

# World Health Day-Raidighi College NSS Outreach Programme Report

## Observation of World Health Day 2025

**Date:** 7<sup>th</sup> April 2025

**Time:** 10 am

**Venue:** Raidighi College Campus

**Organised by:** NSS Unit-1, Raidighi College

**Collaborators:** Department of Food and Nutrition (Raidighi College), MUKTI Foundation, and Kolkata Foundation

## Introduction:

On the occasion of *World Health Day 2025*, the National Service Scheme (NSS) Unit of Raidighi College organised a day-long Outreach Programme on April 7, 2025. The programme was held in collaboration with the Department of Food and Nutrition, Raidighi College, the MUKTI Foundation, and the Kolkata Foundation. The event focused on enhancing awareness and scientific understanding of maternal and child health, hygiene practices, and nutrition, especially targeting grassroots health workers in the region.

The programme was structured to address several crucial aspects of women's and child health through interactive learning, visual aids, and expert guidance. The initiative was particularly aimed at empowering the *Swasthya Sanginis* — frontline health volunteers associated with the MUKTI Foundation — by equipping them with updated knowledge and best practices in maternal and neonatal care.

## Inaugural Session:

The Outreach Programme commenced at 10:00 AM in the seminar hall of Raidighi College. Dr. Shaw, a prominent academician and health expert associated with the Department of Food and Nutrition, delivered the **inaugural address**. In her speech, she highlighted the importance of this year's World Health Day theme and underscored the significance of grassroots health education in achieving holistic public health outcomes.

Dr. Shaw emphasized the need for community-based health workers to be scientifically informed about maternal and child nutrition, hygiene, and safe practices. She remarked that empowering these workers is essential to bridging the gap between formal health systems and rural populations.

## Participants and Collaborators:

The programme was attended by **twenty-four Swasthya Sanginis** of the MUKTI Foundation from various rural areas in and around the Sundarbans region. These volunteers are pivotal in delivering primary health support in their communities, particularly among women and children.

The event was made successful with the active collaboration of:

- **The Department of Food and Nutrition, Raidighi College**, who provided academic and practical support.
- **MUKTI Foundation**, a renowned NGO working in health, education, and women's empowerment in rural West Bengal.
- **Kolkata Foundation**, which sponsored the afternoon lunch and has been a long-standing supporter of public health outreach in the region.

## **Technical Sessions:**

The programme's core component consisted of educational sessions focusing on five key areas:

### **1. First 1000 Golden Days for Newborns:**

This session covered the critical period from conception to a child's second birthday. Speakers emphasized that these 1000 days are foundational for a child's long-term health, cognitive development, and immunity. The discussion included topics like maternal nutrition, prenatal care, birth preparedness, and early infant feeding practices.

### **2. Importance of Colostrum and Breastfeeding:**

A detailed talk was presented on the benefits of colostrum — the first form of milk produced immediately following delivery — often referred to as the baby's 'first vaccine'. The nutritional superiority of breast milk, the benefits of exclusive breastfeeding for the first six months, and common myths were addressed.

### **3. Importance of Weaning and Complementary Foods:**

This session focused on introducing complementary foods after six months of exclusive breastfeeding. The experts provided clear guidelines on appropriate local low-cost foods, preparation methods, frequency, and nutritional balance to support proper growth and prevent malnutrition during infancy.

### **4. Dietary Guidelines for Pregnant and Lactating Mothers:**

Scientific dietary charts and local food options were presented to ensure that mothers understand how to maintain a healthy and balanced diet during pregnancy and lactation. The session discussed micronutrient needs, iron and calcium supplementation, hydration, and common dietary taboos to avoid.

### **5. Personal Hygiene and WASH (Water, Sanitation, and Hygiene):**

A practical and informative session on hygiene and sanitation was held, emphasizing the importance of safe drinking water, regular handwashing, menstrual hygiene, and clean

surroundings. Demonstrations included the use of safe water filters and cost-effective hygiene practices for rural households.

### **Volunteer Activities:**

NSS volunteers from Raidighi College actively participated in the programme by preparing and presenting **colourful educational charts** on the above-mentioned topics. These charts were displayed in an exhibition-style format and were explained to the participants in local language for better comprehension.

Each group of volunteers focused on one core topic, making the information more accessible through visual aids and simple language. The Swasthya Sanginis showed great enthusiasm in engaging with the materials, noting down key points and asking questions.

### **Interactive Q&A Session:**

A dedicated **interactive session** was organised in the second half of the programme where the Swasthya Sanginis had the opportunity to ask questions and seek clarifications. Dr. Shaw led the session and many myths were busted during this interactive round.

### **Topics discussed included:**

- Common breastfeeding challenges and how to overcome them
- Affordable sources of iron and protein in rural diets
- Hygiene solutions during monsoon months
- Cultural barriers and community resistance to modern nutritional practices

The session was highly productive, with many health workers expressing appreciation for the clear and scientifically grounded responses they received.

### **Special Address by MUKTI Coordinator:**

Ms. **Sonamon Basu**, the MUKTI Foundation's Health Programme Coordinator, delivered a stirring speech on the themes of **women's empowerment and literacy**. She applauded the efforts of the Swasthya Sanginis and emphasized the need for continued education and professional development among rural women health workers.

Ms. Basu drew connections between health, literacy, and empowerment, noting how informed women are better equipped to make decisions for their families and communities. She also highlighted MUKTI's ongoing efforts to provide leadership training and support systems for women in rural West Bengal.

## Lunch and Concluding Remarks:

The programme concluded with a **nutritious lunch**, generously sponsored by the **Kolkata Foundation**. The meal was designed keeping in mind the nutritional values discussed during the sessions, and served as a practical example of balanced, affordable rural meals.

In the closing remarks, Dr. Shaw and Ms. Basu thanked all attendees, volunteers, and collaborators for their commitment and participation. Certificates of participation were distributed to the Swasthya Sanginis.

## Conclusion:

The World Health Day Outreach Programme 2025 at Raidighi College was a **resounding success**, marked by dynamic participation, rich discussions, and a shared commitment to health awareness and education. The NSS Unit of Raidighi College, with its student volunteers and academic collaborators, demonstrated an inspiring model of community engagement.

This event not only empowered grassroots health workers with essential scientific knowledge but also reaffirmed the role of educational institutions in promoting public health and social development.



**RAIDIGHI COLLEGE**  
affiliated to  
**UNIVERSITY OF CALCUTTA**  
**NATIONAL SERVICE SCHEME (NSS)**  
NOT ME BUT YOU  
Organises  
**A Community Outreach Programme**  
on  
**WORLD HEALTH DAY-2025**  
Theme: **"Healthy Beginnings, Hopeful Futures"**  
in collaboration with  
**MUKTI, KOLKATA FOUNDATION**  
&  
**Department of Food and Nutrition, Raidighi College**

Date : 7th APRIL 2025 (Monday)      Time: 12 noon - 1:00 pm  
Venue: Raidighi College-Sister Nivedita Bhawan-Ground Floor Hall



**Group Photo**







**Interactive Session: Dr Shaw answering the doubts and questions raised by the Swasthya Sanginis**







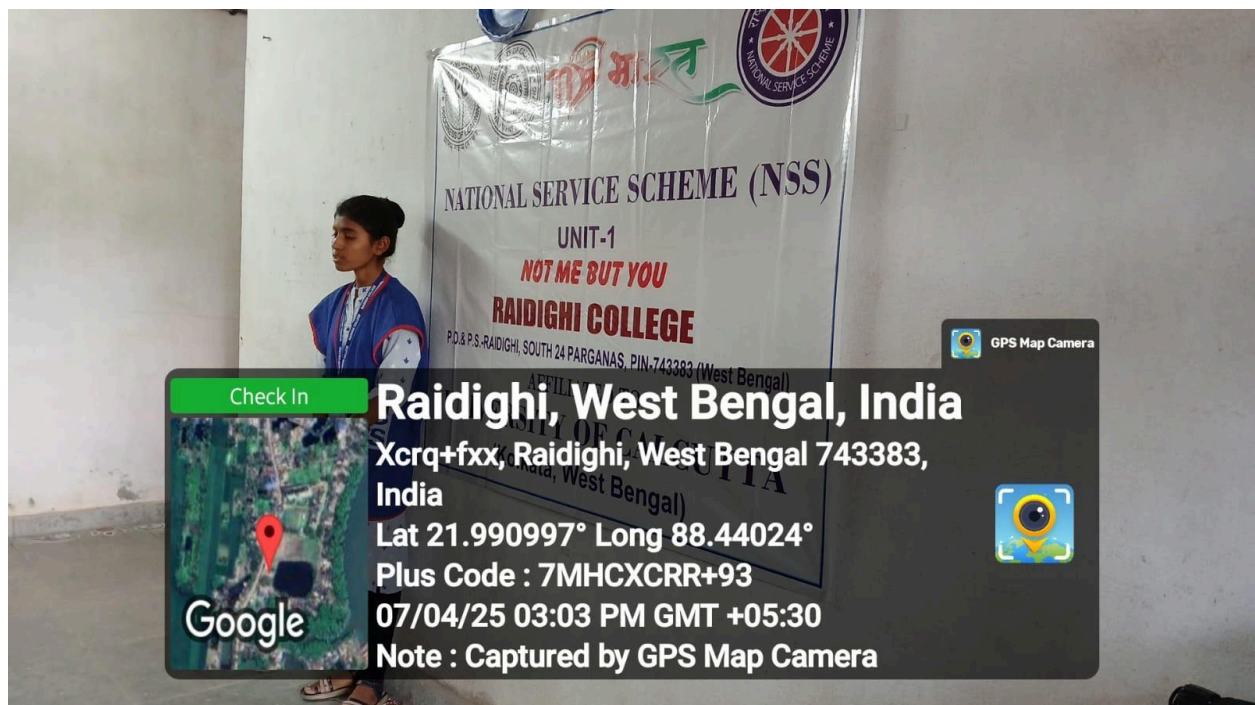
**NSS Volunteer: Dipshikha Jana demonstrating a Chart on Complementary Foods for Newborns**



**NSS Volunteers explaining the Importance of Breastfeeding for Newborns to Health Workers**



**MUKTI COORDINATOR: Ms Sonamon Basu with NSS PO-1**



**NSS Volunteer- Shrijita Giri explaining the importance of WASH for healthy living**



# WORLD HEALTH DAY - 2025.

(06)

COMMUNITY OUTREACH PROGRAMME

RC-NSS in collab with 7.4.25

Dept. of Food & Nutrition, RC.

MUKTI & KOLKATA FOUNDATION

Date: 7<sup>th</sup> April '2025. (Monday)

Venue: Raidighi College - Girls Hostel - Ground Floor.

Time: 1:30 PM - 3:30 PM.

Theme: "Healthy Beginnings, Hopeful Futures" - 2025.

Volunteers: 14.

Mukti Members: 24 (Health Workers - SWASTHYA SANGINI)

Mukti Co-ordinators: 03.

Raidighi NSS- PO-1 - Dr. Arunda Shaw.

Activities included: 1) Preparation & Demonstration of Charts to participants on.

- Balanced diet
- Personal Hygiene
- Diet for pregnant & lactating mother
- First 1000 golden days for infants
- Weaning & Complementary feeding
- Importance of Breast feeding - Colostrum.

→ Lecture was given by PO-1 Dr A. Shaw.

→ Co-ordinator of Mukti Ms. Sonu Mon Basu also gave lecture on Women Empowerment

→ Discussion session where Swasthya Sangini of MUKTI cleared their doubts

→ Kolkata foundation sponsored snacks box for all the volunteers & participants.

Organiser: PO-1.

Dr. Arunda Shaw  
7/4/25

**Raidighi College National Service Scheme(NSS)**  
in collaboration with  
**MUKTI,KOLKATA FOUNDATION**

&  
**Department of Food and Nutrition, Raidighi College**  
A Community Outreach Programme  
On

**7<sup>th</sup> APRIL - WORLD HEALTH DAY-2025**  
Theme- " HEALTHY BEGINNINGS, HOPEFUL FUTURES "  
Venue- Raidighi College- Sister Nivedita Bhawan, Ground Floor Hall

**ATTENDANCE SHEET**

**RAIDIGHI COLLEGE -NSS VOLUNTEERS .**

Sl. no.	Name	Contact No.	Institution	Signature
1.	Sudena Halder.	9609109373	Raidighi college	Sudena Halder.
2.	Ananya Mandal	8695824116	Raidighi college	Ananya Mandal
3.	Purnima Dhal	7063413501	Raidighi college	Purnima Dhal
4.	Susmita Ghoshai	8768993066	Raidighi college	Susmita Ghoshai
5.	Anushree Ranipara	9093091757	Raidighi college	Anushree Ranipara
6.	Anjana Maiti	8617335909	"	Anjana Maiti
7.	Mainmay Mondal	7063811929	"	Mainmay Mondal
8.	Piali Maity	7602466388	"	Piali Maity
9.	Shrijita Girci	6209486488	"	Shrijita Girci
10.	Dipshikha Jana	7132015418	"	Dipshikha Jana
11.	Ranita Bera	9907007901	"	Ranita Bera
12.	Suchismita Gayen	8309991900	"	Suchismita Gayen
13.	Arunda Phand			
14.	Tanmay Jana	8116745259	"	Tanmay Jana

Raidighi College P.O. : Br. Anuradha Das  
7/4/2025.

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Raidighi College National Service Scheme(NSS)  
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&

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MEMBERS OF MUKTI FOUNDATION

Sl. no.	Name	Contact No.	Institution	Signature
1	Panchami Shit	9734719309	Mukti	P. Shit
2	Haronmoy Ghosh	9999756226	"	Haronmoy
3	Pritilata Mondal	6296989044	Mukti	Mondal
4	Falguni Mondal	7797292527	"	F. Mondal
5	Chandona Payra	7384733971	"	C. Payra
6	Chandrabhika Halder	7047238738	"	C. Halder
7	Jaymoy Ray Sinha	7029207728	Raidighi	J. R. Sinha
8	Brommika Ghosh	9907350370	K.C PUR	Aghor
9	Prorabi Hato	8116035629	V.N. Pur	P. Hato
10	Chandrabati Purkait	747599973	H. a. pur	Ch. purkait
11	Mousumi Mondal	629763990	Mukti	M. Mondal
12	Madhavi Halder	9749664876	Mukti	M. Halder
13	Jamuna Halder	859719866	Mukti	J. Halder

Raidighi College PO-1, Dr. Ananda Shaw  
7/4/2025



