

### 3.3.1 Additional information

**NSS and Extension activities are carried out in the neighborhood community, sensitizing students to social issues, for their holistic development, and impact thereof during the year 2023-24**

In 2023-2024, the **NSS unit and Extension Committee** of the College have conducted different activities to sensitize students and the people in the vicinity on issues pertaining to community development, health, environmental sustainability and other social responsibilities.

The activities of **NSS unit** are categorized as:

- **Regular programme:** for generating awareness among the students and the society on issues like health through 'Fit India' run, nutrition, cleanliness through 'Clean India' drive, plantation, Red Ribbon camp on HIV-AIDS and consumer awareness.
- **Special Camp:** (5-11<sup>th</sup> February 2024) conducted in Peyarabagan slum in the vicinity of the College. It emphasised the imperative of raising awareness and encouraging the holistic well-being of the residents through household survey of the area; primary health care awareness, health and eye check-up camps; physical and mental wellbeing through Yoga and encouraging children's participation in Sit and Draw competition.
- **Commemorative Days:** to commemorate Independence Day, Republic Day, Communal Harmony Day, Khadi Day, World Yoga Day, National Sports Day, National Youth Day, Kargil Vijay Diwas and World Environment Day.

The **Extension** activities focused on community development and awareness programmes on COVID-19, dengue prevention, survey on girl child education in Peyarabagan slum, as part of the 'Rainbow' initiative and voter awareness.

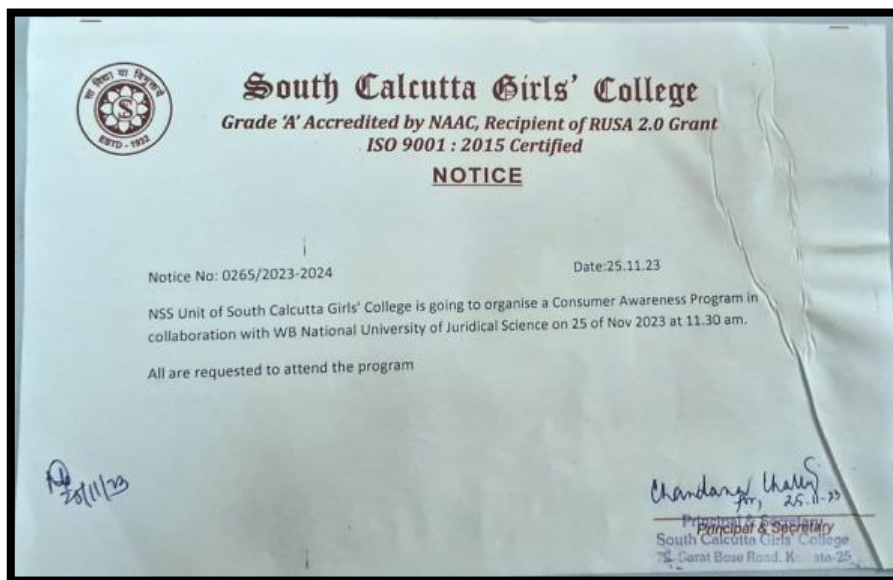
The NSS volunteers and students actively participated in these programmes and diligently fulfilled their responsibility towards the society. (217)

## Regular programme :

### Report on Consumer Awareness Program on 25<sup>th</sup> Nov 2023

The NSS unit of South Calcutta Girls' College observed Consumer Awareness Program on 25<sup>th</sup> of November 2023 at 11:30 AM at room no 304. The program was collaborated with WB National University of Juridical Science. The lecture was provided by two faculty members of Law Department of NUJS, Mr. Atish Chakraborty and Faisal Fasih. They demonstrated the consumer laws and rights. They also provided leaflets and kit to all the participants for the awareness of the consumer at different level. On the program 106 no of participants with NSS volunteers and students and about 10 teachers. They enlightens about the all the aspects of consumer awareness.

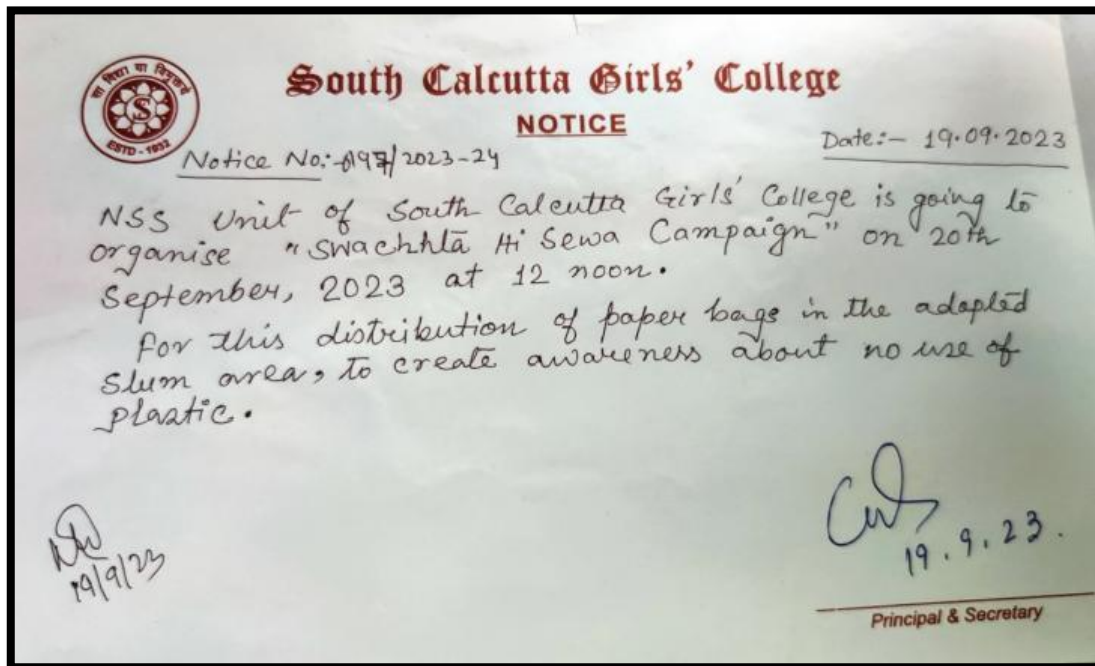
### Notice of the event



### Pictures of the event:



## Report of the Swachhta Hi Sewa 20.09.2023



### NOTICE OF THE EVENT

The NSS Unit of South Calcutta Girls' College organized Swachhta Hi Sewa Campaign on 20<sup>th</sup> September, 2023 at 12noon. To create awareness about no use of plastic, paper bags distribution was done by the NSS volunteers in the adopted slum area of our college.

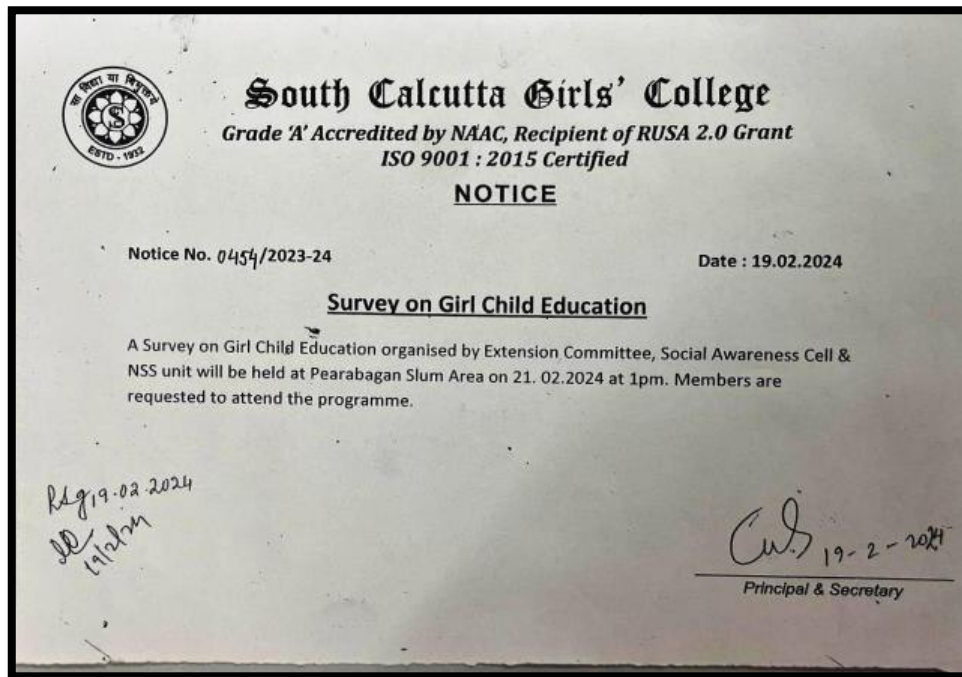
### PICTURES OF THE EVENT



PROGRAM 18 – 21.02.2024

**SURVEY OF GIRL CHILD EDUCATION**

**Notice of the Programme**



A survey of Girl Child Education was organised by Extension Committee and Social Awareness Cell of South Calcutta Girls' College in collaboration with NSS unit on 21.02.2024 at 1 p.m. The volunteers along with the teachers about 19 members had surveyed the nearby Peyarabagan slum area.

Photos of event:



## SPECIAL CAMP

### Report of 7 Days Special Camp, 2024

**PROGRAMME DATES: 5<sup>TH</sup> FEBRUARY TO 11<sup>TH</sup> FEBRUARY**

**DAY: 1(05.02.2024)**

#### Primary Health Care Awareness

##### Report:

Dr. Soma Chanda delivered a lecture on “Medicinal Uses of Plants in Our Daily Lives”. She makes acquainted the people of our adopted slum about the medicinal use of Tulsi, Neem, Hibiscus, Kalmegh.

##### Outcome:

The people of the adopted slum and the students were enlightened with the medicinal values of these common plants in their day to day life.



05.02.2024

1. Koley Das
2. অক্ষয় শান্দার
3. মিনা মন্ডল
4. অক্ষয় মন্ডল
5. মিল মন্ডল
6. আশ্বিনা মন্ডল
7. বিষ্ণু Singh
8. সুকৃষ্ণ মন্ডল
9. বিক্রম মন্ডল
10. Rohan Balmiki
11. প্রদীপ মন্ডল
12. আশ্বিনা মন্ডল
13. বিষ্ণু মন্ডল
14. Pradip Mondal
15. Deb Mondal
16. SOUVAN JANA
17. Euro Mondal
18. জিত মন্ডল
19. Deep Mondal
20. Kishan Mondal

- Koley Das  
অক্ষয় শান্দার  
Mina Mondal  
অক্ষয় মন্ডল  
মিল মন্ডল  
আশ্বিনা মন্ডল  
বিষ্ণু Singh  
সুকৃষ্ণ মন্ডল  
বিক্রম মন্ডল  
Rohan Balmiki  
প্রদীপ মন্ডল  
আশ্বিনা মন্ডল  
বিষ্ণু মন্ডল  
প্রদীপ মন্ডল  
ডেব মন্ডল  
সৌভাগ্য জাতিয়া  
জিত মন্ডল  
Deep Mondal  
কিশান মন্ডল

**DAY: 2(06.02.2024)**

**Yoga Session for Children in Adopted Slum**

**Report:**

Yoga instructor of our college Ms.Sutapa Ghosh demonstrated different ashana and its utilities to the children of the adopted slum. Along with it different free hand exercises were also demonstrated by her.

**OUTCOME :** The children are not only aware about the benefits of yoga but also they understand that a healthy body and a healthy mind are the key factors for their growth.



Yoga Session organised by the NSS UNIT for the slum children



SOUTH CALCUTTA GIRLS' COLLEGE  
NSS 7 DAYS SPECIAL CAMP  
YOGA SESSION  
ATTENDANCE SHEET FOR THE PARTICIPANTS  
Date:06.02.2024

Sl.No	Name of the Participants	Class	Contact no	Signature
1.	Kabita Halder			Kabita Halder
2.	Ronak Balmiki			Ronak Balmiki
2	Susmita Mondal	5		Susmita Mondal
4.	Rohan Balmiki			Rohan Balmiki
5.	Avijit Guen	8		Avijit Guen
6.	Arunkes Mondal			Arunkes Mondal
7.	<del>Amisha</del> Amisha Sarkar	8		Amisha Sarkar
8.	Tina Mondal	4		Tina Mondal
9.	Rishi Singh			Rishi Singh
10.	Sanchita Mondal	2		Sanchita Mondal
11.	Tiya Mondal	6		Tiya Mondal
12.	Ayush Mondal			Ayush Mondal
13.	Bhagi Mondal			Bhagi Mondal
14.)	Ankush Mondal			Ankush Mondal
15)				



**DAY: 3 (07.02.2024)**

**Make Up & Mehandi Session**

**Report:**

Ms. Kaiyanat Khatun gave hands-on training to the women of the adopted slum and students of our college on the different techniques of Make-up.

**Outcome:**

Participants learned about the different new ideas in the field of Make up and Mehandi, from which they can choose it as a future profession for their financial development.



**NSS volunteers with the makeup artist**



**DAY: 4 (08.02.2024)**

**Sit & Draw Competition**

**Report:**

On the fourth day, a sit and draw competition was organized among the children of slums. We have distributed papers., pencils, rubbers, sharpners, scales and crayons for it. And gave them the time limit of one hour to finish it.

**Outcome:**

The children were very happy and enjoyed the program thoroughly.



Drawing competition organized by the NSS UNIT at Peyara Bagan slum

**Attendance sheet**

**DAY: 5 (09.02.2024)**

**Eye check-up camp**

**Report:**

The eye check camp was organized in the adopted slum of our college. Prof. Prabhat Srivastwa, Senior Eye Consultant checked the eyes of the people in the slum and prescribed medicines and spectacles to the patients accordingly.

**Outcome:**

The camp is fruitful in the sense that those who cannot afford money for the check up get free check-ups and free consultation for the medicine and power for the spectacles.



**A patient during the eye check up session**

SOUTH CALCUTTA GIRLS' COLLEGE

NSS 7 DAYS SPECIAL CAMP

EYE CHECK-UP CAMP

ATTENDANCE SHEET FOR THE PARTICIPANTS

Date:09.02.2024

Sl.No	Name of the Patients	Contact no	Signature
1)	Parash Mondal		
2)	Chapala Mondal		Chapala Mondal
3)	Rinky Purkait		
4)	Ruma Mondal		
5)	Jhosna Mondal		
6)	Babu Mondal		
7)	Subal Mondal		
8)	Mangala Naskes		
9)	Kripasindhu Kayal		
10)	Anushree Sankar		Anushree Sankar
11)	Rahan Balbiki		
12)	Rina Mondal		
13)	Sumitra Mondal		
14)	Chandan Haldar		Chandan Haldar
15)	Srabani Mondal		Srabani Mondal
16)	Jiya Mondal		Jiya Mondal
17)	Bishwanath Mondal		
18)	Gita Gharami		Gita Gharami
19)	Utkam Mondal		
20)	Kabita Haldar		Kabita Haldar
21)	Mina Mondal		Mina Mondal
22)	Ashok Yadav		
23)	Sapan Mondal		Sapan Mondal
24)	Anoma Mondal		
25)	Sattya Mondal		
26)	Anup Mondal		
27)	Sushmita Gharami		Sushmita Gharami
28)	Sarika Kundu		Sarika Kundu
29)	Pijay Dalui		Pijay Dalui
30)	Gita Mondal		
31)	Anaky Gayen		
32)	Radhmi Mondal		Radhmi Mondal
33)	Prabir Haldar		
34)	Tit Bagari		Tit Bagari
35)	Minal Kanti Mukherjee		Minal Kanti Mukherjee
36)	Safali Bisai		Safali Bisai

DAY: 6 (10.02.2024)

## Health check-up camp

NSS Unit of South Calcutta Girls' College have organized a free check up camp with the help of Metropolis diagnostic Center. They have done free check-ups for pressure, cholesterol and diabetes.

The camp is fruitful in the sense that those who cannot afford money for the check up of pressure, cholesterol and diabetes receive free check-ups along with the reports.

### Some glimpses of the health checkup



## Medical Laboratory Report



Mr. CHAPALA MONDAL  
RAJARHAT Rajarhat.,  
Tel No : 9147114446  
PIN No: 700136  
PID NO: P23923518482664  
Age: 40 Year(s) Sex: Male



Reference: SELF  
Sample Collected At:  
Weekly Camp  
Mhl Natural Rest Gr Floor Unit G 111  
Rajarhat Megacity Taghoria Kolkata  
700157.  
Processing Location:-MHL RAJARHAT  
(KRL) Kolkata: 700136

VID: 230274504429240  
Registered On:  
10/02/2024 03:55 PM  
Collected On:  
10/02/2024 3:54PM  
Reported On:  
10/02/2024 06:41 PM

Investigation	Observed Value	Unit	Biological Reference Interval
<b>Glucose Random</b> (Plasma-R,Hexokinase)	79.45	mg/dL	Normal: 70-140 Diabetes mellitus: $\geq$ 200 (on more than one occasion) (American diabetes association guidelines 2021)

#### Interpretation:

- High levels (More than or equal to 400 mg/dL) are considered a critical value.
- Infants older than 1 week: Low levels (Less than or equal to 40 mg/dL) are considered to be potentially life threatening.
- Infants younger than 1 week: Low levels (Less than or equal to 25 mg/dL) are considered to be potentially life threatening.

#### Clinical Utility:

- Helpful in evaluation of diabetes and other carbohydrate metabolism disorders including gestational diabetes, neonatal hypoglycemia, idiopathic hypoglycemia and pancreatic islet cell carcinoma.

#### Note:

- Whole blood glucose levels (capillary blood/ glucometer samples) are 12 – 15% lower than plasma concentrations.
- Exercise immediately before sample collection can lower random glucose test results.

#### Associated Tests:

- HbA1c(H0018), Diabetes Profile – Maxi (D0021)

#### Reference:

- Kit insert
- Tietz Fundamentals of Clinical Chemistry and Molecular Diagnostics, 8th edition. Edited by CA Burtis.

-- End of Report --



Tests marked with NABL symbol are accredited by NABL vide Certificate no MC-2576

**METROPOLIS**  
The Pathology Specialist

Page 1 of 1  
**INNER HEALTH REVEALED**

*Saha*  
Dr. Subhasish Saha  
Medical Officer  
This is computer generated medical diagnostics report that has been validated by an Authorized Medical Practitioner/Doctor.  
The report does not need physical signature. Results relate only to the sample as received.  
Refer to conditions of reporting overleaf

Sample blood report of the patient

SOUTH CALCUTTA GIRLS' COLLEGE

NSS 7 DAYS SPECIAL CAMP

HEALTH CAMP

ATTENDANCE SHEET FOR THE PARTICIPANTS

Date: 10-02-2024

Sl.No	Name of the Participants	Class	Contact no	Signature
1.	Dolei Biswas		9748486922	D. Biswas
2.	Samboti Balmiki		6291996	Samboti Bal--
3.	Shifali Biswas		9163577537	S. Shifali
4.	Gital Dutta		6291333658	Gital
5.	Govindo Singh			- Ahsan
6.	Anima Dutta		8100052195	Anima
7.	Padma Dutta		8100052195	Padma
8.	Atto Atto Mondol		9062076885	Atto Atto
9.	Rina Singh		9051425677	Rina Singh
10.	Mahesh Saha		9748371796	Mahesh
11.	Bhola Dutta		9903944004	Bhola
12.	Nita Mondol		8338705884	Nita
13.	Kumkum Dey		6291781670	Kumkum Dey
14.	Rajkumar Prasad		8910550065	Rajkumar
15.	Niraparlu Mondol			
16.	Chopla Mondol			
17.	Shabir Biswas			
18.	Shresh Mollie			
19.	Madhimita Biswas		6290109300	Madhimita
20.	Kripa Singh Koyal		9748634409	Kripa
21.	Sanja Biswas		9038138379	Sanja Biswas
22.	Debona Mondol			
23.	Maxi Singh		6290296890	Maxi Singh
24.	Priya Adhikary		6289259898	Priya Adhikary
25.	Ashok Sarkar		6289179277	Ashok Sarkar
26.	Shushma Naik			
27.	Urmila Mondol			
28.	Unab Mondol			
29.	Sushri Koyal			
30.	Joshna Mondol			
31.	Mongola Wastan			
32.	Tunba Ghosh			
33.	Patima Prasad			
34.	Koloni Halder			
35.	Shipali Jana		7430694515	Shipali Jana
36.	Chobi Patro			
37.	Rinki Parapurtait			
38.	Irani Rana			✓ Ritud Das
39.	Ritu Das			✓
40.	Apuana Mondol			✓
41.	Togori Mondol			✓



**DAY: 7 (11.02.2024)**

**Survey in Household**

**Report:**

The volunteers of the NSS unit conducted the survey in the houses of the adopted slum and so a questionnaire was made in both English and Bengali. Through this we are able to know about their educational and economic background.

**Outcome:**

This survey will help us to understand the reasons for their economic backwardness and how we can improve their living standards.

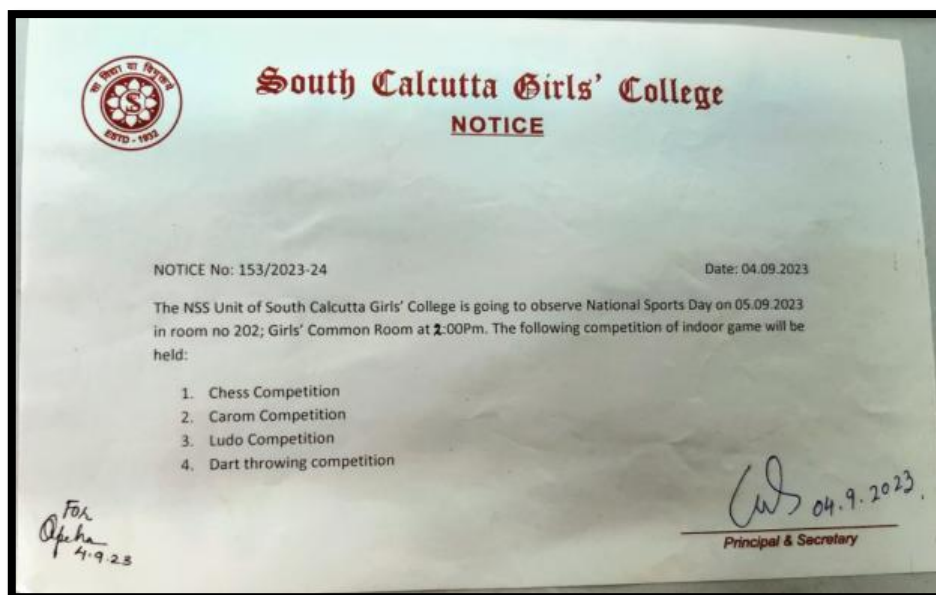
**Survey conducted by the NSS volunteers**



## Observation of Commemorative Days

### Report of the National Sports Day 05.09.2023

#### NOTICE OF THE EVENT



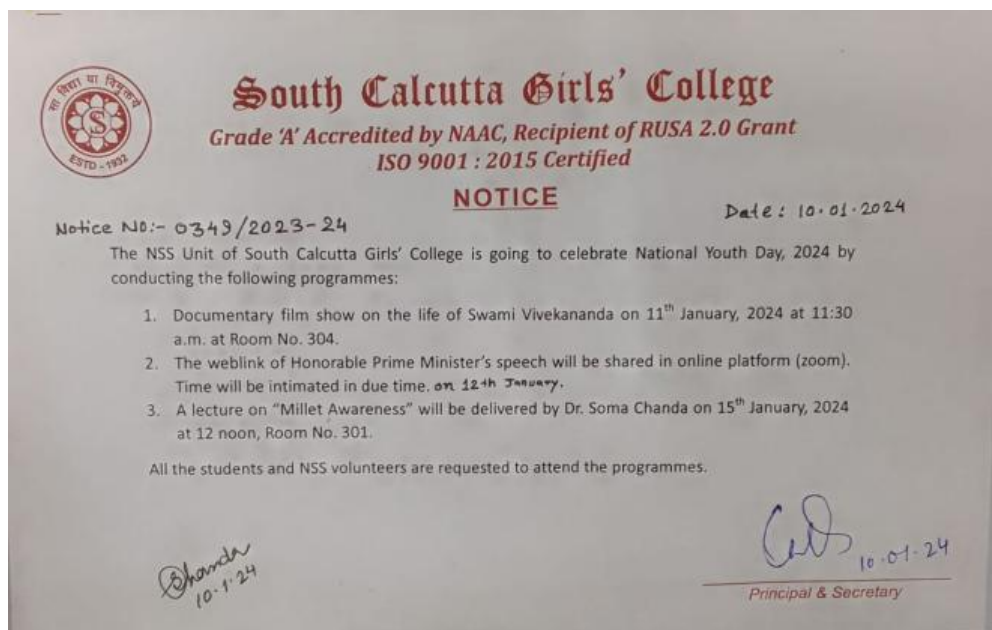
The NSS Unit of South Calcutta Girls' College observed the National Sports Day on 5<sup>th</sup> September, 2023 at 2pm in room no.304. The indoor games competition was organized like Chess competition, Carrom competition, Ludo competition, Dart Throwing competition. The students enthusiastically participated in the event and those who stood 1<sup>st</sup>, 2<sup>nd</sup> they were awarded with the certificate.

#### PICTURES OF THE EVENT



## Report of National Youth Day-11.01.2024

### Notice of the event



NSS Unit of South Calcutta Girls College observed National Youth Day, 2024 by conducting 3 consecutive programs for this event. A documentary film show on the life of Swami Vivekananda was shown on 11th January, 2024 at 11:30 a.m. in College auditorium. 60 students participated in it. On the 2nd Day i.e on 12th January a web link of Honorable Prime Minister's speech was shared in online platform(zoom).In 3rd day of National Youth Day , a lecture session was conducted in the room no 301 at 12 noon. Dr. Soma Chanda , Assistant Professor of Botany, South Calcutta Girls College on " Millet Awareness" on 15th January. Total participants and NSS volunteers were 17 in number.



Celebration of World Environment Day under Mission Life 05.06.2023



**FLYER OF THE EVENT**

The NSS Unit of South Calcutta Girls' College has observed World Environment Day On 5<sup>th</sup> June, 2023. Two plantation programmes were undertaken by the NSS volunteers. They participated in the Plantation Workshop organized by Mother Earth Foundation in Vivekananda Park, Southern Avenue, Lake Terrace at 12 noon. The Mother Earth Foundation awarded a participation certificate and some seed balls to the Principal. This programme was followed by another plantation drive in the College premises. 5 medicinal plants were planted in the Medicinal Plant Garden. **15 volunteers** participated in the event.

