



OFFICE OF THE PRINCIPAL  
**P. R. Thakur Government College**

P.O.-Thakurnagar, P.S.-Gaighata, North 24 Pgs., Pin-743287

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Date:

**NSS Activities for the Academic Year 2020-2021**

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8.	28.06.2021	Report on "TREE PLANTATION PROGRAMME" celebration	41	Venue: P. R. Thakur Govt. College
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**1. Report on the activities Eco friendly home with best out of waste &  
CIS  
(Date: 14.08.2020-28.08.2020)**

The "Eco Friendly Home" initiative ran from August 14, 2020 to August 28, 2020. This is the part of Community Health Information Service (CIS). The goal of the activity was to instill in the children a sense of ecological responsibility and to raise their awareness of the challenges involved in enacting social change. In their houses and communities, there are a lot of environmentally harmful behaviors going on. Students were therefore instructed to recognize these kinds of actions, look for answers to the issues, and then put the changes into practice. Additionally, volunteers must compose a document outlining how they implemented the change.

In addition to this two-week program, the students also participated in an additional activity named "Best Out of Waste" from February 14–28, 2020, where they were asked to come up with creative ways to repurpose the waste goods from their homes. By encouraging the pupils to make use of the rubbish in their homes, this activity encouraged creativity in the students. It was requested of the pupils to provide photos of their original artwork. With a total of 20 participants, the team received up to 44 photographs. This inspired creativity in our volunteers while also assisting in the reduction of waste goods.

  
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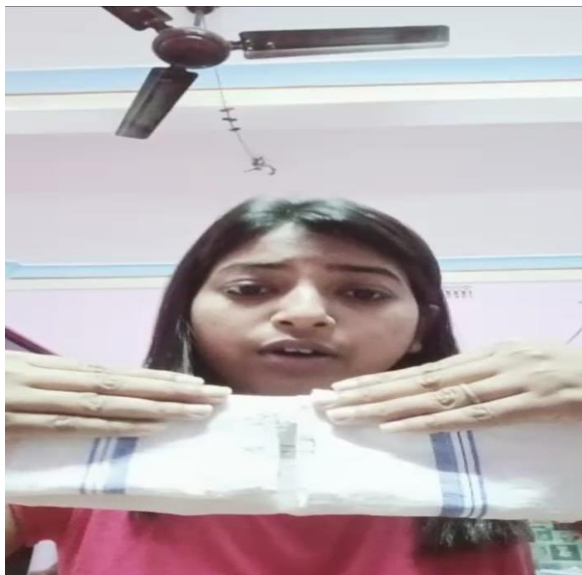
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**Internal programme activities through making Eco friendly home with best out of waste [Mask making procedure](Date: 14.08.2020-28.08.2020)**

  
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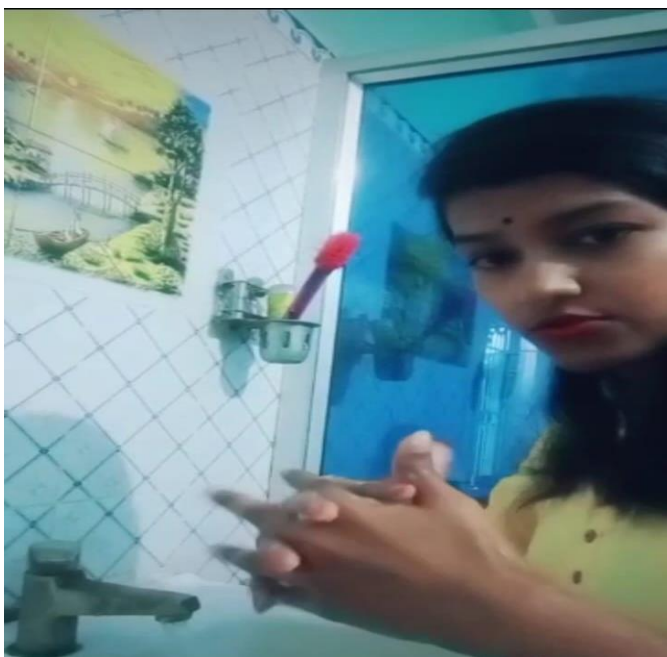
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**2. Report on community service by NSS Volunteers from remote location on basic idea of health & hygiene and prevention measures during COVID outbreak  
(Date: 23.11.2020 – 30.11.2020)**

The NSS unit of PRTGC conducted an awareness talk on covid 19 for college students. Talk was done by Dr. Victor Saha, [Designation] The meeting was conducted in the google meet platform at 6pm and was inaugurated by our OIC Dr.Swapan Sarkar. Key speaker delivered an elaborate speech on covid 19 situation and eradicated so many myths and mis concepts related to the virus. Around 50 NSS volunteers participated in the programme.



**Webinar on the topic-COVID sense  
(Date: 23.11.2020)**

  
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### 3. Report on Independence Day Celebration

(Date: 15.08.2020)

The NSS unit of the college celebrated the 74th Independence Day on 15-08-2020. The programme started at 8:45 am with NSS prayer by NSS volunteers. Our OIC Dr. Swapan Sarkar hoisted the National Flag and the volunteers sang Jana Gana Mana song. After that principal conveyed Independence Day message. Around 15 volunteers participated in the programme due to covid protocols.



Independence Day Celebration (Date: 15.08.2020)

  
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#### 4. Report on online webinar on “Mental health and coping with stress”

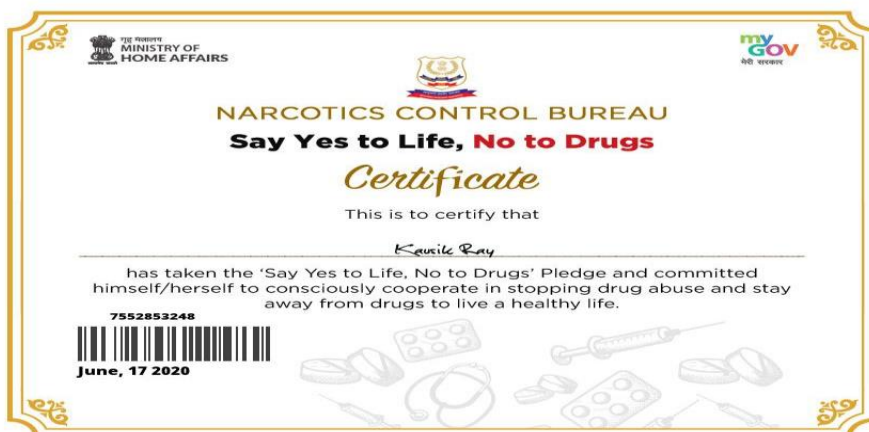
(Date: 25.08.2020)

The NSS unit of PRTGC organised an online webinar on “Mental health and coping with stress” on August 25, 2020 at 6 pm in association with department of philosophy, health club and IQAC of PRTGC via google meet. Session was handled by the NSS Program Officer & Asst. Professor of Dept. of Sociology, Dr.Nibedita Bayen. Around 90 participated of which 50 are NSS volunteers. The webinar was very useful on that situation where COVID was aggravated and many people were undergoing depression.

#### 5. Report on the awareness programme “Say Yes to Life and No to Drugs”

(Date:17.06.2020)

NSS UNIT organised a Quiz competition on “say yes to life, no to drugs” on 17<sup>th</sup> June, 2020 to spread message of ill effect of drugs among the citizens so that they may show their resolve in making India a drug free nation and be encouraged in leading a healthy life through which the Students will gain knowledge about life of importance. The Quiz Competition was held to create an awareness related to drugs. The participants had to solve a quiz given in the Google form where students scoring above 60% were provided with Certificate.



**Certificate Sample Copy of Kaushik Ray - E-pledge on Say Yes To Life, No To Drugs**

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## 6. Report on #YoungWarrior E-Pledge Activity (Date: 16.06.2021)

36 NSS students and volunteers virtually participated the #YoungWarrior E-Pledge activity on 16<sup>th</sup> June, 2021. The young warrior session with @UNICEFIndia 🤝 helped in reaching more youth to lead the fight against covid.

PR THAKUR GOVT COLLEGE (CODE:-124)					
List of registered NSS Volunteers for the programme of 16 <sup>th</sup> June 2021					
Sl. No.	Name and serial number	Semester	Department	E-mail ID	Contact number
1	Arjun Das	2	Computer Science	arjun.das@prtgc.ac.in	913215-244442
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36	Arjun Das	2	Computer Science	arjun.das@prtgc.ac.in	913215-244442

List of registered NSS Students participated in #YoungWarrior E-Pledge Session

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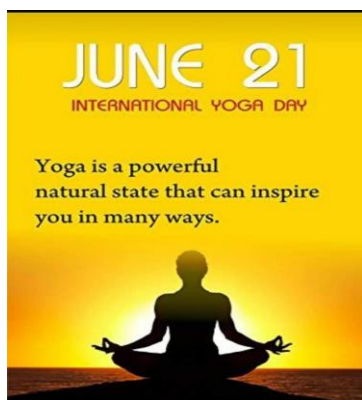
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**7. Report on “INTERNATIONAL YOGA DAY” Celebration  
(Date: 21.06.2021)**

On June 21, 2021, N.S.S Unit celebrated International Yoga Day in accordance with directives from the Ministry of Health and Family Welfare (MHRD) of the Indian government in online mode. The purpose of the event is to raise awareness about the benefits of yoga, including the development of emotional harmony, peace of mind, and a healthy body, among students and faculty. Speaking at the event, Dr. Chitta Sen Paramanik, an assistant professor in the history department of P. R. Thakur Govt. College, stated that Patanjali's "yogashastra" is a fundamental component of Indian spiritual and cultural traditions and part of the Indian heritage of the times.

In the present technology and highly competitive age yoga alone provides solutions to the several problems besetting human race. Faculty and students practiced yoga asanas in connections with the event. Dr. Nibedita Bayen, NSS Program officer; OIC and other HODs participated in the event.



  
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**Nabanita Podder, P. R. Thakur Govt. College, NSS UNIT**



**Anwesha Howlader , P.R.Thakur Govt. College.**



**NSS Unit**

**“INTERNATIONAL YOGA DAY” Celebration (Date: 21.06.2021)**



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**8. Report on “TREE PLANTATION & Maintenance PROGRAMME  
during COVID -19”**

**(Date: 28.06.2021)**

Officer-in-Charge Dr. Swapan Sarkar who is also the executive officer of the NSS unit of this college took the initiative of planting and maintaining already planted trees on his own hand. He asked local student- volunteers to accompany him in this initiative.



**“TREE PLANTATION PROGRAMME” celebration (Date: 28.06.2021)**

  
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