

Report of NSS- activities done from 1st April, 2022 to 31st March, 2023

List of Regular Activities done in the period:

1. College Campus Cleaning Drive dated 01.04.2022
2. Digital campaign to avoid the use of plastic national flags (Independence Week)
3. Encouraging all to visit the Har Ghar Tiranga website and pin flag in their location and in important public places/historical monuments (Independence Week)
4. Encouraging all to take screenshots/photographs/selfies with the Indian National Flag (Independence Week)
5. Debate competition dated 12.08.2022
6. Online quiz competition dated 15.08.2022
7. Sharing of videos created by NSS volunteers on the significance of Independence Day dated 15.08.2022
8. Awareness programme on Role of Organic Manure for Restoration of Soil dated 28.08.2022
9. Distribution of saplings among farmers of Goalpota village dated 30.08.2022
10. Distribution of plant saplings to local people/inhabitants near college dated 02.09.2022
11. Campus Cleaning Programme dated 23.09.2022
12. NSS Day celebration with school children dated 24.09.2022
13. Unity Run cum Fit India Freedom Run dated 29.10.2022
14. Campus Cleaning Programme dated 04.01.2023
15. Free Health cum Eye Checkup dated 07.01.2023
16. International Women's Day Celebration through digital posters dated 08.03.2023.
17. Post Celebration of International Women's Day at college dated 17.03.2023.

Other Regular Activities done in the period:

1. Regular maintenance of plants growing in the college campus.
2. Provision of first aid.

1. College Campus Cleaning Drive dated 01.04.2022

Organiser:

A campus cleaning drive was organized on 01.04.2022 by the NSS-Unit of the college in collaboration with the IQAC of the college.

Programme Overview:

A cleaning drive of college campus was arranged by the NSS-Unit of the college.

Date of commencement: 01.04.2022

Time: 11:00 a.m., Venue: College Campus Necessary arrangements of hand-gloves, hand-cleaning items, brooms, food packets were made for the volunteers. The entire campus of the college and the adjoining roadside were cleaned of litters and cleared of weeds.

The entire cleaning work ended at about 1:00 p.m. Messages to avoid littering and act responsibly were shared among the students. The volunteers after washing and cleaning their hands had refreshment. The cleaning drive came to end successfully.

2. Digital campaign to avoid the use of plastic national flags (Independence Week)

The NSS Unit of our college started a digital campaign to avoid the use of plastic national flags using #saynotoplasticflags #saynotoplasticnationalflags #nss_smcunit1 in various online social media platforms.

The message to avoid plastic flags to #beatplasticpollution was asked to be spread by the teachers, staff and the students among all individuals.

The volunteers made videos regarding it and shared along with photos. The message was massively shared through various WhatsApp groups.









Photographs of NSS volunteers spreading the message of not using plastic flags to celebrate Independence Day



NSS Sovarani Memorial College Unit I ...

@nss_smcunit1

With the celebration of the Independence Day that's already begun, sale of national flags have increased.

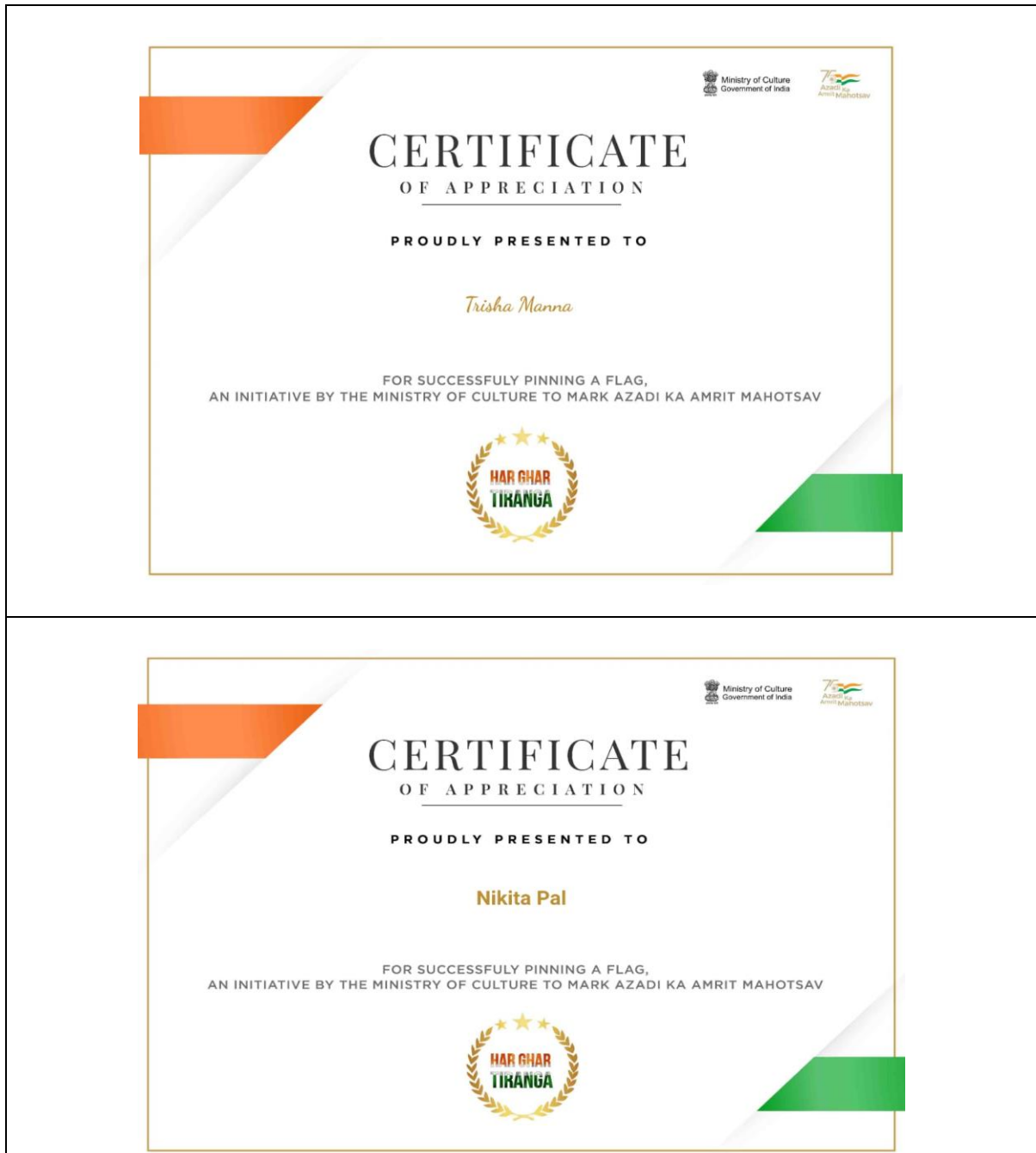
The NSS Unit of Sovarani Memorial College pledges to use flags made of sustainable materials like cloth and paper. We stand for

[#saynotoplasticflags](#)

[#beatplasticpollution](#) 

3. Encouraging all to visit the Har Ghar Tiranga website and pin flag in their location and in important public places/historical monuments (Independence Week)

The teachers, staff and students were encouraged to visit the Har Ghar Tiranga website- <https://harghartiranga.com/> and pin flag and collect certificate. They were also encouraged to pin flag in important public places/historical monuments to create consciousness among the common people.



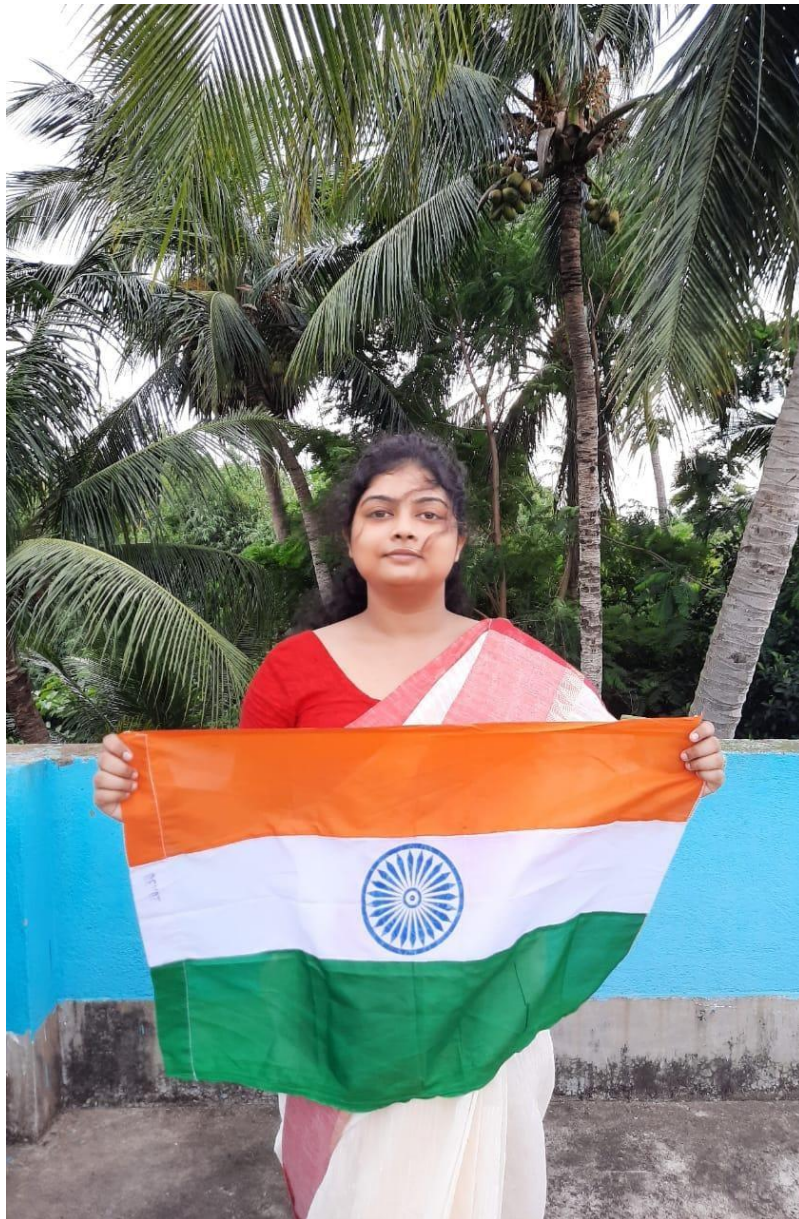




4. Encouraging all to take screenshots/photographs/selfies with the Indian National Flag (Independence Week)

Everyone were asked to take screenshots/photographs/selfies with the flag and share in various platforms.

The volunteers wore traditional clothes and shared photographs and videos in online platforms.









Photographs of NSS volunteers with the Indian National Flag on Independence Day

5. Debate competition titled “Youth in the Modern Era” dated 12.08.2022

Organiser:

The debate competition was organized on 12.08.2022 by the NSS-Unit in collaboration with the Department of English and the IQAC of the college.

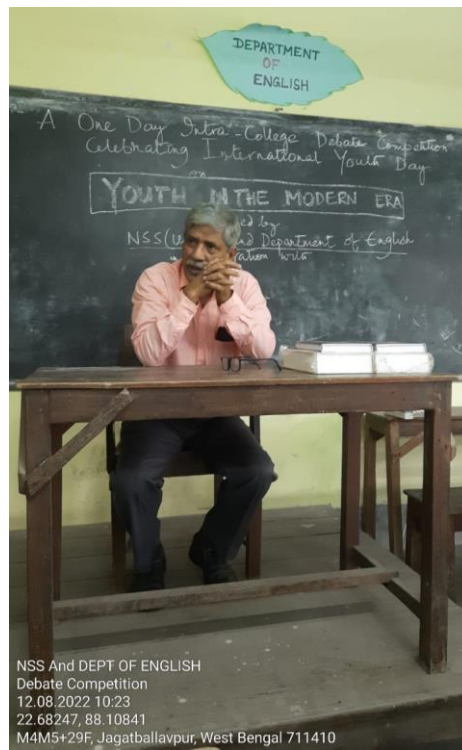
Programme Overview:

The notice for the said was shared in the college among the students. Students were asked to register using a google form which was shared in the college website and various whatsapp groups.

The debate competition was held in room number 18 of the college. The programme started with an inaugural address of the Principal. The first round of the debate allowed the students to argue on topics that were provided earlier. In this round, the individual's strength of argument, body language and ability to doublethink were judged by a panel comprising Ms. Debika Das, Ms. Mousumi Dhara and Mr. Tamal Das.

In the next round, two teams were formulated on the spot for a group debate. The panel of judges consisted of Mr. Pradyumna Bandopadhyay, Dr. Gopal Chandra Sett and Dr. Ajay Sarkar.

The programme came to a close with the announcement of the winners.









Photographs from the debate competition dated 12.08.2022.

6. Online quiz competition dated 15.08.2022

Organiser:

The online quiz competition was organized on 15.08.2022 by the NSS-Unit in collaboration with the Department of History and the IQAC of the college.

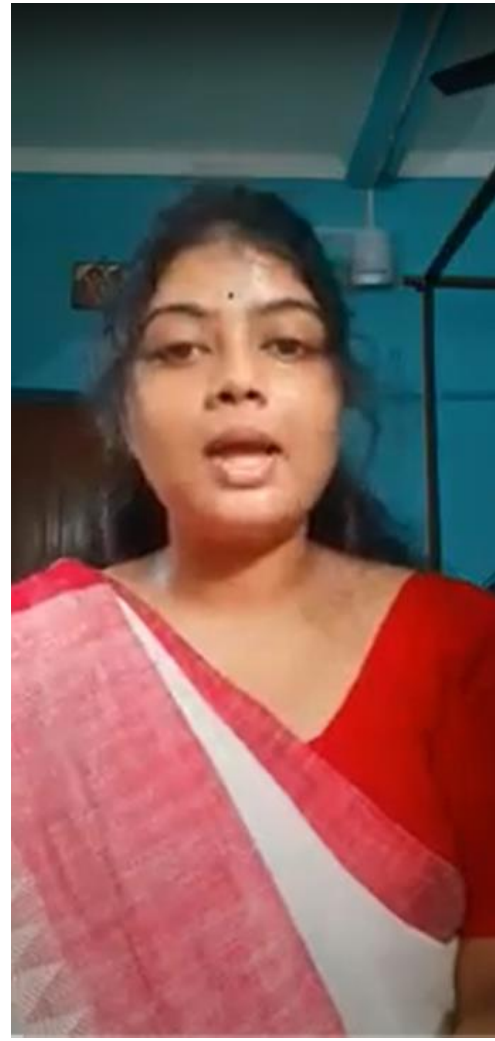
Programme Overview:

The notice for the said was shared in the college among the students. They were directed to register using a google form which was shared. The quiz was conducted online via Google Form containing MCQs. The quiz was around the topics relating to the Indian Independence. The participants were provided with e-certificates as a token of participation.



Picture: Example of e-certificate issued to one of the participants

7. Sharing of videos created by NSS volunteers on the significance of Independence Day dated 15.08.2022





Picture: Screenshots of NSS volunteers sharing messages and importance of Independence Day

8. Awareness Programme on Role of Organic Manure for Restoration of Soil dated 28.08.2022

Organiser:

An awareness programme was organized on 22.08.2022 by the IQAC and the NSS-Unit of the college in collaboration with Howrah Krishi Vigyan Kendra.

Programme Overview:

The programme was held in Howrah Krishi Vigyan Kendra, Jagatballavpur. Local farmers, villagers and students were invited to attend the lecture and discussions given by knowledgeable speakers in this field. The programme was focussed on sharing the important message of saving the soil quality and restoring the nutrients of depleted soil.

Awareness programme on...

Role of organic manure for restoration of soil health

মাটির স্বাস্থ্য সুরক্ষায় জৈব সারের ভূমিকা

Organized by :

IQAC and NSS unit of Sovarani Memorial College

in collaboration with

Howrah Krishi Vigyan Kendra



Internal
Quality
Assurance Cell



Date : 29th August, 2022

Venue : Howrah Krishi Vigyan Kendra.

Time at 12 p.m.





Sovarani Memorial College
Awareness Programme 29.8.2022
29.08.2022 12:48
22.67758, 88.1177
M4H9+54G, Jagatballavpur, West Bengal 711410





Awareness Programme 29.8.2022
29.08.2022 13:57
22.68595, 88.13295
M4GF+Q32, Bargachia - Jagatballavpur Road,
Jagatballavpur, West Bengal 711410



Photographs from the awareness programme on Role of Organic Manure for Restoration of Soil dated 28.08.2022

9. Distribution of saplings among farmers of Goalpota village dated 30.08.2022

Organiser:

The extension programme was organized on 30.08.2022 by the IQAC, the NSS-Unit of the college and Ajanta Nursery.

Programme Overview:

The programme was held in the college. Farmers of Goalpota village were invited to assemble in the college and receive saplings of plants such as jamun, sirish, guava, etc. for their houses and fields. The Principal of the college inaugurated the programme by welcoming them and distributing the saplings to a few farmers. The programme was aimed at encouraging more plantation in the household levels.



Distribution Of Saplings 30.8.2022
30.08.2022 14:12
22.68254, 88.10795
M4J5+X6H, Jagatballavpur, West Bengal 711410



Distribution Of Saplings 30.8.2022
30.08.2022 14:13
22.68259, 88.1081
M4M5+36P, Jagatballavpur, West Bengal 711410





Photographs of distribution of saplings among farmers of Goalpota village dated 30.08.2022

10. Distribution of plant saplings to local people/inhabitants near college dated 02.09.2022

Organiser:

The programme was organized on 02.09.2022 by the NSS-Unit in collaboration with the IQAC of the college and Ajanta Nursery.

Programme Overview:

The distribution programme started from the college to the neighbouring areas near the college. The volunteers of the NSS-unit distributed the saplings to local inhabitants by visiting their houses, shops and pedestrians on the road. They encouraged them to plant those saplings and other plants too in their areas passing the message of the benefits of plantation.





Photographs of distribution of plant saplings to local people/inhabitants near college dated 02.09.2022

11. Campus Cleaning Programme dated 23.09.2022

The volunteers cleaned a part of college campus as a part of Swachh Bharat Abhiyan activities.





Photographs of volunteers cleaning a part of college campus on 23.09.2022

12. NSS Day celebration with school children dated 24.09.2022

NSS was launched on September 24, 1969, by Dr. V. K. R.V. Rao, the father of NSS and then the Education Minister of India, in 37 universities. Therefore, 24th September is celebrated as the NSS Day.

To observe the NSS Day, the NSS-Unit of our college decided to celebrate the day with the school children of Gohalpota Kiranmoyee Jr. Basic School, Jagatballavpur, Howrah. This school comes under the area of the adopted village.

The programme was arranged in the classrooms of the school. The NSS-volunteers worked in groups. The volunteers

PROGRAMME SCHEDULE FOR EXTENSION ACTIVITY
BY THE NSS UNIT, SOVARANI MEMORIAL COLLEGE
ON THE OCCASION OF NSS DAY, 24TH SEPTEMBER, 2022
AT GOHALPOTA KIRANMOYEE JR. BASIC SCHOOL,
JAGATBALLAVPUR, HOWRAH

Room 1

S. No.	Programme
1	Programme starts from 11:00 a.m. <i>"Introductory Speech"</i> By the NSS Programme-Officer – Prof. Urvashi Lama
2	<i>"NSS Song"</i> By all NSS volunteers
3	<i>"Importance of health and fitness"</i> Demonstration by NSS volunteers – Saheli Paul, Bhagyashree Das and Nazmeen Khatun
4	<i>"Smart Mathematical Tricks"</i> Demonstration by NSS volunteer – Arindam Manna
5	<i>"Story-telling and poem-reciting"</i> Demonstration by NSS volunteers – Trisha Manna, Swarnali Mukherjee and Sajida Khatun
6	<i>"Importance of hygiene"</i> Demonstration by NSS volunteers – Nikita Pal, Ajmira Khatun and Taniya Halder
7	<i>"Distribution of stationeries to students"</i> By the NSS-Unit, Sovarani Memorial College
8	<i>"Final Speech"</i> By the Head Teacher, Gohalpota Kiranmoyee Jr. Basic School – Mr. Kalyan Mukherjee

9	<i>"Vote of thanks"</i> By the NSS-Unit, Sovarani Sovarani Memorial College
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Photographs of NSS Day celebration with school children on 24.09.2022

13. Unity Run cum Fit India Freedom Run dated 29.10.2022

A unity run cum Fit India Freedom Run was organized on 29.10.2022 to honour the birthday (31st October) of Sri Sardar Vallabhbhai Patel, the Iron Man of India.

The registration was open for the students studying in our college. The participants covered a distance of 4 km from the college to Howrah Krishi Vigyan Kendra and back.

The message of the organized run was to encourage the youth and others to stay fit and sound in all aspects for a better and healthy life.

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Photographs of Unity Run on 29.10.2022

14. Campus Cleaning Programme dated 04.01.2023

A campus cleaning drive was organized on 04.01.2023 by the NSS-Unit of the college as a part of regular NSS activities.







Photographs of NSS volunteers cleaning the college ground.

15. Free Health cum Eye Checkup dated 07.01.2023

Organiser:

A free health cum eye checkup camp was organized on 07.01.2023 by the NSS-Unit of the college in collaboration with the IQAC of the college and in association with Jagatballavpur Rural Hospital.

Programme Overview:

Hospital officials including a general physician, an ophthalmologist and nurses from Jagatballavpur Rural were welcomed in the venue inside the college where the set-up for the camp was arranged by the NSS volunteers. A short programme was scheduled first to inaugurate the camp which included welcome speech by the Principal and then followed by the introductory speech by the doctor.

The students, faculty and staff of the college participated in the health camp.

Necessary arrangements for refreshments, water and glucose, food packets were made for the volunteers and the visiting members from the hospital. Utmost care was taken of all the visitors by the NSS volunteers.

The health camp was successful with around 80 people showing up for the check-up. Such campaigns are necessary to be conducted from time to time. The NSS unit of the college is ever grateful to the hospital for their kind cooperation.

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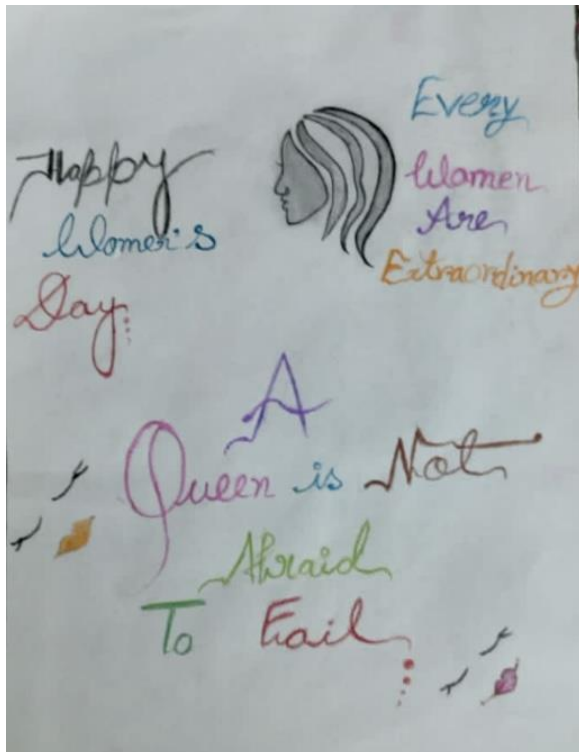
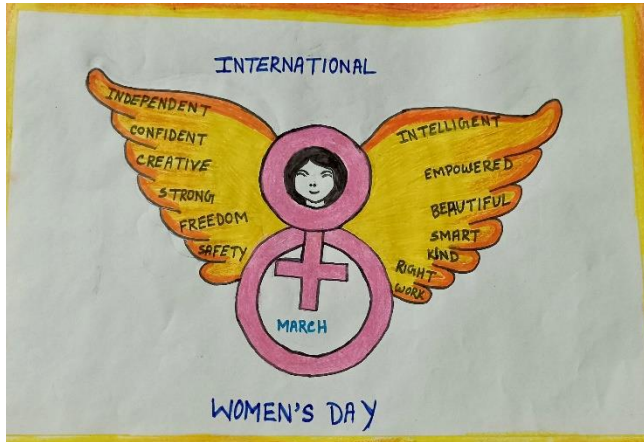




Photographs from the health cum eye check-up camp on 07.01.2023.

16. International Women's Day Celebration through digital posters dated 08.03.2023.

This year on the eve of the International Women's Day, holi was also celebrated. Therefore, the NSS volunteers proudly embraced the day with colours and shared messages about women empowerment on digital platforms.



Wishing all the amazing women out there
A Very Happy International Women's Day.

NSS Unit,
Sovarani Memorial College







Photographs of NSS Volunteers with messages on International Women's Day.

17. Post Celebration of International Women's Day at college dated 17.03.2023.

Organiser:

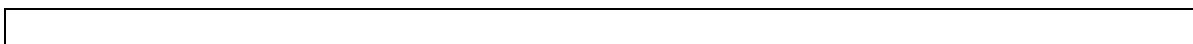
A programme was organized at the college on 17.03.2023 by the NSS-Unit and the IQAC of the college.

Programme Overview:

The programme began with the welcome address by the Principal of the college. Teachers from various departments participated by hosting the programme, delivering poems and short speeches and singing songs. The NSS volunteers had prepared a song and an act revolving around the matter of awareness in families against dowry.

Shri P. Bandopadhyay, Associate Professor, Dept. of Political Science was welcomed for a key speech titled women in jail/prison. The lecture was very interesting and shows how various women since ancient times have faced challenges in different fronts of life from households to political matters and the stories from behind the prison walls.

The entire programme was engrossing, encouraging, motivating and appealing to the audience. The programme ended with a vote of thanks to all present then.

















Photographs from the post-celebration of International Women's Day at college on 17.03.2023.

