



Prasanta Chandra Mahalanobis Mahavidyalaya

111/3, B.T. Road (Bon-Hooghly), Kolkata – 700108

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NSS Activities

(2018-2019)

S.No	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity
1.	Community Yoga Workshop	NSS Unit, Prasanta Chandra Mahalanobis Mahavidyalaya	Health Awareness	2018 (12.09.2018)
2.	Health Care Camp	NSS Unit, Prasanta Chandra Mahalanobis Mahavidyalaya in collaboration with Daya Foundation	Health Camp	2018 (10.10.2018)
3.	Community Outreach through Relief and Rehabilitation	NSS Unit, Prasanta Chandra Mahalanobis Mahavidyalaya	Community Outreach: Relief and Rehabilitation	2019 (26.02.2019)
4.	Awareness Programme on Food Habits and its Relation to Diseases	NSS Unit, Prasanta Chandra Mahalanobis Mahavidyalaya	Health Awareness	2019 (27.02.2019)
5.	Awareness Programme on Women's Health	NSS Unit, Prasanta Chandra Mahalanobis Mahavidyalaya	Health Awareness	2019 (28.02.2019)
6.	Awareness Programme on Mental Health and Related Issues	NSS Unit, Prasanta Chandra Mahalanobis Mahavidyalaya	Health Awareness	2019 (01.03.2019)
7.	Yoga Competition for Local Community	NSS Unit, Prasanta Chandra Mahalanobis Mahavidyalaya in	Health Awareness	2019 (02.03.2019)

Agal
Principal
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		collaboration with Swarnayoga Yoga Centre		
8.	Community Awareness Programme on Dengue Prevention	NSS Unit, Prasanta Chandra Mahalanobis Mahavidyalaya in collaboration with Baranagar Municipality	Health Awareness	2019 (03.03.2019)
9.	Awareness Programme on Financial and Bank Literacy and Banking Crime	NSS Unit, Prasanta Chandra Mahalanobis Mahavidyalaya	Literacy Promotion	2019 (05.03.2019)

Activities carried out by the NSS unit of Prasanta Chandra Mahalanobis Mahavidyalaya

(Academic Session 2018-2019)

Activity Name: Community Yoga Workshop

Date: 12/09/2018

Venue: Prasanta Chandra Mahalanobis Mahavidyalaya campus ground and residents of the neighbouring locality

Objectives:

- To spread awareness about the importance of maintaining physical, mental and spiritual well-being by practising the scientific art of Yoga.
- To draw attention of community people towards the holistic benefits of yoga
- To make aware of physical and mental diseases and its solutions through practicing yoga.

Details of event:

The NSS unit of Prasanta Chandra Mahalanobis Mahavidyalaya in association with IQAC organized a **Community Yoga workshop** on 12/09/18 at 11 a.m. It was organised to spread awareness about the importance of maintaining physical, mental and spiritual well-being by practising the scientific art of Yoga. This programme was coordinated

A. Ghosh
Principal
Prasanta Chandra Mahalanobis Mahavidyalaya
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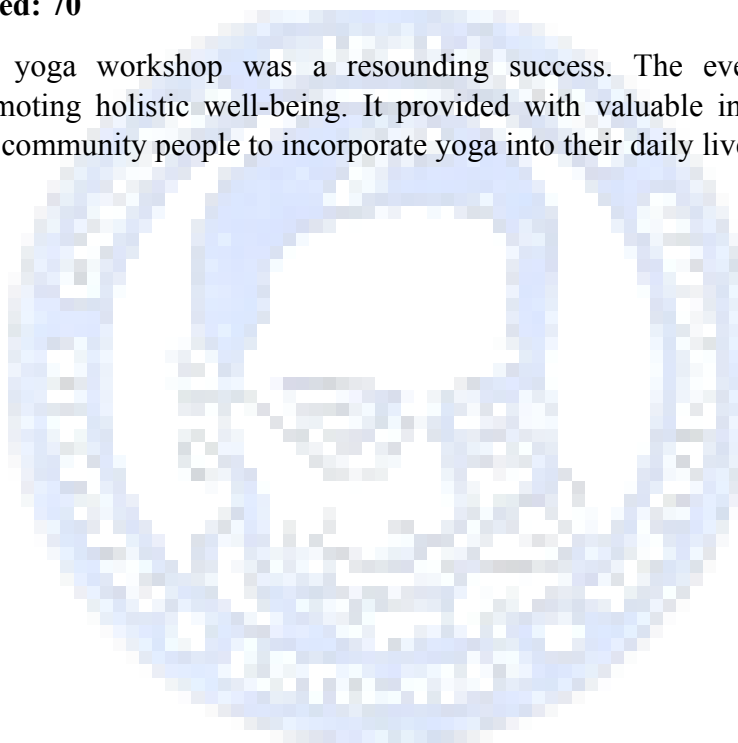
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by NSS Programme Officer Mr Mijanur Rahaman and four faculty members in the college ground and residents of the neighbouring locality participated in the event. The event commenced with a brief yet lucid lecture on the importance of Yoga. After this lecture by the Principal of PCMM, Dr. Shyamal Karmakar, the faculty members instructed and guided the participants to perform age-appropriate 'asanas' relevant to them. The yoga session continued for about an hour at the end of which the community members were served with refreshments following the regulation of yoga practice. There was 70 no of participants in the Programme. The event concluded with a note of thanks from the IQAC coordinator who reinforced the importance of developing a yoga community and instilling the habit into all from a tender age.

No of volunteers participated: 70

Outcome: The community yoga workshop was a resounding success. The event effectively conveyed the significance of yoga in promoting holistic well-being. It provided with valuable insights, practical training, and encouraging participants and community people to incorporate yoga into their daily lives.




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Photographs of the events:



Agarwal
Principal
Prasanta Chandra Mahalanobis Mahavidyalaya
111/3, B. T. Road, Kolkata-108





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Activity name: Health Care Camp

Date: 10/10/2018

Venue: Prasanta Chandra Mahalanobis Mahavidyalaya college premises

Objectives:

- to provide free health check-ups to all students of the college
- to measure BMI, blood pressure, checking heart rate, eye examination of students
- to provide free health check-ups to all teachers

Details of event:

The NSS Unit of PCMM organised a CHCS health care camp in association with Daya Foundation on 10/10/2018. The objective of the camp was to provide free health check-ups to all students of the college. The foundation performed routine health screening tests like measuring BMI, blood pressure, checking heart rate, eye examination of students (and teachers). The event started with the lighting of lamp by Principal, Dr. Shyamal Karmakar. After providing a brief introduction about the campaign, instructed the NSS volunteers to assist the representatives of the said foundation to set up their instruments and services. The NSS volunteers helped the stakeholders of the foundation by forming separate units to perform different health checkups. The students were thereafter instructed to form queues and visit the health stalls one-by-one. Around 80 students and 25 teachers participated in the camp.

No. of volunteers participated: 80

Outcome: After the health care camp, students with essential screenings, ensuring potential health issues are identified and addressed promptly. By promoting preventive healthcare, these camps empower students to take proactive steps towards a healthier future.


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Some photographs of the event:



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Principal
Prasanta Chandra Mahalanobis Mahavidyalaya
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Activity name: Community Outreach through Relief and Rehabilitation

Date: 26/02/19

Venue: Prasanta Chandra Mahalanobis Mahavidyalaya

Objectives:

- to create a positive impact among students on the local community through various programs and activities.
- It provides opportunities for students and faculty members to engage in volunteerism and community service,
- To promote awareness and advocacy on various issues such as health and hygiene, skill development, and more.

Details of the event:

The NSS unit of PCMM College organised a community extension programme on 26/02/2019 for thirty-five fire victims from a nearby locality who were badly affected after a massive fire broke out in the Dunlop area, near Belghoriya Expressway on 12/02/2019, destroying around fifty shanties in the accident. Around fifty NSS volunteers, around 60 students and Fifteen Teaching staff carried out the relief and rehabilitation work for the casualties by providing food and shelter. The rehabilitation program was conducted under the guidance of Dr. Shyamal Karmakar, Principal, PCMM and IQAC, Dr. Kamala Mitra while other faculties supported the volunteers through their constructive guidance. The homeless victims of the fire were supplied with lunch, apparel and blankets by the volunteers. They were also temporarily given shelter in the college premises, specifically in the Girl's hostel for a few days, until their residing places were restored by the authorities.

No. of volunteers participated: 60

Outcome: After the programme the students/volunteers of our college actively participate in social service activities leading to their overall development and also develop social responsibility, learning by doing and leadership quality.

Some glimpses of the programme:





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Activity name: Awareness programme on Food Habits and its Relation to Diseases

Date: 27/02/19

Venue: Prasanta Chandra Mahalanobis Mahavidyalaya campus

Objectives:

- To promote an awareness message on common food habits
- To gain knowledge on foodborne diseases
- To get valuable information about the relationship between eating behaviour and lifestyle related diseases.

Details of the event:

An awareness programme on common food habits and foodborne diseases was arranged by the NSS unit of PCMM College on 27/02/2019 at 2 p.m. Dr. Sanjukta Kar, Faculty of School of Community Science and Technology, IEST, Shibpur was the chief guest of the programme and delivered an informed speech on the importance of maintaining a healthy food culture. Following Dr. Shyamal Karmakar, Principal, PCM College's introduction of the honourable guest, Dr. Kar provided valuable information about the relationship between eating behaviour and lifestyle related diseases. Her talk busted numerous myths and misconceptions related to food habits and she concluded her talk with a host of guidelines which would help control and prevent the prevalence of foodborne illness in society. The programme was attended by nearly 14 faculties and non-teaching staff and 90 students of the college. Dr. Kamala Mitra concluded the awareness program by delivering a vote of thanks and instructing the students to follow the valuable advice provided by Dr. Kar.

No. of volunteers participated: 90

Outcome: After the programme students and faculty members gained knowledge on common food habits and foodborne diseases and the programme was successfully completed with guidelines which would help control and prevent the prevalence of foodborne illness in society.

Some photographs of the programme:


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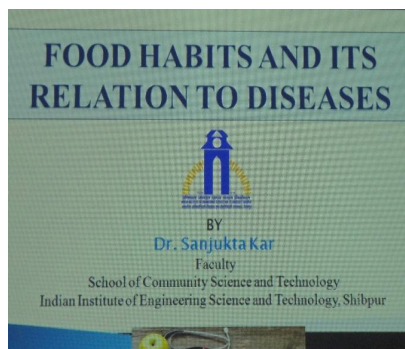


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Activity name: Awareness Programme on Women's Health

Date: 28/02/2019

Venue: Prasanta Chandra Mahalanobis Mahavidyalaya campus

Objectives:

- To provide informations on different types of cancer among women
- To gain knowledge about preventive measures
- To know about the diagnosis and treatment about such diseases

Details of event:

An “Awareness Program on Women's Health” was organised by the NSS unit of PCMM on 28/02/2019 at 12 p.m. Dr. Jadav Chandra Chattopadhyay of Calcutta Medical College, Kolkata, was the resource person of the programme. Dr. Shyamal Karmakar, Principal, PCMM, introduced the honourable guest of the day and underlined the relevance of creating awareness about the treatment and diagnosis of diseases and conditions that affect a woman's physical and emotional well-being. The programme mainly focused on the increasing prevalence of different types of cancer among women. He especially talked about the rampancy of breast cancer and ovarian cancer among women and their preventive measures. The programme was followed by an active interactive session between Dr. Chattopadhyay and the audience where they presented their concerns and questions to the doctor and he provided advice to them. The session was nearly 95 students of the college, coupled with about 15 teachers and non-teaching staff. A few community members also attended Dr. Chattopadhyay's session.

No. of volunteers participated: 95

Outcome: This programme was very successfully completed with a lot of important information on women's health and emotional well-being. The main focused areas are breast and ovarian cancer which was very informative for women. Students take active part in interactive sessions.

Some valuable photographs of the session:



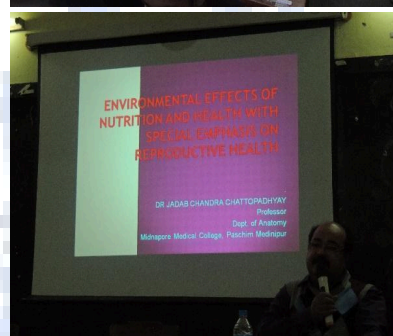
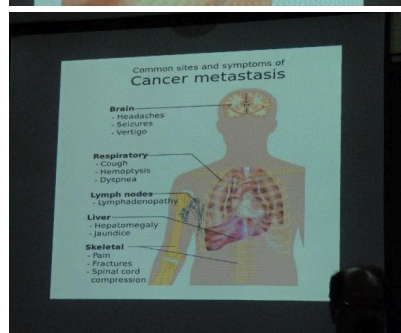
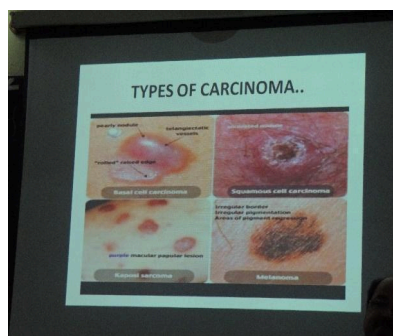
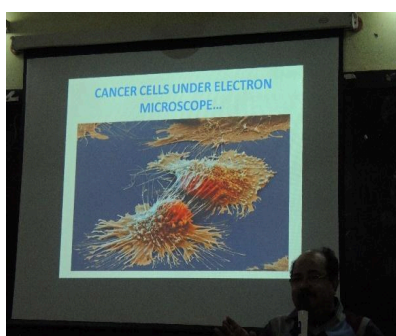
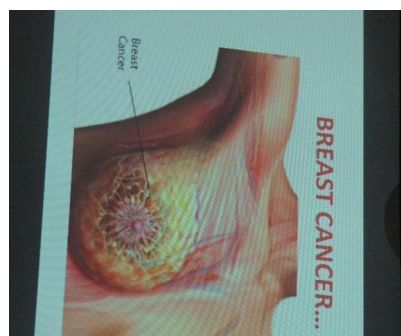


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Activity name: Awareness Programme on Mental Health and Related Issues

Date: 01/03/2019

Venue: Prasanta Chandra Mahalanobis Mahavidyalaya

Objective:

- To share knowledge about the concept of “mental health”
- To aware the different types and stages of mental health, and mental disorders
- To gain information about counselling on mental health issues

Details of event:

Professor Soumitra Basu, Department of Philosophy, Jadavpur University was invited by the NSS cell of PCMM to share his valuable thoughts on “Mental Health and Related Issues” on 01/03/2019 at 1 p.m. Dr. Shyamal Karmakar, Principal, PCMM introduced the resource person of the day and emphasized the relevance of spreading awareness about mental health. Thereafter, Prof. Basu shared his vast knowledge regarding the concept of mental health, pervading misconceptions about it in society and the ways to tackle and overcome them. He talked about the different types and stages of mental health, and mental disorders and also spoke about the importance of professional counselling during such a crisis. His session was followed by an interactive session where the students and teachers conversed with him about their concerns. Nearly 10 teaching and non-teaching staff and around 90 students from different departments of the college attended the session.

No. of volunteers participated: 90

Outcome: After the programme students gain knowledge about the concept of mental health and psychological counselling. Participants gain a better understanding of mental health issues, including common conditions such as anxiety, depression, and stress. They become more knowledgeable about the signs and symptoms of mental illness, as well as available resources and support services. Participants learn about the importance of self-care, coping strategies, and reaching out to trusted individuals or professionals for support. Also, they were informed to cope with academic and personal challenges.

Some glimpses of the programme


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Activity name: Yoga Competition for Local Community

Date: 02/03/2019

Venue: Prasanta Chandra Mahalanobis Mahavidyalaya

Objective:

- To spread awareness about the importance of yoga among students and community people
- It promotes both physical and mental well-being
- NSS volunteers are gained knowledge about how to organize a competition

Details of event:

The yoga competition was organized on 02/03/2019 at 11 a.m. by the NSS unit of PCMM in collaboration with a physiotherapy and yoga centre called 'Swarnayog'. The event commenced with a welcome speech from Dr. Krishnapada Jana, from the Department of Commerce, PCMM. He welcomed the yoga facilitators from Swarnayog as well as the teachers and students of different schools who participated in the competition. Following this, Swarnayog volunteers spoke about the importance of yoga in our daily lives and encouraged the children to keep practising Yoga. Thereafter, a yoga competition was organized for the school children of the locality. Students belonging to different age groups from nearby schools participated in the yoga competition. The competition was judged by the yoga experts from Swarnayog and the programme concluded with prize distribution among the winners of the competition. The event was coordinated by around 10 faculty members and nearly 65 students participated in the event.

No. of volunteers participated: 65

Outcome: After the programme students get an idea and self-confidence about organizing a competition. The students of community schools enjoyed the yoga competition very much and they also learned about the importance of practising yoga daily.

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Activity name: Community Awareness Programme on Dengue Prevention

Date: 03/03/2019

Venue: Prasanta Chandra Mahalanobis Mahavidyalaya college campus and neighbouring community.

Objective:

- To create awareness among community people about the dengue
- To spread knowledge about how to control and preventive measures
- to create a safer environment and reduce the risk of dengue transmission in the community

Details of event:

An awareness programme was organized by the NSS cell of PCMM on 03/03/2019 at 11 a.m. to inform people about the importance of adopting preventive measures to control the spread of the dengue virus in their locality. NSS volunteers visited the neighbourhood houses and advised them about the regulations prescribed by Centres for Disease Control and Prevention. The neighbouring houses were instructed to use screens on windows and doors, repair holes in screens to keep mosquitoes outside, empty and scrub, turn over, cover, or throw out items such as tyres, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers that hold water once a week. The awareness programme was undertaken by around 90 NSS volunteers and coordinated by 5 faculty members.

No. of volunteers participated: 90

Outcome:

Rallies and awareness campaigns are crucial in spreading knowledge about diseases like dengue and promoting preventive measures. The NSS volunteers of our college took the initiative to organize such an event. Properly screening windows and doors can significantly reduce the entry of mosquitoes into homes, where they can breed and transmit diseases like dengue. Regularly inspecting and repairing screens to ensure there are no holes is crucial. Additionally, eliminating stagnant water sources around homes by emptying, scrubbing, and covering items like tyres, buckets, and planters is vital, as mosquitoes breed in standing water. By encouraging these actions, the NSS volunteers are helping to create a safer environment and reduce the risk of dengue transmission in the community.


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Prasanta Chandra Mahalanobis Mahavidyalaya
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These glimpses capture the vibrancy and impact of the dengue awareness rally organized by the NSS volunteers, highlighting their dedication to public health and community service.



Agal
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111/3, B. T. Road, Kolkata-108





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Activity name: Awareness Programme on Financial & Bank Literacy and Banking Crime

Date: 05.03.19

Venue: Prasanta Chandra Mahalanobis Mahalanobis

Objective: The objective of an awareness program on financial literacy, bank literacy, and banking crime organized by NSS (National Service Scheme) could be multifaceted

- Promoting Financial Inclusion - Encourage students, especially those from marginalized or economically disadvantaged backgrounds, to understand budgeting, saving, and borrowing, to empower them to make informed financial decisions and participate more actively in the formal banking system.
- Preventing Banking Crime - Raise awareness about common types of banking crimes, such as identity theft, phishing scams, and fraudulent transactions, and educate participants on how to recognize and protect themselves against such threats.
- Enhancing Banking Literacy - Educate individuals about the various banking products and services available, including savings accounts, loans, investments, and insurance.
- Overall, the objective of such an awareness program would be to empower individuals with the knowledge, skills, and confidence they need to make sound financial decisions, protect themselves against banking crimes and contribute to the economic development and well-being of their communities.

Details of event:

On 05.03.19 at 11 a.m. NSS coordinator of WBSU, Mr. Pranam Dhar was invited by the NSS unit of PCMM to deliver a lecture on bank literacy to the students of the college. Since financial and bank literacy is imperative in the present times, Mr. Dhar's opinions and explanations helped the audiences gain insight into the various ways in which one can take effective financial decisions like investments, post-earning financial savings and increments. The Manager of the State Bank of India, Bonhooghly Branch was also invited on this day to educate the audiences regarding the ever-increasing threat of banking crime and its preventive measures. His advice made the audience


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Prasanta Chandra Mahalanobis Mahavidyalaya
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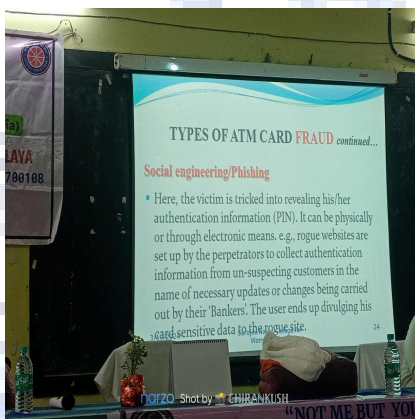
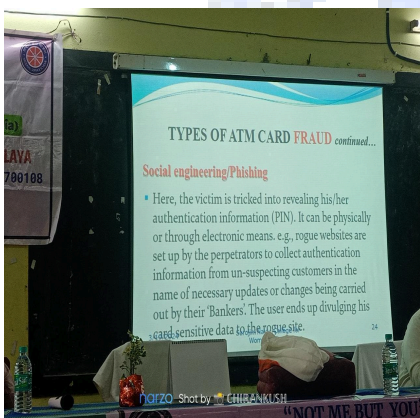
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cautious about the bank-related frauds, how to avoid them and possible subsequent actions to be taken to reverse the loss of money, if required. The programme was attended by nearly 95 students and 12 teachers of the college. The programme concluded with a vote of thanks from Prof. Mijanur Rahman, the convenor NSS unit to the resource persons for their contribution and the students for their participation in the programme.

No. of volunteers participated: 95

Outcome: The outcome of an awareness program on financial and bank literacy, as well as banking crime organized by NSS, can be evaluated through various measures. It increases knowledge and improves understanding of basic financial concepts, banking products and services, as well as common banking crimes and methods to prevent them. Students adopt healthier financial habits and practices, such as budgeting, saving, and using banking services more effectively and securely. Students feel more confident and empowered to manage their finances

Some photographs of the event



Agal
Principal
Prasanta Chandra Mahalanobis Mahavidyalaya
111/3, B. T. Road, Kolkata-108

