

# **NEWS LETTER**

## **Establishment of the Government Degree College Paloura**

1. Launching of Government Degree College Paloura within the Municipal limits is really a **visionary** step taken by the authorities because Jammu City really needs a College in its vicinity to share the load of the overloaded Colleges like GCW Parade, Govt. SPMR Commerce College, GGM Science College, Government MAM College and GCW Gandhi Nagar.
2. Government Degree College Paloura was established at Government Higher Secondary School vide Government Order No. 269-HE of 2007 dated 20-12-2007 and it was decided that the College would function in the newly constructed Block of the school having two Rooms. Professor Vijay Kotwal was the first Nodal Officer of the GDC Paloura and Professor Anil Goel was the first institutional over Head of the College. With the Passage of time requirements of the College also increased and the authorities decided to shift the College from the Higher Secondary School to Government College of Engineering and Technology (GCET) old University Campus, Canal Road Jammu on 6<sup>th</sup> of October 2009 till the newly constructed building comes the College is running successfully accommodating almost two hundred students with subjects like English, Hindi/Urdu, Education, History, Political Science and Sociology. It is important to mention here that in the process of shifting of this College Professor Sham Lal Gupta, the then Principal of GGM Science College and Nodal Officer of the GDC Paloura played an instrumental role. This was all possible because of his sincere efforts. The strength of the permanent faculty is ten in number and similarly the strength of non-teaching staff of the College is also ten in number.
3. Despite difficulties of the initial years the GDC Paloura is running quite successfully in curricular and Co-curricular activities in general and in academics in particular. The following below mentioned activities would further highlight the status of this upcoming institution:

## **Inauguration of Women Development Cell:**

The women development cell was inaugurated in Govt. Degree College, Paloura on the 5<sup>th</sup> of March. Year The function was attended by the Principal, staff members and students of the College. Dr. Anil Goel, then Principal of the College appreciated the efforts made by Higher Education Department and Women Study Centre, University of Jammu to make Women empowerment a reality. A wall magazine was also set up on the occasion.

## **PROGRAMME ORGANISED BY NSS UNIT:**

### **Cleanliness Drive:**

- On 25<sup>th</sup> of January 2010, NSS unit of Govt. Degree College Paloura organised a cleanliness drive in the College Campus. The volunteers displayed charts and banners deputing the hazards of unhygienic surroundings and a number of dustbins were installed in the campus. The Cleanliness drive was carried under the supervision of NSS Prog. Officer, Professor Nisha Bhagat.

### **Lecture on Stress Management Thought Yoga:**

- NSS unit of Govt. Degree College Paloura organized a lecture on “Stress Management Thought Yoga” on 7<sup>th</sup> August 2010 in the College Campus. Professor Uma Sharma, Rajya Pracharak of Pitanjali Yoggeetha was the speaker on occasion. She talked of stress as a state of restlessness among the students and also narrated various ways to overcome the stress.

### **Group Patriotic Song Competition:**

NSS unit of Govt. Degree College Paloura organized a Group Patriotic Song Competition which offered an opportunity for the students to display their Patriotic spirit on 14<sup>th</sup> of August 2010 later on Plantation Drive was also launched by the volunteers in the campus. Principal of the College Dr. Hemla Aggarwal was the Chief Guest on the occasion.

### **Essay Competition :**

NSS unit of Govt. Degree College Paloura organized an Essay Competition on the Topic a “Role of Youth & Millennium Development Goals: challenges and opportunities”, under the supervision of NSS, Prog. Office Nisha Bhagat on 25<sup>th</sup> August, 2010. In the Competition 10 Students participated, wherein Kanta Devi of B.A Part-I and Ishrat Feroz of B.A Part-I were adjudges as 1<sup>st</sup> and 2<sup>nd</sup> respectively.

The names of these two entries have been sent to NSS Coordinator, University of Jammu for further Participation at national level.

➤ **Message Writing Competition:**

Govt. Degree College Paloura Jammu organized a message writing competition on the eve of Teacher's Day. The College students participate wholeheartedly in the said competition and through their message conveyed their gratitude to the teachers. The panel adjudged Mohinder of B.A Part-I as the best among all.

➤ **Plantation Drive:**

NSS unit of govt. Degree College Paloura organized a Plantation Drive on 18<sup>th</sup> of September, 2010 in the College Campus. Principal of the College Prof. (Dr) Hemla Aggarwal inaugurated the Plantation Drive by planting medicinal Plant apprised the value of saving environment to the students.

**Report NSS Day (24<sup>th</sup> September, 2010)**

To Commemorate the NSS Day on 24<sup>th</sup> of September, NSS volunteers of Govt. Degree College Paloura, visited the Kusht Ashram of Bhagwati Nagar. A survey was conducted by these volunteers and it was found that the major problem faced by the people of Kusht Ashram was that of Ration facility. They informed that the Govt. has allocated a sum of Rs. 1 Lakh per annum for the ration which according to them is a meager amount for all the 29 households inhabiting that area. The students interacted with the residents of the locality and also donated the clothes on the occasion. The volunteers were accompanied by NSS Prog. Officer Nisha Bhagat, Physical Director Narayani Jamwal and Prof. Davinder Kour.

**Visit to Red Ribbon Express (13<sup>th</sup> November and 15<sup>th</sup> November, 2010)**

The NSS volunteers of Govt. Degree College Paloura visited the 'Red Ribbon' Train, which spread awareness on AIDS by----- various destinations, at Jammu Railway Station on 15<sup>th</sup> of November 2010, day-1 of 3-day long Exhibition on AIDS awareness. The train reached here in

Jammu in Collaboration with J&K AIDS prevention and control society with an aim to make people aware of HIV/AIDS and other related health issues. On the 3<sup>rd</sup> day of Exhibition, NSS Prog. Officer Prof. Nisha Bhagat and NSS volunteers were given training by the experts highlighting the causes, measures and prevention of AIDS.

### **Report of Cleanness Drive (20<sup>th</sup> November,2010)**

A Cleanness drive was carried on by the NSS unit of Govt. Degree College Paloura in the College Campus on 20<sup>th</sup> of November, 2010, with an aim to give College Campus “Freedom from garbage”. The drive was aimed at spreading awareness regarding the duty of citizens to care for environment. The NSS volunteers collected plastic sachets, bags and papers from the College Campus and then dumped these waste materials in the dust bins the other students were also made aware about the use of dustbins by the NSS volunteers. Speaking on the occasion, Principal of the College, Prof. (Dr) Hemla Aggarwal, said that if everyday keeps their surrounding clean, ultimately the entire nation will be clean and dirt-free. She also praised student’s efforts to clean the surrounding. The cleanness drive was carried out under the supervision of NSS Prog. Officer Prof. Nisha Bhagat.

### **Report of Sketching Competition (25<sup>th</sup> November,2010)**

NSS unit of Govt. Degree College Paloura organized a Sketching Competition in the College Campus on the topic ‘Harmony & National Integration’ on 25<sup>th</sup> of November, 2010. In this competition 30 students took part wherein Sonali of B.A Part-I, Neha Gupta of B.A-Part-I and Lovely Gupta of B.A Part-I were adjudged a 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> respectively Prof. Jugal Kishore Sharma of Urdu Department and Prof. Puja Parihar of History Department were the judge on the occasion Principal of the College, Prof. (Dr) Hemla Aggarwal presided over the function and said that it is the responsibility of all action of society to ensure peace and brotherhood so that all round development of the country takes place rapidly. This competition was conducted under the supervision of NSS Prog. Officer, Prof. Nisha Bhagat.

### **Report of Essay Competition (6<sup>th</sup> December, 2010)**

NSS unit of Govt. Degree College Paloura organized an essay competition on the topic “Human Right in changing World” on 6<sup>th</sup> December, 2010 in which 10 student took part where in Kanta Devi of B.A.- I was adjudged as the best. Prof. B.B. Anand of Political Science Department & Prof. Manmeet Kour of English Department were the judges on the occasion Principal of the college, Prof. (Dr.) Hemla Aggarwal presided over the function and stressed on the need of taking action to end discrimination in all of the forms wherever and wherever it is manifested. The essay competition was conducted under the supervision of NSS prog. Officer Prof. Nisha Bhagat.

### **Report of Lecture of Human Right Day (10<sup>th</sup> December, 2010)**

An extension lecture was organized by the NSS unit of Govt. Degree College Paloura on the topic “Human Right in the changing World”, by Advocate Seema Sheikher. In her address she informed the students that Human Rights are the rights and freedom that are entitled to all human. She emphasized that these are interlinked and independent rights which are inherent by all human beings irrespective of their nationality, caste, religion, status etc. She also stressed upon violation of women’s rights where by women and denied the right to live through abominable practice such as female foeticide. Principal of the college, Prof. (Dr.) Hemla Aggarwal also spoke on the occasion about the need to exercise to human right as a responsible citizen. The programme was conducted under the supervision of NSS Prog. Officer, Prof. Nisha Bhagat.

### **Report of Winter Camp (26<sup>th</sup> December to 4<sup>th</sup> January, 2011)**

A 10-days winter camp was organized by NSS unit of Govt. Degree College Paloura during the winter vacation from 26<sup>th</sup> December to 4<sup>th</sup> January, 2011. The NSS volunteers were divided into three groups and were deputed to her Orphanages-Ved Mandir Orphanage at Ambphalla and Neha Ghar at Kachi Chowni, and one old age Home at Ambphalla, for all the 10-days. The NSS volunteers gave the regular lesson to the inmates of both the Orphanages and helped them in completing their winter Holiday’s work. A member of notebooks and pencils were also distributed among the inmates of Neha Ghar . Later, on 1<sup>st</sup> of January, 2011, volunteers also celebrated New Year with the inmates of both the orphanages by distributing chocolates among

them. During their 10-days visit to these two places, volunteers performed different activities including cultural and sports activities.

Another group which was deputed to Old Age Home at Ambphalla, spends some quality time for 10days, which the inmates desired the most. During their visit they had interaction session with each and every inmate of Old Age Home. The NSS volunteers spoke to them and gathered information about the food they are given, the place they live in and the provision of medical facilities. The volunteers also performed different dances, songs and skit in front of them, which the inmates found very refreshing and entertaining. The volunteers also talked about the health and hygiene and spread awareness among the inmates. This whole winter camp was conducted under the supervision of NSS Prog. Officer Prof. Nisha Bhagat.

### **Report of National Youth Day (12<sup>th</sup> of January, 2011)**

NSS unit of Govt. Degree College Paloura National Youth Day on the eve of birth anniversary of Swami Vivekananda on 12<sup>th</sup> of January, 2011 in the College Campus. On the occasion Prof. Jugal Kishore Sharma highlighted the history of National Youth Day. He said that in 1984, the Govt. of India declared and decided to observe the birthday of Swami Vivekananda as a National Youth Day every year from 1985 onwards, in a move to encourage Youths to follow the ideals and Principles of great scholar. He added that this event is a celebration of young people's energy, imagination and initiatives and to recognize their social contribution to enhance peace and development in the society. NSS Prog Officer Prof. Nisha Bhagat also spoke on the occasion about the importance of celebrating National Youth Day. She said that the motto of declaring Youth Day on the birth date of philosophical guru, Swami Vivekananda is to motivate and inculcate his point ideals in the coming generation. She stressed that in a country like India where 60% population is Youth, it is necessary to motivate and develop culture with their g

of people for the country to come up. Principal of the College Prof. Hemla Aggarwal over the function and appreciated the efforts of NSS volunteers for Leds at College and University level.

**On 1<sup>st</sup> October, 2010** an elocution was held on Gandhi Jayanti occasion in which participants from different Colleges at provincial level took part. Zain-Ul-Abdeen, a student of Post-Graduate Department of Political Science from Jammu University stood first. Prof. Bhupinder Singh, Principal GCET Camp College Old University Campus Jammu, was the chief guest. Prof. Indira Rathore, Dr. Anil Goel, Mrs. Shankutla Joshi were the esteemed judges.

In the evening a Bhajan Sandhya was organized during which noted singers and artists performed. On the occasion the Registrar of the Jammu University P.S. Pathania was the Chief Guest.

### **Blood Donation Camp (22<sup>nd</sup> January, 2011)**

A Blood Donation Camp was organized by NSS unit of Govt. Degree College Paloura in Collaboration with AIDS control and prevention Society at Govt. Hospital Gandhi Nagar, on 22<sup>nd</sup> January, 2011. The camp was inaugurated by Hon'ble Minister for Health Mr. Sham Lal Sharma, in which NSS volunteers of Govt. Degree College Paloura donated blood for the blood bank of Govt. Hospital Gandhi Nagar.

### **Participation of NSS Volunteers of the College at University and National Level:**

- Sahil Kesar of B.A Part-II was selected to attend Pre-RD camp at Guru Nanak Dev University on 19<sup>th</sup> August, 2010. He also participated in the North-Zone Pre-RD camp at Roper (Punjab) from 1<sup>st</sup> to 10<sup>th</sup> November, 2010.
- Ranjeet B.A Part-III Participated in 13<sup>th</sup> All India Inter-University National Integration Camp at Jawaharlal Nehru Technological University, Kakinada (A.P) from 23<sup>rd</sup> December to 27<sup>th</sup> December, 2010.

- Manjeet of B.A Part-II, Dimple of B.A Part-II and Inderjeet of B.A Part-I Participated in Slogan Writing Competition on ‘Peace Harmony and Non-Violet’ on 5<sup>th</sup> October 2010, in the Jammu University, in which Manjeet of B.A Part-II got the appreciation certificate.
- 20 NSS volunteers of Degree College Paloura Participated in the ‘Peace Rally’ in the University of Jammu on 8<sup>th</sup> October, 2010.
- Shubam and Ranjeet of B.A Part-III Participated in Poetry Recitation competition and Essay writing competition respectively on the occasion of Hindi Divas organized by Department of Hindi, Jammu University and both were awarded certificates for the same.
- Ajay Manhas and Diksha of B.A Part-III Participated in 2-days workshop on “Kingian Theory of Non-Violet” by Paul Bueno, organized by Department of Political Science, University of Jammu.
- Ranjeet of B.A Part-III, Monika, Arsheed, Pooja Mahajan and Nadeem of B.A Part-I attended and gave final Performance in 5-days workshop on “Science Festival Through Folk Media” at GGM Science College, Jammu.
- Students of B.A Part-I attended a lecture by eminent Sociologist Prof. Yogesh Atal on a Challenge in Social Science” organized by Department of Sociology, University of Jammu on 22<sup>nd</sup> of February, 2011.

### **Participation of Faculty**

- Prof. Puja Parihar and Prof. Nisha Bhagat attended SAM workshop of “Capacity Building of Women Managers in Higher Education” from 15<sup>th</sup> December 2009 to 19<sup>th</sup> December 2009 in GGM Science College, Jammu.
- Prof. Parveen Kumari presented paper on the topic “Female Infanticide” to mark women’s Day celebration in SPMR, Commerce College Jammu.
- A genual Orientation Course was attended by Dr. Manpreet Kour, Prof. Parveen Kumari and Prof. Shakun Mahajan in the University of Jammu from 27<sup>th</sup> July to 23<sup>rd</sup> August, 2010.
- Dr. B.B. Anand attended two days NAAC workshop for IQAC coordinator regarding the awareness on the NAAC accreditation and re- accreditation held by Higher Education



- Department in Collaboration with GGM Science College Jammu on 18<sup>th</sup> and 19<sup>th</sup> August, 2010.
- Dr. Jugal Kishore Sharma, Dr. B.B. Anand and Prof. Nisha Bhagat attended 2-days workshop on CEDAW at Govt. College for Women, Parade Jammu on date?
- A general Orientation Course was attended by Prof. Puja Parihar and Prof. Nisha Bhagat in the University of Jammu from 15<sup>th</sup> of December 2010 to 11<sup>th</sup> of January, 2011.
- 2-days workshop on “Kingian Theory of Non-Violence” by Paul Bueno, organized by Political Science Department University of Jammu, was attended by Dr. B.B. Anand.
- Prof. Nisha Bhagat attended 5-days workshop on “Science Festival Through Folk Media” at GGM Science College, Jammu.
- Prof. Nisha Bhagat attended Lecture by eminent Sociologist Prof. Yogesh Atal on “Challenges in Social Science” organized by Department of Sociology, University of Jammu.

An extension Lecture and interactive session was held at Govt. degree College Paloura, on 19<sup>th</sup> of Feb, 2011, on the topic “Adolescent Health”. Prof. Aarti Bakshi, Head, Department of Psychology was the resource person on the occasion. She talked about the adolescent stage which in a period of transition between childhood and adulthood and is a period of storm and stress especially among the students. She also mentioned about the healthy lifestyle and nutrition’s diet that we should take in order to be strong both physically and mentally. She stressed on the main areas of the change that the students go through during this stage especially the Psychosocial change, due to which they indulge into different forms of health Risk behavior like smoking, alcohol use, drug use, unsafe sexual activity etc. In order to avoid these situations, she emphasized that a sense of control should be developed among the students and also stressed on role of counselors in today’s scenario. Later, Principal of the College, Prof. (Dr.) Hemla Aggarwal also interacted with the students and stressed on the need to follow the healthy lifestyle and to avoid the fad diet.

A 3-day “Break through Facilitation” workshop was organized by Department of Higher Education, J&K Govt. on 4<sup>th</sup> of March, 2011 at Adarsh College of Education. The workshop was based on the belief that an extra to the ordinary effort will ultimately contribute towards enhanced performances and this will enable managers/Leaders to serve as the agents of the growth across the organization/institution. The 3-day workshop was divided into 3 sessions:

- i. **Looking within**-which is the analysis of personal goals and self esteem
- ii. **Looking without**-Relating effectively with other for Building strong teams that can work toward objective.
- iii. **Looking Beyond**- which is creating vision that go beyond perceived invitations.

The workshop worked on understanding self for the purpose of growth and enhancement. It helped the Participants in derefreezing the current styles and moving to more advanced and relevant styles i.e., identifying and Removing mind sets to nurture creating thinking and Problem Solving.

Mr. Anand David of Manford Institute and Humaira Khan of HELP Foundation were facilitations for the workshop.