



**Jhargram Raj College**  
**NSS Units I, II, III & IV**



**NOTICE**

Date: 10.08.2020

All the Programme Officers of N.S.S. Units-I, II, III & IV of Jhargram Raj College are requested to attend an online meeting of the N.S.S. Units on Wednesday, 14.08.2020. at 12:30 p.m. via Google Meet to discuss the following agenda:

1. Intra College Online Paragraph Writing Competition on Vector Borne Disease
2. Matters arising

Link for Online Meeting: <https://meet.google.com/ppm-itzx-wys>

*Souvik Biswas*

Secretary, N.S.S. Cell  
Jhargram Raj College

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Minutes and Resolutions of the Meeting:

Members present: Sri Souvik Biswas, P.O. NSS Unit I, Dr. Debanjan Das, P.O. NSS Unit II, Smt. Daisy Majumdar, P.O. NSS Unit III, Sri Brahma Chaudhuri, P.O. NSS Unit IV

Resolutions taken:-

1. An “Intra College Online Paragraph Writing Competition on Vector Borne Disease” on the topic ‘Dengue Awareness would be conducted for spreading general awareness about Vector Borne Diseases (like Dengue) among students and NSS volunteers of our college.
2. The Paragraph may be either written in Bengali or in English language and must be restricted to 500 words.
3. The aforesaid competition would be held in online mode only.
4. Interested students who are willing to participate in the aforesaid competition may register by clicking on Google Form link to be shared in students’ WhatsApp groups of respective departments.
5. The result of the aforesaid competition would be declared on 31st August, 2020.
6. As there was no other matter to discuss, the meeting with Vote of Thanks to the Chair.

*Souvik Biswas*

Secretary, N.S.S. Cell  
Jhargram Raj College



**Jhargram Raj College**  
**NSS Units I, II, III & IV**



**NOTICE**

Date: 15.08.2020

All the Programme Officers of N.S.S. Units-I, II, III & IV of Jhargram Raj College are requested to attend an online meeting of the N.S.S. Units on Wednesday, 20.08.2020. to 23.08.2020. via Google Meet to discuss the following agenda:

1. Intra College Online Paragraph Writing Competition on Vector Borne Disease
2. Matters arising

Link for Online Meeting: <https://meet.google.com/ppm-itzx-wys>

*Souvik Biswas*

Secretary, N.S.S. Cell  
Jhargram Raj College

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Minutes and Resolutions of the Meeting:

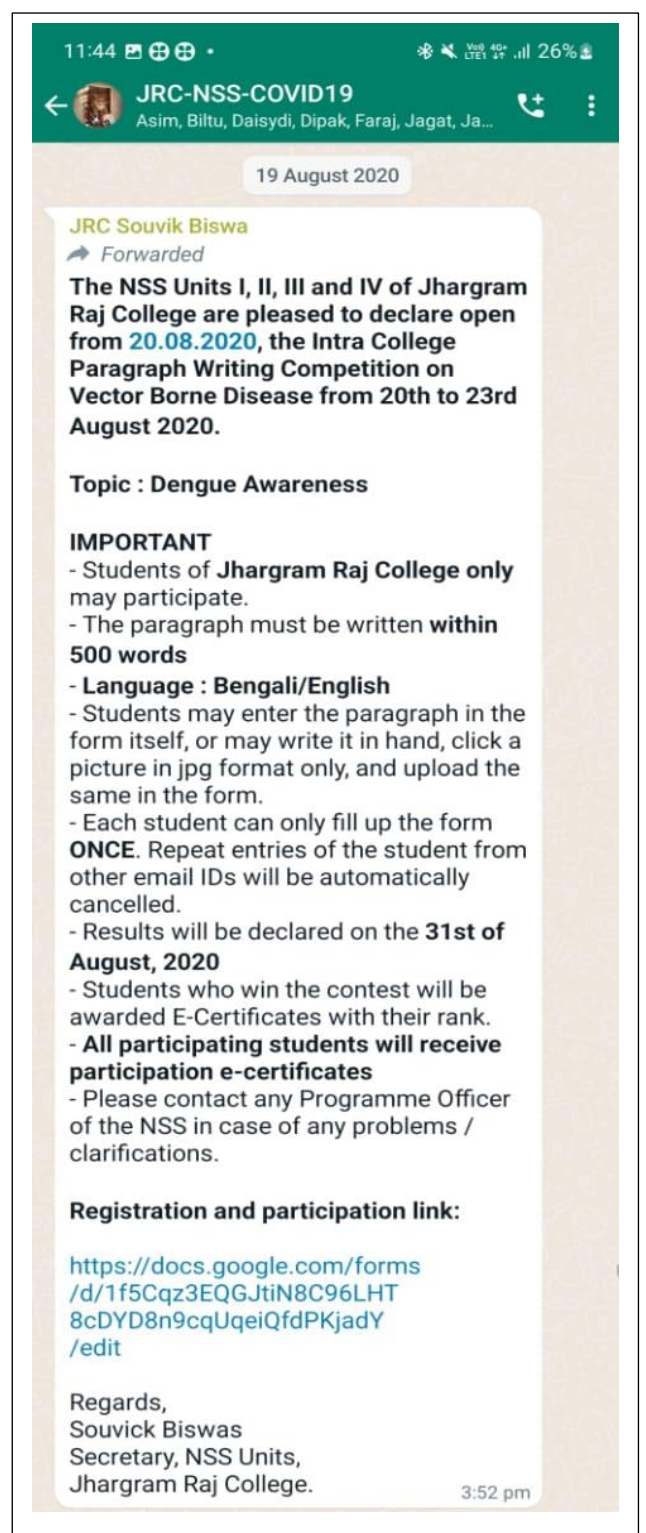
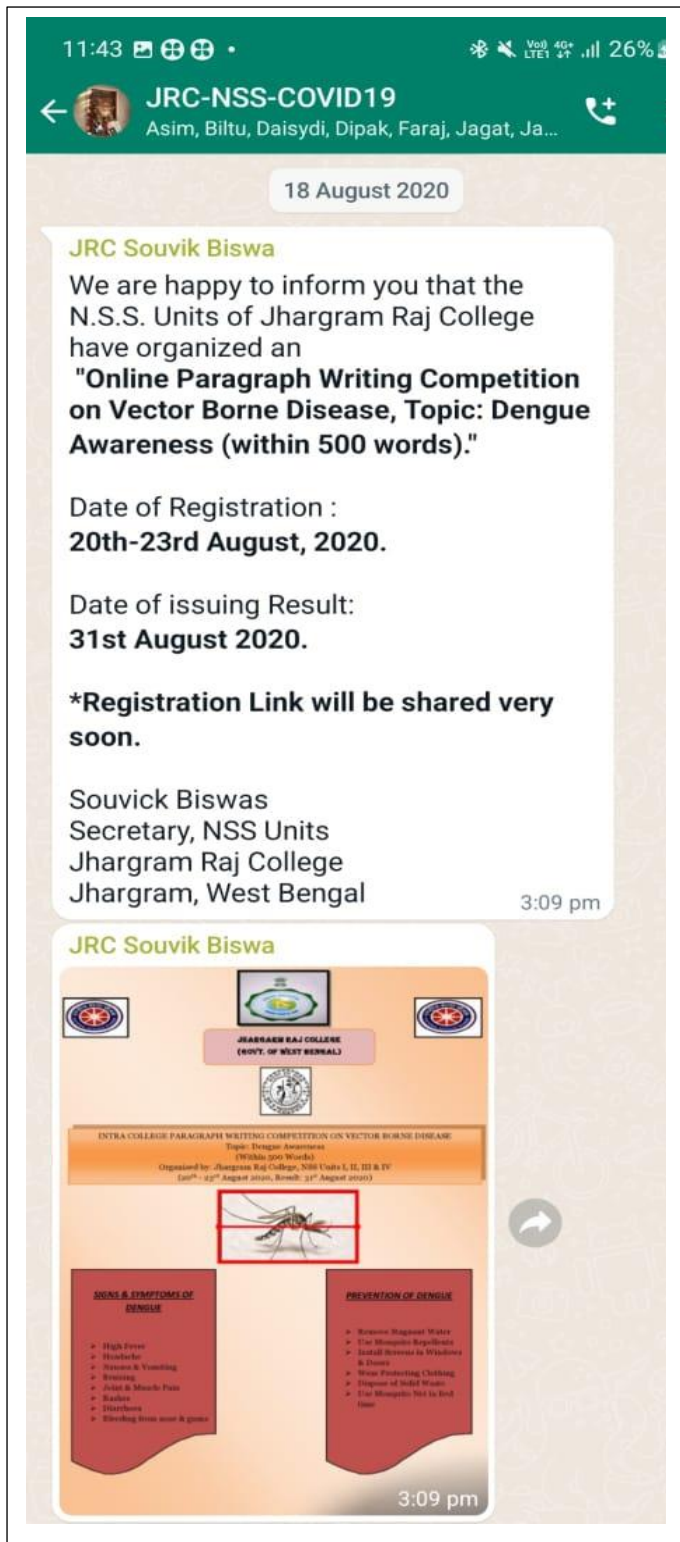
Members present: Sri Souvik Biswas, P.O. NSS Unit I, Dr. Debanjan Das, P.O. NSS Unit II, Smt. Daisy Majumdar, P.O. NSS Unit III, Sri Brahma Chaudhuri, P.O. NSS Unit IV

Resolutions taken:-

1. Intra College Online Paragraph Writing Competition on Vector Borne Disease” on the topic ‘Dengue Awareness successfully organised by NSS Units
2. Daily limit of participants is restricted to 100 and registration is completely free
3. As there was no other matter to discuss, the meeting with Vote of Thanks to the Chair.

*Souvik Biswas*

Secretary, N.S.S. Cell  
Jhargram Raj College



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08-19-2020 16:56:00	manasmahata193@gmail.com	Manas Mahata	B.Sc (Hons.)	Jhargram Raj College	CE000001
08-19-2020 18:48:48	beranaren275@gmail.com	Naren Bera	B.Sc (Hons.)	Jhargram Raj College	CE000002
08-19-2020 19:50:54	shakil99md@gmail.com	Shakil Aktar	B.Sc (Hons.)	Jhargram Raj College	CE000003
08-19-2020 20:33:54	punamgoala600@gmail.com	Punam Goala	B.A. (Gen.)	Jhargram Raj College	CE000004
08-20-2020 13:50:46	arunamallik29@gmail.com	Aruna mallik	B.A. (Gen.)	Jhargram Raj College	CE000005
08-20-2020 16:53:12	tarungorai1998@gmail.com	Tarun gorai	B.A. (Gen.)	Jhargram Raj College	CE000006
08-20-2020 19:21:52	bijoymandal666@gmail.com	Bijoy Mandal	B.Sc (Hons.)	Jhargram Raj College	CE000007
08-20-2020 19:45:56	mousumipatra2021@gmail.com	Mousumi Patra	B.Sc (Hons.)	Jhargram Raj College	CE000008
08-20-2020 22:30:56	chandanpaljgm636@gmail.com	Abhinandan Pal	B.A. (Gen.)	Jhargram Raj College	CE000009
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08-21-2020 11:25:52	dolasingha055@gmail.com	Dola singha	B.A. (Gen.)	Jhargram Raj College	CE000012
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08-21-2020 20:15:27	susmitajgm3@gmail.com	Susmita Mahata	B.A. (Gen.)	Jhargram Raj College	CE000019
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# Dengue Awareness

"Turns on mind's light  
Fight against dengue bite"

Dengue fever is a potentially lethal disease that affects 50 million people a year. This disease can be found in sub-tropical and tropical regions around the world. The first registered epidemic of dengue fever happened in 1779-1780 across Asia, Africa, and now North America. A global pandemic of dengue fever began in Southeast Asia after World War II. Infected mosquito mosquitoes are carriers of dengue fever. The Aedes mosquito that transmits dengue fever is most active in the day time, especially around dawn and dusk. However, it should remember that this mosquito can bite any time of day or night. There are two consequences of dengue fever - classical dengue fever and dengue haemorrhagic fever. The onset of classical dengue fever is sudden, with chills and high fever (temperature between  $39^{\circ}\text{C}$  -  $45^{\circ}\text{C}$ ), intense headache muscle and joint pain, retro-orbital pain, constipation, maculopapular rash. In dengue haemorrhagic fever one can suffer from more severe symptoms than classical dengue fever, ~~see~~ such as facial pathway flushing, leucopenia, gall-bladder edema, pleural effusion, disseminated intravascular coagulation, dehydration and also can develop dengue shock syndrome. Rapid and accurate dengue diagnosis is of a paramount importance for clinical management, epidemiological surveillance, vaccine trials. Laboratory diagnosis are available to diagnose



dengue fever are viral isolation, viral nucleic acid detection serological test (haemagglutination inhibition assay, indirect IgG ELISA). There is no specific treatment available for dengue fever, only symptomatic fever care is available. Patient should be encouraged to intake of Oral Dehydration Solution (ORS) fruit juice and other fruit containing electrolytes and sugar to replace losses from fever and vomiting. Give paracetamol for high fever if the patient is uncomfortable. The interval of paracetamol dosing should not be less than 6 hours. Tepid sponge should be given if the patient still has high fever. Patient should be brought to hospital immediately if any of the following occur; no clinical improvement; severe abdomen pain bleeding, not passing urine more than 6-4 hours.

"Prevention is better than cure". As dengue is a vector borne disease so it is important to take initiation of integrated vector control for prevention of dengue. There are two kinds of measures - anti-adult measures and anti-larval measures. For anti-adult vector control, residual spraying of insecticides such as DDT, Malathion, is an important step to kill the adult mosquito. Other measures space application involves the application of pesticides in the form of fog & mist. And individual



protection another anti-adult measures such as the use of repellents, protective clothing, bed nets, mosquito coil, protecting nets of windows etc. Anti-larval measures include use of larvicides, such as, temephos, source reduction and bio-control. Techniques to reduce mosquito breeding sites which include drainage or filling, avoid stagnation of water, proper disposal of waste. Effective biocontrol agents include predatory fishes such as Gambusia sp., guppy etc. should be cultured and Bacillus thuringiensis are used as a bioinsecticide. Health education and awareness against are powerful arsenal to make a change and prevent dengue; so fight the bite to keep your health always right.







## JHARGRAM RAJ COLLEGE

(GOVERNMENT OF WEST BENGAL)

### *Certificate of Appreciation*

NSS CELL

Jhargram Raj College, Jhargram – 721507

PKJADY-CE000005

*This is to certify that Sri/Smt ARUNA MALLIK of Class B.A. (Gen.) of JHARGRAM RAJ COLLEGE, has participated in the “Intra College Paragraph Writing Competition on Vector Borne Diseases”, organised by the NSS Units - I, II, III & IV, Jhargram Raj College from 20<sup>th</sup> to 23<sup>rd</sup> August, 2020.*

Dr. Debnarayan Roy  
Principal/Officer-in-Charge  
Jhargram Raj College

Sri Souvick Biswas  
N.S.S. P.O. (Unit I)  
& Secretary, N.S.S. Units  
Jhargram Raj College

Dr. Debanjan Das  
N.S.S. P.O. (Unit II)  
Jhargram Raj College

Smt. Daisy Majumdar  
N.S.S. P.O. (Unit III)  
Jhargram Raj College

Sri Brahma Chaudhuri  
N.S.S. P.O. (Unit IV)  
Jhargram Raj College





PKJADY-CE000074

**JHARGRAM RAJ COLLEGE**  
(GOVERNMENT OF WEST BENGAL)  
***Certificate of Appreciation***  
**NSS CELL**  
**Jhargram Raj College, Jhargram – 721507**

*This is to certify that Sri/Smt Krishnendu Mandal of  
Class B.A. (Hons.) of Jhargram Raj College,  
has participated in the "Intra College Paragraph Writing Competition on Vector Borne Diseases", organised  
by the NSS Units - I, II, III & IV, Jhargram Raj College from 20<sup>th</sup> to 23<sup>rd</sup> August, 2020 .*

Dr. Debnarayan Roy  
Principal/Officer-in-Charge  
Jhargram Raj College

Sri Souvick Biswas  
N.S.S. P.O. (Unit I)  
& Secretary, N.S.S. Units  
Jhargram Raj College

Dr. Debanjan Das  
N.S.S. P.O. (Unit II)  
Jhargram Raj College

Smt. Daisy Majumdar  
N.S.S. P.O. (Unit III)  
Jhargram Raj College

Sri Brahma Chaudhuri  
N.S.S. P.O. (Unit IV)  
Jhargram Raj College



PKJADY-CE000013

**JHARGRAM RAJ COLLEGE**  
(GOVERNMENT OF WEST BENGAL)  
***Certificate of Appreciation***  
**NSS CELL**  
**Jhargram Raj College, Jhargram – 721507**

*This is to certify that Sri/Smt* Shrabani khilari *of*  
*Class* B.A. (Gen.) *of* Jhargram Raj College,  
*has participated in the "Intra College Paragraph Writing Competition on Vector Borne Diseases", organised*  
*by the NSS Units - I, II, III & IV, Jhargram Raj College from 20<sup>th</sup> to 23<sup>rd</sup> August, 2020 .*

Dr. Debnarayan Roy  
Principal/Officer-in-Charge  
Jhargram Raj College

Sri Souvick Biswas  
N.S.S. P.O. (Unit I)  
& Secretary, N.S.S. Units  
Jhargram Raj College

Dr. Debanjan Das  
N.S.S. P.O. (Unit II)  
Jhargram Raj College

Smt. Daisy Majumdar  
N.S.S. P.O. (Unit III)  
Jhargram Raj College

Sri Brahma Chaudhuri  
N.S.S. P.O. (Unit IV)  
Jhargram Raj College



PKJADY-CE000062

**JHARGRAM RAJ COLLEGE**  
(GOVERNMENT OF WEST BENGAL)  
***Certificate of Appreciation***  
**NSS CELL**  
**Jhargram Raj College, Jhargram – 721507**

*This is to certify that Sri/Smt Sudipta singha of  
Class B.A. (Gen.) of Jhargram Raj College,  
has participated in the "Intra College Paragraph Writing Competition on Vector Borne Diseases", organised  
by the NSS Units - I, II, III & IV, Jhargram Raj College from 20<sup>th</sup> to 23<sup>rd</sup> August, 2020 .*

Dr. Debnarayan Roy  
Principal/Officer-in-Charge  
Jhargram Raj College

Sri Souvick Biswas  
N.S.S. P.O. (Unit I)  
& Secretary, N.S.S. Units  
Jhargram Raj College

Dr. Debanjan Das  
N.S.S. P.O. (Unit II)  
Jhargram Raj College

Smt. Daisy Majumdar  
N.S.S. P.O. (Unit III)  
Jhargram Raj College

Sri Brahma Chaudhuri  
N.S.S. P.O. (Unit IV)  
Jhargram Raj College