

**GOVT. DEGREE COLLEGE
RAMNAGAR
(NAAC Accredited)
Affiliated to University of Jammu**



CAMPUS NEWS

Annual News Letter 2021-22



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From the Principal's Desk

Dear Students,



It is a matter of great pride and satisfaction in presenting before you another edition of News Letter of Govt. Degree College Ramnagar. In spite of Covid-19 Pandemic the college has made tremendous progress in almost all areas of academic, non-academic & capacity building of staff & students. In order to accomplish our Vision & Mission, we are prepared to take as much effort as possible for the betterment of academics in the institution. We believe that education is an

effective medium of social transformation. We get encouragement while looking at bright & successful careers of hundreds of students which subsequently benefits the society particular & country in general. We believe in the progressive futuristic outlook & continual growth in the quality of all academic activities with a sense of commitment to meet the expectations of students & society. All programs including debates, seminars, celebrations, NSS & NCC activities on and off the Campus, Picnics etc. are the main content of this brief publication. The college has the privilege of having a healthy, harmonious ambience and rich values which have played a pivotal role in shaping the future of innumerable students. Our mission is to transform students into rational thinkers, competent workers, law-abiding citizens and spiritually enlightened individuals. With a proud legacy of 17 years, the college has excelled in almost every field. Many students have registered their presence in the merit list of different Universities and others have brought laurels in cultural activities at the university level. Students educated from the college have carved a niche for themselves in various fields at national and international levels. Dear students, in this era of competition, it is of paramount importance to be equipped with appropriate knowledge, habits, attitudes and values leading to holistic development. Co-curricular and extra-curricular activities organized by various clubs and societies facilitate the process of creative and critical thinking. They not only inculcate social and moral values, compassion for nature, pride for Indian culture and tradition and awareness for one's rights and duties but also make students good human beings and confident leaders. I intend to believe that you would develop a versatile personality during your stay in this temple of learning. To be successful in life, have ambitions and define your goals clearly. Discipline and hard work are the key to success. Be regular in your classes and focus on your goals. Your concerted efforts with the able guidance of your faculty would definitely provide you a blissful and successful life.

I wish a warm welcome to the new students to the college with the hope that their time in the institution will be memorable, fruitful & knowledgeable.

With blessing and warm wishes.

Dr. Udhey Bhanu

Principal

Vision

- The Govt. Degree College, Ramnagar endeavours to be exemplary which is committed towards imparting quality education that is accessible and affordable to the contemporary society at large.
- Today, as we stand at the precipice of change in the higher education in the state, we are confident that the alumni of this college shall carry on the legacy of the education innovations and enlightenment for all times to come.

Mission

- Govt. Degree College Ramnagar is committed to provide serene environment which stimulates learning and intellectual creativity so that each student develops lifelong learning skills, human values, sense of yearning for perfection and excellence and acquire degree that is relevant and useful so that they can compete globally through their own capabilities and capacities.
- Last but not the least this young college envisions to impart quality education to conquer the heights of ignorance, superstition and injustice and usher this otherwise remote areas of the state into the dawn of enlightenment knowledge and social reformation.

Editorial Board

Dr. Udhey Bhanu (Principal)

Prof. Suresh Kumar Dogra

Prof. Brinder Kumar

Prof. Aditya Sharma

Prof. Mushtaq Ahmed

Patron

Chief-Editor

Editor

Member

Member

NEWS LETTER 2021-22

ACADEMICS

The basic goal of any academic institution is to provide quality education which enables the students to become good citizens as well as to acquire academic excellence. Strong academics form the focus of our mission. Upholding this tradition, the students of the College have brought glories to the institution this year also by their excellent performance in University Examinations.

TOPPERS OF THE COLLEGE IN SEM-VI [Session: 2021-22]

S.No	Name of Student /Parentage	Semester	Stream	Percentage
1	Ms. Akshita/Surinder Kumar (Secured 10th Position at University Level)	VI	Science	86.6%
2	Ms. Kasak Mehra/ Rajinder Kumar	VI	Science	83.6%
3	Ms. Kavita Sharma/ Charan Dass	VI	Science	81.3%
4	Ms. Ranju Ranu/ Bittu Ram	VI	Arts	72.4%
5	Mr. Sawan Kumar/ Ashok Kumar	VI	Arts	72%
6	Ms. Rashmi Devi/Govind Ram	VI	Arts	71.9%

ACTIVITIES OF GDC RAMNAGAR

Celebrate National Education Day

11th Nov 2021: GDC Ramnagar organised a lecture Commemorate the birth Anniversary of our Country's First Education Minister, Freedom fighter, Scholar and Eminent Educationist



Maulana Abul Kalam Azad. The Program began with the Welcome address of the Principal of the College Dr. Udhey Bhanu. In his welcome address he threw light upon the role of first education Minister of India for the Women Education besides his other Contributions. The Resource Person of

the program was Dr. Mohd Riaz. In his lecture he briefed participants about biographical details of Maulana Abul Kalam Azad and elaborated how he opposed Jinnahs plan and continued to proclaim his faith in Hindu-Muslim Unity. The Speaker also threw light on the contributions of Maulana in the field of Education. He was Appointed as the First Education Minister and played an important role in framing National Policies. On the Occasion Prof. Suresh Kumar Dogra, Prof. Harmeet Kour, Prof. Brinder Kumar, Prof. Swarna, Dr. Monica, Dr Hari Singh along other faculty members and Students of the College were present. Prof. Ritika Mahajan Coordinated the Program and proposed the vote of thanks.

Organised Two Weeks Long Workshop on “Basic Computer Skills” for Non-Teaching Staff

04-05-2022: GDC Ramnagar started two weeks' workshop on “Basic Computer Skills” for



the Non-Teaching staff of the College. Under the able guidance and directions of Dr. Udhey Bhanu, Principal GDC Ramnagar, the workshop is being organized by Dept. of Computer Applications in collaboration with IQAC, Academic Development Committee and IT cell of the College. The workshop was inaugurated

by Dr. Udhey Bhanu, who highlighted the importance of learning computer skills and motivated the participants to practice hard for the same. Prof. Suresh Kumar Dogra, Convener of the workshop, addressed the participants and exhorted all participants to take full benefit of the given opportunity and learn to operate the computer in a meaningful way. The content of workshop has been designed with the objective of imparting basic practical training to the Non-Teaching staff and enabling them to use computers for basic operations. The entire workshop is being coordinated by Prof. Aditya Sharma, HOD Computer Applications and Organizing Secretary of the workshop. Besides Prof. Brinder Kumar, Convener IQAC and Co-convener of the workshop, Dr. Hari Singh, and Mr. Parveen Sharma, Librarian were also present.

Organized practical session on “Yoga and Mind Activation Techniques”

28-05-2022: GDC Ramnagar organized a practical session on “Yoga and Mind Activation Techniques” for the students of the College under the able guidance and directions of Dr. Udhey Bhanu, Principal GDC Ramnagar. The lecture was organized by the collaboration of NSS, NCC and Sports Department of the College. Sh. Amit Sharma, Teacher and



Neuroscience DMIT, Preventive Health Expert and Sh. Yash Paul, Yoga Instructor Patanjali were the resource persons for the session. Sh. Yash Paul demonstrated the techniques of Surya Namaskar and other yoga exercises and also explained their importance in maintaining healthy life style. Sh. Amit Sharma demonstrated important techniques through which the students can increase their concentration and activate the mind for better learning. Dr. Udhey Bhanu, Principal, in his address highlighted the importance of Yoga and asked students to include practice of yoga asanas in their daily routine. He also thanked the resource persons and felicitated them by presenting mementos. The entire proceedings were coordinated by

Prof. Ritika Mahajan, NSS Co-ordinator, Prof. Aditya Sharma, NCC ANO and Dr. Mukesh Kumar, PTI.

Celebrated International Yoga Day

21-06-2022: GDC Ramnagar conducted special Yoga session for students on the occasion of 8th International Yoga Day. The session started with the inaugural speech of Dr. Udhey



Bhanu, Principal. He highlighted the importance of the day and encouraged the students to include yoga in their daily routine. NSS volunteers and NCC cadets along with staff members performed Suryanamaskar, microexercises and other yoga asanas under the instructions of Dr. Om Parkash,

HOD Sanskrit. The entire session was coordinated by Prof. Ritika Mahajan, NSS Programme Officer and Prof. Aditya Sharma, Associate NCC Officer. Besides Prof. Suresh Kumar Dogra, Prof. Harmeet Kour, Prof. Brinder Kumar, Prof. Swarna Devi, Dr. Monica and Prof. Shobha Rani were also present.

GDC Ramnagar accords send off to Sh. Darbari Lal, Section Officer on Superannuation

1-7-2022: Sh. Darbari Lal, Section Officer, was accorded warm send off from GDC



Ramnagar on attaining the age of superannuation. Dr. Udhey Bhanu, Principal, in his address highlighted the major professional and personal work traits of the officer. He appreciated the sincerity, hard work and helpful nature of the official. Prof. Suresh Kumar Dogra, HOD Physics,

coordinated the whole program. He also enumerated the important achievements of his service in the Higher Education Department. Several faculty members and family members

of the officer also expressed their views and appreciated his hard work and dedication towards the job.

Principal and all the staff members wished him a happy, healthy and prosperous post retired life. Besides Prof. Harmeet Kour, Prof. Swarna Devi, Dr. Monica, Prof. Aditya Sharma, Dr. Om Parkash, Dr. Mohd Riaz, Prof, Ritika Mahajan and Prof. Shobha Rani were also present.

Organized special lecture on “Aapki Zameen Aapki Nigrani”

28-07-2022: Department of Computer Applications in collaboration with Department of Urdu, IT Cell and IQAC of GDC Ramnagar organized awareness programme on “**Aapki**



Zameen Aapki Nigrani” as part of Digital Week Launched by J&K Government. The event was organized under the Patronage of Dr. Udhey Bhanu,

Principal GDC Ramnagar. Prof. Aditya Sharma, HOD Computer Applications, gave a presentation about the importance and use of Land Records portal provided by J&K Government. He also detailed the steps required to register and use the services provided by the Portal. Dr. Mohd. Riaz, HOD Urdu and resource person for today’s lecture explained in detail the terms related to the Land records. He also enumerated the benefits of having these records available online and the proper way to use the online facility. Prof. Brinder Kumar, Convener IQAC highlighted the main points of the lecture and exhorted all students to register at the portal. Dr. Udhey Bhanu, Principal in his message lauded the efforts of the organizing team in spreading awareness about the Digital services offered by the Govt. The whole proceedings were coordinated by Prof. Mushtaq Ahmed, HOD BBA. Dr. Mukesh Kumar provided technical support for the event.

Conducted practical session on use of “e-UNNAT and UMANG platforms”

30-07-2022: Department of Computer Applications in collaboration with IT cell and IQAC of GDC Ramnagar conducted practical session on use of “**e-UNNAT and UMANG platforms”**

as part of Digital Week launched by J&K Govt. It was organized under the Patronage of Dr. Udhey Bhanu, Principal GDC Ramnagar. At the outset, Dr. Udhey Bhanu exhorted the



participants to learn and spread awareness about the use of Govt. services through these platforms. Prof. Sonam Gandotra was the resource person for today's session. She explained in detail the online services being offered through e-UNNAT and UMANG

platforms. During the session students were also given practical training on how to register on e-UNNAT portal and the general steps for availing important services available there. The whole proceedings were coordinated by Prof. Aditya Sharma, HOD Computer Applications. Besides Prof. Suresh Kumar Dogra, Prof. Brinder Kumar, Prof. Mushtaq Ahmed, Dr. Mohd. Riaz and Prof. Naveed Hassan Chowdhary were also present.

ACTIVITIES OF NSS & NCC units

GDC Ramnagar organizes Legal Awareness lecture

12 Nov 2021: GDC Ramnagar organized Legal Awareness lecture on “**Rights of Senior Citizens**” in connection with the celebration of Azadi Ka Amrit Mahotsav @75 in



collaboration with Tehsil Legal Services Committee Ramnagar. The Principal of the college Dr. Udhey Bhanu was the chief guest on this occasion. He welcomed the resource persons Mr. Harjeet & Mr. R.K. Jandial Advocates and members of TALSA Ramnagar. They deliberated on the given topic in detail to the students of the college. They advised the students to respect and take care of senior citizens. They also explained about the rights of the senior citizens provided by the constitution of India. They also told the gathering that TALSA extends free legal help to the all

senior citizens including the people who cannot afford to hire advocates. The students also

raised many queries regarding the rights of senior citizens which were responded by the legal experts. Besides staff members, students were also present on this occasion. Prof. Suresh Kumar Dogra, Head Department of Physics proposed the vote of thanks. Dr. Udhey Bhanu, Principal, appreciated the efforts of Azadi Ka Amrit Mahotsav Committee for organizing this lecture.

NCC Sub-Unit at GDC Ramnagar organizes door to door awareness campaign on Ayushman Bharat

27 Nov 2021: NCC Sub-

Unit of 2 J&K Bn. NCC at GDC Ramnagar organized door to door campaign on Pradhan Mantri Jan Arogya Yojna (PMJAY) at Thaplal village in connection with NCC Day celebrations under the guidance of Dr. Udhey Bhanu, Principal of



the College and Prof. Suresh Kumar Dogra, HOD Physics. During the campaign, NCC cadets visited the village households and aware the people about the PMJAY health card and its benefits. They also informed the people about the procedure to apply for the same. During the campaign the cadets also displayed posters and raised slogans about the scheme. The campaign was organized under the active supervision of Prof. Aditya Sharma, Associate NCC Officer of the College. Besides Prof. Brinder Kumar, Prof. Ritika Mahajan, Prof. Shobha Rani, Dr. Hari Singh and other staff members were also present.

Organized two-day seminar on World Aids Day

01 Dec 2021: On World Aids Day, the Red Ribbon Club and NSS Unit in coordination with IQAC Unit of Govt. Degree College, Ramnagar has organized a two-days' seminar (1st and 2nd December, 2021) on HIV/AIDS, its awareness, prevention and control. The programme was sponsored by J&K Science Technology & Innovative Council, Department of Science and Technology, Udhampur. Principal, Dr. Udhey Bhanu was the chief guest on the occasion and Dr. Mahboob Khan (BMO sub-district Hospital Ramnagar) was the resource person. Principal, of the college while speaking on the occasion, stressed upon the need of awareness about AIDS and its prevention. Thereafter, the resource person delivered a lecture among the

students and made them aware of HIV/AIDS issues and drug menace to increase HIV



infection. After the lecture a poster making competition related to HIV/AIDS awareness was organised in which more than 28 students took parts. In poster making competition,

the best poster judged by the jury was Ms. Neha Thakur (1st. prize), Neeti Mehra (2nd) and Laiba Bandy (3rd), Arun Sharma and Vidhushi Dhiman bagged consolation prize. The jury members were Prof. Brinder Kumar (HOD Zoology), Prof. Ritika Mahajan (HOD Chemistry) and Prof. Divya Puri (HOD Psychology). On the second day, Principal of the College Dr. Udhay Bhanu flagged off 'AIDS' Awareness' rally to mark the World AIDS Day which started from GDC Ramnagar and culminated at bus stand Ramnagar. The programme was coordinated by Prof. Ritika Mahajan (NSS programme officer), Dr. Hari Singh (Red Ribbon Club), Prof. Divya Puri and Prof. Suresh Chander.

NSS Unit of GDC Ramnagar organizes series of activities under Clean India Campaign

09-10 Dec 2021: In connection to the series of the activities conducted under Clean India Campaign, NSS Unit GDC Ramnagar organized Two Days' programme of the cleaning and rejuvenation of natural and religious places of Ramnagar as the part of Special Winter Camp on 09-12-21 & 10-12-21 under the patronship of Dr. Udhey Bhanu,



Principal GDC Ramnagar. The holy Narsingh temple at Garlang village in Ramnagar has several spiritual values associated with it. Here every year a special Rath festival is celebrated

in the month of December in which a number of the people from local areas and from outside visit. The festival is celebrated to preserve and to promoted dogra culture and traditional dogra customs.



Keeping in view the rejuvenation of the holy place and cleanliness of the natural water body flowing nearby the temple, NSS volunteers along with their NSS Programme Officer Prof Ritika Mahajan visited the area and conducted a series of activities. On day one NSS volunteers carried out the cleaning of temples of Narsingh bhagwaan and Lord Shiva at Dalsar, the places having asthetic and spiritual values associated with them. On day

two, volunteers cleaned the bowli and small river flowing besides the temple located in the prime location of the village near the temple. However, the accumulation of waste surrounding the water body near the temple has deteriorated its water for usage.

An initiative has been taken by NSS volunteers towards cleaning the waste surrounding the temple so that the water of the water body (bowli) can be properly utilize for future use. The entire activities were carried by wearing mask, gloves and use of sanitizers. The waste materials or garbage were thrown in the dustbin and the entire area was cleaned by the fresh water. All the water clogging was also effectively removed. The boundaries of the water body were scrubbed with the piece of cloth and washed properly. All the activities were performed obeying all the necessary precautions of COVID 19.

Organized Seminar on “Green India Clean India”

11th Dec2021: In Connection with the Activities Conducted Under, Clean India Campaign, NSS Unit of GDC, Ramnagar, Conducted Poster Making and Symposium on the Theme "Green India Clean India" on 11th December 2021 Under the patronship of Dr. Udhay Bhanu Principal GDC Ramnagar and Guidance of Professor Ritika Mahajan , NSS PO as The Part Of Special Winter Camp Started Since December 6 2021 . The agenda Of The Special Winter Camp Organized is To Create An Awareness Regarding

The Conversation, preservation, rejuvenation Of The Natural Water Bodies Present In Tehsil Ramnagar .In that context NSS unit Conducted Poster Making Program And Symposium In Which Number Of Students And Volunteers Actively Participated And Presented their views



and thoughts In The Form Of Beautiful Crafted Poster. Volunteer Through their Speeches and Power Point Presentation urged the masses and youth to Protect the Nature and Its Resources as they are precious and can be

replenished. The entire programme was coordinated by Ayush kharka & Sonal Mahajan NSS Volunteers. Dr. Udhay Bhanu Principal GDC Ramnagar applauded The Program Conducted by NSS Unit and opined that such activities should be conducted as if nature provided us a lot, now it's our duty to repay it.

NSS Unit GDC Ramnagar conducted rejuvenation of Natural Water bodies in Tehsil Ramnagar

12-13 Dec. 2021: In connection with activities conducted under Clean India Campaign, NSS unit GDC Ramnagar conducted two days long cleanliness and rejuvenation drive of natural water bodies 'bowli' at different villages of Tehsil Ramnagar. Bowlis are used for drinking and domestic purposes but due to accumulation of water surrounding the bowlis, its usage has started to decline in recent years. To conserve the natural sources of water, NSS volunteers

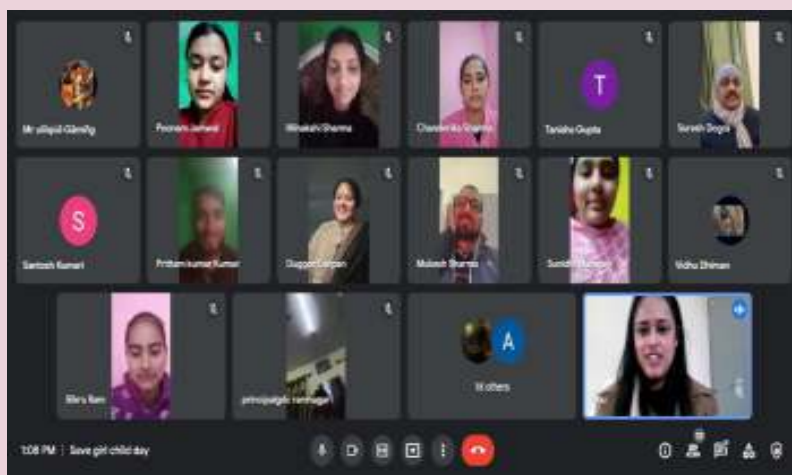


cleared the waste surrounding the stepwells so that its water can be properly utilized for future use. The entire activities were carried by following COVID 19 protocols. The waste material or garbage was thrown in dustbins and the area was washed with clean water. A chain of water bodies was cleaned in Ward number 10, village Thaplal, village Ghordi,

village Jandrai etc. under the campaign. As the part of special winter camp started since 06/12/21, the cleanliness drive on 12/12/21 and 13/12/21 marked the closing ceremony under the patronship of Dr. Udhay Bhanu, Principal GDC Ramnagar and guidance of Prof. Ritika Mahajan, NSS PO

Celebrated National Girl Child Day with great Pomp and Show

25-01-2022: NSS Unit of Govt. Degree College Ramnagar celebrated National Girl Child



Day on 24th Jan 2022 with great pomp and show under the able patron ship of worthy Principal Dr. Udhey Bhanu and guidance of Prof Ritika Mahajan, NSS Programme Officer GDC Ramnagar. To reiterate our commitment and strengthen

our efforts to empower girl child, GDC Ramnagar organized a cultural fest “Anmol Betiyan” to celebrate the exemplary accomplishments of the girl child in different fields. The resource person of the programme was an eminent poetess of J&K Smt. Rekha Thakur, an active member of Meri Mitra Mandli Sansthan, Udhampur who has represented literally both at state level as well as at national level.

The programme was commenced by Prof Ritika Mahajan who welcomed all the esteemed members and briefly shared the overview regarding the entire session. Dr. Udhey Bhanu, Principal GDC Ramnagar addressed the gathering and urged the students to take pledge that no girl child faces inequality and encourage each one of them to achieve greater heights. Then after the resource person of the event Smt. Rekha Thakur started the programme with her poem regarding the education and empowerment of girls. She also motivated the girl students to cherish and celebrate their worth. She through her Dogri song on “Chann Choona Ambre Cha” expressed the need to empower girls with equal opportunities to give them a healthy and secure future. NSS volunteers also participated with great enthusiasm and presented their poems and songs in Dogri and Hindi. Volunteers namely Pritam Kumar, Vidhushi, Dikasha Bhardwaj, Chanderika Sharma, Tasmeen Akhtar, Suhani Gupta, Tasmeen,

Santosh and Sunidhi Mahajan participated and groomed the event. Then Prof Shobha Rani, HOD Dogri presented a Dogri poem on “Tu Ki Roni” and also addressed the vote of Thanks.

NSS Unit GDC Ramnagar organizes sensitization workshop on “Quit Tobacco Choose Life”

24 Feb 2022: One-day Sensitization workshop was conducted by Government Degree College, Ramnagar, NSS Unit on theme “Quit Tobacco Choose Life” in collaboration with Sub Divisional Hospital, Ramnagar for raising awareness regarding menace of tobacco abuse. A series of activities were conducted to raise the awareness like poster making competition



on the topic “Say no to Tobacco” and an intra-college symposium. Principal, Dr. Udhey Bhanu GDC Ramnagar inaugurated the programme by throwing light on increasing prevalence of tobacco abuse among youth and urgent need of an hour to curb this issue. The chief guest of the event occasion was Dr.

Mehboob Khan, BMO Ramnagar who elaborated on existing challenges associated with Tobacco abuse. Then, an intra-college symposium started in which Kritika Sharma, Sonal Mahajan, Vidhushi Dhimaan, Suhani Gupta, Sukeerti Mahajan, Renu



Sharma, Smriti Sharma and Pritam Kumar took part with great zeal. The programme continued with the final speech by Chief Guest Dr. Mehboob Khan, BMO, Ramnagar. The chief guest highlighted the role of various psychological and social factors as a driving force behind this menace and the need for proper counselling was also emphasized. Neha Thakur,

Sabita Devi and Rubi Devi were the winners of poster making competition while Suhani Gupta, Vidhushi Dhiman, Pritam Kumar and Kritika Sharma were the winners of symposium competition. All the winners were felicitated with momentos and cash prizes. At last, vote of thanks was delivered by Prof Suresh Kumar Dogra, HOD Physics and senior faculty member. Dr. Mehboob Khan, BMO Ramnagar, Mr. Harish Chander, Health Educator, Prof Diksha Sharma and Dr. Deepak Kumar were the judges of the entire activities of the workshop.

GDC Ramnagar organized two Days' Workshop on Doubling the Farmers' Income: Mushroom Cultivation for Self Reliant India"

3-4 March 2022: Two days' workshop on "Doubling the Farmers' income-mushroom cultivation for self-reliant India" organized w.e.f 03-03-2022 to 04-03-2022 by Aatma



Nirbhar Bharat committee and NSS unit of GDC Ramnagar. The workshop was organized to involve the youth of India in various self-earning ventures under the able patronship of Dr. Udhey Bhanu, Principal GDC

Ramnagar and guidance of Prof Ritika Mahajan, NSS Programme Officer and convener Aatma Nirbhar Bharat committee of the college. On Day I, a field visit to Anganwadi centre

Thaplal was organized in which

around 30 NSS volunteers along with their NSS programme officer

Prof Ritika Mahajan, Prof

Mushtaq Ahmed, Prof Suresh

Chander, Mr. Praveen Sharma and

Miss Diksha Sharma visited.

Around 20 local women were

gathered there and the resource person Miss Diksha Sharma demonstrated the lecture and the

method of cultivation of mushroom at home. She also explained in detail the ambient

temperature and conditions for the rearing of mushroom. Smt. Santosh Devi, ASW, Sh.

Surinder Sharma, legal services and Dr. Ruby Sharma, were also present.



On Day 2, an intracollege lecture was organized in which Mushroom Development Assistant Mr. Sunil Gupta and Mr. Rakesh Padha acted as the resource person. Around 50 Local citizens also attended the day 2 workshop. Mr. Gupta elaborated the method of preparation of the manure for Dingri mushroom and button mushroom which is apt for cultivation this time. He also in detail demonstrated the various ambient conditions for the cultivation, growth and rearing of mushroom at home. He also described in detail how this cultivation can benefit the income of people around three time the cost price. Then after Mr. Rakesh Padha, Incharge Jal Shakti Abhiyaan, Udhampur in detail discussed the various value addition methods in the cultivation of mushroom. He also stressed upon the rain harvesting methods and demonstrated the building of rain harvesting pits in homes. After that the session was opened for question answer series and various students and locals involved in query session. Finally vote of thanks was delivered by Prof. Suresh Kumar Dogra, HOD Physics who thanked the resource persons for the wonderful session and also requested them to conduct training sessions in our college. Prof. Brinder Kumar, IQAC convener, Prof. Swarna Devi, Prof. Suresh Chander, Prof. Mushtaq Ahmed, Prof. Om, Dr. Riaz were also present and felicitated the workshop.

NSS Volunteer Vidhushi Dhimaan Brings Laurels to GDC Ramnagar

Adding another feather to its cap, one of the NSS volunteer from Govt. Degree College, Ramnagar, Miss Vidhushi Dhimaan D/O Joginder Kumar, a student of semester V selected



from Jammu University and represented our college in National Integration Camp 2022. The National Integration camp was held at Chaudhary Charan Singh Haryana Agriculture University, College of Agriculture, Balwal, Haryana w.e.f 21-03-22 to 27-03-22. She

represented herself in various cultural activities like local dances representing the culture and traditions of J&K, poster making events and Plays depicting the lives of trans genders. She also participated in Marathon and various awareness programmes on CPR, Blood Donation and Hydroponics. Dr. Udhey Bhanu, Principal GDC Ramnagar, Prof. Suresh Kumar Dogar, Prof Aditya Sharma, Prof. Hari Singh and Prof. Ritika Mahajan, NSS PO of the college applauded and wished good luck for next assignments also.

GDC Ramnagar organized two days' workshop on Poshan Abhiyaan

25-26 March 2022: In connection with the Poshan Pakhwara 2022 being observed all over the India, NSS unit of Govt. Degree College Ramnagar organized two days' workshop on Poshan Abhiyaan w.e.f 25-03-22 to 26-03-22 under the able guidance of Dr. Udhey Bhanu, Principal GDC Ramnagar and guidance of Prof Ritika Mahajan, NSS



Programming Officer of the college. The objective of the workshop was to mobilize and sensitize youth about the importance of healthy living. On day 1, an awareness rally was held towards the adopted village Thaplal. Volunteers had made the posters and display cards with slogans like Sahi Poshan desh roshan, sahi khayega india toh

badhega India, avoid junk food etc. Volunteers also raise the slogans and especially aware the young children of the village to eat healthy green and nutritive and to shun themselves off junk and unhealthy food. On day 2, a Yoga session was held in which Dr. Prayarna Sharma, Medical Officer AYUSH and Sh. Girdhari Lal, Yoga Instructor, Health and Wellness Centre, Chowki were the resource persons. Around more than 100 students of the college participated in Yoga session and were made aware of the various Yog Assanas and breathing exercises. Then after a short felicitation programme was organized. The welcome address was presented by Dr. Udhey Bhanu, Principal GDC Ramnagar. NSS volunteer Pritam Kumar presented his speech on importance of healthy eating and a poem on Poshan was delivered by Ridhi Dogra, NSS Volunteer. Suhani Gupta and Kavita Sharma hosted the entire programme. Dr. Prayarna Sharma, resource person in detail delivered the need right amount of nutrients as per the body weight of the individual. Finally vote of thanks was delivered by Prof Ritika Mahajan, NSS Programming Officer, GDC Ramnagar. Prof. Suresh Kumar Dogra (HOD Physics), Prof. Swarna Devi (HOD Political Science), Dr. Om Prakash (HOD Sanskrit), Dr. Divya Puri (HOD Psychology), Prof Shobha Rani (HOD Dogri), Prof. Suresh Chander, Prof Neetu Sharma and Dr. Rashmi Gupta were present and felicitated the programme.

NCC Unit of GDC Ramnagar Organizes Awareness Rally on “Financial Frauds”

31-03-2022: NCC unit of 2 J&K Bn. NCC at GDC Ramnagar organized rally to spread awareness about “Financial Frauds” as part of Cyber Jaagrukta initiative of the Govt. The



rally started at Bus stand Ramnagar and ended at mini park Ramnagar after passing through

the Main Bazaar. During the rally, the cadets displayed placards and used public address system to aware public about the financial crimes that are committed over phone or

other online platforms and how to save themselves from becoming victim to such crimes. The rally was organized under the patronage of worthy Principal, Dr. Udhey Bhanu and under the active supervision and guidance of Prof. Suresh Kumar Dogra, HOD Physics, Prof. Brinder Kumar, Convener IQAC and Prof. Aditya Sharma, Associate NCC Officer. Besides Dr. Om Parkash, Dr. Mohd. Riaz, Prof. Mushtaq Ahmed. Dr. Hari Singh and Prof. Naveed Hassan Chowdhary were also present.

NCC Unit Organized Awareness Programme for Cleanliness of Water Bodies

05-04-22: NCC unit of 2 J&K Bn. at GDC Ramnagar organized door to door awareness campaign for the cleanliness of water bodies at Thaplal village as part of Nationwide “Puneet



Sagar Abhiyan” launched by the NCC organization at National level. The campaign was organized under the patronage of Dr. Udhey Bhanu, Principal GDC Ramnagar and under the supervision of Prof. Suresh Kumar Dogra, HOD Physics, Prof. Brinder Kumar, IQAC Convener

and Prof. Aditya Sharma, Associate NCC Officer. During the campaign, the NCC cadets visited households in the Thaplal village spreading awareness about the importance of keeping rivers and other waterbodies clean in their area. The cadets also requested the public to cut down the usage of plastic bags and bottles in their daily life. Dr. Udhey Bhanu lauded the efforts of the cadets for organizing the awareness campaign and thereby contributing towards clean and better India. Besides Dr. Mohd. Riaz, Prof. Mushtaq Ahmed and Dr. Hari Singh were also present.

Organized Two Days' Workshop on Mensuration: A Taboo in society

30-31 May 2022: NSS Unit of Govt. Degree College Ramnagar in collaboration with Live for Others-Being Helpful Foundation (NGO) organizes two Days' workshop on the topic Mensuration: A Taboo in society w.e.f 30-05-22 to 31-05-22 under the able patron ship of Dr. Udhey Bhanu, Principal GDC Ramnagar. The workshop was conducted to create the awareness



related menstrual cycle and to break the ice over this sensitive issue. On Day 1, an

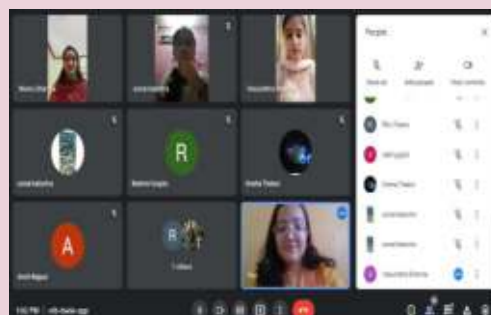


intercollege poster making competition was held. Devankshi of B.Sc. VI stood first, Priyanka Sharma of B.Sc. VI stood second and Semrin of B.Sc. II stood

third. On Day 2, a symposium was held on the same topic. Dr. Udhey Bhanu, Principal of the college gave the inaugural address. Then, Dr. Madhu Bala, Health Department was the resource person. She spoke on the topic Menstrual Hygiene in detail giving every detailed medical and scientific facts. Then, students delivered their views and Pritam Kumar of BA Sem. VI stood first, Manisha of B. Sc. VI stood second and Sukeerti and Sneha Thakur, B.Sc. IV stood Third. Prof Brinder Kumar, HOD Zoology and Prof Harmeet Kour, HOD Botany acted as the judges for the symposium. Mr. Vivek Parihar, Director, Live for Others Foundation congratulated the winners. Prof Ritika Mahajan, NSS PO of the college delivered the vote of thanks. Prof Swarna Devi, Prof Shobha Rani and Prof. Divya Puri were also present and felicitated the event.

Organized National Workshop on Yoga for Harmony

20th June 2022: To create awareness on Yoga for wellbeing and as a part of Common Yoga Practices (CYP) launched by Ministry of AYUSH, GOI NSS unit of Govt. Degree College Ramnagar conducted national Online workshop to involve students in Yoga Practices and healthy wellbeing under the patronship of Dr. Udhey Bhanu, Principal GDC Ramnagar. The workshop was conducted on



the theme 'Yoga for Harmony' under the aegis of "Ek Bharat Anek Bharat" in collaboration with Brahma Kumari Sanstha Kanyakumari under the guidance of Prof Ritika Mahajan, NSS Programme Officer of the college. The workshop started with the welcome felicitation by Prof Suresh Kumar Dogra, HOD Physics and Vice Principal of the college. The resource



persons of the day were Brahma Kumari Suman Latha for meditation session and Brahma Kumari Siva Sangari for Yog session. In Session I Brahma Kumari Suman Latha described the right way to connect soul with param Atma and also suggest the right direction to achieve salvation and happiness.

She also helped the students to meditate and connect with God. In session II Brahma Kumari Siva Sangari performed various Yog Assanas and also demonstrated various mudras to stay calm, happy and for concentration and focus. At last, Brahma Kumari Kokela Ji, District Service Coordinator Kanyakumari thanked the organizers of the event to conduct the programme which is so helpful for mankind. The volunteers and students were also involved in discussion session. Finally, vote of thanks was delivered by Prof. Harmeet Kour, senior faculty member and HOD Botany of the college. Prof. Swarna Devi, Prof. Om Prakash, Prof. Monica Thakur, Prof. Shobha Rani and Prof. Divya Puri were also present.

NSS Volunteers Achievements

- 1) Selection of Ms. Shruti of BA Sem.V for Pre-RD Camp at Bivani College of Science & Management, Kalwar, Jaipur from 18-27 Oct. 2021.
- 2) Selection of Ms. Vidhushi Dhiman of B. Sc Sem. VI for NIC Camp at Agriculture College, Rewari, Haryana.

NSS Unit and Psychological Counselling Cell, GDC Ramnagar organised a slogan writing event on suicide prevention

BY CORRESPONDENT
ULHAMPUR, SEPT 10

An awareness program on theme "suicide prevention" was organized by NSS and Psychological Counselling Cell, GDC Ramnagar on 10th Sept 2021. "World Suicide Prevention Day" is observed every year on 10th September to take action in preventing suicide. In this regard, the slogan writing event was organized to spread awareness among masses on preventing suicide. Also, to encourage students to come forward and raise their voices against prevalence of suicide among youth and provide the psychosocial support to those in need. The response of the students was overwhelming. NSS volunteers and other students actively participated in this initiative by sharing their perspectives on the theme through slogans.

The initiative was taken under the guidance of Dr. Lijhey Bhatti, Principal, GDC Ramnagar who shared a message among youth of managing the challenging situations with hope and positivity as well as to indulge in more prosocial behaviour.

The entire event was organized by Prof Ritika Mahajan, NSS Programme officer and Post. Divya Puri, Coordinator Psychological Cell.

Activities under azadi ka amrit mahotsav

Psychological Counselling Cell and Azadi ka Amrit Mahotsav (team), GDC Ramnagar organised online session with respect to “World Mental Health” Day.

10-10-2021: An awareness program on theme “Mental health care for all: Let’s make it a reality” was organised by Psychological Counselling Cell in association with Azadi ka Amrit Mahotsav, Govt. Degree College Ramnagar on 10th Oct, 2021. The initiative to observe “World Mental Health Day” every year on 10th October has been taken by World Health



Organization to spread awareness on importance of mental health and to mobilise necessary efforts in this direction. In this regard, an online session was organised to spread awareness among masses about importance of mental health. The resource person for the session was Dr. Vasundhra Sharma, Consultant Psychologist,

Narayana Super Specialty Hospital, Katra & Station Medical Center, Indian Air Force, Jammu. The program was commenced by Prof. Divya Puri (Coordinator Psychological Counselling Cell) with her welcome address to all the present dignitaries. Prof. Puri briefly shared the overview regarding the entire session. Thereafter, Dr. Udhey Bhanu, Principal GDC Ramnagar, also addressed the gathering on the importance of mental health and welcomed the resource person for further proceedings. Dr. Vasundhra Sharma explained that mental health is combination of emotional, psychological and social well-being. Presence of all these well-being components is crucial for obtaining positive mental health. The resource person then discussed the learning difficulties being faced by the students and how important measures can be taken for overcoming them. She emphasized on reducing the screen time and to indulge in some kind of hobbies such as painting and gardening as a way for relaxing the mind. Thereafter Dr. Sharma shed some light on how she managed her own life stressors so far and achieve the desired objectives.

The response of the students was overwhelming. NSS volunteers and other students actively participated in the session. The students namely Sonal Mahajan (Sem-3rd) and Sneha

Thakur (Sem-3rd) shared their positive motivational stories. The session was concluded with the vote of thanks by Ms. Neetu Sharma (Asst. Prof. Dogri) to the resource person and all the members. The entire session was organised under the guidance of Dr. Udhey Bhanu, Principal GDC Ramnagar. The organizing members of the session were Prof. Divya Puri (Coordinator Psychological Counselling Cell), and “Azadi ka Amrit Mahotsav” team- Prof. Ritika Mahajan (Convener), Mr. Mukesh Sharma (Physical Director), Prof. Neetu Sharma (Asst. Prof. Dogri), Dr. Rashmi Gupta (Asst. Prof. Physics).

GDC Ramnagar organises online lecture to commemorate COVID-19 free campaign

■ STATE TIMES NEWS

RAMNAGAR: To commemorate Ullhanagar COVID 19 Free Campaign NSS Unit of GDC Ramnagar organised online lecture on 'COVID 19 Prevention and Safety Measures' under the aegis of Azadi Ka Amrit Mahotsav through online medium under the patronship of Dr Udhey Bhanu, Principal GDC Ramnagar. The purpose of the lecture was to create awareness among the masses regarding the need to develop immunity to fight COVID-19, to bust the myths and fake news related COVID 19, to remove stress and negativities and the necessary SOP guidelines.

The resource person, Dr Priyanka Sharma, Medical Officer AYUSH, presently posted at Ayurvedic Medical centre Chauki demonstrated how Ayurveda can help to boost our immunity during this pandemic. She also elaborated the necessary ayurvedic herbs like tulsi, Giloy, Ashwagandha etc and their proper dosages. Dr Sharma also showed various ayurvedic immunity boosters like AyushKwath powder, Ashwagandha tablets and Serravallo which are available for students from Ayurvedic medical centre free of cost.

She also emphasized students to follow breathing exercises and Pranayama Asana to keep themselves physically as well as mentally healthy.

The students and teachers attentively listen to the lecture and agreed to adopt necessary steps to make COVID free India. The volunteers were also involved in Query session in which they ask questions related myths of vaccination and precautions related pre and post vaccination.

The event was coordinated by Prof Ritika Mahajan, convener Azadi Ka Amrit Mahotsav and NSS Programme Officer of the college and was organized by Prof Neetu Sharma, Mukesh, Prof Divya Puri, and Dr Rashmi.

Principal GDC Ramnagar Dr Udhey Bhanu applauded the team and also opined how a balanced life with all aspects of physical and mental well-being important to fight not only from COVID-19 but from any deadly disease.

GDC Ramnagar organizes online lecture on 'Basic concepts of nutrients and energy requirement for healthy living' to celebrate Poshan Maah

UDHAMPUR, SEPT 11.

NSS unit and Azadi Ka Amrit Mahotsav committee of GDC Ramnagar organized online lecture through Google Meet on the topic 'Basic concepts of nutrients and energy requirements for healthy living' to commemorate 'Poshan Maah' 2021 under the patronship of Dr Udhey Bhanu, principal GDC Ramnagar.



The resource person of the event was Mr. Mukesh Sharma, Physical Director GDC Ramnagar. Mr Mukesh Sharma who also works as Nutrition Counsellor and Exercise Physiologist demonstrated how obesity has affected the young youth of not only of India but also of the world.

He also suggested the students to follow healthy routine style and elaborated the need of various nutrients in the balanced diet. He demonstrated the method to calculate the BMI of the body and suggested the students to keep a keen eye on their BMI. In his lecture Mr Mukesh also demonstrated all the various types of exercises occurring by body's over-weight.

The event was coordinated by Prof Ritika Mahajan, convener Azadi Ka Amrit Mahotsav and NSS Programme Officer and was organized by Prof Divya Puri, Prof Neetu Sharma and Dr Rashmi.

Principal GDC Ramnagar Dr Bhanu applauded the team and also opined that food, when eaten in proper interval and in right amount can make a person healthy and also advised the students to refrain themselves from junk and processed food.

NSS Unit of GDC ramnagar celebrates Fit India Movement 2.0 as the part of Azadi ka Amrit Mahotsav

UDHAMPUR, SEPT 11

Azadi ka Amrit Mahotsav Committee and NSS unit of Govt. Degree College Ramnagar organized a short video making programme related to the topic 'sahi poshan desh roshan' on 11th of Sept. 2021. The programme was organized as a part of Fit India Movement 2.0. The programme was initiated under the patronship of Dr. Udhey Bhanu, Principal GDC Ramnagar and guidance of Prof. Ritika Mahajan, Convener Azadi ka Amrit Mahotsav and NSS programme officer of the college. The main objective of the programme was to bring awareness among the masses about the importance of healthy food and how to maintain physical and mental fitness.

NSS volunteers and other students actively participated in the programme by sharing their views on the theme 'sahi poshan desh roshan' via short videos. The students who participated in the programme are Ayush, Pritam, Priyanka, Suhani, Sukeerti, Kavita Sharma and Reeta Devi. Participants emphasized mainly on the importance of balanced diet and the improvement of nutritional status of children, pregnant women and lactating mothers. NSS volunteers also uploaded the awareness videos related balanced nutritive food on social media platforms like Facebook and Instagram for mass awareness. Principal GDC Ramnagar Dr Udhey Bhanu applauded the efforts of the students and also spoke about the need of balanced and healthy food for overall development of the child. The entire programme was organized by Azadi ka Amrit Mahotsav committee members, Dr. Rashmi Gupta, Prof. Neetu Sharma, Prof. Divya Puri and Mr. Mukesh Kumar (Physical Director).

GDC Ramnagar organised Closing ceremony of Cleanliness Campaign 2021 under the aegis of Azadi Ka Amrit Mahotsav.

29-10-2021: To commemorate Clean India Campaign 2021, Govt. Degree College Ramnagar organized closing ceremony on 29-10-21 under the patronship of Dr. Udhey Bhanu, Principal GDC Ramnagar. The theme of the ceremony was ‘Green India Clean India’. In continuation of the series of activities conducted throughout the month of October, NSS Unit of GDC



Ramnagar culminated the series with cultural ceremony under the guidance of Prof Ritika Mahajan, NSS PO of the college. Dogra culture Ambassador and icon Mr. Subash Bhramanu along with his team was the show stopper of the event.

The event started with the speech on the topic “Swatchta hi Sewa” by NSS Volunteers Suhani Gupta and Kavita Sharma. Then a Dogri poem on Swatchta was presented by volunteer Priyanka followed by a natak on the title “Swatch Bharat Swasth Bharat” by Neha Thakur and group. Then the environment got

culturally brightened by the performance of Subash Bhramanu and his team. Finally, vote of thanks were presented by Dr. Udhey Bhanu, Principal of the college.

The principal of the college applauded the NSS team for successfully conducting the month long activities and closing the activities by culture Bonaza. He also urged the students that students being ambassadors help the society to get rid of all types of the social and environmental issues.

NSS Unit of GDC Ramnagar celebrated Rashtriya Ekta Diwas under the aegis of Azadika Amrit Mahotsav

30-31 October 2021: To commemorate the birth anniversary of Sardar Vallabbhai Patel, NSS Unit of Govt. Degree College Ramnagar organized two days’ programme to observe Rashtriya Ekta Diwas under the noble patronage of Dr. Udhey Bhanu, Principal GDC Ramnagar and guidance of Prof Ritika Mahajan, NSS PO of the college.

To preserve and strengthen unity, integrity and security of our Nation, the value of strong and

GDC Ramnagar celebrates Rashtriya Ekta Diwas

STATE TIMES NEWS
RAMNAGAR To commemorate the birth anniversary of Sardar Vallabhbhai Patel, NSS Unit of Govt. Degree College Ramnagar organized 'one-day' programme to observe Rashtriya Ekta Diwas under the noble patronage of Dr. Udhey Bhanu, Principal GDC, Ramnagar and guidance of Prof Ritika Mahajan, NSS PO of the college.

To preserve and strengthen unity, integrity and security of our Nation, the value of strong and united nation given by our nation builder Sardar Vallabhbhai Patel

for youth held

ed, MHRD has achieved long Doctor in the subject of law, preventive medicine and a COVID-19 infected patients. equate behavior should be taken reduce the chance of accumulation. Arup Doctor informed the children, parents and teachers in the numerous programmes in this situation.

united nation given by our nation builder Sardar Vallabhbhai Patel plays an important role. In connection with Azadi Ka Amrit Mahotsav, NSS volunteers, students and staff of the college unitedly took Rashtriya Ekta Diwas pledge on 30-10-2021. Then after, Principal of the college Dr. Udhey Bhanu urged the students that such pledge binds each individual to be a better citizen and be responsible about their national duties. On 31-10-21, an online lecture was organized. Prof

Swarna Devi, HOD Political Science GDC Ramnagar was the resource person. She explained how unity in disparity is important for the development of a nation but the need of the hour is to respect each other's religion, customs, culture and traditions. Students and NSS volunteers took keen interest and participated in Query session also. Prof. Suresh Kumar Dogra, HOD Physics felicitated the programme and Prof Brinder Kumar, Convener IQAC delivered vote of thanks.

NSS Unit of GDC Ramnagar celebrated National Constitution Day under the aegis of Azadika Amrit Mahotsav

26-11-2021: To commemorate the birth anniversary of Dr. Bhim Rao Ambedkar, the architect of the Constitution of India and NSS Unit of Govt. Degree College Ramnagar celebrated National Constitution Day under the noble patronage of Dr. Udhey Bhanu,



Principal GDC Ramnagar and guidance of Prof Ritika Mahajan, NSS PO of the college. The Government of India declared 26th November as Constitution Day on 19th November 2015 to commemorate the 131th birth anniversary of Ambedkar who played

a pivotal role in the drafting of the constitution which is a sacred text for the Government. The programme started with the welcome address by Dr. Udhey Bhanu, Principal GDC Ramnagar who in detail expressed gratitude to the makers of our constitution and reiterate our commitment to build India of our dreams. Then NSS volunteers of the college Pritam Kumar, Suhani Gupta and Kavita Sharma delivered their views on the topic "Constitutional values among citizens". Then after resource person of the event Prof Swarna Devi, HOD political

Science, GDC Ramnagar explained how unity in disparity is important for the development of a nation. She in detail explained the PREAMBLE of India which is the soul of our constitution and urges the students to respect the fundamental rights and also develop a gratitude towards the fundamental duties provided by it. Students and NSS volunteers took keen interest and participated in Query session also.

Prof Suresh Kumar Dogra, HOD Physics felicitated the programme and delivered vote of thanks.

GDC Ramnagar organizes lecture on Nation's Consumer Day 2021

24-12-2021: To observe and celebrate Nation's Consumer Day 2021, NSS Unit of Govt. Degree college Ramnagar organized lecture with the theme "Consumer: Know your Rights" on 24th December 2021 as the part of Azadika Amrit Mahotsav. The event was organized under the able patronship of Dr. Udhey Bhanu, Principal GDC Ramnagar. The resource person and the guest of the programme were Mr. Ajay Kumar Verma, Assistant Controller Legal Metrology, Udhampur and Smt. Reeta Devi, Inspector Legal Metrology, Udhampur.

The programme started with the speech of NSS Volunteers Suhani Gupta, Vidhushi Dhiman and Pritam Kumar. Then the resource person of the event Mr. Ajay Kumar Verma demonstrated the students their rights and their duties being a consumer. He also



demonstrated practically the methods to determine exact weight and expiry date of Liquefied petroleum gas available commercially and domestically. He also explained the methods and procedures to check the validity and expiry of food articles and hallmark checklist of gold ornaments.

Then after the volunteers were facilitated with momentos and certificates also. Then the programme opened for question answer session.

The programme was felicitated by Prof Suresh Kumar Dogra, HOD Physics and senior faculty member who also acquainted the students with their right behaviour whenever they purchase articles from market. The programme was coordinated by Prof Ritika Mahajan, HOD Chemistry and NSS PO of the college and Prof Harmeet Kour, HOD Botany, delivered vote of thanks.

Celebrates International Women's Day

08-03-2022: Govt. Degree College Ramnagar under the auspices of Women Development Cell organized a Rangoli competition on the occasion of International Women's Day as a part of Azadi ka Amrit Mahotsav having theme- "Gender Issues in the Contemporary Society" under the Guidance of worthy Principal Dr. Udhey Bhanu and Prof Suresh Kumar Dogra (HOD Physics) on 8th March, 2022. The programme was inaugurated by Chief Guest and Patron Principal Dr. Udhey Bhanu. Speaking on the occasion the patron congratulated the organizing committee of Women Development Cell for celebrating International Women's



Day. In his message he appreciated the efforts of Women Development Cell for carrying such campaigns. The students drew beautiful rangolis displaying their opinions of how a quality world can be brought by

gender equality. Few chose slogans also to incorporate in their rangolis while some depicted their thoughts through their artistic skills. Prof. Swarna Devi (H.O.D Political Science), Prof. Shobha Rani (HOD Dogri) and Prof Suresh Chander (Faculty Dogri) acted as judges in the competition. The floors looked colourful with the rangolis on them making difficult for the judges to choose few out of them. The first position was shared by Shepali, Manisha and Sapna (Sem-I). Second position was shared by Ankush Klotra and Monalika Sharma (Sem-I). Ms. Shruti (Sem-V) bagged third position. Finally, the programme was concluded by a formal vote of thanks by Prof. Divya Puri (H.O.D Psychology). The program was attended by Prof. Suresh Kumar Dogra, Prof. Harmeet Kour, Prof. Brinder Kumar, Prof Swarna Devi, Prof. Aditya Sharma, Dr. Om Prakash, Prof. Ritika Mahajan, Dr. Hari Singh, Prof. Mushtaq Ahmed, Dr. Mohd. Riaz, Dr. Mukesh Kumar, Prof. Rashmi Gupta, Prof. Anice Ahmed, Prof. Naveed Hussain, Mr. Praveen Sharma, Dr. Preeti Sharma, Mr. Satish Kumar, Mr. Vimal

Sharma, Mr. Hitesh Kumar, Ms. Rudrika Kalsotra, Ms. Renu Gupta, Mr. Ab Roof Bhat, Mr. Azad Hussain Bhat and Mr. Mushtaq Ganai etc. The whole event was organized by the committee members of Women Development Cell Dr. Monica (Convener) Dr. Mukesh Kumar, Prof. Shobha Rani, Prof Divya Puri, Prof. Neetu Sharma, and Prof Suresh Chander.

Commemorate Shaheede Diwas under the aegis of Azadika Amrit Mahotsav

(23-03-22): On the day when Saheed Bhagat Singh, Sukhdev and Rajguru laid down their lives for the freedom of our country, NSS Unit of Govt. Degree College Ramnagar



remembered their sacrifice by pledging to intensify their unforgettable contribution towards the freedom of India under the noble patronage of Dr. Udhey Bhanu, Principal GDC Ramnagar and guidance of Prof Ritika Mahajan, NSS PO and convener Azadi Ka Amrit Mahotsav of the college.

To preserve and strengthen unity, integrity and security of our Nation and to remember this historical day, NSS volunteers, students and staff of the college unitedly took Saheed pledge

on 23-03-2022. NSS volunteers Then after, Principal of the college Dr. Udhey Bhanu urged the students that such pledge binds each individual to be a better citizen and be responsible about their national duties. Then after a rally towards the adopted village Thaplal was



proceeded to raise the slogans and sayings of Shaheed Bhagat Singh. NSS volunteers and students unanimously raise slogans like Inqilaab Zindabaad, Saheed Bhagat Singh Amar Rhe, Bharat Mata ki jai etc. The entire atmosphere was illuminated with the patriotic slogans and spirit. Prof Suresh Kumar Dogra, HOD Physics, Prof Harmeet Kour, HOD Botany and Prof Brinder Kumar, convener IQAC felicitated the programme.

GDC Ramnagar organized awareness rally under the aegis of Azadi ka Amrit Mahotsav

02-06-2022: Azadi ka Amrit Mahotsav and NSS Committee of GDC Ramnagar organized an awareness rally as a part of Azadika Amrit Mahotsav-India @ 75 under the able patronship of



Dr. Udhey Bhanu, Principal GDC Ramnagar. The rally started with the remembrance of great freedom fighters of India. The rally started with great velour and students raised slogans. Also students motivated the general public to adopt ecofriendly ways of transportation. Walk or ride by

cycle for short distances were the slogans raised. Prof Ritika Mahajan, NSS PO coordinated the event. Students were also made aware of the preservance of the nature and environment by adoption of green ways like bicycle ride or ride on foot.

NSS Unit of GDC Ramnagar organizes Patriotic song singing competition

14-07-2022: To provide an opportunity and platform to the students to showcase their talent and their nationalistic exploration NSS Unit of Govt. Degree College, Ramnagar under the convener ship of Prof Ritika Mahajan has organized Patriotic song singing competition in the college. The event was held under the aegis of Azadi ka Amrit Mahotsav as the part of series of activities held to celebrate upcoming Independence Day. The competition received an



overwhelming response from the students of the college participations. The participants sang beautiful and heart touching patriotic songs which mesmerized the entire environment. Students provide solo as well as group performances. Arun Singh

Bandral of Sem. II stood first, Priyanka Devi of Sem. VI stood second while group song by Pritam Kumar, Rajinder and Priyanka stood third. All meritorious students were provided

with e certificates of merit. The performances of the students were judged by Prof Harmeet Kour, HOD Botany, Prof Om Prakash HOD Sanskrit, Prof. Shoba Rani HOD Dogri. Suhani



Gupta and Sukeerti Mahajan were the stage secretary and carried out the entire event so well. The event was held under the patronage of Dr. Udhey Bhanu, Principal GDC Ramnagar, who always supports his staff members to conduct these activities. He opined that such

nationalistic activities build national character and self-esteem behaviour among young generation

ACTIVITIES Under CYBER JAGROOKTA

GDC Ramnagar organizes seminar on “Cyber Crimes and Safety”

29-11-2021: Department of Computer Applications, GDC Ramnagar organized one-day seminar on “Cyber Crimes and Safety” as part of Cyber Jagrookta initiative of the Government. It was organized under the guidance and supervision of Dr. Udhey Bhanu, Principal GDC Ramnagar. Dr. Udhey Bhanu, Principal, in his inaugural speech highlighted the importance of awareness about cyber-crimes and also gave some general tips about saving oneself from the financial frauds. Ms. Rudrika Kalsotra, Lecturer Computer



Applications and resource person of today’s seminar, gave presentation about various terms and aspects of the cyber security. She also discussed the ways and practices by which we can remain alert and avoid being victim of cyber-crimes. In the end, Prof. Aditya Sharma,

HOD Computer Applications, discussed the importance of reading instructions carefully and appropriate behavior while using internet. The seminar was attended by a large number of

students. Besides Prof. Swarna Devi, Prof. Mushtaq Ahmed, Dr. Hari Singh, Dr. Satish Kumar and Ms. Swati Samnotra were also present.

GDC Ramnagar organizes online lecture on “Email Phishing Attacks”

29-01-2022: IQAC team in collaboration with Department of Computer Applications of GDC Ramnagar organized an online lecture on “Online Phishing Attacks” as part of Cyber Jagrookta Mission of the Government. It was organized under the Patronage of Dr. Udhey Bhanu, Principal GDC Ramnagar and guidance of Prof. Suresh Kumar Dogra, HOD Physics. A large number of students and staff of the College attended the lecture in online mode. At the outset, Dr. Udhey Bhanu called upon the participants to be cautious about online frauds



and exhorted them to spread the awareness about the same in their family and localities. Prof. Aditya Sharma, College Nodal Officer of Cyber Jagrookta cell and resource person for today's lecture,

introduced the participants to the Email Phishing Attacks and their consequences. He also discussed ways to identify such emails and protect ourselves from these frauds. At the end Prof. Brinder Kumar, Convener IQAC, concluded the session by highlighting important points of the session. The whole proceedings were coordinated by Ms. Rudrika Kalsotra, Organizing Secretary of the event. Among others who were present in the session included Dr. Hari Singh, Prof. Mushtaq Ahmed, Dr. Mohd Riaz, Dr. Monica and Mr. Parveen Sharma.

GDC Ramnagar organizes Online UT level Quiz programme on “Cyber Awareness”

01-05-2022: Dept. of Computer Applications of GDC Ramnagar organized online UT level Quiz Programme on “Cyber Awareness” as part of Cyber Jagrukta initiative of the Govt. The Quiz was organized under the active guidance and supervision of Dr. Udhey Bhanu, Principal and Asst. Prof. Aditya Sharma, HOD Computer Applications & Nodal Officer of Cyber Jagrukta cell of the College. The quiz questions were framed in a way to improve the

knowledge, understanding and awareness of the participants about various cybercrimes and ways to remain safe from these crimes. More than 200 staff and students from various Colleges of the J&K participated in the quiz. E-certificates were also provided to those who secured more than 60 % marks in the quiz.

GDC Ramnagar organizes special lecture on “Safe & Secure Passwords”

01-06-2022: Department of Computer Applications in collaboration with IT cell of GDC Ramnagar organized a special lecture on “Safe & Secure Passwords” as part of Cyber Jagrookta Mission of the Government. It was organized under the Patronage of Dr. Udhey Bhanu, Principal GDC Ramnagar and guidance of Prof. Suresh Kumar Dogra, HOD Physics. At the outset, Dr. Udhey Bhanu highlighted the importance of passwords in connection with the cyber security and lauded the efforts of the organizing team for spreading awareness about the same. Prof. Aditya Sharma, College Nodal Officer of Cyber Jagrookta cell and



resource person for today's lecture, introduced the participants to the concept of passwords and also discussed the possible issues one may face on account of weak passwords. He

also enumerated various points which must be followed for creating strong passwords. A practical session was also conducted where participants learned the standard procedure to be followed while creating online accounts on any portal. The whole proceedings were coordinated by Prof. Sonam Gandotra, Organizing Secretary of the event. Prof. Mushtaq Ahmed presented the vote of thanks. Besides Dr. Mohd Riaz, Dr. Om Parkash and Prof. Anice Ahmed were also present.

ACTIVITIES OF PHYSICAL EDUCATION AND SPORTS DEPARTMENT

GDC Ramnagar organizes lecture on “Body Detoxification through Indian Traditional Method - Yoga”

21-05-2022: GDC Ramnagar organized special lecture on “Body Detoxification through Indian Traditional Method - Yoga”. Under the able guidance and directions of Dr. Udhey Bhanu, Principal GDC Ramnagar, the lecture was organized by Dept. of Physical Education and Sports in collaboration with NSS and NCC units of the College. In the inaugural address,



Dr. Udhey Bhanu highlighted the importance of yoga and other exercises in maintaining good mental and physical health. Dr. Mukesh Kumar, HOD Physical Education and Sports Dept. and Resource Person for today’s lecture explained the importance and techniques of “Ashtanga”

yoga in threadbare details and motivated the students to practice yoga in daily lives. More than 100 students and faculty members attended the lecture. Speaking on the topic, Dr. Mukesh explained about the emergency and need to follow traditional methods to detoxify the body. He emphasized that instead of taking medical treatments or to pay rich amount of premium in health insurances one must invest time in yoga and Exercise to detox the body. At the beginning of lecture Dr. Mukesh explained various diseases associated with toxic substances those were left behind after natural processes of detoxification, and then how these toxic substances adversely affect the internal homeostasis of the body which ultimately could be responsible for numerous health related diseases. He also explained how GUT plays an important role in maintaining healthy environment (Homeostasis) of the body.

Dr. Mukesh also gave the briefings on how to start daily life and what is mandatory to follow or to sustain healthy and positive life. Further, he explained how Shatkarma (Shudhi kriyas) are beneficial to detox the body in right way and what are the benefits if an individual performs shatkarma on regular basis. He also added how we can prevent the chances of occurrence of diseases by following these kriyas. The proceedings were coordinated by Prof. Ritika Mahajan, NSS PO with technical support from Prof. Aditya Sharma, HOD Computer

Applications. Besides Prof. Harmeet Kour, Prof. Brinder Kumar, Dr. Om Parkash, Dr. Mohd. Riaz, Prof. Divya Puri were also present.

ACTIVITIES OF ZOOLOGY DEPARTMENT

Subject Tour

13-12-2021: Students of B.Sc Semester 5th visited the underground fish aquarium at Bagh-e-bahu, Jammu. Where the students have learned about the different types of ornamental fishes



around the world. They have also seen the different types of fish gears and preserved specimens of fish fauna. After that the students also visited the dairy farm and poultry farm at Belicharana Jammu.

Students interacted with the veterinarian doctor and asked about the different types of dairy breeds found in the farm. They have learnt about artificial insemination technique through the lecture given by doctor. Besides this they have also seen different types of poultry breeds and poultry management techniques in the poultry farm. About 38 students were participated in the subject tour. Prof. Brinder Kumar HOD (Zoology Deptt) and Dr. Hari Singh (Zoology Deptt) escorted the pupils.

Govt. Degree College, Celebrate World Wetland Day

02-02-2022: Department of Zoology, Govt. Degree College, Ramnagar celebrated World Wetlands Day on 2nd February, 2022. This day is celebrated **to mark the adoption of the Ramsar Convention for the conservation of wetlands and raising global awareness around their importance of both for humans and the environment.** On this occasion, an online Quiz and Debate competition on the theme "Wetlands Action for People and Nature" was organized in which more than ninety students of the college participated through online platform. In debate competition Ms. Sunidhi Mahajan bagged first position whereas Ms. Neha Thakur & Suhani Gupta share 2nd prize and Ms. Ritu Thakur bagged 3rd position

respectively. The consolation prize share by Ms. Bandhana Devi & Ms. Vidhushi Dhiman. E-



certificate and cash prize were distributed among the winner in the competition.

Principal of College, Dr. Udhey Bhanu was chief guest on the occasion, in his address he underlined the importance of Wetlands and their conservation for safeguarding life connected with them. Prof. Brinder Kumar (Convener) of the programme give an overview of the status of wetland in India. The programme was coordinated by Dr. Hari Singh (Co-convener) and Prof. Aditya Sharma (Member). The programme ended with

votes of thanks presented by Prof. Suresh Kumar Dogra (Senior Faculty member). Other faculty members of the college also attended the event through online platform.

ACTIVITIES OF POLITICAL SCIENCE DEPARTMENT

Lecture on the topic “Intellectual Property Rights” was organised by the Department of Political Science, GDC Ramnagar

08-02-2022: An online lecture on the topic “Intellectual Property Rights” was organised by the Department of Political Science, GDC Ramnagar on 8th February, 2022 under the able guidance of the Principal of the College, Dr. Udhey Bhanu.

Prof. Romesh Sharma, Department of Economics, GDC Boys Udhampur, was the Resource Person on the occasion. He explained in detail about the Intellectual Property Rights and their importance. He particularly exhorted upon the different types of Intellectual Property Rights and Geographical Indications tag. He also focused that no person can use the work of the original author without his permission failing of which could be resulted into some fine and imprisonment.

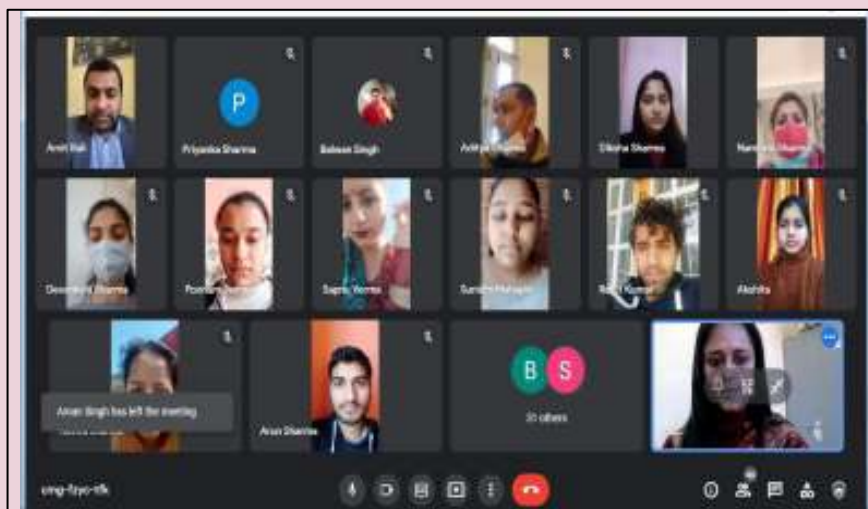


While speaking on the occasion, Principal of the college, Dr. Udhey Bhanu focused on the importance of Intellectual Property Rights that protects the creations/inventions of the intellectual activities in the industrial, scientific, and copyright fields. The whole event was organised by Prof. Swarna Devi, HOD Political Science, GDC Ramnagar. Almost 60 students attended the lecture. Prof. Suresh Dogra delivered the vote of thanks. Prof. Brinder Kumar, Dr. Monica, Dr. Hari Singh, Prof. Mushtaq Ahmed, Prof. Shobha Rani, Prof. Neetu Sharma, Prof. Divya Puri, Dr. Mukesh Kumar, Prof. Suresh Chander, Ms. Rudrika Kalsotra, etc. also attended the lecture.

ACTIVITIES OF CHEMISTRY DEPARTMENT

GDC Ramnagar organizes lecture on ‘Career options for Chemistry Aspirants’

10-02-2022: Conducted a lecture on the topic “Chemistry Options for Chemistry Aspirants” under the able patronage of Dr. Udhey Bhanu, Principal GDC Ramnagar on 10th February, 2022 through Google Meet. The lecture was organized by the Department of Chemistry, GDC Ramnagar. Dr. Amit Bali M.Sc (Chemistry), NET, GATE qualified and PhD from IISc



Bangalore presently working as Assistant Professor at GDC Reasi, was the resource person. The programme started with the welcome note by Prof Ritika Mahajan, HOD Chemistry GDC Ramnagar who presented the speaker to

the audience. Then, the resource person in detail explained the various career options which the students can avail by taking Chemistry as main subject. He elaborated the career options like Physical chemist, Inorganic Chemist, Organic Chemist, Chemical Engineers, Industrial chemists, Pharmacist, Patent Officers and Geochemists along with their role and proposed work. Dr. Bali also suggested the student's various types of competitive examinations which students can opt after graduation like JAM, NET, GATE etc. After the lecture the students were involved in question answer session with the resource person also.

Principal of the college Dr. Udhey Bhanu, lauded the efforts of Department of Chemistry and also thanked the resource person for the informative lecture. A formal vote of thanks was presented by Miss Diksha Sharma, Teaching Assistant at GDC Ramnagar. Prof Suresh Kumar Dogra HOD Physics, Prof Brinder Kumar IQAC convener and HOD Zoology, Prof Aditya Sharma HOD Computer Science, Dr. Hari Singh, Prof Suresh Chander, Prof Divya Puri and Dr. Naveed also attended and felicitated the programme with their presence.

ACTIVITIES OF BOTANY DEPARTMENT

Botanical Tour to Shivgali, Dudu Basantgarh

26-05-2022: Botanical tour has been organised by Department of Botany, Government Degree College, Ramnagar on 26th of May 2022 to Shivgali, Dudu Basantgarh. The tour was



organized in order to explore the rich floral diversity of the area including medicinal, timber and firewood yielding plants. Students were introduced to different locally available plants and were also acquainted with different ethno-medicinal aspects as well as the students were also introduced with many locally

available timber and firewood yielding plants which were used by the local of that particular area. The touring students were also introduced with different plant diversity in the route towards Shivgali.

ACTIVITIES OF CAREER COUNSELING AND PLACEMENT CELL

CCPAC & UBAC GDC Ramnagar organized a lecture on “Changing Trends and Career in Physical Education and Sports”

13-03-2022: Career Counselling & Placement Cell and Unnat Bharat Abhiyan Committee of Govt. Degree College, Ramnagar, today, organized a Lecture on the topic “*Changing Trends and Career in Physical Education and Sports*” under the supreme guidance and Support of the principal of the college, Dr. Udhey Bhanu. The programme was started with the Welcome address by Prof. Swarna Devi, Convener of the **Career Counselling and Placement Cell and Unnat Bharat Abhiyan Committee**. Dr. Mukesh Kumar was the Resource Person on the

occasion. While speaking on the topic, he gave the briefing about the World Education and explained how the education all around the world is linked with the Indian Traditional Education System imparted in Gurukuls. He also explained that how physical education is similar to Indian Traditional Education System. While talking about Trends of Physical Education, he explained about how the concept changes from “*padhoge likhoge banoge*



navaab kheloge kudoge ho jaoge khrav’ to “skill master””. Dr. Sharma explained that how important is physical education for the healthy lifestyle and how physical education can give thousands of career

opportunities at last the new education policy is centric towards the bright future and career of physical education. Principal of the college was the chief Guest on the Occasion. He congratulated the Career Counselling and Placement Cell for organizing such an informative and useful lecture. While speaking on the occasion, he exhorted upon the need of physical exercise for all of us especially our young generation on whom the future of our country resides. He further stressed upon that there are lots of opportunities and avenues in the field of sports and physical education but not on the cost of merit. The programme was ended with the vote of thanks delivered by Prof. Neetu Sharma, member of the Career Counselling and Placement Cell. Almost 100 students and the staff members of the college attended the programme. Prof. Suresh Dogra, Prof. Brinder Kumar, Dr. Monica, Prof. Suresh Chander, Dr. Om Prakash, Prof. Ritika Mahajan, Prof. Divya Puri, Prof. Shoba Rani, Ms. Rudrika Kalsotra were also present on the occasion.

ACTIVITIES OF WOMEN DEVELOPMENT CELL

GDC Ramnagar Celebrates “International Mens’Day”

18-11-2021: Govt. Degree College Ramnagar under the auspices of Women Development Cell organized a Seminar on the occasion of International Mens’ Day having theme- “**Men**

Women and Equity” under the Guidance of worthy Principal Dr. Udhey Bhanu and Prof Suresh Dogra (H.O.D) Physics on 18th November, 2021. The Seminar was inaugurated by Chief Guest and Patron Principal Dr. Udhey Bhanu. Speaking on the occasion the patron congratulated the organizing committee of Women Development Cell for celebrating International Mens Day. In his message he appreciated the efforts of Women Development Cell for carrying such campaigns, Dr. Monica Convener of Women Development Cell presented a presentation about the Equity in relation to Men, Women and discussed issues pertaining to it. The Resource Person Prof. Shobha Rani (H.O.D Dogri) throws light on the equal status and contribution of Men and Women in a progressive society. Dr. Om Parkash (H.O.D Sanskrit) highlighted the concept of Gender Equity in the ancient society and their relevance in the present scenario. Students took active part in the seminar by presenting their views on the topic. Prof Brinder Kumar (H.O.D Zoology), Prof. Aditya Sharma (H.O.D Computer Applications), Dr. Hari Singh acted as judges in the seminar. Mr. Yash Paul, Mr. Varun Kattal and Ms. Shruti bagged first, second and third prize respectively. Finally, the seminar was concluded by a formal vote of thanks by Prof. Divya Puri (H.O.D Psychology). The Program was attended by Prof. Mushtaq Ahmed , Dr. Mohd Riaz, Prof. Suresh Kumar, Prof. Neetu Sharma, Prof. Preeti Sharma, Prof. Rashmi Gupta, Prof. Bandana Rani, Prof. Satish Kumar, Mr. Praveen Sharma and Mr. Vimal Sharma.

ACTIVITIES OF SWEEP Cell

SVEEP Cell, GDC Ramnagar organized Online Slogan writing competition on National Voters Day”

25-01-2022: SVEEP Cell of Govt. Degree College Ramnagar organized an online Slogan writing competition on National Voters Day” on 25th January, 2022. This initiative has been undertaken to meet the objective of the election commission of India that is to encourage eligible citizens to vote and make an informed decision during the elections. In this regard, an online Slogan writing competition was organized to spread awareness among students about the election process and their importance as a voter in a democratic country.

The response of the students was overwhelming. NSS volunteers and other students actively participated in the session. The session was judged by Prof. Ritika Mahajan and Prof. Suresh



Chander. First position was secured by Sunita Kumari (Sem-V), Second position was shared by Preeti Sharma (Sem-V) and Sarishta Devi (Sem-V) whereas third position was shared by Tasmeen Akhtar (Sem-I) and Sunidhi Mahajan (Sem-I).

The entire session was organized under the guidance of Dr. Udhey Bhanu, Principal GDC Ramnagar. The organizing members of the session were Dr. Om Prakash (Convener SVEEP cell), Prof. Ritika Mahajan, Prof. Suresh Chander, and Prof. Divya Puri.

GDC Ramnagar conducts elections for Student's Executive Body

09-04-2022: Dean Student's Welfare Committee of Govt. Degree College, Ramnagar, today conducted the elections for the Students' Executive Body/Presidium under the supreme guidance of the principal of the college, Dr. Udhey Bhanu. Total 18 CRs, out of all 26, participated in the election process. Election was conducted according to the proper procedure of Secret-Ballot Voting System. Elected members' names were proposed and seconded by the students among the CRs.

Mr. Kewal Kumar, Semester 3rd elected as the President of the college, Miss Neeti Devi, Semester 3rd elected as the Vice-President, Mr. Sunil Singh, Semester 5th elected as the General-Secretary, Miss Smriti Sharma elected as the Joint-Secretary, Mr. Vishal Singh, Semester 1st elected as Treasurer, Miss Kavita Sharma, Semester 5th elected as Joint-Treasurer. Mr. Sunil Thakur, Semester 1st elected as Co-ordinator along with Mohd. Adrees, Kuldeep Kumar, Sonali Thakur, Neelam Devi and Diksha Bhardwaj as his team-members and Mr. Pritam Kumar, Semester 5th elected as the Cultural-Secretary along with Meenakshi Devi, Hari Om Abrol, Nivas Chanotra, Ravinder Singh and Sunita Kumari as his team members.

Principal of the college congratulated the DSW and Committee of the college for conducting the elections successfully. He also congratulated the Presidium and advised them to remain

active and helpful in the college management activities. He also inspired the students to work in proper co-ordination and in a peaceful/Constitutional manner for the welfare of all the students of the college.

Prof. Suresh Dogra and Prof. Brinder Kumar, senior members of the college, Dr. Monica, Dr. Om Prakash, Prof. Neetu Sharma, Prof. Suresh Chander, Mr. Parveen Sharma and Dr. Mukesh Kumar, the members of the DSW committee, were present on the occasion. The whole election process was conducted by Prof. Swarna Devi, DSW of the college along with her committee members.

SVEEP CELL, NSS & NCC Unit, GDC Ramnagar organised various activities on the eve of “World Environment Day”

05-06-2022: Numerous activities were organized by the SVEEP Cell, NSS & NCC Unit of Govt. Degree College Ramnagar, with respect to “World Environment Day” on 5th June, 2022. This initiative has been undertaken for raising awareness on environment issues and driving significant changes for the environment. Also, to generate greater insight into the election process to encourage eligible citizens for making informed decisions during the elections. In this regard, a series of activities were conducted. Dr. Udhey Bhanu, Principal GDC Ramnagar showed concern for the environment and stressed safeguarding the natural ecosystem and biodiversity through education and participatory approaches. Dr. Bhanu also emphasized the right guidance and education to the youth of the nation regarding the entire election process. Firstly, a plantation drive was conducted in the Govt. Middle School, Thaplal (Ramnagar), adopted by the college NSS Unit. The activity was initiated by Prof. Ritika Mahajan (NSS PO) who emphasized on taking necessary actions for protecting the environment. Students showed active participation by planting trees and sensitizing the general masses in this regard. In the second activity, students participated in the poster-making competition with the theme “World Environment Day with special reference to election”. The response of the students was overwhelming. This was followed by the SVEEP rally (Third activity). Before commencing the rally, Dr. Om Prakash (Convener SVEEP Cell) addressed the gathering for taking important steps for betterment of the environment and also discussed the need for right education and knowledge about the elections. In the rally, NSS & NCC Volunteers and other students raised awareness regarding the election process and encourage the masses for greater participation. The rally was concluded by vote of thanks by Dr. Prakash. In the fourth activity, students actively participated in the quiz competition held

on a similar theme. E-certificates were awarded to the meritorious students. The activities



were organized under the guidance and direction of Dr. Udhey Bhanu, Principal GDC Ramnagar. Senior-most faculty of the college- Prof. Suresh Kumar Dogra (HOD Physics), Prof. Harmeet Kour (HOD Botany), Prof. Brinder Kumar (HOD Zoology), and Prof. Swarna Devi (HOD Political Science). The program was concluded with a vote of thanks by the organizing members. The

organizing members of these activities were Dr. Om Prakash (HOD Sanskrit, Convener SVEEP Cell), Prof. Ritika Mahajan (HOD Chemistry, NSS PO), Prof. Aditya Sharma (HOD Computer Application, ANO), Dr. Mohd. Riaz (HOD Urdu), Dr. Mukesh Kumar (Physical Director), and Prof. Divya Puri (HOD Psychology).

ACTIVITIES OF IQAC (internal quality assurance cell)

One-day National Faculty Development Workshop held at GDC Ramnagar

27-04-2022: A one day “National NAAC Related Faculty Development Workshop” was organized by Internal Quality Assurance Cell (IQAC) of GDC Ramnagar on 27-04-2022. Prof. Dharmadhikari N.S, Eminent Educationist, Member NAAC peer team and UGC Committee from Pune (Maharashtra) was the Resource Person for the workshop. At the very



outset, Dr. Udhey Bhanu, Principal and Chairperson of the program, welcomed the Resource Person and also expressed his gratitude for accepting the invitation. Prof. Dharmadhikari, in his address, highlighted the important

quality initiatives that can be undertaken by the College for improving its grade in the NAAC accreditation. He also stressed on the proper framing of the reports that are submitted for the NAAC process. In the afternoon session the Resource person had interaction with staff of different Departments and suggested the focus areas for development of the College as per the requirements of the NAAC. The workshop was attended by faculty members of GDC Udampur, GCW Udampur including IQAC coordinators Prof. GR Verma and Prof. Suneel Singh. All the staff members of GDC Ramnagar also attended the workshop. Prof. Brinder Kumar, Convener IQAC, coordinated the whole proceedings. The workshop concluded with the vote of thanks by Prof. Suresh Kumar Dogra, Convener Academic Development Committee.



Prof. Brinder Kumar(Coordinator IQAC) Coordinating the workshop



Dr. Udhey Bhanu (Principal) presenting welcome address.



Interaction of Resource Person with the Faculty members of Science Departments.



Interaction of Resource Person with the Faculty members of Arts Departments.



Presenting memento to Resource Person



Prof. Suresh Kumar Dogra (HOD Physics) presenting Vote of Thanks.



Interaction of Resource Person with the staff members of Language



Group Photograph of Workshop

ACTIVITIES OF RED RIBBON CLUB

Govt. Degree College, Ramnagar organised a webinar on World Cancer Day

04-02-2022: On the occasion of World Cancer Day, Red Ribbon Club (RRC), Govt. Degree College, Ramnagar organised a webinar and an inter college drawing competition on the theme of the year “Close the Care Gap”. An online lecture on “Cancer: A World-Wide Concern’ was delivered by Dr. Rajani Sharma, Assistant Professor Amity University, Jharkhand, Ranchi. Which was attended by about 78 students. Dr. Rajani in her lecture stressed for various causative agent, preventives measures including early screening and healthy dietary habits to contain the disease which is spreading at the alarming rate and is the leading cause of death. She also emphasized a need for increasing awareness and preventive strategies for the combat against cancer including cessation of smoking, alcohol consumption, chewing of tobacco substances, radiation and lifestyle modifications. The programme was conducted under the patronage of Dr. Udhey Bhanu, Principal Govt. Degree College, Ramnagar. He gave a detailed account of Cancer treatment and shared his views on cancer and motivate the students to make use of AYUSH Card.

An inter college drawing competition was also organised in which 25 students from GDC Ramnagar and Amity University Jharkhand participated. Cash prize and e-certificate were presented among the winner and participant. The poster making competition was held under the guidance of the Jury members Prof. Brinder Kumar (HOD Zoology) and Prof. Ritika Mahajan (HOD Chemistry). In poster making competition the 1st position adjudged by the Jury was Ms. Semrin Kumari & Neha Thakur, 2nd prize was shared by Ms. Shristi Kumari from Amity University, Jharkhand (Ranchi) and Lalita Kumari (GDC Ramnagar), 3rd prize was shared by Ms. Vidhusi Dhiman & Neeti Thakur and consolation prize was shared by Ms. Rubi Devi and Bandhana. The event was culminated with the votes of thanks proposed by Dr. Hari Singh (Convener RRC). The programme was coordinated under the guidance of senior faculty members Prof. Suresh Kumar Dogra (HOD Physics) and Prof. Brinder Kumar (HOD Zoology). Other members of the committee were Prof. Aditya Sharma, Prof. Ritika Mahajan, Prof. Divya Puri, Prof. Suresh Chander and Ms. Rudrika Kalsotra. All other faculty members of the College and Amity University Jharkhand join the programme through online platform.

Sports Achievements**List of Students selected for All India University (AIU)Trials and Participated in University Games for the Session 2021-22**

S.No	Name of Students	Stream	Semester	Class Roll No.	Game
1	Ms. Kamlesh Devi	B.A		189	Cricket
2	Ms. Pooja Devi	B.Sc		161	Cricket
3	Mr. Sahil Malghotra	B.Sc		6	Badminton
4	Mr. Shivang Bharti	B.Sc		25	Badminton
5	Mr. Arti Thakur	B.A	3 rd	105	Grappling (Trial)
6	Ms. Meenakshi	B.Sc	3 rd	80	Grappling (Trial)
7	Ms. Shivani	B.A	5 th	145	Volley Ball
8	Ms. Bandu Sharma	B.Sc	5 th	27	Volley Ball
9	Ms. Meenakshi	B.Sc	3 rd	80	Volley Ball
10	Ms. Kamlesh Kumari	B.A	3 rd	189	Volley Ball
11	Mr. Ajay Singh	B.A	5 th	162	Volley Ball
12	Ms. Meenakshi Devi	B.Sc	3 rd	80	Wrestling

List of Students Won the Medals under Inter-Collegiate Games for the Session 2021-22

S.No	Name of Student	Stream	Sem.	Class Roll No	Game	Medal
1	Mr. Sachin Sharma	B.A	1st	298	L.C Cross Country	Silver
2	Ms. Shivani	B.A	5th	145	I.C Volleyball	Gold
3	Ms. Bandu Sharma	B.Sc	5th	27	I.C Volleyball	Gold
4	Ms. Diksha Sharma	B.A	3rd	328	I.C Volleyball	Gold
5	Ms. Kajal	B.A	3rd	143	I.C Volleyball	Gold
6	Ms. Meenakshi	B.Sc	3rd	80	I.C Volleyball	Gold
7	Ms. Kamlesh Kumari	B.A	3rd	189	I.C Volleyball	Gold
8	Ms. Shivani Thakur	B.Sc	3rd	27	I.C Volleyball	Gold
9	Ms. Attu Sharma	B.Com	1st	183	I.C Volleyball	Gold
10	Ms. Ayushi	B.A	3rd	188	I.C Volleyball	Gold
11	Ms. Arti Thakur	B.A	3rd	105	I.C Wrestling	Gold
12	Ms. Meenakshi	B.Sc	3rd	80	I.C Wrestling	Consolation
13	Ms. Kanchan Bharti	B.A	1st	269	L.C Cross Country	Consolation

Staff Pursuit

Prof. Suresh Kumar Dogra



Participated in one-week Interdisciplinary Faculty Development Programme on “**Roadmap for Building New India with New Education Policy**” 21st -25th July 2021organised by IQAC Hansraj College in collaboration with Mahatma Hansraj Faculty Development Centre Hansraj College, University of Delhi.

- Participated in International Conference on Multifunction Advanced Materials (VICAM-2021) organized by Dept. of Chemistry, JVM’s Degree College in collaboration with Association of Chemistry Teachers(ACT) on 9th and 10th Aug 2021.
- Participated in International E-conference on Biological diversity on 22nd May 2022 organized by Research and Development Cell under the aegis of IQAC, Govt. PG College Rajouri.

Prof. Harmeet Kour



➤ Attended the BOS meeting organized by Dept. of Botany, University of Jammu held online on 24 June 2021.

➤ Participated in International Conference on “Genetics and Genomics Technologies or Crop Improvement organized by Dept. of Botany, Hansraj College, University of Delhi, International Maize and Wheat Improvement Centre (CIMMYT), Mexico.

Prof. Brinder Kumar



➤ Research paper published: - Kumar B, Kumar K. (2021). Nestling Growth and Development of Himalayan bulbul, (*Pycnonotus leucogenys*) in Udhampur District, Jammu and Kashmir (UT), India. **J New Biol Rep** 10 (1): 51 – 56.

- Research paper published: - Kumar. B & Kaur. R (2021). Little Bittern *Ixobrychus minutus* from Jammu division of Jammu and Kashmir (UT), India. **Indian Birds** Vol. 17 No. 5 (Publ. 18 October 2021) pp 148.
- Attended the BOS meeting organized by Dept. of Zoology, University of Jammu held on 12-08-2022.
- Participated in online short term course on Statistics for Data Analysis (Multi-Disciplinary) UGC HRDC Osmania University Hyderabad, Telangana from 24-08-22 to 30-08-22.
- Participated in One week (Online) Interdisciplinary Faculty Development Programme on “Roadmap for Building New India with New Education Policy” (21stJuly – 25thJuly2021) organised by IQAC, Hansraj College in collaboration with Mahatma Hansraj Faculty Development Centre Hansraj College, University of Delhi.

Prof. Swarna Devi



- Attended the BOS meeting organized by Dept. of Pol. Science, University of Jammu on 10 June 2022.
- Attended International Virtual Faculty Development Programme on Research and writing organized by Andhra Loyola Institute of Engineering and Technology Andhra, Cape Comorin Trust on 26-30 June 2022.
- Participated in One Week Faculty Development Programme organized by Teaching Learning Centre, Ramanujan College, University of Delhi on 28th Mar-03rd Apr 2022.
- Participated in International E conference on Environment Sustainability “Only One Earth, Living Sustainably in Harmony with Nature organized by Research and Development Cell under the aegis of IQAC, PG College Rajouri on 4th June 2022
- Participated in International Workshop on ‘Writing Research Article’ organized by Manuscriptpedia, Kanyakumari on 25th June 2022

Dr. Monica



- Participated in National Workshop on History and Heritage of Jammu and Kashmir organized by Heritage society-Maharashtra circle in collaboration with school of social sciences, cluster University of Jammu on 10th Sep to 27th Sep 2021.

Prof. Aditya Sharma



- Participated in One week (Online) Interdisciplinary Faculty Development Programme on “Basics of Research” (18th June –24th June, 2021) organised by Mahatma Hansraj Faculty Development Centre Hansraj College, University of Delhi in collaboration with PARAMARSH, UGC SCHEME.
- Attended two-week refresher course in Computer Science organized by Dept. of Comp. Science, Ramanujan College, University of Delhi on 02-16th May 2021

Dr. Om Parkash



- Attended BOS organized by Dept. of Sanskrit, University of Jammu on 14-09-2021
- Participated in online International workshop on Swastha ke Sanrakshan Mai Ritucharya organized by Global Sanskrit forum on 03rd-10th Oct 2021
- Participated in online webinar on Bhartiya sanskriti vaishak Paripeksh mai organized by School of Open Learning New Delhi, Global Sanskrit New Delhi on 23rd Oct 2021
- Participated in workshop on Kendriya Sanskrit Vishwavidhalya, Shri Ranvir Parisar Jammu on 15th -21st Nov 2021.
- Participated in One Week Faculty Development Programme on Samskrita Sahitya Vimarsa organized by IQAC and Department of Sanskrit in collaboration with Global Sanskrit Forum held from 6th -12th January 2022

Prof. Mushtaq Ahmed



- Attended two-week refresher course in “Commerce and Management” organized by Teaching Learning Centre, University of Delhi on 25th-08th July 2021.
- Attended two-week refresher course in “Research Methodology and Data analysis” organized by Teaching Learning Centre, University of Delhi on 17th-31st May 2021.



Dr. Mohd Riaz

- Attended the BOS meeting organized by Dept. of Urdu, University of Jammu on 23rd Dec 2021.
- Participated in one-week Faculty Development Programme on “Basics of Research” organized by Maharaja Hansraj Faculty Development Centre, University of Delhi on 18th -24th June 2021.



Prof. Ritika Mahajan

- Attended the BOS meeting organized by Dept. of Chemistry, University of Jammu on 09 Nov 2021
- Participated in two-week Faculty Development Programme on Managing Online Classes and Co-Creating MOOCS 10.0 organized by Ramanujan College, University of Delhi on 13-27 Dec 2021



Prof. Shobha Rani

- Participated in one-week Faculty Development Programme on Basics of Research organized by Mahatma Hansraj College, University of Delhi on 18th -24th June 2021
- Attended the BOS meeting organized by Dept. of Dogri, University of Jammu on 23rd Nov 2021



Prof. DivyaPuri

- Attended the BOS meeting organized by Dept. of Psychology on 24 June 2021.

NEWS LETTER 2021-22

Details of Full time teachers during the Session

S.No	Name	Department	Designation	Date of Joining in the same institution
1	Sh. Suresh Kumar Dogra	Physics	Associate Professor	04-02-2021
2	Ms. Harmeet Kour	Botany	Associate Professor	01-07-2020
3	Sh. Brinder Kumar	Zoology	Assistant Professor	03-02-2021
4	Ms. Swarna Devi	Pol. Science	Assistant Professor	04-02-2021
5	Sh. Aditya Sharma	Compt. App.	Assistant Professor	06-01-2017
6	Dr. Monica	History	Assistant Professor	31-03-2017
7	Dr. Mohd. Riaz	Urdu	Assistant Professor	31-01-2021
8	Ms. Ritika Mahajan	Chemistry	Assistant Professor	12-04-2017
9	Sh. Mushtaq Ahmed	BBA	Assistant Professor	27-02-2017
10	Dr. Hari Singh	Zoology	Assistant Professor	07-04-2017
11	Dr. Om Parkash	Sanskrit	Assistant Professor	18-02-2017
12	Ms. Neetu Sharma	Dogri	Assistant Professor	28-08-2019
13	Sh. Suresh Chander	Dogri	Assistant Professor	28-08-2019
14	Ms. Divya Puri	Psychology	Assistant Professor	21-12-2019
15	Ms. Shobha Rani	Dogri	Assistant Professor	30-04-2020
16	Dr. Rashmi Gupta	Physics	Assistant Professor	30-04-2021
17	Prof. Naveed Hassan Chowdhary	Geology	Assistant Professor	13-12-2021
18	Prof. Anice Ahmed	English	Assistant Professor	22-12-2021
19	Dr. Sonam Gandotra	Compt. App.	Assistant Professor	19-05-2022
20	Dr. Deepak Chauhan	Botany	Academic Arrangement	29-09-2021
21	Mr. Gowhar Ramzan Bhat	EVS	Academic Arrangement	30-09-2021
22	Mr. Ab Roof Bhat	Sociology	Academic Arrangement	27-10-2021
23	Ms. Rudrika Kalsotra	Compt. App.	Academic Arrangement	22-11-2021
24	Mr. Hitesh Kumar	Hindi	Academic Arrangement	25-10-2021
25	Dr. Satish Kumar	Philosophy	Academic Arrangement	27-10-2021
26	Dr. Renu Gupta	Education	Academic Arrangement	01-10-2021
27	Dr. Preeti Sharma	English	Academic Arrangement	04-10-2021
28	Dr. Mushtaq Ahmed	Economics	Academic Arrangement	22-11-2021
29	Ms. Diksha Sharma	Chemistry	Academic Arrangement	30-11-2021
30	Mr. Aazad Hussain Sofi	Mathematics	Academic Arrangement	13-12-2021
31	Ms. Rekha Rani	Commerce	Academic Arrangement	03-03-2022

Detail of Faculty who have been transferred from the College

S.No	Name	Department	Designation	Date of leaving the college
1	Dr. Hari Singh	Zoology	Assistant Professor	11-05-2022
2	Ms. Neetu Sharma	Dogri	Assistant Professor	09-05-2022
3	Sh. Suresh Chander	Dogri	Assistant Professor	09-05-2022

RESULT OF THE COLLEGE FOR THE LAST THREE ACADEMIC SESSIONS:

Session	Stream/Semester	Result	University Positions
2019-20	B.A/VI	83.4%	-
	B.Sc./VI	88.7%	1 st , 4 th and 5 th Position
	B.Com/VI	100%	-
	BBA/VI	100%	-
	BCA/VI	100%	2 nd Position
2020-21	B.A/VI	96.8%	-
	B.Sc./VI	100%	-
	B.Com/VI	100%	-
	BBA/VI	100%	-
	BCA/VI	100%	-
2021-22	B.A/VI	98.6%	-
	B.Sc./VI	100%	10 th Position

Enrollment of Students during last five Academic Sessions:

