# GOVERNMENT DEGREE COLLEGE
# R. S. PURA

# REPORT

## OF

## ACHIEVEMENTS/ACTIVITIES

## FOR THE MONTH OF SEPTEMBER, 2026

**No: GDC/RSP/26/4387**
**Dated: 30.09.2026**

**ACHIEVEMENTS/ACTIVITIES CONDUCTED FOR THE MONTH OF SEPTEMBER, 2026**

| S.No | Date | Title of the Activity | Brief Description | Image |
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| 1 | 10.09.2026 | **GDC RS PURA ORGANIZES AWARENESS PROGRAMME ON MENTAL WELL-BEING AND SUICIDE PREVENTION** | An awareness programme on Mental Well-being and Suicide Prevention was organized by the Student Welfare Committee of GDC RS Pura on the occasion of World Suicide Prevention Day. The programme aimed to create awareness among students about the importance of mental health, emotional well-being, early identification of distress, and the importance of seeking timely support. The programme was held under the guidance and patronage of the Principal Prof. (Dr) Preetpal Kour, whose continued encouragement and support towards student welfare contributed significantly to the successful conduct of the event. The whole programme was organised by Convener Cultural and Student Welfare Committee Dr. Jasmeet Kour.<br>The programme started with a formal welcome address given by Dr. Renu Sharma. The event featured an insightful awareness lecture by Dr. Anuj Priyadarshi Sharma MD (Psychiatry), SMVDU Hospital. He spoke about mental well-being, the importance of recognizing signs of suicide, seeking timely professional help, and extending support to individuals experiencing mental health challenges. The session emphasized that mental health is an essential part of overall well-being and that open, compassionate conversations can play an important role in suicide prevention. The programme was also graced by Ms. Shagun Manchanda, District Mission Coordinator, Ms. Khushboo Kapthe, Gender Specialist, Mission Shakti, Social Welfare Department and Dr. Ravinder Singh Sodhi. Their presence and support contributed to strengthening the message of awareness, empathy, and community support. | <br><br>GDC R S Pura organise awareness programme<br>DAILY TIMES REPORT<br>R S Pura, Sept 10: An awareness programme on Mental Well-being and Suicide Prevention was organized by the Student Welfare Committee of GDC RS Pura on the occasion of World Suicide Prevention Day. The programme aimed to create awareness among students about the importance of mental health, emotional well-being, early identification of distress, and the importance of seeking timely support. The programme was held under the guidance and patronage of the Principal Prof. (Dr) Preetpal Kour, whose continued encouragement and support towards student welfare contributed significantly to the successful conduct of the event. The whole programme was organised by Convener Cultural and Student Welfare Committee Dr. Jasmeet Kour.<br>The programme started with a formal welcome address given by Dr. Renu Sharma. The event featured an insightful awareness lecture by Dr. Anuj Priyadarshi Sharma MD (Psychiatry), SMVDU Hospital.<br>He spoke about mental well-being, the importance of recognizing signs of suicide, seeking timely professional help, and extending support to individuals experiencing mental health challenges. The session emphasized that mental health is an essential part of overall well-being and that open, compassionate conversations can play an important role in suicide prevention. The programme was also graced by Ms. Shagun Manchanda, District Mission Coordinator, Ms. Khushboo Kapthe, Gender Specialist, Mission Shakti, Social Welfare Department and Dr. Ravinder Singh Sodhi.<br>Their presence and support contributed to strengthening the message of awareness, empathy, and community support. |

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| 2 | 11.09.2026 | **GDC RS PURA ORGANIZES CARROM AND CHESS COMPETITION UNDER MENTAL WELL-BEING WEEK** | Carrom and Chess Competition organised at GDC R.S. Pura to Commemorate Mental Well-Being Week R.S. Pura: Government Degree College, R.S. Pura, organised Carrom and Chess Competitions as part of the observance of Mental Well-Being Week, highlighting the importance of mental fitness, concentration, emotional balance and healthy recreation among students.<br>The event was formally inaugurated by the Principal, Prof. (Dr.) Preetpal Kour, who encouraged the students to actively participate in sports and recreational activities as an integral part of maintaining a healthy mind and body. She emphasised that indoor games such as chess and carrom not only provide recreation but also enhance concentration, strategic thinking, patience and decision-making skills. The competitions witnessed enthusiastic participation from the students, who displayed remarkable sportsmanship, discipline and competitive spirit. The event provided the participants with an opportunity to engage in constructive recreational activities while promoting awareness about the significance of mental well-being. 20 boys and 20 girl student participated in the event and staff members also participated. The programme was organised by the Department of Physical Education and Sports, with the objective of creating a positive and supportive environment that encourages students to adopt healthy and balanced lifestyles.<br>The event concluded with appreciation for all the participants and organisers for their active contribution towards making the Mental Well-Being Week observance meaningful and impactful. The vote of thanks presented by Dr. Roopali Slathia (Director Physical Education and Sports) .The faculty members were present during the event are Dr. Anupama Pandotra (convener sports committee), Prof. Jasmeet Kour (convener students welfare committee), Prof. Rajinder Singh, Ms Deepika, and Dr. Savleen Kour College President Ayush Kumar and Sports Secretary Kashish sharma also the part of organising committee. | <br><br>**GDC R.S. Pura organises carrom, chess competitions during Mental Well-Being Week**<br>J.K. NEWS SERVICE<br>R.S. PURA, Sep 11: Government Degree College (GDC), R.S. Pura organised carrom and chess competitions as part of the observance of Mental Well-Being Week, highlighting the importance of mental fitness, concentration, emotional balance and healthy recreation among students.<br>The event was inaugurated by Principal Prof (Dr) Preetpal Kour, who encouraged students to actively participate in sports and recreational activities as an integral part of maintaining a healthy mind and body.<br>She said indoor games such as chess and carrom not only provide recreation but also help improve concentration, strategic thinking, patience and decision-making skills.<br>As many as 20 male and 20 female students participated in the competitions, while staff members also took part in the activities. The participants displayed sportsmanship, discipline and competitive spirit during the events.<br>The programme was organised by the Department of Physical Education and Sports with the objective of promoting a positive and supportive environment & encouraging students to adopt healthy & balanced lifestyles.<br>Faculty members present on the occasion included Dr Anupama Pandotra, Convener, Sports Committee, Prof Jasmeet Kour, Convener, Students Welfare Committee, Prof Rajinder Singh, Ms Deepika and Dr Navleen Kour, College President Ayush Kumar and Sports Secretary Kashish Sharma were also part of the organising committee.<br>The programme concluded with a vote of thanks by Dr Roopali Slathia, Director, Physical Education and Sports. The organisers appreciated the active participation of students and staff and their contribution towards making the Mental Well-Being Week observance meaningful. |

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| 3 | 12.09.2026 | **GDC RS PURA ORGANIZES OUTDOOR SPORTS AND FITNESS ACTIVITY PROMOTING MENTAL WELL-BEING AND A HEALTHY LIFESTYLE** | As part of the week-long activities dedicated to promoting **mental well-being and a healthy lifestyle**, the Sports Committee and Physical Education Department of **Government Degree College (GDC), RS Pura** organised an outdoor sports and fitness activity for students.<br>The programme was organised under the **patronage of the Principal, Dr. Preetpal Kour**, with the objective of highlighting the importance of physical fitness and outdoor activities in maintaining good mental health and overall well-being.<br>A total of **55 students, including 40 boys and 15 girls**, enthusiastically participated in the programme. As part of the activity, students underwent basic fitness tests, including **sit-ups and push-ups**, designed to assess their physical strength, endurance and fitness levels.The activity provided students with an opportunity to engage in physical exercise in a positive and energetic environment. The programme also emphasised the close connection between **physical activity, mental health, stress management and overall quality of life**.<br>The activities were organised by the sports committee under the Convenership of Dr. Anupama Pandotra and Dr. Roopali Slathia, Director Physical Education and Sports. The committee appreciated the enthusiastic participation of the students and reiterated its commitment to organising more sports and fitness-oriented activities to encourage students to adopt an active and healthy lifestyle.<br>The programme concluded with a message encouraging students to make regular physical activity and outdoor sports an integral part of their daily routine for a healthier body and a healthier mind. | <br>**GDC RS Pura organises outdoor sports, fitness activity to promote mental well-being**<br><br>JL NEWS SERVICE<br>RS PURA, Sep 12: The Sports Committee and Physical Education Department of Government Degree College (GDC), RS Pura, organised an outdoor sports and fitness activity for students as part of a week-long programme aimed at promoting mental well-being and a healthy lifestyle. The programme was held under the patronage of Principal Dr Preetpal Kour with the objective of highlighting the importance of physical fitness & outdoor activities in maintaining good mental health and overall well-being.<br>As many as 55 students, including 40 boys and 15 girls, participated enthusiastically in the programme. Students underwent basic fitness tests, including sit-ups and push-ups, to assess their physical strength, endurance and fitness levels.<br>The activity provided students an opportunity to engage in physical exercise in a positive and energetic environment. It also highlighted the link between physical activity, mental health, stress management and overall quality of life.<br>The programme was organised by the Sports Committee under the convenership of Dr Anupama Pandotra and Dr Roopali Slathia, Director, Physical Education and Sports.<br>The committee appreciated the enthusiastic participation of students and reiterated its commitment to organising more sports and fitness-oriented activities to encourage them to adopt an active and healthy lifestyle.<br>***GDC RS Pura promotes fitness and mental well-being through sports***<br>JAMMU BULLETIN NEWS<br>RS PURA, SEP 12:<br>As part of the week-long activities dedicated to promoting mental well-being and a healthy lifestyle, the Sports Committee and Physical Education Department of Government Degree College (GDC), RS Pura organised an outdoor sports and fitness activity for students.The programme was organised under the patronage of the Principal, Dr. Preetpal Kour, with the objective of highlighting the importance of physical fitness and outdoor activities in maintaining good mental health and overall well-being. 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The programme concluded with a message encouraging students to make regular physical activity and outdoor sports an integral part of their daily routine for a healthier body and a healthier mind. |

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| 4 | 13.09.2026 | **GDC R. S. PURA ORGANIZES POSTER MAKING COMPETITION UNDER MENTAL WELL-BEING WEEK** | NSS unit of Government Degree College R. S. Pura organized a Poster Making Competition as part of the ongoing Mental Well-being Week, aimed at creating awareness among students about the importance of mental health and emotional well-being. The competition provided students with an opportunity to express their thoughts and ideas creatively on themes related to mental health, stress management, emotional resilience, positive thinking, self-care and the importance of seeking support. Students participated enthusiastically and showcased their artistic talent through meaningful and thought-provoking posters. The activity emphasized that mental well-being is an essential component of a healthy and fulfilling life. Through such initiatives, the college seeks to promote an environment where students feel encouraged to discuss mental-health concerns openly and adopt healthy coping mechanisms. The event was organized under the guidance of the Principal of the College, Prof. (Dr.) Preetpal Kour, with the active coordination of the senior faculty of the College Prof.Radhika Mahajan and NSS committee members viz. Dr. Renu Sharma, Dr.Sunil Kumar Mangoch, Dr.Savleen Kour and Dr.Kiran Lata. The organizers appreciated the enthusiastic response of the students and highlighted the need for continued awareness activities on mental health and well-being. | <br><br>**GDC RS Pura organizes poster making competition under Mental Well-Being Week**<br>JAMMU BULLETIN NEWS<br>RS Pura, Sep 14:<br>NSS unit of Government Degree College R. S. Pura organized a Poster Making Competition as part of the ongoing Mental Well-being Week, aimed at creating awareness among students about the importance of mental health and emotional well-being. The competition provided students with an opportunity to express their thoughts and ideas creatively on themes related to mental health, stress management, emotional resilience, positive thinking, self-care and the importance of seeking support. Students participated enthusiastically and showcased their artistic talent through meaningful and thought-provoking posters. The activity emphasized that mental well-being is an essential component of a healthy and fulfilling life. Through such initiatives, the college seeks to promote an environment where students feel encouraged to discuss mental-health concerns openly and adopt healthy coping mechanisms. The event was organized under the guidance of the Principal of the College, Prof. (Dr.) Preetpal Kour, with the active coordination of the senior faculty of the College Prof.Radhika Mahajan and NSS committee members viz. Dr. Renu Sharma, Dr.Sunil Kumar Mangoch, Dr.Savleen Kour and Dr.Kiran Lata. The organizers appreciated the enthusiastic response of the students and highlighted the need for continued awareness activities on mental health and well-being<br>**GDC R S Pura organizes poster making competition under Mental Well-Being Week**<br>Top News Report<br>R S PURA, Sep 14:<br>NSS unit of Government Degree College R. S. Pura organized a Poster Making Competition as part of the ongoing Mental Well-being Week, aimed at creating awareness among students about the importance of mental health and emotional well-being.<br>The competition provided students with an opportunity to express their thoughts and ideas creatively on themes related to mental health, stress management, emotional resilience, positive thinking, self-care and the importance of seeking support. Students participated enthusiastically and showcased their artistic talent through meaningful and thought-provoking posters.<br>The activity emphasized that mental well-being is an essential component of a healthy and fulfilling life. Through such initiatives, the college seeks to promote an environment where students feel encouraged to discuss mental-health concerns openly and adopt healthy coping mechanisms.<br>The event was organized under the guidance of the Principal of the College, Prof. (Dr.) Preetpal Kour, with the active coordination of the senior faculty of the College Prof. Radhika Mahajan and NSS committee members viz. Dr. Renu Sharma, Dr.Sunil Kumar Mangoch, Dr.Savleen Kour and Dr. Kiran Lata.<br>The organizers appreciated the enthusiastic response of the students and highlighted the need for continued awareness activities on mental health and well-being. |
| 5 | 15.09.2026 | **NCC UNIT OF GDC R. S. PURA ORGANIZES ONE-DAY WORKSHOP ON TIME MANAGEMENT AND MENTAL HEALTH** | The NCC Unit (Boys) of Government Degree College, R. S. Pura, organized a one-day workshop on “Time Management and Mental Health” under the ongoing Mental Well-being Week initiative at the college. The workshop aimed at creating awareness among students about the importance of effective time management, emotional well-being and maintaining a healthy balance between academic responsibilities and personal life. The programme focused on equipping students with practical strategies to manage their time | <br> |

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| | | | efficiently, reduce academic stress and develop a positive approach towards mental health. During the workshop students were sensitized about recognizing stress, maintaining healthy routines and seeking timely support whenever required. The event was organized under the able guidance of Prof. (Dr.) Preetpal Kour, Principal of the college. She appreciated the efforts of the NCC Cadets, namely JUO Ayush, CDT Mandeep, CDT Krishna and CDT Tarun. CTO, Prof Sanjeev Upadhay and NCC Unit for organizing the workshop and emphasized that such programmes play an important role in promoting a healthy, supportive and positive campus environment. The Faculty members grace the occasion were Dr. Anupama Pandotra, Prof. Jasmeet Kour, Prof. Deepika. | <br>**GDC R.S. Pura organises workshop on time management, mental health**<br><br>JL NEWS SERVICE<br>JAMMU, Sep 13: The NCC Unit (Boys) of Government Degree College, R.S. Pura, organised a one-day workshop on "Time Management and Mental Health" as part of the ongoing Mental Well-being Week initiative at the college.<br>The workshop aimed to sensitise students about effective time management, emotional well-being and maintaining a healthy balance between academic responsibilities and personal life.<br>The programme focused on practical strategies to manage time efficiently, reduce academic stress and develop a positive approach towards mental health. Students were also sensitised about recognising stress, maintaining healthy routines and seeking timely support when required.<br>The event was organised under the guidance of Principal Prof. (Dr.) Preetpal Kour, who appreciated the efforts of NCC cadets JUO Ayush, CDT Mandeep, CDT Krishna and CDT Tarun, along with CTO Prof. Sanjeev Upadhay and the NCC Unit.<br>Prof. (Dr.) Preetpal Kour emphasised that such programmes play an important role in promoting a healthy, supportive and positive campus environment. Faculty members Dr. Anupama Pandotra, Prof. Jasmeet Kour and Prof. Deepika were also present on the occasion. |
| 6 | 15.09.2026 | **ONE DAY CONCLAVE - IGNITING INNOVATION HELD AT GDC RAMGARH** | I am honoured to share that Ayushi of our college got 1st prize in startup idea presentation competition in one day conclave - Igniting Innovation held at GDC RAMGARH | <br> |
| 7 | 16.09.2026 | **GDC R. S. PURA HOSTS PLEDGE CEREMONY UNDER NMBA TO COMBAT DRUG ABUSE** | Drug De-Addiction/Nasha-Mukt Committee of Government Degree College R. S. Pura organized a Physical Pledge Ceremony on 16.09.2026 to Combat Drug Abuse under Nasha Mukt Bharat Abhiyaan with the objective of sensitizing students about the devastating impact of drug abuse and promoting a healthy, responsible and drug-free lifestyle. During the ceremony, students and staff members collectively took a pledge to stay away from drugs, discourage substance abuse and contribute towards creating a drug-free |  |

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| | | | society. The participants reaffirmed their commitment to spreading awareness among their peers, families and the wider community about the harmful physical, psychological and social consequences of drug addiction. The programme emphasized the importance of youth participation in the Nasha-Mukt Bharat Abhiyaan and encouraged students to become responsible ambassadors of a healthy and addiction-free society. The event was organized under the guidance of Principal of the College Prof. (Dr.) Preetpal Kour. Dr. Anupama Pandotra, senior faculty of the college appreciated the efforts of the committee for organizing the activity and urged students to make healthy choices and actively contribute to the national endeavour of building a Nasha-Mukt Bharat. The programme concluded with a reaffirmation of the collective resolution to combat drug abuse. The faculty members present during the event were Dr. Jasmeet Kour, Dr Shivani Manchanda, Dr. Sanjeev Upadhayay, Prof Meeshu Pandita, Dr. Hari Singh, Dr. Sunil Kumar Mangoch, Dr. Savleen Kour, Dr. Kiran Lata and Ms. Deepika. | <br><br>GDC R S Pura holds pledge ceremony to combat drug abuse<br>J&K NEWS SERVICE |
| 8 | 16.09.2026 | **NCC GIRLS UNIT OF GDC R.S. PURA SPREADS MENTAL HEALTH AWARENESS THROUGH SHORT FILM SCREENING** | As part of the week-long Mental Health and Well-being Programme organized by Government Degree College (GDC), R.S. Pura, in compliance with the directions of the Ministry of Education and the Directorate of Colleges, J&K Higher Education Department, the NCC Girls Unit of the college organized a screening of a short film on Mental Health and Well-being, conceptualized and produced by its NCC girl cadets. The film highlighted various challenges commonly encountered by students and young people, including academic stress, anxiety, emotional isolation and peer pressure. Through relatable situations and meaningful narratives, the cadets highlighted the importance of open communication, self-care, empathy and seeking timely support. The film conveyed the message that mental well-being is | <br> |

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| | | | an essential component of overall health and encouraged students to approach mental health concerns with understanding and sensitivity. The programme was conducted under the able guidance of Prof. (Dr.) Preetpal Kour, Principal of the college. She appreciated the initiative and the creative efforts of the NCC cadets in addressing an important aspect of student well-being. She encouraged the cadets to continue undertaking innovative and meaningful awareness activities for the benefit of the student community. The event was coordinated by Dr. Kiran Lata, CTO, NCC Girls Unit, who commended the cadets for effectively utilizing their creativity and teamwork to spread awareness about mental health and well-being among their peers. The screening also marked the culmination of the week-long Mental Health and Well-being Programme organized at the college. The week-long programme was fully coordinated by Dr. Jasmeet Kaur, Convener, Cultural and Student Welfare Committee, who appreciated the sincere efforts and active participation of all the committees, units, faculty members and students, acknowledging their valuable contribution towards the successful conduct of the initiative. Dr. Jasmeet Kaur appreciated the efforts of Priyanka **Devi (SUO), CDT Komal, CDT Harmandeep Kaur, CDT Muskan Devi, CDT Vijaylakshmi, CDT Sunakshi, CDT Arty, CDT Arya and CDT Riya Verma** for their creativity, teamwork and dedication in conceptualizing and producing the short film, which added a meaningful dimension to the college's mental health awareness initiative. | <br>NCC Girls unit of GDC R S Pura spreads mental health awareness through short film<br>Top News Report<br>JAMMU, Sep 16: The NCC Girls Unit of Government Degree College (GDC), R.S. Pura, organised a screening of a short film on Mental Health and Well-being, marking the culmination of the week-long Mental Health and Well-being Programme held at the college.<br>The programme was organised in compliance with the directions of the Ministry of Education and the Directorate of Colleges, J&K Higher Education Department. The short film was conceptualised and produced by NCC girl cadets of the college and focused on mental health challenges commonly faced by students and young people, including academic stress, anxiety, emotional isolation and peer pressure.<br>Through relatable situations and meaningful narratives, the cadets highlighted the importance of open communication, self-care, empathy and seeking timely support. The film conveyed the message that mental well-being is an essential component of overall health and encouraged students to approach mental health concerns with greater understanding and sensitivity.<br>The programme was conducted under the guidance of Prof. (Dr.) Preetpal Kour, Principal of the college, who appreciated the initiative and creative efforts of the NCC cadets. She encouraged them to continue undertaking innovative and meaningful awareness activities for the benefit of the student community.<br>The event was coordinated by Dr. Kiran Lata, CTO, NCC Girls Unit, who commended the cadets for effectively using creativity and teamwork to spread awareness about mental health and well-being among their peers.<br>The screening concluded with a message encouraging students to support one another, communicate openly and seek appropriate assistance whenever required.<br>Faculty members present on the occasion included Dr. Anupama Pandotra, Dr. Jasmeet Kaur, Dr. Shivani Manchanda, Dr. Meeshu Pandita, Dr. Hari Singh, Prof. Deepika Heer and Dr. Savleen Kour.<br>The week-long programme was fully coordinated by Dr. Jasmeet Kaur, Convener, Cultural and Student Welfare Committee, who appreciated the active participation and sincere efforts of various committees, units, faculty members and students in making the initiative successful.<br>Dr. Jasmeet Kaur also appreciated the efforts of Priyanka Devi (SUO), CDT Komal, CDT Harmandeep Kaur, CDT Muskan Devi, CDT Vijaylakshmi, CDT Sunakshi, CDT Arty, CDT Arya and CDT Riya Verma for their creativity, teamwork and dedication in conceptualising and producing the short film.<br>The initiative added a meaningful dimension to the college's efforts to promote awareness, empathy and open conversations around mental health among students. |

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| 9 | 24.09.2026 | **GDC RS PURA CELEBRATED NSS DAY UNDER THE BANNER OF "SWACHHATA HI SEVA"** | The NSS Unit of **GDC RS Pura** celebrated **NSS Day** on 24 September 2026 under the banner of **"Swachhata Hi Seva"** by organizing a cleanliness drive at **Sub-District Hospital, R.S. Pura** under the patronage of Principal madam Prof. (Dr) Preetpal Kour.<br>The cleanliness drive was carried out with the active participation of NSS volunteers, who cleaned the hospital premises and surrounding areas. The volunteers collected waste, cleaned public spaces and encouraged people to maintain proper hygiene and sanitation. Through the activity, the volunteers conveyed the message that cleanliness is a shared responsibility and an essential part of a healthy society.<br>The hospital staff appreciated the efforts of the NSS volunteers and their commitment towards community service. The volunteers also interacted with people present at the hospital and sensitized them about maintaining cleanliness, using dustbins properly and keeping public places free from litter.<br>On the occasion, Principal appreciated the efforts of the NSS volunteers and highlighted the importance of cleanliness in building a healthier and more responsible society. The volunteers were encouraged to make cleanliness a regular habit and to inspire others through their actions.<br>The programme reflected the true spirit of the NSS motto, **"Not Me But You,"** and provided the volunteers an opportunity to contribute meaningfully to the community.<br>The cleanliness drive was organized by NSS PO, Prof. Lukesha Dubgotra and committee members of NSS. The NSS Unit reaffirmed its commitment to undertake such community-oriented activities and to promote the values of cleanliness, civic responsibility and social service. | <br><br> |

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| 10 | 25.09.2026 | **NCC AND NSS UNITS OF GDC R.S. PURA CONDUCT CLEANLINESS DRIVE UNDER SWACHH BHARAT ABHIYAN** | The NCC and NSS Units of Government Degree College (GDC), R.S. Pura organized a cleanliness drive within the college campus under the Swachh Bharat Abhiyan with the objective of promoting cleanliness, civic responsibility and environmental awareness among students. The activity was conducted under the esteemed patronage of Prof. (Dr.) Preetpal Kour, Principal of the college and was coordinated by Prof. Lukesha Dubgotra, NSS Programme Officer and Dr. Kiran Lata, NCC Caretaker Officer. During the drive NCC cadets and NSS volunteers actively participated in cleaning various areas of the college campus, collecting waste and ensuring a cleaner and more hygienic environment. The enthusiastic participation of the students reflected their commitment towards community service and responsible citizenship. The activity emphasized the importance of maintaining cleanliness not only within the college campus but also in the wider community. The students were encouraged to adopt cleanliness as a regular practice and to spread awareness about proper waste disposal and environmental responsibility. | <br><br>**NCC and NSS units of GDC R.S. Pura conduct cleanliness drive under Swachh Bharat Abhiyan**<br><br>EARLY TIMES REPORT<br>R.S. PURA, Sept 25: The NCC and NSS Units of Government Degree College (GDC), R.S. Pura organized a cleanliness drive within the college campus under the Swachh Bharat Abhiyan with the objective of promoting cleanliness, civic responsibility and environmental awareness among students.<br>The activity was conducted under the esteemed patronage of Prof. (Dr.) Preetpal Kour, Principal of the college and was coordinated by Prof. Lukesha Dubgotra, NSS Programme Officer and Dr. Kiran Lata, NCC Caretaker Officer. During the drive NCC cadets and NSS volunteers actively participated in cleaning various areas of the college campus, collecting waste and ensuring a cleaner and more hygienic environment. The enthusiastic participation of the students reflected their commitment towards community service and responsible citizenship. The activity emphasized the importance of maintaining cleanliness not only within the college campus but also in the wider community. The students were encouraged to adopt cleanliness as a regular practice and to spread awareness about proper waste disposal and environmental responsibility.<br>The Principal appreciated the efforts of the NCC cadets and NSS volunteers and lauded the coordinators for organising the activity. She encouraged the students to continue contributing towards cleanliness, environmental protection and community welfare. The drive concluded with a renewed commitment by the participants to uphold the spirit of Swachh Bharat and promote cleanliness and responsible citizenship in their surroundings. |
| 11 | 26.09.2026 | **GDC R.S. PURA ORGANISES PLANTATION DRIVE UNDER "EK PED MAA KE NAAM" CAMPAIGN** | The NCC Cadets of 2 J&K Bn Jammu of Government Degree College R.S. Pura organised a plantation drive under the theme **"Ek Ped Maa Ke Naam"**, with the objective of promoting environmental awareness, ecological conservation and a sense of responsibility towards nature among students. The programme was organised under the guidance and supervision of Prof. Dr. Preetpal Kour, **Principal of GDC R.S. Pura.** Speaking on the occasion, she appreciated the efforts of the NCC Unit and motivated the cadets to become ambassadors of environmental protection and emphasised that planting a tree is not merely an environmental activity but also a meaningful expression of respect and gratitude towards **Mother Nature and our mothers**. The **NCC Officer** highlighted the | <br> |

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| | | | significance of the "EK PED MAA KE NAAM" campaign and said that planting and caring for a tree is a meaningful contribution towards a greener and healthier future. The cadets also took a pledge to safeguard the planted saplings and inspire others to participate in similar environmental initiatives.<br>During the activity, NCC cadets actively participated in planting saplings within the college premises. The cadets were encouraged to understand the importance of trees in maintaining ecological balance, improving air quality, conserving soil and contributing towards a greener and healthier environment. The activity aimed at creating awareness among students about environmental conservation, the importance of trees and the need to protect the natural environment. | <br><br>GDC R.S. Pura organises Plantation Drive under 'Ek Ped Maa Ke Naam' Campaign<br>Top News Report |
| 12 | 29.09.2026 | **GOVT. DEGREE COLLEGE R.S. PURA CELEBRATE 'HINDI DIWAS'** | To mark the celebration of Hindi Diwas, the Department of Hindi at Government Degree College R.S. Pura organized an Essay Writing Competition and a Quiz Competition for students from Semesters I, III, and V. The event aimed to promote the use of Hindi and instill a deeper appreciation of the national language among students.In the essay competition, Nagika Bhagat, Manish Kumar and Sonia Disha Mehra got first, second, and third positions respectively. In the quiz competition, Team A emerged first, Team C stood second, and Team B secured third place, showcasing impressive knowledge and enthusiasm.In poetry Recitation, Juhi Verma, Peehu Gupta and Amrita Kumari secured the first, second, and third positions respectively.Addressing the students, Prof. (Dr.) Preetpal Kour, Principal of the College, highlighted the importance of the Hindi language and its widespread relevance. She emphasized the need for its proper usage in both academic and daily life, noting Hindi's growing prominence worldwide.The events were organized and coordinated by Dr. Raj Jamwal, Head of the Hindi Department, Dr. Harvinder Kour | <br><br> |

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| | | | and Dr. Aprna Bharti with active support from faculty members including Dr. Anupama Pandotra, Prof. Priya Darshi, Dr. Kiran Pathania, Prof. Harpreet Kour, Dr. Sunil Kumar, Dr. Rajinder Singh, and Dr. Savleen Kour. The celebration successfully combined learning, competition, and cultural appreciation, engaging students in meaningful participation. |  GDC R.S. Pura organises competitions to mark Hindi Diwas |

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**PRINCIPAL**