

Thalassemia Detection Free Camp (HPLC Test) & Awareness-Counselling Programme

Organised by: Raidighi College NSS Unit-1

Date: April 2, 2025

Venue: Department of Food and Nutrition, Raidighi College

Time: 11:30 AM to 2:00 PM

Collaborating Partners: Diamond Harbour District Hospital (DHDH) and Amra Rakta Yoddha Group (ARYG)

Introduction:

Thalassemia is a serious genetic blood disorder that affects the body's ability to produce hemoglobin, the protein in red blood cells responsible for carrying oxygen. This inherited condition can lead to severe anemia, fatigue, growth delays, and in its most serious forms, life-threatening complications. Early detection and public awareness are essential tools in managing and preventing the further spread of this condition, especially in regions where the genetic prevalence is high.

To promote awareness and facilitate early detection of Thalassemia, Raidighi College NSS Unit-1 organized a "**Thalassemia Detection Free Camp (HPLC Test) & Awareness-Counselling Programme**" on April 2, 2025. This initiative was conducted in collaboration with **Diamond Harbour District Hospital (DHDH)** and the renowned blood donor and awareness group **Amra Rakta Yoddha (ARYG)**.

Objective of the Programme:

The primary objectives of this program were:

- To offer **free High-Performance Liquid Chromatography (HPLC) tests** for detecting various forms of Thalassemia and hemoglobin disorders.
- To **create awareness** among college students and staff about Thalassemia, its genetic implications, and methods of prevention.
- To provide **counselling** for individuals identified as carriers or those requiring further medical attention.
- To encourage **volunteerism and community health awareness** among NSS students.

Participants and Team Composition:

The programme witnessed active participation from multiple stakeholder groups, ensuring a wide-reaching impact. The team composition included:

- **Diamond Harbour District Hospital (DHDH):** 04 medical professionals and lab technicians
- **Amra Rakta Yoddha Group (ARYG):** 02 members specializing in blood disorder awareness and donor coordination
- **NSS Volunteers (Raidighi College):** 28 highly enthusiastic and trained student volunteers

- **Non-NSS College Students:** 26
- **Non-Teaching Staff:** 03

The diverse representation helped in effective organization, coordination, and dissemination of information during the event.

Event Highlights:

1. Inauguration and Welcome:

The event commenced at 11:30 AM with a formal welcome note by the Programme Officer (PO-1) of NSS Unit-1, Raidighi College. In her address, she emphasized the critical importance of early diagnosis and genetic counselling in controlling the spread of Thalassemia. She thanked the collaborating institutions for their valuable support and expressed her pride in the enthusiasm of NSS volunteers and students alike.

2. HPLC Testing (Blood Test for Hemoglobin Variants):

The core component of the camp involved conducting **High-Performance Liquid Chromatography (HPLC)** tests. HPLC is a reliable and advanced diagnostic method used to identify abnormal hemoglobin variants, including those related to **beta-thalassemia**, **alpha-thalassemia**, and **sickle cell disease**.

Before the tests, written consent was obtained from all participants. The medical team from DHDH skillfully managed the collection of blood samples and provided brief explanations about the testing process to ensure transparency and comfort among participants.

A total of **57 individuals** (including students, NSS volunteers, and non-teaching staff) underwent the test. Results were to be shared confidentially with each participant within a stipulated time through appropriate medical channels. Those requiring further follow-up or genetic counselling were informed about the next steps and provided with referral options.

3. Awareness and Counselling Programme:

While the testing was underway, a **parallel awareness and counselling session** was conducted in the seminar room of the Food and Nutrition Department. This session aimed to provide participants with scientific insights about Thalassemia, methods of prevention, and the societal importance of genetic screening before marriage.

Speakers from DHDH and ARYG shared valuable data and real-life case studies to make the session interactive and relatable.

Key topics covered included:

- What is Thalassemia?
- Types and severity of Thalassemia
- Symptoms, diagnosis, and available treatments
- Importance of early detection and genetic screening
- Societal myths surrounding Thalassemia
- Role of youth and community volunteers in raising awareness

Special attention was given to **carrier awareness**, which is often neglected due to lack of symptoms. The speakers urged young participants to undergo testing before marriage and to encourage family members to do the same, especially in high-risk populations.

4. Role of NSS Volunteers:

The NSS volunteers played a pivotal role in organizing and facilitating the event. From setting up the venue and guiding participants to assisting the medical team and maintaining order, their dedication was commendable. Their participation also highlighted the vital role of youth in championing public health causes.

The Programme Officer of NSS encouraged them to act as **community ambassadors** for Thalassemia awareness and to initiate similar campaigns in nearby rural areas.

Feedback and Impact:

The feedback from participants was overwhelmingly positive. Many expressed appreciation for the opportunity to get tested at no cost and to learn in-depth about a condition that is often misunderstood. Several students acknowledged that they were unaware of Thalassemia and its implications before attending the session.

The medical team appreciated the smooth coordination provided by NSS and the infrastructural support extended by the Department of Food and Nutrition, Raidighi College.

Key takeaways from the event:

- Over **50 participants were tested** for Thalassemia via HPLC – a significant achievement for a local-level initiative.
- Awareness materials were distributed in both English and Bengali to ensure wider understanding.
- Several participants showed interest in volunteering for future awareness campaigns.

Conclusion:

The **Thalassemia Detection Free Camp & Awareness-Counselling Programme** held on April 2, 2025, at Raidighi College stands as a powerful example of how academic institutions, medical teams, and social groups can work together to address pressing public health concerns. The event not only provided critical health services to the college community but also instilled a deeper understanding and sense of responsibility among youth regarding genetic health disorders.

By leveraging scientific testing, education, and grassroots participation, this initiative successfully bridged the gap between medical science and community engagement. The Raidighi College NSS Unit-1, in collaboration with DHDH and ARYG, demonstrated that meaningful health interventions are possible even at the local level—with long-lasting impacts on both individuals and communities.



RAIDIGHI COLLEGE
(affiliated to University of Calcutta)
NATIONAL SERVICE SCHEME (NSS)
organises



THALASSEMIA DETECTION FREE CAMP

on **2nd April 2025 (Wednesday)**

in collaboration

"AMRA RAKTA YODHA"

&

"DIAMOND HARBOUR THALASSEMIA UNIT"

Venue: **Department of Food and Nutrition, A.J.C. Bose Bhawan, Ground Floor**

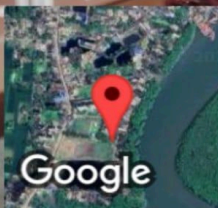
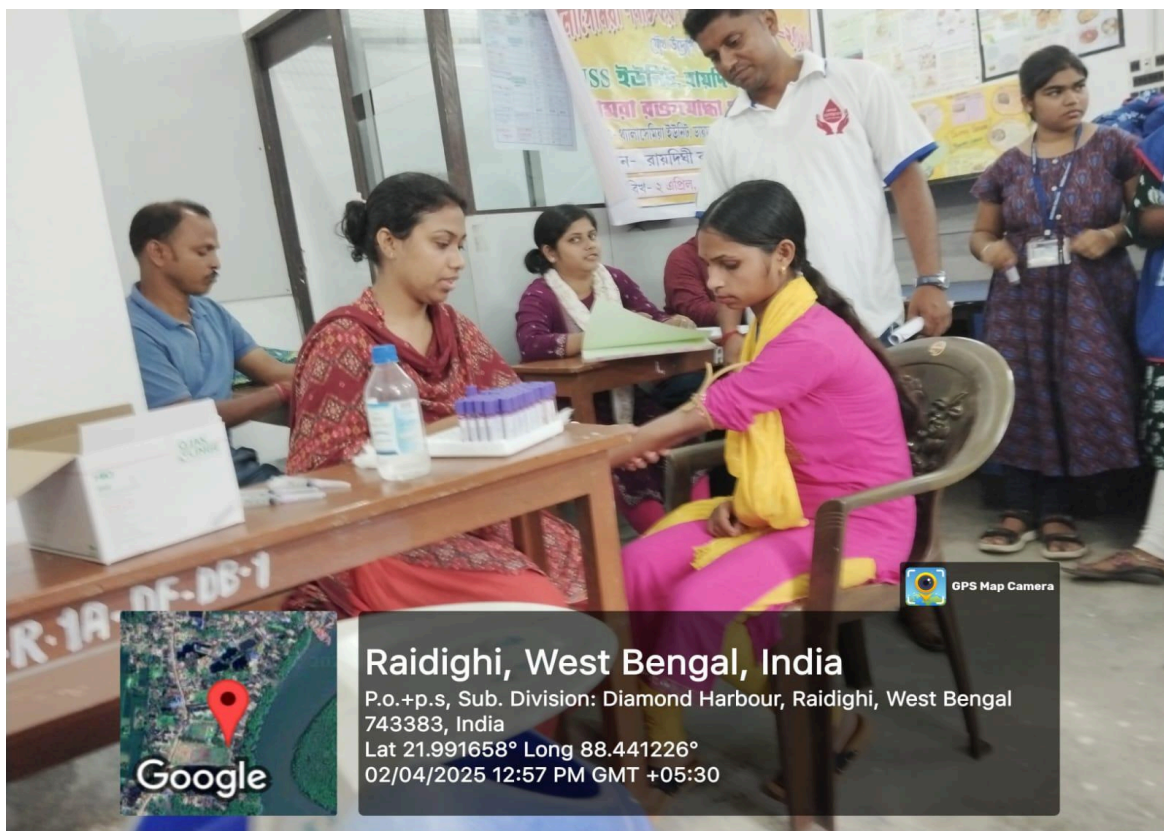
Time: **11:30am to 1:30pm**

Beneficiaries: All the NSS Volunteers, students, teaching and non-teaching staff members of Raidighi College

To Register: Fill the form: <https://forms.gle/uf358HodglfRz2wy6>



Awareness and Counselling Programme

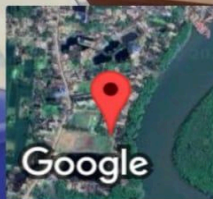


Raidighi, West Bengal, India

P.o.+p.s, Sub. Division: Diamond Harbour, Raidighi, West Bengal
743383, India

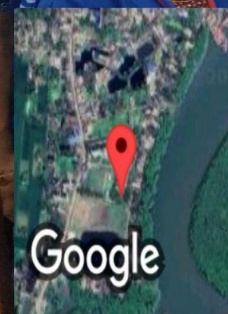
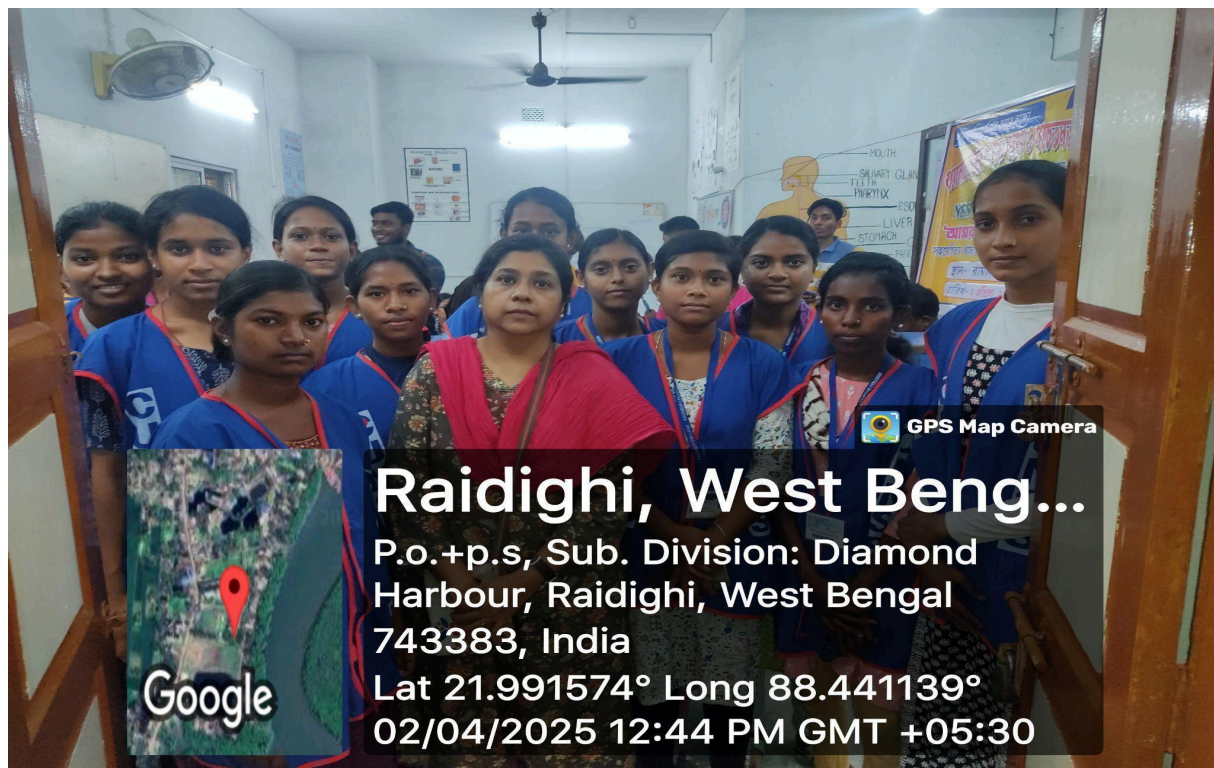
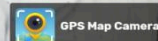
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HPLC TEST



Raidighi, West Bengal, India

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Harbour, Raidighi, West Bengal
743383, India
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02/04/2025 12:44 PM GMT +05:30





Diamond Harbour District Hospital Expert Team- Amra Rakta Yoddha Group Team, along with Dr Arvinda Shaw, Raidighi College NSS-PO-1

THALASSEMIA DETECTION FREE CAMP.

2nd April '202

in Collaboration with
DIAMOND HARBOUR DISTRICT HOSPITAL
&
AMRA RAKTA YODDHA

Team Members: 1) Dipika Ghosh.
(DHDH) 2) Babulul Safi
3) Lata Ghoshal
4) Shyamol Halder

AMRA RAKTA YODDHA, 1) Dnisha Halder
GROUP RAIDIGHI 2) Swadesh Mistry

RAIDIGHI COLLEGE 1) P.O - 1 Arvinda Shaw.
2) Tammy Joma
3)
4).

Total participants :

1. Non-NSS students - 26 [Female = 19 Male = 07]
2. NSS Volunteers - 28 [Female = 21 Male = 07.]
3. Non teaching - 02 [male = 2].

Total participants [26+28+02] = 56.

Raidighi College National Service Scheme
in collaboration with AMRA RAKTA YODDHA
&
DIAMOND HARBOUR THALASSEMIA UNIT
organises
THALASSEMIA DETECTION FREE CAMP ON 2ND APRIL 2025
AT
RAIDIGHI COLLEGE
ATTENDANCE SHEET FOR RC-NSS VOLUNTEERS REGISTERED AT MY BHARAT
PORTAL

Sl no.	Name	Stream (B.A/B.Sc.-3Yr/4Yr)	Contact no.	Signature
1.	Sudeksha Halder.	B.Sc. 4yr.	9609104973	Sudeksha Halder.
2.	Ananya Mandal	B.Sc. 4yr.	8695824146	Ananya Mandal.
3.	Purnima Dhal	B.Sc 4yr.	7063413501	Purnima Dhal
4.	Anushri Raniparia	B.Sc 4 year	9093091757	Anushri Raniparia
5.	Suchismita Gayen	B.Sc 4 year	8509892909	Suchismita Gayen
6.	Susmita Ghorai	B.Sc 4 year	8768093066	Susmita Ghorai
7.	Ranita Bera	B.Sc 4 year	9907007901	Ranita Bera
8.	Moumita Bera	B.Sc 3 year	8927307639	Moumita Bera
9.	Madhumita Kayal	B.A 3 year	7601872754	Madhumita Kayal
10.	Sukhechand Baidya	B.A. 3 year	7908898840	Sukhechand Baidya
11.	Joy HALDER	B.A 3 year	8116782938	Joy Halder
12.	Sayon Kumar Halder	B.A 3 year	8250369049	S. K. Halder
13.	Saumen Punkeut	B.A. 3 year	9062372376	S. Punkeut
14.	Piali Maity	B.Sc 3 year	7602466368	P. Maity

Sl. no.	Name	Department	Contact	Signature
15.	Dipshikha Jana	B.Sc 3 Year	7432015418	Dipshikha Jana
16.	Shrijita Girci	B.Sc 3 Year	6204864328	Shrijita Girci
17.	Anjana Maity	B.Sc 3rd yr.	8617335909	Anjana Maity
18.	Debashree Roy	B.Sc 1 year	9332301685	Debashree Roy
19.	Ayan Gayen	B.Sc 3yr	6205540371	Ayan Gayen
20.	Rupam Mondal	B.Sc 3yr	9933167505	Rupam Mondal
21.	Susmita Mistry	B.A. 3yr	8617006817	Susmita Mistry
22.	Sanghamitra Halder	B.A. 3yr	7074003404	Sanghamitra Halder
23.	Bishakha Mistry	B.A. 3yr.	8617401123	Bishakha Mistry
24.	Shampa Pramanik	B.A 3yr	8617505853	Shampa Pramanik
25.	Susama Dey	B.A 2yr	7812064679	Susama Dey
26.	Mrityunsuj Das	B.A 3yr	9641324424	Mrityunsuj Das
27.	Ummata Hatabaketa		967901317	Ummata Hatabaketa
28.	Sangita Maity	B.A. 1yr	8633212687	Sangita Maity

Dr. Arminde Shaw .
 Programme officer
 Paradip College NSS-Unit-1.

Raidighi College National Service Scheme

in collaboration with AMRA RAKTA YODDHA

&

DIAMOND HARBOUR THALASSEMIA UNIT

organises

THALASSEMIA DETECTION FREE CAMP ON 2ND APRIL 2025

AT

RAIDIGHI COLLEGE

ATTENDANCE SHEET FOR RC-STUDENTS (NON-NSS)

Sl no.	Name	Stream (B.A/B.Sc.-3Yr/4Yr)	Contact no.	Signature
1.	Kajal Shaw	B.Sc.-4Yr.	7439406638	Kajal Shaw
2.	Monalisha Mallik	B.A-1yr	7063775498	Monalishamallik
3.	Brinda Pradhan	B.A-1yr	7679939230	Brinda Pradhan
4.	Meghla Mondal	B.Sc.-3yr	9091272897	Meghla Mondal
5.	Sanjukta Jana	B.A-3yr.	8293676651	Sanjukta Jana
6.	Umaswasi Katar	B.A-3year	8145940849	Umaswasi Katar
7.	Tanushree Halder	B.A-3year	8918693102	Tanushree Halder
8.	Himadri Gayen	B.A-1Year	9593078815	Himadri Gayen
9.	Saurav Dharo	B.A-3rd year	9593176720	Saurav Dharo
10.	Toukir Ahmed (Laskar)	B.A 3rd year	9749019477	Tanir Ahmed
11.	Sahel Khan	B.A 3rd year	8609806664	Sahel Khan
12.	Debita Sarmah	B.A, 3rd year	7076023089	Debita Sarmah
13.	Sourmyajit Naskar	B.Sc. 4 year	8001517062	Sourmyajit Naskar
14.	Spradip Choudhury	B.Sc. 3 year	7439642761	Spradip Choudhury

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AT
RAIDIGHI COLLEGE
ATTENDANCE SHEET FOR RC-TEACHING & NON-TEACHING MEMBERS

Sl no.	Name	Stream (B.A/B.Sc.-3Yr/4Yr)	Contact no.	Signature
1	Chayan Mondal	LAB- ASSISTANT - MICROBIOLOGY	9339010326	Mondal.
2.	Subhashis Halder	LAB ASSISTANT - BOTANY	9332629378	Halder

Sl. no.	Name	Department	Contact	Signature
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Dr. Aninda Shaw .
Programme officer
Raidighi College - NSS- Unit 1.