

JHARGRAM RAJ COLLEGE (GIRLS' WING)

ANNUAL REPORT OF THE NATIONAL SERVICE SCHEME (NSS) ACTIVITIES FOR THE FINANCIAL YEAR 2022-2023

NAME OF THE COLLEGE: JHARGRAM RAJ COLLEGE (GIRLS' WING)

ADDRESS: JHARGRAM, 721507

NAME OF PROGRAMME OFFICER: Naznin Mullick

The sole mission and vision of JRCGW NSS Unit-1 since its inception in July 2014 was to empower female students in every possible way. Apart from the dissemination of knowledge through the academic curriculum, the institution motivates the students for all-around excellence. The National Service Scheme is one such unit of the institution that is acting as the torchbearer to promote and preach "Not Me, But You." Students have been encouraged to enroll themselves as active volunteers of the unit and help achieve a sustainable environment. With the help of these activities, the students have become more vigilant and can identify the problems of the community by involving themselves actively with the common masses. The objective is not just to develop social but civic responsibilities too. Thus, in this fifth year, the following programs under the banner of NSS were held in the institution

- Eight Volunteers actively participated in the 'Mind Management' program on 19th April 2022 which was jointly organized by JRCGW NSS Unit-1 and Sadhu Ramchand Murmu University.

Associates from the Jhargram Ram Krishna Mission delivered a lecture on issues around mental health and ways of mind management. The volunteers effectively carried out their assigned duties and made this program a success.



- Volunteers participated in an online poster competition through Google form on the occasion of World Earth Day on 23rd April 2022. “Invest in Our Planet’ was the theme of 2022 World Earth Day which promoted awareness measures among the masses to help achieve a sustainable environment. The Poster competitions help students to ponder on this pertinent issue. Of all the

participants, Doly Mahata stood third in the poster-making competition.



- Bhagyashree Mahali participated in Yoga Day countdown of 100 days of Yoga. The event was held from 14th May to 20th June 2022. Practicing Yoga is one of the most effective ways to attain a healthy and sound mind, body, and soul, which is also the need of

the hour in this post-pandemic period.



- NSS unit was observed World Environment Day on 5th June 2022 by conducting the plantation program in the institution. The volunteers purchased selected plants and saplings for the program and went ahead with the planting activity. This program aims to spread awareness among the students about the importance of looking after the environment. Nurturing Mother Nature is one of the ways to make students understand that taking care of their environment to maintain the ecological

balance

of

nature.



- On August 15, 2022 the NSS Unit-1 celebrated the ‘Azadi ka Amrit Mahotsav’ and also celebrated Independence Day by hoisting the national flag followed by a lecture on the glorious history of the country’s national independence struggle and the

sacrifices made by the great leaders of our country.

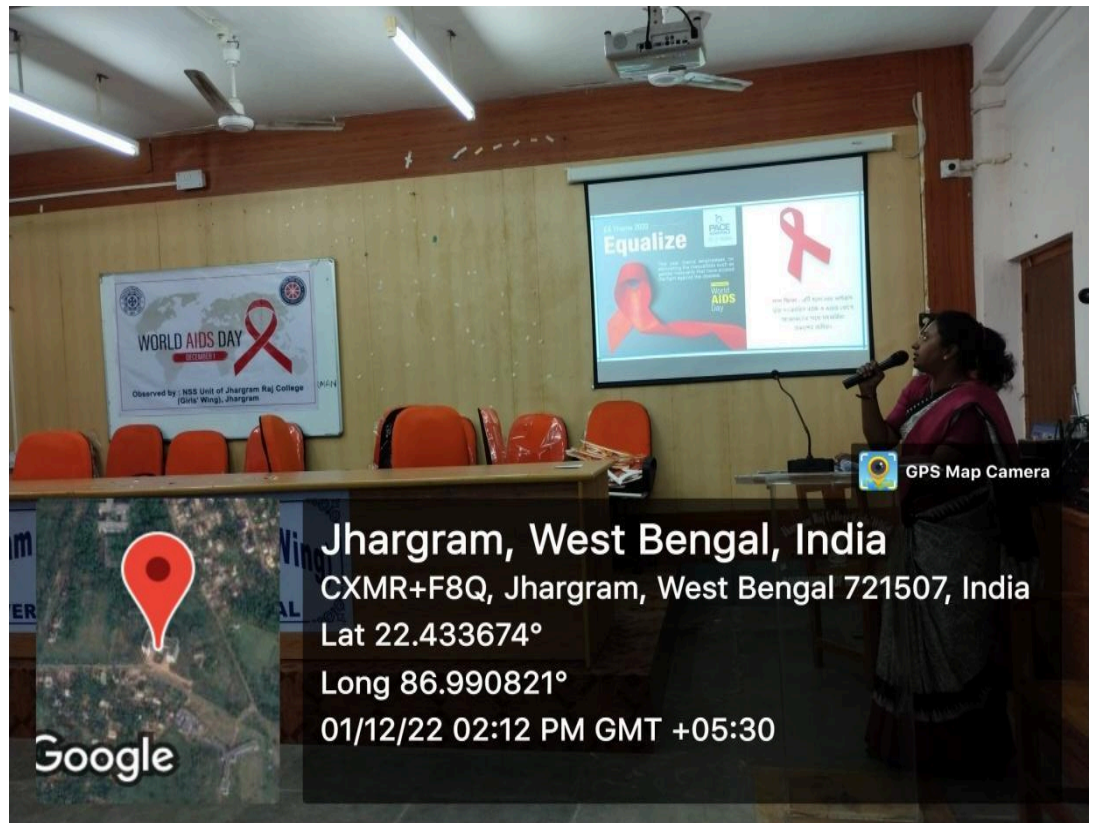


- A speech competition has been organized by the unit on the occasion of observing NSS day on 24th November 2022. After an introductory speech given by the NSS program officer, Naznin Mullick on the Mission and Vision of NSS, 30 students participated in the speech competition and spoke on various topics like of social interest like “Child Marriage”, “Not Me But You” and “Good Food Habits”. The speech competition deepened the understanding of the students on pertinent social

issues.



- An awareness program has been organized on World AIDS Day (1st December 2022) by Prof. Sutapa Das, Department of Physiology, JRCGW, with the theme of the year “Equalise. The mission of the program was to aware and discuss the common myths and superstitions around HIV AIDS so that the students can help bridge the inequality in society concerning this disease. The volunteers helped the organizers to successfully conduct the program without any hassle.



- Special Winter Camp was organised by NSS Unit from 21st December to 28th December 2022. The first day of the camp (21.12.2022) started with reporting of the NSS members and physical exercise at 7 am. The camp was then inaugurated by Respected Jhargram Municipality Chairperson Smt. Kabita Ghosh, Dr. Debnarayan Roy, Principal, Jhargram Raj College, and Officer-in-Charge of Jhargram Raj College (Girls' Wing), Sri Susil Kumar Barman. In the later evening, a cultural program

was arranged by NSS Volunteers.



On the second day of the camp (**22.12.2022**), after initial reporting and physical exercise, Prof. Dr. Girija Basu, Assistant Professor in Physical Education, GPECW, Hooghly has delivered a speech on the topic “The Importance of Physical Fitness for Women. Post-lunch, a seminar was arranged for the students where the eminent speakers were Prof. Deblina Mukherjee, Head, Department of Political Science (JRCSGW), and Prof. Sanatan Murmu, Head, Department of Zoology (JRCSGW). The day concluded with a group discussion on “Witch Hunting: Myth versus Reality”. The third day of the camp (**23.12.2022**) started with regular reporting and physical exercise. The volunteers visited Satyaban Palli, an adopted village of NSS for their Health Awareness Programme. Through the door to door survey of the volunteers in Shabar Para several facts have emerged such as many people have been deprived of various government facilities for a long time due to lack of voter card, Aadhar card and ration card. The volunteers were also

taken to the “Duare Sarkar camp”.





Post-lunch, there was a special lecture given by Prof. Rahul Saikh, Department of History, JRCGW. The third day concluded with a cultural folk dance program. With regular reporting and physical exercise, the fourth day of the camp (24.12.2022) saw its light. Demonstration Programme on Self Defence was conducted by

Commandant, Mohila Battalion, CRPF, Salboni.



Demonstration of Self defence

Post-lunch there was a plantation program arranged for the students. Later, an inter-group indoor game contest was organized for the camp volunteers. On the fifth day of the camp (26.12.2022), a Bratachari performance was arranged for the students. Ajit kumar Das, president of Bangla Bratachari Samiti and Sanjay Jana, Instructor of Bangla Bratachari Samiti jointly conducted workshop on Bratachari for the

volunteers.



Following lunch, a seminar was organized where the speakers were Prof. Sutapa Das, Head, Department of Physiology (JRCGW), and Prof. Amrita Chakraborty, Department of Physiology (JRCGW). Following this, an extempore contest on “Kanyashree: Myth Versus Reality” was organized for the students for their effective participation and knowledge development. On the second last day of the camp (27.12.2022), the students visited Satyaban Palli for arranging a

Dengue

Awareness

Programme.



Food distribution in the adopted village, Satyanban pally

In the second half of the day, a seminar was arranged where the noted speakers were Prof. Pampa Hembram, Head, Department of Bengali (JRCGW), and Prof. Nibedita Debnath, Department of Philosophy (JRCGW). The day concluded with a cultural program by the students. On the final day of the camp (28.12.2022), a rally was organized to create awareness among the masses on 'Stopping the Usage of Plastic'.



Swami Brahaswarananda, Jhargram Ramakrishna Mission was present in the valedictory session; Swamiji trained the volunteers about the necessity of meditation. Campfire was organized for the students in the evening. The winter camp enriched the students not just with knowledge, but with an all-around development of themselves as social beings. The students were given a four-course meal on each day of the camp-starting with breakfast, lunch, evening refreshments, and dinner. The vigour and energy of the students towards the end made this camp a grand success.

Republic Day was observed on 26th January 2023 by NSS Unit-1. After paying their homage to the Indian National Flag and singing the National Anthem, the students were made to understand the importance of commemorating this day. The intent and interest of the participants made this day memorable.



- International Women's Day was held on 10th March 2023 in the institution. Prominent Guest speakers for the event were: Writer Jharna Acharya, Doctor Mousumi Murmu, Fitness Coach Mousumi Dey, and Assistant Commandant Haripriyari Devi, 232 Mohila battalion, CRPF. The students thoroughly enjoyed all the sessions. The NSS volunteers poured in all their effort and hard work to make this program a huge success.



- Given the rapid environmental degradation and its negative impact on life, protection of the environment and keeping the surroundings clean and green is considered to be a necessary responsibility to be shouldered by the youth of today for a sustainable future. Keeping this in mind the NSS unit has been actively engaged in campus cleaning and greening drive. A

campus cleaning programme was organised by NSS Unit-1.



Campus cleaning programme



Classroom cleaning Programme