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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 mensuration 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 mensuration, how to manage menstrual pain and the practices related to hygiene during menstrual cycle. She said that mensuration 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 pruchasedsanitary 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

REPORT

Painting competition highlights gender issues and discrimination

NSS Unit organised an online Painting Competition on 25th June 2021 under the convenorship of NSS Programme Officer, Prof. Inam Ul Haq to highlight Gender Issues and Discrimination. As many as 40 participants from colleges across J&K (UT) participated in the competition and displayed their concerns about Women Empowerment through their creativity. The topics of the competition were to be chosen from three themes, namely, **Save The Girl Child, Say No To Sex Determination and Daughters Are Precious.**

NSS PROGRAMME OFFICER

मासिक धर्म स्वच्छता और यौन उत्पीड़न रोकथाम पर कार्यक्रम आयोजित



नौशहरा। स्टेट समाचार

गवर्नमेंट डिग्री कॉलेज नौशहरा में मासिक धर्म स्वच्छता और कार्यस्थल पर यौन उत्पीड़न की रोकथाम अधिनियम, 2013 पर विस्तार लेक्चर आयोजित किए। मासिक धर्म स्वच्छता और यौन उत्पीड़न से संबंधित मुद्दों पर कभी भी खुलकर चर्चा नहीं की जाती है और अधिकांश लड़कियां इन मुद्दों के विभिन्न पहलुओं से अनभिज्ञ हैं। जहां तक मासिक धर्म का संबंध है, यह एक सामान्य महिला शरीर का एक प्राकृतिक जैविक और शारीरिक कार्य है। दुर्भाग्य से अधिकांश किशोर लड़कियों को यह नहीं पता होता है कि उनके मासिक धर्म को सही तरीके से कैसे निपटाया जाए। इसके अलावा, कॉलेज की लड़कियों को कार्यस्थल पर महिलाओं का यौन उत्पीड़न (रोकथाम, निषेध और निवारण) अधिनियम, 2013 के विभिन्न प्रावधानों से भी परिचित होना आवश्यक है ताकि वे आंतरिक शिकायत समिति को यौन उत्पीड़न की किसी भी घटना की रिपोर्ट कर सकें। इन दो मुद्दों के बारे में छात्राओं को जागरूक करने के उद्देश्य से कॉलेज के महिला अधिकारिता प्रकोष्ठ ने यौन उत्पीड़न के खिलाफ आंतरिक शिकायत समिति (आईसीसीएएसएच) के सहयोग से आज दो विस्तार व्याख्यान आयोजित किए। कार्यक्रम में कॉलेज के स्मार्ट क्लासरूम में 50 से अधिक छात्राओं और स्टाफ सदस्यों ने भाग लिया। कार्यक्रम की शुरुआत कॉलेज के प्राचार्य डॉ. सुरिंदर कुमार के स्वागत भाषण से हुई।

अपने भाषण में उन्होंने ऐसे जागरूकता कार्यक्रम आयोजित करने की आवश्यकता पर जोर दिया जो सीधे तौर पर किशोरियों के स्वास्थ्य से संबंधित हों। उन्होंने छात्राओं को इन मुद्दों पर खुलकर बात करने के लिए भी प्रेरित किया जो अभी भी हमारे समाज में वर्जित हैं। कार्यक्रम संसाधन व्यक्ति डॉ कल्पना आर्य के व्याख्यान के साथ जारी रहा। उन्होंने यौवन की अवधारणा, मासिक धर्म के शरीर विज्ञान, मासिक धर्म के दर्द को कैसे प्रबंधित किया जाए और मासिक धर्म के दौरान स्वच्छता से संबंधित प्रथाओं के बारे में विस्तार से बताया। उन्होंने सैनिटरी नैपकिन को बार-बार बदलने और उन्हें उचित तरीके से निपटाने के महत्व पर भी जोर दिया।

गवर्नमेंट डिग्री कॉलेज नौशहरा में मासिक धर्म स्वच्छता और कार्यस्थल पर यौन उत्पीड़न की रोकथाम अधिनियम, कर कार्यक्रम आयोजित किया

नौशहरा। मेंष्मासिक धर्म स्वच्छताष् और ष्कार्यस्थल पर यौन उत्पीड़न की रोकथाम अधिनियम, 2013ष् पर विस्तार व्याख्यान आयोजित किए मासिक धर्म स्वच्छता और यौन उत्पीड़न से संबंधित मुद्दों पर कभी भी खुलकर चर्चा नहीं की जाती है और अधिकांश लड़कियां इन मुद्दों के विभिन्न पहलुओं से अनभिज्ञ हैं। जहां तक छ्मासिक धर्म का संबंध है, यह एक सामान्य महिला शरीर का एक प्राकृतिक जैविक और शारीरिक कार्य है। दुर्भाग्य से, अधिकांश किशोर लड़कियों को यह नहीं पता होता है कि उनके मासिक धर्म को सही तरीके से कैसे निपटाया जाए।इसके अलावा, कॉलेज की लड़कियों को श्कार्यस्थल पर महिलाओं का यौन उत्पीड़न (रोकथाम, निषेध और निवारण) अधिनियम, 2013श् के विभिन्न प्रावधानों से भी परिचित होना आवश्यक है ताकि वे आंतरिक शिकायत समिति को यौन उत्पीड़न की किसी भी घटना की रिपोर्ट कर सकें महाविद्यालय। इन दो मुद्दों के बारे में छात्राओं को जागरूक करने के उद्देश्य सेय कॉलेज के महिला अधिकारिता प्रकोष्ठ ने यौन उत्पीड़न के खिलाफ आंतरिक शिकायत समिति (आईसीसीएएसएच) के सहयोग से आज दो विस्तार व्याख्यान आयोजित किए। व्याख्यान के विषय थेय मासिक धर्म स्वच्छता और श्कार्यस्थल पर महिलाआ, का यौन उत्पीड़न (रोकथाम, निषेध और निवारण) अधिनियम, 2013, पॉश अधिनियम के रूप में संक्षिप्त। मासिक धर्म स्वच्छता पर व्याख्यान के लिए संसाधन व्यक्ति डॉ कल्पना आर्य, एम.ओ. स्वास्थ्य एवं परिवार कल्याण विभाग, उपमंडल नौशहरा से। कार्यक्रम में कॉलेज के स्मार्ट क्लासरूम में 50 से अधिक छात्राओं और स्टाफ सदस्यों ने





भाग लिया। कार्यक्रम की शुरुआत कॉलेज के प्राचार्य डॉ. सुरिंदर कुमार के स्वागत भाषण से हुई।अपने भाषण में उन्होंने ऐसे जागरूकता कार्यक्रम आयोजित करने की आवश्यकता पर जोर दिया जो सीधे तौर पर किशोरियों के स्वास्थ्य से संबंधित हों। उन्होंने छात्राओं को इन मुद्दों पर खुलकर बात करने के लिए भी प्रेरित किया जो अभी भी हमारे समाज में वर्जित हैं। कार्यक्रम संसाधन व्यक्ति डॉ कल्पना आर्य के व्याख्यान के साथ जारी रहा। उन्होंने यौवन की अवधारणा, मासिक धर्म के शरीर विज्ञान, मासिक धर्म के दर्द को कैसे प्रबंधित किया जाए और मासिक धर्म के दौरान स्वच्छता से संबंधित प्रथाओं के बारे में विस्तार से बताया। उन्होंने कहा कि मासिक धर्म एक प्राकृतिक और शारीरिक प्रक्रिया है और इस दौरान शर्मिंदा होने की कोई बात नहीं है। उन्होंने सैनिटरी नैपकिन को बार-बार बदलने और उन्हें उचित तरीके से निपटाने के महत्व पर भी जोर दिया। अंशु शर्मा, एआरएसएच काउंसलर ने भी श्अनीमिया मुक्त भारतश् के तहत छात्रों को एनीमिया के संबंध में परामर्श प्रदान किया। स्वास्थ्य एवं परिवार कल्याण विभाग, सब डिवीजन नौशहरा के कार्यकर्ताओं ने भी छात्रों को आयरन की गोलियां वितरित कीं ताकि आयरन की खुराक की दैनिक आवश्यकता को पूरा किया जा सके।इसके अलावा, लड़कियों ने आशा कार्यकर्ताओं से 6 रुपये प्रति पैकेट की दर से सैनिटरी नैपकिन खरीदे। छात्राओं ने रिसोर्स पर्सन के साथ सक्रिय रूप से बातचीत की और विषय के बारे में अपनी शंकाओं को दूर किया।दूसरा व्याख्यान श्कार्यस्थल पर महिलाओं का यौन उत्पीड़न (रोकथाम, निषेध और निवारण) अधिनियम, 2013श् विषय पर प्रो. पूजा देवी, संयोजक, प्ब्ैम् जीडीसी नौशहरा द्वारा दिया गया था। उन्होंने अपने पावर प्वाइंट प्रेजेंटेशन में अधिनियम के विभिन्न प्रावधानों के बारे में विस्तार से बताया, जिसमें यौन उत्पीड़न की परिभाषा, यौन उत्पीड़न के रूप, कार्यस्थल, पीड़ित महिला, शिकायतकर्ता और प्रतिवादी और अधिनियम में उल्लिखित विभिन्न अन्य शर्तें शामिल हैं। उन्होंने छात्रों को कॉलेज की आंतरिक शिकायत समिति के साथ-साथ सदस्यों के नाम और संपर्क विवरण के बारे में भी बताया। उन्होंने कहा कि कोई भी पीड़ित छात्रा प्ब्ैम् को लिखित शिकायत दर्ज करा सकती है और अधिनियम के प्रावधानों के अनुसार प्रतिवादी के खिलाफ समय पर कार्रवाई की जाएगी। छात्रों ने विभिन्न प्रश्न उठाए जिनका प्रो. पूजा देवी ने संतोषजनक उत्तर दिया।

AMRIKA DIAGNOSTIC CENTRE

मासिक धर्म स्वच्छता और कार्यस्थल पर यौन उत्पीड़न की रोकथाम पर कार्यक्रम आयोजित

नौशहरा, 2 दिसंबर (संजय बाली) : सरकारी डिग्री कॉलेज नौशहरा में मासिक धर्म स्वच्छता और कार्यस्थल पर यौन उत्पीड़न की रोकथाम अधिनियम, 2013 पर विस्तार लैक्चर आयोजित किए मासिक धर्म स्वच्छता और यौन उत्पीड़न से संबंधित मुद्दों पर कभी भी खुलकर चर्चा नहीं की जाती है और अधिकांश लड़कियां इन मुद्दों के विभिन्न पहलुओं से अनिभज्ञ हैं। जहां तक मासिक धर्म का संबंध है, यह एक सामान्य महिला शरीर का एक प्राकृतिक जैविक और शारीरिक कार्य है। दुर्भाग्य से, अधिकांश किशोर लड़कियों को यह नहीं पता होता है कि उनके मासिक धर्म को सही तरीके से कैसे निपटाया जाए।



कार्यक्रम में संबोधित करते हुए प्राचार्य। (संजय बाली)

इसके अलावा कॉलेज की लड़कियों को कार्यस्थल पर महिलाओं का यौन उत्पीड़न (रोकथाम, निषेध और निवारण) अधिनियम, 2013 के विभिन्न प्रावधानों से भी परिचित होना आवश्यक है ताकि वे आंतरिक शिकायत समिति को यौन उत्पीड़न की किसी भी घटना की रिपोर्ट कर सकें। इन 2 मुद्दों के बारे में छात्राओं को जागरूक करने के उद्देश्य से कॉलेज के महिला अधिकारिता प्रकोष्ठ ने यौन उत्पीड़न के खिलाफ आंतरिक शिकायत समिति (आई.सी.सी.ए.एस.एच.) के सहयोग से आज 2 विस्तार व्याख्यान आयोजित किए। मासिक धर्म स्वच्छता पर व्याख्यान के लिए संसाधन व्यक्ति डा. कल्पना आर्य, एम.ओ. स्वास्थ्य एवं परिवार कल्याण विभाग, उपमंडल नौशहरा से थे।

कार्यक्रम में कॉलेज के स्मार्ट क्लासरूम में 50 से अधिक छात्राओं और स्टाफ सदस्यों ने भाग लिया। कार्यक्रम में डा. कल्पना आर्य ने यौवन की अवधारणा, मासिक धर्म के शरीर विज्ञान, मासिक धर्म के दर्द को कैसे प्रबंधित किया जाए और मासिक धर्म के दौरान स्वच्छता से संबंधित प्रथाओं के बारे में विस्तार से बताया। प्रो. पूजा, संयोजक आई.सी.सी.ए.एस.एच. द्वारा औपचारिक धन्यवाद ज्ञापन के साथ कार्यक्रम का समापन हुआ। कार्यक्रम की कार्रवाई बी.एस.सी. की छात्रा ईशा शर्मा ने की।

6 ग्राम हैरोइन सहित तस्कर गिरफ्तार

उधमपुर, 2 दिसंबर (कलोत्रा): जिला पुलिस की ओर से तस्करों के खिलाफ अभियान जारी रखते हुए रामनगर पुलिस द्वारा 6 ग्राम हैरोइन के साथ 2 तस्करों को गिरफ्तार किया है। पुलिस सूत्रों से मिली जानकारी के अनुसार रामनगर पुलिस की ओर से नए थाना प्रभारी पुष्पेन्द्र सिंह के नेतृत्व में रामनगर कौगा सड़क मार्ग पर नाक लगाया हुआ था तथा वाहनों की जांच की जा रही थी, इसी बीच पुलिस की ओर से एक वाहन नं. जे के 14 एफ-3898 को जांच के लिए रोका जो उधमपुर से रामनगर की ओर आ रही थी।

पुलिस की गहन जांच के दौरान 6 ग्राम हैरोइन बरामद की गई तथा 2 तस्करों को भी गिरफ्तार किया गया, जिनकी पहचान आकाश खारका पुत्र वश पाल निवासी वार्ड नं.-6 रामनगर तथा राकेश सिंह पुत्र यशपाल निवासी वार्ड नं.-11 रामनगर के रूप में हुई है। पुलिस ने संबंधित धाराओं तहत मामला दर्ज करते हुए छानबीन शुरू कर दी है।

Website- www.gdcnowshera.co.in E-mail ID- gdcnowshera@gmail.com

Govt. Degree College Nowshera

Affiliated to University of Jammu

Organizing

RED RIBBON CLUB

8th March 12:30 P.m

Community Awareness Programme

to Commemorate

International Women's Day



Purpose:-

- Make the women self-reliant and to sensitize them of common health problems.

Main Attraction of the Event:-

- Demonstration of the Cultivation Technology of oyster Mushroom (dhingri)
- Awareness Lecture on **"Health Issues Related to Women."**
- Felicitation of an Eminent Woman for her Exemplary Performance.

The Awareness Programme shall be held in Darshan Nagar Area of Nowshera Town.

Chief Patron	Co-Ordinator	Organizing Committee
Dr. Surinder Kumar	Prof. Pooja Devi	Dr. Rubeenah Akhter
Principal	Nodal Officer Red Ribbon Club	Ms. Manisha Kanchru
		Ms. Madhu Bala

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
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No.DCN/20/5244
Dated:-08/03/2021

Press Release

"GDC Nowshera celebrated International Women's Day, 2021".

Government Degree College, Nowshera on the occasion of International Women's Day organized various activities. This day is symbolic of the historic journey women around the world have taken to better their lives. It comes as a reminder that while a lot has been achieved, the journey a long and a lot more need to be done. This day is celebrated on 8th of March every year. The theme on this year's International Women's Day is **"Choose to Challenge"**. It indicated that a challenged world is an alert world and from challenge comes change.

On this occasion a symposium was organized in the college campus under the theme **"Women Empowerment"**. A large number of students and faculty members participated in the event and share their valuable words. The programme was presided over by the Worthy Principal, Dr. Surinder Kumar Sharma. Speaking on the occasion, he said that International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also makes a call to action for accelerating women's equality. He also talked about women empowerment and **"Beti Padhao Beti Bachao"**. Prof. Joginder Singh, Assistant Professor Physics also spoke on the occasion. Various students express their thoughts on women empowerment. The programme was co-ordinated by Prof. Rajat Bhardwaj, Department of Sociology. The whole event was hosted by Dr. Subita Sharma, Department of Education.

A community awareness programme was also organized on the eve of International Women's Day. The event was conducted at Govt. Middle School, Darshan Nagar, Nowshera. The main purpose of this awareness programme was to make the women self-reliant and to aware them about their health issues. As many as 30 women of the area attended the programme. They were demonstrated the technique of oyster mushroom cultivation (Dhingri) and enlightened about their health. They were also made aware about the menstrual hygiene which is still a taboo in the society. A Prominent woman of the locality, Ms. Santosh Devi was also felicitated with a certificate and momento for her exemplary work in setting an example for other women.

The event was organized under the supervision of Principal GDC, Nowshera. Prof. Pooja Devi, co-ordinated the event and the organising committee comprised of Dr. Rubeenah Akhter, Ms. Madhu Bala and Ms. Manisha Kanchru. Mr. Suresh kumar, ward member, Darshan Nagar and Mr. Suresh Gujral, Headmaster, Govt. Middle School, Darshan Nagar were also present on the occasion and talked about the role of women in the society.





Sd/-

RED RIBBONCLUB

Community awareness program to celebrate International Women Day,2021(08/03/21

Online essay writing competition on Gender inequality (27th May2021)

welcome address by Dr AS Charak, Senior Scientist and

GDC Nowshera organises online essay writing competition on 'Gender Inequality'

■ STATE TIMES NEWS

NOWSHERA: Department of Sociology, GDC Nowshera organised online essay writing competition on Friday on the topic " Gender Inequality" under the patronage of esteemed Principal Dr. Surinder Kumar Sharma. The event was organized under the Auspices of "Azadi Ka Amrit Mahotsav".

Among the different participants from various colleges of UT of J&K, Akansha Sharma of GDC Kathua secured first Position, Shreya Gamble of GDC Nowshera grabbed the second Position while Ramneek Kour of GDC Nowshera were adjudged third. The fist Second and third position holders will award cash prize of Rs. 300, Rs. 200 and Rs. 100 respectively. The jury members of the competition were Prof. Joginder Singh and Lect. Rajni Sharma of GDC Nowshera. The whole event was organized by Rajat Bhardwaj, Asstt. Prof of Sociology .

GOVT.DEGREE COLLEGE NOWSHERA (J&K)







DEPTT.OF SOCIOLOGY AND AZAADI KA AMRIT MAHOTSAV CLUB OF GDC NOWSHERA going to organize an essay writing competition on the Topic " GENDER INEQUALITY".

Patron
DR. Surinder Kr. Sharma
Principal
GDC NOWSHERA

Instruction for the participants:

- Write your Name ,Class ,Roll no. and Name of the institution on every page.
- Students can express their views in their own language.
- The composition should not exceed more than 150-200 words.
- The entries should reach before 3:00pm on 27th May 2021.
- Send your entries at Email. Rbrajatsharma1988@gmail.com OR Whatsapp-9419171618.
- First three winners will be awarded with cash prize of Rs. 300, 200 and 100 respectively.

Organizer
MR. Rajat Bhardwaj

OFFICE OF THE PRINCIPAL

GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)

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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.

Principal
G.D.C. Nowshera

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No.DCN/21/163

Dated: -28/05/2021

PRESS RELEASE

The Department of Sociology Govt. Degree College, Nowshera organized On line essay writing Competition on the topic "Gender Inequality".

The Department of Sociology, GDC Nowshera organized online essay writing competition on 27/05/2021 on the topic " Gender Inequality" under the patronage of esteemed Principal Dr. Surinder Kumar Sharma. The event was organized under the Auspices of "Azadi Ka Amrit Mahotsav". The main aim of the competition was to end Gender based discrimation, trafficking in women and girls, integration difficulties, under representation in politics and lack of access to basic services and so on. A large number of students from various colleges of UT of Jammu and Kashmir participated in the said event. Among the different participants from various colleges of UT of J&K, Miss Akansha Sharma of GDC kathua secured first Position, Shreya Gumble of GDC Nowshera grabbed the second Position while Ramneek kour of GDC Nowshera were adjudged third. The fist Second and third position holders will awared cash prize of Rs. 300/-, Rs. 200/- and Rs. 100/- respectively. The jury members of the competition were Prof. Joginder Singh and Lect. Rajni Sharma of GDC Nowshera. The whole event was organized by Mr. Rajat Bhardwaj, Asstt. Prof of Sociology .

Principal
G.D.C. Nowshera

Dr. Surinder Kumar
Principal

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No.DCN/20/5244
Dated:-08/03/2021

Press Release

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Principal
G.D.C. Nowshera

REPORT

Acid throwing, also called an acid attack, a vitriol attack or vitriol age, is a form of violent assault defined as the act of throwing acid or a similarly corrosive substance onto the body of another "with the intention to disfigure, maim, torture, or kill". Perpetrators of these attacks throw acid at their victims, usually at their faces, burning them, and damaging skin tissue, often exposing and sometimes dissolving the bones. The long term consequences of these attacks may include blindness, as well as permanent scarring of the face and body, along with far-reaching social, psychological, and economic difficulties. To highlight the issue and spread awareness a NUKKAD NATAK was organized by NSS volunteers in college campus.

Convener NSS

OFFICE OF THE PRINCIPAL GOVT. DEGREE COLLEGE, NOWSHERA

Two Prominent Activities of GDC, Nowshera from 1st of Oct. to 10th of Dec. 2017.

Activity- 1: Organization of Rally and Awareness Campaign to Celebrate the 'Beti Bachao Beti Padhao', Abhiyan.

The students and the staff of Govt. Degree College, Nowshera organized a rally from the college campus to the office of the Sub-District Magistrate, Nowshera passing through various Educational Institutions and Tehsil Offices to create awareness among the various stake-holders regarding the cause of 'Beti Bachao Beti Padhao'. During the rally, appeals were made through speeches, slogans and posters to save the girl child. A copy of this message in the form of certificate was also handed over to all the Heads of various administrative offices and educational institutions by the college authorities.



BETI BACHAO BETI PADHAO RALLY

The GDC Nowshera has organized rally on the topic "BETI BACHAO BETI PADHAO". A large number of students participated in the rally to aware the people about the importance of girl child in the society. The rally was taken with the slogan **"BETI BACHAO BETI PADHAO"** and **"BETI HAMARY DESH KA GEHNA".** The faculty along with the principal GDC Nowshera guided and supervised the rally. The rally was taken from GDC Nowshera up to Nowshera market. The students stressed much on the education and rights of girl child.

Gender equality and women's empowerment are central to the Indian Government's social policies. This commitment is reflected in a variety of national and international policy initiatives such as setting up of National Commission for Women, shifting the approach to women's issues from welfare to development, the National Curriculum Framework **2005,** the Right to Education Act **2009,** reserving seats for women in the local bodies of panchayats and municipalities, and India's commitment to international frameworks such as the Sustainable Development Goals. However, despite continuous efforts by the Government focusing on the empowerment of women, rural women continue to remain a disadvantaged segment of society (Ghosh, et al., 2015) in India. According to UN India statistics, women comprise almost **40 percent** of the agricultural labor force but control only 9 percent of the land in India. Of the **29 percent** of women engaged in the laborforce, almost all of their work is informal and they underpaid and unprotected. Therefore it is no surprise that women's share in the GDP **(17%)** in India lags considerably behind the global average **(37%).**

While working with women collectives in Rajasthan, the entrenched social norms and gender stereotypes that prevent the inclusion of women as equal members of the society in all respects quickly became obvious. The objective of constituting these women collectives was to bring together a group of women who will be able to organize themselves to work toward greater self-reliance. The group was envisioned to be made capable enough to assert their independent right to make choices. Working with these women reinforced the reality that deep gender bias and pervasive patriarchal values in Indian society are the major hindrances in the empowerment of women. Many women showed complete unwillingness to be a part of such a group citing a lack of family support as the major reason. Illiterate women lacked self-confidence and therefore hesitated to be part of such groups.

Female literacy is an important indicator of women's empowerment (Eldred, 2013; Ghosh, 2007). The literacy rate of females in Rajasthan is only **52.12 percent,** whereas the male literacy rate is **79.11** percent(Census of India, 2011) indicating the inequality of status and opportunity between men and women. Many scholars, researchers, and practitioners agree that education is an important means of empowering women to participate in the development process (Stromquist, 2015; Eldred, 2013; Ghosh, 2007). However, there is a need to go beyond simple access issues. Merely completing education or having access to the school will not solve the problem of gender inequality.

The National Council for Teacher Education (NCTE) has made an attempt by incorporating a gender study course in a teacher training module that requires engagement with gender perspectives whether in understanding the development of children and adolescents or in understanding issues of society, culture, equity, and diversity. The module's emphasis is on creating space within such courses to build teachers' abilities to make linkages between theory and real-life situations and to strengthen teachers' ability to conceptualize from a given experience.

However, the need to incorporate a curriculum on gender studies within a school syllabus remains. A curriculum at the primary level should be designed that critically addresses prejudiced social norms and structures. In a patriarchal society, gender equality difficult to understand and conceptualize. Boys are raised with a sense of entitlement, dominance, and privilege, while girls are raised to be submissive and shy. Changing this conceptual frame involves a paradigm shift. It is crucial to break down hierarchies and power networks that isolate females. Students should be encouraged to challenge narrow-minded notions. The change of mindset is only possible if children are sensitized about gender justice during their formative years.

The project Gender Equity Movement in Schools (GEMS) made a similar effort to sensitize gender equality among schoolchildren. It worked for two years with boys and girls between the ages of twelve and fourteen in public schools of Goa, Kota, and Mumbai. The project aimed to promote gender equality by encouraging equal relationships, critical examination of social norms, defining gender roles and responsibilities, and questioning the perpetuation of gender-based violence by incorporating that questioning in the ongoing school curriculum. The project used extracurricular activities, role-playing, and games for this purpose. Over the course of the program, the study found that participating students were more supportive of girls pursuing higher education and marrying later in life, and of boys and men contributing to household tasks.

Implementation of the well-defined activity-based systematic curriculum in all state and central education boards will give legitimacy to gender education. Following commitments that Indian policymakers can make to achieve this vision is recommended. Good policy frameworks are a first step in addressing the problem.

GOVERNMENT DEGREE COLLEGE, NOWSHERA
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No.DCN/17/1110 Dated: 08/02/2017

The Assistant Registrar (CDC)
University of Jammu,
Jammu.

Sub:- Workshop and awareness programme on "Prevention of Sexual Harassment at Work Place"

Sir,

Kindly refer to your letter No. CDC/2018/5016-19 dated 07-08-2018 regarding to the subject cited above, it is hereby intimated that the **Principal Dr. K.R. Sharma, Mob No. 9419256701 alongwith Prof. Anupama Sharma Convener Mob. No. 9419793500** is going to attend the workshop on 14th of Feb. 2018 at Brig. Rajinder Singh Auditorium, University of Jammu.

Thanking you,

Yours faithfully.

Sd/-
Principal
GDC, Nowshera

GOVERNMENT DEGREE COLLEGE, NOWSHERA
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No.DCN/17/1146 Dated: 07/03/2018

Seminar/Symposium/Workshop held in the College during the session 2017-18

S.No.	Date	Event	Topic/Theme
01	12/8/2017	Awareness/Work Shop on HIV/AIDS	Awareness/Workshop on HIV/AIDS by Red Ribbon Club & NSS Unit of the College on 12/08/2017 on the eve of International Youth Day under the approved activates of the J&K State AIDS Control Society
02	5/9/2017	Symposium	Celebration of National Teacher Day on 5/9/2017
03	15/9/2017	Seminar on the topic	Hindi Ka Vashvik Swaroop
04	28/09/2017	Symposium/Quiz Competition	Symposium/ Quiz Competition on Environmental Awareness
05	02/10/2017	Symposium	On relevance of Gandhian philosophy in present Day World
06 ✓	13/10/2017	One Day Symposium & Rally	Symposium on Beti-Bachao, Beti - Padhoo & followed by Rally
07	25/01/2018	Seminar	On National Voter Day and Launch of Electoral Literacy Club (ELC) in the College on the eve of National Voter Day
08	15/02/2018	One Day Workshop	Workshop on Disaster Management in the Collaboration with NDRF

Sd/-
Principal

NOTICE

Intra college seminar on crime against women

NSS unit in collaboration with women cell is going to organize a seminar on crime against women.

Date: 9sept.2017

Sub themes

-Eve- teasing, molestation, sexual abuse

-trafficking of women and girl child

-sexual harassment and abuse at work place

-domestic violence and honour based violence

-cyber crime against women

Objective of the seminar

-to raise awareness on the issue of gender violence

-to analyze the causes and factors of violence against women

CONVENER
CULTURAL COMMITTEE

REPORT

Govt. Degree College Nowshera organized a seminar on importance of women in the society. The seminar was inaugurated by the principal of the college Dr. K R Sharma. In his message he conveyed the audience the importance of women in the society as a whole and said no country can develop and sustained if women are not respected,empowered and librated. Speaking on the occasion prof. Anupama Sharma HOD education emphasized about daily life trials and challenges encountered by women's. she focused how every women should inspire and provide support to one another and be each other's strength. Prof. Rajani Devi HOD. sociology speaking on the occasion acknowledged the contribution and presence of the ladies and in their lives whether she is mother, wife. sister, daughter or as a friend etc. Other faculty members also spoke on the occasion the seminar was actively participated and attended by all the students of the college. The seminar concluded with vote of thanks by prof. Anupama sharma HOD. education.

PRINCIPAL

REPORT

Govt. Degree College Nowshera organized intra college poster competition on the topic evil practice of dowry system in India. Considering the evil practice and its adverse effect it is imperative to educate young students on this and make them capable to initiate changes towards their social evil and barriers forced by the society on women. Keeping this notion in mind the students participants for the poster making competition were given on the topic dowry system and its effect in society. 30 students from all the semesters actively participated in the competition. Speaking on the occasion the principal. DR. KULDEEP RAJ SHARMA said the future of our society in the hands of today's youth. Hence it become extremely important to shape them wisely and make them competent to become responsible citizen compassionate and intelligent youth make the world a better place to line in through various such events we always been striving to prepare students to fight such evil practices prevalent in the society. It was over whelming to see the level of creativity in the participants. The competition witnessed several strong ideas and message to eradicate such social evils. The participants' were assessed based on criteria like relevance to theme originality, impact of the message creativity and over all presentation.

PRINCIPAL

REPORT ON BETI BACHAO BETI PADHAO RALLY

Students shown strong concern about the topic and participated in large numbers in rally on beti bachao beti padhao with full enthusiasm. It was absolutely enriching experience to our students. Students were provided with detailed knowledge about the difficulties faced by women in society. Rally was taken out with slogans' like BETI PADHAO BETI BACHOO' and BETI HAI HAMARE DESH KA GEHNA to motivate youth. Faculty of GDC Nowshera along with principal guided and supervised the initiative taken by the students and also advised them to be more motivated toward girl education as of today the whole perspective has changed in most parts of India with many excellent examples in every field. Principal GDC Nowshera thanked volunteers for such a remarkable work and to all the faculty for taking such initiatives regularly by assisting students in every manner possible.

CONVENER











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ROLE OF WOMEN IN SOCIETY

GDC Nowshera celebrated international women day by organizing a seminar on role of women in society. Campus conveyed the audience for importance of women in society as whole and said no country can develop and sustain if women are not

16-17

Press Release

Celebration of International Women's Day

International Women Day is celebrated with great zeal and enthusiasm among the students especially the girls in the premises of the Govt. Degree College Nowshera with the collaboration of Tehsil Legal Services Committee Nowshera. The chairman of the Tehsil Legal Services Committee, Nowshera Sub Judge Nowshera Smt. Sardeep Kour was also present on this occasion. In this programme Five Students Ms. Girthu Choudhary, Ms. Tania Sharma, Ms. Shazia Koser, Ms Himani Sharma and Mr. Manjeet Choudhary shared their views on the issue of women empowerment. The members of Tehsil Legal Services Committee Senior Advocate Sardar Tarlok Singh and Sardar Ajeet Singh also shared their views. They talked about the various legal issues related to women and their empowerment.

The chairman of the Tehsil Legal Services Committee Sub Judge Nowshera Smt. Sandeep Kour while talking on the occasion pressed upon the need to improve the declining sex ratio in the State. She talked about various legal provisions and legal rights available to women in case of any issue related to torture, sexual harassment, domestic violence and property rights. She also appealed women to take the benefit of free Legal aid available to women under the Legal Services Authority Act.

Prof B.B. Sharma Principal GDC, Nowshera while talking on the issue of women empowerment pressed upon the need to revive the ethos of honoring women for the socio-economic as well as moral upliftment of any society. This programme was anchored by Miss Girthu Choudhary the student of B.A. Sem-IV. Prof. Mukesh Sharma presented the formal vote of thanks.

OFFICE OF THE PRINCIPAL
GOVERNMENT DEGREE COLLEGE, NOWSHERA

The PA to Hon'ble Minister for Higher Education
Jammu and Kashmir State
Civil Secretariat, Jammu

Sub: Creation of Women Development Cell.

Sir,

As desired by Hon'ble Minister for Higher Education and in compliance to Govt. Circular No: HE/Gen/585/2010 dated 25-02-2010 the Women Development Cell was constituted in the college with Ms. Anupama Sharma, lecturer in Education as its Convener. The maiden meeting of the Cell was convened on 22nd March 2010. Kindly find enclosed the minutes of the maiden meeting of "Govt. Degree College Nowshera. Women Development Cell" for the information of the Hon'ble Minister

Thanks
Sincerely Yours

Principal
GDC Nowshera
Govt. Degree College
Nowshera (J&K)

No:
Date:

Copy to: Dr. Poonam Dhawan, Director Centre for Women's Studies, University of Jammu for her kind information.

OFFICE OF THE PRINCIPAL
GOVERNMENT DEGREE COLLEGE, NOWSHERA

In compliance to the Govt. order No: HE/Gen/585/2010 dated 25-02-2010 "Women Development Cell" is hereby constituted in the college forthwith. Ms. Anupama Sharma Lecturer in Education is, as such designated as Convener of the said cell.

Principal
Govt. Degree College
Nowshera (J&K)

GDC. Nowshera
No:
Date:

Copy to: 01. The Commissioner/ secretary, J and K Higher Education Department, civil Secretariat Jammu for information.

02. The Director College, J and K higher Education Department Civil Secretariat Jammu for information.

NO/DCN 275-76

DT 13-3-2010

NOTICE

This is to be informed to all the students that the college is going to organizing a intera-college poster competition on dated 12-09-2018. The details for the competition are as follows.

Day and date Wednesday: 12-09-2018

Time 11.00 am

Topic: Antidowery

All the students are requested to bring their own art making materials for the competition. the drawing sheets will be provided by the college.

CONVENER
CULTURAL ACTIVITIES

GOVERNMENT DEGREE COLLEGE NOWSHERA
(RAJOURI J&K 185151)

E-mail.gdcnowshera@gmail.com
Tell.Phone/Fax 01960-230323, 24 Mob. 94191-56701

DCN/Adm/2017-18/ ١٦٥ Dated: 07/06/2018

Subject: Annual Competitions/Sports/Cultural activities held in the Govt. Degree College, Nowshera for the academic session 2017-18.

The detail of Competitions/Sports/Cultural activities organised at the institutional level in the Govt. Degree College, Nowshera for the academic session 2017-18 are captioned below.

S.No	Name of Activity	Number of Activities
1	Oral quiz Competition on Environment science	01
2	Badminton match for girls	03
3	Cricket Match	02
4	Volleball match for boys	03
5	Kabbaddi match of boys	03
6	Republic day	01
7	SVEEP	01
8	Independence Day	01
9	Hindi Divas	01
10	Lecture on AIDS	01
11	Seminar on Beti-Bachao Beti-Padao	01
12	Local Cultural Program	01
13	Plantation Drive by J&K forest Deptt.	01
14	Induction Program	01
15	Gandhi Jayanti	01
16	Swachta Hi Seva	01
17	Constitutional Day	01
	Total	24

Principal
GDC, Nowshera

GOVERNMENT DEGREE COLLEGE NOWSHERA
(RAJOURI J&K 185151)

[illegible]
Tel/Phone/Fax 01960-230323, 24 Hrs. [illegible]

GCN/Adm/2016-17/731 Dated: 13/09/2017

Subject: Annual Sports/Seminars/Cultural activities held in the Govt. Degree College, Nowshera for the academic session 2016-17.

As per record the detail of Sports/Seminars/Cultural activities organised at the institutional level in the Govt. Degree College, Nowshera for the academic session 2016-17 are captioned below.

S.No	Name of Activity	Number of Activities
1	Republic day	01
2	Independence Day	01
3	Inauguration of College Building	01
4	Plantation drive by J&K forest Deptt.	01
5	Seminar on National Integration by Indian Army	01
6	Mushayara By J&K Academy of Art & Culture	01
7	Seminar on Women empowerment	01
8	SVEEP	01
	Total	**08**

Principal
GDC,Nowshera

Seminar on women empowerment held in GDC Nowshera (2016-17)



DAWN



06. Mushaera By Idara Academy of Art & Culture (2016-17) dated 26 Dec 2016

NOTICE

IT IS HERE BY NOTIFIED FOR ALL THE STUDENTS OF THE GOVT. DEGREE COLLEGE NOWSHERA THAT THE COLLEGE IS GOING TO ORGANIZE A SEMINAR ON WOMEN EMPOWERMENT ON DATED 8TH OF MARCH 2017. STUDENTS WHO ARE WILLING TO PARTICIPATE IN THE SEMINAR ORGANIZED BY THE COLLEGE THEY CAN CONTACT PROF. ANUPAMA SHARMA HEAD OF THE DEPARTMENT EDUCATION BEFORE DATED 7TH OF MARCH.

PRINCIPAL

CERTIFICATE

Academic session 2020-21

This is to certify that Mr./Ms. Arjun Sharma, R.No. 177 student of B.A. SemIII has successfully completed/carried out the required Project work /Field work/Field Tour/Field trip under the title "CHANGES IN DOWRY SYSTEM" assigned by the Teacher-in-charge of the Department of Sociology, as prescribed by the University of Jammu, Jammu.

Teacher-in-charge

Principal
G.D.C. Nowshera

Head of Department

CERTIFICATE

Academic session 2020-21

This is to certify that Mr./Ms. Chandni Chander, B.No. 203 student of B.A. Sem III has successfully completed/carried out the required Project work /Field work/Field Tour/Field trip under the title "CHANGES IN DOWRY SYSTEM" assigned by the Teacher-in-charge of the Department of Sociology, as prescribed by the University of Jammu, Jammu.

Teacher-in-charge

Principal
G.D.C. Nowshera

Head of Department

CERTIFICATE

Academic session 2020-21

This is to certify that Mr./Ms. Kajal Devi, R.No. 218 student of B.A. SemIII has successfully completed/carried out the required Project work /Field work/Field Tour/Field trip under the title "CHANGES IN DOWRY SYSTEM" assigned by the Teacher-in-charge of the Department of Sociology, as prescribed by the University of Jammu, Jammu.

Teacher-in-charge

Principal
G.D.C. Nowshera

Head of Department

CERTIFICATE

Academic session 2020-21

This is to certify that Mr./Ms. Naman Bali, B.A. 109 student of B.A. SemIII has successfully completed/carried out the required Project work /Field work/Field Tour/Field trip under the title "CHANGES IN DOWRY SYSTEM" assigned by the Teacher-in-charge of the Department of Sociology, as prescribed by the University of Jammu, Jammu.

Teacher-in-charge

Principal
G.D.C. Nowshera

Head of Department

Department of Sociology

Govt. Degree College, Nowshera

List of students undertaking Field Project during the Academic year 2020-21

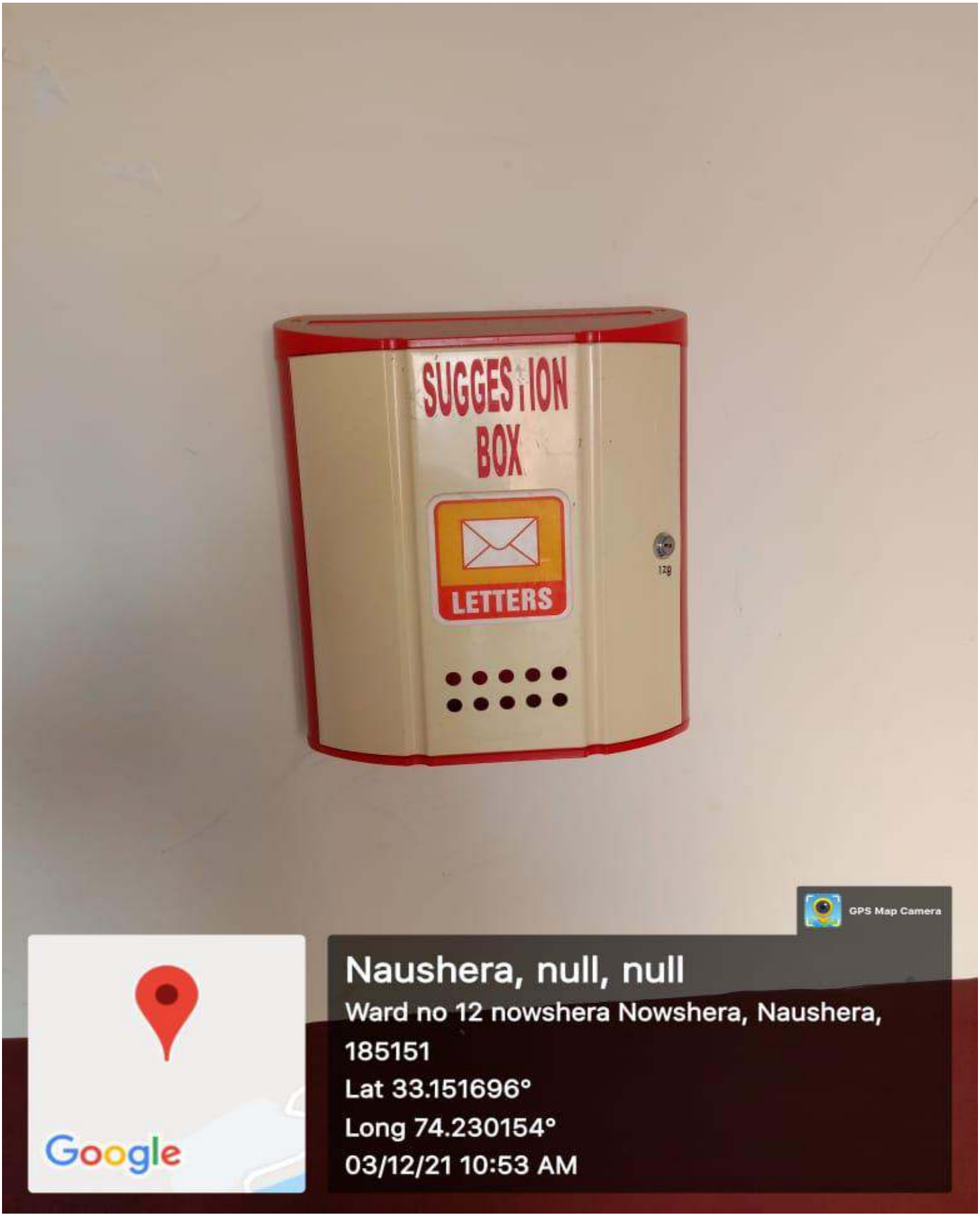
Name of the student	Course Title	Course Code	Project Title	Name of the supervisor/ Guide
B.A. Semester 3rd				
1. Raghav Sasan 2. Naman Bali 3. Bhanu Sharma 4. Arjun Sharma 5. Chandni Chandan 6. Kajal Devi 7. Ritu Choudhary 8. Priya Choudhary	Gender Sensitization	USOTS 302	1. Changes in Dowry System	Dr. Rajni Devi

Teacher-in-Charge

Head of Department

Principal

Principal
G.D.C. Nowshera


SUGGESTION
BOX
LETTERS
GPS Map Camera
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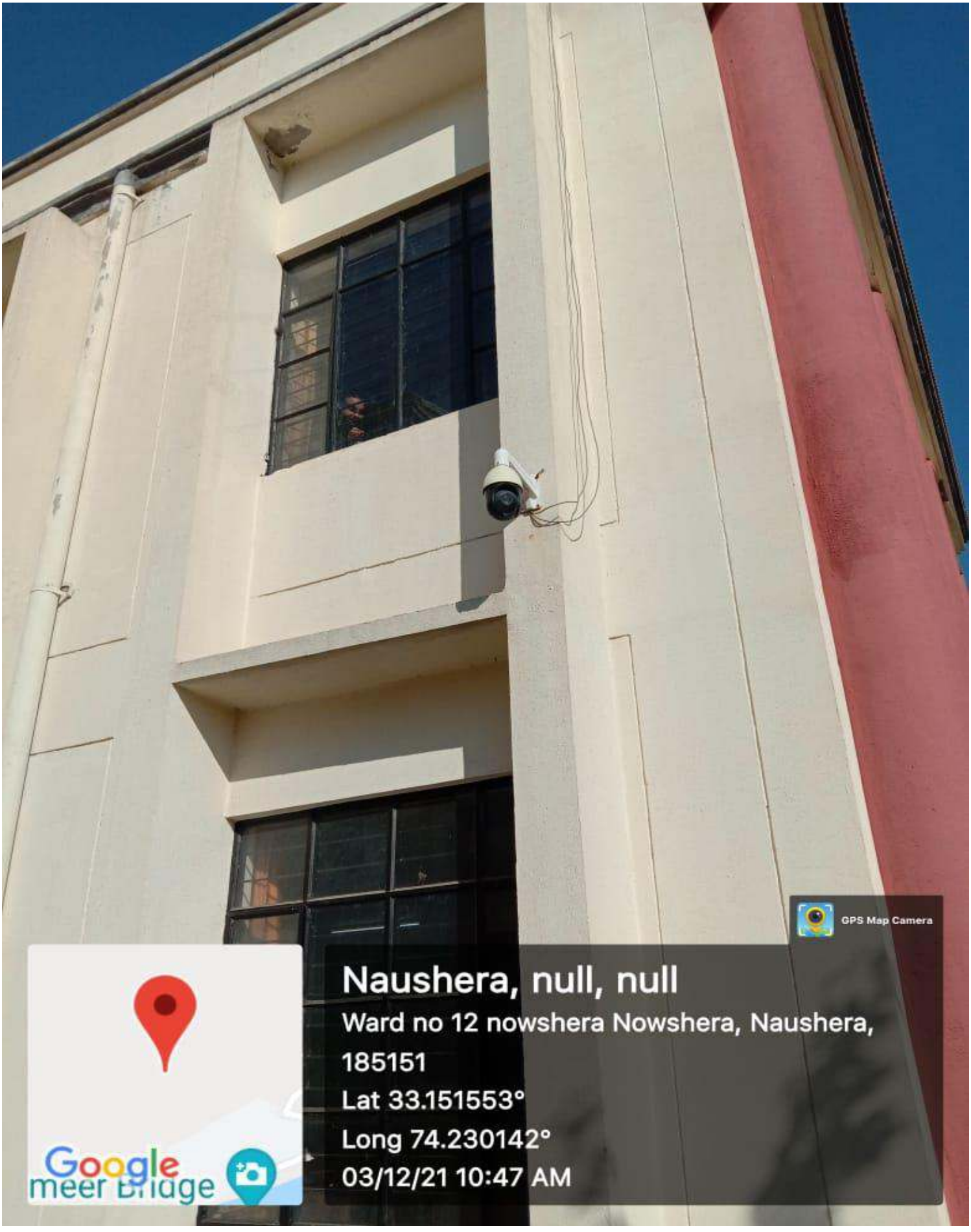
Lat 33.151696°
Long 74.230154°
03/12/21 10:53 AM
Google


GPS Map Camera
Naushera, null, null
Ward no 12 nowshera Nowshera, Naushera, 185151
Lat 33.151553°
Long 74.230142°
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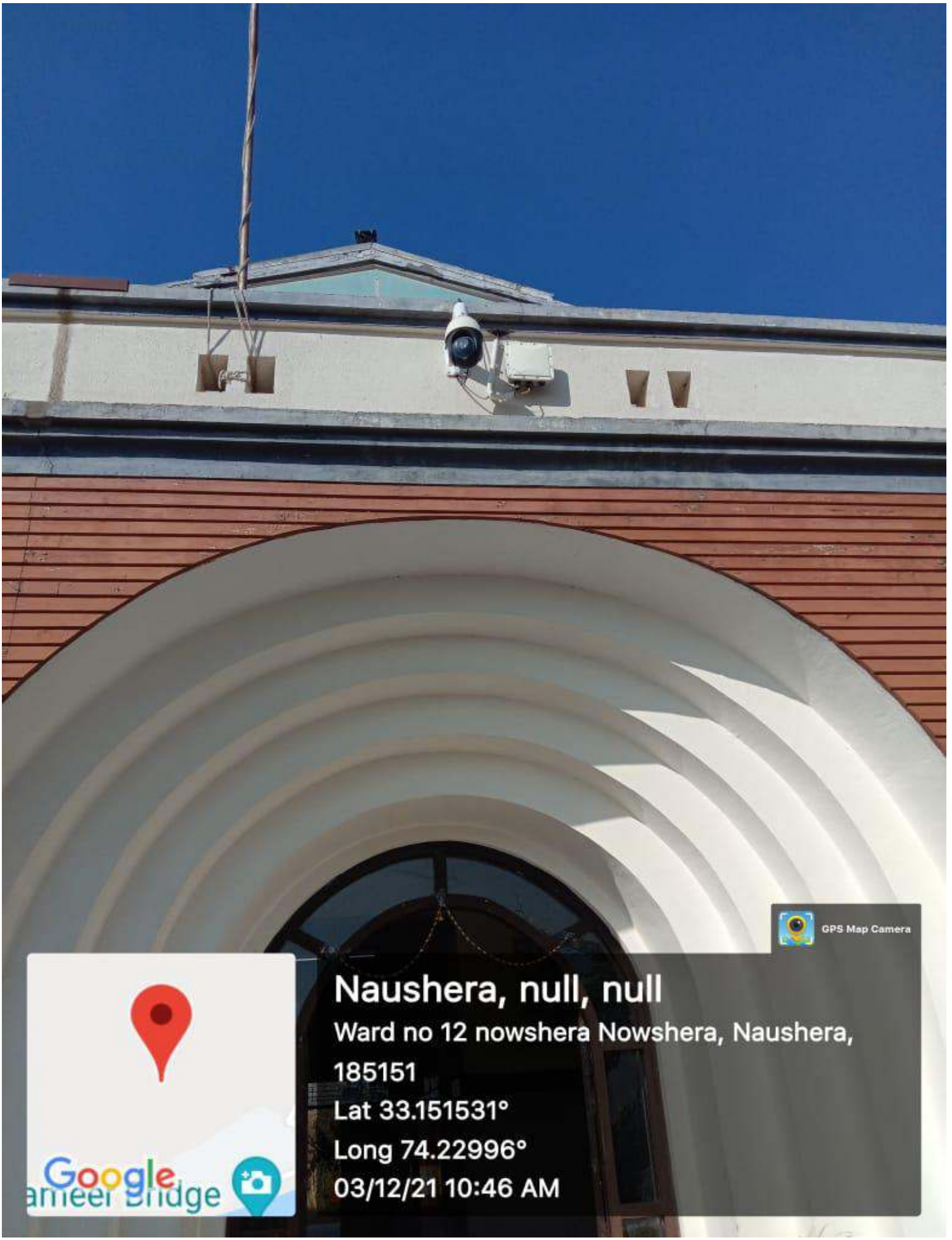
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Lat 33.151531°
Long 74.22996°
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GIRLS COMMON ROOM
GPS Map Camera
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