

**REPORTS OF EXTENSION AND OUTREACH ACTIVITIES IN THE
NEIGHBOURHOOD COMMUNITY**

Blood Donation Camp organised by NSS on 20.05.2022

Blood donation camp on 20th May, 2022- Blood donation camp was organised in College premise by NSS Unit 1 and 2 in Collaboration with Nil Ratan Sarkar Medical Hospital. Awareness Campaign in local community regarding blood donation was organised on 14th May, 2022. Many people of our country die due to the deficiency of blood when required. Some people in our society are scared of donating blood. So to increase the awareness to donate blood and to remove fear in the people the NSS unit of Muralidhar Girls' College organised an awareness programme regarding blood donation on 14th May, 2022. Blood donation camp in collaboration with Nil Ratan Sarkar Medical Hospital was conducted successfully. 3 NSS volunteers took active participation in the awareness campaign and 34 units of blood were donated for the use of 136 patients in need



Kunjalini Biswas

Principal
Muralidhar Girls' College

Poster Campaigning against the use of plastics was organized on
27.03.2022

Poster Campaigning against the use of plastics was organized on 27.03.2022 on the 3rd day of NSS Special Camp 2021-2022. Few posters were prepared in Bengali and in English. Volunteers divided in two groups to work properly. 31 Volunteers in team went for a special awareness campaign for minimising the use of plastics in Gariahat Market. The shop keepers were told about the disadvantages of plastic use and suggested them some alternative ways.



Kingalini Biswas

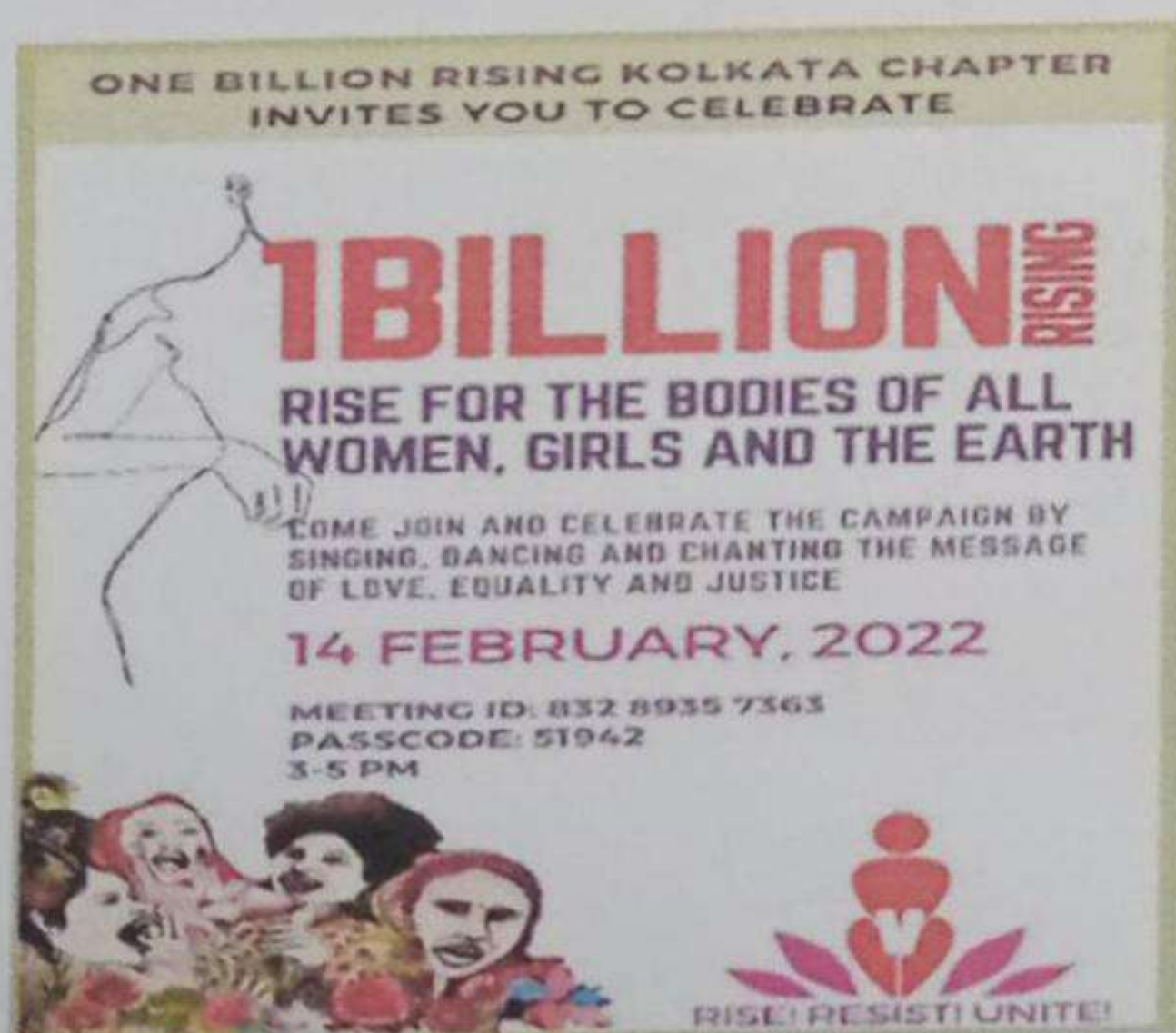
Principal
Muralidhar Girls' College

PARTICIPATION IN ONE BILLION RISING CAMPAIGN FOR WOMEN EMPOWERMENT (14 TH FEB 2022)

All through the year the college works in collaboration weeks with Swayam for women empowerment. On 14th February 2022, a zoom meeting was organised titled "one billion rising" to discuss how violence against women, fascism, imperialism, capitalism etc. has increased during pandemic and this has led to increase in injustice and hatred towards minority including women. 7 participants joint from the meeting.

ZOOM MEETING LINK:

<https://us02web.zoom.us/j/83289357363?pwd=YXplS1lDeW1DZXY3WmZLek1mcFpXZz09>

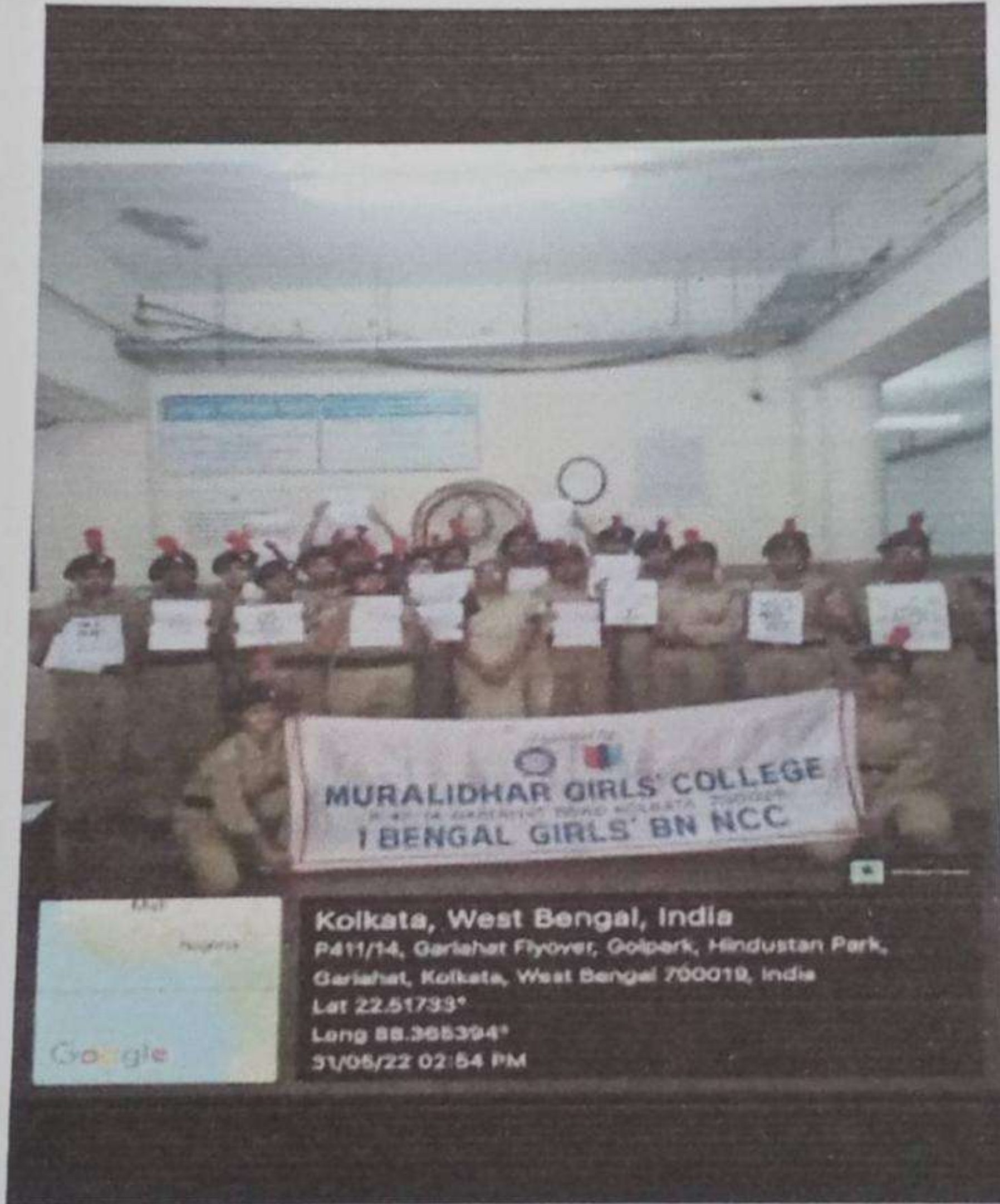


Kingella Bhanu

Principal
Muralidhar Girls' College,

NO TOBACCO DAY(31.5.2022)

Our cadets participated a rally for "No Tobacco Day "organised by 1Bengal Girls'Bn NCC and MuralidharGirls'College on 31st May 2022. The 15 cadets who participated are Deboshree Ghosh, Rajashree Ghosh, Nikita Mondal, Moumita Paul, Pampa Dey, Jhumpa Pramanik, Sudipa Barui, Sulekha Das, Tithias, Sandhya Kumari Sah, Muskan Kumari Prasad, Sumi Majhi,, Koyel Singh, Manisha Paul, Soma Bhattacharya. yel Singh, Manisha Paul, Soma Bhattacharya.



Kripalini Das

Principal
Muralidhar Girls' College

Clean India Programme on 27th October 2021

Clean India Programme on 27th October 2021 was organized by 1 Bengal Girls' Bn NCC and Muralidhar Girls' NCC Unit

The 11 cadets who participated in it are Sgt Pubali Roy Chowdhury Deboshree Ghosh, CPL Rajashree Ghosh Chitra Mondal, CDt Muskankumari Prasad, CDT Reshmi Khatoon, Cdt Sandhya Kumari Sah, CPL Shreya Kumari Prosad, CPL Papiya Halder, Pampa dey, Neha Kumari Sah participated in Clean India.



Kingslani Bhanu

Principal
Muralidhar Girls' College

PUNIT SAGAR AVIYAN ON PRINCEP GHAT(24.12.2021)

PUNIT SAGAR AVIYAN with the goal to achieve clean water bodies was undertaken on Princep Ghat on 24th December 2021 organised by NCC KOL –C Group head Quarter with Chief Guest EveresterDebashis Biswas

The 16 cadets who participated are .RajashreeGhosh,DeboshreeGhosh,ChitraMandal,KritteekaRoy,SumiMajhi,SonaiMaityIshaPaul,BidishaDas,SanskritiKuhushwa,Sneha Das SudipaBarui,PiuSardar,NehaDebnath,MoumitaPaul,PrityShaw,Shreya Prasad.



Everester Biswas

Principal
Muralidhar Girls' College

WORLD HEARING DAY (3.3.2022)

Our cadets participated in World hearing Day campaigning and rally on 3rd March 2022 organised by Anvesha Kolkata.

19 Cadets who participated are Cdt Chitra Mandal, Cdt Rajashree Ghosh, Cdt Deboshree Ghosh, Cdt Rita Naskar, Cdt Sayani Saha, Cdt. Reshmi Khatoon, Cdt Smiti Ghatak, Cdt Nidhi Kumari Giri, Cdt Muskankumari Prasad, Cadet Madhumita Halder, Cadet Annapurna Halder, Cadet Kritteeka Roy, Cadet Sandhya Kumari Sah, Cadet Sanskriti Khushwa, Cadet Manisha Paul, Rani Kumari, Puja Nayak, Mouli Hazra, Ipsita Roy.



Kripalini Das

Principal
Muralidhar Girls' College

MGC COVID HELPLINE 2020-21

The NSS Units of Muralidhar Girls' College and Bengali Department have taken the initiative to start Covid Pandemic helpline. The objective was to assist people who were in need of relevant information about oxygen, medicines, hospital beds, food etc. The contact numbers of the students were provided so they may be contacted with family members of Covid 19 affected patients.

No of students who participated=13



MGC COVID HELP LINE

NSS UNITS

&

DEPARTMENT OF BENGALI

OF

MURALIDHAR GIRLS' COLLEGE



NSS VOLUNTEERS AND STUDENTS OF THE INSTITUTE INITIATES "MGC COVID HELPLINE" IN THIS PANDEMIC SITUATION.
IN CASE OF EMERGENCY WE ARE TRYING TO ASSIST PEOPLE IN NEED WITH UPDATED INFORMATION
REGARDING - OXYGEN CYLINDERS

* HOSPITAL TRANSFER

* TELE CONSULTATION OF DOCTOR

* HOME CARE SERVICES LIKE FOOD, MEDICINES ETC

PLEASE FOLLOW SOME SIMPLE PRECAUTIONS:-

WEAR A MASK, MAINTAIN SOCIAL DISTANCE, SANITIZE
YOUR HANDS AND BELONGINGS AT REGULAR INTERVALS,
KEEP YOUR ROOMS WELL VENTILATED AND
STAY HOME STAY SAFE.
PLEASE DO IT ALL

PLEASE FEEL FREE TO CALL OR WHATSAPP IN
THE FOLLOWING NUMBERS:-

- | | |
|-------------------------------------|---------------------------------|
| 1. ANIKETA GHOSH-6290623757 | 2. SHOHINI BANERJEE-9748823450 |
| 3. LINA META-9330652413 | 4. SHREYA DAS-6290484353 |
| 5. CINTHA MARIK-8334063796 | 6. USHA PRIMA TUNG-7044216905 |
| 7. DEBDATTA GHOSHAL-9134100543 | 8. MOULI MITRA-8927780251 |
| 9. SHAYANI BAR-6291629741 | 10. PINTI DAS-9330576525 |
| 11. DENJANI TRIPATHI-8240086068 | 12. PRITILATA MONDAL-8017199674 |
| 13. JAYANTIROY CHOWDHURY-7044007574 | |

Kinglita Barua

Principal
Muralidhar Girls' College

SEMINAR ON COVID 19 HEALTH ISSUES :14TH August 2020

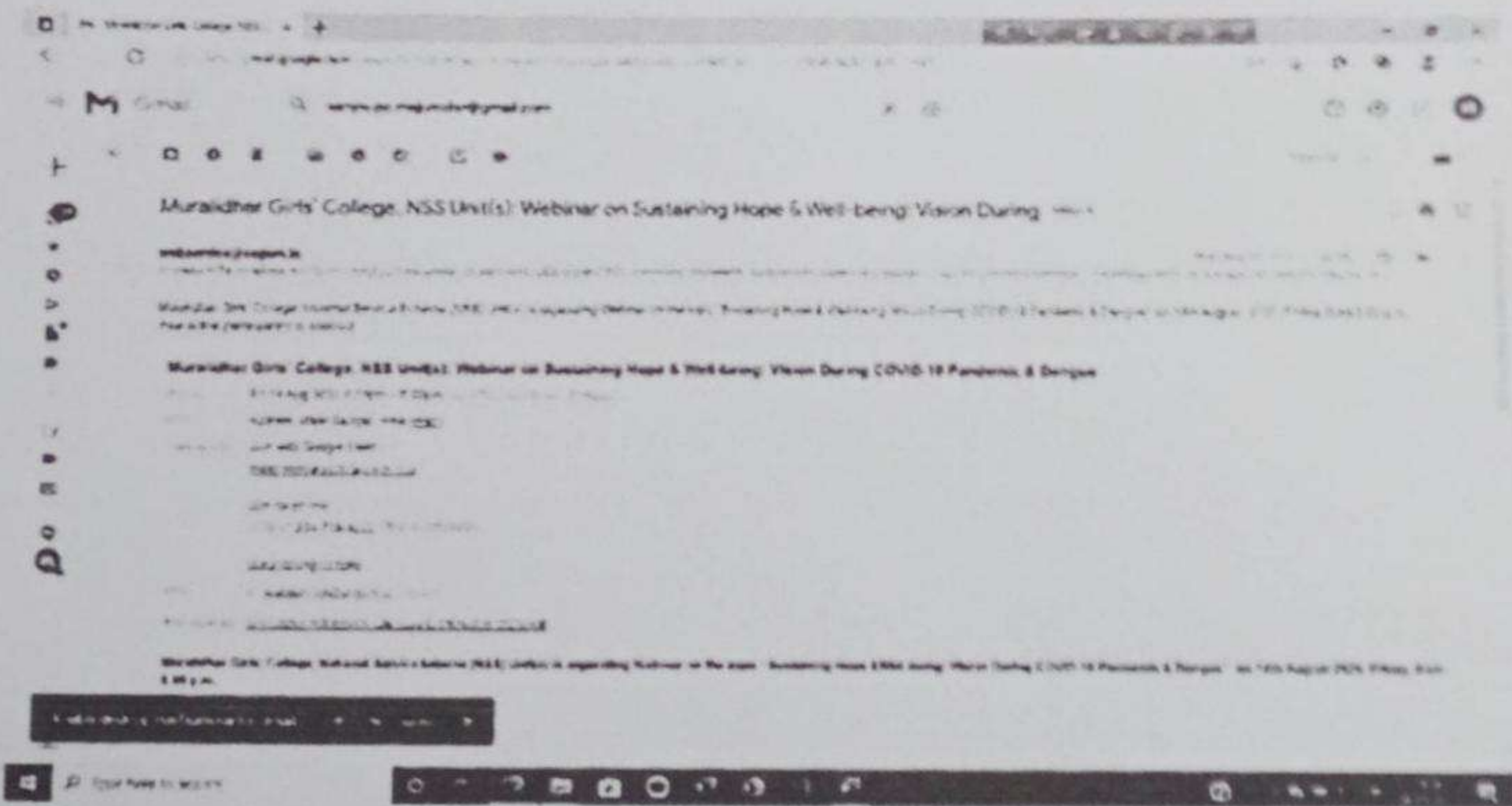
Webinar on "Sustaining Hope & Well-being: Vision During COVID-19 Pandemic & Dengue" was organised by NSS Unit(s) of Muralidhar Girls' College to be held on 14th August 2020 at 6:00 PM onwards has been accepted for participation. Almost 60 faculties joined and actively participated via google meet and you tube live streaming was also done to accommodate huge number of student and parents' participation. More than 150 participants joined you tube live.

YouTube

StreamingLink:https://www.youtube.com/watch?v=MuR_PiLyyyg&feature=youtu.be

Google form link for the feedback form for the webinar to get your participation certificate. Feedback Link -<https://forms.gle/8z6ECh6vYz9nbZ7w6>

No of participants-200



Kunjalini Das

Principal
Muralidhar Girls' College



MURALIDHAR GIRLS' COLLEGE



Not Me But You

NSS Unit(s) Present

Webinar on -

"Sustaining Hope & Well-being: Vision During COVID-19 Pandemic & Dengue"

Date: 14th August 2020 (Friday) / Time: 6 p.m.



Chief Patron:
Dr. Kinjalini Biswas
Principal
Muralidhar Girls' College



Speaker:
Dr. Chandramouli Bhattacharya
M.D. (Tropical Medicine) MRCP (Ireland)
Consultant in Tropical & General
Medicine with Infectious Diseases.
Presently working as Consultant in Adult
Covid Team, Peerless Hospital, Kolkata.



Speaker:
Dr. Dibyendu Raychaudhuri
M.B.S., D.C.H., M.D. Paediatrics
Asst. Prof. Dept. of Paediatrics,
Deputy Director P.C.O.E., HIV Care
Medical College, Kolkata
Executive Committee Member
WB Academy of Paediatrics.

Registration Link: <https://forms.gle/1J887ScDX100e21u6>
Feedback Link -
(will be activated after official completion of the webinar)
<https://forms.gle/79MLC9dV7r7m72w6>
Youtube Streaming Link:
https://www.youtube.com/watch?v=MdL_F1tYrA7rE&list=PL0C10V14DK

Organising Committee: NSS Unit Officers-
Dr. Minati Saha,
Asst. Prof. Education Dept.
Dr. Semprii Biswas
Asst. Prof. Sanskrit Dept.
Technical Support: College ICT Cell.

Kinjalini Biswas

Principal
Muralidhar Girls' College

DISTRIBUTION OF MASKS AND SANITISERS BY NSS UNITS (SEPTEMBER 2020)

To control the spread of COVID-19, wearing masks is important. Protective masks are said to lower the chances of coronavirus entering our respiratory system through droplets that are present in the air. Wearing of masks is especially recommended for people living in densely populated areas. Another important precautionary measure in Covid pandemic is frequent Washing of hands with plain soap and water for at least 20 seconds. If soap and water are not available, it is highly recommended to use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. Police/security personnel are in continuous exposure and close contact with public, who could be potentially infective to others. Therefore, the NSS units of the college has organised face Shields, masks and sanitizers distribution programme for the officers of local police station for their own use as well as distribution in the community September 2020.

Total participants-7

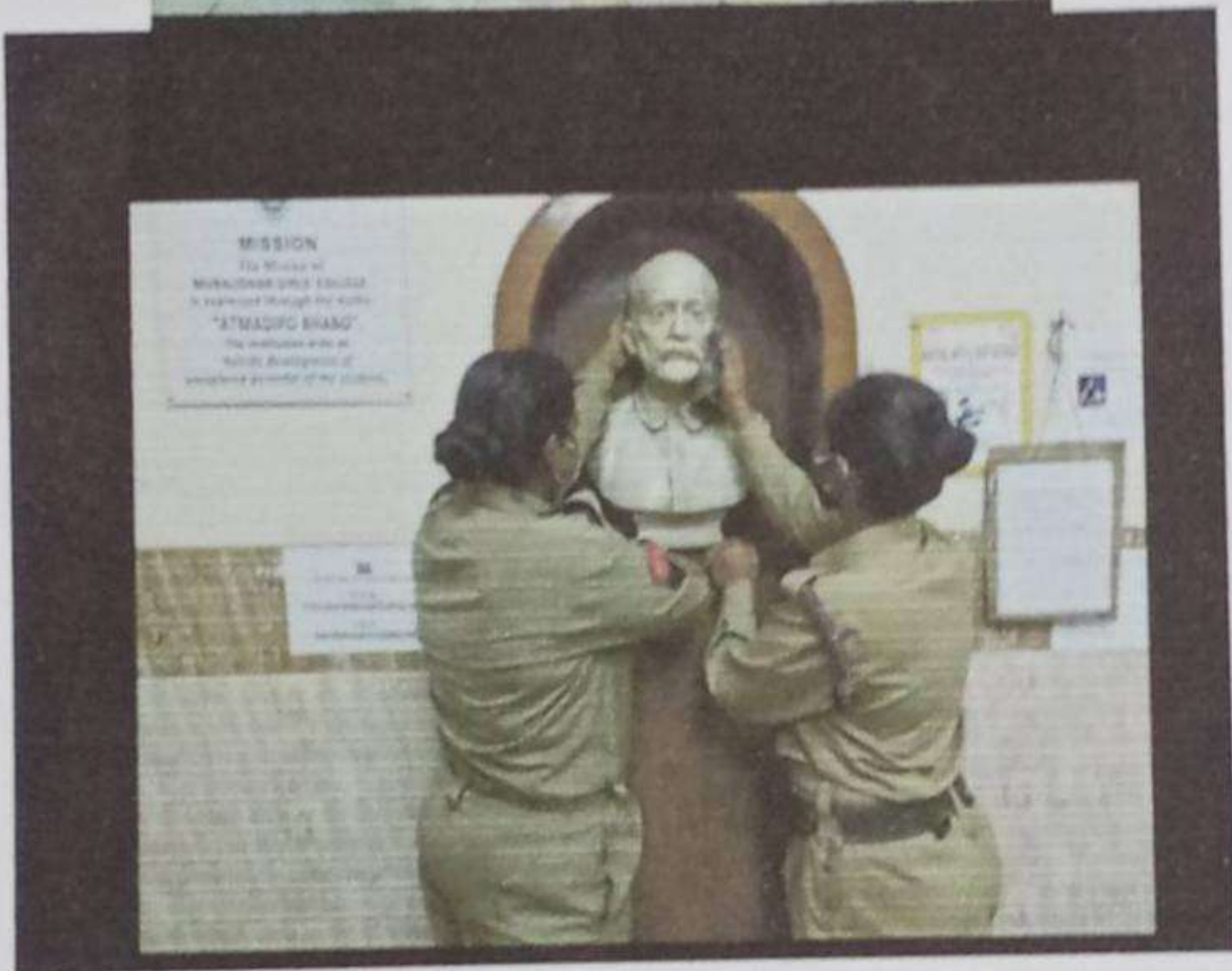


Muralidhar Girls' College National Service Scheme Wing "An Initiative to fight against Covid-19"

Kalyani Devi

Principal
Muralidhar Girls' College

SWAAACH BHARAT CAMPAIGN IN COLLEGE PREMISES(10.4.2021-15.4.2021)



NCC Cadets participated in Swaach Bharat Aviyam in the college premises through cleaning of college compound between 10.4.2021-15.4.2021

No of cadets who participated=12

Kunjali Devi

Principal
Muralidhar Girls' College

TREE PLANTATION AFTER AMPHAN CYCLONE BY NCC ,MURALIDHAR GIRLS' COLLEGE JULY 2020

After the trees were uprooted by Amphan cyclone which hit West Bengal ,the NCC Cadets participated in tree plantation in their respective neighbour hoods in July 2020

No of participants-25



Kinjalini Boruah

Principal
Muralidhar Girls' College



Kingelmini Baias

Principal
Muralidhar Girls' College

WORLD PLOGGING RUN DAY BY NCC (13TH APRIL 2021)

NCC Cadets participated in World Plogging Day Run on 13th April 2021 at Rabindra Sarovar Stadium. Plogging combines sports with collecting rubbish. It is aimed at keeping environment clean as well as promoting good health by keeping fit. It was held in collaboration with Muralidhar Girls' College NCC Unit and Kolkata C Group NCC.

No of Cadets who participated=6



Kinjalkini Biswas

DR. KINJALKINI BISWAS
Principal
Muralidhar Girls' College
Kolkata - 700029

COVID 19 VACCINATION DRIVE(31.5.2021)

In collaboration with Techno India Dama Health Care and Medical Centre, Muralidhar Girls' College has organized a Covishield vaccination camp on 31st May 2021, Monday in the College Premises between 11 am to 4pm. Both 1st and 2nd dose (whichever is applicable) was given. Techno India Dama Hospital is a licensed authorized vaccine centre. Their licensed nurses and RMO were present in the college along with emergency service on the day. Cost per head was Rs 1150/. All interested person associated with the college were requested to fill the attached Google Form by 28th May, 2021 Friday, (<https://forms.gle/A7gyGZ8N6KGH2fPL6>) where persons to be vaccinated must be registered under Cowin

NO of participants-212



Muralidhar Girls' College "Covid-19 Vaccination Drive"

Kinjalini Diver
Principal
Muralidhar Girls' College

BLOOD DONATION CAMPS (2020)

On 20.02.2020 and on 04.03.2020 Blood donation Camps were organised by two NSS units in association with NRS. On first day nearly 52 and on second day yearly 70 donors have donated their blood and approximately 15 volunteers are there on both days.



1st Blood Donation 2020

2nd Blood Donation 2020

Kirpalini Shivan

Principal
Muralidhar Girls' College

RALLY FOR THE DIFFERENTLY ABLED(2019)

On 3.12.2019, approximately 30 NSS volunteers with two Programme officers and some other NSS Committee members have joined a rally for the celebration of International day of persons with disabilities, organised by DAF.



Kingalini Bhan

Principal
Muralidhar Girls' College

GO YELLOW CAMPAIGN(8.9.2019)

On 08.09.2019, approximately NSS 20 volunteers have joined a rally for "Go yellow Kolkata" campaign(a campaign on mental well-being) .It supports the cause of mental health where everyone wears yellow to show solidarity

ORGANISER- Life Line foundation and NSS Muralidhar Girls' College

Participants-20



Mujallim Bivas

Principal
Muralidhar Girls' College

CANCER AWARENESS RALLY (12 TH DECEMBER 2019)BY NSS,MURALIDHAR GIRLS' COLLEGE

ORGANISER-1 BENGAL GIRLS BN NCC AND NCC,MURALIDHAR GIRLS' COLLEGE

20 NCC cadets participated in Cancer Awareness Rally in December 2019 .The Rally aimed at removing stigma and fear attached to cancer,recognize early signs of cancer, spreading knowledge about steps that can prevent spread of cancer



Kunjalkuni Biswas

Principal
Muralidhar Girls' College

PARTICIPATION IN SAFE DRIVE SAVE LIFE MARATHON OF KOLKATA POLICE BY NCC CADETS OF MURALIDHAR GIRLS' COLLEGE (10 JANUARY 2020)

Organiser-Kolkata Police organised Safe Drive Save Life Marathon where NCC Cadets of Muralidhar Girls' College participated

No of participants -21

21 NCC Cadets participated in Kolkata Police Marathon for "SAFE DRIVE SAVE LIFE " ON 10TH January 2020



"Road Safety" is one of the biggest concerns in the country. State Government is committed to bring down fatalities caused on the road. The primary aim of this program is to inculcate sense of safe driving and responsible road behaviour among the masses and to spread the message of road safety in every corner of the society.

Kinglani Satya

Principal
Principal
Muralidhar Girls' College

SWAACH BHARAT AVIYAN CAMPAIGN IN VICTORIA MAIDAN ON 7 December 2019

Swaach Bharat Campaign took place in Victoria maidan in 7 December 2019. NCC Cadets took part in cleaning the premises of Victoria Maidan which would benefit the locals and visitors.

Organiser-NCC, Muralidhar Girls' College

Total no of NCC cadets who participated=10



Kripalini Bhow

Principal
Muralidhar Girls' College

PARTICIPATION IN PINKATHON (APRIL 7, 2019)



NCC Cadets participated in Pinkathon in February 2019. It is a social movement that supports women's health and fitness and endeavors to create awareness about Breast Cancer.

In partnership with Women's Cancer Initiative (WCI) and Tata Memorial Hospital, the proceeds from Pinkathon are directly donated to WCI.

At Pinkathon fitness is used as a medium to spread awareness amongst women. The run hopes to inspire women and give them a sense of achievement that they have been part of a worthy cause i.e. themselves.

No of cadets who participated=21

Kunjalkini Datta

Principal
Muralidhar Girls' College

VOTERS' DAY RALLY 2019

Muralidhar Girls' College NCC unit organized a awareness rally on 25th January 2019 voters Day .. The main purpose of the rally was to encourage enrolment, especially for the new voters. The rally sought to promotine awareness among the voters and facilitate informed participation in the electoral process

No of participants-21



Kingalini Das

Principal
Muralidhar Girls' College

HEALTH CAMP CONDUCTED BY NSS, MURALIDHAR GIRLS' COLLEGE IN ASSOCIATION WITH MEDICA SUPER SPECIALITY HOSPITAL (3RD AND 4TH OCTOBER 2018)

On 3rd and 4th October (2018) Medica super speciality hospital in association with NSS, Muralidhar Girls' College conducted health awareness programme. Students teachers and other community members like slum dwellers and people staying under Bijon setu in the neighbourhood of the college came for health checkup in the college. Blood pressure and diabetes check-up etc. were undertaken.

No of participants-65



Kirpalini Biswas

Principal
Muralidhar Girls' College

CLOTHES DISTRIBUTION TO THE UNDERPRIVELEGED (25.2.18)

On 25.2.18 clothes distribution to the underprivileged was undertaken by NSS Muralidhar Girls' College Unit as a part of NSS Special camp 2018.

Participants-15



Muralidhar Girls' College National Service Scheme

Kirpalini Bhatnagar

Principal
Muralidhar Girls' College

Poster campaign on Environmental Awareness (11.09.17)

Poster campaign on Environmental Awareness on 11.09.17 by NSS volunteers under the supervision of Programme officers.

No of participants-30



Muralidhar Girls' College Green Initiatives "Environment Awareness Program"

Kinjalkumari Das
Principal
Muralidhar Girls' College