

NSS REPORT 2019-2020

NSS Units of the Govt. Degree College, Udhampur organized the following activities during the session 2019-20

ON 10-04-2019 NSS Units of Govt. Degree College Udhampur Organized Road safety awareness programme in collaboration with "Road Safety Club" GDC Udhampur



J. S. Johar, KPS, Sr. Supdt. Of Police Traffic National Highway said that _"Wearing Helmet is being fashionable; it adds to your smartness besides saving lives. Of all road accidents, more than two third are that of two wheelers and that too in the prime teens"said He was speaking on the inauguration of first ever Road Safety Club at Govt. Degree College Udhampur. He further elaborated that the main aim of this club should be to establish a reliable and common approach for grasping the traffic situation of the town by building a system that effectively utilizes traffic sensing. He also said that as per the official record, a total of around 1.5 lac accidents took place and 235 fatalities are reported in J&K in the year 2019 which means approximately 01 person dies because of road accident every day. He also shed light on the new amendments made under the motor vehicle act and discussed in detail about the various fines based on the levels of menace. He specifically highlighted that the adolescents and **who are** under age if found driving any vehicle without helmet and the driving license, their parents will be fined as they give consent unknowingly to their children. He further added, "wearing helmet will not spoil your hairstyle but instead add to your personality." Mrs. Rachna Sharma, KAS, ARTO Udhampur and the Guest of Honor, laid importance on the new rules which will help bring in a disciplined environment in the country and ensure the safety of citizens on road. She also talked about the consequences of driving without license, helmet, seatbelts and juvenile offenses. Prof(Dr). Nutan Kumar Resutra, Principal Govt. Degree College Udhampur presented the formal welcome address and asserted on the need to create road safety awareness among the young children so that they will not only inculcate the road safety norms themselves, but to others as well. Thus, formation of such road safety club is vital. Ms. Deepika Anand, Student of PG Chemistry of the College was designated as the domain head of the club. Various NSS Volunteers of the College participated in the event. Among the prominent present were Dr. Udhey Bhanu, Dr. Bhavnaish Chand, Prof. B.L Thakur, Prof. Romesh Kumar Atri, Prof. Suresh Kumar Dogra, Dr. Ved Kumar, Dr. Satish Kumar, Prof. Kamal Kishore, Prof. G.R. Verma, Prof Samosh & Dr. Rippy Bawa NSS Programme officers ,Dr. Kamaldeep Kaur, Prof. Shajji Khan.

NSS Volunteers attended 700th Tree talk held at Udhampur College

On 16 April 2019 "However scientific progress we have made, it is time to return to mother nature if we want to save human race", said Mr. Ravi Kesar IFS, Principal Chief Conservator of Forest and Chairmen Pollution Control Board while deliberating during 700 th Tree Talk and unveiling ceremony of

Commemoration Pillar at Degree College Udhampur today. In a highly impressive and first of its kind botanical function organised by Nature Club and Prof. Romesh Atri, eminent Taxonomist, Sh. Ravi Kesar further said that there is sufficient in nature to cater to the needs of everyone, however we should use natural resources judiciously. Thrust should be to replenish plants whenever cut them so that Mother Nature is preserved; he also added. As a sequel to United Nation Bio-Diversity Decade with current year's 'Wild Edible' theme, the 700 th Tree Talk was held by Sh.O.P.Sharma Vidyarthi IPS, the driving force behind tree talk movement. The function commenced with planting of 'Living Fossil' plants by the dignitaries. This was followed by unveiling Ceremony of "700 th Tree Talk Commemoration Pillar" by Sh.Ravi Kesar and Sh.O.P. Sharma Vidyarthi in presence of Prof.Yash Pal Sharma, Dept. of Botany, University of Jammu, Shweta Jandial, Divisonal Forest Officer Udhampur, Dr.N.K. Resutra, Principal of the College, Dr. Udhey Bhanu, HoD Mathematics, Prof. G.R. Verma, HoD Sericulture, Prof. Jawaid Sarver, Assistant Professor Botany and all staff members and students of Govt. Degree College, Udhampur. An interesting feature and depicting the UN theme was an impressive layout and presentation of wild life edible items that were collected from jungles and remote areas by students of Botany Department who also made different preparations including concoctions, Sharbats, herbal tea and other wild preparations. Prof. Yash Pal Sharma lauded the efforts of College in organizing the first of its kind herbal exhibition and said that we are all reminded of by gone days when these things were part of life in rural areas. He also said that it was always a pleasure to visit his Alma mater that reminded him of his College days. Later on, Sh.O.P. Sharma Vidyarthi also made an elaborate presentation of feathered friends of mankind in most simple and common man's language. Others who attended the function included Prof. B. L. Thakur, Dr. Ved Kumar, Dr. Anil Khajuria, Prof. Naresh Kumar, Prof. Pankaj Sharma, Prof Samosh and Dr. Rippy Bawa Nss Programme Officers, Prof. Kamaldeep Kaur, Prof. Kawaljit Kaur.



Attended two day workshop

On 23rd and 24th of April 2019: Prof Samosh Kumar Nss Programme officer of the college and two Nss volunteers namely Mr.Prashant Khajuria Mr Pankaj Bcom-sem 2nd successfully attended two day workshop on 23rd and 24th of April 2019 on the topic "**Training of the Trainer on Drug De-Addiction and HIV Aids**" organised by the J&K State Aids Control Society ,Department of Health and Medical Education, in collaboration with Department of Psychiatry(Govt Medical College,Jammu)and Directorate of Higher Education, Jammu and Kashmir.



Observed 5th International Yoga Day

NSS Units of Govt. Degree College, Udhampur celebrated 5th International Yoga Day at GDC Udhampur on **21-06-2019** in the College campus as per scheduled time, a large number of NSS volunteers from GDC Udhampur, Prof (Dr).N.K Resutra Principal Govt. Degree College Udhampur graced the occasion as the Chief Guest and was welcomed with bouquet presentation. He addressed the gathering in his speech where he said, “Yoga is an invaluable gift of India’s ancient traditions. It embodies unity of mind, body and soul, and volunteers being young and energetic should make it a part of their daily routine for a holistic approach towards health and well being”. Dr. Udhey Bhanu, HoD Mathematics, Prof. Romesh Kumar Atri, Prof Kamal Kishore, Venue Incharge, Prof. Samosh Kumar, and Dr. Rippy Bawa NSS Programme officers, Prof. Kamaldeep Kaur, Mr. Rajesh Vohra and Ms. Ekta from APS, Udhampur were the Yoga Instructor for the day.



ON 22/07/2019 NSS Volunteers of Govt. Degree College Udhampur attended workshop

First ever Workshop on FDP and Department of Geology conducted at GDC Udhampur Sh. Dinesh V. Ganvir, Deputy Director General Geological Survey of India and Dr. Garima Gupta from Department of English, University of Jammu inaugurated the first ever FDP-Cum-Workshop on “Personality Development and Communication Skills” amongst the galaxy of academicians, faculty members, scholars from across the state, students of post-graduate and under-graduate departments of the Colleges. Speaking on the occasion, the Chief Guest Sh. Dinesh V. Ganvir lauded the efforts of the College to take lead in organizing such, need of the hour training programmes. He was of the view that in every walk of life communication and good personality skills matter a lot. In his address he also stressed upon the faculty to go to the level of the students and hone and inculcate in them confidence and courage along with instilling good communication skills to make them competitive and well prepared for the challenges of life. Prior to this the Chief Guest also inaugurated the newly established, Department of Geology in the College. In the inaugural process he deliberated on various programmes of Ministry of Mines, State Unit J&K for the educational institutions. He further said that the Geological Survey of India will provide all facilities to the students of this Collge in conducting outdoor activities including touring; lectures by experts from the Department as also various skill related programmes that these activities make students self dependent in pursuance to directions of the Government of India. Earlier the programme commenced with the lighting of the traditional lamp by the Chief Guest, other dignitaries and Senior Staff of the College including Dr. Udhey Bhanu, Prof. Babu Lal Thakur, Prof. Romesh Kumar Atri Prof. Suresh Kumar Dogra Prof. Kamal Kishore and Prof. G. R. Verma. Principal of the College Dr. Nutan Kumar Resutra extended formal welcome to the Chief Guest, the resource person and all participants in having grabbed the opportunity of participating in such an important event of academic activity that has much viability and importance in the life of everyone. He strongly endorsed the College staff for such an initiative and congratulated the organizing team. On this occasion, the Principal, Dr. Nutan Kumar Resutra along with Dr. Udhey Bhanu, Prof. Kamal Kishore and other senior staff felicitated Sh. Dinesh V. Ganvir, Deputy Director General Geological Survey of India and Dr. Garima Gupta by presenting mementoes to them. The inaugural session followed by the technical session which was very well conducted by Dr. Garima Gupta. In her address Dr. Gupta focused on the key areas of personality and communication and accentuated on focusing on self, as “Personality is the amalgamation of personal trait viz. heredity, Environment and Situation”. She also asked everyone present to go for self evaluation for self-awareness. The programme was attended by more than eighty participant’s along with the staff and Nss Volunteers. Amongst the staff Dr. Udhey Bhanu, Prof. Babu Lal Thakur, Prof. Romesh Kumar Atri, Prof. Suresh Kumar Dogra, Prof. Kamal Kishore, Prof. Naresh Sharma, Dr Pankaj Sharma, Prof. Kawaljeet Kour, Prof Samosh NSS Programme officer Prof. Tania Akhtar were chiefly present. The proceedings of the programme were conducted by Dr. Rippy Bawa NSS Programme officer. Dr. Kamaldeep Kaur was the stage co-ordinator. Whereas Prof. Shaji Khan provided the technical support. The programme came to an end with Vote of Thanks extended by Prof. Naresh Sharma, Head, Department of English.

On 21-08-2019 NSS Units of Govt. Degree College Udhampur Organized Anti Drug Rally flagged off at GDC Udhampur



“Drugs are more dangerous than Bullets” DIG Udhampur Reasi “Drugs are no different to the bullets of the

terrorists” said Sh. Sujit K. Singh, IPS, DIG Udhampur-Reasi Range while interacting with students and NSS volunteers on Drug Abuse in the Government Degree College Udhampur. Speaking on the occasion, The DIG said that when neighbouring countries failed to kill us with bullets, they started pumping drugs into our Country, thus crippling the whole young generation without firing even a single bullet. He further said that enemy countries whose economies are crippled are resorting to Narco-Terrorism, generating funds for themselves at the cost of destroying our young generation. Quoting from the WHO sources, Sh Sujit Kumar Singh IPS said that out of total drug addicts of 40 million in the whole world, India is having eight million plus drug addict. In his address to the students, Sh Sujit K. Singh IPS said that just like app play store, the God has given us a play store from where we can download apps that shape our life. He called upon the students to download positive apps that make their lives healthy and happy. Sh. Kameshwar Puri, KPS, Deputy Superintendent of Police and staff Officer to the DIG Udhampur-Reasi Range also elaborated upon different aspects of drug addiction. He explained various aspects of commercial narcotics as also difficulties faced by the Forces, both Central and State in meeting challenges of curbing this menace. Earlier, the DIG escorted by the motorbike cadets was given Ceremonial Guard of Honour by smartly clad NCC Cadets. The DIG was all praise for these cadets and announced Letters of Appreciation for cadets and also their trainers. The College Principal Dr.Nutan Kumar Resutra extended formal welcome to the Chief Guest. He talked very high of the simplicity and expressed confidence that under his able leadership, a positive result will emerge in putting an end to the drug abuse. He also extended warm welcome to the prominent citizens of Udhampur attending the rally that included Sh. Brij Mohan Sharma, Sh. Sanjeev Dubey, Sh. Shakeel Shah, Sh. Sham Swaroop Kalsotra, Sh. Raj Guru, Sh. Vikram Salathia, Sh. Ashok Khajuria, Chairperson Bhartiya Group of Colleges and Principal from other Colleges. Sh. Sujit K. Singh, IPS DIG Udhampur Reasi Range also planted a sapling in the College to usher in Green Movement. The Chief Guest presented prizes to students who had participated in Poster Making Competition. These NSS Volunnters were Sonali Bharti , Prianka Manhas, Kajal Thakur who ranked first, second and third respectively. Prof. Suresh Kumar Dogra, Prof. Samosh Kumar NSS Programme officer and Prof. Sarita Parihar were the adjudicators for competition. The Chief Guest also distributed track suits amongst NSS Volunteers of the College. The Chief Guest witnessed exhibition of posters made by participants and lauded the students for their creative expression with respect to the topic. Later the Chief Guest alongwith the Principal and dignitaries and staff of the College flagged off Anti-Drug Rally. The rally of the students with placards and slogans against drug abuse went through Dak Bunglow, MH Chowk, Gole Market, Mukerji Bazar, Slathia Chowk and Domail. The entire proceedings of the programme was coordinated by Prof Samosh ans Dr. Rippy Baba Nss Programme officers of the college.

Organized Plantation Drive'



On 23-08-2019 NSS Units of Govt. Degree College Udhampur Organized Plantation Drive in which Deputy Commissioner Udhampur kick start 'Plantation Drive' at GDC Udhampur "The very survival and sustenance of mankind in the lap of mother nature is in tersely related tothe our efforts in replenishing and conserving our natural resources" said Dr.Piyush Singla, IAS, District Development Commissioner , Udhampur while interacting with the NSS Volunteers ,students and faculty in the college conference hall. He has planted a sapling of 'Golden Cyperherus 'in the college Vatika to mark beginning of massive plantation drive by the students as a requirement under EVS Project. Mr.Singla appreciated the unique initiative of the college where each student will plant and take care of his / her tree to survival to get award in the project. A 'pink toilet' fitted with 'Sanitary Napkin Vending Machine' and Incinerator, for female staff and students of the college was also inaugurated. Lauding the initiatives of the college administration in providing modern infrastructure and facilities, he said that District Administration will also install such machines In all Govt. High and Hr. Secondary Schools of the District. To promote the revival of our healthy heritage activities, Green Kite Flying Competition was also kicked off by Dr.Singla in the college playground. He congratulated the principal and faculty for taking such kind of innovative initiatives for the holistic up keep of the college ambience for better delivery to the students. Earlier proceedings of the program begin with formal welcome address by Dr.N.K Resutra, principal of the college .Dr.K.C.Sharma , a prominent surgeon of Udhampur town also interacted with students and quoted the references made to the conservation of trees in our scriptures like Vedas and upnishads. College senior faculty including Dr.Udhey Bhanu, Prof.Babu Lal Thakur, Prof.Romesh Kr.Atri, Prof.Suresh K.Dogra, Prof.Satish Kumar, Dr.Pankaj Sarsvat, Prof.Jawaid Sarver,Prof.Samosh Kumar NSS Programme officer,NCC Cadets and NSS volunteers attended the program.Dr.Rippy Bawa and Prof.Kamaldeep Kaur anchored the proceedings of the program.

Organized another Plantation Drive by CRPF at GDC Udhampur

On 30-08-2019 NSS Units of Govt. Degree College Udhampur organized a massive plantation Drive in the College Campus in collaboration with Commandants CRPF Battalions 137 and 187, along with other officers in which more than two thousand fruit plant saplings of different saps like Apple, Guava, Pomegranate, Mango were planted also distributed among students and staff for plantation in the College. Hundreds of students from Botany and EVS Department, planted these and pledged to adopt these plants for care to their survival. Scores of CRPF Jawans and officers from these two battalions participated in the plantation drive with fervor and enthusiasm for their service to mother nature. Interacting with the students who adopted newly planted saplings, Sh. R. B. Gupta Commandant 187 Battalion CRPF called upon them to understand the importance of our natural resources and get become aware of the consequences if we fail in our efforts to conserve them. Appreciating the zeal and enthusiasm and commitment of the students, Jb. M. Khalid Khan , Commandant 137 Battalion CRPF Udhampur said that these attributes of students personality make him/her successful in life. Later the two Commandants also visited the College Botanical Garden rich in plant life and congratulated the College authorities for developing such a beautiful garden in this College. Earlier the program began with formal welcome of the dignitaries by the College Principal Dr. Nutan Kumar Resutra and planting a sapling of hybrid Apple by them in the College Vatika in front of Chemistry Department. All Departments of the College planted one sapling each of the Apple tree . The prominent members besides officers of the two Battalions present on the occasion were Dr. Bhavnaish Chand, Prof. Romesh Kumar Atri, Prof. Suresh Kumar Dogra, Dr. Ved Kumar, Prof. Kamal Kishore, Prof. Hans Raj Sharma, Prof. Samosh Kumar and Dr. Rippy Bawa Nss Programme Officers, Prof. Sarita Parihar, Prof. Sunita Kumari, Prof. Kunzang Dolma, Prof. Rupali Sharma and Prof. Preeti Sharma



On 01-10-2019 Celebrated the International Old-age day



NSS Units of Govt. Degree College Udhampur celebrated the International Old-age Day with great fervor and enthusiasm. The event was marked by the Oath taking ceremony followed by a bunch of cultural items which included dances, songs, guitar playing, skits etc. in the college premises. The NSS Volunteers also spoke about the significance of this day and why it should be observed through out keeping in mind the present scenario of the declining moral values in today's youth and their indifferent behavior towards the old members of the society resulting in disrespect and homelessness of the aged. The programme was presided over by the Principal of the College Prof(Dr). Nutan Kumar Resutra. In his motivational speech, he persuaded the present generation to be more submissive, caring and to learn towards the elders of the family who are the pillars of our social system. Hereafter, the NSS volunteers visited the Jagriti Oldage Home for a rendezvous with the senior citizens of our society. NSS Programme Officers, Prof.Samosh Kumar Dr. Rippy Bawa, after interacting with the elderly deliberated on the urgency of looking after them and urged the students to spend time with them as their need of the hour is love and affection. The NSS Volunteers also distributed fruits among them and marked the end of this event by dancing with them which brought beautiful, wrinkled, smiles on their faces

On 02-10-2019 Observed Gandhi Jayanti as 'Shramdaan' Day

NSS volunteers of GDC Udhampur observed 150 th Birth anniversary of father of Nation Mahatma Gandhi as a special day to rededicate their selves for realization of various Gandhian principles for the betterment of mankind and nature today. On the occasion a massive cleanliness drive to remove the polythene and wrappers bits from the college campus was carried out under the command of NSS Programme officers Prof.Samosh Kumar and Dr.Rippy Bawa while interacting with the volunteers briefed about the 'Swachhta hi Sewa ' under Swachh Bharat Mission launched by the Govt. of India and stressed upon them to become messengers to the Gandhian Philosophy to the common Masses. Earlier Gandhi Jayanti commemoration activities began with the address by the Dr.N.K.Resutra, Principal of the college who while addressing the volunteers said that soil pollution is major concern all over the world and single use plastic has been one of the major soil pollutants . Volunteers also carried out cleanliness drive at

Devika Ghats under as 'Shramdaan' and removed loads of polythene and other plastic refuse and handed over to the men from Udhampur Municipal Council for proper disposal.



On 03-10-2019 Awareness campaign.



Nss Units of in collaboration with Department of music of Govt. Degree College Udhampur Organised a Musical Event to Create **Awareness against Drug Abuse and Single Use Plastic and Polythene**. The College in Collaboration with the musical band THE STRINGS of Mr. Sulabh Gupta (an Alumnus of the college) organised a Musical Programme with great fanfare. Principal of the College Prof. Dr. Nutan K. Resutra was the chief guest in the programme. Speaking on the occasion the chief guest accentuated that “music is the food of soul “and has the “power to create deep impact on the psyche of all of Us”. He stressed upon all present about the need of adopting music in life and also use it as a staple tool to create awareness about the burning issues of the society and the nation by involving the young people at large. In the programme Mr. Sulabh Gupta assisted by Himanshu and Arun on Guitar and Mr. Ajay Singh on Drum Pad, sang many popular numbers of Bollywood, popular Dogri Songs, Popular Sufi Songs as well as many self-composed numbers encapsulating a strong message to SAY NO TO DRUGS as also TO DO AWAY with single use plastic and polythene. Mr. Sulabh through his songs inspired the audience to stand strongly as collective force against the fatal menace of Drugs, the abuse of which is taking the youth on the track of destruction, disease and death. Some of the songs by him were so involving that the audience sitting there was motivated and moved to sing along with the band. Some of the students of the college Viz. Prashant Khajuria an active Nss Volunteer presented a rap and other songs in the Event. The Programme was attended by many a staff member namely Dr. Ved Kumar, Prof. Imtiaz Shahid, Dr. Aran Kumar, Dr. Pankaj Sharma, Dr. Raman Gupta, Prof. Shajji Khan Dr. Ajay Kumar, Dr. Tania Akhtar, Dr. Preeti Sharma, Dr. Rupali, Ms. Renuka, Ms. Rabia, Sh. Rajinder Gupta, Sh. Chandermohan, Rajneesh Gupta, other staff members and a large number of students. Prof. Samosh Kumar (HOD Music and NSS programme officer) Provided the logistic support for the Event

Organized Awareness Programme on Sanitation and Female Health



On 15/10/2019 NSS Units of Govt. Degree College Udhampur in collaboration with Mahila Jagriti Abhiyan Sanstha, Gujarat organized an awareness lecture-cum- demonstration on sanitation and female health hygiene in the college premises. The Chief Guest on the occasion was Dr. Bhavnaish Chand ,Incharge Principal Govt. Degree College Udhampur. Speaking on the occasion, the Chief Guest congratulated the organizers for initiating such an awareness programme for the female staff and students of the college in relation to female health. Prior to this, the programme started with formal welcome address by Miss. Shonima Malhotra, HOD Department of Sociology, followed by technical session conducted by Miss. Rupali ,member Mahila Jagriti Abhiyan Sanstha, Gujarat. She threw light on Feminine hygiene, different products related to female hygiene(sanitary napkins etc) , their merits and demerits. She also advised the NSS female Volunteers and other students of the college to maintain their hygiene by adopting healthy cleaning habits. Among the other member of the Sanstha present on the occasion were Davinder Sharma from Kathua;Darshna Devi and Vidhya Devi from Udhampur. The entire programme was co-ordinated by Ms. Tania Akhtar,Asst.Professor of English, Govt. Degree College Udhampur. The programme came to an end by the vote of thanks delivered by Miss. Pallvi Bhagat, Asst Professor BBA Govt. Degree College Udhampur.

CelebrationofGurupurab



On 22-11-2019 Nss units of GDC Udhampur commamorated Gurupurab Celebrations, Religious devotion and ferver marked the celebration of 550th Prakash Parv of Guru Nanak Dev Ji by the staff NSS Volunteers and other students of Govt. Degree College Udhampur that consisted of an exhibition depicting the life and teachings of Guru Nanak Dev Ji. The function commenced with inauguration of the Exhibition by SSP Udhampur Sh. Rajiv Pandey, IPS and SSP Traffic National Highway S. J. S. Johar, KPS. Addressing the staff and the students SSP Udhampur Sh. Rajiv Pandey while speaking on the occasion emphasized everyone to follow Sehaj Yog and not to go into the details of any religion. He also talked about Guru Nanak Dev Ji's teachings like service to humanity which needs to be adopted by all to remove present turbulence in the

society. He elaborated upon the fact that Guru Nanak had travelled across globe to spread his teachings of brotherhood, harmony and love among all faiths of life. SSP Traffic N/H S. J. S. Johar said that the birth of Guru Nanak Ji removed the darkness of desperation and enlightened the whole World. He also added that Guru Nank was not the religious leader of one particular community only; but belonged to the whole of mankind. He also stressed upon the fact that the teachings of Guru Nanak Ji are more relevant in today's turbulent World for the welfare of one and all as the whole World is suffering on many counts. He added that equality to women was always one of the most significant objectives of Guru Nanak Dev Ji life and that a common cultural Consciousness of India and unity in diversity was a big contribution of the Guru Ji. Earlier, the function commenced with Inauguration of exhibition on the life and teachings of Guru Nank Dev Ji which was followed by a speech by S. Surjeet Singh, Secretary Shrimoni Gurdwara Prabandak Committee Udhampur in which he elaborated on the contributions of Guru Nanak Dev Ji. He cited various quotes from Guru Granth Sahib that elaborated the Teachings of Founder of Sikhism explaining in detail their relevance at various points of time. Ms. Simran Kaur a NSS V olunteer of College presented Shabad on his culmination of the programme. The Celebration of Guru Nanak Ji's Prakash Parv comes to a conclusion with Guru Ji ka Langar at the College.

Constitutional Oath

On 26-11-2019 "We the People' at Udhampur College" 'We the people of India, give ourselves.....' with these words ranted the whole atmosphere of Govt. Degree College Udhampur where large number of NSS volunteers and students along with their teachers and guests took Constitutional Oath on the occasion of India's Constitution Day today; which was followed by other activities. The main event was held in the historical College Vatika where all the College students accompanied by their teaching and non-teaching faculty assembled. The Constitution Oath was administrated by Ms. Khushi, NCC Cadet of Semester-I of the College. All those present in the Vatika raised their hands and took the sacred Oath. The Oath taking ceremony was followed by screening of the movie on Constitution Day screened earlier in the Rajya Sabha; showing Constituent Assembly, various debates, symposia and other activities that precluded the adopting of Constitution of India. Besides the students were also made enlightened of other historical facts with this movie. On the occasion, Principal of the College Dr. Nutan Kumar Resutra also highlighted the attributes of Indian Constitution and appealed to the students to internalize the fundamental duties laid down in the Constitution to become good citizens. After the movie show, the staff and students attended a lecturer on Fundamental Rights delivered by the District and Senior Judge Hon'ble Justice M.L.Parihar held in the Head Quarter of 137 Bn. CRPF at Omara Morh. They had a wonderful interactive session with the members of the Judicial fraternity who appraised them of various colorful aspects of the Indian Constitution. On the occasion Senior Advocate and Social Activists Swantatra Dev Kotwal, Advocate Mr. Sanjeet Kumar, Ms. Sandeep Kaur, Mr. Farooq Khan also interacted with audience and highlighted the features of Indian Constitution. In yet another addition the Traffic Police headed by Sh. J. S. Johar, KPS, Senior Superintendent of Police Traffic National Highway accompanied by other officers visited the College. They interacted with staff ,NSS volunteers and students on the occasion of Constitution Day and distributed various written material among the students and other present pertaining to Fundamental Rights, Fundamental Duties, Preamble and other significant aspects of the Constitution of India. It is for the first time that Constitution day has been celebrated since abrogation of Article 370 and formation of Union Territory of Jammu and Kashmir. The prominent members present on the occasion were Dr. Udhey Bhanu, Dr. Bhavnaish Chand,

Prof. Babu Lal Thakur, Prof. Suresh Kumar Dogra, Prof. Kamal Kishore, Prof. G. R. Verma, Prof. Samosh and Dr. Rippy Bawa NSS programme officers and Prof. Rakesh Choudhary.

Organized AIDS awareness Rally

On 23-12-2019 Nss units and Red Ribbon Club of Govt. Degree College Udhampur in collaboration with J&K State AIDS Control Society organized a rally in connection with AIDS awareness. The rally was flagged off by the Principal of the College. The rally passed through the various locations of the city in which the NCC Cadets and NSS Volunteers among many others participated. The students carried banners/placards with slogans depicting not to indulge in activities which spread AIDS. The students also held interactions with the common masses in small groups to aware them about this dreaded disease. Earlier the students were addressed by Prof. (Major) Kamal Kishore, NCC Officer and Prof. Hans Raj Sharma Convener Red Ribbon Club in which they emphasized that each NSS volunteers and NCC cadets be the ambassador to propagate the ill effects of AIDS among the common masses in their towns and villages so that society can be freed from the various anti-social menaces. Prof. Suresh Kumar Dogra, Dr. Ajay Kumar, Samosh and NSS programme officer also accompanied the Rally.



Observance of Road Safety Week at GDC Udhampur



On 15-01-2020 Nss units of Govt. Degree College Udhampur in collaboration with Civil Defence, SDRF Department and ARTO Udhampur organized one day workshop on First AID in connection with ongoing observance of Road Safety Week. At the very outset, Sh. S.D Kotwal, Dy. Chief Warden Civil Defence explained in detail the motto and objectives of Civil Defence. He advised the NSS Volunteers and students not to go for rash driving and also cautioned them to bear helmet during the ride of two wheelers. He further quoted that the life is the precious gift of almighty and one should use it for the welfare of mankind. He also quoted Swami Vivekanand that besides various patriotism one should also go for

practical patriotism. Sh. Vidya Sagar, Dy. Superintendent of Police, Civil Defence also shared his views with the audience on this occasion. Mr. Anil Kumar, Master Trainer, demonstrated various techniques by which one can save the precious human lives during natural disaster, manmade disaster and during the accidents and domestic incidents. During the programme the volunteers raised many queries which were replied by the resource person to the satisfaction of the students. Besides the College staff ,NCC Cadets, NSS Volunteers and large number of other students participated in the awareness programme. Prof. Suresh Kumar Dogra conducted the proceedings of the programme. At the end vote of thanks was proposed by Dr. Bhavnaish Chand, HoD Physics. Besides Prof. Babu Lal Thakur, Dr. Ved Kumar, Prof. Kamal Kishore, NCC Officer, Prof. Satish Kumar, Convener Road Safety Club Prof.Samosh NSS programme officer and many other staff members were also present.

NSS Volunteers attended a motivational lecture

On 23-01-2020 "Let Not Stress Derail Youth": Sujit Kumar Singh "Overcoming your weaknesses with your motivational power is the word that everyone adores as, 'Success", said Mr. Sujit Kr. Singh IPS, DIG Udhampur Reasi range in an interactive session with the NSS volunteers and students and staff, organized by the IQAC and Career Counseling Cell of the college. One should not allow one's positive stresses subdued by negative thoughts and thinking as the latter lead a person in a situation where realization of one's goal becomes a distant dream, he also said. Striving for seeking realistic means and approaches clubbed with shunning of ego and pseudo-idealism, particularly at collegiate stage would help students become a successful person in life, he added in his mesmerizing address. Mr. Sanidhaya Singh, Inspector Income Tax, Dept Central Govt. from Nagpur was also a resource person who delivered a talk on the preparations for SSC exams after graduation. He stressed that carrying option B in one's mind would always hamper his struggle for achieving the main goal. He also gave tips to the students about cracking civil service examinations. Earlier the programme began with the formal welcome address by Prof. Dr. N. K. Resutra, Principal of the college where in he expressed his gratitude to the resource persons and threw light on the adorable attributes of the personality of the Chief guest that would keep on motivating always. Principal GDC Ramnagar Dr. Udhey Bhanu remained prominently present in the program. Senior faculty members of the college including Dr. Bhavnaish Chand HoD Physics ,Prof.Babu Lal Thakur, HoD Education, Prof, Romesh Kr. Atri HoD Botany, Prof Suresh Kr. Dogra, Convener IQAC, Prof Satish Kumar, HoD Zoology, Dr. Ved Kumar, Hod Chemistry, Prof. Kamal Kishore, NCC Officer, Prof. Sanjay Kumar, Convener Career Counseling Cell, Prof. Samosh and Dr. Rippy Bawa NSS programme officers and other staff members were also present in this highly motivating lectures.

NSS Volunteers participated in National voter Day Day

On 25 -01-2020 Volunteers of Nss units of Govt. Degree College Udhampur brought laurels to the College with participation in National voter Day celebrated at Police academy Udhampur organized by District Administration Udhampur, in which various prizes have been secured by presenting cultural activities by NSS volunteers of the college .



NSS Volunteers participated in 71 st Republic Day

On 26 -01-2020 Volunteers of Nss units of Govt. Degree College Udhampur brought laurels to the College with first ever participation in the March Past as civil squad during the celebrations of 71 st Republic Day parade at District Udhampur.

GDC Udhampur organizes Mega Walkthon' under Fit India Movement



On 30-01-2020 "A nation cannot progress and prosper unless it is a nation of physically fit citizens and to stay healthy and fit, we would have to live our life with sports activities as our daily routine" said Mr.Mohd Khalid Khan while briefing the students and staff of Govt. Degree College Udhampur before flagging off a 'mega Walkathon' organized by the college in which NCC cadets, NSS volunteers ,students and staff members of GDC Udhampur and Bhartiya College of Education took part. Carrying banners and placards in hands and enchanting various slogans on importance of healthy and fit life, Walkathon' passed through various prominent locations of the Udhampur town. The objective of the mega walk was to aware and sensitize the masses about the significance of healthy and fit body. Hundreds of students participate in the walk with tremendous enthusiasm and zeal. It is worthwhile to mention here that the program was organized as part of 'Fit India Movement Campaign' launched by Sh.Narendra Modi , Hon'ble Prime Minister of India, under the mission to make India a healthy Fit Nation. Earlier Principal of the College Prof.(Dr.) Nutan Kr.Resutra extended warm welcome the chief guest and other officials and also threw light on the importance of sports in our life. Convener College Sports Committee and Prof. Samosh and Dr. Rippy Bawa NSS programme officers coordinated the event. Senior faculty members who accompanied the 'Walkathon' include Prof. Babu Lal Thakur, HoD Education, Dr. Ved Kumar HoD Chemistry, Prof.Satish Kumar HoD Zoology, Dr.Aran Kumar, Dr. Balvinder Saini,Prof.Rakesh Kumar, Dr. Rippy Bawa , Dr. Kamaldeep Kaur and Prof. Rakesh Choudhary Mr.Shashi Sharma PTI

02-02-2020 Intraction with' Padam Shri Prof.Nirmohi



'Do not look for substitute of hard work and devotion, if you want to become successful person in any field' said Son of the soil and a prominent litterateur from Udhampur Padam Shri Prof.Shiv Dutt Nirmohi while addressing the gathering in a felicitation ceremony organized by students ,staff and administration of GDC (Boys) Udhamur today in his honor. It is pertinent to mention here that Prof. Nirmohi was adored with this prestigious award for his extra ordinary achievements and excellent research on 'culture and heritage of Duggar' in the field of literature during Republic Day 2020 celebrations by Gol, New Delhi. Reminiscing his literary travelogue from the very beginning when he started with a humble career as school teacher to Padam Shri Prof.Shiv Nirmohi, here counted all his strengths and weaknesses .He has hundreds of publications in the form of books and research papers to his credit and has stayed on the panel of Experts for Dogri language in UPSC. He mentioned the names of all those who helped him during his strenuous literary and research journey and acknowledged their support in his endeavors. 'We should always live with 'Praval Ichchha Shakti' (Sincere efforts) and positivity are two powerful tool to change our dream into reality' ,he added further. Earlier the felicitation program began with the formal welcome address by Prof.(Dr.) Nutan Kr.Resutra Principal ,who highlighted various attributes of the personality of Prof. Nirmohi and also refreshed his old memories when he had Prof. Nirmohi as senior colleague at GDC Udhampur where from he began his career as a college teacher. It is worthwhile to mention here that Prof.Nirmohi has already been bestowed with many other awards and honors by various literary organizations and schools. Prof Samosh and Dr.Rippy Bawa Nss programme officers coordinated the program and Principal GDC Ramnagar Dr.Udhey Bahnu remained prominently present in the felicitation program. Senior faculty including Prof.Babu Lal Thakur HoD Education, Prof. Suresh Kr.Dogra Convener IQAC, Prof Satish Kumar HoD Zoology, Dr.Ved Kumar HoD Chemistry, Dr.Pankaj Sharma, Prof.Rakesh Chowdhary, Dr.Aran Kumar Dr.Balvinder Saini, Dr.Kamaldeep Kaur, Dr.Rupali Sharma ,Non teaching staff, NSS volunteers attended the program.

NSS units Remembers The Martyrs Of Pulwama Attack

On 14th February 2020 a two minute silence was observed by the_NSS volunteers , students and staff of GDC Boys udhampur to commemorate the martyrs of Pulwama attack which happened on 14-02-2018 last year. The Principal of the college Dr Nutan K Resutra spoke about the sacrifices made by the forces who always are ready to lay down their- lives so that the common masses are at peace. He also motivated the Youth to always look upon the nation as their first priority and never hesitate to come forward for its progress and development whenever the need arises. The event was organised by the NSS Unit and the volunteers made a peaceful march in the memory of the Martyrs. The prominent members present on the occassion were Prof. Suresh Dogra, Prof Samosh and Dr. Rippy Bawa Nss POs, Prof. Yashpal, Dr. Kamaldeep Kaur, Dr. Rupali Sharma, Sh. Shashi K Sharma and Prof Pooja Dheeman.



Attended National Integration Camp

Mr. Prashant Sharma , NSS Volunteer of Govt Degree College Udhampur class Bcom Semester 4th.,Session- 2019-2020 has attended **National Integration Camp** from -----February ----- February 2019 held at Jammu University organised by the Regional Centre Delhi in Collaboration with NSS State cell of Jammu

NSS Volunteers Witnessed the Gatka Performance

The purpose of Gatka Martial Art is the protection of the weak and not to commit atrocities all over as conveyed by S. Surinder Singh Khalsa, the organizer of today's event held at GDC Udhampur. He added that the sole purpose of this Art is to help the youth by channelizing their energy towards their self-defense sport, and wean them away from the menace of drug abuse and other intoxicants. The Principal of the College Prof(Dr). Nutan Kumar Resutra deliberated that such events will definitely motivate the younger generation and also help to revive this dying art and perpetuate the rich legacy of Gatka amongst the future generations. During this event, Gatka group, Jammu demonstrated their tremendous fighting skills using their paraphernalia. It was a highly enriching and captivating performance which kept the NSS volunteers and other students and staff glued to their respective places. The other members of organizing committee were S. Dilwar Singh, Sh. Upkar Gupta, Sunny, Bharat Bhushan, Pankaj Gupta and Sanjay.