

NARULA INSTITUTE OF TECHNOLOGY

NSS REPORT: 2022 – 2023



NSS UNIT (SC 001)

NIT

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2022-2023

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NATIONAL SOCIAL SERVICE (NSS)

The National Service Scheme (NSS) was officially started in the year 1969, to establish a meaningful linkage between the campus and the community. The vision is to build the youth with the mind and spirit to serve the society and work for the uplift of our country as a movement.

- Social services are a range of public services provided by any national or regional government organization for its residents, including such things as health care, public housing, social care and social security.
- According to Web definition, it is an organized activity to improve the condition of disadvantaged people in society.
- According to Merriam Webster, „Social service is an activity designated to promote social well-being specifically organized Philanthropic assistance to disadvantaged“.

After independence the University Grants Commission, headed by S. Radhakrishnan, recommended the introduction of voluntary national service in academic institutions. This idea was again considered by the Central Advisory Board of Education (CABE) at its meeting in January,1950. Mahatma Gandhi, the Father of the Nation, had recognised that the country could not progress in a desired direction until the student youth were motivated to work for the upliftment of the villages/community. For Gandhiji, the villages, where majority of the population living, represent the country. Therefore, for the national reconstruction and national resurgence it was deemed fit that the students and teachers should be properly sensitised and utilised for strengthening the Indian society as a whole with particular emphasis on rural community. Therefore, student youth, teachers and the

community are considered as the three basic components of the National Service Scheme. After examining the idea and the experiences of other countries in this field, the board recommended that students and teachers should devote time to voluntary manual work. In 1958 Jawaharlal Nehru, in a letter to the chief ministers, considered the idea of social service as a prerequisite for graduation. It was directed the Ministry of Education to formulate a suitable scheme for the introduction of national service into academic institutions. The Education Commission (headed by D.S. Kothari from 1964–1966) recommended that students at every stage of education should be associated with some form of social service. In a government statement of national policy on education, it was stated that work experience and national service should be an integral part of education. The National Service Scheme has been functioning with the motto “NOT ME BUT YOU” in view of making the youth inspired in service of the people and hence NSS Aims Education through Community Service through Education.

Social services are a range of public services provided by any national or regional government organization for its residents, including such things as health care, public housing, social care and social security. According to Web definition, it is an organized activity to improve the condition of disadvantaged people in society. We stay true to our mission by realigning our wide-ranging roles with five new strategic thrusts to better meet tomorrow’s social needs. Expanding on our responsibilities as a membership body, we strive to be the voice of the sector and an advocate for underserved needs. We enhance social services, pioneer innovative programs, improve service delivery and efficacy, and increase corporate and community engagement to match capabilities and needs. Our multidirectional efforts to raise capabilities, mobilize resources and provide funding to scale up the sector’s competencies have a key goal in mind – assisting our members to create lasting positive impact. Therefore, for the national

reconstruction and national resurgence it was deemed fit that the students and teachers should be properly sensitized and utilized for strengthening the Indian society as a whole with particular emphasis on rural community. Therefore, student youth, teachers and the community are considered as the three basic components of the National Service Scheme.

Vision:The vision is to build the youth with the mind and spirit to serve the society and work for the uplift of our country as a movement.

Purpose:To ensure that every person has the opportunity to live a life of dignity to his or her fullest potential within society.

Mission:To provide leadership and direction in social services, enhance the capabilities of social service organizations, and promote strategic partnerships for social services. The National Service Scheme has been functioning with the motto “NOT ME BUT YOU” in view of making the youth inspired in service of the people and hence NSS Aims Education through Community Service through Education.

Objectives of NSS:

- To develop confidence for self-education for lifelong learning of advancements being happened around the world.
- To understand the community in which they work
- To understand themselves in relation to their community
- Identify the basic needs and problems of the community
- Develop among themselves a sense of civic responsibility
- Develop competence required for group living and responsibilities
- Gain skills in mobilizing community participation
- To acquire leadership quality
- To develop capacity to meet emergencies
- Practice national integration and social harmony.
- To exhibit the professional knowledge and accepting ethical responsibility to the problems of industry and society.
- To develop professional, ethical attitude, team building skills and multi-disciplinary approach to demonstrate the ideal behavioral qualities while leading the team for deriving maximum productivity.
- To develop consciousness in the issue of social concerns and enabling students to upgrade their personality and experience through community services to have a meaningful linkage between the Institution and Society

NSS SYMBOL

The **EIGHT BARS IN THE WHEEL** represent the **24 Hours of a day**.

The **RED** colour indicates, **active, energetic and full of high spirit**.

The **NAVY BLUE** colour indicates the **cosmos of which the NSS is, tiny part, ready to contribute its share for the welfare of the mankind**.



Core Values **PASSION** We are driven to help make a difference in the lives of the people we serve. **PEOPLE** We enable the people we serve, our volunteers and staff to realize their fullest potential. **PRODUCTIVITY** We pursue excellence through continuous learning and improvement. **PARTNERSHIP** We engage in „win-win“ partnerships always for the benefit of the people we serve.

Why Technical Persons Intended to do Social Service?

- In any developmental work people are the most important stakeholders. It is so because of the fact that all developments need to help some targeted population, be it in the realm of health, education, water supply, drainage/sewerage or any other engineering facts.
- Engineers per say one of the major couriers right from the post-independence era.
- Growing influence of globalization and participation of all the development stakeholders has been more pronounced.
- In any kind of developmental process, careful and specific planning to help the stakeholders both from the angle of participation and implementation.

- Today with the rapid advancement of ICT, this need has become manifold. The actual implementers need to know both the environment and population in a holistic manner.
- In today's world, this is most important because the executors must learn to know and analyze the actual ground reality from a better return to the society.

Typical NSS projects which are conducted within college Campus are as follows:

1. Tree plantation
2. Plastics eradication from college campus
3. Literacy classes
4. AIDS Campaigning Workshop

The students of Narula Institute of Technology are also involving in different types of social work such as

- To plant trees inside college campus and their home.
- Making Fast aid box
- Making different things using waste material- Waste management.
- Designing flex for laboratory.
- Writing moral & great people stories and making different posters regarding awareness of Anti-Smoking, Anti-Ragging, Global Warming, Anti-Dowry etc.
- Modeling of Thermal Power Plant.
- Surveying nearest slum area & preparing a report of their educational and social status:
 - How many people of the area are primary educated or doing higher studies?
 - How many of them are suffering from fatal & acute disease?
 - Number of members in each family & so on.
- All these activities are done in a group. Every group has group leader & progression of work is informed by the group leader.

CELEBRATION OF INTERNATIONAL YOGA DAY

NIT, AGARPARA | JUNE 21, 2023

Objective of the Event: To aware the people and students about the several benefit of yoga

Number of Participant: 172

Description of the program:

The International Day of Yoga is celebrated every year on 21st June to raise awareness worldwide about the benefits of Yoga in daily life. Yoga brings balance between body, soul and mind. It helps us to understand the purpose of life and how to survive in the changing environment.

After the pandemic, the NSS unit organized the International Yoga Day in the institute premises on 21st June,2022. The students and Faculty members performed several Asanas, Deep breathing, Meditation and at the end they chanted Onkar dhani. The NSS Unit has also organised yoga sessions in previous months in association with Sahaja Yoga Meditation center through virtual mode where students and faculty members participated whole heartedly.





Outcome of the Program: Students, Faculty and staff members are benefitted and become stress and anxiety free.

TREE PLANTATION

NIT, AGARPARA | JUNE 5, 2023

Objective of the Program: The primary objective of the tree plantation event was to contribute to the environmental well-being by increasing the green cover on the institute's campus. Additionally, the event sought to instill a sense of responsibility and environmental consciousness among the participants.

Number of Participants: 273

Description of the Program: The tree plantation event commenced at 11:30 AM in the open grounds adjacent to the academic block. Principal Sir of Narula Institute of Technology inaugurated the event by planting the first sapling. This symbolic gesture set the tone for the enthusiastic participation of students, faculty, and staff.

Participants were divided into groups, each assigned a specific area within the campus for plantation. Experienced volunteers and members of the organizing committee provided guidance on the proper techniques for planting and caring for the saplings.





Outcome of the Program :- The initiative not only contributed to the beautification of the campus but also left a lasting impact on the minds of the participants. Such events play a pivotal role in nurturing a generation of environmentally conscious individuals who understand and appreciate the importance of sustainable practices.

CLOTH DISTRIBUTION EVENT NEAR DAKSHINESWAR TEMPLE

NIT, AGARPARA | MAY 4, 2023

Objective of the Event: Distribute clothing to enhance the dignity and well-being of individuals who may be struggling to afford clean and appropriate attire. This can positively impact self-esteem and overall quality of life.

Number of Participant: 57

Description of the program:

The **NSS unit of the Electrical Engineering Department** of Narula Institute of Technology organized a Cloth Distribution Camp on **May 4, 2023** for the homeless people living outside **Dakshineswar Temple Area**. The program was planned to distribute clothes along with food to the underprivileged people.

It was a heart warming experience as it was filled with emotions and sentiments. The poor street residents were very happy to receive the small token of help extended to them in their daily hard struggling life. They also showered the blessings to the students and faculty members and asked to visit more often. The visit ended with a sense of satisfaction and all the participants returned home after learning a valuable lesson of life. Few pictures are attached herewith.





Outcome of the program: The provision of clothing helps restore a sense of dignity and self-esteem among recipients. Wearing clean and decent clothes can positively impact how individuals perceive themselves and how they are perceived by others.

CELEBRATION OF WORLD EARTH DAY

NIT, AGARPARA | APRIL 22, 2023

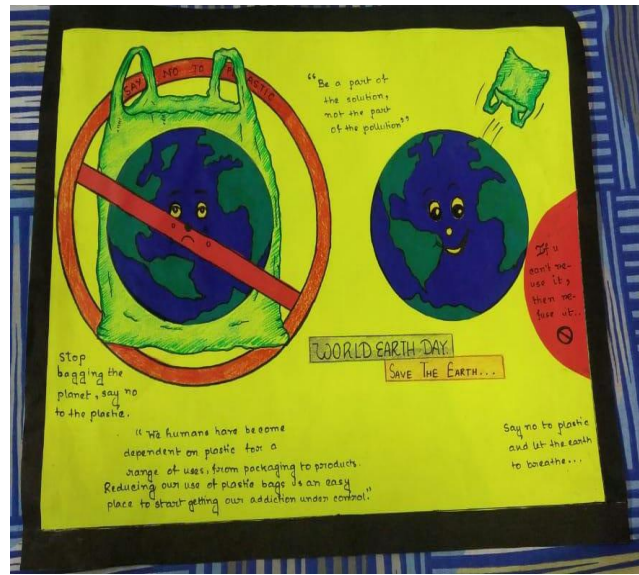
Objective of the Event: To raise awareness and inspire collective action towards environmental protection, sustainability, and the preservation of our planet for future generations.

Number of Participant: 126

Description of the program:

The celebration of World Earth Day was a resounding success as our community united in a collective effort to raise awareness about environmental issues and promote sustainable practices. A series of engaging events and activities took place throughout the day, starting with educational workshops on topics such as climate change, biodiversity, and waste reduction. These sessions empowered participants with knowledge and practical tips to make eco-friendly choices in their daily lives. Additionally, a tree-planting ceremony symbolized our commitment to preserving and restoring our planet's greenery.

The festivities continued with a community clean-up initiative, where volunteers enthusiastically participated in removing litter from local parks, streets, and water bodies. This hands-on approach not only contributed to the immediate improvement of our surroundings but also emphasized the importance of individual responsibility in maintaining a clean and healthy environment. The day concluded with a public gathering featuring inspiring speeches, showcasing local sustainability projects, and fostering a sense of collective responsibility for the well-being of our planet. The World Earth Day celebration served as a powerful reminder that small actions collectively make a significant impact on the health and sustainability of our shared home.



Outcome of the Program: Inspiring environmental consciousness and fostering sustainable actions for a greener tomorrow.

WORKSHOP ON GIRLS' SELF-DEFENSE

NIT, AGARPARA | MARCH 15, 2023

Objective of the Event: The self-defense workshop aimed to achieve the following objectives:

Empowerment: Empowering the female students, by providing them with practical self-defense techniques and strategies.

Awareness: To raise awareness about personal safety.

Confidence Building: To enhance the confidence of female students.

Education: To educate participants on situational awareness, risk assessment, and effective self-defense measures.

Number of Participant: 103

Description of the program:

In response to the growing concerns about the safety and well-being of female students, [School/College/University Name] organized a comprehensive self-defense workshop for girl students on 15th March 2023. The primary objective of the workshop was to empower female students with the knowledge and skills necessary to protect themselves in various situations.

The workshop took place in the Narula Institute of Technology with the initiative of NSS Unit, beginning at 2 p.m. on 15th march 2023. The session was conducted by certified self-defense instructors with expertise in empowering individuals, particularly women, through practical and effective self-defense techniques.



Outcome of the Program: The Girls' Self-Defence Workshop proved to be a valuable and empowering experience for all participants. By providing practical skills, knowledge, and fostering a sense of personal safety and well-being of all students within the educational institution.

WORKSHOP ON WASTE MANAGEMENT

NIT, AGARPARA | FEBRUARY 22, 2023

Objective of the Event: To encourage all to defeat cancer

Number of Participant: 104

Description of the program:

On 22nd February 2023, NSS Unit of Narula Institute of Technology organized a comprehensive workshop on waste management. The event aimed to raise awareness about the importance of waste management practices, sustainable living, and environmental conservation. The workshop was attended by students, faculty members, and staff, creating a diverse audience keen on learning about effective waste management strategies.

The workshop on waste management at Narula Institute of Technology proved to be a significant step towards creating a more environmentally conscious community. Attendees left with a better understanding of the importance of responsible waste disposal and practical knowledge on implementing sustainable practices in their daily lives. The event aimed not only to educate but also to inspire a commitment to environmental stewardship among the participants.





Outcome of the event: The workshop indicates a growing awareness and interest in sustainable living within the community.

CELEBRATING WORLD CANCER DAY

NIT, AGARPARA | FEBRUARY 5, 2023

Objective of the Event: To encourage all to defeat cancer

Number of Participant: 104

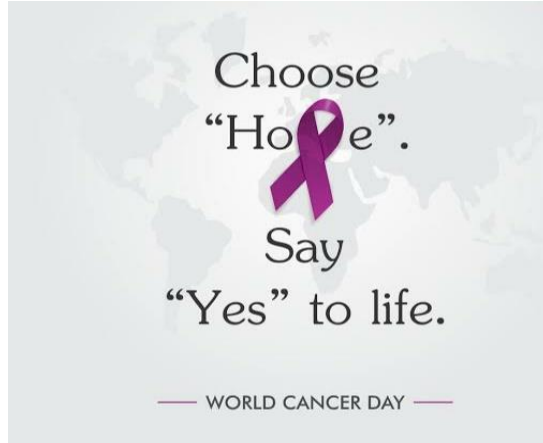
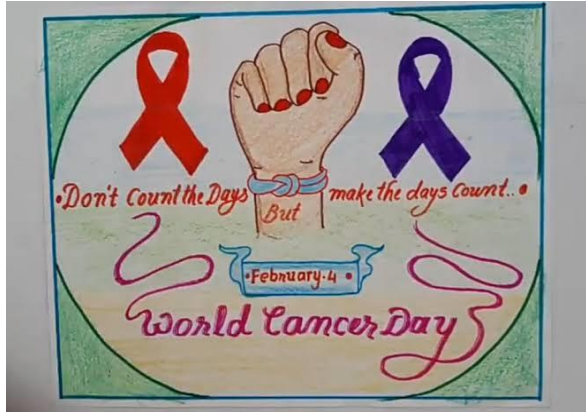
Description of the program:

The students of Narula Institute of Technology celebrated the World Cancer Day on 5th February, 2023 under the NSS unit. The theme of World Cancer Day 2023 was “Close the care gap” that encouraged the students prepare posters that highlighted the cancer patients to fight the disease with full courage and not to lose hope in any respect. The students marched carrying the posters in the college locality by giving slogan that mentioned the various aspects by which the disease can be prevented. They mentioned about the different types of healthy food which all of us should include in our daily diet that will improve our immunity for protection from the deadly disease.

The women community was also made aware about prevention of breast cancer which has increased at an alarming rate in this recent age.

The students of Narula Institute of Technology along with the members of NSS unit of the institute made a heart touching event by preparing different posters and encouraging slogans which has successfully thrown a light of hope on the cancer fighters to be positive and gain enough strength to return back to normal life.





Poster prepared by the students, 5th February 2023

Outcome of the event: To create awareness regarding prevention of the disease by adopting healthy life style

THE PATRIOTIC RUN: FOSTERING UNITY AND NATIONAL PRIDE

NIT, AGARPARA | JANUARY 26, 2023

Objective of the Event:

The key objectives of the Patriotic Run were:

- a. Celebrating Republic Day: To commemorate the significance of the Republic Day and instill a sense of pride in being a part of the nation.
- b. Fostering Unity: To bring together students from various departments, fostering a sense of unity and camaraderie among the diverse student community.
- c. Promoting Fitness: To encourage a healthy lifestyle and physical well-being among the student body.

Number of Participant: 517

Description of the program:

On the occasion of Republic Day, the National Service Scheme (NSS) unit at Narula Institute of Technology organized a vibrant and spirited Patriotic Run on 26th January 2023. The event aimed to commemorate the nation's sovereignty while promoting unity, fitness, and a sense of national pride among the student community. This report provides an overview of the event, its objectives, organization, participant engagement, and the impact it had on the campus.

The NSS unit played a pivotal role in organizing the Patriotic Run. The organizing committee, consisting of NSS volunteers, faculty members, and administrative staff, meticulously planned the event. The route was strategically chosen to showcase the campus and nearby landmarks, emphasizing a connection between the participants and their surroundings.

Impact:

Community Building, Awareness and Civic Responsibility, Health and Fitness.



Outcome of the event: The Patriotic Run organized by the NSS unit at Narula Institute of Technology on 26th January 2023 was a resounding success, achieving its objectives of fostering unity, promoting fitness, and instilling a sense of patriotism among the student body. The event not only celebrated Republic Day but also served as a testament to the collective spirit and commitment of the student community towards the betterment of the nation. The NSS unit looks forward to building on this success in future initiatives that contribute to the holistic development of its students.

WARMTH ON THE TRACKS: BLANKET BLESSINGS FOR RAILWAY SOULS

NIT, AGARPARA | JANUARY 11, 2023

Objective of the Event: Provide essential warmth and comfort to the needy individuals residing in the society.

Number of Participant: 73

Description of the program:

There is no better gift than providing warm clothing to a person in need during the winter season. In most of the slum areas/villages, people experience the bitterness of extreme weather but at the same time, it allows us to serve humanity by helping and donating something to the needy. This season is the most suitable time to donate blankets that can surely make a considerable difference to an individual or an underprivileged family in need.

The NSS unit of Narula Institute of Technology decided to make their winter a bit warmer and went for the blanket distribution drive again on 11th January, 2023 to the nearby areas.

With our blanket distribution drive, many poverty-stricken families have received the benefits that would eventually help them amidst the cold and chilling winter.





Outcome of the Program: Students are distributing the blankets to needy people across the society. The visit had made us empathetic and compassionate for the under-privileged and the needy people and they decided that they too would surely contribute to such worthy causes when they grow up. It was a life-changing experience as it was filled with many emotions and entailments along with a bunch of valuable life-lessons.

SPREAD THE WARMTH OF LOVE: SHARE A BLANKET AMONG RAILWAY SOULS

NIT, AGARPARA | DECEMBER 23, 2022

Objective of the Event: Provide essential warmth and comfort to the needy individuals residing at railway stations.

Number of Participant: 58

Description of the program:

The students of Narula Institute of Technology Celebrate Christmas each year on a different note. This year the students were on a mission at Agarpara and Khardah railway station. They were the Secret Santa for many needy ones. They distributed the warmth of blankets on 23rd December 2022, there are many who are homeless shivering in the cold. To help alleviate their discomfort, our volunteers distributed hundreds of blankets to the homeless in Agarpara and Khardah railway station.

Some pictures are attached herewith for your kind reference.





Outcome of the Program: Students are distributing the bankets to homeless people. The visit had made us empathetic and compassionate for the under-privileged and the needy people and they decided that they too would surely contribute to such worthy causes when they grow up. It was a life-changing experience as it was filled with many emotions and sentiments along with a bunch of valuable life-lessons.

ORPHANAGE VISIT TO CELEBRATE DIWALI

NIT, AGARPARA | OCTOBER 20, 2022

Objective of the Event: To help the homeless people staying at railway station without bank

Number of Participant: 39

Description of the program:

The NSS unit of Narula Institute of Technology organised an Orphanage Visit to celebrate DIWALI 2022 on 20th October, 2022. The program was organized to distribute Ration, basic medicine, sweets and uncountable chocolate to the orphan children of Sri Gouranga Gourio Mission Sebasram in the name of “DIWALI KA UPAHAR”

Some pictures are attached herewith for your kind reference.





Outcome of the Program: The residents were very happy to see the volunteers and shared their feeling with some of them. They also give the meals to the students and faculty members and asked to visit more often.

CRAFTING SUSTAINABILITY: TRANSFORMATIVE PRODUCT MAKING FROM SMALL WASTE MATERIALS

NIT, AGARPARA | OCTOBER 20, 2022

Objectives of the event:

Waste Reduction and Recycling: To showcase the possibilities of repurposing small waste materials into useful products, reducing the amount of waste that ends up in landfills.

Promoting Creativity: To encourage participants to think creatively and innovatively about waste materials, fostering a mindset of repurposing and upcycling.

Awareness and Education: To raise awareness about the environmental impact of waste and inspire a sense of responsibility towards sustainable practices.

Number of Participants: 157

Description of the program:

The Product Making Event from Small Waste Materials took place on 20th October 2023 at Narula Institute of Technology, organized by the NSS Unit with the goal of promoting sustainability, creativity, and waste reduction. The event aimed to demonstrate the potential of utilizing small waste materials to create innovative and practical products, encouraging participants to rethink waste disposal and embrace recycling and upcycling practices.

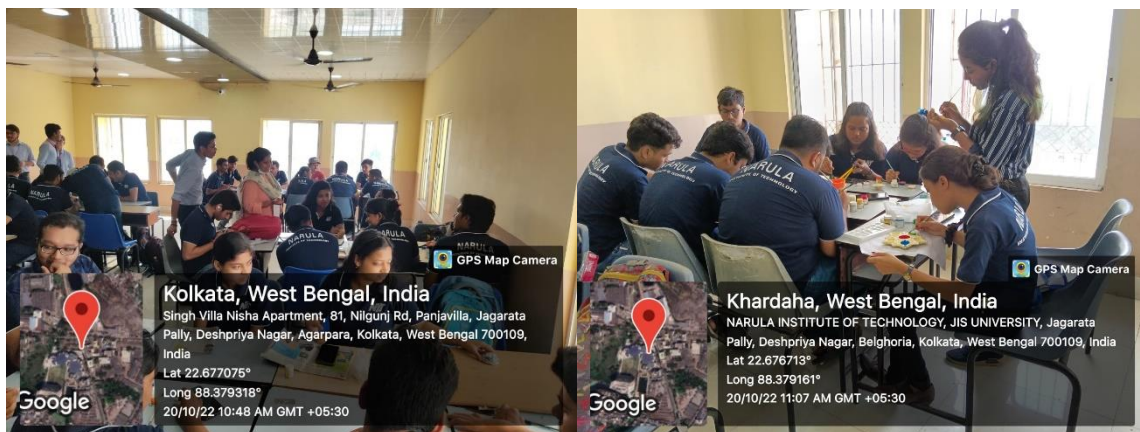
Planning and Execution:

Preparatory Phase:

Material Collection: Various small waste materials, such as bottle caps, cardboard, plastic containers, and other discarded items, were collected from local sources.

Design and Planning: Participants were provided with design ideas and guidance on how to transform these materials into new, functional products.

Resource Arrangement: Tools, adhesives, paints, and other necessary supplies were arranged for the event.



Students are making lamps from Small Waste Materials.

Execution:

Workshop Sessions: The event began with workshops led by experts, demonstrating different techniques and methods to repurpose waste materials into new products.

Hands-on Creation: Participants engaged in hands-on activities, working individually or in groups to create innovative items from the collected waste materials.

Presentations and Display: Finished products were displayed and presented to the audience, showcasing the creativity and resourcefulness of the participants.

Discussion and Education: Discussions on waste management, recycling, and the importance of upcycling were conducted to educate attendees.

Creativity and Innovation: Participants demonstrated creativity in transforming waste materials into useful products, showcasing unique and innovative designs.

Awareness and Education: Attendees gained insights into the potential of waste materials and were inspired to adopt sustainable practices in their daily lives.

Community Engagement: The event fostered community involvement, bringing together people of different ages and backgrounds in a shared effort towards sustainability.



Some lamps (diyas) crafted by the students.



Students with their crafted products.

The outcome of the program:

The Product Making Event from Small Waste Materials was successful in showcasing the potential of waste materials and fostering a culture of creativity and sustainability. The event encouraged participants to rethink waste disposal, promoting a shift towards more environmentally friendly practices.

AWARENESS PROGRAM ON TREE PLANTATION

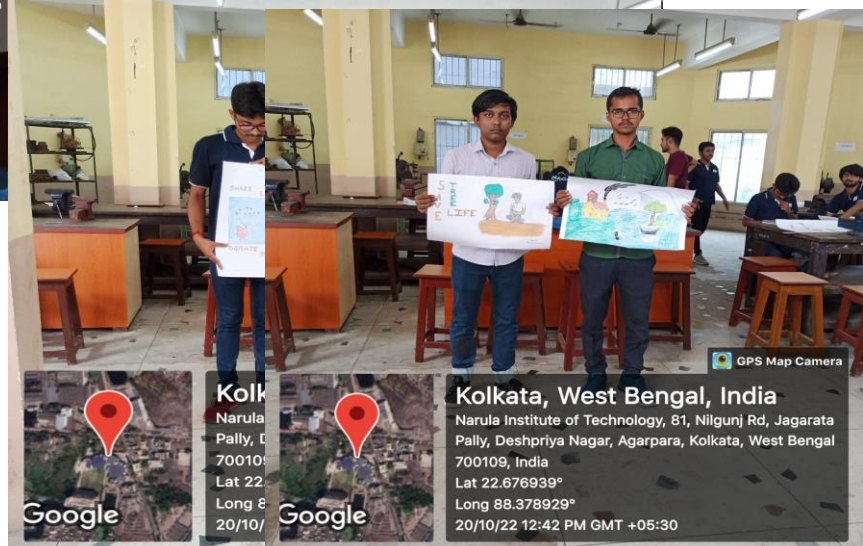
NIT, AGARPARA | OCTOBER 20, 2022

Objective of the Event: To plant a tree for better environment
Number of Participant: 38

Description of the program:

The students of Narula Institute of Technology aware the people by displaying the posters on importance of tree in our life . The event was organized by the *NSS* unit of the institute. As we all are aware of the global warming ,and rising temperature tree plantation pays a significant role. It was an initiative taken by the faculty members and the students of the institute.

Some pictures are attached herewith for your kind reference.



The posters are drawn and presented by our students in the college.

Outcome of the Program: The theme of tree plantation in our planet and there is no better investment than planting trees. To plant a tree is to believe in tomorrow. The investment was manifold, ensuring a decrease in overall global temperature, pure air index and calm soothing effect for the eyes.

SWACHH BHARAT ABHIYAN CLEANING DRIVE

NIT, AGARPARA | OCTOBER 20, 2022

Objective of the Event: The Swachh Bharat Abhiyan, initiated by the NSS unit of Narula Institute of Technology, aimed to contribute to the

larger national mission of creating a clean and hygienic India. The primary focus was on cleaning and maintaining the local area surrounding the institute to foster a sense of cleanliness and responsibility among the students and staff.

Number of Participant: 47

Description of the program:

NSS volunteers of Narula Institute of Technology conduct an awareness campaign a week before the event to inform students and staff about the importance of cleanliness and their role in the Swachh Bharat Abhiyan. Posters and banners were displayed across the campus to create enthusiasm and awareness.

Distribution of Cleaning Kits:

NSS volunteers were provided with gloves, masks, and garbage bags for safety during the cleaning drive.

A brief training session was conducted on proper waste disposal practices.

Cleaning Drive:

The cleaning drive commenced at 11:00 AM and continued until 2:00 PM.

NSS volunteers, along with faculty members, actively participated in cleaning the areas around the institute, including the entrance, pathways, and nearby public spaces.

Waste Segregation:

Emphasis was placed on waste segregation into biodegradable and non-biodegradable categories. Separate bins were placed for recyclable materials to promote eco-friendly practices.

Community Engagement:

Local residents and shopkeepers were involved in the drive to foster a sense of community responsibility. Information pamphlets on waste management were distributed to nearby households.





Outcomes: The Swachh Bharat Abhiyan at Narula Institute of Technology proved to be a resounding success. The campus and its surroundings witnessed a significant improvement in cleanliness. The participation of NSS volunteers, faculty, and the local community demonstrated a collective commitment to maintaining a clean and hygienic environment.

FITNESS AWARENESS CAMP

NIT, AGARPARA | OCTOBER 20, 2022

Objective of the Event: To give the Covid Care and Anxiety Relief in the pandemic time period

Number of Participant: 157

Description of the program:

Due to a mix of human and natural reasons, we faced a devastating second wave of Covid-19 pandemic. The tremors of this devastation was felt all over the country as death tolls rose alarmingly and life came to a perpetual standstill. The disease became a household name across the country and with that came the inevitable deaths. As we come down slowly but surely from this fatal curve, our physical and mental health seem to have taken a toll. At a time of crisis such as this, Mental wellbeing is as important as physical wellbeing. After all, the mind can accomplish things we would physically not expect.

Narula Institute of Technology stood by people at the time of the Pandemic. NiT, in collaboration with Art of Living organised a Post Covid Care Workshop for the students from 20th October, 2022. The NSS Committee took the initiative to invite Ms. Priyanka Agarwal and Ms. Madhu Goyal from the Art of Living NGO to organize "the three day wellness workshop on Covid Care and Anxiety Relief" on an online platform.

The students were taught the right way to practice Yoga postures to ensure release of stress and toxins from the body and breathing exercises to ensure healthy respiratory systems and proper metabolism which are the main weapons against the deadly pandemic. After each meditative session, the benefits of meditation and how to meditate

were taught. Similarly after every asana, its benefits, its pros and cons were discussed in detail by the instructors. There is no weapon greater than the meditative mind in fighting and dealing with uncertainty, fear and hopelessness. To fight a malaise with no medicine, the students were fortified with inner strength and mental stability.

The members of the NSS Committee also joined the event enthusiastically and were greatly benefited, from the Yogic practices of the teachers.





Outcome of the Program: Students, Faculty and staff members are benefitted and become anxiety free.

BREATHE FREELY: STOP-SMOKING CAMPAIGN

NIT, AGARPARA | OCTOBER 20, 2022

Objective of the Event: Stop Smoking

Participant: 68

Description of the program:

On the 20th of October 2022, the National Service Scheme (NSS) unit of Narula Institute of Technology took a significant step towards promoting health and well-being by organizing an Anti-Smoking Campaign on the college campus. The initiative aimed to address the health hazards associated with smoking and encourage a tobacco-free lifestyle among the student community.

Extensive planning preceded the Anti-Smoking Campaign to ensure its effectiveness. The NSS unit collaborated with health professionals, and guest speakers to provide accurate information on the dangers of smoking. Informative posters and promotional materials were designed, and interactive sessions were structured to engage participants.

The Anti-Smoking Campaign unfolded from 12:00 PM to 2:00 PM, featuring a range of activities designed to impart knowledge and foster engagement:

Awareness Sessions: Expert speakers delivered talks on the long-term health implications of smoking, emphasizing the importance of quitting.

Interactive Workshops: Small group discussions allowed participants to share experiences, ask questions, and explore strategies for smoking cessation.

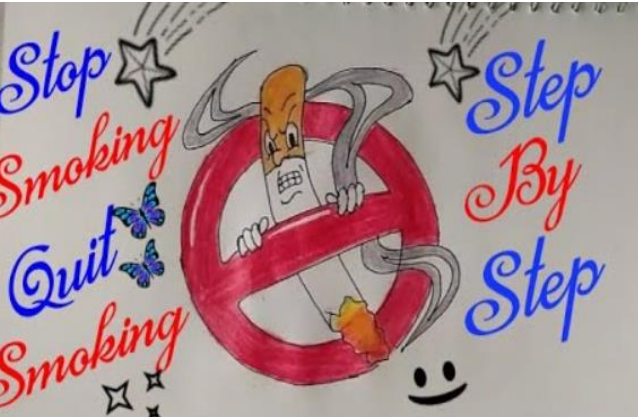
Poster Exhibition: Visual displays showcased the harmful effects of smoking and the advantages of quitting, serving as a powerful educational tool.

The campaign garnered active participation from students, faculty, and staff. Open discussions about smoking and its consequences facilitated a greater understanding of the issue. The event succeeded in conveying the message that quitting smoking not only benefits personal health but also contributes to creating a healthier and more supportive campus community.

The success of the Anti-Smoking Campaign was a result of efforts from the NSS unit and the entire college community. Gratitude is extended to all participants for their engagement and commitment to fostering a healthier campus environment.

The Anti-Smoking Campaign organized by the NSS unit of Narula Institute of Technology on October 20, 2022, was a pivotal initiative in promoting a tobacco-free lifestyle. By disseminating information, providing support, and creating an open dialogue, the campaign sought to empower individuals to make healthier choices and contribute to a campus culture centered on well-being.





Outcome of the Program: Empowering Lives by Clearing the Air, One Breath at a Time.

BREAKING THE SILENCE: DEPRESSION AWARENESS PROGRAM

NIT, AGARPARA | OCTOBER 20, 2022

Objective of the Event: To stop smoking, raise awareness on health risks of smoking.

Number of Participant: 53

Description of the program:

On the 20th of October 2022, the National Service Scheme (NSS) unit of Narula Institute of Technology undertook a significant initiative, titled "Breaking the Silence," focused on raising awareness about depression within the college community. This endeavour was driven by the recognition of the importance of mental health and the need to foster a supportive environment for those grappling with mental health challenges.

The primary objectives of the initiative were threefold: firstly, to increase awareness about the prevalence of depression and mental health issues; secondly, to create an environment conducive to open dialogue and understanding about mental health; and finally, to provide information on available resources and support mechanisms for individuals dealing with depression.

Meticulous planning preceded the event, with the NSS unit collaborating closely with mental health professionals, counsellors, and experts. Informational materials, including pamphlets and posters, were designed to educate the community. Guest speakers with expertise in mental health were invited to address the audience, and interactive sessions and workshops were organized to facilitate open discussions.

The "Breaking the Silence" initiative unfolded throughout the day, featuring various activities designed to achieve its objectives. Expert speakers delivered insightful talks on the prevalence of depression, its symptoms, and the importance of seeking help. Small group workshops provided a platform for individuals to share experiences, ask questions, and learn coping strategies. An "Art and Expression Corner" offered a creative outlet for emotional expression, promoting therapeutic release. Additionally, resource booths were set up to provide information, contacts, and guidance for those seeking assistance with mental health concerns.

The initiative witnessed active participation from students, faculty, and staff. The open discussions and information provided contributed to breaking down barriers associated with discussing mental health issues. The event emphasized that seeking help is a sign of strength and that the college community is a supportive environment for those dealing with mental health challenges.

The success of the "Breaking the Silence" initiative was a result of collaborative efforts involving the NSS unit, guest speakers, mental health professionals, and the entire college community. Special thanks were extended to all participants for their openness and commitment to promoting mental health awareness.

"Breaking the Silence: NSS Unit's Initiative on Depression Awareness at Narula Institute of Technology" on October 20, 2022, marked a pivotal step toward creating a more compassionate and understanding campus environment. By addressing depression openly and providing resources for support, the initiative aimed to contribute to a culture that prioritizes mental well-being.

Building on the success of this initiative, the NSS unit expressed its commitment to continue organizing awareness campaigns, workshops,

and support programs. The goal is to foster a college community that actively promotes mental health and well-being, acknowledging that mental health is an integral aspect of overall student welfare.



Outcome of the Program: Enhanced public understanding of depression, reduced stigma, and increased access to support. Empowered individuals with knowledge and coping skills, fostering a community that prioritizes mental health and provides a supportive environment for those affected by depression.

OLD AGE HOME VISIT

NIT, AGARPARA | OCTOBER 21, 2022

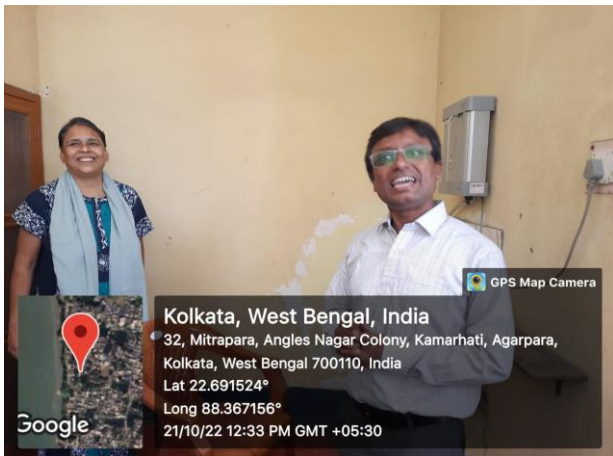
Objective of the Event: Enhancing the well-being of elderly residents through compassionate companionship and meaningful engagement during Old Age Home visits.

Number of Participant: 119

Description of the program:

Conversations with the elderly revealed a wealth of life experiences and wisdom. Many residents expressed gratitude for the companionship they found in each other, emphasizing the importance of social connections in their later years. While some faced health challenges, their positive attitudes and the support network within the home seemed to contribute significantly to their overall well-being. This visit underscored the significance of initiatives that prioritize the dignity, happiness, and holistic care of the elderly, reinforcing the importance of community engagement and support for our senior citizens.

The visit highlighted the importance of addressing the emotional and social needs of the elderly. While the facility provided essential care, it also emphasized the significance of regular visits from volunteers and the community at large. Loneliness was a common theme among the residents, making initiatives to engage them in various activities crucial. Overall, the visit underscored the significance of recognizing and respecting the elderly population, valuing their contributions, and ensuring their well-being in the later stages of life.



Outcome of the Program: Bringing Joy and Companionship to Brighten Golden Years.

JOY OF GIVING

NIT, AGARPARA | SEPTEMBER 29, 2022

Objective of the Event: The primary objective of the "Joy of Giving" event was to encourage students to actively participate in charitable activities, promote a sense of empathy, and contribute to the welfare of the less privileged in the surrounding communities.

Number of Participant: 754

Description of the program:

The National Service Scheme (NSS) Unit of Narula Institute of Technology organized a remarkable event named "Joy of Giving" on September 29, 2022, with the aim of fostering a spirit of philanthropy and social responsibility among students and the community. The event was a testament to the commitment of the NSS unit to make a positive impact on society.

To empower the underprivileged, the NSS unit of NIT organizes a series of programmes throughout the year. Keeping in mind Sharodiya Durgotsav, Students, Faculty and Staff members of NiT distributed New clothes and sweets to the underprivileged students on 29th September, 2022 in the college premises of NiT.

A major highlight of the event was a clothing drive, where students, faculty, and staff generously donated clothes. The collected items included warm clothing suitable for the upcoming winter season. The NSS unit meticulously organized the donations, ensuring that they reached those in need.

In addition to the collection and distribution of clothing, the NSS unit conducted awareness campaigns on the importance of giving, sharing, and community service. Informational sessions were organized to

highlight the impact of small acts of kindness on the lives of individuals and the community at large.

The "Joy of Giving" event witnessed enthusiastic participation from students across various departments of Narula Institute of Technology. Faculty members and administrative staff also actively contributed to the cause, setting an example of collective responsibility and community engagement.



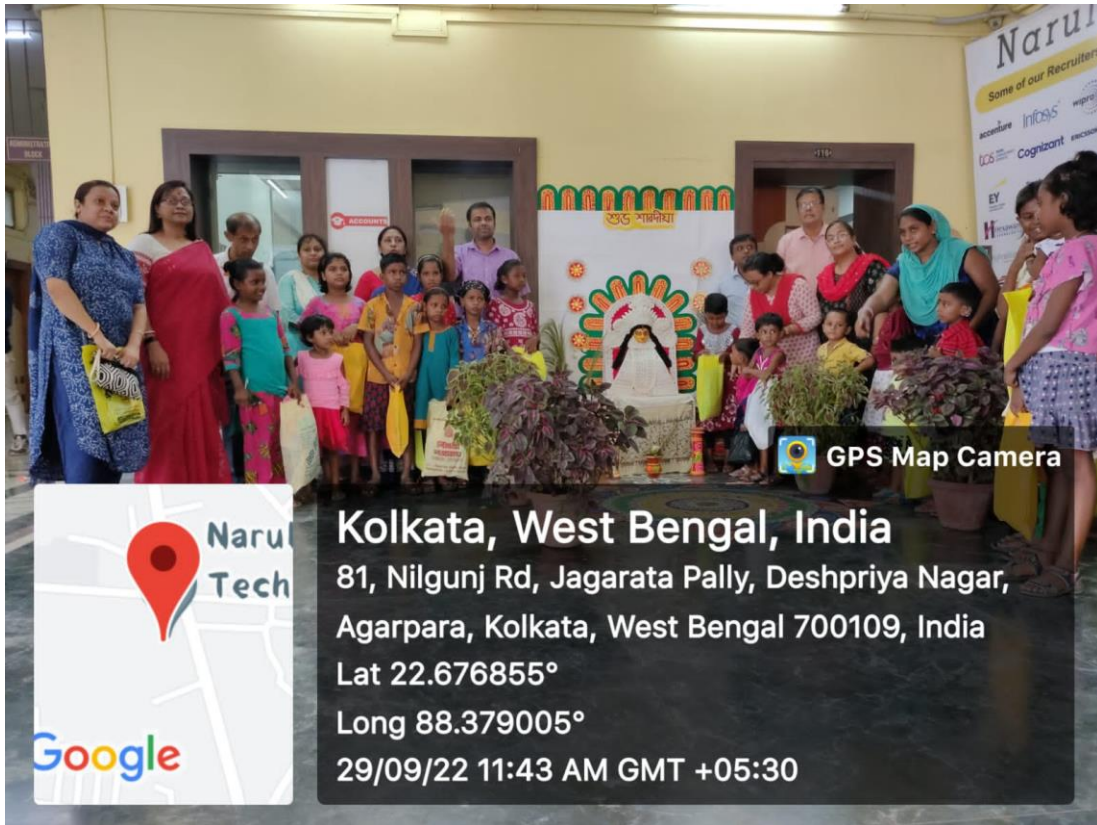
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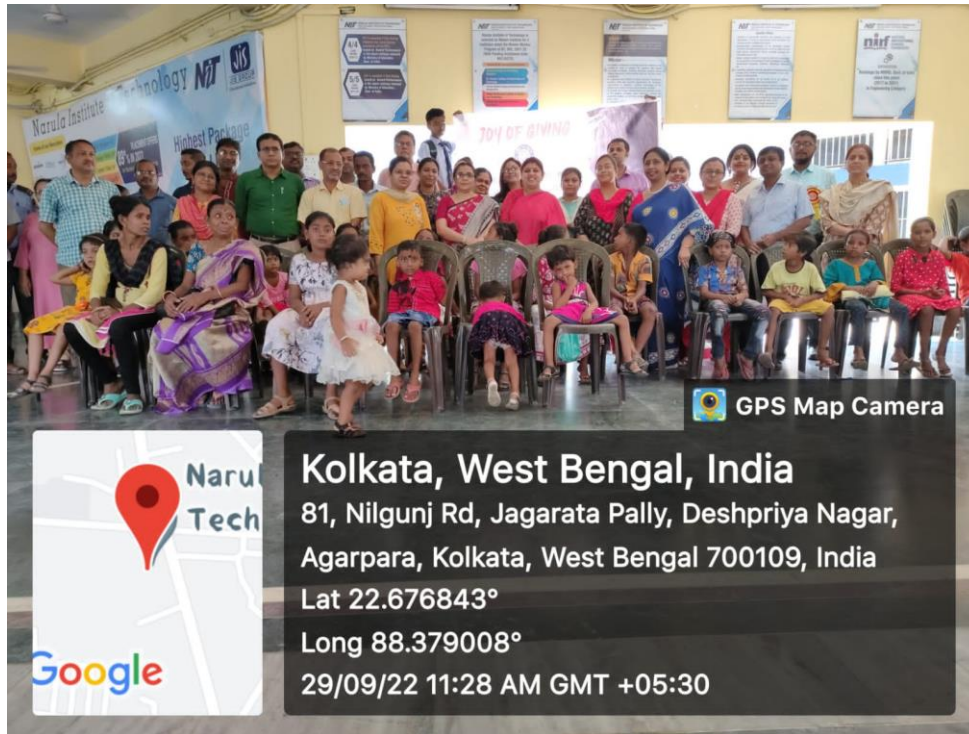


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Outcome of the event: The "Joy of Giving" event organized by the NSS unit at Narula Institute of Technology was a resounding success, embodying the spirit of altruism and community service. The positive feedback from both participants and beneficiaries reinforces the importance of such initiatives in shaping socially responsible citizens.

SLUM AREA VISIT

NIT, AGARPARA | SEPTEMBER 29, 2022

Objective of the Visit:

1. **Community Engagement:** To interact with the residents of the slum area, understand their daily lives, and build a rapport with the community.
2. **Needs Assessment:** To identify the primary needs and challenges faced by the residents, including issues related to housing, sanitation, education, and healthcare.
3. **Skill Development:** To explore opportunities for skill development programs that could empower the residents and improve their socio-economic status.
4. **Technology Integration:** To assess the potential for implementing technology-driven solutions to address some of the challenges faced by the community.

Number of Participant: 89

Description of the program:

On September 29, 2022, a group of students from the Narula Institute of Technology (NiT), Agarpara, embarked on a visit to a slum area as part of their community outreach program. The objective of the visit was to gain insights into the living conditions of the marginalized communities, understand the challenges they face, and explore potential avenues for social and technological interventions. It not only provided insights into the challenges faced by the marginalized community but also laid the groundwork for future collaborative initiatives. By combining technological innovation with community engagement, NIT Agarpara

The aims of the program are to contribute to the holistic development of the slum area and improve the quality of life for its residents.





Outcome of the Program: The program increased Empathy and Understanding; aware the students on Social Issues, increase cultural sensitivity, Critical Thinking Skills, motivate the students for Social Action, Reflection on Privilege, and Inspiration for Social Innovation.

HEALTH CHECK-UP CAMP

NIT, AGARPARA | SEPTEMBER 14, 2022

Objective of the Event: The objectives of a health check-up camp are to provide accessible and comprehensive healthcare services to individuals in a community. These camps are often organized to address specific health needs, promote preventive care, and improve overall community well-being.

Number of Participant: 153

Description of the program:

The whole world has been in the grip of Covid 19 Pandemic since 2019 and our lives have taken a drastic turn for the unknown over the course of 2020. At the beginning of 2022, new hopes were seen as the pandemic seemingly started to disappear. However, due to a mix of human and natural reasons, we faced a devastating second wave of Covid-19 pandemic. The tremors of this devastation were felt all over the country as death tolls rose alarmingly and life came to a perpetual standstill. The disease became a household name across the country and with that came the inevitable deaths. As we come down slowly but surely from this fatal curve, our physical and mental health seems to have taken a toll.

Narula Institute of Technology stood by people at the time of the Pandemic. On 14th September 2022, NiT organized the program.



Outcome of the Camp: The students and staff members of the institution have got huge support for their health. They have got some important remedies and suggestions also.

UNITY FOR LIFE: A BLOOD DONATION CAMP

NIT, AGARPARA | SEPTEMBER 2, 2022

Objective of the Event: The objective of a blood donation camp is to collect blood voluntarily from healthy individuals in order to meet the demand for blood and blood products in medical treatments, surgeries, emergencies, and various healthcare situations. Here are some specific objectives of organizing a blood donation camp.

Number of Participant: 125

Description of the program:

The National Service Scheme (NSS) unit of Narula Institute of Technology, in collaboration with SSKM Hospital, conducted a significant Blood Donation Camp on September 2, 2022. This joint initiative aimed to address the critical need for blood while fostering a sense of community responsibility among the participants. Meticulous planning preceded the event, involving close coordination between the NSS unit and SSKM Hospital. The collaboration ensured the availability of medical professionals, equipment, and infrastructure, creating an environment conducive to successful blood donation.

The blood donation camp commenced at 11:00 AM and continued until 4:00 PM, drawing the active participation of students, faculty, and staff. The joint effort between the college and the hospital facilitated a smooth process from registration to blood donation. A total of 125 donors willingly contributed, underscoring the success of the event.

The inclusion of SSKM Hospital resources significantly enhanced the efficiency and credibility of the blood donation camp. The 125 donors who participated made a substantial contribution to local blood banks, potentially saving numerous lives. The success of this collaborative initiative emphasized the positive outcomes achievable through

partnerships between educational institutions and healthcare providers.

Gratitude is extended to all participants, including the donors, volunteers, and medical professionals from both Narula Institute of Technology and SSKM Hospital. Their collective efforts ensured the success of the blood donation camp.

The Blood Donation Camp organized by the NSS unit of Narula Institute of Technology in collaboration with SSKM Hospital on September 2, 2022, stands as a testament to the impact achievable through community collaboration. The event not only met its objective of addressing the need for blood but also fostered a spirit of communal responsibility and shared welfare.

The success of this collaborative blood donation camp serves as inspiration for future initiatives. The NSS unit aims to explore additional opportunities for joint efforts with healthcare institutions, ensuring a sustained commitment to community well-being.





Outcome of the Program: Encouraging voluntary and repeat donations is a positive outcome. Building a community of regular donors helps maintain a consistent and reliable blood supply over time.

AWARENESS CAMP ON BLOOD DONATION

NIT, AGARPARA | AUGUST 28, 2022

Objective of the Event: The objective of an event awareness program for a blood donation camp is to raise awareness about the importance of blood donation, encourage community participation, and ultimately increase the number of voluntary blood donors.

Number of Participant: 125

Description of the program:

On August 28, 2022, the National Service Scheme (NSS) unit of [Your Institute's Name] organized a Blood Donation Awareness Camp in collaboration with the Blood Bank of SSKM Hospital. The event aimed to promote awareness about the significance of blood donation, encourage voluntary blood donation, and contribute to the noble cause of saving lives through the replenishment of blood banks.

Objectives of the Camp:

Raise Awareness: To educate students and the community about the importance of voluntary blood donation in saving lives during emergencies and medical treatments.

Encourage Voluntary Blood Donation: Motivate individuals to voluntarily donate blood, emphasizing the positive impact it can have on the community's health.

Collaborate with SSKM Blood Bank: Strengthen ties with the SSKM Hospital Blood Bank to facilitate smooth and efficient blood donation processes.

Activities during the Camp:

Awareness Workshops: Conducted informative workshops on the significance of blood donation, dispelling myths and addressing

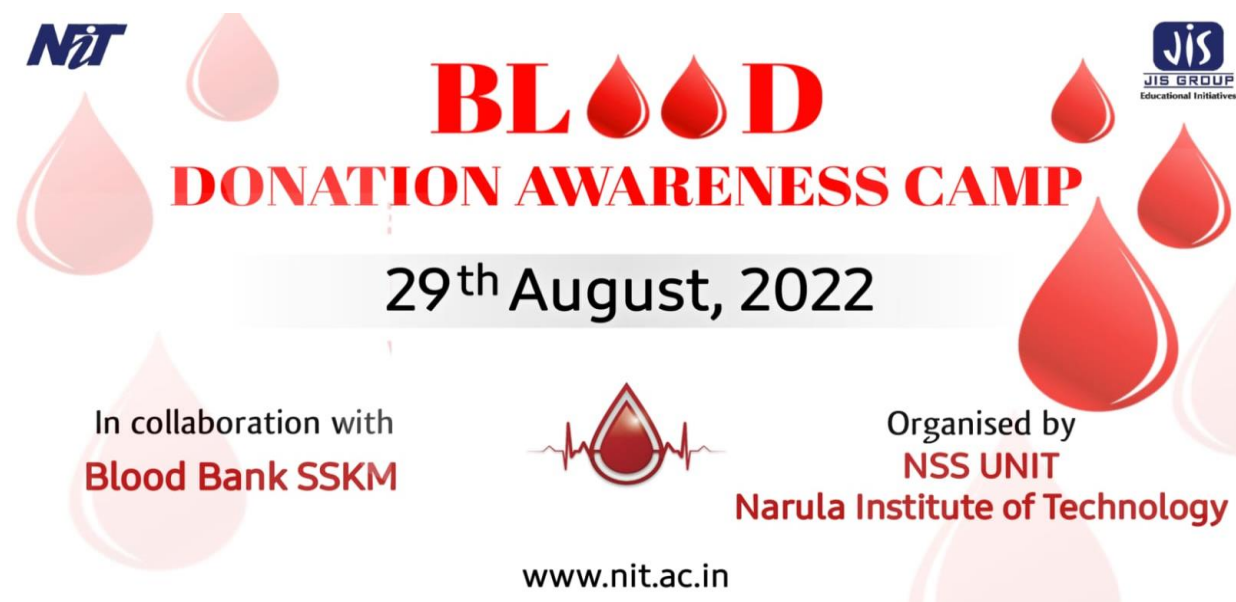
concerns. These sessions were open to students, faculty, and the local community.

Poster and Banner Displays: NSS volunteers created visually impactful posters and banners showcasing the benefits of blood donation, which were displayed across the campus to attract attention and disseminate information.

Blood Group Testing: A free blood group testing booth was set up to encourage attendees to know their blood type, fostering a sense of responsibility towards blood donation.

Interactive Sessions with SSKM Representatives: Representatives from the SSKM Hospital Blood Bank were present to engage with attendees, answer queries, and provide insights into the blood donation process.

Voluntary Blood Donation Drive: The highlight of the event was a voluntary blood donation drive where willing participants donated blood under the supervision of medical professionals from the SSKM Blood Bank.



The poster features a central title "BLOOD DONATION AWARENESS CAMP" in large, bold, red letters, with the word "BLOOD" being significantly larger than "DONATION AWARENESS CAMP". Below the title, the date "29th August, 2022" is displayed in a white box with a black border. The background is white with several red blood drop graphics of varying sizes. In the top left corner is the NIT logo, and in the top right corner is the JIS GROUP logo with the text "Educational Initiatives" below it. At the bottom left, it says "In collaboration with Blood Bank SSKM". At the bottom center is a graphic of a blood drop with a heartbeat line. At the bottom right, it says "Organised by NSS UNIT Narula Institute of Technology". At the very bottom center is the website "www.nit.ac.in".

NIT

BLOOD
DONATION AWARENESS CAMP

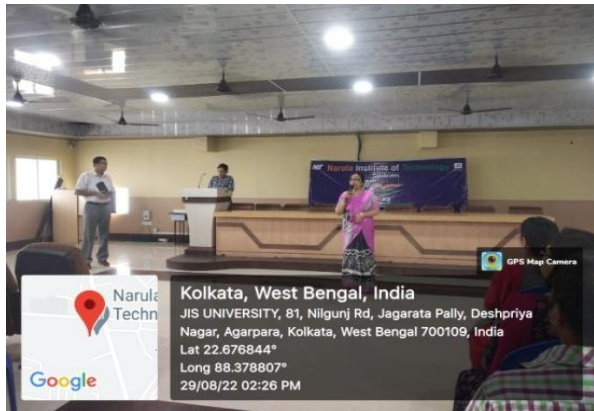
29th August, 2022

In collaboration with
Blood Bank SSKM

JIS GROUP
Educational Initiatives

Organised by
NSS UNIT
Narula Institute of Technology

www.nit.ac.in



Outcome of the Program:

The awareness camp witnessed active participation from students, faculty, to increased understanding and interest in voluntary blood donation. A commendable number of voluntary blood donations were collected during the drive, contributing significantly to the SSKM Hospital Blood Bank.

GREEN HORIZON INITIATIVE

NIT, AGARPARA | AUGUST 27, 2022

Objective of the Event: Cultivating a Sustainable Future Through Tree Plantation

Number of Participant: 145

Description of the program:

The Tree Plantation Program by students made a positive impact on our environment. The initiative aimed to address the pressing issue of deforestation and promote environmental sustainability. With enthusiastic participation from local residents, volunteers, and organizations, we planted a diverse range of native tree species in designated areas, enhancing biodiversity and contributing to the overall well-being of our ecosystem.

The tree plantation program not only bolstered students commitment to combat climate change but also fostered a sense of community involvement and environmental stewardship. As the saplings take root, we anticipate a long-term transformation, with benefits ranging from improved air quality and reduced carbon footprint to enhanced green spaces that promote physical and mental well-being. This initiative serves as a testament to the positive change that can be achieved when a community comes together with a shared vision for a greener and healthier future.



Outcome of the Program: Cultivating a Greener Tomorrow for a Sustainable and Vibrant Community.

CLOTH DISTRIBUTION DRIVE

NIT, AGARPARA | AUGUST 18, 2022

Objective of the Event: The Cloth Distribution Drive organized by the NSS unit of Narula Institute of Technology on August 18, 2022, aimed to provide clothing assistance to the needy and underprivileged individuals in the nearby society. The primary goal was to contribute to the well-being of the community by addressing a basic necessity – clothing.

Number of Participant: 123

Description of the program:

NSS unit of Narula Institute of Technology conducted a needs assessment to identify individuals and families in the nearby society who were in need of clothing assistance. A donation boxes were placed strategically across the institute to collect clothing donations from students, faculty, and staff. A week-long collection drive was conducted to gather a substantial amount of clothing items.

Volunteers sorted and inspected the donated clothing items to ensure they were in good condition.

Damaged or unusable items were separated for appropriate disposal or recycling.

The NSS unit collaborated with local community leaders to identify the most deserving recipients of the clothing assistance.

A distribution plan was developed to ensure fair and equitable distribution.

On August 18, 2022, the NSS unit organized a centralized distribution point near Narula Institute of Technology.

Volunteers set up booths for men's, women's, and children's clothing, allowing recipients to choose items according to their needs.

Local community members were invited to participate in the event, fostering a sense of community involvement.

Information on maintaining hygiene and proper care of clothing was shared with the recipients.

The NSS unit maintained records of the distributed items, including the number of recipients and the types of clothing provided.





Outcomes of the Event: The Cloth Distribution Drive was highly successful in providing clothing assistance to those in need. The active participation of NSS volunteers and the generosity of the institute community contributed to the distribution of a diverse range of clothing items. The event not only met a basic necessity but also promoted a sense of dignity and self-worth among the recipients.

EYE TESTING CAMP

NIT, AGARPARA | AUGUST 5, 2022

Objective of the Event: To test the eyes of people.

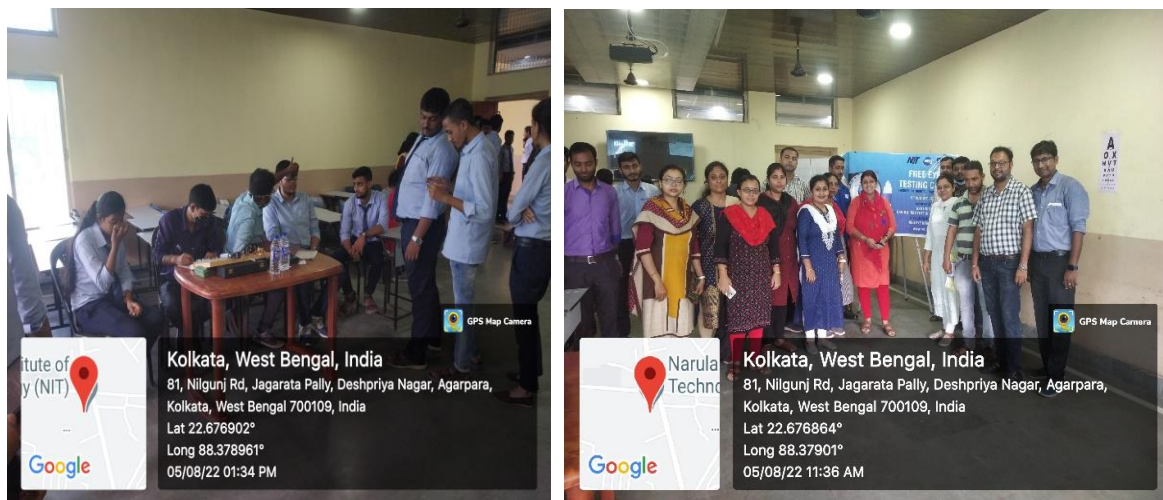
Number of Participant: 200

Description of the program:

The NSS Unit of Narula Institute of Technology in collaboration with ASG Eye Hospital, organized a Free Eye Testing camp for the faculty, students and staff members at the college premises on 5th August 2022 from 10 a.m. onwards.

The doctors brought well-equipped eye examination tools to examine the students and staff effectively. They also spoke about eye healthcare and their own services. More than 200 faculty, students and staff members benefited from this camp.

Some of the photographs are attached here with.



Team members of NiT at Eye Testing Camp



Eye camp banner and testing at Eye Testing Camp



Eye checking Process at Eye Testing Camp

Outcome of the Program: Students and faculties have experienced the eye testing process to check their eyesight.

OLD AGE HOME VISIT

NIT, AGARPARA | AUGUST 1, 2022

Objective of the event: Provide emotional support, companionship, and moments of joy to the children residing in the orphanage.

Number of Participant: 59

Description of the program:

On August 1, 2022, the NSS Unit of Electronics and Communication Engineering Department of Narula Institute of Technology organized an "Old Age Home Visit." A group of 59 students from the ECE department embarked on a compassionate journey to an elderly care facility in Barrackpore.

The primary aim of this excursion was to sensitize students to their social responsibilities towards senior citizens. These visits served as catalysts for the students' cognitive processes, fostering an awareness of the sadness and suffering experienced by the elderly when living away from their loved ones. The students not only provided nourishment in the form of food and fruits to the senior residents but also dedicated quality time to engage with them.

The visit reached a poignant conclusion with the exchange of love and blessings from the elderly towards the students. Emotional farewells were marked by tearful eyes, accompanied by a heartfelt promise to reunite soon. Additionally, the students pledged to contribute to the restoration of such facilities, striving towards a society where the need for such establishments is minimized.



Outcome of the Program: Students and staff members of Narula Institute of Technology provide support and resources based on their findings. This include financial assistance, donations, or collaboration to enhance the orphanage's capabilities.

ORPHANAGE VISIT

NIT, AGARPARA | JULY 24, 2022

Objective of the event: Provide emotional support, companionship, and moments of joy to the children residing in the orphanage.

Number of Participant: 123

Description of the program:

The primary objective of our visit was to interact with the children, understand their needs, and explore ways in which we could contribute to their well-being and development.

The students started the visit with an introduction session, allowing both the children and the NIT students to get to know each other better. Ice-breaking activities, such as games and interactive sessions, were conducted to create a comfortable and engaging environment.

NIT students conducted educational workshops tailored to the age groups of the children. Interactive learning sessions included science experiments, storytelling, and basic mathematics exercises. A session on health and hygiene was organized to educate the children on the importance of cleanliness and personal well-being. Hygiene kits, including soap, toothpaste, and other essentials, were distributed to each child.

The students organized various recreational activities, including art and craft sessions, sports, and group games, to promote a sense of joy and camaraderie. A cultural exchange program was arranged, where the NIT students showcased their talents through music, dance, and other cultural performances. This provided an opportunity for the children to experience different cultures and art forms.

The visit left a positive impact on both the NIT students and the children at the orphanage. The students expressed gratitude for the opportunity to make a difference in the lives of the children, while the children enjoyed the engaging activities and interactions.





Outcome of the event:

The visit to your orphanage was a fulfilling and enriching experience for all involved. We look forward to the possibility of future collaborations and endeavours that contribute to the holistic development of the children under your care.