

Effective Welfare Measures for staff

EPF Document

कर्मचारी भविष्य निधि संगठन

(अभ्यन्तरिक, भारत सरकार)
श्रीशंकराचार्य मंदिर

नवभारत प्रेस कॉम्प्लेक्स, रावपुर 492001 (छत्तीसगढ़)

दूरभाष	अधुना - 28151
	साहा, आधुना - 22364
	साहा, आधुना - 24487
	जल शोधक - 22244

पंजीकृत-पाव

रावपुर 18356 / प्रयोच्यता कसा / 7/74 दिनांक 17.06.2005

पता: SHRI SHANKARACHARYA MAHAVIDYALAYA
ANSHU SARAYAN MANDIR COMPLEX SECTION 6
BHOI ALNAGAR (C.C) DIST. BURG

श्री भविष्य निधि एवं प्रकीर्ण उपबंध अधिनियम 1952 और उसके संशोधन अधिनियमों का पर लागू संशोधन अधिनियम 1952 और उसके संशोधन अधिनियमों का

SHRI SHANKARACHARYA MAHAVIDYALAYA

यदि यह प्रेषित दिनांक / और आपकी स्थापना का भविष्य प्रारंभ अधिकारी द्वारा लिए गए नियमानुसार के आधार पर स्थित होता है कि -

आपकी स्थापना / केन्द्रीय कर्मचारी भविष्य निधि एवं प्रकीर्ण उपबंध अधिनियम 1952 में स्थापनाओं की श्रेणी / अनुसूची-1 में शामिल

करने में लगी हुई है।

आपकी स्थापना के दिनांक / दिनांक 01.01.2003 को 28 दिनांक कायदा है।

कर्मचारी भविष्य निधि एवं प्रकीर्ण उपबंध अधिनियम 1952 की धारा 16 (1) की उपधारा के अंतर्गत को 3 वर्ष की प्रारंभिक अवधि पूरी करने के दिनांक / दिनांक 01.01.2003 को 28 दिनांक के अंतर्गत प्रेषित अधिनियम / प्रकीर्ण उपबंध अधिनियम 1952 की धारा 1 उपधारा 4 के अंतर्गत अधिनियम जारी की जाती है।

इसके अंतर्गत धारा में दिनांक के संदर्भ में आपके छ.ग. / सघ. / की दुकानें मानते हुए प्रशासनिक आधार पर कोड से छ.ग. / प्रेषित किया जाता है। कृपया नोट करें कि इसकी स्थापना की मूल आधुनिक प्रभावित नहीं होगी और इसे प्रयोच्यता (अतिमूल्य आदि के लिए मूल दूजित का अधिनियम) का लागू किया जाएगा।

अधिनियम की धारा 4 (4) के अंतर्गत आधुनिक आधार पर कर्मचारी भविष्य निधि एवं प्रकीर्ण उपबंध अधिनियम 1952 आपकी स्थापना पर लागू करने के लिए आ कोड संख्या छ.ग. / आई.एन. /

प्रेषित की जा रही है। तब तक की कर्मचारी भविष्य निधि एवं प्रकीर्ण उपबंध अधिनियम 1952 की धारा 1 उपधारा 4 के अंतर्गत अधिनियम जारी किया जाएगा।

आपकी स्थापना को जो संख्या छ.ग. / दिनांक 18386 कर्मचारी भविष्य निधि एवं प्रकीर्ण उपबंध अधिनियम 1952 के अंतर्गत प्रेषित अधिनियमों के अंतर्गत कर्मचारी भविष्य निधि योजना 1952 कर्मचारी प्रोत्साहन योजना 1971 / कर्मचारी पेंशन योजना 1995 तथा विशेष रूप से प्रयोच्यता 1976 के विधि उपबंधों के अनुपालन के लिए उपलब्ध कराया है वह कोड संख्या इस कार्यालय के साथ प्रकाशित करने समय अनिवार्य रूप से उपलब्ध होना चाहिए।

आपकी स्थापना को जो संख्या छ.ग. / दिनांक 01.01.2003 12 पर से कर्मचारी भविष्य निधि योजना 1952 के अंतर्गत प्रेषित अधिनियमों के अंतर्गत कर्मचारी भविष्य निधि योजना 1952 एवं कर्मचारी प्रोत्साहन योजना 1971 / कर्मचारी पेंशन योजना 1995 के प्रावधानों का अनुपालन करना है।

आपकी स्थापना को जो संख्या छ.ग. / दिनांक 01.01.2003 30.06.2005 तक अधिनियमों का कुल अंशदान प्रयोच्यता प्रसार अधिनियम द्वारा अधिनियम 1 उपधारा 4 के अंतर्गत प्रेषित अधिनियमों के अंतर्गत प्रेषित अधिनियमों का अनुपालन करना है।

आपकी स्थापना को जो संख्या छ.ग. / दिनांक 15.07.2005 पर से कर्मचारी भविष्य निधि योजना 1952 के अंतर्गत प्रेषित अधिनियमों के अंतर्गत प्रेषित अधिनियमों का अनुपालन करना है।

आपकी स्थापना को जो संख्या छ.ग. / दिनांक 21 एवं 22 में संशोधन अधिनियमों का अनुपालन करना है।

आपकी स्थापना को जो संख्या छ.ग. / दिनांक 21 एवं 22 में संशोधन अधिनियमों का अनुपालन करना है।

आपकी स्थापना को जो संख्या छ.ग. / दिनांक 21 एवं 22 में संशोधन अधिनियमों का अनुपालन करना है।

आपकी स्थापना को जो संख्या छ.ग. / दिनांक 21 एवं 22 में संशोधन अधिनियमों का अनुपालन करना है।





EMPLOYEES' STATE INSURANCE CORPORATION
Return of Declaration Form
Regulation 14

Name & Address of Factory or Establishment

SHANKARACHARYA MAHAVIDHALAYA
97/2, NEAR SSTD CAMPUS, BESIDES PETROL PUMP,
JUNWAN, BHILAI
PIN NO. 480006

Employer's Code No.

59001523760001303

I send herewith Declaration Forms in respect of the employees mentioned below. I hereby declare that every person employed as an employee within the meaning of Section 2(9) of the Employees' State Insurance Act, 1948 on _____ in this factory or establishment and is respect of a remuneration not exceeding Rs. 15,000/- (excluding remuneration for overtime work) per month has been included in this list (excepting only those in respect of whom declaration forms have been sent to the Corporation in the past).

Place Local Office

Date 2/12/2020 Designation

Sl No	Employee Name	Insurance No.	From Date	To Date	Exemption Status
1	AAFREEN KHANAM	5916628171	-	-	NO
2	ALKA DEVI	5915551380	-	-	NO
3	ANIL KUMAR MENON	5915422193	-	-	NO
4	ANJANA MISHRA	5916862458	-	-	NO
5	ANITA TIWARI	5917146504	-	-	NO
6	ARATI	5916862370	-	-	NO
7	ASHISH NATH SINGH	5917248349	-	-	NO



Medical Facility



SHRI SHANKARACHARYA MAHAVIDYALAYA JUNWANI, BHILAI NAGAR (C.G.)

(RUN BY SHRI GANGAJALI EDUCATION SOCIETY, BHILAI)

NAAC RE-ACCREDITED WITH 'B' GRADE

(Recognized by Govt. of C.G. & Affiliated to Hemchandra Yadav Vishwavidyalaya Durg and Under Section 2(f) and 12(B) of the UGC Act, 1956)

No. 08 /SSM/2019

Bhilai, Dated 06/07/2019

To

The Chairman

Shri Gangajali Education Society

Bhilai (C.G.)

Subject :- Medical facility for staff and students - reg.

Respected Sir,

Most respectfully, this letter of request is being submitted to provide concessional medical facility at Shri Shankaracharya Institute of Medical Sciences (SSIMS) for staff and students of our college, as presented herein under:-

1. 20% discount on IPD basis care & treatment, and super specialities services.
2. 30% discount of OPD basis check-up, and all investigations.
3. 10% discount on ambulance services and Emergency medical services.

The provisions mentioned above shall be for individual patients who is on rolls and dependents on the basis of Patient's Booklet / Medical Card issued to them.

Thanking you.

PRINCIPAL

Shri Shankaracharya Mahavidyalaya
Junwani, Bhilai (C.G.)

OFFICE ADDRESS: 97/2, Near Shri Shankaracharya Technical Campus, Besides Petrol Pump, Junwani,
Bhilainagar, Durg (C.G.) 490 020

Telephone : Office 0788-2298838, 2290797, 2298467 Fax: 0788-2225838
Website: www.ssmv.ac.in E-mail: ssmbhilai@hotmail.com, ssmbhilai@yahoo.co.in



Subsidized Canteen Facility

SHRI SHANKARACHARYA MAHAVIDYALAYA CAFETERIA, JUNWANI, BHILAI

Ref.

Date

To,

The Principal

Shri Shankaracharya Mahavidyalaya Junwani, Bhilai

Subject . Shri Shankracharya Mahavidyalaya Junwani Cafeteria will Provide 10% Discount on Food Products including beverages to the Staff of your College.

Respected Madam,

With your Kind respect, I would like to inform you that by your guidance and support, Shree Shankra Mahavidyalaya Junwani Cafeteria started from the 1/12/2019, after the discussion with the committee of cafeteria, the committee has decided that the 10 % discount on food products including beverages will be provided to your staff (Teaching-Non-teaching).

Thanks for your kind support and always looking forward to serve Institution with better services.

Thanks With Regards.

Rajisant Kans



Transport Facilities



**SHRI SHANKARACHARYA MAHAVIDYALAYA
JUNWANI, BHILAI NAGAR (C.G.)**

(RUN BY SHRI GANGAJALI EDUCATION SOCIETY, BHILAI)

NAAC RE-ACCREDITED WITH 'B' GRADE

(Recognized by Govt. of C.G. & Affiliated to Hemchand Yadav Vishwavidyalaya Durg and Under Section 2(f) and 12(B) of the UGC Act, 1956)

No. 8768/SSM/2019

Bhilai, Dated 01/07/2019

To,

The Chairman
Shri Gangajali Education Society
Bhilai (C.G.)

Subject: - Bus facility for staff.

Respected Sir,

Most respectfully, we hereby bring to your knowledge that following staff members have asked for bus facility. So as per our policy Rs.300/- per month will be deducted from their salary for the year 2019-20.

1. Vidya Nagpure
2. Thakur Ranjit Singh
3. Megha Deorey
4. Meeta Chugh

Submitting for kind approval.

Thanking You



Bus Incharge

Principal
PRINCIPAL

Shri Shankaracharya Mahavidyalaya, Junwani, Bhilai (C.G.)

HR

HR, Junwani

Shri Shankaracharya Mahavidyalaya, Junwani, Bhilai (C.G.)

Co-ordinator

Quality Assurance Cell
Shri Shankaracharya Mahavidyalaya
Junwani, Bhilai (C.G.)

OFFICE ADDRESS: 97/2, Near Shri Shankaracharya Technical Campus, Besides Petrol Pump, Junwani, Bhilai Nagar, Durg (C.G.) 490 020

Telephone : Office 0788-2298838, 2290797, 2298467 Fax: 0788-2225838

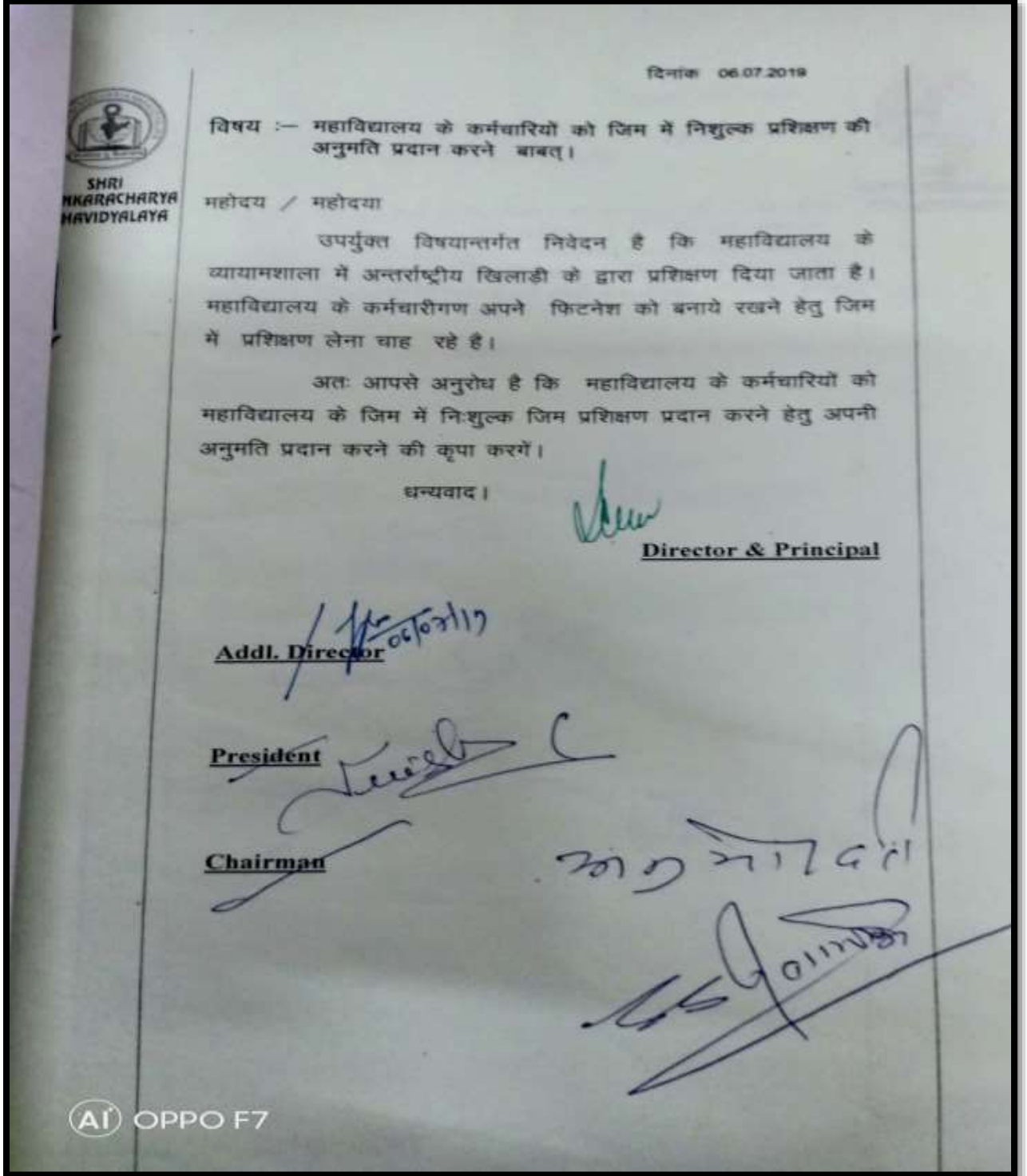
Website: www.ssmv.ac.in E-mail: ssmbhilai@hotmail.com, ssmbhilai@yahoo.co.in



Scanned with
CamScanner



Free Gym Facility



Group Insurance

STAMP DUTY PAID

Master Policy No.GINP/ OYRGTA-I/305005176

Annexure - III



Life Insurance Corporation of India
Pension and Group Schemes Department
Divisional Office, Raipur

**LIC's NEW ONE YEAR RENEWABLE GROUP TERM ASSURANCE PLAN-
I(UIN:512N265V01)**

Master Policy No.GINP/OYRGTA-I/305005176

GRANTED TO

SHRI SHANKARACHARYA MAHAVIDYALAYA

WHEREAS

(i) **THE LIFE INSURANCE CORPORATION OF INDIA** (hereinafter called "the Corporation") having received a Proposal and Declaration and the first premium from **SHRI SHANKARACHARYA MAHAVIDYALAYA** whose office is situated at **SHRI SHANKARACHARYA MAHAVIDYALAYA**(hereinafter called "the Grantees"), being the policyholder for this group insurance policy for providing benefits as described in the Rules of the aforesaid group insurance scheme (certified copy of which Rules has been furnished to the Corporation by the Grantees), which Rules together with the aforesaid proposal are hereby declared to be the basis of this policy.

(ii) The Grantees have also furnished to the Corporation statements as asked for by the Corporation completed and signed by the Grantees and by the persons for whose benefit the Assurance hereunder are being effected.

(iii) The Grantees have further agreed to pay the premiums as required in accordance with the provisions hereof and to furnish such statements and information as is material to the contract as may be required by the Corporation which statements and information together with the application, Rules and all statements referred to in (i) and (ii) above and any other statements or information already furnished and to be furnished by the Grantees as provided hereunder giving all the variations in the particulars of the Employees in so far as such variations have any bearing on the Assurances effected hereunder from time to time, the Grantees have agreed, shall be and are hereby declared to be the basis of this Policy AND WHEREAS the Corporation has received an amount of Rs.40053.00/- IN WHICH LC PREMIUM IS RS.40053.00/-

being the premium due on the date of commencement of this Policy (hereinafter called the "Effective Date") in respect of the Assurances effected hereunder, on the lives of 81 Persons, being the total eligible members of the group, for the total Sum Assured of Rs. 8000000/- AND STAMP FEE IS RS 1600.00/-

(Authorized Signatory)



Master Policy No. OYRGTA-I/305005176

NOW THIS POLICY WITNESSES AND IT IS HEREBY AGREED AND DECLARED AS FOLLOWS:

1. In this Policy where the context so admits, the masculine shall include the feminine and the following expressions shall unless repugnant to the context have the following meaning:

- (i) In case of employer-employee group, the 'Company' shall mean N.A.
- (ii) The non employer-employee group shall mean: SHRI SHANKARACHARYA MAHAVIDYALAYA
- (iii) The 'Employer' shall mean the Company and any other company, firm or corporation which may in future be managed or controlled by or become associated with the Company and which may agree to become bound by these Rules.
- (iv) The 'Scheme' shall mean New One year Renewal Group Term Insurance Scheme described in the Rules hereinafter defined.
- (v) The 'Rules' shall mean the Rules of the Scheme for the time being in force and as amended from time to time.
- (vi) 'Eligible Employee' shall mean an Employee who is or shall become eligible to the benefits of the Policy as more particularly set forth in Part I of The Schedule hereto.
- (vii) 'Member' shall mean a person who as an eligible employee of an employer-employee group/eligible member of non employer-employee group becomes entitled to the benefits of this Policy and on whose life an Assurance has been effected according to the provisions of The Schedule hereof and shall include any such person so long but only so long as he continues to be entitled to the benefits hereunder.
- (viii) 'Effective Date' shall mean the 01ST day of FEBRUARY 2023 the date from which this policy takes effect.
- (ix) 'Annual Renewal Date' shall mean in relation to the Scheme the 01ST day of FEBRUARY in the year 2024 and the 01ST day of FEBRUARY, in each subsequent year.
- (x) 'Entry Date' shall mean (a) in relation to original Members the Effective Date and (b) in relation to new Members admitted to the Scheme after the Effective Date, the 1ST of the month or Annual Renewal Date which is coincident with or immediately next follows the date on which they become eligible.
- (xi) 'Terminal Date' shall mean in respect of each Member the Annual Renewal Date which is coincident with or next following the date on which the Member completes the age of 18 years or the date from which he ceases to be an Eligible Employee of an employer-employee group/member of non employer-employee group.
- (xii) 'Salary' shall mean basic monthly salary of the Member excluding dearness allowance, bonus, commission or any other emoluments of a contingent or variable nature or as defined in Scheme Rules.

2

(Authorised Signatory)



Insurance Act 1938 under Section 41

- 1) No person shall allow or offer to allow, either directly or indirectly, as an inducement to any person to take out or renew or continue an insurance in respect of any kind of risk relating to lives or property in India, any rebate of the whole or part of the commission payable or any rebate of the premium shown on the policy, nor shall any person taking out or renewing or continuing a policy accept any rebate, except such rebate as may be allowed in accordance with the published prospectus or table of the insurer.

Provided that acceptance by an insurance agent of commission in connection with a policy of life insurance taken out by himself on his own life shall not be deemed to be acceptance of a rebate of premium within the meaning of this sub-section if at the time of such acceptance the insurance agent satisfies the prescribed condition establishing that he is a bonafide insurance agent employed by the insurer.

- 2) Any person making default in complying with the provisions of this section shall be punishable with fine which may extend to five hundred rupees.



Gratuity scheme



SHRI
SHANKARACHARYA
MAHAVIDYALAYA

Dispatch No. 235
Signature [Signature]

Name of Department Accounts Name of the HOD/In-charge [Signature]

Date: 26/09/2023

Subject:- Payment of amount of Gratuity.

Submitted that two employees of the college Dr. Omprakash Patel and Mr. Vikas Chandra Sharma have resigned and left the college.

Both had applied for payment of Gratuity. Towards to complete the process, LIC of India, Raipur has transferred the amount of gratuity payable of both the ex-employees in the account of college in Bank of Maharashtra, Junwani (A/c No.60269546105) on 01/09/2023 through NEFT aggregating Rs.6,03,186.00.

In view of the above, it is requested to kindly accord your approval for payment of gratuity to Dr. Omprakash Patel and Mr. Vikas Chandra Sharma

Submitted for your kind approval.

[Signature] 26/9/2023
Dean (Academics)

[Signature]
Principal

[Signature]
President

[Signature]
Chairman

[Signature]
26/9/2023



LIFE INSURANCE CORPORATION OF INDIA
RAIPUR DIVISIONAL OFFICE
JEEVAN PRAKASH
Jeevan Bima Marg, PANDRI
P&GS Deptt
RAIPUR - 492004

Ref : PNGS/U700787/305003664/736

Date: 20/09/2023

The Trustees, SHRI SHANKARACHARYA MAHAVIDYALAYA
PO DURG
HEAD OFFICE JUNWANI BHILAI
DIST DURG
CHHATTISGARH
490020

Dear Sir / Madam

Reg : Claim under Master policy no 305003664 .

We are forwarding cheque no _____/crediting to your Bank
Acc No. 60269546105 of BANK OF MAHARASHTRA.
IFSC Code : MAHB0001322

The amounts are as per particulars listed below

LIC ID	EMP NO	LCSA	SV/Mat/wthd	REFUND	OTH AMT	TOTAL
Emp Name						
	37 37		0	540549.00	.00	.00
Dr. Omprakash Patel						
540549.00						
	60 60		0	62637.00	.00	.00
Mr. Vikas Chandra Sharma						
62637.00						

TOTALS: LCSA : 0 SV/MAT/WD : 603186 Refnd : 0 Other: 0 Total: 603186



NOC FOR HIGHER PROGRESSION



SHRI SHANKARACHARYA MAHAVIDYALAYA

JUNWANI, BHILAI NAGAR (C.G.)
(Run By Shri Gangajali Education Society, Bhilai)

NAAC RE-ACCREDITED WITH 'A' GRADE (CGPA : 3.10)

(Recognized by Govt. of C.G. & Affiliated to Hemchand Yadav Vishwavidyalaya, Durg and Under Section 2(f) and 12(B) of the UGC Act, 1956)

No. 137 /SSM/2022

Bhilai, Dated 01/09/2022

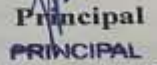
NO OBJECTION CERTIFICATE

This is to certify that **Mr. Thakur Ranjit Singh** is working in this college as **Assistant Professor** in the **Department of Management** From **01/01/2015** to ongoing.

We are having no objection in his applying for Ph.D. (Management) from Shri Shankaracharya Professional University, Junwani, Bhilai, Durg (C.G.) on a clause that work of the college should not be suffered.


HR
HR, HEAD

Shri Shankaracharya Mahavidyalaya
Junwani, Bhilai (C.G.)


Principal
PRINCIPAL

Shri Shankaracharya Mahavidyalaya
Junwani, Bhilai (C.G.)

OFFICE ADDRESS : Khasra No. 97/2, Near Petrol Pump, Junwani, Bhilai (C.G.) 490 020

Telephone : Office 0788-2284822, 2290792, 2298467

Website : www.ssmv.ac.in E-mail : ssmbhilai@hotmail.com





SHRI SHANKARACHARYA MAHAVIDYALAYA

JUNWANI, BHILAI NAGAR (C.G.)
(Run By Shri Gangajali Education Society, Bhilai)

NAAC RE-ACCREDITED WITH 'A' GRADE (CGPA : 3.10)

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No. 156/JSSM/2022

Bhilai, Dated 05/09/2022

NO OBJECTION CERTIFICATE

This is to certify that **Mr. Anil Menon** is working in this college as **Assistant Professor** in the **Department of Management** From **31/01/2009** to ongoing.

We are having no objection in his applying for Ph.D. (Management) from Shri Shankaracharya Professional University, Junwani, Bhilai, Durg (C.G.) on a clause that work of the college should not be suffered.



HR
HR HEAD

Shri Shankracharya Mahavidyalaya
Junwani, Bhilai (C.G.)



Principal

PRINCIPAL

Shri Shankaracharya Mahavidyalaya
Junwani, Bhilai (C.G.)

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SHRI SHANKARACHARYA MAHAVIDYALAYA

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(Recognized by Govt. of C.G. & Affiliated to Hemchand Yadav Vishwavidyalaya, Durg and Under Section 2(f) and 12(B) of the UGC Act, 1956)

No. 292 /SSM/2022

Bhilai, Dated 05/11/2022

NO OBJECTION CERTIFICATE

This is to certify that **Mr. Thakur Devraj Singh** is working in this college as **Assistant Professor** in the **Department of Computer Science** From **11/07/2005** to ongoing.

We are having no objection in his applying for Ph.D. (Computer Science) from NIILM University, Kaithal, Haryana on a clause that work of the college should not be suffered.

HR HEAD
Shri Shankracharya Mahavidyalaya
Junwani, Bhilai (C.G.)

Principal
PRINCIPAL
Shankaracharya Mahavidyalaya
Junwani, Bhilai (C.G.)

OFFICE ADDRESS : Khasra No. 97/2, Near Petrol Pump, Junwani, Bhilai (C.G.) 490 020

Telephone : Office 0788-2284822, 2290792, 2298467

Website : www.ssmv.ac.in E-mail : ssmbhilai@hotmail.com



Staff Medical Facility

Receipt of Medical Checkup



ABHISHEK I MISHRA MEMORIAL MEDICAL COLLEGE & RESEARCH

JUNWANI BHILAI PIN-490020

TEL:0788-4088833.4088866

OPD PRESCRIPTION

Patient Name : Mrs. LAXMI VERMA UMR No : UMR121731
 Age/Gender : 49Y(s)/Female
 Address : HUDCO BHILAI, BHILAI,490020 Ref.Dr.Name : WALK-IN
 S/O,W/O,H/O : MR. G.P. VERMA Mobile No : 9977211769

Consultation.No : OP169788 Consultation.Date : 17-Jan-2024 12:23:18PM

Consultant.Name : Dr. GENERAL MEDICINE UNIT1 Dept : GENERAL MEDICINE

BP : Pluse : Height : Weight :

100 / 60 mm hg

no pain in the knee joint :- 2 month

no history any other chronic medical illness

no history any drug allergy

Adv

Investigation advised :- X-ray the knee joint AP lateral view

① TAB ACECLOFENAC 200 mg 1 TAB 1 - - - - - x 5 days
 -OR

② TAB PARICENID 1 TAB 1 - - - - -

कोशांतो अणु

③ TAB PARICENID 40mg 1 TAB 1 - - - - - x 5 days
 कोशांतो अणु

Dr. Prateek Kishor
 Senior Resident
 (GMC 20121201
 17/01/2024

For Emergency Contact : 07884088855/77

Note : If there are any side effects with the medicine, stop the medicine and report immediately to the hospital.

UMR121731

UMR121731

OP169788

*OP16978





ABHISHEK I MISHRA MEMORIAL MEDICAL COLLEGE & RESEARCH

JUNWANI BHILAI PIN-490020

TEL:0788-4088833.4088866

OPD PRESCRIPTION

Patient Name : Miss. HEEMA VERMA UMR No : UMR121646

Age : 26Y(s)/Female Ref.Dr.Name : WALK-IN
Address : RISALI BHILAI, BHILAI,490020

F.N/O,H/O : MR. B.P VERMA Mobile No : 7697327611

Consultation.No : OP169669 Consultation.Date : 17-Jan-2024 10:41:16AM

Consultant.Name : Dr. OPHTHALMOLOGY UNIT 1 Dept : OPHTHALMOLOGY

P : Pulse : Height : Weight :

C/o - Itching in (BE) :: 1 yr on/off
N/H/o - Watery, HTN, DM
H/o - dryness in (BE) :: 1 yr on/off

6/18
6/12

Ry -

For Emergency Contact : 0788408855/77

Note : If there are any side effects with the medicine, stop the medicine and report immediately to the hospital.

UMR121646

OP169669

UMR121646

*OP16966





SHRI SHANKARACHARYA MAHAVIDYALAYA JUNWANI, BHILAI

(RUN BY SHRI GANGAJALI EDUCATION SOCIETY, BHILAI)
NAAC RE ACCREDITED WITH 'A' GRADE

(Recognized by Govt. of C.G. & Affiliated to Hemchandra Yadav University, Durg and Under Section 2(f) and 12(B) of the UGC Act, 1956)



Website: www.ssmv.ac.in E-mail: ssmbhilai@hotmail.com

Overview

Chakravahini Fitness Club has been working from past many years with a single motive of encouraging everyone about the benefits of health and they fulfill this motive by always conducting programs like cycle rallies, environment and Animals protection. They also focus on informing every person about the importance of fruits and green vegetables too.

SSMV approach

Study revealed that there is a wide gap between the expectations of the employers and students. SSMV has adapted an approach that fill the gap to achieve some degree of two dimensional approach.

One, preparation of fresh graduates with employability skills which just don't comprise areas such as successfully cracking interviews in panels or writing resumes but several other programs such as Video shooting of GD Presentation with full Audio and Video systems on stage, classes in Audio Video rooms and online examinations, provide a realistic experiento our students.

What is the effect of cycling?

Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun, cheap and good for the environment.



Riding to work or the shops is one of the most time-efficient ways to combine regular exercise with your everyday routine. An estimated one billion people ride bicycles every day – for transport, recreation and sport.

The health benefits of regular cycling include:

- increased cardiovascular fitness
- increased muscle strength and flexibility
- improved joint mobility
- decreased stress levels
- improved posture and coordination
- strengthened bones
- decreased body fat levels
- prevention or management of disease
- reduced anxiety and depression.

Chakrasuhini club organizes multiple events and programs throughout the year. It has been listed below:



ATM FACILITY

