

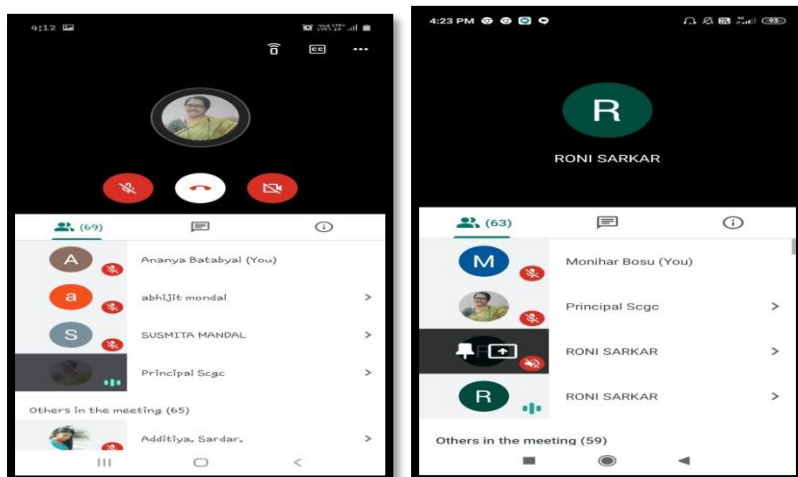


72, SARAT BOSE ROAD, KOLKATA-700025

3.3.1 EXTENSION ACTIVITIES.

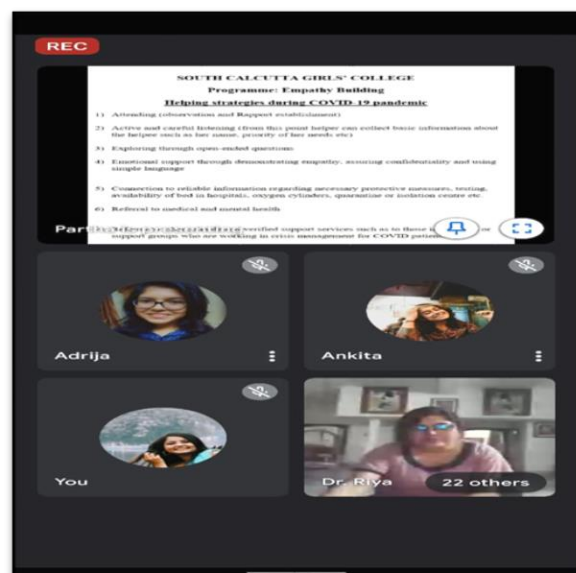
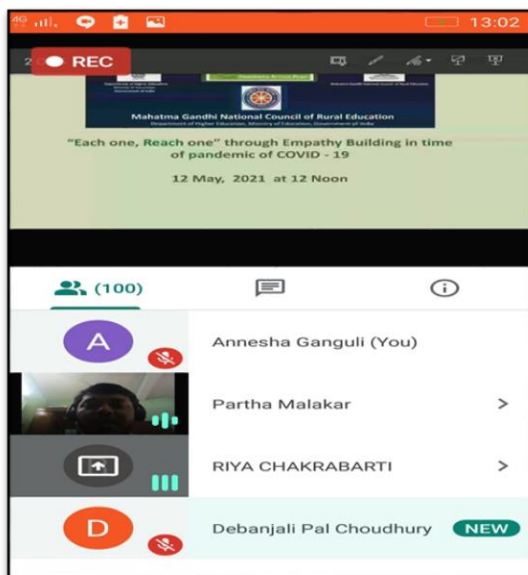
DENGUE AWARENESS PROGRAMME ORGANISED BY N.S.S. UNIT ON 6TH AUGUST 2020

A webinar (Virtual Meeting) was held through Google Meet by the NSS Unit, South Calcutta Girls' College on 6th August, 2020 for the students to raise awareness regarding Dengue and the necessary measures to be taken for its prevention. There was a presentation by Dr. Roni Sarkar, Assistant Professor, Department of Zoology, South Calcutta Girls' College on the "Spread of Dengue and Various Controlling Measures", which emphasised the necessity to keep our environment clean and mosquito-free. Our Principal, Prof. (Dr.) Aparna De, teachers from various departments and **70 students** actively participated in this webinar. Our respected Principal, all teaching and non-teaching faculty members and our beloved students attended this online event under the pandemic circumstances.



‘EACH ONE REACH ONE’ THROUGH EMPATHY BUILDING, IN THE TIME OF COVID 19 IN ASSOCIATION WITH N.S.S., HELD ON 10TH TO 14TH MAY 2021.

Mahatma Gandhi National Council of Rural Education (Department of Higher Education, Ministry of Human Resource Development, Govt. of India, Hyderabad) organized Faculty Development Programme on “Building Emotional Intelligence and Resilience case method of experiential Teaching and Learning” from 10th May, 2021 to 14th May, 2021. The objectives of organizing this programme were to orient the students about how to make self reliant decisions and become supportive to others, how to handle and reduce stress, how to develop at least some helper skills and help affected students and their families to cope with COVID-19 situation and how to gain and share professional information. The total number of participants in this programme was **279**. Helper students developed skills regarding sharing professional information and also learned about how to become emotionally and psychologically supportive. After attending sessions with the Helper students, Helpee students developed understanding to cope up with the demands as well as the stress and anxiety which resulted due to COVID-19 situation.



CELEBRATION OF INTERNATIONAL YOGA DAY ON 21ST JUNE 2021

The N.S.S. Unit and Physical Activity Club of our college celebrated International Yoga Day on 21st June 2021. This year the theme was “Yoga At Home And Yoga With Family.” Due to current corona virus pandemic situation, International Yoga day was celebrated by our students with great enthusiasm in online mode under the guidance of our gym instructor Smt Rama Nandi . The total number of student participants was about **90**. Live demonstration of several Yoga postures such as Padmasana, Sarvangasana, Chakrasana, Brikkhasana and many more along with an explanation of their advantage and disadvantages were performed individually by our students. The other activities, such as various kinds of breathing exercises and Pranayams were performed and demonstrated by our students. The last event of the programme was meditation which is an essential tool for refreshing our body as well as our mind and being stress free during this pandemic situation. This programme encouraged our students and their families to practise Yoga on a regular basis.

