

KEY INDICATOR 5.1  
STUDENT SUPPORT

**5.1.2: Capacity development and skills enhancement activities are organised for improving students' capability**

Of  
NAAC Criteria 5

STUDENT SUPPORT AND PROGRESSION



Convener  
IQAC  
GDE Kulgam



Principal  
Govt. Degree College  
Kulgam

# DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Government Degree College

Kulgam 192231

Website: [www.gdckulgam.edu.in](http://www.gdckulgam.edu.in)

Email: [kulgampincipal@gmail.com](mailto:kulgampincipal@gmail.com)



گورنمنٹ ڈگری کالج کولگام کشمیر

Telephone: 01931-260177

Fax: 01931-260177

No. GDCK/Phy.Ed./2023/27

Date: 21-06-2023

## Report regarding celebration of Yoga Day on 21<sup>st</sup> June, 2023

Yoga day is being celebrated world wide on 21<sup>st</sup> of June every year. It is an important media for ensuring and maintaining the physical and mental well-being of an individual. International Yoga Day has a great significance among people. This day is celebrated to raise awareness about the benefits of Yoga. It gives an opportunity to spread awareness regarding the necessity of maintaining a healthy lifestyle. Yoga brings balance in life and it helps in reducing stress, anxiety, depression, fear and many other health ailments. The Institution remains committed to the physical and mental development of the students so as to enable them to excel in their life. To prepare the students for International Yoga Day, regular yoga classes were held in the yoga hall as per the calander framed by the Department of Physical Education from 06-06-2023, to ensure proper execution of the asanas by the students. On 21<sup>st</sup> of June, 2023, The Department of Physical Education of the College in collaboration with College NSS Unit, celebrated International Yoga Day in the Campus at 11:00 a.m. Worthy Principal of the College, Prof. Syed Eazaz Hussain Rizvi spoke about the importance of Yoga and its benefits on health and wellness of individuals. The APTI, of the College Mr. Shameem Ahmad Bhat taught different Yogasanas to the students which included *Shavasana, Vajrasana, Gau Mukasa, Padmasana, Ashtangasana, Tadasana, Bhujangasana, Chakrasana* etc. The participating staff members and students showed an active interest in practicing the same.

  
Convener

Sports Committee

  
Programme Officer

NSS Unit

Copy to:

1. Worthy Principal for information
2. Coordinator IQAC
3. I/c College website.
4. Office Records

**OFFICE OF THE CONVENER ICT COMMITTEE  
GOVERNMENT DEGREE COLLEGE KULGAM**

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***Subject: Report of workshop on 'Cyber Jagrukta' held on 07/12/2021.***

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The IQAC, ICT and Debates & Seminar committee of GDC Kulgam jointly organized one day workshop on 'Cyber Jagrukta' on 07/12/2021. The theme of the workshop was 'Cyber Crimes: Legal framework in India'. The event was held in the conference hall of the college under the chairmanship of principal, Dr Nazir Ahmad Simnani. The event was attended by faculty, staff and a huge gathering of students. The introductory remarks about the event were given by Prof Sajad Ahmad Shah, Head Department of Computer Sciences. The resource person of the event was Dr Mir Junaid Aalam, Assistant Professor in Department of Law, University of Kashmir. The resource person in his speech highlighted all important issues related to cyber crimes and cyber hygiene. Many queries were raised by the participants, which were answered on spot. Principal of the college, Dr Nazir Ahmad Simnani impressed upon the students to utilize the electronic gadgets only for useful purposes and not to indulge in Cyber Crimes. The event ended with vote of thanks by Dr Mohd Younes Bhat, Coordinator IQAC.

sd

Media Secretary

GDC Kulgam

Dated: 7<sup>th</sup> December, 2021

## DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Government Degree College  
Kulgam 192231



گورنمنٹ ڈگری کالج کولگام کشمیر

Website: [www.gdckulgam.edu.in](http://www.gdckulgam.edu.in)  
Email: [kulgamprincipal@gmail.com](mailto:kulgamprincipal@gmail.com)

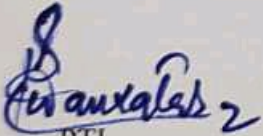
Telephone: 01931-260177  
Fax: 01931-260177

No. GDCK/Phy.Ed./2022/60

Date: 09-05-2022

### Report regarding the conduct of Yoga Classes from 07 June, 2022.

In compliance to directions from Administrative Department issued wide UGC Letter no; F.No.1-16/2021, Dated; 6<sup>th</sup> April, 2022, the Department of Physical Education in collaboration with College NSS has started the classes of the NSS Volunteers comprising of both Male and Female Students. The classes have started from 07-05-2022. The students are actively participating in the classes. Apart from conducting the regular classes, the students are not only taught and practiced different Yoga asanas, but are also being taught the importance of yoga asanas in maintaining the healthy life style. Yoga has emerged as an important medium for ensuring the physical and mental well-being of an individual. The Institution remains committed to the physical and mental development of the students so as to enable them to excel in their life. The Classes will continue for two weeks so as to enable the participating students to master various yoga asanas being taught to them, so that they can display them on International Yoga Day on 21<sup>st</sup> June, 2022.

  
PTI

  
Convener

College Sports Board

Copy to:

1. Worthy Principal for information
2. Coordinator IQAC
3. Office Records



National Service Scheme (NSS) Unit  
Government Degree College, Kulgam



Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com)  
Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
Fax No: 01931-260177

No: GDCK/NSS/23/45

Date: 02-06-2023



**Report regarding the Eco-Friendly Behaviour March conducted on 2<sup>nd</sup> June 2023:**

As part of the celebrations of the Environment Week, the NSS Unit of the college in collaboration with the Department of Environmental Sciences took out a march from the college campus to main market, Kulgam, to promote behavioural traits which are environment friendly. Taking part in the march were the volunteers of the NSS Unit and the cadets of the NCC Girls' Battalion-01 of the college. The march was flagged off by an address to the assembled NSS Volunteers and the NCC Cadets by the Head, Department of Environmental Sciences, in front of the Administrative Block of the college. He impressed upon them the necessity of adopting eco-friendly behaviour in their own day-to-day lives before asking other people to do the same. He later talked to media personnel and explained to them the message and significance of the march. Also accompanying the students were faculty members like Dr Hashim Iqbal Malik of the Department of History, Dr Shahzada Ashraf of the Department of Political Science and Prof Irshad Ahmad Lone of the Department of Computer Science along with the NSS Programme Officer, Mr Shahid Yousuf Gilkar. Pro-planet slogans like "Go green, plastic is obscene" and "Lend a hand to save the land" were raised during the march by the NSS Volunteers and the NCC Cadets. The march concluded at the main market, Kulgam, where the NSS Volunteers shared their views with the assembled media personnel. They explained to the media personnel how little actions like car-pooling, turning off car engines at railway crossings and reusing plastic products can make a significant contribution towards the preservation of the environment.

NSS Programme Officer  
(Shahid Yousuf Gilkar)

Copy to:

- Worthy Principal for information
- Coordinator IQAC
- In-charge Website
- Office records

वसुधैव कुटुम्बकम्

ONE EARTH • ONE FAMILY • ONE FUTURE



# National Service Scheme (NSS) Unit Government Degree College, Kulgam

Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com)  
Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
Fax No: 01931-260177



College RD Karawa Colony, Kulgam, 192231

Latitude 33.646942° Longitude 75.0096933°  
Local 11:06:19 AM Altitude 1770 meters  
GMT 05:36:19 AM Friday, 02.06.2023

Note : celebration of environment week day 2nd really from collage gate to DC office



College RD Karawa Colony, Kulgam, 192231

Latitude 33.6468266666667° Longitude 75.009605°  
Local 11:11:52 AM Altitude 1770 meters  
GMT 05:41:52 AM Friday, 02.06.2023

Note : celebration of environment week day 2nd really from collage gate to DC office



J2W6+R49, Degree Collge Rd, Kulgam, 192231

Latitude 33.6469066666667° Longitude 75.0102516666667°  
Local 11:24:38 AM Altitude 1770 meters  
GMT 05:54:38 AM Friday, 02.06.2023

Note : celebration of environment week day 2nd really from collage gate to DC office  
Environment friendly behaviour rally



J2W5+MJ2, Kulgam, 192231

Latitude 33.6468883333333° Longitude 75.0090649999999°  
Local 11:27:51 AM Altitude 1770 meters  
GMT 05:57:51 AM Friday, 02.06.2023

Note : celebration of environment week day 2nd really from collage gate to DC office  
Environment friendly behaviour rally

## वसुधैव कुटुम्बकम्

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Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
Fax No: 01931-260177



District Hospital Road Nihama, Kulgam, 192231

Latitude  
33.64606833333333°

Longitude  
75.01181333333334°

Local 11:37:42 AM  
GMT 06:07:42 AM

Altitude 1765 meters  
Friday, 02.06.2023

Note : celebration of environment week day 2nd rally from collage gate to DC office  
Environment friendly behaviour rally



J2W7+8Q7, Kulgam, 192231

Latitude  
33.645880000000005°

Longitude  
75.01441666666666°

Local 11:43:08 AM  
GMT 06:13:08 AM

Altitude 1760 meters  
Friday, 02.06.2023

Note : celebration of environment week day 2nd rally from collage gate to DC office  
Environment friendly behaviour rally

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Documentation and Media cell

# Govt. Degree College, Kulgam

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Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
Fax No: 01931-260177

## Enlightening Conference Explores Environmental Challenges and Solutions in Tourism

Reported by : Mr. Irshad Ahmad Lone (Convener Media Cell).

GDC Kulgam, 12-08-2023: The Department of History at Government Degree College Kulgam, in collaboration with the Himalayan Welfare Organisation Pahalgam, orchestrated a thought-provoking one-day Conference titled 'Environment Tourism: Challenges and Solutions.' The event, held on August 12, 2023, in the Conference Hall, provided a platform for approximately 100 students, along with esteemed faculty and staff members, to engage in insightful discussions on the critical nexus between environment and tourism.

The distinguished gathering witnessed Mr. Mushtaq Pahalgami, President of HWO, gracing the occasion as the chief guest. The event was skillfully moderated by Dr. Safeer Ahmad Bhat, a faculty member in the Department of History, while Dr. Hashim Iqbal, the Head of the Department of History, set the stage with his insightful introductory remarks on the conference theme.

In a compelling welcome address, Principal Prof. Eazaz Hussain Rizvi underlined the urgency of preserving the environment, setting the tone for a day of profound deliberations.

Mr. Mushtaq Pahalgami's keynote address resonated deeply, delving into the multifaceted relationship between tourism and environmental conservation. He spotlighted the pivotal role played by the Himalayan Welfare Organisation in fostering environmentally sustainable tourism practices. Pahalgami urged the attending students to become agents of change and proactive stewards of the environment.

Mr. Arshid Majid, Chairman of the Indian Institute of Architects, Srinagar Sub-Centre, delivered a compelling discourse on adopting eco-friendly construction practices to safeguard the environment, emphasizing the need for greener approaches in architectural endeavors.

Expanding on the concept of environmental tourism, Mr. Zubair Ahmad Wani, Head of the Department of Environmental Science, presented a comprehensive overview of its dimensions. Drawing from sobering statistics found in United Nations reports, he highlighted the urgent need to combat environmental degradation, climate change, global warming, and ozone depletion, stressing their profound impact on Earth's ecosystems.

The conference also showcased the creative potential of students in environmental stewardship. Muzammil Khan, a second-semester BCA student, demonstrated his artistic prowess by transforming discarded plastic and materials into decorative items, illustrating the potential of recycling in reducing environmental impact.

The conference concluded with a stimulating interactive session, during which students engaged with the speakers through insightful questions related to the conference theme. Mr. Mohd. Haleem Wani, Head of the Department of Chemistry, delivered a vote of thanks, expressing gratitude to all participants and speakers for their invaluable contributions.





Convener Media Cell.  
Mr. Irshad Ahmad Lone

PRINCIPAL  
PROF. SYED EAZAZ HUSSAIN RIZVI



National Service Scheme (NSS) Unit  
**Govt. Degree College, Kulgam**

Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com) Tel. No: 01931-260177  
Website: <http://gdckulgam.edu.in> Fax No: 01931-260177



No: GDCK/NSS/22/43

Date: 11-06 -2022

**Report of the Environment Week by NSS from 6<sup>th</sup>-11<sup>th</sup> June, 2022.**

Under the aegis of **Azadi ka Amrit Mahotsav 2022**, National Service Scheme (NSS) unit of the college in collaboration with the department of Environmental studies organised an Environment week from 6<sup>th</sup> -11<sup>th</sup> June, 2022 in the campus. The purpose of the programme was to raise awareness among the students of the college regarding the environmental preservation and protection. A number of activities were organised which included:-

- 1. Campus cleanliness drive on 6<sup>th</sup> June**
- 2. Poster making competition on 7<sup>th</sup> June**
- 3. Seminar on Environmental Preservation on 9<sup>th</sup> June**

**Campus cleanliness Drive on 6<sup>th</sup> June**

An awareness cum cleanliness drive was organised in the campus on 6<sup>th</sup> June. Around 60 NSS volunteers participated in the drive, besides members from the faculty. The event was flagged off by the vice-principal of the college, Dr. Shabir Ahmad Padder in presence of senior faculty members. The volunteers assembled in the administration block on the directions of NSS programme officer, Dr. Safeer Ahmed Bhat and necessary instructions were given to the volunteers regarding the motive of environmental week and significance of keeping the environment clean and hygienic by Mr. Zubair Ahmad Wani, HOD Environmental Studies and Dr. Muslim Ahmad Shah, Lecturer Environmental Studies. Mr. Iftikar Ahmad pall, Assistant Professor (Education) kick started the drive and NSS volunteers were divided into teams, each team led by a group leader were assigned to ensure the cleanliness of particular spots. Volunteers began collecting the garbage in the dustbins. The entire science block, Arts block, Administration block, New Block, HS Block and the parks and the pathways were cleaned of the trash and plastic. Besides, the students were encouraged to ensure the use of dustbins and keep the campus clean and hygienic. The dustbins were later on emptied in the garbage trucks of the Kulgam Municipal Committee.

**Poster making competition on 7<sup>th</sup> June:-**

Under the patronage of worthy principal Prof. (Dr) Manzoor Ahmad Lone, on spot Poster making competition was organised in the college campus on the theme **Only One Earth** with the focus on **Living sustainably in Harmony with Nature**. The event witnessed the participation of around 30 NSS volunteers. Dr Safeer Ahmad Bhat, NSS programme officer briefly talked about the significance of environment and its preservation thereof. The event was aimed at sensitising the volunteers regarding the different aspects of environmental

pollution and the challenges in its preservation.. The honourable principal of the college evaluated the posters presented by the volunteers and greatly appreciated their efforts.

**Seminar on Environmental preservation on 9<sup>th</sup> June:-**

A seminar on environmental preservation with the focal theme **Only one Earth** was organised on 9<sup>th</sup> June. The event was conducted in the college conference hall and witnessed the participation of around 30 NSS volunteers besides members from the faculty and staff. The event was moderated by Dr. Muslim Ahmad Shah, Lecturer in the department of Environmental Studies. The latter thoroughly introduced the theme and stressed on the need to preserve environment and talked about the importance of environment in particular. In his welcome address, Mr. Nisar Nadeem, Assistant professor (Kashmiri), also talked about the significance of clean and green environment with equal focus on the role of NSS volunteers in preservation of environment. Dr. Mohammad Younus Bhat, Assistant Professor (Political Science) broadly talked about the Ecological crisis, various environmental issues and the preventive measures thereof. Honourable Principal of the college, Prof. Dr. Manzoor Ahmad Lone was welcomed by the NSS volunteers with great enthusiasm and formal NSS clap and a bouquet was presented by Mr. Zubair Ahmad Wani HOD environmental studies as a token of esteem. Honourable principal sir extensively talked about the different dimensions of environmental preservation, educational setup with special reference to environmental studies, and judicious use of resources. It was held that climate change, global warming and ozone depletion were the challenges to the survival of humanity and other living beings and if preservation efforts weren't accelerated, the earth would be an arduous place to live in. The lectures were followed by an environmental pledge and the staff and NSS volunteers pledged to conserve water, plant trees, follow the principle of 3R's ( Reduce, Reuse and Recycle), choose public transport and avoid single use plastic. It was reflected that there is only one Earth and we must protect it. Furthermore, the winners of poster making competition were also announced and were felicitated with the certificates and the medals. The event concluded with a vote of thanks by Mr. Zubair Ahmad Wani (HOD) Environmental Studies.

Dr. Safeer Ahmad Bhat



NSS Programme Officer

HOD Evs,

Mr. Zubair Ahmad Wani

Copy to:

1. Worthy Principal for information
2. Coordinator IQAC
3. Incharge website
4. Office records







## Event Report

The Debates and Seminars Committee organized a one-day seminar on the theme "The Spiritual Philosophy of Ramadan" on 16<sup>th</sup> April, 2022, in the college conference hall. The conduct of the programme was facilitated by the NSS unit, ICT committee and IQAC of the college. The event was attended by the college students and the faculty of the host college. On the occasion the college principal, Dr. Nazir Ahmad Simnani, congratulated the Debates and Seminars Committee for organizing the event on the campus. The invited speaker, Dr. Naseem Rafi Aabadi of the Central University of Kashmir delivered a detailed lecture on the essential purpose of the month of Ramadan. The invited speaker underlined the need to go beyond mere fasting and enrich our souls with the love of God and the Prophet. At the end of the lecture an interactive session was held in which the participant students interacted with the speaker. The event concluded with a vote of thanks, presented by Prof Arif Hussain Reshi, a faculty member of the Department of English. The whole event was moderated by Prof. Nisar Ahmad Bhat, Head, Department of Kashmiri and Convener, Debates and Seminars Committee.



Convener

Debates & Seminars

# Department of Biochemistry

Govt Degree College Kulgam

## Health Audit Week-Final Report

*Period of organisation*  
*th st*  
*“28 Sep-1 Oct-2021”*

**Aim and Objective:** As desired by the chair of the Institute, the Department of Biochemistry in collaboration with IQAC at Govt Degree College Kulgam conducted the “Health Audit” of its whole staff to help them stay fit and fine. In this connection the department assessed two important health parameters namely, the SGOT and blood cholesterol. While the former is an important read out of one’s liver function (the master organ of our body), the later can cause atherosclerosis (when accumulated in higher amounts) leading to heart attacks and brain stroke.

### *Event implication:*

*“While raised SGOT is a read out for possible liver damage due to lipid accumulation, viral infection and/or drug intake, the high cholesterol is a risk factor for Chronic heart disease (CHD) and stroke”.*

**Sampling recommendation:** For the above said tests (**LFT and blood Cholesterol**) morning samples are recommended for the better assessment. So

interested officials, as advised, donated their blood samples preferentially in the morning with relatively empty stomach.

**Inaugural date:** 28<sup>th</sup> sep-21

**Inauguration:** The “health audit week” organised by Department of Biochemistry in collaboration with IQAC was inaugurated by the worthy Principal (head/chair) of Govt Degree College



Kulgam. The inaugural ceremony was attended by Heads of various departments including convenor IQAC and student of the college. The head of institute was familiarised with the utility of various facilities available in the Department of Biochemistry. Of note, the worthy chair and convenor IQAC were the first sample donors to be subjected to above analyses.

### **Beneficiaries of the event:**

Almost whole college staff was voluntarily subjected to above said biochemical analyses (record attached, see annexe I).

**Acknowledgment:** The Department of Biochemistry is grateful to the Principal



Prof (Dr) N. A. Simnani for giving a chance to the aforesaid department to serve the College fraternity. Drs Raoof and Taif (academic arrangement faculties) of the Biochemistry Department worked meticulously and tenaciously hard to make this exercise a grand success. The event would not have been possible without the support from the IQAC of the College. We cordially thank our sample donors. We are indebted to our non-teaching faculty to make this event to happen successfully. At the end we would be always happy to serve the Institute in all possible ways to take it new heights and bring laurels to it.

Principal

Convener  
IQAC

Head

Department of Biochemistry

HEAD  
Department of Bio-Chemistry  
Govt. Degree College Kulgam

PRINCIPAL  
Govt. Degree College  
Kulgam (Kmr) J&K

## **Govt. Degree College Kulgam**

***Subject: - Report regarding the installation, usage and demonstration of fire extinguishers.***

After successful procurement of different types of fire extinguishers, the purchase committee of the college in collaboration with Fire and Emergency Department Kulgam organized an event on installation, demonstration and usage of different types of fire extinguishers on 27<sup>th</sup> of June 2022.

Forty one Fire extinguishers including Dry Powder, Carbon Dioxide and water types were installed in different buildings including Administrative Block, Arts Block, Girls Common Room, Canteen, Old Laboratory Block, Science Block and New Classroom Block of the college. Experts from fire and emergency department monitored the installation process.

After complete installation, a practical session was organised in the premises of Science Block. The experts from Fire and Emergency Department Kulgam made the attendants aware about different types of fires and measures of safety. Fire was ignited using LPG, wood, chemicals, etc and extinguished on spot using the fire extinguishers.

The event was supervised by the Principal of the college Dr Manzoor Ahmad Lone. Besides faculty and staff of the college, a good number of students attended the event.

Prof Sajad Ahmad Shah  
Convener Purchase Committee



Documentation and Media cell

# Govt. Degree College, Kulgam

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Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
Fax No: 01931-260177

## "Empowering the Future: College NSS Unit Marches Against Drug Abuse, Principal Inspires with Wise Words"

Reported by : Mr. Irshad Ahmad Lone (Convener Media Cell).

GDC Kulgam, 10-08-2023: In a powerful display of unity and commitment, the National Service Scheme (NSS) unit of GDC Kulgam took a resolute stand against the scourge of drug abuse within the campus. Under the inspiring guidance of the esteemed Principal Prof. Syed Eazaz Hussain Rizvi, the NSS volunteers, along with dedicated faculty members, orchestrated a march that echoed their firm resolve to combat this pressing issue.

The event kicked off with an aura of anticipation as Principal Prof. Eazaz Hussain Rizvi inaugurated the rally with his profound insights and words of wisdom. Addressing the gathered crowd, he stressed the pivotal role that the youth play in shaping a better future and commended the NSS unit's initiative in raising awareness about the dire consequences of drug abuse.

A sea of passionate NSS volunteers flooded the campus, brandishing vibrant placards emblazoned with compelling messages such as "Say No to Drugs" and "Choose Life, Not Drugs." The air resonated with fervent chants and slogans against drug abuse, underscoring the determination of these young changemakers to create a drug-free environment.

The march spanned across the campus, weaving through significant landmarks like the Administrative block, New block, Old block, and Higher Secondary block, symbolizing the unwavering march towards a healthier, drug-free campus. The final destination was the Science block, where NSS Program Officer Mr. Shahid Yousuf Gilkar captivated the assembled volunteers with a comprehensive discourse on the detrimental effects of drug abuse.

The event concluded with a renewed sense of purpose and an unbreakable bond among the NSS unit, faculty members, and participants. The march stood as a testament to the potential of collective action in combating the challenges that plague the youth and society. It underscored the indomitable spirit of the college community in nurturing a healthy and drug-free environment for the generations to come.



Convener Media Cell.  
Mr. Irshad Ahmad Lone

PRINCIPAL  
PROF. SYED EAZAZ HUSSAIN RIZVI



Documentation and Media cell

# Govt. Degree College, Kulgam

Email: [kulgampincipal@gmail.com](mailto:kulgampincipal@gmail.com)

Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177

Fax No: 01931-260177

## **NSS Unit of GDC Kulgam Kicks Off Mega Cleanliness Drive to Promote Hygiene and Swachta**

Reported by : Mr. Irshad Ahmad Lone (Convener Media Cell).

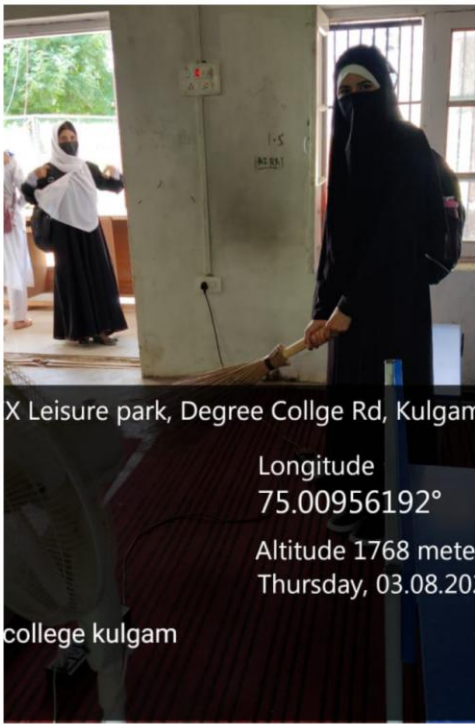
GDC Kulgam, August 3, 2023: The National Service Scheme (NSS) Unit of Government Degree College (GDC) Kulgam commenced a massive cleanliness drive under the Swachh Bharat Mission on August 1, 2023, to foster cleanliness, hygiene, and awareness of environmental conservation. The campaign is set to continue until August 15, 2023, with a team of dedicated NSS volunteers actively participating to keep the campus and its surroundings spick and span. The drive was inaugurated by the Worthy Principal of the college, who stressed the significance of maintaining a clean and healthy environment. The NSS Unit, renowned for its community service initiatives, took the opportunity to contribute to the nation's cleanliness mission, emphasizing the importance of cleanliness in everyday life.

Over the past two days, the enthusiastic NSS volunteers have been diligently working to clean and spruce up the campus buildings. Armed with brooms, cleaning equipment, and an unwavering spirit of dedication, the 40 NSS volunteers have made considerable progress in tidying various areas of the college premises.

Speaking about the ongoing cleanliness drive, the NSS Coordinator, Mr. Shahid Yousuf Gilkar, expressed his gratitude to all the participants for their commitment to the cause. He said, "The response from the NSS volunteers has been overwhelming. They have wholeheartedly embraced the mission and are making commendable efforts to ensure the campus is clean and free from litter. We are determined to set an example for others to follow."

The initiative has drawn admiration from both students and faculty members, who have lauded the NSS Unit's endeavors in fostering a culture of cleanliness and hygiene within the college community.

The NSS Unit's mega cleanliness drive will culminate on August 15, 2023, commemorating India's Independence Day. As the campaign continues to progress, the volunteers aim to make a lasting impact not only within the college premises but also by encouraging a positive change in the mindset of individuals towards cleanliness and environmental preservation.



X Leisure park, Degree Collge Rd, Kulgam

Longitude  
75.00956192°

Altitude 1768 mete  
Thursday, 03.08.20

college kulgam

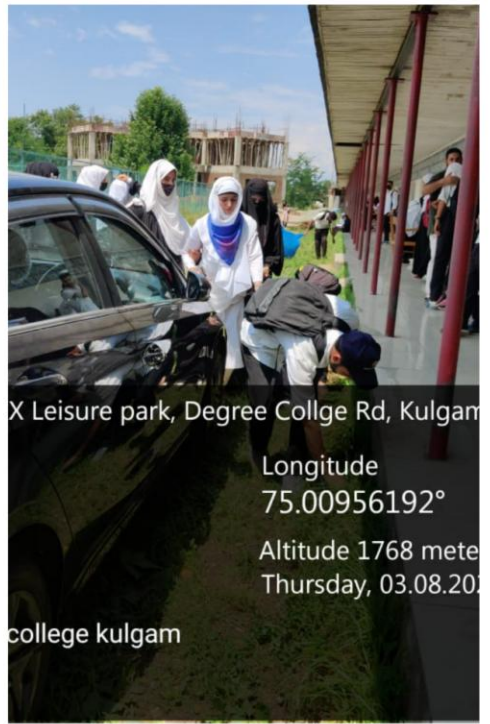


X Leisure park, Degree Collge Rd, Kulgam

Longitude  
75.00956192°

Altitude 1768 mete  
Thursday, 03.08.20

college kulgam

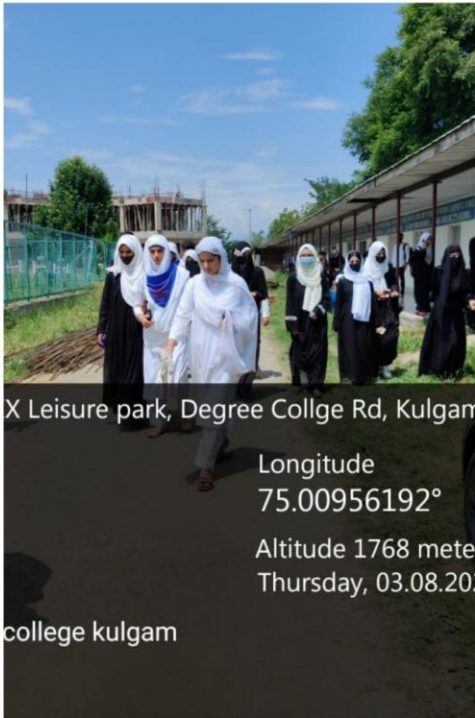


X Leisure park, Degree Collge Rd, Kulgam

Longitude  
75.00956192°

Altitude 1768 mete  
Thursday, 03.08.20

college kulgam



X Leisure park, Degree Collge Rd, Kulgam

Longitude  
75.00956192°

Altitude 1768 mete  
Thursday, 03.08.20

college kulgam



X Leisure park, Degree Collge Rd, Kulgam

Longitude  
75.00956192°

Altitude 1768 mete  
Thursday, 03.08.20

college kulgam



X Leisure park, Degree Collge Rd, Kulgam

Longitude  
75.00956192°

Altitude 1768 mete  
Thursday, 03.08.20

college kulgam

Convener Media Cell.  
Mr. Irshad Ahmad Lone

PRINCIPAL  
PROF. SYED EAZAZ HUSSAIN RIZVI



Documentation and Media cell

## Govt. Degree College, Kulgam

Email: [kulgampincipal@gmail.com](mailto:kulgampincipal@gmail.com)

Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177

Fax No: 01931-260177

GDCK/DMC/23/73

Dt: 10 / 10 / 23

### World Mental Health Day Celebrated at Degree College Kulgam

Reported by : Mr. Irshad Ahmad Lone (Convener Media Cell).

GDC Kulgam, 10-10-2023: Today, the Department of Psychology at Government Degree College Kulgam, in collaboration with AYUSH Kulgam, celebrated World Mental Health Day under the banner of Nasha Mukht Bharat. The event aimed to raise awareness about mental health and its importance in society. The day-long celebration featured two significant events, with the first half dedicated to a seminar centered around the theme, "Mental Health is a Universal Human Right." The seminar, held in the college's conference hall, saw the participation of medical professionals from AYUSH Kulgam, college faculty, and students.

The event began with a warm welcome from the college's Principal, Prof. Syed Eazaz Hussain Rizvi, who emphasized the critical role of mental health in our daily lives. Dr. Mohd Altaf Paul, Head of the Department of Psychology, introduced the theme, highlighting the growing prevalence of mental health issues in Kashmir valley and the limited access to healthcare services. He stressed that stigma and discrimination against individuals with mental health conditions are violations of human rights.


Dr. Saba Khan, a medical officer, delivered a detailed lecture on common mental health issues found in Kashmir. She underlined the importance of understanding these problems for providing better mental healthcare. Dr. Nisar Nadeem, HOD of Kashmiri, presented the manifestation of symptoms in ADHD and somatoform disorders patients in Kashmir, using storytelling to contextualize mental health issues in the local culture. Dr. Manzoor Ahmad concluded the presentations by illustrating various strategies and steps to enhance mental health, emphasizing coping mechanisms for maintaining mental well-being. Following the presentations, a lively question-and-answer session allowed students to address their queries about mental health, which were expertly answered by the medical professionals. Dr. Suhail Yousuf delivered a vote of thanks, concluding the enlightening seminar.


In the second part of the celebration, the Department of Psychology organized a Mental Health Awareness Rally, with both faculty and students actively participating. The rally commenced at the college gate and moved through the arts and science block, where participants raised awareness through slogans and posters. The rally successfully achieved its goal of spreading awareness about mental health among students.







  
Convener Media Cell.  
Mr. Irshad Ahmad Lone

  
PRINCIPAL  
Govt. Degree College  
Kumbhalgarh  
PROF. SYED EAZAZ HUSSAIN RIZVI



National Service Scheme (NSS) Unit  
**Govt. Degree College, Kulgam**

Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com) Tel. No: 01931-260177  
Website: <http://gdckulgam.edu.in> Fax No: 01931-260177



GDCK/NSS/22/49

No:  
Date: 27-06 -2022

### **Report of the National Seminar on International Day against Drug abuse**

National Service Scheme (NSS) Unit of the college organised a National Seminar on 'International Day against Drug Abuse' in collaboration with District Legal Services Authority (DLSA) Kulgam on 27<sup>th</sup> June, 2022 in the College Conference Hall. The introductory remarks of the seminar were presented by Dr. Safeer Ahmad Bhat, NSS Programme Officer. The proceedings of the seminar were conducted by Ms. Mehreen Mushtaq, Sub-Judicial Magistrate Kulgam. The event witnessed the participation of around 64 NSS volunteers besides members from the faculty, students, medical experts, and lawyers. Mr. Tahir Khursheed Raina, District and Sessions Judge Kulgam and Chairman DLSA had been invited as the keynote speaker.

In his welcome address, principal of the College, Prof. (Dr.) Manzoor Ahmad Lone gave a concise introduction on the theme, described drug abuse as one of the burning issues of 21<sup>st</sup> century, the role of students in rooting out the menace and highlighted the broader aspects of the seminar. Various resource persons talked about the legal and the medical aspects of Drug abuse. Advocate Mohammad Shafi Bhat, Bar President Kulgam, talked on 'Legal Aspects of Drug Abuse' and thoroughly deliberated on The Narcotic Drugs and Psychotropic Substances Act, 1985 (NDPS) and its various sections dealing with the stringent punishment in case of possessing, selling, importing and exporting of cannabis sativa, papaver somniferum ( opium poppy) and other such drugs. Dr. Mudasir, Incharge of Drug De Addiction centre, Anantnag talked on the 'physiological and psychological effects of Drug abuse', Stress management and parenting skills thereof. Senior prosecuting officer, Advocate Zahid Ahmad extensively talked about the 'Hazards of Drug abuse, and the legal aspects.' Sharing the statistics regarding the increase in morbidity, mortality and crime rate in Kashmir Valley as a result of drug abuse, it was held that general awareness, social boycott of drug peddlers, and reporting of such cases was equally important. Dr. Aman Kuchey, Medical officer at Drug de Addiction Centre, District Hospital Kulgam, shared her views on the topic 'Drug abuse and it's management'. In her speech Dr Aman described the entire treatment process offered at Drug De Addiction centres involving the chain of steps including, Relapse prevention, Rehabilitation, Detoxification, pharmacotherapy, behavioural therapy and Family counselling.

Chief Guest of the event, Mr. Tahir Khursheed Raina, in his keynote address held that Drug addiction was a disease and can be cured completely by rehabilitation and reformation of substance abusers. The learned keynote speaker described the prevailing situation as the most unfortunate one as the human resource is incarcerated because of this menace, discussed the legal aspects of Drug abuse and categorised students as the harbingers of society in tackling

and annihilating the nodus from the grass root level. Furthermore, it was suggested that the educational institutions, families, religious scholars and students should work collaboratively to revolutionise the entire society and eradicate this menace. The lecture was followed by an interactive session in which volunteers raised some important questions related to the theme. The event concluded with a vote of thanks by Advocate Mohammad Iqbal Bhat, panel lawyer DLSA.

Dr. Safeer Ahmad Bhat



NSS Programme Officer

Copy to:

1. Worthy Principal for information
2. Coordinator IQAC
3. Incharge website
4. Office records









National Service Scheme (NSS) Unit  
Government Degree College, Kulgam

Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com)  
Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
Fax No: 01931-260177



No: GDCK/NSS/22/120

Date: 21-12-2022

**Report of the Road Safety and Traffic Awareness**

National Service Scheme (NSS) Unit of the College organised a one-day workshop on Road Safety and Traffic Awareness on 21<sup>st</sup> December, 2022 in collaboration with the J&K Traffic Police Department (Sector Kulgam and Qazigund). The event started at 11:30 am sharp and was conducted in the College Conference Hall. Around 55 NSS volunteers participated in the workshop, besides faculty members of the College and Traffic Police officers.

The event was moderated by NSS Programme Officer, Dr Safeer Ahmed Bhat. Principal of the College, Prof (Dr.) Manzoor Ahmad Lone who was the chief guest on the occasion presented the Welcome Address and formally inaugurated the proceedings of the event. He discussed about the responsibility of the youth towards following the traffic rules diligently and inspiring others to do the same. DTI Kulgam, Mr Javaid Ahmad was the keynote speaker on the occasion. In his address, the learned speaker deliberated on the broader aspects of Road Safety and Traffic Awareness. He elaborated on the New Motor Vehicles Amendment Act, 2019 with the enhancement of fines in offences by the Ministry of Road Transport and Highways (MORTH) and requested NSS volunteers to spread the awareness among their friends, family members and society about these rules and regulations. Students were made aware of the various Road signs- Mandatory, cautionary and Informatory signs and were suggested to ensure the use of helmets and seat belts. He also stressed on raising consciousness for compliance with traffic rules, cautious movement of the pedestrians on the streets and carrying the accident victims to the hospitals at the earliest possible time.

DSP Traffic, Mr Tariq Ahmad Tak also charted out traffic rules that should be followed by drivers as well as pedestrians. He added that the main causes of accidents were over speeding, overtaking, overloading and others. An interactive session was also held during which students raised various issues faced by them. Students requested for a smoothening of public transportation in Kulgam to which DSP Traffic assured to take up the matter with concerned officers through proper channel. He also expressed gratitude to the participants for their interest and active involvement in the event.

The event concluded with a vote of thanks presented by Dr Safeer who requested the Traffic Police Department to collaborate with the College in organising more such awareness programmes for the students so that a better law-abiding society is created for the good of all.

Dr. Safeer Ahmad Bhat



NSS Programme Officer

Copy to:

1. Worthy Principal for information
2. DySP (Traffic) Kulgam for information
3. Coordinator IQAC
4. Office record file



National Service Scheme (NSS) Unit  
Government Degree College, Kulgam

Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com)  
Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
Fax No: 01931-260177





National Service Scheme (NSS) Unit  
Government Degree College, Kulgam

Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com)  
Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
Fax No: 01931-260177



Building # 1& 2, Chawalgam road, Nihama Kulgam, Kulgam, 192231

Latitude  
33.6476567°

Longitude  
75.0095188°

Local 12:45:45 PM  
GMT 07:15:45 AM

Altitude 13.29 meters  
Wednesday, 21.12.2022

Note : traffic awareness programme in collaboration with NSS unit GDC kulgam 21 dec 2022





National Service Scheme (NSS) Unit  
Government Degree College, Kulgam

Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com)  
Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
Fax No: 01931-260177





National Service Scheme (NSS) Unit  
Government Degree College, Kulgam

Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com)  
Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
Fax No: 01931-260177





National Service Scheme (NSS) Unit  
Government Degree College, Kulgam

Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com)  
Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
Fax No: 01931-260177





National Service Scheme (NSS) Unit  
Government Degree College, Kulgam

Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com)  
Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
Fax No: 01931-260177





Office of the Principal  
**Govt. Degree College, Kulgam**

Email: [kulgamprincipal@gmail.com](mailto:kulgamprincipal@gmail.com) Tel. No: 01931-260177  
Website: <http://gdckulgam.edu.in> Fax No: 01931-260177

**Press Note on COVID Helpers Skill Programme**

In the wake of the ongoing COVID-19 pandemic, communities around the globe have faced unprecedented challenges. In response to this crisis, the **Government Degree College Kulgam** is proudly organizing the webinar on *COVID Helpers Skill Programme* on 30/06/2021, an initiative aimed at empowering students with essential skills to aid in the fight against the pandemic. Speaker Mr. Ajay Representative of MGNCRE elaborated the urgency and skills required to help COVID affected people in our area.

The *COVID Helpers Skill Programme* is designed to equip Students with practical knowledge and expertise necessary to assist their communities during these challenging times. Through a series of comprehensive training modules, almost 50 students learned essential skills ranging from healthcare support to community outreach and crisis management.

**Key features of the COVID Helpers Skill Programme include:**

1. **Healthcare Support Training:** Students will receive training in basic healthcare practices, including infection control, patient care, and first aid. This training will enable them to provide vital assistance in healthcare settings such as hospitals, clinics, and vaccination centers.
2. **Community Outreach and Education:** Understanding the importance of community engagement, the programme will focus on equipping students with effective communication and outreach skills. This will enable them to disseminate accurate information about COVID-19 prevention measures, vaccination drives and available resources within their communities.
3. **Crisis Management and Response:** In times of crisis, effective management and swift response are paramount. The programme will provide students with training in crisis management techniques, including risk assessment, decision-making, and resource allocation. This will enable them to play a crucial role in coordinating emergency response efforts during the pandemic.
4. **Mental Health Support:** Recognizing the mental health challenges exacerbated by the pandemic, the programme will incorporate modules on mental health awareness and support. Students will learn how to identify signs of distress, provide psychological first aid, and connect individuals with appropriate mental health services.

The *COVID Helpers Skill Programme* aims to mobilize a network of skilled Students who are ready to step up and support their communities in times of need. By empowering students with essential skills and knowledge, the programme seeks to strengthen community resilience and foster solidarity in the face of adversity.

In the face of the COVID-19 pandemic, it is more important than ever for communities to come together and support one another. The *COVID Helpers Skill Programme* empowers individuals with the tools and



# Office of the Principal Govt. Degree College, Kulgam

Email: [kulgampincipal@gmail.com](mailto:kulgampincipal@gmail.com) Tel. No: 01931-260177  
Website: <http://gdckulgam.edu.in> Fax No: 01931-260177

expertise they need to make a meaningful difference in their communities. Together, we can overcome this crisis and emerge stronger than ever before."

The *COVID Helpers Skill Programme* is open to students of all backgrounds and skill levels. Students are encouraged to register and join the initiative to contribute to the collective effort in combating the pandemic.

**INTERNAL QUALITY ASSURANCE CELL**  
Govt. Degree College Kulgam

**IN COLLABORATION WITH**

**MAHATMA GANDHI NATIONAL COUNCIL**  
**OF RURAL EDUCATION**  
Department of Higher Education  
Ministry of Education  
Govt. of India

**ONE DAY WORKSHOP ON**

**"Covid Helper's Skills for Student Community"**  
On  
**30<sup>th</sup> of June 2021**  
Time: 12:00 to 01:30 PM

**Speaker**  
Mr. Ajay  
Representative of  
MGNCRE

**Convener**  
Dr. Nazir Ahmad Simnani  
Principal

**Organizing Committee**  
Dr. Shabir Ahmad Padder  
Dr. Aijaz Ahmad Wani  
Dr. Shahzada Ashraf  
Prof. Gowhar Rashid  
Prof. Sajad Ahmad Shah  
Prof. Shamim Ahmad Hakim  
Dr. Arif Wani  
Dr. Aarif Malik

**Key Note**  
This workshop will focus on providing information and psychosocial support to the Covid-19 affected people in your district. Through a structured process, the workshop will enable creation of different groups with specific roles to achieve the outcomes.

**Government Degree College Kulgam**  
Kulgam, Jammu & Kashmir 192231  
NAAC accredited institution  
Affiliated to University of Kashmir

**Dr. Mohd Younus Bhat**  
Coordinator

<https://meet.google.com/wcz-tdxw-obs>



National Service Scheme (NSS) Unit  
**Govt. Degree College, Kulgam**

Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com)  
Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
Fax No: 01931-260177

No. GDCK/NSS/21/37

Date: 29/09/2021

**Report of the Campus Cleanliness Drive organised by NSS Unit on 29th September, 2021**

As part of the Gandhi Jayanti celebrations, National Service Scheme (NSS) Unit of the College organised a Campus Cleanliness Drive on 29th September, 2021 at 11:30 am. The Drive was kick-started by Dr. Nazir Ahmad Simnani, Principal of the College in presence of the senior faculty of the College. Around forty (40) NSS Volunteers participated in the Drive. Earlier, the participants were divided into five (05) groups, each led by a team leader, with each group assigned the task of conducting cleanliness of different blocks of the College- Arts Block, Administrative Block, Science Block, New Block and Higher Secondary Block. The necessary instructions were given by Dr. Safeer Ahmad Bhat, NSS Programme Officer and Prof. Iftikar Ahmad Pall, Assistant Professor (Education). The volunteers collected dirt and garbage from different blocks of the College which was then emptied into the garbage truck of Kulgam Municipal Committee. Besides, the volunteers organised meetings and displayed placards to raise awareness about the environmental hygiene and the ill effects of using polythene. The event concluded at 01:00 pm.

Dr. Safeer Ahmad Bhat



NSS Programme Officer

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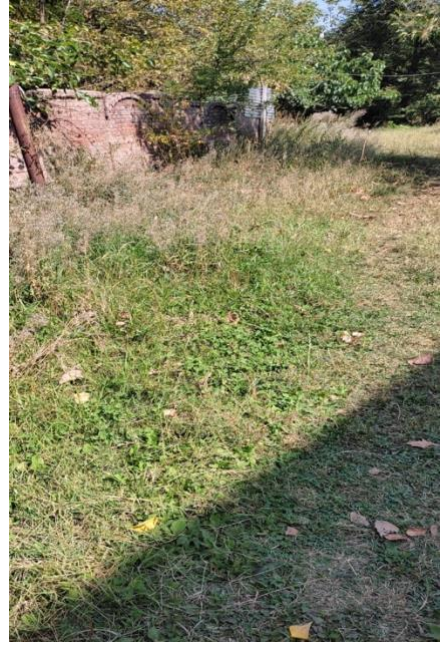
1. Worthy Principal for information
2. Coordinator IQAC
3. Incharge Website
4. Office records





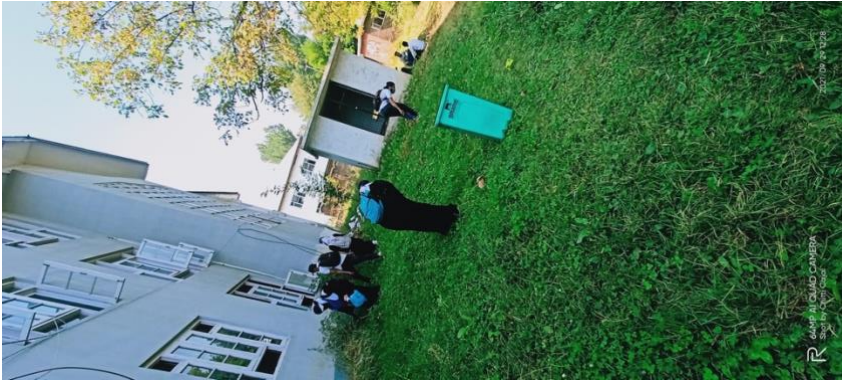
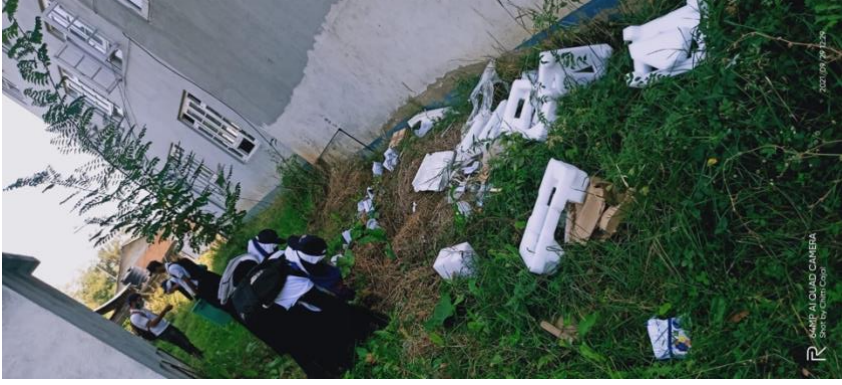


Before



After







**OFFICE OF THE EBSB NODAL OFFICER  
GOVERNMENT DEGREE COLLEGE KULGAM**

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*Dated: 21/06/2021*



**Report on the observance of the event ‘International Yoga Day’**

The College Sports Club under the aegis of ‘Ek Bharat Shrestha Bharat’ celebrated International Yoga Day on 21<sup>st</sup> June, 2021 in collaboration with NSS and NCC wing of the college. The event was organized in the college campus by EBSB Club. Apart from the overwhelming response from faculty and staff members, the programme was vehemently attended by the EBSB Club members, NSS and NCC cadets of the college.

The programme was formally kick-started with the welcome address by the worthy Principal, Dr. Nazir Ahmad Simnani. In his address, he emphasized on the importance of yoga and meditation in up-holding the physical and mental state of mind. Taking into account the ongoing turmoil of COVID19, he stressed on the theme of International Yoga Day. He also aptly corroborated that where human life is complicated with different dimensions of psychological sufferings and mental health issues, work-out is the only way out in rejuvenating and sustaining human life to a greater extent. The student participants were trained and guided by Mr. Waseem Ahmad Mantoo (Physical Training Instructor) and Mr. Shameem Ahmad Bhat (Assistant PTI) with the pursuit to disseminate awareness regarding yoga among the faculty, staff and students of the college. The event was organized by Dr. Shahzada Ashraf Maqbool, Convener Sports Club. The NCC officer Mr. Gowhar Rashid along with the organising team played an indispensable role in the making the event a success. The proceedings of the event were conducted by Dr. Aarif Ahmad Wani, EBSB Nodal Officer of the college.

**Sd/-  
EBSB Nodal Officer**

**DEPARTMENT OF PSYCHOLOGY**  
**GOVERNMENT DEGREE COLLEGE KULGAM**

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**Report of Seminar on “Mental Health in an Unequal World”**

**Date: 12<sup>th</sup> October, 2021**

Department of Psychology and Psychological Counseling cell in collaboration with Govt. Hospital Kulgam celebrated World Mental Health Day on 12<sup>th</sup> October, 2021 at 11am in conference hall of Govt. Degree College Kulgam. The participants in the event included faculty members, staff members from Hospital and more than 50 students. The programme was organized to highlight the importance of mental health in an unequal world and the need and importance of having easy access to mental health services for all. The seminar was set open by Dr Mohd Altaf Paul, Head Department of Psychology by welcome note. Prof Nazir Ahmad Simnani, Principal of the college gave an introductory note which was followed by an extensive lecture by Dr Himmayun, Psychiatrist, Govt Hospital Kulgam on the theme ‘Mental Health in an Unequal World’. The issue of inequality in health system was discussed and how investment in mental health is disproportionate to overall health budget. It was emphasized that people with mental illness do not receive the treatment they deserve and they still face social stigma and discrimination. It was reported that Covid-19 has further aggravated mental health issues in young generation. So, it is high time to act urgently, locally as well as globally to ensure proper mental health awareness and proper mental health services for all. Two students also participated among which one highlighted the common myths prevalent in society which were countered by the facts by the other student. There was active participation by faculty members and students in question answer session. Vote of thanks was given by Dr Rashida and the whole programme was moderated by Dr Abdul Raffie Naik (Faculty members in department of Psychology). Overall, it was a fruitful and successful seminar.

**Sd/=**

**Head**

**Department of Psychology**

**Date: 12<sup>th</sup> October, 2021.**



National Service Scheme (NSS) Unit  
**Govt. Degree College, Kulgam**



Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com) Tel. No: 01931-260177  
Website: <http://gdckulgam.edu.in> Fax No: 01931-260177

No. GDCK/NSS/21/67

Date: 12/12/2021

**Report of the One-Day Workshop on Disaster Management**

National Service Scheme (NSS) Unit of the College organised a one-day workshop on Disaster Management in collaboration with SDRF Kulgam on 11<sup>th</sup> December, 2021. The workshop witnessed the participation of around 150 NSS volunteers, students and members from the teaching and non-teaching staff. The workshop included a lecture on Disaster Mitigation and a mock drill on fire-fighting. The programme was moderated by Dr. Safeer Ahmad Bhat, NSS Programme Officer. In his welcome address, Dr. Mohd Younes Bhat, Coordinator IQAC lauded NSS Unit for organising the programme and hoped that this would benefit the students and train them in the basics of disaster management. Mr. Umer Farooq, Lecturer in the Department of Disaster Management, delivered an expert talk on, 'The Importance of Disaster Mitigation' in which he discussed in detail the different aspects of disasters-natural and man-made, and held that given the increasing magnitude of epidemics, floods, storms, droughts and wildfires, it was imperative to ensure disaster preparedness so as to save countless lives, speed up peoples' recovery and save money.

The lecture was followed by a mock drill on fire-fighting conducted by SDRF Kulgam in the main playground of the College. The SDRF team, with rescue vehicle and ambulance, was led by Altaf Hussain Shah, DySP SDRF South Kashmir. The team, under the leadership of Shabir Ahmad, Inspector SDRF, erected a temporary structure, set it ablaze and then started the rescue operation. The Team demonstrated the different phases in the operation with focus on evacuation and rescue. It was demonstrated that the first hour, called the golden hour, was very important and the action taken during it would determine the course of the disaster. The Team introduced the different tools and equipments used in the rescue operation and also trained the students in the basics of first-aid. The performance of the Team was applauded by all the participants. The event concluded with a vote of thanks by Dr. Shahzada Ashraf, Sr. Assistant Professor, Political Science.

Dr. Safeer Ahmad Bhat



NSS Programme Officer

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1. Worthy Principal for information
2. Coordinator IQAC
3. Incharge Website for uploading the report on College Website
4. Office records













National Service Scheme (NSS) Unit  
**Govt. Degree College, Kulgam**

Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com)  
Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
Fax No: 01931-260177

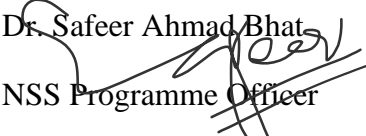
No. GDCK/NSS/21/30

Date: 14/09/2021

**Report of the South Kashmir Inter-College Quiz Competition on 14/09/2021**

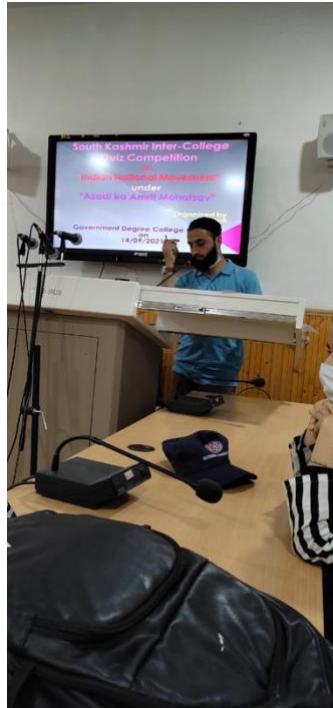
Under the aegis of Azadi ka Amrit Mahotsav National Service Scheme (NSS) Unit of the College organised South Kashmir Inter-College Quiz Competition on the theme, 'Indian National Movement' on 14<sup>th</sup> September, 2021. Nine Degree Colleges, including the host College, of South Kashmir participated in the said competition. Each College was represented by two students. The programme started at 11:30 am in the College Conference Hall and was moderated by Dr. Safer Ahmad Bhat, NSS Programme Officer. Dr. Shabir Ahmad Padder, Vice-Principal of the host College formally welcomed the guests and inaugurated the proceedings of the Competition. In his introductory remarks he shed light on the rich legacy of Indian National Movement and stressed on the need to imbibe its values among the younger generation. Dr. Mohd. Younes Bhat, Mr. Arshid Ahmad Thoker and Mr. Iftikar Ahmad Pall (Faculty members from the host College) performed their duty as jury.

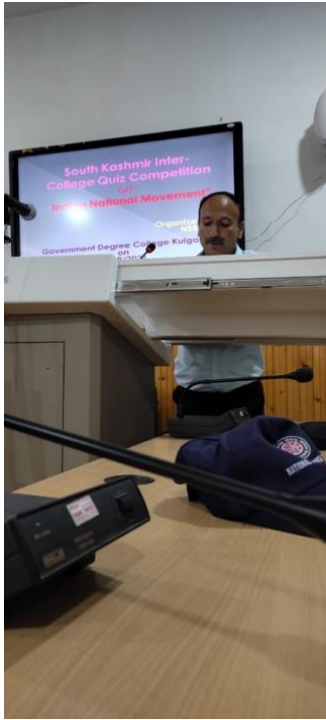
The teams had been arranged alphabetically and questions were posed to them in that sequence. The quiz comprised of six (06) rounds. The last round was a rapid fire round in which questions were asked to all the teams and the one which pressed the buzzer first was given the opportunity to answer it. Government Degree College Kulgam (Host College) secured the first position while Government Degree College Dooruand Uttersoo secured second and third positions respectively. The position holders were felicitated and were given trophies and merit certificates in the award ceremony, chaired by Dr. Shabir Ahmad Padder. Besides, all the participants were given Certificates of Participation. The programme concluded with a vote of thanks by Dr. Mohd. Hussain Zargar, Sr. Assistant Professor from Government Degree College Pulwama.

Dr. Safer Ahmad Bhat  
  
NSS Programme Officer

Copy to:

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2. Coordinator IQAC
3. Incharge College Website
4. Office records







Documentation and Media cell

## Govt. Degree College, Kulgam

Email: [kulgampincipal@gmail.com](mailto:kulgampincipal@gmail.com)

Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177

Fax No: 01931-260177

### **GDC Kulgam's Department of Computer Application Hosts Cybersecurity Film Showcase during "Digital J&K Week"**

Reported by : Mr. Irshad Ahmad Lone (Convener Media Cell).

GDC Kulgam, September 4, 2023 - The Department of Computer Application at Government Degree College (GDC) Kulgam, under the theme "Digital J&K Week," organized a captivating Cybersecurity Film Showcase today. The event aimed to raise awareness about cybersecurity issues and the importance of staying vigilant while navigating the digital world. The showcase featured two thought-provoking movies that delved into the world of cybersecurity and its associated challenges. The event drew a sizable audience, comprising both male and female students, eager to enhance their understanding of online security. The inauguration of the event was presided over by Prof. Shamim Ahmad Hakim, a distinguished figure in the field of computer science and technology. Professor Hakim delivered an inspiring speech in which he emphasized the critical need for cybersecurity awareness in today's digital landscape. He encouraged the students to remain vigilant while engaging in online activities and to adopt responsible online behavior.

The first film showcased during the event shed light on the various facets of cybersecurity, including cyber threats, data breaches, and the importance of protecting sensitive information. It stressed the role of individuals and organizations in safeguarding their online presence and data. The second film explored the darker side of the digital world, highlighting the potential consequences of cyberattacks and the devastating impact they can have on individuals and society as a whole. It aimed to create a sense of urgency and responsibility among the viewers regarding cybersecurity. The audience, comprising students from various disciplines, actively participated in the post-screening discussions, posing questions to the organizers and engaging in conversations about best practices for online safety. The Cybersecurity Film Showcase was not only informative but also an interactive and engaging platform for students to exchange ideas and insights.

As the "Digital J&K Week" continues, events like the Cybersecurity Film Showcase at GDC Kulgam play a vital role in educating the youth about the importance of online security. The event's success serves as a testament to the growing awareness and interest in cybersecurity issues among the student community.



Convener Media Cell.  
Mr. Irshad Ahmad Lone

PRINCIPAL  
PROF. SYED EAZAZ HUSSAIN RIZVI



Documentation and Media cell  
**Govt. Degree College, Kulgam**

Email: [kulgamprincipal@gmail.com](mailto:kulgamprincipal@gmail.com)

Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177

Fax No: 01931-260177

GDCK/DMC/23/44

Dt: 9 / 9 /23

**"Inspiring Creativity: GDC Kulgam's NNS Unit Galvanizes Youth Against Drug Abuse with Slogan Writing Extravaganza"**

Reported by : Mr. Irshad Ahmad Lone (Convener Media Cell).

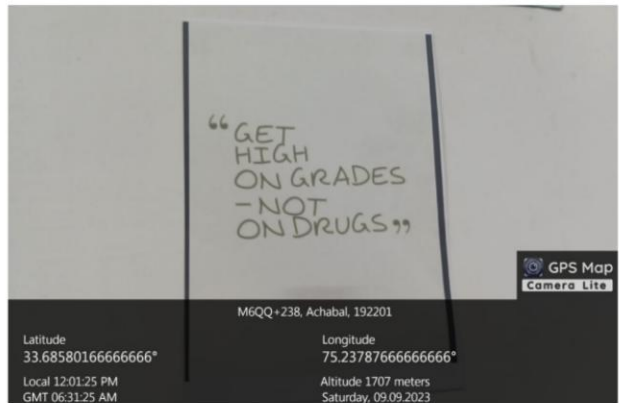
GDC Kulgam, 9-9-2023: In an electrifying display of creativity and social responsibility, the NNS unit of Government Degree College (GDC) Kulgam orchestrated a compelling "Slogan Writing Programme Against Drug Abuse" that captured hearts and minds today. The event, hosted within the verdant embrace of the college campus, transcended ordinary awareness campaigns, emerging as a vibrant clarion call against the ominous shadow of drug addiction.

With zeal unmatched and enthusiasm unbridled, students, and faculty members united in a creative force to combat the growing drug scourge. The event unfurled with a poignant inauguration ceremony led by Prof. Syed Eazaz Hussain Rizvi, the esteemed Principal of GDC Kulgam. In his address, he underscored the pivotal role of such initiatives in battling the perilous clutches of drug abuse in our society.

Slogans, peppered with the potency of passion and purpose, flowed freely from the pens and hearts of the participants. Each slogan was a lyrical bullet, aimed straight at the heart of drug addiction, driving home messages of anguish, hope, and resilience. The event didn't just aim to educate; it aspired to motivate and mobilize the youth against this daunting adversary.

Mr. Shahid Yousuf Gilkar, the dynamic NNS Unit Officer at GDC Kulgam, remarked, "Drug abuse is a menace that we can't ignore any longer. Through the medium of creative expression, we empower our youth to become agents of change in society."





Convener Media Cell.  
Mr. Irshad Ahmad Lone  
HUSSAIN RIZVI

PRINCIPAL  
Govt. Degree College  
Kulgam (Kmr) J&K  
PRINCIPAL  
PROF. SYED EAZAZ



# National Service Scheme (NSS) Unit

## Govt. Degree College, Kulgam

Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com)

Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177

Fax No: 01931-260177

NO. GDCK/NSS/21/16

Date: 12/08/2021

### Report of the Seminar on 'Working Towards a drug-free Society' on 12<sup>th</sup> August, 2021

National Service Scheme Unit of Government Degree College Kulgam organised a seminar on the theme, 'Working Towards a drug-free Society' on 12<sup>th</sup> August, 2021. The seminar was conducted in the College Conference Hall and started at 12:00 pm. Dr. Irshad Ahmad, Clinical Psychologist in the Department of Health Services, Kashmir had been invited as the Keynote speaker. The proceedings of the seminar were conducted by Dr. Safeer Ahmad Bhat, NSS Programme Officer who also presented the introductory remarks. Principal of the College, Dr. Nazir Ahmad Simnani inaugurated the proceedings of the seminar and welcomed the guests. In his address, Principal stressed on the need to fight against the drug abuse and to spread awareness among the younger generation. In his keynote address, Dr. Irshad Ahmad discussed the different aspects of drug abuse with specific reference to Kashmir. He talked about the traps used by the peddlers to tempt younger people towards the drugs and laid emphasis on the fact that there should be a frank discussion about the drug abuse in the society so that people become aware of its different aspects and its impact on the physical and mental health. He stressed that the awareness about drug abuse should percolate and permeate to all the levels of the society so that the dream of a drug-free society is realized. Participants from the faculty and students asked questions to the resource person on different aspects of drug abuse. Participants showed a resolve and commitment towards ending the menace of drug abuse from the society. The seminar concluded with a vote of thanks by Rakshanda Iram, NSS Volunteer from the College.

**Dr. Safeer Ahmad Bhat**  
**NSS Programme Officer**

#### Copy to:

1. Worthy Principal for information
2. Coordinator IQAC
3. Incharge Website for uploading the report on College website
4. Office Records





Documentation and Media cell

## Govt. Degree College, Kulgam

Email: [kulgamprincipal@gmail.com](mailto:kulgamprincipal@gmail.com)

Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177

Fax No: 01931-260177

GDCK/DMC/23/52

Dt: 16 / 9 /23

### **Debates and Seminar Committee at GDC Kulgam Inspires Creative Expression with Slogan Writing Competition on 'Truth and Non-violence'**

*Reported by : Mr. Irshad Ahmad Lone (Convener Media Cell).*

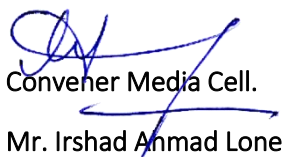
GDC Kulgam, 16-9-2023: In a spirited celebration of intellect and creativity, the Debates and Seminar Committee at Government Degree College (GDC) Kulgam organized an inspiring Slogan Writing Competition on the theme of 'Truth and Non-violence.' The event, skillfully conducted by the esteemed Prof. Saba Iqbal, saw a surge of participation from students who came together to craft thought-provoking messages that resonate with Mahatma Gandhi's values of truth and non-violence. The competition, held in the picturesque campus of GDC Kulgam, offered a platform for young minds to channel their thoughts and ideas into powerful slogans. The event attracted participants from various streams, fostering an atmosphere of intellectual diversity and healthy competition.

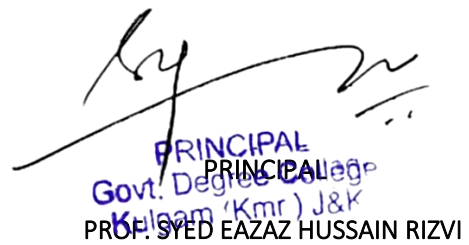
Prof. Saba Iqbal, renowned for her dedication to promoting intellectual activities and encouraging students to express their thoughts eloquently, guided the competition with enthusiasm. She shared her insights into the relevance of truth and non-violence in today's world, emphasizing their pivotal role in fostering peace and harmony.

The contestants, with a palette of creativity, put their best foot forward and penned slogans that were not only profound but also deeply reflective of the theme. The participants' slogans encapsulated the timeless wisdom of Mahatma Gandhi, addressing contemporary issues such as social justice, environmental conservation, and human rights. As the event unfolded, it became evident that the students had passionately embraced the theme. Their slogans were a striking blend of succinctness and meaning, striking a chord with the audience and judges alike.

The event was not only a testament to the literary prowess of the students but also a reminder of the enduring relevance of Mahatma Gandhi's principles of truth and non-violence in today's world. It served as an important platform for nurturing the creativity and intellectual growth of the young minds at GDC Kulgam.



  
 Convener Media Cell.  
 Mr. Irshad Ahmad Lone

  
 PRINCIPAL  
 Govt. Degree College  
 Kilmam (Kmr) J&K  
 PROF. SYED EAZAZ HUSSAIN RIZVI



Documentation and Media cell  
**Govt. Degree College, Kulgam**

Email: [kulgampincipal@gmail.com](mailto:kulgampincipal@gmail.com)

Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177

Fax No: 01931-260177

GDCK/DMC/23/44

Dt: 9 / 9 /23

**"Inspiring Creativity: GDC Kulgam's NNS Unit Galvanizes Youth Against Drug Abuse with Slogan Writing Extravaganza"**

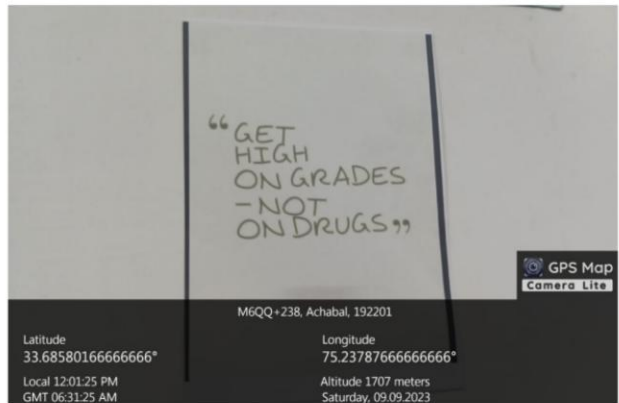
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Convener Media Cell.  
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HUSSAIN RIZVI

PRINCIPAL  
Govt. Degree College  
Kulgam (Kmr) J&K  
PRINCIPAL  
PROF. SYED EAZAZ



Documentation and Media cell

## Govt. Degree College, Kulgam

Email: [kulgamprincipal@gmail.com](mailto:kulgamprincipal@gmail.com)

Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177

Fax No: 01931-260177

GDCK/DMC/23/47

Dt: 12 / 9 / 23

### **NSS Unit of GDC Kulgam Spearheads Cleanliness Drive in Support of Swachh Bharat Mission Grameen Internship**

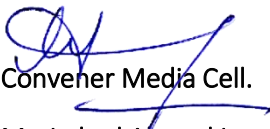
*Reported by : Mr. Irshad Ahmad Lone (Convener Media Cell).*

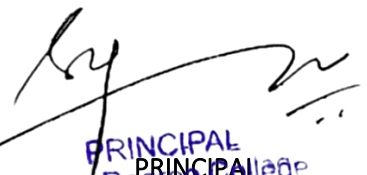
GDC Kulgam, 12-9-2023: The NSS unit of Government Degree College (GDC) Kulgam took a proactive step towards promoting cleanliness and hygiene by organizing a noteworthy Cleanliness Drive on September 11, 2023. This initiative was conducted as part of the Swachh Bharat Mission Grameen Internship program.

Under the able guidance of the NSS program coordinator and with the enthusiastic participation of students, the event aimed to create awareness about the importance of cleanliness and instill a sense of responsibility towards maintaining a clean and green environment in rural areas. The event commenced early in the morning as NSS volunteers, armed with brooms, bins, and gloves, gathered at the college premises. Their mission was clear: to clean up public areas and raise awareness about the significance of cleanliness in rural communities.

Speaking about the event, the NSS program officer, expressed pride in the students' dedication and commitment to the cause. He highlighted the role of such initiatives in fostering civic responsibility and instilling values of cleanliness and environmental stewardship.



  
 Convener Media Cell.  
 Mr. Irshad Ahmad Lone

  
 PRINCIPAL  
 Govt. Degree College  
 Kulgam (Kmr) J&K  
 PROF. SYED EAZAZ HUSSAIN RIZVI





Documentation and Media cell

## Govt. Degree College, Kulgam

Email: [kulgampincipal@gmail.com](mailto:kulgampincipal@gmail.com)

Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177

Fax No: 01931-260177

GDCK/DMC/23/75

Dt: 17 / 10 /23

### **GDC Kulgam Steps Up Swachhata Drive With Special Campaign 3.0**

*Reported by : Mr. Irshad Ahmad Lone (Convener Media Cell).*

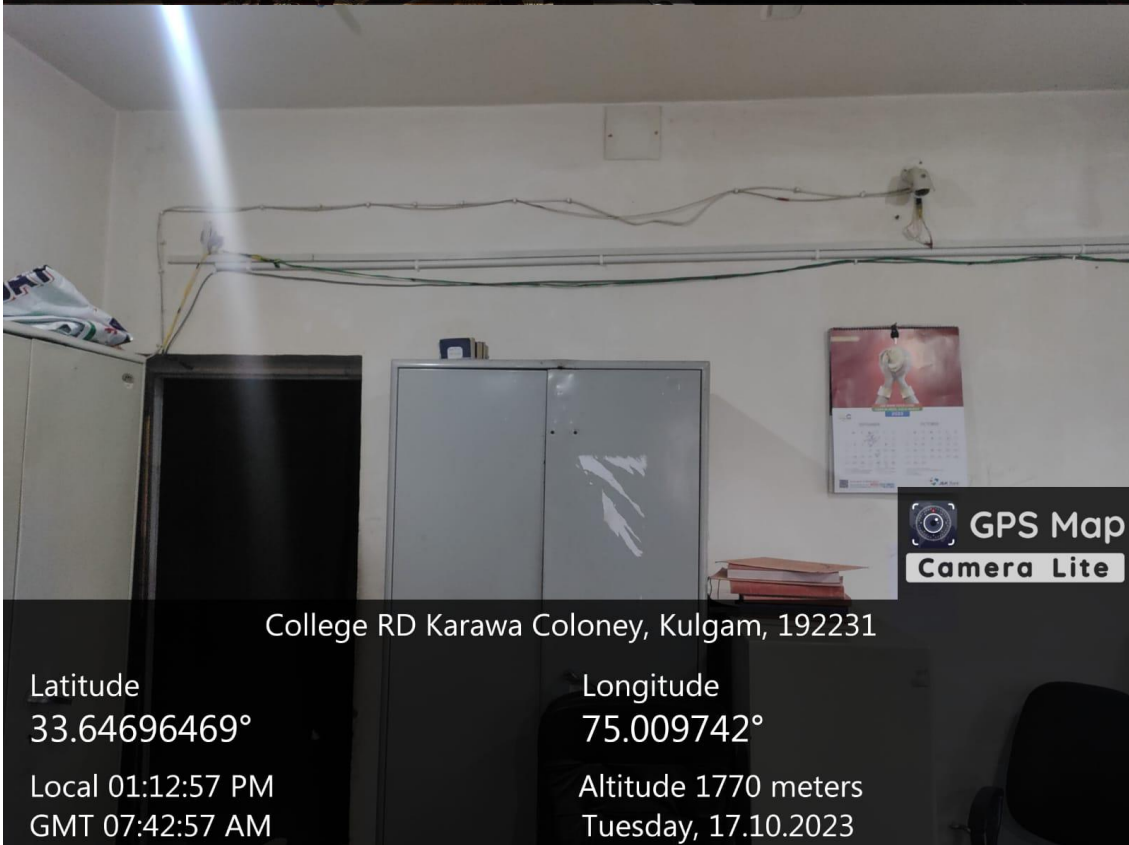
GDC Kulgam, 17-10-2023: In a concerted effort to promote cleanliness and responsible waste management, Government Degree College (GDC) Kulgam recently spearheaded a special cleanliness and office-waste disposal drive. The initiative was launched under the theme of Special Campaign 3.0 for Swachhata, following directives from the Directorate of Colleges, as per communication received via Letter No: DC-HE/K/2023/1843, dated 9th October 2023, and vide DDCK/GAD/2023-24/5078-79, dated 16th October 2023.

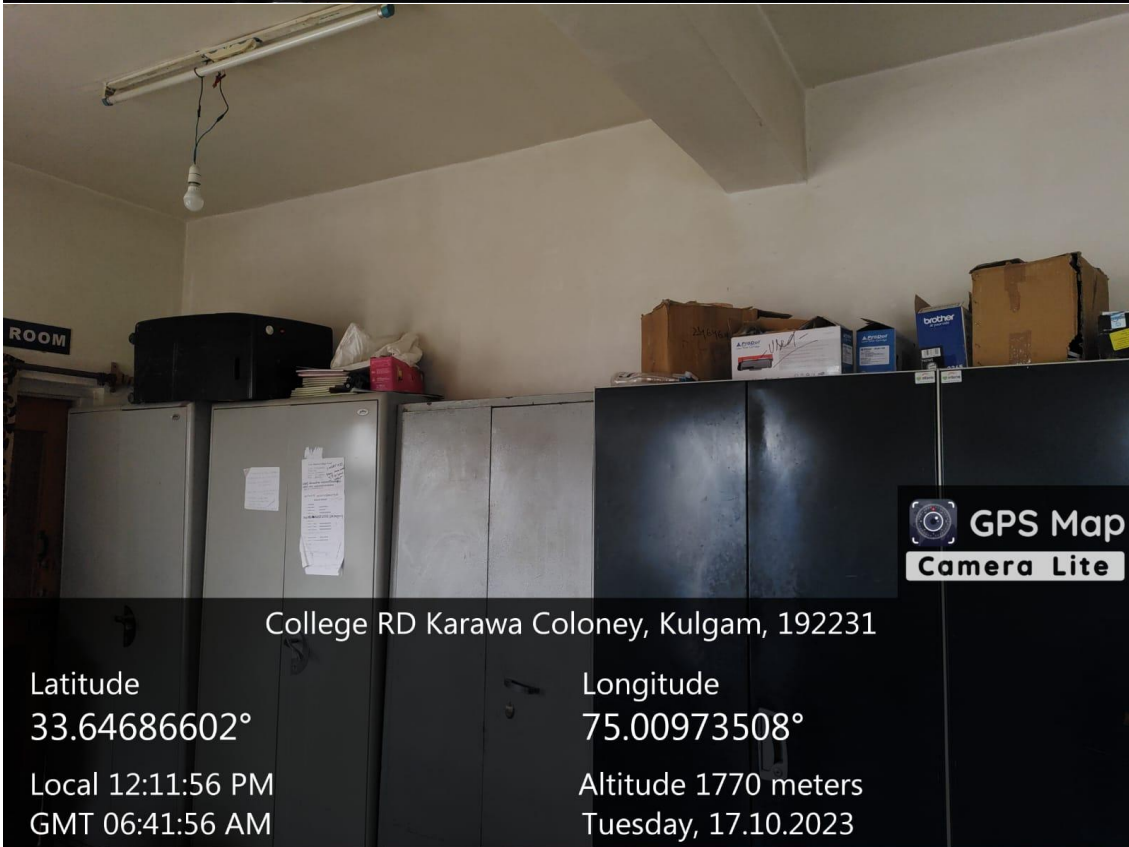
The event, meticulously organized by the National Service Scheme (NSS) unit of GDC Kulgam, in conjunction with the active participation of the dedicated local fund employees of the college, witnessed an enthusiastic display of community engagement and environmental consciousness. Under the guidance of the college administration, students and faculty members united in a collective effort to revamp the college premises. Volunteers were seen armed with brooms, dustpans, and eco-friendly waste disposal bags, meticulously clearing every nook and cranny of the campus. The campaign extended its focus to include the proper disposal of office waste, promoting sustainable practices for waste management within the college.

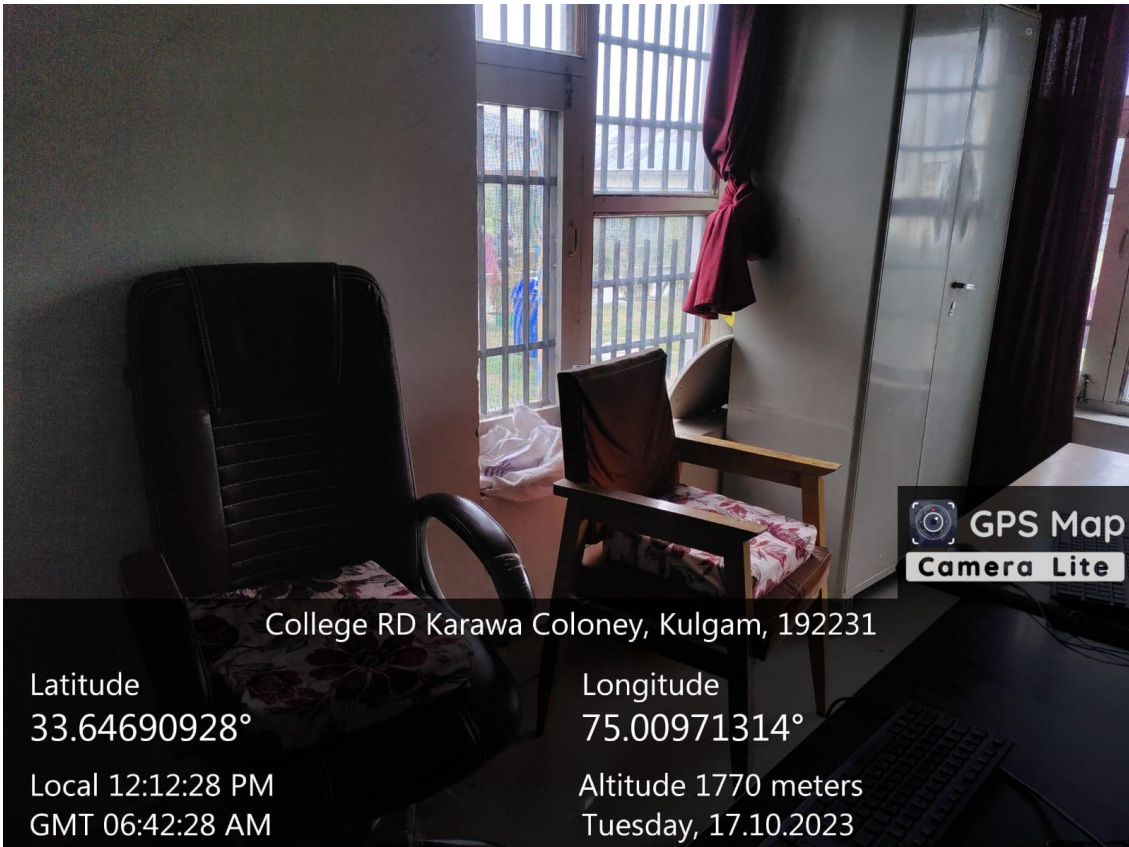
Expressing his views on the event, Prof. Syed Eazaz Hussain Rizvi, the Principal of GDC Kulgam, emphasized, "Our aim is to instill a sense of responsibility among the students and the local community towards maintaining a clean and sustainable environment. This initiative not only promotes a cleaner and healthier college campus but also fosters a culture of environmental awareness and accountability among the youth."

The event garnered significant attention from the local community, with residents and nearby educational institutions commending the college's proactive approach toward

fostering a cleaner and greener environment. The collaborative efforts and dedication displayed by the NSS unit and local fund employees were hailed as an exemplary model for community-driven initiatives in the region.







College RD Karawa Coloney, Kulgam, 192231

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Tuesday, 17.10.2023



Sumo stand Kandipora, near sumo stand, Kulgam, 192231

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College RD Karawa Coloney, Kulgam, 192231

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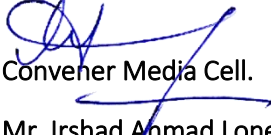
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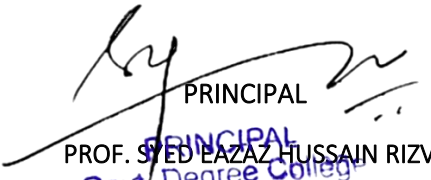
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Tuesday, 17.10.2023

  
Convener Media Cell.  
Mr. Irshad Ahmad Lone

  
PRINCIPAL  
PRINCIPAL  
PROF. SYED FAZAZ HUSSAIN RIZVI  
Govt. Degree Colleg  
Kulgam (Kmr) J&K

## Event Report

The Department of English organized a one-day workshop on the theme "The Process of Writing" on the 30th March 2022, in the college conference hall. The conduct of the workshop was facilitated by the NSS unit, Debates and Seminar committee, ICT committee and IQAC of the college. The event was attended by the college students and the faculty of the host Department. On the occasion the college principal, Dr. Nazir Ahmad Simnani, spelled out the need for improvements in the writing and communicative skills among the young college students. He congratulated the host department for organizing the event in the campus. The invited resource person, Dr. Masood Malik of the Government College for Women, M.A. Road, Srinagar presented a detailed power point presentation on the dos and don'ts of the writing and the communicative process. While stressing the significance of the writing skills, the invited speaker deliberated on process of composing of a good writeup. At the end of the presentation an interactive session was held in which the participant students interacted with the speaker. The event concluded with a vote of thanks, presented by Head of the host Department, Prof. Israr-ul-Haq. The whole event was moderated by Prof. Shahid Yousuf Gilkar, a faculty member of the host Department.

Media Secretary



Government Degree College Kulgam  
Kashmir (J&K), 192231  
NAAC Accredited

Website: <http://gdckulgam.edu.in/>

Contact No. +91-9419595057



*All the Faculty members  
and students are invited to  
attend a Webinar on  
"Digital Hygiene"  
as part of  
Cyber Jaagrookta Diwas  
Organized by  
Department of Computer  
Science*

**SPEAKER**

**Dr. Kaiser J. Giri**  
Sr. Assistant Professor

Department of  
Computer Science  
Islamic University of  
Science & Technology

**Saturday 15 JANUARY 2022**

**STARTS AT 01:00 PM**

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To participate in the event, click on Google Meet link: <https://meet.google.com/qua-snpq-urq>

Join us through whatsapp <https://chat.whatsapp.com/KOPd9K5QjQp9i5ueBRC9jY>



Office of the Principal  
**Govt. Degree College, Kulgam**

Email: [kulgampincipal@gmail.com](mailto:kulgampincipal@gmail.com) Tel. No: 01931-260177  
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**Press Release: Webinar Highlights Importance of Digital Hygiene.**

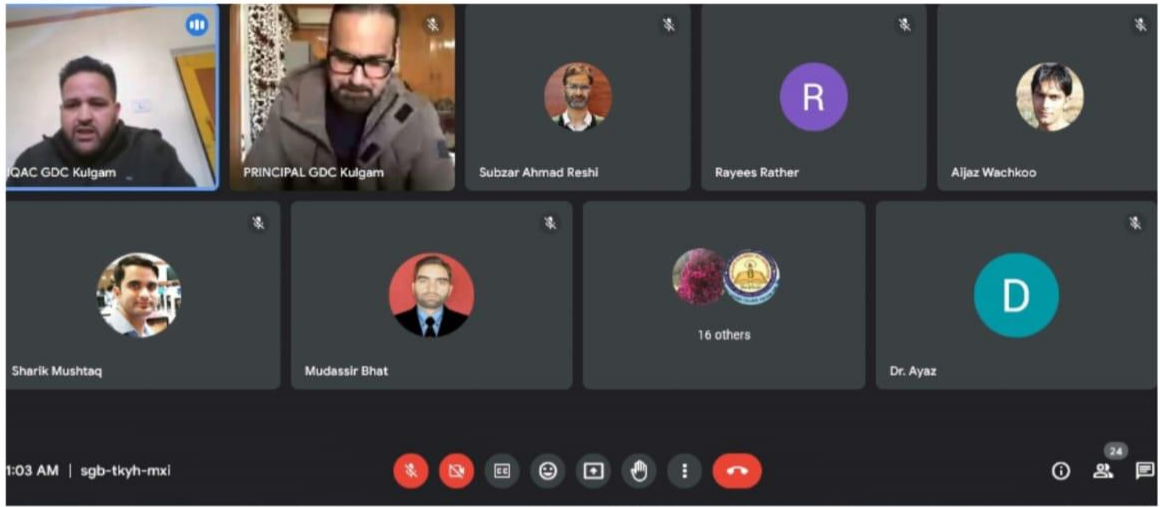
In the wake of the ever-evolving digital landscape, an insightful webinar titled "Digital Hygiene: Navigating the Cyber World Safely" was hosted by **Deptt. Of Computer Science GDC Kulgam**. The event aimed to shed light on the critical importance of practicing good digital hygiene habits in safeguarding personal and professional data integrity.

The webinar featured by distinguished expert **Dr. Kaisar J Giri Sr. Assistant professor Deptt. of Computer Application IUST Awantipora** having expertise in cyber security, data privacy etc. Attendees, including students (more than 70) and Teaching and non-teaching employees gained invaluable insights into the various facets of digital hygiene, including:

1. **Password Management:** Experts emphasized the significance of using strong, unique passwords for different accounts and employing reputable password management tools to enhance security.
2. **Data Encryption:** The discussion highlighted the importance of encrypting sensitive data to prevent unauthorized access, especially in the era of remote work and digital communication.
3. **Phishing Awareness:** Attendees were educated on recognizing and thwarting phishing attempts, which remain a prevalent threat vector for cyber attacks.
4. **Device Security:** The panel underscored the necessity of keeping software and operating systems up to date, alongside employing robust antivirus solutions to mitigate risks associated with malware and other cyber threats.
5. **Social Media Vigilance:** The webinar addressed the need for cautious behavior on social media platforms to minimize the risk of identity theft, data breaches, and privacy violations.
6. **Cyber Hygiene Education:** The importance of ongoing education and training in digital hygiene practices was emphasized, empowering individuals and organizations to stay abreast of emerging cyber threats and adopt proactive security measures.
7. **Digital Footprint Management:** Strategies for managing one's digital footprint were discussed, emphasizing the significance of limiting personal information shared online to mitigate privacy risks.

The webinar concluded with a vibrant Q&A session, allowing attendees to engage directly with the expert and seek personalized guidance on digital hygiene best practices.





Sd/-  
Deptt. Of Computer Science

Sd/-  
Principal



# Government Degree College Kulgam Kashmir (J&K), 192231

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**Saturday 15 JANUARY 2022**

**STARTS AT 01:00 PM**

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To participate in the event, click on Google Meet link: <https://meet.google.com/qua-snpq-urq>

Join us through whatsapp : <https://chat.whatsapp.com/KOPd9K5OjOp9i5ueBRC9jY>



National Service Scheme (NSS) Unit  
**Govt. Degree College, Kulgam**

**Email:** [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com)  
**Website:** <http://gdckulgam.edu.in>

**Tel. No:** 01931-260177  
**Fax No:** 01931-260177

No. GDCK/NSS/21/12

Date: 12/05/2021

**Report of the Webinar on Rising Drug Abuse in Kashmir: Issues and Challenges**

National Service Scheme Unit of Government Degree College Kulgam organised an online national webinar on the theme, 'Rising Drug Abuse in Kashmir: Issues and Challenges' on 12<sup>th</sup> July, 2021. The Webinar was conducted via Google Meet and started at 11:00am. Dr. Yasir H. Rather, Professor, Department of Psychiatry, Government Medical College Srinagar had been invited as the Keynote speaker. The proceedings of the webinar were conducted by Dr. Safer Ahmad Bhat, NSS Programme Officer who also presented the introductory remarks. Principal of the College, Dr. Nazir Ahmad Simnani inaugurated the proceedings of the webinar and welcomed the guests. In his address, Principal stressed on the need to fight against the drug abuse and to spread awareness among the younger generation. In his keynote address, Prof (Dr.) Yasir H. Rather discussed the different aspects of drug abuse with specific reference to Kashmir. Presenting official and non-official statistics, he lamented the proportionate increase of drug abuse in Kashmir, particularly substance abuse. While stressing on the need to curb the rising drug menace, he held that the focus should be on the adoption of preventive measures rather than the curative part. Furthermore, it was important to take the drug abusers as patients and not stigmatize them. He delineated on the role of parents, teachers and religious preachers at different levels to reach to the goal of a drug-free society.

Participants from the faculty and students asked questions to the resource person on different aspects of drug abuse. Participants showed a resolve and commitment towards ending the menace of drug abuse from the society. The webinar concluded with a vote of thanks by Dr. Hashim Iqbal Malik.

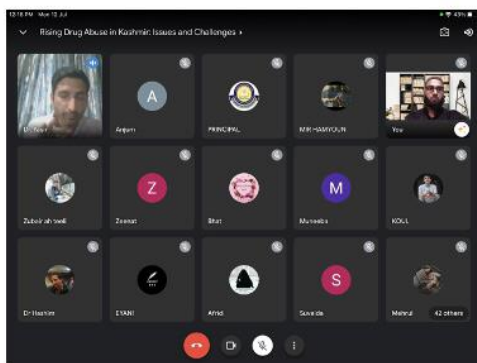
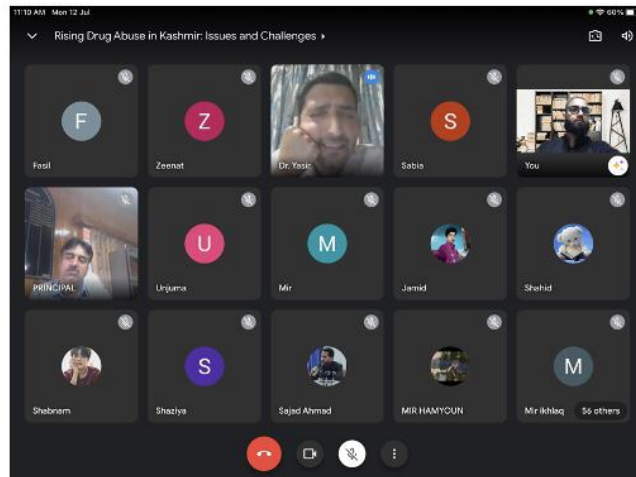
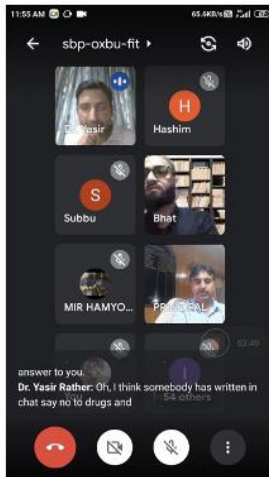


National Service Scheme (NSS) Unit  
Govt. Degree College, Kulgam

Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com)  
Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
Fax No: 01931-260177

Snippets from the webinar



Sd/

Dr. Safer Ahmad Bhat

NSS Programme Officer



Chawalgam Road, Kulgam  
Jammu & Kashmir, 192231



Govt. Degree College Kulgam  
Department of Computer Applications

No: GDCK/CA/22/06

Dated: 22/08/2022

### **GDC Kulgam organizes workshop on “Digisaksham”**

The Department of Computer Applications of Govt Degree College Kulgam in collaboration with District Employment and Counselling Centre Kulgam organised one day workshop titled as “Digisaksham” on 22/08/2022. The aim of the workshop was to register the students of the college National Career Service Portal and Jammu and Kashmir Employment portal.

The event started with welcome address and introductory remarks about the event by Prof Sajad Ahmad Shah, Head Department of Computer Applications.

Incharge Principal Dr Shabir Ahmad Padder in his address highlighted the different initiatives taken by the college for making the students skilful so that they shall earn their livelihood by themselves after completing their degrees.

Mr Abid Nisar, deputed by District Employment and Counselling Centre Kulgam made the students aware about “Digisaksham” and registered the students on spot on National Career Service portal of Govt of India.

Mr Reyaz Ahmad Dar, Incharge Registration DECC Kulgam facilitated on spot registration of students on Jammu and Kashmir Employment portal.

Many queries were raised by the students which were answered on spot. The event ended with vote of thanks by Prof Irshad Ahmad Lone, Department of Computer Applications.

Sd/

HOD Computer Applications.



Documentation and Media cell

# Govt. Degree College, Kulgam

Email: [kulgampincipal@gmail.com](mailto:kulgampincipal@gmail.com)  
Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
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## Empowering Wellness: Yoga, Meditation, and Life Skill Counselling Session Uplifts College Community

Reported by : Mr. Irshad Ahmad Lone (Convener Media Cell).

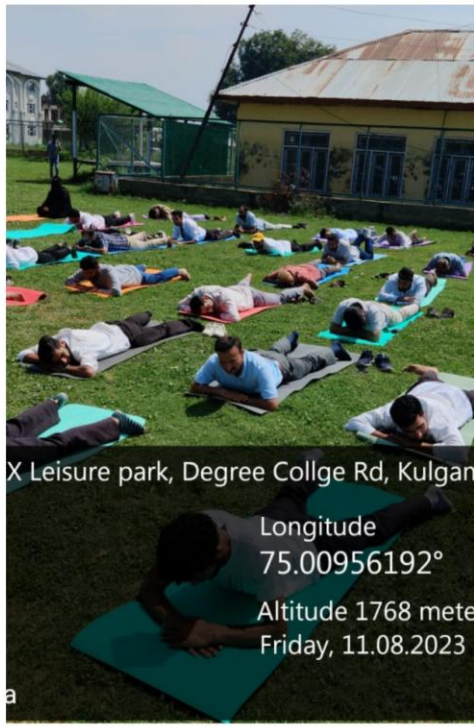
GDC Kulgam, 11-08-2023: In a remarkable display of synergy between education and holistic well-being, Ayush Kulgam and Govt. Degree College Kulgam joined hands to host an illuminating session focusing on yoga, meditation, and life skills counselling. The event, which took place at the scenic girls park of the College, witnessed an enthusiastic gathering of college faculty, students, and esteemed individuals including medical officers and experienced yoga instructors from Ayush.

The session commenced at 10:00 am, as the serene ambiance of the college park provided a perfect setting for the participants to immerse themselves in the rejuvenating practices of yoga and meditation. Under the expert guidance of the Ayush instructors, attendees were introduced to an array of yoga postures and breathing exercises, fostering a sense of tranquility and mindfulness. The ancient art of yoga, known for its profound physical and mental benefits, served as a pathway for participants to harmonize their bodies and minds.

Meditation, another pillar of the event, facilitated a collective introspection, allowing attendees to detach from the bustle of daily life and delve into a realm of inner calmness. As the soft rustling of leaves and the distant chirping of birds provided a serene backdrop, the participants were guided through meditation techniques that promote relaxation, focus, and self-awareness.

The collaborative effort between Ayush Kulgam and Govt. Degree College Kulgam not only showcased a commitment to the holistic development of the college community but also highlighted the importance of a balanced and healthy lifestyle. The event's inclusive nature, bringing together students, faculty, medical professionals, and wellness experts, fostered an environment of unity and learning.

The Worthy Principal of Govt. Degree College Kulgam, Prof. Syed Eazaz Hussain Rizvi, expressed his gratitude to Ayush Kulgam for their support and expertise in organizing the event. He stated, "Today's session is a testament to the positive impact that a well-rounded education, complemented by holistic wellness practices, can have on our students and faculty. We are deeply appreciative of Ayush Kulgam's collaboration in this endeavor."



J2X5+3XX Leisure park, Degree Collge Rd, Kulgam

J2X5+3XX Leisure park, Degree Collge Rd, Kulgam

Longitude  
75.00956192°  
Altitude 1768 mete  
Friday, 11.08.2023

Longitude  
75.00956192°  
Altitude 1768 mete  
Friday, 11.08.2023



J2X5+3XX Leisure park, Degree Collge Rd, Kulgam, 192231

J2X5+3XX Leisure park, Degree Collge Rd, Kulgam, 192231

Longitude  
75.00956192°  
Altitude 1768 meters  
Friday, 11.08.2023  
76837°  
:53:08 AM  
23:08 AM  
shtrang yoga

Longitude  
75.00956192°  
Altitude 1768 meters  
Friday, 11.08.2023  
76837°  
:51:34 AM  
21:34 AM  
shtrang yoga

Convener Media Cell.  
Mr. Irshad Ahmad Lone

PRINCIPAL  
PROF. SYED EAZAZ HUSSAIN RIZVI



# National Service Scheme (NSS) Unit Govt. Degree College, Kulgam

Email: [nss.gdckulgam@gmail.com](mailto:nss.gdckulgam@gmail.com)  
Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177  
Fax No: 01931-260177

NO. GDCK/NSS/21/15

Date: 11/08/2021

## Report of the Campus Cleanliness Drive conducted on 11<sup>th</sup> of August, 2021

As part of the *Azadi Ka Amrit Mahotsav- Celebrating 75 years of India's Independence*, NSS Unit of the College organised a Campus Sanitation Drive on 11<sup>th</sup> August, 2021. About 50 NSS volunteers participated in the Drive, besides the teaching and non-teaching staff of the College. The event started with the address of the Principal of the College, Dr. Nazir Ahmad Simnani who welcomed the participants and stressed on the need to maintain a clean and hygienic Campus. He applauded the role of NSS in giving a hygienic look to the College. NSS Programme Officer, Dr. Safer Ahmad Bhat highlighted the aims of the drive. With brooms and dustbins in hands, NSS Volunteers undertook the cleanliness of the Campus. All the roads, lawns and the parks of the College were cleaned. Garbage was collected in the specified bins which was then emptied into the municipal trucks and carried to the dumping site. After the conclusion of the drive, Dr. Safer thanked all the volunteers and teaching and non-teaching staff for their participation and cooperation.

Dr. Safer Ahmad Bhat  
NSS Programme Officer

### Copy to:

1. Worthy Principal for information
2. Coordinator IQAC
3. Incharge Website for uploading the report on College website
4. Office Records

