

MURALIDHAR GIRLS' COLLEGE

NSS REPORT 2022 - 2023

National Service Scheme in Muralidhar Girls' College provides opportunities to the NSS volunteers to take part in various community service activities. Under the leadership and supervision of the programme officers, Dr. Minati Saha (Unit 1) and Dr Sampriti Biswas (Unit 2), all NSS committee members of the college work together, to provide hands on experience to young students in delivering community service.

All NSS activities categorised under two different categories - General activities and activities under Special Camp.

Bratachari Training Programme - Duration of the training was from 30th April 2022 to 20th June 2022.

This is a 30 hours course and 28 students underwent the training. The course content includes theoretical knowledge and practical sessions on tying triangular bandage and preparation of masks.

The students were evaluated as per the norms of Bengal Bratachari society. Students successfully completing the Bratachari course were awarded with the parambhik certificate from the Bengal Bratachari society. Dr. Anusrita Mandal, Assistant Professor of Sanskrit, Surendranath College, Kolkata has served as a resource person for 30 hours Bratachari training at Muralidhar Girls' College for NSS volunteers under National Service Scheme.

Bratachari course (30.04.2022 to 20th June 2022)

Teaching concentration and meditation during training



Students undergoing Bratachari Training (physical training and preparing mask)



9th May 2022: Cultural Programme on the occasion of Rabindra Jayanti organised by Kolkata Ekatma

NSS volunteers participated in the cultural program organised by Kolkata Ekatma on the occasion of Rabindra Jayanti in Surya Sen auditorium. 8 volunteers participated in Rabindra Nitya Natya.


Performing Rabindra Nitya Natya by NSS volunteers




19th and 20th May 2022: Awareness for Blood Donation and Blood Donation Camp

A blood donation camp will be organised at our college on 20.05.2022, interested students were asked to send their names, semester, subject and college roll number through google form within 19.05.2022. This camp was organised in collaboration with hematology department of Nil Ratan Sarkar medical hospital. Altogether 38 units of blood collected.

Flyer of Blood Donation Camp




MURALIDHAR GIRLS' COLLEGE
P-411/14, Gariahat Road, Ballygunge, Kolkata 700029



NSS- UNIT(s) I & II
organizes-

Blood Donation Camp
In collaboration with
SBTC, NRS Blood Bank, Kolkata
on-

Date: May 20, 2022 (Friday) Time: 10 am.



Donate your Blood and make a Difference

Organising Committee:
Dr. Minati Saha, Program Officer, NSS Unit-I
Dr. Sampriti Biswas, Program Officer, NSS Unit-II
Members, NSS Committee

Venue:
Muralidhar Girls' College
P-411/14 Gariahat Road,
Ballygunge, Kolkata 700029

NSS Volunteer Donating Blood





GARIAHAT
Google

Kolkata, West Bengal, India
P-19, Gariahat Rd, opposite Muralidhar Girls College, Golpark, Hindustan Park, Gariahat, Kolkata, West Bengal 700019, India
Lat 22.517768°
Long 88.365456°
20/05/22 11:54 AM

On 19.7.22 NSS volunteers attended the Plantation Drive organised by Mother Earth Foundation

On 19.07.22 NSS volunteers attended the programme organised by Mother Earth Foundation. Plantation of saplings was done in presence of the organisers and President of Muralidhar Girls' College Sri Debashish Kumar.

NSS volunteers with staff of Mother Earth



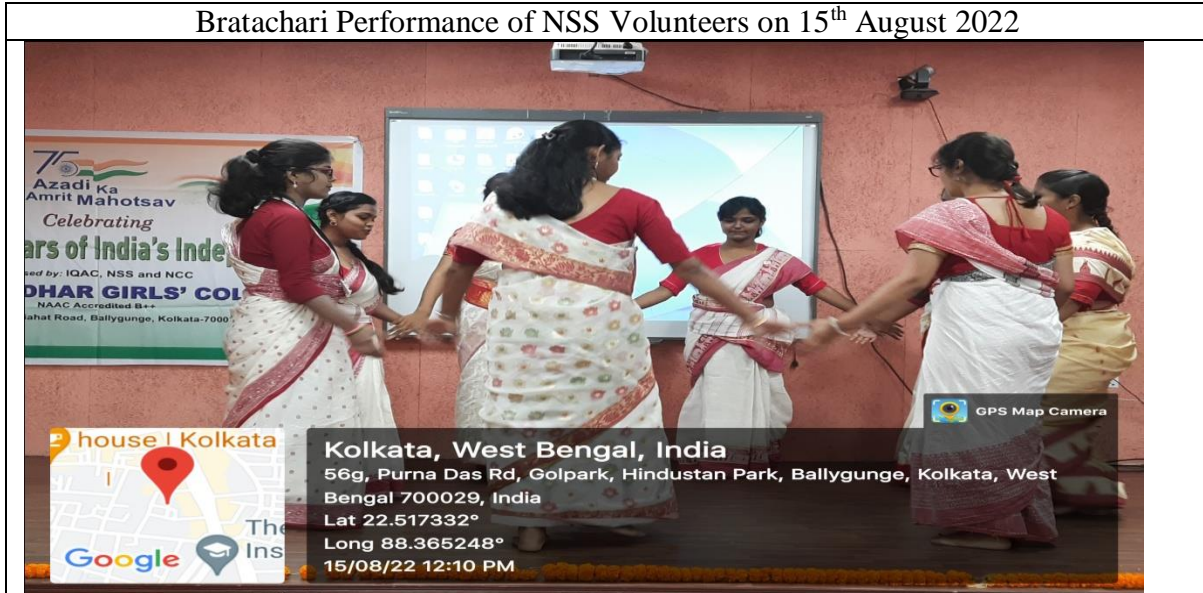
Speech of President of Muralidhar Girls' College Sri Debashish Kumar



Independence Day 15.08.2022 – AZADI KI MAHOTSAV

15.08.2022 independence day was celebrated with flag hosting on the roof of the college by Dr Kinjalkini Biswas, Principal Muralidhar Girls' College. This was followed by a cultural program jointly conducted by NSS volunteers and NCC cadres.

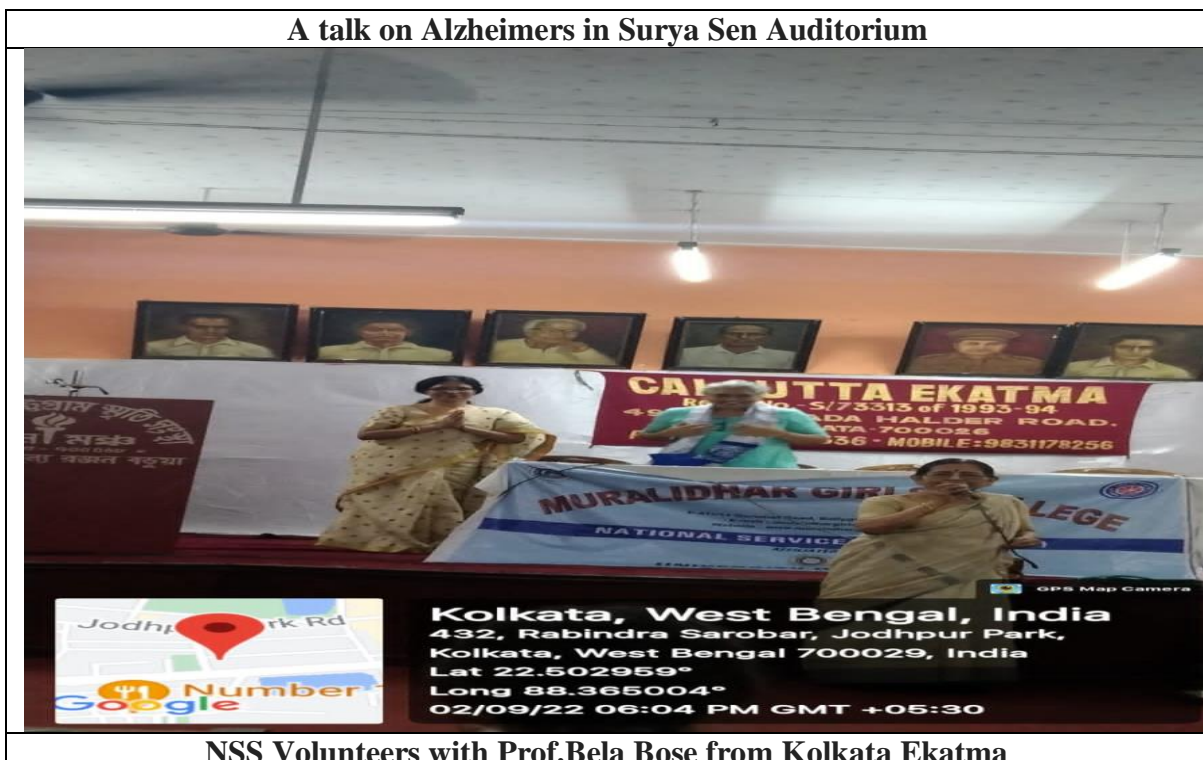
Bratachari Performance of NSS Volunteers on 15th August 2022



A talk on Alzheimers in Surya Sen Auditorium

On 02.09.22 NSS volunteers attended a talk on Alzheimers in Surya Sen Auditorium organised by Kolkata Ekatma. The speaker was Smt. Nilanjana Maulik, secretary ARDSI, Calcutta, "Remember those who can't remember" Alzheimer's and Related Disorders Society of India.

A talk on Alzheimers in Surya Sen Auditorium



NSS Volunteers with Prof.Bela Bose from Kolkata Ekatma



Rally on Dengue Awareness on 11.11.2022

On 11.11.2022 a rally on dengue awareness was conducted. 18 volunteers participated in the rally and they were given certificates.

| Dengue Awareness Rally 11.11.22 – Invitation Letter | |
|--|---|
|  <p>Debarati Das to Me & 123 more Today, 4:19 pm</p> |  |
| <p>To The Programme Officers, NSS</p> <p>Dear all,</p> <p>You are requested to actively participate with your NSS volunteers in the Dengue Awareness Rally, organized by the NSS, University of Calcutta. The programme will be held on 11.11.22 from Rashbehari Avenue to Gariahat on and from 3 p.m. Please instruct your volunteers to wear their NSS uniform and bring relevant posters. We are happy to announce that the Honourable Regional Director, NSS will be there to encourage the students.</p> <p>Meeting point: Deshbandhu College, at 2.45 p.m.</p> <p>Thank you. Dr. Debarati Das CU NSS Programme Coordinator</p> | |
| Dengue Awareness Rally 11.11.22 | |



Programme to Promote Entrepreneurship, 14.11.2022

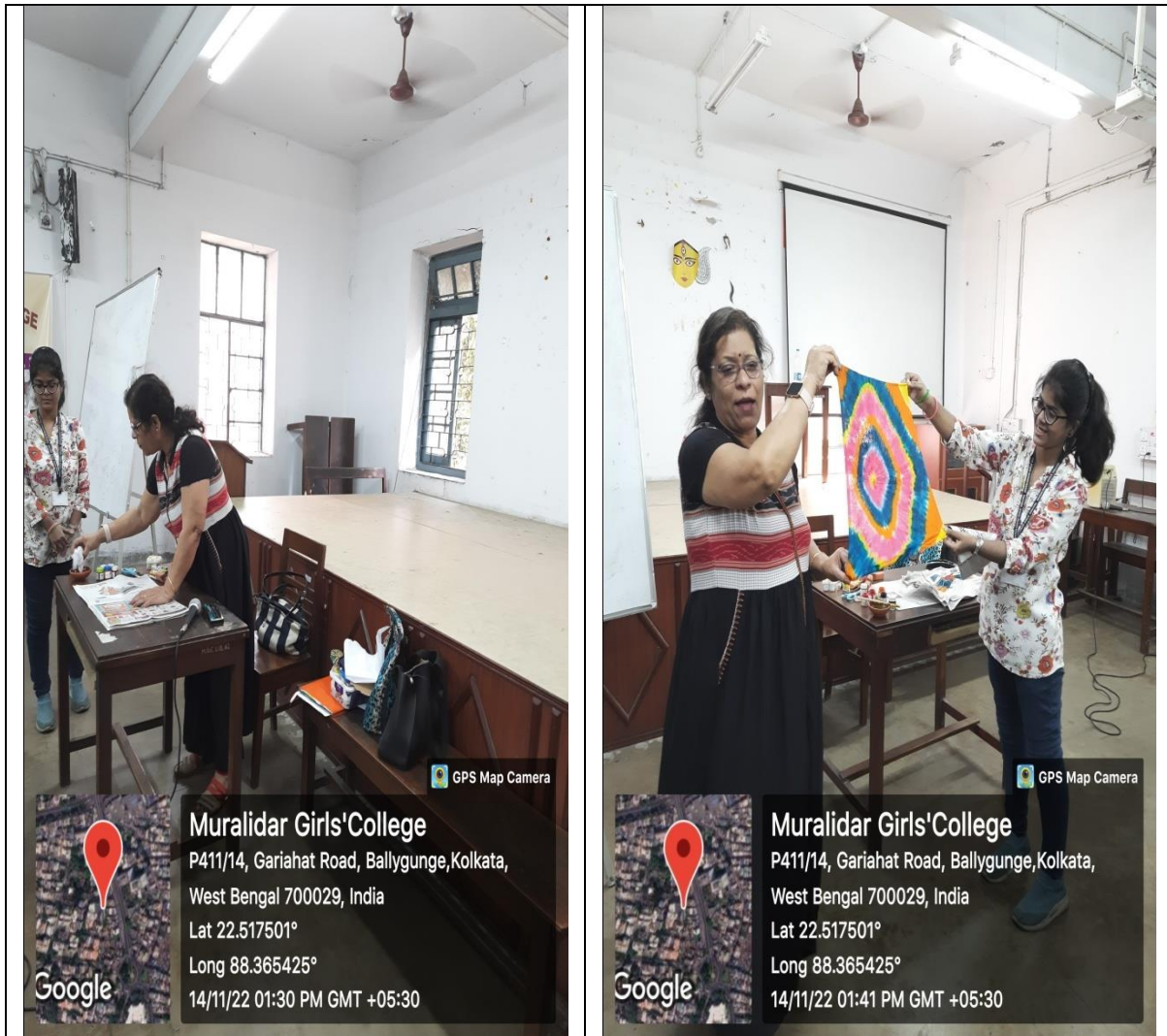
On 14.11.2022 skill development programme was conducted in college auditorium where Srimati Shukla.. demonstrated the procedure of hand painting, spray painting etc. along with sharing of technical knowledge like type of brush, colour to be used for best results. NSS volunteers along with other students of the college participated in this still development workshop. Hands on training for making saleable products by using zero cost materials was conducted on 14th November at 1pm in college premises.

NSS volunteers and other students attending programme on Promoting Entrepreneurship



Demonstration- Fabric Panting

Demonstration - Bandhni Design



Free Breast Screening to detect Breast Cancer by SUADHA NGO and Turning Point, Jadavpur on 18 and 25 November

Muralidhar Girls' College has scheduled "Free Breast Screening to detect Breast Cancer Lump for Women" on 18th November 2022 Friday 10 am morning to 5pm evening. This program is organised in collaboration with SUADHA, NGO and Turning Point, Jadavpur, Kolkata on 18 and 25 November breast cancer awareness and screening programme was conducted with SWADHA. Swadha - Social Upliftment and Development for Health Action has conducted a three day 'Early Detection Breast Cancer Screening' under Hamara Sathi Programme. They have completed the programme successfully and almost 160 students, faculty, parents and community members were benefited.



Awareness programme attended by Students, Principal, P.O. and Other Faculty



SCHEDULE OF NSS SPECIAL CAMP 2023

(UNIT 1 & 2) 22nd MARCH TO 28th MARCH 2023 10.30 a.m. - 4.30 p.m.

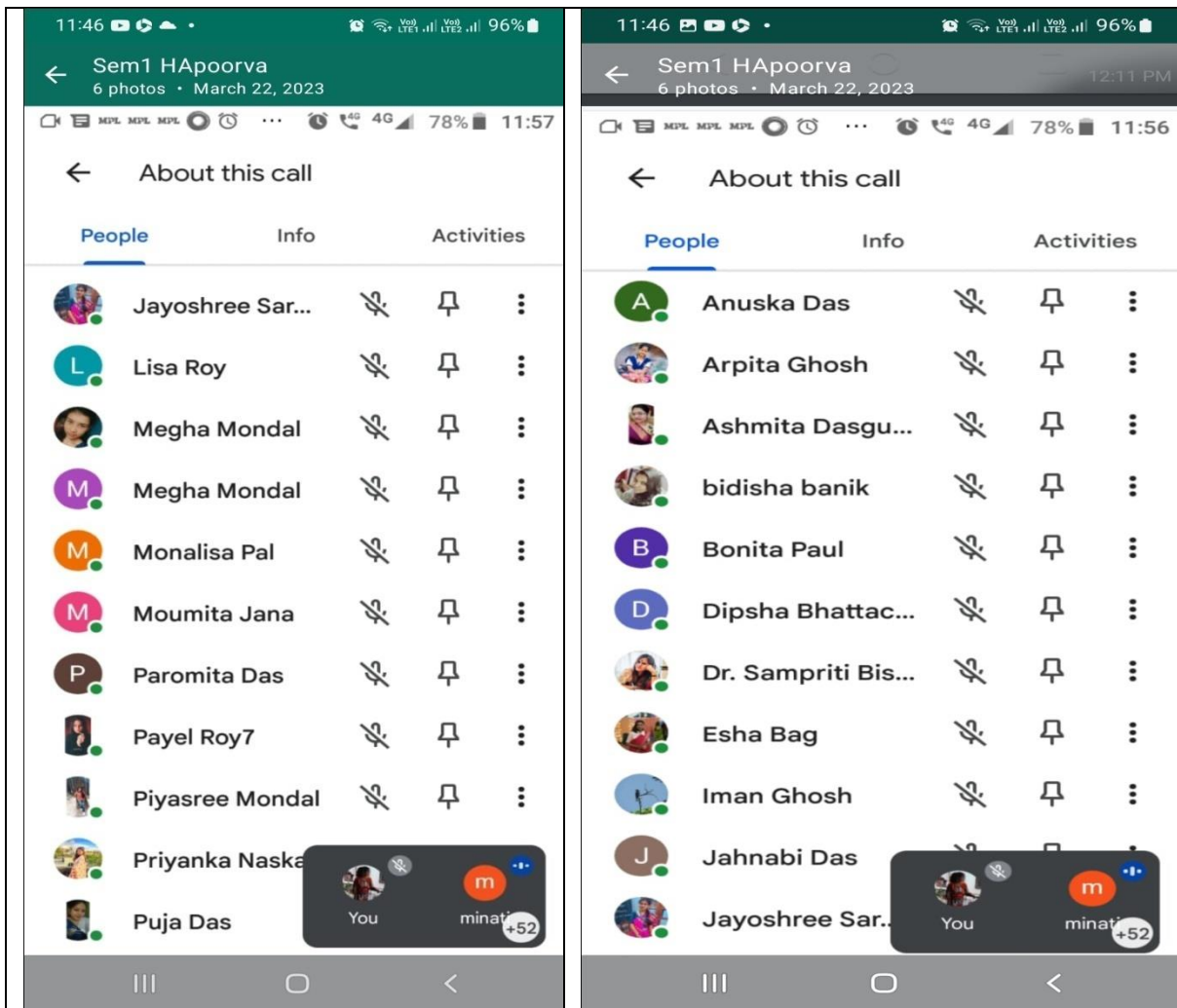
| DATE | 1 st half | Lunch Break | 2 nd half | |
|-----------------------|---|-------------|---|--|
| 22.03.23 Wednesday | Lecture on Breast Cancer Awareness | | Preparation of paper bags for old clothes distribution and poster on plastic bag campaign | |
| 23.03.23 Thursday | Employability skills training – Women Rights | | Slum visit | |
| 24.03.23 Friday | Blood donation camp, E.C.G., Blood sugar testing | | Blood donation camp, E.C.G., Blood sugar testing | |
| 25.03.23 Saturday | Lecture – plastic recycling | | Clothes distribution | |
| 26.03.23 Sunday | Campaign on banning plastic bags in local community | | | |
| 27.03.23 Monday | Slum visit | | Lecture | |
| 28.03.23 Tuesday | Suicide Prevention Training-Assessment | | Talk of HIV/AIDS awareness | |

Day 1 - 22.03.2023 Wednesday

NSS units of Muralidhar Girls' College arranged an online lecture on Breast Cancer Awareness. Since it was an online program, all NSS volunteers were requested to join with family members specially female members, listen to the program carefully and clear doubts if any directly from the speaker, Iva Astavia.

Link for online lecture on breast cancer awareness <https://meet.google.com/hyt-nbwt-wry>

| |
|------------------------|
| Attendance on 22.03.23 |
|------------------------|



In the post lunch session volunteers were engaged in Preparation of paper bags for old clothes distribution and poster on plastic bag campaign.

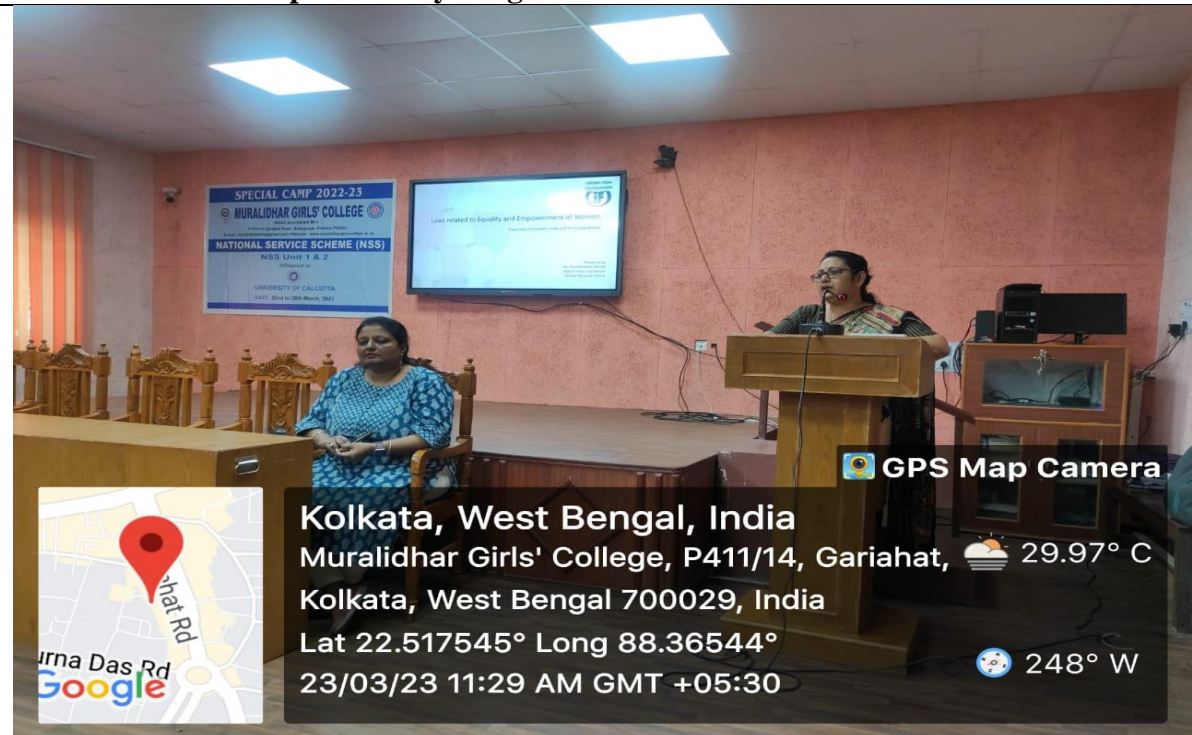
Sample of paper bags



Day 2 - 23th March 2023 Employability skills training – Women Rights by Uddami

Harshamanjari Nanda, Executive Director, Uddami India Foundation was the speaker. She is a Masters in Social Work and has a working experience of more than 17 years in the field of Women Welfare and Development and Child Protection and is presently associated with Youth Development Programme. Students were high influenced by the lecture.

Introduction of the speaker – by Programme Officer



Interactive session by the speaker



Day 3 - 24th March 2023 Blood Sugar Testing (fasting+random+ pp) and ECG

Students and staff collected names for voluntary Blood donation on 24th March 2023. Names of students were shared in the teachers group by respective subject teachers by 17th March. All staff is requested to donate blood voluntarily. On 24th March 2023 Blood Sugar Testing (fasting+random+ pp) and ECG will be conducted free of cost. All staff are requested to share names of students for these investigations. All staff are also requested to participate in this free health checkup.

In Voluntary Blood Donation Camp 43 units of blood were collected. The representative of NRS Hospital informed that one unit blood is usually used for three patients, therefore, 43 units will be donated to $43 \times 3 = 129$ cancer patients.

Sample taken from Faculty, NTS and Group D staff for Blood sugar testing



Principal, P.O.s, NSS Committee members with the Volvo Bus used for Blood Donation



Day 4 – on 25th March, 2023 Special lectures on Renewable Source of Energy in India and Environment and Sustainable Development

1. Prabir Kumar Raychaudhuri.

Past President(Engineering Science) Indian Science Congress Association.

Former Director & Chief Regional Co ordinator PCRA (Eastern Region) Ministry of Petroleum and Natural Gas. Govt. Of India.

Topic : Energy, Environment and Sustainable Development--- Challenges ahead.

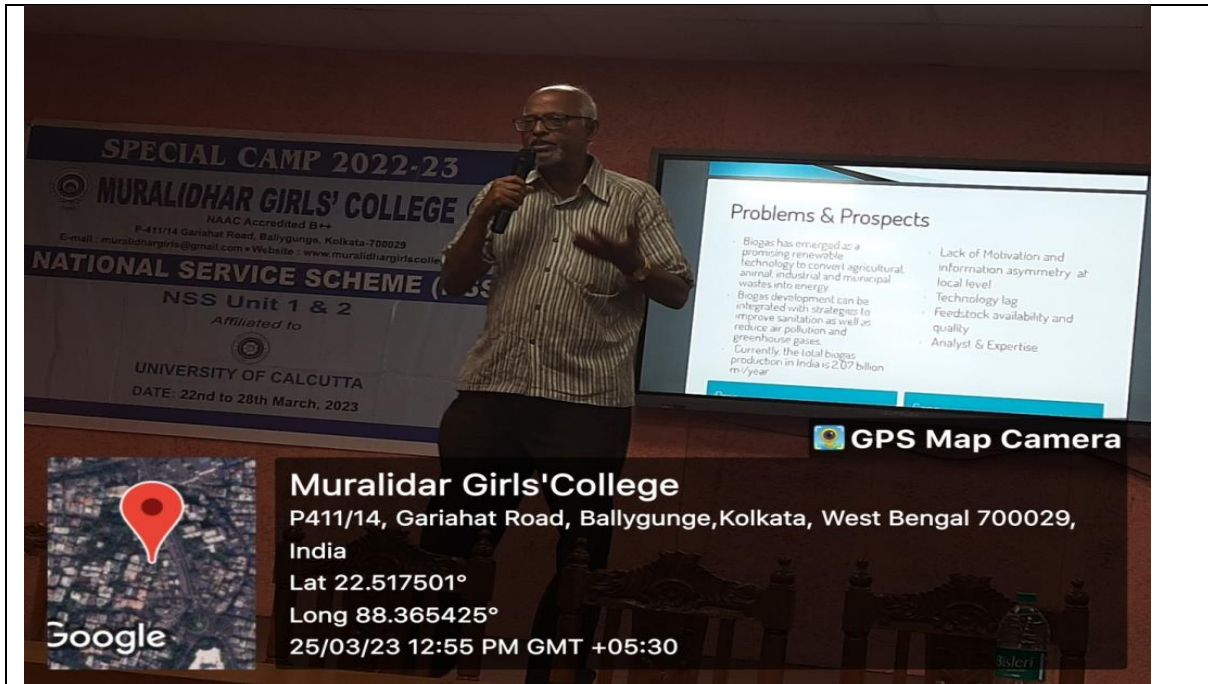
2. Dr. Tushar Chakraborty, Engaged in Science , Science writing and environmental advocacy. Served CSIR , Gov of India; and a number of Universities and Institutes in India and Abroad.

Topic "Biogas: A green and renewable source of Energy in India "

Felicitatation of Speakers



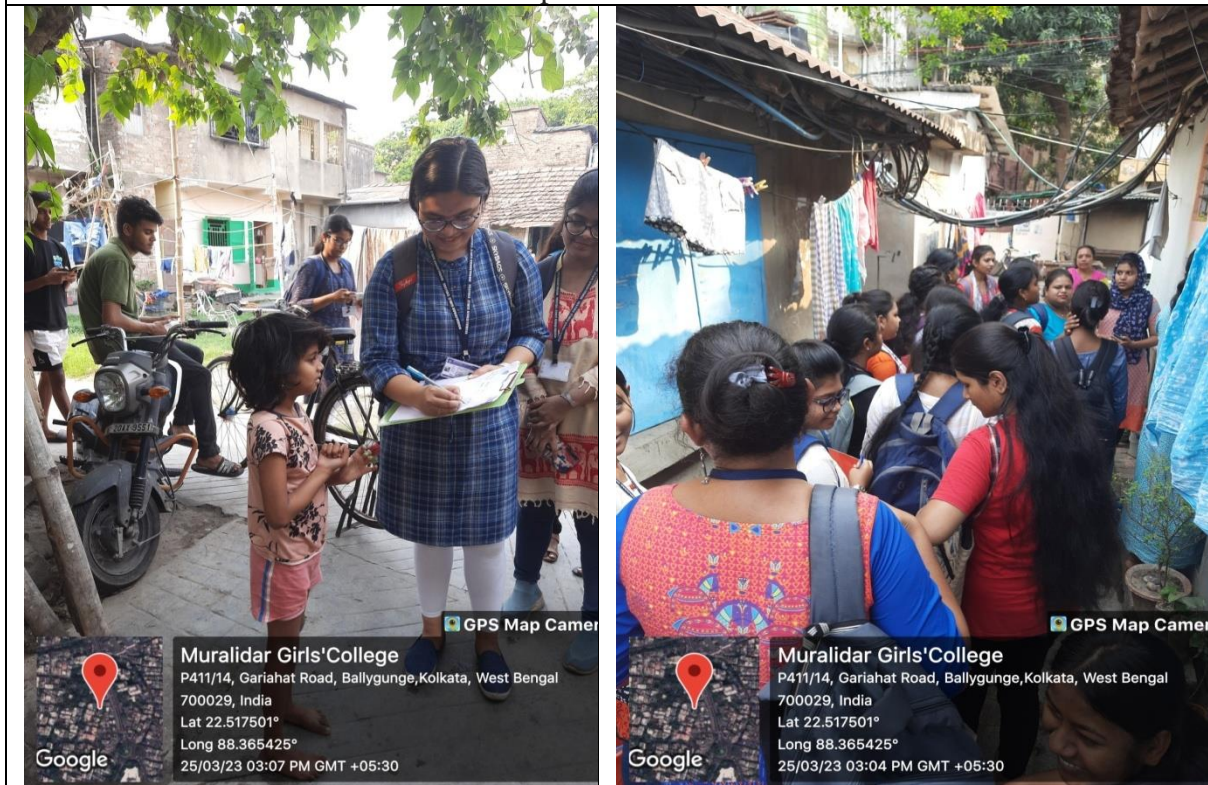
Interactive lecture



Day 4 - Slum visit 25th and 27th March 2023

NSS volunteers visited local slums along with Programme officers to conduct a survey on elementary Education and co-curricular activities of slum children to establish a healthy connection to community. The objective of this visit was to provide classes on elementary education for the local slum children.

NSS volunteers visited local slums and spoke to slum dwellers





Day 5 - 26th March 2023 Campaign on banning plastic bags in local community

Campaign on banning plastic bags in local community with self-made posters





Day 6 - 27th March 2023, slum visit was organised to conduct a survey on elementary Education

As a continuation of the on 25th March, NSS volunteers visited local slums school along with Programme officers to conduct a survey on elementary Education and co-curricular activities of slum children to establish a healthy connection to community. The objective of this visit was to provide classes on elementary education for the local slum children.

NSS volunteers visited local slums school along with Programme officers



Day 7 - 28th March 2023, Clothes distribution for local slum dwellers

Used Clothes will be distributed to local slum on 23rd March (Thursday)2023. All staff are requested to contribute clothes for this purpose. Cartoon were kept different places (library, staffroom no 1 and 2), where clothes for distribution could be collected conveniently.

Clothes were distributed to local representatives in presence of Principal, Faculty, Students, Youth Officer



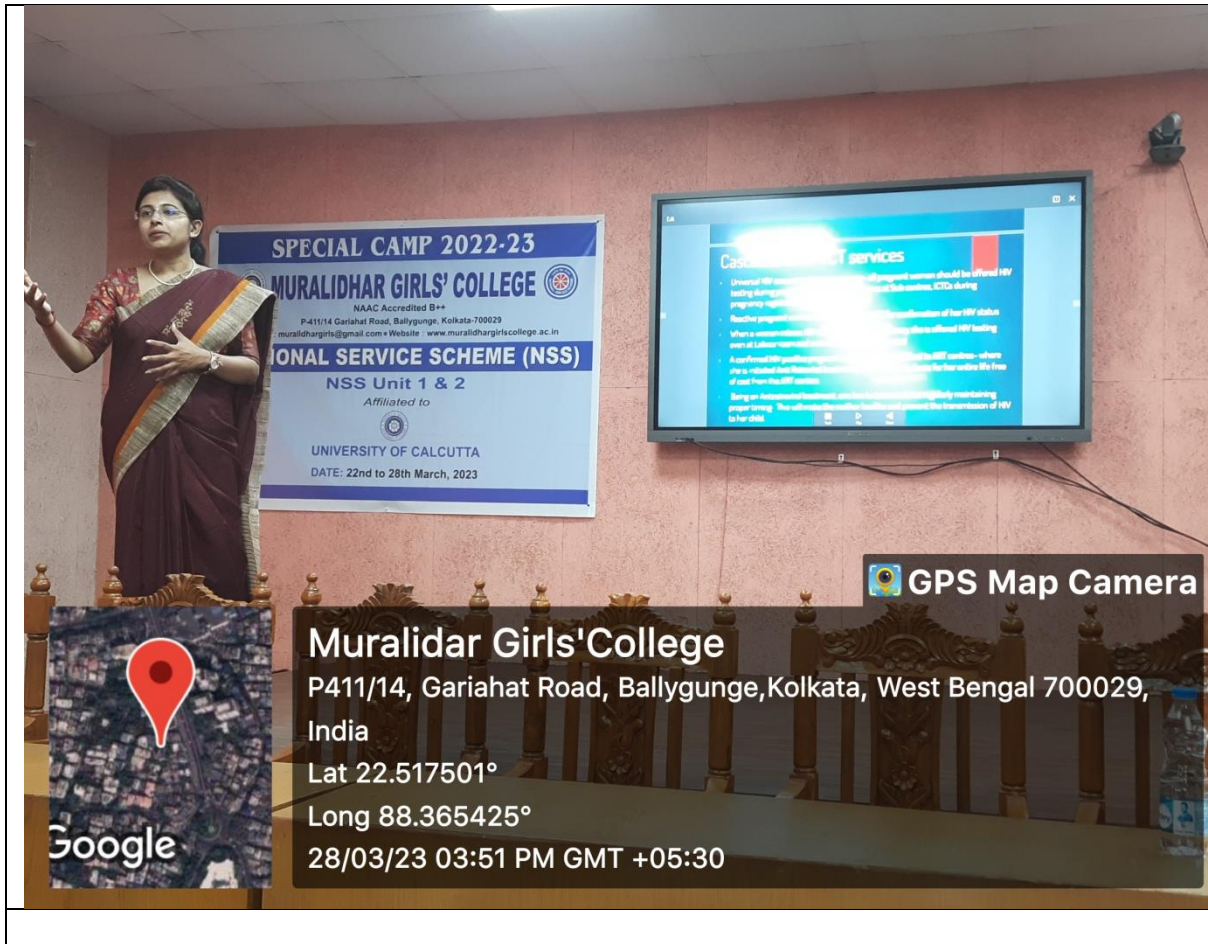
Day 7 - 28th March 2023, Special lecture by Piyali Das on HIV Aids

Educated people can prevent HIV infection through changing their sexual behaviour. Raise awareness to create more openness about the disease and to make communities more supportive

of people living with AIDS. Piyali Das has shared some very important information and messages on this.

Principal inviting resource person for lecture followed by lecture in presence of Principal, P.O. and other Committee Members





Certificates for attending Special Camp all participant NSS Volunteers were awarded 7 Days camp completion certificates by the programme officers.