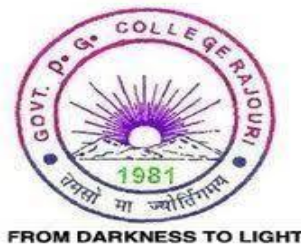


# GOVT. P. G. COLLEGE RAJOURI



## Report on Activities Conducted Under



**April 2021 to March 2022**

**Activities Conducted Under Azadi ka Amrutav Mahotsav for the Month of Apr2021-  
March 2022**

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## 1. NSS UNIT GOVT. P.G. COLLEGE RAJOURI CELEBRATES B R AMBEDKAR JAYANTI April 2021

NSS Units, Govt. P. G. College Rajouri, on the occasion of Birth Anniversary of Dr. B.R. Ambedkar on 14th April, organized an Essay Writing Competition on the theme “Dr. B.R. Ambedkar: The Maker of Modern India” in connection with series of events which are being organized in the College regarding AZADI KA AMRUT MAHOTSAVA 2021 to commemorate the 75<sup>th</sup> anniversary of independence on April 14, 2021. The competition aimed at giving an opportunity to the youth to come across various aspects of the philosophy of Dr. B.R. Ambedkar. Prof Dr Shakeel Ahmed Raina, principal of the college, enlightened the young minds about Dr. B.R. Ambedkar’s contribution to modern India.



NSS units, Govt. P. G. College Rajouri, on the occasion of Birth Anniversary of Dr. B.R. Ambedkar organized an Essay Writing Competition on the theme “Dr. B.R. Ambedkar: The Maker of Modern India” in connection with series of events which are being organized in the College regarding Azadi Ka Amrut Mahotsava 2021 to commemorate the 75<sup>th</sup> anniversary of independence. The competition aimed at giving an opportunity to the youth to come across various aspects of the philosophy of Dr. B.R. Ambedkar. Prof Dr Shakeel Ahmed Raina, principal of the college, enlightened the young minds about Dr. B.R. Ambedkar’s contribution to modern India. Twenty students participated among which Aftab Hus-sain student of BA Sem 5<sup>th</sup> bagged first position where as Anshika Sharma student of Sem 1<sup>st</sup> and Mushtaq Ahmed student of Sem 3<sup>rd</sup> were adjudged 2<sup>nd</sup> and 3<sup>rd</sup> respectively.

## 2. GOVT. P. G. COLLEGE RAJOURI CELEBRATES THE SEVENTH INTERNATIONAL YOGA DAY JUNE 21ST, 2021

NSS Units Govt P. G. College Rajouri celebrated the Seventh International Yoga Day on June 21,2021. Under the auspices of Principal of the college, Prof (Dr) Shakeel Ahmed Raina NSS Units (Girls and boys wing), organized an Online campaign on “Be with Yoga, be at home for building immunity and relief from stress”. The objective of the program was to commemorate the spirit of creating awareness about the culture of Yoga in India and benefits of practicing yoga and integrating it in our daily lives.

**KHALSA EXPRESS**

## Govt PG College Rajouri celebrates the Seventh International Yoga Day

**KHALSA EXPRESS NEWS RAJOURI:** NSS Units Govt P. G. College Rajouri celebrated the Seventh International Yoga Day on June 21, 2021.

Under the auspices of Principal of the college, Prof. (Dr) Shakeel Ahmed Raina NSS Units (Girls and boys wing), organized an Online campaign on "Be with Yoga, be at home for building immunity and relief from stress".

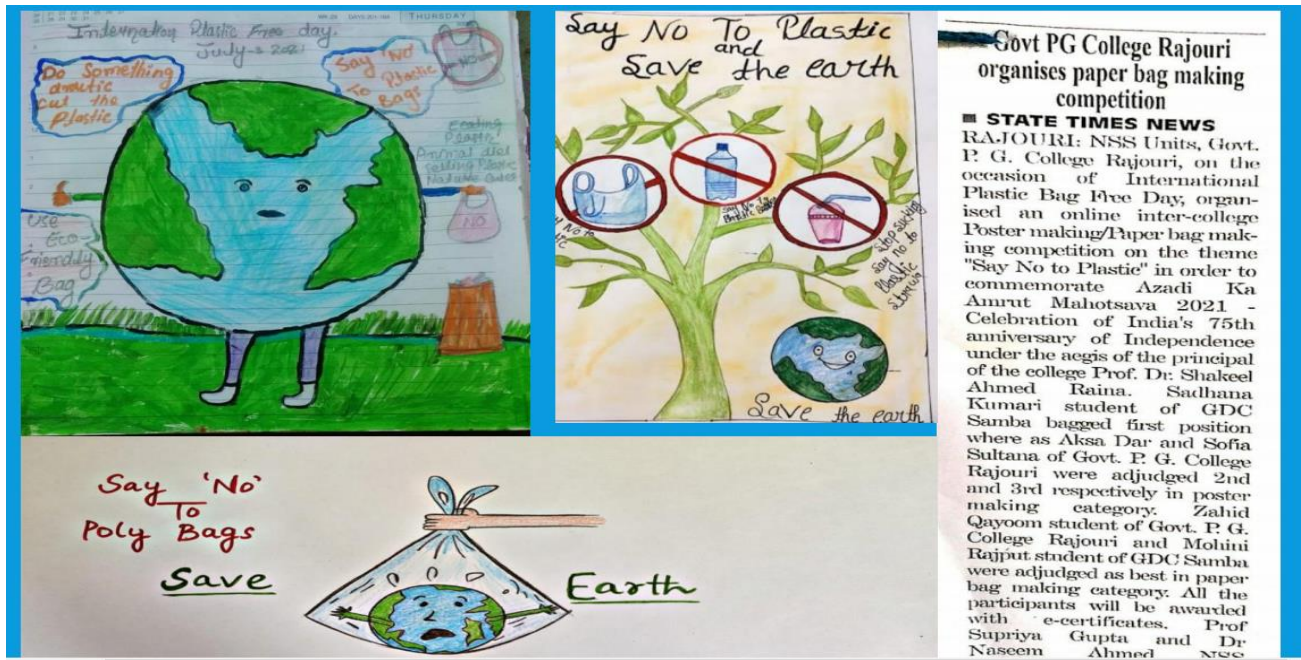
The objective of the program was to commemorate the spirit of creating awareness about the culture of Yoga in India and benefits of practicing yoga and integrating it in our daily lives.

More than 50 NSS Volunteers took an online pledge at [yoga.ayush.gov.in](http://yoga.ayush.gov.in) to make yoga an integral part of their life and got certifi-

MANJU SHARMA BA SEM 2<sup>ND</sup>

### 3. GOVT P. G. COLLEGE RAJOURI ORGANIZES AN ONLINE POSTER MAKING/PAPER BAG MAKING COMPETITION ON INTERNATIONAL PLASTIC BAG FREE DAY, JULY 3RD, 2021

NSS Units, Govt. P. G. College Rajouri, on the occasion of International Plastic Bag Free Day, organized an online intercollege Poster making/Paper bag making Competition on the theme "Say No to Plastic" in order to commemorate AZADI KA AMRUT MAHOTSAVA 2021 - Celebration of India's 75th anniversary of Independence under the aegis of the principal of the college Prof. Dr. Shakeel Ahmed Raina. The objective of the event was to raise awareness about the grave issues of plastic pollution and the serious threat that it poses to the natural environment ranging from land to marine life.



#### 4. GOVT P. G. COLLEGE RAJOURI ORGANIZES PLANTATION DRIVE ON WORLD NATURE CONSERVATION DAY FROM JULY 26-31ST, 2021

□ NSS Units, Govt. P. G. College Rajouri, on the occasion of World Nature Conservation Day that is celebrated annually on July 28th, organized a week long online plantation drive to commemorate AZADI KA AMRUT MAHOTSAVA 2021 -Celebration of India's 75th anniversary of Independence under the aegis of the principal of the college Prof. Dr. Shakeel Ahmed Raina. The objective of the event was to create awareness about the need to preserve the environment and natural resources in order to keep the world healthy.



## **5. GOVT. P. G. COLLEGE RAJOURI ORGANIZES AN ONLINE SEMINAR on Sept 24 2021**

NSS Units, Govt. P. G. College Rajouri, organized an online seminar on the topic “Role of NSS in Creating Social Responsibility at Higher Education” in order to commemorate NSS Day on Sept. 24th 2021. The event was organized by NSS Programme Officers Supriya Gupta and Dr Naseem Ahmed under the guidance of Principal Prof. Dr Shakeel Ahmed Raina. Prof. Shabir Hussain Shah, Retd. Principal, former NSS programme officer and an eminent personality of Rajouri Poonch region was the chief guest of the event



## The Publish

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NSS Units, Govt. P. G. College Rajouri, organized an online seminar on the topic "Role of NSS in Creating Social Responsibility at Higher Education" in order to commemorate NSS Day on Sept. 24th 2021.



THEPUBLISH.IN

### Govt. P. G. College Rajouri organizes an Online Seminar

RAJOURI:NSS Units, Govt. P. G. College Rajouri, organized an onlin...

## NSS Foundation Day celebrated with enthusiasm

*Excelsior Correspondent*

JAMMU, Sept 24: Various educational institutions today celebrated National Service Scheme (NSS) Foundation Day with enthusiasm and zeal across the Jammu region.

NSS Unit of Government College of Education (GCoE) Jammu celebrated NSS Foundation Day under the patronage of Cluster University of Jammu.

On the occasion, Dr Kulvinder Kour, Principal of the College highlighted the importance of selfless service and appealed to the volunteers for engaging themselves in constructive social work and to enrich their personality.

A formal welcome address was presented by NSS Programme Officer Dr Shubhra Jarnwal. She appraised the audience about history of NSS and appealed to the volunteers to relate their learning and experiences towards finding solutions to the problems.

Avny Lavass, Commissioner JMC was the chief guest on the occasion while as Dr Sandhya Bharadwaj, NSS Coordinator Cluster University of Jammu was the guest of honour. In their address, they appreciated the role of volunteers and encouraged them to continue the good work for the betterment of the College and society in general.

Prof Satish K Sharma, Prof Seema Kumari, Prof Shapia Shameem Bhatti, Prof Sarita Dogra, Prof Vinay Lata and Dr Mansi Sharma were also present on the occasion.

Government MAM College, a constituent of the Cluster University of Jammu organized a special event to commemorate the NSS Day. The event commenced with the lighting of lamp by College Principal, Prof Sunil Uppal in presence of other dignitaries, fol-

lowing the session 2019-2021 of NSS unit.

NSS Unit of Government Degree College (GDC) Thannamandi celebrated the Day by organising a webinar on the theme "Role of NSS in present scenario of pandemic" wherein all the faculty members and students participated. Mobeen Ali Shah secured 1st position, whereas 2nd and 3rd positions were bagged by Sobia Koser and Ishrat Javaid. The programme was organised under the guidance of College Principal Prof (Dr) Javaid Ahmed Qazi, while Dr Nahim Un Nisa NSS Programme Officer was the organizer of the event.

NSS volunteers of GDC Darhal celebrated the day by reciting patriotic songs and slogans and performed cultural programmes. College Principal, Sumanesh Jastola threw light on the significance of the day which marks the beginning of the National Service Scheme in India. Dr Ather Aziz Raina also motivated the volunteers and gave a detail of the activities performed by the NSS unit of the College in the last year.

To commemorate the Day, NSS unit of GDC organised poster making and declamation competitions. The participants were judged by Dr Anshu Gupta, HAD Environmental Sciences and Prof Harpreet Kour, HoD Political Science wherein Muskaan and Anamika Verma stood first in poster making competition, whereas Sonu Kumar and Palvi Devi shared 2nd position and 3rd position was shared by Deepak Nischal, Karsoom Akhter and Shehraz and in the Declamation competition Karsoom Akhter stood 1st, while Sonu Kumar Pandit and Anamika Verma clinched 2nd and 3rd positions respectively. The event was organized by Dr Mehmood Ahmed, Program Officer NSS Unit.

Dogra enthralled the audience with his beautiful song.

NSS Unit of GDC Khour celebrated the Day with enthusiasm wherein Prof Tarsem Lal was the chief guest of the event. In her welcome address, Prof Gurvinder Kour, NSS Program Officer gave the brief history of NSS and presented a report of the activities performed by the NSS unit of the College during the session 2020-21, whereas senior NSS volunteers of the College also shared their experiences of serving as a Swayam Sewak.

A blood group identification camp on the theme "Know your blood group" was organised by the NSS unit of GDC Kalakote with the help of CHC Kalakote. The event was organised under the guidance of College Principal Dr Romesh Gupta, Priyanka, NSS Programme Officer highlighted the importance of the day and also motivated the students to become a part of the NSS community and to serve the nation.

An online seminar on the topic "Role of NSS in Creating Social Responsibility at Higher Education" was organised to celebrate the Day by the NSS unit of Government PG College Rajouri. The event was organized by NSS Programme Officers Supriya Gupta and Dr Naseem Ahmed under the guidance of Principal Prof Dr Shakeel Ahmed Raina. Prof Shabir Hussain Shah (Retd Principal & former NSS Programme Officer) was the chief guest of the event. Prof Shah enlightened the students with the role that NSS volunteers had played in evacuating various evils from societies in the past and the responsibilities that volunteers must take to eradicate the other problems of the society like HIV/AIDS, Drugs addiction, COVID 19 and work for strengthening the communal harmony of the country.

Daily Excelsior

25/09/2021

## 6. GOVT. P. G. COLLEGE ORGANISES ONLINE LECTURE ON "HEALTH AND NUTRITION"

September 16th, 2021: NSS Unit Govt P. G. College Rajouri under the guidance of Prof. Dr Shakeel Ahmed Raina, Principal of the College organised an online lecture on "Health and Nutrition" in order to celebrate Rashtriya Poshan Maah (September 2021) under Poshan Abhiyan, with an aim to generate awareness and to promote the nutrition status among the masses. The chief resource person on the

occasion was Dr Tariq Ahmad Ganaie, Assistant Professor, Department of Food and Technology, IUST Awantipora.

## स्वास्थ्य एवं पोषण पर लेक्चर का किया आयोजन

राजोरी। राजकीय पीजी कॉलेज राजोरी की एनएसएस इकाई ने प्रो. डॉ. शकील अहमद रैना कॉलेज के प्राचार्य के संरक्षण में पोषण अभियान के तहत राष्ट्रीय पोषण माह (सितंबर 2021) मनाने के लिए स्वास्थ्य और पोषण पर ऑनलाइन गेस्ट लेक्चर का आयोजन किया।

ऑनलाइन गेस्ट लेक्चर का मुख्य मकसद जागरूकता पैदा करना और जनता के बीच पोषण की स्थिति को बढ़ावा देना है। डॉ. तारिक अहमद गनी, सहायक प्रोफेसर खाद्य और प्रौद्योगिकी विभाग, आईयूएसटी अवन्तीपोरा मौजूद थे। वक्ता ने भोजन के पोषण मूल्यों के महत्व पर जोर दिया और बताया कि यह कैसे समग्र स्वास्थ्य और कल्याण के लिए पुरानी बीमारियों के जोखिम को कम करता है। डॉ. नसीम मलिक, एनएसएस प्रोग्राम ऑफिसर बॉयज विंग ने अतिथियों का स्वागत किया और कार्यक्रम की कार्यवाही का संचालन किया। डॉ. अशाक मलिक सचिव विज्ञान क्लब ने खाद्य मूल्यों के महत्व पर प्रकाश डाला। सुप्रिया गुप्ता ने धन्यवाद ज्ञापन किया। संवाद

## Govt. P. G. College Rajouri organises guest lecture on health and nutrition

TAZEEM MALIK

RAJOURI, Sep 16: NSS Unit of Govt P. G. College Rajouri under the patronage of Prof. Dr Shakeel Ahmed Raina, Principal of the College organised an online guest lecture on "Health and Nutrition" in order to celebrate Rashtriya Poshan Maah (September 2021) under Poshan Abhiyan, with an aim to generate awareness and to promote the nutrition status among the masses.

The Dr Tariq Ahmad Ganaie, Assistant Professor, Department of Food and Technology, IUST Awantipora was resource person on the occasion. The speaker stressed for the importance of nutritional values of food and how it reduces the risk of chronic diseases leading to overall health and well-being. Dr Naseem Malik, NSS



Programme Officer Boys wing, welcomed the guests and conducted the proceedings of the program. Dr Ashaq Malik, Secretary Science Club, Govt. P. G. College Rajouri, also highlighted the importance of traditional food values. Supriya Gupta NSS Programme officer Girls wing, organizer of the event presented formal vote of Thanks

## 7. Gandhi Jayanti Oct 2021

Cultural and Literary Committee of the college in association with NSS and NCC Units organized a symposium on the topic "Relevance of Gandhian Philosophy in Present Era" in order to celebrate the birth anniversary of Mahatma Gandhi. The event was organized with a motive of inculcating values of Gandhiji like peace, tolerance, mutual respect and communal harmony among the students and youth of the area.

Principal of the college Prof(Dr) Shakeel Ahmed Raina presided over the event. Prof. Mohd Iqbal Raina, Convener, Cultural and Literary Committee, presented the welcome address. Six students of the college spoke on the topic and threw light on the importance of teachings of Gandhiji and NSS volunteer Shabeena Choudhary conducted the proceedings of the event. Among the participants Ms. Shabeena Choudhary, Mehreen Sambyal and Anshika Sharma were adjudged as first, second and third respectively by the jury members namely Prof Bashir Ahmed HoD Physics, Prof Shamim Akhter HoD Zoology and Prof. Sajar Malik HoD Persian and were awarded with certificates & Trophies. Powerpoint presentations on the topic were given by Prof Supriya Gupta PO NSS and Prof Salma Farooq, NCC officer emphasizing on the teachings of Mahatma Gandhi and their relevance. Dr Shakeel Ahmed Raina also motivated the students to follow the teachings of Gandhiji in order to achieve success in every facet of life and also appreciated Literary Committee and NSS and NCC units of the College for organizing the function. Dr Naseem Ahmed presented the formal vote of thanks. Other faculty members who graced the occasion included Prof Farooq Mirza, Vice Principal, Prof. Anwar Shah, Prof. Saleem Wani, Prof Asif Lone, Prof. Manzoor Ahmed Dar, Dr. Abdul Haque Naime, Prof. Amjed Bhatti, Captain Tanveer Ahmed and other faculty members of the college.

# Govt PG College Rajouri celebrates Gandhi Jayanti

## EARLY TIMES REPORT

RAJOURI, Oct 1: Cultural and Literary Committee of Government PG College, Rajouri in association with NSS and NCC Units organized a symposium on the topic "Relevance of Gandhian Philosophy in Present Era" in order to celebrate the birth anniversary of Mahatma Gandhi. The event was organized with a motive of inculcating values of Gandhiji like peace, tolerance, mutual respect and communal harmony among the students and youth of the area. Principal of the college, Prof. (Dr) Shakeel Ahmed Raina presided over the event. Prof. Mohd Iqbal Raina, Convener, Cultural and Literary Committee, presented the welcome address. Six students of the college spoke on the topic and threw light on the importance of teachings of Gandhi and NSS volunteer Shabeena Choudhary conducted the proceedings of the event.

Among the participants Shabeena Choudhary, Mehreen Sambyal and Anshika Sharma were adjudged as first,



Students and staff participating in a programme on Gandhi Jayanti organized by Govt PG College Rajouri.

second and third respectively by the jury members namely Prof Bashir Ahmed HoD Physics, Prof Shamim Akhter HoD Zoology and Prof Sajar Malik, HoD Persian and were awarded with certificates & Trophies. Powerpoint presentations on the topic were given by Prof Supriya, PO NSS and Prof Salma Farooq, NCC Officer emphasized on the teachings of Mahatma Gandhi and their relevance. Dr Shakeel Ahmed Raina also motivated the students to fol-

low the teachings of Gandhi in order to achieve success in every facet of life and also appreciated Literary Committee and NSS and NCC units of the College for organizing the function. Dr Naseem Ahmed presented the formal vote of thanks. Other faculty members who were present included Prof Farooq Mirza, Vice Principal, Prof Anwar Shah, Prof Saleem Wani, Prof Aatif Lone, Prof Manzoor Ahmed Dar, Dr Abdul Haque Naima, Prof Anjed Bhatti and Captain Tauveer Ahmed.

EARLY TIMES

02/10/2021

## 8. GOVT. P. G COLLEGE RAJOURI CELEBRATES NATIONAL UNITY DAY 2021

NSS Units Govt. P. G. College Rajouri celebrated the National Unity Day on Oct 31<sup>st</sup> to commemorate the 146<sup>th</sup> birth anniversary of the iron man of India, Sardar Vallabhbhai Patel. On this occasion Principal of the college, Prof. Dr Shakeel Ahmed Raina along with NSS Programme Officers Dr Naseem Ahmed, Prof Supriya Gupta, NSS Volunteers and other staff members of the college took pledge to preserve and strengthen the unity, integrity, and security of our nation.



## Govt. P. G College Rajouri celebrates National Unity Day 2021

**ANKIT KESSAR**  
**KHALSA EXPRESS NEWS**  
**RAJOURI:** NSS Units Govt. P. G. College Rajouri celebrated the National Unity Day on Oct 31st to commemorate the 146th birth anniversary of the iron man of India, Sardar Vallabhbhai Patel.

On this occasion Principal of the college, Prof. Dr Shakeel Ahmed Raina along with NSS Programme Officers Dr Naseem Ahmed, Prof Supriya Gupta, NSS Volunteers and other staff members of the college took pledge to preserve and strengthen the unity, integrity, and security of our nation. After the pledge NSS volunteers Shabina Chowdhary, Sofia Sultana,



and Harjot Kumar spoke about Sardar Patel's role in integration of the country.

Dr Shakeel Ahmed Raina spoke about Patel's remarkable achievements and contributions to the country after independence and

urged the students to follow the principles of Sardar Vallabhbhai Patel in leading the country towards its development. Dr. Naseem delivered the welcome address. Supriya Gupta proposed vote of thanks.



## Govt PG College Rajouri celebrates Rashtriya Ekta Diwas

### ■ STATE TIMES NEWS

**RAJOURI:** NCC Unit, Govt P G College, Rajouri celebrated the "Rashtriya Ekta Diwas" (National Unity Day) on Sunday to commemorate the birth anniversary of Sardar Vallabhbhai Patel under the patronage of the Principal of the College, Prof. (Dr.) Shakeel Ahmed Raina.

The intent of the program was to highlight the contribution of Sardar Vallabhbhai Patel-Iron Man of India to honour his legacy and contribution towards the freedom struggle of India. The event was observed as a reminder of the strength of the nation and to empha-

size the resilience of our country towards the dangers posed against the security, unity, and integrity. The event was attended by colossal number of students and faculty. Speaking on the occasion, Principal, Govt College Rajouri, Prof Shakeel Ahmad Raina addressed the cadets and highlighted the importance of Rashtriya Ekta Diwas and accentuated on strengthening the unity, integrity, sovereignty and spirit of brotherhood and urged to spread the message of unity in the world.

NCC officer (Girls wing), Prof. Sahma Farooq started her talk with the history and significance of the day and added

that in the cherished memory of Iron Man of India, we should pay our gratitude to him for unification of the country. Taaveer, NCC officer Boys wing highlighted that the National Unity Day function is an occasion to pay tributes to the Iron Man of India 'Sardar Vallabhbhai Patel', and that there is a great responsibility on everyone of us to carry on the mission of unity and patriotism. The celebration ended with the Pledge in which all the cadets (Boys and Girls) present, pledged to conserve the unity and Integrity of the Nation & promised to dedicate themselves for the country.

01/11/2021

**9. GOVTPGCOLLEGERAJOURICELEBRATEDNATIONAL EDUCATION DAY**  
**Conducted by Cultural and Literary Committee and NSS Units**  
**(Girls & Boys Wings)**



## Govt PG College Rajouri celebrates National Education Day

### EARLY TIMES REPORT

RAJOURI, Nov 11: National Education Day was celebrated with great traditional fervour today in Govt PG College Rajouri. The event was a collaborative initiative of cultural and literary committee and NSS wing of the college was chaired by Prof (Dr) Shakeel Ahmed Raina Principal and was attended by more than three hundred students in the Multipurpose Hall of the College. The programme included a symposium on the topic "Importance of Skill and vocational Education in the present age" in which around ten students from various participated. A special feature of the programme was the facili-

tation of position achievers of the college in the graduation results. The position achievers include Aasia Mehmood and Swati from Science Stream, Waseem Ahmed, Abhisar Mahajan and Shivam langer. A three member team of the judges including Prof Farooq Ahmed Mirza, Prof Bashir Ahmed and Prof Amit Bhalla declared Shaboona Chowdhary, Sadia Habiba and Mehroon Samyal as 1st, 2nd and 3rd in the symposium respectively The position achievers and toppers and participants of the symposium were awarded mementoes as certificates by the Principal in presence of staff members. All the faculty members of the college were present on the occasion.

**NSS Units** of Govt P G College Rajouri, celebrated National Education Day in collaboration with cultural and literary committee. The programme included a symposium on the topic" Importance of skill and vocational education in the present age". NSS Volunteers presented the college Tarana in the event



## **10. Govt. P. G. College Rajouri Observes AIDS Awareness Week**

Rajouri Dec 9, 2021: The Red Ribbon Club of Govt. PG College Rajouri concluded the third phase of week-long activities under the new India @75 campaign here today. The Red Ribbon Club of Govt. PG College Rajouri in collaboration with J&K AIDS Control Society (JKACS), Department of Health and Medical Education, J&K organized a series of activities between 1-9 December, 2021 in third phase as part of Azadi Ka Amrit Mahotsav celebrations - NEW INDIA@75. Prof. (Dr.) Shakeel Ahmed Raina, Principal of College inaugurated the week activities including HIV/AIDS Awareness, Tuberculosis, Blood donation and Covid-19 in college that were co-ordinated by Dr. Naseem Ahmed, Nodal Officer of Red Ribbon Club of the College. At national level, the programme was launched in virtual mode by the National Aids Control Organization (NACO), a division of the Ministry of Health and Family Welfare, Government of India on the World AIDS Day, December 1 which was attended by members of Red Ribbon club of the College. Prof. (Dr.) Shakeel Ahmed Raina appreciated the efforts of Red Ribbon Club for organizing diverse activities under the Azadi Ka Amrit Mahotsav which benefitted student community to understand and actively participate in tackle the most pressing issues like HIV/AIDS, Covid- 19 and other related complicacies of our times. The Club organized short video making competition on HIV/Awareness in which MehreenSambyal, Sajad Mahmood and Sofia Sultana got 1 st , 2 nd and 3 rd prizes respectively. The competition was adjudged by Dr. Shamim Akhter, HoD Zoology, Dr. Ashaq Malik (Botany Department) and Prof. Supriya Gupta(Computer Department). In the poster/slogan making competition on

Tuberculosis/HIV awareness Sajad Mahmood, Ibrish Bi and MaiydaKouser received 1 st , 2 nd and 3 rd prizes respectively. Dr. MohdSadeeq, HoD Chemistry, Dr. Shamim Akhter and Prof. Superya Gupta were judges for this competition. In the debate competition on Blood Donation organized in collaboration with Zoology Department of the College, MehreenSambyal, Ibrish Bi and Sajad Mahmood won 1 st , 2 nd and 3 rd prizes respectively. Jury members were Dr. Shamim Akhter, Dr. Azhar Javaid (HoD-Biotechnology) and Prof. Sheraz Ahmed from Department of Zoology. An intra-college mask making competition was held in which Nisar Jannat, MaiydaKouser and Rifat Shaheen adjudged 1 st , 2 nd and 3 rd respectively. Prof. Farooq Mirza(HoD Education), Dr. Saleem Wani (English) and Dr. Ashaq Malik were jury members for this event. A large number of students from college especially members of Red Ribbon Club, NSS and NCC participated in different activities during the awareness week.





# PG College Rajouri concludes week-long activities on New India @75

EARLY TIMES REPORT

RAJOURI, Dec 9: The Red Ribbon Club of Government P G College Rajouri concluded the third phase of week-long activities under the new India @75 campaign here today. The programme was organized in collaboration with J&K AIDS Control Society (JKACS), Department of Health and Medical Education.

Prof Shakeel Ahmed Raina, Principal of College inaugurated the week activities including HIV/AIDS awareness, tuberculosis, blood donation and Covid-19 in college that were co-ordinated by Dr. Nazeem Ahmed, Nodal Officer of Red Ribbon Club of the college.

At national level, the programme was launched in virtual mode by the National Aids Control Organization (NACO), a divi-



Red Ribbon club members during concluding function of week long activities at PG College Rajouri.

sion of the Ministry of Health and Family Welfare, Government of India on the World AIDS Day, December 1 which was attended by members of Red Ribbon club of the college.

Early Times

Dt: 10/12/2021.

## نیوانڈیا، مہم کی مناسبت سے منعقدہ سرگرمیاں اختتام پذیر



راجوری / آگورنٹ پوسٹ گریجویٹ  
کانٹری راجوری کے ریڈ رین کلب نے نیو  
انڈیا مہم کے تحت ہفتہ بھر کی سرگرمیوں  
کے تیسرے مرحلے کا اختتام کیا۔ فی جی  
کانٹری راجوری کے ریڈ رین کلب نے  
سب ایجنڈے ایڈوانسنگ (سے)  
کے ایس ایس، ایگزیکیوٹو اور طبی تنظیم  
ہمیں وکٹیمز کے ساتھ مل کر آزادی کا  
امر مہا آسو کے ایک حصے کے طور پر  
یکم سے 9 دسمبر 2021 کے درمیان

تیسرے مرحلے کی سرگرمیوں کا ایک سلسلہ منعقد کیا، جس میں  
کانٹری پریڈر کلب امدید نے ہفتہ بھر کی سرگرمیوں کی  
نگرانی کی جس میں ایچ آئی وی ایڈز، تپ وئی خون کا  
حلیہ کپ اور کوویڈ 19 وغیرہ کے سلسلہ میں پیشگی جانکاری  
و طلباء کو ایوارڈ کرنے کا کام کیا گیا۔ قومی سطح پر جو گرام کو  
درجوں سوڈ میں پیشگی ایڈز کنٹرول آرگنائزیشن  
(NACO) نے شروع کیا جو کہ وزارت صحت اور نگرانی  
بہار و حکومت ہند کے ایک (ایچ ایف 8) پر مناسبت

نہ ... .. کا لکھنؤ ... ..

Kashmir uzma.

10/12/2021

## 11. Govt. P. G. College Rajouri Organized 7-Day NSS Special Winter Camp on 23<sup>rd</sup> December

JAMMU | earlyTIMES  
Exploring Truth Believe in Possibilities

### Special Winter Camp inaugurated at Govt PG College

**EARLY TIMES REPORT**

JAMMU, Dec 23: A seven-day long special NSS camp was inaugurated at Govt. PG College Rajouri by the Principal of the college Prof. (Dr) Shakeel Ahmed Raina in presence of Convener NSS Advisory Committee Dr Ashaq Malik, Dr Shamim Akhter HoD Zoology, Dr Naseem Malik, Prof Supriya Gupta, NSS Programme Officers. As many as 30 volunteers were enrolled for the camp. The event began with the inaugural address of Dr Raina who enlightened the volunteers with the aims and objectives of NSS to inculcate social welfare in students and to provide service to society without any bias and also reminded them of the motto of the National Service Scheme "Not me but You". Dr Naseem Malik also highlighted the role of youth as powerful change agents of the society and further motivated the volunteers to strive

for excellence and encouraged maximum participation for the noble cause. Volunteers pledged to work dedicatedly to serve and strengthen freedom and integrity of the nation peacefully and through constitutional means. With an aim to contribute significantly to the nation-wide campaign of 'Swachh Bharat Abhiyan', students conducted a cleanliness drive in the college campus during the day.

Volunteers also took plastic waste from the college campus and the surroundings. The plastic collected was disposed of safely by the volunteers. Prof Supriya Gupta presented vote of thanks and appreciated the active participation of the NSS volunteers in cleaning the college campus and the efforts made by students in generating awareness regarding Swachh Bharat Abhiyan.



Photo by DANISH KHAN

Early Times  
24/12/21

A seven-day special NSS camp was inaugurated at Govt. P. G. College Rajouri by the Principal of the college Prof. (Dr) Shakeel Ahmed Raina in presence of Convener NSS Advisory Committee Dr Ashaq Malik, Dr Shamim Akhter HoD Zoology, Dr Naseem Malik, Prof Supriya Gupta, NSS Programme Officers. As many as 30 volunteers were enrolled for the camp. The event began with the inaugural address of Dr Raina who enlightened the volunteers with the aims and objectives of NSS to inculcate social welfare in students and to provide service to society without any bias and also reminded them of the motto of the National Service Scheme "Not me but You". Dr Naseem Malik also highlighted the role of youth as powerful change agents of the society and further motivated the volunteers to strive for excellence and encouraged them for maximum participation for the noble cause. Volunteers pledged to work dedicatedly to serve and strengthen freedom and integrity of the nation peacefully and through constitutional means. With an aim to contribute significantly to the nation-wide campaign of 'Swachh Bharat Abhiyan',

students conducted a cleanliness drive in the college campus during the second half of the day. Volunteers also took plastic collection drive in the college campus and the vicinity. Students cleaned the campus area and the surroundings. The plastic collected were disposed of safely by the volunteers. Prof Supriya Gupta presented vote of thanks and appreciated the active participation of the NSS Volunteers in cleaning the college campus and the efforts made by students in generating awareness regarding Swachh Bharat Abhiyan.



With the message of cleanliness and social service a seven-day NSS Special Winter Camp successfully concluded at Govt. P. G. College Rajouri. Presiding over the valedictory function, Principal of the college Prof. Dr Shakeel Ahmed Raina in presence of Prof Abdul HaqNaimi , HoD Urdu, said that the major objective of NSS is to inculcate noble human and social values among the youth so that a healthy society could be created. He also lauded the efforts and devotion of the organizers of the camp, Dr Naseem Malik and Prof Supriya Gupta, NSS Programme Officers. During the camp various activities like cleaning the campus area, cleaning of natural water springs, river banks etc. were performed by the volunteers where they also visit the holy shrine of Sai Ganji's Ziarat and cleaned the adjoining areas there. The volunteers also aware the people residing in that area and motivated them to maintain hygiene as many people take bath in the holy water of the shrine. The volunteers also get a chance to have interactive sessions with eminent personalities like Mr Israr Bukhari CDPO Manjakote, Prof Mumtaz Wani from Department of Political science, NSS wing commanders' of 2007 batch. NSS Volunteer Shabeena Choudhary and Sajad Mahmood conducted the proceedings of the event, Sofia Sultana read the report and Dr Naseem Ahmed presented the vote of thanks. The camp concluded on a high note with the certificate distribution to the camp participants.

## NSS Special Camp concludes at Govt PG College Rajouri



NSS volunteers during concluding function of special camp at PG College Rajouri.

### EARLY TIMES REPORT

RAJOURI, Dec 29: With the message of cleanliness and social service a seven-day NSS Special Winter Camp successfully concluded at Govt PG College Rajouri. Presiding over the valedictory function, Principal of the college Prof. Dr Shakeel Ahmed Raina in presence of Prof Abdul Haq Naimi, HoD Urdu, said that

the major objective of NSS is to inculcate noble human and social values among the youth so that a healthy society could be created. He also lauded the efforts and devotion of the organizers of the camp, Dr Naseem Malik and Prof Supriya Gupta, NSS Programme Officers. During the camp various activities like cleaning the campus area, cleaning of natural

water springs, river banks etc. were performed by the volunteers where they also visit the holy shrine of Sai Ganji's Ziarat and cleaned the adjoining areas there. The volunteers also aware the people residing in that area and motivated them to maintain hygiene as many people take bath in the holy water of the shrine. The volunteers also got a chance to have interactive sessions with eminent personalities like Israr Bakhari, CDPO Manjakote, Prof Muntaz Wani from Department of Political science, NSS wing commanders' of 2007 batch, NSS Volunteer Shabeena Choudhary and Sajad Mahmood conducted the proceedings of the event, Sofia Sultana read the report and Dr Naseem Ahmed presented the vote of thanks. The camp concluded on a high note with the certificate distribution to the camp participants.

EARLY TIMES

30/12/2021.

## 12. Govt. P. G. College Rajouri Celebrates National Youth Day on 12 Jan, 2022



To commemorate the 150 th birth anniversary of Swami Vivekananda, NSS Units of Govt. P. G. College Rajouri celebrated National Youth Day to honour the ideals and philosophies of Vivekananda. The theme of this year's celebrations is "Saksham Yuva, SashaktYuva" which suggests, skilled and capable youth is the stronger youth. The event was organized by Dr. Naseem Ahmed & Prof. Supriya Gupta, NSS Programme Officers, Boys & Girls Wing respectively under the guidance of Principal of the College Prof. (Dr.) Shakeel Ahmed Raina. On this Occasion various online activities like online essay competition on the theme "The Power of Youth in Improving Community Conditions for Health", Poster competition on the theme "Unity in Diversity", video messages in which the students delivered messages on inspirational Quotes/Teaching of Swami Vivekananda were organized. A large number of students participated out of which Miss Kainaat Mir, Miss Ishrat Shakeel and Muniba Choudhary bagged first, second and third positions respectively in essay writing category whereas in poster making Sofia Sultana, Shubnum Naaz bagged first and second positions. The third position was shared by Zaffer Hussain and Sajad Mahmood NSS volunteers of the college.

To commemorate the 150th birth anniversary of Swami Vivekananda, the NSS units of **Govt PG College Rajouri** celebrated the National Youth Day on the theme "Saksham Yuva, Sashakt Yuva" which was organized by Dr Naseem Ahmed and Prof Supriya Gupta, NSS Programme Officers under the supervision of College Principal Prof (Dr) Shakeel Ahmed Raina.

DAILY EXCELSIOR

13-01-2022

# Govt PG College Rajouri celebrates National Youth Day

## EARLY TIMES REPORT

RAJOURI, Jan 12: To commemorate the 150th birth anniversary of Swami Vivekananda, NSS Units of Govt PG College, Rajouri celebrated National Youth Day to honour the ideals and philosophies of Vivekananda. The theme of this year's celebrations is "Saksham Yuva, Sashakt Yuva" which suggests, skilled and capable youth is the stronger youth. The event was organized by Dr. Naseem Ahmed and Prof. Supriya Gupta, NSS Programme Officers, Boys & Girls Wing respectively under the guidance of Principal of the College Prof. (Dr.) Shakeel Ahmed Raina. On this occasion various online activities like on-

line essay competition on the theme "The Power of Youth in Improving Community Conditions for Health", Poster competition on the theme "Unity in Diversity", video messages in which the students delivered messages on Inspirational Quotes/Teaching of Swami Vivekananda were organized. A large number of students participated out of which Kalnaat Mir, Ishrat Shakeel and Muniba Choudhary bagged first, second and third positions respectively in essay writing category whereas in poster making Sofia Sultana, Shubnum Naaz bagged first and second positions. The third position was shared by Zaffer Hussain and Sajad Mahmood, NSS volunteers of the college.

EARLY TIMES

13-01-2022

**13. Govt. P. G. College Rajouri Celebrates National Girl Child day  
Jan 24 th , 2022**

NSS Units (Boys and Girls), Govt. P. G. College Rajouri celebrated National Girl Child Day on Jan 24 th , 2022 to spread awareness about the inequalities faced by girls in Indian society, also to promote awareness about the rights of the girl child and the importance of female education, health, and nutrition. On this day an online quiz competition was organized on the theme ““First Indian Women in Different Section and Categories of Achievement” organized by Prof. Supriya Gupta and Dr Naseem Malik, NSS Programme Officers, under the guidance of Principal Prof.(Dr) Shakeel Ahmed Raina. A large number of students participated and were awarded with e certificates.

**NSS Units (Boys and Girls),  
Government P G College  
Rajouri** celebrated the Day to  
spread awareness about the rights  
of the girl child and the impor-  
tance of female education, health  
and nutrition. On the occasion, an  
online quiz competition was  
organized on the theme "First  
Indian Women in Different  
Section and Categories of  
Achievement".

Daily Excelsior

25/01/2022

#### 14. Two-day Workshop on Environment Protection Concludes at Govt. P.G. College Rajouri.(14-15 th Feb)



NSS Units (Boys and Girls) of Govt. PG College Rajouri organized two-day workshop on “Environment Protection” on 14-15 th Feb 2022 under the guidance of Principal of College, Prof. Farooq Ahmed Mirza. While speaking on the occasion, Prof. Farooq Mirza lauded the role of NSS volunteers in nation building, community service, peace building and conservation of environment, and hoped that more students will come forward to join this fascinating platform to serve humanity at par with ideals of father of nation Mahatma Gandhi. The objective of the event was to create awareness about the need to preserve the environment and natural resources in order to keep the world healthy. Various activities were conducted during the workshop like creating awareness among the masses about the ill effects of use of polybags; sanitation and disposal of garbage & composting. The workshop concluded with a plantation drive in the college campus. The NSS volunteers led by Programme Officers, Dr. Naseem Ahmed Malik and Prof. Supriya Gupta planted saplings in and around the College campus. More than 50 saplings were planted as part of a drive.

#### 15. PG College Rajouri Celebrates International Women’s Day



Rajouri, March. 08, 2022: The Women Development Cell of Govt PG College Rajouri celebrated International Women's Day by organizing a seminar and quiz competition on the theme "Gender Equality and Sustainable Development here today. Principal of the College, Prof. Javaid Ahmed Qazi presided over the function whereas Wakeel Ahmed Bhat, District Social Welfare Officer, Rajouri and Yasmeen Kouser, Martial Arts Champion, were special guests on the occasion. Prof. Aasia Rashid Bhat, Convener of Women Development Cell, co-ordinated the function. While speaking on the occasion, Prof. Qazi stressed upon the gender equality and women empowerment by citing local examples of women who excelled in different fields of life. He encouraged the girls students to excel in education and to empower themselves and society at large. Wakeel Ahmed Bhat briefed about different welfare schemes pertaining to women and girls, and said that self-discipline and self-motivation are the key drivers to empower women and bring about gender equality and prosperity. Dr. Ashaq Malik from Department of Botany in the College, who was resource person on the occasion, delivered a talk on the theme of this year, "Gender Equality today for Sustainable Tomorrow". He explained about the evolution of International Feminist movement into UN Women organization, constitutional remedies and the Gender Equality reflected in Goal 5 of Sustainable Development. He linked women participation in decision making especially in climate action and other challenges at global, national and local level. Yasmeen Koser spoke on importance of martial arts and self-defence for women and girls. Large number of girls students attended the function. The students of college who participated in Seminar include Sadia Habiba, Sajad Mehmood, kainat Mir, Anshika Sharma and NandniDayal. Earlier, Prof. Aasia Bhat introduced the audience about the programme and welcomed guests. Prof. Fatima Parveen conducted the proceedings of the programme whereas Prof. Supriya Gupta presented the formal vote of thanks. The faculty members who supported the programme including Prof. Manzoor Dar, Prof. Salma Farooq, Dr. Attiya Sayeed, Prof. Rubina, Prof. Rabia and Rakesh Puri. Prominent among others present on the occasion were Prof. Farooq Mirza, Prof. Anwer Shah, Prof. Bashir Ahmed, Prof. MohdSadeeq, Prof. Ghulam Abas, Prof. Asad Ullah, Prof. Netar Prakash Sharma, Prof. Iqbal Raina, Dr. Shamim Akhter, Dr. Nazakat Hussain, Prof. Abdul Kareem, Dr. Abdul HaqNaimi Prof. Asif Ajaz Lone and Dr. Mohd Tufail.

The Women Development Cell of Government PG College Rajouri celebrated International Women's Day by organizing a seminar and quiz competition on the theme "Gender Equality and Sustainable Development here today. Principal of the College, Prof. Javaid Ahmed Qazi presided over the function whereas Wakeel Ahmed Bhat, District Social Welfare Officer, Rajouri and Yasmeeen Kouser, Martial Arts Champion, were special guests on the occasion.

DAIM EXCELSIOR

09-03-2022

## **16. Govt. P.G. College Rajouri Organize Essay Writing Competition on Cyber Awareness**

Cyber Jaagrookta committee, Govt. P.G. College Rajouri, today on 10-03-2022, organized an Essay Writing Competition on Cyber Awareness on the theme "Cyber Crime and its Effect on Society" as a part of "Cyber JaagrooktaDiwas" which is celebrated every month to aware the netizens about the threats associated with the cyber space which becomes a part of one daily routine work. On this Occasion Principal of the college, Prof. (Dr.) Javed Ahmed Qazi (Patron of

the Program) and Co- Patron Prof. Mohd Farooq Mirza confirms the winners of Essay Writing Competition on Cyber Awareness along with Cyber Jaagrookta Committee Dr. Parveen Sadotra, Prof. Supriya Gupta and Prof. Rabia Koser. The Jury Members of the Essay Writing Competition namely Prof. Abdul Karim Bajran (Head, Department of Computer Science), Prof. Sankait Gupta and Prof. Amjed Bhatti selects the best Essays among from all the participants. The others who were graced the Essay Writing event by motivating the students to participate in these types of awareness programmes from last few days were Prof. Jameel Ahmed, Prof. Yasir Chowdhary, Prof. Salma Farooq, Prof. Khalid Bhatti and other staff members of the college. In Essay Writing Competition the Students who got merit for certificate from all the participants were Mr. Sajad Mahmood (B.A. Semester 3 rd ) First Position, Mr. Mushtaq Ahmed (B.A. Semester 5 rd ) Second Position, Mr. Nawaz Ahmed (B.A. Semester 5 rd ) and Mr. Arshad Ahmed (B.A. Semester 5 rd ) Shared Third Position.

### **17. Govt. P.G. College Rajouri Observes Shaheed Diwas March 23rd 2022**



NSS Units (Boys and Girls) of Govt. PG College Rajouri celebrated Martyrs Day, also known as Shaheed Diwas or Sarvodaya Day, as a tribute to martyrs Bhagat Singh, Sukhdev Thapar and Shivaram Rajguru who fought for the freedom of India from the colonial rulers and sacrificed their lives on March 23, 1931 under the guidance of Dr. Javaid Ahmed Qazi (Principal) and Prof. Mohd Farooq Mirza (Officiating Principal). The event was organized by NSS Programme officers Dr Naseem Ahmed and Prof Supriya Gupta. The event began with the screening of a documentary on the life of Shaheed Bhagat Singh followed by painting and poster making competition. Prof. Mohd Farooq Mirza, officiating Principal of College, threw light on the struggle of freedom fighters and their sacrifices. While speaking on the occasion, Prof. Zameer Mirza enlightened the students about the major freedom fights. Prof Mohd Iqbal Raina apprised the students about the importance of the day and Dr. Saleem Wani lauded the role of youth in nation building and maintaining the freedom. The other faculty members present on the occasion included Prof. MohdSadeeq HOD, Department of Chemistry, Prof. Manzoor Dar, Prof Asif Ajaz Lone, Prof AzharJaved, Prof Amjed Khan Bhatti, Prof. Khalid Bhatti. The winners of competition were awarded with certificates.

1931.

NSS Units (Boys and Girls) of Government PG College Rajouri celebrated Martyrs Day and paid tributes to martyrs Bhagat Singh, Sukhdev and Raj Guru who fought for the freedom of India.

Daily Excelsior 24-03-2022

گورنمنٹ پی جی کالج راجوری میں یوم شہداء منایا گیا



اڈان نیوز

نے کیا تھا۔ اس موقع پر شہید بھگت  
سکھو کی حیات پر ایک ڈاومنٹری فلم  
کی بھی انگریجنگ کی گئی۔ پروفیسر  
مرزا، پروفیسر محمد اقبال ریڈ، ڈاکٹر  
سلیم دانی نے بھی دن کی مناسبت  
سے اپنے زور سے خیالات کا اظہار کیا۔  
اس موقع پر پروفیسر محمد صدیق  
سربراہ شعبہ کیمسٹری، پروفیسر منظور  
ڈار، پروفیسر آصف اعجاز لون،  
پروفیسر اعظم جاوید، پروفیسر احمد خان  
بھٹی، پروفیسر خالد بھٹی بھی موجود  
تھے۔ مقابلے میں حصہ لینے والوں  
کو اسناد بھی تقسیم کی گئیں۔

Daily Udhaan 24-03-2022

## 18. Poshan abhiyan organised at Govt. P. G. College Rajouri (March 28 th , 2022)



NSS Units (Boys & Girls) Govt. P. G. College Rajouri under the patronage of Dr. J. A. Qazi, Principal of the College and Prof. Mohd Farooq Mirza, Principal (officiating) of the College and under the supervision of Programme Officers Dr. Naseem Ahmed Malik and Prof Supriya Gupta carried out series of activities to celebrate two- day PoshanPakhwara conducted under Poshan Abhiyan, with an aim to generate awareness and to promote the nutrition status among the masses. On day one, an awareness rally was held towards the adopted village Chowdharynar where the Volunteers interacted with the village masses and raised slogans to create awareness that will help every citizen to progressively march towards a vision of Suposhit Bharat. On day two, volunteers visited Govt. High School Chowdharynar to achieve the desired goals of Poshan Abhiyan. Volunteers Shabeenachoudhary, Sofia Sultana, Ajmal Nisar, Shahid Mirza and Ishtiaqahmed aware the young children specially within the age group of (5-12yrs) of the village about the ill effects of eating junk food and unhealthy food habits. Prof Supriya apprised the children about the importance of balanced diet and Dr. Naseem awared the children about the value of nutrition and also thanked the school administration.

# Poshan Awareness Campaign concludes at Govt PG College Rajouri

■ JL NEWS SERVICE

**RAJOURI, Apr 1:** The NSS Unit of Govt. P. G. College Rajouri concludes week-long Poshan Abhiyaan (Campaign) here today.

The Boys & Girls NSS Units of College under the patronage of Principal Prof. (Dr.) J. A. Qazi, and guidance of Prof. Mohd Farooq Mirza, Vice Principal, and supervision of Programme Officers Dr. Naseem Ahmed Malik and Prof. Supriya Gupta carried out a series of activities to celebrate week-long Poshan Abhiyaan under Swastha Balik-Balika Spardha of Ministry of Youth Affairs, Govt. of India.

The main aim was to mobilize sustained community participation in health and nutrition issues and to address malnutrition.

The activities in this connection included an awareness rallies in the adopted village Chowdhary Nar where the volunteers



interacted with the village masses and raised slogans to create awareness about the prevention and treatment of Anemia and related diseases that will help every citizen to progressively march towards a vision of Suposhit Bharat.

The NSS volunteers led by NSS POs also visited Govt. High School Chowdhary Nar to achieve

the desired goals of Poshan Abhiyan. Volunteers made the students specially within the age group of (4-10yrs) aware about the ill-effects of eating junk food and saying no to unhealthy food habits.

NSS volunteers Shabeena Choudhary, Sofia Sultana, Ajmal Nisar, Shahid Mirza and Ishtiaq Ahmed spoke on preven-

tion and treatment of anemia and promoted the Ayush based food habits and dietary diversity to prevent the anemia.

Prof Supriya Gupta apprised the children about the importance of a balanced diet and Dr. Naseem advised the children about the value of nutrition and also thanked the school administration.

# Govt PG College Rajouri concludes Poshan awareness campaign

**JAMMU BULLETIN NEWS**  
**RAJOURI, APR 1:**

The NSS Unit of Govt. P. G College Rajouri concludes week-long Poshan Abhiyaan (Campaign) here today. The Boys & Girls NSS Units of College under the patronage of Principal Prof. (Dr.) J. A. Qazi, and guidance of Prof. Mohd Farooq Mirza, Vice Principal, and supervision of Programme Officers Dr. Naseem Ahmed Malik and Prof. Supriya Gupta carried out a series of activities to celebrate week-long Poshan Abhiyaan under Swastha Balik-Balika Spardha of Ministry of Youth Affairs, Govt. of India. The main aim

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The activities in this connection included an awareness rallies in the adopted village Chowdhary Nar where the volunteers interacted with the village masses and raised slogans to create awareness about the prevention and treatment of Anemia and related diseases that will help every citizen to progressively march towards a vision of Suposhit Bharat. The NSS volunteers led by NSS POs also visited Govt. High School Chowdhary Nar to achieve the desired goals of Poshan

Abhiyan. Volunteers made the students specially within the age group of (4-10yrs) aware about the ill-effects of eating junk food and saying no to unhealthy food habits. NSS volunteers Shabeena Choudhary, Sofia Sultana, Ajmal Nisar, Shahid Mirza and Ishtiaq Ahmed spoke on prevention and treatment of anemia and promoted the Ayush based food habits and dietary diversity to prevent the anemia. Prof Supriya Gupta apprised the children about the importance of a balanced diet and Dr. Naseem advised the children about the value of nutrition and also thanked the school administration.

## 19. Govt PG College Rajouri organizes Plantation Drive



Rajouri, March 30, 2022: The Pir Panjal Eco-Club (Department of Environmental Sciences) in collaboration with NSS (Boys and Girls) Units of the college organized a plantation drive in the

campus here today. The programme organized under the guidance of Prof. Javaid Ahmed Qazi, Principal of College. Dr Anwer Shah, Head Department of Botany, who was Chief Guest on the occasion, started the drive by planting saplings. He impressed upon the students to develop a habit of planting trees and do their bit for a safe and sustainable environment. Dr Junaid Jazib (Coordinator Pir Panjal Eco-club and Head, Department of Environmental Science), Dr Naseem Ahmed (NSS- Boys Program Officer) and Prof Supriya (NSS-Girls Program Officer) coordinated the plantation drive. Large number of students and faculty members of the college participated in the campaign and planted a good deal of saplings in the college premises. Prominent among others present on the occasion were Prof. Iqbal Raina, Convener Literary and Cultural Committee, Dr Junaid Ahmed (Member Ecoclub), Prof Ghulam Abbas, Prof Manzoor Dar, Dr Ashaq Malik, Prof. Aasia Bhat, Dr Zaheer Ahmed, Dr. Mohd Khaliq, Ishfaq Gul, and Dr Shakeel. In addition to being part of recently observed International Forest Day activities, the dual objectives of this drive was to enhance tree cover of the campus and to sensitize and aware students about environmental crises and importance of trees. Later, all the participants, faculty as well as students, took a pledge for adopting eco-friendly ways of life and take effective steps for conserving nature and environment.