

3.4.3 Number of extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community during the last five years

1. Celebration of Water Day on 22.03.2023

The NCC Cadets celebrated Water Day on 22.03.2023 carrying messages to conserve water around the locality and surroundings of college.





2. International Women’s Day Celebration through digital posters dated 08.03.2023 (Awareness programme on women’s rights and women empowerment)

On the eve of the International Women’s Day, 2023, the NSS volunteers proudly embraced the day with colours and shared messages about women empowerment on digital platforms.



3. Survey on Health and Social Awareness regarding Menstrual Cycle in Local Community dated 07.03.2023 and 08.03.2023

This survey was done by the Women's Cell and NSS Unit of the college in collaboration with IQAC of the college to understand the issues faced by the women with relation to menstruation cycle.

Major findings of the survey are summarised below:

- i. A major percentage of the women used sanitary napkins. The remaining portion of women were provided with sanitary napkins by the college and encouraged to use so.
- ii. The disbursement of sanitary napkins was not environmentally sound. Most were discarded as garbage or dumped outside.
- iii. The women however received support from their family members during their menstruation period in household chores.
- iv. Majority of the women during menstruation avoided performing religious activity while a few avoided touching plants too. Almost none of them restricted themselves from cooking chores.



<p style="text-align: center;">Sovarani Memorial College (सोवराणी स्मरणीय महाविद्यालय) Women's Cell महिला सेल</p> <p style="text-align: center;"><u>Survey on Health and Social Awareness Regarding Menstrual Cycle in Local Community</u> स्थानिक आबादीक स्वास्थ्य व सामाजिक जागरूकता विषयक सर्वेक्षण</p> <p>Name/नाम - Age/वय - Profession/व्यवसाय - Guardian's Name/ अभिभावकना नाव - Person with Special Needs/विशेष आवश्यकता भएका व्यक्ति -</p> <p>1. When did you experience your first period? १. प्रथमतः महिन्यात कोठारात काय वयस काळीन?</p> <p>2. Did you have any knowledge regarding Menstruation during your first period? २. प्रथमतः महिन्यात कोठारात काय वयस जागृत व जागृत नसत नासत?</p> <p>3. Do you use sanitary pads on a regular basis while menstruating? ३. जागृत वयातही नियमित महिन्यातही वापर जागृत पद?</p>	<p>4. How frequently do you change your sanitary pads on daily basis? ४. तिज जागृत महिन्यात किती वार जागृत पद?</p> <p>5. Do you take any medication to get relief from menstruation cramps? ५. जागृत महिन्यात कोठारात काय वयस किती वयस जागृत पद?</p> <p>6. Do you take any iron supplement to help increase the iron level? ६. तिज जागृत वयस महिन्यात काय वयस जागृत पद?</p> <p>7. Where do you dispose of your menstrual products after use? ७. जागृत महिन्यात काय वयस जागृत पद काय वयस?</p> <p>8. Do you restrain yourself from doing specific household chores mentioned below, in that time of the month? ८. जागृत महिन्यात काय वयस जागृत पद काय वयस?</p> <p>a. care of the trees. Yes/No b. cooking. Yes / No c. taking part in religious rituals. Yes/No ९. जागृत महिन्यात काय वयस जागृत पद काय वयस?</p> <p>१०. जागृत महिन्यात काय वयस जागृत पद काय वयस? ११. जागृत महिन्यात काय वयस जागृत पद काय वयस?</p>
<p>9 a. Do you have one or more persons at home to support (emotional, resources, daily chores) you on those days? ९. जागृत महिन्यात काय वयस जागृत पद काय वयस?</p> <p>१०. What are the difficulties you face on your menstruation days due to your physical impairment? १०. जागृत महिन्यात काय वयस जागृत पद काय वयस?</p> <p>Signature/ स्वाक्षर</p>	

4. Hands-on training on Household Mechanism of Purification of Drinking Water dated 03.03.2023

The aim of this programme organised by the Department of Economics and Department of Sanskrit with NCC Cadet was to provide hands-on skill on drinking water purification process to the home-makers of the local village.



5. Economics Literacy Program dated 21.02.2023

An Economics Literacy Program was arranged by the Department of Economics in collaboration with NSS Unit of the college at a higher secondary school, Akuni BG Biharilal Institution, Akuni, Hooghly, West Bengal on 21.02.2023. More than 50 students from class IX & X participated in the program. The aim was to provide knowledge to students of the future prospects, job market possibilities and preconditions of taking Economics as a Honours subject also including power-point presentation. The Headmaster of the school was requested to pursue a combination of Mathematics, Economics, and another non-lab based subject in 10+2 level so that the students who are willing to take economics as a Major subject in graduation can continue their studies.



6. Provision of service by NCC Cadet Corps for smooth functioning of programme in Paschim Tajpur Debota Charan Chattopadhyay High School dated 11.01.2023

The NCC Cadet Corps of the college provided their service as extension activity for smooth functioning of programme in Paschim Tajpur Debota Charan Chattopadhyay High School.



7. Free Health cum Eye Checkup dated 07.01.2023 (Outreach Programme)

A free health cum eye checkup camp was organized on 07.01.2023 by the NSS-Unit of the college in collaboration with the IQAC of the college and in association with Jagatballavpur Rural Hospital.

Hospital officials including a general physician, an ophthalmologist and nurses from Jagatballavpur Rural were welcomed in the venue inside the college where the set-up for the camp was arranged by the NSS volunteers. The students, faculty, staff of the college alongwith local residents participated in the health camp.



Sovarani Memorial College
Health Checkup 7.1.2023
07.01.2023 13:50
22.68273, 88.10857
M4J5+X87, Jagatballavpur, West Bengal 711410



Sovarani Memorial College
Health Checkup 7.1.2023
07.01.2023 13:36
22.6825, 88.10838
M4J5+X87, Jagatballavpur, West Bengal 711410

8. Health Awareness and Counselling session for the Girls of age around Nineteen years.



Mobile : 9679226115 (Office)
9679226106 (Principal)

SOVARANI MEMORIAL COLLEGE

NAAC RE-ACCREDITED
JAGATBALLAVPUR, HOWRAH-711408

Estd.-1971

website : www.sovarani.net * e-mail : srmcollege.edu@gmail.com

Ref. No.....

Date.....

Health awareness and Counselling Session for girls

An awareness program on Health and Counselling session was held on 6th December 2022 at 12:30 pm at Room no. 9. In this program Ms Piyali Bag, Adolescent Counsellor in Jagatballavpur Rural Hospital was the main speaker. Students attended the program wholeheartedly and clarified their doubts.




Principal
Sovarani Memorial College
Jagatballavpur, Howrah



Mrs. Piyali Bag, Adolescent Counselor in Jagatballavpur Rural Hospital.

9. Community services for crowd management during Chhath Puja (28.10.2022 – 31.10.2022)

The NCC Cadet Corps Unit are regularly involved in maintaining peace and order in various festivals like Chhath Puja. They also participate to celebrate the festival.



10. Unity Run cum Fit India Freedom Run dated 29.10.2022

A **unity run cum Fit India Freedom Run** was organized on 29.10.2022 by the NSS Unit and Department of Physical Education of our college to honour the birthday (31st October) of Sri Sardar Vallabhbhai Patel, the Iron Man of India as a part of GoI initiative and to encourage the youth and everyone to stay fit and sound. Many NSS volunteers, NCC cadets and even local youth participated in the run. Messages and slogans disseminating the importance of fit health were spread in loudspeakers while making rounds in all aspects for a better and healthy life.





11. Help to control Traffic with Kolkata police during Durga Puja by NCC Cadet (01.10.2022 – 05.10.2022)

The NCC cadet of the college volunteer to provide their service in controlling traffic and crowd in various festivals or occasions such as Durga Puja.



12. Visit to Gohalpota Kiranmoyee Jr. Basic School, Jagatballavpur to celebrate NSS Day celebration

To observe the NSS Day, the NSS-Unit of our college decided to celebrate the day with the school children of Gohalpota Kiranmoyee Jr. Basic School, Jagatballavpur, Howrah as an outreach programme. This school comes under the area of the village adopted by our college. The programme was arranged in the classrooms of the school. The NSS-volunteers worked in groups.



13. Demonstration of handwashing and maintenance of hygiene to school children (A part of Outreach programme on NSS Day celebration dated 24.09.2022)



Students being demonstrated proper handwashing method

14. Discourse on 'Importance of health and fitness' (A part of Outreach programme on NSS Day celebration dated 24.09.2022)





Interactive physical fitness session for school students

15. Teaching of 'Smart Mathematical Tricks' (A part of Outreach programme on NSS Day celebration dated 24.09.2022)



NSS volunteers imparting smart tricks to make Mathematics fun for students

16. Distribution of stationeries to school children (A part of Outreach programme on NSS Day celebration dated 24.09.2022)



NSS volunteers distributing stationeries to school children

17. Distribution of plant saplings to local people/inhabitants near college dated 02.09.2022

This was an extension of the sapling distribution programme. Here, the distribution programme was targeted door-to-door. The volunteers of the NSS-unit distributed the saplings to local inhabitants by visiting the local residents' houses, shops and pedestrians on the road. They encouraged them to plant those saplings and other plants too in their areas passing the message of the benefits of plantation.







Distribution Of Saplings 2.8.2022
02.09.2022 12:20
27.6929, 88.10836
M4M5+59C, Jagatballavpur, West Bengal 711410



Distribution Of Saplings 2.8.2022
02.09.2022 12:20
27.6929, 88.10836
M4M5+59C, Jagatballavpur, West Bengal 711410



Distribution Of Saplings 2.8.2022
02.09.2022 12:20
27.6929, 88.10836
M4M5+59C, Jagatballavpur, West Bengal 711410



Distribution Of Saplings 2.8.2022
02.09.2022 12:20
27.6929, 88.10836
M4M5+59C, Jagatballavpur, West Bengal 711410

Photographs of distribution of plant saplings to local people/inhabitants near college dated 02.09.2022

18. Distribution of saplings among farmers of Goalpota village dated 30.08.2022

The extension programme was organized on 30.08.2022 by the IQAC, the NSS-Unit of the college and Ajanta Nursery. Farmers of Goalpota village were invited to receive saplings of plants such as jamun, sirish, guava, etc. for their houses and fields. The programme was aimed at encouraging more plantation in the household and field levels.



19. Awareness programme on Role of Organic Manure for Restoration of Soil Health dated 28.08.2022

This programme organised by the IQAC and the NSS-Unit of the college in collaboration with Howrah Krishi Vigyan Kendra was an initiative to reach out to the local farmers about the preparation and role of organic manure in agriculture.



20. Celebration of Independence Day with local residents on 15.08.2022 (75th Azadi Ka Amrit Mahotsab)

The NCC cadets alongwith the students, staff of the college and some local residents celebrated the Independence Day by walking on the street with flags (rally involving local people) and hoisting flag.



Link: <https://www.youtube.com/watch?v=magACufoZlc>

21. Sharing of videos created by NSS volunteers on the significance of Independence Day dated 15.08.2022 (Outreach programme during Independence Week)

NSS volunteers made videos describing the various aspects of Independence Day and shared them in different social media platforms.



Screenshots of NSS volunteers sharing messages and importance of Independence Day

22. Online quiz competition dated 15.08.2022 (Outreach programme during Independence Week)

The online quiz competition was organized on 15.08.2022 by the NSS-Unit in collaboration with the Department of History and the IQAC of the college. The link to participate in the quiz competition was shared among various online platforms, majorly through WhatsApp to spread knowledge about topics relating to the India's Independence. The participants were provided with e-certificates as a token of participation.



23. Encouraging all to take screenshots/photographs/selfies with the Indian National Flag (Outreach programme during Independence Week)

This was a part of the outreach programme during Independence Week where the NSS volunteers took screenshots/photographs/selfies with the flag and shared in various social media platforms wearing traditional clothes.



24. Encouraging all to visit the Har Ghar Tiranga website and pin flag in their location and in important public places/historical monuments (Outreach programme during Independence Week)

This was done as a part of GoI initiative to spread public knowledge and awareness on the importance of historical monuments and places in India. The NSS volunteers shared message to visit the Har Ghar Tiranga website and pin flag in their location and in important public places/historical monuments.



25. Digital campaign to avoid the use of plastic national flags (Outreach programme during Independence Week)

The NSS Unit of our college started a digital campaign against the use of plastic national flags using #saynotoplasticflags #saynotoplasticnationalflags #nss_smcunit1 in various online social media platforms. The message to avoid plastic flags to #beatplasticpollution was asked to be spread by the teachers, staff and the students among all individuals. The volunteers made videos regarding it and shared along with photos. The message was massively shared through various WhatsApp groups.



NSS Soverani Memorial College Unit I
@nss_smcunit1

With the celebration of the Independence Day that's already begun, sale of national flags have increased.

The NSS Unit of Soverani Memorial College pledges to use flags made of sustainable materials like cloth and paper. We stand for

[#saynotoplasticflags](#)

[#beatplasticpollution](#) 🇮🇳

26. College Campus and the Surrounding Area Cleaning Drive (A Swachh Bharat Initiative) dated 01.04.2022, 23.09.2022 and 04.01.2023

This cleaning drive is done regularly by the NSS volunteers at different time intervals to promote the 'Swachh Bharat Initiative'.





27. Plantation of tree saplings on International Day of Forests dated 21.03.2022

Tree saplings were planted by the NSS volunteers in around and outside the college campus to celebrate the International Day of Forests.



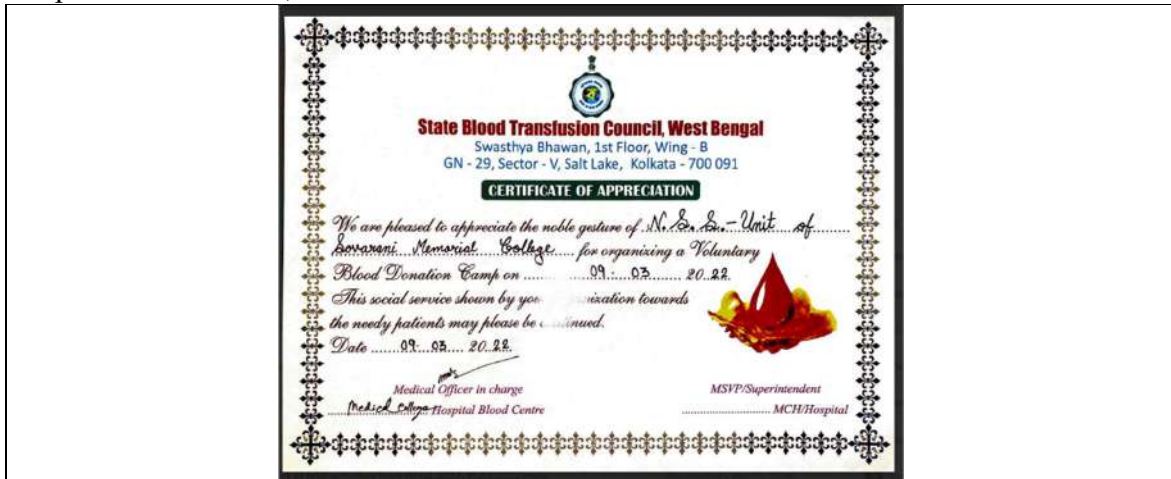
28. Awareness Programme on Household Mechanism of Purification of Drinking Water dated 10.03.2022

The aim of this programme organised by the Department of Economics and Department of Sanskrit with NCC Cadet Corps Unit is to spread awareness and knowledge on drinking water purification to students at schools and home-makers of the local village.



29. Blood Donation Camp on 09.03.2022

A blood donation camp was organised in college by the NSS-Unit with the Medical College Hospital Blood Centre, Kolkata.



30. One-Day National Webinar on Cancer – Research, Trends and Awareness on 12.11.2021

This national webinar was organised by the NSS unit, Department of Botany and the IQAC of the college to spread the current research and trend of cancer and to spread awareness about it among the youth and general mass.

The poster is for a 'ONE-DAY NATIONAL WEBINAR ON CANCER - RESEARCH, TRENDS AND AWARENESS' held on 12th November 2021. It is organized by the National Service Scheme Unit and the Department of Botany in collaboration with the IQAC, Sovarani Memorial College. The event is free to register, with a registration link provided: <https://forms.gle/qb1wLIU1RANvQhS9>. The poster lists the organizers and speakers. The organizers are: Principal, Dr. KK MONDAL; IQAC Coordinator, Dr. Mahadeb Paul; Convener, PO-NSS, Ms. Urvashi Lama; and HOD, Dept. of BOTANY, Dr. Malay Saha. The anchor is Ms. Sangita Bala. The speakers are: Dr. Sankar Bhattacharyya, Associate Professor, Department of Zoology, Sidho Kanho Birsha University, PURULIA; Dr. Tanya Das, Senior Professor, Division of Molecular Medicine, Bose Institute, KOLKATA; and Dr. Debnarayan Dutta, MD, Dean & eminent Radio-Oncologist, Amrita Institute of Medical Sciences, KOCHI, Chairman of Bengal Cancer Foundation. The poster also mentions that Sovarani Memorial College is a NAAC Re-accredited 'A-Grade' Institution.

31. Vaccination programme as a preventive measure to face the pandemic situation due to Covid -19 Virus on 01.10.2021



Government of West Bengal
Office of the Block Development Officer
Jagatballavpur Development Block
Munshirhat, Howrah
ORDER

Following Officials as depicted in the table underneath are hereby engaged for smooth conduct of Vaccination Programme as a preventive measure to face the pandemic situation due to Covid -19 Virus.
Officials are instructed to attend the concerned venue sharp at 8.30 am .

Venue : Sovarani Memorial College

Principal : Dr. Kalyan Kumar Mondal M: 9679226106

Nodal Officer : Subhajit Pandit, M: 9910656942

Venue Incharge: Lovely Maji (EOME) M:9093713494

Date : 01.10.2021

Booth 1

VO	DEO 1	DEO 2	DEO 3	Register Maintenance
Puja Karmakar (CHO) M: 7865862723	Saikat Das (BSK) M : 7076611222	Amanur Ali (BSK) M : 8972236834	Vivekananda Hazra M: 8001560852	Abdul Rashid Mollick 9733821279
Suchanda Rusi Begum (CHO) M : 8327389606	*	*	Bipin Chandra Bag M: 9563832922	*

Booth 2

VO	DEO 1	DEO 2	DEO 3	Register Maintenance
Pallabi Halder (CHO) M : 9674887527	Dibyendu Mondal M : 8250188954	Sk. Tajibul Ali M : 9091404243	Kanailal Adak M: 9775197742	Prasenjit Bhumij Singh 9734552131
Manasi Mistri (CHO) M : 997320115	*	*	Khandakar Minhajuddin M: 9735861938	*

Booth 3

VO	DEO 1	DEO 2	DEO 3	Register Maintenance
Mousumi Patra (CHO) M : 9732952540	Soumen Shaw (BSK) M : 9593430522	Ashok Chakraborty (BSK) M : 8145206754	Chandranath Sen M: 9679174076	Sk Saminur Islam 9734814585
Mitali Roy (CHO) M : 8820859197	*	*	Raju Bagui M: 9732772267	*

Joint BDO , Smt. Rina Das, Nodal Officer of Health of this establishment in association with Sri Anup Kumar Samanta, FEO, Arijit Bhattacharya , BDMO and Arunava Guha , JPO will co-ordinate the whole process of vaccination .

Overall monitoring will be done by the **Principal, Dr. Kalyan Kumar Mondal, Sovarani Memorial College**. Total Process of Vaccination will be done under the supervision of **Doctor Sagar Basak, BMOH , Jagatballavpur**.

Officer-in Charge Jagatballavpur Police Station is requested to take necessary step to avoid any untowards situation in this programme .

R

Subhajit Pandit
Block Development Officer
Jagatballavpur Development Officer

Memo No.: *1617/1(61)* Date: *30/09/21*

- Copy to:-
- 1) The Additional District Magistrate (Panchayat), Howrah
 - 2) The Sub Divisional Officer, Howrah (Sadar)
 - 3) The District Nodal Officer (MGNREGA), Howrah
 - 4) The Inspector of Colleges, Howrah
 - 5) The BMOH, Jagatballavpur
 - 6) The Officer in -Charge , Jagatballavpur Police Station
 - 7) The SI of School , jagatballavpur with a request to inform head of the institution to spare school premises to spare from 7.09.2021 .
 - 8-9) Pradhan Islampur and sankarhati-II Gram Panchayat for information and taking necessary action.
 - 10-17) The Incharge Officers of different venue as mention in the table are requested to remain present in the concern venue within 8.30 am
 - 18-61) Sri/Smt.....for strict compliance .

Subhajit Pandit
Block Development Officer
Jagatballavpur Development Officer

32. Presentation on eco-bricks in a college webinar on International Plastic Bag Free Day 2021 dated 03.07.2021

The volunteers of the NSS unit presented demonstrations to make eco-bricks to spread awareness on ways to reduce the generated plastic waste by transforming it into something productive. The volunteers were involved in collecting plastic wastes from local shops, streets and households around the college and processed to prepare eco-bricks since a month ago.



33. Awareness Programme cum Sensitization Campaign on Dengue Prevention dated 12.08.2020

The awareness programme was organised by the NSS Unit with IQAC of the college to disseminate knowledge on dengue prevention.



34. Survey on consumption of drinking water by the local villagers dated 15.03.2020

The aim of this programme organised by the Department of Economics and Department of Sanskrit with NCC Cadet Corps Unit was to collect information on the type of water used by the students and their families from a nearby school for drinking purposes. This was done to check if water sources used by villagers were at all safe.



35. Survey done by NCC Cadet – “Problems in village” as extension activities dated 04.12.2019 to 09.12.2019

The NCC Cadet Corps Unit of the college undertook the initiative to conduct survey encompassing various problems that might be faced by people in village. The topics and the findings of the survey are given below as photographs.

Survey Report-
Sovarani Memorial College

Jagatballavpur, Howrah-711408, West Bengal, India

Problems in Local Village:-

1. The importance of Education. (সেতেরেতেরেব পাসরে লিখে কতটা উৎসাহ দেনা)
2. Children are engaged in Local agriculture or other economic activities. (কিটা শ্রেণি কি কাজ করে পড়াশুনার বাস/অতিরিক্ত করে মুক্ত।)
3. Water Supply is adequate or not. (কিটা পানি এবং কতটা ভাল পানি...)
4. General absence of toilets. (কিটা শৌচালয় আছে কিনা ?)
5. The house made up of mud wood & thatch susceptible to damage during natural calamity? (কিটা বাড়ি কিনা ?)
6. Health Care facilities. (কিটা স্বাস্থ্য সেবা সুযোগ সুবিধা পান ?)
7. Insufficient financial resources. (কিটা পর্যাপ্তিক আছে কিনা ?)
8. Most residents without health insurance. (কিটা বীমা আছে কিনা ?)
9. Communication network. (কিটা নেটওয়ার্ক আছে কিনা ?)
10. Is there any biasness about male and female children. (কিটা এবং কতটোক মত কোন বাক্যে বাক্যে লিখা ?)

Survey report
Provide by

Our college conducted a survey aimed at delving into the everyday challenges faced by the local community. The survey encompassed 50 participants. The summary of the survey is given below.

1. Do the parents encourage their children for pursuing education?
Yes- 90% ; No- 10 %
2. Do the children engage themselves in professional activities other than studying?
Yes- 10% ; No- 90 %
3. Do people encounter water scarcity issues?
Yes- 14% ; No- 86 %
4. Do people have bathrooms attached to their houses?
Yes – 100%
5. Do people reside in mud houses or brick-built houses?
mud houses- 68% ; brick-built houses – 32%
6. Do the people get basic medical facilities?
Yes- 99 % ; No – 1 %

7. Do the people face any sort of financial crisis?
Yes- 18% ; No- 82 %
8. Do people have health-insurances?
Yes – 88% ; No- 12 %
9. Do the people get proper internet connectivity?
Yes – 6% ; No- 94 %
10. Has anyone ever faced any sort of gender-discrimination?
Yes – 1% ; No – 99%

In the survey it is found that the parents do understand the importance of education for their children's future success. They recognize that education provides knowledge, skills, and opportunities that are vital for personal growth, career advancement, and overall well-being. Many parents actively support their children's education by encouraging them to study, helping with homework, and engaging with their schools and teachers. However, unfortunately, due to financial difficulties sometimes very few children are often seen being engaged in other works other than studying, at a young age.

Access to clean water is essential for human health and well-being, as well as for carrying out various household tasks. Majority of the people in this locality have sufficient access to water for drinking and household purposes. The individuals also maintain good hygiene practices as almost all of them confirmed that they have separate toilets connected to their houses.

The conditions of the houses reflect that the area lacks wealth, however some brick-built houses are also found.

The individuals have assured that they have access to essential medical services as there are hospitals and charitable dispensary in the locality. Most of the people also affirmed possessing medical insurances, indicating a heightened awareness of health matters.

The residents in the area encounter issues with internet connectivity.

Gender discrimination exists in the locality to some extent. However, the majority of the people have not experienced any discrimination based on their genders.



36. Banking literacy programme with local residents dated 19.04.2019

The programme was organised by the Women’s Cell, IQAC and NSS Unit with collaboration of UCO Bank Lead Bank Office, Howrah to promote financial literacy among the local population especially targeted towards women to encourage financial independence to them.



37. Visit to school and identification of local plants to the students as an extension activity – “Nature Study: Know your plants” dated 04.01.2019

This extension activity was organised by the Department of Botany, NSS Unit and IQAC of the college. They visited a school at Munsirhat and took the students of class VIII around the locality to help them connect with nature and identify some locally grown plants.

