



## **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:** Mukti-prana 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.



**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

**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.





WhatsApp | NOMINATION OF NSS VOLUNTEERS

mail.google.com/mail/u/1/?tab=mm&ogbi#inbox/FMfcgwDsFXsTDDwTpskfjXWQhskLrV?projector=1&messagePartId=0.1

**West Bengal State University**  
  
**NATIONAL SERVICE SCHEME (NSS) CELL**

*Dr. Pranam Dhar*  
Programme Coordinator

Ref.: NSS/PC/WBSU/ABTC/NIS/1-19 Date: 02.11.2019.

**To**  
**Dr. Rama Prasad Bhattacharyya**  
 Joint Director of Public Instructions  
 Department of Higher Education, Science & Technology and Biotechnology,  
 Government of West Bengal.  
 &  
 State NSS Officer, GoWB.

**Sub.:** Nomination of NSS Volunteers & P.O.s for Important Support and Hospitality at All Bengal Teachers' Convention to be held on 5<sup>th</sup> November, 2019 at Netaji Indoor Stadium, Kolkata.

Sir,  
 With reference to your official communication Dated the 1<sup>st</sup> November, 2019 I am sending the following names of the NSS Volunteers along with Programme Officers from each unit for Important Support and Hospitality at All Bengal Teachers' Convention to be held on 5<sup>th</sup> November, 2019 at Netaji Indoor Stadium, Kolkata from 8.00 a.m. onwards:

Sl. No.	NAME	NAME OF THE INSTITUTION	Contact no.
1	MD. OBAIDULLAH MONDAL	MAHADEVANANDA MAHAVIDYALAYA (U-1) [P.O.]	8296332395
2	Aki Ahmed Mallik	MAHADEVANANDA MAHAVIDYALAYA	86172 88282

29°C Light rain | Search | ENG IN | 01:21 01-07-2024

WhatsApp | NOMINATION OF NSS VOLUNTEERS

mail.google.com/mail/u/1/?tab=mm&ogbi#inbox/FMfcgwDsFXsTDDwTpskfjXWQhskLrV?projector=1&messagePartId=0.1

**West Bengal State University**  
  
**NATIONAL SERVICE SCHEME (NSS) CELL**

*Dr. Pranam Dhar*  
Programme Coordinator

260	Kabir Ghosh	Dinabandhu Mahavidyalaya	8156046498
261	Asim Sarkar	Dinabandhu Mahavidyalaya	7908816888
262	Dr. Saikat Bhunia	Bhairab Ganguly College [P.O.]	8777535241
263	Soumitra Das	Bhairab Ganguly College	8156078272
264	Chandrabansu Das	Bhairab Ganguly College	7988948263
265	Mou Sarkar	Bhairab Ganguly College	9038240263
266	Soumitra Kumar Jha	Bhairab Ganguly College	7044902052
267	Ashish Das	Bhairab Ganguly College	9038610687
268	Ahmed Das	Bhairab Ganguly College	7482981338
269	Arshad Hussain Bha	Bhairab Ganguly College	9032801956
270	Ashish Karmakar	Bhairab Ganguly College	9038677463
271	Srijita Das	Bhairab Ganguly College	7206650395
272	Pooja Mondal	Bhairab Ganguly College	
273	Dr. Bangladesha Bhattacharya	Ramakrishna Sarada Mission Vivekananda Vidyabhavan [P.O.]	8820262861

29°C Light rain | Search | ENG IN | 01:22 01-07-2024

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



WhatsApp

NOMINATION OF NSS VOLUNTEERS

mail.google.com/mail/u/0/?tab=rm&ogbi#inbox/FMfcgwwDxFxTDDnrTpskFjXWQhskLrV/projector=1&messagePartId=0.1

266	Boshat Kumar Jha	Bhairab Ganguly College	7044902023
267	Akash Paul	Bhairab Ganguly College	9038610687
268	Ahmad Gan	Bhairab Ganguly College	7430981333
269	Ankita Bhattacharjee	Bhairab Ganguly College	9932801956
270	Akash Ramanta	Bhairab Ganguly College	9038577463
271	Shilpa Paral	Bhairab Ganguly College	7598850395
272	Pinki Mondal	Bhairab Ganguly College	
273	<b>Dr. Banghamitra Mukherjee</b>	<b>Ramakrishna Sarada Mission Vivekananda Vidyalyaya (P.O.)</b>	<b>9830043861</b>
274	ARUNIMA BISWAS	Ramakrishna Sarada Mission Valika Vidyalaya	6294473797
275	SOURI MONDAL	Ramakrishna Sarada Mission Valika Vidyalaya	9748654830
276	TUSHNA CHAKRABORTY	Ramakrishna Sarada Mission Valika Vidyalaya	6296559454
277	MOUNITA BISWAS	Ramakrishna Sarada Mission Valika Vidyalaya	9874706618
278	RUBINUR RAHAMAN	Ramakrishna Sarada Mission Valika Vidyalaya	7478913856
279	RACHAYITRI ADHIKARY	Ramakrishna Sarada Mission Valika Vidyalaya	9474133838
280	RUNI BACHAR	Ramakrishna Sarada Mission Valika Vidyalaya	7001668734
281	JAGRITI BISWAS	Ramakrishna Sarada Mission Valika Vidyalaya	8436730048
282	ARANA GAYON	Ramakrishna Sarada Mission Valika Vidyalaya	9031211002
283	SIKHA JANA	Ramakrishna Sarada Mission Valika Vidyalaya	9734399023
284	<b>Dr. Prasann Dhar</b>	<b>West Bengal State University (P.C.)</b>	<b>9830071587</b>
285	Arijit Saha	West Bengal State University	9062765203
286	Anwesha Chowdhury	West Bengal State University	7596953131
287	Susanta Ghosh	West Bengal State University	8582991675
288	Chiranjit Saha	West Bengal State University	8777046463

P.O. Buranangpukuria, Mallickpur, Barasat, Kolkata - 700126. Phone : (033) 2524-1975-79  
website : [www.wbsueregistration.org](http://www.wbsueregistration.org)  
email : [www.wbsueregistration.org](mailto:www.wbsueregistration.org)

10

29°C Light rain

Search

ENG IN 01:22 01-07-2024

### Names of our NSS volunteers in Chief Minister's Programme



### Our NSS volunteers at Chief minister's Programme





## 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



**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 present-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:

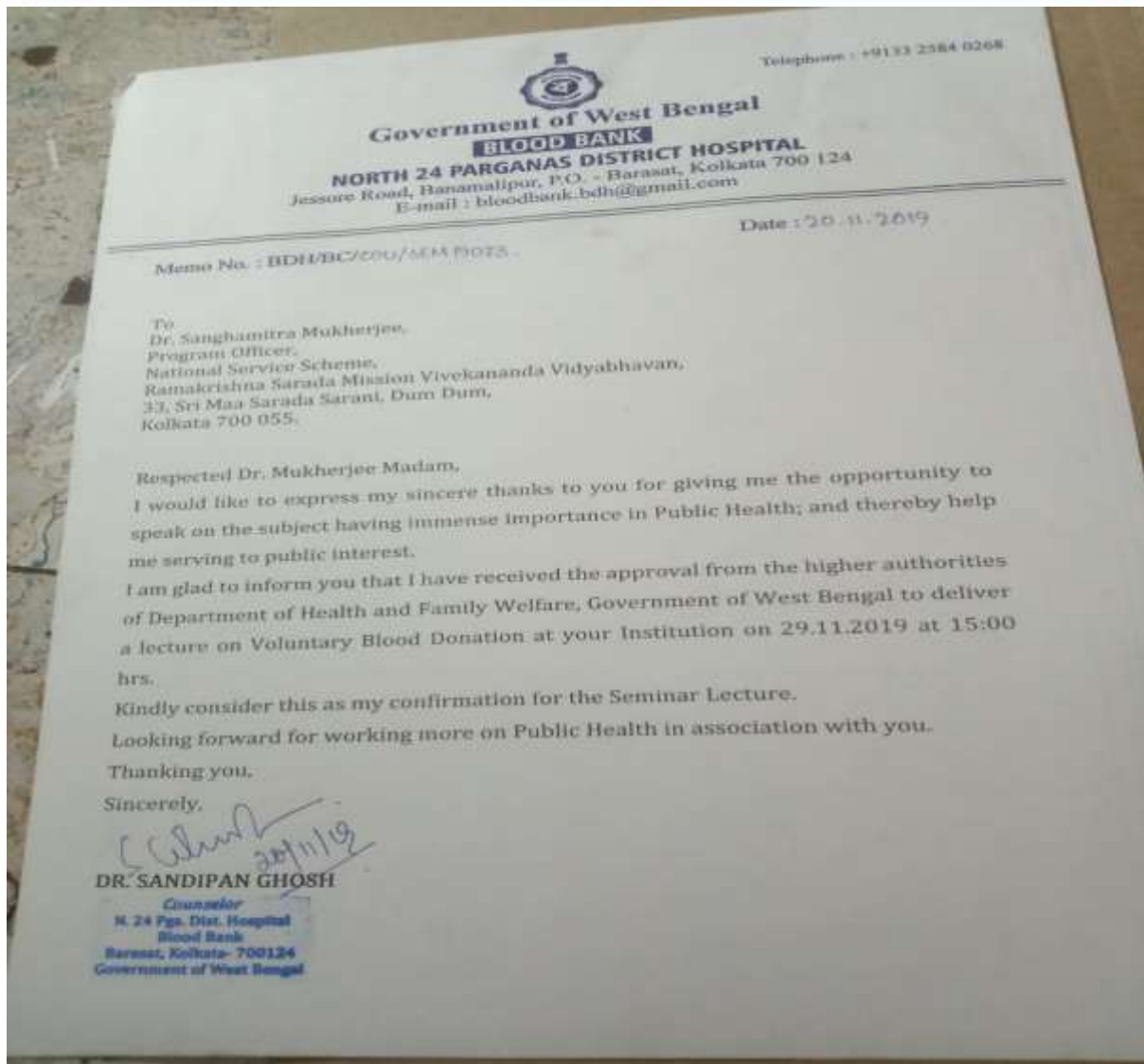
1. To educate participants on the significance of voluntary blood donation.
2. To dispel myths and misconceptions about the blood donation process.
3. To encourage more people to become regular blood donors.
4. To highlight the safety and procedures involved in blood donation.

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.



**Ramakrishna Sarada Mission Vivekananda Vidyabhavan**  
33, SRI MAA SARADA SARANI, DUM DUM, KOLKATA- 700055  
WEBSITE: www.rkmsv.ac.in, Email: rkms.college@gmail.com, Phone: 033-2551 3452



**Thanks giving letter by the resource person**

5.Event: **Blood Donation Camp**

Date:03.12.19

**Number of NSS volunteers-15**

Venue: Swamiji Bhaban

**Brief description of the event:** 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.

**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**





## 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: [rksm.college@gmail.com](mailto:rksm.college@gmail.com), Phone: 033-2551 3452

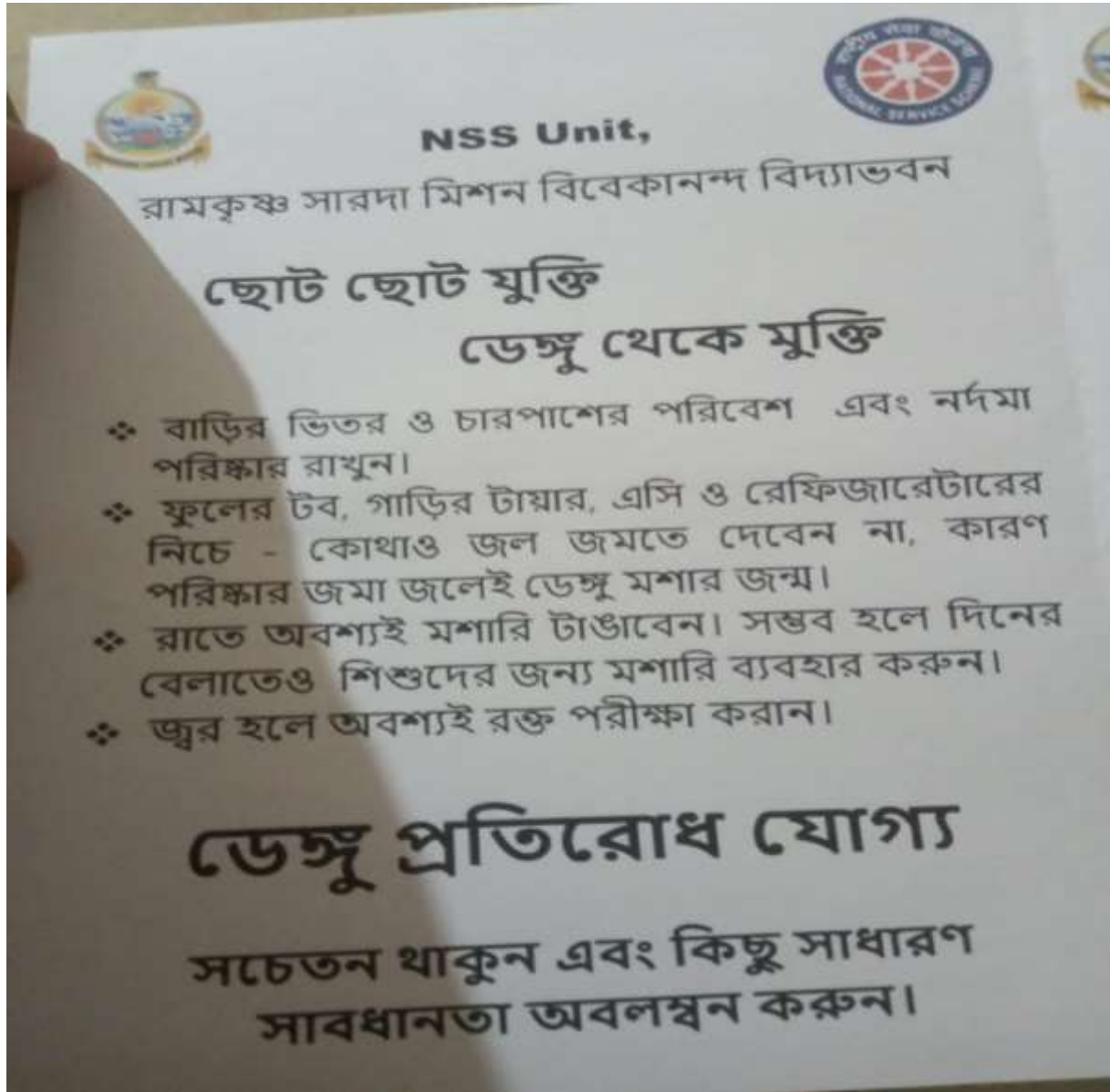


Procession taken out by teachers and NSS volunteers to raise awareness on Dengue



## Ramakrishna Sarada Mission Vivekananda Vidyabhavan

33, SRI MAA SARADA SARANI, DUM DUM, KOLKATA- 700055  
WEBSITE: www.rkmsvv.ac.in, Email: rkms.college@gmail.com, Phone: 033-2551 3452



**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. Students and NSS volunteers made several posters on the topic.

**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.

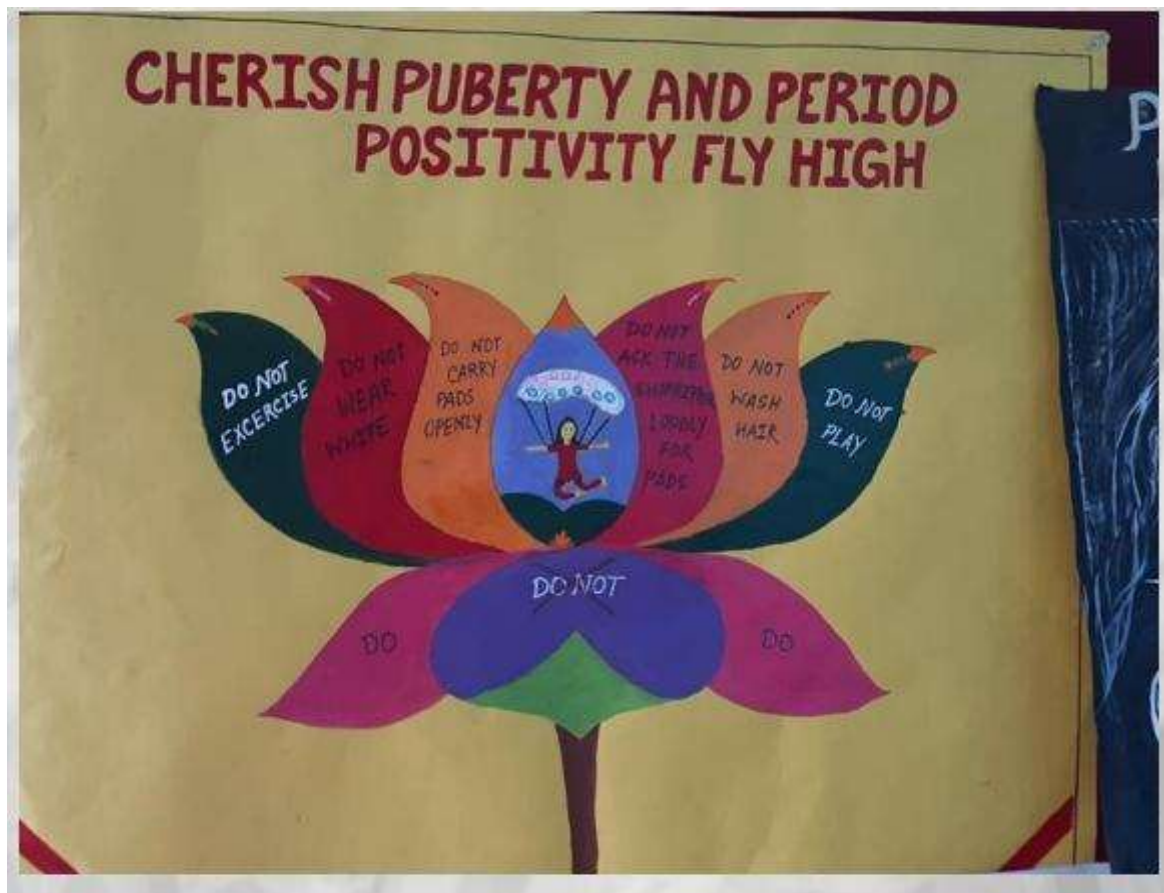




## Ramakrishna Sarada Mission Vivekananda Vidyabhavan

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

### 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**





## Ramakrishna Sarada Mission Vivekananda Vidyabhavan

33, SRI MAA SARADA SARANI, DUM DUM, KOLKATA- 700055  
WEBSITE: www.rkmsv.ac.in, Email: rkms.college@gmail.com, Phone: 033-2551 3452

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  
&  
District Nodal Officer, 24 pgs (N), WB

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

**WEBINAR**

Flyer Of the Training and Orientation Programme



## 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



**NSS volunteers Participating in the Webinar**



## 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



NSS volunteers participating in the Webinar





## 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



### 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 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



# 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



## Ramakrishna Sarada Mission Vivekananda Vidyabhavan



N  
S  
S



U  
N  
I  
T



### COVID-19



### WARRIORS

We have to stay at home for now. At first, it felt weird, but we can still play games, read books and cook some delicious food.

✓ DO'S



S  
T  
A  
Y  
  
S  
A  
F  
E

DON'TS ✗



Photo collage made by NSS volunteers





## 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



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.**



## 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: [rksm.college@gmail.com](mailto:rksm.college@gmail.com), Phone: 033-2551 3452

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

00:58

INDIAFIGHTSCORONA

**Nabanita Ghosh**  
NSS volunteer  
R.K.S.M.V.V .WEST BENGAL

Made with Video Flyer

### 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>



## 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

00:59

IndiaFightsCorona

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

LinkedIn: Jobs & B...  
Sponsored · 4.3 ★ FR...  
Install

### Dr Sanghamitra Mukherjee from West Bengal speaks about COVID19

352 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

18 | Share | Remix | Download

Comments 1  
Add a comment...

**Outcome:** Creating a video on COVID-19 and protection measures can have several positive outcomes, particularly in public health education:





## 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: [rksm.college@gmail.com](mailto:rksm.college@gmail.com), Phone: 033-2551 3452

1. **Increased Awareness:** Videos are an effective way to communicate complex information in an easily digestible format. By presenting facts about COVID-19 and protection methods like vaccination, mask-wearing, and social distancing, viewers can better understand how to protect themselves and others.
2. **Behavioral Change:** Visual content can influence people's behavior more effectively than text alone. A well-made video can encourage viewers to adopt protective measures such as regular hand washing, avoiding crowded places, and staying informed about the latest guidelines.
3. **Combating Misinformation:** During the pandemic, misinformation spread rapidly, often leading to harmful behaviors. A credible video can help debunk myths, clarify misconceptions, and provide accurate information, reducing the spread of falsehoods.
4. **Global Reach:** Videos can be shared widely across various platforms, reaching a global audience. This is especially important in ensuring that vital information about COVID-19 protection reaches people in different regions, regardless of language or literacy levels.
5. **Engagement and Retention:** Videos tend to have higher engagement and retention rates compared to written content. Viewers are more likely to watch and remember the key points presented in a video, leading to a more informed public.
6. **Emotional Impact:** Videos can use storytelling, visuals, and sound to create an emotional connection with the audience, which can be powerful in motivating people to take protective measures seriously.
7. **Accessibility:** Videos can be made accessible to a wide audience by including subtitles, translations, and sign language interpretation, ensuring that people with different needs can benefit from the information.

In summary, creating a video on COVID-19 and protection measures can significantly contribute to public health efforts by raising awareness, changing behavior, combating misinformation, and reaching a broad audience.

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



## 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



**Mahatma Gandhi National Council of Rural Education**  
Department of Higher Education  
Ministry of Human Resource Development, Government of India

Certificate No: 12

### Certificate

This is to certify that Dr. Sanghamitra Mukherjee of RKSM Vivekananda Vidyabhavan has participated in the **One Day Swachhta Action Plan Online Workshop** conducted in June 2020 for North 24 Parganas district of West Bengal state organized by Mahatma Gandhi National Council of Rural Education in collaboration with **National Service Scheme**. The participant has conducted Online Workshop on Swachhta Action Plan for their Student Volunteers in their Institution.

D. Shiny Hadassah  
Resource Person  
MGNCRE

T Sandhya  
Mentoring officer  
SAP Project MGNCRE



## 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

### 14. International Drug Abuse Day



Ramakrishna Sarada Mission  
Vivekananda Vidyabhavan



NSS UNIT

26th June,  
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, 2020. 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**



## 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: [rksm.college@gmail.com](mailto:rksm.college@gmail.com), Phone: 033-2551 3452



**NSS volunteer practising Yoga at home**