

Seven days special summer camp organized at Commerce College to celebrate Environment Week

JAMMU BULLETIN NEWS

JAMMU, MAY 30:

NSS Units, Eco Club and Department of Environmental Sciences of Govt. SPMR College of Commerce, Jammu inaugurated a seven days special summer camp to celebrate Environment week from 30th of May, 2023 to 5th of June, 2023. A total of 50 students registered themselves for participation in the camp. The camp was inaugurated by the chief guest Dr. Surinder Kumar, Principal of the college, Mr. Ajay Kapoor, State Coordinator Art of Living- bureau of communications and projects and Resource Person Mr. Ishan Singh from Art of Living. The camp started with lighting of the lamp by chief guest and other dignitaries present on the occasion. Principal Dr. Surinder Kumar apprised the students with various social issues and environmental concerns and also talked about the opportunities provided to volunteers to play their due roles in the implementation of various environmental programmes. Prof. Apfan Ali, NSS Programme Officer gave a presentation on the importance and relevance of NSS in the colleges and institutions and also gave an outline of major activities that were proposed to be organized during the one week long camp. Prof. Deepshikha Sharma, NSS Programme



Officer speaking on the occasion wished good luck to the NSS volunteers and exhorted the students to become self-reliant in line with the main theme of the camp. She inspired the students that NSS volunteers should develop in them a promptness to help others. The camp started with a session on Yoga under the aegis of "Har Ghar Dhyan" in which Mr. Ishan Singh from Art of Living delivered a lecture on Stress Management and Pranayam. He involved all the participants in short meditation. The students and faculty members felt very relaxed and positive after the meditation session. Later Dr. Deepak Pathania, Convener, Eco Club shared her views

and stressed on the involvement of every strata of society in improving and protecting our environment by adopting sustainable lifestyle. The whole programme was coordinated and managed by Prof. Savita Jamwal, Dr. Nazia Rasool, HOD, Dept. of Environmental Sciences, Prof. Deepshikha Sharma, Dr. Deepak Pathania, Prof. Apfan Ali, Dr. Jagmeet Kour, Dr. Sarabjeet Kour Sudan, Dr. Fayza and Prof. Rishu Mahajan. The other faculty members present on the occasion were Prof. Barbara Kaul, HoD Commerce, Prof. Savita Jamwal, Prof. Shafkat Jahangir, Dr. Monika Malhotra, Prof. Harpreet Kour, and Prof. Rajni Bala.





NSS units of Govt. SPMR College of Commerce, Jammu Organizes Plantation drive and pledge taking ceremony

SREE IMES NEWS

JAMMU, Aug 3: NSS units of Govt. SPMR College of Commerce, Jammu NCC and ECO Club organized plantation drive and pledge taking ceremony under the banner Men Mati Men Desh and Azadi Ka Amrit Mahotsav in the college campus. The program started with the plantation drive which was initiated by Dr. Surinder Kumar Principal of the college along with other faculty members Prof Barbara Koul, HoD Commerce, Prof. Savita Jamwal, Dr. Sandhya Bharadwaj, Dr. Monika Malhotra, Prof. Deepshikha Sharma, Dr. Shipra Gupta, Dr. Sarbjeet Kour, Dr. Deepak Pathania, Prof Apfan Ali and Dr. Fayza. Dr. Surinder Kumar extended his invaluable support and guidance and also emphasized on the significance of such events in building a sustainable

Ecosystem. He appreciated the efforts of the organizers for organizing these programmes and also laid emphasis on planting more and more trees to improve the green cover and Environment

NSS Volunteers along with Mr. Farooq and Mr. Amit dug the pits to ensure the successful planting of variety of saplings. Medicinal and Hybrid fruit bearing saplings planted at multiple locations in the campus. The assortment of saplings included Gulmohar, Kachnar, Guava, Sukhchain and other shady trees were selected carefully to promote biodiversity and ecological balance. Prof. Deepshikha Sharma while addressing the students said that every tree is a living legacy Trees are an investment for the future generations and shall provide natural shade in open spaces and provide cleaner air to breathe by increasing green

cover.

In addition to Plantation Drive, to enhance the green cover and conservation of existing trees students and staff of the college also organized Panch Pran Pledge taking ceremony to highlight the five resolves of Shri Narendra Modi Hon'ble Prime Minister of India during his 76th Independence Day address to the Nation. Speaking on the occasion, Prof Barbara Koul, HoD Commerce said that the Primary focus of organizing this program is to improve all of humankind which is the fabric of Indian culture. College also organized a cultural program and singing competition on 02nd of August 2023 in which students presented cultural performances and patriotic songs. NSS POs Prof. Deepshikha Sharma and Prof. Apfan Ali coordinated and managed the whole event.



One week long Celebration of "Rashtra Ka Naam Paryavaran Saptah" concluded at Govt. SPMR College of Commerce, Jammu

KT NEWS SERVICE

JAMMU, Aug 21: Eco Club, Department of Environmental Sciences, NSS and NCC units of Govt. SPMR College of Commerce under the aegis of IQAC and Mission Life celebrated One Week for Nation, "Rashtra ke Naam Paryavaran Saptah" from 15th August to 22nd August, 2023.

During the celebrations various environmental activities were organized in the college in which students and faculty members participated with enthusiasm.

The week long programme started on Independence Day, 15 August with the hoisting of National Flag followed by Plantation Drive and Cultural Programme.

A poster-making and Slogan writing competition on the topic "Protect Environment, Protect Humanity" was organized on 16th August, 2023.

A competition on "Best Out of Waste" was organized on 17th of August, 2023 in which students prepared beautiful and useful items such as flower vases and eco-bricks from waste plastic bottles.

Students were shown a



movie on 18th of August, 2023. The students were thrilled to watch the Oscar winning movie The Elephant Whisperers.

The activity which was carried out 19th August 2023 was Beautification of College Campus in which beautiful swings were made using waste rubber tyres.

The weeklong celebration came to an end on 21st of August, 2023. The culmination of the programme was marked by plantation drive in the college campus. The tree saplings were planted by Principal and senior faculty members of the college. Principal of the college, Dr. Surinder Kumar appreciated the efforts of organizers for organizing the weeklong program. He

stressed upon the fact that such activities play an important role in developing eco-consciousness among the students.

Faculty members present on the occasion were Prof. Barbara Kaul, Dr. Monika Malhotra, Dr. Sandhya Bharadwaj and Mr. Malik Aijaz.

The whole program was coordinated by Prof. Savita Jamwal, Dr. Nazia Rasool, Prof. Deepshikha Sharma, Dr. Deepak Pathania, Prof. Apfan Ali, Dr. Jagmeet Kour, Dr. Fayza, Dr. Sarabjeet Kour and Prof. Rishu Mahajan. Adil Nazir Qurashi, Mohd. Sajad, Toheed Umar, Shah Hamaad, Samiksha and other volunteers actively participated in the program.



Indian states which are facing shortage of water and the problems faced by the public in those states.

Dr. Jagmeet Kaur, Member Eco club, encouraged the students to come with innovative ideas to deal with water problem. Prof Apfan Ali, NSS PO, talked about rain water harvesting system and its significance in conserving water. The students also actively participated in the discussion and put forth their own experience relating to the topic.

Dr. Sandhya Bhardwaj, Coordinator NSS, adjudged all the activities. Pankaj Kumar, Ayushi Jral and Ajay Kotwal were given 1st, 2nd and 3rd prizes respectively for sharing innovative ideas for saving water. In poster making competition, 1st prize was shared by Ayushi Jral and Ajay Kotwal, 2nd and 3rd prizes were bagged by Ankush Kotwal and Vansh Kotwal respectively. While in slogan writing competition, Ekta Manhas stood 1st, Simran stood 2nd and Muskan Koul, Tanviz Singh & Rohit Sharma shared 3rd prize.

Merit Certificates were given to the students. About 50 students participated in the programme. Rally was also organised to spread awareness among the citizens to save water. The entire event was coordinated and managed by Dr. Nazia Rasool, Dr. Deepak Pathania, Prof Apfan Ali, Dr. Fayza, Prof Rajni Bala, Dr. Sarabjeet Kour, Prof. Rishu Mahajan, Mr. Malik Aijaz and Mr. Rahul Gupta. The formal vote of thanks was delivered by Dr. Jagmeet Kaur.

Modi Government has worked on ground to empower the SC community: Kavinder Gupta

BJP SC Morcha holds working Committee meet of District Jammu South

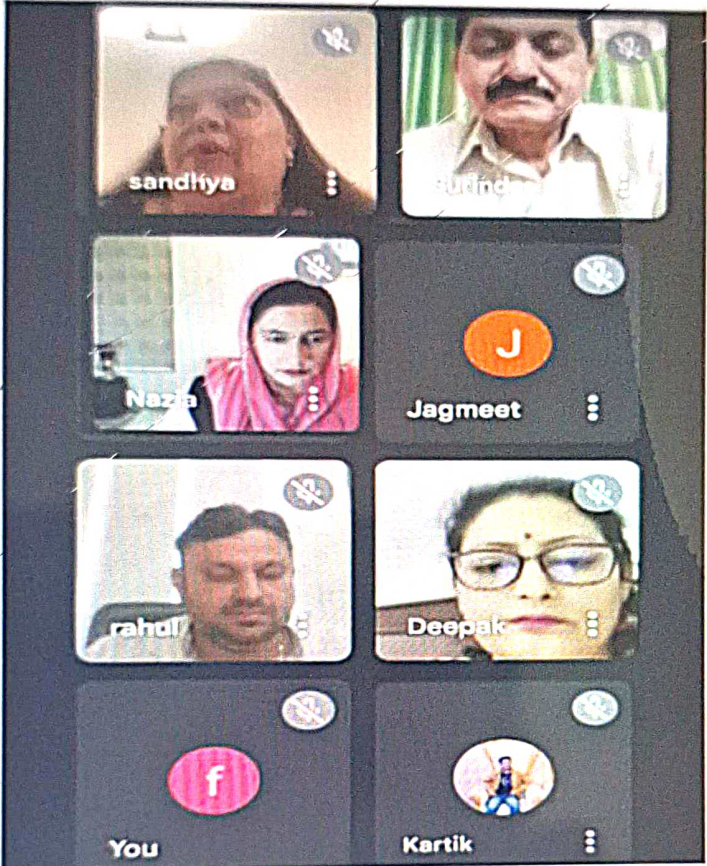
Student centre) In this occas... SKUAST-Jammu... Rajesh Katoch and his wife... Jammu and the programme... was smoothly conducted by... nts of the univer... participated in this... and took blessings of Shree Ram.

Govt. SPMR College of Commerce organizes webinar on Skill Development: Creating Wealth from Wastes

GW REPORTER

JAMMU, Mar 30: Ecoclub in collaboration with Department of Environmental Sciences and NSS Units of Govt. SPMR college of Commerce organized a webinar on skill development: Creating Wealth from Waste, under the aegis of G20. Faculty as well as students from different colleges participated in the webinar. Dr. Surinder Kumar, Principal of the college was the chief guest on the occasion. He spoke at length on the dire need of managing solid waste to have a clean and healthy environment. He also congratulated the organizers for conducting webinar on the relevant issue. Mr. Rahul Gupta, Director VRG group and social activist was the resource person during the event. He discussed in detail the harmful effects of improper disposal of solid waste especially E-Waste.

He shared his own experiences in which he was able to generate wealth out of waste. He stressed upon the fact that nothing is waste if it is reused and recycled. He also mentioned that recovery of minerals from phone, batteries, laptops and other electronic gadgets will lead to conservation of resources



as well as reduction in the mining activity. Dr. Nazia Rasool, HOD, Department of Environmental Sciences formally welcomed the resource person and other participants.

Dr. Deepak Pathania, Convener, Ecoclub advised the students to come up with innovative ideas for converting waste into wealth. Dr. Sandhaya Bhardawaj, Associate Professor of

English also expressed her views on the proper disposal of E-Waste. The webinar was coordinated by Dr. Deepak Pathania, Dr. Sarabjeet Kour Sudan, Prof. Rishu Mahajan and Prof. Apfan Ali, NSS PO. The Proceedings of the event were conducted by Dr. Fayza from Ecoclub and the formal vote of thanks were presented by Ecoclub committee member Dr. Jagmeet



Golden Words

J&K/POLITICS

Twitter icon : @goldenword

Van Mahotsav celebrated at Govt. SPMR College of Commerce Jammu

GW REPORTER

JAMMU, July 14: Department of Environmental Sciences, ECO Club and NSS units of Govt. SPMR College of Commerce, Jammu in collaboration with the Forest Department, Jammu Division celebrated Van Mahotsav. The event was organized under the patronage of Dr. Surinder Kumar, Principal of the college. The program started with the plantation drive which was initiated by Shri Rakesh Abrol, DFO, State Forest Research Institute Jammu. Prof Barbara Koul, Dr. Sandhya Bharadwaj, Dr. Monika Malhotra, Prof. Reeta Menia, Prof. Monika Mahajan, Dr. Nazia Rasool, Prof. Deepshikha Sharma, Dr. Roomi Rani, Prof. Apfan Ali, Prof. Rajni Bala, Dr. Deepak Pathania, Dr. Jagmeet kour, Dr. Fayza, Dr. Sarabjeet Kour graced the occasion by planting different trees. Various medicinal, ornamental, native trees, shrubs and vines were planted at various places in the college premises.

Speaking on the occasion, Shri Rakesh Abrol addressed the students and gave a brief description of significance of various plants and their importance to mitigate Climate Change. He also stressed upon the fact that we get so many gifts from nature which should be reciprocated. Prof Barbara Koul, HOD Commerce laid emphasis on planting more and more trees to improve the green cover and Environment. Dr. Nazia Rasool empha-




sized upon the importance of Van Mahotsav and advised the students to participate actively in furthering the cause of greener and cleaner Jammu. Dr. Deepak Pathania stressed upon the significance of collective efforts in making environment green which is very important to reduce various types of pollution. A special drive to register students as Pryavaran Mitras was also carried out as a part of the celebrations. Later a visit was undertaken by the adopted village Mandal in order to meet Sh. Somnath Dogra, sarpanch of the village and distribute various saplings of plants. An awareness campaign was

also initiated to spread awareness among the rural masses regarding the importance of various species of plants in improving the biodiversity of various regions of Jammu which has been degrading at an alarming rate. Prof. Deepshikha Sharma in her address stressed upon the importance of celebrating Van Mahotsav during the rainy season. Prof. Apfan Ali also interacted with the villagers and inspired them to plant more and more trees. Harpreet Singh, Abaj Dullah, Nikhil Manhas, Arjun, Sahil and other student volunteers were present on the occasion.

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GOVT. SPMR COLLEGE OF COMMERCE



**RAIN WATER
HARVESTING SITE**



FOOD GRADE UV PROTECTION ANTI BACTERIAL

5 LAYERS

NCC

NCC (Army)			
Sno.	National Camp	Regimanta No.	Rank & Name
1	THAL SANIK CAMP 2023	JK&L/22/SDA/500401	SGT Atesh shafma

		JK&L/22/SDA/500410	SGT. Sahil sharma
		JK&L/22/SDA/500422	Cdt Aryan Sharma
		JK&L/22/SDA/500424	Cdt Akshit chargotra
		JK&L/22/SDA/500438	Cdt Pawandeep singh
		JK&L/21/SDA/500425	Cdt Manik Choudhary
2	UP trek 2023	JK&L/22/SDA/500421	Cdt Rajkumar Mandal
		JK&L/22/SDA/500439	Cdt Irfan nazir dar
3	UK trek 2023	JK&L/21/SDA/500433	Cdt RS dheeraj
		JK&L/21/SDA/500427	Cdt Nikhil Guleria
4	EBSB DELHI 1	JK&L/21/SDA/500442	Cdt Vikas morya
5	EBSB DELHI 2	JK&L/21/SDA/500408	Cdt Amandeep Singh
		JK&L/21/SDA/500407	Cdt Arun Manhas
6	IMA	JK&L/21/SDA/500416	SUO Shivam sharma
7	SNIC JORHAT	JK&L/21/SDA/500436	SUO Shivam Sharma
		JK&L/21/SDA/500421	JUO Lalit Sharma
8	BMC PAHALGAM	JK&L/22/SDA/500417	Cdt Sanchay kumar mehra
9	Army attachment Camp(19 JAK rif)	JK&L/22/SDA/500403	Cdt Atul Sharma
		JK&L/22/SDA/500418	Cdt Nitish Kumar
		JK&L/21/SDA/500440	Cdt Surinder Sharma
		JK&L/21/SDA/500420	Cdt Karan Kumar
		JK&L/21/SDA/500401	Cdt Amit Manhas
		JK&L/21/SDA/500406	Cdt Anil pal
		JK&L/21/SDA/500439	Cdt Sachin Atri
		JK&L/21/SDA/500412	Cdt Rahul Singh
10	Army Attachment Camp(82 Armd)	JK&L/21/SDA/500419	Cdt Rahil Sharma
		JK&L/21/SDA/500417	Cdt Sainath Jogdand
11	Republic day Camp 2024	JK&L/22/SDA/500407	Cdt Dhruv Sharma
		JK&L/22/SDA/500423	Cdt Tanish chargotra
12	SNIC Portblair	JK&L/21/SDA/500432	Cdt Akhilesh Padha

Special Achievement NCC

Sno.	Camp	Regimental No.	Rank & Name	Special Achievements
1	Republic day Camp 2024	JK&L/22/SDA/500407	Cdt Dhruv Sharma	YEP, Flag area
		JK&L/22/SDA/500423	Cdt Tanish chargotra	PM rally