



Vidyasagar University

Midnapore, West Bengal

721102



3.6.1: Additional Information



List of extension activities conducted neighbourhood community

Sl. No.	Name of the activity	Place	Year of the activity
1	Inauguration And Dental Check Up Camp	Village: Nepura, Gurguripal; District: Paschim Medinipur	2024
2	Eye Check Up Camp	Village: Nepura, Gurguripal; District: Paschim Medinipur	2024
3	Village Cleaning Programme & Dengue-Malaria awareness programme	Village: Nepura, Gurguripal; District: Paschim Medinipur	2024
4	Yoga training camp	Village: Nepura, Gurguripal; District: Paschim Medinipur	2024
5	Nutritional status assessment camp	Village: Nepura, Gurguripal; District: Paschim Medinipur	2024
6	Free Health Check-up	Village: Nepura, Gurguripal; District: Paschim Medinipur	2024
7	Thalassemia Detection Camp by Paschim Midnapore Zilla Swasthya Bhawan	Vidyasagar University campus, Paschim Medinipur	2024
8	Training programme on preparation of low-cost healthy foods with locally available food	Village: Nepura, Gurguripal; District: Paschim Medinipur	2024
9	Ecosystem services of Kangsabati river basin	Fisherman villages in Kangsabati River Basin, Parts of Bankura and Paschim Medinipur District	2023
10	Community Survey	Village: Khairullachawk, Dist. Paschim Medinipur, W.B.	2023
11	Wildlife Conservation & Anti-hunting Awareness campaign in Gopegarh	Village: Gopegarh, Dist. Paschim Medinipur, W.B.	2024
12	Awareness against Forest fire & illegal hunting at Chandra beat	Village: Gopegarh, Dist. Paschim Medinipur, W.B.	2024
13	Plantation & cleanliness programme in campus (World Environment Day)	Vidyasagar University Campus and surroundings, Dist. Paschim Medinipur, W.B.	2024
14	Yoga Training Camp in Jetor village Bhatpara, Pas. Med.	Village: Jetor, Bhatpara, Dist. Paschim Medinipur, W.B.	2023
15	Mushroom Training Camp in the Jetor village Bhatpara and its adjoining areas	Village: Jetor, Bhatpara, Dist. Paschim Medinipur, W.B.	2023
16	Free Dental Check-up Camp and Distribution of Medicine in Jetor village Bhatpara, Pas. Med.	Village: Jetor, Bhatpara, Dist. Paschim Medinipur, W.B.	2023

17	Music for National Integration at the adopted village named Amratala, Paschim Medinipur	Village: Amratala, Dist. Paschim Medinipur, W.B.	2024
18	Free- Dental Check Up Camp at th adopted village Amratala	Village: Amratala, Dist. Paschim Medinipur, W.B.	2024
19	Free Eye Check-up and Cataract Operation Camp at the adopted village named Amratala, Paschim Medinipur	Village: Amratala, Dist. Paschim Medinipur, W.B.	2024
20	Survey on Endangered Language and Culture of the indigenous Communities at the adopted village named Amratala, Paschim Medinipur	Village: Amratala, Dist. Paschim Medinipur, W.B.	2024
21	Free Distribution of Saplings among the Jeter people of Sarpal, Banstala, Mandalpara of Gomuriapal	Village: Jeter, Bhatpara, Dist. Paschim Medinipur, W.B.	2023
22	Blanket Distribution among the Jeter community people of Gomuriapal	Village: Jeter, Bhatpara, Dist. Paschim Medinipur, W.B.	2024
23	Yoga Training Camp at the adopted village named Amratala, Paschim Medinipur	Village: Amratala, Dist. Paschim Medinipur, W.B.	2024
24	Language and Cultural Survey among the KURMALI LANGUAGE COMMUNITY people of Jhargram	Jhargram, W.B.	2023
25	‘Encourage the Youth for Higher Studies’ at the adopted village named Amratala, Paschim Medinipur	Village: Amratala, Dist. Paschim Medinipur, W.B.	2024
26	Free Vermicomposting Training Camp at the adopted village named Amratala, Paschim Medinipur	Village: Amratala, Dist. Paschim Medinipur, W.B.	2024
27	Free Legal Awareness camp & Free Legal Counselling, esp. to Girls and Women at the adopted village named Amratala, Pas. Med.	Village: Amratala, Dist. Paschim Medinipur, W.B.	2024

28	Cultural And Yoga Competition at the adopted village named Amratala, Paschim Medinipur	Village: Amratala, Dist. Paschim Medinipur, W.B.	2024
29	Van Mahotsav	Vidyasagar University Campus and surroundings, Dist. Paschim Medinipur, W.B.	2024
30	Har Ghar Tiranga at Gopegarh	Village: Gopegarh, Dist. Paschim Medinipur, W.B.	2024
31	Meri Maati Mera Desh at Gopegarh	Village: Gopegarh, Dist. Paschim Medinipur, W.B.	2024
32	Urgent cleaning of the campus to prevent the spread of dengue in response to Government Order No. 1011 (3) – Edn(U)-HED-12016(21)/30/2023-UNV SEC-Dept. of HE dated 11/09/2023	Vidyasagar University Campus and surroundings, Dist. Paschim Medinipur, W.B.	2024
33	Swachhata Hi Seva	Village: Khejurdanga, Dist. Paschim Medinipur, W.B.	2024
34	National Youth Day Programme	Vidyasagar University Campus, Dist. Paschim Medinipur, W.B.	2024
35	Inaugural Programme of Winter Special Camp at Gopegarh	Village: Gopegarh, Dist. Paschim Medinipur, W.B.	2024
36	Campaign Programme for Goat and Poultry Farming at Gopegarh	Village: Gopegarh, Dist. Paschim Medinipur, W.B.	2024
37	Legal Awareness Programme at Gopegarh	Village: Gopegarh, Dist. Paschim Medinipur, W.B.	2024
38	Yoga Training Programme at Gopegarh		2024
39	Seminar on 'Fish Farming' on the Gopegarh Gramin Prathamik Vidyalaya Campus	Village: Gopegarh, Dist. Paschim Medinipur, W.B.	2024
40	Free Eye Check-up Camp at Gopegarh	Village: Gopegarh, Dist. Paschim Medinipur, W.B.	2024
41	First Aid Training Programme on the Gopegarh Gramin Prathamik Vidyalaya campus	Village: Gopegarh, Dist. Paschim Medinipur, W.B.	2024
42	Vector Awareness Campaign in Gopegarh Gramin Prathamik Vidyalaya	Village: Gopegarh, Dist. Paschim Medinipur, W.B.	2024
43	Dengue Awareness Camp	Village: Delua, Dist. Paschim Medinipur, W.B.	2024

44	Plantation Program	Vidyasagar University Campus and surroundings, Dist. Paschim Medinipur, W.B.	2024
45	Winter Special Camp	Village: Murakata, Nayagram, Dist. Paschim Medinipur, W.B.	2024
46	Har Ghar Tiranga	Village: Murakata, Nayagram, Dist. Paschim Medinipur, W.B.	2024
47	One week NSS Special winter Camp at Bagdubi Primary School, Midnapore	Village: Bagdubi, Dist. Paschim Medinipur, W.B.	2024
48	Intensive door to door Survey in adopted village	Village: Bagdubi, Dist. Paschim Medinipur, W.B.	2024
49	Awareness programme on forest fire and wild animal	Village: Bagdubi, Dist. Paschim Medinipur, W.B.	2024
50	Free eye check-up camp	Village: Bagdubi, Dist. Paschim Medinipur, W.B.	2024
51	Yoga Training Camp	Village: Bagdubi, Dist. Paschim Medinipur, W.B.	2024
52	Celebration of Aranya Saptaha	Vidyasagar University Campus and surroundings, Dist. Paschim Medinipur, W.B.	2024
53	National Youth Day Programme	Vidyasagar University Campus and surroundings, Dist. Paschim Medinipur, W.B.	2024
54	Community health awareness and the use of herbal preparations	Village: Pathra, Dist. Paschim Medinipur, W.B.	2023



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1. Inauguration and Free Dental Check-up Camp:

Place: Nepura Village (Nepura Jr. High School), Mataldanga, Gurguripal, Paschim Medinipur

Organizer:

The camp was organised with the help of Dr. Ardhendu Samanta and Dr. Paromita Goswami by NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at Nepura junior High School. Volunteers along with their Programme Officer reached the venue on time & informed the villagers about the initiation of the camp).

Funding:

National Service Scheme (NSS), Vidyasagar University.

Date: 22.02.24

Participants:

152 villagers are benefited (including patients suffering from dental ailment)

Introduction:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, a Yoga Training Camp held was Nepura village of Mataldanga, Paschim Medinipur. The camp aimed to address dental health disparities and provide essential dental care services to the underserved population of the village.

Objectives:

To conduct comprehensive dental check-ups and screenings to identify oral health issues among villagers. To provide free dental treatment and distribute essential medicines to individuals in need. To raise awareness about the importance of oral hygiene and dental care practices.

Activities:

The Free Dental Check-up Camp and Distribution of Medicine comprised the following activities:

Dental Check-ups:

Qualified dental professionals conducted thorough dental examinations for participants, assessing oral health conditions, detecting dental issues such as cavities, gum disease, and oral infections.

Treatment Provision:

Participants diagnosed with dental problems received free dental treatment, including tooth extractions, fillings, and dental cleanings. Essential medicines, such as antibiotics and pain relievers, were distributed to individuals requiring medication.

Oral Health Education:

Educational sessions on oral hygiene practices and preventive dental care were conducted to raise awareness among participants. Information on proper brushing techniques, flossing, and dietary habits conducive to good oral health was provided.

Distribution of Dental Supplies:

Dental supplies such as toothbrushes, toothpaste, and dental floss were distributed to participants to encourage and support ongoing oral hygiene practices at home.

Referrals for Specialized Care:

Individuals requiring specialized dental care or further treatment were referred to dental clinics or hospitals for follow-up care. Volunteers facilitated referrals and provided assistance in accessing additional healthcare resources.

Outcomes:

The Free Dental Check-up Camp and Distribution of Medicine yielded several positive outcomes:

Improved Oral Health:

Participants received essential dental care services, addressing immediate oral health issues and promoting overall oral well-being.

Access to Treatment:

Underserved individuals gained access to free dental treatment and medications, overcoming barriers to healthcare access and affordability.

Empowerment through Education:

Participants were empowered with knowledge and skills to maintain optimal oral hygiene practices, reducing the risk of dental diseases and promoting overall health.

Community Engagement:

The initiative fostered community engagement and participation in oral health promotion activities, strengthening awareness and collective efforts towards improving oral health outcomes in the village.

Conclusion:

The Free Dental Check-up Camp and Distribution of Medicine organized by NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, a Yoga Training Camp held was Nepura village of Mataldanga, Paschim Medinipur, exemplifies the spirit of service and commitment to community health and well-being. By providing essential dental care services and promoting oral hygiene awareness, the initiative contributes to reducing oral health disparities and promoting oral health equity in the village community. Through collaborative efforts and ongoing advocacy for preventive dental care, the NSS unit endeavors to create a lasting impact on the oral health outcomes of underserved populations.

Relevant pictures:

Dental Check-up Camp organized by the NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept.



of Bio Medical Laboratory Science and Management) Vidyasagar University, a Yoga Training Camp held was Nepura village of Mataldanga, Paschim Medinipur,



2. Free Eye Check-up

Place: Nepura Village (Nepura Jr. High School), Mataldanga, Gurguripal, Paschim Medinipur

Organizer:

The camp was organised by NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University cooperation with Midnapore Rotary Eye Hospital at Nepura junior High School.

Funding:

National Service Scheme (NSS), Vidyasagar University.

Date: 23.02.24

Participants:

108 villagers are benefited (including villagers and volunteers suffering from eye ailment)

Introduction:

The camp was organised by NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University cooperation with Midnapore, Rotary Eye Hospital at Nepura junior High School. The camp aimed to address eye health disparities and provide essential eye care services to the underserved population of the village.

Objectives:

To conduct comprehensive eye check-ups and screenings to identify eye health issues among villagers. To provide free eye treatment and distribute essential medicines to individuals in need. To raise awareness about the importance of eye health and hygiene and eye care practices and to operate on complimentary basis the eyes of those patients whose cataract are matured.

Activities:

The free Eye Check-up and free Cataract Operation Camp at the Nepura junior High School, Nepura, Mataldanga, Paschim Midnapore.

Eye Check-ups: 9.00 am to 1.00 pm

Qualified eye professionals conducted thorough eye examinations for participants, assessing eye health conditions, detecting ocular issues such as cataract, sight problems, eye irritation, glaucoma etc.

Treatment Provision:

Participants diagnosed with eye problems received free eye treatment, including cataract operation. Essential medicines were distributed to individuals requiring medication. Spectacles were given too.

Referrals for Specialized Care:

Individuals requiring specialized eye care or further treatment were referred to eye clinics or hospitals for follow-up care. Volunteers facilitated referrals and provided assistance in accessing additional healthcare resources.

Outcomes:

The Free Eye Check-up Camp at the village Nepura junior High School, Nepura, Mataldanga, Paschim Midnapore .

Improved Eye Health:

Participants received essential eye care services, addressing immediate eye health issues and promoting overall eye well-being.

Access to Treatment:

Underserved individuals gained access to free eye treatment and medications, overcoming barriers to healthcare access and affordability.

Community Engagement:

The initiative fostered community engagement and participation in eye health promotion activities, strengthening awareness and collective efforts towards improving eye health outcomes in the village.

Conclusion:

The free Eye Check-up Camp organized by at the village NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University cooperation with Midnapore Rotary Eye Hospital at Nepura junior High School, Midnapore Branch exemplifies the spirit of service and commitment to community health and well-being. By providing essential eye care services and promoting oral hygiene awareness, the initiative contributes to reducing eye health disparities and promoting eye health equity in the village community. Through collaborative efforts and ongoing advocacy for preventive eye care, the NSS unit endeavors to create a lasting impact on the eye health outcomes of underserved populations.

Relevant pictures:

The free Eye Check-up Camp organized by the NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University as part of both NSS Regular activities and Special Cam was inaugurated by Professor Susanta Kumar Chakraborty , honourable Vice-Chancellor, Vidyasagar University.



3. Village Cleaning Programme & Dengue-Malaria awareness programme

Place: Nepura Village (Nepura Jr. High School), Mataldanga, Gurguripal, Paschim Medinipur

Organizer:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at Nepura junior High School, Nepura, Mataldanga, Paschim Midnapore.

Master Trainer:

Dr. Chhanda Mallick joined the camp as the Director of the Project and also as the Programme Officer of the concerned unit.

Funding:

National Service Scheme (NSS), Vidyasagar University

Date: 24.02.24

Participants: Volunteers , school children and the local youth.

Introduction:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at Nepura junior High School, Nepura, Mataldanga, Paschim Midnapore organized the village cleaning programme and Dengue-Malaria awareness programme. Aiming to educate the community about prevention and control of these two major public health concerns.

Objectives:

Aiming to educate the community about prevention and control of these two major public health concerns. And also to empower individuals to take responsibility for their health and contribute to a disease-free community. The camp also discusses about the causes, symptoms, and treatment options, emphasizing the importance of mosquito breeding site elimination and proper waste management, while encouraging the use of personal protective measures like mosquito nets and repellents.

Activities:

The village cleaning programme and Dengue-Malaria awareness programme an array of structured activities tailored to meet its objectives as mentioned below:

Cleaning and awareness Sessions :

Led by the adept guidance of Dr. Chhanda Mallick, participants engaged in village cleaning operations, awareness program of use of personal protective measures like mosquito nets and repellents.

Outcomes:

The participant are cleaned the village and give awareness about the causes, symptoms, and treatment options, emphasizing the importance of mosquito breeding site elimination and proper waste management, while encouraging the use of personal protective measures like mosquito nets and repellents.

Conclusion:

Village Cleaning Programme & Dengue-Malaria awareness programme by NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at Nepura junior High School, Nepura, Mataldanga, Paschim Midnapore served as a to empower individuals to take responsibility for their health and contribute to a disease-free community.

Relevant Geo-tagged pictures:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at Nepura junior High School, Nepura, Mataldanga, Paschim Midnapore, local youth among others joined the The village cleaning programme and Dengue-Malaria awareness programme Camp.



4. Yoga Training Camp

Place: Nepura Village (Nepura Jr. High School), Mataldanga, Gurguripal, Paschim Medinipur

Organizer:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University.

Master Trainer:

Dr. Chhanda Mallick joined the camp as the Director of the Project and also as the Programme Officer of the concerned unit.

Funding:

National Service Scheme (NSS), Vidyasagar University.

Date: 25.02.24

Participants: 50 including children and the local youth

Introduction:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, a Yoga Training Camp held was Nepura village of Mataldanga, Paschim Medinipur. The camp served as a conduit for promoting holistic well-being through the practice of yoga and meditation.

Objectives:

Introducing participants to the profound principles of yoga for holistic health and wellness. Equipping participants with practical skills in various yogasanas (postures), pranayama (breathing techniques), and meditation practices. Cultivating mindfulness and stress management techniques to enhance mental resilience and emotional balance.

Activities:

The Yoga Training Camp comprised an array of structured activities tailored to meet its objectives as mentioned below:

Yoga Sessions:

Led by the adept guidance of Dr. Chhanda Mallick, participants engaged in daily yoga sessions encompassing a spectrum of asanas, pranayama, and meditation practices. These sessions aimed at enhancing physical vitality, mental clarity, and spiritual harmony.

Mindfulness Workshops:

Interactive workshops on mindfulness and stress management were conducted to foster self-awareness and emotional regulation among participants. Techniques such as mindful breathing and body scanning were imparted to cultivate present-moment awareness.

Health Talks:

Informative sessions elucidating the myriad health benefits of yoga and meditation were delivered, shedding light on stress reduction, immune system fortification, and overall well-being enhancement. Participants gained insights into the science-backed evidence supporting yoga's efficacy in promoting holistic health. Outdoor

Yoga Sessions:

Amidst the tranquil ambience of Nepura village of Mataldanga, participants immersed themselves in rejuvenating outdoor yoga sessions, connecting with nature and harnessing its therapeutic essence. These sessions provided a serene backdrop for deepening the yoga practice and fostering a sense of inner peace.

Group Reflections:

Reflective group discussions were facilitated, allowing participants to share their experiences, insights, and challenges encountered during the training. Through mutual support and shared reflections, participants gleaned valuable lessons and deepened their understanding of yoga's transformative potential.

Outcomes:

The Yoga Training Camp yielded multifaceted outcomes:

Physical Vitality:

Participants experienced enhanced physical vitality, flexibility, and stamina through regular yoga practice.

Mental Clarity:

The practice of yoga and meditation fostered mental clarity, emotional resilience, and stress reduction among participants.

Community Harmony:

The camp nurtured a sense of community and camaraderie among participants, fostering a supportive environment for personal growth and collective well-being.

Lifestyle Integration:

Participants embraced yoga as a way of life, incorporating mindfulness practices and healthy lifestyle habits into their daily routines for sustained well-being.

Conclusion:

The Yoga Training Camp orchestrated by NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, served as a transformative journey towards holistic well-being and self-discovery. Through the practice of yoga and meditation, participants embarked on a path of physical vitality, mental clarity, and emotional balance. The camp exemplified the profound impact of yoga in fostering harmony within oneself and the community, underscoring its timeless relevance in promoting holistic health and wellness.

Relevant Geo-tagged pictures:

Children of Nepura village, Paschim Medinipur, local youth among others joined the Yoga Training Camp organized by the NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University as part of Regular NSS activities. Some volunteers of the said unit also joined the camp.





5. Nutritional status assessment

Place: Nepura Village (Nepura Jr. High School), Mataldanga, Gurguripal, Paschim Medinipur

Organizer:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at Nepura junior High School, Nepura, Mataldanga, Paschim Midnapore.

Funding:

National Service Scheme (NSS), Vidyasagar University

Date: 26.02.24

Participants: Volunteers , Mothers and children.

Introduction:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at Nepura junior High School, Nepura, Mataldanga, Paschim Midnapore organized the Nutritional status assessment camp. Aiming to conduct the nutritional assessment of mother and child through Various anthropometric measurements and also awareness related to nutrition for better health status.

Objectives:

Aiming to conduct the nutritional assessment of mother and child through Various anthropometric measurements and also awareness related to nutrition for better health status.

Activities:

The Nutritional status assessment camp an array of structured activities tailored to meet its objectives as mentioned below:

Anthropometric measurements Sessions:

Led by the adept guidance of Dr. Chhanda Mallick, participants engaged The volunteers make the necessary arrangements to conduct the nutritional assessment of mother and child. Various anthropometric measurements were taken and noted down. They were also given awareness related to nutrition for better health status.

Outcomes:

To assess the nutritional status about the participants, mother and child. Body Mass Index (BMI), Height, Weight, MUAC, Waist circumference, Waist-Hip Ratio, Stunting, Wasting every anthropometric parameters are measured and LBW, malnourished children are identified, also the malnourished pregnant and lactating mother was recognized.

Conclusion:

Nutritional status assessment programme by NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at Nepura junior High School, Nepura, Mataldanga, Paschim Midnapore served as a to to conduct the nutritional assessment of mother and child through Various anthropometric measurements and also awareness related to nutrition for better health status.

Relevant Geo-tagged pictures:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at Nepura junior High School, Nepura, Mataldanga, Paschim Midnapore, mother and children joined the The Nutritional status assessments camp





6. Free health Check-up camp

Place: Nepura Village (Nepura Jr. High School), Mataldanga, Gurguripal, Paschim Medinipur

Organizer:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at the village Nepura Village (Nepura Jr. High School), Mataldanga, Gurguripal, Paschim Medinipur.

Funding:

National Service Scheme (NSS), Vidyasagar University

Date: 27.02.24

Participants: Local villagers.

Introduction:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, organized the Free health Check-up camp at the village Nepura Village (Nepura Jr. High School), Mataldanga, Gurguripal, Paschim Medinipur. Aiming to the interested villagers arrived at the camp location and various anthropometric measurements were taken and noted down. Some of them were under nutrition, so they were given respective advice by the volunteers for betterment of their health.

Objectives:

to the interested villagers arrived at the camp location and various anthropometric measurements were taken and noted down. Some of them were under nutrition, so they were given respective advice by the volunteers for betterment of their health.

Activities:

The Free health Check-up camp an array of structured activities tailored to meet its objectives as mentioned below:

Anthropometric assessment Sessions:

Led by the adept guidance of Dr. Chhanda Mallick, participants engaged The volunteers make the necessary arrangements to to the interested villagers arrived at the camp location and various anthropometric measurements were taken and noted down. Some of them were under nutrition, so they were given respective advice by the volunteers for betterment of their health.

Clinical assessment sessions:

Clinical assessment also held about the village people, especially old age person. Blood pressure measurements, random sugar test also performed.

Conclusion:

Free health Check-up camp by NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at the village Nepura Village (Nepura Jr. High School), Mataldanga, Gurguripal, Paschim Medinipur served as a to conduct to the interested villagers conducted various anthropometric measurements were taken and noted down. Some of them were under nutrition, so they were given respective advice by the volunteers for betterment of their health.

Relevant Geo-tagged pictures:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at the village Nepura Village (Nepura Jr. High School), Mataldanga, Gurguripal, Paschim Medinipur Free health Check-up camp.



7. Thalassemia Detection Camp

Place: Vidyasagar University campus, Paschim Medinipur

Organizer: NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at the Vidyasagar University Campus.

Funding:

National Service Scheme (NSS), Vidyasagar University

Date: 27.02.24

Participants: 186 participants undergoing free blood tests and consultation with medical experts.

Introduction:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, organized the Thalassemia detection camp. Aiming to early detection and prevention of Thalassemia, and encouraged participants to spread awareness about the cause. The camp proved to be a successful initiative in promoting health and wellbeing among the university community..

Objectives:

Aiming to early detection and prevention of Thalassemia, and encouraged participants to spread awareness about the cause. To raising awareness and detecting the genetic disorder among students and staff.

Activities:

The Thalassemia detection camp an array of structured activities tailored to meet its objectives as mentioned below:

Thalassemia screening Sessions:

Led by the adept guidance of Dr. Chhanda Mallick. The event was graced by university officials and health professionals, who emphasized the importance of early detection and prevention of Thalassemia, and encouraged participants to spread awareness about the cause. The camp proved to be a successful initiative in promoting health and wellbeing among the university community..

Conclusion:

Nutritional status assessment programme by NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at

Vidyasagar University campus served as a to conduct To raising awareness and detecting the genetic disorder among students and staff. To conduct screening test , blood test etc.

Relevant Geo-tagged pictures:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at) Vidyasagar University campus Free health Check-up and Thalassemia detection camp.



8. Training programme on preparation of low-cost healthy foods with locally available food

Place: Nepura Village (Nepura Jr. High School), Mataldanga, Gurguripal, Paschim Medinipur

Organizer:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at the village Nepura Village (Nepura Jr. High School), Mataldanga, Gurguripal, Paschim Medinipur.

Funding:

National Service Scheme (NSS), Vidyasagar University

Date: 28.02.24

Participants: benefiting villagers and local community members.

Introduction:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, organized the Free health Check-up camp at the village Nepura Village (Nepura Jr. High School), Mataldanga, Gurguripal, Paschim Medinipur. The event aimed to empower the community to make informed food choices and adopt healthy lifestyle practices.

Objectives:

The program focused on promoting nutritious eating habits and culinary skills using affordable and easily accessible ingredients. Participants learned to prepare wholesome meals and snacks, and gained valuable insights into the importance of proper nutrition for overall health and wellbeing. The event aimed to empower the community to make informed food choices and adopt healthy lifestyle practices.

Activities:

The Training programme on preparation of low-cost healthy foods with locally available food camp an array of structured activities tailored to meet its objectives as mentioned below:

Locally available low cost food (Cookies) preparation Sessions:

Led by the adept guidance of Dr. Chhanda Mallick, participants engaged low cost locally available food that is iron riced cookies preparation technique were also demonstrated among the interested village people.

Conclusion:

Training programme on preparation of low-cost healthy foods with locally available food camp by NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at the village Nepura Village (Nepura Jr. High School), Mataldanga, Gurguripal, Paschim Medinipur served as a to conduct among the interested villagers to conducted demonstrated the low cost locally available cookies preparation methods and give awareness about the women empowerment through entrepreneurship as well as to combat malnutrition, anaemia through the low cost high nutritious food item preparation.

Relevant Geo-tagged pictures:

NSS UNIT – IX (Clinical Nutrition & Dietetics; Dept. of Bio Medical Laboratory Science and Management) Vidyasagar University, at the village Nepura Village (Nepura Jr. High School), Mataldanga, Gurguripal, Paschim Medinipur, Training programme on preparation of low-cost healthy foods with locally available food camp.





Department of Geography
Vidyasagar University, Midnapore – 721102
Paschim Medinipur, West Bengal, India.

Report of the community outreach program

on

1. Ecosystem services of Kansabati river for the dependent fishing community

Department of Geography
Special Paper: Remote Sensing, 3rd Semester 2023

Date: 5-8th October, 2023

No. of participants: 17

A community outreach program connects organizations with local communities to address needs collaboratively. It fosters inclusivity, diversity, and empowerment by engaging community members in planning and implementing initiatives. These programs provide essential services like education and healthcare, promote awareness, and build networks for support. By leveraging partnerships and resources, they maximize impact and foster innovation. Ultimately, community outreach programs catalyze positive change, creating stronger, more resilient communities. To satisfy the objective of this study a primarily field-based survey was conducted through focus group discussion (FDG). There was one Moderator, multiple observers, three documenters who documented all of those and two photographers who digitally captured the moment. During the interview session, multiple observers among us observed that some of the people in the village tried to be dominant on the other hand, other marginal people were standing all around and they also participated in this discussion by sharing how they benefited from the reservoir and also some challenges that they had. The dwellers upstream said their livelihood depends on the fishing due to the undulating physical structure and gentle slope cultivation is very limited only they can produce monsoonal crops all these statements of the different communities help us to investigate the eco-social aspect of the Mukutmanipur reservoir. Mukutmanipur Dam is basically located at the conjunction of the Kangsabati and Kumari River. We interaction with fishing community at Gorabari mouza of khatra C.D. block of Bankura district. We interact with fisherman of mukutmanipur dam to understand their basic need, socio economic challenges and opportunities aspiration for their future. At the mukutmanipur dam side we survey those community which are dependent by the water of the reservoir. from all those community are agriculture, transport, boating, fishing, tourism, farming etc. we interaction with community member of those community and asking some question about their basic needs, socio economic challenges and effect on their activity by the reservoir water and collect some information. from those community I am presenting one of the communities which is fishing community for detail studies. According to their information and by some study we completed our project.

DR. NILANJANA DAS CHATTERJEE
Professor & Head
Department of Geography
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DEPARTMENT OF MICROBIOLOGY

Community survey and Report on

Bacterial and Fungal Diversity in Oral Saliva Sample of Different People: Impact on Mouth Cleaning Agents

This survey report is submitted for the partial fulfilment of M.Sc. 3rd Semester examination 2024

Paper name: Community survey and report preparation.

Paper Code: MCB 396.2

Activity Code: 231319603

Abstract of survey report

This survey represent the community survey on diversity of oral Microflora of the local people who use traditional materials like-Tamak/tobacco, wood coal/charcoal, Neem stick, Bayan stick or tobacco in contrast to those who use tooth paste for cleaning their everyday of Khairullachak, Midnapore sadar. The purpose of this survey was to analyses the diversity of microbes associated with oral cavity and the study of their biochemical characteristics which helped in understanding the nature of microbes as well as the probable health risks they may cause them. In this study we tried to find out whether the traditional method of tooth cleaning is better than using the toothpaste of the modern day by analyzing the colonization of the microbes in the oral cavity of the people following the traditional way versus the modern way. Saliva samples from three people were collected who used tobacco, charcoal, neem for cleaning their teeth every day from the above mentioned location. A series of biochemical tests were done to identify the possible bacterial and fungal species present in the experimental samples. In this study we also focus on the diversity of oral microflora. This survey clearly shown that the traditional material like neem stick is better option to maintain the normal flora of oral cavity.

Some photograph of field survey



Salivary Sample collection from People of Khairullachak, Midnapore

[Handwritten signature]
5/1/25

HEAD
Dept of Microbiology
VIDYASAGAR UNIVERSITY
Midnapore-721102, W.B.



VIDYASAGAR UNIVERSITY

DEPARTMENT OF ZOOLOGY

Vidyasagar University, Midnapore – 721102. Dist.: Paschim Medinipur, West Bengal, INDIA

Department of Zoology

Report on Extension and outreach Programmes conducted by the Department

1. Wildlife Conservation & Anti-hunting Awareness campaign in Gopegarh

Name of the activity	Organizing unit/ agency/ collaborating agency	Year of the activity	Number of students participated in such activities
1. Wildlife Conservation & Anti-hunting Awareness campaign in Gopegarh	Forest Dept, Govt. of WB	03.04.24	7

On April 3, 2024, the Department of Zoology at Vidyasagar University, in collaboration with the Forest Department of the Government of West Bengal, organized a Wildlife Conservation and Anti-Hunting Awareness Campaign in Gopegarh. This initiative aimed to raise awareness about the importance of wildlife preservation and combat illegal hunting practices that threaten local biodiversity. The event saw participation from seven dedicated students and researchers, who played an active role in various activities throughout the day. The campaign began with informative presentations highlighting the ecological significance of diverse species and the detrimental effects of hunting on ecosystems. Experts from both the university and the Forest Department shared research findings and conservation strategies. Interactive discussions allowed participants to engage with local community members, fostering dialogue on sustainable practices and the vital role of community involvement in conservation efforts. Workshops encouraged participants to think critically about the relationship between humans and wildlife. The campaign concluded with a collective pledge to promote conservation practices and work towards a sustainable future. Overall, the event was a significant step in educating the public and empowering the next generation of conservationists to protect wildlife and natural habitats in West Bengal.



Image 1. An awareness programme for wildlife conservation at Gopegarh ecopark in collaboration with State Forest Division on 03.04.24.



VIDYASAGAR UNIVERSITY

DEPARTMENT OF ZOOLOGY

Vidyasagar University, Midnapore – 721102. Dist.: Paschim Medinipur, West Bengal, INDIA

2. Plantation & cleanliness programme in campus (World Environment Day)

Name of the activity	Organizing unit/ agency/ collaborating agency	Year of the activity	Number of students participated in such activities
2. Plantation & cleanliness programme in campus (World Environment Day)	Dept of Zoology	05.06.24.	15

On June 5, 2024, the Department of Zoology at Vidyasagar University organized a Plantation and Cleanliness Programme in celebration of World Environment Day. Fifteen students and researchers actively participated in the event, which emphasized the importance of environmental protection and sustainability. Participants engaged in planting native tree saplings around the campus, enhancing green cover while promoting biodiversity. The group also conducted a cleanliness drive, collecting litter and promoting waste management practices. This initiative not only fostered a sense of community among participants but also aimed to raise awareness about environmental conservation, highlighting the university's commitment to a sustainable future.



Image 2. a. Establishing saplings by students, staff and students for Celebration of World Environment day at the department on 5.6.24.



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DEPARTMENT OF ZOOLOGY

Vidyasagar University, Midnapore – 721102. Dist.: Paschim Medinipur, West Bengal, INDIA



Image 2. b. Inaugural Address by Hon'ble Vice Chancellor for Celebration of World Environment day 5.6.24.



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DEPARTMENT OF ZOOLOGY

Vidyasagar University, Midnapore – 721102. Dist.: Paschim Medinipur, West Bengal, INDIA

3. Awareness against Forest fire & illegal hunting at Chandra beat

Name of the activity	Organizing unit/ agency/ collaborating agency	Year of the activity	Number of students participated in such activities
3. Awareness against Forest fire & illegal hunting at Chandra beat	Forest Dept, GoWB	22.3.24.	3



Awareness Programme
on
“Adverse Effects of Forest Burning and Hunting of wild animals during Shikar Utsab”
Date: 22nd March, 2024, Time: 9:00 AM
Venue: Chandra Forest Range Office, Vill + P.O.- Chandra, P.S.- Gurguripal, Midnapore-721102
Organised
by
Department of Geography, Raja Narendra Lal Khan Women's College (Autonomous)
Nature Club, Vidyasagar University
Divisional Forest Office, Midnapore Division, Government of West Bengal



On March 22, 2024, the Department of Zoology at Vidyasagar University, in collaboration with the Forest Department of the Government of West Bengal, organized an awareness campaign against forest fires and illegal hunting at Chandra Beat. The initiative aimed to educate the local community about the dangers posed by forest fires and the impact of illegal hunting on wildlife and ecosystems. Three enthusiastic students actively participated in the event, which featured informative sessions led by forest officials and environmental experts. The program emphasized preventive measures against forest fires, highlighting the role of community vigilance in reporting potential threats. Additionally, discussions on the adverse effects of illegal hunting aimed to inspire local residents to become proactive in wildlife protection. Through interactive activities and knowledge-sharing, the campaign successfully raised awareness and fostered a sense of responsibility among participants and the community, reinforcing the importance of safeguarding the forest and its biodiversity for future generations.

09.01.25.

Dr. Priyanka Halder Mallick
Associate Professor & HEAD,
Department of Zoology, Vidyasagar University
Midnapore-721102. West Bengal

Report on Yoga Training Camp in Jetor Village Bhatpara, Paschim Medinipur

Organizer:

NSS Unit XI (English), Vidyasagar University in collaboration with the Dept. of Sports (Ms Shila Das), Vidyasagar University & Indian Council of Social Science Research (ICSSR), Minor Research Project (MRP) (awarded to Dr Debdas Roy, Associate Professor, Dept. of English, Vidyasagar University, Paschim Medinipur).

Master Trainer:

Ms Shila Das & Ms. Rakhi Patar. Dr Debdas Roy joined the camp as the Director of the Project and also as the Programme Officer of the concerned unit.

Funding:

National Service Scheme (NSS), Vidyasagar University & Indian Council of Social Science Research (ICSSR), Minor Research Project (MRP) (awarded to Dr Debdas Roy)

Date: 26. 11. 2023

Participants: 50 including children and the local youth

Introduction:

In a collaborative effort between NSS Unit XI (English) of Vidyasagar University funded by the National Service Scheme (NSS) and the Indian Council of Social Science Research (ICSSR) Minor Research Project (MRP), a Yoga Training Camp unfolded in the serene Jetor village of Bhatpara, Paschim Medinipur. The camp served as a conduit for promoting holistic well-being through the practice of yoga and meditation.

Objectives:

Introducing participants to the profound principles of yoga for holistic health and wellness. Equipping participants with practical skills in various yogasanas (postures), pranayama (breathing techniques), and meditation practices. Cultivating mindfulness and stress management techniques to enhance mental resilience and emotional balance.

Activities:

The Yoga Training Camp comprised an array of structured activities tailored to meet its objectives as mentioned below:

Yoga Sessions:

Led by the adept guidance of Ms. Rakhi Patar, participants engaged in daily yoga sessions encompassing a spectrum of asanas, pranayama, and meditation practices. These sessions aimed at enhancing physical vitality, mental clarity, and spiritual harmony.

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit-XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur
26/11/23

Mindfulness Workshops:

Interactive workshops on mindfulness and stress management were conducted to foster self-awareness and emotional regulation among participants. Techniques such as mindful breathing and body scanning were imparted to cultivate present-moment awareness.

Health Talks:

Informative sessions elucidating the myriad health benefits of yoga and meditation were delivered, shedding light on stress reduction, immune system fortification, and overall well-being enhancement. Participants gained insights into the science-backed evidence supporting yoga's efficacy in promoting holistic health. Outdoor

Yoga Sessions:

Amidst the tranquil ambience of Jetor Village Bhatpara located on the bank of kangsabati river , participants immersed themselves in rejuvenating outdoor yoga sessions, connecting with nature and harnessing its therapeutic essence. These sessions provided a serene backdrop for deepening the yoga practice and fostering a sense of inner peace.

Group Reflections:

Reflective group discussions were facilitated, allowing participants to share their experiences, insights, and challenges encountered during the training. Through mutual support and shared reflections, participants gleaned valuable lessons and deepened their understanding of yoga's transformative potential.

Outcomes:

The Yoga Training Camp yielded multifaceted outcomes:

Physical Vitality:

Participants experienced enhanced physical vitality, flexibility, and stamina through regular yoga practice.

Mental Clarity:

The practice of yoga and meditation fostered mental clarity, emotional resilience, and stress reduction among participants.

Community Harmony:

The camp nurtured a sense of community and camaraderie among participants, fostering a supportive environment for personal growth and collective well-being.

Lifestyle Integration:

Participants embraced yoga as a way of life, incorporating mindfulness practices and healthy lifestyle habits into their daily routines for sustained well-being.

Dr. Debdas Roy
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National Service Scheme (NSS)
Unit- XI (Dept. of English)
National Service Scheme
Paschim Medinipur

26/11/23

Conclusion:

The Yoga Training Camp orchestrated by **NSS Unit XI (English)**, Vidyasagar University, served as a transformative journey towards holistic well-being and self-discovery. Through the practice of yoga and meditation, participants embarked on a path of physical vitality, mental clarity, and emotional balance. The camp exemplified the profound impact of yoga in fostering harmony within oneself and the community, underscoring its timeless relevance in promoting holistic health and wellness.

Relevant Geo-tagged pictures:

Children of Bhatpara, Paschim Medinipur , local youth among others joined the Yoga Training Camp organized by the NSS Unit XI (English), Vidyasagar University as part of Regular NSS activities. Some volunteers of the said unit also joined the camp.



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Preparation Officer (PO)
Naikini S. School Training (NSS)
Vidyasagar University
National Service Scheme (NSS)
Paschim Medinipur

26/11/23



Yoga Training Camp
Part Of IGSSP Project at VU
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Dr. Debdas Roy
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Brief Report on Mushroom Training Camp in the Jetor Village Bhatpara and its adjoining areas

Organizer:

NSS Unit XI, Vidyasagar University, in collaboration with the Department of Botany (Prof. D.D. Bandopadhyay as the master trainer) and also in collaboration with & Indian Council of Social Science Research (ICSSR), Minor Research Project (MRP) (awarded to Dr Debdas Roy , Associate Professor , Dept. of English, Vidyasagar University, Paschim Medinipur)

Funding:

National Service Scheme (NSS), Unit XI, Vidyasagar University & Indian Council of Social Science Research (ICSSR), Minor Research Project (MRP) (awarded to Dr Debdas Roy , Associate Professor , Dept. of English, Vidyasagar University, Paschim Medinipur).

Date: 26. 11. 2023

Participants: 50 individuals

Introduction:

NSS Unit XI of Vidyasagar University, in collaboration with the Department of Botany and with funding support from the NSS and ICSSR MRP, organized a Mushroom Training Camp in Jetor Village Bhatpara and its adjoining areas. The camp aimed to impart knowledge and practical skills in mushroom cultivation to enhance livelihood opportunities and promote sustainable agriculture practices in rural communities.

Objectives:

To provide hands-on training in mushroom cultivation techniques to participants. To empower rural communities with the skills and knowledge to generate income through mushroom farming. To promote sustainable agricultural practices and diversification of livelihood options in rural areas.

Activities:

The Mushroom Training Camp encompassed a series of interactive sessions and practical demonstrations:

Theoretical Sessions:

Prof. D.D. Bandopadhyay, the master trainer, conducted theoretical sessions on the basics of mushroom cultivation, including species selection, substrate preparation, spawn inoculation, and cultivation methods. Participants were introduced to the nutritional benefits of mushrooms and the market potential of mushroom farming.

Practical Demonstrations:

Hands-on training sessions were organized where participants learned techniques such as sterilization of substrate materials, inoculation of mushroom spawn, and maintenance of optimal

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Unit XI (Dept. of English)
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26/11/23

environmental conditions for mushroom growth. The master trainer provided step-by-step guidance, ensuring participants gained practical skills and confidence in mushroom cultivation.

Field Visits:

Participants were taken on field visits to nearby mushroom farms to observe commercial-scale mushroom cultivation practices and interact with experienced farmers. These visits provided valuable insights into the operational aspects of mushroom farming and served as inspiration for participants to embark on their own cultivation ventures.

Group Discussions:

Interactive group discussions were facilitated to address participants' queries, share experiences, and brainstorm strategies for overcoming challenges in mushroom cultivation. Participants engaged in knowledge sharing and peer learning, fostering a supportive learning environment.

Outcomes:

The Mushroom Training Camp yielded several positive outcomes:

Enhanced Skills:

Participants acquired practical skills and knowledge in mushroom cultivation, empowering them to initiate and manage their own mushroom farming enterprises.

Income Generation:

The training equipped participants with an additional source of income through mushroom farming, contributing to poverty alleviation and economic empowerment in rural communities.

Promotion of Sustainable Agriculture:

The camp promoted sustainable agricultural practices by introducing a low-input, high-output farming option that utilizes agricultural waste as substrate material for mushroom cultivation.

Community Empowerment:

By imparting valuable skills and knowledge, the camp empowered participants to become self-reliant entrepreneurs and change agents within their communities.

Conclusion:

The Mushroom Training Camp organized by NSS Unit XI, Vidyasagar University, in collaboration with the Department of Botany, was instrumental in promoting livelihood opportunities and sustainable agriculture practices in rural areas. By equipping participants with practical skills in mushroom cultivation, the camp has the potential to catalyze socioeconomic development and enhance food security in the region. Moving forward, continued support and capacity-building initiatives are

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26/4/23

essential to sustain and scale up the impact of mushroom farming as a viable livelihood option for rural communities.

Relevant geo-tagged snaps as supporting document:

Professor D.D. Bandopadhyay, Master-trainer and Dr D. Roy, Organizer with the participants in the Mushroom Training Camp among the Jetor people.



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26/11/23

Professor D.D. Bandopadhyay, Master-trainer working with the participants in the Mushroom Training Camp among the Jetor people –



Being instructed by Professor D.D. Bandopadhyay, Master-trainer, a Jetor community person named Sri Kachiram Ghorai has prepared a mushroom-bed on his own



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26/11/23

Being instructed by Professor D.D. Bandopadhyay, Master-trainer, an interested NSS volunteer, Pintu Mandal of Unit XI (English) is trying to learn the process of making seed-bed for mushroom cultivation-



Women also have Joined the Mushroom Training Camp



Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur

Report: Free Dental Check-up Camp and Distribution of Medicine in Jetor Village, Bhatpara, Paschim Medinipur

Organizer:

NSS Unit XI (English), Vidyasagar University in collaboration with Indian Dental Association (IDA), Midnapore Branch (Dr Paramita Ganguly and his associates including Prabirda represented the IDA. Senior Dental Surgeon Dr Ardhendu Samanta could not join, but helped in the said welfare activity in some meaningful ways) , and & Indian Council of Social Science Research (ICSSR), Minor Research Project (MRP) (awarded to Dr Debdas Roy , Associate Professor , Dept. of English, Vidyasagar University, Paschim Medinipur).

Funding:

National Service Scheme (NSS), Unit XI, Vidyasagar University & Indian Dental Association (IDA), Midnapore Branch & Indian Council of Social Science Research (ICSSR), Minor Research Project (MRP) (awarded to Dr Debdas Roy, Associate Professor , Dept. of English, Vidyasagar University, Paschim Medinipur).

Date: 26. 11. 2023

Participants:

100 individuals (including patients suffering from dental ailment)

Introduction:

NSS Unit XI (English) of Vidyasagar University, in conjunction with the Indian Dental Association (IDA), Midnapore, and the Indian Council of Social Science Research (ICSSR), Minor Research Project (MRP) (awarded to Dr Debdas Roy, Associate Professor , Dept. of English, Vidyasagar University, Paschim Medinipur), organized a transformative initiative - a Free Dental Check-up Camp and Distribution of Medicine - in Jetor Village, Bhatpara, Paschim Medinipur. The camp aimed to address dental health disparities and provide essential dental care services to the underserved population of the village.

Objectives:

To conduct comprehensive dental check-ups and screenings to identify oral health issues among villagers. To provide free dental treatment and distribute essential medicines to individuals in need. To raise awareness about the importance of oral hygiene and dental care practices.

Activities:

The Free Dental Check-up Camp and Distribution of Medicine comprised the following activities:

Dental Check-ups:

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Unit XI (Dept. of English)
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Paschim Medinipur
26/11/23

Qualified dental professionals conducted thorough dental examinations for participants, assessing oral health conditions, detecting dental issues such as cavities, gum disease, and oral infections.

Treatment Provision:

Participants diagnosed with dental problems received free dental treatment, including tooth extractions, fillings, and dental cleanings. Essential medicines, such as antibiotics and pain relievers, were distributed to individuals requiring medication.

Oral Health Education:

Educational sessions on oral hygiene practices and preventive dental care were conducted to raise awareness among participants. Information on proper brushing techniques, flossing, and dietary habits conducive to good oral health was provided.

Distribution of Dental Supplies:

Dental supplies such as toothbrushes, toothpaste, and dental floss were distributed to participants to encourage and support ongoing oral hygiene practices at home.

Referrals for Specialized Care:

Individuals requiring specialized dental care or further treatment were referred to dental clinics or hospitals for follow-up care. Volunteers facilitated referrals and provided assistance in accessing additional healthcare resources.

Outcomes:

The Free Dental Check-up Camp and Distribution of Medicine yielded several positive outcomes:

Improved Oral Health:

Participants received essential dental care services, addressing immediate oral health issues and promoting overall oral well-being.

Access to Treatment:

Underserved individuals gained access to free dental treatment and medications, overcoming barriers to healthcare access and affordability.

Empowerment through Education:

Participants were empowered with knowledge and skills to maintain optimal oral hygiene practices, reducing the risk of dental diseases and promoting overall health.

Community Engagement:

The initiative fostered community engagement and participation in oral health promotion activities, strengthening awareness and collective efforts towards improving oral health outcomes in the village.

Conclusion:

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit X (Dept of English)
National Service Scheme (NSS)
Pune

26/11/23

The Free Dental Check-up Camp and Distribution of Medicine organized by NSS Unit XI (English), Vidyasagar University, in collaboration with IDA Midnapore and IQAC, exemplifies the spirit of service and commitment to community health and well-being. By providing essential dental care services and promoting oral hygiene awareness, the initiative contributes to reducing oral health disparities and promoting oral health equity in the village community. Through collaborative efforts and ongoing advocacy for preventive dental care, the NSS unit endeavors to create a lasting impact on the oral health outcomes of underserved populations.

Relevant pictures:

Dental Check-up Camp organized by the NSS Unit XI (English) of Vidyasagar University as part of both NSS Regular activities and ICSSR Project work.



Dr Paromita Ganguly and Assistant to the doctor Prabir Da before entering the Dental Check-up Camp in Bhatpara, Paschim Medinipur



Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit XI (Dept of English)
National Service Scheme (NSS)
Bhatpara Medinipur

Report on an Outreach Cultural Programme entitled “Music for National Integration”

in Amratala Village, P. S. - Gurguripal, Paschim Medinipur, West Bengal

Organizer:

NSS Unit XI (English), Vidyasagar University in collaboration with Mr Uttam Chaulia, Senior Music Teacher and folk singer of eminence in the district of Paschim Medinipur

Funding:

National Service Scheme (NSS) , Unit XI (English), Vidyasagar University

Date:

During the Special Camp during 29. 01. 2024 to 04. 01. 2024

Participants:

100 individuals (including volunteers and local youth)

Introduction:

NSS Unit XI (English) of Vidyasagar University, in conjunction with Mr Uttam Chaulia, Senior Music Teacher and folk singer of eminence and , organized a transformative initiative - an Outreach Cultural Programme entitled “Music for National Integration” - in Amratala Village, P. S. - Gurguripal, Paschim Medinipur, West Bengal as part of the Winter Special Camp during 29. 01. 2024 to 04. 01. 2024. The camp aimed to fostering sense of national solidarity, inspiring the youth and inculcating values among the villagers comprising Adivasi people, SC people, Muslim community and General caste people. It purported to render service to the underserved population of the village.

Objectives:

The camp aimed to fostering a sense of national solidarity, inspiring the youth and inculcating values among the villagers comprising Adivasi people, SC people, Muslim community and General caste people. It purported to render service to the underserved population of the village.

Activities:

The Outreach Cultural Programme entitled “Music for National Integration” comprised the following activities:

Call to the youth:

The programme gave a message to the youth regarding the importance national integration, sticking to the Indian value system and remaining one in the midst of divisive forces operative in the society through music which appeals to all.

Participation of the local youth:

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit XI (Unit of English)
National Service Scheme (NSS)
Paschim Medinipur
4/1/24

Spirited and music loving local youth led by Sri Chaulia and the Programme Officer Dr Debdas Roy practise patriotic and unity-songs on regular basis. Amratala ICDS School was chosen as the venue for the programme. Every day the youth gathered at the venue with musical instruments. They practised different kinds of songs.

Music Competition:

Apart from practising on regular basis the local youth participated in a vocal song and music competition held during the camp.

Prize Distribution:

Prizes were distributed among the winning participants amidst much enthusiasm and applause.

Referrals for Specialized Care:

Outcomes:

Empowerment Through Education:

Participants were empowered with knowledge and skills to maintain optimal oral hygiene practices, reducing the risk of dental diseases and promoting overall health.

Community Engagement:

The initiative fostered community engagement and participation in oral health promotion activities, strengthening awareness and collective efforts towards improving oral health outcomes in the village.

Conclusion:

The Free Dental Check-up Camp and Distribution of Medicine organized by NSS Unit XI (English), Vidyasagar University, in collaboration with IDA Midnapore and IQAC, exemplifies the spirit of service and commitment to community health and well-being. By providing essential dental care services and promoting oral hygiene awareness, the initiative contributes to reducing oral health disparities and promoting oral health equity in the village community. Through collaborative efforts and ongoing advocacy for preventive dental care, the NSS unit endeavors to create a lasting impact on the oral health outcomes of underserved populations.

Relevant pictures:

A local youth performing song having National Integration as its thematic core

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Unit XI, Dept of English
National Service Scheme (NSS)
Midnapore

4/1/24



Local youth, volunteers and the villagers participated in the 'Music for National Integration' programme



Dr. Debdas Roy
 Programme Officer (PO)
 National Service Scheme (NSS)
 Unit VI (West of English)
 National Service Scheme (NSS)
 Pusa, Midnapore

4/1/24

Dental Check-up Camp organized by the NSS Unit XI (English) of Vidyasagar University as part of both NSS Regular activities and ICSSR Project work.

Organizer:

NSS Unit XI (English), Vidyasagar University (Dr Debdas Roy as the Programme Officer of the organising unit) and the IQAC, Vidyasagar University in collaboration with Indian Dental Association (IDA), Midnapore Branch (Senior Dental Surgeon Dr Ardhendu Samanta & Dr Paramita Ganguly as the lead doctors representing the Indian Dental Association (IDA).

Funding:

National Service Scheme (NSS), Unit XI, Vidyasagar University & Indian Dental Association (IDA), Midnapore Branch.

Date: 04. 02. 2024

Participants:

200 individuals (including villagers and volunteers suffering from dental ailment)

Introduction:

NSS Unit XI (English) of Vidyasagar University, in conjunction with the Indian Dental Association (IDA), Midnapore, organized a transformative initiative as part of the Winter special Camp and NSS activities - a Free Dental Check-up Camp and Distribution of Medicine - in Amratala Village, Gurguripal, Paschim Medinipur. The camp aimed to address dental health disparities and provide essential dental care services to the underserved population of the village.

Objectives:

To conduct comprehensive dental check-ups and screenings to identify oral health issues among villagers. To provide free dental treatment and distribute essential medicines to individuals in need. To raise awareness about the importance of oral hygiene and dental care practices.

Activities:

The Free Dental Check-up Camp and Distribution of Medicine comprised the following activities:

Dental Check-ups:

Qualified dental professionals conducted thorough dental examinations for participants, assessing oral health conditions, detecting dental issues such as cavities, gum disease, and oral infections.

Treatment Provision:

Participants diagnosed with dental problems received free dental treatment, including tooth extractions, fillings, and dental cleanings. Essential medicines, such as antibiotics and pain relievers, were distributed to individuals requiring medication.

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit XI (English)
Midnapore Branch
Paschim Medinipur
04/02/24

Oral Health Education:

Educational sessions on oral hygiene practices and preventive dental care were conducted to raise awareness among participants. Information on proper brushing techniques, flossing, and dietary habits conducive to good oral health was provided.

Distribution of Dental Supplies:

Dental supplies such as toothbrushes, toothpaste, and dental floss were distributed to participants to encourage and support ongoing oral hygiene practices at home.

Referrals for Specialized Care:

Individuals requiring specialized dental care or further treatment were referred to dental clinics or hospitals for follow-up care. Volunteers facilitated referrals and provided assistance in accessing additional healthcare resources.

Outcomes:

The Free Dental Check-up Camp and Distribution of Medicine yielded several positive outcomes:

Improved Oral Health:

Participants received essential dental care services, addressing immediate oral health issues and promoting overall oral well-being.

Access to Treatment:

Underserved individuals gained access to free dental treatment and medications, overcoming barriers to healthcare access and affordability.

Empowerment through Education:

Participants were empowered with knowledge and skills to maintain optimal oral hygiene practices, reducing the risk of dental diseases and promoting overall health.

Community Engagement:

The initiative fostered community engagement and participation in oral health promotion activities, strengthening awareness and collective efforts towards improving oral health outcomes in the village.

Conclusion:

The Free Dental Check-up Camp and Distribution of Medicine organized by **NSS Unit XI (English)**, Vidyasagar University, in collaboration with IDA Midnapore and IQAC, exemplifies the spirit of service and commitment to community health and well-being. By providing essential dental care services and promoting oral hygiene awareness, the initiative contributes to reducing oral health disparities and promoting oral health equity in the village community. Through collaborative efforts and ongoing advocacy for preventive dental care, the NSS unit endeavors to create a lasting impact on the oral health outcomes of underserved populations.

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur

4/1/23

Relevant pictures:

Dental Check-up Camp organized by the NSS Unit XI (English) of Vidyasagar University as part of both NSS Regular activities and Special Camp.

Dr Ardendu Samanta, Senior Dental surgeon representing IDA along with his associate Prabirda is ready for the camp with his instruments and medicine to be distributed free of cost –



Professor Susanta Kumar Chakraborty, Honourable Vice-Chancellor, Vidyasagar University, and Professor Madhumangal Pal, Director IQAC, Vidyasagar University conveying their thanks to Dr Samanta and the IDA at the camp site –



Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit - XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur

24/1/23

বিদ্যাসাগর বিশ্ববিদ্যালয়ের এন এস এস বিভাগের শীতকালীন শিবির, শেষ দিনে দন্ত পরীক্ষা

পত্রিকা প্রতিনিধি : বিদ্যাসাগর বিশ্ববিদ্যালয়ের এন এস এস ১১ নম্বর ইউনিট (ইংরেজি)-এর উদ্যোগে এবং আই অ্যান্ড এসি, আই ডি এ-এর সহযোগিতায় সদর ব্লকের আমড়াডালায় বিনামূল্যে দন্ত পরীক্ষা ও ওষুধ বিতরণ শিবিরের আয়োজন করা হয়। ওই এন এস এস ইউনিটের সাতদিন ব্যাপী 'স্পেশাল উইন্টার ক্যাম্প'এর রবিবার ছিল শেষ দিন। এদিন দন্ত পরীক্ষা শিবিরে উপস্থিত ছিলেন উপাচার্য ড. সুশান্ত কুমার চক্রবর্তী, আই অ্যান্ড এসি এর ডাইরেক্টর অধ্যাপক যশুমল পাল, প্রখ্যাত দন্ত চিকিৎসক ডাঃ জর্জেন্দু সামন্ত,



ডাঃ পারমিতা গোস্বামী, এন এস এস ইউনিটের প্রোগ্রাম অফিসার ড. দেবদাস রায় প্রমুখ। শিবিরে দাঁত ২ ফেরমারি চক্ষু পরীক্ষা ও চক্ষু ছানি অপারেশন শিবিরের আয়োজন

করা হয়েছিল। এছাড়া আইজি সচেতনতা শিবির, যোগা শিবির, সাংস্কৃতিক কুইজ ও অংকন প্রতিযোগিতা প্রভৃতি সাতদিন ধরে চলে। প্রোগ্রাম অফিসার

দেবদাস রায় জানান, এই ধরনের ক্যাম্পে আমড়াডালাবাসী কুইজ খুশি। তারা এই ধরনের ক্যাম্প আয়োজন করার জন্য অনুরোধ জানিয়েছেন।

বিনা সরকারি অনুমতিতে গাছ কেটে বিপাকে বিবেচনা

Free Eye Check-up and free Cataract Operation Camp at the village Amratata, Pasdchim Medinipur

Organizer:

NSS Unit XI (English), Vidyasagar University (Dr Debdas Roy as the Programme Officer of the organising unit) and the IQAC, Vidyasagar University in collaboration with Rotary Eye Polyclinic , Midnapore Branch (Leading medical staff represented the Eye Camp).

Funding:

National Service Scheme (NSS), Unit XI, Vidyasagar University & Rotary Eye Polyclinic , Midnapore Branch.

Date: 02. 02. 2024

Participants:

200 individuals (including villagers and volunteers suffering from eye ailment)

Introduction:

NSS Unit XI (English) of Vidyasagar University, and the IQAC, Vidyasagar University in collaboration with Rotary Eye Polyclinic, Midnapore Branch organized a transformative initiative as part of the

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit- XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur
21/24

Winter special Camp and NSS activities - a Free Eye Check-up and free Cataract Operation Camp at the village Amratala, Paschim Medinipur - in Amratala Village, Gurguripal, Paschim Medinipur. The camp aimed to address eye health disparities and provide essential eye care services to the underserved population of the village.

Objectives:

To conduct comprehensive eye check-ups and screenings to identify eye health issues among villagers. To provide free eye treatment and distribute essential medicines to individuals in need. To raise awareness about the importance of eye health and hygiene and eye care practices and to operate on complimentary basis the eyes of those patients whose cataract are matured.

Activities:

The free Eye Check-up and free Cataract Operation Camp at the village Amratala, Paschim Medinipur comprised the following activities:

Eye Check-ups:

Qualified eye professionals conducted thorough eye examinations for participants, assessing eye health conditions, detecting ocular issues such as cataract, sight problems, eye irritation, glaucoma etc .

Treatment Provision:

Participants diagnosed with eye problems received free eye treatment, including cataract operation. Essential medicines were distributed to individuals requiring medication. Spectacles were given too.

Referrals for Specialized Care:

Individuals requiring specialized eye care or further treatment were referred to eye clinics or hospitals for follow-up care. Volunteers facilitated referrals and provided assistance in accessing additional healthcare resources.

Outcomes:

The Free Eye Check-up and free Cataract Operation Camp at the village Amratala, Paschim Medinipur and Distribution of Medicine yielded several positive outcomes:

Improved Eye Health:

Participants received essential eye care services, addressing immediate eye health issues and promoting overall eye well-being.

Access to Treatment:

Underserved individuals gained access to free eye treatment and medications, overcoming barriers to healthcare access and affordability.

Community Engagement:

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit- XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur
2/2/24

The initiative fostered community engagement and participation in eye health promotion activities, strengthening awareness and collective efforts towards improving eye health outcomes in the village.

Conclusion:

The free Eye Check-up and free Cataract Operation Camp at the village Amratala, Paschim Medinipur and Distribution of Medicine organized by NSS Unit XI (English), Vidyasagar University, in collaboration with Rotary Eye Polyclinic, Midnapore Branch exemplifies the spirit of service and commitment to community health and well-being. By providing essential eye care services and promoting oral hygiene awareness, the initiative contributes to reducing eye health disparities and promoting eye health equity in the village community. Through collaborative efforts and ongoing advocacy for preventive eye care, the NSS unit endeavors to create a lasting impact on the eye health outcomes of underserved populations.

Relevant pictures:

The free Eye Check-up and free Cataract Operation Camp organized by the NSS Unit XI (English) of Vidyasagar University as part of both NSS Regular activities and Special Cam was inaugurated by Professor Susanta Kumar Chakraborty, honourable Vice-Chancellor, Vidyasagar University.



Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit-XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur



Language and Cultural Survey among the KURMALI LANGUAGE COMMUNITY people of Jhargram

Organizer:

Dept. of English language, Literature and Cultural Studies , Vidyasagar University

Resource persons and mentor:

Dr. Debidas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit- XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur

The esteemed and respected community representatives of Kurmali language family and Dr Debdas Roy, Associate Professor, Dept. of English Literature, Language and Cultural as the mentor of a group of students among other teachers of the department.

Funding:

Vidyasagar University

Date: 10. 01. 2024

Participants:

40 including students of the dept. and community persons

Introduction:

In a collaborative effort between Dept. of English language, Literature and Cultural Studies, Vidyasagar University and esteemed and respected community representatives of Kurmali language family, the outreach programme entitled 'Language and Cultural Survey among the KURMALI LANGUAGE COMMUNITY people of Jhargram' unfolded in the serene and forestine Jhargram district town . The survey served as a conduit for promoting engagement with the endangered regional languages and marginalized people languishing in obscurity despite their rich cultural and linguistic heritage.

Objectives:

Introducing the PG students of the Dept. of English language, Literature and Cultural Studies, Vidyasagar University to the profound responsibility of maintaining the cultural and linguistic health and wellness of communities and equipping the participants with practical skills in an endangered regional language and culture.

Activities:

The suevey comprised an array of structured activities tailored to meet its objectives as mentioned below:

Meeting the Kurmali language experts

Language and culture Workshops

Interactive sessions

Performance Sessions

Group Reflections:

Outcomes:

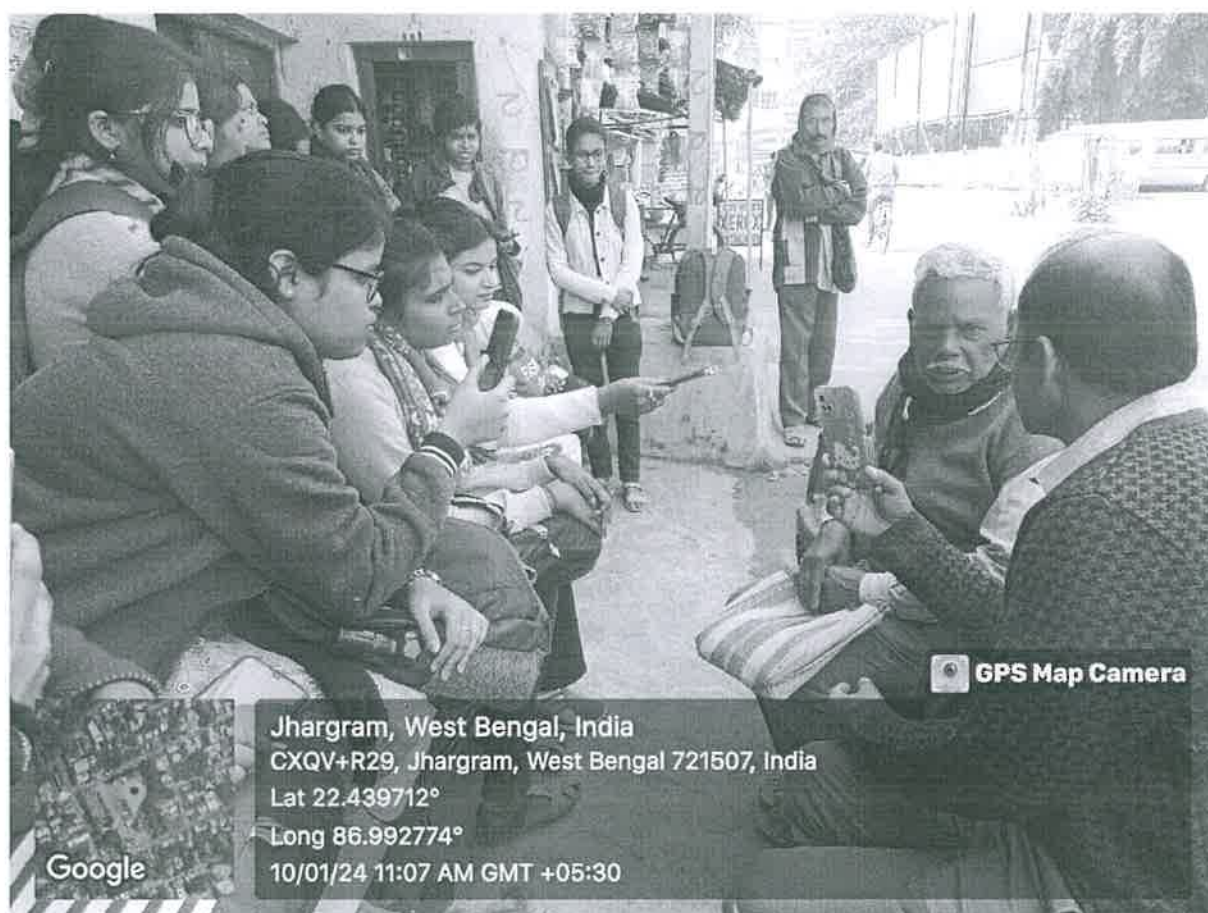
Dr. Debdas Roy
Programme Officer (NSS)
National Service Scheme (NSS)
Unit- XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur

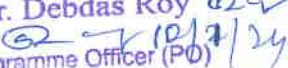
Language and Cultural Survey among the KURMALI LANGUAGE COMMUNITY people of Jhargram yielded multifaceted outcome in terms of exchange of views, language revitalization initiatives, cultural reciprocity, communal harmony, community – academia bridge-building etc.

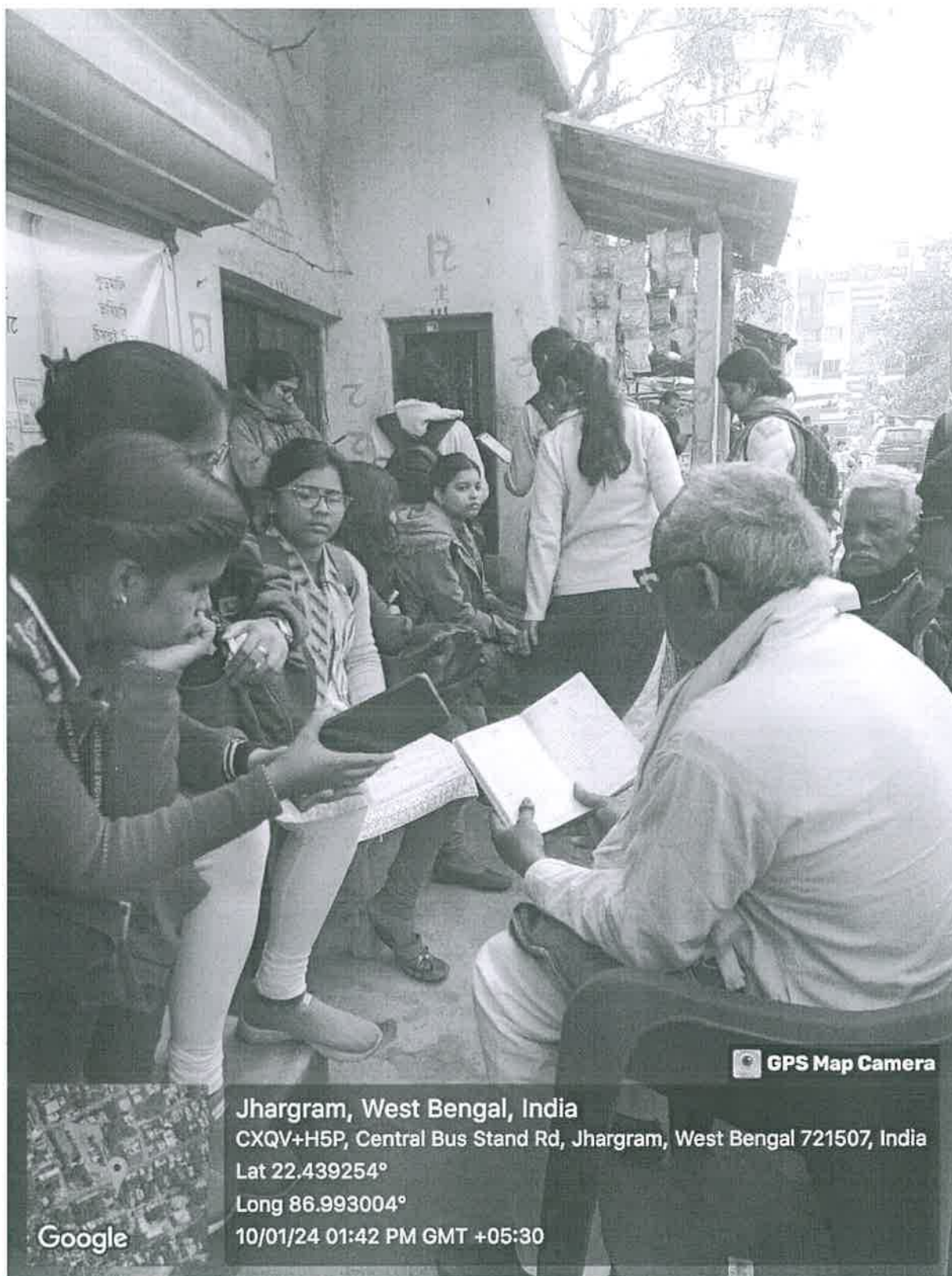
Conclusion:

Language and Cultural Survey among the KURMALI LANGUAGE COMMUNITY people of Jhargram , served as a transformative journey towards linguistic well-being and self-discovery. Through the practice of and engagement with the Kurmali language , participants embarked on a path of balance between the dominant languages and the marginalized languages . The survey exemplified the profound impact of the academic community in fostering language and culture.

Relevant Geo-tagged pictures:



Dr. Debdas Roy 
Programme Officer (PO) 
National Service Scheme (NSS)
Unit- XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur



GPS Map Camera

Jhargram, West Bengal, India

CXQV+H5P, Central Bus Stand Rd, Jhargram, West Bengal 721507, India

Lat 22.439254°

Long 86.993004°

10/01/24 01:42 PM GMT +05:30

Google

Dr. Debdas Roy
Programme Officer (PO) 18/1/24
National Service Scheme (NSS)
Unit- XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur

NSS Unit XI (Eng.) in collaboration with the Dept. of Forestry, Govt of India (saplings supplied by the forest dept.)

Organizer:

Dr Debdas Roy on behalf of the **NSS Unit XI (English)**, Vidyasagar University and the Indian Council of Social Science Research (ICSSR), Minor Research Project (MRP) (awarded to Dr Debdas Roy , Associate Professor , Dept. of English, Vidyasagar University, Paschim Medinipur).

Distinguished persons present:

The Panchayat members and representatives of a local club that helped a lot in organizing the programme.

Funding:

Worthy daughters (Mrs Gita Roy, Mrs Aparna Sarkar and Mrs Rupa Roy) of Late Santi Ranjan Guha and Late Mukul Guha funded the programme.

Date: 30. 7. 2023

Participants: 100 needy villagers

Introduction:

In a collaborative effort between **NSS Unit XI (English)** of Vidyasagar University and the Worthy daughters - Mrs Gita Roy, Mrs Aparna Sarkar and Mrs Rupa Roy- of Late Santi Ranjan Guha and Late Mukul Guha the blanket distribution programme unfolded in the Jetor village of Gomuriapal, Paschim Medinipur. The programme served as a conduit for promoting feelings for the needy and the luckless.

Objectives:

Cultivating fellow feelings, assuming academic social responsibility and helping a bereaved family pay tribute to the revered memory of Late Santi Ranjan Guha and Late Mukul Guha of the district of Paschim Medinipur.

Activities:

The blanket distribution programme comprised a two-hour long programme in which blanket were distributed duly and sweets were distributed at the end much to the satisfaction of the villagers.

Outcomes:

The villagers were much pleased and thanked the organizers. It resulted in the arousal fellow feelings and faith in the academic community who are not cut off from the social responsibility and the common people.

Conclusion:

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit- XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur
30/7/23

The Blanket Distribution programme orchestrated by **NSS Unit XI (English)** among others served as a transformative journey towards holistic well-being and change in the attitude of the masses to the academic community..

Relevant pictures (not Geo-tagged)



Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit- XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur
38/7/24



Blanket Distribution among the Jetor community people of Gomuriapal village, Paschim Medinipur in the revered memory of Late Santi Ranjan Guha and Late Mukul Guha

Organizer:

NSS Unit XI (English), Vidyasagar University in collaboration with daughters of Late Santi Ranjan Guha and Late Mukul Guha, & Indian Council of Social Science Research (ICSSR), Minor Research Project (MRP) (awarded to Dr Debdas Roy, Associate Professor, Dept. of English, Vidyasagar University, Paschim Medinipur).

Distinguished persons present :

A very respectable octogenarian Sri Sankar Sekhar Mandal of the neighbouring Amdoi village and Professor Debdulal Banerjee, Professor and formerly Head, Dept. of Botany among others kindly graced the blanket distribution programme among the villagers of Gomuriapal.

Funding:

Worthy daughters (Mrs Gita Roy, Mrs Aparna Sarkar and Mrs Rupa Roy) of Late Santi Ranjan Guha and Late Mukul Guha funded the programme.

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit- XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur
30/01/24

Date: 17. 02. 2024

Participants: 100 needy villagers

Introduction:

In a collaborative effort between **NSS Unit XI (English)** of Vidyasagar University and the Worthy daughters - Mrs Gita Roy, Mrs Aparna Sarkar and Mrs Rupa Roy- of Late Santi Ranjan Guha and Late Mukul Guha the blanket distribution programme unfolded in the Jetor village of Gomuriapal, Paschim Medinipur. The programme served as a conduit for promoting feelings for the needy and the luckless.

Objectives:

Cultivating fellow feelings, assuming academic social responsibility and helping a bereaved family pay tribute to the revered memory of Late Santi Ranjan Guha and Late Mukul Guha of the district of Paschim Medinipur.

Activities:

The blanket distribution programme comprised a two-hour long programme in which blanket were distributed duly and sweets were distributed at the end much to the satisfaction of the villagers.

Outcomes:

The villagers were much pleased and thanked the organizers. It resulted in the arousal fellow feelings and faith in the academic community who are not cut off from the social responsibility and the common people.

Conclusion:

The Blanket Distribution programme orchestrated by NSS Unit XI (English) among others served as a transformative journey towards holistic well-being and change in the attitude of the masses to the academic community..

Relevant pictures

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit- XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur



Yoga Training Camp among the Jeter people of Gomuriapal

Organizer:

NSS Unit XI (English), Vidyasagar University in collaboration with the Dept. of Sports (Ms Shila Das & Mrs Rakhi Patar), Vidyasagar University & Indian Council of Social Science Research (ICSSR), Minor Research Project (MRP) (awarded to Dr Debdas Roy, Associate Professor, Dept. of English, Vidyasagar University, Paschim Medinipur).

Master Trainer:

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur

Ms. Rakhi Patar. Dr Debdas Roy joined the camp as the Director of the Project and also as the Programme Officer of the concerned unit.

Funding:

National Service Scheme (NSS), Vidyasagar University & Indian Council of Social Science Research (ICSSR), Minor Research Project (MRP) (awarded to Dr Debdas Roy)

Date: 17. 02. 2024

Participants: 60 including children and the local youth

Introduction:

In a collaborative effort between **NSS Unit XI (English)** of Vidyasagar University funded by the National Service Scheme (NSS) and the Indian Council of Social Science Research (ICSSR) Minor Research Project (MRP), a Yoga Training Camp unfolded in the serene Jetor village of Gomuriapal, Paschim Medinipur. The camp served as a conduit for promoting holistic well-being through the practice of yoga and meditation.

Objectives:

Introducing participants to the profound principles of yoga for holistic health and wellness. Equipping participants with practical skills in various yogasanas (postures), pranayama (breathing techniques), and meditation practices. Cultivating mindfulness and stress management techniques to enhance mental resilience and emotional balance.

Activities:

The Yoga Training Camp comprised an array of structured activities tailored to meet its objectives as mentioned below:

Yoga Sessions:

Led by the adept guidance of Ms. Rakhi Patar, participants engaged in daily yoga sessions encompassing a spectrum of asanas, pranayama, and meditation practices. These sessions aimed at enhancing physical vitality, mental clarity, and spiritual harmony.

Mindfulness Workshops:

Interactive workshops on mindfulness and stress management were conducted to foster self-awareness and emotional regulation among participants. Techniques such as mindful breathing and body scanning were imparted to cultivate present-moment awareness.

Health Talks:

Informative sessions elucidating the myriad health benefits of yoga and meditation were delivered, shedding light on stress reduction, immune system fortification, and overall well-being

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur

enhancement. Participants gained insights into the science-backed evidence supporting yoga's efficacy in promoting holistic health. Outdoor

Yoga Sessions:

Amidst the tranquil ambience of Jetor Village Gomuriapal located on the bank of Kangsabati river , participants immersed themselves in rejuvenating outdoor yoga sessions, connecting with nature and harnessing its therapeutic essence. These sessions provided a serene backdrop for deepening the yoga practice and fostering a sense of inner peace.

Group Reflections:

Reflective group discussions were facilitated, allowing participants to share their experiences, insights, and challenges encountered during the training. Through mutual support and shared reflections, participants gleaned valuable lessons and deepened their understanding of yoga's transformative potential.

Outcomes:

The Yoga Training Camp yielded multifaceted outcomes:

Physical Vitality:

Participants experienced enhanced physical vitality, flexibility, and stamina through regular yoga practice.

Mental Clarity:

The practice of yoga and meditation fostered mental clarity, emotional resilience, and stress reduction among participants.

Community Harmony:

The camp nurtured a sense of community and camaraderie among participants, fostering a supportive environment for personal growth and collective well-being.

Lifestyle Integration:

Participants embraced yoga as a way of life, incorporating mindfulness practices and healthy lifestyle habits into their daily routines for sustained well-being.

Conclusion:

The Yoga Training Camp orchestrated by **NSS Unit XI (English)**, Vidyasagar University, served as a transformative journey towards holistic well-being and self-discovery. Through the practice of yoga and meditation, participants embarked on a path of physical vitality, mental clarity, and emotional balance. The camp exemplified the profound impact of yoga in fostering harmony within oneself and the community, underscoring its timeless relevance in promoting holistic health and wellness.

Relevant Geo-tagged pictures

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur



Village camp
 Organized by NSS Unit XI VII
 17.12.2015
 21.12.2015
 22.12.2015

Dr. Debdas Roy
 Programme Officer (PO)
 National Service Scheme (NSS)
 Unit: XI (Dept. of English)
 National Service Scheme (NSS)
 Paschim Medinipur



NSS Unit XI (Eng.) in collaboration with Dept. Of Zoology (Dr Barna Chakraborty), CDOE, Vidyasagar University

Nss Unit XI (Eng.) in colla. with Advocate Banikanta Bhattacharya, Veteran Advocate, Mid. Judge's Court

Organizer:

NSS Unit XI (English), Vidyasagar University in collaboration with the Dept. of Sports (Ms Shila Das), Vidyasagar University & Indian Council of Social Science Research (ICSSR), Minor Research Project (MRP) (awarded to Dr Debdas Roy, Associate Professor, Dept. of English, Vidyasagar University, Paschim Medinipur).

Master Trainer:

Ms Shila Das & Ms. Rakhi Patar. Dr Debdas Roy joined the camp as the Director of the Project and also as the Programme Officer of the concerned unit.

Funding:

National Service Scheme (NSS), Vidyasagar University & Indian Council of Social Science Research (ICSSR), Minor Research Project (MRP) (awarded to Dr Debdas Roy)

Date: 26. 11. 2023

Participants: 50 including children and the local youth

Introduction:

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit- XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur

In a collaborative effort between **NSS Unit XI (English)** of Vidyasagar University funded by the National Service Scheme (NSS) and the Indian Council of Social Science Research (ICSSR) Minor Research Project (MRP), a Yoga Training Camp unfolded in the serene Jetor village of Bhatpara, Paschim Medinipur. The camp served as a conduit for promoting holistic well-being through the practice of yoga and meditation.

Objectives:

Introducing participants to the profound principles of yoga for holistic health and wellness. Equipping participants with practical skills in various yogasanas (postures), pranayama (breathing techniques), and meditation practices. Cultivating mindfulness and stress management techniques to enhance mental resilience and emotional balance.

Activities:

The Yoga Training Camp comprised an array of structured activities tailored to meet its objectives as mentioned below:

Yoga Sessions:

Led by the adept guidance of Ms. Rakhi Patar, participants engaged in daily yoga sessions encompassing a spectrum of asanas, pranayama, and meditation practices. These sessions aimed at enhancing physical vitality, mental clarity, and spiritual harmony.

Mindfulness Workshops:

Interactive workshops on mindfulness and stress management were conducted to foster self-awareness and emotional regulation among participants. Techniques such as mindful breathing and body scanning were imparted to cultivate present-moment awareness.

Health Talks:

Informative sessions elucidating the myriad health benefits of yoga and meditation were delivered, shedding light on stress reduction, immune system fortification, and overall well-being enhancement. Participants gained insights into the science-backed evidence supporting yoga's efficacy in promoting holistic health. Outdoor

Yoga Sessions:

Amidst the tranquil ambience of Jetor Village Bhatpara located on the bank of kangsabati river , participants immersed themselves in rejuvenating outdoor yoga sessions, connecting with nature and harnessing its therapeutic essence. These sessions provided a serene backdrop for deepening the yoga practice and fostering a sense of inner peace.

Group Reflections:

Reflective group discussions were facilitated, allowing participants to share their experiences, insights, and challenges encountered during the training. Through mutual support and shared

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National Service Scheme (NSS)
Unit: XI (Dept of English)
National Service Scheme (NSS)
Paschim Medinipur

reflections, participants gleaned valuable lessons and deepened their understanding of yoga's transformative potential.

Outcomes:

The Yoga Training Camp yielded multifaceted outcomes:

Physical Vitality:

Participants experienced enhanced physical vitality, flexibility, and stamina through regular yoga practice.

Mental Clarity:

The practice of yoga and meditation fostered mental clarity, emotional resilience, and stress reduction among participants.

Community Harmony:

The camp nurtured a sense of community and camaraderie among participants, fostering a supportive environment for personal growth and collective well-being.

Lifestyle Integration:

Participants embraced yoga as a way of life, incorporating mindfulness practices and healthy lifestyle habits into their daily routines for sustained well-being.

Conclusion:

The Yoga Training Camp orchestrated by **NSS Unit XI (English)**, Vidyasagar University, served as a transformative journey towards holistic well-being and self-discovery. Through the practice of yoga and meditation, participants embarked on a path of physical vitality, mental clarity, and emotional balance. The camp exemplified the profound impact of yoga in fostering harmony within oneself and the community, underscoring its timeless relevance in promoting holistic health and wellness.

Relevant Geo-tagged pictures:

Children of Bhatpara, Paschim Medinipur, local youth among others joined the Yoga Training Camp organized by the **NSS Unit XI (English)**, Vidyasagar University as part of Regular NSS activities. Some volunteers of the said unit also joined the camp.

Relevant geo-tagged pictures

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit- XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur



Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit XI (Dept. of English)
National Service Scheme (NSS)
Gurguripal, Medinipur

NSS UNIT XI
Spl Camp, Talk on Vermicompost



Dr. Debdas Roy 01/2/24
Programme Officer (PO)
National Service Scheme (NSS)
Unit- XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur



Nss Unit XI (Eng.) in colla. with Advocate Banikanta Bhattacharya, Veteran Advocate, Midnapore. Judge's Court

Organizer:

NSS Unit XI (English), Vidyasagar University in collaboration with Advocate Banikanta Bhattacharya, Veteran Advocate, Midnapore Judge's Court

Master advisor:

Advocate Banikanta Bhattacharya, Veteran Advocate, Midnapore Judge's Court

Funding:

National Service Scheme (NSS), Vidyasagar University

Date: 31. 01. 2024

Participants: 50 including children and the local youth

Introduction:

In a collaborative effort between **NSS Unit XI (English)** of Vidyasagar University funded by the National Service Scheme (NSS) and Midnapore Judge's Court the camp served as a conduit for promoting legal awareness.

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit XI (Deorwar, Garh)
National Service Scheme (NSS)
Paschim Medinipur

Objectives:

Creating legal awareness among the masses.

Activities:

The Legal awareness camp comprised an array of structured activities tailored to meet its objectives as mentioned below:

- Meaningful Talk by advocate Bhattacharya
- Listening to individual legal problems and litigations
- Question answer sessions
- Separate session with the village women

Conclusion:

The legal awareness Camp orchestrated by NSS Unit XI (English), Vidyasagar University, served as a transformative journey towards creating legal awareness among the masses. .

Relevant Geo-tagged pictures:

Dr. Debdas Roy
Programme Officer (PO)
National Service Scheme (NSS)
Unit- XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur

31/1/24



NSS UNIT XI
SpI Camp from Legal Counselling
31.01.2024 15:30
22.4547, 87.29619
F73W+WRC, Midnapore, Bhaika Chak 721102



Vidyasagar University
NSS XI Amratala Camp
31.01.2024 15:29
22.45461, 87.29617 (±6m)
Altitude: 1m
F73W+WRC, Midnapore, Bhaika Chak 721102

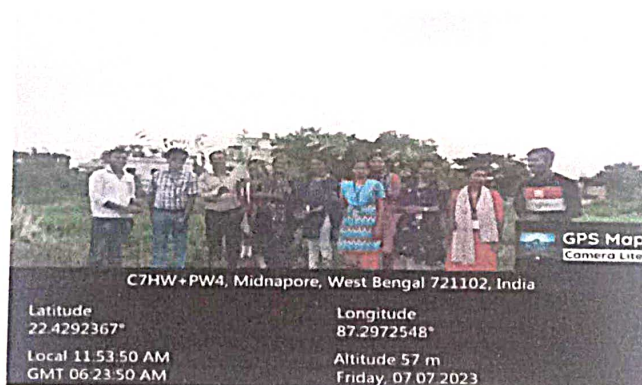
Dr. Debdas Roy
Programme Officer (PO) 31/1/24
National Service Scheme (NSS)
Unit- XI (Dept. of English)
National Service Scheme (NSS)
Paschim Medinipur

Van Mahotsav

In July 2023, Van Mahotsav, dedicated to Mother Earth, was organised by NSS Unit - III (Department of History) in collaboration with the Divisional Forest Officer, Medinipur Division, on the Vidyasagar University campus. The event aimed to raise awareness about the importance of forest conservation and tree plantation among the university's NSS volunteers, students, and teaching and non-teaching staff. Unit - III volunteers took the initiative to clean up the area where the plantation program was taking place and disposed of dry plants. The event commenced with an inspiring lecture on the significance of Van Mahotsav delivered by our esteemed Coordinator on July 7, 2023.



Professor Debdulal Banerjee inaugurated the programme by planting a sapling.



Plantation on July 7, 2023.

Continued on next page →



Plantation on July 27, 2023.

Overall, during July, volunteers planted a wide variety of saplings at the university. They also committed to nurturing the planted trees and encouraging friends and family to plant at least one sapling during the celebration of Van Mahotsav.

(Shyamaprasad De)

July 31, 2023.

Programme Officer
Unit-III
NSS Cell
Vidyasagar University
Midnapore

Har Ghar Tiranga

The volunteers of Unit III (Department of History) participated in the Har Ghar Tiranga campaign by distributing national flags to the residents of Gopegarh on August 15, 2023. They also took the time to explain the importance and true meaning of freedom to the students of Gopegarh Gramin Prathamik Vidyalaya.




(Shyamaprasad De)

August 15, 2023
Programme Officer
Unit-III
NSS Cell
Vidyasagar University
Midnapore

Meri Maati Mera Desh Campaign

Amid the Independence Day celebrations, in the spirit of Azadi Ka Amrit Mahotsav, the wonderful 'Meri Maati Mera Desh' campaign was launched, on August 15, 2023, to honour the brave men and women who sacrificed their lives for our nation. The Programme Officer led the volunteers in taking the Panch Pran Pledge, followed by a plantation drive.



(Shyamaprasad De)

August 15, 2023.

Programme Officer
Unit-III
NSS Cell
Vidyasagar University
Midnapore

Urgent Cleaning of the University Campus

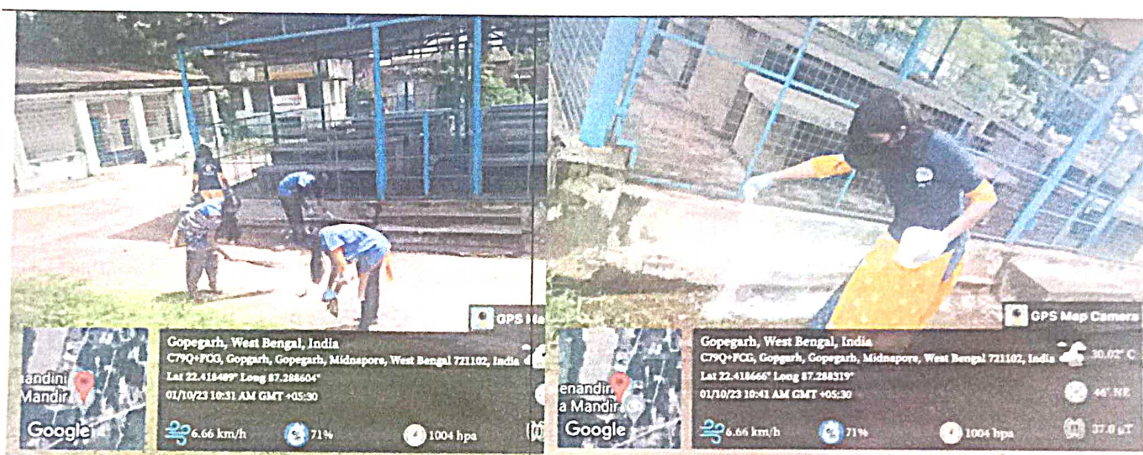
In response to Government Order No. 1011 (3) - Edn(U)-HED-12016(21)/30/2023-UNV SEC-Dept. of HE dated 11/09/2023, concerning the urgent cleaning of the premises/campuses to prevent the outbreak or spread of dengue, the volunteers from Unit III (Department of History) cleaned the campus on 14/09/2023. Their efforts aimed to protect the university community from mosquitoes.




(Shyamaprasad De)
14.09.2023
Programme Officer
Unit-III
NSS Cell
Vidyasagar University
Midnapore

Swachhata Hi Seva at Khejurdanga Village

On October 1, 2023, at 10:00 a.m., the volunteers of Unit III (Department of History), on behalf of NSS Cell, V.U., participated in the 'Swachhata Hi Seva' programme initiated by the Government of India. They dedicated one hour to cleaning activities in Khejurdanga village. The activities included sweeping and spreading bleaching powder to eliminate germs, as well as organising campaigns to raise awareness about cleanliness and dengue prevention.



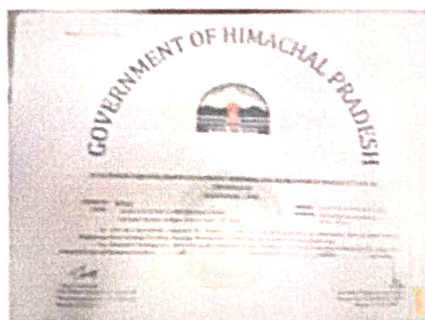
'Swachhata Hi Seva' on October 1, 2023


(Shyamaprasad De)

October 1, 2023.
Programme Officer
Unit-III
NSS Cell
Vidyasagar University
Midnapore

Participation in the Adventure Camp

Subrata Patra, an enthusiastic volunteer of Unit III, had a blast at the Adventure Camp in the beautiful location of Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports, Manali (Himachal Pradesh) from November 25th to December 4th, 2023. He successfully completed the Adventure Camp and gained amazing skills in Rock Climbing, Rappelling, River Crossing, Trekking, Camping, Mountain Rescue Methods, Social Awareness, and Leadership. The Adventure Training took place in the stunning wilderness of the Himalayas. Subrata trekked a total of 85 kilometers and attained 10200 feet height.




(Shyamaprasad De)

December 6, 2023.

Programme Officer
Unit-III
NSS Cell
Vidyasagar University
Midnapore

National Youth Day Programme

On the 12th of January 2024, the NSS Unit – III (Department of History), in collaboration with Units - I & II, on behalf of the NSS Cell organised the National Youth Day Programme. The event was graced by the presence of the esteemed Registrar, Coordinator, and various dignitaries. The volunteers from Unit - III showcased their talents through captivating dance performances, engaging recitations, and inspiring speeches. The atmosphere was filled with enthusiasm. The program ended with a colourful procession.




(Shyamaprasad De)
January 12, 2024.

Programme Officer
Unit-III
NSS Cell
Vidyasagar University
Midnapore

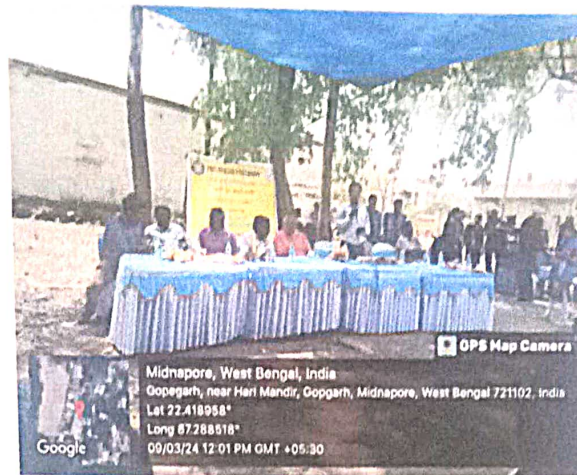
Inaugural Programme of the Special Camp at Gopegarh

The NSS Cell at V. U. has always been dedicated to serving the society, especially the weaker sections. Keeping this commitment in mind, Unit - III (Department of History) organized a special camp at Khejurdanga village to help uplift the economic and social status of the villagers. The camp was inaugurated, on March 9, 2024, by the Honourable Vice-Chancellor, Professor Susanta Kumar Chakraborty, who planted an Amlaki sapling and shared the significance of NSS in conserving the environment and promoting social harmony in rural areas. Professor Debdulal Bandyopadhyay, the NSS Coordinator, gave an inspiring speech to motivate the volunteers and explained why such a camp is important.



The event was graced by Mrs. Manasi Pakhira, Headmistress of Gopegarh Gramin Prathamik Vidyalaya, Mr. Jyotip Prasad Mahata, Karmadhyaksha of Matsya-O-Prani Sampad, Paschim Medinipur Zilla Parishad, Mr. Goutam Dutta, Saha Savapati of Medinipur Sadar Panchayat Samiti, and Mr. Sukhendu Bikash Jana, Anchal Pradhan of 4 no Kankabati Gram Panchayat.

Continued on next page →



A delightful cultural program was presented by the volunteers of Unit - III and the students of Gopegarh Gramin Prathamik Vidyalaya, and the villagers and students showed great enthusiasm. The Programme Officer concluded the event by extending a warm vote of thanks to everyone who contributed to the success of the inauguration ceremony.

(Shyamaprasad De)
 March 9, 2024.

Programme Officer
Unit-III
NSS Cell
Vidyasagar University
Midnapore

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କର୍ମସୂତ୍ରର ଦୃଢ଼ତା ନିଶ୍ଚୟ କରେ ।
 ପ୍ରସବ ଦିନ ନିମ୍ନସ୍ଥର ସରକାରର
 କୃତ୍ତି ଅନୁସର ବିରାଜି ଶାନ୍ତପୁର
 ମହୋଦେବୀର ହାତର ଓ କୃତ୍ତି
 ନିଶ୍ଚୟ ନିଶ୍ଚୟ ପ୍ରାପ୍ତ କର ହୁ ।
 ଦିବ୍ୟ ନିଶ୍ଚୟ ଦେଖିବୁ ବାର
 କରାଯାଉଥିବାବେଳେ ନିଶ୍ଚୟ (ବିଶ୍ୱ)

উদ্ভাବের প্রত্যক্ষীভূত অর্থাৎ
বিশুদ্ধ। আইসি সফটওয়্যার
সম্প্রদায় প্রথম বর্ণ হতে ইন্টিগ্রেটেড
সিস্টেম অভিনয় করতে পারবে।
আইসি সফটওয়্যার প্রত্যক্ষীভূত
অর্থাত্‌ আইসি সফটওয়্যার
সম্প্রদায় প্রথম বর্ণ হতে

ଆହୋଜିତ ବିଦ୍ୟାବୃକ୍ଷ ଡକ୍ଟ୍-ହୂମି
ନକ୍ଷିକା ବିବିଧ ଇତିହାସ ଶ୍ରେୟସ୍ବଳ
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ମୁଦ୍ରିତ ଶିବିର ଅଫ ଆନାଥା
ମୁଦ୍ରକ ବଜ୍ରହୁକ୍ତ ଶ୍ରୀଶିଖର
କଟକସ୍ଥିତ କୋଠାଘର ନଗରରେ ।

Biplabi Sabyasachi, 12 March 2024, P. 1.

(Shyamaprasad De)
Programme Officer
Unit-III
NSS Cell
Vidyasagar University
Gidannore

Campaign for Goat and Poultry Farming at Gopegarh

The NSS Unit III (Department of History), in collaboration with the Office of the Deputy Director, Animal Resource Development & Parishad Officer, Paschim Medinipur, organized a "Campaign Programme for Goat and Poultry Farming" on March 9, 2024, on Gopegarh Gramin Prathamik Vidyalaya campus. The program aimed to uplift the economic and social status of the residents of Gopegarh. Mrs. Kakoli Rana and Mr. Swapan Mandi from the mentioned office successfully conducted the campaign, promoting goat and poultry farming to create self-employment opportunities in rural areas with minimal investment.



Campaign Programme for Goat and Poultry Farming.

(Shyamaprasad De)

March 9, 2024.

Programme Officer
Unit-III
NSS Cell
Vidvasagar University
Midnapore

Law Awareness Programme at Gopegarh

On March 10, 2024, the NSS Unit – III, in collaboration with the Bar Association Midnapore, hosted a free “Legal Awareness Program” at the Gopegarh Gramin Prathamik Vidyalaya campus for the residents of Gopegarh. This special event aimed to help those in our community who may not fully understand the legal system and might face financial challenges in accessing legal support. The program featured Lawyer Makhan Barik, who did a fantastic job explaining different types of laws. It was an amazing opportunity to empower our fellow community members to protect their rights, regardless of their financial situation.

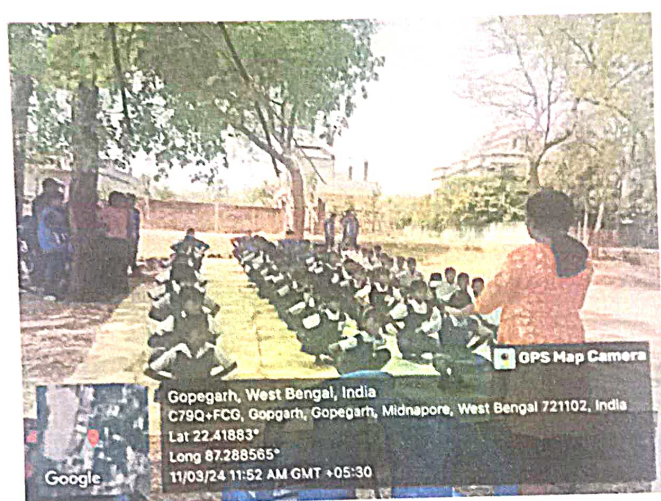


Legal Awareness Programme on March 10, 2024


(Shyamaprasad De)
March 10, 2024.
Programme Officer
Unit-III
NSS Cell
Vidyasagar University
Midnapore

Yoga Training Programme for the Students of Gopegarh Gramin Prathamik Vidyalaya

On March 11, 2024, a “Yoga Training Program” was organized by NSS Unit – III (Department of History) with the help of the Sports Department of Vidyasagar University on the Gopegarh Gramin Prathamik Vidyalaya campus. The program aimed to benefit the boys and girls of Gopegarh. In today’s fast-paced and demanding world, students face various challenges affecting their overall well-being and academic performance. Introducing yoga into their daily routine can make a significant difference. This camp provided a great opportunity to support the students and raise awareness about the importance of yoga.



Yoga Training Programme on 11 March 2024



(Shyamaprasad De)
March 11, 2024.

Programme Officer
Unit-III
NSS Cell
Vidyasagar University
Midnapore

Lecture on 'Fish Farming' at Gopegarh

On March 11, 2024, we held a 'Fish Farming' seminar on the Gopegarh Gramin Prathamik Vidyalaya campus. This event was organized by NSS Unit – III (Department of History) in collaboration with the Department of Fishery Sciences, Vidyasagar University. We had the residents of Gopegarh in mind, as they are among the poorest sections of our society. Our aim was to uplift their economic and social status by promoting fish farming, as it offers awesome potential for creating self-employment opportunities at a low investment. Dr. Joydev Maity's expertise in this field really made our programme shine.



Lecture on 'Fish Farming'.



Professor Ujjayan Bhattacharyya and Professor Sujaya Sarkar were present.

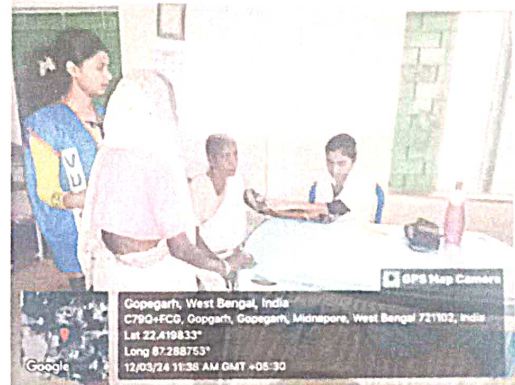
(Shyamaprasad)

March 11, 2024.

Programme Officer
Unit-III

Free Eye Checkup Camp at Gopegarh

The NSS Unit III (Department of History) collaborated with the Midnapore Rotary Eye Hospital to organize a "Free Eye Checkup Camp" on 12th March 2024 at the Gopegarh Gramin Prathamik Vidyalaya campus for the residents of Gopegarh. The camp aimed to provide basic healthcare facilities for those with limited access and vision problems. A total of 18 villagers were diagnosed for cataract surgery and were referred to the hospital for free operations.

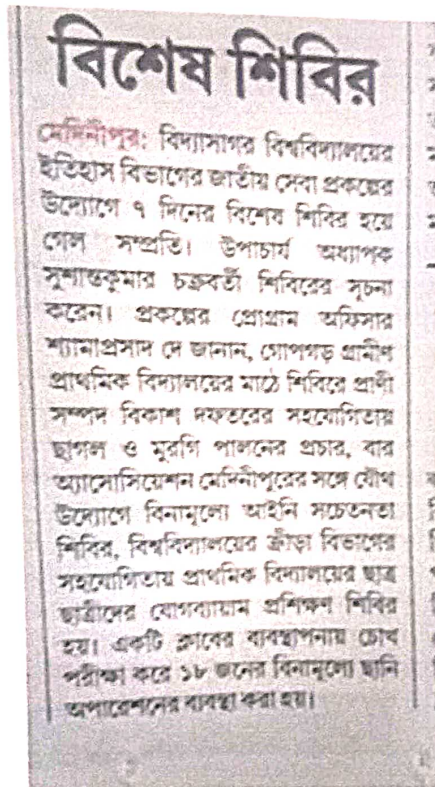


Free Eye Checkup Camp.


(Shyamaprasad De)
March 12, 2024.

Programme Officer
Unit-III
NSS Cell
Indrasagar University
Midnapore

A Special Bulletin Regarding the Special Camp



Anandabazar Patrika, March 14, 2024.

8

(Shyamaprasād De)

Programme Officer

Unit-III

NSS Cell

Vidyasagar University
Midnapore

First Aid Training Programme at Gopegarh Gramin Prathamik Vidyalaya

Just wanted to inform you about the awesome "First Aid Training Programme" hosted by the NSS Unit III (Department of History) in collaboration with the Indian Red Cross Society, Paschim Medinipur, on March 14, 2024, on the Gopegarh Primary School campus. The experts from the Red Cross Society shared valuable insights about first aid with our volunteers and the students of Gopegarh Gramin Prathamik Vidyalaya. It was such a great way to equip everyone with the knowledge to handle small injuries and accidents and raise awareness about the importance of first aid.



First Aid Training Programme.


(Shyamaprasad De)
March 14, 2024.
Programme Officer
Unit-III
NSS Cell
Jayasagar University
Midnapore

Vector Awareness Campaign at Gopegarh Gramin Prathamik Vidyalaya

The NSS Unit III (Department of History), with the assistance of the Office of the Chief Medical Officer of Health, Paschim Medinipur, organized a "Vector Awareness Campaign" on 15th March 2024 on Gopegarh Gramin Prathamik Vidyalaya campus for the students and residents of Gopegarh. The aim of the campaign was to raise awareness among the villagers about vector-borne diseases such as malaria and dengue. This initiative provided a valuable opportunity to prevent the further spread of these diseases in the locality.



Shyamaprasad
15.03.2024,
Programme Officer
Unit-III
NSS Cell
Vidyasagar University
Midnapore

Dengue Awareness & Village Cleaning Camp

- Date: 16/10/2023
- Time: 1:00 pm – 5:00 pm
- Venue: Delua, Adopted village of NSS Unit X
- Participants: 30

To overcome the risk of dengue during the rainy season, NSS Unit X of Vidyasagar University arranged a Dengue Awareness & Village Cleaning Camp in Delua village, Midnapore. The activities included awareness programmes on dengue, clearing breeding grounds for mosquitoes, and improving sanitation. Volunteers engaged in educating villagers about the symptoms, prevention, and treatment of dengue while emphasizing the need for personal hygiene and proper disposal of waste. Cleaning activities included draining stagnant water, applying bleaching powder to drains, clearing grass and scrubs, and ensuring proper drainage. The village school was also sanitized for the health and well-being of children.

The camp was able to increase community involvement, raise awareness of dengue prevention, and provide a cleaner and healthier environment. These efforts resulted in reducing the breeding sites for mosquitoes and helped the villagers to enjoy long-term health benefits. This initiative addressed an important health concern and reflected the commitment of the volunteers toward the improvement of public health and sanitation in the village.



Plantation Programme

- Date: 17/08/2023
- Time: 10:00 am -2:30 pm
- Venue: Gate No. 3

The NSS Unit 10 of Vidyasagar University organized a plantation program with volunteers from the Department of Sociology planting several saplings in the field near university gate no. 3. Such plantation programs had been a time-honoured tradition at our university, where all events began by watering a sapling by the dignitaries and guests. Volunteers collected saplings from various events and planted them in the university soil over the last couple of months, contributing to the environmental sustainability efforts of the campus. The event here at Vidyasagar University is typically inaugurated by the watering of a sapling. It symbolizes growth, nurturing, and the commitment to environmental conservation. Dignitaries and guests present at the event are invited to water a sapling, marking the commencement of the program. This practice not only adds a green touch to our events but also reinforces the importance of caring for our environment.



Anurita Gupta
20.8.23

Program Officer
NSS Unit - X

Vidyasagar University

OUTREACH PROGRAMME

Winter Special Camp Report

Date: 06.03.2024 to 12.03.2024

Organizer: N.S.S. Unit - V/Sanskrit Department, Vidyasagar University, Midnapore.

Adopted Village: Murakata, Nayagram, Paschim Medinipur, West Bengal.

Volunteers: 45 students + 5 Village Volunteers.

First Day - 06.03.2024/ Wednesday

The Winter Special Camp organized by the N.S.S. Unit - V/Sanskrit Department, Vidyasagar University, commenced on 6th March 2024. The inaugural ceremony was held with enthusiasm and participation from all volunteers, departmental teachers, scholars and community members.

Camp Inauguration:

The camp was inaugurated by Prof. Debdulal Banerjee, NSS Coordinator of Vidyasagar University. His presence marked the beginning of a week-long engagement aimed at community service and development.



Keynote Speech:

Prof. Debdulal Banerjee delivered an inspiring keynote address, emphasizing the importance of community service and the role of education in the development of society. Dr. Uttam Biswas, Head of the Sanskrit Department, also addressed the volunteers, highlighting the objectives of the camp and the significance of integrating academic learning with practical social engagement.

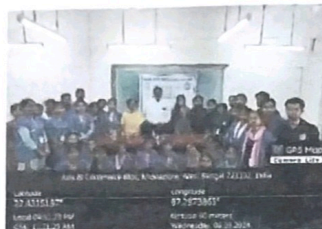


Swarnap Saha
19/12/24
Head
Department of Sanskrit
Vidyasagar University

Tripti Saha. 12.03.2024
Programme Officer
NSS Unit V / Sanskrit
Vidyasagar University
Midnapore

Motivational Lecture:

A motivational lecture was delivered by Prof. Tapan Kumar Dey, former Dean of Arts & Commerce and ex-Coordinator of NSS Cell at Vidyasagar University. Prof. Dey's speech encouraged the volunteers to actively participate in the camp activities and make a meaningful impact in the adopted village, Murakata.



The camp, which includes 45 university students and 5 dedicated village volunteers, aims to address community needs through various initiatives over the course of the week. Activities planned include cleaning, health camps, sports and environmental initiatives, among others, all aimed at fostering sustainable development and community well-being in Murakata and surrounding areas of Paschim Medinipur, West Bengal.

Second Day - 07.03.2024 / Thursday

The second day of the Winter Special Camp witnessed active engagement in health and fitness activities, benefiting both volunteers and villagers alike.

Fitness Programme: Yoga & Pranayama

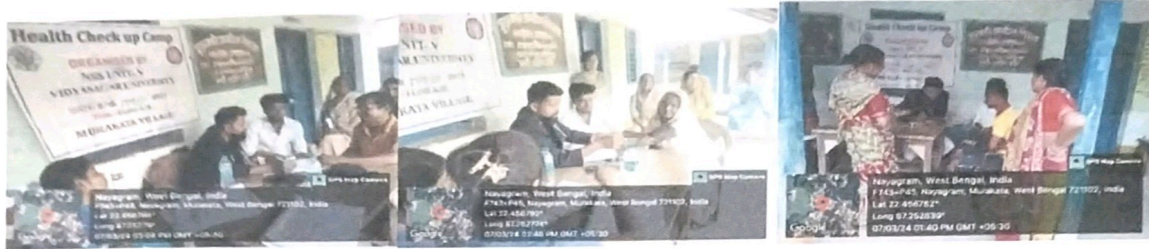
Early in the morning, a yoga and pranayama session has conducted by Smt. Kaberi Singha Roy Basuniya, Yoga Wellness Instructor (YCB Level-2), National Judge (YOGASAN BHARAT) at Khudiram Ground, Vidyasagar University. The session aimed to promote physical and mental well-being among participants, emphasizing the importance of holistic health practices.



Health Check-up Camp

Simultaneously, a health check-up camp was organized at Murakata Primary School, led by Dr. H.A. Hassan. A large number of villagers availed themselves of this opportunity, receiving essential medical examinations and consultations. This initiative underscored the camp's commitment to addressing healthcare needs within the adopted village people.

The day's activities demonstrated a harmonious blend of physical wellness through yoga and crucial health services through the medical camp, reinforcing the camp's broader objectives of community service and development. The ongoing efforts of the N.S.S. Unit - V/Sanskrit Department, Vidyasagar University, are poised to make a meaningful impact on the lives of Murakata residents during this week-long engagement.



Third Day - 08.03.2024/ Friday

The third day of the Winter Special Camp continued to focus on health and environmental education for the benefit of the Murakata community.

Yoga & Pranayama Practice by Volunteers

Volunteers participated in yoga and pranayama sessions at Kshudiram ground, Vidyasagar University, fostering physical and mental well-being among themselves.

Dr. Saswati Kapat, Assistant Professor at Centre for Distance online Education, delivered an informative lecture on plant care and weed control. Topic was "Care for Plant and Weed Control". This session aimed to educate volunteers on sustainable agricultural practices and environmental stewardship.



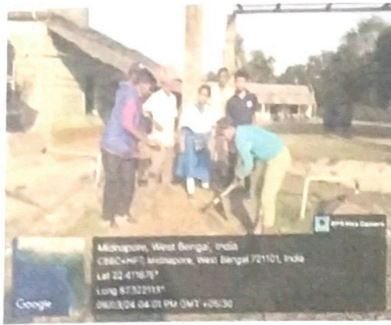
Fourth Day - 09.03.2024/ Saturday

Activities on the fourth day focused on healthcare and community service initiatives within Murakata village.

Yoga & Pranayama Practice by Volunteers

Volunteers continued their morning routine of yoga and pranayama practice, promoting holistic health among themselves.

Volunteers dug a hole for Bio-degradable wastage of Murakata Primary school kitchen.



Dental Check-up & Dental care Medicine Distribution

Dr. Gitanjali and Dr. Paramita conducted a dental check-up camp and distributed medicines to the villagers for their dental care. This initiative aimed to address dental health issues and provide necessary medications to villagers, ensuring better health outcomes.



Fifth Day - 10.03.2024/ Sunday

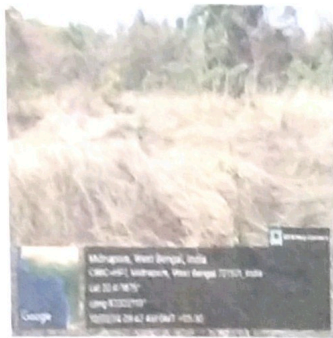
The fifth day of the camp emphasized environmental conservation and community engagement activities.

Yoga & Pranayama Practice by Volunteers

Volunteers engaged in yoga and pranayama practices, maintaining their physical and mental well-being.

Campus Cleaning & Removal of Weeds

Volunteers undertook a campus cleaning drive and removed weeds from fruit plants within the Vidyasagar University premises.



Before



After



After

Sixth Day - 11.03.2024

The sixth day featured activities focused on education, sports, and community interaction.

- Yoga & Pranayama Practice by Volunteer

Volunteers participated in yoga and pranayama sessions, continuing their dedication to personal well-being.

A seat and draw competition arranged for Murakata Primary School.



Survey of Remote Murakata Village Areas

A survey of remote areas of Murakata village was conducted by volunteers, aiming to gather insights into community needs and facilitate future development initiatives.



Seventh Day - 12.03.2024

The final day of the Winter Special Camp culminated with cultural celebrations and acknowledgments.

Yoga & Pranayama Practice by Volunteers

Volunteers engaged in their daily yoga and pranayama routine, reinforcing the importance of physical and mental health practices.

Cultural Program

Murakata Primary School children and NSS volunteers participated in a cultural program, showcasing talents and celebrating community spirit. The program included performances and cultural exchanges, fostering unity and joy among participants.



Prize Distribution & Vote of Thanks

A prize distribution ceremony recognized outstanding contributions and achievements during the camp. The event concluded with a heartfelt vote of thanks by the NSS Program Officer of Unit V, expressing gratitude to all participants, volunteers, and stakeholders involved in making the Winter Special Camp a resounding success.



Throughout the week-long engagement, the N.S.S. Unit - V/Sanskrit Department, Vidyasagar University, demonstrated commitment to community service, education, health, and environmental conservation in Murakata village, positively impacting the lives of residents and fostering sustainable development.

Sunil Singh
19/12/24
Head
Department of Sanskrit
Vidyasagar University

Tripti Saha 12.03.2024
Programme Officer
NSS Unit V / Sanskrit
Vidyasagar University
Midnapore

OUTREACH PROGRAMME

Report on 77th Independence Day Celebration and 'Har Ghar Tiranga' Event

Organised by NSS Unit-V, Department of Sanskrit, Vidyasagar University.

Date: 15th August 2023.

Location: Murakata Primary School, Murakata Village.

Introduction:

The 77th Independence Day celebration at Murakata Primary School was a vibrant and patriotic event, marked by the initiative 'Har Ghar Tiranga'. The event aimed to foster a deep sense of national pride and unity among the children and villagers.

Key Activities and Highlights:

Flag Hoisting Ceremony:

The day commenced with the hoisting of the national flag by the Murakata Primary School teacher, Mrs. Mauli Chowdhury, accompanied by local dignitaries and village elders. The atmosphere was filled with reverence and patriotism as the Tricolour unfurled against the clear morning sky.



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'Har Ghar Tiranga' Initiative

One of the main highlights of the event was the 'Har Ghar Tiranga' initiative, where every household in Murakata Village was encouraged to proudly display the national flag. This initiative aimed to instill a sense of patriotism among villagers and strengthen their connection with the nation.



Speeches and Inspirational Messages:

Local leaders and school authorities delivered speeches emphasizing the importance of unity, diversity, and the role of youth in shaping the future of the nation. They urged everyone to uphold the values of freedom and democracy.

Community Participation:

The event saw active participation from villagers of all ages, including children, adults, and senior citizens. The sense of community spirit was evident throughout the celebrations.



Distribution of chocolates:

As is customary during such celebrations, chocolates were distributed among the school children as a gesture of joy and unity, symbolizing the sweetness of freedom and independence.

Conclusion:

The 77th Independence Day celebration and 'Har Ghar Tiranga' event at Murakata village was a resounding success, leaving a lasting impression on all participants. It not only celebrated India's independence but also strengthened the bond among villagers and reaffirmed their commitment to the nation's prosperity and unity.

The event concluded with the singing of the national anthem, echoing through the village, reminding everyone of the sacrifices made by our freedom fighters and the responsibilities we hold as citizens of a great democratic country.

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Awareness programme on forest fire and wild animal

Date- 18.03.2024

NSS Unit- II of Vidyasagar University, in collaboration with the office of the Divisional Forest Department, Rupnarayan Division, Govt. of West Bengal, organized a one-day awareness rally and seminar program.

The volunteers of the concerned unit and officers from the forest department ran an awareness campaign about safeguarding wild animals and preventing forest fires. To raise public awareness, awareness posters are distributed and affixed to trees.

Relevant Geo-tagged pictures:



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Free eye check-up camp

Date- 14.03.2024

To cater the requirement of the backward people of the villages a free eye check-up camp was initiated by the NSS Unit-II of Vidyasagar University. The camp's primary objective was to educate the community on preventive measures for eye diseases, proper eye care, and provide comprehensive services, including free cataract surgeries, treatment, and early detection of eye problems.

This free eye examination camp was organized with the collaboration of Rotary Eye Hospital, Midnapore for the residents of the adopted village only. Approximately fifty patients had their eyes examined and prescribed the appropriate treatments; eleven of these individuals were chosen by the Rotary Eye Hospital in Midnapore to get a free cataract operation.

Relevant Geo-tagged pictures:



Nirupam Acharyya

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Intensive door to door Survey in adopted village

Date- 13.03.2024

The volunteers of NSS Unit-II conducted a thorough door-to-door survey on education, health (public, women, children), and culture (language, folk literature, folk art, indigenous trees, folk medicine) in order to gather more information and to understand the overall societal and cultural level and health status of this village community. 50 numbers of volunteers of the concerned unit were participated in this survey programme and derived the data for further analysis.

Relevant Geo-tagged pictures:



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Yoga Training Camp

Date- 13.03.2024

Yoga training and meditation play a vital role in achieving overall wellness, as they significantly improve physical and mental health while fostering holistic well-being. Meditation and yoga make significant contributions to overall well-being by reducing mental stress. These practices are particularly beneficial for students, as they help resolve academic and social challenges, promoting a healthier and more balanced lifestyle.

The volunteers of NSS Unit-II, of Vidyasagar University conducted a yoga session and training was given to the students of the adopted village school by the professional yoga trainer. More than 100 students, including local youth of the village, participated in this yoga training program. The camp was initiated under the expert guidance of Miss Sucharita Pramanik, who served as the master trainer. Dr. Nirupam Acharyya joined the yoga camp as the Programme officer of the concerned unit.

Relevant Geo-tagged pictures:



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Celebration of Aranya Saptaha

Date- 14.07.2024 – 20.07.2024

Aranya Saptaha was celebrated by the faculty members and volunteers of NSS Unit-II, Vidyasagar University. Our mission is to promote environmental sustainability by increasing green cover, improving air quality, cultivating medicinal plants and contributing to the global effort to combat climate change. Twenty volunteers of the concerned unit were participated. 100 numbers of saplings were planted and watering during the programme.

Relevant Pictures:



Nirupam Acharyya

Dr. Nirupam Acharyya

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National youth Day Celebration

Date: 12-01-2024

National Youth Day was celebrated by the NSS Unit-II in collaboration with Unit-I & Unit-II to honour the birth anniversary of Swami Vivekananda. On 12th January 2024, twenty volunteers from each unit participated. The day was celebrated with dancing, singing, reciting, and speech on Swami Vivekananda's philosophy of life. This day is celebrated to inspire and motivate young minds to chase their dreams and contribute to building a brighter future for the nation.

Relevant Pictures:



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2. Community health awareness and the use of herbal preparations

Date: 18-5-2023

Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
Community health awareness and the use of herbal preparations	Dept. of Botany & Forestry, VU	Dept. of Botany & Forestry conducted it at the villages in Pathra	2023	58

On May 18, 2023, the Department of Botany and Forestry, Vidyasagar University, organized an impactful outreach program focusing on community health awareness and the use of herbal preparations in the villages of Pathra, Paschim Medinipur. The event witnessed participation from 58 enthusiastic students who collaborated with local community members to promote understanding of traditional medicinal practices and the benefits of herbal remedies. The program featured informative sessions on identifying and utilizing local medicinal plants, emphasizing their potential in preventive healthcare and holistic wellness. Students led discussions on common health issues faced by the villagers and how herbal preparations could effectively address these concerns, thereby reducing reliance on synthetic medications.

Interactive workshops were held, allowing participants to prepare simple herbal formulations, including teas and salves, using readily available local resources. This hands-on approach not only empowered the villagers with practical knowledge but also reinforced the importance of preserving traditional healing practices.

The outreach successfully bridged the gap between academic research and community needs, fostering a greater appreciation for biodiversity and sustainable health practices. Overall, the initiative marked a significant step towards enhancing health awareness in the Pathra villages while strengthening the student-community engagement in ecological and health education.

05/02/2025

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