



## OFFICE OF THE PRINCIPAL

**GOVT. S.P.M.R COLLEGE OF COMMERCE, JAMMU- 180001 (J&K UT) – INDIA**

(A Constituent College of Cluster University of Jammu)

**NAAC Accredited Grade "B"**

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### SPMR ORGANISES MENSTRUAL HYGIENE PROGRAM

Internal Complaint Committee against Sexual Harassment (ICCASH) Committee of Govt. SPMR College of Commerce, Jammu) in collaboration with SPARSH, Cluster University of Jammu under the aegis of IQAC (Internal Quality Assurance Cell organized 'Menstrual Hygiene Awareness program for girl students of the college on 10th July ,2023 under the patronship of Principal Dr. Surinder Kumar Sharma. The program focused awareness on the health impact caused by lack of menstrual hygiene. The aim was to improve health with better sanitation practices, to raise self esteem and empower young girls by initiating dialogue on the taboo topic of menstruation. Dr. Monika Malhotra convener ICCASH apprised the students with hygienic menstrual practices and importance of eating healthy foods and adopting active lifestyle. She also advised them to practice yoga to be healthy and active. Prof. Charandeep Handa , Member, Apex body of Sparsh CLUJ, urged the students to dispel various misconceptions associated with menstrual practices and also awared them for proper and eco-friendly disposal of used pads. Around 40 girl students were present and sanitary pads were distributed to them. Other faculty members who attended the program were Prof. Savita Jamwal, Prof. Reeta Menia, , Prof Monika Mahajan, Dr. Sarabjeet Kour(Member ,ABS Sparsh), Dr. Roomi Rani.



Sd/

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Dated : 28-8-23

**PRESS RELEASE****AWARENESS PROGRAMME ON CYBER BULLYING HELD AT SPMR**

Apex body of Sparsh, Cluster University of Jammu in collaboration with ICCASH Committee of Govt. SPMR College of Commerce, Jammu under the aegis of IQAC organized Poster-making/Slogan writing competition on 'Cyber Bullying' on August 28, 2023 under the patronage of Principal, Dr. Surinder Kumar. The program focused awareness on the issue of Cyber bullying which takes place in the digital platform with an intent of harming and hurting people emotionally and mentally resulting in psychological distress among people who experience it. The aim was to spread awareness among students who live in digital space to refrain from such activities. Speaking on the occasion, Principal Dr. Surinder Kumar awarded the students that Cyber bullying can take place on social media platforms, messaging platforms and mobile phones. It is repeated behavior aimed at scaring, annoying or shaming those who are targeted. He further emphasized on remaining alert and preventing such acts. Dr. Monika Malhotra, convener ICCASH shared some examples of Cyber bullying which are seriously damaging and can affect anyone easily and gravely. Highlighting on the causes and effects of Cyber bullying, Prof. Charandeep Handa, reiterated that the effects of Cyber bullying include mental health issues, increased stress, anxiety, depression and low self esteem.

In all 20 students participated in the event. Thirty minutes time was allotted to the participants. The event was adjudged by Prof. Charandeep Handa and Dr. Sarabjeet Kaur Sudan (Members of Apex body of Sparsh, Cluster University of Jammu) under the supervision of Dr. Monika Malhotra, convener ICCASH. Other faculty members who attended the program included Prof. Barbara Kaul, Prof. Savita Jamwal, Prof. Deepshikha Sharma, Prof. Monika Mahajan, Prof. Shreya Sharma, Dr. Roomi Rani and Prof. Rajni Bala.

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