



[UG and PG College] A Govt. Aided and NAAC accredited Institute

PROGRAMME SHEDULE FOR NSS UNIT-I & UNIT-II SESSION :(JULY 2020 - JUNE 2021)

SI. No.	Title of the Programme	Date	Number of Teachers who participated	Number of students who participated
1	Independence Day Observation	15-08-2020	2	23
2	Yuba Day Celebration	12-01-2021	2	19
3	Netaji Birth Day Celebration	23-01-2021	4	14
4	Republic Day Observation	26-01-2021	3	26
5	Health Awareness Programme	26-06-2021	4	47

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Signature of the Principal/TIC.

Principal P.R.M.S. Mahavidyalaya P.O.-lamboni, Dist.-Bankura







Pandil Raghunath Musmu Smill Mahavidyalaya

A Govt. Aided and NAAC accredited Institute

Notice

Dote- 21.06.21

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Programme Officer NSS Unit.-PRMS Mahavidyalaya Baragari, Jamboni, Bankura





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Details of the Program

TITLE OF THE PROGRAMME: Health Awareness Program

ORGANISED BY: PRMS Mahavidyalaya

DATE OF PROGRAMME: 26/6/2021

NUMBER OF TEACHER PARTICIPANTS: 4

NUMBER OF NTS PARTICIPANTS:2

NUMBER OF ACTIVE TEACHER AND STUDENT

PARTICIPANTS:51

TOTAL NUMBER OF STUDENT PARTICIPANTS:47

VENUE: PRMS Mahavidyalaya, Bankura.

TIME: 10.00 AM Onwards



Principal P.R.M.S. Mahavidyalaya P.O.-lamboni, Dist.-Bankura



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REPORT

Health awareness program by the National Service Scheme (NSS) at Pandit Raghunath Murmu Smriti Mahavidyalaya (PRMS Mahavidyalaya). Incidence of disease is significantly reduced by Health Awareness. We empower individuals with knowledge to choose healthy habits and make modifications in lifestyle which reduce morbidity.

OBJECTIVES

The program focused on diverse health topics to provide awareness to the communities and increase their levels of Health Literacy. Our focus areas are Health & Hygiene, Hand Washing, Menstrual Hygiene, Oral Hygiene, Nutrition, Dengue, Breastfeeding, Anemia, Tobacco Sensitization, Immunization and Cancer. We have been able to influence lives of more than 345 individuals till now. The chief guest was Dr. Payel Mahapatra, Medical College Hospital, Bankura, provide a valuable lecture regarding this matter.

OUTCOMES

- The purpose was to sensitize students about the need of preventing diseases and promotion of health by practicing personal and environmental hygienic measures and eating balanced diet in day today life
- Various activities like informative talks, role play, quiz, group songs in local languages were organized to install awareness on prevention of diseases and promotion of health.



TEACHER'S/NTS ATTENDANCE SHEET

PRMS MAHAVIDYALAYA

NAME OF THE PROGRAMME:	Health Awarness	Krogsam
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VENUE: College Premise

DATE: 26/06/2021

TIME: 10:30 Am

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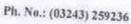
Signature of the Convenor/Jt convenor of the Program (in every page of attendance)

Programme Officer
NSS Unit 11
PRMS avict
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P. R. M. S. MAHAVIDYALAY

Baragari (P. More) :: P.O. : Jamboni :: Dist. : Bankura - 722150. E-Mail: prmsmahavidyalaya@yahoo.co.in

Ref. No.:

Date: 10/08/2020

NOTICE

It is notified that "Independence Day Celebration" will be held on 15/08/2020 (Saturday) at college campus from 10.00 AM. All are invited.



Signature of the Programme Officer Programme Officer NSS Unit-1, II PRMS Mahsvidyalaya Raragari, Jambon, Bankura



DETAILS OF THE PROGRAM

TITLE OF THE PROGRAMME: Independence Day Celebration

ORGANISED BY: NSS Unit of PRMS Mahavidyalaya

DATE OF PROGRAMME: 15/08/2020

NUMBER OF TEACHER PARTICIPANTS: 2

NUMBER OF NTS PARTICIPANTS:2

NUMBER OF ACTIVE TEACHER AND STUDENT PARTICIPANTS: 25

TOTAL NUMBER OF STUDENT PARTICIPANTS: 23

VENUE: PRMS Mahavidyalaya, Bankura

TIME: 10.00 AM Onwards



COVID PROTECTION:

The University Grants Commission framed and issued Guidelines for the universities and colleges for reopening their campuses. These Guidelines have been vetted by the Ministry of Health & Family Welfare and approved by the Ministry of Home Affairs and the Ministry of Education. The Guidelines may be adopted by the institutions as per the local conditions and directives of the Government authorities That's why, College should educate staff and students on COVID-19 prevention measures, develop a schedule for daily cleaning and disinfection of the college environment, facilities and frequently touched surfaces, and ensure availability of hand hygiene facilities and national/local guidance on the use of masks.

INTRODUCTION:

Pandit Raghunath Murmu Smriti Mahavidyalaya situated in south Bankura region. Basically, it's known to us as a Jangal Mahal region. Most of the tribal community people are situated here, that's why we are not taking modern advantages for learning. But, The NSS Unit, Pandit Raghunath Murmu Smriti Mahavidyalaya, Baragari, Jamboni, Bankura, West Bengal, organized a cultural programme on 15th August as a part of the Azadi Ka Amrit Mahotsav programme on the occasion of the Flag Hoisting at Baragari, Bankura on 15th August, 2020 between 10.00 AM to 11.30 AM. India completed 73 years of Independence Day on August 15, 2020.

The Details of the Programme are as follows:

10.00 AM: Arrival of College Compass

10.15 AM: Unfurling of flag by respected TIC sir

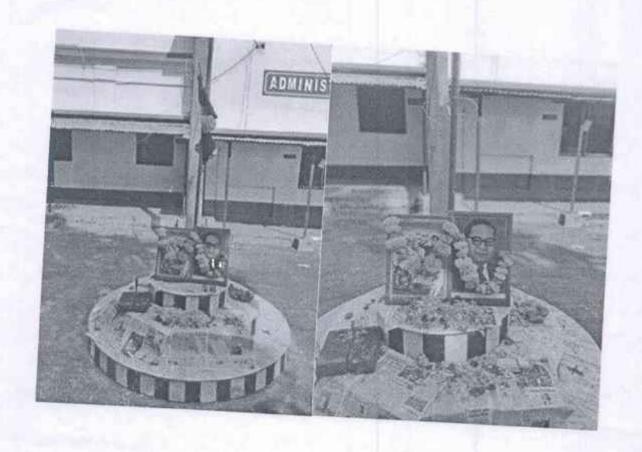
10.30 AM: National anthem sung by teacher and students

10.35 AM: TIC's note regarding Independence Day

10.45 AM: Short note given by NSS programme officer (U-I and U-II)

Light refreshment would be served among the students





Signature of the Principal.....

Principal P.R.M.S. Mahavidyalaya Paragan, P.O.- Jamboni, Dist.- Bankura



TEACHER'S/NTS ATTENDANCE SHEET

PRMS MAHAVIDYALAYA

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DATE: 15/08/2020

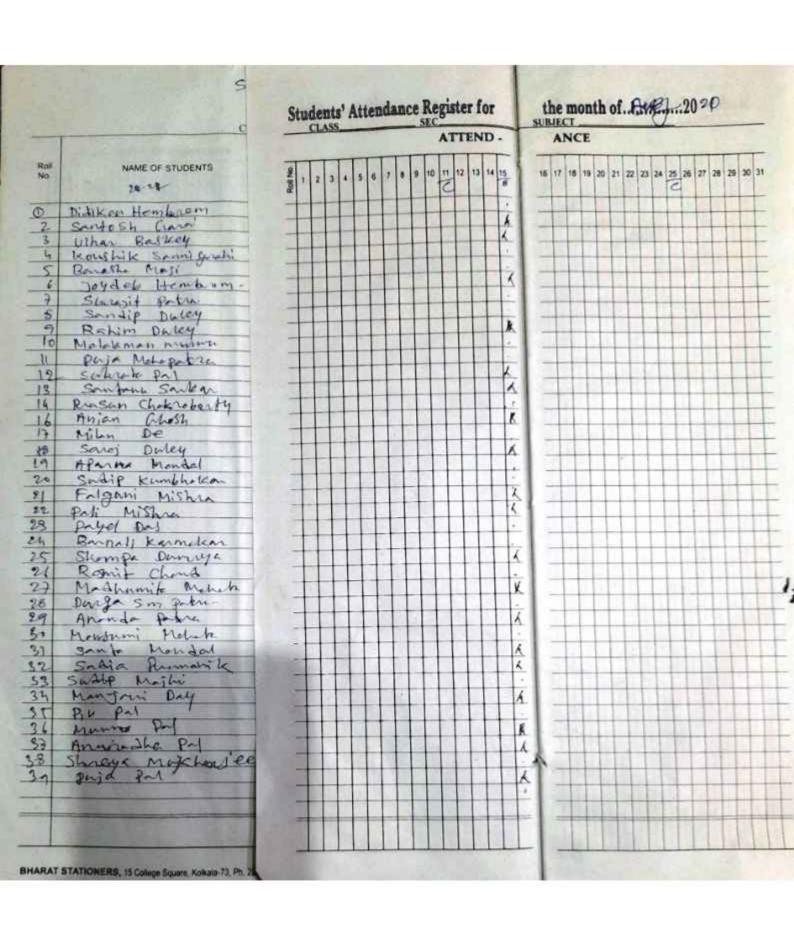
TIME: 10100 Am

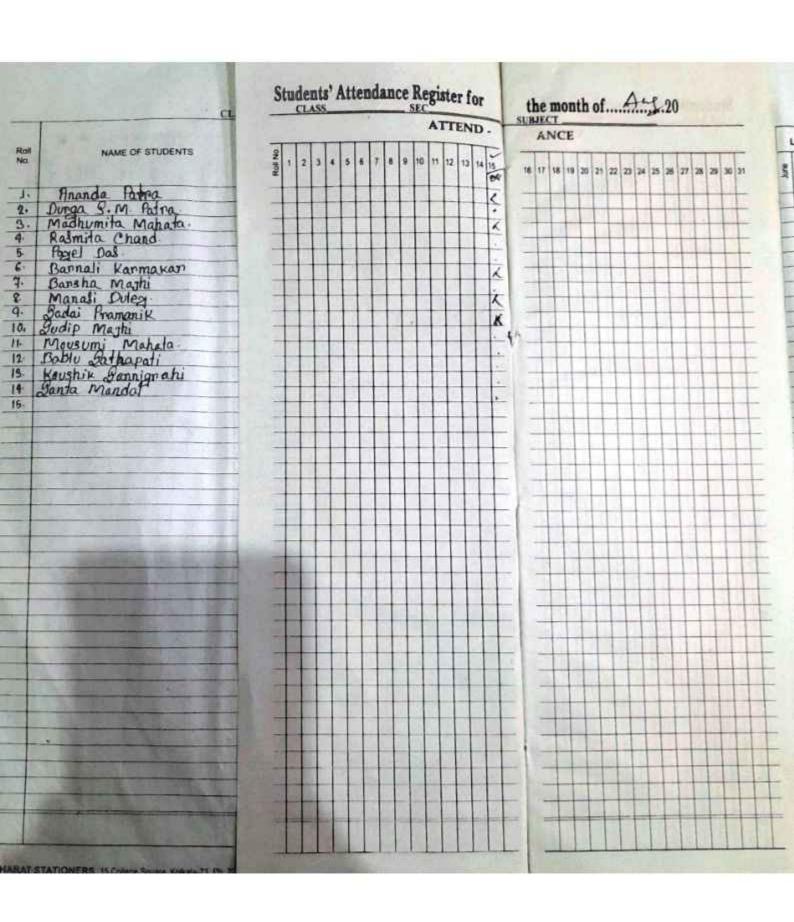
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SL NO	NAME OF THE TEACHER/ NTS	DESIGNATION	SIGNATURE
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Signature of the Convenor/Jt convenor of the Program (in every page of attendance)

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Ph. No.: (03243) 259236



P. R. M. S. MAHAVIDYALAYA.

Baragari (P. More) :: P.O. : Jamboni :: Dist. : Bankura – 722150. E-Mail : <u>prmsmahavidvalava@vahoo.co.in</u>

Ref. No.:

Date: 08/01/2021

NOTICE

It is notified that "Netaji Birthday Celebration" will be held on 23/01/2021 (Saturday) at college campus from 10.00 AM, All are invited.



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Signature of the Programme Officer

Programme Officer NSS Unit-1,II PRMS Mahavidyalaya Paragari, Jambani, Bankura

DETAILS OF THE PROGRAM

TITLE OF THE PROGRAMME: Netaji Birthday Celebration

ORGANISED BY: NSS Unit of PRMS Mahavidyalaya

DATE OF PROGRAMME: 23/01/2021

NUMBER OF TEACHER PARTICIPANTS: 03

NUMBER OF NTS PARTICIPANTS:01

NUMBER OF ACTIVE TEACHER AND STUDENT PARTICIPANTS: 18

TOTAL NUMBER OF STUDENT PARTICIPANTS: 14

VENUE: PRMS Mahavidyalaya, Bankura

TIME: 10.00 AM Onwards

Principal
P.R.M.S. Mahavidyalaya
P.O.-Jamboni, Dist.-Bankura



NETAJI'S BIRTHDAY CELEBRATION IN OUR COLLEGE

Pandit Raghunath Murmu Smriti Mahavidyalaya has celebrated the 124th birthday of Netaji Subhash Chandra Bose (Parakram Divas) in the College premises on 23rd January, 2020. The program was conducted by the NSS and Cultural Committee of the College. The program was hosted by Dr. Kuntal Kanti Chattaraj (TIC), Mr.Shantimoy Khan (Associate Professor) presented a brief speech on the life and contribution of Netaji. The lighting of lamp and offering of wreath was started by Dr. Kuntal Kanti Chattaraj followed by Bursur Mr. Tapas Halder and all other teachers, staff and students of the college. Netaji Jayanti, also known as "Netaji Subhas Chandra Bose Jayanti" or officially "Parakram Divas (Day of Valour), is a national event celebrated in India to mark the birthday of a prominent Indian freedom fighter Netaji Subhas Chandra Bose. It is celebrated annually on 23rd January. He played a pivotal role in Indian independence movement. He was the head of Indian National Army (Azad Hind Fouj) and the founder-head of the Azad Hind Government. Various programs were conducted on this day including poetry, autobiography, skit and dance depicting the life of Netaji Subhas Chandra Bose. The programme was terminated with the vote of thanks.



PROGRAMME SCHEDULE

10.00 AM: Arrival of College Campus

10.10 AM: The statue of Netaji was garlanded by teachers and students.

10.15 AM: TIC's note regarding Independence Day

10.30 AM: Short note given by NSS programme officer (U-I and U-II)

10.45 AM: The programme was ended with the vote of thanks.

Light refreshment was served among teachers and students.





TEACHER'S/NTS ATTENDANCE SHEET

PRMS MAHAVIDYALAYA

NAME OF THE PROGRAMME: Netwois Birth Annivervation

VENUE: P. R. M. S Mehovidyalay &

DATE: 23.61.2021

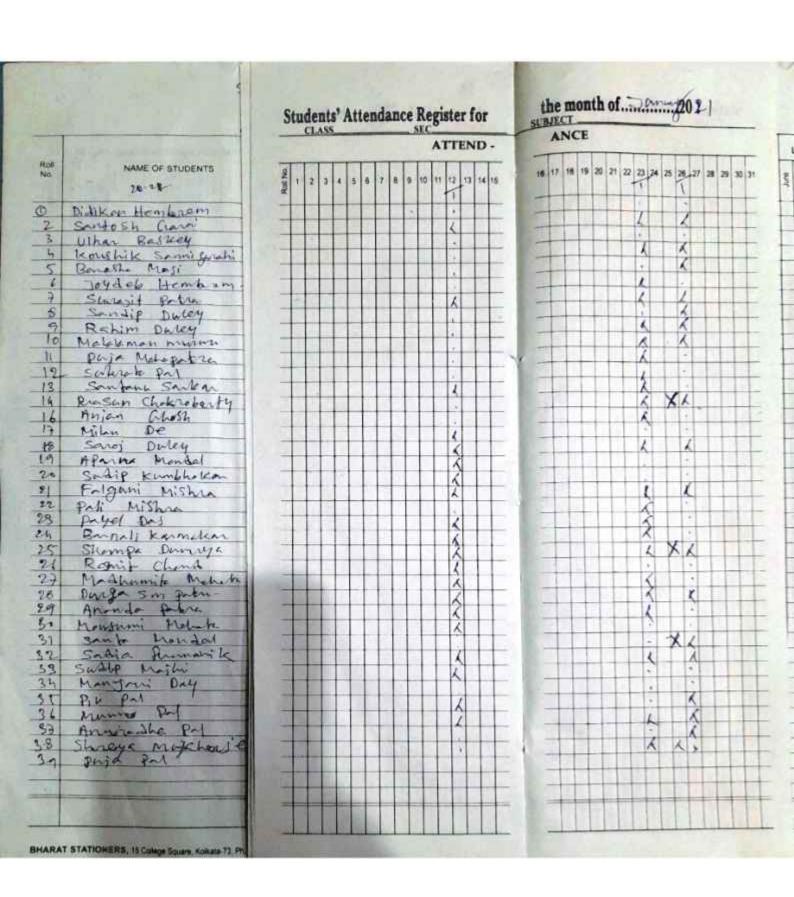
TIME: 10-00 pm

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4.	Nirmal Mahat	ONT'S	Mak
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Signature of the Convenor/Jt convenor of the Program (in every page of attendance)

Programma Officer NSS Unit -I PRMS Muhavidyalaya Baragan, Jamboni, Bankura





- Ct	Students' Attendance Re	ATTEND -	the month of	
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Ph. No.: (03243) 259236



P. R. M. S. MAHAVIDYALAYA.

Baragari (P. More) :: P.O. : Jamboni :: Dist. : Bankura - 722150, E-Mail : <u>prmsmahavidyalaya@yahoo.co.in</u>

Ref. No .:

Date: 18/01/2021

NOTICE

It is notified that "Republic Day Observation" will be held on 26/01/2021 (Tuesday) at college campus from 10.00 AM. All are invited.



Signature of the Programme Officer

Programme Officer

NSS Unit. 1, 11

PRMS Manavidyalaya

aragasi, Jamboni, Bankara

DETAILS OF THE PROGRAM

TITLE OF THE PROGRAMME: Republic Day Celebration

ORGANISED BY: NSS Unit of PRMS Mahavidyalaya

DATE OF PROGRAMME: 26/01/2021

NUMBER OF TEACHER PARTICIPANTS: 03

NUMBER OF NTS PARTICIPANTS: 00

NUMBER OF ACTIVE TEACHER AND STUDENT PARTICIPANTS: 29

TOTAL NUMBER OF STUDENT PARTICIPANTS: 26

VENUE: PRMS Mahavidyalaya, Bankura

TIME: 10.00 AM Onwards

Principal
P.R.M.S. Mahavidyalaya
P.O.-Jamboni, Dist.-Bankura



INTRODUCTION

The NSS Unit, Pandit Raghunath Murmu Smriti Mahavidyalaya, Baragari, Jamboni, Bankura, West Bengal, organized a cultural programme on 26th January as a part of Republic Day programme on the occasion Flag Hoisting at Baragari, Bankura on 26th January, 2020 between 10.00 AM to 11.00 AM. The TIC of PRMS Mahavidyalaya Dr. Kuntal Kanti Chattoraj took the salute and unfurled the National Flag of India. After the flag hoisting, he gave a speech on the current scenario of India and how we can reduce the unrest by being a responsible citizen. After the speech the anchors Mr. Tulsi Das Mahato and Mr. Kartik Chandra Mondal said few facts about Republic Day and deliver a speech on the achievements of India 2020. After the speech, two pair of students sung patriotic song. The whole college joined the singers and the surroundings. The melodious voice of the singers was spellbinding. The national holiday is celebrated all across the country with national anthems, patriotic songs, cultural events that represents the unity of India. After a small tea break, parallel matches of Football and cricket were played by the students and faculties of PRMSM, Bankura. Overall, the college celebrated the Republic Day with full enthusiasm. NSS P.O. Mr. Tulsi Das Mahata gave a vote of thanks for expressing gratitude to the TIC, professors, and students. And hence, with that our celebration came to an end.

THE DETAILS OF THE PROGRAMME ARE AS FOLLOWS

10.00 AM: Arrival of College Campus

10.10 AM: Unfurling of flag by respected TIC sir

10.15 AM: National anthem sung by teacher and student

10.20 AM: TIC's note regarding Republic Day

10.30 AM: Short note given by NSS programme officer (U-II)

10.45 AM: Short cultural programme

Light refreshment would be served



OBJECTIVES OF THE PROGRAMME

College organised a special program on republic day aimed at fostering a deep sense of national pride and imparting knowledge about the significance of our constitution and the values it upholds. Here, anchors play an important role in making this celebration not only engaging but also memorable. The day signifies India's struggle for independence and the establishment of a self-governing nation. It showcases democratic values cultural richness and Unity in Diversity.

OUTCOMES OF THIS EVENTS

Republic Day is a national holiday in India commemorating the adoption of the Constitution of India, and the country's transition to a republic which came into effect on 26 January 1950. The original text of the Preamble to the Constitution of India. The Constitution of India came into force on 26 January 1950. Republic Day is not just a commemoration of India's constitutional journey but is also a testament to its resilience, diversity, and commitment to democratic ideals. As the tri colour unfurls across the nation, it symbolizes the collective dreams and aspirations of a billion hearts beating in unison for a better, more inclusive future. Republic Day of India celebrates the adoption of the Indian Constitution to remind people of the efforts that went into the formation of the Constitution. It emphasizes the importance of law & order in a country and serves as a reminder that without a system of Justice, a country cannot survive, perform, or achieve anything.



SIGNATURE OF THE PRINCIPAL

Principal P.R.M.S. Maridyalava



TEACHER'S/NTS ATTENDANCE SHEET

PRMS MAHAVIDYALAYA

NAME OF THE PROGRAMME: Republic Day celebration

VENUE: PRIMS Mohovidyaleya

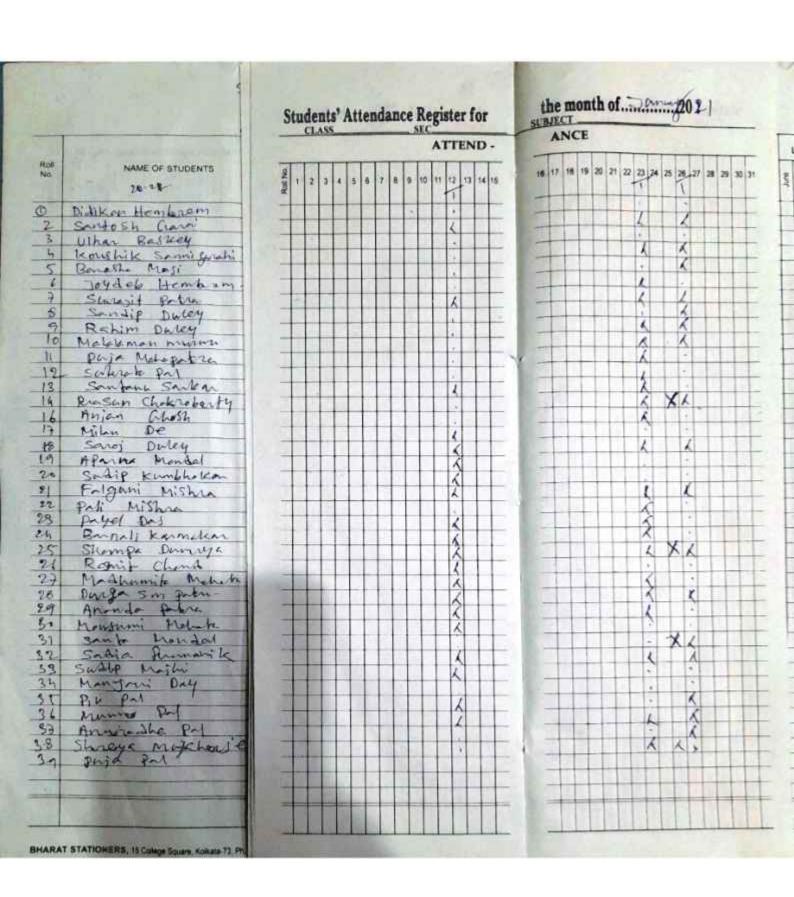
DATE: 26.01.2021

TIME: 10:00 pm

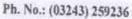
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Signature of the Convenor/Jt convenor of the Program (in every page of attendance)





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P. R. M. S. MAHAVIDYALAYA.

Baragari (P. More) :: P.O. : Jamboni :: Dist. : Bankura - 722150. E-Mail : <u>prmsmahavidyalava@vahoo.co.in</u>

Ref. No.:

Date: 02/03/2022

NOTICE

It is notified that "International Women's Day Celebration" will be held on 08/03/2022 (Monday) at college campus. All are invited.



Signature of the Programme Officer

Programme Officer
NSS Unit.-I
PRMS Mahavidyalaya
Baragari, Jamboni, Bankura

INTRODUCTION:

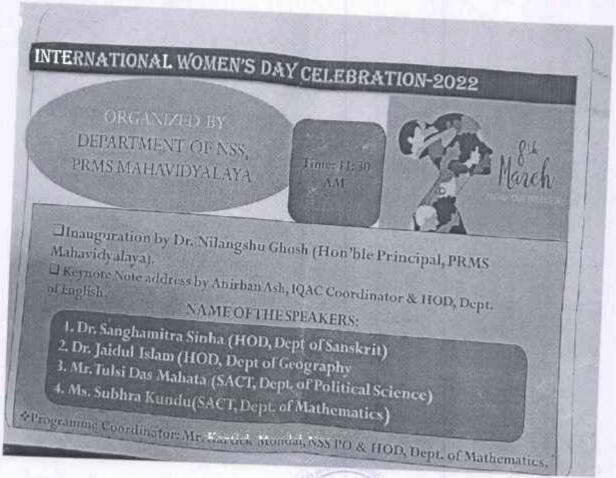
The celebration of International Women's Day is not only important but also necessary for several reasons:

- Recognition of Women's Achievements: International Women's Day provides an opportunity to celebrate the social, economic, cultural, and political achievements of women around the world. It highlights the contributions of women in various fields and recognizes their accomplishments, often in the face of adversity and discrimination.
- 2. Advancement of Gender Equality: Despite progress in recent decades, gender inequality persists in many parts of the world. International Women's Day serves as a reminder of the ongoing struggle for gender equality and women's rights. It raises awareness about issues such as gender-based violence, unequal access to education and healthcare, and barriers to economic empowerment, fostering dialogue and action to address these challenges.
- 3. Empowerment and Inspiration: International Women's Day inspires women and girls to pursue their dreams, overcome obstacles, and achieve their full potential. It provides a platform for sharing stories of resilience, leadership, and empowerment, motivating others to take action and effect positive change in their own lives and communities.
- 4. Solidarity and Unity: International Women's Day brings together individuals, organizations, and communities from diverse backgrounds to stand in solidarity with women and girls worldwide. It promotes unity and collaboration across borders, cultures, and generations, emphasizing the importance of collective action in advancing gender equality and women's rights.



- 5. Policy Advocacy and Social Change: International Women's Day amplifies advocacy efforts and mobilizes support for policies and initiatives that promote gender equality and women's empowerment. It provides an opportunity to lobby governments, policymakers, and institutions for legislative reforms, investment in gender-responsive programs, and the implementation of international commitments such as the Sustainable Development Goals.
- 6. Reflection and Renewed Commitment: International Women's Day encourages reflection on progress made towards gender equality and the work that remains to be done. It prompts individuals and organizations to recommit themselves to the cause of women's rights, reevaluate strategies, and take concrete steps to accelerate progress towards a more inclusive and equitable society.

PROGRAMME SCHEDULE:







CONCLUSION:

In conclusion, health awareness programs are invaluable tools for promoting public health and well-being. By educating individuals and communities about preventive measures, risk factors, and healthy behaviors, these programs empower pupils to take control of their health and make informed decisions. They play a crucial role in preventing diseases, detecting health conditions early, reducing health disparities, and promoting health equity.

Health awareness programs also contribute to stigma reduction, public health preparedness, and the creation of supportive environments for health. They have the potential to generate long-term cost savings by reducing the burden of preventable diseases and healthcare expenditures.



P.O.-lamboni, Dist.-Hunkura

STUDENT ATTENDANCE SHEET

PRMS MAHAVIDYALAYA

NAME OF THE PROGRAMME: International womens Day Celebration

VENUE: P.R.M.S Mohevidyaleya

DATE: 08-03-2022

TIME: 10.00 An

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STUDENT ATTENDANCE SHEET

PRMS MAHAVIDYALAYA

NAME OF THE PROGRAMME: International womens Day celebration

DATE: 08'03.2022

TIME: 10-00Am

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VENUE: P-R. M.S Mohovidyologe

DATE: 68-3-2022

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TEACHER'S/NTS ATTENDANCE SHEET

PRMS MAHAVIDYALAYA

NAME OF THE PROGRAMME:	Internation	Domen's	Day.
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VENUE: College Campus DATE: 08/03/22

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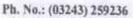
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Signature of the Convenor/Jt convenor of the Program (in every page of attendance)

PRMS Mahankiyalaya Baragari, Jamhani, Bankura.







P. R. M. S. MAHAVIDYALAYA.

Baragari (P. More) :: P.O. : Jamboni :: Dist. : Bankura – 722150. E-Mail : <u>prmsmahayidyalaya@yahoo.co.in</u>

Ref. No.:

Date: 04/01/2021

NOTICE

It is notified that "Swami Vivekananda Birth Anniversary and Yuba Dibas Observation" will be held on 12/01/2021 (Tuesday) at college campus from 10.00 AM. All are invited.



Signature of the Programme Officer
Programme Officer
NSS Unit.-1,11
PRMS Mahavidyalaya
Baragari, Jamboni, Banku a

DETAILS OF THE PROGRAM

TITLE OF THE PROGRAMME: National Youth Day

ORGANISED BY: NSS Unit of PRMS Mahavidyalaya

DATE OF PROGRAMME: 12/01/2021

NUMBER OF TEACHER PARTICIPANTS: 02

NUMBER OF NTS PARTICIPANTS: 00

NUMBER OF ACTIVE TEACHER AND STUDENT PARTICIPANTS: 21

TOTAL NUMBER OF STUDENT PARTICIPANTS: 19

VENUE: PRMS Mahavidyalaya, Bankura

TIME: 10.00 AM Onwards

Principal
P.R.M.S. Mahavidyalaya
P.O.-lamboni, Dist.-Bankura



COVID PROTECTION:

The University Grants Commission framed and issued Guidelines for the universities and colleges for reopening their campuses. These Guidelines have been vetted by the Ministry of Health & Family Welfare and approved by the Ministry of Home Affairs and the Ministry of Education. The Guidelines may be adopted by the institutions as per the local conditions and directives of the Government authorities That's why, College should educate staff and students on COVID-19 prevention measures, develop a schedule for daily cleaning and disinfection of the college environment, facilities and frequently touched surfaces, and ensure availability of hand hygiene facilities and national/local guidance on the use of masks.

INTRODUCTION

On 12th January 2020, the NSS unit of Pandit Raghunath Murmu Smriti Mahavidyalaya, Bankura celebrated the National Youth Day. The National Youth Festival in India is an annual celebration held by the Ministry of Youth Affairs and Sports, in collaboration with a different state each year from January 12-16 to commemorate Swami Vivekananda's birthday and National Youth Week. Started in 1995, now inspires state-level youth festivals throughout India. The event focuses on fostering cultural understanding, peace, development, and provides nationwide exposure for youth talent and aspirations. Mr. Tulsi Das Mahata (P.O.) delivered a special lecture about Youth Day and its applicability in modern society. The lighting of lamp and offering of wreath was started by TIC Dr. Kuntal Kanti Chattoraj followed by Bursur Mr. Tapas Halder and all other teachers, staff and students of the college. Dr. Kuntal Kanti Chattoraj also delivered a valuable talk regarding this matter.

The event commenced with a melodious song and group dance, with. Swami Vivekananda emphasized the importance of building strong character, physical, mental, and spiritual. This philosophy aligns perfectly with the festival's focus on holistic development, encouraging young people to excel not just in competitions but also in their personal lives. This was followed by a fun quizzing game organized by NSS, the quizzing game proved to be a highly engaging and enjoyable activity for all participants. The lively competition sparked keen interest and generated much friendly rivalry, culminating in a thoroughly delightful experience for everyone involved.



NSS programme officer Mr. Tulsi Das Mahata represented annual calendar of NSS for the Year 2019-2020 in this event and highlighting key dates, and important events. The programme was terminated with the vote of thanks and refreshment.

OBJECTIVES OF THE YOUTH DAY

National Youth Day aims to motivate the youth to promote the country for a better future. Additionally, it seeks to implement the greatest teachings of the revered leader, Swami Vivekananda. In some regions of the nation, the day is also known as Yuva Diwas. Through it, the government hopes to inspire and assist the nation's youth. The goals established for National Young Day in 2020 represent the hopes and dreams of the country's young.

> Empowerment through Education:

National Youth Day aims is to highlight the value of education as an instrument for selfdetermination. The objective is to support and enable all young people to have access to highquality education, creating a generation that is prepared to make significant contributions to society.

Promoting Innovation and Entrepreneurship:

Promoting entrepreneurship and innovation is one of the main goals of National Youth Day in 2020. The focus is on inspiring the youth to think creatively, take risks and become job creators. Initiatives and programs will be started to assist young innovators and entrepreneurs in bringing their ideas to reality.

Mental Health Awareness:

Acknowledging the significance of mental health, National Young Day aims to increase young understanding regarding mental health. The goal is to eliminate the stigma associated with mental health problems, offer resources for support, and advance an understanding and compassionate society.



PROGRAMME SCHEDULE

10.00 AM: Arrival of College Compass

10.15 AM: The statue of Swami Vivekananda was garlanded by teachers and students.

10.30 AM: TIC's note regarding Youth Day

10.45 AM: Short note given by NSS programme officer (U-I and U-II)

11.30 AM: The programme was ended with the vote of thanks.

Light refreshment was served among teacher and students.

OUTCOMES OF THE PROGRAMME

This event was solely dedicated to the role young women and men play in bringing change in tackling global issues and achieving sustainable development. Through this event, our college was given an opportunity to acknowledge the challenges and problems facing the world's youth. NSS events like these helps to Promote Youth Development which explores questions, focusing on essential elements of adolescent well-being and healthy development. It offers recommendations for policy, practice, and research to ensure that programs are well designed to meet young people's developmental needs. P.R.M.S.Mahavidyalaya always took that kind of challenges and promote the youth on global level.





TEACHER'S/NTS ATTENDANCE SHEET

PRMS MAHAVIDYALAYA

NAME OF THE PROGRAMME: Swami vivekananda Birthday venue: P.R.M.S Mohovidyaleya

DATE: 12.01.2021

TIME: 10-00 pm

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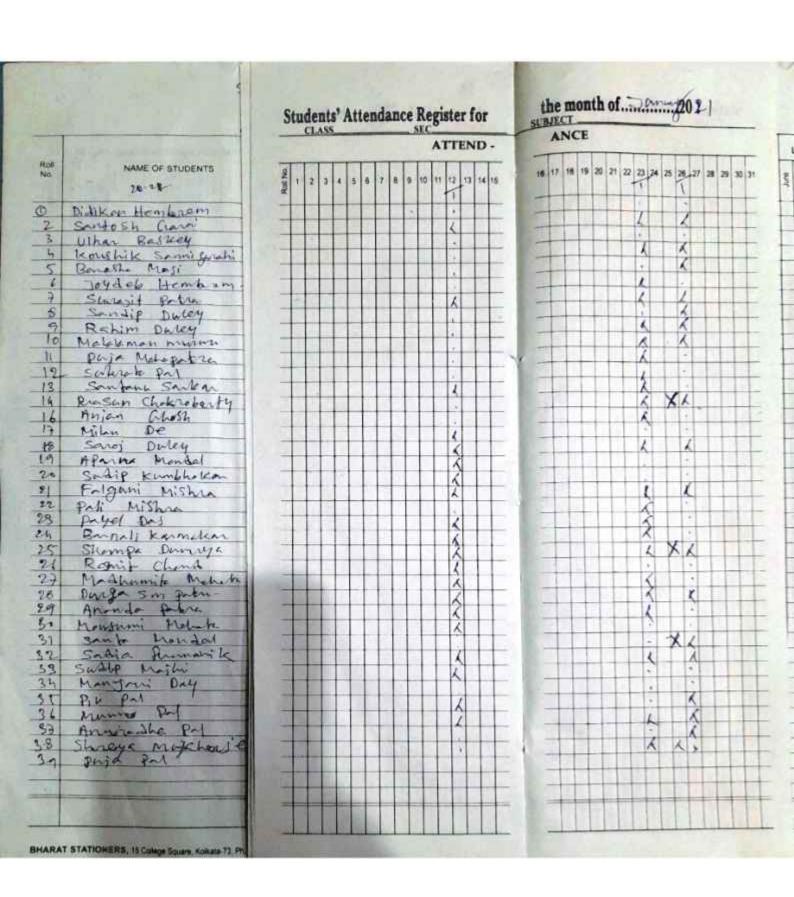
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