

Extension Activities during the Last Five Years

1. The college, in collaboration with J&K Bank, conducted a one-day hands-on-training programme cum workshop on Digital Literacy on 15th April 2017 in the auditorium of GDC (Boys) Kupwara. Mr. Muzammil Ahmad, Relationship Executive J&K Bank, delivered a very informative lecture about e-banking. The speaker apprised the participants about the different procedures of e-banking and also gave valuable suggestions regarding securing our online transactions. In the second part of the programme, Mr. Khursheed Ahmad (Bank Associate, J&K Bank) imparted hands-on-training to the participating students to acquaint them with the use of POS (Point-of-Sale) Terminal machine. The workshop was attended by both the faculty and the students of the college. Refreshments were provided to guests, students and supporting staff. At the end, Prof. Mohd. Asgar Khan, Convener Debates and Seminars, thanks the Jammu and Kashmir Bank team for conducting such a valuable exercise with the college students.

2. The college held a cleanliness drive on 13th May 2017 in and outside the college premises in which around 35 students from B.G 3rd Semester participated. The programme was monitored by Prof. Luqman Amin, Convener Red Cross Committee and Mr. Athar Ahmad Shah, PTI who accompanied the students to the nearby localities of the institution. Besides, collection and proper disposal of the plastic and polythene wastes, the students also displayed placards and banners to sensitize the villagers towards environmental cleanliness. The volunteers who made the drive a success were served refreshment at the end of the programme.

3. In its pursuit for capacity building of the community against disasters, the college organized a basic training programme about fire-fighting on 19 April 2018. The programme was conducted in collaboration with Fire Service Department, Kupwara (J & K) and 140 students from the college attended the programme. Mr. Fayaz Ahmad, DFO, Fire Service Department, Kupwara in his address detailed out the various precautions to prevent any fire accidents at home. His speech was followed by a practical demonstration of how to put off fire if and when a gas cylinder catches fire. The demonstrator repeated the practice multiple times that encouraged and motivated the students to try it by themselves. The demonstration part was carried out in the lawn of Govt Middle School Kupwara which prompted the school students also to witness the programme.

4. The college conducted a Swach Bharat Mission camp at the adopted village of Manigah, some 25 km from the main town Kupwara. The village has a very low literacy rate with a very poor accessibility of roads. A team of 24 students and 5 teachers visited the village on 30-06-2018. Programme Officer, Prof. Mohd Asgar Khan lead the awareness campaign about environmental cleanliness. Mr. Mushtaq Ahmad Parry, Lecturer Education (Contractual) apprised the locals to get their wards, especially the girls, enrolled in educational institutions to improve their social status. The team members distributed brooms, buckets, dustbins, phenyl etc among the locals. At the end, a light refreshment was served to the student volunteers.

5. On 25 June 2018, a group of 12 student volunteers accompanied by Prof. Mohd Iqbal Malik (Department of Islamic Studies) and Dr Rayees Ahmad Magray (Department of Environmental Science) visited the *TakZainagiri Memorial Orphanage* at Sulkoat Kupwara. The orphanage houses more than 50 orphans from different villages of the district and provides them food and shelter besides facilitating their schooling and educational endeavors. The volunteers interacted with the orphans and discussed the problems they are facing especially with regard to their schooling. Prof. Mohd Iqbal Malik appreciated

the administrative staff of the orphanage and thanked them for this great service to the society. In the end a sizeable quantity of soaps, handwashes and other sanitary material was donated to the orphanage.

6. The college carried out an extension activity on 26-06-2018 under *Swachh Bharat Summer Internship* programme at Village Sohpora, some 1.5 km away from the college. A total of 42 student volunteers participated in the programme who were accompanied by 5 faculty members. A door to door campaign with regard to personal and community hygiene and environmental cleanliness was held in the village under the supervision of Dr. Rayees Ahmad Magray, HoD Environmental Science. Prof. Mohd Iqbal Malik, Department of Islamic Studies and Prof. Altaf Shah Syed, Department of Education supervised the distribution of sanitary materials among the villagers. Mr. Asif Ahmad Naik, Department of Economics lead a team of volunteers for the spray of phenyl at the waste dumping site in the locality.

7. In collaboration with ELFA International, an NGO working in situations of poverty, conflict and disaster, an awareness programme on menstrual hygiene was organized by the college on 23 March 2019. The programme was attended by students of the upper primary classes of the Govt Middle School Sulkoot in addition to the college students. The health experts from the organization counselled the students on hygienic measures during menstruation. The experts also helped the students with psychological counselling during the programme. Dr Zeenat Akhter, Department of Islamic Studies, thanked the guests for successfully conducting the programme and entreated the organization for conduct of such programmes in future.

8. A plantation drive was conducted by the Department of Environmental Science on 26 March 2019 in collaboration with ELFA International, an independent non-governmental organization working in poverty, conflict and disaster situations. The plantation programme was carried out in the college vicinity wherein about 150 polybag saplings of pine and deodar were planted. 25 students participated in the programme in addition to teaching and non-teaching faculty members and volunteers from the organization. In the end, Prof. Iqbal Malik thanked the organization for making the plantation initiative a success.

9. On 30th September 2020, the college organized an awareness programme on Covid-19 in collaboration with the Department of Indian System of Medicine and Homeopathy, Kupwara J & K at the adopted village Manigah as part of the college outreach programme. The team comprised of 20 student volunteers of the college accompanied by Prof Mohd Asgar Khan, Dr Mohd Iqbal Malik and Prof Altaf Shah Syed. Dr Altaf Ahmad Sheikh, Medical Officer Ayush Unit Kupwara, Dr Syed Abid, Medical Officer Aafan, Khurhama Lolab and Pharmacist Mohd Yousuf Sheikh accompanied the college team during the awareness programme on Covid-19. The medical team also distributed Immuno-modulator drugs, masks and sanitizers among the tribal people besides acquainting the people about the different preventive measures to stop the spread of Covid-19.

10. To celebrate the 75th Independence Day of India, the college organized a series of programmes and activities under the banner of *Azadi Ka Amrit Mahotsav*. In this regard the college conducted the *Campus Cleaning Drive* on 11th August 2021 in which more than 120 students participated besides the teaching and non-teaching faculty members. To boost the morale of the volunteers, the worthy principal himself took part in the cleanliness drive. The worthy Principal appreciated the commitment of the volunteers for participating in the drive in spite of the fact that the colleges remained closed for any kind of offline activity on account of Covid-19 pandemic lockdown.

11. As the college did not have a registered NSS unit, the college decided to conduct extension and outreach programmes in collaboration with NSS unit of Government Degree College (Boys) Kupwara. In this connection, a team of college volunteers under the supervision of Prof. Luqman Amin and Prof. Tariq Ahmad Ganaie visited the adopted village of Vogabal alongwith 20 NSS volunteers and 3 faculty members from GDC Kupwara, where an awareness programme on Women Hygiene was conducted. The team members interacted with tribal ladies in the village. Programme was attended by a large gathering of tribal ladies who were fully acquainted by the girl volunteers about the importance of health and hygiene

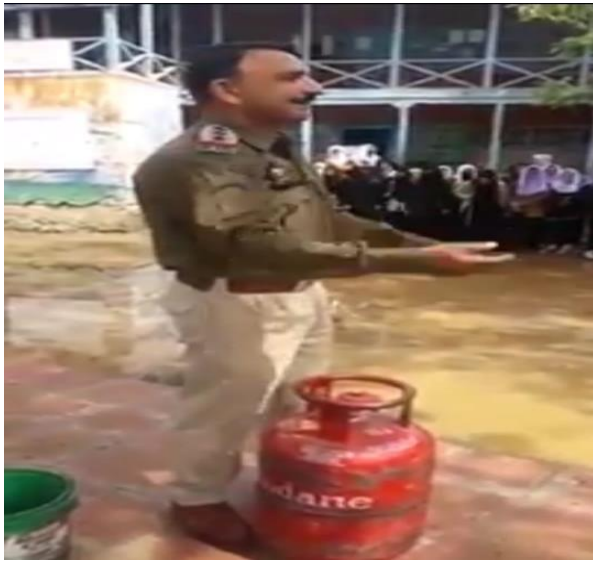
during menses periods and pregnancy. At the end, the sanitary pads and soap bars were distributed among the tribal ladies.

12. On 12th of August 2021, 30 volunteers and two faculty members from the college (Prof. Luqman Amin and Prof. Tariq Ahmad Ganaie) along with the NSS team of GDC Kupwara visited the adopted village Kashira, where an awareness programme on Women Hygiene and Waterborne Diseases was conducted. Programme was attended by a large gathering of tribal adolescent girls who were apprised by the team members about the water borne diseases; causes and consequences and importance of drinking boiled water. They were also made aware about the importance of health and hygiene during menses and pregnancy. At the end, sanitary pads and soap bars were distributed among these tribal girls.

13. The cleaning drive of Kehmil Nallah was carried out on 13th of August by 55 volunteers including students from GDC Kupwara. It is a perennial water nallah fed by glaciers, which is a source of drinking water for most of the population of Kupwara town and adjoining villages. It harbours the prized local food and game fish, *Schizothorax*. The volunteers carried out cleaning of this stream as the vegetable vendors and residents of the adjoining villages throw garbage and polythene in this stream.

14. The college NSS Unit organised an Aids awareness rally on 01-12-2021 to mark the World Aids Day 2021. Prof. Luqman Amin, the NSS officer led a team of 30 NSS volunteers along with Dr. Mehboob Ahmad, Department of Political Science and Dr. Abdul Wahid, Lecturer Economics. The volunteers displayed banner and placards to sensitize the society towards this deadly disease that consumes millions of lives around the world every year. The team marched through the villages of Sulkoat and Sohpora before reporting back to the college. Pertinent to mention here is that this was the first activity of college NSS as the college was recently awarded a self-financed NSS Unit.









GDC Women Kupwara
Higher Education Department J&K
01.12.2021 11:32
34.54059, 74.25452
Altitude: 1579m
Kupwara - Halmatpora Rd, Mir Mohalla, Kalarooch



GDC Women Kupwara
Higher Education Department J&K
01.12.2021 11:31
34.54032, 74.255
Altitude: 1562m
Kupwara - Halmatpora Rd, Mir Mohalla, Kalarooch