

3.3.3. Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc., (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organized in collaboration with industry, community and NGOs) during the year

1. Observance of NSS Day – 24th Sept, 2021 -in collaboration with IQAC.

Webinar on Life Skill: ‘Tough Times don’t last; Tough People Do’.

- Chief guest was Sri Vinay Kumar (regional Director, Govt. of India, Ministry of Youth Affairs and Sports Speaker.
- Invited speaker was Colonel Prabir Sengupta; motivational speaker, youth mentor and trainer.



Online lecture session by Sri Vinay Kumar



youtube.com/watch?v=yjInqBWCWwFQ8e-39c

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LIFE SKILLS: VARIETY OF SKILL SETS

- Stress Management
- Time Management
- Anger Management
- Conflict Management
- Financial Management
- Negotiation skills
- Inter-personal relations



49:16 / 1:42:49

Observance of NSS Day 2021



Subscribed

6

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Online motivational talk by Colonel Prabir Sengupta (24th Sept, 2021)



youtube.com/watch?v=yjInqBWCWwFQ8e-39c

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TIME FREEDOM

- An adult needs 6-7 hours of sleep . Sleep cycle
- Rise & shine . Physical routine
- Mental recharge
- Unclutter . Study time
- Technology to help



1:10:55 / 1:42:49

Observance of NSS Day 2021



Subscribed

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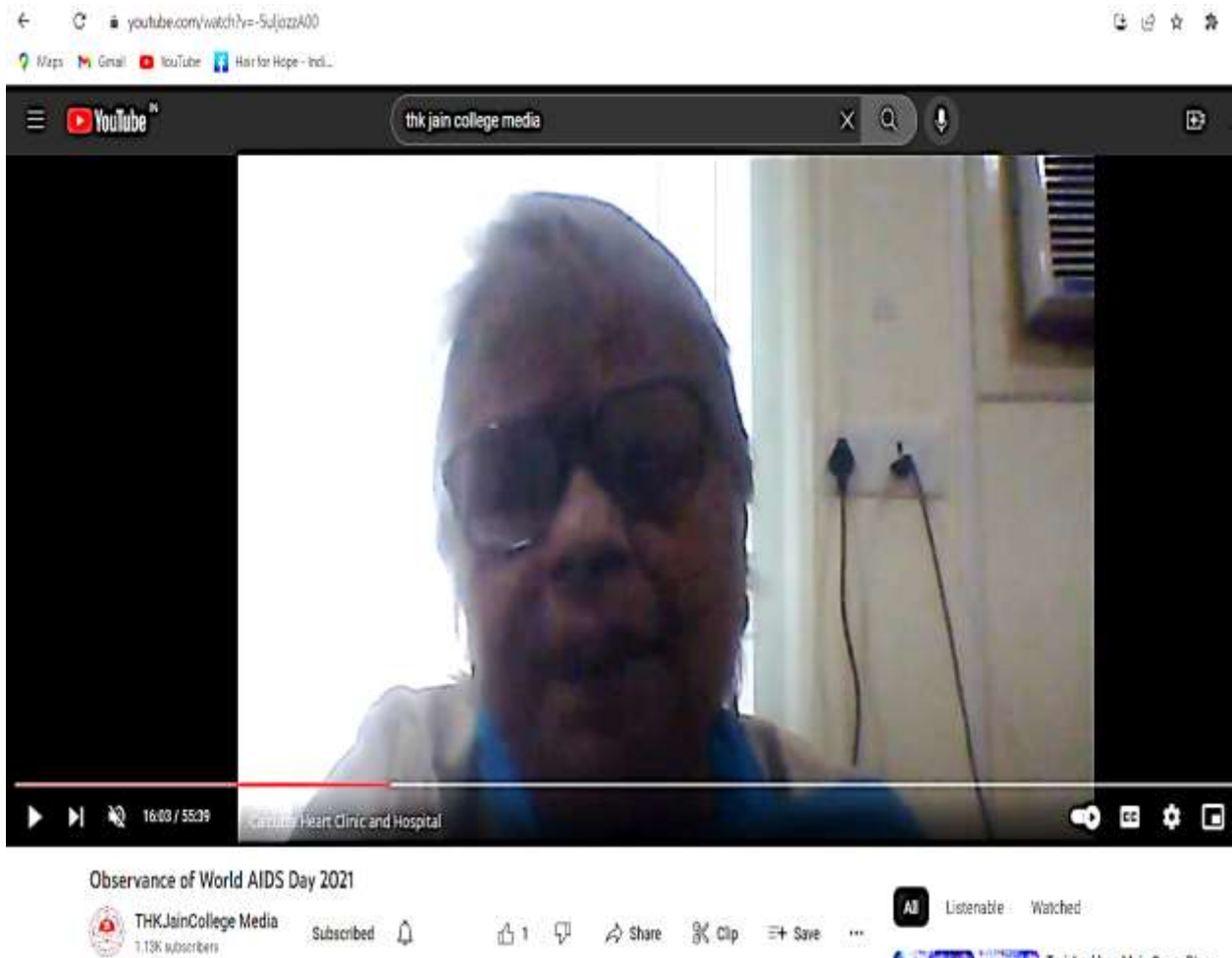
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2. Observance of World AIDS Day – 1st Dec 2021

- i) Poster Presentation by the NSS volunteers
- ii) “Ribbon-tying” initiative by the NSS unit to spread AIDS awareness

Webinar was conducted by our Principal, Dr. Mausumi Singh (Sengupta), T H K Jain College; Invited Guest Speaker was Dr. Subrata Sarkar. The NSS volunteers and students from various departments attended the webinar.



Dr. Subrata Sarkar, Principal, Sister Nibedita Nursing Academy, Kolkata & Former Principal, Govt. College of Nursing, R.G. Kar MCH, Kolkata

3. Observance of Human Rights Day -1 0th Dec, 2021. A program on Human Rights Day was organized by the NSS Unit of our College. Our Principal, Dr. Mausumi Singh (Sengupta) delivered an efficacious speech covering all the aspects of the basic Human Rights and the importance of Personality Development among the students. NSS volunteers and students from different departments presented their PPTs on the said topic.



4. Ration Distribution –11th Dec, 2021. Ration was distributed to the poor and needy by the NSS volunteers of our college. The volunteers contributed in unpacking, distributing tokens, entering names of the receivers, and serving basic materials like rice, dal, sugar, oil, biscuits. Such free ration distribution events are held every month by the S.S. Jain Sabha.



5. National Energy Conservation Day – 14th Dec, 2021.

- i) Speech by Program Officer, NSS Unit
- ii) PowerPoint presentation by an NSS volunteer from the Department of English
- iii) Poster presentation on Human Rights made by the NSS volunteers

Quiz Competition was organized for the students of various departments. Winners were handed over prizes and certificates.



6. Inaugural Event of Green Manure Production -16th Dec, 2021, organized jointly by department of Botany and NSS Unit

The Department of Botany welcomed the Guest Speaker, Dr. Samir Ranjan Sikdar, Retd. Professor from Bose Institute, Kolkata, after which he delivered a short speech on the importance of 'Green Manure Production'. Our Principal, Dr. Mausumi Singh (Sengupta) addressed the students and discussed the environmental-friendly practices that had been adopted by the College. The second phase of the program was the inauguration of the three pits of the Green Manure Production Unit on the College ground by ribbon-cutting ceremony.



The first pit was filled up with dry leaves and collected canteen waste materials. Water was mixed with cow dung and molasses solution was further added. The teachers and total of 15 students from the department of Botany, 20 NSS student volunteers and other support staff attended the event.

7. Observance of National Youth Day – 11th and 12th Jan, 2022.

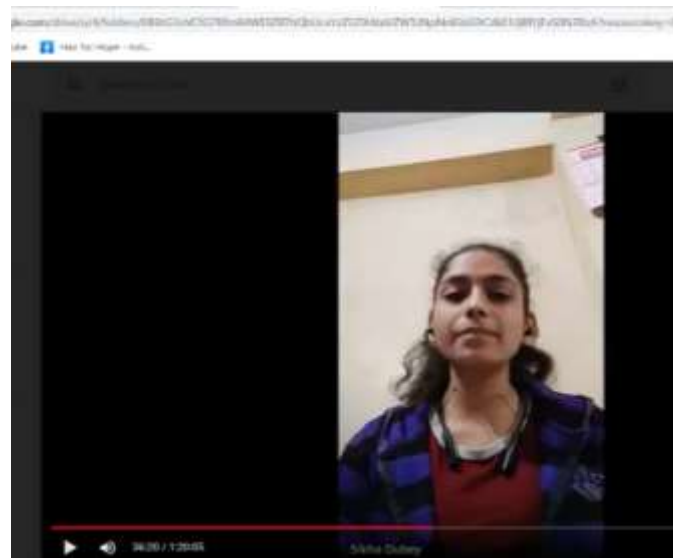
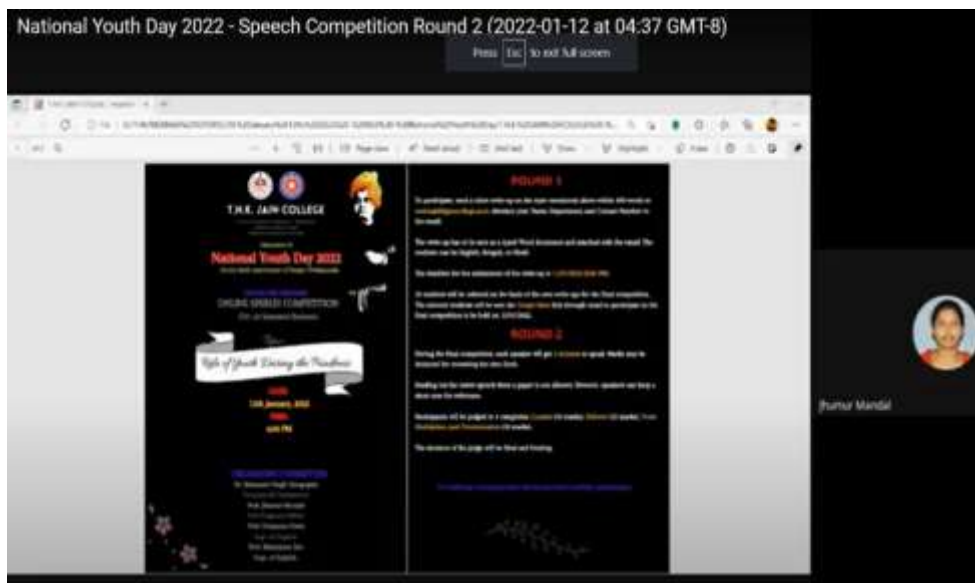
An online speech competition was organized on the National Youth Day to mark the Birth Anniversary of Swami Vivekananda. The event was held in two rounds:

In the first round, students were asked to submit their write-ups on the topic “Role of Youth during the Pandemic” within 300 words in English, Hindi or Bengali.

Ten candidates were selected to deliver their speech in the second round.

In the second round, which was held online on 12th Jan, 2022; started with an introductory address by Prof. Jhumur Mondal, NSS Program Officer followed by welcome address by Dr. Mausumi Singh (Sengupta), Principal.

All the ten contestants were given three minutes to deliver their speech - marks were allotted separately for content, delivery, voice modulation and pronunciation. The decision of the judge was final and binding. Certificates were handed over to the winners.



8. Online Quiz on the 125th Birth Anniversary of Netaji Subhash Chandra Bose on 23rd Jan 2022, organized by the Department of Political Science and NSS Unit.

An 'E-Quiz' was organized through 'Google Form' to observe the 125th Birth Anniversary of Netaji Subhash Chandra Bose. The program was organized by the Department of Political Science and the NSS Unit of our College. There was total 25 questions based on the life of Netaji. The total number of participants was 198. The online certificates were sent through email to the winners.

9. Celebration of Vasant Panchami on 5th Feb, 2022:

On the auspicious day of Vasant Panchami, the students and faculty came together to seek the blessings of the Goddess of knowledge, music, art and culture, Ma Saraswati. The ritual was graced with the presence of our Principal, Dr. Mausumi Singh (Sengupta), faculties, NSS volunteers, staff and students from different departments. Students participated in various cultural programs like singing and dancing with great enthusiasm. After the puja, prasad was distributed to everyone present.



10. A 7-Day NSS Special Camp from 24th March to 30th March, 2022.

The NSS unit of THK Jain College organized a special camp.

Following is a brief report of the '7-day program' schedule:

DAY	NAME OF THE PROGRAMME	VENUE
1	Food Distribution Program in collaboration with NGO 'Let's Feed Together', the later's initiative being called 'Apni Roti.'	College campus
2	Health check-up camp for the slum-dwellers. Dr. Dipankar Das of North Kolkata 'Janhit Sankalp' along with his medical team offered free health examination for the slum-dwellers and prescribed medicines as required. 80 people turned up for the medical camp.	College campus
3	Distribution of Academic Accessories (book, pen, pencil, note books etc.) amongst school children (Sanatan School in Cossipore). A dance performance was also put up by our volunteers to entertain the kids.	Sanatan School in Cossipore
4	Cleanliness drive of campus	College campus
5	Sit & Draw and Cultural Competition at Bagbazar Sarada Prathamik Vidyalay, a school maintained by an NGO. Around 53 school children participated in the event. In the end of the program, NSS unit was handed Mementos by the school committee.	Bagbazar Sarada Prathamik Vidyalay
6	Blood Donation Camp in association with Blood Connect Foundation, Let's Feed Together & Lions Club, Kolkata. Total 123 donors including NSS volunteers, students, teachers and staff donated blood in this event, thereby making the initiative a grand success.	College campus
7	Certificate distribution to Former Volunteers & Valediction. The valediction program ended with a vote of thanks by our Principal, Dr. Mausumi Singh (Sengupta).	College campus

Inauguration of 7-Day Camp



Food-Van



Food distribution by the NSS student volunteers

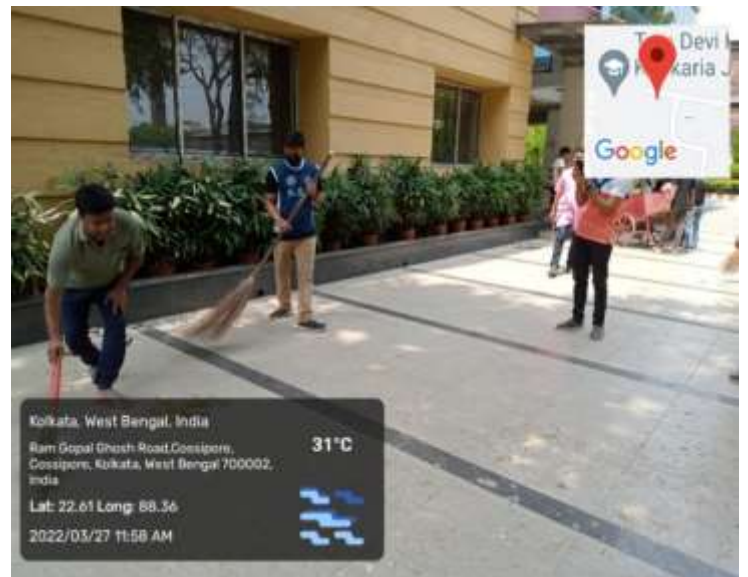
Health check-Up



Sit-and-Draw Competition



Campus-cleanliness drive



Blood-Donation Camp



11. Celebration of International Yoga Day 2022

- YOGA workshop in college campus on:
 - i. 20th May, 2022 - 9:00 AM to 10:30 AM
 - ii. 21st June, 2022 - 9:00 AM to 11:00 AM
- Article Writing Competition:
"Yoga: An Ancient Indian Practice for a Better Life"

