

## **REPORT OF NSS ACTIVITIES (2018-2019)**

As part of its regular programmes throughout the year, the volunteers of the NSS Units undertook Campus Cleaning throughout the year. Posters on Anti Smoking and Curbing the Use of Plastics have been displayed at prominent places across the campus. Independence Day and Republic Day were observed by the volunteers as part of the observation programmes conducted by the college.

Special programmes were also organised this year. 'Aranyasaptaha' was observed by all four NSS Units on the 13<sup>th</sup> and 14<sup>th</sup> of August 2018. The NSS Units organised a District Level Inter-School Sit and Draw Competition on 13<sup>th</sup> August 2018. 50 students from ten schools in the Jhargram town area participated in the programme. The topic given to the students was, "Green Jhargram, Clean Jhargram" – an effort to inculcate environmental awareness through this activity. The results of the Competition were declared in the afternoon of the 13<sup>th</sup> of August, and the prizes were to be given the next day. On the 14<sup>th</sup> of August 2018, an Awareness Programme was conducted by all four NSS Units. A Seminar on Environmental Awareness was held in the college premises. A lecture session was conducted by Dr. Md. Bodrudozza Arefin of the Department of Botany, Jhargram Raj College. Dr. Arefin spoke about the importance of forests and the necessity of conserving these forests for the benefit of the environment. This was followed by a session conducted by Mr. Samir Majumdar (Additional Divisional Forest Officer, Jhargram. He conducted an interactive session with the students and volunteers of the college, and promised to help the students and volunteers in their efforts to conserve the environment. A Sapling Planting programme was conducted thereafter. The ADFO, Jhargram, the Officer-in-Charge, and NSS volunteers planted a few saplings in the college campus. A rally was then conducted by volunteers and students to spread awareness about Aranyasaptaha and the necessity for afforestation. The rally made its way from the college to the Central Bus Stand of Jhargram, before returning to the college premises.

World AIDS Day was observed on December 1<sup>st</sup>, 2018. The N.S.S. Units of Jhargram Raj College organised Special Lecture in to spread awareness regarding the disease and how it can be prevented. The target audience were the students of the college; a small section of the youth of India who belong to the age which is most vulnerable to being exposed to the disease. Students of all classes assembled in the seminar room to attend the special lecture. The Special Guest was Sri Avijit Roy, Counselor, ICDC, Jhargram Super Speciality Hospital, Jhargram. As he had addressed the students gathered earlier in the year, during the Special Winter Camp, Mr. Roy began by asking the students what they remembered from his previous lecture. He also asked them how far they had contributed to the cause of curbing the disease by reaching out to their neighbours and friends. Mr. Roy delivered his lecture and explained the practical aspects of the disease, and how it affects ordinary patients. He helped the students understand the difference between HIV and AIDS, and addressed all their questions and doubts. His lecture was followed by a question-answer session, where many students expressed their opinions and cleared their doubts. Mr. Roy's lecture covered the physiological aspects of the disease, as well as the

sociological aspects, and the methods in which AIDS can be prevented. Mr. Roy encouraged the students to be proactive in spreading the message of AIDS. He then made a generous offer to personally work with the NSS volunteers and to help them to organize awareness programmes through populist means such as songs and street plays.

Thereafter, all the volunteers gathered together with the other students and assembled at the college grounds for a Rally. Enthusiastic volunteers, both boys and girls, of the N.S.S. led the rally from the front, carrying a banner, and placards bearing messages on AIDS awareness. Teachers of the college were also actively present and participated in the rally. The rally began from the college, and made its way down College Road to the Central Bus Stand of Jhargram, before returning to the college premises. Refreshments were served to the students on completion of the rally.

### **Camping Activities:**

**A Winter Special Camp was organised by all four NSS Units from the 7<sup>th</sup> to the 13<sup>th</sup> of March, 2019.**

- i) Campus Cleaning was undertaken by the volunteers in an intensive manner. The volunteers cleaned all the corridors of the college, the classrooms, the library, the badminton court and the main grounds of the college.
- ii) International Women's Day was observed – Prof. Indrani Goswami of Krishnagar Govt. College held an interactive session with the students. She spoke about gender consciousness, gender as a social construct, how men and women are gendered in their upbringing. She spoke about the necessity to be sensitised to the idea of gender, and ended her lecture with a beautiful Rabindrasangeet.
- iii) A Thalassaemia Awareness and Detection Camp was conducted especially for the volunteers of the NSS on 11<sup>th</sup> March 2019. This Camp was conducted by Sri Subrata Chakraborty of the Paschim Medinipur Thalassaemia Prevention Society, Jhargram District Hospital. A total of 147 volunteers were screened for Thalassaemia. Reports were subsequently distributed to the students from the college.
- iv) A friendly Cricket Match was held between the staff and the students of the college in collaboration with the Department of Physical Education, Jhargram Raj College. NSS Volunteers had an experience of a 'day out' within the college campus, and some scope for physical activity.
- v) A Yoga Camp was conducted in the College. Mr. Aniruddha Mallik, Department of Physical Education, Seva Bharati Mahavidyalaya, conducted this camp with the help of his student who demonstrated some yoga exercises for everyday fitness. NSS Volunteers actively participated in this event and effortlessly emulated the demonstrator.
- vi) A Literacy-Aid Distribution Programme was conducted at Khanakul Primary School, the focal primary school of the adopted Villages of Antapati, Fulberia, Tiyakati. 87 students benefited from this programme. They received notebooks, pencils and erasers.

- vii) Prof. Sikandar Ansari of the Department of Political Science was requested by the NSS Units to conduct a workshop on self-defense techniques. Prof. Ansari began by explaining the importance of always being prepared to defend oneself in times of crisis. A black-belt in taekwondo, Prof. Ansari demonstrated some excellent moves and techniques. He then called some volunteers to the stage and helped them perfect some very basic moves of self defense, to empower them with confidence and fearlessness in case they ever faced a situation of danger.