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NAAC : B(2.37) 2016 - 1st Cycle

Report on NCC activity (Extension and Outreach Programme)

2016-17



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- **Title of the programme** : Aranya Saptaha Celebration
- **Organised by** : NCC and NSS Unit of Sonamukhi College
- **Date of the programme** : 14th July to 20th July, 2016
- **Funding Agency** : Sonamukhi College
- **Number of student participants** : 45 cadets participated
- **Number of Teacher participated** : 10
- **Place of extension / outreach activity** : College campus

❖ Aims and Objectives:

- To raise awareness regarding the importance of all types of Aranya.
- To raise awareness to take positive action to protect nature and the planet earth.
- Encourage activities like Tree plantation.
- Awareness to reduce pollution.
- Awareness about Global Warming.

❖ Programme outcome:

- Successfully created Environment friendly atmosphere.
- Students and common people were encouraged for tree plantation.
- Creating awareness regarding conservation of forests.



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NAAC : B(2.37) 2016 - 1st Cycle

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- **Title of the programme** : Nirmal Bangla Abhiyan
 - **Organised by** : NCC Unit and Sonamukhi College
 - **Date of the programme** : 2nd September, 2016
 - **Funding Agency** : Sonamukhi College
 - **Number of student participants** : 25 cadets participated
 - **Number of Teacher participated** : 4
 - **Place of extension / outreach activity** : Sonamukhi Locality
 - **Beneficiaries** : People of Sonamukhi

❖ Aims and Objectives:

- The mission aims at constructing latrines in households in the rural areas.
- Promoting in every home about the benefits of using the toilet and the disadvantages of not using the toilet.
- To ensure a sufficient number of functional toilets in educational institutions, public places.
- The scheme also aims at spreading awareness and increasing sensitization towards safe hygiene behavior.

❖ Programme outcome:

- People have developed some good habits such as using the toilet, disposing of garbage and washing their hands with soap etc.
- Creating awareness regarding cleanliness.
- The entire programme created a strong feeling among the cadets.



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- **Title of the programme** : Independence Day Celebration
- **Organised by** : NCC Unit and Sonamukhi College
- **Date of the programme** : 15th August, 2016
- **Funding Agency** : Sonamukhi College
- **Number of student participants** : 52 cadets participated
- **Number of Teacher participated** : 15
- **Place of extension / outreach activity** : College campus

❖ Aims and Objectives:

- To remember our freedom fighters who struggled for our country and sacrificed their lives.
- To keep the love for India alive.
- To pay our tribute to our freedom fighters.
- **Programme outcome:** Independence Day teaches students about the value of Independence as a nation, as a community. It is the day when we feel the love and patriotism for the country. Cadets will realize the importance of service to the nation, as they will learn about the sacrifices and struggles of the freedom fighters. It increases their self-awareness and sensitivity to others, teaching them to help others around them. It builds other essential traits, including patience, self-help, cooperation, self-discipline and self- confidence.



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- **Title of the programme** : International Yoga Day Celebration
- **Organised by** : NCC Unit and Sonamukhi College
- **Date of the programme** : 21st June, 2017
- **Funding Agency** : Sonamukhi College
- **Number of student participants** : 20 cadets participated
- **Number of Teacher participated** : 7
- **Place of extension / outreach activity** : College campus
- **Beneficiaries** : College Students

❖ Aims and Objectives:

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

❖ Programme outcome:

- Awareness of physical and mental diseases and its solution through practices Yoga.
- Strengthening the global coordination among people through Yoga.
- It is important for the overall development of students.



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Report on NCC activity (Extension and Outreach Programme)

2017-18



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|---|----------------------------------|
| • Title of the programme | : Tree Plantation Programme |
| • Organised by | : NCC Unit and Sonamukhi College |
| • Date of the programme | : 21 st July, 2017 |
| • Funding Agency | : Sonamukhi College |
| • Number of student participants | : 52 cadets participated |
| • Number of Teacher participated | : 20 |
| • Place of extension / outreach activity | : College campus |
| • Beneficiaries | : People of Sonamukhi |

❖ Aims and Objectives:

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

❖ Programme outcome:

- Many saplings of different species were planted. Students were encouraged to address the climate change by participating in the massive tree plantation drive.
- Students were encouraged for tree plantation.
- The entire program created a strong feeling among the students.



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|--|----------------------------------|
| • Title of the programme | : Campus Cleaning |
| • Organised by | : NCC Unit and Sonamukhi College |
| • Date of the programme | : 14 th August, 2017 |
| • Funding Agency | : Sonamukhi College |
| • Number of student participants | : 53 cadets participated |
| • Number of Teacher participated | : 10 |
| • Place of extension / outreach activity | : College campus |
| • Beneficiaries | : College Community |

❖ Aims and Objectives:

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

❖ **Programme outcome:** Development of clean and hygienic environment. It has made the students aware of cleanliness and overall civic sense.



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|--|----------------------------------|
| • Title of the programme | : Say 'No' to Tobacco Campaign |
| • Organised by | : NCC Unit and Sonamukhi College |
| • Date of the programme | : 12 th January, 2018 |
| • Funding Agency | : Sonamukhi College |
| • Number of student participants | : 52 cadets participated |
| • Number of Teacher participated | : 8 |
| • Place of extension / outreach activity | : Sonamukhi Locality |
| • Beneficiaries | : People of Sonamukhi |

❖ Aims and Objectives:

- 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.
- To reduce indoor air pollution.

❖ Programme outcome:

- Students and the common people were made aware of the risks imposed by tobacco smoking and second-hand smoke exposure.
- Awareness regarding magnitude of health and illness globally from lung diseases caused by Tobacco, including chronic respiratory diseases and lung cancer.



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- **Title of the programme** : International Yoga Day Celebration
- **Organised by** : NCC Unit and Sonamukhi College
- **Date of the programme** : 21st June, 2018
- **Funding Agency** : Sonamukhi College
- **Number of student participants** : 45 cadets participated
- **Number of Teacher participated** : 4
- **Place of extension / outreach activity** : College campus

❖ Aims and Object:

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

❖ Programme outcome:

- Awareness of physical and mental diseases and its solution through practices Yoga.
- Strengthening the global coordination among people through Yoga.
- Students learned about the importance of Yoga in human life.



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Report on NCC activity (Extension and Outreach Programme)

2018-19



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|---|----------------------------------|
| • Title of the programme | : Tree Plantation Programme |
| • Organised by | : NCC Unit and Sonamukhi College |
| • Date of the programme | : 10 th July, 2018 |
| • Funding Agency | : Sonamukhi College |
| • Number of student participants | : 53 cadets participated |
| • Number of Teacher participated | : 12 |
| • Place of extension / outreach activity | : College campus |
| • Beneficiaries | : People of Sonamukhi |

❖ Aims and Objectives:

- Combat many environmental issues like deforestation, erosion of soil, global warming and hence enhancing the beauty and balance of the environment.
- To inculcate among the general public the need for growing trees and preserving them.
- To reduce pollution.
- To create an awareness about saving trees.

❖ Programme outcome:

- Many saplings of different species were planted. Students were encouraged to address the climate change by participating in the tree plantation programme.
- Students and common people were encouraged for tree plantation.
- The programme created a great stir among the students.



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- **Title of the programme** : Campus Cleaning
- **Organised by** : NCC Unit and Sonamukhi College
- **Date of the programme** : 14th August, 2018
- **Funding Agency** : Sonamukhi College
- **Number of student participants** : 55 cadets participated
- **Number of Teacher participated** : 9
- **Place of extension / outreach activity** : College campus

❖ Aims and Objectives:

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

❖ Programme outcome:

- Development of clean and hygienic environment. It has made the students aware of cleanliness and overall civic senses. This programme created a strong feeling among the cadets.



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- **Title of the programme** : Combined Annual Training Camp (CATC)
- **Organised by** : NCC Unit and 56 Bengal Bn NCC
- **Date of the programme** : 27th , October to 5th November
- **Funding Agency** : 56 Bengal Bn NCC
- **Number of student participants** : 51 cadets participated
- **Number of Teacher participated** : 2
- **Place of extension / outreach activity** : College campus

❖ Aims and Objectives:

- To enhance knowledge and awareness.
- 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
- Inculcate self- reliance, confidence, discipline and leadership qualities.
- To transform cadets into stronger, self-disciplined and empowered cadets.

❖ Programme outcome:

- The cadets get the experience of camp life and get to apply their theoretical knowledge into practical skills.
- Camp training helps in the overall development of cadets by inculcating in them the values of teamwork, leadership and self-confidence.
- The cadets get the basic Military training.



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- **Title of the programme** : International Yoga Day
- **Organised by** : NCC Unit and Sonamukhi College
- **Date of the programme** : 21st June, 2019
- **Funding Agency** : Sonamukhi College
- **Number of student participants** : 45 cadets participated
- **Number of Teacher participated** : 1
- **Place of extension / outreach activity** : College campus

❖ Aims and Object:

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

❖ Programme outcome:

- Awareness of physical and mental diseases and its solution through practices Yoga.
- Strengthening the global coordination among people through Yoga.
- Students learned about the importance of Yoga in human life.



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- **Title of the programme** : International Day against Drug Abuse and Illicit Trafficking
- **Organised by** : NCC Unit and Sonamukhi College
- **Date of the programme** : 26th June, 2019
- **Funding Agency** : Sonamukhi College
- **Number of student participants** : 46 cadets participated
- **Number of Teacher participated** : 19
- **Place of extension / outreach activity** : College campus
- **Beneficiaries** : College students and common people

❖ Aims and Objectives:

- 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.
- To create awareness, urge the Govt. to avoid stimulating the Narco economy and to deal with the illicit trafficking of drugs in the disguise of legal pharmaceutical business.

❖ Programme outcome:

Students and the common people were encouraged towards strengthening global action and co-operation in making the society free of drug abuse. They were made aware of the extreme cultural and economic harm the trade is still doing across the globe.



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Report on NCC activity (Extension and Outreach Programme)

2019-20



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- **Title of the programme** : Kargil War Seminar
- **Organised by** : 56 Bengal Bn NCC
- **Date of the programme** : 26TH July, 2019
- **Funding Agency** : 56 Bengal Bn NCC
- **Number of student participants** : 52 cadets participated
- **Number of Teacher participated** : 12
- **Place of extension / outreach activity** : College Auditorium
- **Beneficiaries** : College students and common people

❖ Aims and Objectives:

- 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.

❖ Programme outcome:

- Cadets and the common people were able to understand the situation of battle field during the Kargil War and were also able to know how our Indian Army have fought the Kargil War and Concord.



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|---|------------------------------------|
| • Title of the programme | : Tree Plantation Programme |
| • Organised by | : NCC Unit and Sonamukhi College |
| • Date of the programme | : 19 th September, 2019 |
| • Funding Agency | : Sonamukhi College |
| • Number of student participants | : 53 cadets participated |
| • Number of Teacher participated | : 25 |
| • Place of extension / outreach activity | : College campus |
| • Beneficiaries | : People of Sonamukhi |

❖ Aims and Objectives:

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

❖ Programme outcome:

- Successfully created Environment friendly atmosphere.
- Developed ideas on benefits of planting trees and how it helps cleaning the environment.
- Many saplings of different species were planted. Cadets were encouraged to address the climate change by participating in the programme.



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- **Title of the programme** : Campus Cleaning
- **Organised by** : NCC Unit and Sonamukhi College
- **Date of the programme** : 24th September, 2019
- **Funding Agency** : Sonamukhi College
- **Number of student participants** : 46 cadets participated
- **Number of Teacher participated** : 12
- **Place of extension / outreach activity** : College campus
- **Beneficiaries** : College Community

❖ Aims and Objectives:

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

❖ **Programme outcome:** Development of clean and hygienic environment. It has made the students aware of cleanliness and overall civic sense. It improves the college environment. The program created a strong feeling among the cadets.



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|---|-----------------------------------|
| • Title of the programme | : Trekking |
| • Organised by | : NCC Unit and Sonamukhi College |
| • Date of the programme | : 30 th November, 2019 |
| • Funding Agency | : Sonamukhi College |
| • Number of student participants | : 26 cadets participated |
| • Number of Teacher participated | : 5 |
| • Place of extension / outreach activity | : College campus |
| • Beneficiaries | : Cadets |

❖ Aims and Objectives:

- 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.

❖ Programme outcome:

- Improved Fitness and Weight loss of the cadets.
- Trekking enables the cadets to reduce the risk of diabetes, strokes, heart failures, and heart attacks.
- Trekking enables cadets to hone leadership skills and enhance their character qualities.
- It would also build self-confidence, self-discipline and gain problem solving skills, leadership skills and enhance awareness about the environment.



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- **Title of the programme** : SWACHHATA PAKHWADA
- **Organised by** : NCC Unit and Sonamukhi College
- **Date of the programme** : 7th December, 2019
- **Funding Agency** : NCC Unit and 56 Bengal NCC
- **Number of student participants** : 52 cadets participated
- **Number of Teacher participated** : 8
- **Place of extension / outreach activity** : Sonamukhi Locality
- **Beneficiaries** : People of Sonamukhi

❖ Aims and Objectives:

- To create awareness about cleanliness of environment.
- To create awareness about health and hygiene.
- 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.
- To ensure mass participation of citizens in Swachhta activities and to truly transform Swachh Bharat into a citizen's movement.

❖ **Programme outcome:** Development of clean and hygienic environment. It has made students aware of cleanliness and social hygiene. The cadets perform these activities as part of social responsibilities and community development.



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- | | |
|---|----------------------------------|
| • Title of the programme | : International Yoga Day |
| • Organised by | : NCC Unit and Sonamukhi College |
| • Date of the programme | : 21 st June, 2020 |
| • Funding Agency | : Sonamukhi College |
| • Number of student participants | : 42 cadets participated |
| • Number of Teacher participated | : 2 |
| • Place of extension / outreach activity | : College campus |
| • Beneficiaries | : People of Sonamukhi |

❖ Aims and Object:

- 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.
- To motivate the students for developing their immune system through proper Yoga.
- For overall development of students in terms of health and well- being.

❖ Programme outcome:

- Awareness of physical and mental diseases and its solution through practices Yoga.
- Strengthening the global coordination among people through Yoga.



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- **Title of the programme** : Covid awareness Programme
- **Organised by** : NCC Unit and Sonamukhi College
- **Date of the programme** : 27th June, 2020
- **Funding Agency** : Sonamukhi College
- **Number of student participants** : 19 cadets participated
- **Number of Teacher participated** : 3
- **Place of extension / outreach activity** : Locality of Sonamukhi
- **Beneficiaries** : people of sonamukhi

❖ Aims and Objectives:

- 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.

❖ Programme outcome:

People were made aware of the dangers of the corona virus. Distribute free masks to them. The public was informed about the most relevant guidelines to prevent the spread of coronavirus. Cadets convinced the locality about the basic protocols related to the COVID pandemic situation.



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Report on NCC activity (Extension and Outreach Programme)

2020-21



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-
- **Title of the programme** : Independence Day Celebration
 - **Organised by** : NCC Unit and Sonamukhi College
 - **Date of the programme** : 15th August, 2020
 - **Funding Agency** : Sonamukhi College
 - **Number of student participants** : 42 cadets participated
 - **Number of Teacher participated** : 14
 - **Place of extension / outreach activity** : College campus

❖ Aims and Objectives:

- 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.
- To keep the love for India alive.

❖ **Programme outcome:** Independence Day teaches students about the value of Independence as a nation, as a community. It is the day when we feel the love and patriotism for the country. Cadets will realize the importance of service to the nation, as they will learn about the sacrifices and struggles of the freedom fighters. It increases their self-awareness and sensitivity to others, teaching them to help others around them. It builds other essential traits, including patience, self-help, cooperation, self-discipline and self- confidence.



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- **Title of the programme** : FIT INDIA FREEDOM RUN
- **Organised by** : Department of Youth Affairs, Govt of India
- **Date of the programme** : 28th August, 2020
- **Funding Agency** : Sonamukhi College
- **Number of student participants** : 35 cadets participated
- **Number of Teacher participated** : 6
- **Place of extension / outreach activity** : Sonamukhi Locality
- **Beneficiaries** : People of Sonamukhi

❖ Aims and Objectives:

- 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.
- To promote fitness as easy, fun and free.
- To bring about behavioral changes and move towards a more physically active life style.
- Encouraging people to give priority to sports and fitness in their day to day lives.

❖ **Programme outcome:** The cadets who attended the event created public awareness on the need to maintain good physical condition through regular exercise.



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- **Title of the programme** : Cleaning College Campus
- **Organised by** : NCC Unit and Sonamukhi College
- **Date of the programme** : 8th September, 2020
- **Funding Agency** : Sonamukhi College
- **Number of student participants** : 32 cadets participated
- **Number of Teacher participated** : 4
- **Place of extension / outreach activity** : College campus
- **Beneficiaries** : College community

❖ Aims and Objectives:

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

❖ **Programme outcome:** Development of clean and hygienic environment. It has made the students aware of cleanliness and overall civic sense. It made students aware of cleanliness and social hygiene.



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- **Title of the programme** : NCC DAY CELEBRATION
- **Organised by** : NCC Unit and Sonamukhi College
- **Date of the programme** : 22nd November, 2020
- **Funding Agency** : Sonamukhi College
- **Number of student participants** : 37 cadets participated
- **Number of Teacher participated** : 10
- **Place of extension / outreach activity** : College campus
- **Beneficiaries** : NCC Cadets of different units.

❖ Aims and Objectives:

- Encourage the NCC cadets for Nationalism.
- 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.

❖ **Programme outcome:** The NCC cadets were encouraged for Nationalism. The participants were motivated to work for noble causes.



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- **Title of the programme** : SWACHHATA PAKHADA
- **Organised by** : NCC Unit and 56 Bengal Bn NCC
- **Date of the programme** : 9th December, 2020
- **Funding Agency** : Sonamukhi College
- **Number of student participants** : 50 cadets participated
- **Number of Teacher participated** : 15
- **Place of extension / outreach activity** : Sonamukhi Locality
- **Beneficiaries** : People of Sonamukhi

❖ Aims and Objectives:

- To create awareness among public informing them about the importance of cleanliness.
- To create awareness about health and hygiene.
- 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.
- To ensure mass participation of citizens in Swachhta activities and to truly transform Swachh Bharat into a citizen's movement.

❖ Programme outcome:

Development of clean and hygienic environment. It has made students aware of cleanliness and overall civic sense. Promote behavioral change among the cadets to keep surrounding clean with special focus on awareness regarding plastic pollution, water wastage, smoke free air and other anti-environmental practices.



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- **Title of the programme** : World Environment Day Celebration
- **Organised by** : NCC Unit and Sonamukhi College
- **Date of the programme** : 5th June, 2021
- **Funding Agency** : Sonamukhi College
- **Number of student participants** : 32 cadets participated
- **Number of Teacher participated** : 1
- **Place of extension / outreach activity** : College campus
- **Beneficiaries** : People of Sonamukhi

❖ Aims and Objectives:

- 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.

❖ Programme outcome:

- Successfully created Environment friendly atmosphere.
- Students and common people were encouraged for tree plantation.
- The cadets were made aware of the dangers of climate change.
- This will improve the college environment.



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- **Title of the programme** : International Yoga Day
- **Organised by** : NCC Unit and Sonamukhi College
- **Date of the programme** : 21st June, 2021
- **Funding Agency** : Sonamukhi College
- **Number of student participants** : 45 cadets participated
- **Number of Teacher participated** : 2
- **Place of extension / outreach activity** : College campus
- **Beneficiaries** : College students

❖ Aims and Object:

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

❖ Programme outcome:

- Awareness of physical and mental diseases and its solution through practices Yoga.
- Strengthening the global coordination among people through Yoga.
- This year International Yoga Day is much relevant in the current pandemic situation.



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