

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

Prof. Ranjeet Singh Jamwal
PRINCIPAL
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No. GSPMR/CoII/2021/



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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 3.4.1

REPORTS OF THE EXTENSION ACTIVITIES OF NSS FOR THE PERIOD
2020-2021

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JAMMU- UT) - INDIA

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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 indentifies.
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 CIUJ



MR. APFAN ALI
Programme Officer



MS RAJNI BALA
Programme Officer

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(A CONSTITUENT COLLEGE OF CLUSTER UNIVERSITY, JAMMU)
CANAL ROAD, JAMMU- 180001 (J&K UT) - INDIA

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Dated: 12/08/2021

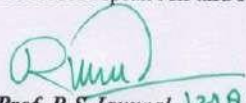
PRESS RELEASE

'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 organized by the NSS volunteers of the college. 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 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 posters were also made by the students on the topic 'Swachta' 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 Bharadwaj was also present on the occasion and the whole programme was organised and coordinated under the guidance of NSS Programme Officers Professor Apfan Ali and Professor Rajni Bala.


Prof. R.S. Jamwal 12/8/2021
Principal

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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



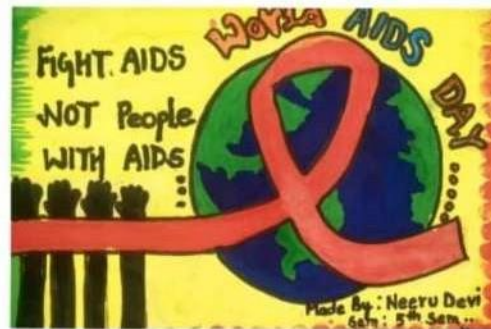
Time
10:00 A.M - 5:00 P.M

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

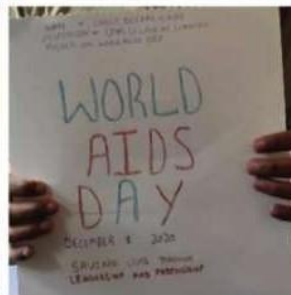
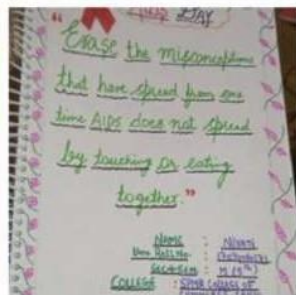
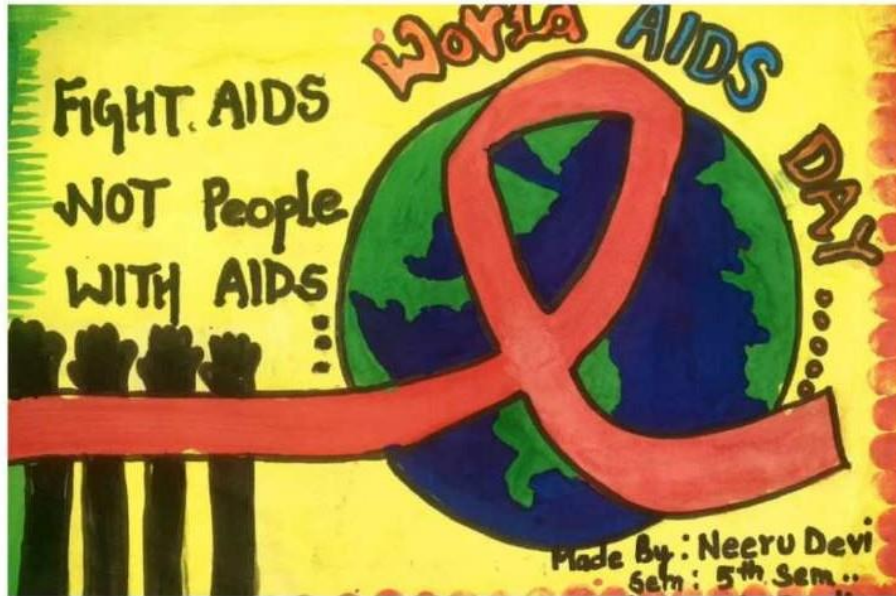
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Dated:

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
22/05/21 Google Meet **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

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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.

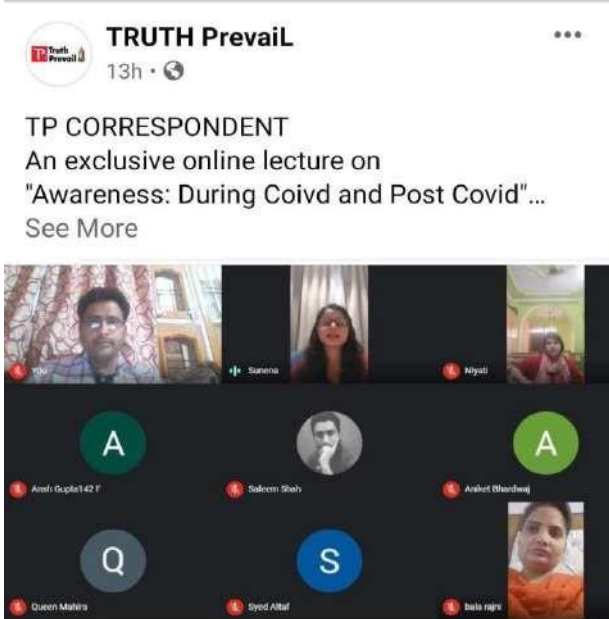
She also emphasized on spreading awareness (regarding covid-19) amongst the common people and teachers, NSS Volunteers, NCC cadets as well.

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 Sandhaya Bhardwaj for permission to organise such activities. In the end, Q/A (question-answer) session was also very fruitful.

Teachers, Students , NSS Volunteers, Saleem Shah from Aigarh and Pratima Sinha from Varanasi were presented during session.

Indian Army organises covid 19



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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



**BY 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.

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Dated:



لاذوال

Sunday 03 October 2021

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

کالج کے این ایس ایس یونٹوں نے کیا ویڈیو کانفرنس کے ذریعے تقریب کا اہتمام

لاذوال ڈیسک

ہیون // گاندھی جینٹی کے موقع پر آج سوچھتا کا حلف کیا گیا۔ 2021ء بروز منگل کو یہاں مرکز کے زیر اہتمام ہونے والے تقریب کے تمام حلقے جات کے اہل افسران نے سوچھتا کا حلف اٹھایا۔

وہاں گورنمنٹ ایس پی ایم آر کالج آف کامرس کے پرنسپل رنجیت سنگھ بھول کی سربراہی میں این ایس ایس یونٹوں نے ویڈیو کانفرنس کے ذریعے اس تقریب کا اہتمام کیا تھا۔ این ایس ایس پروگرام آفیسر عرفان علی نے سوچھتا کا استقبال کیا اور گاندھی جینٹی جیسی عمدہ تقریب پر افسران کو مبارکباد کی اور گورنمنٹ کے اہل افسران سے بڑی شہنائی کی اور این ایس ایس یونٹوں کی ہونے والی تقریب کو مبارکباد کی۔

اس موقع پر پرنسپل نے ان کے ہونے والے کاموں کی تعریف کی اور ان کے کاموں کو مزید آگے بڑھانے کی تلقین کی۔ ان کے کاموں کو مزید آگے بڑھانے کی تلقین کی اور ان کے کاموں کو مزید آگے بڑھانے کی تلقین کی۔

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

کالج کے این ایس ایس یونٹوں نے کیا ویڈیو کانفرنس کے ذریعے تقریب کا اہتمام

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

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Dated:

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

LT Governor leads celebrations by administering Swachhta Pledge to UT officers



LT Governor led the inauguration of the Swachhta Pledge ceremony at the Government SRI Pratap Memorial Rajput College of Commerce, Jammu. The Governor, Lt. Governor, and other officials participated in the event. The Governor administered the Swachhta Pledge to the officials of the Government SRI Pratap Memorial Rajput College of Commerce, Jammu. The Governor also addressed the gathering and emphasized the importance of cleanliness and sanitation in the state.

NSS units, SPMR College of Commerce, administered oath of 'Swachh Bharat Abhiyan'

Mahatma Gandhi said that 'Sanitation and Cleanliness are as Important as Independence'



The NSS units of SPMR College of Commerce, Jammu, administered the oath of 'Swachh Bharat Abhiyan' to the students and faculty members. The ceremony was held in the college grounds. The NSS units of SPMR College of Commerce, Jammu, administered the oath of 'Swachh Bharat Abhiyan' to the students and faculty members. The ceremony was held in the college grounds. The NSS units of SPMR College of Commerce, Jammu, administered the oath of 'Swachh Bharat Abhiyan' to the students and faculty members.

Advisor Bhatnagar participates in Gandhi Jayanti celebrations of GGF

'Mahatma Gandhi is the greatest messenger of peace. Ask people to follow the ideals of Bapu'



Advisor Bhatnagar participated in the Gandhi Jayanti celebrations of GGF. He addressed the gathering and said that Mahatma Gandhi is the greatest messenger of peace. He asked people to follow the ideals of Bapu. He also emphasized the importance of cleanliness and sanitation in the state. He also mentioned that Mahatma Gandhi was a great leader and a great man. He also mentioned that Mahatma Gandhi was a great leader and a great man.

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



Giriraj Singh, a member of the National Service Scheme (NSS), participated in a rural development project. He emphasized the importance of sustainable and holistic development of rural areas. He said that sustainable and holistic development of rural areas is a prerequisite for national development. He also mentioned that sustainable and holistic development of rural areas is a prerequisite for national development.

Union MoS Steel, Rural Development inaugurates developmental projects in Kupwara



Union MoS Steel, Rural Development inaugurated developmental projects in Kupwara. He emphasized the importance of rural development. He said that rural development is a prerequisite for national development. He also mentioned that rural development is a prerequisite for national development.

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

College Princ Gandhi was h not only in I whole world.

On Gand **Dudu Basani** online poster writing con theme 'Use c ucts'. Speakin **College** Bhavnaiish (Swadeshi pr livelihood to make India a To celeb

To celeb anniversary of Gandhi, NS **Nowshera o** sium on the t **Gandhian Th** said that Gandhi Ji dreamt of a 'World'. The ized with a n cleanliness and sanitation as integral parts of living. peace, tolerar and commun: the students area.

Bharat S District Udh birth anniver **Gandhi an** Shastri. On

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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 SOPs and guidelines and to contain the 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 Ayurvedic 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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" 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

آریوڈیک اور قدرتی مصنوعات پر مرکوز تھا۔ ڈاکٹر خلیق انجم نے طریقے سے ماسک پہننے کی اہمیت، ٹریکنگ، جانچ، نگہداشت، تنہائی، ورزش، مناسب ویسٹینیشن، 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 مینڈر مہتر م ناطق جعفری بھی لیکچر کے دوران موجود تھے۔ پروگرام کی کارروائی پروفیسر عرفان علی اور پروفیسر رحمتی بالا نے انجام دی۔ آخر میں 302...!!!



سندھیا بھردواج (کوآرڈینیٹر این ایس ایس کلسٹر یونیورسٹی جموں) کے استقبالیہ خطبے سے ہوا، اس کے بعد ڈاکٹر خلیق انجم (سینئر میڈیکل آفیسر آپریشن میڈیسن ڈسٹرکٹ ہسپتال - پوچھم) 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 یونٹوں نے گوگل میٹ پر 3 بجے 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 Sherif Koshak Police Academy Udhampur in which the trainees, staff members and parental officers of the Academy participated.

During the event, pledge was taken by the participants. The pledge was administered by Sarfraz Gogri, Dy.SP, Asstt. Director (Outdoor). 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 (Outdoor), K. K. Sharma, Dy.SP, AD (Q), Ramesh Kumar, Dy.SPS, PS to Director, Suresh Singh, Dy.SP, AD (Training) / BAO, Taha Hussain, AD (Adm.) were present on the occasion.

CCCI steps in to provide spaces in coronavirus hot spots

Women empowerment centre inaugurated in Baramulla

Army sets up covid isolation centre at Poonch

Dr. Paragade addresses health awareness programme at Rajouri

Quarantine Point inaugurated in Baramulla

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

BHOG & ANTIM ARDAS

SPMR COLLEGE OF COMMERCE JAMMU

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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 nssspmrcollege@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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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



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

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.



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Dated:

International Yoga Asana on 20/06/2021



NSS UNITS
OF



Govt SPMR College of Commerce Jammu
Organise Yoga Asan & 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



Sunita Verma (Master)
Govt Higher Seconday School
Kharote (Yoga Teacher)
7:00 - 8:00 A.M

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

NSS Programme Officers
Prof. Apfan Ali
Prof. Rajni Bala





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

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Dated:

MONDAY 21 JUNE 2021

ایس پی ایم آر کالج آف کامرس میں 'یوگا' تقریب کا اہتمام

جوں // گورنمنٹ ایس پی ایم آر کالج آف کامرس نے ساتویں بین الاقوامی یوم یوگا کے حوالے سے ایک تقریب کا اہتمام کیا جس میں این ایس ایس ایس ایس نے دو آن لائن سیمینارز اور مظاہرہ سیشنز کا انعقاد عمل میں لایا۔ پروگرام کا آغاز این ایس ایس کے پروگرام آفیسر پروفیسر عرفان علی اور خیرالسائین ایس ایس رضا کار نے بڑی گرم جوشی سے استقبالیہ خطابات سے کیا۔ مہمان خصوصی اور یوگا ماہرین سنیٹا وراما گورنمنٹ بائیریکینڈری سکول کھروٹ اور (بقیہ صفحہ 6 پر تقریب)

Monday 21 June 2021

لازوال

گورنمنٹ ایس پی ایم آر کالج آف کامرس جوں کے زیر اہتمام بین الاقوامی یوم یوگا کے حوالے سے آن لائن سیمینار کا انعقاد

ماہرین یوگا کی طلبہ کی مجلس اور بعض صحت کے لٹریچر کی امداد پر اہتمام کے علاوہ مختلف مطالعاتی سیشنز

ایس پی ایم آر کالج آف کامرس میں یوگا تقریب کا انعقاد

جوں // گورنمنٹ ایس پی ایم آر کالج آف کامرس نے ساتویں بین الاقوامی یوم یوگا کے حوالے سے ایک تقریب کا اہتمام کیا جس میں این ایس ایس ایس ایس نے دو آن لائن سیمینارز اور مظاہرہ سیشنز کا انعقاد عمل میں لایا۔ پروگرام کا آغاز این ایس ایس کے پروگرام آفیسر پروفیسر عرفان علی اور خیرالسائین ایس ایس رضا کار نے بڑی گرم جوشی سے استقبالیہ خطابات سے کیا۔ مہمان خصوصی اور یوگا ماہرین سنیٹا وراما گورنمنٹ بائیریکینڈری سکول کھروٹ اور (بقیہ صفحہ 6 پر تقریب)

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 (lecture cum demonstration) sessions on 20 June 2021.

The program started with welcome address by Ifran 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 Asana like Yoga Protocol, Kapaal Bhatti, Surya Namaskar,

Chandar Namaskar, padmasan, vajrayan, chakraasan, taadasan, Vrikshasan, trikonasan, etc were shown.

Dr. Sandhya 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, Kafaith 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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Dated:

PLANTATION DRIVE IN COLLEGE CAMPUS



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Dated:

Plantation Drive in the college campus on 2021



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Dated:

RALLY 'SAVE TAWI'



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Dated:



دریائے توی کو صاف ستھرا رکھنے کیلئے چلائی بیداری مہم
پرنسپل گورنمنٹ ایس پی ایم آر کالج آف کامرس جموں رنجیت سنگھ جھول کی طلباء کو شہر بانی
لازوال ڈیسک

جموں اور گورنمنٹ ایس پی ایم آر کالج آف کامرس جموں کے ایس ایس ایس ایس اور ایس ایس ایس ایس کے طلباء نے شہر بانی کی یاد میں 'سٹیٹ سٹیٹ' کے نام سے ایک مہم شروع کی ہے۔ اس مہم کے تحت، طلباء نے شہر بانی کے ارد گرد کے علاقوں کو گھومتے ہوئے پلاسٹک کے ٹکڑے، پلاسٹک کے بوتلے اور دیگر پلاسٹک کے کھنڈے جمع کیے ہیں۔ ان کو جمع کر کے، انہوں نے ان کو شہر بانی کے ارد گرد کے علاقوں میں پھینکا ہے۔

اس مہم کے تحت، طلباء نے شہر بانی کے ارد گرد کے علاقوں کو گھومتے ہوئے پلاسٹک کے ٹکڑے، پلاسٹک کے بوتلے اور دیگر پلاسٹک کے کھنڈے جمع کیے ہیں۔ ان کو جمع کر کے، انہوں نے ان کو شہر بانی کے ارد گرد کے علاقوں میں پھینکا ہے۔

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سریندر پریا مرز، منج اور دہیرا رام - سوہیوں -

302

ہیہ بھر دو اج نے بھی خوشی کا اظہار کیا اور اس طرح کے مزید پروگرام کرنے 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۔

303

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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
Sub: Awareness campaign on "Save Tawi" w.e.f. 08-10-2021 to 14-10-2021 on the eve of Navratras and Sakh Visarjan. Date: 05/10-2021

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 anuradhapedb@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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Dated:

Van Mahotsav celebrated from 04.07.2020 to 07.07.2021



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Dated:

World Environment day



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Dated:

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



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Dated:

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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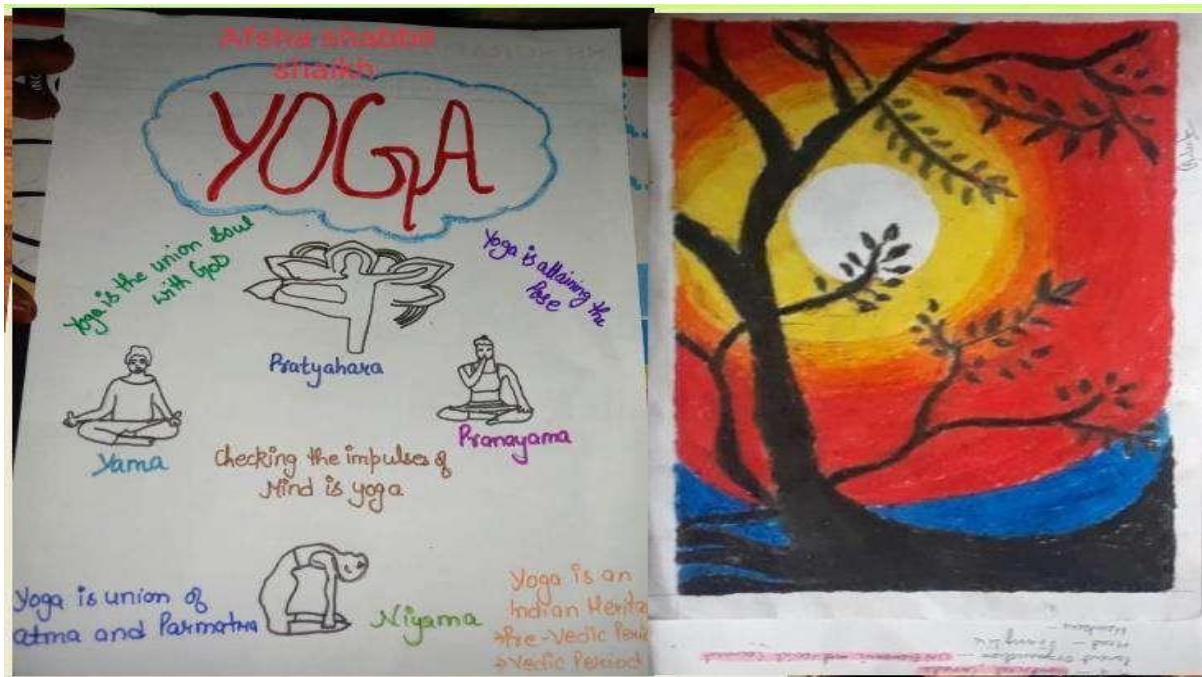


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Dated:

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'. This union is the union 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, it is a way of life. It helps us to connect with our inner self and the universe. It is a natural health but also the most effective way to keep our body and mind in balance. Yoga is a part of all this. Yoga is a Panacea, a remedy believed to cure all diseases and most ailments. This philosophical system is the foundation of the United Nations International Day of Yoga. This day should become a global phenomenon and yoga should become a part of our everyday life. Yoga is an ancient Indian science having a 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 panacea to all and also yoga is 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 a variety of practices and methods through which human beings can achieve a union between the body and the mind to attain self-realisation. 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 that this can be attained through yoga practices. Yoga is particularly

(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:- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.

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 the 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 of the metabolism and calming the mind, thereby helping in improving attention and concentration. It implies awareness of body, emotions and state of well-being. Yoga was 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)

Yoga is an ancient Indian science having a 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 panacea to all and also yoga is 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 a variety of practices and methods through which human beings can achieve a union between the body and the mind to attain self-realisation. 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 that this can be attained through yoga practices. Yoga is particularly

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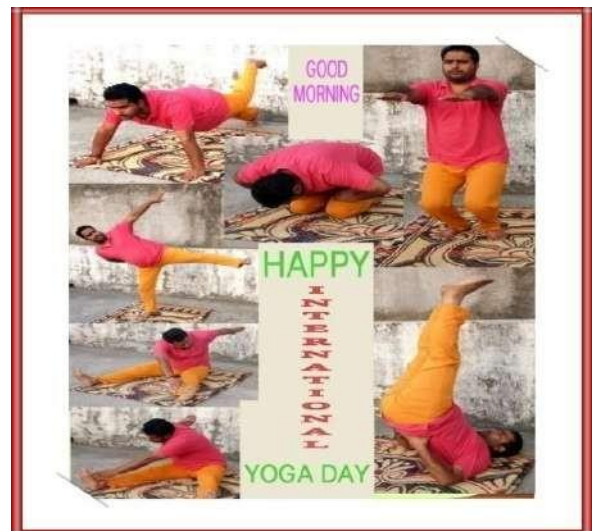
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Dated:

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:



Educational Institutions celebrate NSS Day

Early Times Report
 JAMMU, Sept 24: National Service Scheme (NSS) Foundation Day was celebrated in the conference hall in GCCEM Science college. The auspicious day began with the empowering NSS with a song. After hearing the inspiring History of NSS, the audience understood the true meaning of Social service and Unity in 'Bharat Mata' too. Further, NSS Volunteer made their presence known by their poems which made students realize the sense of brotherhood. The event started in Hand to hand before lunch. The students were motivated by the presence of Principal (GCCEM Science College) Prof. Dr. Ranjihal Sharma, Prof. Dr. Ranjihal Kumar Bhatt (DPO of NSS) and Prof. Dr. Anil Sharma, DDO, Department of Zoology.

GCCEM Science celebrated NSS Day. A debate competition was organized on this occasion on various themes. The final safety, which was most interesting, was judged by a group of senior Professors including Prof. Sangeeta Gupta, Prof. Avin Sharma, Dr. Bhanu Bhatnagar and Dr. Satish Singh. In the competition, Nisha was adjudged first while Rajni Devi and Rakshita stood second and third respectively. Later, to give some entertainment among the winners and the event culminated with the speech by the Principal of the College Prof. Dr. Ranjihal Sharma. He urged the students to maintain cleanliness and promote Govt. Initiatives for 'Swachh Bharat Mission' and clean India.

National Service Scheme (NSS) Unit of Government College of Education (GCCEM) Lehna, commenced NSS Foundation Day, today. Prof. Dr. J. Sangita Nagral, Principal GCCEM, 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 courses this week and to watch their personal life. Prof. Sangeeta Gupta also appreciated the efforts of volunteers and members of NSS unit and NSS programme officer for organizing various activities under NSS banner. A formal welcome address was presented by NSS programme officer Prof. Sandeep.

The NSS Wing of Government MAM College launched a plantation and plastic free drive in college campus, on the occasion of NSS Day. The drive was funded by the NSS Programme Officer, Dr. Deepinder Kumar Sharma. Dr. P.K. Sharma (Principal) was the Chief Guest for the occasion and was duly welcomed by the staff and NSS volunteers. The approval and the initiative taken up by the college for involving students in social service activities.



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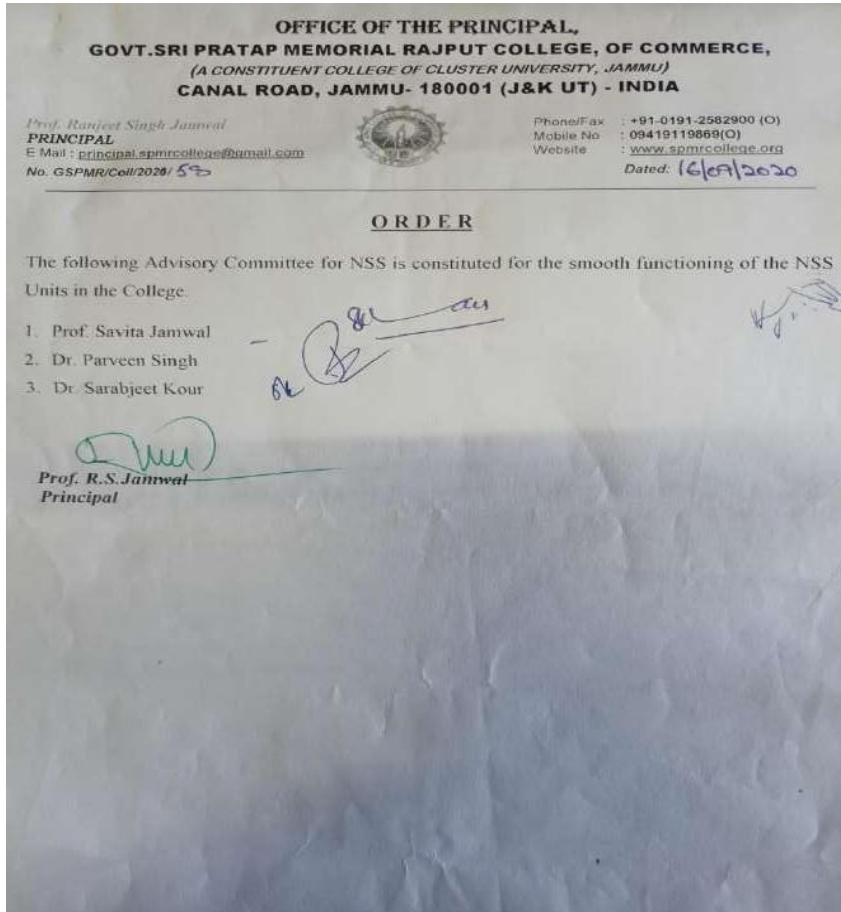
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Dated:

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:

THANKS