



SANATAN DHARMA COLLEGE

AMBALA CANTT



NAAC Accredited Grade 'A+' with CGPA 3.51 in the third cycle
College with Potential for Excellence -UGC, New Delhi

Annual Report



Youth Red Cross

Session

2021-22



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INDEPENDENCE DAY PARADE HELD ON AUGUST 15, 2021

Independence Day is celebrated on August 15 annually. It is celebrated to mark the day of Independence of our country from Britishers on August 15, 1947. By celebrating Independence Day and remembering our freedom fighters we stay connected to our roots. A warm welcome was given to the Chief Guest. March past and Flag hosting was done by police commanders along with youth. SDM recalled the sacrifices made by our soldiers and requested everyone to follow the path of truth and realness.

GLIMPSES OF THE PARADE



STUDENTS DOING PARADE ON 15 AUGUST 2021

EMERGENCY RESPONSE DRILL HELD ON AUGUST 23, 2021

Different departments such as fire safety, health department, security department etc. demonstrated the whole working in case of emergency mock drill. Head of every department share their experience and draw backs during this drill.

GLIMPSES OF THE EVENT



Volunteers attending Emergency Response Drill



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FIRST AID AND HOME NURSING TRAINING HELD ON AUGUST 25, 2021

Dr. Rajinder Singh welcomed our Resource Person Mr. Paramjeet Hundal. Mr. Paramjeet Hundal discussed different types of injuries happened in accidents. He shared the rule of DABC and RIC. Students practiced how to give CPR. He also shared the symptoms of heart attack. Mr. Paramjeet Hundal gave a lecture on home nursing. He discussed the proper diet that we should intake. He shared with us about the importance of different vitamins and minerals.

GLIMPSES OF THE EVENT



VOLUNTEERS ATTENDING FIRST AID TRAINING

BLOOD DONATION CAMP HELD ON SEPTEMBER 2, 2021

YRC unit organized a voluntary blood donation camp in college premises. The camp started at 10:00am. Principal Dr. Rajinder Singh welcomed the medical team and motivated volunteers. Over 50 unit blood was collected by the doctor's team from PGI, Chandigarh. He also encouraged the volunteers to donate blood and aware everyone regarding this by Rotary Club. YRC unit successfully organized and executed the blood donation camp. They were appreciated by the Principal as the activity carried out by them was for social cause as donating blood is a noble cause and inculcates the feeling ' Joy of Giving' in youth.



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GLIMPSES OF THE CAMP



VOLUNTEERS DOING REGISTRATION OF BLOOD DONORS



VOTE OF THANKS BY PRINCIPAL DR. RAJINDER SINGH

MEGA COVID VACCINATION CAMP HELD ON SEPTEMBER 3, 2021

Many people go to their dose of vaccine. Principal Dr. Rajinder Singh said that everyone should be vaccinated in order to overcome this pandemic situation. Volunteers performed different duties in this camp. Deputy Commissioner Sh. Vikram Singh visited the college campus.

GLIMPSES OF THE CAMP



DC SH. VIKAM SING VISITED THE COLLEGE CAMPUS



DC SH. VIKAM SING VISITED THE COLLEGE CAMPUS

SEMINAR ON "ATMANIRBHAR HARYANA AUR ROZGAAR SRIJAN" SEPTEMBER 8, 2021

Special Guest Dr. Rajesh Goyal discussed why entrepreneurship should be preferred over jobs to promote the nation's growth. Chief Guest Dr. Satish Kumar discussed the



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misconceptions about employment and how becoming atmanirbhar can be a solution to poverty and unemployment. An interactive session with the audience was also held.

GLIMPSES OF THE EVENT



VOLUNTEERS ATTENDING SEMINAR ON ATMANIRBHAR HARYANA AUR ROZGAR SRIJAN

WORLD FIRST AID DAY HELD ON SEPTEMBER 11, 2021

Mr. Somesh gave the students a thorough introduction of first aid and its significance .The students shared their views and raised queries about first aid Several Accident simulation exercises were organized to give the students a practical experience of emergency aid. Students were given Demos of the Basic first aid procedures.

GLIMPSES OF THE EVENT



VOLUNTEERS PERSUING FIRST AID TRAINING

MR. SOMESH GULATI GIVING LECTURE ON FIRST AID TRAINING

WORLD OZONE DAY CELEBRATION HELD ON SEPTEMBER 16, 2021

Dr. Desh Bandhu talked about the importance of Environmental awareness in the present time and how the youth is the key to the change the world needs. Paudha Bank was



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inaugurated and plants were distributed amongst staff and students. Environmental friendly business startup ideas that involve dry waste as raw product were discussed. Volunteers were taught about Eco Bricks and Dr. Divya Jain gave a tutorial on how to create Eco Bricks and their benefits and possible uses.

GLIMPSES OF THE CAMP



VOLUNTEERS UNDERSTANDING THE IMPORTANCE OF WORLD OZONE DAY AND VOTE OF THANKS BY DR. RAJINDER SINGH

YOGA CAMP HELD ON SEPTEMBER 16, 2021

Volunteers were made aware about the different nutrients and their importance in keeping one's body healthy. Different nutrient deficiency diseases were discussed. Volunteers were given beneficial tips on how to build oneself a balanced diet. Students were enlightened about the benefits of Yoga. Volunteers performed a variety of Yoga poses.

GLIMPSES OF THE CAMP



VOLUNTEERS PERFORMING YOGA



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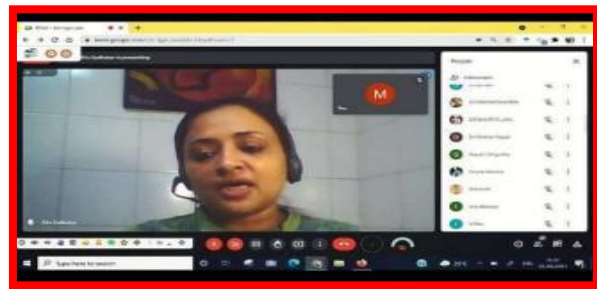
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WEBINAR ON NUTRITION AND IMMUNITY HELD ON SEPTEMBER 23, 2021

Students were taught about the different types of immunity a human body possesses. Different ways by which immunity can be boosted were discussed. Students were enlightened about the benefits of a balanced diet and importance of each nutrient for proper functioning of the body.

GLIMPSES OF THE WEBINAR



STUDENTS ATTENDING WEBINAR ON NUTRITION & IMMUNITY

TREE PLANTATION DRIVE HELD ON SEPTEMBER 24, 2021

Volunteers planted saplings in the college campus. Volunteers visited botanical garden of the college. Dr. Divya Jain introduced the volunteers to different plant varieties such as ferns, succulents and mosses and enlightened the students about the proper approach to take care of them.

GLIMPSES OF THE EVENT



VOLUNTEERS PLANTING TREE



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PULSE POLIO PROGRAM HELD ON SEPTEMBER 26, 2021 TO SEPTEMBER 28, 2021

Volunteers created awareness among people regarding importance of polio doses for children among 0-5 yrs of age. Home to Home survey was conducted and polio doses were given. Volunteers were informed about important points that should be kept in mind while giving polio doses. Volunteers performed duties at different areas allotted by counselor.

GLIMPSES OF THE EVENT



VOLUNTEERS PERFORMED DUTIES IN PULSE POLIO PROGRAM

NATIONAL VOLUNTARY BLOOD DONATION DAY: INTRA COLLEGE LITERARY & ART COMPETITION HELD ON OCTOBER 1, 2021

Three competitions were organized for the college students namely – Essay writing, Poster Making and Poetry Recitation on the occasion of National Voluntary Blood donation day. A total of 80 students participated in all the events. The winners were also honored by Principal of the college Dr. Rajinder Singh and the Guest of honor were the Public Relations officer of the college Dr. Naveen Gulati.

GLIMPSES OF THE EVENT



STUDENTS PARTICIPATED IN ESSAY WRITING, POSTER MAKING AND POETRY RECITATION



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WILD LIFE WEEK CELEBRATION HELD ON OCTOBER 1, 2021 TO OCTOBER 8, 2021

Wildlife Photography Contest” was organized in which photographs of animals, plants, conservation issues, landscapes and wild scapes were invited. The participants created awareness about significant role of wildlife and how to conserve wildlife. Exciting prizes were given to the winners and e- certificates were given to all the participants.

GLIMPSES OF THE EVENT



Award Winning Photo of Wild Life Week Celebration

OATH TAKING CEREMONY & DIVYANGJAN AWARENESS CAMP HELD ON OCTOBER 29, 2021

Mr. Raj Kumar Makkad (State Commissioner for person with disabilities, Haryana) were the Chief guest, Mr. Harmesh Kumar (DTO , Red CrossAmbala) were the guest of honor and Mr. Davinder Rana (Chairman, Shri Shyam Foundation) were the Special guest for the day. Mr. Raj Kumar Makkad talked about the rights of disabled people and inspired the youth to be more sensitive towards people with disabilities. The badge ceremony was held: Divyanshi Sharma was deputed as the Commander, Anu and Chanakya Kapoor were deputed as the Deputy Commanders and Jahanvi Kaushal and Subodh were deputed as the Youth Officers. The Executive Members were deputed on their post. Volunteers undertook YRC oath which aims to serve humanity, and work for the health and happiness of others.

GLIMPSES OF THE EVENT



STUDENTS TAKING OATH ON OATH CEREMONY



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WORLD HUMAN RIGHTS DAY HELD ON DECEMBER 10, 2021

Intra College Poster Making Competition was held. Specific topics were given to participants: Human Rights, Trade and Commerce in Digital Era, Waste management, Digital Empowerment, Digital Payments App Logos. Winners were appreciated by prizes and participation certificates were given to all the participants. Educational speech was given on Human Rights day by the chief guest.

GLIMPSES OF THE EVENT



STUDENTS PARTICIPATING IN INTRA COLLEGE POSTER MAKING COMPETITION

SPEECH COMPETITION HELD ON DECEMBER 11, 2021

Participants gave remarkable speeches on the topics provided. The Topics for speech competition included: Recycling of Construction Work, E-Waste Recycling, Business, AI: The future of technology, Change how you're paid, Change your life, free lancing, Entrepreneurship or corporate job, Exponential growth of startups etc. Winners and participants were appreciated with prizes and Participation certificates.



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GLIMPSES OF THE EVENT



VOLUNTEERS DELIVERING SPEECH

INNO-WASTE-IA HELD ON DECEMBER 11, 2021

An Exhibition on implementation of any Business idea using Waste materials was organized. Participating Teams were judged on the basis of Creativity level (using waste materials) and Innovation Capabilities that can help students to sell their products. Winners and all participants were appreciated for their efforts.

GLIMPSES OF THE EVENT



STUDENTS ATTENDING SEMINAR ON INNO WASTE

26TH STATE AMBULANCE COMPETITION & BLOOD DONATION CAMP HELD ON DECEMBER 13, 2021 TO DECEMBER 15, 2021

DAY-1

Reporting of all the teams all over the state was done. Viva of First Aid were asked from boys and practical were performed by the teams. Girls gave viva of Home Nursing and performed practical on Home Nursing.



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DAY-2

Practice of Drill was done by all the teams.

DAY-3

Flag hosting was done by our Hon'ble chief guest. All the teams from all over the state performed drill practical. Prize Distribution was also done.

Blood Donation Camp was organized and 111 Units were collected

GLIMPSES OF THE EVENT



WINNERS HONoured BY THE CHIEF GUEST

NATIONAL LEVEL ONLINE QUIZ AND POETRY COMPETITION ON NATIONAL YOUTH DAY HELD ON JANUARY 12, 2022

National level online poetry recitation and quiz competitions were held on the occasion of National Youth Day. Participants gave remarkable performance in the quiz as well as poetry competition on the topic Life style and teachings of Swami Vivekananda & Role of youth in today's society. All the participants were appreciated with e-certificates.

GLIMPSES OF THE EVENT



VOLUNTEERS RECITING SLOGAN ON WORLD CANCER DAY



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PLASTIC FREE CAMPAIGN HELD ON JANUARY 17, 2021

Around 120 cloth bags were distributed to the village people with the motive to spread awareness for reducing the use of plastic bag and exchanging them with jute bags or paper bags. Pledge was also taken by the village people for boycotting plastic.

GLIMPSES OF THE EVENT



VOLUNTEERS DISTRINBUTING JUTE BAGS

RANGOLI UTSAV ON NATIONAL GIRL CHILD DAY HELD ON JANUARY 24, 2021

YRC volunteers participated in Rangoli making competition on the occasion of National Girl Child Day to express creativity through traditional art form 'Rangoli'. The theme of the competition was traditional "75 years of triumph of Indian freedom struggle".

GLIMPSES OF THE EVENT



VOLUNTEERS PATICIPATED IN RANGOLI MAKING COMPETITION



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REPUBLIC DAY HELD ON JANUARY 26, 2022

On the occasion of Republic Day, the flag hosting was done by the chief guest Shri Ramit Yadav along with honorable Principal. YRC volunteers participated in the parade along with volunteers of different associations, Colleges and Schools. The chief guest also appreciated many people for their commendable work, talked about the upcoming and ongoing plans of government and also gave information regarding the current COVID situation. Students from different schools and colleges participated in cultural competitions. Prizes were distributed by the chief guest.

GLIMPSES OF THE EVENT



VOLUNTEERS DOING PARADE ON REPUBLIC DAY

NATIONAL LEVEL ONLINE SLOGAN WRITING AND POSTER MAKING COMPETITION ON WORLD CANCER DAY HELD ON FEBRUARY 4, 2022

On the occasion of World Cancer Day a national level online poster making and slogan writing competition was organized. Its aim was to aware people about cancer. Its theme was based on "close the care gap. E-Certificates were given to the participants.



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GLIMPSES OF THE EVENT



CREATIVITY OF STUDENTS IN COMPETITION

ONE DAY YOGA CAMP- SURYA NAMASKAR HELD ON FEBRUARY 7, 2022

Under the initiative of AZADI KE AMRITMOHATSAV, Ministry of cultural activity, one day yoga camp was organized in college campus. Participants were awarded about the benefits of healthy lifestyle. Volunteers performed Surya Namaskar.

GLIMPSES OF THE EVENT



STUDENTS PARTICIPATED IN ONE DAY YOGA CAMP

SEMINAR ON "BURN & RISE" HELD ON FEBRUARY 9, 2022

A motivational lecture for the physical and mental development of the youth was given. Audience actively participated in the seminar. They learnt to build a positive esteem and discover their true potential.



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GLIMPSES OF THE EVENT



VOLUNTEERS ATTENDING A MOTIVATIONAL LECTURE ON PHYSICAL AND MENTAL HEALTH

STUDY CUM TRAINING CAMP HELD ON FEBRUARY 14, 2022 TO FEBRUARY 19, 2022

Day1:

Ms. Chhavi Kiran inaugurated the camp and YRC volunteers sang the YRC prayer and flag song. A knowledgeable talk about Road Safety was held by S.H.O Sh. Birbhan and a cleanliness drive was also conducted under the able guidance of Mr. Sumit Chibber & Mr. Somesh. A cultural program was organized which included activities like singing, poetry etc.

Day2:

The unit visited “roll on” village for first aid and home nursing training with NSS unit. Mr. Sumit Chibber and Mr. Somesh gave a brief knowledge and training of first aid, life saving skills, CRP etc. Divyanshi Sharma, Commander of YRC gave information regarding Home Nursing to the volunteers. Cultural activities were performed.

Day3:

A nature walk and yoga session along with a visit to “Rani ka Talab” & “Shiv Mandir” took place. There was a session of environment conservation under the guidance of Dr. Diya Jain and medical students. Cultural activities were conducted to boost up the volunteers.

Day4:

YRC volunteers welcomed honourable chief guest Mr. Suresh Kumar SHO and Mr. Vikram Chauhan, Rohit Chauhan, Ashok Thakur & Balram Singh with YRC clap. YRC volunteers



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performed Nukkad Natak on cancer awareness and plastic free campaign was also conducted along with a cleanliness drive in village “khojkipur”.

Day 5&6:

Cultural Activities was held for the participants such as Group Dance and Solo Dance.

GLIMPSES OF THE EVENT



VOLUNTEERS DISTRIBUTED JUTE BAGS IN STUDY CUM TRAINING CAMP AND VOLUNTEERS ATTENDED LECTURE ON ROAD SAFETY

SEMINAR ON INTERGENERATIONAL BONDING HELD ON FEBRUARY 21, 2022

The aim of the seminar was to improve the quality of life of elderly by educating the youth about Intergenerational Bonding. The guests, staff members and volunteers actively participated in the seminar by sharing their personal experiences. Certificates and refreshments were given to the participants.

GLIMPSES OF THE EVENT



VOLUNTEERS ATTENDED SEMINAR ON INTERGENERATIONAL BONDING



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MEDICAL CHECK UP AND VACCINATION CAMP HELD ON FEBRUARY 22, 2022

In this camp, all the villagers of adopted village Khojkipur were offered a free health checkup and got themselves vaccinated. Refreshment and certificates were given to the volunteers.

GLIMPSES OF THE EVENT



VOLUNTEERS ACTIVELY PARTICIPATED IN FREE HEALTH CHECK UP CAMP IN ADOPTED KHOJKIPUR VILLAGE

PULSE POLIO DRIVE HELD ON FEBRUARY 28, 2022

The aim of this drive was to create awareness about the immunization of children. Children were given polio drops to ensure their immunization.

GLIMPSES OF THE EVENT



VOLUNTEERS PARTICIPATED IN PULSE POLIO DRIVE



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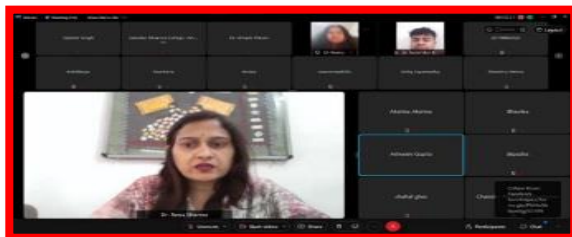
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ONLINE NATIONAL SEMINAR ON ROAD SAFETY AWARENESS IN INDIA HELD ON MARCH 5, 2022

A national seminar on road safety awareness was conducted with an objective of spreading awareness about road safety and the initiatives taken by government for safety of people. Along with the chief guest, Sh. Rajiv Ranjan, Dr. Arti , Mr. Chandarpal, Mr. Sumit Chhibber and Dr. Rajinder Rai also addressed the audience and shared valuable information with experiences to create awareness about road safety. Paper presentation by participants was coordinated by Dr. Meenakshi Gupta. E-certificates were given to all the participants.

GLIMPSES OF THE EVENT



ONLINE NATIONAL SEMINAR ON ROAD SAFETY AWARENESS AND VOLUNTEERS ATTENDED WEBINAR ON ROAD SAFETY AWARENESS

STATE LEVEL YOUTH RED CROSS TRAINING CAMP FOR BOYS HELD ON MARCH 12, 2022 TO MARCH 16, 2022

On the 1st day of camp, volunteers got themselves registered and committees were formed. Each day used to begin with flag hoisting, prayer, yoga and morning assembly. On the 2nd day, inauguration of the camp took place and introduction about first aid was given. The next day, volunteers attended various knowledgeable lectures, such as on National Integration, Road safety etc. Proceeding on to the 4th day, volunteers attended informative lectures followed by a cleanliness drive, conducted at Bharam Sarovar. On 5th day, lecture on voluntary blood donation was imparted and various Red Cross activities were also conducted, followed by a camp fire in the evening. Each day cultural activities were held at the end of the



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day. On the last day of camp, prize distribution took place for various cultural competitions. Our YRC team won the Best Team award along with many other prizes.

GLIMPSES OF THE EVENT



YRC VOLUNTEERS AWARDED BY CHIEF GUEST

STATE LEVEL YOUTH RED CROSS TRAINING CAMP FOR GIRLS HELD ON MARCH 23, 2022 TO MARCH 28, 2022

On the 1st day of camp, volunteers got themselves registered and committees were formed. Each day used to begin with flag hoisting, prayer, yoga and morning assembly. On 2nd day, inauguration of the camp took place and introduction about first aid and lecture on moral values was given. The next day, volunteers attended various knowledgeable lectures, such as on Women Empowerment, Swachh Bharat etc. Proceeding on to the 4th day, volunteers attended informative lectures followed by a debate competition, and various Red Cross activities, including sports activities, were also conducted. On 5th day, a quiz competition were held. Volunteers visited Patanjali Yog peeth. Speech and PPT competition were held, followed by a camp fire in the evening. Each day cultural activities were held at the end of the day. On the last day of camp, prize distribution took place for various cultural competitions. Our YRC volunteers won Second prize in cultural skit competition, Third prize in speech competition and Third prize in Lucky Star game.



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GLIMPSES OF THE EVENT



WINNERS AWARDED BY CHIEF GUEST

TWO DAY WORKSHOP ON LIFE SAVINGSKILLS FIRST AID AND DISASTER MANAGEMENT HELD ON APRIL 4, 2022 TO APRIL 5, 2022

A two - day Workshop on life saving skills was organized for the teaching and non – teaching section of the college. The keynote speakers during the workshop were Prof. Sumit Chhibber (Lay Lecture in First Aid) and Prof. Somesh (Brigade Officer, St. John Ambulance Brigade). This workshop aimed at imparting knowledge about different types of life saving skills, such as C.P.R .techniques, bandaging and transportation techniques, etc. YRC volunteers also contributed for the successful organization of the workshop

GLIMPSES OF THE EVENT



GROUP PHOTO WITH KEYNOTE SPEAKERS



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STATE LEVEL (INTER-COLLEGE) YOUTH RED CROSS TRAINING CAMP FOR GIRLS HELD ON APRIL 4, 2022 TO APRIL 10, 2022

Day1

Inauguration of the Camp

Speech of resource persons:-1.RameshChaudhary & Rohini

Visit to mall road (ridge).

Day2

Morning yoga session

Speech on blood donation by Suresh Saini

Lecture on global warming.

Visit to ridge.

Day 3

Morning yoga session

Cultural competitions were held.

Sightseeing and visit to Timber market.

Day 4

Visit to Taara Devi Mandir.

Visit to Jakhu Mandir.

Day 5

Trekking and cleanliness drive

GLIMPSES OF THE EVENT



GROUP PHOTO DURING CAMP



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EXTENSION LECTURE ON WORLD EARTH DAY HELD ON APRIL 23, 2022

An extension lecture on “Earth as resource” was organized on the occasion of World Earth Day. This lecture imparted information regarding the earth and its resources, importance of their conservation, alternatives for the depleting resources and new technologies to save Earth’s resources. Certificates and refreshment were given to the volunteers.

GLIMPSES OF THE EVENT



LECTURE DELIVERED BY GUEST

BLOOD DONATION CAMP HELD ON MAY 12, 2022

A Blood donation camp was successfully organized with the motto of saving lives. A total of 101 units of blood were collected, through this camp. The chief guest of this event, Mr. Arun Joshi (Principal, Govt. PG College) along with Dr. Rajinder Singh and Dr. Desh Bandhu, encouraged the youth to donate blood and appreciated the donors during the camp. All the staff members and volunteers showed active participation and many of them came forward to donate blood as well. Certificates and refreshment were given to the volunteers.



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GLIMPSES OF THE EVENT



CHIEF GUEST HONORED BY PRINCIPAL DR. RAJINDER SINGH

CLEANLINESS DRIVE HELD ON MAY 24, 2022

A cleanliness drive was organized in the village Khojkipur so as to create awareness about cleanliness amongst the villagers. Villagers were encouraged to make use cloth bags instead of plastic bags, by distributing cloth bags. Dr. Naveen Gulati informed the villagers about the importance of clean environment and personal hygiene. The villagers took pledge to keep their environment clean and motivate others to do the same.

GLIMPSES OF THE EVENT



VOLUNTEERS PERFORMED THEIR DUTIES IN CLEANLINESS DRIVE

HEALTH CHECKUP CAMP HELD ON MAY 27, 2022

A free health checkup camp for women, in Village, Kardhan took place with a motive to create health awareness among them and around 217 women got their check up done by Dr. Manisha Garg and required medicines were also provided to them. The chief guest of the camp was Ms Renu Aggarwal, BEO.



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GLIMPSES OF THE EVENT



VOLUNTEERS PERFORMED DUTIES DURING HEALTH CHECK UP CAMP