



श्री स्वरूप गोविन्द पारीक स्नातकोत्तर महाविद्यालय, जयपुर
Shree Swaroop Govind Pareek (P.G.) College, Jaipur
Heritage Status Granted by U.G.C.



क्रमांक.....

दिनांक - 20.06.2022

सूचना

समस्त विद्यार्थियों, शिक्षकों एवं कर्मचारियों को सूचित किया जाता है कि दिनांक 21.06.2022 (मंगलवार) को प्रातः 7 बजे महाविद्यालय प्रांगण में आठवां अन्तर्राष्ट्रीय योग दिवस मनाया जायेगा। सभी की उपस्थिति अपेक्षित है।

स्थान :- महाविद्यालय प्रांगण

समय :- प्रातः 07:00 बजे

20/6/22
प्राचार्य

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JAIPUR (RAJASTHAN)



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Estd.- 1906

REPORT ON "INTERNATIONAL YOGA DAY" CELEBRATION

Unit Name: - N.S.S.Unit, S.S.G.Pareek P.G. College.

Event Name: - "International Yoga Day"

Event Date: -21.06.2022

Objective-International Yoga Day is celebrated every year on 21st June. This day is the longest day of the year and yoga also makes a person live longer. This day was celebrated for the first time on 21 June 2015, which was initiated by the Prime Minister of India, Shri Narendra Modi in his speech in the United Nations General Assembly on 27 September 2014 in which he said that-Yoga is an invaluable gift of India's ancient tradition. It symbolizes the unity of mind and body, harmony between man and nature, providing contemplation, balance and fulfilment and a holistic approach to health and well-being. It is not about exercise but about discovering a sense of unity within oneself, the world and nature.

International Yoga Day was celebrated under National Service Scheme in the S.S.G.Pareek P.G.College. Yoga makes you like a child again, Yoga makes human life healthy. Where there is Yoga and Vedanta, there is no deficiency, impurity, ignorance and injustice. We need to free the world from suffering by taking yoga to everyone's doorstep. Yoga Day in the college was presided over by the President of the organization Mr. Bajrag Lal Pareek, Secretary Mr. Laxmikant and Treasurer Buddhiprakash Pareek and members of the management executive Mr. K.K.Pareek, N.K. Pareek, Gaurav Kumar and Bhagwati Prasad and Principal Dr. N.M. Sharma and Yoga Day under the leadership of special guest National Service Scheme Officer Dr. Anju Pareek and Dr. Meghna Pareek. Principal, Dr. N.M. Sharma said that Yoga is an ancient tradition of India, it is an invaluable gift, it is a symbol of unity of mind and body, there is harmony between man and nature, it is holistic, and it provides restraint and energization of thoughts. Yoga Guru Shri Ram Gopal conducted yoga for one hour to all the volunteers and gave information about the benefits of yoga. In the end, Dr. Anju Pareek, Dr. Meghna Pareek and Assistant Officer Dr. Harlal Meel presented their views on Yoga Day.

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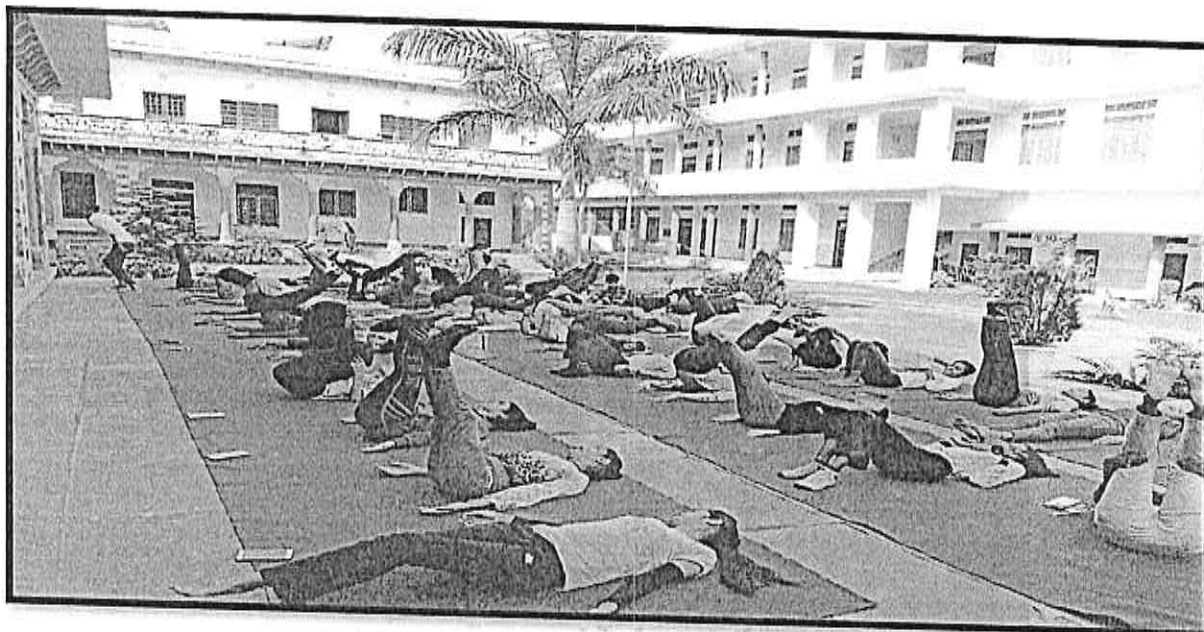
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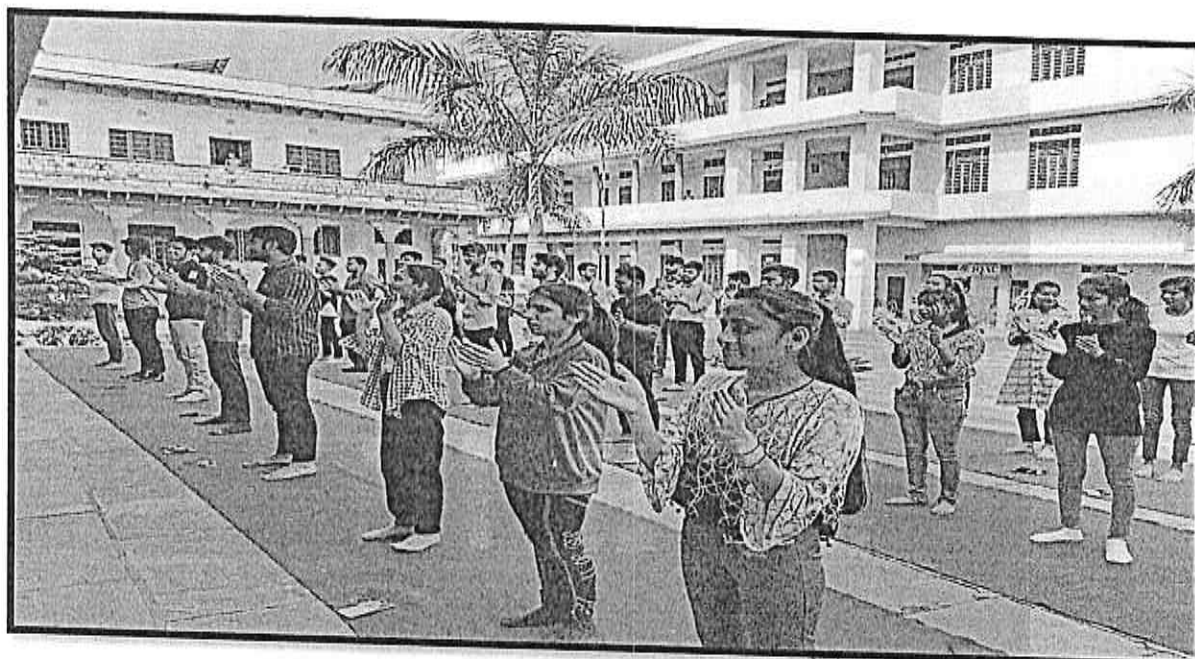
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Estd.- 1906



Volunteers Participating in different yoga asanas on the occasion of International Yoga Day



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DATE- 30-05-2022

NOTICE

This is to inform all the students of NCC that activities on "WORLD NO TOBACCO DAY" will be organized on 31-05-2022. Presence of all the students is compulsory.

TIME: – 10:00 A.M. TO 12:00 P.M.

VENUE: - S.S.G. PAREEK P.G. COLLEGE

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REPORT ON THE AWARENESS PROGRAM 'WORLD NO TOBACCO DAY'

Unit Name: - N.S.S.Unit, S.S.G.Pareek P.G. College.

Event Name: - 'World No Tobacco Day'

Event Date: -31.05.2022

Objective: World No Tobacco Day is celebrated every year across the world on 31 May. The day aims to draw attention to the widespread prevalence and negative health effects of tobacco use, which currently causes more than 7 million deaths each year worldwide, with 890,000 of those resulting from non-smokers. World Health Organization (WHO) member states created World No Tobacco Day in 1987. Over the past twenty-one years, there has been both enthusiasm and resistance from governments, public health organizations, smokers, and producers around the world.

On May 31, Prohibition Day was celebrated in the college, in which Dr. N.M. Sharma, administered oath to all the professors and volunteers of the college and informed them about not using tobacco. A poster competition was also organized in which volunteers and maids took an oath to make India drug free by making anti-tobacco posters in various ways. Shri Bajrang Lal ji Pareek,, Chairman of Pareek Management Executive Committee Treasurer Mr. Buddhiprakash ji Pareek, Secretary Mr. Laxmikant ji Pareek, Executive member Mr. K.K. Pareek and Mr. Nand Kishore ji Pareek were present in the program.


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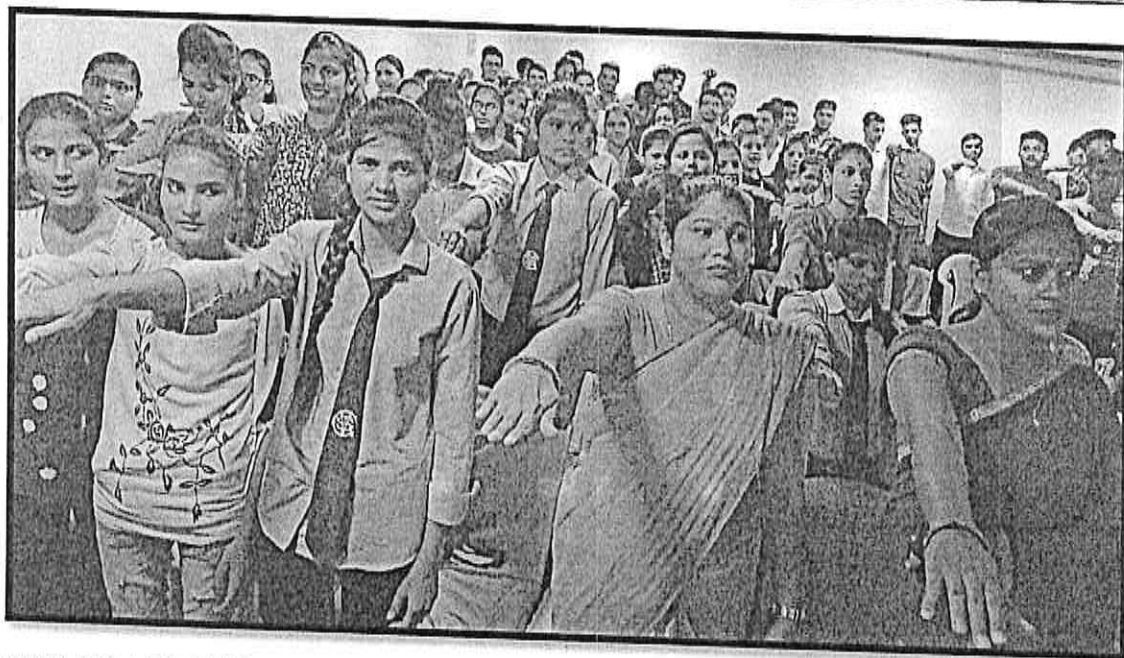
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DR.MEGHANA PAREEK SPEAK ABOUT THE INCURABLE DISEASES CAUSED BY TOBACCO



OATH TO ALL THE PROFESSORS AND VOLUNTEERS ABOUT NOT USING TOBACCO

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Estd.- 1906

DATE- 26-03-2022

NOTICE

This is to inform all the students of NSS that "SARAS DAIRY VISIT" will be organized on 28-03-2022. Presence of all the students is compulsory.

TIME: – 10:00 A.M. TO 12:00 P.M.

VENUE: - S.S.G. PAREEK P.G. COLLEGE

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Estd.- 1906

REPORT ON EXCURSION IN TO JAIPUR SARAS DAIRY PLANT

Unit Name: - N.S.S.Unit, S.S.G.Pareek P.G. College.

Event Date: -28.03.2022

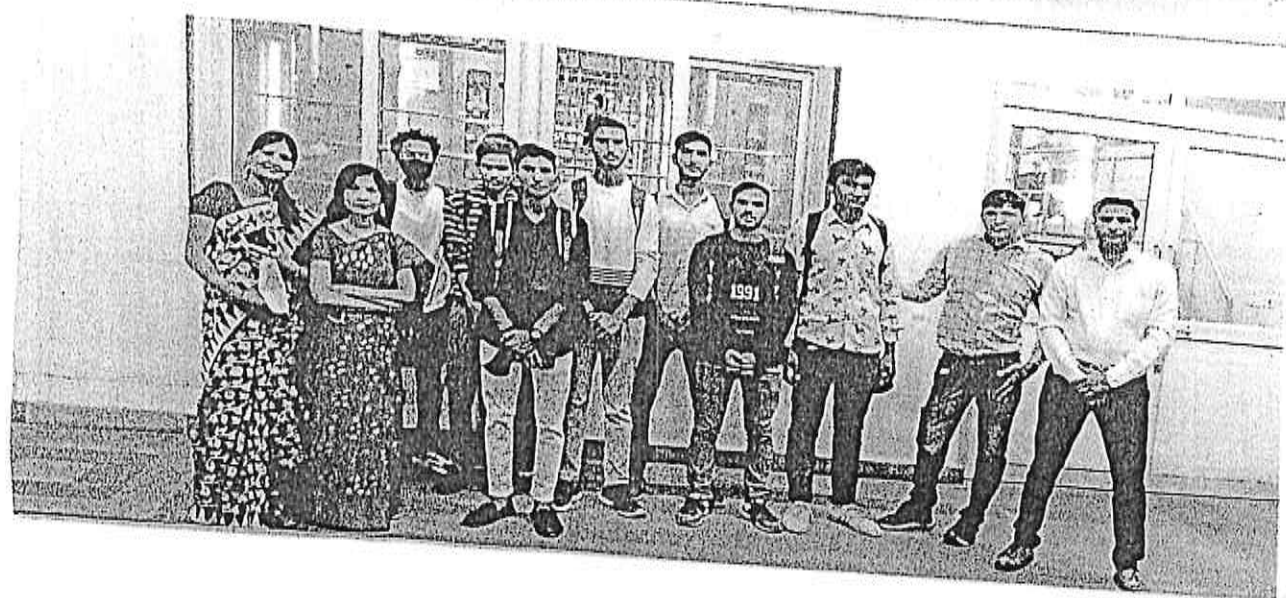
Event Place: - JAIPUR SARAS DAIRY PLANT, JLN MARG, JAIPUR.

Objective: Along with conducting milk development programs in the state, to provide pure and healthy milk products to the consumers at reasonable prices and to provide fair price for milk to the animal farmers.

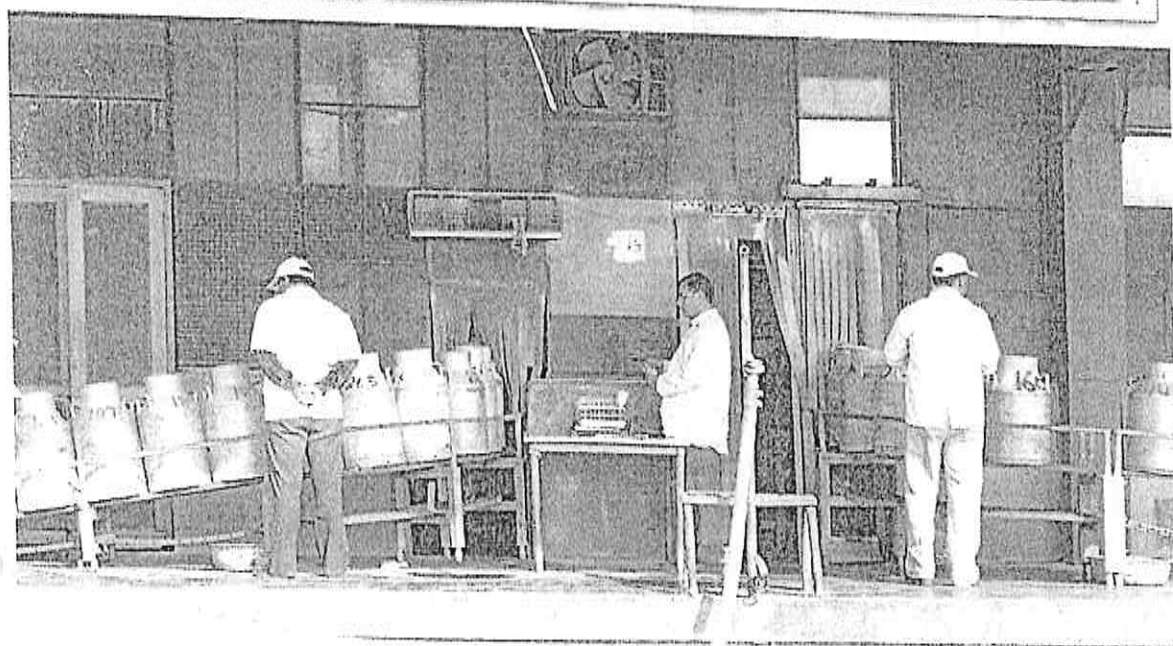
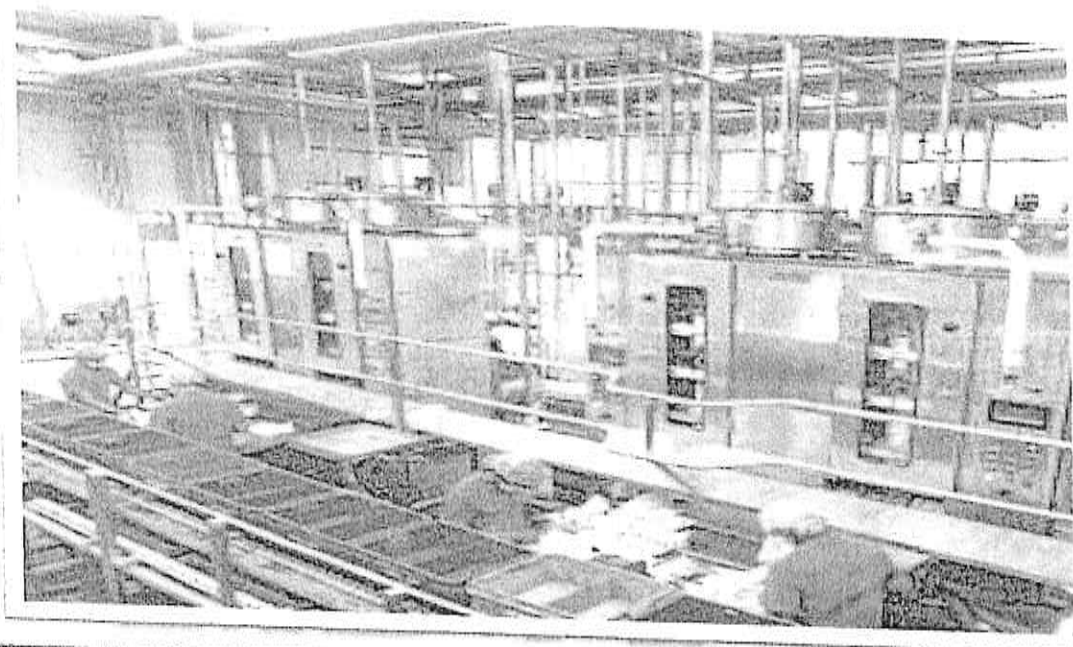
S.S.G. Pareek P.G. College was organised a one-day visit to Jaipur Dairy for the volunteers of National Service Scheme in the college. In which Chief Inspector of Saras Dairy, Administrator Chandan Singh informed the students about the information about Saras Plant. He provided information to the students about the various processes involved in making milk and the students got all the information like making milk, lassi, ghee, butter and milk powder in the complete plant. Students were given information about milk samples and the process of allocation and collection of milk through the process of about 1100 employees engaged in the Jaipur plant.

Dr. Anju Pareek and Dr. Meghna Pareek, officers of the first and second units of the National Service Scheme, thanked Saras Plant Officer Chadana Singh for informing the students about many types of information. Associate officer Dr. Harlal Meel also visited the Saras plant, Jaipur Dairy.


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Estd.-1906

DATE- 25-03-2022

NOTICE

This is to inform all the students of NSS that "WORLD BLOOD DONATION DAY" will be organized by Red Ribbon Club on 26-03-2022. Presence of all the students is compulsory.


TIME: – 10:00 A.M. TO 12:00 P.M.

VENUE: - S.S.G. PAREEK P.G. COLLEGE


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Estd.- 1906

Report on Blood Donation Camp

Unit Name: - RRC, S.S.G.Pareek P.G. College.

Event Date: -26.03.2022.

Objective -To honour voluntary blood donors for their precious gift of life and to create awareness for safe blood and the importance of voluntary blood donation as the first line of safe quality blood transfusion service. "Donating blood is the most desirable act a human being can do.

As part of the one day camp, a blood donation camp was also organized in the college. In which the Principal of the college, Dr. N.M. Sharma and NSS officers Dr. Anju Pareek , Dr. Meghna Pareek, Dr. Harlal Meel and Dr. Kulvindra Singh were also present.

Suman Blood Bank was collaborating in the camp and about 40 units of blood were collected. College Management Executive Committee Secretary Mr. Laxmikant Ji Pareek and College Principal Dr. N.M. Sharma benefited the volunteers by giving them information about blood donation and it has been said that it is important to save the lives of others by donating blood again and again. Other lecturers and other students of the college should be present in the camp. The camp started with the formal lighting of the lamp by all the guests and welcome address by the college principal, Dr. N.M. Sharma. Principal Dr. N.M. Sharma, while monitoring the blood donation camp, the voluntary blood donors were lined up. Expert doctors and the team of Suman Blood Bank remained fully active in blood collection. Forty units of blood were collected and each blood donor received a card for future emergency purposes.


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STUDENT PARTICIPATING IN THE BLOOD DONATION CAMP **PRINCIPAL**
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BLOOD DONATION CAMP ORGANISED BY S.S.G.PAREEK P.G.COLLEGE



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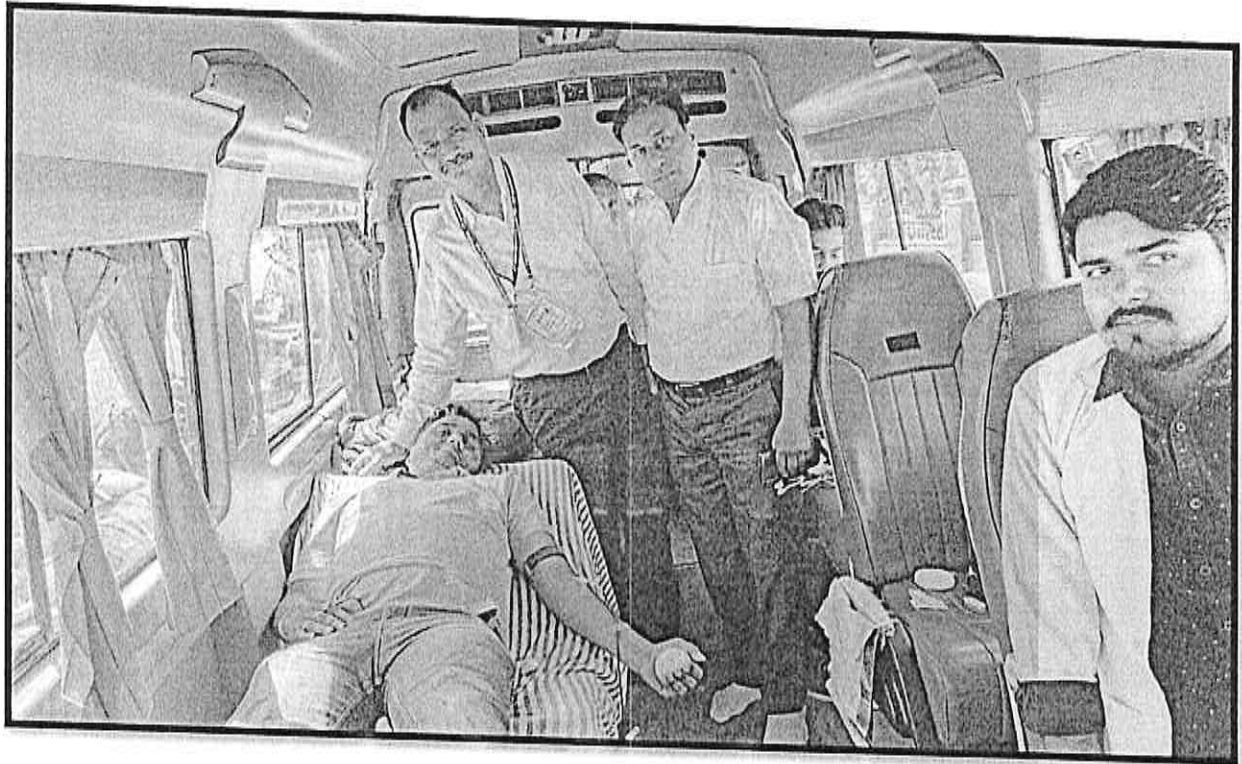
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FACULTY MEMBERS ALSO DONATE THE BLOOD


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DATE- 11-03-2022

NOTICE

This is to inform all the students of NSS that "DANDI YATRA" will be organized on 12-03-2022. Presence of all the students is compulsory.

TIME: – 10:00 A.M. TO 12:00 P.M.

VENUE: - S.S.G. PAREEK P.G. COLLEGE

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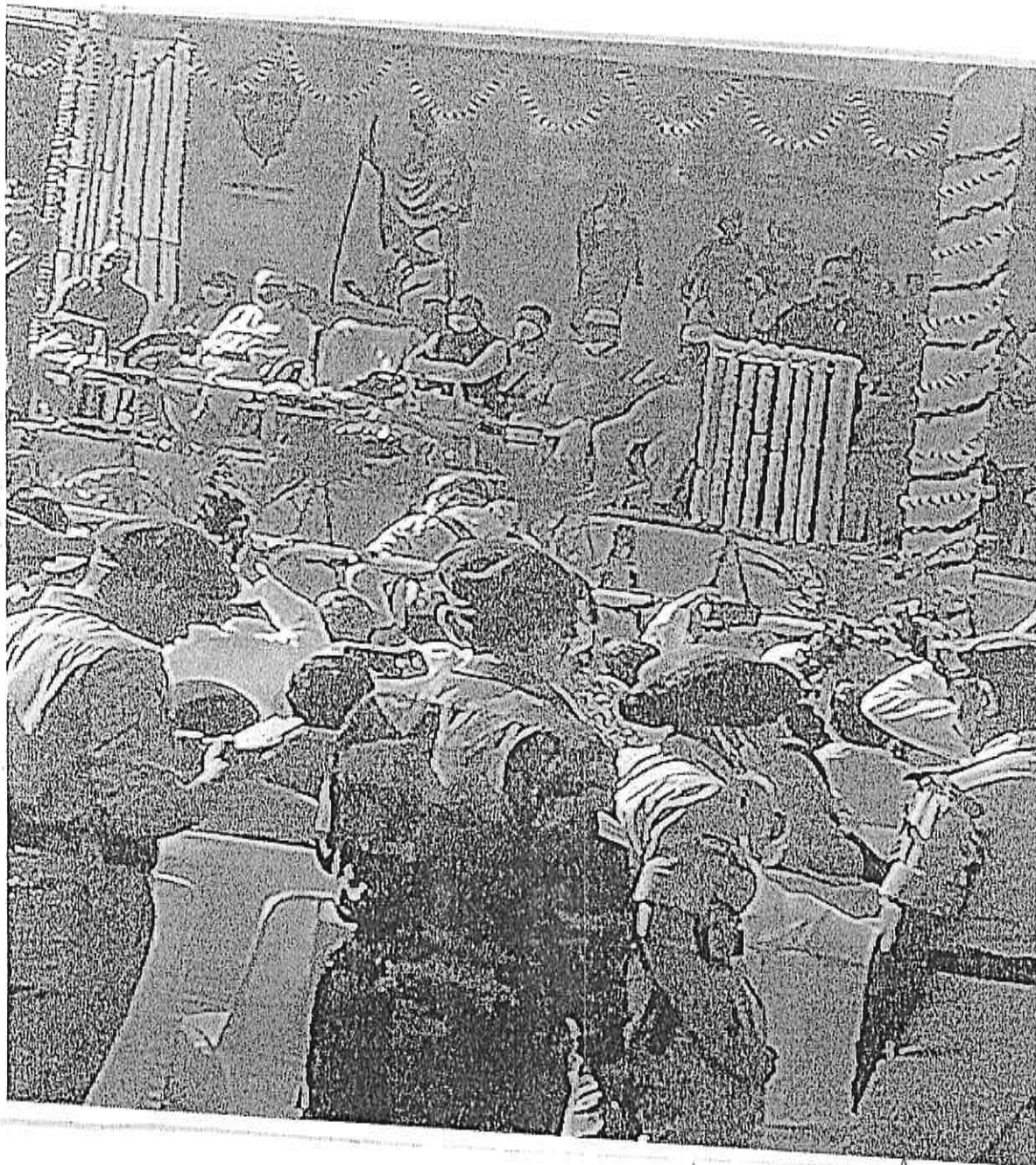
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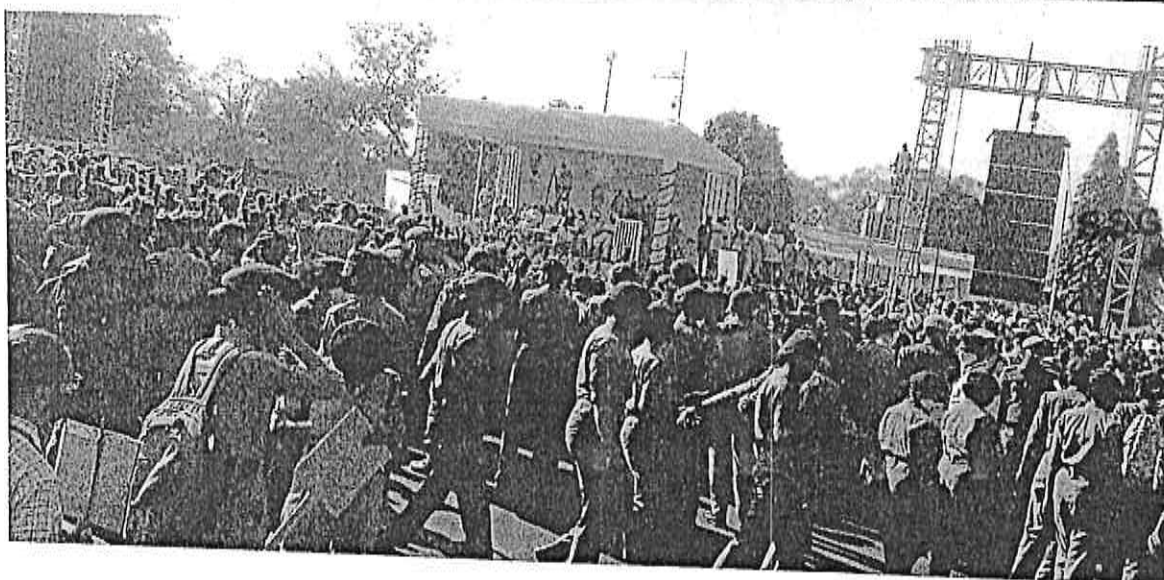


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DATE- 06-01-2022

NOTICE

This is to inform all the students of NSS that "7 DAYS NSS CAMP ACTIVITIES" will be organized from 07-01-2022 to 13-01-2022. Presence of all the students is compulsory.

TIME: – 10:00 A.M. TO 12:00 P.M.

VENUE: - S.S.G. PAREEK P.G. COLLEGE

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REPORT ON EXTENSION ACTIVITIES DURING 7 DAY CAMP

Unit Name: - RRC, S.S.G. Pareek P.G. College.

Event Date: -07-01-2022-13-01-2022

Event Name: - N.S.S 7 day camp

First Day – 07 January 2022

The seven-day special camp of the National Service Scheme was inaugurated on 07 January 2022 with the lighting of the lamp in front of Maa Sharda. National Service Scheme District Coordinating Officer Dr. Snigdha Sharma was respectfully invited as a special guest, Principal Dr. N.M. Sharma, Vice Principal Dr. Anju Pareek, college staff members and volunteers were present in this occasion. Principal, Dr. N. M.Sharma welcomed all the guests. Cultural program also presented by the students of the college . N. S. S. Officer Dr. Meghna Pareek presented the details of the seven-day camp and gave information about further activities.


Dr. Lalit Pareek Nadar was invited in the second phase of the camp. They recruited encouraged the volunteers by giving interesting information. After the meal, an Antashree program was organized by the volunteers. In the program N.S.S. Officers Dr. Anju Pareek and Dr. Meghna Pareek, Co-officer Dr. Harlal Meel, and all the lecturers of the college were present.

Second day- 08 January 2022

The second day of the seven-day camp of National Service Scheme started with Yoga and NSS folk songs. Taking this series of programs forward, Shri Devendra Kumar gave information about IT technology and cyber security to the childrens .questions and answers session also conducted at the time.

Third day- 09 January 2022

After the meal, a lecture on road safety was organized in which Mr. Praveen Kumar (SHO) gave information to the volunteers about traffic rules and road safety and the volunteers expressed their views on the traffic rules.


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NSS Officers Dr. Anju Pareek and Dr. Meghna Pareek and Co-officer Dr. Harlal Meel were present in the program.

Second day- 10 January 2022

Drug awareness program for the young generation was organised by the N.S.S. unit of S.S.G Pareek P.G.College Jaipur. A large number of youth are taking drugs. They have to be aware. Such awareness programs are very essential for the society and youth should be organized in every area, N.S.S officers Dr. Anju Pareek and Dr. Meghna Pareek and Co-officer Dr. Harlal Meel were present.

Day five-11 January 2022

The fifth day of the seven-day camp of National Service Scheme started with Yoga-Meditation and NSS. The yoga-meditation program was started by Dr. Lalit Pareek. After this program, taking the series forward, Neha Khullar in Basic Life Support informed the volunteers and how the people injured in road accidents can be saved by giving first aid. Many sports competitions were organized in the second phase. The winners were announced and awarded prizes at the closing ceremony..

Day 6: 12 January 2022-awareness program for organ and tissue donation project.

The fifth day of the seven-day camp of National Service Scheme started with Yoga-Meditation and NSS. The yoga-meditation program was started by Dr. Lalit Pareek. After this program, taking this series forward, a singing competition was organized. In which volunteers participated. In the second phase, a lecture on organ donation was organized, in which Dr. Amla Batra, professor, Rajasthan university explained the need of organ donation.,Dr. N.M. Sharma, welcomed her by presenting a memento. Dr. Amla Batra explained the importance of organ donation in human life. In the third phase, a lecture on life practice was organized in which Dagar Brothers were welcomed by the Chairman of the Executive Committee of the organization, Mr. Ritesh ji Purohit, Treasurer Mr. Satyaprakash ji Pareek and Dagar Brothers discussed about the practice of life in the present life. The volunteers were informed about the utility of the awards were announced at the closing ceremony.

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Seven days-13 January 2022

The fifth day of the seven-day camp of National Service Scheme started with Yoga-Meditation and NSS. The yoga-meditation program was started by Dr. Lalit Pareek and the students enthralled the audience with singing and Folk Dances, while the program officers presented a summary of the work plan of the last seven days, awards were distributed on the basis of the changes in social reform among the children and the places of their various competitions. students participated in the program and participated in different activities explained the role in making the society awakened and self-reliant.

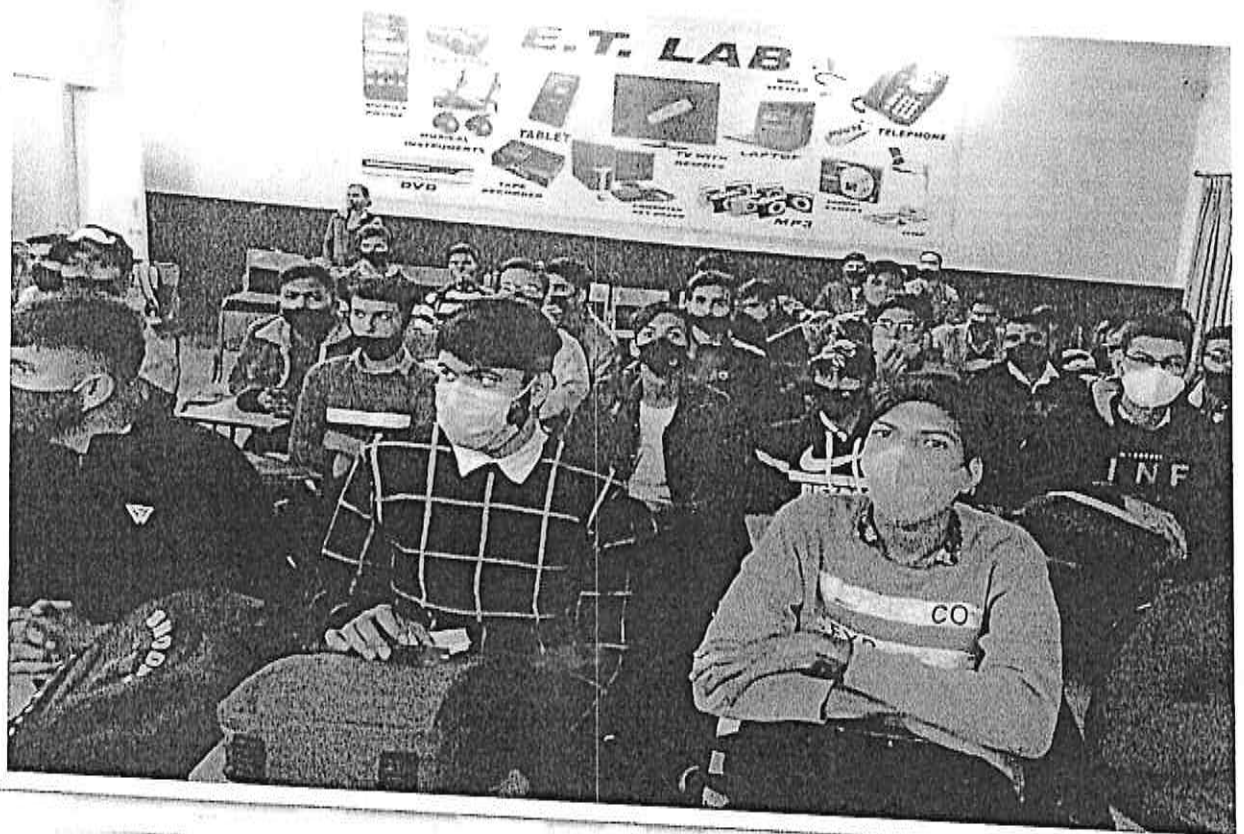
The volunteers were given information about trees and plants while taking them on a field visit, students performed street plays on topics of social concern. The seven-day camp was made inspiring and memorable by organizing cultural programs including sports, poster, slogan and singing and poetry competitions. Pictorial glimpses of the seven days are displayed on the following pages. The officers and associates who provided guidance in the seven-day special camp should be-

1. Dr. Anju Pareek (Incharge- Unit I)
2. Dr. Meghna Pareek (Incharge- Unit II)
3. Dr. Harlal Meel Co- officer

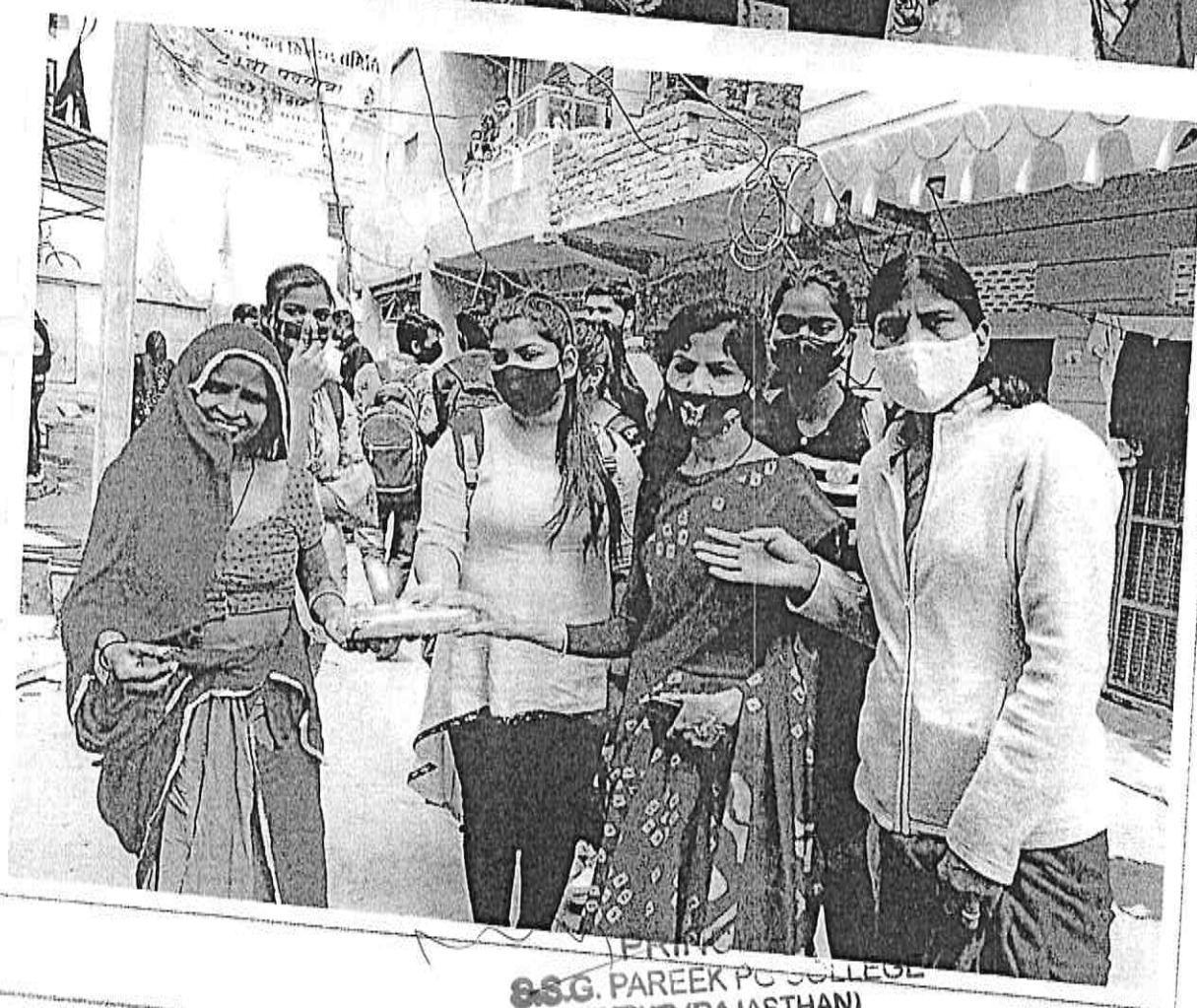

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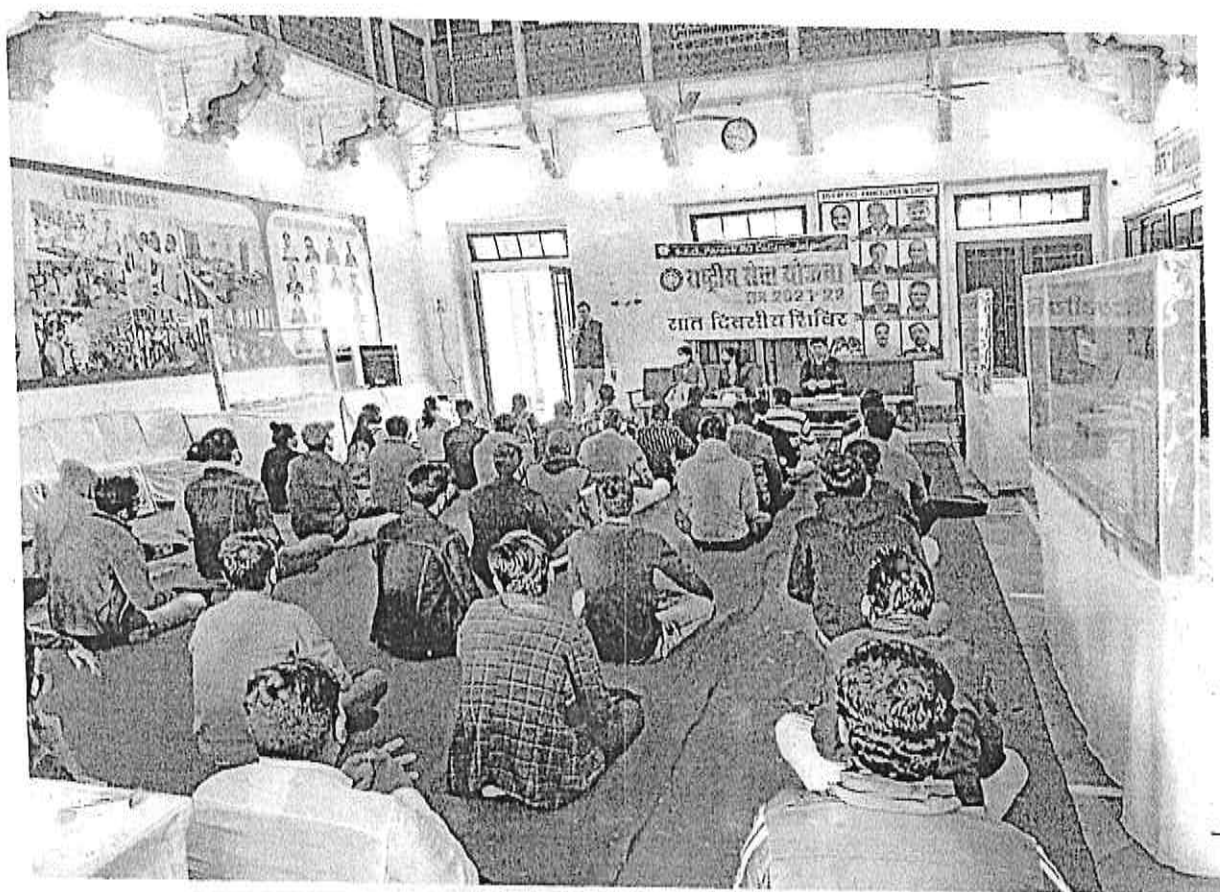
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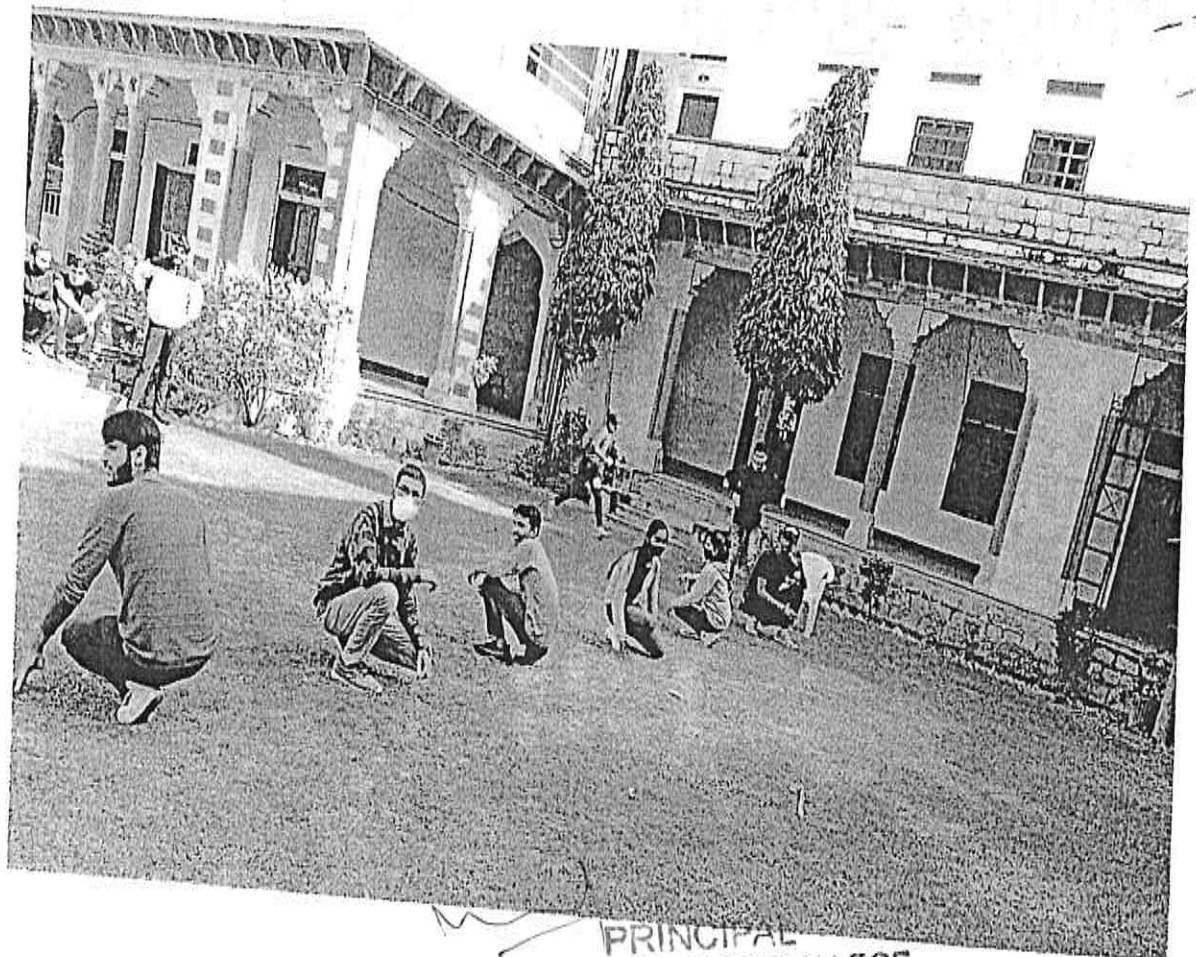
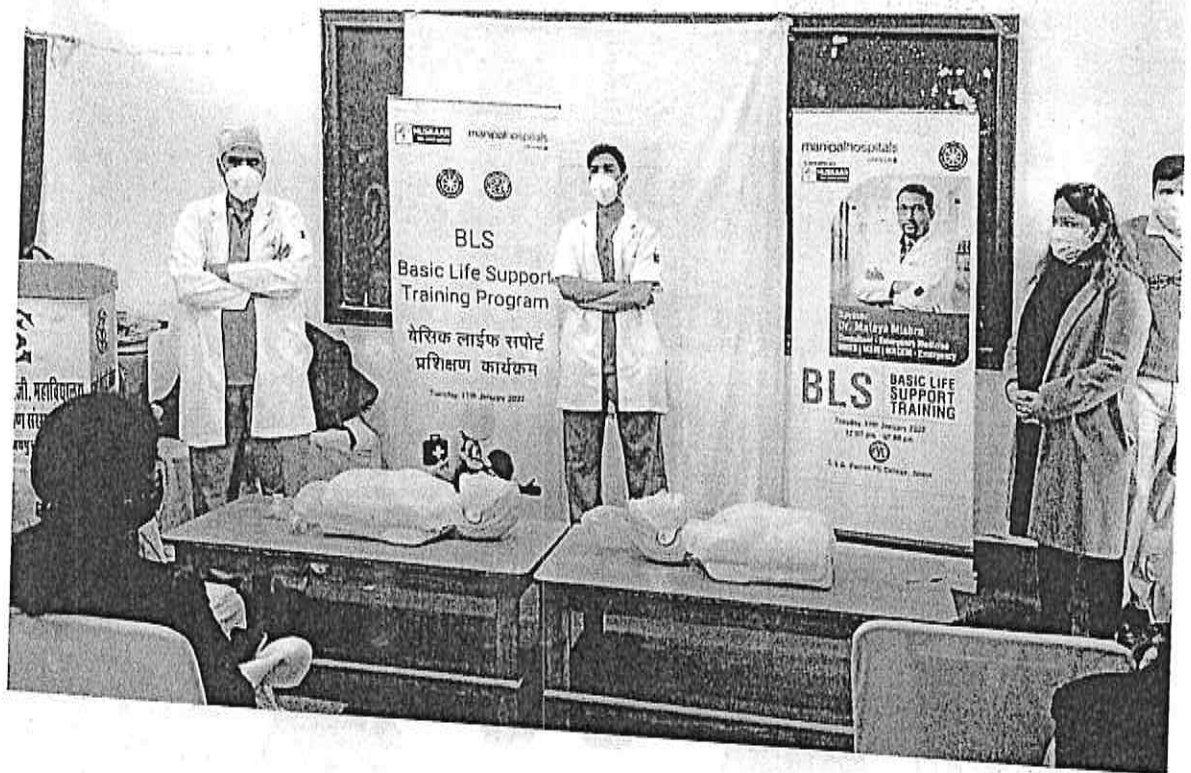
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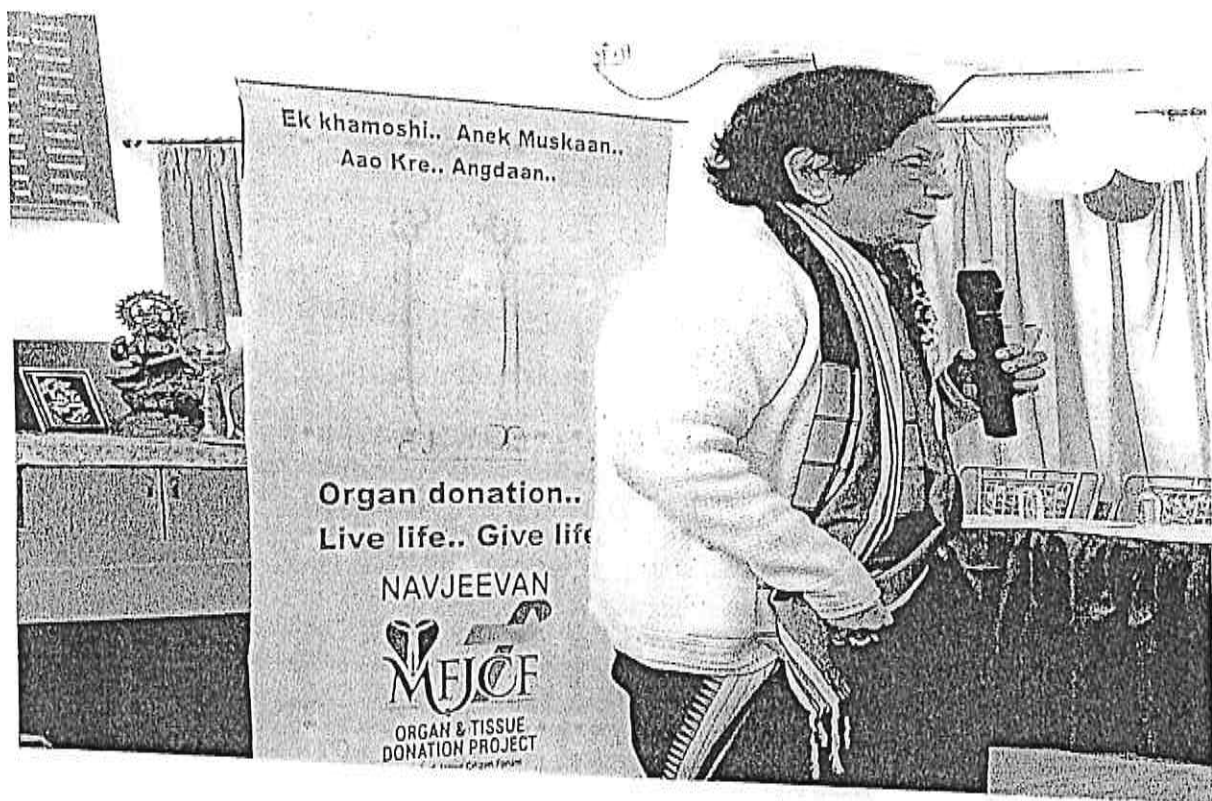
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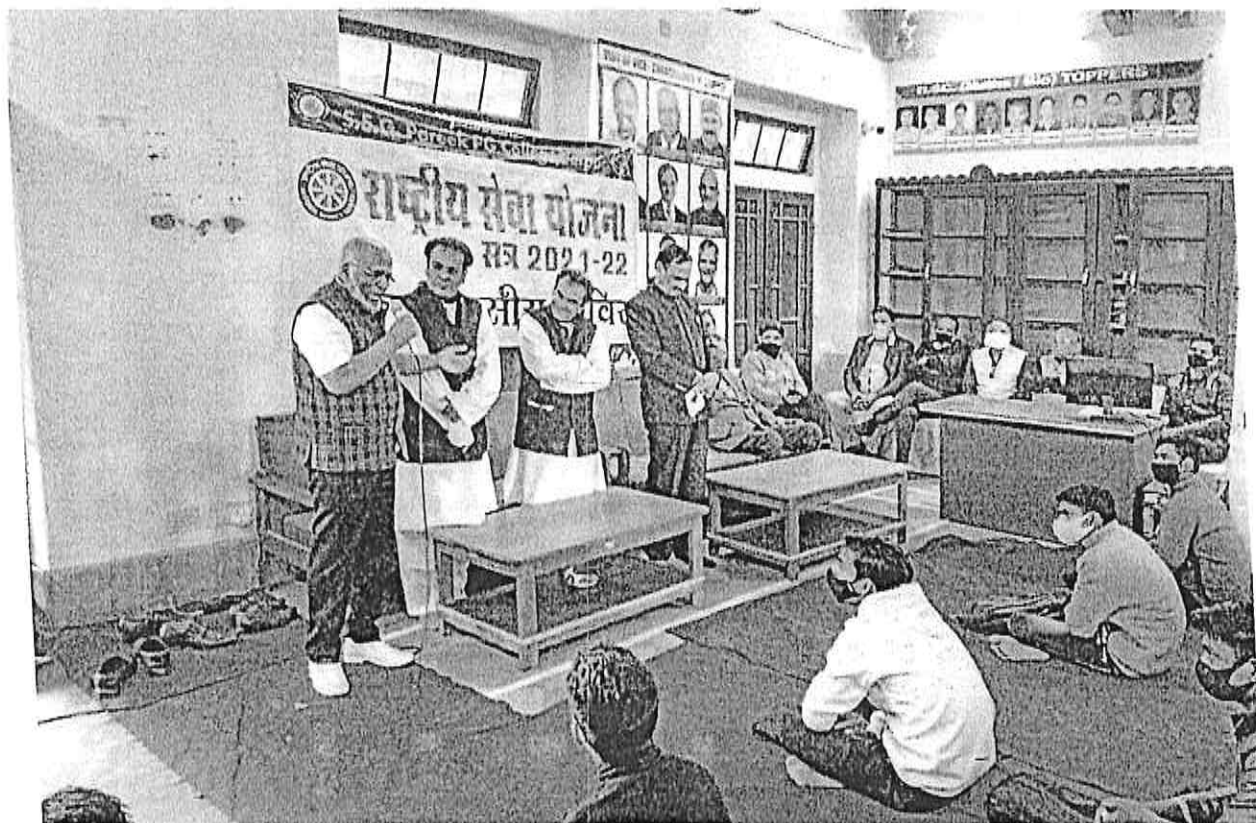


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REPORT

ACTIVITY FOR SOCIAL AWARENESS

Social Awareness: The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behaviour and to recognize family, school, and community resources and supports. Social awareness requires staff and educators to acknowledge, value, support, and responds to the cultural values, traditions, communication, learning styles, contributions, and relational patterns of all students in the classroom.

It is also important that students and educators:

- Possess an affirming attitude toward all students.
- Develop constructive ways of engaging each other's practical knowledge.
- Appreciate multiple and diverse perspectives in the classroom.
- Examine the systemic structures and ideologies that justify inequalities.
- Acknowledge, value, support, and respond to the cultural values, traditions, communication, learning styles, contributions, and relational patterns of all students in the classroom.

Social Awareness Learning Goals:

1. Demonstrates awareness of and empathy for individuals, their emotions, experiences and perspectives through a cross-cultural lens.
2. Demonstrates awareness and respect of groups and their cultures, languages, identities, traditions, values and histories.
3. Demonstrates awareness of how individuals and groups cooperate toward achieving common goals and ideals.
4. Demonstrates awareness of external supports and when supports are needed.

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DATE- 30-11-2021

NOTICE

This is to inform all the students of NSS that "AIDS AWARENESS ACTIVITIES" will be organized on 01-12-2021. Presence of all the students is compulsory.

TIME: – 10:00 A.M. TO 12:00 P.M.

VENUE: - S.S.G. PAREEK P.G. COLLEGE

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Report on State level celebrations on the occasion of World AIDS Day

Unit Name: - RRC, S.S.G.Pareek P.G. College.

Event Date: -01.12.2021


Event Name: - "World AIDS Day"

Event Place: - O.T.S. auditorium, Jaipur.

Objective:- World AIDS Day is celebrated every year on 1 December since 1988. The purpose of which is to increase awareness among people of all ages about AIDS, the epidemic caused by HIV infection.

World AIDS Day was organized with the help of National Service Scheme and Peer Education Training Programme at O.T.S. auditorium, Jaipur. On this day, information about AIDS and prevention was given to the community. On this occasion, Dr. Kailash Sharma, Dr. Shafali Sharma, Mrs. Garima Bhati and Dr. Anuradha Sharma gave many information and created awareness about AIDS.

Dr. Anju Pareek, first in-charge of National Service Scheme Unit-1, Dr. Meghna, in-charge of National Service Scheme Unit-2, participated in this program with volunteers of Red Ribbon Club.


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#RRC TALK - INTER COLLEGE



Objective: To raise awareness about HIV/AIDS & spread knowledge about prevention and reduce the stigma and discrimination faced by people living with the disease.

"CREATING AWARENESS ABOUT HIV/AIDS, THE ONLY SOLUTION."

Event : SSG Pareek PG College organised an inter college #RRC TALK under the Red Ribbon Club banner. Approx 400 college students and Peer Educators participated in this healthy talk. This talk provided a platform to youth for chitchat & discuss about HIV/AIDS, prevention & health.

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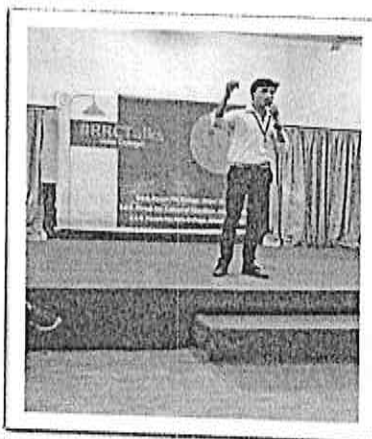
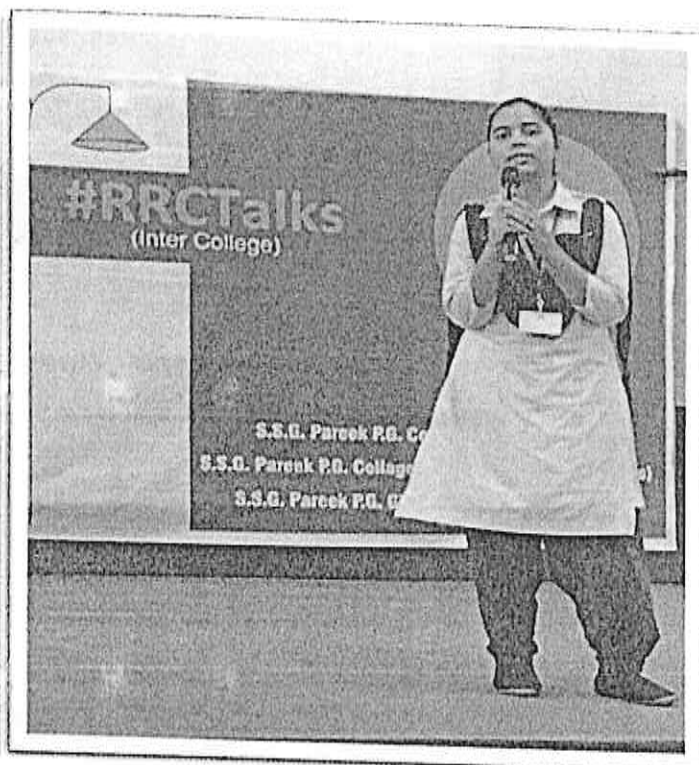


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Dr. Pradeep Choudhary appealed to the students to create awareness through knowledge which should be accurate. Protecting oneself is the only solution to fight this problem. The citizens of the country should be aware that HIV/AIDS is going to be a major problem in near future and nobody else can protect them except themselves.



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The Talk was led by Dr. Pradeep Choudhary, Joint Director, IEC, RSACS, Mr. Nahid Ahmed, NACO Officer and Ms. Garima Bhati, Asst. Director, Youth Affairs, Rajasthan. The honorable principal - Dr. N.M. Sharma of Pareek College welcomed all the college students, faculties and our guests of the day. The Talk was initiated by Mr. Nahid Ahmed, NACO Officer. He elaborated the causes and prevention for HIV/AIDS and shared the actual data of people influenced by this disease every year. One of the major causes of the disease is lack of awareness. Moreover, denial and moralization among common people are some of the major obstacles in assessing one's risk from the disease.



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DATE- 26-11-2021

NOTICE

This is to inform all the students of NSS that "ONE DAY CAMP FOR CANCER AWARENESS" will be organized on 27-11-2021. Presence of all the students is compulsory.

TIME: – 10:00 A.M. TO 12:00 P.M.

VENUE: - S.S.G. PAREEK P.G. COLLEGE


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Report on "Awareness Program on Alcohol, Tobacco and Cancer."

Dated: 27.11.2021

Objective: To reach all people to the highest possible level of health awareness and dangerous effects of alcohol and tobacco.

Today, on 27.11.2 awareness program was organized by N.S.S and N.C.C. unit of S.S.G. Pareek P.G. College in which Dr. Tarachand ji and Dr. Premlata provide awareness on health services through National Service Scheme in the college, in which Tarachand told many measures on cancer prevention and awareness against the side effects of the tobacco to the people. Dr. Tarachand and Dr. Premlata were welcomed by the Vice Principal of the institution, Dr. Anju Pareek and thanked By Dr. Meghna Pareek, Officer of Unit II. The guest gave message of awareness among alcohol and tobacco volunteers. The volunteers have made people aware about various types of diseases caused by alcohol and tobacco. At the same time, the volunteers also believed that if our health is good then we will live a life of ideal health for the country, society and family.


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DATE- 01-10-2021

NOTICE

This is to inform all the students of NSS that on Gandhi Jayanti "BLOOD DONATION CAMP" will be organized on 02-10-2021. Presence of all the students is compulsory.

TIME: – 10:00 A.M. TO 12:00 P.M.

VENUE: - S.S.G. PAREEK P.G. COLLEGE

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Report on One day cleanliness campaign and blood donation camp on the occasion of
Mahatma Gandhi Jayanti.


Dated 02.10.2021

Objective: To implement Gandhiji's ideas and learn from his simple personality. Celebrating the birth anniversary of Gandhiji, the priest of non-violence and truth, and proving its relevance in the world today.

On this occasion, a one-day camp was organized in the college under the National Service Scheme, under which cleanliness campaign was organised in the D Park circle, the volunteers carried out cleaning and the message of awareness about cleanliness and health was given. The volunteers actively participated in the cleanliness campaign.

As part of the one-day camp, a blood donation camp was also organized in the college. In which the Principal of the college Dr. N.M.Sharma and N.S.S. Officers Dr. Anju Pareek and Dr. Meghna Pareek, Co-officer Dr. Harlal Meel and other lecturers of the college were also present.

S.S.G. Pareek P.G. College National Service Scheme Unit organized a blood donation camp on Gandhi Jayanti in the college. Principal of the institution, Dr. N. M. Sharma and Vice Principal Dr. Anju Pareek said that in this camp organized with the help of Shri Shyam Mahotsav Seva Committee, 51 youth fulfilled their social responsibility by donating blood. On this occasion, National Service Scheme officer Dr. Meghna Pareek, Dr. Harlal Meel and active member of Shri Shyam Mahotsav Seva Samiti, Dr. K. Of. Sharma and Dr. Mahesh Bhinwal, Rajneesh Sharma and other staff of the organization were very helpful.


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"रक्तदान सर्वश्रेष्ठदान।"

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गांधी व शास्त्री जी की जयंती पर किया रक्तदान



एस.एस.जी.पारीक पी.जी. महाविधालय मे गांधी जयंती पर राष्ट्रीय सेवा योजना ईकाई ने रक्तदान शिवर का आयोजन किया। संस्था के प्राचार्य डॉ. एन. एम. शर्मा व उपप्राचार्या डॉ. अंजू पारीक ने बताया कि श्री श्याम महोत्सव सेवा समिति के सहयोग से लगाए इस कैंप में 51 युवाओं ने रक्तदान कर सामाजिक दायित्व का निर्वहन किया। इस अवसर पर राष्ट्रीय सेवा योजना के अधिकारी डॉ. मेघना पारीक डॉ. हरलाल मील तथा श्री श्याम महोत्सव सेवा समिति के सक्रिय सदस्य डॉ. के.के.शर्मा तथा संस्था के डॉ. महेश भीनवाल व रजनीश शर्मा तथा अन्य स्टाफ का बहुत सहयोग रहा।

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