



NATIONAL SERVICE SCHEME (NSS)



A Report on the Activities of the NSS Unit 1 of the College (2016-17)

Dr. Minati Saha
Programme Officer
NSS Unit I
Muralidhar Girls' College

National Service Scheme, popularly known as NSS, has been envisaged to inculcate the social welfare thoughts among the students and to provide service to the society without any bias. The youth of any country are a vital resource of the nation, beaming with energy. However, energy without a proper direction has often proved to be disastrous; and therefore, NSS with the principle of 'Education through Community Service' is formed. It establishes the combination of energy and enthusiasm of the student youth with a guided direction for the betterment of both the students as well as the community. NSS was introduced on 24th September, 1969, by Dr. VKRV Rao, the then Union Education Minister, in 37 universities to imbibe the spirit of serving the society at large. In 1973, Calcutta University introduced NSS in its different colleges.

NSS activities are multipurpose as well as multidimensional in nature. While the community gains from the services of the volunteers; the volunteers also learn a lot from the community. They are exposed to people from different culture and socio-economic backgrounds and develop an insight into the problems of people. Their interaction with the common people will expose them to the realities of life and bring about a change in the social perception, with a view to personality development of the students through community service. Thus, NSS holds a significant part in the process of formation of future generation of the country through various constructive programmes. The major National Level projects undertaken by NSS are AIDS awareness, afforestation, blood donation camps, cleanliness of our environment, disaster management etc.

The NSS unit of our college started functioning from April, 2003 under the able guidance of our first Programme Officer, Dr. Malyasri Bhattacharya

who set up the first unit of this college. Then it flourished under the nurture and constant effort given by Dr. Anita Chattopadhyay Gupta, our second Programm Officer. During her tenure, the NSS unit has received numerous awards from the University of Calcutta including Best College, Best Programme Officer and Best Student Volunteers. The second NSS unit of this college is sanctioned in 2015 which is another feather in the cap of the NSS family of this college. The activities undertaken by the two units of our college during the year 2016-17 are given here under:

A. Activities undertaken inside the College Campus:

- New volunteers from 1st year Class were selected. An initiation workshop was arranged where new student volunteers filled up their forms. The student volunteers were divided into groups and a group leader was selected from each group.
- Anjana Ghosh Memorial Social Welfare Trust, a selected NGO under Directorate of Health Service, Government of West Bengal, conducted a seminar on PC & PNDT Act on 10th May, 2016. They informed the students about the various legal rules and regulations that are formulated to stop girl feticide and how the state government is working to implement these.
- **A Blood Donation Camp** is organized in collaboration with NRS Medical College & Hospital on 22nd May, 2016. Active participation of huge number of donors made it a successful camp. Volunteers of both the units of the college served together in this event.
- International Yoga Day is observed on 21st June 2016. Student volunteers performed various yogas and asanas.
- Student volunteers participated in a two-days' workshop on 'Self Defence' on 25th & 26th July, 2016. Now-a-days, a woman's security is at a great risk and it is very important to take care of themselves rather than depending on others. Through this workshop students were introduced to preliminary sessions of Judo and Karate, which they had continued later.
- A seminar was organized on E-Waste Management on 24th August 2016.
- A one-day workshop was arranged on 27th August 2016 to aware the students about the status of women in our society. As NSS volunteers, students have the huge responsibility to transfer this knowledge to the

society through campaigns. Anjana Ghosh Memorial Social Welfare Trust, a selected NGO under Directorate of Health Service, Government of West Bengal, conducted a seminar on "Save the Girl Child" and Sri Arunavo Bose gave a talk on 'Gender Sensitization'.

- Aagamee, an NGO organized a programme on 'Gender Sensitization' on 3rd September, 2016.
- '**Thalassemia Camp**' is held on 10th September, 2016 where doctors first told about the necessity of this test and how Thalassemia can be prevented. Then blood samples were taken from students. The reports were distributed after the puja vacation. Further counselling sessions were arranged for the carriers along with their guardians. Volunteers of both the units of the college served together in this event.
- Student volunteers collected clothes from other students and staffs of the college and distributed that among the slum dwellers on 24th November, 2016. Volunteers of both the units of the college served together in this event.
- A seminar was organized on 29th March, 2017 where Mr. T. K. Panda, Coordinator of TORC, Narendrapur Ramakrishna Mission and Mr. Kunal Chattopadhyay, Ex- NSS Coordinator and Youth Officer, Calcutta University spoke on NSS Awareness. Volunteers came to know about the rules and duties of NSS and the need to develop social consciousness.

B. Activities undertaken outside the College Campus:

- Student volunteers along with the programme officer and other faculties joined '**Anti-Drug Rally**' organized by Narcotics Central Bureau, Govt. of India in collaboration with NSS unit, Calcutta University in observance of 'International Day against Drug Abuse and Illicit Trafficking' on 26th June, 2016. Volunteers of both the units of the college served together in this event.
- Student volunteers were selected and sent to volunteer 'Blood Sugar Test Camp' organized by Kolkata Ekatma, an NGO on 1st July, 2016.
- Student volunteers were sent to volunteer a programme organized by an NGO, Sister Margaret Foundation on 8th July, 2016 at Science City.

- Student volunteers attended World AIDS day celebration programme at Swastha Bhawan, Government of West Bengal on 1stDecember, 2016. Minister-In-Charge, Health with other eminent Doctors and dignitaries were present in the occasion. Students came to know in detail about the causes and cures of AIDS. Volunteers of both the units of the college served together in this event.
- Volunteers participated in World Disabled Day rally on 3rdDecember, 2016 that started from Victoria Memorial Hall. Volunteers of both the units of the college served together in this event.
- Student volunteers along with the programme officer attended 'Swasthya Samman 2016' programme organized by Health and Family Welfare Department, Govt. of West Bengal on 30thDecember, 2016 at Netaji Indoor Stadium. There our honorable Chief Minister Smt. Mamata Bandyopadhyay introduced 'Swasthya Sathi Prakalpa' to provide health benefits to lower income govt. employees and felicitated doctors and health workers with remarkable contribution.
- Student volunteers along with the programme officer volunteered in a Govt. of West Bengal programme of 'State level Teachers' Convention' held at Netaji Indoor Stadium on 7thJanuary, 2017.
- NSS volunteers participated in West Bengal State level celebration of 'National Integration Camp' at Calcutta University on 2ndMarch, 2017.
- Students Volunteers of both the units of the college served together in the following event. They went to the Kolkata Municipality Corporation school at our adopted slum, 76 Garcha Lane on a regular basis through-out the year as a part of our project 'Reaching the Outreached'. There, they use to interact with the slum children and try to develop a sense of inclusiveness among the children through dance, music, drama, drawing, recitation etc. At the same time, this project aims to arouse the social conscience of the students, providing them an opportunity to work with the people.
 - NSS Units of Muralidhar Girls' College, under able leadership of Dr. Minati Saha,
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NSS Unit of Muralidhar Girls' College, under able leadership of Dr. MinatiSaha, Programme Officer of unit 1 is committed to social commitments along with core academic activities.We hope that the NSS units of our college continues in its path of social service with the continued enthusiasm of our student volunteers and the Programme Officers. With continuous encouragement of our Principal and active participation of all the faculties and staff, NSS units will be able to shoulder higher responsibility in extending services to the society and shape better individuals traversing the walk of life.

THANK YOU FOR YOUR PATIENT READING



NATIONAL SERVICE SCHEME (NSS)



A Report on the Special Camp of the NSS Unit 1 of the College (2016-17)

Dr. Minati Saha

Programme Officer

NSS Unit I

Muralidhar Girls' College

Special Camp Programme: Special Camping forms an integral part of National Service Scheme. It has special appeal to the youth as it provides unique opportunities to the students for group living, collective experience sharing and constant interaction with community. The primary objectives of special camp is Building up potential youth leaders by exploring the latent potential among the campers, both students as well as local youth, with a view to involve them more intimately in development projects for longer periods. The local leadership generated during the camps would also be useful in ensuring proper maintenance of the assets created as a result of the camps.

- **4th March 2017:** - Hon'ble Minister-in-Charge, Department of Power & Non-Conventional Energy Resources, Government of West Bengal and President of our college Governing Body, Mr. Sovandeb

Chattopadhyay, and our principal Dr. Kinjalini Biswas inaugurated NSS special camp 2017 by lighting the lamp. Advocate Gitanath Ganguly gave a valuable mine of information regarding the legal rights of women making them aware of the equal rights she possesses and the special position she occupies in society. He encouraged to strive for their rights and do their duties.

- **5th March 2017:** - The second day of NSS special camp day one began with Mr. Malay Ghosh and Shri SK Das. Shri S.K. Das encouraged students by giving them wide information about self-employed business and how they can become a successful business woman. He also explained how his MSME institute welcomes all budding entrepreneurs who want to start their own business by giving them special training. Mr. Malay Ghosh, eminent radio journalist, anchor of Doordarshan and Akashbani, and social worker conducted this session.
- **6th March 2017** Volunteers participated enthusiastically in the Extempore competition in the presence of teachers Smt. Sunetra Sengupta, Dr. Indira Sur and Sri Sanjoy Mazumdar. Dr. Indira Sur, Head of the Department, Department of Education, Muralidhar Girls' College gave a brief introduction of various activities of social service that students are doing now and can do in future. This was followed by the welcome of Prof. Siddhartha Mazumdar, Ex-Chairman of College Service Commission. He delivered a speech on 'Functions of NSS: Role of Student' where he highlighted the importance of concentrating on one type of social service which would bring more impact in the society.
- **7th March 2017:** - Kidney function test was organized in association with Narayana Super Specialty Hospital, and Anuranan, an NGO. After brief introduction and felicitation Dr. B. Kumar, Calcutta Medical College & Hospital, presented his well thought, effective and to-the-point analysis, explaining every corner of kidney related

issues through a power point presentation. Mr. Irfan Ali from Narayana Super Specialty Hospital and Mr. Roy, Chairperson of Anuranan were also present in the program. Interactive session with the teachers and students went effective and up-to-the-mark. Kidney test of considerable number of college staff and students proved overwhelming response. Mr. Malay Ghosh, eminent radio journalist, anchor of Doordarshan and Akashbani, and social worker conducted the whole program. Volunteers of both the units actively participated in this Kidney function test.

- **8th March 2017:** -Mr. Supriyo Biswas conducted a screening on self defence. Students came to know about the utilities of self defence, the various forms of martial arts. This was followed by distribution of certificates to students who participated in the self defence camp held in the college. by Mr. Supriyo Biswas. Students shared experiences of camp to inspire others to join such camps. A blood donation camp followed this. Senior Consultant and Radio Therapist of Saroj Gupta Cancer Hospital spoke about cancer, the 2nd globally killer disease and how people neglect diagnosis which leads it to reach an advanced stage when it becomes incurable. He encouraged all to donate blood for the cancer patients. Students, teachers, and college staffs enthusiastically participated to donate blood. Volunteers of both the units actively participated in this programme.
- **9th March 2017:** -Poster-making competition was held among the student volunteers. In the second session, Dr. mam spoke on various lifestyle diseases obesity, cholesterol related heart problems, allergies, diabetes that have cropped up in our society and emphasized the need to do a regular health checkup. This was followed by a free health checkup camp for the mothers and children of our adopted slum. Volunteers collected cloths and distributed that among the pavement dwellers around Gariahat and in our adopted

slum. Then, conducted jewellery-making workshop to encourage them for self-employment.

- **10th March 2017:** - An awareness program on Thalassemia was arranged where Dr Gyne, Dept. of Hematology, NRS Medical College through a PowerPoint presentation gave the students and teachers an insight into the disease Thalassemia, it's causes and characteristics. Then blood samples were taken from students and teachers for the test. Volunteers went for a slum visit to the Kolkata Corporation school where they participated in various activities interacting with the kids. Volunteers of both the units actively participated in this programme.

Closing ceremony of 7 day long special camp was celebrated by distribution of prizes for Extempore competition, Poster-making competition, and Photography competition. Different social issues were selected for the competitions. Students organized a cultural and recreation programme to end the camp on a happy note.



NATIONAL SERVICE SCHEME (NSS)



A Report on the Activities of the NSS Unit II of the College (2016-17)

Smt. Chhanda Mandal
Programme Officer
NSS Unit II
Muralidhar Girls' College

The youth of any country are a vital resource of the nation, beaming with energy. However, energy without a proper direction has often proved to be disastrous; and therefore, NSS with the principle of 'Education through Community Service' is formed. It establishes the combination of energy and enthusiasm of the student youth with a guided direction for the betterment of both the students as well as the community. NSS was introduced on 24th September, 1969, by Dr. VKRV Rao, the then Union Education Minister, in 37 universities to imbibe the spirit of serving the society at large. In 1973, Calcutta University introduced NSS in its different colleges.

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- International Yoga Day is observed on 21st June 2016. Student volunteers performed various yogas and asanas.
- Student volunteers participated in a two-days' workshop on 'Self Defence' on 25th & 26th July, 2016. Now-a-days, a woman's security is at a great risk and it is very important to take care of themselves rather than depending on others. Through this workshop students were introduced to preliminary sessions of Judo and Karate, which they had continued later.
- Student volunteers distributed flowers in the college premises to observe International Youth Day on 12th August, 2016.
- A seminar was organized on E-Waste Management on 24th August 2016.
- A one-day workshop was arranged on 27th August 2016 to aware the students about the status of women in our society. As NSS volunteers, students have the huge responsibility to transfer this knowledge to the society through campaigns. Anjana Ghosh Memorial Social Welfare Trust, a selected NGO under Directorate of Health Service, Government of West Bengal, conducted a seminar on "Save the Girl Child" and Sri Arunavo Bose gave a talk on 'Gender Sensitization'.
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NSS Units of Muralidhar Girls' College, under able leadership of Prof. Chhanda Mondal, Programme Officer of unit 2 is committed to social commitments along with core academic activities. We hope that the NSS units of our college continues in its path of social service with the continued enthusiasm of our student volunteers and the Program Officers. With continuous encouragement of our Principal and active participation of all the faculties and staffs, NSS units will be able to shoulder higher responsibility in extending services to the society and shape better individuals traversing the walk of life.

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NATIONAL SERVICE SCHEME (NSS)



A Report on the Special Camp of the NSS Unit II of the College (2016-17)

Smt. Chhanda Mandal

Programme Officer

NSS Unit II

Muralidhar Girls' College

Special Camp Programme: 5th March 2017 - 11th March 2017

The primary objectives of the special camping programmes is Making education more relevant to the present situation to meet the felt needs of the communities and supplement the education of university/college/school students by bringing them face to face with the community situation.

- **5th March 2017:** - Hon'ble Minister-in-Charge, Department of Power & Non-Conventional Energy Resources, Government of West Bengal and President of our college Governing Body, Mr. Sovandeb Chattopadhyay, and our principal Dr. Kinjalini Biswas inaugurated NSS special camp 2017 by lighting the lamp. Advocate Gitanath Ganguly gave a valuable mine of information regarding the legal rights of women making them aware of the equal rights she possesses and the special position she occupies in society. He encouraged to strive for their rights and do their duties.

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