

## **NSS Report: 2020-2021**

National Service Scheme (NSS) was launched during 1969, the birth centenary year of Mahatma Gandhi. NSS is an extension dimension to the higher education system to orient the student youth to community service while they are studying in educational institutions.

### **Aims of NSS:**

- i) To develop a sense of social & civic responsibility among the youth of the country.
- ii) To utilize their (youth/students) knowledge in finding practical solutions to individual & community problems.
- iii) To help students understand their roles in the community.
- iii) To help students to develop a capacity to handle emergency situations and natural disasters.

HiralalBhakat College, NSS Units-I/II/III is working very successfully with students participating in extension activities and all other programs.

### **74<sup>th</sup> INDEPENDENCE DAY OBSERVATION**

**15<sup>th</sup> AUGUST, 2020 (15/08/2020):**

In spite of the Corona epidemic situation, Independence Day was celebrated online mode by NSS Units of HiralalBhakat College. The event was conducted through Google Meet.

app & around 58 student & teacher participated in the event. Participating teachers enlightened the students about the importance of Independence Day & how we got freedom.





## Guide lines

- Time 12 noon -1pm Date: 15<sup>th</sup> Au
- Medium : Google Meet(Link will  
minutes before the scheduled tim
- All are requested to join 10 minu  
programme start time.
- All the faculties are requested to

12:59



13:05



 (42)



MD ASHIK (You)

12:44



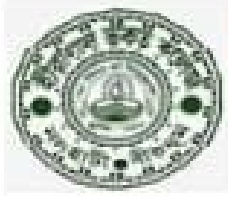
13:07



## **Gandhi Jayanti Observation (02/10/2020):**

NSS Units-I/II/III of the college celebrated Gandhi Jayanti on Corona situation on google meet. A total of 31 student & teacher participated in this event. Respected professors from Ramakrishna Mission Vidyamandir&Bankura University discussed in detail about the importance of this day &Mshatma Gandhi's contribution to India. NSS officers and other teachers of our college also discussed about the importance of this day on google meet platform.





# Gandhi Jayanti Obse

Organized by  
National Service Scheme(NSS)  
Hiralal Bhakat College, Nalhati, Birb

on 02.10.2020

Not Me,But You

## Programme Schedul

3.30pm-Inaugural Song

3.40pm-Welcome Address-Dr. Gautam Sen, Teacher-In-Charge, HB Colle

3.50pm-Speech on M.K.Gandhi-Dr.Sandipan Sen,Associate Professor,Ra

4.15pm-Speech on M.K.Gandhi-Dr.Satrajit Banerjee, Assistant Professor,

4:00    



 (27)

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Swapan Saha (You)

4:34    ...



 (28)



Swapan Saha (You)

3:48    ...



 (26)





Swapan Saha (You)




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 (28)



Swapan Saha (You)

5:37    



 (26)

 5



Swapan Saha (You)



4:25    ...



 (32)



Swapan Saha (You)

## **Online Workshop Celebrating International Yoga Day Topic: Yoga, A Ray of Hope in the Pandemic World (21/06/2021):**

NSS Unit of the college organized a workshop on online mode on 21/06/2021. About 92 students participated on this occasion on google meet. A former senior professor in the Physical Education Department of Burdwan University enlightened us about Yoga. A teacher from BankuraDIET College had presented Yoga techniques to us through videos.





## Online Workshop Celebrating International Yo Topic: Yoga, a Ray of Hope in the Pandemic V

Jointly Organized by IQAC & NSS units  
Hiralal Bhakat College, Nalhati, Birbhum

### Concept Note



Since the declaration of the COVID-19 outbreak as a pandemic by the World Health Organization (WHO), the uncertainty, stress and pro-concerned opinions are being circulated in social media, further exacerbating the situation causing fear, anxiety and stress in communities and healthcare workers alike. Yoga is one of the widely accepted and structured lifestyle practices which promotes the integration of the mind, body and soul. Yogic practices are known to have a strong influence on the psychology and immunology.

A Common Yoga Protocol was initially proposed by the Indian government for International Yoga Day. This Protocol includes all the aspects of Yoga practice, for instance postures (Asanas), breathing techniques (Pranayama) and meditation (Dhyana).

### Resource Persons



Prof. Hiralal Adhikari

Former Professor

Department of Physical Education

University of Burdwan

Topic: Importance to Yoga in the Battle against Covid





10:18




 (97)

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MANOJIT DAS (You



 (67)



MANOJIT DAS (You

10:11



 (92)





MANOJIT DAS (You

10:05



 (97)



MANOJIT DAS (You

# H B COLLEGE, NALHATI

