

Women Development Cell

Govt. Degree College Pulwama, Kashmir

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Newa Road Pulwama

NAAC Accredited Grade "A"

****Govt.Degree College Pulwama Celebrates International Day of the Girl Child 2024 ****

In connection with the celebration of International Day of the Girl Child ,the Women Development Cell of the college organised a day long seminar on the theme "Girls' Vision for the Future" on 11th of October 2024 under the patronage of Dr Haris Izhar,worthy Principal of the college. The inaugural session of the seminar commenced with the introductory remarks by Prof.Syeda Laila Khalid.She in her address reiterated the dire the need to celebrate such days and also highlighted the role of society in making the future of girl child more bright. It was followed by the welcome address delivered by Prof.Irfana Rasool, Convener Women Development Cell wherein she extended a very warm and cordial welcome to all the participants .She also stressed upon the need to listen and respond to the problems faced by girl child. Worthy Principal of the college Dr Haris Izhar in his inaugural address vociferated his hope of girls having bright future as they are proving their mettle in myriad fields and often outshining boys.He also appreciated and congratulated the organizing team for conducting such programmes that ensures the awareness and empowerment of the girl child which will eventually make the kind of world in which they half of humanity is an equal partner in solving the problems of climate change,political conflict,economic growth,disease prevention,global sustainability.



The Inaugural session was followed by the technical sessions in which students from various semesters delivered their brilliant presentations. An inspirational documentary on girl achievers of Kashmir was also screened in the technical session. More than 50 students from various semesters and faculty members from different departments attended the program. Later in the valedictory session, certificates of participation were distributed among the students. Vote of Thanks was proposed by Prof. Feroza Akhtar. The program was moderated by Prof. Syeda Laila Khalid and coordinated by Prof. Irfana Rasool.

Sd/-

Prof Irfana Rasool

Convener Women Development Cell

Report on Disaster Management Activities Organized by the Department of Geography, GDC Pulwama
Date: 14th October 2024

Introduction

In observance of the **International Day for Disaster Risk Reduction (IDDRR)**, the Department of Geography, Government Degree College (GDC) Pulwama, organized a series of impactful activities on **14th October 2024** under the theme, "**Empowering the Next Generation for a Resilient Future.**" The primary objective of the event was to empower students and the local community with the knowledge and skills necessary to build resilience in the face of disasters and to promote the importance of proactive disaster risk management for a sustainable future. The activities, which ranged from awareness campaigns to hands-on workshops, were conducted with the guidance and support of **Principal Dr. Harris Izhar Tantray**, whose patronage made the event a success.

Objective of the Event

The key objectives of the event were:

1. To raise awareness about disaster risk reduction (DRR) among students, faculty, and the local community.
2. To emphasize the importance of the next generation's role in building disaster resilience.
3. To educate participants on how to prepare, respond to, and recover from various types of disasters.
4. To promote disaster risk reduction as a key component in sustainable development.
5. To encourage student engagement and involvement in disaster management activities.

Key Activities

1. Inaugural Ceremony

The event began with an inaugural ceremony attended by students, faculty, and local dignitaries. Principal Dr. Harris Izhar Tantray delivered a keynote address, highlighting the importance of the International Day for Disaster Risk Reduction and the theme for this year. His speech underscored the need for young people to play an active role in shaping a resilient future and stressed the importance of disaster preparedness in today's rapidly changing world.

2. Awareness Seminar on Disaster Risk Reduction

The Department of Geography organized an awareness seminar featuring expert speakers in the field of disaster management. The seminar focused on the concept of disaster risk reduction, climate change impacts, and the role of young people in creating disaster-resilient communities. Students were introduced to real-world examples of how communities worldwide have successfully reduced their vulnerability to natural disasters.

3. Workshops on Disaster Preparedness and Response

A series of hands-on workshops were conducted to provide practical knowledge about disaster preparedness. These workshops covered a range of topics, including:

- First aid and emergency response techniques.

- Disaster risk mapping and the use of Geographic Information Systems (GIS) for disaster management.
 - Creating disaster preparedness kits for households and communities. Students actively participated in simulations where they learned how to handle different emergency scenarios, such as earthquakes, floods, and fire evacuations.
4. **Interactive Poster Exhibition and Awareness Campaign**
As part of the event, students participated in creating **posters and visual materials** on disaster preparedness and risk reduction. These posters were displayed around the college campus and shared on social media to spread awareness. The exhibition allowed students to express their understanding of disaster risks and how to mitigate them. The campaign also focused on the significance of collective efforts to minimize the impact of disasters in the local community.
 5. **Disaster Management Awareness Quiz Competition**
A quiz competition was organized to test students' knowledge of disaster management and to engage them in a fun and informative way. The questions covered various disaster-related topics, including the types of disasters, safety measures, global case studies, and emergency response protocols. This activity helped to assess the students' preparedness and reinforced the importance of being informed about disaster risks.
 6. **Disaster Simulation and Evacuation Drill**
In order to provide participants with a hands-on experience, a **disaster simulation drill** was conducted on the campus. The drill simulated a real-life emergency scenario where students had to evacuate the building and follow safety protocols. The drill emphasized the importance of staying calm, following instructions, and being aware of evacuation routes. Emergency response teams, along with students, demonstrated efficient evacuation procedures, making the drill an effective learning tool for everyone involved.
 7. **Community Outreach and Local Engagement**
The department also extended its efforts beyond the college campus by engaging with local communities. Students and faculty members visited nearby villages to educate residents about the importance of disaster preparedness, risk reduction, and how they can enhance community resilience. Information brochures, disaster response manuals, and disaster risk reduction tips were distributed during these outreach programs.
 8. **Debate and Discussion on Building Resilient Communities**
A **debate session** was organized where students debated on various topics related to disaster management, such as "The Role of Technology in Disaster Risk Reduction" and "The Importance of Community-Led Disaster Management." This activity allowed students to voice their opinions, challenge existing ideas, and develop a deeper understanding of the complexity of disaster risk reduction.

Under the able leadership of **Principal Dr. Harris Izhar Tantray**, the event was organized with meticulous planning and execution. Dr. Tantray played a pivotal role in facilitating resources and ensuring the involvement of all stakeholders, including faculty members, students, and local community leaders. His unwavering support and vision for empowering the next generation to address critical global challenges were reflected in the success of the event. He encouraged active participation, emphasized the significance of education in disaster management, and reinforced the need for continuous learning to build resilient communities.

The disaster management activities organized by the Department of Geography at GDC Pulwama on the occasion of **International Day for Disaster Risk Reduction** were a resounding success. The series of educational and practical activities provided valuable knowledge and skills to students, faculty, and the local community. With the leadership of Principal Dr. Harris Izhar Tantray, the event effectively highlighted the importance of disaster risk reduction and the critical role that the next generation plays in building a resilient future. Moving forward, the department aims to continue these initiatives to further enhance disaster preparedness and foster a culture of resilience within the community. The event on 14th October 2024 successfully empowered the students and local community, setting a strong foundation for future disaster risk reduction efforts at GDC Pulwama.



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Report on Seminar: "Culture of Integrity for a Nation's Prosperity"

Date: 2nd November 2024

Venue: Incubation Centre, Government Degree College, Pulwama

Organizers: Department of Botany, GDC Pulwama

Theme: Culture of Integrity for a Nation's Prosperity (Part of National Vigilance Week Celebration 31st October to 3rd November-2024)

Objectives:

1. To promote awareness about National Vigilance Week.
2. To emphasize the role of integrity in nation-building.
3. To encourage students to uphold integrity in their personal and professional lives.

Summary: The Department of Botany, GDC Pulwama, organized a seminar on "Culture of Integrity for a Nation's Prosperity" as part of National Vigilance Week celebrations. The program started with the Inaugural Address by Dr. Masood Majaz, Head, Department of Botany in which he stressed upon the formation of corruption free nations. He stressed upon the fact that India shall be witnessed as an example of equality transparency and Economic growth to bring all its citizens on a common platform of love and compassion for the country.

Student Speakers

1. Saqlain Mushtaq (Bsc. 1st Semester)
2. Rayees Ahmad Wani (Bsc. 1st Semester)
3. Aneesa Ayoub (BSc. 3rd Semester)

Saqlain Mushtaq and Rayees Ahmad Wani delivered thought-provoking presentations on the topic. Aneesa Ayoub, also shared her insightful views on National Integrity.

The seminar witnessed enthusiastic participation from students, who appreciated the program. About 40 students participated in the programme. The event aimed to promote awareness about the importance of integrity in achieving national prosperity.

Vote of Thanks was presented by Prof. Nighat Dijoo, Faculty, Department of Botany.

Proceedings of the seminar were conducted by Dr. Kouser Parveen, Faculty, Department of Botany

Outcome: The seminar successfully achieved its objectives, inspiring students to adopt a culture of integrity and contribute to the Nation's prosperity. The event reinforced the importance of integrity in achieving national prosperity and encouraged students to become responsible citizens.

Head Department of Botany.



Report on World Environment Week

Organized by Eco Club Committee in Collaboration with NSS, GDC Pulwama

Date: [1st to 11th June, 2024]

Venue: Government Degree College (GDC), Pulwama

Introduction

The Eco Club Committee, in collaboration with the National Service Scheme (NSS) units of Government Degree College Pulwama, organized a series of events and activities to celebrate World Environment Week. This initiative aimed to raise awareness about environmental issues, promote sustainable practices, and engage students and the community in environmental conservation efforts.

Objectives

1. To educate students and the community about environmental issues.
2. To promote eco-friendly practices and sustainable living.
3. To engage participants in activities that contribute to environmental conservation.
4. To foster a sense of responsibility towards the environment among students.

Activities and Events:

Schedule

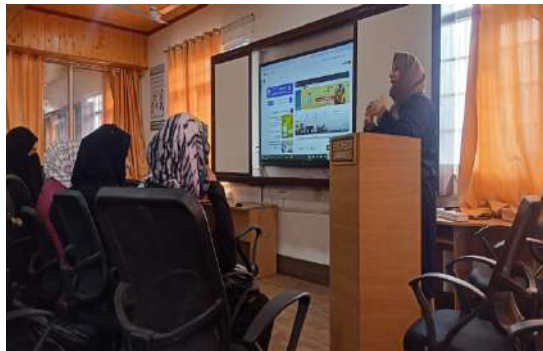
- Bicycle Race for Promoting Healthy Lifestyle theme of LiFE (1.6.2024/ Saturday)
- Annual Road Race Promoting Healthy Lifestyle theme of LiFE (3.6.2024/ Monday)
- Expert Lecture on the Theme, "Land restoration, desertification and drought resilience" (5.6.2024)
- Student Presentations on the Theme, "Land Restoration, Desertification and Drought Resilience" (5.6.2024)
- Plantation Drive in the main lawns of the campus (5.6.2024)
- Discussion on LIFE-Style Mission and Installation of hoarding in the campus (6.6.2024)
- Slogan writing, Painting Competition and Placard rally on the WED 2024 Theme (8.6.2024)
- Campus Cleanliness Drive (8.6.2024)
- Quiz Competition (On the theme of WED 2024) (10.6.2024)
- Video clip competition (On the theme of WED 2024) (10.6.2024)
- Expert talk on "Innovation for Environmental Sustenance" to be jointly organized by IIC and Eco-Club (10.6.2024)
- Valedictory Function and Award of Certificates (11.6.2024)

College Eco-Club
Govt Degree College Pulwama
IN COLLABORATION WITH:
NSS UNITS
ORGANISES
WORLD ENVIRONMENT WEEK CELEBRATION
DATES:
1st to 11th June, 2024
ecoclubgdcpulwama@gmail.com

Patron
Dr Haris Izhar
Principal
Co Patron
Dr Shahid Ahmad Wani
Convener, Eco Club

1. Inaugural Ceremony: On 31/05/2024, an Inaugural ceremony was conducted with the Eco-club and NSS volunteers and all the participants who had registered for different events to be held during the weeklong celebration of World Environment Day (1st -11th June, 2024)

- Welcome address was delivered by Dr. Shahid Ahmad Wani, Convener, EcoClub, GDC Pulwama.
- Keynote speech was delivered by the principal, GDC- Pulwama Dr. Haris Izhar on the importance of environmental conservation.
- Unveiling of the week's schedule and activities by Prof. Yasmeen Gull NSS Programme Officer.



2. Bicycle Race for promoting Healthy life style theme of LiFE.(01/06/2024)

- **Starting Point:** GDC Pulwama Main Gate
- **Route:** [Insert Route Details, covering significant areas around the college]
- **Ending Point:** GDC Pulwama Main Gate

Students from various departments enthusiastically participated in the Bicycle race. Provision of safety gear and first aid stations along the route along the route were installed by the college besides the supervision by NSS volunteers and faculty members.



This event was purposely organized with the hope of the following Impacts on the students.

1. **Promotion of Physical Fitness:** The event successfully highlighted the importance of regular physical activity for maintaining a healthy lifestyle.

2. **Environmental Awareness:** Participants learned about the environmental benefits of cycling, such as reducing carbon emissions and decreasing traffic congestion.
3. **Student Engagement:** The race fostered a spirit of camaraderie and teamwork among students.
4. **Sustainable Practices:** The event encouraged the adoption of cycling as a sustainable and eco-friendly mode of transportation.

3. Annual Road Race promoting healthy Life Style Theme of the LiFE on 03/06/2024.

- **Starting Point:** GDC Pulwama Main Gate
- **Route:** [Insert Route Details, covering significant areas around the college]
- **Ending Point:** GDC Pulwama Main Gate.

- Besides giving an overview of the race route, rules, and safety precautions & the importance of health, fitness, and sustainability Principal, GDC Pulwama, Dr Haris Izhar, spoke to the students before the commencement of the Annual Road Race.



This road race:

1. encouraged participants to adopt a healthy and active lifestyle.
2. raised awareness about the benefits of running and regular exercise.
3. promoted the theme of LiFE (Lifestyle for Environment) among the young students.
4. Developed a teamwork spirit among participants.

4. Expert Lectures on the Theme: Land restoration, desertification and drought resilience.

- **Date:** June 5, 2024
- **Speaker:** [Dr Shahid Ahmad Wani & Dr Kouser Parveen, Faculty GDC-Pulwama]
- **Topics Covered:**
 - Overview of land degradation and its global impacts.
 - Causes and consequences of desertification.
 - Importance of land restoration for environmental and socio-economic benefits.
 - Strategies for building drought resilience.
 - Case studies and examples of successful land restoration projects.
- **Interactive Session with students was also held where** Questions from the students were dealt and answered satisfactorily besides holding a discussion on local issues and possible solutions.



1. The lectures significantly increased awareness about land degradation, desertification, and drought resilience among students and community members.
2. Students/ participants gained valuable insights into sustainable land management practices and strategies for land restoration.
3. The lecture inspired participants to take proactive steps towards land restoration and environmental conservation in their own communities. so the event was an motivation for the positive action.

4. Tree Plantation Drive in the College Campus (5th June 2024)



Students & faculty of the college participated in the drive to plant the various native tree species. Educational session on the benefits of trees and proper planting techniques was also held.

5. Discussion of LiFE Style mission with students: (6th June 2024)



LiFE Style's mission was discussed with students. Promoting it would be an effective way to engage students and raise awareness.

- LiFE Style focuses on promoting sustainable living among students.
- It highlights the specific objectives of the mission that includes reducing waste, promoting eco-friendly practices, or fostering a healthier lifestyle

6. Slogan Writing painting competition, and placard rally on 08th june-2024:



College announced the competition well in advance through posters, Whatsapp, and announcements in classes. It encouraged creativity and awareness about environmental issues through impactful slogans, creativity & visual Impact. Posters and slogans were exhibited in the college premises. A panel of

judges was formed including faculty and environmental experts to evaluate entries based on relevance, creativity, and impact.

7. **Quiz Competition on the theme of WED-2024 (8th June-2024):** A quiz competition was conducted among the 5 groups of the students, covering the areas of General Knowledge related to environment, endangered plant and animal species, environment issues, environment laws, biodiversity conservation & Climate change.

8. **Campus Cleanliness Drive (10th June 2024 - Afternoon**



- Eco Club and NSS volunteers led a campus cleanup.
- Collection and proper disposal of waste.
- Awareness campaign on waste segregation and recycling.

9. **Student's Seminars on the theme of WED-2024 (10TH June-2024):** Students were given the following topics to speak on any of them as per their interest.

- Climate Change and Its Impacts
- Waste Management and Recycling
- Water Conservation Technique.



10. Expert talk on the topic “Innovations for the environmental sustenance. (10th june-2024):

Guest speaker, Dr Zubair Ahmad enlightened the students & faculty with the knowledge about the environment sustenance.



11. Velidictory function on 11/06/ 2024:

To acknowledge students participation, **Certificates** for the best slogans and Posters and best seminar presentations and to the winners of the quiz competition were awarded to the winners.



Conclusion

World Environment Week at GDC Pulwama was a resounding success, thanks to the dedicated efforts of the Eco Club Committee, NSS volunteers, students, faculty, and the local community. The event not only educated participants about pressing environmental issues but also inspired them to take proactive steps towards a more sustainable future. We look forward to continuing our efforts in promoting environmental conservation and sustainability.

Government Degree College, Pulwama

Report on Art of Living Youth Program for College Students in Jammu and Kashmir (Youth Empowerment and Skill Workshop)

Date: 24th - 27th September

Four days training workshop on “Youth Empowerment and Skill Workshop (Yes!+)” was organized by the Art of Living Foundation in collaboration with the Higher Education Department Jammu & Kashmir in the Mini Auditorium of GDC Pulwama (Host College) from 24th September to 27th September 2024 (10:30 am to 1:30 pm) for 6 colleges, GDC Pulwama (20 students), GDC Women Pulwama (15 students), GDC Tral (20 students), GDC Pampore (15 students), GDC Rajpora (15 students) and GDC Awantipora (15 students). The Career Counselling Cell and Academic Affairs Committee were organizers in the host college.

Day 1

The proceedings of the workshop started with the inaugural session at 10:30 am wherein Ms. Waseema Hamid, Convener Career Cell of the host college, presented welcome address and congratulated the organizers for conducting the workshop. Mr. Avinash Tikoo, Director, Youth affairs, The Art of Living Foundation gave introductory remarks about the workshop. Founded in 1981, by H.H. Gurudev Sri Sri Ravi Shankar, Mr. Avinash Tikoo enlightened that The Art of Living Foundation offers highly effective educational and self-development programs and tools that eliminate stress and foster deep and profound inner peace, happiness and well-being. He emphasized that The Art of Living reinforces human values and brings people from varied social, economic, geographic, cultural and religious backgrounds together in a spirit of Service and Celebration. These programs include breathing techniques, meditation, yoga, and practical wisdom for daily living. The Art of Living is present in 152 countries, reaching an estimated 300 million people worldwide with a vision of individual and social stewardship in society. This was followed by a brief lecture by Ms. Mahika Sharma, a dedicated full time faculty member in Art of Living Foundation wherein she briefly discussed about the life skills as the abilities for adaptive and positive behavior that enables individuals to deal effectively with the demands and challenges of everyday life. Afterwards Mr. Avinash Tikoo briefly explained the program schedule for 4 days dividing the content into 12 modules - Personality Development (5 modules), Social Adaptability and Effectiveness (4 modules) and Professional Skills (3 modules).

After introductory session, a series of interactive exercises started:

Activity 1: Introduction by all the participants. This activity was aimed at fostering a sense of connection and mutual belonging among participants.

Activity 2: A riddle test where participants had to resolve riddles. This activity was to emphasize the importance of listening and encouraging careful attention.

Activity 3: Participants were encouraged to ask questions based on what they had heard. This activity highlighted a variety of questioning techniques and emphasized how effective communication is to be required.

Activity 4: To go into the past and think what things bother and generate anxiety. The students were made aware about Psychosomatic Disorders

Activity 5: Many exercises were being performed to uplift energy among students.



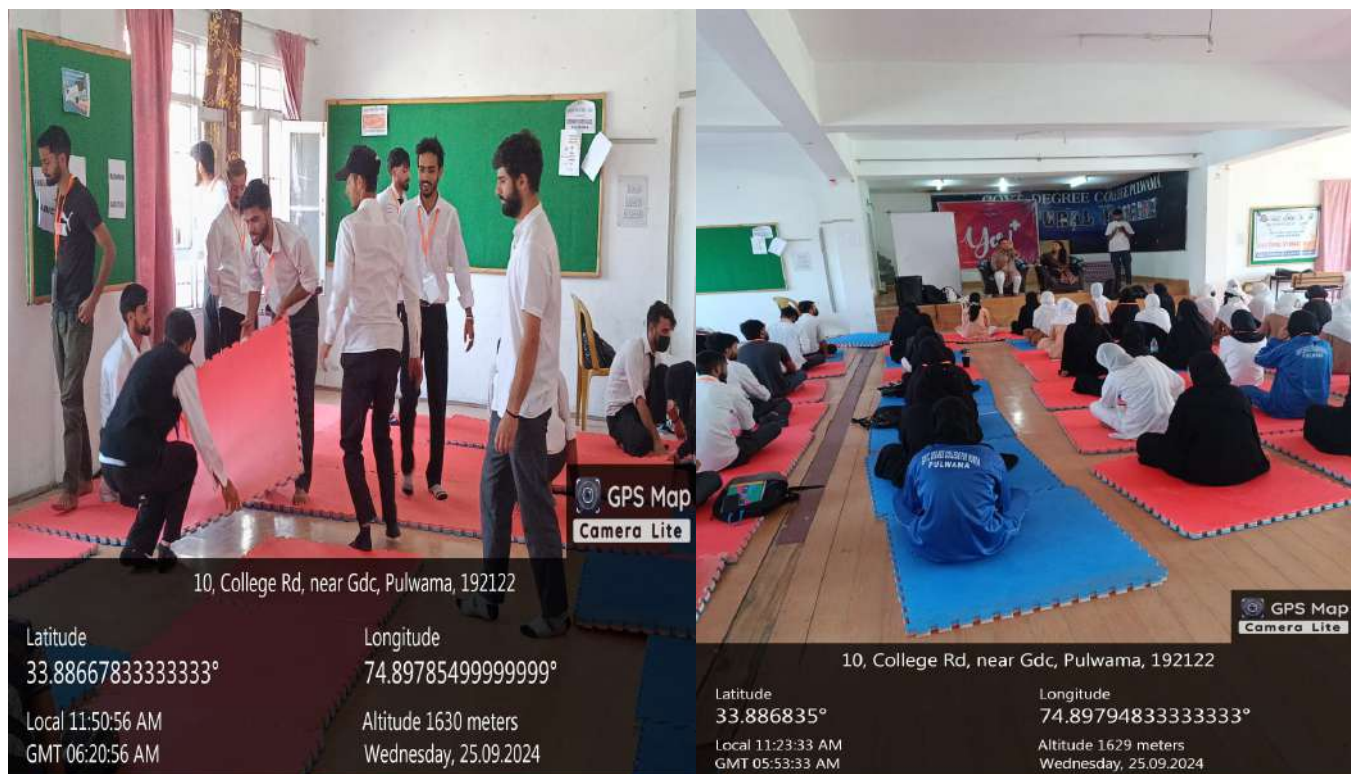
Day 2:

This day was the Happiness Program

Powerful breathing techniques were being performed that can change one's life. The main aim was to equip oneself with practical knowledge and techniques to unlock one's true potential and bring fullness to one's life. These exercises were being performed to foster well-being through breath, meditation & yoga and to eliminate stress and help individuals develop their highest potential.

Students were made to perform different exercises that taught them to take a right decision, to win the races, to be more responsible towards academics, family and take up ownership for their acts.

Students were taught through different activities how opposite values are complementary to each other.



Day 3:

SKY—a powerful rhythmic breathing technique was being done that harmonizes the body-mind complex. Participants noticed reduced stress and anxiety, better sleep, a stronger immune system, and increased energy levels. A combination of asanas and other relaxation exercises were being performed to encourage a calm state of mind, to improve memory and retention and specialized processes to increase confidence and concentration. The workshop provided students with a comprehensive toolbox to manage their emotions and stress as well as dynamically navigate through adolescence. This program broadened vision and provided practical knowledge and skills to realize the highest potential. After undergoing the program, students will acquire enhancement of creative skills, improved memory and concentration, development of leadership qualities and healthy emotions, clarity of mind as well as improved interaction with their peers. It imbibed a passion for excellence and instilled a spirit of volunteerism in the students, creating a strong foundation for nation building. The two main take aways of this day were: “Don’t be the football of other people’s opinion” and “Don’t see intentions behind other people’s mistakes.”



Day 4:

The two trainers explained the seven levels of existence- body, mind, breath, intellect, memory, soul/self and ego. They provided insights into how these elements interact and influence the overall wellbeing. This was followed by different activities based on compliments for one other as a mark of respect.

This session was followed by valedictory session wherein certificate distribution ceremony was held, all the participants are acknowledged for successfully completing the workshop. This was followed by concluding remarks by the worthy Principal of the host college Prof. Harris Izhar Tantray wherein he emphasized the importance of such initiatives for the overall development of the students. He highlighted the role of workshops in fostering mental, emotional and physical wellbeing which are essential for personal and academic growth.

Dr. Tabasum Ismail acted as a Rapporteur for the event
Member
Academic Affairs Committee





Ms Waseema Hamid

Convener

Career Counselling Cell