

**OFFICE OF THE PRINCIPAL,
MAULANA AZAD MEMORIAL COLLEGE,
(A CONSTITUENT COLLEGE OF CLUSTER UNIVERSITY OF JAMMU)
Dr. B.R.AMBEDKAR ROAD, JAMMU-180006(J&K UT)-INDIA**

**PROF. DR. G.S RAKWAL
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**Criteria 7
Sub criteria 7.2
Best practices**

SUPPORTING DOCUMENTS

- 1. Faculty Development Program**
- 2. Motivational and Social Services of NSS for Responsible Citizen**

NAAC-2022

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**BEST PRACTICE -01
FACULTY DEVELOPMENT
PROGRAM**

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Sub: Appreciation Letter to Faculty Members.

I am writing this letter to extend my heartiest appreciation to Shri Rakesh Sharma, A.P, Department of Electronics, M.A.M.College, for showing exemplary work in delivering of e-content, and for carrying out digital initiatives in the College within a short span of time.

I am also delighted to witness their versatility which is not only limited to teaching and imparting bookish knowledge to the students but also showering their expertise in other new initiatives as well.

I appreciate the endless hours that the faculty member has spent working here, and the professionalism that you have shown has motivated the entire college fraternity immensely. I pride in your hard work and dedication to making these new initiatives a great success. As always, we are counting on you to go the extra mile.

I wish best of luck to Shri Rakesh Sharma for the future ahead.

(Talat Parvez)

Commissioner/Secretary to Government
Higher Education Department

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**PROF. SUNIL UPPAL
PRINCIPAL**



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No. MAM/Colli/2021/3658,
Dated: 23-03-2021

Minutes of Meeting

A meeting of E-Content Committee & IQAC was held at 12:00 Noon of 08 March, 2021 in IQAC Room of this institution. The following agenda was discussed in the meeting:

Activities to be undertaken under Faculty Development Programme:

- *A FDP Committee was constituted in the meeting. The members were taken from E-Content & IQAC Committees. It was discussed in the meeting that following topics should be taken on the priority basis as thrust area of FDP.*
- *Smart Board Operation.*
- *E-Content creation using SANKORE.*
- *E-Content creation using Power Point Presentation.*
- *E-Content Disbursement using MOODLE*

It was further decided that :

- *Registration of faculty for FDP initially be done through Google Form.*
- *Registered faculty members be provided folders containing notepad and pen at the time of Physical Registration.*
- *High Tea be served to the faculty after each session.*
- *All smart classrooms be opened for practice session of FDP.*
- *FDP to be conducted in Lecture Hall, Department of Computer Applications.*
- *Certificate be provided to the faculty after the successful completion of the course.*
- *Duties be assigned to teaching & non-teaching staff members.*
- *SOPs' required during COVID-19 Pandemic be observed strictly*

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- No registration fee shall be charged from the Faculty/Participants.
- The FDP shall be held for duration of one week in two batches to accommodate around 102 members of the teaching fraternity.
- As inaugural ceremony will be graced by eminent dignitaries, mementoes and bamboo shoots will be arranged to felicitate them.

The meeting ended with the vote of thanks by Convenor IQAC and it was resolved that the minutes be forwarded to the Principal for final approval.

The following members were present in the meeting:

1. Prof. Neeraj Sharma
2. Prof. Rajesh Gupta
3. Prof. Rakesh Sharma
4. Prof. Raj Kumar
5. Prof. Poonam Angotra
6. Prof. Sudesh Kumar
7. Prof. Vishally Sharma
8. Prof. Sonam Mehta

Date: 08 March 2021

Place: Govt. M.A.M College, Jammu.

Approved as proposed & Recommended
by IQAC and E-Content Committee.

Signed:

5/3/2021
Principal
Govt. M.A.M. College
Jammu

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PRESS RELEASE

Commissioner Secretary to Govt. Higher Education Department Inaugurates
FDP on E-Learning & Content Creation.

Govt. M.A.M College inaugurated two week long Faculty Development Programme on Digital Initiatives like creation/use of E-Content, use of browsing center, use of Smart Interactive Boards for teaching learning process on 16th March 2021 for the teaching faculty of the college to acquaint them with the advancements in Technology. The objective of the event was to train the faculty for the use of High Tech Digital Techniques for formal and non-formal education with practical orientations.

Janab Talat Parvez Rohella, Commissioner Secretary to Govt. Higher Education Department inaugurated the event and said that Govt. M.A.M College has taken a lead among all the colleges in organizing such programmes by faculty and for the faculty of the college lauded the efforts of the college in hosting a training programme for the faculty to enable them to use Digital Content & Devices as to improve teaching learning process, thereby enhancing the educational opportunities for young learners. He stressed that with the advent of internet, the access to information has become very easy and the teaching fraternity should keep abreast with latest trends in Technology. He exhorted that in the present scenario the Education System has witnessed a paradigm shift from Physical Class Room to E-Classroom, but for the teachers who have been used to traditional modes of teaching, this sort of training was necessary to enhance their teaching capabilities.

Dr. Rakesh Goswami, Regional Director, Indian Institute of Mass Communication, Guest of Honor at the event, stressed on the need for organizing such pertinent programmes in order to deal with the rapid changes and shifting paradigms in Educational System. He opined that in order to enhance the teaching performance and improved learning outcomes for students, such Faculty Development Programmes facilitated new teaching skills, improved ways of implementing curricular and newer ways of viewing the students teacher relationship. He assured the Principal and staff of full cooperation from his department in framing new modules for courses in Mass Communication if and when the college plans to start it.

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Prof. Sunil Uppal, Principal of the host college in his welcome address appreciated the efforts of the college resource persons and faculty in keenly participating in the workshop which aimed at providing the knowledge and skill for teachers to cater to present day Global Challenges. He hoped that the faculty would benefit immensely from this workshop and disseminate the requisite knowledge to student community.

On this occasion the Commissioner Secretary also participated in the Signature campaign organized by the Gender Club of the college. He highly appreciated that idea of connecting the college with Facebook, YouTube and Twitter Handel and connecting on National and International Channels.

Prof. Rakesh Sharma, Organizing Secretary of the FDP, gave a brief overview of the Programme and held the 1st Technical Session, wherein he educated the faculty in detail about the various Technical Tools for generating E-Content and gave a practical demonstration of operation of Digital Interactive Panels to be shortly used in the college class rooms. Prof. Poonam Angotra was the resource person for the 2nd Technical Session.

Dr. Banpreet Kour and Prof. Sanjay Singh anchored the proceedings of the event and gave the formal vote of thanks. Prof. Raj Kumar, Convenor E-Content Committee and Prof. Neeraj Sharma, Convenor, IQAC coordinated the event. All the teaching and non-teaching staff of the college were present on the occasion.



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BEST PRACTICE -02

Motivational and Social Services of NSS for Responsible Citizen

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GOVT M.A.M. P.G. COLLEGE JAMMU

Activity Record of the NSS for the session 2020-21

1. NSS Wing, Govt. MAM PG College, Jammu carried out official enrolment of Students, into the new NSS Unit for the academic year 2020-21 on 11th and 12th February, 2021



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POSTER MAKING COMPETITION

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 Dogra & 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.

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CLEANLINESS DRIVE

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.



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WOMEN'S DAY CELEBRATION AT MAM COLLEGE JAMMU



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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. Vieta Anand, Prof. Meena Gupta and Prof. Lukesha.

The programme concluded with a vote of thanks by Dr. Koushal Kiran.

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PLANTATION DRIVE

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.



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PRESS RELEASE

NSS unit of Govt M.A.M PG College Jammu organized an online poster making competition on the Topic "Significance of earth" in order to commemorate Earth Day which is celebrated across the world on 22nd April every year, as a part of series of events on Azadi ka Amrut Mahatsav.

The competition was organized under the patronship of Principal of the College. The Aim of the event was to spread awareness among students regarding the need to save our planet through sustained efforts and bringing out the creative side of the students on the canvas. Sonal Kotwal, Kritika Slathia and Sumegha were adjudged as first second and third.



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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.



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REGISTRATION AS YOUNG WARRIORS

NSS VOLUNTEERS of Govt. MAM PG College Jammu got themselves registered in the nation-wide #Young Warrior 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.

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.

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WORLD ENVIRONMENT DAY (4th June to 5th June 2021)

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

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.

...was specially present in the program. 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 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-



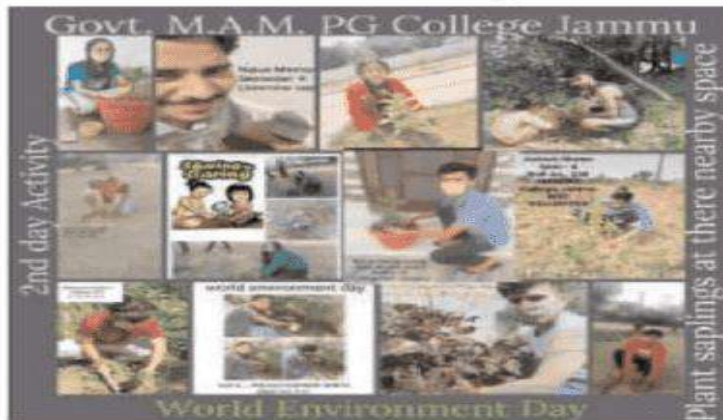
grams on World Environment Day for the past several years. Ranju Gupta, Ajay Singh, Shiv Ram, Chand also pr

NSS Unit Govt. MAM College celebrates World Environment Day

**OBSERVER BUREAU
JAMMU JUN 05:**

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 phase saw NSS Volunteers plant

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

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YOGA DAY CELEBRATION

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 Swabhiman 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

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MAM College has adopted five villages UBA

UBA Virtual Career Counselling Camp organized by MAM College (Organized by NSS and UBA) 6TH OF AUGUST 2021

MAM College, a constituent college of cluster University of Jammu has organized virtual career counselling camp for village school students under the aegis of Unnat Bharat Abhiyan and Azadika Amrut Mahotsav. The event has been organized by college UBA and NSS units in collaboration with Institute of Career Services (ICS), Lucknow on the theme “Padega India tabhi toh Badhega India”. As a potential participating institute of Unnat Bharat Abhiyan, Govt MAM College has adopted five villages namely Bann, Chauhana Chak, Chak Rakwal, 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 Kamlakar Dwiwedi, Senior Counsellor, ICS were invited as speakers for providing career counselling to the students. While interacting with the students, Mr Romesh Sharma emphasized 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.

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SWACHHTA PAKHWADA 1ST -15TH of August 2021



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PRESS RELEASE

The NSS Unit of Govt. MAM College, Jammu organized a fortnight long Swachhta Pakhwada under the Ministry of Youth Affairs And Sports as a part of the series of events under “Azadi ka Amrut Mahotsav”. A country wide campaign initiated by the Government of India, it aimed at bringing a fortnight of intense focus on the issues of an unclean environment and ways to deal with them. In the current scenario of global pandemic of COVID-19, the importance of cleanliness activities and spreading awareness of the same becomes more significant. NSS volunteers of the college actively took part in this activity under the guidance of worthy principal Prof. Sunil Uppal, by maintaining a clean environment in their localities; spreading awareness about the importance of cleanliness; and also urging the people to maintain a clean environment which is beneficial for human health. It decreases the risk of illnesses; promotes a healthy mindset and boosts productivity. During these challenging times, this activity also taught students and the NSS Volunteers about the importance of maintaining a hygienic and secure environment. The proceedings of the activity were carried out under the supervision of NSS POs- Dr. Koushal Kiran and Prof. Shabir Ahmed.

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این ایس ایس یونٹ گورنمنٹ ایم اے ایم کالج کے زیر اہتمام سوچتھتا پکھواڑے کا انعقاد

این ایس ایس رضا کاروں نے صفائی مہم کے علاوہ مقامی لوگوں کو بھی صفائی کی اہمیت سے آگاہ کیا

کرنے کا اعادہ کیا۔ انہوں نے اس دوران عام لوگوں کو بھی صفائی کی اہمیت اور انسانی صحت پر اس کے مثبت اثرات سے بھی روشناس کرا دیا کہ کسی طرح ایک صاف ستھرا ماحول انسانی زندگی میں مثبت تبدیلیاں لاسکتا ہے۔ علاوہ ازیں ڈاکٹر شبیر احمد اور ڈاکٹر کوشل کرن پروگرام آفیسر این ایس ایس کی رہنمائی اور نگرانی میں سوچتھتا پکھواڑے مہم کے دوران طلباء نے بہت کچھ حاصل کیا۔



رہنمائی میں اپنے احوال کو صاف رکھنے اور صفائی کی اہمیت و افادیت پر شعور پیدا

لازوال ڈیسک

جنوں اور این ایس ایس یونٹ گورنمنٹ ایم اے ایم کالج جنوں نے یہاں وزارت برائے یوتھ سروس اینڈ سپورٹس کے ذریعہ آزادی کا امرت مہا اتسو کے تحت سوچتھتا پکھواڑے مہم کا اہتمام کیا۔ اس دوران کالج کے این ایس ایس رضا کاروں نے اس مہم میں جوش و جذبے سے حصہ لیتے ہوئے پرنسپل کالج پروفیسر سنیل پال کی

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CLEANINESS DRIVE – 7TH -11TH OF AUGUST 2021



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**WEEK LONG CELEBRATIONS TO COMMEMORATE AZADI KA
AMRUT MAHOTSAV**

Government MAM College Started week long activities to mark 75th Independence Day celebration. The college is holding a series of events both online and offline like Poster Making, Patriotic Singing Competition, Poetry Recitation Guest Lectures on Entrepreneurship and Innovation Challenge Cleanliness-Drive by NSS under the Title of Azadi Ka Amrut Mahotsav. In this connection, the NSS volunteers participated in cleanliness drive in the college campus to raise awareness on the importance of cleanliness hygiene and sanitation in one's neighborhood.

Prof. Sunil Uppal, Principal of the college shared his views on the historic movement and gave the participants an insight in to it. He lauded the efforts of the NSS coordinators and volunteers and exhorted the students to value their Independence and inculcate the spirit of patriotism in them. Prof. Koushal Kiran and Prof. Shabir Ahmed advised the volunteers to avoid using plastic bags and contribute in making our environment clean and green

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! ”
“The construction of the arch for a bridge 359 m above the Chenab river bed and motivated youngsters to learn from this big engineering milestone”

Azadi Ka Amrut Mahotsav
MAM College NSS volunteers organize cleanliness drive

TNN BUREAU

JAMMU: Government MAM College Started week long activities to mark 75th Independence Day celebration. The college is holding a series of events both online and offline like Poster Making, Patriotic Singing Competition, Poetry Recitation Guest Lectures on Entrepreneurship and Innovation Challenge Cleanliness-Drive by NSS under the Title of Azadi Ka Anirut Mahotsay. In this connection, the NSS volunteers participated in cleanliness drive in the college



campus to raise awareness on the importance of cleanliness hygiene and sanitation in one's neighborhood. Prof. Sunil Uppal, Principal of the college shared his views on the historic movement and gave the participants an insight in to it. He lauded the efforts of the NSS coordinators

and volunteers and exhorted the students to value their Independence and inculcate the spirit of patriotism in them. Prof. Koushal Kiran and Prof. Shabir Ahmed advised the volunteers to avoid using plastic bags and contribute in making our environment clean and green

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SADBHAVANA DIWAS – 20TH OF AUGUST 2021

PRESS RELEASE

The NSS Unit of Govt. MAM College, Jammu celebrated Sadbhavna Diwas on 20th August, 2021. It is observed every year on this date in order to commemorate the birth anniversary of a dynamic personality who is often remembered as the youngest Prime Minister of India, Sh. Rajiv Gandhi. The event was celebrated with great enthusiasm and energy. College Principal, Prof. Sunil Uppal shared his ideas and thoughts on Sadbhavna Diwas by enlightening the students with his words of wisdom. The main highlight of the session was a special pledge, on the commitment to universal brotherhood and treating everyone equally without discrimination on the grounds of race, colour, caste or gender. Another pledge was followed up after the previous pledge which aimed towards the Principle of Environmental Conservation. The pledge was read out by one of the NSS Volunteers, Shikhar Sharma while all the other participants recited the same after him. After the pledge, college principal Prof. Sunil Uppal advised the participants to incorporate the pledge into their lives and not merely limit it to words. The session was anchored by NSS Volunteer Sahil Choudhary and the technical assistance was provided by NSS Volunteers Nipun Memoalia, Navang Sonam and Gzala Khan.

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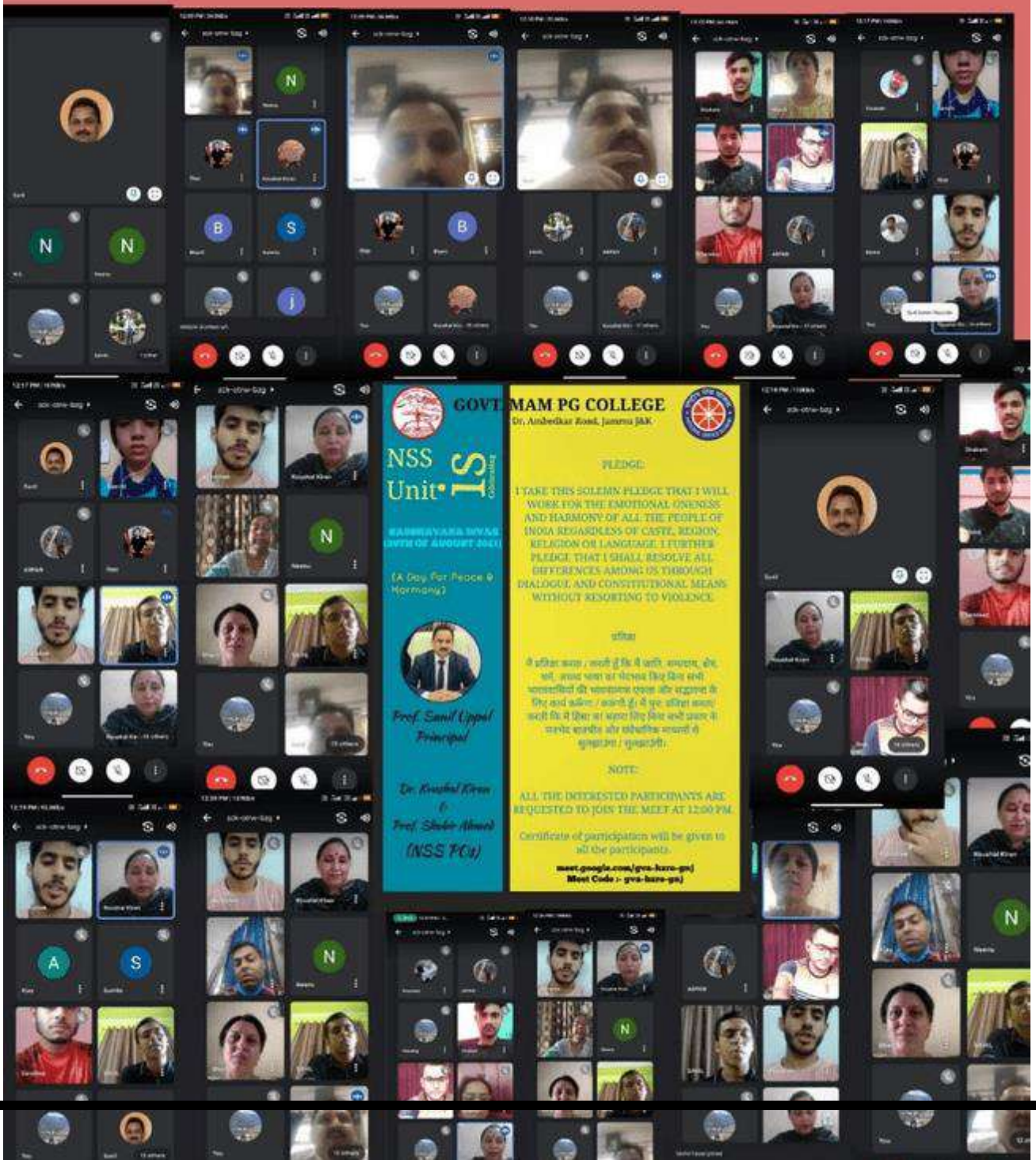
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**GOVT. MAM PG COLLEGE, JAMMU
NSS Unit Celebrates
"SADBHAVANA DIWAS"**



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FREEDOM RUN (IN COLLABORATION WITH NYKS AND OTHERS) 3RD OF SEPTEMBER 2021

Jugal flags-off Freedom Run

■ STATE TIMES NEWS

JAMMU: On the eve of Nationwide programme Azadi ka Amrut Mahotsav launched by Prime Minister Narendra Modi, a freedom run rally was organised by Nehru Yuva Kendra Sangathan in collaboration with Govt. MAM College, Jammu.

The aim of the freedom Run is to encourage people to take up fitness activities such as running and sports in their daily lives.

This initiative is meant to popularise fitness as a way of life in order to prioritise a healthy and fit life.

Jugal Kishore Sharma, Member of Parliament was the Chief Guest who flagged off the rally comprising of members of Nehru Yuva Kendra Sangathan volunteers, Youth Club members of Mahila Mandal affiliated



Member of Parliament, Jugal Kishore Sharma flagging off Freedom Run.

to NYK, NCC, NSS and Sports volunteers and staff of Govt. M.A.M College.

Member of Parliament lauded the efforts of the volunteers and motivated them to take up some sort of physical activities and devote at least half an hour daily towards a physically fit life.

A pledge for maintaining a healthy life style was also taken up the staff, and students wherein it was resolved that everyone should be committed towards a health conscious society.

Prof. Sunil Uppal, Principal of the host College, who was also the

Guest of Honour, exhorted the volunteers to maintain a healthy regime and take up fitness activities in their day to day lives.

He stressed that the freedom run 2.0 is an initiative to celebrate Azadi Ka Amrut Mahotsav which has been launched nationwide and aims to encourage people to

become fit and healthy.

A special vaccination drive was also carried out in the college with the aim to vaccinate all staff members and students before reopening of the colleges.

Jugal also visited the vaccination site and participated in the drive and highly appreciated the timely needed efforts of the college administration.

Surinder Saini Director Nehru Yuva Kendra Sangathan J&K(UT) and Ladakh stated Member of Parliament that these programmes are organised in future also in different district to motivate youth towards games & sports to make them Fit. Nisar Ahmed Deputy Director Nehru Yuva Kendra and other prominent members among college staff were also present at the occasion.

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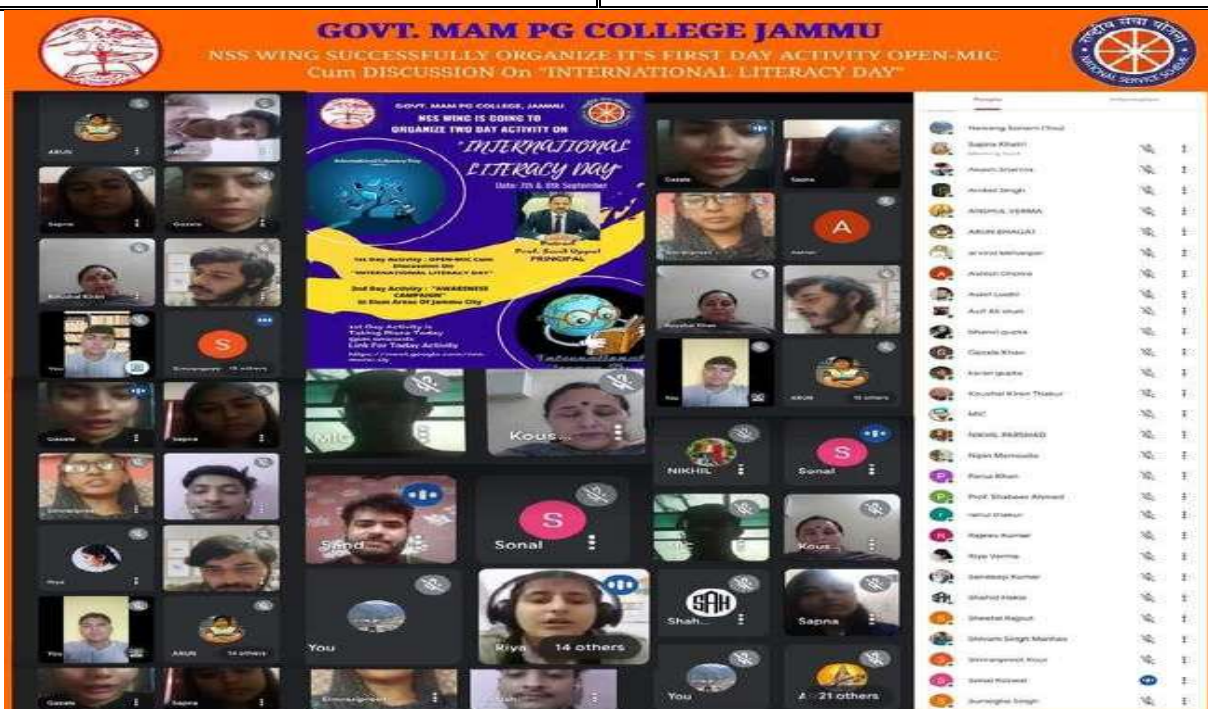
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INTERNATIONAL LITERACY DAY - 7TH -8TH September 2021

7TH September 2021 (ONLINE)	8TH September 2021 (OFFLINE)
Number of participants : 109	Number of participants : 32
Female : 57	Female : 17
Male : 52	Male : 15



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Govt. MAM College, Jammu, a constituent college of Cluster University of Jammu celebrated International Literacy Day on 8th September, 2021 in the form of a two-day activity under the banner of IQAC and the patronage of College Principal, Prof Sunil Uppal. Since 1967, International Literacy Day (ILD) celebrations have taken place annually around the world to remind the public of the importance of literacy as a matter of dignity and human rights, and to advance the literacy agenda towards a more literate and sustainable society. This year's ILD theme is "Literacy for a human-centered recovery: Narrowing the digital divide" which is in sync with this event. The two-day activity commenced on 7th September, 2021 with the first phase of the celebrations solely focusing on a virtual open discussion among the teachers and the students on the agenda of literacy. Many students shared their thoughts and valuable insights towards the notion of a literate society and how it helps a human in progressing to a holistic development. On the second day, the NSS team, consisting of NSS POs and some NSS Volunteers visited a slum area situated in Lane No:3, Railway Road, Trikuta Nagar, Jammu. Upon reaching, the NSS team actively interacted with the children living in those slums and also distributed various stationery items ranging from notebooks to pens. They also had a chat with the children on literacy and the importance of acquiring education. The team briefed on the ongoing COVID-19 Pandemic about how the children can better protect themselves and their community by adopting certain COVID appropriate behavior. Masks and sanitizers were also distributed by the NSS team. The children were enthusiastic as well as inquisitive to talk and listen to everything the NSS team told them about.

The event concluded with a special talk by the college principal Prof. Sunil Uppal on the "Significance of The International Literacy Day" and congratulated the whole NSS Unit on delivering a commendable event. All the proceedings of the two-day event were carried out under the supervision of NSS POs Dr. Koushal Kiran Thakur and Prof. Shabir Ahmed.

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Lane No.3, Slum area, Trikuta Nagar, Jammu

NSS 2nd day activity



Govt. M.A.M. PG College, Jammu

“International Literacy Day”



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MAM College holds two-day activity on International Literacy Day

EARLY TIMES REPORT

JAMMU, Sept 8: Government MAM College, Jammu, a constituent college of Cluster University of Jammu celebrated International Literacy Day (ILD) today in the form of a two-day activity under the banner of IQAC and the patronage of College Principal, Prof Sunil Uppal. This year's ILD theme is "Literacy for a human-centered recovery: Narrowing the digital divide" which is in sync with this event. The two-day activity commenced yesterday with the first phase of the celebrations solely focusing on a virtual open discussion among the teachers and the students on the agenda of literacy. Many students shared their thoughts and valuable insights towards the notion of a literate society and how it helps a human in progressing to a holistic development. On



Students participating in different activities to observe world literacy day at MAM College Jammu.

the second day, the NSS team, consisting of NSS POs and some NSS Volunteers visited a slum area situated in Lane No.3, Railway Road, Trikuta Nagar, Jammu. They had

a chat with the children on literacy and the importance of acquiring education. The team briefed the children on the ongoing COVID-19 pandemic and about how they can better protect themselves and their community by adopting certain COVID appropriate behavior. Masks and sanitizers were also distributed by the NSS team. The children were enthusiastic as well as inquisitive to talk and listen to everything the NSS team told them about.

The event concluded with a special talk by the college principal Prof Sunil Uppal on the "Significance of The International Literacy Day" and congratulated the whole NSS Unit on delivering a commendable event. All the proceedings of the two-day event were carried out under the supervision of NSS POs Dr Koushal Kiran Thakur and Prof Shabir Ahmed.

FREEDOM RUN 2.0 – 11th September 2021



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Freedom Run rally organized by MAM College



A view of freedom run

EARLY TIMES REPORT

JAMMU, Sept 11: A freedom run rally was organized by the NSS Unit of Govt. MAM College, a constituent college of cluster university of Jammu under the patronage of College Principal, Prof. Sunil Uppal.

The aim of the freedom run is to encourage people to take up fitness related activities and incorporate

a healthy lifestyle into their lives. This initiative is meant to popularize the idea of fitness and health among people especially the younger generation. Many NSS Volunteers of the NSS Unit of Govt. MAM College, Jammu took part in this event with full enthusiasm and energy. The event was supervised by NSS POs Dr. Koushal Kiran Thakur and Prof. Shabir Ahmed.

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NSS FOUNDATION DAY - 24TH September 2021

Govt. M.A.M. PG College



NSS Day Celebration 2021

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GANDHI JAYANTI CELEBRATION

<p>1st October 2021 (ONLINE) Number of participants : 109 Female : 57 Male : 52</p>	<p>2nd October 2021 (OFFLINE) Number of participants : 32 Female : 17 Male : 15</p>
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(ONLINE POSTER MAKING COMPETITION)

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