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Report

On

SPECIAL CAMP



NSS UNITS

Rabindra Mahavidyalaya, champadanga, hooghly

Session: 2022-23

Special camp on Environment including Preservation of natural resources and conservation of Cultural/ historical heritage: 20th March to 26th March

The 7 days NSS special camp was conducted by Rabindra Mahavidyalaya, Champadanga NSS units on 20th march to 26th march 2023 at college campus. The seven days of the camp were divided into various sessions like motivational speech, yoga and its benefits, bratachari, cultural programme, health awareness programme by Dr. Prakash Mallick, seminar -on prevention of Sickle Cell Disease, awareness in blood donation , homeopathy camp, campus cleaning etc. The students actively participated in the campaign. NSS programme officers took great efforts to conduct the programme smoothly.

Programme Schedule:

Date : 20/03/2023, Monday	
Time	Subject
08:00 AM-09:00 AM	Registration of Volunteers
09:00 AM-09:30 AM	Orientation of Rules Regulation of Special Camp and Work Plan
09:30 AM-10:00 AM	Flag hoisting
10:00 AM-10:30 AM	Breakfast
10:30 AM-11:30 AM	Bratachari
11:30 AM-01:00 PM	Campus Cleaning
01:00 PM- 02:00 PM	Lunch Break
02:00 PM-03:30 PM	Inaugural & Motivating speech by Dr. Prasanta Bhattacharyya, Principal, Rabindra Mahavidyalaya
03:30 PM-03:45 PM	Tea Break
03:45 PM-04:45 PM	Cultural Programme
04:45 PM-05:00PM	Reporting & Flag Lowering
Date : 21/03/2023, Tuesday	
08:00 AM	Reporting of the Volunteers & Flag hoisting
09:00 AM-10:00 AM	Yoga and its benefits
10:00 AM-10:30 AM	Breakfast
10:30 AM-01:00 PM	Tree Plantation
01:00 PM- 02:00 PM	Lunch Break
02:00 PM-03:30 PM	Seminar Session: Dr. Papiya Dutta, Assistant Professor, Rabindra Mahavidyalaya Topic : Cultural / Historical Heritage
03:30 PM-03:45 PM	Tea Break
03:45 PM-04:45 PM	Cultural Programme
04:45 PM-05:00PM	Reporting & Flag Lowering

Date : 22/03/2023, Wednesday	
08:00 AM-09:00 AM	Reporting of the Volunteers & Flag hoisting
09:00 AM-10:00 AM	Free hand Exercise
10:00 AM-10:30 AM	Breakfast
10:30 AM-01:00 PM	Cleanness and Health Orientation Programme at Adopted village
01:00 PM- 02:00 PM	Lunch Break
02:00 PM-03:30 PM	Seminar session: 1) Mr. Aryya Das, SACT, Rabindra Mahavidyalaya. Topic: World Water Day
03:30 PM-03:45 PM	Tea Break
03:45 PM-04:45 PM	Cultural Programme
04:45 PM-05:00PM	Reporting & Flag Lowering
Date : 23/03/2023, Thursday	
08:00 AM-09:00 AM	Reporting of the Volunteers & Flag hoisting
09:00 AM-10:00 AM	Physical Exercise & Yogason
10:00 AM-10:30 AM	Breakfast
10:30 AM-01:00 PM	Medical Check-up by Vivekananda Diagnostic Centre
01:00 PM- 02:00 PM	Lunch Break
02:00 PM-03:30 PM	Seminar session: Sri Prabir Sen, Secretary, Bishnupur Thalasaemic Guardian Society. Topic: Sickle Cell Disease- Hemophilia, Thalassaemia, genetic Disorder.
03:30 PM-03:45 PM	Tea Break
03:45 PM-04:45 PM	Cultural Programme
04:45 PM-05:00PM	Reporting & Flag Lowering
Date : 24/03/2023, Friday	
08:00 AM-09:00 AM	Reporting of the Volunteers & Flag hoisting
09:00 AM-10:00 AM	Yoga and its benefits
10:00 AM-10:30 AM	Breakfast
10:30 AM-01:00 PM	Bratachari
01:00 PM- 02:00 PM	Lunch Break
02:00 PM-03:30 PM	Seminar Session
03:30 PM-03:45 PM	Tea Break
03:45 PM-04:45 PM	Cultural Programme
04:45 PM-05:00PM	Reporting & Flag Lowering

Date : 25/03/2023, Saturday	
08:00 AM-09:00 AM	Reporting of the Volunteers & Flag hoisting
09:00 AM-10:15 AM	Free hand Exercise
10:15 AM-10:45 AM	Breakfast
10:45 AM-01:00 PM	Bratachari
01:00 PM- 02:00 PM	Lunch Break
02:00 PM-03:30 PM	Special talk: 1) Prof. Amit Das, Assistant Professor, Programme Officer, NSS Unit-I 2) Prof. Soumitra Das, Assistant Professor, Programme Officer, NSS Unit-II 3) Dr. Sudipta Banerjee, Assistant Professor, Programme Officer, NSS Unit-III
03:30 PM-03:45 PM	Tea Break
03:45 PM-04:45 PM	Cultural Programme
04:45 PM-05:00PM	Reporting & Flag Lowering
Date : 26/03/2023, Sunday	
08:00 AM-09:00 AM	Reporting of the Volunteers & Flag hoisting
09:00 AM-10:15 AM	Yogason
10:15 AM-10:45 AM	Breakfast
10:45 AM-01:00 PM	Cleanness of College Building and College surroundings
01:00 PM- 02:00 PM	Lunch Break
02:00 PM-03:30 PM	Camp Summary
03:30 PM-03:45 PM	Tea Break
03:45 PM-05:00 PM	Valedictory

Objectives of special camping program

To provide opportunities to students to play their due roles in the implementation of various development programmes by planning and executing development projects, which not only help in creating durable community assets in rural areas and slums but also result in improvement of the condition of weaker sections of the communities. ...

develop among themselves a sense of social and civic responsibility. utilise their knowledge in finding practical solutions to individual and community problems. develop competence required for group-living and sharing of responsibilities.

Feedback

This special camp provides not only a learning platform to the volunteers but also time management training and cooperation among volunteers. The NSS camp was a great success having profound impact on the villagers as well as the volunteers of the NSS unit. At the end of the Special Camp, the volunteers compiled a note on the various problems faced by the villagers during the pandemic, resulting in losses in their small business, farming etc. All the events that took place during the Special Camp, has been captured and in order to ensure that, the work of the NSS Unit and the problems faced by villagers, reaches a larger audience.

Participants of the Special Camp:

Total =58 [male- 19, female- 39]

Sl No	Name	Semester	Unit	Contact NO.	Sl No	Name	Semester	Unit	Contact NO.
1.	RIMA PRAMANIK	SEM-1	1	7810890451	30	PUJA SAMANTA	SEM-4	1	8902308153
2.	TANJA TULAM KAZI	SEM-1	3	9641235152	31	PRITY GHOSH	SEM-4	1	7501829627
3.	RAJMANU MUKHERJEE	SEM-5	3	9083264984	32	PAPPIYA KAR	SEM-4	1	9832814468
4	ANISH PATRA	SEM-4	1	9593960506	33	PARUL MISTRY	SEM-4	1	767814374
5)	Aditya Das	SEM-4	1	9134909863	34	AYESHA JULKHA	SEM-1	3	6297146977
6.	RANIT SADHUKHAN	SEM-4	1	9382075957	35	MOUSUMI HAIT	SEM-1	3	8909078962
7	SARBOJIT PATRA	SEM-4	3	9339143906	36	ARPITA JAL	SEM-6	2	9564721213
8.	RAMEN BERA	SEM-6	3	9032158076	37	SUMANA MANNA	SEM-6	2	7044822165
9.	Tobirata Pal	SEM-6	2	9083029597	38	Shilpa Manna	SEM-4	2	9833355055
10.	Dipankar Das	SEM-4	1	9609668213	39	LABANI PATRA	SEM-6	2	8343000972
11.	JEET BISWAS	SEM-4	1	7439061157	40)	NISHA MANNA	SEM-4	2	8597499195
12.	SUNANDANA MAITY	SEM-4	1	9679375438	41)	ESAMANNA	SEM-4	2	8535966676
13.	RIKTA HAZRA	SEM-4	1	7076646132	42)	RIMPA SAMANTA	SEM-1	1	8101705669
14.	SATHI PANJA	SEM-4	1	9832584776	43)	PAYEL MONDAL	SEM-1	1	8695866081
15.	SUTAPAMANNA	SEM-4	1	8159832947	44)	TIYASHA SAMANTA	SEM-1	1	7787620441
16.	MONISHA HARAI	SEM-4	2	9883073981	45)	ARITRI SAMANTA	SEM-1	1	8972726674
17.	RIKTA DAS	SEM-6	2	9832993921	46)	SONIYA MONDAL	SEM-1	1	7478011373
18.	ANANYA SASMAL	SEM-4	1	9433404750	47)	MANISHA HAIT	SEM-4	1	6296917709
19.	PRIYA MALIK	SEM-4	1	8158066934	48)	MANGALA JANA	SEM-1	1	9564922192
20.	PRIYA DAS	SEM-4	1	8918857978	49)	PAPPIYA MANNA	SEM-6	2	7029692571
21.	PAYEL KEORAH	SEM-6	3	954771951776733	50	GOURI DAS	SEM-1	3	9732660991
22	SAYANTANI CHATTERJEE	SEM-6	3	973533115	51	Baishakhi Pakhira	SEM-6	2	9679261756
23	CHANDANA KEORAH	SEM-6	3	8167765251	52	SHRABANTI RAM	SEM-6	2	7076133313
24	Jyotipravadas	SEM-1	1	7797638212	53	PRITI DHANK	SEM-4	3	6294502454
25	Rahul Mondal	SEM-6	2	9832759938	54	BANSAKHI SAMANTA	SEM-4	3	9893590258
26.	SAHELI DOLVI	SEM-1	1	7810981345	55	SUMANA MAJI	SEM-4	1	9832579470
27.	SHREYA HAIT	SEM-4	2	2016867758	56.	SUNANDA DAS	SEM-4	3	7551800628
28.	RADHASRI ANJA	SEM-4	2	9775083357	57.	SHREYA PRAMANIK	SEM-4	3	9745610091
29)	KEYA BELEL	SEM-4	2	7710269499	58.	Supriya Das	SEM-6	3	7402809444

Inaugural & Motivating speech by **Dr. Prasanta Bhattacharyya,**

Principal, Rabindra Mahavidyalaya



Three NSS Programmed officers gave a detailed speech on NSS, its motto and the activities which gave a clear picture to the NSS students and this made them become completely passionate and involved in NSS activities.



Benefits of Yoga

- Yoga improves strength, balance and flexibility. ...
- Yoga helps with back pain relief. ...
- Yoga can ease arthritis symptoms. ...
- Yoga benefits heart health. ...
- Yoga relaxes you, to help you sleep better. ...
- Yoga can mean more energy and brighter moods. ...
- Yoga helps you manage stress.

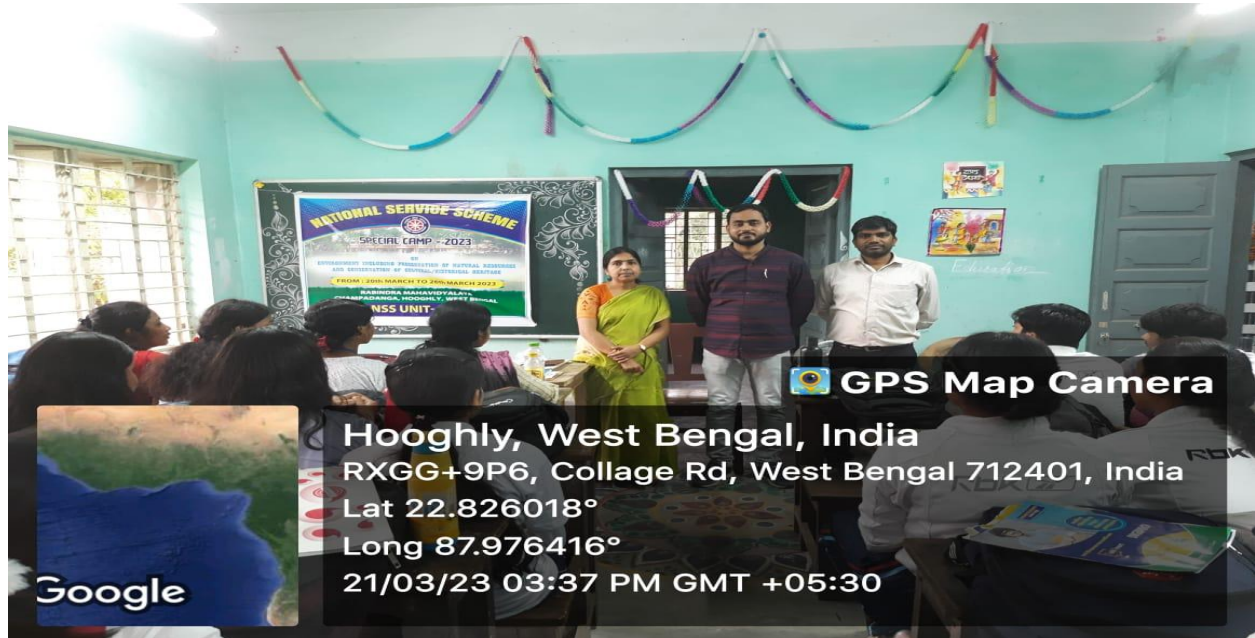


Yoga and fitness



Special lecture: Cultural / Historical Heritage

To preserve and expose the cultural heritage of our ancestors and teachers. To evoke surprise and admiration by creating accessibility to their work, products, and minds. To promote the practice of science and other cultural activities. Originally the aim of the foundation was to preserve the cultural and scientific heritage of the ancestors of the founders of Stichting De Traditie. Today a wider area is covered. Stichting De Traditie accepts donations and supports projects.



Special lecture: Cultural / Historical Heritage

Benefits of health camps

1. Improved health outcomes: Health camps can help improve health outcomes in rural areas by providing medical care and treatment.
2. Cost-effective: Health camps are often free or charge a nominal fee, making them accessible to all.
3. Awareness: Health camps can help create awareness about healthcare and prevent diseases from spreading.
4. Targeted interventions: Health camps can identify health issues in a community and create targeted interventions to address them.
5. Preventive healthcare: Health camps focus on preventive healthcare, which means that they identify and address health issues before they become severe.



Medical Check-up by Vivekananda Diagnostic Centre

Campus Cleaning

1. **Cleanliness is incredibly important when it comes to cutting down on the spread of diseases in the college** and means that staff and students are able to enjoy a comfortable learning environment.

2 **Cleanliness** is also improves hygiene levels and can help to reduce the spread of sickness

3. **Protecting college infrastructure.** Electronic equipment, furnishings and other resources are an important part of college infrastructure

Cleaning is important for the health and safety. If the hallways and rooms within a college is cluttered with rubbish, cables, boxes and other obstacles, it increases the likelihood of accidents and mishaps. If a serious injury occurs as a result of a disorganized work environment, it can potentially lead to more severe problems, including lawsuits and a loss of productivity and faith in the college.

Therefore, failing to keep all of these things clean, is likely to cost a lot more money in the long-run, due to damage from various courses.



Campus Cleaning



Sickle Cell Disease

Sickle cell disease is an inherited blood disorder marked by defective hemoglobin. It inhibits the ability of hemoglobin in red blood cells to carry oxygen. Sickle cells tend to stick together, blocking small blood vessels causing painful and damaging complications. Sickling is when the hemoglobin inside red blood cells sticks or clumps together, causing the cell to become fragile, rigid, and crescent—or sickle—shaped.



Sickle Cell Disease- Hemophilia, Thalassaemia, genetic Disorder.



World Water Day

World Water Day is held annually on 22 March as a means of focusing attention on the importance of freshwater and advocating for the sustainable management of freshwater resources. World Water Day celebrates water and inspires action to tackle the global water crisis. A core focus of World Water Day is to support the achievement of Sustainable Development Goal (SDG) 6: water and sanitation for all by 2030.

10 Ways to Celebrate World Water Day

1. Save water in obvious ways.
2. Keep pollutants out of your water
3. Eat local.
4. Protect nature.
5. Clean up the planet
6. Crack a book.
7. Shop for sustainable (not fast) fashion.
8. Don't waste food.
9. Eat plant-based meals a few times a week.
10. Write to your legislators.



World Water Day

Role of Bratachari

Bratachari purports to present a complete synthesis of life, an integrated system of culture consisting of a complete philosophy of life, coupled with and expressed through a simple scheme of practical training and discipline for the building up of the inner life and character as well as the body, or in other words, for the simultaneous and harmonious cultivation of the body and soul of man.

The ultimate goal of a Bratachari is the attainment of the ideal of the complete man by attaining perfection in self-development in all spheres of life— physical, mental, moral and social; or in other words, the attainment of the ideal of a perfect citizen of the world. At the same time, it is an essential principle of the Bratachari teaching that before one can be a complete citizen of the world, one must, be a complete citizen of a particular regional unit.



Bratachari



Cleanness and Health Orientation Programme at Adopted village



Tree Plantation

"Plant a Tree, plant a new life.... Take care of trees. They take care of you." -

Anonymous.

Planting a sapling with NSS students can mean so much more than just adding an attractive feature to their garden. It is an opportunity for us to 'give back' something to the environment and encourage the arrival of birds, insects and other creatures into your habitat. Working in a garden, a NSS student can experience the satisfaction that comes from caring for something over time, while observing the cycle of life first hand. Gardening is also a great way to teach environmental awareness by exploring the workings of nature.



Role of Youth in planting saplings in their homes

