

**RANI INDIRA DEBI GOVT. GIRLS' COLLEGE**  
**ANNUAL REPORT OF THE NATIONAL SERVICE SCHEME (NSS)**  
**ACTIVITIES FOR THE FINANCIAL YEAR 2023-2024**

**NAME OF THE COLLEGE: RANI INDIRA DEBI GOVT. GIRLS'  
COLLEGE**

**ADDRESS: JHARGRAM, 721507**

**NAME OF PROGRAMME OFFICER: Naznin Mullick**

**BRIEFING OF ANNUAL ACTIVITIES:**

The sole mission and vision of RIDGGC NSS Unit-1 since its inception in July 2014 has been to empower the girl students in every possible way. Apart from the dissemination of knowledge by following the curriculum, it is the objective of the institution to encourage the students for all-around excellence. The National Service Scheme is one such unit of the institution that is acting as the torchbearer to promote and preach "Not Me, But You." Students have been encouraged to enroll themselves as active volunteers of the unit and help achieve a sustainable environment. With the help of these activities, the students have become more vigilant and can identify the problems of the community and help sort them by involving themselves with the common mass. It is a means to not just develop social but civic responsibilities too. Thus, in this fifth year, the following programs under the banner of NSS were held in the institution

- "Education is one thing no one can take away from you"--This quote by Elin Nordegren is appropriate when it comes to understanding the importance of education for older adults in the society. NSS Unit I of RIDGGC took up this initiative to provide education to the elderly people of Pukuriya village on 3rd April 2023. The NSS volunteers enthusiastically participated in the program and provided the elderly residents of the village with basic education. The initiative was a huge success as the residents felt empowered when the NSS volunteers made them understand the importance of education in the community. The Unit looks forward to more such programs in the near future.



Adult Literacy Programme at Pukuriya Lodha sabar Para on 03.04.2023

- The NSS volunteers of Jhargram Raj College (Girls' Wing) live by the slogan, "Cleanliness is next to godliness." In addition to participating in other cleaning projects both on and off the college campus, the NSS Volunteers attended a health and hygiene program at Pukuriya, Lodha Sabar Para on April 13, 2023. The local youngsters were taught the value of regularly taking showers and using soap to protect themselves from any health risks. They were also given soaps. To provide the village kids with a firsthand understanding of the

value of practicing proper hygiene the volunteers volunteered their time to assisted the kids in using soap and taking showers.



Health and hygiene program at Pukuriya, Lodha Sabar Para on April 13, 2023.

- NSS unit observed Aranya Saptaha, 2023 (23.07.2023 to 29.07.2023) by conducting the plantation program within the campus. The unit purchased selected 20 plants and 50 saplings for the program and went ahead with the plantation activity. This program aims to spread awareness among the students about the importance of looking after the environment. Nurturing mother nature is one of the ways to make students aware of environment conservation and to maintain the ecological balance.



Observed Aranya Saptaha 2023

- Jhargram Raj College (Girls' Wing) NSS Unit-1 observed Independence Day with oath taking and national anthem. 50 Volunteers participated in this programme.



- On October 4th, 2023, Jhargram Raj College (Girls' Wing) NSS Unit-1 collaborated with the District Health and Family Welfare Samiti, Jhargram, to host a free Thalassemia Screening test Camp for Students. The event took place from 11 am onwards. It is of utmost significance for individuals, particularly those of reproductive

age, to possess knowledge of their thalassemia trait status. The potential risk of thalassemia disease or other hemoglobin-related problems in the future may affect the mother and the offspring as it depends upon the hemoglobin type of the parents. The officials took blood samples from a total of 166 students. Furthermore, the significance of thalassemia screening in the 21st century was emphasized by the Councillor of the Medical Team. The Principal of Jhargram Raj College, Dr. Debnarayan Roy, together with the program officers of JRC NSS Unit-1, 2, 3 & 4 delivered a speech to the students regarding the significance of thalassemia screening tests. Hence, the screening of thalassemia traits is considered to be a crucial social initiative that can contribute to the overall well-being of the students at JRCGW. By identifying individuals with the thalassemia trait, this screening process aims to ensure a healthier future for these students



Thalassemia Screening test Camp on 04.10.2023

- On the observation of the World AIDS Day, an awareness rally was organized by the NSS Unit-1 of Rani Indira Devi Government Girls' College on 19th December. Ninety volunteers participated in this Rally. Sri Susil Kumar Barman, Officer-in-Charge of the College along with Professor Amrita Chakraborty, Department of Physiology, Prof. Rashmi Beck( History Department) Prof. Rahul Seikh, Dr. Soumita Chowdhury (Philosophy Department) and Prof. Naznin Mullick, Program Officer of NSS Unit were also present in this rally.



AIDS awareness Rally on 19.12.2023

## A seven-day winter camp

A seven-day winter camp was organized by NSS Unit I of Rani Indira Debi Government Girls' College (16.01.2024–22.01.2024). The primary goal of the camp was to support the volunteers' overall development. The activities within the camp imparted social welfare knowledge to the volunteers. The whole NSS slogan "Not Me, But You," stressed on the importance of contributing to society at this camp. Forty Six volunteers participated in this camp. The Volunteers received lunch and snacks for the course of the camp's seven days, enabling them to engage in activities with a healthy mind and spirit.

On the **1<sup>st</sup> day** (16.01.2024)—The inauguration of the camp was graced by the Councillor of Jhargram Municipality Ms. Kabita Ghosh, Principal of Jhargram Raj College Dr. Debnarayan Roy and the Officer-in-Charge of the institution Susil Kumar Barman. Along with them, the IQAC coordinator Joheb Islam, Dr. Soumita Choudhury (Head of the Department, Philosophy), Pampa Hembram (Head of the Department, Bengali), and all the teaching faculties of RIDGGC were present. Their inspirational speech motivated the students on the first day of the camp. It had aptly set the stage for more enlightened discussions and activities in the next six days of the camp. Towards the end of the first day an inter-group song was performed by the volunteers.





On the **2<sup>nd</sup> Day** (17.01.2024) we had the SDO of Jhargram District, Sri Subhajit Gupta. The second day of the camp started with the reporting of the students and physical exercise. Campus Cleaning Activity took place where the volunteers actively participated to clean the campus and understand the benefit of having a clean campus. Following this, first aid training was given to the volunteers and later on a group discussion was organised on the topic “Saving the Environment through Community Effort”.





On 3<sup>rd</sup> Day (18.01.2024)—Post reporting and physical exercise, the camp started with Bratachari training programme. Followed by lunch. Prof. Sanatan Murmu, Department of Zoology gave a lecture entitled “Snakes and Biting Mechanism”.



On the **4th Day** (19.01.2024)--- of the camp, the volunteers were taken to the adopted village Satyaban Pally for a health survey and a food distribution program was organised for the residents. Through this program, the volunteers learnt about the importance of sharing and caring for others. A Carom competition was organized in the second session of the day to encourage participated volunteers (32).



On the **5<sup>th</sup> Day** (20.01.2024)— following the reporting and regular physical exercise, the volunteers were taken to Satyaban Pally where a health awareness program was organised. Apart from that, Jhargram Zila Parishad organised plastic management program for the participants. The volunteers were inculcated with the value of keeping our environment clean because “Cleanliness is next to Godliness”.



The **6<sup>th</sup> Day** started with the campus cleaning and then plantation drive. The volunteers were taught about the importance of planting saplings and how they could act through their own little effort to save the environment in the future. Towards the end of the sixth day an extempore contest was arranged in the camp on a very pertinent topic “Sexual Harassment at Workplace”. The topic engaged the students in fruitful discussions and made them aware of what sexual harassment at workplace is all about and how it can be effectively dealt with.



On the final day of the camp, an awareness rally on “Save Water” was organized by the volunteers. The local residents were made aware of why they should save water and how that could prevent future generations from witnessing an environmental crisis. The volunteers were then taken to the nearby adopted village in Satyaban Pally to distribute food. Later that day, a cultural program was organized along with the prize distribution and certificate ceremony for the volunteers. Finally, the program officer concluded the seven-day camp with a valedictory session.





The seven-day camp set the foot for the volunteers to have an engaging year ahead. The volunteers were encouraged to contribute to society and preach for a holistic development. As Swami Vivekananda said, “*All power is within you, you can do anything and everything*”. With this thought in mind and vigor in the soul, the seven-day winter camp of the RIDGCC NSS Unit ended on a successful note.

- An online meeting was organized by UGC on Zoom platform to aware the youth about voting on 20.02.2024. Principal Susil kumar Barman, PO Naznin Mullick, and Four NSS volunteers Anupama Mahata, Nabanita Mahata, Aupama Ghosh and Anima Patra were present at this meeting.





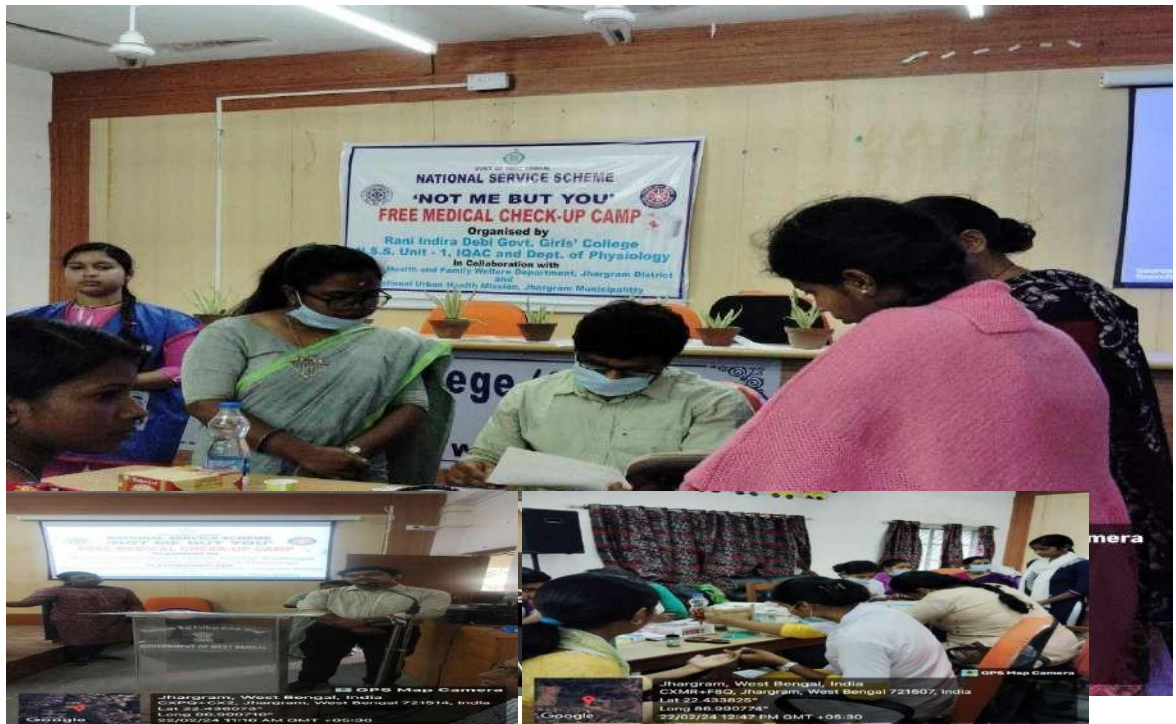
- The NSS Unit 1 of RIDGGC organized a voter awareness camp for the students on March 02, 2024. The entire session was conducted by Prof. Deblina Mukherjee, Dept. Of Political Science to sensitize young voters on the importance of elections in a democratic country like India ..As an educational institution, we have a role in shaping the mindset of the future citizens of this country and this camp was a humble attempt towards it . Most of the students are unaware of the structure of the government and the types of votes they cast as citizens of the country. Unless the knowledge is disseminated, their voting right becomes meaningless. Such a camp can help in the political awareness of the students and also serve a wider societal purpose as these students can spread such awareness in their families and surroundings. This camp was attended by 110 Students.





Voter awareness camp on 02.03.2024

- Rani Indira Debi Government Girls' College NSS Unit-1 organized a free medical health checkup camp for students on 22.02.2024 in collaboration with District Health and Family welfare department, Jhargram and National Urban Health Mission, Jhargram Municipality. Eighty Four students opted for the Free Medical check up where the medical team carried out Sickle Cell anaemia test, sugar test, and basic health check up. The students extremely benefitted from the event. They received the primary healthcare tips and basic medicines for a healthy future ahead. To sum it up, the camp was successful in raising awareness about health and body positivity among the students.



Medical health check up camp on 22.02.2024



- As part of the Winter camp of 20.01.2024, a plastic waste management programme was organised by Jhargram Zilla Parishad under the supervision of DO, Sanitation, **Mukundaram Chakraborty**. In course of the interaction a NSS volunteer named Sangita Mahata pointed out the absence of toilet facility in her residence. Given the presence of extensive governmental schemes in this regard, absence of such basic facility raised concern among the teachers and officials present. The student was instructed to apply for the facility online to the Jamboni Block office immediately and in the entire application process assistance was provided by the Program Officer NSS of the college. The sanction letter from the Block office for the construction of toilet was officially provided to the mother of the student, Sakuntala Mahata on 11.03.2024.

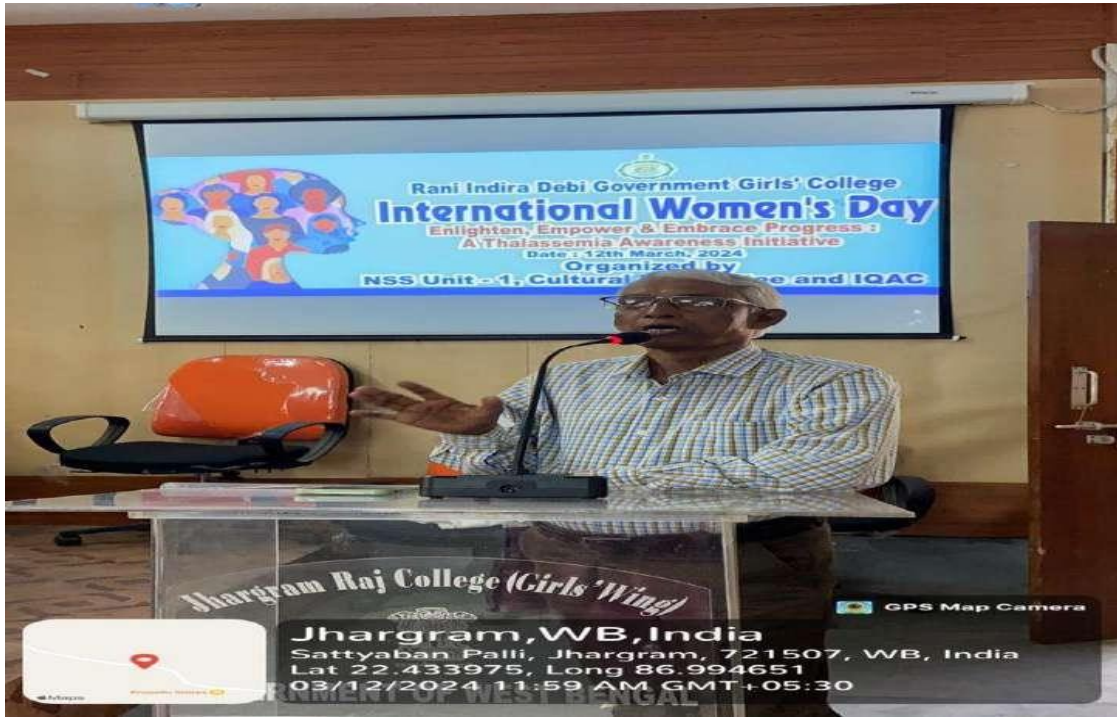


- As a part of college beautification and spreading 'green' awareness, a wall painting initiative was organized by the NSS Unit 1 on 11.03.2024 where messages like 'Plastic Free Zone' and 'Green Campus' was painted in the college walls. Such a drive was intended to create a colourful visual reminder for the students to keep their campus clean and green.



- On the occasion of International Women's Day 2024 the NSS Unit-1 of Rani Indira Debi Government Girls' College has organized a thalassemia awareness programme on 12th March 2024. The thalassemia screening reports against the test conducted on 04.10.2023 were distributed to the students who underwent the screening. About 166 students have undergone the thalassemia screening test. Individual counselling sessions were also conducted at college auditorium in the presence of officer-in-charge, respective teachers and 175 students.

- On the occasion Professor Amrita Chakraborty, Department of Physiology, delivered a lecture on the cause, effect, prevention and precautionary strategies of thalassemia in a vivid manner which bridged the gap between the theoretical knowledge and practical implication. The students benefitted from the awareness programme and are expected to aware their kins, local people and the society about the importance of thalassemia screening before marriage.



International Women's' Day on 12.03.2024