

GOUR MAHAVIDYALAYA, MANGALBARI, MAEDA





N.S.S.ADVISORY COMMITTEE

DR.ASHIM KUMAR SARKAR	PRINCIPAL/CHAIRMAN
SRI RAKESH SARKAR	CONVENER,PROGRAMME OFFICER- UNIT-1
SRI ARUP KUMAR ROY	JOINT- CONVENER,PROGRAMME OFFICER- UNIT-11
DR.P.K.KUNDU	MEMBER: COORDINATOR,IQAC
DR.K.M.MAHATA	MEMBER: EX- PROGRAMME OFFICER

OUT REACH PROGRAMME COMMITTEE

DR.ASHIM KUMAR SARKAR	PRINCIPAL/CHAIRMAN
DR.N.K.MRIDHA	CONVENER, ASSISTANT PROFESSOR
DR.P.K.KUNDU	MEMBER: COORDINATOR,IQAC
SMT URMIMALA BASAK	MEMBER, SECRETARY,TEACHERS' COUNCIL
PARTHO MANI	MEMBER,STUDENT
MOON BASAK	MEMBER,STUDENT

INTRODUCTION:MOTTO: NOT ME,BUT YOU

The National Service Scheme is a programme conducted by the Ministry of Youth Affairs and Sports ,Government of India.. Popularly known as NSS, the scheme was launched in Gandhiji's Centenary year in 1969. On 24 September 1969, the then Union Education Minister V.K.R.V.Rao launched the NSS at universities and colleges in all states. The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-

less service. NSS helps the students to develop their moral character and serve the common people and the Nation.

SYMBOL

The symbol for the NSS has been based on the giant Rath Wheel of the world-famous Konark Sun Temple (Orissa, India). The wheel portrays the cycle of creation, preservation and release. It signifies the movement in life across time and space, the symbol thus stands for continuity as well as change and implies the continuous striving of NSS for social change. The eight bars in the wheel represents 24 hours of a day. The red colour indicates that the volunteer is full of young blood that is lively, active, energetic and full of high spirit. The navy blue colour indicates the cosmos of which the NSS is tiny part, ready to contribute its share for the welfare of the mankind. It stands for continuity as well as change and implies the continuous striving of NSS for social transformation and uplift.

OBJECTIVES:

- (1). Student's service for the cause of community and the Nation.**
- (2). Develop among the volunteers a sense of social and civic responsibility.**
- (3). Gain skills in mobilizing community participation.**
- (4). Identify the needs and problems of the community and involve them in the solutions of the problems.**

(5).Develop competence required for collective existence and sharing of responsibilities.

One of the objectives is to develop the moral character of the students through community service and establish a linkage between the college campus and village community. The other objective is to implement service learning technique through community service. One of the object is to implement service learning technique. Community service programmes provide a link between the college and the rural society. Service learning is a set of techniques and tools that can strengthen community relationship. It helps the volunteers to build their character and enhances the sense of civic responsibility. We promote extension activities with an aim to updating knowledge of the volunteers and keeping up a close and healthy relationship with the community. The integrated extension work in rural area(adopted village Bhatra, Sahapur, Old Malda and College campus) was carried out by N.S.S. Unit-1, 11, and Out Reach Programme Committee.

2020-21

Extensalon Activities 3.4.1 Number of extension and outreach programmes conducted in collaboration with industry, community and Non- Government Organisations through NSS/NCC/Red cross/Youth Red Cross (YRC) etc., during the year: The extension activities are carried out through the following units: (1).Outreach programme committae.(2)N.S.S. unit-1(volunteers -100-Sri Rakesah Sarkar, Programme Officer);N.S.S. unit-11(Volunteers-100,Sri Arup

Roy, Programme officer),(3).Eco- club. Adopted village: Bhatra, Sahapur Pachayet,Old Malda block, Malda;(4) 154 volunteers from different Departments joined N.S.S. Unit.

3.3.3 Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc., (Including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organised in collaboration with industry, community and NGOs) during the -2020-21.

Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
		Extensi on and outreac h progra ms		
74 th Independence Day is celebrated by the N.S.S. Unit of our College .Dr. Niranjanjan Kr. Mridha delivered the lecture about The histry of India,How British Government rules over India,How freedom fighter fought against British Government	N.S.S. Unit-1 and Outreach ProgrammeCom ittee	Extensi on and outreac h progra ms	15.08.2020	34

<p>,Contribution of Netaji Subhas Chandra Bose, Khudiram Bose, Surya Sen, Mahatma Gandhi, Binoy, Badal, Dinesh and many other important freedom fighter.</p>				
<p>Observation of Sadhabana Diwas</p>		<p>Extension and outreach programs</p>	<p>20.08.2020</p>	<p>43</p>
<p>CORONA relief programme at village Bhatra, Food, Mask, Sanitizer distribution among the villagers of Bhatra, Old Malda.</p>	<p>N.S.S. Unit 1 and 11, Outreach Programme Committee</p>	<p>Extension and outreach programs</p>	<p>29.06.2020</p>	<p>18</p>
<p>Spit-Free India Movement.</p>	<p>Narayana Hospital (Howrah) in Collaboration with NSS.</p>	<p>Extension and outreach programs</p>	<p>September- November, 2020</p>	<p>32</p>
<p>Free Medical Camp at village Bhatra, Old Malda.</p>	<p>NSS Unit-I, NSS Unit-II and Outreach Committee</p>	<p>Extension and outreach programs</p>	<p>29.09.2020</p>	<p>13</p>

Free Medical Camp at village Bhatra, OldMalda.	NSS Unit-I, NSS Unit-II and Outreach Committee	Extension and outreach programs	10.10.2020	13
Observation of World Aids Day	NSS Unit-I, IQAC in collaboration with Old Malda Sahayogita Samiti(NGO)	Extension and outreach programs	01.12.2020	43
Swachchha Bharat Abhijan	NSS Unit-I, IQAC	Extension and outreach programs	15.12.2020	41
Free Medical Camp at village Bhatra, OldMalda.	NSS Unit-I, NSS Unit-II and Outreach Committee	Extension and outreach programs	25.12.2020	43
Health awareness program on DENGU & CHIKUNGUNIA	N.S.S. Unit-1	Extension and outreach programs	18.01.2021	77
Observation of the Republic Day, Flag Hoisting, Lecture, and Swachchha Bharat Abhiyan	NSS Unit-I, N.S.S. Unit-11, Outreach Committee	Extension and outreach programs	26.01.2021	77

WEBINAR: MENTAL HEALTH AND CAREER DEVELOPMENT AT THE TIME OF COVID: 31.05.2021: SPEAKER: MS. SUBHANGI GOSWAMI, CLINICAL PSYCHOLOGIST, SENIOR RESEARCH FELLOW: IIT, KHRAGPUR; MS. PARSANA GUPTA ROY clinical psychologist: co-founder: jeevsutra: malda : ORGANIZED BY N.S.S. UNIT, BISHAKHA COMMITTEE ,AND CAREER COUNSELING CELL)



(OBSERVATION OF THE INDEPENDENCE DAY:15.08.2020)



(CELEBRATION OF THE REPUBLIC DAY:SWACCH BHARAT ABH(IYAM:26.01.2021: ORAGINIZED BY N.S.S. UNIT AND II:239STUDENTS OF THE DEPARTMENT OF HISTORY PARTICIPATED IN THE PROGRAMME OF THE CELEBRATION OF THE REPUBLIC DAY AND CLEANING : COLLEGE CAMPUS)



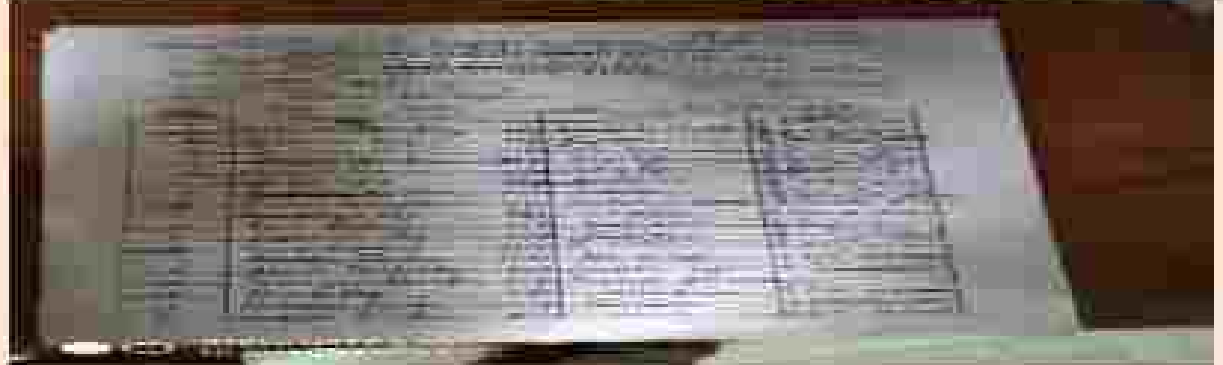


(CORONA relief programme: at village Bhatra, Food, Mask, Sanitizer Distribution among the villagers, Old Malda-29.06.

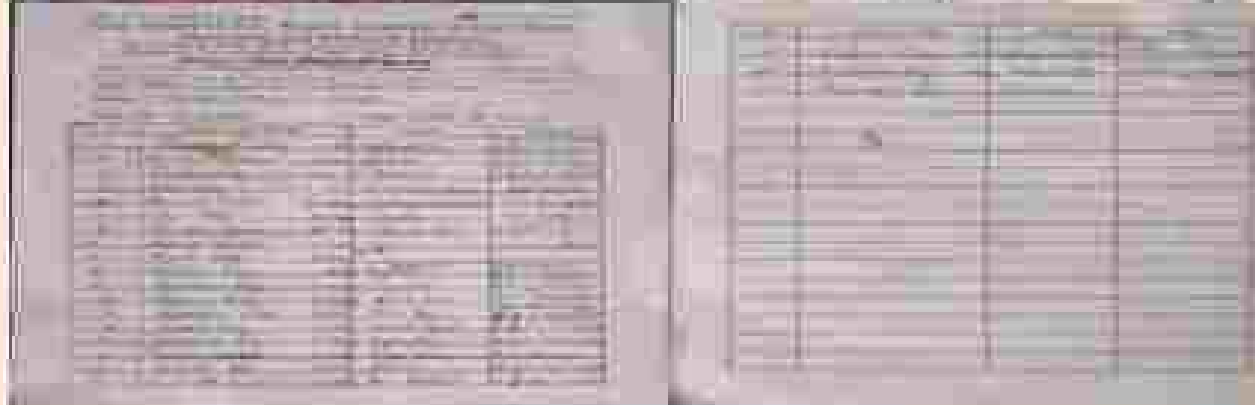
2020)



(Spit-Free India Movement, September, November, 2020)



(FREE MEDICAL CAMP AT VILLAGE BHATRA, OLD MALDA, 29.09.2020)



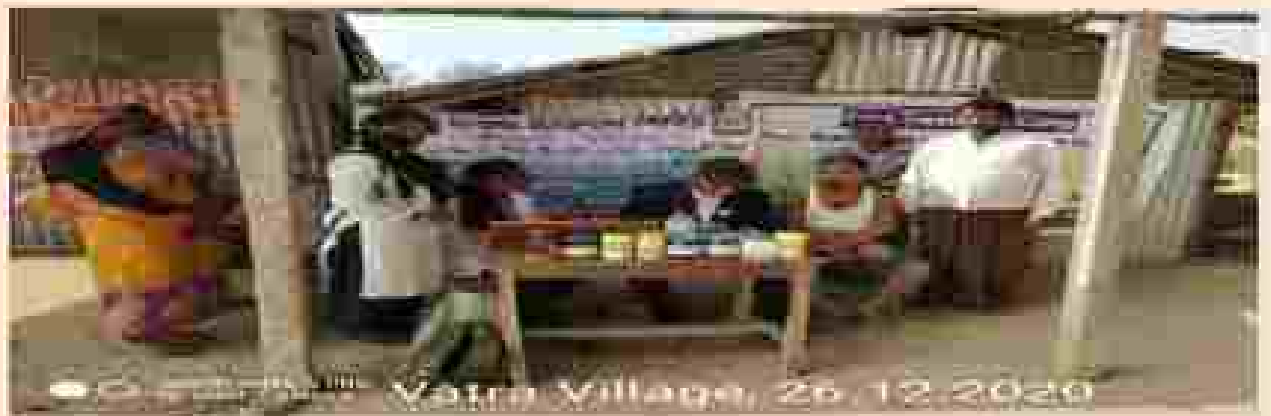
(FREE MEDICAL CAMP AT VILLAGE BHATHA, OLD MALDA, 10.10.2020)



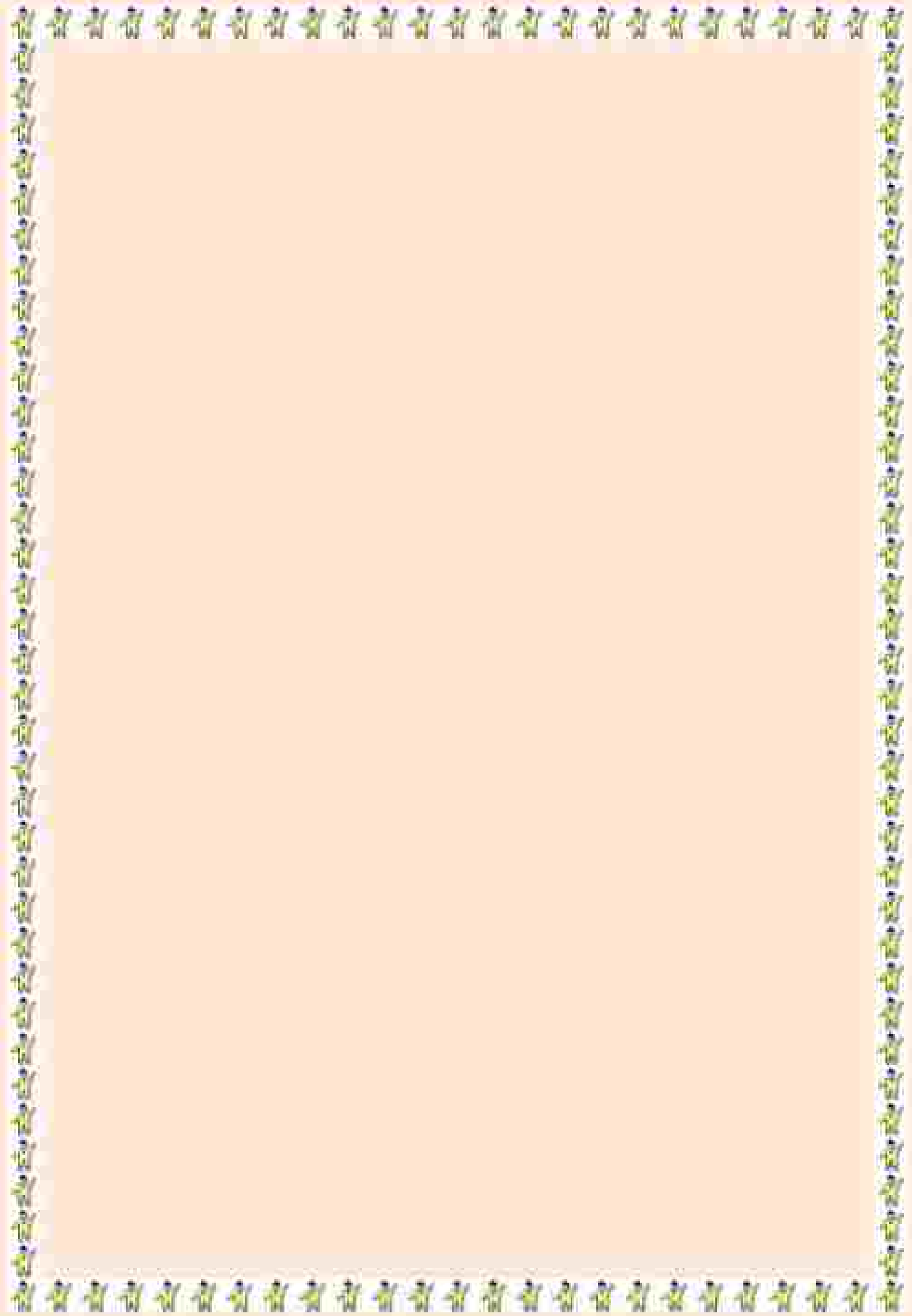
**(LECTURE ON AIDS: AWARENESS: DEPARTMENT :
HISTORY:ORGANIZED BY N.S.S. UNIT-1 AND OLD MALDA
SAHAYOGITA SAMITI)**



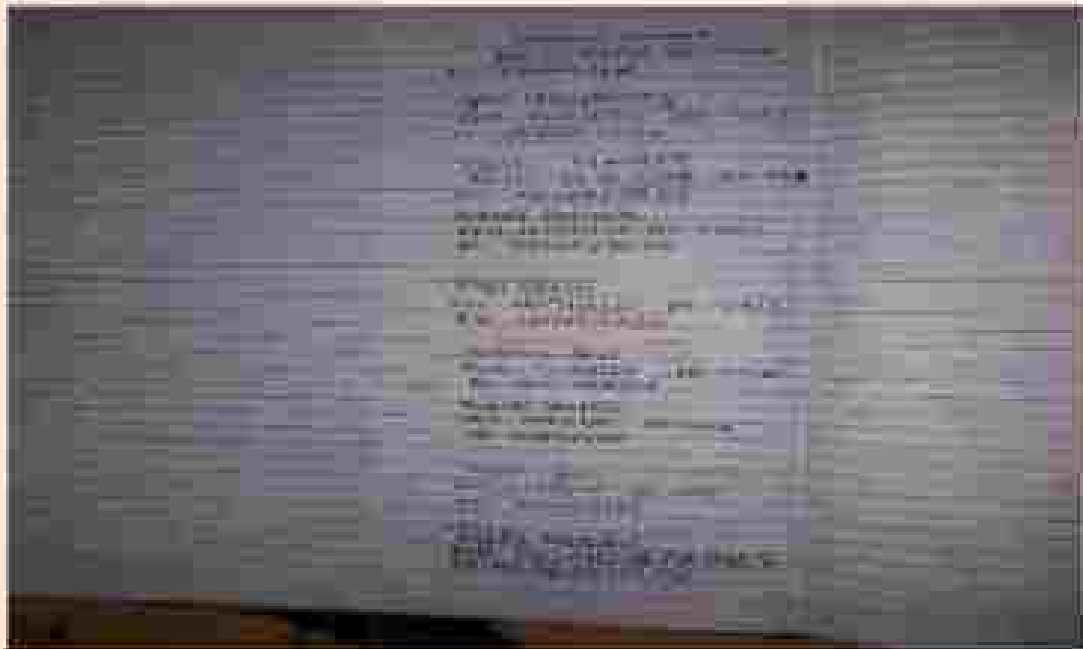
(OBSERVATION OF WORLD AIDS DAY,01.12.2020)

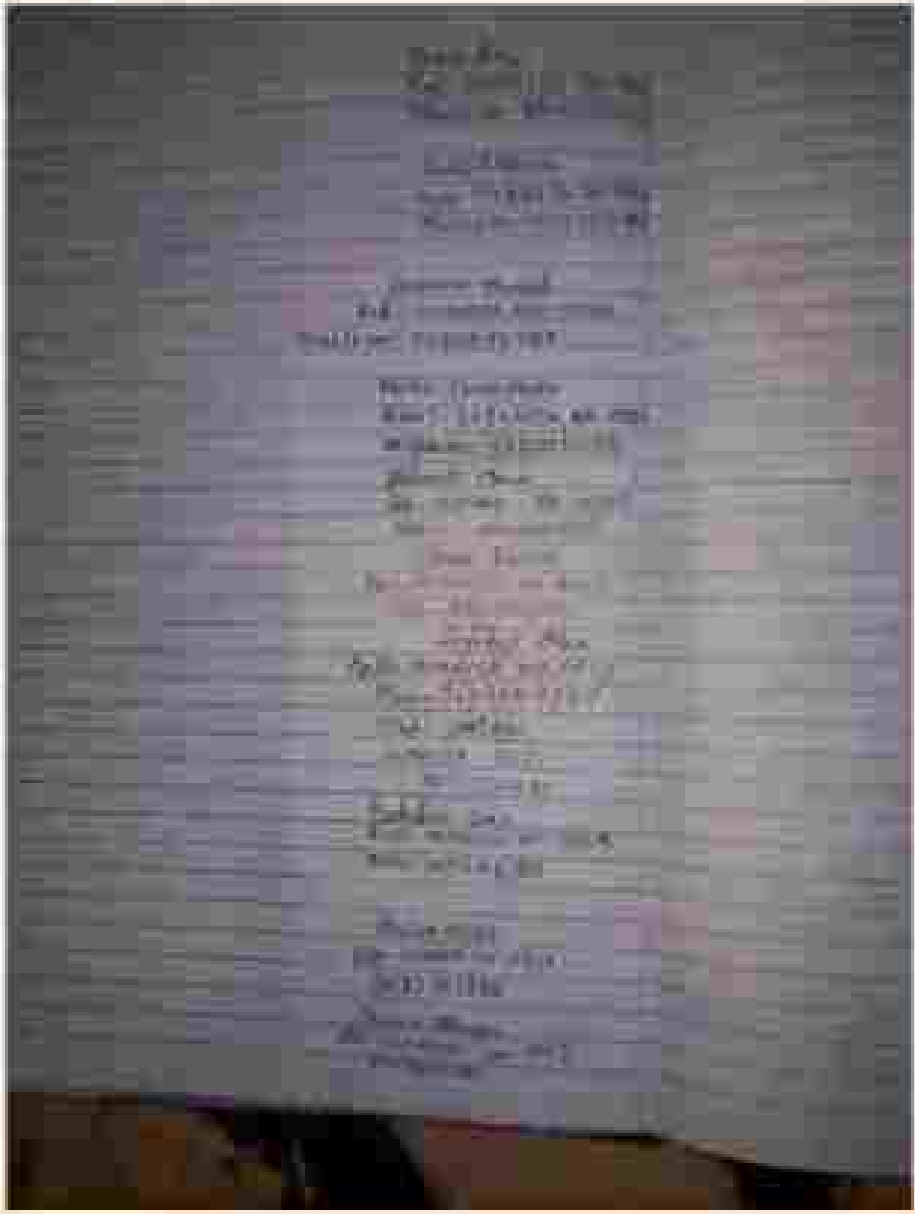


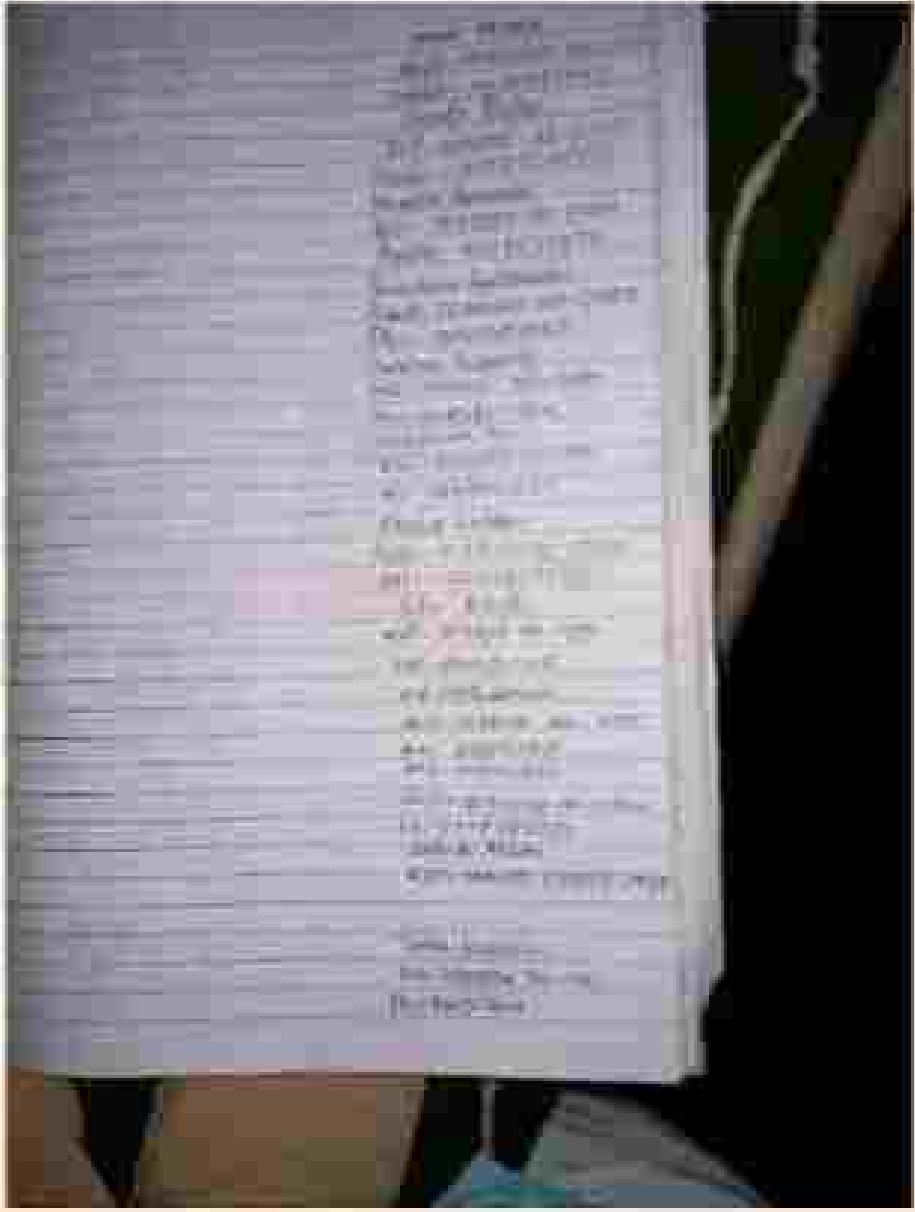
(FREE MEDICAL CAMP AT VILLAGE BHATRA(20.12.2020)

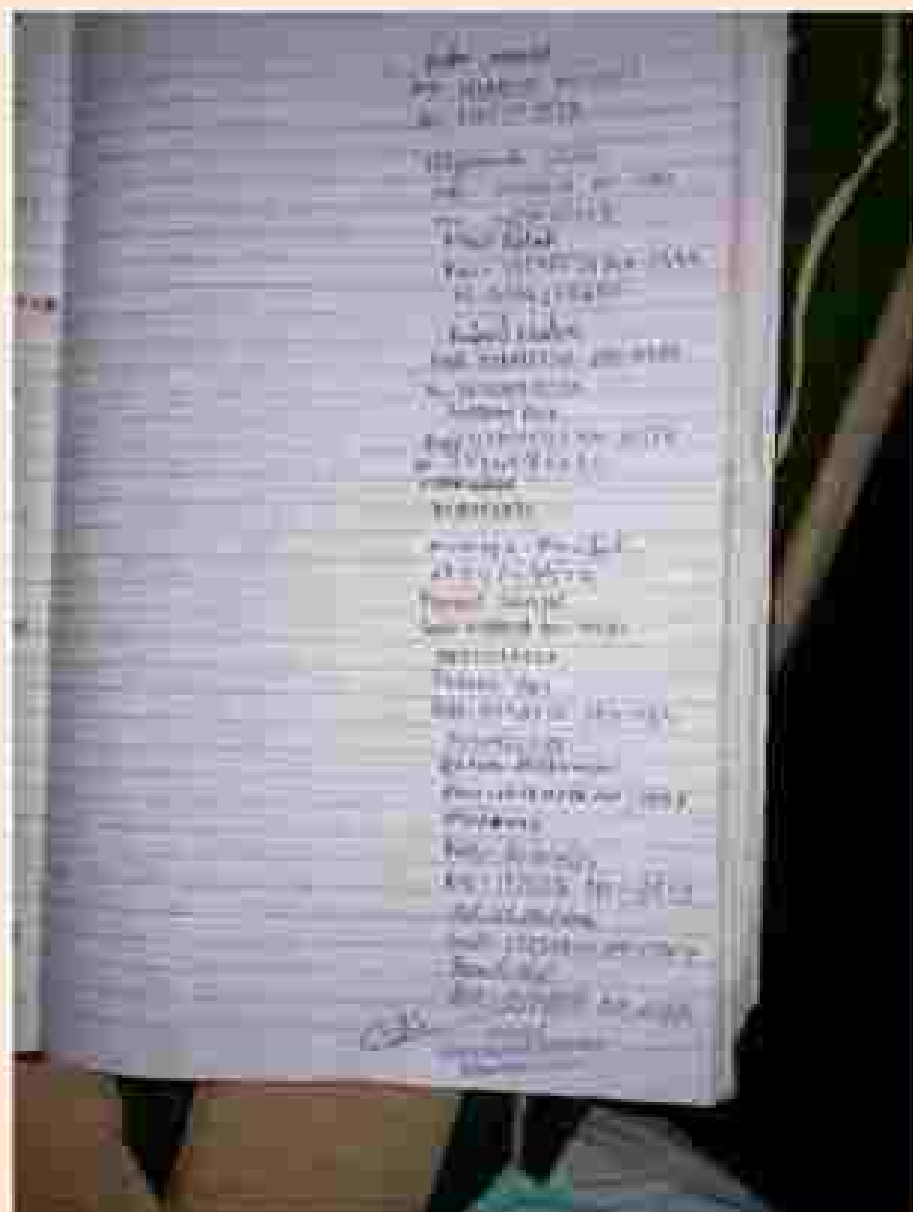


(Health awareness program on DENGU & CHIKUNGUNIA:18.01.2021)











xtj-khyd-tvo ▶



How to cope with stress?

- Take breaks – from work, from media, from screens
- Take care of your body
- Connect with others
- Spend time with nature (however little)
- Help others cope
- Work on enhancing psychological capital
- Practice positivity – gratitude (কৃতজ্ঞতা), humility (বিনয়িতা)
- Meditate – start with simple breathing exercises

Share this post



Shanong!



Rama



You

Bijoy

94 others



Meeting controls and participant list:

- Participants: (99)
- Chat icon
- Settings icon
- Participant 1: Moon Bansi (You) - M
- Participant 2: JEDYSUTRA - Muted
- Participant 3: [Avatar] (Bansi) - Muted
- Participant 4: Shubhangi (Gobrani) - Muted
- Section: Others in the meeting (95)
- Meeting controls: Mute, Video, End Call

Covid-19 Pandemic – अविभाजित जगति अभाषागत भया

- शारीरिक बाध
- आर्थिक बाध
- आभाषिक बाध

जसक कारणेन जसक बाधिते बाधे

• Tough times call for tough measures

Shubhangi is presenting



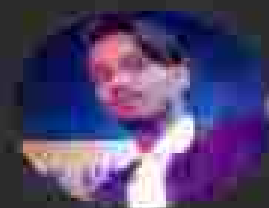
Shubhangi



Samim



You



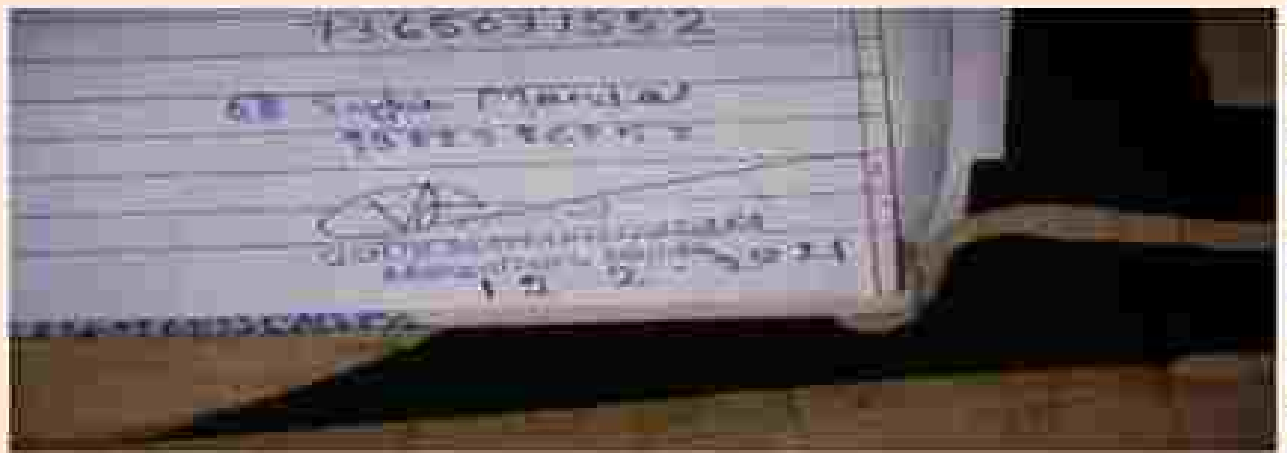
Pradip

96 others

WEBINAR: MENTAL HEALTH AND CAREER DEVELOPMENT AT THE TIME OF COVID: 31.05.2021: SPEAKER: MS. SUBHANGI GOSWAMI, CLINICAL PSYCHOLOGIST, SENIOR RESEARCH FELLOW: IIT, KHRAGPUR; MS. PARSANA GUPTA ROY clinical psychologist: co-founder: Jeevsutra: malda : ORGANIZED BY N.S.S. UNIT, BISHAKHA COMMITTEE ,AND CAREER COUNSELING CELL)

The image displays four screenshots of a mobile application interface, arranged in a 2x2 grid. Each screenshot shows a page with a header, a list of items, and a bottom navigation bar.

- Top-Left Screenshot:** Shows the 'About Us' page. The header includes 'About Us' and '12:42 PM'. Below the header is a list of services with icons and text, such as 'General Dent', 'Jaw Pain', 'Dental X-rays', 'Dental Crowns', 'Dental Bridges', 'Dental Implants', 'Dental Veneers', 'Dental Fillings', 'Dental Root Canals', 'Dental Extractions', 'Dental Emergencies', 'Dental Sedation', and 'Dental Anesthesia'. At the bottom, there are icons for Home, Search, Services, and Profile.
- Top-Right Screenshot:** Shows the 'About Us' page with a different list of services, including 'General Dent', 'Dental X-rays', 'Dental Crowns', 'Dental Bridges', 'Dental Implants', 'Dental Veneers', 'Dental Fillings', 'Dental Root Canals', 'Dental Extractions', 'Dental Emergencies', 'Dental Sedation', and 'Dental Anesthesia'. A black vertical bar is present on the right side of the screenshot.
- Bottom-Left Screenshot:** Shows the 'About Us' page with a list of services, including 'General Dent', 'Dental X-rays', 'Dental Crowns', 'Dental Bridges', 'Dental Implants', 'Dental Veneers', 'Dental Fillings', 'Dental Root Canals', 'Dental Extractions', 'Dental Emergencies', 'Dental Sedation', and 'Dental Anesthesia'. The bottom navigation bar is visible.
- Bottom-Right Screenshot:** Shows the 'Services' page. The header includes 'Services' and '12:42 PM'. Below the header is a list of service categories with icons and text, such as 'General Dent', 'Dental X-rays', 'Dental Crowns', 'Dental Bridges', 'Dental Implants', 'Dental Veneers', 'Dental Fillings', 'Dental Root Canals', 'Dental Extractions', 'Dental Emergencies', 'Dental Sedation', and 'Dental Anesthesia'. The bottom navigation bar is visible.



Rakesh Samra
01.06.2021

A. Wasted
Principal
GOUR MAHAVIDYALAYA
Mangalbari, Kolda

NSS UNIT-I VOLUNTEER REGISTRATION LIST 2020-21
GOUR MAHAVIDYALAYA

Sl. No.	Name	Gender	Roll No.	Class	Section	Signature	Date
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Principal
GOUR MAHAVIDYALAYA
Mangalbari, Malda
01.06.2021

Rakesh Kumar
01.06.2021

**NSS UNIT-I VOLUNTEER REGISTRATION LIST 2020-21
GOUR MAHAVIDYALAYA**

Sl. No.	Name	Roll No.	Class	Gender	Signature	Date
1	Abhishek Kumar	19010101	B.A.	M	[Signature]	01.06.2021
2	Amit Kumar	19010102	B.A.	M	[Signature]	01.06.2021
3	Ananya Das	19010103	B.A.	F	[Signature]	01.06.2021
4	Arjun Kumar	19010104	B.A.	M	[Signature]	01.06.2021
5	Arshiya Das	19010105	B.A.	F	[Signature]	01.06.2021
6	Ashish Kumar	19010106	B.A.	M	[Signature]	01.06.2021
7	Ashmita Das	19010107	B.A.	F	[Signature]	01.06.2021
8	Ashwini Kumar	19010108	B.A.	M	[Signature]	01.06.2021
9	Ashwini Das	19010109	B.A.	F	[Signature]	01.06.2021
10	Ashwini Kumar	19010110	B.A.	M	[Signature]	01.06.2021
11	Ashwini Das	19010111	B.A.	F	[Signature]	01.06.2021
12	Ashwini Kumar	19010112	B.A.	M	[Signature]	01.06.2021
13	Ashwini Das	19010113	B.A.	F	[Signature]	01.06.2021
14	Ashwini Kumar	19010114	B.A.	M	[Signature]	01.06.2021
15	Ashwini Das	19010115	B.A.	F	[Signature]	01.06.2021
16	Ashwini Kumar	19010116	B.A.	M	[Signature]	01.06.2021
17	Ashwini Das	19010117	B.A.	F	[Signature]	01.06.2021
18	Ashwini Kumar	19010118	B.A.	M	[Signature]	01.06.2021
19	Ashwini Das	19010119	B.A.	F	[Signature]	01.06.2021
20	Ashwini Kumar	19010120	B.A.	M	[Signature]	01.06.2021
21	Ashwini Das	19010121	B.A.	F	[Signature]	01.06.2021
22	Ashwini Kumar	19010122	B.A.	M	[Signature]	01.06.2021
23	Ashwini Das	19010123	B.A.	F	[Signature]	01.06.2021
24	Ashwini Kumar	19010124	B.A.	M	[Signature]	01.06.2021
25	Ashwini Das	19010125	B.A.	F	[Signature]	01.06.2021
26	Ashwini Kumar	19010126	B.A.	M	[Signature]	01.06.2021
27	Ashwini Das	19010127	B.A.	F	[Signature]	01.06.2021
28	Ashwini Kumar	19010128	B.A.	M	[Signature]	01.06.2021
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31	Ashwini Das	19010131	B.A.	F	[Signature]	01.06.2021
32	Ashwini Kumar	19010132	B.A.	M	[Signature]	01.06.2021
33	Ashwini Das	19010133	B.A.	F	[Signature]	01.06.2021
34	Ashwini Kumar	19010134	B.A.	M	[Signature]	01.06.2021
35	Ashwini Das	19010135	B.A.	F	[Signature]	01.06.2021
36	Ashwini Kumar	19010136	B.A.	M	[Signature]	01.06.2021
37	Ashwini Das	19010137	B.A.	F	[Signature]	01.06.2021
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41	Ashwini Das	19010141	B.A.	F	[Signature]	01.06.2021
42	Ashwini Kumar	19010142	B.A.	M	[Signature]	01.06.2021
43	Ashwini Das	19010143	B.A.	F	[Signature]	01.06.2021
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45	Ashwini Das	19010145	B.A.	F	[Signature]	01.06.2021
46	Ashwini Kumar	19010146	B.A.	M	[Signature]	01.06.2021
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48	Ashwini Kumar	19010148	B.A.	M	[Signature]	01.06.2021
49	Ashwini Das	19010149	B.A.	F	[Signature]	01.06.2021
50	Ashwini Kumar	19010150	B.A.	M	[Signature]	01.06.2021


Rakesh Samal
01.06.2021


Principal
GOUR MAHAVIDYALAYA
Mangalkhati, Malda
 01.06.2021

NSS UNIT VOLUNTEER REGISTRATION LIST 2020-21
GOUR MAHAVIDYALAYA

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Rakesh Saman
01.03.2021


Principal
GOUR MAHAVIDYALAYA
Maugalbari, Malda
01.03.2021

**NSS UNIT-I VOLUNTEER REGISTRATION LIST 2020-21
GOUR MAHAVIDYALAYA**

Sl. No.	Name	Gender	Roll No.	Signature
1	Abhishek Kumar	Male	19001	[Signature]
2	Adarsh Kumar	Male	19002	[Signature]
3	Amit Kumar	Male	19003	[Signature]
4	Anshu Kumar	Male	19004	[Signature]
5	Arjun Kumar	Male	19005	[Signature]
6	Ashish Kumar	Male	19006	[Signature]
7	Ashish Kumar	Male	19007	[Signature]
8	Ashish Kumar	Male	19008	[Signature]
9	Ashish Kumar	Male	19009	[Signature]
10	Ashish Kumar	Male	19010	[Signature]
11	Ashish Kumar	Male	19011	[Signature]
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17	Ashish Kumar	Male	19017	[Signature]
18	Ashish Kumar	Male	19018	[Signature]
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21	Ashish Kumar	Male	19021	[Signature]
22	Ashish Kumar	Male	19022	[Signature]
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49	Ashish Kumar	Male	19049	[Signature]
50	Ashish Kumar	Male	19050	[Signature]

Rakesh Sanar
01.06.2021


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 01.06.2021

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Rakesh Samal
01.06.2021


Principal
GOUR MAHAVIDYALAYA
Mangalbari, Malda
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