



युवा कार्यक्रम
एवं खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS



LiFE
Lifestyle for
Environment



State Level Youth Workshop Mission LiFE, Mental Health, Gender and Online Safety



NSS Volunteers from Kolkata, Birbhum,
Purba Bardhaman & South 24 Parganas

Organised by
NSS Unit-1, Raidighi College

Supported by: **UNICEF**
&
Regional Directorate of NSS, Kolkata
Ministry of Youth Affairs and Sports, Government of India

Date: 22nd July, 2026

Time: 10 to 5 pm

Venue: Raidighi College

REPORT ON THE UNICEF-STATE LEVEL YOUTH WORKSHOP-2026

Mission LiFE / Mental Health / Gender / Online Safety

Organised by: NSS Unit, Raidighi College

Supported by: UNICEF, Kolkata, West Bengal & Regional Directorate of NSS, Kolkata, Ministry of Youth Affairs & Sports, Government of India

Date: 22nd July 2026

Venue: HALL-1, Raidighi College, Raidighi

A State Level Youth Workshop on Mission LiFE, Mental Health, Gender and Online Safety was successfully organised by the NSS Unit of Raidighi College on 22nd July 2026 with the support of UNICEF, Kolkata, West Bengal and the Regional Directorate of NSS, Kolkata, Ministry of Youth Affairs and Sports, Government of India.

Raidighi College was allotted Four Districts which included South 24 Parganas District , Purba Bardhaman District , Kolkata District and Birbhum District. This workshop witnessed participation of 350 NSS Volunteers, program officers, faculty members and distinguished guests.

The Colleges that registered and participated in the event from University of Calcutta included Loreto College , The Bhawanipur Education Society College , Shibani Mandal Mahavidyalaya, Gour Mohon Sachin Mandal Mahavidyalaya, Dhrubo Chand Halder College, Sundarban Mahavidyalaya, Shishuram Das College, Umesh Chandra College, Victoria Institution, Vidyasagar Metropolitan College, Magrahat College and Raidighi College from Kolkata and South 24 Parganas District. The Burdwan Raj College and Mankar College volunteers also participated from the Burdwan University ,Purba Bardhaman District.

The sole objective of this workshop supported by UNICEF and RD, NSS, Kolkata was to create awareness among the youth regarding sustainable lifestyles, mental wellbeing, online safety , gender equality and prevention of gender-based violence.

The district wise registration desks were operational from morning 8:00 am to facilitate smooth registration of outstation participants and distribution of morning tiffin and lunch coupons.



The Workshop started on time following the program schedule. The Inaugural ceremony commenced with the singing of our National Song The Vandemataram by all the participants followed by the felicitation of the Unicef Delegates & Senior Official, **Shri Brajendra Nath Naskar** RD, NSS, Kolkata, Ministry of Youth Affairs & Sports, Government of India, by the Principal of Raidighi College, Dr Sasabindu Jana and the NSS Program officer, Dr. Arvinda Shaw. The inaugural session was graced by **Dr. Soma Dutta**, Gender Activist, **Mr. Sanjib Kundu**, UNICEF, State Consultant, **Mr. Rahul Chakraborty**, UNICEF, South 24 Pdns, District Consultant, **Mr. Chandradip Chakraborty**, UNICEF, State Consultant, WASH. The IQAC Coordinator, Joint Coordinator, Teachers' Council Secretary, Bursar and Senior Faculty members of Raidighi College also participated in this mega event. The other invitees included the Joint DPI, Inspector of Colleges, PC-NSS of University of Calcutta and BDO of Mathurapur Block-II.



Raidighi, West Bengal, India 🇮🇳

Xcrr+m7q, Raidighi, West Bengal 743383, India

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Wednesday, 22/07/2026 10:51 AM GMT +05:30

Google



STATE LEVEL YOUTH WORKSHOP

Mission LiFE | Mental Health | Gender | Online Safety

Organised by: NSS Unit-1, Raidighi College

Supported by: UNICEF, West Bengal & Regional Directorate of NSS, Kolkata, Ministry of Youth Affairs, Gol

Participants: NSS Volunteers from Purba Bardhaman, Birbhum, Kolkata and South 24 Parganas Districts, W.B.

Date: 22nd July 2026

Venue: Raidighi College, Hall-1, Raidighi.

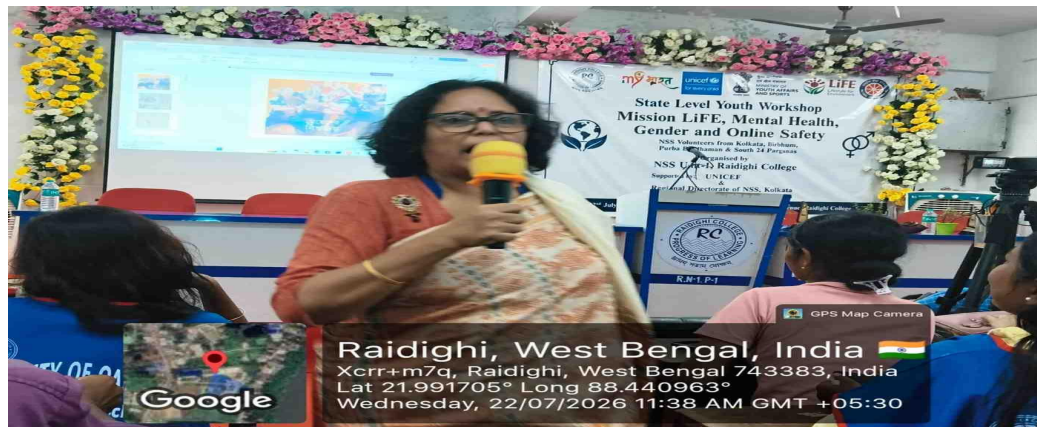
Programme Agenda

Time	Programme Details	Facilitator/Speaker
8:00 am – 09:55am	Registration	<i>Participants & NSS Volunteers</i>
Inaugural Session		
10.00am -10:10 am	National Song Vandemataram	<i>ALL TOGETHER</i>
10:00 am-10:10 am	Felicitation of the UNICEF Team	<i>Dr.Sasabindu Jana ,Principal, Raidighi College</i> <i>Unicef-Delegates:</i> <i>Ms. Swapnodipa Biswas, Child Protection Officer, UNICEF West Bengal</i> <i>Dr Soma Dutta, Gender Activist</i> <i>Mr. Sanjib Kundu, State Consultant</i> <i>Mr. Chandradip Chakraborty, State Consultant, WASH, UNICEF, West Bengal.</i>
10:10 am – 10:15 am	NSS Song	<i>ALL TOGETHER</i>
10:15am – 10:25am	Welcome Address	<i>Principal-Raidighi College</i>
10:25 am – 10:35 am	Context Setting: About the Workshop & UNICEF-NSS Partnership	<i>Ms. Swapnodipa Biswas, Child Protection Officer, UNICEF West Bengal</i>
Technical Session I – Gender, Gender Based Violence&Online safety		
10:40 am – 12:15pm	Gender & Prevention of Violence •Understanding GBV • online safety and reporting	<i>Ms. Swapnodipa Biswas, Child Protection Officer, UNICEF West Bengal</i> <i>Dr. Soma Dutta, Gender Activist.</i>

Technical Session II: Mental Health & Wellbeing , Substance Abuse & Online Safety)		
12:15 pm – 1:30 pm	Mental Health • Understanding mental health among young people • Substance abuse, peer support and referral mechanisms	<i>Mr. Sanjib Kundu, State Consultant, UNICEF. Mr. Rahul Chakraborty, South 24 Pgs District Consultant, UNICEF.</i>
Lunch Break		
1:30pm – 2:30 pm	Lunch	
Technical Session III – Mission LiFE (Lifestyle for Environment)		
2:30 pm – 4:00 pm	Mission LiFE: Understanding Sustainable Lifestyles • Climate action and role of youth	<i>Mr. Chandradip Chakraborty State Consultant, WASH, UNICEF West Bengal</i>
Closing Session		
4.0 pm – 4:30 pm	Reflections & Way Forward: Youth Pledges and Action Planning	<i>Participants (Group Representatives)</i>
4:30-pm – 4:40 pm	Vote of Thanks	Vote of Thanks-Dr Arvinda Shaw, NSS,P.O
4.40-pm-4.45pm	National Anthem	

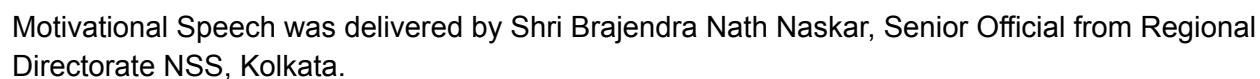
The Resource persons delivered informative and interactive sessions that encouraged the young participants to become responsible citizens, environmental stewards and advocates for safe and inclusive communities where all can live with peace and safety.

The first technical session was conducted by **Dr Soma Dutta, Gender Activist** where madam gave informative lectures to the participants and motivated them to express their views and perspectives.



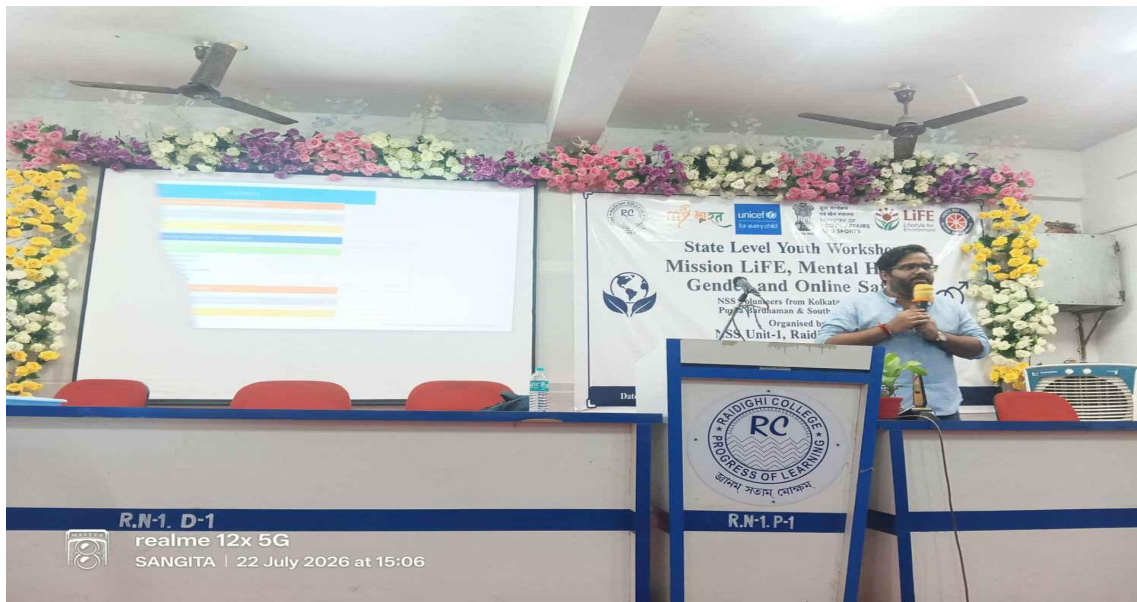
The second technical session lecture was delivered by Mr. Sanjib Kundu, UNICEF-State Consultant on Mental Health and wellbeing. The power point presentation made the topic easy for the participants to understand and interact with the resource person. It was an enriching session thoroughly well explained and engaging.







The special hospitality arrangements were made for all the participants. The post lunch technical session was conducted by Shri Chandradip Chakraborty, UNICEF-State Consultant and Expert- WASH.



The workshop concluded with a reflection and action-planning session where the participants shared their learning experiences and pledged to undertake awareness activities in their respective institutions and communities.



The vote of thanks was delivered by Dr Arvinda Shaw, Programme Officer, NSS Unit of Raidighi College. She expressed her sincere gratitude to Dr. Sasabindu Jana, Principal, Raidighi College, for his continuous support and encouragement , and also to the UNICEF, Kolkata West Bengal, especially Ms. Swapnodipa Biswas, Child Protection Officer and the UNICEF Resource person team. Special heartfelt thanks to Shri Agnimeel Das, Regional Director, NSS, Regional Directorate, Kolkata, Ministry of Youth Affairs and Sports, GoI.

She also expressed gratitude towards all the volunteers and program officers who came from far distance to attend the workshop, the NSS advisory committee members, the college faculty members who worked tirelessly to make this event run smoothly along with the non-teaching staff members , supporting staff and the volunteers of Raidighi College who worked tirelessly to make the event a successful one.

The UNICEF & RD, NSS sponsored & supported workshop was highly successful in achieving its objectives and further strengthening the partnership between NSS and UNICEF in promoting youth leadership, social responsibility, community engagement and sustainable development.





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CERTIFICATE OF PARTICIPATION

This is to certify that

ANAS FATMA of LORETO COLLEGE

has successfully participated in **State Level Youth Workshop on Mission LiFE, Mental Health, Gender and Online Safety** organized by NSS Unit-1, Raidighi College with support from UNICEF, West Bengal (technical and financial) & Regional Directorate of NSS, Kolkata, Ministry of Youth Affairs & Sports held on July 22, 2026 at Raidighi College, South 24 Parganas, W.B.

Principal
Raidighi College

Programme Officer
NSS Raidighi College

Chief Field Office
UNICEF, West Bengal

Regional Director
RD, NSS, Kolkata, Government of India

দক্ষিণবঙ্গ

রায়দিঘি কলেজে এবার মিশন লাইফ কর্মসূচি



নিজস্ব সংবাদদাতা, রায়দিঘি: রায়দিঘি কলেজের উদ্যোগে পালিত মিশন লাইফ কর্মসূচি। কলেজ পড়ুয়াদের মানসিক স্বাস্থ্য, লিঙ্গ বৈষম্য দূর করা অনলাইন নিরাপত্তা সংক্রান্ত একাধিক পরামর্শ দিতে এই কর্মসূচি নেওয়া হয়। ইউনিসেফ ও ভারত সরকারের যুব ও ক্রীড়া বিষয়ক মন্ত্রকের অধীনে কলকাতার আঞ্চলিক এনএসএস অধিদফতরের সহযোগিতায় এই কর্মসূচি আয়োজিত হয়। এই কর্মসূচিতে পশ্চিমবঙ্গের কলকাতা, বীরভূম, পূর্ববর্ধমান এবং দক্ষিণ ২৪ পরগনা জেলার বিভিন্ন

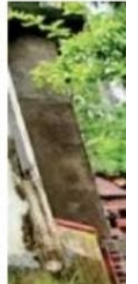
কলেজের এনএসএস স্বেচ্ছা সেবীরা অংশগ্রহণ করেন। এখানে উপস্থিত ছিলেন রায়দিঘি কলেজের অধ্যক্ষ ড: শশবিন্দু জানা, এনএসএস কলকাতা ব্রজেন্দ্রনাথ নস্কর, অরবিন্দা স্ব, রাহুল চক্রবর্তী ইউনিসেফ ডিস্ট্রিক্ট কনসাল্ট্যান্টসহ আরও অন্যান্য বিশিষ্ট ব্যক্তির। প্রায় ৩৫০ জন এই কর্মসূচিতে অংশগ্রহণ করেন। বর্তমান সমাজের গুরুত্বপূর্ণ কিছু বিষয় যা পরিবেশ রক্ষা, সুস্থ জীবনযাপন এবং ডিজিটাল নিরাপত্তা নিশ্চিত করতে একে অপরের সঙ্গে গভীরভাবে জড়িত

তা নিয়ে আলোচনা করা হয়। পরিবেশবান্ধব জীবনযাত্রা এবং টেকসই উন্নয়নের মাধ্যমে আচরণগত পরিবর্তনের একটি বৈশ্বিক আন্দোলন। মানসিক শান্তি, চাপমুক্ত জীবন এবং মানসিক অবসাদ দূর করার জন্য সচেতনতা ও কাউন্সেলিং পরিষেবা যার মূল উদ্দেশ্য। কলেজ পড়ুয়ারা এই কর্মসূচিতে মন দিয়ে অংশগ্রহণ করে। তারা যে প্রশিক্ষণ পেয়েছে তা তাদের বন্ধু বান্ধবীদের শেখাতে পারবে এবং ভবিষ্যতে আরও বড় কর্মসূচি ও সামাজিক অবক্ষয় রূপে বলে জানা গিয়েছে।

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কালের জন্য
স্টেট জেনো
সেন্টার। নতু
লাইসেন্স ও
সেন্টার স্থান
পরিস্থিতির স
স্বাস্থ্য দফতর
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স্থানান্তরের
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এবং নতুন
সম্প্রতি প
কর্তৃপক্ষ এক
পায়। এরপ

এক



বারুইপুর গণপিটুনি : আরও এক অভিযুক্ত গ্রেপ্তার



<https://youtu.be/xQG06BgY4fY?si=ZwqzbyMOZn3Tg1Fu>