



Office of the Principal
ALTAF MEMORIAL GOVT. DEGREE COLLEGE KILAM
NAAC Accredited Grade "C"

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Online painting Competition on "Swastha Balak-Balika Spardha"



Women Empower Cell, NSS Unit, and IQAC of the college organized an online inter-college painting competition on **Swastha Balak-Balika Spardha** on 13-01-2022. The theme of the competition was "Healthy Child Healthy Nation".

Students from different colleges participated in the competition. Anzalna Rafiq of 3rd semester from Government degree college for Women, Anantnag bagged the first position, Raveeda Mushtaq of 3rd semester from the host college bagged the 2nd position and the third position was bagged by Reziya Reyaz of 4th semester from Government degree college for Women, Anantnag. E-certificates were issued to all the participants.



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International Women's Week celebrations

On 8th March, 2022, Women Empowerment Cell, Department of Sociology and NSS Unit of the



college celebrated **International Women's Day**. At the outset Principal, Prof. Dilruba Rasool Hamdani presented the floral welcome to all the guests. She shared her real life experiences with audience and impressed upon them to celebrate the achievements of the women.

The invited guests of the day were Dr. Mudasir Aziz, Clinical Psychologist, Dr. Arjuman Shaheen, MLHP Medical Block Qazigund and Ms. Nighat Manzoor, an entrepreneur.

The proceedings of the day were conducted by Ms. Mehraba Akbar, the

Coordinator of Women Empowerment Cell. She highlighted the importance of the theme "Gender





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Equality Today for a Sustainable Tomorrow". Women are more vulnerable to the impacts of climatic extremes than men. A sustainable future will remain beyond our reach without gender equality today.

The day's celebrations started with a skit on the theme "Break the Bias" performed by a group of college students highlighting the importance of education for both the genders. For breaking the bias initiatives should be taken from the family first as family is the fundamental institution of the society.

Dr. Mudasir Aziz, stressed upon that men and women should be productive for the society. We should strive for equity rather than equality. Your ways of perceiving things makes you forward. It is parenting patterns or skills which decide the life of a child.

Dr. Arjuman Shaheen, highlighted the importance of women in the family. The day should be celebrated for the honor, dignity and respect for the women. She stressed upon self care and self health of the women.

Ms. Nighat Manzoor, addressed the audience that self struggle is important for women to achieve a respectable niche in the society.

The celebrations of International Women's Week concluded with prize distribution ceremony in which worthy principal and the guest speakers presented prizes to the students who got positions in different activities held during the week.

At the end of the celebrations Mr. Niyaz Ahmad Khan, NSS Programme officer proposed the vote of thanks.



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“Run For Girls”



Department of Physical Education in collaboration with Women Empowerment cell of the college organized 400 meters run for girls today on 01-04-2022. The event was conducted within the college campus. Thirty-two (32) students of the college participated in the event. The event was flagged-off by the Worthy Principal Madam of the college, Prof. Dilruba Rasool Hamdani at 8 am in presence of Mr. Sikander Yaqoob, Head department of Physical Education and Sports, Prof. Mehraba Akbar, HOD Sociology and Convener Women Empowerment Cell, Prof. Irshad Ahmad, HOD Education and convener protocol committee. After the run, the award ceremony was conducted where the position-holder students were encouraged and appreciated by presenting them the trophies and mementos. The first position was bagged by Danista Rashid of 2nd semester, who covered the said distance in 1 minute and 36 seconds. The second position was secured by Iqra Manzoor of 2nd semester who completed the run in 1 minute and 53 seconds. The third position was attained by Nuzhat Bashir of 2nd semester who covered the same distance in 1 minute and 58 seconds. Apart from this, two consolation prizes were presented to the next two winners. Aksha Sayar of 2nd semester and Rabia Fayaz of 2nd semester were consolation prize winners. On the award ceremony, The Worthy Principal Madam threw some light on the importance of games and sports and stressed the students to actively participate in such events.

In the end, Mr. Sikander Yaqoob (P.T.I), presented the vote of thanks to the Worthy Principal madam, Prof. Dilruba Rasool Hamdani for her valuable support, guidance and encouragement, Convener Women Empowerment Cell, Prof. Mehraba Akbar for being the vital part of the whole event, Prof. Irshad Ahmad, convener protocol committee for his support and help, non-teaching staff of the college for their assistance in the smooth conduct of the event and lastly but not leastly, thanked the students who actively participated in the event.



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Awareness Programme on World Suicide Day, 2022

On 16th September, 2022, Women Empowerment Cell, Department of Sociology and NSS Unit of the college celebrated **World Suicide Prevention Day**. At the outset Dr. Khursheed Ahmad, Convener Debates and seminar Committee conceptualized the theme "Creating Hope Through Action"

A special and extensive lecture on the theme was delivered by Ms. Mehraba Akbar, the Coordinator of Women Empowerment Cell of the college day. She said that an estimated 703,000 people a year take their life around the world. Millions of people suffer intense grief or are otherwise profoundly impacted by suicidal behaviors. She further argued that each suicidal death is a public health concern with a profound impact on those around them. By raising awareness, reducing the stigma around suicide, and encouraging well-informed action, we can reduce instances of suicide around the world. Ms. Mehraba further said that "Creating hope through action" is the triennial theme for the World Suicide Prevention Day from 2021 - 2023. This theme is a reminder that there is an alternative to suicide and aims to inspire confidence and light in all of us.





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Awareness programme on health and sanitation for girls, dated: 21-09-2022

Women Empowerment Cell of the college organized an awareness programme on health and sanitation for girls

