

### **Birth Anniversary of Great Personalities**

Every year, we celebrate the Birth Anniversary of great personalities like Swami Vivekananda, Rabindranath Tagore, Iswar Chandra Vidyasagar, Netaji Subhas Chandra Bose, Sir Asutosh Mookerjee, B.R. Ambedkar etc. Vice Principal and some senior professors of Asutosh College elaborate the work of these great personalities particularly in social reformation in pre-independent India despite several difficulties. They explain and evaluate the essence of these personalities at present time and the role of students to carry out their legacy. Vice Principal sir also inspired the students reminding the life and work of Sir Asutosh Mookerjee, the founder of this prestigious institution.

### **World Environment Day, 5<sup>th</sup> June:**

World Environment Day program is celebrated every year in the NSS main campus at Dhakuria Lake, where students are enlightened about the importance of the day. Everyone is agreed about the urgency for raising and increasing awareness on several sensitive environmental issues like terrestrial, aquatic and aerial pollution, global warming, over population, increased harvesting and its resultant unsustainable development. Maintenance the balance of the nature and restoration of ecosystem are elucidated.

### **No Drug Day:**

In our college, International Day against drug abuse and illicit trafficking was observed on 26<sup>th</sup> June, every year in auditorium of Calcutta University.

The program is held to create awareness about issues related to drugs and seek international cooperation to combat its effect on health, society and governance. This particular organization has been helping to make the world safer from Drugs, organized crime, corruption and terrorism. They make aware the students against the various types of drugs and their fatal effects.

### **National Service Scheme (NSS) Day**

Like every year in 2021, our NSS Volunteers celebrated National Service Scheme day on 24<sup>th</sup> September in Calcutta University. In this particular day, the selfless deeds for the betterment of the society of the young volunteer of NSS were greeted and praised. It will help them to express and understand human nature in a better way. In the event, the successful volunteers and program officers are praised with prizes by officials and administrative officers. They discuss the purpose of the day like 'Education through service' and 'Development of student's personality through community service'. They also urged to the students to join as the NSS volunteer to progress the social activities.

### **Swachh Bharat Abhiyan:**

Swachh Bharat Abhiyan or Clean India Mission is a country wide campaign initiated by the Govt. of India in 2014. At present we are in phase 2 of this mission. The program was aimed to remove open defecation through construction of toilet, generating awareness and cause a behavioural modification regarding sanitation practices and improve solid waste management. The phase 2 program is being implemented as a follow up of phase 1. Our NSS volunteers and students participated in Swachh Bharat Abhiyan to clean the surrounding areas and make aware of the people of slum areas and low income group to make use of toilet for the betterment of their personal and community health and hygiene.

### **Visit to Old Age Home and Spending Time with Them:**

While living in one's own home is always more desirable, there are a few advantages of an aged parent living in an old age home. With advancing age, people often lose motor functions. Under those circumstances, performing day to day activities becomes a daunting task. In an old age home, the association helps with daily activities. Doctors are always in hand and emergency services are available 24X7. However, the elderly people often feel the absence of their close relative particularly granddaughter, grandson. Our NSS volunteer's frequent visit, fill the absence and come in contact with their personal issues particularly their past emotions. The elderly peoples become easier. They acclimatize in the new situation and new environment.

### **Health Awareness Program in Slum Areas**

A health awareness programme was conducted particularly for Children in the slum areas at Bhawanipore. The children were sensitized about the importance of washing their hands before and after eating, exercising daily and the importance of playing sports and inculcating other healthy habits to avoid falling sick. The children were asked to share their daily routines and the steps they took every day to maintain hygiene. They learnt a lot from the session and promised to follow all the good habits. Along with childrens, their parents particularly mothers were informed about these healthy habits of children and it's consequence in future health and life. The college authority and the NSS volunteers are now willing to carry out such programs in the surrounding areas of our college.

## **Health Awareness Program Against Breast Cancer:**

Asutosh College NSS unit along with its administration and the students union arranged health awareness program against Breast Cancer. Awareness against breast cancer is incredibly important as early detection through screening, can catch the disease when it is most treatable. The chance that a woman will die from breast cancer is about 2.6%, or a 1 in 38 chance. Once, the disease was more frequent among western people. But now it becomes more frequent among Indian people also. So enough concern about some important signs of breast cancer may help in early detection. These are

1. Lump in the breast or underarm (armpit)
2. Swelling or thickening of all or part of the breast
3. Dimpling or skin irritation of breast skin
4. Localized, persistent breast pain
5. Redness, scaliness or thickening of the nipple or breast skin
6. Nipple discharge (other than breast milk)
7. Any change in the size or shape of the breast

There was a setback in health awareness programme due to pandemic situation. We are reviving this shortly as the pandemic is over.



### **Health Awareness Program Against Diabetes:**

Asutosh College NSS unit along with its administration and the students union arranged health awareness program against Diabetes. Diabetes mellitus-2 (type-2) is almost a life style disorder. The disease is fatal as it increases all-cause mortality rate 1.8 times compared to persons without diagnosed diabetes. It is the leading cause of kidney failure, heart attack, lower limb amputations, adult onset blindness etc. Living a healthy lifestyle is a great way to manage diabetes and prevent the onset of type-2 diabetes in the future. Spreading awareness about diabetes can help to save a life. The expert members suggested some guideline to manage the disease

1. Daily exercise and meditation
2. Keeping weight gain under control
3. Careful meal planning for obtaining maximum nutrients without fats and calories
4. Taking insulin to control the raised sugar level (only as per need)
5. Regular testing of blood sugar levels at a recommended time intervals
6. Seeking clinical correlation as per the requirement

Hopefully we will arrange similar type of program very soon as the pandemic situation is over.

### **Dengue Prevention and Awareness Program:**

Throughout the year particularly in Monsoon and Post monsoon period, we carried out the Dengue Prevention and Awareness Program in our college. The stagnant water in all the areas of the buildings on the roof and drains have been cleaned in regular basis. NSS volunteers, programme officer and care-taker visited frequently to observe any kind of possibility of water logging in different buildings and took immediate action for removing of the stagnant water whenever needed. Every alternate day all the drainage areas were cleaned and sprinkled with bleaching powder. All the water filled containers were covered properly so that the chances of breeding of mosquitoes prevented. KMC & WHO awareness slogans and self-explanatory Flex, Posters etc. were displayed in various corners of different campuses and different floors of the Main Building. Regular awareness campaigns were arranged in various campuses by the NSS volunteers under the guidance of Prof-in-charge of NSS unit.

## Provided Basic Amenities & Cooked and Distributed Lunch:

1<sup>st</sup> June, 2020:

Conducted promotions along with friends (Swarup chanda, Anisha Giri, Subhadeep Paul, Uday Gupta and Sayan Mukherjee) to collect funds to provide dry food items (Rice, pulses, potatoes, puffed rice, sattuetc)& Covid kit (medicines, sanitisers& masks) to **150 families** affected due to Amphan Cyclone who resides in **Bakkhali, Rajnagar &Shibrampur.**



9<sup>th</sup> June, 2020:

Conducted promotions along with friends (Swarup chanda, Anisha Giri, Subhadeep Paul, Uday Gupta and Sayan Mukherjee) to collect funds to provide dry food items (Rice, pulses, potatoes, puffed rice, sattuetc)& Covid kit (medicines, sanitisers& masks) to **150 families** affected due to Amphan Cyclone who resides in **Radhanagar, Patibunia, Mousuni Island, Henry's Island, 10 mile Bajar & 7 Mile Bajar.**





**14<sup>th</sup> June, 2020:**

Surveyed and collected money for providing basic amenities & Covid kit (medicines, sanitisers & masks) to **30 families** in and around **Haridevpur** area whose main earning member who lost their job due to pandemic.



**17<sup>th</sup> July, 2020:**

Conducted promotions along with friends (Swarup chanda, Anisha Giri, Mita Mukherjee and Kiran Barui) to collect funds to provide dry food items (Rice, pulses, potatoes, puffed rice, sattu etc) and some basic amenities (Soap, toothpaste etc) & Covid kit (medicines, sanitisers & masks) to **100 families** affected due to Covid residing in **Mousuni Island**.



**21<sup>st</sup> August, 2020:**

Provided pencil, pen, crayons, copy, books and other study materials along with Covid kit (medicines, sanitisers & masks) to **30 orphans** of Sristi NGO of **Kashinagar** along with Uday Gupta and Swarup Chanda



**17<sup>th</sup> September (Mahalaya), 2020:**

**Community Kitchen Day 1**

Cooked and distributed lunch to **100 families** of **Sealdah Station** region who depend on daily commuters for donations which is their prime source of income. I was helped by Uday Gupta and Swarup Chanda. Donations received from different sources.



**23<sup>rd</sup> September, 2020:**

**Community Kitchen Day 2**

Cooked and distributed lunch to **100 families** of **Ballygunge Station & Kalighat Temple** region who depend on daily commuters for donations which is their prime source of income. I was helped by Swarup Chanda. Donations received from different sources.



**26<sup>th</sup> September, 2020:**

Community Kitchen Day 3

Cooked and distributed lunch to **100 families** of **Howrah Station** region who depend on daily commuters for donations which is their prime source of income. I was helped by Swarup Chanda. Donations received from different sources. Special thanks to Howrah Police.



**2<sup>nd</sup> October, 2020:**

Community Kitchen Day 4

Cooked and distributed lunch to **100 families** of **Sealdah Station** region who depend on daily commuters for donations which is their prime source of income. I was helped by Swarup Chanda. Donations received from different sources. DGM Metro Railway Kolkata was the special guest on this event.



**12<sup>th</sup> October, 2020:**

Community Kitchen Day 5

Cooked and distributed lunch to **100 families** of **Kolkata Station** region who depend on daily commuters for donations which is their prime source of income. I was helped by Swarup Chanda. Donations received from different sources.



**14<sup>th</sup> October, 2020:**

Community Kitchen Day 6

Cooked and distributed lunch to **100 families** of **Sealdah Station** region who depend on daily commuters for donations which is their prime source of income. I was helped by Swarup Chanda. Donations received from different sources.





**18<sup>th</sup> October, 2020:**

Community Kitchen Day 7

Cooked and distributed lunch to **100 families** of **Howrah Station** region who depend on daily commuters for donations which is their prime source of income. I was helped by Uday Gupta & Swarup Chanda. Donations received from different sources. Special thanks to Howrah Police.



**29<sup>th</sup> May, 2021:**

Dry Ration & Covid kit (medicines, sanitisers & masks) distribution to **50 families** affected by second wave of covid in **Haridevpur & Rasbehari** area. Supported by swarupchanda.



**14<sup>th</sup> June, 2021:**

Distributed dry ration to **100 families** affected due to Yaas cyclone in **Baunia Island**. I was helped by Oindrila Banik and Swarup Chanda.



**16<sup>th</sup> June, 2021:**

Distributed dry ration to **40 families** in and around **Tollygunge** area affected by Yaas cyclone.



**21<sup>st</sup> June, 2021:**

Distributed dry ration to **100 families** affected due to Yaas cyclone in **Budhakhali, Kakdwip, Namkhana&Radhanagar**. I was helped by Oindrila Banik and Swarup Chanda.



**24<sup>th</sup> June, 2021:**

Distributed dry ration & Covid kit (medicines, sanitisers & masks) to **100 families** affected due to Yaas cyclone and covid second wave in **Sandeshkhali**. I was helped by Oindrila Banik and Swarup Chanda.



# ASUTOSH COLLEGE NCC

The National Cadet Corps is the youth wing of the Indian Armed Forces with its headquarters in New Delhi, India. It is open to school and college students on voluntary basis as a Tri-Services Organization, comprising the Army, the Navy and the Air Wing, engaged in grooming the youth of the country into disciplined and patriotic citizens. NCC was introduced in Asutosh College in the year 2011 under 20 Bengal Battalion(Army Wing) . The evolution of Asutosh College NCC is as bright as the Sun in the last decade. Asutosh College enroll cadets every year for its NCC unit through a fair and three round selection process. The progress of Asutosh College NCC make it unique and one of its kind in India. At present Asutosh College NCC is lead by **CTO Professor DR. AMINUDDIN SEIKH**(Faculty of History Dept. Asutosh College) assisted by **SUO Rahul Chatterjee** and **SUO Purnima Prasad** as the cadet college seniors.



**Republic Day Camp (RDC)** is one of the most prestigious national level camp in NCC India. This

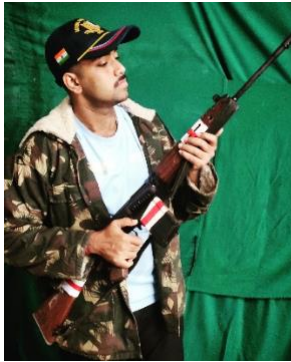


camp is organization in Delhi on the occasion of Republic Day of India 26th January every year. Cadets **SUO Sudipta Banik(2018)**, **SUO Subhangee Ghosh (2019)**, **SUO Surela Manna(2021)** represented the West Bengal and Sikkim Directorate in this camp. The performance of this cadets in the RDC is exceptionally good which helped the directorate to get a good rank in the all India competitions conducted in the RDC.

**Thal Sainik Camp (TSC)** is a 12 days camp conducted by NCC in Delhi every year, where selected cadets from all over India represent their respective directorate. In the year 2019 **SUO Surela Manna** represented the West Bengal and Sikkim Directorate in this Camp. In this camp she was awarded the Best Cadet award along with medal in rifle shooting for her all India 8<sup>th</sup> rank in the rifle Shooting Competition. Her performance in the camp was exceptionally good.



**Army Attachment Camp (AAC)** is a camp organised by the NCC where selected NCC cadets are



attached with an Army Battalion for few days to give an idea to the cadets regarding various activities conducted inside the Army. Cadets like **SUO Amitesh Chanda** , **JUO Nasif Ahmed**, **CPL Pallab Jana**, **SUO Rahul Chatterjee** , **SGT Surajeet Kr.Shaw** , **SGT Neelanjan Bhattacharjee**, **CPL Sourav Kundu** completed this camp in last few years with renowned **BIHAR Regiment** of Indian Army.

**Rifle Shooting Competition** is a competition conducted by NCC in different camps to ensure a good training curriculum for the cadets. In the year 2019 in the CATC KC -XV Camp **SUO Rahul Chatterjee** was awarded the silver medal for the 0.22 Rifle Shooting Competition.

**Inter Group Competition** is a NCC competition at Directorate level where cadets from different parts of West Bengal and Sikkim come to represent their respective Groups. In the Inter Group Competition 2020-21 for first time the first and second best cadet of West Bengal and Sikkim Directorate was from the same college, Asutosh College , **SUO Surela Manna(1<sup>st</sup> Best Cadet)** and **SUO Rahul Chatterjee(2<sup>nd</sup> Best Cadet)**.



Both the best cadets were also awarded with the CWS cash reward of Rs 4500/- each. In the year 2021-22 from Asutosh College 9 cadets were selected in this camp to take part in different competitions which is a record selection from a single college.

**Governor's Medal** is the most prestigious award that a NCC cadet can be awarded in NCC. Two cadets from Asutosh College were nominated for this medal for the first time in the year 2021. **SUO Surela Manna** was awarded the Governor's Medal in the year 2021 for her excellent performance in various national camps. In the 2019 another cadet from Asutosh College NCC was also awarded the governor's medal for his performance in NCC.



**Social Activities** is one of the important aspects of Asutosh College NCC. At regular intervals of time cadets of Asutosh College NCC take active participation in various social activities like Swachh Bharat Campaign, Covid Awareness Campaign, Traffic safety awareness campaign, getting associated with the **Blind People's Association** and other NGOs for different activities to help the deprived section of the society.

