



Office of the Principal

Government Degree College Vailoo Larnoo (JK UT)

Email: gdclarnoo@gmail.com

Key Indicator- 5.1.2

Life Skills (YOGA, Physical Fitness, Health and Hygiene)

of

NAAC CRITERION –V

2018-19 to 2022-23



Office of the Principal

Government Degree College Vailoo Larnoo (JK UT)

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Capability Development and Skill enhancement Programmes and Activities

Life Skills (YOGA, Physical Fitness, Health and Hygiene)

S. no	Name of the Activity	Date	No of students
2018-19			
1	Annual Road Race	15/04/2018	09
2019-20			
1	Annual Road Race	04/04/2019	13
2020-21			
1	Celebration of International Yoga day	21/06/2020	10
2021-22			
1	Virtual Tour of Tamil Nadu State	2/7/2021	27
2	Webinar on International Yoga day	15/06/2021	23
3	Celebration Of International Yoga Day	21/06/2021	11
4	Essay Competition on Unity in Diversity	14/8/2021	30
4	Essay Competition on Gender-	3/8/2021	35



	based violence in lock down		
	One day awareness programme on HIV AIDS and Covid- 19	9/8/2021	
5	Mass Vaccination Drive	7/8/2021	20
2022-23			
1	One day Seminar on Gender-Equality	8/3/2022	21
2	One day Programme on World Health day	07/04/2022	42
3	One day awareness programme on HIV AIDS	23/4/2022	37
4	Celebration of World Environment Day	5/6/2022	16
5	Say No to Plastic Rally	2/7/2022	40
6	Quiz Competition on Freedom Struggle in India	11/8/2022	10
7	Celebration of JK DIGITAL WEEK	25/7/2022	22
8	One day Seminar on Drug Abuse	01/09/2022	16
9	Essay Competition on' How to Curb and combat Drug Menace	05/9/2022	10
10	Eco -Friendly life style Awareness Programme.	11/5/2022	15
11	Swatchta -Abhiyan	19/10/2022	15
12	One Month Certificate Course on YOGA	21/6/2022 to 21/7/2023	20
13	One day Trekking Programme	21/9/2022	15
14	Campus cleanliness drive	7/12/2022	33
15	Six week Craft (Chain Stitch/Crewel) Training Programme	26/7/2022 to 3/9/2022	25
16	One day seminar on Life Style for Environment	17/5/2023	30
17	Two day awareness Programme on Plastic Pollution	6/6/2023 to 7/6/2023	20
18	One day Seminar on Green Skills for youth	12/8/2023	60



19	Two days workshop on Intellectual Property Rights (IPRs)	9/10/2023 to 10/10/2023	7
20	One day Mass Rally against Drug abuse	25/4/2023	55
21	Celebration of International YOGA Day	21/6/2023	30
22	One Day Programme on Health and Hygiene (Female Students only)	05/6/2023	26
23	Quiz competition on Gandhian Philosophy of Life	25/9 2023	47





Office of the Principal
Government Degree College

Vailoo Lamoo (JK UT)

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Key Indicator- 5.1.2

Language & Soft Skills

Of

NAAC CRITERION -V

2018-19 to 2022-23



Capacity Development and Skill Enhancement Activities

Language & Soft Skills

S.No	Capability Enhancement Programme	No of Students
2018		
01	Guidance And Counselling	44
2019		
01	Practical And Commercial Arabic	12
02	Learning Skills of Media Writing in Urdu	59
2020		
01	Disaster Management	100
02	English language teaching	09
03	Learning Skills of Media Writing in Urdu	20
04	Conflict and Peace Building	08
05	Learning Skills of Drama In Urdu	31
06	English Writing Skills	05
07	Learning Skills of Drama In Urdu.	14

2021		
01	Guidance And Counselling	32
02	Learning Skills of Media	21
03	English Communication Skills	104
2022		
01	Learning Skills of Drama In Urdu	18
02	Guidance And Counselling	23

5th SEMESTER

SKILL ENHANCEMENT COURSE (SEC)

ED517S: GUIDANCE AND COUNSELING

CREDITS: THEORY: 2, PRACTICAL: 2

THEORY (2 CREDITS)

Unit I Guidance and Counseling

Guidance

- i) Concept, Type - Educational, Vocational, personal.
- ii) Aims and Basic principles

Counseling

- i) Meaning, Purpose and Steps.
- ii) Directive and non-directive theories of counseling.

Unit II Organization of Guidance Service

- i) Purpose of Organization
- ii) Guidance services at Elementary level.
- iii) Guidance service at Secondary level.

PRACTICAL (2 CREDITS)

A) Case study of any Exceptional child:

- i) Gifted
- ii) Slow Learner
- iii) Delinquent
- iv) Creative

B) Counseling of any Exceptional Child:

- i) Slow Learner
- ii) Delinquent
- iii) Shy
- iv) Under Achiever



3rd SEMESTER
SKILL ENHANCEMENT COURSE (SEC)

BBA318S: COMMUNICATION SKILLS & PERSONALITY DEVELOPMENT

CREDITS: THEORY: 02, TUTORIAL: 02

THEORY: 02 CREDITS

COURSE OBJECTIVE: The objective of the course is bring about personality development with regard to the different behavioural dimensions that have far reaching significance in the direction of Organisational effectiveness.

UNIT-I:

Techniques in Personality development a) Self-confidence b) Mnemonics c) Goal setting d) Time Management and effective planning, Transactional analysis.

UNIT-II:

Personality Development: Leadership; Leadership styles, Transactional & transformational leadership. Leadership & personality.

TUTORIAL: 02 Credits

UNIT-I:

Written communication: Basics of Letter writing, memorandum, notice, email, and report writing. Resume writing.

UNIT-II:

Communication skills a) Intra personal communication and Body Language b) Inter personal Communication and Relationships c) Negotiating Skills d) Team Building and public speaking

SUGGESTED READINGS:

1. William Sanbern Pfeiffer & T.V.S Padmaja: Technical Communication: A Practical approach, Pearson.
2. Raymond V. Lesikar & John D Pettit: Business Communication: Theory and application, Dams Publications.
3. Stephen P Robbins: Organizational Behaviour, Pearson.



BA 3rd SEMESTER
COMPULSORY SKILL ENHANCEMENT COURSE
DM318S: DISASTER MANAGEMENT

CREDITS: THEORY: 2, TUTORIAL/PRACTICAL: 2

Course Objective: The frequency of extreme events resulting in widespread loss of lives and assets has been observed to be increasing globally. Collaborative efforts involving everyone are needed at all levels for making Disaster Risk Reduction (DRR) initiatives effective. In this direction the introduction of **disaster management** as a discipline at UG level is an academic initiative expected to be very productive for the process of education, training, mass awareness, and skill enhancement. This course is mandatory for all undergraduate courses. The course comprises of four (4) credits; out of which two credits are theory and other two cover practical/tutorial aspects of the subject.

THEORY

Credit-I: Fundamentals of Disaster Management

- Concept of Disaster, Hazard, Vulnerability, Exposure, Capacity; Disaster Management Continuum; Preparation, Response and Recovery; Disaster Risk Reduction (DRR).
- Disaster Management Act 2005; Jammu and Kashmir State Disaster Management Plan (2016)

Credit-II: Natural and Anthropogenic Hazards

- **Natural:** Flood, Cyclone, Drought, Snow Avalanche, Wildfires, Earthquake, Tsunami, Landslide, Volcanic Eruption.
- **Anthropogenic:** Nuclear (weapon), Chemical (Spill, weapon), Transportation (road accidents), Campus shooting, bomb threats.

TUTORIAL / PRACTICAL:

Credit-III: Disaster Preparedness

Dos and Do not's at individual or household levels (before, during and after a disaster), Communication, Coordination, Cooperation during the emergencies; Community Based First Aid (CBFA); Community Based Disaster Management (CBDM); Mock drills (Fire, Earthquake, Campus Shooting, Bomb Threat).

Credit-IV: Disaster Risk Assessment Techniques

Risk identification; Application of Remote Sensing (RS), Geographic Information System (GIS), and Global Positioning System (GPS) in Risk Assessment

SUGGESTED READINGS:

- A Manual on Disaster Management Parag Diwan (2010), Pentagon, Earth
- Andrew S., 2003. Environmental Modelling with GIS and Remote Sensing
- Bryant Edwards., Natural Hazards, Cambridge University Press, U.K, 2005
- Carter, W. Nick., Disaster Management: A Disaster Manager's Handbook; Asian Development Bank, 2008
- Damon Coppola., Introduction to International Disaster Management 3rd Edition, 2015
- David Etkin., Disaster Theory: An Interdisciplinary Approach to Concepts and Causes, 2014.
- Disaster Risk Management Systems Analysis: A Guide Book
- Stephan Baas (2008), Food and Agriculture Organization of the United Nations.
- Handbook of Disaster Risk Reduction & Management; Christian N Madu and Chu-Hua Kuei, 2017, World Scientific
- N. Peterson, 2009. GIS Cartography: A Guide to Effective Map Design, Gretchen, New York, 2nd Edition.
- Handbook of Hazards and Disaster Risk Reduction; Ben Wisner, J.C. Gaillard, Ian Kelman, (2012) Routledge
- H.K. Gupta., Disaster Management, 2003
- Patrick L. Abbott., Natural Disasters, McGraw-Hill Higher Education, 2004.
- Systems Approach to Management of Disasters: Methods and Applications, Slobodan P., Simonovic (2011), Wiley
- <http://www.unisdr.org/>
- <http://www.ndma.gov.in/en/>
- <http://nidm.gov.in/default.asp>
- <https://www.ifrc.org/>



3rd SEMESTER
SKILL ENHANCEMENT COURSE (SEC)

COM318S1: ELEMENTARY COMPUTER APPLICATIONS

Credits: 4 (Theory: 2; Practical: 2)
Marks: 60 (Theory: 30; Practical: 30)

Objectives: To provide computer skills and knowledge for commerce students and to enhance the student understands of usefulness of information technology tools for business operations.

Part I: Theory: 30 Marks

Unit-1

Word Processing : Introduction to word Processing, Word processing concepts, Use of Templates, Working with word document: Editing text, Find and replace text, Formatting, spell check, Autocorrect, Auto text; Bullets and numbering, Tabs, Paragraph Formatting, Indent, Page Formatting, Header and footer, Tables: Inserting, filling and formatting a table; Inserting Pictures and Video; Mail Merge: including linking with Database; Printing documents.

Unit-2

Spreadsheet and its Business: Managing worksheets; Formatting, Entering data, Editing, and Printing a worksheet; Handling operators in formula, Project involving multiple spreadsheets, Organizing Charts and graphs. **Generally used Spreadsheet functions:** Mathematical, Statistical, Financial, Logical, Date and Time, Lookup and reference, Database, and Text functions.

Part II: Practical/Tutorials: 30 Marks

1. Creation of word document.
2. Usage of different templates.
3. Using of mail merge option.
4. Formula usage in MS Excel.
5. Preparation of charts; bar charts, pie charts; line charts.

Suggested Readings:

1. PK Sinha, Computer Fundamentals, BPB Publications, Delhi.
2. Lallit Mali, Micro soft Office- 2016, Notion Press, Delhi.
3. Bitu Kumar, Mastering Ms Office, BPB Publications, Delhi.
4. G. Manjunath, Computer Basics, Vasan's Publications, Chennai.
5. Ritu Arora, Advance Excel 2016, Training Guide, BPB Publications, Delhi.



4th SEMESTER
SKILL ENHANCEMENT COURSES (SEC)
(English)

EN418S: ENGLISH LANGUAGE TEACHING (ELT)

CREDITS: THEORY: 2, PRACTICAL: 2

THEORY (2 CREDITS)

Unit I: Introducing Phonetics and Phonology

- The Speech Mechanism
- Phonemes: Consonants, Vowels and Diphthongs
- Phonetic transcription of words and sentences

Unit II: Theory Communication Skills

- Introduction to Communication
- Types of Communication (Verbal and Non-verbal)
- Barriers to Communication

PRACTICAL (2 CREDITS)

Unit III: Production of English Speech Sounds

Vowels and Consonants

Unit IV: English in Situations

- Greeting
- Introducing Oneself
- Invitation
- Making Request
- Expressing Gratitude
- Complimenting and Congratulating
- Expressing Sympathy
- Apologizing
- Asking for Information
- Seeking Permission
- Complaining and Expressing Regret



Syllabus for Under Graduate Course (Arabic) under CBCS Scheme

4th Semester (Effective from Batch 2018 Onwards)

Skill Enhancement Course

AR418S: Spoken Arabic

Credits = 2+2
Units = 4

Theory (2 Credits)

Unit - I

Lesson No.: 13-18

المسكن

Unit - II

Lesson No.: 19-24

الحياة اليومية

Tutorial (2 Credits)

Unit - III

Lesson No.: 1-6

التحية والتعارف

Unit - IV

Lesson No.: 7-12

الأسرة

Prescribed Book:

• العربية بين يديك (الجزء الأول)

Book can be downloaded along with audios from www.arabicforall.net

Suggested Readings:

1. جندب عربي ايسس بوليس : بدر الزمان الكبراني، مكتبة وحيدة دلهي.
2. دروس في الترجمة العربية: د. حبيب الله دار سلمان للطباعة والنشر نيودلهي.
3. اللغة العربية الوظيفية: د. شفيق أحمد خان، د. فرحانة صديقي، د. حبيب الله.

4. Easy steps to Functional Arabic

Dr. S. K. Bahmani
Alif Books & Prints, Chennai.

5. Modern Letters in English and Arabic

Maktaba Hadeetha, Beirut



5th SEMESTER
SKILL ENHANCEMENT COURSES (SEC)
(English)

EN517S: ENGLISH WRITING SKILLS

CREDITS: THEORY: 2, PRACTICAL: 2

THEORY (2 CREDITS)

OBJECTIVES:

To enable the students to:

- Acquire fundamentals of writing skills in English.
- Acquire practical knowledge in Business Correspondence.
- Introduce the students to the role, features and use of English for business purposes.

Unit I:

- Understanding written communication (writing process); considering audience and purpose.
- Principle of CODER; Collection of Ideas (free writing, brainstorming, clustering, looping) organization; Drafting, Editing; Redrafting.
- Phonetic transcription of words and sentences

Unit II:

- Types of Official Correspondence; Official letters – Demi-official letters - Features.
- Letter Writing: Mechanics and format; Writing and replying to the letters of request, complaint, jobs; Ordering of goods, thanks, invitations.
- Writing of emails, Curriculum Vitae (CV)
- Preparing minutes of meeting: Format of minutes; Language and style of minutes.
- Writing announcements, circulars, notices and agenda; Writing Notes (Arrangements, inquiries, requests, apologies and explanations)

PRACTICAL (2 CREDITS) Unit III & IV)

- Writing Paragraphs of different types on different topics.
- Writing letters of different types using proper format.
- Writing emails and CV's.





EK BHARAT SHRESHTHA BHARAT (EBSB) CLUB
 Government Degree College
 Vailoo Larnoo Anantnag
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Report

EBSB Club, Govt. Degree College Vailoo Larnoo, Anantnag organized a Virtual Tour of Tamil Nadu State on 03/07/2021, 2021 under the banner of;
 "AZADI KA AMRIT MAHAUSTAV"

The programme was organized for students and members of EBSB Club, GDC Vailoo Larnoo with an aim to acquaint the student community with our paired state (Tamil Nadu) in EK Bharat Shreshtha Bharat programme. A general awareness regarding State Symbols, History, Cuisines Geography, Culture, Festivals, famous Places and Famous Persons of Tamil Nadu was covered in the virtual tour.



Principal
 Dr. Naseer Hussain



Raof Ahmad Bhat
 Nodal Officer EBSB Club



EK BHARAT SHRESHTHA BHARAT (EBSB) CLUB
 Government Degree College
 Vailoo Larnoo Anantnag
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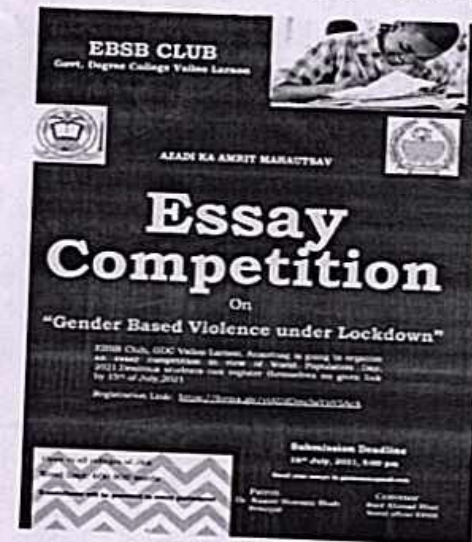


REPORT

EBSB Club, Govt. Degree College Vailoo Larnoo, Anantnag organized an Essay Competition on "GENDER BASED VIOLENCE UNDER LOCKDOWN" in view of World Population Day, 2021 under the banner of;

"AZADI KA AMRIT MAHAUSTAV"

The event saw an overwhelming response from participants of different Colleges of the Valley. A total of 37 participants registered for the event. *Zulakeha Gulzar Bhat* from Islamia College of Science and Commerce got the 1st position. *Anesa Fayaz Bhat* and *Arveen* both students of Islamia College of Science and Commerce got the 2nd and 3rd Position, respectively. The organizing team and GDC Vailoo Larnoo are very much thankful to Principal, Islamia College of Science and Commerce, Prof. Sheikh Aejaz Bashir for maximum participation of their students in the event and congratulate him and his students for bagging all the three positions in the essay competition.



Principal
 Dr. Naseer Hussain



Raof Ahmad Bhat
 Nodal Officer EBSB Club

Arshid Majid Rather
 Evaluator



Department of Higher Education J&K (UT)
GOVERNMENT DEGREE COLLEGE VAILOO LARNOO



**TO COMMEMORATE
 "AZADI KA AMRIT
 MAHOTSAV"**

"Celebration of India's 75 years of Independence"

**DEBATES & SEMINAR
 COMMITTEE IN
 COLLABORATION WITH
 EBSB CLUB**

organizes

**ESSAY
 COMPETITION**



Unity in Diversity

Submit your entries
 using the link
<https://forms.gle/juv7PuPa2ButkybD9>



The link will be open till
 5:00 PM 14th Aug 2021

PATRON

Dr Naseer Hussain Shah
 (Principal)

LAST DATE
14th
 AUGUST, 2021

CONVENER

Arshad Majid Rather
 (Head Department of Sociology)

COORDINATOR

Raaf Ahmad Bhat
 Convener EBSB

ORGANISING SECRETARY

Abdul Mannan
 Coordinator IQAC

HELP CONTACT

+91-7006189090
 +91-7006529743



EK BHARAT SHRESHTHA BHARAT (EBSB) CLUB
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REPORT

Ek Bharat Shreshtha Bharat (EBSB) Club, Govt. Degree College Vailoo Larnoo, Anantnag conducted a Mass Vaccination Drive in Collaboration with Block Medical Officer Larnoo on 7th to 11th August 2021 under the banner of AZADI KA AMRIT MAHAUTSAV (India@75).

Dr. Naseer Hussain, Principal formally inaugurated the aforesaid drive on 7th of August, 2021 by welcoming the concerned officials of Block Medical Office Larnoo. The worthy Principal gave stress on the need and importance of getting vaccinated to the students that would enable them in future to stay healthy and away from serious implications of Covid-19.

The vaccination drive received a fair support from the student community and a total of 90 per cent students were vaccinated during the drive. The drive concluded on 11th August, 2021 with a vote of thanks by Raof Ahmad Bhat, Nodal Officer EBSB Club by thanking Block Medical Officer Larnoo for deputing the team on all days for smooth and successful vaccination drive.





RED RIBBON CLUB (RCC)
Government Degree College
Vailoo Larnoo Anantnag

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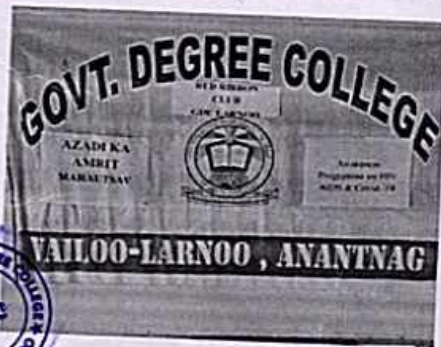
REPORT

Red Ribbon Club, Govt. Degree College Vailoo Larnoo organized an awareness programme on HIV AIDS and Covid -19 in connection with AZADI KA AMRIT MAHAUTSAV (India@75). Dr. Ashraf Ahmad, Medical officer PHC Larnoo was the invited speaker of the event, received, heard and appreciated by the student community and faculty of the college.

Dr. Nasser Hussain Shah, Principal of the college in his welcome address welcomed the guest speaker and participants of the event and stressed on the importance of organizing these kinds of awareness sessions for greater good of the community in general and youth in particular. Acquainting youth and community about these issues will be a real tribute to the society, said Dr. Shah.

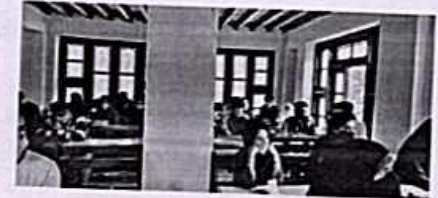
Dr. Ashraf while addressing the gathering presented an overview of captioned theme in Kashmir valley. Dr. Ashraf plainly explained to students regarding HIV AIDS and Covid-19 and asserted that prevention is better than cure. He also educated the participants regarding the preventive measure and stressed how college youth can act as ambassadors in advocating and promoting the awareness about these diseases. Dr. Ahmad cautioned the participants that substance abuse is the major responsible factor of increasing HIV positive cases in Valley and remind them of their responsibilities as a member of the society in curbing this deadly disease. He also stressed on the importance of getting vaccinated and discarded the myths surrounding around the vaccine development and told participants that there is no scientific evidence supporting these myths.

The event was followed by a lively discussion and question answer session and concluded by vote of thanks by Raof Ahmad Bhat, Head Department of Physical Education & Sports and Nodal officer Red Ribbon Club of the college by thanking Dr. Ashraf and Block Medical Officer Larnoo for their time and necessary support in making the event a success.



RED RIBBON CLUB (RCC)
Government Degree College
Vailoo Larnoo Anantnag

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Red Ribbon Club
Govt. Degree College Valloo Larnoo



AZADI KA AMRIT MAHAUTSAV



Awareness Programme on HIV AIDS & COVID-19 VACCINATION

In
Collaboration with
Block Medical Officer, Larnoo, Anantnag
On
09/08/2021

Principal
Dr. Naseer Hussain Shah

Convenor
Raof Ahmad Bhat
Nodal officer RRC

Coordinator
Firdose Ahmad Mir
Head Department of EVS



Ek Bharat Shreshtha Bharat (EBSB) Club
Government Degree College
Valloo Larnoo Anantnag



Press Release Celebration of International Women's Day



Degree College Valloo Larnoo, March 8, 2022: Ek Bharat Shreshtha Bharat (EBSB) Club in collaboration with Seminars & Debates Committee organized a one day seminar on this year's theme 'Gender Equality Today for a Sustainable Tomorrow'.

Raof Ahmad Bhat, Nodal Officer EBSB Club in the welcome address welcome worthy principal of the college, speaker of the occasion Arshid Majid Rather, faculty members of the college and students present on the occasion. Mr. Bhat briefly spoke about the gender equal world, free of prejudice, stereotypes and discrimination.

Principal, Dr. Naseer Hussain Shah in his inaugural address spoke about the social, educational, political and economical achievements of women and acknowledges their contribution towards sustainable future. Dr. Shah also spoke about the gender equality, education and health issues of women and stressed on the need of increasing women participation in different fields.

Arshid Majid Rather, Assistant Professor Sociology and speaker of the occasion spoke about the history of the day and discussed ways to strive for a greater momentum towards gender equality. Mr. Rather also shed light on feminist movements and ways to work for women empowerment and shifting frames in Women rights discourse. On this occasion let us resolve to create an equitable and inclusive world and recognize the contributions of women and raise awareness on gender equality shall be the main purpose of the Women's day celebration, added Mr. Rather.





Ek Bharat Shreshtha Bharat (EBSB) Club
Government Degree College
 Vailoo Larnoo Anantnag



LM
 Principal
 Govt. Degree College
 Vailoo Larnoo, Kashmir

Raof Ahmad Bhat
 08-03-2022
 Raof Ahmad Bhat, Ph.D
 Nodal Officer EBSB Club

Arshid Majid Rather
 08-03-2022
 Arshid Majid Rather
 Convener Seminars & Debates



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REPORT

07-04-22

Govt. Degree College, Vailoo Larnoo, Anantnag Celebrated the 'World Health Day' on the theme "Our Planet Our Health" on 07-04-22. The program was organized by the College Seminars and Debates Committee in Collaboration with NSS Unit of the College. Worthy Principal Prof Dr. Naseer Hussain Shah Chairperson of the event, in his introductory speech enlightened the audience about the urgency of creating awareness among people about the sustainable development goals committed to achieve equitable health. The Speaker of the Session Prof. Arshad Majid Rather spoke at length about the historical background of the day in reference, how it came into existence, the vital role played by WHO in this regard, its significance etc. The speaker educated the student community about the different dimensions of health and related issues that need to be taken care off on priority basis. He went on to say that emphasis shall be laid on intake of quality and nutritious diet on routine basis. He also shed some important light on the need of maintenance and promotion of healthy environment sustainable enough to meet future generations' needs. The Programme ended with the vote of thanks given by Dr. Raof Ahmad Bhat.



Sd/-
LM
 Principal
 Govt. Degree College
 Vailoo Larnoo, Kashmir

Arshid Majid Rather
 CONVENER
 NSS UNIT

Arshid Majid Rather
 CONVENER
 Seminars & Debates Committee





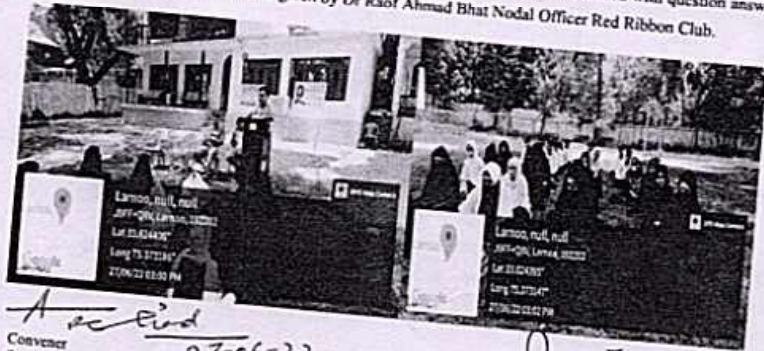
Government Degree College
Vailoo Larnoo Anantnag



Azadi Ka
Amrit Mahotsav
Report

Dated: 27-06-2022

Under the able and energetic leadership of worthy principal Dr. Naseer Hussain Shah, the Seminars and Debates Committee in collaboration with Red Ribbon Club of Govt. Degree College Vailoo Larnoo, organized one day seminar on 'International Day Against Drug Abuse' on 27-06-2022. This year the theme was 'Addressing drug challenges in health and humanitarian crisis'. The chief speaker who addressed the students as well as the faculty about the historicity and significance of the event in reference was Prof Arshad Majid Rather from the Deptt. of Sociology. The learned speaker talked about the dire need to create an awareness vis-a-vis hazardous impacts of drug abuse in the society. He said that the primary goal of celebrating this day is not only to spread widespread awareness among people but also to resolve and express strong determination to fight this menace that consumes hundreds and thousands of precious human lives every year particularly the youth. He went on to say that in order to tackle Drug Abuse, the Ministry of Social Justice and Empowerment has recently launched a scheme 'Nasha Mukht Bharat' which involves a multi-pronged approach to address the problem in toto. The Seminar was concluded with question answer session followed by vote of thanks given by Dr Raof Ahmad Bhat Nodal Officer Red Ribbon Club.



A. Raof
Convener
Seminars and Debates Committee
27-06-22

Raof Ahmad Bhat
Nodal Officer
Red Ribbon Club

Dr. Naseer Hussain Shah
Principal
Govt. Degree College
Vailoo Larnoo, Kashmir



Department of Environmental Science
Government Degree College
Vailoo Larnoo Anantnag



Azadi Ka
Amrit Mahotsav
Report

Under the able and energetic leadership of worthy Principal Prof. Dr. Naseer Hussain Shah, Govt. Degree College Vailoo Larnoo, Department of Environmental Science in collaboration with Seminars and Debates Committee, along with EBSB Club and NSS Unit organized a series of events/Quiz Competition/Seminar/plantation drive to celebrate this year's "World Environment Day," on 05th of June, 2022, with a theme "Only One Earth". The Worthy principal himself spoke about the burning issue and the need for creating a healthy and sustainable environment. The primary motive was to create and spread more and more awareness about the environmental issues currently faced by the world that are craving for urgent attention and remedial human intervention. The description of events celebrated by the college along with students is as following:

Event	Theme	Date	Event Details
Essay Competition	Sustainable Development	06-06-2022	Certificates of Appreciation were given to all the participant students
Cleanliness Drive	Cleanliness of polluted water bodies	07-06-2022	Cleanliness drive was conducted in the nearby a river namely Bringi
Quiz Competition	Natural Resources	09-06-2022	Intra-Quiz Competition was held where the students namely; Shafiqat Khanday of 4 th sem., and Yasmeena Jan of 5 th Sem. Secured first and second position respectively.
Seminar	Water Harvesting Techniques	10-06-2022	The chief speaker was Prof. Firdose Ahmad Mir from Dept of Environmental Science. Tools and Strategies of water harvesting was the main focus of the talk.
Plantation Drive	Green Planet	11-06-2022	Plantation drive was conducted at new College Campus.



A. Raof
Convener
Seminars & Debates Committee
05-06-2022

Shafiqat Khanday
NSS UNIT

Dr. Naseer Hussain Shah
Principal
Govt. Degree College
Vailoo Larnoo, Kashmir



Government Degree College

Vailoo Larnoo Anantnag

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Report

Today on 02-07-2022 Debates and Seminars Committee in collaboration with Department of environmental science Government Degree College Vailoo Larnoo organized a rally titled Say No To plastic. The event was marked by participation of students as well as faculty members of the college. Professor Fiordose Ahmed Mir delivered upon the said topic and highlighted the hazardous use of plastic and its harmful effects on the environment. Students displayed placards regarding the topic of the event raising awareness about the theme in reference. On the occasion students took a pledge to sensitize the society on the questions concerning the hazardous effects of plastic.

The event concluded with the vote of thanks given by Professor Roaf Ahmed Malik Department of Economics GDC Larnoo.



[Signature]
Convener
02/07/2022
Seminars and Debates Committee



[Signature]
Principal
Govt. Degree College
Vailoo Larnoo, Kashmir



Government Degree College

Vailoo Larnoo Anantnag

Email: gdc_larnoo@gmail.com



Report

Date: 25/07/22

Govt. Degree College, Vailoo Larnoo, Anantnag Celebrated the 'Digital J&K Week 2022' from 25th to 31st of July, 2022. Govt. Degree College, Vailoo Larnoo, Anantnag. The programme was organized by the NSS Unit of the College in Collaboration with Seminars and Debates Committee, on different themes and events. As per the agenda (as framed by the Unit/Committee in the beginning) the painting competition was held on Day-1, i.e. 25th of July in which 8 students participated and Quratulain of 3rd semester got the first position, while as, Ulma Jan and Nadi Jan of the same semester followed positions accordingly. On the Day-2, an awareness programme on e-services provided by the govt., especially by the Revenue dept., was carried out; the chief guest of the programme was the respected Tehsildar of Larnoo Tehsil. On the occasion the chief guest enlightened the participants, which were at least 60 in number, about different e-services provided by the revenue dept. like; *Aapki Zameen Aapki Nigraani*. On 27th of July, that was the Day-3, the seminar was organized on e-governance, in which the Speaker Prof. Abdul Mannan demonstrate about the different portals and online services provided by the Govt. and Private organizations, this seminar was attended by 30 students of our college. The Seminar was followed by the Online Quiz Competition which was held on 28th of July, which was the Day-4 of the Digital Week. The Department received the twenty responses of the Questionnaire and Shahid Ahmad Wani, Jazib Ahmad Deka and Shahid Muzaffar grabbed the first, second and third positions accordingly. On the Day-5 and Day-6, i.e. (29th & 30th of July), the Demonstration of e-services was conducted by Prof. Mannan and Dr. Sajad Ahmad respectively, in the computer lab of the College. The entire eventful week was celebrated under the constant supervision and guidance of worthy Principal Prof. Dr. Naseer Hussain Shah, who felicitated all those students who secured different, positions/ranks in different programmes of the said week.





Office of the Principal
Government Degree College
Vailoo Larnoo Anantnag
Email: gdlarnoo@gmail.com



Dated: 22/09/2022

REPORT

Degree College Vailoo Larnoo, 21, Sept. 2022: Department of Physical Education & Sports of the college organized one day trekking programme to chuharnaag via Margan top. A group of students along with faculty members and worthy principal, Dr. Syed Tanvir Indrabi completed the trek by visiting several places like Navkan, Doub and four Alpine lakes in the mountains of Margan valley.

Principal, Dr. Syed Tanvir Indrabi at the destination briefly addressed the gathering of students and faculty members and highlighted the importance of this kind of events. Dr. Indrabi further added that by visiting such beautiful places one comes close to his Creator, Who has created humans and these beautiful lakes in these high mountains. He also conveyed a message to the people to visit such beautiful places in Kashmir, which is known as paradise on earth and at the same time is the valley of saints, for refresh one's belief.



Day - 1



Day - 3



Day - 5

Day - 2



Day - 4



Day - 6

CONVENOR
Programme Officer
NSS Unit
GDC Vailoo Larnoo Anantnag



Asst. Convener
25-07-2022

Principal
Govt. Degree College
Vailoo Larnoo, Kashmir

Faculty & Delegates
Committee



Government Degree College
Vailoo Larnoo Anantnag



Under *Nasha Mukt Bharat Abhiyan* the following activities were carried out at GDC Vailoo Larnoo Anantnag. **Report** Dated: 09-09-2022

S.No.	Date	Event	Description
1.	01-09-2022	One Day Seminar	Drug Abuse, Causes, Consequences and Preventive Measures to tackle the Menace.
2.	05-09-2022	Essay Competition	How to Curb and Combat Drug Menace in our society. 1 st Prize winner = Khushboo Jan (3 rd Semester) 2 nd Prize winner = Jazib Deka (3 rd Semester) 3 rd Prize winner = Faisal Khatana (6 th Semester)
3.	07-09-2022	Pledge Taking Ceremony	All the Faculty and Students of the College took pledge to stay away from Drugs and make efforts for Drug free society.



Sd
Principal



RED RIBBON CLUB
Government Degree College
Vailoo Larnoo Anantnag

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Mobile: 7006529743



Dated: 24/04/2023

No: GDCVL/23/

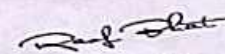
REPORT


Govt. Degree College Vailoo Larnoo, 12th August, 2023: Red Ribbon club of the college in collaboration with Debates and Seminars Committee celebrated International Youth Day, 2023 by conducting a one day seminar on theme "Green Skills for Youth: Towards a Sustainable World" under the banner of AZADI KA AMRIT MAHOTSAV. Prof. Firdose Ahmad Mir, Head Department of EVS was the Speaker of the occasion in which 60 participants both students and faculty participated.

Dr. Syed Tanvir Indrabi, worthy Principal of the college welcomed all the participants and delivered an inaugural address. Dr Indrabi stressed on the need to have a positive mindset to solve different issues world is currently facing. He also stressed on the faculty members to equip the students with necessary attitude, skills, values and knowledge related to several environmental issues, so that they can channelize their surplus energy in recognizing and solving different issues for sustainable world.

Prof. Firdose Ahmad Mir, Head Department of Environmental Sciences, speaker of the occasion talked about the history, theme and significance of this day. Prof. Mir also spoke about how young people can contribute towards the society by taking part in recognizing and providing innovative solutions to various challenges faced by them globally. Youth should engage themselves in discussing relevant global issues and promote awareness related to youth led initiatives on social media, a strong platform in promoting discussions and spreading awareness, added Prof. Firdose Ahmad.

The Proceedings of the event were carried by Dr. Raof Ahmad Bhat, Nodal Officer Red Ribbon Club and vote of thanks was extended by Prof. Arshad Majid Rather, convener Debates and Seminars Committee by thanking worthy principal, speaker of the occasion, students and organizing committee.


Dr. Raof Ahmad Bhat
Nodal officer RRC


Dr. Syed Tanvir Indrabi
Principal





Government Degree College
Vailoo Larnoo Anantnag
Email: gdclarnoo@gmail.com



REPORT

DATED: 15/03/2023

Today on 15th of March, Under the versatile leadership of worthy Principal Dr Syed Tanvir Indrabi, Govt Degree College Vailoo Larnoo Anantnag, Seminars and Debates Committee in collaboration with Forest Department (Range Larno) organized a plantation drive in the new college campus. A small Chinar tree was planted by worthy principal himself in presence of Forest Officials and faculty members of the college. Besides, it was unanimously decided that this year a mega plantation drive would be conducted in the campus wherein saplings of cedrus be planted in large numbers.



A. R. Indrabi
15-03-2023

Seminars and Debates Committee

Principal



Government Degree College
Vailoo Larnoo Anantnag
Email: gdclarnoo@gmail.com



REPORT

Date: 25/04/2023

Today on 25-04-2023, Under the able and versatile leadership of worthy Principal Dr Syed Tanvir Indrabi, Govt Degree College Vailoo Larnoo Anantnag, Seminars and Debates Committee in collaboration with NSS wing has organized a mass rally of students against Drug addiction and Substance abuse. The said rally was flagged off by the Worthy Chair in presence of all the faculty members of the College. A large number of students enthusiastically participated in the event and marched through the main market and other adjoining areas/streets as well while carrying the placards, banners and different kinds of other posters with messages for general public to stay away from Drug menace. The messages conveyed were loud and clear of the imperative need for societal intervention to stop its disastrous spread across.



A. R. Indrabi
25-04-2023
Convener Seminars and Debates Committee

Convener NSS

Principal
Govt. Degree College
Vailoo Larnoo, Kashmir





Date 21/06/2023



REPORT



Degree College Valloolarnoo, June 21, 2023: Department of Physical Education & Sports of the college celebrated International Yoga Day, 2023 on theme "Yoga for Vasudhaiva Kutumbakam under Azadi Ka Amrit Mahotsav.

Dr. Syed Tanvir Indrabi, Principal of the college while speaking on the occasion briefly highlighted the history of this day and reminded students that yoga practice has transcended boundaries and united people of all ages and backgrounds emphasizing the universal values of inner balance, mindfulness and compassion.

Dr. Raof Ahmad Bhat, Head Department of Physical Education & Sports carried out the proceedings of the event and performed 45 minute Common Yoga Protocol (CYP) along with the students and faculty members of the college. Dr. Bhat in his brief address spoke that yoga is much more than physical postures and exercises and leads to holistic development of individuals and communities. He also stressed that yoga requires minimal equipments and can be of great help in maintaining healthy lifestyle particularly among females, who due to one or other reason did not take part in outdoor activities.



Date 21/06/2023



Dr. Syed Tanvir Indrabi
 Dr. Syed Tanvir Indrabi
 Principal

Dr. Raof Ahmad Bhat
 06/2023
 Dr. Raof Ahmad Bhat
 Head D/O Physical Education





Government Degree College

Vailoo Larnoo, Anantnag

Email: gdclarnoo@gmail.com



REPORT

Date: 07/8-06-2023

Under the versatile leadership of worthy Principal Dr Syed Tanvir Indrabi, Govt Degree College Vailoo Larnoo, Seminars and Debates Committee in collaboration with the Department of Environmental Science organized a two day awareness programme on 6th and 7th of June 2023 on a subject and theme "beat the Plastic". The plastic pollution is a global crisis posing a potential threat to mankind and the planet Earth said by worthy Principal in his initial remarks. He further said that we all shall put our heads together and explore the ways and means in order to make a healthy contribution in protecting and safeguarding our Environment for Future Generations. The proceedings of the session were then taken over by the Chief Speaker Prof Firdose Ahmad Mir from the Department of Environmental Science. The learned speaker talked about the different dynamics associated with the deadly plastic pollution adversely affecting the health our environment, resources and the Ecosystem at large. He advocated that there are several measures and actions that we can take individually and collectively to beat the disastrous pollution like recycling, use reusable items, support plastic free products etc. Moreover, number of students from the 2nd Semester also spoke briefly about the subject in reference. The sessions were concluded with the vote of thanks given by Prof Roaf Ahmad Malik who thanked all the stakeholders for their support and enthusiastic participation.



Arsaad
07-06-2023

CONVENER

SEMINARS & DEBATES COMMITTEE

Syed Tanvir
Principal
Govt. Degree College
Vailoo Larnoo, Kashmir



Government Degree College

Vailoo Larnoo, Anantnag

Email: gdclarnoo@gmail.com



REPORT

Date: 05-06-2023

Under the able, well-founded and unparalleled Leadership of Worthy Principal Dr. Syed Tanvir Indrabi, Seminars and Debates Committee along with NSS and Red Ribbon Club of Govt Degree College Vailoo Larnoo in Collaboration with Health Department/PHC Larnoo today on 5th of June 2023 organized an awareness programme for female students on a theme and subject "Health and Hygiene", of Paramount significance. The anchor of the programme was Prof Marifat Akhter who made initial introductory remarks about subject in hand. She went ahead inviting worthy college Principal to warmly welcome the Guest speaker Dr. Kainat and other employees from the Health Department. The Worthy Chair graciously spoke about the crucial importance of the issue in contemporary era and the dire need to sensitize cum educate girls about the basic pre-requisites that they need to follow and observe while craving for a sound and sustainable healthy and hygienic life. The proceedings of the said programme were then taken over by the Chief Speaker of the session Dr Kainat who talked about certain essential techniques and regular exercises that females should follow and adopt as part of their priorities. She also said that the girls shall undergo for normal medical checkups and screening for early detection of health related issues. Her talk was followed by brief Speech delivered by two female faculty members namely Dr. Shehla Hafiz and Dr. Seerat Batool. Dr Shehla spoke about PCOS, their primary causes, diagnosis, treatment and preventions thereof. She was simply grandiloquent in her articulation and content delivery. Moreover, Dr Seerat shed some equally important light on the subject in reference from Islamic Point of view. Her brief speech was highly informative for the students and for faculty as well. The programme ended with question answer session wherein several students raised myriad number of related queries which were cogently responded by all the Learned Speakers present around. Dr. Aasiya Gull, on behalf of college expressed gratitude and appreciation to all for making the programme successful. She thanked everyone pleasantly.





Handwritten signature
05-06-2023

Convener
Seminars and Debates Committee

Handwritten signature
Principal
Govt. Degree College
Vailoo Larnoo, Kus...



Government Degree College

Vailoo Larnoo Anantnag

Email: gdcilarnoo@gmail.com



REPORT

Date: 25-09-2023

In the backdrop of celebration of Gandhi Jayanti, Govt Degree College Vailoo Larnoo under the dynamic leadership of Worthy Principal Dr Syed Tanvir Indrabi, today on 25/09/2023 organized a quiz competition in which a large number of students participated with great amount of enthusiasm. There were more than ten groups of students who had participated in the event and each group was comprised of two students. Dr Majid-ul-islam was the chief moderator who conducted the said programme with great acuity and skill. In the given programme, most of the questions asked were primarily based on the Gandhi an Philosophy of Life, his struggles with historical background in chronological order, tools and techniques adopted by him to fight against the Colonial British.





[Handwritten signature]

Convener

Seminars and Debates Committee

[Handwritten signature]
PRINCIPAL
Govt. Degree College
Vailoo Larnoo, Kashmir



Government Degree College

Vailoo Larnoo Anantnag

Email: gdclarnoo@gmail.com



REPORT

Date: 25-09-2023

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A. Rauf
 Convener 25/09/2023

Seminars and Debates Committee

Arif Malik
 PRINCIPAL
 Govt. Degree College
 Vailoo Larnoo, Kashmir



UNNAT BHARAT ABHIYAN
 Ministry of Human Resources Development (MHRD)
 Government of India
 Participating Institute
Government Degree College
 Vailoo Larnoo Anantnag
 Email: gdclarnoo@gmail.com



Date: 11/05/2023



REPORT

Govt. Degree College Vailoo Larnoo, 11/05/2023: Unnat Bharat Abhiyan (UBA Cell) of the college organized a one day seminar on theme 'Lifestyle for Environment' in which more than 30 participants and members of UBA Cell Participated. Prof. Firdose Ahmad Mir, HOD, Environmental Science was the speaker on the occasion.

Dr. Raof Ahmad Bhat, Coordinator UBA Cell carried out the proceedings and welcomed the speaker of the occasion and participants in the event organized with the aim to encourage people to adopt sustainable lifestyle and inculcate environmentally friendly habits that would go a long way to protect and preserve environment.

Prof Firdose Ahmad Mir, Speaker of the occasion spoke about the traditional practices at household/ domestic level which are sustainable in environmental perspective. The flagship program Lifestyle for environment was launched to encourage individual and collective action on climate change. Simple individual behaviors like no use of plastic, using water judiciously, switching off lights/ engines when not in use will help us to save this planet, added Prof. Mir.

Prof. Rouf Ahmad Malik, Member UBA Cell extended vote of thanks by thanking the speaker for the illuminating lecture and also thanked the participants and organizers of the event for their patient listening.



Dr. Raof Ahmad Bhat
 Dr. Raof Ahmad Bhat
 Coordinator UBA cell

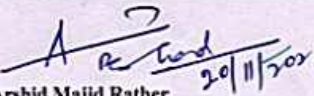


Report from Career Counselling and Seminar and Debates Committee

The following events were conducted by the Career Counselling and seminar & Debates Committee till date

S.No	Activity/ Event	Date
1	Pre Admission Counselling Session	6 th April,2021
2	Counselling about prospects of different disciplines in various Indian Institutes	10 th April,2021
3	Counselling Session on Competitive Exams	9 th Oct, 2021
4	Webinar on Promoting Awareness on Drug Abuse	13 th August,2021-11-23
5	Essay Competition on Unity In diversity	14 th August,2021
6	Interactive Session on Role of Teachers in shaping the career of Students	20 th Nov, 2021

Apart from these the guidance & counselling cell is continuously organizing personal development sessions for the students throughout the entire academic session.


Arshid Majid Rather
Convenor


Principal
Govt. Degree College
Vailoo Larnoo, Kashmir



Government Degree College

Vailoo Larnoo Anantnag

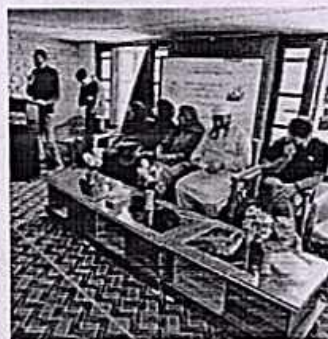
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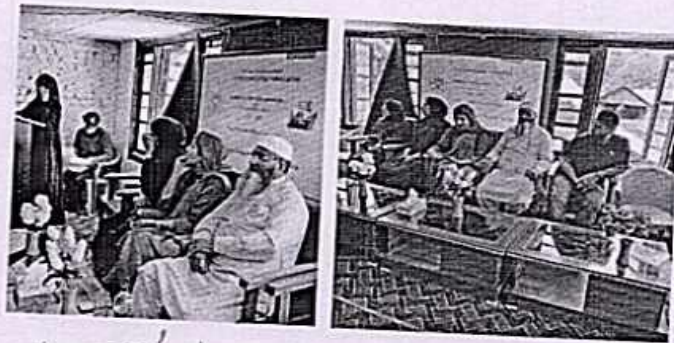


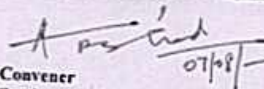
REPORT

Date:07/8-06-2023

Under the versatile leadership of worthy Principal Dr Syed Tanvir Indrabi, Govt Degree College Vailoo Larnoo, Seminars and Debates Committee in collaboration with the Department of Environmental Science organized a two day awareness programme on 6th and 7th of June 2023 on a subject and theme "beat the Plastic". The plastic pollution is a global crisis posing a potential threat to mankind and the planet Earth said by worthy Principal in his initial remarks. He further said that we all shall put our heads together and explore the ways and means in order to make a healthy contribution in protecting and safeguarding our Environment for Future Generations. The proceedings of the session were then taken over by the Chief Speaker Prof Firdose Ahmad Mir from the Department of Environmental Science. The learned speaker talked about the different dynamics associated with the deadly plastic pollution adversely affecting the health of our environment, resources and the Ecosystem at large. He advocated that there are several measures and actions that we can take individually and collectively to beat the disastrous pollution like recycling, use reusable items, support plastic free products etc. Moreover, number of students from the 2nd Semester also spoke briefly about the subject in reference. The sessions were concluded with the vote of thanks given by Prof Roaf Ahmad Malik who thanked all the stakeholders for their support and enthusiastic participation.






 07/08/2023
 06-2023
 Convener
 Seminars and Debates Committee



 Principal
 Govt. Degree College
 Vailoo Larnoo, Kashmir
 NSS Unit



Government Degree College

VailooLarnooAnantnag

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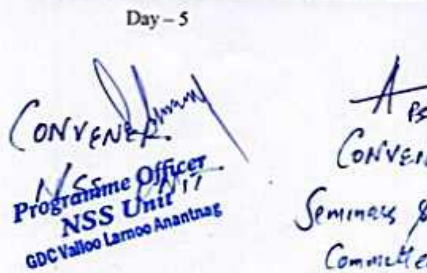


Report

3-Jul 25/07/22

Govt. Degree College, Vailoo Larnoo, Anantnag Celebrated the 'Digital J&K Week 2022' from 25th to 31st of July, 2022. Govt. Degree College, Vailoo Larnoo, Anantnag. The programme was organized by the NSS Unit of the College in Collaboration with Seminars and Debates Committee, on different themes and events. As per the agenda (as framed by the Unit/Committee in the beginning) the painting competition was held on Day-1, i.e. 25th of July in which 8 students participated and Quratulain of 3rd semester got the first position, while as, Ulma jan and Nadi Jan of the same semester followed positions accordingly. On the Day-2, an awareness programme on e-services provided by the govt., especially by the Revenue dept., was carried out; the chief guest of the programme was the respected Tehsildar of Larnoo Tehsil. On the occasion the chief guest enlightened the participants, which were at least 60 in number, about different e-services provided by the revenue dept. like; *Aapki Zameen Aapki Nigraani*. On 27th of July, that was the Day-3, the seminar was organized on e-governance, in which the Speaker Prof. Abdul Mannan demonstrate about the different portals and online services provided by the Govt. and Private organizations, this seminar was attended by 30 students of our college. The Seminar was followed by the Online Quiz Competition which was held on 28th of July, which was the Day-4 of the Digital Week. The Department received the twenty responses of the Questionnaire and Shahid Ahmad Wani, Jazib Ahmad Deka and Shahid Muzaffar grabbed the first, second and third positions accordingly. On the Day-5 and Day-6, i.e. (29th & 30th of July), the Demonstration of e-services was conducted by Prof. Mannan and Dr. Sajad Ahmad respectively, in the computer lab of the College. The entire eventful week was celebrated under the constant supervision and guidance of worthy Principal Prof. Dr. Naseer Hussain Shah, who felicitated all those students who secured different, positions/ranks in different programmes of the said week.





CONVENOR
NSS Programme Officer
NSS Unit
GDC Vailoo Larnoo Anantnag

A. Rashid
25-07-2022
CONVENOR
Seminars & Debates
Committee.
Principal
Govt. Degree College
Vailoo Larnoo, Kashmir



Government Degree College
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Report

Dated 12/08/2022

Under the dynamic and versatile leadership of worthy Principal Dr Naseer Hussain, Govt Degree College Vailoo Larnoo, Red Ribbon Club in collaboration with Seminars and Debates Committee organized a seminar to celebrate 'International Youth Day 2022', the theme of which is 'Intergenerational Solidarity: Creating a world for all ages'. The chief speaker Prof. Arshad Majid Rather enlightened the students about the diverse sustainable development goals that the world needs to leverage the full potential of all generations. He apprised students that Solidarity across generations is key to sustainable development. The lecture delivered was highly beneficial for all the students of the college.



A. Rashid
12/08/22
 Convenor

Seminars and Debates Committee



Naseer Hussain
 Nodal Officer

Red Ribbon Club

Naseer Hussain
 Principal
 Govt. Degree College
 Vailoo Larnoo, Kashmir



Department of Physical Education & Sports
Government Degree College
Vailoo Larnoo Anantnag

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 Mobile: 7006529743



Dated: 02/03/2023

Degree College Vailoo Larnoo, 03/04/2023: Department of Physical Education & Sports organized a symposium on **Health Well-being & Sports (Agenda for Youth)** in connection with Y20 Summit, an official consultation forum for youth to dialogue with each other. Y20 encourages youth, as future leaders to raise awareness of global issues, exchange ideas, argue, negotiate and reach consensus.

Dr. Syed Tanvir Indrabi, worthy Principal in his inaugural address stressed on the need of adopting a healthy life style for healthy living. Dr. Indrabi further stated that regular exercise and healthy eating habits shall go a long way in preventing several diseases. A growing concern worldwide is there, over the negative impact on health of young people involved in high levels of screen based sedentary time. Interventions should be brought in to reduce this risk factor said, Dr. Syed Tanvir Indrabi.

Dr. Raof Ahmad Bhat, Head Department of Physical Education & Sports in his Keynote address spoke about the association of behavioral risk factors (physical inactivity, screen based sedentary time and unhealthy eating patterns) with BMI of adolescents. Dr. Bhat further stated that the period of adolescence is considered as a vulnerable stage of life as evidence indicates that young people participate in both health-enhancing and health-compromising lifestyles. This transitional phase of life, therefore, may be an important opportunity to encourage adolescents to maintain a physically active and healthy lifestyle as behaviors / habits formed during this period are carried forward with time into the later stages of adult life, added Dr. Bhat.

A total of 12 presentations were given by students mentored by faculty members of different subjects on relevant sub-themes. Misbah Majeed, Mohammad Asif Bhat and Tabasum Yousuf got the best presentation awards. The best three presentations were awarded with a medal, certificate and a cash prize by worthy Principal.

Prof. Marifat Akhter extended vote of thanks by thanking worthy principal for always encouraging the faculty members and students to conduct and participate in such kind of events. She also extended his thanks to the organizing committee and participants for taking part in this event.

Principal
 Dr. Syed Tanvir Indrabi

Organizing Secretary
 Dr. Raof Ahmad Bhat



Department of Physical Education & Sports
Government Degree College
Vailoo Larnoo Anantnag

Email: gdclarnoo@gmail.com
 Mobile: 7006529743



Dated: 02/03/2023



Govt. Degree College Vailoo Larnoo



**CERTIFICATE
OF COMPLETION
IS PRESENTED TO :**

Nadi Jaw

For his participation in one month Skill course on Crewel Craft held from 26/07/2022 to 03/09/2022 in collaboration with Department of Handicrafts & Handloom, J&K Government

Dr. Raof Ahmad Bhat
PROGRAM COORDINATOR

D. Nazeer Hussain Shah
PRINCIPAL



CERTIFICATE NO. GDCV/L/22/05

Govt. Degree College Vailoo Larnoo



**CERTIFICATE
OF COMPLETION
IS PRESENTED TO :**

Naveed Bashir

For his participation in one month Skill course on Crewel Craft held from 26/07/2022 to 03/09/2022 in collaboration with Department of Handicrafts & Handloom, J&K Government

Dr. Raof Ahmad Bhat
PROGRAM COORDINATOR

D. Nazeer Hussain Shah
PRINCIPAL



CERTIFICATE NO. GDCV/L/22/03



GOVERNMENT OF JAMMU & KASHMIR
**Office of the Assistant Director
 Handicrafts, Anantnag**
 Industrial Estate, Anantnag-192101
 Phone no: - 01922227702, E-mail: - adhanantnag111@gmail.com



Order

In connection with imparting training in Crewel/Chainstitch Craft to the desirous Students, presently pursuing various courses at Government Degree College, Vailoo Larnoo, as requested by the Principal of the said Institute, in an endeavor to make them self-sufficient, the below mentioned Instructors of Crewel/Chainstitch Craft of this Establishment are deployed to the said Quarters, on the dates as shown against each, for the objective of disseminating training to such students.

S.No.	Name of the Official	Designation	Period of Deputation	
			From	To
1.	Ms. Shamshada	SCI Crewel	26.07.2022	04.08.2022
2.	Ms. Sumi Jan	JCI Crewel	05.08.2022	14.08.2022
3.	Ms. Ruby Jhian	JCI Crewel	16.08.2022	24.08.2022
4.	Mr. Shamim Ah. Dar	JCI Chainstitch	25.08.2022	03.09.2022

No: - ADH/ANG/534-28
 Dated: 25/07/2021

[Signature]
 Assistant Director Handicrafts
 Anantnag

Copy to the:-

1. Director, Handicrafts & Handloom, Kashmir, for favor of information. This takes reference to Your Communication No: - DHHK/Estt/1808 Dated: - 13.06.2022.
2. Principal, Government Degree College, Vailoo, Larnoo, for favor of information.
3. HTOs & AHTOs concerned.
4. Office record.



**Department of Physical Education & Sports
 Govt. Degree College Vailoo Larnoo**



CERTIFICATE
 OF COMPLETION

Presented To

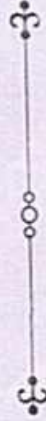
Dryfan Ahmad Raina

For his/her participation in Yoga Certificate program held from
 21st June, 2022 to 21st July, 2022

[Signature]
 Dr. Naseer Hussain Shah
 Principal



[Signature]
 Dr. Raof Ahmad Baht
 HOD



Certificate No. GDCVL Sports/22/04