

***BETHUNE COLLEGE***

***NSS***

***Annual Report***

***April, 2020-March,2021***

## **Programmes of the NSS Unit of Bethune College from 1.04.2020 to 30.3.2021**

- ***Extension Activities in the Sundarban***

NSS Unit along with a NGO extended support to the poor people of Sundarban by distributing food items during the lockdown period, in April, 2020.

Volunteers also prepared posters to create consciousness about Covid 19 during this period.

- ***Celebration of World Yoga Day on 21<sup>st</sup> June, 2020***

Volunteers prepared posters to celebrate World Yoga Day. Through these posters they wanted to inform all, the benefits of practicing Yoga and the importance of Yoga in our everyday life.

On 6<sup>th</sup> July, 2020 the NSS Unit along with the IQAC the NSS Unit had organized a webinar on Yoga.

- ***Plantation Programme on 12<sup>th</sup> August, 2020***

A plantation programme was organized by the NSS Unit jointly with the Bethune Day Committee on 12<sup>th</sup> August, 2020 in the college campus. More than 40 saplings were planted to enhance the greenery of the campus. Volunteers also planted saplings in their homes.

- ***Celebration of Independence Day***

The members of NSS Committee participated in the celebration of Independence Day on 15<sup>th</sup> August, 2020 in the college campus.

- ***Donation of old clothes to an orphanage***

On 15<sup>th</sup> December, 2020 the NSS Unit organized a programme to donate old clothes to an orphanage, Nalta Arindam Society situated in Dumdum Cantonment.

- ***Celebration of Republic Day***

Members of the NSS Committee participated in the celebration of Republic Day held in college campus on 26<sup>th</sup> January, 2021.

- ***Humming Books***

To encourage reading books, a programme was organized on 18<sup>th</sup> February titled ***Humming Books***. Books were donated to the poor children living on footpath.

- ***Visit to Angel Children's Unit, an Orphanage***

On 5<sup>th</sup> March, 2021 members of the NSS Unit visited an orphanage run by Nalta Arindam Society, an NGO to spend the day with children living there and share their experiences.

***POSTERS PREPARED BY STUDENTS TO CREATE AWARENESS  
ABOUT COVID19***

#WASH  
YOUR  
HANDS



~~OC:30~~  
#BREAK THE CHAIN



#STAY  
HOME

# COVID-19



**DANGER!**



**ALONE  
BUT  
TOGETHER**



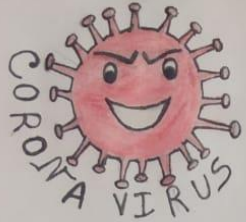
NATURE  
STRIKES  
BACK



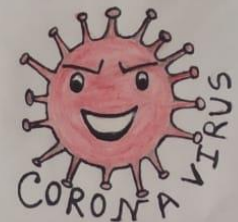
**SOCIAL-DISTANCING**

Raichurani

# ! AWARENESS FOR CORONAVIRUS !



## STAY HOME



→ Wear Mask



Avoid close contact with people who are sick.



Wash your hands often with soap and water for at least 30 seconds



→ Cover your mouth when you cough or sneeze with tissue or the inside of your elbow



↓  
Avoid gatherings and crowds, community meetings



↓  
Keep a distance of 2 meter from others



# STAY HOME SAFE POSITIVE



## SYMPTOMS

### COMMON SYMPTOMS

- FEVER
- TIREDNESS
- DRY COUGH

### RARE SYMPTOMS

- ACHES, PAINS
- NASAL CONGESTION
- RUNNY NOSE
- SORE THROAT
- DIARRHOEA

On average it takes 5-6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

## TO DO

- Use 60% ALCOHOL BASED SOAP OR HAND RUB.
- Use TISSUE, MEDICAL MASK OR UPGRADE TO N95 MASK.
- Use GLOVES AND STAY HOME.
- SANITIZED EVERY SURROUNDING SURFACES

DONE BY:

SRIYAMA MONDAL  
(CS Dept. Bethune College, NS)



STATISTIC



## TREATMENT

TO DATE, THERE ARE NO SPECIFIC VACCINES OR MEDICINE.

- SELF CARE
- MEDICAL CARE
- EAT NUTRITIOUS FOOD
- SELF ISOLATE
- CONTACT YOUR MEDICAL PROVIDER FOR ADVICE
- DRINK PLANTY WATER

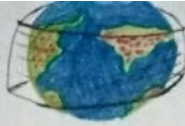
## Avoid

- MAINTAIN SAFE DISTANCE FROM COUGHING PEOPLE
- DON'T TOUCH YOUR EYES, NOSES & MOUTH
- AVOID UNNEEDED VISITS, GATHERINGS, TRAVEL
- AVOID PUBLIC TRANSPORTS



## QUARANTINE SCHEDULE

- MAINTAIN HEALTHY DIET
- SLEEP
- STAY ACTIVE
- GIVE CHILDREN EXTRA LOVE & ATTENTION
- AS A STUDENT READ MORE, LEARN MORE
- EVERY DAY TRY TO LEARN SOMETHING NEW



# STAY HOME STAY SAFE



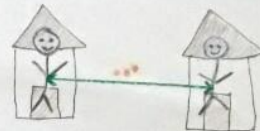
## Spreads via



## Symptoms



## Prevention



## Distancing yourself

\* CORONA VIRUS IS NOT AIRBORNE



Droplets : • Coughs  
• Spits  
• Sneezes

## High fever



Use Mask



Wash hands frequently or use sanitizers



## Direct contact :

Hugs  
Handshakes

## Breathing troubles



## Dry coughs



Don't touch your face without washing hands



Consult doctors



***DISTRIBUTION OF FOOD ITEMS DURING LOCKDOWN PERIOD  
IN SUDARBAN***











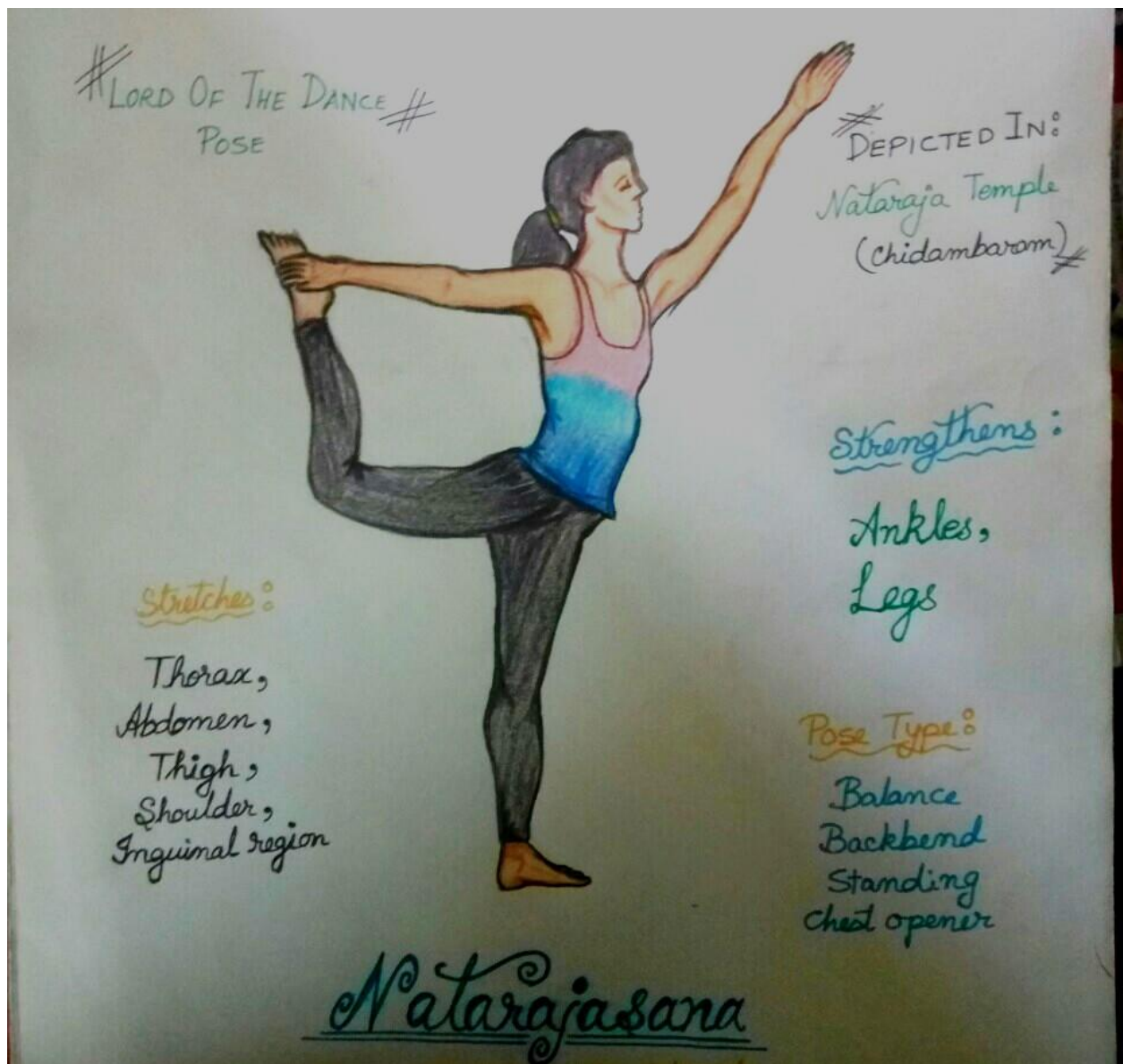






**POSTERS MEDE BY STUDENTS TO SPREAD AWARENESS ABOUT  
YOGA ON**

**WORLD YOGA DAY ON 21<sup>ST</sup> JUNE, 2020**

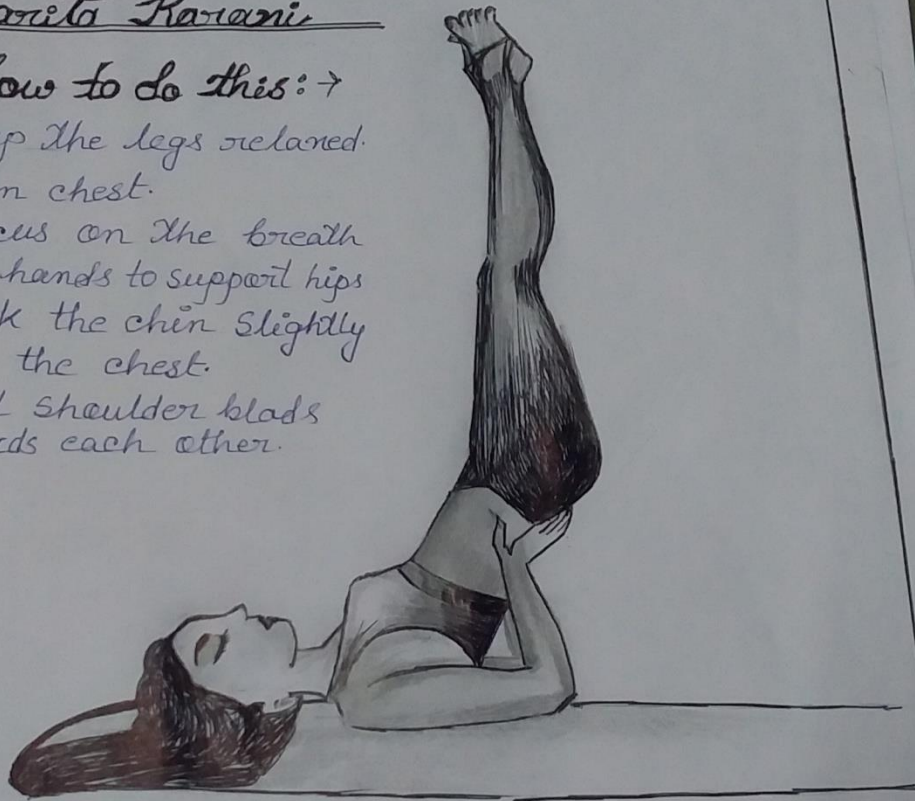


Name → Priya Boingi Dept: Bengali Roll → 33

## Viparita Karani

### ▲▲ How to do this: →

- keep the legs relaxed.
- open chest.
- Focus on the breath
- use hands to support hips
- Tuck the chin slightly into the chest.
- pull shoulder blades towards each other.



### ▲▲ Health Benefits of Viparita Karani

- Regulates blood flow.
- Alleviates menstrual cramps.
- Relieves swollen ankles and varicose veins.
- Improve digestion.
- Restores tired feet or legs.





## Matsyashana:

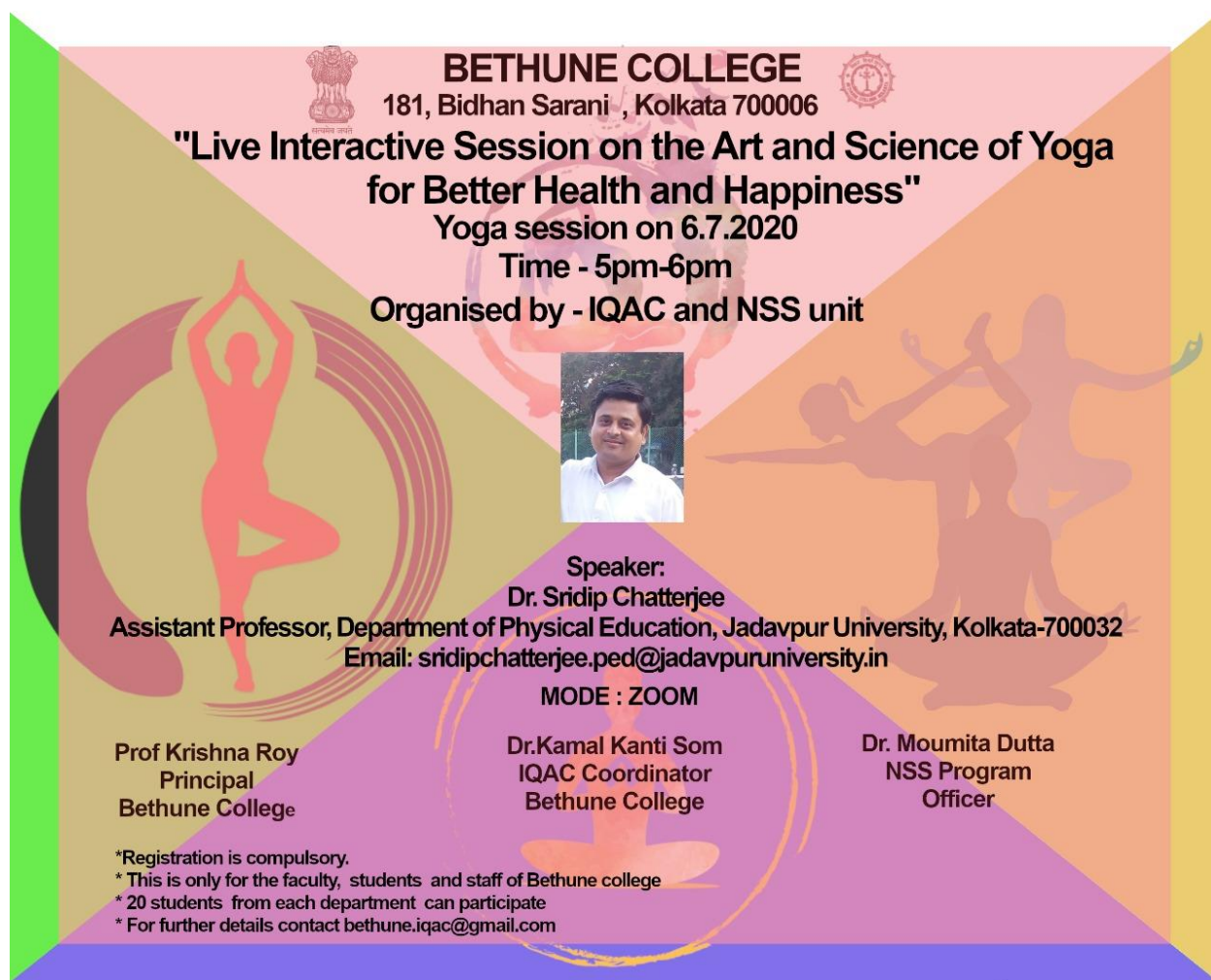




- Often known as "destroyer of all diseases".
- Stretches and stimulates organs of belly.
- Strengthens the muscles of upper back.
- Strengthens the muscles of back of the neck.
- It helps to improve the posture.
- Stretches and stimulates all the muscles and organs of belly and the throat.






# **WEBINAR ORGANISED JOINTLY WITH IQAC IN JULY, 2021 ON YOGA**



 **BETHUNE COLLEGE**   
181, Bidhan Sarani, Kolkata 700006

**"Live Interactive Session on the Art and Science of Yoga  
for Better Health and Happiness"**  
Yoga session on 6.7.2020  
Time - 5pm-6pm  
Organised by - IQAC and NSS unit



**Speaker:**  
**Dr. Sridip Chatterjee**  
Assistant Professor, Department of Physical Education, Jadavpur University, Kolkata-700032  
Email: [sridipchatterjee.ped@jadavpuruniversity.in](mailto:sridipchatterjee.ped@jadavpuruniversity.in)

**MODE : ZOOM**

**Prof Krishna Roy**  
Principal  
Bethune College

**Dr. Kamal Kanti Som**  
IQAC Coordinator  
Bethune College

**Dr. Moumita Dutta**  
NSS Program  
Officer

\*Registration is compulsory.  
\* This is only for the faculty, students and staff of Bethune college  
\* 20 students from each department can participate  
\* For further details contact [bethune.iqac@gmail.com](mailto:bethune.iqac@gmail.com)

**PLANTATION PROGRAMME HELD ON BETHUNE DAY, 12<sup>TH</sup>  
AUGUST, 2020**











***PROGRAMME HELD ON INDEPENDENCE DAY, 15.8.2020***













## ***DONATION OF CLOTHES TO ORPHANAGE ON 15.12.2020***



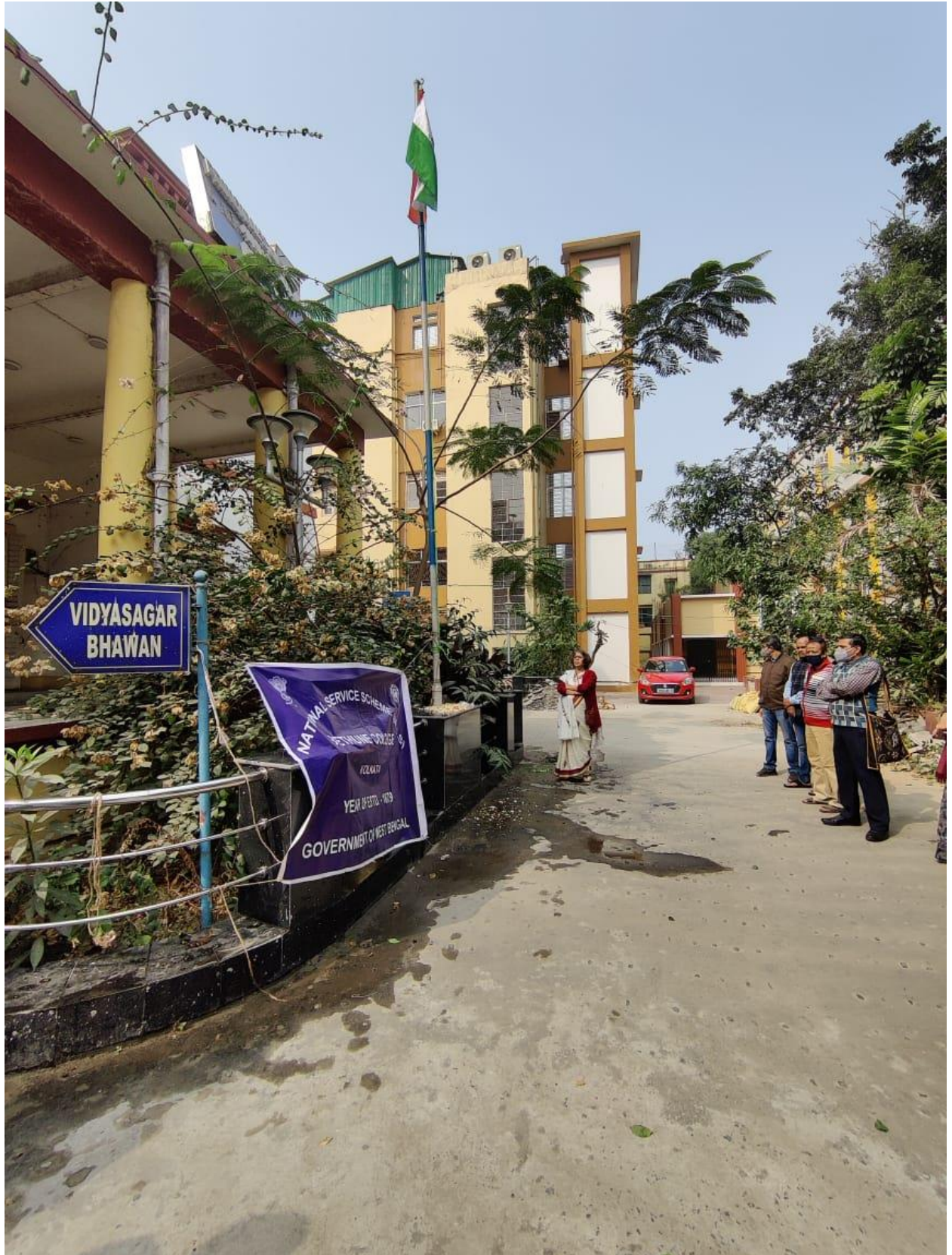




## ***CELEBRATION OF REPUBLIC DAY, 26.1.2021***







## ***HUMMING BOOKS- HELD ON 24.2.2021***















## ***VISIT TO ANGEL CHILDREN'S UNIT ON 5.3.2021***





