

Issue: IV

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Pratibimb THE NEWSLETTER

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Govt. Degree College Paloura (Mishriwala), Jammu

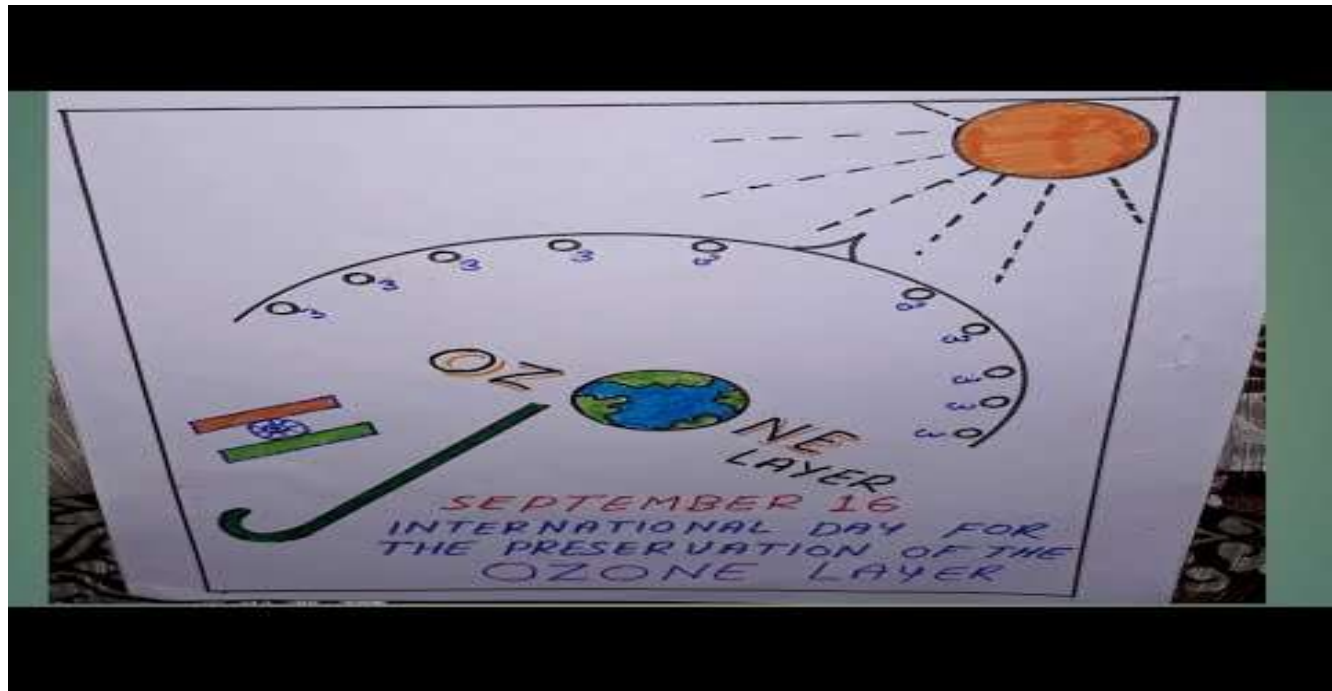


About the College: Government Degree College Jammu City (Paloura) was established via Government Order No. 269-HE of 2007 dated 20-12-2007 and it was decided that College would function in a newly constructed block of the Government Higher Secondary School, Paloura having two rooms. With the passage of time, requirements of the college increased and the authorities of the college decided to shift college from Higher Secondary School, Paloura to Govt. College of Engineering and Technology (GCET), Old University Campus, Canal road, Jammu and subsequently the same got shifted to the said location on 6th of Oct. 2009. It continued to function in makeshift accommodation at Canal Road, Jammu till March 2018. The main building of the college was constructed in 2017- 18 session and in April, 2018, the College finally shifted to its own campus at Mishriwala. The College offers subjects in Arts, Medical and Non-Medical streams. The College has been granted permission to run Science stream (Medical and Non-Medical) from the session 2017-18. The College has successfully conducted two skill courses under Industrial Skill Training initiative. The courses were Soft Skills and Personality Development Course with Central University, Jammu and Course in Computer Concepts with NIELET, University of Jammu. The College has taken digital initiatives by providing Interactive Panels in five class rooms and also established one Browsing Centre. The College also has one Girls Hostel that can accommodate 270 girl students from far flung areas. The College is running quite successfully in Curricular and Co-curricular activities in general and academics in particular.

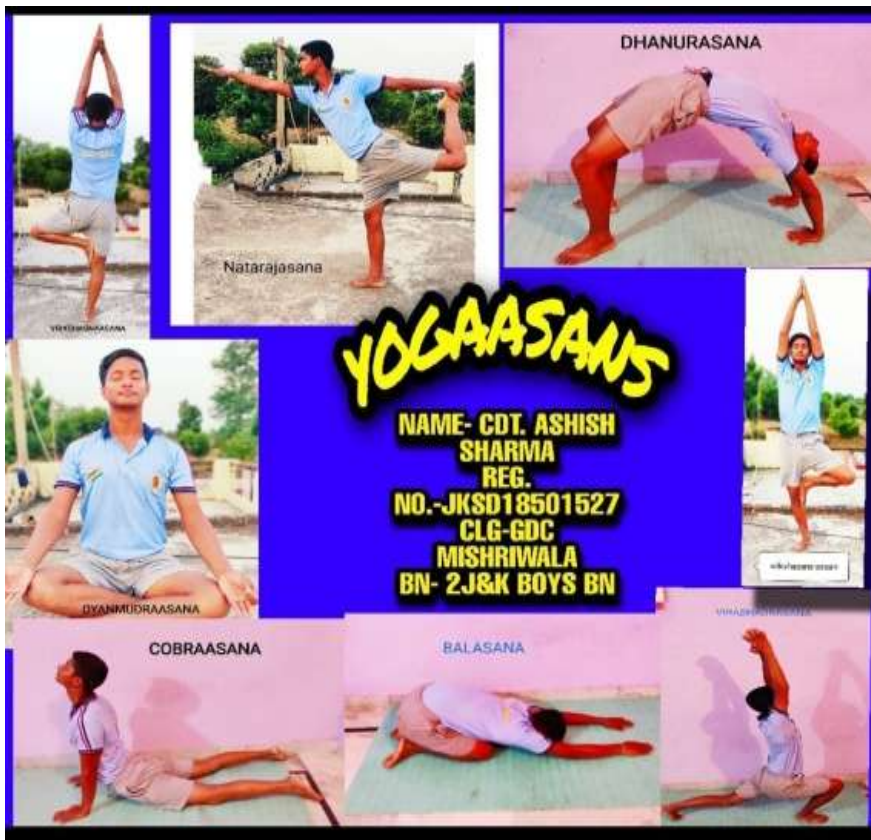
Principal's Message



Welcome to Government Degree College, Paloura (Mishriwala) As an institution of higher education, Government Degree College, Paloura (Mishriwala) offers its students a unique blend of modern education and values. To enhance physical, mental & spiritual growth of our students, we offer a perfect blend of academics, sports and culture. It is our goal to nurture creativity, skills and potential of each and every student by providing them a platform to explore, express and showcase their natural abilities. We provide value based learning that has far greater relevance in a dynamic and ever changing global scenario. We are constantly engaged in imparting adequate exposure to our students through support, encouragement, appreciation and motivation. In pursuit of excellence, we endeavour to provide our students an environment for multifaceted development. Our superb facilities and dedicated staff enables us to deliver programmes in an environment that is intimate, friendly and attuned to every specific educational need. I welcome the new entrants to this institution of higher learning.



25th June 2020:- Online National level quiz on Drought and Desertification organized by Department of Zoology .



21st June 2020:- Celebration of International Yoga Day by NCC Cadets



NSS unit celebrating VAN MOHOTSAV



NSS unit of GDC Ploura celebrating VAN MOHOTSAV



1st July to 7th July 2020:- NCC and NSS students of GDC Paloura along with faculty members celebrated Van Mahotsav week by Planting saplings at their respective places as well as in college premises.



26th July 2020:- Plantation Drive By NCC Cadets at their respective places



15th August 2020:-Participation Of NCC Cadets in online Seminar on Fit India.

16th September 2020:-Online inter college poster making competition on ozone day. organized by Department of EVS.



6th October 2020:-Online poster making competition Organized by Department of EVS.



12th October 2020:- Uniform Distribution to NCC Cadets of GDC Paloura (Mishriwala)

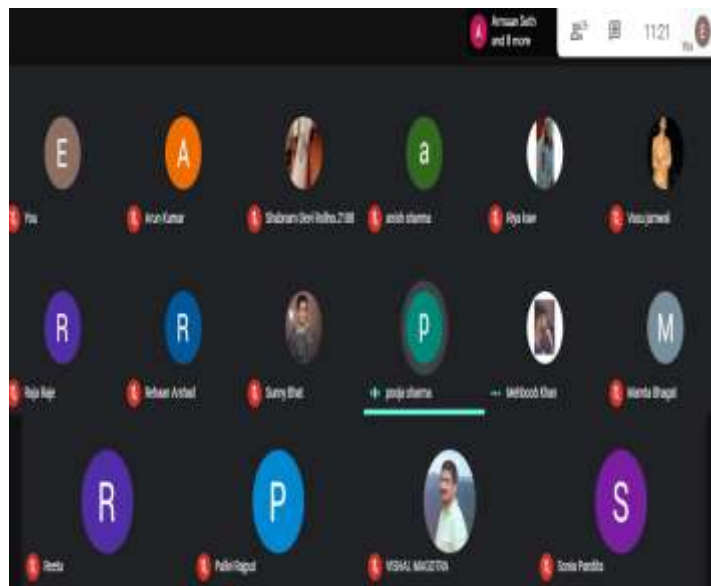


20th November 2020:-Cleanliness Drive Conducted by NCC Cadets of GDC Paloura (Mishriwala



9th December 2020:-Psychological Counseling Cell of Government Degree College, Paloura organized online intra-college Slogan Writing Competition on the topic “Managing Stress”

11th December 2020:- Online “Awareness-cum Interactive programme on Manodarpan Initiatives” organized by Psychological counselling cell and career counselling cell of the college.

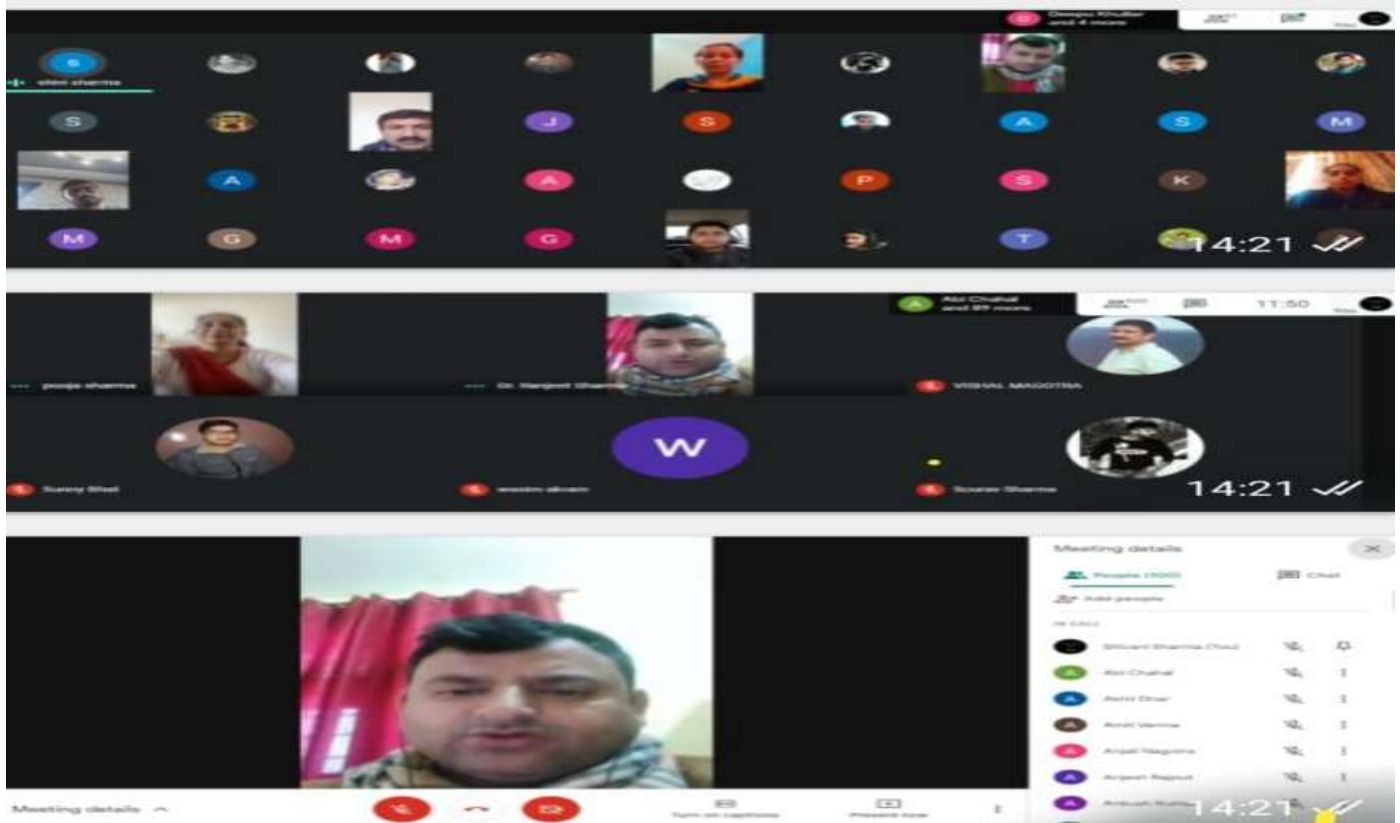




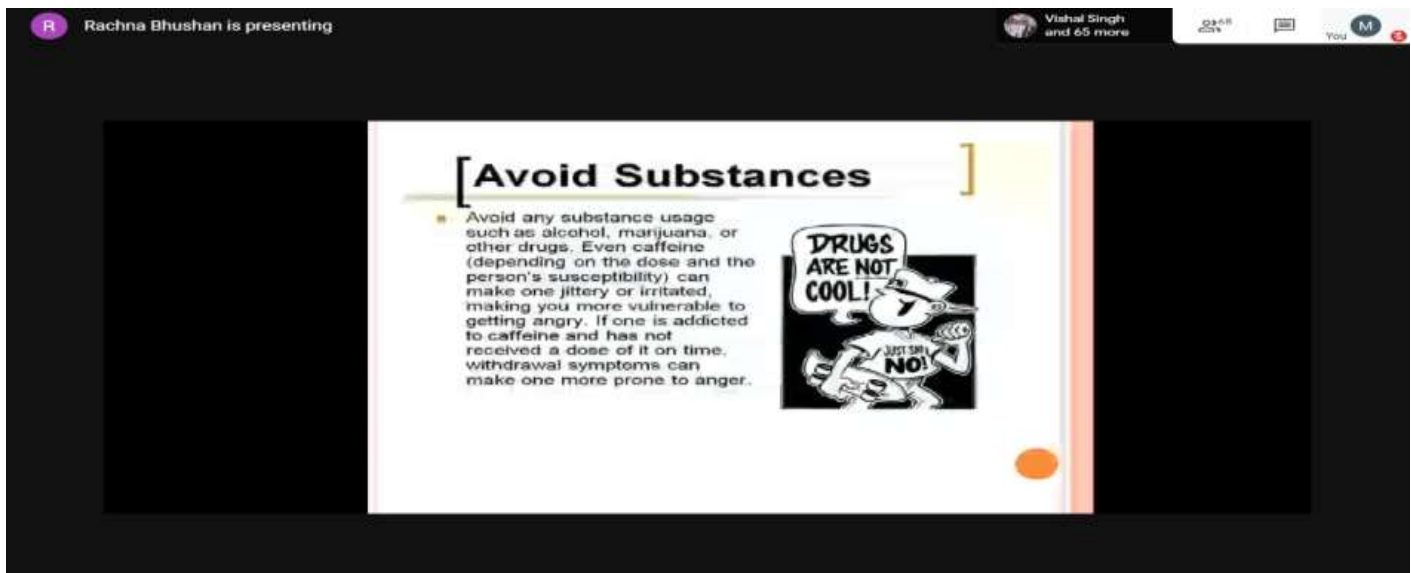
12th December 2020:- Swachh Bharat rally by NCC Cadets GDC Paloura (Mishriwala)



19th Dcember 2020:- Online Essay writing Competition on “Anger Management Techniques” organized by Psychological Counselling cell of the college



22nd December 2020:- Webinar on the topic “ Managing Stress ” organized by Psychological counselling cell placement cell and career counselling cell of GDC Paloura. Dr. Ranjeet Kumar Sharma, Counsellor, Department of Psychiatry, Government Medical College Kathua was the speaker on the occasion. Dr. Sharma highlighted the various psychological, social and emotional causes which triggers stress



6th January 2021:- Online Extension lecture on the theme ‘ Anger Management in Adolescents ‘ organized by Psychological counseling cell, career counseling and placement cell of the College.. Dr. Rachna Devi, Assistant Professor, Department of Psychology, Government Degree College (Boys) Kathua was the speaker on the occasion. Dr. Rachna highlighted the various psychological, social and emotional causes which trigger anger among the individuals.



NSS unit of GDC Paloura celebrated Voters day in order to encourage more young voters to take part in the political process



23rd March 2021:- To Commemorate 75 years of Independence, a rally was flagged off by Prof. Ramneek Kaur , Principal of the college. 60 students carrying placards, banners.National flag participated in the rally to pay homage to the freedom fighters by raising slogans of National unity and integration like Bharat Mata ki jai, VandeMataram, SatyamevJayate, SaareJahan Se Accha Hindustan Hamara etc



18th May 2021:-NSS and NCC Unit of GDC Paloura under the auspices of Manodarpan Initiatives, organized awareness campaign on COVID-19.

The topics of campaign were

- 1. Breaking the myth against Corona virus.*
- 2. How to improve your immunity?*
- 3. Precautions to be taken during Corona times.*
- 4. Avoid self medication or don't try to be a doctor at home.*

NSS Volunteers Prepared Videos on the above theme.



28th May 2021:-An awareness programme regarding health and hygiene of women on the occasion of World Menstrual Hygiene Day on the theme " Lets end the Stigma" organized by NSS Volunteers.

31st May 201:- NSS Volunteers of GDC, Paloura carried out awareness campaign about harmful effects of Tobacco on "World No Tobacco day". Students made posters, slogans and videos on the theme " Let's say no to tobacco and Yes to Life" and "Commit to quit"



5th June 2021:-NSS Unit in collaboration with Department of Environment Sciences of Government Degree College, Paloura celebrated "World Environment Day" under the aegis of 'Azadi ka Amrutmahotsav'



5th June 2021:- Plantation drive conducted by 2 J&K Girls Battalion (NCC Cadets of GDC Paloura (Mishriwala)



14th June 2021:-NSS Unit of Government Degree College, Paloura observed “Blood donor day”. To commensurate with this year’s UN theme, an online awareness campaign through digital posters.



21st June 2021:-NSS Unit in collaboration with Department of Physical Health and Education of Government Degree College, Paloura celebrated “International Yoga Day”



**NCC CADET:
PRIYANKA
MANHAS
REGIMENTAL
NO.
Jk19swa667010**



**GOVT DEGREE
COLLEGE
PALOURA
(MISHRIWALA)**



WONDERFUL WORLD
The world is not beautiful: therefore it is.



21st June 2021:- NCC 2 J&K Girls Battalion Government Degree College, Paloura celebrated "International Yoga Day"



*10th November 2021:-
Shamshad Bano B.A 1st of
GDC Paloura Secured Gold
Medal in Cross-Country,
Intercollegiate tournament
Session 2021-22.*



10th November 2021:-Students won 4 Gold & 8 Bronze Medal in Intercollegiate Fencing (Men's) Event during Session 2021.



*10th November 2021:-Vikrant Singh
B.A Sem 1st of GDC Paloura won
Silver medal in Boxing (Men's)
Intercollegiate tournament.*



*12th November 2021: Students of GDC Paloura won 2 Gold and Bronze Medals in Boxing (Men's)
Intercollegiate tournament*



12th November 2021: Students of GDC Paloura won 2 Gold and Bronze Medals in Boxing (Men's) Intercollegiate tournament.



12th November 2021:-Barkha B.A Sem 3rd of GDC Paloura won Gold Medal in Boxing (Women's).



2nd December 2021:-Rohit Sharma B.A 1st of GDC Paloura won Bronze Medal in Wrestling (Men's) Intercollegiate tournament Session 2021.



6th December 2021 :- Students of GDC Paloura won silver medal in yoga (team) Intercollegiate tournament Session