



# RAIDIGHI COLLEGE

(A NAAC Accredited College)

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Date: 1/0432019

## NOTICE

This is to inform all the concerned that the following event will take place in the premises of Raidighi College. You are requested to comply and oblige. The details of the event is given below:

Title: NSS Special Camp

Date: 25/3/2019 -- 28/3/2019

Time: 11:00 AM – 3 PM

Venue: Kumrapara Primary School

Type of Event: Extension & Outreach Activity



  
Dr. Sasabindu Jana  
Principal  
PRINCIPAL  
RAIDIGHI COLLEGE























The NSS units of Raidighi College embarked on a impactful four-day mission in the local Kumrapara area, setting up camp at the Kumrapara primary school. With 32 dedicated volunteers, the program aimed to address various needs and promote well-being within the community.

Day one kicked off with a clean sweep, as volunteers engaged in cleaning, bleaching, and sanitization efforts, establishing a hygienic environment. Day two saw them delve deeper, conducting a comprehensive survey to understand the socio-economic landscape of the area. Family income, education levels, professions, and age demographics were meticulously recorded, providing valuable insights.

Health and hygiene took center stage on day three, with volunteers educating the community on vital practices to ensure well-being. Interactive sessions and clear explanations empowered residents to make informed choices for their health.

The grand finale arrived on day four, led by the college's physical instructor. A yoga demonstration unfolded, gracefully showcasing postures and their benefits. This not only encouraged physical activity but also promoted mindfulness and stress reduction within the community.

Through this multifaceted approach, the Raidighi NSS units not only served the Kumrapara community but also fostered a spirit of collaboration and social responsibility among their volunteers. The camp's impact resonated beyond its four days, leaving a lasting legacy of improved hygiene awareness, valuable data for future initiatives, and a newfound appreciation for the power of yoga.