

BIRPARA COLLEGE

(NAAC ACCREDITED)

P.O. Birpara, Dist. Alipurduar (W.B.)

PIN - 735 204

*(A Govt. Aided Degree College
Affiliated to the University of
North Bengal & Enlisted Under
Sec. 2(f) & 12(B) of UGC. Act.)*



Phone & Fax No. : 03563 - 266217

Website : www.birparacollege.ac.in

e-mail : birparacollege@gmail.com

Ref

Date

NOTICE

Date: 17.11.2022

The NSS Unit I of Birpara College will organise a Health Awareness Programme at Islamabad on 24/11/2022. All NSS volunteers of Unit I, students, and faculty members are encouraged to participate actively in this event.

Teacher-in-Charge
Birpara College

Teacher-in-charge
BIRPARA COLLEGE
Birpara, Alipurduar

AUTHENTICATED

Kanstav Chakraborti
Principal
Birpara College
Birpara, Alipurduar

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HEALTH AWARENESS PROGRAMME AT ISLAMABAD

Under NSS Outreach Programme

Organized by: NSS Unit I, Birpara College

Date: 24/11/2022

No of Volunteers Participated: 17

Introduction

The Health Awareness Programme aimed to educate the community on the importance of maintaining a healthy lifestyle, early detection of diseases, and adopting preventive healthcare measures. The focus was on fostering health literacy among community members, students, and volunteers to create a ripple effect of positive change.

Programme Highlights

1. Health Talks:

- Speaker conducted interactive sessions on hygiene, nutrition, and lifestyle diseases like diabetes and hypertension.
- Sessions emphasized preventive healthcare practices.

2. Awareness Campaigns:

- Volunteers conducted door-to-door awareness drives in the local community.

3. Student-Community Interaction:

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- Students and community members engaged in discussions about the challenges and solutions for a healthier lifestyle.

Impacts of the Programme

On Students:

- **Enhanced Awareness:** Volunteers gained valuable knowledge about healthcare and its importance, enriching their understanding of public health issues.
- **Skill Development:** Students developed skills in communication, teamwork, and leadership through organizing and conducting the programme.
- **Social Responsibility:** The event fostered a sense of civic duty and community engagement among the students.



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Sk Kamruzzaman delivering his lecture on health awareness at Islamabad

On the Institution:

- **Strengthened Community Ties:** Birpara College enhanced its reputation as an institution dedicated to societal well-being and public service.
- **NSS Recognition:** The successful event highlighted the proactive role of the NSS Unit, showcasing its capacity to organize impactful community programs.
- **Encouragement for Future Events:** The positive response encouraged the institution to plan more such community-driven initiatives.

On the Community:

- **Improved Health Literacy:** Community members gained valuable knowledge about preventive measures and the significance of regular health check-ups.
- **Behavioral Change:** The programme initiated discussions that may lead to healthier lifestyle choices within families.
- **Access to Basic Healthcare:** The health check-up camp provided essential services to individuals who might otherwise lack access.

Feedback and Conclusion

The event received positive feedback from participants, volunteers, and the local community. Many attendees expressed gratitude for the opportunity to learn and receive free health check-

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ups. Volunteers appreciated the hands-on experience and the chance to make a tangible difference.

The NSS Unit I of Birpara College successfully achieved the objective of spreading health awareness and creating a sustainable impact on the community, students, and the institution. The programme underscored the importance of collective effort in addressing health-related challenges, reinforcing the NSS motto: **"Not Me, But You."**

Kanstav Chakraborti
Principal
Birpara College
Birpara, Alipurduar

BIRPARA COLLEGE, BIRPARA, ALIPURDUAR

Title of Event: Health Awareness Programme at Islamabad

Date: From 24/11/22 to ___/___/___ Time (in hours) _____

Organised by: NSS Unit 1, Birpara College (outreach programme)

In collaboration with: IQAC, Birpara college.

Attendance Sheet

Sl. No.	Signature	Sl. No.	Signature
1.	Avishkek Dangee	26.	
2.	Harsh Raj	27.	
3.	Jharna Newar	28.	
4.	Biplab Roy	29.	
5.	Deep Paul	30.	
6.	Jay Sarkar	31.	
7.	Joydeep Kar	32.	
8.	Khusbu Tamang	33.	
9.	Manisha Barman,	34.	
10.	Priyajit Sarkar	35.	
11.	Shreya Chosh	36.	
12.	Diya Paul	37.	
13.	Akansha Gurung	38.	
14.	Anirban Dhar	39.	
15.	Baranui Barak	40.	
16.	Himani Barman	41.	AUTHENTICATED
17.	Jayanti Mandal	42.	
18.		43.	<i>Kaustav Chakrabarti</i>
19.		44.	PRINCIPAL BIRPARA COLLEGE BIRPARA, ALIPURDUAR
20.	Teacher-in-charge BIRPARA COLLEGE Birpara, Alipurduar	45.	
21.		46.	
22.		47.	
23.	<i>Bramoy Dey</i> Programme Officer	48.	
24.	Birpara College NSS Unit-I Birpara, Alipurduar	49.	
25.		50.	