

Raidighi College, University of Calcutta, PO+PS  
Raidighi, (S) 24 Paraganas

A REPORT

*on*

**NSS SPECIAL CAMP**

*by*

Unit – I and II

*at*

Kumrapara, Raidighi

*from*

25TH MARCH– 28<sup>TH</sup> MARCH, 2019

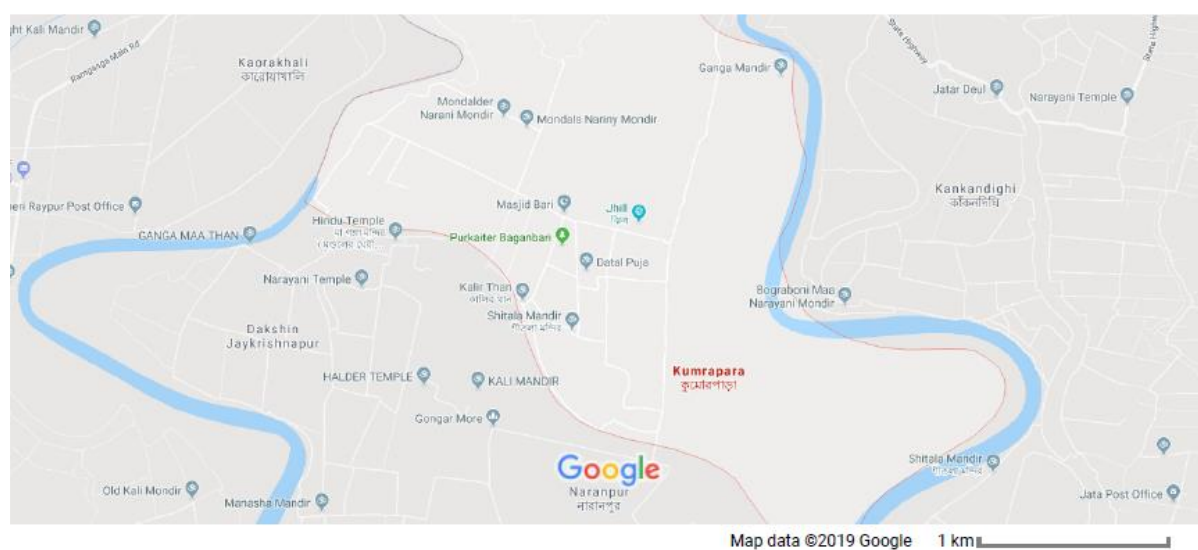


**“Let’s Serve the deserved”**

Dr. Amitava Moitra, NSS Unit -I Program officer

Prof. Suvankar Ghosh Roy Choudhuri, NSS Unit -II Program officer

Two units of NSS of Raidighi College organized a special camp in the adopted village, Kumrapara, 2 kms away from Raidighi College campus, during 25-03-2019 to 28-03-2019. This special camp was organized with the help of faculty members from Food and Nutrition Department, Physical Education Department and Zoology Department of our college. The main project for this camp was aware the villagers of Kumrapara regarding cleanliness and health issues. The Volunteers of the NSS units performed many other activities – literacy awareness programmes, health and hygiene, communal harmony etc. in parallel. The exact location of the adopted village, Kumrapara is shown below in the google-map.



## Day – 1

The forenoon session of the Day began with a Procession by volunteers in the village. All the volunteers were first welcomed by NSS Programme Co-Officers Dr. Amitava Moitra, and Prof. Suvankar Ghosh Roy Choudhury by emphasising the role of NSS in the community service. Volunteers rallied into the streets of the village to create awareness among the villagers about the ensuing special camp programme in their village for a period of next three days. This was followed by data collection by filling up a survey form on a door to door basis. The whole Program was conducted by NSS Programme officers and Prof. Bidyut Saha from English Department. Sarpanch of the Village and several village people enthusiastically participated in the data collection program. Villagers welcomed the team of Volunteers into their village and assured them all sorts of co-operation needed in making the special camp a success. During the Data-Collection process Volunteers interacted with Village people and visited the people in their houses discussed about their needs and requirements and harms of dirtiness. Volunteers created awareness through door to door campaign on cleanliness, spread of diseases, and importance of environment and judicious use of Electricity, water harvesting and importance of ground water. Volunteers also created awareness on chronic diseases and how they can be treated with Yogasanas, non-invasive techniques for identifying a few key body index, through which an overall physiological weakness of a body can be recognized.

After returning, tiffin was provided to the volunteers, and while having the tiffin the project agenda and activities were discussed with NSS programme officers.

The raw data of family income for 58 different families, whom we visited, are shown in Fig.1. It is important to mention here that in these 58 families, 169 male and 158 female members are present, with very few very old (>70 yrs) members. It can be well understood from Fig.1 that the average income of all the families is approximately 5000/- Rs. per month. The highest income of one particular family is more than 18000/-Rs per month, as the primary earning person is a teacher. To understand the income graph (Fig.1) more deeply, it is imperative to understand the villagers' basic occupation. Figure 2 shows the primary occupation of individual families. It can be seen that more than 80% of the villagers depend on agriculture and farming. There is a neck-to-neck competition between service and business as the second choice of occupation. A few other families depend on either fishing or as a priest (Jajmani). There are also a very few families (2), whose financial condition is so poor that we dared to ask about their family income, and prayed God for their betterment in family and in society. We also found that nearly 40% of the villagers have at least one person in their family, who is standard 8<sup>th</sup> passed, as shown in fig. 3. Figure 3 also depicts that the 10<sup>th</sup> passed students are very likely to be a 12<sup>th</sup> pass student in near future. It is surprising to see that almost 25% of the families have at least one College student of this Kumropara village, particularly with the average income level of this locality.

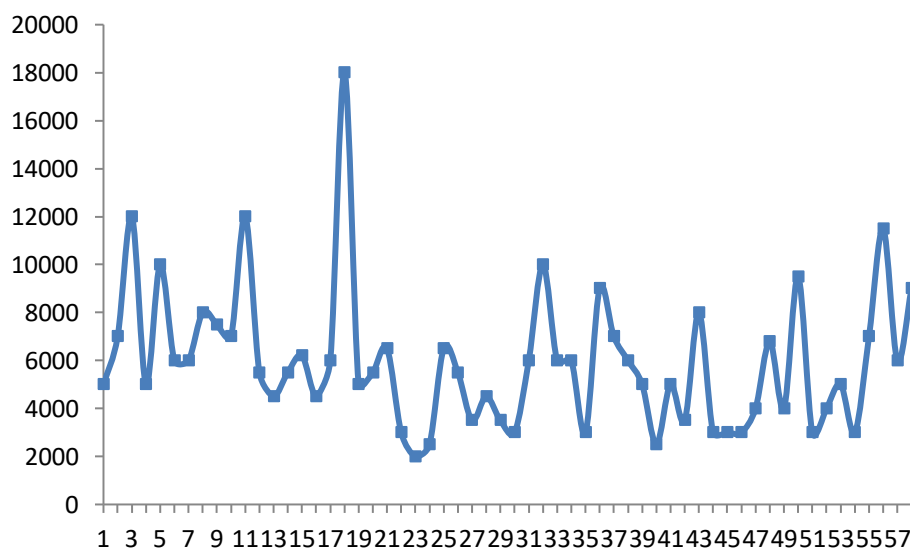


Figure 1: Monthly income of all the families we visited.

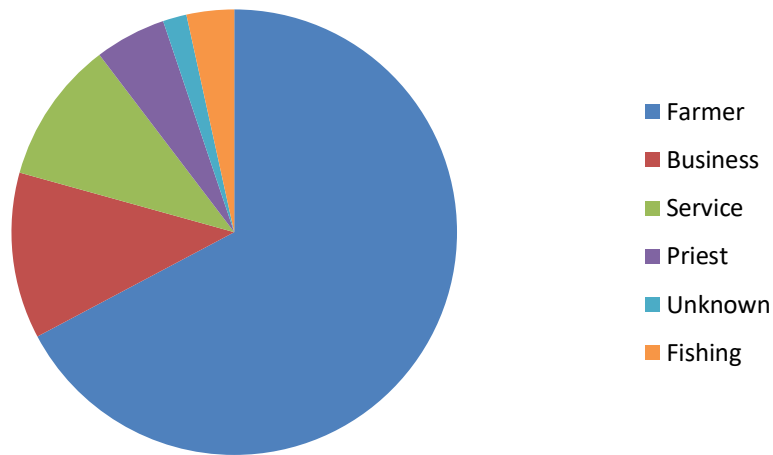


Figure 2: The primary occupation of all the families we visited at Kumropara village.

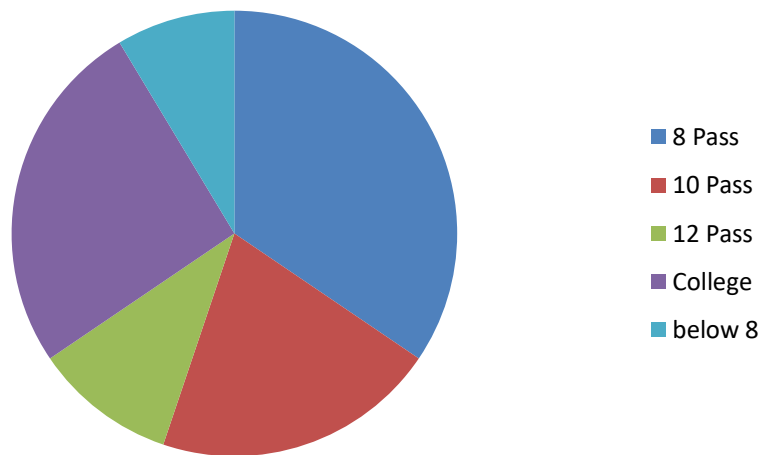


Figure 3: Basic education level that each family has achieved so far.

### Day – 2

About 18 volunteers divided themselves into sub groups and went into the streets, lanes and by lanes of the village and organized a cleanliness drive. Volunteers cleaned the village roads, removed dust heaps and cleared the stagnant drainage flows and attempted to create awareness on Cleanliness and hygiene. They swept with brooms on the roads of the village. Spreading nearly 6 kg of Lime and 4 kg of Bleaching Powder was really a challenging job, especially when majority of the volunteers were female. Due to the scorching heat and apprehension of dehydration Glucon-D was supplied in a regular interval to the volunteers. Although, we had gloves to use for the Volunteers, but we realised that a mask should have

been used for spreading these Lime and Bleaching Powders. Several villagers appreciated this effort and they pointed where else it could be better to spread, and they pointed out those areas. During the whole process, we continuously reminded the villagers about the upcoming two-day event on Yogasana and Blood-Pressure monitoring at Uttar-Madhya Kumropara free primary school. While returning from the Kumropara village, on the Second day of the camp, NSS Volunteers visited Uttar-Madhya Kumropara free primary school. NSS Volunteers motivated the children by involving in their classes and tried to explain the importance of education. Career guidance cum motivating speech-session are conducted for school children. They encouraged the school students to participate in the cultural activities and sports. Some inspirational stories were narrated to the students. The students participated with great interest and involved in all the activities with enthusiasm. While the Volunteers were busy in interacting with these students with proper guidance of Prof. Ghosh R Foy Choudhuri, the Unit-II Program Officer, the Unit-I Program Officer Dr. Moitra along with Prof. Bidyut Saha discussed different arrangements with the Headmistress of the school, and how they whole program for next two days can be managed flawlessly.

### **Day – 3**

Third day of special camp was organized at a nearby primary school namely, “Uttar-Madhya Kumropara Primary School”. After the opening lecture of Prof. Suvankar Ghosh Roy Choudhuri, Unit-II Program Officer, Prof. Ruksana Irani from Food and Nutrition Department delivered an informative but lucid lecture on food habits at different ages, how cleanliness reduce the possibilities of vector-bourne diseases. She mentioned several remedial process for a few common diseases, like how to fight with early stage diabetic patients, suggestive food habits for people with heart disease, etc. Dr. Moitra, Unit-I program Officer, then applauded the school authority for their permission to use the school for such activities, and introduced Mr. Kamal Krishna Khanra, our Physical Instructor and his team of four students for the Yogasana demonstrations. In the Yogasana program Mr. Khanra and his team took the opportunity to demonstrate several asanas and demonstrated their utilities. Mr. Khanra particularly emphasized specific asanas for specific diseases to cure. He particularly advised the asanas that are not to be performed with specific diseases in the body. Altogether it was an overwhelming experience for the audience, particularly with the school children present there. After finishing the program lunch was served and during the lunch session the volunteers discussed about the asanas that are to be performed in a regular basis to keep the health in a good condition.

### **Day – 4**

On the final day of our special camp, our Principal Dr. Sasabindu Jana delivered an opening lecture and addressed the gathering and explained about various service activities undertaken during the period of stay in the village. The Health camp then initiated by a short lecture of Dr. Moitra, where he mentioned the recent non-invasive techniques for body check-up. Prof. Pintu Mondal from Zoology Department of our college recorded blood pressure of nearly 20 candidates. He found as such there is no abnormalities, with minor tendency of high and low blood pressure for 3 candidates. Dr. Moitra and Prof. Ghosh Roy Choudhuri, NSS Program

Officers, profusely thanked the volunteers and the Management of the college for their various service activities and assured all sorts of co-operation in their future operations as an adopted village. Prof. Bidyut Saha, without whom the program could not be a great success, then discussed a few challenges and how to overcome them in next program in his short talk. Towards the end, Prof. Pintu Mondal discussed a few facts related to blood pressure, and what to be done in case the candidates feel uneasy at any time due to blood-pressure related issues. The session concluded by vote of thanks proposed by NSS Program officer Prof. Ghosh Roy Choudhuri.

There ends the four days camp which was a huge success. The NSS team finally headed back to the college carrying lots of experiences, learning and memories with absolute satisfaction. All the volunteers showed much enthusiasm and justified the motto “Not me but you” and also reflected the theme Let’s Serve the deserved. The observations we have made during camp are:

- ❖ The volunteers had a very good opportunity and experience.
- ❖ Cleaning the village area along with spreading Lime and Bleaching Powder was eye opener for many villagers.
- ❖ Volunteers and villagers learned different Yogasanas and their techniques to fight specific ailments.
- ❖ Blood-Pressure check-up camp was very helpful for the villagers
- ❖ Volunteers have given their views on what they have learned in the special camp and how this could be further improved.
- ❖ Volunteers learned how to make people aware of many issues like cleanliness, diseases, alternative treatment methods etc., thus a model leadership training is provided.

**Acknowledgements:** We would like to thank our Principal Dr. Sasabindu Jana for giving us permission and guiding us for the successful completion of the camp. We thank our entire NSS advisory committee members and the college management for their kind support and guidance for the smooth conduction of the camp .We also thank them for giving this great opportunity of lending hand to the poor and serving the needy society in various ways. We also thank the Headmistress of the Uttar-Madhya Kumropara free Primary School, Prof. Ruksana Irani, Physical Instructor Mr. Kamal Krishna Khanra, and Prof. Pintu Mondal. Finally, we appreciate Prof. Bidyut Saha for his continuous presence in the entire camp, without which the camp would not be a great success.









Appendix-1

The Volunteers List

Serial Number	Name	Category (UR/SC/ST/OBC)	Phone Number
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