



GOVT. DEGREE COLLEGE, CHENANI, UDHAMPUR
(J&K)-182141.
(Estd. 2019)

Dr. Pragya Khanna
Principal
Ph. No.: 94191-94244
E-mail: principalgdccchenani@yahoo.com
principalgdccchenani@gmail.com

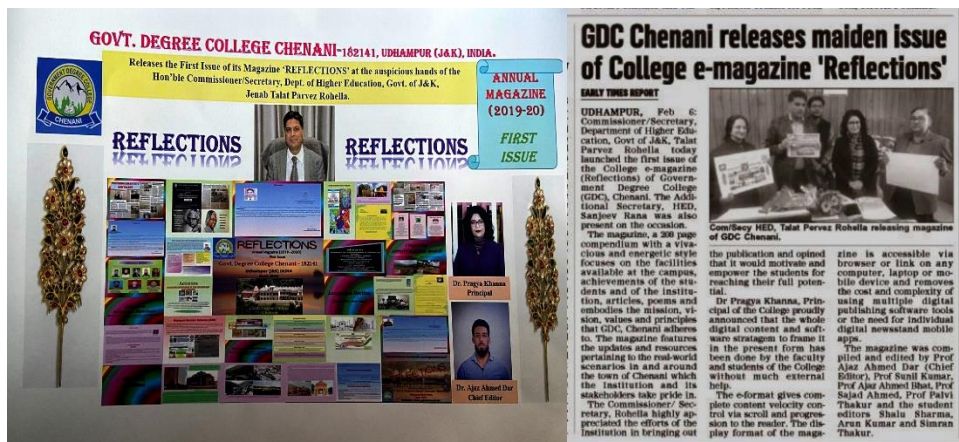
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Date:

GOVT. DEGREE COLLEGE, CHENANI

LIST OF PROGRAMS CONDUCTED (FEB. TO APR. 2021) TO PROMOTE FUNDAMENTAL DUTIES AND GANDHIAN VALUES!

NO. OF PROGRAMS CONDUCTED TO PROMOTE FUNDAMENTAL DUTIES (FEB. TO APR. 2021)

1. *Govt. Degree College, CHENANI launches the maiden issue of its College E-Magazine, REFLECTIONS* (6th Feb. 2021) (Fund. Duty 10: To strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement).



2. **The Philatelic Athenaeum: A program designed for reading & interpreting the meaning of Indian stamps (11th Feb. 2021)** (Fund. Duty 6: To value and preserve the rich heritage of our composite culture)



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No.:
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Govt. Degree College, Chenani
Department Of Botany
Organises
An intercollege program
The Philatelic Atheneum
A program designed for reading the interpretation and meaning of stamps
On 11th Feb, 2021
India, a country hailed as 'Sujalam Suphalam' in its National song, is a beautiful melange of flora, fauna and culturally diverse population! Having at least three major biodiversity hotspots, India has a variety of geographical zones which produce unique specimens of flowering plants. In an attempt to celebrate this floral variety, India Post issues commemorative postage stamps containing images of Indian Flowers from time to time.

Program Outline
In this program, Students have to collect the images of such stamps and write a few lines about the description of the flowers on them and send them to chenanidegreecollege@gmail.com

Last date of submission - 10th Feb, 2021

Dr. Pragya khanna
Principal (Patron)

Organized by
Botany Department

3. Govt. Degree College, Chenani organized an event in two phases to commemorate the Mathematics Day, the first phase of which started on 10th Feb. 2021. The Program was sponsored by the J&K Science, Technology and Innovation Council, Dept. of Science and Technology, J&K Govt. (Fund. Duty 8: To develop the scientific temper, humanism and the spirit of inquiry and reform)

Govt. Degree College Chenani

Objectives:
To familiarize the students, about phobia of mathematics.
To find the strategies to cure the reoccurring cycle of math anxiety.
To develop the ideas about the types of mathematics phobia, causes and symptoms.

ORGANISES
A Webinar to commemorate Mathematics Day
On 10th February (4:00-6:00 P.M)

Theme
Mathematics Phobia: Causes, Symptoms and Remedies

Sponsored by
J&K State Science, Technology and Innovation Council
Department of Science and Technology, J&K.

MATHS PHOBIA???

Organiser: Dr. Ajaz Ahmad Dar
Zoom link: <https://us02zoom.us/j/94419194244>
For any query write us on chenanidegreecollege@gmail.com

Mr. Tazki Parveez Robiulla
Commissioner (Secretary)
Dept. of Higher Education
Govt. of J&K (Chief Patron)

Dr. Nasir Shah
Addl. Director
J&K State Science, Technology and Innovation Council
Dept. of Science and Technology, J&K.

Dr. Pragma Khanna
Principal (Patron)

Prof. Kuldeep Singh Charak
Dept. of Mathematics, University of Jammu (Resource Person)

Dr. Zaheer Abbas
Head, Dept. of Mathematical Sciences
Baba Ghulam Shah Badshah University, Rajouri. (Resource Person)

www.gdcchenani.com

GDC Chenani celebrates Mathematics Day

STATE TIMES NEWS
CHENANI: Govt. Degree College, Chenani organised an event in two phases to commemorate the Mathematics Day, the first phase of which started on Wednesday. The programme was sponsored by the J&K Science, Technology and Innovation Council, Dept. of Science and Technology, J&K Govt.

The theme of the event was 'Mathematics Phobia: Causes, Symptoms and Remedies', the main objective behind the celebration was to raise awareness among people about the importance of mathematics for the development of humanity.

The resource persons of the program were Prof. Kuldeep Singh Charak, Head, Dept. of Mathematics, University of Jammu and Dr. Zaheer Abbas, Head, Dept. of Mathematics, Baba Ghulam Shah Badshah University, Rajouri. The two resource persons dealt in detail on several initiatives taken to motivate, enthuse, and incite a positive attitude towards learning mathematics among the younger generation of the country.

The programme was also attended by Dr. Nasir Shah, Addl. Director, J&K Science, Technology and Innovation Council, Dept. of Science and Technology, J&K Govt.

Dr. Pragma Khanna, Principal of the College opined that the program was held to commemorate the birth anniversary of legendary Indian Mathematician, Srinivasa Ramanujan and his contributions in the field of mathematics.

The Organizing Secretary of the Program was Dr. Ajaz Ahmad Dar, Head, Dept. of Mathematics, GDC, Chenani.

Lecture held on



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Govt. Degree College Chenani

ORGANISES
Seminar (Phase II)
On the
Importance of Mathematics in Daily Life
On 13th February (11:00 A.M)

Theme
> Importance of mathematics to individuals and society
> Other places where you find mathematics in action.

Sponsored by
J&K, State Science, Innovation and Technology Council
Department of Science and Technology J&K

Good Mathematicians

MATHS
IN EVERYDAY LIFE

Use of Math in Daily Life

- Diet
- Cooking
- Grocery shopping
- Bill payments
- Budget

Resource Persons:

- Mr. Yalaj Parveen Rohilla
Commissioner/Secretary
Dept. of Higher Education
Govt. of J&K (Chief Patron)
- Dr. Nasir Shah
Addl. Director
J&K State Science, Technology and
Innovation Council
Dept. of Science and Technology,
J&K
- Dr. Pragya Khanna
Principal (Patron)
- Dr. Muneer Ahmad
Principal GDC, Ramgarh
(Resource Person)
- Dr. Ajay Kumar Sharma
Assistant Professor, Dept. of
Mathematics
Govt. Degree College, Udhampur
(Resource Person)

Organizer
Dr. Ajaz Ahmad Dar

For any query write us on
chenanidegreecollege@gmail.com
Website: www.gdcchenani.com

REAL LIFE MATHS: Experts suggest these games-regularly, which require

| PRESCHOOLERS | ELEMENTARY SCHOOL |
|---|---|
| <p>1. Addition of blocks 2. Subtraction of blocks 3. Multiplication of blocks 4. Division of blocks</p> | <p>1. Addition of blocks 2. Subtraction of blocks 3. Multiplication of blocks 4. Division of blocks</p> |

4. Two Day National Webinar on ‘Water Management, livelihood Security and Sustainable development’ in collaboration with the Society of Life Sciences, Satna, Madhya Pradesh (Feb 19th & 20th, 2021) sponsored by the J&K Science, Technology and Innovation Council, Dept. of Science and Technology, J&K Govt. (Fund. Duty 7: To protect and improve the natural environment including forests, lakes, rivers, wildlife and to have compassion for living creatures)



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**Govt. Degree College
Chenani**
Organises
Two day National Webinar
On the
**Water Management, Livelihood
Security and Sustainable
Development**
On 19th-20th Feb. Time: 11:00 Am
JK Science Technology and Innovation Council
Department of Science and Technology, J&K

Resource Persons on 19th February
Mr. Tariq Parvez Raheela
Commissioner/Secretary Dept. of Higher
Education Govt. of J&K (Chief Patron)
Dr. Nasir Shah
Addl. Director
JK Science Technology and Innovation
Council, Dept. of Science and Technology,
J&K.
Dr. Pragya Khanna
Principal (Patron)
Dr. Rajesh Swami
Senior Principal Scientist and Head
Centre for Excellence in Biotechnology (CERT),
FPCO, OAI
Forestry and Environmental Division MP,
MP Council of Science & Technology
DST, Govt. of MP

Resource Persons on 20th February
Dr. Pralhad Duble
Professor and former Coordinator
Departments of Zoology and Life Sciences,
University of Raipur
Former Principal, GCOTA.
Sh. D. Venkateshwarani, Scientist D,
Central Ground Water Board
Central Region, Nagpur
KANNIKA P. SINGH
Scientist B
Central Ground Water Board,
Western Region, Jaipur

Website: www.gdccchenani.com
Mail id: chenanidegreecollege@gmail.com
Facebook: <https://www.facebook.com/gdcccchenani/>

Organisers
Prof. Mir Hafeez
Prof. Priyanka Bala
Zoom Link for 19th February
<https://zoom.us/j/95884731552?pwd=QWt0VzZkSE1RZjZuSjR0aDZlZGZl>
Zoom Link for 20th February
<https://zoom.us/j/95884731552?pwd=QWt0VzZkSE1RZjZuSjR0aDZlZGZl>

5. Career Counselling program on developing Interview Skills (24th Feb. 2021) ((Fund. Duty 8: To develop the scientific temper, humanism and the spirit of inquiry and reform)

GOVT. DEGREE COLLEGE CHENANI
The career counselling cell
Organises
Awareness Program
On
Developing Interview Skill
"How to show your personality and present yourself at the interviews and group/panel discussions"
Date: 24th Feb. 2021, Time: 10:30 A.M

Job Interviews are like FIRST DATES
Good impressions count. Awkwardness can occur. Outcomes are unpredictable.

Your mind is a powerful thing, when you fill it with positive thoughts, your life will start to change.

Factors affecting career choice

- Interests
- Skill
- Aptitudes
- Experience
- Personality
- Life goals and work values

For the perfect Job interview Stop believing in LUCK And start believing in YOURSELF

Zoom Link:
<https://us02b.zoom.us/j/95884731552?pwd=QWt0VzZkSE1RZjZuSjR0aDZlZGZl>
Mail id: chenanidegreecollege@gmail.com
Website: www.gdccchenani.com

Organising Committee
Prof. Sunil Kumar
Dr. Ajaz Ahmad Dar

Dr. Pragya Khanna
Principal GDC Chenani
(Patron)

Mr. Raizada Sourabh
Bali
(Resource Person)
Life & Career Coach and
Entrepreneur
Co-founder of a HR
Consulting Organization
Posterity Consultants,
Bangalore Urban, Karnataka

6. Govt. Degree College, Chenani commemorated the World Wildlife Day on 3rd March 2021, the day of the signing of the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES) in 1973. (Fund. Duty 7: To protect and improve the natural environment including forests, lakes, rivers, wildlife and to have compassion for living creatures)



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7. Program on World Forest Day

(Fund. Duty 7: To protect and improve the natural environment including forests, lakes, rivers, wildlife and to have compassion for living creatures)

Govt. Degree College, Chenani
Commemorates
The World Forest Day
21 March, 2021
By Showcasing Movies on
• Forest life
• Types of Forests
• Flora and Fauna
Time: 11 A.M. • Biodiversity
**FOREST AND BIODIVERSITY
TOO PRECIOUS TO LOSE**

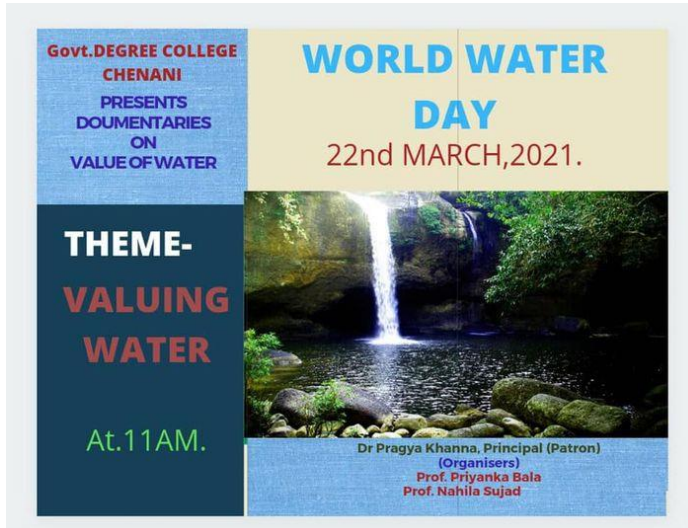
8. Program on World Water Day (Fund. Duty 7: To protect and improve the natural environment including forests, lakes, rivers, wildlife and to have compassion for living creatures)



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In his address, DDC Chairman said that its judicious use.

Govt. Degree College, Chenani celebrated the World Water Day-2021 on 22nd March 2021 by showcasing the movie "The Last Drop" on water crisis and its true value to people. The students of the College were made aware on how this extremely important resource

can be protected and preserved. Further the idea of the Prime Minister on 'Jal Shakti Abhiyan: Catch the Rain' campaign on World Water Day was shared with the students. The College also pledged to participate in the campaign that will be undertaken across the coun-

try, in both rural and urban areas, with the theme "Catch the rain, where it falls, when it falls". Dr. Pragya Khanna, Principal of the College recommended such type of awareness programmes in which we protect our planet to save every drop of water are the need of the day.

9. The NSS unit 'PRAYATNA' of the College launched a COVID-19 vaccination awareness campaign on 19-03-2021. The team visited the area in and around the village Batna, Tehsil Chenani and interacted with the local population. The campaign intends to take the message of vaccination plan and COVID appropriate behaviour around the region with the aim to take the government's communication to people's doorsteps. (Fund. Duty 4 : To defend the country and render national service when called upon to do so)



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10. **Azadi ka Amrit Mahotsav Series launched (Program 1) Dogra Kings and their Struggle for Freedom** (Fund. Duty 2: To cherish and follow the noble ideals which inspired our national struggle for freedom);

GOVT. DEGREE COLLEGE, CHENANI
UNDER THE AUSPICES OF ITS NSS UNIT
'PRAYATNA'
CELEBRATES
AZADI KA AMRIT MAHOTSAV
IN ASSOCIATION WITH
NGO 'Global Helping Hands'
Jamwal Group of Institutes
&
Kendriya Vidyalaya, Chenani
ON 29th of March 2021
POSTER MAKING AND ESSAY WRITING
ON THE THEME
'DOGRA KINGS AND THEIR ROLE IN STRUGGLE FOR FREEDOM'

- All entries should be sent to the college mail id: chenanidegreecollege@gmail.com
- Last Date of Submission: 28th March, 2021
- Each contribution should be accompanied by the Name, Class and Institution of the contestant.
- Prizes shall be given to the First three Best Entries in each category



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GDC Chenani joins country in celebrating Azadi Ka Amrut Mahotsav

STATE TIMES NEWS
CHENANI: Govt. Degree College, Chenani under the auspices of its NSS unit 'Prayatna' celebrated the Azadi ka Amrut Mahotsav in collaboration with the NGO, Global Helping Hands, Jamwal Group of Institutes and Kendriya Vidyalaya, Chensani on 30th March 2021.

The institution invited the high school and undergraduate students of the collaborating institutes to participate in Essay writing and Poster making competition on the theme 'Dogra Kings and their role in the struggle for freedom'. The contest provided an opportunity to give an insight into the contribution and services rendered by the Dogra dynasty in the freedom

struggle against the British rule. Azadi Ka Amrut Mahotsav is a series of events to be organized by the Govt. Degree College, Chenani in line with the Nation to commemorate the 75th Anniversary of India's Independence. The Mahotsav will be celebrated as a Jan-Utsav in the spirit of Jan-Bhagidari.

Dr. Pragya Khanna, Principal of the College remarked that the program was a tribute to the great warriors and the unsung heroes of our region who with their gallantry and valour brought the foreign rule to its knees. She urged the young students to take the responsibility for fulfilling the efforts of the country in documenting the history of our freedom fighters.

11. GDC, Chenani organized a Community Awareness Program on Myocardial Infarction! Govt. Degree college, Chenani under the Community Awareness Program of its NSS Unit 'Prayatna' organised one day National webinar on 'Prevention and Treatment of Heart Attack' in association with the Jamwal Group of Educational Institutions, Jammu, Global Helping Hand members, Vishwa Bharati School, Udheywala, Jammu, Svadhaya Educations and Shri Mata Vaishno Devi Narayana Super Speciality Hospital, Katra, Jammu. (Fund. Duty 4 : To defend the country and render national service when called upon to do so)

His expertise has been recognized, acknowledged and appreciated for beautifying the City of Temples.

GDC Chenani organized Community Awareness Program

EARLY TIMES REPORT
CHENANI, Apr 1: Govt. Degree college, Chenani under the Community Awareness Program of its NSS Unit 'Prayatna' organised one day National webinar on 'Prevention and Treatment of Heart Attack' in association with the Jamwal Group of Educational Institutions, Jammu, Global Helping Hand members, Vishwa Bharati School, Udheywala, Jammu, Svadhaya Educations and Shri Mata Vaishno Devi Narayana Super Speciality Hospital, Katra, Jammu. The event was held under the patronage of the Principal of the College, Dr. Pragya Khanna.

Dr. Nikhil Mahajan, Consultant, Cardiology, Shri Mata Vaishno Devi Narayana Super-speciality Hospital, Katra was the resource person in the event. Dr. Nikhil gave a detailed presentation on acute myocardial infarction which is the leading cause of death with the prevalence approaching three million people worldwide.

He discussed at length the non-modifiable risk factors and modifiable risk factors responsible for the cause of acute myocardial infarction. He stated echocardiography plays critical role in the early diagnosis and management of the patient and to the aid of the physician and technologist.

Er. Kiran Watal, Former Municipal Commissioner, Jammu was the Chief Guest on the occasion. The programme was also attended by social activist Mr. Jatinder Kaw, Prof. Anoop Kumar Srivastav, Mr. Mukesh Yogi, Co-founder and Manager of Svadhaya Educations and Dr. Parneesh Mahajan, Chairman, Mount Litera Zee School, Bohri Jammu. The programme was anchored by Ms Pratibha Garg.



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Date:

12. Program on 'Power of Sports in promoting peace and removing cultural barriers of India (Fund Duty 12: To strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement);

Govt. Degree College Chenani
UNDER THE AUSPICES OF ITS NSS UNIT PRAYATNA

SPORTS ACTIVITY CELL
CELEBERATES
AZADI KA AMRIT
MAHOTSAV

ON 06TH OF APRIL 2021
Online ESSAY WRITING
Competition
ON THE THEME

Power of sport in promoting peace & erasing cultural barriers in India

All entries should be sent to the College mail id: chenanidegreecollege@gmail.com
Last date of submission: 08th April 2021

13. Program on World Health Day (Fund. Duty 4 : To defend the country and render national service when called upon to do so)

GOVT DEGREE COLLEGE CHENANI
UNDER THE AUSPICES OF ITS NSS UNIT
AND
AZADI KA AMRUT MAHOTSAV CELL
CELEBRATES
WORLD HEALTH DAY
On 8th April, 2021
ONLINE PAINTING COMPETITION ON COVID -19 AND LETTER WRITING TO SHARE YOUR SURVIVAL STORIES
WITH YOUR FRIENDS DURING THE PANDEMIC

DR. PRAGYA KHANNA
PRINCIPAL (PATRON)
ORGANISER: PROF. MIR HAFEEZ

All entries should be sent to the college mail id: chenanidegreecollege@gmail.com
Last Date of Submission: 10th April, 2021.



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Principal
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Date:

RTS | CULTURE | earlyTIMES
Exploring Truth Believe in Possibilities

Govt. degree college, Chenani celebrates world health day

EARLY TIMES REPORT

JAMMU, Apr 9: To mark World Health Day, Govt. Degree College, Chenani under the auspices of its NSS unit 'Prayatna' and the cell for the celebration of Azadi Ka Amrit Mahotsav organised an online painting and a letter writing competition.

The subject of the letter writing was to share the survival stories with friends during the COVID-19 pandemic. The programme was organised on 8th & 9th of April 2021.

The students were registered through Google form link and they submitted their letters and paintings on the college mail id. The submissions were evaluated on the basis of their grammatical accuracy, innovativeness, style of writing and the originality of the ideas.

Coronavirus continues to be a global challenge for people and healthcare systems around the world. In the joint fight against the pandemic, protecting oneself and others by adhering to safety and hygiene concepts and promoting preventive measures remains im-

portant. Inspired by the philosophy of caring for life, GDC Chenani organised this creative contest to raise awareness for these essential COVID-19 related measures. By conducting online painting competition on COVID-19 students of the College drew impressive pictures on COVID-19 and effectively supported the commitment to follow health protocols in their families and beyond by wearing masks, keeping social distance and washing hands. The colourful drawings not only deliver the message of caring for each other to stay healthy, but they show how colourful life can be despite these challenging times.

Pragma Khanna, Principal of the College stated that being healthy should be part of our overall lifestyle and living a healthy lifestyle can help prevent chronic diseases and long term illnesses. Feeling good about yourself and taking care of your health are important for your self-esteem and self-image. She further added good health is central to human happiness and well-being that contributes significantly to prosperity and wealth and even economic progress.

14. GOVT. DEGREE COLLEGE, CHENANI LAUNCHED THE THIRD COVID-19 VACCINATION AWARENESS CAMPAIGN!

(13-04-2021)

The NSS Unit 'PRAYATNA' and 'The Cell for celebration of Azadi ka Amrit Mahotsav' of Govt. Degree College, Chenani launched the third Covid-19 Vaccination Awareness Campaign on 12-04-2021. The team visited the area in and around the village Ghantwal, Tehsil Chenani and interacted with the local population.

The campaign intended to take the message of vaccination plan and COVID appropriate behavior around the region with the aim to take the government's communication to people's doorsteps.

(Fund. Duty 4 : To defend the country and render national service when called upon to do so)





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15. Program on Ambedkar Jayanti (Fund Duty 3: To uphold and protect the sovereignty, unity and integrity of India;

GOVT. DEGREE COLLEGE, CHENANI
UNDER THE AUSPICES OF ITS NSS UNIT
&
THE CELL FOR 'AZADI KA AMRIT MAHOTSAV'
CELEBRATES
AMBEDKAR JAYANTI 2021
on 14th April 2021
"If you believe in living a responsible life, you believe in self-help which is the best help"
Online ESSAY WRITING competition
On the theme
Role and contribution of Dr. BR Ambedkar in making the Constitution of India
All entries should be sent to the college mail ID : chenanidegreecollege@gmail.com
Last date of submission : 14th April 2021
DR. PRAGYA KHANNA
PRINCIPAL (PATRON)
ORGANISER : PROF. SUNIL KUMAR

16. Program on Earth Day ((Fund. Duty 7: To protect and improve the natural environment including forests, lakes, rivers, wildlife and to have compassion for living creatures)



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GOVT. DEGREE COLLEGE CHENANI
THE CELL FOR AZADI KA AMRIT MAHOTSAV
Celebrates
EARTH DAY
Lecture on
Our Earth: Blue Planet

Date and time: 22nd April, 2021 At 11:00 am
Link: <https://us05web.zoom.us/j/881317635487>
pwd=UXppRG43dTYzWdkY0ExVU9DWingydz09

(speaker)
Dr. Yudhbir Singh
Dept. Of Geology
University of Jammu

DR. PRAGYA KHANNA
PRINCIPAL (PATRON)
ORGANISER: Prof. MANYA GUPTA

17. Program on Celebration of English Language Day (Fund. Duty 5: To promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities)

GOVT. DEGREE COLLEGE, CHENANI
UNDER THE AUSPICES OF ITS
LANGUAGE CLUB
CELEBRATES
ENGLISH LANGUAGE DAY
23 April, 2021 (11.00 am)
THEME
THE POETRY BOX
To inspire the young Poets to come forward & recite on stage
Intra College Poetry Recitation Competition To Encourage And Showcase The Speaking Skills
The best presenters would be suitably rewarded
Dr. Pragya Khanna
Principal (Patron)
Dr. Ajaz Ahmed Bhat

18. Immunization Week (Fund. Duty 4 : To defend the country and render national service when called upon to do so)



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GOVT. DEGREE COLLEGE, CHENANI

UNDER THE AUSPICES OF ITS NSS UNIT,
"PRAYATNA"
&
The Cell for "Azadi ka Amrit Mahotsav"

CELEBRATES
IMMUNIZATION WEEK (April 24 - April 30)
to aware the People about the importance of Immunization during the pandemic COVID-19

Today, while the world focuses on critically important new vaccines to protect against COVID-19, there remains a need to ensure routine vaccinations are not missed. Many children have not been vaccinated during the global pandemic, leaving them at risk of serious diseases like measles and polio.

In this context, this year's campaign will aim to build solidarity and trust in vaccination as a public good that saves lives and protects health.

National Immunization Awareness Week
April 24-30, 2021

The students will aware and educate their family members, friends and relatives about the importance of covid-19 vaccination in this pandemic time and prepare a register of the total acquaintances who got vaccinated. They shall also will highlight the importance of protecting infants from vaccine preventable diseases.

Dr. Pragya Khanna
Principal (Patron)
Organizing Committee
Prof. Samir Kumar
Prof. Sajad Ahmad

19. **Program to identify successful entrepreneurs (Fund. Duty:** To strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement)

GOVT DEGREE COLLEGE CHENANI

Under the Manodarpan Initiative
And
Azadi ka Amrit Mahotsav
Organises
Placement cell activity
On
Identifying successful entrepreneurs and their achievements

Students can express the information using charts, precis, points, placards etc.
Students can send their content at chenanidegreecollege@gmail.com
Last date of submission is 27 April 2021.

PATRON
DR. PRAGYA KHANNA, PRINCIPAL

Organisers
Prof. Hafeez Mir & Ms Manya Gupta

20. **Program on Safety & Health at work (Fund. Duty:** To strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement)



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E-mail: principalgdccchenani@yahoo.com
principalgdccchenani@gmail.com

No.:
Date:



Govt. Degree College Chenani

Under The Auspices Of Its NSS Unit,

"Prayatna"

&

The Cell For "Azadi Ka Amrit Mahotsav"

Celebrates

World Day for Safety and Health at Work

On The Theme

**Anticipate, Prepare and Respond To Crises- Invest Now In Resilient
Occupational Safety and Health System**

On 28th April 2021

Time: 4:00 P.M

Resource Persons:

1. Prof. Manzoor Ahmad Parry
Assistant Professor
GDC, Bandipora, Kashmir
2. Prof. Ajaz Ahmad Magray
Assistant Professor
GDC, Kangan, Kashmir

Zoom Meeting

[https://us04web.zoom.us/j/79357919831?
pwd=NDNlaE5oRTk2eXV2OXU1K0VZdmeVQ
TO9](https://us04web.zoom.us/j/79357919831?pwd=NDNlaE5oRTk2eXV2OXU1K0VZdmeVQTO9)

Meeting ID: 793 5791 9831
Passcode: 5498EB

Dr. Pragya Khanna
Principal (Patron)

Organisers:

Dr. Mudasir Abdullah
Dr. Ajaz Ahmad Dar



NO. OF PROGRAMS CONDUCTED TO PROMOTE GANDHIJI'S THOUGHTS & VALUES (FEB. TO APR. 2021)

21. Govt. Degree College, Chenani organised a Three Day National Workshop on Holistic way to wellness from 6th to 8th Feb. 2021... (Gandhiji's philosophy of Self-discipline, Physical activity & Mental Strength).



GOVT. DEGREE COLLEGE, CHENANI, UDHAMPUR
(J&K)-182141.
(Estd. 2019)

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Govt. Degree college Chenani
Organizes
A THREE DAY NATIONAL WORKSHOP ON HOLISTIC WAY TO WELLNESS.
UNDER THE AEGIS OF
MANODARPAN INITIATIVE OF MHRD, GOVT. OF INDIA.

Session and content
- yoga and breathing session
- Emotional intelligence
- Eat your way to health

Psychological counselling cell Activity.
Date and time
6th To 8th Feb.
At 6.00 pm onwards

Yoga means Addition - Addition of Energy, Strength and Beauty To Body, Mind and Soul.

Resource Persons

Mr. Talat Parveez Robella
Commissioner/Secretary
Dept. Of J&K(Chief Patron)

MADHU RAJMA PANDE
Communication Specialist
Yoga & Wellness Coach
(MUMBAI)

HOORU SHAM DESHPANDE
PSYCHOLOGIST & COUNSELLOR
IN ANANTA NIMANVERGITY
LEUVEN, BELGIUM
(PUNE)

SHILPA NEHARWAN
Head of Operations at SHARAN
Holistic Nutrition and Health Coach
(BANGALORE)

Mental health is not a destination, but a process. It's about how you drive, not where you're going.

Platform : zoom
Link <https://us05web.zoom.us/j/853007046322>
pwd=UGSCUEp4NGvseWFrqW1Dk2kYRZr09

Organisers
Prof. Palvi Thakur.
Prof. Ravi kumar.
Prof. Nahila sujad.

22. NSS Unit "PRAYATNA" of GDC, Chenani undertakes Village adoption and Development as part of UNNAT BHARAT ABHIYAN!* (16th Feb. 2021) (Gandhiji dream of a free India consisted of a network of self-sufficient villages. He firmly believed that self-reliant villages form a sound basis for a just, equitable and non-violent order. Mahatma Gandhi's concept of rural development revolves around creating model villages for transforming 'swaraj' into 'su-raj').

GOVT. DEGREE COLLEGE, CHENANI

NSS UNIT
ORGANIZES
VILLAGE ADOPTION & DEVELOPMENT PROGRAMME

AS PART OF THE
UNNAT BHARAT ABHIYAN

The faculty members and students of GDC, Chenani being involved in research, action research and training programmes are keen in undertaking the pursuit.

THE FIVE VILLAGES ADOPTED BY THE COLLEGE INCLUDE THE FOLLOWING:

1. Champeri
2. Ghantwal
3. Baishit
4. Boin
5. Bashi

The Village Adoption provides an opportunity to understand the factors that are responsible for under-development in a village, despite plethora of programmes / schemes in vogue. The College shall try to get familiar with the interventions, participatory interactions, understanding the prevailing situation, mobilization of community, initiate participatory processes, establishing linkages among line departments etc. which are likely to strengthen the process of development and ensure poverty reduction and strengthening of natural resources management.

Unnat Bharat Abhiyan is inspired by the vision of transformational change in rural development processes by leveraging knowledge institutions to help build the architecture of an Inclusive India.

Participating Institute



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The college NSS unit is named **“Prayatna”**, and is comprised of 5 faculty members and 120 student volunteers.

OUTREACH-EXTENSION-ACTIVITY **Social Responsibility Initiative**

Keeping in place the SoPs for COVID-19

The Prayatna team on a visit to village Champeri on 16th Feb. 2021. The team stopped over at the Primary School, Champeri to interact with the young minds and distributed biscuit packets.

NSS Unit “Prayatna” of GDC Chenani adopts five villages

EARLY TIMES REPORT

JAMMU, Feb 16: The NSS Unit “Prayatna” of Govt. Degree College, Chenani adopted five villages around the town of Chenani on 16th Feb. 2021 as part of Outreach and Extension Activity. Village Adoption & Development Programme under the ‘Unnat Bharat Abhiyan’ of MHRD, Govt. of India. The College has taken the initiative to provide an opportunity to the students to understand the factors that are responsible for under-development in a village, despite plethora of programmes / schemes in vogue. The College shall try to get familiar with the interventions, participatory interactions, understanding the prevailing situation, mobilization of community, initiate participatory processes, establishing linkages among line departments etc. which are likely to strengthen the process of development and ensure poverty reduction and strengthening of natural resources management as a participating institute in UBA.

Dr. Pragya Khanna, Principal of the College pronounced the Unnat Bharat Abhiyan is inspired by the vision of transformational change in rural development processes by leveraging knowledge institutions to help build the architecture of an Inclusive India. The NSS unit comprising of 5 faculty members and 120 student volunteers along with the others is already involved in research, action research and training programmes and is keen in undertaking the pursuit. The five villages adopted by the College include Champeri, Ghantwal, Baisht, Bain and Bashti.

The members of the NSS unit ‘Prayatna’ visited the Primary School at Champeri to interact with the youngsters on issues related to cleanliness, hygiene and sanitation and conducted a cleanliness drive around the area. They also distributed biscuit packets to the students at the primary school.

The program was conducted by the NSS Coordinator Prof. Sunil Kumar and Prof. Sajad Ahmed.

NSS Volunteers of GDC Chenani in a Function.

RENDERING SERVICE TO THE LARGER COMMUNITY BY CREATING AND SUSTAINING A CULTURE OF COOPERATIVE LIVING!

23. Program for COMMUNITY HEALTH in collaboration with the NGO ‘Global Helping Hands’ and Sri Mata Vaishno Devi NARAYANA Super Specialty Hospital, Katra on ‘Women & Bone Health’ on 26th Feb. 2020. (Gandhiji’s ideology on Women equity and safeguarding their health).



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for Law Enforcement J&K, Speaking on the occasion, rosic

GDC Chenani organizes webinar on Community Health

EARLY TIMES REPORT

CHENANI, Feb 26: Govt. Degree College, Chenani organized a Mega-Webinar on Community Health under the auspices of its NSS Unit "Prayatna" in association with the NGO 'Global Helping Hands' and Sri Mata Vaishno Devi Narayana Super Speciality Hospital, Katra today. The Program encompassed a pertinent topic "Women & Bone Health" under the theme "Aarogya ka Abhishek".

Talat Parvez Rehella Commissioner/Secretary, Dept. of Higher Education, J&K Govt. was the Chief Guest on the occasion. Dr. Chandra Kanta Gariyali, IAS, Former Chief Secretary of Tamil Nadu was the guest of honour.

Dr. Manish Kumar Varshney, Senior Consultant, Orthopaedics & Joint Replacement, Sri Mata Vaishno Devi Narayana Super Speciality Hospital, Katra and Dr. Arun Gupta, Medical Officer, AYUSH were the resource persons.

The lectures by the resource persons ushered a lengthy question answer round wherein people from all walks of life interacted with the expert doctors on problems and rehabilitation measures related to bone health.

Dr. Pragma Khanna, Principal of the College welcomed the worthy Chief Guest and other dignitaries & guests and moderated the whole program that included eminent personalities from the three organizations, J.K. Raina Rishi, Shiksha Jalla, Col. G.K. Raina, Col. Navneet Ball, M.M. Mathavan, Er. Parneesh Mahajan, Er. Virdhi Singh Jamwal, Muktesh Yogi and Vikas Khajuria.

The Chief Guest, Talat Parvez Rehella, worthy Commissioner/Secretary, Dept. of Higher Education, J&K Govt. speaking on the occasion accentuated that it is indeed a matter of concern and our duty to raise global awareness for the prevention of certain such common ailments. J.K. Raina Rishi presented a formal vote of thanks.

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24. GDC Chenani Organized a MEGAWebinar on International Women's Day!!
8th March 2021



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To commemorate the International Women’s Day, Govt. Degree College, Chenani under the tagline ‘The World of Inclusion’ organized a Mega Webinar in association with the Army Institute of Education, Greater NOIDA, U.P, Jamwal Group of Educational Institutions, Jammu and the NGO, Global Helping Hands on 8th march 2021 at 11:00 am.

The theme of the programme was “We Include” substantiating the empowerment of women and girls with disabilities and moving towards full and effective participation and gender equality.

(Gandhiji’s ideology on Women equity and Empowerment).

25. Program on Suicide Prevention by Psychological Cell of the College.

(Gandhiji’s vau of Fearlessness: “One cannot follow Truth or Love so long as one is subject to fear. As there is at present a reign of fear in the country, meditation on and cultivation of fearlessness have a particular importance. Hence its separate mention as an observance. A seeker after truth must give up the fear of caste, government, robbers etc. and he must not be frightened by poverty or death”.



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GOVT. DEGREE COLLEGE CHENANI
THE PSYCHOLOGICAL COUNSELLING CELL
ORGANIZES
POSTER MAKING
On
SUICIDE PREVENTION
UNDER THE MANODARPAN INITIATIVE OF
MHRD, GOVT. OF INDIA.
SAY YES TO LIFE.
BELIEVE IN YOURSELF AND ALL THAT
YOU ARE!
KNOW THAT THERE IS SOMETHING
INSIDE YOU THAT IS GREATER THAN
ANY OBSTACLE.
Date: 20th March 2021.

**Participation of all
the students is
mandatory**

Organisers :
Prof. Palvi Thakur
Prof. Ravi kumar

**E-CERTIFICATE SHOULD
BE GIVEN TO BEST THREE
PARTICIPANTS.**

**TO ANYONE OUT THERE WHO'S
HURTING -IT'S NOT A SIGN OF
WEAKNESS TO ASK FOR HELP IT'S
A SIGN OF STRENGTH.**

YOU MATTER

YOU ARE NOT ALONE

DON'T GIVE UP

Cheese Life

SUICIDE SUPPORT

YOU ARE NOT ALONE

SUICIDE PREVENTION

YOU ARE NOT ALONE

26. Program to identify successful entrepreneurs (Swadeshi, a principle which is broken when one professes to serve those who are more remote in preference to those who are near).



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GOVT DEGREE COLLEGE CHENANI

Under the Manodarpan Initiative
And
Azadi Ka Amrit Mahotsav

Organises

Placement cell activity

On

Identifying successful entrepreneurs and their achievements

Students can express the information using charts, precis, points, placards etc.
Students can send their content at chenanidegreecollege@gmail.com
Last date of submission is 27 April 2021.

PATRON
DR. PRAGYA KHANNA, PRINCIPAL

Organisers
Prof. Hafeez Mir & Ms Manya Gupta