

OFFICE OF THE PRINCIPAL
GOVERNMENT SRI PRATAP MEMORIAL RAJPUT COLLEGE OF COMMERCE
JAMMU- 180001 (J&K UT) – INDIA

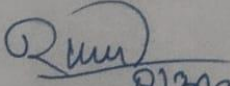
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Dated: 08/03/2022

PRESS RELEASE

IQAC Committee of Govt. SPMR College of Commerce, Canal Road, Jammu in collaboration with Department of English and Commerce celebrated the “*International Women’s Day*” under the aegis of *Azadi Ka Amrit Mahotsav* (Higher Education Department) on the theme “*Gender Equality Today for Sustainable Tomorrow*” on 8th of March 2022. Worthy Chief Guest, Resource Person and other dignitaries inaugurated the function by lightening the lamp. The Resource Person Advocate Jyoti Sharma J&K and Ladakh High Court, Master Trainer, National Legal Services Authority at Provincial level was the Resource Person and Prof. R.S.Jamwal, Principal of the College was the Chief Guest on the occasion. Prof. Archana Kaul, Convener IQAC and Head Department of English, in her welcome address introduced the audience to the theme of the event. She extended a word of encouragement and blessings for students and their mothers on this occasion. She talked about the awareness on gender equality, the struggle and difficulties faced by women. Dr. Roomi Rani from Department of Commerce also shared her thoughts on the theme. Students of the College showcased their talents of singing, poems, speeches and narrated stories on the occasion. Advocate Jyoti Sharma highlighted the concept of gender equality, hardships of women, their rights and various laws for safety and protection of women. She also talked about various schemes initiated by Government of India like vocational trainings, scholarships for the education and empowerment of the women. Prof. R.S.Jamwal congratulated all the women on International Women’s Day and shared his views on the role of women in achieving sustainable development and he also emphasized on women empowerment. Programme was compared by Jahnvi Kour, she also presented the formal vote of thanks.


Prof. R.S. Jamwal
Principal
08/03/2022




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Lecture on "Gender Equality today for Sustainable tomorrow"

International Women Day

Attendance list

Date - 8th March, 2022

S.No	Name of Participants	Semester	Gender	Signature
1.	Gourav Sharma	V	Male	
2.	Shiv Gupta	V	Male	Shiv Gupta
3.	Salesham Khajuria	V	Male	Salesham
4.	Simran Bhatt	V	Female	Simran Bhatt
5.	Muskaan Gupta	V	Female	Muskaan Gupta
6.	Anjali Bhardi	V	Female	Anjali Bhardi
7.	Mansi Sharma	V	Female	Mansi Sharma
8.	Rizu Kumari	V	Female	Rizu Kumari
9.	Komal Choudhary	V	Female	Komal Choudhary
10.	Manvi Gupta	V	Female	Manvi Gupta
11.	Lata	V	Female	Lata
12.	Rashmi Kumari	V	Female	Rashmi
13.	Shriya Mahajan	V	Female	Shriya
14.	Medali Bhargava	V	Female	Medali
15.	Deepna Sathoo	V	Female	Deepna
16.	Rashmi Mehra	5th	Female	Rashmi
17.	Danish Mehra	5th	Male	Danish Mehra
18.	Manik Sharma	5th	Male	Manik
19.	Vansh Soni	V	Male	Vansh Soni
20.	Muskan Sharma	V	Female	Muskan Sharma
21.	Deepak Gupta	V	Male	Deepak Gupta
22.	Meenu Sharma	V	Female	MEENU SHARMA
23.	Vanshika Gupta	V	Female	Vanshika
24.	Sunali Sharma	V	Female	Sunali Sharma

S.No	Name of Participants	Semester	Gender	Signature
25	Manvi sharma	III	female	Manvi sharma
26	Manila	III	female	<u>Manila</u>
27	Sakshi Kumari	III	female	Sakshi
28	Taniya Sharma	III	female	Taniya
29	lavish sharma	III	female	lavish
30	Abhi Kumar	III	Male	Abhi Kumar
31	Karan Kumar	III	Female	<u>Deepika</u>
32	Sushant	III	MALE	<u>Sushant</u>
33	Asuni Kumari	III	MALE	<u>Asuni</u>
34	Abhy Manhas	III rd	Female	Abhy Manhas
35	Poonam Manhas	III rd	Male	Poonam Manhas
36	Karuna Gupta	III rd	Female	Karuna
37	Bhakti Akirwar	III rd	Female	Bhakti
38	Vasu Chauhan	III rd	Female	Vasu
39	Saksham Anshul	III rd	Male	Saksham
40	Jethu virdi	III rd	Male	Jethu
41	Predhman	III rd	Male	Predhman
42	Anshu Choudhary	III rd	male	Anshu
43	Neeraj Kumar Arjuna	III rd	male	Neeraj Arjuna
44	Nikhil Singh Patteria	III rd	male	Nikhil Singh
45	Sourabh Singh	III rd	male	Sourabh Singh
46	Akash Razdan	III rd	male	Akash
47	Varinder Singh	III rd	Male	Varinder Singh
48	Alishuvar Magotra	III rd	Male	Alishuvar
49	Shivam Gupta	III rd	Male	Shivam
50	Harish Singh	III rd	Male	Harish Singh
51	Dheev Sharma	III rd	Male	Dheev
52	Shruti Gupta	III rd	male	Shruti Gupta
53	Sidharth Sharma	III rd	Female	Sidharth
54	Vishal Singh	III rd	Male	Vishal
55	Sunij Kumar	III rd	male	Sunij
56	Priyanka	III rd	male	Priyanka
57	Tajinder Kaur	III rd	female	Tajinder
58	Prachi Gupta	III rd	Female	Prachi

NSS Units of Commerce college Celebrate International Women's Day

Women have always given dignity to home, society, family and nation: Principal

**OBSERVER BUREAU
JAMMU, MARCH 8:**

On the occasion of International Women's Day on March 8, 2022, under the auspices of Amrit Mahotsav of Independence, the NSS units of Government SPMR College of Commerce organized a theme on "Gender Equality Today for a Sustainable Tomorrow".

Poster making and a special lecture. In his address, Principal said Today's women have the potential to perform better in every sector of the world. Home, society, family and nation have always been given dignity and status by women. 20 NSS volunteers participated in the competition and the winners were: Deepasha was awarded first place, Tanya Sangral second place and Priti, Miskan, Mehka,



Manvi were placed together on third level. Competition Judge NSS Program Officer Prof. Apfan Ali, Prof. Rajni Bala and Prof. Dr. Deepak Pathanian of EVS Department. On this occasion Principal RS Jamwal also attended the function and provided insightful information to the students about the importance of

women.

And himself made a beautiful poster. The event was a great success. All this was done under the supervision of the Principal RS Jamwal, NSS Coordinator Dr Sandhya Bharadwaj and Program Officers Prof RS Jamwal, Apfan Ali and Prof. Rajni Bala.

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gone as the humble-rooted India failed to convert even half of the 20 plus short corners that they earned.(PTI)

SPMR College organises 'Maasika Mahotsav'

Excelsior Correspondent

JAMMU, May 27: Eco Club of Government SPMR College of Commerce organized a programme on "Maasika Mahotsav" in collaboration with Climate Front Jammu in the College premises, here today.

The programme was organized to sensitize the students and staff about the menstruation and the taboos associated with it.

Principal, faculty, along with more than 100 students of the College as well as volunteers from the Climate Front Jammu attended the programme wherein various events including Kho-Kho and Santolia, nukkad natak and poetry recitation were organized.

Through the play, the audience was aware of embarrassment attached to blood stains on cloth or asking for a cloth pad from a shopkeeper. It gave out a strong message that we as individuals must try to eradicate the

members for organizing such a programme. Prof Sandhya Bharadhwaj also expressed her views that we all should stop associating the word 'impurity' with the biological process of menstruation and the word 'period' should be considered as normal.

Anmol and Navjeev from Climate Front stressed on the need for creating awareness about menstruation so that it becomes a topic of discussion among people, so that a conversation starts among the youth which will help in eradicating the taboos and help change the lifestyle of women for the better.

The programme was coordinated and supervised by Prof Savita Jamwal, Dr Deepak Pathania, Prof Apfan Ali and Prof Rajni Bala.

Other, present on the occasion were Prof Barbara Kaul (HoD Commerce), Prof Archana Kaul (HoD English), Dr Jagmeet Kaur, Dr Roomi Rani,

Programme on "Maasika Mahotsav"
Student List

Date - 27/05/2022

S.No.	Name of Students	Sem	Gender	Signature of Students
1	Neha	3rd	Female	Neha
2	Vishali	3rd	Female	Vishali
3	Smriti Gupta	3rd	Female	Smriti Gupta
4	Radhica Gupta	3rd	Female	Radhica Gupta
5	Muskan Dogra	3rd	Female	Muskan
6	Khushi Mahajan	3rd	Female	Khushi
7	Parveen Akhtar	3rd	Female	Parveen
8	Aditi Sharma	3rd	Female	Aditi Sharma
9	Priya Sharma	3rd	Female	Priya
10	Manisha Devi	3rd	Female	Manisha Devi
11	Paras Nathwan	3rd	Male	Paras
12	Nitika Kachhar	3rd	Female	Nitika
13	Qefa	3rd	Female	Qefa
14	Vishal Kumar	3rd	Male	Vishal
15	Shivani Raina	3rd	Female	Shivani
16	Khushi Bhat	3rd	Female	Khushi Bhat
17	Jatin Malhotra	3rd	Male	Jatin Malhotra
18	Vansh Gupta	3rd	Male	Vansh Gupta
19	Amit Verma	3rd	Male	Amit Verma
20	Naman Sharma	3rd	Male	Naman Sharma
21	Amit Verma	3rd	Male	Amit Verma
22	Simil Kumar	3rd	Male	Simil Kumar
23	Ashen Kumar	3rd	Male	Ashen Kumar
24	VANSH Kataria	3rd	Male	Vansh Kataria
25	Simran Kapoor	3rd	Female	Simran Kapoor
26	Bhanu Anora	3rd	Male	Bhanu Anora
27	Jatin Sharma	3rd	Male	Jatin
28	POSHKAR PRASMAN	3rd	MALE	Poshkar
29	Pankaj Singh Kataria	3rd	MALE	Pankaj
56	Shulchana	3rd	Male	Shulchana
57	Karan Mehra	3rd	Male	Karan

S No	Name of student	Sem	Gender	Signature
	Prabhat Gupta	3rd	Female	
30	Varinder Singh	3rd	Female	
31	Shubham Kumar	3rd	Female	
32	Badal Kumar	3rd	Male	
33				
34	Manit Kumar	3rd	male	
35	Brotham Gupta	3rd	male	
36	manav Gupta	3rd	male	
37	Vasun Chandra	3rd	male	
38	Neesaj Kumar Verma	3rd	Male	
39	Waqar Ahmed	3rd	Female	
40	Aryan Dogra	3rd	Male	
41	Alisha Gupta	3rd	Female	
42	Alisha Choudhary	3rd	Female	
43	Subham Kumar	3rd	Male	
44	Varinder Singh	3rd	Male	
45	Hritik Raina	3rd	Male	
46	Bharti Ahirwar	3rd	female	
47	Poonam Manhas	3rd	female	
48	Kaunav Gupta	3rd	female	
49	Budhman Sumbia	3rd	male	
50	Anshu Choudhary	3rd	Male	
51	Neesaj Kumar Ahirwar	3rd	Male	
52	Jatin Virdi	3rd	Male	
53	Nikhil Singh Patil	3rd	Male	
54	Akash Razdan	3rd	Male	
55	Sarvesh Singh	3rd	Male	

27/05/22
 (Member, EGO Club)
 Assistant Professor

Govt SPMR College of Commerce conducts weeklong awareness activities on Mental Health

GJ REPORT

JAMMU, OCT 10: The Govt. SPMR College of Commerce Jammu began its weeklong programmes for spreading awareness on Mental Health under 'Manodarpan' an Initiative of Ministry of Human Resource Development, Govt. of India under the guidance of Prof Ranjeet Singh Janwal, Principal of the College.

The valedictory programme began with introductory note by Coordinator of Manodarpan Reeta Menia. The formal welcome address was given by the Principal of the College. He expressed his happiness that the team Manodarpan was doing a lot in spreading awareness about Mental Health. It is important for all students to keep themselves focused and for that a healthy body and mind is required. Youngsters are doing a lot to keep their body fit by going to Gyms but equal and more importance is to



be given for keeping a healthy mind. The Team Manodarpan has taken great initiative in organizing a weeklong programme on Mental Health.

On the first day there was an online session of 'Meri Ankahi Kahani': My Untold Story in this students narrated their stories of depression, low sad times especially the effect of COVID-19 on every one's mind and body.

Pooja Devi, Senior Nurse in SMGS hospital talked about the struggles of doctors and nurses during COVID-19 and how they are coping with it.

Second day Dr. Bal Krishen, Asst. Prof. in Zoology in Govt. Degree College, Ramban talked at length in the Webinar on Understanding Mental Health, he talked about the body and mind closely working together and how we can increase levels of happiness.

On the third and fourth Day an online Poster and Painting day was organized with the theme 'Checkmate Problems: My lows, My ways (creative Expression). Students contributed by giving expression to their inner most emotions through painting and poster

making.

On fourth day the students were shown motivational and inspirational video clips. After every video there was a detailed discussion to understand and also get inspired from it. On the fifth day Dr. Romesh Sharma, Head Counseling Cell, Directorate of School Education, Jammu had an interactive session with the students.

Mental health is important at every stage of life, from childhood and adolescence through adulthood. On the sixth Day a two hour session on 'The Surprising Science of Happiness: Art of Living' understanding mind through meditation was held. The session was conduct by Varun Upadhaya and Shrut Dhiman Faculty from Art of Living, Bangalore alongwith Ajay Kapoor, State Coordinator, Bureau of Communications, DDC and Projects Art of living J&K Chapter.





STOP
*Violence Against
Women*

GOVT. S.P.M.R. COLLEGE OF COMMERCE, JAMMU