

GCW BHAGWATI NAGAR JAMMU

Achievement Report for the Month of May, June 2024

On 24 May 2024, The Department of Environmental Sciences at GCW Bhagwati Nagar organized an essay writing activity and an awareness lecture in observance of Schizophrenia Day. Under the patronage of Dr. Meeru Abrol, Principal of the college, the event aimed to educate students on the complexities and realities of schizophrenia.

The essay writing competition, themed "Understanding Schizophrenia: Breaking the Stigma," saw the participation of approximately 20 second-semester students. This platform allowed students to research, reflect upon, and articulate their understanding of schizophrenia, a serious mental health disorder affecting around 20 million people globally.

Prior to the essay competition, Dr. Mosmi Raina delivered an insightful awareness lecture on schizophrenia. She defined it as a chronic and severe mental disorder that influences a person's thinking, emotions, and behavior. Dr. Raina outlined common symptoms such as hallucinations, delusions, disorganized thinking, and impaired functioning. She clarified that schizophrenia is often mistaken for multiple personality disorder, emphasizing the importance of accurate knowledge to dispel such misconceptions. Moreover, Dr. Raina highlighted the necessity of a supportive environment both at home and in the community to enable individuals with schizophrenia to lead fulfilling lives.

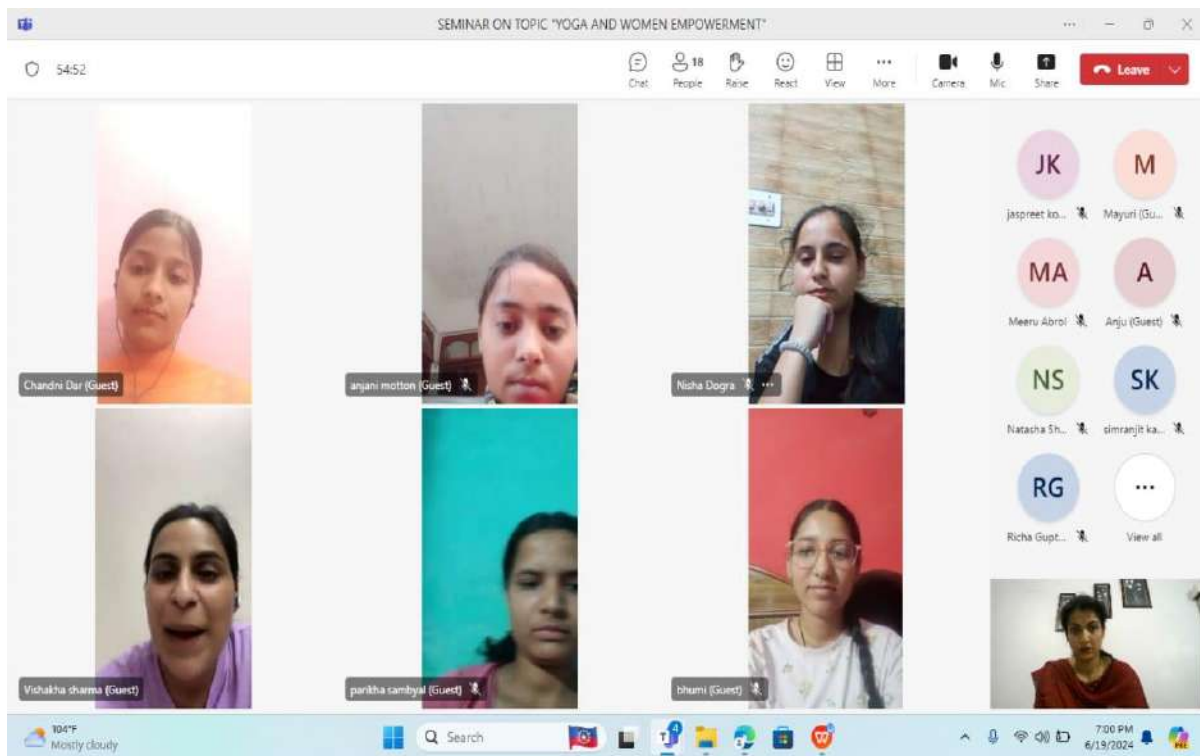
On 5th June 2024, NSS unit "Veerrangana" and Eco-Club "Tawishi", Government College for Women, Bhagwati Nagar celebrated World Environment Day 2024 under the patronage of Principal of the college Dr Meeru Abrol. A seminar was organized on this year's theme, 'Our Land, Our Future: Land restoration, Desertification and Desert Resilience'. The seminar aimed to raise awareness about the critical issues of land degradation and desertification, and to explore viable solutions for restoring land and building resilience against desertification.



On 10th June 2024, NSS Unit of Government College for Women, Bhagwati Nagar has initiated annual adoption campaign for the forthcoming academic year 2024-25 under the patronage of Prof. (Dr.) Meeru Abrol, Principal of the College. Under the campaign two schools namely SOS Hermann Gmeiner School, Gole Gujral; Government (Boys) Higher Secondary School (Gole Gujral) and villages Ranjit Pura, Kharbooja, Ram Dasiya under Ranjit Pura Panchayat are adopted. The college has adopted these institutions and villages with the prime objective to uplift the society in general and community in particular.

On June 19, 2024, an online seminar on the theme “Yoga and Women Empowerment” was conducted. Ms. Vishakha Sharma, Technical Associate at the Ministry of Environment, Forest

and Climate Change, served as the resource person. She discussed the role of yoga in empowering women by helping them embrace their inner strengths.



On June 20, 2024, a pledge-taking ceremony was organized by NSS Unit wherein around 150 students and faculty members participated, committing to incorporating yoga into their daily lives. Participants pledged to practice yoga regularly and to promote its benefits among family, friends, and the broader community.



On June 21, 2024, a live Yoga Session was organised on the occasion of International Yoga Day, wherein the youth of adopted village, Ranjitpura participated with zeal and enthusiasm. Yoga trainers from the Isha Foundation led the session and taught some important techniques of Yoga such as nadi shuddhi, Isha Kriya, and meditation. Following the practical and theoretical instructions, an interactive session was held engaging students and village members in healthy discussion about healthy life style.



On 26th June 2024, Eco Club “Tawishi” of GCW Bhagwati Nagar commemorated International Day against Drug Abuse and illicit Trafficking under the patronage of principal of the college, Dr Meeru Abrol. An awareness drive was organised amongst the labourers and municipal

workers by focussing on municipal workers and labourers. The awareness campaign aimed to reach a section of society often overlooked yet crucial in the fight against drug abuse and human trafficking.

