

PADMA SHRI PADMA SACHDEV GOVT. COLLEGE FOR WOMEN

GANDHINAGAR, JAMMU

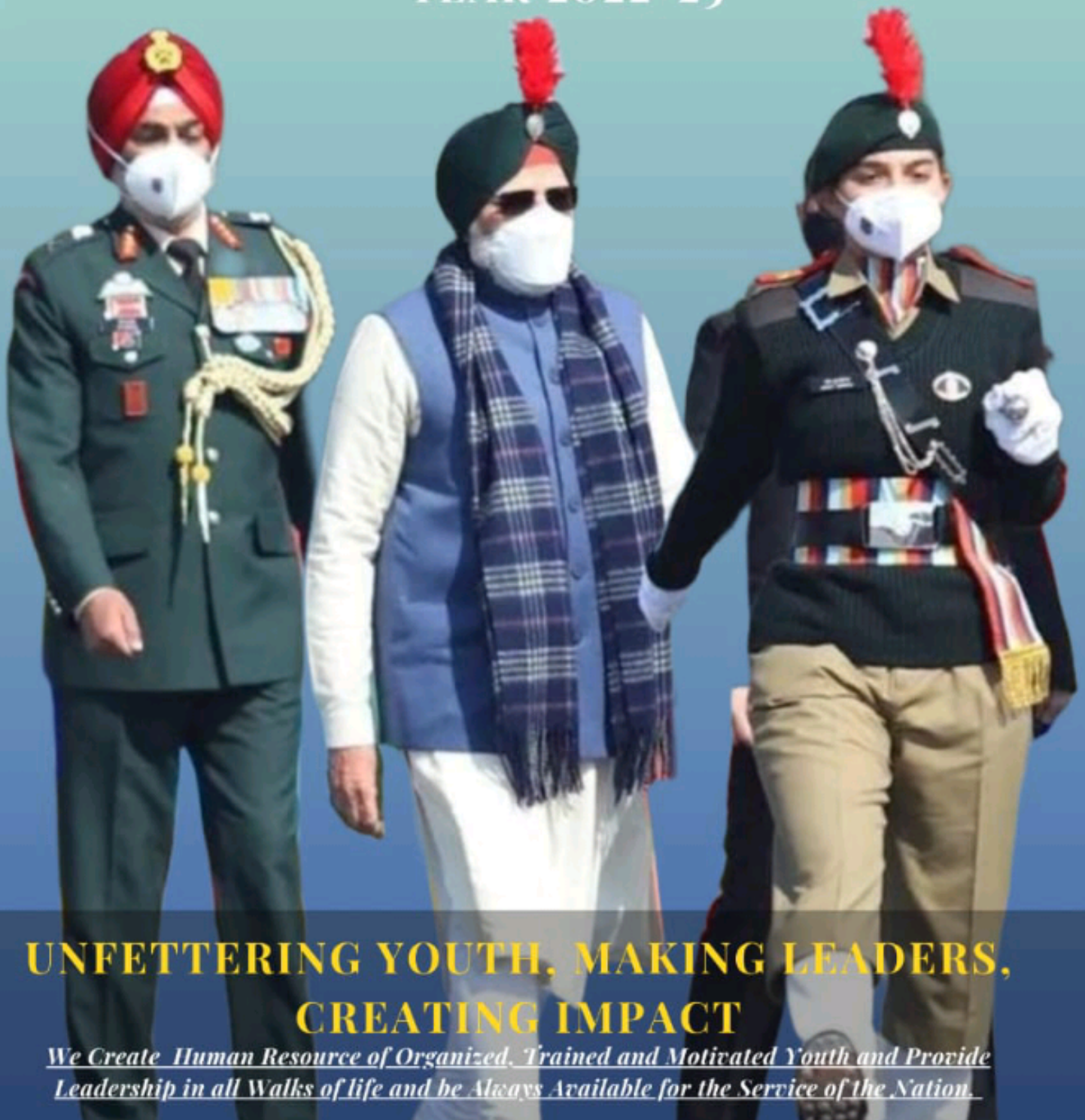


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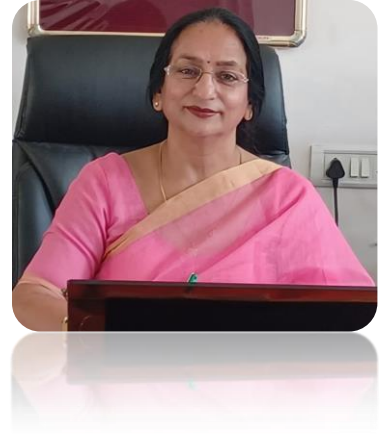
MARCHING FORWARD TO CONQUER

**NCC NEWSLETTER
YEAR 2022-23**



**UNFETTERING YOUTH. MAKING LEADERS,
CREATING IMPACT**

*We Create Human Resource of Organized, Trained and Motivated Youth and Provide
Leadership in all Walks of life and be Always Available for the Service of the Nation.*



Dear NCC Cadets,

It is with immense pride and admiration that I address you in this maiden edition of our newsletter of 2 J&K Girls Bn. Your dedication, discipline, and unwavering commitment to the National Cadet Corps have not gone unnoticed. I applaud each and every one of you for your remarkable efforts and achievements.

The NCC embodies the spirit of service, leadership, and patriotism, and it is heartening to witness how you embody these values in your daily lives. You have not only excelled in your NCC duties but have also set an inspiring example for your fellow students and the entire College community.

Your rigorous training, early morning drills, and participation in various camps and events have not been easy, but your resilience and determination have shone through. Remember that success is not just about the medals and accolades; it is about the growth, learning, and transformation that occur along the way. Keep marching forward with enthusiasm, discipline, and patriotism that define the NCC.

Remember, the sky is not the limit; it's just the beginning. Keep aiming high, and I am confident enough that you will soar to new heights.

With immense pride and admiration

A handwritten signature in blue ink, appearing to read 'Minu Mahajan', with a long horizontal line extending to the right.

Prof. Minu Mahajan
Principal



Padma Shri Padma Sachdev Govt. College for Women Gandhinagar Jammu has NCC Army wing of 2 J&K Girls Bn. which consists of a platoon of 160 cadets and a division of 50 cadets.

**Through trials and tests, we'll always prevail,
NCC's spirit, we'll never curtail.
With unity, we'll conquer, and together we'll stand,
In this noble corps, a steadfast band."**

NAGROTA TRAINING ACADEMY

A TAPESTRY OF EXPERIENCES EMBARKING ON A TRANSFORMATIVE CAMP ADVENTURE



PUNEET SAGAR ABHIYAN
RECLAIMING NATURE'S TREASURE





GUARD OF HONOUR

RHYTHMIC EUPHORIA: EMBRACING THE ESSENCE OF UNITY AND
DISCIPLINE





ACHIEVERS

WHISPERS OF GLORY: INSPIRING SOULS OF 2 J&K GIRLS BN.







GLIMPSES OF ACTIVITIES









MEDIA PEEKS-CAPTURING THE ESSENCE OF ENDEAVOURS

PSPS GCW Gandhi Nagar organises 'Beat the Plastic Pollution' Rally



NCC cadets posing for photograph with faculty members during a rally.

STATE TIMES NEWS

JAMMU: A part of the special series of awareness activities being organised to Commemorate World Environment Day-2023 under Puneet Sagar Abhiyan from 30th May to 5th June, 2023, the 2 J&K Girls Bn, NCC wing of Padma Shri Padma Sachdev Govt. College For Women on Sunday took out an awareness rally 'Beat the Plastic Pollution'.

As many as 44 zealous cadets participated in the awareness rally with the agenda of Plastic Free India to beat Plastic

Pollution.

Prof. Minu Mahajan, the Principal of the College along with other senior faculty members flagged off the Rally from the College Premises and the same culminated near Vikram Chowk after passing through Warehouse.

Lt. Suman Bala, ANO along with the cadets raised slogans like 'Hum Sab ne yeh Thana hai', 'Plastic ko hatana hai', 'Say No to Plastic', 'Don't be Elastic, Say No to Plastic' to sensitize the public about this menace.

In another activity, the cadets spread awareness

about Plastic, a ban for the future. The cadets interacted with the shopkeepers at Warehouse, Vikram Chowk and sensitized them about the hazardous effects of using single use plastic in our daily lives. They also reiterated the pertinence of being aware about ill effects of Plastic on Environment.

Meanwhile, 74 cadets took an online pledge - 'Lifestyle for Environment' to mark the significance of the day.

All the events were coordinated by ANO Lt. Suman Bala along with Senior Cadets.

the importance of Human Through media I want organs from deceased donors.

PSPS GCW celebrates International Day of Yoga-2023

JAMMU BULLETIN NEWS

JAMMU, JUN 21: On the occasion of International Yoga Day, the NCC Cadets and sports students of Padma Shri Padma Sachdev Govt. College for Women, Gandhinagar Jammu came together to celebrate the importance of Yoga in promoting physical and mental well-being. The event witnessed enthusiastic participation from 100 NCC cadets & students - 50 NCC cadets from the Srinagar Group, Armed : 15 cadets from Naval, Srinagar Group; 25 cadets from 2J&K Girls Bn Jammu Group and students from the Department of Physical Education and Sports.

Under the guidance of the esteemed resource person, Shri Rakesh Gupta, a renowned yoga expert and trainer currently serving as the Yoga Convener at Arogya

Bharti, Jammu Kashmir and Ladakh, the participants engaged in various yoga exercises and poses. Mr. Gupta's extensive knowledge and expertise in the field of yoga inspired the students to explore the benefits of this ancient practice.

The Principal of the College, Prof. Minu Mahajan, extended her encouragement, motivation, and heartfelt congratulations to the NCC Cadets, ANOs (Associate NCC Officers), and staff members for organizing and participating in this event. Prof. Mahajan emphasized the significance of yoga in maintaining a healthy lifestyle and fostering holistic development. The event was graced by the presence of distinguished guests, including Lt. Dr. Revika Arora, ANO 1 JK Girls Bn, SLT, Dr. Neelima Gupta, ANO 1 JK Naval Unit, Lt.

Suman Bala, ANO 2J&K Girls Bn, Jammu ; Dr. Roopali Sathia, Director of the Department of Physical Education and Sports and Ms. Anita Kotwal, Hostel Warden. Their presence further elevated the event's importance and encouraged the participants to embrace yoga as a way of life.

The celebration of International Yoga Day-2023 on the theme 'Yoga for Vasudhaiva Kutumbakam' one earth, one family, one future' not only highlighted the physical benefits of yoga but also underscored its significance in promoting mental well-being and overall wellness.

By engaging in this ancient practice, the students demonstrated their commitment to lead a balanced and healthy life with a focus on academic excellence and co-curricular activities.

GCW hosts Poster-Making competition for NCC Cadets

GJ REPORT

JAMMU, APR 19: To Commemorate 'Earth Day' under the banner of Puneet Sagar Abhiyan, a group of 32 cadets of 2 J&K Girls Bn, NCC wing of Padma Shri Padma Sachdev Government College for Women Gandhinagar, Jammu participated in Poster-Making on this year's theme of Earth Day 'Invest in our Earth'. The aim of the activity was to raise an alarm especially among the Youth that a little investment by them today can preserve and protect our health, families and livelihood in future. The duo of concern and imagination mingled with colors was reflected in the posters made by cadets who will definitely



NCC cadets of GCW Gandhi Nagar posing for a group photograph on Wednesday.

be the ambassadors of change in the mindset of people at large. Prof. Minu Mahajan, the Principal of the College applauded the cadets and Lt. Suman Bala, ANO for the concern and the creative message they are floating through this activity.

She also motivated the cadets to take part in such activities and contribute their share. The whole event was coordinated by the ANO and Senior Cadets.

Students of GDC Marheen along with the staff on Wednesday.

shall be made available at and cleanliness in the trans before the commencement VSSR.

GCW Gandhinagar observes Puneet Sagar Abhiyaan - World Environment Day

HIMALAYAN MAIL NEWS

JAMMU, JUNE 01

A series of activities are being organised by the 2 J&K Girls Bn, NCC wing of Padma Shri Padma Sachdev Govt. College for Women Gandhinagar to commemorate 'World Environment Day - 2023' under Puneet Sagar Abhiyan and Mission and LIFE - Lifestyle for the Environment.

The special series of activities started on May 29 and will continue till June, 2023.

MISSION LIFE Pledge on 29th May marked the beginning of the activities organized under Puneet Sagar. A total 59 cadets vowed to keep their surroundings green and adopt an environment friendly lifestyle.

The next activity was a poster-making & slogan-writing activity on the theme 'Plastic Free India.'



As many as 55 NCC cadets participated with full zeal and enthusiasm. The creative exhibition of thought-provoking Slogans and eye-catching Posters inculcated the sense of responsibility among the cadets to keep the environment clean and green. Cdt. Radhika Dogra, cdt. Kehkash Sharma & cdt. Souhani Sargotra were adjudged 1st, 2nd, 3rd in Poster-Making competition, while cdt. Palvinder Kaur clinched the 1st Position in Slogan writing, the 2nd Position was shared by

Rani Kumari, Jagdishwari & Sudha Devi Bhagat. Cdt. Nikita Bharti bagged the 3rd Position. The event was judged by Prof. Neelam Thapa (English) and Prof. Malti Rajput (Chemistry). In another activity i.e. a Symposium on the topic 'Plastic - a Bane For Future, as many as 23 NCC cadets aired their views on plastic as a menace and its impact on marine life and environment. They also suggested measures to reduce its use to achieve the goal of Plastic Free India.

Prof. Paramjeet Singh (Pol.Sc.) and Prof. Neelam Thapa (English) judged the Cdt. Monali Pradhan, Cdt. Souhani Sargotra and Cdt. Tanu Nayak as 1st, 2nd and 3rd respectively. Prof. Minu Mahajan, the Principal of the College lauded cadets and ANO Lt. Suman Bala for being instrumental in organising the activities dedicated to environmental issues and concerns.



हम सब भारतीय हैं, हम सब भारतीय हैं.
अपनी मंज़िल एक है, हा हा हा एक है, हो हो हो एक है.
हम सब भारतीय हैं.

कश्मीर की धरती रानी है, सरताज हिमालय है,
सदियों से हमने इस को अपने खून से पाला है.
देश की रक्षा की खातिर हम शमशीर उठा लेंगे,
हम शमशीर उठा लेंगे.

बिखरे-बिखरे तारे हैं हम, लेकिन झिलमिल एक है,
हा हा हा एक है, हो हो हो एक है,
हम सब भारतीय है.

मंदिर, गुरुद्वारे भी हैं यहाँ, और मस्जिद भी है यहाँ,
गिरिजा का है घड़ियाल कहीं मुल्ला की कहीं है अजां
एक ही अपना राम हैं, एक ही अल्लाह ताला है,
एक ही अल्लाह ताला हैं.

रंग बिरंगे दीपक हैं हम, लेकिन जगमग एक है,
हा हा हा एक है, हो हो हो एक है.
हम सब भारतीय हैं, हम सब भारतीय हैं

*Marching forward, in perfect rhyme,
NCC cadets, in their prime.
With discipline and duty as our creed,
We'll achieve every goal, there's no need to concede.*



Reviewed & Edited By :-

- ◆ ***Lt. Suman Bala (ANO)***
- ◆ ***JUO Manshi Sharma***
- ◆ ***SGT Ramni Digra***
- ◆ ***CPL Japneet kaur***