



Government of Jammu & Kashmir, India
OFFICE OF THE PROGRAMME OFFICER, NSS UNIT
GOVT. GENERAL ZORAWAR SINGH MEMORIAL DEGREE COLLEGE REASI
(Affiliated to University of Jammu)
NAAC Accredited Grade B (CGPA 2.22) Estd. 2003

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Report of activities for the month of August, 2023

Meri Mati Mera Desh, Independence Day Celebrations And National Sports Day

9th of August, 2023: NSS Unit of Government General Zorawar Singh Memorial Degree College, Reasi organized various activities under “Meri Mati Mera Desh” Programme from 9th to 15 August 2023 as a part of “Azadi Ka Amrut Mahotsav”. As per the guidelines of the Programme the NSS Unit has to create “Amrut Vatika” with the plantation of 75 saplings inside the campus from 9th August to 15th August along with the organization of other Programmes like Panch Pran Pledge, Honouring Freedom Fighters/Braves, retired personnel of Defence, CAPF and State forces, Hoisting of National Flag etc. **On the first day of the campaign**, NSS volunteers planted 40 different saplings in the campus to initiate the campaign under the Supervision of NSS Programme Officer, Prof. Ajay Kumar. The Chief Guest on the occasion was Mr. Likat Khan, the District Treasury who also planted some trees along with the staff of district treasury and NSS volunteers.



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10th of August: On day two of the event, the NSS volunteers created "Amrut Vatika" with the Plantation of 75 saplings of different origins as per the Programme Guidelines. The drive was conducted under the guidance of college Principal Dr. Kulvinder Kour and the Supervision of NSS Programme Officer, Prof. Ajay Kumar. Others who planted trees on the occasion along with NSS volunteers include Dr. Chaman Lal, Dr. Prabjot Kour, Dr. Saleem Ahmed, Dr. Rajinder Kumar, Prof. Gourav Gupta, Prof. Upasana, Prof. Norin Akhter, Prof. Palvinder Kumari etc.





11th of August, 2023: On day 3 of the Campaign, NSS & NCC Units of Government General Zorawar Singh Memorial Degree College, Reasi conducted the “Panch Pran Pledge” under Meri Mati Mera Desh Program in which about 100 NSS volunteers and NCC cadets both male and female have taken the Panch Pran Pledge along with the college Principal and other teaching and non-teaching staff members. While speaking on the occasion, Dr. Kulvinder Kour, Principal of the college

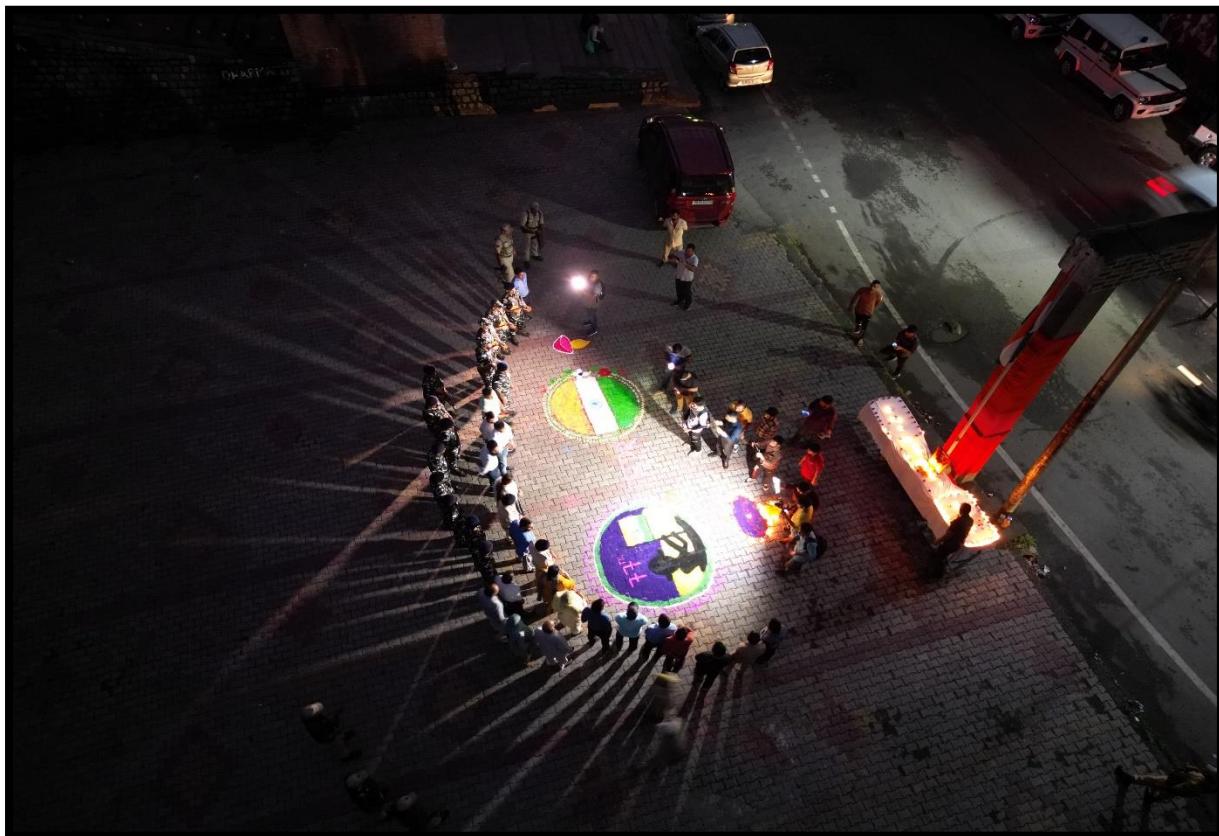
encouraged the volunteers and cadets to join hands for the overall growth and development of the nation. She further, highlighted the role of youth especially girls in building the nation. The Program was coordinated by NSS Programme Officer, Prof. Ajay Kumar and NCC Officers of the college i.e. Prof. Sunil Mangotra and Prof. Upasana.





12th of August, 2023: On day 4, NSS volunteers of Government General Zorawar Singh Memorial Degree College pay homage to Shaheed Kamal Kishore along with District Administration, Reasi on 12th of August, 2023. A function was organized by the Department of Information and Public Relations at "Shaheed Samark" in memory of

Shaheed Kamal Kishore (Sgct), the son of the soil who sacrificed his life while fighting with the terrorists in 2018 in Kashmir. NSS volunteers made Tri-colour Rangoli on the occasion. Ms. Babila Rakwal (JKAS) Deputy Commissioner, Reasi was the Chief Guest on the occasion who pay homage to Shaheed Kamal Kishore along with SSP, Reasi Sh. Amit Gupta and other officers of the district. The family members of Shaheed Kamal Kishore were also present on the occasion and Lightened candles in front of "Shaheed Samark".







13th of August, 2023: In order to promote nationalist and patriotic feelings among the Youth, the NSS Unit of Government General Zorawar Singh Memorial Degree College, Reasi organized the “National Anthem” Singing Competition on the occasion of International Youth Day, 2023 under “Meri Mati Mera Desh Program” in which 40 NSS volunteers participated. The volunteers were divided into four groups for the purpose of competition and named as Alpha, Charle, Warriors and Gladiators. The Alpha group remained at the top. In the end, all the groups combined together in one group to sing the final National Anthem.



14th of August, 2023: Day 6 NSS and NCC Units of Government General Zorawar Singh Memorial Degree College, Reasi organized the “Tiranga Rally” under “Har

“Ghar Tiranga” under the aegis of “Meri Mati Mera Desh” and “Azadi Ka Amrut Mahotsav” in which volunteers from NSS, NCC (Boys & Girls) participated along with staff members of the college including the Principal, Dr. Kulvinder Kour. Firstly, “Tiranga Flags” were distributed to the staff members and volunteers and then the rally marched from the college campus to the main gate of the district hospital, Reasi while raising the slogans “Meri Mati Mera Desh”, “Vande Mataram”, Bharat Mata Ki Jai”, “Har Ghar Tiranga, Lehrayega” etc. Speaking on the occasion, the college Principal said that the motive for organizing such a rally was to remember the sacrifices of those brave soldiers who attained martyrdom while performing their national duty and to promote the spirit of nationalism and Patriotism among the young students.





15th of August, 2023: Government General Zorawar Singh Memorial Degree College, Reasi observed 77th Independence Day, 2023. The day begins with the flag hoisting ceremony by Principal, Dr. Kulvinder Kour. All the teaching and non-teaching staff members of the college and NSS volunteers were present to salute the National Flag. After Flag hoisting ceremony, the staff and students of the college moved to the

Zorawar Sports Stadium for witnessing the main function organized by the district Administration, Reasi. After the conclusion of the function at the Sports Stadium, NSS Volunteers organized a plantation drive inside the college campus in collaboration with the Social Forestry Department where plants were planted by the family members of Shaheed Kamal Kishore and other officials of the college including the principal and officials from Social Forestry Department. Later, tributes were paid to the Freedom Fighters and the son of the soil Shaheed Kamal Kishore. In the end, the students of the college, NSS volunteers and NCC Cadets presented the cultural Programme in front of the audience and families of the martyrs. The day ended with the conduct of the "Panch Pran Pledge" in which more than 150 students and staff members participated. The event was coordinated by the NSS and Independence Day Celebrations Committee.









28th of August, 2023: NSS Unit of Government General Zorawar Singh Memorial Degree College Reasi organized a bunch of sports activities as a part of National Sports Day Celebrations, 2023 to commemorate the birth Anniversary of India's Hockey Leged Major Dhyan Chand. The said activities were organized on the direction of the Ministry of Youth Affairs and Sports, Government of India under the "Fit India Mission" to promote a sense of fitness among the students and staff members.

The day started with a Road Race competition for both Men and Women sections from Mari Chowk to the College in which about 50 NSS volunteers and Students participated. Dr. Samriti Aggarwal, Associate Professor of Zoology flagged off the race along with other staff members including Prof. Ajay Kumar, NSS (P.O.), Prof. Kewal Krishan, Dr. Rajinder Kumar, Prof. Gaurav Gupta (Convener Sports Committee), Prof. Upasana, NCC Officer (Girls) etc. In the Road Race Mr. Sourav Sharma secured first position while Atul Kumar and Rohit Sharma remained in second and third positions respectively. In Girl's section, Vasudha Devi got first

position while Poonam and Priya gave a tough fight to Vasudha but had to settle with second and third positions in the end.

The second event of the day was "Tug of War" in which the students were divided into four teams i.e. Mary Kon House, P.V. Sindhu House, Karman Maheshwari House and Deep Grace House in which Mary Kon House defeated P.V. Sindhu House to lift the first spot. The participants of the winner Mary Kom house were Vikrant Sharma, Atul Kumar, Samriti, Anshu, Vasudha, Vishali Rajput, Jyoti, Garima, Pallavi and Simran.

The day concluded with a fun game activity called "Human Chain" in which the students were divided into two equal groups and were given the task of making a chain with whatever resources they had at their disposal. The motive of this fun activity was to develop the presence of mind among the students as well as the sense to use the minimum resources available within a very short time to produce maximum results which is a core Life Skill nowadays. During the activity, two Alumni of the college namely Kavita Thakur and Bhawani Thakur (President Student Council, 2020) interacted with the students and shared their experiences during their stay in the college. Simultaneously, they also motivated the students to participate in sports and fitness activities to make India Fit and Healthy.

The one-day sporting event was organized as a part of the activity calendar of NSS and Sports Department issued earlier under the guidance of Dr. Kulvinder Kour, College Principal. NSS Program Officer, Prof. Ajay Kumar and Physical Training Instructor Mr. Shashi Kumar Sharma supervised the activities. The prize distribution function will be organised on the 29th of August, 2023 in order to pay tributes to India's

Hockey Legend, Major Dhayan Chand J



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29th August, 2023: NSS Unit and Sports Department of Government General Zorawar Singh Memorial Degree College, Reasi collaborated to celebrate National Sports Day- the birth Anniversary of the Indian Hockey Legend, Padma Bhushan Major Dhyan Chand. As per the directions of the Ministry of Youth Affairs and Sports, Government of India and the guidance of Dr. Kulvinder Kour, the Principal of the college, the Sports Club and NSS Unit prepared a calendar of activities from 23rd August to 29th August in which more than 500 students participated in different sports activities. On the final day, the function started with the lighting of a traditional lamp to pay tribute to the Indian hockey Legend, Major Dhyan Chand Ji followed by the singing of a solo song by NCC Cadet Akshay Kumar. Mr. Shashi Sharma, Physical Director of the college through some light on the life of Major Dhyan Chand Ji and appealed to the students to take inspiration from him in their life journey. Later, NSS Programme Officer, Prof. Ajay Kumar also interacted with the gathering and asked the students to work hard and adopt some Games and Sports in their lives to stay fit and healthy. The prizes were distributed among all the winners by the Chief Guest of

the occasion Dr. Samriti Aggarwal, the Vice Principal of the college. Mary Kom House won the Major Dhyan Chand Rolling Trophy with 27 Points earned in different Individual and team events. While interacting with the students, she appreciated the efforts made by the Physical Director, Shashi Kumar Sharma and NSS Programme Officer, Prof Ajay Kumar in the field of Sports to engage more and more Youth and encourage them to make their lifestyle active. Others who were present on the occasion and encouraged the students includes Dr. Chaman Lal, Prof. Upasana, Dr. Rajinder Kumar, Dr. Saleem Ahmed, Prof. Ameeq Rehman, Dr. Prabhjot Kour, Dr. Mukesh Kumar, Ms. Neelam Manhas, Prof. Palvinder Kumari etc. The day culminated with "Fit India Pledge" which was taken by all the students and staff members.







29th August, 2023: On 29th of August, 2023 Directorate of Physical Education and Sports University of Jammu invited Prof. Ajay Kumar and 5 fencers of the college to felicitate the for their extraordinary performance during the All-India Inter-University Fencing Championship and Khelo India University Games, 2022 at Lucknow where they won three bronze medals.





Highlights of major Achievements for the month of August, 2023:

1. Creation of one “Amrut Vatika”.
2. Plantation of 150 saplings of different origins inside the campus.
3. Organization of Panch Pran Pledge Ceremonies.
4. Honouring of Freedom Fighters/Braves, retired personnel of Defence, CAPF and State forces.
5. Celebration of Independence Day and Hoisting of National Flag.
6. Organization of Cultural Programme on Independence Day, 2023.
7. Organization of Sports Activities to celebrate National Sports Day on 29th August, 2023.
8. Distribution of Prizes and Certificates to the winners on the occasion of National Sports Day.
9. Felicitation of Prof. Ajay Kumar and college fencers by the Directorate of Physical Education and Sports for their achievement in fencing sport for the session 2022-23 on 29th August 2023 at the University of Jammu.

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PRINCIPAL
GDC Reasi