

### 3.3.1 ADDITIONAL INFORMATION



To commemorate the 75th year of India's Independence Day "Azadi Ka Mahotsav" Fit India Mission had conceptualized "THE FIT INDIA FREEDOM RUN 2.0. Being the part of this movement, Physical Activity Club of South Calcutta Girls' College organized the inaugural program on 13.08.2021 from 9.00 am to 9.45 am through virtual platform where by the guidance of our yoga instructor Rama Nandi students actively participated in different physical activities. Our respected Principal Madam Dr. Aparna De, IQAC Coordinator. Rehana Khatun, staffs and students attended (total participants was 57)the program. To make the mission fruitful the Physical Activity Club started one week program from 14th to 20th August, 2021. Every day around 50 participants performed different activities like walking, running, jogging, yoga exercise etc. Each participant reported everyday how much distance and time they covered.

FIT INDIA FREEDOM RUN 2.0 REPORTS OF SEVEN CONSECUTIVE DAYS ARE GIVEN BELOW.

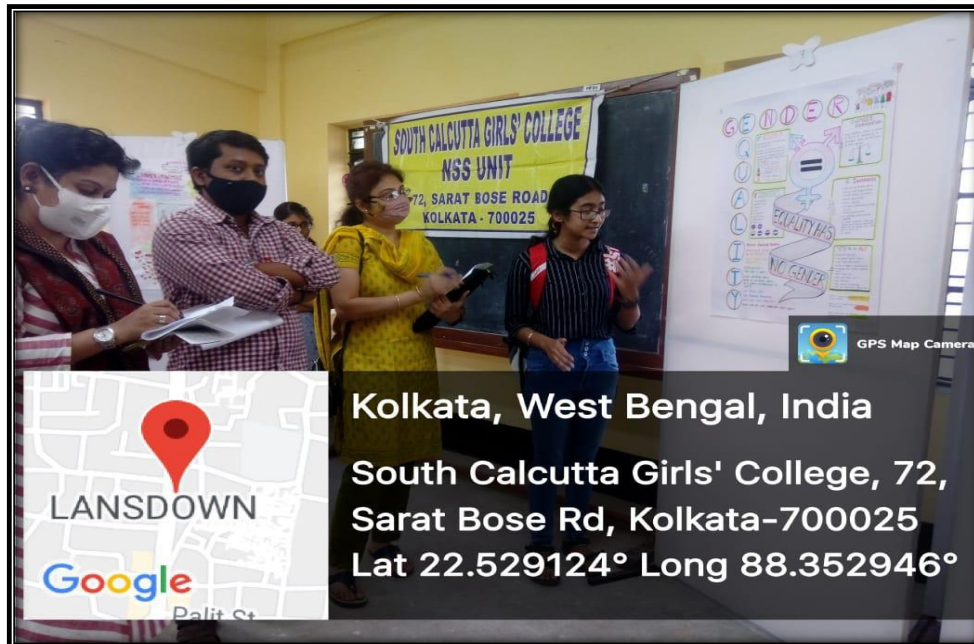
DAY	NUMBER OF PARTICIPANTS	WALKING / JOGGING/ RUNNING IN KM
14.08.21	50	102
15.08.21	48	107
16.08.21	51	113
17.08.21	40	92
18.08.21	65	161
19.08.21	49	121
20.08.21	50	119
<b>7 DAYS</b>	<b>353</b>	<b>815</b>


## **ACTIVITIES OF NSS UNIT 2021-2022**

- ❖ A Unit Of National Service Scheme Has Been Functioning In Our College Since 2009. In The Session 2021- 2022, The NSS Unit Organized Various Programmes Under Three Categories:
- ❖ NSS REGULAR PROGRAMME, SESSION 2021-2022
  - Hands on Training, Making of Compost Fertilizers on 3<sup>rd</sup>march 2022
  - Celebration of International Women's Day on 9<sup>th</sup> march 2022
  - Plantation Programme of Medicinal Plant on 24<sup>th</sup> march 2022
- ❖ NSS SPECIAL CAMP (10<sup>th</sup> March To 17<sup>th</sup> March, 2022)
- ❖ RED RIBBON CAMP held on 25<sup>th</sup> March 2022

- **CELEBRATION OF INTERNATIONAL WOMEN'S DAY ON 9<sup>th</sup> March 2022**

International Women's Day is celebrated every year on 8<sup>th</sup> March. We celebrated Women's Day in our college on 9<sup>th</sup> March 2022 with an intra-college poster presentation competition. **No. of student participants 95**



  
**SOUTH CALCUTTA GIRLS' COLLEGE**  
**NOTICE**

**NOTICE NO. 0158/2021-2022**                      **DATE: 02/03/2022**

To celebrate 'INTERNATIONAL WOMEN'S DAY' 9<sup>th</sup> March 2022 , IQAC & NSS are going to organize an Intra-College Poster Presentation Competition.

**THEME: GENDER EQUALITY TODAY FOR A SUSTAINABLE TOMORROW**

**DATE: 9<sup>th</sup> March, 2022**

**TIME: 1p.m.**

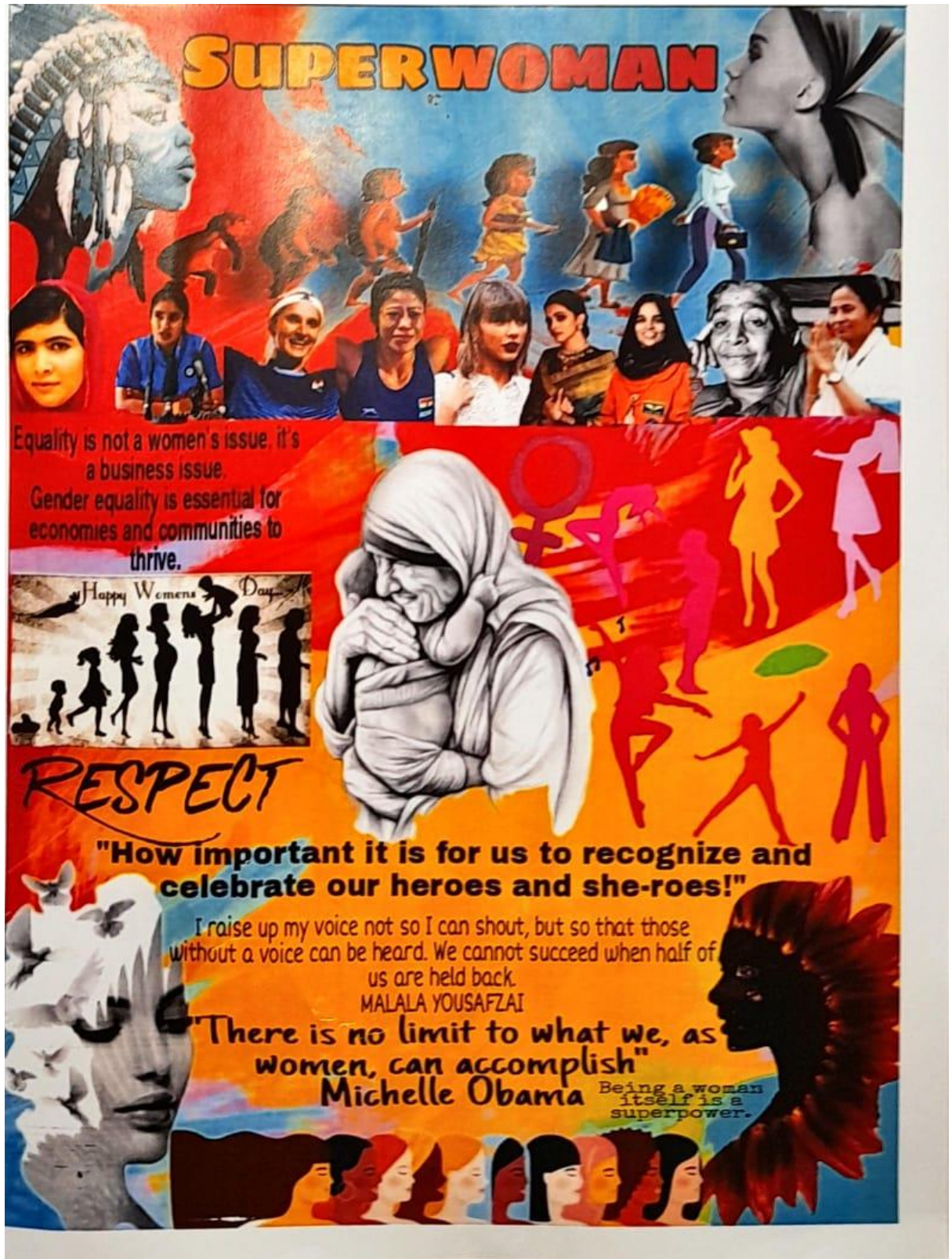
**POSTER SIZE: 2ft (wide) x 3ft (height)**

All students of South Calcutta Girls' College can participate either individually or in group (maximum 2 students ). Solo presenter or of a group should register through the following link.

**REGISTRATION LINK:**  
<https://forms.gle/piKacPV3dx9zTLZt6>

**LAST DATE OF REGISTRATION: 7<sup>th</sup> March, 2022.**

POSTERS BY STUDENTS



# Women empowerment = Gender Equality



Generation  
Equality



Working women : importance

**Reminder**  
Feminism isn't about making women strong. Women are already strong. It's about changing the way world perceives that.



*The Beauty of A Woman*

**RESPECT HER LIMITS**



Climate affecting women

Be a lady they said  
Don't talk too loud  
Don't laugh too hard  
Don't eat too much  
Don't sit like that  
Don't be intimidating



SPEAK YOURSELF ♥

**OUR  
VOICE  
IS OUR  
POWER**



A well-read woman is a dangerous creature.

❖ NSS SPECIAL CAMP (10<sup>th</sup> March To 17<sup>th</sup> March, 2022)

Notice of the programme



**SOUTH CALCUTTA GIRLS' COLLEGE**

**NOTICE**

**Notice No. 0166/2021-2022**

**Date: 05.03.2022**

All volunteers are hereby informed that NSS special camp will start as per the following schedule

SPECIAL CAMP 2021-2022

DAY	PROGRAMME	DATE	Time
DAY 1	COVID AWARENESS AND SURVEY	10.03.2022	2.30 p.m.
DAY 2	COVID AWARENESS- MASK DISTRIBUTION AND SURVEY	11.03.2022	2.30 p.m.
DAY 3	EYE CHECK UP	12.03.2022	11.00 am
DAY 4	HEALTH CHECK UP	14.03.2022	2.30 p.m.
DAY 5	SESSION ON YOGA	15.03.2022	2.30 p.m.
DAY 6	SANITIZER PREPARATION.	16.03.2022	2.30 p.m.
DAY -7	PSYCHOLOGICAL COUNSELLING.	17.03.2022	11.00 am

**S/d**

**Principal**

**COVID AWARENESS AND SURVEY held on 10<sup>th</sup> March, 2022**

DAY -1

The Special Camp was inaugurated by our respected Principal, Prof. (Dr.) Aparna De. A student rally took place in the vicinity of the college in the Peyarabagan slum and Beltala Motor Vehicles area.

Photo of the programme



## DAY-2

### COVID AWARENESS-MASK DISTRIBUTION AND SURVEY

Mask distribution programme held to the college and college surrounding Beltala Motor Vehicle and near slum area.

Photos:







**DAY -3**

**DATE- 12/03/2022**

### **EYE CHECK UP**

An eye check up camp was under supervision of Ramakrishna Mondal, D. Optometrist, Riddhiseva Kendra, Kolkata -31. He checked 88 persons. In this programme total no. of 88 people attended.

### **Photos of day 3**





Latitude: 22.529064  
Longitude: 88.35307  
Elevation: 5.79±10 m  
Accuracy: 16.7 m  
Time: 12-03-2022 12:22  
Note: South Calcutta Girls' College  
72, Sarat Bose Rd, Garcha, Bhowanipore, Kolkata, West Bengal 700025, India

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Latitude: 22.529071  
Longitude: 88.353043  
Elevation: 6.09±4 m  
Accuracy: 34.2 m  
Time: 12-03-2022 12:09  
Note: South Calcutta Girls' College  
72, Sarat Bose Rd, Garcha, Bhowanipore, Kolkata, West Bengal 700025, India

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**DAY-4**

**DATE – 14/03/2022**

### **HEALTH CHECK UP**

A health check up camp was organized by NSS unit with the help of Physiology Dep. Of South Calcutta Girls' College.

The following invited responsible person named – Dr. Banibrata Das, Assistant Professor, Smt. Srijita Kundu, SACT-II, SMt. Chandrima Bhattacharjee, SACT-II, Sri Sagar Chowdhury, Lab Attendant, helped to check up vital sign (BMI, SBP, DBP, HR(B/M) Weight, Height, SPO2, etc) of people who came to participate on this camp. In this programme total no. 94 of people participated.

## Photos of Day -4





Latitude: 22.5291  
Longitude: 88.352977  
Elevation: 6.09±5 m  
Accuracy: 83.4 m  
Time: 14-03-2022 14:43  
Note: South Calcutta Girls' College



Latitude: 22.529069  
Longitude: 88.353263  
Elevation: 5.79±10 m  
Accuracy: 68.4 m  
Time: 14-03-2022 15:44  
Note: south Calcutta girls college

**DAY-5**

**DATE-15/03/2022**

**SESSION ON YOGA**

A programme was organized regarding Yoga Practice Covid Period under Supervision of Rama Nandi, Yoga Instructor of South Calcutta Girls' College. The main aims of this programme are to develop for mental & physical health of the students. In this programme total no. of 60 people attended.

Photos of day- 5





Time: 03-15-2022 15:09  
Note: South Calcutta girls college

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Time: 03-15-2022 15:00  
Note: South Calcutta girls college

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**DAY-6**

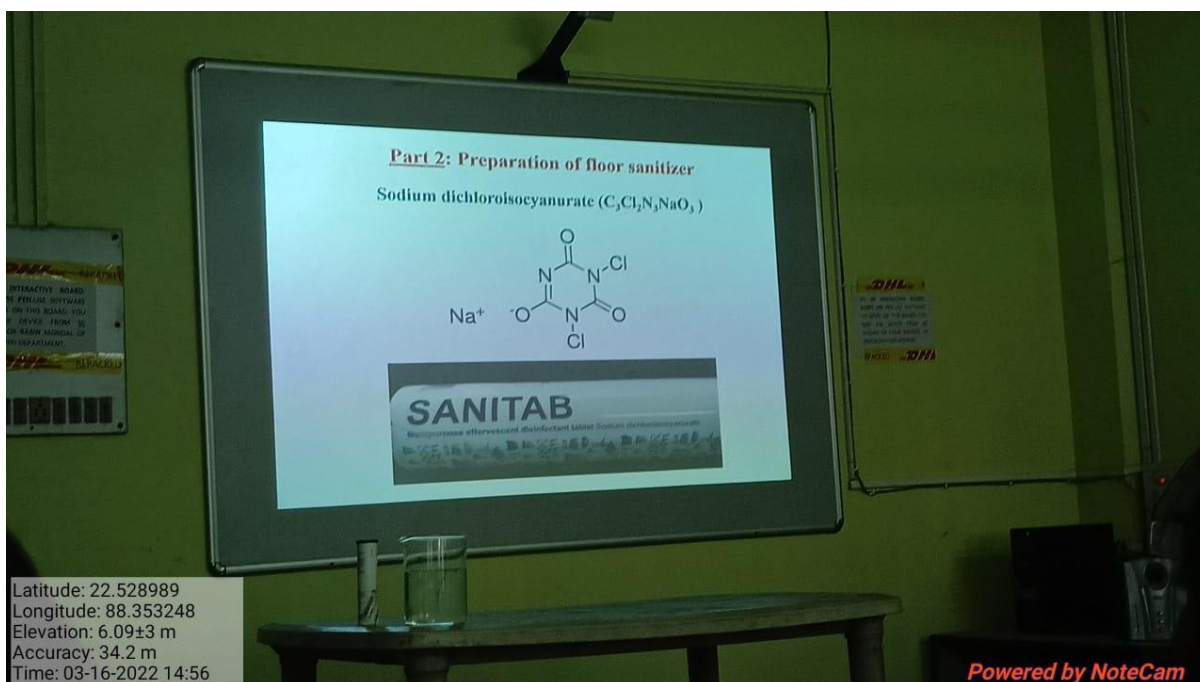
**DATE- 16/03/2022**

### **SANITIZER PREPARATION**

A programme was organized regarding Sanitizer preparation under Supervision of Dr. Shuvankar Mondal, SACT- I, with the help of Tarakeswar Banerjee Students were shown through PowerPoint presentation & practical demonstration by the experts. In this programme total no. of 43 students attended.



## Photos of the day



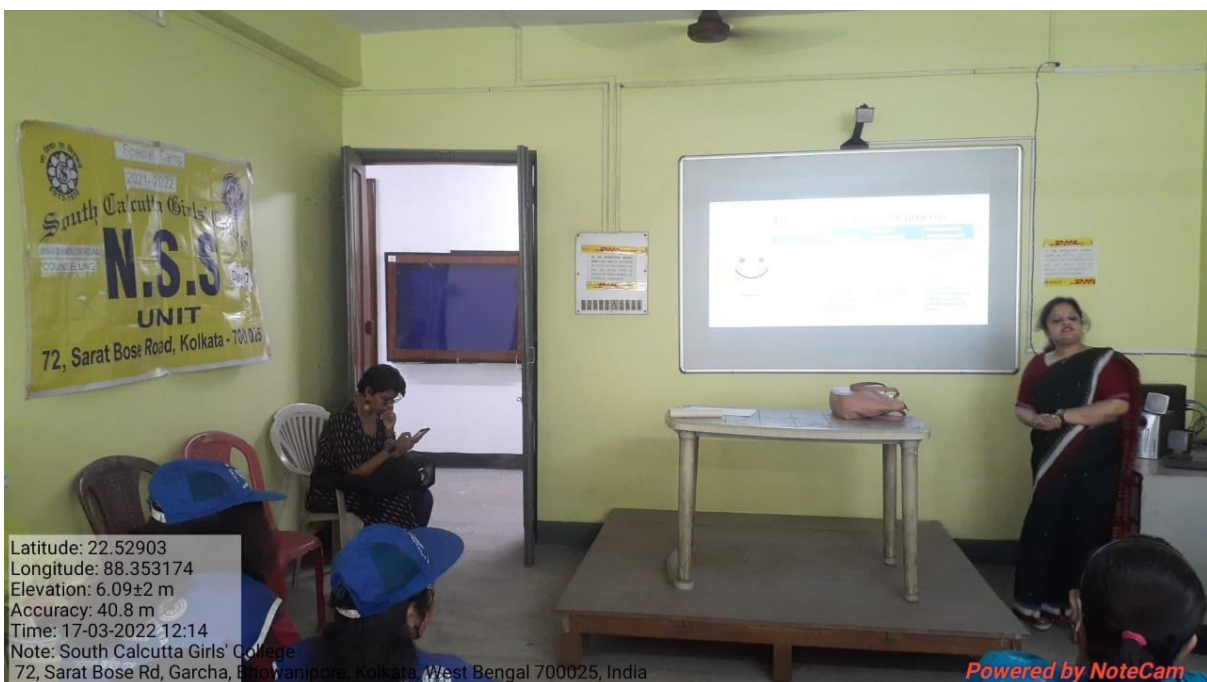
**DAY-7**

**Date- 17/03/2022**

### **PSYCHOLOGICAL COUNSELLING**



A programme was organized regarding Psychological Counselling under Supervision of Yashabanti Sreemany, Counselor of Counselling cell .On this programme student was divided into 4 groups. Each group got a topic for discussion. From this discussion they can applied it for the sufferer. In this programme total no. of 43 students attended.

Photos of Day-7




❖ **RED RIBBON CAMP held on 25<sup>th</sup> March 2022**

The NSS Unit of South Calcutta Girls' College organised an awareness programme on 'HIV-AIDS' on 25<sup>th</sup> March, 2022 as part of the RED RIBBON CAMP. On this occasion, Honourable Principal of our College, Prof. (Dr.) Aparna De delivered her inaugural speech. The invited guest of this programme was Dr. Sharmistha Choudhuri , R.G. Kar Medical College and Hospital, who delivered a lecture on the topic, 'Awareness on HIV-AIDS'. The purpose of this programme was to make the students aware about HV-AIDS. Her speech was followed by an interactive session where both students and teachers participated. The total number of **volunteers in this programme was 74.**

 **SOUTH CALCUTTA GIRLS' COLLEGE**   
72, SARAT BOSE ROAD, KOLKATA-700025

**NSS UNIT OF SOUTH CALCUTTA GIRLS' COLLEGE**  
IS GOING TO ORGANISE A PROGRAMME ON  
**"AWARENESS ON HIV- AIDS"**  
**(RED RIBBON CAMP)**



**SPEAKER : Dr. SHARMISTHA CHOUDHURI**  
R.G. KAR MEDICAL COLLEGE & HOSPITAL, KOLKATA

**ON 25<sup>TH</sup> MARCH 2022**

**TIME : 2 P.M. VENUE : ROOM NO. 304**

## PHOTOS OF THE PROGRAMME



Dr. Sharmistha Choudhuri of R.G. Kar Medical College and Hospital delivering her lecture

Volunteers with our respected Principal Madam.

