

Serampore Girls' College

13, T.C. Goswami Street Serampore Hooghly - 712201 West Bengal

NAAC Criteria 3.4.3



EXTENSION ACTIVITIES REPORT (NSS)

2022 - 2023

Program 1: Title - Survey of Youth Not in Formal Education or Regular Employment

Objective-

- To know the education and employment status of the youth
- To know the socio-economic condition of the youth's family (community people)

Org Unit- NSS Unit I & II

Place of Activity- Outside Campus

Date and time- 24th March – 25th March 2023, 11 A.M

No of Attendee- 78 (Volunteers)

Volunteers visit adopted slum areas for socio-economic survey on **24th & 25th March, 2023.**



NSS Volunteers engaged with Youth Survey



Signature of Principal

Soma Roy
Principal
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Serampore, Hooghly

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Program 2: Title - Cleanliness Programme: Clean the Ganges Roy Ghat

Objective- Clean the Ganga Ghat and maintain the hygiene of the Society

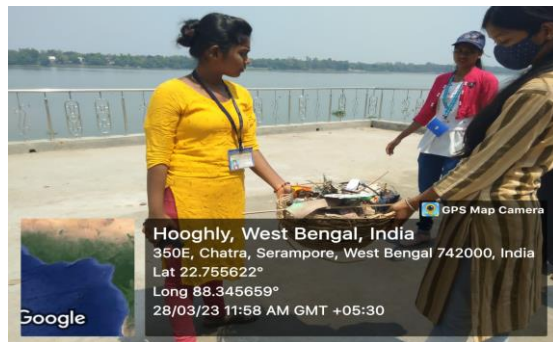
Org Unit- NSS Unit I & II

Place of Activity-Ganga Roy Ghat, Serampore

Date and time- 28th March 2023, 11 A.M

No of Attendee- 78 (Volunteers)

NSS volunteers are cleaning the Ganges ROY Ghat and surrounded area. Organize cleanliness Programme and also Awareness Programme for Environment on 28th March, 2023.



Cleanliness Initiative by NSS Volunteers in Community Level



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Program 3: Title – First Aid Training for NSS Volunteers

Objective-

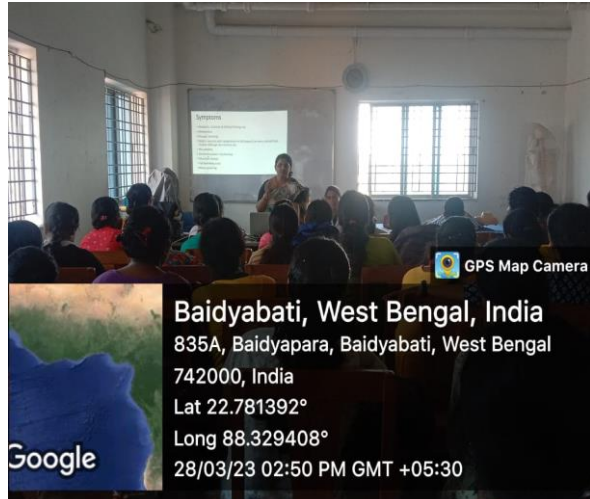
- Trained the NSS Volunteers in First Aid
- Through this training NSS Volunteers aware the community people regarding First Aid

Org Unit- NSS Unit I & II

Place of Activity-Ganga Roy Ghat, Serampore

Date and time- 24th March (2 P.M), 27th March (12 Noon) & 28th March (2 P.M) 2023

No of Attendee- 78 (Volunteers)



First Aid Training for NSS Volunteers in Nursing Training College &
NSS Volunteers aware the community people about First Aid



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Program 4: Title – Earth Day Celebration with Community People

Objective-

- Awareness generation among the community people
- Volunteers are engaged in various activities like – tree plantation, use of CFLs (reduce energy consumption) and use of cycles (reduce non-renewable energy)

Org Unit- NSS Unit I & II

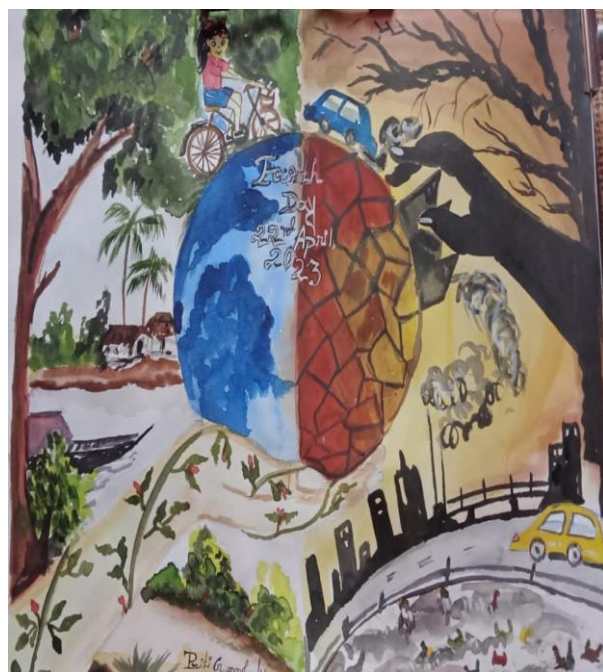
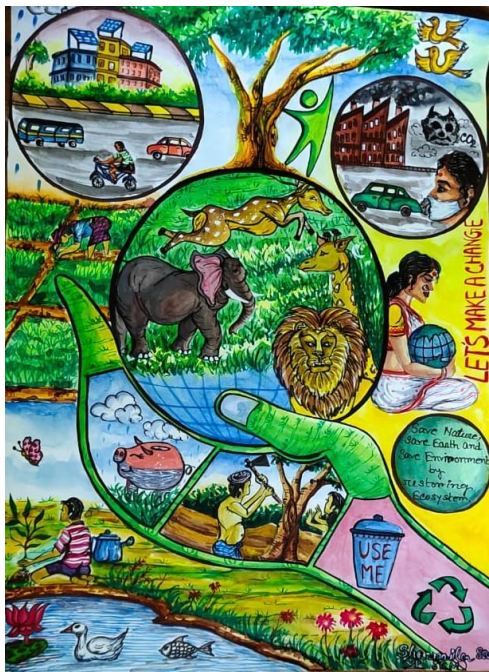
Place of Activity- Adopted Slum area (Silbagan) & Volunteers residential area

Date and time- 22th April, 2023

Earth Day Celebration Banner



Earth Day Poster created by NSS Volunteers Sarmila Sarkar & Priti Ganguli



Signature of Principal

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Different Activities with Community People in Occasion of Earth Day

Tree Plantation



Use of Cycles & Use of CFLs



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Program 5: Title - Organize Art Competition for Local Children

Objective- Holistic development of Neighborhood Children

Org Unit- NSS Unit I & II

Place of Activity- College Campus

Date and time- 11th May 2023

No of Attendee- 50

Organize Art Competition for Local Children (Community Level Programme)



Signature of Principal

Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

EXTENSION ACTIVITIES REPORT (NSS)

2021– 2022

Program 6: Title- Grocery Food Distribution to Immaculate Conception Church in Covid Period

Objective- Maintain eco-friendly environment of the society

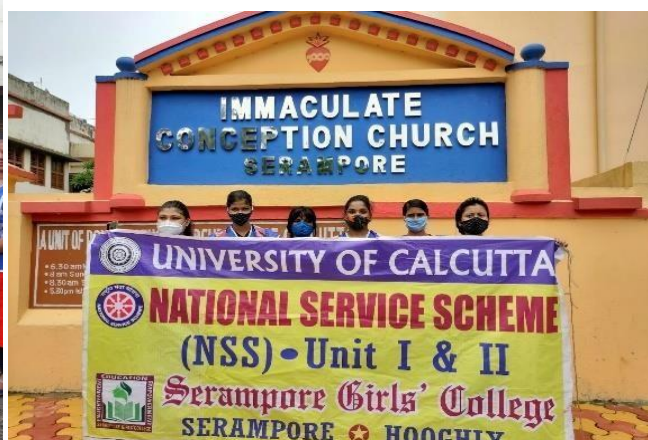
Org Dept- NSS Unit I & II

Place of Activity- Immaculate Church

Date and time- 2nd September 2021

No of Attendee- 22

Necessary Grocery food distribution to Immaculate Conception Church



The Covid 19 pandemic has brought new challenges to food security across the world. Cheshire Home and Shanti Rani Home nearest to Serampore Girls' College where grocery food distribution successfully completed by our NSS volunteers. Our NSS volunteers join the programme on 2nd September, 2021 for necessary food distribution of Cheshire and Shanti Rani Room for their day-to– day life.

Signature of Principal

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Program 7: Title - Organize Art Competition for Local Children

Objective- Holistic development of Neighborhood Children

Org Unit- NSS Unit I & II

Place of Activity- College Campus

Date and time- 15th September 2021

No of Attendee- 30

Organize Art Competition for Local Children (Community Level Programme)



The NSS Unit I and II, Serampore Girls' College organizes an Art Competition on 15th September 2021 for local children. The aim of the drawing competition is to engage children in a creative exercise to identify their hopes and dreams of the future. It allows complete self expression and supports their creativity and innovative ideas expressed through art. Children up to 12 years participate in this competition. Total 50 children attend this art competition.

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Program 8: Title - Socio-Economic Survey with Community People

Objective- To know the socio-economic condition of the neighbor people

Org Unit- NSS Unit I & II

Place of Activity- Outside Campus

Date and time- 23rd March 2022

No of Attendee- 65 (Volunteers)

Volunteers visit adopted slum areas for socio-economic survey on **23rd March, 2022.**



NSS Volunteers visit adopted slum areas for Socio-Economic Survey



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Program 9: Title - Cleanliness Programme: Clean the Ganges Roy Ghat

Objective- Clean the Ganga Ghat and maintain the hygiene of the Society

Org Unit- NSS Unit I & II

Place of Activity-Ganga Roy Ghat, Serampore

Date and time- 24th March 2022

No of Attendee- 65 (Volunteers)

NSS volunteers are cleaning the Ganges ROY Ghat. Organize cleanliness Programme and also Awareness Programme for Environment on 24th March, 2022.



Cleaning the Ganges ROY Ghat, Serampore



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Program 10: Title- Awareness Programme on Child Immunization in Community

Level

Objective- Aware the Volunteers as well as mothers of the neighbor community

Org Unit- NSS Unit I & II

Place of Activity- Serampore Community Hall

Date and time- 25th March 2022

No of Attendee- 65 (Volunteers)

25th March 2022 Special camp of Serampore Girls' College organize a Special Lecture delivered by **Dr. Soumen Dutta, ACMOH**. The topic of the lecture is ***Child Immunization programme in community level***. This programme attend our NSS Volunteer as well some mothers from adopted slum area.



Special Lecture delivered by Dr. Soumen Dutta, ACMOH

Signature of Principal

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Program 11: Title- Cleaning Adopted Slum Area

Objective- Clean the Adopted Slum Area

Org Unit- NSS Unit I & II

Place of Activity- Adopted Slum Area - Silbagan

Date and time- 26th March 2022

No of Attendee- 65 (Volunteers)

26th March 2022 NSS Unit I & II make a plan for cleaning adopted slum area.



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Program 12: Title- Art Competition for Adopted Slum Children

Objective- Holistic development of Neighborhood Children

Org Unit- NSS Unit I & II

Place of Activity- College Campus

Date and time- 27th March 2022

No of Attendee- 65 Volunteers and 33 Children

On 27th March, 2022, Sunday NSS Unit I & II, Serampore Girls' college organizes an Art competition for adopted slum children. In this competition total 33 children are participate.



Art competition for Adopted Slum children

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EXTENSION ACTIVITIES REPORT (NSS)

2020– 2021

Program 13: Title- Awareness Programme for Society (Digital Mode) of

COVID 19

Objective - Aware the people about COVID 19

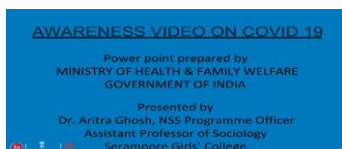
Org Dept- NSS Unit I & II

Place of Activity- Digital Mode

The NSS volunteers great care to uplift the spirit of people through social media by making awareness videos relevant to the Lock down period. The links to these videos are as follows:



<https://youtu.be/UONzAzB4V78>



<https://youtu.be/rzATyzTDMqs>



<https://youtube.com/shorts/oRyyGgr65s8>



The volunteers engaged in making masks and distributing in their localities. Back to nature was one target in the lockdown activities of the Unit.

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Program 14: Title- Tree Plantation Programme

Objective- Maintain eco-friendly environment of the society

Org Dept- NSS Unit I & II

Place of Activity- Inside and Outside of the Campus

Date and time- 16th September 2020

No of Attendee- 10

September 16: Tree Plantation in College



Trees contribute to their environment by providing oxygen, improving air quality, climate amelioration, conserving water, preserving soil, and supporting wildlife. During the process of photosynthesis, trees take in carbon dioxide and produce the oxygen we breathe. The unit organized the tree plantation programme in college campus on 16th September 2020.

Signature of Principal

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Serampore Girls' College
Serampore, Hooghly



EXTENSION ACTIVITIES REPORT (NSS)

2019– 2020

Program 15: Title- One Day Awareness Programme on Drug Prevention for Youth

Objective-

- To create awareness and educate people about the ill-effects of drug abuse and substance abuse on the individual, the family, the workplace and society at large.
- To provide for the whole range of community based services for the identification, motivation, counselling, de-addiction, after care and rehabilitation for Whole Person Recovery (WPR) of addicts to make a person drug free, crime free and gainfully employed.
- To alleviate the consequences of drug and alcohol dependence amongst the individual, the family and society at large.

Org Dept- NSS Unit I & II

Place of Activity- College Campus

Date and time- 24th September 2019

No of Attendee- 100 NSS Volunteers & 30 NSS Volunteers from other School & College

Awareness Programme on Drug Abuse Prevention for Youth

One Day Seminar Programme on **DRUG ABUSE PREVENTION** has been held on 24th December 2019 at **Serampore Girls' College, Hooghly**. The programme was organized by **Regional Directorate of NSS, Kolkata** a part of the **Ministry of Youth Affairs & Sports, Government of India** in collaboration with **National Institute of Social Defence**, a part of the **Ministry of Social Justice & Empowerment New Delhi, Government of India**.

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Banner:



Program Schedule:

Session	Time	Topics	Guest speakers/Resource Person
I	11.00-12.00 PM	Registration & Inaugural • Introduction about the programme	Mr. Deepak Mandal Mr. Agnimeel Das
II	12.00-12.30 AM	Motivational Speech • Relevance of the Awareness Programme on Drug Abuse Prevention in Contemporary Youth Society	Dr. Soma Roy (Jana), Principal, Serampore Girls' College
III	12.30 - 1.30 PM	• Basics of Drug Abuse (Drugs and Types of Drugs) • Reasons for taking drugs	Mr. Amit Biswas, Trainer, NISD, Govt. of India
	1.30-2.00PM	Lunch	
IV	2.00-3.30 PM	• Progression and ill-effects of drugs • Community response to drugs and its menace • How to stay away from drugs	Mr. Amit Biswas, Trainer, NISD, Govt. of India
V	3.30-3.40 PM	• Oath Taking	Dr. Aritra Ghosh
VI	3.40-4.00 PM	• Vote of thanks	Dr. Snigdha Chattopadhyay

Detail Programme:

Registration was done by the NSS Volunteers of the college. The programme was started through the lit of light by the distinguished guests: Dr. Soma Roy (Jana), Principal, Serampore Girls' College; Mr. Deepak Mandal, Regional Directorate of NSS; Mr. Agnimeel Das, Regional Directorate of NSS; Mr. Amit Biswas, Counsellor & Trainer and an associate of National Institute of Social Defence

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(NISD); Dr. Snigdha Chattopadhyay, NSS Programme Officer; Dr. Aritra Ghosh, NSS Programme Officer. Felicitations of the respected guests were done cordially.

Mr. Deepak Mandal & Mr. Agnimeel Das from the Regional Directorate of NSS, Kolkata gave a brief introduction about the purpose and intensity of necessity of the programme nationwide.

Dr. Soma Roy (Jana), our college Principal, delivered a valuable motivational speech regarding relevance of the awareness programme on Drug Abuse Prevention in contemporary youth society.

Mr. Amit Biswas gave an informative lecture upon the types of drugs and reasons for taking drugs like Genetic Predisposition, e.g., alcohol-abuse in parent (s), Parental rejection, Family dysfunction, Childhood abuse, Poor self-image, Poor school performance, Dysfunctional peer group, Disadvantaged neighborhood, Easy availability of drugs. He discussed elaborately the ill effects of drugs, side effects, their rate of progression, community response on drugs, Role of school, Role of Teachers, Objectives of Prevention Programme, School Environment, Life Skill Training, Alternative Therapies etc.

Dr. Amit Biswas gave an insight of the problem and discussed the possible preventive measures like Supportive and nurturing family environment, Positive self-esteem, Positive school environment and teacher's commitment, Sense of academic achievement, Healthy peer group, Society with moral values. He also emphasized on practicing Yoga and Meditation which can prevent drug abuse significantly.

An **Oath Taking** for not to Drug Abuse was conducted by **Dr. Aritra Ghosh**, NSS PO of the college.

Two NSS Volunteers among the participants **Ratna Paul** and **Moumita Sen** who attended Republic Day Parade Camp at New Delhi in 2017 & 2019 shared their experience. They were also given warm felicitation for their extraordinary contribution in the field of NSS.

Sanchari Choudhury, a NSS Volunteer of Serampore Girls' College also expressed her view to create significant role to prevent Drug Abuse.

Then the Distribution of Certificate of Participation was done.

At the last **Dr. Snigdha Chattopadhyay** in her vote of thanks expressed her gratitude towards Madam Sarita Patel, Regional Director of NSS Kolkata for organizing such a significant programme in Serampore Girls' College. Thanking all and keeping the oath to eradicate Drug Abuse the programme was concluded.

Signature of Principal

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Program 16: Title- Dengue Prevention and Awareness Programme

Objective-

- To aware the local people about the Dengue
- To aware how to overcome the problem
- To aware local people what should be done to eliminate dengue.

Org Dept-NSS Unit I & II

Place of Activity- Local Area

Date and time- 6th March 2020; 10.30 A.M

No of Attendee- 30 Volunteers, Programme Officers and Non-Teaching Staffs

Dengue Prevention and Awareness Programme

With the aim of combating the deadly disease Dengue, NSS Unit I & II, Serampore Girls' College, organized Dengue Prevention and Awareness Programme in regular interval, especially we organized special camp to prevent the Dengue after a long vacation. Last Dengue prevention and Awareness Programme organized by NSS Unit I & II, Serampore Girls' College on 6th March, 2020 at 10.30 A.M. On the particular day NSS volunteers and some Teachers and Non-Teaching Staffs of the college participating enthusiastically, joining hands against the terror of Dengue. Under the guidance of the NSS Programme Officer, Dr. Aritra Ghosh, a special rally was flagged off to spread awareness among the masses about Dengue and its preventive measures. Students knocked door to door campaigning and propagating the message – 'we can win against Dengue'. The volunteers also spread some bleaching powder nearest locality for cleaning and protect people from Dengue. Students also carry some posters bearing the symptoms, preventive and remedial measures of dengue in which students to spread awareness about the disease among the locality as well as masses.



Dengue Prevention Activities

Signature of Principal

Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

EXTENSION ACTIVITIES REPORT (NSS)

2018– 2019

Program 17: Title- Rakhi Utsav Celebration with specially abled person in Immaculate Conception Church

Objective- Celebrated Rakhi Utsav with especially abled person and old people for happiness and joy

Org Dept- NSS Unit I & II

Place of Activity- Immaculate Church

Date and time- 24th August, 2018; 11.00 A.M

No of Attendee- 15



Rakhi Utsav Celebration with especially abled person and old people

Signature of Principal

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