

# NSS UNIT

## Activities of 2023-24

1.Name of activity: **Blood Donation Camp**

Category: Social Work

Organising unit: SWC and NSS Unit, RKSMVV

Date: 07.07.23

Time: 11 a.m

Venue: AV room

Name of resource person/s (with designation) :

Number of participants: 60

Breif description of event

The blood donation camp was organized on 7<sup>th</sup> July 2023 in the college premises. It was jointly organized by the Student Welfare Committee and NSS unit of the college in association with State Blood Transfusion Council, West Bengal. Health workers and nurses of Barasat Government Hospital, North 24 pargana had come for this purpose. The whole camp was organized in the two rooms of the college. 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. This camp was not only contributed to the growing needs of blood, also create awareness among the students.

**Programme outcome :** To create awareness among teachers and students about the importance of Blood Dnation. A drop of blood can save a precious life.



Flyer of the programme



Principal, Pravrajika Vedarupaprana was donating blood.



NSS volunteers at the Blood Donation Camp



Students and NSS volunteers were donating blood.

**2.Name of activity:** Medicinal Plant Plantation Drive

**Category:** Student's Activity

**Date:** 22/07/23

**Time:** 1pm onwards

**Venue:**College Ground

**Number of participants:** 20

**Brief description of the event:** 20 NSS volunteers have planted 8 kinds of medicinal plants in the college ground. The names of the medicinal plants are Kulekhara, Bishalyakarani, Bhingraraj, Satamuli, Ayapan, Pipul, Brahmi and Aloe vera.

**Outcomes:** Planting medicinal plants can yield various positive outcomes. These plants often have therapeutic properties that can be utilized for natural remedies and traditional medicine. Cultivating them can contribute to biodiversity, support local ecosystems, and potentially provide sustainable sources for pharmaceuticals or herbal remedies. Additionally, it promotes environmental awareness and may have economic benefits for communities involved in harvesting and processing these plants.



**NSS volunteers were planting medicinal plants**



**NSS volunteers were planting medicinal plants**



**Medicinal Plant Plantation Drive**



**Medicinal Plant Plantation Drive**

**2. Name of activity:** Independence Day

**Category:** Student's Activity

**Organising unit:** Cultural Committee & NSS

**Date:** 15/08/23

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

**Venue:** Muktiprana Sabhagriha

**Number of participants:** 30

**Brief description of the event:** Our college celebrated India's 75th Independence Day with great fervour and enthusiasm. We organized a series of events and activities to instil a sense of patriotism and unity among the students. The day commenced with the solemn flag hoisting ceremony, symbolizing the freedom that India attained on August 15, 1947. Our Secretary Mataji hoisted the national flag, and the entire school gathered to pay homage to the sacrifices made by freedom fighters. A variety of cultural programs were organized, showcasing the rich diversity of India. Students participated in patriotic songs, dance performances, and skits depicting historical events related to the struggle for independence. These performances not only entertained but also educated the students about the significance of Independence Day. Selected students delivered speeches highlighting the importance of freedom and the role of national heroes in achieving it.

NSS volunteers have paid salutation to National Flag and garlanded the portraits of freedom fighters. NSS volunteers took pledge as a part of **Mera Mati Mera Desh.**

**Outcomes:** The Independence Day celebration at college was a resounding success, fostering a spirit of patriotism and pride among the students. The event not only honoured the sacrifices of the past but also inspired the younger generation to contribute towards the progress and well-being of the nation.



**Mera Mati Mera Desh: NSS volunteers took pledge**



**NSS volunteers took pledge**



**The auspicious 'garlanding ceremony' by NSS volunteers**



**NSS volunteers and PO saluted the National Flag**

**3.Name of activity: Selection at RD Parade**

**Category: Student's Activity**



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

**Date:** 26/09/23

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

**Venue:** West Bengal State University

**Number of participants:** 3

**Brief description of the event:** 3 NSS volunteers have participated in the Pre RD-Selection Camp. PO Dr. Sanghamitra Mukherjee was selected as a member of the Selection Committee. NSS volunteers took part in the parade and yoga. No one was selected in the final. The NSS Cell of West Bengal State University has observed NSS day on that day.



**Flyer of the programme**

**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**

Organised by  
**National Service Scheme (NSS) Cell  
West Bengal State University**

In collaboration with  
**Child Rights and You (CRY)**


26<sup>th</sup> September, 2023 ■ 2 P.M.

Venue  
**Seminar Hall 218, 1st Floor, Academic Building, West Bengal State University  
Berunanpukuria, Malikapur, Barasat, Kolkata – 700126.**




Flyer of the programme

**West Bengal State University**

  
NATIONAL SERVICE SCHEME (NSS) CELL

*Dr. Pranam Dhar*  
Programme Coordinator

Ref.: NSS/PC/WBSU/PRDS/E-23 Date: 21.08.2023.

**To**  
**Dr. Sanghamitra Mukherjee**  
Associate Professor,  
Department of Sanskrit  
&  
Programme Officer - NSS,  
Sankarabharati Sarada Mission Vivekananda Bidyapeetham.

Respected Madam,


With reference to the official communication F. NO. P-16-1/NSS/RD/KOL/2023-2024/4372-4414 dated the 30<sup>th</sup> August, 2023 from the NSS Regional Centre, Kolkata, this is to inform you most humbly that our university has been conferred upon the noble task of organising the State-Level Pre-Republic Day (University-level) Selection Camp to be held on 26<sup>th</sup> September, 2023 at West Bengal State University Campus.

In this occasion, I, as directed, cordially invite your kindself as the **Non-Vice Member of the Selection Committee** of the said selection camp on **26.09.2023 at 11.30 a.m.** and also to help and guide us in the selection process to be done properly and effectively. Your honorarium and T.A. will be as per norms.

Eagerly awaiting a positive response from your end.

Please feel free to contact any of the under-mentioned members in case of any inconvenience.

With Warm Regards,

Truly Yours,  
  
Programme Co-ordinator & Member-Secretary,  
NSS Advisory Committee,  
West Bengal State University.

Copy forwarded for information to:  
1. Hon'ble Vice-Chancellor, WBSU  
2. Registrar (HR/Esttng), WBSU  
3. Regional Director, NSS, West Bengal  
4. NSS Regional Office, Kolkata  
5. State NSS Officer, Department of HE, Govt.

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

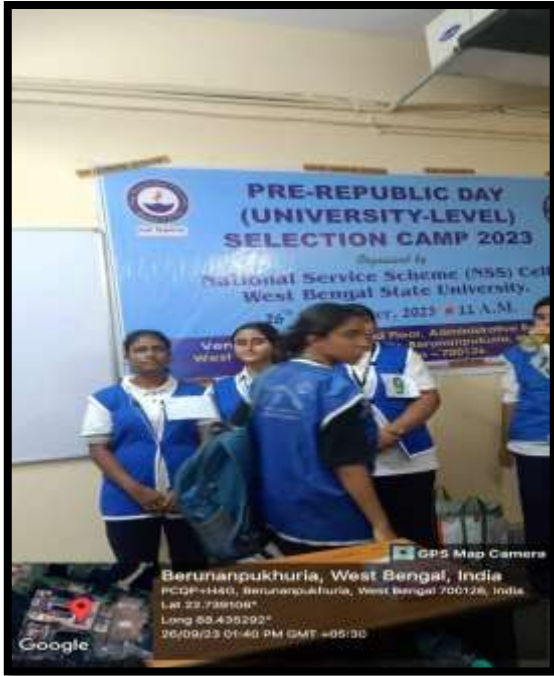
Selection Letter of PO Dr. Sanghamitra Mukherjee



**Three NSS volunteers participated in the Pre RD-Selection Camp**



**NSS Volunteers took part in the parade and yoga**



NSS Volunteers took part in the parade and yoga





**Dr. Sanghamitra Mukherjee,  
member of the Selection Committee was felicitated**

**4. Name of activity:** **Shramdan College Cleaning**

**Category:** Student's Activity

**Organising unit:** NSS

**Date:** 01/10/23

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

**Venue:** College Campus

**Number of participants:** 15

**Brief description of the event:** The NSS Unit of Ramakrishna Sarada Mission Vivekananda Vidyabhavan has organised a cleanliness drive in the College Campus on 1st October 2023, under the "Ek tareekh, Ek ghanta, Ek saath: Swachhta hi Seva Campaign" initiated by the Government of India as a tribute to Mahatma Gandhi on the eve of his birth anniversary on 2nd October 2023. 15 NSS volunteers have cleaned the campus.

**Outcomes:** A clean campus drive at college typically refers to an event where employers visit the college to conduct recruitment activities, such as job interviews and placement opportunities for students. The output of a successful clean campus drive includes students

securing job offers or internships, fostering industry connections, and enhancing the college's reputation for producing employable graduates.



Flyer of the programme



NSS volunteers were cleaning the college campus



Clean campus drive at college



Cleanliness drive in the College Campus





**Dry leaves were cleaned by the NSS volunteers**



**NSS volunteers were cleaning the college campus**



**NSS volunteers took the initiatives to clean the college campus**

**5. Name of activity:** **Constitution Day**

**Category:** Webinar

**Organising unit:** NSS

**Date:** 26/11/23

**Time:** 11:00 am onwards

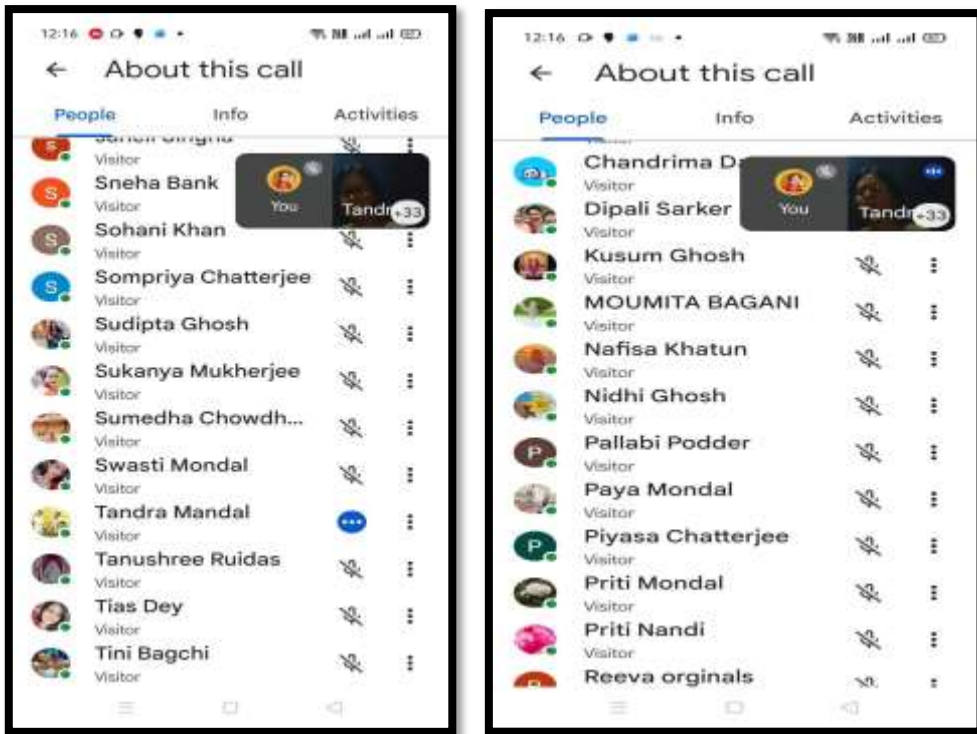
**Venue:** Online

**Name of resource person/s (with designation):** Tandra Mondal, Visiting Faculty, Department of Political Science, RKSMVV

**Number of participants:** 45

**Brief description of the event:** A webinar was organized to celebrate the Constitution Day of India. Tandra Mondal, Visiting Faculty, Department of Political Science, RKSMVV has delivered an informative speech on “Indian Constitution and its importance “There was a question answer session where students asked several questions to the speaker. Afterwards there was Online Quiz arranged by our college. 4 students read out the Preamble and had made video. More than 75 along with PO read the Preamble online at MY BHARAT Portal and downloaded certificate.

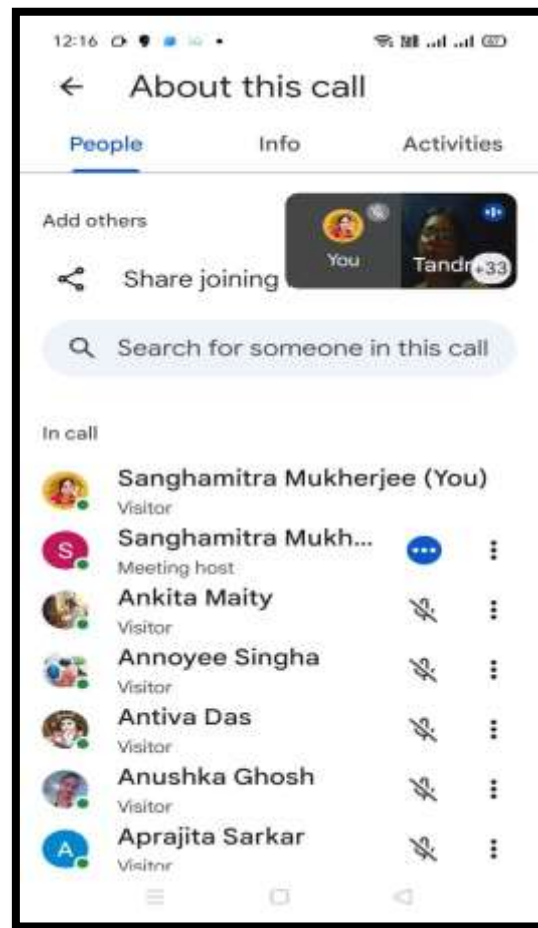
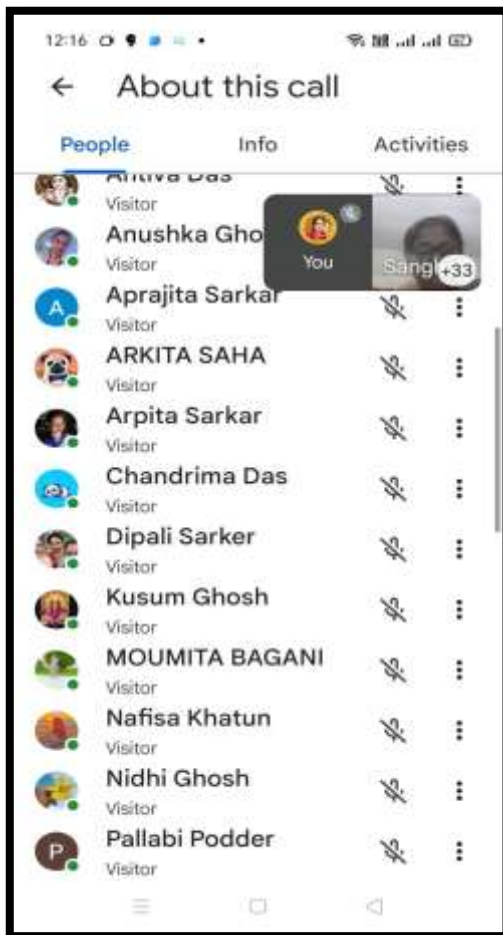
**Outcomes:** Reading the Preamble on Constitution Day fosters civic awareness, instills a sense of national identity, and promotes understanding of democratic principles among students. It emphasizes the values of justice, liberty, equality, and fraternity, contributing to a deeper appreciation for the constitution and the rights it guarantees. Furthermore, the act of reading the Preamble encourages students to reflect on the responsibilities of citizenship and the role they play in upholding democratic ideals. It serves as a reminder of the shared commitment to building a just and inclusive society, fostering a sense of unity and civic engagement among the younger generation.



**Participants in the Webinar on the Constitution Day**



**Participants in the Webinar on the Constitution Day**



**Participants of the Event**



**NSS volunteers took pledge on Constitution Day**



**NSS volunteers took pledge on Constitution Day**

**6. Name of activity:** World AIDS Day

**Category:** Student's Activity

**Organising unit:** NSS & Department of Education

**Date:** 01/12/23

**Time:** 1.30onwards

**Venue:** Room No 25

**Number of participants:** 65

**Brief description of the event:** NSS Unit of RKSMVV in collaboration with Department of Education observed the World Aids Day. Students of Education have made charts on AIDS and its prevention and they described lucidly what is AIDS and how one can avoid it. 2 NSS volunteers have made ppt and told us about the prevention from AIDS. At last, they read out the pledge and all the students present there took pledge. Dr. Payal Bose Biswas, Assistant Professor of Political Science summarized the details regarding AIDS.

**Outcomes:** Programs on AIDS prevention by students can have positive outcomes, fostering awareness, education, and behavioural changes. These initiatives often contribute to reducing stigma, promoting safe practices, and encouraging regular testing for early detection. The overall impact depends on the effectiveness of the program, community engagement, and sustained efforts in promoting responsible behaviour.



**Flyer of the activity**





**Dr. Payal Bose Biswas, Assistant Professor of Political Science summarized the details of AIDS**



**PPT Presentation by NSS volunteers**



PPT Presentation by NSS volunteers



**Students of Education made charts on AIDS and its prevention**



**NSS volunteers and other participants on World AIDS Day**



NSS volunteers on World AIDS Day



PO Dr. Sanghamitra Mukherjee gave a lecture on AIDS and Prevention of AIDS



**Participants took pledge**

**7.Name of activity:** **Extension Lecture**

**Organising unit:** NSS, Ramakrishna Mission Vivekananda Centenary College, Rahara

**Date:** 31.12.2023

**Time:** 1.30pm-3.30pm

**Venue:** Ramakrishna Mission Vivekananda Centenary College, Rahara

**Brief description of the event:** NSS unit of Ramakrishna Mission Vivekananda Centenary College, Rahara has organized Special Camp. PO of NSS Unit, Ramakrishna Sarada Mission Vivekananda Vidyabhavan was invited to deliver a lecture there on Women Empowerment.





**PO Dr. Sanghamitra Mukherjee was delivering lecture at Special Camp at Rahara**



**Invitation Letter for Dr. Sanghamitra Mukherjee**



### Ramakrishna Mission Vivekananda Centenary College

Rahara, Kolkata 700118

An Autonomous College affiliated to WBSU

College with Potential for Excellence (CPE)

Accredited by NAAC with Grade A+

#### NSS Unit

	<p><b>3. MATHEMATICS COMPETITION FOR CHILDREN</b>  <i>Judge: Mr. Kingshuk Kumar Bar &amp; Mr. Arnab Ghosh, Student of Ramakrishna Mission Vivekananda Centenary College, Rahara.</i></p>	from 2.30 pm onwards
Day 4 29 <sup>th</sup> December 2023	<p><b>1. NSS Volunteers' procession WOMEN EMPOWERMENT: EQUALITY, EDUCATION, LIBERTY FOR WOMEN.</b>  <b>2. WORKSHOP FOR WOMEN; Women Reproductive Hygiene &amp; Protection Issues</b>  <i>Expert Speaker: Dr. Debarati Sarkar, Guest Lecturer, Kanyashree University, Krishnagar.</i>  <b>3. DISTRIBUTION OF WINTER CLOTHES TO VILLAGERS</b></p>	<p><b>1. Procession 12 noon</b>  <b>2. Workshop 1 pm to 2 pm</b>  <b>3. Distribution of winter clothes 2 pm onwards</b></p>
	<p><b>1. NSS Volunteers' procession DRUG ABUSE AND ADICTION.</b>  <b>2. WORKSHOP ON NUTRITION &amp; HYGIENE FOR VILLAGERS</b>  <i>Expert Speaker: Prof. Sayantani Brahma, Assistant Professor Food and Nutrition Department, EILM, Kolkata; Guest Faculty, INM Paramedical College, Kalyani; Guest Faculty, Food and Nutrition Department, Kanyashree University, Krishnagar.</i>  <b>3. MEDICAL CAMP FOR VILLAGERS</b>  <i>Doctor: Dr. Depak Das Mahapatra, B.Sc. (Honours) D.M.S. (Calcutta); Registration No. 4878 (Calcutta).</i></p>	<p><b>1. Procession 12 noon</b>  <b>2. Workshop 1 pm to 2 pm.</b>  <b>3. Medical Camp 2 pm onwards</b></p>
Day 6 31 <sup>st</sup> December 2023	<p><b>1. NSS Volunteers' procession YOUTH, HEALTH, EDUCATION AND ENVIRONMENT.</b>  <b>2. PROGRAMME ON WOMEN EMPOWERMENT: PRACTICAL AND SOCIAL LIFE OF WOMEN</b>  <i>Expert Speaker: Dr. Sanghamitra Mukherjee, Asst. Prof. in Sanskrit, Ramakrishna Sarada Mission Vivekananda Vidyabhavan.</i>  <b>3. WORKSHOP FOR CHILDREN</b>  <i>Instructor: Miss. Priya Halder, Student Kanyashree University, Krishnagar</i></p>	<p><b>1. Procession 12 noon</b>  <b>2. Workshop 1 pm to 2 pm</b>  <b>3. Workshop for Children from 2 pm onwards</b></p>

### Programme Schedule of Special Camp at Ramakrishna Mission Vivekananda Centenary College, Rahara

8.Name of activity: **Swacha Bharat: Clean Campus**

Category: Students Activity

Organising unit: NSS, RKSMVV

Date: 08.01.2024

Time: 1.30pm-3.30pm

**Venue:** Sundarban, College Campus

**Number of NSS volunteers:** 22

**Brief description of the event:** NSS unit of RKSMVV has organized a campus cleaning drive. 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.





**Banner of the activity - Swachh Bharat: Clean Campus**



**Cleaning dry leaves and creepers**



### Cleaning dry leaves and creepers

**9.Name of activity:** Youth Day Procession

**Category:** Student's Activity

**Organising unit:** NSS

**Date:** 12/01/24

**Time:** 7:00am - onwards

**Venue:** Adjacent area to college

**Number of participants:** 170

**Number of NSS volunteers:**40

**Brief description of the event:** RKSMVV had organized a procession on 12<sup>th</sup> of January, 2024 in the adjacent area of the college on the occasion of 'National Youth Day'. Forty 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.



**NSS volunteers at the procession of Youth Day on 12th January,2024**



**NSS volunteers at the procession of Youth Day**



**NSS volunteers at the procession of Youth Day on 12th January,2024**



**NSS volunteers at the procession of Youth Day**

**10.Name of activity:** **Observance of Youth Day**

**Category:** Webinar

**Organising unit:** NSS Unit ,RKSMVV in collaboration with IQAC & NSS Cell, WBSU

**Date:** 12.01.2024

**Time:** 7.30pm

**Venue:** Zoom Platform

**Name of resource person/s (with designation):** Dr. Debanjan Sengupta, famous physician  
Pravrajika Vedarupaprana, Principal, RKSMVV

**Number of participants:** 82

**Brief description of the event:** NSS unit of Ramakrishna Sarada Mission Vivekananda Vidyabhavan in collaboration with IQAC & NSS Cell, WBSU observed Youth Day on 12<sup>th</sup> January, 2024. The programme started with the NSS Song performed by our NSS volunteers. Afterwards Dr. Pranam Dhar read out the message of our honourable Vice Chancellor Prof. Raj Kumar Kothary. Dr. Mukut Chakraborty, IQAC Coordinator of West Bengal State University delivered a speech on the significance of the Youth Day. Dr. Sanghamitra Mukherjee, PO NSS Unit RKSMVV discussed strategies for empowering youth, including education, mentorship and access to resources. In a distinguished and enlightening session, Famous physician Dr. Debanjan Sengupta delivered a captivating lecture on the profound connection between *Swamiji and the spirit of struggle*, shedding light on the remarkable resilience and unwavering commitment that defined his life and teachings. Following this, the esteemed Pravrajika Vedarupaprana, Principal of the Ramakrishna Sarada Mission Vivekananda Vidyapith, graced the gathering with an insightful discourse on *Swamiji and Youth*, emphasizing the eternal relevance of his message for the younger generation, and how his ideals continue to inspire and empower them to shape a better future. The event was gracefully concluded with a heartfelt vote of thanks by Prof. Pranam Dhar, who expressed gratitude to all the distinguished participants and attendees, acknowledging the invaluable contributions made by each speaker in making the occasion truly memorable and enriching.

**Outcomes:** The webinar, organized by the National Service Scheme (NSS) in observance of Youth Day, proved to be an intellectually enriching and spiritually uplifting experience for all participants. With deep reverence for the ideals of Swamiji, the session delved into various facets of his life, offering profound insights that resonated with the hearts and minds of the students. The first resource person illuminated Swamiji's indomitable spirit of struggle, underscoring how his perseverance and courage in the face of adversity serve as timeless inspirations for the youth of today. Through vivid narratives and philosophical reflections, the speaker portrayed how Swamiji's life was a continuous battle against the forces of ignorance and injustice, encouraging the youth to embody these values of resilience and self-reliance.

The second resource person focused on the powerful relationship Swamiji shared with youth, emphasizing his belief in their boundless potential to transform society. Through Swamiji's teachings, the speaker drew attention to the importance of self-discipline, mental fortitude, and the quest for knowledge, urging the students to embrace these principles as guiding forces in their own lives. The webinar, thus, served as a beacon of inspiration, leaving the students with a renewed sense of purpose and a deeper understanding of the invaluable legacy of Swamiji. It instilled in them a sense of responsibility to carry forward his vision for a stronger, more enlightened society, while encouraging them to actively engage with the challenges of their time.



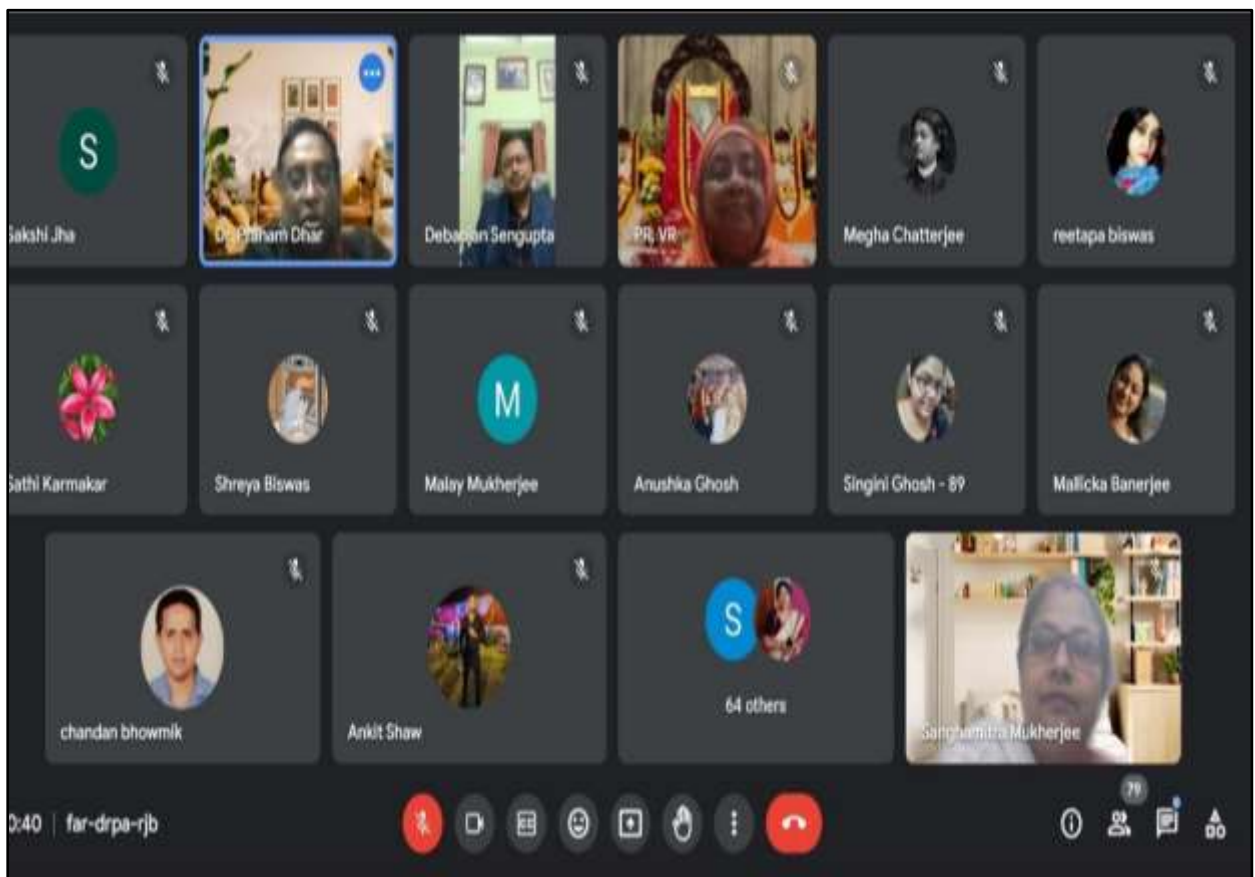
Flyer of the programme

<b>WEST BENGAL STATE UNIVERSITY</b> <b>NSS Cell &amp; Internal Quality Assurance Cell</b> In collaboration with <b>Ramakrishna Sarada Mission Vivekananda Vidyabhaban, Kolkata</b> Observes <b>National Youth Day 2024</b> <b>12<sup>th</sup> January, 2024 from 7.30 p.m. online [https://google.com.far-drpa-rjb]</b>	
<b>Programme Schedule</b>	
7.30 p.m.	NSS Song by NSS Volunteers
7.35 p.m.	Welcome Address by <b>Dr. Sanghamitra Mukherjee</b> NSS P.O., Ramakrishna Sarada Mission, Vivekananda Vidyabhaban
7.40 p.m.	Official Inauguration & Inaugural Speech by <b>Prof. Raj Kumar Kothari</b> Hon'ble Vice-Chancellor & Ex-Officio Chairperson, NSS Cell, WBSU
7.50 p.m.	Special Address by <b>Sri Abhijit Mukhopadhyay IAS</b> Senior Special Secretary (in charge of NSS), Department of Higher Education, GoWB
8.00 p.m.	Special Address by <b>Vinay Kumar</b> Regional Director-NSS, West Bengal, Ministry of Youth Affairs & Sports, GoI
8.10 p.m.	Special Address by <b>Dr. Malay Mukhopadhyay</b> State NSS Officer, Department of Higher Education, GoWB
8.15 p.m.	Special Address by <b>Sri Tapan Dutta</b> Registrar (Officiating), WBSU
8.20 p.m.	Special Address by <b>Prof. Mukut Chakraborty</b> Hon'ble Director-IQAC, WBSU
8.25 p.m.	Thematic Address 'Swamiji and Struggle' by <b>Dr. Debanjan Sengupta</b> Physical and Writer
8.40 p.m.	Thematic Address 'Swamiji and Youth' by <b>Pravrajika Vedarupaprana</b> Principal, R.K.S.M.V.V.
8.55 p.m.	Formal Vote of Thanks by <b>Prof. Pranam Dhar</b> Programme Coordinator-NSS, WBSU
9.00 p.m.	Distribution of e-certificates

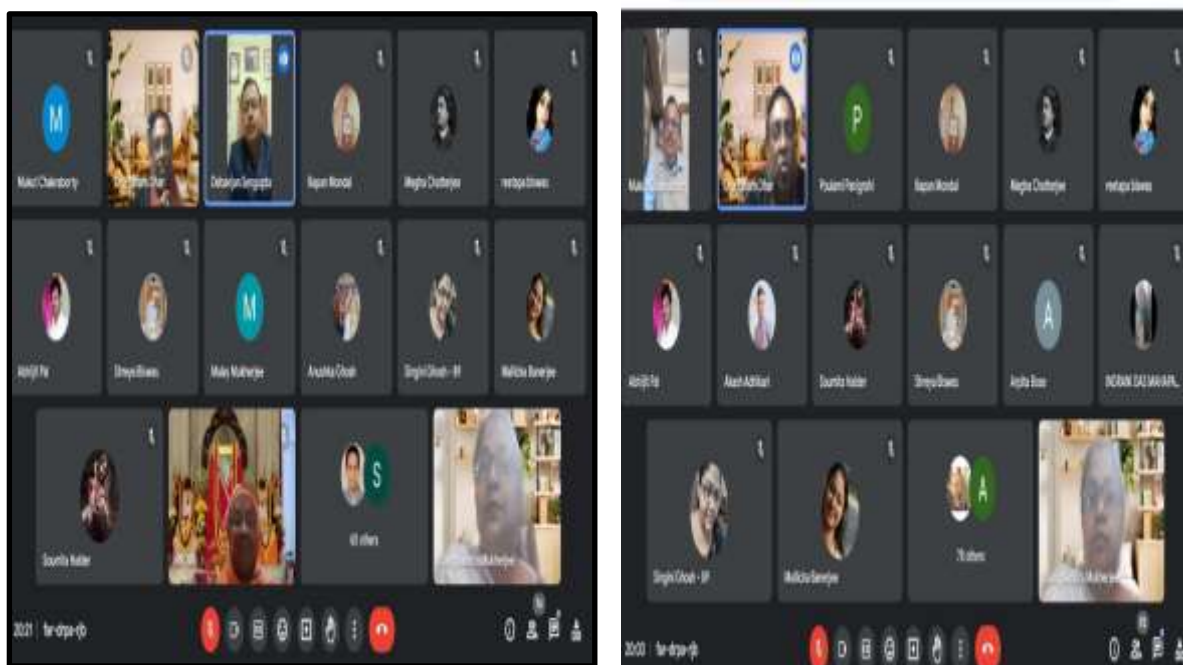
Programme Schedule of the Webinar



**Certificate achieved by PO Sanghamitra Mukherjee**



**Resource Persons, PO and participants in the Webinar**



### Resource Persons, PO and participants in the Webinar

**11.Name of activity:** **Clean Environment and Sustainability**

**Category:** Seminar

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

**Date:** 22.01.2024

**Venue:** West Bengal State University

**Name of resource person/s (with designation):** Dr Tanmoy Rudra, Pro Vice Chancellor at Seacom Skills University

Dr. Shilanjon Bhattacharya Dept of Botany, WBSU

**Brief description of the event:** The National Service Scheme (NSS) Cell of West Bengal State University (WBSU) organized a seminar on *Clean Environment and Sustainability* on [Insert Date]. The event aimed to raise awareness among students and faculty members about the importance of a clean environment, the urgent need for sustainable practices, and the role of each individual in preserving nature. The seminar saw the participation of NSS volunteers from various colleges, each contributing by bringing along two plants, symbolizing their commitment to environmental conservation. The seminar was inaugurated by the Vice-Chancellor (VC) of WBSU, Prof. [Name], who began the event by watering two plants as a symbolic gesture of the university's commitment to sustainability. This inauguration marked the beginning of a day filled with insightful discussions and presentations. The seminar featured three prominent resource persons, each an expert in environmental sciences and sustainability practices, who shared their valuable knowledge and experiences with the attendees.



**Programme Outcome:** The seminar was highly successful in meeting its objectives. The students gained valuable insights on the significance of environmental sustainability and were motivated to take concrete actions towards protecting the environment. The seminar organized by the NSS Cell of WBSU on *Clean Environment and Sustainability* was an enlightening and engaging experience for all involved. The participation of NSS volunteers and the presence of eminent speakers created an environment conducive to learning and exchanging ideas about environmental conservation. The event successfully reinforced the need for sustainability and left the participants inspired to take personal responsibility in ensuring a cleaner and greener future.

The key outcomes of the seminar include:

1. **Increased Awareness:** Participants learned about the challenges and solutions related to environmental degradation and climate change.
2. **Commitment to Sustainability:** Many volunteers pledged to continue planting trees and incorporating sustainable practices into their daily lives.
3. **Collaborative Efforts:** The seminar fostered a sense of community among NSS volunteers across different colleges, encouraging future collaboration on environmental initiatives.
4. **University's Green Initiative:** The university's commitment to sustainability was reinforced through the VC's symbolic gesture and the active participation of students in planting trees.



**NSS volunteers and PO with the plants at the seminar of West Bengal State University**



**One Day Seminar on Clean Environment and Sustainability**



**NSS volunteers with plants at the seminar**

**12.Name of activity:** Sensitization Programme on Prevention of Non Communicable Disease

**Category:** Workshop

**Organising unit:** NSS and Red Ribbon Club, RKSMVV

**Date:** 18.03.2024

**Venue:** Swamiji Bhaban

**Name of resource person/s (with designation):** Dr. Lina Bandyopadhyay, Advisor Public Health (SAG)Professor(Eq) Dept. of PSM, AIIH&PH, Kolkata

Dr Debapriya Bakshi, PGT, MD Community Medicine, Dept. of PSM, AIIH&PH, Kolkata

Dr. Amlan Sarkar, PGT, MD Community Medicine, Dept. of PSM, AIIH&PH, Kolkata.

**Number of participants:** 82

**Brief description of the event:** NSS unit and Red Ribbon Club of Ramakrishna Sarada Mission Vivekananda Vidyabhavan organized an Awareness Programme on Sensitization Programme on Prevention of Non Communicable Disease. Non-communicable diseases (NCDs) represent a growing global health concern, with significant implications for public health systems and individual well-being. These diseases, including cardiovascular diseases, cancer, chronic respiratory diseases, and diabetes, are largely preventable through lifestyle modifications and early intervention strategies. Sensitization programs play a crucial role in raising awareness, promoting prevention measures, and empowering individuals to take control of their health outcomes. The workshop featured three doctors delivering insightful speeches on various aspects of Non-Communicable diseases. The Principal of the institution Pravrajika Vedarupaprana gave an introductory speech, setting the tone for the event and emphasizing the importance of raising awareness about Non-Communicable diseases within the community. NSS PO Dr. Sanghamitra Mukherjee highlighted some preventive measures of blood sugar. The primary objective of this sensitization program is to educate students about the prevention and management of non-communicable diseases. By disseminating accurate information and fostering behaviour change, the program aims to reduce the burden of NCDs and improve overall health outcomes within the community.80 volunteers were present in the workshop. A quiz program was held at the end on the topic and students thoroughly enjoyed it.

**Outcomes:** In conclusion, the sensitization program on the prevention of non-communicable diseases represents a proactive approach to addressing the growing burden of NCDs worldwide. By raising awareness, promoting healthy behaviors, and fostering community engagement, the program strives to empower individuals to lead healthier lives and reduce the impact of NCDs on individuals, families, and societies. Through sustained efforts and collaboration across sectors, we can make significant strides towards achieving the goal of a healthier future for all.



**Ramakrishna Sarada Mission  
Vivekananda Vidyabhavan  
NSS Unit and IQAC  
organise**

**SENSITIZATION PROGRAM  
ON PREVENTION OF  
NON-COMMUNICABLE  
DISEASE**



**Speakers:**

**Dr.Lina Bandyopadhyay**  
Advisor Public Health (SAG) Professor (Eq),  
Dept. of PSM, AIIH & PH, Kolkata

**Dr.Debapriya Bakshi**  
PGT,MD, Community Medicine,  
Dept. of PSM,AIHH & PH, Kolkata

**Dr.Amlan Sarkar**  
PGT,MD Community Medicine,  
Dept. of PSM , AIIH & PH, Kolkata

**Venue : Swamiji Bhavan  
Date : 18.3.24  
Time : 3PM**

Flyer of the programme



**Principal, Pravrajika Vedarupaprana gave an introductory speech**



**NSS PO Dr. Sanghamitra Mukherjee highlighted some preventive measures**



NSS PO, volunteers & participants of the programme in one frame





**NSS PO and NSS volunteers & participants**

**13.Name of activity:** **Understanding the Principles and Practices of Homeopathy: A Holistic Approach to Healing**

**Category:** Extension Lecture

**Organising unit:** NSS and GRC, RKSMVV

**Date:** 16.04.2024

**Venue:** Muktiprana Sabhagriha

**Name of resource person/s (with designation):** Pravrajika Dhyonavrataprana.BHMS, University of Calcutta

**Number of participants:** 175

**Brief description of the event:** NSS unit and Gender Resource Centre of Ramakrishna Sarada Mission Vivekananda Vidyabhavan organized a Programme on Understanding the Principles and Practices of Homeopathy: A Holistic Approach to Healing to celebrate World Health Day on 16.04.24.

In discussing the history of homeopathy and the lives of famous homeopathic doctors, Pravrajika Dhyonavrataprana highlighted key milestones and influential figures in the development and popularization of this alternative medicine practice. Her presentation have delved into the life and contributions of Samuel Hahnemann, the German physician who developed homeopathy in the late 18th century. It covered his disillusionment with the medical practices of his time and his journey towards discovering the principles of homeopathy, including the concept of "like cures like" and the use of highly diluted substances. Hering, Boenninghausen, and Kent are some of the prominent figures in the early development and refinement of homeopathy. Constantine Hering, Clemens von Boenninghausen, and James Tyler Kent made significant contributions to the understanding of homeopathic principles, the development of *Materia Medica*s, and the establishment of repertories that guide homeopathic practice today.

Pravrajika Dhyonavrataprana had highlighted success stories and case studies from the lives of famous homeopathic doctors, demonstrating the efficacy of homeopathy in treating various ailments. These anecdotes could include instances where homeopathy offered solutions where conventional medicine fell short or cases where patients experienced profound healing. The discussion would likely touch upon the global spread of homeopathy and its recognition in different parts of the world. Famous homeopathic doctors from various countries have been mentioned, showcasing the diversity and widespread acceptance of homeopathy as a healing modality. Dr. Sunetra Mitra gave a vote of thanks.

**Outcomes:** Participants have gained an appreciation for the potential of homeopathy to complement conventional medicine and foster collaboration between homeopaths and other healthcare professionals for holistic patient care. They have been empowered to advocate for homeopathy as a valid and valuable healthcare option, dispelling misconceptions and promoting informed decision-making among patients and colleagues. Overall, by highlighting the history of homeopathy and the lives of famous homeopathic doctors, the presentation aimed to provide context, inspiration, and validation for the practice of homeopathy as a legitimate and valuable form of healthcare.





Flyer of the programme



Principal, Pravrajika Vedarupaprana gave an introductory speech



**NSS PO Dr. Sanghamitra Mukherjee**



**Pravrajika Dhyanavrataprana delivered a wonderful lecture**



**Participants of the programme**



**Dr. Sunetra Mitra gave vote of thanks.**

**14.Name of activity: World Environment Day Celebration**

**Organising unit : Geography Department & NSS Unit of RKSMVV.**

**Date : 05/06/2024**

**Category :** Student's activity

**Venue:** Muktiprana Sabhagriha

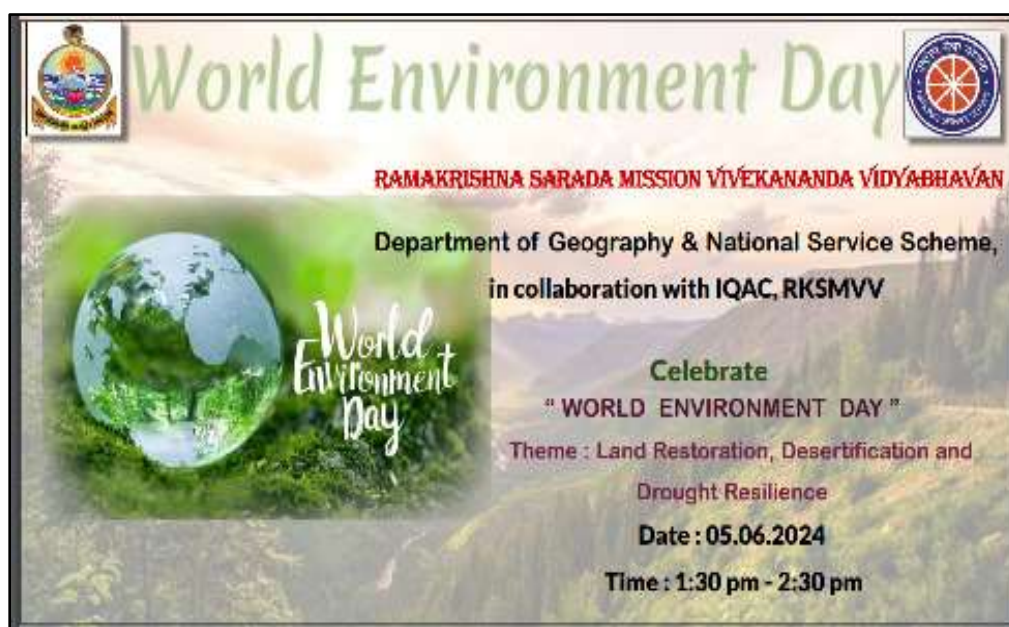
**Number of participants:** 175

**Number of NSS volunteers :** 15

**Number of Resource Persons :** Students of SEM-II of the Geography Dept.

**Brief description of the event:** The department of Geography and NSS team of Ramakrishna Sarada Mission Vivekananda Vidyabhavan had organized an awareness programme NSS team prepared a beautiful PPT and some of them presented it. Students of the Department of Geography represented a beautiful cultural program related to the environment. The NSS Unit of our college along with all students & teachers present in the auditorium took a pledge for not destroying our mother earth. The program ended with our national anthem. This session was of 1 hour in duration (1.30pm - 2.30pm).

**Outcomes:** The theme of World Environment Day of 2024 was 'Land Restoration, Desertification and Drought Resilience' under the slogan "Our land. Our future. We are #GenerationRestoration." Through this celebration the students acquired a clear concept regarding land restoration, and desertification and how drought situations can be managed and the cause-effect relationship of climate change, desertification and drought with the potential of ecosystem restoration. This activity made other students very motivated and again conscious about our environment.



**Flyer of the programme**



Some glimpses of the programme

15.Name of the event: **International Yoga Day**

Category: Student's Activity

**Organising unit:** NSS & IQAC, RKSMVV

**Date:** 21/06/24

**Time:** 11:30 am - 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. At first our Principal Pravrajika Vedarupaprana delivered a lecture on the importance of Yoga. Afterwards NSS volunteers and other students performed several yoga asanas. Benefits of the asanas were discussed thoroughly by students. Yoga Day Pledge has been taken by PO Dr. Sanghamitra Mukherjee and other NSS volunteers of NSS Unit, Ramakrishna Sarada Mission Vivekananda Vidyabhavan.

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



**Programme flyer was projected by NSS unit**



**Principal Pravrajika Vedarupaprana delivered a lecture on the importance of Yoga.**





**NSS volunteers and other students were performing yogasanas**







**NSS volunteers and other students were performing yogasanas**



**NSS volunteers at International Yoga Day**