

Garhbeta College

National Service Scheme (NSS)

Report of the Academic Year 1st April, 2022 – 31st March, 2023

In this pandemic situation of COVID-19, NSS units of our college has conducted several awareness programmes like 'International Yoga Day', 'Tobacco Awareness Programme', 'World AIDS Day' etc. through online mode. But after the pandemic situation, we have conducted some extension and in-campus programme.

A workshop was held in the college on May 28, 2022 to bring awareness about health benefits of Yoga. Professor Rajarshi Gayen of Belda College, was present as the chief guest on the occasion. As a chairperson of the workshop Principal delivered his welcome address and inaugurated the workshop. Professor Gayen, expert performer of Yoga delivered his eloquent speech about the importance of Yoga through PowerPoint Presentation and attracts students as well as whole audience.

On the occasion of World No Tobacco Day Faculties of the College, Program Officers and NSS Students volunteers organized a rally to create awareness about the ill effects of tobacco consumption on 31st May, 2022. The main aim of this programme is to create awareness about the ill effects of tobacco, its causes and the preventive measures. On June 2, 2022 a Health Awareness Programme was held at Seminar Room in collaboration with Garhbeta Rural Hospital. Dr. Sanchita Karmakar, BMOH and Dr. Shyamal Kumar Singh, Medical Officer of the Hospital said that colleges are the right places for raising awareness about these issues as youth is the future of any country.

An awareness programme of Women empowerment was held in the college premises on 16th June, 2022. In this programme our Chief Speaker Prof. Soma Samanta, member of NSS Advisory Committee of the college, enlightened the volunteers about the different initiatives of the Government to empower the women in the present scenario. Our honourable speaker pointed out that student volunteers can play an instrumental role in awareness generation regarding various important government schemes/ programmes as well as social issues. They can make aware about government schemes/ programs, training and capacity building for rural women and help in bridging information and knowledge gap regarding schemes and facilities available for rural women.

The four units of NSS of our college has observed 8th International Yoga Day on 21st June, 2022. Principal Sir, NSS Programme Officers, Staffs and NSS Volunteers has participated in this observations. Yoga Trainer Miss Rakhi Patar and Miss Sucharita Karmakar have imparted the training in Yoga for the participants. This Yoga practice session has been conducted from 8a.m.

to 9 a.m. at the college ground. Volunteers and staff members enthusiastically took part in the yoga session.

Each year, on 1st December, the world commemorates World AIDS Day. In time with that, World AIDS Day was celebrated by NSS Units of Garhbeta College, Garhbeta, on 1st December 2022. At first a rally was organized by the volunteers throughout the surrounding locality. During the rally, volunteers gave various slogans related to awareness of AIDS Day. The objective of the programme was to create awareness among the volunteers about the symptoms, causes and preventives of HIV/AIDS that has taken unprecedented number of lives. At the outset, Prof. Susanta Kumar Mondal, Programme Officer NSS Unit, welcomed the gathering. Dr. Hariprasad Sarkar, Principal of the College, chaired the program and delivered the welcome speech. Principal Sir enlightened the students about the importance of World AIDS day. Dr. Sanchita Karmakar, BMOH of Garhbeta Rural Hospital, was the chief guest of this programme and delivered her speech. She delivered a brief talk on causes, symptoms and preventive measures of the pandemic disease AIDS and HIV virus.

The seven day NSS Winter Special Camp was held at College campus and adopted villages from 23rd February to 1st March, 2023. The main objective of the camp was to evolve the volunteers as a human and as an agent of social change. The special initiatives, activities and lectures undertaken during the camp have served as a milestone in fostering social responsibility among the NSS volunteers. During the camp, different types of activities like physical exercise, yoga & meditation, seminars, awareness and cultural programme were held. Dr. Sanchita Karmakar, BMOH of Garhbeta Block Hospital, has given some important tips for primary health care of our life. Mr. Pulak Roy and Mr. Santanu Kumar Das have focused on the legal issues of consumer rights. Dr. Debidas Ghosh, Professor & HOD, Department of Bio-Medical Laboratory Science & Management, Vidyasagar University had delivered lecture as how to maintain proper diet based on daily routine of healthy food and nutrition. On the second last day of the camp, Dr. Prabir Ranjan Sur, the former scientist of the Department of Botanical Survey of India, had made familiar some unknown plants of Acharya Jagadish Chandra Bose Indian Botanical Garden, Shivpur, Howrah. Besides that he gave the emphasis on Medicinal plants as forests are the store houses of many such wonder drug trees and plants.

International Women's Day was celebrated by NSS Units, Garhbeta College at the neighbourhood villages of the college on 8th March, 2023 with a long day program. On that occasion, NSS volunteers and Programme Officers of college took out a procession.

Thus the NSS Units of our college have performed various activities throughout the year.