

Online Seminar for Volunteers on the topic -“How to conduct a Health Survey in a Community?”

Date- 26th May 2025

Time: 7.30 -9.00 pm

Mode: Google meet online

Organised by: Raidighi College NSS Unit-1

Guest Speaker: Dr Snehasree Saha, Assistant Professor, Department of Food and Nutrition, Udaynarayanpur Madhabilata Mahavidyalaya, affiliated to University of Calcutta

Participants: 20 volunteers

Programme officer: Dr Arvinda Shaw, NSS PO-1

INTRODUCTION:

As part of its commitment to community development and student empowerment, the National Service Scheme (NSS) Unit organized an Online Seminar for Volunteers on the topic “How to Conduct a Health Survey in a Community?” The seminar was held on 26 May 2025, from 7.30 to 9.00 pm.using the Google Meet platform. The event saw active participation from over 20 NSS volunteers from various departments of Raidighi College. The seminar aimed to equip NSS volunteers with the essential skills and knowledge required to carry out effective health surveys in diverse communities. It was structured to foster a sense of responsibility among volunteers while enabling them to understand public health concerns from a grassroots perspective.

Objective of the Seminar:

The primary objectives of this seminar were:

- To educate NSS volunteers on the purpose and importance of community health surveys.
- To familiarize them with the methodology and tools used in health data collection.
- To highlight ethical considerations while interacting with community members.
- To enable volunteers to contribute meaningfully to healthcare awareness and intervention programs.

Inauguration and Welcome Address:

The seminar began with a formal welcome address by the NSS Programme Office: Dr Arvinda Shaw, who emphasized the relevance of health surveys in identifying local health issues and crafting evidence-based interventions. She highlighted the important role NSS volunteers play as a bridge between academic knowledge and real-world community needs.

The Principal of Dr. Sasabindu Jana, graced the session with an inaugural speech. He commended the NSS unit's efforts in organizing such an informative event and encouraged the volunteers to become change-makers by actively participating in community outreach.

Resource Person and Keynote Address:

The keynote speaker for the session was Dr. Saha, who did her doctorate from the National Institute of Nutrition, Hyderabad on public health . With years of experience in health data collection, surveys, and rural healthcare initiatives, she brought a wealth of practical knowledge to the seminar. The session started with a detailed powerpoint presentation titled “Finding health and nutritional facts.”

The seminar covered a wide range of subtopics including:

- ❖ What is a Health Survey?

Definition, significance, and types (e.g., nutritional, morbidity, reproductive health surveys).

- ❖ Planning the Survey

Setting clear objectives, identifying the target population, and selecting the appropriate survey method (questionnaires, interviews, observations).

- ❖ Designing the Questionnaire

Principles of designing unbiased, culturally sensitive, and easy-to-understand questions. Emphasis was placed on both qualitative and quantitative data.

- ❖ Sampling Techniques

Introduction to random sampling, stratified sampling, and cluster sampling to ensure data reliability.

- ❖ Conducting Fieldwork

Tips on community engagement, rapport-building, and ensuring voluntary participation.

- ❖ Ethical Guidelines

Importance of informed consent, privacy, and confidentiality in data collection.

- ❖ Introduction to basic tools such as Excel or Google Forms for data entry, and the use of graphs/charts to visualize findings.
- ❖ Common Challenges
Language barriers, misinformation, resistance from community members, and ways to overcome them.

Dr. Snehasree Saha also shared real-life examples from her own fieldwork experiences in rural and urban areas, which helped students relate theoretical knowledge with practical scenarios.

Interactive Session:

Following the keynote presentation, an interactive Q&A session was held. Volunteers raised pertinent questions about various aspects of health survey implementation, such as:

“How do we deal with uncooperative respondents?”

“What are some indicators for mental health in community surveys?”

“Can we include students or local leaders to help in data collection?”

Dr. Saha patiently addressed all queries and encouraged students to remain empathetic and professional during their interactions in the field.

Volunteer Reflections and Feedback:

Many volunteers expressed their enthusiasm for applying their newfound knowledge in real-world settings. A few shared their own experiences from previous NSS camps and how this seminar helped them identify gaps in their previous approach.

Feedback was collected via an online form post-event. Over 90% of the participants rated the session as “Very Useful,” appreciating the clarity of explanation, relevance of the topic, and practical tips provided.

Sample feedback included:

- “It was an eye-opener! I never realized how crucial it is to ask the right kind of questions in a health survey.” Anjana Maiti
- “The resource person was very experienced. Her examples really helped us understand community behavior.” – Sumana Sardar

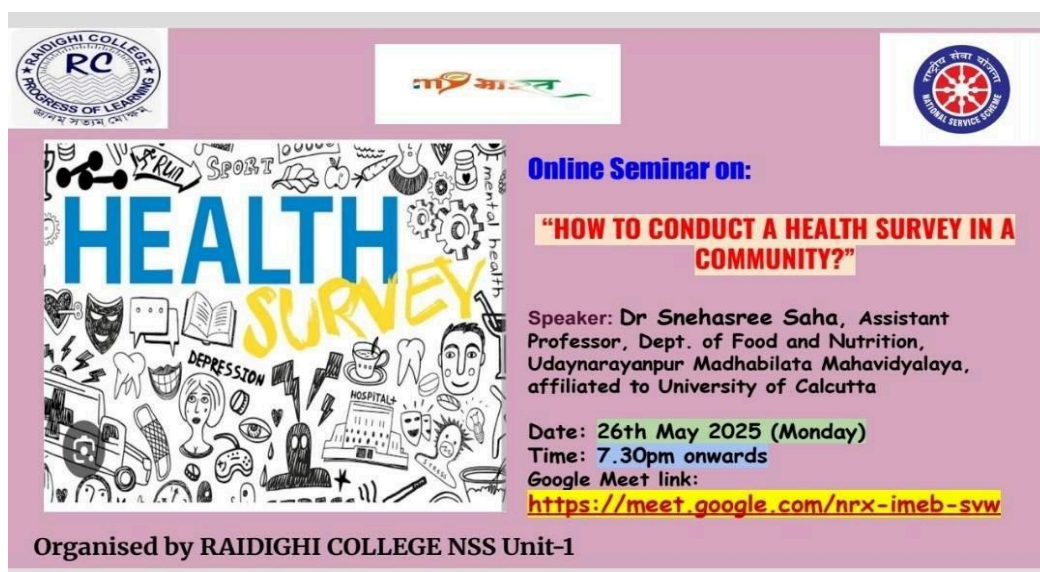
Conclusion:

The seminar on “How to Conduct a Health Survey in a Community?” proved to be an enriching experience for all the participants. It fulfilled its goal of equipping NSS volunteers with essential skills and a broader perspective on community health issues. The insights gained during the seminar will undoubtedly aid students in contributing more effectively to future health camps and outreach programs.

This initiative has laid a strong foundation for future NSS activities focusing on health and hygiene. The NSS Unit plans to organize a field-based health survey in the nearby adopted local community in the upcoming semester, giving students an opportunity to apply their learning practically.

Acknowledgement:

Raidighi College and the NSS Unit extend their heartfelt gratitude towards **Dr. Snehasree Saha** for sharing her insightful knowledge and guiding our students.



Online Seminar on:

“HOW TO CONDUCT A HEALTH SURVEY IN A COMMUNITY?”

Speaker: Dr Snehasree Saha, Assistant Professor, Dept. of Food and Nutrition, Udaynarayanpur Madhabilata Mahavidyalaya, affiliated to University of Calcutta

Date: 26th May 2025 (Monday)
Time: 7.30pm onwards
Google Meet link:
<https://meet.google.com/nrx-imeb-svw>

Organised by RAIDIGHI COLLEGE NSS Unit-1

Design Transitions Animations Slide Show Record Review View Help Available

25

Font Paragraph Background Styles

Insert Drawing Tools

Share

Help

Feedback

Click to add notes

Accessibility Insights

FINDING HEALTH & NUTRITIONAL FACTS

Dr. Subashini V.
Assistant Professor (Public Health Nutrition)
Sri Sathya Sai Institute of Higher Learning
Vellore, Tamil Nadu

Snehasree is presenting

19

Snehasree

You

19 others

8:15 PM

VoWiFi 71%

← nrx-imeb-svw

People

Informati...







Tools

Share joining information

Mute everyone

Search for someone in this c...

In call

-  **Dr. Arvinda Shaw (You)**
Meeting host
-  **Anjana Maiti**
Visitor
-  **anupam kansari**
Visitor
-  **Anushri Paria**
Visitor
-  **Bishakha Mist**
Visitor
-  **Mrinmoy Mondal**
Visitor

8:15 PM











VoWiFi 71%

← nrx-imeb-svw

People

Informati...

Tools

-  **Mrinmoy Mondal**
Visitor
-  **Paramita Sarkar**
Visitor
-  **Puskar Jatua**
Visitor
-  **Ranita Bera**
Visitor
-  **Rupam Mondal**
Visitor
-  **Sarama Dey**
Visitor
-  **Sayan Halder**
Visitor
-  **Shampa Pram**
Visitor
-  **Shashiprava Purk...**
Visitor
-  **Snehasree Saha**
.

