



# **Ramakrishna Sarada Mission Vivekananda Vidyabhavan**

**State-aided Girls' College Affiliated to the West Bengal State University,  
South Dum-Dum, Kolkata**

## **3.4 Extension Activities**

**3.4.3: Number of extension and outreach programmes conducted by the institution through organized forums including NSS/NCC with involvement of community during the last five years**

**(SESSION 2019-23)**



# Ramakrishna Sarada Mission Vivekananda Vidyabhavan

State-aided Girls' College Affiliated to the West Bengal State University,  
South Dum-Dum, Kolkata

## INDEX

YEAR	PAGE NO
2019-20	1-39
2020-21	40- 60
2021-22	61-106
2022-23	107-183



## **NSS UNIT ACTIVITIES**

### **Activities of 2019-20**

**1. Name of activity: Towards a Plastic Free Tomorrow**

**Category:** Awareness Lecture

**Organising unit:** NSS, RKSMVV

**Date:** 20/9/2019

**Time:** 1.45pm onwards

**Venue:** Muktiprana Sabhagriha

**Name of resource person/s (with designation):** Somasree Basu, Environmental Activist

**Number of participants:** 170

**Number of NSS volunteers:** 38

**Brief description of the event:** NSS Unit of RKSMVV organized a special lecture on Towards a Plastic Free Tomorrow. Sixty NSS volunteers were present along with other students. NSS volunteers presented posters on Harms of Plastic and Significance of Plastic free campus to explain the environmental impact..

Environmental Activist Somasree Basu delivered an exhaustive and informative lecture on the topic. Participants learnt about alternatives to single-use plastics and sustainable practices. The lecture encouraged individuals to adopt plastic-free habits in their daily lives.

### **Outcome:**

Participants learn about alternatives to single-use plastics and sustainable practices. Individuals got encouragement to adopt plastic-free habits in their daily lives. The programme aimed at community engagement by fostering collaboration and discussion among attendees on plastic reduction initiatives. Participants were inspired to take concrete steps towards reducing plastic consumption and advocating for change in their communities. Individuals were equipped with the information and tools to become advocates for plastic-free living. Students were motivated to make the campus Plastic Free. The programme outcomes typically include:

**1. Increased Awareness:** Participants will understand the environmental and health impacts of plastic pollution.



2. **Knowledge Enhancement:** Participants learnt about alternatives to single-use plastics and sustainable practices.

3. **Behavioral Change:** Encouragement to adopt plastic-free habits in daily life, such as using reusable bags, bottles, and containers.

4. **Community Engagement:** Motivating participants to spread awareness and involve their communities in plastic reduction initiatives.



**Banner for TOWARDS A PLASTIC FREE TOMORROW**



**Introductory Speech by Dr. Chaiti Mitra, Dept. of English**





**Somasree Basu, Environmental Activist**



**Introductory Speech by IQAC Coordinator Dr. Soma Marik**



### **Participants in the seminar**

2. Name: **NSS volunteers at Chief Minister's Programme**

Date: 4/11/19 & 5/11/19

Time: 8am

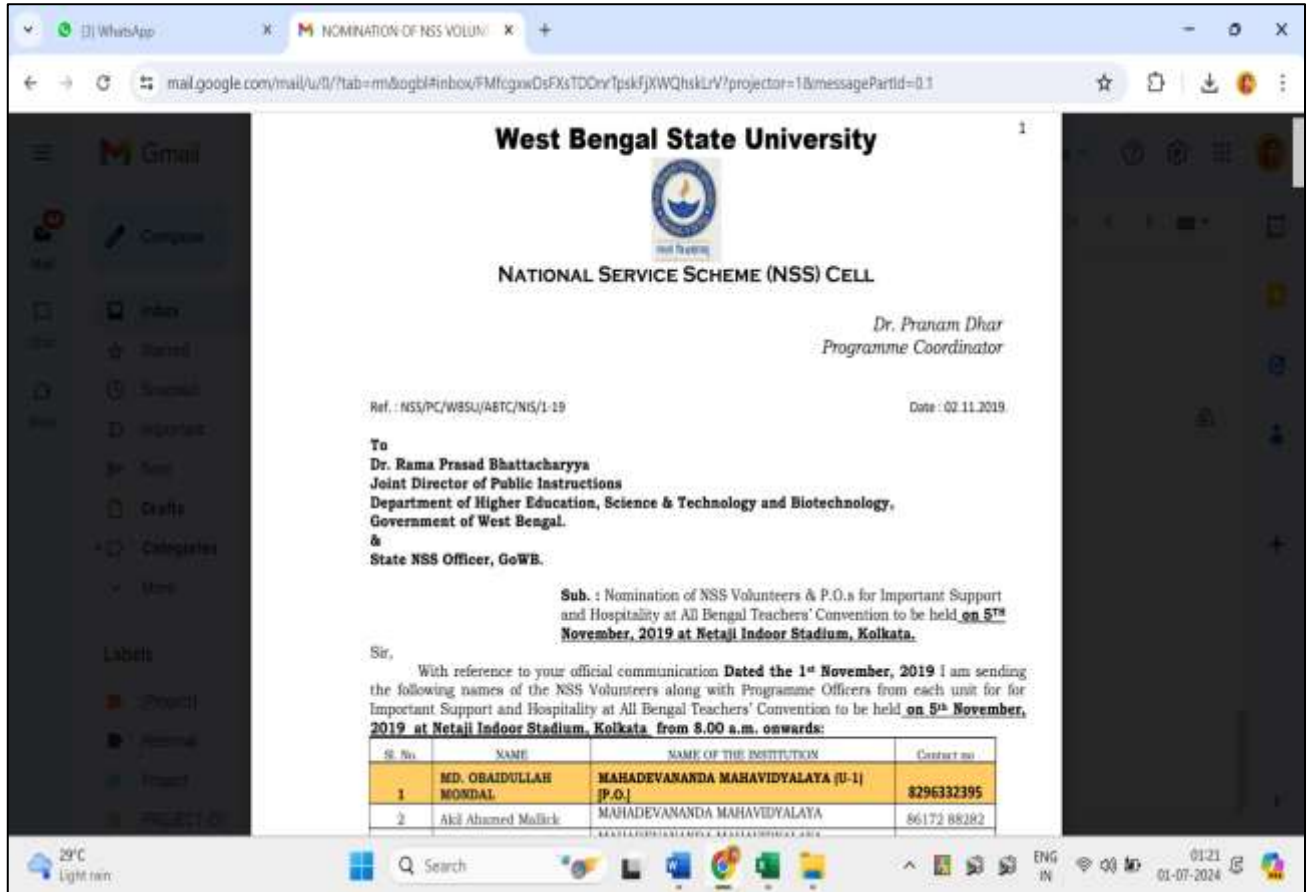
### **Number of NSS volunteers: 10**

Brief Report-On 4<sup>th</sup> and 5<sup>th</sup> November, 2021 10 NSS volunteers participated in the Chief Minister's Programme of Student Credit Card organized by Govt. of West Bengal at Netaji Indoor Stadium. The National Service Scheme (NSS) volunteers played a crucial role in ensuring the success of the Chief Minister's program. Their primary responsibility was to distribute food packets and water to the delegates attending the event. This report outlines the outcomes of their efforts. PO Dr. Sanghamitra Mukherjee was present there also. Volunteers were divided into groups, with specific areas assigned for food and water distribution. Distribution stations were strategically placed to ensure easy access for delegates. The presence of NSS volunteers allowed event organizers to focus on other critical aspects of the program. Volunteers demonstrated excellent teamwork and communication skills, ensuring a seamless operation.

**Outcome:** NSS volunteers gained valuable experience in event management and service delivery. The activity fostered a sense of responsibility and community service among the volunteers. The involvement of NSS volunteers in distributing food packets and water to delegates significantly contributed to the success of the Chief Minister's program. Their dedication and efficient service were appreciated by both the delegates and the event organizers. This initiative not only met its objectives



but also provided a meaningful experience for the volunteers, reinforcing the values of the National Service Scheme.



*Pr. Vedasupriana*  
 Principal  
 Ramakrishna Sarada Mission  
 Vivekananda Vidyabhavan





Nomination letter of NSS PO and volunteers at the event of Chief Minister

266	Roshan Kumar Jha	Bhairab Garguly College	7044902023
267	Akash Paul	Bhairab Garguly College	9038610687
268	Ahmad Gazi	Bhairab Garguly College	7450981335
269	Ankita Bhattacharya	Bhairab Garguly College	9932801956
270	Akash Ramanta	Bhairab Garguly College	9038577463
271	Shriya Parai	Bhairab Garguly College	7998850395
272	Pinki Mondal	Bhairab Garguly College	
273	<b>Dr. Banghamitra Mukherjee</b>	<b>Ramakrishna Sarada Mission Vivekananda Vidyalyaya (P.O.)</b>	<b>9830343861</b>
274	ARUNIMA BISWAS	Ramakrishna Sarada Mission Vaikun Vidyalyaya	6294473797
275	SOURI MONDAL	Ramakrishna Sarada Mission Vaikun Vidyalyaya	9748654830
276	TUHINA CHAKRABORTY	Ramakrishna Sarada Mission Vaikun Vidyalyaya	6296559454
277	MOUNITA BISWAS	Ramakrishna Sarada Mission Vaikun Vidyalyaya	9874706018
278	RUBINUR RAHMAN	Ramakrishna Sarada Mission Vaikun Vidyalyaya	7478913856
279	RACHATTRE ADHIKARY	Ramakrishna Sarada Mission Vaikun Vidyalyaya	9474113838
280	RUNI BACHAR	Ramakrishna Sarada Mission Vaikun Vidyalyaya	7001668734
281	JAGRITI BISWAS	Ramakrishna Sarada Mission Vaikun Vidyalyaya	8436730048
282	ARIANA GAYEN	Ramakrishna Sarada Mission Vaikun Vidyalyaya	9051211022
283	SIKHA JANA	Ramakrishna Sarada Mission Vaikun Vidyalyaya	9734399023
284	<b>Dr. Provas Dhar</b>	<b>West Bengal State University (P.C.)</b>	<b>9830071587</b>
285	Arijit Saha	West Bengal State University	9002765203
286	Anwesha Chowdhury	West Bengal State University	7996953131
287	Swarita Ghosh	West Bengal State University	8582091675
288	Chiranjit Saha	West Bengal State University	877046683

P.O. Berunanpukuria, Mallickpur, Barasat, Kolkata - 700126. Phone : (033) 2524-1975-79  
 website : [www.wbubregistration.org](http://www.wbubregistration.org)  
 email : [wbubregistration@wbub.ac.in](mailto:wbubregistration@wbub.ac.in)

Names of our NSS volunteers in Chief Minister’s Programme



Our NSS volunteers at Chief minister’s Programme

*Pr. Vedasupriana*  
 Principal  
 Ramakrishna Sarada Mission  
 Vivekananda Vidyabhavan



**PO & NSS volunteers at Chief minister's Programme**



3.Name: **Dengue Awareness Camp**

Category: Awareness Lecture

Organising unit: NSS Unit RKSMVV

Date: 15/11/19

Time: 2.15pm

Number of Students: 165

**Number of NSS volunteers-45**

Name of Resource Person: Panchu Roy, Councilor South Dumdum Municipality

Number of Beneficiaries: 179

Brief description of the event: The lecture by Panchu Roy, the Councilor on Dengue Awareness covered key points such as symptoms, prevention measures like eliminating stagnant water, and the importance of community involvement in controlling the spread of the disease. In addition to the basics, the councilor emphasized the significance of early detection and seeking medical attention promptly to prevent complications. He also highlighted the role of government initiatives and public health campaigns in raising awareness and combating Dengue outbreaks effectively within the community.

PROGRAMME OUTCOME The programme outcome of the councilor's Dengue Awareness lecture likely included increased knowledge and understanding among the students about Dengue fever, its symptoms, transmission, and prevention methods. Additionally, the lecture motivated individuals to take proactive measures such as proper sanitation practices and community involvement to reduce the risk of Dengue transmission in their area. Overall, the outcome aimed to empower the community to actively participate in Dengue prevention efforts and ultimately contribute to reducing Dengue cases and improving public health outcomes.





**Lecture delivered by the honourable speaker Panchu Roy**



**Lecture delivered by our Principal Mataji**



### **Participants in the seminar**

#### 4.Event: **Blood Donation Orientation**

Category: Awareness Lecture

Date: 29.11.2019

Time-3pm

**Number of NSS volunteer-38**

Venue: Muktiprana Sabhagriha

**Report:** An orientation lecture on Voluntary Blood Donation was held on 29.11.2019 at Muktiprana Sabhagriha. The event was organized by NSS, RKSMVV and aimed at raising awareness about the importance and impact of blood donation. The lecture featured Dr. Sandipan Ghosh, Conselor North 24Parganas District Hospital, Blood Bank Barasat who provided comprehensive insights into the critical role of voluntary blood donation in saving lives.



The primary objectives of the lecture were:

1. To educate participants on the significance of voluntary blood donation.
2. To dispel myths and misconceptions about the blood donation process.
3. To encourage more people to become regular blood donors.
4. To highlight the safety and procedures involved in blood donation.

The speaker emphasized that voluntary blood donation is a crucial component of the healthcare system. It ensures a steady supply of safe blood for patients in need, including those undergoing surgeries, trauma victims, cancer patients, and individuals with chronic illnesses requiring transfusions. The lecture underscored that a single donation could save up to three lives, highlighting the profound impact each donor can make. The lecture provided detailed information on the procedures and safety measures involved in blood donation. The speaker highlighted the importance of regular blood donation. The lecture concluded with an interactive Q&A session, where participants had the opportunity to ask questions and share their concerns. The speaker addressed queries related to eligibility criteria, the impact of blood donation on personal health, and ways to encourage others to donate.

**Outcome:** The extension lecture on voluntary blood donation was a resounding success, effectively raising awareness and dispelling misconceptions about blood donation. The participants left with a deeper understanding of the importance of their contribution to saving lives and were encouraged to become regular donors. The event fostered a sense of community and altruism, reinforcing the critical role of voluntary blood donation in the healthcare system. Afterwards NSS volunteers sat with the students and made a list of blood donors. They also collected the names of teachers for blood donation.





Thanks giving letter by the resource person

5.Event: **Blood Donation Camp**

Date:03.12.19

Number of NSS volunteers-15

Venue: Swamiji Bhaban

Report: Every year our college organizes Blood Donation Camp to create awareness among teachers and students about the importance of Blood Donation. A drop of blood can save a precious life. The blood donation camp was organized on 27<sup>th</sup> November,2018 in the college premises. It was jointly



organized by the NSS and Student Welfare Committee in collaboration with Association of Voluntary Blood Donors West Bengal and College. Health workers and nurses of Barasat Government Hospital, North 24 pargana had come for this purpose. About fifty students had donated blood enthusiastically along with the teachers and principal herself. The blood donors were given banana, muffin, egg and fruit juice as refreshment in order to re-energize themselves.

Outcome: This camp was not only contributed to the growing needs of blood, also create awareness among the students.



**Students Participating in the Blood donation Camp**



**Banner for Blood Donation Camp**



### **Blood Donation Camp: Enthusiastic students and NSS volunteers**

#### **6. Dengue Awareness Campaign**

Date: 04/12/2019

Time: 1.45pm onwards

Venue: Adjacent area of the college

#### **Number of NSS volunteers-15**

Report: The Dengue Awareness Campaign in the locality of our college aimed to educate residents about the risks, prevention, and management of dengue fever. NSS Unit of RKSMVV had organized Dengue Awareness Campaign in the locality of the college. Forty NSS volunteers participated in the campaign. To increase awareness about dengue fever, its symptoms, and modes of transmission, to encourage the adoption of preventive measures to reduce mosquito breeding sites and to equip residents with knowledge and tools to manage potential dengue outbreak, the NSS volunteers along with NSS PO and two other teachers relentlessly campaigned by visiting about 25 residences of that locality. Pamphlets, brochures, and posters highlighting key preventive measures, such as eliminating stagnant water, using mosquito repellents, and wearing protective clothing, were distributed throughout the locality. Students and volunteers organized clean-up drives to eliminate potential mosquito breeding sites. This included clearing clogged drains, disposing of old tires, and covering water storage containers.

Outcome: The Dengue Awareness Campaign was a significant step towards creating a well-informed and proactive **community**. The campaign not only raised awareness but also empowered individuals to





take effective action against dengue fever. Continued efforts and periodic follow-ups are recommended to sustain the momentum and ensure long-term success in dengue prevention.



**Door to door Awareness Campaign on Dengue by NSS volunteers**



**Door to door Awareness Campaign on Dengue by NSS volunteers**

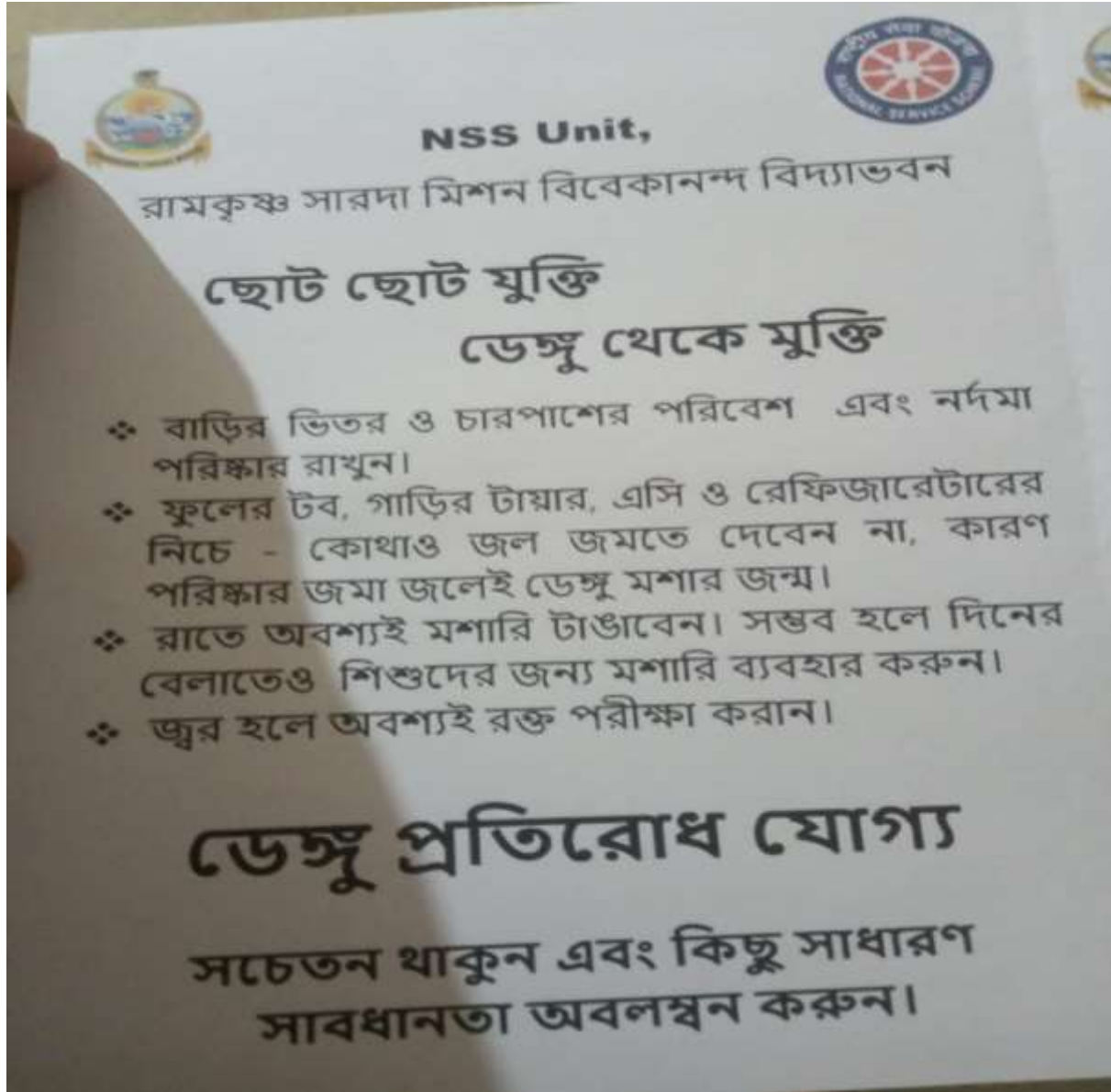


**Procession taken out by teachers and NSS volunteers to raise awareness on Dengue**



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Leaflets on Dengue prevention and treatment: distributed and explained to the community members by NSS volunteers

### 7. Youth Day Procession

Name of activity: Youth Day Procession





**Category:** Student's Activity

**Organising unit:** RKSMVV

**Date:** 12/01/20

**Time:** 9:00am - onwards

**Venue:** Adjacent area to college

**Number of participants:** 170

**Number of NSS volunteers-**20

**Brief description of the event:** RKSMVV had organized a procession on 12<sup>th</sup> of January, 2022 in the adjacent area of the college on the occasion of 'National Youth Day'. Thirty six NSS volunteers took part in the procession along with other students.

**Outcome:** The Youth Day procession of students is a powerful display of unity and empowerment, fostering a sense of solidarity among the youth. It often serves as a platform for expressing their aspirations, advocating for social issues, and highlighting the importance of education and civic engagement. The outcome includes increased awareness, strengthened community bonds and a lasting impact on the participants' commitment to positive change



**Precession to celebrate National Youth Day**

8.Name: **Workshop on Menstrual Health and Hygiene Awareness**

Category: Awareness lecture



Organizing unit: SWC &NSS, RKSMVV

Date: 28.1.20

Time: 11:30a.m. – 1:00p.m.

Number of Students: 260

Number of Resource Person: 1

Name of Resource Person: Dr. Bela Rakshit, renowned Gynecologist

Number of Beneficiaries: 175

### **Number of NSS volunteers-25**

**Brief description of the event:** The menstrual health and hygiene workshop for students is a comprehensive session designed to educate and empower young individuals about menstrual well-being. An awareness workshop on Menstrual Health and Hygiene was held for the students as well as adolescent girls from the neighboring slums. The workshop includes interactive discussions, demonstrations of proper hygiene routines, and the introduction of sustainable menstrual products. By fostering an open dialogue, the workshop aims to reduce stigma, promote self-care, and ensure that students have accurate information to manage their menstrual health confidently. Dr. Bela Rakshit elaborated on the issue and clarified several misconceptions.

**PROGRAMME OUTCOME:** The workshop on menstrual health and hygiene is expected to yield several positive outcomes:

- **Increased Awareness:** Participants gained a heightened understanding of menstrual health, breaking taboos and dispelling myths surrounding menstruation.
- **Improved Hygiene Practices:** Attendees learnt and adopted proper menstrual hygiene practices, reducing the risk of infections and promoting overall well-being.
- **Enhanced Confidence:** The workshop empowered participants to confidently manage their menstrual health, fostering a positive attitude towards their own bodies.
- **Stigma Reduction:** Open discussions contributed to breaking down societal stigma related to menstruation, creating a more supportive and understanding environment.
- **Adoption of Sustainable Practices:** Introduction to eco-friendly menstrual products encouraged participants to consider and adopt sustainable options, promoting environmental consciousness.
- **Community Engagement:** The workshop encouraged participants to share knowledge with their peers, creating a ripple effect of awareness within the community.
- **Accessible Resources:** Participants were informed about resources for affordable and accessible menstrual products, ensuring they can manage their menstrual health effectively.



Overall, the workshop aimed to equip individuals with the knowledge and skills necessary to navigate menstruation confidently, leading to improved health outcomes and a more informed and supportive community.



Posters made by students and NSS volunteers on Menstrual Health and Hygiene



Poster made by students





**Dr. Bela Rakshit speaks on the Menstrual Health & Hygiene**



**Students participated in the awareness lecture**



## Campaigns and Activities organized by NSS UNIT during COVID 19

### 2020

Even during the pandemic, the NSS had come forward and selflessly served these communities, beginning with COVID awareness to supplying provisions that come under necessities.

**9.E-meeting** was conducted on 18.04. 2020 vide Zoom Meeting App for having interaction between NSS volunteers and NSS programme officer regarding awareness & prevention of covid19 and further for the promotion of the government initiations to be undertaken during Covid 19. 68 Volunteers along with NSS PO Dr. Sanghamitra Mukherjee completed the training on 'Basics of Covid-19' conducted by IGOT, portal on Diksha Platform MHRD, Government of India. 32 NSS volunteers have attended various other online training and participated in several online competitions organized by various institutes during the lockdown period.

**Training and Orientation Programme for NSS Volunteers  
Awareness and Prevention of COVID-19.**

**Organised by :**  
NSS Cell, Ramakrishna  
Sarada Mission Vivekananda  
Vidyabhavan

**As Directed by :**  
Ministry of Youth Affairs & Sports  
Govt. of India

**18.04.2020**  
**Time- 3-3.40P.M.**  
**5-5.40P.M.**

**Through Zoom App.**  
**Link to be shared in Group**

**Under the able guidance of**  
**Dr. Pranam Dhar**  
Programme Coordinator - NSS  
West Bengal State University  
&  
Districts Nodal Officer, 24 pgs (N), WB

**Resource Person**  
**Dr. Sanghamitra Mukherjee**  
P.O. NSS Unit (RKSMVV)

Flyer Of the Training and Orientation Programme



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**NSS volunteers Participating in the Webinar**





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**NSS volunteers participating in the Webinar**



Outcome:

The online training program for National Service Scheme (NSS) volunteers focused on COVID-19 awareness and prevention has yielded significant outcomes:

- 1. Enhanced Knowledge and Awareness:** Volunteers gained a comprehensive understanding of COVID-19, including transmission methods, symptoms, and prevention strategies. The training increased awareness about the importance of vaccination, mask-wearing, hand hygiene, and social distancing.
- 2. Skill Development:** Volunteers acquired skills in effectively communicating health information to diverse communities. Training included using digital tools and social media platforms to disseminate accurate information.
- 3. Community Engagement:** Volunteers were equipped to conduct awareness campaigns in their localities, reaching a broad audience through both online and offline methods. The NSS volunteers could engage themselves in virtual community meetings and webinars to educate the public.
- 4. Myth Busting:** Volunteers were trained to identify and address misinformation and myths about COVID-19, helping to reduce panic and promote factual understanding.
- 5. Support for Health Services:** Training enabled volunteers to assist local health authorities in contact tracing, distribution of PPE, and other logistical support. NSS Volunteers became valuable resources in community-based health monitoring and reporting.
- 6. Personal and Community Safety:** Emphasis on personal health and safety protocols ensured volunteers could protect themselves while serving their communities. NSS Volunteers promoted adherence to government guidelines, contributing to community-wide safety.
- 7. Empowerment and Leadership:** The training fostered a sense of responsibility and leadership among the volunteers, empowering them to take proactive roles in their communities. Volunteers emerged as role models, demonstrating best practices in COVID-19 prevention.

Overall, the online training program successfully prepared NSS volunteers to act as frontline advocates for COVID-19 prevention, significantly impacting community health and safety.

### **10. Creating General Awareness about COVID 19**

To create general awareness about the COVID 19 Pandemic, posters, ppts, videos, etc. were made by NSS Volunteers and shared with other college students regularly. Around 15 volunteers have contributed to this campaign with posters, messages, poems, slogan writings, ppt, etc which were shared on official social media handles of the NSS Unit, West Bengal. Our NSS volunteers participated in the various cultural competitions organized by West Bengal State University.





80 NSS volunteers downloaded **AAROGYA SETU APP** and completed the self-assessment on their own phones.

**Outcome:**

The online activities involving poster making and PowerPoint (PPT) presentations on general COVID-19 awareness by NSS volunteers resulted in several positive outcomes:

- 1. Creative Engagement and Learning:** Volunteers engaged creatively, enhancing their understanding of COVID-19 prevention measures through visual and multimedia expression and it increased retention of important information through the process of creating educational content.
- 2. Effective Communication of Information:** Posters and PPTs served as effective tools for disseminating clear, concise, and impactful information on COVID-19. Visual aids helped in simplifying complex information, making it accessible to a wider audience.
- 3. Raising Public Awareness:** Created materials were shared on various online platforms, reaching a broad audience and increasing public awareness about COVID-19. Materials covered critical topics such as symptoms, prevention, vaccination, and myths versus facts.
- 4. Skill Enhancement:** Volunteers developed valuable skills in graphic design, content creation, and public speaking and improved digital literacy and proficiency in using online tools for educational purposes.
- 5. Community Engagement:** Volunteers' work fostered a sense of community involvement and collective effort in fighting the pandemic. The interactive nature of posters and presentations encouraged community members to engage with and share the content.
- 6. Community Awareness among Peers & Peer Learning and Collaboration:** The activities promoted collaboration among volunteers, facilitating peer learning and teamwork. NSS Volunteers exchanged ideas and provided feedback, leading to improved quality of the educational materials.
- 7. Empathy and Social Responsibility:** By creating awareness materials, volunteers developed a deeper sense of empathy and social responsibility towards their communities and encouraged proactive behavior and participation in health and safety measures.
- 8. Recognition and Motivation:** Successful participation and recognition of their work boosted the morale and motivation of volunteers and encouraged them continuous involvement in community service and awareness campaigns.



Overall, the online poster and PPT making activities empowered NSS volunteers to play a crucial role in educating the public about COVID-19, thereby contributing to the broader efforts to mitigate the impact of the pandemic.



Photo collage made by NSS volunteers



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Photo collage made by NSS volunteers





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Name- Madhumita Roy  
Roll- 137  
Department- History

Painting made by NSS volunteers





Poster made by NSS volunteers

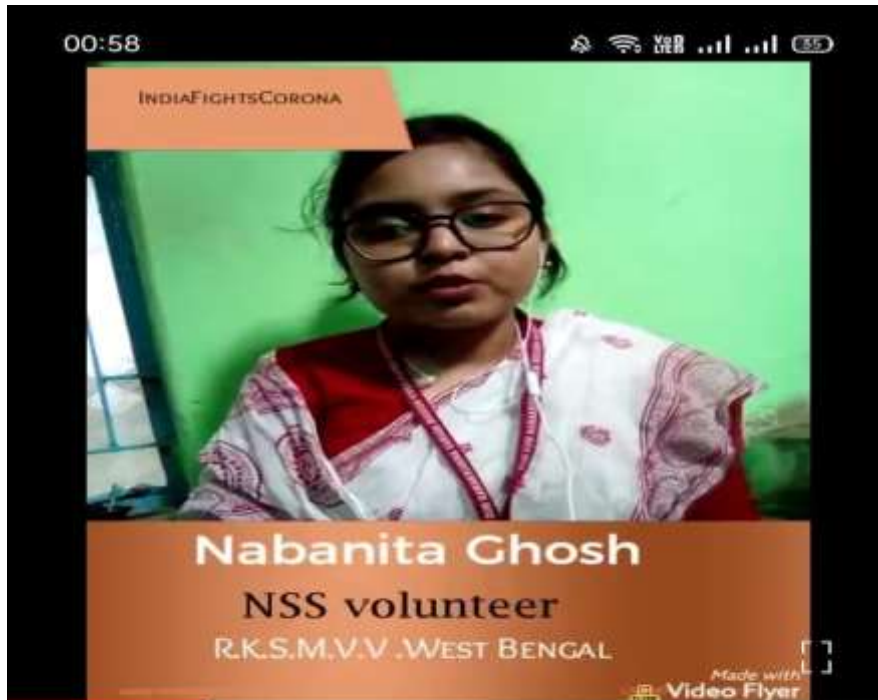


Posters made by NSS volunteers



**11. Our NSS Volunteer Nabanita Ghosh speaks about Covid 19 and her video was uploaded in the official You Tube Channel of NSS West Bengal.**

You Tube Link: [https://youtube.com/shorts/A2VFToXIjRM?si=KJJwt\\_TK27O5DoJy](https://youtube.com/shorts/A2VFToXIjRM?si=KJJwt_TK27O5DoJy)



### **Nabanita Ghosh from West Bengal speaks about COVID19**

276 views 4y ago #IndiaFightsCorona ...more

**COVID-19**  
Get the latest information from the Ministry of Health and Family Welfare. [Learn more](#)

See more resources on Google

**NSS West Bengal Offic...** 1.42K







**12.NSS PO Dr. Sanghamitra Mukherjee speaks about Covid 19 and her video was uploaded in the official You Tube Channel of NSS West Bengal.**

You Tube Link: <https://youtu.be/jEoPz0JXwTY?si=aS-50XOzt9p3RENB>

00:59

IndiaFightsCorona

Dr.Sanghamitra Mukherjee  
NSS,Program Officer  
BESSI Vivekananda Vidyabhavan  
West Bengal

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**Dr Sanghamitra Mukherjee from West Bengal speaks about COVID19**  
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NSS West Bengal Offic... 1.42K

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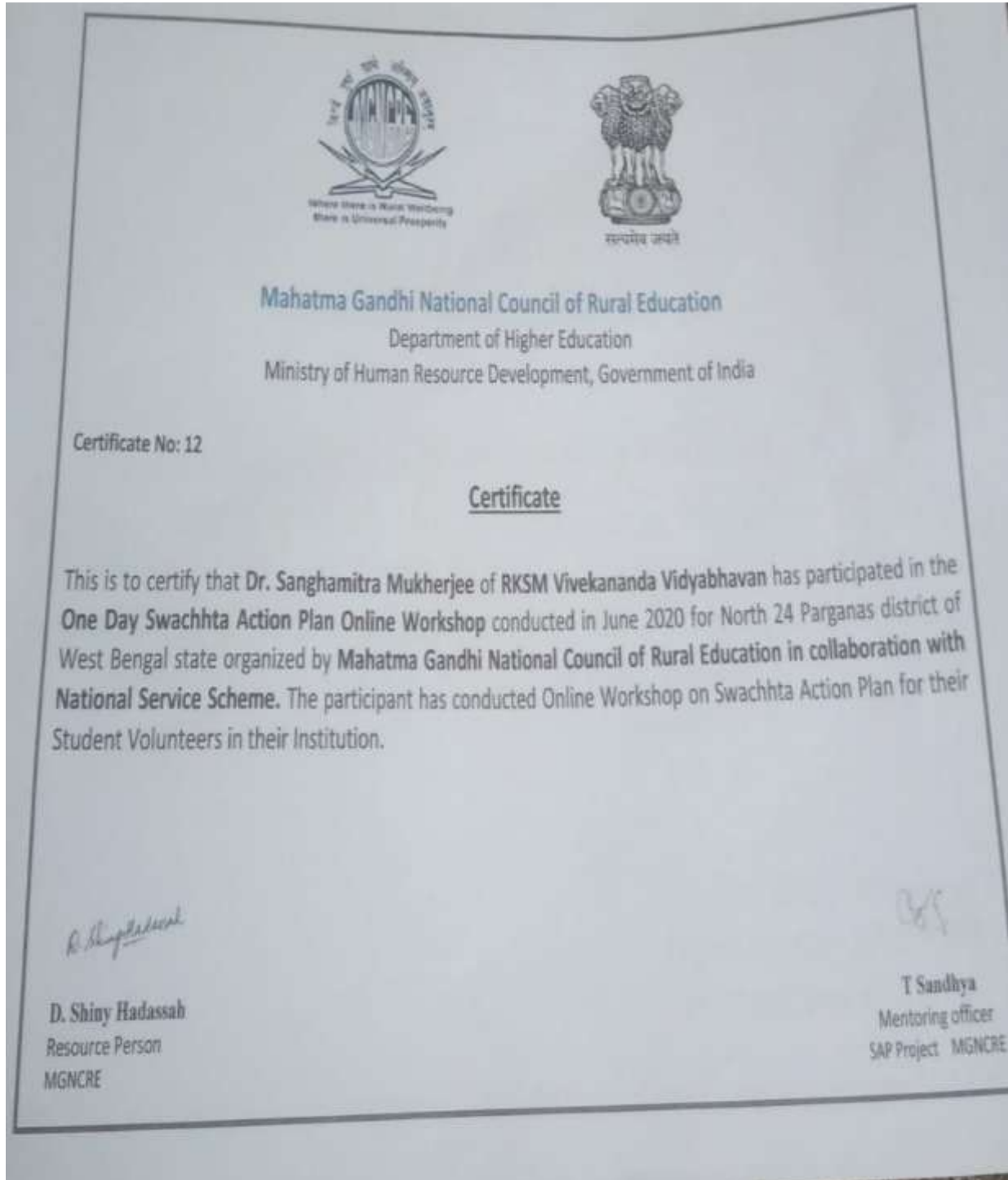




## Ramakrishna Sarada Mission Vivekananda Vidyabhavan

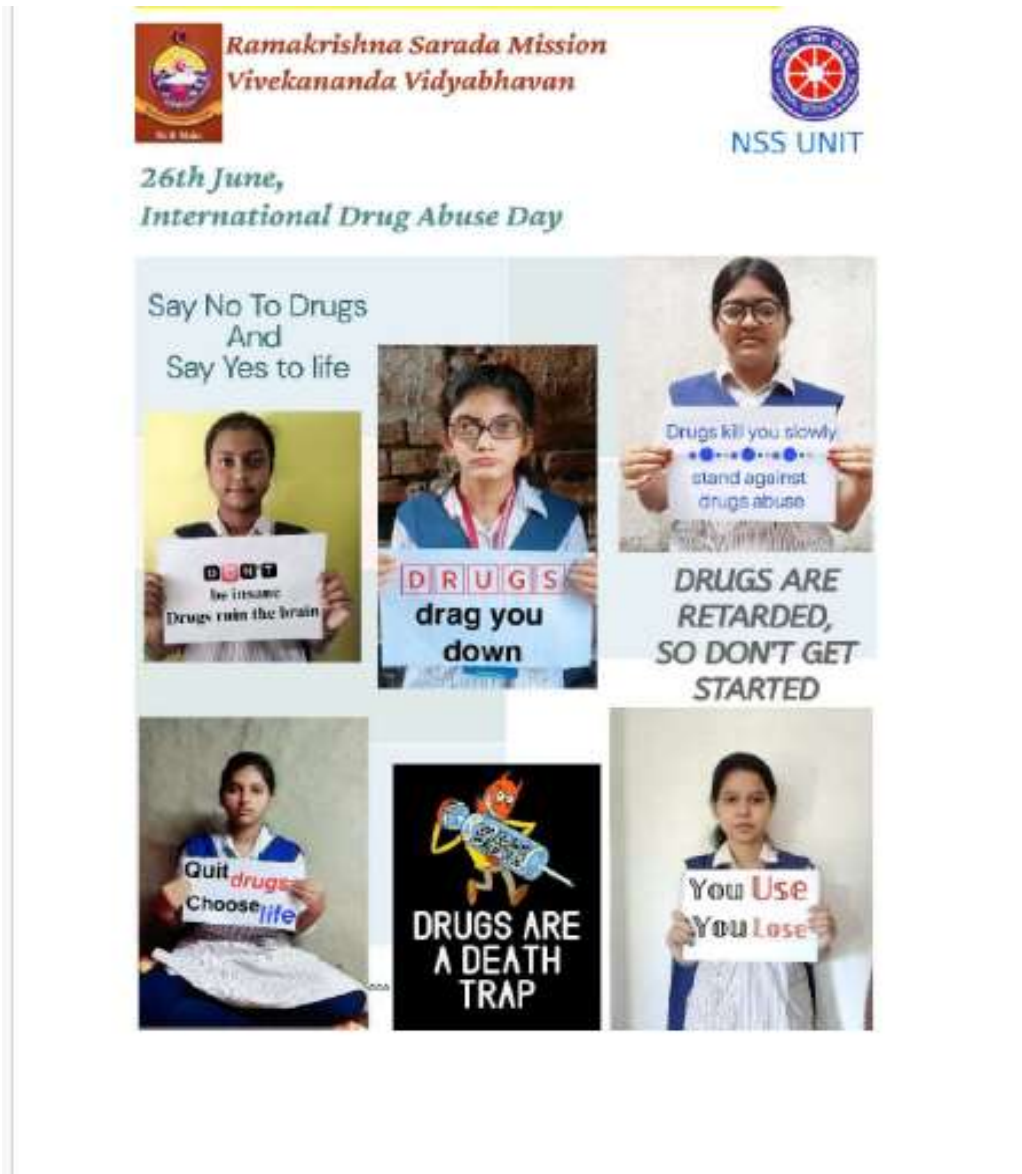
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### 13. Participation of PO Dr. Sanghamitra Mukherjee in Workshop on Swachata Action Plan On 14<sup>th</sup> June, 2020





## 14. International Drug Abuse Day



**SAY NO TO DRUGS, SAY NO TO ADDICTION**

Photo collage made by NSS volunteers

International Drug Abuse Day was celebrated by making online posters on 26<sup>th</sup> June, 2020.



**Outcome: Community engagement** in the creation of online posters for International Drug Abuse Day can be highly impactful, fostering awareness and education. Here are key aspects of how this engagement unfolds:

- 1. Educational Campaigns:** Our NSS volunteers participated in the International Drug Abuse Day by creating informative posters. This not only educated the students but also spreaded awareness within the college community. These posters typically highlight the dangers of drug abuse, prevention methods, and support resources available for those struggling with addiction.
- 2. Social Media Outreach:** Community organizations and individuals use social media platforms to share their posters. By doing so, they can reach a broader audience, spreading the message to a wider demographic.
- 3. Family and Peer Groups:** Encouraging families and peer groups to participate in creating and sharing posters can amplify the message. This personal level of engagement helps to start conversations about drug abuse and its prevention within close-knit groups.

These various forms of community engagement help to spread awareness about drug abuse, promote prevention, and support those in need by creating a supportive and informed community environment.

### **15. International Yoga Day 2020**

International Yoga Day was virtually observed by the NSS Unit, RKSMVV on June 21st, 2021. It provides an excellent opportunity for college students to engage in yoga practices from the comfort of their homes. This day emphasizes the physical, mental, and spiritual benefits of yoga, encouraging students to integrate these practices into their daily routines. During the pandemic, the observance of International Yoga Day at home by college students became particularly significant. With lockdowns and social distancing measures in place, traditional group activities and in-person classes were not feasible, making home-based yoga practices essential for maintaining physical and mental health. NSS volunteers were instructed to practice yoga at home.

**Outcome:** Practicing yoga at home during the pandemic helped students cope with the stress and uncertainty of the times. It provided a structured routine, physical exercise, and mental relaxation, which were crucial for managing anxiety, maintaining fitness, and fostering a sense of normalcy. The flexibility to practice at any time also made it easier for students to integrate yoga into their daily schedules, enhancing their overall well-being during a challenging period.



**YOGA: MANTRA OF GOOD LIFE AND HEALTH**



**NSS volunteer practising Yoga at home**





**NSS volunteer practising Yoga at home**



## Activities of 2020-21

### 1. Teaching, Learning and Evaluation in Virtual Platform: Issues and Challenges

Category:- International Webinar

Organising Unit:- NSS Unit & IQAC ,RKSMVV in association with NSS Cell, West Bengal State University

Date:- 17.8.20

Time:- 4.30pm

Number of students: 225

Number of teachers/ Resource person:- 3

Name of Resource Persons:

1. Dr. Siddhartha Sankar Saha, Professor and Dean(Interim), Faculty Council for Post Graduate Studies in Commerce, Social Welfare and Business Management, University of Calcutta
2. Dr. Sandeep Poddar Senior Research Director & Executive Editor - Publications Lincoln University College, Malaysia.
3. Dr. Pranam Dhar, Professor Department of Commerce and Management and Programme Coordinator, NSS, West Bengal State University.

Number of Beneficiaries:- 220

Brief description of the Event: - NSS unit and IQAC of RKSMVV organized a webinar on Teaching, Learning and Evaluation in Virtual Platform: Issues and Challenges in association with NSS Cell, West Bengal State University. Dr. Siddhartha Sankar Saha was the Key Note Speaker. Dr. Sandeep Poddar discussed Cognitive Learning and Virtual Platform. Dr. Pranam Dhar talked on 'Multi-modal Literacy on a Digital Platform in the New Normals' along with some hands-on training. The question - answer session was an enriching one where the participants asked several questions regarding the topic which were thoroughly answered by the speakers.

Programme Outcome: - The programme outcome of the webinar include:

- Enhanced understanding of virtual teaching tools and techniques.
- Improved strategies for engaging learners in online environments.
- Increased proficiency in assessing student learning outcomes remotely.
- Development of adaptable approaches to virtual teaching challenges.
- Strengthened collaboration among educators for virtual best practices sharing.



# Ramakrishna Sarada Mission Vivekananda Vidyabhavan

33, SRI MAA SARADA SARANI, DUM DUM, KOLKATA- 700055  
WEBSITE: [www.rkmsvv.ac.in](http://www.rkmsvv.ac.in), Email: [rkms.college@gmail.com](mailto:rkms.college@gmail.com), Phone: 033-2551 3452


**RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN**


**ONE DAY INTERNATIONAL WEBINAR:**  
**TEACHING, LEARNING & EVALUATION IN**  
**VIRTUAL PLATFORM - ISSUES AND CHALLENGES**


**ORGANIZED BY**  
**NSS UNIT & IQAC, RKSMVV**


**IN ASSOCIATION WITH**  
**NSS CELL, WEST BENGAL STATE UNIVERSITY**


**REGISTRATION FREE**


**CHIEF PATRON**  
  
*Prof. Basab Chaudhuri*  
*Hon'ble Vice Chancellor*  
*West Bengal State University*


**PATRON**  
  
*Pravratiha Bhaswaraprana*  
*Principal, RKSMVV*

**JOINT SECRETARIES**  
  
*Dr. Pranam Dhar*  
*PC, NSS, WBSU*

  
*Dr. Sanghamitra Mukherjee, PO,*  
*NSS, RKSMVV*

**Keynote Address**  
  
*Dr. Siddhartha Sankar Saha*  
*Professor and Dean (Interim),*  
*Faculty Council for Post*  
*Graduate Studies in Commerce,*  
*Social Welfare and Business*  
*Management, University of*  
*Calcutta*


**SPEAKERS**  
  
*Dr. Pranam Dhar*  
*Former HOD & Chair Person*  
*Department of Commerce and*  
*Management and Programme*  
*Coordinator, NSS, West*  
*Bengal State University.*

  
*Dr. Sandeep Poddar*  
*Senior Research*  
*Director & Executive*  
*Editor - Publications*  
*Lincoln University*  
*College, Malaysia.*

**Moderator**  
**Dr. Chaiti Mitra**  
*IQAC Coordinator, RKSMVV*

**RSVP : 9051550110**  
**9331270384**

**Date- 17/08/2020 Time : 4:30 p.m**  
**Online Registration Link:-**  
<https://docs.google.com/forms/d/1u9NYco780Acs1QYarTtG9M6-i2o99A1C10d1Gj9koy7s/edit>

**Meeting Platform - Zoom** 

*& Certificates will be provided to the participants only after the submission of the feedback forms.*

Flyer Of the Webinar





## Ramakrishna Sarada Mission Vivekananda Vidyabhavan

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*Programme Schedule*  
*One Day International Webinar:*  
*Teaching, Learning & Evaluation in Virtual Platform - Issues and Challenges*

*Organised by*  
*NSS Unit & IQAC, Ramakrishna Sarada Mission Vivekananda Vidyabhavan*  
*In association with*  
*NSS Cell, West Bengal State University*  
*17th August, 2020. 4.30 pm*

<i>Time</i>	<i>Session</i>
	<i>INAUGURAL SESSION</i>
<i>4:30 pm-4:35 pm</i>	<i>Introduction: Dr. Sanghamitra Mukherjee, PO, NSS, RKSMVV</i>
<i>4:35 pm-4:40 pm</i>	<i>Welcome Address by Pravrajika Bhaswaraprana, Principal, RKSMVV</i>
<i>4:40 pm-4:50 pm</i>	<i>Inaugural Speech by Hon'ble Vice Chancellor of West Bengal State University, Prof. Basab Chaudhuri</i>
<i>4:50 pm-5:15 pm</i>	<i>Keynote Address</i> <i>Professor (Dr) Siddhartha Shankar Saha</i> <i>Professor and Dean (Interim), Faculty Council for Post Graduate Studies in</i> <i>Commerce, Social Welfare and Business Management, University of</i> <i>Calcutta</i>
<i>5:15 pm-5:45 pm</i>	<i>Dr. Sandeep Poddar</i> <i>Senior Research Director &amp; Executive Editor- Publications, Lincoln University</i> <i>College, Malaysia . Topic-Cognitive Learning and Virtual Platform.</i>
<i>5:45 pm-5:55 pm</i>	<i>Question-Answer Session</i>
<i>5:55 pm- 6:25 pm</i>	<i>Dr. Pranam Dhar</i> <i>Former HOD and Chairperson , Department of Commerce and Management,</i> <i>and Programme Coordinator NSS, West Bengal State University</i>
<i>6:25 pm-6:35 pm</i>	<i>Question-Answer Session</i>
<i>6:35 pm</i>	<i>Vote of thanks: Dr. Chaiti Mitra, IQAC Coordinator, RKSMVV</i>

### Programme Schedule of the Webinar





Participants of the Webinar



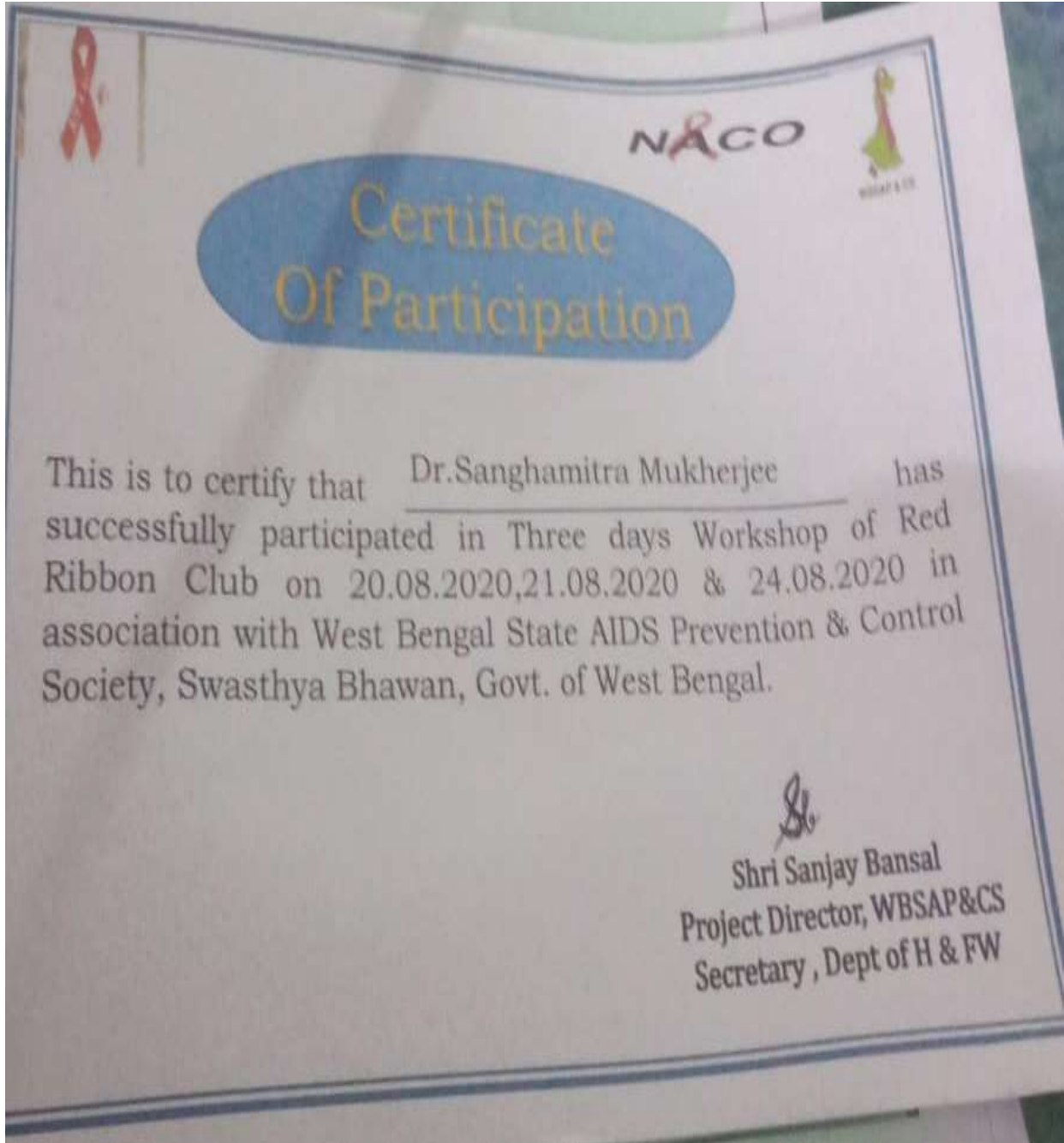
**Participants of the Webinar**



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### 2. Participation of PO in Workshop of Red Ribbon Club on 20.08.2020, 21.08.2020 and 24.08.2020



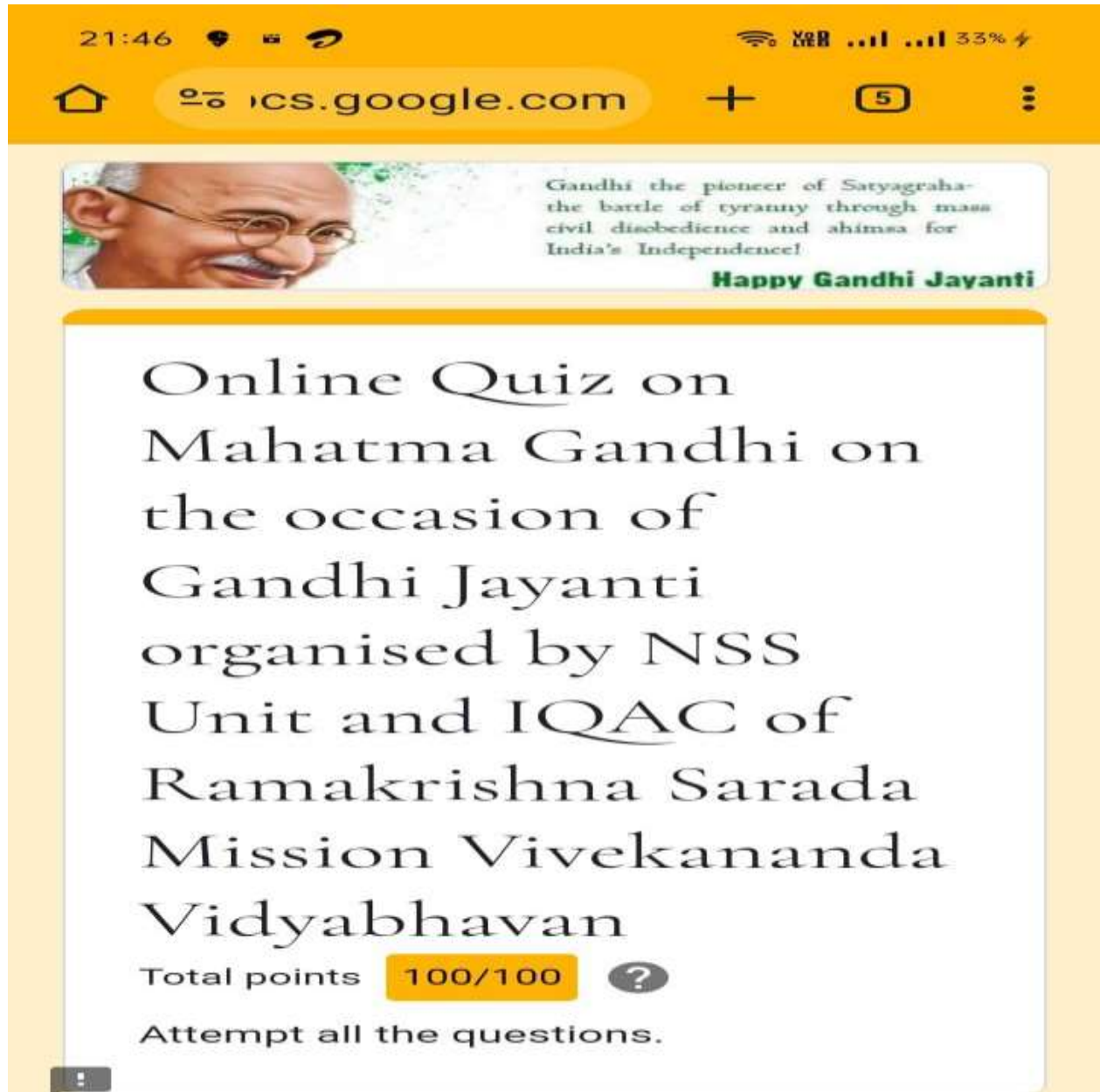




### 3. Observance of Gandhi Jayanti

The NSS unit has arranged an online quiz to observe the birth ceremony of Mahatma Gandhi On 2.10.2020. 50 students participated in the E-Quiz. E-Certificates were provided to the participants.

[https://docs.google.com/forms/d/e/1FAIpQLSeF1xQ\\_AW5-mOfHVcEhg\\_GpKt\\_I8eTmPc5WMIqYAekjVxhyQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeF1xQ_AW5-mOfHVcEhg_GpKt_I8eTmPc5WMIqYAekjVxhyQ/viewform?usp=sf_link)







The Online Gandhi Jayanti EQuiz not only served as an educational tool but also significantly engaged the **community by fostering a collective reflection on Gandhi's principles**. Here are some key aspects of community engagement observed during the event:

- 1. Educational Institutions Involvement:** Our college and some more colleges encouraged their students to participate in the quiz, integrating it into their educational activities. This engagement promoted a deeper understanding of Gandhi's philosophy among the youth
- 2. Online and Social Media Campaigns:** The event utilized social media platforms to engage a broader audience. Educational posts, quotes from Gandhi, and historical facts were shared to reach people beyond the immediate participants of the quiz, fostering a larger communal interaction and reflection on Gandhi's values.
- 3. Community Engagement:** Through these efforts, the Online Gandhi Jayanti EQuiz succeeded in creating a multifaceted engagement that not only educated participants about Gandhi's life and work but also reinforced his values within the community.

#### **4. International Day of Girl Child**

International Day of Girl Child was observed by the NSS Unit of RKSMVV by making a short video on 11<sup>th</sup> October, 2020.

The online observation of the International Day of the Girl Child by NSS (National Service Scheme) volunteers through a video-making initiative can have several positive outcomes:

- 1. Awareness and Education:** The videos can highlight issues faced by girls globally, such as gender inequality, lack of education, and child marriage. This helps raise awareness among the audience.
- 2. Empowerment:** By showcasing success stories and achievements of girls and women, the videos can inspire and empower young girls to pursue their dreams and overcome challenges.
- 3. Community Engagement:** Engaging with the community through these videos fosters a sense of solidarity and collective action towards promoting girls' rights and opportunities.
- 4. Skill Development:** NSS volunteers developed skills in video production, research, and public speaking, enhancing their personal and professional growth.

Overall, such an initiative not only commemorates the International Day of the Girl Child but also contributes to long-term positive change in society.

**You Tube Link:** [https://youtu.be/qmk8y11fMH0?si=4C\\_2qjE8q3RqstxZ](https://youtu.be/qmk8y11fMH0?si=4C_2qjE8q3RqstxZ)



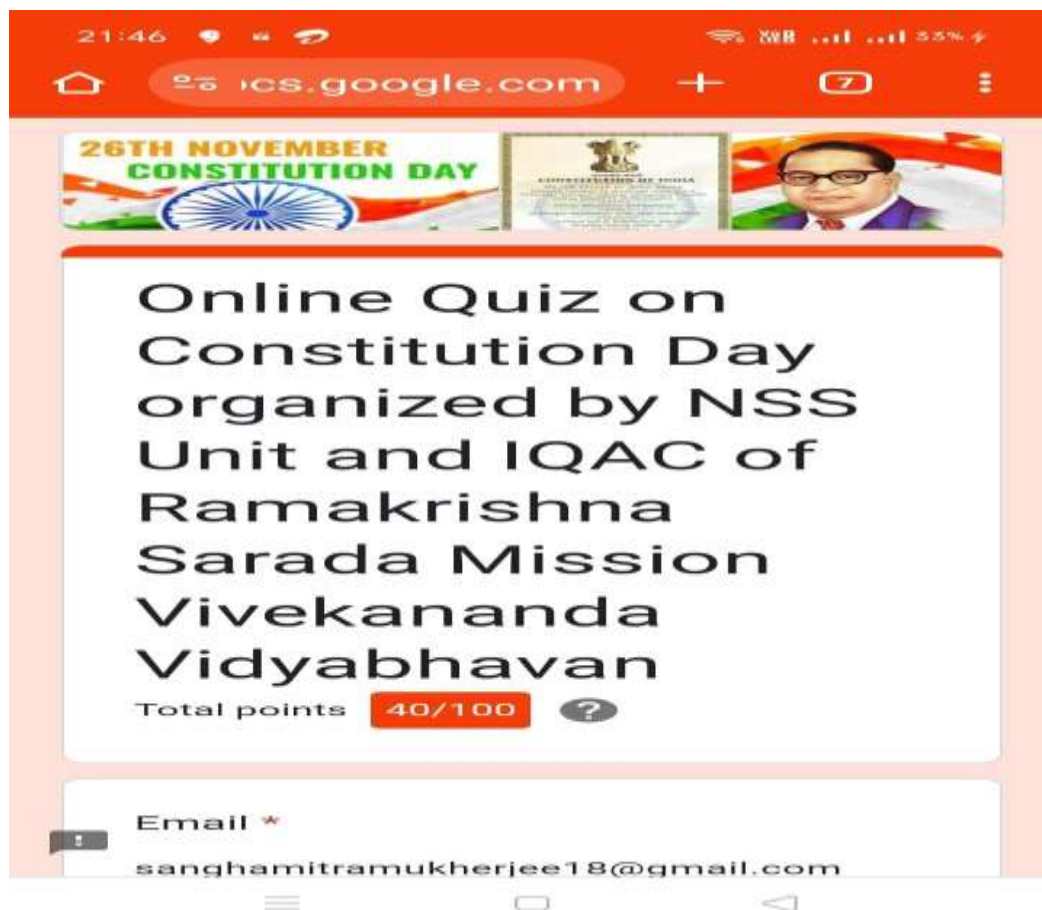


## 5. Constitution Day

Constitution Day (National Law Day), also known as Samvidhan Divas, is celebrated in India on 26th November every year to commemorate the adoption of the Constitution of India. The Constituent Assembly of India adopted the Constitution of India on 26th November 1949, and it came into effect on 26th January 1950. 26th November was chosen to spread the importance of the constitution and to spread the thoughts and ideas of Dr. Ambedkar. The NSS Unit has conducted an online quiz to increase awareness among students about the constitution. The volunteers read the preamble of the Indian Constitution and its fundamental duties as a mark of allegiance to the Indian Constitution on 26<sup>th</sup> November, 2020 and an online quiz was arranged.

### Online Quiz

[https://docs.google.com/forms/d/e/1FAIpQLSc858cnhRJK6dwgIZDOnIeyR000CwEahG2ze5nTWUi3cbbqrw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSc858cnhRJK6dwgIZDOnIeyR000CwEahG2ze5nTWUi3cbbqrw/viewform?usp=sf_link)



You Tube Link: <https://youtu.be/KR3umuH8gvM?si=Sq3A8P2nBnJ-cCB3>



Observing Constitution Day online by reading preambles can have several positive outcomes:

- 1. Educational Impact:** It raised awareness about the principles and values enshrined in the constitution. Participants gained a deeper understanding of their country's foundational document.
- 2. Civic Engagement:** Reading Preambles promoted civic responsibility and encourages people to reflect on their rights and duties as citizens.
- 3. Unity and Inclusivity:** Reading the preamble collectively fostered a sense of unity and national pride. It highlighted the inclusivity and diversity of the nation.
- 4. Historical Awareness:** It helps in appreciating the historical context and struggles involved in the formation of the constitution.
- 5. Promotion of Democracy:** It underscores the importance of democratic principles and the rule of law, reinforcing their significance in contemporary society

These outcomes can contribute to a more informed, engaged, and cohesive society.

## **6. World AIDS Day**

On 1.12.2020 World AIDS Day was celebrated through making videos and online poster.

### **Community Awareness among Peers**

World AIDS Day, observed on December 1st, aimed to raise awareness about HIV/AIDS. The programme educated the students about HIV prevention, treatment, and the importance of regular testing. The students will share the knowledge among their peers and the other community members resulting in an effective awareness among all. These outcomes help drive forward the global response to HIV/AIDS.



**Ramakrishna Sarada Mission  
Vivekananda Vidyabhavan**  
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Dum, Kolkata, West Bengal 700055



1st December, 2020  
**World AIDS Day**



### NSS UNIT



Photo collage made by NSS volunteers





### **7. Community Service on 26<sup>th</sup> January, 2021**

NSS unit has organized a short cultural programme on 26.01.2021. Four NSS volunteers and twenty local children from the adjacent slums participated in it. After the programme got over pens, pencils, copies, masks, and food packets were distributed among the children.

#### **Number of NSS volunteers-4**

The **programme outcome** of donating pens and pencils to slum children by NSS (National Service Scheme) volunteers can include several positive impacts:

- 1. Educational Support:** Providing essential stationery enhances access to education for children who may lack resources, thereby supporting their learning and school attendance.
- 2. Empowerment:** Equipping children with pens and pencils empowers them to engage actively in their studies, fostering a sense of empowerment and motivation to learn.
- 3. Community Engagement:** NSS volunteers engage directly with the community, fostering goodwill and demonstrating the importance of community service and social responsibility.
- 4. Skill Development:** Organizing such initiatives helps volunteers develop organizational skills, leadership qualities, and empathy towards underprivileged communities.
- 5. Long-term Impact:** By promoting education and supporting children's academic endeavors, the initiative contributes to breaking the cycle of poverty in the community.

Overall, donating stationery through community service not only addresses immediate needs but also nurtures a culture of giving and educational support among both volunteers and recipients.



**NSS volunteers and PO in the community programme on 26.01.21**



**Kits were distributed among slum children by NSS volunteers**



**Kits were distributed among slum children by NSS volunteers**





**Sharing is Caring**



**Kits were distributed among slum children by NSS volunteers**



### 8. Workshop on Clean Campus

NSS PO Dr. Sanghamitra Mukherjee has participated in One Day Workshop on Clean Campus Development & Waste Management Under SAP organized by West Bengal State University, NSS Cell in association with HMM College for Women, Kolkata on 27<sup>th</sup> January, 2021







### 9. West Bengal State University Foundation Day

Two NSS volunteers participated in the programme held on 26.02.2021 to celebrate the University Foundation Day at West Bengal State University.







**NSS volunteers at West Bengal State University on University Foundation Day**

### **10. World Environment Day**

To mark the celebration of World Environment Day, NSS Unit conducted a one-day e-workshop on the 'Swachhta Action Plan' on 5.6.2021. The agenda of the workshop was to create awareness of the Swachh Campus Manual. More than 30 volunteers attended the workshop. The participants were addressed by NSS PO Dr. Sanghamitra Mukherjee. The contents of the Swachh Campus Manuals was explained in detail by the speaker. A short video was made on Ecosystem Restoration, the theme of World Environment Day 2021.

**Programme Outcome:** The outcomes of online World Environment Day program can vary widely depending on the goals and activities involved. Typically, such programs aim to raise awareness about environmental issues, promote sustainable practices, and encourage **community involvement** in conservation efforts. They may include activities like webinars, virtual workshops, educational sessions, and campaigns to inspire action. Specific outcomes could include increased public awareness, policy advocacy, behavioral change towards sustainability, and fostering partnerships among stakeholders for environmental stewardship.

You Tube Link: <https://youtu.be/K85XN8q2Nrg?si=ez-G0fQ63LBtaxwt>



### 11. International Yoga Day 2021

International Yoga Day was virtually observed by the NSS Unit, RKSMVV on June 21st, 2021. It provides an excellent opportunity for college students to engage in yoga practices from the comfort of their homes. This day emphasizes the physical, mental, and spiritual benefits of yoga, encouraging students to integrate these practices into their daily routines. During the pandemic, the observance of International Yoga Day at home by college students became particularly significant. With lockdowns and social distancing measures in place, traditional group activities and in-person classes were not feasible, making home-based yoga practices essential for maintaining physical and mental health. NSS volunteers were instructed to practise yoga at home. Two videos were made by the students to illustrate several yogasanas.

**Outcome:** Practicing yoga at home during the pandemic helped students cope with the stress and uncertainty of the times. It provided a structured routine, physical exercise, and mental relaxation, which were crucial for managing anxiety, maintaining fitness, and fostering a sense of normalcy. The flexibility to practice yoga at any time also made it easier for students to integrate yoga into their daily schedules, enhancing their overall well-being during a challenging period.



**Healthy Life and Healthy Living**

**NSS volunteer was practising Yoga at home**



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NSS volunteer was practising Yoga at home

You Tube link <https://youtu.be/uZ1iL6rMOdE?si=fgBzcYX1JXB4U0HH>





## Activities of 2021-22

### 1. Observance of Independence Day

Organising unit: IQAC and NSS RKSMVV

Date: 15.08.2021

Time – 9.30am

Number of NSS volunteers – 10

Brief Description of the event – As it was the Second wave of the Covid 19 outbreak, only 15 students attended the Flag hoisting. The National Flag was hoisted by the Secretary, RKSMVV Pravrajika Pradiptaprana. Students sang the national anthem with heads held high with pride. Pravrajika Bhaswaraprana, former principal of RKSMVV delivered a lecture to the students. PO and IQAC Coordinator were present along with the volunteers.

Outcome – Students learned about their country's remarkable historical journey and the fight they are putting now in combatting the global crisis.



**PO Sanghamitra Mukherjee & NSS volunteers celebrated Independence Day**



**NSS volunteers were ready to salute our National Flag**





**NSS volunteers , PO , IQAC Coordinator and Matajis on 15.08.2021**



**Pravrajika Bhaswaraprana, our former Principal and Pravrajika Pradiptaprana Secretary, RKSMVV delivered an informative lecture to the NSS volunteers**





## 2.NSS Day Celebration

A short cultural programme was arranged online on 24<sup>th</sup> September, 2021 to celebrate the NSS day. A video was made on the several activities of the NSS Unit of our college.

You Tube Link: [https://youtu.be/UDWZhZ-R60o?si=i2ipN\\_gTf2zMu8t-](https://youtu.be/UDWZhZ-R60o?si=i2ipN_gTf2zMu8t-)

## 3.Covid Vaccination

A Covid vaccination camp was successfully held in our college campus by the NSS unit in collaboration with the Higher Education Department Govt. of West Bengal, with a significant turnout of students, staff, and teachers receiving the vaccine on 7<sup>th</sup> October, 2021. Additionally, members of the local community availed themselves of the opportunity, resulting in a total of 120 individuals being vaccinated. The active involvement of twelve NSS volunteers was instrumental in ensuring the smooth execution of the camp.

**Number of NSS volunteers-12**

**Programme Outcome:** The outcomes of a COVID vaccination camp held on a college campus can be quite impactful. Some common program outcomes include:

1. **Vaccination Coverage:** Increased vaccination rates among students, faculty, and staff, contributing to community immunity.
2. **Health Education:** Enhanced understanding of vaccine benefits, safety, and public health measures.
3. **Community Engagement:** Strengthened community spirit and cooperation in tackling public health challenges.
4. **Health Impact:** Potential reduction in COVID-19 transmission and associated illnesses within the college community.
5. **Logistical Insights:** Operational lessons learned for organizing future health-related events on campus.

These outcomes contribute to a safer campus environment and broader public health goals.



**Banner of Covid-19 Vaccination camp  
Fight Covid with Vaccination**



**People waiting for vaccination outside the room**



**Health workers**



**People were getting vaccinated**





**NSS volunteers with PO**

#### **4. New India @75 Phase-2**

The NSS unit of our college has participated in New India @75 Phase-2 in October 2021. WBSAP & CS observed a campaign in the name & style of New India@75 which was being planned to observe across the 25 schools and 25 colleges in West Bengal in two phases (Phase I & II) engaging the adolescents and youth to do the awareness campaign on HIV, Tuberculosis and Blood Donation Awareness Programme. **Our college is selected among the 25 colleges in West Bengal.**

The program was launched by NACO. Our NSS volunteers participated in the campaign and they made several posters and short videos on the three issues. Videos were made on Azadi ka Amrit Mahotsav also. **Medha Kundu**, Semester-3, Department of History was the Brand Ambassador of our college in the New India@75 Phase-II programme.

**You Tube Video on Tuberculosis Awareness:**

<https://youtu.be/bqitrMPQcHQ?si=48lnW54IbsA1aZfs>

**You Tube Video on HIV Awareness:**

[https://youtu.be/4Bk\\_O YYSI8?si=8Nn8DFfmVROL\\_KPf](https://youtu.be/4Bk_O YYSI8?si=8Nn8DFfmVROL_KPf)

**You Tube Video on Blood Donation Awareness:**

[https://youtu.be/XHj\\_s1SJy8s?si=H-vgh4C5x9aa7Tds](https://youtu.be/XHj_s1SJy8s?si=H-vgh4C5x9aa7Tds)



**Programme Outcome** Awareness programs on HIV, tuberculosis (TB), and blood donation conducted by National Service Scheme (NSS) volunteers often have several positive outcomes, including:

**1. Enhanced Knowledge and Awareness:** Increased understanding of HIV, TB, and the importance of blood donation among participants and dispelling myths and misconceptions about these diseases and blood donation.

**2. Positive Behavioral Changes:** Encouragement of safer health practices, such as using protection to prevent HIV transmission, seeking timely medical advice for TB symptoms, and understanding the safety and necessity of blood donation. Reduction in risky behaviors that contribute to the spread of HIV and TB.

**3. Increased Testing and Screening:** Higher rates of voluntary testing for HIV and TB, leading to early detection and treatment. Improved awareness of the importance of regular health check-ups.

**4. Stigma Reduction:** Reduction in stigma and discrimination against individuals living with HIV or TB. Greater acceptance and support for people who are affected by these conditions within the community.

**5. Improved Community Health:** Higher participation in blood donation drives, leading to a more robust and reliable blood supply. Better overall health outcomes due to early detection and treatment of HIV and TB.

**6. Empowered Volunteers:** NSS volunteers gain valuable experience in organizing and conducting awareness campaigns, enhancing their communication, leadership, and organizational skills. Volunteers become more informed advocates for health issues in their communities.

**7. Community Engagement:** Strengthening community networks and partnerships with local health organizations and authorities. Promoting a culture of volunteerism and community service.

**8. Sustainability:** Establishing ongoing education and support systems within the community to continue the efforts initiated by the awareness programs.

Overall, these programs contribute significantly to public health by raising awareness, changing behaviors, and building supportive community environments.



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Poster made by NSS volunteer on Blood Donation Awareness













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## TUBERCULOSIS

### SYMPTOMS

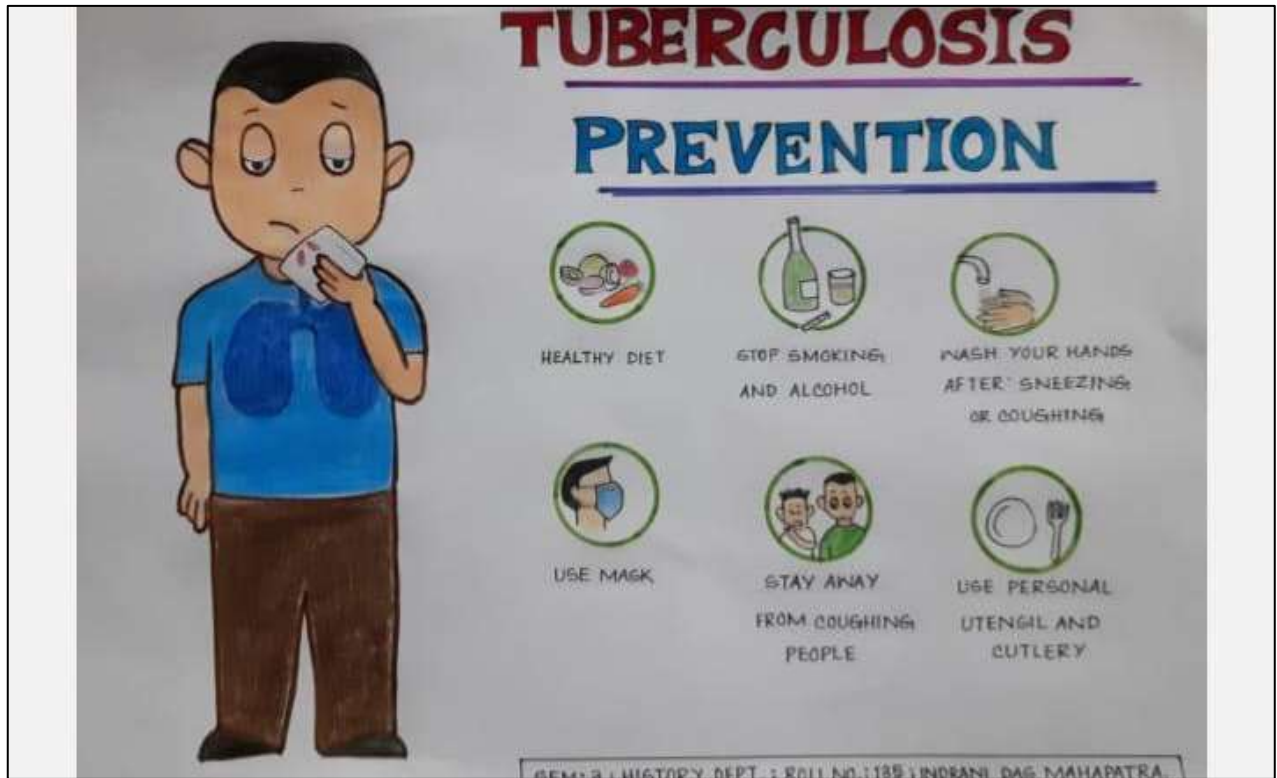
 Loss of appetite	 Cough	 Chest pain	 Heat
 Weakness	 Weight loss	 Hemoptysis	 Increased sweating

### PREVENTIVE MEASURES

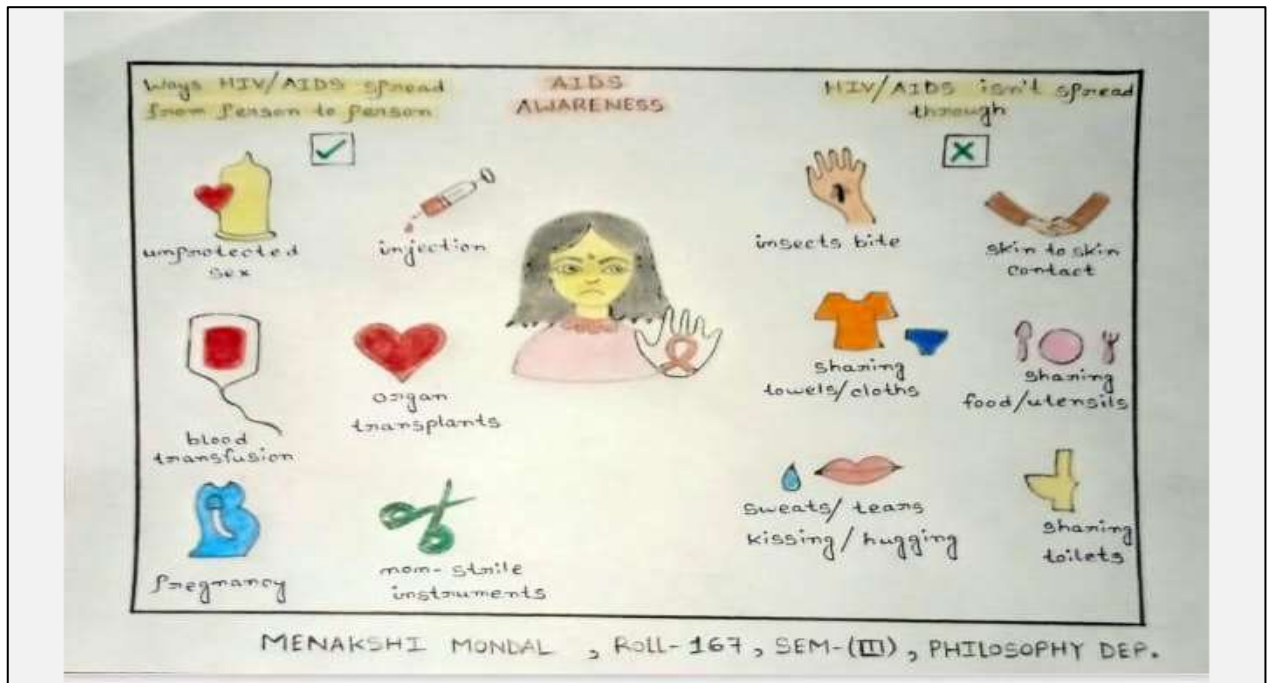
 vaccination	 healthy diet	 vitamins	 flu and cough relief	 avoid contact with sick people	 no smoking
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Name - Jayanta Seth    Roll - 165    Department - philosophy  
College - Ramakrishna Sarada Mission Vivekananda Vidyabhavan.

Poster made by NSS volunteer on Tuberculosis Awareness



Poster made by NSS volunteer on Tuberculosis Awareness



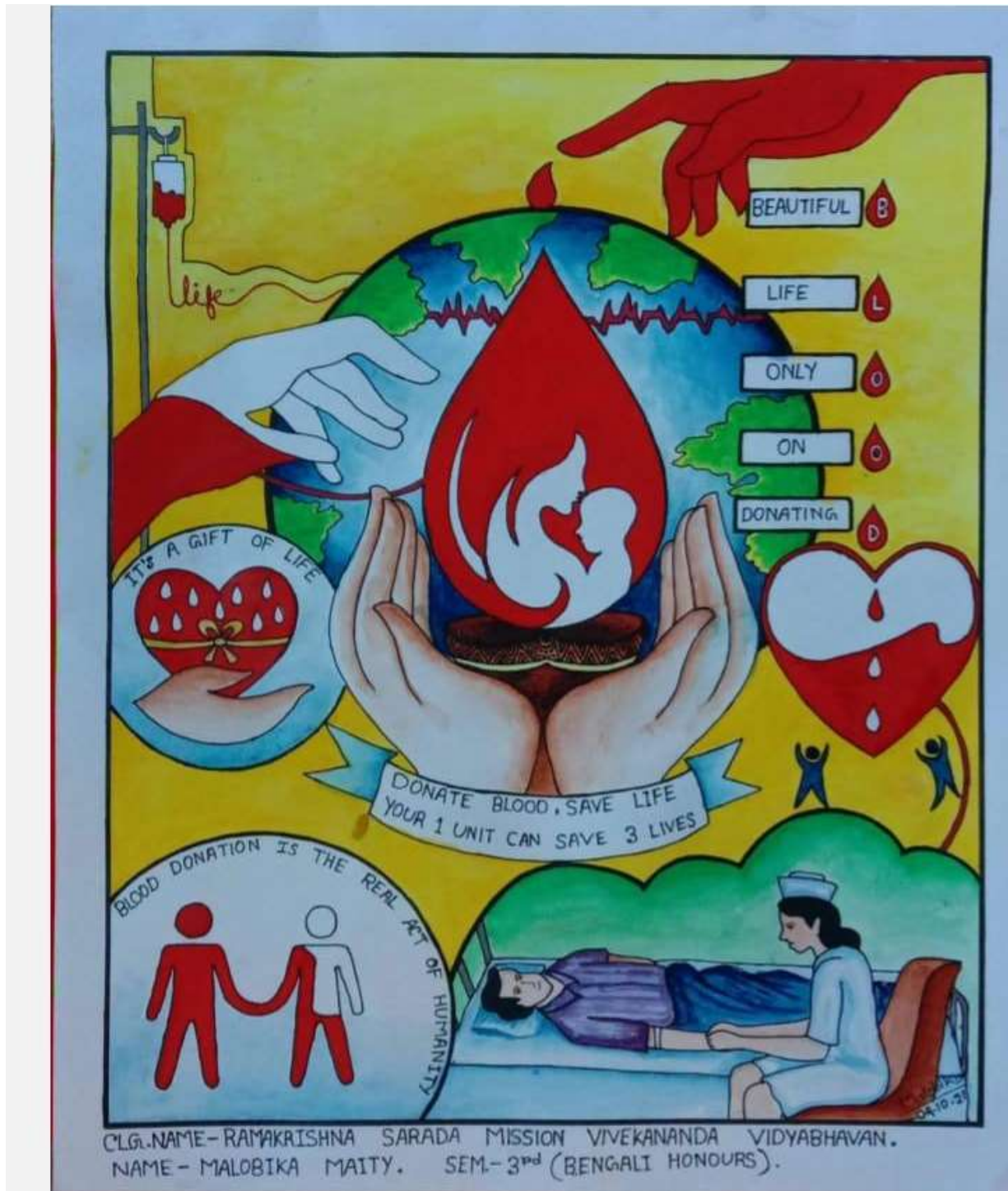
Poster made by NSS volunteer on AIDS Awareness





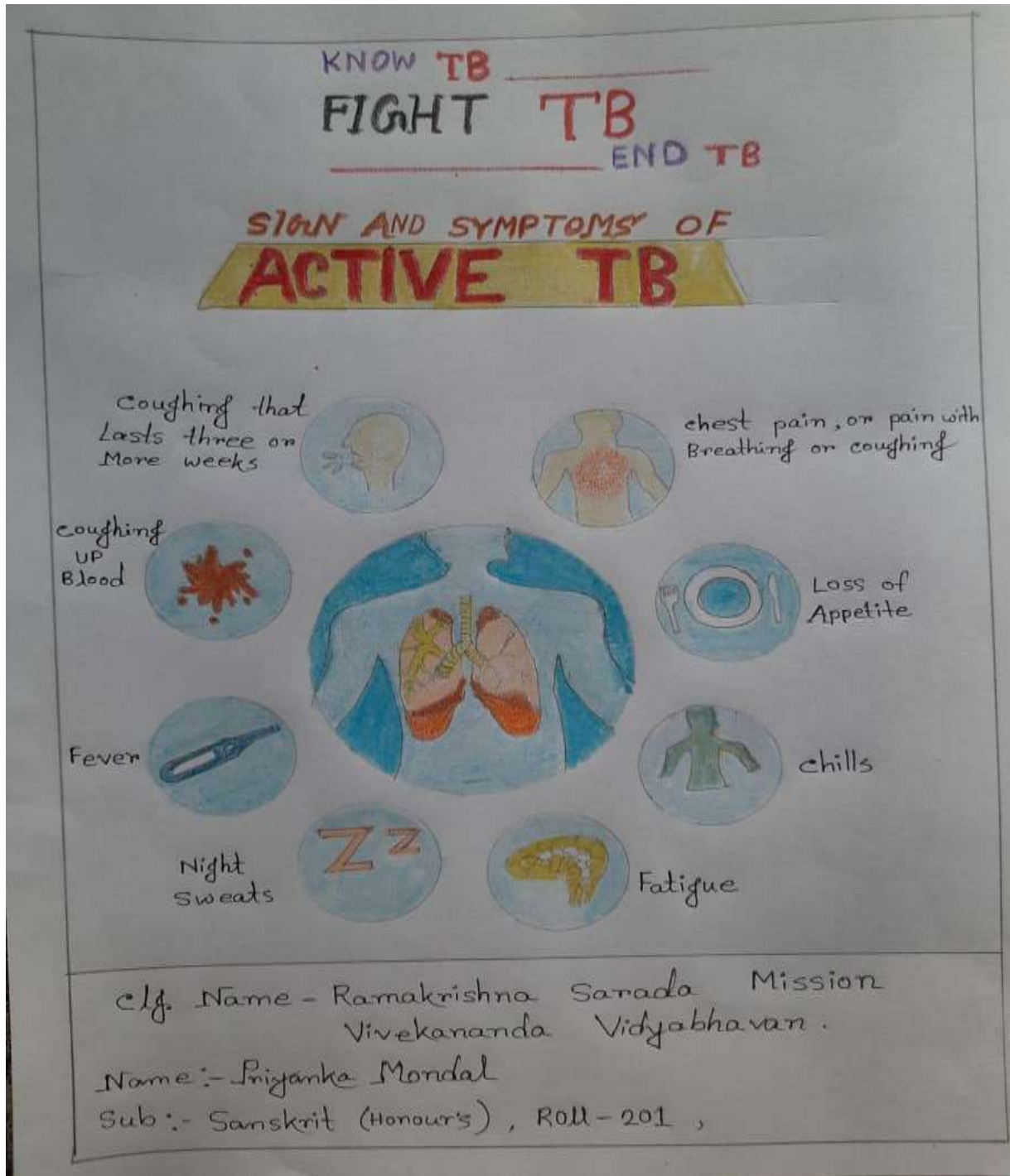
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Poster made by NSS volunteer on Tuberculosis Awareness





Poster made by NSS volunteer on Tuberculosis Awareness



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Poster made by NSS volunteer on Blood Donation Awareness



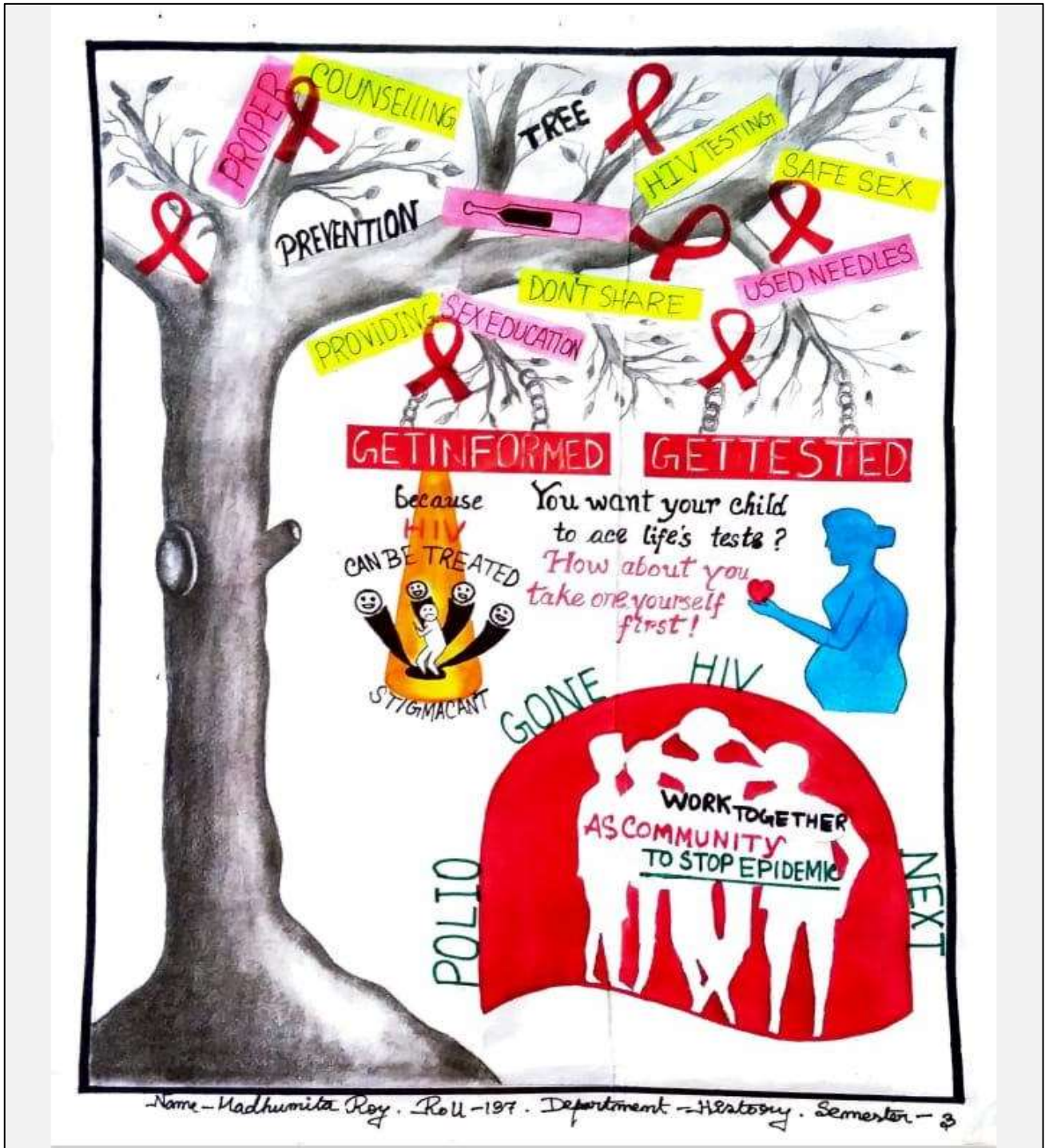
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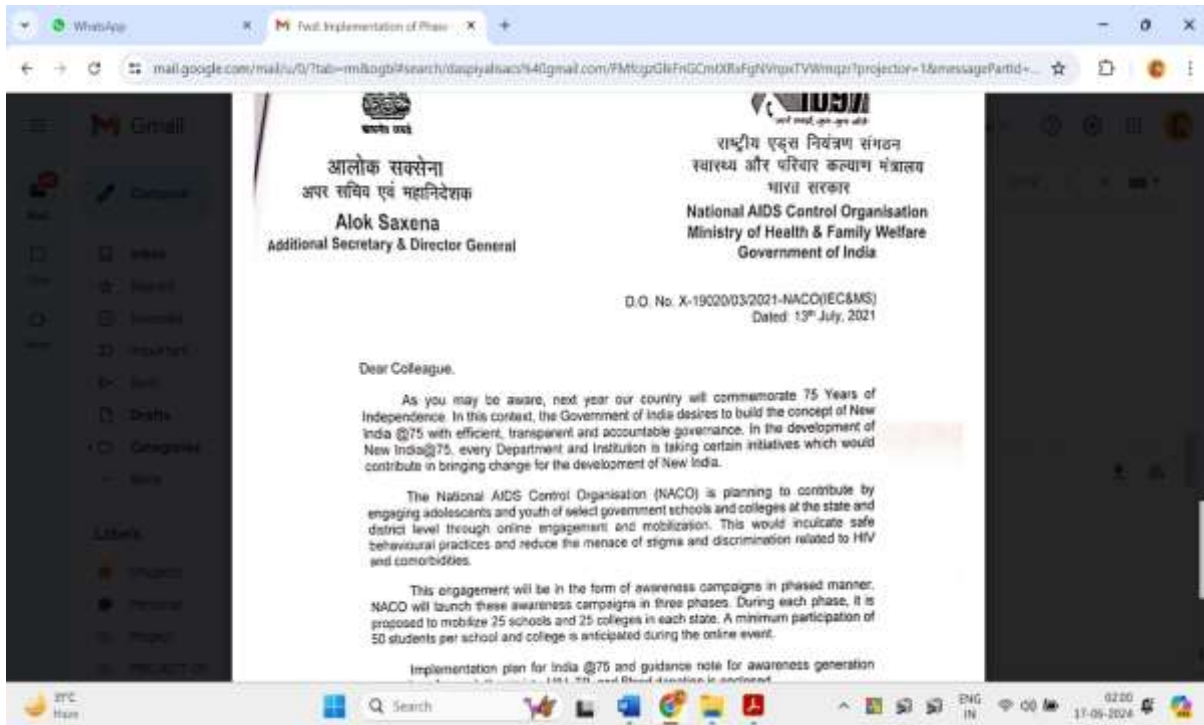
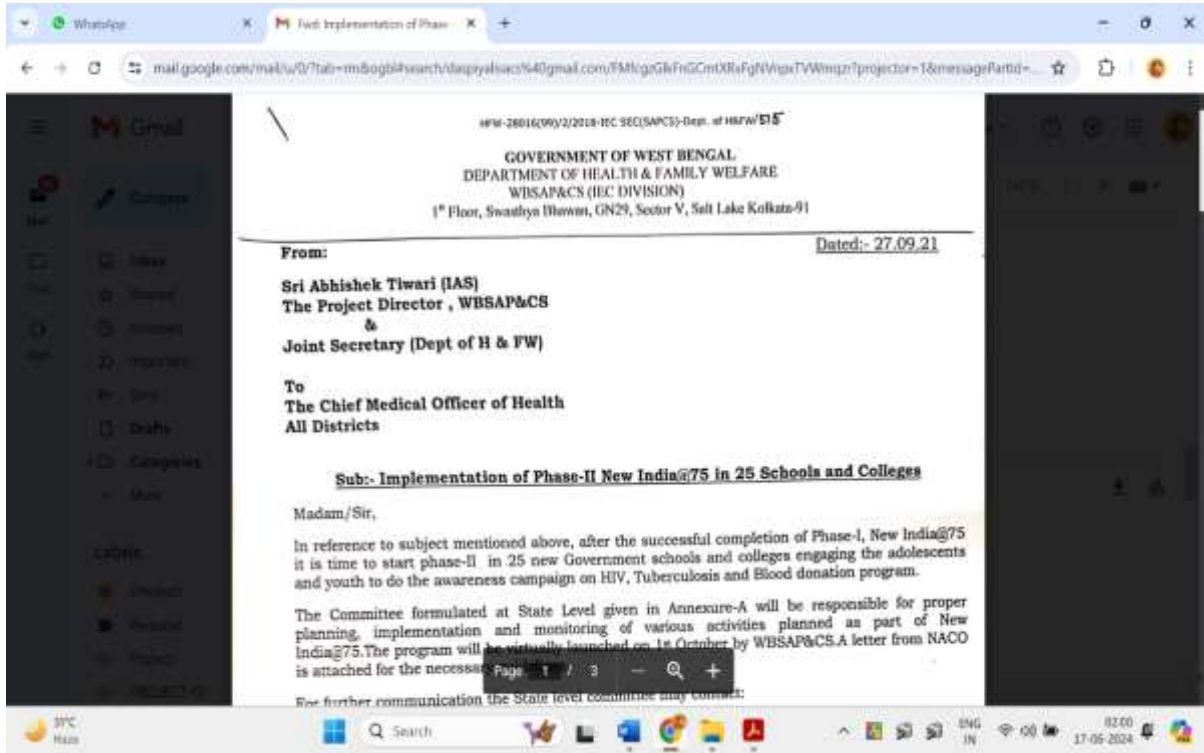


Poster made by NSS volunteer on AIDS Awareness



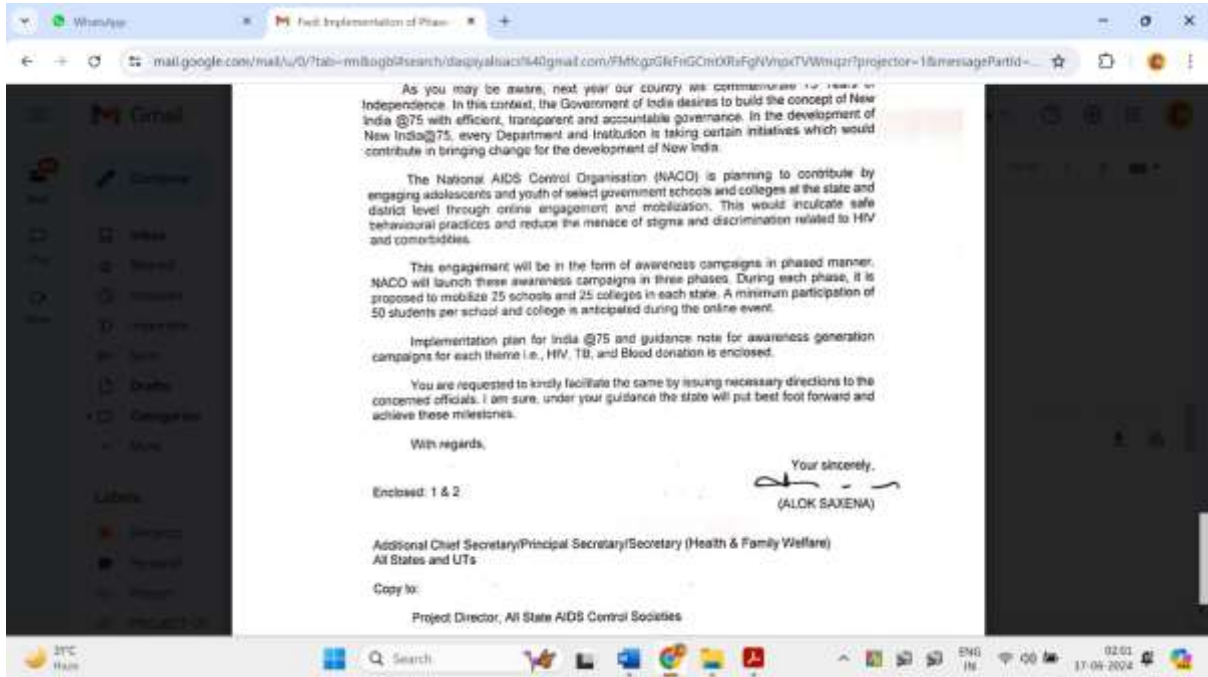


Poster made by NSS volunteer on AIDS Awareness



New India 75 letters

*P. Vedavapriana*  
 Principal  
 Ramakrishna Sarada Mission  
 Vivekananda Vidyabhavan



HPW-28016(99)/2/2018-IEC SEC(SAPCS)-Dept. of H&FW/373/1(15)

**GOVERNMENT OF WEST BENGAL**  
**DEPARTMENT OF HEALTH & FAMILY WELFARE**  
**WBSAP&CS (IEC DIVISION)**  
 1<sup>st</sup> Floor, Swasthya Bhawan, GN29, Sector V, Salt Lake Kolkata-91

19	Govt College of Engineering & Ceramic Technology	Kolkata
20	R.K Sarada Mission Vivekananda Vidyabhawan	Kolkata
21	Vidyasagar University	Purba Medinipur
22	Belda College	Medinipur
23	Burdwan University	Burdwan
24	Ananda Chandra College	Jalpaiguri
25	Maynaguri College	Jalpaiguri

Email stating the name of our college to participate in New India 75






## 5.Red Road Parade

Two of our NSS volunteers have participated in the selection of volunteers for the Republic Day Parade on 23.12.21, though they were not selected at final.

1

**West Bengal State University**

  
NATIONAL SERVICE SCHEME (NSS) CELL

*Prof. Pranam Dhar*  
Programme Coordinator

Ref. : NSS/PC/WBSU/State-PRD/01-2021 Date : 19.12.2021.

**To**  
**Dr. Rama Prasad Bhattacharyya**  
Hon'ble Joint Director of Public Instruction (UGC & NGC),  
State NSS Officer,  
Government of West Bengal  
Department of Higher Education,  
Bikash Bhavan,  
Salt Lake,  
Kolkata, W.B.

**Sub. : Nomination of the NSS Volunteer and Programme Officer/s for the State Republic Day Selection Camp to be held at Bidhan Sishu Udyan, near Kankurgachi, Bidhannagar, Kolkata on 23.12.2021. from 10.00 a.m. onwards**

Sir,-  
With reference to your official communication NO-31(25)/EH(NSS)13P-70/2014 dated 16<sup>th</sup> December, 2021 for the State-Republic Day Parade Selection Camp to be held on 23.12.2021. at Dr. Bidhan Chandra Ray Sishu Uddyan, Kankurgachi near Hudco-Ultadanga Crossing from 10.00 a.m. onwards, I am sending the following as nominated:

**Details of the Programme Officers**

SL. NO.	NAME	GENDER	INSTITUTION	MOBILE
1	Prof. Munmun Kundu	FEMALE (P.O.)	Hiralal Mazumdar Memorial College for Women	9830170387
2	Prof. Bidhan Baidya	MALE (Nominee of the Prog. Coordinator - NSS, WBSU)	Hiralal Mazumdar Memorial College for Women	9331270384

**Details of the Nominated NSS Volunteers**

Sl. No.	Name	College/Institution	WhatsApp No.	Gender	Email ID
1	Tonmoy paul	BHAIRAB GANGULY	801770228	MALE	<a href="mailto:tonmoypaul756@gmail.com">tonmoypaul756@gmail.com</a>

P.O. Berunanpukuria, Malikapur, Barasat, Kolkata – 700126. 1  
Phone : (033) 2524-1975-79  
website : [www.wbsubregistration.org](http://www.wbsubregistration.org)  
email : [pranamdharit@yahoo.com](mailto:pranamdharit@yahoo.com)



## West Bengal State University

2



### NATIONAL SERVICE SCHEME (NSS) CELL

*Prof. Pranam Dhar*  
Programme Coordinator

		COLLEGE			
2	Rupashree Bhattacharyya	BHAIRAB GANGULY COLLEGE	869747059	FEMALE	<a href="mailto:ruparanaghat97@gmail.com">ruparanaghat97@gmail.com</a>
3	Noorjahan Khatun	SAROJINI NAIDU COLLEGE FOR WOMEN	905164825	FEMALE	<a href="mailto:khatunnoor567@gmail.com">khatunnoor567@gmail.com</a>
4	Dibyani Bhattacharjee	SAROJINI NAIDU COLLEGE FOR WOMEN	62890376	FEMALE	<a href="mailto:1612dibyani@gmail.com">1612dibyani@gmail.com</a>
5	Shahin Akhtar Mondal	BASIRHAT COLLEGE	6294058089	MALE	
6	ANISH MONDAL		7501672278	MALE	<a href="mailto:anishmondal8759327441@gmail.com">anishmondal8759327441@gmail.com</a>
7	Janayitri Mandal	RKSMVV	9475221676	FEMALE	<a href="mailto:janayitri17@gmail.com">janayitri17@gmail.com</a>
8	Parbati Saren	RKSMVV	9832317558	FEMALE	<a href="mailto:parbatisaren2001@gmail.com">parbatisaren2001@gmail.com</a>
9	ELIUS MOLLA		8334875768	MALE	
10	Nagma Rezwan		8240031178	FEMALE	
11	Prantika Ghosh	BARRACKPORE RASTRAGURU SURENDRANATH	9836701257	FEMALE	<a href="mailto:Prantikaghosh2002@gmail.com">Prantikaghosh2002@gmail.com</a>

P.O. Berunanpukuria, Malikapur, Barasat, Kolkata – 700126.  
Phone : (033) 2524-1975-79  
website : [www.wbsubregistration.org](http://www.wbsubregistration.org)  
email : [pranamdharit@yahoo.com](mailto:pranamdharit@yahoo.com)

2

**Confirmation Email stating the names of our NSS volunteers at Red Road Parade**



## 6. World AIDS Day

The National Service Scheme (NSS) volunteers organized a significant event commemorating World AIDS Day. The event aimed to raise awareness about AIDS and its prevention strategies among the community members. The event commenced with an inaugural address by our Principal Pravrajika Vedarupaprana, emphasizing the importance of understanding HIV/AIDS and combating stigma associated with it. This was followed by informative sessions conducted by NSS PO Dr. Sanghamitra Mukherjee, who shed light on the prevention of HIV/AIDS. Some volunteers presented paper on transmission, symptoms and treatment of AIDS. The event concluded with a pledge-taking ceremony, where participants vowed to spread awareness and support individuals affected by HIV/AIDS. Overall, the World AIDS Day event organized by NSS volunteers proved to be an enlightening and impactful initiative in the ongoing fight against HIV/AIDS.

**Number of NSS volunteers-8**

### Programme Outcome

The celebration of World AIDS Day by NSS (National Service Scheme) volunteers typically aims to raise awareness about HIV/AIDS, promote prevention measures, and reduce stigma associated with the disease. Here are some potential outcomes of such a program:

- 1. Increased Awareness:** Through seminars, workshops, and informational sessions, participants gain a better understanding of HIV/AIDS, its transmission, and prevention methods.
- 2. Reduced Stigma:** By engaging with the community and sharing accurate information, NSS volunteers can help reduce the stigma and discrimination faced by people living with HIV/AIDS.
- 3. Enhanced Knowledge:** Distribution of educational materials such as pamphlets, brochures, and posters can help disseminate crucial information about HIV/AIDS to a broader audience.
- 4. Community Engagement:** Events such as rallies, street plays, and health camps can foster community involvement and encourage collective action in the fight against HIV/AIDS.
- 5. Promotion of Testing and Treatment:** Encouraging people to get tested and seek treatment can lead to early detection and better management of the disease.
- 6. Support Networks:** Creating support groups or connecting individuals to existing resources can provide emotional and practical support to those affected by HIV/AIDS.
- 7. Behavioral Change:** Awareness programs can lead to behavioral changes, such as increased use of protection during sexual activity and reduced risky behaviors.
- 8. Youth Involvement:** Engaging young volunteers in such initiatives can instill a sense of responsibility and activism in addressing public health issues.





By organizing and participating in these activities, NSS volunteers can make a significant impact in their communities, contributing to the global efforts to combat HIV/AIDS.



**PO was giving speech on prevention of AIDS**





**NSS volunteer was describing symptoms of AIDS**



**Pravrajika Vedarupaprana, Principal of the college delivered an exhaustive lecture on awareness of AIDS and community engagement**



**NSS Volunteers with Principal and PO (Posters made by NSS volunteers were displayed on the soft board)**


**You Tube Link: [https://youtu.be/43TErJ5zEHk?si=DEdVaqNOGDvj\\_xES](https://youtu.be/43TErJ5zEHk?si=DEdVaqNOGDvj_xES)**



## 7. Essay Writing by NSS volunteers as part of 25<sup>th</sup> National Youth Festival

Our 30 NSS Volunteers participated in the Essay Writing Competition as a part of National Youth Festival organized by Department of Youth Affairs, Ministry of Youth Affairs and Sports, Govt. of India.

भारत सरकार  
युवा कल्याण एवं खेल विभाग  
राष्ट्रीय सेवा योजना क्षेत्रीय निदेशालय  
3, चर्च रोड, कोलकाता - 700 001  
दूरभाष : 033 2243 9233  
ई-मेल : rdnskolkata@gmail.com  
kolkata.nss@nic.in

  
सत्यमेव जयते

Government of India  
Ministry of Youth Affairs & Sports  
Regional Directorate of NSS  
3, Church Lane, Kolkata - 700 001  
Phone : 033 - 2243 9233  
E-mail : kolkata.nss@nic.in  
rdnskolkata@gmail.com

F.NO-16-1/NSS/RD/KOL/ 2021-2022/ 3865 - 3851 Dated the 20<sup>th</sup> December, 2021

To

The Programme Coordinator, NSS  
All Universities/ Institutions/ +2 Council of West Bengal  
West Bengal

**Sub- Essay Writing by NSS Volunteers as part of 25th National Youth Festival – Regarding.**

Madam/ Sir,

It is to inform you that the Department of Youth Affairs, Ministry of Youth Affairs & Sports, Govt. of India organizes National Youth Festival every year to celebrate the Birth Anniversary of Swami Vivekananda from 12-16<sup>th</sup> January. In 2022 National Youth Festival will be organized at Puducherry.

In this regard this year Department of Youth Affairs, Ministry of Youth Affairs & Sports, Govt. of India has decided to organize essay competition among NSS volunteers across the country. The best essay writing would be selected and will be shown in the event of 25th National Youth Festival 2022.

The topic of the essay are stated below:


**Topic: 1. India of my dreams in 2047 (2047 में मेरे सपनों का भारत)**  
**2. Azadi ka Amrit Mahotsav- Unsung heroes of the freedom struggle (आज़ादी का अमृत महोत्सव – स्वतंत्रता संघर्ष के गुलामत शायक)**

**While writing the essay following points should be followed:**

1. Language: Either Hindi (Mangalam Font size 12) or English (Times new Roman font size 12)
2. Maximum words 300
3. There will be grading of essay on the scale of 1-5.
4. Grading will be done on the basis of content, language, clarity of thought and innovative ideas.

You are therefore requested to circulate the message under your jurisdiction and collect the essay writings of maximum NSS volunteers under your jurisdiction on the above stated topic & send to this Office within 22<sup>nd</sup> December, 2021 positively for onward submission to the Ministry.

Further, you are requested to look into the matter treating the matter as Most Urgent as this matter is scrutinized by the Hon'ble Secretary, Dept. of Youth Affairs.

Yours faithfully  
  
(Vinay Kumar)  
Regional Director

Encl. a. a.

Copy to: 1. The Director, NSS, Min. of Youth Affairs & sports, Govt. of India, New Delhi-01  
2. The State NSS Officer, Dept. of Higher Education, Govt. of West Bengal.

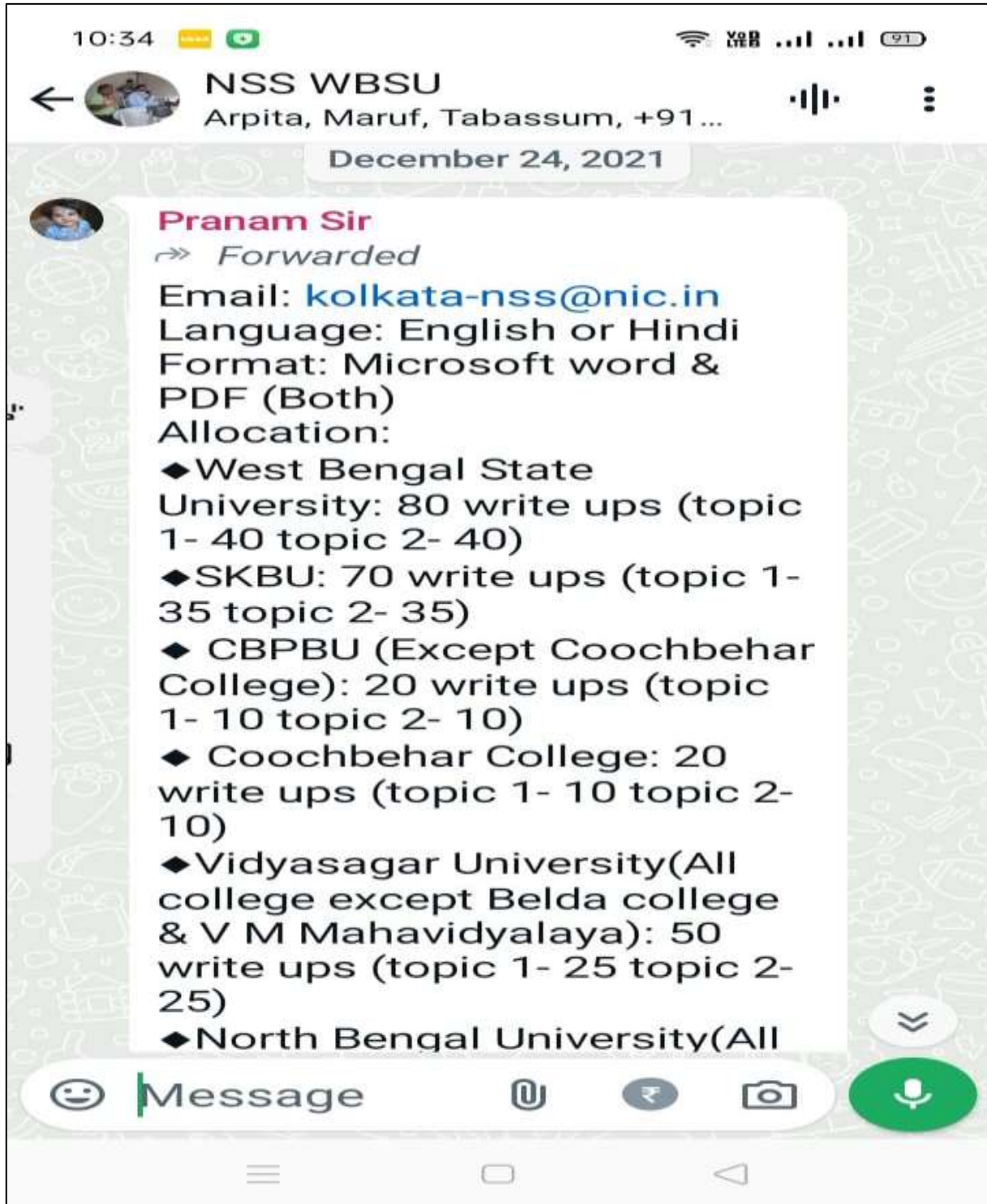




## Ramakrishna Sarada Mission Vivekananda Vidyabhavan

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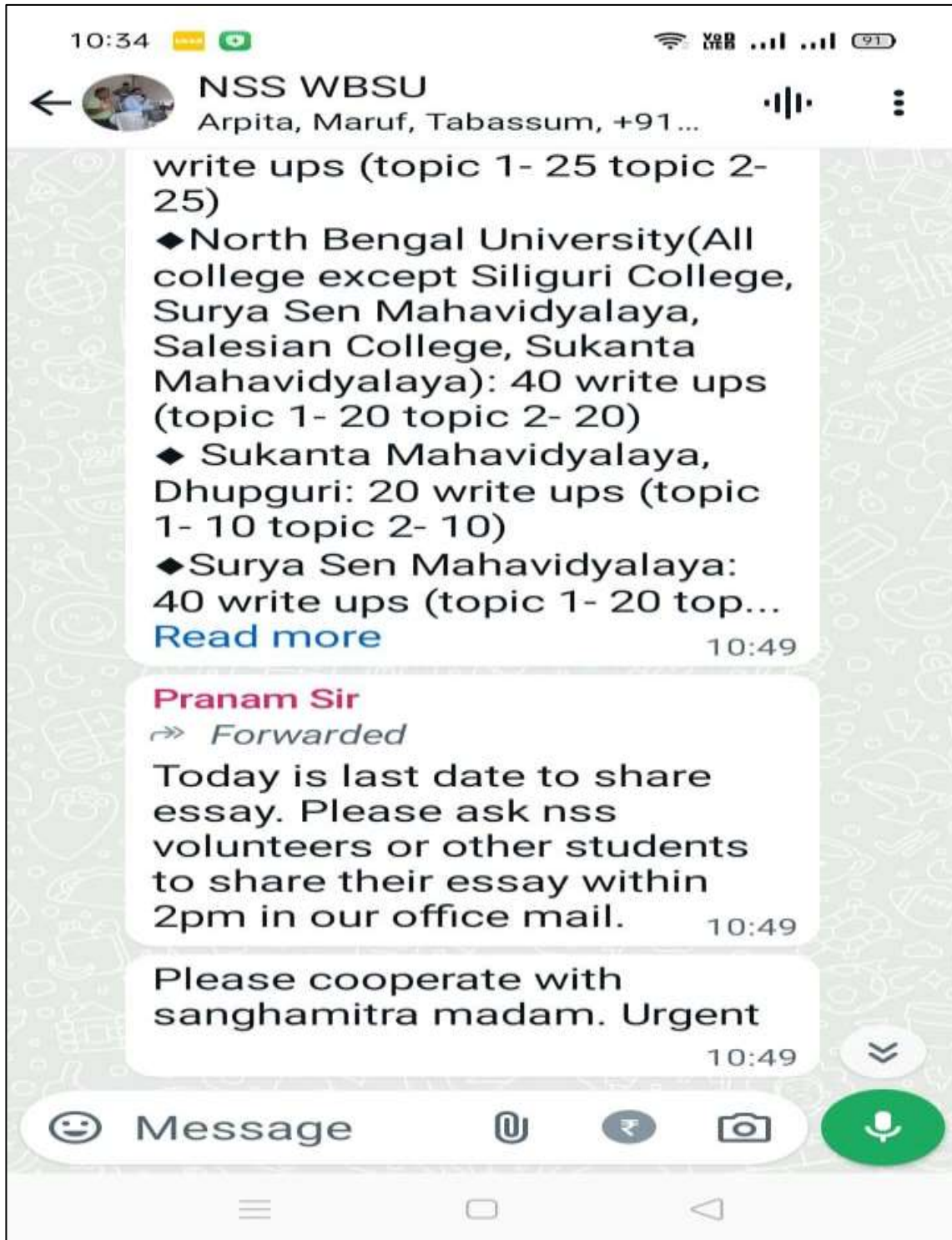
### Letter from MHRD for essay competition





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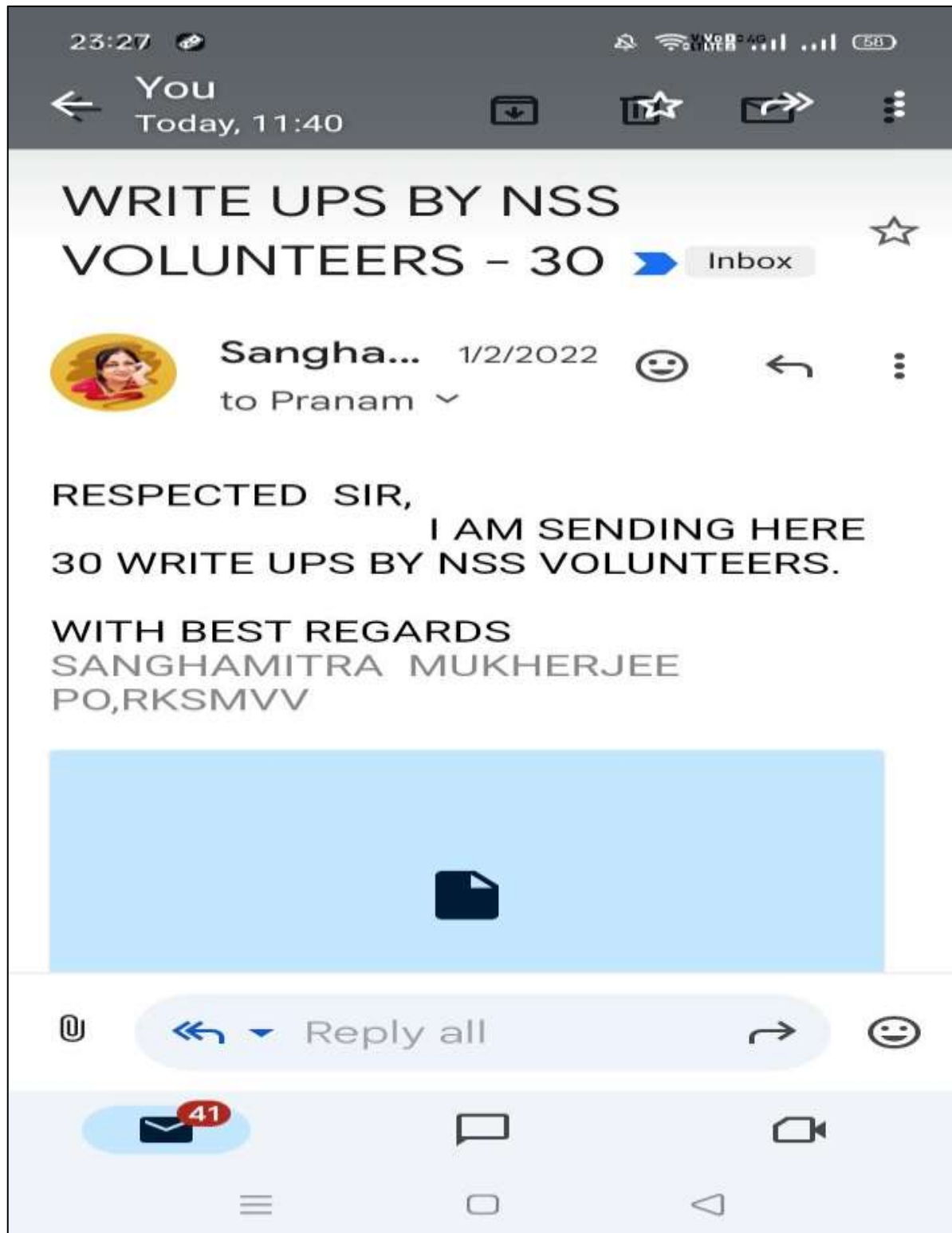


Message from Programme Coordinator Dr. Pranam Dhar to submit essays



## Ramakrishna Sarada Mission Vivekananda Vidyabhavan

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**Our 30 NSS volunteers submitted essays**





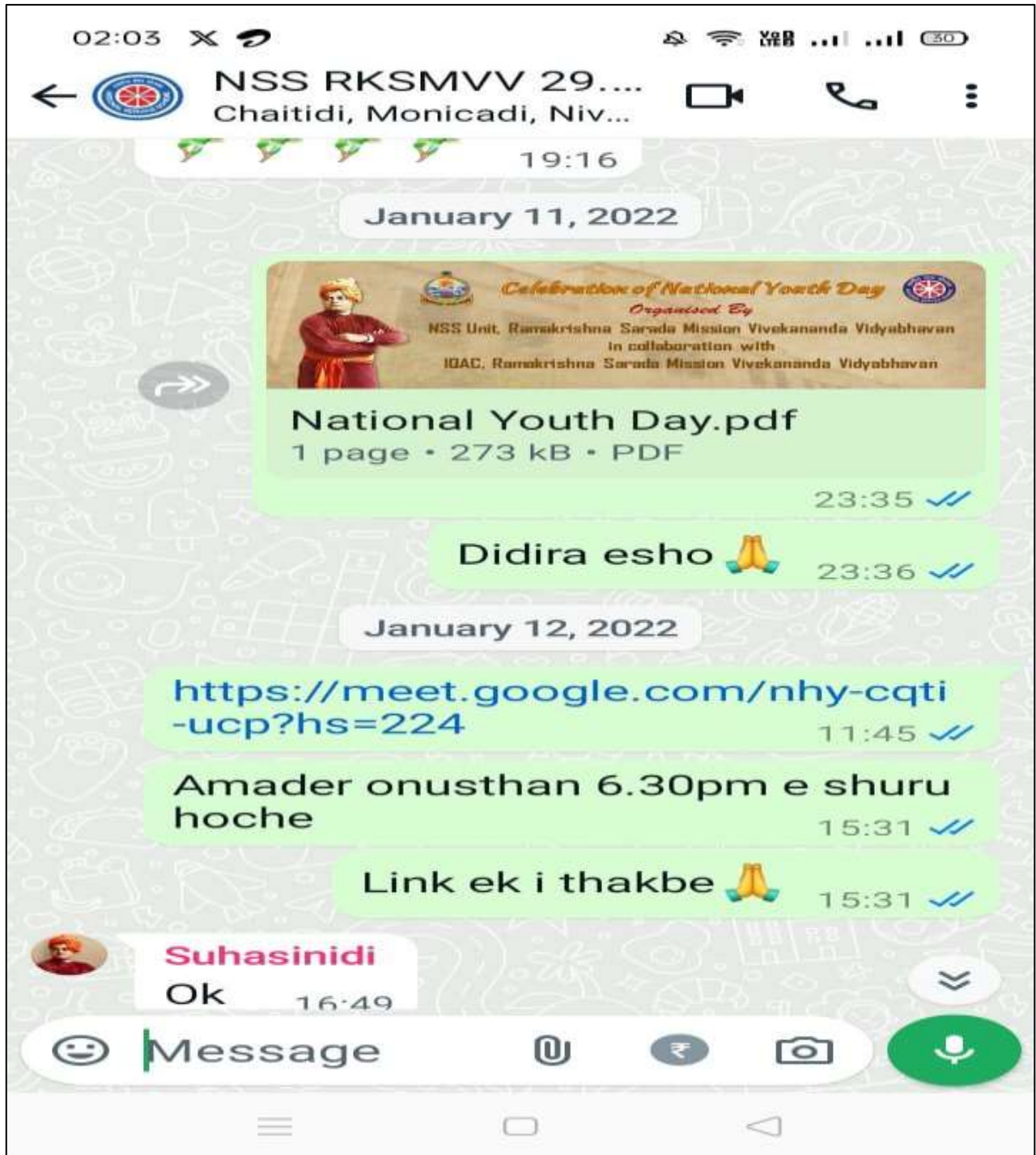
## 8. Observance of Youth Day(Online)

On January 12th, 2022 NSS Unit, RKSMVV celebrated the birth anniversary of Swamiji. Due to the COVID-19 pandemic, classes were held online for the entire month of January, and the college was closed. Consequently, the Youth Day, which marks Swamiji's birth anniversary, was celebrated online. NSS volunteers successfully commemorated the occasion through dance, music, and recitations.

**Outcome:** The online observation of Youth Day by NSS volunteers had several positive outcomes:

- 1. Enhanced Engagement:** Despite the physical distance, volunteers actively participated in various cultural activities, demonstrating their commitment and enthusiasm.
- 2. Skill Development:** Volunteers had the opportunity to hone their skills in dance, music, and recitation, as well as in using digital platforms for performances.
- 3. Community Building:** The event fostered a sense of community and togetherness among the volunteers and participants, even in a virtual environment.
- 4. Increased Awareness:** The celebration helped raise awareness about the significance of Youth Day and Swamiji's teachings among a broader audience.
- 5. Adaptability:** The successful execution of the event online showcased the volunteers' adaptability and resilience in the face of challenges posed by the pandemic.
- 6. Promotion of Cultural Values:** The event helped in promoting cultural values and traditions by celebrating Swamiji's birth anniversary through artistic expressions.
- 7. Positive Impact:** The activities provided a source of inspiration and motivation for the youth, encouraging them to imbibe the values and ideals of Swamiji in their lives.





**Google Meet Link provided in the NSS Group**



## 9.NSS volunteers at the programme of Govt of West Bengal

On 24<sup>th</sup> and 25<sup>th</sup> February, 2022 15 NSS volunteers participated in the Chief Minister's Programme of Student Credit Card organized by Govt. of West Bengal at Netaji Indoor Stadium. The National Service Scheme (NSS) volunteers played a crucial role in ensuring the success of the Chief Minister's program. Their primary responsibility was to distribute food packets and water to the delegates attending the event. This report outlines the outcomes of their efforts. PO Dr. Sanghamitra Mukherjee was present there also. Volunteers were divided into groups, with specific areas assigned for food and water distribution. Distribution stations were strategically placed to ensure easy access for delegates. The presence of NSS volunteers allowed event organizers to focus on other critical aspects of the program. Volunteers demonstrated excellent teamwork and communication skills, ensuring a seamless operation.

### Number of NSS volunteers-15

**Outcome:** NSS volunteers gained valuable experience in event management and service delivery. The activity fostered a sense of responsibility and **community service** among the volunteers. The involvement of NSS volunteers in distributing food packets and water to delegates significantly contributed to the success of the Chief Minister's program. Their dedication and efficient service were appreciated by both the delegates and the event organizers. This initiative not only met its objectives but also provided a meaningful experience for the volunteers, reinforcing the values of the National Service Scheme.



**NSS Volunteers and PO for Community Service at a Government Event**





**POs and office staff at the meeting**



**NSS Volunteers and PO for Community Service at a Government Event**





## **10.NSS Oneday Workshop at Ramakrishna Mission Swami Vivekananda's Ancestral House**

**Number of NSS volunteers-9**

A Oneday Workshop was organized at Ramakrishna Mission Swami Vivekananda's Ancestral House on 12<sup>th</sup> May, 2022. Nine NSS volunteers of our college had participated in the workshop. They were awarded with certificates.



**NSS volunteers Workshop at Swamiji's Residence in North Kolkata**





### **11. Observance of World Environment Day**

NSS Unit in collaboration with Geography Department, Ramakrishna Sarada Mission Vivekananda Vidyabhavan organized a cultural programme to celebrate World Environment Day on 7<sup>th</sup> June, 2022. 24 volunteers participated in the cultural programme along with a power point presentation. At the end of the programme a pledge was taken by the NSS volunteers to conserve Mother Nature and keep our earth clean and green as well as to assure our mother earth the sustainability of nature and natural resources. Total number of 15 volunteers participated in the programme. The NSS volunteers took pledge atlast to keep Mother Earth safe.

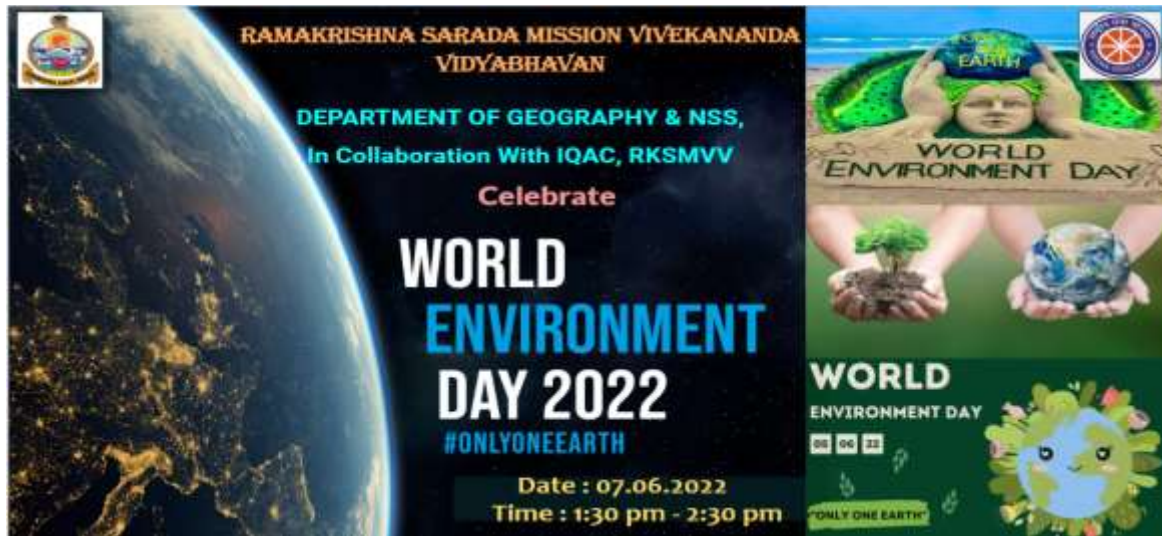
#### **Number of NSS volunteers-15**

Programme Outcome: On 5th June World Environment Day is observed all over the globe and the day helps to increase awareness about the environment and the damage that human activities do to it. Through the celebration of 5th June and reading pledges to protect the environment, all the students learnt that the quality of nature or environment is gradually deteriorating day by day and it is prime time to take proper steps to protect our environment for our future generations.



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Flyer of World Environment Day







**NSS volunteers and other students observing World Environment Day at RKSMVV**



**Students' performance on World Environment Day**





## 12. POSTER COMPETITION ON WORLD ENVIRONMENT DAY

To commemorate World Environment Day, NSS UNIT of RKSMVV had organised an online slogan writing competition. 38 students had participated.



## Online Poster Competition on World Environment Day



### **13. Tree plantation on 8<sup>th</sup> June, 2022**

12 saplings were planted in the college premises by 5 NSS volunteers **as a part of celebration of the World Environment Day**. One monastic member and PO was present.

**Number of NSS volunteers-5**

**Outcome:** The tree plantation drive by NSS volunteers in the college premises was a highly successful and impactful initiative. Here are some key outcomes:

- 1. Environmental Enhancement:** The planting of trees significantly improved the greenery and aesthetic appeal of the college campus, contributing to a healthier environment.
- 2. Biodiversity Boost:** The addition of various tree species enhanced the local biodiversity, providing habitats for birds, insects, and other wildlife.
- 3. Climate Benefits:** The new trees will help absorb carbon dioxide, contributing to the fight against climate change and improving air quality.
- 4. Educational Impact:** The drive served as a practical learning experience for volunteers, educating them about the importance of trees and ecological balance.
- 5. Community Engagement:** The initiative fostered a sense of community and teamwork among the volunteers, promoting a collective responsibility towards environmental conservation.
- 6. Long-term Benefits:** As the trees grow, they will provide long-term benefits such as shade, reduced soil erosion, and a cooler microclimate within the campus.
- 7. Promotion of Sustainable Practices:** The activity encouraged sustainable practices and environmental stewardship among the college community.
- 8. Leadership Development:** Volunteers developed leadership and organizational skills by planning and executing the plantation drive.
- 9. Positive Campus Culture:** The initiative promoted a culture of sustainability and environmental awareness within the college, inspiring other students and staff to engage in similar activities.





**10. Symbolic Value:** The planted trees stand as a lasting symbol of the volunteers' commitment to the environment and their proactive efforts in making a positive difference.



**NSS volunteers were planting trees in the college as a part of observance of World Environment Day**



**Tree Plantation drive at RKSMVV**





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**PO & NSS volunteers at Tree Plantation Drive**



#### **14. Thalassemia Awareness Programme conducted by RKSM Matri Bhavan**

Category: Health Check up

Organizing unit: NSS, RKSMVV

Date: 14/6/22

Time: 11:30a.m. onwards

Number of Students: 120

**Number of NSS volunteers-14**

Number of Resource Person: 1

Name of Resource Person: Matron Jhuntu Sengupta, RKSM Matribhavan

Brief description of the event: Thalassemia is the commonest single gene disorder in the world population today. The NSS Unit of our college organized a Thalassemia detection camp, where experts from Ramakrishna Sarada Mission Matribhavan Hospital came. First, a briefing was done by Metron Jhuntu Sengupta, RKSM Matribhavan on why this test is needed. Awareness was spread about Thalassemia. It was stated that if parents are carriers of thalassemia, the child has a greater chance of inheriting a more serious form of the disease. The students could shed their fear and a total of 83 tests were done. The blood group test, Haemoglobin and Thalassemia test were done for the students. 13 volunteers participated. Dr. Sanghamitra Mukherjee, NSS Program Officer motivated the students and welcomed newly enrolled students to get Check-up of Thalassemia. The blood report given to the Class representative of department individually Thalassemia is one of the most prevalent disorders among inherited conditions- carried in genes and passing from one generation to other, affecting nearly 200 Million people Globally.

**PROGRAMME OUTCOME:** All Students of college got Awareness about thalassemia Checkup. They got to know symptoms and side effects. This unusual benefit of thalassemia is a simple consequence of the body's response to the reduction in hemoglobin in the blood. Their body produces more cells to compensate, which then offers a protective effect against another disease that is also prevalent in the same region. Given the significant impact of malaria, particularly on the global mortality of children, this benefit of thalassemia is notable. Up to two million deaths occur every year in Africa and Asia due to malaria and, in many of these regions, genetic mutations have risen, offering a form of protection. The potentially beneficial effect of other types of thalassemia, such as beta-thalassemia, has not yet been established. However, it is possible that there are similar protective effects against malaria in other types of thalassemia.



**Matron Jhunu Sengupta delivered lecture**

**Blood test for Haemoglobin and Thalassemia**



**Blood test for Haemoglobin and Thalassemia**





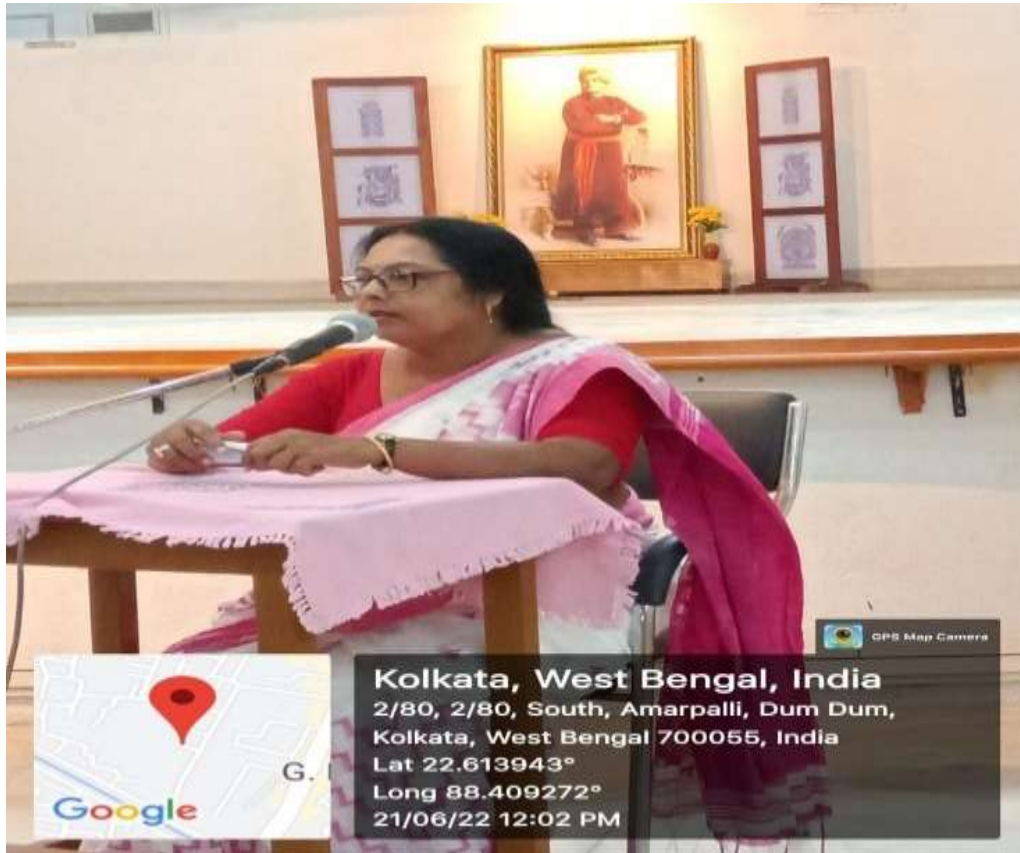
### Thalassemia Awareness Drive at RKSMV

#### 15. International Yoga Day

To mark the celebrations of International Yoga Day on June 21, 2022 all NSS Volunteers were appealed to practice YOGA at home with their family members. The objective of the campaign was to promote yoga as an exercise that works for both the mind and the body. Yoga postures performed by NSS volunteers will stimulate their bodies and make them calm. Celebration of International Yoga Day began with a brief introduction on Yoga Day by our Principal Pravrajika Vedarupaprana . Shrimati Uma Paul, Bengal Judge was our esteemed guest. She delivered a lecture on “Yoga:Importance in life”. 15 NSS volunteers and 10 other students performed sitting and standing asanas and importance of these were explained simultaneously. 20 teachers and NSS Programme Officer were present in the programme.

#### Number of NSS volunteers-15

Outcome; Practicing yoga at home helped students cope with the stress and uncertainty of the times. It provided a structured routine, physical exercise, and mental relaxation, which were crucial for managing anxiety, maintaining fitness, and fostering a sense of normalcy. The flexibility to practice yoga at any time also made it easier for students to integrate yoga into their daily schedules, enhancing their overall well-being during a challenging period.



**Shrimati Uma Paul delivered a lecture on importance of Yoga**



**Banner of International Yoga Day**





## Ramakrishna Sarada Mission Vivekananda Vidyabhavan

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NSS volunteers celebrated International Yoga Day by exhibiting Yoga



NSS volunteers celebrated International Yoga Day by exhibiting Yoga





**Lecture delivered by our College Principal Mataji**



## Activities of 2022-23

### 1. Helping visually disabled students

NSS volunteers take every initiative to help visually disabled students academically as a scribe or a reader since 20<sup>th</sup> July, 2022. 10 such volunteers have engaged themselves in helping three visually disabled students get education by reading to them books and preparing audio books for them.

#### Number of NSS volunteers-2

NSS volunteers assisting visually disabled students as scribes had several impactful outcomes:

- 1. Enhanced Accessibility:** Visually disabled students were able to participate in exams and complete written assignments effectively.
- 2. Increased Confidence:** Both the volunteers and the students gained confidence through the supportive interaction and successful completion of tasks.
- 3. Fostering Empathy:** Volunteers developed a deeper understanding and empathy for the challenges faced by visually disabled individuals.
- 4. Community Building:** Strengthened bonds between students and volunteers, fostering a more inclusive and supportive educational environment.
- 5. Skill Development:** Volunteers enhanced their communication, patience, and time-management skills through this experience.

Overall, the event promoted inclusivity, understanding, and mutual growth among all participants.



**Initiative involving students and visually challenged individuals**

**NSS volunteers helped visually disabled students**



## **2. Online Poster Competition**

An online poster competition was arranged on the occasion of “Azadi ka Amrit Mahotsav” by NSS Unit, RKSMVV. 45 students have participated.





## Ramakrishna Sarada Mission Vivekananda Vidyabhavan

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**Ramakrishna Sarada Mission Vivekananda Vidyabhavan**  
**National Service Scheme**  
Under the aegis of IQAC is organizing an

*Online Poster Making Competition*

**75**  
**Azadi Ka**  
**Amrit Mahotsav**

On The Occasion Of  
**Azadi Ka Amrit Mahotsav**  
Last Date of Submission: **9<sup>th</sup> August, 9:00 p.m.**

Email: [nssrkmsvv@gmail.com](mailto:nssrkmsvv@gmail.com)

**Ramakrishna Sarada Mission Vivekananda Vidyabhavan**  
**National Service Scheme**  
Under the aegis of IQAC is organizing an

*Online Poster Making Competition*

• *Guidelines for the students* •

- The entry should include the name of the Participant, Email Id, Contact Number, Semester, Name of the department along with the name of the college.
  - All entries are to be submitted in PDF format.
  - Only one entry is allowed from one student.
  - Only handmade posters are allowed.
- The posters must be original in content. Interested students are requested to send their entries before the deadline.
- The poster must be made on the A4 size sheet with margins drawn with a black pen/marker.
- Acceptable tools for drawing/painting include pencil, crayon, watercolor, oil paint, etc. Photographs, other 3D objects, and print-outs won't be acceptable. It should be original and handmade.

For further information please contact: Dr. Sanghamitra Mukherjee  
PO, NSS, RKSMVV  
9051550110 (WhatsApp), 8910541370 (Mobile)

Winners of the poster competition were awarded by the West Bengal State University on 15<sup>th</sup> August, 2022. Award winners with posters at West Bengal State University on 15<sup>th</sup> August, 2022



**NSS volunteers at the Poster Competition organised by the Government of India to celebrate 'Azadi ka Amrit Mahotsav'**





# Ramakrishna Sarada Mission Vivekananda Vidyabhavan

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Award winners of poster competitions with University certificates

Pr. Vedakupprana  
Principal  
Ramakrishna Sarada Mission  
Vivekananda Vidyabhavan





## Ramakrishna Sarada Mission Vivekananda Vidyabhavan

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Award winning volunteers with their certificates and posters



### **3. Har Ghar Tiranga-Distribution of Flags**

To celebrate "Har Ghar Tiranga" under "Azadi ka Amrit Mahotsav" NSS Unit-1 of Ramakrishna Sarada Mission Vivekananda Vidyabhavan organized a rally and flag distribution drive on 12<sup>th</sup> August, 2022. 50 flags are distributed among the peoples of locality. 24 volunteers, one monastic member and Programme Officer took participation in the programme.

**Number of NSS volunteers-24**

**Programme Outcome:** The "Har Ghar Tiranga" program, where NSS volunteers distributed the national flag to households in the adjacent areas of the college for Independence Day, had several positive outcomes:

- 1. Patriotic Awareness:** The program instilled a sense of patriotism and national pride among the community members, encouraging them to actively participate in the Independence Day celebrations.
- 2. Community Engagement:** Volunteers engaged with residents, fostering a sense of unity and collective celebration of the nation's independence.
- 3. Educational Outreach:** Volunteers educated the community about the significance of the national flag and the importance of Independence Day, promoting a deeper understanding of national heritage.
- 4. Enhanced Visibility:** The widespread hoisting of the national flag created a visually impactful and unified display of patriotism across the neighborhood.
- 5. Youth Leadership:** The program provided an opportunity for NSS volunteers to develop leadership skills and experience in organizing community initiatives.
- 6. Strengthened Community Bonds:** The interactions between volunteers and residents helped strengthen community bonds and encouraged a spirit of collaboration.
- 7. Promotion of National Symbols:** The initiative promoted respect and reverence for national symbols, reinforcing their importance in the community.
- 8. Positive Civic Engagement:** The program encouraged civic engagement and active participation in national celebrations, fostering a sense of responsibility among the citizens.
- 9. Increased Awareness:** The distribution drive raised awareness about the proper ways to display and handle the national flag, ensuring respectful observance of national protocols.
- 10. Inspiration for Future Activities:** The success of the program inspired both volunteers and community members to participate in future national and community events with the same enthusiasm and dedication.



**Flag Distribution Drive by NSS volunteers on the occasion of Independence Day**





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Rally organised for 'Har Ghar Tiranga' Drive for Independence Day

#### 4. Independence Day Celebration

The NSS Unit of RKSMVV along with Cultural Committee, RKSMVV celebrated India's 76<sup>th</sup> Independence Day on 15<sup>th</sup> of August, 2022 as a part of the 'Azadi Ka Amrit Mahotsav' initiative. With the advent of the Har Ghar Tiranga campaign, the country was filled with the vibrant and beautiful



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colours of the Tiranga. The students and teachers of RKSMVV, gathered with great enthusiasm on the 15th of August to laud honour to the indelible sacrifices of the freedom fighters who sacrificed themselves for the attainment of freedom. At first the flag hoisting was done by Pravrajika Pradiptaprana, the Secretary RKSMVV. Afterwards the NSS volunteers along with other students dazzled the stage with their incredible performances.

**Number of NSS volunteers-17**

Number of students-170

### Programme Outcome



**Lecture delivered by our College Principal Mataji**





NSS volunteers saluted the National Flag



NSS volunteers were performing dance





### 5. NSS volunteers at Biswa Bangla Mela Prangon

Three NSS volunteers of RKSMVV had participated in the Chief Minister's programme on 5<sup>th</sup> September, 2022 at Biswa Bangla Mela Prangon.



**NSS volunteers at Biswa Bangla Mela Prangon**



**Our NSS Volunteers with chief Minister Smt. Mamata Bandopadhyay**

**6. NSS Day Celebration at West Bengal State University**





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Three NSS volunteers along with PO, NSS Unit of RKSMVV has participated in the “**OBSERVANCE OF NSS FOUNDATION DAY WITH AN INVITED LECTURE ON ‘CYBER CRIME & CYBER SECURITY’ AND OPENING OF NET/SET FREE COACHING CENTRE FOR PG STUDENTS/NSS VOLUNTEERS**” on 22<sup>nd</sup> September, 2022 at West Bengal State University.



Teachers and students celebrating NSS Foundation Day

### 7. NSS Day Celebration at college campus





On 24.09.2022 NSS Unit of Ramakrishna Sarada Mission Vivekananda Vidyabhavan observed NSS day by starting a free tutorial classes for the nearby slum children. Henceforth, NSS volunteers will take tutorial classes of the children on every Wednesday and Saturday. Today 12 volunteers taught 10 children. Some gifts like pencil box, pens, pencils, erasers and food packets are distributed among them.

### Number of NSS volunteers-12

The **programme outcome** of donating pens and pencils to slum children by NSS (National Service Scheme) volunteers can include several positive impacts:

- 1. Educational Support:** Providing essential stationery enhances access to education for children who may lack resources, thereby supporting their learning and school attendance.
- 2. Empowerment:** Equipping children with pens and pencils empowers them to engage actively in their studies, fostering a sense of empowerment and motivation to learn.
- 3. Community Engagement:** NSS volunteers engage directly with the community, fostering goodwill and demonstrating the importance of community service and social responsibility.
- 4. Skill Development:** Organizing such initiatives helps volunteers develop organizational skills, leadership qualities, and empathy towards underprivileged communities.
- 5. Long-term Impact:** By promoting education and supporting children's academic endeavors, the initiative contributes to breaking the cycle of poverty in the community.

Overall, donating stationery through community service not only addresses immediate needs but also nurtures a culture of giving and educational support among both volunteers and recipients.

There is also a tree plantation programme. 6 NSS volunteers planted ten saplings in the college campus.



**PO AND NSS volunteers distributed educational kits to the slum children**



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Students volunteering to teach slum children as part of NSS Drive



Tree Plantation Programme by NSS Volunteers

*Pr. Vedasupriana*  
Principal  
Ramakrishna Sarada Mission  
Vivekananda Vidyabhavan





Flyer of National Service Scheme Day and Tree Plantations

### 8. Seminar on Observance of WORLD AIDS DAY at West Bengal State University

On Friday.. 02.01.2022. one Rally cum National Conference on 'Clean Environment & Sustainability ' as a part of Swachh Bharat Campaign was organized by the NSS Cell of West Bengal State University in collaboration with NSS Regional Directorate Kolkata. Another State Level Awareness Seminar on 'World AIDS Day' was also celebrated by NSS Cell WBSU on the same day in collaboration with West Bengal State AIDS Prevention & Control Society, Department of Health & Family Welfare, GoWB . Three NSS volunteers of RKSMVV participated in the programme with their posters.







### Students at a Seminar on Sustainability as part of Swachha Bharat Campaign

#### 9. Swachhha Bharat : Clean Your Campus

On 2<sup>nd</sup> January, 2023 NSS Unit organized a ‘Clean Campus Drive’ as an initiative of ‘Swachhha Bharat Programme’. There were 10 volunteers who engaged themselves in cleaning the college campus.

Number of NSS volunteers-10



NSS volunteers were cleaning College Campus



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Cleaning drive undertaken by NSS volunteers under Swachha Bharat Abhiyan




### Youth Week Observation

NSS Unit of Ramakrishna Sarada Mission Vivekananda Vidyabhavan observed Youth Week from 12<sup>th</sup> January 2023 to 18<sup>th</sup> January, 2023 by organizing some special programmes..





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Ramakrishna Sarada Mission Vivekananda Vidyabhavan

**Celebration of National Youth Day  
& Observation of Youth Week (12<sup>th</sup> ~ 19<sup>th</sup> January, 2023)**

Jointly organized by

**NSS Unit & IQAC of Ramakrishna Sarada  
Mission Vivekananda Vidyabhavan**



**12.01.2023 – Students' Procession**

**13.01.2023 – Special Lecture on "Service to Man is Service to God".**  
Speaker: Pravrajika Pradiptaprana  
Venue: Muktiprana Sabhagriha; Time: 1:45 pm – 2:45 pm

**16.01.2023 – Inauguration of 'Aranya Srijon Prakaipa'**  
**NSS ORIENTATION & YOUTH SERVICE TO THE NATION**  
Speaker: Prof.(Dr.) Panam Dhar,  
Programme Coordinator, NSS  
West Bengal State University  
Venue: Muktiprana Sabhagriha; Time: 12:15 am

**18.01.2023 – 'Love India' - Swami Vivekananda**  
Lectures and Discourses by the Students of Ramakrishna Sarada Mission Vivekananda Vidyabhavan  
Venue: Muktiprana Sabhagriha; Time: 10:15 am

### **10. Youth Day Procession**

NSS Unit of RKSMVV had organized a procession on 12<sup>th</sup> of January, 2023 in the adjacent area of the college on the occasion of 'National Youth Day'. Twenty six volunteers took part in the procession.





### Number of NSS volunteers-26

**Outcome:** The Youth Day procession of students is a powerful display of unity and empowerment, fostering a sense of solidarity among the youth. It often serves as a platform for expressing their aspirations, advocating for social issues, and highlighting the importance of education and civic engagement. The outcome includes increased awareness, **strengthened community bonds** and a lasting impact on the participants' commitment to positive change.



### NSS volunteers at the Rally





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**NSS volunteers participated in the Rally to celebrate ‘National Youth Day’ on Swamiji’s birthday**

**11. ‘Service to Man is Service to God’**- NSS Unit of RKSMVV had organized a special lecture on ‘Service to Man is Service to God’ by Pravrajika Pradiptaprana, Secretary, RKSMVV on 13<sup>th</sup> January, 2023. She delivered a profound lecture focusing on ‘The Tyag O Seva Adarsha By Swamiji’ (The Ideals of Sacrifice and Service by Swami Vivekananda). At the end of programme, along with Pradiptaprana Mataji, the NSS volunteers recited the ‘Swadesh Mantras of Swamiji’ (Hymns of Motherland) as an ode to Swamiji and Motherland.

**Number of NSS volunteers-20**



**Special lecture on Swamiji's birthday by Pravrajika Pradiptaprana, Secretary, RKSMVV**



**NSS volunteers at the lecture**

## **12. Aranya Srijon Prokolpo & Special Lecture**

**Brief description of the event** Prof Pranam Dhar, Programme Coordinator, NSS West Bengal State University inaugurated 'Aranya Srijon Prokolpo' by planting 6 saplings on 16<sup>th</sup> January, 2023 along with the Principal and PO of the college. Afterwards Prof Dhar has delivered an informative, exhaustive as well as witty lecture highlighting the life of Swami Vivekananda and the role of NSS.





All students along with NSS volunteers and 8 teachers (including Principal and PO) were present in the session.

### Number of NSS volunteers-81

**Outcomes:** A tree plantation program typically yields several positive outcomes. It contributes to environmental conservation by enhancing green cover, mitigates climate change through carbon sequestration, and promotes biodiversity. Additionally, such initiatives often raise awareness about the importance of trees in maintaining ecological balance. Socially, tree planting events foster a sense of community involvement and environmental responsibility among participants, contributing to a more sustainable and greener future.



Principal, other Matajis, Prof Pranam Dhar, PO Sanghamitra Mukherjee and NSS volunteers



Special Lecture by Pranam Dhar



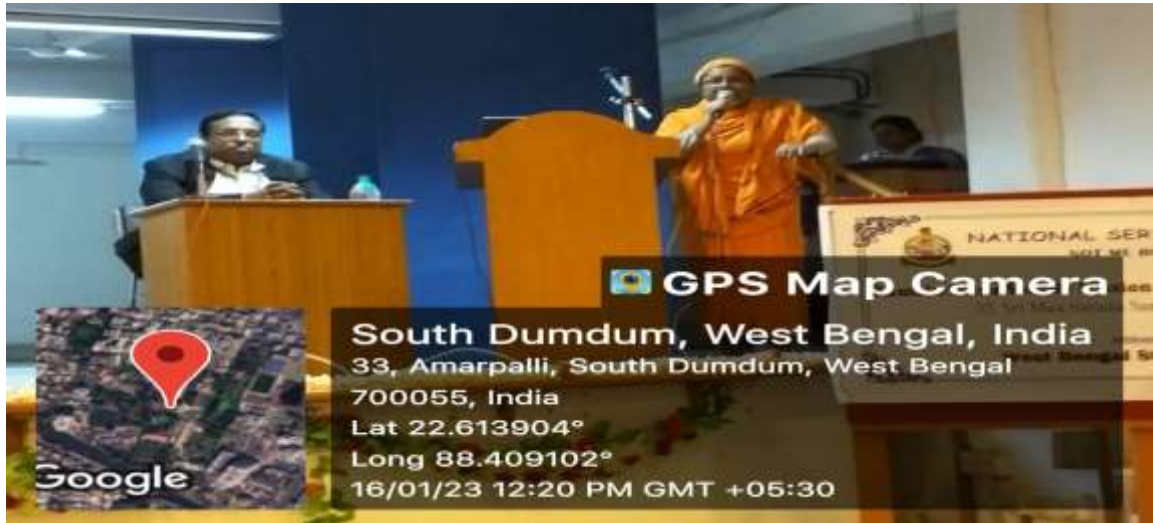
NSS volunteers at the special lecture programme





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Principal was introducing Programme Coordinator of West Bengal State University, Prof Pranam Dhar



Tree Plantation by Prof Pranam Dhar at RKSMVV





**13. 'Love India'** – The NSS volunteers and other pupils of RKSMVV performed skits focusing on the ideals of Swami Vivekananda On 18<sup>th</sup> January, 2023. The pupils dressed as Swamiji and his followers, and presented the ideologies and preachings that Swamiji believed in through their several distinctive skits. There were several lectures and discourses delivered by the volunteers, through which they were able to convey to the audience the beliefs and teachings of Swamiji. The programme cultivated into a successful one as the thoughts of Swamiji well-transcended to the audience. NSS volunteers took part along with other students in the programme.

**Number of NSS volunteers-20**

**Outcome- 1. Enhanced Patriotism:** Participants and audience members experienced a strengthened sense of patriotism and love for their country, fostering national unity and pride.

**2. Cultural Awareness:** The skit educated participants and viewers about India's rich cultural heritage, history, and diversity, promoting cultural sensitivity and appreciation.

**3. Team Building:** Volunteers developed better teamwork and collaboration skills by working together to create and perform the skit, leading to improved communication and coordination within the group.

**4. Creative Expression:** Participants had the opportunity to express their creativity and artistic abilities through acting, scriptwriting, and stage design, enhancing their confidence and artistic skills.

**5. Community Engagement:** The skit encouraged community participation and engagement, bringing people together to celebrate and reflect on the importance of national pride and social responsibility.

**6. Social Awareness:** The themes explored in the skit highlighted various social issues and the importance of contributing positively to society, inspiring volunteers and audience members to take proactive steps in their communities.



**Students were performing the skits**



**Students' performance based on message of Swamiji**

## **Seven Day NSS Special Camp (23<sup>rd</sup> March-29<sup>th</sup> March,2023)**

**Theme-Creating an Awareness for Improvement of the Status of Women and Health**

**Day 1(23.3.23) Thursday**

### **14.Inauguration Programme**

The 1<sup>st</sup> day of the Seven Day Special Camp began as the Inauguration Programme started with the Vedic Chanting by NSS volunteers followed by lighting of Ceremonial Lamp. Our Principal, Pravrajika Vedarupaprana delivered an exhaustive lecture on NSS and the Mission and Vision of our college. She was followed by Dr. Chaiti Mitra, IQAC Coordinator, RKSMVV. Dr. Chaiti Mitra, in her speech, focused on the motto of NSS- 'Not Me, But You'. Then, Programme Officer of NSS, Dr. Sanghamitra Mukherjee gave a speech focusing on 'NSS and Seven Day Camp', and thereby also discussing about its objectives.



**Total no of students present-49**



**Opening song by NSS volunteers**



**Lighting the lamp by Principal, PO and IQAC coordinator**





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**Introductory speech by Principal**



**Speech of IQAC Coordinator**



**Speech of Programme Officer**



### 15. Strategies of Women Empowerment and Social Change'

In the 2<sup>nd</sup> Half of the 1<sup>st</sup> day, 'Strategies of Women Empowerment and Social Change' was thoroughly discussed by Dr. Manjir Ghosh. She is the Founder and Director of Educhange, a social impact organization that makes efficient use of the play-based learning model to transform the overall learning infrastructure for students. The focus of this programme is to not just develop soft skills among the students but also to garner self-reliant attitudes and behaviour among them as professionals who want to be an active part of the Indian workforce. The aim of the programme is to impart skills to the students so that they may contribute to the society as effective professionals and are also be able to sustain themselves financially.

**Outcome:** Training based on play has been shown to have numerous positive outcomes for children's development. It can enhance cognitive skills such as problem-solving, creativity, and critical thinking. Additionally, play-based learning promotes social skills like communication, cooperation, and empathy. It also fosters emotional development by allowing children to explore and express their feelings in a safe environment. Overall, incorporating play into education can lead to well-rounded and holistic growth for children.

**Total no of students present-49**



**Dr. Manjir Ghosh spoke about Strategies of Women Empowerment and Social Change'**







**Day 2(24.3.23)Friday**

### **16. Leadership training**

In the 1<sup>st</sup> Half, a training programme was organized by Dr. Sanghamitra Mukherjee where a grooming session was conducted for young pupils to implement traits of leadership in them. The programme aimed at grooming the youth to help them become qualified as perfect leaders of an organization or group. Along with the training session, several skits and plays were set up for the students which focused on the vital topics like 'Leadership Qualities' and 'Enhancing Leadership'. The training programme eventually cultivated to be an efficient one as it indoctrinated the students with the several concepts of 'Leadership' and 'Efficient Team-Work'.

**Total no of students present-49**

**Outcome: 1.Enhanced Leadership Skills:** Volunteers developed key leadership skills such as decision-making, problem-solving, and strategic thinking, enabling them to take on leadership roles effectively.

**2. Improved Communication:** Training focused on enhancing verbal and non-verbal communication skills, allowing volunteers to convey their ideas clearly and listen actively to others.

**3. Teamwork and Collaboration:** Volunteers learnt the importance of teamwork and collaboration, understanding how to work effectively within a group to achieve common goals.

**4. Increased Confidence:** Through various activities and role-playing exercises, volunteers gained self-confidence, enabling them to lead with assurance and inspire others.

**5. Vision and Goal Setting:** Volunteers were trained to set clear, achievable goals and develop a vision for their projects, aligning their efforts with the overall mission of the NSS.

**6. Community Engagement:** Volunteers understood the importance of community engagement and learnt how to mobilize and motivate community members for various initiatives and programs.



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## 17. Digital Marketing Training

In the 2<sup>nd</sup> Half, “Digital Marketing Training” was explained by Smt. Mitali Purkait Ghosh. She is the co-founder and CEO of Digital Concepts. This training is an initiative to educate students in the areas of Digital Marketing. Digital Marketing and Social Media have changed the marketing and business practice across the world. This training provides an understanding of growing digital landscape and examines the role of digital marketing process and tools in designing the overall marketing strategies. The students were excited after learning about the Digital Marketing. They understood that Digital Marketing is a chance for them to make themselves stand out as best with a perfect financial career ahead.

Total no of students present-49

**Outcome:** The programme equips participants with skills in areas like social media marketing, SEO, email marketing, content creation, analytics, and online advertising. This can lead to improved job prospects, career advancement, or better performance in one's current role in marketing or related fields.





**Smt. Mitali Purkait Ghosh taught Digital Marketing**





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Principal introduced Smt. Mitali Purkait Ghosh and the concept of Digital Marketing



NSS volunteers at the programme



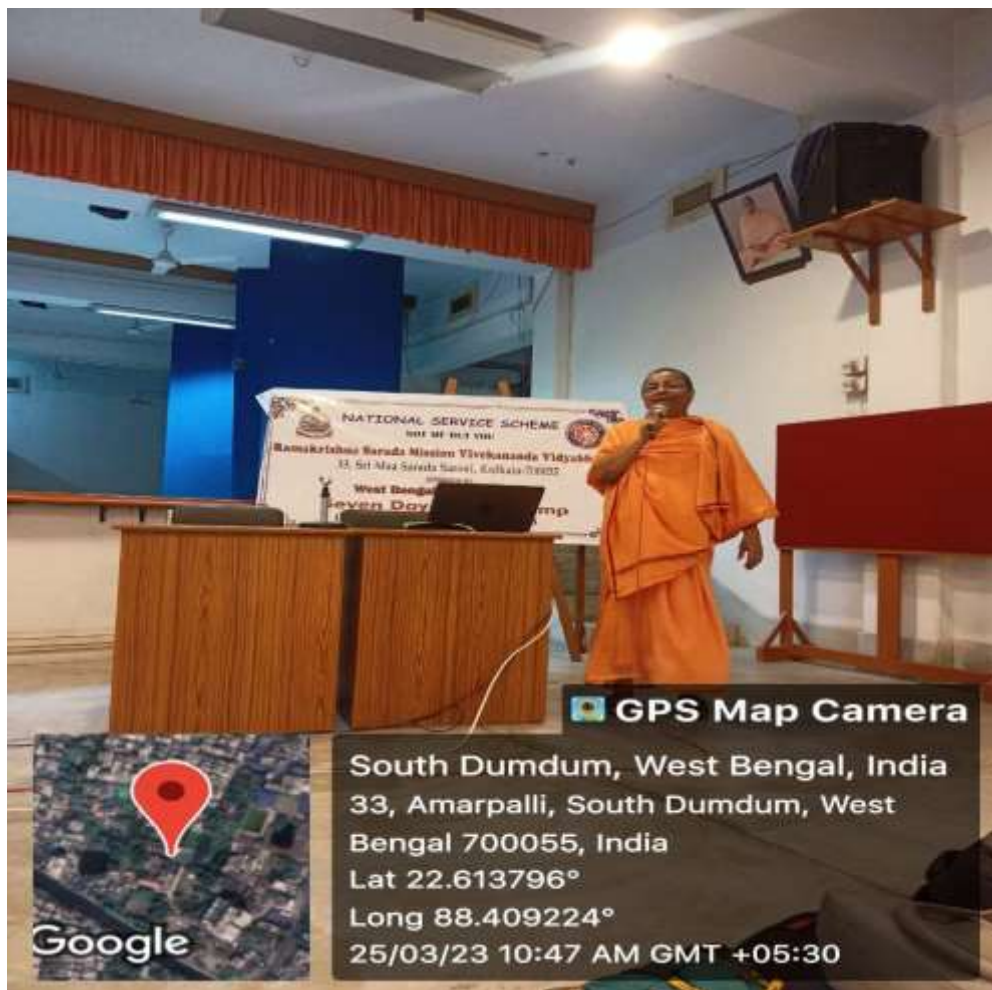


Day 3(25.3.23) Saturday

### 18.Mental health and Us

In the 1<sup>st</sup> Half, a Psycho Drama was set up and acted out by the MSc students of Psychology of Sarojini Naidu College for Women. It was persuaded by a Group Discussion with the students of RKSMVV. Afterwards, Dr. Nilansuk Dutta, Consultant Psychiatrist and Rehabilitation Administrator delivered a speech on the topic ‘Why Music ?’ where he talked about the effectiveness of Music on Mental Health and how music helps evacuate stress from mind and thereby relaxes the mind.

Total no of students present-49



Principal was speaking on the importance of mental health.





**Dr. Nilansuk Dutta spoke about the importance of music upon mental health.**



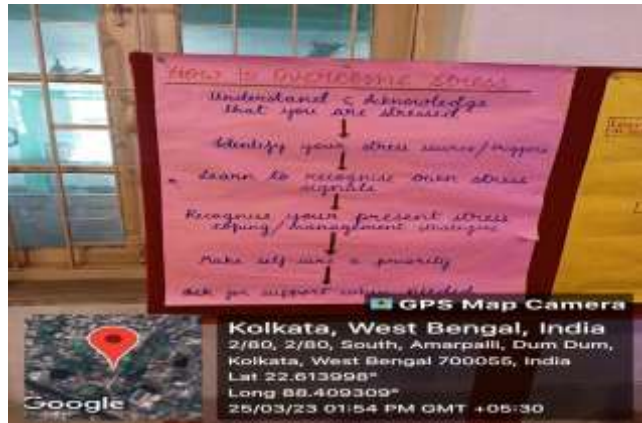
**Skit performed by students of Sarojini Naidu College**



### NSS volunteers also performed skits

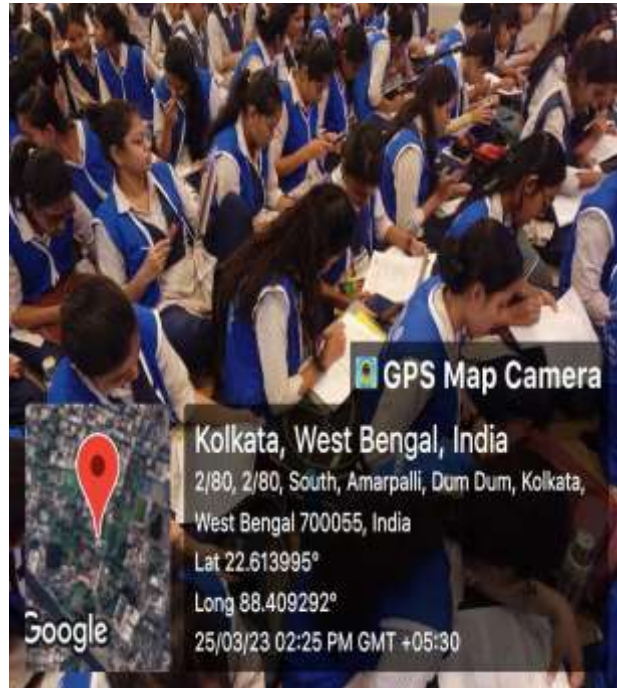
In the 2<sup>nd</sup> half, activity based awareness workshop was conducted by Dr. Kasturi Mukherjee and her team members. Here screening of the students was done on the basis of questionnaires' and group counselling were performed. Meditation, deep breathing, some sorts of yoga etc were taught to the students for their healthy physique as well as strong mind.

### Total no of students present-49



### Activity based workshop conducted by Dr. Kasturi Mukherjee





Activity based workshop conducted by Dr. Kasturi Mukherjee



Day 5(27.3.23)Monday

### 19. Getting in Shape.....Physically and Mentally

In the 1st half, Dr. Subhadip Pal, an eminent physician has delivered an informative lecture on “Getting in Shape.....Physically and Mentally”. The session was an interactive one with the students getting to know a lot about physical health. Dr. Subhadip Pal talked about all the necessary steps that should be





taken to attain a healthy body especially for the women. In his lecture he pointed out various health problems faced by women as well as AIDS awareness and preliminary health care.

**Outcome:** The outcome of a health awareness program can vary depending on its objectives and the context in which it's implemented. Generally, positive outcomes might include increased knowledge about health-related issues, changes in behavior towards healthier habits, improved access to healthcare services, and ultimately, better health outcomes in the community.

**Total no of students present-49**



**NSS volunteer was giving a plant to Dr. Subhadip Pal as a token of welcome**



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Dr. Subhadip Pal was delivering lecture





### Participants in the awareness lecture

#### 20. Anti Plastic Campaign in the locality

In the 2<sup>nd</sup> half NSS unit of RKSMVV organized an **Anti Plastic Campaign** in the college campus and adjacent area to make the surroundings “Plastic Free Zone”. The NSS volunteers of RKSMVV visited the different flats and house apartments situated there. The students had a conversation with the people residing there regarding the harmful effects of the plastics and requested them to use paper bags, jute bags, cotton bags etc instead of those made up of plastics. Not only the apartments but also they visited nearby shops. The volunteers gave cotton bags to the shopkeepers and advised to use them instead of plastic ones.

**Outcome:** The outcome of an anti-plastic campaign led by NSS (National Service Scheme) volunteers in the adjacent areas of a college could include reduced usage of single-use plastics, increased awareness about the harmful effects of plastic pollution, adoption of eco-friendly alternatives, such as reusable bags and containers, and a cleaner environment with less plastic waste. Additionally, the campaign may foster a sense of environmental responsibility among community members and inspire further actions to tackle plastic pollution.

- 1. Reduction in Plastic Use:** There will be a noticeable decrease in the use of single-use plastics within the locality, as residents adopt more sustainable alternatives.
- 2. Increased Awareness:** The campaign raised awareness among community members about the environmental hazards of plastic pollution and the benefits of reducing plastic use.
- 3. Behavioral Change:** Residents will begin to change their habits, opting for reusable bags, containers, and other eco-friendly products instead of plastic.
- 4. Cleaner Environment:** The locality will experience a cleaner environment, with reduced plastic waste littering streets, parks, and other public areas.





**5. Community Engagement:** The campaign fostered a sense of community involvement and responsibility towards environmental conservation, encouraging residents to take part in ongoing and future eco-friendly initiatives.

**7. Local Business Participation:** Local businesses will participate by reducing plastic packaging and offering eco-friendly alternatives, contributing to the overall success of the campaign.

**8. Volunteer Development:** NSS volunteers gained valuable experience in organizing and executing community campaigns, enhancing their leadership, communication, and project management skills.

**15. Empowered Community:** The locality will feel empowered by their collective effort to address plastic pollution, fostering a stronger, more cohesive community dedicated to sustainability.

**Total no of students present-49**



**Anti Plastic Campaign Rally in the locality**



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NSS volunteers distributed Cotton bags in the locality



Say No To Plastic





## PLASTIC FREE ENVIRONMENT



**NSS volunteer gave cotton bag to the shopkeeper**

**Day 6(28.3.23)Tuesday**

### **21. Poster Competition**

In the 1<sup>st</sup> half, a poster competition on “Women Empowerment” was organized and twenty students participated in it. Afterwards, an orientation programme on ‘Donation Drive’ was conducted by the





Principal, Pravrajika Vedaruparana. She pointed out how the volunteers could help the underprivileged people.

**Total no of students present were 49.**



**NSS volunteers were preparing posters.**



## 22. Donation Drive



### Principal was giving speech on the importance of Donation Drive

In the 2<sup>nd</sup> half, the Donation Drive was organized where the pupils engaged themselves in helping the needy. Donation drive in the college was organized to donate new, used or unused items to those who really need them. Through this program the student should also learn that how helping others brings happiness

Students, teachers and non-teaching staffs submitted a number of different items and clothes. Everybody was instructed to make sure that the donated items must be in good conditions. Forty-nine NSS volunteers of the Special Camp purchased new pens, pencils, erasers, sharpeners and copies for 25 children. New clothes were arranged for 30 females with the joint-funding from NSS and college authority. Volunteers and teachers distributed materials among 85 women, 40 men and 20 children residing in the locality. The items included sarees, salwar suits, kurtis, shirts, pants, sweaters, toys and stationaries..

Programme outcome



The distribution of dresses and accessories to slum dwellers had a positive impact, fostering a sense of community and providing tangible assistance. It likely contributed to improved self-esteem and well-being among the recipients, promoting a spirit of goodwill and support within the community.

- 1. Increased Resources for Needy:** The donation drive provided essential resources such as clothing, food, books, and other necessities to underprivileged individuals and families, improving their quality of life.
- 2. Heightened Community Awareness:** The drive raised awareness within the community about the needs of vulnerable populations, fostering a sense of empathy and social responsibility among residents.
- 3. Strengthened Community Bonds:** The initiative brought the community together, creating a sense of unity and cooperation as residents contribute to a common cause.
- 4. Volunteer Skill Development:** NSS volunteers gained valuable skills in organizing, managing, and executing donation drives, including logistics, communication, and fundraising.
- 5. Positive Publicity:** The successful execution of the donation drive will generate positive publicity for the NSS and the community, showcasing their commitment to helping those in need.
- 6. Strengthened NSS Reputation:** The drive will enhance the reputation of the NSS as an organization committed to community service and social welfare, attracting more volunteers and support for future initiatives.

**Total no of students present were 49.**





## Ramakrishna Sarada Mission Vivekananda Vidyabhavan

33, SRI MAA SARADA SARANI, DUM DUM, KOLKATA- 700055  
WEBSITE: [www.rkmsv.ac.in](http://www.rkmsv.ac.in), Email: [rkms.college@gmail.com](mailto:rkms.college@gmail.com), Phone: 033-2551 3452



### Things for Donation



**NSS volunteers were giving clothes and several other things to the poor people**





## GIVE: IT GIVES YOU MORE IN RETURN

Day 7(29.3.23) Wednesday

### 23. Campus Cleaning

In the 1<sup>st</sup> half, a campus cleaning drive was held. The volunteers engaged themselves in cleaning dry leaves and creepers from the college ground and watering the plants. Not only that, but also they carried out efforts in spreading bleaching powder throughout the enormous campus, covering each and every area of the college; especially the drains where the population of mosquitoes and flies undergo rapid expansion, which in turn causes outbreak of Dengue and Malaria.

**Outcome:** Cleaning and bleaching college campuses can have several positive outcomes: Healthier Environment: Regular cleaning and bleaching can help eliminate harmful bacteria and viruses, reducing the risk of illnesses among students and staff.

- **Improved Aesthetic:** A clean campus creates a positive impression and fosters a more pleasant learning environment.
- **Prevention of Disease Spread:** By disinfecting surfaces, the spread of contagious diseases, including common colds and flu, can be minimized.
- **Enhanced Safety:** Removing debris and hazards from walkways and common areas can reduce the risk of accidents and injuries.
- **Promotion of Responsibility:** Involving students and staff in campus cleaning activities fosters a sense of responsibility and ownership for maintaining a clean and safe environment. Overall, regular cleaning and disinfection efforts contribute to the well-being and productivity of everyone on campus.





Total no of students present were 49.



**NSS volunteers were cleaning college campus and picking up the yellow leaves**

**CLEANLINESS IS NEXT TO GODLINESS**

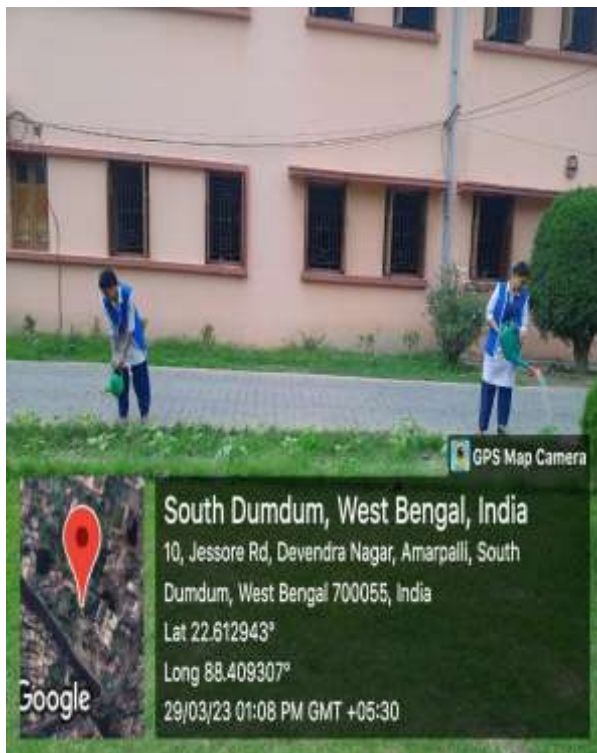


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NSS volunteers were spreading bleaching powders



NSS volunteers were watering plants





NSS volunteers were cleaning college campus

#### 24. Cultural Programme

In the 2<sup>nd</sup> Half, there was a valedictory session where a cultural programme was hosted by the students. At first, NSS Song was sung by every student as an ode to NSS and its Services. It was followed by a dance performance. Then, a PowerPoint Presentation was delivered by the students, which focused on NSS, its programmes and activities. Two students gave a brief report of their experience in Seven Day Special Camp. Then winners of poster competition held on 28.3.23 were awarded by the Principal. Dr. Sharmistha Dutta, Associate Professor, Department of Education delivered a lecture creating awareness among students that they could avail all kinds of occupation provided they have to acquire the requisite skills for the work. The valedictory speech was given by Principal, Pravrajika Vedaruparana. The programme ended with vote of thanks by Programme Officer, NSS.

Total no of students present were 49.





## Ramakrishna Sarada Mission Vivekananda Vidyabhavan

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### CULTURAL PROGRAMME BY NSS volunteers





**NSS volunteers and PO at the end of Seven Day Special Camp**



## Prize Distribution

### 24.Name of activity: NSS Programme at Belur

Category: Student's Activity

Organising unit: NSS





**Date:** 28.4.23

**Time:** 11:00am - onwards

**Venue:** Ramakrishna Mission Vidyamandir, Belur

**Number of participants:** 4

**Brief description of the event:** Four NSS volunteers of RKSMVV Megha Ghosh, Adrija Biswas, Singini Ghosh and Indrani Das Mahapatra have performed NSS song in West Bengal State National Service Scheme Awards Function at Belur Vidyamandir.

**Outcome:** Performing a NSS (National Service Scheme) song typically fosters a sense of unity, community, and social responsibility among participants. It often serves as a motivational and uplifting activity, encouraging individuals to contribute positively to society through volunteerism and civic engagement.



**PO and NSS volunteers at Ramakrishna Mission Vidyamandir, Belur**






4 NSS volunteers were performing NSS Song






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**WEST BENGAL STATE NSS AWARDS FUNCTION 2021-22**  
Govt. of West Bengal  
Department of Higher Education  
West Bengal State NSS Cell  
Bikash Bhavan, Salt Lake, Kolkata-700 091

In collaboration with  
**Ramakrishna Mission Vidyamandira**  
Belur Math, Howrah



Request the pleasure of your esteemed presence in the ceremony of the 10th West Bengal State National Service Scheme Awards Function to be held on 28th April, 2023 at 11.00 am at "Vivekananda Sabhagriha", R. K. M. Vidyamandira, Belur Math, Howrah.  
Your august presence will encourage the award winners and participants.

**Swami Mahaprajnananda**  
Principal  
Ramakrishna Mission Vidyamandira  
Belur Math, Howrah

**Prof. Jayasri Ray Chaudhuri**  
Director of Public Instruction  
Govt. of West Bengal

Kolkata, the 19th April, 2023  
\*COVID Protocol will be observed.



**PROGRAMME SCHEDULE**

- Registration
- Tea & Refreshments
- Invocation by students of Ramakrishna Mission Vidyamandira
- NSS Song
- Lighting of the Ceremonial Lamp
- Felicitations of the Guests
- Welcome address
- Address by the dignitaries

## 25. Programme of Chief Minister

**Name of activity:** Programme of Chief Minister

**Category:** Student's Activity

**Organising unit:** West Bengal State Govt



**Date:** 10.5.23

**Time:** 8:00am - onwards

**Venue:** Gangasagar Mela Ground

**Number of participants:** 15

**Brief description of the event:** Fifteen NSS volunteers of RKSMVV were present at Ganga Sagar Mela ground and have worked with Red Cross Society. Dr. Sanghamitra Mukherjee PO, NSS was in charge of Medical Cell there. They gave ORS to people suffering from heatwave.

**Outcome: Community Engagement** is the vital outcome of this participation. Participation of students in medical camps can lead to increased awareness about health issues, improved understanding of medical practices, and a sense of community service. It provides valuable hands-on experience, fostering empathy and a potential interest in healthcare careers. Additionally, it contributes to the **well-being of the community** by offering healthcare services to those in need.



**PO and NSS volunteers at Gangasagar Mela Ground**





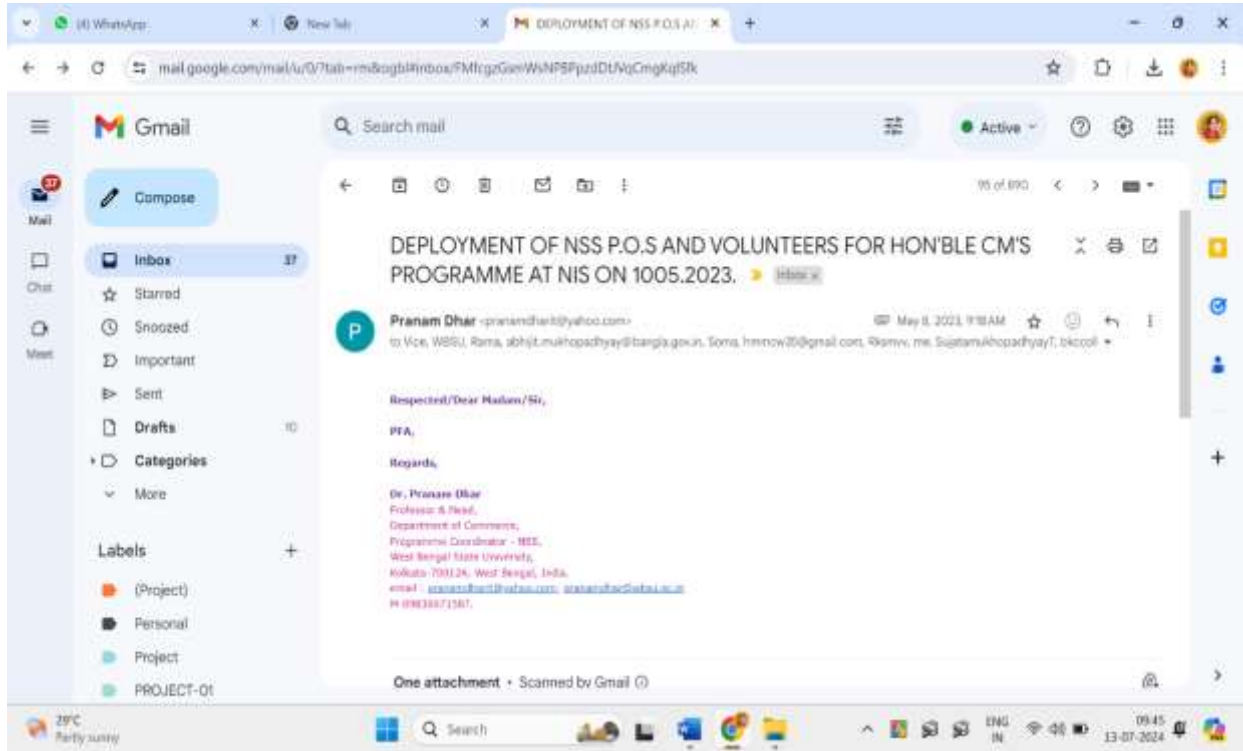
## Ramakrishna Sarada Mission Vivekananda Vidyabhavan

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PO and NSS volunteers worked together with Indian Red Cross Society to serve people





**Confirmation Mail from Programme Coordinator for the programme**

GOVERNMENT OF WEST BENGAL  
 AS DIRECTED BY HON'BLE CHIEF MINISTER, WEST BENGAL  
 CELEBRATING 175 YEARS OF BETHUNE COLLEGIATE SCHOOL  
 NSS VOLUNTEERS LIST FOR 10<sup>TH</sup> MAY, 2023  
 NETAJI INDOOR STADIUM

TRANSPORT AND LOGISTIC CELL  
 UNDER THE LEADERSHIP OF  
 SHRI ABHIJIT MUKHOPADHYAY IAS  
 HON'BLE SPECIAL COMMISSIONER, DEPARTMENT OF HIGHER EDUCATION,  
 GOVERNMENT OF WEST BENGAL  
 (GANGASAGAR MELA GROUND)  
**REPORTING TIME : 7.00 A.M.**

SL NO	NAME	CONTACT NO	COLLEGE/INSTITUTION
<b>CONTROL ROOM AT GANGASAGAR MELA GROUND</b>			
1	Shri Abhijit Mukhopadhyay IAS Senior Special Commissioner	8874047447	Higher Education Department, Government of West Bengal
2	Prof. Pranam Dhar (Chief Coordinating Officer)	9830071587	West Bengal State University
3	Bidhan Baidya (Coordinator)	9331270384	HMM College for Women
4	Pritam Dhara (Coordinator)	8910531158	HMM College for Women
<b>WOMEN'S CELL AT GANGASAGAR MELA GROUND</b>			
5	Dr. Sujata Mukhopadhyay (P.O.) [In- Charge]	9073666179	HMM College for Women
6	Sumi Maity	7449860221	HMM College for Women
7	Nita Maity	8884472379	HMM College for Women
8	Arpita Patra	9163936692	HMM College for Women
9	Samapika Patra	8297622065	HMM College for Women
10	Sneha Banerjee	7063602759	HMM College for Women
11	Aparna Roy	8084829429	HMM College for Women
12	Raya Mondal	9073310391	HMM College for Women
13	Monalisa Samanta	7429474355	HMM College for Women
14	Bijayata maity	6290559860	HMM College for Women
15	Chandria Maji	8891874348	HMM College for Women
16	Amrita Bhownick	8100503714	HMM College for Women
<b>MEDICAL CELL</b>			
17	Dr. Saughamitra Mukherjee (P.O.) [In- Charge]	8910541370	RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN
18	SUNANDA ROY	6297234550	RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN
19	Rashmi khatun	7439551400	HMM College for Women
20	Koyal dutta	6291762401	HMM College for Women
21	Asmita Das	8910879997	HMM College for Women

**Confirmation of deployment of NSS PO and Volunteers**

*Pr. Vedakupapriana*  
 Principal  
 Ramakrishna Sarada Mission  
 Vivekananda Vidyabhavan



48	Shubhajit saha	+917278266964	WBSU
49	Joy Biswas	+918777425330	WBSU
50	Shibam Nandi	90021 20701	WBSU
51	Goutam shaw	74509 93890	WBSU
52	Amisha Das	9903702907	WBSU
53	Sampriti Banik	91230 38080	WBSU
54	Pratip Biswas	6295715381	WBSU
55	Shubhajit saha	7278266964	WBSU
56	Abrity Golda	6289 938 252	WBSU
57	Shourav Shome	90647 46706	WBSU
58	Indira Ghosh	96479 87873	WBSU
59	DEBYANSHU SARKAR	7003645880	WBSU
60	SUMAN BISWAS	8481944117	WBSU
61	SOHAM PAUL	9073477878	WBSU
62	TANIMA DANDOPAT	7980442655	WBSU
63	SWAGATA DUTTA	9062846659	WBSU
64	MD SANWAZ HOSSAIN	8599979971	WBSU
65	PARTHA PAL	8972143830	WBSU
66	PURNIMA DEBNATH	6291332026	WBSU
67	SAYANI BHATTACHARJEE	9073896820	WBSU
68	SUDIPA KUNDU	7557096902	WBSU
69	AMIT SAHA	8240632419	WBSU
70	SOUMILI DAS	6290573811	WBSU
71	SOHINI DAS CHOWDHURY	6289847463	WBSU
72	RINKI SOME	9903807589	WBSU
73	MD SABIR HOSSAIN	9123359285	WBSU
74	PROMITA BANERJEE	8617271526	WBSU
75	MOHAN SINGH	6291215015	WBSU
76	KASTURI SADHUKHAN	8910997209	WBSU
77	SHRESTHA PAL	7003157057	WBSU
78	SOUMYA DEEP DAS	8017021051	WBSU
79	SAYARI SAHA	6289180476	WBSU
80	SANJANA GHOSH	6289370642	RKMVV
81	SHREYA MUKHERJEE	7003416239	RKMVV
82	SUCHETA CHATTERJEE	9477959483	RKMVV
83	SUDIPTA NASKAR	9883446949	RKMVV
84	ARITRI SAHA	9932480722	RKMVV
85	ARPITA SINGHA	9883840252	RKMVV
86	RINA BISWAS	9361692998	RKMVV
87	SHWETA CHATTERJEE	6289574338	RKMVV

### Deployment of our NSS volunteers





2 | Page

22	Krishna karmakar	7003089778	HMM College for Women
23	Purna Majumdar	8697841912	HMM College for Women
24	Anushka Biswas	9310509515	HMM College for Women
25	Madhusree Ghosh	9036642232	HMM College for Women
26	Arpita Patra	9163928692	HMM College for Women
27	Jain Samanta	9804174380	HMM College for Women
<b>FOOD CELL FOR VOLUNTEERS AND OTHERS</b>			
28	Dr. Rama Prasad Bhattacharyya [In-Charge]	7908461733	JT, DPI & SNO, Department of Higher Education, Government of West Bengal
29	Anirban Barman (P.O.) [In-Charge]	8017926298	Brahmananda Keshab Chandra College
30	Anurupa Pal	8777014206	HMM College for Women
31	Sarabani Kaur	8017972967	HMM College for Women
32	Sathi Das	8777494995	HMM College for Women
33	Sanchari Chatterjee	9331935829	HMM College for Women
34	Bipul Saha	8017755037	Brahmananda Keshab Chandra College
35	Akash Hui	9674582329	Brahmananda Keshab Chandra College
36	Furbam Mukhopadhyay	9563984014	Brahmananda Keshab Chandra College
37	Pritam Adhikary	9123931096	Brahmananda Keshab Chandra College
38	Soni Kumari	7439978145	Brahmananda Keshab Chandra College
39	Ishita Banerjee	9903089822	Brahmananda Keshab Chandra College
40	Osmita Chakraborty	9144517748	Brahmananda Keshab Chandra College
41	SUSMITA SINGHA	9875441185	RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN
42	SATHI KARMAKAR	9330707324	RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN
43	ISHIKA DAS CHOWDHURY	8584009327	RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN
44	ARCHANA ADHIKRY	7044768848	RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN
45	DISHA MONDAL	9735008152	RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN
<b>HUMAN CHAIN FOR GUIDING THE STUDENTS</b>			
46	DR. SUBHRO DE [IN-CHARGE]	9433258638	DOPI, GOVERNMENT OF WEST BENGAL
47	Ansh Kumar shaw.	6289849265	WBSU

## Deployment of our NSS volunteers

### 26. Vivek Samhati Utsav

**Organising unit:** NSS Cell, West Bengal State University

**Date:** 22/5/23

**Time:** 11:00am - onwards

**Venue:** West Bengal State University

**Number of NSS volunteers-** 4

**Brief description of the event:** State Level Celebration on National Integration to commemorate the Birth Anniversary of Swami Vivekananda, the NSS Cell of West Bengal State University under the aegis of the Department of Higher Education, Govt of West Bengal has organised Vivek Samhati Utsav. NSS unit of most of the colleges and universities of West Bengal have participated in the cultural programme. NSS volunteers of our college



performed NSS song. Our Principal Pravrajika Vedarupaprana has delivered an insightful lecture on Swamiji. NSS Po Dr, Sanghamitra Mukherjee was awarded as the “ Active Programme Officer”



**Prof. Pranam Dhar was giving keynote address.**



**Pravrajika Vedarupaprana, Principal ,RKSMVV delivered a lecture on Youth and Swamiji**





## Ramakrishna Sarada Mission Vivekananda Vidyabhavan

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# Vivek Samhati Utsab -2023

(State Level Celebration on National Integration, 2023)

Organised by

**National Service Scheme (NSS)**

Department of Higher Education, Government of West Bengal

&  
National Service Scheme (NSS) Cell,  
West Bengal State University.

Madam/Sir,

It gives us immense pleasure to inform you that National Service Scheme (NSS) Cell of West Bengal State University is going to organise a State Level Celebration on National Integration to commemorate the Birth Anniversary of Swami Vivekananda under the aegis of the Department of Higher Education, Government of West Bengal, on 22<sup>nd</sup> May, 2023, from 11.00 a.m. to 5.00 p.m. at the Auditorium, 3<sup>rd</sup> Floor, Administrative Building, West Bengal State University Campus, Barasat, Kolkata – 700126.

Swami Kamalasthananda Maharaj, Principal & Secretary, Ramakrishna Mission Vivekananda Centenary College, Rahara, North 24 Parganas has kindly consented to inaugurate this auspicious programme and Pravrajika Vedarupaprana, Principal, Ramakrishna Sarada Mission Vivekananda Vidyabhavan has also kindly consented to be present in this auspicious programme.

We cordially invite you and solicit your kind participation for the grand success of this auspicious programme.

**Dr. Rama Prasad Bhattacharya**

State NSS Officer,  
Government of West Bengal  
&

Convener of the Organising Committee,  
(Vivek Samhati Utsab 2023)

**Professor Mahua Das**

Hon'ble Vice-Chancellor,  
West Bengal State University





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**PO Dr. Sanghamitra Mukherjee received Active Programme Officer Award**

### **27. HIV Awareness and Orientation on Blood Donation**

Category: Awareness lecture

Topic: HIV Awareness and Orientation on Blood Donation

Organising unit: SWC and NSS

Date: 20.05.23

Time: 12 noon

Venue: Room No-25

Name of resource person/s (with designation) : Mr. Smarajit Kar, Assistant Director (VBD)

**Number of NSS volunteers: 100**

#### **Brief description of event**

The program was organized on 20<sup>th</sup> May 2023 from 12-30 pm onwards. This program aimed to provide the student volunteers with a deeper understanding of the importance of blood donation. Principal had invited Mr. Smarajit Kar, the assistant Director (VBD), Blood Safety and his team in this regard. More than hundreds of students had participated in this orientation program. Mr. Kar had discussed the benefits of Blood donation drive. The students had also asked questions to clarify their doubts in this interactive session. In this awareness program the students were told about the benefits of Blood donation, donation process, and the precautions to be taken before and after Blood donation.



**Programme outcome :**

The HIV awareness program likely resulted in increased knowledge and understanding of HIV/AIDS within the targeted community. It may have encouraged preventive measures, reduced stigma, and promoted early detection and treatment, contributing to overall public health improvement. An awareness lecture on HIV awareness and blood donation aims to educate participants on the significance of understanding HIV and the importance of safe blood donation practices. The program outcomes typically include:

1. **Increased Awareness:** Participants gained a comprehensive understanding of HIV, including its transmission, prevention, and treatment options.
2. **Knowledge Enhancement:** Participants learnt about the importance of blood donation, the process involved, and how it saves lives.
3. **Stigma Reduction:** Reducing misconceptions and stigma associated with HIV/AIDS, fostering a more supportive and informed community.
4. **Promoting Safe Practices:** Encouraging safe practices to prevent HIV transmission, including safe sex practices, regular testing, and proper needle use.
5. **Encouraging Blood Donation:** Motivating participants to become regular blood donors and understanding the criteria and safety measures involved.
6. **Community Engagement:** Inspiring participants to advocate for HIV awareness and blood donation within their communities, potentially leading to organized drives or campaigns.
7. **Action Plans:** Development of personal or group action plans to contribute to HIV awareness and support blood donation initiatives.

These outcomes can lead to a more informed, supportive, and proactive community regarding HIV awareness and the critical need for blood donation.



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Flyer of the programme



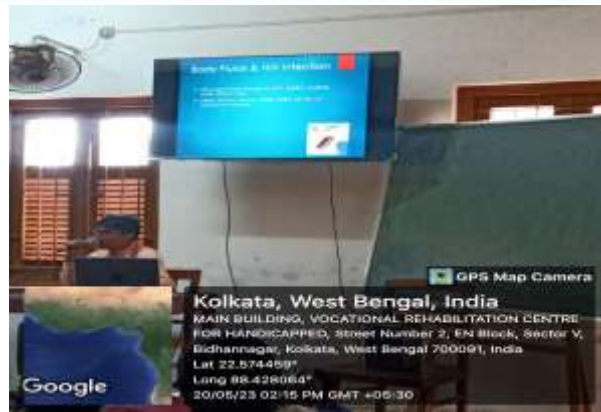
PO Dr. Sanghamitra Mukherjee was delivering the speech on importance of the awareness lecture.



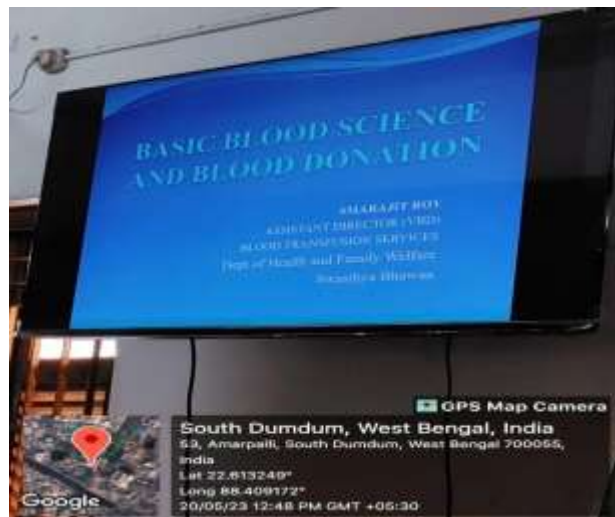


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Smarajit kar was delivering lecture. Here are some glimpses of his presentation.



### 28. International Yoga Day

**Category:** Student's Activity

**Organising unit:** NSS & IQAC

**Date:** 21/06/23

**Time:** 11:00am - onwards

**Venue:** Mukti-prana Sabhagriha

**Number of NSS volunteers:** 15

**Brief description of the event:** NSS Unit, RKSMVV in collaboration with IQAC celebrated International Yoga Day. Students performed several yoga asanas. Benefits of Yoga was discussed thoroughly by students. There was a Yoga Competition among students.

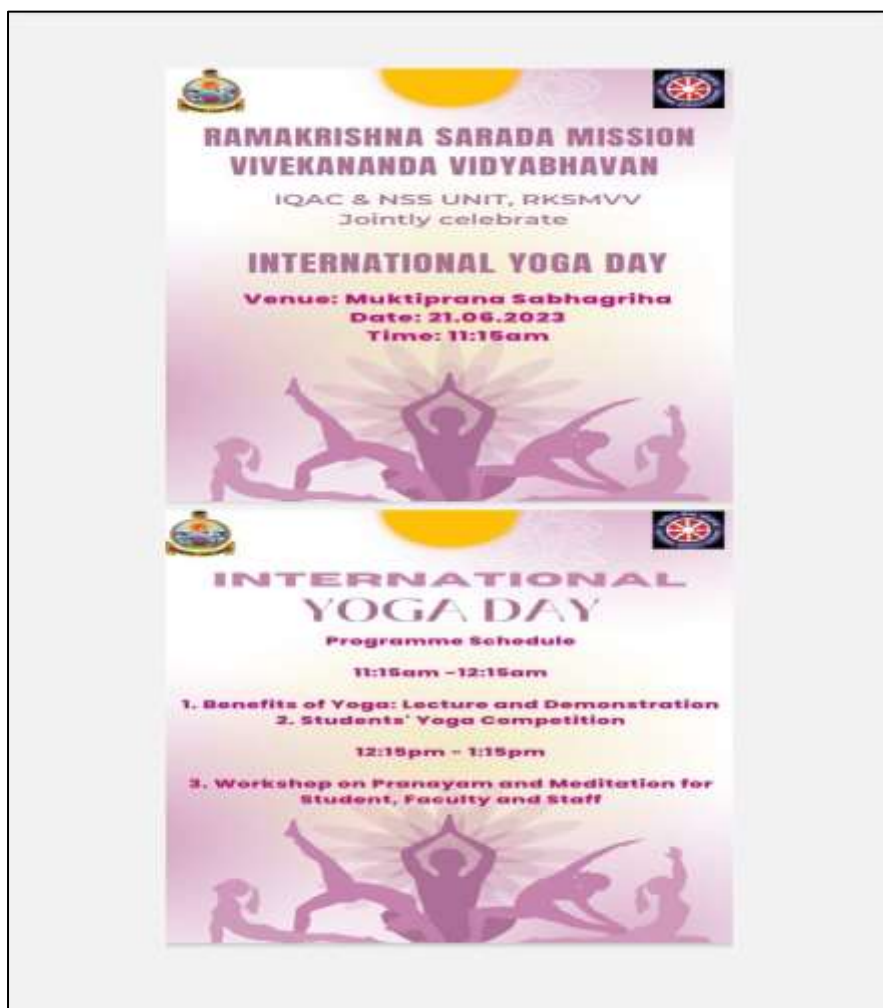


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Afterwards there was workshop on Pranayam and meditation for teachers, students and staffs. Yoga Day Pledge has been taken by PO Dr. Sanghamitra Mukherjee and other NSS volunteers of NSS Unit, Ramakrishna Sarada Mission Vivekananda Vidyabhavan

**Outcomes:** Engaging in yoga and pranayama can result in various positive outcomes, including enhanced physical and mental well-being. Regular practice may lead to increased flexibility, improved posture, and better overall fitness. On the mental front, individuals often experience reduced stress, increased relaxation, and improved concentration. Additionally, practicing yoga and pranayama can contribute to better emotional balance and a heightened sense of mindfulness. Both students and staffs are benefitted by the workshop.



Flyer of the Programme



## Ramakrishna Sarada Mission Vivekananda Vidyabhavan

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Principal was delivering lecture on importance of Yoga



NSS volunteers were performing yogasanas







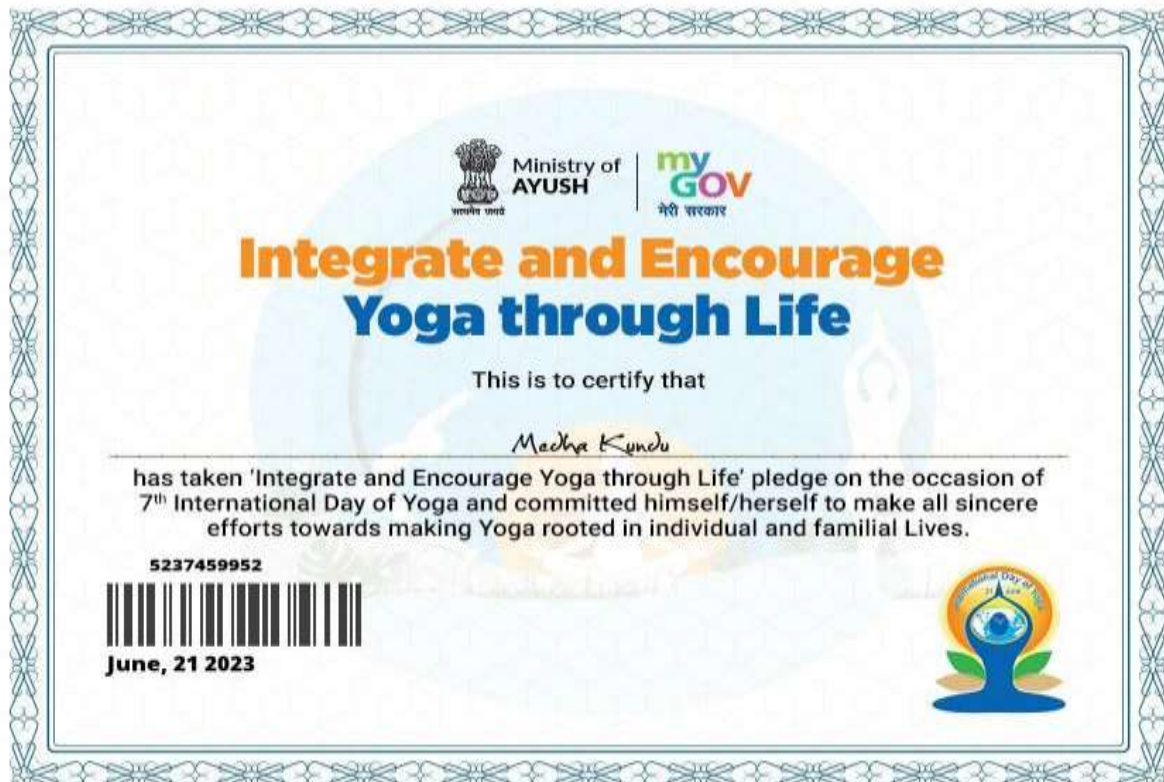
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Teachers and students did yoga together

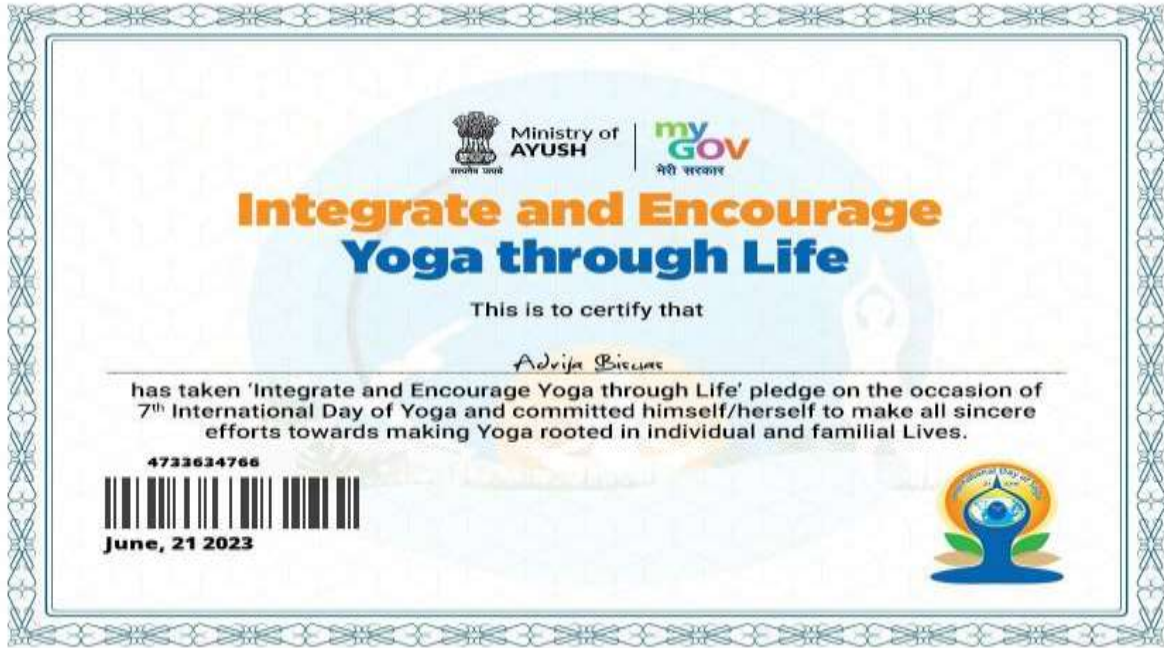
NSS volunteers took pledge and got certificates on Yoga Day. Some certificates are attached below.





# Ramakrishna Sarada Mission Vivekananda Vidyabhavan

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Ministry of AYUSH | my GOV  
मेरी सरकार


## Integrate and Encourage Yoga through Life

This is to certify that

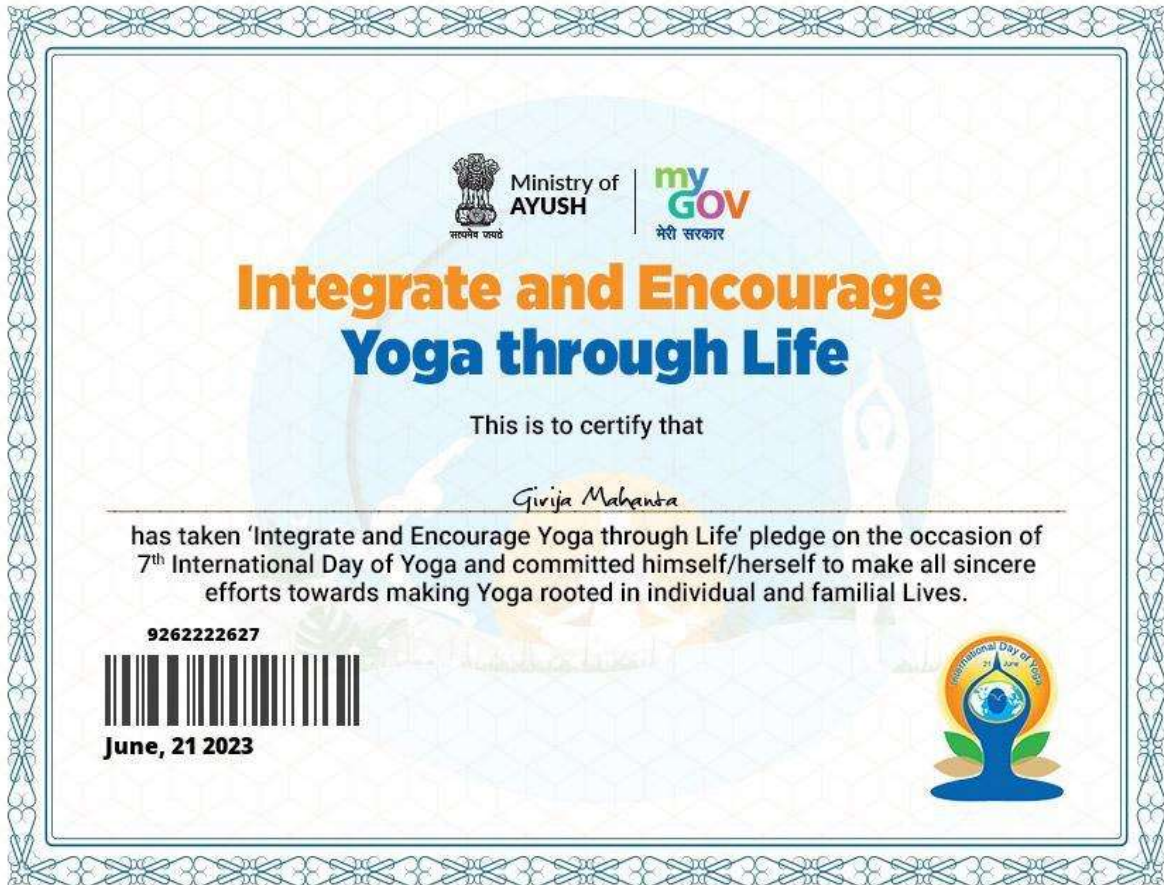
*Advija Biswas*

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7<sup>th</sup> International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

4733634766



June, 21 2023

Ministry of AYUSH | my GOV  
मेरी सरकार


## Integrate and Encourage Yoga through Life

This is to certify that


*Givija Mahanta*

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7<sup>th</sup> International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

9262222627



June, 21 2023



*Pt. Vedakrupapriya*  
Principal  
Ramakrishna Sarada Mission  
Vivekananda Vidyabhavan





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### Integrate and Encourage Yoga through Life

This is to certify that

*Sukanya Mukherjee*

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7<sup>th</sup> International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

5292996948

June, 21 2023

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### Integrate and Encourage Yoga through Life

This is to certify that

*Anushka Ghosh*

has taken 'Integrate and Encourage Yoga through Life' pledge on the occasion of 7<sup>th</sup> International Day of Yoga and committed himself/herself to make all sincere efforts towards making Yoga rooted in individual and familial Lives.

5543448975

June, 21 2023