

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: 21.03.2023

The NSS Unit I of Birpara College will organise a Health Awareness Programme at Jublee Club, Birpara on 04.04.2023. 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

Kaustav Chakrabarti
Principal
Birpara College
Birpara, Alipurduar

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HEALTH AWARENESS PROGRAMME AT JUBILEE CLUB, BIRPARA

Under NSS Outreach Programme

Organized by: NSS Unit I, Birpara College

Date: 4/4/2023

No of Volunteers Participated: 21

Introduction

The NSS Unit I of Birpara College organized a "Health Awareness Programme" at Jubilee Club, Birpara, on 4th April 2023. The initiative aimed to raise awareness about essential health practices, preventive measures against common illnesses, and the significance of maintaining physical and mental well-being within the community.

The programme featured expert talks by local healthcare professionals, interactive sessions on hygiene and nutrition, and a general health check-up camp. The event witnessed active participation from students, faculty members, and local residents, reflecting the collective enthusiasm towards promoting a healthier society.

Event Highlights

- Inauguration:** The programme commenced with an introductory speech by the NSS Programme Officer of Birpara College, highlighting the objectives of the event and the importance of health awareness in daily life.
- Expert Session:** Local Doctors & Health workers conducted an engaging session on:
 - Preventive healthcare
 - Importance of balanced nutrition
 - Mental health awareness and stress management
 - Practical hygiene tips

Kanstab Chakraborti
Principal
Birpara College
Birpara, Alipurduar

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3. **Interactive Workshops:** Volunteers facilitated group discussions, role-plays, and demonstrations on handwashing techniques, waste segregation, and emergency first aid.
4. **Feedback and Q&A:** The programme concluded with an interactive Q&A session, where community members clarified doubts regarding health concerns.



Health checkup by local doctor at Jublee Club



Small discussion between Jublee club authorities and NSS volunteers

Impacts of the Programme

On Students:

- Enhanced **awareness** about health-related issues, preventive care, and their roles as change agents in society.
- Strengthened **soft skills** like communication, teamwork, and leadership through event management and community engagement.

Kanstav Chakraborti
Principal
Birpara College
Birpara, Alipurduar

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- Developed a sense of **responsibility** and **civic engagement** by actively contributing to the welfare of the local community.

On the Community:

- Increased awareness of **basic healthcare practices** and the importance of regular health check-ups among participants.
- Empowered community members with knowledge about **preventive healthcare**, fostering healthier lifestyle choices.
- Strengthened the bond between the community and the students, showcasing the youth's dedication to local development.

Conclusion

The Health Awareness Programme at Jubilee Club, Birpara, successfully met its objectives of promoting health consciousness and preventive care within the community. It provided students with a meaningful platform to engage with societal issues while contributing to the institution's mission of fostering community development.

Kanstav Chakraborti
Principal
Birpara College
Birpara, Alipurduar

BIRPARA COLLEGE, BIRPARA, ALIPURDUAR

Title of Event: Health Awareness Programme at Jublee Club
Birpara

Date: From 04/04/23 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.	Udita Basak	26.	
2.	Annaraj Sanki	27.	
3.	Bibek Pradhan	28.	
4.	Anamika Aich	29.	
5.	Anindita Banik	30.	
6.	Anwar Ansari	31.	
7.	Rashma Suba	32.	
8.	Ajit Kumar Rajak	33.	
9.	Ankit Kanti	34.	
10.	Anket Kanti	35.	
11.	Aditya Narjiny	36.	
12.	Anu's Chhetri	37.	AUTHENTICATED
13.	Anyan Kumar San	38.	
14.	Avay Chik Bonai	39.	
15.	Bhagyabati Roy	40.	<i>Kanstar Chakrabarti</i>
16.	Bidya Bonaily	41.	PRINCIPAL BIRPARA COLLEGE BIRPARA, ALIPURDUAR
17.	Jee Basak	42.	
18.	Komal Mishra	43.	
19.	Kshitiz Sanki	44.	
20.	Anu Pradhan	45.	
21.	Anura Tamang	46.	
22.	<i>[Signature]</i>	47.	<i>Branoy Dey</i>
23.	Teacher-in-charge BIRPARA COLLEGE Birpara, Alipurduar	48.	Programme In-charge Birpara College NSS Unit-I Birpara, Alipurduar
24.		49.	
25.		50.	