











GOVT. DEGREE COLLEGE BISHNAH PRINCIPALS		
S. NO.	NAME	FROM - TO
1.	DR. AJAY AN RAL	18.05.08 - 13.06.11
2.	PROF. MEENA PANDIT	11.06.08 - 01.07.11
3.	PROF. KALPANA EBAR	01.07.11 - 04.11.15
4.	KULDEEP RAJ SHARMA	04.11.15 - 20.06.17
5.	KALDEEP SINGH KODHOL	20.06.17 - 04.07.19
6.	ANSHU KUMAR	04.07.19 - 27.08.20
7.	ANSHU KUMAR	27.08.20 -

# GL.D.M. DEGREE COLLEGE, HIRANAGAR



*(Affiliated to University of Jammu)*

## PRATIBIMB

(THE COLLEGE NEWSLETTER, 2021-22)



REALIZING THE POTENTIAL WITHIN















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DARYAGANJ, NEW DELHI



**ROLE AND IMPORTANCE  
OF  
MUSIC EDUCATION IN SCHOOLS**



**DEPARTMENT OF MUSIC**  
Government Girdari Lal Dogra Memorial Degree College  
Hiranagar, Jammu & Kashmir





75  
Azadi Ka  
Amrit Mahotsav



## **SOCIOLOGICAL COMMUNIQUE**

**MONTHLY NEWSLETTER OF THE DEPARTMENT OF SOCIOLOGY**

**VOL. I, NO. I, AUGUST, 2022**

# **HAR GHAR**



# **TIRANGA**

### **INSIDE THIS ISSUE**

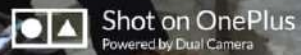
- MESSAGE FROM PRINCIPAL, GOVT. GLDM DEGREE COLLEGE, HIRANAGAR
- ARTICLES ON THE THEME- HAR GHAR TIRANGA
- SOCIOLOGY UPDATES- LOCAL TO GLOBAL
- RESEARCH, INNOVATION AND DEVELOPMENT IN SOCIOLOGY

**DEPARTMENT OF SOCIOLOGY  
GOVT. GLDM DEGREE COLLEGE  
HIRANAGAR, JAMMU AND KASHMIR**













**GLDM DEGREE COLLEGE, HIRANAGAR**



## *Invitation*

THE COLLEGE ALUMNI ASSOCIATION CORDIALLY INVITES YOU FOR

## *ALUMNI MEET-2022*



### *MUSICAL AFTERNOON*

*WITH FUN, TOUR OF THE COLLEGE AND  
REFRESHMENT*

*ON 9<sup>th</sup> JULY, 2022*

*AT 11.00 AM*

*CLASS ROOM -01, GLDM DEGREE COLLEGE HIRANAGAR*

*RSVP:*

*Dr. Pragya Khanna  
Principal*

*Prof. Sujat Khan  
Coordinator*

*Prof. Gurdyal  
Convener*

*Prof. Parveen Sharma  
Organising Secretary*

**Email:- [hiranagargdc@gmail.com](mailto:hiranagargdc@gmail.com)**

**Kindly Register at -<https://tinyurl.com/3zr95dmz>**

**FOLLOW US:-**

















#### LEVEL OF PARTICIPATION:

- School Level (10+2)
- College Level
- University Level

#### INSTRUCTIONS FOR PARTICIPANTS:

- It is expected that models/posters prepared by students must reflect quality and be innovative, original and follow scientific methodology.
- An institution can send maximum of two models (working/non-working) and four Posters/Charts.
- The dimensions of the poster should be 2ft x 3ft.
- Participants are allowed only through the institution.

#### AWARDS & INCENTIVES

- 03 Best science models and 03 Best posters will be awarded with cash prizes @ Rs 500/- each for First position, Rs 400/- each for Second position and Rs 300/- each for third position.
- In addition, 02 Consolation prizes will also be given in both the categories.
- Certificate of Participation will be given to all participants.

#### FINANCIAL AID

- SEED MONEY will be provided to the shortlisted models and posters through Direct Bank Transfer to the participant's (student's) bank account after the exhibition @ Rs 500/- for working science model, Rs 300/- for Non-working science model and Rs 200/- for Posters/Charts.
- REFRESHMENT WILL BE PROVIDED TO ALL THE PARTICIPANTS.

#### PATRON

DR. PRAGYA KHANNA  
(PRINCIPAL)

#### ORGANIZING SECRETARIES

MR. ARUN KUMAR, HOD CHEMISTRY  
MR. AJAY KUMAR SHARMA, HOD PHYSICS

#### ORGANISING TEAM:

MR. PRAVEEN SHARMA, Asstt. Prof. (Comp. Appl)  
DR. SUNDEEP SINGH, Asstt. Prof. (Chemistry)  
MRS. NEHA BHAGAT, Asstt. Prof. (EVS)  
MR. MANJOT SINGH, Asstt. Prof. (Zoology)  
MRS. KAMLESH BALA, Asstt. Prof. (Geography)  
MS. NIDHI JARNGAL, Asstt. Prof. (Botany)  
DR. CHIRRY SANGRAL, Asstt. Prof. (Economics)  
DR. PREETI VERMA, Asstt. Prof. (Physics)

#### REACH US AT:

GLDM DEGREE COLLEGE, HIRANAGAR, J&K, INDIA, 184142

E-Mail: [hiranagargcd@gmail.com](mailto:hiranagargcd@gmail.com)

PHONE NO: 019222-95455, 9419217137, 941194244,  
9906016216, 7006197277.

WEBSITE: [www.gldmchiranagar.in](http://www.gldmchiranagar.in)

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GLDM DEGREE COLLEGE, HIRANAGAR



under the aegis of

आज़ादी का  
अमृत महोत्सव

Organises

**SCIENCE EXHIBITION**

on the theme

**GREEN EARTH  
AND**

**SUSTAINABLE DEVELOPMENT**



Sponsored by

J&K Science, Technology & Innovation Council,  
Department of Science and Technology,  
J&K-UT





GLDM DEGREE COLLEGE,  
HIRANAGAR  
Estd. 2005



# SCIENCE EXHIBITION

Open for School/ College/ University Students

On the Theme

**GREEN EARTH AND SUSTAINABLE DEVELOPMENT**

**When:**

**16 July, 2022**

**Saturday**

**Where:**

**Multi purpose Hall**

**GLDM Degree College, Hiranagar**

## **AWARDS & INCENTIVES**

- 03 Best science models and 03 Best posters will be awarded with cash prizes
- 02 Consolation prizes will also be given in both the categories.
- Certificate of Participation will be given to all participants.

## **FINANCIAL AID**

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- REFRESHMENT WILL BE PROVIDED TO ALL THE PARTICIPANTS.

## **Contact:**

### **Phone Nos:**

019222-95455, 9419217137,  
941194244, 9906016216

### **E-Mail:**

hiranagargdc@gmail.com

### **Website:**

www.gldmdchiranagar.in

## **Sponsored by**

**J&K SCIENCE, TECHNOLOGY &  
INNOVATION COUNCIL,  
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CENTRAL UNIVERSITY  
OF  
JAMMU  
SMART AIRPORT















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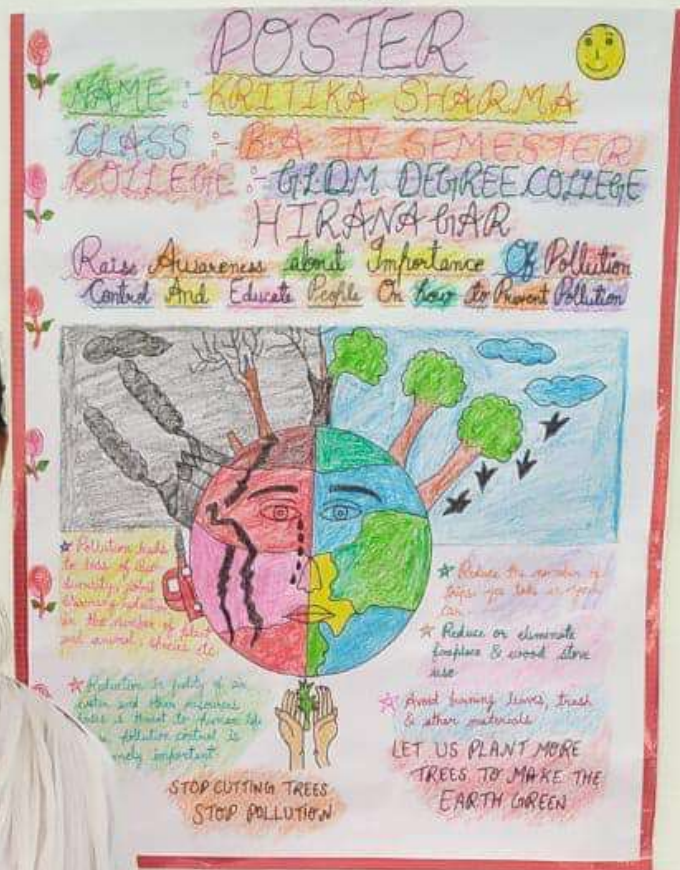




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# Studies on gut microbiota of crab (*Maydiellathelphusa masoniana*) of The Great Himalayan river system

Palvi Sharma, Seema Langer and Nisha Kapoor  
Department of Zoology, University of Jammu, Jammu-180006  
Email: spalvi61@gmail.com

## INTRODUCTION:

Crustacean is the second largest subphylum on the earth belonging to the arthropod group and includes shrimps, crabs and lobsters. *Maydiellathelphusa masoniana*, an important freshwater crab belonging to family Gecarcinidae has been reported from Jammu and Kashmir, Himachal Pradesh, Chattisgarh and Bihar. The microbiome is a complex system that consists of fungi, yeasts, viruses and bacteria. Bacteria occupy the top position and have huge potential to contribute in the health and development of host and therefore helps in modulation of immune response, absorption of essential nutrients, synthesis of vitamins and protection against pathogens.

## OBJECTIVES:

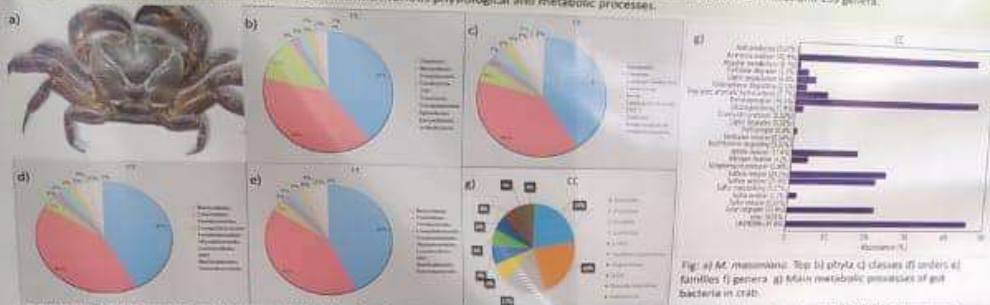
- To study the core microbiome in the gut of crab.
- To study the functional profile of crab gut microbiota.

## METHODOLOGY:

The crabs were collected from Gho manhasa stream of river Chenab, Jammu. The DNA was extracted using the commercial available DNA Soil Kit (GIGAGEN, Germany) following the standardised protocol. The 16S rRNA gene was amplified and sequencing was performed using Illumina MiSeq with Z300 PE V3 sequencing kit. The statistical analysis and functional profiling was performed using the online platforms viz. Microbiomeanalyst and Metagenassist.

## RESULTS:

- A total of 359 OTUs were obtained from the crab sample which could be classified into 22 phyla, 56 classes, 113 orders, 142 families and 159 genera.
- The gut microbiota of crab was found to be associated with various physiological and metabolic processes.



**CONCLUSION:** The gut microbial characterization leads to the growth and development of host and also helps in minimizing the disease susceptibility. The microbiome targeted diagnosis, prophylaxis and treatment can help to study the specific effects of various microbes and help in restoring the normal health status of diseased crab. In long run, this will eventually lead to sustainable production of this important variety of shellfish of The Great Himalayan river system.







Great Himalayan river system  
Ganga  
Brahmaputra

and is known as Myxobolus, an  
infectious disease. The microorganism is a  
parasite that lives in the health and development of  
protection against pathogens.

Germany) following  
The statistical analysis and



the (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)

## BRONCHITIS

### Symptoms

- Sore throat
- Headache
- Blurred vision

### Preventions

Taking steam

- Complete recovery of throat
- Get your throat checked

## LUNG CANCER

### Symptoms

- Loss of appetite
- Shortness of breath
- Hoarse voice or cough

### Preventions

- Stop smoking
- Eat healthy diet
- Avoid second hand smoke

## ASTHMA

### Symptoms

- Shortness of breath
- Chest tightness or pain
- Coughing or wheezing

### Preventions

- Avoid cold
- Avoid smoke
- Stay away from allergens

## EMPHYSEMA

### Symptoms

- Cough
- Hoarse
- Shortness of breath
- Wheezing

### Preventions

- Avoid smoke
- Stay away from allergens
- Avoid second hand smoke









**INTRODUCTION**

Food safety and security are two complementing elements of our future. The global population is expected to reach 9.7 billion people by 2050. As the human population continues to grow, we face increasing demand for food. To ensure that people will have access to safe, nutritious and healthy food, the world must increase the production of food. The Union territory of Jammu and Kashmir has a rich and diverse food culture. The distribution of shell fishes especially fresh water crabs.

## OBJECTIVES

**OBJECTIVES**

- The proximate composition of selected species i.e., *Mazatlanohelph. mazoniana*
- Effect of storage on shelf life of crabs.

## METHODOLOGY

**METHODOLOGY**

Collection of crab specimen from different water bodies of Jammu region.

Required amount of muscles was taken for the estimation of proximate composition (crude protein, lipids, moisture and ash) and mineral profile.

Parameter	Instrument
Crude protein (%) (Lowry et al)	Spectrophotometer
Lipids (%) (Folch et al, 1957)	Hot air oven
Moisture (%) (AOAC, 1999)	Hot air oven
Ash (%) (AOAC, 1999)	Muffle furnace
Mineral Analysis	Atomic absorption spectrometry

>The muscles of the selected species of crabs were stored at 4°C to study the effect of storage on shelf life.

## RESULTS AND CONCLUSION

The presence of high protein and low lipid content in the tissues reflect that it is rich in energy containing substances.

Moisture content indicates their enhanced shelf life.

Mineral contents is an indication that the food is healthy and could be good for those with deficiencies.

Indicate that crab meat is fit for consumption till 20th





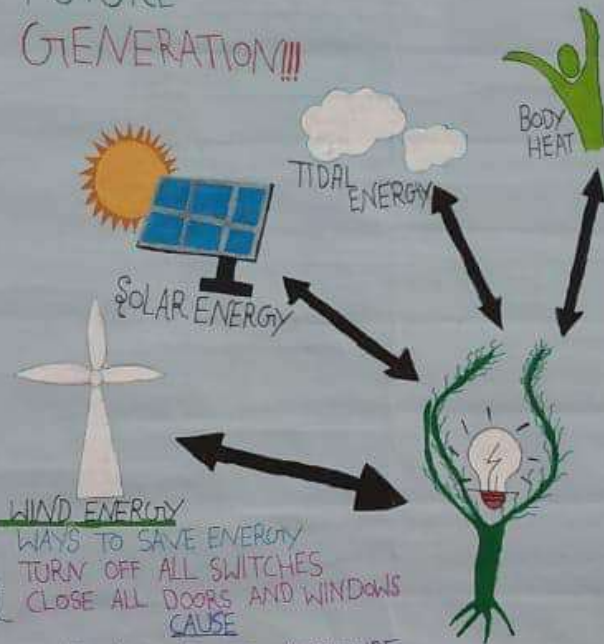


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Room No. 6

SAVE ENERGY!!!  
TYPES OF RENEWABLE ENERGY  
"BE THE SAVIOUR OF YOUR  
FUTURE  
GENERATION!!!



WAYS TO SAVE ENERGY  
1. TURN OFF ALL SWITCHES  
2. CLOSE ALL DOORS AND WINDOWS  
CAUSE  
IT'S ALL ABOUT ATTITUDE







  
**GOVT. GLDM DEGREE COLLEGE**  
**HIRANAGAR**  
**"CHESHTA"**  
**NATIONAL SERVICE SCHEME**  
**(NSS UNIT)**  
**NOT ME BUT YOU**

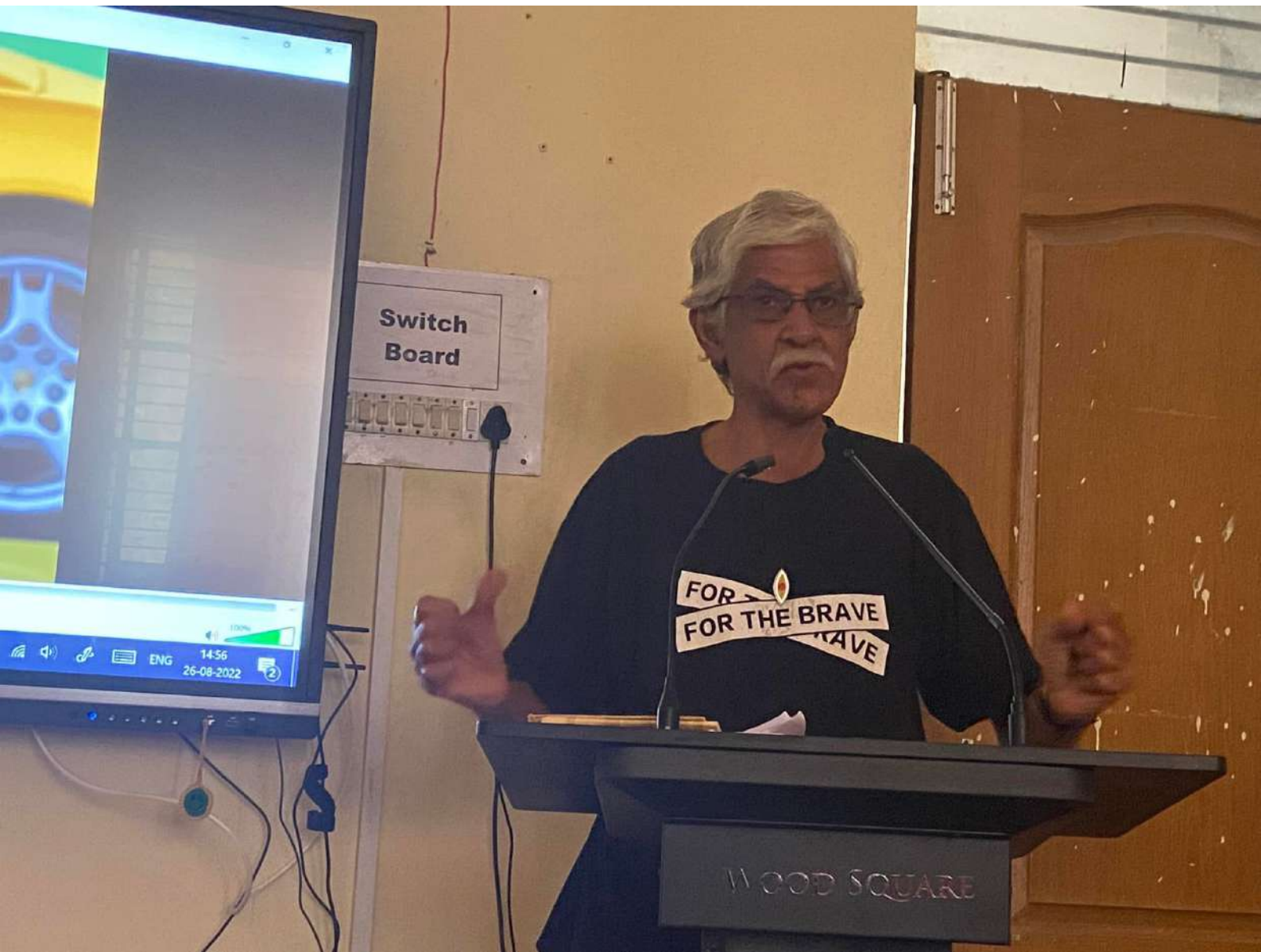
**SRI GIRDHARI LAL DOGRA**  
17-7-1915 - 27-11-1987  
STATE UNVEILED BY  
*JENAB OMAR ABDULLAH*  
HON'BLE CHIEF MINISTER  
JAMMU & KASHMIR  
ON  
27<sup>th</sup> APRIL 2010



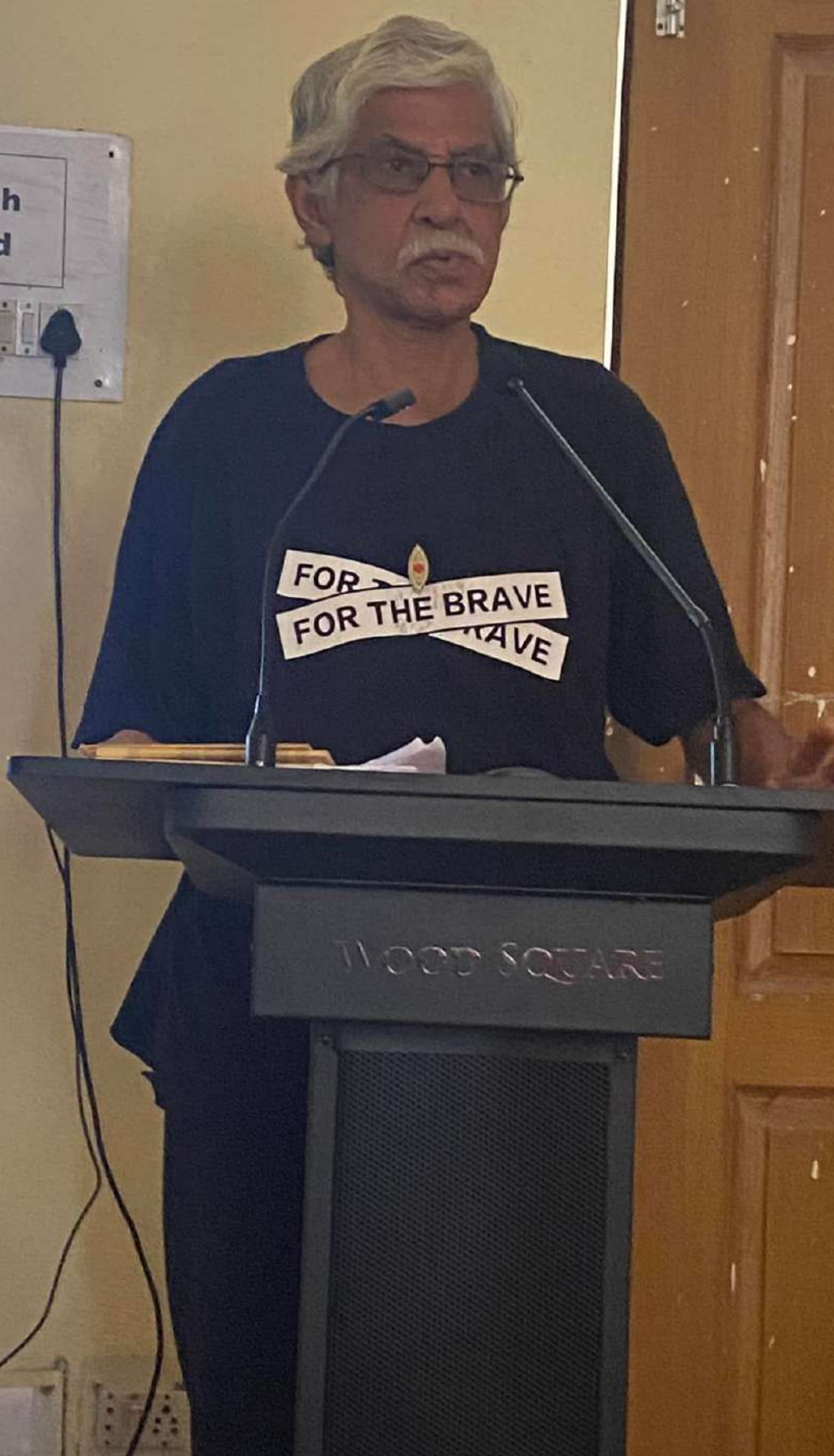
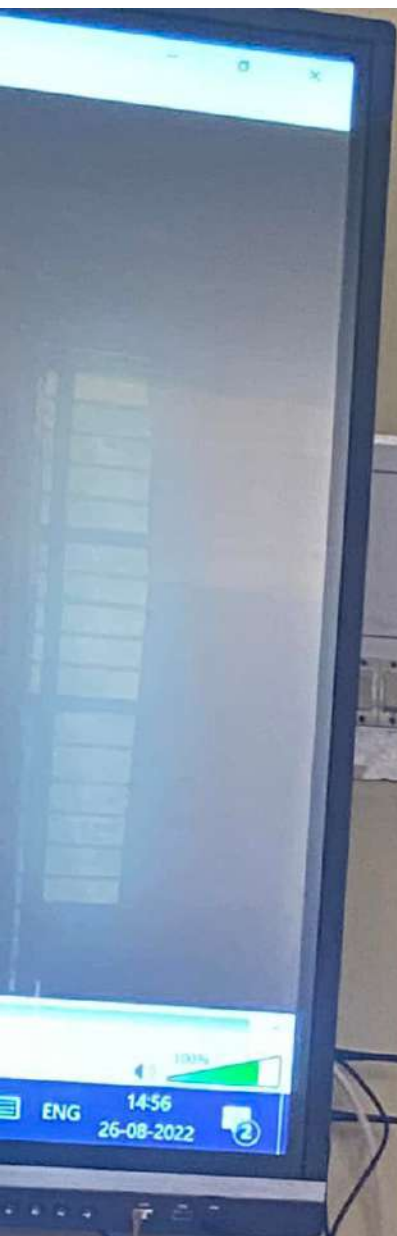








































# GLDM GDC Hiranagar hosts epic SPIC MACAY event

JL NEWS SERVICE

**HIRANAGAR, Aug 27:** GLDM GDC Hiranagar hosted SPIC MACAY founder Padma Shri Dr. Kiran Seth who is on a bicycle journey from Kashmir to Kanyakumari disseminating Mahatma Gandhi's message of simple living and high thinking on one hand and promoting cycling for good health and clean environment as well as the celebration of composite heritage of India on other. Dr. Seth was received in the College premises by the Principal of the College, Dr. Pragya Khanna along with other staff members and students of the college. Mr. Vikram Singh Jamwal, Physical Director of the College accompanied him on cycle from his last stay to the College and also escorted him to the next stay from the college.

Later, he held an orientation programme in which Principals, faculty members and students of many surrounding colleges and schools participated. Those who attended his orientation programme included Prof. Romilla Bhat, Principal, GDC Marheen along with the students, Mr. RL Kalia, BDC Chairman, Hiranagar, Dr. P.S Pathania, Former Registrar, University of Jammu. Dr. Seth in this interaction highlighted the traditional knowledge system and skills to live a life of simplicity and in consensus with the environment. While addressing the objective of SPIC MACAY he said that it is not an organisation but a movement that focuses on the enrichment of the quality of education by increasing



awareness about different aspects of Indian culture and heritage. He further called upon the audience to implement, imitate and imbibe the values, and wisdom embedded in the rich cultural heritage of India.

During his one day and night stay within the campus, the College managed to learn a lot from him; the College takes pride in becoming a part of the Chapter of SPIC MACAY in Jammu and Kashmir in which the College would be organising and participating in programmes and events of SPIC MACAY in the near future. The College has also been given the responsibility of involving other schools and colleges in the vicinity in this noble venture of re-establishment of the link with heritage, culture, traditional values, grassroot issues and identities.

Dr. Sapna Sangra, Chairperson, SPIC MACAY J&K was appreciated and applauded for her immense efforts in the great venture and continuing the great legacy.



















































**GLDM Degree College Hiranagar**  
Department Of Physical Education And Sports  
NSS, Unit  
Under Shikshit Bharat Fit India  
**YOGA WORKSHOP**  
Do YOG Stay Healthy  
FIT INDIA

GOVT. GLDM D  
HIRANAGAR  
NATIONAL SERVICE UNIT  
NOT M



Govt. College Hiranagar  
Physical Education and Sports  
N.S.S. Unit  
Kashit Bharat Fit India  
**WORKSHOP**  
FIT  
INDIA

GOVT. GDM DEGREE COLLEGE  
HIRANAGAR  
"CHESHTA"  
NATIONAL SERVICE SCHEME  
(NSS UNIT)  
NOT ME BUT YOU









**Govt. GLDM Degree College Hiranagar**  
**Department Of Physical Education And Sports**  
*In Collaboration with NSS Unit of College*  
*Under Shikshit Bharat Fit India*



**Organizes**  
**One Day YOGA Workshop**

# Do YOG Stay Healthy



## RESOURCE PERSON



Mr. Mukesh Sharma  
NIS Qualified  
YOGA COACH



**Yoga for Harmony & Peace**

11<sup>th</sup> June 2022 from 10:00 am at Multipurpose Hall

## ORGANIZING TEAM



**Patron**  
**Prof. (Dr.) Pragya Khanna**  
Principal



Mr. Vikram Singh  
HOD  
Physical Education  
Member IQAC



Dr. Arun Kumar  
HOD  
Sociology  
Member IQAC



Dr. Bharat Bhushan  
HOD  
Music



Dr. Mukesh Kumar  
Assistant Professor  
Music









