

NSS-INSIGHT

"Not Me, But you"

The Newsletter

Year 2021-2023



**Govt. College for Women Nawakadal, Srinagar
Jammu and Kashmir 190 002**

NAAC Accredited Grade 'A'

AICTE Approved institution for MBA Programme

ARIIA Ranking Band 2022 : Performer

NIRF -2017 (Rank Band 151-200)

DST Assisted under CURIE Grant for PG Women Colleges

Website: www.gcwnk.ac.in, Phone/Fax: 0194-2503456

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OBJECTIVES OF NSS

- **To understand the community in which students work.**
- **To understand themselves in relation to their community.**
- **To understand the needs and problems of the community and involve them in problem solving.**
- **To develop among themselves a sense of social and civic responsibility.**
- **To utilize their knowledge in finding practical solutions to individual and community problems.**
- **To develop competence required for group living and sharing of responsibilities**
- **To gain skills in mobilizing community participation**
- **To acquire leadership qualities and democratic attitudes.**
- **To develop capacity to meet emergencies and natural disasters .**
- **To provide National Integration and Social harmony.**

Principal's Message



It is a matter of great pride and satisfaction for our college to bring out the current edition of NSS - Insight, The Newsletter. NSS has main objective of making students to understand themselves in relation to the community in which they live. It makes students to develop a sense of social and civic responsibility. The Motto of NSS "Not Me But You" reflects the essence of democratic living and upholds the need for selfless service.

The NSS volunteers of the college have strived for the well being of society. Their active participation in various activities reflects the same. NSS Wing of the college has done exemplary work of community extension services like adoption of Govt. Schools, distribution of stationary items among underprivileged students, Carrying out blood donation camps, Health checkups, adoption of kanimazar mohallah in the college vicinity etc.

I appreciate the efforts of NSS programme officers and volunteers for consolidating their outstanding contribution in this newsletter. The qualitative activities undertaken so far are testimony to the effective participation of NSS Volunteers and programme officers.

Sincerely

Dr. Neelofar Bhat

NSS Programme Officer Message



We feel elated to bring forth this edition of National Service Scheme (NSS) Newsletter. NSS - Insight. NSS is an Indian public service programme sponsored by the Indian Government and is conducted by the Department of youth Affairs and Sports.

NSS is essential for any community to develop socially responsible citizens committed to community services and national development. By the grace of Almighty we are working tirelessly and will continue the same to create a sense of social consciousness, solidarity and dignity among students.

We, as NSS programme officers tried to fulfil the basic objectives of NSS that is “Not me But You”. The NSS volunteers carried out selfless service may that be cleanliness drive, awareness programme or community outreach programme.

We would like to thank NSS Coordinator, University of Kashmir Dr. Musavir, ex associate professor in Linguistic Kashmir University for guiding and updating us regarding schedule of various activities.

We are highly thankful to our madam principal for helping us to carry out our endeavors smoothly.

NSS Programme Officer

Dr. Nighat Parveen

Prof. Rumisa Nazir

Dr.. Zuhaib Bazaz



NSS Units in the College since 2016-2022

| Year | Name of the Programme Officer |
|-----------|--|
| 2016/2017 | Prof. Kounsar Prof. Arshid Prof. Rukhsana wani Dr. Tabasum Masood |
| 2018 | Dr. Rubeena Prof. Kounsar/Dr. Nighat Quereshi Dr. Asmat |
| 2019 | Prof. Tehseen Dr. Asmat Dr. Nighat Quereshi |
| 2020 | Dr. Dilgeer Mehdi Prof. Tehseen Dr. Asmat |
| 2021 | Dr. Dilgeer Mehdi Dr. Sabeena Prof. Nadia |
| 2022 | Dr. Nighat Parveen Prof. Rumisa Nazir |
| 2023 | Dr. Nighat Parveen Prof. Rumisa Nazir Dr. Zuhaib Bazaz |

Activities Of year - 2021

Earth Day

22nd April, 2021

Department of Environmental Science in collaboration with NSS and NCC wings of the college celebrated **Earth Day**. Activities like Plantation drive, Webinar, Painting competition, Waste from craft. Waste segregation etc, were carried out. Main aim of the celebration was to inculcate swacchta skills among the students and to provide them platform to display their creativity by making craft from waste .



International Yoga Day

19th June, 2021

NSS Wing in collaboration with Women Study Cell organised webinar on the theme of "Promoting Women's Health by Introducing Yoga in daily life" on 21 June, 2021 in the eve of International Yoga Day. More than fifty students participated in this program enthusiastically.



Segregation of Waste

7th October, 2021

The NSS wing of the college in collaboration with NCC organized a door to door Campaign regarding segregation of Waste and Composting in Nawakadal Community .The simple and effective ways of Waste Management at home like buying food that has minimal packaging, composting the Kitchen Waste, performing transactions electronically so that we can minimize the use of paper, considering making soaps and detergents at home and recycling other materials were discussed with the local house holds.



Gandhi Jayanti Celebration

9th October, 2021

Poster Competition on the theme "Gandhi's Principle of Peace and Non violence was held in the college campus.



Single Use Plastic

16th October, 2021

NSS wing of the college in collaboration with NCC screened the documentary on "Single Use Plastic" to spread awareness related to single use plastic hazards on health and environment.



Cleanliness Drive

10th Nov.2021

NSS volunteers and Sixteen (16) students of Travel & Tourism of the college took an initiative to clean the water bodies, religious places and few tourist places of the Valley. Dal lake, Manasbal lake, Buddhist Monastery, Baba Rishi Sahab Shrine, Daranga tourist place and Gulmarg Hill station are the places where cleanliness drive was carried out.



Cleanliness Drive of Jhelum Bund

24th Dec. 2021

The NSS volunteers along with the NSS Program officers carried out cleanliness drive on the bunds of river Jhelum. During the drive students interacted with the people settled on the bunds and discussed importance of clean water bodies not only for us but for our future generation as well.



Activities 2022

Cleanliness cum Awareness Drive

25th March 2022.

NSS wing of the college in collaboration with Nature Club organized Cleanliness cum Awareness program in an adopted stretch of river Jhelum from Nawakadal to Safakadal. The theme of the program was “Conserve the river, and see the difference”. More than 20 students participated in the activity with great enthusiasm and Prof. Shabir Ahmad Shah (Convener Nature Club) acquainted the students about the program and instructed them how to communicate with the locals. The students carried placards highlighting the importance of water conservation and interacted with the residents living in the adopted stretch regarding solid waste segregation and disposal. Locals were not only sensitized but motivated about the proper waste disposal and effective cleanliness. Jhelum bund, streets and lanes were cleaned by the NSS volunteers



Pariksha Pe Charcha

1st April, 2022

Students along with the faculty members viewed the live broadcast of Honourable Prime Minister's interaction with the students, teachers and parents during the 5th edition of **Pariksha Pe Charcha** through DD National in the college campus. The NSS volunteers of the college watched the session with great enthusiasm.



Poshan Abhiyaan

4th April 2022

The NSS Wing of the college organized a programme on the theme “National Nutrition Mission / Poshan Abhiyaan” under the patronage of Principal, Prof. (Dr.) Tabasum Rafiq. As a part of this event, Dr Yasmeen Majid Khan, Head of the Department Home Science, talked about prevalence, causes and consequences of Anaemia among young females of Kashmir Valley. Dr. Nighat Parveen (NSS officer) discussed about the “National Mission of Nutrition” initiated by Honourable Prime Minister Mr Narinder Modi ji in the year 2018 with an aim to direct the attention of the country towards the problems of malnutrition and address it in Mission-mode, with a vision to ensure attainment of “Suposhit Bharat” i.e. Malnutrition Free India by 2022. Dr.Rukhsana wani (IQAC coordinator) discussed “Impact of Health on the Quality of Education” and laid emphasis on consumption of healthy diet.



Plantation Drive

4th April 2022

The NSS Wing of the college organized a plantation drive in collaboration with college Nature Club to make the college campus greener. The event was conducted with the active support of NSS volunteers and other students of the college.



Cleanliness cum Awareness Programme

9th April 2022

The NSS wing of the college organized programme on Cleanliness cum awareness programme under the banner of “Swachh Bharat Abhiyaan” around Boulevard area of Srinagar city.



Dal lake Cleanliness Drive

18th & 19th April 2022

The NSS wing of the Government College for Women Nawakadal participated in Dal lake Cleanliness program under “**Athwass initiative**”. Fifty students participated in the activity with great enthusiasm. They carried Placards highlighting the importance of water conservation and interacted with the officials from Lake Conservation and Management Authority (LCMA) and Forestry. The event aimed to develop the sense of environmental responsibility among the students and highlighted the importance of a clean and healthy environment for the survival of mankind.



Hokarsar Cleaning Campaign

11th May 2022

The NSS volunteers of College took part in Hokarsar cleaning campaign on 11th May 2022. This programme was organized to sensitize the students regarding various Environmental concerns of Hokarsar. Students hand-picked plastic items around the wetland. They were educated about the importance of wetland for the survival of birds and in turn survival of mankind.



Yoga Protocol (CYP)

14th May 2022.

The NSS volunteers of the college participated in the early morning sessions of the common Yoga Protocol (CYP) at University of Kashmir. In this programme students were educated about the health benefits of yoga and its various techniques and forms. This programme was organized as run up to celebration of International Yoga Day on June 21, 2022. Chief guest of the event was Vice Chancellor, University of Kashmir, Prof. Talat Ahmad.



World Cycle Day ("Fit India Freedom Rider")

3rd June, 2022

The NSS unit of the college in collaboration with Physical Education department observed "World Cycle Day" under the theme of "Fit India Freedom Rider". This rally was organized to inculcate the habit of using cycle among students and faculty members. The faculty members and the students participated in cycle rally with zeal and zest.



Health Camp

11th June 2022

College NSS Wing organized a free general health camp for the students of Govt. Middle School Aalikadal, adopted by GCW, Nawakadal on 26th May 2022. Team included physicians, dermatologist, gynecologist from the healthcare facility S.R Gunj along with the Paramedical staff for the diagnosis and distribution of free medicines respectively. Approximately, 36 students from the adopted Government Middle School came for the health Checkup.



Adopted Middle School

12th June 2022

The NSS Wing organized college campus visit for the students of adopted Government Middle School. Students were welcomed by Madam Principal Dr. Tabsum Rafiq. They used college facilities like Gymnasium both indoor and outdoor, table tennis hall, basket and volleyball courts etc. of the college. They got a chance to meet students and interact with faculty members. This visit was organized to make them aware about the facilities available in the college and to motivate them to continue their studies and fulfil their dreams.



International Yoga Week Celebrations

14th to 21st June , 2022

The NSS Wing organized “International Yoga Week celebrations 2022” from 14th June to 21st June 2022. In this programme students from adopted school along with NSS volunteers participated enthusiastically.



Quiz Competition

4th August 2022

Under the banner of Azadi Ka Amrut Mahotsav, Department of Political Science in collaboration with NSS and NCC units of the college organized a Quiz Competition on the Constitution of India in the conference Hall of the college. The main objective of the Quiz Competition was to create an awareness about the constitution of India, developing knowledge about the personalities associated with its making and to promote understanding of its salient features etc. The Winners of the Quiz Competition were selected on the basis of correct answers and minimum time taken to answer the questions. The Quiz was conducted/hosted by Mr. Hafizullah Shiekh, Assistant Professor in the Department of Political Science. Winner of quiz competition was Group A, comprising of three students, Zainab Gazali of 3rd Semester, Roll No-213403, Rukhsana of 3rd Semester, Roll No-215190 and Humaira of 3rd Semester, Roll No 21519 1.



One Day Workshop on “Drug de-addiction and Rehabilitation

24th August 2022

Kashmir University National Service Scheme organized one day workshop cum seminar on “Drug de-addiction and rehabilitation at Gandhi Bhawan with an aim to aware the students against drug abuse and enable them to exchange idea on this societal issue. Dr. Muzaffar Ahmad Khan director Youth Development and Rehabilitation Centre delivered a special lecture on the theme. There were three competitions Viz Poster Making, Declamation and Slogan writing in which five students from our college namely Misbah Hilal, Saima Wangnoo, Sabah Neha, Mehvish Shera and sumaira from 3rd semester participated. In the Poster making competition one of the participants namely **Misbah Hilal 3rd semester BBA secured first position.** The participants were escorted by NSS Program Officer Prof. Rumisa Nazir.



Single Use Plastic Ban Rally in the college campus

29th August, 2022

A rally on **single use plastic** was taken in the campus of Govt. College for Women, Nawakadal, Srinagar. NCC cadets and NSS volunteers of the college participated in the rally. The aim of the programme was to spread awareness amongst Students to Say 'No' to Plastics. The students displayed placards related to plastic menace, one of the biggest menaces of this modern age.



Teacher's Day

7th September, 2022

A short film was showcased to students by NCC and NSS wings of the college as a mark of tribute to the teachers on 8th September, 2022. Teacher's Day is celebrated on 5th September and this tradition started from 1962. This is the day when Dr. Sarvepalli Radhakrishnan was born. He was a philosopher, scholar, teacher, and politician and his dedicated work towards education made his birthday an important day in the history of India. The aim was to make the students aware of the significant role of teachers in their lives to help them become successful in careers and business



Drug abuse and its abusers

26th September, 2022

Internal Quality Assurance Cell in collaboration with NSS and NCC wings of the college organized a special Lecture on "Drug abuse and its abusers" on 26th September, 2022 in the auditorium of the college. The invited speaker was Dr. Mohd Muzafer khan, Director youth development services, Founding member of police de-addiction services and consultant clinical psychologist. The Lecture was attended by the students and faculty members of the college. The primary purpose of the program was to increase youth's resistance to drug use and abuse. The aim was to develop self-awareness, life skills, knowledge, and appropriate attitudes about drugs amongst students. The esteemed Principal of the college, Dr. Nighat Nasreen delivered the welcome address. In her address, the principal highlighted the importance of awareness programmes to curb the growing menace of Drug addiction. The Keynote address was given by Prof. Ruksana Jabeen, coordinator Internal Quality Assurance Cell. She gave a presentation in which she talked about the risk of drug addiction, symptoms and preventive measures. The speaker, Dr. Muzafer Khan shared some facts on the substance abuse prevailing in the society. He painted a very grim picture as the drug addiction in Kashmir is rising at an alarming level. Drug addiction is across poor and rich, rural or urban, illiterate or literate. There are different stages of drug addiction and it is scary. The substance abuse is getting complicated every passing day so we as a society have a responsibility if we want to save our future generations. The event concluded with the launch of a drug de-addiction movement in the campus with the release of the pamphlet for the same.



Yuva Utsav & Yuva Samvaad @ 2045

28th September 2022

NSS wing of Government College for Women Nawakadal attended **Yuva Utsav** organized by Kashmir University NSS unit in collaboration with **Nehru Yuva Kendra** in the EMMRC auditorium Kashmir University. More than 10 students participated in various activities of the utsav viz Painting, Poetry competitions, Declamation contest, Photography and cultural activity with great enthusiasm. Utsav gave exposure to students related to various schemes of Ministry of Youth Affairs and Sports. Our College Secured third position in cultural Activity.



Nukkad Natak organized by Cultural Forum, Drama and Songs, Bandipora in collaboration with NCC and NSS wings of the college

29th September, 2022

Nukkad Naatak was organized by Cultural Forum, Drama and Songs, Bandipora in collaboration with NCC and NSS Wings of the college in the college campus. The Nukkad Naatak was performed under the banner of Nasha Mukta Abhiyan with an aim to sensitise the students about drug menace. The artists made the students aware of drug abuse and its consequences. Translating the power of visual and verbal modes into a spectacular performance, the artists concretised the message against the horrors of drug abuse. The students were thoroughly involved in the entire event. The programme ended with a positive response from the students with a pledge to fight against this evil practice.



Gandhi Jayanti Celebrations

3rd October 2022

On the eve of Gandhi Jayanti, National Service Scheme (NSS) wing in collaboration with Department of Political Sciences organised a lecture on the theme “Gandhi’s Political Ideas and its Relevance”. Mr.Hafizullah (Assistant Professor in Political Science) delivered the lecture. A good number of students and staff attended the lecture. Madam Principal, Dr.Nighat Nasreen was the chief guest.

The Speaker started his talk by introducing books authored by Mahatma Gandhi viz- Hind Sawaraj published in 1909, My experiment with truth (1929) and Key to health (1948). The speaker encouraged the young student community to imbibe the values and principles of Gandhiji present in these books in every moment of their life and practice them in order to attain sustainable goals. He further added that change should come from within with self-realization and acceptance to bring long term effect. He wants everyone to be involved and commit to their responsibilities with self-change to bring desired change and achieve goals. The Speaker shared many incidences and occasions in Gandhi’s life which revealed his self-sacrificing nature that is contradictory to other revolutionary means to attain peace. The speaker concluded his talk by saying that Gandhi was always in fore-front and one amongst the masses who led the crowd. He believed in Antyodya to Sarvodya’ which is relevant and followed today in Government policies as well.



Health Check up

8th October 2022

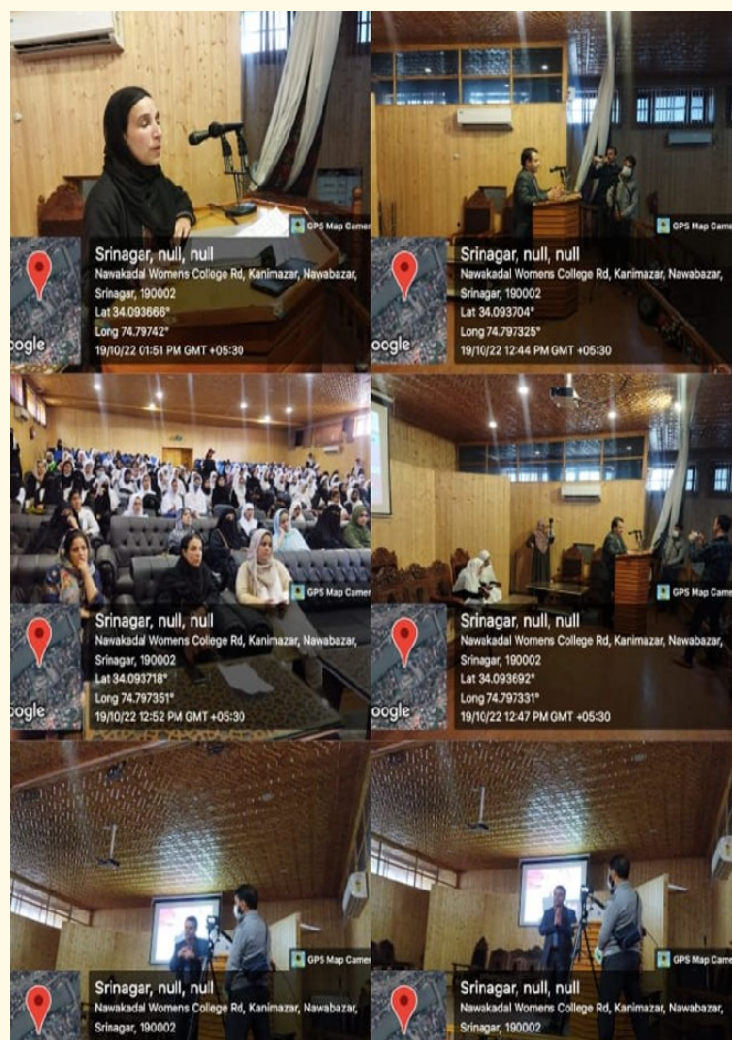
National Service Scheme (NSS) unit of the college organized a health camp in collaboration with Public Health Centre SR Gunj, under the patronage of Principal, Prof. (Dr.) Nighat Nasreen. It involved general check up of both primary and high school students of adopted school. Screening tool cum referral card for children (6-18 years) under Rashtriya Bal Swasthya Karyakarm were distributed among students. Height and weight was checked to calculate BMI (Body mass Index) which explains whether the person is healthy or not. This was followed by Eye Check up. After the checkup, many students were benefitted with the medicines provided free of cost by Jammu & Kashmir Health department. Most of the students were referred to Rainawari hospital for further consultation.



Breast Cancer Awareness Program

19th October 2022

NSS wing and Department of Biochemistry, Government College for Women Nawakadal under the patronage of Dr. Nighat Nasreen organized one day awareness program on “Breast Cancer” in collaboration with the Department of Bioresource Kashmir University as part of observance of **Breast Cancer Awareness Month**. The Program was attended by faculty members and more than 150 students of the college. Dr. Nighat Parveen Head Department of Biochemistry inaugurated the program and appreciated the role Department of Bioresources in conducting the lecture series through-out the valley. Dr. Manzoor Ahmad Mir, Head Department of Bioresource delivered a special lecture on the theme with prime focus on how to step up cancer literacy and knowledge among the population and dispel the myths that people believe in. He stressed on latest technologies for diagnosis and treatment and shared some success stories also.



Awareness Programme and Health Checkup

31st October, 2022

The NSS Wing, Health Centre in collaboration with Department of Biochemistry Government College for Women Nawakadal, Srinagar organized an Awareness Programme & Health Checkup on life style disease in collaboration with Govt. College for Women M.A Road, Srinagar & Sheri-i-Kashmir Institute of Medical Science (SKIMS) under the patronage of Prof.(Dr.) Nighat Nasreen.

The Programme was started with an introductory speech by Head Department of Biochemistry, Dr. Nighat Parveen. The Guest speaker was Dr. Shariq Rashid Masoodi, Professor Endocrinology SKIMS. He talked about the major lifestyle diseases like obesity, PCOS, Thyroid dysfunction which are non-communicable in nature. He stressed that reviewing health history like Weight, Eating Patterns, Physical Activity, Keeping check on waist circumference, Body mass Index can help in diagnosing the disease. This was followed by Health check-up by the team of Doctors & Paramedical staff. Biochemical testing was also done. More than 70 Blood Samples were collected for testing purpose.



National Unity Day

31st October 2022

On the eve of National Unity Day” Rashtriya Ekta Diwas Celebrated” . Road Run Pledge ceremony was organized under the dynamic leadership of Madam Principal Prof.(Dr) Nighat Nasreen by the Azadi Ka Amrit Mahatsoav Committee and the National Service Scheme Wing (NSS) of the college. In the “run for unity” a good number of students enthusiastically participated in a short marathon rally in the local area of the college to evoke the spirit of integrity among the local people. They carried a spirited message for cohesive and unified India. Their loud chant for Unity is blessing boosted the morale of everyone who came across in their way paying a perfect tribute to the Iron man (Sardar Vallhbhai Patel)on his anniversary.



Radio Programme (AIRNEXT)

3rd November, 2022

The NSS wing of college, the Department of English and the Department of Music in collaboration with All India Radio Srinagar organized the program “AIRNEXT” .

The program had three segments.

- Discussion
- Local Talent
- The voice of Heart (Mann Ki Baat)

The theme of the first segment “Harassment of Female in Local Transport”. In the second segment, students presented poems written by them. Some of the students presented songs in different languages. The last segment, students expressed their opinions regarding various societal issues and how they feel about it.



Sloganeering Event on "Corruption Free Society" under "My Town My pride"

9th December, 2022

The NSS unit of the college in collaboration with NCC and Department of Political Science organized a sloganeering event on "Corruption Free society" under the aegis of My Town, My Pride. The students raised slogans to show the different dimensions of corruption with an aim to motivate the students to act as agents of change and report incidents of corruption at appropriate levels. There was also a brief discussion on the impact of corruption with special focus on political corruption and democracy. The students spoke on the topic and established their arguments on how to make a corruption-free developed state in the future. They also showed placards to give a vent to their thoughts on how to prevent corruption and promote transparency as these are essential for the sustainable development of any society.



Violence against women

10th December 2022

The NSS unit of the college in collaboration with NCC organized a documentary session on "Violence against women" under the aegis of "My Town, My Pride". The documentary entitled "Domestic Violence, the Issue, laws and Solutions" highlighted gender-based violence as an issue of public health concern. It showed violence as any harmful act, physical, sexual and/or emotional, perpetrated against a person's will with a negative impact on the physical or psychological health of the person. Resultant physical injuries and disabilities commonly include lacerations, abrasions, eye injuries, fractures, bruises, and burns. Mental health impacts include depression, anxiety, low self-esteem, phobias, panic disorders, and post-traumatic stress disorder. They also talked about how gender-based violence and interpersonal violence are preventable. Several sectors are responsible for providing services and support to survivors, including the social sector, the security/protection sector, the legal/justice sector, and the health sector. The role of the health sector is to safely identify and effectively treat survivors of violence, confidentially document cases, and provide necessary referrals to needed services and support. Coordination among sectors is essential to reduce the harmful impacts and prevent further injury, trauma and harm.



International Human Solidarity Day

20th December, 2022.

The NSS and NCC wings of the college in collaboration with Department of Political Science organised a group discussion on the eve of International Human Solidarity Day. International Human Solidarity Day is observed on 20 December, every year. The day was introduced by the UN General Assembly. The main aim of solidarity is to show care and concern for justice. The discussion began with an introduction to how Solidarity works when there is respect and understanding of each other's needs. Prof. Hafizullah, Head, Department of Political Science talked of International Human Solidarity Day as a day to celebrate our unity in diversity. Students from different semesters actively participated in the discussion. The aim was to spread awareness among the students about the importance of solidarity as a means to lift people out of poverty, hunger, and disease.



National Youth Day

3rd January 2023

As a mark of befitting respect to Swami Ji, the NSS wing of Govt. College for women Nawakadal celebrated National Youth Day in the college campus with the primary aim of sensitizing all the students about the philosophies, principles and ideas of Swami Vivekananda. To celebrate the occasion of National Youth Day a talk was held which was attended by the students of the college. Dr. Zuhaib and Ms. Rumisa Nazir (Programme Officer Unit III & II) enlightened the students about the relevance of his principles in the present world. Both the Programme officers also spoke on the present status of education system and stressed that only focused youth who have good character, are enlightened and strong willed can bring desirable changes in the society.

Dr. Nighat Parveen (Programme officer unit I) through her interaction with the students tried to inculcate the values and morals of Swami Vivekananda. The Theme of this year **“It’s all in your Mind”** inspired the youth to lead a very happy and productive life.



International Women's Day

8th March 2023

The NSS wing of Government College for Women Nawakadal celebrated International Women's Day under the theme **"Digitall: Innovation and Technology for Gender Equality"**. Dr. Yasmeen Ashai Director College and Ms Sleeth Shah Deputy Superintendent of Police inaugurated the community stalls, in which many hand made products both textiles, eatables etc were put on sale. More than 30 students including few females from the adopted community of Jamalatta participated with great enthusiasm. Principal, Prof. (Dr) Neelofar Bhat appreciated the efforts of the NSS and emphasized the need of such programs in sensitizing the locals particularly the females to be financially independent.



Survey on Youth Neither in Formal Education Nor in Regular Employment

27th March to 28th March 2023

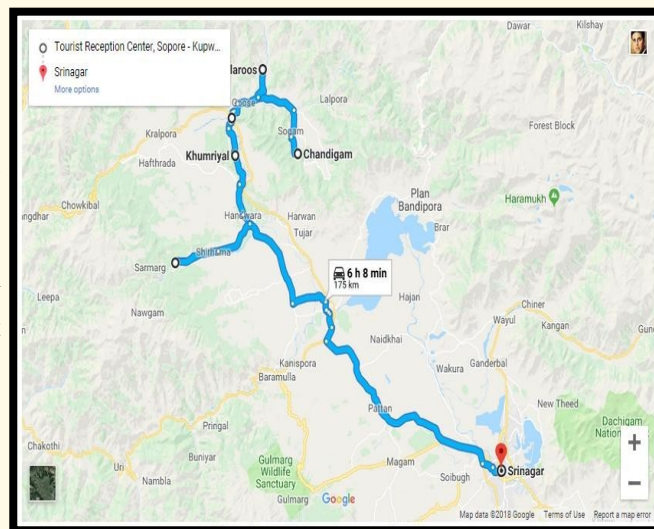
The NSS wing of Government College for Women Nawakadal organized a Two days Survey on “**Youth neither in Formal Education Nor in Regular Employment**” in adopted village **Sangam** and its adjacent areas under the patronage of madam principal Dr.(Prof) Neelofer Bhat. The total number of student volunteers participated in the survey were Seventy five (75). Data was collected from 182 households, out of which 90 households qualified for the survey. The survey was done successfully under the supervision of Prof. (Dr.) Nighat Parveen (NSS program officer unit I), Rumisa Nazir (NSS program officer unit II) and Dr Zuhaib Bazaz (NSS program officer unit III)



Special Camp

18th March to 22 March 2023

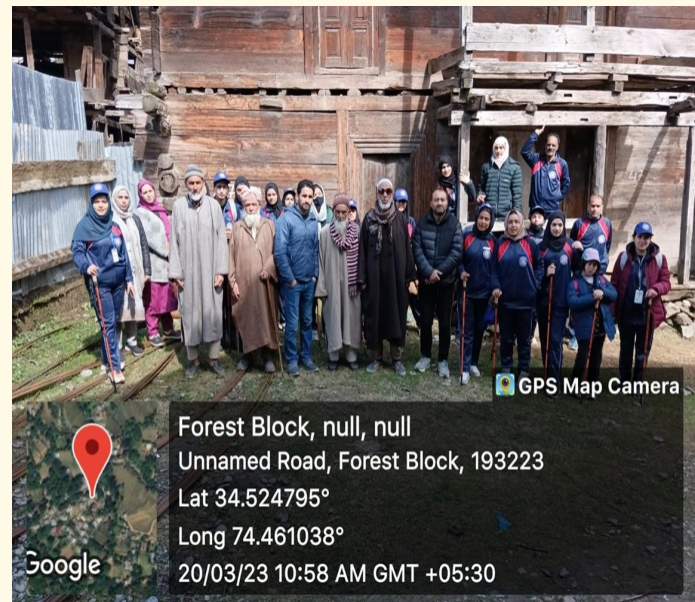
Special Camping forms an integral part of National Service Scheme. It has special appeal to the youth as it provides unique opportunities to the students for group living, collective experience sharing and constant interaction with community. NSS wing of Government College for women Nawakadal organized a five day special camp in the Lolab valley of district Kupwara from 18th March to 22 March 2023. The total number of student volunteers participated in the camp were twenty. Activities carried out by the volunteers under the supervision of Prof. Rumisa Nazir (Program officer Unit II), Dr Zuhaib Bazaz (Program officer Unit III), Prof. Audil Hussain (Head department of Computer Applications) and supporting staff (Fahmeeda, Nahida, Yaqoob and Mohd. Aslam) in the Chandigam & Anwarabad village of Lolab valley were:



Road Map to Lolab Valley

- ◆ Cleanliness drive of a reservoir in Kuhigam under Swachh Bharat Abhiyaan.
- ◆ Counseling session about women Hygiene.
- ◆ Awareness about importance of safe and clean drinking water.
- ◆ Distribution of stationary items in the Chandigam village of Lolab valley and among the students of Government Primary/Middle School Najar Mohalla and Anwarabad respectively.
- ◆ Sensitization of village people with special focus on children about Drug menace.
- ◆ Awareness about impact of burning in open and cigarette smoking/Tobacco on human health.
- ◆ Awareness about importance of Forest, Soil and Water conservation.
- ◆ Discussion about the role of women in the eradication of social evils like casteism, regionalism etc.
- ◆ Beti Bachao Beti Padhao





Rally on Theme “Save Environment and Save Water” in the college campus

29th March, 2023

A rally on “Save Environment and Save Water” was organized by NSS, Azadi Ka Amrit Mahautsav and College Nature Club in collaboration with the Department of Environmental science in the campus of Govt. College for Women, Nawakadal, Srinagar. Both NSS and CNC volunteers of the college participated in the rally. The aim of the programme was to spread awareness amongst Students about the judicious use of water. The students displayed placards related to importance of water and its conservation. The students raised slogans on save water and stop polluting it, followed by a discussion on how to use it judiciously. In order to protect our planet from water pollution, the students reiterated that it is essential to create social awareness. And awareness starts by informing and educating our students.







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