



OFFICE OF THE PRINCIPAL

GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)

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No.DCN/22/1362

Dated: -12-04-2022

PRESS RELEASE

In a bid to empower women with shielding techniques, the 11 Rajaputana Rifles of 163 Brigade conducted a Self Defense Workshop for the female staff and girl students of Govt. Degree College Nowshera on Tuesday in collaboration with Women Empowerment cell of the college. Speaking on the occasion Principal of the college Dr.Surinder Kumar, said that the workshop was organized with an objective of addressing the fear of women and to cement their perspective of being mentally and physically strong enough to defend themselves against all odds.

The demonstration was conducted by Maj.N.K.Aley and other officials of army. The techniques involved the usage of daily need objects and items like mobile phones, body spray bottles, pen, head scarfs, ATM Cards etc at the time of need and adverse circumstances.

After the demonstration, Naib Subedar Mubarik Khan of 16 Gn. Recipient of Shaurya Chakra deliver a motivational lecture replete with personal examples to the students exhorting them to do well in life.

The demonstration was attended by about 250 Students and Staff of GDC Nowshera. The event propagated a feeling of care and safety among the spectators and further imbibed the sense of Stronger Women, Stronger Society within them.

Sd/-
Principal
GDC
Nowshera

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No.DCN/21/1314

Dated: 31-03-2022

PRESS RELEASE

GDC Nowshera Organized an Awareness Programme on Women Empowerment in Collaboration with Indian Army.

Women Empowerment Cell of GDC Nowshera in Collaboration with Indian Army, 11 RAJ RIF organized a programme on Women Empowerment and Communal Harmony.

The Programme was commenced with the formal welcome address by Hon'ble Principal Dr. Surinder Kumar. The main objective of the event was to aware the students about empowering women. He stressed about the role of women in Society and emphasized the importance of providing secure environment to them. To make women empowered let her realize her dreams and goals and help them to transform those goals into desired outcomes.

Resource Person, Subedar Asish Rana, 11 RAJ RIF addressed students on Women Empowerment. He threw light on components of Women Empowerment. He also said that women has right to have power to control their own life. He further added that women should determine her choice, analyze her strength because women's sense of self worth is utmost important.

He also explained in detail about the various schemes launched by Govt. of India for the empowerment of women. There should be proper implementation of such schemes.

He also emphasized on the importance of communal harmony for the growth of National Integration, Peace and affection among Indian people of all religions. He further stressed on living together with a sense of brother hood and equality.

Formal vote of thanks was presented by Prof. Shivani Parihar. The Proceeding of the event were conducted by Prof. Pooja Devi.

Sd/-
Principal
GDC Nowshera



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No.DCN/21/1195

Dated:- 08-03-2022

Press Release

International Women's Day, 2022 celebrated in GDC, Nowshera in Collaboration with Indian Science Congress Association, Jammu Chapter with Zeal & Zest. The event was hosted by Literary Committee & Women Empowerment Cell of GDC, Nowshera. The Chief Guest of the Programme was Mrs. Neelima Shah, DFO Nowshera and Guest of Honour were Prof. Ranvijay Singh, Principal of GDC, Ukhral & Prof. J.S. Tara, Convener of Indian Science Congress, Jammu Chapter . The programme started with a welcome address by the Principal of the College, Dr. Surinder Kumar Sharma. He congratulated everyone on International Women's Day and in his message said that females are getting better in every field as compared to males. We can see them flying high in sky and also achieving every greatness. Women should be given proper Education and Support so they can become best version of themselves. While speaking on the occasion, he stated the role of Women in day today's life and also stressed on the gender equality in present era as the theme of this year was "Gender Equality Today for Sustainable Tomorrow." The Guest of Honour of today's programme while speaking on the occasion focused on the concept of Gender Equality and also aware the students about the welfare programme specifically about the Women. While speaking on the occasion, Prof. J.S. Tara highlighted the importance of International Women's Day and also talked about how woman play an important role in today's life.

Apart from this, faculty members of the college who spoke on the International Women's Day highlighted how woman is considered as the most important in today's life. During the event, Cultural items were also presented by the students.

While speaking on the occasion, Chief Guest of today's event Mrs. Neelima Shah, DFO Nowshera asked the Girl Students to excel in life & move in each & every field of the life. She also laid stress on the girl students to make progress in daily life so that they can grow and become more & more successful in future.

The proceeding of the programme was conducted by the Miss. Sonika Sharma & Miss. Kiran Bala of Department of Education and formal vote of thanks was presented by Ms. Ria Kohli, HOD Computer Sciences.

Sd/
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NO:-DCN/21/1050

Date:- 05/02/2022

PRESS RELEASE

The Red Ribbon Club and Women Empowerment Cell of GDC Nowshera organized an Online Essay Writing Competition on the theme, “MOST COMMON CANCERS IN WOMEN” to commemorate World Cancer Day, 2022.

To commemorate the World Cancer Day, on 4th of Feb, 2022, Red Ribbon Club and Women Empowerment Cell of GDC Nowshera organized an Online Essay Writing Competition on the theme, “MOST COMMON CANCERS IN WOMEN”. The main aim of organizing this competition was to raise awareness about the various types of cancers which are commonly found in women and to encourage its prevention, detection, and treatment. Through this contest, a large number of students expressed their views based on the given theme. The Essay Compositions highlighted the recent data related to number of females affected worldwide by this deadly disease. The participants presented a detailed content on symptoms, preventive measures and treatment of various cancer types in women like BREAST CANCER, CERVICAL CANCER, OVARIAN CANCER, ENDOMETRIAL CANCER etc.

In this competition, Shamali Devi (BA-I) and Yasir Iqbal (BA-V) shared First position. The second position was shared by Sanjana Sharma (BSc-V) and Arti Choudhary (BA-V) while Vishal Sharma (BA-V) secured third rank. The toppers shall be awarded e-certificates. The Jury comprised of Ms Manisha Kanchru, Lecturer (EVS), GDC Billawar and Dr. Rubeenah, Lecturer (Economics), GDC Magam.

The event was organized by Prof. Pooja Devi, Nodal Officer Red Ribbon Club and Convener, Women Development Cell, under the able guidance and supervision of Dr. Surinder Kumar, Principal of the college.

Sd/-
Principal



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No.DCN/21/1104

Dated: -24-01-2022

Press Release

GDC Nowshera organized online activities to celebrate National Girl Child Day, 2022 under the aegis of AZADI KA AMRIT MAHOTSAVA.

National Girl Child Day is celebrated across the country on 24th of January every year in order to spread awareness and empower girls. With an aim to spread awareness among the college girls about the inequalities faced by girls in Indian Society and to promote awareness about the rights of girl child, the NSS Unit and Women Empowerment Cell of GDC Nowshera organized two online activities viz., an Essay Writing contest on the theme "DECLINING CHILD SEX RATIO" and a Webinar based on the theme "EMPOWERING GIRLS FOR A BETTER TOMORROW". These activities were conducted as a part of commemoration of AZADI KA AMRIT MAHOTSAVA, CELEBRATING 75 YEARS OF INDEPENDENCE.

A large number of students expressed their views and submitted their Essay compositions on the provided e-mail address. Top 3 positions were secured by Kirandeep Kour (B.Sc. Sem I), Minakshi Devi (B.Sc. Sem I) and Nasreen Akhter (B.A. Sem V), respectively. The toppers shall be provided e-certificates.

The Webinar on the theme "EMPOWERING GIRLS FOR A BETTER TOMORROW" started with the Inaugural Speech by Dr. Surinder Kumar Sharma, Principal of the college. In his address, worthy Principal deliberated upon the inequalities faced by girls since ancient times. He stressed upon the need to change the mindset of the society so that girls can be empowered. He motivated the girl students to be aware of their legal rights and raise their voice to gain a position equal to men in the society. Then, Prof. Pooja Devi, Convener, Women Empowerment Cell enlightened the participants about the History, the objectives of celebration of this day and the laws and facilities available in India for the empowerment of girls. She also talked about the importance of Female Education, their Health and proper Nutrition. She also motivated the students to raise their voice against any form of Sexual harassment being faced by them and report the case to Internal Complaint Committee Against Sexual Harassment (ICCASH) of the college. The Webinar was carried forward with the speech by Mrs. Poonam Sharma, a social reformer. She discussed in detail about the various awareness campaigns being run for the empowerment of girl child such as SAVE THE GIRL CHILD, BETI BACHAO, BETI PADHAO, SAMAGRA SHIKSHA SUKANYA SAMRIDHI YOJANA etc. She also talked about the role played by Savitribhai Phule, a social reformer, who worked for the improvement of the position of women in India. Ms. Jagmohan Kour and MS. Dolly Sharma, the Social activists, also expressed their views on the topic of the webinar.

The entire programme was conducted under the guidance and supervision of Dr. Surinder Kumar, Principal GDC Nowshera and the proceedings were conducted by Prof. Inam Ul Haq, NSS Programme Officer. The webinar concluded with a formal Vote of Thanks by Prof. Pooja Devi, HOD, Botany.

Sd/-
(Dr. Surinder Kumar)
Principal



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No.DCN/21/840

Dated:- 03-12-2021

Press Release

GDC Nowshera organized Extension Lectures on “MENSTRUAL HYGIENE” and “PREVENTION OF SEXUAL HARASSMENT AT WORKPLACE ACT, 2013”

Issues related to menstrual hygiene and sexual harassment are never discussed openly and most of the girls are ignorant of various aspects of these issues. As far as menstruation is concerned, it's a natural biological and physiological function of a normal woman body. Unfortunately, most of the adolescent girls don't know how to deal with their menstrual cycle in a proper way.

Besides, the college girls are also required to be acquainted with various provisions of 'Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013' so that they can report any incidence of sexual harassment to the Internal Complaint Committee of the college. With an aim to aware the girl students about these two issues; Women Empowerment Cell of the college in collaboration with Internal Complaint Committee Against Sexual Harassment (ICCASH), organized two extension lectures today. The topics of the lectures were; **MENSTRUAL HYGIENE and 'Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, abbreviated as POSH Act.** The Resource person for the lecture on Menstrual Hygiene was Dr. Kalpana Arya, M.O. from Department of Health & Family Welfare, Sub Division Nowshera. As many as 50 girl students and staff members attended the program in Smart Classroom of the college.

The program started with the welcome address of Dr. Surinder Kumar, Principal of the college. In his speech, he emphasized on the need to organize such awareness programs which are directly related to the health of adolescent girls. He also motivated the girl students to talk openly about these issues which are still taboos in our society. The program continued with the lecture of the resource person, Dr. Kalpana Arya. She elaborated the concept of Puberty, physiology of menstruation, how to manage menstrual pain and the practices related to hygiene during menstrual cycle. She said that menstruation is a natural and physiological process and there is nothing to feel ashamed during this period. She also stressed upon the importance of frequently changing the sanitary napkins and disposing them off in a proper way. Smt. Anshu Sharma, ARSH Councillor, also provided counselling to the students regarding

anaemia under 'ANAEMIA MUKT BHARAT'. The workers from the Department of Health & Family Welfare, Sub Division Nowshera also distributed Iron tablets among the students so as to meet the daily requirement of Iron supplements. Besides, the girls purchased sanitary napkins @ Rs 6/packet from ASHA workers. The girl students actively interacted with the Resource Person and cleared their doubts regarding the theme.

The second lecture on the topic '**Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013**' was delivered by Prof. Pooja Devi, Convener, ICCASH, GDC Nowshera. She, in her Power Point Presentation, explained in detail the various provisions of the act including the **definition of Sexual Harassment, Forms of Sexual Harassment, Workplace, Aggrieved Woman, Complainant & Respondent** and various other terms mentioned in the Act. She also informed the students about the Internal Complaint Committee of the college along with names and contact details of the members. Any aggrieved student can lodge a written complaint to ICCASH and timely action shall be taken against the Respondent as per the provisions of the Act, she added. The students raised various queries which were satisfactorily answered by Prof. Pooja Devi.

The program ended with a formal Vote of Thanks by Prof. Pooja, Convener ICCASH. The proceedings of the program were carried out by Ms. Esha Sharma, student of B.Sc. Sem VI.

Sd/-
Dr.Surinder Kumar
Principal



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No.DCN/21/ 684

Dated: 29.10.2021

PRESS RELEASE

NSS Unit of Govt.Degree College Nowshera in collaboration with Department of Sociology organized a symposium on “Changing Role of Women in Modern era” on 29th October 2021 to commemorate “Azadi Ki Amrut Mahotsav”.

While speaking on the occasion Principal of the college Dr.Surinder Kumar said that, women are becoming more noticeable and prominent in the professional as well as the public spheres. No longer considered as a financial liability, they have become independent and are the earning members of the family. The future of Indian women is bright and flourishing. The society is opening all the doors for them to progress and succeed, realizing their true potential. They are conquering every field, be it science, technology, research, defense, politics, space, literature, or arts.

Students from different semesters and faculty members of the college participated in the event. They deliberated on different themes related to the topics.

A nation cannot develop without the development of women in the fields of education and health.

In modern time, most women are educated. Educated women are capable of bringing socio-economic changes in society. The government has introduced some proactive laws in favor of women empowerment. The place of women in society is a critical factor in judging the success of any civilization.

Women today are found in large number in the work force today. The symposium concluded by showing how women can create their own identity in this patriarchal world through their courage and will power.



नेआरआई का कार्यक्रम 'हर 10 पंचायतों को 1 कवर किया

की गांदरबल 10 से अधिक कि विभाग ने चनार के पौधे

अहमद शाह, की कश्मीर, र के अलावा गौर विभाग के

को



नौशेरा में सेना ने छात्रों को हथियारों के बारे में दी जानकारी



सेना द्वारा सरकारी डिग्री कॉलेज नौशेरा में हथियारों की प्रदर्शनी पर सामूहिक चित्र।

जम्मू परिवर्तन ब्यूरो नौशेरा। सेना की टिथवाल ब्रिगेड के अंतर्गत गढी बटालियन द्वारा सरकारी कालेज नौशेरा में आप्रेशन सदभावना के अंतर्गत हथियारों का प्रदर्शन कराया गया। जिसमें आधुनिक हथियारों की जानकारी स्थानीय युवा छात्र व छात्राओं को दी गई जिसमें सभी लोगों ने बड़े उत्साह से भाग लिया और हथियारों के बारे में गहन रुची दिखाते हुए

सेना में शामिल होकर देश सेवा करने का संकल्प लिया। इस प्रदर्शन में पैदल सेना द्वारा इस्तेमाल किए जाने वाले मुख्य हथियारों की जानकारी सभी को दी गई, और सभी ने सेना द्वारा किए गए इन प्रयासों की सराहना करते हुए कहा की सेना के इन कार्यों से हमारा और सेना के पर विश्वास बढ़ता और आपसी सहयोग की भावना को बल मिलता है। युवाओं ने कहा की हम

सभी सेना में शामिल हो कर देश सेवा करना चाहते हैं। इस कार्यक्रम में 150 छात्रों ने भाग लिया और सेना द्वारा की टिथवाल ब्रिगेड कमांडर और गढी बटालियन के कमान अधिकारी को धन्यवाद करते हुए कहा की भविष्य में इस प्रकार के कार्यक्रम आयोजित करवाए, जाए, इस मौके पर स्कूल के प्रिंसिपल डॉक्टर सुरेंद्र कुमार व स्टाफ सदस्यों की मौजूदगी रही।

उ व लि उर्स में रैल बच ल औ बैग इल ति का र्गि ग्राम क्य आ आ मोह परि आ फूट सत्र साः र एन औ

जीडीसी नौशहरा ने मनाया अंतर्राष्ट्रीय महिला दिवस, जिला राजौरी की पहली महिला अधिकारी रही माजूद

नौशहरा। अंतर्राष्ट्रीय महिला दिवस, 2022 में जीडीसी नौशहरा में भारतीय विज्ञान कांग्रेस एसोसिएशन, जम्मू चौंटर के सहयोग से उत्साह और उत्साह के साथ मनाया गया। इस कार्यक्रम की मेजबानी जीडीसी, नौशहरा की साहित्यिक समिति और महिला अधिकारिता प्रकोष्ठ द्वारा की गई। कार्यक्रम की मुख्य अतिथि नीलिमा शाह, डीएफओ नौशहरा और विशिष्ट अतिथि प्रो. रणविजय सिंह, जीडीसी, उत्खनन के प्राचार्य और प्रो. जे.एस. तारा, भारतीय विज्ञान कांग्रेस, जम्मू चौंटर के समोजक। कार्यक्रम की शुरुआत कॉलेज के प्राचार्य डॉ. सुरिंदर कुमार शर्मा के स्वागत भाषण से हुई। उन्होंने सभी को अंतर्राष्ट्रीय महिला दिवस की बधाई दी और अपने सद

श में कहा कि महिलाएं हर क्षेत्र में पुरुषों की तुलना में बेहतर हैं। हम उन्हें आसमान में ऊँची उड़ान भरते और हर महानता हासिल करते हुए देख सकते हैं। महिलाओं को उचित शिक्षा और सम्मर्जन दिया जाना चाहिए ताकि वे स्वयं का सर्वश्रेष्ठ संस्करण बन सकें। इस अवसर पर बोलते हुए, उन्होंने आज के जीवन में महिलाओं की भूमिका के बारे में बताया और वर्तमान युग में लैंगिक समानता पर भी जोर दिया, क्योंकि इस वर्ष का विश्व भूँडर इक्वैलिटी टूडे फॉर सस्टेनेबल टुमॉरो था। आज के कार्यक्रम के विशिष्ट अतिथि ने इस अवसर पर बोलते हुए लैंगिक समानता की अवधारणा पर ध्यान केंद्रित किया और छात्रों को विशेष रूप से महिलाओं के

बारे में कल्याण कार्यक्रम के बारे में जागरूक किया। इस अवसर पर बोलते हुए प्रो. जे.एस. तारा ने अंतर्राष्ट्रीय महिला दिवस के महत्व पर प्रकाश डाला और यह भी बताया कि कैसे महिला आज के जीवन में महत्वपूर्ण

भूमिका निभाती है। इसके अलावा, अंतर्राष्ट्रीय महिला दिवस पर बोलने वाले कॉलेज के फैकल्टी सदस्यों ने इस बात पर प्रकाश डाला कि कैसे आज के जीवन में महिला को सबसे महत्वपूर्ण माना जाता है।

कार्यक्रम के दौरान छात्रों द्वारा सांस्कृतिक प्रस्तुतियां भी दी गईं। इस अवसर पर बोलते हुए, आज के कार्यक्रम की मुख्य अतिथि नीलिमा शाह, डीएफओ नौशहरा ने छात्रों को जीवन में उत्कृष्टता प्राप्त करने और जीवन

के प्रत्येक क्षेत्र में आगे बढ़ने के लिए कहा। उन्होंने बताया कि किस प्रकार से वह आज इस मुकाम तक पहुँची हैं और आज जिला राजौरी के अंदर वह पहली महिला अधिकारी बनकर कार्य कर रही हैं, जिसे छात्र भी काफी उत्साहित नजर आए और उन्होंने डीएफओ नौशहरा से बातचीत की और अहम जानकारियां हासिल किए। छात्रों को दैनिक जीवन में प्रगति करने पर भी जोर दिया ताकि वे आगे बढ़ सकें और भविष्य में अधिक से अधिक सफल हो सकें। कार्यक्रम की कार्यवाही का संचालन शिक्षा विभाग की सोनिका शर्मा एवं किरण बाला द्वारा किया गया तथा शिवाजी विभागाध्यक्ष कम्प्यूटर विज्ञान द्वारा औपचारिक धन्यवाद ज्ञापन प्रस्तुत किया गया।



रुन हार संव
लंद वोलोद को रि गया। सर रि संधि इस पर व पर जं के नेर राष्ट्रप के रि नियमि रुसी कूटनी

11 राजपुताना राइफल्स ने महिला कर्मचारियों और छात्रों के लिए आत्मरक्षा कार्यशाला का आयोजन किया

नौशहरा। परिरक्षण तकनीकों के साथ महिलाओं को सशक्त बनाने के लिए, 168 ब्रिगेड की 11 राजपुताना राइफल्स ने सरकार की महिला कर्मचारियों और छात्रों के लिए एक आत्मरक्षा कार्यशाला का आयोजन किया। डिग्री कॉलेज नौशहरा ने मंगलवार को कॉलेज के महिला अधिकारिता प्रकोष्ठ के सहयोग से किया। इस अवसर पर कॉलेज के प्राचार्य डॉ. सुरिंदर कुमार ने कहा कि कार्यशाला का आयोजन महिलाओं के डर को दूर करने और सभी बाधाओं के खिलाफ युद्ध को बचाने के लिए मानसिक और शारीरिक रूप से मजबूत होने के उनके दृष्टिकोण को मजबूत करने के उद्देश्य से किया गया था। प्रदर्शन का संचालन मेजर एन के अली और सेना के अन्य अधिकारियों ने किया। तकनीकों में दैनिक जरूरत की वस्तुओं और मोबाइल फोन,

बैडी स्प्रे बोटल, पेन, सिर पर स्कार्फ, एटीएम कार्ड आदि जैसी वस्तुओं का उपयोग और प्रतिकूल परिस्थितियों में शामिल था। प्रदर्शन के बाद, 16 जीएन के नायब सूबेदार मुबारिक खान। शौर्य चक्र के

प्राप्तकर्ता छात्रों को जीवन में अच्छा करने के लिए प्रोत्साहित करने के लिए व्यक्तिगत उदाहरणों से भरा एक प्रेरक व्याख्यान देते हैं। प्रदर्शन में जीडीसी नौशहरा के लगभग 250 छात्रों और कर्मचारियों ने

भाग लिया। इस कार्यक्रम ने दर्शकों के बीच देखभाल और सुरक्षा की भावना का प्रचार किया और उनके भीतर मजबूत महिला, मजबूत समाज की भावना को और अधिक आत्मसात किया।

