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LILABATI MAHAVIDYALAYA

Estd.- 2013

Affiliated to the University of North Bengal

JATESWAR * ALIPURDUAR * PIN CODE- 735216 * WEST BENGAL.

Ref. No.....

Date.....

NSS LILABATI MAHAVIDYALAYA

ACTIVITIES: CELEBRATION OF YOUTH FESTIVALS

Date: 12:01:2024

Introduction:-

“This day is a day of great inspiration for every Indian youth; it is a day for taking new resolutions. On this day, India had received such a zealous entity in the form of Vivekananda that is still energizing our country, constantly inspiring us and showing us the way forward.” - Prime Minister Narendra Modi.

Swami Vivekananda, the great philosopher, thinker and the greatest patron of the youth in India, was born on January 12, 1863 on the Pausha Krishna Saptami Tithi in Kolkata (then Calcutta). Every year since 1985, the Government of India observes January 12, the birth anniversary of Swami Vivekananda, as the National Youth Day and the week commencing from that day, as the National Youth Week. To quote from a Government communication: “it was felt that the philosophy of Swamiji and the ideals for which he lived and worked could be a great source of inspiration for the Indian Youth.”

Objective of this Programme:-

The vision of National Youth Festival 2014 is to empower youth to achieve their full potential, and through them enable India to find its rightful place in the community of nations. The Policy identifies five well-defined objectives and 11 priority areas. The priority areas are education, skill development and employment, entrepreneurship, health and healthy lifestyle, sports, promotion of social values, community engagement, participation in politics and governance, youth engagement, inclusion and social justice.

Number of volunteers Participation:- 35

Place of activities: - Adopted village in Alinagar, Jateswar

Programme Outcome:-

- In this programme the all volunteers and all youth adapted village will helps to develop youth literacy and development of in India
- To develop employment opportunity and entrepreneurship among the youths
- To provide social justice and create a judge and equal society based on mutual respect, among the youth feel safe and able to exercise their rights.
- It helps to youth to charge their future through equitable access to quality education and show youth festival the all youth society member of the society can ensure health and wellbeing for youth of all identities.
- This Programme the develop a culture of fitness and sports among the youths and achieve national, international eminence.
- Through this programme the all the power or diversity of youth and ensure equitable progress and social inclusion.

Conclusion:-

Youth Festival 12th January, very important for us because this is the birth anniversary of Swami Vivekananda. And this is help for every member of youth in society to develop youth power, which hail for education, help for leadership, help to provide social justice and And to help every people in our society to inclusion in not only basis of culture, but also in basis of education, culture, custom, tradition which helped us live in peacefully in the society.



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NSS LILABATI MAHAVIDYALAYA

ACTIVITIES: AWARENESS ABOUT CAREER COUNSELLING

Date: 18:01:2024

Introduction:-

Career development is a lifelong process that, whether student know it or not, started when you were born! There are several factors that influence students career development, including their interests, abilities, values, personality, background, and circumstances. *Career Counselling* is a process that will help students to know and understand yourself and the world of work to make career, educational, and life decisions.

Career development is more than just deciding on a major and what job student want to get when student graduate. It really is a lifelong process, meaning that throughout student life student will change, situations will change, and student will continually have to make career and life decisions. The goal of Career Counselling is to not only help student make the decisions student need to make now, but to give student the knowledge and skills student need to make future career and life decisions.

Objective of this Programme:-

- Help *you* figure out who student are and what student want out of student education, student career, and student life.
- Be someone for student to talk to about student thoughts, ideas, feelings, and concerns about student career and educational choices, who will help student sort out, organize, and make sense of student thoughts and feelings.
- Help student identify the factors influencing student career development, and help student assess student interests, abilities, and values.
- Help student locate resources and sources of career information.
- Help student to determine next steps and develop a plan to achieve student goals.

Number of volunteers Participation:- 75

Place of activities: - Jateswar Lilabati Mahavidyalaya

Programme Outcome:-

It helps NSS volunteers and student of Lilabati Mahavidyalaya to develop their confidence for their future.

It helps to students to taking own decision for their future careers.

This Career counselling programme help to students for understand their own strength and weakness with regards to their present course or professions, and lets them know what career they would be suited for them.

Conclusion:-

Career counselling programme helps to students for choose their careers and future course of study. It also develop their confidence and choose their deferent types of job suited for them And also, to provide job satisfaction to our students in near future



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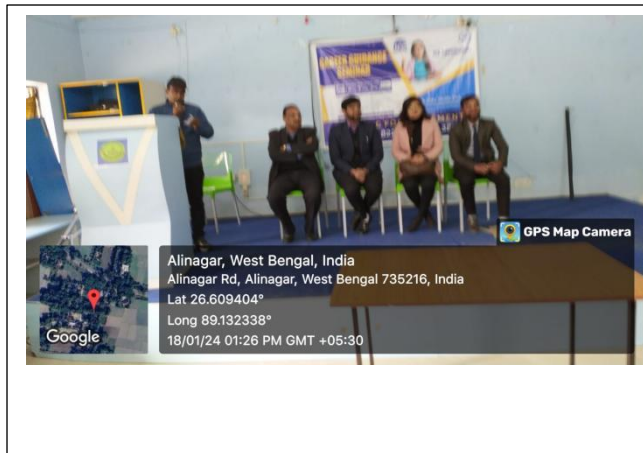
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NSS LILABATI MAHAVIDYALAYA

ACTIVITIES:- FREE HEALTH CHECK UP CAMP

Date: 08:02:2024

Introduction:-

Health is wealth. Health is very important for students because sound mind creates sound body and sound body creates sound minds. So when students are very healthy, they also learn very quickly and very easily but when students are feel illness due to several reasons so they are not able to study and quickly. So health is very important factor for every person's not only for students and but also for common people And so health is health checker is very important part of our day to day life. And it is very necessary for every person to check their health and health problems. And how to solve the different type of health problem in your society and among the students in your school and college.

Objective of this Programme:-

These programme provides access to basic and specialised medical service Raise awareness about health issue and can help prevent the spread of different disease among the common people and our students. Medical came for valuable tool for addressing health inequalities and improving the overall health of our society This programme provide awareness of the students and common people in adopted village about their health problems And taking the Dr. advice of hospital and Dr help to their solve the different type of medical problems Even problem of students, problem of old age persons and men and women, the every person check up their health and basis of the type of disease and different type of peoples.

Number of volunteers Participation:- 103

Place of activities: -

Jateswar Lilabati Mahavidyalaya and Adapted Village.

Programme Outcome:-

This free medical health check programme help to our students and common people of adopted village of NSS unity and help to test the different type of the problems and kidney functions and different types of blood groups and the different types of problems related to students, related to old women and men. And they provide suggestion, suggest them to provide different type of and suggestion for higher medical information and higher checkup.

Conclusion:-

Good health is most valuable possession an individual can have in their life. Nothing you work for Oregon. Earn can be enjoyed unless you stay healthy. Your health can be said to be directly proportional to the amount of wealth you can make According to common people, good health is the best wealth.



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NSS LILABATI MAHAVIDYALAYA

ACTIVITIES: AIDS AWARENESS PROGRAMME

Date: 07:02:2024

Introduction:-

The awareness campaigns are a continuous process and regular activities are conducted in schools and colleges. Government of India launched National AIDS Control Programme (NACP) to address the HIV/AIDS disease in the country. NACP's goal is to reduce annual new HIV infections and AIDS-related death by 80% since the baseline value of 2010 and the annual new HIV infections have declined by 48%. The achievement is 82% decline in AIDS-related death.

Objective of this Programme:-

United Against HIV, Together for Health": This slogan emphasizes the collective effort needed to combat HIV. It stresses unity among individuals, communities, and nations in the fight against the virus. This programme helps students concerns about HIV AIDS and different type of cause of AIDS, and to take different type of prevention to how to control to AIDS Patients and how to control HIV And according to common people to say everyone person say prevention is better than cure.

Number of volunteers Participation:- 100

Place of activities: - Lilabati Mahavidyalaya and help of Falakata rural hospital.

Programme Outcome:-

- Increased Awareness: The programme effectively raised awareness about AIDS, including its causes, transmission, prevention, and treatment options. Participants gained a clearer understanding of the disease and its impact on individuals and communities.
- Educational Impact: Educational materials such as brochures, pamphlets, and posters were distributed, providing participants with valuable information about HIV/AIDS, safe practices, and available support services.
- Engagement and Participation: The programme engaged a significant number of community members, including high-risk groups, in discussions about AIDS. Interactive sessions, workshops, or seminars led to active participation and feedback.
- Reduction in Stigma: Efforts to address and reduce the stigma associated with HIV/AIDS were successful, fostering a more supportive and informed environment. Participants were encouraged to approach the subject with sensitivity and understanding.
- Resource Utilization: Information about local resources, such as testing centers, counseling services, and support groups, was provided, helping participants know where to seek help and get tested.

Conclusion:

The AIDS Awareness Programme achieved its goals by effectively educating the community about HIV/AIDS and promoting practices that can prevent the spread of the virus. The success of the programme was demonstrated by increased knowledge, reduced stigma, and enhanced engagement among participants. Moving forward, continued efforts in awareness and education will be crucial in supporting those affected by HIV/AIDS and working towards a healthier, more informed community.



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NSS LILABATI MAHAVIDYALAYA

ACTIVITIES: WOMEN HEALTH AWARENESS PROGRAMME

Date: 09:02:2024

Introduction:

The Women Health Awareness Programme aims to address and improve women's health by providing vital information, resources, and support. This initiative is designed to educate women about various health issues, promote healthy practices, and encourage regular check-ups.

Objective of this Programme:

- - To educate women on essential health topics such as nutrition, reproductive health, mental well-being, and chronic disease prevention.
- - To increase awareness about the importance of regular health screenings and early detection of diseases.
- - To provide practical tips and resources for maintaining a healthy lifestyle.
- - To create a supportive environment where women can ask questions and seek guidance on health-related concerns.

Number of Volunteers Participation: 55

Place of Activities: Lilabati Mahavidyalaya

Programme Outcome:

- - Increased awareness among participants about critical health issues affecting women.
- - Positive feedback from attendees indicating a greater understanding of how to manage their health and access available resources.
- - Enhanced community engagement with health professionals and support networks.
- - Distribution of educational materials and resources for further reading and assistance.

Conclusion:

The Women Health Awareness Programme successfully met its objectives by fostering a deeper understanding of women's health issues and encouraging proactive health management. The involvement of dedicated volunteers and the strategic choice of location contributed to the programme's effectiveness. Moving forward, similar initiatives will be essential in sustaining and expanding the impact of health education in the community.

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ACTIVITIES: VOTER AWARENESS PROGRAMME

Date: 14:03:2024

Introduction:

The Voter Awareness Programme was organized to enhance civic engagement by educating individuals about their voting rights and the electoral process. The event aimed to empower citizens with the knowledge needed to make informed decisions and participate actively in democratic processes.

Objective of this Programme:

- - To inform participants about the importance of voting and its impact on community and national governance.
- - To explain the voter registration process, eligibility criteria, and the steps involved in casting a ballot.
- - To clarify common misconceptions about voting, such as voter ID requirements and absentee voting.
- - To encourage greater voter turnout by highlighting the role of each vote in shaping policies and leadership.

Number of Volunteers Participation: 50.

- **Place of Activities:** Adopted Village Alinagar
- **Programme Outcome:**
- - Participants gained a clearer understanding of the voting process, including registration, voting procedures, and the significance of their participation.
- - Increased awareness about voter rights and responsibilities among attendees.
- - Positive feedback from participants indicating a higher likelihood of voter registration and participation in upcoming elections.
- - Distribution of voter education materials and resources, including guides on registration and voting procedures.

Conclusion:

The Voter Awareness Programme successfully achieved its goals by educating the community on the critical aspects of voting and encouraging active civic participation. The involvement of dedicated volunteers and the strategic choice of location played a significant role in the programme's effectiveness. Future initiatives will build on this success to further promote voter education and engagement.

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ACTIVITIES: AWARENESS PROGRAMME ABOUT SAVE WATER SAVE LIFE

Date: 15:03:2024

Introduction:

The "Save Water Save Life" Awareness Programme was organized to highlight the critical importance of water conservation. The event aimed to educate participants about the role of water in sustaining life, the current challenges related to water scarcity, and practical steps individuals can take to conserve water in their daily lives.

Objective of this Programme:

- To raise awareness about the global and local water scarcity issues and their impact on the environment and communities.
- To educate participants on practical water-saving techniques and habits that can be adopted at home and in the community.
- To promote the understanding of water as a finite and precious resource that requires responsible management.
- To inspire individuals to take action and contribute to water conservation efforts.

Number of Volunteers Participation: 45

Place of Activities: Adopted Village Alinagar

Programme Outcome:

- - Increased awareness among participants about the importance of water conservation and the impact of water scarcity on ecosystems and communities.
- - Participants gained practical knowledge on how to reduce water consumption in their daily routines.
- - Positive feedback from attendees indicating a heightened commitment to water-saving practices.
- - Distribution of educational materials and resources, including tips for conserving water and information about local water conservation initiatives.

Conclusion:

The "Save Water Save Life" Awareness Programme effectively met its objectives by educating the community about the importance of water conservation and providing actionable strategies for reducing water usage. The engagement of volunteers and the strategic venue selection were key factors in the programme's success. Future initiatives will build on this success to further promote water conservation and environmental sustainability.



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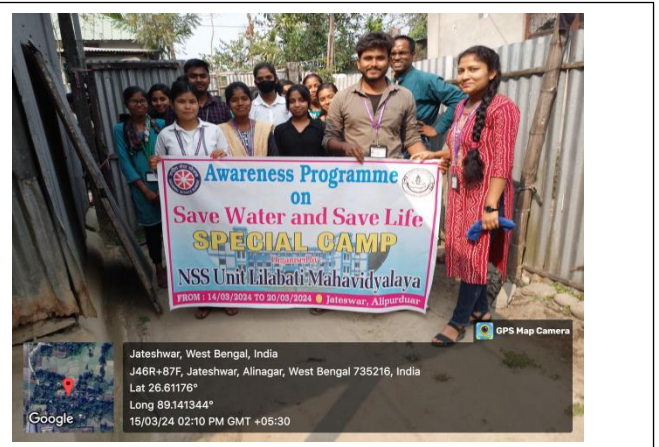
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ACTIVITIES: SPECIAL LECTURE ON YOUTH POWER IS ESSENTIAL FOR NATIONAL BUILDING IN INDIA

Date: 19:03:2024

Introduction:

The special lecture titled "Youth Power is Essential for National Building in India" was organized to emphasize the pivotal role that the youth play in shaping the future of the nation. This event sought to inspire and mobilize young individuals to actively participate in national development and contribute positively to societal progress.

Objective of this Programme:

- To highlight the critical role of the youth in driving social, economic, and political progress in India.
- To discuss the potential of young people to lead initiatives that address national challenges and foster innovation.
- To encourage active engagement and leadership among youth in various sectors, including education, entrepreneurship, and community service.
- To provide practical examples and strategies for young people to contribute effectively to national building.

Number of Volunteers Participation: 40

Place of Activities: Lilabati Mahavidyala And Adopted Village Alinagar

Programme Outcome:

- Enhanced understanding among participants of the significance of youth involvement in national development.
- Increased motivation among young attendees to take proactive roles in community service, leadership, and innovation.
- Positive feedback from participants indicating a greater awareness of their potential impact on national progress.
- Distribution of resources and materials that outline opportunities for youth involvement and strategies for effective contribution to national building.

Conclusion:

The special lecture on "Youth Power is Essential for National Building in India" successfully achieved its goals by inspiring and empowering young individuals to recognize and harness their potential for national development. The active participation of volunteers and the choice of venue contributed to the event's success. Moving forward, continued efforts to engage and support the youth will be essential in fostering a generation capable of leading and driving positive change in the nation.

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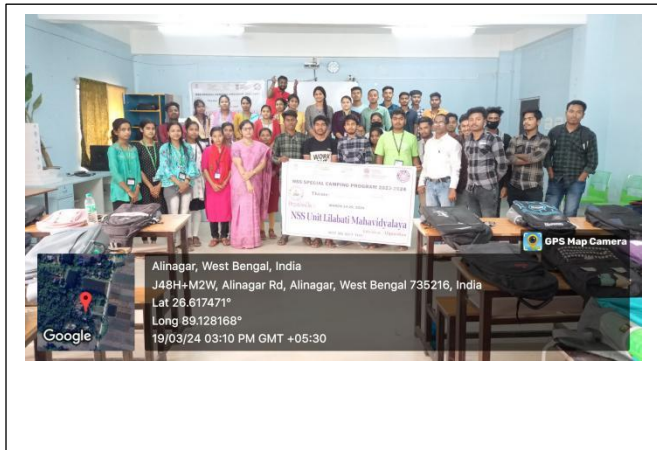
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NSS LILABATI MAHAVIDYALAYA

ACTIVITIES: DISTRIBUTION OF EDUCATIONAL STATIONERY TO THE CHILDREN OF THE ADOPTED VILLAGE PRIMARY SCHOOL



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Date: 20:03:2024

Introduction:

The distribution of educational stationery was organized to support the children of the adopted village primary school by providing essential learning materials. This initiative aimed to enhance the educational experience of the students by ensuring they have the necessary supplies to facilitate their learning and development.

Objective of this Programme:

- To provide basic educational stationery items to children in the adopted village primary school, including notebooks, pencils, erasers, and other essential materials.
- To alleviate financial burdens on families by supplying these educational resources, thereby supporting the students' ability to participate fully in their studies.
- To encourage a positive learning environment and demonstrate community support for education.
- To raise awareness about the importance of educational resources in improving student performance and engagement.

Number of Volunteers Participation: 45(Youth of Adopted Village And NSS volunteers).

Place of Activities: Lilabati Mahavidyalaya

Programme Outcome:

- Successful distribution of educational stationery to all students in the primary school, ensuring each child received necessary supplies.
- Positive feedback from students, parents, and school staff, indicating an appreciation for the support provided.
- Improved student readiness and enthusiasm for learning, facilitated by the provision of quality educational materials.
- Strengthened community ties and support for education through the active involvement of volunteers and local stakeholders.

Conclusion:

The distribution of educational stationery to the children of the adopted village primary school effectively achieved its objectives by providing essential resources that support the students' educational needs. The active participation of volunteers and the strategic choice of location contributed to the programme's success. Moving forward, similar initiatives will continue to play a crucial role in supporting education and fostering a positive learning environment for children in under-resourced areas.

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NSS LILABATI MAHAVIDYALAYA

ACTIVITIES: TREE PLANTATION PROGRAMME

Date: 23.09.2023

Introduction:

The Tree Plantation Programme was organized to promote environmental sustainability and combat deforestation by planting trees in designated areas. This initiative aimed to enhance local green spaces, contribute to environmental conservation, and raise awareness about the importance of trees in maintaining ecological balance.

Objective of this Programme:

- To plant a significant number of trees to improve local green cover and support environmental health.
- To raise awareness about the benefits of trees, including air purification, habitat creation, and climate regulation.
- To engage community members and volunteers in hands-on environmental action and foster a sense of responsibility towards nature.
- To contribute to long-term environmental goals such as reducing carbon footprint and promoting biodiversity.

Number of Volunteers Participation: 78

Place of Activities: Adopted Village

Programme Outcome:

- Successfully planted [insert number here] trees, contributing to the enhancement of local green spaces and environmental health.
- Increased community awareness and engagement in environmental conservation through active participation in the programme.
- Positive feedback from participants and local residents, highlighting the programme's impact on improving local environmental conditions.
- Established a foundation for future tree-planting efforts and ongoing environmental stewardship.

Conclusion:

The Tree Plantation Programme successfully achieved its objectives by significantly contributing to local environmental health and engaging the community in meaningful conservation efforts. The active participation of volunteers and the choice of location played a crucial role in the success of the programme. Future initiatives will build on this success to continue promoting environmental sustainability and fostering community involvement in ecological conservation.



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ACTIVITIES: AWARENESS ABOUT NSS FOR NEW ADMITTED STUDENTS

Date: 09.09.2023

Introduction:

The awareness programme about NSS (National Service Scheme) was organized to introduce new students to the values, opportunities, and benefits of participating in the scheme. This initiative aimed to familiarize students with NSS activities and encourage them to get involved in community service and social development projects.

Objective of this Programme:

- To provide new students with a comprehensive understanding of the NSS, including its objectives, structure, and impact.
- To highlight the benefits of participating in NSS, such as personal development, leadership skills, and community engagement.
- To encourage new students to join NSS and actively participate in its various programs and activities.
- To create awareness about the role of NSS in fostering a sense of social responsibility and contributing to national development.

Number of Volunteers Participation: 80

Place of Activities: Lilabati Mahavidyalaya

Programme Outcome:

- Increased awareness among new students about the NSS, its goals, and the benefits of participation.
- Positive feedback from students indicating a high level of interest in joining NSS and engaging in its activities.
- Distribution of informational materials and resources about NSS, including application procedures and upcoming events.
- Formation of a new batch of NSS volunteers eager to contribute to community service and social initiatives.

Conclusion:

The awareness programme about NSS successfully met its objectives by educating new students about the significance of the scheme and encouraging their participation. The involvement of dedicated volunteers and the strategic choice of location contributed to the programme's effectiveness. Moving forward, continued efforts will be essential in engaging new students and fostering a strong culture of service and community involvement through NSS.



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ACTIVITIES: TOBACCO AWARENESS PROGRAMME RALLY IN ADOPTED VILLAGE

Date: 09.01.2023

Introduction:

The Tobacco Awareness Programme Rally was organized to raise awareness about the harmful effects of tobacco use and promote healthier lifestyle choices within the adopted village. The rally aimed to educate community members about the health risks associated with tobacco and encourage them to adopt tobacco-free habits.

Objective of this Programme:

- To educate the community about the serious health risks associated with tobacco use, including cancer, respiratory diseases, and heart problems.
- To inform residents about the benefits of quitting tobacco and the resources available to support cessation efforts.
- To raise awareness about the social and economic impacts of tobacco use on individuals and families.
- To foster a supportive environment for individuals who wish to quit tobacco and encourage community-wide support for tobacco-free living.

Number of Volunteers Participation: 30

Place of Activities: Adopted village

Programme Outcome:

- Successful execution of the rally with active participation from community members and volunteers.
- Increased awareness among villagers about the dangers of tobacco use and the benefits of quitting.
- Positive feedback from participants, indicating a greater understanding of tobacco-related health issues and a commitment to adopting healthier lifestyle choices.
- Distribution of educational materials and resources on tobacco cessation, including contact information for local support services and quitlines.

Conclusion:

The Tobacco Awareness Programme Rally effectively achieved its objectives by raising awareness about the harmful effects of tobacco and promoting healthier lifestyle choices within the adopted village. The engagement of volunteers and the strategic location of the event contributed to its success. Future initiatives will build on this success to continue promoting tobacco-free living and supporting community health.



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NSS LILABATI MAHAVIDYALAYA

ACTIVITIES: AWARENESS ABOUT PREVENTION OF EARLY MARRIAGE RALLY IN ADOPTED VILLAGE

Date: 11.02.2023

Introduction:

The Awareness Rally on the Prevention of Early Marriage was organized to address and educate the community in the adopted village about the issues related to early marriage. The rally aimed to highlight the negative consequences of early marriage on individuals, especially young girls, and promote the importance of education and informed decision-making for a better future.

Objective of this Programme:

- To educate the community about the harmful effects of early marriage on health, education, and personal development.
- To advocate for the legal and social benefits of delaying marriage until an individual is mature and prepared for the responsibilities involved.
- To encourage families to support the education and empowerment of their children, particularly girls, and to challenge traditional practices that support early marriage.
- To provide information about available resources and support systems for families and individuals affected by or at risk of early marriage.

Number of Volunteers Participation: 33

Place of Activities: Adopted Village

Programme Outcome:

- Successful organization of the rally, with active participation from community members and volunteers.
- Increased awareness among villagers about the negative impacts of early marriage and the benefits of delaying marriage until later in life.
- Positive feedback from participants, indicating a greater understanding of the issues and a willingness to support changes in attitudes and practices regarding early marriage.
- Distribution of educational materials, including information on the legal age of marriage, the importance of education, and available support services for families and individuals.

Conclusion:

The Awareness Rally on the Prevention of Early Marriage effectively achieved its objectives by educating the community about the risks and consequences of early marriage and promoting healthier and more informed practices. The active involvement of volunteers and the choice of location were key to the programme's success. Future initiatives will continue to build on this success to further promote awareness and support for preventing early marriage and fostering community development.



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ACTIVITIES: AWARENESS ABOUT PLASTIC-FREE ENVIRONMENT RALLY

Date: 28.08.2023

Introduction:

The Awareness Rally on creating a plastic-free environment was organized to address the growing concern of plastic pollution and promote sustainable practices. The event aimed to educate the community about the environmental impact of plastic waste and encourage the adoption of eco-friendly alternatives to reduce plastic consumption.

Objective of this Programme:

- To raise awareness about the detrimental effects of plastic pollution on ecosystems, wildlife, and human health.
- To educate community members about the importance of reducing plastic use and switching to sustainable alternatives.
- To encourage the adoption of practices that contribute to a plastic-free environment, such as recycling, reusing, and reducing plastic waste.
- To engage local residents in hands-on activities and discussions about practical steps they can take to minimize their plastic footprint.

Number of Volunteers Participation: 32

Place of Activities: Adopted Village Alinagar

Programme Outcome:

- Successful execution of the rally with active participation from both volunteers and community members.
- Increased awareness among participants about the impact of plastic pollution and the benefits of a plastic-free environment.
- Positive feedback from attendees, indicating a greater commitment to adopting sustainable practices and reducing plastic use.
- Distribution of educational materials, including tips for reducing plastic consumption, information about recycling programs, and alternatives to single-use plastics.

Conclusion:

The Awareness Rally on creating a plastic-free environment achieved its objectives by effectively raising awareness about plastic pollution and encouraging community members to adopt sustainable practices. The engagement of volunteers and the strategic choice of location played crucial roles in the success of the event. Future initiatives will continue to focus on promoting environmental sustainability and reducing plastic waste to foster a cleaner and healthier community.

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ACTIVITIES: AWARENESS ABOUT PREVENTION OF WOMEN TRAFFICKING

Date: 01.09.2023

Introduction:

The awareness programme on the prevention of women trafficking was organized to address and educate the community about the critical issue of human trafficking, particularly the trafficking of women. The event aimed to raise awareness about the risks, warning signs, and prevention strategies to protect women and ensure their safety.

Objective of this Programme:

- To educate community members about the prevalence and dangers of women trafficking, including its impact on victims and society.
- To inform participants about the warning signs of trafficking and how to identify potential victims.
- To provide information on preventive measures and resources available for those at risk or in need of support.
- To encourage community vigilance and cooperation with law enforcement agencies to combat trafficking and support victims.

Number of Volunteers Participation: 32

Place of Activities: Adopted Village Alinagar

Programme Outcome:

- Increased awareness among community members about the issue of women trafficking, including its signs, risks, and prevention strategies.
- Positive feedback from participants, demonstrating a heightened understanding of how to protect themselves and others from trafficking.
- Distribution of informational materials, including brochures on prevention, resources for support, and contact information for local authorities and organizations dedicated to combating trafficking.
- Enhanced community involvement in addressing and preventing trafficking through the engagement of local residents and the establishment of support networks.

Conclusion:

The awareness programme on the prevention of women trafficking successfully achieved its objectives by educating the community and providing essential information on this critical issue. The active participation of volunteers and the choice of an effective venue contributed to the programme's success. Moving forward, continued efforts to raise awareness and provide support will be vital in combating women trafficking and ensuring the safety and well-being of all individuals.

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ACTIVITIES: AWARENESS ABOUT MENSTRUATION CYCLE OF WOMEN

Date: 12.09.2023

Introduction:

The awareness programme on the menstruation cycle of women was organized to educate individuals about the menstrual cycle, its phases, and its impact on health. The event aimed to dispel myths, provide accurate information, and promote a healthy understanding of menstruation as a normal biological process.

Objective of this Programme:

- To provide clear and accurate information about the menstrual cycle, including its phases, symptoms, and how it affects overall health.
- To address common misconceptions and stigma associated with menstruation and promote open discussions about menstrual health.
- To educate participants on proper menstrual hygiene practices and the importance of regular medical check-ups.
- To create a supportive environment where individuals can ask questions and gain knowledge about menstrual health.

Number of Volunteers Participation:30

Place of Activities: Adopted Village Alinagar

Programme Outcome:

- Increased understanding among participants about the menstrual cycle and its impact on health.
- Positive feedback from attendees, indicating a greater awareness of menstrual hygiene practices and the normalization of discussions around menstruation.
- Distribution of educational materials, including guides on menstrual health, hygiene tips, and information about where to seek medical advice.
- Enhanced community support for menstrual health education and the reduction of stigma associated with menstruation.

Conclusion:

The awareness programme on the menstruation cycle successfully met its objectives by providing valuable information and fostering a supportive environment for discussing menstrual health. The involvement of volunteers and the choice of venue were key factors in the programme's effectiveness. Moving forward, similar initiatives will continue to play a crucial role in promoting health education and supporting individuals in managing their menstrual health.



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ACTIVITIES: DISTRIBUTION OF SOAP AND DETTOL HANDWASH AMONG THE PEOPLE OF ADOPTED VILLAGE

Date: 17.01.2020

Introduction:

The distribution programme was organized to improve hygiene and health among the residents of the adopted village by providing essential hand hygiene products. This initiative aimed to enhance the community's access to soap and handwash, which are crucial for preventing the spread of diseases and maintaining personal cleanliness.

Objective of this Programme:

- To provide soap and Dettol handwash to the residents of the adopted village to support better hygiene practices.
- To raise awareness about the importance of regular handwashing in preventing infections and maintaining health.
- To contribute to overall community health by supplying essential hygiene products that may not be readily available to all residents.
- To foster community engagement and support by addressing basic hygiene needs.

Number of Volunteers Participation: 40

Place of Activities: Adopted Village Alinagar

Programme Outcome:

- Successful distribution of [insert number here] units of soap and Dettol handwash to the residents of the village.
- Increased awareness among villagers about the importance of hand hygiene and proper handwashing techniques.
- Positive feedback from residents, indicating appreciation for the support and a better understanding of hygiene practices.
- Enhanced community health and hygiene through the provision of essential products and educational outreach.

Conclusion:

The distribution of soap and Dettol handwash effectively achieved its objectives by improving hygiene practices and supporting community health in the adopted village. The active participation of volunteers and the strategic choice of location contributed to the success of the programme. Future initiatives will continue to focus on addressing basic health needs and promoting hygiene to further enhance community well-being.

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ACTIVITIES: CORONA AWARENESS PROGRAMME AND RALLY

Date: 07.03.2020

Introduction:

The Corona Awareness Programme and Rally were organized to address the growing concern over the COVID-19 pandemic and to educate the community about preventive measures and health practices. The event aimed to disseminate crucial information about the virus, promote hygiene practices, and mobilize community action to combat the spread of COVID-19.

Objective of this Programme:

- To provide accurate and up-to-date information about COVID-19, including its symptoms, transmission, and prevention methods.
- To promote essential preventive measures such as handwashing, mask-wearing, and social distancing to reduce the risk of infection.
- To raise awareness about the importance of following guidelines from health authorities and staying informed about the pandemic.
- To mobilize community support and encourage collective efforts in adhering to health and safety protocols.

Number of Volunteers Participation: 40

Place of Activities: Adopted Village Alinagar

Programme Outcome:

- Successful execution of the rally, with significant participation from community members and volunteers.
- Increased awareness among attendees about COVID-19, including key preventive measures and health guidelines.
- Positive feedback from participants, indicating a better understanding of how to protect themselves and others from the virus.
- Distribution of educational materials such as brochures and flyers with information on hygiene practices, symptoms of COVID-19, and contact details for local health services.

Conclusion:

The Corona Awareness Programme and Rally effectively met its objectives by raising awareness about COVID-19 and promoting essential preventive measures within the community. The active involvement of volunteers and the strategic location of the rally contributed to the event's success. Continued efforts to disseminate accurate information and encourage adherence to health guidelines will be crucial in managing the pandemic and protecting public health.



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ACTIVITIES: RALLY ON SPREADING AWARENESS ON ENVIRONMENTAL HYGIENE AND PERSONAL HYGIENE AND SANITATION

Date: 15.07.2019

Introduction:

The rally was organized to raise awareness about the importance of environmental hygiene, personal hygiene, and sanitation. The event aimed to educate the community on maintaining cleanliness in both personal and public spaces, and to promote practices that contribute to a healthier environment and improved public health.

Objective of this Programme:

- To increase awareness about the significance of maintaining good environmental hygiene, including proper waste management and sanitation practices.
- To educate community members on personal hygiene practices, such as regular handwashing, proper use of sanitation facilities, and maintaining cleanliness.
- To highlight the impact of hygiene and sanitation on overall health and well-being, and to encourage the adoption of healthy practices.
- To engage the community in discussions and activities that promote environmental cleanliness and personal hygiene.

Number of Volunteers Participation: 55

Place of Activities: Adopted Village Alinagar

Programme Outcome:

- Successful organization of the rally, with substantial participation from community members and volunteers.
- Enhanced understanding among attendees about the importance of environmental and personal hygiene, and the benefits of maintaining good sanitation practices.
- Positive feedback from participants, indicating increased awareness and commitment to adopting better hygiene practices.
- Distribution of educational materials, including brochures on hygiene and sanitation practices, and information on local resources and support services for maintaining cleanliness.

Conclusion:

The rally on environmental hygiene, personal hygiene, and sanitation effectively achieved its objectives by raising awareness and promoting healthy practices within the community. The involvement of dedicated volunteers and the strategic choice of location were key factors in the success of the event. Future initiatives will build on this success to further enhance community education and engagement in maintaining a clean and healthy environment.



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NSS LILABATI MAHAVIDYALAYA

ACTIVITIES: DENGUE AWARENESS PROGRAMME AND DISTRIBUTION OF NETS IN ADOPTED VILLAGE

Date: 25.07.2019

Introduction:

The Dengue Awareness Programme was organized to educate the residents of the adapted village about the prevention and control of dengue fever, a mosquito-borne disease. Alongside the awareness campaign, mosquito nets were distributed to help reduce the risk of dengue transmission and protect the community from mosquito bites.

Objective of this Programme:

- To raise awareness about dengue fever, including its symptoms, transmission, and preventive measures.
- To educate community members on how to reduce mosquito breeding sites and protect themselves from mosquito bites.
- To provide practical solutions, such as distributing mosquito nets, to help prevent dengue fever and enhance the community's protective measures.
- To engage and inform residents about ongoing prevention efforts and encourage them to participate in maintaining a clean and mosquito-free environment.

Number of Volunteers Participation: 45

Place of Activities: Adopted Village Alinagar

Programme Outcome:

- Successful distribution of [insert number here] mosquito nets to residents of the adapted village.
- Increased awareness among community members about dengue fever, its prevention, and the importance of using mosquito nets.
- Positive feedback from the community, indicating improved understanding of dengue prevention and enhanced commitment to reducing mosquito breeding sites.
- Distribution of educational materials, including brochures on dengue prevention, instructions on net usage, and information on how to manage mosquito breeding areas.

Conclusion:

The Dengue Awareness Programme and distribution of mosquito nets effectively met its objectives by increasing awareness about dengue fever and providing practical tools to help prevent its spread. The active involvement of volunteers and the strategic location of the event contributed to its success. Future initiatives will continue to focus on health education and practical support to further enhance community well-being and prevent mosquito-borne diseases.



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ACTIVITIES: SAFE DRIVE AND SAFE LIFE AWARENESS RALLY

Date: 22.07.2019

The Safe Drive and Safe Life Awareness Rally was organized to promote road safety and responsible driving practices within the community. The rally aimed to raise awareness about the importance of safe driving and its role in preventing accidents, thereby contributing to a safer environment for all road users.

Objective of this Programme:

- To educate community members about key road safety practices and the importance of adhering to traffic rules.
- To raise awareness about common causes of road accidents and strategies to prevent them, such as avoiding distracted driving and ensuring proper vehicle maintenance.
- To promote the use of safety gear, such as seat belts and helmets, and encourage responsible behavior while driving.
- To foster a culture of road safety and personal responsibility among drivers and pedestrians alike.

Number of Volunteers Participation: 60

Place of Activities: Jateswar Bazar Chowpathi

Programme Outcome:

- Successful execution of the rally, with substantial participation from community members and volunteers.
- Increased awareness among attendees about road safety practices and the importance of responsible driving.
- Positive feedback from participants, indicating a greater understanding of road safety issues and a commitment to practicing safe driving habits.
- Distribution of educational materials, such as brochures on road safety, tips for preventing accidents, and information on traffic regulations.

Conclusion:

The Safe Drive and Safe Life Awareness Rally effectively achieved its objectives by raising awareness about road safety and encouraging responsible driving practices within the community. The involvement of dedicated volunteers and the choice of a strategic location contributed to the success of the event. Future initiatives will continue to focus on promoting road safety and supporting efforts to create a safer driving environment for all.



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NSS UNIT OF LILABATI MAHAVIDYALAYA

ACTIVITIES: BLOOD DONATION CAMP

Date: 08.01.2025

Introduction

A blood donation camp is an event organized to collect blood from willing donors in a safe and controlled environment. It aims to provide a continuous and sufficient supply of blood to meet the needs of hospitals, medical centers, and patients in emergencies or for treatment. Donating blood is a simple, selfless act that plays a crucial role in saving lives and improving public health.

Objectives of this Programme:

1. **Promote voluntary blood donation:** Encourage individuals to donate blood regularly and altruistically to help meet the growing demand for blood.
2. **Increase awareness:** Educate the public on the importance of blood donation, its safety, and the impact it has on saving lives.
3. **Ensure a safe blood supply:** Ensure that hospitals have an adequate and safe supply of blood to treat patients in need, especially during emergencies.
4. **Foster community involvement:** Engage communities in contributing towards a noble cause and increase participation in health-related activities.
5. **Encourage healthy practices:** Highlight the health benefits of blood donation for donors, such as improved cardiovascular health and the stimulation of blood cell regeneration.

Number of Volunteers Participation: 75

Place of Activities: Lilabati Mahavidyalaya



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Programme Outcomes:

1. **Increased blood donations:** A successful camp results in a significant increase in the number of blood donations, helping hospitals meet patient requirements.
2. **Heightened awareness:** Participants and the general public gain better knowledge about the importance of regular blood donation.
3. **Community empowerment:** Communities come together to support a vital cause, fostering a spirit of solidarity and care for others.
4. **Enhanced safety standards:** By adhering to strict protocols during collection, testing, and storage, the blood bank ensures that the donated blood is safe for use.
5. **Health monitoring:** Donors undergo basic health checks, ensuring that they are in good health to donate and contributing to early detection of potential health issues.

Conclusion: Blood donation camps are crucial for saving lives and ensuring that hospitals have a reliable supply of blood for patients in need. These programs not only fulfill medical requirements but also raise awareness about the importance of voluntary donations and their impact on public health. With ongoing participation and education, blood donation can become an integral part of community health initiatives, helping to save countless lives and contribute to a healthier society.



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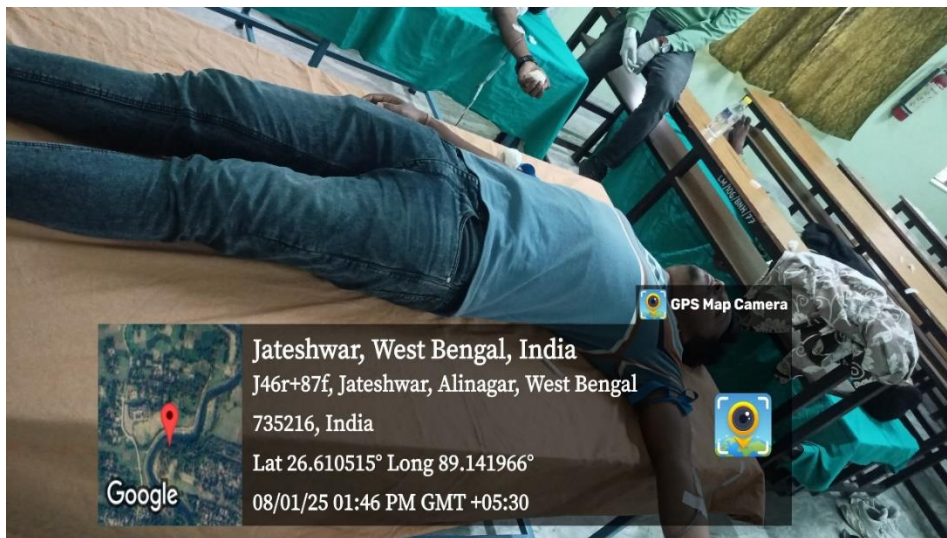
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ACTIVITIES: HEALTH AND EYE CHECK-UP CAMP

Date: 07.01.2025

Introduction: A Health and Eye Check-up Camp is an initiative aimed at providing free or affordable medical and eye care services to individuals, particularly those who may not have easy access to healthcare facilities. These camps are typically organized in local communities, schools, workplaces, or rural areas to offer basic health screenings, eye exams, and preventive health care measures. The goal is to detect health issues early and offer referrals or treatments as needed.

Objectives of this Programme:

1. **Provide accessible healthcare services:** Ensure that basic medical and eye care services are available to people, particularly those in underserved communities.
2. **Early detection of health problems:** Identify early signs of medical or eye conditions, enabling prompt treatment and preventing further complications.
3. **Promote preventive care:** Educate participants on the importance of regular health and eye check-ups, hygiene, and lifestyle modifications for better health outcomes.
4. **Raise awareness about common health issues:** Increase knowledge about common health problems, such as hypertension, diabetes, and vision disorders, and encourage early intervention.
5. **Build a healthier community:** Foster a culture of proactive health management by encouraging individuals to prioritize their well-being and seek medical help when necessary.

Number of Volunteers Participation: 75 and 13 volunteers donate their blood

Place of Activities: Lilabati Mahavidyalaya



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Programme Outcomes:

1. **Improved health awareness:** Participants gain a better understanding of their health status and the importance of preventive care and regular check-ups.
2. **Early detection and referral:** Many individuals may identify health issues such as high blood pressure, diabetes, or vision problems that they were previously unaware of, leading to timely treatment or referral to specialists.
3. **Increased access to healthcare:** For individuals who cannot afford or access regular medical services, the camp provides an invaluable opportunity for health assessments and treatment.
4. **Improved community health:** By addressing health concerns early on, the camp contributes to a healthier community, reducing the burden of preventable diseases.
5. **Strengthened trust in healthcare systems:** Offering free check-ups helps build trust and confidence in healthcare systems, encouraging people to seek medical help in the future.

Conclusion: Health and Eye Check-up Camps are instrumental in improving the overall health of communities by offering essential health services and raising awareness about preventive care. They provide valuable opportunities for early detection of health conditions and contribute to reducing the prevalence of serious medical issues. Through regular camps and continued engagement, we can ensure a healthier, more informed population with better access to care.



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