



YEAR: 2022-2023

1. Beautification of Garden

<i>Date of Event</i>	<i>Number of Participants</i>
30.07.2022	25 volunteers

Post re-opening of the college after summer vacation, the NSS volunteers geared up with a new project of cleaning the garden of the college campus. With grit and determination of the twenty-five volunteers, they cleaned the garden and made it a clean surrounding, thereby promoting a greener and cleaner environment of the institution. This activity spread the message of how teamwork can make a group cross any hurdle. The joy of working together and promoting the message of a greener environment is the success of this beautification programme.





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GOVERNMENT OF WEST BENGAL
National Service Scheme Unit- I
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Jhargram-721507

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2. Preparation of Har Ghar Tiranga Programme

<i>Date of Event</i>	<i>Number of Participants</i>
12.08.2022	16 volunteers

On 12th August, 2022, the NSS volunteers gathered for the preparation of Har Ghar Tiranga programme. The volunteers prepared flags which were meant to be distributed on 15th August, 2022 to celebrate Azaadi ka Amrit Mahatsav.





3. Celebration of Azaadi Ka Amrit Mahotsav on Independence Day

<i>Date of Event</i>	<i>Number of Participants</i>
15.08.2022	30 volunteers

On 15th August 2022, Azaadi ka Amrit Mahotsav was celebrated by the institution. Thirty NSS volunteers participated in the programme and distributed flags in the local area. Each household was given flags to celebrate Independence Day. This outreach initiative by the institution proved to be a huge success as one and all participated in the programme.





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4. Drawing Competition at Chunikotal Pathshala

<i>Date of Event</i>	<i>Number of Participants</i>
17.08.2022	08 volunteers

Eight NSS volunteers participated for the smooth conduction of the drawing competition held in Chunikotal Pathshala. The kids in the Pathshala enthusiastically participated in the competition. It stimulated their creative skills. It only helps develop their motor skills but also help in building confidence among the kids.





5. Youth Parliament Competition

<i>Date of Event</i>	<i>Number of Participants</i>
09.09.2022	31 volunteers

The Youth Parliament Competition took place in JRCGW in 2022. The institution hosted numerous other academic institutions of the district. Thirty-one NSS volunteers participated in the event to assist with the programme organisers. Numerous programmes were conducted to foster political consciousness among the students. This competition instils confidence among the students to be future leaders of our nation. It gives them the glimpse of how the parliament functions and how to emerge as an effective leader.



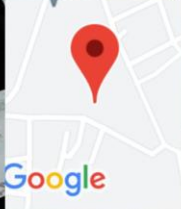


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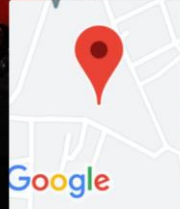
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India
Lat 22.433713°
Long 86.990755°
09/09/22 01:09 PM GMT +05:30



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India
Lat 22.433712°
Long 86.990798°
09/09/22 01:08 PM GMT +05:30



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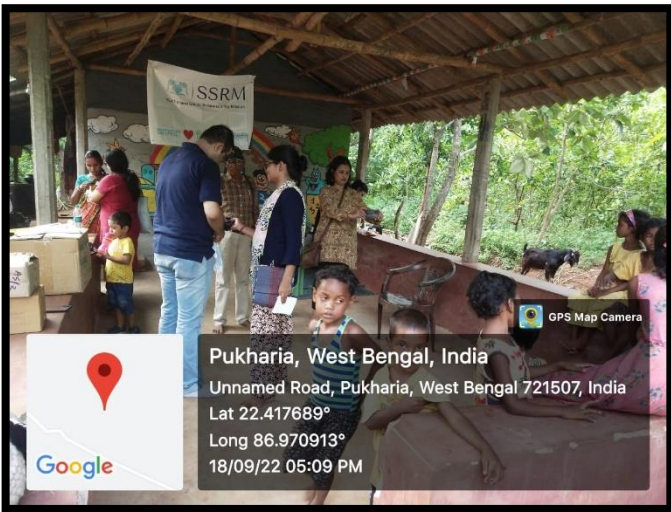
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6. Health Check-up Camp

<i>Date of Event</i>	<i>Number of Participants</i>
18.09.2022	03 volunteers

A health check-up camp was organised in collaboration with NSS Unit-I and Suchetana Responsibility Mission at Chunikotal Pathshala. The camp catered to the health check-up of the kids in the Pathshala. Programmes like these encourages the students to participate in such philanthropic activities in the future. They understood the basic ways of taking care of one’s health, which they can further impart to the society. This programme provided a chance for local children to learn about their health and how to care for it.





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7. Safe Disposal of Plastic at Satyaban Pally

<i>Date of Event</i>	<i>Number of Participants</i>
21.09.2022	05 volunteers

An awareness campaign on safe disposal of plastic was organised by NSS Unit I where five volunteers participated. The event is recognised by the Councillor, Sri. Arya Ghosh. The campaign aimed at bringing awareness among the residents of Satyaban Pally to safely dispose plastic. Use of plastic is detrimental for the society and thus, one must know about the proper ways of disposing off the plastics. By implementing these measures, each one of us can contribute to a greener society.

ARYA GHOSH
COUNCILLOR
WARD NO. 13
JHARGRAM MUNICIPALITY
Mobile : 8260352021

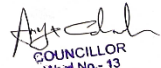


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E-mail : jhargram.municipality@gmail.com

Date : 23.09.2022

To Whom it may Concern

This is certify that the NSS Unit-I of Jhargram Raj college (Girls' Wing) completed 'Safe Disposal of plastic' programme with the support of councillor, ward no.13, Jhargram Municipality on 21.09.2022 at Satyaban Pally. I wish such necessary programme should be arranged frequently for the betterment of the society.


COUNCILLOR
Ward No.- 13
Jhargram Municipality


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8. NSS Day

<i>Date of Event</i>	<i>Number of Participants</i>
24.09.2022	41 volunteers

NSS Day was celebrated on 24th November, 2022. Forty-one volunteers took part in the event. The programme officer, Naznin Mullick gave her speech regarding the importance of the day. She explained the motto of NSS to the students and why is it important to serve the society. Celebrating this day instils among the students how working for the society and helping people should be the priority of one and all. Celebrating NSS day is one way of celebrating the ideals of NSS—that is, to develop social and civic responsibility within us.



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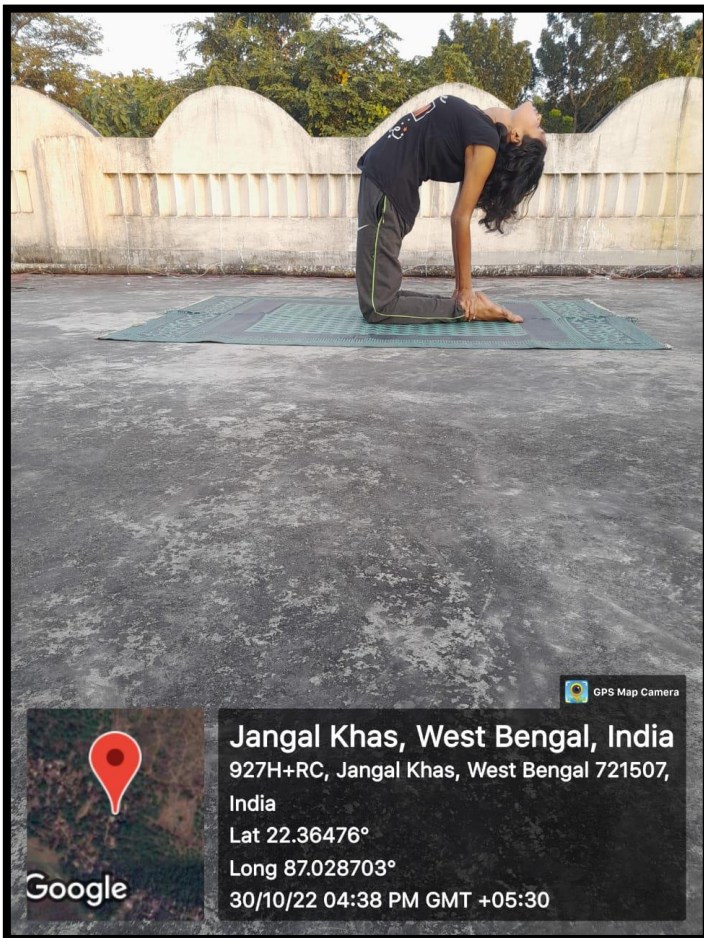
Naznin Mullick
PROGRAMME OFFICER
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9. Participated in Yoga Day Countdown of 100 days Yoga

<i>Date of Event</i>	<i>Number of Participants</i>
30.10.2022	02 volunteers

Two of the volunteers participated in the 100 days Yoga on Yoga Day. Each of them participated from online by being at their respective homes. Yoga fosters both good physical and mental health. It improves confidence, fosters the practice of meditation, and provides calm to the body, mind, and spirit. Taking part in this countdown encouraged other students to follow the same. Beyond academics, JRCGW has a yoga room where they encourage their students to practice yoga on a daily basis.

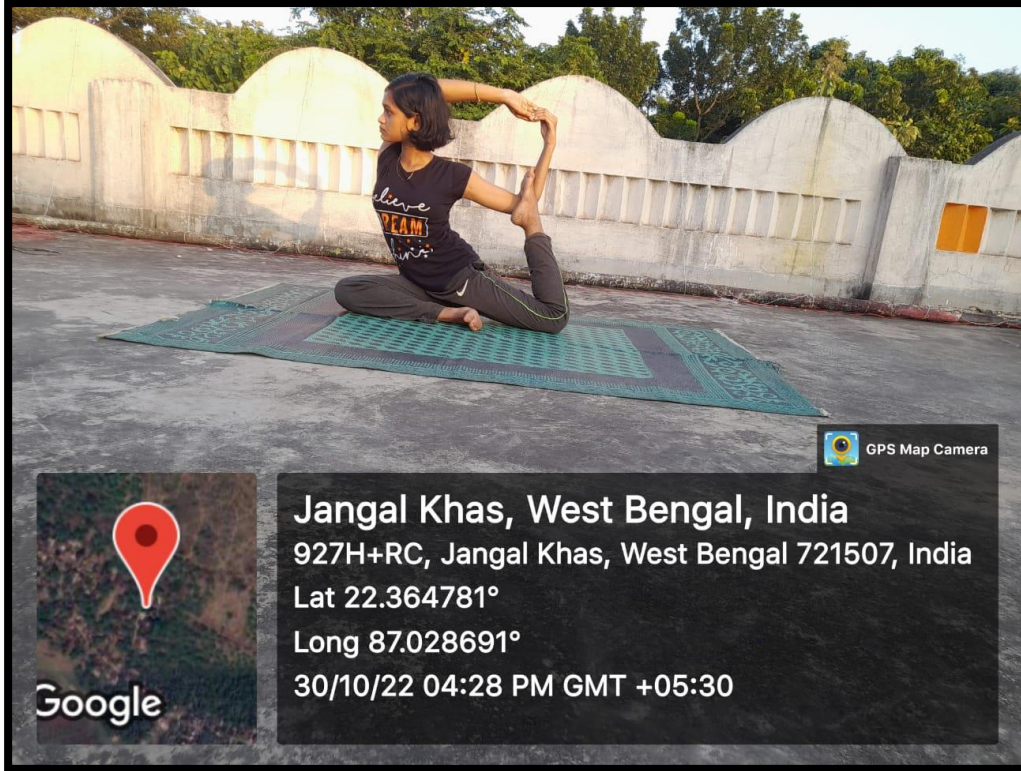




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10. Observation of Constitution Day

<i>Date of Event</i>	<i>Number of Participants</i>
26.11.2022	15 volunteers

Fifteen volunteers participated in the observation of Constitution Day. The programme started with the enthralling speech of the Officer-in-Charge, Shri Susil Kumar Barman and was then followed by an engaging lecture of Deblina Mukherjee, Assistant Professor, Department of Political Science. Observing this day reinstates the principles, ideas, and morals enshrined in the Indian constitution. Students may subsequently spread these principles in the larger social sphere.

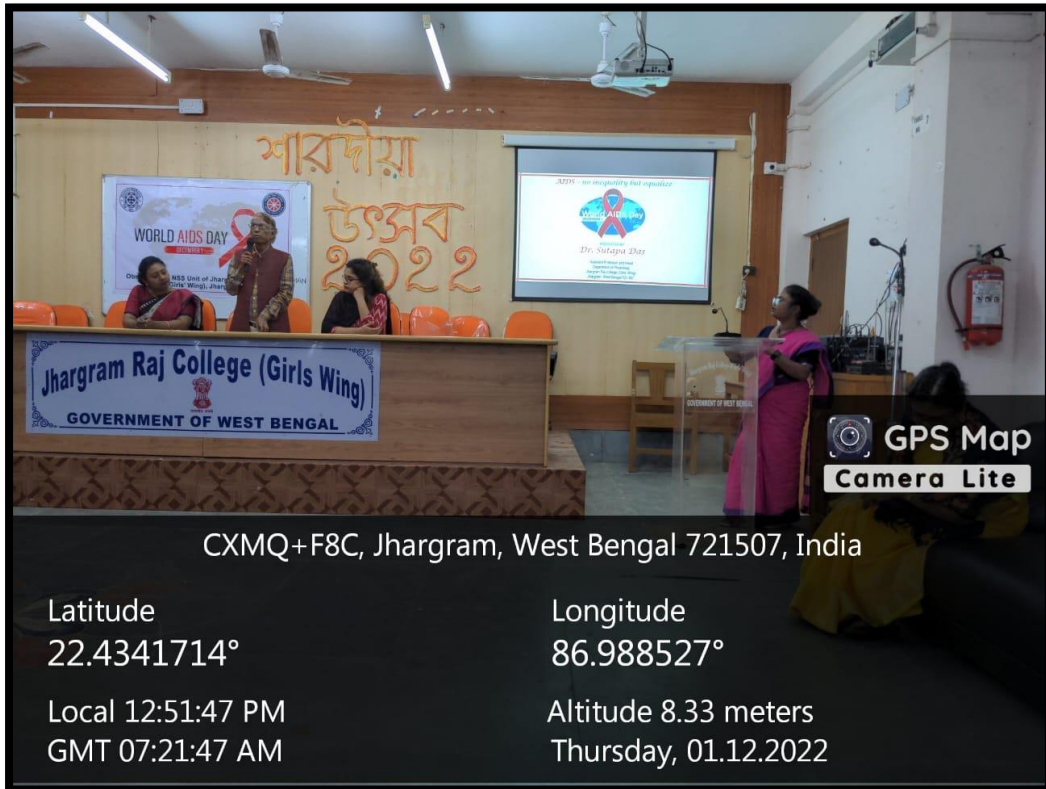




11. World AIDS Day Awareness Programme

<i>Date of Event</i>	<i>Number of Participants</i>
01.12.2022	25 volunteers

The institution conducted a programme on World AIDS Day 2022. Twenty-five NSS volunteers assisted in the awareness programme. The programme was inaugurated by the Officer-in-Charge, Shri. Susil Kumar Barman and was later followed by an engaging speech by Dr. Sutapa Das, Assistant Professor (Hod), Department of Physiology, Deblina Mukherjee, Assistant Professor (HoD), Department of Political Science, Naznin Mullick Assistant Professor (Hod), Department of Sanskrit, and Mousumi Patra, Assistant Professor, Department of Bengali. The event was later followed by plantation programme by the institution. This day raised awareness among the students and cleared the myths in relation to AIDS and fostered to create a greener environment for the future generation.





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12. Health Check-up Camp at Chunikotal Pathshala

<i>Date of Event</i>	<i>Number of Participants</i>
04.12.2022	03 volunteers

A health check-up camp was conducted in partnership with NSS Unit-I and Suchetana Responsibility Mission at Chunikotal Pathshala. The camp focused on providing health check-ups for the children at the Pathshala. Such programs serve to instil a sense of philanthropy in the students, potentially encouraging their future participation in similar activities. The event facilitated the children's understanding of fundamental health care practices, enabling them to potentially share this knowledge with the wider community. This initiative offered local children an opportunity to enhance their health awareness and learn how to effectively care for their well-being.



Soumita Som
Secretary 25.11.2022

To
The Officer-in-Charge
Jhargram Raj College (Girls' Wing)
Jhargram

Subject: Acknowledgement of Request and Confirmation of Arrangement for Free Medical Check-up Camp In collaboration with Jhargram Raj College (Girls' Wing) NSS Unit -1

Dear Sir,

I am writing to acknowledge receipt of your letter dated 25.11.2022 regarding the arrangement for the Health Check-Up Camp in collaboration with Jhargram Raj College (Girls' Wing) NSS Unit -1 to be conducted at Chunl Kotal Pathshala in Pukuriya Lodha-Sabar Para on 04.12.2022.

We are pleased to inform you that all necessary arrangements have been made to facilitate the camp, scheduled for 04.12.2022. The college administration, in coordination with the NSS Unit-1, has prepared to support and ensure the smooth execution of this health initiative.

We appreciate your proactive steps in organizing such a beneficial event for our community and are confident that this collaboration will yield positive outcomes.

Please feel free to contact me for any further assistance or information.

Yours sincerely,
Soumita Som
Soumita Som Secretary

Suchetana Social Responsibility Mission
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13. Aadhar Card Application Assistance Survey at Satyaban Pally

<i>Date of Event</i>	<i>Number of Participants</i>
19.12.2022	23 volunteers

Twenty-three volunteers assisted the residents of Satyaban Pally about the process of Aadhar Card application. Most residents were unaware of the process of application. The NSS volunteers took the effort to make them aware about the details and the bureaucratic procedure to complete the application process and receive the card. This effort by the volunteers were appreciated by the residents of Satyaban Pally.



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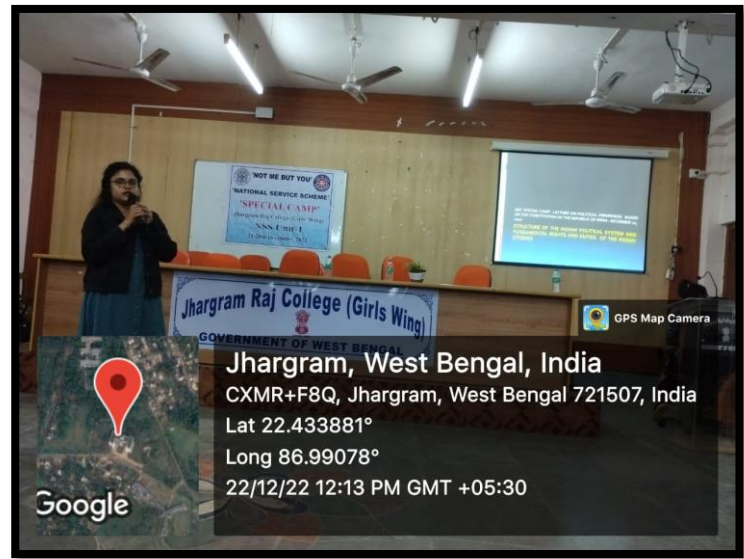
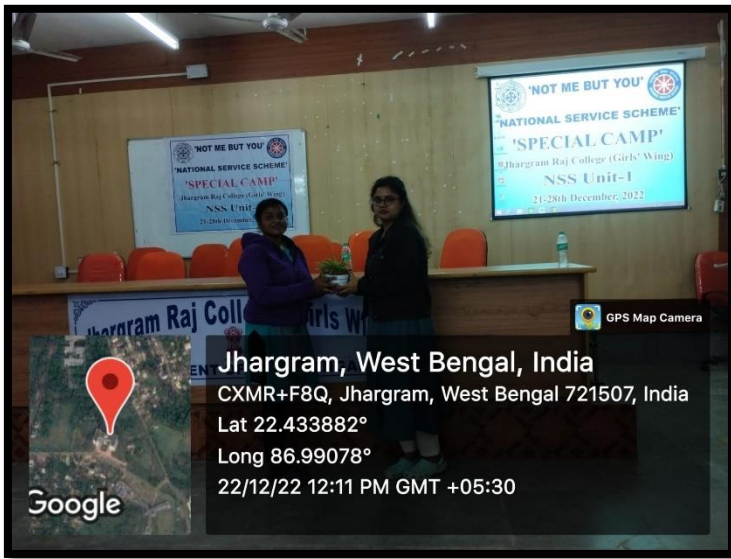
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14. Seminar on Human Rights in NSS Winter Camp

<i>Date of Event</i>	<i>Number of Participants</i>
22.12.2022	49 volunteers

Each year NSS winter camp is organised by the Programme Officer, Naznin Mullick. In 2022, NSS Winter Camp a seminar on Human Rights was organised for the students. The speaker of the seminar was Deblina Mukherjee, Assistant Professor and Head of the Department, Political Science gave an enthralling and engaging speech on the given topic. The students were made aware about their rights in the society. The aim of this seminar was to reach a wider audience by making the students aware about their rights. They were asked to share this information with one and all so that people can be aware of the basic human rights.

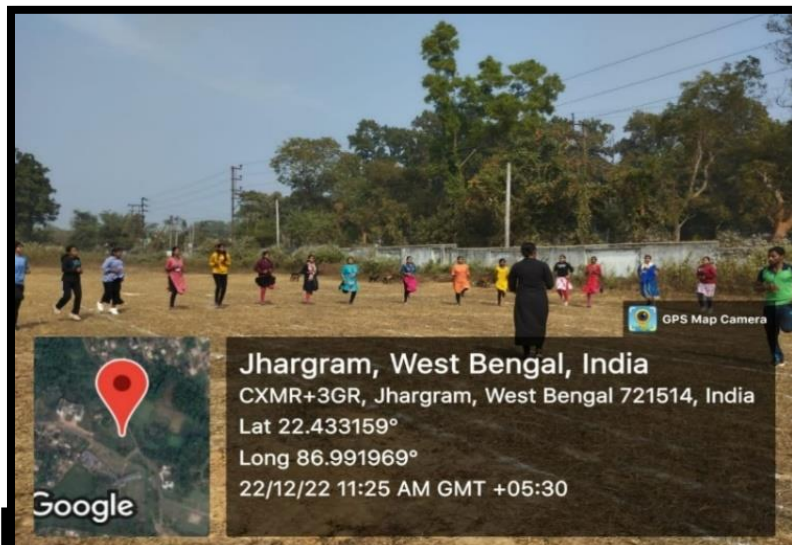




15. Physical Fitness Training Programme

<i>Date of Event</i>	<i>Number of Participants</i>
22.12.2022	49 volunteers

Maya Angelou famously remarked, "Nothing will work unless you do," and being physically healthy is one of the most important requirements that every woman should be aware of. The NSS winter camp of 2022 organized a physical fitness training programme for students so that they could learn about various ways for being physically active. The goal was to have the students teach the skills so that they might educate others in their own communities.

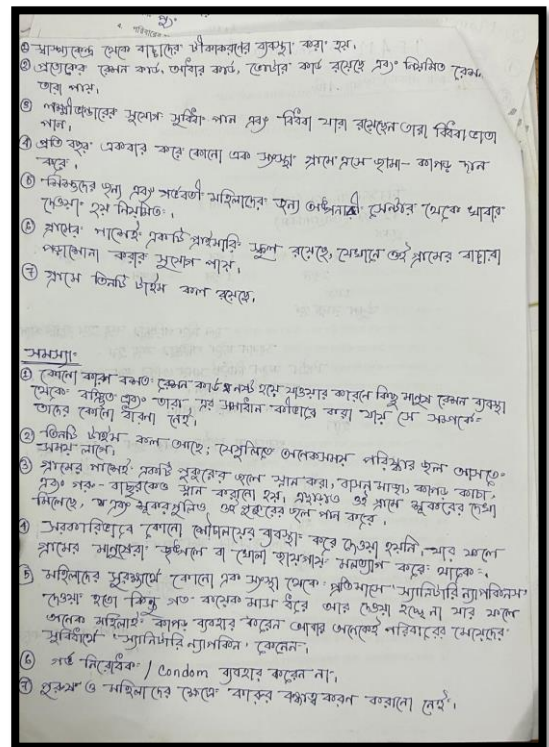
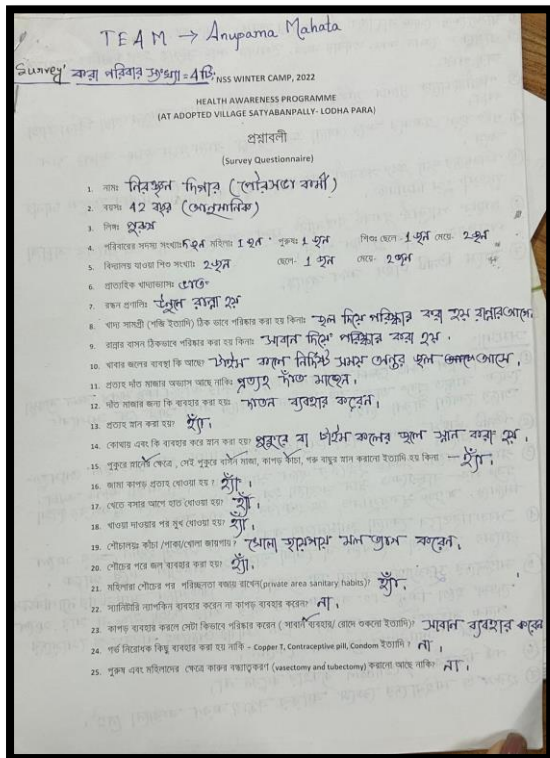




16. Health Awareness Survey at Satyaban Pally

Date of Event	Number of Participants
23.12.2022	49 volunteers

Satyaban Pally organized a health awareness survey. An interview schedule was created, which was filled out by volunteers at Satyaban Pally. The survey provided students with an awareness of how to interact more effectively with society, identify the difficulties that citizens face, and devise ways to address them. The residents were also elated to be able to share their pathologies during the survey.

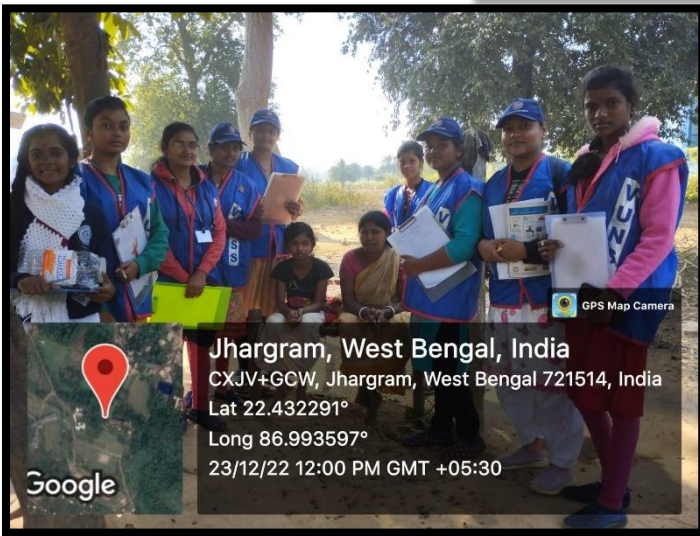




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17. Seminar on Migrant Child Labourers in India

<i>Date of Event</i>	<i>Number of Participants</i>
23.12.2022	49 volunteers

The NSS Unit I conducted a session on migrant child workers in India during the winter camp. Rahul Saikh, Assistant Professor, Department of History, spoke at the seminar, providing a historical context on the origins of migrant child labourers and their contemporary socioeconomic conditions. He emphasized the different ways in which our society may improve the environment for all children. With this information, the students were made aware of the current state of child labourers. The speaker made the session thought-provoking.





18. Group Discussion on "Witch Hunting"

<i>Date of Event</i>	<i>Number of Participants</i>
23.12.2022	12 volunteers

Women's empowerment has long been one of the institution's mottos. In 2022, a group discussion was held on the subject of "Witch Hunting". The students were divided into groups and instructed to debate this relevant issue using their real-life experiences. The conversation was eye-opening, as the students learned how the idea of 'daini' or witch is still prevalent in rural Bengal.





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19. Self-Defence Programme by Commandant, Mohila Battalion, CRPF Salboni

<i>Date of Event</i>	<i>Number of Participants</i>
24.12.2022	49 volunteers

A self-defence programme was organised by Commandant, Mohila battalion, CRPF Salboni in the NSS Winter Camp 2022. The volunteers were trained with the skills and techniques of self-defence. The programme was successfully conducted with the enthusiastic participants. The students took a pledge to transfer this knowledge of self-defence to all women in their community.



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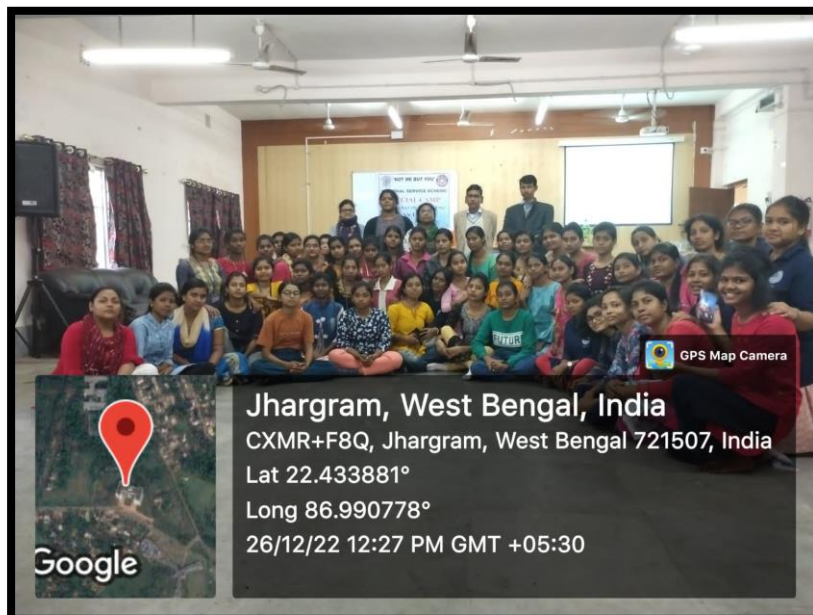
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20. Bratachari Training Programme

<i>Date of Event</i>	<i>Number of Participants</i>
26.12.2022	49 volunteers

The goal of teaching Bratachari to our pupils was to assist them achieve the ideal of holistic self-development in all aspects of life. The session was led by Ajit Kumar Das, President of Bangla Bratachari Samiti, and Sanjay Jana, Instructor of Bangla Bratachari Samiti. The students expressed appreciation for the chance to be a part of this historically momentous movement.





21. Extempore Competition on “Kanyashree: Myth Vs Reality”

<i>Date of Event</i>	<i>Number of Participants</i>
26.12.2022	13 volunteers

An extempore competition was organised for the students on the topic “Kanyashree: Myth Vs Reality.” This pertinent topic made the students to ponder on the present scholarship and place their arguments accordingly. Extempore competition such as these can help the students to be aware of the present government scholarships and the ways to use them.





22. Door-To-Door Survey to Increase Dengue Awareness in The Sabar Para of Satyaban Pally

<i>Date of Event</i>	<i>Number of Participants</i>
27.12.2022	49 volunteers

A door-to-door survey was organised for the students to increase dengue awareness in the Sabar Para of Satyaban Pally. Various posters and slogans were used by the students to make the residents aware about the ways to check Dengue outbreak in the locality.





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23. Awareness Rally on “Stopping the Usage of Plastic”

<i>Date of Event</i>	<i>Number of Participants</i>
28.12.2022	49 volunteers

An awareness rally was organised on “stopping the usage of plastic” in the local area. The students created slogans of their own to help spread the word in the locality. They pointed out how use of plastic can be detrimental for the environment. In order to conserve our planet, stopping the usage of plastic is one of the mandatory steps.





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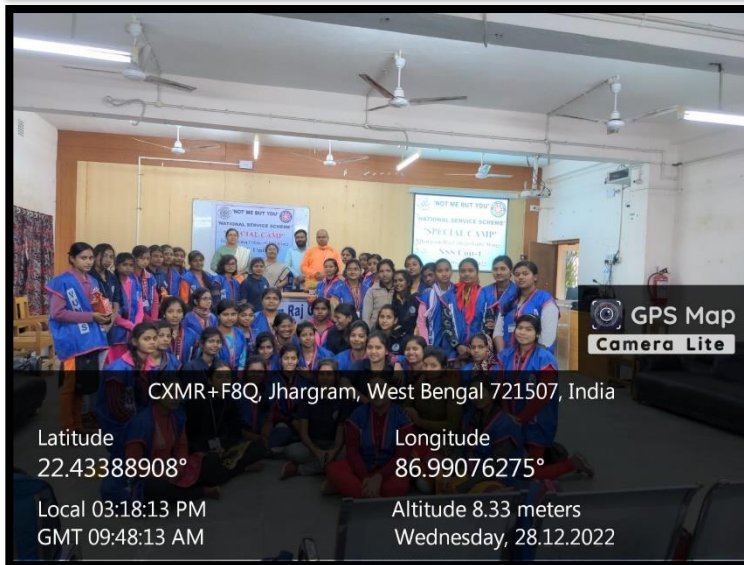
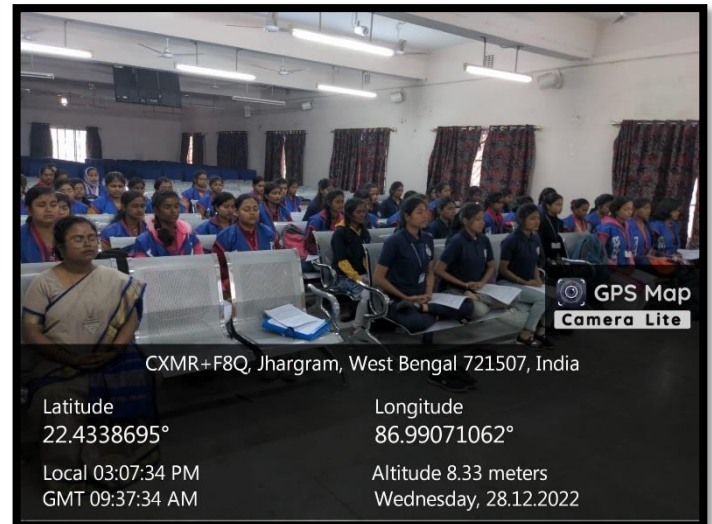
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24. Meditation Camp

<i>Date of Event</i>	<i>Number of Participants</i>
28.12.2022	49 volunteers

A meditation camp was organised by the NSS Unit I on 28th December, 2022. Swami Brahmeswarananda from Ramkrishna Mission, Jhargram came to the institution to train the students about how to meditate and the importance lying behind it. In this world of rat race, mental health is often not so talked about. The students received this opportunity to have a hands-on training on practicing meditation.



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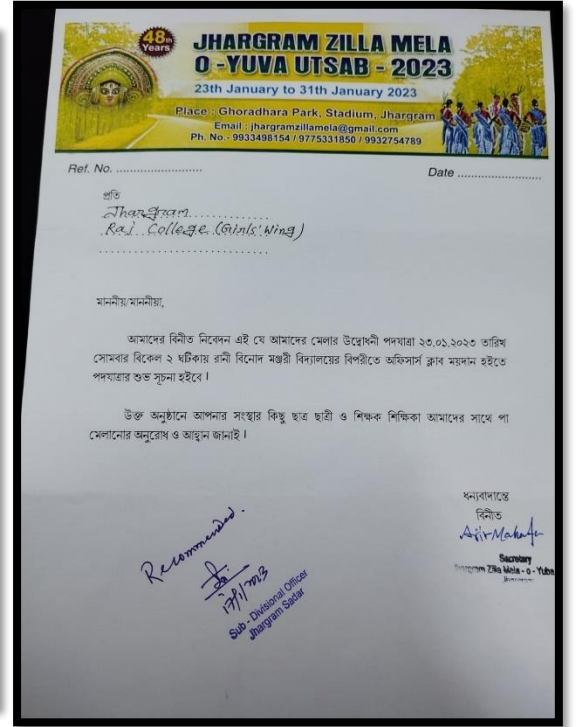
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25. Jhargram Jela Mela Yuva Utsav

<i>Date of Event</i>	<i>Number of Participants</i>
23.01.2023	10 volunteers

NSS volunteers participated in Jhargram Jela Mela Yuva Utsav. Participation in these events results in youth emancipation and encourages them for a better tomorrow.



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26. Republic Day Celebration

<i>Date of Event</i>	<i>Number of Participants</i>
26.01.2023	20 volunteers

JRCGW and NSS Unit I collaborate each year to commemorate Republic Day. The day instils in the students the Indian culture and values. It helps students build a strong feeling of patriotism.



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27. Hands-on Training Programme on "Origami and Wealth from West" at Lodha Sabar Para, Pukuria Village

<i>Date of Event</i>	<i>Number of Participants</i>
05.03.2023	07 volunteers

A hands-on training programme was organised on “Origami and Wealth from West” at Lodha Sabar Para in Pukuria Village. Seven volunteers participated in the programme and helped the kids in Pukuria village to inculcate the training on origami making. This will act as a vocational skill for the kids in the locality and can boost their creativity.

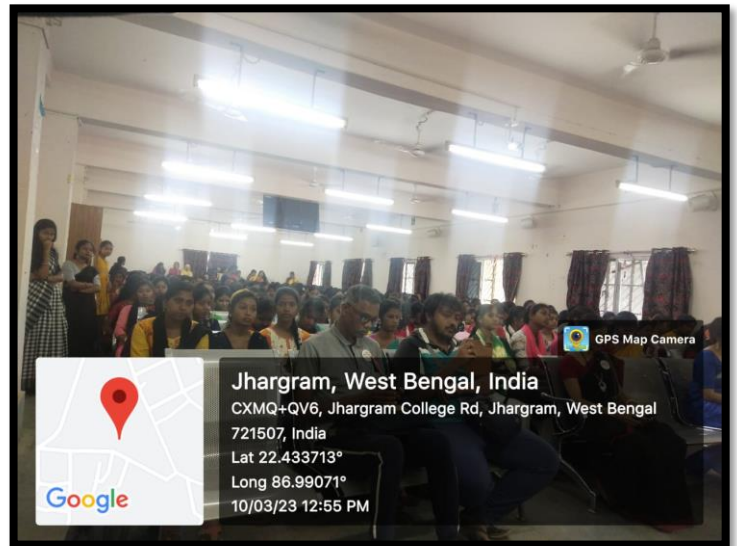




28. Women's Day Celebration

<i>Date of Event</i>	<i>Number of Participants</i>
10.03.2023	30 volunteers

International Women's Day was held on 10th March 2023 in the institution. Prominent Guest speakers for the event were: Writer Jharna Acharya, Doctor Mousumi Murmu, Fitness Coach Mousumi Dey, and Assistant Commandant Haripriyari Devi, 232 Mohila battalion, CRPF. The students thoroughly enjoyed all the sessions. The NSS volunteers poured in all their effort and hard work to make this programme a huge success.



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Jhargram Raj College (Girls' Wing)
(Govt. of West Bengal)
Jhargram-721507

Nazrin Mullick
PROGRAMME OFFICER
NSS UNIT
Jhargram Raj College (Girls' Wing)
Government of West Bengal
Jhargram



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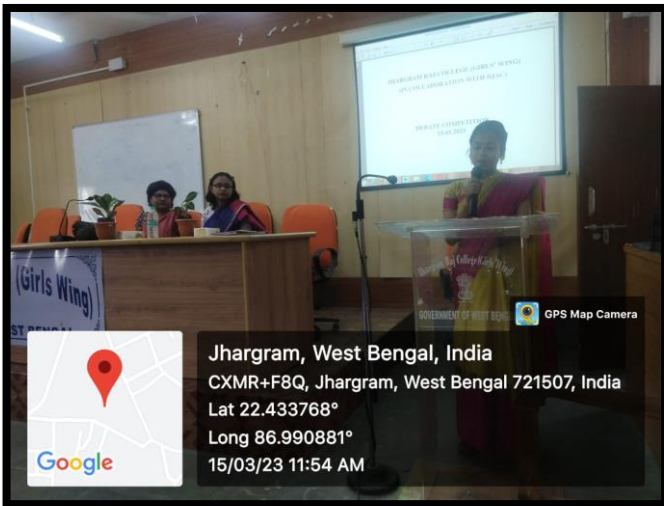
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National Service Scheme Unit- I
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29. Debate Competition

<i>Date of Event</i>	<i>Number of Participants</i>
15.03.2023	11 volunteers

The Competition held on 15.03.2023 had two topics. The first was, “*Only economic independence can truly ensure women empowerment*” and the second was “*Motherhood defines/completes a woman.*” For each topic, there were eight participants. Four of them argued for the motion, and the rest of the four argued against the motion. This competition helped the students to delve deeper into the various social issues which will foster their critical reasoning capabilities.

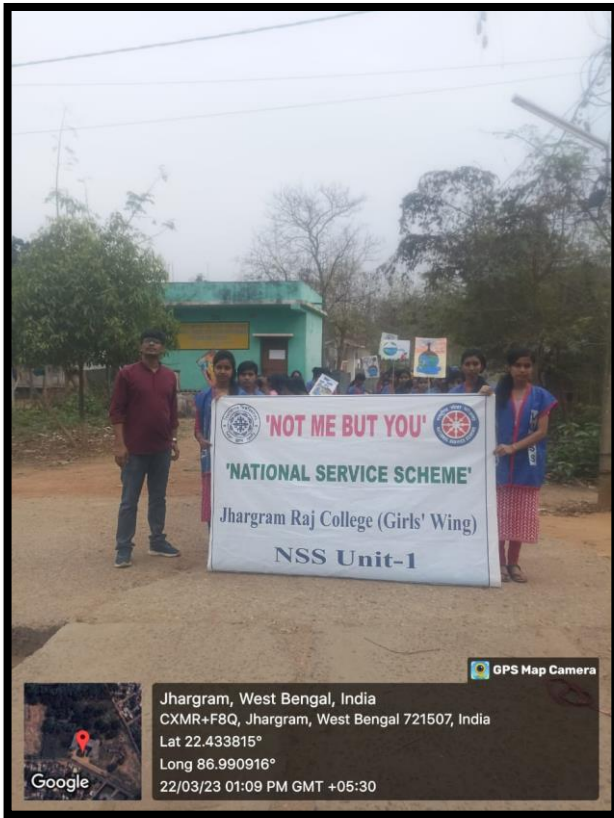




30. Save Water Rally

<i>Date of Event</i>	<i>Number of Participants</i>
22.03.2023	20 volunteers

Twenty NSS volunteers participated in the Save Water Rally in order to create awareness in the locality about ways of conserving water. They made handmade posters and created slogans to make the residents aware about the importance of saving water. Scarcity of drinking water is a critical issue that is concerning and should be dealt with. The volunteers tried to assist to deal with this serious problem They attempted to a aware the residents regarding water conservation.





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GPS Map Camera

Jhargram, West Bengal, India
CXMR+F8Q, Jhargram, West Bengal 721507, India
Lat 22.433815°
Long 86.990916°
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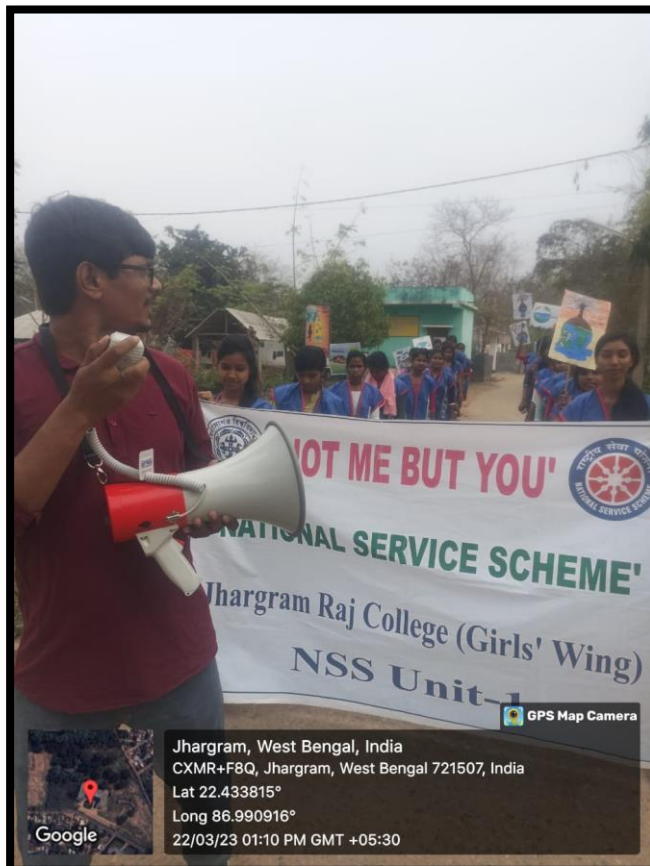
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31. Safe Disposal Awareness Programme at Satyaban Pally

<i>Date of Event</i>	<i>Number of Participants</i>
22.03.2023	20 volunteers

A safe disposal awareness workshop was organized, with twenty volunteers participating. The volunteers went to Satyaban Pally with homemade posters and engaged with the villagers to raise awareness about appropriate trash disposal, the usage of dustbins, and so on. The volunteers taught the locals how a clean environment may lead to a healthier environment.



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32. Voter Awareness Programme

<i>Date of Event</i>	<i>Number of Participants</i>
25.03.2023	10 volunteers

Ten NSS volunteers participated in the voter awareness programme in Pukuria village. The programme was conducted in collaboration with ELC (Electoral Literacy Club) and NSS Unit I. Most of the women in the locality are reluctant to go and cast their vote. They are unaware of the importance behind casting our votes. The volunteers made the residents aware about the importance of casting our votes. They encouraged the voters to actively participate in the democratic form of government.





33. Handmade Jewellery Programme at Chunikotal Pathshala

<i>Date of Event</i>	<i>Number of Participants</i>
26.03.2023	06 volunteers

Six volunteers went to Chunikotal Pathshala to participate in handmade jewellery programme. The students of the pathshala were given hands-on training on making jewellery. It can act as one of their vocational skills in the future.

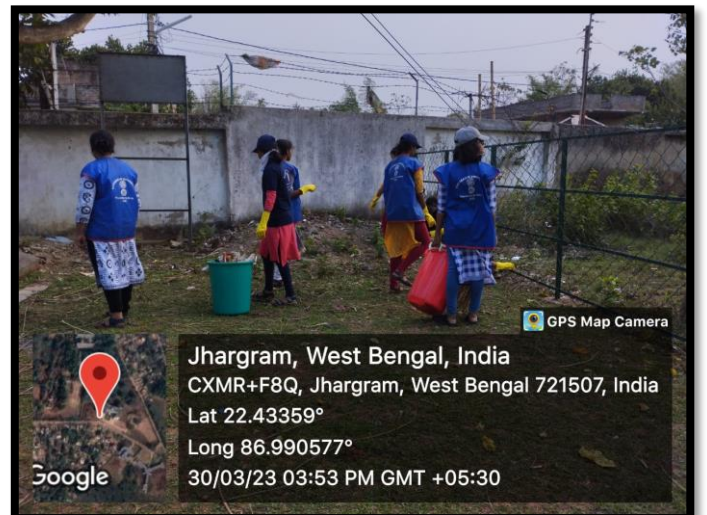
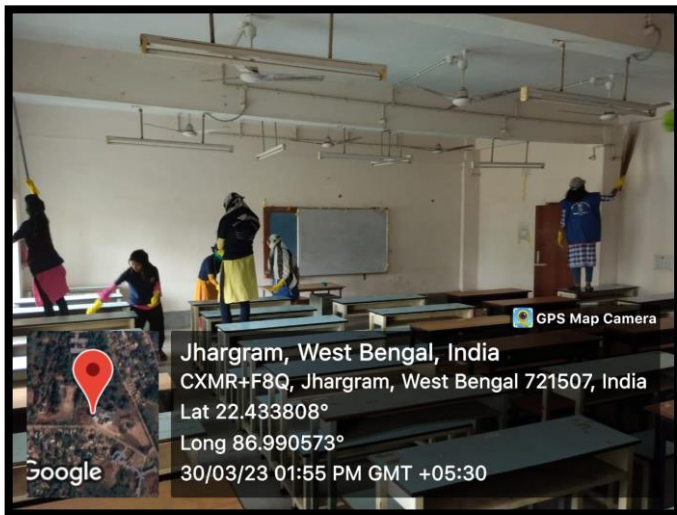
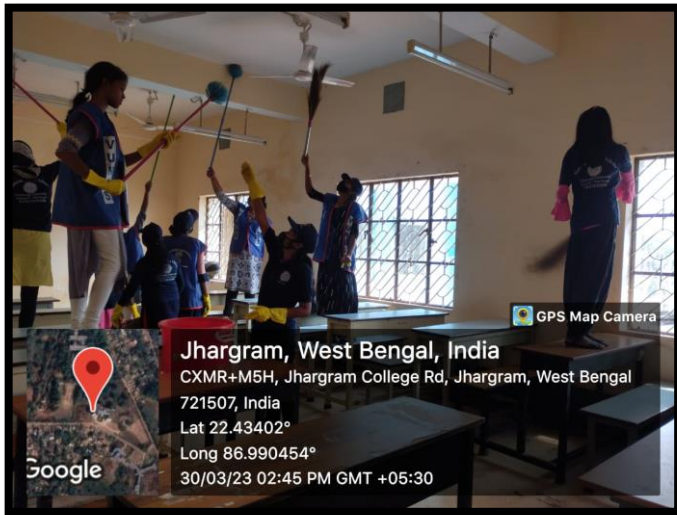




34. Classroom and Campus Cleaning Programme

<i>Date of Event</i>	<i>Number of Participants</i>
30.03.2023	21 volunteers

NSS volunteers gathered to participate in the classroom and campus cleaning programme. The cleaning of the campus sent a message to the other students of keeping our environment clean. A clean environment can promote a healthy society.





35. Adult Literacy Campaign at Pukuria Village

<i>Date of Event</i>	<i>Number of Participants</i>
03.04.2023	04 volunteers

Four NSS volunteers participated in the adult literacy campaign at Pukuria village. Weekly classes are taken by the students to foster basic education among the residents. Most of the residents of Pukuria village lack any formal education. Thus, this literacy campaign helped them to achieve basic knowledge which will be helpful for them in the future.





36. Thalassemia Awareness Programme

<i>Date of Event</i>	<i>Number of Participants</i>
08.05.2023	20 volunteers

Thalassemia awareness programme has been organised where twenty NSS volunteers participated. The speaker of this programme was Amrita Chakraborty, Assistant Professor, Department of Physiology. She educated the students with the knowledge of how to understand thalassemia symptoms, what precautionary measures should be undertaken, and how to be aware about it before getting married in the future. They were urged to communicate the information with others so that all of us were aware of the situation.

