Seminars/ conferences/ workshops conducted by the institution from 1st June 2021 to 31st May 2022

GOVT DEGREE COLLEGE NOWSHERA

DEPARTMNET OF PHYSICAL EDUCATION

Department of Physical Education organises two days Virtual Workshop to celebrate International Day of Yoga 2021.



GDC Nowshera organized a series of events

SAHIL CHOUDHARY
NOWSHERA, JUNE 21:
Department of Physical Education and Sports in collaboration with NCC Unit of Govt. Degree College, Nowshera under the aegis of IQAC organized TWO DAYS YOGA WORKSHOP through virtual mode TO CELEBRATE "INTERNATIONAL DAY OF YOGA, 2021" on 20- 21 June, 2021.

A Large number of faculty Members and students of different Colleges and Universities participated in the two days workshop. Shri. Ravi Chander, Yog Expert, certified from Patanjali yog peeth, Haridwar, was the Resource person. The workshop was aimed to celebrate the international day of Yoga 2021 and to promote yoga for healthy living.



On day 2nd, of two days workshop, the session started with welcome address by Dr. Surinder Kumar, principal of the college. He said that the aim of organizing this workshop is to acknowledge the students and the faculty about the importance and benefits of yoga for their health. He also added that it's important to practice yoga daily to attain peace of mind and to release mental stress.

The resource person, Shri Ravi Chander ji demonstrated yog practices as per yog protocol of international day of yoga 2021 which includes prayer, asanas, pranayam and delivered a lecture on the role and importance of yoga. Dr. Ayushi Sharma also assisted and gave a briefing about yoga in the session.

A yoga session was also organized by Department of Physical Education and Sports in Collaboration with Department of Sanskrit for both Faculty members and students. A detailed demonsration of various yogasanas like padmasana, tadasana, vrikshasana, surya namaskar and many other poses was made by Dr. Gourav Sharma, HOD Sanskrit of the college.

The Event was organized under the patronage of Dr. Surinder Kumar, Principal of the college and under the supervision of Prof. Joginder Singh, Coordinator IQAC GDC Nowshera, Dr. Akhil Khajuria, HOD Physical Education and Sports was the Programme Coordinator.





Sheetal Gupta Assistant professor Department of

International Yoga Day(21 June).

GDC Nowshera starts two-day Yoga workshop

= STATE TIMES NEWS

NOWSHERA: Department of Physical Education and Sports in collaboration with NCC Unit of Govt. Degree College, Nowshera under the aegis of IQAC inaugurated two days yoga workshop through virtual mode TO celebrate 'International Day Of Yoga, 2021' on Sunday. A large number of faculty and students of different Colleges and Universities participated in the first day, of two days workshop. Ravi Chander, Yog Expert, certified from Patanjali yog peeth, Haridwar, was the Resource person. The workshop was aimed to celebrate the international day of Yoga 2021 and to promote yoga for healthy living.

On day one, the session started with welcome address by Dr. Surinder Kumar, principal of the college.

He said that the aim of organizing this workshop is to acknowledge the students and the faculty about the importance and benefits of yoga for their health.

It was followed by the prayer, asanas and lecture delivered by the resource person Ravi Chander on the role and importance of yoga. Atul Sharma, Civil Engineer and Ridhima Sharma Acharyakulam, Haridwar also assisted and demonstrated in the session.

The event was organized under the patronage of Dr. Surinder Kumar, Principal of the college and under the supervision of Prof. Joginder Singh, Coordinator IQAC GDC Nowshera, Dr. Akhil Khajuria, HOD Physical Education and Sports was the Programme Coordinator.

DISCLAIMER

"STATE TIMES"

does not take responsibility for the contents of the advertisements

(Display/Classified)

carried in this newspaper. The paper does not endorse the same. Readers are requested to verify the contents on their own before acting there upon."

Department of Physical Education in collabration with Department of Sanskrit organises a Yoga Session for faculty And students to celetrate International Day of Yoga 2021, on 21 June 2021.



GDC Nowshera organized a series of events

SAHIL CHOUDHARY
NOWSHERA, JUNE 21:

Department of Physical Education and Sports in collaboration with NCC Unit of Govt. Degree College, Nowshera under the aegis of IQAC organized TWO DAYS YOGA WORKSHOP through virtual mode TO CELEBRATE "INTERNATIONAL DAY OF YOGA, 2021" on 20- 21 June, 2021.

A Large number of faculty Members and students of different Colleges and Universities participated in the two days workshop. Shri. Ravi Chander, Yog Expert, certified from Patanjali yog peeth, Haridwar, was the Resource person. The workshop was aimed to celebrate the international day of Yoga 2021 and to promote yoga for healthy living.



On day 2nd, of two days workshop, the session started with welcome address by Dr. Surinder Kumar, principal of the college. He said that the aim of organizing this workshop is to acknowledge the students and the faculty about the importance and benefits of yoga for their health. He also added that it's important to practice yoga daily to attain peace of mind and to release mental stress.

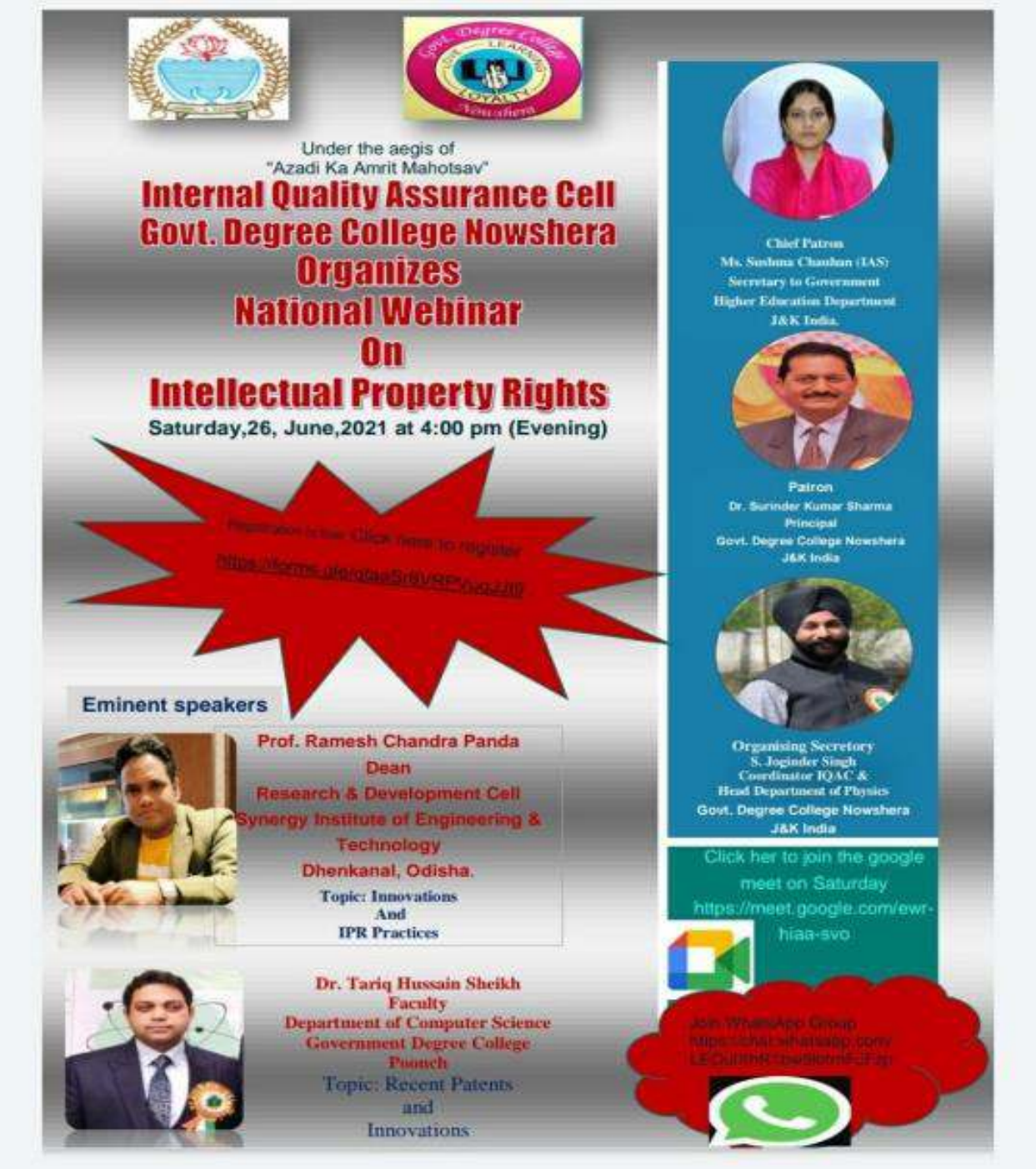
The resource person, Shri Ravi Chander ji demonstrated yog practices as per yog protocol of international day of yoga 2021 which includes prayer, asanas, pranayam and delivered a lecture on the role and importance of yoga. Dr. Ayushi Sharma also assisted and gave a briefing about yoga in the session.

A yoga session was also organized by Department of Physical Education and Sports in Collaboration with Department of Sanskrit for both Faculty members and students. A detailed demonsration of various yogasanas like padmasana, tadasana, vrikshasana, surya namaskar and many other poses was made by Dr. Gourav Sharma, HOD Sanskrit of the college.

The Event was organized under the patronage of Dr. Surinder Kumar, Principal of the college and under the supervision of Prof. Joginder Singh, Coordinator IQAC GDC Nowshera, Dr. Akhil Khajuria, HOD Physical Education and Sports was the Programme Coordinator.



IQAC, GDC NOWSHERA ORGANISES NATIONAL LEVEL WEBINAR ON INTELLECTUAL PROPRTY RIGHTS ON 26 JUNE 2021.



GDC Nowshera organises national level webinar on intellectual property rights

■ STATE TIMES NEWS

NOWSHERA: The Internal Quality Assurance Cell (IQAC), Govt. Degree College Nowshera conducted National Level Webinar entitled "Intellectual Property Rights". The webinar was presided over by Dr:Surinder Kumar, Principal, GDC, Nowshera and Coordinated by Prof. Joginder Singh, Coordinator IQAC and Head, department of Physics, GDC, Nowshera.

Dr. Surinder Kumar, Principal of GDC Nowshera introduced the theme and purpose of this event and formally welcomed Resource Persons, Prof. Ramesh Chandra Panda and Prof. Tariq Hussain Sheikh and appreciated the organising secretary Prof. Joginder Singhand all the faculty members for conducting this event.

Intellectual property rights are legal rights that provide creators protection for original works, inventions, or the appearance of products, artistic works, scientific developments, and so on.Intellectual property rights (IPRs) play a key role in every sector and have become the basis for crucial investment decisions. They are exclusive rights and therefore there is always a challenge to strike a balance between the interests of innovators and the interests of the society at large. Another important factor is having an adequate legal framework to protect the interests of innovators and inspire confidence that their intellectual property will be protected, in turn triggering further innovation.

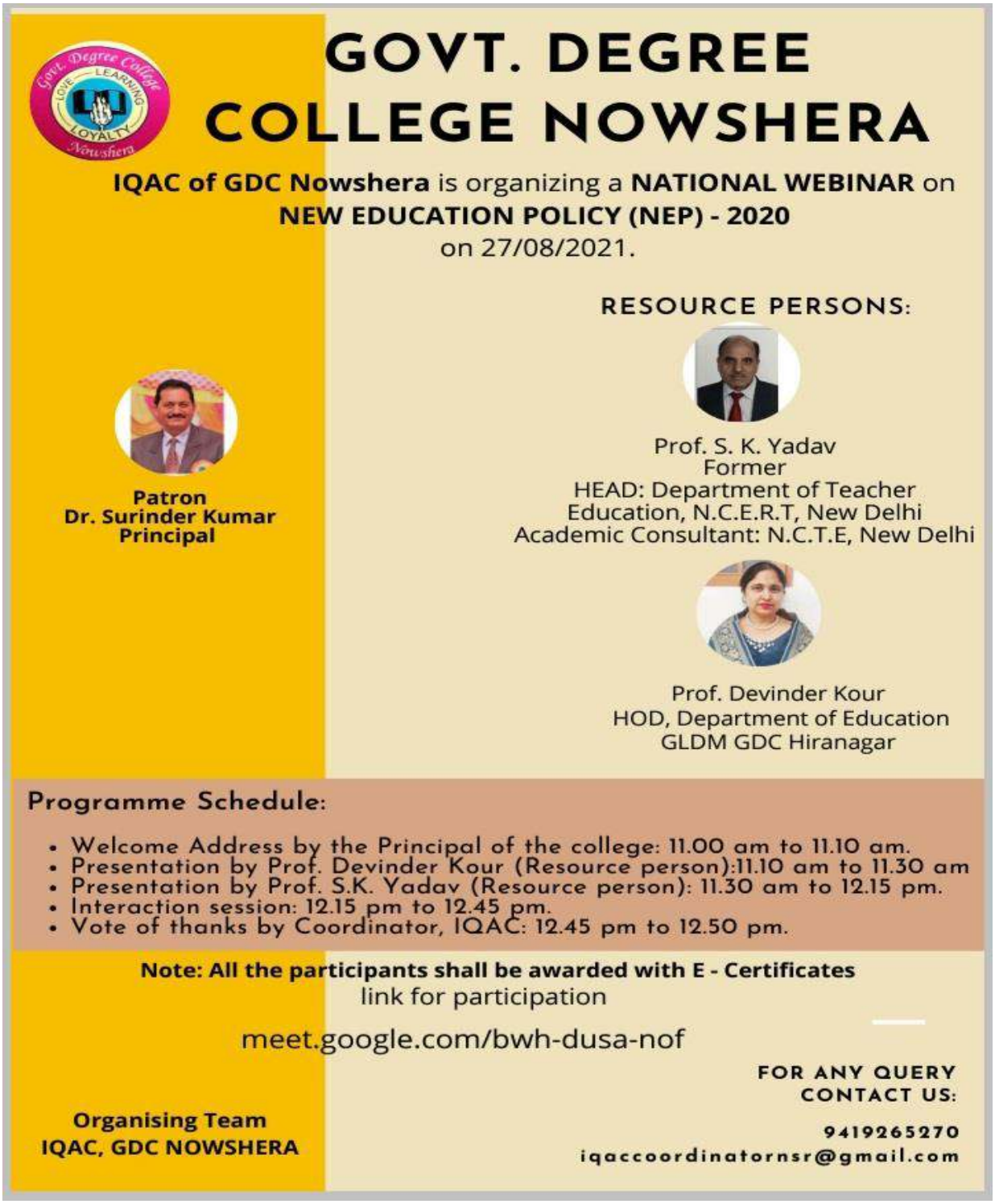
Prof. Ramesh Chandra Panda, Dean, Research & Development Cell, Synergy Institute of Engineering & Technology, Dhenkanal, Odisha explained in his elaborated presentation, the purpose of Intellectual property Rights in the context of Contemporary innovation in a new type of economy. He highlighted the number of specific issue and challenges to contemporary IPR systems and IP regimes will then be probed more in depth, such as the anti-common and IP assembly problem; the trade-off between incentives and transaction costs; and the impact of weak (e.g. open) IP regimes on dynamic competition and industry evolution, the impact of patent information (the disclosure effect) and the use of IPRs in business strategies.

Prof. Tariq Hussain Sheikh, Faculty, department of Computer Science, GDC Poonch, he elaborated in his presentation the scope of 3D printing Skull models and emphasised the practical possibilities for metal 3D printing of human skull and its potential scope in the field of biomedical surgeries. He also highlighted that 3D printing technology has progressed well, custommade metal 3D printed implants can be manufactured and adopt for skull rehabilitation by considering the the potential cost-effective materials.

The programme was concluded with formal vote of thanks proposed by Miss Madhu Bala, Department of English.



Internal Quality Assurance cell (IQAC) of Govt. Degree College Nowshera organized a webinar on New Education Policy on 27/08/2021



Webinar on 'National Education Policy- 2020' held at GDC Nowshera

TNN BUREAU

RAJOURI: Internal Quality Assurance cell (IQAC) of Government Degree College (GDC), Nowshera organised a National level webinar on "National Education Policy-2020", here on Saturday.The main objective behind organising this programme was to create awareness about the NEP 2020 amongst the teachers, students and other stake holders of the Higher Education. Around 100 participants from various educational institutions across the nation participated in this webinar. The resource persons of the programme were Prof. S.K.Yadav former Head Department of Teacher Education, NCERT, New Delhi, Academic consultant NCTE, New Delhi and Prof Davinder Kour ,HOD Department of Education, GLDM GDC Hiranagar. Prof Davinder Kour expressed her views on the features of Higher Education mentioned in NEP-2020 and said that this is a remarkable Policy for the golden future of our National Education. She highlighted the main features of NEP -2020 through power point presentation. She also emphasised on the effective implementation of the NEP-2020. She also highlighted the various recommendations of New Education Policy as flexible examination pattern, universalization of early childhood care education and integration of curricular, co-curricular and extra-curricular curriculum. Prof S K Yadav gave a detailed introduction about NEP 2020.He emphasized that this policy tries to fill the gap between education system and society by recognising and associating with different skill-based practices which will further enrich and strengthen the Indian tradition. At the same time, he also emphasized that the importance of regional languages will strengthen folk traditions and culture.

Deptt. of Botany & Red Ribbon Club organised a SYMPOSIUM on the topic "OZONE DEPLETION, CAUSES AND CONSEQUENCES"




Ward no 12 nowshera Nowshera, Naushera, 185151
Naushera
Nowshera Railway Station
Jameer Bridge
Google
30°C
86°F
2021-09-16(Thu) 01:09(pm)

Ek Bharat Shikshit Bharat in Collaboration with NSS Unit of GDC Nowshera organizing a seminar on the theme "Fundamental Duties are the Basic Pillars of Indian Democracy"

मिलेगी जिससे बड़ी आपदा टल तैयारी शुरू कर दी है। ग्राम वन समिति अभिनव कार्य के लिए दो वीएफसी की जा रही है।

नौशहरा डिग्री कॉलेज में मनाया गया अंतरराष्ट्रीय लोकतंत्र दिवस

नौशहरा।



आजादी का अमृत महोत्सव के उपलक्ष्य में 15 सितंबर को कॉलेज की एनएसएस यूनिट के सहयोग से एक भारत शिक्षा भारत कलश द्वारा शासकीय डिग्री कॉलेज नौशहरा में अंतरराष्ट्रीय लोकतंत्र दिवस मनाया गया। यह दुनिया भर में लोकतंत्र की स्थिति की समीक्षा करने, लोकतांत्रिक आंदोलनों को प्रोत्साहित करने और स्वतंत्रता, शांति और मानवाधिकारों को बढ़ावा देने का मौका है।यह पहली बार 2007 में संयुक्त राष्ट्र द्वारा स्थापित किया गया था और हर साल यह आयोजन एक अलग विषय के आसपास होता है। 2021 में, विषय भविष्य के संकटों का सामना करने में लोकतांत्रिक लचीलापन को मजबूत करना है। एनएसएस के स्वयंसेवकों ने प्रो. इनाम उल हक की अध्यक्षता में इस विशेष दिन को मनाने के लिए एक शैक्षिक कार्यशाला सह संगोष्ठी का आयोजन किया। इस अवसर पर बोलते हुए प्रो. जोगिंदर सिंह समन्वयक आईक्यूएसी ने कहा कि लोकतंत्र पूरी आबादी या राज्य के सभी पात्र सदस्यों द्वारा आम तौर पर निर्वाचित प्रतिनिधियों के माध्यम से सरकार की एक प्रणाली है। यह सरकार का सबसे प्रचलित रूप है, लेकिन चुनौतीपूर्ण भी है क्योंकि कई चर खेल में आते हैं। भारत में लोकतंत्र राजनीतिक समानता के सिद्धांत पर काम करता है। इसके अलावा, इसका अनिवार्य रूप से मतलब है कि सभी नागरिक कानून के समक्ष समान हैं। सबसे उल्लेखनीय, धर्म, जाति, पंथ, नस्ल, संप्रदाय आदि के आधार पर कोई भेदभाव नहीं है। इसलिए, प्रत्येक भारतीय नागरिक को समान राजनीतिक अधिकार प्राप्त हैं। संकाय सदस्यों और एनएसएस स्वयंसेवकों ने भी अपने विचार प्रस्तुत किए और अंत में प्रो. हर्षल शर्मा ने धन्यवाद प्रस्ताव प्रस्तुत किया। पूरे कार्यक्रम का आयोजन कॉलेज के योग्य प्रचार्य डॉ. सुरिंदर कुमार के संरक्षण में किया गया था।

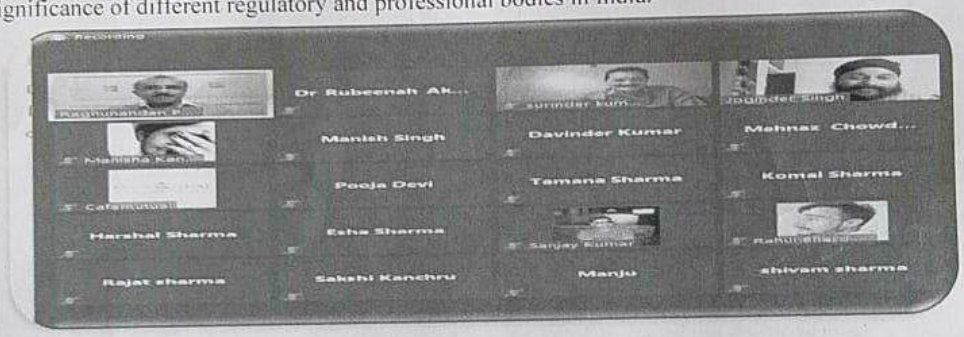
OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com,
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

No.DCN/21/201 Dated: 08/06/2021

PRESS RELEASE

Government Degree College Nowshera organized National Level Webinar entitled on Financial Awareness Programme

The Internal Quality Assurance Cell of Government Degree College Nowshera organized National Level Webinar entitled "Financial Awareness Programme" on 07-06-2021. The Webinar was conducted under the overall supervision and guidance of Dr. Surinder Kumar, Principal of the college. Speaking on the occasion he said "Financial Awareness Programme enriches the investors' knowledge and skill for making a proper plan of their personal finance. It is an initiative which is taken to secure a better financial future for the investors, enhance the financial knowledge, spread financial awareness, reduce the financial risk, identify the utilities and characteristics of different financial products before investment and improve money management skills and financial money management skills and financial behaviour of person." The main purpose of this initiative was understanding how to mitigate risks and invest wisely to meet financial goals. In this context, the webinar made an effort to highlight need and significance of different regulatory and professional bodies in India.



Dr. Surinder Sharma, Principal GDC Nowshera formally welcomed Resource Person, Mr Raghunandan Pattanik, who is National Trainer- BFSI and Financial Wizard. The resource person explained in his elaborated presentation, the purpose and benefits of this initiative. He highlighted the success rate of different programmes especially SEBI. It promotes the development of the securities market and regulates the business. SEBI provides a platform for stockbrokers, sub-brokers, portfolio managers, investment advisors, share transfer agents, bankers, merchant bankers and other associated people to register and regulate work. It monitors substantial acquisitions of shares and take-over of companies.

The programme was concluded with formal vote of thanks proposed by Convener of IQAC, Prof. Joginder Singh.

Dr. Surinder Kumar
Principal

Principal
G.D.C. Nowshera

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com,
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

No. DCN/21/314
Dated:-14/07/2021

Press Release

GDC Nowshera in collaboration with District Police Rajouri organized a Seminar on the topic "GET HIGH ON LIFE, NOT ON DRUGS".



GDC Nowshera in collaboration with District Police Rajouri today organized a Seminar based on the theme **"Get High On Life, Not On Drugs"**. The main objective of organizing this event was to make the youngsters aware about the harmful effects of drugs. The students of the schools, colleges and universities across the country are becoming addictive to drug substances at an alarming rate which is threatening not only to their own future and lives but also affecting their families, societies and ultimately the Nation.

The programme started with the welcome address by Dr. Surinder Kumar, Principal of the College. He formally welcomed the Chief Guest, Ms. Sheema Nabi Qusba, SSP Rajouri and other Guests, Mr. Sukhdev Singh Samyal, ADC Nowshera; Mr. Amit Verma, ASP Nowshera, Dr. Chander Prakash, Resource Perso, Mr. Zakir Mirza, SDPO Nowshera, Mr. Pankaj Sharma, SHO Nowshera and Principals of the Higher Secondary Schools of Nowshera. In his welcome speech, Principal of the College stressed upon the various emotional, social and physical factors that lead to drug addiction and the side effects caused by the drugs on our physical and mental health. He also motivated the students to stay away from these substances. He said that the main aim of organizing such events is to spread awareness among the students and prevent the young generation from indulging in drug addiction. He further highlighted the role of these youngsters in spreading the message of **"Say no to drugs and Achieve success in life".**

The proceedings of the programme were conducted by Mr. Rakesh Choudhary, Lect. in GGHSS Nowshera. A large number of students and staff of the college and Higher Secondary Schools attended the programme in the smart class room of the college, keeping in view the COVID appropriate behaviour. Six students namely, Simranmeet Kour (NNP Hr. Secondary School); Suhani Gupta (GHSS Nowshera); Akash Kumar (TMP Hr. Sec.); Adil Manhas (GDC Nowshera); Chandandeep Choudhary (BHSS Nowshera) and Karanjeet Kour (Christ High

School) expressed their views about the various types of drugs, their harmful effects and illicit drug trafficking.

The Resource Person of the programme, Dr. Chander Prakash, delivered an elaborated lecture on the theme of the seminar. He talked in detail about the various terms related to drugs such as drug abuse, drug addiction and drug dependence. He also delibrated upon the various types of drugs such as depressents, hallucinogens and stimulants and the harmful effects posed by the consumption of these drugs. He also stressed upon the need to increase the will power to stay away from these substances and get out of the vicious cycle of drug addiction.

The program was carried forward with the address of Mr. Sukhdev Singh Samyal, ADC Nowshera who stressed upon the need to protect the youth of our country from the menace of drug abuse. He also urged the students to spread the message to their family, friends and the society at large.

Mr. Amit Verma, ASP Nowshera also shared his views regarding the theme. He revealed the statistical data projecting 10% urban and 11% rural students of the country as potent drug addicts. He motivated the students to stay away from drugs by narrating the story of a lead Engineer whose career as well as life was ruined because of drug addiction.

At last, Ms. Sheema Nabi Qusba, SSP Rajour; the Chief Guest for the Programme, addressed the audience. She talked in detail about the legal and illegal drugs and the various types of pressures that lead to drug addiction. She highlighted the role of teachers, friends, family, society, Police Department and Rehabilitation centres in assisting the victims to come out of the vicious cycle. She encouraged the students to stay away from the drugs and get involved in some constructive activities like Games & Sports, Yoga and Meditation.

At the end, felicitation of meritorious students was done by presenting momentos as a token of encouragement. The programme ended with a formal vote of thanks presented by Mr. Zakir Mirza, SDPO Nowshera.

Principal
Dr. Satinder Kumar
G.D.C. Nowshera

OFFICE OF THE PRINCIPAL

GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)

E-mail. gdcnowshera@gmail.com,

Tell. Phone/Fax 01960-230323 Mob. 94192-56701

No.DCN/21/ 818 **Dated:- 25/11/2021**

Press Release

The department of Sanskrit, GDC Nowshera organised an online lecture on the topic "Vedic sodhasha Sanskar" commemorate Azadi ka Amrit Mahotsav on 25th of November 2021 to acquaint the students with 16 'Vedic Sanskar' which are the basic essence of our life .The lecture was organised under the patronage of worthy Principal Dr. Surinder Sharma. The lecture was delivered by Dr. Mamta Sharma Assistant professor in the Department of Sanskrit, GCW, Parade Jammu in her lecture she defined all the 16 Vedic sanskar in detail and their value and significance in present scenario. She elaborated all the sanskaras like 'Garbhadhan', 'Naamkaran' 'Mundan' 'Upnayan,'Vivah' etc.

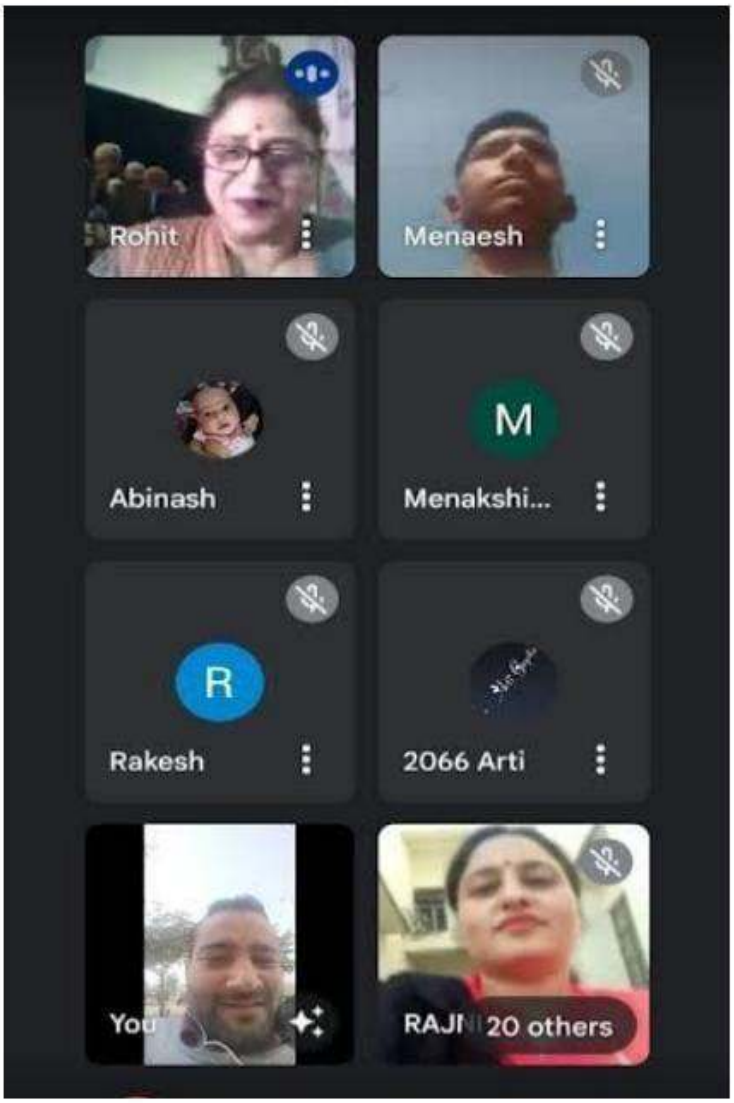


A large number of students and faculty members participated in the event. The whole event was organised by Dr. Gaurav Sharma, Department of Sanskrit (HOD).The event was concluded by Dr. Rajni Sharma department of Sociology.

Sd/-
Dr. Surinder Kumar
Principal

संस्कृत विभाग, जीडीसी नौशेरा ने ऑनलाइन व्याख्यान का आयोजन किया

नौशेरा। संस्कृत विभाग, जीडीसी नौशेरा ने छात्रों को 16 'वैदिक संस्कार' से परिचित कराने के लिए 'वैदिक शोध संस्कार' विषय पर 25 नवंबर 2021 को आजादी का अमृत महोत्सव मनाने के लिए एक ऑनलाइन व्याख्यान का आयोजन किया, जो हमारे जीवन का मूल सार है। व्याख्यान का आयोजन योग्य प्राचार्य डॉ. सुरिंदर शर्मा के संरक्षण में किया गया था। व्याख्यान संस्कृत विभाग, जीसीडब्ल्यू, परेड जम्मू में सहायक प्रोफेसर डॉ ममता शर्मा द्वारा दिया गया था, उन्होंने अपने व्याख्यान में सभी 16 वैदिक संस्कारों और वर्तमान परिदृश्य में उनके मूल्य और महत्व को विस्तार से परिभाषित किया। उन्होंने श्गर्भधानश, श्नामकरणश, श्मुंडनश, श्उपनयनश, श्विवाहश आदि जैसे सभी संस्कारों को विस्तार से बताया। इस आयोजन में बड़ी संख्या में छात्रों और संकाय सदस्यों ने भाग लिया। पूरे कार्यक्रम का आयोजन डॉ. गौरव शर्मा, संस्कृत विभाग (एचओडी) द्वारा किया गया था। कार्यक्रम का समापन डॉ. रजनी शर्मा समाजशास्त्र विभाग द्वारा किया गया था।



'आजादी का अमृत महोत्सव के तहत ऑनलाइन व्याख्यान आयोजित'

नौशहरा, 25 नवम्बर (स.ह.): संस्कृत विभाग जी.डी.सी. नौशहरा ने छात्रों को 16 वैदिक संस्कार से परिचित करवाने के लिए 'वैदिक शोध संस्कार' विषय पर 25 नवम्बर 2021 को आजादी का अमृत महोत्सव मनाने के लिए एक ऑनलाइन व्याख्यान का आयोजन किया।

व्याख्यान का आयोजन योग्य प्राचार्य डा. सुरिंदर शर्मा के संरक्षण में किया गया था। व्याख्यान संस्कृत विभाग जी.सी.डब्ल्यू. परेड जम्मू में सहायक प्रो. डा. ममता शर्मा द्वारा दिया गया था। उन्होंने अपने व्याख्यान में सभी 16 वैदिक संस्कारों और वर्तमान परिदृश्य में उनके मूल्य एवं महत्व को विस्तार से परिभाषित किया। उन्होंने गर्भधान, नामकरण, मुंडन, उपनयन, विवाह आदि जैसे सभी संस्कारों को विस्तार से बताया। इस अवसर पर बड़ी संख्या में छात्रों और संकाय सदस्यों ने भाग लिया। कार्यक्रम का आयोजन डॉ. गौरव शर्मा संस्कृत विभाग (एच.ओ.डी.)



ऑनलाइन व्याख्यान का दृश्य। (स.ह.)

द्वारा किया गया। कार्यक्रम का समापन डा. रजनी शर्मा समाजशास्त्र विभाग द्वारा किया गया।

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com, Website: www.gdcnowshera.co.in
Tell. Phone/Fax 01960-230323 Mob. 94192-56701

No.DCN/21/806
Dated:-24/11/2021

PRESS RELEASE

Government Degree College, Nowshera in collaboration with Nehru Yuva Kendra Sanghatan, Ministry of Youth Affairs and Sports ,Govt. of India organized an awareness programme on "Catch the Rain" and other themes like Self- Employment schemes and covid appropriate behavior on November 24th 2021 in the college premises. The programme was commenced with the formal greetings by giving momentos to the Chief Guest Dr. Surinder Sharma, Principal of GDC, Nowshera and to Guest of Honour Mr. Mushtaq Ahmed (Functional Manager of DIC Rajouri) by Mr. NitinHingloo District Youth officer, Rajouri. After the formal welcome and greetings Mr. Ashok Sharma Assistant Executive Engineer from Jal shakti Department disseminate the different ideas how we can conserve the water by using different techniques like rain water harvesting ,by building check Dams .A demonstration was also done by the department as how to check the purity of water by using Water Testing Kit. Mr.Vikrant Sharma who was the chief resource person threw light on different ways of water conservation .He also enlightened the students about the different measures to protect themselves from COVID -19.Throwing more light on the Topic ,an expert from Medical Department, Nowshera Dr.Kalpana Arya made the students familiar about various symptoms and preventive measures in the times of COVID- 19. Functional Manager of DIC Rajouri Mr. Mushtaq Ahmed and Mr. Rafakat Hussain of Employment Department Nowshera acquainted the students with various employment schemes run by Govt. of India like Tejaswini Scheme, Youth Club Schemes ,PMEGP etc. They also focused on how the youth can generate their own jobs to make them job creator not job seeker. After the lectures by resource persons. Dr. Surinder Sharma ,the Principal of GDC, Nowshera ,praised the speakers and guests and also thanked them for organizing such a fruitful programme in the college which will have an immense benefits for the students. The programme was concluded by Mr. Nitin Hingloo ,District Youth officer , Rajouri .

Sd/-
Dr. Surinder Kumar
Principal

NYK hosts awareness Program on Catch the Rain, Covid-19

TNN BUREAU

RAJOURI: Nehru Yuva Kendra Rajouri today organised a Mega Awareness Programme on combating Covid-19 Mass Awakening and Action Campaign, besides Catch the Rain and Self Employment Schemes here at Government Degree College Nowshera. Surinder Kumar Principal GDC Nowshera while Nationally Acknowledged Youth Activist Vikrant Sharma was the Guest of Honour. A lecture was delivered on the topic Water Conservation and Jal Jeevan Mission by Ashok Kumar. He enlightened the gathering about the ways to conserve water as India is facing scarcity of drinking water. He added that rain water harvesting is an effective way to save water. He further said that judicious use of water should be the way of life. He gave an experimental demonstration on testing pH, total hardness of water so as to ascertain the purity of water.

He also provided Water Testing kits to the college. Vikrant Sharma, State Level Resource Person, NYK Rajouri stated that Nehru Yuva Kendra Sangathan is the largest grassroots level organisation of the Government for the youth. He further said that India is the largest Country in the world in terms of youth population and tapping their energy is one of the prime objectives of NYKS. He said that NYKS has been involving rural youth in various flagship schemes of the Govt.

Dr Kalpana Arya (Medical Department) made the gathering aware about the Covid Pandemic and stated that different symptoms appear in a Covid Patient. She further presented a demonstration regarding Ideal Hand Washing technique and appealed to the audience to take suggestive and preventive measures regarding the pandemic. She added that 100% vaccination of first dose and 95 % that of 2nd dose has been achieved among 18+ age group as of now. She requested everyone to get fully vaccinated as soon as possible and cooperate with the health department in achieving 100% results. Mushtaq Ahmed, Functional Manager DIC Rajouri highlighted the Self Employment Schemes, including Prime Minister's Employment Generation Programme (PMEGP). He said that under PMEGP, a loan up to Rs 25 Lakh can be availed in manufacturing sector and upto Rs 10 under services sector.



कॉलेज में कैच द रेन और सेल्फ एम्प्लायमेंट पर मेगा जागरूकता कार्यक्रम आयोजित

अधर में लटका नरसू की ओर जाने वाली गली का काम

डैसियन से तुनका पानी सड़क पर ब्लैकटॉपिंग का कार्य शुरू

सेना ने पशु चिकित्सा शिविर का आयोजन किया

जांच

OFFICE OF THE PRINCIPAL

GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com,
Tell. Phone/Fax 01960-230323 Mob. 94192-56701

No.DCN/21/761 **Dated:- 17/11/2021**

Press Release

Nowshera, 17th of November 2021-A Public Awareness Campaign on Covid appropriate behavior was launched by Field Outreach Bureau, Rajouri in coordination with District Information Centre Rajouri and Tehsil Administration Nowshera in Govt. Degree College Nowshera.

On this occasion a seminar on "Promotion of Covid Vaccine and Awarness of Covid Appropriate Behaviors" in collaboration with Govt. Degree College Nowshera was organized. The aim and objective of this seminar was to inculcate the habits and to motivate the younger generation especially the students to follow COVID appropriate behaviors. The seminar was organized under the chairmanship of Dr. Surinder Kumar Principal GDC Nowshera whereas the Sh. Sukhdev Singh Samyal, ADC Nowshera, was the chief gust.

Speaking on this occasion the chief gust shared valuable information about covid appropriate behaviors and vaccination drives in Tehsil Nowshera. He informed that when the first case of COVID-19 was reported from Nowshera, the town was locked down for about 20 days. At that time we were running short of masks and sanitizers but with active involvement of district administration, the whole episode was brought under control and now the whole Tehsil is following COVID appropriate behaviors .He also strongly advocated that every citizen should shoulder his responsibilities to contain the spread of deadly virus.

Dr. Surinder Kumar, Principal, GDC, Nowshera highlighted the importance of such awareness camps that too when conducted in Govt. Institutions. He requested the students to act as messengers and ambassadors to spread the awareness and information of COVID-19 in their respective areas.

Dr. Chander Parkash Nodal Officer for COVID-19, Sub. District Hospital Nowshera acted as resource person and held thread bear lecture on guidelines and precautions to be taken to curb the spread of crona virus. Sh. Gurnam Singh Incharge Field Outreach Bureau Rajouri also interacted with audience and highlighted about the importance of these programmes. Prof. Joginder Singh Coordinator IQAC, Govt. Degree College Nowshera presented vote of thanks whereas Prof. Inam Ul Haq hosted the whole event.

The seminar concluded with recitation of National Anthem.


APPROPRIATE BEHAVIOURS
OURSELF IF YOU ARE 18 OR A
Organised By :
TREACH BUREAU, RA
RY OF I&B, GOVT. OF IN
In Collaboration With
DISTRICT ADMINISTRATION RAJOURI







Sd/-
Dr. Surinder Kumar
Principal

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail.gdcnowshera@gmail.com, Website: www.gdcnowshera.co.in
Tell. Phone/Fax 01960-230323 Mob. 94192-56701

No.DCN/21/908 **Dated:-04/12/2021**

PRESS RELEASE

Government Degree College, Nowshera organized an extension lecture in Urdu on the topic "ADAB AUR ADEEB"The program was commenced with formally greetings by giving memento to the special guest Dr Mushtaq Ahmed Wani Assistant Professor Department of Urdu (Baba Ghulam Shah Badshah University).After the formal welcome Dr Mushtaq Ahmed wani delivered a powerful lecture on the said topic. He explained the importance of writers and explained literature in brief. He also encouraged the students to pen down their creative ideas. After the lectures by resource persons. Dr. Surinder Sharma, the Principal college praised the speaker and guest and also thanked them for organizing such a fruitful program in the college which will have immense benefits for the students. Dr. Surinder Sharma principal Govt Degree College Nowshera and Dr Mushtaq Ahmed Wani presented a wheel chair to a needy student. The program was concluded by Prof Joginder Singh with the vote of thanks.

Sd/-
Dr. Surinder Kumar
Principal





जीडीसी नौशहरा ने 'अदब और अदीब' विषय पर उर्दू में एक विस्तार व्याख्यान का आयोजन किया

नौशहरा। सरकारी डिग्री कॉलेज नौशहरा ने ष्अदब और अदीबष् विषय पर उर्दू में एक विस्तार व्याख्यान का आयोजन किया, कार्यक्रम की शुरुआत विशेष अतिथि डॉ मुश्ताक अहमद वानी उर्दू के सहायक प्रोफेसर विभाग (बाबा गुलाम शाह बादशाह विश्व. विद्यालय) को स्मृति चिन्ह देकर औपचारिक अभिवादन के साथ की गई। औपचारिक स्वागत के बाद डॉ मुश्ताक अहमद वानी ने उक्त विषय पर जोरदार व्याख्यान दिया। उन्होंने लेखकों के महत्व को समझाया और साहित्य को संक्षेप में समझाया। उन्होंने छात्रों को अपने रचनात्मक विचारों को कलमबद्ध करने के लिए भी प्रोत्साहित किया। संसाधन व्यक्तियों द्वारा व्याख्यान के बाद। महाविद्यालय के प्रधानाचार्य डॉ. सुरिंदर शर्मा ने वक्ता और अतिथि की प्रशंसा की और कॉलेज में इस तरह के उपयोगी कार्यक्रम के आयोजन के लिए उन्हें धन्यवाद भी दिया, जिससे छात्रों को अत्यधिक लाभ होगा।डॉ. सुरिंदर शर्मा प्रिंसिपल गवर्नमेंट डिग्री कॉलेज नौशहरा और डॉ मुश्ताक अहमद वानी ने एक जरूरतमंद छात्र को व्हील चेयर भेंट की। कार्यक्रम का समापन प्रोफेसर जोगिंदर सिंह ने धन्यवाद प्रस्ताव के साथ किया।



जी.डी.सी. नौशहरा ने 'अदब और अदीब' विषय पर उर्दू में एक लैक्चर का किया आयोजन



जरूरतमंद छात्रों को व्हीलचेयर भेंट करते प्रिंसीपल डा. मुश्ताक अहमद बाली।

नौशहरा, 4 दिसंबर (संजय बाली): सरकारी डिग्री कॉलेज नौशहरा ने 'अदब और अदीब' विषय पर उर्दू में एक लैक्चर का आयोजन किया, कार्यक्र म की शुरूआत विशेष अतिथि डा. मुश्ताक अहमद वानी उर्दू के सहायक प्रोफैसर विभाग (बाबा गुलाम शाह बादशाह विश्वविद्यालय) को स्मृति चिन्ह देकर औपचारिक अभिवादन के साथ की। औपचारिक स्वागत के बाद डा. मुश्ताक अहमद वानी ने उक्त विषय पर लैक्चर दिया। उन्होंने लेखकों के महत्व को समझाया और साहित्य को संक्षेप में समझाया। उन्होंने छात्रों को अपने रचनात्मक विचारों को कलमबद्ध करने के लिए भी प्रोत्साहित किया। संसाधन व्यक्तियों द्वारा व्याख्यान के बाद महाविद्यालय के प्रधानाचार्य सुरिंद्र शर्मा ने वक्ता और अतिथि प्रशंसा की और कॉलेज में इस के उपयोगी कार्यक्रम के आयोजन लिए उन्हें धन्यवाद भी दिया, जि छात्रों को अत्यधिक लाभ होगा।

राशिफल

मेष

कई मामलों में फैसले आपके पक्ष में, पैसे आने का नया रास्ता खुलेगा, पत्नी से सहयोग मिलेगा, जिम्मेदारियां पूरी कर पाएंगे, मौज मस्ती पर खर्च होगा, संतान पक्ष से राहत।

कर्क







Awareness lecture on Cyber Crime organized by Cyber Jagrookta Club" of GDC Nowshera in Collaboration with IQAC

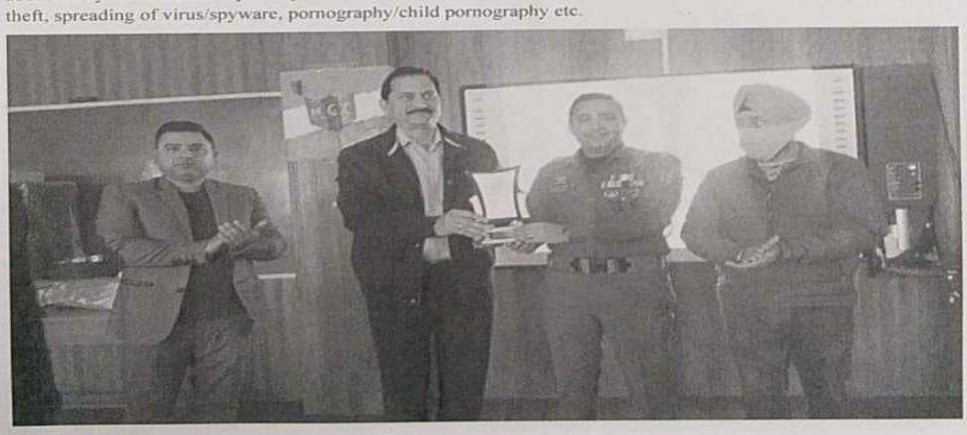
OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com,
Tell. Phone/Fax 01960-230323 Mob. 94192-56701

No.DCN/21/89 Dated:- 03-12-2021

Press Release

"Cyber Jagrookta Club" of GDC Nowshera in Collaboration with IQAC of GDC NSR organized Awareness lecture on Cyber Crime.

"**Cyber Jagrookta Club**" of GDC Nowshera in Collaboration with **IQAC** of GDC NSR organized awareness lecture on Cyber Crime on the topic "**Introduction to Cyber crime and safety**" on **3rd of Dec, 2021**. The main aim of the programme was to aware the students about the different cyber crime and how to protect ourselves from these Cyber crimes. The resource person of the programme was Mr. Amit Verma (ASP) Nowshera. A large number of students and faculty members from the college participated in the programme by following Covid appropriate behaviour. The programme started with a welcome address by the Principal of the college Dr. Surinder kr. Sharma. While speaking on the occasion, Principal of the college asked the students to stay away from cyber crimes and also asked the students to use the internet in a careful manner. After the welcome address, Resource person of the today's event Mr. Amit Verma (ASP Nowshera) spoke on the occasion and gave a detailed overview about the cyber crimes in day to day life. He talks about the different types of cyber crimes like identity theft, data theft, spreading of virus/spyware, pornography/child pornography etc.









He also explained how the computers, mobile phones or smart devices which help us in executing our day to day activities can become a threat and may pave way to cyber frauds. Smart devices and machines are those that can be programmed to carry out different functions. He also mentioned how significant it is to protect our personal data from sharing on various platforms. "The first step to protect a 'valuable' is to identify it. However unlike physical valuables like gold chain, cash or debit cards, it is very tough to recognise your 'digital valuables'. He also said that of all the factors that lies behind a cybercrime it is ultimately one's carelessness and ignorance that leads to such attacks. A cyber thief or a threat actor basically tries to exploit the user's vulnerability to obtain access to digital valuables by studying sensitive passwords or by sending malicious links which the user is asked to click. This eventually leads to malware installation in one's smart device and thereby a stalker gets access to the valuables.He also talked about the various sections of Cyber crime like Section 425 i.e Mischief, Section 379 i.e theft, Section 319 & 320 i.e cheating, Section 292 i.e sale of obscene material and so on.

He also insisted about the do's and don'ts in order to protect one self and others from cyber crimes. One should invest in good software utilities, ensure operating system being used is reliable and in good condition, should never leave open the laptops/mobiles which have all personal data. Downloading apps from authentic sites and using different passwords for accessing different platforms and changing it periodically can also help in keeping the digital valuables safe and secure. He also cautioned about being aware of all social engineering attempts made by people through social media or emails or chats. "These could be from malicious actors trying to gain access to digital valuables," he said. The proceedings of the programme were conducted by **Asstt. Prof. Mr. Rajat Bhardwaj** Convener of **Cyber Jagrookta Club** and Vote of thanks were presented by **Asstt. Prof. Joginder Singh, IQAC** Coordinator of the college.

Dr.Surinder Kumar
Principal

Principal
Govt. Degree Coller
Nowshera



साइबर अपराध पर छात्रों को किया जागरूक

सावधान

- खुद और दूसरों को कैसे बचाएं के बारे में बताया
- सावधानी से इंटरनेट का उपयोग करने को कहा



नौशहरा। स्टेट समाचार

जीडीसी नौशहरा के साइबर जागृत क्लब ने जीडीसी एनएसआर के आईक्यूएसी के सहयोग से जागरूकता लेक्चर आयोजित किया, साइबर अपराध पर साइबर अपराध और सुरक्षा का परिचय विषय पर इस कार्यक्रम का आयोजन हुआ। कार्यक्रम का उद्देश्य छात्रों को विभिन्न साइबर अपराध के बारे में जागरूक करना और इन साइबर से खुद को कैसे बचाना है। कार्यक्रम के रिसोर्स पर्सन अमित वर्मा (एएसपी) नौशहरा थे।भारी संख्या में छात्र और कॉलेज के फैकल्टी सदस्यों ने कोविड उपयुक्त व्यवहार का पालन करते हुए कार्यक्रम में भाग लिया। कार्यक्रम की शुरुआत कॉलेज के प्राचार्य डॉ. सुरिंदर कुमार के स्वागत भाषण से हुई। प्राचार्य बोलते समय इस मौके पर कॉलेज के प्राचार्य ने छात्रों को साइबर अपराध से दूर रहने को कहा और छात्रों से भी कहा। इंटरनेट का उपयोग सावधानी पूर्वक करने के लिए। रिसोर्स पर्सन अमित वर्मा (एएसपी नौशहरा) ने इस अवसर पर बात की और दैनिक जीवन में साइबर अपराधों के बारे में विस्तृत जानकारी दी। वह विभिन्न प्रकार के साइबर अपराधों के बारे में बताया कैसे पहचान की चोरी, डेटा चोरी, वायरस / स्पाइवेयर का प्रसार, फोनोग्राफी / चाइल्ड पोर्नोग्राफी आदि। स्मार्ट डिवाइस और मशीनें ये हैं जो विभिन्न कार्यों को करने के लिए प्रोग्राम किया जा सकता है। उन्होंने यह भी उल्लेख किया कि हमारे व्यक्तिगत की रक्षा करना कितना महत्वपूर्ण है। एक मूल्यवान की रक्षा के लिए पहला कदम उसकी पहचान करना है हालांकि भौतिक के विपरीत सोने की चेन, नकद या डेबिट कार्ड जैसे कीमती सामान, अपने डिजिटल कीमती सामान को पहचानना बहुत कठिन है। उन्होंने यह भी कहा कि साइबर अपराध के पीछे सभी कारक होते है। किसी के स्मार्ट डिवाइस में मैलवेयर इंस्टालेशन और इस तरह एक स्टाकर को कीमती सामानों तक पहुँच प्राप्त होती है।

उन्होंने इसके बारे में भी बात की साइबर अपराध की विभिन्न धाराएँ जैसे धारा 425 यानी शरारत, धारा 379 यानी चोरी, धारा 319 और 320 यानी धोखाधड़ी, धारा 292 यानी अश्लील सामग्री की बिक्री वगैरह। उन्होंने साइबर अपराधों से खुद को और दूसरों को बचाने के लिए क्या करें और क्या न करें के बारे में भी जोर दिया।

साइबर अपराध पर छात्रों को किया जागरूक

सावधान

- खुद और दूसरों को कैसे बचाएं के बारे में बताया
- सावधानी से इंटरनेट का उपयोग करने को कहा

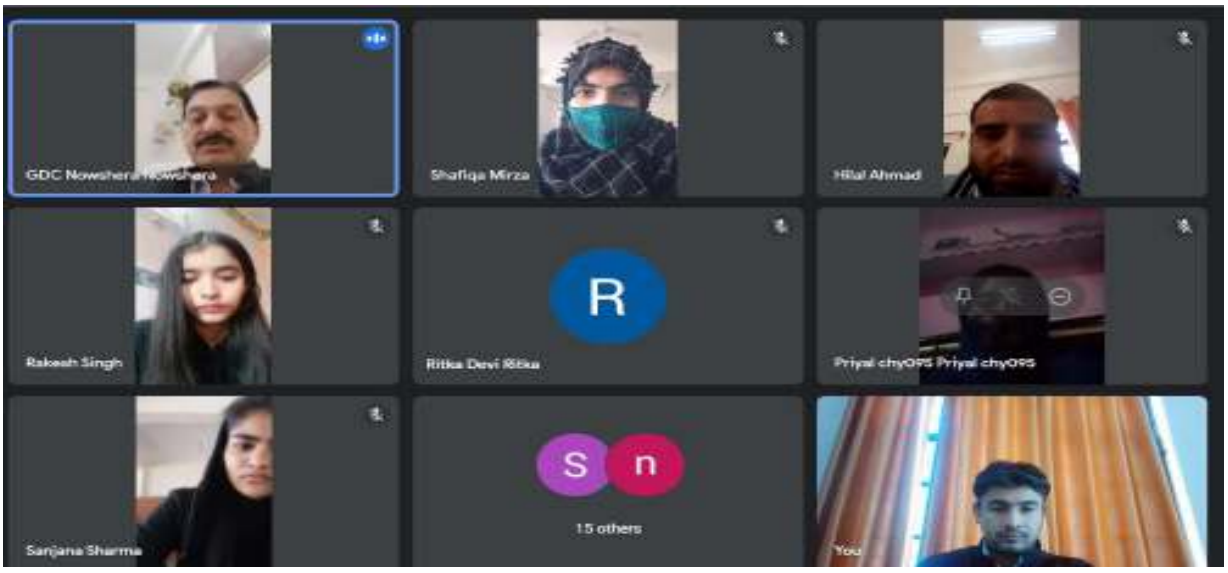


नौशहरा। स्टेट समाचार

जीडीसी नौशहरा के साइबर जागृत क्लब ने जीडीसी एनएसआर के आईक्यूएसी के सहयोग से जागरूकता लेकर आयोजित किया, साइबर अपराध पर साइबर अपराध और सुरक्षा का परिचय विषय पर इस कार्यक्रम का आयोजन हुआ। कार्यक्रम का उद्देश्य छात्रों को विभिन्न साइबर अपराध के बारे में जानरूक करना और इन साइबर से खुद को कैसे बचाना है। कार्यक्रम के रिसोर्स पर्सन अमित वर्मा (एएसपी) नौशहरा थे।भारी संख्या में छात्र और कॉलेज के फैकल्टी सदस्यों ने कोविड उपयुक्त व्यवहार का पालन करते हुए कार्यक्रम में भाग लिया। कार्यक्रम की शुरुआत कॉलेज के प्राचार्य डॉ. सुरिंदर कुमार के स्वागत भाषण से हुई। प्राचार्य बोलते समय इस मौके पर कॉलेज के प्राचार्य ने छात्रों को साइबर अपराध से दूर रहने को कहा और छात्रों से भी कहा। इंटरनेट का उपयोग सावधानी पूर्वक करने के लिए। रिसोर्स पर्सन अमित वर्मा (एएसपी नौशहरा) ने इस अवसर पर बात की और दैनिक जीवन में साइबर अपराधों के बारे में विस्तृत जानकारी दी। वह विभिन्न प्रकार के साइबर अपराधों के बारे में बताया कैसे पहचान की चोरी, डेटा चोरी, वायरस / स्पाइवेयर का प्रसार, पोनोंग्राफी / चाइल्ड पोनोंग्राफी आदि। स्मार्ट डिवाइस और मशीनें से हैं जो विभिन्न कार्यों को करने के लिए प्रोग्राम किया जा सकता है। उन्होंने यह भी उल्लेख किया कि हमारे व्यक्तिगत की रक्षा करना कितना महत्वपूर्ण है। एक मूल्यवान की रक्षा के लिए पहला कदम उसकी पहचान करना है हालांकि भौतिक के विपरीत सोने की चेन, नकद या डेबिट कार्ड जैसे कीमती सामान, अपने डिजिटल कीमती सामान को पहचानना बहुत कठिन है। उन्होंने यह भी कहा कि साइबर अपराध के पीछे सभी कारक होते है। किसी के स्मार्ट डिवाइस में मैलवेयर इंस्टालेशन और इस तरह एक स्टाकर को कीमती सामानों तक पहुँच प्राप्त होती है।

उन्होंने इसके बारे में भी बात की साइबर अपराध की विभिन्न धाराएँ जैसे धारा 425 यानी शरारत, धारा 379 यानी चोरी, धारा 319 और 320 यानी धोखाधड़ी, धारा 292 यानी अश्लील सामग्री की बिक्री वगैरह। उन्होंने साइबर अपराधों से खुद को और दूसरों को बचाने के लिए क्या करें और क्या न करें के बारे में भी जोर दिया।

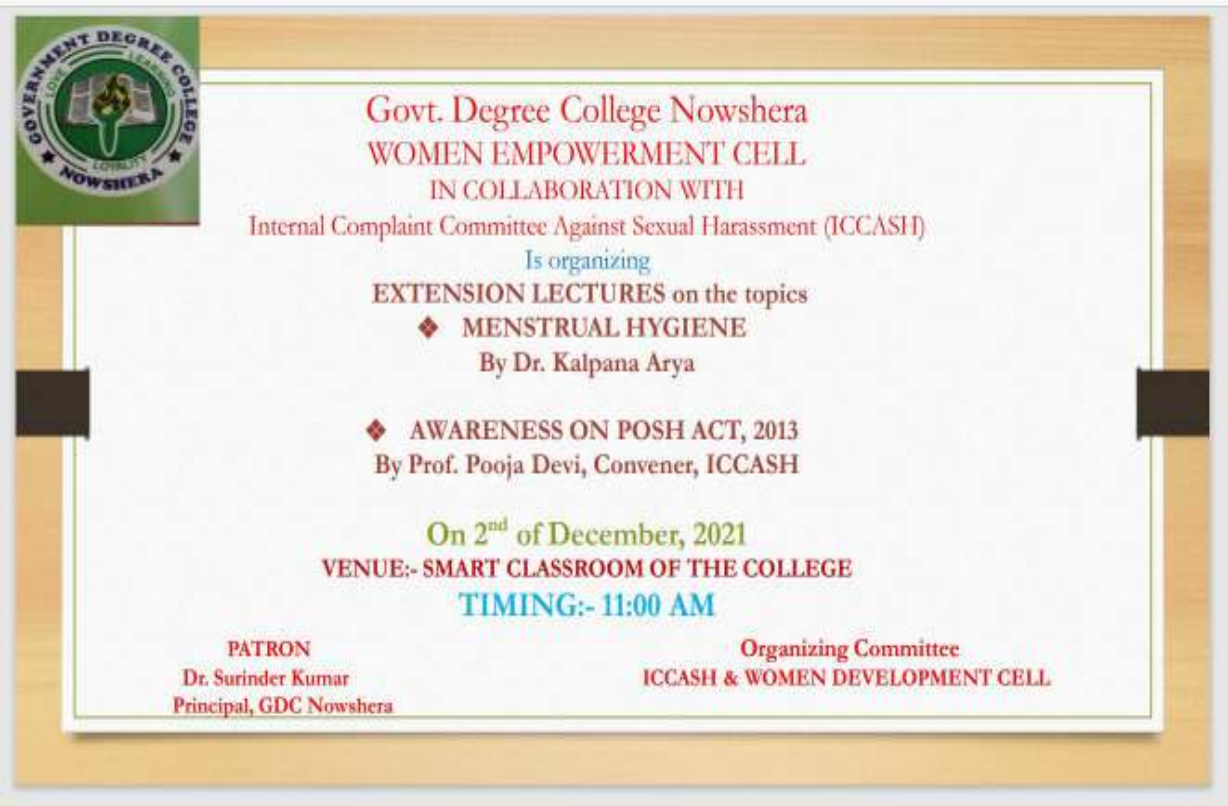



GDC Nowshera Nowshera
Shafiqa Mirza
Hilal Ahmad
Rakesh Singh
R
Ritika Devi Ritika
Priyal chy095 Priyal chy095
Sanjana Sharma
S n
15 others
You

अपने भाषण के बाद राजनीति विज्ञान विभाग (एचओडी) के डॉ हिलाल अहमद मीर ने छात्रों को भारतीय संविधान के विभिन्न पहलुओं से अवगत कराया। उन्होंने यह भी कहा कि हमारा संविधान देश की राजनीतिक व्यवस्था की नींव है जिसके तहत उसके लोग शासित होते हैं। संगोष्ठी में महाविद्यालय के प्राध्यापकों के साथ–साथ छात्र–छात्राओं ने भी बड़े जोश और उत्साह के साथ भाग लिया। कुछ छात्रों ने इस दिन के महत्व पर अपने विचार भी साझा किए। कार्यक्रम का समापन श्री हर्षल शर्मा के संयोजक एक भारत शिक्षा भारत द्वारा धन्यवाद ज्ञापन के साथ हुआ। संगोष्ठी में भाग लेने वाले छात्रों को ई–सर्टिफिकेट भी प्रदान किए गए।



Women Empowerment Cell in collaboration with Internal Complaint Committee Against Sexual Harassment (ICCASH) organized An Extension Lectures on the topics Menstrual Hygiene.



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।

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



कार्यक्रम में संबोधित करते हुए प्राचार्य। (संजय बाली)

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 जी.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 कौंगा सड़क मार्ग पर नाका 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 वाहन 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 वशपाल निवासी वार्ड नं.-11 रामनगर के रूप में हुई है। पुलिस ने संबंधित धाराओं तहत मामला दर्ज करते हुए छानबीन शुरू कर दी है।

ई दी। अंत में बेहतरीन प्रदर्शन करने वालों
ट कर सम्मानित किया गया।

एथलैटिक एसोसिएशन के जिला अध्यक्ष सुनील शर्मा ने नवोदित

खजूरिया, राज कुमार डोगरा, राकेश खजूरिया, रमन कुमार, कंचन बाला, मीनू, ज्योति शर्मा शामिल रहे।

कार्यस्थल पर यौन उत्पीड़न की रोकथाम अधिनियम पर व्याख्यान आयोजित

नौशहरा, 2 दिसम्बर (स.ह.): गवर्नमैंट डिग्री कॉलेज नौशहरा में 'मासिक धर्म स्वच्छता' और कार्यस्थल पर यौन उत्पीड़न की रोकथाम अधिनियम, 2013 पर व्याख्यान आयोजित किया गया।



जी.डी.सी. नौशहरा में आयोजित व्याख्यान में मौजूद प्रतिभागी एवं वक्ता।

वक्ताओं ने कहा कि 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 कालेज 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 को रिपोर्ट कर सकें।

डा. कल्पना आर्य एम.ओ. स्वास्थ्य एवं परिवार कल्याण विभाग, उपमंडल नौशहरा ने छात्राओं को इन मुद्दों पर खुलकर बात करने के लिए प्रेरित किया। 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। अंशु शर्मा, ए.आर.एस.एच. काऊंसलर ने भी 'अनीमिया मुक्त भारत' के तहत छात्रों को एनीमिया के संबंध में परामर्श प्रदान किया।

स्वास्थ्य एवं परिवार कल्याण विभाग सब डिवीजन नौशहरा की कार्यकर्त्ताओं ने छात्रों को आयरन की गोलियां वितरित कीं ताकि आयरन की खुराक की दैनिक आवश्यकता को पूरा किया जा सके।

वहीं महिलाओं का यौन उत्पीड़न (रोकथाम निषेध और निवारण) अधिनियम, 2013 विषय पर प्रो. पूजा देवी ने संबोधित किया।

पावर प्वाइंट प्रैजेंटेशन में अधिनियम के विभिन्न प्रावधानों के बारे में विस्तार से बताया, जिसमें यौन उत्पीड़न की परिभाषा, यौन उत्पीड़न के रूप, कार्यस्थल, पीड़ित महिला, शिकायतकर्त्ता और प्रतिवादी और अधिनियम में उल्लिखित विभिन्न अन्य शर्तें शामिल हैं। कार्यक्रम की कार्रवाई बी.एस.सी. की छात्रा ईशा शर्मा ने की।

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

नौशहरा। मेंम्नासिक धर्म स्वच्छता और कार्यस्थल पर यौन उत्पीड़न की रोकथाम अधिनियम, 2013» 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 छमासिक 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 स्कार्यस्थल 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 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 स्कार्यस्थल पर महिलाओं का यौन उत्पीड़न (रोकथाम, निषेध और निवारण) अधिनियम, 2013, फॉश 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। अंजु शर्मा, एआरएसएच काउंसलर ने भी एनीमिया मुक्त भारत 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 की 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 स्कार्यस्थल पर महिलाओं का यौन उत्पीड़न (रोकथाम, निषेध और निवारण) अधिनियम, 2013» विषय पर प्रो. पूजा देवी, संयोजक, एच» 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 एच» को लिखित शिकायत दर्ज करा सकती है और अधिनियम के प्रावधानों के अनुसार प्रतिवादी के खिलाफ समय पर कारेवाई की जाएगी। छात्रों ने विभिन्न प्रश्न उठाए जिनका प्रो. पूजा देवी ने संतोषजनक उत्तर दिया।

AMBIKA DIAGNOSTIC CENTRE

An online symposium on the topic an overview of Indian Constitution

OFFICE OF THE PRINCIPAL

GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)

E-mail. gdcnowshera@gmail.com,

Tell. Phone/Fax 01960-230323 Mob. 94192-56701

No.DCN/21/ 993 Dated:- 26/11/21

Press Release

The Constitution Day was celebrated in Government Degree College Nowshera on 26th Nov. 2021 on the theme 'An overview of Indian Constitution' to commemorate *Azadi ka Amrit Mahotsav*. Before the commencement of the online symposium a pledge taking ceremony was done by the faculty members and the students at in the College premises. An online symposium was also organized by Ek Bharat shikshit Bharat Club in collaboration with IQAC and Department of Political Science under the patronage of Dr. Surinder Kumar Sharma worthy Principal of GDC Nowshehra. The event was commenced at 12:30 pm. The programme was initiated with the well come address by Ms. Madhu ,Lecturer Depatartment of English. After the formal greetings the Principal of the college address the students and laid emphasis to abide by the rules written in the constitution. He also explicated the significance and importance of Indian constitution being the largest Democracy in the World .





After his speech Dr. Hilal Ahmad Mir Department of Political Science (HOD), enlightened the students with different aspects of Indian Constitution. He also stated that our constitution is the foundation of country's political system under which its people are governed. The faculty members of the college as well as the students attended the symposium with great zeal and enthusiasm. Some students also shared their views on the significance of this day. The programme was concluded with the vote of thanks delivered by Mr. Harshal Sharma Convenor Ek Bharat Shikshit Bharat. E-certificates were also awarded to the students who participated in the symposium.

Principal
GDC Nowshera

Principal
Govt. Degree College
Nowshera

आजादी का अमृत महोत्सव मनाने के लिए 26 नवंबर 2021 को श्भारतीय संविधान का एक सिंहावलोकनश विषय पर सरकारी डिग्री कॉलेज नौशेरा में संविधान दिवस मनाया गया। ऑनलाइन संगोष्ठी शुरू होने से पहले कॉलेज परिसर में संकाय सदस्यों और छात्रों द्वारा शपथ ग्रहण समारोह किया गया। जीडीसी नौशहर के योग्य प्राचार्य डॉ. सुरिंदर कुमार शर्मा के संरक्षण में आईक्यूएसी और राजनीति विज्ञान विभाग के सहयोग से एक भारत शिक्षा भारत क्लब द्वारा एक ऑनलाइन संगोष्ठी का भी आयोजन किया गया। कार्यक्रम की शुरुआत दोपहर 12रू30 बजे हुई। कार्यक्रम की शुरुआत अंग्रेजी विभाग की लेक्चरर सुश्री मधु के स्वागत भाषण से हुई। औपचारिक अभिवादन के बाद कॉलेज के प्राचार्य ने छात्रों को संबोधित किया और संविधान में लिखे नियमों का पालन करने पर जोर दिया. उन्होंने विश्व में सबसे बड़ा लोकतंत्र होने के नाते भारतीय संविधान के महत्व और महत्व को भी समझाया।



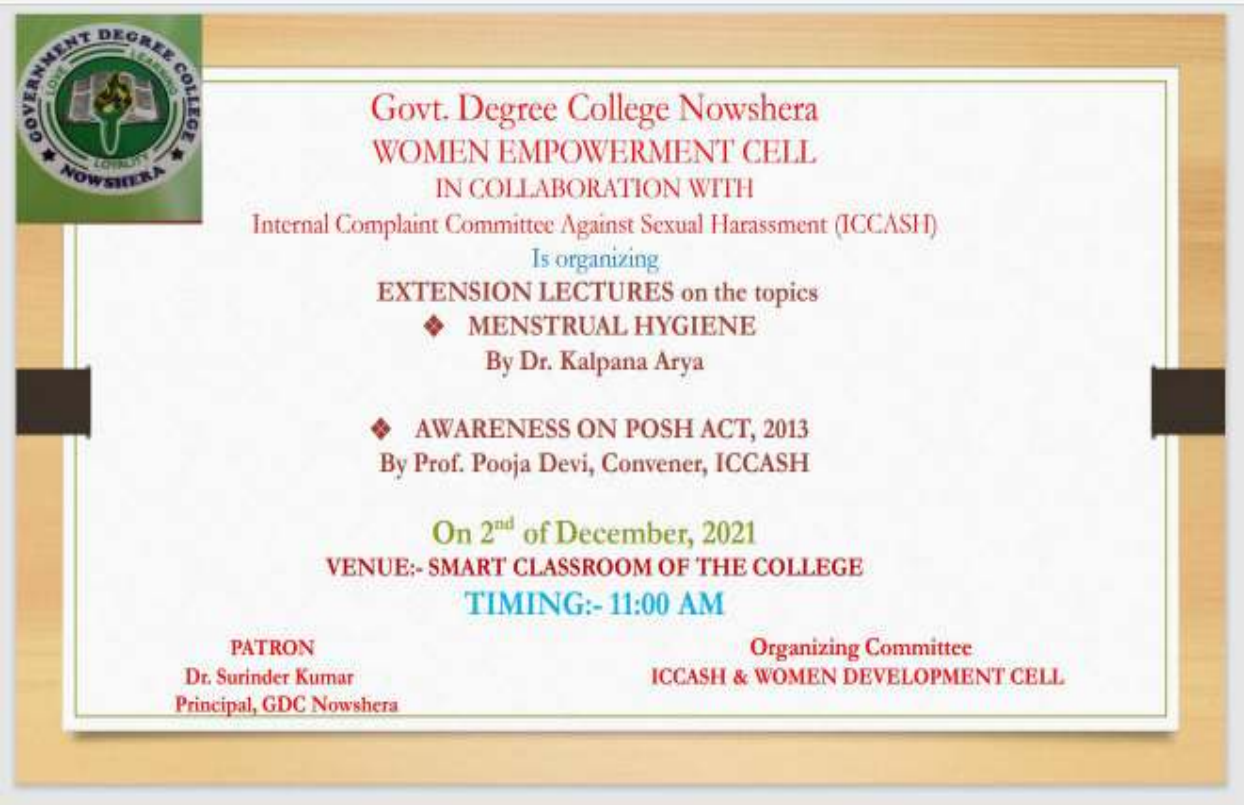
अपने भाषण के बाद राजनीति विज्ञान विभाग (एचओडी) के डॉ हिलाल अहमद मीर ने छात्रों को भारतीय संविधान के विभिन्न पहलुओं से अवगत कराया। उन्होंने यह भी कहा कि हमारा संविधान देश की राजनीतिक व्यवस्था की नींव है जिसके तहत उसके लोग शासित होते हैं। संगोष्ठी में महाविद्यालय के प्राध्यापकों के साथ–साथ छात्र–छात्राओं ने भी बड़े जोश और उत्साह के साथ भाग लिया। कुछ छात्रों ने इस दिन के महत्व पर अपने विचार भी साझा किए। कार्यक्रम का समापन श्री हर्षल शर्मा के संयोजक एक भारत शिक्षा भारत द्वारा धन्यवाद ज्ञापन के साथ हुआ। संगोष्ठी में भाग लेने वाले छात्रों को ई–सर्टिफिकेट भी प्रदान किए गए।



आजादी का अमृत महोत्सव मनाने के लिए 26 नवंबर 2021 को श्भारतीय संविधान का एक सिंहावलोकनश विषय पर सरकारी डिग्री कॉलेज नौशेरा में संविधान दिवस मनाया गया। ऑनलाइन संगोष्ठी शुरू होने से पहले कॉलेज परिसर में संकाय सदस्यों और छात्रों द्वारा शपथ ग्रहण समारोह किया गया। जीडीसी नौशहर के योग्य प्राचार्य डॉ. सुरिंदर कुमार शर्मा के संरक्षण में आईक्यूएसी और राजनीति विज्ञान विभाग के सहयोग से एक भारत शिक्षा भारत क्लब द्वारा एक ऑनलाइन संगोष्ठी का भी आयोजन किया गया। कार्यक्रम की शुरुआत दोपहर 12रू30 बजे हुई। कार्यक्रम की शुरुआत अंग्रेजी विभाग की लेक्चरर सुश्री मधु के स्वागत भाषण से हुई। औपचारिक अभिवादन के बाद कॉलेज के प्राचार्य ने छात्रों को संबोधित किया और संविधान में लिखे नियमों का पालन करने पर जोर दिया. उन्होंने विश्व में सबसे बड़ा लोकतंत्र होने के नाते भारतीय संविधान के महत्व और महत्व को भी समझाया।



Women Empowerment Cell in collaboration with Internal Complaint Committee Against Sexual Harassment (ICCASH) organized An Extension Lectures on the topics Menstrual Hygiene.





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 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 2 मुद्दों के बारे में छात्राओं को जागरूक करने के उद्देश्य से कॉलेज के महिला

कार्यक्रम में संबोधित करते हुए प्राचार्य। (संजय बाली)

अधिकारिता प्रकोष्ठ ने यौन उत्पीड़न के खिलाफ आंतरिक शिकायत समिति (आई.सी.सी.ए.एस.एच.) के सहयोग से आज 2 दिवसीय 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 कौंगा सड़क मार्ग पर नाका 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 सघन 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 वशपाल निवासी वार्ड नं.-11 रामनगर के रूप में हुई है। पुलिस ने संबंधित धाराओं तहत मामला दर्ज करते हुए छानबीन शुरू कर दी है।

ई दी। अंत में बेहतरीन प्रदर्शन करने वालों
ट कर सम्मानित किया गया।

एथलैटिक एसोसिएशन के जिला अध्यक्ष सुनील शर्मा ने नवोदित खजूरिया, राज कुमार डोगरा, राकेश खजूरिया, रमन कुमार, कंचन बाला, मीनू, ज्योति शर्मा शामिल रहे।

कार्यस्थल पर यौन उत्पीड़न की रोकथाम अधिनियम पर व्याख्यान आयोजित

नौशहरा, 2 दिसम्बर (स.ह.): गवर्नमैंट डिग्री कॉलेज नौशहरा में 'मासिक धर्म स्वच्छता' और कार्यस्थल पर यौन उत्पीड़न की रोकथाम अधिनियम, 2013 पर व्याख्यान आयोजित किया गया।



जी.डी.सी. नौशहरा में आयोजित व्याख्यान में मौजूद प्रतिभागी एवं वक्ता।

वक्ताओं ने कहा कि 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 कालेज 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।

डा. कल्पना आर्य एम.ओ. स्वास्थ्य एवं परिवार कल्याण विभाग, उपमंडल नौशहरा ने छात्राओं को इन मुद्दों पर खुलकर बात करने के लिए प्रेरित किया। 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। अंशु शर्मा, ए.आर.एस.एच. काऊंसलर ने भी 'अनीमिया मुक्त भारत' के तहत छात्रों को एनीमिया के संबंध में परामर्श प्रदान किया।

स्वास्थ्य एवं परिवार कल्याण विभाग सब डिवीजन नौशहरा की कार्यकर्त्ताओं ने छात्रों को आयरन की गोलियां वितरित कीं ताकि आयरन की खुराक की दैनिक आवश्यकता को पूरा किया जा सके।

वहीं महिलाओं का यौन उत्पीड़न (रोकथाम निषेध और निवारण) अधिनियम, 2013 विषय पर प्रो. पूजा देवी ने संबोधित किया।

पावर प्वाइंट प्रैजेंटेशन में अधिनियम के विभिन्न प्रावधानों के बारे में विस्तार से बताया, जिसमें यौन उत्पीड़न की परिभाषा, यौन उत्पीड़न के रूप, कार्यस्थल, पीड़ित महिला, शिकायतकर्त्ता और प्रतिवादी और अधिनियम में उल्लिखित विभिन्न अन्य शर्तें शामिल हैं। कार्यक्रम की कार्रवाई बी.एस.सी. की छात्रा ईशा शर्मा ने की।

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

नौशहरा। मेंष्मासिक धर्म स्वच्छताः और ष्कार्यस्थल पर यौन उत्पीड़न की रोकथाम अधिनियम, 2013ः 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, 2013ः 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 महिलाओं 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 भारतः 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, 2013ः विषय पर प्रो. पूजा देवी, संयोजक, प्क्रीः 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 प्क्रीः 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

OFFICE OF THE PRINCIPAL
NAAC Accredited B+
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com,
Tell. Phone/Fax 01960-230323 Mob. 94192-56701

No.DCN/22/1525 **Dated: 23/05/2022**

PRESS RELEASE

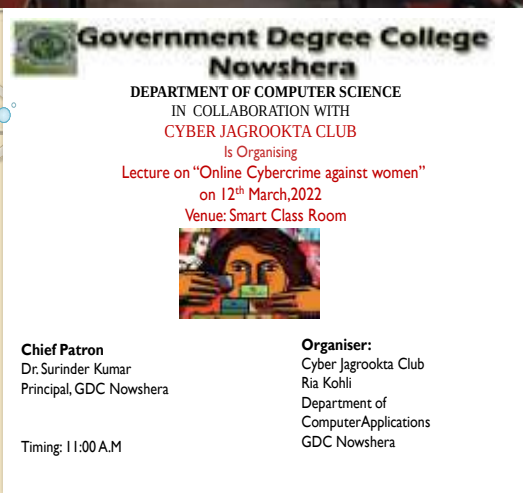
"Cyber Jagrookta Club" of GDC Nowshera in Collaboration with Deptt. Of Computer Science organized Awareness lecture on Cyber Crime.

"Cyber Jagrookta Club "of GDC Nowshera in Collaboration with Deptt. of Computer Science organized awareness lecture on Cyber Crime on the topic "Online Cyber crime against Women" on 23rd Of May 2022.The main aim of the programme was to aware the students about the different cyber crime against Women and how to protect ourselves from these Cyber crimes. The resource person of the programme was Lect. Riya Kohli from Deptt. Of Computer science. A large number of students from the college participated in the programme. The programme started with a welcome address by the Coordinator of the Cyber Jagrookta Club Mr. Rajat Bhardwaj. While speaking on the occasion, He asked the students to stay away from cyber crimes and also asked the students to use the internet in a careful manner. After the welcome address, Resource person of the today's event Lect. Riya Kohli spoke on the occasion and gave a detailed overview about the cyber crimes against women in day to day life. She talks about the different types of cyber crimes like identity theft, data theft, spreading of virus/spyware, pornography/child pornography etc.









She also explained how the computers, mobile phones or smart devices which help us in executing our day to day activities can become a threat and may pave way to cyber frauds. Smart devices and machines are those that can be programmed to carry out different functions. She also mentioned how significant it is to protect our personal data from sharing on various platforms. "The first step to protect a 'valuable' is to identify it. However unlike physical valuables like gold chain, cash or debit cards, it is very tough to recognise your 'digital valuables'. She also said that of all the factors that lies behind a cybercrime it is ultimately one's carelessness and ignorance that leads to such attacks. A cyber thief or a threat actor basically tries to exploit the user's vulnerability to obtain access to digital valuables by studying sensitive passwords or by sending malicious links which the user is asked to click. This eventually leads to malware installation in one's smart device and thereby a stalker gets access to the valuables. She also talked about the various sections of Cyber crime like Section 425 i.e Mischief, Section 379 i.e theft, Section 319 & 320 i.e cheating, Section 292 i.e sale of obscene material and so on.

She also insisted about the do's and don'ts in order to protect one self and others from cyber crimes. One should invest in good software utilities, ensure operating system being used is reliable and in good condition, should never leave open the laptops/mobiles which have all personal data. Downloading apps from authentic sites and using different passwords for accessing different platforms and changing it periodically can also help in keeping the digital valuables safe and secure. She also cautioned girls students about being aware of all social engineering attempts made by people through social media or emails or chats. "These could be from malicious actors trying to gain access to digital valuables," She said. The proceedings of the programme were conducted by Asstt. Prof. Mr. Rajat Bhardwaj Convener of Cyber Jagrookta Club.

Sd/-
Dr. Surinder Kumar
Principal

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com, Website:- www.gdcnowshera.co.in
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

NO:-DCN/21/1069
Date:- 11/02/2022

PRESS RELEASE

Department of Botany and Women Empowerment Cell of GDC Nowshera organized a 2-days Training Programme on "Cultivation technology of Oyster mushrooms (Dhingari)"

Now-a-days, Mushroom Cultivation is an emerging agribusiness; especially for the landless labourers and small farmers who have limited land. It is one of the most profitable cottage Industries that can be started with a low investment yielding considerable returns.
With an aim to train the college students, especially the girl students and the college staff for the process of mushroom cultivation, Department of Botany in collaboration with Women Empowerment Cell (WEC)of the college organized a 2-days Training Programme on "Cultivation technology of Oyster mushrooms (Dhingari)" w.e.f. 10th of Feb to 11th of Feb. Oyster mushroom was chosen for this purpose because the cultivation technology of this mushroom, especially compost making is very simple as compared to other mushrooms grown in this region. Moreover, this season is suitable for cultivation of oyster mushroom.
More than 30 students along with teaching and non-teaching staff of the college attended this Training Session. On the 1stday (10/02/22), Prof. Pooja Devi (HOD, Botany and Convener WEC) gave a detailed lecture on the Nutritional & Medicinal properties of mushrooms and the benefits of growing mushrooms at their homes. Further, she demonstrated the initial steps in the cultivation of Oyster Mushroom in which the wheat straw was soaked in water and left overnight.
On the 2ndday (11/02/22), the process of Spawning (addition of mushroom seeds to the wet straw) was demonstrated and the spawned substrate was filled in polythene bags (60cmx40cm). The mushroom seeds were added in layers alternating with wet straw. The polythene bags were then incubated in a semi-dark room on shelved racks (pre-fumigated with

2% formalin) for further growth of a cottony growth called Mycelium. After that, Fruiting shall commence in the mushroom bags.

These polybags shall be monitored on a regular basis for mycelial spread, pinhead formation and maturation of the oyster mushrooms.

At the end of the training programme, Dr. Surinder Kumar, Principal GDC Nowshera appreciated the efforts of Prof. Pooja Devi and Dr. Arajmand Frukh, faculty of Botany Department, and encouraged them to organize such activities in future also. He also motivated the students, especially girls for adopting mushroom cultivation as a part time business so that they can 'EARN WHILE LEARNING'.

Sd/-
Dr. Surinder Kumar
Principal



OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com, Website: www.gdcnowshera.co.in
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

No.DCN/21/1149 **Dated: 28/02/2022**

PRESS RELEASE

With a collective vision to celebrate the unity in diversity of our nation and to ignite the sense of togetherness among the diverse set of communities, religions and ethnicities, Ek Bharat Shrestha Bharat Club of Govt.Degree College Nowshera in collaboration with NSS Unit of College organised a National One-Week Virtual Workshop.

The idea of a sustained and structured cultural connect between denizens of different regions was mooted by Prime Minister Shri Narendra Modi during the Rastriya Ekta Divas held on 31st October 2015, to commemorate the birth anniversary of Sardar Vallabhbhai Patel. Hon'ble Prime Minister propounded that cultural diversity is a joy that ought to be celebrated through mutual interaction & reciprocity between people of different States and UTs so that a common spirit of understanding resonates throughout the country.

Ek Bharat Shrestha Bharat club ensures the collaborative efforts towards development and recognition of the spirit of unity in diversity, which stands out as a tall flame of nationhood that needs to be nourished and cherished into the future. India is a unique nation, whose fabric has been woven by diverse linguistic, cultural and religious threads, held together into a composite national identity by a rich history of cultural evolution, coupled with a freedom struggle that was built around the tenets of non-violence and justice.

On the opening day of workshop, a webinar was organised on the theme "Culture of Jammu & Kashmir and Tamil Naidu" in which 120 students from across the country participated.Keynote Speaker of the webinar was Prof. Rajiv Kumar, Assistant Professor (Mathematics) GGM Science College, Jammu. He throw light on the culture of Culture of Jammu & Kashmir and Tamil Naidu.

On the second day of workshop A quiz competition was organised in which 125 students participated. E-Certificates were awarded to students who secure more than 50% in the quiz.

On the other successive day other activities organised including Slogan Writing/Reading Competition on the theme unity in diversity,Essay Writing Competition on the theme ''Unsung Heroes of Indian Freedom Struggle'',Video Contest on the theme AaoDekhen Apna Desh,Online singing Competition on the local Songs of J&K/ Different states/UTs,Poster Making Competition on the Culture of J&K/ Different states/UTs.

The whole event was organized under the able guidance of Principal of the college Dr.Surinder Kumar and the event was hosted by Prof. Harshal Sharma Coordinator of Ek Bharat Shrestha Bharat Club and Prof. Inam Ul Haq,NSS Programme Officer.

Sd/-
Dr. Surinder Kumar
Principal

Government Degree College Nowshera, J&K

EK BHARAT SHRESHTHA BHARAT CLUB IN COLLABORATION WITH NSS UNIT

is organizing a National One Week Virtual Workshop

under the aegis of

Azadi Ka Amrit Mahostav



ABOUT EK BHARAT SHRESHTHA BHARAT

The initiative 'Ek Bharat Shreshtha Bharat' was announced by Hon'ble Prime Minister on 31st October, 2015 on the occasion of the 140th birth anniversary of Sardar Vallabhbhai Patel. Through this innovative measure, the knowledge of the culture, traditions and practices of different states & UTs will lead to an enhanced understanding and bonding between the states, thereby strengthening the unity and integrity of India.

The main objective of this program is

- To promote the Indian ideology of "Unity in Diversity" in India. It aims to build the interest of people in their neighbouring states and UTs, also encourage them to promote their culture.
- To foster a sense of common identity among the people of the country, rich heritage and culture, customs and traditions of the states must be encouraged.
- Promoting the national spirit of national integration.

AWARDS & APPRECIATION

Top three participants in each event will be awarded with E-certificate of Appreciation

Contact us

In case of any query , feel free to contact us

Prof. Harshal Sharma Mob: 9906040848

Prof. Inam-Ul-Haq Mob: 9858573234

Email:sharmaharshal905@gmail.com

CHIEF PATRON

Dr Surinder Kumar
Principal
GDC Nowshera

ORGANISING COMMITTEE

Prof. Harshal Sharma, Convenor EBSB

Prof. Inam-Ul-Haq, NSS Programme Officer

Dr. Rajiv Raj, Member EBSB

Prof. Sunita Devi, Member EBSB

Prof. Kiran Bala, Member EBSB

Dr. Uday Bhanu, Member EBSB

Schedule

S.No.	Name of the Activity	Detail of Activity	Date
1	Webinar on Culture of Jammu & Kashmir and Tamil Naidu under Ek Bharat Shreshtha Bharat	Keynote Speaker: Prof. Rajiv Kumar, Assistant Professor (Mathematics) GGM Science College, Jammu Joining Link: https://meet.google.com/vfp-dvic-utb Timing: 12:00 pm	21/02/2022
2	Quiz Competition on Ek Bharat Shreshtha Bharat	https://forms.gle/ucWm8sP26phVEmp57 Link Activate Timing: 11:00 am	22/02/2022
3	Slogan Writing/ Reading Competition on the theme Unity in Diversity	Participants can send Audios/Videos on WhatsApp no 9906040848	23/02/2022
4	Essay Writing Competition on the theme "Unsung Heroes of Indian Freedom Struggle"	Participants can send writeup in pdf format on WhatsApp no 9906040848	24/02/2022
5	Video Contest on the theme Aao Dekhen Apna Desh:- Specialty of your village	Participants can send videos clips of their villages, Religious places , water bodies, famous landscape, historical places etc on whatsapp no 9906040848	25/02/2022
6	Video Contest: Online singing Competition:- Songs of J&K/ Different states/UTs	Participants can send recording in Pahari/Dogri/Hindi/Punjabi/Urdu/Kashmiri languages or in other Regional language	26/02/2022
7	Poster/Drawing Making Competition:- Culture of J&K/ Different states/UTs	Students can send their poster on Whatsapp No. 9906040848	27/02/2022

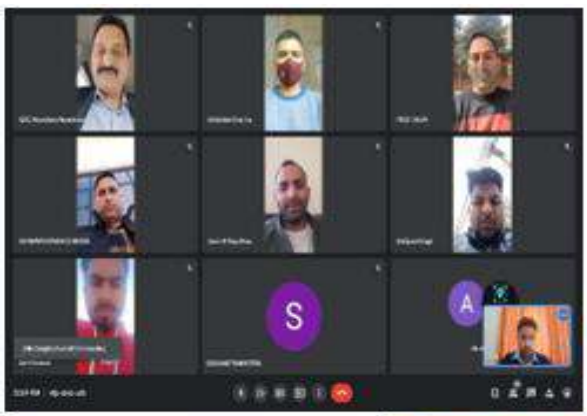
NOTE

- **The competition is open to all the States and UTs with no Age Limit.**
- **The video should be original and should be based only on the above-mentioned topics.**
- **Interested participants can send their video clips of not more than 5 minutes , posters, essays in pdf format before the last date**
- **The videos, posters, Essays etc will be compiled and to be uploaded in YouTube and College website** .

GDC Nowshera organises national one-week virtual workshop

■ **STATE TIMES NEWS**

NOWSHERA: With a collective vision to celebrate the unity in diversity of our nation and to ignite the sense of togetherness among the diverse set of communities, religions and ethnicities, Ek Bharat Shrestha Bharat Club of Govt. Degree College Nowshera in collaboration with NSS Unit of College organised a National One-Week Virtual Workshop. The idea of a sustained and structured cultural connect between denizens of different regions was mooted by Prime Minister Narendra Modi during the Rastriya Ekta Divas held on 31st October 2015, to commemorate the birth anniversary of Sardar Vallabhbhai Patel. Prime Minister propounded that cultural diversity is a joy that ought to be celebrated through mutual interaction & reciprocity between people of different States and UTs so that a common spirit of understanding resonates throughout the country. Ek Bharat Shrestha Bharat club ensures the collaborative efforts towards development and recognition of the spirit of unity in diversity, which stands out as a tall flame of nationhood that needs to be nourished and cherished into the future. India is a unique nation, whose fabric has been woven by diverse linguistic, cultural and religious threads, held together into a composite national identity by a rich history of cultural evolution, coupled with a freedom struggle that was built around the tenets of non-violence and justice. On the opening day of workshop, a webinar was organised on the theme "Culture of Jammu & Kashmir and Tamil Naidu" in which 120 students from across the country participated.Keynote Speaker of the webinar was Prof. Rajiv Kumar, Assistant Professor (Mathematics) GGM Science College, Jammu. He throw light on the culture of Culture of Jammu & Kashmir and Tamil Naidu. On the second day of workshop A quiz competition was organised in which 125 students participated. E-Certificates were awarded to students who secure more than 50% in the quiz. On the other successive day other activities organised including Slogan Writing/Reading Competition on the theme unity in diversity,Essay Writing Competition on the theme "Unsung Heroes of Indian Freedom Struggle",Video Contest on the theme AaoDekhen Apna Desh,Online singing Competition on the local Songs of J&K/ Different states/UTs,Poster Making Competition on the Culture of J&K/ Different states/UTs. The whole event was organized under the able guidance of Principal of the college Dr.Surinder Kumar and the event was hosted by Prof. Harshal Sharma Coordinator of Ek Bharat Shrestha Bharat Club and Prof. Inam Ul Haq,NSS Programme Officer.






एक भारत श्रेष्ठ भारत

CULTURE OF KASHMIR



SO
LMP



दानपत्र



OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com, Website: www.gdcnowshera.co.in
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

No.DCN/21/1151 **Dated: 28/02/2022**

PRESS RELEASE

Govt. Degree College Nowshera Celebrated National Science Day 2022

The Department of Geography in collaboration with Department of Environmental Sciences of GDC Nowshera organized a Quiz competition and a Symposium to celebrate "National Science Day" on 28 Feb. 2022 to Commemorate Azadi ka Amrit Mahotsav. The theme of National science Day 2022 was "Integrated approach in science and technology for sustainable future." The whole programme was conducted under the guidance of Dr. Surinder Kumar, Principal GDC Nowshera. The main aim of this programme was to aware the students about the pros and cons of science in daily life. The Quiz competition was organized through online mode on the topic "General awareness related to National Science day" in which more than 150 students participated with great zeal and enthusiasm. E-certificates were given to all the participants.








A symposium was also organized under the title "Understanding science in everyday life : a blessing or a curse" in which students of various semesters participated. The faculty members of GDC Nowshera also took active part in the celebration of this day and highlighted the importance of science amongst the youth and told them how science is used in our daily life. Various participants threw light on history behind the celebration of this day and how science had become a bane or boon in the present world. Certificates were distributed among the students for their active participation in the programme. The whole proceedings of

the event were conducted by Miss Shivali Sharma (Lecturer), Department of Environmental Sciences and the programme was ended with a formal vote of thanks by Mr Sahil Sudan (Lecturer), Department of Geography.

Sd/-
Dr. Surinder Kumar
Principal

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com,
Tell. Phone/Fax 01960-230323,230324 Mob. 94192-56701

N.DCN/21/909 **Dated 06-12-2021**

Press Release

The Internal Quality Assurance Cell (IQAC) of Govt. Degree College Nowshera in Collaboration with Govt. Boys Higher Sec. School and Govt. Girls Higher Secondary School Nowshera organized a seminar on 6th of Dec 2021 on the topic "Life, Achievements and Contributions of Dr. B. R. Ambedkar, who was a jurist, a statesman, and first law minister of India, also conferred with Bharat Ratna in the college premises under aegis of 'Azadi Ka Amrut Mahotsav.' The seminar was organized under the patronage of Dr, Surinder Sharma, Principal of the College. The programme was commenced with Floral tribute to Baba Saheb Ambedkar, an eminent social reformer in the history of India. After that principal of college Dr. Surinder Sharma formally greeted and welcomed the Chief Guest, Mr. Sukhdev Singh Samyal, ADC Nowshera by presenting a memento to him as token of love & affection for his benign presence in the said event. He also threw light on the life and achievements of Baba Saheb Ambedkar that how he fought with various difficulties and also brought reforms in the society with his vision and foresightedness. Mr. Anil Gujral, Principal of Govt. Girls Higher Secondary Nowshera & Mr Rakesh Sharma Incharge Principal of Govt. Boys Higher Secondary School Nowshera were also present on the occasion. The ADC Nowshera enlightened the students with the achievements of Dr.B.R.Ambedkar and talked about the relevance of Ambedkar Philosophy in the present era. He advised the students to get inspiration from Babasaheb's life and to follow his footsteps. Mr. Anil Gujral Principal Govt. Girls Higher Secondary School & Mr. Satwinder Singh Arora Lecturer of Boys Hr.Secondary School Nowshera also shared their views and illuminated all with Dr.Ambedkar's teachings. The Students from GDC Nowshera as well as Girls Higher Secondary School Participated in the seminar with great zeal and enthusiasm. Prizes were distributed among the participants. The faculty members were also present on the occasion. The proceedings of the programme were conducted by Ms.Madhu Bala, Lecturer in English. The Seminar was concluded with a formal vote of thanks by Prof. Joginder Singh Head of Department, Physics.

Sd/-
Principal
GDC, Nowshera








OFFICE OF THE PRINCIPAL

GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)

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

Tell. Phone/Fax 01960-230323, Mob. 94192-56701

NO:-DCN/21/933 **Date:-**
14/12/2021

PRESS RELEASE

14 Dec 2021, The Department of Environmental Sciences in collaboration with Department of Geography organized Symposium along with Poster Making Competition on the topic "Importance of Energy Conservation" on the eve of "National Energy Conservation Day" on 14th December,2021. The programme was inaugurated by Dr. Surinder Kumar Sharma, Principal of GDC Nowshera. He highlighted the daily activities to conserve the energy resources and raised the awareness among the students about the significance of utilizing energy efficiently and sustainably. Various students of Environmental Sciences and Geography Department and faculty members of the College participated in the event with great enthusiasm and zeal. At the end of the programme, the certificates of participation were distributed among the participants by the worthy Principal. The whole event was organized by Mr. Sahil Sudan, Department of Geography, Miss Shivali Sharma and Mr. Neeraj Sharma, Department of Environmental Sciences. The programme was ended with formal vote of thanks by Mr. Neeraj Sharma.

Sd/-
Dr. Surinder Kumar
Principal


REDMI NOTE 8
AI QUAD CAMERA


REDMI NOTE 8
AI QUAD CAMERA




REDMI NOTE 8
AI QUAD CAMERA

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
Email. gdcnowshera@gmail.com, Website: www.gdcnowshera.co.in
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

No.DCN/22/1362 **Dated: -13-04-2022**

PRESS RELEASE

The Department of Sociology, Government Degree College Nowshera , in collaboration with NSS unit celebrated "132nd Ambedkar Jayanti" organized a Symposium on the theme "Different facets of Dr. B.R Ambedkar's life Journey"

Nowshera April 13: The Department of Sociology, Government Degree College Nowshera , in collaboration with NSS unit celebrated "132nd Ambedkar Jayanti" organized a Symposium on the theme "Different facets of Dr. B.R Ambedkar's life Journey" under the banner of 'Azadi ka Amrut Mahotsav" in the College Premises (Smart Class Room) on 13th of April 2022.

The Principal of the College Dr. Surinder Kumar Sharma was the Chief- Guest of the event. In his address, he congratulated the faculty of the College for organizing this event and encouraged the students to follow the social and political thoughts of Dr Ambedkar. He also threw light on the life of Dr. B. R Ambedkar and his immense contribution in the framing of Indian constitution.

The programme started by paying floral tribute to Dr. B.R. Ambedkar. Mr. Rajat Bhardwaj, HOD Sociology presented a detailed description on the life and philosophy of Dr. B. R. Ambedkar. Around 20 enthusiastic students from the college participated in the Symposium. The speakers highlighted the multitude facets of Dr. B.R Ambedkar's life Journey. His contributions as a Social Reformer, Democrat, Economist, Constitution Maker, Political Activist, Intellectual, leader of down-trodden etc. were well stated by the speakers.

The main emphasis of the event was on the hardships and struggle faced by Dr. B.R Ambedkar since his childhood till his political career. On this occasion, an essay writing competition was also organized by Deptt of Hindi in collaboration with Deptt of Sanskrit. The objective of organizing this Programme was to encourage students to take inspiration and lessons from his life journey. They were told that despite facing so much oppression and deprivation, he excelled in all domains and attained huge stature across the globe. The Proceedings of the whole Program were conducted by NSS Program officer Mr. Inam ul Haq and the vote of thanks was presented by Lect. Sahil Sudan. A large no. of students from the college participated in the event

Among the faculty members who participated in the event were Assistant Professor Davinder Kumar, Asstt. Prof. Shivani Parihar, Asstt. Prof. Monisha Bandhu, Lect. Rajni Devi and others.






Sd/-
Dr. Surinder Kumar
Principal

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com, Website: www.gdcnowshera.co.in
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

No.DCN/22/1334 **Dated: -05-04-2022**

PRESS RELEASE

IQAC Of GDC Nowshera in Collaboration with Career Counselling cell organized one day workshop on the topic "Media, Society and Culture: Interrelations and Emerging trends".

Nowshera 5th April,2022. IQAC Of GDC Nowshera in Collaboration with Career Counselling cell organized one day workshop on the topic "Media, Society and Culture: Interrelations and Emerging trends" on 5th of April 2022. The Workshop started at 11:00 am with the warm welcome of the Media Members by the College faculty .The main aim of the workshop was to discuss the relationship between media and society and the changing role of Media in present world. The Programme started with the welcome address by Prof. Rajat Bhardwaj , Convener Career Counselling Cell GDC Nowshera who outlined the purpose and structure of the workshop.

Principal of College, Prof. (Dr) Surinder Kr. Sharma, presided over the function. In his Presidential address, worthy Principal of the College stressed upon how media plays an important role in the Present world and how media acts as the main channel of communication between the society and the world. He also said that how Media forms a Society's outlook and how Media accomplishes the tasks and responsibilities of the society in a different manner.

While speaking on the occasion , Media persons from the different sections aware the students about the Role of Media in present world and how media act as a bridge between the society and the world. They also said that Media is a Powerful socializing agent and how we are dependent upon the media for what we know and what we want to know about day to day activities of the society or the World. A large no. of students also spoke on the occasion and explained the role of media in present world. More than 100 students and faculty members participated in the interactive session of the workshop. Among media persons who attended the workshop were Mr. Bhubneshwar Sharma (Chairman Press Club Nowshera) , Raj Kesar (President Press Club Nowshera), Vinod Sharma, Vinay Bhardwaj, , Sunil Chandan, Kamaljeet , Rajat Kumar, Anil Sharma and Mohd. Aksar Mughal. The whole Proceedings of the workshop were conducted by Asstt. Prof. Inam ul Haq and Vote of thanks were Presented by Miss Monisha Bandhu Asstt. Prof. in English.

Sd/-
Principal
GDC Nowshera






















OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com, Website: www.gdcnowshera.co.in
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

No.DCN/21/1240 **Dated: -15-03-2022**

PRESS RELEASE

Govt. Degree College Nowshera Organized One Day Workshop on "Carrier Opportunities After Graduation".

A workshop on "**Career Opportunities after Graduation"** on 24th of March 2022 was conducted in GDC Nowshera by IQAC in collaboration with Career Counseling Cell of college for students of all semesters to commemorate "Azadi Ka Amrut Mahtsov". The workshop aimed at assisting the students in taking right and informed decisions. An all-round discussion on choosing one's career path and the way ahead was done.

On this occasion, Sh. Sukhdev Singh Samyal, ADC Nowshera was the Chief Guest. The programme was presided over by Dr. Surinder Kumar, Principal of the college. He formally welcomed the Chief Guest, Resource Persons and other Special Guests of the programme. He explained the reason to conduct this workshop that today, just completing graduation is not counted as having a great career. Students need great knowledge and a strong motivation to face strong competition in life. He also briefly explained the importance of National Educational Policy to the students. He advised students and motivated them to choose skill based education.

The Resource Persons Ms. Neelima Shah (IFS), DFO Nowshera Mr, Amit Verma(JKPS), ASP Nowshera , Ms. Arti (JKAS), BDO Seri , Captain Amal Dev(AMC) of RAJ RIF, Subedar Ashish Singh Rana(AEC) RAJ RIF,enlightened the students regarding various opportunities in academics as well as competitive fields after graduation. They provided information to the students about the various competitive exams like IAS, IPS, IFS, JKAS, CDS, NDA, SSC, Navey, Airforce, Banking, NET, JRF, GATT and others. They informed the students about the various PG courses they can pursue after graduation. They also highlighted certain tips and tricks to boost their knowledge .This were followed by the interesting question answer session wherein the Resource Persons answered career-related questions in an easy-to-grasp and precise manner.

Sh. Shri Ravi Kant, entrepreneur and External IQAC Member also inspired the students with his visionary insight and advised the students to work hard and be honest to fulfill their dream. He also added that the students should broaden their vision from job seekers to job providers.

The Chief Guest of the event Sh. Sukhdev Singh Samyal, ADC Nowshera appreciated the college committee for organizing such a interactive session for the students. He also emphasized on the importance of online marketing and digital knowledge in present world. He also advised the students to make best use of their precious time and prepare for their competitive examinations along with their studies. On this occasion Participants of Sanskrit Bharti Prant Samelan and Saheedi Diwas celebration were awarded 'Awards and certificates'.The respected Resource Persons were conferred with token of appreciation in the form of mementos.

At last, the vote of thanks was presented by Prof. Joginder Singh, Coordinator IQAC.The entire program was coordinated jointly by Miss. Kiran Bala and Miss. Sonika Sharma.



Sd/-
Principal
GDC Nowshera

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com, Website: www.gdcnowshera.co.in
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

No.DCN/21/1179 **Dated: 04/03/2022**

PRESS RELEASE

Jammu and Kashmir Academy of Art, Culture and Languages, Sub Office Rajouri, organized a Folk Music Program and Multi Lingual Mushaira at Govt. Degree College Nowshera in collaboration with Department of Punjabi and Cultural Committee of college under the aegis of IQAC to commemorate Azadi Ka Amrit Mahotsav.

On this occasion Principal of the college, GDC Nowshera was the chief guest and SHO Nowshera was the guest of honour while K.K. Khaki a prominent figure of the area presided over the event & Prof. Gurjeet Singh coordinated the programme. The programme started with presentation by KK Khaki, renowned artists of the area.

Various eminent singers of cultural academy and of college enthralled the audience by their performances while poets recited their latest and unpublished poetry.

The musical extravaganza and Mushaira was attended by a large number of students, faculty and Media fraternity.

Speaking on the occasion, Dr. Surinder Kumar Principal of the college appreciated the working of Academy of Art, Culture and Languages and spoke on the importance of Cultural and Literary activities and impressed that the young generation should be given a chance to perform at the cultural events. He also said that such events would continue to be organized by the Academy in the future as well. He further added that it will be a very good development if the students apart from studying also take part in such events and impressed upon the need to utilize the latest media so that music reaches to a wider audience.

Mr. Amjad Khan on behalf of JKAACL Rajouri-Poonch presented vote of thanks while prof. Guejeet Singh & Joginder Paul Sharma, prominent poet, artist and singer conduct the proceedings.

Sd/-
Principal
GDC Nowshera









Sd/-
Principal

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail.gdcnowshera@gmail.com, Website: www.gdcnowshera.co.in
Tell. Phone/Fax 01960-230323 Mob. 94192-56701

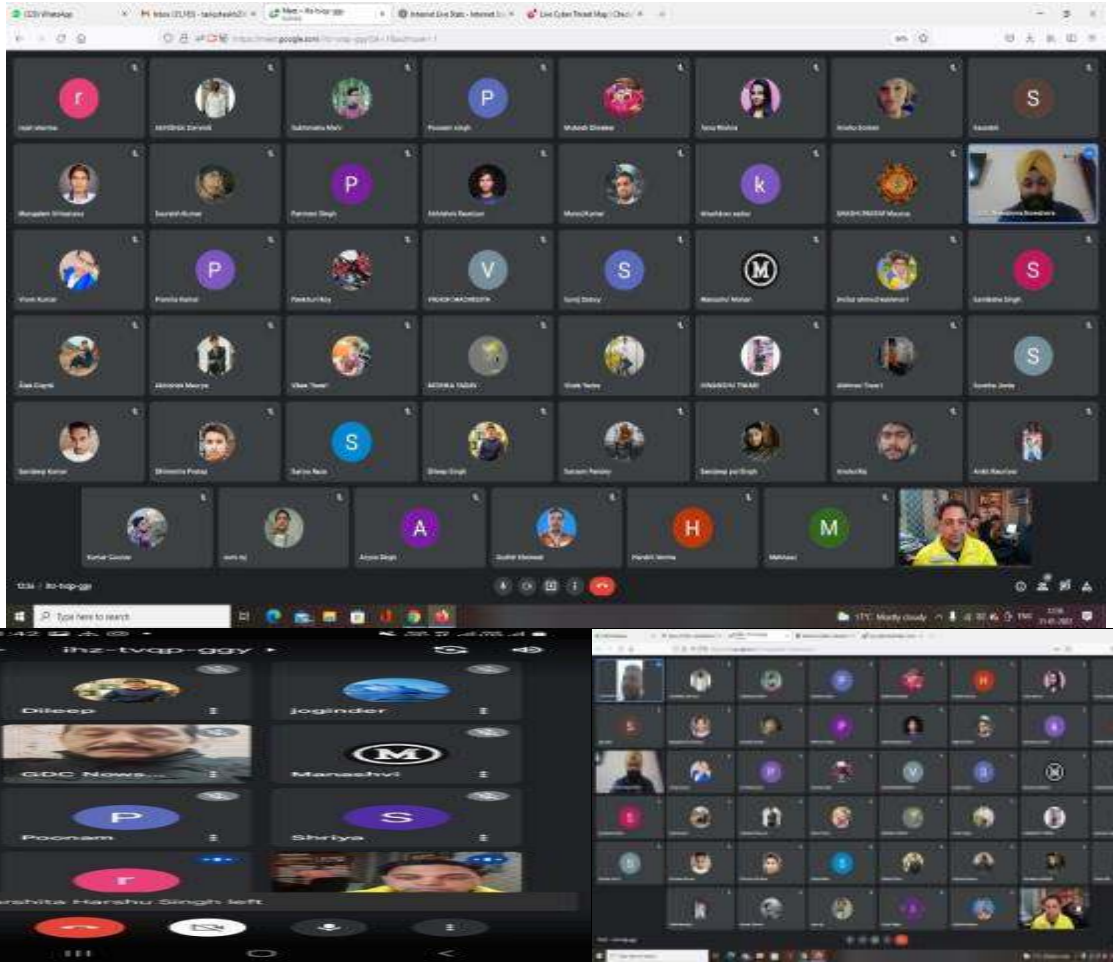
No.DCN/21/1124 **Dated:-01-02-2022**

Press Release

"Cyber Jagrookta Club" of GDC Nowshera in Collaboration with Internal quality assurance cell organized online webinar on Cyber Crime.

"Cyber Jagrookta Club" of GDC Nowshera in Collaboration with IQAC organized online webinar on Cyber Crime on the topic "Safety in online financial transactions" at 11:30 am to Commemorate Azadi ka Amrut Mahotsav. The main aim of the webinar was to aware the students about the different cyber crimes and how to protect ourselves from these Cyber crimes. The resource person of the programme was Mr. Tariq Husain Shah Asstt. Prof. GDC Poonch. A large number of students and faculty members from the different colleges participated in the programme through online mode. The programme started with the welcome address by the Principal of the college Dr. Surinder kr. Sharma. While speaking on the occasion, Principal of the college asked the students to stay away from cyber crimes and also asked the students to use the internet in a careful manner. After the welcome address, Resource person of the event Mr. Tariq Husain Shah Asstt. Prof. Computer Sciences ,GDC Poonch spoke on the occasion and gave a detailed Power Point Presentation about the online transactions and cyber crimes in day to day life. He talked about the different types of cyber crimes like identity theft, data theft, spreading of virus/spyware, pornography/child pornography etc.





He also explained how the computers, mobile phones or smart devices which help us in executing our day to day activities can become a threat and may pave way to cyber frauds. He also mentioned how significant it is to protect our personal data from sharing on various platforms. “The first step to protect a ‘valuable’ is to identify it. However unlike physical valuables like gold chain, cash or debit cards, it is very tough to recognise your 'digital valuables'. He also said that of all the factors that lies behind a cybercrime is ultimately one’s carelessness and ignorance that leads to such attacks.

He also insisted about the do's and don'ts in order to protect oneself and others from online transactions and cyber crimes. One should invest in good software utilities, ensure operating system being used is reliable and in good condition, should never leave open the laptops/mobiles which have all personal data. Downloading apps from authentic sites and using different passwords for accessing different platforms and changing it periodically can also help in keeping the digital valuables safe and secure. He also cautioned about being aware of all social engineering attempts made by people through social media or emails or chats. “These could be from malicious actors trying to gain access to digital valuables,” he said.

The proceedings of the programme were conducted by Asstt. Prof. Mr. Rajat Bhardwaj, Convener of Cyber Jagrookta Club and Vote of thanks were presented by Asstt. Prof. Joginder Singh, IQAC Coordinator of the college.

Sd/-
Principal
GDC Nowshera

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail.gdcnowshera@gmail.com, Website: www.gdcnowshera.co.in
Tell. Phone/Fax 01960-230323 Mob. 94192-56701

No.DCN/21/1107 **Dated:-25-01-2022**

Press Release

Govt. Degree College, Nowshera Celebrates 12th National Voter's Day

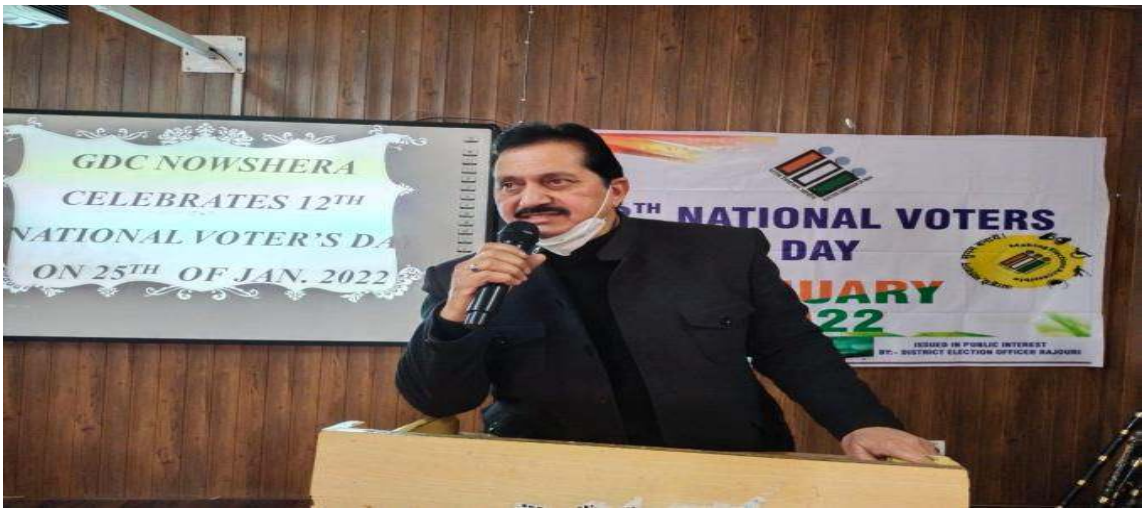
Govt. Degree College, Nowshera Celebrated 12th National Voters Day, to commemorate "Azadi Ka Amrit Mahotsav". The theme for this year is 'Making Elections Inclusive, Accessible and Participative', envisages focus on ECI's commitment to facilitate the active participation of voters during the elections and to make the complete process hassle-free and a memorable experience for all categories of voters. The celebration was jointly organized by college and civil administration sub-division, Nowshera. Principal of the college Dr. Surinder Kumar delivered the introductory speech. He said, 'National Voters' Day is celebrated on 25th January every year, at all levels in India. This is the day of establishment of Election Commission of India. The celebration was started on January 25, 2011. This is the 12th year of its celebration. The main intention of National Voter's Day celebration is to create awareness about rights and duties of the eligible voters in our democratic system. 'He further said that 'India is the largest democracy in the world. Here every citizen is supreme in the formation of the Government. It is our prime duty to take part in all the electoral process of the nation.

Speaking on the occasion Tehsildar, Nowshera highlighted that the main purpose of the National Voters Day celebration is to encourage, facilitate and maximize the enrolment, especially for the new voters. The students were briefed on the voting right and the need for them to vote. He further said that, National Voter's Day began as an initiative by the Election Commission of India in the year 2011to motivates the youth to participate in Electoral Process. This led to identify the youth who have turned 18, enroll them and provide them with their Electoral Photo Identity Card (EPIC).

Various faculty members, peoples from civil administration and students also spoke on the occasion.

At the end of program, pledge was undertaken by all faculty members, other officers and students to exercise their privilege to cast a vote in free and fair elections in a free democratic country.

The whole program was coordinated by Prof. Inam Ul Haq NSS Programme officer and Prof. Rajat Bhardwaj, Convenor Electoral Literacy Club.


GDC NOWSHERA
CELEBRATES 12TH
NATIONAL VOTER'S DA
ON 25TH OF JAN. 2022
NATIONAL VOTERS
DAY











Sd/-
Principal
GDC Nowshera

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail.gdcnowshera@gmail.com, Website: www.gdcnowshera.co.in
Tell. Phone/Fax 01960-230323 Mob. 94192-56701

No.DCN/21/1104 **Dated:-24-01-2022**

Press Release

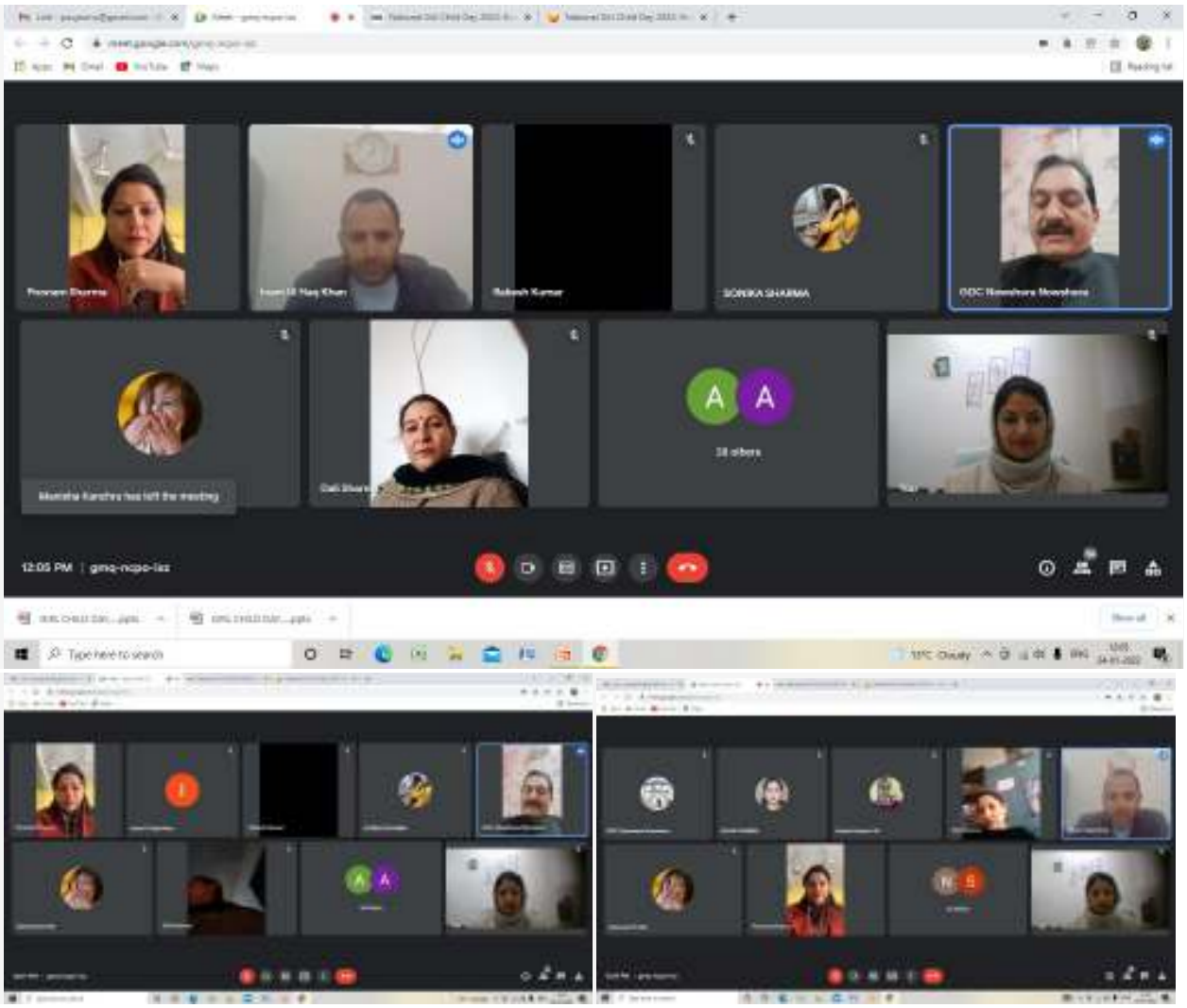
GDC Nowshera organized online activities to celebrate National Girl Child Day, 2022 under the aegis of AZADI KA AMRIT MAHOTSAVA.

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 Inaugral 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/-
Principal
GDC Nowshera

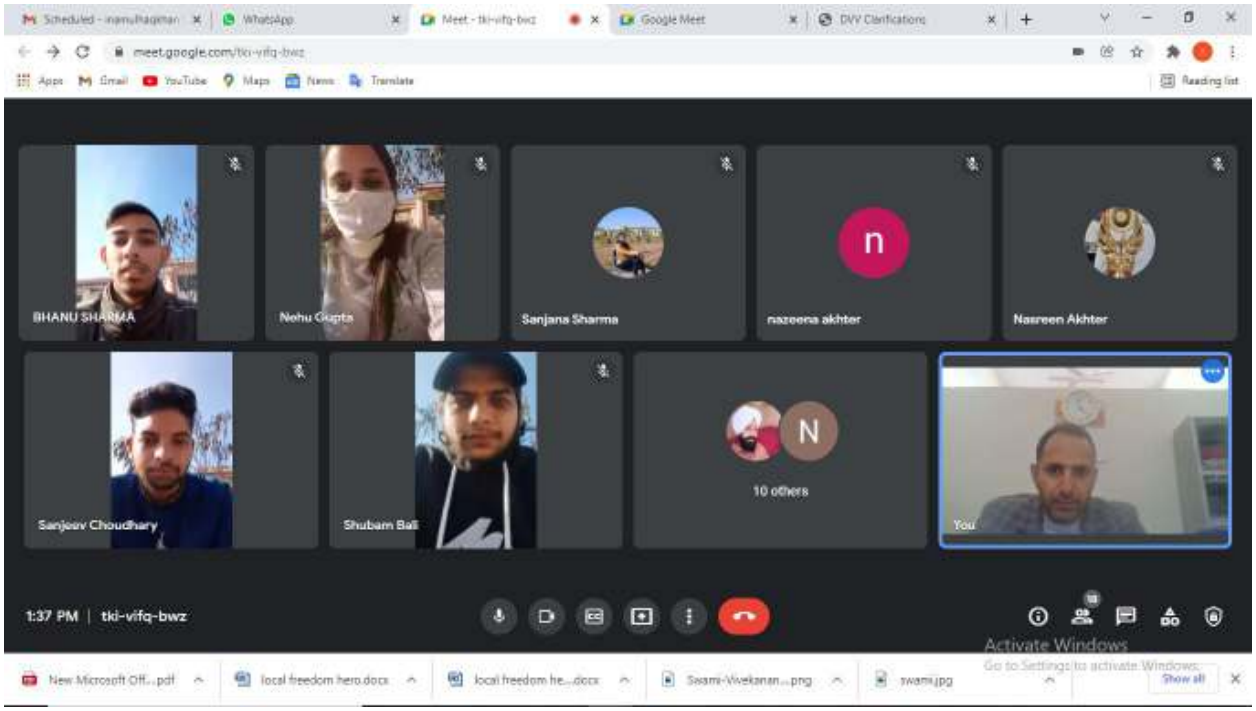
OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com,
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

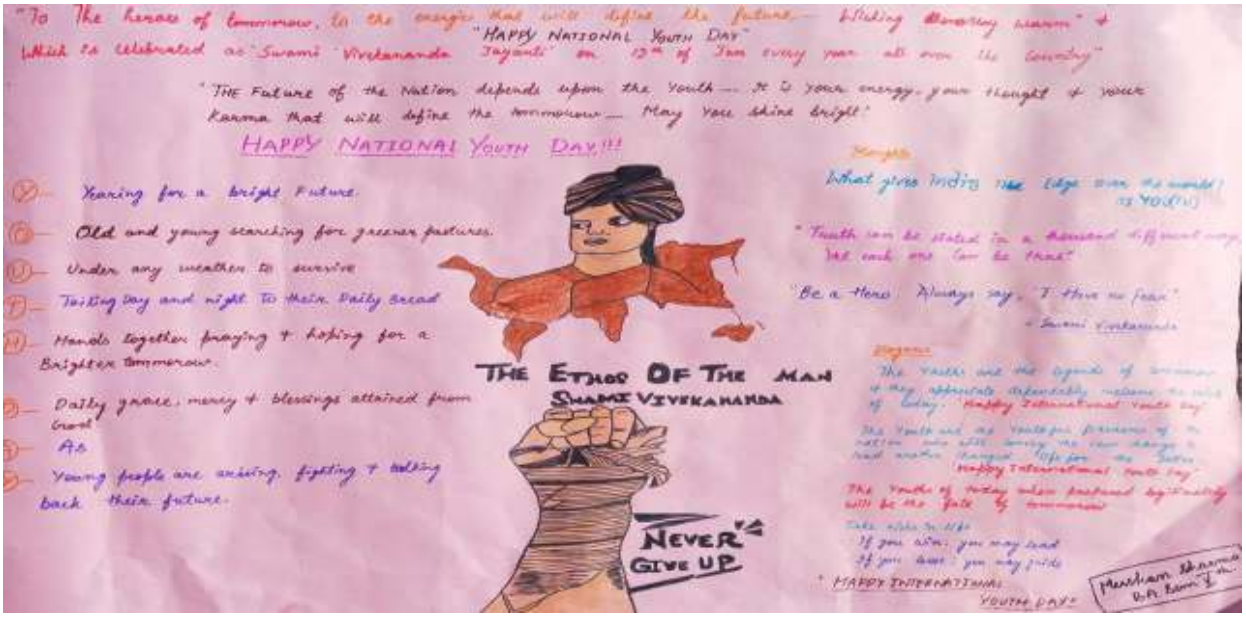
No.DCN/1065 **Dated:- 13/01/2022**

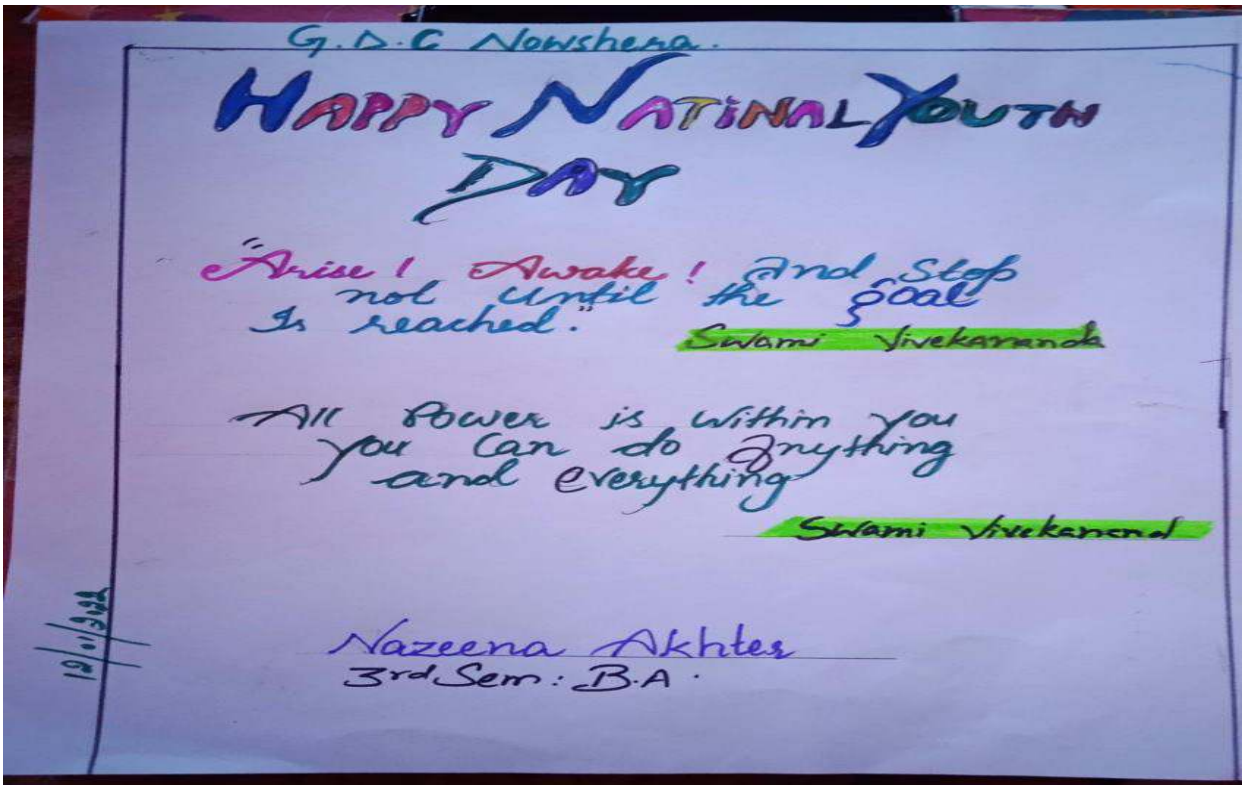
Press Release

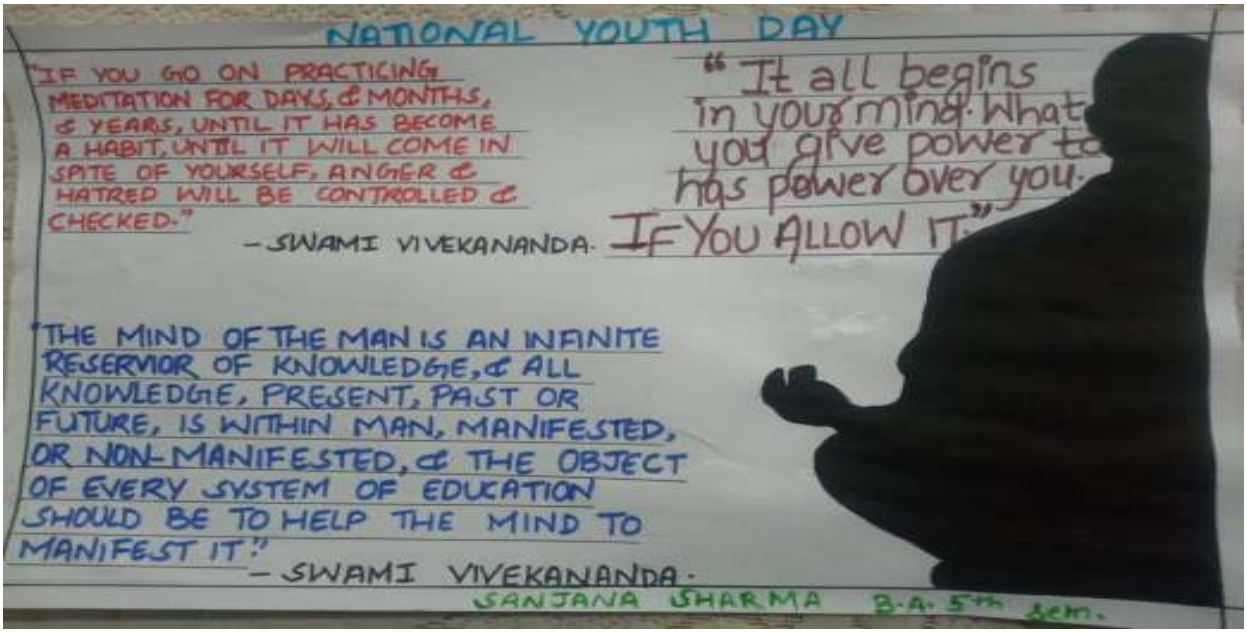
NSS Unit of GDC Nowshera organised an online seminar on account of National Youth Day on Wednesday to commemorate "Azadi Ka Amrut Mahatsov". In the seminar, the NSS Programme officer Prof.Inam Ul Haq acquainted the students that since 1985 Swami Vivekananda''s birthday on January 12 is always celebrated as National Youth Day. This day is celebrated because the Indian government felt that the philosophy and teachings of Swami Vivekananda could be a source of great inspiration for the youth of India. Vivekananda was instrumental in introducing the philosophies of 'vedanta' and 'yoga' to the western world. Volunteers of the NSS said Swami Vivekanda was extremely patriotic and considered a hero for his contributions to the philosophies of this country. His views and nationalistic theories influenced many prominent leaders and thinkers of India. Mahatma Gandhi believed that he restored Hinduism to its former state of glory and Sri Aurobindo believed that he awoke India on a spiritual level. The volunteers prepared charts and wrote slogans given by Vivekananda. Principal Dr.Surinder Kumar appreciated the efforts put in by the NSS unit in celebrating the day. He urged the youth to follow the teachings of Swami ji to be successful in life. He urged to uphold and respect the Indian culture and promote our value system of selfless service as dreamt by Swami Vivekananda.

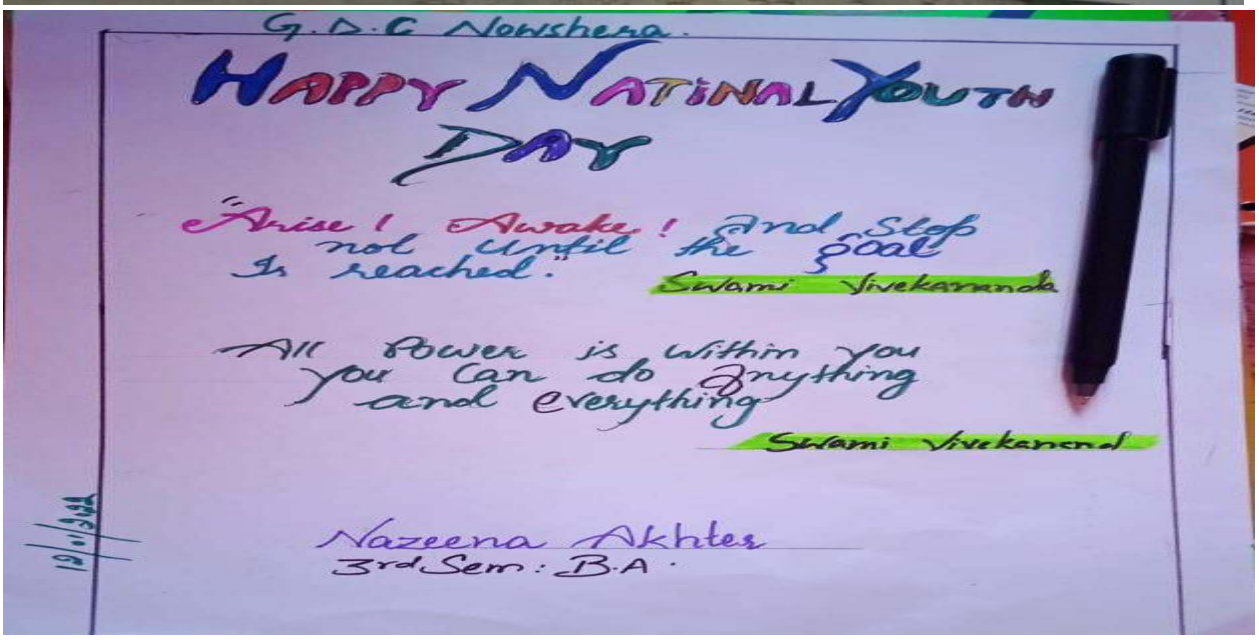
Sd/-
Principal
GDC Nowshera


BHANU SHARMA
Nehu Gupta
Sanjana Sharma
nazeena akhter
Nasreen Akhter
Sanjeev Choudhary
Shubam Bali
10 others
You
1:37 PM | tki-vifq-bwz
Activate Windows


"To The heroes of tommorow, to the energies that will define the future — Wishing [illegible] warm" +
"HAPPY NATIONAL YOUTH DAY"
Which is celebrated as "Swami Vivekananda Jayanti" on 12th of Jan every year all over the country"
"THE Future of the Nation depends upon the Youth — It is your energy, your thought + your Karma that will define the tommorow — May you shine bright"
HAPPY NATIONAL YOUTH DAY!!!
Y — Yearing for a bright Future.
O — Old and young searching for greener pastures.
U — Under any weather to survive
T — Toiling Day and night to their Daily Bread
H — Hands together praying + hoping for a Brighter tommorow.
D — Daily grace, mercy + blessings attained from Good
A — As
Y — Young people are arising, fighting + taking back their future.
THE ETHOS OF THE MAN
SWAMI VIVEKANANDA
NEVER GIVE UP
What gives India the edge over the world? is YOU(N)
"Truth can be stated in a thousand different ways, but each one can be that"
"Be a Hero. Always say, 'I have no fear'"
- Swami Vivekananda
The Youths are the legends of tommorow + they appreciate dependably welcome the [illegible] of today. "Happy International Youth Day"
The Youth are the youth for [illegible] of the nation who will convey the [illegible] to lead another [illegible] life for the [illegible] "Happy International Youth Day"
The Youths of today when pastured legitimately will be the fate of tommorow
Take wishes to life
If you win: you may lead
If you lose: you may guide
"HAPPY INTERNATIONAL YOUTH DAY"
Mushan Sharma
B.A. Sem V th.


G.D.C Nowshera.
HAPPY NATINAL YOUTH DAY
"Arise! Awake! And Stop not until the goal Is reached."
Swami Vivekananda
All Power is within you you can do anything and everything
Swami Vivekanand
Nazeena Akhter
3rd Sem: B.A.
12/01/2022


NATIONAL YOUTH DAY
"IF YOU GO ON PRACTICING MEDITATION FOR DAYS, & MONTHS, & YEARS, UNTIL IT HAS BECOME A HABIT, UNTIL IT WILL COME IN SPITE OF YOURSELF, ANGER & HATRED WILL BE CONTROLLED & CHECKED."
- SWAMI VIVEKANANDA.
"It all begins in your mind. What you give power to has power over you. IF YOU ALLOW IT."
"THE MIND OF THE MAN IS AN INFINITE RESERVIOR OF KNOWLEDGE, & ALL KNOWLEDGE, PRESENT, PAST OR FUTURE, IS WITHIN MAN, MANIFESTED, OR NON-MANIFESTED, & THE OBJECT OF EVERY SYSTEM OF EDUCATION SHOULD BE TO HELP THE MIND TO MANIFEST IT."
- SWAMI VIVEKANANDA.
SANJANA SHARMA B.A. 5th Sem.


G.D.C Nowshera.
HAPPY NATIONAL YOUTH DAY
"Arise! Awake! And Stop not until the goal is reached.
Swami Vivekananda
All power is within you you can do anything and everything
Swami Vivekanand
12/1/2022
Nazeena Akhter
3rd Sem: B.A.

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail.gdcnowshera@gmail.com, Website: www.gdcnowshera.co.in
Tell. Phone/Fax 01960-230323 Mob. 94192-56701

No.DCN/21/918 **Dated:- 08-12-2021**

Press Release

Red Ribbon Club of GDC Nowshera organized a series of Awareness Programmes as a part of "Implementation of New India @ 75- 3rd phase"

Red Ribbon Club (RRC) of GDC Nowshera in collaboration with NACO India and J&K State AIDS Control Society organized a series of awareness programmes from 1st to 8th of December, 2021 for the **"Implementation of New India @ 75- 3rd phase" .**

A large number of RRC volunteers of the college participated in various activities as per the implementation plan issued by National AIDS Control Organization and Ministry of Health & Family Welfare, Govt. of India. A total of 4 events were organized namely Video blog competition on HIV awareness (03/12/21); Slogan writing competition on TB awareness (04/12/21); Poster making competition on Blood donation (06/12/21) and college-level mask making contest to raise awareness about COVID-19 (08/12/21). In addition to these activities conducted at college level, the RRC volunteers also participated in 'National Level Launch of Campaign' through online mode on You tube.

In the first event of the series i.e., Video blog competition on HIV awareness, the RRC members expressed their views on the given theme via self-recorded videos. Mr Adil Manhas (B. Sc. Sem 5) stood First, Sanjana Sharma (B. Sc. Sem 5) was ranked Second and Ankush (B. A. Sem 5) was adjudged Third.

In the second activity, Slogan writing competition on TB awareness, Nasreen Akhter (B. A. Sem 5); Sanjana Sharma (B. A. Sem 5) and Sanjana Sharma (B. Sc. Sem 5) secured First, Second and Third positions, respectively.

The third activity in the series was a Poster making competition on Blood donation in which a number of entries were received. The top three contestants were Sanjana Sharma (B. Sc. Sem 5), Sahil (B. A. Sem 5) and Nasreen Akhter (B. A. Sem 5).

The last event as per the schedule was 'mask making contest' to raise awareness about COVID-19. In this contest, Sanjana Sharma (B. Sc. Sem 5) clinched First rank; Nasreen Akhter (B. A. Sem 5) was at Second place and Sahil (B. A. Sem 5) stood Third.

All these events were adjudged by a team of three Jury members, Dr. ShvetaSaroop, Astt. Prof. GDC Kathua; Mrs. Nidhi Jarngal, Astt. Prof. GDC Hiranagar and Mrs. Nisha Bhagat, Astt. Prof. GDC Kathua.

The cash prizes of Rs. 1000/-, Rs. 750/- and Rs. 500/- shall be awarded to First, Second and Third Winners for each activity.

All these activities were organized by Prof. Pooja Devi, Nodal Officer of Red Ribbon Club under the guidance and support of worthy Principal, Dr. Surinder Kumar. The college Principal appreciated the members of RRC for actively participating in these awareness programmes.

Sd/-
Principal
GDC Nowshera



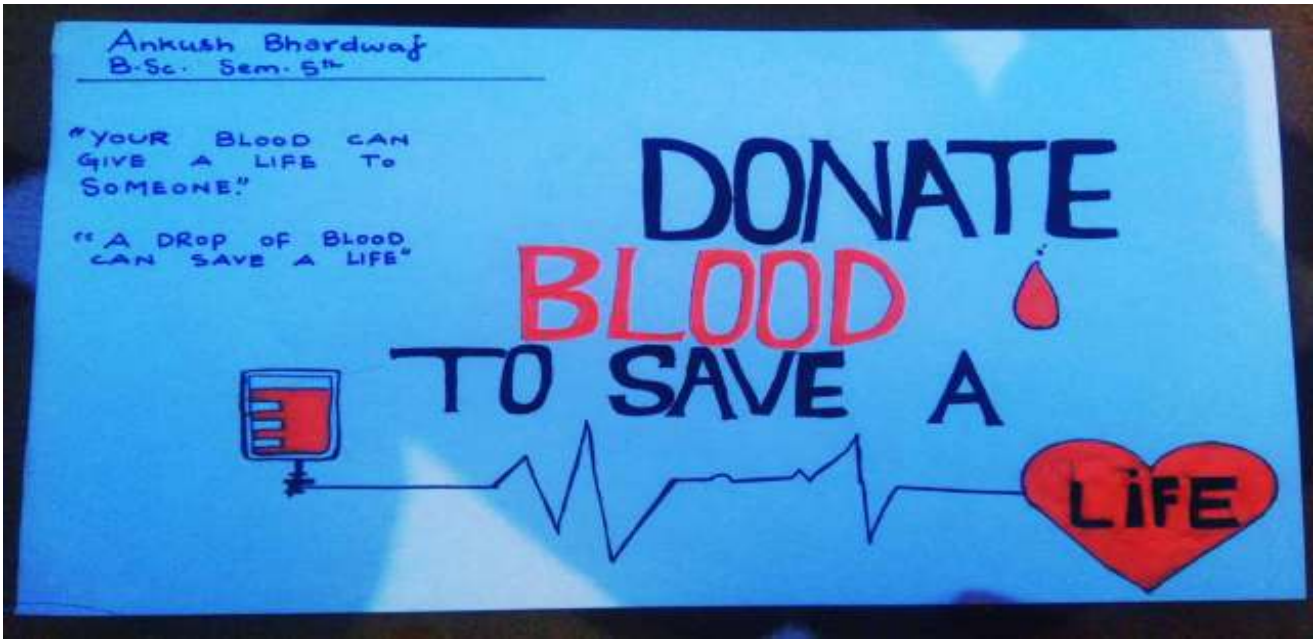
Description

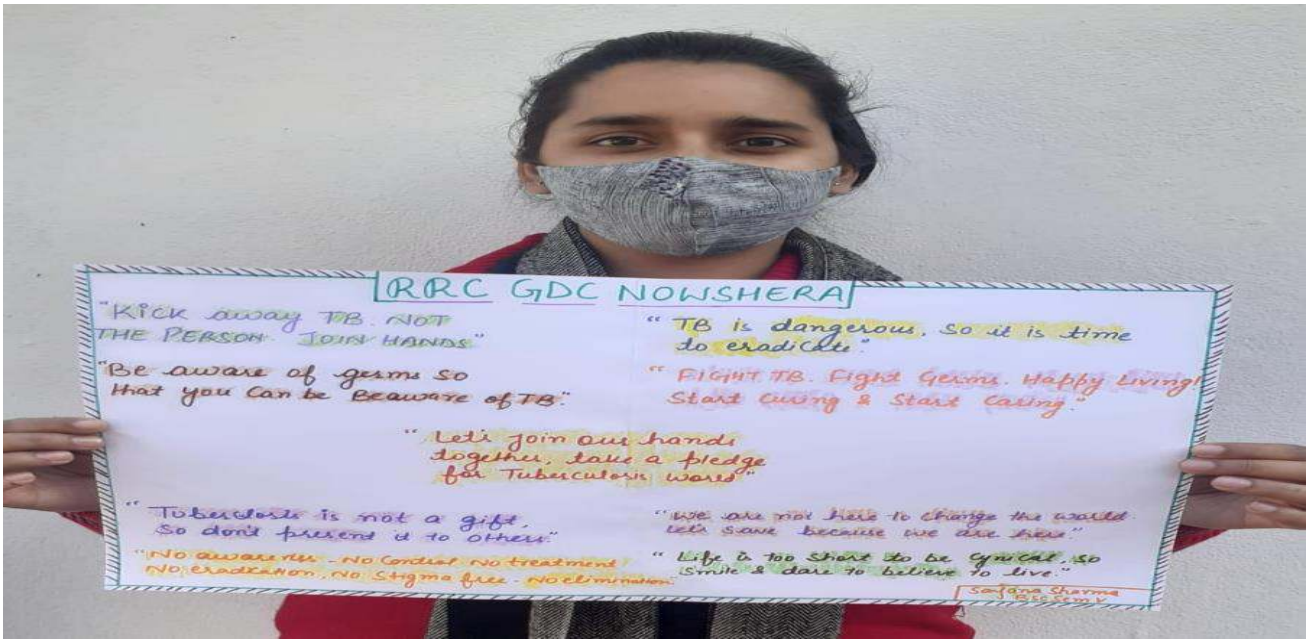
World AIDS Day 2021

NACO INDIA

NACO INDIA · 200 watching now ·
Started streaming 32 minutes ago

World AIDS Day 2021


Ankush Bhardwaj
B.Sc. Sem. 5th
"YOUR BLOOD CAN GIVE A LIFE TO SOMEONE."
"A DROP OF BLOOD CAN SAVE A LIFE"
DONATE
BLOOD
TO SAVE A
LIFE


RRC GDC NOWSHERA
"KICK away TB. NOT THE PERSON. JOIN HANDS."
"Be aware of germs so that you can be Beaware of TB."
"TB is dangerous, so it is time to eradicate."
"FIGHT TB. Fight Germs. Happy Living! Start Curing & Start Caring."
"Let's join our hands together, take a pledge for Tuberculosis world"
"Tuberclosis is not a gift, So don't present it to others."
"No awareness - No Control No treatment No eradication, No Stigma free - No elimination."
"We are not here to change the world let's save because we are here."
"Life is too short to be cynical, so Smile & dare to believe to live."
Sanjana Sharma
BSc Sem V



OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com,
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

No. DCN/21/911
Dated:-07/12/2021

Press Release

7th December, 2021, NSS unit of Govt. Degree College Nowshera organized an awareness programme on Non- Communicable diseases on 07th dec.2021. The programme was organized keeping in view the rapidly rising of Non- Communicable diseases with the trend shifting towards the younger population.

Speaking on the occasion Principal of the college Dr. Surinder Kumar highlightened the behavioral interventions for Non- Communicable Diseases (NCD) would profit the most, if initiated at an early stage. Major risk factors of NCDs are changing life style and behavior pattern which are largely due to practices adopted in younger age. Students' awareness about NCDs and their risk factors is an important part of population based prevention strategy.

Dr. Chander Parkash (MO), Sub. District Hospital Nowshera was the resource person on this occasion who shared valuable information on Non- Communicable diseases. Speaking on the occasion he discussed various types of non communicable disease and risk factors such as stress, diet patterns, changing life style, alcohol and substance abuse, smoking, physical inactivity, behavioral disorders, environmental factors etc. associated with Non- Communicable diseases. He further said that the burden of this disease is immense, due to their chronic nature.NCDs lead to chronic expenditure on health and, thereby, our economic conditions. He stressed that a high prevalence of risk factors for NCDs is found among youngsters. Awareness programs about healthy lifestyle practices; periodic screening of students at regular intervals with appropriate advice are warranted to control the rising epidemic of NCDs.He also advocated that most common causes of NCDs are metabolic and behavioral risk factors and can be largely preventable by several available means and the role of Primary health care centers in community to detect NCDs at early stages.

A large number of NSS Volunteers and other students along with the faculty members attended the programme. The whole event was organized by Prof. Inam Ul Haq NSS programme officer and the vote of thanks was presented by Prof. Sanjay Kumar.









Sd/-
Principal
GDC Nowshera

OFFICE OF THE PRINCIPAL

GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)

E-mail. gdcnowshera@gmail.com,

Tell. Phone/Fax 01960-230323,230324 Mob. 94192-56701

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.

Sd/-
Principal
GDC Nowshera


SYMPOSIUM ON
'CHANGING ROLE OF
WOMEN IN MODERN ER





OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com,
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

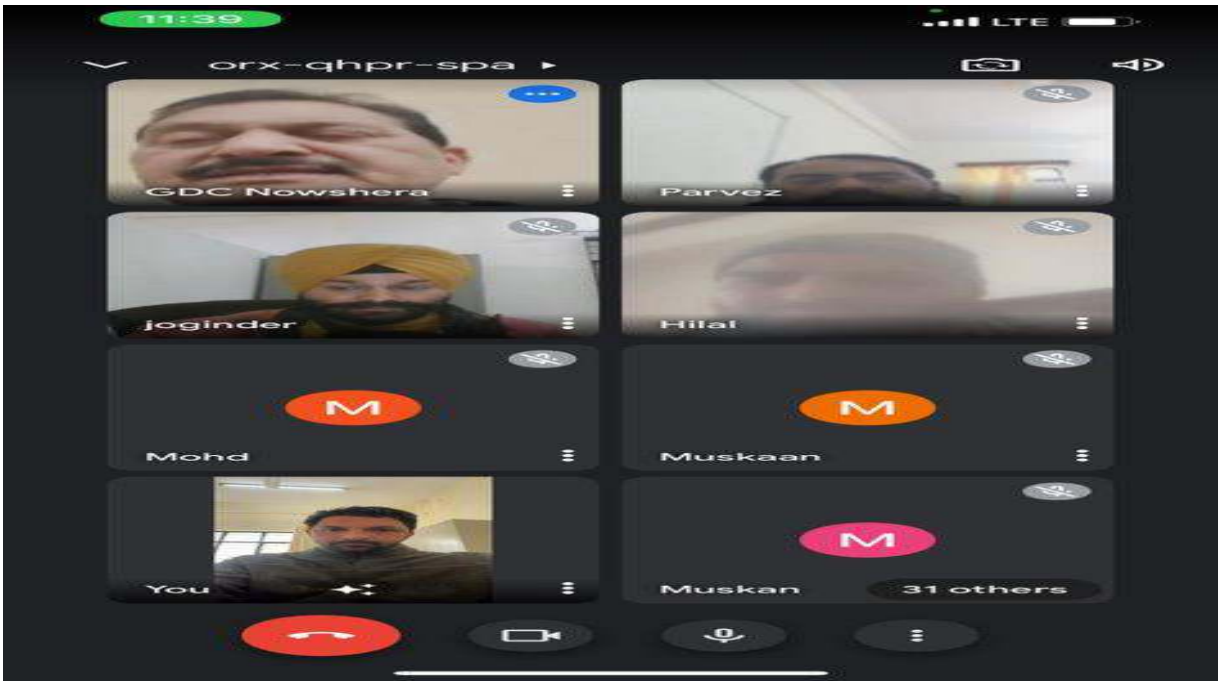
No.DCN/21/ 1146 **Dated:- 26-02-2022**

Press Release on the Webinar "Understanding Mahatma Gandhi in the Contemporary Times

Ek Bharat Shikshit Bharat in Collaboration with Department of History & Department of Political Science, Govt. Degree College Nowshera, Rajouri J& K,organized a webinar on the theme "Understanding Mahatma Gandhi in the Contemporary Times" under the aegis of Azadi Ka Amrit Mahostav in which large number of faculty members and students participated. The event commenced at 11:30 am on 26th February 2022 and the program was initiated with the welcome address by Dr. Yasir Bashir (Lecturer, Department of History). Prof. Surinder Kumar Sharma, Principal of the College made opening remarks about Mahatma Gandhi's ideas about peace, brotherhood, and communal harmony.

After this, the guest speaker Dr. Parvez Alam, Assistant Professor, Department of Political Science, Aligarh Muslim University spoke on the said theme. He said that in contemporary times we have forgotten Gandhi's ideas. Gandhi, a philosopher, an economist, an environmentalist and a politician is more relevant in contemporary times, as it was before. Gandhi's idea on truth, non-violence, tolerance, and peace is holistic and interconnected concepts to establish society based on love and harmony. Rising unemployment, inflation, and violence has become a 'new normal' in our degenerated societies. He further said that, we are living post-truth age in which fake news; rumor mongering is creating division and unrest in our society. Gandhiji's ideas in implementation by the governments can solve most of the contemporary problems.

The program concluded with the vote of thanks delivered by Dr. Hilal Ahmed Mir, Lecturer. Department of Political Science.





Sd/-
Principal
GDC Nowshera

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com,
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

No.DCN/21/693 **Dated:29/10/2021**

Press Release

Atmanirbhar Bharat Cell of Govt. Degree College Nowshera, organised a symposium on the topic 'How to become a Self-reliant" on 29th October, 2021 to commemorate" Azadi ka Amrit Mahotsav" under the aegis of IQAC of the college in Smart Class Room under the able guidance of Principal, Dr. Surinder Kumar Sharma. The main aim of the event was to aware the students about how to become self-independent in day today life.

While speaking on the occasion the Principal of the College, Dr. Surinder Kumar Sharma stressed on the self-reliant India and also said that in modern era everyone has to become independent for progression in life. He also said that Atmanirbhar Bharat i.e., self-reliant India also focuses on to become skill oriented in their life.

Students from the different semesters along with faculty members of the college participated in the above-mentioned event and expressed their different views regarding Atmanirbhar Bharat i.e. self-reliant India.

Prof. Gurjeet Singh, Coordinator of the Atmanirbhar Bharat also spoke about self-reliant India and asked the students to become self-independent in life. The whole event was coordinated by Prof. Gurjeet Singh, Co-ordinator of the Atmanirbhar Bharat Cell.





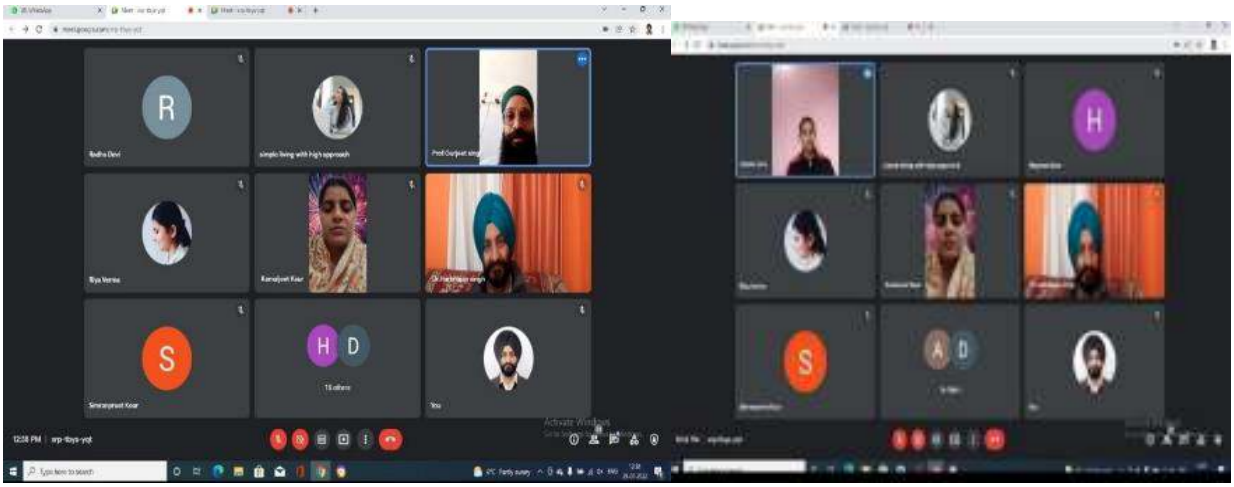
Sd/-
Principal
GDC Nowshera

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com,
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

No:DCN/21/1121 **Dated:30/01/2022**

Press Release

Department of Punjabi Govt. Degree college Nowshera in collaboration with Govt. Maulana Azad Memorial PG College Jammu under the aegis of IQAC organized a Kavi Darbar through virtual mode on 29th of January 2022. In this Kavi Darbar students from various colleges of Jammu Division, Kashmir Division and also from University of Jammu participated. They presented different aspects and problems of society through their poems. The aim of the program was to spread awareness about the Punjabi Language and also to provide a platform to students through which they can show their hidden talent. The programme was organized under the able Guidance and supervision of Dr. Surinder Kumar Sharma Principal Govt. Degree College Nowshera and Professor G.S Rakwal Principal Govt. M.A.M PG College Jammu who always encourages the faculty members to organize such events for the benefit of student community. The whole event was organized by Prof . Gurjeet Singh, Dr.Harbhajan singh & Dr.Kamaljeet Kour.



Sd/-
Principal
GDC Nowshera

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com,
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

No.DCN/21/577 **Dated: 29-09-21**

PRESS RELEASE

Government Degree College Nowshera today conducted a scholarship awareness programme.

The function was organized by the Scholarship and Financial Aid Committee in collaboration with IQAC of the college under the patronage of Principal of the College, Dr.Surinder Kumar.

The purpose of the programme was to make the students aware about various scholarship schemes at National and International level. On this occasion, Prof.Inam Ul Haq, Convener of the Scholarship and Financial Aid Committee talked about the scholarship granted by Different Ministries on National Scholarship Portal such as Post Matric Scholarships Scheme for Minorities, Scholarships for Top Class Education for students with disabilities, Top Class Education Scheme for SC Students, National Fellowship and Scholarship for Higher Education of ST Students - Scholarship (Formally Top Class Education for Schedule Tribe Students) - only for scholarships, Central Sector Scheme Of Scholarships For College And University Students as well as Pahari and PMSS Scholarships provided by Pahari Board and Social Welfare Department of UT respectively.
Speaking on the occasion Principal of the college also announced that the college administration also initiated the process of financial aid from Student Financial Aid Fund to the needy students. He also threw light on other schemes like PMSSS run by AICTE for students of J&K which helps students outside J&K in various prestigious institutions at national level and laid stress for proper implementation of various scholarship schemes in the college to fulfill the desired objectives.

Proceedings of the programme were conducted by and Prof Rajat Bhardwaj from Department of Sociology and at the end of programme Prof. Joginder Singh, coordinator IQAC presented vote of thanks.





Sd/-
Principal
GDC Nowshera

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)
E-mail. gdcnowshera@gmail.com,
Tell. Phone/Fax 01960-230323, Mob. 94192-56701

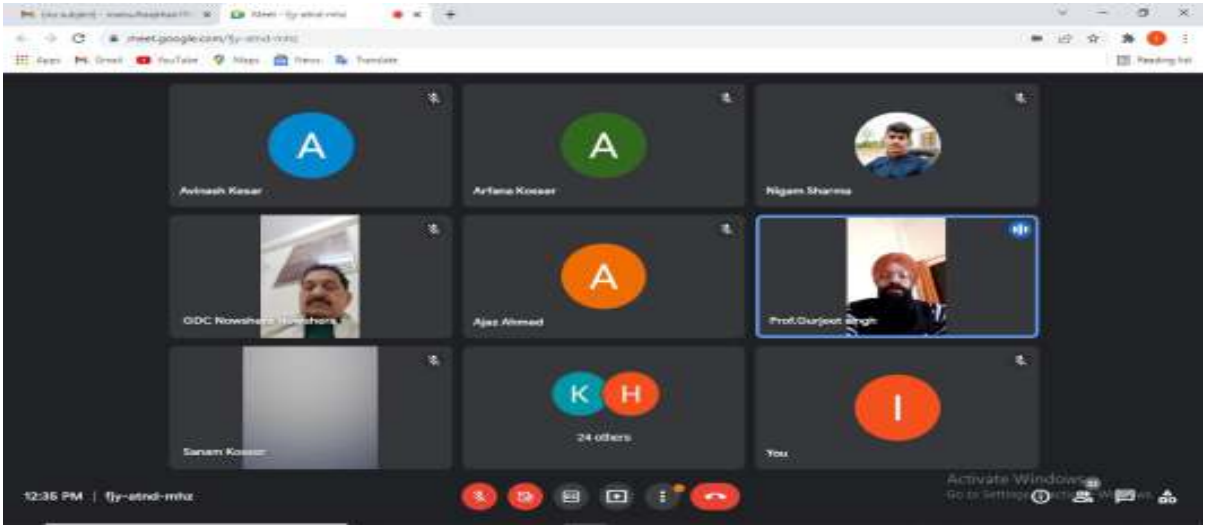
No.DCN/21/1055 **Dated: 09/02/2022**

PRESS RELEASE

9th Feb, 2022, Government Degree College Nowshera conducted welfare Schemes and Scholarship's awareness programme for minorities through virtual mode.

The function was organized by the Minority cell in collaboration with Scholarship and Financial Aid Committee under the patronage of Principal of the College, Dr.Surinder Kumar.

The purpose of the programme was to make the students aware about the various upliftment and scholarship schemes provided by CentralGovernment and U.T of Jammu & Kashmir. Prof.Inam Ul Haq, Convener of the Scholarship and Financial Aid Committee talked about the scholarship granted by Ministry of Minorities on National Scholarship Portal such as Post Matric Scholarships Schemes for Minorities as well as other welfare schemes for education and skill such as Nai Udaan, Padho Pardesh, MAANS, USTAD, Paedhan Mantri Jan Karyakram etc.



Speaking on the occasion Principal of the college said that Government has been taking various initiatives to improve the socio-economic conditions of the minority communities through affirmative action and inclusive development, so that every citizen gets an equal opportunity to participate actively in building a vibrant

nation. To facilitate an equitable share for minority communities in education, employment, economic activities and to ensure their upliftment various welfare schemes provided by the government and we should aware the society regarding these welfare schemes through various platforms. Proceedings of the programme were conducted by Prof Gurjeet Singh coordinator Minorities Cell of the College.

Sd/-
Principal
GDC Nowshera

OFFICE OF THE PRINCIPAL

GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)

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

Tell. Phone/Fax 01960-230323, Mob. 94192-56701

NO:-DCN/21/932 **Date:- 14th of Dec 2021**

PRESS RELEASE

14 Dec 2021, GDC Nowshera in collaboration with GCW Parade organised "Shlok Gayan Pratiyogita" on the eve of "Geeta jayanti". The programme was inaugurated by the prof. Mamta Sharma HOD Sanskrit,GCW Parade by the welcome note. Dr Mamta Sharma welcomed both the principals, Dr Surinder Kumar of GDC Nowshera and principal Dr S.P Sarswat of GCW Parade and also welcomed the faculty and students of both the colleges.



The students of both the colleges participated by reciting the shloks of "Shrimad Bhagwat Geeta". The jury members were Anupama Sharma department of Hindi of GCW Parade and Dr Rajni Sharma of department of Sociology, GDC Nowshera.The first prize was secured by Vishal Sharma of GDC Nowshera and Isha Sharma of GCW parade the second prize gone to Ruchi Sharma of GCW parade and third Prize was secured by Ashmani Sharma of GDC Nowshera. E-

Certificates were also given to all the participants. The whole event was organized under the patronage of the principalsl of both the colleges and the program was concluded with vote of thanks by Dr Gourav Sharma, HOD Sanskrit GDC Nowshera.

Dr Gourav also highlighted the importance of Bhagavad Gita in the whole life of people and also described that how the Bhagavad Gita has become inspirational book for the whole world.

Sd/-
Principal
GDC Nowshera

OFFICE OF THE PRINCIPAL

GOVT. DEGREE COLLEGE NOWSHERA (RAJOURI J&K)

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

Tell. Phone/Fax 01960-230323, Mob. 94192-56701

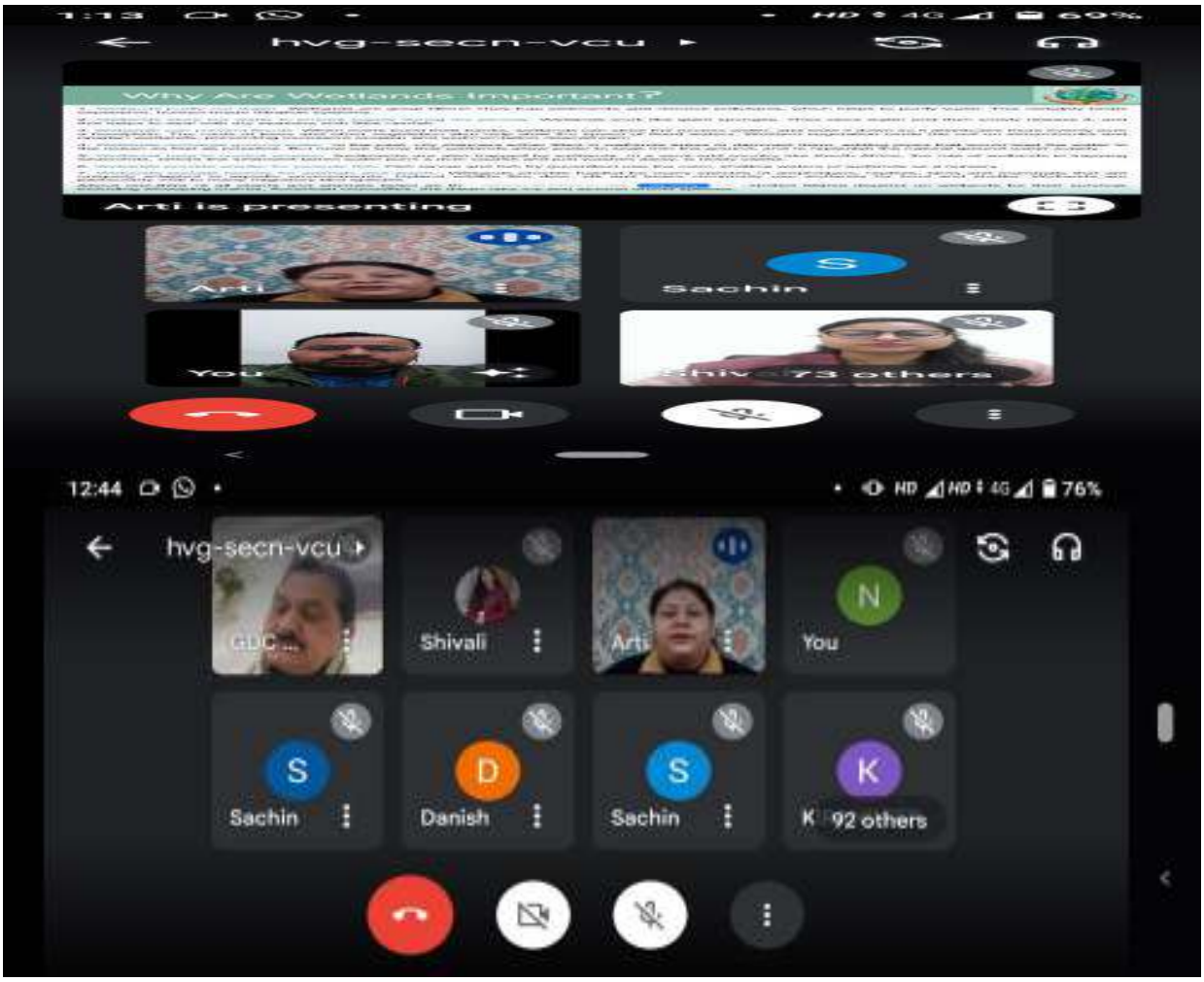
No.DCN/21/1126 **Date:- 02-02-2022**

Press Release

Department of Environmental Sciences of Govt. Degree College Nowshera organized a webinar on the occasion of "World Wetlands Day"

The Department of Environmental Sciences of Govt. Degree College Nowshera organized a webinar on the occasion of "World Wetlands Day" on 2nd of Febuary, 2022 under the title "Significance of Wetlands for people and our planet" to commemorate Azadi Ka Amrut Mahotsav. The main aim of the webinar was to aware the students about the importance of wetlands ecology and how to conserve it for us and for future generations. The resource person of the event was Dr. Arti Sharma, Asstt.Prof. GGM Science College, Jammu.A large number of students and faculty members from the college actively participated in the webinar through online mode. The programme was inaugurated by Dr. Surinder Kumar, Principal of GDC Nowshera. While speaking on the occasion, he highlighted the importance of Wetlands and how they play an important role for the benefit of humans and the environment. After this, the Resource person of the event, Dr. Arti Sharma gave deep insights about the concept of Wetlands, history behind the celebration of Wetlands Day. She explained the importance of Wetlands for the people and the Earth as a whole. She also highlighted the causes responsible for wetland loss and response actions, we must take to reverse wetlands loss. The proceedings of the event were conducted by Miss Shivali Sharma (Lecturer, Environmental Sciences) and the programme was ended with formal vote of thanks by Mr. Neeraj Sharma (Lecturer, Environmental Sciences).





Sd/-
Principal
GDC Nowshera