



Mankar College

MANKAR, PURBA BARDHAMAN
WEST BENGAL - 713144

ESTD: 1987

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Ref. No.:

Date:

Name of the activity: Sanitation awareness campaigning at Village Panchamahuli

Aims/Objectives:

- To make improvement in the quality of life in rural areas.
- To accelerate sanitation coverage in rural areas.
- To motivate Community and Village Councils promoting sustainable sanitation facilities through awareness campaign and health education.
- To promote hygiene, education and sanitary habits among students as well as rural people.

Organising Unit: NSS

Year of the Activity: 2017-18

No. of Participants: 50

Outcome of the Programme:

- Awareness has been created regarding the role of proper sanitation in our lives. Spreading the motto of cleanliness is next to godliness



Name of the activity: Awareness Rally on AIDS in Mankar Village

Aims/Objectives:

- Creating awareness about the dreaded disease
- Prevention of HIV transmission
- Establishment of surveillance and reduce stigma attached with the disease

Organising Unit: NCC Units &NSS

Date of the Activity: 2017-18

No. of Participants: 50

Outcome of the Programme:

- HIV is a disease that does not discriminate. Anyone can contract this disease, which is why it is important for students to be aware of how to protect themselves and prevent the transmission of HIV.



Name of the activity: Free health check-up camp at college campus

Aims/Objectives:

- To create awareness regarding one's own health.
- To know the basic standing of the health
- To take preventive action based on the report submitted by physicians.

Organising Unit: NSS

Year of the Activity: 2017-18

No. of Participants: 50

Outcome of the Programme:

- Providing necessary information regarding healthcare to the underprivileged people of the locality
- Basics of Hygiene and how to observe those.
- Good practices for keeping one's own health secured.



Name of the activity: Observation of National Forest Week by planting watering, manuring and nurturing trees at the college campus

Aims/Objectives:

- to create environmental awareness among students as well as all the stakeholders of the institution
- to train the young how to make garden
- To generate love and fellow feeling for tress and nature as a whole

Organising Unit: NSS

Year of the Activity: 2017-18

No. of Participants: 50

Outcome of the Programme:

- Ecological awareness
- Saving and protecting the environment by planting and nurturing more trees.



Name of the Activity: Nukad Nataks on Swachh Bharat Abhiyan and Rally for Awareness at Mankar Hattala More.

Aims/Objectives:

- To aware one of the importance of the physical well-being and a healthy environment through street theatre that can engage rural people easily.
- To make one know that cleanliness has bearing on public and personal hygiene

Organising Unit : NCC (Swachhta Pakhwada)

Date of Activity: 2017-18

No of participants: 86

Outcome of the programme:

- Creating awareness among the public to keep the environment clean.
- To practice cleanliness in one's own everyday life.
- To better the entire habitat of the humankind.

Name of the activity: Poster competition on environmental awareness and display of awareness poster

Aims/Objectives:

- to create environmental awareness among students as well as all the stakeholders of the institution
- To generate love and fellow feeling for tress and nature as a whole

Organising Unit: NSS

Date of the Activity: 2017-18

No. of Participants: 50

Outcome of the Programme:

- Ecological awareness
- Saving and protecting the environment by planting and nurturing more trees.



Name of the activity: Tree Plantation in the college premises

Aims/Objectives:

- to create environmental awareness among students as well as all the stakeholders of the institution
- to train the young how to make garden
- To generate love and fellow feeling for tress and nature as a whole

Organising Unit: NCC (Tree plantation drive)

Year of the Activity: 2017-18

No. of Participants: 30

Outcome of the Programme:

- Ecological awareness
- Saving and protecting the environment by planting and nurturing more trees.



Name of the Activity: Seminar on “Role of Nutrition in Healthy Lifestyle Management”

Aims/Objectives:

- To create awareness regarding one’s own health.
- To create the role of proper food habit in maintaining a healthy

Organising Unit : NSS Units

Year of the Activity: : 2017-18

No of participants: 106

Outcome of the programme:

- Students as well as all the stakeholders got a comprehensive overview of the role of food in their lives.
- An awareness has been created regarding the role of proper food habit in maintaining a healthy lifestyle.



Name of the activity: Free Health Check up Camp in Panchamahuli village

Aims/Objectives:

- To create awareness regarding one's own health.
- To know the basic standing of the health
- To take preventive action based on the report submitted by the physicians.

Organising Unit: NSS

Year of the Activity: : 2017-18

No. of Participants: 35

Outcome of the Programme:

- Providing necessary information regarding healthcare to the underprivileged people of the locality
- Basics of Hygiene and how to observe those.
- Good practices for keeping one's own health secured..



Name of the activity: Art & Craft(Fabric) Training (12 classes course) for the College students

Aims/Objectives:

- To develop a healthy attitude among students towards work and life
- To enhance individual employability.
- To reduce the mismatch between the demand and supply of skill man-power
- To provide an alternative for those intending to pursue higher education without particular interest or purpose.

Organising Unit: NSS(NSS in collaboration with Pidilite Industries Limited)

Year of the Activity: : 2018-19

No. of Participants: 45

Outcome of the Programme:

- Hands-on training helps to boost the confidence of the students and improves their skills
- Prepares students for identified vocations spanning several areas of activity
- To provide opportunities to fulfil the needs of women, rural and tribal students and the deprived sections of society



Name of the activity: Distribution of certificate among participants attending workshop of Art & Craft (Fabric) Training

Aims/Objectives:

- Encouraging and inspiring the students towards vocational training experience
- **To develop a healthy attitude among students towards work and life**
- To enhance individual employability.
- To reduce the mismatch between the demand and supply of skill man-power
- To provide an alternative for those intending to pursue higher education without particular interest or purpose

Organising Unit: NSS

Year of the Activity: : 2018-19

No. of Participants: 45 + 60

Outcome of the Programme:

- Hands-on training helps to boost the confidence of the students and improves their skills
- Prepares students for identified vocations spanning several areas of activity
- To provide opportunities to fulfil the needs of women, rural and tribal students and the deprived sections of society



Name of the activity: Exhibition by the trained participants of Art & Craft workshop

Aims/Objectives:

- Encouraging and inspiring the students towards vocational training experience
- **To develop a healthy attitude among students towards work and life**
- To enhance individual employability.
- To reduce the mismatch between the demand and supply of skill man-power
- To provide an alternative for those intending to pursue higher education without particular interest or purpose

Organising Unit: NSS

Year of the Activity: : 2018-19

No. of Participants: 45 + 60

Outcome of the Programme:

- Hands-on training helps to boost the confidence of the students and improves their skills
- Prepares students for identified vocations spanning several areas of activity
- To provide opportunities to fulfil the needs of women, rural and tribal students and the deprived sections of society



Name of the activity: Blood Donation Camp at college campus

Aims/Objectives:

- To increase consciousness that individuals can save lives and recover the health of others by donating blood.
- To inspire people to donate blood willingly without return.
- To support the operation of safe and reliable blood services.

Organising Unit: NSS & NCC units in collaboration with Rasmi Blood Bank, a branch of Sahid Shiv Sankar Seba Samity, Burdwan(NSS Special Camp Activity)

Year of the Activity: : 2018-19

No. of Participants: 72

Outcome of the Programme:

- To create Feeling of satisfaction that a life may be saved due to the blood donated.
- Creating A scope of rare but important service.
- Inspiring others to come forward for this noble cause without any fear.



Name of the Activity: Swachhta Pakhwara programme including oath taking, college campus cleaning, cleaning and awareness programme at adopted village, seminar and swachhata rally

Aims/Objectives:

- To aware one of the importance of the physical well-being and a healthy environment through street theatre that can engage rural people easily
- To make one know that cleanliness has bearing on public and personal hygiene
- To inculcate in the minds of the students the need for community service
- To fulfil the motive of “Swachhta hi Seva programme”, Govt. of India.

Organising Unit : NCC (Swachha Bharat Aviyan)

Year of the Activity: : 2018-19

No of participants: 115

Outcome of the programme:

- Creating awareness among the public to keep the environment clean.
- To practice cleanliness in one's own everyday life.
- To better the entire habitat of the humankind.

Swachhta Pakhwada serves in connecting people to the nature and enhancing those actions that make our country a better place.



Name of the activity: Awareness rally with various placards and posters about the Earth in Mankar.

Aims/Objectives:

- raising awareness about the importance of protecting our planet and taking action
- To demonstrate support for environmental protection

Organising Unit: NCC Unit (World Earth Day celebration)

Year of the Activity: : 2018-19

No. of Participants: 80

Outcome of the Programme:

- Ecological awareness
- Saving and protecting the environment by planting and nurturing more trees.



Name of the activity: Observation of National Forest Week by planting watering, manuring and nurturing trees at the college campus

Aims/Objectives:

- to create environmental awareness among students as well as all the stakeholders of the institution
- to train the young how to make garden
- To generate love and fellow feeling for tress and nature as a whole

Organising Unit: NSS

Year of the Activity: : 2018-19

No. of Participants: 40

Outcome of the Programme:

- Ecological awareness
- Saving and protecting the environment by planting and nurturing more trees.



Name of the activity: Free Health Check up Camp in Panchamahuli village

Aims/Objectives:

- To create awareness regarding one's own health.
- To know the basic standing of the health
- To take preventive action based on the report submitted by the physicians.

Organising Unit: NSS (NSS in collaboration with "Mangalam" welfare Society, Mankar)

Year of the Activity: : 2018-19

No. of Participants: 25

Outcome of the Programme:

- Providing necessary information regarding healthcare to the underprivileged people of the locality
- Basics of Hygiene and how to observe those.
- Good practices for keeping one's own health secured..



Name of the activity: Seminar on "HIV-AIDS awareness"

Aims/Objectives:

- Creating awareness about the dreaded disease
- Prevention of HIV transmission
- Establishment of surveillance and reduce stigma attached with the disease

Organising Unit: NSS (NSS Special Camp Activity)

Year of the Activity: 2018-19

No. of Participants: 90

Outcome of the Programme:

- Students as well as other stake holders of the college got a thorough knowledge about the disease
- HIV is a disease that does not discriminate. Anyone can contract this disease, which is why it is important for students to be AWARE of how to protect themselves and prevent the transmission of HIV.



Name of the Activity: Cleaning of statue in Mankar Hattala, Mankar Hattala Bus stand, awareness through mass mobilization and Cleaning own institute

Aims/Objectives:

- To aware one of the importance of the physical well-being and a healthy environment through street theatre that can engage rural people easily
- To make one know that cleanliness has bearing on public and personal hygiene
- To inculcate in the minds of the students the need for community service

Organising Unit : NCC (Mega Swachhta Pakhwada)

Year of the Activity: : 2018-19

No of participants: 77

Outcome of the programme:

- Creating awareness among the public to keep the environment clean.
- To practice cleanliness in one's own everyday life.
- To better the entire habitat of the humankind.
- Swachhta Pakhwada serves in connecting people to the nature and enhancing those actions that make our country a better place.

Name of the activity: Awareness rally with various placards and posters about Tobacco Consumption and awareness through mass mobilization in Mankar Village

Aims/Objectives:

- To generate awareness in local people regarding the ill effects of tobacco.
- To make the villagers aware that smoking and chewing tobacco are major causes of lung and oral cancer

Organising Unit: NCC Unit (Anti Tobacco Day)

Year of the Activity: : 2018-19

No. of Participants: 70

Outcome of the Programme:

- By using negative or denunciatory images of the cigarette and other tobacco products, for example, they send messages that discourage the aura, appeal, and attractiveness of tobacco use.

Name of the activity: Household survey in Panchamahuli village focusing health, education, environment and employment

Aims/Objectives:

- to understand and evaluate the problems faced by the rural community in their lives
- to create awareness regarding health, education and environment.

Organising Unit: NSS (NSS Special Camp Activity)

Year of the Activity: : 2018-19

No. of Participants: 55

Outcome of the Programme:

- Understanding the basic problems related to health, education, environment and employment in the lives of the above-mentioned village
- Planning to provide possible solutions to the basic problems faced by the villagers



Name of the activity: Sapling Plantation in the college premises

Aims/Objectives:

- to create environmental awareness among students as well as all the stakeholders of the institution
- to train the young how to make garden
- To generate love and fellow feeling for trees and nature as a whole

Organising Unit: NCC (Tree plantation drive)

- Year of the Activity: : 2018-19
- No. of Participants: 40
- Outcome of the Programme:
 - Ecological awareness
 - Saving and protecting the environment by planting and nurturing more trees.



Name of the activity: Seminar on Blood Donation Motivation

Aims/Objectives:

- To provide the knowledge on Fundamentals of Blood and its Functions in the Body
- To familiarize about Blood Donation Procedure, laws related to Blood Conservation etc.
- To increase consciousness that individuals can save lives and recover the health of others by donating blood.
- To inspire people to donate blood willingly without return.
- To support the operation of safe and reliable blood services

Organising Unit: NSS (NSS regular activity)

Year of the Activity: : 2018-19

No. of Participants: 92

Outcome of the Programme:

- Feeling of satisfaction that a life may be saved due to the blood donated
- A scope of rare but important service
- Inspiring others to come forward for this noble cause without any fear..
- Arousing enthusiasm to donate blood.

Name of the activity: Swachta Hi Seva Programme- Cleanliness is Godliness

- **Aims/Objectives:**

- To make one know that cleanliness has bearing on public and personal hygiene.
- To create an environment so that everyone feels it essential to learn about cleanliness, hygiene, sanitation and the various diseases that are caused due to poor hygienic conditions

- **Organising Unit: NSS (Swachta Hi Seva Programme)**

- **Year of the Activity:** : 2018-19

- **No. of Participants:** 25

- **Outcome of the Programme:**

- Creating awareness among the public to keep the environment clean.
- To practice cleanliness in one's own everyday life
- To better the entire habitat of the humankind.



Name of the Activity: Cleaning of statue in Mankar Hattala, Mankar Hattala Bus stand, awareness through mass mobilization and Cleaning own institute

Aims/Objectives: i) To aware one of the importance of the physical well-being and a healthy environment through street theatre that can engage rural people easily
ii) To make one know that cleanliness has bearing on public and personal hygiene
iii) To inculcate in the minds of the students the need for community service

Organising Unit : NCC (Swachhta Pakhwada)

Year of the Activity: : 2018-19

No of participants: 52

Outcome of the programme: i) Creating awareness among the public to keep the environment clean.

ii) To practice cleanliness in one's own everyday life.

iii) To better the entire habitat of the humankind.

iv) Swachhta Pakhwada serves in connecting people to the nature and enhancing those actions that make our country a better place.

Name of the activity: Awareness rally with various placards and posters about Tobacco Consumption and awareness through mass mobilization in Mankar.

Aims/Objectives:

- To generate awareness in local people regarding the ill effects of tobacco.
- To make the villagers aware that smoking and chewing tobacco are major causes of lung and oral cancer

Organising Unit: NCC

Year of the Activity: : 2018-19

No. of Participants: 70

Outcome of the Programme:

- By using negative or denunciatory images of the cigarette and other tobacco products, for example, they send messages that discourage the aura, appeal, and attractiveness of tobacco use. These messages warn viewers that the cigarette is dangerous, addictive, and deadly'



Name of the activity: Seminar on "Awareness Campaigning Regarding Vector Borne Disease and its Control Measures"

Aims/Objectives:

- Generation of awareness among people regarding the necessity destruction of breeding grounds of mosquitoes to prevent vector borne diseases like Dengue & malaria

Organising Unit: NSS (NSS regular activity)

Year of the Activity: : 2018-19

No. of Participants: 100

Outcome of the Programme:

- To generate awareness in local people regarding the need to destroy mosquito habitat and the control measures of mosquito borne diseases.
- People become aware about the dangers of vector borne diseases and learn to identify symptoms and the measures needed to control such disesses.

Name of the activity: International Yoga Day observation

Aims/Objectives:

- Generation of awareness among people regarding importance of yoga.
- To involve volunteers into the practice of yoga and make them understand its importance
- To cater the knowledge on Fundamentals of Ancient Yoga System

To orient about different Yogic Postures

Organising Unit: NSS in collaboration with NCC, Mankar College & Patanjali Yoga Centre, Durgapur

Date of the Activity: 2018-19

Outcome of the Programme:

- Achieving basic knowledge on Yoga for healthy living
- Improving inner strength
- Learning some Yogic Postures.



Name of the activity: International Yoga Day

Aims/Objectives:

- Generation of awareness among people regarding importance of yoga.
- To involve volunteers into the practice of yoga and make them understand its importance
- To cater the knowledge on Fundamentals of Ancient Yoga System
- To orient about different Yogic Postures

Organising Unit: NSS Units & NCC in collaboration with Patanjali Yoga Society

Year of the Activity: 2019-20

No. of Participants: 82

Outcome of the Programme:

- Achieving basic knowledge on Yoga for healthy living
- Improving inner strength
- Learning some Yogic Postures.



Name of the activity: Free Health Check up Camp in Panchamahuli village

Aims/Objectives:

- To create awareness regarding one's own health.
- To know the basic standing of the health
- To take preventive action based on the report submitted by physicians.

Organising Unit: NSS

Year of the Activity: : 2019-20

No. of Participants: 50

Outcome of the Programme:

- Providing necessary information regarding healthcare to the underprivileged people of the locality
- Basics of Hygiene and how to observe those.
- Good practices for keeping one's own health secured.



Name of the activity: Awareness rally with various placards and posters about Tobacco Consumption and awareness through mass mobilization in Mankar.

Aims/Objectives:

- To generate awareness in local people regarding the ill effects of tobacco.
- To make the villagers aware that smoking and chewing tobacco are major causes of lung and oral cancer

Organising Unit: NCC

Year of the Activity: : 2019-20

No. of Participants: 76

Outcome of the Programme:

- By using negative or denunciatory images of the cigarette and other tobacco products, for example, they send messages that discourage the aura, appeal, and attractiveness of tobacco use. These messages warn viewers that the cigarette is dangerous, addictive, and deadly'



Name of the activity: Blood Donation Camp at college campus

Aims/Objectives:

- To increase consciousness that individuals can save lives and recover the health of others by donating blood.
- To inspire people to donate blood willingly without return.
- To support the operation of safe and reliable blood services.
- Organising Unit: NSS & NCC units in collaboration with Rasmi Blood Bank
- Year of the Activity: : 2019-20
- No. of Participants: 52
- Outcome of the Programme:
 - To create Feeling of satisfaction that a life may be saved due to the blood donated.
 - Creating A scope of rare but important service.



Name of the Activity: Nutrition Camp for the students of Panchamahuli Primary School

Aims/Objectives:

- To create awareness regarding one's own health.
- To create the role of proper food habit in maintaining a healthy lifestyle
- To assess and suggest proper food habit for the children

Organising Unit : NSS in Collaboration with Nutrition Department, Mankar College(Observation of "Poshan Month")

Year of the Activity: : 2019-20

No of participants: 35

Outcome of the programme:

- Students as well as all the stakeholders got a comprehensive overview of the role of food in their lives.
- An awareness has been created regarding the role of proper food habit in maintaining a healthy lifestyle.

Name of the activity: Observation of birth anniversary of Sardar Vallabhbhai Patel as Rastriyo Ekta Divas

Aims/Objectives:

- to create an awareness regarding unity in a diversified country like India
- To sensitize students for the need of communal harmony.
- To make a student know about the diverse culture of the country

Organising Unit: NSS

Date of the Activity: 2019-20

No. of Participants: 85

Outcome of the Programme:

- Education on Indian cultural multiplicity
- Familiarity with people of other regional and ethnic background
- To develop love for the country and its people

Name of the activity: Observation of National Forest Week by planting watering, manuring and nurturing trees at the college campus

Aims/Objectives:

- to create environmental awareness among students as well as all the stakeholders of the institution
- to train the young how to make garden
- To generate love and fellow feeling for tress and nature as a whole

Organising Unit: NSS

Year of the Activity: : 2019-20

No. of Participants: 40

Outcome of the Programme:

- Ecological awareness
- Saving and protecting the environment by planting and nurturing more trees.



Name of the activity: Seminar on "Cancer and Related Awareness"

Aims/Objectives:

- Creating awareness about the dreaded disease
- Understanding different factors that causes and aggravates the disease

Organising Unit: NSS (Special Camp activity)

Year of the Activity: : 2019-20

No. of Participants: 105

Outcome of the Programme:

- Students as well as other stake holders of the college got a thorough knowledge about the disease
- Cancer is a disease that does not discriminate. Anyone can contract this disease, which is why it is important for all to be aware of how to protect themselves and take adequate preventive measures

Name of the activity: **Seminar on “Awareness of HIV & AIDS”**

Aims/Objectives:

- Creating awareness about the dreaded disease
- Prevention of HIV transmission
- Establishment of surveillance and reduce stigma attached with the disease
- Educate people about preventing HIV infection through changing their sexual behaviour
- Raise awareness to create more openness about the disease and to make communities more supportive of people living with AIDS

Organising Unit: NCC Units & NSS

Year of the Activity: : 2019-20

No. of Participants: 110

Outcome of the Programme:

- HIV is a disease that does not discriminate. Anyone can contract this disease, which is why it is important for students to be **AWARE** of how **to protect themselves and prevent the transmission of HIV** .



Name of the activity: Observation of National Forest Week by planting watering, manuring and nurturing trees at the college campus and at primary school campus of adopted village

Aims/Objectives:

- to create environmental awareness among students as well as all the stakeholders of the institution
- to train the young how to make garden
- To generate love and fellow feeling for tress and nature as a whole

Organising Unit: NSS

Year of the Activity: : 2019-20

No. of Participants: 42

Outcome of the Programme:

- Ecological awareness
- Saving and protecting the environment by planting and nurturing more trees.



Name of the Activity: Observation of Swachhta Pakhwara including college Campus cleaning, cleaning of primary school campus at adopted village, awareness programme for plastic pollution

Aims/Objectives:

- To aware one of the importance of the physical well-being and a healthy environment through street theatre that can engage rural people easily
- To make one know that cleanliness has bearing on public and personal hygiene
- To inculcate in the minds of the students the need for community service
- Creating awareness regarding indiscriminate use of plastics
- To fulfil the motive of “Swachhta hi Seva programme”, Govt. of India.

Organising Unit : NCC (Swachha Bharat Aviyan)

Year of the Activity: : 2019-20

No of participants: 125

Outcome of the programme:

- Creating awareness among the public to keep the environment clean.
- To practice cleanliness in one's own everyday life.
- To better the entire habitat of the humankind.
- Swachhta Pakhwada serves in connecting people to the nature and enhancing those actions that make our country a better place.



Name of the activity: **Awareness Rally on AIDS in Mankar Village**

- **Aims/Objectives:**

- Creating awareness about the dreaded disease
- Prevention of HIV transmission
- Establishment of surveillance and reduce stigma attached with the disease

- Organising Unit: NCC Units &NSS

- Year of the Activity: : 2019-20

- No. of Participants: 50

- Outcome of the Programme:

- HIV is a disease that does not discriminate. Anyone can contract this disease, which is why it is important for students to be aware of how to protect themselves and prevent the transmission of HIV.



Name of the activity: Screening Camp in Collaboration with Burdwan Medical College & Hospital

Aims/Objectives:

- to create awareness among students about the disease
- To improve care of all Thalassemia and Sickle Cell Disease patients for their better future and to lower the prevalence of hemoglobinopathies through screening and awareness strategies.

Organising Unit: NSS in Collaboration with NCC, Mankar College and Burdwan Medical College and Hospital (Red Ribbon Club Activity)

Year of the Activity: : 2019-20

No. of Participants: 35

Outcome of the Programme:

- Community education and awareness programmes to remove any myths regarding transmission of disease, gender bias, stigma related to disease and carrier states and informing the community about appropriate prevention options and their availability through public health facilities.



Name of the activity: Art & Craft(Fabric) Training (12 classes course) for the College students

Aims/Objectives:

- To develop a healthy attitude among students towards work and life
- To enhance individual employability.
- To reduce the mismatch between the demand and supply of skill man-power
- To provide an alternative for those intending to pursue higher education without particular interest or purpose.

Organising Unit: NSS in collaboration with Pedilite Industries Limited(**Craft Training and workshop – Online mode**)

Year of the Activity: : 2021-22

No. of Participants: 15

Outcome of the Programme:

- Hands-on training helps to boost the confidence of the students and improves their skills
- Prepares students for identified vocations spanning several areas of activity
- To provide opportunities to fulfil the needs of women, rural and tribal students and the deprived sections of society

Name of the activity: Preparation of Awareness video about COVID 19

Aims/Objectives:

- **To aware people residing in the nearby areas of volunteers regarding the measures to be taken up to stop the spread of COVID-19**
- spread awareness about the COVID-19 Pandemic and how to prevent oneself and the community from being affected

Organising Unit: NSS units and NSS (Online mode)

Date of the Activity: 2020-21

No. of Participants: 30

Outcome of the Programme:

- Students and all the stakeholders of the college came to know about the corona virus, take precautions, make others aware, identify symptoms and follow guidelines prescribed by the World Health Guidelines and Indian Council of Medical Res

Name of the activity: **Observation of International Yoga Day**

Aims/Objectives:

- **Generation of awareness among people regarding importance of yoga.**
- To involve volunteers into the practice of yoga and make them understand its importance
- To cater the knowledge on Fundamentals of Ancient Yoga System
- To orient about different Yogic Postures

Organising Unit: **NSS Units and NCC (Online mode)**

Year of the Activity: : 2021-22

No. of Participants: 60

Outcome of the Programme:

- Achieving basic knowledge on Yoga for healthy living
- Improving inner strength
- Learning some Yogic Postures.
- Arousing keenness to maintain the Yogic systems.

Name of the activity: Observation of World AIDS DAY (AIDS Awareness Rally & Documentary is shown)

- **Aims/Objectives:**

- Creating awareness about the dreaded disease
- Prevention of HIV transmission
- Establishment of surveillance and reduce stigma attached with the disease

- Organising Unit: NSS Units (Aids awareness – online mode)

- Year of the Activity: : 2021-22

- No. of Participants: 32

- Outcome of the Programme:

- Students as well as other stake holders of the college got a thorough knowledge about the disease
- HIV is a disease that does not discriminate. Anyone can contract this disease, which is why it is important for students to be AWARE of how to protect themselves and prevent the transmission of HIV.



Name of the activity: Preparation of Information Bulletin regarding COVID awareness

Aims/Objectives:

- **To aware people residing in the nearby areas of volunteers regarding the measures to be taken up to stop the spread of COVID-19**
- spread awareness about the COVID-19 Pandemic and how to prevent oneself and the community from being affected

Organising Unit: NSS units and NSS (**Covid Awareness scheme-** Online mode)

Year of the Activity: : 2021-22

No. of Participants: 27

Outcome of the Programme:

- Students and all the stakeholders of the college came to know about the corona virus, take precautions, make others aware, identify symptoms and follow guidelines prescribed by the World Health Guidelines and Indian Council of Medical Research

Name of the activity: Distribution of clothes among the poor villagers of Adopted village, Panchamahuli

- **Aims/Objectives:**

- To help and support the needy people during pandemic times
- To promote the value of community service of NSS even during pandemic times

- Organising Unit: **NSS Units in assistance with Samabyathi Project(Social Responsibility Project**

- Date of the Activity: 2021-22

- No. of Participants: 26

- Outcome of the Programme:

- Keeping in mind the tradition of wearing new clothes at the time of Durga Puja festival, the college took a great initiative to distribute clothes during the pandemic among the people of the underprivileged section staying in the vicinity of the college
- The poor villagers were benefitted a lot from this noble initiative

Name of the activity: Cleaning and awareness programme at college campus

- **Aims/Objectives:**

- To make one know that cleanliness has bearing on public and personal hygiene.
- To create an environment so that everyone feels it essential to learn about cleanliness, hygiene, sanitation and the various diseases that are caused due to poor hygienic conditions.
- To engage the students in community service

- **Organising Unit: NSS (NSS Regular Activity)**

- **Year of the Activity:** : 2021-22

- **No. of Participants:** 30

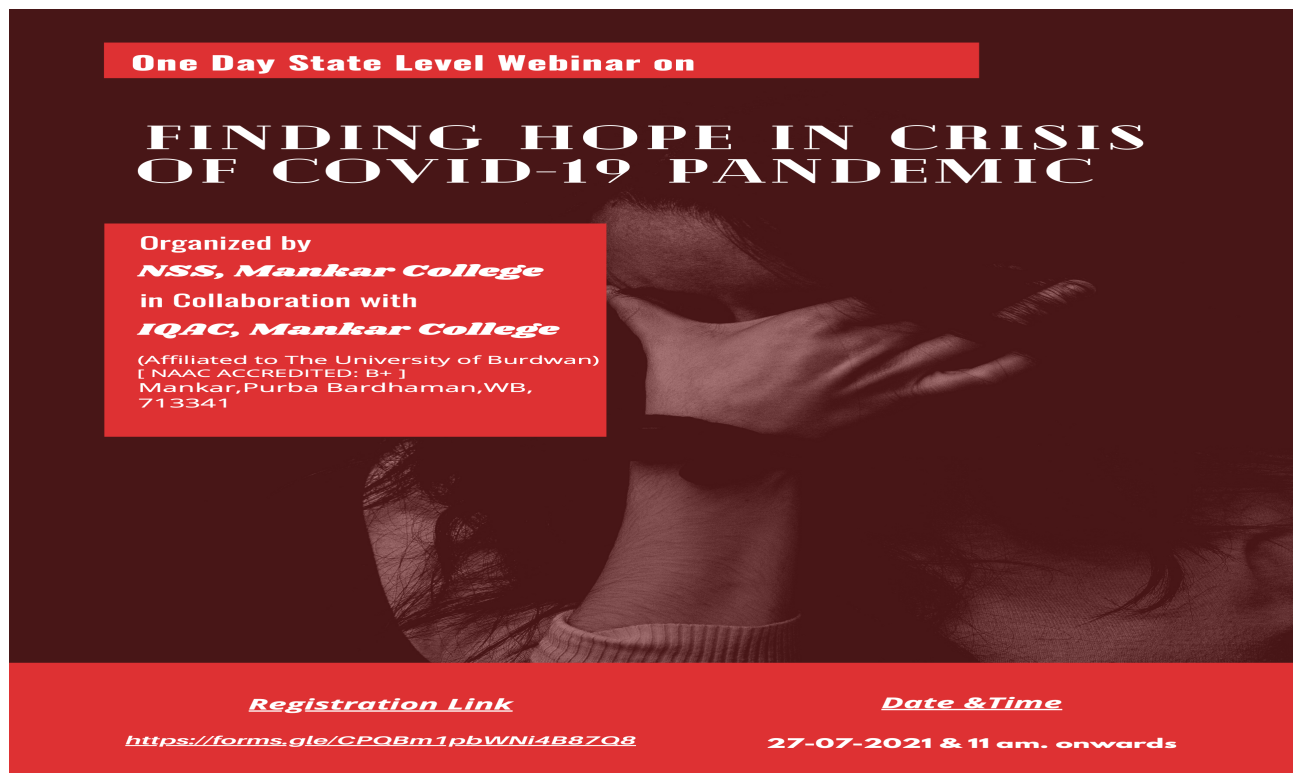
- **Outcome of the Programme:**

- Creating awareness among the public to keep the environment clean.
- To practice cleanliness in one's own everyday life.
- To better the entire habitat of the humankind.



Name of the activity: Webinar on " Finding Hope in Crisis of Covid 19 Pandemic"

- **Aims/Objectives:**
 - Understanding different obstacles and challenges in education in the pandemic times
 - How to cope up with stress during the pandemic
 - spread awareness about the COVID-19 Pandemic and how to prevent oneself and the community from being affected
- Organising Unit: NSS Units in Collaboration with IQAC, Mankar college (Online mode)
- Year of the Activity: : 2021-22
- No. of Participants: 231
- Outcome of the Programme:
 - Resource persons discussed different ways of coping up with online education in the pandemic times
 - Students and other stakeholders got to know valuable information on stress management in pandemic times



One Day State Level Webinar on

FINDING HOPE IN CRISIS OF COVID-19 PANDEMIC

Organized by
NSS, Mankar College
in Collaboration with
****IQAC, Mankar College****
(Affiliated to The University of Burdwan)
[NAAC ACCREDITED: B+]
Mankar, Purba Bardhaman, WB,
713341

Registration Link
<https://forms.gle/CPQBm1pbWNI4B8ZQ8>

Date & Time
27-07-2021 & 11 am. onwards

Name of the activity : World Water Day

- **Aims/Objectives:**
 - **aware and inspires action to tackle the water and sanitation crisis**
 - to ensure sustainable access to safe water
 - to sanitation and hygiene for communities all around the world
- Organising Unit: NCC Units
- Year of the Activity: : 2021-22
- No. of Participants: 121
- Outcome of the Programme:
 - Resource persons discussed different ways to ensure sustainable access to safe water
 - It is about taking action to tackle the global water crisis of the 2.2 billion people living without access to safe water.**How to cope up with stress during the pandemic**

Name of the activity : World Earth Day

- **Aims/Objectives:**

- honors the achievements of the environmental
- raises awareness of the need to protect Earth's natural resources for future generations.

Organising Unit: NCC Units

- Year of the Activity: : 2021-22
- No. of Participants: 91
- Outcome of the Programme:
 - demonstrate support for environmental protection
 - educating people about conservation, protesting against climate change and global warming and encouraging and raises awareness of the need to protect Earth's natural resources for future generations.

Name of the activity: **NSS Day Observation**

- **Aims/Objectives:**

- **To celebrate the foundation day of NSS and generate knowledge among volunteers regarding the scope of NSS.**
- To inculcate the value of community service in the minds of the students

- Organising Unit: NSS Units (**Observation of NSS Day,2020**)

- Date of the Activity: 2021-22

- No. of Participants: 38

- Outcome of the Programme:

- NSS helps the student to grow individually and also as a group.
- It makes the students confident, develop leadership skills, and gain knowledge about different people from different walks of life.
- Students also learn other skills that help them lead a better life in various situations, to be disciplined and organized with the objectives of community service.

Name of the activity: Art & Craft(Fabric) Training (12 classes course) for the College students

- **Aims/Objectives:**
 - To develop a healthy attitude among students towards work and life
 - To enhance individual employability.
 - To reduce the mismatch between the demand and supply of skill man-power
 - To provide an alternative for those intending to pursue higher education without particular interest or purpose.
- Organising Unit: NSS in collaboration with Pedilite Industries Limited(**Craft Training and workshop – Online mode**)
- Date of the Activity: 2021-22
- No. of Participants: 15
- Outcome of the Programme:
 - Hands-on training helps to boost the confidence of the students and improves their skills
 - Prepares students for identified vocations spanning several areas of activity

Shankar 10.6.22

Principal / Secretary
Mankar College