

Annual report 2018-19



NSS UNIT-I, II & III

Sonamukhi College



About NSS Units of Sonamukhi College

The National Service Scheme is a noble Youth Activity of our country started in 1969 on the occasion of the birth centenary of Mahatma Gandhi. The main objective of NSS is 'Education through Community Service'. "Not me but you" is the motto of NSS which means every person should realize that not he alone or she alone is important but the society in which he or she lives is on the whole important. NSS activities are multipurpose as well as multidimensional in their nature. And in practice, these activities take an important part to the service of mankind and in execution of the process of formation of the future generation of the country through various constructive programmes. The phenomenal success of Science and Technology in his service has made man forget the long cherished values such as love, peace, co-operation and tolerance etc. Materialism and its comfort shifted the importance of life to mere acquisition of material wealth. Further Globalisation has thrown the values out of greater life.

West Bengal is one of the first few states where NSS has been introduced since its inception in the country in 1969. In the days to come, NSS activities will further be strengthened to take it to the optimum level by sincerity and commitment of all concerned. Similarly the NSS of Sonamukhi College has achieved many goals of youth empowerment. The NSS volunteers are involved in multi-dimensional activities like laying of college garden, tree plantation, adoption of village, Swatch Bharat Abhiyan, health camp, awareness programmes etc. The students may be placed in projects of adult education, welfare of slum dwellers, training in civil

defence, traffic control, adventure sports, work in hospitals, orphanages, destitute homes.

Our mission

- To inculcate principles, values and ideologies in the younger generation and make them aware of their commitment towards social and moral duties and initiate them into social community service.
- To inspire volunteers to take active participation in state wide or national NSS activities
- To motivate students for cultural programmes and take active participation in national competitions.
- To arrange awareness programmes related to health, hygiene, road safety, cleanliness, vector borne diseases, environmental changes, prevention of dengue and AIDS among common people.

Units, Programme officers and intake capacity

In recognition of our real attachment with the society the university has sanctioned three NSS units. Prof. Ramprasad Kanrar, Prof. Subhasree Majumdar and Prof. Anupam Mandal are in charge of UNIT-I, II and III respectively. With an intake of 150 students, every year the Programme Officers are actively engaged in different programmes.

Adopted villages

Each unit of Sonamukhi College NSS has adopted a nearby village and is actively involved in social activities including members of the village.

- Muslo is a village located 1.5km away from Sonamukhi College and comes under the Kochdihi Gram Panchayet. It is an adopted village by the Sonamukhi college NSS Unit-I.
- Churamonipur is a village located 2km away from Sonamukhi College and comes under the Onda block and Kochdihi Gram Panchayet. It is an adopted village by the Sonamukhi college NSS Unit-II.
- Shiber Bandh is a village located 3.5km away from Sonamukhi College and comes under the Kochdihi Gram Panchayet. It is an adopted village by the Sonamukhi college NSS Unit-III.

Programmes undertaken every year

Each and every year NSS units are engaged in organizing different programmes that include-

- Tree plantation programme inside and outside of campus.
- Blood donation camps involving volunteers and local people
- Awareness programme on prevention of vector borne diseases
- Celebration of NSS day
- Awareness programme on AIDS
- Celebration of youth day
- Campus cleaning programme bi-annually
- Celebration of National Yoga day
- Visits to adopted villages and health camps
- Taking participation in programmes instructed by Ministry of Youth.

Sonamukhi College
NSS Report for Ac. Yr. 2018-2019

Grant received for the year from University- NIL
Number of students enrolled in the year- 50/unit, Total 150

Details of student enrolment in NSS

UNIT-I

Aadhar Number	Full Name	Father/Mother Name	Gender
821084315357	KUNTAL SHIL	RAJKUMAR SHIL	M
230520755620	SHILPA KARMAKAR	ANADI KARMAKARF10/1/2001	F
203908166604	TOTAN BAURI	SANNAYASI BAURI	M
732121920502	BAPAN DEY	MADHUSUDAN DEY	M
897924860827	PAYEL CHOWDHURY	ASIM CHOWDHURY	F
962193861987	GANESH CH DEY	BPADTARAN DEY	M
99828980466	PRADIP SUTRADHAR	SRIKANTA SUTRADHAR	M
664223546260	BABU DAS	GOPAL DAS	M
391507886458	PUJA DUTTA	SHYAMAL DUTTA	F
882288660970	RUMPA PAL	PRIYA GOPAL PAL	F
21469262868	LAXMI CHHETRI	RAMBAHADUR CHHETRI	F
972382216976	DEBRAJ KARMAKAR	BAREN KARMAKAR	M
480188009306	ATASI BAG	PRADIP BAG	F
486767998397	SOMA ROY	SHANKAR ROY	F
65246763545	RIYA GHOSH	HARADHAN GHOSH	F
597888883065	RAHUL CHATTERJEE	BIDYUT CHATTERJEE	M
494789477237	DIPANWITA BANERJEE	GOPINATH BANERJEE	F
687524242042	SOUGATA DANA	SUBHAS DANA	M
474598356907	NIMAI ROY	SHARAT ROY	M
745766568170	LALU ROY	BHARAT ROY	M
379315682288	PUJA GHOSH	TARAPADA GHOSH	F
937698829439	PAPIYA GHOSH	TILOK GHOSH	F
542247122124	SHANKAR BIT	PRABIR BIT	M
	SURAJ SHARMA	RANJIT SHARMA	M
484850450643	SATYAM KARMAKAR	BHOLANATH KARMAKAR	M
535329418100	DEEP KUMAR PAL	ADWAITA PAL	M
210267491189	DEBASIS BAURI	FARING BAURI	M
	SUBHRA MANIK	DINABANDHU MANIK	F
	SUMANA DHOCK	UMAPADA DHOCK	F

	SWAGATA MONDAL	DURGA CHARAN MANDAL	M
211052722296	JANNATUL FARDOS KHATUN	JIABUL MOLLA	F
220042189318	SUCHETA BISWAS	SUBHASIS BISWAS	F
831564862084	PRIYANKA BAGDI	GORACHAND BAGDI	F
539837619368	SONALI KHATUN	MAJAFFAR MONDAL	F
986167205525	CHANCHAL BAURI	PARESH BAURI	M
474379101734	SAMRAT BAGDI	DILIP BAGDI	M
817774764587	JHILIK SAMANTA	ANATH SAMANTA	F
631055212374	SHILPA MONDAL	TAPAN MONDAL	F
222843499587	TANUSHREE SHIT	MADHUSUDAN SHIT	F
918560053557	MOUMITA DHARA	ASIT DHARA	F
454914632979	KRISHNA RAJAK	DIPU RAJAK	F
651069276783	PRIYANKA SAU	UMESH SAU	F
548079717493	PAYEL SARKAR	AMIYA SARKAR	F
425193356706	PUJA BISWAS	ASHUTOSH BISWAS	F
437253878253	SOVA BISWAS	KALIPADA BISWAS	F
865436912736	PIU BACHHAR	KALIPADA BACHHAR	F
287904317544	PURNIMA DAS	TAPAS DAS	F
642708477865	MANIKA MAJUMDAR	LATE RANJIT MAJUMDAR	F
	BEAUTI DUTTA	PRABHAT DUTTA	F
	AMRITA SAHA	SHYAM SUNDAR SAHA	F

UNIT-II

Aadhar Number	Full Name	Father/Mother Name	Gender
548754010246	SAIKAT CHATTERJEE	SOMENATH CHATTERJEE	M
564919635782	SURAJ GHOSH	BHIM CH. GHOSH	M
442657267578	PRASANTA BAURI	MOHAN BAURI	M
787557923989	PRADIP BAURI	SWAPAN BAURI	M
831055878903	KUCHU BAURI	BHIMA PADA BAURI	M
379324443408	SAJAL PATRA	SWAPAN PATRA	M
713717353108	SK ABDUL HAFIZ	SK MD MAFIK	M
430312020233	BISWAJEET MAHANTA	RAJENDRANATH MAHANTA	M
777777426227	BIJAN ROY	TAPAN ROY	M
526990286761	BIJOY BAURI	BUDHAN BAURI	M
344814068643	MILAN BAGDI	RANJAN BAGDI	M
559793400183	SURAJ MALICK	NASKAR MALICK	M
667471086640	AYAN HALDER	UTTAM HALDER	M
	ANIMESH MANDAL	SHYAM CHANDRA MANDAL	M
	ANUKA BAURI	KANAI BAURI	F
	PRIYANKA GHOSAL	KARUNAMOY GHOSAL	F
	JANNATUL FIRDOUS KHATUN	SABIR ALI MIDDYA	F
	SHILPA DAS	SANJOY DAS	F
	NISHA BAGDI	NARUGPAL BAGDI	F
	SUPRABHAT BASKEY	UPENDRA NATH BASKEY	M
	NARGISH PARVEEN	PIRU MONDAL	F
299741260406	ABDUL AZIZ MOLLA	MD. AJAM HOSSAIN MOLLA	M
850172524392	JOYANTA ROY	MANTU ROY	M
713717353108	SK ABDUL HAFIZ	SK MD MAFIK	M
715788459267	RAGHUNATH BAGDI	MAGARAM BAGDI	M
392706516622	SK KUDDUSH	SK SABED	M
832103516458	GIASUDDIN KHAN	AKBAR ALI KHAN	M
611425835431	SABINA KHATUN	ABUTAHAR MALLICK	F
	JHILIK RAKSHIT	SANJIB RAKSHIT	F
	SUDIP HALDER	SWAPAN HALDER	M
	PRASANTA LOHAR	BANSHI LOHAR	M
	DOYEL MAJI	DHANANJOY MAJI	F
	MAINAK MONDAL	MOHAN BAURI	M

	NIBEDAN PAUL	BIPADTARAN PAUL	M
	PUJA GHOSH	SUNIL GHOSH	F
	SOMA DEY	SURESH DEY	F
	SUBHENDU ROY	DILIP ROY	M
925486054842	SOMNATH BARAL	JOYDEB BARAL	M
671924250656	HRIDAY GHOSH	MANESH GHOSH	M
986377013788	DILIP BAURI	TULASI BAURI	M
517154457726	GOUR GHOSH	SADHAN GHOSH	M
379324443408	SAJAL PATRA	SWAPAN PATRA	M
867129476786	UPANANDA NANDI	BIDYADHAR NANDI	M
	SHAYANTANI MANDI	MANORANJAN MANDI	F
	JAYASHREE MONDAL	GOUTAM MONDAL	F
	SUMANA BISWAS	KANAILAL BISWAS	F
	NAZERA KHATUN	NAJRUL MALLICK	F
	SAMIM MONDAL	SABIR ALI MONDAL	M
	MANDIRA BALLAV	KARTICK BALLAV	F
	BRATATI GORAI	KAMALAKANTA GORAI	F

UNIT-III

Aadhar Number	Full Name	Father/Mother Name	Gender
671924250656	SUBHAJIT CHEL	BABLU CHEL	M
	HRIDAY GHOSH	MANESH GHOSH	M
	BANASREE MUKHERJEE	MUKUL MUKHERJEE	F
	AKASH GORAI	GANESH GORAI	M
	SAYAN MUKHERJEE	RANJIT MUKHERJEE	M
	DEBDAS PAL	SANATAN PAL	M
	SUNANDA BAURI	KAJAL BARAN BAURI	F
752539158362	RITWIK CHATTERJEE	BIBEKANANDA CHATTERJEE	M
	SATYAM PAL	SAROJ PAL	M
	RAJESH RANA	ASISH RANA	M
	SOUVIKMETYA	TAPAN METYA	M
	AYAN KHANRA	MAGARAM KHANRA	M
	SANDIPAN TUNGA	NARUGOPAL TUNGA	M
	RANJAN KARMAKAR	MANTU KARMAKAR	M
339596688997	BACHHU SUTRADHAR	SUKUMAR SUTRADHAR	M
799371636408	SAJAL SAREN	LAKHITA SAREN	M
744352225830	TARUN PAL	NITYANANDA PAL	M
62800099357	SANDIP ROY	SUDHANYA ROY	M
573039136519	BUBAI BANERJEE	ASISH BANERJEE	M
469092087437	SUBIR MANDAL	SISIR MANDAL	M
590390218696	SUDIPA GORAI	DILIP GORAI	F
219435084721	SUPARNA SEN	SUKUMAR SEN	F
	AMIT KUMAR SINGH	SANJU SINGH	M
	SOUVIK GOSWAMI	SANTANU GOSWAMI	M
	SOURAV DANGAR	MANIK DANGAR	M
	MOUMITA ROY	AMAR CH.ROY	F
	INDRANI MUKHERJEE	ASISH MUKHERJEE	F
	PRATIM KARMAKAR	PARAMANANDA KARMAKAR	M
	SOUVIK CHATTERJEE	SUBODH CHATTERJEE	M
	SUVAJIT NANDI	BUDDHADEB NANDI	M
	MOUBANI GHOSAL	MURARI GHOSHAL	F
	ARIJIT CHATTERJEE	GOURANGA CHATTERJEE	M
	PARAMITA SINGHA	TAPAN SINGHA	F
	SURAVI BAIRAGI	SHAMBHUNATH BAIRAGI	F
	SOURAV GANGULY	ASIT GANGULY	M
	SAYAN LAKSHMAN	ALOK LAKSHMAN	M

	BAISHAKHI GHOSH	AVIJIT GHOSH	F
	SURAJIT KUNDU	DHANANJOY KUNDU	M
	PREMDIP CHATTERJEE	DAYAMAY CHATTERJEE	M
	AMIT KUMAR GHOSH	HARADHAN GHOSH	M
	MANISHA SHIT	DEBNARAYAN SHIT	F
956232738192	RIJU BAGDI	MANGAL BAGDI	M
404319065501	SOURAV PAL	MRITYUNJOY PAL	M
648136794779	AKASH DULEY	JHUMA DULEY	M
514334202202	DEBASHISH BISWAS	SUKUMAR BISWAS	M
452006598169	PATHIK DEYASHI	UTTAM DEYASHI	M
389678994137	PRIYANKA MANDAL	NIKHIL MANDAL	F
327351390105	PAYEL MAJI	UTPAL MAJI	F
265023786073	DIBYA SAHA	PHATIK KR SAHA	M
285217916797	SONALI SARKAR	NIKHIL SARKAR	F

Details of the different programmes up taken

1) TREE PLANTATION

PROGRAMME Date-30/07/2018

On 30/07/2018 the NSS Cell of Sonamukhi College organized a Tree Plantation Programme. On that day the NSS volunteers were asked to distribute saplings among the students and teachers of the college for plantation. All around the college campus, the saplings were planted and the first plantation was obviously done by our honourable Principal Sir. He also gave a short but valuable speech on the necessity of planting trees. Other teachers and non-teaching staff of our college also planted trees and watered them. Some of them also reminded the students to nurture the trees regularly and to carry on their duty unless the saplings become self-dependent. A total of 72 volunteers and 51 teachers took part in the programme. When the program ended, the packets of snacks were distributed.



2)BLOOD DONATION CAMP

Date- 09/09/2018

Like every year, on 9th September 2018, the NSS Unit of Sonamukhi College stretched their enthusiastic hand for organizing a Blood Donation Camp to meet the increasing demand of blood in Blood Banks. As it was notified in the college notice board, many students and teaching as well as non-teaching staff voluntarily thronged in the camp for donating blood. The NSS team was overwhelmed, witnessing such response. Total 50 blood donors donated blood and the program was a grand success. All the NSS volunteers and blood donors were offered tiffin and lunch. The episode ended at 4pm on that day.



3) NSS DAY CELEBRATION

Date- 24/09/2018

On 24th September 2018, all the Units of NSS of Sonamukhi College celebrated the NSS Day in a gorgeous way. On that day the volunteers of NSS requested all the students and staff of our college to come in the Seminar Room .There our Principal Sir gave a valuable lecture on the importance and relevance of NSS in our college in general and in the society in particular. Other speakers also reminded time and again of the duties and responsibilities of NSS volunteers. . A total of 81 volunteers and 45 teachers took part in the programme. The ceremony ended with the distribution of packets of sweets.



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

Date- 24/09/2018

Who does not know “Cleanliness is next to godliness?” To give utmost importance on cleanliness the NSS of Sonamukhi College undertook a campus and adjoining areas cleanliness programme on 24th August 2018. On that day all the volunteers thronged at the college campus with brooms, buckets, spade, mug, bleaching powder etc. Besides cleaning the college campus, they also cleaned the adjacent areas. They also gave emphasis on the necessities of cleanliness in our day to day life .The common villagers were also made conscious about the fact that to be disease-free, we must be clean in body and mind. . A total of 62 volunteers and 38 teachers took part in the programme.





5) AWARENESS PROGRAMME ON VECTOR BORNE

DISEASES Date- 28/09/2018

On 28th September 2018, all the Units of NSS of Sonamukhi College took an awareness programme on prevention of vector borne diseases like dengue and Chikunguniya. Similarly the volunteers took an action plan on sanitizing local and adjacent areas of the college where stagnant water was visible. They emptied any such breeding grounds of mosquito and sprinkled bleaching powder. A rally moved around the city of Sonamukhi with placards and handbills were provided to local people for generating awareness in a rationale way. A total of 95 volunteers and 21 teachers took part in the programme. The rally went back to college premises and the programme ended with the distribution of snacks among volunteers.





6) NSS CAMP

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

The three Units of NSS of Sonamukhi College organized NSS Camp from 23/03/2019 to 29/03/2019. The camp was completely residential. All the volunteers of NSS positively responded to the camp. They leave no stone unturned to make the camp a fruitful one. Every day they undertook a program and surprisingly all the programs became fruitful. The recreation of spending the seven days with the students was not less pleasing. The knowledge gathered in the camp will be definitely a treasure to them.

***Report on
NSS Special camp***



***Organized by
Sonamukhi College NSS Unit-I***



From 23.03.2019 to 29.03.2019

Introduction

NSS unit-I of Sonamukhi College, Sonamukhi, Bankura, under Bankura university, organized a special camp in the adopted village, Muslo from 23-03-2019 to 29-03-2019. This special camp was organised with the help of Kochdihi Gram Panchayet. The main project for this camp was based on, to make the village Muslo free from open garbage, to look for the basic health condition of the villagers and to make Swachhta a basic criteria. The Volunteers of the NSS unit performed many other activities – health camps, cleanliness of local Govt. primary schools, health survey to look into the basic health needs of the villagers, learning programmes to provide themselves with the ability to fight against etc.

Location

Muslo is a village located 1.5km away from Sonamukhi College and comes under the Kochdihi Gram Panchayet. It is an adopted village by the Sonamukhi college NSS Unit-I where the NSS special camp activities were carried out.



List of volunteers

A total of 50 volunteers took part in the camp. Their names are as follows-

SONAMUKHI COLLEGE NSS UNIT - I

SL.NO	NAME	SL.NO	NAME
1	Sri RAMPRASAD KANRAR(PO)	26	SHILPA KARMAKAR
2	Sri MOHAN CHANDRA DATTA (UNIT ASSISTANT)	27	NRIPA SHIT
3	SIRJAAN HANSDA	28	RUPALI DEY
4	SUKUMAR MANDI	29	SUMITRA HEMBRAM
5	SAJAL PATRA	30	SURAJIT KHAN
6	RAMCHANDRA MONDAL	31	PABITRA MURMU
7	CHHOTAN MAL	32	BAPAN DEY
8	SANTA KISKU	33	PAYEL CHOWDHURY
9	AMIT MURMU	34	BABU DAS
10	SAMRAT BAGDI	35	PRADIP SUTRADHAR
11	SOUBHIK	36	PUJA DUTTA
12	BIPASHA MUKHERJEE	37	RUMPA PAL
13	MANIKA MAJUMDAR	38	SATYARANJAN SAREN
14	MOUMITA DHARA	39	SOMA ROY
15	PAYEL SARKAR	40	SOUGATA DANA
16	PURNIMA DAS	41	LALU ROY
17	PIU BACHHR	42	SHANKAR BIT
18	SHILPA MONDAL	43	DEBASHISH BAURI
19	PUJA PAAL	44	SUBHRA MANIK
20	SANGITA BHUIN	45	PAPIYA GHOSH
21	CHINA GANGULY	46	RIYA GHOSH
22	PRAPTI KONAR	47	DEBRAJ KARMAKAR
23	PAYEL CHOWDHURY	48	PRASANTA DEY
24	LAXMI CHHETRI	49	SOMNATH PAL
25	RUMPA PAL	50	BIMAL GAYEN

List of activities performed

For the NSS special camp the list of activities were prepared keeping in mind about the needs of the adopted village as well as the personality development of the volunteers. The routine is as follows-

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 Paschimbango Vigyan O Juktibadi Samiti”.
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

Date wise activity report

Day I-23/03/2019

The forenoon session of the Day began with an inauguration programme by the unit. The Principal of Sonamukhi College Dr. Bappaditya Mandal inaugurated the programme with his speech in front of the volunteers and inspired them for the upcoming 7 day challenge.

He made them understand the value of the programme uptaken and the oath taking was done. The volunteers then moved towards the college ground and started the day with the basic cleaning of the college campus. After that they had their lunch on the college campus and gathered inside the seminar hall for a valuable lecture by Dr. Shuvra Kanti Sinha, asst



Professor Dept. of Zoology, Sonamukhi College on the “Dangers of fly mediated diseases and their possible remedies”. The volunteers came to learn about the dangers of dirt mediated fly invasion and their resultant diseases and how they can make their surroundings free from such diseases by maintaining cleanliness. The volunteers then had their tea break and made a procession in the village. Volunteers rallied into the streets of the village to create awareness among the villagers about the ensuing special camp programme in their village for a period of one week. Program was conducted by NSS Programme officer of the unit Sri Ramprasad Kanrar, Assistant Professor of the department of Philosophy. Panchayat Pradhan of the Village and several village people attended the function. Village authorities welcomed the team of Volunteers into their village and assured them all sorts of co-operation needed in making the special camp a success. Then the team moved towards college premises to have their dinner. After taking

dinner volunteers discussed the project agenda and activities with NSS programme officer, before going into the bed volunteers sang the NSS song.





Day-2 (24/03/2019)

In the dawn of the second Day, volunteers started their day with the gathering in the college campus and physical training. Yoga was also trained to them for basic physical fitness during the day full of activities and social work. They had their early breakfast in the college and rallied towards Muslo. They went to perform voluntary action for the health camp that was organized in the village by the NSS Unit. In this regard Dept. of Health, Sonamukhi Health centre provided their support. A team of three health professionals provided their set up for blood group analysis, blood pressure monitoring,

body weight check up, blood sugar analysis to the local people. Around 188 villagers gathered in the NSS volunteer mediated health camp to have their health check up out of which 77 were children. Dr. checked up them for health condition and provided with prescription too. The Health camp ended at around 1.30pm after which the volunteers rallied towards college. In the college campus they had their lunch after which they moved towards the seminar room to listen to a timely seminar and training by “Paschimbango Vigyan O Juktibadi Samiti”. They delivered a lecture on Cardio-pulmonary resuscitation (CPR) which is a life saving technique used in medical emergencies such as heart attack or cardiac arrest, suffocation, drowning and other emergencies. Similarly the members taught the volunteers the different enigma persisting in villagers mind regarding snake bite. They made the volunteers understand about the identification of poisonous and non poisonous



snakes and the general first aid that can be applied during snake bite. The volunteers after the lecture had their tiffin and took some rest. After that they gathered for team discussion for the next day activities, in the night they had their dinner and moved to bed.











Day-3 (25/03/2019)

In the dawn the volunteers woke up and started their day with physical training and yoga. They moved to different parts of the college campus and started cleaning programme. Around 8.00am they had their breakfast and rallied towards Muslo. In the day time a survey was conducted to know the basic health condition of the villagers. The volunteers were provided with a questionnaire to know the basic health facilities that they are provided with and their future expectations from the society. About 50 volunteers divided themselves into sub groups and went into the streets, lanes and by lanes of the village. Home to home health survey was conducted accordingly. After the whole programme the volunteers moved to college, had their lunch and in the following Session, a Personality Development Programme was organized. A full length discussion was initiated by the NSS Unit members of Bankura University. A Brain storming session was organized, thoughts and ideas were exchanged on Leadership quality and Team Spirit and importance of collective responsibility in achieving common goals of community service. Volunteers came to know about the voluntary service that nationwide is provided by NSS volunteers which boosted them up with the zeal and hardwork to continue the camp successfully.

After having their tiffin they again started group discussion regarding the activities of the next day. In the night they had dinner and went to bed.







Day – 4 (26/03/2019)

In the next dawn the volunteers started their day with morning physical exercise and yoga. After breakfast they moved to Muslo to interact with the local people. They went to local primary schools and interacted with the children and made them understand regarding the basic need of health and hygiene. They interacted with the students about their daily food habits and also taught them with the hazards of open defecation. They cleaned the toilets of the school including playground and classrooms too. In the next session they moved to college, had lunch and gathered in the seminar hall for an outstanding class for motivation on blood donation by Dr. Sidhhartha Chatterjee. Volunteers were boosted by Dr. Chatterjee on the need of blood donation in the society and how NSS volunteers can organize blood donation camps for the betterment of the society. After that they had tiffin and gathered for discussing the activities of the next day. In the night they went to bed after having dinner.









Day-5(27/03/2019)

The Subject of fourth day camp was a major drive regarding organizing a blood donation camp in the college premises and creation of healthy society through community health services. A public announcement was done by our volunteers to inform people to come to donate blood in the camp. A team of 6 entered the college campus from Bishnupur Blood bank and arranged a camp setting on the “Amritalal Patra Manch” of the college. An outstanding number of 46 donators donated their blood in the camp out of which 19 were NSS volunteers themselves. The team collected blood in ice box and provided each donator with certificates and coupons. The team along with the volunteers had their lunch in the college premises and the students took rest. In the afternoon the volunteers gathered for practicing the NSS clap and NSS song for the cultural programme to be held on the last

day. They rehearsed for songs, skits, dance performances. In the evening they had their tiffin and gathered in the seminar hall for group discussion. In the night they had lunch and moved to bed.





Day-6 (28/03/2019)

In the activity list of day 6 there was a special awareness programme in the adopted village regarding health and hygiene. Volunteers organized a cleanliness drive. Volunteers cleaned the village roads, removed dust heaps and cleared the stagnant drainage flows and attempted to create awareness on Cleanliness and hygiene. They swept with brooms on the roads of the village. The volunteers moved with bleaching powder in the nook and corners of the adopted village and had discussions home to home regarding the cleanliness status of the village. They talked with the village family heads regarding the approximate expenditure they go through every month regarding health maintenance. Some important information regarding the importance of knowing blood group was also spreaded. After that the group of volunteers moved towards college and had their lunch. They moved to seminar hall of college to learn about a special class on first aid and basic nursing and how it can help them to help the society as well as. The members of helped us in this regard. In

the evening after having tiffin the volunteers again prepared for the cultural programme and had group discussion. In the night they had dinner and went to bed.





Day-7 (29/03/2019)

On the last day of the camp after morning physical exercise the volunteers cleaned the campus and had their breakfast. After that they gathered inside the seminar hall for their cultural programme in front of the college faculty and staff. The programme continued till 1.30pm after which the volunteers had their lunch. After that the certificate distribution ceremony started and best girl and boy volunteers were chosen and awarded. From there they moved to the college ground and camp fire was done. After that the closure of the camp was declared with National Anthem.





Outcome of Special Camp

Muslo is a small village in Bankura District. It has 200-250 houses with nearly 1500 people.

The observations we have made during camp are

- The volunteers had a very good opportunity and experience.
- Good primary schooling in Muslo.
- Health check-up camp was very helpful for the villagers.

- People have good vaccination policy prevailing in the area especially for polio and other diseases for new borns.
- Free medicines are available at health centres.
- Sanitation programmes are still lacking by Govt. initiatives.
- Diseases like Thalassemia and Haemophilia are non prevalent.
- People still don't understand the importance of blood group knowing and the importance of blood testing before marriage.
- Marriage before 18 yrs for female are still common.
- Good number of female are anaemic and lack proper nutrition.
- Volunteers have given their report on what they have learned in the special camp and during learning process in what way they made people aware of many issues like diseases etc.

Acknowledgements

We would like to thank Dr. Santu Singha, coordinator of NSS at Bankura University for allowing us to conduct this 7 day special camp. We would thank Dr. Bappaditya Mandal, Principal, Sonamukhi College for his immense inspiration in conducting the camp. We would thank college management for their kind support and guidance for the smooth conduction of the camp. We also thank them for giving this great opportunity of lending hand to the poor and serving the needy society in various ways.

“WE SERVE THE DESERVE”

***Report on
NSS Special camp***



***Organized by
Sonamukhi College NSS Unit-III***



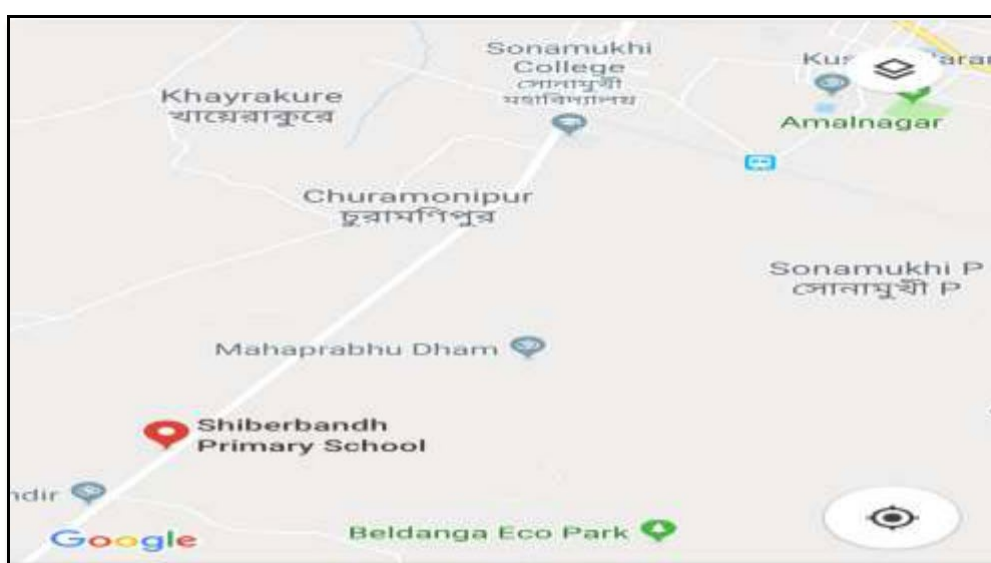
From 23.03.2019 to 29.03.2019

Introduction

NSS unit-III of Sonamukhi College, Sonamukhi, Bankura, under Bankura university, organized a special camp in the adopted village, Shiber Bandh from 23-03-2019 to 29-03-2019. This special camp was organised with the help of Kochdihi Gram Panchayet. The main project for this camp was based on, to make the village Shiber Bandh free from open garbage, to look for the basic health condition of the villagers and to make Swachhta a basic criteria. The Volunteers of the NSS unit performed many other activities – health camps, cleanliness of local Govt. primary schools, health survey to look into the basic health needs of the villagers, learning programmes to provide themselves with the ability to fight against etc.

Location

Shiber Bandh is a village located 3.5km away from Sonamukhi College and comes under the Kochdihi Gram Panchayet. It is an adopted village by the Sonamukhi college NSS Unit-III where the NSS special camp activities were carried out.



volunteers

A total of 50 volunteers took part in the camp. Their names are as follows-

SONAMUKHI COLLEGE NSS UNIT - III

SL.NO	NAME	SL.NO	NAME
1	Sri ANUPAM MONDAL(PO)	26	SUTAPA SOO
2	Sri AYANANTA LOHAR (UNIT ASSISTANT)	27	TANUSHREE SHIT
3	BIN YEAMIN MONDAL	28	TANUSHREE GHOSH
4	RAJAT GHOSH	29	PUJA BISWAS
5	SAJAL SAREN	30	DIBYA SAHA
6	SK KUDDUSH	31	SUBHAJIT CHEL
7	JOYANTA ROY	32	HRIDAY GHOSH
8	CHANCHAL BOURI	33	SANDIPAN TUNGA
9	AKSHAY BAURI	34	AYAN KHANRA
10	SOMNATH BORAL	35	SAJAL SAREN
11	PAYEL MAJI	36	TARUN PAL
12	ANUSHREE MANDI	37	NAYAN MAJUMDAR
13	PUJA GHOSH	38	RAJESH RANA
14	PUJA DUTTA	39	BUBAI BANERJEE
15	ATASI BAG	40	SANDIP PAL
16	SUPARNA GORAI	41	SUDIPA GORAI
17	MALLIKA DAS	42	INDRANI MUKHERJEE
18	SONALI GHOSH	43	MOUMITA ROY
19	PUJA PAL	44	PRATIM KARMAKAR
20	JHILIK SAMANTA	45	SOUVIK CHATTERJEE
21	APARNA ROY	46	PARAMITA SINGHA
22	KRISHNA RAJAK	47	MOUBANI GHOSAL
23	PRIYANKA SAU	48	SUBHAJIT NANDI
24	PAPIYA GHOSH	49	AMIT KUMAR SINGH
25	SOVA BISWAS	50	TARUN PAL

List of activities performed

For the NSS special camp the list of activities were prepared keeping in mind about the needs of the adopted village as well as the personality development of the volunteers. The routine is as follows-

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 Paschimbango Vigyan O Juktibadi Samiti”.
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

Date wise activity report

Day1-23/03/2019

The forenoon session of the Day began with an inauguration programme by the unit. The Principal of Sonamukhi College Dr. Bappaditya Mandal inaugurated the programme with his speech in front of the volunteers and inspired them for the upcoming 7 day challenge. He made them understand the value of the programme undertaken and the oath taking was done. The volunteers then moved towards the college ground and started the day with the basic cleaning of the college campus. After that they had their lunch on the college campus and gathered inside the seminar hall for a valuable lecture by Dr. Shuvra Kanti Sinha, asst Professor Dept. of Zoology, Sonamukhi College on the “Dangers of fly mediated diseases and their possible remedies”. The volunteers came to learn about the dangers of dirt mediated fly invasion and their resultant diseases and how they can make their surroundings free from such diseases by maintaining cleanliness. The volunteers then had their tea break and made a procession in the village. Volunteers rallied into the streets of the village to create awareness among the villagers about the ensuing special camp programme in their village for a period of one week. Program was conducted by NSS Programme officer of the unit Sri Anupam Mondal, Assistant Professor of the Sanskrit. Panchayat Pradhan of the Village and several village people attended the function. Village authorities welcomed the team of Volunteers into their village and assured them all sorts of co-operation needed in making the special camp a success. Then the team moved towards college premises to have their dinner. After taking dinner volunteers discussed the project agenda and activities with NSS programme officer, before going into the bed volunteers sang the NSS song.





Day-2 (24/03/2019)

In the dawn of the second Day, volunteers started their day with the gathering in the college campus and physical training. Yoga was also trained to them for basic physical fitness during the day full of activities and social work. They had their early breakfast in the college and rallied towards Shiber Bandh. They went to perform voluntary action for the health camp that was organized in the village by the NSS Unit. In this regard Dept. of Health, Sonamukhi Health centre provided their support. A team of three health professionals provided their set up for blood group analysis, blood pressure monitoring, body weight check up, blood sugar analysis to the local people. Around 188 villagers gathered in the NSS volunteer mediated health camp to have their health check up out of which 77 were children. Dr. checked up them for health condition and provided with prescription too. The Health camp ended at around 1.30pm after which the volunteers rallied towards college. In the college campus they had their lunch after which they moved towards the seminar room to listen to a timely seminar and training by “Paschimbango Vigyan O Juktibadi Samiti”. They delivered a lecture on Cardio-pulmonary resuscitation (CPR) which is a life saving technique used in medical emergencies such as heart attack or cardiac arrest, suffocation, drowning and other emergencies. Similarly the members taught the volunteers the different enigma persisting in villagers mind regarding snake bite. They made the volunteers understand about the identification of poisonous and non poisonous snakes and the general first aid that can be applied during snake bite. The volunteers after the lecture had their tiffin and took some rest. After that they gathered for team discussion for the next day activities, in the night they had their dinner and moved to bed.











Day-3 (25/03/2019)

In the dawn the volunteers woke up and started their day with physical training and yoga.

They moved to different parts of the college campus and started cleaning programme.

Around 8.00am they had their breakfast and rallied towards Shiber Bandh. In the day time a survey was conducted to know the basic health condition of the villagers. The volunteers

were provided with a questionnaire to know the basic health facilities that they are provided with and their future expectations from the society. About 50 volunteers divided themselves into sub groups and went into the streets, lanes and by lanes of the village.

Home to home health survey was conducted accordingly. After the whole programme the volunteers moved to college, had their lunch and in the following Session, a Personality

Development Programme was organized. A full length discussion was initiated by the NSS

Unit members of Bankura University. A Brain storming session was organized, thoughts and ideas were exchanged on Leadership quality and Team Spirit and importance of

collective responsibility in achieving common goals of community service. Volunteers came to know about the voluntary service that nationwide is provided by NSS volunteers

which boosted them up with the zeal and hardwork to continue the camp successfully.

After having their tiffin they again started group discussion regarding the activities of the next day. In the night they had dinner.











Day – 4 (26/03/2019)

In the next dawn the volunteers started their day with morning physical exercise and yoga. After breakfast they moved to Shiber Bandh to interact with the local people. They went to local primary schools and interacted with the children and made them understand regarding the basic need of health and hygiene. They interacted with the students about their daily food habits and also taught them with the hazards of open defecation. They cleaned the toilets of the school including playground and classrooms too. In the next session they moved to college, had lunch and gathered in the seminar hall for an outstanding class for motivation on blood donation by Dr. Sidhhartha Chatterjee. Volunteers were boosted by Dr. Chatterjee on the need of blood donation in the society and how NSS volunteers can organize blood donation camps for the betterment of the

society. After that they had tiffin and gathered for discussing the activities of the next day.

In the night they went to bed after having dinner.







Day-5(27/03/2019)

The Subject of fourth day camp was a major drive regarding organizing a blood donation camp in the college premises and creation of healthy society through community health services. A public announcement was done by our volunteers to inform people to come to donate blood in the camp. A team of 6 entered the college campus from Bishnupur Blood bank and arranged a camp setting on the “Amritalal Patra Manch” of the college. An outstanding number of 46 donators donated their blood in the camp out of which 19 were NSS volunteers themselves. The team collected blood in ice box and provided each donator with certificates and coupons. The team along with the volunteers had their lunch in the college premises and the students took rest. In the afternoon the volunteers gathered for practicing the NSS clap and NSS song for the cultural programme to be held on the last day. They rehearsed for songs, skits, dance performances. In the evening they had their

tiffin and and gathered in the seminar hall for group discussion. In the night they had lunch and moved to bed.





Day-6 (28/03/2019)

In the activity list of day 6 there was a special awareness programme in the adopted village regarding health and hygiene. Volunteers organized a cleanliness drive. Volunteers cleaned the village roads, removed dust heaps and cleared the stagnant drainage flows and attempted to create awareness on Cleanliness and hygiene. They swept with brooms on the roads of the village. The volunteers moved with bleaching powder in the nook and corners of the adopted village and had discussions home to home regarding the cleanliness status of the village. They talked with the village family heads regarding the approximate expenditure they go through every month regarding health maintenance. Some important information regarding the importance of knowing blood group was also spreaded. After that the group of volunteers moved towards college and had their lunch. They moved to seminar hall of college to learn about a special class on first aid and basic nursing and how it can help them to help the society as well as. The members of helped us in this regard. In

the evening after having tiffin the volunteers again prepared for the cultural programme and had group discussion. In the night they had dinner and went to bed.





Day-7 (29/03/2019)

On the last day of the camp after morning physical exercise the volunteers cleaned the campus and had their breakfast. After that they gathered inside the seminar hall for their cultural programme in front of the college faculty and staff. The programme continued till 1.30pm after which the volunteers had their lunch. After that the certificate distribution ceremony started and best girl and boy volunteers were chosen and awarded. From there they moved to the college ground and camp fire was done. After that the closure of the camp was declared with National Anthem.



Outcome of Special Camp

Shiber Bandh is a small village in Bankura District. It has 200-250 houses with nearly 1500 people.

The observations we have made during camp are

- The volunteers had a very good opportunity and experience.
- Good primary schooling in Shiber Bandh.
- Health check-up camp was very helpful for the villagers.
- People have good vaccination policy prevailing in the area especially for polio and other diseases for new borns.
- Free medicines are available at health centres.
- Sanitation programmes are still lacking by Govt. initiatives.

- Diseases like Thalassemia and Haemophilia are non prevalent.
- People still don't understand the importance of blood group knowing and the importance of blood testing before marriage.
- Marriage before 18 yrs for female are still common.
- Good number of female are anaemic and lack proper nutrition.
- Volunteers have given their report on what they have learned in the special camp and during learning process in what way they made people aware of many issues like diseases etc.

Acknowledgements

We would like to thank Dr. Santu Singha, coordinator of NSS at Bankura University for allowing us to conduct this 7 day special camp. We would thank Dr. Bappaditya Mandal, Principal, Sonamukhi College for his immense inspiration in conducting the camp. We would thank college management for their kind support and guidance for the smooth conduction of the camp. We also thank them for giving this great opportunity of lending hand to the poor and serving the needy society in various ways.

“WE SERVE THE DESERVE”

***Report on
NSS Special camp***



***Organized by
Sonamukhi College NSS Unit-III***



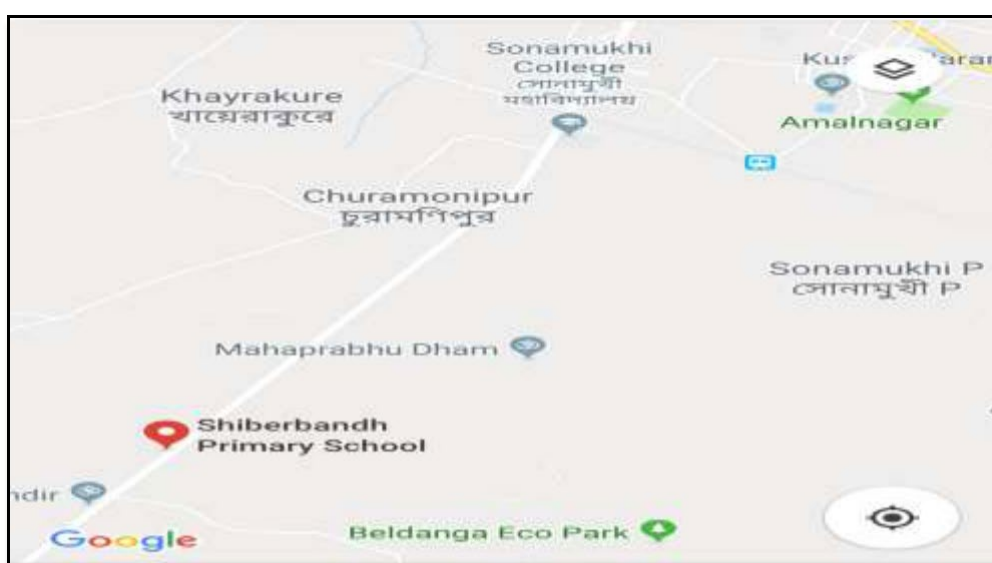
From 23.03.2019 to 29.03.2019

Introduction

NSS unit-III of Sonamukhi College, Sonamukhi, Bankura, under Bankura university, organized a special camp in the adopted village, Shiber Bandh from 23-03-2019 to 29-03-2019. This special camp was organised with the help of Kochdihi Gram Panchayet. The main project for this camp was based on, to make the village Shiber Bandh free from open garbage, to look for the basic health condition of the villagers and to make Swachhta a basic criteria. The Volunteers of the NSS unit performed many other activities – health camps, cleanliness of local Govt. primary schools, health survey to look into the basic health needs of the villagers, learning programmes to provide themselves with the ability to fight against etc.

Location

Shiber Bandh is a village located 3.5km away from Sonamukhi College and comes under the Kochdihi Gram Panchayet. It is an adopted village by the Sonamukhi college NSS Unit-III where the NSS special camp activities were carried out.



volunteers

A total of 50 volunteers took part in the camp. Their names are as follows-

SONAMUKHI COLLEGE NSS UNIT - III

SL.NO	NAME	SL.NO	NAME
1	Sri ANUPAM MONDAL(PO)	26	SUTAPA SOO
2	Sri AYANANTA LOHAR (UNIT ASSISTANT)	27	TANUSHREE SHIT
3	BIN YEAMIN MONDAL	28	TANUSHREE GHOSH
4	RAJAT GHOSH	29	PUJA BISWAS
5	SAJAL SAREN	30	DIBYA SAHA
6	SK KUDDUSH	31	SUBHAJIT CHEL
7	JOYANTA ROY	32	HRIDAY GHOSH
8	CHANCHAL BOURI	33	SANDIPAN TUNGA
9	AKSHAY BAURI	34	AYAN KHANRA
10	SOMNATH BORAL	35	SAJAL SAREN
11	PAYEL MAJI	36	TARUN PAL
12	ANUSHREE MANDI	37	NAYAN MAJUMDAR
13	PUJA GHOSH	38	RAJESH RANA
14	PUJA DUTTA	39	BUBAI BANERJEE
15	ATASI BAG	40	SANDIP PAL
16	SUPARNA GORAI	41	SUDIPA GORAI
17	MALLIKA DAS	42	INDRANI MUKHERJEE
18	SONALI GHOSH	43	MOUMITA ROY
19	PUJA PAL	44	PRATIM KARMAKAR
20	JHILIK SAMANTA	45	SOUVIK CHATTERJEE
21	APARNA ROY	46	PARAMITA SINGHA
22	KRISHNA RAJAK	47	MOUBANI GHOSAL
23	PRIYANKA SAU	48	SUBHAJIT NANDI
24	PAPIYA GHOSH	49	AMIT KUMAR SINGH
25	SOVA BISWAS	50	TARUN PAL

List of activities performed

For the NSS special camp the list of activities were prepared keeping in mind about the needs of the adopted village as well as the personality development of the volunteers. The routine is as follows-

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 Paschimbango Vigyan O Juktibadi Samiti”.
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

Date wise activity report

Day1-23/03/2019

The forenoon session of the Day began with an inauguration programme by the unit. The Principal of Sonamukhi College Dr. Bappaditya Mandal inaugurated the programme with his speech in front of the volunteers and inspired them for the upcoming 7 day challenge. He made them understand the value of the programme undertaken and the oath taking was done. The volunteers then moved towards the college ground and started the day with the basic cleaning of the college campus. After that they had their lunch on the college campus and gathered inside the seminar hall for a valuable lecture by Dr. Shuvra Kanti Sinha, asst Professor Dept. of Zoology, Sonamukhi College on the “Dangers of fly mediated diseases and their possible remedies”. The volunteers came to learn about the dangers of dirt mediated fly invasion and their resultant diseases and how they can make their surroundings free from such diseases by maintaining cleanliness. The volunteers then had their tea break and made a procession in the village. Volunteers rallied into the streets of the village to create awareness among the villagers about the ensuing special camp programme in their village for a period of one week. Program was conducted by NSS Programme officer of the unit Sri Anupam Mondal, Assistant Professor of the Sanskrit. Panchayat Pradhan of the Village and several village people attended the function. Village authorities welcomed the team of Volunteers into their village and assured them all sorts of co-operation needed in making the special camp a success. Then the team moved towards college premises to have their dinner. After taking dinner volunteers discussed the project agenda and activities with NSS programme officer, before going into the bed volunteers sang the NSS song.







Day-2 (24/03/2019)

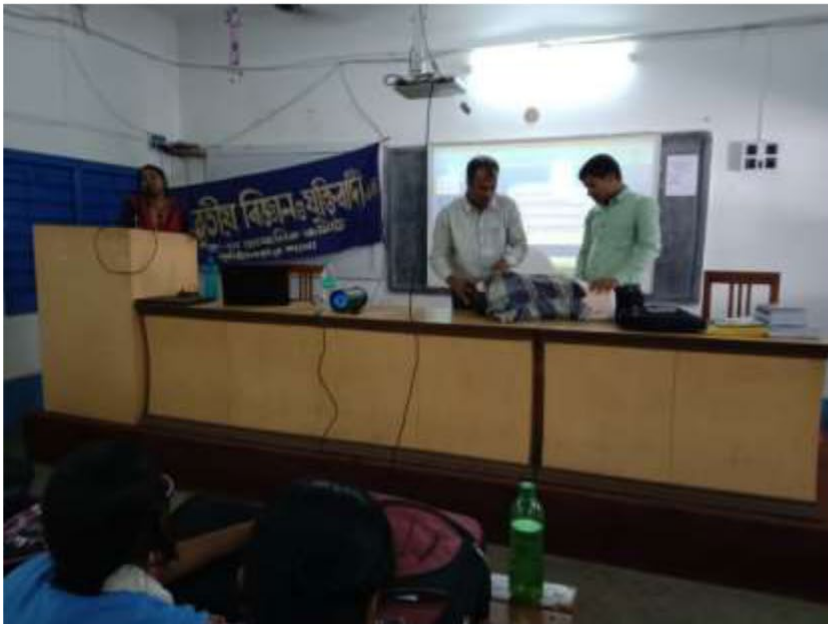
In the dawn of the second Day, volunteers started their day with the gathering in the college campus and physical training. Yoga was also trained to them for basic physical fitness during the day full of activities and social work. They had their early breakfast in the college and rallied towards Shiber Bandh. They went to perform voluntary action for the health camp that was organized in the village by the NSS Unit. In this regard Dept. of Health, Sonamukhi Health centre provided their support. A team of three health professionals provided their set up for blood group analysis, blood pressure monitoring, body weight check up, blood sugar analysis to the local people. Around 188 villagers gathered in the NSS volunteer mediated health camp to have their health check up out of which 77 were children. Dr. checked up them for health condition and provided with prescription too. The Health camp ended at around 1.30pm after which the volunteers rallied towards college. In the college campus they had their lunch after which they moved towards the seminar room to listen to a timely seminar and training by “Paschimbango

Vigyan O Juktibadi Samiti”. They delivered a lecture on Cardio-pulmonary resuscitation (CPR) which is a life saving technique used in medical emergencies such as heart attack or cardiac arrest, suffocation, drowning and other emergencies. Similarly the members taught the volunteers the different enigma persisting in villagers mind regarding snake bite. They made the volunteers understand about the identification of poisonous and non poisonous snakes and the general first aid that can be applied during snake bite. The volunteers after the lecture had their tiffin and took some rest. After that they gathered for team discussion for the next day activities, in the night they had their dinner and moved to bed.









Day-3 (25/03/2019)

In the dawn the volunteers woke up and started their day with physical training and yoga.

They moved to different parts of the college campus and started cleaning programme.

Around 8.00am they had their breakfast and rallied towards Shiber Bandh. In the day time a survey was conducted to know the basic health condition of the villagers. The volunteers

were provided with a questionnaire to know the basic health facilities that they are provided with and their future expectations from the society. About 50 volunteers divided themselves into sub groups and went into the streets, lanes and by lanes of the village.

Home to home health survey was conducted accordingly. After the whole programme the volunteers moved to college, had their lunch and in the following Session, a Personality

Development Programme was organized. A full length discussion was initiated by the NSS

Unit members of Bankura University. A Brain storming session was organized, thoughts and ideas were exchanged on Leadership quality and Team Spirit and importance of

collective responsibility in achieving common goals of community service. Volunteers came to know about the voluntary service that nationwide is provided by NSS volunteers

which boosted them up with the zeal and hardwork to continue the camp successfully.

After having their tiffin they again started group discussion regarding the activities of the

next day. In the night they had dinner.











Day – 4 (26/03/2019)

In the next dawn the volunteers started their day with morning physical exercise and yoga. After breakfast they moved to Shiber Bandh to interact with the local people. They went to local primary schools and interacted with the children and made them understand regarding the basic need of health and hygiene. They interacted with the students about their daily food habits and also taught them with the hazards of open defecation. They cleaned the toilets of the school including playground and classrooms too. In the next session they moved to college, had lunch and gathered in the seminar hall for an outstanding class for motivation on blood donation by Dr. Sidhhartha Chatterjee. Volunteers were boosted by Dr. Chatterjee on the need of blood donation in the society and how NSS volunteers can organize blood donation camps for the betterment of the

society. After that they had tiffin and gathered for discussing the activities of the next day.

In the night they went to bed after having dinner.







Day-5(27/03/2019)

The Subject of fourth day camp was a major drive regarding organizing a blood donation camp in the college premises and creation of healthy society through community health services. A public announcement was done by our volunteers to inform people to come to donate blood in the camp. A team of 6 entered the college campus from Bishnupur Blood bank and arranged a camp setting on the “Amritalal Patra Manch” of the college. An outstanding number of 46 donators donated their blood in the camp out of which 19 were NSS volunteers themselves. The team collected blood in ice box and provided each donator with certificates and coupons. The team along with the volunteers had their lunch in the college premises and the students took rest. In the afternoon the volunteers gathered for practicing the NSS clap and NSS song for the cultural programme to be held on the last day. They rehearsed for songs, skits, dance performances. In the evening they had their

tiffin and and gathered in the seminar hall for group discussion. In the night they had lunch and moved to bed.



Day-6 (28/03/2019)

In the activity list of day 6 there was a special awareness programme in the adopted village regarding health and hygiene. Volunteers organized a cleanliness drive. Volunteers cleaned the village roads, removed dust heaps and cleared the stagnant drainage flows and attempted to create awareness on Cleanliness and hygiene. They swept with brooms on the roads of the village. The volunteers moved with bleaching powder in the nook and corners of the adopted village and had discussions home to home regarding the cleanliness status of the village. They talked with the village family heads regarding the approximate expenditure they go through every month regarding health maintenance. Some important information regarding the importance of knowing blood group was also spreaded. After that the group of volunteers moved towards college and had their lunch. They moved to seminar hall of college to learn about a special class on first aid and basic nursing and how it can help them to help the society as well as. The members of helped us in this regard. In the evening after having tiffin the volunteers again prepared for the cultural programme and had group discussion. In the night they had dinner and went to bed.





Day-7 (29/03/2019)

On the last day of the camp after morning physical exercise the volunteers cleaned the campus and had their breakfast. After that they gathered inside the seminar hall for their cultural programme in front of the college faculty and staff. The programme continued till 1.30pm after which the volunteers had their lunch. After that the certificate distribution ceremony started and best girl and boy volunteers were chosen and awarded. From there they moved to the college ground and camp fire was done. After that the closure of the camp was declared with National Anthem.



Outcome of Special Camp

Shiber Bandh is a small village in Bankura District. It has 200-250 houses with nearly 1500 people.

The observations we have made during camp are

- The volunteers had a very good opportunity and experience.
- Good primary schooling in Shiber Bandh.
- Health check-up camp was very helpful for the villagers.
- People have good vaccination policy prevailing in the area especially for polio and other diseases for new borns.
- Free medicines are available at health centres.
- Sanitation programmes are still lacking by Govt. initiatives.

- Diseases like Thalassemia and Haemophilia are non prevalent.
- People still don't understand the importance of blood group knowing and the importance of blood testing before marriage.
- Marriage before 18 yrs for female are still common.
- Good number of female are anaemic and lack proper nutrition.
- Volunteers have given their report on what they have learned in the special camp and during learning process in what way they made people aware of many issues like diseases etc.

Acknowledgements

We would like to thank Dr. Santu Singha, coordinator of NSS at Bankura University for allowing us to conduct this 7 day special camp. We would thank Dr. Bappaditya Mandal, Principal, Sonamukhi College for his immense inspiration in conducting the camp. We would thank college management for their kind support and guidance for the smooth conduction of the camp. We also thank them for giving this great opportunity of lending hand to the poor and serving the needy society in various ways.

“WE SERVE THE DESERVE”

6) 'PARTHENIUM' UPROOTING PROGRAM

Date- 26/06/2019

On 26/06/2019 the NSS of Sonamukhi College undertook 'Parthenium Uprooting Program' as the surroundings of our college were densely covered with the poisonous 'Parthenium'. Taking sufficient preventive measures and precautions, they jointly ventured to uproot those venomous elements and succeeded in making the locality a Parthenium free one. . A total of 52 volunteers and 35 teachers took part in the programme.

