

MURALIDHAR GIRLS' COLLEGE

NSS ACTIVITIES UNDERTAKEN IN 2021 & 2022

UNIT 1 & 2

Name of the activity	Organising unit	Name of scheme	Year of activity	Number of students participation
One Billion Rising- awareness campaign on violence against women	Unit 1&2, MGC	Regular NSS activities	2 nd Feb, 2022	07 student volunteers
Webinar on Women's Right, Discrimination against Women	Unit 1&2, MGC	Regular NSS activities	7 th March, 2022	03 student volunteers
Webinar on 'Youth and Mental Health'	Unit 1&2, MGC	Regular NSS activities	30 th March, 2022	10 student volunteers
Blood donation camp	Unit 1&2, MGC	Regular NSS activities	20 th May 2022	34 donors (students, teachers & community people) All teachers
Gender sensitization - Swayam	Unit 1&2, MGC	Regular NSS activities		02 (students)
Dance therapy - 'Turning Point' a NGO	Unit 1&2, MGC	Regular NSS activities	26 th February 2022	06 student volunteers
'WORLD HEARING DAY, 2022'' To Hear for Life, Listen with Care''.	Unit 1&2, MGC	Regular NSS activities	10 th March, 2022	1+16 (faculty + student volunteers) & many students of the college
Seminar on "Step into IT Industry"	Unit 1&2, MGC	Regular NSS activities	28 th March, 2022	05 (students)
Rabindra Jayanti Celebration - Kolkata Ekatma	Unit 1&2, MGC	Regular NSS activities	21 st may, 2022	07 (students)

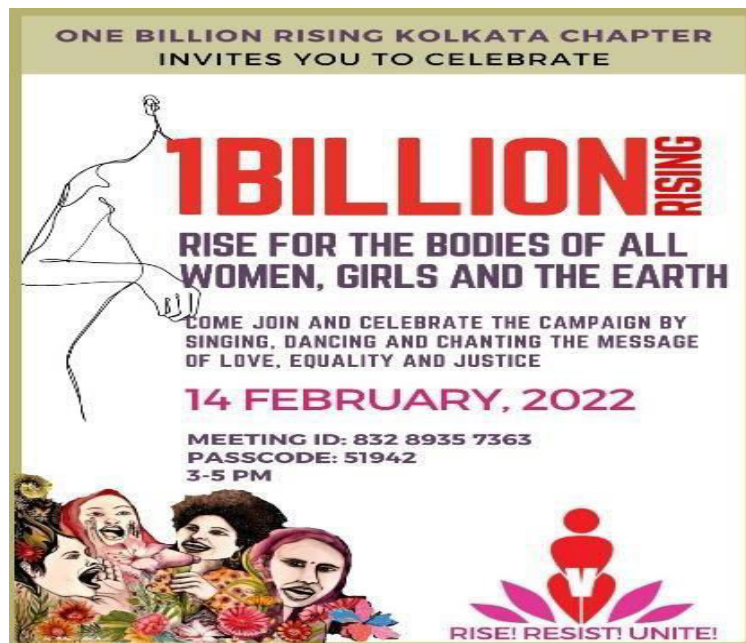
Bratachari Course - Bengal Bratachari Samiti	Unit 1&2, MGC	Regular NSS activities	30th April - 20 th April 2022	23 (students)
Poster Campaigning against the use of plastics	Unit 1&2, MGC	Special camp 25 th – 31 st March, 2022	27 th March, 2022	31
‘Stress Management and Positive Psychology in the context of COVID 19 Pandemic’.	Unit 1&2, MGC	Special camp 25 th – 31 st March, 2022	28 th March, 2022	66
Online Session on Thalassemia & Blood Donation	Unit 1&2, MGC	Special camp 25 th – 31 st March, 2022	30 th March, 2022	68
Lecture on complete well- being of students- Dr Suchandra Das	Unit 1&2, MGC	Special camp 25 th – 31 st March, 2022	31st March, 2022	70

2022

All through the year the college works in collaboration weeks with Swayam for women empowerment. On 14th February 2022, a zoom meeting was organised titled "one billion rising" to discuss how violence against women, fascism, imperialism, capitalism etc. has increased during pandemic and this has led to increase in injustice and hatred towards minority including women. 7 participants joint from the meeting.

ZOOM MEETING LINK:

<https://us02web.zoom.us/j/83289357363?pwd=YXpIS1lDeW1DZXY3WmZLek1mcFpXZz09>



On 7th March 2022 on the occasion of International Women's Day an inter-college Webinar was organised in collaboration with Swayam and Maitree. Along with NSS volunteers of this college, Students of Behala College, J.C.C. College, Vidya Bhavan College presented papers on the topic. 3 Volunteers of this college presented a paper titled 'Violation of Women's Rights'. **ZOOM MEETING LINK:**

<https://us02web.zoom.us/j/85052715361?pwd=VWJ1amttWWRndlBSV2VMQUZmU216dz09>

CELEBRATION OF INTERNATIONAL WOMEN'S DAY WITH YOUTH

MARCH 7, 2022
4:00-5:30 PM

MEETING ID: 850 5271 5361
PASSCODE: 133832

Women's Movement and Youth
Online programme on Zoom
Moderator: Kuhu Das

Event Details

16:00 - 16:05
Welcome Note by Parichit

16:05 - 16:10
Song by Saama & Shreelasti (written by Kamala Bhasin)

16:10 - 16:25
History of 8th March with Indian context by Mausumi and Soma

16:25 - 16:35
Group Presentations (6) by College Students

16:35 - 17:10
Open House Discussion

17:10 - 17:25
"That takes Ovaries", by college students

17:25 - 17:35
Cultural Program: by College Students

17:35 - 17:45
Summing up and Song by Kuhu Das

17:45 - 17:50
Vote of Thanks by Parichit

Slogans

7th March 2022
16:00 to 18:00 hrs IST

On 30th March 2022 an online webinar was conducted in collaboration with Swayam on 'Youth and Mental Health' . Student volunteers of several colleges share their experience and views, in this way session teachers were also present to share their own views to sustain mental health of youth. 10 student volunteers participated in the programme.

ZOOM MEETING ID: 86595754456 ZOOM MEETING PASSCODE: 279656

On 10th March, 2022 Anwasha, Kolkata - A Youth Association conducted an awareness programme on Safe Listening on the occasion of 'WORLD HEARING DAY, 2022'. The theme of World Hearing Day, 2022 was "To Hear for Life, Listen with Care". Number of Participants were 16 (NSS volunteers) along with many students of the college.



NSS volunteers participate in different programmes organised by Turning Point a NGO. On 19th November 2021 a workshop on emotional distress due to Covid was conducted and 6 volunteers joined the programme. A follow up session was also conducted on the same theme on 4th December 2021. Link for registration - <https://forms.gle/ffvqF2d6xwypMu118>

On 26 February 2022 in collaboration with Turning Point and Global Point Brigade an online event was organised where students could show their talent in singing dancing and playing musical instruments. 6 volunteers joined the programme.

Link Address-<https://www.eventbrite.com/e/open-the-door-talent-show-a-gpb-turning-point-event-tickets-258958932137>

Blood donation camp on 20th May, 2022- Blood donation camp was organised in College premise by NSS Unit 1 and 2 in Collaboration with Nil Ratan Sarkar Medical Hospital. Awareness Campaign in local community regarding blood donation was organised on 14th May, 2022. Many people of our country die due to the deficiency of blood when required. Some people in our society are scared of donating blood. So to increase the awareness to donate blood and to remove fear in the people the NSS unit of Muralidhar Girls' College organised an awareness programme regarding blood donation on 14th May, 2022. Blood donation camp in collaboration with Nil Ratan Sarkar Medical Hospital was conducted successfully. 3 NSS volunteers took active participation in the awareness campaign and 34 units of blood were donated for the use of 136 patients in need.

Student volunteers participated in gender sensitization programs - like debate, panel discussion, poster making etc. in collaboration with Swayam. The special objectives of these programs are to make the students aware of gender roles, gender equality and so on.

Students actively took part in different online seminars conducted by 'turning point' a NGO. Dance therapy and emotional support during Covid are some of the areas covered.

Seminar on “Step into IT Industry” on 28th March, 2022- Seminar was Organised by Career Guidance, Counselling and Placement Cell of Shyamaprasad College in collaboration with

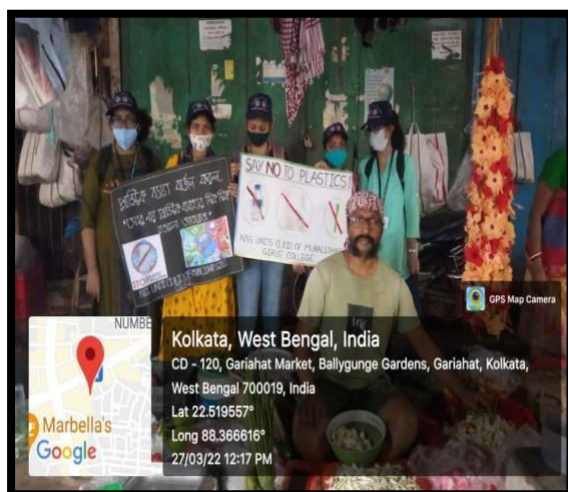
IEEE Young Professionals. There was discussion about job opportunities for all social science students along with science and computer science students. 5 NSS volunteers took part in the session.

Rabindra Jayanti Celebration on 21st may, 2022 - Every year different activities and programs are scheduled by the NSS units with the sole objective of developing an all round and balanced development of personality of the NSS volunteers. This Year Rabindra Jayanti was celebrated in collaboration with Kolkata Ekatma on 21st May, 2022 from 6.00 P.M. to 9.00 P.M. at Surya Sen Auditorium. 7 Students of our college performed group dance.

Bratachari Course organised from 30th April, 2022 to 20th June, 2022 - NSS Unit 1 and 2 of Muralidhar Girls' College organised Bratachari Course in collaboration with Bengal Bratachari Samiti. The goal is to raise self-esteem, national awareness and physical-mental health of the students. A 30 hours course is designed by the Bengal Bratachari Samiti which includes Science of Bratachari, play songs, songs, nursing and work education. Classes have started from 30th April 2022 and occur on every Thursday. In this course there was Mask Making programme, First Aid Programme. 23 Participants enrolled and successfully completed the course.

SPECIAL CAMP

Poster Campaigning against the use of plastics was organized on 27.03.2022 on the 3rd day of NSS Special Camp 2021-2022. Few posters were prepared in Bengali and in English. Volunteers divided in two groups to work properly. Volunteers in team went for a special awareness campaign for minimising the use of plastics in Gariahat Market. The shop keepers were told about the disadvantages of plastic use and suggested them some alternative ways.



On 28.03.2022 'Stress Management and Positive Psychology in the context of COVID 19 Pandemic'. Google Meet joining link: <https://meet.google.com/xve-doxd-fyh> Speakers were Dr Shubhangshu Aditya and Smt. Sahana Nag (Guest faculty of Jadavpur University). The

main objectives of this webinar were - to assess the level of Stress among students, identify the factors causing stress among the students, analyse the impact of stress on academic growth and to find out the possible measures that would reduce the stress level.

On 30.03.2022 - Online Session on Thalassemia & Blood Donation Google Meet joining link: <https://meet.google.com/yuo-dwwp-mvy> Dr.Biplabendu Talukder, SPO (State Blood Cell), NHM State Program Officer and Mr. Smarajit Roy, Asst Director, Voluntary Blood Donation were the respective speakers. NSS volunteers attended the online meeting. Dr. Biplabendu Talukder on board made the students aware about the disease Thalassemia. He informed about its cause and effects and also explained how to treat this disease and how dangerous it could get if it remains untreated. Mr. Smarajit Roy informed about Blood donation camps and why it is important to donate blood. Very important information about Thalassemia and Blood donation camps were imparted. Participants interacted, discussed and cleared their doubts. NSS volunteers made their family and relatives aware about this matter too.

On 31.03.2022, Dr Suchandra Das, a registered physician was invited to deliver a lecture on complete well-being of students in post Covid period. Doubts of volunteers were cleared after lecture.

