

OFFICE OF THE PRINCIPAL
GOVERNMENT SRI PRATAP MEMORIAL RAJPUT COLLEGE OF COMMERCE
JAMMU- UT) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
Mobile No : 09419119869(O)
Website : www.spmrcollege.org

Dated:



NATIONAL SERVICE SCHEME

(Sponsored by: Government of India, Ministry of Department of Youth Affairs & Sports New Delhi)

NSS UNITS OF GOVT. SPMR COLLEGE OF COMMERCE, JAMMU

SUPPORTING DOCUMENTS FOR 3.4.3, 3.4.4 & 7.1.11

REPORTS OF THE EXTENSION ACTIVITIES OF NSS FOR THE PERIOD

2020-2021
2019-2020
2018-2019
2017-2018
2016-2017

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INTRODUCTION

The **National Service Scheme (NSS)** is an Indian Government -Sponsored flagship for public service program conducted by the Ministry of Youth Affairs and Sports of the Govt. of India. Popularly known as NSS, was formally launched on 24th September, 1969, the birth centenary year of the Father of the Nation. Therefore 24 September is celebrated every year as the NSS Day with appropriate programmes. Aimed at developing student's personality through community service, NSS is a voluntary association of young people in Colleges, Universities and at +2 level working for a campus-community (esp. Villages) linkage.

LAUNCH OF NSS

The first NSS camp was concluded on 7 June 1969 and K. K. Gupta from DU was declared first volunteer. On 24 September 1969, the Union Education Minister V.K.R.V. Rao launched the NSS at 37 universities all states. The scheme has been extended to all states and universities in the country, and also +2 level institutes in many states till date.

SYMBOL OF N.S.S

The symbol for the NSS has been based on the giant Rath Wheel of the world-famous Konark Sun Temple (The Black Pagoda) situated in Odisha, India. The wheel portrays the cycle of creation, preservation and release. It also stands for dynamism and progressive outlook of youth. It signifies the movement in life across time and space, the symbol thus stands for continuity as well as change and implies the continuous striving of NSS for social change. The eight bars in the wheel represents 24 hours of a day. The red colour indicates that the volunteer is full of young blood that is lively, active, energetic and full of high spirit. The navy blue colour indicates the cosmos of which the NSS is tiny part, ready to contribute its share for the welfare of the mankind. It stands for continuity as well as change and implies the continuous striving of NSS.

AIM

The programme aims to instilling the idea of social welfare in students, and to provide service to society. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity. In doing so, volunteers learn from people in villages how to lead a good life despite a scarcity of resources. It also provides help in natural and man-made disasters by providing food, clothing and first aid to the disaster's victims.

TYPES OF ACTIVITIES

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There are two types of activities: Regular Activities (120 hours) and Annual Special Camp (120 hours). All the NSS Volunteers who have served NSS for at least 2 years and have performed 240 hours of work under NSS are entitled to a certificate from the university under the signature of the Vice-Chancellor and the Programme Coordinator. The Annual camps are known as Special Camps. Camps are held annually, funded by the government of India, and are usually located in a rural village or a city suburb. Volunteers may be involved in such activities as:

1. Cleaning
2. Plantation
3. Stage shows or a procession creating awareness of such issues as social problems, education and cleanliness
4. Awareness Rallies
5. Inviting doctors for health camps
6. Blood Donation
7. Community Survey

There are no predefined or pre assigned tasks; it is left up to the volunteers to provide service in any way that is feasible. Camps typically last between a week and 10 days, although camps for shorter periods are also conducted by NSS.

OBJECTIVES:

The Objectives of the Scheme are broadly, outreach education for students volunteers and services to the nation. Other broad objectives of the NSS are...

1. To understand the community in which they work.
2. To understand themselves in relation to their community.
3. Identify the needs and problems of the community and involve them in problem solving process.
4. Develop among themselves a sense of social and civic responsibility.
5. Utilize their knowledge in generating practical solution to individual and community problems.
6. Develop competence required for a group living and sharing of responsibilities.
7. Gain skills in mobilizing community participation.
8. Acquire leadership qualities and democratic attitude.
9. Develop capacity to meet emergencies and natural disasters.
10. To extend the national integration and social harmony.

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MOTTO OF NSS

The motto of NSS is "**NOT ME BUT YOU**"(I LIVE FOR YOU), It underlines that the welfare of an individual ultimately depend on the welfare of society as a whole. This expresses the essence of democratic living and upholds the need for selfless service and appreciation of other individual's point of view and also to show consideration for fellow human beings.

RESPONSIBILITIES and DUTIES OF NSS VOLUNTEERS

NSS volunteers are the student and main beneficiaries of NSS programmes. Their duties are....

1. To establish rapport with the people in the project area.
2. Identify needs, problems and resources of the community.
3. Plan programmes and carry out the plans.
4. Relate his learning and experience towards finding solutions to the problems identified.
5. Record the activities in his work diary systematically and assess the progress periodically and effect changes as and when needed.
6. To maintain the cleanliness of the premises of the NSS Unit.

Each NSS volunteer is expected to put at least 120 hours of social service in an academic year. These 120 hours are to be devoted as follows:

(a) Orientation/Training:	20 hrs.
(b) Campus Activity:	30 hrs.
(c) Community based activity:	70 hrs.
(d) Total:	120 hrs.

PROGRAMME OFFICERS

NSS Programme Officer is a member of teaching faculty, who provides leadership to the volunteers.His/Her duties are

1. To work efficiently & effectively as per the work allocated by the Programme Coordinator.
2. To be physically present in all social activities of the NSS Unit.

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3. To evaluate the various competitive activities taking place in the NSS Unit such as Patriotic songs, singing competition, Debates, Essay competition etc.
4. To help the student volunteers register under them as a compulsory requirement of Ministry of Youth Affairs.
5. To make efforts to organize different events & activities in the NSS Unit.
6. To encourage the students to participate in various activities taking place from time to time in the NSS Unit.

Our College NSS Unit Members



MR. Ranjeet Singh Jamwal
Principal



DR. SANDHYA BHARDHWAJ
Coordinator CIU



MR. APFAN ALI
Programme Officer



MS RAJNI BALA
Programme Officer

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LAST FIVE YEAR ACTIVITIES OF NSS

2020-2021

Azadi ka Amrit Mahotsav 2020-2021

One week Celebration on 75th Independence Day (Poster, Writing slogan, National Anthem Patriotic song) from 12-19/08/2021

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CANAL ROAD, JAMMU- 180001 (J&K UT) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/ColI/2021/ 1099

Phone/Fax : +91-0191-2582900 (O)
Mobile No : 09419119869(O)
Website : www.spmrcollege.org
Dated: 06-08-2021

The Director Colleges
Higher Education Department,
J&K Govt.,
48-B, Samander Bagh, Near Exchange Road,
Lal Chowk, Srinagar.

Subject: Azadi ka Amrut Mahotsva 2021.

Respected Madam,

Please find below the detail of the programmes going to be organized by the College on the eve of the celebration of Independence Day.

- 12th of August, 2021: Cleanliness Drive of College Campus by the NSS Volunteers of the College followed by a patriotic song competition organized by NSS Programme Officers.
- 13th of August, 2021: Online Slogan Writing & Poster Making Competition on the topic "Say No to Drugs" organized by Cultural Committee.
- 14th of August, 2021: The webinar on the topic "Focus and Cohesion among Youth for Nation Building", the speaker Dr. V.K.Singh, DGP, Jammu at 11:30 A.M organized by Manodarpan & Placement Cell.
- 15th of August, 2021: A Flag hosting in the College Campus followed by national anthem in which all NSS & NCC Volunteers will participate alongwith the staff organized by NCC ANO.

Regards,

Prof. R.S. Jamwal
Principal

Copy to:
1. NSS Programme Officers.
2. Convener, Cultural Committee and Manodarpan & Placement Cell.
3. NCC ANO.

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75th Independence Day Celebration 2021

NSS UNITS OF
GOVT. SPMR COLLEGE OF COMMERCE JAMMU

AAZADI KA AMRIT MAHOTSAY

75th INDEPENDENCE DAY
Celebrations 2021

Following activities are being organised
on
13 August 2021

Slogan Writing (Independence Day)
Poster Making (Save Environment)
Patriotic Song (Duration 1 minute)

Patron
Prof. R.S. Jamwal
Principal

Coordinator NSS CLUJ
Dr Sandhya Bhardwaj

NSS Programme Officers
Prof. Apfan Ali
Prof. Rajni Bala

<https://forms.gle/hAwAraYDA5mFvgGy7>

Cleanliness Drive 12th August 2021

GOVT. SPMR COLLEGE OF COMMERCE,
JAMMU

AZADI KA AMRIT MAHOTSVA

AUGUST
12
2021
@
10:00 A.M

NSS UNITS OF
GOVT. SPMR COLLEGE OF
COMMERCE JAMMU
ORGANISE
CLEANLINESS DRIVE
OF COLLEGE CAMPUIS
&
PATRIOTIC SONG
COMPETITION

PATRON
PROF. R.S. JAMWAL
PRINCIPAL

COORDINATOR CLUJ
DR. SANDHYA BHARDWAJ

NSS PROGRAMME OFFICERS
PROF. APFAN ALI
PROF. RAJNI BALA

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MEDIA COVERAGE

and should be held at the... steps at the United Nations... range of topics... assignments... and... (www.spmrcollege.org...)

NSS Units Govt S.P.M.R College organizes competitions to mark Azadi Ka Amrit Mahotsav'

DISPATCH BUREAU JAMMU, AUG.12

'Azadi Ka Amrit Mahotsav' was celebrated by NSS Units of Govt S.P.M.R College of Commerce Jammu. Cleanliness drive, Poster making and Patriotic songs were organised by the NSS volunteers of the college. The NSS volunteers also planned 20 musical rallies to the college to commemorate the 75th Independence Day.

Speaking on the occasion, Principal of the college, Prof. R. S. Jamwal addressed the students regarding the contribution of a great leader for our Independence and how we should also follow their path of self reliance and self-control.

He also appreciated the efforts of the student volunteers for initiating the cleanliness drive in the college after the pandemic following all the SOPs of Covid-19. He said that cleanliness is very important for physical and mental well-being of an individual. It is essential for everyone to be aware of cleanliness, hygiene and sanitation as it helps to ward off various various diseases that are caused due to poor hygienic conditions.

The quizzes were also made by the students on the topic 'Swachh' which were very educative and inspirational. Patriotic songs were also sung by the volunteers to commemorate the 'Azadi Ka Amrit Mahotsav'.

NSS Coordinator, Dr. Sandhya Bhatnagar was also present on the occasion and the whole programme was organised and coordinated under the guidance of NSS Programme Officers Professor Apurva Ahl and Professor Rajni Bata.

STATE OBSERVER J&K JAMMU || FRIDAY, 13, AUGUST, 2021

CCO welcomes newly joined Vice-Chairman... Banker... celebration...

حفظان صحت اور صفائی ستھرائی سے آگاہ رہے کیونکہ یہ حفظان صحت کے خراب حالات کی وجہ سے پیدا ہونے والی مختلف بیماریوں سے بچنے میں مدد کرتا ہے۔ طلباء کی جانب سے ”سوچتا“ کے موضوع پر پوسٹر ز بھی بنائے گئے تھے جو کہ بہت ہی تعلیمی اور متاثر کن تھے۔ رضا کاروں کی جانب سے آزادی کا امرت مہوٹسو کی یاد میں حب الوطنی کے گیت بھی گائے گئے۔ این ایس ایس کو آر ڈینٹیفیڈ ایکٹر سندھیہ بھاردواج بھی اس موقع پر موجود تھی اور پورے پروگرام کو این ایس ایس پروگرام آفیسرز پروفیسر عرفان علی اور پروفیسر رجنی بالاکا رہنمائی میں ترتیب دیا گیا تھا۔

محمد آپ کے ساتھ

لازوال

Friday 13 August 2021

ہماری آزادی کیلئے عظیم رہنماؤں کی قربانیوں کو یاد رکھنا چاہیے: پروفیسر آرائس جموال

گورنمنٹ ایس پی ایم آر کالج آف کامرس جموں کی این ایس ایس یونٹس کے ذریعہ آزادی کا امرت مہوٹسو منایا گیا

رکھنا چاہیے اور ہمیں ان کے خود انحصاری اور خود پر قابو پانے کے طریقے پر بھی عمل کرنا چاہیے۔ انہوں نے کوویڈ 19 کے تمام ایجنڈے پر عمل پیرا ہونے کے بعد کالج میں صفائی مہم شروع کرنے کے لیے طالب علم رضا کاروں کی کوششوں کو بھی سراہا۔ انہوں نے کہا کہ کسی فرد کی جسمانی اور ذہنی تندرستی کے لیے صفائی بہت ضروری ہے۔ ہر ایک کے لیے ضروری ہے کہ وہ صفائی، III..... 300

ہوئے کالج کے پرنسپل پروفیسر آرائس جموال نے طلباء سے کہا کہ ہماری آزادی کے لیے عظیم رہنماؤں کی قربانیوں کو یاد رکھنا ضروری ہے۔

رضا کاروں نے 75 ویں یوم آزادی کی یاد میں کالج میں 20 ادویاتی پودے بھی لگائے۔ اس موقع پر خطاب کرتے

رضا کاروں کی جانب سے صفائی مہم، پوسٹر سازی اور حب الوطنی گیتوں کا اہتمام کیا گیا۔ این ایس ایس کے

لازوال ڈیسک

این ایس ایس کے این ایس ایس

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earlyTIMES | JAMMU

SPMR college organizes plantation drive

SKUAJST-JI

EARLY TIMES REPORT

JAMMU, Aug 11: NSS Units of Govt S.P.M.R. College of Commerce Jammu organized various activities including cleanliness drive, poster making and Patriotic songs to mark Independence day celebrations. The NSS volunteers also planted 20 medicinal saplings in the college to commemorate the 75th Independence Day.

Speaking on the occasion, Principal of the college, Prof. R. S. Jarwal addressed the students regarding the contribution of a great leader for our Independence and how we should also follow their path of self reliance and self control. He also appreciated the efforts of the student volunteers for initiating the cleanliness drive in the college after the pandemic following all the SOPs of Covid-19. He said that cleanliness is very important for physical and mental well being of an individual. It is essential for everyone to be aware of cleanliness, hygiene and sanitation as it helps to ward off various various diseases that are caused due to poor hygienic conditions. The posters were also made by the students on the topic 'Swachhe which were very educative and inspirational. Patriotic songs were also sung by the volunteers to commemorate the 75th Anniversary of India's Independence. NSS Coordinator, Dr. Sanjiba (Bharadwaj) was also present on the occasion and the whole programme was organized and coordinated under the guidance of NSS Programme Officers Professor Apjan Ali and Professor Rajat Bala.

PG Colleg organises

PGC Kataranka organizes lecture

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No. GSPMR/ColI/2021/1120



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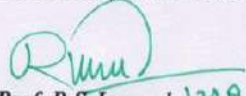
PRESS RELEASE

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Prof. R.S. Jamwal 12/08/2021
Principal

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PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
Mobile No : 09419119869(O)
Website : www.spmrcollege.org

Dated:

AIDS DAY celebrated on 1st December-2020



On the occasion of
World Aids Day,
NSS Wing* of *Govt SPMR College of Commerce Jammu
Organised the online
Inter College Slogan & Painting Competition today.



NSS WING
GOVT. SPMR COLLEGE OF COMMERCE, JAMMU

ORGANISES
INTERCOLLEGE SLOGAN AND PAINTING
COMPETITION

ON
WORLD AIDS DAY

THEME: ENDING THE HIV/AIDS
EPIDEMIC 'RESILIENCE AND IMPACT'

Date
DECEMBER 1, 2020

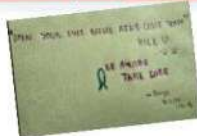
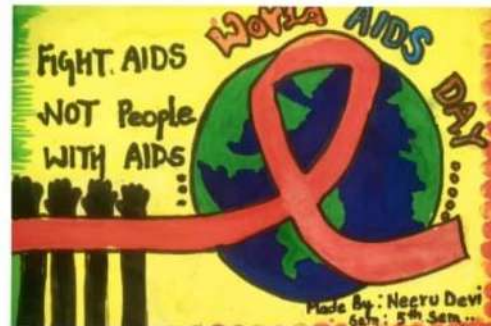
Time
10:00 A.M - 5:00 P.M

Patron
Prof. R.S JAMWAL
Principal
GOVT. SPMR COLLEGE OF COMMERCE, Jammu

ENTRIES TO BE SUBMITTED
VIA WHATSAPP ON
MOBILE NO: 9797948642

ORGANIZING COMMITTEE:
1. PROF. APFAN ALI
2. PROF. RAJNI BALA

All participants will be issued an e-certificate



Program Officers
Prof Apfan Ali
Prof Rajni Bala

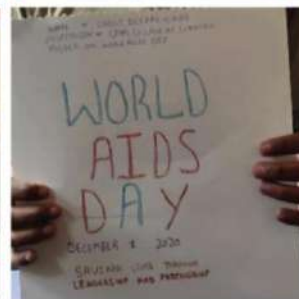
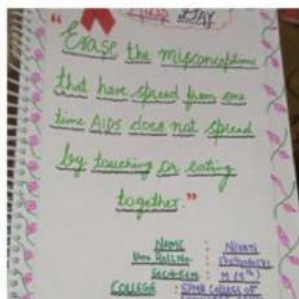
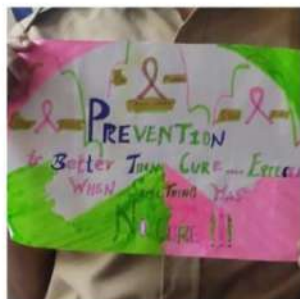
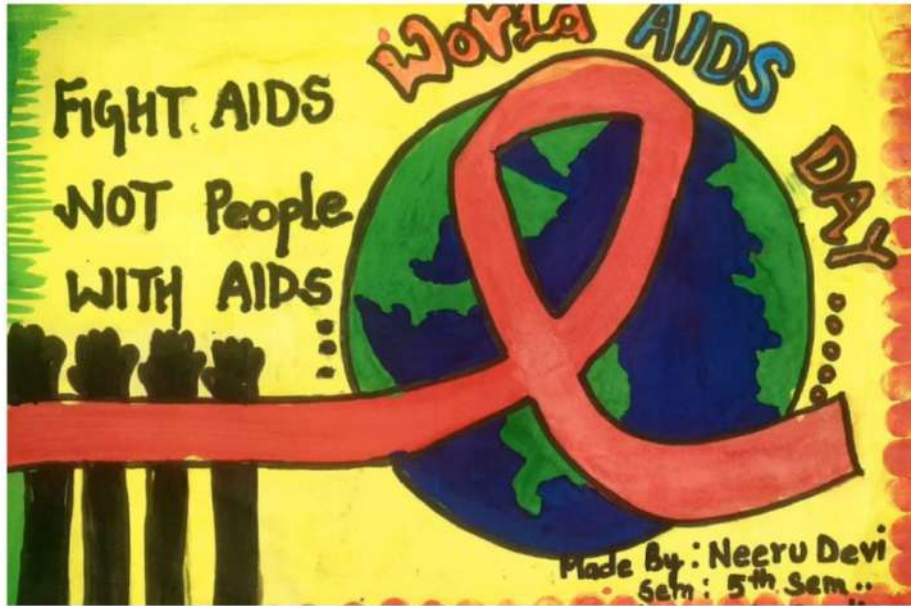
OFFICE OF THE PRINCIPAL
GOVERNMENT SRI PRATAP MEMORIAL RAJPUT COLLEGE OF COMMERCE
JAMMU- UT) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
Mobile No : 09419119869(O)
Website : www.spmrcollege.org

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Dated:

**Poster Making Competition was organised on “Beti Bachao
Beti Padhao”24/01/2021 (SAVE THE GIRL CHILD)**



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Dated:

Exclusive lecture on Awareness During Covid and Post Covid



**NSS UNITS
OF**



Govt SPMR College of Commerce Jammu

GOING TO ORGANIZE EXCLUSIVE LECTURE
ON
Awareness - During Covid & Post Covid
Google Meet
22/05/21 sgf-ddhd-xan 3:30 P.M



Prof. Ranjeet Singh Jamwal
Principal
Govt SPMR College of Commerce
Jammu



Lieutenant Sunena
(MNS Officer)
Varanasi



Dr. Sandhya Bharadwaj
Coordinator NSS
Cluj



Program Officers
Prof. Apfan Ali
Prof. Rajni Bala

OFFICE OF THE PRINCIPAL
GOVERNMENT SRI PRATAP MEMORIAL RAJPUT COLLEGE OF COMMERCE
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 PRINCIPAL
 E Mail : principal.spmrcollege@gmail.com
 No. GSPMR/CoII/2021/

Phone/Fax : **+91-0191-2580965 (O)**
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Dated:

MEDIA COVERAGE



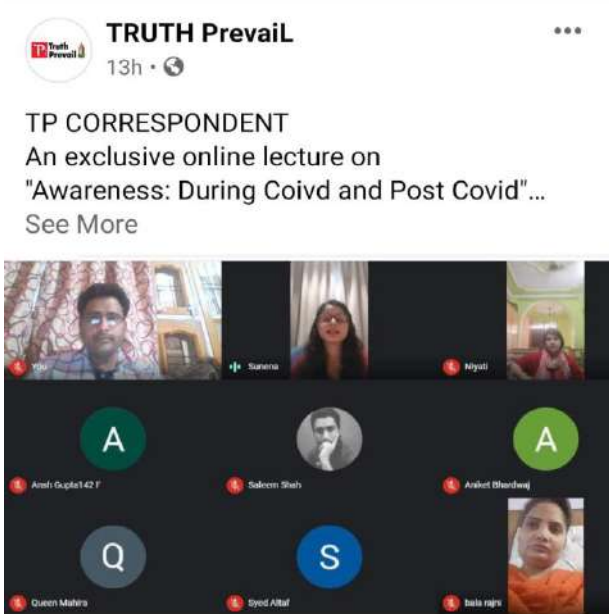
An exclusive online lecture on "Awareness: During Coivd and Post Covid"

TP Correspondent
JAMMU, MAY 22 : NSS units of Govt SPMR College of commerce Jammu organised an exclusive online lecture on "Awareness - During Covid and Post Covid " at 3:30 PM on Google Meet. The lecture started with the welcome address delivered by Apfan Ali PO and Deepasha D (NSS volunteer). Today's guest speaker was Lieutenant Sunena from Varanasi. She has completed her Bsc Hons Nursing from Army hospital Research and referral, Delhi. She is currently serving in Indian Army as an MNS Officer and is contributing as a frontline warrior in this time of hardships. She presented his valuable views on the topic. During a very informative and interactive session, she mainly focused on Hygiene and self care .

She also highlighted the Importance of Wearing Mask properly, Testing, Caring , Isolation, Exercise, Proper Vaccination, protein intake and necessity to avoid Junk Foods.

She also emphasized on spreading awareness (regarding covid-19) amongst the common people and teachers, NSS Volunteers, NCC cadets as well. Prof. Ranjeet Singh Jamwal, Principal Govt. SPMR College of Cout scholars of others states also present during the lecture. The proceedings of the Programme were conducted by Prof. Rajni Bala, NSS Programme Officer of the College. She also thanked Principal Ranjeet Singh Jamwal and Coordinator Dr Sandhya Bhardwaj for permission to organise such activities. In the end, Q/A (question-answer) session was also very fruitful. Teachers, Students , NSS Volunteers, Saleem Shih from Aligarh and Pratima Sinha from Varanasi were presented during session.

Indian Army organises covid 19



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OFFICE OF THE PRINCIPAL
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No. GSPMR/CoII/2021/

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Dated:

Drugs De addiction lecture in collaboration JKP 19/02/2021

NSS units of SPMR College of Commerce in collaboration with JKP organized lecture on Drug De-Addiction



**GY CORRESPONDENT
JAMMU, FEB, 19**

NSS units of Govt. SPMR College of Commerce in collaboration with Jammu and Kashmir Police organized extension lecture on the topic Drug De-Addiction in the college Auditorium at 11A.M. The resource persons Ms Anisha Dhar and Ashwani Singh, Dy.S.P Hqtrs Ms. Swati Sharma were special guest on this occasion.

Principal SPMR College of Commerce, Prof. Ranjeet Singh Jamwal welcomed all the guests and said that the menace of drug abuse is slowly destroying the society and it is our duty to help the society by providing such lectures of awareness to the younger generation. He acknowledged the efforts of JKP Drug De-

Addiction and Rehabilitation centre for organising such type of programmes in Educational Institutions.

The resource person, Ms. Anisha Dhar spoke about mental health and drug awareness. She said that it is our paramount duty to give input about mental health. Mind has the ability to differentiate between right or wrong. She said that Use of drugs leads to abuse, then to addiction and finally to dependence. The basic factors for drug abuse are enjoyment, peer pressure social ill effects and many others which lead to loss of self control.

Ms Swati Sharma also appealed to the gathering to come forward to help the drug addicts and their families by bringing them to the

rehab center. She insisted that the identity of the aggrieved is kept secret. She also informed that Medical shops have Whatsapp Number is provided by JKP for any help. She also conveyed that we as citizens should inform about drug use, be observant and each student should create group with friends to provide awareness about drug menace. Besides the NSS volunteers, NCC Cadets and students, NSS Co-ordinator, Dr. Sandhya Bharadwaj Cluster University of Jammu, Prof Barbara Kaul, Prof Archana Kaul, and Staff member of the college graced the occasion. NSS programme Officer Prof. Apfan Ali conducted the programme and NSS Volunteer Niyati presented the vote of thanks.

OFFICE OF THE PRINCIPAL
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JAMMU- UT) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
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Dated:

Gandhi Janyanti Celebrated on 2nd Oct. 2021



**NSS UNITS
OF
GOVT. SPMR COLLEGE OF COMMERCE JAMMU**
Organising Online
**GANDHI JAYANTI CELEBRATIONS
AND
TAKING OF SWACHHTA PLEDGE**

Under the Aegis of Azadi Ka Amrit Mahotsav
**2nd October 2021
11:00 AM**

Change
begins with
each of us.



**Patron
Prof. R S Jamwal
Principal**

**NSS Programme Officer's
Prof. Apfan Ali
Prof. Rajni Bala**

**COORDINATOR
DR SANDHYA BHARDWAJ
CLUJ**

<https://meet.google.com/mkf-yhhp-gcq>

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 PRINCIPAL
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Phone/Fax : **+91-0191-2580965 (O)**
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Dated:



لازوال

Sunday 03 October 2021

گورنمنٹ ایس پی ایم آر کالج آف کامرس نے گاندھی جینتی کے موقع پر اٹھایا سوچتا کا حلف

کالج کے این ایس ایس یوتھوں نے سچا ویڈیو کانفرنس کے ذریعے تقریب کا اہتمام

کالج کی سچا ویڈیو کانفرنس کے ذریعے تقریب کا اہتمام۔ گورنمنٹ ایس پی ایم آر کالج آف کامرس نے گاندھی جینتی کے موقع پر اٹھایا سوچتا کا حلف۔ اس موقع پر ایس پی ایم آر کالج کے این ایس ایس یوتھوں نے سچا ویڈیو کانفرنس کے ذریعے تقریب کا اہتمام کیا۔ تقریب میں کالج کے ایگزیکٹو آفیسر، پروفیسر اور اسٹاف کے اراکین نے شرکت کی۔ تقریب کے دوران ایس پی ایم آر کالج کے این ایس ایس یوتھوں نے گاندھی جینتی کے موقع پر اٹھایا سوچتا کا حلف کیا۔ تقریب کے دوران ایس پی ایم آر کالج کے این ایس ایس یوتھوں نے گاندھی جینتی کے موقع پر اٹھایا سوچتا کا حلف کیا۔ تقریب کے دوران ایس پی ایم آر کالج کے این ایس ایس یوتھوں نے گاندھی جینتی کے موقع پر اٹھایا سوچتا کا حلف کیا۔

SEE LIST OF
 GOVT. SPMR COLLEGE OF COMMERCE JAMMU
 Organized Online
GANDHI JAYANTI CELEBRATIONS
 AND
TAKING OF SWACHHITA PLEDGE
 Under the Aegis of Azadi Ka Amrit Mahotsav
2nd October 2021
11:00 AM

Prof. R. S. Jamwal
 Principal

MS Programme Officer's
 Prof. Rajni Kola
<https://meet.google.com/mkf-ythp-gcq>

ایس پی ایم آر کالج کے این ایس ایس یوتھوں نے گاندھی جینتی کے موقع پر اٹھایا سوچتا کا حلف کیا۔ تقریب کے دوران ایس پی ایم آر کالج کے این ایس ایس یوتھوں نے گاندھی جینتی کے موقع پر اٹھایا سوچتا کا حلف کیا۔ تقریب کے دوران ایس پی ایم آر کالج کے این ایس ایس یوتھوں نے گاندھی جینتی کے موقع پر اٹھایا سوچتا کا حلف کیا۔ تقریب کے دوران ایس پی ایم آر کالج کے این ایس ایس یوتھوں نے گاندھی جینتی کے موقع پر اٹھایا سوچتا کا حلف کیا۔ تقریب کے دوران ایس پی ایم آر کالج کے این ایس ایس یوتھوں نے گاندھی جینتی کے موقع پر اٹھایا سوچتا کا حلف کیا۔

مشہور اداروں میں جینتی کے موقع پر اٹھایا سوچتا کا حلف کیا۔ تقریب کے دوران ایس پی ایم آر کالج کے این ایس ایس یوتھوں نے گاندھی جینتی کے موقع پر اٹھایا سوچتا کا حلف کیا۔ تقریب کے دوران ایس پی ایم آر کالج کے این ایس ایس یوتھوں نے گاندھی جینتی کے موقع پر اٹھایا سوچتا کا حلف کیا۔

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JAMMU-

UT) - INDIA



Phone/Fax : +91-0191-2580965 (O)
Mobile No : 09419119869(O)
Website : www.spmrcollege.org

Dated:

Prof. Ranjeet Singh Jamwal

PRINCIPAL

E Mail : principal.spmrcollege@gmail.com

No. GSPMR/CoII/2021/

8

LOCAL

YOUNG JAMMU
Jammu, Sunday, 03 October, 2021

J&K celebrates birth anniversaries of Mahatma Gandhi, Lal Bahadur Shastri

Lt Governor leads celebrations by administering Swachhta Pledge to UT officers



Delhi: In a grand ceremony, Lt Governor led the inauguration of Swachhta Pledge to UT officers. The ceremony was held in the presence of various officials and officers of the Government of Jammu and Kashmir. The Governor administered the Swachhta Pledge to all the officers present. He emphasized the importance of cleanliness and sanitation in the state and urged all the officers to take the pledge seriously. The Governor also highlighted the role of the Government in promoting cleanliness and sanitation in the state.

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Sustainable and Holistic Development of Rural Areas Prerequisite for National Development: Giriraj Singh

Dr. Giriraj Singh, Director of the Department of Rural Development, Government of Jammu and Kashmir, said that sustainable and holistic development of rural areas is a prerequisite for national development. He emphasized the need for a multi-pronged approach that focuses on improving the quality of life of the rural population, creating employment opportunities, and promoting self-reliance.

Dr. Singh also highlighted the importance of infrastructure development in rural areas, particularly in the areas of roads, electricity, and communication. He stressed the need for the Government to invest in these areas to improve the connectivity and accessibility of rural areas.

Dr. Singh also emphasized the need for the Government to focus on the development of the rural workforce and to provide them with the necessary skills and training to enable them to participate in the growth of the economy.

Dr. Singh also stressed the need for the Government to focus on the development of the rural sector and to provide it with the necessary support and resources to enable it to contribute to the growth of the economy.

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Union MoS Steel, Rural Development inaugurates developmental projects in Kupwara

Union Minister of Steel, Rural Development and Infrastructure Development, Government of India, inaugurated several developmental projects in Kupwara, Jammu and Kashmir. The projects include the construction of roads, bridges, and other infrastructure facilities.

The Union Minister also emphasized the importance of infrastructure development in rural areas and urged the Government to focus on these areas to improve the quality of life of the rural population.

The Union Minister also stressed the need for the Government to focus on the development of the rural sector and to provide it with the necessary support and resources to enable it to contribute to the growth of the economy.

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Editor-in-Chief, Printer, Publisher and Owner: Pooja Chak, 343-N, 804992896, Sub-Editor: Sika Singh, Published from, Durga Nagar, Dera, Jammu, 1800085. E-mail: editor.youngjammu@gmail.com. All disputes are subjected to the Jurisdiction of Competent Courts and Forums in Jammu City (J&K UT) only.

EPAPER - DAILY EXCELSIOR
epaper.dailyexcelsior.com

SHAMEEM BHATTI, PTI SARITA Dogra and Prof Seema Kumari along with along with NSS volunteers were present on the occasion.

Kawa College of Education, Patoli, Jammu celebrated Gandhi Jayanti with enthusiasm. The programme started with traditional lighting of lamp by Er. M.S Katoch, Chairman Kawa Group of Colleges, Abimanyu Katoch, M.D and others after which floral tributes were paid to Father of the Nation.

On Gandhi Jayanti, 'Online Swachhta Pledge' was administered by NSS Units of Government SPMR College of Commerce. College Principal, Prof. R.S Jamwal and HoD English, Prof. Archana Kaul said that Gandhi Ji dreamt of a clean India and emphasized on cleanliness and sanitation as integral parts of living.

National Service Scheme (NSS) and National Cadets Corps (NCC) wings of Government College for Women Parade Ground Jammu celebrated Gandhi Jayanti and International Day of Non-Violence. The programme was

led by College Principal, Prof. Seema Kumari along with along with NSS volunteers were present on the occasion.

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Prof. Ranjeet Singh Jamwal
PRINCIPAL
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Phone/Fax : +91-0191-2580965 (O)
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Dated:

Exclusive Lecture on Immunity Boosting 21/05/2021

 **NSS UNITS** 
OF
Govt SPMR College of Commerce Jammu
GOING TO ORGANIZE EXCLUSIVE LECTURE
Google Meet Code : ohw-cfqy-awg
21/05/21 ON 03:00 P.M
Role of Immunity Boosting Drugs in Covid-19


Prof. Ranjeet Singh Jamwal
Principal
Govt SPMR. College of Commerce
Jammu


Dr. Khaleeq Anjum
Sr. Medical Officer (Ayush)
DH Poonch


Dr. Sandhya Bharadwaj
Coordinator NSS
Cluj






Program Officers
Prof. Apfan Ali
Prof. Rajni Bala

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Dated:

help in preventing the spread of COVID-19 SOP's and guidelines and chain at the earliest.

An exclusive online lecture on "Role of Immunity Boosting Drugs in Covid19"

TP Correspondent
Jammu, May 21: NSS units of Govt SPMR College of commerce Jammu organised an exclusive online lecture on #Role_of Immunity Boosting Drugs in Covid19" at 3:00 P.M on Google Meet.

The lecture started with the welcome address delivered by Dr Sandhaya Bhardwaj (coordinator Nss cluster University of Jammu),

After that Dr. Khaleeq Anjum (Sr. Medical officer Ayush Medicine District Hospital - Poonch)

presented his valuable views on the topic. This was a very informative and interesting lecture, focused on Ayuvedic Natural Products.

He highlighted the Importance of Wearing Mask properly, Tracing, Testing, Caring, Isolation, Ventilation Exercise, Proper Vaccination, protein intake

and necessity to avoid Junk Foods. Also focused on the spreading of awareness regarding the Covid-19

Jamwal, Principal Govt. SPMR College of Commerce Jammu and Principal Govt Hr Sec. School Mohri Gursai

by Prof. Apfan Ali and Prof. Rajni Bala, NSS Programme Officers of the College. In the end, Q/A (question-



among people in which religious leaders and teachers can play a greater role.

Prof. Ranjeet Singh

Mendhar Mr Natiq Jafri were also present during the lecture. The proceedings of the Programme were conducted

answer) session was also very satisfying. Teachers, Students, NSS Volunteers were presented during session.

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Dated:

" کوویڈ 19 میں قوت مدافعت بڑھانے والی دوائیوں کے کردار " پرائس پی ایم آر کالج آف کامرس جموں کے این ایس ایس یونٹ نے ایک خصوصی آن لائن لیکچر کا اہتمام کیا

آریویدک اور قدرتی مصنوعات پر مرکوز تھا۔ ڈاکٹر خلیق انجم نے طریقے سے ماسک پہننے کی اہمیت، ٹریکنگ، جانچ، نگہداشت، تنہائی، ورزش، مناسب ویکسینیشن، پروٹین کی مقدار اور چکن فوڈز سے بچنے پر زور دیا۔ کوویڈ 19 کے بارے میں لوگوں میں آگاہی پھیلانے پر بھی توجہ دی جس میں مذہبی رہنما اور اساتذہ زیادہ سے زیادہ اہم کردار ادا کر سکتے ہیں۔ پروفیسر رنجیت سنگھ جاموال، پرنسپل گورنمنٹ ایس پی ایم آر کالج آف کامرس جموں اور پرنسپل گورنمنٹ ہائر سیکنڈری موہری گورنمنٹ میڈیٹر محترم ناطق جعفری بھی لیکچر کے دوران موجود تھے۔ پروگرام کی کارروائی پروفیسر عرفان علی اور پروفیسر رتنجی بالا نے انجام دی۔ آخر میں 302...!!!



سندھیا بھردواج (کوآرڈینیٹر این ایس ایس کلسٹر یونیورسٹی جموں) کے استقبالیہ خطبہ سے ہوا، اس کے بعد ڈاکٹر خلیق انجم (سینئر میڈیکل آفیسر آپوش میڈیسن ڈسٹرکٹ ہسپتال۔ پوچھ) نے اس موضوع پر اپنے قابل قدر نظریات پیش کئے۔ یہ ایک بہت ہی معلوماتی اور دلچسپ لیکچر تھا، جس کا زیادہ تر فوکس

لازوال ڈیسک

جموں // گورنمنٹ ایس پی ایم آر کالج آف کامرس جموں کے این ایس ایس یونٹ نے گوگل میٹ پر 3 بجے کو کوویڈ 19 میں قوت مدافعت بڑھانے والی دوائیوں کے کردار " پر ایک خصوصی آن لائن لیکچر کا آغاز ڈاکٹر

J&K JAMMU || SATURDAY, 22 MAY, 2021

SPMR College organise online lecture on "Role of Immunity Boosting Drugs in Covid19"

Anti Terrorism Day observed at SPMR Udhampur

OBSERVER BUREAU UDHAMPUR MAY 21:

To mark the observance of Anti Terrorism day, an impressive function was organized by Sheri Koshali Police Academy Udhampur in which the trainees, staff members and guested officers of the Academy participated.

During the event, pledge was taken by the participants. The pledge was administered by Sarwan Gogta, Dy.SP, Asstt. Director (Udhampur). He said that the observance of anti terrorism day is the initiative of the Ministry of Home Affairs New Delhi and the same is observed throughout the country on every year.

Among others, Mohan Lal, Dy. Director (Udhampur), K. K. Sharma, Dy.SP, AD (U), Ramshank Kataria, Dy.SP, PS to Director, Saran Singh, Dy.SP, AD (Training) & AD, Trainee Hussain, AD (Admn.) were present on the occasion.

Observer Bureau Udhampur

Dr. Sandhya Bhambhani (coordinator NSS cluster (University of Jammu))

After that Dr. Khaleeq Anjum (Sr. Medical officer Ayaz Medical District Hospital - Poonch) presented his valuable views on the topic. This was a very informative and interesting lecture, focused on Asyretic Natural Products.

He highlighted the importance of Wearing Mask properly, Tracing, Testing, Caring, Isolation, Vaccination Exercise, Proper Vaccination,

grewish intake and necessary to avoid Junk Food.

Also focused on the spreading of awareness regarding the Covid-19 among people in which religious leaders and teachers can play a greater role.

Prof. Ranjeet Singh Jamwal, Principal Govt SPMR College of Commerce Jammu and Principal Govt Hr Sec, School Mohri Gursai Mandhar Me

Notably, Jd's were also present during the lecture. The proceedings of the Programme were conducted by Prof. Ajfan Ali and Prof. Rajni Bala, NSS Programme Officers of the College.

In the end, Q/A (question answer) session was also very satisfying Teachers Students NSS Volunteers were presented during session.

CCCI steps in to provide support to women MS, offers free meals will provide food to those patients of their concerns

Indian Army establishes covid vaccination and sampling collection centre at Kasal, Rajouri

Army sets up covid isolation centre at Parnohari within AIB House

Dr. Harpreet Kaur Singh, Director of Health Services, Jammu, inaugurates the COVID-19 Health Monitoring Centre

Government Punjab inaugurates COVID-19 Health Monitoring Centre at Ludhiana

Women empowerment, more awarded the women like engineer with being doctor

Covid-19 MSU testing camp held in Wazir House

BHOG & ANTIM ARDAS

Great and more than. They were done in people heart because.

SPMR College of Commerce Jammu

Dr. Sandhya Bhambhani (coordinator NSS cluster (University of Jammu))

After that Dr. Khaleeq Anjum (Sr. Medical officer Ayaz Medical District Hospital - Poonch) presented his valuable views on the topic. This was a very informative and interesting lecture, focused on Asyretic Natural Products.

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OFFICE OF THE PRINCIPAL
GOVERNMENT SRI PRATAP MEMORIAL RAJPUT COLLEGE OF COMMERCE
JAMMU- UT) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
Mobile No : 09419119869(O)
Website : www.spmrcollege.org

Dated:

International Day For Bio Diversity Celebrated On 22/05/2021



NSS UNIT OF GOVT SPMR COLLEGE OF COMMERCE JAMMU

(A Constituent college of cluster university of Jammu)

Organising Online Slogan/Painting/Videography/Photography
College competition



"International Day For Biological Diversity "

On 22 May 2021

THEME

We are the part of the solution



Prof. Ranjeet Singh Jamwal
Principal
Govt SPMR College of Commerce
Jammu

FOR NATURE





Dr. Sandhya Bharadwaj
Coordinator NSS
Cluj

Interested Participants Register join by Clicking WhatsApp group link
<https://chat.whatsapp.com/JMXeVx6OKXlHRWAhf7Eonh>
or through email they can send nssspmcollege@gmail.com On Or Before 22 May
E-Certificates will be given to best three participant
Result will be declared on 24 may 2021

Programme Coordinator
Prof.Apfan Ali
Prof.Rajni Bala
(NSS Programme Officer's)



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JAMMU- UT) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
Mobile No : 09419119869(O)
Website : www.spmrcollege.org

Dated:



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PRINCIPAL
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No. GSPMR/CoII/2021/



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Dated:

International Women Day celebrated on 8/03/2021 in
collaboration with IQAC & NCC

**International Women's Day
celebrated in Commerce College**

Early Post Desk
J A M M U :

speeches by NSS volunteers and Drill of NCC cadets. Two teams were

women in shaping a prosperous society. In his address he said that every society must felicitate women having extra ordinary achievements. Besides, he made the students aware about how the Dogra Culture and the tradition has always given due respect to girls of the family. Prof. Barbara Kaul also expressed in detail how the woman is the foundation of the society. Infact, she said that the progress and development of society is because of empowered and strong women. Women faculty members were felicitated by the students with flowers and cards. Faculty and students participated with full enthusiasm. Prof. Rajni presented a formal vote of thanks.



International Women's Day was today celebrated with enthusiasm and zeal. IQAC of Govt. SPMR College of Commerce, Canal Road, Jammu organized various functions like group singing,

created of NCC cadets and NSS volunteers for the game of Tug of War. Principal of the College, Prof. R.S.Jamwal, spoke on the occasion and underlined the need to talk about the role of



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JAMMU- UT) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
Mobile No : 09419119869(O)
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Dated:

International Yoga Asana on 20/06/2021



NSS UNITS OF



Govt SPMR College of Commerce Jammu

Organise Yoga Aasan & Live Demonstration
to Commemorate
International Yoga Day 2021
on
20/06/2021



Prof. Ranjeet Singh Jamwal
Principal
Govt SPMR College of Commerce
Jammu



SANJEEV KUMAR
YOGA TEACHER
UNIVERSITY OF JAMMU
10:00 -11:00 A.M



Dr. Sandhya Bharadwaj
Coordinator NSS
Cluj

Full day Activities
Interested Volunteers
Send their
Posters
Videos
Photographs
on these Mob. Nos
9682698032
9797948642

Sunita Verma (Master)
Govt Higher Secondary School
Kharote (Yoga Teacher)
7:00 - 8:00 A.M
NSS Programme Officers
Prof. Apfan Ali
Prof. Rajni Bala



<https://meet.google.com/exj-ufdv-csb>

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Prof. Ranjeet Singh Jamwal
 PRINCIPAL
 E Mail : principal.spmrcollege@gmail.com
 No. GSPMR/CoII/2021/

Phone/Fax : +91-0191-2580965 (O)
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 Website : www.spmrcollege.org

Dated:



**7th International Yoga Day Celebration Program By
 NSS Units of Govt SPMR College of Commerce Jammu**

Early Post Desk

JAMMU: On the occasion of the 7th International Yoga day, all the NSS units of Government SPMR College of Commerce, Jammu organized two online Lec-Dem sessions on 20 June 2021.

The program started with welcome address by Irfan Ali, NSS program officer and Khyroon Nissa, NSS volunteer.

The special Guests and Yoga experts Mrs. Sunita Verma from Government HSS Kharote and Mr. Sanjeev Kumar from University of Jammu graced the function with their Yoga expertise. They thanked the College administration for conducting this event and inviting them.

Mrs. Sunita Verma started the first yoga session with brief Lecture followed by practical Yoga-asanaas at

7:00 AM. The second Yoga session was covered by Mr. Sanjeev Kumar at 10:00 a.m. The Yoga experts celebrated on the importance of Yoga for the physical and

mental health for all especially student community. The demonstration of various forms of Yoga Aasan like Yoga Protocol, Kapaal Bhatti, Surya Namaskar,

Chandar Namaskar, pad-masan, vajrayan, chakraasan, taadasan, Vrikshasan, trikonasan, etc were shown.

Dr. Sandhaya Bhardwaj (NSS coordinator) of cluster University Of Jammu also attended the sessions and thanked the guests for sparing the valuable time.

The participants & students were highly motivated by the Live Yoga program conducted amid the present turbulent pandemic times. They actively interacted with the experts through live Q&A session. The program was also attended by Prof Rajni Bala (NSS PO), Ashok Kumar Sharma Paras, SI Udhampur Police academy, Kafait Hussain kefi Research scholars, faculty members and, NSS volunteers. The program was concluded with the appreciation and vote of thanks by Niyati, NSS volunteer.



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GOVERNMENT SRI PRATAP MEMORIAL RAJPUT COLLEGE OF COMMERCE
JAMMU- UT) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
Mobile No : 09419119869(O)
Website : www.spmrcollege.org

Dated:

NSS DAY celebration in College auditorium and college ground
on 24/09/2021



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Dated:

One week Gandhi Jayanti Celebration Online activity

(Poster Making, Essay Writing ,Slogan Writing competition) 2-7 Oct. 2021



NSS Units of
Govt. SPMR College of Commerce Jammu
Organising Inter-College
One week Gandhi Jayanti Celebration
(2-7 Oct. 2021)
Under the Aegis of Azadi Ka Amrit Mahotsav
(Online Activities) ←

2nd Oct. 2021 Poster Making Competition on Gandhi Jayanti
3rd Oct 2021 Essay Writing
on Gandhian Philosophy of Truth & Non-Violence
4th Oct. 2021 Slogan Writing
Vocal For Local
(ATMANIRBHAR BHARAT ABHIYAN)

→ (Offline Activities)
5TH OCT. 2021 CLEANLINESS DRIVE UNDER "SWACHH BHARAT ABHIYAN"
6TH OCT. 2021
PLANTATION DRIVE IN COLLEGE CAMPUS
7TH OCT. 2021 RALLY ON "SAY NO TO PLASTIC USE"



PATRON
Prof R.S. Jamwal
PRINCIPAL

Coordinator (NSS)
Dr. Sandhya Bhardwaj
Cluj

NSS Programme Officer`s
1. **Prof. Apfan Ali**
2. **Prof. Rajni Bala**

students should send their entries with complete details on
nsscollege15dec@gmail.com

Participants Will get e-certificates

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PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
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Website : www.spmrcollege.org

Dated:

PLANTATION DRIVE IN COLLEGE CAMPUS



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PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/

Phone/Fax : +91-0191-2580965 (O)
Mobile No : 09419119869(O)
Website : www.spmrcollege.org

Dated:



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JAMMU- UT) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



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Mobile No : 09419119869(O)
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Dated:

Plantation Drive in the college campus on 2021



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Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : **+91-0191-2580965 (O)**
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GOVERNMENT SRI PRATAP MEMORIAL RAJPUT COLLEGE OF COMMERCE
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PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



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GOVERNMENT SRI PRATAP MEMORIAL RAJPUT COLLEGE OF COMMERCE
JAMMU- UT) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
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Phone/Fax : +91-0191-2580965 (O)
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Dated:

NSS VOLUNTEERS FOR PARTICIPATION IN AWARENESS CAMPAIGN ON
“SAVE TAWI” W.E.F. 08-10-2021 TO 14-10-2021 ON THE EVE OF NAVRATRAS AND SAKH
VISARJAN, BY J&K STATE POLLUTION CONTROL COMMITTEE, JAMMU



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JAMMU- (JAMMU AND KASHMIR) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
Mobile No : 09419119869(O)
Website : www.spmrcollege.org

Dated:

RALLY 'SAVE TAWI'



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GOVERNMENT SRI PRATAP MEMORIAL RAJPUT COLLEGE OF COMMERCE
JAMMU- UT) - INDIA



Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/

Phone/Fax : +91-0191-2580965 (O)
Mobile No : 09419119869(O)
Website : www.spmrcollege.org

Dated:



OFFICE OF THE PRINCIPAL
GOVERNMENT SRI PRATAP MEMORIAL RAJPUT COLLEGE OF COMMERCE
JAMMU- UT) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
Mobile No : 09419119869(O)
Website : www.spmrcollege.org

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GOVERNMENT SRI PRATAP MEMORIAL RAJPUT COLLEGE OF COMMERCE
JAMMU- (UT) - INDIA**



Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/ColII/2021/

Phone/Fax : +91-0191-2580965 (O)
Mobile No : 09419119869(O)
Website : www.spmrcollege.org

Dated:



دریائے توی کو صاف ستھرا رکھنے کیلئے چلائی بیداری مہم
پرنسپل گورنمنٹ ایس پی ایم آر کالج آف کامرس جموں رنجیت سنگھ جواں کی طلباء کو شہاشی

لازوال ڈیسک

ہمیں گورنمنٹ ایس پی ایم آر کالج آف کامرس جموں کے ایس ایس اے اساتذہ کا رہا کاروں نے جموں کے مشہور و معروف دریائے توی کی صفائی مہم کے لئے آج پندرہ ماہ کی بیداری کی مہم چلائی جس میں پانچ کے استقبال سے روک تھام، کوڑا کرخت اور دیگر ضروری اشیاء کو دریائے توی میں نہ ڈالنے کی آواز کی تکہ پائی کا صاف

ہوئے نہ صرف انسانی زندگی کے لئے شہری ہے بلکہ تمام نظام کائنات میں پائی ایک اہم تصدق رکھتا ہے لہذا اس کی طرف میں توجہ دینی چاہئے اور اس کو بچانے کے لئے شہاشی مہم چلائی جائے تاکہ جموں کے دریاؤں کو صاف رکھ سکیں۔

اور اس ایس ایس اے کے پرگرام آئیڈیو رکھیں میں پرنسپل گورنمنٹ ایس پی ایم آر کالج آف کامرس جموں کے ایس ایس اے کے پرگرام کے لئے اور بچوں کے توجہ دینی چاہئے تاکہ جموں کے دریاؤں کو صاف رکھ سکیں۔

302

گرینڈ ریٹائرمنٹ، ایس پی ایم آر کالج آف کامرس جموں۔

302

ہیہ بھروسہ دیا گیا ہے کہ خوشی کا اظہار کیا اور اس طرح کے مزید پروگرام کرنے کے لیے کہا۔ یہ کمیٹی جموں کشمیر سٹیٹ پالوشن کنٹرول بورڈ کی طرف سے منعقدہ ہفتہ وار پروگراموں میں شامل ہے۔ جس میں بورڈ نے تمام کالجوں کو اس بیداری مہم میں شریک رکھا ہے۔

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JAMMU- UT) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
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Dated:



Government of Jammu and Kashmir
J&K STATE POLLUTION CONTROL COMMITTEE
OFFICE OF THE REGIONAL DIRECTOR-JAMMU
Parivesh Bhawan, Gladni Transport Nagar, Narwal, Jammu-180006
Email: regionaldirectorjkspebjmu@gmail.com
Tele/Fax: 091-2476926

The Principal,
SPMR College of Commerce,
Jammu.

No.: JKPCC/RDJ/MSW/21/ 3828-30. Date: 05-10-2021
Sub: Awareness campaign on "Save Tawi" w.e.f. 08-10-2021 to 14-10-2021 on the eve of Navratras and Sakh Visarjan.

Sir,

As per the subject, it is submitted that J&K PCC is conducting an Awareness campaign on "Save Tawi" at Har ki Paudi and Bikram Chowk during Navratras and Sakh Visarjan.

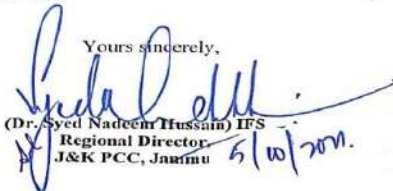
Further, details of events to be conducted are as under:

- 8-10-2021- Webinar at 11:00 AM (Link shall be shared on 7th October)
- 9-10-2021- Rally / Signature Campaign at Bikram Chowk
(Rally shall start from GGM Science college at 8:00 AM)
- 11-10-2021- Poster making competition within respective college campus
- 12-10-2021- Audio / Video clips
- 13-10-2021 & 14-10-2021, - Awareness at Visarjan Ghats, i.e, Bikram Chowk and Har ki Paudi.

It is further requested to ensure maximum participation of students/ scholars from your department to be a part of this campaign.

In this regard, you are requested to confirm no. of NSS students / other volunteer students from your department participating in the event. You can mail the response at regionaldirectorjkspebjmu@gmail.com and anuradhaped@gmail.com.

Yours sincerely,


(Dr. Syed Nadeem Hussain) IFS
Regional Director
J&K PCC, Jammu 5/10/2021.

Copy for information to

1. Member Secretary, J&K Pollution Control Committee.
2. Divisional Officer, J&K PCC, Jammu North for information and necessary action.
3. Concerned File.

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Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
Mobile No : 09419119869(O)
Website : www.spmrcollege.org

Dated:

TEACHER DAY CELEBRATED ON 5/9/2021



OFFICE OF THE PRINCIPAL
GOVERNMENT SRI PRATAP MEMORIAL RAJPUT COLLEGE OF COMMERCE
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Dated:

Van Mahotsav celebrated from 04.07.2020 to 07.07.2020



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Dated:

World Environment day



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Phone/Fax : +91-0191-2580965 (O)
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Dated:

Celebrated Communal Harmony Campaign Week from 19th to 25th November 2021



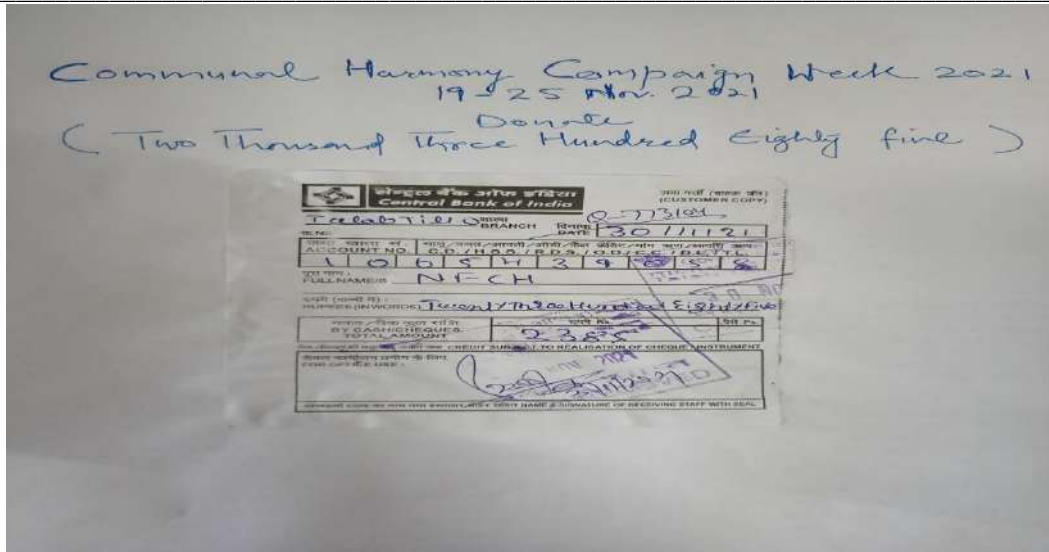
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Dated:

2019-20

COMPETITIONS FOR AAZADI KA AMRITMAHOTSAV
CELEBRATION 2020

S.NO	DATE	NAME OF THE CONSTITUENT COLLEGE	EVENT	ACTIVITY	NO. OF STUDENTS	REMARKS
01	18.06.2020	Govt. SPMR College of Commerce, Jammu	International Yoga Day Celebrations	PAINTING COMPETITION	09	
02	19.06.2020			SLOGAN/POSTER COMPETITION	19	SLOGAN=11 POSTER=08
03	20.06.2020			ESSAY COMPETITION	09	
04	21.06.2020			YOGA ASANA/ YOGA POSE	11	

Report of NSS activities on 6th International Yoga Day 2020

NSS unit of Govt. SPMR College of Commerce, Jammu organized various activities to commemorate International Yoga Day 2020.

On 18th of June 2020, an online **PAINTING COMPETITION** activity was organized in which 09 volunteer's participated. The topic of the activity was the importance and relevance of Yoga.

On 19th of June 2020, an activity **SLOGAN/POSTER COMPETITION**, in which 19 volunteers participated with zeal.

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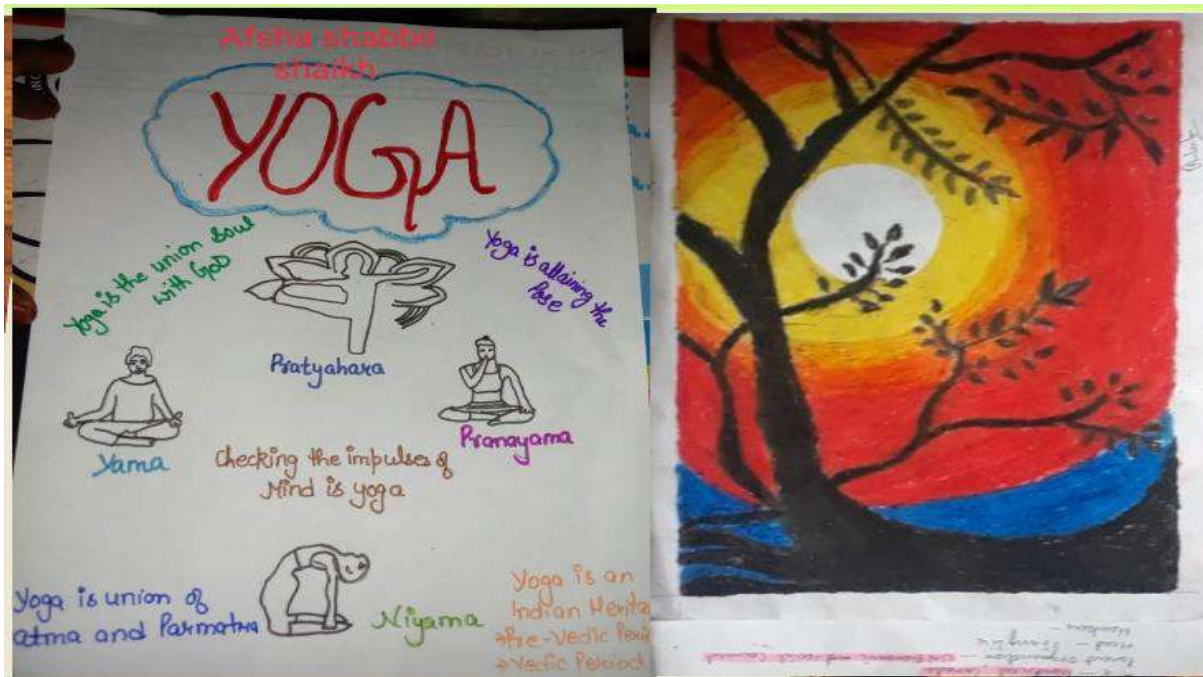


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Dated:

PAINTING COMPETITION



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Dated:

On 20th of June 2020, an online essay writing event was organized in which 09 volunteer's participated. The topic of the activity was-Yoga the key to wellness.

The word 'Yoga' comes from a Sanskrit root 'yuj' which means 'union' or 'to join together'. This union is the merging of the individual consciousness with the universal consciousness. The purpose of yoga is to achieve a holistic state of health and well-being. Yoga is not just a physical exercise but a way of life. It helps us to connect with our inner self and the universe. It is not just about the physical but also the mental and emotional aspects. It helps in balancing the mind and body. It is a holistic approach to health and wellness. It is a science of the self. It is a path to self-realization. It is a way of life. It is a key to wellness.

Saathi

understood as asana or pranayam & in the west but in reality consists of many more components. Ashtanga Yoga as outlined by Patanjali, consists of eight limbs. These are:

1. Yama (universal ethics)
2. Niyama (individual ethics)
3. Asana (physical postures)
4. Pranayama (breath control)
5. Pratyahara (control of the senses)
6. Dharana (steadiness of mind)
7. Dhyana (meditation)
8. Samadhi (bliss)

As per this model, yoga if practiced in the sequence as mentioned above leads to bliss which is the ultimate state. Yoga brings about positive health by causing the relaxation of the whole body, slowing down the rate of the respiration and calming the mind thereby helping in improving attention and concentration. It enhances awareness of body, emotions and state of well-being. Yoga when practiced in ancient times for overall general well-being and spiritual progress. Current scientific evidence suggests that yoga can be used as an add-on therapy for psychiatric disorders as well as not only improves the symptoms but brings about holistic change in an individual.

Saathi

Knowledge of ancient Indian science having scientific background which has an antiquity of 1500 years. Yoga is a gift from our ancestors to the whole human kind. In this sedentary lifestyle yoga is like paracetamol and also a medicine to all the currently prevailing diseases as India is soon emerging as a second diabetic capital of the world so for all this yoga must be practiced by each and individual. Yoga is an inner science comprising of a variety of practices and methods through which human beings can achieve a union between the body and the mind to attain self-realization. It is a way of introspection. The aim of yoga practice is to overcome and eradicate all kinds of sufferings that leads to a sense of freedom in every walk of life with holistic health, happiness and harmony. UNESCO inscribed yoga in the representative list of intangible Cultural Heritage of humanity. At present, global healthcare is dominated by modern medicine. Cost of medicine is going beyond the reach of poor and middle class people. On the other hand, communities need safe, effective, affordable and accessible healthcare. So all this can be attained through yoga practices. Yoga is particularly

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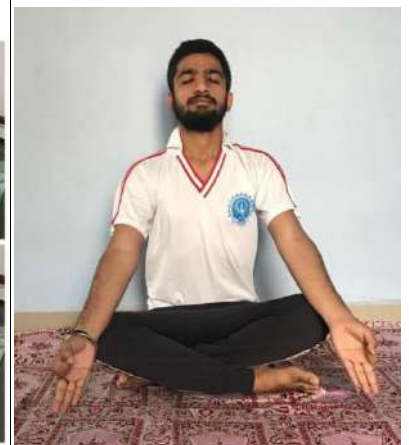
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Dated:

On 21st June 2020, two activities were organised. 11 volunteers participated in activity -20-25 second perfect asana video and in another activity with theme- Yoga with family 11 volunteer's participated.



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Dated:

Organising Inter-College One week Gandhi Jayanti Celebration (2-7 Oct. 2020) Under the Aegis of Azadi Ka Amrit Mahotsav (Online Activities)



SR.NO.	DATE	NAME OF THE CONSTITUENT COLLEGE	EVENT	ACTIVITY	NO. OF STUDENTS
01	2 ND OCTOBER 2020	GOVT SPMR COLLEGE OF COMMERCE JAMMU	GANDHI JAYANTI	POSTER MAKING COMPETITION	12
02	3 RD OCTOBER 2020			ESSAY WRITING COMPETITION	11
03	4 TH OCTOBER 2020			SLOGAN WRITING	12
04	5 TH OCTOBER 2020			CLEANLINESS DRIVE UNDER SWACHH BHARAT ABHIYAN	25
05	06 OCTOBER 2020			PLANTATION DRIVE IN COLLEGE CAMPUS	22
06	07 OCTOBER 2020			RALLY ON SAY "NO TO PLASTIC USE"	25

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Dated:

On “International Women’s Day” a Women Scooter Rally
(08/03/2020) was organized



وجود زن سے بے تصویر کائنات میں رنگ



Happy Womens Day

U can get her love in the form of
Sister, Friend, Beloved, Wife, in the form of Mother, in the form
of Grandmother..
...Respect HER..
She is a **Woman!**

NSS Units of Govt SPMR College of Commerce Jammu

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Dated:

KARGIL DIWAS

On Kargil Vijay Divas from 25 to 26/07/2019, Students participating in extension activities such as Swachh Bharat, Patroitic Songs.



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Dated:

On 24 September 2019, NSS Day celebrated in the college



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Dated:



Educational Institutions celebrate NSS Day

Early Times Report
 JAMMU Sept 26 National service scheme foundation day was celebrated in the conference hall in GGM Science college. The auspicious day began with the empowering NSS motto song. After hearing inspiring History of NSS, the volunteers understood the true meaning of Social service and Lively in. "Nait Ma hot Nas" former NSS volunteer made their presence known by their speeches which made students realized the sense of brotherhood, that we stand Hand in Hand in words neither future. The students were inspired by the presence of Principal (GGM Science College) Prof. Dr. Ranjeet Singh, Prof. Dr. Sandeep Kumar Bhatnagar (PO of NSS) and Prof. Dr. Anil Sharma, HOD Department of Zoology.

GCRC Bhatnagar celebrated NSS Day. A debate competition was organized on this occasion on various themes like road safety, single use plastic, etc. In which seventeen participants expressed their views. The competition was judged by group of senior Professors including Prof. Sandeep Kumar Bhatnagar, Prof. Anil Sharma, Dr. Tahir Bhatnagar and Dr. Jyoti Singh in Bhatnagar. Items were adjudged first while Baghi Dasi and Rajesh Singh second and third respectively. Later, trophies were distributed among the winners and the event culminated with the speech by the Principal of the College Prof. Dr. Ranjeet Singh, who he advised students to maintain cleanliness and promote Govt. Institutions for Swachh Bharat Mission and clean India.

National Service Scheme (NSS) Unit of Government College of Education (GCE) Jammu commemorated NSS foundation Day. today Prof. Dr. J. Sangita Nagari, Principal GCEJ was the Chief Guest on the occasion. She addressed the volunteers and highlighted the importance of welfare services. She also appealed the volunteers to engage themselves in credit constructive social work and in which their personalities Prof. Sangita Nagari also appreciated the efforts of volunteers and members of NSS unit and NSS programme officer for organizing various activities under NSS scheme. A formal welcome address was presented by NSS programme officers Prof. Sandeep Singh.

Several educational institutions celebrated NSS Day with great enthusiasm. Govt. M.F.M. College of Commerce celebrated NSS day in the College Auditorium. Prof. Anil Gupta, Principal of the College was the chief guest of the function. A stimulating programme of song, skit, dance and speeches were presented by the students of NSS volunteers. Prof. Ashish Ahij (programme officer) said in his welcome address "Kartavya ki negat, sur Zameer ki unmat ki unmat hon bar paper". Manisha and Anshika the team gave their performance through skit. The volunteers made every one aware of the harm the plastic waste is causing to our environment and how we can avoid this pollution by collectively saying "Nait Ma Hot Nas". Dr. Sandeep Bhatnagar, Coordinator, Chhatra University of Jammu in her address appreciated the role the volunteers and encouraged them to continue the good work for the betterment of the College and society in general.

The NSS Wing of Government MAM College Jammu launched a plantation and plastic free drive on college campus on the occasion of NSS Day. The drive was headed by the NSS Programme Officer Dr. Sandeep Kumar Bhatnagar, HOD, Sharma (Principal) was the Chief Guest for the occasion and was duly welcomed by the staff and NSS volunteers. He expressed about the initiative taken up by the college by working with the volunteers to maintain environment friendly.



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Dated:

CELEBRATION OF CONSTITUTIONAL DAY IN SPMR COLLEGE OF COMMERCE JAMMU

On 26TH of November 2019 for celebration of constitution day and to commemorate 70th anniversary of the adoption of constitution of pledge was administered by the NCC cadets and NSS voluntary of Govt. SPMR College of cluster university of Jammu.



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Dated:

Poster making competition & a Lecture on the topic 'Plastic waste management' in collaboration with EVS & NCC



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Dated:

ROAD SAFETY AWARENESS RALLY

National Road Safety Week-2020, organized by Motor Vehicle Deptt. from 11.01.2020 -17.01.2020, in which our NSS Volunteers had participated.



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Dated:



WINTER CAMP-2020

Winter Camp organized by Cluster University of Jammu for constituent colleges from 18.02. 2020-24.02.2020. The following activities were a conducted a Guest lecture by Dr. Jasbir Singh, DSW University of Jammu, Visit to adopted village Phallain Mandal, Local Community visit, Plantation & Cleanliness drive, Poster making on topic- Beti Bachao, Beti Padhao.

Slogan Writing on topic- Swachh Bharat, Skit on “ Say no to Dowry” at Village Manwal, Mansar.



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Dated:

2018-19

Celebrated one week activities of Sadbhawana Divas on 08-12 September 2018, Pledge, Cleanliness Lectures, Poster Making Essay Writing competition in Collaboration with NCC.



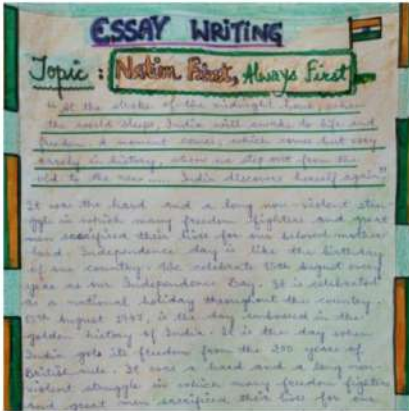
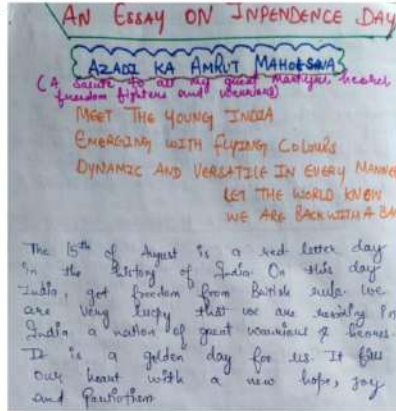
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Dated:

On International youth day a lecture was organised on 12.08.2018 in Govt. SPMR College of commerce Jammu



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Dated:

A Rangoli Competition was organized on 29/08/2018 on the day of Aids Awareness in ColloborationWith NCC



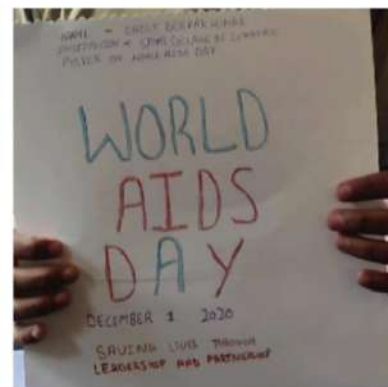
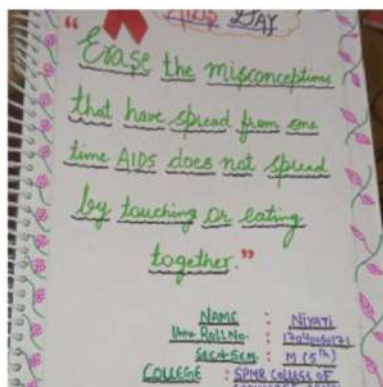
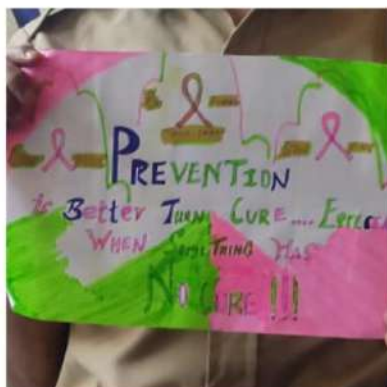
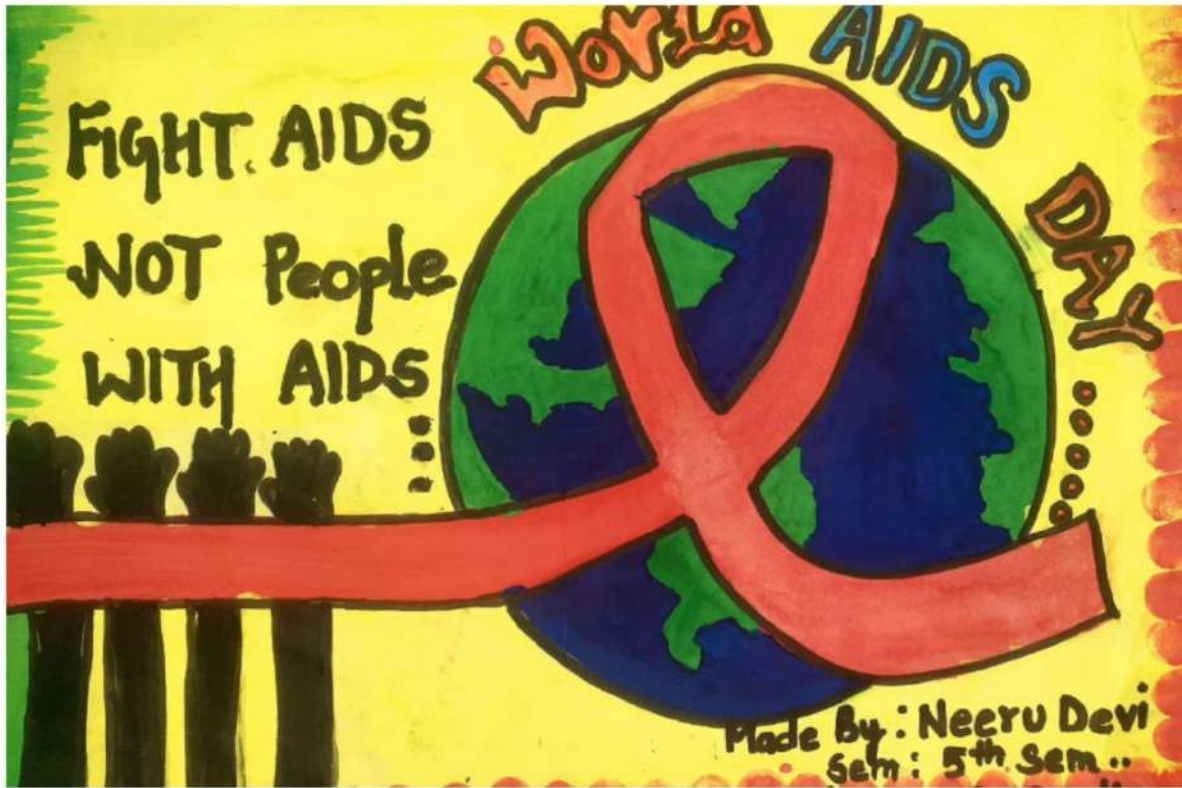
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 Website : www.spmrcollege.org

Dated:



OFFICE OF THE PRINCIPAL
GOVERNMENT SRI PRATAP MEMORIAL RAJPUT COLLEGE OF COMMERCE
JAMMU- UT) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
Mobile No : 09419119869(O)
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Dated:

Cleanliness Drive organized on 20.09.2018 in College
Campus, Auditorium, Sports Ground, Central Park ,
Canteen Area



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No. GSPMR/CoII/2021/



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Dated:

Cultural and Poster Making activities were organized on
Teachers Day (05.09.2018)at college Auditorium



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Dated:

Training On Drug De-Addiction and HIV/AIDS, Organized
By J&K State Aids Control Society In Smart Class Room23-
24 April 2019



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Dated:



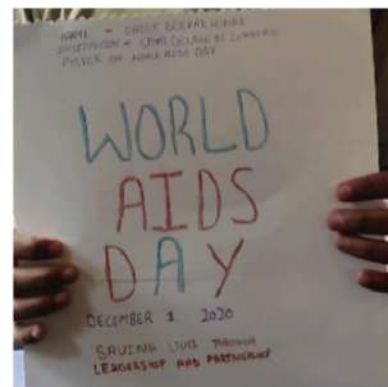
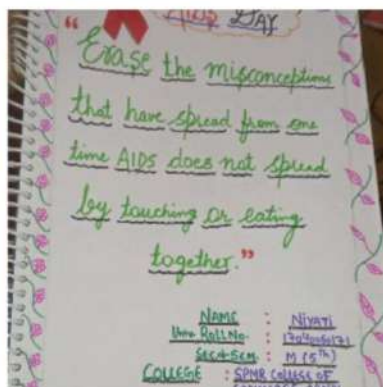
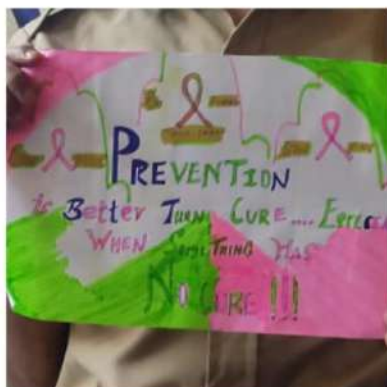
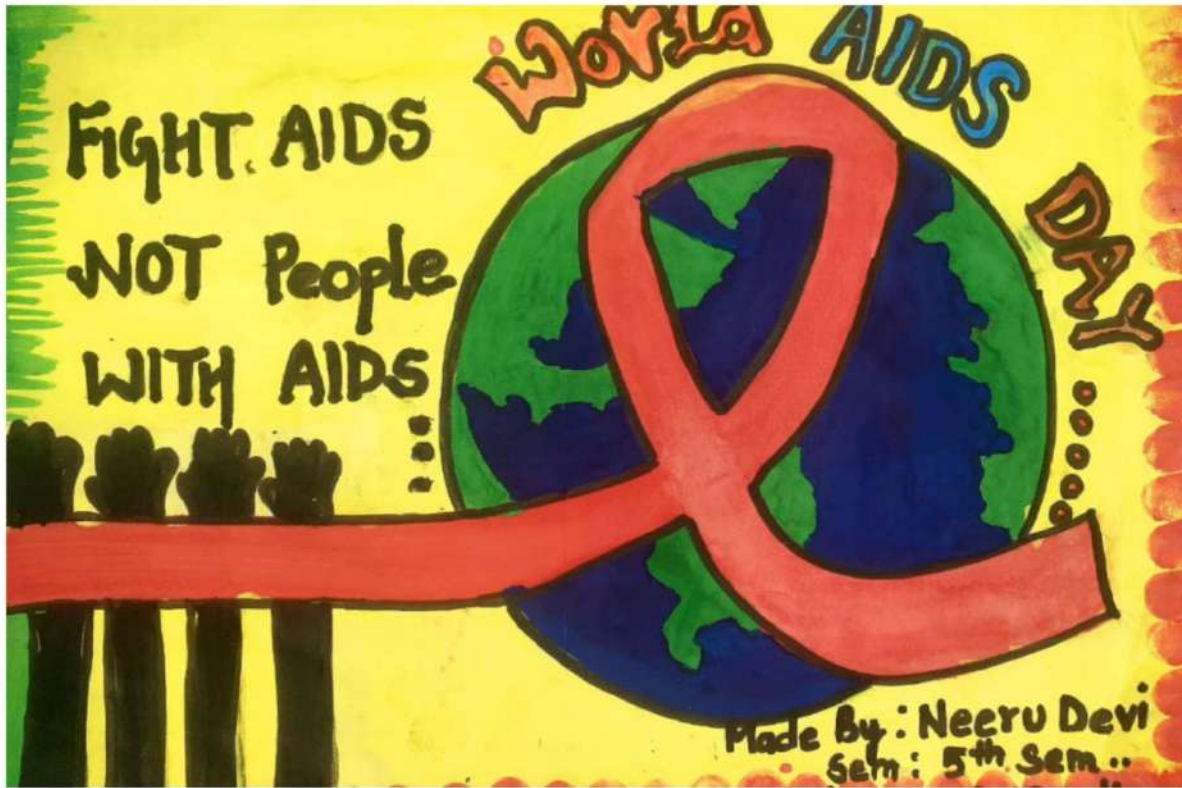
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Dated:



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No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
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Dated:

Blood DONORS FELICITATION DAY on 30.09.2018.



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No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
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Dated:

2017-18

LINKDIN ACTIVITY held on 10 /04/2018

SPMR College hosts First LinkedIn local CLUJ event



STATE TIMES NEWS

JAMMU: Government SPMR College of Commerce, a Constituent College of Cluster University of Jammu (CLUJ), on Tuesday hosted first LinkedIn Local event, organised by professionals who strongly believe in the power of LinkedIn as a treasured networking tool.

The students from three constituent Colleges of Cluster University of Jammu i.e, Government SPMR College, GGM Science College and GCOE attended the event.

The event began with the lighting of the traditional ceremonial lamp by the co-hosts at Cluster University of Jammu. During the event, the participants were connected to international professionals Sam P. Lark, Motivational Speaker Atlanta USA and Fateh Ali, CEO Founder Collabu Technologies who updated the participants with LinkedIn sharing best practices, social connectivity etc.

Speaking on the occasion, Prof P.K Sharma, Principal SPMR College emphasised upon the need for human interaction not only in business but also in life.

Prof N.K Gupta, Dean Faculty of Social Sciences CLUJ said that these activities help in improving the communication

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Dated:

skills and overall personality development of students. Earlier, Dr. Twinkle Suri, Dean Students Welfare CLUJ welcomed the guests and added that it is voluntary therefore, those who are genuinely interested take out the time to participate in this valuable career and community building activity. Taranum Khan was the host providing international support and collaborated with the Cluster University of Jammu Co-hosts to initiate the LinkedIn Local at Cluster University of Jammu. The event was organised under the patronage of Prof Anju Bhasin, Vice Chancellor CLUJ and Prof Poonam Dhawan, Dean Academic Affairs CLUJ. Dr. Twinkle Suri, Dean Students Welfare CLUJ, Prof. Bharti Slathia and Prof Suresh Sadotra were the co-hosts whereas Sahil Gupta was the Student Co-host of the event. Those who attended the Interactive Exercise on Networking and Connectivity included Prof Neeraj Sharma Staff Secretary, Prof. Jasmeen Moughal and Prof. Suman Charak. The prizes of activities were sponsored by Gem Opticals and Nazakat Makeover Studio. Prof Bharti Slathia, Co-host of the event presented vote of thanks. The students volunteers who helped in organizing the event included Mannat Gupta, Pardhuman Malhotra, Saksham Gupta and Mansi

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Dated:

NSS Volunteers engaged in TWO DAYS
ENROLLMENT DRIVE on 21-22/08/2017



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Dated:

TWO DAYs ORIENTATION CUM CLEANLINESs PROGRAMME
on 30-31/08/2017



Two days O.P



Two days O.P.



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Dated:

Orientation programme begins at SPMR College



Chairperson NSS (Campus), Dr. Jasbir Singh speaking at the programme.

■ **STATE TIMES NEWS** JAMMU: Two days orientation-cum-cleanliness programme organised by the NSS unit of Government SPMR College of Commerce commenced here at college premises on Wednesday.

Dr. (Prof) Ramesh Chander Principal of the College was the Chief Guest. On the inaugural day, Dr. Jasbir Singh, Chairperson

sion, Principal of the College informed volunteers about importance of joining NSS family. "The basic approach in life should be voluntarism. We should selflessly help others for developing and prospering further," he added.

Archana Kaul, Associate Professor and Advisor NSS, in her address advised volunteers to develop awareness and insight about matters before helping the society and community. "Your goal should be up-liftment of community at micro level and country at macro level", she asserted.

Rashmi Arva, Programme Officer NSS presented welcome address while Mohd Qavoom Programme Officer NSS presented the vloe of thanks. Prominent among others present on the occasion include Prof Gopal Sharma, Prof H.L. Bhat, Prof Neeraj Sharma and Prof Rekha.

While speaking on the occa-



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PRINCIPAL
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No. GSPMR/CoII/2021/



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Dated:

TWO-DAY GENERAL HEALTH AWARENESS PROGRAMME
AMONG THE LOCALS OF CANAL ROAD AND KRISHNA
NAGAR RESIDENTS ABOUT THE DISEASES LIKE
DENGUE, CHOLERA AND WATER BORNE DISEASES on
09/10-2017 to 10/10/2017.



*Two days A.P.
on
Health*



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Dated:

Director, Epidemiologist
from Directorate Health
Services were the Resource
Persons for the programme.
Dr. J.P Singh gave a pres-
entation on dengue and
ous effort of NSS
Programme Officers Prof
Rashmi Arya and Mohd
Qayoom for dispersing and
sharing vital information
among the students.

NSS unit of SPMR College takes out awareness rally

Early Times Report

JAMMU, Oct 10: The NSS unit of Govt SPMR College of Commerce organized a rally for spreading awareness regarding dengue among people of Jammu, especially those residing around Canal Road area. During the rally, participants, accompanied with doctors invited from Directorate of Health Services, aware people regarding causes of diseases like dengue, tuberculosis and typhoid and measures to prevent the



NSS unit of Govt SPMR College of Commerce taking out awareness rally in Jammu on Tuesday

same.

Holding banners and posters with many informative messages, the students interacted with locals and informed them

about causes and symptoms of deadly diseases like dengue, tuberculosis and typhoid etc.

Speaking on the occasion, the Principal of the

College, Dr Romesh Chander lauded efforts of volunteers and NSS officers Prof Rashmi Aryan and Prof Qayoom Chouhan for organizing such informative event for welfare of locals. A number of students and faculty members were also present on the occasion.

Locals appreciated the initiative of College administration and NSS unit for organizing the awareness rally and hoped that more such initiatives will be organized in future also.

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JAMMU- UT) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
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Dated:

CLEANLINESS DRIVE IN THE SLUM AREA ADOPTED BY
COLLEGE "YOGDAAN DIJIYE SHRAM DAAN KIJIYE" on
28/12/2017 TO 31/12/2017



Students whitewashing a wall of Government SPMR College at Jammu on Thursday.

SPMR College organizes 'Yogdaan Dijiyee Shram Daan Kijiyee' prog

Excelsior Correspondent

JAMMU, Dec 28: Government SPMR College organized a programme titled "Yogdaan Dijiyee Shram Daan Kijiyee".

In the programme, the students whitewash and paint the walls of the college. They also took out the time to clean and remove the

unwanted trees from the sides of the college.

During the activity of six hours, the students under the supervision of NSS Programme officers executed their efforts which finally led to the beautification of the college by the end of the day.

Principal lauded the students and appreciated their spirit of labour.

Dharti Times

NSS UNIT OF SPMR COLLEGE JAMMU ORGANISED A PROGRAMME "YOGDAAN DIJIYE SHRAM DAAN KIJIYE"

JAMMU, DEC 28



The NSS unit of Govt.SPMR college on THE second day of the winter camp conducted a cleanliness drive under the banner of "YOGDAAN DIJIYE SHRAM DAAN KIJIYE" where the volunteers ,being empathetic and benevolent,gave their labour to white wash and painting of the walls of the campus.They took out the time to clean n remove the unwanted trees from the sides of the college .during the activity of six hours ,the volunteers ,under the guidance of NSS programme officers executed their efforts which finally led to the beautification of the college by the end of the day ,the principal lauded the volunteers n appreciated their spirit of labour,further he congratulated them to achieve the motto of nss " "NOT ME BUT YOU"

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Dated:



Cleanliness D. 2018



Cleanliness On 2018



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Dated:

PLANTATION DRIVE-48 SAPLING PLANTED



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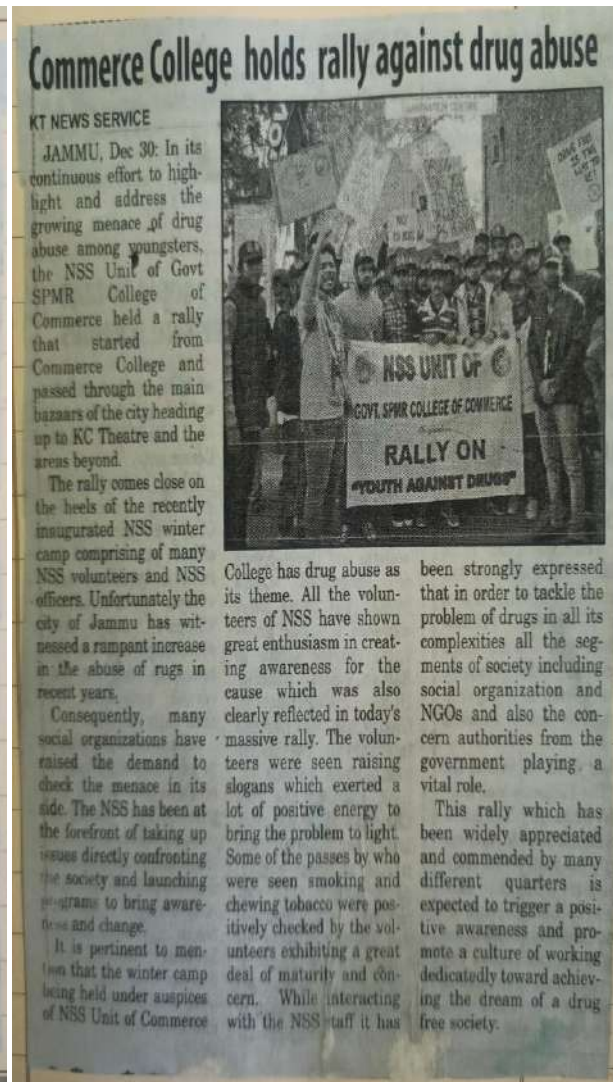
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Dated:

RALLY AGAINST DRUG ADDICTION during SEPTEMBER
AND OCTOBER 2017 about AWARENESS ON HARMFUL
CONSEQUENCES OF DRUG ADDICTION



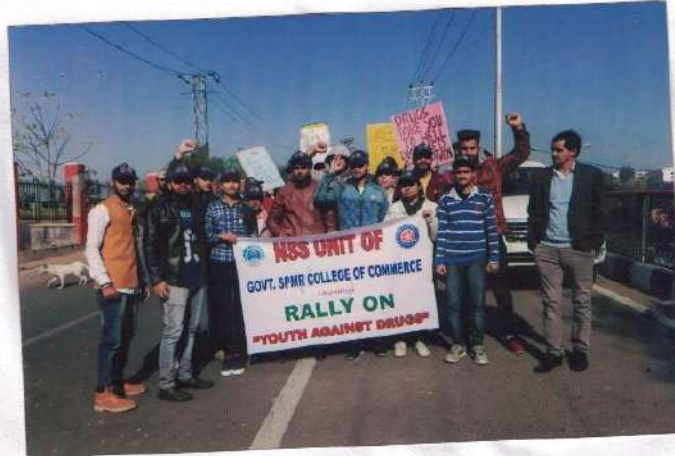
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Dated:

SWACHH BHARAT SUMMER INTERNSHIP-2018 AT ADOPTED VILLAGE PHALIN MANDAL, (06-15/06/2018) WALL PAINTINGS, DOOR TO DOOR AWARENESS COMPAIGNS , NUKKAD NATAKS, SWACHHATA RALLIES, MOVIE SCREENING, DEVELOPMENT OF COMPOST PITS, AWARENESS LECTURES ON SOLID WASTE MANAGEMENT, ETC.



S.R.A

Campus



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No. GSPMR/CoII/2021/



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Dated:

Blood DONORS FELICITATION DAY on 28Nov.2018.



S.B.A Campus



Blood Donors



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Dated:

Celebration of international Literacy Day on 25/09/2017.



OFFICE OF THE PRINCIPAL, GOVT. SPMR COLLEGE, OF COMMERCE,
CANAL ROAD, JAMMU- 180001 (J&K STATE) - INDIA

Phone / Fax: - +91-0191-2580965(O).
Email: - principal.spmrcollege@gmail.com

Mobile: 09419119869: Estab: - 1955
Website: - www.spmrcollege.org

NOTICE
14.09.2017

It is hereby notified for the information of all students that NSS Unit of this College is going to organise an Essay writing competition on the Topic" Literacy and Empowerment" to celebrate "International Literacy Day" on Friday i.e., 15/09/2017 at 12 noon in the Sports Block. The word limit of the essay would be between 300-500 words and timing would be 12 Noon to 1 P.M. interested students should contact. Prof. Mohd. Qayoom, NSS Programme Officer, Department of Economics.

R. S. J.
PRINCIPAL 14/9/17

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Dated:

HEALTH AWARENESS PROGRAMME on 3-10-2017

SPMR College of Commerce conducts health awareness activity



A resource person speaking at the programme in Jammu.

■ **STATE TIMES NEWS**
JAMMU: National Service Scheme (NSS) Unit of Government SPMR College of Commerce organised two days health awareness activity for the NSS students.
Dr. Chander Prakash, Assistant Director, Health Education bureau and Dr. J.P. Singh, Assistant Director, Epidemiologist from Directorate Health Services were the Resource Persons for the programme.
Dr. J.P. Singh gave a presentation on dengue and removed the misconception among the students about the disease.
Dr Chander Prakash talked about general health and hygiene. The students were made aware about the benefits of remaining healthy in hygienic conditions.
Dr Romesh Chander, Principal lauded the continuous effort of NSS Programme Officers Prof Rashmi Arya and Mohd Qayoom for dispersing and sharing vital information among the students.

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Dated:

Winter Camp

SEVEN DAY-WINTER CAMP ON THE THEME "YOUTH AGAINST DRUG ADDICTION" on 27-12-2017 TO 2-1-2018



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Dated:

E	NAME & ADDRESS	TEL. No.
	<p style="text-align: center;"><i>Let Day of the Camp on 27.12.2017</i></p> <div data-bbox="462 588 1274 892"> <p style="text-align: center;">NSS Winter Camp begins at Commerce College</p>  <p style="text-align: center;"><i>A dignitary speaking at a programme.</i></p> </div> <div data-bbox="462 913 714 1239"> <p>STATE TIMES NEWS JAMMU: The NSS unit of Government SPMR College of Commerce, as a part of its continuous campaign to bring awareness regarding social issues in the society, organised seven-day Winter Camp 2017 which began on Wednesday. About 40 NSS volunteers along with NSS Programme officers are participating in the week-long event.</p> </div> <div data-bbox="730 913 982 1239"> <p>The camp was inaugurated with lighting of traditional lamp by the Principal, Dr Romesh Chander along with NSS Advisor, Prof Archana Kaul and Programme Officers, Prof Rashmi Arya and Prof Mohd Qayoom. The inaugural ceremony was followed by lecture on the topic 'Drug-addiction' by Dr Rajiv Gupta from GMC who spoke on the menace of drug abuse among young</p> </div> <div data-bbox="990 913 1242 1239"> <p>sters and listed various steps required to avoid the same. Dr Gupta called upon the society for playing a collective role to eradicate menace of drugs. He also commended the efforts of NSS Unit of SPMR College for being at the fore front in dealing with such social issues besides organising a series of awareness programmes throughout the year for welfare of people.</p> </div>	

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Winter Camp 2018



Winter Camp 2018



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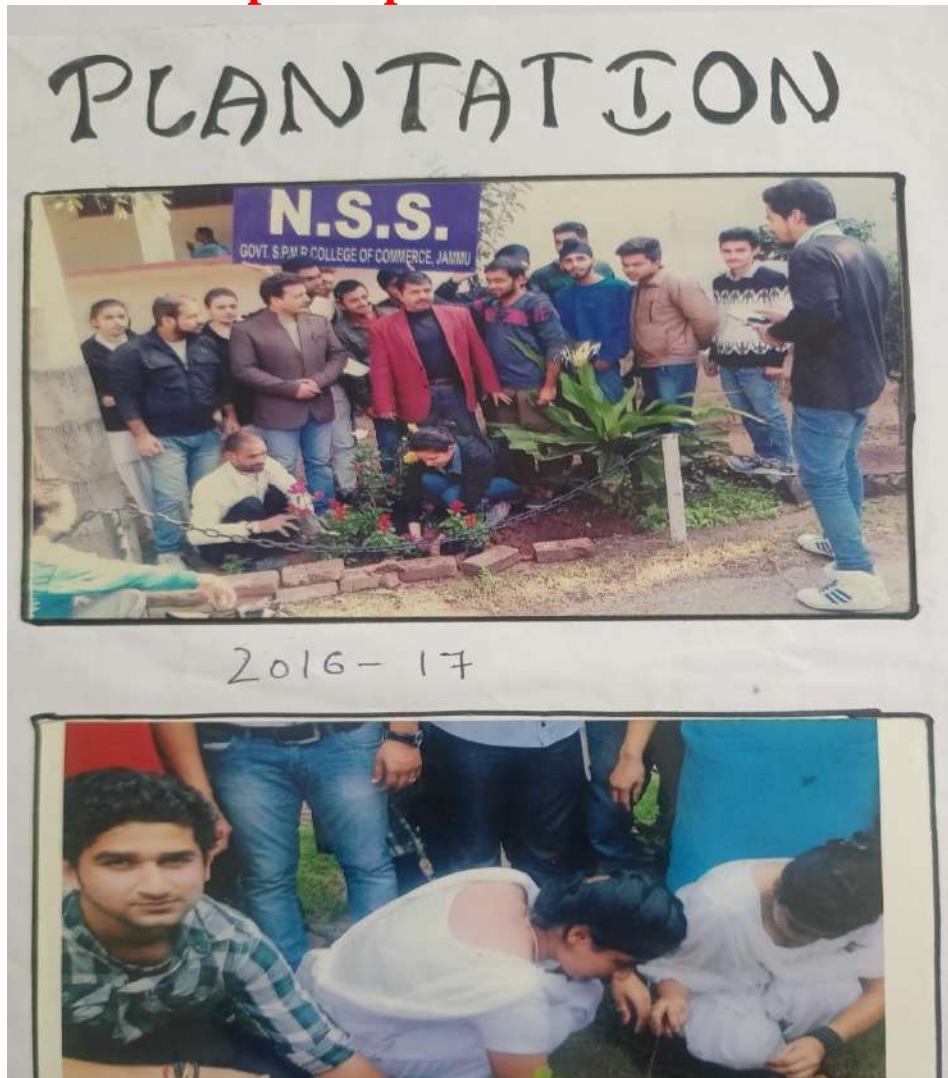


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Dated:

2016-17

Plantation Drive on the theme “Plant tree Save Nation” was organized by Govt.SPMR college on 12/08/2016 to 13/08/2016 in collaboration with JMC. Asst.Commissioner Shub Mehta ,Revenue officer Romesh Sudan participated



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Dated:

Under SWACHH BHARAT ABHIYAAN ,Cleanliness Drive of the college Premises on 28/09/2017-29/09/2017,Massive Rally through Canal Road, Bhagwati Nagar & Interactive Sessions were held with Rehriwalas, students & public at large to aware them to protect from Malaria, Chicken gunia & Dengue.



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GOVERNMENT SRI PRATAP MEMORIAL RAJPUT COLLEGE OF COMMERCE
JAMMU- (UT) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/CoII/2021/



Phone/Fax : +91-0191-2580965 (O)
Mobile No : 09419119869(O)
Website : www.spmrcollege.org

Dated:

GANDHI JAYANTI CELEBRATED on 1/10/2016 to 02/10/2016
Debate on “life and achievements of Mahatma Gandhi”.
A visit to the village Lower Dhounthly & Flower tributes to Mahatma Gandhi at Mubarak Mandi



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Dated:

**Celebration of Communal Harmony Week from 19-25 November 2016.
During this week NSS Volunteers collected Amount of Rs 4200/ and
deposited that amount to National Foundation for Communal Harmony.**



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Dated:

Minutes of Meetings from 2016-21

OFFICE OF THE PRINCIPAL,
GOVT. SRI PRATAP MEMORIAL RAJPUT COLLEGE, OF COMMERCE,
(A CONSTITUENT COLLEGE OF CLUSTER UNIVERSITY, JAMMU)
CANAL ROAD, JAMMU- 180001 (J&K UT) - INDIA

Prof. Ranjeet Singh Jamwal
PRINCIPAL
E Mail : principal.spmrcollege@gmail.com
No. GSPMR/ColI/2021/ 53

Phone/Fax : +91-0191-2582900 (O)
Mobile No : 09419119869(O)
Website : www.spmrcollege.org
Dated: 16/07/2020

ORDER

The following Advisory Committee for NSS is constituted for the smooth functioning of the NSS Units in the College.

1. Prof. Savita Jamwal
2. Dr. Parveen Singh
3. Dr. Sarabjeet Kour

Prof. R.S. Jamwal
Principal

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Dated:

MINUTES OF THE MEETING

Minutes of the meeting of the NSS advisory board of the College held on 25th of September, 2020 in the chamber of the Principal at 1:00 P.M. The following were present in the meeting are:

S.No	Name of the Committee Members	Designation of the Member
1.	Dr. Sandhya Bharadwaj	Member of the Advisory Board
2.	Dr. Parveen Singh	Member of the Advisory Board
3.	Dr. Sarabjeet Kaur	Member of the Advisory Board
4.	Mr. Apfan Ali	NSS Programme Officer
5.	Ms. Rajni Bala	NSS Programme Officer
6.	Mr. Malik Aijaz	Guest Member

Agenda:

To discuss the proposed activity calendar of the NSS Unit for the session 2020-2021. As the new academic session has started and the NSS Unit will execute their activities according to the NSS Calendar.

The following decisions were unanimously take after discussions and deliberation:

1. In all the activities of NSS Unit the NSS volunteers will be provided with the refreshment @ Rs.30/-.
2. The tools and equipments required for the cleanliness drives shall be purchase under NSS Fund.
3. The resource persons / speakers / guests invited for delivering lectures on NSS Programme shall be provided with light refreshment.
4. The expenditure incurred in the events including banners bouquets, photography, sound system etc. will be made out of NSS Fund.
5. If NSS organizes activities outside the College campus (adopted village and slum area). The college will provide the Bus and if not the TA will be paid as according Government norms.

1 *[Signature]* 2 *[Signature]* 3 *[Signature]*
4 *[Signature]* 5 *[Signature]* 6 *[Signature]*

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Dated:

MINUTES OF THE MEETING

Minutes of the meeting of the NSS advisory board of the College held on 8th of September, 2018 in the chamber of the Principal at 12:00 P.M. The following were present in the meeting are:

S.No	Name of the Committee Members	Designation of the Member
1.	Ms. Archana Kaul	Member of the Advisory Board
2.	Ms. Savita Jamwal	Member of the Advisory Board
3.	Mr. Neeraj Sharma	NSS Programme Officer
4.	Ms. Rashmi Arya	NSS Programme Officer
5.	Mr. Aijaz Malik	Guest Member

Agenda:

To discuss the proposed activity calendar of the NSS Unit for the session 2018-2019. As the new academic session has started and the NSS Unit will execute their activities according to the NSS Calendar.

The following decisions were unanimously take after discussions and deliberation:

1. In all the activities of NSS Unit the NSS volunteers will be provided with the refreshment @ Rs.25/-.
2. The tools and equipments required for the cleanliness drives shall be purchase under NSS Fund.
3. The resource persons / speakers / guests invited for delivering lectures on NSS Programme shall be provided with light refreshment.
4. The expenditure incurred in the events including banners bouquets, photography, sound system etc. will be made out of NSS Fund.
5. If NSS organizes activities outside the College campus (adopted village and slum area). The college will provide the Bus and if not the TA will be paid as according Government norms.

1. 2. 3. 4. 5.

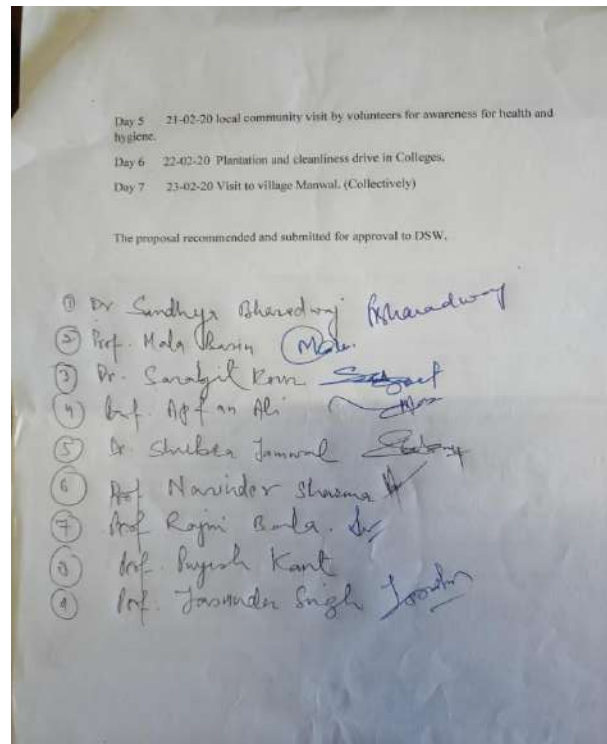
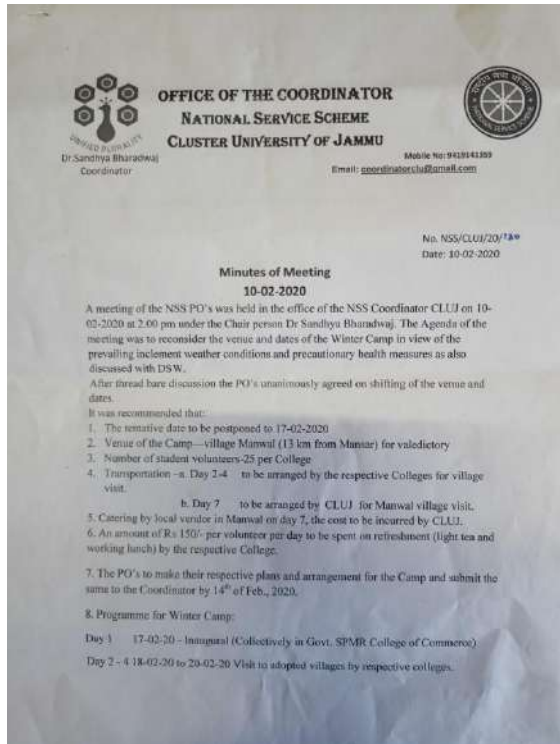
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Dated:


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JAMMU- 180001 (J&K STATE) - INDIA
Phone / Fax: - +91-0191-2580965(O). Mobile: 09419119869. Estab: - 1955
Email: - principal.spmrcollege@gmail.com Website: - www.spmrcollege.org

***** Dated: _____

MINUTES OF THE MEETING

Minutes of the meeting of the NSS advisory board of the College held on 18th of Sept.2017 in the Chamber of the Principal at 12.00 PM. The following were present in the meeting are :-

S.No	Name of the Committee Member	Designation	Designation of Member
1	Ms. Archana Koul	Associate Professor	Member Advisory Board
2	Mr. H.L Bhat	Associate Professor	Member Advisory Board.
3	Ms. Rashmi Arya	Assistant Professor	NSS Programme officer
4	Mr. Mohd. Qayoom	Assistant Professor	NSS Programme officer
5	Mr. Aijaz Malik	Physical Director	Guest Member

Agenda:
To discuss the proposed activity calendar of the NSS Unit for the session 2017-2018. As the new academic session has started and the NSS Unit will execute their activities according to the NSS Calendar.

The following decisions were unanimously take after discussions and deliberation:

1. In all the activities of NSS Unit the NSS volunteers will be provided with the refreshment @ Rs.25/-
2. The tools and equipments required for the cleanliness drives shall be purchase under NSS Fund.

3. The resource persons / speakers / guests invited for delivering lectures on NSS programme shall be provided with light refreshment.
4. The expenditure incurred in the events including banners bouquets, photography, sound system etc. will be made out of the NSS Fund.
5. If NSS organizes activities outside the College campus (adopted village and slum area) The College will provide the Bus and if not the TA will be paid as according Government norms .

Approved
Principal
Principal
Govt. SPMR College of Commerce,
Jammu.

THANKS