Yoga. Cadets of 1J&K Girls Bn, 1J&K Naval Unit and 2 J&K Girls Bn composed beautiful jingles like 'Aao Yog Apnaye', 'Let's learn Yoga' etc. and participated in online jingle composition competition organized by the respective NCC units. NCC Cadets spread the message of healthy life style by taking online pledge that everyone will be



**46. Covid CareWorkshop on Yoga (01.06.2021- 03.06.2021):** Three day’s online Covid Care workshop on theme –Boost your immunity by Breathing and Meditation for the 64 NSS volunteers was organised. The aim of this workshop was to make aware the volunteers about the effective breathing techniques and their benefits in boosting the immune system, in relieving stress, anxiety and depression. Ms. Shruti Dhiman was the resource person and the workshop was coordinated by NSS PO Prof. Mala Bhasin.



**47. World Blood Donor Day-2021 ( 14.06.2021):**The day was observed to increase awareness of the need for the safe blood for transfusion and the critical contribution made by the unpaid blood donors. 32 volunteers participated in Digital Poster Making and 24 in Slogan Writing on the theme-“Give Blood and Keep World Beating” in the College campus.



**48. International Yoga Day-2021:** Three day's online workshop on theme – Be with Yoga, Be at Home from 19<sup>th</sup> – 21<sup>st</sup> June, 2021 was organised to celebrate 7<sup>th</sup> International Yoga day-2021 at GCW, Gandhi Nagar, Jammu. The aim of this workshop was to make aware the students about the importance and benefits of yoga in boosting the overall quality of life. On 19<sup>th</sup> June, Mr Sanjeev Tyagi, Director Everest Yoga Academy, Ludhiana conducted a live session of Yoga . The event was attended by 96 volunteers, NSS PO Prof. Mala Bhasin and faculty members.

**Govt. PG College for Women Gandhi Nagar Jammu**

Celebrates

**International Yoga Day-2021**

To commemorate India's Independence-Azadi ka Amrit Mahotsav by organizing


**Three Day's Workshop on Theme- Be with Yoga, Be at Home**

<p>Day-1 19.06.2021</p>  <p>13:00am</p> <p>Resource Person <b>Mr. Sanjeev Tyagi</b></p>	<p>Day-2 20.06.2021</p> <p><b>Your Favourite Asana/Yoga Pose</b></p>	<p>Day-3 21.06.2021</p>  <p>10:00am</p> <p>Resource Person <b>Ms. Shruti Dhiman</b></p>
<p><b>Patron</b></p> <p><b>Dr. Sangita Nagari</b> Principal</p>		<p><b>Organizer's</b></p> <p><b>Prof. Mala Bhasin</b> NSS Programme Officer</p> <p><b>Dr. Roopal Slathia</b> Physical Director</p>


## 49. Birth Anniversary of Swami Vivekananda (12-01-2021)

The Red Ribbon Club, Govt. College For Women, Gandhi Nagar, Jammu 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 youth on 12<sup>th</sup> of Jan.,2021.

GOVT. PG COLLEGE FOR WOMEN GANDHI NAGAR JAMMU  
*in collaboration with*  
J&K AIDS CONTROL SOCIETY, DEPARTMENT OF H&M, J&K  
*celebrates*  
NATIONAL YOUTH DAY  
ON 12TH JANUARY, 2020  
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 timing of webinar will be 1pm.  
*Link for webinar: To join a meeting on Google Meet, click  
this link: <https://meet.google.com/abk-dfo-waa>  
On your Meet and enter this code: abk-dfo-waa*



Prof. (Dr.) Geetika Nagori  
Principal GFW Gandhi Nagar  
(PGTRON)

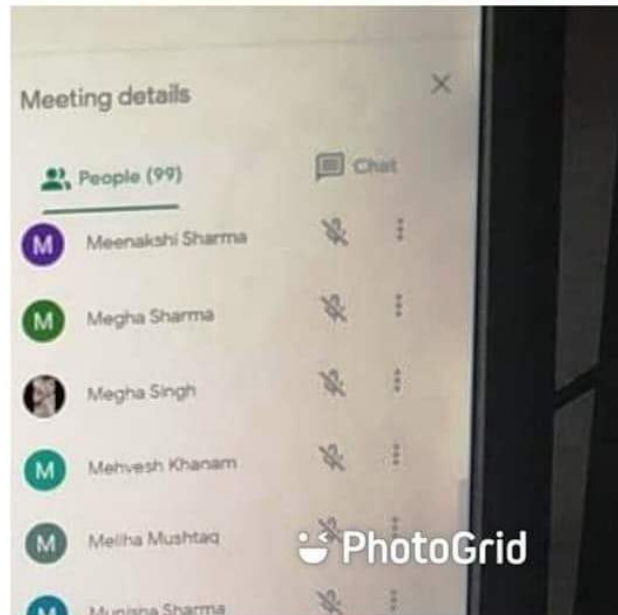


Dr. Manisha Sarup Hothi  
Resource person  
Nodal Officer RRC

Ivanka Raman  
RRC Nodal Head

Shalini Rasgotra  
RRC Community Head

PIC-COLLAGES



**50. Republic Day (26-01-2021):** Govt. College For Women, Gandhi Nagar, Jammu celebrated 72<sup>nd</sup> Republic Day on 26<sup>th</sup> of January, 2021.



**51.Ambedkar Jayanti (15-04-2021):** Department of Political Science, Govt. College For Women, Gandhi Nagar, Jammu celebrated "Ambedkar Jayanti" by organizing an intra college poster making competition on the theme 'The Social and Political Equality' under the banner of 'Azadi ka Amrit Mahotsav' following all the SOP's pertaining to Covid-19 pandemic on 15<sup>th</sup> of April,2021. Dr.Baba Saheb Ambedkar struggled for equqlity throughout his life and his birthday is celebrated as Equality Day.



**WE ARE... Because HE WAS!**

**Govt.PG College for Women Gandhi Nagar Jammu**  
 (A constituent College of Cluster University of Jammu)  
**Department of Political Science**  
 Is Celebrating Ambedkar Jayanti

By Organising  
 Intra-College Poster Making Competition on 15/04/2021  
 at  
 12:00 Noon in the College Premises (Near Auditorium)

**Theme: The Social & Political Equality**

**Chief-Patron**  
 Dr. Sangita Nagari  
 Principal  
 GCW Gandhi Nagar Jammu

**Coordinator**  
 Dr. Pooja Charak  
 HOD (Political Science)  
 GCW Gandhi Nagar Jammu

**Members of Organising Committee:**  
 Prof. Parvinder Singh  
 Dr. Harvreet Singh  
 Dr. Vandana Sharma

**Instructions:** 1. Time limit for Poster Making 2 hours  
 First Three Best Posters Shall be awarded with Certificate  
 Note: All Participants should strictly follow Covid-19 SOPs



**52. Guru Teg Bahadur Jayanti (03-05-2021):** Govt.College For Women, Gandhi Nagar, Jammu organized a Webinar to commemorate World Red Cross Day on 8<sup>th</sup> of May, 2021 under the banner Azadi ka Amrit Mahotsav.





**GOVT. PG COLLEGE FOR WOMEN GANDHI NAGAR, JAMMU**  
*Presents*  
**EVENT: 4 PAINTING COMPETITION**  
**Guru Teg Bahadur Ji**  
**'HINDI CHADAR'**  
**On 9th of May, 2021, at 12 noon**  
 Link for the Zoom meeting:  
<https://us04web.zoom.us/j/4252744181?pwd=cytoV2NkSElGaU1TMjFKYTZkemJ4Uk5kdz09>  
 MeetingID: 4252744181  
 Passcode: 123456

- Competition will be held through online mode, on Zoom.
- Students can give their names by 8th May, till 1pm.
- Participants have to describe the painting made by them with the help of words.
- Painting should be made on an A4 size sheet.
- Each participant will be given 2 minutes to describe their painting along with their painting depictions.
- Participants will be awarded with E-certificates.
- Names are to be given to the undersigned.
- Topic for the competition is: Guru Teg Bahadur 'Hind Di Chadar'.

Patron  
 Dr. Sangita Nagari  
 Principal, GCW Gandhi Nagar, Jammu

Event Coordinator  
 Dr. Surjit Kour Rains  
 Associate Professor, GCW Gandhi Nagar, Jammu

*Organizing Committee*

Dr. Harmeet Singh Soodan  
 Department of Political Science

Prof. Kusum  
 Department of Punjabi

*Vansha Baman (President)*  
 8082172500

*Shalini Basotra (Head Girl)*  
 8825004952

**53. World Red Cross Day (08-05-2021):** Red Cross Club of Govt. College For Women, Gandhi Nagar, Jammu organized a Webinar to commemorate World Red Cross Day on 8<sup>th</sup> of May, 2021 under the banner of Azadi ka Amrit Mahotsav.

**WORLD RED CROSS DAY**

*Webinar on  
Covid-19 and environmental sustainability*

**AZAADI KA AMRUT MAHOTSAV**



**GOVERNMENT P.G. COLLEGE FOR WOMEN  
GANDHI NAGAR JAMMU**  
(A CONSTITUENT COLLEGE OF CLUSTER UNIVERSITY OF JAMMU)

**RED CROSS CLUB**

**ORGANISES WEBINAR ON  
"COVID -19 AND ENVIRONMENTAL SUSTAINABILITY"**

Under  
**AZAADI KA AMRUT MAHOTSAV**

To Commemorate  
**WORLD RED CROSS DAY**

Sangita Nagari  
Gandhi Nagar  
(Jammu)

1:00 pm  
Google meet:  
[google.com/tes-rkuq-eds](https://meet.google.com/tes-rkuq-eds)  
tes-rkuq-eds

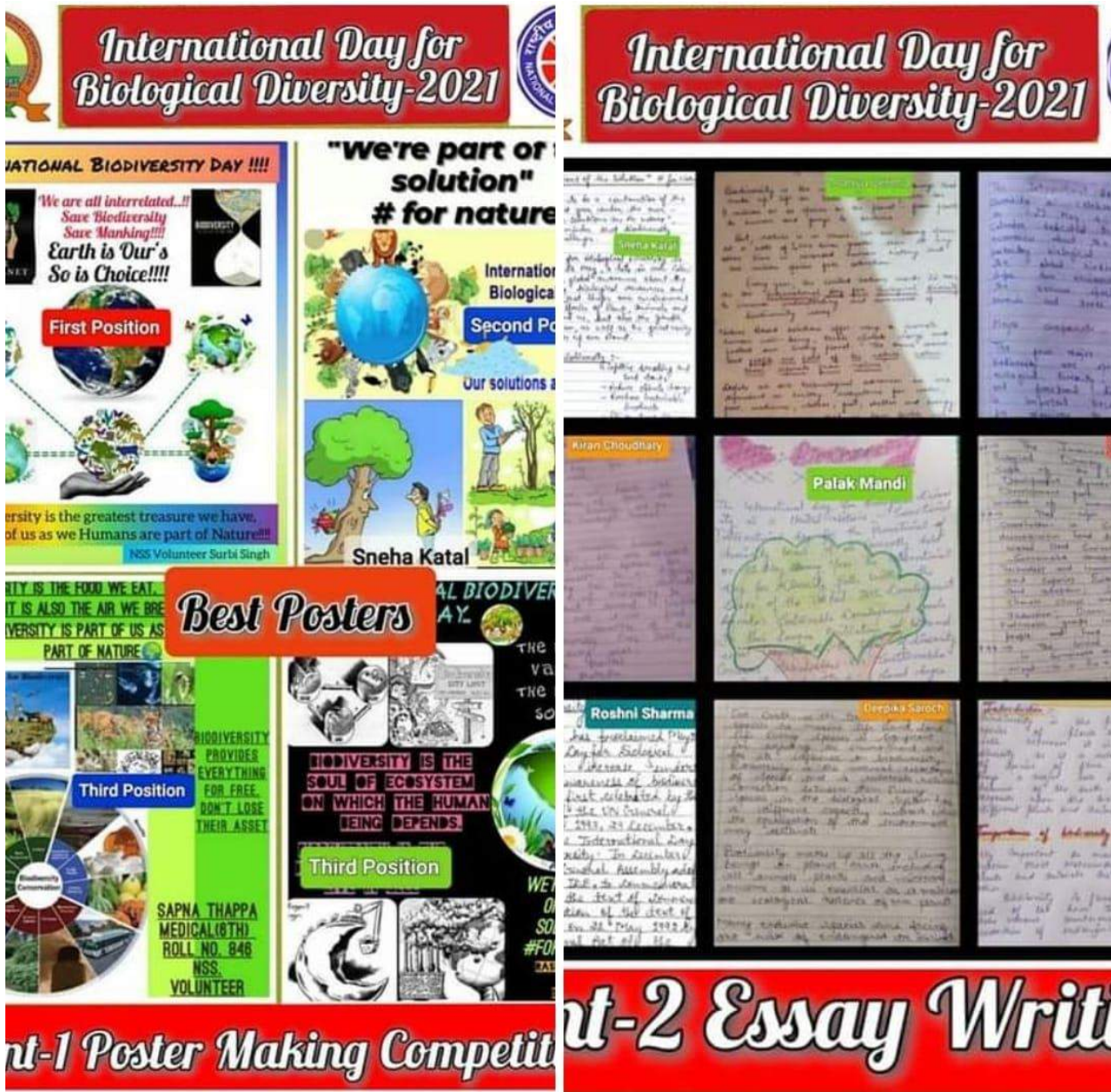


**Sh. Kewal Krishan Wadhwa**  
Social Activist  
Member Red Cross Society  
(Resource Person)

Dr. Revika  
Convenor  
Red Cross  
GCW Gandh

Organis  
Dr. Asho  
Prof. Eit

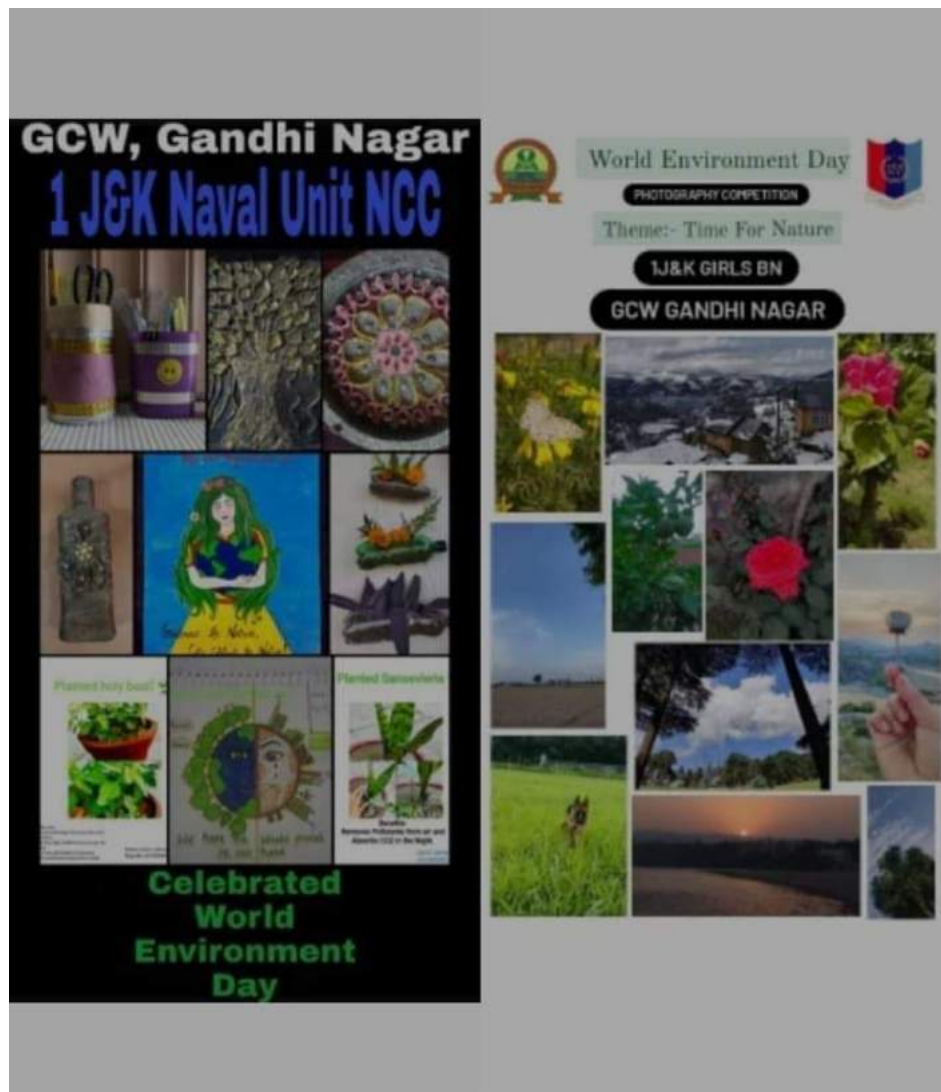
54. **International Biological Diversity Day (22-05-2021):** International Day for Biological Diversity was celebrated by NSS Unit of Govt. College For Women, Gandhi Nagar, Jammu on 22<sup>nd</sup> of March, 2021.



**55. World Tobacco Day (31-05-2021):** World No Tobacco Day is celebrated all over the world every year on 31<sup>st</sup> May. The theme of the World No Tobacco Day, 2021 is 'Comit to quit'. NCC Cadets of both 1J & K Bn and 1 J&K Naval unit participated to commemorate this day at Govt. College For Women, Gandhi Nagar, Jammu.



56. **World Environment Day(04-06-2021):** NCC Cadets of Govt.College For Women, Gandhi Nagar, Jammu celebrated World Environment Day on 4<sup>th</sup> of June,2021.



**57. International Yoga Day (21-06-2021):** International Yoga Day was observed on 21<sup>st</sup> of June, 2021. Cadets of 1J&K Girls and 1J&K Bn Naval composed beautiful jingles like ‘Aao Yog Apnaye’, Let us Learn Yoga’ etc. and participated in online jingles composition competition.



58. **World Ozone Day (16-09-2021)**; Department of Botany, Govt. College For Women, Gandhi Nagar, Jammu organized a Webinar on ‘World Ozone Day’ on the topic ‘Exploring the Ozone- From Discovery to Recovery’ on 16<sup>th</sup> of September, 2021.

Sandya Khatun.



**59.NSS Foundation Day (29-09-2021):** NSS Foundation Day was celebrated with great fervor by NSS Volunteers on 29<sup>th</sup> of September,2021 by organizing Cultural Bonanza at Govt. College For Women, Gandhi Nagar, Jammu.



**60: Gandhi Jayanti (03-10-2021):** Gandhi Jayanti was celebrated with great fervor by NCC & NSS Volunteers on 3<sup>rd</sup> of October, 2021. Through the mesmerizing music, thumping beats, poems, speeches students revisited the Gandhian philosophy Govt. College For Women, Jammu.





61 : Govt. College For Women, Gandhi Nagar, Jammu organized a Nine days long cultural fest 'NAVSWAROOP' on the pious occasion of Navratri on 7<sup>th</sup> of October,2021.

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

Organises

# NAVSWAROOP

To mark the celebration of

## NAVRATRI

<b>कलश श्रृंगार</b> (POT DECORATION)	<b>नृत्य कला</b> (DANCE RECITAL)	<b>माला अलंकृति</b> (GARLAND MAKING)
8th OCT, 2021 FRIDAY	9th OCT, 2021 SATURDAY	11th OCT, 2021 MONDAY

<b>भजन एवं मंत्र उच्चारण</b> (HYMN OR MANTRA ENCHANTMENT)	<b>प्रश्नोत्तरी</b> (QUIZ COMPETITION)
12th OCT, 2021 TUESDAY	13th OCT, 2021 WEDNESDAY

PATRON  
Prof. (Dr.) Sangita Nagari

CULTURAL CONVENER  
Dr. Surjit Kour Raina



### Govt PG College for Women Gandhi Nagar, Jammu concludes 'Navswaroop'

DAILY TIMES SERVICE

JAMMU, Oct 15 (ANI) The Govt PG College for Women Gandhi Nagar, Jammu, today concluded its Navswaroop programme. The college was inaugurated in 2015 and has been providing quality education to women students. The programme was held in the college auditorium and was attended by the college staff and students. The programme was a success and the students participated enthusiastically. The college is committed to providing the best education to its students and is looking forward to the future.



Students participating in Navswaroop programme at Govt PG College for Women Gandhi Nagar, Jammu.

The Navswaroop programme is a series of activities designed to promote the values of Navgrah (Sun, Moon, Mars, Mercury, Jupiter, Venus, Saturn, Rahu, and Ketu). The programme includes various activities such as singing, dancing, and drama. The students were divided into groups and each group performed a skit related to one of the Navgrah. The programme was a great success and the students enjoyed it very much. The college is proud to have organized such a programme and is looking forward to organizing more such programmes in the future.

### Various Sikh Organizations condemns teachers killing in valley

DAILY TIMES SERVICE

JAMMU, Oct 15 (ANI) Various Sikh organizations have condemned the killing of a teacher in the valley. The organizations have expressed their deep sorrow and have called for justice for the victim. They have also demanded that the government should take steps to prevent such incidents from recurring. The organizations have also expressed their confidence in the government and believe that the government will take appropriate steps to ensure the safety of all citizens.

The killing of a teacher in the valley has shocked the community. The teacher was killed while on duty. The incident has raised concerns about the safety of teachers and students in the valley. The organizations have also expressed their concern about the lack of security in the valley. They have also expressed their confidence in the government and believe that the government will take appropriate steps to ensure the safety of all citizens.

### ASHA worker's demise condoled by colleagues

DAILY TIMES SERVICE

JAMMU, Oct 15 (ANI) The demise of an ASHA worker has been condoled by her colleagues. The colleagues have expressed their deep sorrow and have called for justice for the victim. They have also demanded that the government should take steps to prevent such incidents from recurring. The colleagues have also expressed their confidence in the government and believe that the government will take appropriate steps to ensure the safety of all citizens.

The ASHA worker was killed while on duty. The incident has raised concerns about the safety of ASHA workers in the valley. The colleagues have also expressed their concern about the lack of security in the valley. They have also expressed their confidence in the government and believe that the government will take appropriate steps to ensure the safety of all citizens.

### Shiv Sena protests against skyrocketing prices of vegetables

DAILY TIMES SERVICE

JAMMU, Oct 15 (ANI) Shiv Sena has organized protests against the skyrocketing prices of vegetables. The protesters have expressed their deep sorrow and have called for justice for the victims. They have also demanded that the government should take steps to prevent such incidents from recurring. The protesters have also expressed their confidence in the government and believe that the government will take appropriate steps to ensure the safety of all citizens.



Protesters demanding action against skyrocketing prices of vegetables.

The prices of vegetables have increased significantly in recent months. This has caused a lot of hardship for the people of the valley. The protesters have also expressed their concern about the lack of security in the valley. They have also expressed their confidence in the government and believe that the government will take appropriate steps to ensure the safety of all citizens.

### Mushroom farming picks up in Kishtwar

DAILY TIMES SERVICE

KISHTWAR, Oct 15 (ANI) Mushroom farming is picking up in Kishtwar. The farmers have expressed their deep sorrow and have called for justice for the victims. They have also demanded that the government should take steps to prevent such incidents from recurring. The farmers have also expressed their confidence in the government and believe that the government will take appropriate steps to ensure the safety of all citizens.



People engaged in mushroom farming in Kishtwar.

### Kishtwar Police seeks help of general public to trace out missing person

DAILY TIMES SERVICE

KISHTWAR, Oct 15 (ANI) The Kishtwar Police is seeking the help of the general public to trace out a missing person. The police have expressed their deep sorrow and have called for justice for the victim. They have also demanded that the government should take steps to prevent such incidents from recurring. The police have also expressed their confidence in the government and believe that the government will take appropriate steps to ensure the safety of all citizens.



A missing person in Kishtwar.

### Govt PG College for Women Gandhi Nagar, Jammu concludes 'Navswaroop'

DAILY TIMES SERVICE

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Students participating in Navswaroop programme at Govt PG College for Women Gandhi Nagar, Jammu.

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### Indian Army celebrates Dussehra in Akhnoor

DAILY TIMES SERVICE

AKHNOOR, Oct 15 (ANI) The Indian Army celebrated Dussehra in Akhnoor. The army has expressed its deep sorrow and has called for justice for the victims. They have also demanded that the government should take steps to prevent such incidents from recurring. The army has also expressed its confidence in the government and believes that the government will take appropriate steps to ensure the safety of all citizens.



Indian Army celebrating Dussehra in Akhnoor.

### Rashtriya Atal Sena pays tributes to martyrs of Poonch

DAILY TIMES SERVICE

POONCH, Oct 15 (ANI) Rashtriya Atal Sena has paid tributes to the martyrs of Poonch. The organization has expressed its deep sorrow and has called for justice for the victims. They have also demanded that the government should take steps to prevent such incidents from recurring. The organization has also expressed its confidence in the government and believes that the government will take appropriate steps to ensure the safety of all citizens.



Rashtriya Atal Sena paying tributes to the martyrs of Poonch.

### Shrimad Bhagwat Saptah Katha & Hauxan Yogga enters day-2

DAILY TIMES SERVICE

JAMMU, Oct 15 (ANI) The Shrimad Bhagwat Saptah Katha & Hauxan Yogga has entered its second day. The organizers have expressed their deep sorrow and have called for justice for the victims. They have also demanded that the government should take steps to prevent such incidents from recurring. The organizers have also expressed their confidence in the government and believe that the government will take appropriate steps to ensure the safety of all citizens.



Shrimad Bhagwat Saptah Katha & Hauxan Yogga in progress.

### Visasmile International launched in Jammu

DAILY TIMES SERVICE

JAMMU, Oct 15 (ANI) Visasmile International has been launched in Jammu. The organization has expressed its deep sorrow and has called for justice for the victims. They have also demanded that the government should take steps to prevent such incidents from recurring. The organization has also expressed its confidence in the government and believes that the government will take appropriate steps to ensure the safety of all citizens.



Launch of Visasmile International in Jammu.

### Yudhvir pays rich tributes to Martyred JCO, soldier; says Nation stands with their families

DAILY TIMES SERVICE

JAMMU, Oct 15 (ANI) Yudhvir has paid rich tributes to the martyred JCO and soldier. He has expressed his deep sorrow and has called for justice for the victims. He has also demanded that the government should take steps to prevent such incidents from recurring. He has also expressed his confidence in the government and believes that the government will take appropriate steps to ensure the safety of all citizens.



Yudhvir paying tributes to the martyred JCO and soldier.

# वण दहन के साथ हुई बुराई पर अच्छाई की जीत

वण दहन के साथ हुई बुराई पर अच्छाई की जीत



वण दहन के साथ हुई बुराई पर अच्छाई की जीत

# वुमेन कॉलेज गांधीनगर में नवरात्र पर चल रहे नवस्वरूप का हुआ समापन

वुमेन कॉलेज गांधीनगर में नवरात्र पर चल रहे नवस्वरूप का हुआ समापन



वुमेन कॉलेज गांधीनगर में नवरात्र पर चल रहे नवस्वरूप का हुआ समापन

## अरएसपुरा में हुआ दंगल का आयोजन



## आरएसपुरा में हुआ दंगल का आयोजन



अरएसपुरा में हुआ दंगल का आयोजन

आरएसपुरा में हुआ दंगल का आयोजन

## धूमधाम से करी भगतान श्री राम दरवार परिवार की मूर्तियां स्थापित

धूमधाम से करी भगतान श्री राम दरवार परिवार की मूर्तियां स्थापित

धूमधाम से करी भगतान श्री राम दरवार परिवार की मूर्तियां स्थापित

## नेशनल हाईवे पर कार और ट्रक की टक्कर

नेशनल हाईवे पर कार और ट्रक की टक्कर



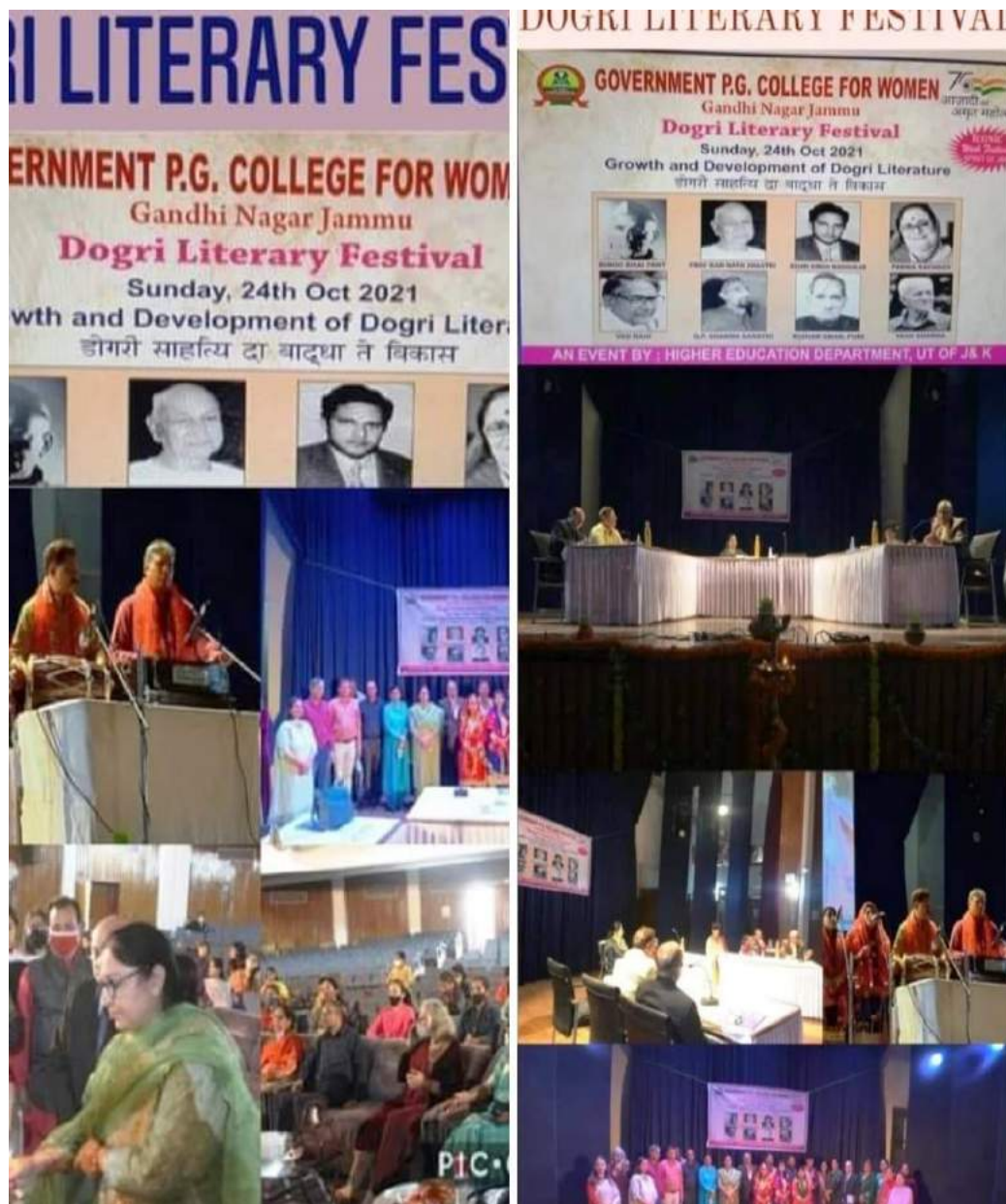
## Govt PG College for Women Gandhi Nagar, Jammu concludes 'Navsvaroop'

Govt PG College for Women Gandhi Nagar, Jammu concludes 'Navsvaroop'



Govt PG College for Women Gandhi Nagar, Jammu concludes 'Navsvaroop'

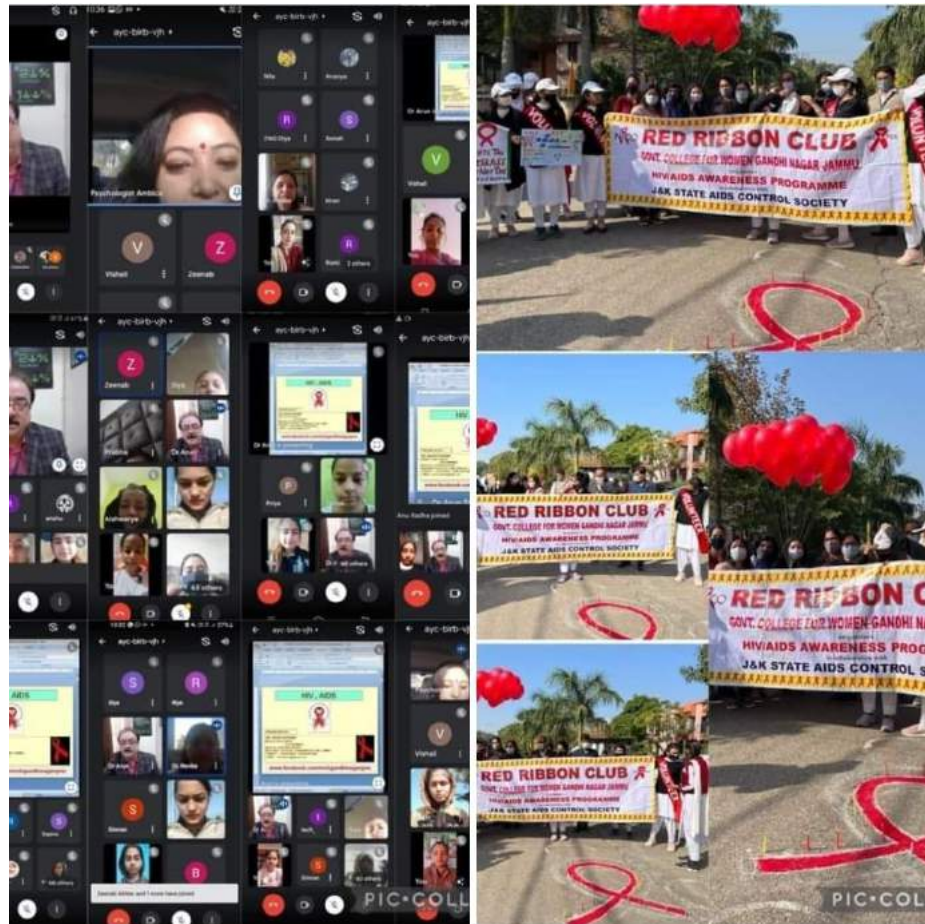
62: Govt. College For Women, Gandhi Nagar, Jammu, conducted an iconic literary festival on 24<sup>th</sup> of October, 2021 under the bannership of Higher Education Department, UT of Jammu. The event focused on the topic ‘Growth & Development of Dogri Festival’ for the growth and preservation of Dogri as the mother language.



**63. Constitution Day(26-11-2021):** The Department of Political Science, Govt. College For Women, Gandhi Nagar, Jammu, in collaboration with IQAC celebrated ‘Constitution Day’ to commemorate the anniversary of the adoption of the Constitution of India, under the banner of Azadi ka Amrit Mahotsav with zeal and gaiety in the College auditorium on 26<sup>th</sup> of Nov.,2021.



**64. World Aids Day(01-12-2021):** World Aids Day was celebrated on 1<sup>st</sup> of Dec.,2021. A one day Webinar was conducted on Aids Day. Dr. Arun Sharma Medical Suprintendent, Maternity Hospital was the keynote speaker. To create an awareness Balloon Raising ceremony held in which red balloons were released in air by the Principal of the College Dr. Sangita Nagari.



65. **National Girl Child Day( 24-01-2022):** NSS Units of GCW, Gandhinagar, Jammu celebrated National Girl Child Day on 24<sup>th</sup> of January,2022 as a part of ‘Azadi ka Amrit Mahotsav’. To celebrate the two activities poster making competition on the theme Save & Protect the girl child and debate competition on the theme ‘Rights of the Girl Child in India’ were organized.





66. **Hindi Diwas:** GCW, Gandhi Nagar, Jammu, organized Hindi Diwas on 14<sup>th</sup> of Feb., 2022 under the guidance of worthy Principal Prof. Minu Mahajan.



**67. National Science Day(28-02-2022):** To commemorate National Science Day on 28<sup>th</sup> of Feb.,2022, Department of Mathematics at GCW, Gandhi Nagar, Jammu organized a webinar on the topic ‘Multiple Career Options in Mathematical Sciences’.





**69. World Water Day(22-03-2022):** The students of Geography Department GCW, Gandhi Nagar, Jammu celebrated World Water Day on 22<sup>nd</sup> of March,2022 under the banner ‘Azadi ka Amrit Mahotsav’.



**70.Martyr's Day (23-03-2023):** GCW, Gandhi Nagar, Jammu, commemorated Shaheedi Diwas (Martyr's Day) by organizing declamation contest, Slogan writing competition and poster making competition on 23-03-2022.



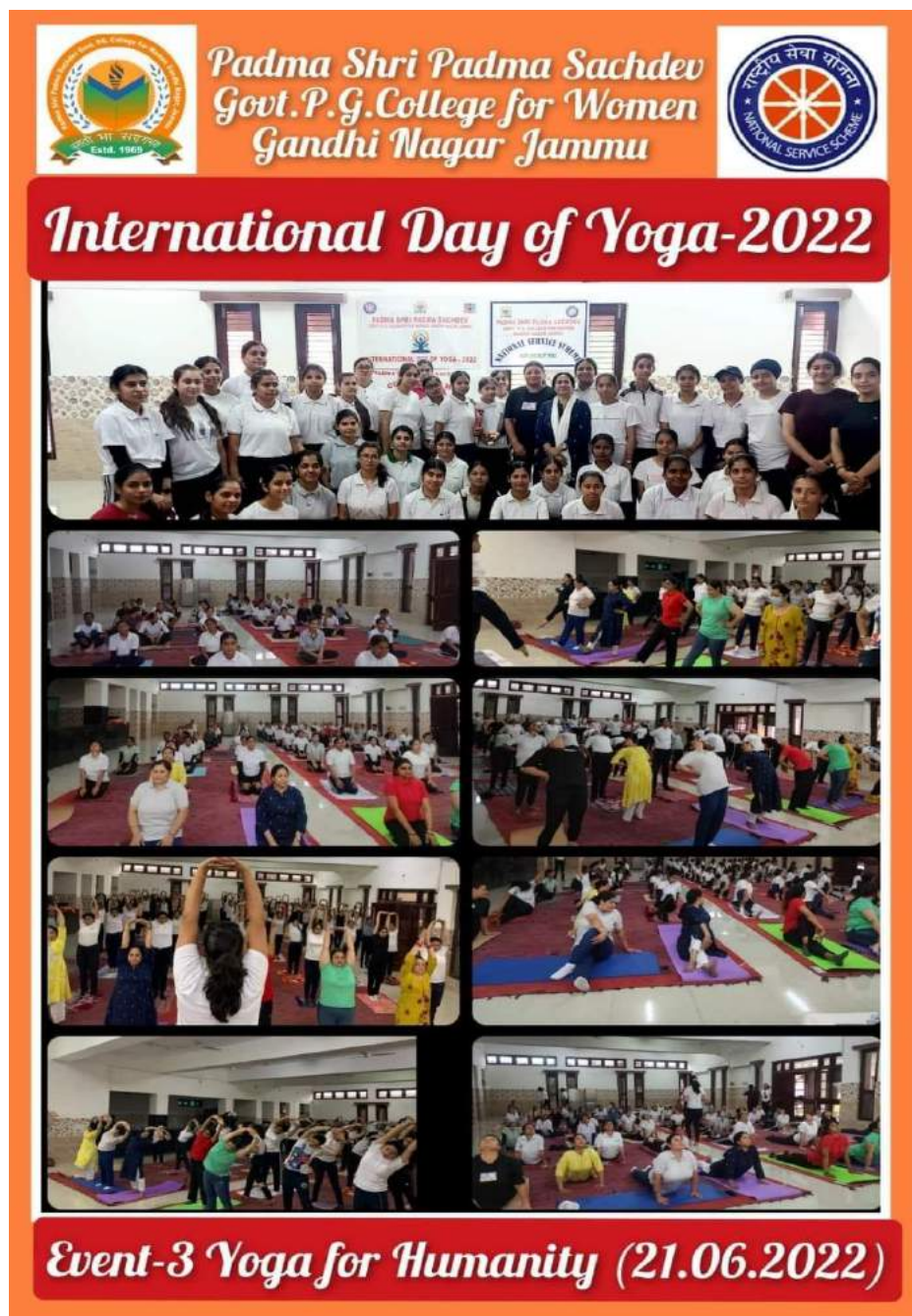
**71. World Theatre Day (29-03-2023):** GCW, Gandhi Nagar, Jammu celebrated the 'World Theatre Day' by organizing 5 plays based on diverse themes Heer-Ranjha, Warish Shah, Do Behanein- Premchand and Mental Health Old Age Homes and Importance of culture were staged by students of the College on 29<sup>th</sup> of March,2022.



**72. Ambedkar Jayanti (14-04-2022):** In continuation with the activities to commemorate ‘Azadi ka Amrit Mahotsav’ 40 cadets of 1<sup>st</sup> J&K Girl’s Bn and 1<sup>st</sup> J&K Naval Unit of GCW, Gandhi Nagar, Jammu celebrated 131<sup>st</sup> birth anniversary of Baba Saheb Ambedkar on 14<sup>th</sup> of April. Dr. Ambedkar was one of the architects of Indian Constitution.



73. **International Yoga Day(21-06-2022):** GCW, Gandhinagar, Jammu celebrated the 8<sup>th</sup> International Yoga Day in the College on 29<sup>th</sup> of June, 2023 by organizing a series of events from 19-06-2022 to 21-06-2022.





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



## **International Day of Yoga -2022**



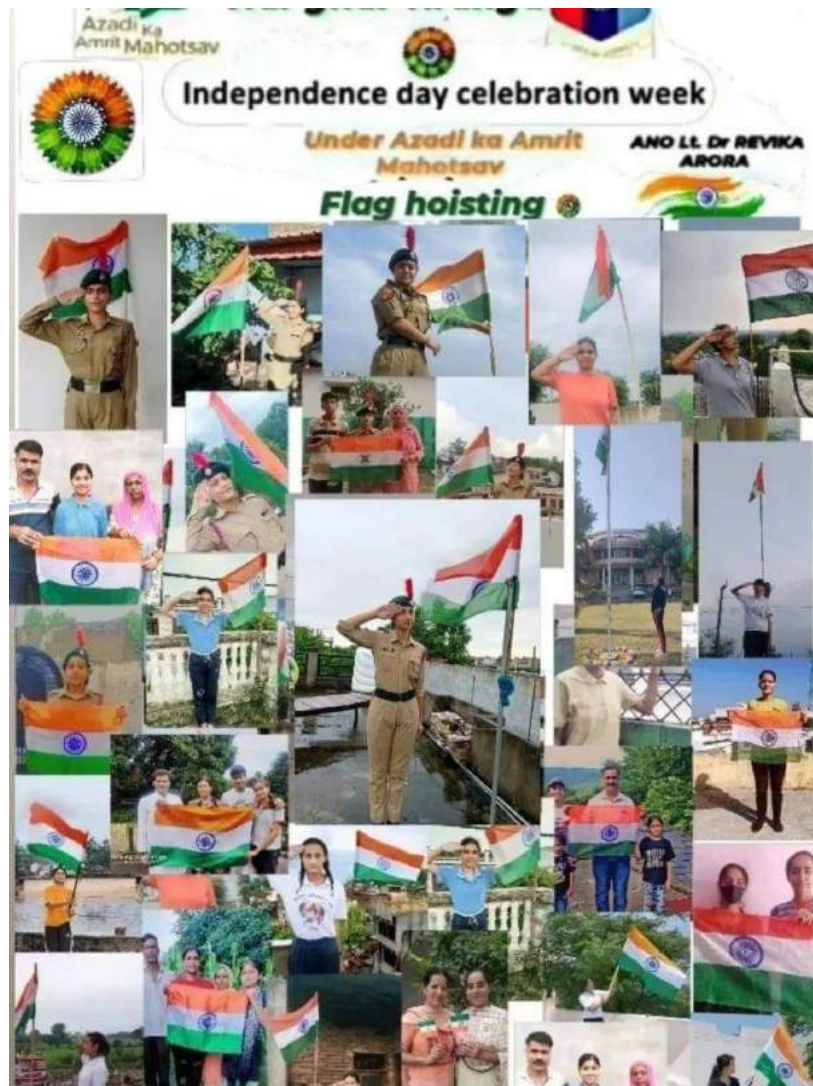
**Event-2 Favourite Yoga Asana (20.06.2022)**



**74. World Tobacco Day( 31-06-2022):** he Department of Psychology .GCW,Gandhi Nagar, Jammu under the aegis of Manodarpan in collaboration with NSS Units of the College organized a T-shirt Painting competition for the students on the topic ‘Say no to Tobacco’ on 31<sup>st</sup> of May,2022 to celebrate World Tobacco Day.



**75. Independence Day (15-08-2022):** NCC Cadets of 1<sup>st</sup>J&K Girl's Bn, GCW, Gandhi Nagar, Jammu commemorated Independence Day by hoisting National Flag at their homes on 15<sup>th</sup> of August, 2022 'Har Ghar Tringa' program was being celebrated with great zeal and fervor.



**76. Teachers Day/ Birth Anniversary of Dr. Sarvpalli Radhakrishnan (05-09-2022):** GCW, Gandhi Nagar, Jammu a series of events were organized to commemorate the 153<sup>rd</sup> birth anniversary of Dr. Sarvpalli Radhakrishnan On 5<sup>th</sup> of Sept., 2022 at the College auditorium with great fervor and enthusiasm.



**77. Gandhi Jayanti(02-10-2022):**GCW, Gandhi Nagar, Jammu, a series of events were organized to commemorate the 153<sup>rd</sup> birth anniversary of the Father of Nation whose thoughts and vision lighted the path of youth on 2<sup>nd</sup> of Oct.,2022.



# Gandhi Jayanti Celebrations-2022

Event-2 Slogan Writing Competition (22.09.2022)



# Gandhi Jayanti Celebrations-2022

Event-1 Cleanliness Drive (21.09.2022)



**78. Rashtriya Ekta Diwas (31-10-2022):** Rashtriya Ekta Diwas also known as National Unity Day was celebrated by different Units of GCW, Gandhi Nagar, Jammu on 31<sup>st</sup> of Oct., 2022 to commemorate the birth anniversary of Sardar Vallabhai Patel.



**79.National Mathematics Day (27-12-2022):** The Department of Mathematics, GCW, Gandhi Nagar, Jammu celebrated National Mathematics Day. The aim of the event was to enlighten the students about life and work of the great mathematician Srinivasa Ramanujan and about the various career opportunities in the field of Mathematics.



**80.Prakaram Diwas(08-03-2023):** To celebrate Prakaram Diwas NSS Unit 1 of GCW, Gandhi Nagar, Jammu commemorate Netaji Subhash Chandra Bose on his 126<sup>th</sup> birth anniversary by organizing poster making competition.



patronship of the princ... of Sociology: Pd Sharma

**GCW Gandhi Nagar organises poster-making competition on Parakram Diwas**

**STATE TIMES NEWS JAMMU:** To celebrate Prakaram Diwas, NSS Unit-1 of Padma Shri Padma Sachdev Govt PG College for Women Gandhi Nagar Jammu commemorate Netaji Subhash Chandra Bose on his 126th Birth anniversary by organizing Poster Making Competition under the guidance of worthy Principal Prof. Miss Mahajan and supervisor of Prof. Mala Bhasin NSS Programme Officer Unit-1

Participants of poster-making competition after the event.

on 23.01.2023. A total of 20 volunteers participated in the event wherein they made beautiful posters on the given theme - Life Sketch of Netaji Subhash Chandra Bose and gave wings to their imaginations and creativity. This endeavour of students was judged by Prof. Supannda Mahajan and Dr. Beem Sharma of Department of Botany. Volunteers, Mehak Saini, Sunita and Shagun clinched the 1st, 2nd and 3rd Position respectively.

Prof. Miss Mahajan, the worthy Principal of the College appreciated the hardwork and creativity of participants. She also emphasized over the extraordinary and invaluable contributions made by Netaji Subhash Chandra Bose to the Indian Freedom Struggle. Paying tributes to Netaji, Prof. Mala Bhasin NSS Programme Officer Unit-1 said that he is still an epitome for courage, action and sacrifice and will continue to remain a timeless inspiration to all. She also appreciated the enthusiastic and laborious efforts of volunteers to make this event a success. The event was coordinated by senior NSS volunteers - Shruya Kalia and Janshen Kaur.



**81. Republic Day(26-01-2023):** GCW, Gandhi Nagar, Jammu celebrated 74<sup>th</sup> Republic Day. Prof. Minu Mahajan, worthy Principal of the College addressed and highlighted the importance of the Constitution and emphasized that we as Indians are fortunate to have one of the largest constitution of the world. She urged teachers to be good role model and students to focus on learning life skills and being a part of solutions.



**82. International Women's Day (08-03-2023):** The Department of Political Science in collaboration with IQAC of GCW, Gandhi Nagar, Jammu organized a 'Moot Court Trial Activity' on 8<sup>th</sup> of March, 2023 International Women's Day. Prof. Minu Mahajan highlighted the importance of moot court activity and how it helps students to get more aware about various sections and articles related to law and order of the country.



83. Department of Botany, GCW, Gandhi Nagar, Jammu organized a “Kite Making Competition” to celebrate Baisakhi Festival on 13<sup>th</sup> of April, 2023.



**84. Ambedkar Jayanti(14-04-2023):** To commemorate 132<sup>nd</sup> birth anniversary of the Father of Indian Constitution, Baba Saheb Dr. Bhim Rao Ambedkar, GCW, Gandhi Nagar, Jammu organized an event-Two minute Tree Talk on the topic ‘Baba Sahib Dr. Bhim Rao Ambedkar and His role in framing Indian Constitution’.



85. GCW, Gandhi Nagar, Jammu celebrated Eid, the festival that upholds the spirit of brotherhood, love and secularism with great enthusiasm On 28<sup>th</sup> of April,2023.



**86.Red Cross Day(08-05-2023):** The Red Cross unit of GCW, Gandhi Nagar, Jammu in collaboration with IQAC organized a poster making competition on the topic-‘Organ Donation’ to celebrate World Red Cross Day.



# Gymnasium

The Gymnasium of a College: A Hub of Fitness, Health, and Community.

**Introduction:**The gymnasium of a college is not just a space filled with exercise equipment; it is a vibrant and essential component of a college campus. It serves as a hub for promoting physical fitness, fostering a healthy lifestyle, and building a sense of community among students. This note aims to highlight the significance of a college gymnasium, its benefits, and the various activities and amenities it offers.



**Importance of a College Gymnasium:**In today's sedentary lifestyle, where physical Activity often takes a back seat college gymnasiums play a crucial role in promoting and

maintaining good health among students. These facilities are essential in addressing the rising concerns of obesity, cardiovascular diseases, and mental health issues among the student population. A college gymnasium offers an inclusive environment for students to engage in various physical activities, exercise routines, and sports, fostering holistic well-being.



**Promoting Physical Fitness:** The primary purpose of a college gymnasium is to provide students with opportunities to engage in physical fitness activities. These include a range of options such as cardio exercises, weightlifting, group fitness classes, and sports activities. Modern gymnasiums are equipped with state-of-the-art exercise machines, free weights, and dedicated spaces for functional training. These facilities cater to the diverse needs and preferences of students, encouraging them to stay active, improve their physical fitness, and develop healthy habits that can be carried into adulthood.



**Sports and Recreational Activities:** Apart from traditional exercise routines, a college gymnasium also serves as a platform for sports and recreational activities. It often houses sports courts for basketball, volleyball, badminton, and indoor soccer. These facilities enable students to participate in team sports, fostering teamwork, discipline, and a spirit of healthy competition. The gymnasium may also offer facilities for activities like yoga, dance, martial arts, and swimming, catering to different interests and skill levels.

**Health and Wellness Programs:** Many college gymnasiums extend beyond physical fitness and incorporate health and wellness programs. These programs may include seminars, workshops, and classes on nutrition, stress management, mindfulness, and overall well-being. By offering comprehensive support, the gymnasium becomes a center for promoting a holistic approach to health, empowering students to make informed choices and lead balanced lives.



**Community and Social Interaction:** The gymnasium serves as a social hub within the college campus, facilitating interaction and building a sense of community among students. It becomes a meeting place where students from different backgrounds and disciplines come together, fostering a sense of belonging and camaraderie. The shared experience of engaging in physical activities and sports cultivates friendships, encourages networking, and enhances the overall college experience

**Opportunities for Leadership and Skill Development:** College gymnasiums often provide opportunities for students to develop leadership skills and gain practical experience. Students can take on roles such as fitness instructors, sports team captains, or event organizers, allowing them to enhance their organizational, communication, and management skills. These experiences contribute to their personal growth and make them well-rounded individuals, ready to face the challenges of the professional world.

**Promoting Mental Health:** Physical fitness and mental health are closely intertwined. Engaging in regular exercise and physical activity can significantly improve one's mental well-being by reducing stress, anxiety, and depression. College gymnasiums recognize this connection and offer a safe and supportive environment for students to address their mental health needs. Many gyms organize mindfulness sessions, meditation classes, and yoga practices to help students relax, destress, and maintain a healthy mindset.

**Conclusion:** The gymnasium of a college is far more than a mere facility for physical exercise; it is a center for promoting fitness, health, and community. With its diverse range

## Medical Room

The Importance and Functionality of the Medical Room in College:

**Introduction :** The medical room in a college is a crucial facility that plays a significant role in ensuring the well-being and health of the student population. It serves as a place where students can receive immediate medical attention, basic healthcare services, and support for various health-related concerns. In this note, we will explore the importance of a well-equipped medical room in a college and the services it provides to students.



**The Role of the Medical Room:**The medical room in a college acts as a primary source of medical assistance for students. It serves as a hub for addressing minor injuries, illnesses, and other medical emergencies that may occur during college hours. One of the main functions of the medical room is to provide immediate first aid to students in case of accidents or injuries that occur on campus. Trained medical staff are available to assess the situation, administer first aid, and determine whether further medical attention is required.



Apart from emergency care, the medical room also offers preventive healthcare services. Regular check-ups, vaccinations, and health screenings are conducted to monitor the overall health of the student community. This proactive approach helps identify any underlying health issues and enables early intervention, reducing the risk of complications providers or hospitals.

**Medication Dispensing:** The medical room maintains a stock of commonly used over-the-counter medications, such as pain relievers, antacids, and cough syrup. Students can obtain these medications with proper authorization from the medical staff.

**Health Education:** The medical room plays a vital role in promoting health awareness among students. Workshops, seminars, and campaigns on topics like nutrition, hygiene, mental health, and sexual health are organized to educate students about healthy lifestyles and preventive measures.



**Counseling Services:** The medical room often has counselors or psychologists available to provide mental health support to students. They offer a confidential and supportive environment where students **T** can discuss their concerns, seek students. It serves as a hub for addressing minor injuries, illnesses, and other medical emergencies that may occur during college hours. One of the main functions of the medical room is to provide immediate first aid to students in case of accidents or injuries that occur on campus. Trained medical staff are available to assess the situation, administer first aid, and determine whether further medical attention is required.

Apart from emergency care, the medical room also offers preventive healthcare services. Regular check-ups, vaccinations, and health screenings are conducted to monitor the overall health of the student community. This proactive approach helps identify any underlying health issues and enables early intervention, reducing the risk of complications

**Services Offered in the Medical Room:** The medical room is equipped with essential medical supplies and equipment to cater to the immediate healthcare needs of students.

Some of the common services offered include:

**First Aid:** The medical room provides immediate first aid for minor cuts, burns, sprains, and other non-life-threatening injuries. Trained staff are available to handle these situations and provide appropriate care.

**Basic Medical Care:** The medical room is equipped to handle common ailments such as headaches, fever, allergies, and respiratory infections. Students can visit the medical room for assessment, diagnosis, and basic treatment. In case of more severe conditions, students are 4-referred to specialized health care guidance, and receive appropriate referrals if necessary.

**Emergency Response:** In case of medical emergencies, the medical room serves as a central point of contact. The staff is trained to handle critical situations, administer CPR, and coordinate with emergency services when needed.

**Promoting Student Well-being:** The presence of a well-equipped medical room on campus promotes the overall well-being of students. It ensures that students have easy access to medical assistance, creating a safe and healthy environment. The medical room also fosters a sense of security among students, as they know they have a reliable place to turn to in case of medical emergencies or health concerns.

Moreover, the medical room acts as a hub for health education and awareness. Through various initiatives and campaigns, students are educated about maintaining good physical and mental health, making informed choices, and seeking help when needed. This helps create a culture of well-being and empowers students to take care of their health.

**Conclusion:** In conclusion, the medical room in a college plays a crucial role in promoting the health and well-being of students. It provides immediate medical attention, basic healthcare services, and support for various health-related concerns.

## Girl's Hostel

**Girls Hostel Facilities:** Promoting a Safe and Supportive Environment for College Students.

**Introduction:** Girls hostels in college campuses play a crucial role in providing a safe and supportive living environment for female students pursuing higher education. These facilities go beyond providing mere accommodation; they create a conducive space where young women can thrive academically, socially, and emotionally. This note will explore the various aspects of girls hostel facilities in colleges, highlighting their importance, amenities, safety measures, and the positive impact they have on the overall college experience.



**Accommodation:** Girls hostels typically offer well-designed rooms with comfortable beds, study tables, chairs, and storage facilities. The rooms are spacious enough to promote a comfortable living space for residents. Privacy is maintained through the allocation of shared or individual rooms, depending on the infrastructure and availability. The hostels are equipped with common areas for recreation, such as lounges, TV rooms, and study halls, fostering a sense of community and camaraderie among the residents.

**Safety Measures:** Ensuring the safety and security of female students is of paramount importance in girls hostels. These facilities employ several security measures, including round-the-clock security personnel, CCTV surveillance, restricted entry through access cards, and emergency response systems. Well-lit pathways, fire safety equipment, and regular maintenance checks further contribute to a secure living environment. Hostel wardens or resident advisors are also present to provide guidance and support, creating a reliable support system for the residents.

**Hygiene and Maintenance:** Maintaining high standards of hygiene is essential in girls hostels. Regular cleaning of common areas, washrooms, and kitchens is carried out to ensure cleanliness and prevent the spread of infections. Adequate water supply, proper waste disposal systems, and laundry facilities are also provided to cater to the daily needs of the residents. Timely maintenance of infrastructure and repairs ensure that the hostel remains in optimal condition, offering a comfortable and pleasant living experience

Many girls hostels have mess facilities that provide nutritious and balanced meals to the residents. These dining halls offer a variety of food options, catering to different dietary preferences and requirements. Special attention is given to maintaining hygiene and cleanliness in the kitchen and dining areas. Some hostels also have designated areas for students to prepare their own meals, encouraging independence and fostering a sense of responsibility.



**Academic Support:** Girls hostels recognize the importance of academic support and offer various facilities to assist students in their studies. Study halls, libraries, and computer labs are provided within the hostel premises, enabling residents to conveniently access educational resources and work on assignments. Peer tutoring programs, ^ study groups, and mentorship initiatives are also organized to foster collaborative learning and academic growth.



**Recreational and Sports Facilities:** To promote a holistic college experience, girls hostels often offer recreational and sports facilities. Indoor and outdoor spaces for activities such as yoga, gymnasiums, sports fields, and common spaces for cultural events and celebrations are provided. These facilities encourage physical fitness, stress relief, and social interaction, contributing to the overall well-being of the residents.

**Counseling and Wellness Services:** Recognizing the emotional and psychological well-being of students, girls hostels often provide counseling services. Trained professionals offer confidential guidance and support to address personal, academic, and emotional challenges that students may face during their college journey.



**Conclusion:** Girls hostel facilities in college campuses are designed to create a safe and supportive environment for female students. Through comfortable accommodation, safety measures, hygiene maintenance, dining facilities, academic support, recreational amenities, and counseling services, these hostels contribute significantly to the overall college experience. By fostering a sense of community and promoting personal growth.

## Girls' Common Room

**Introduction :** The Girls' Common Room in college is a significant space that fosters empowerment, camaraderie, and personal growth among female students. It serves as a sanctuary where students can relax, socialize, and engage in activities that contribute to their holistic development. This article explores the importance and benefits of the Girls' Common Room, highlighting its role in empowering young women and building a strong sense of community within the college campus.

**Empowerment through Supportive Environment:** The Girls' Common Room provides a safe and inclusive environment that promotes , empowerment among female students. It serves as a space where young women can freely express themselves, share their experiences, and seek support from their peers. The room often features comfortable seating, study areas, and resources that cater to various interests and needs. It offers a respite from the pressures of academic life and encourages personal growth and self-care.




**Promoting Academic Excellence:** The Girls' Common Room plays a vital role in fostering academic excellence among female students. It serves as a hub for group study sessions, discussions, and knowledge-sharing. Here, students can collaborate, exchange ideas, and support one another's academic endeavors. The room is equipped with resources such as books, journals, and computers, enabling students to conduct research and access educational materials

Additionally, mentorship programs and workshops organized within the room help students develop essential study skills, time management techniques, and effective communication strategies.

**Building Community and Networking Opportunities:** The Girls' Common Room acts as a catalyst for building a strong sense of community among female students. It serves as a central hub for socializing, networking, and forming lifelong friendships. Regular events and activities organized within the room, such as cultural celebrations, guest lectures, and workshops, foster a spirit of unity and belonging. By engaging in shared experiences, students develop a network of support and camaraderie that extends beyond their college years.



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**Encouraging Personal and Professional Development:** The Girls' Common Room is instrumental in facilitating personal and professional development among female students. It provides a platform for students to explore their interests, passions, and talents through clubs, societies, and extracurricular activities. Students can join organizations that align with their aspirations, such as debate clubs, entrepreneurial societies, or artistic collectives, and nurture their skills in a supportive environment. Furthermore, the room often hosts guest speakers, career counseling sessions, and skill-building workshops that equip students with the necessary tools to succeed in their future endeavors.

**Conclusion:** The Girls' Common Room is an indispensable part of any college campus, as it empowers female students, fosters academic excellence, builds a sense of community, and encourages personal and professional development. It serves as a haven where young women can find solace, support, and opportunities for growth. By recognizing the importance of this space and investing in its resources, colleges can further empower their female students and contribute to their overall success. The Girls' Common Room acts as a symbol of progress and equality, enabling young women to thrive in all aspects of their college experience and beyond.

## **SAFETY AND SECURITY**

**Introduction:** The safety and security of students, faculty, and staff within a college campus are paramount for fostering a conducive learning environment. College campuses should serve as sanctuaries of knowledge, personal growth, and community engagement. This note explores the importance of safety and security measures in colleges and presents a comprehensive approach to address these concerns.

### **Physical Security Measures**

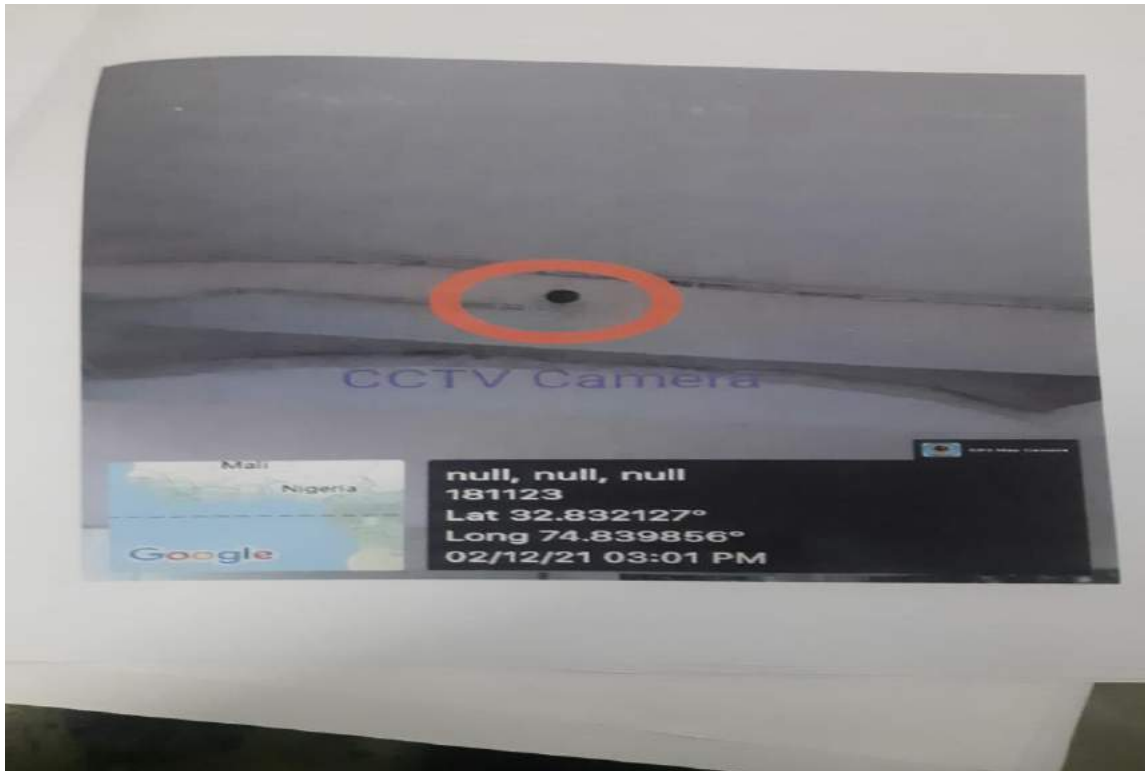
#### **Campus Access Control:**

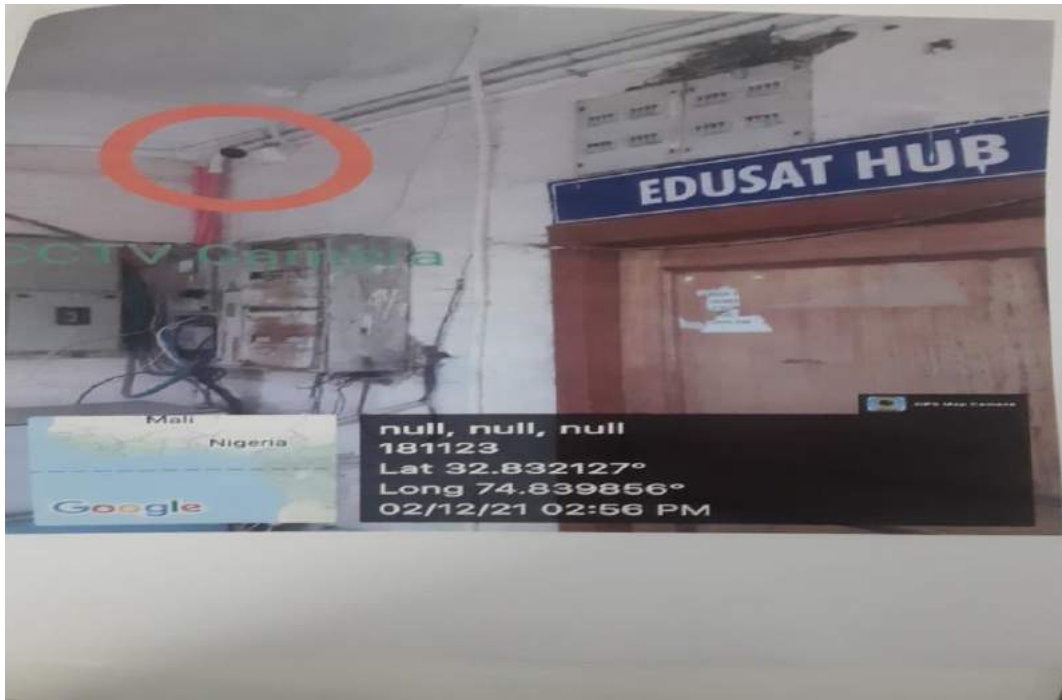
- Implementing access control systems with ID cards or biometric systems to restrict unauthorized entry.
- Strategically placing security personnel at entrances to monitor incoming and outgoing traffic.
- Installing surveillance cameras to ensure real-time monitoring of campus activities and deter potential threats.

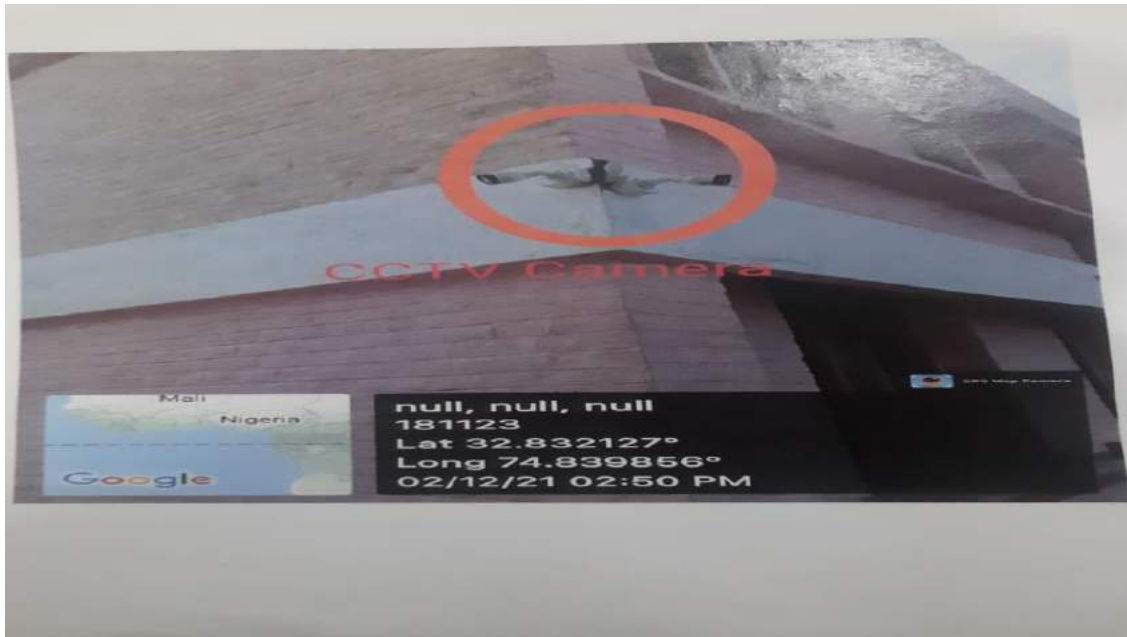
#### **Well-Maintained Infrastructure:**

- Regular maintenance and inspection of buildings, pathways, and outdoor spaces to identify potential hazards.
- Ensuring adequate lighting in all areas of the campus, including parking lots and pathways, to prevent accidents and deter criminal activity.

Implementing proper signage and emergency exit routes to aid in evacuation during crises







### **Secure Residence Halls:**

- Implementing access control systems and video surveillance in residence halls to monitor and restrict entry.
- Providing training to residential staff on emergency response procedures and fostering a culture of vigilance and community within the halls.

### **Emergency Preparedness:**

#### **Crisis Management Plan:**

- Developing a comprehensive crisis management plan that outlines procedures for various emergency scenarios, including natural disasters, medical emergencies, and active threats.
- Conducting regular drills and simulations to ensure preparedness and evaluate the effectiveness of the plan.

### Emergency Notification Systems:

Deploying a robust emergency notification system capable of disseminating timely information to students, faculty, and staff through various communication channels, such as text messages and emails. Ensuring that the emergency notification system is regularly tested and updated to maintain its reliability.

### Mental Health and Well-being:

- Counseling and Support Services:
- Establishing counseling centers staffed with qualified professionals who can provide support to students facing mental health challenges, stress, or personal crises. ' Promoting awareness campaigns on mental health issues and reducing
- Conducting regular security audits and vulnerability assessments to identify and address potential weaknesses in the network infrastructure.

### Digital Literacy and Education:

- Promoting awareness among students, faculty, and staff about best practices in online safety, including secure password management, avoiding phishing attempts, and responsible social media use.
- Offering workshops and training sessions on cyber security to equip individuals with the knowledge and skills needed to protect themselves and the institution

**Conclusion:** Ensuring the safety and security of a college campus requires a multi-faceted and proactive approach. By implementing physical security measures, developing emergency preparedness plans, prioritizing mental health and well-being, and addressing

cybersecurity concerns, colleges can create a secure and nurturing environment for their community. Continuous evaluation, adaptation, and collaboration among all stakeholders are crucial to maintaining an effective safety and security framework. Through these efforts, colleges can fulfill their mission of fostering academic excellence and personal growth while safeguarding the well-being of all who reside within their walls.