



GOVT. DEGREE COLLEGE AKHNOOR, J&K

REPORT OF ESSAY WRITING COMPETITION ON WORLD POPULATION DAY

On July 11, 2020 Ek Bharat Shreshtha Bharat, in collaboration with IQAC of GDC Akhnoor organized online Essay Writing Competition on the occasion of “World Population Day” under the theme “Against My Will: Defying The Practices That Harm Women And Girls”. The event was organized by Prof. Tarsem Lal, Convener IQAC and EBSB Officer Pooja Devi under the able guidance of worthy Principal Dr. Namarta through digital media platform. The college has invited students from various colleges and universities to participate in essay writing competition. The competition, which was open to all university and college students in all fields of study, was a great opportunity for youth to articulate their vision on various issues of population growth, the challenges that must be overcome in order to control it and its impact on development and the environment.

The students from different institutions of J&K UT as well as from other states participated with great enthusiasm in the competition in which Samridhi Mahajan, Suksham Khanna and Taniya Mahajan of Govt. College of Education, Jammu bagged 1st position and 2nd position was clinched by Sunita Jamwal of Govt College of Education, Jammu and Neha Sharma of GDC Akhnoor whereas JaganDeep Singh from GNDU, Amritsar and Maryam Tantray from Jammu University shared 3rd position. After the completion of the event, e-certificates were awarded to participants.

Govt. Degree College Akhnoor, J&K
(Affiliated to the University of Jammu)

EK BHARAT SHRESTHA BHARAT CLUB
In Collaboration with
IQAC
Is Going to Organize an Online Essay Writing Competition on the Occasion of
WORLD POPULATION DAY
On the Theme
**AGAINST MY WILL : DEFYING THE PRACTICES THAT
HARM WOMEN AND GIRLS**
(Saturday, July 11, 2020)

- SUBTHEMES:
- How to safeguard the health and rights of women and girls
 - Plan your Family, Plan your future
 - Population Education: A way for healthy and better future
- INSTRUCTIONS:
- Interested Candidate can participate by sending their presentation with their Name, Semester, Institution name and email-id on or before 10 July, 2020.
 - Submission should be made through e-mail to: ekbshaknoor@gmail.com
 - E-Certificate will be provided to all the participants.

Organizing Secretary: Prof. Pooja Devi, EBSB Nodal Officer
Convener: Prof. Tarsem Lal, IQAC
Chief Patron: Dr. Namarta, Principal

GOVT. DEGREE COLLEGE AKHNOOR
NAAC ACCREDITED AND AFFILIATED TO UNIVERSITY OF JAMMU

EK BHARAT SHRESTHA BHARAT
In Collaboration With
INTERNAL QUALITY ASSURANCE CELL

Certificate

This is to certify that
MR. JAGANDEEP SINGH
GURU NANAK DEV UNIVERSITY, AMRITSAR
has been awarded 3rd position in Essay Writing Competition on
WORLD POPULATION DAY

Prof. Tarsem Lal, IQAC Coordinator
Dr. Namarta, Principal
Prof. Pooja Devi, Nodal Officer, EBSB

GDC Akhnoor organized essay writing competition

Early Times Report

Jammu, July 11: Government Degree College (GDC) Akhnoor today organized an online essay writing competition on "World Population Day". The programme was organized under the leadership of Principal Dr. Namarta. The EBSB Club, in collaboration with IQAC has invited students from various colleges and universities to participate in essay writing competition. The competition, which was open to all university and college students in all fields of study, was a great opportunity for youth to articulate their vision on various issues of population growth, the challenges that must be overcome in order to control it and its impact on development and the environment. The students from different institutions of J&K UT as well as from other states participated with great enthusiasm in the competition in which Samridhi Mahajan, Suksham Khanna and Taniya Mahajan of Govt. College of Education, Jammu bagged 1st position and 2nd position was clinched by Sunita Jamwal of Govt College of Education, Jammu and Neha Sharma of GDC Akhnoor whereas Jagan Deep Singh from GNDU, Amritsar and Maryam Tantray from Jammu University shared 3rd position. After the completion of the event, e-certificates were awarded to participants. The Principal Dr. Namarta appreciated Prof. Tarsem Lal, Convener IQAC and Prof Pooja, Nodal Officer of EBSB Club for organizing this event.

Essay on the topic:
Population education is way for healthy and better future.

*** Introduction:** Most of the people agree 'Population Education' with education of the population. If we go deep into the matter, we find that population education is the education about population matter, that is fertility, mortality, migration etc. It is an educational process which helps people to understand the nature, causes and consequences of the population events. It is a factual knowledge about the population dynamic.

*** Meaning of Population Education:** Population education is an educational process, which helps individual to learn about population dynamic particularly and the population and its effects and related practices on the individual, family, community, nation and the world. According to Bhatnagar, 'Population Education is an expansion of knowledge and attitude about population the family and sex. It includes population awareness, family living, reproduction education and basic values.

*** Objective:** The main objective of population education is to create awareness, to create knowledge and to develop positive attitude for improving population situation to ensure a better life now and in future. It also aims about an educational programme which includes generation of interest and opportunity to study the effects of population growth of individual, family, community and country. Develops awareness about population control and positive and healthy attitude about the programme among the youth.

TOPIC: **WORLD POPULATION DAY**
(Saturday - 11th July 2020)

THEMES: Against My Will: Defying the Practices that Harm Women and Girls

PLAN YOUR FAMILY / PLAN YOUR FUTURE:

"When you do the things in the present that you can see, you are shaping the future that you are yet to see."
- DR. J. K. ROYCHANDRA

I am going to consider myself an independent woman, a woman who makes her own choices, a woman who doesn't seek to have health care services. But is this the condition of all the women in India?

About 24 million women of reproductive age in developing countries who want to avoid pregnancy are not using a modern contraceptive method. Reasons for this are diverse - limited access to contraception, lack of decision making power among women, gender-bias and various other socio-cultural barriers.

Family planning focuses on women's right to freely decide whether, when and how many children to have. The ability to make decisions pertaining to

Samridhi Mahajan Roll No. 22 College: G.C.O.E. Jammu

Against My Will:
Defying the practices that harm women and girls

I would like to start with one of my poems,

66
Afraid no more,
No silence anymore
Her miseries are not gone
The World not threatens her anymore

She has gone and gone
and gone all alone.
Her fears are not no more,
and so is she
In her fight for life,
death claimed victory

Even when brutality
gapped her innocence
She courage to
remain in her complete sense

Loopholes in the systems
Crime happens within seconds, but justice takes years to be delivered.

Delhi Rape case throws light on such a devastating picture of our judicial system, where the soul of victim rots for seven long years to get justice.

Some Measures:

- Education must be provided to women to make them aware of their rights.
- Employment facilities should be provided to the women to make them self dependent.
- Separate cells should be made for grievances of women which should actively secure them.
- Training of self defence should be provided to girls in school.
- Sex education should be taught in schools.


CONCLUSION: I would like to quote:
You are weak, But only as long as you consider yourself to be.

ESSAY COMPETITION

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COLLEGE: GOVERNMENT COLLEGE OF EDUCATION, CANAL ROAD, JAMMU

POPULATION EDUCATION: A Way For Healthy and Better Future.

OVERPOPULATION



"Cancer is nothing more than a healthy cell that starts replicating out of control."
- DAVID BROWN

World Population is increasing at a very fast pace. The last five to six decades have especially seen a tremendous increase in the human population. The effects of over-population is felt everywhere. The

POPULATION EDUCATION

A way for healthy and better future

Most of the people agree 'Population Education' with education of the population. If we go deep into the matter, we will find that population education is education about population matter, that is fertility, mortality, migration etc. It is an educational process which helps people to understand the nature, causes, and consequences of population growth.

It is a factual knowledge about population dynamic. Population education is an educational process which helps individual to learn about population and particularly the effect of population growth and the related problem on the individual, family, community, nation and the world.

Its main purpose is to create awareness, to provide

II PLAN THE FAMILY, PLAN THE FUTURE -

Family planning focuses on women's right to freely decide whether, when and how many children to have. The ability to make decisions related to reproduction of women is indispensable right of woman to decide. Family planning (allows couples to determine the number and spacing of their children through the use of contraceptive methods. It ensures couples to take necessary steps to ensure that every pregnancy is planned. Planned pregnancy gives women time to prepare physically and mentally for every pregnancy.

(It is mandatory to mention that both men and women should have access to information and family planning services. Efforts need to be targeted towards sensitising men about sharing the responsibility and role inherent in the decision making about family and reproductive methods. Thus, planning the family and sharing the responsibilities related to future (of family) equally both of men and women and then planning the future well in advance.