



SIR GURUDAS MAHAVIDYALAYA

Affiliated to University of Calcutta, Registered
under 2F & 12B of UGC Act, Accredited by NAAC

33/6/1, Biplabi Barin Ghosh Sarani, Murari Pukur, Ultadanga,
Kolkata, West Bengal - 700067



THE NSS DIARY

2023-24

VOLUME 1

NSS UNIT

SIR GURUDAS MAHAVIDYALAYA KOLKATA



"NOT ME BUT YOU"

WBKO00004753

Debarati Das
NSS Programme Coordinator
University of Calcutta

Email: calunivnss@gmail.com

Date: 21/11/2024

Message

The NSS unit of Sir Gurudas Mahavidyalaya is going to publish a report-related publication, entitled 'NSS Diary'. It is the annual report of NSS activities covering the period of 25.07.23 to 21.06.24. The objective of the volume is to capture diverse stories and insights from NSS volunteers. I sincerely hope that this published volume will encourage the NSS team to contribute their work in the field of social service and continue to serve as a source of inspiration to the volunteers. I convey my heartiest greetings to the NSS team and wish their endeavour all success.



21/11/2024
Dr. Debarati Das
NSS Programme
Coordinator
University of Calcutta

Welcome to "The NSS Diary", a publication of Sir Gurudas Mahavidyalaya Kolkata, that celebrates the essence and spirit of the National Service Scheme (NSS). The National Service Scheme (NSS) is a movement that fosters a sense of responsibility, compassion, and unity among youth. "The NSS Diary" serves as a testimony to the dynamic efforts undertaken by its members, reflecting the transformative power of service and the enduring impact of collective action.

This volume captures diverse stories and insights from NSS volunteers, including community outreach programs, environmental conservation drives, skill development initiatives, and leadership experiences. Each page tells a story of dedication, challenges overcome, and lives touched.

As you delve into this magazine, you will witness the extraordinary ways in which NSS continues to empower individuals and communities. We hope these stories inspire you to embrace the spirit of service and contribute to the greater good.

This magazine serves as a platform to document, share, and reflect upon the remarkable journeys, accomplishments, and aspirations of NSS volunteers and members of the team. It encapsulates the ideals of selfless service, community engagement, and personal growth, which are the foundation of the NSS.

Through "The NSS Diary", we aim to highlight the extraordinary efforts to uplift health and hygiene, promote education, enhance environmental awareness, and tackle societal challenges. This publication not only showcases their achievements but also inspires others to join hands in building a better and more inclusive society. I owe my gratitude to Smt. Hasi Mukhopadhyay Ex- P.O NSS UNIT SGM for taking the NSS Unit to the height of success and instilling the essence of service towards the community.

We extend our heartfelt gratitude to all contributors, mentors, and supporters who have made this edition possible. Together, let us continue to uphold the values of NSS and strive for meaningful change.

We specially thank Sri Vinay Kumar, Regional Director, Government of India, Ministry of Youth Affairs & Sports, Regional Directorate of NSS and Dr. Debarati Das, Coordinator, NSS CU for being a constant guiding force with us.

*DR. SUCHISMITA MAJUMDAR
P. O. NSS Unit Sir Gurudas Mahavidyalaya
on Behalf of NSS Team,
Sir Gurudas Mahavidyalaya*

MESSAGE

It gives me immense pride and pleasure to extend my heartfelt appreciation for the annual magazine of the NSS UNIT, Sir Gurudas Mahavidyalaya, 'The NSS Diary'. It is indeed an exemplary initiative that embodies the spirit of community service and institutional social responsibility of the college. This endeavor, meticulously crafted, highlights the values and vision of Sir Gurudas Mahavidyalaya to contribute meaningfully to society.

By chronicling the efforts and activities of the National Service Scheme (NSS), The NSS Diary is not merely a magazine but a guiding beacon that reflects the importance of compassion, service, and responsibility in shaping the society.

I am delighted to approve this initiative and recognize it as an integral part of our institutional framework. I firmly believe that The NSS Diary will inspire many more to actively participate in our mission to make a positive difference in the community.

My best wishes to the NSS team and all contributors to this noble cause. May this initiative continue to thrive and leave an indelible mark on the society we serve.

Santanu Mallik
President
Governing Body
Sir Gurudas Mahavidyalaya



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MESSAGE

Principal, Sir Gurudas Mahavidyalaya, Kolkata

I extend my heartfelt congratulations to the NSS Unit of Sir Gurudas Mahavidyalaya for the successful launch of the first volume of "The NSS Diary". This initiative reflects the dedication, creativity, and commitment of our NSS volunteers and members of the NSS Unit, and also their efforts toward community service and personal development. The magazine stands as a testament to the values of compassion, leadership, and teamwork that the NSS embodies. I am confident that "The NSS Diary" will inspire many and serve as a beacon of the unit's future endeavours.

Wishing the NSS Unit, Sir Gurudas Mahavidyalaya, continued success in all their noble pursuits.

Principal

Principal
Sir Gurudas Mahavidyalaya
Kolkata-700067

MESSAGE

For me NSS means No Specific Service, Youth is a future of Nations so believe in yourself and Serve for society as much as you can.

My best wishes always with NSS team, Sir Gurudas Mahavidyalaya Kolkata.

Prof. Nupur Roy
Programme Officer, NSS Unit,
Charuchandra College and
Ex-Nodal Officer, NSS, Kolkata District

আমাদের কলেজের জাতীয় সেবা প্রকল্প-র শাখা থেকে সামাজিক সেবা ও বৃহত্তর মানবজীবনের সঙ্গে ছাত্রছাত্রীদের যুক্ত করার মহতী পরিকল্পনা করা হয়েছে। একে একে সম্পন্ন হয়েছে তা। এন এস এস-এর অনুষ্ঠান আধিকারিক ড. শুচিস্মিতা মজুমদার ও তাঁর সকল সহযোদ্ধা আমাদের প্রিয় ছাত্রছাত্রীদের নিয়ে যে কাজগুলি ধারাবাহিকভাবে করে চলেছেন, তা প্রশংসিত হয়েছে স্থানীয় মানুষের কাছে। তাকে যথাযথভাবে গ্রহণ করেছে এই সংগঠনের কেন্দ্রীয় করণা। এর ভিতর তাঁরা একটি মুখপত্র প্রকাশ করার দায়িত্ব নিয়েছেন, তাঁদের এই উদ্যোগ সফল হোক। তাঁদের এই প্রকাশনা কেবল তাঁদের কর্মসূচি লিপিবদ্ধ করবে না, তা ভবিষ্যতের ছাত্রছাত্রীদের জন্য হয়ে উঠবে উৎসাহের অন্যতম মাধ্যম।

সংশ্লিষ্ট সকলকে আন্তরিক ধন্যবাদ ও শুভেচ্ছাসহ।

শুভেন্দু দাশমুন্সী
পরিচালক
অভ্যন্তরীণ উৎকর্ষ আশ্রাসকেন্দ্র
স্যার গুরুদাস মহাবিদ্যালয়

हमें बहुत खुशी है की सर गुरुदास महाविद्यालय के तरफ से एक पत्रिका प्रकाशित हो रही है जिसमें एनएसएस यूनिट के तरफ से लोगों के लिए जो सेवा और कार्यक्रम की जाएगी वह इसमें लिपिबद्ध होगी। हमारी हार्दिक शुभकामनाएं उनके साथ है। एनएसएस यूनिट की अग्रगति हमारी अग्रगति है।

गिरधारी प्रजापति
स्थानीय प्रतिनिधि

STAFF MEMBERS OF NSS UNIT SGM



VOLUNTEERS NSS UNIT SGM



CHILDREN FROM LOCAL COMMUNITY





SIR GURUDAS MAHAVIDYALAYA

33/6/1, B. B. Ghosh Sarani, Ultadanga - 700067

DENGUE AWARENESS AND PREVENTION DRIVE

DATE : 25.07.23



Event/Activity details:

Dengue Awareness and prevention drive by NSS UNIT Sir Gurudas Mahavidyalaya Kolkata was organised through a seminar and effective community involvement with demonstration of models and charts. The main focus of the event was prevention of spread of Dengue by adopting necessary measures and timely response to the symptoms of Dengue if any, as Dengue Fever can be life threatening. The NSS volunteers were actively engaged in the awareness and prevention drive with a pledge to prevent the spread of the vector borne disease among the local community as an essential part of institutional social responsibility with outreach programme.





SIR GURUDAS MAHAVIDYALAYA

33/6/1, B. B. Ghosh Sarani, Ultadanga - 700067

EXHIBITION ON ENVIRONMENT AND HEALTH & HYGIENE

DATE : 01.08.23



Event/Activity details:

Exhibition on Environment: Issues and Concerns could invoke the interest of students in preparing working models, model displays and interactive activities, cut out displays on burning issues like rain water harvesting and utilisation of solar power for sustainable future, Effects of global warming and ozone layer depletion, Acid Rain, plastic pollution of ocean and threats to the sea animals, Preventive measures on land air and water pollution, reduce, reuse, recycle and choose eco-friendly alternatives to plastic and many more. The students and volunteers demonstrated the models and charts with great concern for environment and all possible ways among the visitors to spread the word "Saving the planet starts from us".



Volunteers, students and local people were involved including staff members for making the event successful. Principal of the college Dr. Manishankar Roy highly appreciated the effort of the NSS UNIT and the students of the college.





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700067, India
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Long 88.387709°
01/08/23 01:54 PM GMT +05:30

Kolkata, West Bengal, India
181b, Murari Pukur Rd, Bagmati, Kolkata, West Bengal
700067, India
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SIR GURUDAS MAHAVIDYALAYA

33/6/1, B. B. Ghosh Sarani, Ultadanga - 700067

World's Aids **OBSERVATION AWARENESS PROGRAM**

DATE : 11.12.23 & 18.12.2023



Event/Activity details:

The event was a huge success with the support of Piyali Das, Asst. Director (Youth Affairs) WBSAP & CS, Dept of Health and Family Welfare, Govt. of West Bengal. The Students of Sir Gurudas Mahavidyalaya and Lalbaba College were actively engaged in the interactive session "HIV AIDS: SOCIAL IMPACT AND PREVENTION".

A Poster drawing event was successfully organised.

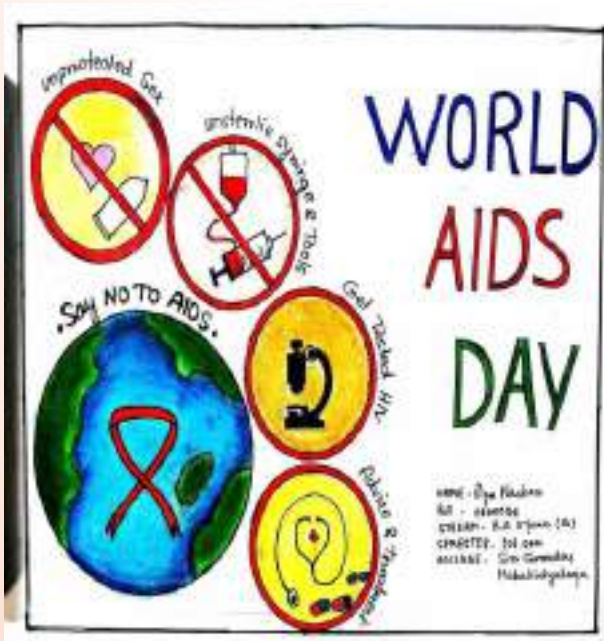
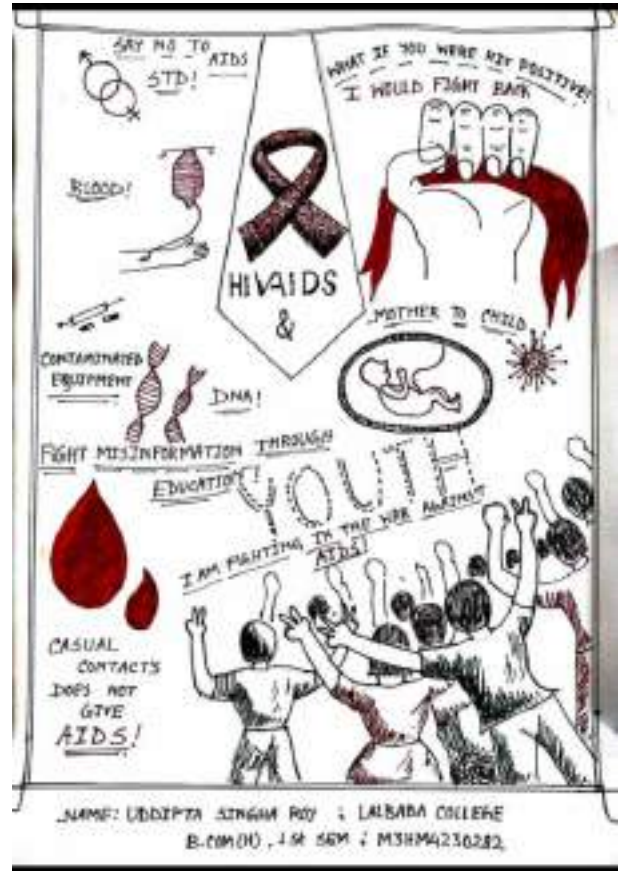
The Rally by the volunteers focussed on educating the people on prevention of HIV AIDS and have empathy towards HIV affected individuals. NSS Volunteers, students and faculty members actively got involved to make the event a huge success. We had the valuable presence of the Principal of Sir Gurudas Mahavidyalaya,

Lalbaba College and AJC Bose College. The rally was possible with active support of O.C.Maniktala Police Station. The rally was escorted by officials of Maniktala Police Station.









Shreya Ghosh, Id: D1HF4230432, LalBaba College.

HOW HIV DOESN'T SPREAD:-

You can't become infected with HIV through ordinary contact. That means you can't catch HIV or AIDS by hugging, kissing, dancing or shaking hands with someone who has the infection. HIV or AIDS isn't spread through the air, water or insect bites.

RISK FACTORS:-

Anyone of any age, race, sex or sexual orientation can be infected with HIV/AIDS. However, you're at greatest risk of HIV or AIDS if you:

⊗ Have unprotected sex: Use a new polyurethane condom everytime you have sex. Anal sex is more risky than vaginal sex. Your risk of HIV increases if you have multiple sexual partners.

⊗ Have STI: Many STIs produce open sores on your genitals. These sores act as doorways for HIV to enter your body.

⊗ Use IV drugs: People who use IV drugs often share the needles and syringes. These expose them to droplets of other people's blood.

COMPLICATIONS:-

HIV or AIDS infection weakens your immune system, making you much more likely to develop many infections and certain types of cancers.

PREVENTION:-

There is no vaccine to prevent HIV or AIDS infection, so there is cure for AIDS. But you can protect yourself and others from the infection by maintaining some safety precautions. So Don't be ashamed about AIDS and be aware, be safe.





SIR GURUDAS MAHAVIDYALAYA

33/6/1, B. B. Ghosh Sarani, Ultadanga - 700067

ENCOURAGING READING HABIT AT 4TH KOLKATA DISTRICT BOOK FAIR

DATE : 17.12.23 TO 24.12.2023



Event/Activity details:

At 4th Kolkata District Book Fair, on the theme "Commemorating 100th year of Satyajit Ray's Abol Tabol". Quizzes, Picture matching and reading poems on Abol Tabol were planned and prepared for interactive activities with the objective to encourage reading habit.

Slide Show on "Most Important books everyone should read" was put up using a projector also. Book-marks were given as encouragement.

Most visitors enquired about the stall with surprise because we had nothing to sell. We said, "Books are sold only when books are read. We have come to encourage reading."

Huge participation from NSS Volunteers, students, faculty members, Principal and dedicated staff of our college till 8.00PM

for 8 days at Stall No.62 made the programme a huge success. We received showers of blessings and encouragement from visitors for taking this initiative when smartphones and gadgets seem to be replacing our habit of reading books. It was an experience worth mentioning.







SIR GURUDAS MAHAVIDYALAYA

33/6/1, B. B. Ghosh Sarani, Ultadanga - 700067

Psychological COUNSELLING PROGRAMME
DATE : 05.01.2024



Event/Activity details:

A psychological counselling programme was organised for the students and local residents. Eminent resource persons were Sri Subhendu Dasmunshi, Coordinator, IQAC and Sri Bappaditya Mukherjee, founder, Prantakatha NGO. The interactive participation of the participants made the event a huge success.





SIR GURUDAS MAHAVIDYALAYA

33/6/1, B. B. Ghosh Sarani, Ultadanga - 700067

Reading Festival

DATE : 06.01.2024

Event/Activity details:

Reading festival was organised by NSS Unit, Sir Gurudas Mahavidyalaya on 6th January 2024 the reading festival was organised with various activities including and interactive program with the school students commemorating the 100 years of Sukumar Ray's Abol Tabol, Meet An Author, Exploring E-Resources, Reading Habit and Wellbeing, Steps to Higher Education. An interactive session on "Reading habits for well-being" was organised. Speakers for the session were Dr Manishankar Roy, Principal Sir Gurudas Mahavidyalaya, Smt. Debjani Nayak, Member of NSS Unit and Dr. Suchismita Majumdar, P.O NSS Unit.

The event "Meet an author" was most cherished event of the day, as the people of the local community and students of the participating schools Khanna High School for girls High





School for girls, Muraripukur Government High School, Victoria institution, Lake Town Government sponsored girls High School, Laban Hrad Vidyapith for girls, ML Jubilee institution and Khanna High School could meet their favourite Author and Scriptwriter Sri Subhendu Dasmunshi. The participants enjoyed





the session on “Script and Stories to basics of filmmaking” by him.

Specially Designed Bookmarks on writings of Abol Tabol prepared by Sri Subhendu Dasmunshi were distributed to the participants.

Invited guest and book lover Sri Gautam Chatterjee was felicitated during the event.

A discussion and feedback session was conducted with the Principals of the Participating Schools on steps to higher education by Sri Pallav Kumar Saha Choudhury, Member of NSS Unit. The event was a success with the active participation of the Volunteers NSS Unit and the coordinated efforts of the members of the NSS Unit, the faculty and staff members of Sir Gurudas Mahavidyalaya Kolkata.







SIR GURUDAS MAHAVIDYALAYA

33/6/1, B. B. Ghosh Sarani, Ultadanga - 700067

NATIONAL Youth Day
DATE : 18.01.2024

Event/Activity details:

On January 18th, 2024, NSS Unit Sir Gurudas Mahavidyalaya, Kolkata, celebrated National Youth Day with an insightful event, An Awareness programme on "Human Rights issues and Advocates". This day, observed across India, marks the birth anniversary of Swami Vivekananda, an emblem of youth empowerment and inspiration. The event focused on motivating the youth to embrace leadership, responsibility, and the values of self-discipline and social harmony.

Esteemed guest speaker, the Officer-in-Charge of Maniktala Police Station, Kolkata, provided an impactful address to





the students and faculty. His speech emphasised the importance of youth engagement in community-building and social responsibility. By sharing his own experiences and insights from law enforcement, he encouraged the young minds to be proactive in promoting safety, unity, and a strong sense of citizenship. His anecdotes on the challenges and rewards of public service resonated well with the audience, inspiring them to contribute positively to society.

The Principal of Sir Gurudas Mahavidyalaya welcomed the guest and highlighted the importance of National Youth Day in recognizing the youth as catalysts for change.

Through discussions and presentations, the volunteers of NSS Unit, Sir Gurudas Mahavidyalaya reflected on the teachings of Swami Vivekananda, focusing on values like self-confidence, resilience, and societal contribution.

Students engaged with the Officer-in-Charge, asking questions about personal development and how young people can actively participate in social causes.

The enthusiasm of the students highlighted the success of the celebration.





SIR GURUDAS MAHAVIDYALAYA

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CREATIVITY To START-UP BUSINESS Idea
DATE : 22.01.2024



Event/Activity details:

Creativity of any form can be skillfully converted into a startup business idea by exploring the potentialities in a multitude of creative skills apart from academics. The Volunteers and students got immense interest in participating with varied forms of creativity in art forms, handmade items and even with creative expressions in different food items.

The program gave the students a platform to sell their works to provide them with essential learning and exposure to key business skills. The students shall utilise the money for any good cause.

The event included an awareness session by MSME, Government of West Bengal for financial possibilities and Workshop on bandhani print and origami, to create interest in creative pursuits.



Dignitaries from other colleges of Kolkata appreciated this innovative and socially significant initiative.

Principal of the college, Dr. Manishankar Roy encouraged this very new approach of recognising the creativity within an individual as an important asset for social and individual development.









SIR GURUDAS MAHAVIDYALAYA

33/6/1, B. B. Ghosh Sarani, Ultadanga - 700067

**NSS VOLUNTEER ORIENTATION PROGRAMME AND PARTICIPATION
IN INTER COLLEGE GAMES AND SPORTS CHAMPIONSHIP
DATE : 20.03.2024 TO 27.03.2024**



Event/Activity details:

NSS Volunteer Orientation for Inter-College State Sports and Games Championship 2024

NSS Unit organised a volunteer orientation program to guide volunteers on their roles and conduct for the upcoming Inter-College State Sports and Games Championship as host college 2023-24.

Dr. Manishankar Roy, Principal, Sir Gurudas Mahavidyalaya, Sri Pallav Kumar Saha, Faculty, Sir Gurudas Mahavidyalaya and Dr. Suchismita Majumdar, P.O. NSS Unit, Sir Gurudas Mahavidyalaya addressed the Volunteers about teamwork, hospitality and service. The session provided valuable guidance for volunteers.



The Volunteers actively participated and successfully executed various responsibilities during the event including providing assistance during the Sports Events to hospitality to the delegates and players under various committees. The Volunteers travelled to far-off offices carrying goods to and fro as per the need of the event. Their active participation was commendable.





SIR GURUDAS MAHAVIDYALAYA

33/6/1, B. B. Ghosh Sarani, Ultadanga - 700067

SPECIAL CAMP 2023-24
DATE : 29.03.2024 TO 04.04.2024

The highlights on each of the activities from the NSS special camp organised by the NSS Unit of Sir Gurudas Mahavidyalaya, Kolkata which reflects the positive impact of these community-oriented initiatives, promoting well-being, health, and awareness.

Day - 1 (29.03.2024)

Inaugural Session, Volunteer registration, Volunteer orientation and Visit to the Locality Around the College. Locality and Campus Cleaning Under Clean Campus, Green Campus Initiative.

Locality and Campus Cleaning:

College Campus Cleaning by NSS Volunteers followed by Cleaning of Road adjacent to College by NSS Volunteers and talking to the residents about the importance of clean surroundings for Wellbeing. Students and NSS volunteers undertook an initiative to clean the





locality surrounding the college. They engaged in collecting waste materials, especially plastic waste, and cleaning public spaces. This initiative encouraged the community to maintain cleanliness and supported the goal of a sustainable, green environment.



Community members showed interest in organising future cleanliness drives with the NSS Volunteers. Awareness regarding waste segregation and plastic pollution was also spread.

Distribution of Bleaching Powder Packets in Local Households and shops was done.



NSS volunteers distributed packets of bleaching powder to local households to promote hygiene and sanitation. The initiative aimed to help households in managing potential sources of infection and improve general cleanliness. Volunteers provided demonstrations on its safe and effective use. Feedback from the community indicated appreciation for the support in maintaining sanitary conditions.





Environmental Awareness Program :

A Special Session on "Environment and Sustainability" was conducted for the local community and NSS volunteers, focusing on conservation, recycling, and sustainable living practices.

Attendees, including local residents and students, participated in the session. Participants gained knowledge about recycling, the harmful impact of plastic, and ways to minimize waste. The session concluded with a pledge to adopt eco-friendly practices. Taking Pledge for Taking Care for Environment by NSS Volunteers was done.

Discussion, encouraging and taking suggestions from the NSS Volunteers on creating a Special Herbal Garden in the college premises and area around the college premises with the Idea of "Wellbeing with natural herbal remedies in daily life".



Day - 2 (30.03.2024)

Dengue Awareness: Survey and Program for prevention of Vector-Borne Disease

NSS volunteers conducted a survey in the local area around the college to assess awareness of dengue prevention. Awareness drive to educate residents on the importance of eliminating stagnant water, using mosquito repellents, and maintaining cleanliness to prevent vector-borne diseases was done. Informative posters were displayed. Volunteers reported increased awareness among residents, many of whom pledged to keep their surroundings





free from mosquito-breeding sites. The local shopkeepers were provided with packets of bleaching powder.

Awareness Session on Alcohol and Drug Abuse Prevention :

An awareness session was held on the detrimental effects of alcohol and drug abuse, discussing its impact on individuals and society. Preventive measures and support resources were highlighted for those at risk. The session saw participation from community members, and feedback indicated heightened awareness and commitment to addressing this issue. Discussions emphasised the importance of family support and community vigilance.



Day - 3 (31.03.2024)

Awareness Session on Women's Health and Hygiene

A special session on women's health and hygiene was conducted, during which NSS volunteers distributed health and hygiene kits to women in the local community. Topics included menstrual health, hygiene practices, and accessing healthcare resources. Females participated, and many expressed gratitude for the useful kits. The program increased awareness of personal health, particularly regarding menstrual hygiene, which was a new topic for many attendees.



AWARENESS PROGRAMME

EMPOWERING WOMEN THROUGH SELF DEFENCE
GENDER SENSITISATION FOR SOCIETAL WELL BEING

SPEAKER: SUMITA DEBNATH
31.03.2024

NSS SPECIAL CAMP 2023-24
NSS UNIT, SIR GURUDAS MAHAVIDYALAYA



Empowering Women Through Self-Defense and Gender Sensitization Program

An empowerment session was conducted focusing on self-defence skills and gender sensitization. Discussions were held on gender equality and societal well-being. Participants learned basic self-defence techniques and discussed gender issues, helping build confidence and awareness regarding women's rights and safety.

How to...
ESCAPE AN ATTACK

Everyone Needs to Know to Survive. The best self-defense strategies and techniques work equally well for men and women, but let's face it: Women really need them because they're assaulted more often than men. Women also endure more incidents of verbal and sexual harassment.





Day - 4 (01.04.2024)

Eye Care and Career Counseling Awareness Program with Sushrut Eye Care Foundation

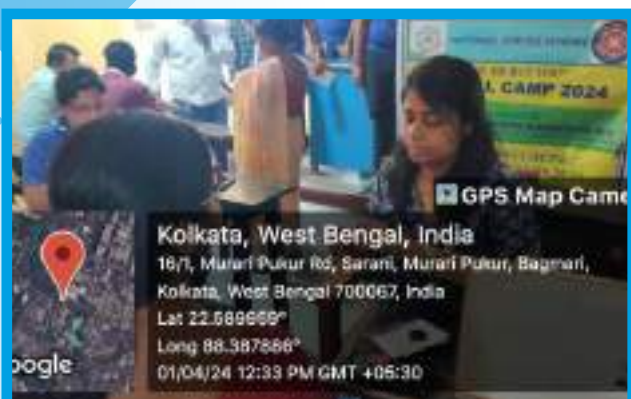
In partnership with the Sushrut Eye Care Foundation, an awareness program on the importance of eye care was organised, including career opportunities in the field.

The session had over 70 participants who received information on eye health and potential career paths in optometry and eye care. It emphasised the significance of regular eye check-ups and the importance of vision care.









Eye Check-Up Camp with Sushrut Eye Care Foundation

The Sushrut Eye Care Foundation set up an eye check-up camp at the college, providing free eye screenings to students, faculty, and local community members.

Over 100 people received eye check-ups. The camp identified several cases needing further treatment, and individuals were referred to the foundation for follow-up care.







Day - 5 (02.04.2024)

Waste Management and Environmental Awareness Program

An awareness program on waste management was conducted, focusing on proper waste disposal, recycling, and environmental conservation. The program aimed to educate the community on reducing waste. Local community members attended and engaged in discussions about waste management. Attendees expressed increased awareness of the importance of reducing plastic use and recycling.







Tree Plantation and Sapling Distribution in Local Community

The NSS volunteers conducted a tree plantation drive and distributed saplings to local community members. This initiative aimed to encourage environmental consciousness and increase green cover in the community. Saplings were distributed, and trees were planted in public areas. Community members expressed their commitment to caring for the plants, supporting the college's environmental goals.





Day - 6 (03.04.2024)

Educational Activity with Slum Children at the College Campus

A creative educational activity was organised for children from nearby slum areas, involving crafts and drawing sessions to foster creativity and learning in an enjoyable environment.

The children participated, and enjoyed the chance to learn and express themselves through art and activity. The activity helped build a stronger connection between the college and the local community and provided an enriching experience for the children.

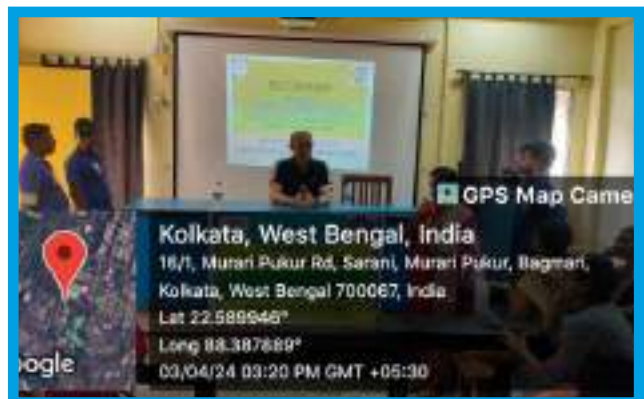






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Self-Defence Training Program for Volunteers and Community Members

A self-defence training program was conducted for volunteers and local community members to help them develop skills to protect themselves. A self-defence training session equipped volunteers and local residents with basic self-defence skills, enhancing safety and confidence.

Over 50 participants gained basic self-defence skills, improving their confidence and safety awareness. Feedback indicated a positive response, with requests for more advanced sessions with many requesting regular self-defence workshops.



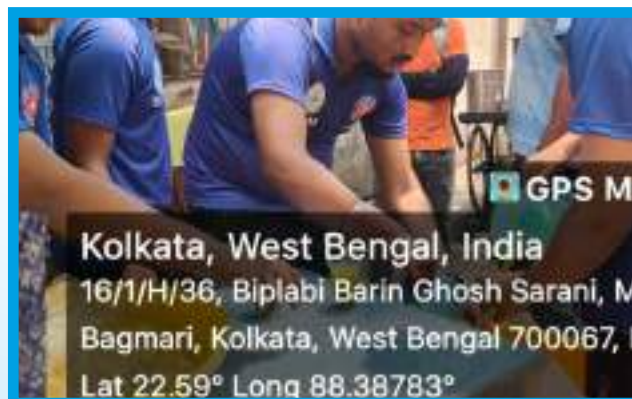


Day - 7 (04.04.2024)

Summer Health Awareness about and Fruit Juice Distribution

An awareness program was conducted to provide tips on staying healthy during summer, focusing on hydration including safe drinking water. Fruit juice was distributed to participants to reinforce the importance of hydration.

The event saw participation from 600 people, including students and local community members. The useful summer health tips were appreciated by all.





Closing Ceremony

The Closing Ceremony was celebrated with cultural programmes by the local children and NSS Volunteers. The members of the NSS Unit congratulated and encouraged the Volunteers for the dedicated effort for the society during the 7 days. The participation of the local community around college was highly appreciated.

These activities reflect Sir Gurudas Mahavidyalaya's NSS Unit's dedication to community engagement, social awareness, and environmental conservation, contributing positively to the well-being of the local community.







SIR GURUDAS MAHAVIDYALAYA

33/6/1, B. B. Ghosh Sarani, Ultadanga - 700067

PLANET Vs PLASTIC
DATE : 22.04.2024







SIR GURUDAS MAHAVIDYALAYA

33/6/1, B. B. Ghosh Sarani, Ultadanga - 700067

VOTER AWARENESS DRIVE
DATE : 14.05.2024 TO 15.05.2024







SIR GURUDAS MAHAVIDYALAYA

33/6/1, B. B. Ghosh Sarani, Ultadanga - 700067

**PLANTATION DRIVE : LAND RESTORATION,
DESERTIFICATION AND DROUGHT RESILIENCE**

DATE : 05.06.2024 TO 06.06.2024





SIR GURUDAS MAHAVIDYALAYA

33/6/1, B. B. Ghosh Sarani, Ultadanga - 700067

TOBACCO A SOCIAL MENACE : AWARENESS AND PREVENTION DRIVE DATE : 11.06.2024



Kolkata, West Bengal, India
35° 18' 40.12" N, 88° 28' 50.12" E
GPS Map Camera



Kolkata, West Bengal, India
GPS Map Camera



Kolkata, West Bengal, India
35° 18' 40.12" N, 88° 28' 50.12" E
GPS Map Camera



Kolkata, West Bengal, India
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GPS Map Camera



SIR GURUDAS MAHAVIDYALAYA

33/6/1, B. B. Ghosh Sarani, Ultadanga - 700067

YOGA FOR WOMEN EMPOWERMENT
DATE : 14.06.2024 TO 21.06.2024





NATIONAL SERVICE SCHEME

14th JUNE 2024

YOGA COMPETITION
POSTER DRAWING

International Day of Yoga
21 June

SPECIAL PROGRAMME
YOGA DEMONSTRATION BY LOCAL CHILDREN

YOGA FOR WOMEN EMPOWERMENT
NSS UNIT, SIR GURUDAS MAHAVIDYALAYA
14th JUNE 2024 to 21st JUNE 2024

NATIONAL SERVICE SCHEME

YOGA @ COLLEGE
YOGA @ HOME

YOGA COMPETITION
POSTER COMPETITION ON YOGA

International Day of Yoga
21 June

SPECIAL SESSION
"YOGA FOR ALL" An Awareness Session on BENEFITS OF YOGA
YOGA DEMONSTRATION "YOGA FOR PERIOD- PHYSICAL WELLBEING OF WOMEN"

YOGA FOR WOMEN EMPOWERMENT
NSS UNIT, SIR GURUDAS MAHAVIDYALAYA
14th JUNE 2024 to 21st JUNE 2024

NATIONAL SERVICE SCHEME

14th JUNE 2024

SEVA TRUST PARNIKA
SRI PARTHO DAS (YOGA TEACHER)
DR. SUNIT MALLIK (PHYSIOTHERAPIST)
SRI MANTI PRADHAKTI (YOGA TEACHER)

International Day of Yoga
21 June

YOGA FOR ALL" An Awareness Session on BENEFITS OF YOGA
YOGA DEMONSTRATION "YOGA FOR PERIOD- PHYSICAL WELLBEING OF WOMEN"

YOGA FOR WOMEN EMPOWERMENT
14th JUNE 2024 TO 21st JUNE 2024
NSS UNIT, SIR GURUDAS MAHAVIDYALAYA







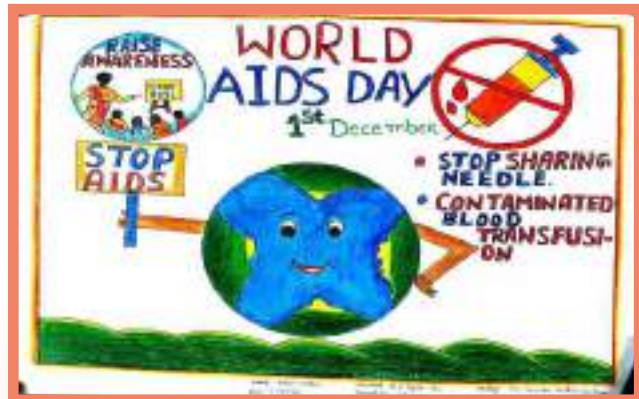


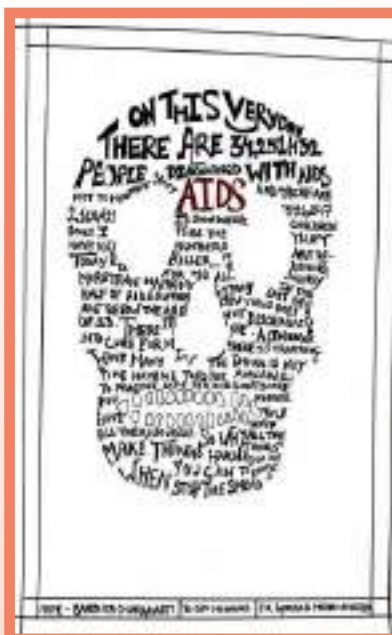
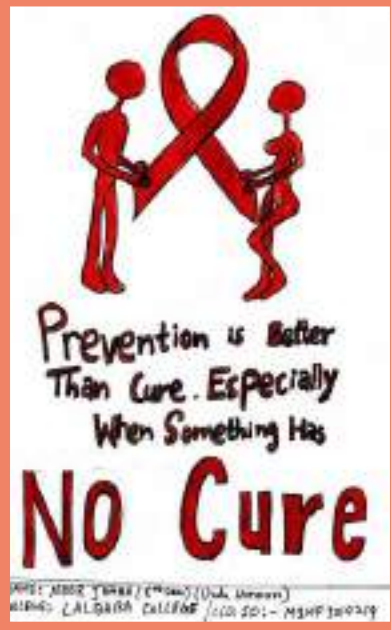
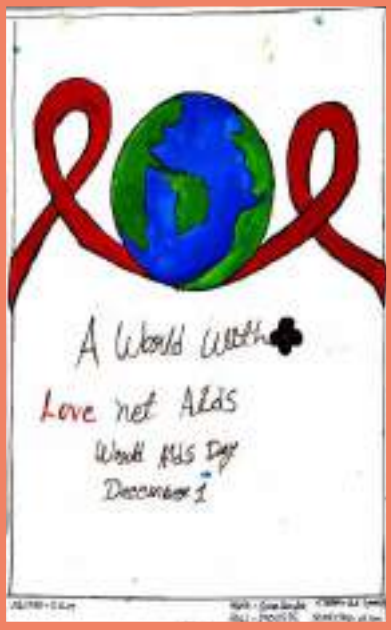
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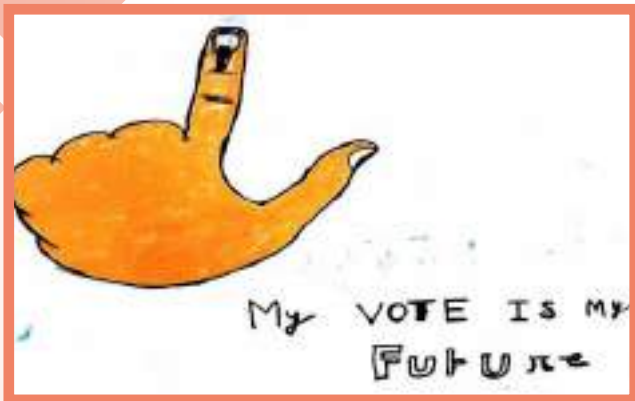
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Illicit Trafficking
DATE : 24.06.2024









SAFE DRIVE SAVE LIFE

FOLLOW TRAFFIC RULES

NSS UNIT, SIR GURUDAS MAHAVIDYALAYA

SAFE DRIVE SAVE LIFE

NSS UNIT, SIR GURUDAS MAHAVIDYALAYA

SAFE DRIVE SAVE LIFE

সামান্যে চালান, জীবন বাঁচান

হেলমেট

“পুলিশের হাত থেকে রেহাই পাওয়ার জন্য নয়, বাঁচি কিরে পরিবারে সঙ্গে দেখা করার জন্য পড়ুন।”

Save Drive, Save Life

Always Wear Your Seat-Belt

DON'T DRINK & DRIVE

SAFE DRIVE SAVE LIFE

NSS UNIT, SIR GURUDAS MAHAVIDYALAYA

Overtaking prohibited	Compulsory bus stop	No Parking	Stop
Vehicles prohibited in both directions	Height limit	Pedestrians prohibited	Horns prohibited

SAFE DRIVE SAVE LIFE

NSS UNIT, SIR GURUDAS MAHAVIDYALAYA

No mobile phone use	No eating and drinking	No smoking	No alcohol
No left turn	No right turn	No U-turn	No one-way
No left turn	No right turn	No U-turn	No one-way

DON'T USE MOBILE PHONE WHILE DRIVING

ELECTROMAGNETIC

NSS UNIT, SIR GURUDAS MAHAVIDYALAYA

Wireless Networking

Bluetooth

SOURCES

SOURCES

WIRELESS COMMUNICATIONS IN THE COMMUNITY

SOURCES

24G Baby Monitor

FREE WIFI HOT SPOT

ELECTROMAGNETIC SPECTRUM



UNDERSTANDING ELECTROMAGNETIC POLLUTION

Electromog/electropollution.

- Fourth of the great sources of pollution after water resources, atmosphere & noise by WHO.
- Electromagnetic Radiation which has a negative effect on the health of living organisms.
- EMFs (Electromagnetic Frequencies)-Biologically toxic.

UNDERSTANDING ELECTROMAGNETIC POLLUTION

- We cannot feel or touch EMFs.
- Human body is a sophisticated electromagnetic system. Bioelectrical signals help to regulate the processes of human body. Every cell in the body has its own EMFs.
- Long term exposure to low frequencies.

HOW EMF AFFECTS?

- Impacted by power lines to homes that run undergrounds.
- Heavy metals in brain act as micro-antenna for receiving EMF radiations.
- Tooth implants and amalgam tooth fillings increase reception of microwaves and micro-currents from cell phone and other fields.
- Bed near(3-6ft.) to electrical outlets.
- Faulty electrical wires.

HOW EMF AFFECTS?



How exposure to blue light affects your brain and body



HEALTH HAZZARDS

Electromagnetic Hypersensitivity Syndrome

(Fatigue, headache, nausea, burning and itchy skin, muscle aches).

- *Neurological conditions.
- *Sleep disorder.
- *Depression.

- *Cancer
- *Cardiovascular irregularities.
- *Immune system disorders.
- *Fertility impairment.
- *Stress.
- *Many more....

SOLUTION?

- *Awareness.
- *Use natural negative ion products (Beeswax candles/salt lamps,etc)
- *Defender Pods.
- *Use electromagnetic protectors.





SIR GURUDAS MAHAVIDYALAYA

33/6/1, B. B. Ghosh Sarani, Ultadanga - 700067

FAQs with ANSWERS ON NATIONAL SERVICE SCHEME (NSS)

General Knowledge

1. What is the full form of NSS?
2. When was NSS launched?
3. Which ministry governs the NSS?
4. What is the main motto of NSS?
5. What is the symbol of NSS?
6. Which year marks the foundation of NSS?
7. Who is eligible to join NSS?
8. How many hours of community service must an NSS volunteer complete per year?
9. Name one major activity under NSS.
10. How is the NSS program divided?

Objectives and Mission

11. What is the main objective of NSS?
12. How does NSS promote national integration?
13. What type of camps does NSS organize?
14. What are the main types of NSS activities?
15. What is the focus of regular NSS activities?
16. Mention one example of a special camping activity under NSS.
17. How does NSS contribute to personality development?
18. What does NSS aim to inculcate in students?
19. How does NSS promote leadership skills?
20. What is the significance of NSS Day?

Structure and Participation

21. What is the tenure of an NSS volunteer?
22. How many NSS units can a college have?
23. Who supervises NSS activities at the college level?
24. What is the role of the NSS Programme Officer?
25. How is NSS funded?
26. Name one national event where NSS volunteers participate.
27. What is the duration of an NSS Special Camp?
28. How many volunteers can participate in a special camp?
29. What is the minimum age requirement for joining NSS?
30. Can non-students participate in NSS activities?

Activities and Contributions

31. Name a Swachh Bharat-related activity conducted by NSS.
32. What is the focus of tree plantation drives under NSS?
33. How does NSS contribute during natural calamities?
34. Mention one activity conducted under Health and Hygiene awareness.
35. How does NSS promote literacy in rural areas?
36. Name one collaboration project undertaken by NSS volunteers.
37. What type of surveys do NSS volunteers conduct?
38. Mention one key environmental activity undertaken by NSS.
39. What is the role of NSS in blood donation camps?
40. How does NSS contribute to gender equality?

Impact and Achievements

41. What is the impact of NSS on youth development?
42. How does NSS contribute to sustainable development goals?
43. What recognition is given to NSS volunteers for their service?
44. Mention one skill development activity undertaken by NSS.
45. How has NSS contributed to disaster management?
46. What is the role of NSS in promoting social harmony?
47. Mention one awareness campaign conducted by NSS.
48. How does NSS address unemployment?
49. What is the impact of NSS on community development?
50. How has NSS evolved over the years?

Answer Sheet

General Knowledge

1. National Service Scheme.
2. 1969.
3. Ministry of Youth Affairs and Sports.
4. "Not Me, But You."
5. A Konark wheel.
6. 1969.
7. Students of schools, colleges, and universities.
8. 120 hours.
9. Blood donation camps.
10. Regular Activities and Special Camping.

Objectives and Mission

11. To develop the personality of students through community service.
12. By engaging youth in activities that promote unity and mutual respect.
13. Special and regular camps.
14. Regular activities and special camps.
15. Activities related to education, health, sanitation, and environment.
16. Tree plantation drives.
17. Through experiential learning and leadership opportunities.
18. A sense of responsibility toward society.
19. By encouraging participation in planning and organizing community projects.
20. Celebrated annually on September 24.

Structure and Participation

21. 2 years.
22. Based on student enrollment and approval.
23. The NSS Programme Officer.
24. To guide and supervise NSS volunteers.
25. Central and state government grants.
26. Republic Day Parade Camps.
27. 7 days.
28. 50.
29. 16 years.
30. No, it is primarily for students.

Activities and Contributions

31. Cleanliness drives.
32. To increase green cover and environmental awareness.
33. By providing relief and rehabilitation services.
34. Awareness sessions on nutrition and sanitation.
35. By organizing adult education programs.
36. Projects with NGOs or government bodies.
37. Socioeconomic or environmental surveys.
38. Cleanliness campaigns and plastic-free initiatives.
39. Organizing and managing camps.
40. By conducting awareness programs on women's rights and equality.

Impact and Achievements

41. Builds confidence, empathy, and social responsibility.
42. By addressing poverty, education, and environmental issues.
43. Awards and certificates of merit.
44. Vocational training sessions.
45. By training youth in first aid and rescue operations.
46. Through inter-community collaboration projects.
47. Road safety awareness drives.
48. By organizing career guidance workshops.
49. Empowering local communities through education and infrastructure development.
50. By expanding activities and integrating modern themes like digital literacy.

FAQs on Duties of NSS Volunteers

1. What are the primary duties of NSS volunteers?

To engage in community service, promote social awareness, and work towards the upliftment of society.

2. How many hours of service are required by NSS volunteers annually?

A minimum of 120 hours.

3. What is a regular activity for NSS volunteers?

Organizing cleanliness drives, health camps, and awareness campaigns.

4. Are NSS volunteers expected to participate in special camps?

Yes, they participate in 7-day special camps.

5. What themes are covered in special NSS camps?

Themes like health, environment, literacy, and women empowerment.

6. Do NSS volunteers work on environmental conservation?

Yes, activities include tree plantations, waste management, and water conservation.

7. What role do NSS volunteers play in disaster management?

They assist in relief efforts and raise awareness about disaster preparedness.

8. Are NSS volunteers involved in promoting literacy?

Yes, they organize literacy programs in rural and urban slum areas.

9. Do NSS volunteers promote health awareness?

Yes, they conduct health camps, blood donation drives, and awareness sessions.

10. How do NSS volunteers contribute to women empowerment?

By organizing workshops on gender equality, self-defense, and vocational skills.

11. What is the responsibility of an NSS volunteer during national emergencies?

To actively participate in relief and rehabilitation programs.

12. Do NSS volunteers assist in government schemes?

Yes, they spread awareness about schemes like Swachh Bharat Abhiyan and Beti Bachao Beti Padhao.

13. What role do NSS volunteers play in community development?

They work on improving infrastructure and facilities in adopted villages or slums.

14. How do NSS volunteers promote unity and cultural harmony?

By organizing cultural events and participating in programs like Ek Bharat Shreshtha Bharat.

15. What is the duty of an NSS volunteer towards senior citizens?
They assist with healthcare, companionship, and recreational activities.
16. Are NSS volunteers involved in digital literacy programs?
Yes, they help teach basic computer skills and online safety.
17. How do NSS volunteers support the Swachh Bharat initiative?
By organizing cleanliness drives and promoting waste segregation.
18. What is the responsibility of an NSS volunteer during elections?
To raise awareness about voter rights and encourage participation in the electoral process.
19. How do NSS volunteers promote road safety?
By organizing awareness campaigns on traffic rules and safety measures.
20. What is the role of NSS volunteers in environmental education?
To educate communities about sustainable practices and environmental protection.
21. Do NSS volunteers contribute to health surveys?
Yes, they help collect data during health campaigns.
22. How do NSS volunteers promote sports and physical fitness?
By organizing sports events and fitness programs in their communities.
23. Are NSS volunteers trained in first aid?
Yes, they often receive basic first aid training.
24. What is the role of NSS volunteers in child welfare?
They work on education, health, and nutrition for children.
25. How do NSS volunteers address substance abuse issues?
By conducting awareness campaigns and counseling sessions.
26. Do NSS volunteers work with NGOs?
Yes, they collaborate with NGOs on various social initiatives.
27. How do NSS volunteers support differently-abled individuals?
By providing assistance and promoting inclusivity.
28. What is the responsibility of NSS volunteers in rural areas?
To improve living standards and provide access to education and healthcare.
29. Do NSS volunteers work on skill development?
Yes, they organize workshops on vocational training.
30. How do NSS volunteers address water scarcity issues?
By promoting water conservation and rainwater harvesting.
31. What is the role of NSS volunteers in mental health awareness?

To organize sessions on stress management and mental well-being.

32. Do NSS volunteers work on sanitation projects?

Yes, they promote the use of toilets and proper sanitation practices.

33. How do NSS volunteers celebrate national festivals?

By organizing events to foster patriotism and unity.

34. What is the duty of NSS volunteers in spreading awareness about diseases?

To educate communities about prevention and treatment of diseases like malaria and HIV/AIDS.

35. Are NSS volunteers involved in promoting renewable energy?

Yes, they raise awareness about solar, wind, and other renewable energy sources.

36. How do NSS volunteers support urban slum development?

By addressing education, health, and infrastructure issues.

37. What is the responsibility of NSS volunteers in promoting traditional arts?

To revive and support local art forms.

38. Do NSS volunteers participate in national integration camps?

Yes, to promote unity and cultural exchange.

39. How do NSS volunteers assist during COVID-19 or similar pandemics?

By spreading awareness, distributing supplies, and assisting health workers.

40. What is the duty of NSS volunteers in combating social evils?

To fight against issues like dowry, child marriage, and caste discrimination.

41. Do NSS volunteers contribute to blood donation drives?

Yes, they organize and participate in such events.

42. How do NSS volunteers encourage youth participation?

By involving peers in community service activities.

43. What is the role of NSS volunteers in cultural preservation?

To document and promote local traditions and festivals.

44. How do NSS volunteers promote financial literacy?

By educating people about savings, banking, and government schemes.

45. What is the duty of NSS volunteers in school dropout prevention?

To counsel and encourage children to continue their education.

As we turn the final page of “The NSS Diary”, we are reminded of the profound impact that service and solidarity can have on individuals and communities. The stories, experiences, and reflections talk about the transformative journey of NSS volunteers as they work tirelessly to create a better tomorrow.

Let this publication be a call to action for all who read it. May it inspire us to take up the responsibility, contribute meaningfully to society, and champion the ideals of the NSS—service before self, unity, and integrity.

We extend our gratitude to everyone who made this edition possible, and we look forward to witnessing the continued growth and success of the NSS family. Together, let us strive to make the world a brighter, more compassionate place.

Thank You





My Special Thanks to the members of the NSS TEAM

Dr. Manishankar Roy, Principal, Sir Gurudas Mahavidyalaya.
Officer in Charge, Maniktala Police Station.

Prof. Nupur Roy (Programme Officer, NSS Unit, Charuchandra College
and Ex-Nodal Officer, NSS, Kolkata District)

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Pankaj Ghosh, Clerk

Asim Ghatak, Group-D

Dipali Das, Group-D

Mafizul Rahaman, Group-D

Girdhari Prajapati, Representative of the Local Community

Kartick Kr. Singh, Student Representative

We will keep continuing the journey together.

Programme Officer: **Dr. Suchismita Majumdar** (Librarian)

SIR GURUDAS MAHAVIDYALAYA

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under 2F & 12B of UGC Act, Accredited by NAAC**

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