



Documentation and Media cell

Govt. Degree College, Kulgam

Email: kulgampincipal@gmail.com
Website: <http://gdckulgam.edu.in>

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

NO. GDCK/DMC/23/

Date: / /2023

Fit India NSS Trekking Expedition to Kongwattan, Aharbal

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

GDC Kulgam: 24-06-2023 - Under the Fit India initiative, the National Service Scheme (NSS) Unit of the College organized a one-day trekking expedition to Kongwattan, Aharbal on 24th June, 2023. The expedition aimed to promote fitness, explore nature, and provide volunteers with a firsthand experience of tribal life. A total of 43 NSS volunteers, accompanied by Prof. Shahid Yousuf Gilkar (NSS Programme Officer), Prof. Abdul Haleem Wani, Prof Dr Safer Ahmad Bhat, Ms Snowber, and Mr Gulzar Ahmad, participated in the expedition.

Prof. Syed Eazaz Hussain Rizvi, the honorable Principal emphasized the benefits of trekking for physical health and encouraged volunteers to adopt environmentally friendly behaviors. Prof Shahid Yousuf Gilkar provided necessary instructions regarding safety during the trek.

During the expedition, the volunteers interacted with shepherds, Gujjars, and Bakerwals, discussing the challenges they face, including the dangers of wild animals and deforestation. The volunteers learned about various locally available plants, weeds, and wild herbs with culinary and medicinal importance during the trek. They were introduced to plants like Podophyllum hexandrum, Bergenia cordifolia, Viburnum grandiflorum, Achillea millefolium, Fragaria vesca, Scutellaria ovata, and Ajuga bracteosa.



Convener Media Cell.

Mr. Irshad Ahmad Lone

PRINCIPAL

PROF. SYED EAZAZ HUSSAIN RIZVI