



## GOVT. DEGREE COLLEGE, CHENANI

### ACTIVITIES UNDERTAKEN IN THE FIRST FORTNIGHT OF AUGUST 2021 FOR THE CELEBRATION OF 75<sup>th</sup> INDEPENDENCE DAY

#### (AZADI KA AMRIT MAHOTSAV)

1. **JASHN-E-AZADI: A VIRTUAL CULTURAL BONANZA**  
(PRE-INDEPENDENCE DAY CELEBRATIONS: SINGING & DANCING TO CELEBRATE THE SPIRIT OF PATRIOTISM) 1<sup>st</sup> to 7<sup>th</sup> Aug. 2021.

Govt. Degree College, Chenani under the aegis of its NSS Unit “PRAYATNA” and ‘Azadi ka Amrit Mahotsav Cell’ organized JASHN-E-AZADI, a Virtual Cultural Bonanza (Pre-Independence Day singing & dancing) to celebrate the spirit of patriotism from 1st to 7th Aug. 2021. The students of the College participated enthusiastically in the program displaying their different skills, the dances were presented in colourful traditional attires. The main motive of the program was to give a festive mood to the event since music is known to ignite all areas of student’s development, viz., intellectual, social and emotional, motor, language, and overall development. It helps the body and the mind to work together. The students presented patriotic songs demonstrating love for the Country, glorifying land’s beauty, history and ideals. Their songs invoked a strong sense of patriotism in each one who listened. The complete week was resplendent with a feeling of nationalism, belonging and pride.



2. **HEALTH WEBINAR: ‘AAROGYA KA ABHISHEK’ ON “TIPS TO HEALTHY HEART: LIFESTYLE TO TREATMENT” 8<sup>th</sup> Aug. 2021**

The NSS Unit “Prayatna”, Science Club, “Jigyasa” & Azadi Ka Amrit Mahotsav organized a Health Webinar: ‘Aarogya Ka Abhishek’ in Collaboration with the NGO, Global

Helping Hands, Jammu, Yogananda College of Engineering and Technology, Jammu & Vishwa Bharti Higher Secondary School, Akalpur, Jammu.

The Chief Resource Person of the event was Dr. Ramji Mehrotra, Principal Director & Chief Cardiothoracic & Vascular Surgery, BLK - MAX Heart Centre, BLK - MAX Super Speciality Hospital, New Delhi. He spoke in detail on the topic “Tips to Healthy Heart: Lifestyle to Treatment”. Ms. Oorvi Gupta, a student from the Amity International School, Mayur Vihar Delhi also spoke on the occasion.

Dr. Ramji Mehrotra highlighted the latest information related to the conditions that increase cardiovascular disease risk such as diabetes, autoimmune conditions, thrombotic disorders, and high blood pressure besides the factors like sleep, nutrition, exercise, obesity, and stress that contribute to keeping the heart in healthy state. He presented the latest clinical information on scientific research, offered suggestions for better health, and provided dedicated time to answer questions from webinar participants.

The College organizes these webinars frequently which free and open to the public and the main motive towards the organization of these is to make people aware about the health implications of common ailments and to provide them an opportunity to interact with the renowned medicos and get insights on their health issues, if any.

The webinar was attended by over 100 participants that included besides the faculty, students & stakeholders the members from the general community. The prominent ones included Col. GK Raina (Chief Patron, Global Helping Hands), Dr. Parneesh Mahajan (Chairman, Mount Litera Zee School Jammu), Muktesh yogi, (Co-Organisor GHH), Dr. Pooja Gupta, (Moderator), Asst. Professor, Army Institute of Education, Greater Noida, Akshay Kumar, (Organiser GHH), Prof. Mir Hafeez and Prof. Sunil Kumar.

## GDC, Chenani organized a webinar on 'AAROGYA KA ABHISHEK'



### NARINDER THAKUR UDHAMPUR, AUG 08

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towards the organization of these is to make people aware about the health implications of common ailments and to provide them an opportunity to interact with the renowned medicos and get insights on their health issues, if any.

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#### 4. **HEALTH WEBINAR: ‘AAROGYA KA ABHISHEK’ ON “CPR (CARDIO-PULMONARY RESUSCITATION: A FIRST AID TECHNIQUE)” 10<sup>th</sup> Aug. 2021**

Under its NSS unit “Prayatna”, Science Club, ‘Jigyasa’ & Azadi ka Amrit Mahotsava, the College organised a Health Webinar: Arogya Ka Abhishek in collaboration with the NGO, Global Helping Hands, Jammu, Yogananda College of Engineering and Technology, Jammu & Vishwa Bharti Hr. Sec. School, Akalpur, Jammu on CPR (Cardiopulmonary resuscitation).

Dr. Pooja Gupta, Assistant professor, Army Institute of Education welcomed the participants and moderated the event.

Brig. Harinder Pal Singh, Chief Guest of the event blessed the audience with his words of wisdom. He gave a brief on healthy lifestyle.

The Chief Resource Person of the event, Dr. Anita Wig Kohli, Professor in Anaesthesiology, Govt. Medical College, Jammu spoke at length on CPR (Cardiopulmonary resuscitation) a very important technique used as a basic life support. She presented the latest information about CPR- its components, usage and benefits. She interacted with the participants and answered their queries.

Ms. Oorvi Gupta, a student from Amity International School, Mayur Vihar, Delhi talked about the critical need of introducing lifestyle changes to improve heart health and Ms. Vandita Bhat, a Student from DPS Nagbani talked about the evolution of heart.

Er. Anoop Srivastava, Director, Yogananda College of Engineering and Technology, Jammu and Akshay Kumar, organiser, GHH advocated the importance of yoga and exercise for health and wellbeing.

At the end J.K. Raina, President, GHH chanted the ‘Shanti Mantra’, giving a wonderful experience to the participants. He highlighted that the whole existence is reverberations of energy and different levels of vibrations. Each mantra activates a particular kind of energy in different parts of the body leaving a healthy impact.

## **GDC, Chenani organized a webinar on CPR: A First Aid Technique**

### **UDHAMPUR, AUG 10:**

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Dr. Pragya Khanna, Principal, GDC, Chenani

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#### 5. **SWACHHTTA ACTION PLAN: Psychosocial Helper Skills Workshop in collaboration with MGNCRE-MHRD GOI – Action Research Programme (ARP)– (Started from 9<sup>th</sup> Aug. and 11<sup>th</sup> Aug. 2021 in two batches respectively)**

The College under the NSS unit “Prayatna”, Social Sciences Club, “The Awakening” & Azadi ka Amrit Mahotsava started the PSYCHOSOCIAL HELPER SKILLS WORKSHOP in collaboration with MAHATMA GANDHI NATIONAL COUNCIL OF RURAL EDUCATION (MGNCRE), MHRD, Govt. of India. The Program shall comprise of an **Action Research Programme (ARP) under the Swachhta Action Plan** as part of the nationwide initiative of “Beat the Covid Campaign “. The College has taken up two Action Research Projects covering aspects of

- **Covid Appropriate Behaviour**
- **Vaccination promotion**

The Program shall have active on line and off line activities involving students and the outcome shall be documented for its impact on the ground.

The Resource person for the said workshop is Ms. Ankita Kumari, MHRD, GOI and the nominated ARP Nodal Officer from the College is Dr. Mir Hafeez, Asst. Prof. in Pol. Sc.



**GOVT. DEGREE COLLEGE,  
CHENANI (J&K)**

**UNDER ITS NSS UNIT “PRAYATNA”**

SOCIAL SCIENCES CLUB ‘THE AWAKENING’ &  
**AZADI KA AMRIT MAHOTSAV**

**TAKES UP ACTION & RESEARCH BASED  
CAMPAIGNS ON**

- **Covid Appropriate Behaviour &**
- **Vaccination promotion**



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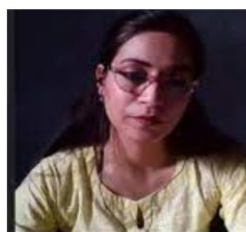
***Mahatma Gandhi National Council of Rural  
Education, Ministry of Human Resource Development,  
Government of India***

**ACTION RESEARCH PROGRAMME (ARP)- SWACHHTA ACTION PLAN-  
PSYCHOSOCIAL HELPER SKILLS WORKSHOP**

**9TH TO 24TH AUG.**



**DR. PRAGYA KHANNA  
PRINCIPAL**



**MS. ANKITA KUMARI  
MGNCRE COORDINATOR**



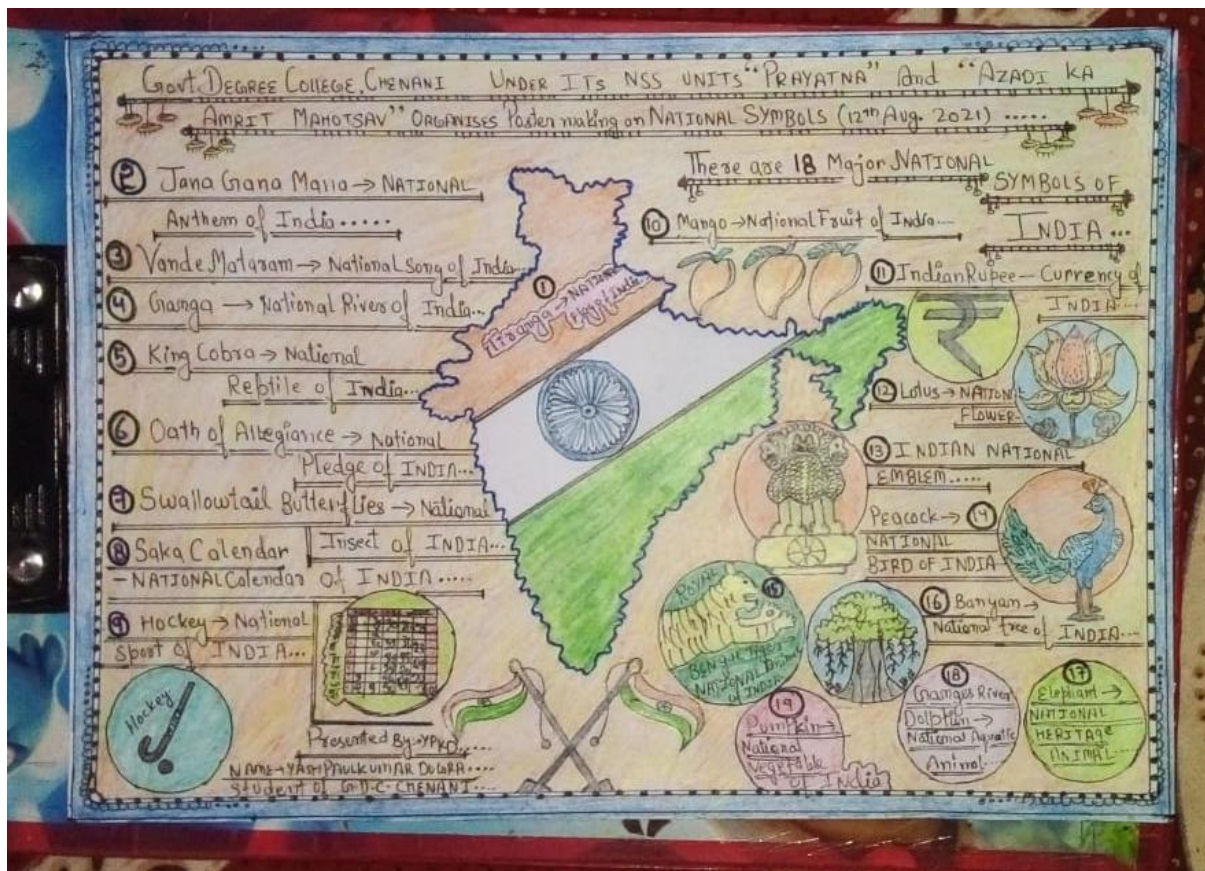
**DR. MIR HAFEEZ  
ARP NODAL OFFICER**

Contact us on [chenanidegreecollege@gmail.com](mailto:chenanidegreecollege@gmail.com)  
Visit us at [www.gdcchenani.in](http://www.gdcchenani.in)

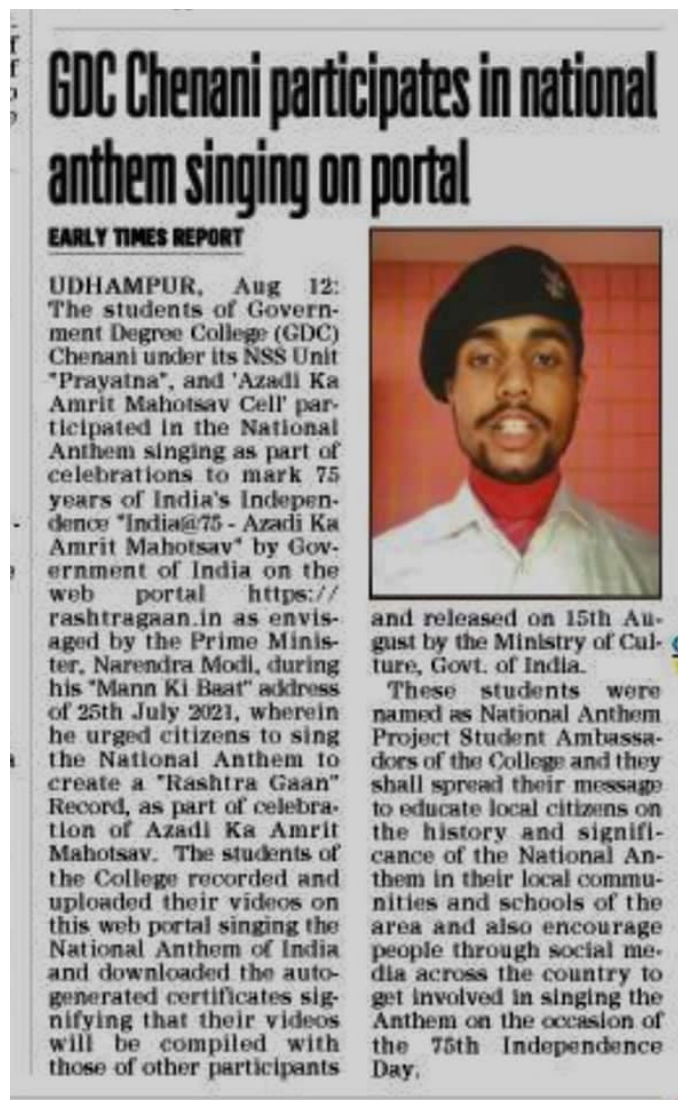
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## 6. POSTER MAKING ON NATIONAL IDENTITY COMPONENTS: 12<sup>th</sup> August 2021

The students of the College participated in an online Poster making program on the National Identity Elements. The symbols intrinsic to the Indian identity and heritage, make every Indian proud of his/her heritage. The students came up with beautiful drawings/paintings on the theme. The activity instilled a sense of patriotism in the participants.







## 8. Cultural Program on PATRIOTIC SONGS 14<sup>th</sup> Aug. 2021

The College organized an online Cultural Program on PATRIOTIC SONGS in which about 40 students took part.





**9. Flag Hoisting and celebrations with the Local Chenani Administration 15<sup>th</sup> Aug. 2021.**



**Sd/-  
Principal**

