



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 20th 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.



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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: **9th August, 9:00 p.m.**

Email: 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 15th August, 2022. Award winners with posters at West Bengal State University on 15th August, 2022



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



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Award winners of poster competitions with University certificates



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Award winning volunteers with their certificates and posters

3. Har Ghar Tiranga-Distribution of Flags

Name: Har Ghar Tiranga Project

Category: NSS Activity

Organising unit: NSS Unit, Ramakrishna Sarada Mission Vivekananda Vidyabhavan

Date: 12.08.2022

Time: 1.30 P.M

Number of NSS volunteers: 24

Brief description of the event: 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 12th August, 2022. Under the supervision of Pravrajika Ishtatmaprana and Dr.



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Sanghamitra Mukherjee, 24 NSS volunteers of our college distributed 50 flags among the peoples of locality.

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.



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



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



Rally organised for 'Har Ghar Tiranga' Drive



4. Independence Day Celebration

Name of the event: Independence Day

Organizing unit: Cultural Committee, RKSMVV & NSS

Date: 15 th August, 2022

Time: 9.30am onwards

Venue: Mukti-prana Sabhagriha

Number of Resource Person: 1

Resource Person- Prof. Sabuj Kali Sen (Mitra), Department of Philosophy, Visva-Bharati

Number of NSS volunteers-17

Number of students-170

Brief Description of events: The NSS Unit of RKSMVV along with Cultural Committee, RKSMVV celebrated India's 76th Independence Day on 15th 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 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. Prof. Sabuj Kali Sen (Mitra) and Pravrajika Pradiptaprana, the Secretary RKSMVV, hoisted the flag.

Amidst a solemn air of reverence, the NSS volunteers, with hearts swelling with patriotic fervor, stood in unison and saluted the national flag. The emblem of our nation's pride fluttered gracefully in the breeze, as each volunteer, with unwavering resolve, paid homage to the cherished symbol of our sovereignty and unity. Their salute was not merely a gesture, but a profound expression of their dedication to the ideals and values that the flag embodies. Our Principal Pravrajika Vedarupaprana delivered a motivational speech on the importance of the Day. Afterwards the NSS volunteers along with other students dazzled the stage with their incredible performances.

Program outcome: The Independence Day celebration at the college culminated in a profound sense of national pride and unity among the students and faculty. The program succeeded in fostering a deeper understanding of the significance of India's freedom struggle, inspiring participants to reflect on the sacrifices made by our forebears. Through various cultural performances, speeches, and activities, the event reinforced the values of patriotism, responsibility, and civic duty. It also provided a platform for students to showcase their talents,



thereby enhancing their confidence and sense of belonging to the nation. Overall, the celebration kindled a renewed commitment to upholding the principles of democracy and working towards the betterment of society.

Programme Outcome: The event successfully instilled a sense of national pride and responsibility among participants. The cultural activities promoted unity and showcased the diversity of India. The Independence Day celebration by the NSS unit was a resounding success, with active participation from students, faculty, and the local community. The event not only commemorated India's independence but also promoted values of service and patriotism.



Lecture delivered by our College Principal Mataj



NSS volunteers saluted the National Flag



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NSS volunteers were performing dance

5. NSS volunteers at Biswa Bangla Mela Prangon

Brief Report of the event: Three NSS volunteers of RKSMVV had participated in the Chief Minister's programme on 5th September, 2022 at Biswa Bangla Mela Prangon. NSS volunteers of our College actively participated in supporting a Chief Minister's program. The volunteers were tasked with managing food distribution and logistical arrangements, ensuring that all operations were conducted efficiently and effectively.

1. Food Distribution: NSS volunteers organized and distributed meals to over [number] of participants and beneficiaries attending the program. They ensured orderly distribution and adhered to hygiene protocols.
2. Logistics Management: Volunteers assisted in setting up the venue, managing the crowd, and providing logistical support such as registration, guiding attendees, and assisting government officials in executing the program smoothly.
3. Coordination with Authorities: The NSS team closely collaborated with government officials to ensure that all tasks were completed on time and that the program ran without any disruptions.

Programme Outcome: Community Service - The involvement of NSS volunteers significantly contributed to the success of the government program. Their efficient handling of food distribution and logistics ensured that the event was well-organized and that all beneficiaries received the intended services promptly. The dedication and teamwork displayed by the volunteers were appreciated by both the government officials and the community members. The voluntary participation of NSS volunteers in



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this government program demonstrated their commitment to community service and their ability to handle responsibilities in real-world scenarios. The program provided the volunteers with valuable experience in event management and reinforced the importance of collaboration between government bodies and community organizations like the NSS.



NSS volunteers 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

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 22nd September, 2022 at West Bengal State University.



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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 was also a tree plantation programme. 6 NSS volunteers planted ten saplings in the college campus. **Tree plantation event** offers educational opportunities for participants to learn about the importance of trees, ecosystems, and environmental sustainability. Overall, tree plantation initiatives yield numerous benefits for the environment, communities, and individuals, contributing to a healthier and more sustainable future.



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PO AND NSS volunteers distributed educational kits to the slum children



Students volunteering to teach slum children





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Tree Plantation Programme by NSS Volunteers



Flyer of National Service Scheme Day

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

On Friday.. 02.12.2022. 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.





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NSS volunteers at a Seminar on Sustainability as part of Swachha Bharat Campaign

9. Swachchha Bharat : Clean Your Campus

Name of activity: Swachchha Bharat : Clean Your Campus

Category: Student's Activity

Organising unit: NSS Unit, RKSMVV

Date: 02/01/23

Time: 12:30pm

Number of NSS volunteers-10

Brief description of the event: On 2nd January, 2023 the NSS unit of our college orchestrated a commendable Clean Campus Drive, as an initiative of 'Swachchha Bharat Programme'. There were 10 volunteers who engaged themselves in cleaning the college campus. The drive saw an overwhelming participation from NSS volunteers to beautify and preserve the sanctity of our cherished campus. The event commenced with an inspiring address by the Principal, who eloquently underscored the significance of maintaining a clean and green environment, not merely as a duty, but as a reflection of our collective values. Following this, the volunteers, equipped with gloves, brooms, and biodegradable bags, dispersed across the campus, tending to every nook and cranny with meticulous care. The drive extended to the removal of litter, the pruning of overgrown shrubs, and the cleaning of the campus's various pathways and gardens. Special attention was given to the proper segregation of waste, ensuring that recyclable materials were separately collected, in alignment with the principles of



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sustainability. The enthusiasm exhibited by the participants were palpable, transforming what could have been a mundane task into a vibrant celebration of community spirit.

Programme Outcome: The Clean Campus Drive was not only a resounding success but also a powerful reminder of the impact we can collectively make when we channel our efforts toward a common goal. The NSS unit's initiative has set a precedent, inspiring all to contribute to a cleaner, greener, and more harmonious campus environment.



Cleaning

drive undertaken by NSS volunteers under Swachha Bharat Abhiy



NSS volunteers were cleaning College Campus



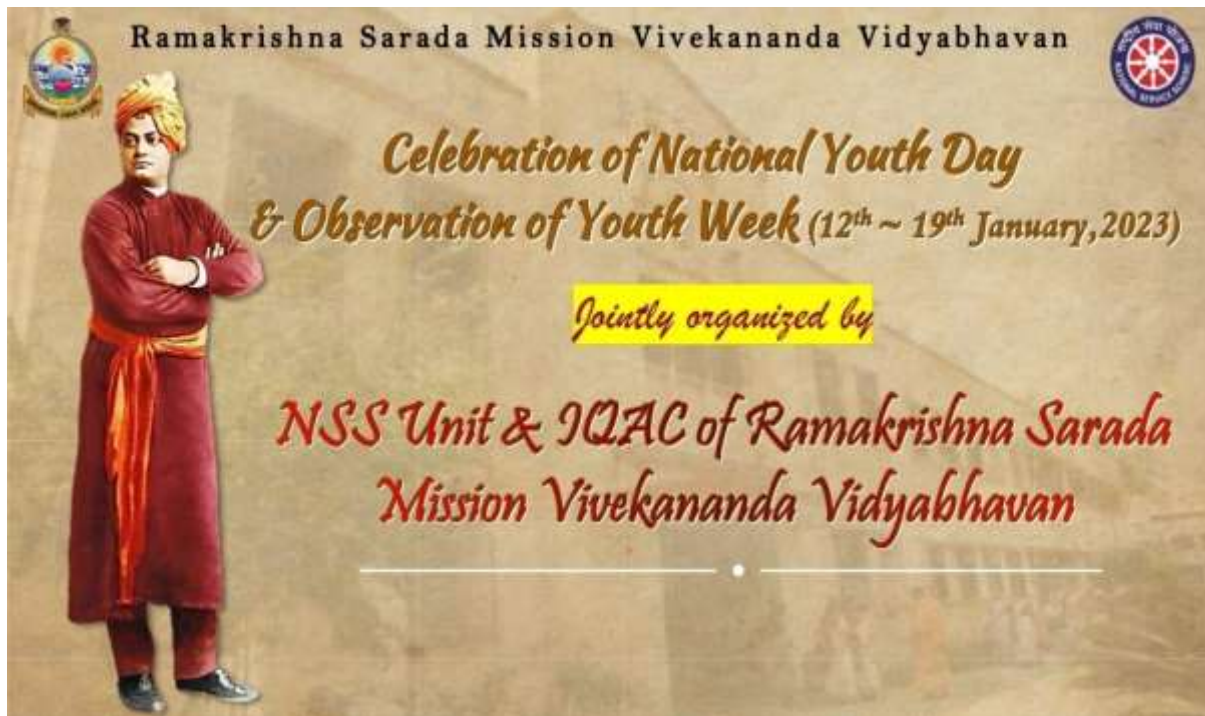
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Youth Week Observation

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





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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

Name of activity: Youth Day Procession

Category: Student's Activity

Organising unit: NSS

Date: 12/01/23

Time: 9:30am - onwards

Venue: Adjacent area to college

Number of NSS volunteers-26

Brief description of the event: RKSMVV had organized a procession on 12th of January, 2023 in the adjacent area of the college on the occasion of 'National Youth Day'. Twenty six NSS volunteers took part in the procession along with other students.

Outcomes: 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 may include increased awareness, strengthened community bonds, and a lasting impact on the participants' commitment to positive change.



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NSS volunteers at the Rally



NSS volunteers participated in the Rally to celebrate 'National Youth Day' on Swamiji's birthday

11. Name of the event: National Youth Week Celebration



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Category: Lecture

Organizing Unit: NSS Unit, RKSMVV

Date: 13 January, 2023

Time: 1.45pm onwards

Venue: Muktiprana Sabhagriha

Name of resource persons: Pravrajika Pradiptaprana, Secretary, RKSMVV.

No. of participants: 30

Brief description of the event: NSS Unit of RKSMVV had organized a special lecture on 'Service to Man is Service to God' as propounded by Swami Vivekananda to commemorate the Youth Week from 12-19 January 2023 by Pravrajika Pradiptaprana, Secretary, RKSMVV on 13th January, 2023. Pravrajika Pradiptaprana Mataji spoke on "Service to Man, Service to God" which epitomized the belief that serving humanity is akin to serving divinity. She delivered a profound lecture focusing on 'The Tyag O Seva Adarsha By Swamiji' (The Ideals of Sacrifice and Service by Swami Vivekananda). It emphasized selfless acts of kindness, compassion, and altruism towards others. She spoke on how by dedicating themselves to the welfare of others, individuals embrace their interconnectedness and contribute positively to society. Ultimately, this ethos reflects the timeless wisdom that true greatness lies in serving others with love and compassion which was propounded and practised by Swami Vivekananda and the principles for which RKSMVV stands for. At the end of programme, along with Pradiptaprana Mataji, the students and NSS volunteers recited the 'Swadesh Mantras of Swamiji' (Hymns of Motherland) as an ode to Swamiji and Motherland

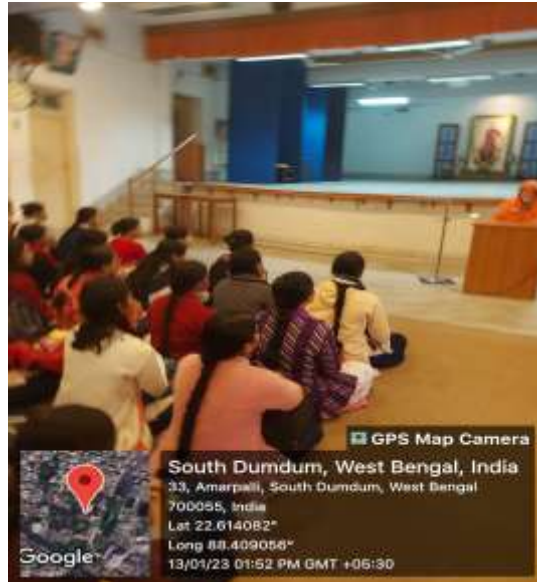
Program outcome: Students are introduced to the principles of love, respect, tolerance, humanity and service and became encouraged to serve humanity and thus to serve God.



Flyer of the programme



Students and NSS volunteers read out Swadesh Mantra by Swamiji



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

12. Aranya Srijon Prokolpo & Special Lecture

Name of activity: Aranya Srijon Prokolpo & Special Lecture

Category: Student's Activity

Organising unit: NSS

Date: 16/01/23

Time: 11:00am - onwards

Venue: Muktiprana Sabhagriha

Name of resource person/s (with designation): Prof(Dr.)Pranam Dhar

The Programme Coordinator, NSS Cell, West Bengal State University



Number of NSS volunteers present-81

Brief description of the event: Prof Pranam Dhar, Programme Coordinator, NSS West Bengal State University inaugurated 'Aranya Srijon Prokalpo' by planting 6 saplings on 16th 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. He provided immense motivation to the NSS volunteers by his speech. All students along with NSS volunteers and 8 teachers (including Principal and PO) were present in the session.

Programme 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.

The lecture on the "Role of NSS" delivered to our NSS volunteers proved to be an enlightening and transformative experience. The session was meticulously designed to instill a deeper understanding of the core principles, objectives, and responsibilities that underpin the National Service Scheme (NSS). The primary outcome of the lecture was the enhancement of volunteers' awareness regarding the pivotal role they play in societal development. Through thought-provoking discussions and real-world examples, volunteers gained a clearer perspective on how their actions contribute to the betterment of communities, fostering a sense of civic responsibility and social consciousness. The session also successfully equipped volunteers with practical knowledge about the various initiatives and activities that NSS undertakes. This included insights into community service projects, health and hygiene campaigns, environmental conservation efforts, and disaster relief operations. As a result, volunteers are now better prepared and motivated to actively participate in these endeavors, applying the principles learned during the lecture to real-world situations.

In conclusion, the lecture significantly enriched the volunteers' understanding of the NSS's mission and their role within it. It has empowered them to approach their duties with renewed vigor and a sense of purpose, ensuring that they contribute meaningfully to both the NSS and the broader society. The programme has undoubtedly laid a strong foundation for the volunteers' future endeavors in service to the nation.



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



Special Lecture by Pranam Dhar



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NSS volunteers at the special lecture programme



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



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Tree Plantation by Prof Pranam Dhar at RKSMVV

13. 'Love India'

Name of the event: Cultural presentation on 'Love India: Swami Vivekananda'

Category: Cultural

Organising unit: NSS Unit, RKSMVV

Date: 18 January, 2023

Time: 2 pm onwards

Venue: Mukti-prana Sabhagriha

Name of resource persons: RKSMVV students.

Number of NSS volunteers-20

Brief description of the event: The NSS volunteers and other pupils of RKSMVV performed skits focusing on the ideals of Swami Vivekananda on 18th January, 2023. The pupils dressed as Swamiji and his followers, and presented the ideologies and preaching that Swamiji believed in through their several distinctive skits on the theme 'Love India: Swami Vivekananda'. 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. Students presented a cultural programme comprising drama, songs, dance, yoga and recitation to depict the love for India, India's strong culture and traditions and the teachings



of Swami Vivekananda as they commemorated the Youth Week from 12-19 January 2023.

Program outcome: Students are introduced to the principles for which RKSMVV stands for and inspired to develop a love for India and a belongingness with India's culture and traditions.

- 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.



Flyer of the programme



Students were performing the skits



Students' performance based on message of Swamiji

Seven Day NSS Special Camp (23rd March-29th 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 1st 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



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Opening song by NSS volunteers



Lighting the lamp by Principal, PO and IQAC coordinator



Introductory speech by Principal



Speech of IQAC Coordinator



Speech of Programme Officer



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15. Strategies of Women Empowerment and Social Change'

In the 2nd Half of the 1st 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



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



Day 2(24.3.23)Friday

16. Leadership training



In the 1st 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.



Leadership Training by PO Sanghamitra Mukherjee



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NSS volunteers in the programme

Skit performed by NSS volunteers

17. Digital Marketing Training

In the 2nd 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



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NSS volunteers at the programme

Day 3(25.3.23) Saturday

18.Mental health and Us

In the 1st 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 2nd 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



Programme outcome:

Participants learnt about:

1. Mental Health Continuum (from general mental wellness to mental illness/disorders)
2. Stigma Reduction and Breaking Barriers to Promote Help Seeking Behaviors
3. Emotional Well-being Practices
4. Mental Health Awareness Advocacy

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



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



Dr. Subhadip Pal was delivering lecture



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Participants in the awareness lecture

20. Anti Plastic Campaign in the locality

In the 2nd 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



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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



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Anti Plastic Campaign Rally in the locality



NSS volunteers distributed Cotton bags in the locality



Say No To Plastic

PLASTIC FREE ENVIRONMENT





NSS volunteers gave cotton bag to the shopkeeper

Day 6(28.3.23)Tuesday

21. Poster Competition

In the 1st 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.

Programme Outcome:

- 1.Increased Awareness and Understanding
- 2.Enhanced Creativity and Expression
3. Empathy and Sensitivity Development
- 4.Community Engagement
- 5.Encouragement of Gender Equality Advocacy



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NSS volunteers were preparing posters.

22. Donation Drive



Principal was giving speech on the importance of Donation Drive

In the 2nd 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.



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- 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



Things for Donation Drive



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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 1st 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.



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

CLEANLINESS IS NEXT TO GODLINESS



NSS volunteers were spreading bleaching powders



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NSS volunteers were watering plants



NSS volunteers were cleaning college campus

24. Cultural Programme

In the 2nd 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



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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 NSS volunteers present were 49



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



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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





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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



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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



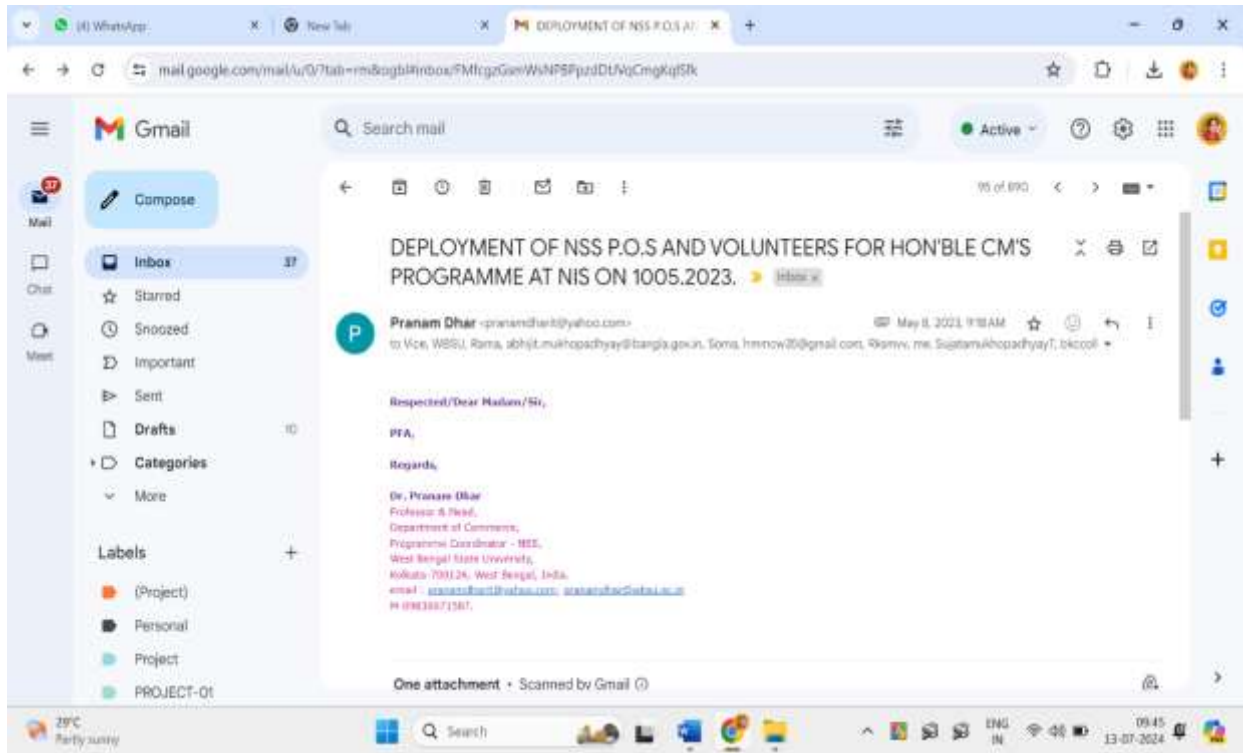
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PO and NSS volunteers worked together with Indian Red Cross Society to serve people





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 10TH 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
CONTROL ROOM AT GANGASAGAR MELA GROUND			
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
WOMEN'S CELL AT GANGASAGAR MELA GROUND			
5	Dr. Sujata Mukhopadhyay (P.O.) [In- Charge]	9073866179	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	Snaha Banerjee	7063620759	HMM College for Women
11	Aparna Roy	8084829329	HMM College for Women
12	Raya Mondal	9073310391	HMM College for Women
13	Monalisa Samanta	7429474355	HMM College for Women
14	Bijayeta maity	6290559860	HMM College for Women
15	Chandria Mai	8891874348	HMM College for Women
16	Amrita Bhownick	8100503714	HMM College for Women
MEDICAL CELL			
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 and deployment of NSS PO and Volunteers



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	SUDIIPA 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 Mejumdar	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	9804174350	HMM College for Women
FOOD CELL FOR VOLUNTEERS AND OTHERS			
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
HUMAN CHAIN FOR GUIDING THE STUDENTS			
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 Vedaruparana has delivered an insightful lecture on Swamiji. NSS Po Dr, Sanghamitra Mukherjee was awarded as the “Active Programme Officer”



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Prof. Pranam Dhar was giving keynote address.



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



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लक्ष्मं विश्वमानम्



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 22nd May, 2023, from 11.00 a.m. to 5.00 p.m. at the Auditorium, 3rd 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 20th 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 :



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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.

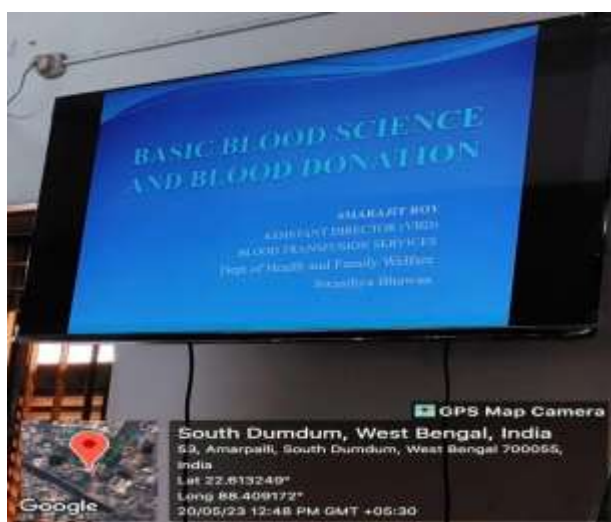


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Smarajit kar was delivering lecture. Here are some glimpses of his presentation.



28. International Yoga Day

Category: Student's Activity

Organising unit: NSS & IQAC

Date: 21/06/23

Time: 11:00am - onwards

Venue: Muktiprana Sabhagriha

Number of NSS volunteers: 15

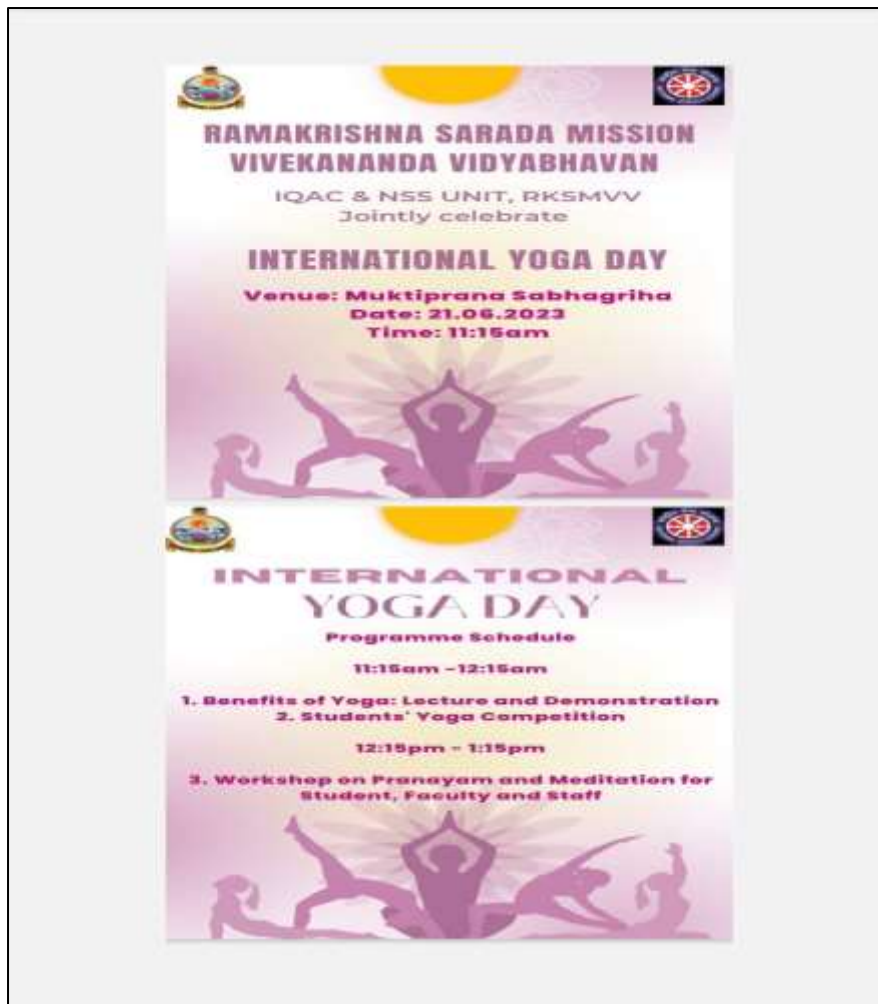
Brief description of the event: NSS Unit, RKSMVV in collaboration with IQAC celebrated International Yoga Day. Students performed several yoga asanas. Benefits of Yoga was discussed thoroughly by students. There was a Yoga Competition among students. Afterwards there was workshop on Pranayam and meditation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



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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



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Principal was delivering lecture on importance of Yoga



NSS volunteers were performing yogasanas





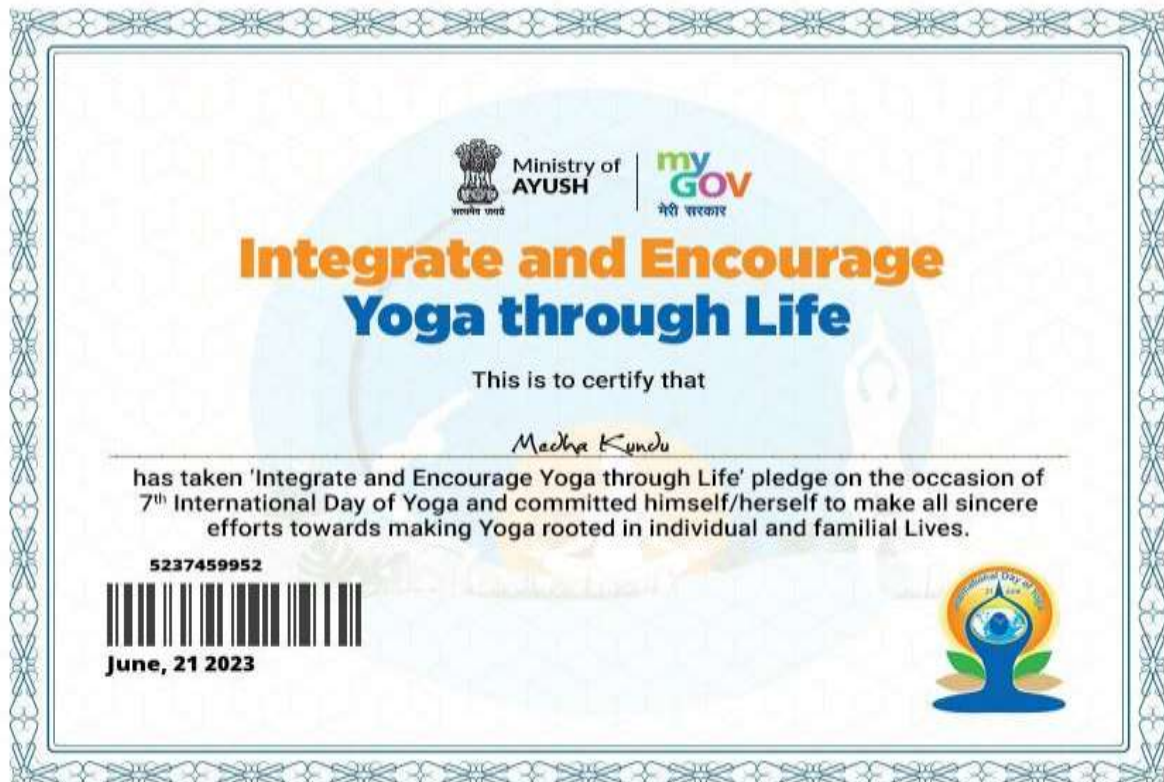
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Teachers and students did yoga together

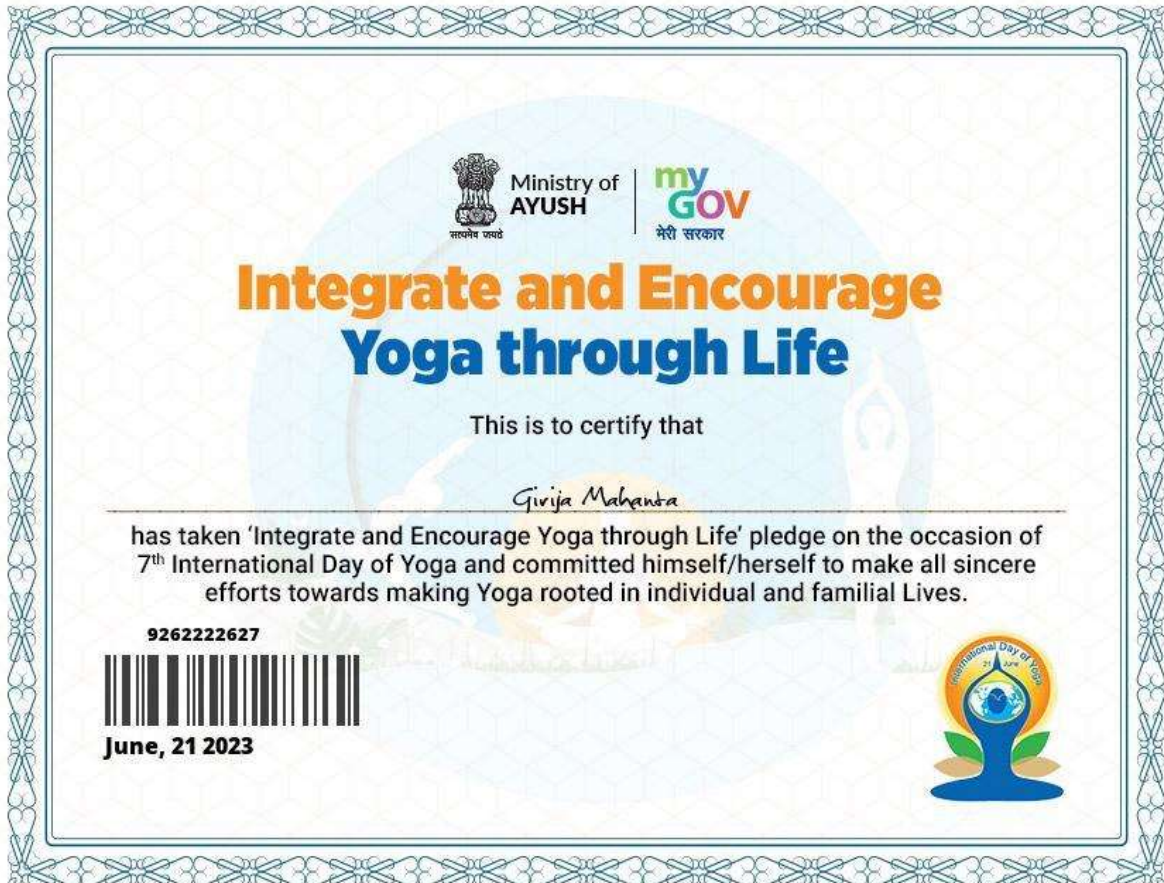
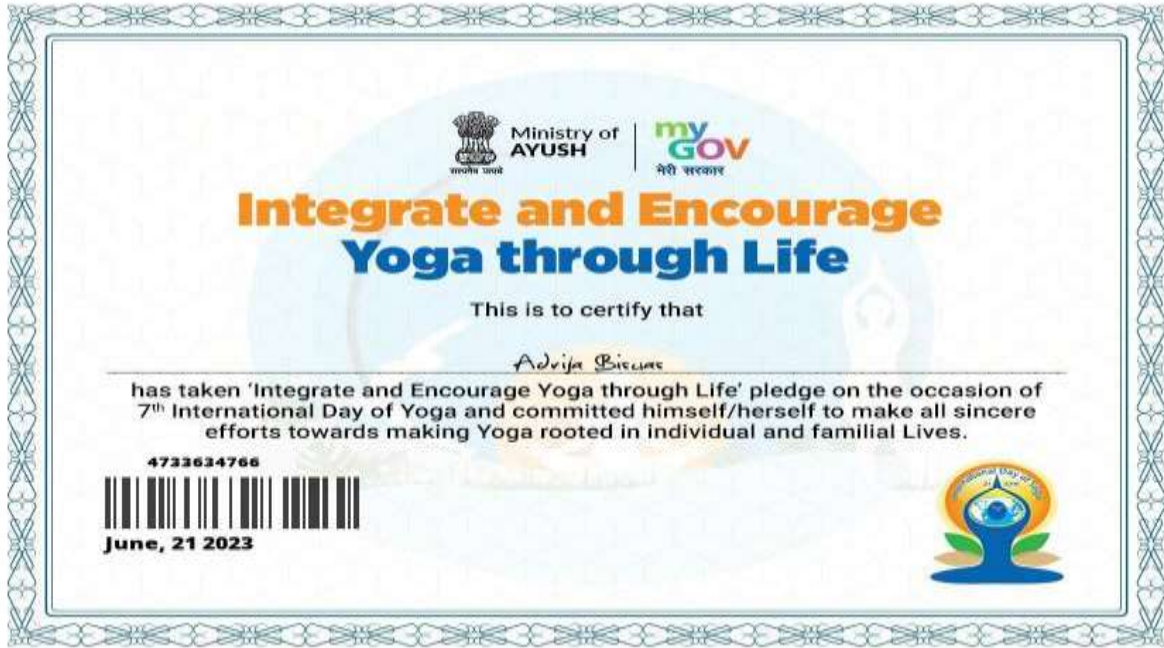
NSS volunteers took pledge and got certificates on Yoga Day. Some certificates are attached below.





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AYUSH

 my
GOV
मेरी सरकार

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 7th 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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AYUSH

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GOV
मेरी सरकार

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 7th 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

