

NSS activities from 2016-17 to 2021 (31st December)

2016-17

1) Aronya Saptaho Celebration

Date-14/07/2016 to 21/07/2016

Number of volunteers-65

Aim-

- To plant a good number of saplings for environmental safety
- To generate awareness in people about environment



2) Campaign on : Nirmal Bangla Aviyan

Date- 02-09-2016

Number of volunteers-45

Aim-

- **To clean the campus and adjoining areas of college and adopted villages.**



3) Blood Donation Camp

Date- 06-09-2016

Number of volunteers-30

Aim-

- **To collect blood for blood bank through voluntary blood donation.**



4) Campus Cleaning

Date-13-09-2016

Number of volunteers-60

Aim-

- **To clean the college campus for cleaner surroundings.**



5) Independence Day Celebration

Date-15/08/2016

Number of volunteers-50

Aim-

- **To celebrate the independence day of India, along with NSS volunteers of the college.**



6) NSS Day Celebration

Date-24/09/2016

Number of volunteers-40

Aim-

- **To celebrate the foundation day of NSS and generate knowledge among volunteers regarding the scope of NSS.**



7) International Yoga Day Celebration

Date- 21/06/2017

Number of volunteers-20

Aim-

- **To involve volunteers into the practice of yoga and make them understand its importance.**
- **Generation of awareness among people regarding importance of yoga.**





2017-18

Activities undertaken

1) TREE PLANTATION PROGRAMME

DATE-19/07/17, 20/07/17 & 21/07/17

Number of Volunteers-50

Aim-

- To plant a good number of saplings for environmental safety
- To generate awareness in people about environment



2) CAMPUS CLEANING PROGRAMME

Date- 14/08/2017

Number of Volunteers-60

Aim-

- To clean the college campus for better surroundings



3) BLOOD DONATION CAMP

Date- 12/09/2017

Number of Volunteers-85

Aim-

- To collect blood for blood bank through voluntary blood donation.



4) SAY 'NO' TO TOBACCOCAMPAIGN PROGRAMME

Date- 12/01/2018

Number of Volunteers-50

Aim-

- To generate awareness in local people regarding the ill effects of tobacco.



5) MOSQUITO-BORNE DISEASE AWARENESS PROGRAMME

Date- 06/04/2018

Number of Volunteers-50

Aim-

- To generate awareness in local people regarding the need to destroy mosquito habitat and the control measures of mosquito borne diseases.



6) INTERNATIONAL YOGA DAY CELEBRATION

Date- 21/06/2018

Number of Volunteers- 10

Aim-

- **To involve volunteers into the practice of yoga and make them understand its importance.**
- **Generation of awareness among people regarding importance of yoga.**



2018-19
Activities undertaken

1) TREE PLANTATION PROGRAMME

Date-30/07/2018

Number of volunteers- 72

Aim-

- To plant a good number of saplings for environmental safety
- To generate awareness in people about environment



2) BLOOD DONATION CAMP

Date- 09/09/2018

Number of volunteers-50

Aim-

- To collect blood for blood bank through voluntary blood donation.



3) NSS DAY CELEBRATION

Date- 24/09/2018

Number of volunteers-81

Aim-

- To celebrate the foundation day of NSS and generate knowledge among volunteers regarding the scope of NSS.



4) CLEANING OF CAMPUS AND ADJOINING AREAS : 'Swachhta hi Seva programme'

Date- 24/09/2018

Number of volunteers-62

Aim-

- To clean the college campus for cleaner surroundings.
- To fulfil the motive of "Swachhta hi Seva programme", Govt. of India.



5) AWARENESS PROGRAMME ON VECTOR BORNE DISEASES

Date- 28/09/2018

Number of volunteers-95

Aim-

- To generate awareness in local people regarding the need to destroy mosquito habitat and the control measures of mosquito borne diseases.



6) NSS Special camp

Date- 23/03/2019 to 29/03/2019

Number of volunteers- 150

Aim-

- To involve the NSS volunteers in social activities in the adopted villages and generation of awareness among them through lectures and seminars.
- Blood collection through voluntary blood donation.

Date- 23/03/2019

10:00am-11:00am – Registration of volunteers

11:00am-12noon – Inaugural programme

12noon-1.30pm-College campus cleaning

1:30pm-2:30pm – Lunch

3:00pm-4:30pm – Seminar on “Dangers of fly mediated diseases and their preventive measures”, by Dr. Shuvra Kanti Sinha, Assistant Professor, Dept of Zoology, Sonamukhi College.

4:30pm-5:30pm – Tiffin

5:30pm-6:30pm-group discussion

8:00pm-Dinner

Date- 24/03/2019

6.30am-7.30am- Physical exercise and Yoga

7.30am-8.30am-Breakfast

9:00am-1:30pm – Free Health camp in the adopted village

1:30pm-2:30pm – Lunch

3:00pm-4:30pm – Seminar on “Snake bite and related superstition” and CPR training by Members of Pas

4:30pm-5:30pm – Tiffin

5:30pm-6:30pm-group discussion

8:00pm-Dinner

Date- 25/03/2019

6.30am-7.30am- Physical exercise and Yoga

7.30am-8.30am-Breakfast

9:00am-1:30pm – Health survey in the adopted village

1:30pm-2:30pm – Lunch

3:00pm-4:30pm – Discussion on NSS activities by Bankura University, NSS cell members.

4:30pm-5:30pm – Tiffin

5:30pm-6:30pm-group discussion

8:00pm-Dinner

Date- 26/03/2019

6.30am-7.30am- Physical exercise and Yoga

7.30am-8.30am-Breakfast

9:00am-1:30pm – Cleanliness and awareness programme in primary schools of adopted village.

1:30pm-2:30pm – Lunch

3:00pm-4:30pm – Seminar on “Motivation for Blood Donation” by Dr. Siddhartha Chatterjee

4:30pm-5:30pm – Tiffin

5:30pm-6:30pm-Group discussion

8:00pm-Dinner

Date- 27/03/2019

6.30am-7.30am- Physical exercise and Yoga

7.30am-8.30am-Breakfast

9:00am-1:30pm – Blood donation camp in the college

1:30pm-2:30pm – Lunch

3:00pm-4:30pm –Rest

4:30pm-5:30pm – Tiffin

5:30pm-6:30pm-group discussion

8:00pm-Dinner

Date- 28/03/2019

6.30am-7.30am- Physical exercise and Yoga

7.30am-8.30am-Breakfast

9:00am-1:30pm – Cleaning programme in the adopted village

1:30pm-2:30pm – Lunch

3:00pm-4:30pm – Seminar on “Basic First-Aid and Nursing”

4:30pm-5:30pm – Tiffin

5:30pm-6:30pm-Rehersal for Cultural activities

8:00pm-Dinner

Date- 29/03/2019

6.30am-7.30am- Physical exercise and Yoga

7.30am-8.30am-Breakfast

9:00am-1:30pm – Cultural programme by NSS Volunteers

1:30pm-2:30pm – Lunch

3:00pm-4:00pm – Distribution of Certificates to the volunteers and choosing best volunteer

4:00pm-4:30pm – Camp fire and closure of camp with National Anthem







2019-20

Activities undertaken

1) TREE PLANTATION PROGRAMME

DATE-20/09/2019

Number of volunteers-58

Aim-

- To plant a good number of saplings for environmental safety
- To generate awareness in people about environment



2) VIDYASAGAR Bi-CENTENARY BIRTHDAY

CELEBRATION (Date- 26/09/2019)

Number of volunteers-58

Aim-

- To celebrate the bi-centenary birthday of Ishwarchandra Vidyasagar.
- To recapitulate the values of him and generate the same in the volunteers.



3) CAMPUS CLEANING DRIVE IN CONTEXT TO SWACHHTA HI SEVA

Date- 23/09/2019

Number of volunteers- 71

Aim-

- To clean the campus of college and adjoining areas for a better surrounding.



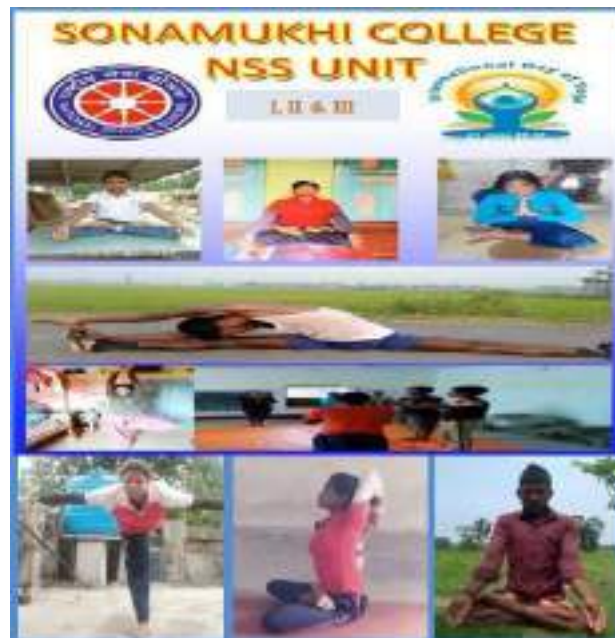
4) INTERNATIONAL YOGA DAY

CELEBRATION (Date- 21/06/2020)

Number of volunteers-12

Aim-

- To involve volunteers into the practice of yoga and make them understand its importance.
- Generation of awareness among people regarding importance of yoga.



5) COVID AWARENESS AND DENGUE AWARENESS PROGRAMME OFF CAMPUS

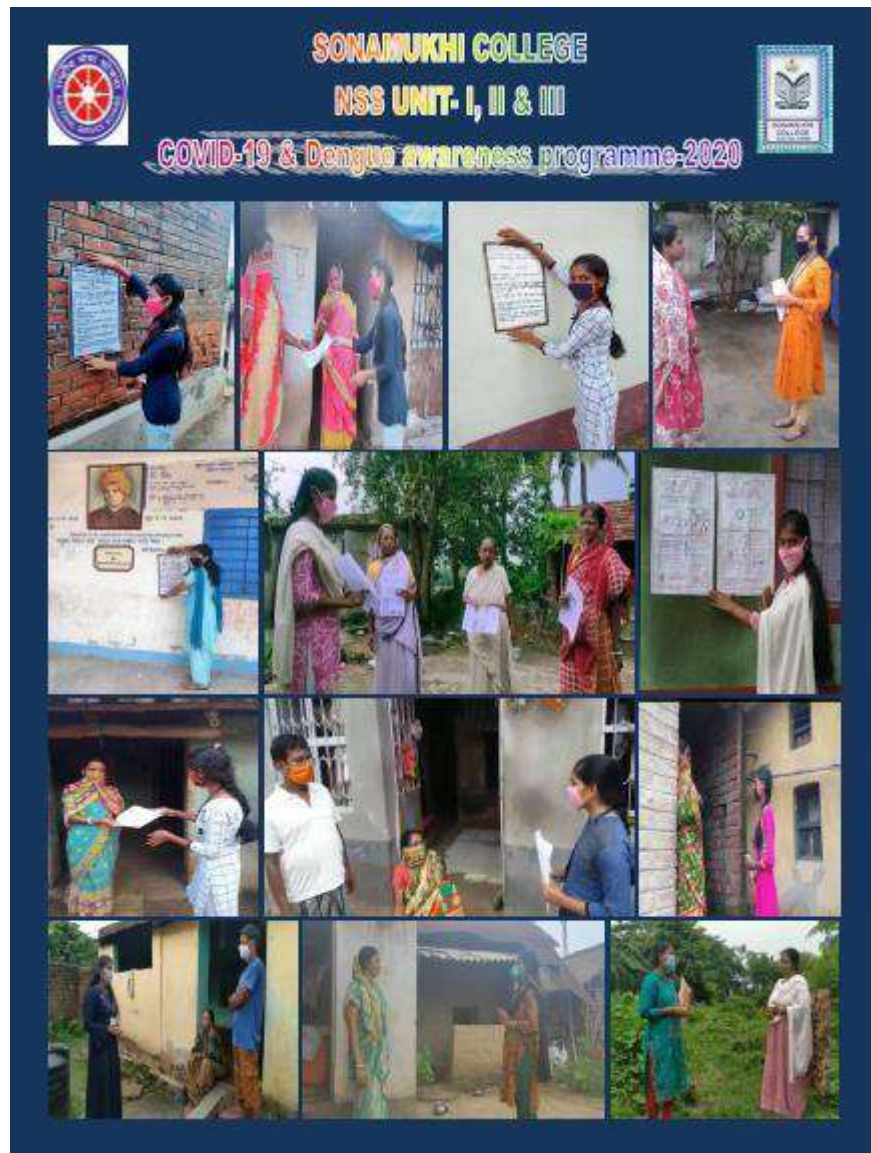
Date-27/06/2020

Number of volunteers-13

Aim-

- To aware people residing in the nearby areas of volunteers regarding the measures to be uptaken to stop the spread of COVID-19.

- Generation of awareness among people regarding the necessity destruction of breeding grounds of mosquitoes to prevent Dengue.



2020-21

Activities undertaken

1) ONLINE QUIZ COMPETITION

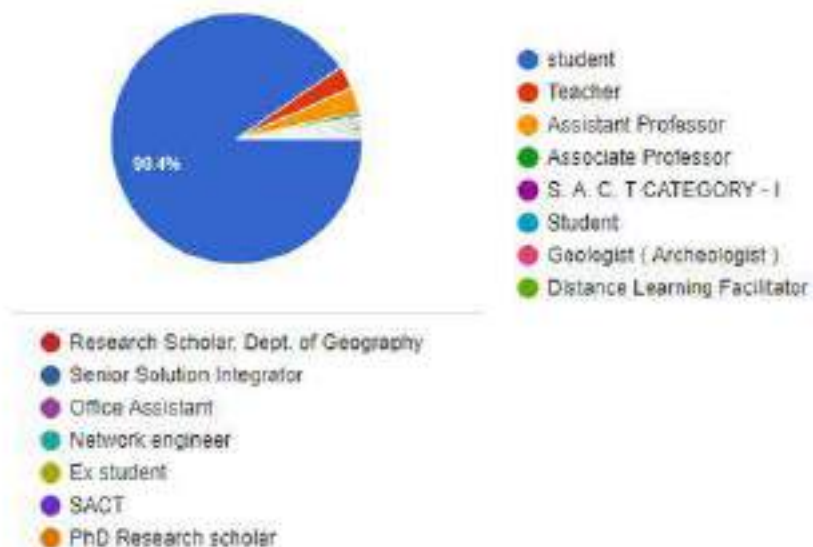
Date- 18-19 JULY, 2020

ON HEALTH AND SAFETY AWARENESS

Number of participants- 375

Aim-

- To generate awareness in people through a simple online quiz competition regarding health and safety.



2) Dengue prevention activity at campus

Date-10/08/2020

Total number of participants-20

- Aim- Generation of awareness among people regarding the necessity destruction of breeding grounds of mosquitoes to prevent Dengue.
- Clearing all possible breeding grounds of mosquitoes inside college campus.



3) Online cultural competition

Date -14/08/2020

Number of participants-26

Theme- Independence Day

Aim-

- To involve students of the college in cultural activities in online mode in the pandemic situation.

5) Participation in Quiz competition by NSS volunteer
1st October, 2020



6) Plog run activity
Date-2nd October, 2020

Number of volunteers-6

Aim-

- To collect trash from roadside while slow running.
- To support the plog run activity organized by Govt. Of India (Youth affairs)



6) Celebration of International women's day
Date-8th March, 2020

Number of volunteers-15

Aim-

- To generate awareness among people on the importance of equal value of women in society.



7) Tree plantation programme on world environment day
Date- 5th June, 2021

Number of volunteers-18

Aim-

- To plant a good number of saplings for environmental safety
- To generate awareness in people about environment



8) Celebration of international Yoga Day
Date- 21st June, 2021

Number of volunteers-20

Aim-

- To involve NSS volunteers into Physical exercise through Yoga.
- To generate awareness in about the importance of YOGA.



9) Tree plantation programme and food distribution to patients

Date-15/08/2021

Number of volunteers-25

Aim-

- To plant a good number of saplings for environmental safety
- To generate awareness in people about environment
- To supply food packets and fruits to needy hospitalized persons.



10)NSS special camp

Date-23/12/2021 to 29/12/2021

Number of volunteers-150

Aim-

- **To involve volunteers for the sake of wellness of society, especially at the adopted villages.**
- **Generation of awareness through seminars**
- **Blood Donation**

SCHEDULE OF NSS SPECIAL CAMP FROM 23/12/2021 TO 29/12/2021

Date- 23/12/2021

10:00am-1.00pm – Registration of volunteers

1:00pm-2:00pm – Lunch

2:00pm-4:00pm – Inaugural session

4:00pm-4:30pm – Tiffin

4:30pm-6:00pm-group discussion

8:00pm-Dinner

Date- 24/12/2021

6.30am-7.30am- Physical exercise and Yoga

7.30am-8.30am-Breakfast

9:00am-1:30pm-Tree plantation and health checkup programme at adopted village

1:30pm-2:30pm – Lunch

3:00pm-4:30pm – Seminar on “Small scale enterprise development” by KVK, Sonamukhi

4:30pm-5:30pm – Tiffin

5:30pm-6:30pm-group discussion

8:00pm-Dinner

Date- 25/12/2021

6.30am-7.30am- Physical exercise and Yoga

7.30am-8.30am-Breakfast

9:00am-1:30pm- Tree plantation and health checkup programme at adopted village

1:30pm-2:30pm – Lunch

**3:00pm-4:30pm – seminar on “The importance of physical activities from the perspective of NSS”
by Dr, Sumalya Roy**

4:30pm-5:30pm – Tiffin

5:30pm-6:30pm-group discussion

8:00pm-Dinner

Date- 26/12/2021

6.30am-7.30am- Physical exercise and Yoga

7.30am-8.30am-Breakfast

9:00am-1:30pm – - Tree plantation and health checkup programme at adopted village

1:30pm-2:30pm – Lunch

3:00pm-4:30pm – Campus cleaning

4:30pm-5:30pm – Tiffin

5:30pm-6:30pm-Group discussion

8:00pm-Dinner

Date- 27/12/2021

6.30am-7.30am- Physical exercise and Yoga

7.30am-8.30am-Breakfast

9:00am-1:30pm – Blood donation camp in the college

1:30pm-2:30pm – Lunch

3:00pm-4:30pm –Rest

4:30pm-5:30pm – Tiffin

5:30pm-6:30pm-group discussion

8:00pm-Dinner

Date- 28/12/2021

6.30am-7.30am- Physical exercise and Yoga

7.30am-8.30am-Breakfast

9:00am-1:30pm – Cleaning programme in college campus

1:30pm-2:30pm – Lunch

3:00pm-4:30pm – Seminar on “Not me but you” by SRIMAT SWAMI DIVYANISTHAHANDA MAHARAJ

4:30pm-5:30pm – Tiffin

5:30pm-6:30pm- Rehearsal for Cultural activities

8:00pm-Dinner

Date- 29/12/2021

6.30am-7.30am- Physical exercise and Yoga

7.30am-8.30am-Breakfast

9:00am-1:30pm – Cultural programme by NSS Volunteers

1:30pm-2:30pm – Lunch

3:00pm-4:00pm – Distribution of Certificates to the volunteers and choosing best volunteer

4:00pm-4:30pm – Camp fire and closure of camp with National Anthem





Report on NCC activity (Extension and Outreach Programme) 2016-2017

1. Title of the programme : Aranya Saptaha Celebration

Date of the programme : 14th July to 20th July, 2016

participants : 45

Aims:

- To raise awareness to take positive action to protect nature and the planet earth.
- Awareness to reduce pollution.



2. Title of the programme : Independence Day Celebration

Date of the programme : 15th August, 2016

participants : 52 Cadets

Aims:

- To remember our freedom fighters who struggled for our country and sacrificed their lives.
- To pay our tribute to our freedom fighters.



3. Title of the programme : Nirmal Bangla Abhiyan

Date of the programme : 2nd September, 2016

participants : 25 cadets

Aims:

- The mission aims at constructing latrines in households in the rural areas.
- The scheme also aims at spreading awareness and increasing sensitization towards safe hygiene behavior.



4. Title of the programme : International Yoga Day Celebration

Date of the programme : 21st June, 2017

participants : 20

Aims:

- To develop an awareness about the importance of Yoga in society for better health and fitness.
- To motivate the students for developing their immune system through proper Yoga.



Report on NCC activity (Extension and Outreach Programme) 2017-18

1. Title of the programme : Tree Plantation Programme

Date of the programme : 21st July, 2017

participants : 52

Aims:

- Combat many environmental issues like deforestation, erosion of soil, global warming and hence enhancing the beauty and balance of the environment.
- Awareness to reduce pollution.



2. Title of the programme : Campus Cleaning

Date of the programme : 14th August, 2017

participants : 53

Aims:

- To create awareness about health and hygiene among the students.
- To create awareness about cleanliness of environment.



3. Title of the programme : Say 'No' to Tobacco Campaign

Date of the programme : 12th January, 2018

participants : 52

Aims:

- To raise awareness about the deadly and harmful effects of consuming tobacco and drugs, thereby making the society tobacco free.
- Spreading awareness on the importance of lung health in achieving overall health and well-being.



4. Title of the programme : International Yoga Day Celebration

Date of the programme : 21st June, 2018

participants : 45

Aims:

- To develop an awareness about the importance of Yoga in society for better health and fitness.
- To motivate the students for developing their immune system through proper Yoga.



Report on NCC activity (Extension and Outreach Programme) 2018-2019

1.Title of the programme : Tree Plantation Programme

Date of the programme : 10th July, 2018

participants : 53 Cadets

Aims:

- To inculcate among the general public the need for growing trees and preserving them.
- To reduce pollution.
- To create an awareness about saving trees.



2.Title of the programme : Campus Cleaning

Date of the programme : 14th August, 2018

participants : 55 Cadets

Aims:

- To create awareness among the students regarding cleanliness and its benefits.
- To maintain cleanliness for a healthy life.



3.Title of the programme : Combined Annual Training Camp(CATC)

Date of the programme : 27th,October to 5th November, 2018

participants : 51

Aims:

- To develop and enhances the spirit of adventure which is inherent in all human beings.
- To develop character, co-operation, team spirit, comradeship, secular outlook and ideals of selfless service.



4.Title of the programme : International Yoga Day Celebration

Date of the programme : 21st June, 2019

participants : 45

Aims:

- To develop an awareness about the importance of Yoga in society for better health and fitness.
- To motivate the students for developing their immune system through proper Yoga.



5. Title of the programme : International Day against Drug Abuse and Illicit Trafficking

Date of the programme : 26th June, 2019

participants : 46

Aims:

- To stimulate a sense of responsibility among the people especially among teenagers to stay away from the drugs.
- To create awareness about issues related to drugs and strengthening action and cooperation in order to make the world free of drug abuse.





Report on NCC activity (Extension and Outreach Programme) 2019-20

1.Title of the programme : Kargil War Seminar

Date of the programme : 26th July, 2019

participants : 52

Aims:

- To provide information about Kargil War.
- To encourage the NCC cadets for Nationalism.
- To ignite the spirit of national integration among the cadets and common people in general.



2.Title of the programme : Tree Plantation Programme

Date of the programme : 19th September, 2019

participants : 53

Aims:

- To restore the eco-balance of the afforestation.
- To inculcate among the students the need for growing trees and preserving them.
- Awareness about Global Warming.



3.Title of the programme : Campus Cleaning

Date of the programme : 24th September, 2019

participants : 46

Aims:

- To spread awareness among the students about the significance of cleanliness and its benefits.
- To create awareness about health and hygiene.



4. Title of the programme : Trekking

Date of the programme : 30th November, 2019

participants : 26

Aims:

- To promote national integration, camaraderie, and a spirit of adventure.
- To develop character, personality and ideals of selfless service.
- The cadets would become familiar with the culture of various places.



5. Title of the programme : SWACHHATA PAKHWADA

Date of the programme : 7th December, 2019

participants : 52

Aims:

- To create awareness about cleanliness of environment.
- To create awareness about plastic wastes, its impacts and cleanliness in and around the campus.
- Swachhta Pakhwada serves in connecting people to the nature and enhancing those actions that make our country a better place.



6.Title of the programme : International Yoga Day

Date of the programme : 21st June, 2020

participants : 52

Aims:

- To develop an awareness about the importance of Yoga in society for better health and fitness.
- To raise awareness regarding the many benefits of practicing the art.



7.Title of the programme : Covid-19 Awareness Programme

Date of the programme : 27th June, 2020

participants : 19 Cadets

Aims:

- To spread awareness about the COVID-19 Pandemic and how to prevent oneself and community from being affected.
- How to take care of one's physical and mental health during coronavirus pandemic?
- To reduce the virus communication in society, dissemination of crucial information to minimize social and economic loss.



Report on NCC activity (Extension and Outreach Programme) 2020-21

1. Title of the programme : Independence Day Celebration

Date of the programme : 15th August, 2020

participants : 42

Aims:

- To show our solidarity towards the nation.
- To pay our tribute to our freedom fighters who laid down their lives for the country and its freedom.



2. Title of the programme : FIT INDIA FREEDOM RUN

Date of the programme : 28th August, 2020

participants : 35

Aims:

- To spread awareness on fitness and various physical activities that promote fitness.
- To encourage people to take up fitness activities such as running and sports in their daily lives and get free from obesity, laziness, stress, anxiety, diseases, etc.



3.Title of the programme : Cleaning College Campus

Date of the programme : 8th September, 2020

participants : 32

Aims:

- To create awareness among the students regarding cleanliness and its benefits.
- To learn about cleanliness, hygiene, sanitation and various diseases that are caused due to poor hygienic conditions.



4. Title of the programme : NCC DAY CELEBRATION

Date of the programme : 22nd November, 2020

participants : 37 Cadets

Aims:

- To pay tribute to those who have sacrificed their lives for the service of the motherland.
- To facilitate the NCC cadets and staff related to NCC activities throughout the year.



5. Title of the programme : SWACHHATA PAKHADA

Date of the programme : 9th December, 2020

participants : 50

Aims:

- To create awareness among public informing them about the importance of cleanliness.
- To create awareness about plastic wastes, its impacts and cleanliness in and around the campus.
- To ensure mass participation of citizens in Swachhta activities and to fully transform Swachh Bharat into a citizen's movement.





6. Title of the programme : World Environment Day Celebration

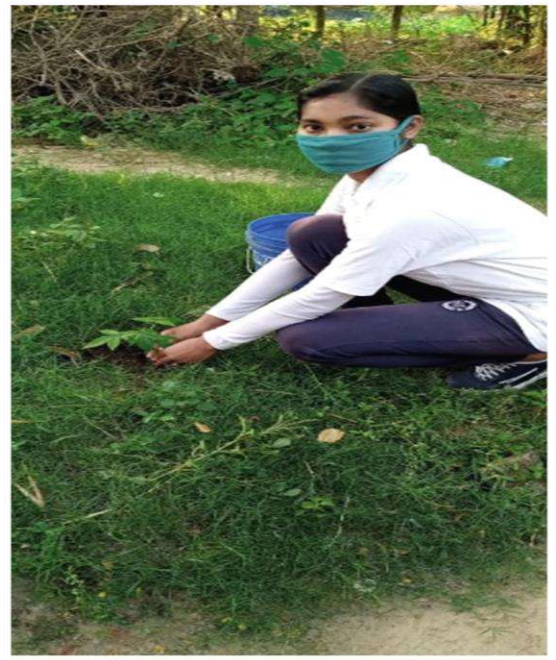
Date of the programme : 5th June, 2021

participants : 32

Aims:

- To raise awareness on environmental issue such as pollution, human overpopulation, global warming, sustainable consumption and wildlife crime.
- To create a very healthy environment and contribute in minimizing the climate change.
- Encourage activities like Tree plantation.





7. Title of the programme : International Yoga Day

Date of the programme : 21st June, 2021

participants : 45

Aims:

- To develop an awareness about the importance of Yoga in society for better health and fitness.
- To motivate the students for developing their immune system through proper Yoga.

SONAMUKHI COLLEGE NCC



8.Title of the programme : 75th Independence Day Celebration, Dengue and Covid-19 Awareness Rally and Fruit Distribution at Sonamukhi Hospital

Date of the programme : 15th August, 2021

Number of student participants : 45 Cadets

Aims:

- To show our solidarity towards the Nation.
- To pay our tribute to our freedom fighters who laid down their lives for the country and its freedom.





9. Title of the programme : FIT INDIA FREEDOM RUN 2.0

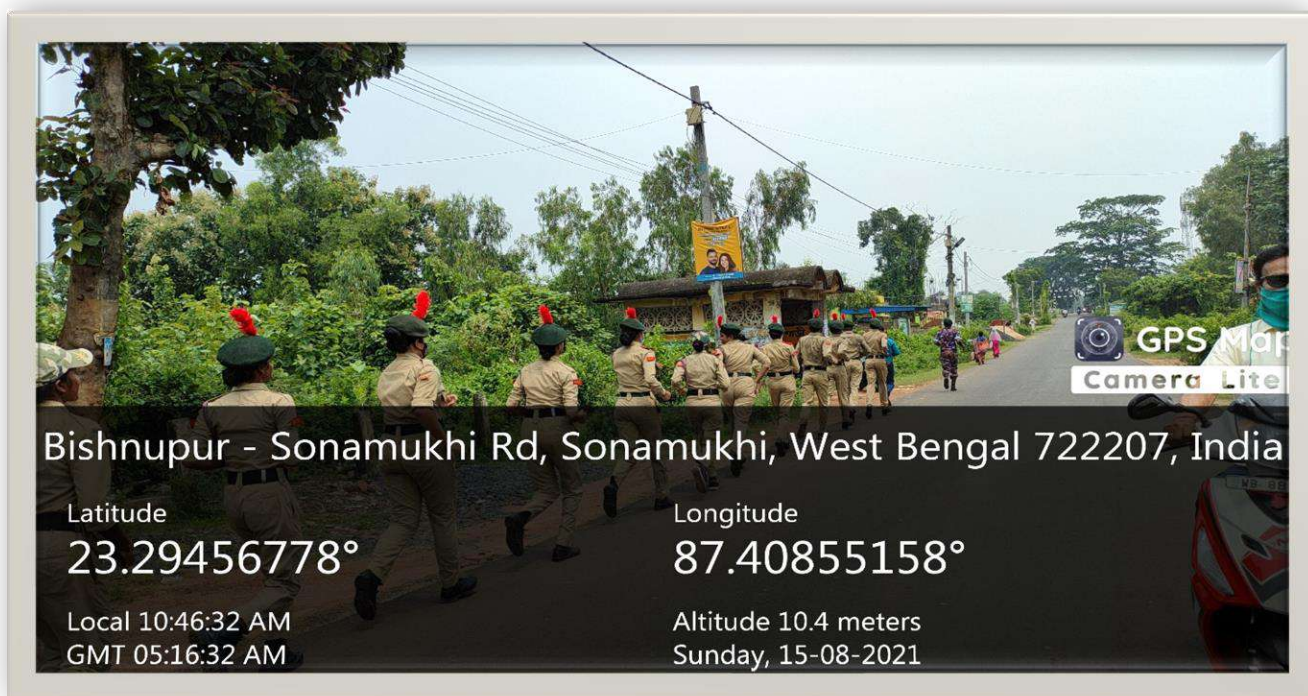
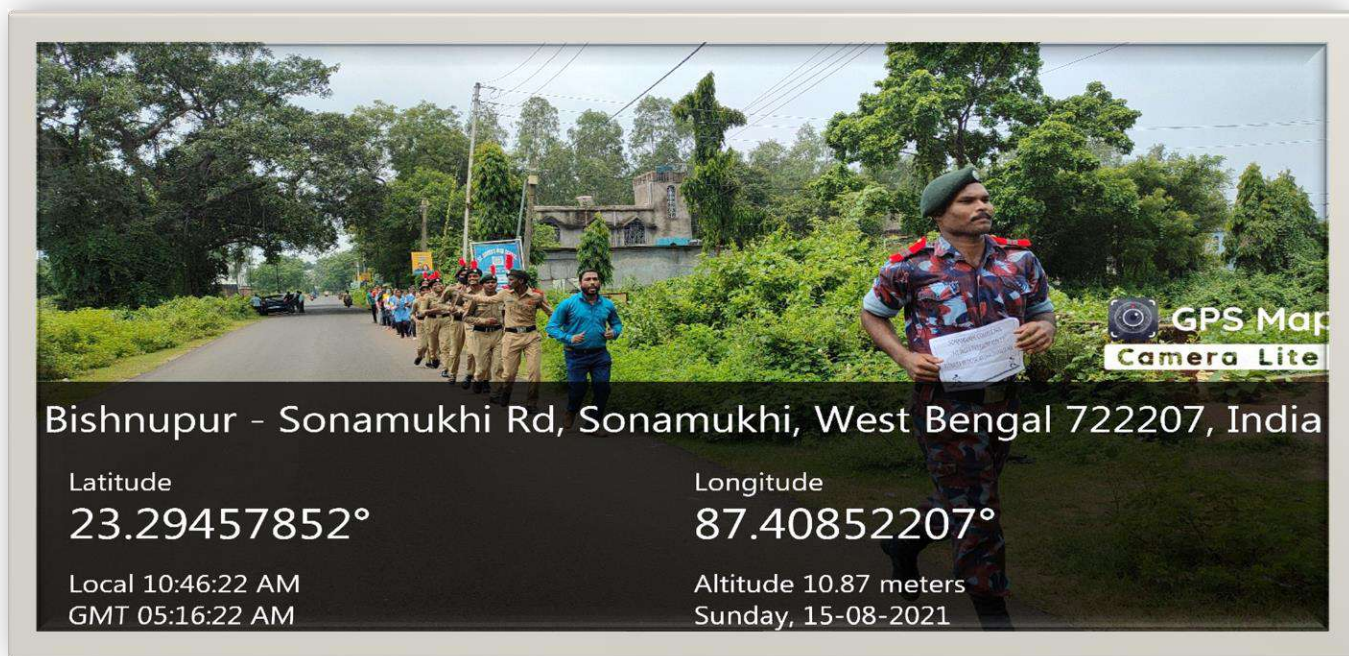
Date of the programme : 15th August, 2021

Number of student participants : 42 cadets

MOTTO : Fitness Ka Dose, Aadha Ghanta Roz

Aims

- To spread awareness on fitness and various physical activities that promote fitness.
- To promote fitness as easy, fun and free.
- To encourage people to take up fitness activities such as running and sports in their daily life.



10.Title of the programme : A Tribute to CDS General Bipin Rawat

Date of the programme : 10th December, 2021

participants : 65



11. Title of the programme : Trekking and Rapling

Date of the programme : 22nd December, 2021

participants : 34 Cadets

Aims:

- To promote national integration, camaraderie, and a spirit of adventure.
- To develop character, personality and ideals of selfless service.
- The cadets would become familiar with the culture of various places.

