



HIRALAL BHAKAT COLLEGE

NALHATI, BIRBHUM, WEST BENGAL, PIN 731220 Estd. 1986
(Affiliated to the University of Burdwan and Re-accredited by NAAC)
Phone: 03465255254 Email: hbcollge@gmail.com Website: www.hbcnht.in

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.

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

74th INDEPENDENCE DAY OBSERVATION

15th AUGUST, 2020 (15/08/2020):

Inspite Corona epidemic situation, Independence Day was celebrated online mode by NSS Units of Hiralal Bhakat College. The event 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: 15th August ,2020
- Medium : Google Meet(Link will be sent 30 minutes before the scheduled time)
- All are requested to join 10 minutes before the programme start time.
- All the faculties are requested to spread the programme schedule amongst their students and ensure their participation.
- Your participation will make the programme a grand success.

12:59

Voi) LTE1 Vo) LTE2



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16



MD ASHIK (You)



srirupa ray



13:05

Voi) LTE1
Voi) LTE2



 (42)



MD ASHIK (You)



KRITIMAN Biswas



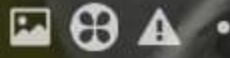
srirupa ray



ayantika asru



12:44



Voice LTE1, LTE2, signal strength, and battery icons.



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16



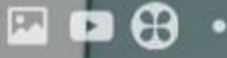
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syed m. zaman



13:07



Vo) LTE1 Vo) LTE2



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MD ASHIK (You)



KRITIMAN Biswas



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 Observation



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

on 02.10.2020

Not Me, But You

Programme Schedule

3.30pm-Inaugural Song

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

3.50pm-Speech on M.K.Gandhi-Dr.Sandipan Sen,Associate Professor,Ramakrishna Mission Vidyamandira

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

4.40pm-Speech on Non-Violence and Gandhi –Dr.Suddhasattwa Banerjee, Assistant Professor ,HB College

5pm-Speech on Gandhi and NSS -Shri. Monojit Das,Assistant Professor ,HB-College

5.20pm-Vote of thanks-Shri. Kritiman Biswas, Assistant Professor and NSS Programme Officer,HB College

Anchor- S.M.Zaman ,Assistant Professor and NSS Programme Officer, HB College

Google Meet link will be shared prior to the programme
through WhatsApp.

4:00



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Swapan Saha (You)



KRITIMAN Biswas



Sandipan Sen



syed m. zaman





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Swapan Saha (You)



sakshar banerjee



Suddhasattwa Banerjee



syed m. zaman



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Swapan Saha (You)



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4:29

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Swapan Saha (You)



sakshar banerjee



Sandipan Sen



syed m. zaman



5:37

Vo) LTE
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Swapan Saha (You)



syed m. zaman



MANOJIT DAS

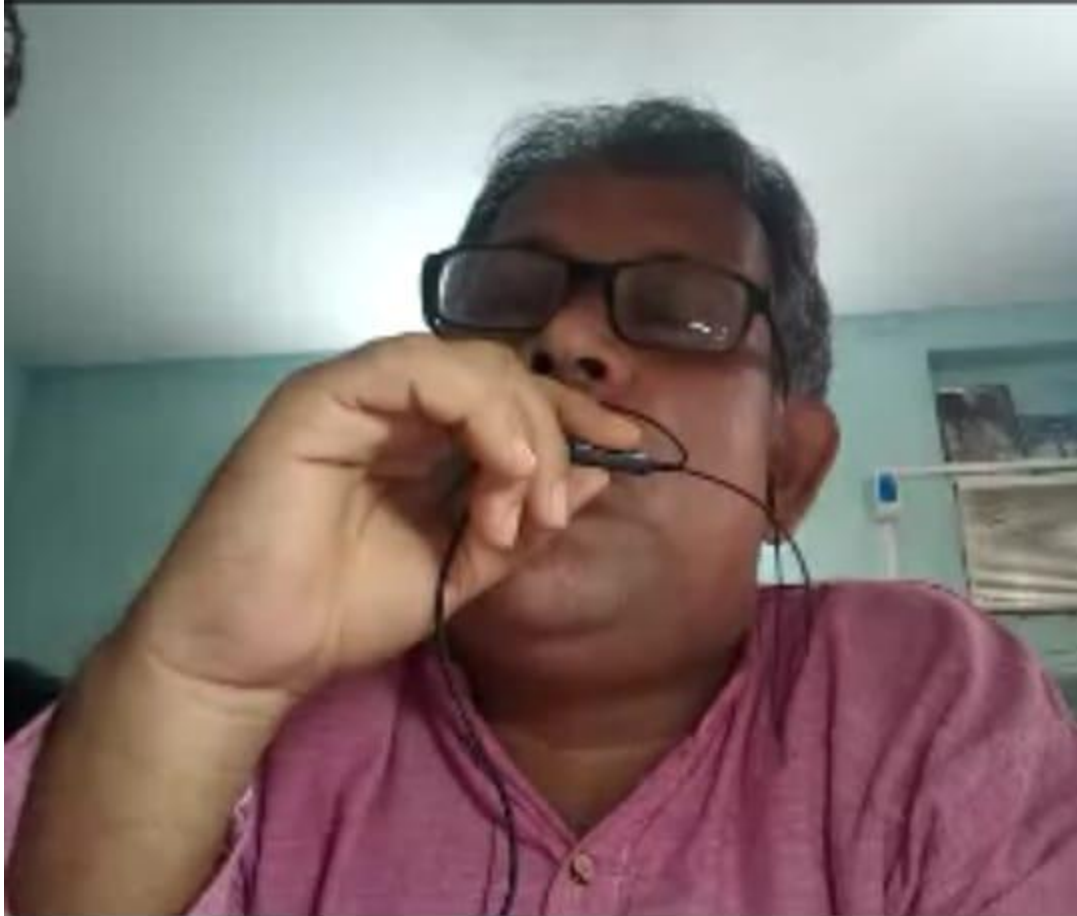


Satrajit Banerjee



4:25

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Swapan Saha (You)



Surya Das



Sandipan Sen



syed m. zaman



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 Bankura DIET College had presented Yoga techniques to us through videos.



Online Workshop Celebrating International Yoga Day Topic: Yoga, a Ray of Hope in the Pandemic World

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 pre-ventive measures are being discussed 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 immunization.

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 (Asana), breathing techniques (Pranayama) and meditation (Dhyana). Yoga has been shown to exert health promoting effects by influencing the neuro-psychosomatic capacity through the improvement of psychological balance. Therefore, the Common Yoga Protocol can be universally adopted as a resource to modify the lifestyle of every age group and to provide mental and physical health benefits during the pandemic outbreak.

Date: 21/06/2021

Time: 10:00 am to 12:00 pm

Resource Persons



Prof. Hiralal Adhikari

Former Professor

Department of Physical Education

University of Burdwan

Topic: Importance to Yoga in the Battle against Covid



Mr. Pratap Pandit

Bankura DIET College

Chander, Bankura

Topic: Demonstration of a Few Essential Yoga Practices

Google meet Link

<https://meet.google.com/xrs-tggm-ceu>

Youtube link

<https://youtu.be/Hy7C0nQYdQs>

Organizing Committee

Patron

Dr. Narsi Islam, Principal, Hiralal Bhakat College

Organizing Secretary

Dr. Suddhasatwa Banerjee, Coordinator, IQAC
H.B. College



Convener

Prof. Kritiman Bhowa, Programme officer, NSS, Unit-1
Prof. Syed Manuara Zaman, Programme Officer, NSS, Unit-2
H.B. College

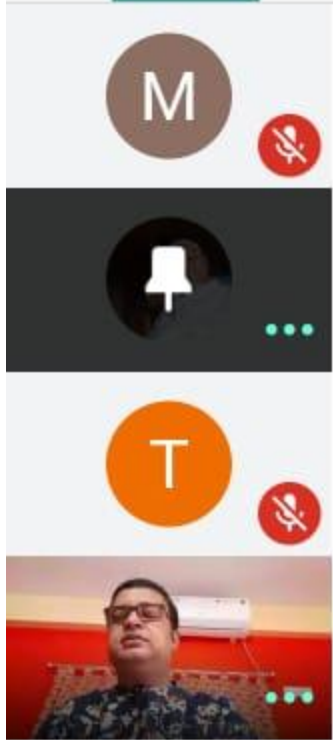
Technical Advisor

Dr. Niladri Das
Asst. Professor, Department of Geography, H.B. College



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MANOJIT DAS (You)

Hiralal Adhikari



TAPAN MANDAL



Hiralal Bhakat College Nalhati, ...





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KRITIMAN Biswas



Pratap Pandit





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MANOJIT DAS (You)



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Nice Chowdhury



Hiralal Bhakat College Nalhati, ...





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MANOJIT DAS (You)



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S



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H B COLLEGE, NALHATI



Gadon S.

Teacher-in-Charge

Hiralal Bhakat College

Nalhati, Birbhum

Teacher-in-Charge
Hiralal Bhakat College
Nalhati, Birbhum

