

GOVT MAM PG COLLEGE JAMMU

Activity Record of the NSS(Feb 2021 onwards)

1. NSS Wing, Govt. MAM PG College, Jammu carried out the official admission process of students, into the new NSS Unit for the academic year- 2021-2022 on 11th and 12th February, 2021





POSTER MAKING COMPETITION

2. The NSS Unit organized an intra-college poster making competition on the topic: "Life During Lockdown" on 12th February, 2021 where students of various semesters participated and showcased their talent.





The NSS Unit of Govt. M.A.M College, Jammu organized a Poster Competition in the college on the topic "Life During Lock Down". Students of different semesters participated in the competition. The Poster Competition was Judged by Senior Faculty of the college Prof. Neeraj Sharma, Dr. Seema Jamwal & Prof Bhanu Priya. Prof. Sunil Uppal, Principal of the college was the Chief Guest on the occasion. He appreciated the efforts of the students and staff and encouraged such events for the future.

Ms. Parul Manchanda, Mr. Ashish Dotra & Ms. Samriti were adjudged 1st, 2nd & 3rd respectively. Consolation Prize was given to Nipum Memoila. Dr. Koushal Kiran Thakur & Prof. Shabeer Ahmed conducted the competition.

Shikhar Sharma & Mitesh Singh, NSS Volunteer of the college helped in organizing the activity.

CLEANLINESS DRIVE

3. NSS Volunteers of the college organised a cleanliness drive on 17th February, 2021 in order to promote a clean environment in the college premises. There was active participation from the students, teachers and the Principal of the College.



WOMEN'S DAY CELEBRATION AT MAM COLLEGE

JAMMU

NSS wing of the college celebrated International Women's day in collaboration with women empowerment cell of the

college on the theme **Choose The Challenge** on 8th March 2021 in the college conference hall.

Number of participants : 81

Female : 62

Male : 19



PRESS RELEASE

Govt. M.A.M College, Jammu celebrated International Woman's Day 2021 on 08 March 2021. The function was organized by Women Development Cell in collaboration with the NSS Wing of the college on the theme "Choose the Challenge". The Resource Person for today's occasion were Senior Advocate Ms. Monika Kohli, JK High Court, Ms. Subah Mehta, KAS, GM, Directorate of Industries and Ms. Snober Jamil, KAS, BDO, Jammu.

Senior Advocate Ms. Monika Kohli spoke on Rights of Women and Judiciary related matters and awared about daily life routine matters.

GM, Directorate of Industries, Ms. Shubha Mehta awared the students on significance of skill courses ,their and early job placements as directed by ministry of MHRD.

Ms. Snober Jamil, KAS, BDO, Jammu encouraged the students to aspire and work hard in Civil Services Exams and become powerful officers to further spread awareness of education.

All the three Women were symbolic of Women Empowerment spoke equivocally on the theme of todays Woman's Day that is accepting challenges overcoming them and moving towards the path of Development.

The worthy Principal of the college Prof. Sunil Uppal threw light on the historical background of Woman's Day and lauded the contribution of Women in all spheres and emphasized on the urgent need to educate Women , who actually handles the cradle of life ,which will go a long way in safeguarding future generations. Prof. Ruth K. Masehi, Convenor of the Woman's Development Cell also threw light on the importance of providing a dignified life to women. Dr. Gurdeep Kour presented the formal welcome address. The students of the NSS Unit Nipun and Taniya coordinated the programme. A number of students spoke on the occasion and also recited some beautiful poems. Dr. Shahnawaz Parveen and Dr. Koushal Kiran also expressed their views on the topic. Non-teaching and Teaching staff members were also present on the occasion. Other faculty members who helped to organize the event were Dr. Seema Jamwal, Prof. Vijeta Anand, Prof. Meena Gupta and Prof. Lukesha. The programme concluded with a vote of thanks by Dr. Koushal Kiran.

PRINCIPAL,
GOVT. M.A.M PG COLLEGE,JAMMU

PLANTATION DRIVE

NSS Unit of the college organised a plantation drive in the campus on 17th March, 2021.

NUMBER OF PARTICIPANTS :103

MALE: 60

FEMALE : 43



Plantation Drive at Government MAM College

JAMMU: A plantation drive was conducted by NSS Unit under the banner of IQAC at Govt. MAM College today in collaboration with the Social Forestry Department. About 110 saplings including medicinal & Herbal Plants like Bargad, Awla, pepal, Bel etc were planted in the college premises. The initiative was taken on the call of Hon'ble Prime Minister and further recommended by the Ministry of Culture to plant at least 5 (Five) trees either in the office campus or where ever it is possible, to ensure a clean and healthy environment of country. The plantation drive was an attempt to acquaint the students and staff to contribute in preserving and promoting the Environment.

Mr. M. Y. Peerzada, Director Colleges, Higher Education Department was the Chief Guest on this timely needed plantation drive and he implored the students to foster a culture of responsibility towards nature.

students towards importance of plantation.

Mr. Mohinder Gupta, Regional Director & Ms. Hiteshi Sharma, DFO, Social Forestry Department conducted the drive along with the staff and students. All of them were assigned as guardians of one plant each wherein they will look after these plants as they grow and make sure that the plants are being cared regularly. The Forest Officials encouraged the students to pay attention towards the environmental crisis that the world is facing and pointed how planting trees can be a small step towards protecting the environment.

Dr. Koushal Kiran and Prof. Shabeer Ahmad, NSS Programme Officers, coordinated the event along with the NSS Volunteers. The faculty of the college was also present on the occasion.



7. Special Lecture On Drug De-Addiction

NSS Unit of the college organised a special lecture on the topic Drug De-addiction in collaboration with UBA on 30th April, 2021.

Press Release

The **UBA** (Unnat Bharat Abhiyan) and **NSS UNIT** of Govt. MAM College, Jammu organized a special lecture on the topic- "**Drug De-addiction**" on 30th April, 2021. The lecture was delivered by Ms. Pallvi Singh, Program Director at J&K Society for Promotion of Youth and Masses. The proceedings of the event were carried out in online mode. The aim of the lecture was to promote a sense of awareness among the college students regarding the impact of drug abuse on the youth society and the instrumental role played by the process of drug de-addiction in integrating the diverted youth into the mainstream. Having an expertise in the area of dealing with drug affected youth, Ms. Pallvi Singh discussed and shared her valuable thoughts by power point presentation and short videos on an array of topics falling under the category of drug de-addiction. It was a very productive session for the students as they interacted with Ms. Pallvi Singh throughout the lecture. The event was presided over by the College Principal, Prof. Sunil Uppal, who also shared his valuable thoughts on the topic by highlighting the growing importance of the youth in carving a strong nation and suggested various means especially to handle dopamine hormone in brain and low sensitivity to it as people with low levels of dopamine tend to be greater risk takers and may be more prone to addictive behaviour. Active participation from the College students, especially the NSS Volunteers was also recorded. Proceedings were carried out by Dr Richa Gupta, Coordinator -UNNAT BHARAT ABHIYAN and Dr. Koushal Kiran -NSS Program Officer.



8. REGISTRATION AS YOUNG WARRIORS

NSS VOLUNTEERS of Govt. MAM PG College Jammu got themselves registered in the nation-wide #YoungWarrior Movement in collaboration with UNICEF. The movement aims at helping youth to assume leadership role during the global pandemic as well as creating awareness about COVID appropriate behaviour.

About 315 volunteers got registered. Out of these 100 students are from the NSS Unit while the other 215 are general college students.

9. WORLD NO TOBACCO DAY

NSS Unit of the college celebrated **World No Tobacco Day** with this year's global theme "Commit to Quit" on 31st May, 2021.

The NSS Unit of Govt. MAM College, Jammu celebrated World No Tobacco Day under the guidance of College Principal, Prof. Sunil Uppal, with this year's global theme of "Commit to Quit". Every year, World No Tobacco Day is celebrated on 31st May, all around the world as one of the 11 official global public health campaigns by the WHO. The event is also a part of the series of events- "AZADI KA AMRUT MAHOTSAV" to commemorate India's 75 years of independence. No Tobacco Day is an initiative, aimed at informing the public of the hazardous effects of using tobacco and the efforts needed to fight the tobacco epidemic. NSS Volunteers of Govt. MAM College took a pledge to build a healthy and tobacco free society, while also highlighting the devastating consequences on the society consuming this carcinogenic substance through the concept of posters.



10. WORLD ENVIRONMENT DAY

NO. OF PARTICIPANTS : 60

MALE : 28

FEMALE :32

A two-day event was organised by NSS unit of the college to celebrate World Environment Day.

Govt. M.A.M. PG College Jammu

2nd day Activity



Nipun Memos
Semester 4
(Jasmine sapling)



Ashish Dhotra
Sem - 4
Roll no. 230
MAM PG
College, Jammu
NSS
VOLUNTEER

Narve Neerg, kuttar
class B cpmi bera 2
Rupko 25
college GDC Vijaypur



Muhammad Isam
roll no. 879
B A 2nd year



world environment day

name -> ANJALI KUMARI SINHA
class no. 512



World Environment Day

Plant saplings at there nearby space

The NSS Unit of Govt. MAM College, Jammu under the patronage of the College Principal, Prof. Sunil Uppal, celebrated the World Environment Day. A two-day event was organized in order to commemorate the day. An Essay Writing Competition was held on the first day wherein the NSS Volunteers participated with full enthusiasm. The topic of the essay was **“Importance and Restoration of Environment during the pandemic”** and each volunteer expressed his/her thoughts and ideas in the form of exquisitely written essays. The essay writing competition was judged by Senior Professors of the English and the Environmental Science Department. At the end, **Sonal Kotwal** was adjudged the winner while **Riya Verma** of 2nd Semester grabbed the second position and **Purshottam Singh** of 4th Semester grabbed the third position. The second day

گورنمنٹ ایم اے ایم کالج کے زیر اہتمام عالمی یوم ماحولیات پر تقریب منعقد

وہابی امور کے دوران ماحولیات کی اہمیت اور بحالی کے عنوان پر طلباء کے مابین تحریری مقابلہ



اور تصاویر کی شکل میں اپنے پروگرام میں پیش کیا۔

مقابلہ منعقد ہوا جس میں این ایس ایس کے رضا کاروں نے پورے جوش و خروش کے ساتھ حصہ لیا۔ جبکہ مضمون کا عنوان تھا "وہابی امور کے دوران ماحولیات کی اہمیت اور بحالی" تھا وہیں ہر رضا کار نے اپنے خیالات اور نظریات کا اظہار تحریری مضامین کی شکل میں کیا۔ جبکہ اس موقع پر مضمون لکھنے کے مقابلے کا فیصلہ انگریزی اور

لازوال ڈیسک جموں // این ایس ایس یونٹ ایم اے ایم کالج، جموں نے آج یہاں کالج پرنسپل پروفیسر سنیل اہل کی سرپرستی میں عالمی یوم ماحولیات پر تقریب کا انعقاد کیا۔ جبکہ اس دن کو منانے کے لئے یہاں دوروزہ پروگرام کا انعقاد کیا گیا۔ دوپہے پہلے دن ایک مضمون لکھنے کا

پی ڈی پی نے پارٹی کے سینئر رہنما ایس ایس سرنگل کے انتقال پر تعزیت کی

ب پر عائد ہوتی ہے

Clean environment and its dividends in reducing soil erosion and global warming were discussed with the gathering under the motto "Plant Trees, Save Life".

The event saw an active and enthusiastic participation by the residents of Banihal and Officials of the Forest Department. The local population was very appreciative of the efforts of ARMY in conserving the forest and maintaining stable ecosystem.

On Environment Day, about fifty youths carried out a cleaning campaign at the memorial site in the morning, after that the members of social club, including chief guest ADC Suram Chand and station in-charge Sudhir Sadotra, also planted a sapling Samba Social Club President Sunil Gupta requested everyone that on this day all the people must plant a sapling so that global warming can be avoided. It is worth noting that Samba Social Club has been organizing tree plantation pro-



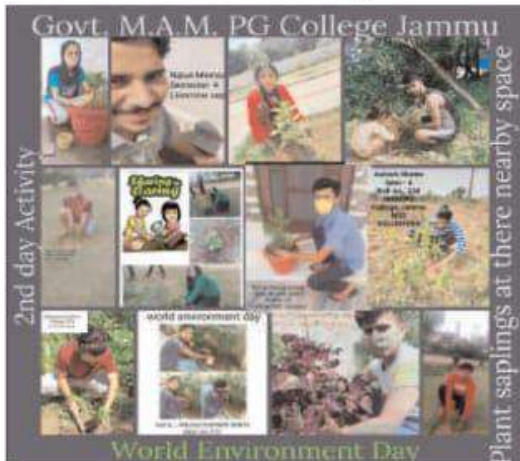
grams on World Environment Day for the past several years. Ram, Chand also pr Ranju Gupta, Ajay Singh, Shiv

NSS Unit Govt. MAM College celebrates World Environment Day

OBSERVER BUREAU JAMMU JUN 05:

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Purshottam Singh of 4th Semester grabbed the third position. The second day phase saw NSS Volunteers plant

saplings at their homes, while capturing the moments in the form of recorded videos and photos.

OBSE UDHA

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11. YOGA DAY CELEBRATION

21 JUNE 2021

NO. OF PARTICIPANTS : 85

MALE : 41

FEMALE :44

NSS Unit of the college organized **Digital Yoga Week** from 16 June to 21 June, 2021.

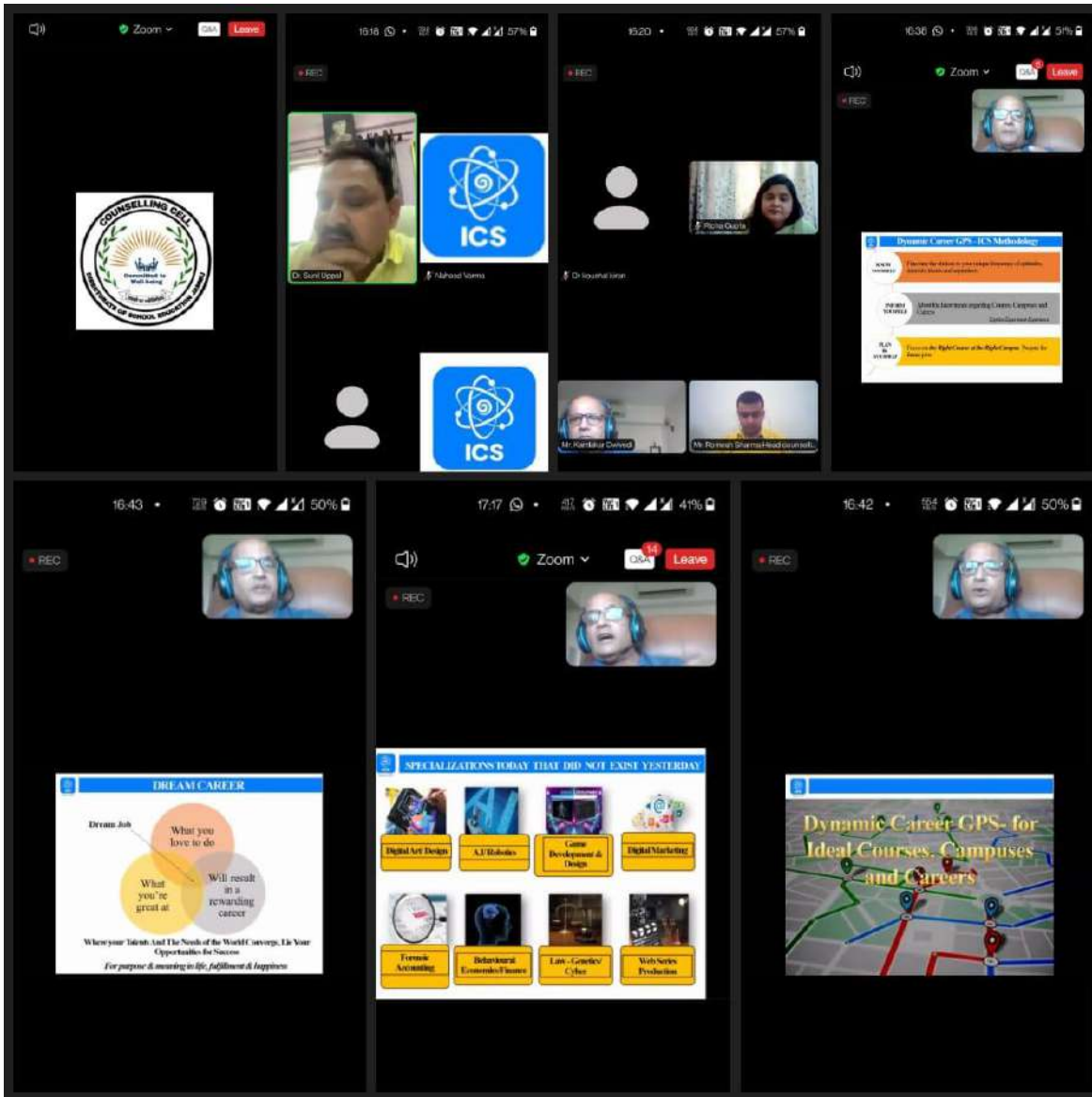


INTERNATIONAL YOGA DAY, 2021

GOVT. MAM PG College, Jammu organized a digital Yoga Week from 16th to 21st June, 2021. **The event was celebrated in order to commemorate the International Yoga Day on 21st June, 2021.** The NSS Unit of the college, constituted the organizing committee of the event under the guidance of the College Principal, Prof. Sunil Uppal. The aim of the week-long virtual event was to instill a sense of importance of Yoga in the lives of the students. **The event was commenced on 16th June, 2021 by the words of wisdom from Principal, Prof. Sunil Uppal.** The participants dedicatedly took part in the event and engaged themselves in a variety of Yoga related activities from performing Yoga positions (Asana) live, to discussing the importance and role of Yoga in the modern world. The main highlight of the event was two days talk by one of the renowned professionals and Yoga expert, **Sh. Bansi Lal Sharma, State President, Bharat Swabhimani Trust, J&K which is a branch of Patanjali Yogpeeth, Haridwar.** He interacted with the college students and enthralled the students with his wisdom and experience by delivering lectures emphasizing the positive effect of Yoga in the life of a student while also discussing the role of meditation and concentration in yielding marvelous results. The main day of the event was culminated with many students, teachers and parents of the students joining in and actively participating in performing live Yoga. Prof. Sunil Uppal encouraged and appreciated the efforts made by the NSS Team in making the event successful. The event was coordinated by some NSS Volunteers of Govt. MAM College, Jammu namely- **Taniya Verma, Shikhar Sharma, Paru Manchanda, Nipun**

toh Badhega India".As a potential participating institute of Unnat Bharat Abhiyan, Govt MAM College has adopted five villages namely Bann, ChauhanaChak, ChakRakwal, Pargalta. Various school students from these and other villages have participated in the program. Speaking on the occasion, Prof Sunil Uppal, Principal, Govt MAM College, Jammu highlighted the key objectives of Unnat Bharat Abhiyan and the role of higher educational institutions in bringing a transformational change in rural India. The program was intended to provide career guidance to 10th and 12th pass out students of rural areas and guide them regarding academic and professional courses as well as future career choices. Mr. Romesh Kumar, Head Counselling Cell, Directorate of School Education, Jammu and Mr KamlakarDwiwedi, Senior Counsellor, ICS were invited as speakers for providing career counselling to the students. While interacting with the students, Mr Romesh Sharmaemphasized about the need of making informed career choices and oriented the students about an online career counselling app called Manzilein, an initiative taken by school education department, Jammu, in collaboration with UNICEF India. Mr KamlakarDwiwedi enlightened the students regarding suitable subject choices after 10th class aligned with the NEP 2020 and post-COVID career trends. The students were also made aware about the subject eligibility chart for professional courses. Students' queries related to subject and career choices were answered at the end of the program.

The program was moderated by Dr Richa Gupta, College Coordinator, UBA. Other members of the organizing team who were present in the program included Dr Koushal Kiran, Programme Officer, NSS; Prof BhanuPriya, member UBA Cell; Dr Shabir Ahmed,Programme Officer.



گورنمنٹ ایم اے ایم کالج کے زیر اہتمام یو بی اے ورچوئل کیریئر کونسلنگ کیمپ منعقد

10 ویں اور 12 ویں پاس آؤٹ طلباء کو کیریئر کے متعلق رہنمائی فراہم کی گئی



یو بی اے ورچوئل کیریئر کونسلنگ کیمپ کے شرکاء کی تصویر

لازوال ڈیسک

یو بی اے ورچوئل کیریئر کونسلنگ کیمپ کے شرکاء کی تصویر

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ٹوکیو پولیس میں ہندوستانی دستوں کی کارکردگی قابل فخر: فیروز احمد خان

کہا: دستاویزیوں نے شمالی سرگرمیوں دکھائی، امید ہے مزید میڈلز شامل ہونگے

لازوال ڈیسک

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کنفیڈریشن کی ایس سی، ایس ٹی او بی سی کے حقوق کے لیے جدوجہد جاری: مقررین

کہا: تنظیم تعلیمی آگاہی کیمپ منعقد کرنے کا ارادہ بھی رکھتی ہے



کنفیڈریشن کی ایس سی، ایس ٹی او بی سی کے حقوق کے لیے جدوجہد جاری: مقررین

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آئی ٹی بی پی لیئر فرٹینئر لیول، ریپورٹرز فٹنگ مہم 2021 کا اہتمام کرے گی

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