

REPORTS of NSS ACTIVITIES

June 2024 – May 2025

❖ Celebration of World Bicycle Day

The NSS Unit of BKGC, Howrah organized **World Bicycle Day** on **03.6.2024**. Digital poster making and Door to door awareness programme held for observing the world bicycle day. 20 NSS volunteers participated in the outreach programme. The programme was organized to motivate individual to accentuate the utilization of the bicycle as a method of strengthening education, including physical training, preventing disease, control air pollution, promoting tolerance, mutual understanding and facilitating social inclusion.





❖ Celebration of World Environment Day

The World Environment Day was observed by NSS Unit of Bijoy Krishna Girls College, Howrah on 5th June, 2024. The theme for World Environment Day 2024 was "Our Land. Our Future. We are Generation Restoration." The NSS Unit of Bijoy Krishna Girls' College, Howrah, played a commendable role in organizing a multifaceted and engaging celebration for World Environment Day 2023. The activities undertaken not only raised awareness about environmental issues but also encouraged active participation and commitment to sustainable practices among students and the local community. Week – Long awareness programme exemplified the NSS Unit's dedication to community service and environmental stewardship. Sixty-five students actively participated in the programme. Various programmes, such as, Pledge for an environmentally conscious lifestyle, Rally on

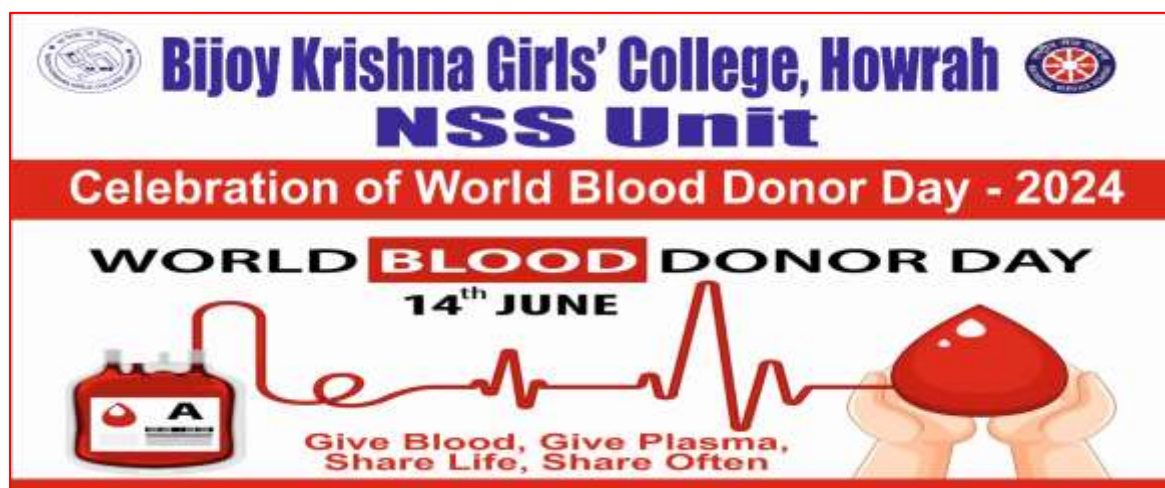
Mission Life, Cleanliness Drive (In campus and Out Campus), Tree Plantation, Awareness programme on 'Say no to Tobacco', 'Programme on 'Say No to Plastic', Celebration of 'Bicycle Day' for health, fitness, immunity and Environment, Programme on E- Waste Management, Door to Door Campaign for awareness on 'Mission Life', Tree Distribution Programme, Students Webinar for celebration of 'World Environment Day'. NSS volunteers and faculty members actively participated in the programs. NSS volunteers and faculty members contributed to the world environment day celebrations by facilitating in the green activities on campus. Through these activities the NSS Unit of BKGC always try to raise awareness and focusing environmental issues. The faculty and the team work of the institution also recognized by Institute for Environment Conservation Advocacy. 24 NSS volunteers actively participated in the programme.





❖ Celebration of World Blood Donor Day

Blood is the most precious gift that anyone can give to another person – the gift of life. Donating blood can save a life by providing necessary blood components for transfusions, treating conditions like anaemia, cancer, and traumatic injuries. It ensures a stable supply of blood for medical procedures and emergencies and has personal health benefits, such as reducing iron levels. NSS Unit of Bijoy Krishna Girls' College, Howrah, celebrated World Blood Donor Day on 14th June, 2024.



The Program started with the valuable speech of NSS Coordinator, Prof Ranjana Sarkar; who guided the student volunteers about the importance of donating blood. She explained that healthy adults can give blood regularly – at least twice a year. Blood is needed by women with complications during pregnancy and childbirth, children with severe anaemia, often resulting from malaria or malnutrition, accident victims and surgical and cancer patients. She also explained that there is a constant need for a regular supply of blood because it can be stored only for a limited period of time before use. Regular blood donation by enough healthy people is needed to ensure that blood will always be available whenever and wherever it is needed.

A rally was organised thereafter to make the local people aware about the importance of blood donation. Student and Teacher volunteers of NSS unit walked together in the rally. Leaflets were distributed to make people aware about the importance of donating blood. NSS volunteers also guided the local people to reduce their fear to donate blood. 25 NSS volunteers along with other students participated the programme.



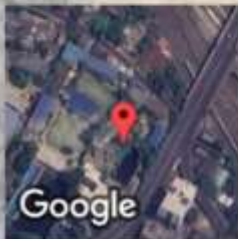
❖ Celebration of International Yoga Day & Yoga Week

The NSS Unit, BKGC, Howrah celebrates International Yoga Day every year on 21st June to raise awareness about yoga practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. The year 2024, NSS Unit celebrated week long programme for pursuing yoga in everyday life. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. The programme began with a brief introduction of Yoga Day by Dr. Ruma Bhattacharyya, Principal, Bijoy Krishna Girls 'College, Howrah. Dr. Debjani Mitra, Faculty member of NSS Unit explained the importance of Yoga in the life of students. She explained that regular practice of yoga will help the students achieve better mental and physical health. Dr. Mitra started yoga demonstrations with the yoga prayer. After which a few warm up and simple Asanas were performed by the students and the teachers enthusiastically and the importance of the asanas was also explained. Twenty-three NSS volunteers along with a few faculty members actively participated in the programme.





 **GPS Map Camera**



Howrah, West Bengal, India

INTERNATIONAL YOGA DAY, ORGANISED BY NSS UNIT, BKGC, Howrah Railway
Station, Howrah, West Bengal 711101, India

Lat 22.583251°

Long 88.336817°

21/06/24 05:25 PM GMT +05:30

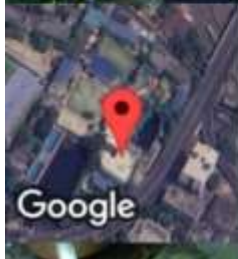
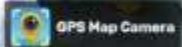


❖ Programme on Say No to Drug

The NSS Unit, BKGK, Howrah celebrates the programme on ‘Say No to Drug’ every year on 26th June, 2024 to educate and raise awareness about the harmful

effects of drug abuse, promote a drug-free lifestyle and discourage individuals from engaging in substance abuse to protect their health and well-being. Poster making and Door to door awareness programmes were organised to observe the day. 24 NSS volunteers actively participated in the programme.





Google

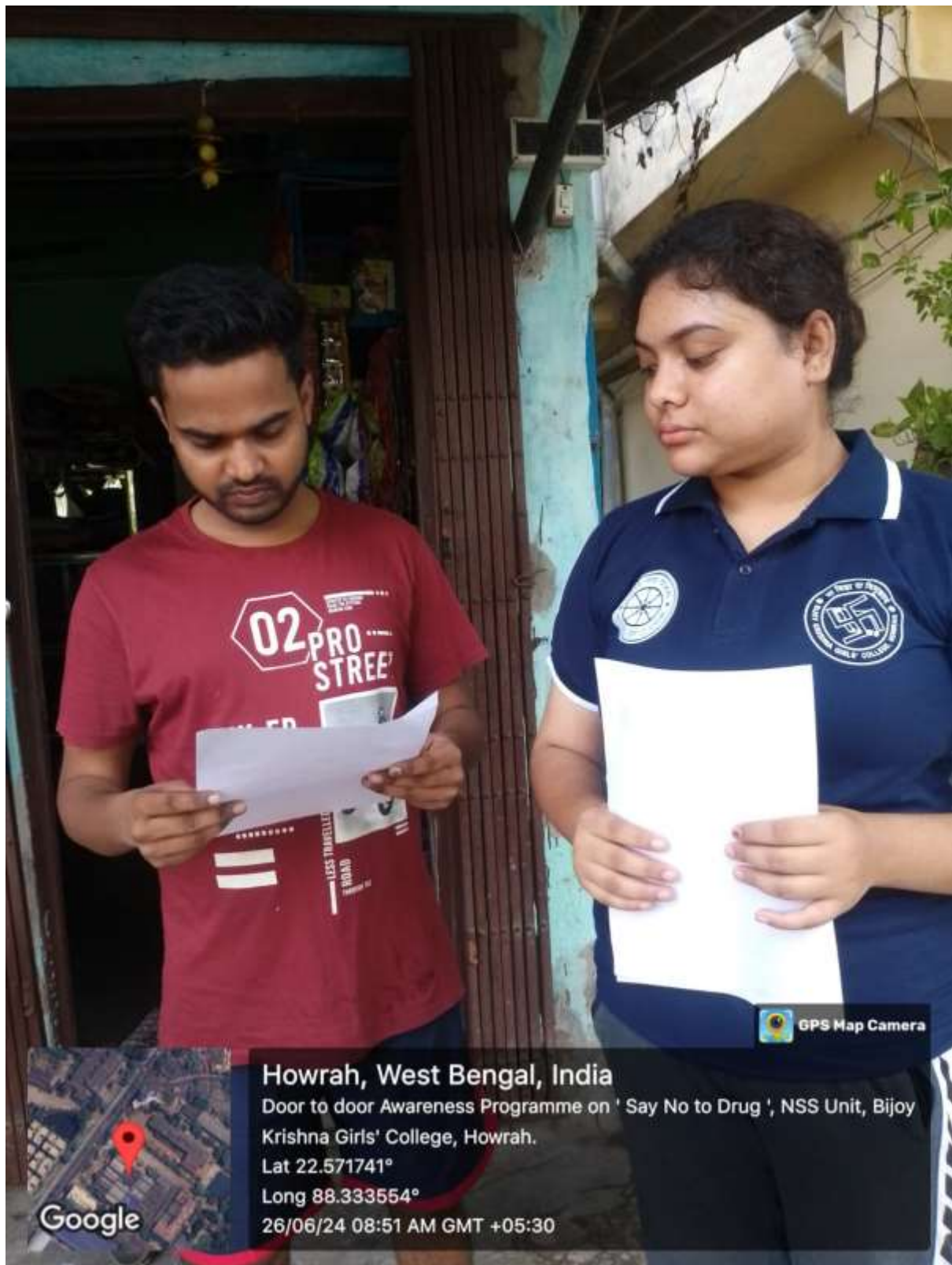
Howrah, West Bengal, India

Door to door *Awareness* *Programme* on ' ***Say No to Drug ',* NSS Unit, Bijoy Krishna Girls' College, Howrah. 5/3 M.G. Road, Howrah 711101, West Bengal

Lat 22.582934°

Long 88.336584°

26/06/24 12:07 PM GMT +05:30



GPS Map Camera

Howrah, West Bengal, India

Door to door Awareness Programme on ' Say No to Drug ', NSS Unit, Bijoy Krishna Girls' College, Howrah.

Lat 22.571741°

Long 88.333554°

26/06/24 08:51 AM GMT +05:30

Google



❖ Tree Plantation Programme

The NSS Unit of BKGC, Howrah organised 28th June, 2024 in the college premises. A 'Go Green' initiative was introduced in the college premises to promote afforestation programs and the growth of trees. Thirty-five NSS volunteers actively participated in the tree plantation programme. The program aimed to explain and promote the idea of planting trees and their importance and to aware individual to plant a sapling to protect our environment. It also aimed to encourage community participation in tree planting activities, fostering a sense of environmental responsibility and community ownership.



GPS Map Camera

Google

Howrah, West Bengal, India

Tree Plantation , NSS Unit, BKGC, 5/3, M.G Rd, Howrah, West Bengal

711101, India

Lat 22.582924°

Long 88.336777°

28/06/24 02:06 PM GMT +05:30



GPS Map Camera



Howrah, West Bengal, India

Tree Plantation , NSS Unit, BKGC, 5/3, M.G Rd, Howrah, West Bengal

711101, India

Lat 22.582924°

Long 88.336777°

28/06/24 02:07 PM GMT +05:30



❖ **Dengue Prevention Awareness Programme**

The NSS Unit of Bijoy Krishna Girls' College, Howrah in collaboration with Harijan Kalan Samiti arranged a Dengue Prevention Awareness Programme on 12.7.2024 in the slum area of Howrah (Harijon Kalyan Samiti) with the objective of creating awareness among the slum dwellers regarding dengue, which is spreading rapidly in Howrah. As a part of this programme, different activities like awareness rally with posters prepared by the students, distribution of leaflets consisting of Dos and Don'ts to prevent dengue, distribution of bleaching powder and phenyl to the slum dwellers, spreading of bleaching powder in drains and open dustbin and above all, discussion by the students of NSS Unit with the dwellers of Harijon slum area were arranged to make the dwellers conscious about the severity of dengue and the imperative role that they should play at this crucial time to make the programme effective and successful. Prof. Ranjana Sarkar Ghosh, Dr. Sweta Guha, Dr. Papiya Ghosh, Dr. Jaydeep Saha, Dr. Dibyendu Ganguli, Dr. Debleena Kumar and Baby Dolui arranged and executed the programme very systematically to meet the objectives of the programme. The programme started at 12 noon and continued up to 2:30 pm. Besides, as a part of community service, food items were distributed among the street children. The response was overwhelming and they have reportedly become sensitised through that programme. 20 NSS volunteers actively participated in the programme.





❖ Celebration of World Youth Skills Day

The NSS Unit of Bijoy Krishna Girls' College, Howrah in collaboration with DIC, Howrah celebrated World Youth Skills Day. The programme was organised to raise awareness about the significance of acquiring and enhancing skills among young people for personal development and career advancement. It aimed to emphasize the importance of continuous learning and skill upgrading throughout one's life to adapt to changing job markets and technological advancements. Ten NSS volunteers actively participated in the programme. Twelve NSS volunteers actively participated in the programme.



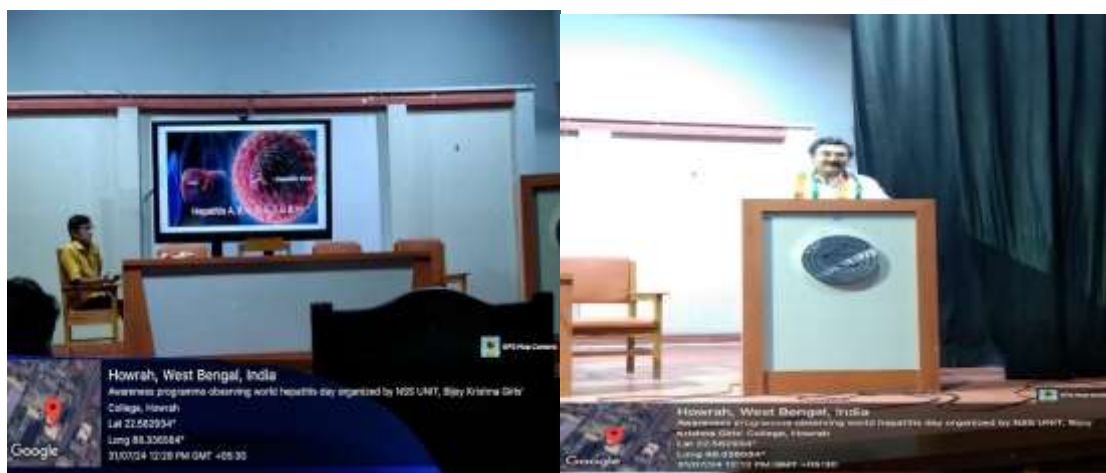


❖ Celebration of World Hepatitis Day

Global Hepatitis Report by World Health Organization 2024 portrays that the disease Hepatitis is the second leading infectious cause of death globally, with 1.3 million deaths per year. On July 31st, 2024, the NSS unit of Bijoy Krishna Girls' College celebrated World Hepatitis Day with great enthusiasm and a commitment to raising awareness about hepatitis. The event aimed to educate students and faculty about the prevention, diagnosis, and treatment of hepatitis, emphasizing the importance of combating this global health issue. The NSS Coordinator, Prof. Ranjana Sarkar, explained how the event not only enlightened the NSS volunteers and attendees but also empowered them to contribute to the global fight against hepatitis.



The event was graced by the presence of Dr. Prosanto Chowdhury, the Laboratory Director and In Charge at Cordlife Sciences India Private Limited. Dr. Chowdhury is a renowned expert in the field of medical science, with extensive experience in laboratory sciences and public health initiatives. Dr. Ruma Bhattacharya, Principal of Bijoy Krishna Girls' College, welcomed the attendees and emphasized the significance of World Hepatitis Day. The IQAC Coordinator, Dr. Sweta Guha highlighted the role of educational institutions in spreading awareness and fostering a healthy society.



Dr. Chowdhury delivered an insightful keynote speech on "Understanding Hepatitis: Prevention and Treatment." He explained the different types of hepatitis (A, B, C, D, E, F, G and H), their modes of transmission, symptoms, and preventive measures. Dr. Chowdhury underscored the importance of vaccination, safe practices, and regular medical check-ups in preventing hepatitis. He also shared success stories of hepatitis eradication initiatives and advancements in medical science that offer hope for a hepatitis-free future. Following the keynote speech, Dr. Chowdhury engaged in an interactive session with the students and

faculty. Participants asked various questions related to hepatitis, including its symptoms, the effectiveness of vaccines, and the availability of treatments. Dr. Chowdhury patiently addressed each query, providing detailed and informative responses. The program ended with a vote of thanks by Dr. Dibyendu Ganguli, NSS member, expressing gratitude to all participants, volunteers, and organizers for making the event a success. 73 NSS volunteers actively participated in the programme.

❖ Independence Day Celebration & Community Service

On 15th August 2024, NSS Unit of Bijoy Krishna Girls' College Howrah observed 77th Independence Day. Our National Flag was hoisted by Ranjana Sarkar Ghosh, Programme Officer of the NSS Unit of the college. The teachers and the NSS volunteers took an oath and voiced collectively different Patriotic songs. As a part of the noble mission of community service of NSS, food and clothing are distributed among the homeless people. A cultural program was organized by the NSS unit, and the teachers and the students enriched the prog by actively participating. Through this program all the members offered their gratitude to our Motherland and the Martyrs who made us sovereign from 200 years slavery of British rule. 45 NSS volunteers actively participated in the programme.







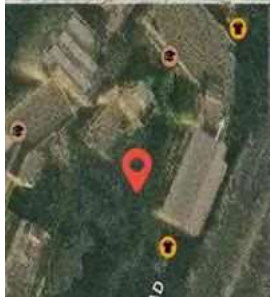
❖ Swachhta Programme

Swachhta Programme was organised on 22.8.2024 by NSS unit, BKGC under Swachhta Action Plan, Govt of India in regular basis in college campus and surrounding area also. The programmes aim to clean up the class rooms, library, college campus, to encourage hygienic sanitation practice, to achieve a clean and open defecation free campus. Fifteen NSS volunteers were actively participated in the programme with great enthusiasm.





GPS Map Camera

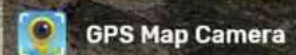


Howrah, WB, India

Church Road, Howrah Railway Station Area,
Howrah, 711101, WB, India

Lat 22.583144, Long 88.337016

08/22/2024 13:32 GMT+05:30



Howrah, WB, India

Church Road, Howrah Railway Station Area,
Howrah, 711101, WB, India

Lat 22.583135, Long 88.336855

08/22/2024 13:30 GMT+05:30



GPS Map Camera



Howrah, WB, India

Church Road, Howrah Railway Station Area,
Howrah, 711101, WB, India

Lat 22.583148, Long 88.336887

08/22/2024 13:28 GMT+05:30

❖ Awareness Programme on ‘Say No to Plastic’

NSS Unit of Bijoy Krishna Girls’ College, Howrah organized an awareness Programme on ‘Say No to Plastic’ programme on 29.8.2022 at college campus. The programme aimed to spread awareness about the hazards of plastic, to impart knowledge about the reduction and re-use of plastic, to understand the use of alternatives of plastic, to contribute towards preserving the environment and reduction of plastic pollution. NSS volunteers made posters, banners on ‘say no to plastic’ and sensitized the students about the risk factors for using plastic. Ten NSS volunteers were actively participated in the programme with great enthusiasm.





Howrah, West Bengal, India

Awareness Program on Mission Life "SAY NO TO PLASTIC" organized by NSS UNIT, Bijoy Krishna Girls'

College, Howrah

Lat 22.57332°

Long 88.333427°

29/08/24 02:00 PM GMT +05:30

Google

GPS Map Camera



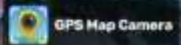
Howrah, West Bengal, India

Awareness Program on Mission Life "SAY NO TO PLASTIC" organized by NSS UNIT,
Bijoy Krishna Girls' College, Howrah

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Long 88.333427°

29/08/24 01:50 PM GMT +05:30





❖ Observation of World Water Week

The National Service Scheme (NSS) Unit at BKGC, Howrah, recently organized a week-long impactful program from 28.8.2024 to 03.9.2024 on Water Conservation, reflecting the institution's commitment to environmental sustainability. The event aimed to raise awareness about the escalating water crisis and promote responsible water usage among the students and community. Various interactive sessions, water testing for purity measurement and demonstrations were conducted to educate participants on practical methods of water conservation, such as rainwater harvesting, efficient irrigation techniques, and reducing water wastage. The Water Conservation program organized by NSS Unit, BKGC, Howrah, not only equipped participants with practical knowledge but also instilled a sense of environmental consciousness, encouraging them to become responsible stewards of water resources. Fifteen NSS volunteers actively participated in the programme.



OBSERVATION OF WORLD WATER WEEK August 2024



**SAVE WATER
SAVE LIFE**



**CONSERVE
WATER**



**Every
Drop
Counts!**



Howrah, WB, India

Church Road, Howrah Railway Station Area,

Howrah, 711101, WB, India

Lat 22.583465, Long 88.337146

09/02/2024 13:49 GMT+05:30

Note : Captured by GPS Map Camera



Howrah, West Bengal, India

Observation of World Water Week (awareness programme - 02.9.2024 , Time: 1 pm onwards) Blijoy

Krishna Girls' College, Howrah

Lat 22.57332°

Long 88.333427°

02/09/24 01:46 PM GMT +05:30



❖ Observation of National Nutrition Week

The NSS Unit of BKGC observed National Nutrition Week from 1st to 7th September 2024 with the theme “Healthy Diet: Affordable and Sustainable for All.” The week-long program aimed to create awareness about the importance of nutrition and healthy eating habits among students and the community.

The event commenced with an inaugural session featuring a talk by Dr. Papiya Ghosh, who highlighted the role of balanced diets in overall health. Various activities were conducted throughout the week, including poster-making competitions, nutrition quizzes, and healthy cooking demonstrations. NSS volunteers organized awareness drives in nearby slum area at Kadamtala, Howrah, distributing leaflets and engaging in interactive sessions on malnutrition, anaemia, and lifestyle diseases. The weeklong event concluded with a pledge-taking ceremony where students committed to adopting healthy dietary habits and promoting nutritional awareness. The observation of National Nutrition Week was a resounding success, fostering a greater understanding of nutrition’s impact on personal and community health. The initiative also strengthened the social responsibility values among the NSS volunteers. 20 NSS volunteers along with other students attended the programme.

NATIONAL NUTRITION WEEK

"NUTRITIONS DIETS FOR EVERYONE"

राष्ट्रीय सेवा योजना
NATIONAL SERVICE SCHEME

राष्ट्रीय महिला कॉलेज फौजपुर

ORGANIZED BY NSS UNIT

OBSERVED FROM 1ST-7TH SEPTEMBER ANNUALLY

A HEALTHY OUTSIDE STARTS FROM THE INSIDE.

PROPER DIET ENSURES OPTIMAL PHYSICAL AND MENTAL HEALTH

AIMS TO EDUCATE PEOPLE ON EATING A WELL BALANCE DIET

EAT WELL FOR A HEALTHY & HAPPY LIFE

YOU CAN DO A LOT FOR YOUR DIET BY ELIMINATING FOODS THAT HAVE MASCOTS.

Fat 0g
 Saturated Fat 0g
 Trans Fat 0g
 Cholesterol 0mg
 Sodium 0mg
 Vitamin A
 Calcium
 Vitamin C
 Iron



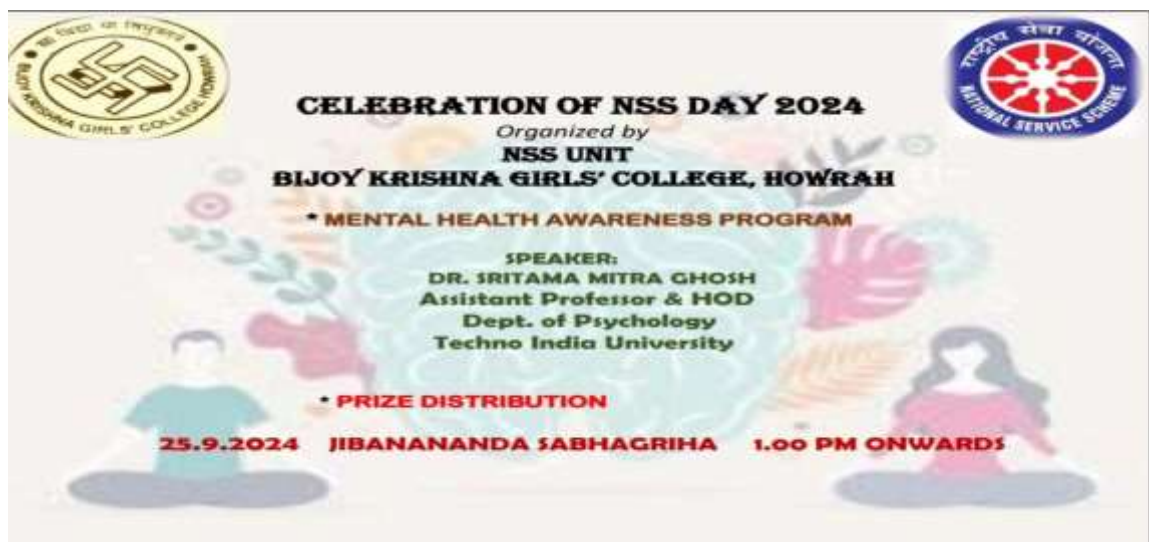
Orientation Programme

An orientation program for the newly enrolled volunteers of the NSS Unit of BKGK, Howrah was held on 02.9.2024. The session aimed to introduce students to the objectives, motto, and activities of the National Service Scheme (NSS). The program began with a welcome address by the NSS Programme Officer, who briefed the volunteers on the significance of social service and community engagement. A detailed presentation highlighted various NSS activities including health camps, cleanliness drives, awareness campaigns, and disaster relief work. Senior NSS volunteers shared their experiences, motivating the new members to actively participate in all initiatives. The orientation concluded with an interactive Q&A session, followed by the distribution of NSS diaries. 35 NSS volunteers attended the programme. The program successfully inspired students to embrace the spirit of teamwork and dedication.



Celebration of NSS day

The National Service Scheme (NSS) Day is celebrated every year on September 24 to commemorate the establishment of the NSS in 1969. This year, the NSS Unit of Bijoy Krishna Girls College organized a vibrant celebration to highlight the importance of community service and to encourage students to engage in various social activities on 25th September to celebrate the occasion.



The event was inaugurated by the Principal of Bijoy Krishna Girls College, Dr. Ruma Bhattacharyya, who spoke about the importance of NSS in fostering a sense of responsibility among students. Dr. Sweta Guha, IQAC Coordinator, tried to instill values of discipline, leadership, and commitment among students. Prof. Ranjana Sarkar Ghosh, NSS Program Officer, emphasized the impact of small contributions from individuals in making a significant difference in society.



Dr. Sritama Mitra, HOD (Dept of Psychology), Techno India University began her lecture by defining mental health and its significance in overall well-being. She discussed common mental health issues faced by students, such as anxiety, depression, and stress. The lecturer educated the NSS volunteers on how to recognize the symptoms of mental health problems, encouraging students to be vigilant about their own mental states and those of their peers. Dr. Mitra introduced practical techniques for maintaining mental health, including mindfulness practices, stress management techniques, and the importance of a balanced lifestyle. She emphasized the value of physical activity, social connections, and professional help when needed.



The NSS Unit honored students who have shown exemplary dedication to community service in the past year. This initiative aimed to motivate other students to follow their lead. Priyanka Ghosh of 5th Semester was awarded as the Best NSS Volunteer.

An interactive session was organized where students could share their experiences in NSS activities, fostering a spirit of camaraderie and enthusiasm among the participants. 87 NSS volunteers actively participated the programme.

The celebration ended with the Vote of Thanks by Dr. Debjani De, teacher member of NSS Unit encouraging them to work for people in distress in the community

Mental Health Awareness Programme

The NSS Unit of BKGK, Howrah organized a Mental Health Awareness Programme on 25.9.2024 to promote mental well-being among students and staff. The session aimed to educate participants on the importance of mental health, early signs of mental distress, and strategies for emotional resilience. The

programme began with a welcome speech by the by the Principal of Bijoy Krishna Girls College, Dr. Ruma Bhattacharyya, followed by an insightful talk by a professional psychologist Dr. Sritama Mitra, HOD (Dept of Psychology), Techno India University who emphasized the need to break the stigma surrounding mental illness. Interactive activities and an open discussion were also held, allowing students to share their thoughts and experiences. Informative pamphlets were distributed to increase awareness and provide useful resources. The event witnessed enthusiastic participation and proved effective in fostering a supportive and understanding environment. The programme concluded with a vote of thanks and a pledge to prioritize mental health in daily life.

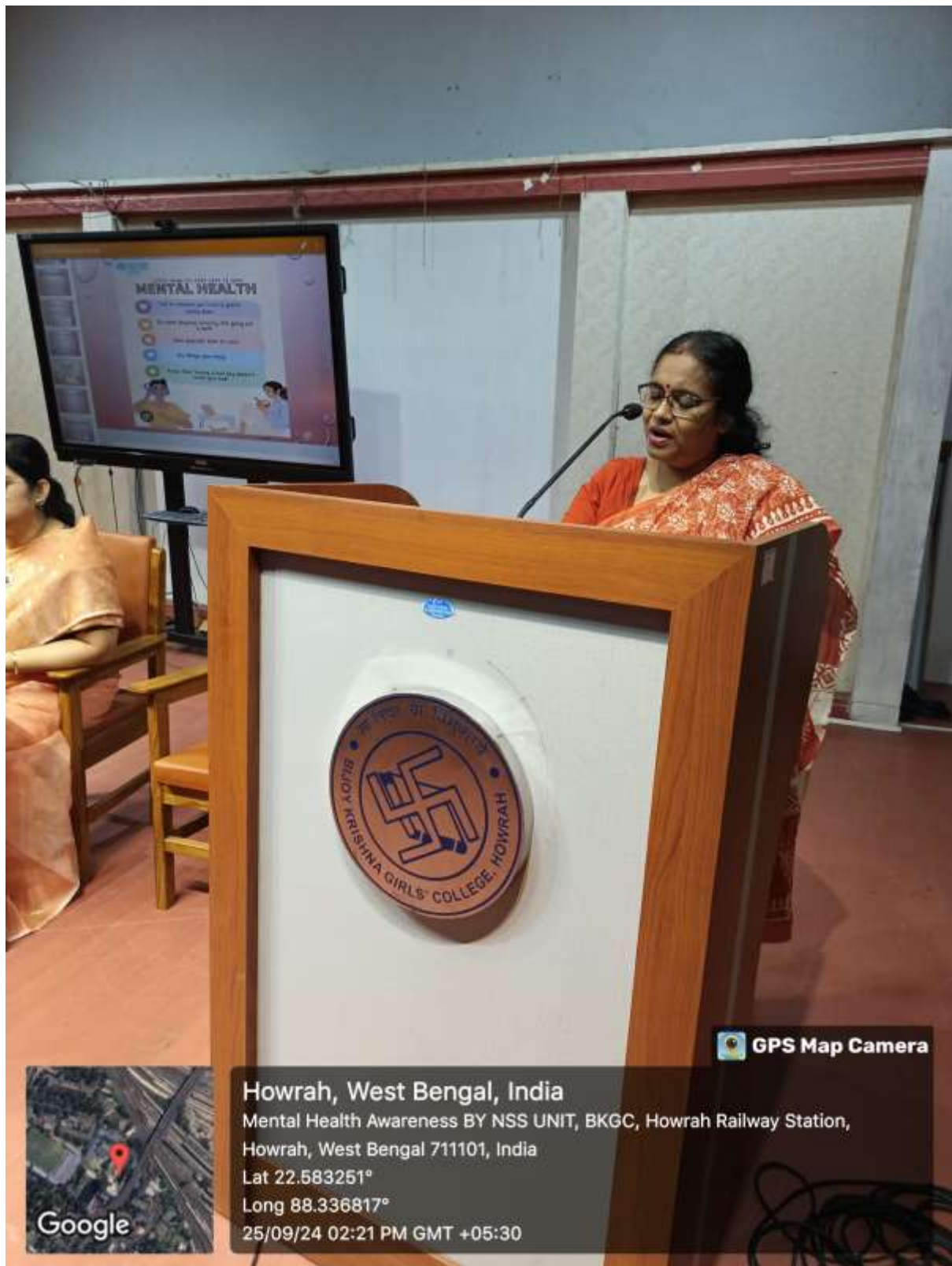


GPS Map Camera



Howrah, West Bengal, India
Mental Health Awareness BY NSS UNIT, BKGC, Howrah Railway Station,
Howrah, West Bengal 711101, India
Lat 22.583251°
Long 88.336817°
25/09/24 01:25 PM GMT +05:30





❖ Water Conservation Programme

A special lecture on Water Conservation was organized by NSS on 30.09.2024 at 12 PM in Jibananda Sabhagriha Auditorium. The two resource persons invited

for the lecture were I.C, Women PS, Ms. Kakali Ghosh Kundu of Howrah City Police and Mr Samrat Moulik, The Rivercyclist.

The Welcome address was delivered by Principal Madam, Dr. Ruma Bhattacharyya, followed by IQAC Coordinator, Dr. Sweta Guha. The speakers delivered very influential lectures on the topic of Water Conservation and guided students on the steps they can take at an individual and group level to live a more sustainable life. The lecture was attended by 152 students who received the lecture with much interest and enthusiasm. The program ended with a Question& Answer session. The vote of thanks was delivered by Ms. Lazumla T Sherpa, Assistant Professor of Chemistry.

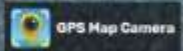






❖ **Week Long Dengue Awareness Programme**

The NSS Unit of Bijoy Krishna Girls' College, Howrah arranged a week long Dengue Prevention Awareness Programme(14.10.24 – 20.10.24) in the slum area of Howrah (Harijon Kalyan Samiti) with the objective of creating awareness among the slum dwellers regarding dengue, which is spreading rapidly in Howrah. As a part of this programme, different activities like awareness rally with posters prepared by the students, distribution of leaflets consisting of Dos and Don'ts to prevent dengue, distribution of bleaching powder and phenyl to the slum dwellers, spreading of bleaching powder in drains and open dustbin and above all, discussion by the students of NSS Unit with the dwellers of Harijon slum area were arranged to make the dwellers conscious about the severity of dengue and the imperative role that they should play at this crucial time to make the programme effective and successful.



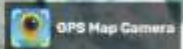
Howrah, West Bengal, India

Dengue Awareness Programme Organised by NSS UNIT ,Bijoy Krishna Girls' College,
Howrah

Lat 22.578316°

Long 88.333751°

18/10/24 11:25 AM GMT +05:30



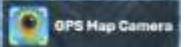
Howrah, West Bengal, India

Dengue Awareness Programme Organised by NSS UNIT ,Bijoy Krishna Girls' College,
Howrah

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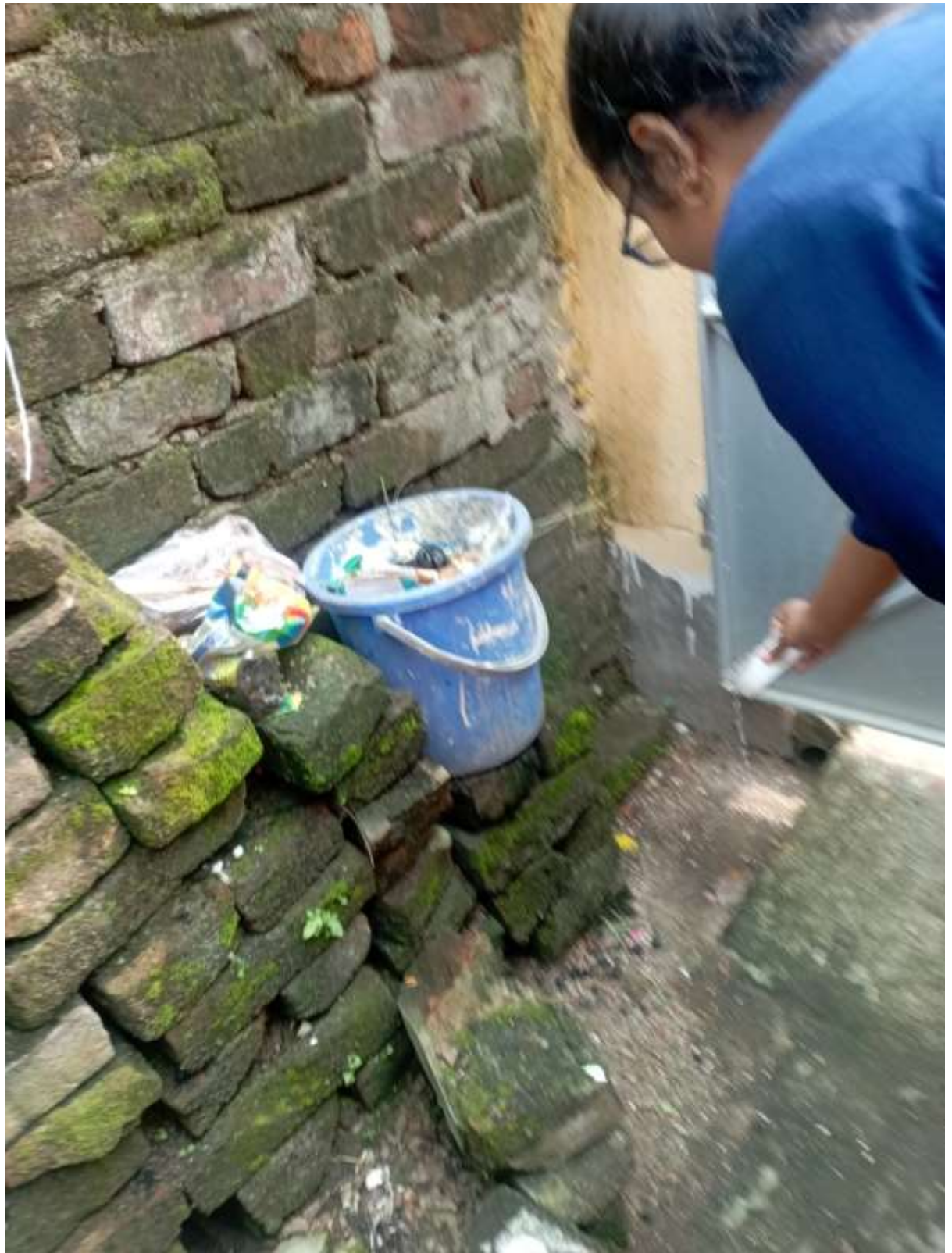
Howrah, West Bengal, India

Dengue Awareness Programme Organised by NSS UNIT ,Bijoy Krishna Girls' College,
Howrah

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Long 88.333751°

18/10/24 11:24 AM GMT +05:30





GPS Map Camera



Howrah, West Bengal, India

Dengue Awareness Programme Organised by NSS UNIT ,Bijoy Krishna Girls' College,
Howrah

Lat 22.578316°

Long 88.333751°

18/10/24 11:38 AM GMT +05:30



❖ Tree Plantation Programme

The NSS Unit of BKGC, Howrah in collaboration with Panchpara Gram Panchayat observed Tree Plantation Week from 21.10.24 to 26.10.2024. A 'Go Green' initiative was introduced in the college premises to promote afforestation programs and the growth of trees. Thirty-five NSS volunteers actively participated in the tree plantation programme. The program aimed to explain and promote the idea of planting trees and their importance and to aware individual to plant a sapling during the Bonomahotsov week. It also aimed to encourage community participation in tree planting activities, fostering a sense of environmental responsibility and community ownership.



Howrah, West Bengal, India

Tree Plantation Programme Organised by NSS UNIT ,Bijoy Krishna Girls' College,
Howrah

Lat 22.578316°

Long 88.333751°

21/10/24 12:18 PM GMT +05:30



GPS Map Camera

Google

Howrah, West Bengal, India

Tree Plantation Programme Organised by NSS UNIT ,Bijoy Krishna Girls' College,
Howrah

Lat 22.578316°

Long 88.333751°

21/10/24 12:18 PM GMT +05:30



 GPS Map Camera



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Howrah, West Bengal, India
Tree plantation NSS UNIT Bijoy krishna girls college
Lat 22.61197° Long 88.270614°
21/10/24 01:03 PM GMT +05:30



❖ **Observation of National Cancer Awareness Day**

The NSS Unit of BKGC, Howrah observed National Cancer Awareness Day on 7th November 2024 to spread awareness about cancer prevention and early detection. The programme included an awareness rally, poster presentation, and an interactive session with a medical expert who emphasized lifestyle changes and regular screening. Volunteers actively participated in disseminating information about the harmful effects of tobacco and the importance of timely diagnosis. The event aimed to sensitize students and the community towards cancer-related issues, fostering a spirit of social responsibility. The initiative was well-received and served its purpose effectively.



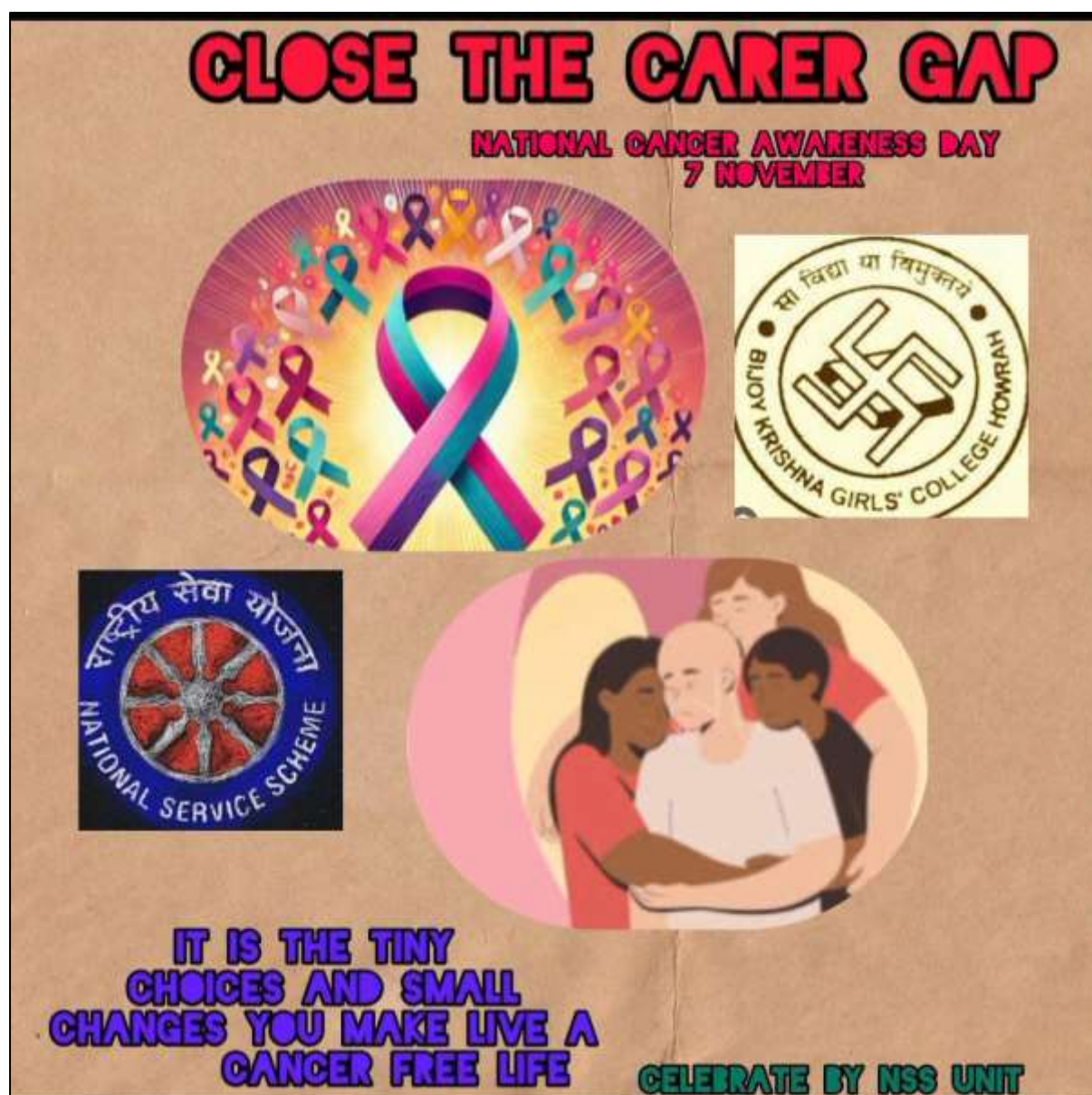
GET READY FOR THE FIGHT

Organized by NSS unit

7 november

***Don't count the bays but
make the days count***





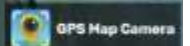
❖ Swachhta Programme – Regular Activity

Swachhta Programme was organised by NSS unit, BKGK under Swachhta Action Plan, Govt of India in regular basis in college campus and surrounding area also. The programmes aim to clean up the class rooms, library, college campus, to encourage hygienic sanitation practice, to achieve a clean and open defecation free campus. Twenty-five NSS

volunteers were actively participated in the programme with great enthusiasm.



Howrah, West Bengal, India
SWACHHATA HI SEVA, Organised by NSS UNIT ,Bijoy Krishna Girls' College, Howrah
Lat 22.57332°
Long 88.333427°
02/10/24 10:49 AM GMT +05:30





GPS Map Camera

Google

Kolkata, West Bengal, India

SWACHHATA HI SEVA, Organised by NSS UNIT, Bijoy Krishna Girls College

Lat 22.638716°

Long 88.353201°

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GPS Map Camera

Howrah, West Bengal, India

Swachhta hi seva ORGANISED BY NSS UNIT, BKGK, Howrah Railway Station,
Howrah, West Bengal 711101, India

Lat 22.583251°

Long 88.336817°

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Google



GPS Map Camera



Howrah, West Bengal, India

Swacchta Hi Seva organised by NSS unitBKGC 5/3 Mahatma Gandhi road

Howrah 711101

Lat 22.591152°

Long 88.303926°

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❖ Celebration of Constitution Day of India

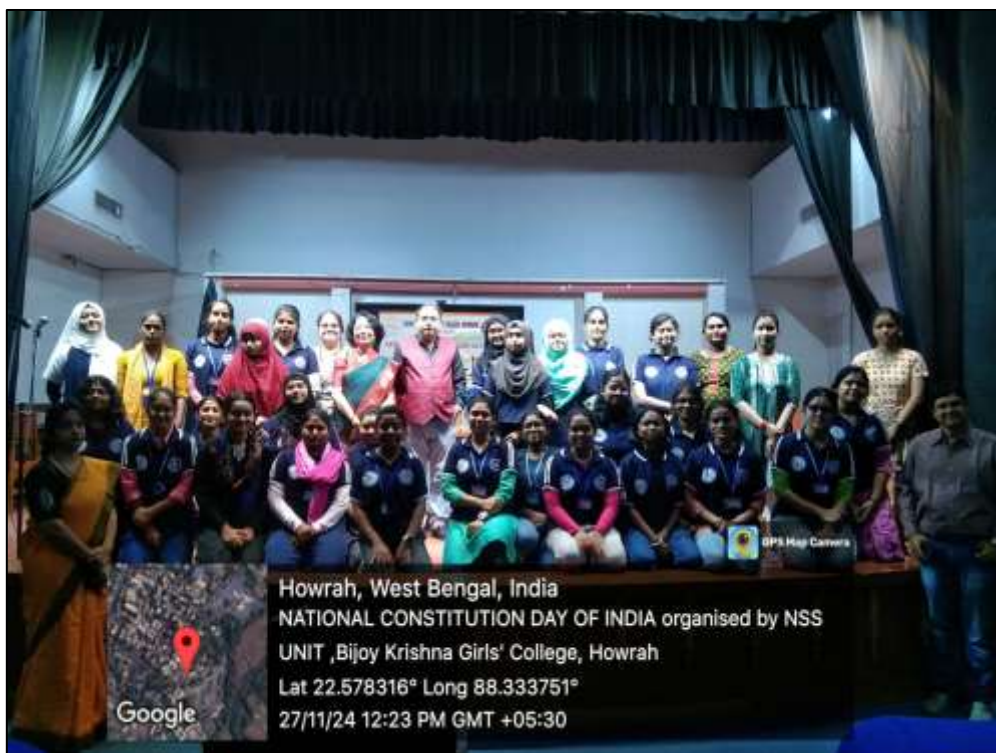
The NSS Unit and IQAC of Bijoy Krishna Girls' College Howrah has celebrated 'National Constitution Day' of India with a lecture delivered by Dr Biswanath Chakraborty, Professor, Department of Political Science, Rabindra Bharati University. On 27th November, the programme has started with the introductory speeches of Principal and IQAC Coordinator. After that, Prof. Chakraborty has delivered a very insightful lecture on the present status of constitutional values and significance of constitution in the policy and practice of India. A total number of 168 participants including teachers and students of BKGC has participated and actively interacted with the speaker on such important issues at Jibanananda Sabhagriha.



❖ Photo - 1. Introductory Lecture delivered by Principal



❖ Photo – 2. Lecture delivered by Prof. Biswanath Chakraborty



❖ Photo – 3. Participation of students and teachers in the event

❖ **Observation of ‘World AIDS DAY’**

On 1st December 2023, Bijoy Krishna Girls’ College, Howrah commemorated World Aids Day through its NSS Unit. Different events were organised for the same; a seminar to create awareness about the disease among the students and a rally by the students and teachers of the college to spread awareness in society and distribution of leaflet to create awareness among pedestrian. The program began with the opening speech of the Principal of Bijoy Krishna Girls’ College, Howrah, Dr. Ruma Bhattacharyya. In her speech the principal stressed on how AIDS was different from COVID which is a communicable disease through the air while AIDS is not. This was followed by the speech of the IQAC Coordinator of the college, Dr. Sweta Guha. She welcomed this awareness campaign, adding how it was a very necessary step for the welfare of society. The speaker of the Seminar, Dr. Aditi Sen, Scientist and Molecular Biologist, National Health Mission (WB), Department of Haematology, NRS Medical College and Hospital, Kolkata was called to the podium next. Her lecture was accompanied by a PowerPoint presentation. In her lecture, Dr. Chakraborty defined the AIDS disease and its symptoms and made the students aware of how it spreads. She spoke against the social taboos on AIDS patients. She also informed the students about the treatment of the disease. The seminar was attended by 145 students. After the enlightening lecture many students and teachers put forward questions to the speaker which were answered. The seminar was conducted by the NSS faculty member of the college, Prof. Rupkatha Mukherjee. It ended with the vote of thanks by Dr. Debjani Mitra. The second event was the rally by students and teachers of the college. The rally began with the principal walking along with 250 students carrying placards and a banner to create social awareness about the disease. 104 NSS volunteers along with faculty members were actively participated in the programme with great enthusiasm.





Howrah, West Bengal, India
World AIDS Day, Awareness Lecture on HIV AND AIDS organised
by NSS UNIT ,Bijoy Krishna Girls' College, Howrah
Lat 22.578316° Long 88.333751°
02/12/24 01:29 PM GMT +05:30



❖ Celebration of 'International Human Rights Day'

The NSS Unit of BKGC observed International Human Rights Day on 10th December 2024 with great enthusiasm. The event featured an inter-college slogan competition focusing on the theme “Our Rights, Our Future, Right Now.” Students from various institutions participated and showcased powerful slogans promoting human rights awareness. Winners were awarded certificates and appreciation. The event successfully encouraged youth to uphold and advocate for human rights through creative expression.



BIJOY KRISHNA GIRLS' COLLEGE, HOWRAH **NSS UNIT**



Observance of **International Human Rights Day** **Date: 10.12.2024**

INTER-COLLEGE SLOGAN COMPETITION

In accordance with the UN Theme 2024:
Our Rights, Our Future, Right Now

- Any relevant slogan (within 4 lines) related to Human Rights should be sent to nssbkgc@gmail.com
- In the e-mail, students should clearly write their Names, College Roll Numbers, Registration Numbers (for 3rd & 5th Semesters), Semesters, Departments, Contact Numbers & College Names.
- Last date of submission of slogan through e-mail is 10th December, 2024.

❖ **NSS Special Camp (Week Long)**

From March 7th December to 13th December 2024, the NSS Unit of Bijoy Krishna Girls' College, Howrah, organized a weeklong Special Camp at Panchpara Gram Panchayat aimed at community development and student engagement in social service. The main objective was to inculcate the spirit of selfless service and voluntary work among the volunteers. The camp commenced with an inauguration ceremony graced by the College IQAC coordinator, NSS program officer and NSS faculty members and local dignitaries who highlighted the importance of NSS activities.

Throughout the week, students participated in various community service projects, including cleanliness drives, tree plantation, and health awareness programs. Workshops on personal hygiene, nutrition, and first aid were conducted to educate the local community. The volunteers also organized educational activities – literacy programme for children. The NSS volunteers

also conducted survey project for getting a picture of the socio – economic condition of the slum area of Panchpara. The Camp was ended with a cultural programme. 23 NSS volunteers actively participated in the camp.







❖ Celebration of National Youth Day

On January 13, 2024, the NSS Unit of Bijoy Krishna Girls' College, Howrah, in collaboration with the Philosophy Department celebrated National Youth Day

with great enthusiasm and participation of 147 students. The event commemorated the birth anniversary of Swami Vivekananda, aiming to inspire and empower the youth.

The celebration began with a welcome speech by the Principal Madam, Dr. Ruma Bhattacharyya, highlighting the significance of National Youth Day and Swami Vivekananda's contributions to society. Dr. Sweta Guha, IQAC coordinator also highlighted on the philosophy of Swamy Vivekananda. The motivational speech was delivered by Mr. Tarun Goswami, Coordinating Editor, The Statesman. Mr. Goswami also emphasized on youth empowerment, leadership, and social responsibility. Interactive session and group discussions were held, encouraging the volunteers to share their ideas and visions for a better society.

The event concluded with a pledge by all participants to uphold Swami Vivekananda's ideals and work towards nation-building. The celebration of National Youth Day was a resounding success, fostering a sense of unity and purpose among the young volunteers. A total number of 108 participants including teachers and students of BKGC has participated and actively interacted with the speaker on such important issues at Jibanananda Sabhagriha.



GPS Map Camera



Howrah, West Bengal, India

Celebration of National Youth Day organised by NSS Unit and

Department of Philosophy, 5/3 M G Road, Howrah 711101,

Howrah, West Bengal 711101, India

Lat 22.58324° Long 88.336607°



GPS Map Camera



Howrah, West Bengal, India
Celebration of National Youth Day organised by NSS Unit and
Department of Philosophy, 5/3 M G Road, Howrah 711101,
Howrah, West Bengal 711101, India
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GPS Map Camera



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Howrah, West Bengal, India

Celebration of National Youth Day organised by NSS Unit and

Department of Philosophy, 5/3 M G Road, Howrah 711101,

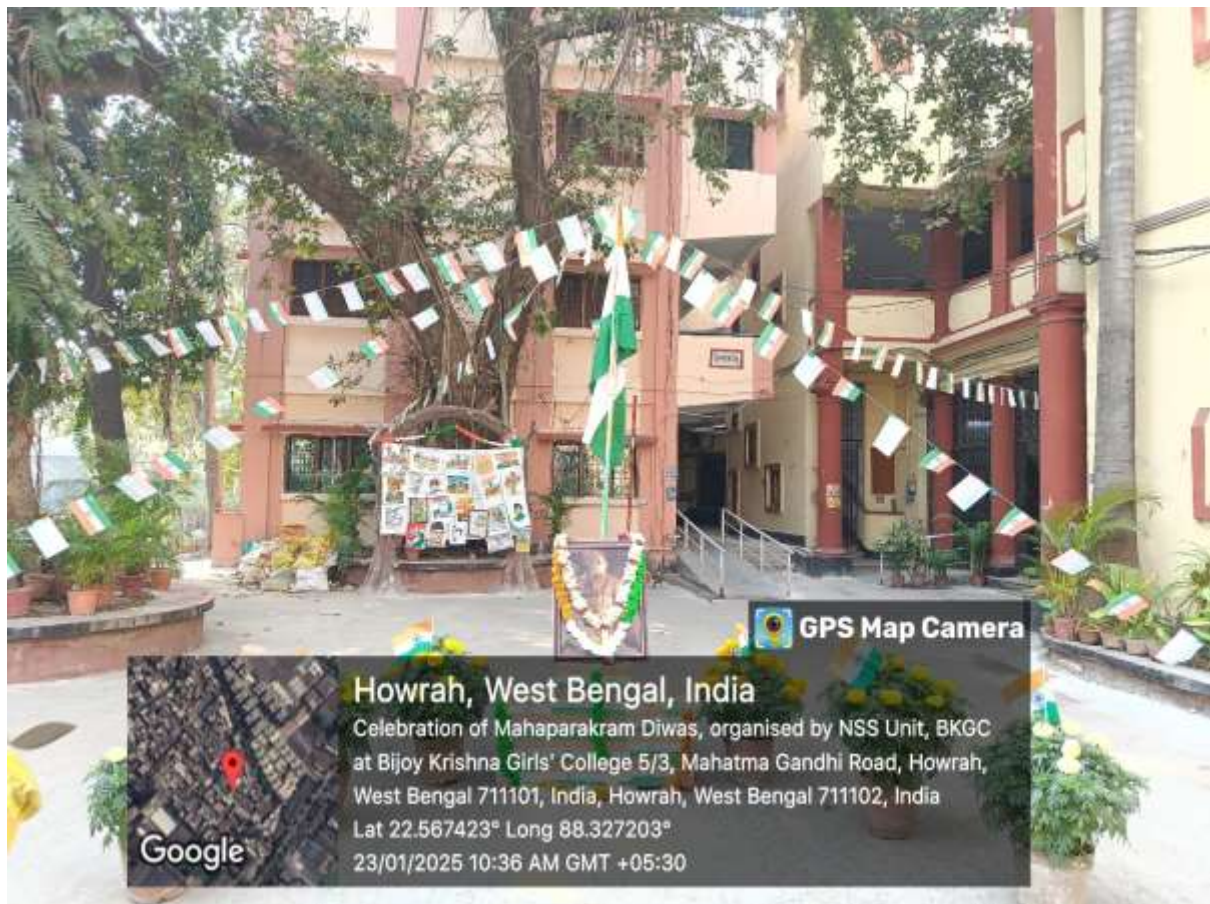
Howrah, West Bengal 711101, India

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❖ Celebration of Mahaparakram Diwas

The NSS Unit, BKGC, Howrah celebrated Parakram Diwas to commemorate Netaji's birth day on 23rd January, 2023. An interschool drawing competition on 'Netaji and Freedom Struggle' also organised on the Day. The students from different school participated in the competition. The event included a flag hoisting ceremony, a speech highlighting Netaji's contribution, and a cultural program featuring patriotic songs and dance performances. 15 NSS volunteers of our college participated the programme. It was an outreach program aimed to inspire people of the country, especially the youth, to act with fortitude in the face of adversity as Netaji did, and to infuse in them a spirit of patriotic favour, to remember and honour Netaji's vigor as one of the greatest freedom fighters of India.



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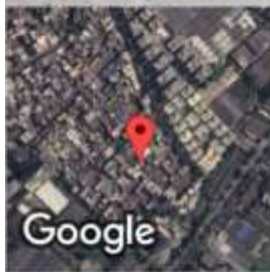
Howrah, West Bengal, India

Celebration of Mahaparakram Diwas, organised by NSS Unit, BKGC
at Bijoy Krishna Girls' College 5/3, Mahatma Gandhi Road, Howrah,
West Bengal 711101, India, Howrah, West Bengal 711102, India
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Google



 **GPS Map Camera**



Howrah, West Bengal, India

Celebration of Mahaparakram Diwas, organised by NSS Unit, BKGK at Bijoy Krishna Girls' College 5/3, Mahatma Gandhi Road, Howrah, West Bengal 711101, India, Howrah, West Bengal 711102, India
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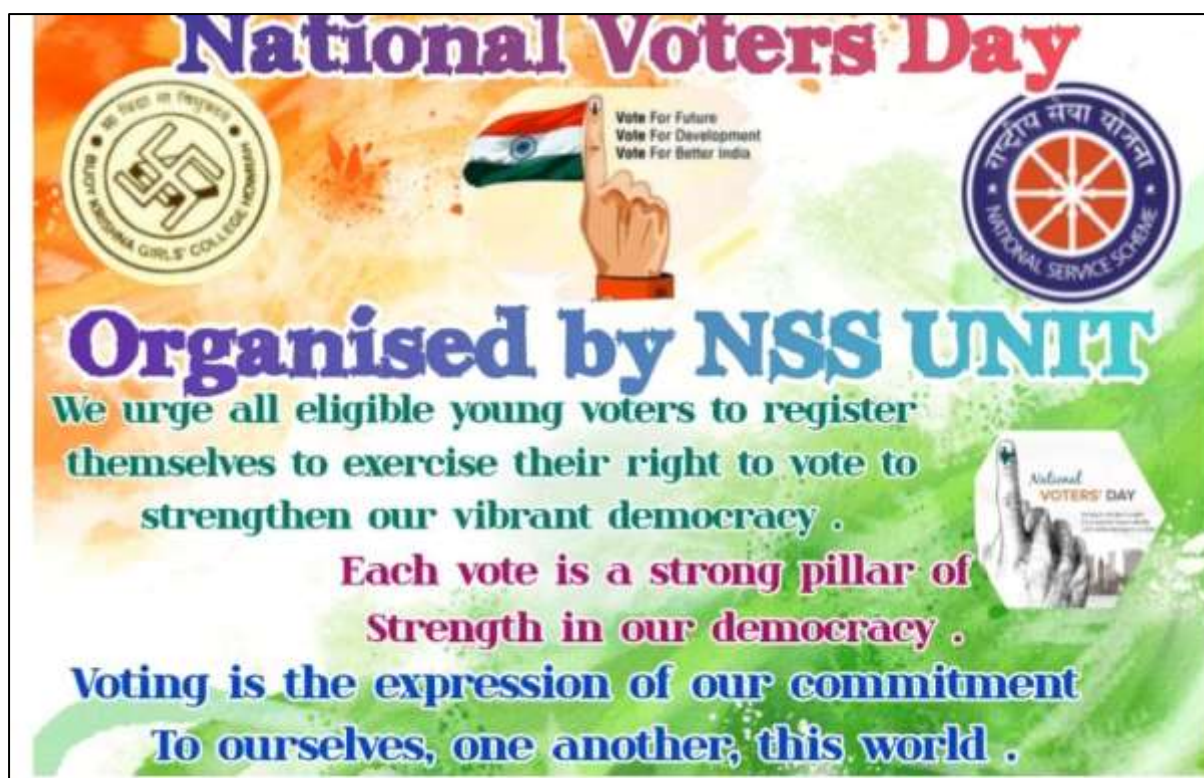


❖ Observation of National Voters Day

The NSS Unit of Bijoy Krishna Girls' College, Howrah, observed National Voters Day on 25th January, 2025 to educate and motivate the student and the local community about the importance of voting in democratic processes. The NSS volunteers prepared digital poster to create awareness the people to participate in the vote in the electoral process.

The event also included an interactive session at the college auditorium for highlighting the significance of voting, the process of voter registration, and the impact of voter participation on governance. Interactive sessions and Q&A segments allowed community members to address their concerns and queries regarding the voting process. The programme concluded with a pledge by attendees to participate actively in upcoming elections. The event successfully heightened awareness and encouraged civic engagement among the local population, reflecting the NSS Unit's dedication to promoting democratic values.





❖ Celebration of Republic Day

The 76th Republic Day was celebrated with great enthusiasm and patriotic fervor at Bijoy Krishna Girls' College, Howrah. The event commenced at 10:00 AM in the college premises in the presence of faculty members, non-teaching staff, students and security personnel. The distinguished professors present were Dr. Debjani De and Prof. Samrat Hembrem, from Department of Bengali and Prof Ananta Halder from B.Ed. Department. The national flag was hoisted with due honor, followed by the singing of the national anthem, which filled the atmosphere with a sense of unity and pride.

Professors and staff members addressed the gathering, highlighting the significance of Republic Day and the fundamental values enshrined in the Indian Constitution. They emphasized the importance of democracy, equality and freedom, inspiring the students to become responsible citizens.

Thirty students actively participated in the celebration. The event concluded with a pledge to uphold the spirit of the Constitution and work towards the progress of the nation.

The celebration was a true reflection of the patriotic spirit of the college community, reinforcing the values of unity, integrity and dedication towards the nation.



❖ **Awareness Rally on Road Safety**

The NSS Unit of BKGK, Howrah organized a Road Safety Programme aimed at spreading awareness about safe road practices. The event featured a vibrant rally with enthusiastic student participation, carrying placards and slogans promoting traffic rules and responsible driving. An intracollege poster competition was also held, where students creatively expressed the importance of road safety through impactful artwork. The programme successfully educated participants on road discipline and encouraged responsible citizenship. The initiative was well-received and highlighted the role of youth in promoting safer roads and preventing accidents through awareness and active participation. Fifty NSS volunteers participated the programme.





❖ Tuberculosis Elimination Program

The NSS Unit of BKGC, Howrah organized a Tuberculosis (TB) Elimination Program on 04.02.2025 to raise awareness about TB prevention, early detection, and treatment. The event included an informative session by healthcare professionals, who highlighted the symptoms, causes, and government initiatives for TB eradication. Students actively participated in discussions and pledged to spread awareness in their communities. Pamphlets and posters were distributed to educate the public about maintaining hygiene and seeking timely medical help. The program reinforced the importance of collective efforts in achieving the goal of a TB-free India, aligning with the national mission of eliminating TB by 2025.

Tuberculosis Elimination Programme



Organised by NSS UNIT

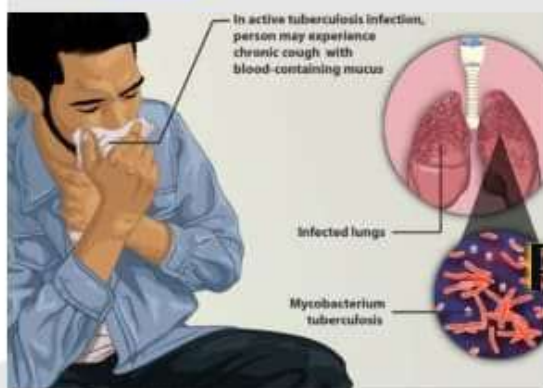
TUBERCULOSIS



**We need to urgently gap
To increase access to newer
Effective medicines, vaccines
And tools**

Symptoms of Pulmonary TB or Lung TB



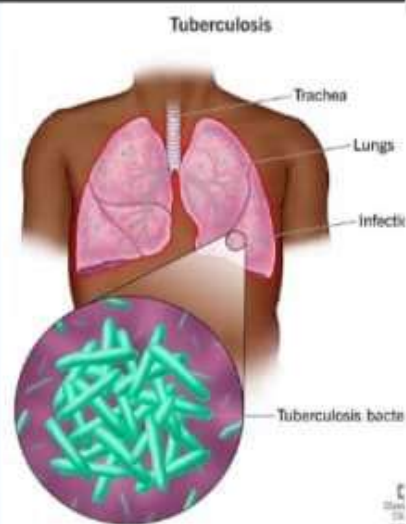


Protect your Lungs

organised by nss unit

Our Services:

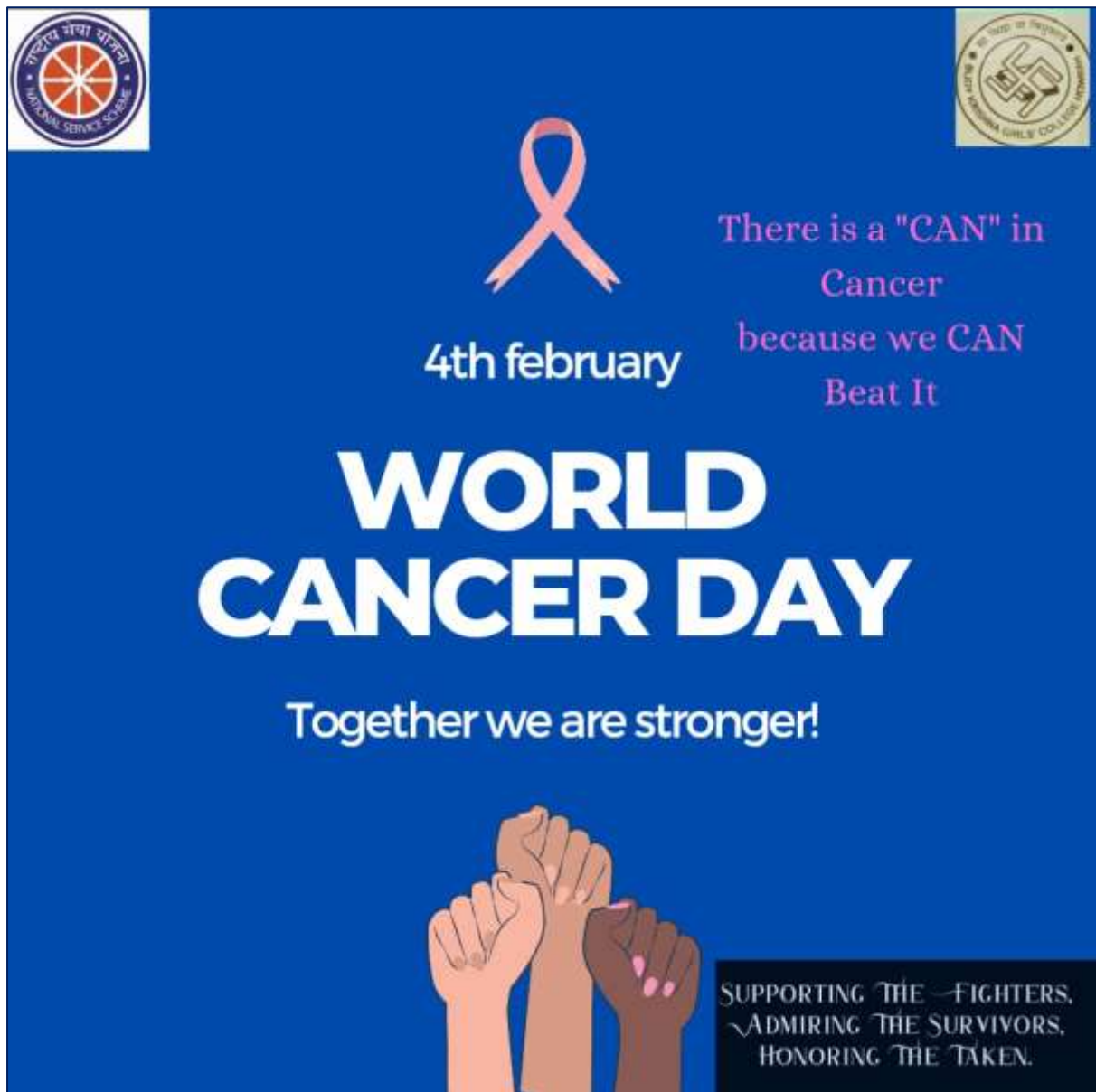
Tuberculosis Elimination
programme



❖ Observation of World Cancer Day

The NSS Unit of the college observed World Cancer Day on 04.2.2025 with the aim of spreading awareness about cancer prevention, early detection, and treatment. The event featured an awareness session by a medical expert who addressed the causes, symptoms, and myths related to cancer. Students presented posters and short talks highlighting the importance of a healthy lifestyle and regular check-ups. Informative leaflets were distributed to promote cancer

awareness in the community. The program encouraged proactive health practices and empathy towards cancer patients, reinforcing the global message of unity in the fight against cancer under the theme “Close the Care Gap.”





❖ Observation of International Mother Language Day

The NSS Unit of BKGC, Howrah observed International Mother Language Day on 21.2.2025 to celebrate linguistic diversity and promote awareness of cultural heritage. The program included posters, recitations, songs, and speeches in various mother tongues by students, showcasing the richness of regional languages. A special discussion highlighted the importance of preserving endangered languages and promoting multilingual education. The event fostered a sense of pride and respect for one's native language and encouraged students to value linguistic identity. Through active participation, the NSS volunteers upheld

the spirit of unity in diversity, reinforcing the cultural significance of mother languages in today's globalized world.



❖ Swachhta Programme

The NSS Unit of BKGC, Howrah organized a Swachhta Program on 21.2.2025 to promote cleanliness and hygiene in and around the campus. Volunteers actively participated in a cleanliness drive, collecting waste, cleaning public spaces, and planting saplings. An awareness rally was conducted with slogans emphasizing the importance of a clean environment. Posters and banners were displayed to spread the message of Swachh Bharat Abhiyan. The program also

included an interactive session on waste segregation and sustainable practices. The initiative inspired students to adopt cleanliness as a habit and highlighted their role in building a healthier, greener, and cleaner community.





❖ Celebration of Women's Day

The NSS Unit of BKGC, Howrah celebrated International Women's Day on 8.03.2025 to honour the achievements and contributions of women in various fields. The program included inspiring speeches by faculty members, cultural performances by students, and performance of yoga for physical fitness. NSS volunteers presented skits highlighting women's rights and the importance of education for girls. A poster exhibition showcased themes of strength, resilience, and equality. The event fostered awareness about gender issues and encouraged students to support an inclusive society. The celebration concluded with a pledge to promote respect, dignity, and equal opportunities for women everywhere.³⁵

NSS volunteers attended the programme.





Community Engagement Programme & Prize Distribution

The NSS Unit of BKGC, Howrah successfully organized a vibrant *Community Engagement Programme & Prize Distribution Ceremony*, on 10.3.2025 for encouraging active participation from school students. As part of the initiative, a poster-making competition was conducted on themes of Netaji, Freedom Struggle and social awareness. The young participants showcased immense creativity and insight through their artwork. The event fostered collaboration between college volunteers and schoolchildren, promoting a sense of civic responsibility. Winners were felicitated with certificates and prizes, celebrating their talent and enthusiasm. The programme served as a meaningful platform for nurturing awareness, creativity, and community spirit among the younger generation.





Howrah, West Bengal, India
5/3, Church Rd, Howrah, West Bengal 71101, India
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10/03/2025 01:36 PM GMT +05:30



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Howrah, West Bengal, India
5/3, Church Rd, Howrah, West Bengal 71101, India
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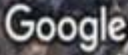
Howrah, West Bengal, India
5/3, Church Rd, Howrah, West Bengal 71101, India
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Swachhta Programme – College & Manglahat Cleaning

The NSS Unit of the college conducted a Swachhta Programme – Manglahat Cleaning drive on 19.03.25 as part of its commitment to cleanliness and community service. Volunteers enthusiastically took part in cleaning the Manglahat area, a bustling weekly market, removing garbage and promoting hygiene among vendors and visitors. The initiative aimed to raise awareness about the importance of cleanliness in public spaces. With brooms, gloves, and dedication, the team transformed the surroundings, setting an inspiring example for the local community. The campaign not only enhanced the market's environment but also reinforced the values of responsibility and collective action among students and citizens alike.







Howrah, West Bengal, India

SWACHHATA PROGRAMME (REGULAR ACTIVITIES) .Bijoy Krishna Girls' College,
Howrah, Howrah, West Bengal 711101, India
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Observation of World Water Day

The NSS Unit of BKGC, Howrah observed World Water Day with great enthusiasm on 22.3.2025 to highlight the significance of water conservation and sustainable usage. The programme featured an awareness rally, poster presentations, and a discussion. NSS volunteers actively engaged with the campus and local community, spreading messages on protecting water bodies and preventing wastage. Thought-provoking posters and speeches reflected the urgent need to act responsibly. The event inspired collective environmental consciousness and urged everyone to value every drop. It successfully reinforced the importance of water as a vital resource for life and harmony.



**Organised
By
NSS UNIT**



World Water Day

22 March

*Every drop
counts...*

**Water is not yours or
mine, it is ours .
So let's come together
To save water**

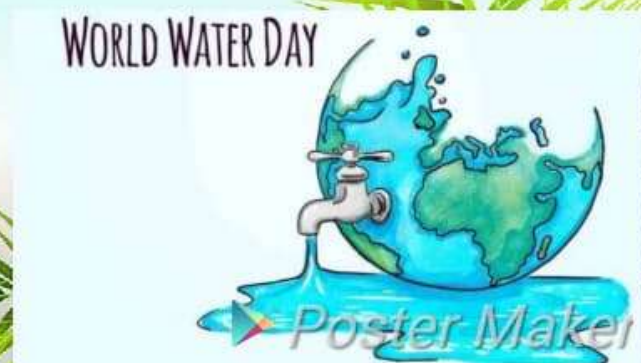


**PURE WATER IS THE WORLD'S
FIRST AND FOREMOST MEDICINE**

WORLD WATER DAY

ORGANISED BY NSS
UNIT 22 MARCH

**SAVE WATER FOR
SUSTAINABLE FUTURE**



Campus Bazar

The NSS Unit of BKGC, Howrah organized Campus Bazar, an innovative entrepreneurship programme aimed at fostering creativity, self-reliance, and business skills among students. The event (03.4.2025 & 05.4.2025) transformed the campus into a vibrant marketplace where students set up stalls showcasing handmade crafts, eco-friendly products, home-cooked food, and innovative services. The programme offered a real-world platform for budding entrepreneurs to experience marketing, budgeting, and customer interaction. It received enthusiastic participation and support from faculty and peers. Campus Bazar not only celebrated student talent and initiative but also encouraged a spirit of self-employment and economic independence in a dynamic, hands-on learning environment.







Thalassemia Awareness Program

On April 11, 2025, the NSS Unit of Bijoy Krishna Girls' College organized an impactful awareness program focused on Thalassemia, a heritable blood disorder affecting hemoglobin production. The event aimed to enlighten students and the local community about the disorder, its implications, and the importance of early detection and prevention. Objectives of the Program was to increase awareness about Thalassemia among students and the community, to discuss genetic counseling, testing, and prevention strategies, to encourage responsible health practices and community involvement.



The program commenced with a welcome address by Dr. Ruma Bhattacharya, Principal of Bijoy Krishna Girls' College, Howrah. Dr. Sweta Guha, IQAC Coordinator of the college elaborated the importance of NSS unit in social welfare. NSS program officer Prof Ranjana Sarkar Ghosh, articulated the significance of understanding Thalassemia, its genetic factors, and the need for community support.

Dr. Prosanto Chowdhury, the distinguished director of Cordlife Sciences India Limited, delivered an engaging keynote address. His presentation covered:

- The biological basis of Thalassemia and its different types.
- Clinical symptoms and potential complications associated with the disorder.
- Current advances in treatment and management, emphasizing the role of genetic counseling.

Following Dr. Chowdhury's presentation, participants engaged in an interactive Q&A session. Attendees were encouraged to share their queries, and Dr. Chowdhury addressed concerns regarding genetic screening and the importance of early diagnosis.



The feedback from participants indicated a high level of engagement and appreciation for the information shared. Many attendees expressed that the

session significantly improved their understanding of Thalassemia and the importance of genetic health.

The awareness program on Thalassemia organized by the NSS Unit of Bijoy Krishna Girls' College was a remarkable success, achieving its goal of educating and empowering attendees. Such initiatives are vital in creating a well-informed community that can better support individuals facing genetic health challenges. The program concluded with vote of thanks to the esteemed speaker, NSS volunteers and the audience. 116 NSS volunteers attended the programme.

Cleanliness Drive

The NSS Unit of the college organized a spirited Cleanliness Drive on 12.4.2025 within the college campus to promote hygiene, responsibility, and environmental awareness. Volunteers actively participated in cleaning classrooms, corridors, gardens, and common areas, collecting waste and ensuring proper disposal. The drive aimed to spread a sense of pride and ownership among students for maintaining a clean and green campus. Slogans and placards emphasizing the importance of cleanliness added to the enthusiasm. The initiative not only beautified the surroundings but also reinforced the values of discipline and civic duty, making it a meaningful step toward a healthier and more conscious campus environment.



Bijoy Krishna Girls' College Howrah

(affiliated to University of Calcutta)

NATIONAL SERVICE SCHEME (NSS)

organises

CLEANLINESS DRIVE

On **12TH APRIL 2025(SATURDAY)**

VENUE: BIJOY KRISHNA GIRLS' COLLEGE CAMPUS

Time: 10:30 am onwards



Howrah, West Bengal, India

SWACHHATA PROGRAMME (REGULAR ACTIVITIES) .Bijoy Krishna Girls'

College, Howrah, Howrah, West Bengal 711101, India

Lat 22.578649° Long 88.333444°

Plus Code : 7MJCH8HM+F9

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Observation of Ambedkar Jayanti

The NSS Unit of the college solemnly observed Ambedkar Jayanti on 14.4.2025 to honour the birth anniversary of Dr. B.R. Ambedkar, the architect of the Indian Constitution and a champion of social justice. The programme included floral tributes, poster making, and inspiring speeches by students and faculty highlighting Dr. Ambedkar's contributions to equality, education, and democracy. NSS volunteers also organized a reading session of the Preamble to promote constitutional values. The event served as a powerful reminder of his visionary ideals and motivated students to uphold the principles of justice, liberty, and fraternity in both thought and action.



Bijoy Krishna Girls' College Howrah

NSS UNIT



DR. B. R. AMBEDKAR JAYANTI

On: 14.04.2025

"I LIKE THE RELIGION THAT TEACHES
LIBRARY, EQUALITY AND FRATERNITY"

DR. B. R. AMBEDKAR



organised
by NSS
unit



**Bhimrao Ramji Ambedkar
14 April 1891 – 6 December
1956 was an Indian jurist,
economist, social reformer
and political leader who
chaired the committee
that drafted the
Constitution of India.**

Observation of World Earth Day

The NSS Unit of the college enthusiastically observed World Earth Day on 23.4.2025 to promote environmental awareness and sustainability. The programme featured a tree plantation drive, eco-poster display, and a seminar on this year's theme, "Restore Our Earth." NSS volunteers and students actively participated, spreading messages on reducing pollution, conserving resources, and protecting biodiversity. Thought-provoking speeches and creative artworks highlighted the urgent need for environmental action. The event encouraged students to adopt eco-friendly habits and take responsibility for the planet's well-being. It was a meaningful celebration that inspired a deeper connection with nature and a commitment to building a greener, healthier future.



Howrah, West Bengal, India

World Earth Day, NSS Unit, Bijoy Krishna Girls College, 5/3 M
G Road, Howrah -711101, Howrah, West Bengal 711101, India
Lat 22.583208° Long 88.336802°
23/04/2025 01:28 PM GMT +05:30



Howrah, West Bengal, India

World Earth Day, NSS Unit, Bijoy Krishna Girls College, 5/3 M G Road, Howrah -711101, Howrah, West Bengal 711101, India

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GPS Map Camera



Google

Howrah, West Bengal, India

World Earth Day, NSS Unit, Bijoy Krishna Girls College, 5/3 M

G Road, Howrah -711101, Howrah, West Bengal 711101, India

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Howrah, West Bengal, India

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Presentation of NSS Unit for Academic and Administrative Audit

The NSS Unit of the college actively participated in the Academic and Administrative Audit (AAA), on 16.5.2025 for presenting a comprehensive report of its year-round activities and achievements through ppt presentation. The presentation highlighted key initiatives including community outreach, cleanliness drives, awareness campaigns, and student engagement programmes. Volunteers showcased their impactful work through well-documented diaries. The audit panel appreciated the unit's structured planning, effective execution, and alignment with institutional goals. Facing the audit with confidence and clarity, the NSS Unit demonstrated its commitment to social responsibility and institutional excellence, earning praise for its meaningful contribution to holistic student development.



Programme on Feminine Hygiene

The NSS Unit of the college organised an insightful Programme on Feminine Hygiene to raise awareness and break taboos surrounding menstrual health. The session included expert talks by Dr, Papiya Ghosh, associate professor of the college who educated students on menstrual hygiene practices, health issues, and the importance of self-care. Informative visuals, demonstrations, and an interactive Q&A enriched the discussion. Free sanitary kits were distributed, promoting accessibility and awareness. The programme created a safe, supportive space for open dialogue, empowering young women with knowledge and confidence. 35 NSS volunteers actively participated the programme. It was a significant step towards promoting health, dignity, and gender sensitivity among students and the larger campus community.





Awareness Programme on World No Tobacco Day

The NSS Unit of the college organised an impactful Awareness Programme on World No Tobacco Day to highlight the harmful effects of tobacco consumption. Centered around the theme “Protecting youth from tobacco industry interference,” the event featured poster making, and an awareness

talk . NSS volunteers engaged students and staff through skits, slogans, and interactive sessions, urging everyone to adopt a tobacco-free lifestyle. The programme successfully conveyed the physical, social, and environmental dangers of tobacco use. It inspired a collective pledge against addiction and promoted a healthier, more conscious way of living among the campus community.



World No Tobacco Day



31 MAY



Organised by NSS UNIT

Media promotes the positive points of
This day with huge advertisements.

The world no Tobacco day organizes
On 31st May in an entire year.

The world no Tobacco day gets authorised
By the heads of the world health organization.

The reason behind the event is to
Stop the negative health impacts..

It is an advice not joke,cancer is caused
when you smoke.