

Year: 2022-23

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



Khatra Adibasi Mahavidyalaya

P.O.: Khatra, Dist. Bankura, West Bengal, Pin: 722140


Phone: 8900057220 E-mail: khatraacollege@gmail.com / kacollege@rediffmail.com


Website: www.kamv.ac.in

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Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc. during the year: 2022-23

Sl. No.	Title of the Programme	Name of the scheme	Year of the activity	Number of Students Participated
1	International Youth Day Celebration	College fund	2022	70
2	75 Years of Independence Day Celebration	College fund	2022	100
3	NSS Day Celebration	College fund	2022	107
4	Blood Donation Camp	Red Ribbon Club Grant	2023	18
5	Awareness Programme on Anti-Tobacco Day	College fund	2023	14
6	World Bicycle Day	College fund	2023	10
7	Celebration of World Environment Day	College fund	2023	23
8	International Yoga Day Celebration	College fund	2023	50


N.S.S.
Unit-I, II & III
Khatra Adibasi Mahavidyalaya
Khatra : Bankura


Principal
Khatra Adibasi Mahavidyalaya
Khatra, Bankura



Khatra Adibasi Mahavidyalaya

P.O.: Khatra, Dist. Bankura, West Bengal, Pin: 722140
Phone: 8900057220 E-mail: khatracollege@gmail.com / kacollege@rediffmail.com

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National Service Scheme



-:REPORT:-

INTERNATIONAL YOUTH DAY

(12th August, 2022 (FRIDAY))

Organized by

NSS UNITS (Unit- I, II & III)

Khatra Adibasi Mahavidyalaya

Introduction:

As per the instruction provided by Ministry of Youth Affairs and Sports, Govt. of India vide Memo no. F.NO P-33-1/NSS/RD/KOL/2022-23/2563-2649, dated 8th August, 2022, the NSS Units of Khatra Adibasi Mahavidyalaya organized a Tree Plantation Programme to celebrate International Youth Day on 12.08.2022 (Friday) at our Khatra Adibasi Mahavidyalaya college-campus.

Participants:


70 NSS volunteers, NSS Programme Officers of three NSS Units (I, II and III) and ten faculty members from various departments participated in this afforestation programme with a view to enhancing the greenery of our eco-friendly college campus. 70 saplings were planted in this programme.

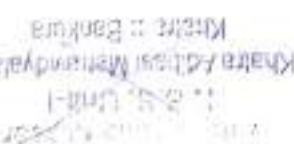
Motto:

Green is symbol of youth and vigour. Hence, we chose to conduct the tree plantation programme to encourage the youth and to motivate them to make the planet a better place to live thereby sensitizing them about ecological concerns.

Expenditure:

A modest amount of Rs. 800 was spent to conduct this programme.


Programme Officer
N.S.S. Unit-I
Khatra Adibasi Mahavidyalaya
Khatra - Bankura


NSS Unit-I
Khatra Adibasi Mahavidyalaya
Khatra - Bankura


Principal
Khatra Adibasi Mahavidyalaya
Khatra, Bankura

Snapshot: International Youth Day celebration Images at Khatra Adibasi Mahavidyalaya,
Makrara on 12/08/2022



Makrara, West Bengal, India
2V24+JR7, Makrara, West Bengal 722140, India
Lat 23.001773°
Long 86.856937°
12/08/22 02:53 PM



Makrara, West Bengal, India
2V24+JR7, Makrara, West Bengal 722140, India
Lat 23.001773°
Long 86.856937°
12/08/22 02:57 PM

Programme Officer
N.S.S. Unit-I
Khatra Adibasi Mahavidyalaya
Khatra :: Bankura

Principal
Khatra Adibasi Mahavidyalaya
Khatra :: Bankura

Snapshot: International Youth Day celebration Images at Khatra Adibasi Mahavidyalaya,
Makrara on 12/08/2022



Makrara, West Bengal, India
2V24+JR7, Makrara, West Bengal 722140, India
Lat 23.001773°
Long 86.856937°
12/08/22 02:49 PM

Programme Officer
N.S.S. Unit-I
Khatra Adibasi Mahavidyalaya
Khatra :: Bankura

Principal
Khatra Adibasi Mahavidyalaya
Khatra, Bankura



=:REPORT:=

75 Years of Independence Day Celebration (Azadi Ka Amrit Mahotsav)

Har Ghar Tiranga

(75years of Independence)

12th-15th AUGUST, 2022 (FRIDAY)

Organised by

NSS UNITS (I, II AND III)

KHATRA ADIBASI MAHAVIDYALAYA

Introduction:

As per the instruction provided by Ministry of Youth Affairs and Sports, Govt. of India vide Memo no. F.NO P-33-1/NSS/RD/KOL/2022-23/2714-2800, dated 8th August, 2022, the NSS Units of Khatra Adibasi Mahavidyalaya organized *Har Ghar Tiranga* Campaign to celebrate 76th Independence Day at our NSS adopted villages, namely Gour Mandipur, Kharban and Makrara.

Participants:

100 NSS volunteers, NSS Programme Officers of three NSS Units (I, II and III) and five faculty members from various departments participated in this campaign. Indian flags were distributed to each house at these adopted villages. They were requested to hoist these flags to celebrate our glory of 75th Independence Day. Young members of the houses were encouraged to take selfies with the Tricolour and post it on social media with hashtag "#harghartiranga".

Motto:

This outreach programme of celebrating our 76th Independence Day as *Azadi ka Amrit Mahotsav* is a way of celebrating our patriotism and love for our motherland.

Expenditure:

A modest amount of Rs. 2500/- was spent to conduct this outreach programme.

Programme Officer
N.S.S. Unit-I
Khatra Adibasi Mahavidyalaya
Khatra Adibasi

Principal
Khatra Adibasi Mahavidyalaya
Khatra, Bankura

Unit-I at Makrara (13/08/2022)



Programme Officer
N.S.S. Unit-I
Khatra Adibasi Mahavidyalaya
Khatra :: Bankura


Principal
Khatra Adibasi Mahavidyalaya
Khatra, Bankura



Makrara, West Bengal, India
2V92+J95, Makrara, West Bengal 722140, India
Lat 23.00914°
Long 86.851063°
13/08/22 02:00 PM



Khatra, West Bengal, India
2V34+490, Khatra, West Bengal 722140, India
Lat 23.009055°
Long 86.85000°
13/08/22 01:38 PM

NSS Unit-II at Kharbon (13/08/2022)



Khatra, West Bengal, India
XVQ3+R6J, Khatra, West Bengal 722140, India
Lat 22.98968°
Long 86.853327°
13/08/22 02:07 PM



Senapatia
Khatra, West Bengal, India
XVQ3+R6J, Khatra, West Bengal 722140, India
Lat 22.989721°
Long 86.854884°
13/08/22 01:43 PM

Programme Officer
N.S.S. Unit-I
Khata Adibasi Mahavidyalaya
Khata :: Bankura

[Signature]
Principal
Khata Adibasi Mahavidyalaya
Khata, Bankura



Khatra, West Bengal, India
 XVQ3+R6J, Khatra, West Bengal 722140, India
 Lat 22.98971°
 Long 86.85293°
 13/08/22 02:02 PM

NSS Unit-III at Gourmandipur (13/08/2022)



Makrara, West Bengal, India
 2V54+CHG, Palrachali - Hirbandh - Manbazer - Barabhum -
 Balarampur Rd, Makrara, West Bengal 722140, India
 Lat 23.008451°
 Long 86.856184°
 13/08/22 01:54 PM



Makrara, West Bengal, India
 SH 2, Makrara, West Bengal 722140, India
 Lat 23.004293°
 Long 86.856213°
 13/08/22 01:22 PM



Tantikata, West Bengal, India
 Unnamed Road, Tantikata, West Bengal 722140, India
 Lat 23.005584°
 Long 86.842008°
 13/08/22 01:14 PM

Programme Officer
 N.S.S. Unit-I
 Khatra Adibasi Mahavidyalaya
 Khatra, Bankura

[Signature]
 Principal
 Khatra Adibasi Mahavidyalaya
 Khatra, Bankura



National Service Scheme

Khatra Adibasi Mahavidyalaya

P.O.: Khatra, Dist. Bankura, West Bengal, Pin : 722140

Mobile No: 7980429635/9614488851/8250304144 / Email: kamvnss@gmail.com

Website: www.kamv.ac.in

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-:Report:-

NSS Day Celebration

Organised by

National Service Scheme Unit-I, II & III
Khatra Adibasi Mahavidyalaya

Introduction:

National Service Scheme has an important role in society development and creating awareness among students and their locality through the voluntary activities performed by them. As per guidelines provided by National Service Scheme (2006), every institution has to celebrate NSS Day programme as a regular activity. NSS Day is celebrated every year in India on 24th September. NSS Unit I, II & III organized NSS Day Celebration on 24th September 2022 (Wednesday).

Participants:

In this Programme Dr. Parthasarothi Hati, Ex-programme officer, NSS, Dr. Arindam Chakraborti, IQAC Co-Ordinator, Dr. Asif Iqbal, Assistant Professor, Department of Mathematics, NSS Programme officers, 107 volunteers of NSS Units (Unit-I, II & III) and 7 faculty members from various departments participated.

Goal:

National Service Scheme Day celebration develops awareness among volunteers and community by organizing various programmes. NSS day celebration develops a strong sense of responsibility towards the betterment of society, that will develop each volunteer's personality through community service.

Motto:

"Not Me but You"

Aims and Objectives: -

- To understand the community in which they work, their relations to that community, and to develop a strong sense of responsibility towards the betterment of society. NSS day celebration is a programme that aims at the development of each volunteer's personality through community service. NSS Day is a celebration to commemorate the tireless efforts of each volunteer towards the welfare of one and all.

S.
Programme Officer
N.S.S. Unit-I
Khatra Adibasi Mahavidyalaya
Khatra :: Bankura

M. Saha
Principal
Khatra Adibasi Mahavidyalaya
Khatra, Bankura

- > Secondly, students have to made aware about importance of this date.
- > Thirdly, if the people are aware, they are able to construct the patriotism which can build a strong nation.



Events:

On this day, Dr. Satyajit Dutta, Programme Officer, NSS Unit-I directed NSS volunteer Shatabdi Roy & Arpita Halder to present the opening song in that programme.

Snapshot: NSS Day Celebration



Khatra, West Bengal, India
 XVF6+VRV, Khatra, West Bengal 722140, India
 Lat 22.974648°
 Long 86.861964°
 24/09/22 01:33 PM

Dr. Parthasarothi Hati, Ex-programme officer, NSS, Khatra Adibasi Mahavidyalaya, Dr. Arindam Chakrabarti, IQAC Co-ordinator, Amalendu Mandal Sir, Saiful Ansari, Assistant Professor, Department of Political Science & Dr. Aktar Hossain, NSS Programme officer, Unit-III delivered their thoughtful talk about NSS day in front of the NSS Volunteers, Unit-I.

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Programme Officer
N.S.S. Unit-I
 Khatra Adibasi Mahavidyalaya
 Khatra :: Bankura

[Handwritten signature]
 Principal
 Khatra Adibasi Mahavidyalaya
 Khatra, Bankura

Snapshot: NSS Day Celebration



Khatra, West Bengal, India
XVFB+VRV, Khatra, West Bengal 722140, India
Lat 22.974648°
Long 86.861964°
24/09/22 01:40 PM



Khatra, West Bengal, India
XVFB+VRV, Khatra, West Bengal 722140, India
Lat 22.974648°
Long 86.861964°
24/09/22 01:42 PM

NSS volunteers performed different asana (Yoga) to motivate everyone about yoga.



Khatra, West Bengal, India
XVFB+VRV, Khatra, West Bengal 722140, India
Lat 22.974648°
Long 86.861964°
24/09/22 01:51 PM



Khatra, West Bengal, India
XVFB+VRV, Khatra, West Bengal 722140, India
Lat 22.974648°
Long 86.861964°
24/09/22 01:51 PM

Anindya Ghosh, Sk Jaffaruddin & some of the NSS Unit-1 volunteers presented a Sruti Natok to develop awareness about the importance of environment preservation.



Khatra, West Bengal, India
XVFB+VRV, Khatra, West Bengal 722140, India
Lat 22.974648°
Long 86.861964°
24/09/22 01:51 PM



Khatra, West Bengal, India
XVFB+VRV, Khatra, West Bengal 722140, India
Lat 22.974648°
Long 86.861964°
24/09/22 01:56 PM

Sr.
Programme Officer
N.S.S. Unit-1
Khatra Adibasi Mahavidyalaya
Khatra :: Bankura

Anindya Ghosh
Khatra Adibasi Mahavidyalaya
Khatra, Bankura

Communicative Session: NSS (unit-III)

Dr. Parthasarathi Hati delivered his heart touching talk about his huge experience as a programme officer in this college, about the importance of the NSS Day and role and responsibilities of NSS volunteers. He said, NSS motto is "Not me but you" means NSS volunteers are doing their work not for personal achievement but they are doing their work for making a new society because society has played an important role in our development so it is our duty to help in the development of the society now. We had gone through the Covid 19 pandemic situation where we were restricted in most of our activities in daily life. NSS could not do its work as done in every other during this period. Dr. Hati was hopeful that things will soon return back to the track as before. Then, Dr. Arindam Chakrabarti delivered his thought-provoking speech regarding aims and objectives of this day. Dr. Asif Ikbal and Saiful Ansari also provided their idea regarding NSS Day and appealed to the students to join NSS and work actively. After the speeches, Dr. Sk Aktar Hossain, Programme Officer, NSS Unit-III asked the NSS volunteers to share their experience of doing NSS activities. Laxmikanta Pal, Manjura Mudi and Nila Garai shared their enjoyable and valuable experiences.



Programme Officer
N.S.S. Unit-I
Khatra Adibasi Mahavidyalaya
Khatra, Bankura

Principal
Khatra Adibasi Mahavidyalaya
Bankura

Prize Distribution

NSS programme officers introduced a prize distribution ceremony on the occasion of NSS Day Celebration to motivate the volunteers for their good behavior and active participation round the year in NSS work.



Programme Officer
N.S.S. Unit-I
Khatra Adibasi Mahavidyalaya
Bankura


Prinicipal
Khatra Adibasi Mahavidyalaya
Khatra, Bankura

Sapling Distribution for Plantation.

On this day, after the prize distribution, 100 saplings were distributed to the volunteers, NSS Units (Units-I, II & III) for plantation outside the college campus.



Plantation:

Saplings were implanted by volunteers of the NSS Units (Unit-I, II & III) outside the college campus under the guidance of programme officers.



Programme Officer
N.S.S. Unit-I
Khatra Adibasi Mahavidyalaya
Khatra :: Bankura


Principal
Khatra Adibasi Mahavidyalaya
Khatra, Bankura



Khatra Adibasi Mahavidyalaya

P.O.: Khatra, Dist. Bankura, West Bengal, Pin: 722140
Phone: 8900057220 E-mail: khatracollege@gmail.com / kacollege@rediffmail.com
Website: www.kamy.ac.in
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Title of the programme: Blood Donation Camp

Organized by: Red Ribbon Club, NSS and NCC, Khatra Adibasi Mahavidyalaya

Date of the programme: 18th March 2023

Number of teacher participants: 5

Number of student participants: 18

Place of activity: Khatra Adibasi Mahavidyalaya

REPORT

Blood Donation Camp

Organized by

Red Ribbon Club, NSS & NCC

Khatra Adibasi Mahavidyalaya

Introduction:

Volunteers of Red Ribbon Club, NSS Unit-I, II & III, Khatra Adibasi Mahavidyalaya organized "Blood Donation Camp" on 18/03/2023 in Hall 2 of Khatra Adibasi Mahavidyalaya.

Aims and Objectives:

The Red Ribbon has become an international symbol of solidarity and support for people living with HIV. Wearing a red ribbon is a simple and powerful way to challenge the stigma and prejudice surrounding AIDS. Red Ribbon concept was inspired by the yellow ribbons honouring American soldiers serving in the Gulf war. Red Ribbon concept was framed to symbolize support and solidarity for people living with HIV and to remember those who have died from AIDS-related illnesses. The colour red was chosen for its, "connection to blood and the idea of passion – not only anger, but love, like a valentine," the Project founders say. Volunteers of Red Ribbon Club, NSS Unit-I, II & III, Khatra Adibasi Mahavidyalaya organized "Blood Donation Camp" on 18/03/2023 in Hall 2 of Khatra Adibasi Mahavidyalaya.

Outcome:

- 23 volunteers donated blood to make this event a grand success.

Programme Officer
N.S.S. Unit-I

Khatra Adibasi Mahavidyalaya
Khutra - Bankura


Khatra Adibasi Mahavidyalaya
Khutra - Bankura

Snapshot: Blood Donation Camp



GPS Map Camera



Google

Makrara, West Bengal, India
2V24+JR7, Makrara, West Bengal 722140, India
Lat 23.001759°
Long 86.856815°
18/03/23 12:24 PM GMT +05:30



GPS Map Camera



Google

Makrara, West Bengal, India
2V24+VJ3, Makrara, West Bengal 722140, India
Lat 23.001872°
Long 86.856615°
18/03/23 12:25 PM GMT +05:30

Programme Officer
N.S.S. Unit-I
Khata Adibasi Mahavidyalaya
Khata :: Bankura

[Signature]
Khata Adibasi Mahavidyalaya
Khata Bankura

Snapshot: Blood Donation Camp



S.
Programme Officer
N.S.S. Unit-I
Khary Adhisi Mahavidyalaya
Kharya - Bankura

[Signature]
Khary Adhisi Mahavidyalaya
Kharya, Bankura



Khatra Adibasi Mahavidyalaya

P.O.: Khatra, Dist. Bankura, West Bengal, Pin: 722140
Phone: 890057220 E-mail: Khatracollege@gmail.com / kacollege@rediffmail.com
Website: <https://kamv.ac.in/>
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REPORT AWARENESS PROGRAMME ON ANTI-TOBACCO DAY

Organized by
NSS Unit I, II & III
KHATRA ADIBASI MAHAVIDYALAYA
Khatra, Bankura

Introduction:


National Service Scheme has an important role in society development and creating awareness among students and their locality through the voluntary activities performed by them. As per guidelines provided by National Service Scheme (2006). Every Institution has to organize awareness programme as a regular activity. National Service Scheme Unit-I, II & III, Khatra Adibasi Mahavidyalaya organized various health related awareness programme on Anti-Tobacco Day 31st May, 2023 (Wednesday).

Goal:

The most useful word in our life is 'Prevention is better than cure'. Goal of this programme is to develop awareness about healthy lifestyle among the people of the surrounding area of Khatra. The aim of the programme was to refrain people from use of any type of tobacco and the associated by-products sold in roadside shops; which is the cause of cancer and most of the OCD problems.

Aims and Objectives: -

- The basic objective of this rally was to develop awareness among the students about the Tobacco and its fatal effects on human health.
- Secondly, to grow potentials among the students such that they can make aware the people in the society about the preventive measures including their own locality in this matter.
- Thirdly, if the people are aware of this matter, they can slowly take themselves away from consuming tobacco and the related products which can lead them towards a healthy lifestyle and save money also.
- We know the proverb, 'Health is wealth'. This awareness can contribute towards healthy life and good habit which can build a good character.


Programme Officer
N.S.S. Unit-I
Khatra Adibasi Mahavidyalaya
Khatra :: Bankura


Principal
Khatra Adibasi Mahavidyalaya
Khatra, Bankura

Anti-Tobacco Day Rally



Introduction:

National Service Scheme Unit-I, II & III, Khatra Adibasi Mahavidyalaya organized an Awareness rally on Anti-Tobacco Day from Pump More, Khatra to Kharbon (Adopted Village) via Khatra Bazar.

Participants:

3 Programme officers, 14 NSS Volunteers of and 2 faculty members from various departments participated in this rally with a view to aware people of the surrounding area of Khatra about the harmful effects of use of tobacco. Due to prevailing heat few volunteers attended this rally.

Events:

The volunteers of NSS Units (Unit-I, II & III) under the able guidance of NSS Programme officers and faculty members started Anti-Tobacco Rally from Pump More, Khatra to Kharbon (Adopted Village) via Khatra Bazar in accordance with the permission of Dr. Nityananda Patra, honourable Principal of this college. The NSS volunteers visited the adopted village and interacted with the local public. The volunteers appealed to the villagers of Khatra Bazar to gather at the centre of the village. The NSS programme Officers delivered their valuable lecture on ANTI-TOBACCO DAY and its significance. They interacted with the common people of the adopted village, Kharbon to aware them and requested them to give up consumption of tobacco. With this the rally ended.





KHATRA ADIBASI MAHAVIDYALAYA

Khatra :- Bankura :- PIN - 722140

Estd - 1978

Awareness Programme

Tobacco Cessation among the College Students.

Organized By

Khatra Adibasi Mahavidyalaya,

in association with

District Tobacco Control Cell (DTCC)

Bankura, Govt. Of WB

Programme Officer
N.S.S. Unit-1
Khatra Adibasi Mahavidyalaya
Khatra :- Bankura


Principal
Khatra Adibasi Mahavidyalaya
Khatra, Bankura



Khatra Adibasi Mahavidyalaya

P.O.: Khatra, Dist. Bankura, West Bengal, Pin: 722140
Phone: 8909057220 E-mail: khatracollege@gmail.com / kacoffee@rediffmail.com
Website: www.kamv.ac.in
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National Service Scheme

-:Report:-

World Bicycle Day

Organised by
NSS UNITS (I, II AND III)
Khatra Adibasi Mahavidyalaya

Introduction: -

World Bicycle Day is celebrated every year on June 3. The day aims to develop a culture of cycling for basic transportation, commutation, and strengthening physical and mental health. World Bicycle Day draws attention to recognise the longevity, uniqueness, and versatility of the bicycle, and that it is an affordable, reliable, simple, clean and environmentally fit sustainable means of transport. Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, the scraped knees and scratched elbows after falling from our cycles are part of what makes childhood memories of playing so nostalgic.

Theme: -

- The NSS Units of Khatra Adibasi Mahavidyalaya organised bicycle race in the occasion of World Bicycle Day on 3rd June 2023. The theme for the year 2023 for *World Bicycle Day* was *Riding Together for a Sustainable Future*.

Aims and Objectives: -

- The basic objectives of the day's celebration are to develop awareness of necessity of a culture of cycling for basic transportation, commutation, and strengthening physical and mental health among NSS volunteers, students and people of the surrounding area.
- Second, NSS volunteers, Students and people of the surrounding locality of Khatra area will understand the need of cycling to avoid pollution free journey and control environmental hazard.

Events: -

A cycle rally was organised by NSS (Unit-I, II & III). 50 NSS volunteers, NSS Programme Officers of three NSS (Unit-I, II & III) and two faculty members from various departments participated in this celebration. Before the commencement of the event Akinchan Pal, NSS programme officer of Unit II elaborately discussed the importance and need of that day and also instructed how and where the rally will go forward and be finished.

Programme Officer
N.S.S. Unit-I
Khatra Adibasi Mahavidyalaya
Khatra, Dist. Bankura


Principal
Khatra Adibasi Mahavidyalaya
Khatra, Bankura

The city started from Pump House, Khairā and via Khairā Bazar it ended at Khairā Adhāsī Mahāvīdyālaya. NSS programme officers and NSS volunteers met the people of the bazar and discussed the need and necessity of cycle riding to develop of health and environment. People acknowledged and appreciated the event.



Snapshot: World Bicycle Day



Programme Officer
N.S.S. Unit-1
Khairā Adhāsī Mahāvīdyālaya
Khairā - Bankura


Khairā Adhāsī Mahāvīdyālaya
Khairā, Bankura



Khatra Adibasi Mahavidyalaya



P.O.: Khatra, Dist. Bankura, West Bengal, Pin: 722140
Phone: 8900057220 E-mail: khatracollege@gmail.com / kacollege@rediffmail.com
Website: www.kamv.ac.in
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Title of the programme: Celebration of World Environment Day
Organized by: NSS Units I, II and III, Khatra Adibasi Mahavidyalaya
Date of the programme: 5th June 2023
Number of teacher and other non-teaching staff participants: 6
Number of student participants: 23
Place of activity: Khatra Adibasi Mahavidyalaya

REPORT

CELEBRATION OF WORLD ENVIRONMENT DAY

Organized by

**NCC AND NSS UNITS-I, II AND III, KHATRA ADIBASI
MAHAVIDYALAYA**

Introduction:

Both NCC (National Cadet Corps) and NSS (National Service Scheme) play vital roles in society development and creating awareness among students and their locality by conducting voluntary activities. As per guidelines provided by National Service Scheme (2006), every institution must celebrate International Environment Day every year. NSS Day is celebrated every year in India on 5th June. NSS Units I, II & III organized Sapling Distribution Programme on 5th June 2023.


Programme Officer
N.S.S. Unit-I
Khatra Adibasi Mahavidyalaya
Khatra, Bankura


Programme Officer
Khatra Adibasi Mahavidyalaya
Khatra, Bankura

Goal:

International Environment Day celebration will grow awareness about the environment among NSS volunteers. Various programmes are organized on this day to develop a strong sense of responsibility towards the betterment of society, that will develop each volunteer's personality through community service.



Motto:

Save green environment and thus save life

Aims and Objectives:

- ✓ To understand the community in which they work, their relationship with the community, and to develop a strong sense of responsibility towards the betterment of society. Both NCC and NSS aim for the development of each volunteer's personality through community service. World Environment Day is a celebration to save environment by creating awareness among students and locality.
- ✓ Secondly, students must be aware about the importance of this date.
- ✓ Thirdly, if the people are aware, they can contribute towards green environment which can save our Earth.

Events:

NSS programme officer, volunteers conducted a Sapling Distribution Programme on World Environment Day guided by advisory committee. They collected the sapling from the Ranger, Khata Forest Office and gathered in the college campus. NSS Programme Officers of this college imparted their knowledge regarding importance of this day to the participants. The saplings were distributed among the volunteers and the NSS Programme Officers instructed how to implant and take care of the plants properly and that they should report about the progress of growth of the plants regularly to the programme officer.

Signature
Programme Officer
N.S.S. Unit-1
Khata Adbasi Mahavidyalaya
Khata :: Barikura

Signature
Principal
Khata Adbasi Mahavidyalaya
Khata, Barikura

Outcomes:

- All stakeholders of the college as well residents of the local areas realised the importance of maintaining a pollution free environment inside as well as outside the college campus.
- They realised the importance of tree plantation and this can contribute towards a better campus life as well as social life.

Photographs of the Celebration of World Environment Day on 5th June 2023



Programme Officer
S.S. Unit-1
Dibrani Mahavidyalaya
Khatra, Bankura

Photographs of the Celebration of World Environment Day on 5th June 2023



[Signature]
Programme Officer
K. J. S. S. Unit-1
Bankura, West Bengal

Photographs of the Celebration of World Environment Day on 5th June 2023



Programme Officer
N.S.S. Unit-1
Khatra Adibasi Mahavidyalaya
Khatra :: Bankura


Principal
Khatra Adibasi Mahavidyalaya
Khatra, Bankura



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Programme Officer
N.S.S. Unit-1
Khata Adhisi Mahavidyalaya
Khata - Bankura

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Khata Adhisi Mahavidyalaya
Khata, Bankura

REPORT

International Yoga Day Celebration

Organised by

National Service Scheme UNITS (Unit-I, II AND III)
Khatra Adibasi Mahavidyalaya

Introduction:

National Service Scheme has important role in society development and in creating awareness among students and their locality through the voluntary activities performed by them. As per guidelines provided by National Service Scheme 2006, every institution has to organize different celebration programmes regularly. In recognition of the holistic significance of yoga in the lives of individuals, Khatra Adibasi Mahavidyalaya of NSS Unit-I, II & III celebrated the International Yoga Day on June 21, 2023.

Participants:

Monojit Mandal, SACT, Department of Physical Education, Tapan Patra, NCC Programme officer, 3 NSS Programme officers, 50 NSS volunteers (29 Female, 21 male), students of Philosophy department and Physical Education department participated in the Yoga session on the occasion of International Yoga Day.

Aims and Objectives: -

Yoga is an ancient physical, mental and spiritual practice that originated in India. Today it is practiced in various forms around the world and continues to grow in popularity.

Aims and objectives of the International Yoga Day celebration are following-

- The International Day of Yoga aims to raise awareness among students, NSS volunteers and other stakeholders of the college about the different benefits of practicing yoga.
- Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions, so that one can achieve what one wants in one's life.
- Yoga embodies unity of mind and body, thought and action – a holistic approach that is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature

Events: -

The session started with prayer followed by warm-up after which several uplifting asana, breathing exercises and relaxation techniques were instructed and discussed. NSS programme officers also emphasized the relevance of everyday yoga in preventing ailments, strengthening core and keeping oneself calm. Participants also performed 'Surya Namaskar', 'Padmasana', 'Dhanurasana', and other various asana in the college.

Programme Officer
N.S.S. Unit-I
Khatra Adibasi Mahavidyalaya
Khatra - Bankura

Khatra Adibasi Mahavidyalaya
Khatra - Bankura





Officer
Unit-1
Mahavidyalaya
Bankura

Dr. Prabir
Principal
Khurda Aśhram Mahavidyalaya
Khurda, Odisha



S. P.
Programme Officer
N.S.S. Unit-I
Khairatabad Mahavidyalaya
Khairatabad - West Bengal

[Signature]
Principal
Khairatabad Mahavidyalaya